



Rossmoor News



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Monroe Township, New Jersey

September 2017



469-A New Haven Way

Our Rossmoor gardens are blooming again

By Anne Rotholz

Flower beds around our manors and in the common areas are giving us beautiful blooms though they lack some of the luster of other years. Our cold March may be part of the reason. For the first time in 33 years, March was colder than February in New Jersey.

Spring flowers were later than usual. While they began to pop up early because of the February warmth, many of the buds were damaged or destroyed by the March cold. Daffodils are perhaps the hardiest of the spring flowers, but this year they were few and far between.

From early summer on we had unusually wet weather, which again was not conducive to the health of our plants.

Flowers need the right balance of light, temperature, and humidity, to thrive.

I feel that for the above reasons summer planting was delayed and perhaps in many cases cancelled here. Hopefully next year will be better.

We do, however, have some lovely, colorful flower beds. The Clubhouse, the north and east gates, the health center, the pool, and the tennis and pickleball courts all look good.

Several manors have beautiful healthy flowers and plants growing in the three-foot beds.



47-O Concord Lane

We all appreciate the work that goes into maintaining the beds and the cost of getting the plants. The residents who plant flowers make life a little brighter for those of us who for various reasons cannot do any gardening.

My own little patch by the front door is bright enough but

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Historic low energy rates for 2018-2019

By Harold Klein

Monroe officials locked in the municipal energy aggregation program's lowest rate ever by approving a contract with a new provider, South Jersey Energy, at an Aug. 2 Township Council meeting.

Heading into a third round, Monroe's energy aggregation program has used bulk purchasing to guarantee a lower fixed electric rate over local provider, Jersey Central Power & Light.

The lowest bidder, South Jersey Energy, proposed a set price of \$.07662 per kilowatt hour for the duration of a two-year contract.

This new rate, effective Dec. 1, represents a 19.2-percent savings over the present tariff price of JCP&L.

"Our municipality was one of the first in the State to establish an energy aggregation program," said Mayor Gerald W. Tamburro. "It's paid off, amounting to \$9 million in savings for our residents over the past four years. We expect this next round will be our biggest sav-

ings yet with the average household in Monroe seeing a reduction of more than \$400 during the term of the contract."

Savings could be significantly higher for residents using large quantities of electricity or for those living in all-electric houses, like many that are found in the Clearbrook, Concordia, and Rossmoor communities.

"Many of our residents are seniors, who are living on fixed incomes," said Council

Vice President Elizabeth Schneider. "Larger families are also usually big consumers of electricity. While the savings will be across the board, these groups typically stand to benefit the most from our program."

In October, the Township will hold public information sessions to answer any questions from residents before the program begins.

"I have personally saved hundreds of dollars through

(Continued on page 2)

Focus on: Groups and Clubs The Players: the play's the thing

By Jean Houvener

In late June, a full house gathered in the Gallery for Karaoke with DJ Gary. Prior to the singing, Sue Archambault, president of the Club, conducted a short business meeting. Players meet on the last Monday of the month at 7 p.m. Membership is a very reasonable \$5 per year. This

active group brings many entertainments to Rossmoor.

In July was the This and That show, with skits and musical performances by members of the Club and others, who audition to take part in the show. In May, The Players presented their Just Music show, for which any resident can audition. In March was the popular Open Mic, enjoyed by all.

In October another original musical comedy, by our very own Bob Huber (book and lyrics) and Bill Strecker (music), will be presented. Tickets are on sale for \$7 in advance and \$9 at the door (see article on Players in this issue of Rossmoor News for details). Residents are invited to audition for parts, but are also invited to work on

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47-O Concord Lane



711-A Yarborough Way



5-C Sussex Way

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at the governors' meeting



August 17, 2017 Board of Governors Meeting

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

The RCAI is a member of the Community Association Institute ("CAI") and the New Jersey Chapter of the CAI has been actively lobbying for legislation favorable to community associations such as Rossmoor. The Finance Committee recommended and the Board of Governors approved a resolution to contribute \$1,000 to the New Jersey Community Associations Political Action Committee and the donation will be charged to the Operating Account, Administration/Other Expense.

The current Landscape Maintenance Services and Snow/Ice Removal Services contracts expire December 31, 2018. The Board of Governors approved a resolution to extend the existing three-year contract with High Tech Landscapes, Inc. for Landscape Maintenance Services and Snow/Ice Removal Services for an additional two-years. The two-year extension of the existing Landscape Maintenance Services contract at the current cost of \$867,261.75 per year for the first three years of the contract with an increase to \$947,262.00 for the fourth and fifth years, (\$80,000.25 increase in 2019 and no in-

crease in 2020). RCAI will have saved \$77,214 over the first three years of the Landscape Maintenance contract with High Tech as compared to the next lower bidder. And there will be no increase in the current per inch rate in the two-year extension of the existing Snow/Ice Removal Services contract.

The Executive Committee recommended that the RCAI Maintenance Department hire a professional painter to handle interior and exterior painting of the common facilities, Mutual painting projects and interior painting for residents. The Board of Governors approved a resolution to increase the Maintenance Department Staff to include a Professional Painter and an expenditure of \$2,500 for equipment and supplies that are needed to be purchased initially for the professional painter. The hiring of a professional painter has been authorized commencing on or about October 1, 2017.

The Board of Governors approved a resolution for the reallocation of Membership

Fees in excess of \$180,000 from the RCAI Reserve Fund to the RCAI Capital Improvement Fund Account.

The RCAI Capital Budget set aside \$10,000 in 2017 to make improvements to the 18th Blue tee, 13th Blue and 2nd Gold tees and \$14,000 to make improvements to the 9th Fairway and 10th Green bunkers on the golf course. The Board of Governors approved a resolution for the expenditure of \$24,000 for the improvements of bunkers and tees on the golf course to be charged to the RCAI Capital Improvement Fund Account.

The RCAI Reserve Study set aside \$30,000 in 2017 to renovate the two second floor bathrooms in the Clubhouse. The Board of Governors approved a resolution for the bathroom renovation project utilizing the talented trades people on staff at a cost not to exceed \$16,196.56 and the expenditure will be charged to the RCAI Reserved Fund Account.

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Letter to the editor

Extending the sidewalk on Clubhouse Road

Kudos to RCAI for making Rossmoor especially pretty this year – the flower beds are better than ever.

This could be followed up with a much needed and

overdue project – extend the sidewalk on at least one side of the street from the golf club to Rossmoor Drive.

With a little imagination, this is doable and affordable. Just think how great a sidewalk would be for those who now get to the recreation facilities by walking in the street or on the grass.

The distance, if alongside the road, is about 600 feet. But here's an even better idea: since Clubhouse Road is curved, think how beautiful it would be for a walkway to wend through the grove of trees from the street corner to the golf club. This would be closer to 500 feet.

Carl Kruse

Open RCAI Meetings in September

Thursday, September 14
Standing Committee Meetings 9 a.m.
Maintenance Committee

Community Affairs Committee, Finance Committee

Thursday, September 21
Board of Governors Meeting 9 a.m.

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

Please watch Channel 26 for any changes or cancellations



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

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

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Bits & Pieces

Sue Ortiz

September -- it's that dreaded time of year again -- SCHOOL STARTS.

Now, I know neither you nor I attend school – pre, grade, or high – anymore, but we still have to contend with those yellow and black kiddie transports on the roads. And, we still are bombarded with back-to-school ads and sales. "Only \$39.99 for the latest designer backpack; \$15.99 or more for a binder loaded with all kinds of bling and gadgets that every student needs! Target and Walmart are at war with J C Penney and Macy's for which has the most fashionable school clothes. It doesn't matter – kids will wear their oldest tees and jeans, anyway.

Years ago, my mom and my friends' moms would take all of us kids shopping for new clothes, usually at Sears or a certain store in the Menlo Park Mall. Since we were "well-fed" girls, we'd have to go to the "chubby" section, as it was called back then. ("Husky" was the boys' equivalent.) I hated clothes shopping as much as I hated school, but I always got a nice new wardrobe to start each September. No! I don't want to go ...

School supplies were required, too. Oh, I loved buying a new pinewood ruler with a metal straight-edge, ticked off in inches, as well as the less-used centimeters;

unsharpened pencils with fresh pink erasers and the smell of wood once they were sharpened; crisp new book covers in Day-Glo colors, and blank notebook paper.

Oh, the blank paper was the best. I used to have a collection of paper that my grandfather, the fireman, rescued for me when the old Jamesburg Grammar School went down in flames in the early '60s. I kept that stockpile of green-tinted, wide-lined handwriting practice paper tucked away until the edges turned brown and brittle as fallen leaves.

I do love the colors of fall, but I am not a fan of autumn. For me, it's a sad time of year: the start of a new school year (for the valedictorian who hated school), the loss of my parents, the summer sun has set, and winter's about to give us the cold shoulder. I'm not too keen on Halloween, either.

Bring on the holidays!

B&P

I hated school. Even to this day, when I see a school bus it's just depressing to me. The poor little kids. – Dolly Parton, American musician, born January 19, 1946

I think I did pretty well, considering I started out with nothing but a bunch of blank paper. – Steve Martin, American comedian, born August 14, 1945

Energy rates

(Continued from page 1)

this program," said Councilman Michael Leibowitz. "So, we welcome the opportunity to educate our residents on the benefits of participation."

