



Rossmoor IN News

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VOLUME 52 / No. 10

Monroe Township, New Jersey

October 2016



Grounds are looking great

Our Rossmoor gardens had a brilliant summer

By Anne Rotholz

To say that Rossmoor was a colorful place this summer is an understatement. Most areas in our community were truly spectacular. Many residents remarked that the common areas, including the Clubhouse, the Meeting House, the RCAI building and the North and East entrances were unusually well cared for this year. The flowering plants were plentiful, large and healthy and they continue to give us a great show.

Dan Jolly, president of RCAI, explained that there is a very good reason for how well the community is looking at this time. He took the initiative in procuring funds for High Tech so that they could purchase plenty of good, healthy plants for the beds around the common areas. His intervention appears to have been very successful.

Our residents, however, were not about to be outdone by Dan Jolly and High Tech. Almost every day new flowering plants and shrubs were being carefully and artistically planted in the three-foot beds around our manors. Hanging baskets and pots filled with beautiful plants seemed to appear out of nowhere. Several sections of Rossmoor look really dressed for summer!

This growing season presents a new development for us to take into account as we watch our beautiful plants. In the past few years, petunias and New Guinea impatiens were used for planting here.



Beautiful grounds

A new plant arrived on the scene this year, the *Sunpatiens*. As you probably observed over the years New Guinea impatiens is not very tolerant of sun. With global warming in mind *Sakata Seed Company* of Japan set out to develop a new impa-

tiens plant.

Working in Indonesia, the company grew a hybrid that was a cross between a New Guinea impatiens and a wild impatiens. Ten years ago they came up with *Sunpatiens*. In the ensuing years

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Focus on: Groups and Clubs

By Jean Houvener

Crafters: Wreaths and decorations for a cause

If you have admired a door wreath as you walked or drove around Rossmoor, chances are that wreath was created by one of the Crafters. This group meets Tuesdays from 9:30 to 11:30 in the Craft Room of the Clubhouse. They have a charitable purpose: to sell the wreaths and decorations they make to raise funds for the Women's Guild's scholarship fund. Last year the group raised \$1,000 for the fund. They meet beginning the

Tuesday after Labor Day until the Women's Guild Bazaar, which is held the first Saturday in November. Then they break across the winter months, starting up again before Easter and running until Memorial Day, taking the summer months off.

The members make their decorations in the Craft Room, using supplies that they have brought or that may have been donated to the group or purchased by the group. They are happy to welcome new people to their group and will help newcom-

(Continued on page 21)

Players mount new musical comedy

By Sue Archambault

Rossmoor's own version of a Rodgers and Hammerstein musical will take place once again. Popular recording artist, Bill Strecker, and Emmy award winning writer, Bob Huber, have created a bright new original musical comedy for the Rossmoor Players' annual fall production. Last year's show, "Between Engagements," was successful beyond all expectations, so the Players asked the dynamic duo if they could do it again, and they have. An additional bonus is that our own Joe Conti will direct the

production.

The play is called, "It's News to Us," and it involves the shenanigans of a somewhat inept staff of a small town weekly newspaper. When their editor-in-chief leaves on a two month around the world tour, the staff decides to convert the failing little weekly into a flashy tabloid. The conversion is incredibly successful. It quickly becomes a national phenomenon especially when an alleged flying saucer crashes on a local farm. Both the newspaper and the

(Continued on page 20)

Why do we need your copy so early?

By the Editorial Board

Our writers and readers may wonder why we need your copy by the seventh of the month. You may think, there are weeks and weeks before the paper comes out; I can be late with this. There are many steps to preparing the Rossmoor news. First the articles and various documents you send are assembled and divided into three flash drives. Our proofreaders then do all the things needed to put things in the proper format, make corrections, and return the flash drives to our assembler, who then orders them all into categories and sends a single document file to the publisher.

The publisher then does her revisions and formatting of text. By the middle of the month a single flash drive with everything on it is returned from the publisher. This is printed out, and the proofreaders again review everything, and find more corrections to make. Pictures are also added and captioned at this time.

When items are late, they are inserted prior to the print-out as unseen by proofread-

ers, making for a great deal of extra work at this point in the cycle, since those late additions may be in the wrong font, wrong format, and perhaps in need of corrections. This occurs when we are really under the gun to return the entire production to the publisher. All those corrections have to be made on the flash drive before it is returned to the publisher. In some cases, there is no time to make the corrections, and the article cannot be published.

A finalized version of the paper, complete with pictures and layout, is returned to the Rossmoor News Editorial Board a few days before the paper will come out. This is again reviewed for any possible changes. As you can see, there are not weeks and weeks before your article needs to be in because many things are happening during that time before the paper is published. If you are late with an article, it is highly likely that there will not be time to perform all these steps.

We thank you in advance for your help with this.

Inside this issue

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at the governors' meeting

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

gm

Gerald McQuade reported that there is a year-to-date surplus of \$177,634.60. Peter Kaznosky reported that the next Golf Course Committee meeting will be on September 6 at 2 p.m.

gm

The Board of Governors approved a resolution for additional paving/curb replacement at the entrance/exit of Rossmoor Drive at the intersection of Forsgate Drive at a cost not to exceed \$81,205 (\$63,905 for the curb replacement, milling and paving; \$12,800 for a contingency of approximately 20% of the project; and \$4,500 for approximately 7% of the project for engineering services). The expenditure will be charged to the RCAI Capital Replacement Fund Account.

gm

The RCAI 2016 Capital Budget set aside \$5,000 to make improvements to the 3rd and 12th tees and \$14,000 to relocate the bunkers on the 5th and 6th fairways on the golf course. The Board of Governors approved a resolution for the tee improvements and bunker relocations on the golf course at a cost not to exceed \$19,000. The expenditure will be charged to the RCAI Capital Improvement Fund Account.

gm

The RCAI Reserve Study had set aside \$20,750 in 2014 for the replacement of the Meeting House basement ceiling and lighting. The Board of Governors approved a resolution to replace the Meeting House

basement ceiling and install new lighting at a total cost of \$16,800 (\$14,000 for the project and \$2,800 for 20% contingency). The expenditure will be charged to the RCAI Capital Replacement Fund Account.

gm

On July 25, 2016, the electronic equipment and Comcast equipment at the South Gate were struck by lightning along with a telephone in the Maintenance Shop, a main switch for the Maintenance telephone system and all the Rossmoor email addresses, the gates in the Maintenance yard and the Maintenance building alarm system. The Board of Governors approved a resolution to approve the actions of the Executive Committee to replace

the hardware at the South Gate including, but not limited to, (2) bar code readers; (2) barrier arm units; (2) loop detectors; (1) DSX reader controller; various other parts; remove the existing components; labor to install the new components; and test everything at a cost of \$32,437.05. The expenditure will be charged to the RCAI Reserve Fund Account.

gm

The Board of Governors approved a resolution to approve the actions of the Executive Committee to replace the 2009 barrier arm unit at the East Gate Entrance at a total cost including delivery, installation, and sales tax of \$4,515.40. The expenditure will be charged to the RCAI Reserve Fund Account.

Letters to the Editor

Who pinched my flags?

Dear Editor,

Before Memorial Day, I put out, in front of my home, eight small flags in front of my bushes in honor of our great country. Four on each side of my main entrance. They really looked nice and I admired them each time I came in and out of my house. Two days before Labor Day, I was gone all morning and when I came home about 1 p.m. I was shocked to see that all of the flags were missing. Someone had stolen them. I can't believe that one of our residents would stoop that low to take them. Perhaps someone's grandchildren thought grandma would like them and said they found them? I've been here 17 years and times have really changed here at Rossmoor since I bought my home. Very upsetting.

Mary E. Leone

Rossmoor Veterans

American Legion Post 522 would like to meet you. The Post will have a booth at the Monroe Township Octoberfest on October 16. Octoberfest by itself is a great event. Having American Legion Post 522 will be the icing on the cake. Please come to Octoberfest and meet fellow veterans from post 522 and then "reup."

Octoberfest is on Monmouth Road at the Community Center.

Harold Kane

Darby and our trees

I commend Linda Bozowski on her wonderful article about Darby Houston in the September issue of the *Rossmoor News*. Those of us who have known and worked with Darby over the years can only say *Amen* to her tribute.

Darby's counsel was invaluable to the Rossmoor Tree Committee in the early days of its existence. Many of the trees that you see happily growing in Rossmoor today

(Continued on page 3)

Open RCAI meeting in October

Thursday, Oct 20 Board of Governors at 9:00 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 Houvener
and ex-officio, Jane Balmer,
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The *Rossmoor News* a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate

news items from outside organizations will be considered as space permits.

All copy and pictures are subject to editing and are accepted with this understanding.

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

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Bits & Pieces

Sue Ortiz

Electronics and I are not getting along lately. All day long my cell phone keeps shutting itself down and starting back up at random, or it just stays on and overheats, almost to the point of setting my handbag on fire! According to several online sources, it is probably a faulty app, but, darned if I can find the culprit. Is it time for a new phone?

My clock radio's display burned out, leaving me in the dark as to what time it was. The alarm and radio still worked, but not knowing the time was irritating. So, I spent weeks searching for a decent replacement and I finally ordered a new one from the Big River. Big, bright display. Great reception on the radio. Dual alarms. I could dock my Classic iPod on the top (just as my other one did). All was great; I tossed the old one. Then, about a week into ownership, the display on the new set went dark. What_ (Yes, I just used an interabang.) Needless to say, I sent it back down the River.

I have had a simple e-reader for several years. Worked great until a few weeks ago. Now it is slow...it takes several seconds just to turn a page, or it jumps ahead to the end of the book. Maybe it's time for an upgrade.

My Internet browser is on the fritz, too. It was functioning properly until a couple of weeks ago, when it just...changed. It may have automatically updated to a newer version, but I don't like the way it opens a new window instead of a new tab. It is slow, and I lost a toolbar where my favorite sites were bookmarked for easy clicking.

There have been other incidents, as well, but too many to describe in this column.

Sooo ... I think my "Entity" is back.

You might remember, a couple of years ago I wrote of my house being haunted. The "Entity," as I call him, hates electronics but loves to push me along to get out of his way. Pencils flying out of my hand, blue blobs on TV screens, a fat hand on my (ahem) behind, and strange voices on the answering machine are just a few of the occurrences I've witnessed.

For a couple of years, things had been quiet. I thought perhaps he had moved on—to the great beyond or wherever entities or ghosts dwell. But, I think, just in time for Halloween, he is back. I will blame all the above electronic glitches on him.

This spring, out of a continuing curiosity of what, or who, is co-habiting my house, I called in a group of ghost hunters. No, not the ones from the SYFY television series. This was NJRope (New Jersey Researchers of Paranormal Evidence) from South Jersey. Although they had given a presentation at a Sisters in Crime writers meeting earlier this year, I didn't know what to expect from this group. Free of

charge, the team of eight converged on my house at 7:30 one Friday evening in April.

Two huge metal cases—large enough to hold two people each—were rolled into my living room. Each was filled with all sorts of technical equipment. Stationary infrared cameras were set up on tripods in my living room and bedroom—the two paranormal "hot spots" in my house. The DVD recorder, to where the cameras signals were fed, was stationed in my kitchen. Each investigator was issued a handheld IF (infrared) video camera, a handheld EMF (electromagnetic field) detector, and a handheld RF (radio frequency) meter. If a paranormal entity was present, it might cause a fluctuation in one of those devices.

Also contained within the cases were standard and full-spectrum digital cameras to catch photos of orbs or things seen only in infrared or ultraviolet light. Motion detectors were set up in every room and would signal air movement, especially in unoccupied rooms. Each team member also carried a digital voice recorder to capture EVP (electronic voice phenomena) which would be examined at a later time. Two-way radios allowed team members to communicate with each other throughout the house. A "Ghost Box" cycles through radio stations in a rapid pace creating a white noise from which it is believed spirit voices can transmit; one of these was turned on in each room that was investigated. Temperature sensors were carried to detect cold spots. It took at least an hour to set up all the equipment and do a walk through with me where I showed them the spots where I experienced activity. Then the fun began.

For a solid three and a half hours, the eight investigators (split up into four two-member teams) and I walked from room to room, asking myriad questions of my *ghost*, taking photos and voice recordings, and keeping tabs on all the meters.

The research was done in a very professional, yet relaxed, manner. Unlike those TV shows, where the "hunters" prowl around in the dark and talk in raspy whispers, these investigators left the lights on and talked in their everyday voices. And, although there were a couple of gasp-filled moments, that were soon found to be another team member sneezing in the basement or a faulty lamp giving off unexplained RF signals, nothing exciting occurred. All the while, the meters, cameras, and voice recorders were rolling.

By 12:30 a.m., the team was packed up and ready to go home. The real excitement would come later, hopefully, after all data was pored over and proof of paranormal phenomena was found. This process could take up to a month.

(Continued on page 4)

Birthday greetings, Lady Liberty!

By Carol De Haan

Our Statue of Liberty is 130 years old.

A public holiday was declared for her unveiling on October 28, 1886. A million people lined the streets of downtown Manhattan to see the parade of 20,000 pass by. The air was white with curling streamers of ticker tapes tossed from tall buildings, the first of many such parades.

New York's immense harbor teemed with banner-laden ships.

Over on Bedloe's Island were President Grover Cleveland and his cabinet, the governor of New York State and his staff, the French ambassador, and many dignitaries. Ironically jockeying for prominent seats on the podium were members of America's wealthiest families, none of whom had donated a single cent to help raise the statue.

Oops!

Standing in the crown of the statue was its creator, Frederic-Auguste Bartholdi. He was to pull a cord to release the French tricolor veil that covered her face as soon as he saw a boy on the ground below waving a white handkerchief, a signal that the presentation speech by famed orator Senator William Everts was concluded.

Everts began his speech and then paused momentarily to catch his breath. The youngster, thinking the speech was over, gave Bartholdi the signal. Bartholdi pulled the cord, Liberty's gleaming copper face appeared, whistles blasted, guns roared, bands played, ...and Everts sat down.

Why this gift from France?

The people of France must have felt they had a big stake in the success of The United States of America, since they had contributed so mightily to

our war for independence. In 1789, the French people revolted against their own oppressive upper classes to establish a republic. There was talk of our nations being "two sisters."

But the path was not so smooth for the French. After their revolution, they went from a republic to an empire under Napoleon Buonaparte. Then back to a monarchy. Then into the second republic, and back again into an empire under the oppressive Louis Napoleon.

When, in 1865, the United States emerged intact from its Civil War, a guest at a Paris dinner party of French intellectuals came up with the idea of honoring us for our upcoming centennial with a great monument to independence and human liberty. Frenchmen would generously honor us for what they, perhaps, wished for themselves.

Enter Frederic-August Bartholdi

Present at that dinner party was Frederic-Auguste Bartholdi, who at the age of 31 was already a sculptor of note. A trip to Egypt convinced him that neoclassical statuary ought to be colossal for maximum impact. His friend Edouard Rene Lefebvre de Laboulaye, leader of France's liberals, convinced him that France and the United States ought to work together to create a monument to liberty in commemoration of their ancient friendship. So in 1871, Bartholdi sailed for New York.

Bartholdi traveled across America with a sketch and a model of his proposed monument. He charmed important people wherever he went: President Ulysses Grant, Henry Wadsworth Longfellow, Horace Greeley, and Senator Charles Sumner. Everyone was receptive. No one offered any money.

