



VOLUME 53 / No. 10

Monroe Township, New Jersey

October 2017



Most majestic

This pin oak grows near the intersection of Rossmoor Drive and Gloucester Way (behind 100). It is undoubtedly one of the finest trees in our community



Most historic

A white oak, our very own Monroe Oak now ten years old, is growing near the Village Center. It was grown in the Rossmoor nursery from a Monroe Oak acorn. At our Arbor Day celebration it still had no leaves. It looks quite full now and note how it has grown.

Enjoying our Rossmoor trees

By Anne Rotholz

With the coming of October our beautiful Rossmoor trees, with the exception of the evergreens, are preparing to go to sleep for the winter. While doing so our deciduous trees are putting on a colorful show in vibrant shades of red, yellow, orange, gold, apricot, and char- treuse.

Most of our fall color comes from the maple trees and fortunately we have several varieties here. You can see them along Rossmoor Drive but they can be found just about anywhere in the community.

Our oaks are not great contenders in the fall pigment party. The oak and its close relative, the beech, are in a special category as they are somewhere between evergreen and deciduous. While their leaves die in fall, they remain on the tree well into winter.

While observing our oaks during the summer, I noticed some very special trees among them. My photographer-neighbor Sara took pictures of them for your enjoyment. You will find them in this issue, each with a well-deserved, superlative title.

Finally, a word of apology to my fellow plant-lover Kathleen Garber. As my friends and I walk by her home each morning, we usually comment on the variety of beautiful, healthy plants and shrubs growing in the 3-ft. bed, not just in the front, but all around her manor. Kathleen can be seen watering them each morning before going to work.

We put a picture of part of her garden in the September issue with an incorrect house number. Kathleen's number is 93E. It is probably too late to visit her very special flowers and shrubs this season, but I am sure they will be equally attractive next year.



The Hurricane Harvey Fundraiser was a great success and collected over \$4,300 in donations.

Focus on: Groups and Clubs Indian American Club

By Jean Houvener

The Indian American Club gathers regularly for sociability, food, and presentations. Refreshments are organized as a potluck supper by the members, and can be either homemade or purchased. The club has 30 to 40 members, with members making an optional \$100 donation for the year.

They have had lectures on stroke and heart attack, undertaken an oral history program with Rutgers students, and have twice sponsored meditation programs by the organization Heartfulness Meditation in Monroe. Recently they sponsored a motivational talk by the renowned M.K. Angajan, speaking on the dynamics of the mind and the role each of us can play in our own health

with the attitude of our mind to control biological and chronological aging, stressing particularly how much we can each accomplish later in life.

In addition to their regular meeting, the group sponsors special events, for example a celebration of Indian Independence Day on August 15 and a celebration of India Republic Day on January 26, when the Indian Constitution came into effect in 1950. They have received proclamations from Monroe Town-

(Continued on page 9)

Rossmoor Hikers on the move every Saturday



Samira Abdul-Alim took this picture of the Rossmoor hikers at Etra Lake during their first hike of the season

By Angela Suco

Every month there is a notice in the *Rossmoor News* naming the newest residents who have joined our community. The Rossmoor Hikers would like to give these new residents, as well as established ones, some information on who we are and invite them to our monthly jaunts.

We always plan our excursions for Saturday mornings with a poolside departure time of 9:30. There is no membership fee to join. We try to schedule two hikes per month. Some hikes are local and do not go past mid-day. We have other hikes sched-

(Continued on page 2)

Voter Registration

- 10 a.m. to 2 p.m.
- Tuesday, October 3
- Clubhouse Craft Room

Inside this issue

At the governors meeting . 2	Month in Pictures 15
Bits & Pieces.....2	Musings & Memories ... 10
Bob's Almanac.....6	New Neighbors..... 11
Clubs14	RCAI Meetings..... 2
Health Care Center.....23	Religion 21
Landscaping24	Sports..... 19
Maintenance24	Transportation Tidbits .. 21



at the governors' meeting



September 22, 2017 Board of Governors Meeting

Daniel Jolly, RCAI president, opened the Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance

The Board of Governors approved a resolution to amend the RCAI 401k Discretionary Matching Contribution Savings Plan to an ACP Safe Harbor Contributions Savings Plan.

Ms. Balmer reported that the Cedar Brook Pond Retention Basin Pump Station is in its final stage. Middlesex County has all the plans and the bidding should start next month.

Letters to the editor

Missed Opportunity

In August, another one of the old sycamore trees lining Amherst Lane was taken down possibly because its root system was lifting the concrete in the adjacent carriage house. Since a downspout from that building drains on to

land formerly shared by a tree and shrubbery, a more environmentally sensible plan might have been to install a rain garden in that plot. Instead, a load of rocks now fills the space.

Why a rain garden? Because such plantings enhance our ecological health

as well as make the neighborhood more attractive. A rain garden is a landscaped shallow depression that allows precipitation to be collected and infiltrated into the soil. That process recharges the ground water rather than allowing storm water to drain into the sewer system and be wasted. Furthermore, each rain garden acts as flood control.

Monroe Township gets its drinking water from nine wells equipped with filtration. Replenishing ground water helps the system on which our population of 34,000 users of public water depends. Perhaps it is time for Rossmoor to inventory the places where downspouts could flow into attractive rain gardens. To learn more about sustainable green infrastructure, contact www.water.rutgers.edu/Rain_Gardens/RGWebsite/rinfo.html

Lorraine Sarhage

Kudos for Ted

We would like to thank our golf pro, Ted Servis, for the free monthly clinics he so generously provided for us 9-Hole League golfers this summer. His patience and sense of humor, as he worked with us to improve our driving, putting, and short game, made our tournaments on the course a lot more fun.

With sincere thanks and great appreciation,
Doris Herron and Grace Hammesfahr

Bits & Pieces

Sue Ortiz

Information overload! Almost everything about anything is available anytime 24/7. Social media sites such as Facebook, Twitter, YouTube, Instagram, and the Web in general allow us to see the latest feeds from Down Under, up in space, and all points in-between.

There's too much sad and bad news: killings, shootings, and stabbings; hurricanes, tornadoes, and floods; and riots, wars, and presidential coiffures.

Accidents, robberies, and general tomfoolery are reported immediately via dashboard cameras and camera phones. We need more of the "boater saves two tangled-up swans" or "hiker rescues a raccoon with a peanut butter jar stuck on its head." You know, good news stuff.

Then there are the instructions on how to make 15 different versions of slime from Elmer's Glue and borax. Plus: Ten hacks on how to wear a scarf. Twenty child stars that you wouldn't recognize today. Fifteen ways to lose 10 pounds in five days. You won't believe what this woman found living in her hair. (Of course, you want to know.)

You can watch 20 videos of cats falling asleep and falling off the back of the sofa or into the fish tank; a musical montage of babies taking their first bites of a lemon; the parrot that sings "The Star-Spangled Banner"; or dogs riding sidecar down the highway.

Heck, there's probably even a video of paint drying.

But, where is the important information when you want it?

The time comes, each month, when I am asked to

make a flyer or put together a newsletter for my mystery writers' group *Sisters in Crime*. I need to know the who, what, when, where, why, and how much. That information doesn't seem to exist—anywhere.

I have to beg for these important details. The members all know there is a deadline, but each month I get asked, "When do you need this?" The event flyers that needed to go out to the public, and the PR person, yesterday are still on the drawing board awaiting the topic of the speaker's program. Eventually, I get it in dribs and drabs, from this person and that person. I gather it all into one Word document on my laptop, sit there, and look at it all, ...information overload!

I'm on the computer all day, and, when I get home, sometimes all night. I need a break from information. I think I'll just go outside for a minute to look at the stars.

Oh, and, by the way, I just learned that Kim K. has a pimple on her ...TMI.

B&P

"When the world throws you too much information, the only way you can stay sane or survive is to look for pattern recognition. Amidst all the blurs, is there a constellation that emerges, is there a straight line that's emerging?" – Douglas Coupland (Canadian author, b. 1961)

"The Internet allows the small guy a global marketplace. But technology is harmful in the sense that we get too much information from it. Because of the Web we get 10 times the amount of noise we ever got, which makes harmful fallacies far more likely." – Nassim Nicholas Taleb (Lebanese scientist, b. 1960)

Rossmoor Hikers

(Continued from page 1)

uled where a bag lunch is necessary because our destinations are a decent distance away.

Our hikes take place in the fair weather months. The frigid winter months, as well as extremely hot months of summer, are excluded. Carpooling is always an option for non-drivers as well as for those who like to take advantage of travel time to catch up on each other's happenings.

Our group usually plans a yearly brunch at The Cranbury Inn as well as occasional breakfasts at local diners, such as Teddy's in Cranbury. If you have never

had brunch at The Cranbury Inn this would be a perfect group with which to enjoy one.

The Rossmoor Hikers have been in existence since Gene Horan organized them in September 2001. Recently we find that the membership has been dropping off a bit. If you think you would enjoy our outings, fresh air, and nature, please do give us a try.

None of our hikes are extreme but all are stimulating.

Watch channel 26 for information on upcoming hikes as well as whom to contact for information.

Charcoal Grill Cautionary Rules

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

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

After grilling, place the cover on the grill, close the vents and allow the coals to burn out completely for at least 48 hours;

Dispose of the ashes in a non-combustible container, NEVER directly into a dumpster;

If the coals need to be disposed of before they have completely cooled, remove them individually with long-handled tongs and carefully bury them in a can of sand or in a bucket of water; and

Do not pour the hot coals into a pail of water, or vice versa. Steam from the coals may burn.

PLEASE NOTE: Charcoal Grills are not permitted in Mutuals 7 and 10

Open RCAI Meetings in October

Thursday, October 12

Standing Committee Meetings 9 a.m.

Maintenance Committee

Community Affairs Committee

Finance Committee

Thursday, October 19

Board of Governors Meeting...9 a.m.

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

Please watch Channel 26 for any changes or cancellations



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Jean Houvener
Anne Rotholz
Linda Bozowski
Walter Gryskiewicz

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Alex Monaco
Linda Monaco

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

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

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

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

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

One item off the bucket list



Sieglinde Hilpert surrounded by her grandchildren Holly and Nick before their skydive.

By Linda Bozowski

We all have dreams and wishes about people or places we'd like to see or activities we'd like to try. How many of us actually fulfill those wishes? Our neighbor Sieglinde Hilpert crossed off

a long-time wish from her list on July 30, the day after her 81st birthday when she and two of her adult grandchildren went sky diving. Sieglinde always dreamed of this adventure, but for years, her late husband managed to

dissuade her. About six years ago, she went for a ride in a hot air balloon, but, according to Sieglinde, "It wasn't exciting enough."

Her grandson Nick, a police officer, found a sky-diving company in Williamstown near Atlantic City, and he and his sister Holly, an active duty Marine, accompanied their grandmother on her adventure. Sieglinde's daughter Linda went along on the trip and brought some champagne, but didn't participate in the jump.

Because all three were novice jumpers, they were permitted to jump in tandem with experienced jumpers. That means that two jumpers are attached to one another and are outfitted with a single parachute that is controlled by the experienced jumper. A fourth participant on Sieglinde's plane was a photographer who shot incredible photos of the adventure. The plane is flown to an altitude of about 4,000 feet and then the jumping teams make their free-fall exits from the plane. Sieglinde was not certain of the height at which the parachute was opened, but she and her tandem partner were able to make a soft and comfortable landing with no mishaps.

Sieglinde's sister from Germany will be visiting her next summer and the two sisters are already making plans for a jumping adventure. Although no new activities are being added to Sieglinde's bucket list at this time, she also enjoys gardening, bocce ball, swimming, daily walking, and our RMA concerts at the Meeting House.

The Downsizers Group

By Steve Gray

The Downsizers Group is the latest group sponsored by E&R. We formerly were TOPS (Take Off Pounds Sensibly) but have now formed our own support group interested in helping each other with weight loss.

There is no pressure or tactics used by other weight-loss groups nor is a diet handed out as we all know what to do by this time. We believe in helping each other to try to attain our personal weight loss goals and have fun while doing so. We share tips, recipes, and encouragement. In fact, one of our members has lost over 20 pounds in the past year. Our catchphrase is "What have



YOU got to lose?"

We meet on Wednesday mornings beginning at 9:30 a.m. for a private weigh-in and socializing, with the actual meeting starting at 10 a.m.

Remember – the holidays are coming – lose some weight now.

The Soviet Story

By John Zebrowski,
for the Polish Club

The Economist, in its review of the documentary, "The Soviet Story," states "it is the most powerful antidote to the sanitization of the past." The film is gripping, audacious and uncompromising. Its main aim is to show the philosophical, political, and organizational connections - between the Nazi and Soviet systems.

Both are socialist governments. Ludwig Von Mises claimed that both are forms of similar socialist tyrannies. The Economist states that this documentary is not just a catalogue of atrocities, although it recounts the murder of more than seven million Ukrainians by starvation in 1933. Family members watched one another dying from hunger over a period of time.

In response to the genocide, Jozef Stalin observed that while one death is tragic; a million deaths are only a number. Stalin's statement is a variant of a quote from Lenin that certain groups of people are useful idiots.

Hitler had similar thoughts as described in the Novem-

ber 24, 1945 issue/ of the New York Times.

It quoted the transcript from the Nuremberg War trials dated November 23, 1945. Hitler was quoted as saying that his Dead Head Units were ordered to kill without mercy all Polish men, women, and children.

The relationship between Hitler and Stalin can be seen in the mutual agreement, Molotov-Ribbentrop Pact, signed in 1939. The agreement called for each party to come to the defense of the other if it is attacked. Poland had a similar pact with France and England. Germany attacked Poland and World War II began. Russia attacked Poland weeks later and the partition of Poland was complete.

England and France declared war on Germany but not on Russia.

The film highlights the Great Purge, the Great Famine, Molotov-Ribbentrop Pact, Katyn massacre, Gestapo-NKVD collaboration, Soviet mass deportations, and medical experiments in the Gulag. The world con-

(Continued on page 4)

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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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Buying a new personal computer

By Steve Gray

So, you finally decided to buy a new computer because the old computer went the way of the dodo. Yes, it is time to replace that old XP machine, that Win2k machine, and even that Win7 machine, because they are all either no longer supported, or soon will be unsupported by their manufacturers.

What name brand to buy?

I am often asked for a recommendation, but I do not suggest any specific manufacturer because who knows how long they will last? For example: AST exited the market in 2001, Compaq was bought by HP in 2002 and was officially dead by 2010, Packard Bell is now owned by Acer, Radio Shack – no comment needed, and Gateway was bought by Acer in 2007 and is no longer a computer brand.

Without making any recommendations, I can tell you that Dell and Hewlett-Packard are two well-known and long-term manufacturers. Do your homework to find others.

What type of computer to buy?

You will have choices, for example: a desktop, a laptop, or a tablet. You must also decide on what operating system you want installed in this new computer, such

as Windows, Apple, or Linux. What you purchase depends on how you intend to use this new computer.