All residents who are customers of Tri Eagle Energy or JCP&L will receive a letter in September informing them about their choices.

Residents currently participating in the Tri Eagle program will automatically be transferred to South Jersey Energy at the new rate on Dec. 1, unless they take action to opt out.

All residents who currently obtain their power supply from JCP&L will be included in the program unless they opt out. There are no exit fees or penalties for opting out. Residents will receive a "Notice of Opt Out" on or about Oct. 5 and must submit it by Nov. 4.

Residents who are on a budget plan with JCP&L will continue to be on that plan with the new energy provider.

The Township is warning the public to be cautious of third party-companies soliciting residents, offering lower rates that can fluctuate and then

skyrocket after an introductory period has ended.

"Be leery of the fine print," warned Councilman Leonard Baskin. "Some of these companies may be outright scamming our residents, while others are just using aggressive sales tactics to hoodwink them into paying higher rates. We don't want our residents to fall victim to either."

For more information on the energy aggregation program, interested parties are encouraged to contact Harold Klein at Monroe Township by calling 732-521-4400 or emailing hklein@monroetwp.com.

Energy aggregation program – public information meeting schedule

Monday, October 16, 1:30 p.m.

Monroe Township Senior Center, 12 Halsey Reed Road. Open to all Township residents.

Tuesday, October 17, 1 p.m.
Rossmoor Meeting House. Open to Rossmoor residents only.

Wednesday, October 18, 7 p.m.
Community Center, 120 Monmouth Road. Open to all Township residents.

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

Rosh Hashanah marks a time of renewal

By Norm Perkus

The words "Rosh Hashanah" refer to the beginning of a new year, as observed by Jewish people all over the world. An ancient tradition holds that Rosh Hashanah is the anniversary of God's creation of Adam and Eve. A more modern interpretation says it was the start of the annual agricultural, and therefore economic, cycle in the ancient Near East. These holy days have been celebrated for thousands of years.

This year, Rosh Hashanah begins at sundown on Wednesday, September 20 and continues through the next day. With special importance to all Jewish people, Rosh Hashanah opens a cycle of 10 days that are divided into three stages. At first, God opens His book of judgment on individuals. Next, with God's judgment pending, each

person needs to perform self-examination, to reflect, to pray, and to repent for any misdeed. At last, 10 days later, God's judgment is confirmed on Yom Kippur. This has been a period of morality, spirituality, and holiness for Jews, often called "The Days of Awe."

If there is any fear of God's judgment, hope for mercy still lives through the joyful harvest festival of Sukkot which, in many ways, resembles the first thanksgiving feast. Many modern Jewish families build a hut similar to one their far distant ancestors might have constructed in the desert. In remembrance, today's people eat and often sleep in that hut to observe Sukkot and to honor tradition.

Customs

Special prayers and poems are added to the regular ser-

vices on Rosh Hashanah. The shofar, the ram's horn, is blown at several intervals. Penitential prayers are read, emphasizing the theme of personal responsibility and repentance.

Some communities hold a seder, with blessings over symbolic dishes, such as apples dipped in honey, dates, pomegranates, black-eyed peas, leeks, beets, and fish. All these foods are mentioned in the Talmud.

Greetings on Rosh Hashanah make for kindness and benevolence among people. "Have a good year," is heard, or, better yet, "Have a good and sweet year." (Sweet? Just think of all that honey at dinner.) A modern film or TV aficionado might even reprise Mr. Spock's favorite blessing: "Live long and prosper."

Catholic Society celebrates its golden jubilee

By Fred Mytnick

This year the Catholic Society celebrates its Golden Jubilee.

Its purpose is to be a lay witness for the ten local Catholic parishes, within the Forstgate Deanery, which is in the Diocese of Metuchen.

The first Mass in our community was celebrated in June, 1967 by Reverend Msgr. J. Morgan Kelly.

During its history, several Catholic priests retired here. One of them whom we fondly remember was Rev. Fr. Jo-

seph S. Banach who, in the early 1970s, was a local pastor who ministered to our residents.

He retired in the late 1980s and, along with his mother, Cecilia Banach, moved here. Mrs. Banach served as president of the Catholic Society and, along with her son, did much to be a Catholic presence here.

This was a time of much activity with trips, dinner dances, concerts, films, discussion groups, and spiritual events.

Today the Catholic Society is continuing in the footsteps of our predecessors. Most importantly offering the reality of the Eucharist at Mass on a monthly basis, a healing with anointing (Sacrament of the Sick), and Mass with Reconciliation (confession) twice a year.

We include liturgies for different cultural groups, Irish (St. Patrick), Polish (Harvest Time), Italian (Columbus) and



Father Joseph S. Banach

Latino (Guadalupe).

This year in September, our host service includes evening prayer, with an invitation to our Jewish brothers and sisters in faith and our Protestant friends to pray the Psalms together with us.

We have our movie series "Classics that lift the spirit," with award winning films hosted by our own Gene Horan.

Our prayer shawl ministry

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Rossmoor gardens

(Continued from page 1)

at this time it is not as good as it was in previous years. Once again, I had to use lots of rocks to keep the squirrels from rooting everything up. People who go by tell me how much they enjoy my flowers and that makes me very happy.

I have an ornamental stone with a quote from *The Secret Garden* in the front of the bed. I tell my friends that this year I am tempted to replace it with a sign that reads "All the plants in this garden are rescue plants...half-dead, half-price, Walmart." It was a pleasure to see them come back to life.

Speaking of rocks, they can look really nice if they are properly spaced with grass or plants in between. I feel that "dumping" them at intersections and around trees does nothing to beautify our community. I hope that this will not become a common practice here.

On a happier note the number of new bushes planted in the community this year is impressive and they seem to be very tolerant of the mixed weather. We have a few new trees as well. Hopefully they will help counteract the additional pollution caused by trucks going into the new warehouses nearby.

Our roving photographer, Joe Conti, has once again taken some beautiful pictures of our flowers for all to enjoy.

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How to stay safe from cyber crime

By Steve Gray

Are you one of the nearly four billion people in the world using the Internet? If so, are you aware of proper Internet security? You might think that using an anti-virus program will suffice, but "it ain't necessarily so."

For example, do you use a Mac because "they don't get viruses"? That is a dangerous fallacy. The first computer virus was called Elk Cloner, written for the Apple II system way back in February 1982.

Then the first IBM-PC virus appeared in 1986. It was called the Brian virus. It was rapidly followed by others that will remain nameless, mostly because there are too many of them to actually name.

Free Internet protection

Free anti-virus programs include AVG, Avast, Bitdefender, Avira, ZoneAlarm, Comodo, Panda, Defender (Windows), and Sophos.

Paid Internet protection

There are paid versions of these (except for Defender) that will do more for you than their free counterparts. However, the big names in paid protection are Norton and McAfee, which you might be able to get free if you use Comcast or TDBank.

Recommendation: pick one and only one. Never have more than one anti-virus program.

The problem with anti-virus programs is that they are reactive, rather than proactive. This means that a new virus will bypass your anti-virus program until a new signature is written to detect that particular new virus. This is almost like getting inoculated against the flu every year (we know how well that works), as the virus mutates faster than we identify it.

Additional intrusions

A home computer might be attacked by other problems called malware, spam, phishing, hacking, and key logging, to name a few. Although your anti-virus program will protect you against a known virus, it will be helpless against a malicious email from, for example, your bank or PayPal, saying that (1) you were hacked, and (2)

you need to click on a link in the email to update your account. DO NOT DO IT. Neither banks nor PayPal will send that kind of email.

Other common pop-ups

- might purport to come from Microsoft, saying you have a virus and to call a certain telephone number (DON'T DO IT);
- might come from a lottery company stating that you've won (DON'T BELIEVE IT);
- might ask for money, in the infamous Nigerian scam about helping to move millions out of a country, for which you get a piece of the action (YOU'LL NEVER SEE THE MONEY);
- might want money up front for something that you never signed up for (AND THAT YOU'LL NEVER SEE AGAIN).

Protecting your password

Never use the same password for everything. If your email were to be hacked, then your bank account can also be hacked (i.e., cleaned out). Always use a different ID and password for each of your accounts, and be especially careful with banking.

If you cannot remember a multitude of passwords, use a password manager such as LastPass or KeePass, which are two favorites. You can also write your passwords in a small notebook, a helpful tool provided you do not misplace the notebook.

Other ways to stay safe

Do not use unsecured Wi-Fi for banking, or for buying items using your credit card. Unsecured Wi-Fi can be found in places that offer open free Wi-Fi such as a coffee shop, hotel, library, or airport. You can check your email on unsecured Wi-Fi, provided you followed the suggestions shown above regarding your ID and password.

Always password protect your computer, laptop, tablet, or smart phone. If you lose one of these, or if it gets stolen, there will be less chance of having your ID compromised (and maybe having your bank account emptied out) if it is password protected.

Always keep your computer system and your anti-virus program up to date. In addition, you can use anti-malware programs such as

Malwarebytes, Superantispyware, and Spybot S&D with your anti-virus program. The free versions are fine, but you must actively run them because the free versions are not self-starting.