Meanwhile, back in France

The political climate had



The Statue of Liberty

changed: French people had created their Third Republic. Laboulaye and Bartholdi suggested that France would pay for the statue and America would pay for its foundation. The Franco-American Union was formed to raise

(Continued on page 4)


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Monroe's

Fall Harvest Food Drive

at Rossmoor

Oct. 1- Oct. 28

Orange food collection bags and flyers will be available at the Rossmoor Clubhouse.
Donations will be picked up by Friday, Oct. 28, 2016.

- Canned and packaged items only.
- Donations should be left in the green MCFOODS containers in the clubhouse.



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The Fall Harvest Food Drive in Monroe's retirement communities is a coordinated effort among MCFOODS, Middlesex County Board of Chosen Freeholders, Middlesex County Improvement Authority and Monroe Township's Department of Public Works. Please call 732.729.0880 with any questions.

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Letters

(Continued from page 2)

are fine healthy trees because of Darby's advice and intervention. It was a joy and a privilege to work with him and with so many wonderful and knowledgeable people.

A born tree lover, Darby did not have to be asked to help or rewarded for what he did. It was just his nature to want to be of assistance and when it came to helping save a tree the sky was the limit!

I remember having a problem with one of my trees when it was about two years old. I mentioned to Darby that it was in a bad way and was being bitten to pieces by some insect or other. I had tried several remedies to no avail. My frustration must

have been very obvious. Darby told me that he would take a look at it sometime. Two days later I found out that he had stopped by on his way from work and treated my tree. I did not even know that he was there!

Darby's late wife Becky was a lovely lady. While watering my flowers in the morning she would sometimes drive by my house on her way to work. She always stopped to chat and to admire my "garden."

In conclusion it is my hope that some of our new, energetic residents will become advocates for our Rossmoor trees. Our trees are a lifeline for us at a time when local warehouses are bringing so much traffic and pollution to our area.

Anne Rotholz



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Liberty

(Continued from page 3)

funds, which were slow in coming. Enough was raised, however, to begin work on the statue, but she would never be ready for America's centennial in 1876, as originally planned.

Engineer Alexandre-Gustave Eiffel, designer of iron railroad bridges, (and later, the Eiffel Tower), began to build the statue's complex iron skeleton. The foundry of Gaget, Gauthier and Company started creating her "skin," using a technique called repousse: sheet metal hammered inside molds.

Liberty's 30-foot arm was finished and traveled in 1876 to Philadelphia's International Centennial Exhibition. It generated much excitement since this would be the first statue one could climb inside. For 50 cents, many visitors were thrilled to climb up into the

torch.

Liberty's gleaming copper head showed up at the 1876 Paris World's Fair. She was a sensation but not much of a fund raiser. Wealthy people kept their purses closed.

Eventually, some bright person from the Franco-American Union proposed a lottery with valuable prizes. It went over very well. Then they sold signed and numbered clay models of the statue in France and in America. They finally raised 400,000 francs, enough to complete construction by 1884. (Laboulaye died the year before; alas, he never saw his dream completed.)

Thousands of enthused Frenchmen visited the statue in Paris until 1885, when she was dismantled for shipment to New York.

Public apathy in America

Newspapers were critical. "Why was the pedestal so expensive?" they asked. Congress rejected an appropri-

tion of \$100,000 for the base. New York State approved a grant of \$50,000 but the governor vetoed it. People in the rest of the country said, "Let New York pay for it." The uber-rich from that gilded era said nothing and kept their purses closed.

Fundraising Senator William Evarts, (the man whose speech was cut short at the dedication), had managed in two years to raise only \$182,000, and most of that was already spent. By 1884, after the statue had been built and paid for by the generosity of the French people, the American contribution seemed doomed.

Joseph Pulitzer to the rescue

He was a well-educated but penniless Hungarian immigrant who fought for the Union in the Civil War, became a successful journalist, married a wealthy widow, and owned the *St. Louis Post-Dispatch*. Then

he bought New York's financial paper, *The World*.

Mightily offended that the Liberty project was about to die in America from lack of funds, especially since it was the common people of France who had paid for this magnificent statue, Pulitzer blasted the rich for their selfishness. He hammered them mercilessly, insisting that this was a gift from the working people of France to the working people of America. He appealed to ordinary Americans and published the name of every single contributor, no matter how small their gift. The money began to pour in, a dollar here, a few cents there, and pennies from schoolchildren.

African-Americans contributed significantly, seeing the Statue of Liberty as a symbol of the freedom they had so recently won.

Pulitzer's goal of \$100,000 was reached, and even slightly exceeded, by August 1885, from more than 120,000 donations. The 214 wooden packing crates holding the statue parts had been waiting on Bedloe's Island for three months.

Up she goes

Bedloe's Island, federal property in the middle of New York's enormous harbor, contained star-shaped Fort Wood in which the foundation was built. It required 24,000 tons of concrete, at that time the largest single mass ever poured. The foundation measures 91 square feet at bottom and 65 square feet at top, at a height of nearly 53 feet. Above that, the pedestal rises 89 feet. Architect Richard Morris Hunt was paid \$1,000 for this project, which he donated to the fund for reassembling the statue.

It took six months, from May to October, to recreate and mount the statue to the pedestal. Her official name is "Liberty Enlightening the World," and Bedloe's Island became Liberty Island.

The dedication ceremony was memorable. Bartholdi and his wife were there; along with

Viscount Ferdinand-Marie de Lesseps, chairman of the Franco-American Union; Joseph Pulitzer; the American Committee; numerous dignitaries; and many of the leading lights in American politics and society.

Asked by reporters for a comment, Bartholdi said simply, "The dream of my life is accomplished."

Since that time

- Lady Liberty was the tallest structure in New York until 1899 when a commercial building exceeded her by about five feet.
- In 1903, on an interior wall of the pedestal, a plaque was mounted with the words of Emma Lazarus's 1883 fund raising poem, "The New Colossus."
- In 1916, *The World* raised \$30,000 from its readers to floodlight the statue at night.
- During World War I, the statue's image was used to help sell \$15 billion in bonds, about half the cost of the war.
- The Statue of Liberty became a national monument on October 15, 1924.
- In 1933, the National Park Service took over its administration and maintenance.
- In 1981, \$87 million was raised from private donations for the statue's restoration, especially for the torch.
- On July 4, 1986, America threw a special birthday party for her. With a light show on the statue and fireworks exploding across the sky, our entire nation watched along with 1.5 billion TV watchers around the world. What would Bartholdi and Laboulaye have said about that!

A gift from the people of France, the Statue of Liberty has become the symbol of America to the rest of the world, and especially to the millions of immigrants who saw her on their way to Ellis Island.

Thank you, France.

Bits & Pieces

(Continued from page 2)

After all, mine wasn't the only house NJRope was investigating.

Reveal day finally arrived and so did three of the original investigative team. The four of us sat around my kitchen table, their laptop whirring with details. My case file was pulled up. Excitement coursed through my veins. Finally, I would have proof that my 1880s-built house was, indeed, haunted!

As it turned out, findings were not as exciting as I had hoped. Although one team member thought she saw someone walking on the front porch where no one was stationed, and another felt something tap her on the shoulder in the basement, there were no orbs, no ghostly clouds, no visual evidence of any kind caught on camera. Only one short EVP was heard on one of the voice recorders. An oth-

erworldly "Cut it out!" was heard clearly on one of the recordings.

Hmmm. Obviously, *he* didn't want to be bothered. *Sorry* for the *inconvenience*.

Now, about his messing about with *my* electronics? I have a message for him ... "Cut it out!"

B&P

Why are people afraid of ghosts? 'Ooh, no, I wouldn't want to see one! I'd be too scared' — accompanied by a tremolo of fear in the voice — is the common reaction. This puzzles me. I'd think anyone would welcome the opportunity. I've never heard of a ghost hurting anybody. — Dick Cavett (American entertainer, b. 1936)

I've never turned into a bee — I've never been chased by a mummy or met a ghost. But many of the ideas in my books are suggested by real life. — R. L. Stine (American author, b. 1943)



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Maybe Popeye should make a switch – kale is the new superfood

By Linda Bozowski

Who would ever think that foods would be trendy? If you think about this concept for a while, you'll realize that it's true. When I look at my older versions of "Better Homes and Gardens Cookbook," or "Joy of Cooking" compared to my newer versions, some recipes that were in the older versions are no longer represented in the newer versions. I can't find my son's favorite salmon pie recipe no matter how hard I look (I must have gotten rid of that three-versions-back edition). And how many fondue recipes have you seen lately?

But I have digressed. One food that has been in the top-ten list for the past several years is kale. Kale is a wonderful food, full of healthful vitamins and minerals. And it tastes good, depending on how it's prepared. One of the best-tasting salads I've ever enjoyed combined finely chopped kale with finely shredded Brussel sprouts. Since I've forgotten the rest of the ingredients, the interested reader is advised to search in a Thanksgiving edition of Bon Appetit magazine from three or four years ago. Delish!

I'm writing for you about

kale because National Kale Day is celebrated on October 5. One of the websites I visited has tips about using kale, including growing, juicing, and using kale in many intriguing recipes. Among the recipes I've found are kale chips, kale margaritas, mango-kale ice cream and baked eggs with kale and salsa. How versatile this veggie is.

So while this superfood is popular, why not become a member of Team Kale and eat healthy. I couldn't even guess what food will hit the radar screen next, but I hope it's something that is tasty. By the way, have you tried avocado ice cream? I made some last summer and it's, uh, OK. Sorry Alton Brown, didn't love it. And I don't think I'll prep the Cuisinart ice cream maker to try kale ice cream, even though I do enjoy mangos.

So will kale out-punch spinach? I think Popeye will stick to his old favorite.

Nothing but the tooth

By Bob Huber

October is National Dental Hygiene Month, and that seems a good time to air a particular grievance of mine.

Several months ago I had a tooth extracted. It was a good tooth, an upper molar which had served me well most of my life. The dentist said it was coming loose and needed to be taken out. No sense arguing with authority, so out it came.

Surely, a tooth of such size and age must be worth something on the tooth fairy market. Tucking the tooth under my pillow, I went to sleep that night with dreams of dollars floating in my head.

The next morning, I awoke and immediately raised my pillow to gaze upon my reward. There was nothing there but the tooth, not so much as a farthing!

Perhaps there was some sort of glitch in the Tooth Fairy's computer. I checked again over the next several nights, but nothing appeared. I canvassed my Rossmoor friends and colleagues and

discovered the shocking truth. Not so much as one person had received a Tooth Fairy reward for their last extraction!

I had to face the inescapable conclusion: Tooth Fairy rewards are age restricted!

In my view, this situation cannot stand! It is unconscionable that we seniors should be left off the Tooth Fairy gravy train just because of our age. Why should little kids get all the goodies?

I intend to write my congressman and request a bill be proposed extending Tooth Fairy benefits to all senior citizens as one of our inalienable rights. The modest cost could be included in the next national budget by levying a small tax on each tooth extracted. There would be no cost to the average taxpayer, and think of the thousands of unemployed tooth fairies who would now have jobs. It's a win, win situation.

I'll keep you posted on how this works out. In the meantime, be sure to see your dentist at least twice a year.

Lots of delightful wines in New Jersey. How about a tasting tour?

By Linda Bozowski

If celebrating "Drink Local Wine Week," October 9 – 15, is on your to-do list, you will find wineries all over New Jersey from which to choose. Most of the wineries in our Garden State are small and privately owned, and most produce only a few varieties or blends. Nonetheless, whether you choose to take a tour of the property and facilities, enjoy a tasting, or sign up to make your own vintage, you will find a winery in New Jersey that may satisfy your choices.

Many of our local wineries are open year-round, while others are more seasonal. The nearly 50 wineries cover the entire state, from Cape May to the hills of Sussex County. Although the climate is fairly consistent throughout the state, the soil has variations that influence the tastes of the grapes used in producing the many varietals, from Merlot to Pinot Grigio. However, some wineries in coastal South Jersey claim that the moderating influence of large bodies of water (the Atlantic Ocean and the Delaware Bay) impact the climate so it is more like that of the Bordeaux region of France, and well suited for production of some reds. Some of New Jersey's wineries produce sparkling wines, which are technically not permitted to be called "Champagne" by international law. Others specialize in one or two blends.

Not all of the grapes used in our vintners' products are grown in New Jersey. Some wineries import grapes that cannot be successfully farmed here.

While most of the wineries offer tours and tastings, some offer foods, lodging and party facilities. Most also sell bottled wines and many sell other gift items. Beneduce Vineyards in Pitts-town goes so far as to offer "Group Therapy" happy hour complete with live music. Renault Winery in Egg Harbor City is New Jersey's oldest winery, starting with sparkling wines back in 1870. That location boasts two restaurants and an on-site hotel.

For a different taste, try Chestnut Run Farm in Pilesgrove. Not open to the public for tastings, this winery's unique pear wines can be purchased by appointment.

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If you've got it, flaunt it: Emotional intelligence awareness

By Myra Danon

I passed the test. Maybe I didn't get an A plus, but I'm pretty sure I got a really good grade in the EIA (emotional intelligence awareness) exam. I feel ready to observe this event that occurs during October, where the emphasis is on gaining control of our emotions, experiencing more positive ones, and avoiding unnecessary stress that we feel when our negative emotions bubble to the surface. It seems scoring well on the IQ test is no longer the goal it once was; new research has elevated the score on the EQ (emotional quotient) to new importance.

Our bodies react to stress in varied ways; sweaty palms, racing heartbeat, dry mouth, feelings of helplessness are only a few. Life is stressful even when things are going relatively smoothly, and the way we respond often determines the outcome and how we feel during and

after the experience. Some stressors that affect us occur even in the most mundane situations. We're all familiar with expert advice to help us deal with those stressful situations, usually unexpected and often unfortunate, whether asked for or not. Listening to music, meditating, and surrounding ourselves with friends who have positive outlooks are among the oft repeated ones; the list goes on and on.

I remember reading some words of wisdom from Bill Gates, whose advice was to, "...refocus on the priority tasks." Steve Jobs offered, "Relax and your mind will follow." Jeff Bezos said, "Stress primarily comes from not taking action over something that you can have some control over." Meaningful advice, but sometimes we are in situations over which we have no control. We have to come up with our own solutions, while limiting the ill

effects of stress on our minds and bodies.

I was tested last month when I went to the DMV to renew my driver's license; the instructions specifically stated that I had to deliver myself with six points of ID to prove I was who I was and still am. "No problem," I thought, "I'll be in and out in 20 minutes." Ha. As I planted myself at the back of a very long line, I knew this was not going to happen. Feeling optimistic, I did a little quick math and roughly figured out how much time each person would need to complete the relatively short transaction. It was a while later when the people at the front of the line hadn't moved after 15 minutes that I understood my mathematical error. I had neglected to figure in an unknown quantity, like the x factor, which was the number of clerks that were available to work with each person. Okay, I now realized these people had probably been on line about an hour before I showed up. Still, thinking positively, I believed some employees were out to lunch, literally, and upon their return, would hasten the movement of the line. When that didn't happen, I admit I tried to swallow a few extra times to relieve the dryness in my mouth, calmly.

I didn't feel my teeth clench together until a toddler decided to test the strength of his vocal cords. This continued until his father released him from the confines of his umbrella stroller and allowed him to walk up and down the rather large room. The child was smiling and chirping contentedly with a look that I read as, "This is what I like to do." It didn't take too long before Dad realized (just guessing here), that following a little kid required active watching and walking in a bent over position, so he returned him to his previous enclosure, buckled him in, where the bewildered child began screaming anew and continued his plaintive wail, much to the consternation of—well—everyone.