- **Desktop** – If you want to use a computer in one location, to be comfortable while doing so, and to be able to ignore it when not in use, then a desktop is probably your best choice. They are usually a bit less expensive, and are much easier to repair, should that be necessary.

- **Laptop** – If you want some portability but will use the computer mostly at home, consider a laptop. You need not set up a desk; the laptop is good in a small space and moves easily from room to room. You can even take it on trips. The downside is that a laptop is not the most comfortable system to use, the keyboard and touchpad take a lot of getting used to, and the battery might not last as long as you want it to. You will have to plug it in and keep it charged.

- **Tablet** – They come in different sizes. The keypad is a touchscreen which requires getting used to. A good tablet will last anywhere from six to 12 hours on a charge, depending on usage. (Do not go for those \$49.95 bargain jobs that are sold in some stores. I find them

useless.) You can use a tablet like a laptop, but since it is smaller and lighter, it is excellent for taking on a trip. It is not well suited for extensive use, such as writing an article.

In short, what you buy will depend on how you want to use the new computer, as well as how much you want to spend. All three of the above computers will let you surf the Internet; read and send an email; open and read docu-

(Continued on page 7)



A view of Newport from the ship

Cruise

(Continued from page 4)

rough due to a hurricane about 200 miles east in the mid-Atlantic. We took advantage of the specialty dining rooms for dinner each of those nights. Linda spent some time working on a needlepoint project and entering the daily trivia contest. There was high tea every afternoon at 4 p.m. with music provided by the excellent string chamber group. Many activities were available: pool and hot tubs, a putting green, shuffleboard, Bridge and poker tournaments and, once we were in international waters, the casino was open.

We arrived at St. George, Bermuda at 7 a.m. This time it was light enough to see our passage through a narrow channel into the beautiful harbor. Again, the advantage of a smaller ship allowed us into St. George instead of Hamilton, Bermuda. There is an overnight stay to see the sights and enjoy the beaches. Alex took a nice walk around St George -

seeing the people driving on the left side of the road can be disconcerting. Beautiful pastel-painted houses have whitewashed roofs to collect rainwater and store in cisterns. Also, since it is a British Protectorate, Alex bought a couple of Cuban cigars. Overnight sleeping without rocking was comfortable. At 2 p.m. we departed for New York and home.

Another peaceful day at sea on the way home. The last night was an early night - suitcases to be packed and in the hallway by 9:30 p.m. Before we got up for the final breakfast and disembarkation, I watched as the ship came into the pier. There was a BIG cruise ship on the other side of the pier. This one was easily twice the size of our ship and carried about 5000 passengers. Now we saw the real advantage of a smaller ship. It took less than an hour to get everyone off the ship and through customs. The line for customs for the big ship had a couple of thousand people on it when we passed through.

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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 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 President Abraham Lincoln in Washington.

October 28, 1636 - Har-

vard 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 event's 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.

ADEs – Avoiding prescription dangers

By Linda Bozowski

We in the U.S. have access to more than 10,000 prescription medications and nearly one third of adults take five or more medications. Adverse Drug Effects (ADEs) cause more than one million emergency department visits and nearly 300,000 hospitalizations each year. Those numbers are likely to increase as new medications are developed, as the older population continues to grow, as new uses are discovered for existing meds, and as we take more and different medications to treat and prevent diseases.

Keeping ourselves safe from medication errors requires diligence and may require assistance from professionals, friends, and family members. According to the Centers for Disease Control (CDC), there are several common causes for prescription errors. Taking more

medications than clinically necessary, or combining medications that are contraindicated to each other, is a common fact of life. More than 50% of ER visits for drug errors among Medicare patients are related to drugs such as insulin, Warfarin, aspirin or other anti-platelet meds, and opioid pain medications. Taking medications at the ordered time of day, in the correct dosage, with or without food, as ordered, are all critical factors in patient safety.

One way to help prevent negative effects of medications is to be sure that all physicians being seen are aware of all medications a patient is taking, in what dosages, and with what frequency. Patients also need to discuss their vitamin and herbal intakes, as well as their regular diets. For example, some medications cannot be taken safely when the patient regularly consumes grapefruit juice. Vitamins are considered safe, but excess dosages can cause negative outcomes. The same is true for some herbal products.

Many times, patients are hesitant to ask questions of their doctors or pharmacists about their prescriptions. It is extremely important that patients are knowledgeable about what they're being prescribed, for what purpose, and the specific directions for proper usage of the medicine. The patient should also feel comfortable asking about expected side effects and, on the other end of the spectrum, what potential side effects are danger indicators and might require physician intervention. At the pharmacy, the patient should feel free to inspect the medicines

being dispensed – do the pills look the same as they did the last time the prescription was filled? Are the dosing instructions on the label, as well as the dosage itself, consistent with former refills? Are the warning labels affixed to the bottle the same? How should the medications be stored – at room temperature or in the refrigerator? Should tablets be split? What happens if I miss a dosage or if I take too much?

Keeping a list in the patient's wallet or purse of routine medications being taken is helpful for several reasons. It's easy to get sidetracked or forget details when at a physician visit – being able to review the list is helpful. In addition to the prescriptions being taken, the vitamin and herb products should be listed as well, if any are being taken regularly. Making that same listing available to a neighbor, close friend or family member is also a safety benefit. Here at Rossmoor, we are encouraged to provide such a list to the Medical Office in case emergency treatment may be needed.

To keep ourselves on track for all of the meds we take, we can keep check-off lists noting the drugs, times and other instructions, e.g., "take after dinner" or "do not take with milk." Compartmented pill boxes are helpful. These boxes can be simple, that is, one compartment for each day of the week, or more complex, with several compartments available for each day in case different meds need to be taken at different times throughout the day. Coordinating with a friend or family member to aid in filling

(Continued on page 7)

National Pierogi Day, October 8

By Linda Monaco

Growing up in Getty Square, Yonkers, N.Y., was about as close as a child could get to growing up in the Ukraine. My only disappointment was that we were not taught Ukrainian. At Christmas, our parents would speak Ukrainian to keep us from learning what gifts we were getting. Inevitably, English would pop in and the secret would be out. "Barbie" does not translate well into Ukrainian.

There was one thing, however, that more than balanced not speaking Ukrainian. Pierogies. A few times a year, it was always an event when Grandma, the Aunts, and cousins came to visit early in the day. You knew that this was pierogi day. What a glorious day! After coffee and talk, it was down to work. One person, usually Grandma, started the dough; Mom and the Aunts started on the fillings; cousins chopped onions, peeled and chopped potatoes and set them to boil; everyone took part in the process. Even the littlest would proudly help crimp the pierogies to seal them.

Computer

(Continued from page 5)

ments such as newspapers, magazines, and social media, (which includes Facebook, Twitter, Instagram, LinkedIn, etc.) All three can be connected to a printer, either through a wire connection, or wirelessly using Wi-Fi.

Wi-Fi

Most new desktops, and all laptops and tablets (which include smart phones and phablets) will connect wirelessly to a network. This means you need a Wi-Fi access point that puts out a wireless signal, whether in your home, in the Clubhouse, or in your favorite coffee shop. Some Wi-Fi access points are open, meaning that you do not need a password to connect to them. Other access points require a password, which is a more secure way to get into the network.

Signals that require a password are more secure. The connecting signal itself does not travel very far. It is barely possible to receive the Clubhouse signal in the back parking lot and only if you are in one of the closer parking spots. Things such as a concrete wall, a metal mesh (screen), and even distance will all affect the quality of the connection to the network.

Bluetooth

You can also use a technology called Bluetooth, but it is more for connecting specific hardware together like sending music to a Bluetooth speaker. No wires are needed, and the range is less. It is possible to access the Internet over Bluetooth, but it is not commonly done.

(Next month, we will tell you how to set up your new personal computer.)

We had so much fun! While busy hands made delicious food, everyone talked and laughed and sang as the mood struck. At the end of the day, four families had enough pierogies for at least one meal and some leftover to freeze and good solid memories to carry with them for life.

Pierogi:

Dough:

4 cups flour
2 eggs
5 T. sour cream
6 T. vegetable oil
¾ cup water

Fillings:

1. Mashed potatoes, and cooked, drained sauerkraut or boiled cabbage, or
2. Mashed potatoes, grated cheese

Mix all ingredients together to form dough. Place in refrigerator for one hour before rolling out on floured board to an even 1/8" thickness (or a tad thinner). Use 3" biscuit cutter (or floured rim of a glass) to cut circles.

Meanwhile, prepare the mashed potatoes, making them as dry as possible. Mix in the sauerkraut, cabbage, and/or cheese to taste.

Place one tablespoon of filling in center of dough circle, fold in half and crimp edges to seal firmly. If necessary, barely moisten edges to seal.

ADEs

(Continued from page 6)

the pill boxes or setting up the list, or avoiding putting too many pills in the compartments may make the task easier and promote safer dispensing.

Trying our best to maintain good health is an important objective, and staying away from the Emergency Department is important as well. We need to be our own advocates, but must be willing to accept the help and support of those who care for us.



Leftover scraps of dough can be re-kneaded and rolled into ¼ to ½" strips about 3" long (called bobutki) to make Halushka by adding boiled cabbage, cubed, boiled potatoes, and sautéed onions, butter, salt and pepper to taste.

Make all the pierogies. Drop a half dozen or so at a time into salted, boiling water; cook until they float, about two or three minutes. Remove with a slotted spoon. Rinse, drain, and place in a pan with sautéed onion and butter till lightly browned. Serve with sour cream.

Boiled pierogies can be frozen, if removed and thoroughly drained dry. When ready to serve, boil again till they float and follow the rest of the recipe.



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The Battle of Yorktown

By Jean Houvener

Following the Battle of Monmouth Courthouse, Gen. Washington and the French Vice Admiral Comte d'Estaing explored retaking the city of New York. Ultimately the channel to New York was viewed as too shallow for d'Estaing's large ships. The two then turned their attention to Newport, R. I. Unfortunately, a lack of coordination between the American Continentals under Maj. Gen. John Sullivan and the Vice Admiral and a massive storm, which damaged and scattered both the French and British fleets, left the Americans on their own and outnumbered, so they withdrew their forces.

For most of the next two years, Washington remained with most of his troops in the north, waiting for an opportunity to retake New York City. Numerous skirmishes were fought in the more western

areas of New York and Pennsylvania to gain control over these areas. These battles were often fought by Loyalist (Tory) militias with Native American allies against settlers and regional militias. Washington also put Gen. Sullivan in charge of a campaign directly into the Iroquois territory.

The British shifted their focus to the South, beginning with a relatively easy capture of Savannah, Ga. From 1779 to 1781, most of the major battles of the Revolution were fought in the South, as Britain tried to retain the most profitable areas of the colonies and to limit the extent of a possibly independent United States.

From Savannah, the British moved forward to take Charleston, S.C., Charlotte, N.C., and numerous smaller fortifications. The battle between British forces and American forces went from one side to the other, depending primarily on who was the commander of each side. Maj. Gen. Nathanael Greene and Brig. Gen. Daniel Morgan were notably successful colonial commanders, while Maj. Gen. Benjamin Lincoln and Maj. Gen. Horatio Gates, the hero of Saratoga, had notable defeats. For the British, Lt. Gen. Charles, Lord Cornwallis and Gen. Sir Henry Clinton had both successes and defeats, often because they were unable to cooperate with each other.

During this time, the war between the British and the French with Spanish support expanded to the respective empires, with the French trying to dislodge British naval superiority, the Spanish wanting to regain Gibraltar, and all seeking to defend or expand colonies, especially in the West Indies. Ultimately several neutral countries pressured the combatants to come to a negotiated peace because the disruption of commerce was affecting everyone.

In the subsequent stalemate in the south as Cornwallis, who was supposed to pacify the Carolinas, chased Greene, and Greene fought a war of attrition, Cornwallis concluded he needed to cut off the entire South and marched into Virginia. Meanwhile France had again determined to send its fleet from the West Indies to the American colonies. The French general Jean-Baptiste-Donatien de Vimeur, Comte de Rochambeau with his French troops encouraged the French fleet under Commodore Francois de Grasse and Gen. Washington to shift their attention from New York to Virginia and to isolate Cornwallis' army at Yorktown.

Cornwallis had ultimately set up fortifications in Yorktown and sought orders from Clinton in New York. Clinton was loath to leave New York without orders from London. Clinton even requested troops from Cornwallis in expectation that the French and Americans would converge on New York. By the time Clinton sent the fleet to assist Cornwallis, De

Grasse was well in position and defeated the British fleet, driving them back to New York.

Rochambeau and Washington, with their respective armies, began the siege of Yorktown. Cornwallis, neither attacking nor retreating as urged by various of his officers, hoping perhaps for relief from Clinton, settled in for a siege. Rochambeau, who had considerable experience in sieges, planned the tactics for the siege. After massive bombardments as the French and American allies drew the net ever closer, Cornwallis and his army surrendered on October 19, 1781. Eight thousand prisoners were taken on that day.

After Yorktown, there were no further major actions in North America, but the war raged on in the Caribbean and through areas of the south and west as the Continentals and the militias attempted to expand the areas under their control. The British retreated from the cities and forts they occupied in Georgia and the Carolinas. The Treaty of Paris was signed Sept. 23, 1783. On November 25, the British, including 20,000 troops and thousands of civilians, finally left New York.

As part of the action in the Mohawk Valley, on August 6, 1781, two young boys, 11-year-old twins Henry and Mark Schell, were captured by Iroquois and Tory militias, who were aiming to destroy the fortification of their father, John Christian Schell, known as Schell's Bush, near Herkimer, N.Y. While the rest of the family had made it back to the fort, the boys were caught as they ran for home.

When the Indians and Tories surrounded the house and stuck their muskets through the gun holes, mother Marie Elizabeth Schell used an ax to bend the barrels. Through a ruse, the attackers were convinced to retreat, but not until their leader Donald McDonald was wounded and captured. When the enemy retreated at dusk, the family fled to Fort Dayton, leaving McDonald behind.

The attacks in the area were not over. On one occasion, John Christian Schell's daughter, Elizabeth, was scalped and left for dead. On July 7, 1782, the fort was attacked again and this time John Christian Schell was killed along with his son Denis, while son Frederick was shot in the leg. His other sons, including oldest son John Christian, Jr., who had been in the army for the preceding years, and nearby neighbors drove the attackers off.

The twins were raised in Canada by the Indians, who were good to them and from whom they learned the Iroquois language. Eventually British Capt. George Laws negotiated their release from the Indians and raised them for the next five years. Finally after eight years from their home, they were old enough to work their way south from Canada to Herkimer. Henry is my 4th great-grandfather and his father, John Christian, is my 5th great-grandfather.