The Wannacry ransomware virus threatened to shut down computers all over the world. It was stopped by a young fellow in the U.K., but not before it caused huge problems in hospitals throughout that country. Wannacry mainly affected Windows XP and Vista – both of which are older operating systems no longer supported by Microsoft. The newer Windows 10 was unaffected by that ransomware virus.

Note: If you are still using older, unsupported operating systems, you can be hacked no matter what kind of anti-virus you are using.

You might want to try Linux as an alternative to Windows if your computer cannot handle Windows 10. There are multiple versions of Linux. One of the easier versions is Linux Mint and one of the lighter ones (works on older computers) is called Puppy Linux. These will work fine if all you are doing is email, social networking, and some banking. One caveat, you are responsible for updating Linux, because it is not automatic, as Windows is.

P.S. The author of this article, Steve Gray, offers to answer computer-related questions from readers. If you have a problem you'd like him to tackle in a future issue, send your question to news@rcainj.com

Indicate that this is a question for Steve, and include your name and your email address.

golden jubilee

(Continued from page 3)

meets twice a month to pray and socialize as the members fashion these lovely garments that are blessed and given to those who need them.

Devotional prayer, led by residents at various times of the year, includes the Holy Rosary and the Chaplet of Divine Mercy

In the near future, "Catholicism 101" will be offered. It is a forum open to all who have questions about our dynamic faith.

These events are part of our ongoing celebration of 50 years in this community, "Our Golden Jubilee."

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Beware of scams

New scam:

Your Social Security check

By Carol De Haan

You get a call from a person who claims to be an employee of the Social Security Administration. That person says you are entitled to some benefit, say a 1.7% increase in the cost of living. All you need to do is confirm some details, such as your name, Social Security number, date of birth, mother's maiden name, etc., all ordinary stuff.

Next, that person calls the Social Security Administration, claims to be you, and arranges for your monthly check to be deposited in a different bank account or sent to a different address.

If you are one of those rare individuals who carefully examines each month's bank statement, you might realize within one banking period that you've been scammed, but if you just assume that everything's OK because it always was, you might not pick up on the scam until a check bounces, or you get turned away at the ATM.

Solution: Give out no information over the phone, least of all to someone who calls you.

But what if the call is legit?

Yes, the Social Security Administration does occasionally call a recipient. If any personal information is re-

quested, you can offer to call the person back. Meanwhile, as the SSA Inspector General suggests, you should either go to the nearest Social Security office, or call their number: 800-772-1213, to verify if their call was legitimate.

There is no shortage of swindlers, most of them pretty clever. Always protect yourself, whether on the phone or over the Internet.

Old scam:

Great wealth awaits you

You receive a letter saying that you might be entitled to many millions of dollars that are now sitting, unclaimed, in a bank in Europe. The person who deposited this huge sum was supposedly killed a few years ago in a horrific accident along with all his known relatives. The bank has been unable to locate any heirs. But it has come to their attention that your surname is the same as the deceased depositor's name. You are urged to get in touch with the writer; you might have some basis to claim this vast unclaimed inheritance.

The recent recipient of this bizarre letter (with no return address) was Delia Gaines of Mutual 6. She smelled a rat, so she brought it to the attention of the Monroe Police Department, whose offi-

cer confirmed that such schemes were happening all the time. It is a sad case of buyer beware.

The letter was postmarked from Portugal. The loot was described as \$26,700,000. The writer claims that her unnamed Portuguese "Financial & Security Institute" has been authorized by the Bank of Spain to release the funds to a possible inheritor, otherwise the money will go into a government account. (Horrors!) To avoid this, the author asks Delia to respond to a telephone number in Europe, or to Fax or email the writer's unnamed husband, but please do so on the QT – the author wants absolute confidentiality and claims she has discussed this deal only with her husband; no one else knows about it.

The writer offers Delia 40% of the inheritance. The writer will take 50%, and 10% will go to any recognized charity in Spain or the U.S. In spite of this seemingly shifty arrangement, the author insists the whole thing will be done so that everyone involved will be legally protected from any breach of law.

The letter ends with "Thanks and God bless you," which surely proves the author would never even think of doing anything illegal.

Delia suspects that if she were to fall for this scam and respond, the next letter would ask for money to pay a lawyer to effect a "legal" transfer. They might even ask for Delia's bank account to transfer the money. You can imagine where that would leave Delia.

So here's the message: Be skeptical; do not let a scammer take advantage of you. And the next time you see Delia, thank her for going public with this. She might be saving someone a lot of trouble.

Amazing generosity to a Purple Heart veteran

By Betty Anne Clayton,
Edited by Linda Bozowski

In 2010, Barry Clayton was contacted by a salesman about a property in Crossville, Tenn., the home of the national horseshoe playoffs. A recent widower and life-long horseshoe player, Barry was intrigued and interested in exploring the area as he embarked on a new beginning to his life. When Barry visited the property in Lake Tansi Village, he loved the large glistening lake and the rustic wooded lot. He was unable to pursue his dream of building a new home there because shortly after returning from his trip, he suffered a stroke that left him partly paralyzed. Needing help from his grown children, Christine and Peter, he bought a home in Rossmoor in 2013.

After moving to Rossmoor, Barry and his dog met Betty Anne Sullivan-Szuts, a recent widow and her dog. After a brief courtship, Barry and Betty Anne were married.

Since both Betty Anne and Barry have respect and gratitude to our wounded veterans, they decided to offer the Tennessee property to a Purple Heart veteran, rather than sell it. Finding the right family was quite a challenge, and involved contacting national and local veterans' organizations, which they did with no success.

During their trip to Florida this past winter, they began

to focus more energy on the search, and sent out more letters and spoke with many people about their plan. A friend from the Sarasota County Croquet Club, Howard Van Nostrand, Commander of the American Legion in Venice, got involved and reached out to the governor of Tennessee for assistance. By chance, Betty Anne and Barry met Ray Edwards, the Commander of the American Legion in Frankford, Delaware. Ray reached out to his friend Captain Michael Trost of Maryville, Tenn.

Mike, a Purple Heart and Bronze Star veteran, and his wife Stephanie got the word out among their friends and helped find the right family for the Lake Tansi property. Mike served 32 years, was wounded in Afghanistan, and was medically discharged with the rank of Captain. An amputee who endured 34 surgeries, Mike's severed hand reconstruction, was the first of its kind. Stephanie Trost is very active in a Caregivers' Support Group and it was through her connections that Barry and Betty Anne found the Howland family.

Kelsey and Patrick Howland, married five years and parents of a six-month-old son, John, planned to build a home in Crossville, Tenn., to be closer to their families. Patrick, a two-tour Iraq veteran and Purple Heart honoree, was injured

(Continued on page 7)



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Programmers' Day

By Alex Monaco

Happy Programmers' Day! Programmers' Day is celebrated on September 13. In leap year it is September 12, the 256th day of the year, which is day 100, that is one-zero-zero, in hexadecimal code (base 16), or 28 in binary code. (Have I lost you yet?)

Computer programming has evolved into a world of esoteric "languages." The first programmer identified was Ada Lovelace, a British countess and mathematician, who, in 1842, published a series of instructions called an algorithm, to be used in Charles Babbage's Analytical Engine.

The modern programming era really started in the late 1930s through 1941, 100 years after Ada Lovelace.

Programming is essentially the development of a series of instructions to perform specific tasks using a computer. The underlying truth is that a computer can process only with a code based on zeros and ones, which is really a positive or negative electrical charge in

an array within the computer. Over the years the "languages" like COBOL, PL1, C++, FORTRAN, and UNIX were developed for mainframe and midrange computers. In more recent years Java, C#, VB and PHP were developed for web based programming.

Programming is divided into applications and systems sectors. Applications are the programs that we all use to perform certain tasks, such as word processing, accounting, email, etc. Systems programs are what regulate the computer, manage storage and memory, communicate, print, and secure data. The key to all this is the programmer, who must first learn a language and then apply it to the tasks that are specified by the end user of the program. This requires a very specific set of skills, analytical, interpretive, and logical. The main reason for this is, basically, that computers are stupid. They only do exactly what they are told.

So, if you like an application, thank a programmer.

Too bad if you missed This and That XIV

By Carol De Haan

An old shibboleth says that, as our age increases, our powers decrease.

HORSEFEATHERS!

July attendees at three packed-to-the-walls Meeting House performances heard great music by the glorious Mayflower Ensemble, joyous singing: sometimes lofty, sometimes toe-tapping, lots of laugh-out-loud humor, and high spirits galore. All of it from the (not-yet) over-the-hill crowd.

Memorable were the pure Broadway tones of Judi Frey, who sang "Summertime." We heard tender, nostalgic lyrics from Frank Sasso and Al Longo. The team of Dale Maglia and Peter Sposato delivered lilting melodies and swaying dance steps. Even tiny Helen Brown's powerful voice vibrated as far as the back row and climbed up to the rafters.

About a dozen more fine singers performed for us, accompanied by Janet Wil-

son (daughter of Eileen and Al Parker) on the piano across the room.

Any linguistic insecurities about the definition of "WC" were cleared up by "Professor" Gene Horan.

Master of Ceremonies Joe Conti sat down with Dolores Grieff to prove to us that the "The \$65 Funeral" was a really good deal.

