



Rossmoor IN News

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VOLUME 52 / No. 9

Monroe Township, New Jersey

September 2016



Something cooler to look forward to.

Focus on: Groups and Clubs

Chorus: Singers welcome

By Jean Houvener

The Rossmoor Chorus is a busy group of singers, who enjoy singing and learning new pieces. The four-part mixed chorus rehearses in the Meeting House from 4 to 5 p.m. every Wednesday, beginning in September until the end of June. The talented group has a broad repertoire from sacred music to folk songs and Broadway tunes. The Chorus has been an active part of Rossmoor for 40 years.

They sing the third Sunday of every month for the Community Church 11 a.m. service at the Meeting House, and also sing at the Interfaith services, including Thanksgiving, National Day of Prayer, and Memorial Day. The Chorus has been invited to sing for the Sisterhood, the Italian American Club, and the Women's Guild, and annually entertains with Christmas carols at the Forsgate Golf Club tree lighting ceremony, and has been part of several 9/11 services in Mon-

roe Township Memorial Park. Their standard singing outfit is black skirt or pants with white blouse for women and dark jacket, white shirt, and red tie for men.

The rehearsal at the end of June started with the standard warm-up, including "do re me fa so, so fa me re do," full octaves, triads, and sirens. They then worked on the three pieces for the service on June 19.

The first piece rehearsed was John Rutter's "For the Beauty of the Earth," a deceptively simple looking piece with tricky rhythms and unexpected harmonies. Working with all four sections, singing, counting, and

speaking the words, the rehearsal proceeded from difficulty and tentativeness to confidence and a happy rendition of this exciting piece. The two remaining pieces were easier, including "We Worship and Adore You, Lord" by Mario Lombardo, and "Old Irish Blessing," a choral benediction with traditional words put to music by Denes Agay. The rehearsal came to a close – as it always does – with "The Lord Bless You and Keep You" (better known as the (Peter) Lutkin Benediction with a 7-fold amen), the group's signature song. At the end of the rehearsal,

(Continued on page 3)

Let's remember September 11

By Carol De Haan

September 11 will mark the 15th anniversary of the 9/11 terror attacks on the World Trade Center. We will commemorate that heartbreaking day in two events:

1. Please join us to hear The Monroe Township Chorus in a musical tribute to honor the memory of the more than 3,000 lives lost. Let us look forward to a future of hope and peace for our world.

WHAT: A Musical Tribute by the Monroe Township Chorus
WHEN: Sunday, September 11, at 2 p.m. (Doors open at

12:30 p.m.)

WHERE: The Monmouth County Library, 125 Symmes Drive, Manalapan, N.J. 07726. (732-431-7220) www.monmouthcountylib.org

2. Also, please join us locally to hear the Monroe Township Chorus's wonderful Tribute:

WHAT: Monroe Township Memorial Ceremony
WHEN: Monday, September 12, at 6 p.m.

WHERE: Monroe Township Memorial Tree Park, Prospect Plains Road, Monroe Township, N.J. 08831

Dance Club's 32nd annual anniversary dinner dance

By Judy Perkus

Join the Dance Club at its 32nd annual dinner dance on Saturday, September 29, at 6 p.m. in the Ballroom. DJ and Keyboardist Carmine will provide the dance music at this four course sit-down dinner. All Rossmoorites, singles and couples, are welcome.

Please submit your \$32 per member or \$35 per non-member checks and choice of entrée and dessert by the reservation deadline of September 12. Please send to the Rossmoor Dance Club, c/o Pres. Armen DeVivo, 449B Roxbury Lane. Call Armen at 609-655-2175 for more infor-

mation.

First Course: Fresh baked dinner rolls and butter, tossed salad with aged provolone cheese, roasted peppers, olives, grape tomatoes and cucumbers with balsamic vinaigrette dressing in a soufflé cup on the side.

Second Course: Penne with broccoli rabe, sausage, cannellini beans

Third Course: (choose one)

1. Chicken cutlet Francaise or
2. Roast prime rib of beef au jus or
3. Grilled teriyaki salmon with mango salsa

(Continued on page 13)

One-room schoolhouse dedication honors several

By Linda Bozowski

Saturday, June 18 was dedication day for the one-room schoolhouse located at the Dey Farm Historic Site. Chief honoree, for whom the schoolhouse was named, was former Rossmoor resident Hank Miller. Hank and his wife Jean have recently moved to Edison. The Millers were joined by their grandson Paul Miller, one of the guests to ring the refurbished school bell atop the schoolhouse.

Also honored at the dedication were the late Harold Rosenthal and his friend and former neighbor Barry Faulk of the Encore community. Rosenthal and Faulk worked diligently to see the Historic Preservation site brought to fruition. Following Rosenthal's recent passing, the Rosenthal family requested that donations be made in Rosenthal's memory to the Historic Preservation Commission. The donations are to be used for future im-

provements to the properties at the Dey Farm. Marilyn Rosenthal accepted the thanks of the Commission for the family's community-minded request. The Historic Preservation Commission is considering several purchases with the generous donations received so far.

Others receiving recognition were the art students of Monroe Township High School. Under the direction of art teacher Dennis Ventrillo, the students created the signage for the schoolhouse that replicated signage of the era in which the original schoolhouse was built.

Councilman Steve Dalina served as emcee for the dedication and introduced many other guests who have participated in the planning and support of the Commission and of the Dey Farm site. Among them are Mayor Gerald Tamburro, former Mayor Richard Pucci and Council Members

(Continued on page 2)

**Voter
Registration**
10 a.m. until 2 p.m.
**Thursday,
September 29**
Clubhouse Craft Room
Sponsored by League
of Women Voters

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at the governors' meeting



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

gm

Barbara Krysiak gave the report on the events of the Community Affairs Committee meeting. Gerald McQuade discussed the Financial Analysis report for the period ending May 31, 2016, and stated that there is a year-to-date surplus of \$164,054.64. Peter Kaznosky gave a report for the Golf Committee, stating the next meeting will be on September 6 at 2 p.m.

gm

The Board of Governors approved a resolution to contribute \$1,000 to the New Jersey CA-PAC to support lobbying efforts in Trenton for legislation favorable to all community associations. The expenditure will be charged to the Administration/Other Expense Operating Account.

gm

The Board of Governors approved a resolution to revise the meeting schedule for the Standing Commit-

tees for 2016 and 2017. The Maintenance, Community Affairs and Finance Committees will no longer meet monthly, unless necessary and will meet the second Thursday in November 2016; February 2017; May 2017; August 2017;

and November 2017. The Agenda Committee will no longer meet monthly, unless necessary, and will meet the first Thursday in November 2016; February 2017; May 2017; August 2017; and November 2017.

Welcome to Rossmoor: New residents' social orientation

By Mary Jane Brubaker

"We are seeing more and more of our new residents coming to Rossmoor while they are still working," says Michelle Williams, manager of the Education and Recreation Department. "As a result, we're continually tailoring our programming to assist them in becoming engaged in community life. An example of this is a New Residents' Social Orientation.

Modeled after the successful "Fireside Chats" held during the winter months, in which residents convene to enjoy casual conversation and hot chocolate by the roaring

fireplace, the New Residents' Social Orientation will be held periodically at the Clubhouse on weekday evenings. New residents can look forward to an invitation stating the date, time and reserved room where the orientation will be held.

"Our goal," says Erica Hardeo, event planner with E&R," is to ensure that new residents have an opportunity to learn about and take advantage of all that we have to offer." She adds, "We also want to ascertain individual areas of interest so we can help guide newcomers to those activities and local community leaders that can help newcomers flourish."

"Our new residents made a commitment to Rossmoor when they moved in" says Williams. "We hope the New Residents' Social Orientations will make it as easy as possible for them to make a personal investment as well. Our long-term residents are always telling us how much they enjoy all that Rossmoor has to offer, but I think what makes Rossmoor so special is the people who live here. We hope our New Residents' Social Orientation will make it as easy as possible for our new residents to become active participants in our vibrant community."

tory about the many schoolhouses around Monroe Township before our current school buildings were constructed.

The Dey Farm site is open to the public for outside viewing. Tours of the buildings are held on the first Sunday of each month between 1 and 4 p.m. The next two docent-led tours are scheduled for September 4 and October 2.

Schoolhouse

(Continued from page 1)


Blaise Dipierro and Betty Schneider. Commission Chairperson John Katerba and other members of the Commission were also present.

The 60 or more visitors toured the schoolhouse and were treated by John Katerba to some of the his-

RCAI Committee Meetings September 2016

Board of Governors	September 9	9 a.m.
Golf Course	September 6	2 p.m.

Meetings are held in the Village Center.



News Board:
Joe Conti, Chair
Carol DeHaan,
Myra Danon
Bob Huber,
Jean Hoban,
Jean Houvener
and ex-officio, Jane Balmer,
General Manager.
Editorial Assistants
Alex Monaco
Linda Monaco

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

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

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

Editorial Office:
2 Rossmoor Drive,
Monroe Twp., NJ 08831

E-mail:
news@rcainj.com

Visit the Rossmoor website at www.rcainj.com

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Bits & Pieces

Sue Ortiz

It's war!

As I write this, we are experiencing some of the hottest days of the summer: near 100° temps with heat index values near 110°. Everyone is lethargic and staying inside near the A.C. Everyone and everything, including crickets.

Oh, how I loathe those shiny, black, six-legged creepy-crawlies. Just talking about them sends shivers down my spine.

Crickets are sneaky. They hide just out of sight, and their incessant chirping is deceptive. Like tiny ventriloquists, they throw their "voices" toward the other end of the room and back again. By the way, only the male cricket chirps to attract a mate. The sound is made by rubbing their wings together.

When they are silent, that's when they, the enemy, are on the move.

There he is, skittering across the living room floor! He stops halfway, and, I swear, looks at me, daring me to get off the sofa and chase him. I make a move; he takes a few steps, too, waiting, baiting me. I grab a weapon—my shoe. I am game for this battle.

I make a mad dash, but, darn, that little devil is quick. He hops under a radiator, out of sight and out of reach. But, I am patient.

Many years ago, one summer after a damp autumn, my house was inundated with crickets. Where there was one, there were many. Most of them got in through a space between the Bilco basement doors and traveled down the concrete steps, into the cellar, and, finally found their way upstairs and even to the second story of the house.

At any given time, there were a couple of crickets in the living room, in the kitchen cabinets and drawers, on the kitchen counter, under the beds, on the beds, crawling like a spider up the curtains, and in the bathtub. Once, while entertaining guests, one crawled along the back of the sofa, toward my neck. Needless to say, I freaked out and so did the guests.

At the time, my father and I were the "cricket hunters." I was the one to go after them; my dad did clean up patrol. "I kill 'em; you grill 'em" was my motto. Disgusting job, but somebody had to do it. Well, two somebodies.

We were constantly vacuuming, washing, and sanitizing everything. So, you

can see why I hate the little buggers.

The tiny Darth Vader starts chirping, again. It sounds like he's at the other end of the room, but I know better. I grab a flashlight, get down on my knees, and scan the space between the radiator and floor. There he is, among the dust bunnies, his round head reflecting the beam of light, his eyes watching my every move.

The battle is on. I get a yardstick to try to coax the cricket out from his hiding spot, but I have to be fast if I'm going to whack him into another dimension.

He makes a bold move by scurrying out along the wall molding. I'm ready, though, and with a loud slap, I nail him with my shoe. (My apologies to any cricket fans out there.)

Since the great infestation of 1990-something, I don't get too many crickets in my house anymore, thank goodness. But when I do, it's war! I'm not one to squeal at every bug I encounter; I usually look before reacting, and I am known to grab my camera to get a close up of it, if I can. But not crickets... (shiver)

Since my dad passed, I not only have to kill 'em, but now I have to grill 'em, too! Yuck!

Having a cricket in one's home is supposed to bring good luck. If that were true, I should be a billionaire by now. Supposedly, crickets can determine the outside temperature. The Old Farmer's Almanac says to convert cricket chirps to degrees Fahrenheit, count the number of chirps in 14 seconds, then add 40 to get the temperature. For example: 30 chirps + 40 = 70° F. Don't know if this works...I've never tried it.

Oh, no; I hear another one! Where's my shoe?

"Cicadas, buckling and unbuckling their stomach muscles, yield the sound of someone sharpening scissors. Fall field crickets, the thermometer hounds, add high-pitched tinkling chirps to the jazz, and their call quickens with warm weather, slows again with cool." — Diane Ackerman (American poet, b. 1948)

"You may have to fight a battle more than once to win it." — Margaret Thatcher (British Prime Minister, 1925 – 2013)

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

One, two, three strikes you're out! Let's watch the game

By Linda Bozowski

Saturday, September 24, will be an exciting and fun-filled day for those of us who go to the Dey Farm to watch the Vintage Baseball Game sponsored by the Historic Preservation Commission. The athletes have entertained us in the past and are sure to do the same this fall with a double-header played the old-fashioned way.

The Flemington Neshanock and Philadelphia Athletic Base Ball Club play baseball as it was played in the late 1800s. What that means is that the players don't use gloves, batters have some degree of control over pitching, and the umpire advises the batters of impending calls. The equipment is different from that used in modern times, and the uniforms are different as well.

The games are scheduled to begin at noon. Fans are encouraged to bring picnic

lunches, lawn chairs, or blankets, and to interact with the players. The event is free and open to the public – no tickets are needed. Parking is available on the grounds. Plan on joining in the fun!

Visitors are also welcome to tour the Dey Farm grounds and buildings, including the restored barn and the recently dedicated Henry L. Miller One-Room School House.

Election Day: Your vote won't count if you aren't registered

By Lorraine Sarhage

We all would like to believe that we are good citizens, yet it is easy to forget to register to vote when we have just moved. After all, there are the boxes to unpack, pictures to hang, etc. Registering to vote in a new district might seem to have lower priority. Although registering at a new address can be done at the Motor Vehicle agency, that option doesn't help people who no longer drive.

To make registering to vote a simple process, the Monroe Township League of Women Voters will be in the

Craft Room of the Clubhouse from 10 a.m. to 2 p.m. on Thursday, September 29 to assist with the application process. The League is a non-partisan organization that does not support or oppose candidates or political parties.