The child's mother, still with pen, paper, and check-book askew, caught on quickly and rereleased him, much to everyone's delight, where he immediately smiled, giggled, and was so thrilled to have mastered the art of tipsy walking. Alas, in a few nanoseconds, Mom didn't last too long either, bending and walking with her toddler. We got a bit of relief, until the little tyke was returned to his original holding place, where he registered his complaint at even higher decibel levels. After a while his father took him out of the stroller again, perhaps prompted by some disapproving looks from the folks, and yanked him out so quickly that he grabbed the wrong end, and the kid was held upside down till Dad realized he was eye-to-eye with a pair of tiny sneakers. Being an alert toddler, he registered his displeasure with a sound that could curdle milk. It might have cur-

(Continued on page 7)

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Awareness

(Continued from page 6)

died his, if either parent had thought to bring any, or anything else, like water, a toy, perhaps a dry diaper. For over an hour, more if we're counting the driving time, none of these things was available. I imagine many onlookers were clicking their tongues (silently, of course).

One hour and 20 minutes after I arrived, I was called to the window where I handed over my paperwork. I was sure that was it, and was ready to walk out into the sunshine once again. But not yet. I was told to sit and wait to have my picture taken. What if I was happy with my picture of four years ago? Happiness was not the issue; they needed an updated picture. I sat, I waited, still calmly, retrieved my license, and I was finally able to regain some control of my life.

The only thing I could think to do while waiting for all the traffic to clear before I left turned my way onto Route 130, was to choose when to look at the updated me. I won't look until I want to, I declared to myself. The next morning after I poured a large mug of really strong coffee, I removed the license from its paper clip grip. My eyes tell me there is a difference between the two pictures. My mind (still my best friend) tells me it's because I'm not smiling in the updated one.

Maybe I do deserve an A plus.

The other discoverer of North America

By Jean Houvener

Erik the Red left Norway because of some killings he had done. When he left, he sailed to the recently settled Iceland. In Iceland he also apparently got in trouble with perhaps more killings and left for islands that were rumored to lie off a large landmass. At the time the climate there was warmer than it is currently, and it was possible to live on the water and possibly raise sheep or cattle in Greenland where he settled.

His son, Leif Eriksson, on a voyage from Norway to Greenland was blown off course and eventually discovered a land with forests and vines, which reminded him of grapevines. He called the land Vinland. One theory is that perhaps the land he found was somewhere around northern Massachusetts. Others think the word is not vines, but meadows, and that the land was in Canada. After returning to Greenland, Leif and his father Erik mounted expeditions to this new land. More than once they tried to reach this new land without success.

According to the Icelandic Sagas, Leif finally led an expedition to settle there, which arrived successfully. The remains of a settlement, possibly the one in the Sagas,

have been found at L'Anse aux Meadows in Newfoundland. This site has been reconstructed to show the Norse sod longhouse, the remains of which were found in 1960. The site contained various artifacts, including an iron smithy, a forge, rivets, stone oil lamp, fastening pins, and other items similar in design to other Norse artifacts. The site has been dated to 1000 A.D. While older aboriginal sites have been found dating to as early as 6000 B.C., none seem to be contemporaneous with this site.

This was not the land of forests and vines found on his initial voyage. The settlement was meant as a base for further exploration to find again the land of forests and vines. Both the site and the sagas indicate this. The settlers tried to sail further down the coast, and another possible site of their attempts to move further south has been found at Point Rosée, also in Newfoundland. This recent discovery is based on the study of satellite images by archaeologist Sarah Parcak. So far evidence of iron smelting has been found there, a necessity for Norse longboats. Butternuts found at the L'Anse aux Meadows site indicate that the Norsemen did succeed in going further south, at least to New Bruns-

(Continued on page 8)



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Hold the butter. Other toppings make popcorn a tasty treat

By Linda Bozowski

Microwave, air popper or cast iron on the stovetop? How do you make your popcorn? And what's your favorite topping? Popcorn is a tasty snack food and, depending on how "decorated" it is, is actually a healthy treat full of fiber with very few calories. And although popcorn, lightly salted, does have its own flavor, it can be amped up by the addition of any number of toppings.

What comes first to my mind is loads of melted butter. Not the topping at the movie theater, but real melted butter. Yum. Of course the downsides are fat, calories and greasy fingers. But the taste is so luscious. The faux butter topping at the AMC theater is tasty, for sure, but not the same as the real thing.

Popped corn is not a new phenomenon. It has been eaten, according to some historians, since approxi-

mately 3600 B.C. Popping corn became more accessible following the invention of the steam-powered popcorn maker by Charles Cretors in the 1890s. Cretors went on to make street-corner carts by the end of the century. Since popcorn was very inexpensive, it became increasingly popular. And while farmers struggled to make ends meet, some succeeded through focusing on the expanding popcorn market, including the Redenbacher family.

Popcorn machines became a staple in movie theaters in the late 1930s. Originally viewed as a distraction to the big screen, the snack became so popular with patrons that many theaters jumped on the bandwagon, since selling the product was a great financial success.

Although different methods are used to puff up the little kernels, success always comes down to the humidity of the kernels themselves. When too moist, as the corn usually is shortly following harvest, the corn does not pop well, and the kernels are less fluffy and more chewy. The unpopped kernels are also subject to mold when stored. Too-dry kernels produce a less satisfying product as well. A moisture rate of 14 to 15% by weight is considered the optimum range.

So after you've chosen your product and your method of preparation, how will you top your treat? Rachel Ray produced a list of 50 different topping suggestions a few years ago, and that list can still be found online. Among her suggestions are garlic salt, brown butter-lemon, bacon-jalapeno, spicy pork rind, cinnamon sugar and peanut butter. Toppings can be savory or sweet or somewhere in between. I sprin-

kled some Parmesan cheese on my microwave blend the other night and stored the uneaten portion in a food storage container for a couple of nights. That topping didn't add too many calories, salt or fat but gave just a little extra punch to an already tasty snack.

One word of caution – the American Academy of Pediatrics has recommended not serving popcorn to children under age four, since it could cause a choking hazard. So wait till the grandchildren have left after their visit before getting out the Jolly Time.

What's your house worth?

By Carol De Haan

Probably not as much as you'd like, but definitely more than a few years ago.

Using figures from the website of Rossmoor Sales, we calculated their average sale price from 2007 through 2016 for two models: the Penn I and the Maine II. Here's what we found:

Penn I	average closing price:
2007	\$196,000
2008	137,700
2009	111,600
2010	104,700
2011	78,500
2012	90,000
2013	121,000
2014	121,000
2015	125,600
2016*	143,000
*through the end of June	


Maine II	average closing price:
2007	\$128,000
2008	100,000
2009	90,000
2010	76,000
2011	56,000
2012	63,100
2013	65,000
2014	73,300
2015	102,000
2016*	94,200
*through the end of June	

Now here's an interesting point. In 2007, the last good year for sellers, seven of each model were sold, with prices that were generally similar to others in that model.

However, as the real estate market deteriorated, a greater disparity showed up in the range of closing prices. For example, there might be a difference of \$40,000 between the lowest and the highest closing price in one model and in one year.

How to account for this? Perhaps, in a down market, buyers drove a harder bargain. Perhaps sellers were more motivated to take whatever they could get.

But one thing is for sure: an updated, well-maintained home with good curb appeal will earn a higher price than the same model in lesser condition.



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Sound Advice

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Meeting with the family for elder care planning

Business managers would never chart a course of action for the future without gathering all of the necessary information, analyzing the pros and cons of different approaches, and meeting with the main people who have a stake in the outcome. Yet many families approach eldercare issues with a similar lack of foresight.

If there is an aging member of your family who soon may need help at home or perhaps will move into an eldercare facility of some kind, it's essential for everyone to talk about what's ahead. Consider trying to call the appropriate relatives together for a family meeting—and be prepared to answer some of these questions:

Can you meet? Frequently, inertia will take over or some family members won't see the need for a family discussion. It's difficult to find the time with our busy schedules and other commitments. What's more, many families today are dispersed around the country and beyond. Nevertheless, it's important to bring everyone together to work out a plan.

Why should you meet? Whether or not specific problems need to be addressed immediately, a meeting gives family members a chance to share information and air their concerns. One or more siblings may feel that too much of the caretaking is falling to them, while others may express their intention to do more. Encourage family members to get such feelings out on the table. Keep in mind that there is no right or wrong approach. The needs of each family and the best solutions for everyone will vary.

Who should you invite? This depends on the size of your family, who takes an active family role, and other factors. Certainly, the children of an elderly parent should be involved, and perhaps the grandchildren, too, if they're old enough to be meaningful participants. Depending on the situation, close family friends and professional advisers also might be included. There could be value to bringing in a third-party caretaker, perhaps a nursing aide or someone else paid to help the parent, who might contribute insight to the discussion. Finally, consider whether or not to include the loved one whose future is being discussed.

What should you cover? The older family member's health care may be at the top of the agenda. You may decide to move the person to a nursing or assisted living facility or to upgrade accommodations at a current location. Another option is to keep the person at home and

use live-in care. It's also important to determine whether the parent has a living will or other health care directives that express what kind of care he or she wants to receive. Finances also will be an important part of the equation. Establishing a durable power of attorney for a designated person to handle financial matters could be helpful, and you might decide that one or more trusts could help protect family assets. Federal and state rules covering such documents are complex, so be sure to consult with professionals experienced in this area of the law.

How should you conduct the meeting? Just as for a business meeting, an agenda that you develop beforehand could help keep the discussion on track. One of you may want to take the lead in creating an agenda and distributing it by email to everyone who will be there, then revising it to include other family members' concerns.

What should you do next? Trying to maintain good communication with everyone is very important, and even in families that have not always been harmonious, this is one time when everyone needs to try to come together for the benefit of the loved one. Of course, conflicting viewpoints are likely to be expressed at the meeting, so you all will need to be prepared to compromise. Have someone take detailed notes and circulate them to everyone, and then ask everyone to agree to honor the agreements you've reached.

You all will have to remain flexible in case the situation changes. Develop a "plan B" if, for example, you choose a particular facility that doesn't work out or the elderly person's condition suddenly worsens. Finally, don't expect miracle solutions, but do involve your financial and other advisers in this crucial effort to help this family member.

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"Ask the G.M."

Questions posed to RCAL General Manager Jane Balmer by Rossmoor staff and residents.

Q: Will the barcode reader at the entrance gates be able to read the barcode label in snow or cold temperatures?

A: The barcode reader is an optical device much like the human eye. Just as a person cannot read a sign if it is covered by snow or ice, the reader cannot read a barcode label that is obscured. This means if snow or ice has covered the barcode labels so that you cannot see it, the reader will not be able to either. Most drivers will scrape or clean vehicle windows before moving, so it is a simple matter to clean off the barcode label as well.

Q: Can a vehicle be parked anywhere in the Community?

A: We ask everyone to be considerate and use their assigned carport space, garage and/or driveway before parking on the street. Parking is a problem in some areas in Rossmoor. It would be nice if residents would pay attention to where they are parking and you must observe the yellow curbs, crosswalks, fire hydrants and intersections.

Any vehicle parked in the Community must have a current registration, inspection sticker, insurance and be able to be legally driven on public roads. Vehicles need to be parked in the direction of traffic.

If you know of someone who is experiencing trouble walking, let them use the parking space closest to their manor before you park there. There are no assigned parking spaces, other than handi-

capped spaces which require the proper identification, so in the spirit of harmony and community living, do the right thing and be kind to your neighbors when parking your vehicle.

Q: Does anyone need to know if a resident has special needs?

A: If you have not already completed an emergency contact list at the Village Center or an Emergency/Health Questionnaire for the Healthcare Center, we recommend that you take care of that soon whether or not you have special needs. We also have a File for Life folder with a magnet available in the Village Center that

needs to be placed on the front of your refrigerator that should contain your contact information, allergies, etc. that would be vital to emergency responders.

In addition, 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. Monroe Township has a Special Needs Registry form intended for individuals with disabilities.

All of these items are important in emergencies and are available in the Village Center. Now is the time to register prior to an emergency.

Musings and Memories

By Betty Emmons

Leaves and Lives

It is fall and the trees are shedding their leaves, leaves that will be gathered and discarded. How beautiful they were from the day of their budding and are now going out in a blaze of glory, only to become a lovely memory.

How like the leaves our lives should be; to be born and to live giving comfort to all until the autumn of our lives. And, just as we know new leaves will come again, we too shall have rebirth.

Just recently I heard of someone going to spend the remaining days of her life in a care facility. Her home reflected her life. Good clothes, fine furniture, trinkets and

treasures beyond measure and all these possessions, like the leaves, were being gathered and would soon be gone.

I did not know the lady, but I want to believe that her life was well spent and that she weathered the storm of her life like a hearty tree; that she gave shelter and comfort to all and that now she is ready for her rebirth.

Yes, life is beautiful if we love and appreciate one another and not necessarily things, so when we finish our journey here on earth, we will, like the autumn leaves, go out in a blaze of glory, and only beautiful memories will remain.

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Bob's Almanac

By Bob Huber

Here's to October

There's much more to October than bright blue weather, colorful foliage, beer guzzling contests and Halloween. As a matter of fact, historically, the 10th month of the year has harbored some of the most significant events that have shaped our lives.

Just to mention a few:

October 1, 1908 - Henry Ford's Model T Ford, a universal car designed for the masses, went on sale for the first time, putting America on wheels and opening the door to the development of suburbia.

October 4, 1957 - the space age began when the Russians launched the first satellite into orbit. It was called Sputnik.

October 6, 1927 - the first talking picture, "The Jazz Singer," starring Al Jolson, opened in New York, launching America's long-standing love affair with Hollywood.

October 8, 1871 - as the legend goes, Mrs. O'Leary's cow kicked over a lantern in her barn, igniting the Chicago fire; however, the tragic event paved the way for the rebuilding of one of the world's greatest cities.

October 11, 1939 - Albert Einstein wrote a letter to Pres. Franklin Roosevelt warning him of the necessity of developing the atomic bomb.

October 12, 1492 - after a 33-day voyage, Christopher Columbus made his first landfall in the new world.

October 13, 1775 - the precursor to the United

States Navy was established.

October 19, 1781 - British troops surrendered to the Americans at Yorktown, virtually ending the Revolutionary War.

October 21, 1879 - Thomas Edison successfully tested the first electric light bulb.

October 24, 1861 - the first transcontinental telegram in America was sent from San Francisco to Pres. Abraham Lincoln in Washington.

October 28, 1636 - Harvard University, America's first institution of higher learning was founded in Cambridge, Mass.

October 29, 1929 - the stock market crashed triggering the Great Depression.

Rather than leave you with that disturbing recollection, we take a moment to review some of the unusual October events that may be worthy of your attention. Did you know that October is: American Cheese Month, Bat Appreciation Month, Positive Attitude Month, Rhubarb Month, Spinach Lovers Month and, as if we needed reminding, Squirrel Awareness Month?

As a matter of fact, October is crammed with special events and observances. There is something for everyone, so get out there, enjoy the bright blue weather and participate!

And if it is your job to keep an eye on the little ones for trick-or-treat this year, make sure they are escorted and safe. After all, this is also Halloween Safety Month.

Rossmoor gardens

(Continued from page 1)

they have continued to perfect the new plant and to grow it in a greater variety of colors.

Personnel in local garden centers explained that this is the first year that the *Sunpatiens* is widely available in this area. Not all of them seemed to be too familiar with it. A few of the plants I purchased as *Sunpatiens* turned out to be New Guinea impatiens.