Through the whole evening, we were treated to happy rhythms from Bill Strecker's Mayflower Ensem-

ble, with Bill himself on the guitar, Bob Huber on the keyboard, Dennis Arce playing drums, and John Robert Strecker on the bass guitar.

Another dozen residents made up the production staff to ensure this evening's performances left nothing to be desired.

If you like good music and happy fun, do yourself a big favor and come to the next This 'n That by the Rossmoor Players. You'll be glad you did.

Did you see a Dominion, Swift, FedEx, or JB Hunt truck on your way home?

By Linda Bozowski

Although we live in our own mini-village here in Rossmoor, we are surrounded by other home communities, farmland, warehouses, and distribution centers. Central Jersey is a prime location for many businesses since it has easy access to major cities and we are well-supplied with major roadways. Although this part of the

state is not well serviced by railways, those many businesses that call Monroe Township their home bases are well supported by trucks.

There are so many trucks on our local roadways that we probably don't think much about them, except when we have a potentially dangerous encounter with one. Many auto drivers, including me, choose the truck lanes on the Turnpike rather than the car lanes. Why? I think (so far, so good) that I'm among safer drivers than I might be if I had chosen the car lanes. Truck drivers are taken for granted, but they are acknowledged during Truck Driver Appreciation Week (September 10 to 16). We depend on truck drivers to get our milk and produce to the grocery stores, the paint and floor tile to our department stores, gasoline to the service stations, and new cars to our auto dealers. Our economy would almost come to a standstill if truck drivers stopped transporting our goods.

Driving a truck requires good health for the driver to endure long periods of minimal movement, good vision and hearing, good eye-hand coordination, the ability to read maps or follow other directions, and good judgment. The truck driver also has to be knowledgeable about the myriad regulations that rule the industry. Mechanical sensibilities are required as well, so that when the truck is not performing as expected, the driver recognizes the potential problem and can make a reasonable judgment about what next steps to follow.

Professional truckers have far more rules to obey than we auto drivers. For example, the Department of Transportation states that a truck driver may not be on duty for more than 14 hours, but that is permitted only under special circumstances, including bad weather. The driver then must be off duty for a minimum of 10 hours. Individual states have books of rules in addition to those of the DOT. Many roadways have limitations regarding which driving lanes may be used by trucks in the interests of safety for other drivers. Other roadways restrict trucks altogether.

Many of the larger trucking firms have training schools, orientation requirements, and

(Continued on page 7)

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

Mayor's Cup and N.J. Senior Olympics

By Jean Houvener

In addition to all the activities here in Rossmoor for various sports and competitions, there are two other events open to athletic residents. Beginning in April with bowling and ending in September with pickleball, there are numerous events for the Monroe Township Mayor's Cup. Also in September, the National Senior Games Association sponsors the New Jersey Senior Olympics in Woodbridge. While these are individual and team events, many of our groups take part in one or the other as individuals or pairs.

The Mayor's Cup includes competitions in bowling, tennis, golf, basketball, table tennis, duplicate bridge,

shuffleboard, pickleball, and bocce. Sponsored by the Monroe Township Recreation department, the events occur in various venues. Tennis and golf are played at Concordia. Basketball, table tennis, and pickleball are played at the Community Center. Duplicate bridge is played at the Senior Center. Bocce is played at Thompson Park. Shuffleboard is played right here in Rossmoor, since we have the largest playing area with 8 courts. Information about the Mayor's Cup is available at www.monroerec.com and is coordinated by Jay Brown (732-723-5000).

On June 26 four women from the Rossmoor Women's 18-Holers went to Concordia for the Mayor's Cup Women's Golf competition: Pat Crowley, Maria Hogan, Janet Decker, and Arlene McBride. On July 10, four men from our Men's Golf group played in the Men's Golf competition at Concordia: John Del Mastro, Ed Har-

kins, Cabot Knowlton, and Howard Zitnitsky. Before both competitions players were fed breakfast, and they ended the outing with a sociable luncheon and barbecue. Players competed as a team, but were mixed in foursomes with players from other communities to enable meeting and playing with new people. Everyone enjoyed the opportunity to compete and to socialize.

On August 30, eight of our resident bridge players will compete in the Mayor's Cup Duplicate Bridge tournament at the Senior Center. They start with lunch at 11 and play at 12. There are 24 tables with 40 hands of bridge. Paul Fried and Eli Duttman will be defending their title from last year and the year before, hoping for a threepeat. The other teams are Pat Pember and Joan Micheline, Prabha Dayal and Muriel Feniello, and Bob Silvera and Nick Hrinkevich.

On September 7, the Mayor's Cup Shuffleboard

competition will be held here at Rossmoor at 9 a.m., so, of course, some of our shuffleboard players will take part in this competition. As with all the tournaments, the township provides refreshments to the competitors at the event.

On September 12 and 18, many of our pickleball players will take part in the Pickleball tournaments. This will be a chance also for those who were active in the Ladder League to test their improved games in the competition.

The N.J. Senior Olympics takes place primarily from Sept. 8 - 10 through the Woodbridge Community Center, and includes basketball, bocce, bowling, billiards, cornhole, cycling, darts, fencing, golf (at Colonia Country Club course), pickleball, racquetball, tennis, table tennis,

swimming, track and field. Competitors may be individuals, pairs, or teams, depending on the sport. Information is available at www.njseniorolympics.com.

Many of Rossmoor's pickleball players plan to take part in the N.J. Senior Olympics, taking part in singles, doubles, and mixed doubles tournaments. Frank Nobile and John Del Mastro are on the N.J. Senior Olympics committee for pickleball. Last year two teams from Rossmoor won medals in their group: Warren Kelly and Mark McEntee, and Dale Ralston and Arlene Szmuto.

If there were other participants in these events that we are unaware of, the Rossmoor News would like to hear from you. Both events are good places to meet other sports enthusiasts and to have a good time.

Did you see

(Continued from page 6)

driving tests. All professional drivers must pass physical exams and submit to drug testing on a regular basis. Trucking firms that drive specialized vehicles, e.g., tank trucks and flatbed trailers, have additional training, since those types of trucks are more difficult to drive safely. Think about it for a minute, and take a look at the imprinting on the side of the truck you're next to on Forsgate Drive – the gross vehicle weight limit of that truck may well be 80,000 pounds. The load on the back of the flatbed carrying sheet-rock probably weighs 45,000 pounds, in addition to the weight of the truck itself. The tank truck delivering fuel to the Sunoco Station can't turn a corner at more than 7 miles per hour since the liquid in the tank will shift, making the trailer unstable.

We, as safe drivers, need to be mindful of the limitations of trucks and truck drivers, in that trucks can't be stopped quickly if we cut them off. Most trucks require a wider turning axis than cars, so we need to give them adequate room to maneuver. Trucks have to be shifted through multiple gears, so they can't make fast starts – we need to be patient. And we, as consumers, need to respect those men and women who help keep us supplied with our lifestyle needs as they drive their trucks of food and tile and gasoline.

Amazing generosity

(Continued from page 5)

while in Iraq and had a lengthy recovery. Since he and Kelsey love the outdoors, the lake and woods offered a perfect setting for their new home.

Betty Anne and Barry arrived in Tennessee on April 3 and met the Trost and Howland families for the first time on April 4 at the property title closing. The Claytons were able to fulfill their dream to honor and share with a veteran family.

Best wishes to the Howland family and hats off to Barry and Betty Anne for their generosity.

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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 composed of both amateurs and professionals. It is, without a doubt, the best publication of its type in this area. You can 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.

We need to vote by mail

By Carol De Haan

The person who answered the phone at the New Brunswick office of the Middlesex County Clerk said they had been accepting applications for Vote-by-Mail ballots since July. "We're happy to do this," she said. "It leaves a paper trail in case a recount is needed." In a similar effort, The Star-Ledger, our state's largest newspaper, has twice devoted full-page layouts to applications for vote-by-mail ballots in three languages.

The Middlesex County Clerk's office will accept applications through October 31. As soon as a voter sends in an application for a vote-by-mail ballot, his or her name is added to the list of persons to receive a paper ballot, which will be mailed in advance of the upcoming election. The voter who receives the paper ballot must complete it and mail it back so it is received before November 6. Election day will be November 7, 2017.

Paper ballots provide an important way to vote for several reasons.

- You are assured your vote will be counted even if you are unable to get to the polls on election day.
- If a power failure were to occur, your vote will still be counted.
- If an election were exceedingly close, a paper trail makes possible an accurate recount.
- Last June, the Department of Homeland Security confirmed that the electronic voting systems of at least 21 states had been penetrated by Russian hackers. If they can hack in, what's to say they could not alter final results?
- State Senator Linda Greenstein writes (Star-Ledger, 6/11/17, p. D4) that our electronic voting machines are so antiquated that they can be rigged to change an election's outcome.
- Greenstein says that the manufacturer of most of New Jersey's voting machines has gone out of

business and that parts are no longer available to make repairs.

- DEF CON Communications, Inc. holds the world's oldest and largest underground hacking conference. Last July, in Las Vegas, their hackers took a mere 90 minutes to crack U.S. voting machines, illustrating our national vulnerabilities with electronic voting machines.
- If Homeland Security is able to detect intrusions, is it also able to intercept intrusions? That question has not been answered. (This probably means NO.)