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M. K. Angajan speaks to the Indian-American Club

By Jean Houvener

The Indian-American Club was able to bring M. K. Angajan of Angajan Life Mastery Academy to speak to the Club and any interested residents in July. Based in South Africa, although born in Kerala, India, he has many corporate clients, including Siemens, Toyota, and IBM, for whom he gives talks and leads workshops. Angajan has written two books, "Value Systems for Success" and "From Gods to Godhead." Many of his speeches can be found on YouTube.

While the talk was titled "Dynamics of the Mind," it could just as easily have been "How to retire happy." His first point was that age is a matter of mind, and if we don't mind it, it doesn't matter. There are three forms of age - chronological (the number of years we have lived), psychological (how we feel), and biological (how fit we are). We have no control over the first one; the years inevitably proceed. The second two, however, are under our control. There is a difference between being old and feeling old.

According to the Upanishads, part of Hindu religious texts, we live 100 years by action. When we retire from a job, we don't retire from life. Often when we retire from a career, the drop in income can bring a drop in self-esteem. We lose power over money

when we retire. There can also be a feeling of not being valued. We can control this, depending on how we react to it.

He explained the concept of dharma as the law of being; what makes a thing what it is, without which it is not what it is. It is the thing's basic nature. For example, to complain of being hot in the summer when that is the basic nature of summer or cold in the winter when that is the basic nature of winter contradicts their dharma. As examples of dharma in retirement, Angajan identified the case of Col. Sanders, who at 61 wondered what to do with himself. He identified what he could do better than anyone else, what was central to his being, and settled on the chicken recipe of his mother, which he could cook. From there he built KFC. Likewise, the factory of Thomas Edison burned down when he was 69, and he used the opportunity to build again and ultimately created General Electric.

There is no pain or sadness we cannot overcome by changing our attitude, reaction, and expectation. What makes us unhappy is in our mind. While we cannot control other people's behavior, we can control our own thinking, reaction, and expectation. Growing old is a privilege denied to many people; we should feel grateful. The comparison of our current self with our younger self can make us un-

happy. If instead we bring an attitude of gratitude to our lives, it brings us out of unhappiness. Thankfulness is the foundation of happiness.

He pointed out that humans tend to be selfish, and to think of what we do not have instead of remembering what we do have. We need to think of the blessings we have and to be thankful for them. Our problems come not from what others do, but from how we react to them. In our reactions, we need to accept the basic nature of things or people, and act with reason rather than reacting with emotions. All these points were illustrated with amusing stories and great clarity.

He left us with four exercises to do each morning. Ideally all this is done during the "holy hour" between 4 and 6 a.m.

- Hydrate - drink three or four cups of lukewarm water in the morning (lukewarm is the best temperature for digestion). Our bodies lose water as we breathe and sweat.
- Liberate - free ourselves from negative emotions. Psychosomatic combines the mind and the body. What we think and feel impacts our body. He recommended doing this by reading from spiritual sources, writing down the main points and writing our thoughts about them.

- Oxygenate - spend 15 minutes breathing deeply (pranayama) to oxygenate and energize our cells. We usually only breathe at 30% of our capacity.
- Meditate - observe our breath, cold air in, warm air out, observe our surroundings, listen to the

sounds of nature around us. His advice was that this would lay the foundation for our future, what we would do with our lives, the charity and well wishes we make for others. In the end, only our good deeds (our credit or karma) travel with us.

Indian American Club

(Continued from page 1)

ship on these occasions, both from Mayor Richard Pucci in 2015 and Mayor Gerald Tamburro in 2016. In the last week in September, they celebrate Navratri, a Hindu religious holiday lasting nine nights and celebrating the goddess Durga and her triumph of good over evil.

At a recent event honoring Indian heritage, two schools for traditional, classical dance of southern India presented programs that the young students were preparing. The Anjali Performing Arts of Monroe brought 12 of their students and the Natya Bharati Academy of Dance of Monroe and Dayton brought 15 of their students. The girls, ranging in age from elementary to high school age, presented complex stories, formalized in the dances, which they remembered well, including sounding the words as the music proceeded. All the girls danced with precision and focus, and, being chil-

dren, also greatly enjoyed the food provided.

Information on the gatherings can be found on Channel 26 or by contacting President Shatrughan Dawani (845-633-4665) or Treasurer Govinda Rajan (732-801-4814).

Generosity deserves recognition

By Linda Bozowski

(Excerpted with permission from the church bulletin of St. James the Less Parish, Jamesburg)

It was announced recently that a former Rossmoor resident, Dr. Yvonne Imbleau, had passed away on August 10, 2016. Dr. Imbleau, a graduate of McGill University, had devoted her career in general medicine to helping others in Kenya, Zimbabwe, and Kentucky. She moved to Rossmoor to live near her mother, who lived in our community, and she continued on as a resident after

(Continued on page 10)



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

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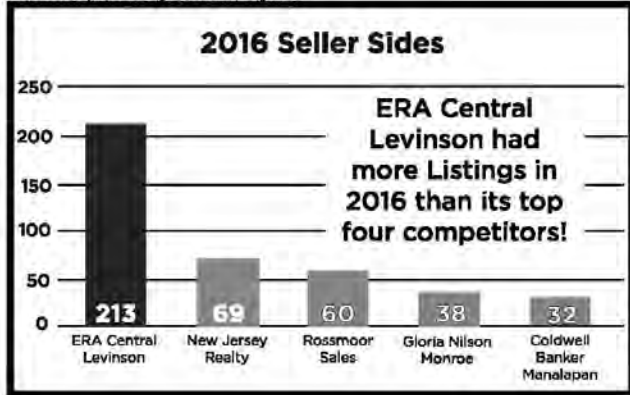
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Bob Huber's October

October is a month of change, as Mother Nature prepares her domain for the winter season. The chlorophyll, which provided our summer greenery gives way to the bright fall colors which were hidden underneath all the while.

Perhaps the biggest change to occur in October had nothing to do with Mother Nature, but it forever changed America's cultural and industrial landscape. On October 1, 1909, Henry Ford introduced his Model T automobile, putting the average American on wheels for the first time, eventually leading to unprecedented suburban expansion. America was on the move.

That same year, in an effort to improve worldwide commerce and ensure American security, we dug a very big ditch across the Isthmus of Panama. On October 1, 1979, after 70 years of American control, we formally turned the Canal Zone over to Panama. An even bigger canal will soon be complete to accommodate the massive new container ships.

On October 2, 1967, Thurgood Marshall was sworn in as the first African-American associate justice of the Supreme Court. He remained on the bench until 1991, and his decisions changed America's conscience about discrimination and civil rights.

In another cultural first, Frank Robinson was hired by the Cleveland Indians as Baseball's first African-American major league manager on October 3, 1974.

Robert Goddard, "the father of the American space-age," was born on October 5, 1882, in Worcester, Mass. His ideas on rocketry and space flight were originally ridiculed by the scientific community and the press, but it was the Germans who

began their own rocket program by simply buying copies of Goddard's patents from the United States Patent Office, a process which was perfectly legal at the time.

On October 6, 1927, New York played host to the first feature-length "talking motion picture." The film starred Al Jolson and was called "The Jazz Singer." By 1929, the "talkies" were talking on a permanent basis, and they've been talking ever since. Now, if we could only understand what they're saying.

October 8, 1871, was the date of the great Chicago fire. The conflagration leveled more than three square miles of the city, destroying 17,450 buildings. Ninety thousand people were left homeless, and more than 300 persons were killed. A new Chicago rose from the ashes to become the great city it is today.

Singer/guitarist John Lennon was born in Liverpool, England, on October 9, 1940. As a member of the Beatles, the group captivated audiences in England and Germany and then took America by storm. No other musical group has had such a profound effect on popular music in America and throughout the world.

On October 11, 1939, physicist Albert Einstein sent a letter to President Franklin D. Roosevelt warning him that his theories could lead Nazi Germany to develop an

atomic bomb. Einstein suggested that the United States develop its own bomb. It became the opening gun in a race to enter the atomic age.

American teacher and journalist, Noah Webster, was born on October 16, 1758, in Hartford, Conn. He compiled the first American dictionary of the English language.

On October 21, 1879, Thomas Edison successfully tested an electric incandescent lamp in his Menlo Park, N. J. laboratory. It is alleged that he beat several European inventors working on the same project by only a matter of days.

The Great Depression was triggered on Black Friday, October 24, 1929, when the New York Stock Exchange witnessed the panic selling of nearly 13 million shares of stock. The Market crashed five days later when 16 million shares were dumped amid tumbling prices. The crisis lasted for 10 years until war clouds in Europe forced the United States to pump money into the economy by investing heavily in military preparedness.

October 31 will introduce All Hallows Eve, an ancient celebration combining the Christian festival of All Saints with pagan autumn festivals. We, of course, know it better as Halloween, when little ghosts and goblins will be out and about trick or treating. Please keep them safe, by being sure they are accompanied by a responsible person.

Musings and Memories

By Betty Emmons

Another of my car stories

About six months after Jonas left me his car, I thought it might be time for an oil change and tire rotation so I stopped at the Buick dealership to ask if his service was due and, if so, to make an appointment. Well it was perfect timing, so I set up an appointment for the following week and then left.

But then as I was going to

get in my car, a man in a blue and white dress shirt caught up to me and offered to get the car for me and said he would have it serviced right away. I thanked him and said I had just made an appointment for the following week and I was okay with that, and besides, I didn't have my coupon with me and I had a luncheon engagement in two hours. Well, he kept walking with and assured me he could get a coupon and I would be home in time, so I gave him my keys and went back to the waiting room.

I had no idea who this man was as I sat down it occurred to he could have just driven off with the car but the car did appear in the service lineup and I sat back, relaxed and waited.

Then, after about 45 minutes, a service person asked me to come out to where they were working on the car where I was shown a leak and two empty cylinders. Both were bone dry and serious repairs were needed. Well, there wasn't anything I could say except go ahead. Then, while they were figuring the cost of this repair they told me how lucky I was because if I hadn't come in

(Continued on page 11)

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Musings

(Continued from page 10)

when I did, the whole engine would have been ruined and it would have cost me \$3,000.00 to make the repair.

I still went into shock when they presented me with the bill for \$1,140 because despite the story about how I had dodged a bullet by coming when I did, it was of little comfort since I had anticipated a cost of about \$50 for the oil change. Not \$1,100. WHEW! And I thought, then yea, how lucky can you get?

Well, I guess I was lucky if all they had explained to me was true, but I can't help wondering what made me go to the dealership in the first place instead of just calling for an appointment and why did the man in the blue and white shirt follow me out of the building and practically insist I have the work done right and there?

I had read stories about being watched over in ways that we are not aware of and I have to tell you this whole business has caused me to think about that and the what ifs. So, forgetting the cost, I am grateful to be safely on the road again, and hopefully it is the end of the story.

New Neighbors

By Christina Smith,
Resident Services Manager
Joan Hunter, 259-O Old Nassau Road formerly of Metuchen, N.J.

Lolia Pachlita, 475A Rockport Way, formerly of Fords, N.J.

Steve and Sharon Maltzman, 506A Sheldon Way, formerly of Monroe Twp., N.J.

Alan and Lorraine, 313D Sharon Way, formerly of Lake Mary, Fla.

Goldie Friedman, 179D Rossmoor Drive, formerly of Fords, N.J.

Jeffrey and Joan Hawthorne, 252A Mystic Lane, formerly of Staten Island, N.Y.

Alexander and Patricia



Knights, 710A Yarborough Way, formerly of Allentown, N.J.

Patrick and Lois Mitchell, 461C Revere Way, formerly of Sayreville, N.J.

Diana Gatto, 78D Old Nassau Road, formerly of Monroe Twp., N.J.

Sara Friedlander, 632B Yorkshire Lane, formerly of Marlton, N.J.

Valerie Schmidt, 182A Old Nassau Road, formerly of Monroe Twp., N.J.

Domenica Pavone, 449A Roxbury Lane, formerly of Hamilton, N.J.

Maureen Virgili, 115A Old

Nassau Road, formerly of East Brunswick, N.J.

Thank you

I'd like to extend my sincere thanks to everyone at Rossmoor for their calls and cards on the passing of my husband Joe.

I was touched by their support and kindness. Rossmoor is a wonderful community to be a part of.

Sincerely,
Joan DePaolo

We thank you for your outpouring of sympathy and caring following the sudden death of our beloved son, Steven.

Judy and Norm Perkus

Monroe Township Democrats



Ward 1 Councilwoman Elizabeth "Betty" Schneider

- Councilwoman since 2014
- Retired Executive Assistant to the Director, Middlesex

County Adult Correctional Center, and owner of family business for 11 years

- Twenty years as a member of the North Brunswick Board of Education, former President and Vice-President
- Former Mutual Director in Rossmoor and former member of the Board of Governors
- Liaison to Monroe Human Relations, Commission on Aging and the MTHS Key Club
- Ten-year member and former President of the Rossmoor Kiwanis Club



At Large Councilwoman Miriam Cohen

- Bachelor's degree in Nursing from Adelphi University
- Master's degree in Community Health Nursing from Rutgers University
- Public health nursing

supervisor at the Middlesex County Public Health Department

- Director of disaster planning for the New Jersey Primary Care Association
- Currently works as a registered nurse and is an adjunct professor at The College of New Jersey
- Previously headed East Brunswick's League of Women Voters
- President of the Whittingham Homeowner's Association in Greenbriar at Whittingham

Experienced and Responsible Leadership

- ✓ **HOLDING THE LINE ON TAXES**
 - AA+ Bond Rating from Standard and Poors
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- ✓ **KEEPING OUR COMMUNITY GREEN**
 - Nearly 8,000 acres of open space & preserved farmland, with 50% of township never to be developed
 - 27th year, Tree City USA
- ✓ **SAFE & SECURE NEIGHBORHOODS**
 - Safest town in Middlesex County
 - 14th safest town in New Jersey
- ✓ **SERVING THE COMMUNITY**
 - Professional EMS and Ambulance
 - State-of-the-Art Library and Bookmobile serving thousands of residents

On Tuesday, November 7, Vote for

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CULINARY CORNER

By Sidna Mitchell

Beef Roast, perfect after church

"I don't know if Dad is more excited about preaching or playing croquet," noted one of the Rev. Dr. Don Fletcher's daughters before the church service began.

Don Fletcher, former pastor at the Rossmoor Community Church, returned as a guest preacher at the end of August. Proudly admitting to being 98 and a half years old, he preached without looking at any notes. Most impressive! And the sermon was very meaningful.

After church, we came back to my house for dinner and some stirring conversation. Don's daughter Sylvia still does reconciliation for the United Nations. Mary Jane Brubaker, the chair of the Church Council, had lots of questions about church organization. Ginny (Dr. Virginia) Allen, a former Ross-

moor resident and organizer with Ruth Dowdell of the Rossmoor Croquet Club, had updates on the original members of the club.

Dressed in our whites, we headed to the croquet court, for which Ginny and Ruth were instrumental in getting for Rossmoor. In addition to

Jan's Beef Roast

2 lbs. chuck roast or steak about half a package
1 package dry onion soup of sliced fresh
3 cans cream of mushrooms
mushroom soup

Place the beef in the bottom of a slow cooker.