The great feature of the *Sunpatiens* is that it will thrive in shade or sun. It is drought and humidity tolerant and less prone to disease. Its flowers are large with thick petals, its foliage is waxy and tough and it has strong sturdy stems. *Sunpatiens* comes in three categories: compact, spreading, and vigorous. It can be planted in beds or in large pots, growing up to a height and width of 24 to 36 inches. Thankfully, the rabbits do not have a taste for *Sunpatiens*.

I am always interested in how the various flowers get their names. This year for the first time I found wallflowers in one of the local garden centers. I had not seen them since I was growing up in Ireland. As a child I thought that they were aptly named because they were always planted next to the garden wall. This was out of necessity I'm sure, since they were spindly plants and without protection the Irish winds would have destroyed them. They did not do well for me. They probably need more genetic work in order to adjust to a very warm dry climate.

Impatiens gets its name from the Latin word for impatient. A little experiment that you can do when the plant goes to seed will tell you why. When the flowers wilt, large seedpods will replace them. Just barely touch a pod and it will explode scattering the seeds all over the place! If you are an experienced gardener who is a bit optimistic you can save the seed to plant next year. Unfortunately, the fine healthy plants we put in our beds in spring will not survive the winter. Not to worry. I feel sure that either the experienced botanists or global warming will take care of that problem before too long.

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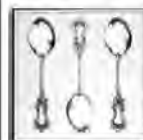
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New Neighbors



By Christina Smith

Louis Clark and Janet Singleton, 196N Mayflower Way, formerly of Clifton, N.J.

Margaret Reda, 590C Troy Way, formerly of Staten Island, N.Y.

Michael and Theresa McGann, 635A Yale Way, formerly of Kendall Park, N.J.

Qi Zhongyuan and Zhu Quan Rin, 271B Old Nassau Rd., formerly of Piscataway, N.J.

Marilyn, Jennifer, Darren Daddario, 352N Old Nassau Rd., formerly of Staten Island, N.Y.

Ann Marie Nanna, 174C Portland Lane, formerly of Bound Brook, N.J.

Fred and Patricia Marshall, 614A Winchester Lane, formerly of Spotswood, N.J.

Louise Ayres, 145B Providence Way, formerly of Staten Island, N.Y.

James and Marsha Lasko, 229A Old Nassau Road, formerly of East Brunswick, N.J.

Erin Medicott, 110C Lowell Lane, formerly of Red Bank, N.J.

Diane Ignazitto, 526C Terry Lane, formerly of Fort Atkinson, Wis.

Thomas Huston, 526C Terry Lane, formerly of East Windsor, N.J.

Susan Egan, 134A Old Nassau Road, formerly of Port Orange, Fla.



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A kid's memoir...

By Carol De Haan

There were dairy farms in Brooklyn and Queens before World War I, when my Dad and his five brothers were growing up in New York City. Manhattan was full of three- and four-story red brick apartment buildings, each with a

metal fire escape leading down to the sidewalk. Wooden water tanks sat atop most buildings. Many ancient burial fields were covered with grass and served as neighborhood parks.

Streets were paved with cobblestones, not yet blacktop. Kids played stick ball in the middle of Third Avenue because what immigrant could afford a motorcar in 1910? Horse-drawn wagons made deliveries to local stores and weekly slabs of ice to anyone lucky enough to own an ice-box.

Any kid with a sheet of corrugated cardboard could hot-foot it over to Central Park and spend a gleeful afternoon sledding down rock outcroppings that had been polished smooth by prehistoric glaciers. Manhattan could be a kid's delight.

Fast forward 25 years to Queens: Now married and with a little girl, my Dad often made Sunday his Manhattan adventure day. Once he and I took the subway down to South Ferry and got on the boat to Bedloe's Island. We entered the stone pedestal that supported the massive Statue of Liberty. Inside was a pneumatic elevator, an invention after the Civil War, to take visitors from ground level right up into the foot of the Statue, looming above.

A narrow iron staircase into the statue curved upward in a gradual helix with railings on each side. Holding tight, we went up one by one. There were semicircular indentations every here and there, so that any breathless person could sit and recuperate before continuing upward. There was no going back down; too many people behind you.

Eventually we emerged from darkness onto a floor in the Statue's crown. Looking out one of the many windows in the crown, we saw tiny boats in the harbor 300 feet below, as well as Governors island, the tip of Manhattan Island, and the coast of nearby Brook-

lyn.

In those days, one or two people at a time could climb up into Liberty's upraised arm for the more spectacular view from the torch. We didn't do that; too many others stood in line to go up. My Dad might even have thought it dangerous, as it later proved to be.

The steps down ran parallel to the steps up, but were much easier. It had been a day to remember. I loved going places with my Dad.

On other Sundays, we had more adventures in Manhattan:

- A trip to the Metropolitan Museum of Art on Fifth Avenue to see the enormous Greek statue of The Winged Victory of Samothrace, on loan from The Louvre;
- Many visits to the awful smelling Central Park Zoo where, in those days, wild animals paced in outdoor cages with concrete floors;
- One afternoon at the tip of the island, in a curiously round building full of fish tanks. The Park Service eventually sent the New York Aquarium elsewhere and removed the roof, restoring the 1808 Southwest Battery (later "Castle Clinton") to its original state as a fortress to protect the city from British warships;
- Trips to Radio City Music Hall to see "Pennies from Heaven" with Margaret O'Brien, or "A Guy Named Joe" with Van Johnson;
- Another afternoon at the Natural History Museum, after which we stood at an Eighth Avenue bus stop. While waiting, Dad grasped a pencil in his fist to show me how the earth had a north pole and a south pole, with lines of magnetism between the two. The next woman on the bus line craned her neck over me to listen in on the lecture;
- And, of course, an exhilarating afternoon of sledding on cardboard down those glacier-smoothed rocks.

Thanks, Dad.



**This Rosh Hashanah,
Hear the Shofar's blast
as well as your families'
sweet voices!**

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In Memoriam

Leo M. Casper

Leo M. Casper died on Wednesday September 7. He served in the U.S. Army and was a police officer for the Cranford Twp. Police Department for 25 years. He is survived by his wife Joann, daughter, Stephanie Patiero and her husband Fred, two stepdaughters and their husbands, Lori Ann Serpo and Daniel, and Lisa Aurelio and Vincent, nine grandchildren, and two great-granddaughters.


Dorothy Vergano

Dorothy Vergano died on Wednesday September 7. She resided in Rossmoor since 1994. She was a member of the Italian American Club and was a parishioner of Nativity of Our Lord RC Church. She is survived by her sons, John C. Vergano and his wife Maureen, and Peter Vergano and his wife

Kathy, six grandchildren, and eight great-grandchildren.

Samuel Goldberg

Samuel Goldberg, former long-time Rossmoor resident, died September 7 at age 94. Sam was the owner of Sam's Candy Store in the Bronx and worked for the Rossmoor News after his retirement. Sam was predeceased by his wife, Gertrude Goldberg and his special friend, Lillian Schatz. He is survived by his children Elaine and Neil Bookman and Joyce and Harris Goldberg, his grandchildren Jennifer Bookman, Stacey and Pete Botbyl, Randy and Daphne Goldberg and Seth and Michelle Goldberg and great children Peter, Gavin, Evan, Addison and Mia. He is also lovingly remembered by many nieces, nephews, friends and extended family.



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Library and Bookmobile

The Library is often referred as the “Crown Jewel” of Monroe Township. With over 1,400 visitors a day, it is a very busy and desirable destination within our Township.

Very recently we devoted a segment of the Mayor Tamburro Show on Channel 28 to video an in-person walk through the Library. Library Director Irene Goldberg and I stopped at various locations within the Library, talking to staff and ending at the drive-thru window. It was very informative.

I was impressed with the extent of one-on-one help that staff members offer residents with their technology devices, as well as the variety of art work regularly displayed in the Gallery. I was advised that the library has partnered with the Women’s Club of Stonebridge and the Community Center to offer homework help to our young people at the Community Center after school several days a week.

In a 43 sq. mile community, the Library cannot fully serve the residents without going out to those for whom it is difficult to come into the building.

To that end, the Library offers a diverse number of outreach services. The Bookmobile (a new vehicle purchased a year ago) carries books, media, and serves as a wireless hotspot, traveling over the entire community. It can be seen at annual Municipal events such as National Night Out, the Green Fair and Octoberfest. Over 2,500 books are circulated each month to over 400 residents from the Bookmobile.

Other outreach services include homebound delivery for those who need door to door service, lobby stops for the Senior Communities, and books by mail.

The webpage provides access to all kinds of on-line services. With a library card there is no “closed” sign on

the library services through the webpage.

There are book returns at the Community Center and a new one recently placed outside the Senior Center. Residents may include dropping off their materials as they travel about the Township.

Furthermore, the Library offers its patrons free museum passes thanks to a program sponsored by the Friends of the Monroe Town-

ship Library. Passes are available for the Academy of Natural Sciences, Battleship New Jersey, Frick Collection, Grounds for Sculpture, Guggenheim Museum, Intrepid Sea, Air and Space Museum, Jenkinson’s Aquarium, and much more. Reservations for the passes are done at the circulation desk.

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Thank you

I want to thank all my friends and neighbors for their cards, phone calls, visits and prayers since the time of my accident.

Janet Geng



OCTOBER 10

Rossmoor residents get a “Lift”

By Dan McOlvin



First to go up, Shawn is assisted by our commercial-rated glider pilot, Mike, in safely securing his seatbelt. Mike gives a quick orientation on the flight controls before take-off. Once Shawn and Mike are set in the glider, the pilot in the tow plane begins to take off with the glider in tow.



With a thumbs up from the ground crew, a wag of the rudder from the tow plane, and a reply rudder wag from our glider indicating that we were ready, our adventure was up ... up ... and away!

Shawn Cavanaugh of Mutual 3 and Dan McOlvin of Mutual 16 recently visited Jersey Ridge Soaring, located at the Blairstown Airport near the Delaware Water Gap, for one of the ultimate outdoor adventures.

Shawn and Dan get a close-up look at one of the tow planes while waiting for their turn to fly.



On Shawn’s return to earth, Dan was next to fly. Again, our pilot, Mike, made sure everything was safe and we were ready to go. With a gentle tug, the tow plane pilot begins our take-off and then climbs with both men in tow.

Once we reach our desired altitude of 3,500 feet, our glider pilot Mike tells me to pull the red ball in front of me. This releases the tow rope and we glide free. The tow plane then makes a sharp dive down and to the left, clearing the sky for our glide.

We are now soaring, almost like a hawk, and the only sound is the gentle passing of air over the wings of our glider ... peaceful and beautiful.



But like all good things, this adventure comes to an end after about 30 minutes aloft. Mike tells me we are heading home.



Here’s a smile of pure joy as Mike lines us up on our final approach to the landing strip and brings us safely back to earth.



And so ends another great adventure for Shawn and Dan.

For more information on soaring or to schedule your own flight, go to www.jerseyridgesoaring.com

OCTOBER 2016

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HALLOWEEN DANCE w/ DJ GARY
Friday, October 28, 7pm, Ballroom, \$10pp
Call-in on Monday, October 3 at 12:15pm
Payments DUE by October 7
Two Tickets per Manor...Tickets are non-transferrable

AARP SAFETY DRIVING COURSE
Tuesday, November 1, 8:30am, Gallery
\$15 Members \$20 Non-Members
Sign-up in the Clubhouse...Checks Payable to AARP

SUNDAY MOVIE LUNCHEON
October 23, 12:30pm, Ballroom, \$14pp
Movie: Miracles from Heaven
On Sale Now

FITNESS CENTER ORIENTATION
Tuesday, October 4, 10am, Fitness Center
Sign-up in the Clubhouse

HAPPY BIRTHDAY ROSSMOOR
Back by Popular Demand
Julian & Dominique



Saturday, October 15
2PM Meeting House
No Charge
ALL WELCOME

OKTOBERFEST LUNCHEON

Thursday, October 27
12 Noon...Ballroom...\$20pp

Menu Includes:
Sauerbrauten, Weiner Schnitzel, Knockwurst,
Chicken in Wine Sauce, Braised Red
Cabbage, Potato Pancakes, Apple
Strudel and more...
ON SALE NOW



SIP & CARVE EVENT

Monday, October 24
6:30pm Gallery \$15pp
Bring Your Own Beverage
We Provide the Pumpkin & Refreshments
SPACE LIMITED...ON SALE NOW



*If you are a veteran of the
United States, please join us!*
Veteran's Day Bagel Breakfast
Friday, November 11
10am Gallery
Space is Limited
RSVP by November 4

**Rossmoor's Private Tour of
Six Flags Great Adventure Safari**
Friday, October 21
Departs Poolside 9:30am
\$42pp includes tour of
the safari, bus & gratuity
Bring a brown bag lunch!
ON SALE NOW



ATLANTIC CITY CASINO TRIPS
2017 Casino Trips TBA
"WAITRESS" on BROADWAY
Wednesday, October 5, Departs Poolside 10am
Wait List Available...Sold Out
RADIO CITY CHRISTMAS SHOW
Thursday, November 17, Departs Poolside 10am, \$90pp
Wait List Available...Sold Out
NEW YORK CITY HOLIDAY LIGHTS TOUR
Wednesday, Dec. 7, Departs Poolside 1:30pm, \$70pp
Wait List Available...Sold Out
INTREPID SEA, AIR & SPACE MUSEUM
Tuesday, October 25, Departs Poolside 9am, \$50pp
Wait List Available...Sold Out

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10 Days...18 Meals
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Highlights Include:
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\$1982pp (Double) \$2452 (Single) inc. all taxes & gratuities
\$662 due upon sign-up...Trip Ins. Recommended
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New Year's at Noon Celebration
Friday, December 30
11:30am-2:00pm, Ballroom
Elegant Brunch Buffet
Orange French Toast
Assorted Quiche
Home Fried Potatoes
Grilled Salmon Valencia
Chicken Francaise Tenders
Pasta Salad
Tossed Salad with Assorted Dressings
Bakery Basket with Mini Danish & Banana Nut Bread
Assorted Miniature Italian Pastries & Sliced Fruit
Coffee & Assorted Teas
Champagne Toast
Entertainment by Maggie Worsdale
\$35pp
On Sale Now

New Year's Eve with DJ Mel
Saturday, December 31
7:30pm-12:30am, Ballroom
Elegant Dinner Buffet
International Cheese Board with Fresh Fruit
Field of Greens Tossed Salad with Assorted Dressings
Salmon with a Citrus Glaze
Chicken Francaise
Eggplant Rollatini
Carved Center Cut Herb Crusted Pork Loin w/ Gravy
Red Potatoes with Fresh Dill
Vegetable Medley
Apple Pie A la Mode or Carrot Cake
Coffee, Assorted Teas & Soda
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SPORTS FUN



BOCCE
October 4...Bocce Breakfast...10am

CROQUET
New Players Welcome
Call Betty Anne Clayton for Info

PICKLEBALL
October 8...Pickleball Tournament...8:30am
Wednesday, November 2...Sports Awards Dinner
5:30PM Ballroom \$18pp

HIKING
October 8...Veteran's Park, Hamilton...9:30am(Poolside)
October 30...Moon Walk
New Hikers Welcome

SHUFFLEBOARD
Wednesday, November 2...Sports Awards Dinner
5:30PM Ballroom \$18pp

TABLE TENNIS
Tables available Tuesday & Saturday
9-11AM.
All Welcome!

TENNIS
Courts available 8am until dusk.