According to Greenstein, New Jersey has earned the dubious distinction of being tied for last place among 50 states in voting integrity and susceptibility to hacking, according to the website of [Verified Voting.org](http://VerifiedVoting.org)

This is ironic because in 2005, New Jersey passed legislation mandating voter-verified paper ballots. A few years later, we passed another law requiring an audit of a representative sample of ballots after every election. Neither law was ever implemented, probably because funds were never appropriated.

Greenstein says it would cost \$40 million to replace our unsatisfactory voting machines, and to implement the laws mentioned above. While that sounds like an awful lot of money, it is only one-tenth of one percent of our state budget. Last June, Greenstein said that this replacement could have been accomplished in time for our important November gubernatorial election.

If you are not already in line for a paper ballot, you can get an application in the E&R office at the Clubhouse, or at the Township Clerk's office in the Monroe Municipal Building.

If you vote by mail, you will be helping to assure the integrity of our election process. Keep in mind what our former Homeland Security Secretary Jeh Johnson said, "Russia will be back."

Being a responsible dog owner

By Aline Carroll (Aline the dog walker)

Pet ownership is on the rise in America. According to the American Veterinary Medical Association, 36% of American households include pets. More specifically and more relevant to the Rossmoor community, the Pew Research Center reports that 40% of people aged 50-64 and 26% of those 65+ own dogs. The rise in dog ownership within our community is evident to any of us who stroll or drive within it.

Responsible dog ownership is always important, but in a tight-knit 55+ community such as ours, it is critical. The American Kennel Club (AKC), committed to the health and well-being of all dogs, has a lengthy list of

elements important to responsible dog ownership, and their website is certainly worth exploring for those who want to know more (www.akc.org). While all that the AKC lists can't be discussed here, some elements particularly pertinent to communities such as ours are presented below.

Think first

It is important that those who are considering dog ownership visualize life with a dog before owning one. A mismatch between owner and dog is a very sad thing and terribly unfair to the animal.

Think about your ability to handle veterinary and food expenses.

Think about your amount of living space relative to the

(Continued on page 10)

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

Q: Has the 2018 budget process started? Are there any indications as to what kind of changes we might expect in carrying charges?

A: Carrying charges support the RCAI annual budget and the individual Mutual budget where you reside. The RCAI six-month figures for 2017 have been reviewed and entered into the 2018 Budget for comparison. The projected RCAI figures for 2017 will be calculated and entered into the RCAI 2018 Budget. The RCAI Budget Committee, chaired by the RCAI treasurer, will meet with the three Standing Committee chairs. Staff is continuing to work on many aspects of the budget, meeting with the different professionals, reviewing contracts and

understanding the needs for 2018.

It is too early to indicate the direction of the RCAI 2018 budget. It will be presented, in its entirety, at the RCAI November meetings of the Standing Committees and the Board of Governors.

Should you have any thoughts, ideas or questions, please contact me as soon as possible and I will present it to the Budget Committee. Please feel free to attend the budget meetings in November and participate in the process.

The Mutual budgets will be formulated by your Mutual directors with input from the RCAI Controller, Linda Rainey. Should you have any thoughts about your Mutual budget, please contact your directors.

Q: As a resident of Rossmoor, may I park anywhere?

A: We ask everyone to be considerate and use their assigned carport space, garage, or driveway before parking on the street. Parking is a problem in some areas in Rossmoor. It would be nice if residents would pay attention to where they are parking. You must observe the yellow curbs, crosswalks, fire hydrants, and intersections. If you know of someone who has trouble walking, let them take the parking space closest to their manor before you park there. There are no assigned parking spaces, other than handicapped space, which require the proper identification. In the spirit of harmony and community living, do the right thing and be kind to your neighbors when parking your vehicle.

The following Parking Rules and Regulations in the RCAI Common Facilities were adopted by the RCAI Board of Governors:

Parking in the Village Center, Meeting House, and Maselli Circle is restricted to those using the common facilities. Overflow, guest, and overnight parking in the Vil-

lage Center, Meeting House, and Maselli Circle parking lots is **prohibited**.

Parking in the upper levels of the Clubhouse parking lot is restricted to those using the common facilities. Overflow, guest, and overnight parking in the upper levels of the Clubhouse House parking lot is **prohibited** except during snow emergencies or with prior approval of the general manager or education and recreation manager.

Parking in the lowest level of the Clubhouse parking lot is restricted to those using the common facilities and

Healthcare Center. Non-resident golfers are to use the lowest level of the Clubhouse parking lot while using the golf course. Overflow, guest, and overnight parking in the lowest level of the Clubhouse House parking lot is **prohibited** except during snow emergencies or with prior approval of the general manager or education and recreation manager.

The right to park on RCAI streets or parking lots may be suspended in the event of violation of any of these rules.

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. *Poppycok!* 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 4. 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.

On the religious calendar,

(Continued on page 10)

IMPORTANT NOTICE

Motorists must obey the rules of the road while driving in 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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— Peter DeFazio, D.M.D.

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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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Sound Advice

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Sticking with the Fundamentals

When financial advisors explain the reasons to invest in, or not invest in, particular stocks, they often refer to the "fundamentals" of the compa-

Almanac

(Continued from page 9)

Jews will observe Rosh Hashanah beginning on September 20.

September is also Baby Safety Month, Self Awareness Month, National Ovarian Cancer Awareness Month, World Alzheimer's Month, and National Hispanic Heritage 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.

nies in question. Media pundits also may cite "fundamentals" in their stock prognostications. And corporate officers may brag about their companies' "fundamentals."

But what does it all mean? They're generally referring to fundamental analysis, a traditional school of thought in looking at companies' basic numbers as a way to evaluate profitability.

Unlike technical analysis of a company, which focuses on the recent trading and pricing history of the company's stock, fundamental analysis paints a broad picture of a company. This process identifies the fundamental value of the shares and leads to decisions to buy or sell the stock.

With technical analysis, you're trying to spot patterns that will help predict whether the fortunes of a company will rise or fall. In contrast, fundamental analysis involves profit margins, management decisions, growth potential, balance sheets, a company's role in a specific industry or sector, and political and other events, domestically and globally, that might affect its performance.

But fundamental analysis isn't limited to figuring out which stocks to buy and when to buy them. It is also about analyzing the timing of possible sales or purchases.

For example, when the stock market is booming, as it was at the start of 2017, inves-

tors are quick to jump on the bandwagon, while during times of stock market decline, the same investors often flee in a panic. That's what happened in 2008 and 2009, when the economy contracted and share prices fell by more than half. Of course, there are times when it makes sense to sell stocks, but it is best not to base such decisions on fear.

A better idea is to take a closer look at the fundamentals. In doing so, you might ask—and get answers to—these questions after a market decline has pushed down the price of a particular holding:

- Is the business model still solid?
- Have profit margins remained consistent?
- Is the company financially sound?
- Is the company likely to thrive over time?

If the answers are "yes," you may be well-served to retain your shares in the company for the long term. However, if the firm appears to be heading in the wrong direction, has shrinking profit margins, and sports a business model that is out of touch with changes in the industry, you probably should sell sooner rather than later.

Of course, you don't have to pour through financial reports and other documents to guide your decisions. If you invest in mutual funds, their professional managers are doing this

(Continued on page 11)

Dog owner

(Continued from page 8)

size and nature of the dog you are considering.

Before selecting your pet, research dog breeds regarding temperament, energy-level, behavior around children, etc.

Have a plan for training and socializing your dog so that it will behave appropriately in your home and within Rossmoor.

Consider carefully how you will provide your dog with the exercise and mental stimulation necessary to its well-being.

Keep your dog healthy

Good veterinary care is critical, so make sure you patronize a veterinary practice that is responsive and informed. Listen to your vet about your dog's diet, weight, exercise needs, immunizations, and medications to prevent such illnesses as Lyme disease and heartworm. It is also important to "know" your dog, to be attentive and observant regarding physical and behavioral changes, so you know when to seek your vet's advice.

Pay attention to the elements. Excessive heat and cold are dangerous for dogs, some breeds more than others. You should continue to walk your pet when the elements are concerning, but limit those walks regarding length and/or frequency. And, if you yourself are at risk when meeting your dog's

exercise needs, make sure that a family member, friend, or dog-walker can fill in for you.

Keep your dog safe

First and foremost, register your dog within Monroe Township, and be sure that your dog wears a collar displaying its name, your name, and your address and phone number. Nothing is more comforting than having your dog registered and identifiable should it ever go missing.

Never allow your dog off-leash within Rossmoor. Often owners assume that there is no harm in letting their dog off-leash because it "wouldn't hurt a fly," but they fail to think about other dogs on-leash who might behave aggressively toward an unfamiliar dog.

When walking your dog, be careful crossing streets, particularly at night. You and your dog should wear reflective gear so that you can be seen by other dog walkers and by drivers.

Establish a relationship with a dog-sitter or dog-walker so that in the event of an emergency, or your temporary absence, your dog will be in familiar and responsible hands.

In summary, and above all, responsible dog owners are conscious of their importance to their pets. Always remember that you are the center of your dog's world and that its well-being is entirely in your hands.

Musings and Memories

By Betty Emmons

Those Were the Days

Back in the days when life was calm and serene, our parents still warned us of strangers, and most of all, never to get in a car with anyone you did not know. We all knew these rules but it never seemed to be much of a threat and, as kids, it never inhibited the things we did.