For some would-be voters, getting over to the polls is a challenge. In such cases, the voter registration application can be used to request a mail-in ballot. You don't have to be out of town or give any reason for wanting to vote by mail. For residents who have

(Continued on page 5)

Letters to the Editor

Gate closings

I work on Prospect Plains Road and use the South Gate for easy access to my job in the mornings. On Tuesday, July 26, the South Gate was closed. The next day there was a notice on Channel 26 that the gate had been struck by lightning. Today, August 2, there is still no access or exit at the South Gate. And so, knowing that the South Gate was closed, I attempted to exit the East Gate on Monday, August 1. That Gate was ALSO closed with no advance notice. Of course, I had to turn around, go back to the North Gate and fight heavy traffic to go around Applegarth Road to reach Prospect Plains Road. That takes additional time.

Had I known in advance that the gate was ALSO closed I would have given myself extra time.

In addition to the inconvenience caused by having both gates closed at the same time, traffic back-up at the North Gate, frustration for the residents, it is very inconsiderate. *Some of us work, others have scheduled appointments or plans.* It would be so much more helpful to receive advance notification when both gates will be closed. I realize that this is not always possible, but something should be done to minimize this type of situation.

Thank you,
Barbara Thurmond Jones
Mutual 4-B

Mutual 11 deserves credit

This letter is written in response to an article in the July 2016 edition of the Rossmoor News specifically dealing with the requirement that new owners of homes at Rossmoor be required to live in those units for their first two years of ownership, before being allowed to rent them.

The article failed to credit John Vergano and the board of Mutual 11 for the role it played in getting this two-year requirement approved. When this board initiated a by-laws committee, chaired by Dolores Grief, the idea of minimizing rentals at Rossmoor was a key topic on the agenda. The committee agreed on the two-year requirement as a start in achieving this goal.

When this was brought up for consideration at the monthly RCAI directors' meeting it was met with a great deal of indifference (with the exception of Mutual 6, which did express interest). The Mutual 11 board would not let this issue die and, instead, decided to determine the level of interest in this proposal among the owners in the Mutual. Once they were made aware of the potential problems of having too many renters, the results were outstanding in terms of approval for the amendment. This interest would demonstrate that those Board of Governors members who were not interested in this issue when it was brought up might not be aware of the feelings of those they represent.

Mutual 11 takes a great deal of pride in bringing this subject to the attention of our residents, and hopefully to the rest of Rossmoor.

Barry Sal Levatino
Member, Mutual 11
By-Laws Committee

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Focus on: Groups and Clubs

(Continued from page 1)

singers were advised to work especially on the words at home even if they could not play the notes for themselves.

The choir consists of around 20 people covering all four parts - soprano, alto, tenor, and bass. Membership age spans five decades, from 50s to 90s. Cecile Wang, who has been the organist and music director for the Community Church for 13

years, directed this particular rehearsal. She has been filling in for Gloria Montlack, who is the regular director. Eileen Parker is the president of the group. If you are interested in joining the Chorus, they are always happy to welcome new singers. The Chorus is looking for singers for all four parts, so come to a rehearsal and see if you would enjoy singing with them. The most important qualification is a love of singing.



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By Linda Bozowski

Those of us who use the East Windsor Home Depot store for household or garden purchases have probably seen Darby Houston in the main entrance as the store greeter or in the garden department offering assistance to gardeners. Or perhaps you may know him as a fellow resident — after all, he's lived here since 2002. And like many of our other fellow residents, Darby is an interesting person to spend some time with.

When he graduated from Princeton University in 1952 with a BS in Psychology and Religious Studies, Darby's intention was to pursue a career in the business sector. Following an infantry stint from 1952 to 1954 during the Korean conflict, Darby went on to Cornell University where he earned his MBA in Personnel Administration in 1956. Business positions in human resource management with Alcoa and Brenner Supply kept him busy from 1957 to 1972,

when he left the private sector and began work for the Office of Economic Opportunity and then the U.S. Department of Commerce.

Marriage to his late wife Becky and the addition of three children to their family kept him busy during those years as well. However, in 1982 Darby and Becky made a major life-changing decision to move to Maine and opened an agribusiness. Darby, like Thoreau, "chose to live a less materialistic life" in the beauty of rural Maine. Managing eight greenhouses, developing landscape plans for business and residential customers and expanding their offerings of shrubs and trees kept Darby and Becky busy for 15 to 65 hours a week for the 18 years they lived and worked in Maine. Darby's gardening enterprise prepared him well for his horticultural responsibilities at the Home Depot.

As a member of the Shade Tree Committee, Darby helped develop planting recommendations for the Rossmoor community. Many of the evergreens along the eastern side of Old Nassau were planted through the Committee's efforts, and were chosen because of their expected height, longevity and low maintenance requirements.

Although he works fewer hours at the Home Depot these days, Darby still happily shares his knowledge and expertise with novice and experienced gardeners. After all, at aged 86 (he celebrates number 87 in October), he can take life a little easier these days. Three "exceptional" (to quote their grandpop) grandchildren have been added to the family over the years. And whether in the garden department or at the main entrance at the Home Depot, Darby always has a smile to share.

Be kind to editors and writers

By Bob Huber

September is *Be Kind to Editors and Writers Month*. This is personally embarrassing, because, as one who has labored in the world of words for over 65 years, I didn't know, until recently, that such a month existed. If I had known, I surely would have found some way to take full advantage of it.

Be Kind to Editors and Writers Month was established in San Antonio, Texas, in 1984 by the Lone Star Publishing Company. Its stated purpose is: "...to be a time for editors and writers to show uncommon courtesy to each other and to enhance the awareness of the general public concerning the importance of writing and editing." This is a wonderful idea, particularly the public awareness part. The general public needs to be aware that neither writing nor editing is an easy job. I've lost track of how many times someone has said to me, "I've got a great idea for a story. You write it, and we'll split the profits."

For writers, much of the creative process can take place away from the keyboard. Family and friends need to recognize that when a writer appears to be walking around in a daze, staring blankly into space or unresponsive to conversation, he/she may be in his/her most

creative state of mind and should not be disturbed.

Writers need to understand that good editors are worth their weight in gold. We may have created what we consider an absolute literary gem, but an editor, looking at it with a fresh pair of eyes, may offer suggestions to make it even better. Perhaps the subject would be clearer if several paragraphs were reorganized. Then there are the inevitable punctuation and spelling errors to correct. Many times, editors have caught errors in my copy that would have been embarrassing had they found their way into print.

At one time, it was estimated that there were 80 million people in the United States who were writers: amateurs and professionals, working on everything from local church bulletins to the great American novel. With the explosion in Internet venues and social media, who knows what that figure might be today?

To acknowledge *Be Kind to Editors and Writers Month*, we need to look no further than our own *Rossmoor News*, which is created by an exceptional volunteer staff of about 15 amateurs and professionals. It is, without a doubt, the best publication of its type in this area. You can

(Continued on page 5)

CABARET

A MUSICAL

September 16th – October 2nd

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(Sunday September 25, 2016 performance is at 8:00 pm)

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

Q: My neighbors have their underage child living with them. What should I do?

A: It is important to know that Rossmoor is an age-restricted community in the eyes of the Federal Fair Housing Act and a Planned Residential Community ("PRC") in the eyes of Monroe Township. A Monroe Township ordinance defines a PRC as a residential community owned by a non-profit corporation where 100% of the dwellings are occupied by at least one person 55 years of age or over and no other permanent occupant is under the age of 48. The ordinance is more restrictive than the requirements under the Federal Fair Housing Act, which is allowed under the Act.

In addition, the Mutuels in Rossmoor, all 18 of them, have age restrictions for residents spelled out in their Proprietary Leases in the cooperative Mutuels and the Use Restrictions and Standards in the condominium Mutuels.

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

All the Mutuels allow visitor

occupants of any age to visit up to eight weeks (or 56 days) in any calendar year.

If you feel your neighbors have a visitor occupant in their unit for more than 8 weeks, it is best to report the information to your Mutual directors or to my office and we will handle the situation.

Unfortunately, to maintain our age restriction and PRC status, it is imperative that we comply with the age restrictions mentioned above.

Q: Why do I need to complete and return the Survey of Age Verification form again?

A: To comply with the requirement to maintain our age restriction status under the Federal Fair Housing Act, Rossmoor is required to conduct an age verification survey every two years.

Every Rossmoor resident should have received the 2016 Survey of Age Verification recently in the mail. If you did not receive it, please contact Administration at 609-655-1000 and we will be happy to mail another one to you.

Please complete and return the form to the Village Center by September 1, 2016, even if you have filed the form previously. We do not need verification of the age of the residents listed on the form if the residents lived in that manor prior to January 1, 2014. If an additional new resident moved into your manor after January 1, 2014, we will need proof of their age in the form of a copy of their driver's license, birth certificate, passport or any other official identification that shows a birth date to accompany the form.

If we do not receive the form from each manor by September 1, we will need to contact that home. It is a time consuming, necessary project and we are looking for your cooperation! It would be appreciated.

Q: I have noticed that the RCAI Standing Committees have been cancelled from time to time. Why?

A: As you might be aware, the original and amended RCAI Bylaws stated that the board needed to maintain six Standing Committees: Community Relations, Finance, Education and Recreation, Healthcare, Maintenance, and Community Monitor.

The Bylaws also required that a director from each Mutual would serve on each Standing Committee. As volunteers, each director would serve on two committees. Many times, the Standing Committees did not have a lot to discuss or review and the meetings would last only a few minutes.

In 2010, the RCAI Board of Governors amended the by-

laws to allow the board, in the reasonable exercise of its discretion, by resolution, to combine the functions of two or more standing committees into one committee. By resolution, the board combined the Community Relations, Healthcare, E&R, and Community Monitor committees into one committee and named it Community Affairs. The Finance Committee and Maintenance Committee were not combined with any other committee.

It was a logical move. The functions of these committees separately were insuffi-

cient to occupy the time of the volunteer members. As it is, our directors, all 54 of them, have plenty of responsibilities to maintain their individual Mutual much less devote precious hours to the functions of the RCAI.

Over the years, the Standing Committees, Board of Governors, and staff have worked together to make many improvements in the Common Facilities and to keep our Rules and Regulations and other policies current. Many of the large projects and the bigger policy changes have been completed; there are fewer resolutions to review and fewer policy changes. As a result, the Standing Committee meetings have been cancelled many times this year.

At the July meeting of the

board, a resolution was passed to change the Standing Committee meetings from monthly to a revised schedule for 2016 and 2017. The Maintenance Committee, Community Affairs and Finance Committee will be meeting the second Thursday in November 2016; February 2017; May 2017; August 2017 and November 2017.

Please keep in mind, the Standing Committees are not decision makers for the RCAI. They make recommendations to the decision makers, the RCAI Board of Governors. If you would like to present a request, concern, or improvement to the RCAI, please attend a board meeting. The board meets on the third Thursday of every month and encourages your attendance.

Election Day

(Continued from page 3)

trouble getting around or simply prefer the convenience of mailing in a ballot, this method is safe and secure.

With all the attention in the media on national candidates competing in the 2016 elections, it is easy to overlook the fact that on November 8, Monroe Township will elect local School Board members. Make sure you exercise your right to vote for these important positions by first making sure that you are officially registered to vote.

Be kind

(Continued from page 4)

show your appreciation and support for our newspaper by offering comments and suggestions in Letters to the Editor. Perhaps you would like to try your own hand at writing by submitting an article for consideration.

As for me: the next person who says, "I've got a great idea for a story. You write it, and we'll split the profits," I may bash over the head with my bag of rejection slips.

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Bob's Almanac

By Bob Huber

In the late 1930s, there was a Musical on Broadway called Knickerbocker Holiday. The music was written by Kurt Weill and the lyrics and book were by Maxwell Anderson. The story was based on Washington Irving's Father Knickerbocker's Stories. The play and most of the music have all but been forgotten except for one song which became a pop standard: September Song. It's a beautiful melody, but the lyrics are troublesome.

At one point, the lyrics say, "The days grow short when you reach September," and in another place they say, "The days dwindle down to precious few." We're led to believe that the game is nearly over! Poppycock! There's still plenty of daylight in September and there are four more months to go to the end of the year. September usually provides some of the best weather we have all

year, and there's always a lot going on.

Labor Day occurs on Monday, September 5. It's traditionally the last day of the summer vacation season. Many communities hold special events. Unfortunately, for the classroom crowd, Labor Day usually means school starts the next day.

Autumn begins on September 22.

September is also Baby Safety Month, Self Improvement Month, National Ovarian Cancer Awareness Month, World Alzheimer's Month, and National Child Awareness Month. Weekly observances include National Nutrition Week, National Assisted Living Week, Pollution Prevention Week and many others.

There are all sorts of special days devoted to everything from Greenpeace Day to Elephant Appreciation Day. If you don't feel like

hugging an elephant, there are still plenty other things to do in September. There are outdoor neighborhood block parties, barbecues and other social events taking advantage of the last warm evenings of the season. And for the frugal shopper, farm markets are overflowing with produce, and many retail stores and discount outlets are holding their end of summer clearance sales.

All in all, September is a good time to get out of the house and take advantage of what the season has to offer.

There's a lot to sing about in September.

How do you spell "Relief?"

By Terre Martin

Even though our season is almost over, there are still a few rules worth mentioning as we strive to become better golfers. Recent tournaments with guests revealed discrepancies in how players determine proper relief procedures for balls that end up on the cart path or in an unplayable lie. After consulting our Nine-Holer handbook, here are the official rules for our group.

If the ball is on the cart path, on ground that is under repair, in casual water, or in an animal hole, determine the nearest point of relief that is not nearer to the hole. Take a stance at that point. Take one club length of relief from your point of stance and drop your ball within that club length. There is no penalty for this type of relief. Don't forget that you can hit from the cart path if your relief spot doesn't really give you an advantage.

If your ball is in a completely unplayable lie, take two club lengths of relief from the ball. There is a one stroke penalty for this type of relief.

Thanks to Ted Servis, our golf pro, for the PGA rule book and his information. Our own handbook made the rules much simpler for our purposes. Now we all just have to read it.