Sprinkle dry onion soup on top.

Add the three cans of cream of mushroom soup—no water.

Cook on high for 8-10 hours.

Place in the refrigerator overnight.

The next day, dip out any fat and add the fresh mushrooms.

Cook on low until ready to serve. (Add some water if the gravy seems too thick.)

NOTE: I will admit this entree doesn't look as appealing as you might want but the beef just falls apart and is so delicious. The gravy goes well over the mashed potatoes. We had enough left over for another meal.

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



Culinary corner

Don's daughter, we had another spectator, Bill Leonard, a former player and church member.

Once again Don and his partner, Ken Northrop, won the game against Ginny and me. We all enjoyed the competition and the time together.

Since there was little time for dinner preparation on that

Sunday, I used a recipe that my Kentucky cousin Jan had made for Ken and me on a recent trip down South. This can be made the day before serving. I simply served the beef, mashed potatoes, a garden salad, and a peach and blueberry trifle—also made the day before—for an easy and tasty meal.

Clubs and Organizations

You don't know android until you know Steve Gray

By Alec Aylat

Getting to know Steve Gray is easy. He and his wife are relatively new residents in Rossmoor, with Steve making a lasting impression in the Computer Club, where his vast knowledge of computers is proving helpful to both old and new members.

Now, for the Club's October 16 meeting at 10 a.m. in the Gallery, he will discuss in detail the Android operating system, used in both smart phones and tablets, and

ways to stay safe with the system. Even if you are not using Android yet, you will not want to miss this presentation, and the question and answer session which follows. One of the most popular uses of Android is with the free Wikipedia Android app designed to help you find, discover, and explore knowledge on Wikipedia.

Settle a bet with a friend by doing a quick search through the app, or dive into featured articles, images, recommended items, and more using the explore feed. With more than 39 million articles in nearly 300 languages, your favorite free online encyclopedia is now at your fingertips.

With your Android app there's a new "Explore Field" offering recommended and constantly updated Wikipedia content, including trending articles, current events, suggested reading, and more.

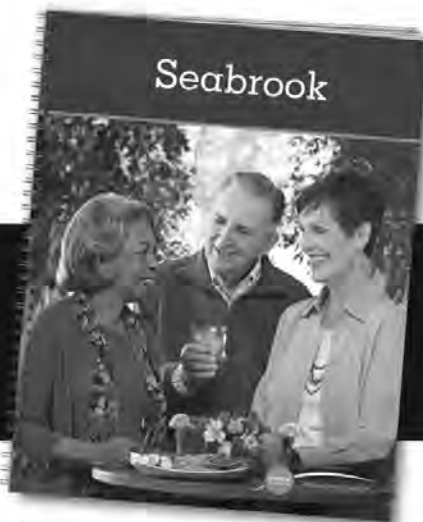
There is also a voice-integrated search enabled at the top of the app where you can easily find what you're looking for in your own voice, even if it's in another language.

One could go on and on discussing the attributes of Android but that's for you to do with Steve. Fortify yourself with coffee and cake at 9.30 a.m. and come early for good seating. All residents are welcome. And, Android or no Android, for up-to-the-minute news visit the Club's website at Rossmoor.org.

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In Memoriam

Betsy A. Coyne

A former Rossmoor resident, Betsy A. Coyne, 81, of Monmouth Junction, died on September 6 at R.W.J.U. Wife of the late George E. Coyne, Betsy is survived by a son Timothy Coyne, two daughters and two sons-in-law Kathy and Matthew Borowick, Karen and Matthew Raia, seven grandchildren: Meghan, Patrick, Alexander, Dominic, Lauren, Jennifer and Jessica; a dear niece and nephew: Kristen and Michael Coyne.

Betsy was a special person with an amazing spirit. She will be fondly remembered by those who knew her.

Albert E. Borup

Albert E. Borup, 89, of 700A Yardley Way, passed away peacefully in Jupiter, Florida, on August 15. His obituary can be read at Costello-Runyon.com.



Jersey Shore | SeabrookCommunity.com

Did you see this year's very special fashion show?

By Diane England

There's an old ad that you may remember from decades back in which a model with glowing hair coos, "Don't hate me because I'm beautiful." Well, at the Women's Guild "Fiftieth Wedding Anniversary Renewal of Vows" Fashion Show held on September 21 to kick-off our 2017-2018 year, model Jean Cooke might have been worried that some women would hate her because she could still fit into her wedding gown from 50 years ago. Then again, with her bright smile and sunny disposition, it would be nearly impossible to do so. In fact, I suspect everyone was thrilled to see her model a lovely gown that she professed had once been pure white, but that "the guests" likely assumed had always been ivory. We chose for her to walk down the aisle to a music video in which Irish bagpipes played "For

we also had our flower child or hippie bride. Then after Linda Klink created a burst of laughter at the literary characters fashion show last year with her depiction of Scarlett O'Hara as she'd once been portrayed by Carol Burnett, she knew she had to come up with something rather outlandish for this show—especially since this truly was her show as our vice president and program director. And I suspect if you ask people who were in attendance what they thought of



Standing, Jean Cooke and Sal Gurriero. Seated, Tom Hanlein and Paulette Mascia.



Ring bearer Tom Hanlein and flower girl Paulette Mascia

the Love of a Princess," since we knew this widow's husband and his family had always embraced their Irish heritage. Certainly, we regret that Jean and Kevin were unable to celebrate their fiftieth wedding anniversary, but we were thrilled to have an actual bride in her actual gown from the year 1967.

Jean was one of our serious brides. And indeed, we were fortunate to have several who'd chosen to wear borrowed gowns. But since this was the time of Haight-Ashbury in San Francisco as well as the summer of love,

this particular bride, she didn't disappoint, either.

Of course, we all know that flower girls and young ring bearers can practically steal the show at a wedding. And so it was with our twosome dancing their way down the aisle to what was actually one of the most popular wedding songs of the time, "Happy Together" by the Turtles. Our hippie bride was accompanied by a music video of Sonny and Cher singing another particularly popular wedding song at that time, "I've Got You, Babe."

Actually, we had some great music videos initially which brought the crowd to life. And yes, certainly some of the people walking down the aisle kept it going. But as I said earlier, we also had women who looked beautiful in their gowns—as well as their dresses as mother and grandmother of the bride, for example. But certainly Sal Gurriero, in a tux-

edo with tails and a top hat (or whatever else he might have elected to wear for that particular stroll down the aisle) made our models sparkle all the more. We're so grateful that after last year's show (where he practically stole it), he was willing to return for another workout doing quick costume changes.

Anyway, I think all our models had a great time. We want to believe our guests had as much fun as we did. If you missed it? I'm sorry about that, but you might want to put the third Thursday in September 2018 on your calendar now. I think Linda Klink has another great show up her sleeve.



Bride Jean Cooke, wearing the bridal gown from her wedding 50 years ago with groom Sal Gurriero

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Mailing Addresses

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

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

Email your news to:
news@rcainj.com

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Outstanding Survey History



Joe Conti and Dennis Haggerty. Joe holds a check for \$200 from the Italian-American Club for Hurricane Harvey.

Emerald Society's fall activities

By Joan Avery

President Dan Jolly announced that he arranged for the Annual Emerald Society Christmas trip to the American Music Theater in Lancaster, Pa. on December 8. This will be followed by a family style dinner at the Good and Plenty Restaurant. There will also be a stop at the Kitchen Kettle Village for a snack or shopping for Amish crafts and foods.

Everyone enjoyed our trip to the Sands Casino on Sep-

tember 20.

Dan had to cancel the terrific trip to the Indian Head Resort in New Hampshire because not enough people signed up for it.

Dan presented three awards to members of the Emerald Society who had contributed their talents to the Society over the years. The awards were as follows: Marge Princiotta, treasurer, Joy MacVicar, membership, and Joan Avery, secretary.

Jack and Sherri entertained



Secretary Marge Princiotta presents a plaque to Dan Jolly, president, for 15 years of service to the Emerald Society.



Scenes from the Hurricane Harvey fundraiser

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members in September and the Doo Wops will be the entertainers for October.

And please mark your calendars for a special Emerald Society Christmas party to be held on December 17 at the Cranbury Inn from 12 p.m. to 2 p.m. More information to follow.

The members voted to send \$250 to the Red Cross for the victims of hurricane Harvey.

See you at the October 25 meeting.

Mark your calendar for the Democratic Club bagel rally

By Susan Kostbar

We invite you to attend the Democratic Club's annual bagel rally to meet with local officials and candidates on the front side of this year's elections. This is our opportunity to connect, listen and cheer on our candidates in democratic style. The bagel rally will be held on Tuesday, October 17, from 9:30 to 11 a.m. in the Clubhouse Ballroom.

The bagel rally is a morning event that includes a free bagel breakfast hosted by Monroe Township Council VP and Rossmoor resident, Betty Schneider. Plan to join us and bring a friend! Given the free bagel breakfast, this event requires an RSVP. To RSVP, call Susan Kostbar, Democratic Club President, at 609-658-6902 or email skostbar@gmail.com.

Your Democratic Club reminds you that every vote counts. We're counting on you to exercise your right to vote and support your local Democratic candidates on November 7.

Upcoming in November is the Democratic Club's Holiday Shopping Spree and Silent Auction. This is fundraising event, back by popu-

(Continued on page 16)

*APY = "Annual Percentage Yield". Offer valid on an 18 month CD with a minimum opening deposit of \$500 and a maximum deposit of \$250,000 per tax ID. Non-Interest bearing checking account must be opened with a minimum balance of \$5,000 or (Direct Deposit of Payroll or Social Security check into the new checking account) to receive 1.55% APY. The checking account must remain open for the duration of the CD. The \$5,000 minimum balance is required in the non-interest checking for the 18 month CD term unless the Direct Deposit option is used. Rate of 1.50% APY will apply if the customer does not open a checking account. Once the initial 18 month CD time has elapsed, the CD will rollover for an additional 18 month CD at the prevailing rate. This will continue until customer notifies the bank within ten (10) days of the maturity date. Offer valid on NEW MONEY ONLY at The Bank of Princeton/MoreBank. Promotion begins at 9:00 AM EST on August 8, 2017; subject to change or cancellation without notice. Not valid in conjunction with any other promotions. Offer valid on CONSUMER ACCOUNTS ONLY. Early withdrawal penalty may apply; fees may reduce earnings. Other terms and conditions may apply.

Rossmoor Clubhouse News

October 2017

TRICK OR TREAT



COME IN COSTUME IF YOU DARE
PRIZES AWARDED FOR BEST COSTUMES

Friday, October 27
7PM...Ballroom...\$10pp
Music by DJ Mel
Call-in on Tuesday, October 10...12:15pm
Payments due by Friday the 13th.
Tickets are non-transferable
Two Tickets per Manor

WELCOME

Clubhouse
Open daily, 8am - 10pm

E&R Office
Open Monday - Friday, 8:30am - 5pm
609-655-3232

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

ON SALE THIS MONTH

EVENTS

OKTOBERFEST LUNCHEON
Thursday, October 12, 12pm, Ballroom, \$20pp
Menu includes: Sauerbrauten, Weiner Schnitzel, Chicken in Wine Sauce, Braised Red Cabbage, Potato Pancakes & more
On sale now!

HAPPY BIRTHDAY ROSSMOOR CONCERT
Music by Anthony & Clare, vocalists extraordinaire!
Friday, October 13, 2pm, Meeting House, No Charge

SUNDAY MOVIE LUNCHEON...The Zookeeper's Wife
Sunday, November 12, 12:30pm, Ballroom, \$14pp
Menu includes: Assorted sandwiches, harvest tossed salad, grilled chicken pasta salad, dessert, beverage and more...
On sale October 3!

WINE & DESIGN PAINTING PARTY
Thursday, November 30, 6:30pm, Gallery, \$15pp
On sale November 1!

EXCURSIONS

ATLANTIC CITY-BALLY'S CASINO
Tuesday, October 24,\$25pp
Departs Poolside at 9am.
On sale now!

PAPER MILL PLAYHOUSE...THE HONEYMOONERS MUSICAL
Thursday, October 26, \$60pp
Departs Poolside at 5:15PM
Wait list available!

LONGWOOD GARDENS at CHRISTMAS TIME
Wednesday, December 6, \$84pp
Departs Poolside at 11:45am
On sale now!

PRINCETON TROLLEY TOUR
Saturday, December 16
Departs Poolside at 10:15am
\$35pp includes bus & trolley tour
Time on your own in Princeton following the tour!
On Sale November 1

New Year's at Noon Celebration
Sunday, December 31
11:30am-2:00pm, Ballroom
Elegant Brunch Buffet
Orange French Toast
Broccoli Cheddar Frittata
Home Fried Potatoes
Grilled Salmon Florentine
Grilled Chicken w/ Orange Teriyaki Glaze
Israeli Cous Cous Salad w/ Spinach, Blueberries & Walnuts
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 Peter Custode
\$38pp
On Sale Now

New Year's Eve with DJ Mel
Sunday, December 31
7:30pm-12:30am, Ballroom
Elegant Dinner Buffet
Appetizer: International Cheese Board & Stuffed Mushrooms
Mescalini Mix w/ Mandarin Oranges
Angel Hair with Goat Cheese, Broccoli Rabe, Pine Nuts & Sun Dried Tomatoes
Chicken w/ Shallots, Thyme & Lemon
Salmon w/ Teriyaki Glaze
Carved Filet Mignon with Merlot Gravy
Mashed Potatoes w/ Roasted Garlic & Horseradish
Roasted Vegetables
Apple Pie A la Mode or Carrot Cake
Coffee, Assorted Teas & Soda
Champagne Toast
\$65pp
Bring Your Own Beer or Wine ONLY
On Sale Now

CULTURAL

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom
"Into the Unknown"

BOOK DISCUSSION GROUP

1st Thursday, 3:00pm, Dogwood
"The Bluest Eye" by Toni Morrison

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

GREEK AMERICANS

The Greek Group is in need of new representation. Anyone interested, please call the Clubhouse.

LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN FILM

"A Soviet Story"
3rd Wednesday, 1:30pm, Gallery

WRITERS GROUP

Last Thursday, 10am, Cedar

VETERANS GROUP

Monday, October 2
10am...Ballroom

Speakers:

Carl Burns, Vietnam Helicopter Pilot &
Jason Guenther, Washington Crossing
Cemetery (Veteran Funeral Benefits)

Bring another Rossmoor veteran with you!

THE ARTS

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

ART CLASS/WORKSHOP

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

CERAMICS STUDIO

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

GALLERY EXHIBITS

The month of October will feature an open show by our Rossmoor residents. Be sure to stop in and browse.

POTTERY

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

RUG HOOKING GROUP

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

OPEN WOOD CARVING WORKSHOP

Fridays, 9am—12pm, Woodshop
Monitor present. Supplies on your own.