For me, though when I was about five, my mom was sitting on the porch keeping an eye on me while I played down by the mail box when a car did stop and a man was talking to me. She immediately came on the scene and the car drove away. She then questioned me and asked what I would do if he offered me candy. I said I would take it and ride on the running board, but I would not get in the car. Well, needless to say, the warnings were stepped up and, even though I didn't know what I was afraid of, I knew there were rules to be followed.

The years went on without incident until I was 10 or 11 when my best friend Joan and I were walking home from the movies and a car with two men in it pulled up to the curb and one of them asked, "Want a ride, little girls?" Well without even a second thought, I ran into the mayor's house. There was a man sitting at the desk and in a panic, I told him about the two men in the car and that my girlfriend was still out there. He could see I was very frightened and got right up. I hid behind him as he went to the front door and in a loud voice said, "What's going on out here?" A loud voice replied, "It's okay, Uncle Walter, it's

me," the "me" being the mayor, who was being dropped off after a meeting.

Now to explain the whole thing a little further, Joan's father was a councilman, and she recognized the men in the car. I, of course, had no idea who they were. Everyone had a good laugh but me, and to this day I still don't think it was funny. I slept with my mom that night and she held me close until I fell asleep. My "ordeal" was over and soon became a thing of the past.

It is now just a seventy-something memory, but it also brings back some pleasant memories of the little town where everybody knew everybody, and people did indeed leave their doors open. It really was a lovely time, and despite the not so funny incident, I felt privileged to have grown up in such a gentle environment. It was wonderful then and even more so now as I think back.

Yes, the good old days are gone, but the memories still do linger on.

New Neighbors

By Christina Smith
Resident Services Manager

Edward and Constance Burke 247-C Mayflower Way, formerly of East Brunswick, N.J.

Young and Hye Paik, 130-C Plymouth Lane, formerly of Lawrence Harbor, N.J.

Cynthia and Peter Colalillo, 542-A Springfield Way, formerly of Milltown, N.J.

Raymond and Beverly Clarke, 685-A Yarborough Way, formerly of Port St. Lucie, Fla.

Margaret and David Barry, 493-B Somerset Lane, formerly of East Brunswick, N.J.

Martin Schwartzberg, 206-O Rossmoor Drive, formerly of Edison, N.J.

Maria Perry, 196-B Mayflower Drive, formerly of Monroe Township, N.J.

Jean and Paula Saucier, 664-B Windsor Way, formerly of Dayville, Conn.

Vincent and Mann-Li, 507-A Sheldon Way, formerly of Voorhees, N.J.

Shirley Hinds and Harold Hoffman, 448-A New Haven Way, formerly of Monroe Township, N.J.

Frankly Van Dam, 60-N Old Nassau Road, formerly of Pequannock, N.J.

Pamela Neece, 528-A Old Nassau Road, formerly of Hopewell, N.J.



Thelma Hendrickson, 237-A Marblehead Lane, formerly of Kendall Park, N.J.

Lourdes and Frank Salado, 317-C Sharon Way, formerly of Carteret, N.J.

Karen Calvo, 95-B Gloucester Way, formerly of Old Bridge, N.J.

Virginia and David Gray, 418-N Onset Lane, formerly of Monroe Township, N.J.

Alexander Licari, 25-C Rossmoor Drive, formerly of Hillsborough, N.J.

Patricia Steiner, 68-C Gloucester Way, formerly of Monroe Township, N.J.

James Chisholm, III, 66-N Amherst Lane, formerly of The Villages, Fla.

Ki Soo and Myung Sun, 579 -N Old Nassau Road, formerly of Edison, N.J.

Beth Anne Carroll, 172-C Rossmoor Drive, formerly of Fairview, N.J.

Thomas and Marilyn Kedves, 378-B Old Nassau Road, formerly of Monroe Township, N.J.

John and Cynthia Sigl, 536-A Thurman Lane, formerly of Cranford, N.J.

George Milo, 174-A Portland Lane, formerly of Staten Island, N.Y.

(Continued on page 12)

Sound Advice

(Continued from page 10)

work for you, analyzing company fundamentals to help them decide what to buy or sell to maximize their funds' performance. And we routinely help clients investigate stock fundamentals as they shape their portfolios. Please give us a call if you'd like to discuss your current and potential holdings.

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CULINARY CORNER

By Sidna Mitchell

Green bean solution found

Our plot -- at our age, I hate to use that word -- in Monroe Township's Community Gardens is doing very well. We had more than enough orange zucchini that were as delicious as they were colorful in dishes. The lettuce provides enough for a salad every once in a while. The okra is slowly coming in but, thankfully, that will keep until I have enough to fry a batch.

The collard greens have been good but I've been fighting the bugs for the best leaves. The arugula was tasty but the plants kept blossoming so I didn't harvest much for my salads. However, the sorrel adds an attractive touch to the salads.

We have cucumbers overflowing the crisper. I've sliced them for salads, of course, and for crudites with a homemade blue cheese dip. And I've done a quick pickling.

The tomatoes are starting to come in and they are so good. We've had about five red tomatoes and three big yellow ones -- great for tomato sandwiches. When friend Barry bragged he had so many tomatoes that he couldn't give them away, I volunteered to be a recipient. The next day there were six tomatoes on my doorstep!

The green beans have also been plentiful; Ken and I enjoy them steamed so there's still some crunch. Once I managed to prepare them Southern style -- cooked in salted water, bacon fat, and a chunk of ham.

Now that I have some leftovers, I'm tempted to make green bean bread -- a great way to get kids to eat a green vegetable. However, I'm not sure how to compare my leftovers to how many beans are in a can. Here's a tasty and fun recipe that I'll probably make for the Women's Guild's annual bazaar the first Saturday in November.

Green Bean Bread

1 1/4 cups brown sugar	1 1/2 teaspoon cinnamon
2/3 cups oil	1/4 teaspoon nutmeg
1 teaspoon vanilla	1 can (14.5 oz.) green beans
2 eggs	1 cup raisins
1 1/3 cups flour	1/4 cup chopped walnuts
3/4 teaspoon salt	
1 1/4 teaspoon baking soda	

Preheat oven to 350 degrees.

Blend sugar, oil, and vanilla together.

Beat in eggs.

Mix in remaining ingredients and mix well. Pour into three greased mini loaf pans.

Bake for about 20-30 minutes or until an inserted toothpick pulls out clean.

NOTE: I chopped the beans into small bits. This is really delicious bread.

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

Culinary corner



Clubs and Organizations

Come and both laugh and gasp at this year's fashion show

By Diane England

She set a high bar for herself with her costume for last year's Women's Guild fashion show. Of course, if you were there, you know I'm referring to Linda Klink, who depicted the literary character, Scarlett O'Hara. While some models approached their characters and costumes seriously, Linda had us laughing because she depicted that Scarlet made famous by Carol Burnett decades ago -- yes, that one where Scarlett is trying to seduce Rhett Butler with her curtain dress (because she needs him to pay the taxes on her beloved Tara).

As vice president and program director for this upcoming year's calendar of events, which kicks off on Thursday, September 21, at 1:30 p.m. in the Ballroom with a very special fashion show, I suspect Linda will not disappoint. Rather, you'll undoubtedly be laughing uproariously when she appears. However, I suspect you'll also be gasping at times because of what Linda and her committee, which includes the models, have in store for you at our Fiftieth Wedding Anniversary Renewal of Vows show. You might want to applaud our one bride, Jean Cooke, who'll actually be wearing the wedding gown in which she walked down the aisle in April, 1967.

So please, put the date on your calendar now, and that day, seriously consider coming dressed as if you were going to an elegant wedding and reception in 1967 or, if you don't have the clothes to develop such a costume, wear anything else dressy you might have hanging in your closet that you'll likely never wear again otherwise. That said, you certainly don't have to dress up. But if this sounds like it might be fun, well, then go ahead and do it. Also, slip a check into your evening bag for \$10 payable to Rossmoor Women's Guild if you haven't already paid your 2017-2018 dues to our new membership chairperson, Maureen Roaldsen.

Certainly, we look forward to seeing you in September for this great event. But since we'll be providing you with the year's calendar at the fashion show, we hope that henceforth, you'll be looking forward to attending all our meetings on the third Thursday of the month. And remember, there's always the opportunity to meet up with old friends and to make some new ones while you munch on tasty refreshments.

New Neighbors

(Continued from page 11)

Nancy and Vincent Pezzolla, 437-C Newport Way, formerly of Staten Island, N.Y.

John Hunter, 259-O Old Nassau Road, formerly of Metuchen, N.J.

Ritu Chopra, 181-B Rossmoor Drive, formerly of Edison, N.J.

Thomas Madden, 65-P Amherst Lane, formerly of Morganville, N.J.

Igor Timofeyev and Galina Stepanyuk, 156-C Pelham Lane, formerly of Staten Island, N.Y.

Karen Bauer, 189-B Malden Lane, formerly of Langhorne, Pa.

(S)milestones A fourth Eagle Scout!