On to the fun stuff. Alyce Owens did a great job of organizing the Member/Guest tournament. It was good to see Marie Eppinger and Lucy Poulin back in the fold. They are both on the mend and hope to join the group on the course soon. President Marie Bills welcomed everyone especially Jean Ruby, Catherine Hurley, Joy Bradford, and Joan Micheline, former members, who were at the luncheon too.

Results in July and August:
Step Away Scramble:
1. Paula Richardson, Terre Martin, Muriel Calvanelli, Marie Bills. 2. Doris Herron, Marjorie Heyman, Tori Meiselbach, Denise Sikora;

Criers: A flight-1. Marjorie

(Continued on page 8)

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From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Protecting your identity

Every day the home phone rings, and more and more often the calls are from odd numbers with folks on the other end asking for personal information, and more often than not, those calls are scams.

The Monroe Township Police Department and I want to remind residents to be cautious when giving out personal information over the phone, through the mail or via the Internet.

A good rule of thumb when it comes to avoiding these scams is "if it seems too good to be true, it probably is." These scammers are predators and unfortunately they are preying more and more often on senior citizens.

The most common scam is done by e-mail or the mail, where a resident will receive notice that they won a contest, but need to send a percentage of the prize money to the organization running the contest to cover the taxes.

If you didn't enter a contest, and receive notification

that you won a contest, more than likely it's a scam. Also, you never have to send money to claim a prize. Taxes are paid after the winnings are in your possession.

Another common e-mail scam is also known as the "Nigerian Scam," where a lawyer in another country sends an e-mail stating that the resident's long-lost relative passed away in another country and in order to claim their "inheritance," the resident needs to send "the lawyer" a certain amount of money.

Again, you will never need to send money to receive a legitimate inheritance. The predators go through a lot of trouble to make these emails look official, but they aren't. I want to reiterate that we want our residents to be aware of these types of scams and protect themselves.

In addition, a common scam has the predators using auto-dialers to send robotic calls to residents telling them they are in violation and owe the IRS money and direct the resident to call a specific number. The IRS will not make phone calls before sending official mailings if

you are indeed in violation. Also, the IRS will never demand immediate payment, and will never ask for credit card or prepaid card information.

In another common scam, predators will call or e-mail residents and say they will be sent free items, but need to prove their identity by providing a credit card number. Take a minute and discuss any offer you are unsure of with someone you trust. A common tactic of these predators is to rush residents to make a decision. I would recommend reaching out to a trusted friend or family member even if you are just a little suspicious about an offer. And remember that simple rule of thumb, 'if it seems too good to be true, it probably is.'

Furthermore, another scam, known as the "Grandparent Scam," has predators contacting residents by phone or e-mail stating "your grandchild is in trouble and needs money immediately." Often times the predator pretends to be the grandchild and more often calls late at night to prey on

(Continued on page 8)

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

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(Continued from page 7)

the "emergent need," of the situation and will then say they need money immediately for things such as "bail," "auto repair" or another fake emergency. They often know the names of your relatives and will sound like they legitimately need help.

Remember to contact another family member before giving any money to anyone. Nothing is so urgent that you do not have the time to make a quick phone call to a relative or family friend to verify

the information you were given. Scammers try to use time and urgency as a tactic.

The U.S. Federal Trade Commission has compiled a list of ways residents can protect themselves, which can be read here - <https://www.consumer.ftc.gov/articles/0060-10-ways-avoid-fraud>. Visit their main site www.ftc.gov for more resources related to identity theft and scam alerts.

The US Postal Inspection Service website, www.postalinspectors.uspis.gov, is a great source for fraud, theft, scams via the mail and several alerts and prevention resources including great videos.

The FBI Internet Crime Complaint Center,

www.ic3.gov/default.aspx, is an excellent resource for common online/e-mail scams and also has a section where residents can file a complaint.

Also, visit the Township Police website, www.monroetwp.org, for the latest from your local law enforcement.

Unfortunately, these predators target senior citizens. I would like to commend Police Chief Michael J. Lloyd and all of our Township Police for keeping all of our residents safe from these types of scams. Residents with concerns about this or any police matter, can reach out to them by calling the Police non-emergency number (732) 521-0222.

Relief

(Continued from page 6)

Heyman 2.Doris Herron; B flight-1.Denise Sikora 2.Tori Meiselbach;

Member/Guest: 1.Terre Martin, Jane Williams; 2.Denise Sikora, Peggy Rosso; Closest to the Line-Marion King; Closest to the Pin- Amy Kentera;

Low Gross: A flight-1.Marjorie Heyman 2.Terre Martin; B flight-1.Denise Sikora 2.Marilyn Shanks.

For all the golfers who use the phrase "close, but no

cigar" when just missing a putt, here is a theory about how it started. It is of U.S. origin, dating from the mid-20th century. Fairground stalls used to give out cigars as prizes for carnival games. So if you came "close but didn't succeed," you didn't get the prize! Now you can all rest easy.

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

New Neighbors

By Christine Smith

Janice Mastroianni, 129C Providence Way, formerly of Chelsea, MI.

MaryAnn Lombardi and son, Michael Lombardi, 741B Nautilus Court, formerly of North Brunswick, N.J.

Ralph and John Basile, 38E Concord Lane, formerly of Hackensack, N.J.

Neil and Josephine Larsen, 91A Greenfield Lane, formerly of Old Bridge, N.J.

Robert Dodd, 80A Old Nassau Road, formerly of

Princeton, N.J.

Dong and Myung Lee, 76P Rossmoor Drive, formerly of East Brunswick, N.J.

Linda Arvay, 394N Orrington Lane, formerly of Fort Lee, N.J.

Stephen and Patricia Boyko, 619A Waverly Way, formerly of Cranbury, N.J.

Vito and Vicenta Buscetta, 48A Old Nassau Road, formerly of Old Bridge, N.J.

Thomas Mullarney, 170A Rossmoor Drive, formerly of Monroe, N.J.



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Musings and Memories

By Betty Emmons

Yard Sales

I love it when I spot a yard sale and always stop when traffic will allow or drive around the block if I have to. Now, mind you, if I never bought another thing in my lifetime, I would still have more than I need. In fact, getting rid of stuff should be the order of my day. But, be that as it may, I stop anyway just to browse.

Well, as interesting as browsing is, it is not a good idea because I always find something and I rationalize everything that has a remote possibility. For instance, imagine a yellow corduroy rocker cushion that looks brand new. I don't have a rocker, but it's only 50 cents so I buy it. There is also a mouse colored runner that should do

nicely by the door to protect the wall-to-wall carpeting. Again only 50 cents, so I buy it along with a couple of new pot holders for 50 cents each.

Now this completes my purchases and I set off for home happy as a clam. But now the moment of truth arrives. I have a cushion I can't use and a runner that probably won't fit. The pot holders are okay though, so it wasn't a total loss and it only cost me \$2 total. Not bad for a spur-of-the-moment walk in the sun and a chance to chat with others about this or that. I'm happy and I figure it was time well spent.

But now I have to get busy and think of who I can give or donate my purchases to, and this is what I call added pleasure to an already pleas-

ant afternoon. You see, for me, the joy of giving is right up there with browsing, and I can't think of a better way to be happy or to spend a few hours. Try it. I guarantee you'll like it.

Happy cat month

By Bob Huber

With all the political palaver dominating the media these days, it's no wonder that one important September event has been overlooked. This is Happy Cat Month. I decided to put the question directly to the fur ball stretched out on my lap:

Clementine, are you happy?

Is this some sort of trick question?

No, I was just asking, because this is Happy cat month.

Is there going to be a parade, or something?

Not to my knowledge. This month we're supposed to check up on the welfare of our cats.

Sounds like an admirable idea. Lead on.

What are the things that make you happy?

Well, let's see: a quiet, comfortable home to live in.

We pass the test on that one.

Plenty of cozy places to take naps. I take six a day, you know?

I noticed.

Now and then, it's nice to have a pile of warm clothes, fresh from the dryer, to dive in for a quick nap. Just make sure that it's a pile of clothes that has not already been folded. Diving into a pile of folded clothes can be very upsetting to the housekeeping staff.

I'll go along with that. Anything else on your lists?

Just a few more items: I require plenty of toys to play with.

Your toy basket over-

flows.

And a screened-in open window where I can read the morning paper.

Read the newspaper?

Yes. I have to catch up on all the news that's going on in our neighborhood: what are the squirrels, the rabbits, and birds doing, which people are coming and going?

That must keep you busy.

It's a tough job, but somebody's got to do it. It absorbs most of my day, not including naps, of course. And then there's a need for a clean litter box. Cats hate stinky toilet facilities.

We do our best to keep yours clean, and we change the litter frequently.

I'll give you a B plus on that one. And then there's the matter of food. I require three meals a day, especially prepared for cats.

Three meals a day?! Isn't that a little excessive?

Perhaps you have noticed that I am a "plus size" cat, and I'll tolerate no remarks concerning my weight.

It takes one to know one. Many cat owners tend to overfeed their pets.

Well, good for them.

I'm not quite sure that's the right attitude, but for the sake of domestic tranquility, we'll consider this interview concluded.

Veterinarians tell us that a happy cat is a healthy cat. Make sure your pet sees a Vet at least once a year. And regardless of Clementine's opinion, keep an eye on the weight.

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September 11th

Happy Grandparents Day

The *Mayflower* heads to New England

By Jean Houvener

On September 16, 1620, the *Mayflower* set sail from Plymouth, England, for the new world. Among the passengers were 35 separatists

from the English Separatist Church who sought religious freedom from the state religion of the Church of England. The passengers also included 70 non-separatists,

laborers, servants, and farmers, who were recruited by the company underwriting the expedition to ensure its financial success. This larger group was called "Strangers" by the separatists. The crew consisted of around 50 individuals.

Initially the separatists, who called themselves "Saints," had fled to Holland. There they were able to practice their religion in peace, but they found that their economic options were limited in Holland. A group under William Bradford returned to England and worked with a company of investors, known as London Adventurers, who would finance the voyage in return for a share of any profits.

Their aim was to land near the Hudson River, which was at the northern limit of the Virginia colony. The English had successfully established the settlement of Jamestown in 1607. Initially the group departed in August along with a second boat, the *Speedwell*. That boat proved to be unseaworthy and the company was forced to return to England and try again with only one boat, the *Mayflower*.

The weather was difficult by the time they set out, and they were blown off course and north of their intended location. For parts of the journey, the storms were so bad they had to pull the sails down and let the ship drift. Near the end of this difficult journey, the disparate groups created "The Mayflower Compact," which bound them into a "civil body politic." Establishing a constitutional rule of law for the good of the community, it is considered an important document to the establishment of American democracy.

After 66 days at sea on Nov. 21, they reached the coast of Massachusetts, and anchored in what became Provincetown harbor. After an almost disastrous attempt to reach their intended destination further south, they sent landing parties under the leadership of Miles Standish to locate a good place to settle. They finally landed in December and began a settlement at what became Plymouth. It was after Christmas when the colonists began building housing for themselves.

The passengers and crew remained on the ship until spring. The first winter was exceedingly difficult. Half the colonists and half the crew died of disease, including scurvy, tuberculosis, and pneumonia, during the first winter.

By the second year the colony was more successful, and Gov. William Bradford invited neighboring friendly Indians to join the colony for a harvest celebration. The colony had grown to 3,000 by

(Continued on page 11)



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Maggie's Meatballs

1 pound ground pork
½ teaspoon fresh thyme,
chopped
½ teaspoon fresh oregano,
chopped
1 teaspoon fresh basil,
chopped

1 teaspoon fresh garlic
chives, chopped
2 tablespoons Panko
breadcrumbs
salt and pepper to taste
olive oil

In a large bowl mix all of the ingredients together until well blended.

Roll into small meatballs about the size of an English walnut.

Pour enough olive oil to cover the bottom of a large cast iron skillet.

When the oil is hot, add the meatballs.

Carefully turn each meatball as it begins to brown. Cook thoroughly.

Add as many meatballs to Fettuccine Alfredo as you wish and freeze the others. Serve the pasta sauce and meatballs with a tossed salad and fresh tomatoes from your garden or the farmer's market.

Makes about 35 small meatballs.

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

Culinary corner

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P. Kulbacki, Mgr. N.J. Lic. No. 3381

One of those days ... !

By Dierdre Thomson

Have you ever had one of those days? You know, one of those days when you think that nothing else can possibly go wrong, and then it does? Last month I had an "interesting" day, a Wednesday. It actually started Tuesday night at 11:30 p.m., and at midnight I was still trying to get my CPAP machine to work. Without the machine I could not have a restful sleep. Those of us with sleep apnea wake up as many as a hundred times during the night without a CPAP machine forcing air into us so that our throat will not be blocked, causing us to stop breathing. Without the machine we wake up in the morning exhausted. I realized that I would have to try to sleep in my chair; there are fewer "wake-ups" when in a propped position.

I arose Wednesday morning feeling like a limp rag. Since I was going to Freehold for my regular blood test, I decided to stop at the medical supply place near there to see if my machine could be serviced, or if I needed to buy a new one. I parked, walked up to the store and read the notice on the door: OUT OF BUSINESS. Okay, I will try my back-up medical supply

store. Drove to it, parked, walked up to the door and tried to turn the knob. Locked! Tried the other door. Locked! Then I discovered there was black plastic at the windows. Yes, OUT OF BUSINESS. I went back home to check the Internet for medical supply stores in the Monroe area, and found that I could not access the Internet. Then I received a call on my cell phone. I could not access the call.

A couple of our Mutual directors happened by, and when they heard about my problem, they mentioned that there was a medical supply store near Antonio's. I went there. No CPAP, but I was told that Monroe Medical Equipment on Route 130 should have it. I did not, however, receive directions. I headed back to the Freehold/Englishtown area to stop at Verizon to have my phone checked, and then to my daughter, Laura's, to access the Internet for directions to the medical supply store. The phone ended up okay, and my daughter recognized the directions as being near Cranbury. Laura drove me there and I picked out a new hose and face mask and then was able to rent a CPAP machine. Ah, finally relief!