WOODSHOP

Mon-Fri 9am-3pm Saturday 9am-Noon
Open to Residents who have completed the orientation and safety class. Monitor present.

CARDS & GAMES

BANANAGRAMS

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

BRIDGE

Contact Clubhouse

CANASTA & MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata.

MEN'S POKER

Contact Alan Lasky.

NINTENDO Wii

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

PINOCHLE

Wednesdays, 1:00pm Dogwood
Contact John Cristiano.

POKER

Mondays and Fridays.
Contact Dolores Grief.

POOL ROOM

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

GET MOVING!

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

"DOWNSIZING"—Weight Loss Support Group

Wednesday, 9:30am, Maple
Call the Clubhouse for information

FITNESS CENTER ORIENTATION

Wednesday, October 18, 10:00am
Sign-up in the Clubhouse...Space limited

HEALTHY BONES

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

OPEN EXERCISE DVD

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

WALKING GROUP-NEW

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

YOGA

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

AWARDS DINNER Pickleball & Shuffleboard

Wednesday, November 1
5:30pm Ballroom \$20pp

Menu Includes:

Eggplant Rolatini, Country Fried Chicken,
Grilled Beef w/ Garlic & Mushrooms,
Scalloped Potatoes, Italian Tossed Salad,
Dessert & more...

ON SALE OCTOBER 2

HARVEST MOON WALK

Moon-lit stroll though Rossmoor

Tuesday, October 3
7PM Red Room

**Wear comfortable shoes and
bring a flashlight!**

Refreshments to follow in the Gallery

ALL WELCOME

Club Presidents & Representatives

2018 is right around the corner...it's 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 11/1/17

SPORTS FUN!

BOCCE

Attention Snowbirds...If you plan on playing in the 2018 Bocce Season, please let us know in the E&R office by March 1, 2018.

CORN HOLE

Friday 9am-11am Hawthorn/Terrace

CROQUET

New Players Welcome. Call Betty Anne Clayton.

HIKING

Saturday, October 7...Thompson Park
Saturday, October 21...Battleground Park
Departs Poolside 9:30am
New Hikers Welcome!

PICKLEBALL

Wednesday, November 1...Awards Dinner
New Players Welcome.

SHUFFLEBOARD

Wednesday, November 1...Awards Dinner

TABLE TENNIS

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

TENNIS

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



MOVIE CORNER

"GOING IN STYLE"



Rated PG-13
1 hour 36 Minutes
No Charge
Tues., October 10...1:30pm & 7pm...BR
Sunday, October 15...1:30pm...BR

TUESDAY MYSTERY MOVIES
October 17, 24 & 31—1:30PM

Movies Subject to Change

HAPPY BIRTHDAY ROSSMOOR CELEBRATION



**CONCERT WITH
ANTHONY & CLARE**
Friday, October 13
2PM Meeting House
No Charge
All Welcome

"LALA LAND"

Emma Stone & Ryan Gosling

Monday, October 23

1:30PM & 7PM

BALLROOM

Rated PG-13...128 Minutes



F41

- RCAI Offices Closed on Monday, October 9 in observance of Columbus Day.
- COMCAST Q&A Tuesday, October 31, 9-11am.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

LIBRARY ON LOCATION FILM

"SHALOM ITALIA"

This film follows three brothers, 70 years later as they go back to a Tuscan village to find a cave where they were hidden to escape Nazi's and to talk to village members who helped their family.

Wednesday, October 18

1PM...Ballroom...No Charge

Program is collaboration w/ Monroe Twp. Library & PBS

PICTURE PERFECT



Women's Pickleball took home the Gold at the Mayor's Cup



Beautiful day in Pt. Pleasant



Great time at the last pool party!



"Root, Root, Root" for the Home Team



So much talent here in Rossmoor!



Tina Rigatoni & Bobby "Bocce Balls"

OCTOBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00am Veteran's Meeting-BR 	3 10:00am Voter Registration-CR 7:00pm Harvest Moon Walk-RR  	4	5 7:00pm Players Performance-MH	6 12:00pm *Lunch & Learn-BR 7:00pm Players Performance-MH	7 2:00pm Players Performance-MH
8	9 <i>Columbus Day</i> RCAI OFFICES CLOSED 1:00pm Healthcare Lecture-MP	10 1:30pm & 7:00pm Movie "Going in Style"-BR 	11 2:00pm Mutual 11-VC 7:00pm Recipe Group-MP	12 2:00am Committee Meetings-VC 10:30am Yizkor-MH 12:00pm *Oktoberfest-BR	13 2:00pm Happy Birthday Rossmoor Concert-MH 	14 2:00am Pickleball Tournament-CT 11:00am Simchas Torah-H 5:30pm Columbus Day-BR
15 1:30pm Movie "Going in Style"-BR	16 8:00am-2:00pm Flu Shots-BR	17 1:00pm Monroe Twp. Electric Meeting-MH 1:30pm Mystery Movie-BR	18 10:00am *Trip-Kinky Boots 10:00am *Fitness Center Orientation-FC 1:00pm Library on Location-BR (see page 3) 7:00pm Mutual 4-MH	19 9:00am Board of Governors-VC	20 6:30pm Bingo-BR 7:30pm Music Association-MH	21
22	23 1:30pm & 7:00pm Movie "LaLa Land"-BR	24 9:00am *Trip-Atlantic City 1:30pm Mystery Movie-BR	25	26 5:15pm *Trip-Paper Mill Playhouse	27 7:00pm *Halloween Party-BR 	28
29	30	31 <i>Halloween</i> 9:00am-11:00am Comcast-BR 1:30pm Mystery Movie-BR 				

Fall has arrived...Behold the changing leaves, and enjoy the crisp breeze.
Let your eyes take in the bursts of color
Transformation is afoot and hope is in the air...



INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Italian-American	3rd Wed	7:30 pm	BR
NJ Social & Cultural	Last Fri	1:30 pm	BR
Players	Last Mon	7 pm	GL
Sisterhood	3rd Mon	1:30 pm	BR
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am
Community Church "Living Well at Rossmoor"	4th Sun	1 pm

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

Italian American Club Picnic



At the Italian-American Club picnic were Al Longo, and Gilda and Paul Pillitteri



Muriel Calvanelli, Ann Hamish, Geri McFadden, Rose Marie DeRosa



Joe Schifaudo and Lucille Ricci



Joan Russo, Ron and Marie DeAngelo, and Rose Miller

Emerald Society 25th Anniversary



One of the Emerald Society's anniversary cakes



Lou Russo, Tony Cardello, and Lenny Caglianone waiting their turn at the Italian-American Club picnic



Emerald Ladies



The buffet at the Emerald Society's party

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Rossmoor Rental Library



By Penny North

Here are the new books that will be arriving in October.

Tell Tale: Short Stories by Jeffrey Archer

Master storyteller Archer returns with his second collection of tales of the adventures of many different characters, ranging from a male Naples detective to a female American hitchhiker.

End Game by David Baldacci

Series character Will Robie searches for his missing boss, the Blue Man. The trail leads him to a remote Colorado town, where violence is about to explode.

Secrets of Cavendon by Barbara T. Bradford

Bradford's latest in the Cavendon Hall series is set at the estate in post-WWII 1949. The Inghams and the Swanns clash in the midst of scandal and murder.

Crazy Like a Fox by Rita Mae Brown

Brown's latest entry in her animal mystery series involves a Virginia foxhunting club, where an investigation into a missing object leads to murder, ghosts and family secrets uncovered.

Pulse by Felix Francis

The old Dick Francis horse racing series is still going strong as his son Felix offers a new story about Dr. Chris Rankin, who treated a nameless man found dead at a local racecourse. Chris has to find the identity of the dead man before he is killed himself.

The Rooster Bar by John Grisham

Three third-year law students discover that their for-

profit law school is owned by the same shady entrepreneur who owns the bank that gave them student loans at an exorbitant rate of interest. Can they uncover the scam?

Mind Game by Iris Johansen

Jane MacGuire has long been hunting a treasure in Scotland. Now she is dreaming of a young girl in danger. Seth Caleb comes back into her life and quickly becomes in danger himself. Can Jane save them all?

Quick and Dirty by Stuart Woods

Woods brings back Stone Barrington for the 43rd time. Here he is led by a beautiful new client into the world of art collecting. Greed, fraud and assorted criminal types abound.

You may also be interested in looking over our collection of gently used, large print books, along with our shelves of fairly recent best sellers, all on sale for \$1 each.

Library Hours

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

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Discover how to go from age-ing to sage-ing

By Diane England

Did you hear the talk I gave last year for the Women's Guild on meaningful coincidences? The person who'll be our October speaker on Thursday, October 19 at 1:30 p.m. in the Ballroom, Dr. Betty Anne Clayton, certainly did. In fact, she told me this talk got her thinking about how her professional career transitioned from mainstream educational positions to the field of Social Gerontology because of meaningful coincidences.

Betty Anne had been

studying in this field for her own personal enrichment, but she'd never expected to transition into it professionally. Then, in 1993, while directing the Suffolk County Respite Care Program in Long Island, she had to develop a training curriculum for administrative staff, social workers, and volunteers providing respite for the caregivers of Alzheimer's clients. She found plenty of research regarding the emotional, intellectual, and physical aspects of ageing. But what

(Continued on page 17)



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Democratic Club

(Continued from page 14)

lar demand. Last year's event was a combined holiday event and fundraiser which included many beautifully themed baskets for auction. This year, we've scheduled this event right after Thanksgiving, timed as a jumpstart to your holiday shopping. We'll have refreshments, appetizers, and many beautiful items to choose from. We ask you to consider donating a themed basket. For a fun community evening, plan to join us for the Holiday Shopping Spree and Silent Auction. Mark your calendar: Gallery Room on Wednesday, November 29 from 7 to 9 p.m.

Questions about membership in the Democratic Club, volunteering on a committee, or about any of the upcoming events, please call Susan Kostbar at 609-658-6902 or email skostbar@gmail.com.

From age-ing to sage-ing

(Continued from page 16)

she truly wanted to find, and couldn't, was information on how people age spiritually.

She returned to her office feeling defeated. And then she experienced a meaningful coincidence. Sitting on her desk was not only the latest edition of the Gerontology Society of America newspaper, but in it was an article, "The Aging Spirit: Sage-ing (Not Just Aging)" with Reb Zalman.

It was just what she'd been looking for. She not only contacted Reb Zalman, but proceeded to train under him as a seminar leader. She also came to develop an Age-ing to Sage-ing curriculum.

How did this come about? Well, during this time, she was introduced to the emerging work of Rabbi Zalman Schachter-Shalomi (whom students affectionately called Reb Zalman). He'd founded the Spiritual Eldering Institute (SEI), and had also completed a manuscript, "From Age-ing to Sage-ing: A Profound New Vision for Growing Older."

Betty Anne was among the first eight seminar leaders trained in spiritual eldering work. She went on from there to develop that "Age-ing to Sage-ing" curriculum. Then, while serving on the SEI Board of Directors, she elected to write a book about spiritual eldering from a female perspective. As a result, *Spiritual Elders: Women of Worth in the Third Millennium* came to be published in 1999 and was sold on Amazon until 2009.

Betty Anne will be talking with us on October 19 about how we move from merely aging to become evolving spiritual elders instead. More specifically, she'll be addressing topics such as the definition of an elder, the essence of elder being, and evolving from mature adult to spiritual elder to sage. Since

Betty Anne has been a life-long student of world religions (she took her first course at Princeton Theological Seminary in 1963), she'll approach this topic in a way that should appeal to women and men of all faiths. Therefore, any resident should feel free to join us not only for this talk, but Betty Anne will be doing a book signing afterward. She's donating her books so that the Women's Guild can use this as a fundraiser for one of our charitable causes. And because this is a fundraiser, we are requesting a minimum \$5 donation for the book.

At this meeting, we'll also sell tickets (\$15) for the holiday luncheon we'll be having on Monday, December 4 at noon in the Ballroom. Because people really enjoyed singing Christmas carols last year, we intend to repeat that program. Also, because people enjoyed the luncheon Twin Oaks Caterers provided for the scholarship luncheon in June, we're going to repeat that menu which included

- Chicken tenders marsala
- Eggplant rollatini
- Penne pasta with broccoli and sun-dried tomatoes
- Potato Salad
- Tossed salad with assorted dressings
- Semolina bread and butter
- Cake
- Coffee and tea

We'll sell tickets to members at the October meeting, and then open up sales to everyone in the Red Room in November. Those sales dates will be announced at this meeting as well as on Channel 26. We hope that you'll decide again this year that this is a splendid way to kick off your holiday season.

Right now, we look forward to seeing you at our meeting on October 19 at 1:30 p.m. in the Ballroom for Dr. Betty Anne Clayton's talk.

All Seasons Chamber Players to perform

By Gene Horan

Now in its 37th season, the All Seasons Chamber Players is a leading chamber music ensemble in the New York-New Jersey metropolitan area. It has performed over 797 concerts since its inception in 1981. The Players perform music from the baroque to contemporary periods in mixed ensembles using flute, violin, cello, and piano. The repertoire includes new and unusual works as well as those from the standard chamber music repertoire of duets, trios, quartets, and four-hand piano works.

The ensemble's programs have proven highly successful with a wide range of audiences from experienced concert-goers to casual music lovers of all ages. The wide appeal comes not only from the high quality of the performances but from the variety of instrumental groupings and music periods.

The program here, titled "French Carnival," will feature the Saint-Saens "Carnival of the Animals," specially adapted for the All Seasons Chamber Players; a baroque trio by Loeliet; the "Fauré"; and the magnificent "Sonata for Violin and Piano in A" by César Franck. Program Director Robert Lawrence will introduce each piece to the audience.

Performers will include violinist Robert Lawrence, cellist E. Zoe Hassman, pianist Jean Strickholm, pianist Jacqueline Schiller-Audi, and flutist Lisa Hansen. The performers are professional musicians who also play with major area orchestras, Broadway shows and summer music festivals.

Strickholm, co-director of the ensemble, said "We look forward to returning to Rossmoor very much with its beautiful parlor, fine piano, and knowledgeable and appreciative audience." This concert marks



All Seasons Chamber Players

the group's tenth performance here since 1994. For further information or directions, call Faith Knabe, president of the Music Association, at (609) 395-7853.


The concert will be held in the Meeting House on Friday, Oct. 20, at 7:30 p.m. Tickets will be available at the door for non-subscribers at a cost of \$15.

Dance Club to host Halloween dance

By Judy Perkus

Join the Dance Club and its friends for an evening of food, fun and all kinds of dance on Saturday, October 21 at 6:30 p.m. We will celebrate Halloween in the Clubhouse Ballroom. DJ and Keyboardist Carmine will provide the dance music for all singles and couples. There will be prizes for costumes. The menu includes chicken tenders, french fries, coleslaw, dessert, and hot and cold beverages.