My grandson, Benjamin Killinger, recently received his Eagle Scout award from The Boy Scouts of America. He joins three brothers, Joshua, David, and Jonathan, who are also Eagle Scouts, and two sisters, Lisa Beth and Katie, who earned the Girl Scout Gold Award. The family lives in Simpsonville, South Carolina.

Roberta Ambler

Focus on: Groups and Clubs

The Players

(Continued from page 1)

the many tasks behind the scenes, as stage hands, on lights, covering ticket sales, providing and setting up refreshments, and many other tasks that do not require memorization or singing.

After the business meeting, DJ Gary invited anyone and everyone in the audience to look through his books of songs to pick one to sing, preferably one already familiar to the singer. He invited everyone to shift from being a "karaoke virgin to a karaoke professional ... lose that stigma!" While many of the volunteers were members of the Players Club, many were not and had come to enjoy the camaraderie and the music. During lulls, Gary would lead every-

one in familiar songs, so that one way or another everyone sang during the evening. The music ran the gamut from folk to rock to Broadway to standards. One singer even presented an original composition. A great time was had by all, and, of course, there were refreshments.

Other meetings included a DVD of TV bloopers, improv with Norman Perkus, rare film footage of early TV provided by Barry Jacobson, recordings of early Plays in the Park, past Players' performances, early TV programs of comedy shows, musicals, and variety shows, an end of October Halloween party, and a boisterous holiday dinner party in December. You don't need to be an actor or singer to join this fun group. You just need to enjoy having a good time.



Bill Strecker provides the music for the This and That performance

Players Pastimes

By Sue Archambault

What a success our *This and That Show* was! We had sold-out performances for both evening performances on Thursday, July 20, and Friday, July 21. If you heard the laughter and applause, you would know that the audience was well entertained by the musical numbers and comedic skits.

The next general meeting for The Players will take place on Monday, August 28, at 7 p.m. in the Gallery. The evening's entertainment will be interactive and will entail

volunteers to play improvisation games. We will use our imaginations to amuse and entertain each other. Come and join us as a participant or an audience member. We need both to make our evening a success. It should prove to be a most enjoyable time for all.

Our most-anticipated event is coming up next month. The Players will present another original musical comedy by the talented team of Bob Huber

(Continued on page 16)

Meeting for bazaar volunteers

By Diane England

The time is almost upon us to plan the annual bazaar that will take place on Saturday, November 4. Chairperson Paulette Mascia is asking all potential volunteers to come to the planning meeting on Thursday, September 14 at 1 p.m. in the Clubhouse Hawthorn Room. While we hope many previous volunteers will return, we welcome newcomers to come and learn more about this event. Also, don't fear that your arm will be twisted afterward.

We understand that while many people find it great fun to work the bazaar, this volunteer opportunity might not appeal to everyone. Remember that you can decide how much you want to work. You can sign on for the entire three days -- helping to take in items, set up the sales rooms, and then man the bazaar itself. However, you could also work just part of one day. All that we ask is if you sign up to work, you honor your commitment unless some emergency keeps you from doing so.

Most of you will be returning and hence, you already realize that we keep things pretty much the same from year to year. But for the benefit of the new folks thinking about volunteering, let me say that we take over essentially the entire first floor of the Clubhouse. We need many volunteers to man the following rooms (subject to change):

- The Gallery as Winnie's Closet: Women's clothing, shoes, purses, jewelry, and linens.
- The Hawthorn Room as Granny's Attic: Household items including working small kitchen appliances, pots and pans, baking/cooking utensils, dishes, glassware, decorative items, holiday decorations, and pictures/paintings.

- The Maple Room as Grandfather's Attic: Items appealing to men including men's clothing, shoes, sports equipment, tools, and small electronic devices (current and working).
- The Cedar room as the Gourmet shop: Typically homemade baked goods for human consumption, but this year there'll be homemade dog biscuits, too.
- The Dogwood Room as the place for books, toys, games, and CDs/DVDs.
- The Craft Room as the locale for hand-knitted items and yarns.
- The Red Room as home to our silent auction as well as pictures with Santa (plus we'll have Mrs. Claus this year). We may also need some people to assist outside for that time when our photographer will take pictures with Santa that involve pets (dogs and cats only, please, or do not wear your live boa as a belt or necklace).
- The Ballroom will become our café. Here volunteers may help prepare and serve limited breakfast and lunch food items.

Because some of the people managing rooms last year have committed to return this year, they may have already recruited helpers. As a result, we cannot guarantee that at this planning meeting, the slot you'd prefer will be available. We would hope, however, that you would agree to step into another open position because certain areas require more manpower than others.

By the way, even if you don't intend to volunteer, please use the list above for guidance regarding the type of items we need donated to sell at the bazaar. I need to say that we want items in good shape that

your neighbors or their friends and relatives would be inclined to buy. Last year, we heard many positive comments about the quality of our donated merchandise. We hope to hear similar comments this year.

As president of the Women's Guild, I'd like to thank you now for your willingness to support us as a volunteer, donor of merchandise, and/or shopper. Certainly, we need people to fulfill all of these roles to succeed. And now, please mark September 14 at 1 p.m. in the Hawthorn Room on your calendar. I look forward to seeing you then.

IN REMEMBRANCE

September 11, 2001

WE WILL NEVER FORGET

We shall keep this day, the events and the tears in our memory and our hearts and take them with us as we carry on.

James J. Kenny, PT
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Don't miss this one! Our Three Tenors and Jeffrey Uhlig present music from opera to Broadway

By Gene Horan

This concert honors the 50th anniversary of the Rossmoor Community Church, cosponsored by the Rossmoor Community Church.

There have been few concerts at Rossmoor that created more joy and enthusiasm than the "Three Tenors Concerts" held here in past years. The Rossmoor Music Association is happy to again present a stellar cast of young singers accompanied by noted pianist Jeffrey Uhlig.

You will hear music that lingers pleasantly in the memory long after the concert, including arias from the great operas as well as Broadway favorites. Two religious classics, "Ave Maria" and "The Lord's Prayer," will celebrate the 50th anniversary of the Rossmoor Community Church.

The concert will be held in the Meeting House at 7:30 p.m. on Friday, Sept. 22. Tickets will be available at the door for non-subscribers at \$15.

The tenors include Daniel Bates, Jim Schubin and Mackenzie Whitney. Pianist



Jeffrey Uhlig

Jeffrey Uhlig is the accompanist.

Daniel Bates has a series of notable company and role debuts in the 2017-18 season. He will head to Anchorage Opera to perform Ernesto in "Don Pasquale," which he has performed to critical acclaim with both Florida Grand Opera and Vero Beach Opera.

Other recent performances have included Gilbert & Sullivan's "Trial by Jury," Tucker & Sheeley's "The Trial of B.B. Wolf" with St. Augustine's First Coast Opera, Grétry's "Zémire et Azor" with Skylight Music Theatre, and Pedrillo in "Die Entführung aus dem Serail" with Opera Ithaca.

Daniel has been the recipient of many distinguished awards that include a Career Development Grant from the Sullivan Foundation, a grant from the Giulio Gari Foundation, First Prize in the NSAL Vocal Competition, and Regional Finalist in the Metropolitan Opera National Council Auditions.

Jim Schubin is a New York actor and winner of the International Lotte Lenya Singing Competition.

Jim recently finished a year-long stint on The Sound of Music National Tour. He starred Off-Broadway in the role of Matt in the longest running musical of all time, "The Fantastics."

He also created the role of Phillip Gardner in Season 3 of HBO's Emmy Award Winning series "Boardwalk Empire."

Jim has performed in numerous theatres around the country including Cape Playhouse, Barrington Stage and West Virginia Public Theater.

He has also sung with the Ocean City Pops Orchestra and is a member of the Platinum group, Teatro.

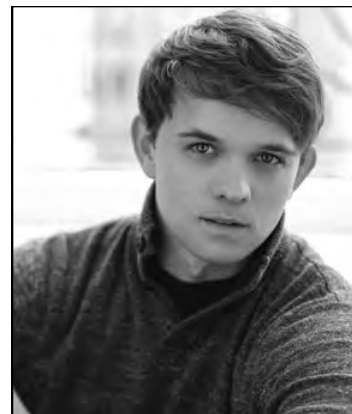
Mackenzie Whitney has most recently performed with the Des Moines Metro Opera in the role of Giovanni in "Rappaccini's Daughter."

For this performance, Opera Today reported, "Young Mackenzie made a strong case for the infatuated lad with his pliable, impassioned tenor. Throughout the evening, Mr. Whitney revealed fine variety in his declama-

tions, be they defiant, entranced, romantic or delusional and his handsome figure lent credence to the story."

Mackenzie began his studies at the Academy of Vocal Arts in Philadelphia in September of 2012. He has already performed the role of Count Almaviva in Rossini's "Barber of Seville" and the role of Rodriguez in Massenet's "Don Quixote."

He won the Encourage-



Jim Schubin

ment Award at The Metropolitan opera National Council Auditions in Philadelphia in 2014.



Mackenzie Whitney

Jeffrey Uhlig has appeared as collaborative pianist in many concerts in America and also has performed in Russia. Some of his notable performances have been at The Phillips Collection in Washington, D.C., and at Weill Recital Hall at Carnegie Hall in New York.

After a joint recital at Weill Recital Hall, Tim Page of The New York Times wrote: "Mr. Uhlig ... proved a Mozartean of poise and elegance."