On my way home from Laura's house, a blue car cut me off at the intersection of Prospect Plains and Perrineville Roads. I managed to just barely miss rear-ending the car. I finally made it home and relaxed. Then at around 8 p.m., I decided to put everything together—the machine, the mask, and the hose. The hose did not fit the machine, and the store had closed at 6 p.m. Another night without sleep. Laura came to the rescue again when she took the machine and hose back to the store while I waited at home during an 8 a.m. – 4 p.m. window of when the inspector

would come to check my Jacuzzi. The CPAP machine issue was finally resolved.

One last thing. Going back to Wednesday; one thing happened that kept it from being a complete washout. Remember that blue car that cut me off? As it was slowly continuing on Prospect Plains Road with me following it, I suddenly noticed in my rear-view mirror a police car with flashing lights. I pulled to the side of the road and wondered – now what is going to go wrong. The police car went right by me and pulled the blue car over. Awesome! IT MADE MY DAY!

Mayflower

(Continued from page 10)

the 1640s. They did not call themselves pilgrims, but Gov. Bradford referred to them in his writings as pilgrims, first to Holland and later to America, seeking freedom for their own beliefs.

The *Mayflower* returned to England, leaving Plymouth in the new world April 21, 1621, seven months after it had left Plymouth, England. It is thought that the *Mayflower* was dismantled in 1624 and used for timber in building a barn, known as the Mayflower Barn, in Jordans Village, Buckinghamshire, England.

Mailing Addresses

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

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

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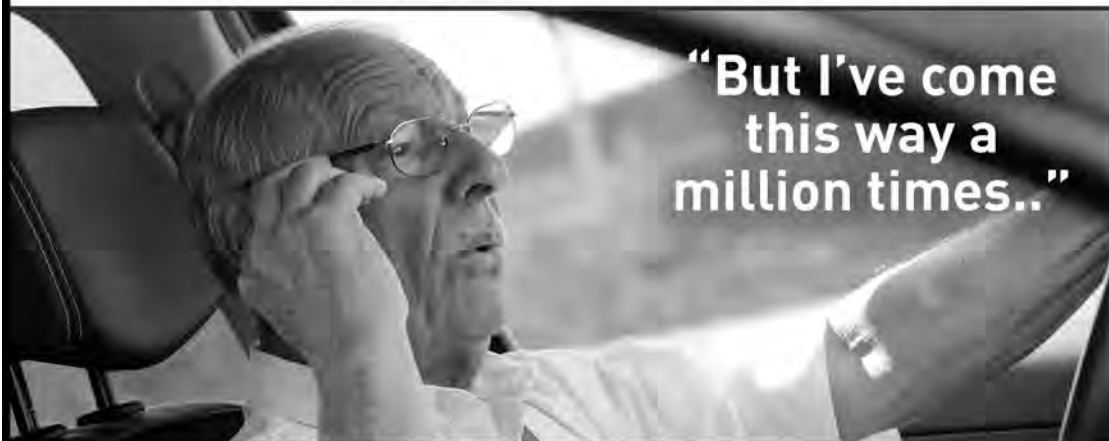
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RESEARCH STUDY Mild Alzheimer's Disease

A local research study is now underway to evaluate whether an investigational medication can slow the progression of Mild Alzheimer's Disease.



Qualified participants will receive study medication and related care at no cost, as well as possible compensation.



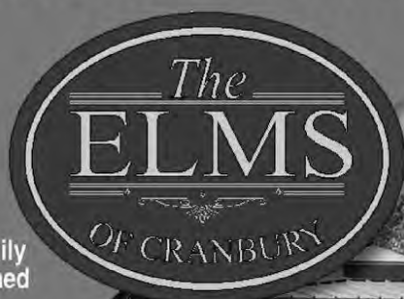
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United Nations International Day of Peace is observed

By Anne Rotholz

An International Day of Peace, sometimes known as World Peace Day, is celebrated each year on September 21. Established by the United Nations General Assembly in 1981, the day is dedicated to bringing about peace in the world by strengthening peaceful relationships at the national and international levels and thus lessening or eradicating violence and war.

The opening session of the General Assembly took place each year on the third Tuesday of September so this day was designated as World Peace Day. It was celebrated for the first time in 1982 and it continued to be observed on that day until 2001. The General Assembly then changed the date to September 21, giving it a new emphasis as a day of non-violence and cease-fire.

At the September 2015 summit of world leaders in New York, the member states unanimously adopted the following theme for 2016—*The Sustainable Development Goals: Building Blocks for Peace*. The 17 goals which they hope to reach in the next

15 years include the following: Bringing about an end to poverty, hunger, disease, social and gender inequality and corruption; protecting our planet and its diminishing natural resources with special emphasis on having an adequate supply of food and water for all.

Members believe that the above problems create a fertile ground for unrest and conflict, both of which eventually lead to uprisings and war.

Each year there is a special ceremony in The Peace Garden at the United Nations Headquarters in New York to mark World Peace Day. This year Secretary General Ban Ki-Moon will ring the Peace Bell, a gift from the people of Japan that was made from coins donated by children from countries all over the world. Before giving a talk on the theme for the year, he will ask for a world-wide ceasefire and a cessation of violence for 24 hours. He will close the session by calling for a moment of silence, to be observed worldwide.

On hand this year as honored guests will be women Nobel Peace laureates and UN Messengers of Peace.

We all have moments to remember

By Anne Rotholz

We all have very special moments that are an important part of the fabric of our lives. Many of them come from very personal life experiences. Others are gifts that we encounter on the journey, often unexpectedly. Nature is bountiful in providing such gifts—the first spring flowers, the beauty of a vibrant fall, magnificent sunsets. Sometimes nature puts on a once in-a-lifetime show that remains with us forever. Following are a few of my gift “moments” from nature.

While in Ireland a few years ago (on one of my frequent visits) I decided to take an evening walk by myself to the bog that is located beyond the hills near my sister’s house. It was a beautiful summer evening with lots of sunshine and no clouds. The natives would consider it to be a “rare” day indeed. As I walked toward the bog, I looked at the houses and fields in the village where I grew up. Everything looked familiar and very scenic.

On my return trip everything was as usual until I came to the top of the last hill overlooking the village. The sun was only moments from setting. There was a small side road to my right and I happened to glance in that direction. A blaze of brilliant

pink light such as I had never seen confronted me! Going closer to it I realized that it was coming from the heather in full bloom on the hedgerow by the roadside. I stood there in amazement for a few moments and watched its brilliance fade away as the sun set! I returned to the spot several times in the following weeks but never captured the moment again.

I had a similar experience here in Rossmoor a few years ago. On a lovely fall evening I went for a walk on Old Nassau Road starting at the stop sign which is located near my house and going in the direction of the South Gate. I looked all the way across the golf course to the large trees that are located on the other side. The evening sun was shining on the tops of some of the trees. There was a brilliant red-gold light emanating from the leaves that were in sunlight. The next evening I tried to recapture that beautiful scene but to no avail.

My next “moment” was a night sky one. Again while visiting in Ireland, this time at Christmas, I spent a few days with a very good friend who lives in Longford. As usual I decided to take a look at the night sky. I had seen the night sky many times in Ireland both

while growing up and visiting. The country is very far north and, aside from the towns and cities, it has little artificial light so night sky watching is always a treat.

I was not prepared for the magnificence that was waiting. It was a very clear, frosty night. The Milky Way, the stars and the planets seemed to have been “let loose.” Extremely bright, they were crisp and sparkling and all the time making the whole sky luminous! It felt as if you could touch them by stretching your arm just a little bit more. I stood there in awe for about 10 minutes until my friend told me to come inside before, as the Irish people put it, I got my “death of cold.”

About 15 minutes later before retiring for the night I decided to have another peek at the wonder. To my dismay the sky had returned to a normal winter night sky. It was still very bright and beautiful but the magic had gone.

Finally, on a fall Sunday morning here in Rossmoor I decided to go for a short walk. The sky to the north was very clear and was a brilliant cobalt blue in color. It was so unusual that I called two of my friends to come and take a look at the phenomenon. They were not home. Before I had a chance to contact anyone else the sky was returning to its normal blue.

There is one other moment that I would give anything to repeat but at this point in my life it is not going to happen. I would love to look down from the top of Croagh Patrick to a scene I will never forget—Clew Bay at dawn, dotted by 365 islands!

Sometimes when I am alone I reflect on my “moments.” They are a special part of my life. I hope that you, too, have captured unique “moments” that will bring you many happy memories!

In Memoriam

Retired Colonel Charles Guthrie Ray

Retired Colonel Charles Guthrie Ray, 96, died on Thursday July 21. He moved to Rossmoor in 1985. He retired from the U.S. Army in 1975 after 37 years of service. He was a combat veteran of World War II, Korean, and Vietnam Wars, and spent three tours of duty as an advisor to the Royal Thai Army. He also served as a U.S. Military Liaison to the British Staff College. He was a graduate of both the University of Montana and the U.S. Army Command and General Staff College. Colonel Ray was a recipient of the following medals: Korean Service Medal, National Defense Service and American Campaign Medal, Asiatic Pacific Campaign, Army of

Occupation, Armed Forces Reserved Medal, Republic of Korea Presidential Unit Emblem Army Commendation, three Legions of Merit, European-African Middle Eastern Campaign, combat Infantry Badge Second Award, WWII Victory Medal, Bronze Star and Purple Heart. After retiring from the Army, he served as a deputy warden for the Manning Correctional Institution in South Carolina for ten years. After moving to New Jersey, he worked for the N.J. State Parole Board as a Criminal Investigator for seven years and later worked as a tax preparer, instructor and supervisor. He is survived by his wife Patricia, sons Russell Taylor Ray and his wife Rebecca, and Mark Lee Ray and his wife Patricia; daughter Mary Ann Baker; four grandchildren David and Katie Ray, Charlie Porter and his wife Anna, and Allison Porter; brothers-in-law Michael, Daniel, and Richard Pesce and many nieces and nephews.

Joseph Harvie Monroe Township Public Information Officer

Joseph Harvie, 36, died on August 6. He worked for Monroe Township as the public information officer since 2007. He is survived by his parents, Eric and Jean Harvie; brother John; fiancée Eileen Oldfield; and many extended family members. Harvie was a recent guest speaker at a Rossmoor Club event.

Princeton Symphony Orchestra presents the Four Seasons

The Princeton Symphony Orchestra will go for baroque, when they perform The Four Seasons, highlighting Antonio Vivaldi’s masterpiece, “The Four Seasons,” at the Richard P. Marasco Center for the Performing Arts at 4 p.m. Sept. 18.

The Monroe Township Cultural Arts Commission presents the Princeton Symphony Orchestra with world-renowned violin soloist Daniel Rowland, for this special performance that will also include the “Four Seasons of Buenos Aires,” which is a Latin-American homage to Vivaldi, composed by Argentinean tango-master, Astor Piazzolla.

“Mr. Rowland will perform with equal parts vigor and grace alongside the symphony, journeying through the sounds and moods

(Continued on page 13)

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.



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SEPTEMBER 2016

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ROSSMOOR-NJ

Michelle Williams, Manager ♦ Erica Hardeo, Event Planner ♦ Sebreana Jinks, Office Assistant ♦ Sue Ortiz, Front Desk Coordinator ♦ Jessica Fletcher, E&R Foreman

WINE & DESIGN PAINTING PARTY
Thursday, September 1, 6:30pm, Gallery
Sold Out...Wait List Available

FRIDAY NIGHT DANCE PARTY
Sept. 16, 7:00pm, Ballroom, \$10pp
Music by DJ Mike D

COMCAST
Tuesday, Sept. 20, 9-11:00am, Ballroom
Comcast will be here to address your concerns

SUNDAY MOVIE LUNCHEON
"Miracles From Heaven"

Starring Jennifer Garner

Sunday, October 23
12:30PM...Ballroom...\$14pp



Menu Includes:
Asst. Sandwiches, Harvest
Salad, Tortellini Salad,
Beverage, Dessert and more...

ON SALE SEPTEMBER 13

We are carrying on the
Kiwanians' Tradition!
SPAGHETTI DINNER
Thursday, September 22
6PM Ballroom \$12pp

Menu Includes:
Garden Salad, Italian Bread,
Spaghetti, Meatballs, Beverage & Dessert

Ticket Sales in Red Room
September 1 & 2...3-5PM

Two Tickets per Manor

Cash or
Check Payable to RCAI



THINGS TO DO

ATLANTIC CITY CASINO TRIPS
Thursday, Sept. 15, \$25pp; Bally's...On Sale Now
Thursday, Oct. 13, \$25pp; Tropicana...On Sale Sept. 16

"WAITRESS" on BROADWAY
Wednesday, October 5, Departs Poolside 10am
Wait List Available...Sold Out

POINT PLEASANT BOARDWALK & SHRIMP BOX
Monday, September 12, Departs Poolside 11am, \$50pp
Sold Out...Wait List Available

FREEDOM TRAIL TO BOSTON
October 17-20...Final Payment Due September 1

New York City Holiday Lights Tour
Wednesday, December 7
Departs Poolside 1:30PM

\$70pp includes:
4-hour Guided City Lights Night Tour,
Buffet Luncheon at Casa Di Napoli,
Transportation & Gratuities

ON SALE SEPTEMBER 1



INTREPID
Sea, Air & Space Museum

Tuesday, October 25
Bus Departs Poolside 9am
\$50pp includes museum admission,
bus & driver gratuities

ON SALE SEPTEMBER 1

ARE YOU INTERESTED?
RADIO CITY CHRISTMAS SHOW
Thursday, November 17
Bus Departs Poolside 10am
\$90pp includes orchestra seat, bus & gratuities
Lunch On Your Own
Call Clubhouse if Interested

PLACES TO GO

New Year's at Noon Celebration
Friday, December 30
11:30am-2:00pm, Ballroom

Elegant Brunch Buffet

Orange French Toast
Assorted Quiche
Home Fried Potatoes
Grilled Salmon Valencia
Chicken Francaise Tenders
Pasta Salad
Tossed Salad with Assorted Dressings
Bakery Basket with Mimi Danish & Banana Nut Bread
Assorted Miniature Italian Pastries & Sliced Fruit
Coffee & Assorted Teas
Champagne Toast

Entertainment by Maggie Worsdale

\$35pp
On Sale September 20

New Year's Eve with DJ Mel
Saturday, December 31
7:30pm-12:30am, Ballroom

Elegant Dinner Buffet

International Cheese Board with Fresh Fruit
Field of Greens Tossed Salad with Assorted Dressings
Salmon with a Citrus Glaze
Chicken Francaise
Eggplant Rollatini
Carved Center Cut Herb Crusted Pork Loin w/ Gravy
Red Potatoes with Fresh Dill
Vegetable Medley
Apple Pie A la Mode or Carrot Cake
Coffee, Assorted Teas & Soda
Champagne Toast

\$65pp
Bring Your Own Beer or Wine ONLY
On Sale September 20

SPORTS FUN



BOCCE

Bocce Breakfast Details Below

CROQUET

New Players Welcome
Call Betty Anne Clayton for Info

PICKLEBALL

October 8...Pickleball Tournament...8:30am

HIKING

September 10...Tree Walk in Rossmoor
September 24...Spring Lake Boardwalk
Meets Poolside 9:30am
New Hikers Welcome

SHUFFLEBOARD

September 15...Mayor's Cup Tournament

TABLE TENNIS

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

TENNIS

Courts available 8am until dusk.