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

Tuesday, October 4, 10:00am
New to the Fitness Center or need a refresher?
Sign-up in the Clubhouse

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.
New Session Begins September 12...Pay instructor directly

TOPS PRESENTATION

Take Off Pounds Sensibly

Tuesday, October 4
2PM Gallery

Details can be found at
www.TOPS.org

LET'S GET MOVING



CULTURE & EDUCATION

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

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"The Invention of the Airplane"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Maple Room
New Books Will be Chosen

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
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

NEW!

LOOK FOR THE
RECIPE EXCHANGE GROUP
COMING IN NOVEMBER

"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 October 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

HUNTER'S MOON WALK

Moon-lit Stroll
through Rossmoor
Sunday, October 30
7PM Red Room
Wear comfortable
shoes and bring a
flashlight

Refreshments to follow
in the Gallery
ALL WELCOME

Club Presidents & Representatives

2017 is right around the corner...it is time to start thinking about your events for next year. Packets will be available in the Clubhouse this month. Please hand in your Club Info & Dates to the E&R office as of November 1st.

ALL IN STITCHES NEWS

"All in Stitches" the knitting and crocheting group, which meets every Thursday from 1:00 to 3:00 p.m. in the Maple Room, has been busy creating projects to help our local communities and is celebrating its first anniversary on October 27, 2016. The group has contributed 75 small baby hats to the Freehold Hospital Maternity department, as well as donating over 30 lap blankets to The Gardens Assisted Living and Rehab facility in our own Monroe Township, and they have made newborn blankets and matching hats for Madonna House in Neptune. But that is not all – these dedicated women have taken on the challenge of the "Baby Purple Hat" program sponsored by local hospitals to make new mothers aware of the "crying baby syndrome" of the first two weeks of their little lives.

If you are interested in participating in our group, even if you have never knitted or crocheted before, we have many members who will be happy to teach you the craft of your choice. Refreshments are always available.

For information, call Barbara Brumberg at 609-619-3463 or Lyn Wall at 609-662-4224

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.)

"EYE IN THE SKY"

Tuesday, Oct. 11
1&7PM Ballroom
Sunday, Oct. 16
1:30PM Ballroom
Rated R for
Language & Some Violence
102 Minutes
No Charge
Movie Subject to Change

MYSTERY MOVIES
Friday, October 7
Wednesday, October 19
1PM Ballroom
No Charge
ALL WELCOME

MOVIE CORNER

PICTURE PERFECT



Keep your face to the sunshine and you cannot see a shadow...Helen Keller

PICTURE PERFECT



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<div>E & R Events Marked with ⌘ Require Tickets or Prior Registration</div>	<div>Tickets on Sale today!</div> <div>TICKET</div>	<div>FALL</div>				
2	ROSH HASHANAH 3	4	5	6	7	8
8:00pm Erev Rosh Hashanah-MH	GOLF OUTING 10:30am Rosh Hashanah-MH 2:00pm Mutual 12-VC <div>TICKET</div>	10:00am ⌘ Bocce Breakfast-BR 10:00am ⌘ Fitness Center Orientation-FC 2:00pm TOPS Presentation-GL	10:00am ⌘ Trip-Waitress 6:00pm Indian American-BR		1:00pm Mystery Movie-BR 7:30pm Music Association-MH	8:30am ⌘ Pickleball Tournament-CT 5:30pm Italian American-BR
9	COLUMBUS DAY 10	11	YOM KIPPUR 12	13	14	15
	RCAI OFFICES CLOSED 1:00pm Healthcare Lecture-MP	1:00pm & 7:00pm Free Movie- "Eye in the Sky" Rated R 102 Mins 8:00pm Erev Yom Kippur-MH	10:30am Yom Kippur-MH 1:30pm Aviation-GL 5:00pm Yom Kippur-MH 6:30pm Break the Fast-BR		8:00am Flu Shots-BR 6:30pm Bingo-BR	<div>2:00pm HAPPY BIRTHDAY ROSSMOOR CONCERT-MH Music by: Julian & Dominique</div>
16	17	18	19	20	21	22
1:30pm Free Movie- "Eye in the Sky" Rated R 102 Mins 2:00pm Mutual 4 Picnic-H	10:00am Mutual 14-DW	9:30am Democratic Bagel Rally-BR 1:00pm Science & Nature-BR	1:00pm Mystery Movie-BR	9:00am Board of Governors-VC 7:00pm Players Performance-MH	9:30am ⌘ Trip-Six Flags Safari 7:00pm Players Performance-MH	2:00pm Players Performance-MH
23	24	25	26	27	28	29
12:30pm ⌘ Movie Luncheon-BR	GOLF OUTING 6:30pm ⌘ Sip & Carve-GL	9:00am ⌘ Trip-Intrepid 1:00pm Armchair Travel-BR		12:00pm ⌘ Oktoberfest Luncheon-BR <div>Oktoberfest</div>	7:00pm ⌘ Halloween Party-BR	
30	HALLOWEEN 31					
7:00pm Moon Walk-RR <div></div>	<div></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

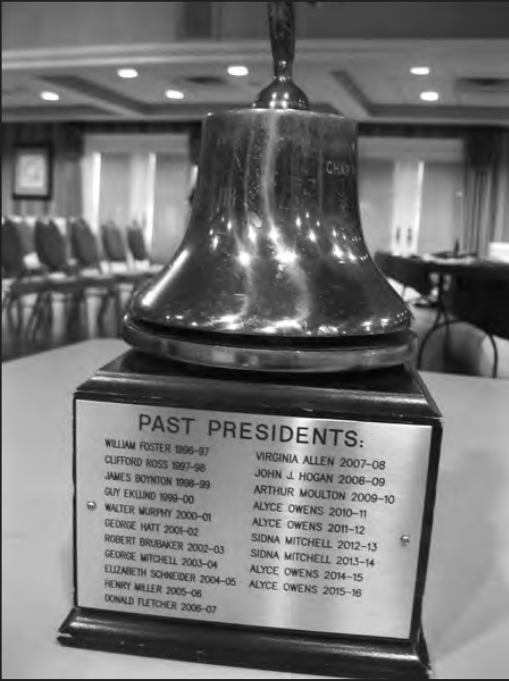
WEEKLY GAMES, EXERCISES & SPORTS			
Bridge (Various Groups)	**CARD ROOM**		
Cards	Thurs & Fri	1:00pm	GR
Chair Yoga	Tues	10:00am	BR
Table Tennis	Tues, Fri, Sat, Sun	9:00am	H
DVD Exercise	Mon, Thurs, Sat	9:30am	H/MP
Yoga	Wed	9:30am	CD
Zumba®	Mon	6:30pm	H

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



Kiwanis past presidents thank you!



Alyce Owens officially ends the final Kiwanis meeting.

Bocce



Above and below: Bocce Championship



Shuffleboard



Shuffleboard winners!



Shuffling along!



The Tree



Mary Leone starting the contest



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Clubs and Organizations



Bonnie Leibowitz, left, honors Cathy Okerson, Alyce Owens, Ruth Mullen, John and Maureen Vergano at Food Pantry Volunteer Appreciation Luncheon

Kiwanis honored for founding Food Pantry, asks for continued support

By Alyce Owens

At a Volunteer Appreciation Luncheon held at the Monroe Township Senior Center, Bonnie Leibowitz, director of the Office of Senior Services, honored the many people who have worked untiringly as volunteers at the Kiwanis/Monroe Township Food Pantry. Special recognition went to John and Maureen Vergano, Ruth Mullen, and Cathy Okerson for their dedication and exceptional service over the years.

It was also an opportunity for Leibowitz to add her voice to the many others in praise and thanks to the Kiwanis Club of Rossmoor for their enormous contribution to the township by founding and supporting the Kiwanis Food Pantry in Monroe for the past 24 years. In presenting a plaque and flowers to Alyce Owens, Kiwanis president, Leibowitz had this to say:

"As Founders of the Kiwanis Food Pantry, you have excelled in your commitment to helping make our community a wonderful place in which to live. Your caring has ensured that many of our residents had food on their table and support during the times that they suffered from life's difficulties. It is our hope that although you

may not know the faces of those whom you have helped, you understand that you made their lives better because of your love, compassion and generosity over the many years. You are responsible for starting this endeavor and will always have the very special distinction of being the Founders of the Kiwanis Food Pantry in Monroe — an honor that I hope you will always hold dear to your hearts!

"Even today, there still are people — seniors, large families trying to make ends meet, unemployed or chronically ill parents — who reach out for assistance, and need the help that the Food Pantry offers. The Monroe Township Food Pantry will continue to offer support and commitment to help those who are faced with life's challenges. 'Thank You' may not be adequate enough

for the years that you have supported the Food Pantry, but those words come with much love and gratitude."

In accepting the plaque and honor, Alyce Owens advised the attendees that the Kiwanis Club will no longer function as a Rossmoor organization, but be expanded to become The Kiwanis Club of Greater Monroe Township. It is, however, our hope that Rossmoor residents and organizations will continue to support the Food Pantry as they have so generously in the past. Contributions are still needed and checks can be made payable to "Friends of the Senior Center, marked 'Food Pantry' on the memo line, and sent directly to Bonnie Leibowitz, Friends of the Senior Center, 12 Halsey Reed Road, Monroe Township, NJ 08831. God bless you all.

Emerald Society's activities

By Joan Avery

President Dan Jolly announced that everyone who went on the trip to Niagara Falls the first week of September had a fantastic time. This trip was for four days and three nights. Some members of the Emerald So-

ciet had made that trip many years ago and had fond memories of Niagara Falls, which made this trip very special.

The annual Emerald Society picnic, which was held in the Ballroom and Terrace on September 17 from 5 to 8 p.m., was also a great success. There was music and everyone had terrific selections of hamburgers, hot dogs, sausage and peppers, salads, and much more. This event is always well attended and thoroughly enjoyed.

There will be a wonderful comedian/singer from Philadelphia at the October 26 meeting. Please attend the meeting and enjoy the entertainment and the refreshments.

Please mark your calendars for the Christmas Show in Lancaster, Pa. at the American Music Theater for December 6. Dinner will be at the Good and Plenty Restaurant. There will be a stop at the Kitchen Kettle Village for a snack and shopping for Amish crafts. The bus leaves poolside at 10 a.m. There is presently a waiting list for this event.

In addition, the Emerald Society Christmas Party will take place on December 10.

See you at the October 26 meeting.

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Annual picnic crowd. Thanks to Bob Macchiarola for another successful picnic!

Italian American Club news

By Tony Cardello
The picnic in the Ballroom on September 10, catered by City Streets, was a huge success with 110 people in attendance.
The annual Columbus Day party will take place in the Ballroom on Saturday

October 8 from 5:30 to 9:30 p.m. with a sit-down dinner and music by JBE Entertainment.
There will not be a membership meeting in October due to the Columbus Day party on October 8 and the volunteer dinner

on October 26.
The executive committee has agreed to donate \$300 to both the earthquake victims in Italy and the Louisiana Flood Relief Fund.
Bingo will be held in the Ballroom on October 14 starting at 6:30 p.m.

Out with the old, in with the new

By Diane England
No, it's not time for the New Year yet, although it will likely be here quicker than most of us can currently imagine. Actually, today we want to talk about the Women's Guild Bazaar. After all, this is your annual opportunity to rid your manor of things that are no longer of use to you but might be just the thing someone else needs. And it's also a great opportunity to shop for things you might need for your place, or perhaps to give to another.
Okay, these things might not actually be new, though they could be. However, they'll be new to the purchaser.
The actual sales event takes place on Saturday, November 5 from 9 a.m. to 2 p.m. throughout much of the first floor of the Clubhouse. If you wish to make donations, they'll be collected in the Hawthorne Room on Thursday, November 3 from 9 a.m. to 1 p.m.,

and on Friday, November 4 in the same room from 9 a.m. to 1 p.m. Do you have some great things at your manor but, for one reason or another, you'll be unable to deliver them to the Clubhouse? Someone will be willing to come by and collect them as long as the merchandise is not too heavy and large. So, furniture will not be accepted, nor will old appliances, electronics and other things that we know won't sell and charities will not want, either. But if you have saleable items, call Bazaar chairperson Paulette Mascia (609-860-1183) on Wednesday, November 2 to arrange for a pick-up the next day, or on Thursday, November 3. That said, let me stress that this is for people truly incapable of getting their donations to the Clubhouse. We do not have an adequate number of volunteers and vehicles to do this for everyone.
Again, we love both people who donate goods as well as those who purchase them. If

you're able to do both, that's better yet. Of course, we need those donations of merchandise to have something to sell. And by shopping, you make certain we'll have the dollars needed to provide scholarships next spring to some deserving college-bound Monroe Township High School seniors. Furthermore, if things don't sell, local charities collect them and ensure they benefit some of our state's less fortunate residents.
I told you about the bazaar in some detail in last month's Rossmoor News. So, consider this as more of a reminder—including calling friends and family who might like some of the things we'll likely have to offer for typically outstanding prices.
Do you have these dates and times on your calendar now? Terrific. And now we're looking forward to seeing you, your family members, and your friends. And with the event ending at 2 p.m., you'll still have time to go for a late lunch. Yes, make a day of it. You'll have done something good with all your buying.

75 Years of Wireless Espionage and Cyber Security Wars

By Alec Aylat
The October 17 Computer Club monthly meeting in the Gallery at 10 a.m. will star Professor Joe Jesson who will take us through government(s) and hacker wireless penetration, starting in 1941 through current events in 2016.
A security revolution took place in 2012 enabling most wireless devices - cell-phones, garage doors, automotive door locks, airplanes, computers, satellites and more to be compromised, or hacked. Jesson gave this speech to engineering professors and industry leaders where he was told many would not be able to sleep that night!

Residents with sleeping difficulties will be used to sleepless nights anyway. Others may decide not to attend. Up to you. The computer club and Prof. Jesson cannot be held responsible.
Joe is currently Chief Technology Officer for Asurenet and for Able Devices, CEO for RFSigint Corp., and Visiting Professor at The College of New Jersey. He has 25 years in wireless engineering and Cyber Intelligence, and has designed and deployed large-scale telematics and IoT technology.
For those residents who may need a stiff coffee in advance, come at 9:30.

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Popular marimba-piano duo returns to play "Classics to Ragtime"



Jeffrey Uhlig

By Gene Horan

This is a return engagement for marimbist Mark O'Kain and pianist Jeffrey Uhlig. Their previous appearance here delighted the Rossmoor audience, with many requests for a repeat performance.

If you are not familiar with the pleasing sound of such a combo, now is your chance to hear it. The marimba in some ways resembles a xylophone but is of African origin and has its own special sound.

Mark O'Kain has been a member of the Ocean City Pops in New Jersey since 1998. For more than a decade Mark has been busy working with touring Broad-

way shows, having played on the national tours of "Les Miserables" (1750 performances), "Edward Scissorhands," "My Fair Lady," and "Mary Poppins." He completed a nine-month national tour with "The Gershwin's Porgy and Bess."

From 1994 to 1998, Mark was a member of "The President's Own" United States Marine Band. He played frequently at the White House, was on three national tours, and was active in the band's Chamber Recital Program Series.

A graduate of the University of Tennessee with a Bachelor of Music degree, he earned a Masters of Music from Southern Methodist University.

Jeffrey Uhlig, well-known to Rossmoor audiences from previous performances here, has appeared as collaborative pianist in many concerts in America. Some of his notable performances have been at The Phillips Collection in Washington, D.C., and at Weill Recital Hall at Carnegie Hall in New York.

After a performance at

Weill Recital Hall, Tim Page of The New York Times wrote that "Mr. Uhlig...proved a Mozartean of poise and elegance."