The cost is \$12 per member and \$14 per non-member. The reservation deadline is October 13. Checks are to be made out to the Rossmoor Dance Club and sent to Armen DeVivo. Call Armen at 609-655-2175 for more information.



Rossmoor Dance Club

Halloween Dance

Saturday, October 21, 2017



Name: _____

Phone: _____

Address: _____

Member(s): @ \$ 12 = _____

Non-member(s): @ \$ 14 = _____

Total _____

Place your check made out to the Rossmoor Dance Club in an envelope and leave in the Dance Club folder in the E&R Office by October 13 or mail to:

Armen DeVivo, President

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Italian American Club

By Tony Cardello

Many thanks to Bob Macchiarola for the excellent work he did in arranging the picnic on September 9th. His additions of soups, clams, shrimp, and ice cream for dessert were a big hit with those in attendance.

The next big event will be our Columbus Day party on Saturday, October 14, in the Ballroom from 5:30 to 9:30 p.m. It will be a sit-down dinner with a choice of entrees. Entertainment will be provided by DJ Mike Malone for your listening and dancing pleasure.

The membership meeting scheduled for October 18 has been cancelled due to the close proximity of the Columbus Day party.

Joe Conti would like to remind everyone to please make every effort to attend the October 12 Mass at 7 p.m. in the Meeting House. It's an annual Mass in which we remember our fellow members who passed and those who

need our prayers.

The November Membership Meeting will be our Karaoke night with DJ Gary Morton. It was a big hit last year and I'm sure we'll all have a fun night again.

The executive board agreed to donate \$200 to the Houston Flood relief fund. We also donated \$200 to the Shriners.

Bingo will be played in the Ballroom on October 20 at 6:30 pm.



Bob Macchiarola hosting the Italian-American Club picnic

We want your really good old stuff

By Diane England

Yes indeed, the Women's Guild wants those items you don't use anymore, but they should still be good enough that one of your neighbors, their friends, or their family members might buy them at our annual bazaar. This event will be held on Saturday, November 4 from 9 a.m. to 2 p.m. throughout the first floor of the Clubhouse. So please, think of this as your annual opportunity to rid your manor of things that are no longer of use to you, but truly might benefit someone else.

For example, someone told me just the other day she particularly liked this one picture hanging in my hallway. I told her I got it at the bazaar a couple of years back. Thus, what means nothing to you could be that perfect picture for someone else's wall, or the perfect pair of shoes for her feet. (Yes, I found some great shoes at the bazaar last year.)

If you wish to make donations, I'm anticipating we'll be collecting in the Hawthorn Room on Thursday, November 2, from 9 a.m. to 1 p.m. and on Friday, November 3, in the same room from 9 a.m. to 1 p.m. as well. Watch channel 26 nearer the date of the bazaar in case these times should change. We'd prefer that you deliver on Thursday, since we try to start setting up the sales rooms as early as possible on Friday.

If you have some great things at your manor but are incapable of delivering them to the Clubhouse, perhaps you have a neighbor, friend, or family member you could ask to do this for you. I know we've picked up some things in the past via a golf cart, but we really need the men who volunteer to help us do some other things instead. So again, please find someone else who can deliver for you.

Let me remind everyone that we can't accept furniture, old appliances, electronics, and other things that we know won't sell, and furthermore, the charities don't

want them, either. Please, do limit your donations to truly saleable items.

Last year, everyone must have read my article because bazaar attendees commented not only on the quantity of the merchandise we had, but they specifically mentioned the quality as well. So, keep up the good work!

We love people who donate great goods since we need merchandise to sell. But we also love people who shop 'til they drop because they ensure we'll have the dollars we'll need the following spring to provide scholarships to some deserving college-bound Monroe Township High School seniors. And remember, if things don't sell, we provide them to charities that help out some of our state's less fortunate residents.

Now, just to remind you of the type of things we need, as well as what you can expect to find when you shop, here is an overview of the rooms and their merchandise.

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

Start inviting family and friends who might be in that accumulation phase of life to come to this event. Oh, and get back to cleaning out those drawers and closets!

The New Jersey Club

By Eileen Parker

The New Jersey Club will meet on Friday, October 27, at 1:30 p.m. in the Gallery. The topic of discussion is under consideration. Refreshments will be served, and all are welcome.



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SPORTS



Women's 18 Hole Golf. From left to right are Sue Petersen, Sandy Pellicane, Maria Hogan, Nancy Nita, and Joan Messick.

Ladies' 18-hole League completed their major tournaments

By Arlene McBride

On July 11 and 18 "Net Championship," tournament was held: Division "A": first place – Maria Hogan; second place, Janet Decker. Division "B": first place, Sue Petersen; second place, Carol Faraci.

On July 25, "Blind Part-

ners," tournament was held: first place, Arlene McBride and a blind, second place, Pat Crowley and Pat Mueller.

On Aug. 8, "Low Gross/Low Net," tournament was held: Low Gross first place, Janet Decker; second place, Sandy Pellicane. Low Net first place, Pat Mueller; second place, Joan Messick.

On Aug. 15 and 22, the 2-week "Club Championship," tournament was held. Club Champion, Maria Hogan; Runner-up: Carolyn Meyer. Flight "A" first place, Sandy Pellicane; second place, Joan Messick. Flight "B" – first place, Nancy Nita; second place, Sue Petersen. Congratulations to all the above winners!!

On Aug. 29, "Beat the Champ," tournament was held. No more to be said about that one. Kudos to "Maria."

On Sept. 5, "Blind Partners," tournament was held. First place, Janet Decker and Joan Semen; second place, Sue Petersen and Pat Crow-

ley. It's a fun tournament with a surprise at the end when you meet your partner in crime.

Thanks to the golf course maintenance crew for keeping the course in great shape.

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Mutual News

Mutual 16

By James Murphy

Mutual 16 residents recently approved an Amendment to the Restated and Amended Master Deed which will permit Administration to collect fines from residents with outstanding fines before applying the funds to Carrying Charges.

Paragraph 16.0 of the Master Deed outlines the "Rules Regarding Billing and Collection Procedure" which contains the following sentence: "Late payments of assessments and any other outstanding charges will be received and applied in the following order, until exhausted or until all charges have been paid in full: first, against late charges; then against attorney's fees, costs of title search, court costs, and costs of suit, then against interest charges, and, finally against the Carrying Charges." The problem for Administration was that there was no way to collect outstanding fines unless the owner included them with the Carrying Charges or paid them separately. The fines were simply carried as Accounts Receivable until the unit was sold or until the Mutual instituted a lawsuit to recover them.

By adding the phrase "then against fines" after the phrase "then against interest charges," Administration now has the ability to apply payments against the outstanding fines before applying funds to the Carrying Charges.

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Many members of the Croquet Club and guests gathered on the court in celebration of the eclipse of the sun on August 21.
Photo by Ellen Frankel

Golf Croquet under the eclipse of the sun

By M. Vail

The Croquet Club gathered courtside for a fun and informative eclipse party and Golf Croquet, thanks to the idea proposed by Carl Kruse, club vice president. Carl provided sandwiches and other members brought snacks, salads, and desserts.

Carl's brother, Don, donated the special glasses for members to watch the variations of the eclipse. Carl, Ken Northrop, and Merv Shivers built a special viewing box to watch the progress of the moon's movement.

Many members played at different times during the eclipse. Some waited until maximum blocking of the sun to be on the court.

It was at that time the heat of the day diminished and a

light breeze cooled the area as if evening was approaching. It was magical. The day ended with the optimistic theme "Let's do it again in 2024."

The Croquet Club's Annual Meeting and Luncheon will take place in the Clubhouse on Saturday, October 7, at noon in the Gallery.

Members wear whites for Golf Croquet play following the luncheon; however, for the Halloween Play on Friday, October 27, members will forgo their whites for costumes. Golf Croquet will begin at 4 p.m. followed by refreshments in the Cedar Room. Check Channel 26 for updates.



Golf Course Highlights

By Ted Servis, Golf Professional

What's going on at the Golf Course? Fall is upon us but there is still plenty of golf to play. The weather in October and November can be good, and it's the perfect time to

come out and play. The Golf Course is in fantastic condition, even with the lack of rain, thanks to Tom Tucci and his staff.

A reminder: all Pro Shop credits must be used up by December 31 or you will lose them.

There is plenty of Pro Shop merchandise in stock. If there is something you need and we don't have it, we can order it for you.

If there is anything we can help you with, or any questions we can answer, please give us a call 655-3182. Thank you, and enjoy the fall golf season.

Remember: the Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.



Grandson Gavin Criss, age 17 months, is shown waving to passing golf carts.

Submitted by
Nancy Fichtelberg

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By Terre Martin

It's hard to believe the golf season is almost over, but we're all looking forward to the off season to recoup. Some of us will be working on our game in warmer climates, and some will be getting our bodies refurbished for a dynamite 2018.

Here are our August winners: 8/8- Low gross: A flight-Terre Martin, B flight- Marilyn Shanks; 8/15- Low Net: A flight- Grace Hammesfahr, B flight- Tori Meiselbach; 8/22- Scramble:- First place- Alyce Owens, Tori Meiselbach, Paula Richardson; second place- Soonja Nam, Grace Hammesfahr, Barbara Agnese; 8/29- Member/Member: first place tie: Terre Martin and Joyce Cassidy, Tori Meiselbach and Mary Ellen Mertz.

Our club champion will be announced in the next issue. Mark your calendars for the Closing Day luncheon in the Gallery on October 10, and our final general membership meeting in the Cedar Room on October 17. All members are invited to vote for officers.

This has been a topsy-turvy year for the 9-Holers, with new members, a new

board, new tournaments, and new rules. Last minute cancellations, line-up changes, slow play, and confusion about tournaments and scoring have required patience and understanding from everyone. None of us plans to go far in the LPGA, but we all want to have fun and enjoy our Tuesday morning outings.

Thanks to all who tried their best to make things work. That includes Muriel Calvanelli and Lucy Poulin, who had their challenges with the pairings; Barbara Agnese, who helped with last minute changes to the rules for a Scramble; and our president Joyce Cassidy, for taking the heat when things didn't work out.

When you're feeling discouraged remember these words of wisdom from Gary Player, "Golf is a puzzle without an answer. I've played the game for 50 years and I still haven't the slightest idea how to play."

If someone would like to learn more about the 9-Holers she should contact our membership chair, Mary Shine, (609-655-4518) or President Joyce Cassidy (609-619-3618).

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Church Music Program in October

By Mary Jane Brubaker

A special treat is in store for those attending the Community Church service on October 15 when composer Kevin Guina, a frequent accompanist at church services, performs his original composition, "Lighthouse," a piano piece for four hands. He will be accompanied by Music Director/Organist Cecile Wang.

Guina is currently an undergraduate composition and piano performance double major at Mason Gross School of the Arts. He was a finalist in both the 2013 and 2014 NJMEA Student Composers Competition and the 2014 NAFME Student Composers Competition, for his string works, "Symphonic Piece" and "In Memoriam." on His orchestral work, "Variations on an Original

Folk Tune" was the winner of the Mason Gross Extension Division's 2016 Orchestral Day Concerto Competition.

Guina has a deep interest in the music of Percy Grainger, collects scores, and is also a regular contributor to the International Music Score Library Project. He is a member of the esteemed Rutgers University Glee Club, directed under Patrick Gardner. He has interned with the Mason Gross Extension Division for the past two years and has been the accompanist for the Rossmoor Chorus since January 2016.

Additional featured musicians at the Community Church this month include soloist Carl Kruse on October 8, the Rossmoor Chorus on October 15, and the Rain-



Kevin Guina

bow Chimers on October 22.

The Chorus will perform "Prayer for Peace" by Robert Sterling, "I will Lift up My Eyes" by John Carter and "Go Now in Peace" by Don Besig.

The Rainbow Chimers will perform "Lead Me, Lord" and "Be Thou My Vision," both arranged by Kiyo Watanabe and "This is My Father's World," arranged by Susan E. Geshke.

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

Catholic Society

By Fred Mytnick

October 13 will mark the 100th anniversary of the Miracle of the Sun at the Cove of Irene in Fatima, Portugal.

This event was the last of six visits the three children, Lucia, Francisco and Jacinta had by the "Lady," that started on May 13, 1917 and continued on the 13th of each month until October 13.

Many of the 70,000 people gathered on October 13 saw the sun spinning in the sky and then it broke loose and zig-zagged toward the earth as if it would fall upon the

people. Even the secular government newspaper reported this event.

The message of Fatima is holding fast to marriage and family values, prayer, repentance, self-sacrifice and peace. (Fatima is Arabic for Peace.)

In October, instead of our movie series Classics that Lift the Spirit, the Catholic Society will show a contemporary docudrama, "The 13th Day" on October 13 in the Gallery at 1:30 p.m. All are welcome. Light refreshments will be served ,

A lay preacher and a guest preacher scheduled for Rossmoor Church

By Sidna B. Mitchell

Laity Sunday, an annual event to which the Community Church congregation always looks forward, is scheduled for October 8 at 11 a.m. in the Meeting House. This year's lay preacher is Sonya Bacon, who has been involved with the church for 28 years, serving on the Worship Committee, as head of the Hospitality Committee, as an usher and as a former lay preacher.

Sonya and her husband of 41 years, Darnell, will soon be moving to Bradenton, Fla., as part of their retirement. There, Sonya says, she looks forward to teaching crafts to children and seniors at church and the library. "And I'll take up golf with Darnell," she confessed.

"I've been blessed beyond words to have met so many wonderful and caring people," said Sonya. "However, the time is drawing near for us to say goodbye to Rossmoor and New Jersey as we relocate to Florida."

Sonya continued, "I'd like

to share some parting thoughts and pearls of wisdom before we go. What better date than to share the occasion as guest speaker on Laity Sunday when my topic will be 'A reason, a season or a lifetime.'"

Also on Laity Sunday, Carl Kruse will perform "Fairest Lord Jesus" by G. Munsrer and S. Volkslieder and "The King is Coming" by Gaither and Millhuf.

On Sunday, October 29, the guest preacher will be the Rev. John Milne who is the Pastor Emeritus at the United Presbyterian Church of Yardville, N.J. He has been a member of the Presbytery of Monmouth for the past 17 years and serves on its Board of Trustees.

The Rev. Milne is also the chef for the Abundant Grace Dinner Church in the New Brunswick Presbytery and is the Head Grounds Keeper at the Plainsboro Preserve. He lives in Plainsboro, where his wife, Anita, is pastor of the Plainsboro Presbyterian Church.

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Jewish Congregation: Fall brings new events

By Ben Wistreich

In addition to continuing meetings and discussions about the Jewish Congregation's upcoming 50th anniversary, the October schedule of activities is quite full. Events include a Yizkor Memorial Service on Thursday, October 12 at the Meeting House at 10:30 a.m.; a joyous *Simchas Torah* Party and refreshments table on Saturday morning, October 14 in the Hawthorn Room at 11 a.m.; and the Congregation's important semi-annual meeting at 1 p.m. on Wednesday, October 25 in the Gallery.