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

CHAIR YOGA

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

FITNESS CENTER ORIENTATION

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

HEALTHY BONES

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

OPEN EXERCISE DVD

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

YOGA

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

ZUMBA GOLD

Monday, 6:30pm, Hawthorn Room.
Class conducted by a certified Zumba instructor.
New Session Begins September 12...Pay instructor directly

CHAIR YOGA FREE DEMO

Tuesday, Sept. 6
10am Gallery

Six week class
will begin on Sept. 13
\$48 (Pay Instructor Directly)
Call Clubhouse for Details

LET'S GET MOVING



CULTURE & EDUCATION

ARMCHAIR TRAVEL DVD PROGRAM

4th Tuesday, 1:00pm, Ballroom

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom
"American Genius-The Space Race"

BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Maple Room
Short Stories by Raymond Carver

CULTURAL PROGRAM SERIES ON DVD

1st Tuesday, 1:00pm, Ballroom
"Movie Songs"

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

GREEK AMERICANS

1st Tuesday, 1:00pm, Maple

POLISH AMERICANS

1st Friday, 1:00pm, Maple Room

SCIENCE & NATURE DVD PROGRAM

3rd Tuesday, 1:00pm, Ballroom

WRITERS GROUP

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

Due to Popular Demand
¿Estás Intersado?
Latino/Hispanic Group Meeting
Wednesday, Sept. 28...6PM Maple Room

Let's get together & learn about each other's cultures.
Juntemonos para conocer nuestras culturas!

Call the Clubhouse if Interested

"ALL IN STITCHES" Knit & Crochet Group

Thursdays, 1pm, Maple Room

ART CLASS/WORKSHOP

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

CERAMICS STUDIO

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

GALLERY EXHIBITS

The months of September & October will feature a one person show. Be sure to stop in and browse the beautiful artwork of Rossmoor resident Jean Dunham.

POTTERY

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

RUG HOOKING GROUP

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

OPEN WOOD CARVING WORKSHOP

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

WOODSHOP

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

Contact the Clubhouse office at
609-655-3232 if you would like
more information

THE ART WORLD



THIS & THAT

BOCCE BREAKFAST

Tuesday, October 4
10am Ballroom \$16pp

Menu Includes:
Scrambled Eggs w/ Cheese, Bacon, Sausage,
Blueberry Stuffed Pancakes, Breakfast Potatoes,
Assorted Bagels, Danish & more...

ON SALE SEPTEMBER 15

SPORTS AWARDS DINNER

Pickleball & Shuffleboard

Wednesday, November 2
5:30pm Ballroom \$18pp

Menu Includes:
Stuffed Shells, Chicken Francaise, Bourbon
Meatballs, Rice Pilaf, Italian Tossed Salad,
Dessert & more...

ON SALE SEPTEMBER 15

CARDS & GAMES



BANANAGRAMS

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

BRIDGE

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

CANASTA MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata. Info in Rossmoor phone book

MEN'S POKER

Contact Joe Conti. Info in Rossmoor phone book

NINTENDO Wii

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

PINOCHLE

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

POKER

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

POOL ROOM

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

“THE MARTIAN”



Tuesday, Sept. 13
1&7PM Ballroom

Sunday, Sept. 18
1:30PM Ballroom

Rated PG-13

135 Minutes

No Charge

Movie Subject to Change

MYSTERY MOVIE
DONUTS & COFFEE

Thursday, September 29



1PM Ballroom
\$2pp at Door
All Welcome

MOVIE CORNER



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Be filled with wonder,
be touched by peace



PICTURE

PERFECT



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<div>E & R Events Marked with ⌘ Require Tickets or Prior Registration</div>	<div>Tickets on Sale today!</div> <div>TICKET</div>			2:00pm Mutual 16-VC 6:30pm ⌘ Painting Party-GL <div>TICKET</div>	1:00pm Mystery Movie-BR <div>TICKET</div>	
4	LABOR DAY 5	6	7	8	9	10
	<div>RCAI OFFICES CLOSED</div> <div>Labor Day</div> <div></div>	10:00am Chair Yoga Free Demo-GL 1:00pm Cultural Program-BR "Movie Songs Live"			2:00pm Mutual 17-VC	3:00pm Italian American Picnic-BR
PATRIOT DAY 11	12	13	14	15	16	17
<div></div>	Golf Outing 10:00am Mutual 3-GL 11:00am ⌘ Trip-Pt. Pleasant 1:00pm Health Care Lecture- MP	1:00pm & 7:00pm Free Movie- "The Martian" Rated PG-13 135 Mins 6:30pm Mutual 11-VC <div>TICKET</div>	9:00am Mutual 1-MP 1:30pm Aviation-GL	9:00am Board of Governors-VC 9:00am ⌘ Trip-Atlantic City 9:00am Shuffleboard Mayor's Cup-CT <div>TICKET</div>	7:00pm ⌘ Dance Party with DJ Mike-BR	5:00pm Emerald Society Picnic-BR
18	19	20	21	AUTUMN BEGINS 22	23	24
1:30pm Free Movie- "The Martian" Rated PG-13 135 Mins	10:00am Mutual 5-BR	9:00am-11:00am Comcast-BR 1:00pm Science & Nature-BR <div>TICKET</div>	8:00am Flu Shots-BR	6:00pm ⌘ Annual Spaghetti Dinner-BR <div></div>	6:30pm Bingo-BR <div></div>	
25	26	27	28	29	30	
	Golf Outing 9:30am Mutual 4b-GL 7:00pm Mutual 4-MHP	1:00pm Armchair Travel-BR	6:00pm Latino/Hispanic Group -MP	9:30am-2:00pm Voter Registration- CFT 1:00pm Mystery Movie w/ Donuts & Coffee-BR		<div></div>

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

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

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

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

Clubs and Organizations

Yes, there will be a spaghetti dinner – Thursday, September 22

By Alyce Owens

For many of us, the popular Kiwanis Spaghetti Dinner, held each spring and fall for the past 19 years, was one of THE social events of the season. But some wondered if it really would happen this year, in view of the termination of the Kiwanis Club.

We're happy to announce that due to the great popularity of the spaghetti dinner enjoyed over the years by so many folks, the E&R Department will continue this happy tradition and host the event in the future.

Therefore, on Thursday,

September 22, at 6 p.m., the Ballroom will once again be the setting for a fun evening and delicious spaghetti dinner, prepared and served by Top Hat Caterers, the very same caterer used by Kiwanis since the dinner's inception in 1997. And, of course, the menu will be the same as well: sumptuous spaghetti, melt-in-your-mouth meatballs, mixed green salad and irresistible Italian bread and butter. For those who have room, coffee or tea and yummy dessert will be available as well.

As always, tables of 10 (or

smaller groups) can be reserved in advance but be sure to provide the names to be at your table when you make your reservation.

Just check the insert in this issue of the Rossmoor News for all the details on how you can purchase Spaghetti Dinner tickets through E&R.

Open to all residents, the ticket price remains only \$15 each. As in the past, this will be a BYOB affair and seating will be assigned. This event usually is a sellout so be sure to make your reservations early for a great evening with your friends.

Women's Guild Bazaar - Set aside items to donate

By Diane England

It's the annual event that makes it possible for the Women's Guild to provide scholarships to some of the college-bound seniors graduating from Monroe Township High School. It's a massive undertaking that requires the support of the entire community. Indeed, if you've ever attended this bazaar, which always takes place the first Saturday of November, you know it seems items for sale have spilled into almost every room of the Clubhouse's lower level.

Of course, we love the people who have put on their comfy shoes and arrived to shop until they drop. We can't make money without buyers, and so we're asking you to put Saturday, November 5 from 9 a.m. to 2 p.m. on your calendar now. Please, call up younger friends and family members still in that accumulation phase of life and invite them to attend. Some might be so happy you did — like the recent college graduate who attended last year and was so thrilled she could actually

afford artwork for her new apartment.

We love the people who clean out their closets, storage areas, and garages to provide us with merchandise to sell. Some people are skilled at crafts and are generous enough to donate things they've made. If you can help in this way, put the dates of November 3 and 4 on your calendar since these are the dates we'll be collecting donated merchandise in the Hawthorne Room of the Clubhouse. (Watch for exact collection hours in next month's Rossmoor News.)

We love our volunteers who fulfill myriad roles throughout these three days. We couldn't hold the event without people to take in the goods, set up the various sales rooms, sell the merchandise, provide and serve food for our Ballroom food court, and break down the event afterward.

There is another date, time, and place we hope you'll put on your calendar as well. That is Thursday, September 22 at 11 a.m. in the Dogwood Room. That's

when Bazaar Chairperson Paulette Mascia will be reviewing staffing needs and asking people to sign up for these various positions.

Now, let's talk just a little more about the items you'll be gathering up to donate. We accept a whole array of household items such as dishes, glassware, knickknacks, pictures, cookware, Christmas decorations, linens, and things. We are also thrilled to receive both new and used clothing and shoes for any season. Our eyes light up when we see jewelry, sporting equipment, smaller antique items, and higher-end collectables. You'll likely discover some of the latter set out as part of our silent auction taking place in the Red Room.

By the way, you don't have to worry about the items we don't sell ending up in the landfill. We donate these things to charities which may sell them in their own thrift stores or provide them to clientele. We can't make money for those scholarships if we can't sell anything, so please keep this in mind as you do your sorting. Needless to say, we all have some things where their days of useful service are behind them. Please dispose of them elsewhere, not in the Hawthorne Room.

Okay, then. You have all these dates marked in your calendar? Great, and thanks for whatever you've chosen to do to make this year's Bazaar a resounding success.

Four Seasons

(Continued from page 12)

Vivaldi vividly depicted in his landmark composition," Cultural Arts Commission Chairwoman Maria Naumik said.

Tickets for the performance are: General Admission - \$28, Patrons - \$25, and students are free. Tickets

can be purchased online by visiting the Cultural Arts Commission's website www.monroetownshipculturalarts.com or by calling 1-877-77CLICK, or at the Municipal Building — weekdays from 8:30 a.m. to 4:30 p.m. Tickets will also be available one hour prior to the show

Dinner dance

(Continued from page 1)

All entrées served with peas with mushrooms, artichokes, asparagus tips, herb roasted red bliss potatoes

Fourth Course: Dessert (choose one)

1. Home-made peach cobbler with vanilla ice cream OR
2. Sugar-free apple pie with sugar-free ice cream

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Join the Women's Guild for great programs, events, and fellowship

By Diane England

It's nearly time to put away bathing suits, shorts, and sandals as yet another summer is about to fade into memory. But fortunately, this also means the Women's Guild is set to kick off another year (September through May) of programs designed to entertain and enlighten you — and we provide opportunities to socialize with old and new members over tasty refreshments, too. Our normal meeting place and time is the third Thursday of the month at 1:30 p.m. in the Ballroom, but sometimes we hold a special event instead.

This year's inaugural program will take place on Thursday, September 15 at 1:30 in the Ballroom. It's a

first for us — a literary fashion show. Yes, some of your friends and neighbors will represent classic books since great stories and great writing never go out of style. But you'll also discover a story behind the story you likely never knew. So, plan to join us for this event. And remember, our annual dues remain a very affordable \$10.

In October, you'll meet resident Walter Marz who has spent years photographing wildlife and nature. So mark October 20 at 1:30 in the Ballroom on your calendar now, too.

November is a very special month for us since instead of having our regular meeting, we are consumed with our annual bazaar which essentially fills the lower level of

the Clubhouse on the first Saturday, November 5, from 9 a.m. to 2 p.m., Remember to invite younger friends and family members still in the accumulation phase of life who might love some of our great bargains.

What about December? You'll want to kick off the holiday season by joining us for our holiday luncheon, which will be held at noon in the Ballroom on Monday, December 5. It will be a lovely hot buffet, and the cost is only \$14, so plan to buy a ticket for you and a friend or family member when they become available for purchase at our October meeting.

Lana Ottinger, our vice president and program director, has done a great job of planning a terrific year for

you. But don't take my word for it. Come to the September meeting, and you'll receive the full year calendar of events. Please bring along a friend or neighbor who might be disinclined to try anything new alone. After all, while the Women's Guild has a friendly and welcoming crowd, it can still be intimidating to walk into a large meeting for the first time alone. Therefore, go ahead and invite that person you've been meaning to call for months now.

Until we meet on September 15, have fun packing away those bathing suits, shorts, and sandals.

Italian American Club

By Tony Cardello

The trip to the Renault Winery proved to be a lot of fun. The informative tour was followed by a sampling of five diverse wines and a wine-glass souvenir, in addition to a family style lunch.

Also included in the day was a trip to the historic town of Smithville with its 40 unique shops, its cobblestone paths, and its beautiful manicured grounds.

Entertainment for the September 21 membership meeting will be the doo wop duo *Remember When*.

Upcoming events will be the picnic in the Ballroom on September 10 from 3 to 8 p.m. catered by City Streets, and the Columbus Day party on October 8 from 5:30 to 9:30 p.m.