Jeffrey has performed with many outstanding singers and instrumentalists and has had a longtime collaboration with Metropolitan Opera Mezzo Soprano Barbara Dever.

He holds a Master of Music degree from West Chester University.

The concert will be held in the Meeting House at 7:30 p.m. on Friday, October 7. Tickets for non-subscribers are \$15 at the door.



Marimbist - Mark O'Kain

Geoff Gallante Jazz Quintet provides a jam session to remember

By Gene Horan

On Sunday afternoon, August 21, over a hundred jazz-lovers filled the Meeting House for a jam-session extraordinaire.

Led by 15-year-old Geoff Gallante, trumpet, cornet and flugelhorn player who has been wowing audiences since he was four years old, the quintet played and improvised on many of the great jazz tunes from the American Songbook, like "It Had to be You."

Geoff performed here last year and many of us were already familiar with his exceptional talent. He has played on prominent stages and alongside distinguished artists all across the country.

Very talented quintet

In addition to Geoff, players for this very talented quintet included Harry Allen on tenor saxophone; Robin Boytas, drums; Julius Rodriguez, piano; and Steve Varner, bass.

Harry Allen has performed at jazz festivals and clubs worldwide and with top artists like Rosemary Clooney, Ray Brown, Hank Jones, and Bucky Pizzarelli.

Young Robin Boytas was selected to be one of the two drummers in the prestigious 2010 Grammy High School Jazz Ensembles and he has shared the stage with jazz greats Wy-



Geoff Gallante, Trumpeter

cliffe Gordon and Christian McBride.

Julius Rodriguez, just 17 years old, will begin studies as a jazz pianist at the Juilliard School of Music in the fall. He has studied with many outstanding musicians and teachers and has garnered recognition at many competitions.

Steve Varner works, tours, and records on both acoustic and electric bass. He has performed with jazz greats like Pat Martino, Phil Woods, Ernie Watts, and Billy Hart.

Two generations

"I think everyone was impressed with the fact the band had three young musicians, Geoff, age 15, Julius, 17, and Robin, in his early 20s, playing with two elder statesmen of the jazz world like Harry and Steve," noted Rossmoorite Toby Del Giudice, himself a clarinet and saxophone player. "Geoff seems to have a real

(Continued on page 19)

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Jazz Quintet

(Continued from page 18)

feeling for the time-honored standards — an old soul in a young body.”

Great year for the RMA

“The Rossmoor Music Association (RMA) 2015-2016 season has ended a great year with two of its best concerts ever: jazz with Geoff Gallante, and classical piano with virtuoso Steven Linn -- top performers in every respect,” remarked Lucy Poulin, immediate past president of the Association. “I urge residents to

take advantage of the wonderful concerts we arrange right here at Rossmoor.”

Faith Knabe has succeeded Lucy as president of RMA. In addition to Faith and Lucy, members include Secretary Mary Ellen Mertz, Treasurer Paula Richardson, Toby Del Giudice, Carol George, Gene Horan, and Peggy Mankey.

Bulletin: The Music Association is pleased to announce that the Geoff Gallante Jazz Band will return to Rossmoor on Sunday, August 20, 2017, at 3 p.m. Mark your calendars.

Players Pastimes

By Sue Archambault

Please read the article on the front page of this paper before reading any further. That first editorial will inform you about the play “It’s News to Us,” which the Rossmoor Players will perform at the end of the month. The three performances will be on Thursday, October 20, and Friday, October 21, at 7 p.m., and Saturday October 22, at 2 p.m. The price of tickets will be \$7 in advance or \$9 at the door. Tickets can be bought on Thursday, October 13, Friday, October 14, Monday, October 17, Tuesday, October 18, and Wednesday, October 19, in the Red Room from 1 to 3 p.m. In addition, Sal’s will have tickets for sale from Thursday, October 13, through Saturday, October 22, at a cost of \$7 a ticket.

The Players monthly meeting will occur on Monday, October 31 in the form of a Halloween Party. Costumes are optional, and prizes will be awarded to those who dare to dress for the occasion. Members and guests are invited to join us in the Gallery at 7 p.m. for a fun party including music and refreshments.



From left are Harry Allen, Sax; Steve Varner, Bass; Julius Rodriguez, Piano; Geoff Gallante, Trumpet; and Robin Boytas, Drums.

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Rossmoor Rental Library

By Irene Poulin
This Was a Man by Jeffrey Archer

A lot of stuff happens in this seventh and final volume of Archer's "Clifton Chronicles," starting with a gunshot, but who fires and who's targeted is anyone's guess.

No Man's Land by David Baldacci

Military investigator John Puller must revisit his mother's disappearance 30 years ago because someone has alleged that his father, now suffering from dementia in a V.A. hospital, may have done away with his wife.

Night School: A Jack Reacher Novel by Lee Child

In this 1966-set prequel, we revisit Reacher's army days, though he's not in uniform. The narrative opens, "in the morning they gave Reacher a medal, and in the afternoon they sent him back to school."

Chaos: A Scarpetta Novel by Patricia Cornwall

Odd that 26-year old Elisa Vandersteel seems to have been killed by lightning riding her bike along the Charles River one starlit night. Soon thereafter Dr. Kay Scarpetta starts receiving creepy poems about the case.

Turbo Twenty-three: A Stephanie Plum Novel by Janet Evanovich

Speed is the name of the game as Stephanie Plum returns in Turbo Twenty-three, the thrilling fast-paced new adventure.

Triple Crown by Felix Francis

British Horseracing Authority investigator Jeff Hinkley heads to the Kentucky Derby at the behest of the U.S. Federal Anti-Corruption in Sports Agency to dig up a mole slipping information to those being investigated.

The Twelve Days of Christmas: An Andy Carpenter Mystery by David Rosenfelt

Andy's long-time friend Martha "Pups" Boyer takes in stray puppies that the local dog rescue center can't handle and finds good homes for them. One of Pups' neighbors reports Pups to the city for having more than the legal number of pets in her home. Andy happily takes on Pups' case.

Two by Two by Nicholas Sparks

Everything is going well for 32-year old advertising executive Russell Green, who loves his wife, his daughter, and their big Charlotte, N.C., home. Then, in quick succession, he loses both wife and job and finds himself raising his daughter on his own.

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

Become inspired by wildlife and nature photography

By Diane England
Do you believe that ties to the land provide spiritual sustenance? Some would say this is indeed so. However, even if you don't believe this, have you ever seen a photograph of wildlife or nature that took your breath away? And at that point, did you think that perhaps perfection in nature exceeds anything humans can create?

Whether you have or have not ever felt yourself opening up to nature in a way that you came to experience feelings of compassion and love for this earth and the natural things that inhabit it, you should enjoy attending the program *Photographing Wildlife and Nature*. Resident Walter Marz will be presenting this talk for the Women's Guild on Thursday, October 20, at 1:30 p.m. in the Ballroom. Everyone is invited.

Unfortunately, Marz has seen ugliness in this world as well as the beauty it can offer us. He was a Marine in World War II. However, perhaps because he'd learned to love

the outdoors, snapping pictures of animals and nature during his childhood years, after this experience he chose to focus on exploring the beauty of this world—whether it was through photographing a colorful bird, a majestic animal, an interesting face, or the early-morning mist in a field.

This photographer cannot always tell why he might have been inspired to take one particular shot as opposed to another. But as he states on his website, www.photosfromMarz.com, sometimes he sensed that God was telling him, "Take
(Continued on page 21)

Players mount new musical comedy

(Continued from page 1)
town become famous overnight. But panic amongst the staff ensues when the editor-in-chief decides to return from vacation 10 days earlier than planned. And thereby hangs a tale filled with much music and laughter. You won't want to miss it.
"It's News to Us" will run for three performances on Thursday and Friday, October 20 and 21, at 7 p.m., and Saturday, October 22, at 2 p.m. in the Meeting House.

Halloween costume dance party

By Judy Perkus
Join the Dance Club for a fun night of all types of dancing to the music of DJ Bobby Picone. We'll be in the Ballroom on Saturday, October 29 at 6:30 p.m. There will be prizes for the best costume.
Menu: Choice of sandwich (roast beef, Italian, turkey, or tuna)
Plus cole slaw, potato and macaroni salads AND soda, coffee, tea, snacks, cakes and cookies

Please leave your \$14 per member/\$16 per guest check made out to the Rossmoor Dance Club in an envelope in the Dance Club folder in the E&R Office or mail it to President Armen DeVivo at 449B Roxbury Lane. Reservation deadline is October 22.

All Rossmoorites are invited and new members are always welcome.
Call Armen at for 655-2175 more information.

Halloween Costume Dance Party

Saturday, October 29 @ 6:30 p.m.



Name: _____

Sandwich Choice : _____

Name: _____

Choice of: _____

Please send your sandwich choices AND \$14 per member/\$16 per non-member checks to: ROSSMOOR DANCE CLUB c/o Armen DeVivo, 449B Roxbury Lane, or leave your envelope in the E&R (Dance Club) folder by October 22

For more information, call President Armen DeVivo at 609-655-2175

The New Jersey Club news

By Eileen Parker

The New Jersey Club will meet in the Ballroom on Friday, October 28 at 1:30 p.m.

Al Parker will present "The Story behind the New Jersey Quarter." It's amazing how many facts can be learned about the state we live in just by looking at a tiny coin!

All are welcome, and refreshments will be served.

A final reminder about our special bus trip on Tuesday, October 18, to Liberty Hall,

Kean University.

There are still a few seats available, and it will be an educational and meaningful experience – plus a delightful lunch. Call Ruth Klein at 655-8755 if you are interested in joining us.

A reminder to our members and friends, who are planning to be part of the Kean University excursion: please be at poolside by 10 a.m., the morning of Friday, October 18.

Become inspired

(Continued from page 20)
the picture, already."

Yes, for some people, ties to the land provide spiritual sustenance. Come and meet one person for whom this would appear to be the case. But even if you find such a thought unimaginable, come and enjoy some beautiful photographs. After all, Marz has shot pictures in places many of us have not been to, including East Africa, Ecuador, Peru, the Galapagos Islands, and China. Even if you see some familiar places in the States or Europe, you might be inclined to see them in a new way. That said, though, don't take my word for it. Come and allow yourself to be inspired by wildlife and nature as perhaps you never have been, and afterwards, share your reactions with fellow attendees over tasty refreshments.

Marz combines his love of the outdoors with his love of

travel in his photography. An avid fisherman and hunter since his youth, he now hunts only with a camera.

His travels, photo safaris and assignments, have enable him to see and photograph 20 states plus Alaska as well as areas of China, Galapagos, Ecuador, Peruvian Amazon, Ireland, Mexico, East Africa, and some of Europe.

He is a World War II Marine veteran, holds a commercial pilot's license, and is a graduate of Rutgers (took 9 years at night). He has authored one book, "PHOTOS FROM MARZ"

Walt Marz - Nature, Wildlife and Travel Photographer

When I was a kid with my first box camera, I would take pictures of whatever "turned me on". Usually it was an animal, a bird, or something in the natural world. Now, unless I'm on assignment, I still take these same types of

(Continued on page 23)

Democratic Club: a look ahead ...

By Susan Kostbar

There are some exciting events for the remainder of the year and we invite you to attend. Coming up on October 18 is the Annual Bagel Rally bringing together local candidates prior to this year's big Election Day. Join us the morning of October 18, from 9:30-11 a.m. in the Ballroom. Bagels and coffee will be served. All are welcome!

Be sure to plan for the Holiday gathering and Silent Auction on December 13 from 7-9 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 is our last fundraiser 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 a maximum of 50 people comfortably, so be sure to reserve your tickets now before they run out. Call Catherine at (205) 821-1209.

And, of course, the Democratic Club reminds you ... don't forget to vote on November 8! Every Democratic vote counts!

**The deadline for
The Rossmoor News
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Focus on: Groups and Clubs



Craft Club's wares on display

The Crafters

(Continued from page 1)

ers with their creations. For all, the objective is to sell what they have made.

Stop in and see what they have for sale and also consider whether you would like to join them. It is a fun group that shares their knowledge and their supplies. If you have any questions, call Joan DiPaolo for more information.



Craft Club members, from left, are Phyllis Palfy, Joan DiPaolo, Leah Kinnear, Jane Praskach.

The Crafters are selling wreaths and other spring decorations every Tuesday from 9:30 to 11:30 a.m. in the Craft Room of the Clubhouse.



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SPORTS



The "Pot Luck" Tournament Players 2016

Pickleball

By Dale Ralston

Approximately a year and half ago I joined the game of pickleball. So, what is pickleball? It's the number one raging sport in the country right now. It's everywhere and growing constantly. It's a sport compiled from tennis, badminton, racquet ball, etc., but one of a kind, and one of its own, and all in one game.

The game is played with a small hand paddle and a whiffle ball. A winning score is to 11 points, playing for fun with a two-point lead. Competition tournaments are played to 15 points with a two-point lead to win the game or as directed by the tournament rules. As with any game there are rules and regulations.

Pickleball can be played in single matches or in teams: doubles, female to female, male to male, or mixed doubles, male and female competition, by all age groups, from

small children to senior adults. It is exercise that becomes exciting, energizing, therapeutic, and just plain fun.

Today, middle schools, high schools and some colleges are building pickleball courts. It might become the number one sport in coming years, because the kids are catching on.

How did pickleball come about? It didn't start in the Villages in Florida, as most people are saying, although, I believe, the seniors in the Villages of Florida did get it off to a good start. It didn't originate in Utah, which I've heard before. It all started in a backyard driveway area of a small town in Bainbridge Island, Wash., back in 1965. It all started with three dads coming home from playing golf one day to find their kids bored and restless. Like all summer vacations, the kids are out of school with nothing to do. The dads wanted to create a game that would keep their kids busy throughout the summer. Surprisingly, this game kept the dads busy as well.

How did pickleball get its name? The Pritchard family, one of the original inventors, had twin cockapoo pups, Lulu and Pickles. The pup Pickles always chased the ball so it was named for him. In 1972 pickleball was officially incorporated.

Pickleball came to Rossmoor through Frank Nobile of Mutual 6, who introduced the game after a visit to the Villages in Florida. He advocated building pickleball courts here, which are open to any resident, from 9 a.m. through 6 p.m., seven days a week.

Frank Nobile and his wife Yvonne, both silver and gold medal winners, have introduced competitions. Some of our best players represent Rossmoor in the annual Monroe Township Mayor's Cup Tournament in the Township Recreation Center. In the winter months, anyone can play in the Recreation Center in available time slots.

This past July, Warren and Robin Kelly put together a Pot Luck Tournament, in which player's names were drawn for teams. No one knew who their partner would be. Some were great players, some not, but it was fun.

Rossmoor's pickleball players play the game with all who show up on the court, new or advanced players, we're all family; we all have a wonderful time. The advanced teach the beginners and so on. Great time, great people, great fun. Laughter is the heart of a good life and pickleball brings lots of laughter.

A Friday Night Social, put together by Tommy Croake, brings the players to social hour at the Clubhouse or a restaurant. We talk over the games played or our families or just get to know one another. We laugh, drink, and go home happy.

Be sure to watch for our Fall Tournament in October. Sign up to play, or just come out and cheer. Win or lose, it's an experience at any age, and at our age it's an accomplishment.

Ladies' 18-hole league's end-of-summer tournaments



And the winners are, from left, Arlene McBride, Joan Messick, Janet Decker, Carolyn Meyer, Sue Peterson, and Pat Crowley.