At *Simchas Torah*, every attendee not only gets to view the entire Torah, but to "dance" with it and pass it on to the next joyful participant. Several Congregation members can not only read and

translate the Torah, but can point out several sections at first sight. Several of these members also read the Torah at regular Sabbath Services.

Our Anniversary Committee is now meeting on a regular basis, choosing a caterer and food selections, deciding on imprinted "gifts" to mark this special anniversary, starting a guest list and a publicity schedule, and other details. Ben Wistreich and Judy Perkus, members of the planning committee, can be contacted and will pass your ideas to the full 50th anniversary planning committee.

The Jewish Men's & Friends Club will announce their late-October luncheon event in the Congregation's Bulletin. All we can say at this time is that it will be an all-inclusive Early-Bird at a new location for the Club this year. So far in 2017, our attendance and members' enjoyment have all set new records. The final 2017 event will be held in late December at Capuano's, a favorite restaurant for the last three-plus years!

Because of the holidays (*Simchas Torah*) in early October, the only Sabbath Service will be held on Friday, October 27. The Torah

Reader will be Bob Kolker and the Lay Reader will be Jeff Albom.

The Congregation will sponsor all Services and the Oneg Shabbat that follows, unless someone comes forward to sponsor a particular service after this is published.

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

The Congregation's monthly Board Meeting will be held on Tuesday, October 3 at 7 p.m. in the Dogwood Room.

Hooray! Another Sisterhood Game Day



By Hadassah Aylat

In response to overwhelming popular requests, Sisterhood is sponsoring another Game Day, this time on Monday, Oct. 16, at 1:30 p.m. in the Gallery. All Rossmoor residents are invited. If you want to begin your game before 1:30, be sure and let us know so you'll have as many tables and chairs as required

for when you need them. You guys have to bring your own decks of cards, or tiles, or whatever you need, and we'll ensure you find the set-up tables and chairs, in addition to coffee, tea, and dessert.

Don't forget, to accommodate you, you have to notify our program chairman,

Dolores Grieff (at 409-9403) how many people are expected so we'll have the correct number of chairs and tables ready and enough dessert for everyone.

It would be thoughtful if you bring non-perishable food items for the Food Pantry.

Stay on the path

By Dierdre Thomson

Those who have been to Scotland will know what I mean when I mention the ever-changing beauty of the landscape. One such place is near my late husband's ancestral town, Peterhead. It is called "Bullers O'Buchan." It is a cliff where the North Sea had battered so hard that an opening had been made in the cliff resulting in a beautiful natural pool. My husband's uncles used to swim in Bullers O'Buchan despite the water being icy cold.

There is great beauty, yet also danger. The danger is not so much from the pool; the danger is at the top of the

cliff near the path that takes you out to the cliff's edge. There the grass is slippery; the sun does not shine as it does here, so most of the day the dew still clings to the grass. The grass is long and matted, covering dips and crevices and at times covering the actual edge of the cliff. There are signs that warn people: Stay on the Path. Yet there are those who want to get a "better" view down into the Bullers O'Buchan and they go off the path toward the edge. Many have died from stepping on the grass growing beyond the cliff's edge. In fact, a man from Australia was killed the weekend before we arrived

in Peterhead because he did not obey the caution to stay on the path.

It makes me think of the ways many of us tend to ignore caution signs. For example, how many of us actually make a full stop - count to 3 when we come to a stop sign? How many of us actually stay within the speed limit here, let alone on the open road? Some of us may not be too spry on our feet, but our right foot becomes a lead foot on the gas pedal. And then there are those who are sure the sign "No Turn on Red" is meant for everyone else but them. My personal favorite, however, is the non-signaler. It gives me a real challenge to figure out what he or she plans to do. Hmm, this car in front of me seems to be slowing down -- or not. Could it be he or she is going to turn? Ah -- but which way? Right, left, "U" turn? Or, suddenly swerve out of a beginning turn and go straight ahead?

I can write tongue-in-cheek, and you can remember when you have "run into," no pun intended, the type of driver listed above. Unfortunately, there can be the same outcome whether getting too close to the edge of Bullers O'Buchan or running a stop sign - death and grief. Please, drive carefully and "stay on the path."

Italian-American Club will host Mass

By Gene Horan

The monthly Mass of the Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, Oct. 12. The celebrant will be Father Robert Meyers, Parochial Vicar, from Nativity of our Lord Church.

The Mass is hosted by the Italian-American Club in memory of deceased members. 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. 17, 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. 5, and Thursday, Oct. 19.

The Catholic Society Council will meet at 1:30 p.m. on Tuesday, Oct 10, in the Meeting House parlor.

The film "The Thirteenth Day" will be shown in the Gallery at 1:30 p.m. on Friday, Oct. 13. See separate article in this issue.



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Fiftieth is celebrated

By Rev. Dr. Dierdre Thomson

The celebration of the 50th anniversary of the Community Church was a happy and joyous success.

The Catholic Society is also celebrating their 50th year, and the Jewish congregation is already making plans for their 50th in 2018. What an exciting time for Rossmoor!

The Three Tenors were superb; we enjoyed both the dinner and the speech by Rev. David Mertz. Our Worship Service was full of praise to God, and our last-

minute replacement for the Sunday evening concert brought us lots of memories of favorite singers.

Now it is time to thank those who helped make our 50th anniversary celebration a success. Our committee chair, Gloria (Gigi) Dawley and committee members Marie Bills, Ron Reid, Shirlee Utterback, Edith Benning, Diane England, our publicist, and Alyce Owens who was able to assure that we would receive our new directories in time for our celebration. Thank you to all who were a

part of our Anniversary Worship Service: Rev. Dr. David Popham, representative from the United Church of Christ; Rev. Dr. Robin Bacon-Hoffman and Rev. Kahlil Carmichael, officiating at the Lord's Supper; Ethelyn Allison and Sidna Mitchell, readers of scripture, and Pastor Dierdre Thomson and Council Church Mary Jane Brubaker who were co-Liturgists.

Gigi and the 50th Anniversary Committee: thank you for such a meaningful celebration.

HEALTH CARE CENTER NEWS

Flu and Pneumonia Vaccines

By, Kaytie Olshefski
BSN, RN-BC

Our next flu shot clinic will be on Monday, October 16, in the Hawthorn Room, from 8 a.m. to 2 p.m. No appointments are being taken. Like last year we will offer the standard seasonal flu vaccine and Fluzone High Dose flu vaccine that is specifically targeted for residents who are 65 or older.

What is Fluzone High Dose flu vaccine and why is it beneficial to older people? As we age, our immune system weakens and makes us more susceptible to the flu. Studies have shown older adults produce 50 to 70% fewer antibodies than younger adults. Fluzone High Dose vaccine makes the body produce four times more antibodies, which in turn makes the immune system stronger to protect you from the flu. People in this older age group have the highest rates of hospitalizations.

Fluzone High Dose is not appropriate for everyone. If you are younger than 65 of age, 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 for the 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: a fever above 100.4°, headache, fatigue, muscle aches and pains, redness, and swelling at the injection site.

Medicare Part B pays for Fluzone High Dose vaccine. If you have another health-care insurer, check with your insurance carrier to learn if this flu vaccine is covered.

We will provide 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 come to your home.

Pneumovax (known as PPSV 23) and Prevnar 13 (known as Pneumococcal Conjugate Vaccine, or PCV 13) are two pneumonia vaccines offered to seniors.

The "new" pneumonia vaccine, Prevnar 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 four weeks after the flu vaccine. Arrangements will be made and the nurse will give you your Prevnar 13 in the Health Care Center.

Pneumovax (PPSV 23) was the vaccine given before the change in guidelines. PPSV 23 protects against 23 strains of pneumococcus bacteria, and these 23 strains are different 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 clinic, we will have both these pneumonia vaccines. We will require a physician's prescription indicating which pneumonia vaccine your physician wants you to have. Your physician should also indicate if this is your first pneumonia vaccine, or if this is a booster shot. We want to administer the pneumonia vaccine as recommended by your physician.

Please bring your insur-

ance card. If you have Medicare, these vaccines are covered.

For the first time this year, we can accept commercial and HMO insurances. We will need to see your insurance card.

If you have an HMO, PPO, or commercial insurance, you will pay for the vaccine and we will give you a receipt for reimbursement by your insurance company.

Included in our line-up of Saint Peter's University Hospital lecture series, Yaffa Lieberman, a physical therapist, will speak on "Exercising for Wellness" on October 9 at 1 p.m. in the Maple Room. If you wish to attend his lecture, please call the Health Care Center at 655-2220 or stop by to sign up.

Three breast specialist physicians, Dr. Lisa Hopkins, Dr. Kim Dixon, and Dr. Joyce Varughese will present a lecture "What Every Woman Needs to Know about the Link between Breast and Ovarian Cancer." The lecture will be at Saint Peter's Day Care Center on Thursday, October 26, at 3:45 p.m. Light dinner will be sponsored by The Gardens at Monroe. If you are interested in attending, please call (609) 655-6853.

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Your Garden



By Mel Moss

I have always felt that the fall season is a great time to plant both shade trees and a large number of shrubs, although the plants start preparing for winter as the days get shorter and temperatures cool off. New growth will end and deciduous plants will start shedding their leaves. But below in the ground the roots will continue to grow in preparation for new top growth in the spring.

One of the many plants that can be planted now is in the azalea family.

Almost all of the popular azalea varieties are broad leafed evergreens. Fall is not the best time of year to be planting broad leaf evergreens, although they often are. The danger comes if we get a spell of very cold and windy weather and with the ground being frozen, the leaves will get dehydrated because they cannot take up moisture from the roots. The dehydrated leaves will turn black and fall off, killing the evergreen azalea.

The solution might be in the several varieties of deciduous azaleas. They are not used too often in landscaping but they can make a beautiful showing in your garden. They are not always readily available because they are harder to propagate than the evergreen type of azalea. Not too many growers want to bother with them. A few native varieties grow in the wild areas of the north-

eastern U.S. They have been cultivated over the years, but these native varieties, while nice, are not spectacular.

Breeders in the late 1800s started cross breeding some of our native deciduous azaleas with Asian varieties. By 1919, Lionel de Rothchild, a wealthy English banker by profession, laid the groundwork for the first “Exbury” hybrid azalea. It took a while, but by the 1930s, the first Exbury azaleas went public.

An Exbury azalea will grow from 3½ to five feet high and about three to four feet wide. It will bloom around mid-May, or a week after most of the evergreen azaleas.

Its leaves are oblong, and about five inches long and 1 ½ inches wide. In the fall, the green leaves will turn to shades of orange, pink, or yellow, and then fall off.

The flower colors, when blooming, are what make these plants so spectacular and different from most azaleas. Flowers are 2 ½ to three inches wide, tubular in shape, and form in clusters of anywhere from seven to 18 flowers. This is very similar to the flowers of a rhododendron. Azaleas and rhododendrons are in the same family. The most popular varieties of Exburys come in yellow and orange, colors you won’t find in any other variety of azalea.

Deciduous azaleas are very winter hardy in our area, doing well in a location with morning sun and afternoon

shade. The soil should be well drained, but with a high organic content. Adding some peat moss, compost, and/or humus will help to obtain this. The root system is very compact, so in hot, dry summer weather, be sure to keep the soil moist.

If pruning is necessary, do it right after blooming in May. This is because the new flower buds for the next year form shortly after the present year’s blooming. These new buds will form on the ends of the present year’s new growth.

The two most popular Exburys are Gibraltar (deep orange) and Klondyke (golden yellow). Other varieties are Strawberry Ice (pink-peach with a yellow blotch) and Fireball (bright red).

In the late 1970s, the University of Minnesota introduced another deciduous hybrid strain of azalea, called the Northern Lights hybrid. They are very similar in growth habit and flower structure to the Exbury hybrids. These new varieties are vigorous and extremely hardy, able to withstand temperatures down to -30 degrees and -45 degrees below zero. This is an overkill for our area, but if you purchase one and it dies, you know it wasn’t because of our cold weather.

Northern Lights varieties come in these colors: Apricot supreme (orange apricot), Golden Lights (yellow), and Lemon Lights (lemon yellow).

A Message from High Tech Landscapes, Inc.

By Jeff Voss

Please call the East Gate phone and leave a message with any questions or concerns: (609) 655-5134.

- The last lawn application of the year has been completed. This was a Fertilizer and Agricultural ground limestone on all turf areas except the outside

perimeter along Forsgate Drive and Applegarth Road. Gypsum was applied to the outside perimeter.

- Fall cleanups have started this month.
- Second round of pruning will be completed this month.

MAINTENANCE DEPARTMENT

By Dave Salter

Helpful Reminders

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 & 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 on both your cars and manor doors.

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

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 your 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 originals?

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 add when you call or stop in.

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IMPORTANT NOTICE

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



October is Fire Prevention Month

The National Fire Protection Association 2017 Fire Prevention campaign is focusing on getting you safely out of your home. This year’s campaign message is: “Every Second Counts: Plan two Ways Out.” This year’s message focuses on getting residents out of the house in the event of a fire. A questionnaire distributed by the NFPA showed that almost half the population did not have an escape plan or a meeting place in the event of a fire in their home. Additionally, we want to provide our readers with some safety tips:

1. **Half of the U.S. home fire deaths** occur between the hours of 11 p.m. and 7 a.m., when most people are likely to be asleep.
2. **Practice exit drills in your home twice a year:** Conduct one during the day and one at night; utilizing different ways out of the home.
3. **A working smoke alarm** can make the difference between life and death in a fire by providing early warning for a hasty escape. Replace them if they are

- older than 10 years.
4. **Teach children how to escape on their own:** If you cannot reach them, be sure they know how to exit their home by themselves.
5. **Get out and stay out.** Call 911 from a cell phone or a neighbor’s home.
6. **Change your batteries in your detectors twice a year.**
7. **Make sure your address is visible for fire departments:** Arriving units should be able to find the street address quickly both day and night.
8. **Close the doors as you leave:** This can delay the spread of smoke and fire.

Fire Prevention Week is October 8 - 14.

Check with your local fire department for events and demonstrations for fire safety in your area. For more information, visit www.firepreventionweek.org to learn about this year’s fire safety campaign.


Please do not hesitate to call the fire department, in the event of a fire, no matter what size it is. Your local fire department has the tools and the training to make sure any fire is out and has not spread to any exposed area.

For more fire safety tips, visit our website at www.MTFD3.com and check out some other sites for fire safety: www.nfpa.org www.fire.gov



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ANYTIME.**

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609-409-2980**



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Monroe Achieves County’s Third Lowest Effective Municipal Tax Rate

Out of 25 municipalities in the Middlesex County, Monroe had the third lowest effective municipal tax rate in 2016.

Monroe is poised to improve even further, following the Township Council’s recent adoption of a flat tax rate in 2017, an accomplishment our Council has achieved for four years and counting.