The November 16 membership meeting will feature a Karaoke night with popular DJ Gary Morton.

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Emerald Society's Activities

By Joan Avery

President Dan Jolly announced that everyone who was on the day excursion to Doolan's for dinner and entertainment on August 23 enjoyed the trip. The date for the Annual Emerald Society Picnic in the Ballroom and Terrace is now September 17 from 5 to 8 p.m. There will be hamburgers, hot dogs, sausage and peppers, salads, and much more. If you have not signed up, call Dan Jolly.

The Niagara Falls trip is in the beginning of September. Everyone who had signed up for this exciting trip will always have fond memories of their time at Niagara Falls.

Please mark your calendars for the Christmas Show in Lancaster, Pa., for December 6. Dinner will be at the Good and Plenty Restaurant. In addition, the Emerald Society Christmas party will take place on December 10. Sign-up sheets for all these events will be on the table at the next meeting.

See you at the September 28 meeting.



Duo to perform at the Meeting House

By Gene Horan

On Friday, September 16, Ismar Sergio Gomes, cellist, and Wan-Chi Su, pianist, will perform here. The two artists, who met at graduate school at the Peabody Conservatory, perform compositions that span the gamut of available repertoire from Beethoven and Schubert to Poulenc and Schnittke.

This program will include Variations Concertantes, Opus 17, by Felix Mendelssohn; Fantasiestücke, Opus 73, by Robert Schumann; Sonata for Piano and Cello in G Minor, Opus 5, No. 2, by

Ludwig Van Beethoven; and Sonata in G Minor, Opus 65, by Frederic Chopin.

Gomes, who performs on a Grand Freres cello made in Paris in 1852, is an accomplished orchestral and chamber musician. He performs with the Lancaster Symphony, the Annapolis Symphony, the Towson New Music Ensemble and the Black Pearl Chamber Orchestra. He has performed at concerts throughout the United States and Europe. Gomes has commissioned and premiered many works by emerging composers and is

the dedicatee of a solo sonata by Pulitzer Prize-nominated composer P. Kellach Waddle.

Wan-Chi Su, pianist, has enjoyed an active career as a soloist and chamber musician, having performed to great acclaim at multiple venues in Asia, Europe and the United States. She has participated in many international music festivals, and in 2013 was the recipient of the Grace Clagett Ranney Prize in Chamber Music at the Peabody Conservatory, where she is currently a doctoral student.

Wan-Chi is a dynamic and sought-after performer in the Baltimore area, as both chamber musician and vocal accompanist.

The concert will be held in the Meeting House at 7:30 p.m. on Friday, Sept. 16. Tickets for non-subscribers are available at the door for \$15.

The Music Association cordially invites residents of other communities to attend. (Enter Rossmoor at the Main Gate on Forsgate Drive and ask for directions to the Meeting House for the concert.)

For further information or directions call Faith Knabe at (609) 395-7853.

Faith Knabe named president of the Music Association

By Gene Horan

For 45 years, the Rossmoor Music Association (RMA) has been bringing top-class musicians to play great classical and semi-classical music at Rossmoor. Recent concerts have featured the exceptionally gifted virtuoso pianist Steven Lin and the young jazz prodigy Geoff Gallante.

At the July meeting of the RMA Board, Lucy Poulin announced that she was retiring as president but would remain an active member. The members expressed their great appreciation for Lucy's 10 years of outstanding service. Faith Knabe, who had been serving as vice president, was named the new president.

Faith Knabe moved to Rossmoor in 2006 from East Brunswick. She has sung with Princeton Pro Musica, joined Philomusica Concert Choir in 1997, and is entering her seventh year as president of the Choir. It was at her audition in 1997 that she discovered that she was really a high soprano, and started taking voice lessons to learn how to sing properly in the stratosphere.

Born and raised in Springfield, Mass., Faith graduated from the Springfield Academy of Music with a Certificate in Piano in the same year that she graduated from



Faith Knabe, Music Association president.

Classical High School. She went on to earn a B.A. in Biology at Clark University, Worcester, MA; a M.A. in Microbiology at Smith College, Northampton, MA; and some years later, a M.P.H. in Public Health with a dual track in epidemiology and biostatistics from Columbia University's Mailman School of Public Health.

Faith participated in choirs as an accompanist and singer (alto) throughout her college and graduate school years. At Clark, Faith was part of a folk singing quartet, and regularly traveled into Boston for folk song festivals and performances.

Faith worked in Johnson & Johnson Research as a research microbiologist for 11 years in the area of wound and burn care, then joined the New Jersey Department of Health as a re-

(Continued on page 19)



Wan-Chi Su and Ismar Sergio Gomes

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609.448.7036**Players pastimes****Larry Archenbault & the Mayflower Quartet***By Sue Archambault*

If you attended the Players' *This 'n That* variety show at the end of July, you were there when the entire cast performed the first performance of the song "It's News to Us." The audience was treated to a preview of the original musical comedy, which will be performed by the Players on October 20, 21, and 22. The play, *It's News to Us*, has been written by our own very talented Bob

Rossmoor Republican Club*By Ron Haas*

Meeting on October 18, at 7:30 p.m. to 9:30 p.m. in the Gallery. Speaker: Lucille Panos, Middlesex County Republican Chair.

Candidates for Middlesex County Republicans are Peter "Pete" Pizar – Sheriff; Joseph "Joe" Scillieri – Freeholder; Kathleen "Katie" Calabrese – Freeholder; Zhiva "Jimmy" Hu – Freeholder; Martin Herrmann – Ward 2 Monroe Council seat.

Guests will also include Senator Samuel Thompson, PhD. – District 12 Monmouth and Middlesex; the Panos newly elected MCRO team and appointed co-chairs are Sylvia Engel – vice chair; Tonia Kulberda – secretary; Rod Kulp – treasurer; Ron Haas – Region 1 co-chair; Jeff Pino – Region 2 co-chair; John Anagnostis – Region 3 co-chair; and Sue Tisiker – Region 4 co-chair.

For questions, please call Ron Haas, president of Rossmoor Republican Club at 609-235-9026.

Refreshments will be served.

Huber and Bill Strecker, the author and composer, respectively. You may remember they were lauded for their first effort at writing a musical comedy together in last year's performances of *Between Engagements*. Joe Conti, a very experienced performer, director, and emcee, will serve as the director of the play.

Open auditions for the play will take place in the Meeting House on Tuesday, September 6, at 7 p.m.; Wednesday, September 7, at 2 p.m.; and Monday, September 12, at 7 p.m. Rehearsals have been scheduled for September 20, 22, 27, 28, 29, and 30.

In October, rehearsals are planned for October 5, 6, 12, 13, and 14. Mandatory rehearsals for the entire cast will be on October 18 and 19. All rehearsals will start at 7 p.m. If you come out for open auditions, please inform our director if you have plans that will interfere with the rehearsal schedule.

On Monday, September 26, the Players will offer an entertaining and interactive evening for our monthly meeting. Our own Norman Perkus will host this event. Norman is knowledgeable in American playwrights and plays. The subject of the eve-



ning will be the ever-popular *Death of a Salesman*, which was the recipient of the 1949 Pulitzer Prize for Drama and Tony Award for Best Play. The play has been revived over and over again, as both a play and a movie. Famous actors portraying Willy Loman, the main character, have included George C. Scott, Frederick March, and Dustin Hoffman. The presentation will begin when Norman will give the audience background information about the playwright Arthur Miller. He will also address the reason why this play has remained so popular through the decades. Audience members will then have the opportunity to take a role and read from the last scene of the play. Refreshments will be served at this meeting scheduled for 7 p.m. in the Gallery. All guests are welcome to attend.

The Players and guests were treated to a presentation by the artistic director of the George Street Playhouse a few months ago. We are happy to inform you that it is possible to be picked up, taken to the theater, and brought back to Rossmoor on Thursdays at 1:30 p.m. for a matinee performance, and Wednesdays at 8 p.m. for an evening performance. The schedule of performances, composed of drama, comedy, and musical comedies, includes *My Son the Waiter*, *Mama's Boy*, *American Son*, *Daddy Longlegs*, and *Bad Jews*. If you are interested in this program, contact Jaci D'Ulisse at 732-846-2895, extension 134.

New Jersey Club news*By Eileen Parker*

The first meeting of the New Jersey Club for fall 2016 will be on Friday, September 30, at 1:30 p.m. in the Ballroom.

We will begin our "year" with a program presented by Al Parker titled "Rossmoor – the Good Old Days!" And when we say "Old Days," we are talking about Rossmoor about 200 million years ago! Can you imagine the wild life walking on your front lawn – maybe even a dinosaur or two? With the "tectonic plates" moving over the earth's surface then, what country do you think might have been "down the block" from Jamesburg? And would there have been any problems driving north toward the area of today's New York City? Get a new perspective about what was "just down the street from Rossmoor" only a few years back!

The New Jersey Club will also be going on a very special bus trip on Tuesday, October 18, a beautiful time to enjoy the fall foliage. Our destination will be the historic

Liberty Hall Museum, located on the Kean University Campus in Union, N.J., just north of Rossmoor. Visitor opinion for the mansion rated it as "excellent." There is so much history in this beautiful home, and most of the furnishings and art are original to this 1772 house.

Our May, 2016, Jersey Club program gave us a brief look at Liberty Hall. We learned that it had been built by New Jersey's very first governor, Robert Livingston, and has hosted many special people such as George and Martha Washington as well as Alexander Hamilton, and now even The New Jersey Club of Rossmoor.

A very special repast of sandwiches, scones, pastries and more will be served in the Carriage House, while overlooking the English Gardens of the mansion.

The price for the trip is \$75 per person. Call Ruth Klein at (609) 655-8755 to ask for more details, or to join the trip. Come and have a most enjoyable experience with the New Jersey Club.

Rossmoor Rental Library

By Irene Poulin

Order to Kill by Vince Flynn
CIA operative Mitch Rapp is traveling from one continent to another chasing false leads in an attempt to keep Pakistani nukes from falling in the hands of terrorists and Russian leaders.

The Whistler by John Grisham
Bestselling author John Grisham delivers another page-turning legal thriller that will keep readers guessing until the final page.

Winter Storms by Elin Hilderbrand
The Quinn family gathers for one last holiday season at Nantucket's Winter Street Inn. Spirits seem high, but soon a blizzard attacks the Eastern seaboard and the bonds of family are tested. But through it all the Quinns still know there's no place like home for the holidays.

Nightwatch by Iris Johansen
Kendra Michaels was born

blind, but thanks to new technology, has been given the gift of sight. Her heightened senses, along with her new vision, have made her a top-notch investigator. Her latest assignment has brought her old doctor to her door but it's more than just a friendly check-up.

Woman of God by James Patterson
The streets of St. Peter's Square in Rome are crowded with the faces of those waiting on the white signals representing the selection of the new Pope. Not all the faces are friendly ones – because it's very possible that the new Pope may be a woman.

Revenge in a Cold River by Anne Perry
Commander William Monk has no recollection of his life before his tragic accident years ago. So when a man from his past that he doesn't remember attempts to frame him for a series of murders, he must rely on his wife and

a close friend to help clear his name.

Small Great Things by Jodi Picoult
When a white supremacist couple enters the hospital to have a baby, they immediately request to have their nurse, Ruth, who is black, reassigned. When the baby goes into cardiac distress while Ruth is on duty, she hesitates before performing CPR, causing a tragedy that puts her on trial.

Escape Clause by John Sanford
Virgil has a host of problems, both on and off the homefront. When his girlfriend's sister moves in for the summer, she has her eye on Virgil and things are getting messy. Meanwhile, two Siberian tigers have gone missing from the Minnesota Zoo.

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

Twenty important keyboard shortcuts for Microsoft

By Alec Aylat

Barbara Thompson, former resident and webmaster, and drawer of perennial crowds to her Computer Club lectures, has worked up a fascinating demo comparing keyboard shortcuts established for Windows 7 and Windows 10, which she will present at the monthly Computer Club

meeting in the Gallery at 10 a.m. on Monday, Sept. 19.
Keyboard shortcuts are combinations of two or more keys that can be used to perform a task that would typically require a mouse or other pointing device. They can make it easier to work with your PC, saving time and effort as you work with

Windows and other apps.
Barbara will also explain how to effectively read the taskbar icons, and will accompany her remarks with handout charts. All residents are invited to join her for coffee and cake at 9:30.
NEW COURSE: a marvel of communication and information is not only the Internet but is also the instructor of the new, free, three-week Internet course starting in the Club's lab on Monday, Sept. 12, at 2 p.m.
Instructor Art Segal can be reached evenings at 409-0540 for questions about the course, which is restricted to 10 paid-up Club members. Course times are 2 to 4 p.m. on Sept. 12, 14, 19, 21, 26 and 28. A sign-up registration sheet, on the bulletin board outside the lab, includes space for Standbys.
The Club's September website has the latest news of interest to members and non-members. Open it at www.rossmoor.org.

Water: Save it or lose it topic at LWV

By Ruth Banks

The challenges of maintaining our water infrastructure systems will be the topic of the September 26 meeting of the League of Women Voters of Monroe Township. The program is being held at the Municipal Building at 1 p.m. and is free and open to the public.
The guest speaker will be Dr. Daniel J. Van Abs, currently the associate professor of Practice for Water, Society and Environment at Rutgers University, School of Environmental and Biological Sciences, where he focuses on planning and management policy for water infrastructure, water supply, wastewater and watershed protection.
He brings to the discussion over 20 years of experience in the field. Previously, he was Senior Director for Planning and Science with the Highlands Water Protection and Planning Council (N.J.), where he managed staff efforts regarding implementation of the Highlands Regional Master Plan. He also has served as Director of Watershed Protection, N.J. Water Supply Authority for over eight years; with the N.J. Department of Environmental Protection for 12 years, six as manager for statewide water resources planning; and as Technical Director of the Passaic River Coalition for four years.