By Arlene McBride

On Aug. 9, "Low Gross/Low Net" tournament was held. First Place low gross, Carolyn Meyer; 2nd place, Pat Mueller. First place low net, Carol Faraci; 2nd place, Joan Semen.

On Aug. 16 and 23, the two-week Club Championship was held. Flight "B" 1st place, Arlene McBride; 2nd place, Joan Messick. Flight "C" 1st place, Pat Crowley; 2nd place, Sue Petersen.

On Aug. 27, match play was held between the two

top players. Club Champion, Carolyn Meyer; Runner-up, Janet Decker. It was a very close match all the way. Good work girls, it wasn't easy under all that pressure.

Congratulations to all the above winners!

Our ladies league season will end on October 11. Sorry to see it end. Although the season is winding down, there are still a lot of nice fall weather days ahead.

To all those snowbirds who leave early, enjoy your winter.



Jeanne Ruby and Catherine Hurley, former players with the 9-holers, at the member guest luncheon

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Croquet Club Halloween costume players

Croquet Club Events

By M. Vail

The annual meeting and luncheon takes place today, Saturday, October 1, at noon. in the Clubhouse Ballroom. Social Chair Gail McCarthy has arranged for a fine repast for the occasion.

The Halloween Costume Play takes place on Monday, October 31, at 4 p.m. on the court. Members will play golf croquet in costume for this fun event as shown in the photo above.

The Annual Holiday Luncheon festivities, arranged by Gail, will be celebrated on Wednesday, December 14, at noon at the Cranbury Inn in Cranbury, N.J. Members are requested to come at

11:30 a.m. for cocktails.

The game of Six Wicket is scheduled for Tuesdays at 5 p.m. Members interested in playing show up 15 minutes early. Play is followed by dinner out for members who are interested.

President Sidna Mitchell and Greensward Ken Northrop presented the trophy for Kooky Kroquet to Rowland Tudor at the BBQ in the Dogwood Room following the game. Kudos to all the members who braved the heat and participated in playing on a hot and humid August day. Players were rewarded with westerly breezes, albeit warm, and a shady court.

Golf croquet is played Sun-

day, Tuesday, and Friday late afternoon. Due to the weather and seasonal changes, the times for Golf Croquet play will be posted on the court shed bulletin board.

Residents are invited to join in and try out the game during the scheduled times of play.

(Continued on page 25)

Golf...the other 4-letter word

By Terre Martin

The nine-holers have a new club champion after a toughly contested two-week tournament. If the name looks familiar, just check the by-line. This has been a fun season with lots of encouragement from seasoned players. A little coaching from an enthusiastic husband and a clinic with our pro Ted Servis helps a bit too. It also helps to hit the greens in Florida during the winter.

Our season officially closes on October 11, but there has been plenty of great golf since the last article. As we all go in different directions for the winter season, let's mark our calendars and get back on the course next April. Remember that there will be a luncheon in the Gallery after the Step Away Scramble on closing day, and a 10:30 a.m. general membership meeting in the Cedar Room on October 18.

Thanks to Doris Herron for some great golf quotes. Here's one that I'm sure we've all thought if not said.

"I didn't miss the putt. I made the putt. The ball missed the hole!"

Results in August and September:

Step Away Scramble: 1. Grace Hammesfahr, Doris Herron, Marjorie Heyman, Janice Reeber 2. Muriel Calvanelli, Joyce Cassidy, Marie Eppinger, Joan Gabriello;

Member/Member: 1. Grace Hammesfahr, Alice Owens; 2. Paula Richardson, Tori Meiselbach; 3. Doris Heron, Marie Bills;

Club Championship: 1. Terre Martin; 2. Marjorie Heyman.

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



2016 Bocce champions, from left, Maureen Abano, Terre Martin, Pat Puglia, Helen Reho and Captain Al Longo. Jeanine Pizzuto was absent.



Bocce runner ups, from left, Carol La Rosa, Karen Seiden, Captain Maggie Johnsen, Marge Hayden Walker, and John Vergano.



Enjoying the game

Become inspired

(Continued from page 21) pictures.

EYES ON YOU: Making eye "connections" with is my favorite type of wildlife photography. Like with people, it's that sense of looking into the Windows of the Soul.

WILDLIFE: Animal life of all sorts.

BIRDS: A favorite subject anytime, anyplace.

NATURE: Sunrises, sunsets, storms, fogs, mists, along with those meditative moments of "watching the waves roll in".

PATHWAYS is a subset of this.

TRAVEL: Adventure, places, landscapes. PEOPLE is a subset of this.

MACRO WORLD: Telephotos, closeups, of the plants and the little things in Nature, insects, etc.

GODS WORLD: There are times when I don't know why a certain scene "grabs me". Sometimes I think it is just God telling me to "take the picture, already!"

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Religious Organizations

Italian-American Club hosts Mass on Thursday, October 13

By Gene Horan

The monthly Mass of the Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, Oct. 13. The celebrant will be Father Paulo Fedrigoni, Superior of the Consolata Fathers. The Mass is hosted by the Italian-American Club in memory of deceased members of the Club. Refreshments and fellowship will follow. Other events during the month include the following:

- **The Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Oct. 18, in the Maple Room of the Clubhouse.
- **The Prayer Shawl Ministry** will meet at 1:30 p.m. in the Craft Room of the Clubhouse on Thursday, Oct. 6, and Thursday, Oct. 20.
- The **Catholic Society** Council will meet at 1:30 p.m. on Tuesday, Oct. 11, in the Meeting House Parlor.
- **The film “Irreplaceable”** will be shown in the Gallery at 7 p.m. on Thursday, Oct. 25. See separate article in this issue.

Catholic Society airs “Irreplaceable” – a family film

By Gene Horan

What is family? Every member of the human race has the desire for significance—a desire to belong. And the family is where those deepest longings are fulfilled. On Tuesday, Oct. 25, at 7 p.m. in the Gallery of the Clubhouse, the Catholic Society will host the showing of the film “Irreplaceable.” In the film host Tim Sisarich, New Zealand author, communicator and director, travels around the world to explore what impacts families most today. It is a wide-ranging documentary called “a moving and important film” by Michael Medved, noted film critic and nationally syndicated radio talk show host. The film takes the audience on an incredible journey of discovery about the meaning of family. It features inter-

views with people from all walks of life as well as with experts in many fields, including Professor of Law Helen Alvaré; National Center for Fathering CEO Carey Casey; speaker and radio host John Stonestreet; author Eric Metaxas; neuropsychologist Dr. Anne Moir; philosopher Dr. Roger Scruton; authors Gabe and Rebekah Lyons; and scholar Nancy Pearcey. Kirk Cameron, actor and filmmaker calls the film, produced by Pine Creek Entertainment in association with Focus on the Family, “inspiring—a must see.” All are welcome. There is no charge. Light refreshments will be available.

“A moving and important film”
Michael Medved

An adoptee meets some of her birth family

By Dierdre Thomson

I was born in Sangerfield, N.Y., February 14, 1938. I grew up in Utica, and New Hartford, N. Y., married, and had four children. I was a late bloomer on going to college, and then continued through Seminary and a year’s Chaplaincy Residency at Community Medical Center before I was ordained to the ministry. I later received my doctorate in Ministry. I have served Rossmoor Community church for over five years, and just last month met a member of my birth family. It only took 78 and 1/2 years to finally meet. Over the years I considered trying to find out who my birth parents were. Whenever I asked my adoptive mother, she would not tell – just using the phrase “It would not make you happy.” I did find out that my parents knew the family from which I came. When the 1940 U.S. Census was made available, I found that I was not yet a member of my adoptive family’s household (I would have been two in the 1940 Census). My children encouraged me to keep seeking my birth family, and they gave me a DNA Testing Kit from Ancestry.com. The first information I received from the testing was that my first name was no longer the only Irish thing about me. I was 46% Irish, and 18% each for Great Britain and Scandinavia with small per-

centages of Italy, Finland, and Greece. Shortly after that information, I was connected to a first cousin. Unfortunately, she had died, but it was her daughter, Cindy, who had sent in her DNA. Cindy and I made connection via the Internet, and then by phone, and finally face-to-face. The most frustrating situation for me is that New York State does not release adoption records. My daughter and I were told, after filling out three long forms in duplicate, that the adoption records are

never opened – except for medical inquiry. For medical inquiry only, a lawyer chosen by the court can check the records, and if there is medical information, only that information can be passed on. Nothing else. There is frustration, but there also is the excitement of finding out little tidbits, one at a time, thus building up my birth family tree. Maybe in the not too distant future, by some Jessica Fletcher or Agatha Christie style sleuthing, I may be able to solve the mystery of my birth parents.

Something worth celebrating

By Diane England

Something that has existed for 50 years seems worth celebrating, doesn’t it? Last fall, it was Rossmoor itself. Next fall, it will be the Community Church. The committee currently planning this particular birthday party, which will take place from Friday, September 22 through Sunday, September 24 in 2017, would like you to mark these dates on your calendar now— and that’s whether you’re a member of the church or not. After all, there will be celebratory events, such as concerts, to which all residents will be invited. But the thing is, this is a milepost particularly worthy of celebrating because this church represents the materialization of a unique concept. Have you seen other active adult communities with an ecumenical church onsite ready to serve the community’s residents? Probably not. But of course, the Rossmoor Community Church regularly welcomes people who are members of various denominations. Furthermore, these folks can maintain a former church membership and show their commitment to this church by becoming a member here as well. And why is this the case? Because an ecumenical church is about building unity rather than accentuating differences.

The Human Family, states, “we are more alike, my friends, than we are unlike.” Wouldn’t you agree that promotion of unity, whether through a church or a poem, seems as important today as it has ever been? After all, it’s the idea of otherness—of “them” and “us”—that feeds the desire to persecute others. Fortunately, though, we are all part of a community where the concept of unity is promoted through this church founded almost half a century ago, as well as by the fact the Protestant, Catholic, and Jewish faiths all use the same building, the Meeting House, to worship the God of their understanding. Well, and we mustn’t forget the Interfaith Council which manifests this concept by offering three services annually to which residents of all faiths are invited to come together to worship. So, I hope you’re even more motivated now to join in the celebration of the founding of this community institution which helps us to stop identifying some as “them” and others we perceive as like ourselves as “us.” Let us be glad that in our community, we’re striving to identify people on the basis of their underlying humanity so that indeed, those who might once have been perceived as “them” will instead be perceived as part of one larger “us.”

Interfaith Council invites you

By Lucille Conti

The Interfaith Council of Rossmoor will co-sponsor an event to honor the legacy of Dr. Deborah Wolfe. This event will be held at the Monroe Township Public Library on Monday, October 24 at 1 p.m. The guest speaker will be Ryan Haygood, president and CEO of the New Institute for Social Justice. His topic will be “Making Your Voice Heard; Defending Democracy on the Eve of the Presidential Election.” This is a bi-partisan event, which will be jointly sponsored by the LWVMT, the Monroe Township Public Library, the Human Relations Commission, the Board of Education, and the People of Color. Everyone is welcome and refreshments will be served.

Doesn’t this seem worth celebrating, especially today where some want to maim and kill in the name of religion? Furthermore, doesn’t a church with this type of a foundation seem especially fitting for the type of diverse community Rossmoor has become since both the community and then the church were founded? Maya Angelou, in her poem,

Monroe Public Library Events

Book Café

11 a.m., Wednesday, October 5. Talk about books that you’ve read. Light refreshments served. Register at the Welcome Desk.
Hooked on Crochet: Hats, Scarves and Cows
11 a.m., Wednesdays, October 5, 19. 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, October 7, 21. 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, October 7. Poetry reading group and workshop for all ages. Stop by to listen or bring a poem to share. Registration is not required.
Friday Afternoon Movies
2 p.m., Fridays, October 7, 14, 21.
October 7: Action film star-

Can you better understand why we don’t want this to be merely the church’s celebration? Instead, perhaps we could see this celebration as the start of a belief we want to continue to fertilize and grow—that an underlying unity exists not only in our church and our community, but throughout the entire world and its human family. And since this is something worth celebrating, mark the dates of September 22 through the 24 on your calendar now.

What else is happening here?
By Dierdre Thomson
It is that time again – time for the Physical/Spiritual Exercise Class. We started up again September 16 at 11 a.m. in the Gallery. Some of the hot humid days of summer made us wish that we had continued our class in the air conditioning all summer long. All are welcome to

Rossmoor Community Church
(Tel. 609-655-2321)
October Calendar

Communion Sunday, October 2 @ 11:00 a.m. - Rev. Dr. Dierdre L. Thomson, Pastor; Organist and Music Director, Cecile Wang

Wednesday, October 5 @ 10:00 a.m. Chime Choir Rehearsal

Fridays, October 7, 14, 21 and 28 @ 11:00 a.m. – Physical/Spiritual Exercise

Laity Sunday, October 9 @ 11:00 a.m. – Rev. Dr. Dierdre L. Thomson, Pastor; Lay Preacher; Organist and Music Director, Cecile Wang; Rossmoor Church Singers

Interfaith Sunday, October 16 @ 11:00 a.m. – Rev. Dr. Dierdre L. Thomson, Pastor; Organist and Music Director, Cecile Wang; Rossmoor Chorus

Sunday, October 16 @ 12:00 p.m. – Fellowship Coffee and Cake

Monday, October 17 @ 10:00 a.m. – Council Meeting

Tuesday, October 18 – Articles for the November Newsletter are due to Mary Jane Brubaker at maryjane-brubaker@gmail.com

Thursday, October 20 @ 1:30 p.m. – Women’s Guild Meeting

Sunday, October 23 @ 11:00 a.m. – Rev. Dr. Dierdre L. Thomson, Pastor; Organist and Music Director, Cecile Wang; Soloist, Carol Baldassari

Sunday October 23 @ 1:00 p.m. – Rev. Kahlil Carmichael, Living Well at Rossmoor

Wednesday, October 26 @ 10:00 a.m. – Chime Choir Rehearsal

Sunday, October 30 @ 11:00 a.m. - Guest Pastor: Rev. Kahlil Carmichael
Organist and Music Director, Cecile Wang; Chime Choir

(Continued on page 27)

(Continued on page 25)

HEALTH CARE CENTER NEWS

Flu and Pneumonia Vaccines

By Kaytie Olshefski, BSN, RN-BC

Our flu shot clinics are scheduled for Wednesday, September 21 and Friday, October 14. The flu clinics will be in the Ballroom from 8 a.m. to 2 p.m. No appointments are being taken. Like last year, we will be offering the standard seasonal flu vaccine and Fluzone High Dose flu vaccine for residents who are 65 years of age or older.

What is Fluzone High Dose flu vaccine and why is it beneficial to people who are 65 and older? As we age, our immune system weakens and makes us more susceptible to the flu especially for people who are 65 of age and older. Studies have shown older adults produce 50 to 70% fewer antibodies as compared to younger adults. Fluzone High Dose vaccine causes the body to produce four times more antibodies, which in turn causes the immune system to be stronger to protect you from getting the flu. People in this older age group have the highest rates of hospitalizations with 90% flu related deaths. According to the CDC, the flu season of 2012-2013, had the highest hospitalization rate for people who were 65 and older since 2005.

Fluzone High Dose is not appropriate for everyone. If you are younger than 65, allergic to eggs or egg products, have had an allergic reaction to the flu vaccine, or if you have ever had Guillain-Barre' syndrome (severe muscle weakness), you are not eligible to get Fluzone High Dose vaccine.

Clinical trials have shown people who received Fluzone High dose vaccine experienced these side effects more frequently as compared to the standard seasonal flu vaccine. Common side effects include a fever above 100.4°, headache, fatigue, muscle aches and pain, redness and swelling at the injection site after receiving the vaccine.