A lot of time and energy,

as well as careful fiscal planning, has led us to a zero-increase in the municipal tax rate and improved our overall effective municipal tax rate.

Monroe has maintained the previous year’s tax rate of 45.7 cents per \$100 of assessed value. For a homeowner with a residence assessed at the municipal average of \$312,219 that translates to an annual municipal tax rate of \$1,428. That sup-

ports police, DPW, the library, the senior center, the community center and administration.

Furthermore, for the 26th consecutive year, Monroe has built a budget that saw no increase for residential water and sewer services.

Your municipal tax rate accounts for approximately 20 percent of the total property tax bill.

It’s worth noting that Monroe hasn’t cut services in order to maintain that rate. In fact, we’ve managed to expand upon our current offerings through foresight, careful management, grant writing and resource sharing.

This is one of any number of reasons we can be proud to call Monroe Township “home.”

Monroe’s Overall Municipal Tax Ranking in Middlesex County

Taxing Districts	Equalized Municipal Purpose Tax	Taxing Districts	Equalized Municipal Purpose Tax
SO. BRUNSWICK TWP	0.341	NO. BRUNSWICK TWP	0.653
PLAINSBORO TWP	0.360	HELMETTA BORO	0.667
MONROE TWP	0.413	WOODBIDGE TWP	0.771
CRANBURY TWP	0.435	DUNELLEN BORO	0.792
OLD BRIDGE TWP	0.449	MIDDLESEX BORO	0.838
SO. PLAINFIELD BORO	0.471	SPOTSWOOD BORO	0.856
METUCHEN BORO	0.513	HIGHLAND PARK BORO	0.870
EAST BRUNSWICK TWP	0.536	JAMESBURG BORO	0.913
EDISON TWP	0.537	NEW BRUNSWICK CITY	0.964
MILLTOWN BORO	0.598	CARTERET BORO	1.095
PISCATAWAY TWP	0.632	SOUTH AMBOY CITY	1.232
SOUTH RIVER BORO	0.636	PERTH AMBOY	1.820
SAYREVILLE BORO	0.647		

Source: Middlesex County Abstract of Ratables and Final Equalization Table, County of Middlesex for the year 2016

Are you registered to vote? It’s not too late!

By Ruth Banks

In one month, thousands of New Jersey residents will be trekking to their polls to register their votes for governor, N.J. Senate and Assembly, County freeholders, Township Council, political committee members, and possibly some local issues. To many people, the names will be unfamiliar unless they have been paying attention to the hundreds of TV ads, print articles, and various other forms of media.

The Monroe Township League, in cooperation with the Princeton and Lawrence Leagues, will sponsor a forum for candidates for State Senate and Assembly on October 18 at the Monroe Township Senior Center starting at 6 p.m. It will be moderated by a member of the NJ League of Women Voters.

The Senior Center is located at 12 Halsey Reed Road, at the intersection with Applegarth Road. The phone number is 609-448-7140.

The invited candidates for the Senate are Linda Greenstein, Democrat, and Ileana Schirmer, Republican.

For Assembly, Wayne P. DeAngelo and Daniel Benson, Democrats; and Kristian Stout and Steven Uccio, Republicans.

The League of Women Voters of Monroe Township, along with the Leagues in dozens of other communities, has been hard at work during September and October raising awareness of the upcoming election. League members have registered voters at a dozen sites around the Township.

To register in New Jersey, you must be a U.S. citizen, at least 18 years old on or before the election, and reside at your present address for at least 30 days. You must be registered at least 21 days before the election, which will be on November 7.

A League member will be available at the following sites to provide information and register voters:

- Rossmoor, October 3, 10 a.m. to 2 p.m.;
- Senior Center, October 10, 10 a.m. to 2 p.m.;
- Octoberfest, at the Recreation Center, October 22, noon to 4 p.m.;
- Green Fair at the high school, October 28, from 10 a.m. to 3 p.m.

The League’s monthly meeting will be on October 30 at 1 p.m. in the Municipal Building. The Holiday Happening, the League’s annual end of the year luncheon, will be on November 13 at the Cranbury Inn. Guest speaker will be Ingrid Reed, formerly director of the New Jersey voting project at the Eagleton Institute, Rutgers. She will focus on the election results.

The League is a nonpartisan political organization which neither supports nor opposes candidates for elective office. It is a national organization with Leagues in every state, and it is open to men and women. For more information about the League and its programs, feel free to contact any of the following members: Andrea Pellezzi, president, 609-664-2146; Judy Perkus, treasurer, 609-395-1552; Marsha Rosenbaum, voters service, 609-409-0930; Adrienne Fein, membership, 609-860-5984; or Ruth Banks, 609-655-4791.

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Caregiver Support Group

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

Mtg.s are 90 minutes
Registration is not necessary.
Questions may be directed to Stephanie Fitzsimmons, RN, NP
at 1-800-269-7508, press 1, press 8662

Sponsored by Saint Peter’s University Hospital

Let the games begin in ‘Sleuth’ at MCCC’s Kelsey Theatre Oct. 6 to 15

Excitement and suspense await as the award-winning Maurer Productions OnStage (MPO) presents Anthony Shaffer’s “Sleuth” at Mercer County Community College’s (MCCC’s) Kelsey Theatre Fridays, October 6 and 13 at 8 p.m.; Saturdays, October 7 and 14 at 8 p.m.; and Sundays, October 8 and 15 at 2 p.m.

Kelsey Theatre is located on MCCC’s West Windsor Campus at 1200 Old Trenton Road.

With all the ingredients of a top-notch thriller, “Sleuth” keeps the audience guessing as the plot twists and turns. The action centers around two characters, Andrew Wyke, a successful crime writer who lives in a grand country manor, and his wife’s lover, Milo. Andrew likes playing dangerous games, especially when they involve his wife’s ambitious, young paramour, but it turns out that Milo is a highly worthy opponent. Fueled by jealousy and generational conflict, the plot also works as an elaborate parody of the Agatha Christie genre of country house thriller.

“Sleuth” was a hit on Broadway, earning the 1971



George Hartpence, left, stars as Andrew Wyke and Dan Keyser is Milo Tindle in “Sleuth,” presented by Maurer Productions OnStage at the MCCC’s Kelsey Theatre Oct. 6 to 15.
Photo by John M. Maurer

Tony Award for Best Play. It was adapted into film three times – in 1972, 2007 and 2014.

The show is directed by Diana Gilman Maurer, co-founder of MPO with her husband, John M. Maurer. The Maurers are the show’s co-producers.

Maurer notes that Sleuth offers complex character studies that deliver until the very end. “Another neat thing about this production is that Mr. Hartpence played Milo Tindal 13 years ago, so now

he’s come full circle,” she said.

Tickets are \$18 for adults, \$16 for seniors, and \$14 students and children. Tickets may be purchased online at www.KelseyTheatre.net or by calling the Kelsey Box Office at 609-570-3333. Kelsey Theatre is wheelchair accessible, with free parking next to the theater. For a complete listing of adult and children’s events, visit the Kelsey website or call the box office for a brochure.

Calendar of Events for Monroe Township Public Library 4 Municipal Plaza • Monroe Township, NJ • (732) 521-5000 • www.monroetwplibrary.org

Adult Chess Club

Tuesdays, October 3, 10, 17, 24 and 31 at 6:30 p.m. This club meets every Tuesday. Open to teens and adults of all skill levels. Come learn how to play or meet a new chess partner. Registration is not required.

Book Café

Wednesday, October 4. Session 1 at 11 a.m. for existing group members. Session 2 at 1 p.m. for new members. Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

International Film

Presented by The Friends of the Library on Thursday, October 5 at 2 p.m. Iranian drama/mystery/thriller about the mysterious disappearance of a kindergarten teacher during a picnic in the north of Iran is followed by a series of misadventures for her fellow travelers.

Film is shown with English subtitles. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing.

Open Sewing

Thursday, October 5 at 6 p.m. and Monday, October 23 at 3 p.m. Students will bring their own projects on which to work; everyone will be working on their own. If you would like to use a pattern we have previously used in class, the pattern and information can be available to you. Students must take the Meet Your Sewing Machine class or have prior machine sewing knowledge to take this class. Ages 18 and over.

Register at the Reference Desk, by phone or online at www.monroetwplibrary.org starting Tuesday, September 5 at 9:30 a.m.

Sit-N-Stitch

Fridays, October 6 and 20 at 10:30 a.m. Stitch a project, assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

Friday Afternoon Movie

Friday, October 6 at 2 p.m. 1974 classic starring Gene Wilder as an American grandson of an infamous scientist invited to Transylvania, where he discovers a process that reanimates a dead body. PG, 1h, 46m

Movie is free. Registration is not required.

Current Events Discussion Group

Saturday, October 7 at 10:30 a.m. Enjoy a discussion about US and global events along with light refreshments. Register.

P.Short Story Discussion Group

Wednesday, October 11 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will be discussing “The Enormous Radio” by John Cheever and “I Stand Here Ironing” by Tillie Olsen. Register and reserve your copy at the Welcome Desk.

Boheme Opera NJ Series

Wednesday, October 11 at 1 p.m. In its 29th season, Boheme continues to bring its opera magic to the Monroe Township Library with a performance of Happy 150th Birthday, Don Carlo! This

program offered in collaboration with the Monroe Township Cultural Arts Commission. Registration is not required.

Genealogy Club

Wednesday, October 11 at 1:30 p.m. Genealogists of all expertise levels welcome. Registration is not required.

Macbeth

Saturday, October 14 at 2 p.m. Free live performance of Shakespeare’s eerie tale of power, political ambition and madness, presented by the Hudson Shakespeare Company. Registration is not required.

Library Board Meeting

Monday, October 16 at 6:30 p.m.

Coffee and a Book

Tuesday, October 17 at 10:30 a.m. Discuss Fates and Traitors: a Novel of John Wilkes Booth by Jennifer Chiaverini. Register and reserve your copy at the Welcome Desk.

Vietnam War Documentary Film

Thursdays, October 19 and 26 at 3 p.m. The first two films in Ken Burns and Lynn Novick’s ten-part, documentary series about one of the most consequential, divisive, and controversial events in American history. Movies are free. Registration is not required.

Annual Art Show

Monday, October 23 through Monday, October 30. Visit our annual art show during library hours. Offered in collaboration with the Monroe Township Cultural Arts Commission. Registration is not required.

October Green Fair to stress healthy living

This year Monroe Township’s Green Fair is set for October 28 from 10am - 3pm at the Monroe Township High School, 200 Schoolhouse Road, Monroe Township, NJ. 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 of all ages 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. Local, County, and State government representatives will educate the community on the environment, parks, and transportation. The library’s Bookmobile, the Department of Public Works EnviroMobile, and the County shredding truck will be available in the parking lot. Area hospitals/pharmacies will provide flu shots and health screening, and brochures on health

and wellness. Car dealerships will bring hybrid or electric vehicles. The Trenton Bike Exchange will be on hand to receive your used bicycles with the mission of helping low income families and raising money for after school programs for the Trenton Boys and Girls Club.

Come test ride an electric pedal assist bike with Sourland Electric Bikes from Hopewell, NJ. Enjoy authentic Mexican food from Taqueria Maria’s. Jamesburg community leaders will also join us as a co-sponsor. Won’t you join us and help the Monroe area community learn about your sustainable products? We are seeking vendors with unique products and information on environmental stewardship and sustainability. To obtain a vendor application, log on to the Monroe Township Green Fair Facebook page at facebook.com/MonroeTwpNJgreenfair1 to request it. The form is also available on the Monroe Township website. If you have any additional questions, please call Karen Toth on 732-939-5307 for more information.

Officials approve largest open space acquisition in Monroe Township’s history

Monroe Council members approved the largest open space acquisition in the municipality’s history at Wednesday’s Township Council meeting.

With a unanimous vote, the Council secured 412 acres of environmentally sensitive land along Perrineville Road from the New Jersey Turnpike Authority.

The Authority will transfer the property, which runs adjacent to the Millstone River and includes 80 acres of manmade wetlands, six acres of vernal pool habitat and 186,000 new trees and shrubs, to Monroe as part of an agreement stemming from a recent Turnpike widening project.

“I was pleased to work with the Turnpike Authority to secure this very significant tract of land and to safeguard its many ecological treasures,”

said Monroe Mayor Gerald W. Tamburro. “This brings our Township close to 8,000 acres of preserved property – a major milestone within our community. Our long-term preservation goals stand to benefit our current residents and the generations to come.”

Township officials expect to take full ownership of the parcel by the year’s end.

“We are making major gains toward our goal of preserving 50 percent of the Township,” said Councilman Michael Leibowitz, who dually serves as a member of the Township’s Open Space and Farmland Preservation Commission. “In the bigger picture, our efforts are centered around not only preserving land, but preserving the quality of life and the character of this town.”




Part of the environmentally sensitive land along Perrineville Road secured by Monroe Township

Senior Center Highlights

CATEGORY/HEADING:

Edgar A. Poe: On Monday, October 16, at 10:30 a.m., Irene Curran returns to share her love of Poe (Master of the Macabre) with an emphasis on "The Masque of the Red Death."

ADVERTISEMENT



New Directions

IN HEALTH AND WELLNESS

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



This month's topic: **NEUROPATHY**

Say goodbye to foot and leg pain

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

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

What is Neuropathy?

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

In the past, treatment options have been limited to a small assortment of pain medications. However, they only provide temporary relief and can be habit-forming. Ignoring the problem or masking the symptoms is also ill-advised, as it can lead to emotional stress and depression. So.. what is the best course of action for treatment of Peripheral Neuropathy?

A New Hope for Lasting Relief

After years of study, training and trials, AllCure Spine and Sports Medicine is pleased to announce their new integrative program for treating Peripheral Neuropathy. This mode of care incorporates a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and rebuilding of damaged nerves in your extremities. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

Our treatment options include:



- **MicroVas** — A non-invasive, pain free treatment that elevates blood flow and tissue oxygenation to the problem area. This treatment

has proven effective for not only Neuropathy but also chronic low back pain, carpal tunnel syndrome, sports injuries, pressure ulcers, ischemic rest pain and wounds that are otherwise slow to heal.

- **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including neuropathy pain and has been expanded into conventional medicine practices throughout the world.
- **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to

patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

- **Cold Laser** — A gentle, non-invasive treatment that is successful in treating joints and nerves without pain or discomfort to patients.

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

If you are suffering from the tingling, itching, numbness or burning associated with Peripheral Neuropathy, the doctors and staff of AllCure Spine and Sports Medicine invite you to call

their office and schedule a complimentary consultation. There is hope for those suffering with Peripheral Neuropathy. The advanced treatment programs offered by AllCure Spine and Sports Medicine can help you get your life back to where you were before the pain began. Say goodbye to pain and hello to a world of relief.

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

Peripheral Neuropathy Symptoms include:

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

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



goodbye foot and leg pain...

hello world.

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Offer expires October 31, 2017



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