He holds a Ph.D. in Environmental Science from SUNY-College of Environmental Science and Forestry. He is a licensed Professional Planner in New Jersey, a member of the American Institute of Certified Planners, and former Chair of the New Jersey Clean Water Council. Van Abs is co-editor with Karen O'Neill of a new Rutgers University Press book (June 2016) "Taking Chances: The Coast After Sandy."
On October 24, a program in memory of Dr. Deborah Wolfe will be presented at the Township Library at 1 p.m. in cooperation with the library, the board of education, the Human Relations Commission, the League and a number of other civic groups. The speaker then will be the president and CEO of the N.J. Institute for Social Justice, Ryan P. Haygood.
The League of Women Voters is a nonpartisan political organization which neither supports nor opposes candidates for elective offices. It is open to anyone over the age of 16, and is a national, state, and local organization. For more information on the League and its programs, please contact any of the following: Judy Perkus at 609-395-1552; Andrea Pellezzli at 609-664-2146; Francine Glass at 609-860-7890; Marsha Rosenbaum, voters service director, at 609-409-0930.

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SPORTS



The court and clubhouse

Summer days - shared fun - croquet play and parties

By M. Vail

Due to the weather forecasts of rain and excessive heat, the Golf Croquet Tournament for late July was postponed. A new date will be scheduled in September. Secretary Ellen Frankel will notify members by email and post a copy on the court bulletin board. Information will be posted on Channel 26.

Kooky Kroquet and the BBQ scheduled for August 13 was a robust gathering on the court set up for the occasion by Ken Northrop. Gail McCarthy prepared the Dogwood Room and the patio for the festivities following play. Chefs Carolyn Meyer and Ken grilled summertime meat treats. It is always a fun occasion with everyone cheering on each other and enjoying the camaraderie of fellow members. Awards were presented for the least number of strokes earned to complete the game of Kooky Kroquet.

Our Croquet Club (RCC) hosted the members of the Green Gables Croquet Club (GGCC) from Sea Girt, N.J., on Thursday, August 18, arranged by Joy Bradford. The GGCC was invited for a play day of croquet. The Rossmoor teams played against the Green Gables teams. The team players were mixed and matched by their handicaps and played up to three games each. At the culmination of morning play everyone enjoyed a fine luncheon and beverages provided by the RCC. Play continued after luncheon on the court. It was a great day of strategy and fun, good sportsmanship, solid play, good times, and lasting memories. Last year the RCC traveled to GGCC for croquet fun in the sun along the New Jersey Coast. The Rossmoor Croquet Club looks forward to traveling to the Green Gables Croquet Club again next season. The court and clubhouse photo is by Ellen Frankel.

Golf croquet is played Sunday, Tuesday, and Friday late afternoon. Light hors d'oeuvres and other refreshments are served in the Clubhouse on Friday after play. Please check the Court bulletin board or Channel 26 for the scheduled times of

play. Residents are invited to join in and try out the game during the scheduled times of play. Whites are not required for tryouts. Please wear flat, soft sole footwear to protect the court's grassy surface. Equipment is available for play.

Membership Chair Betty Anne Clayton has posted a membership notice on the E&R bulletin board and the

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

The basic rules for playing croquet are listed on the court signboard.



Golf Course Highlights

By Ted Servis, golf pro

What's going on at the Golf Course? The Golf Course is in fantastic condition thanks to Tom Tucci and his staff.

We just concluded our Club championship. In the championship flight the winner was Mark Pellicane. In the "A" flight Dennis Pipala won, in the "B" Flight John Forker won, the "C" flight winner was Doug Martin and in the "D" flight winner was Don Marve. Congratulations

to all of the players.

The date for the ladies' free golf clinic is September 21 from 9 to 10 a.m.

If there is anything we can help you with, or any questions we can answer, please give us a call at 655-3182. Thank you, and enjoy the remainder of the summer.

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

Ladies' 18-hole league's mid-summer tournaments

By Arlene McBride

On July 12 and 19, the second major of the season, the Net Championship, was held. There was great weather for both weeks. Flight "A" – first place, Maria Hogan; second place, Pat Mueller. Flight "B" – first place, Carol Faraci; second place, Arlene McBride. Flight "C" – first place, Sue Petersen; second place, Pat Crowley. The weather was hot out there for both weeks of this tournament, but the girls hung in there and played their best. Congratulations to all.

On July 26, the course was closed for cleanup after a nasty storm the night before.

On Aug. 2, the 9-hole league invited a few of our

members to play in their Member/Guest Tournament. It was a lovely cool day to play a round of golf. The Gallery was beautifully decorated for a bright summer day. Thanks from our league to yours for making it such a delightful day of golf, delicious food, and for the most original entertainment.

Results of the third major of the season, the club championship, will be posted in the next issue.

We are fast approaching autumn, which is a nice time of the year, showing the different colors of leaves on the trees all over the golf course.

Until next time, keep golfing and keep cool.



Religious Organizations

Living well at Rossmoor

By Dierdre Thomson

In the wake of all that is going on in the world, Pastor Dierdre Thomson of Rossmoor Community Church and Pastor Kahlil Carmichael offer a solution — love and joyful worship. Our Community Church is offering a joy filled worship experience every fourth Sunday of the month at 1 p.m. at the Meeting House. With prayerfully offered songs of hope and joy to lift the spirits of all who attend, Pastor Carmichael also promises to preach a powerful and inspirational message to stir our souls, help us embrace the good news, and live well today!

Many of us already know Pastor Carmichael through the Physical/Spiritual Exercise Group led by him and Pastor Thomson. He resides in Monroe Township with his lovely wife, Yvette, and their three children. He received his Masters in Pastoral Care and Counseling from New York Theological Seminary, and is a few credits from finishing his Masters of Divinity. Having completed four units of Clinical Pastoral Education and serving as a chaplain for Hoboken University Medical Center, Carmichael has also begun a very beneficial exercise program for people afflicted with dementia at JFK Whispering Knolls in Edison, N.J. He was recently recognized by the



Pastor Kahlil Charmichael

New York Housing Authority and the NAACP with an award from a literacy program for his book, "Fifty Tips for a Better You."

Carmichael is the owner and founder of The Fitness Doctor Specialized Fitness Training in Somerset, N.J., and serves as pastor of It is Well Living Church in Somerset. "I am so excited about Living Well at Rossmoor," states Pastor Carmichael. "This is a great opportunity to offer an experience for the residents of Rossmoor who may want a traditional style of worship with the enjoyment of contemporary spirit filled prayer and song."

Come, join us the fourth Sunday at 1 p.m. at the Meeting House for the Living Well at Rossmoor Service with Pastor Carmichael and feel the love. You will be blessed.

Jewish Congregation's activities

By Ben Wistreich

Members of the Jewish Congregation who have paid their dues, are entitled to receive free tickets to the 2016 High Holiday Services which begin this year Sunday, October 2 and continue through Wednesday, October 12. Tickets will be available on the following dates:

9/9, Friday – 6:45-7:45, at Services
9/13, Tuesday - 11a.m.-noon, Red Room
9/23, Friday – 6:45-7:45, at Services
9/27, Tuesday- 11a.m.-noon, Red Room

Guest tickets will also be available on these dates, at \$25 per family member guest ticket.

September's Sabbath evening Services will both be sponsored. The September 9 Service and Oneg Shabbat will be sponsored by Marge Heyman, honoring her grandchildren. The Torah Reader will be Judy Perkus, and the Lay Reader will be Jeff Albom. The September 23 Service will be sponsored by Sandy and Dale Steinberg, honoring the memory of their mother. The Torah Reader will be Bob Kolker, and the Lay Reader will be Jeff Albom.

Those congregants who want to sponsor a Sabbath Service should contact co-Gabbai Judy Perkus. Cantor Mary Feinsinger will lead our Services, which begin at 7:45

p.m. in the Meeting House.

The Congregation's monthly Board Meeting will be held on Tuesday, September 6 at 7 p.m. in the Dogwood Room.

Coming events:

Wed., 10/12- Break fast after Holiday services, 6:30 p.m., Ballroom.

Saturday, 10/29 – Simchas Torah party, 11 a.m. Hawthorne Room.

Catholic Society schedules Mass and Day of Recollection

By Gene Horan

A Mass sponsored by the Catholic Society will be celebrated at 7 p.m. on Thursday, Sept. 8, in the Meeting House. Rev. Peter Chakkunny, hospital chaplain for the Diocese of Metuchen, will be the celebrant. Father Chakkunny is presently serving as chaplain at University Medical Center of Princeton at Plainsboro. He resides at Immaculate Conception Parish in Spotswood.

Refreshments and fellowship will follow the Mass.

The Society is holding a **Day of Recollection** on Friday, Sept. 23 from 10 a.m. to 2 p.m. in the Gallery. The theme is "A Focus and Reflection on God's Stories of Community, the Eucharist and Baptism." The presenter is Mary Ann Sullivan, M.A. (Pastoral Ministry/Theology).

Mrs. Sullivan had a career as a teacher at the high school and college level; was campus chaplain at Iona College in New York; hospital chaplain at Rhode Island Hospital and at St. Vincent's Hospital on Staten Island; and Archdiocesan Coordinator of Youth and Young Adult Faith Formation in Boston, MA.

Those who attended Mrs. Sullivan's presentation here two years ago will attest to how inspirational it was. All are welcome.

Tickets for the Day of Recollection will be on sale in the Red Room of the Clubhouse from 12:30 to 2:30 p.m. on Monday, Sept. 12, and Tuesday, Sept. 13. Cost is \$12, which includes lunch. Check Channel 26 or call Lucille Conti at 609-860-1084 for more information.

The **Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Sept. 20, in the Maple Room of the Clubhouse.

The **Prayer Shawl Ministry** will meet at 1:30 p.m. on Thursday, Sept. 8, and Thursday, Sept. 22, in the Craft Room of the Clubhouse.

house.

The **Catholic Society Council Meeting** is set for 1:30 p.m. on Tuesday, Sept. 6, in the Meeting House parlor.

Faith Knabe

(Continued from page 15)

search scientist, first in the Division of Health Planning and Resources Development, then in the Division of HIV/AIDS, STD and TB Services.

Faith also worked for 12 years as an independent consultant in community health, online education in healthcare administration, and trained the staff of several New York hospitals to analyze their clinical, financial, and personnel data to identify growth, profit and problem areas.

She retired after 50 years in healthcare on July 1, 2015,

and can now spend more time on her music, instrumental and vocal.

Her son, Jeffrey, teaches high school English in Brooklyn, N.Y. In addition, he teaches theater arts and works with Roundabout Theater Company in New York City as part of a cooperative effort between the school and the theater company.

In addition to Faith, members of the Rossmoor Music Association Board include Mary Ellen Mertz, secretary; Paula Richardson, treasurer; Toby DelGiudice; Carol George; Gene Horan; Peggy Mankey; and Lucy Poulin, president emerita.



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Hit songs from Broadway musicals at gala Sisterhood luncheon

By Hadassah Aylat

The annual gala paid-up membership luncheon of the Sisterhood will be held at historic Cranbury Inn on Monday, Sept. 19, at noon. After the brief but important ceremony of Installation of Officers for the 2016-2017 Sisterhood year and a delicious lunch, we will be entertained by the ebullient singer of hit tunes from Broadway musicals, the incomparable Mary Lawrence, who we so much enjoyed when she performed at a former luncheon. She's not at all averse to giving us a Rockette-like kick when the spirit moves her. The total fee, including lunch and entertainment, is \$27 per member and \$29 for guests.

You won't want to miss this year's annual luncheon so, as soon as possible, please send your \$10 check for dues (if you haven't already done so) and a separate check with the reservation form to Jeanette Dobrin, 76-C Rossmoor Drive, or insert an envelope with your checks and form into the Sisterhood file in the E&R office.

And, don't miss our next meeting on Oct. 10, just before the November elections, when Marsha Rosenbaum, chair of the Voters Service Committee of the League of Women Voters of Monroe Township, will address us on the timely subject of "Get Out and Vote."

MAINTENANCE DEPARTMENT

By Dave Salter

Heating units serviced in Mutuals 1, 2, 3 and 4

Heating unit servicing is again being offered to homeowners of Mutuals 1, 2, 3 and 4. The charge for this service is \$35 plus tax. Servicing includes inspection of system, checking elements and wiring, oiling the blower motor and replacing the filters. Please call as early as possible for an appointment.

Winterizing manors

The Maintenance Department is again offering a winterizing service for homeowners who leave Rossmoor during the winter months. The fee is \$125 plus tax (unless you have two hot water heaters in which case there is an additional \$25 charge). We offer a weekly inspection, which is \$30 a month, RCAI strongly recommends that you have this done. We are able to winterize just five manors per day, so please contact our office as soon as you know the date you're leaving. Winterizing forms are available here in the office.

Dryer vent cleaning

Are your clothes taking too long to dry? Your dryer vent may need to be cleaned.

Give us a call to schedule your vent to be cleaned inside and out. The fee is \$23 for the first 15 minutes and \$13 plus tax every 15 minutes after.

Thermostats

With the fall coming upon us you should turn on your heat thermostats to make sure they are working properly before the cold weather sets in. If you find they are not working, we can replace them. If you have PSG thermostats, we strongly recommend you have them replaced because they can overheat. Please give us a call for pricing.

Weather stripping

Do your doors have the proper weather stripping? In the winter do you feel cold air around your door? Putting on new weather stripping can help with your heating bills. Please give us a call.

Channel 26

It is very important that you keep an eye on Channel 26, which is the Rossmoor information highway. There is information regarding road closures, the landscaping daily schedule, important meetings, RCAI information as well as Mutual information and much more.

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A message from High Tech Landscapes, Inc.

By Jeff Voss

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

The Roundup application has been effective now that it is hot consistently. Please consult Channel 26 for information on when your Mutual will be sprayed.

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

The third round of fertilization was a liquid application of nutsedge control using herbicide that produces fast, visible results and controls difficult weeds such as nutsedge all season long and aids in reducing future generations of weeds. This took place last month.

The last lawn application of the year will be done be-

tween Oct. 25 and Nov. 30. This is a fertilizer and agricultural ground limestone on all turf areas except the outside perimeter along Forsgate Drive and Applegarth Road. Gypsum will be applied to the outside perimeter.

The first pruning (late spring/early summer) has been completed. The second pruning of all bushes and flowering shrubs has started this month.