Medicare, Part B does pay for Fluzone High Dose vaccine. If you have other health-care insurance, check with them if your insurance policy covers this flu vaccine.

We will offer flu shots to residents who are homebound. Please call the Health Care Center at 655-2220 for more information, and to arrange for a nurse to come to your home to give you your flu vaccine.

Pneumovax and Prevnar 13 are two pneumonia vaccines being offered to seniors. Both of these pneumonia vaccines are manufactured by Merck.

The "new" pneumonia vaccine, Prevnar 13 is also known as Pneumococcal Conjugate Vaccine (PCV 13). In 2014, the Advisory Committee on Immunization Practices (ACIP) recommended PCV 13 for all adults over the age of 65. PCV 13 protects against 13 strains of pneumococcus bacteria. Please note the recommended guidelines for Prevnar 13 and the flu vaccine is that they not be given at the same time. It is advised that Prevnar 13 be given 4 weeks after the flu vaccine. Arrangements will be made and the nurse will give you your Prevnar 13 in the Health Care Center.

Pneumovax, also known as PPSV 23, has been the pneumonia vaccine given before the change in guidelines. PPSV 23 protects against 23 strains of pneumococcus bacteria and these 23 strains are different strains of bacteria from PCV 13. Pneumococcal 23 and the flu vaccine can be given at the same time, in different arms.

The ACIP committee recommends both PCV 13 and PPSV 23 be given to adults over the age of 65. These two pneumonia vaccines cannot be given at the same time. The recommendation is if a person has never received a pneumonia vaccine, PCV 13 be given first and 11 months later followed by PPSV 23. If the person has already received PPSV 23, the recommendation is to give PCV 13 at least one year later.

At our flu clinics we will have both these pneumonia vaccines available. We will require a physician's prescription indicating which pneumonia vaccine your physician is requesting you to have. This includes if it is the first time you are receiving a pneumonia vaccine or if this is a booster shot. We want to administer the pneumonia vaccine as recommended by your physician.

If you would like to have your flu and pneumonia vaccine at our flu clinic, please bring your insurance card. If you have Medicare as your primary insurance, these vaccines are covered. If you have an HMO, PPO, or commercial insurance and would like to have flu/pneumonia vaccine, you would pay for the vaccine and we will give you a receipt to give to your insurance company for reimbursement.

In our lineup of Saint Peter's University Hospital lecture series, Dr. Sang Song, a physiatrist, will speak on "Medically Fit" on October 10 at 1 p.m. in the Maple Room. For your convenience, Dr. Song has office hours Monday afternoons on the doctor's side of the Health Care Center. If you would like to attend his lecture, please call the Health Care Center at 655-2220 or stop by.

MAINTENANCE DEPARTMENT

Helpful reminders from the Maintenance Department

By Dave Salter

As the weather starts to become colder it is important that homeowners prepare for the winter.

- Make sure all windows are closed properly.
- Check all window weep holes, make sure they are open.
- Drapes and electrical cords should not hang on the baseboard heaters.
- All outside hoses should be disconnected and drained.
- If you have an inside shut-off valve for your outside faucet, you should turn it off.
- Have a can of de-icer on hand, for those frozen door locks for both your car and manor doors.

Please schedule your winterizing as soon as possible; the calendar is already getting full

Maintenance Department October specials

LIGHTS: Are the fluorescent lights in your kitchen (or

anywhere else) flickering or burned out?

PLASTIC LIGHT PANELS: Is your kitchen looking dark? Are the light covers old, discolored or even cracked?

COOKTOP: Are the rings and pans on your cook top showing some signs of wear?

SYMMONS VALVE: Are you having a problem with the shut off valve for your washing machine?

WASHING MACHINE HOSES: Have you checked you're washing machine hoses lately, are they the original?

SCREENS: If you enjoy the fresh air, you should check your screens. Are they torn?

WATER FILTER CARTRIDGES: When was the last time you had your cartridge replaced?

Take 10% off the above material for the entire month.

Just mention this article when you call or stop in.

October is Fire Prevention Month



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What else

(Continued from page 24)

join us, meaning both men and women are encouraged to come as we have fun doing both physical exercise and spiritual exercise. Rev. Kahlil Carmichael and Pastor Dierdre Thomson share in leading our class, and in making both kinds of exercise FUN! So come on over to the Gallery, Friday mornings at 11 a.m. and enjoy!

Croquet Club

(Continued from page 23)

Light hors d'oeuvres and other refreshments are served Friday after play in the Clubhouse and for a meet and greet. Residents are not required to wear whites for try-outs. Please wear flat, soft sole footwear to protect the court's grassy surface. Equipment is available for play. Just show up and have fun.

Membership Chair Betty Anne Clayton posted a membership notice on the E&R

bulletin board and the croquet bulletin board. For more information on membership, contact Betty Anne at 609-662-4659 during the croquet season April through October. Betty Anne is available to speak at your club to give more information on the game of croquet.

Please check the Court bulletin board for the scheduled times of play.

The basic rules for playing croquet are listed on the Court Signboard.

A message from High Tech Landscapes, Inc.:

We have edged all the sidewalks, driveways, and curb lines each month up to date.

- Please tune to Channel 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 will be done between Oct. 25 and Nov. 30. This is a fertilizer and agricultural ground limestone on all turf areas except the outside perimeter along Forsgate Drive and Applegarth Road. Gypsum will be applied to the outside perimeter.
- The second pruning of all bushes and flowering shrubs has started this month.
- Fall cleanups have started this month.
- Annual flowers will be replaced with a fall pansy.
- There will be one last street sweeping in late December.
- Please remember to put any debris out front Sunday night for us to pick up Monday morning.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day for 45 minutes in the a.m. and p.m.

Get out and vote!

By Hadassah Aylat

No excuses accepted! Just pull yourself together and make the important choices!

However, if you're not sure how to do it, if you have any questions at all, if you need vital help, then all you have to do is come to the next meeting of the Sisterhood on Monday, October 10, at 1:30 p.m. in the Ballroom. There you will meet a formidable array of political talent: Andrea Pellezzi, president, Ruth Banks, vice president and Marsha Rosenbaum, Voters Service, all officers of the League of Women Voters of Monroe Township, who have come to assist you. Their topics include such subjects as elections in general, the names of persons on the ballot, including Board of Election Candidates, ballot questions, regulations such as dates for registrations, and voting by mail.

The League of Women Voters is a non-partisan organization established in 1920. It never supports or opposes candidates. Its main purpose is to promote political responsibility through informal and active participation of citizens in government.

This is an important meeting and should not be missed.

In addition, we'll have our delicious refreshments. Don't forget to bring non-perishable food for the Kiwanis Food Pantry.

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

Your Garden

By Mel Moss

With October now here, it is only a matter of time until all the outdoor plants will go dormant before the coming of winter. Most plants will not produce any new growth at this time of year. If any does occur, it will probably not harden off enough to survive the below freezing temperatures that will soon be here.

The one part of perennial plants, such as trees and shrubs, that will not stop growing at this time of year, is the root system. Just as the oceans are slow to cool down in the fall, the ground will also cool down much more slowly than our air temperatures, thus prolonging new root growth well into the fall season. This is important to the plant. The new fibrous roots that are formed will help the plant to take up moisture which is needed to form the new growth that the plant will have in the next spring.

Another advantage to plant in October is that most garden centers put on attractive sale prices because they don't want to overwinter their stock.

Most trees and shrubs are grown in plastic containers that they can easily be slipped out of. Sometimes root growth can protrude out of drainage holes and make it hard to get the plant out. Cutting down one side of the container will help get it out. If there are a lot of roots wrapped around the root ball, with a sharp knife make three or four one-inch deep cuts into the root ball from top to bottom. This will help to initiate new root growth. Make sure the hole dug for the new plant is several inches wider than the plant's root ball. When you fill in the soil around the plant, mix some compost or peat moss with your existing soil and tamp this mixture in so there are no air pockets. Make sure the top of the root ball is even with the existing ground level. Do not put the root ball in lower than the ground level. The last step is to wa-

ter the planting area and keep watering it every eight to ten days for at least the next month if there is no substantial rainfall.

Larger trees or shrubs can be grown in the ground rather than above ground in plastic containers. When it comes time to sell them, the plants are dug up with a ball of soil and covering the ball is burlap to keep the soil from falling off the roots. In this case, you have to leave the burlap on when planting. It will rot away in a short time and the new root growth will not be restricted.

Something to watch out for: If the burlap is held in place with plastic twine and this is wrapped around the neck of the plant, cut away the portion around the neck before filing in the hole. If the twine is a fiber material, it will rot away and not cause a problem.

Another problem to watch out for: Some growers prefer to use a plastic weave wrap rather than traditional burlap. This plastic wrap will not disintegrate in the ground and new roots will have a hard time penetrating through the

wrap. This will severely affect any new growth for the plant and will probably eventually cause its death.

If you buy a tree or shrub with plastic wrap, place the plant in the hole with the wrap on, but before filing in the hole, untie the wrap and carefully push it down to the bottom of the hole so the top and sides of the root ball are uncovered. Then fill in the hole. Do not try to take the plastic cover off before putting the plant in the hole because you will risk having the ball fall apart and cause a lot of damage to the root system.

Once we get into November, the ground usually chills down enough so new roots are not as likely to form. But by having the plant put in the ground in October, it will have a strong new root system by next spring. The plant will be a step ahead of any plant you might have waited until spring to put in. A good root system is the key to new growth. So by having the plant in the ground this fall, it should have better growth next season than if you wait until spring to plant.

Monroe Township Green Fair on October 8

This year Monroe Township's Green Fair is set for October 8, from 10 a.m. to 3 p.m. at the Monroe Township High School, 200 Schoolhouse Road, Monroe Township.

The Monroe Township Environmental Commission and Monroe Township Library work together on this event, which has been a great success since the first Green Fair in 2010. The purpose is to educate the community, especially young students, about healthy and sustainable living as well as how to become responsible environmental stewards. There will be vendors in categories such as health/wellness, healthy living, alternative

energy, recycled products, organic pet products, and more.

Representatives from the very successful Monroe Township Community Garden will be there as well as local, county, and state government to educate the community on the environment, parks, and transportation.

Available in the parking lot will be the library's new Bookmobile, the Department of Public Works EnviroMobile, the newest electric vehicle from an area car dealership, and the County shredding truck. Area hospitals will provide flu shots and health screening as well as brochures on health and wellness. There will be a farmer's market hosted by Farmer Al's, instructional Yoga and Zumba classes, healthy cooking demonstrations, children's activities and story time hosted by the library, and much, much more. Food will include authentic Mexican selections and a healthy snack food truck.



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Protecting the right to vote in honor of Dr. Deborah Wolfe

By Ruth Banks

We honor the memory by action on her beliefs. The right to vote, the bedrock of our democracy, was one of Dr. Deborah Cannon Partridge Wolfe's passions. Having been denied the right to vote while working at Tuskegee Institute, she pursued that right during her entire life. Every day some state or county tries to make the right to vote harder for some citizens, by limiting access to the polls or the hours they are open. Even in New Jersey efforts to expand access to voting meets roadblocks from government actions.

The League of Women Voters of Monroe Twp. will focus on this issue at its meeting on October 24 when Ryan P. Haygood, president and CEO of the N.J. Institute for Social Justice, will discuss "Making Your Voice Heard -- Defending Democracy on the Eve of the Election." The meeting will be held in the Township Library at 1 p.m. and has been organized by the Dr. Deborah Wolfe Legacy Project. The public is encouraged to attend; there is no charge. Refreshments will be served.

Haygood is one of the nation's leading civil rights advocates. For more than a decade, he has been engaged in social justice advocacy on a national level, striving to expand access to social justice and economic opportunity, and advocating for juvenile and criminal justice reform throughout New Jersey.

He has worked to empower communities of color around the country while Deputy Director of Litigation at the NAACP Legal Defense and Educational Fund, Inc. His work involved increasing access to an open political process, better education, housing and employment opportunities, and a fair criminal justice system.

Haygood has twice defended the constitutionality of a core provision of the federal Voting Rights Act before the U.S. Supreme Court. The Voting Rights Act is considered one of our nation's greatest pieces of civil rights legislation and is constantly under attack by people who fear the power of the vote.

The Deborah Wolfe Legacy Project was formed to help us remember a woman who spent her life battling prejudice, urging people to treasure the right to vote and not ignore it. She was a teacher and a preacher, as she loved to tell us, and in addition to her passion for the vote, she should be remembered for her dedication to improving and widening educational opportunities for children. Her years at the Tuskegee Institute and as education chief for the House of Represen-

tatives' Committee on Education and Labor made a lasting impact on education, not just in this country but around the world.

The Legacy Project includes the following organizations: the Human Relations Committee, the Township Board of Education, People of Color, the Township Library, the Township Council, Mayor Tamburro, Rossmoor Interfaith Council and the M.T. League of Women Voters.

The LWV MT is a political non-partisan organization, with state and national offices. It strives to educate its members and the public about national, state and local issues. It neither supports nor opposes candidates for public office, but does take positions on public policy issues that members have studied. For more information about League, contact Ruth Banks, 609-655-4791; Judy Perkus, 609-395-1552, or Andrea Pellezzi, 609-664-2146.

LWV Discusses Early Childhood Programs

The League of Women Voters of Monroe Township will present a special program on Early Childhood Resources on October 26 at 1 p.m. in the Municipal Building. Three panelists will discuss programs, funding and outreach concerns on programs in Middlesex County.

The speakers are James B. DeSimone, Education Program Development Specialist with the N.J. Department of Education, Division of Early Childhood; Melissa Parisi, Director of Early Childhood for New Brunswick Public Schools; and Mary Jane DiPaolo, Policy Specialist, Community Care Solutions, Perth Amboy.

The issue of providing early childhood programs similar to the Head Start programs, has long been regarded as crucial to narrowing the achievement gap which exists between lower income children and those whose family incomes are considered middle and upper class.

Many communities throughout the U.S. have developed comprehensive approaches which provide resources from birth to Kindergarten. These programs, if well run and funded adequately, have paid off in the long run with fewer drop-outs, less criminal activity, and a narrower achievement gap.

The public is encouraged to attend, and particularly those individuals or organizations interested in the subject. There is no charge for the program. For more information, contact League Education Committee Director Joan Leon at 609-860-8424, or Ruth Banks, 609-655-4791.

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- Vicki M.

Peripheral Neuropathy

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

How do you know if YOU have Peripheral Nerve Damage?

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

Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.

New FDA-cleared treatments provide hope

Northeast Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves.

What does Peripheral Neuropathy look like?

Healthy Nerve Cell

Properly processes sensory information to the brain:



Damaged Nerve Cell

Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

Why Northeast Spine & Sports Medicine?

Northeast Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

Treatment is covered by most major insurances, including Medicare

We are confident that you will find healing and relief at Northeast Spine and Sports Medicine. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly, so **CALL TODAY to secure your appointment!**

-The Northeast Spine and Sports Medicine Team

Dr. Kevin Hsu, M.D., Dr. Stacey Franz, D.O.,
Dr. Robert Lambrou, D.C., Dr. Dimitrios Lambrou, D.C.
and Dr. James T. Kirk, D.C.

SPACE IS LIMITED TO THE FIRST 30 CALLERS! CALL TODAY!

NorthEast
SPINE and SPORTS MEDICINE



MONROE LOCATION

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(Same complex as Amboy Bank)

www.northeastspineandsports.com



Disclaimer: Due to Federal Law some exclusions may apply.

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