Street sweeping was completed in August.

Fall cleanups will start in October.

Please remember to put any debris out front Sunday night for us to pick up Monday morning.

Just a reminder, newly installed soil and seed needs to be watered at least twice a day for 45 minutes in the a.m. and p.m.



Caregiver Support Group

Focus: Spouse/Partner

2nd Thursday at 1:30 p.m.

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

Meetings are 90 minutes

Registration is not necessary.

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

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HEALTH CARE CENTER NEWS

By Kaytie Olshefski,
BSN, RN-BC

The Health Care Center is here for you and is open from 7 a.m. to 7 p.m., seven days a week including weekends and holidays. From 7 p.m. to 7 a.m., if you call the Health Care Center, you will be greeted with a recording. You cannot leave a message on the phone, because it does not have a recording to accept messages. If you should experience an emergency, please call 911.

All the nurses are RNs and certified in Basic Life Support and Automatic External Defibrillator. Our nurses are also certified by the American Nurse's Credentialing Center in a nursing specialty such as in Geriatrics or Medical Surgical Nursing.

The nurse responds to emergencies within your home and within the community. If you come to the office and the nurse is not there, she is responding to an emergency. There will be a sign in the window indicating this. If you need immediate attention, please use the phone in the foyer to call Security. Follow the instructions located above the phone and Security will call 911. Security will give the 911 Dispatcher the reason and location for the emergency. If it is not an emergency, you are more than welcome to wait in the waiting room for the nurse to return.

We do blood work Monday-Friday from 7:15 a.m. to 10:30 a.m. Appointments are taken for blood work. Please bring your prescription to the Health Care Center no later than the day before your scheduled lab work. Please check with your primary insurance company, especially if you are covered by a Medicare Managed Care, HMO, PPO, or commercial insurance to see if your insurance company has a contract with a particular laboratory. We use Saint Peter's University Hospital's laboratory and Quest. If you prefer Quest laboratory, the prescription must be on your physician's Quest requisition. We do have a list of the local laboratories in the area, if you are interested.

Some of the services we provide are blood pressure monitoring, injections, and dressing changes.

Monday through Friday we request you come in after 10:30 a.m., because people who need blood work are usually fasting. On the weekends feel free to come any time. We require a doctor's order to administer injections and for dressing changes. Our nursing policy in giving injections, a resident is to have two injections of the medication at their doctor's office before we will administer the drug. The reason for this is if you

have a reaction to the medication in your doctor's office, the doctor has drugs to counteract it. For dressing changes, we require a doctor's order. The nurse will follow the instructions of your physician as to how he or she wants your wound to be cared for. We also provide first-aid treatment, health teaching, and we are a good referral source.

We have a side entrance door for people who use a wheelchair, because the door is slightly wider than the main entrance door to the Health Care Center. Knock on the door and we will open it even if you have an appointment on the doctor's side of the building.

We provide informative health related monthly lectures every second Monday of the month at 1 p.m., in the Maple Room of the Clubhouse. If you would like to attend, please call the Health Care Center to let us know.

We accept clean durable medical equipment from residents such as canes, walkers, wheelchairs, commodes, and shower chairs. We also accept other items such as blue pads and Ensure. We give out the medical equipment and supplies to Rossmoor residents. Please call the Health Care Center if you are in need of something, because we might have it.

Stephanie Fitzsimmons, Ed.D., MSN, RN, APRN-BC, runs a free Caregivers Support Group at Saint Peter's Adult Day Care, located in the Pondview Plaza, on the second Thursday of the month at 1:30 p.m. If you want more information, Stephanie can be reached at 1-800-269-7508, ext. 8662.

We provide pre-admission testing (PAT) in Monroe Township for residents who will have surgery or a procedure at Saint Peter's University Hospital. For more information, I can be reached at (609) 655-2220 or on my PAT cell phone (732) 261-8977.

We offer free transportation, seven days a week, to Saint Peter's University Hospital. The phone number to On Time Transport service is 1-800-858-8463.

Our *Monroe Physician Directory* is updated twice a year and is available at the Health Care Center.

In the spring, we have our annual Health Fair and in the fall we provide two flu and pneumonia clinics in the Clubhouse.

We are getting ready for our flu clinics and already have the dates. The first flu clinic will be on Wednesday, September 21, and the second flu clinic will be on Friday, October 14. Both flu clinics will be in the Ballroom from 8 a.m. until 2 p.m. We have nurses giving the flu and pneumonia shots. We will have the high dose flu vaccine along with

the standard flu vaccine. We will also have Prevnar 13 pneumonia vaccine and pneumococcal 23 pneumonia vaccine. We require a prescription from your doctor indicating which of the pneumonia vaccines your doctor wants you to have. Please bring your primary medical insurance card with you when you come to the flu clinic, because we need to see the card. If you forget to bring it, we will ask you to go home to get it. Information will be in the Rossmoor News, along with flyers posted, and on TV Channel 26.

We will offer flu shots to homebound residents. Please call the Health Care Center for more information and to arrange for a nurse to come to your home. Saint Peter's University Hospital community nurses provide this service.

Residents have asked me how to dispose of used syringes and needles. Saint Peter's has an exchange program where you can pick up a regulated waste container at the Emergency Room and when full, return it to the Emergency Room. They will give you an empty container.

Another way to dispose of the syringes and needles is to use an opaque, puncture resistant, leak proof container with a top that you are able to screw on, such as plastic laundry detergent, bleach or fabric softener container. Do not use a coffee can because the lid can easily come off. When the container is full, screw the top on tightly and label it "Needles and Sharps." Double bag the container with two plastic bags and now it can be disposed in the regular garbage.

There are specialty physicians who come to the Health Care Center on cer-

tain days of the week. On Mondays, Dr. Lev Simkhayev, an internist, is here from 10 a.m. to 1 p.m. To contact him, call (732) 360-9996.

Monday afternoons, Dr. Sang Song, a pain specialist, is here from 1 to 5 p.m. He can be reached at (732) 660-8715.

On Wednesday mornings, Dr. Ronald Armenti, a podiatrist, is here from 8 to 11 a.m. To make an appointment, call (732) 360-9200.

Dr. Richard Angrist, an ophthalmologist, will come to

Rossmoor's Health Care Center, but you need to call him at his office to arrange an appointment at Rossmoor. His number is (732) 246-1050.

In our lecture series from Saint Peter's University Hospital, NJ Retina, will be speaking on "Update on Macular Degeneration," on September 12 at 1 p.m. in the Maple Room. If you are interested in attending or would like more information, please call the Health Care Center at 655-2220.

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Your Garden

By Mel Moss

September is here and summer will be coming to an end soon. Perhaps it is a good time to think about what color you can add for the fall as your summer annuals begin to fade.

Mums are almost always

the first choice. But there is another family of plants that can also add color: asters, a large family with both annual and perennials varieties.

Annual asters, also known as China asters, are popular with florists because they make good cut flowers. How-

ever, for gardening purposes, the perennials varieties are more popular. Most of them bloom in late summer and well into the fall, although there are Alpine asters, a perennial dwarf variety about 12 inches tall, that blooms in the spring.

Aster is the Latin word for star, which describes the appearance of the flower, which is small, about two inches and star-shaped. Colors range from white to shades of pink, purple, and blue. Depending on the variety, they grow anywhere from one to four feet tall. Taller varieties can be cut back two to three inches in the spring and into early summer once or twice, as long as it's done before any flower buds start showing up. This will keep the growth a little lower and more compact and help avoid the need for staking.

Like mums, the buds come with the shortening of day light. Both dwarf and tall varieties make good cut flowers. There is no need to cut off dead flowers to keep the

plants blooming. The plants will also attract butterflies. Most varieties of asters require a sunny location. However, at least two varieties, Aster cordifolius (Blue Wood Aster) and Aster divaricate (White Wood Aster) will do well in quite a bit of shade.

Mildew on the foliage can be a problem. To minimize this problem, it is best to leave a lot of space between plants to allow good air circulation. In the spring, divide the plants to allow even more circulation. They need to grow in a well-drained soil and should be watered during any dry spells.

Adding compost to the soil, such as peat moss, will help to hold the moisture, as will mulching. Asters are moisture sensitive and too much or too little water can cause them to lose leaves and not flower well.

Perennial asters come in many varieties. Some are native plants that have been cultivated and grown to sell at garden centers and by mail order. Other varieties have been hybridized.

Here are some varieties, but the list is far from complete:

Michaelmas (New England aster) — pink, white, lavender

King George — large two-inch violet-blue flowers

Celeste — dark blue flowers with yellow centers

Puff — white flowers, one of the hardiest white varieties

Professor Kippenburg — clear blue on a compact plant

Winston Churchill — dark pink flowers

Purple Dome — some blooms are double-petaled

Blue Star — blue petals with a yellow center

Alma Polschke — brilliant rosy red flowers on a three-foot tall plant

Heath aster — tiny white, pink, or lavender flowers on three-foot plants

Laevis — lavender-blue flowers

Raydons Favorite — purple-blue flowers, leaves have a minty fragrance when crushed

Cordifolius — vivid blue flower, grows well in partial shade

We have a large garden center nearby in Jackson that specializes in perennials: Cicconi Farms, 1005 Farmingdale Road. They list the following varieties of asters in stock:

Amellus Rudolf Goethe — lavender flower with yellow center

Divariticatus — white wood aster, shade tolerant

Novae angliae (September ruby) rose with yellow-orange center

Oblongifolius — Radens Favorite, purple blue with minty leaves

Novae anglae — (New England aster) blue-purple to lavender-pink with yellow-orange center

Novae Belgii — (New York aster) blueish-purple flower

I am sure there are other garden centers nearby that will have some fall-blooming asters, but probably not as large a selection.

A pause to reflect and to never forget



As another anniversary of the terrorist attacks on 9/11 draws near, please take a moment to honor and remember those we lost on that tragic day. Always keep in mind that as humans, we weep and mourn for those taken on that fateful day. As Americans, we honor their memory by showing resolution and courage as we continue to live our lives. As *emergency responders*, we stay ever vigilant and stand at the ready to protect those we are sworn to protect, every day, without reservation or hesitation.

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September Calendar of Events for Monroe Township Public Library

September Reading Challenge: Read a book you've been meaning to read. Suggestions available at the Welcome Desk.

Poets Corner

11 a.m., Friday, September 2. Poetry reading group and workshop for all ages. Stop by to listen or bring a poem to share. Registration is not required.

The Great Courses: 20th Century in a Nutshell

1 p.m., Tuesday, September 6. America's past 100 years in a nutshell. Two 30-min DVD lectures each session followed by brief discussion moderated by Gina Blume, APR. This month features The New Frontier and LBJ's Great Society and the rise of mass media. Registration is not required.

Book Café

11 a.m., Wednesday, September 7. Talk about books that you've read. Light refreshments served. Register at the Welcome Desk.

Hooked on Crochet

Hats, Scarves and Cows,

11 a.m., Thursdays, September 8, 22. Work on selected projects with Sandra Kandel. Registration and supply list with basic patterns at the Welcome Desk.

Learn to Sew!

Meet Your Sewing Machine

6 p.m., Thursday, September 8. Adults with no prior sewing machine experience learn to wind a bobbin, thread a needle and practice stitching. Register through the Library's Website.

Sit -N- Stitch

10:30 a.m., Fridays, September 9, 23. Stitch projects; assist others, share tips, projects and patterns. Bring your own supplies. Light refreshments served. Registration not required.

Friday Afternoon Movie

2 p.m., Friday, September 9. Movie is free, registration is not required.

Coupon Club

1:30 p.m., Monday, September 12. Clip, swap and trade coupons. Discuss

(Continued on page 23)

Rutgers Jewish film festival

The 17th annual Rutgers Jewish Film Festival will run from Sunday, October 30 through Sunday, November 13. The festival features a diverse array of dramatic and documentary films from around the world, and most screenings feature guest speakers, including filmmakers and scholars. This year's festival features more dates, more venues, and more screenings than ever before. For the convenience of the Monroe community, we will be selling tickets at the Monroe Senior Center on September 28 and October 6, from 10 a.m. to 1 p.m. In person ticket sales are cash or check only. Mail-in ticket orders will no longer be accepted. For detailed information about the festival, visit the website <http://BildnerCenter.Rutgers.edu/film>. Festival phone number: 848-932-4166; Email: ruijf@rci.rutgers.edu. The festival is sponsored by the Allen and Joan Bildner Center for the Study of Jewish Life at Rutgers.

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Library

(Continued from page 22)
deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons.

Genealogy Club
1:30 p.m., Wednesday, September 14. Beginning and experienced genealogists welcome to discuss research, share findings and resources. Registration is not required.

Knit Stitch: Hats, Scarves and Cowl

11 a.m., Thursdays, September 15, 29. Work on selected projects with Sandra Kandel. Registration and supply list with basic patterns at the Welcome Desk.

Gallery Artist Talk
With Ina Light, 11 a.m., Saturday, September 17.

Artist Ina Light discusses her artwork. Registration is not required.

Annual Cultural Arts Juried Art Show

Library Hours, Monday, September 19 through Wednesday, September 28

International Book Club

10:30 a.m., Tuesday, September 20. Discuss "The Daughter" by English author Jane Shemilt. Register and reserve your copy at the Welcome Desk.

Coloring for Adults

1:30 p.m., Thursday, September 22. Stimulate your senses and creativity with coloring. Light refreshments and all supplies provided. Registration is not required.

Library Closings

Sunday, September 4
Monday, September 5

All events are open to the public.

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All schedules are available outside the E&R office (near the copy machine) or via the Web at www.rossmoor-nj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

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Peripheral Neuropathy

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

How do you know if YOU have Peripheral Nerve Damage?

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

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

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

Why Northeast Spine & Sports Medicine?

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-The Northeast Spine and Sports Medicine Team

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Dr. Robert Lambrou, D.C., Dr. Dimitrios Lambrou, D.C.
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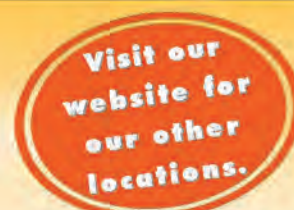


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