His longtime collaboration with Metropolitan Opera Mezzo Soprano Barbara Dever has earned Jeffrey great praise from Robert Baxter of The Camden Courier Post who wrote, "Throughout the recital, pianist Jeffrey Uhlig enfolded Dever's voice with warm-toned accompaniments. Uhlig played commandingly throughout the recital."

He plays regularly with many members of The Philadelphia Orchestra including Concert Master David Kim, Principal Cellist Hai-Ye Ni, and Principal Trombonist Nitzan Haroz.

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Rossmoor Clubhouse News

September 2017

LONGWOOD GARDENS



Wander through half a million twinkling lights, thousands of poinsettias and magnificent Christmas trees. Listen as carolers share the sounds of the season and beautifully lit fountains dance in their holiday wonderland.

Wednesday, December 6

Departs Poolside 11:45am

\$84pp includes lunch at Positano Coast

Choice of: Chicken Al Limone, Herb Crusted Mahi Mahi or Eggplant Parm

ON SALE SEPTEMBER 19

WELCOME

Clubhouse

Open daily, 8am - 10pm

E&R Office

Open Monday - Friday, 8:30am - 5pm
609-655-3232

Michelle Williams: Clubhouse Manager

Erica Hardeo: Event Planner

Sue Ortiz: Office Coordinator

Sebrena Jinks: Office Assistant

Jessica Roberts: E&R Foreman

ON SALE THIS MONTH

EVENTS

MOVIE IN THE PARKING LOT

Friday, September 8, 7:15pm, Clubhouse Lot, No Charge
Bring your own chair and snacks!

ANNUAL SPAGHETTI DINNER

Thursday, September 14, 6pm, Ballroom, \$12pp
On sale now!

MURDER MYSTERY NIGHT...Who Whacked Tony Loprano?

Saturday, September 16, 7pm, Ballroom, \$30pp
Presented by Murder on Cue Mystery Company
We provide refreshments...bring your own beverage!

OKTOBERFEST LUNCHEON

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

HAPPY BIRTHDAY ROSSMOOR CONCERT

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

EXCURSIONS

ATLANTIC CITY-BALLY'S CASINO

Tuesday, October 24, \$25pp
Departs Poolside at 9am.
On sale September 14!

POINT PLEASANT BOARDWALK & SHRIMP BOX

Tuesday, September 12, \$50pp
Departs Poolside at 11am.
On sale now!

PAPER MILL PLAYHOUSE

The Honeymooners
A New Musical Comedy
Thursday, October 26

Departs Poolside 5:15PM
\$60pp includes show & bus

To the moon Alice....

On Sale Now

New Year's at Noon Celebration

Sunday, December 31

11:30am-2:00pm, Ballroom

Elegant Brunch Buffet

Orange French Toast
Broccoli Cheddar Frittata
Home Fried Potatoes
Grilled Salmon Florentine
Grilled Chicken w/ Orange Teriyaki Glaze
Israeli Cous Cous Salad w/ Spinach, Blueberries & Walnuts
Tossed Salad with Assorted Dressings
Bakery Basket with Mini Danish & Banana Nut Bread
Assorted Miniature Italian Pastries & Sliced Fruit
Coffee & Assorted Teas
Champagne Toast

Entertainment by Peter Custode

\$38pp

On Sale September 26

New Year's Eve with DJ Mel

Sunday, December 31

7:30pm-12:30am, Ballroom

Elegant Dinner Buffet

Appetizer: International Cheese Board & Stuffed Mushrooms
Mescalito Mix w/ Mandarin Oranges
Angel Hair with Goat Cheese, Broccoli Rabe, Pine Nuts & Sun Dried Tomatoes
Chicken w/ Shallots, Thyme & Lemon
Salmon w/ Teriyaki Glaze
Carved Filet Mignon with Merlot Gravy
Mashed Potatoes w/ Roasted Garlic & Horseradish
Roasted Vegetables
Apple Pie A la Mode or Carrot Cake
Coffee, Assorted Teas & Soda
Champagne Toast

\$65pp

Bring Your Own Beer or Wine ONLY

On Sale September 26

CULTURAL

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Orion Spacecraft"

BOOK DISCUSSION GROUP
1st Thursday, 3:00pm, Dogwood
"In Our Time" by Hemingway

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

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

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

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

VETERANS GROUP
Monday, October 2, 10am, Ballroom
Bring another Rossmoor veteran with you!

WRITERS GROUP
Last Thursday, 10am, Cedar

VETERANS GROUP PICNIC
Friday, September 15
12pm...Hawthorn/Terrace...\$11pp
Menu includes: assorted hoagie platter, pasta salad, potato salad, dessert and more...
ON SALE NOW

THE ARTS

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

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

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

GALLERY EXHIBITS
The months of September & October will feature an open show by our Rossmoor residents. Be sure to stop in and browse.

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

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

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

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

CARDS & GAMES

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

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Wednesdays, 1:00pm Dogwood
Contact John Cristiano.

POKER
Mondays and Fridays.
Contact Dolores Grief.

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

GET MOVING!

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

" **Downsizing**" –Weight Loss Support Group
Wednesday, 9:30am, Maple
Call the Clubhouse for information

FITNESS CENTER ORIENTATION
Tuesday, October 10, 10:00am
Sign-up in the Clubhouse...Space limited

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

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

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

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

BOCCE BREAKFAST

Wednesday, September 27
10am Ballroom \$16pp

Menu Includes:
Scrambled Eggs w/ Cheese, Bacon,
Sausage, Vanilla Cream French Toast,
Breakfast Potatoes, Assorted Bagels,
Danish & more...
ON SALE SEPTEMBER 1

AWARDS DINNER Pickleball & Shuffleboard

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

Menu Includes:
Eggplant Rolantini, Country Fried Chicken,
Grilled Beef w/ Garlic & Mushrooms,
Scalloped Potatoes, Italian Tossed Salad,
Dessert & more...
ON SALE OCTOBER 2

Chair Yoga Free Demo Tuesday, Sept. 5 10am Gallery

Six week class
will begin on Sept. 12
\$40 (Pay Instructor Directly)

SPORTS FUN!

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

CORN HOLE
Friday 9am–11am Hawthorn/Terrace

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKING
Saturday, September 9...Etra Lake Park
Saturday, September 23...Spring Lake
Departs Poolside 9:30am
New Hikers Welcome!

PICKLEBALL
New Players Welcome.

SHUFFLEBOARD
Thursday, September 27–Mayor's Cup
9am at the Courts

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

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

**COME SEE WHAT ALL THE
FUN IS ABOUT!**

MOVIE CORNER

"THE SHACK"



Rated PG-13
132 Minutes
No Charge
Tues., Sept. 12...1:30pm & 7pm...BR
Sunday, Sept. 17...1:30pm...BR

TUESDAY MYSTERY MOVIES
Sept. 19 & 26—1:30PM

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

HALLOWEEN PARTY
Friday, October 27

SUNDAY MOVIE LUNCHEON
Sunday, November 12

WINE & DESIGN
Thursday, November 30

PRINCETON TROLLEY TOUR
Saturday, December 16

MY FAIR LADY at LINCOLN CENTER
Wednesday, March 28

LIBRARY ON LOCATION FILM SERIES

Wednesday, September 20

American Experience: Last Days in Vietnam
April 1975 evacuation effort during final days of the war.

Wednesday, September 27

Deli Man: The people behind the tradition featuring Jerry Stiller, Fyvush Finkel, Freddie Roman & Larry King

1PM...Gallery
No sign-up required.

F41

- RCAI Offices Closed on Monday, September 4 in observance of Labor Day.
- COMCAST Q&A Tuesday, September 12, 9-11am.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

LUNCH & LEARN with Lori Morell

"Boning Up on Osteoporosis"

Friday, October 6

12 Noon Ballroom

Space Limited...RSVP to 609-655-3232

Lunch Provided by Parker Homes

PICTURE PERFECT

Veteran's "Bocce" Players



Pickleball Pavilion
Ribbon Cutting Ceremony



Having a great time on the Navesink
River Boat Ride



The Mets beat the Phillies 10-0



Nothing like some love
from Grandma



Kids Day at Rossmoor was a huge success



SEPTEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Ticket Sales Get Your Tickets Now! Today!	Events or trips marked * require tickets or prior registration.				1	2
3 2:00pm Mutual 5 Picnic-BR/ Terrace	4 Labor Day RCAI OFFICES CLOSED 	5 10:00am Chair Yoga Free Demo-GL	6	7 8:45am *Trip-9/11 Memorial 9:00am Shuffleboard Mayor's Cup-CT	8 2:00pm Mutual 17-VC 7:15pm Movie in the Clubhouse Parking Lot	9
10	11 GOLF OUTING 10:00am Mutual 3-GL 1:00pm Health Care Lecture- MP 	12 9:00am-12:00pm Comcast-BR 11:00am *Trip-Pt. Pleasant 1:30pm & 7:00pm Movie "The Shack"- BR	13 9:00am *Trip-Atlantic City 9:00am Mutual 1-DW 7:00pm Recipe Exchange-MP 7:00pm Mutual 4-MHP	14 9:00am Committee Meetings-VC 6:00pm *Spaghetti Dinner- BR 	15 12:00pm *Veteran's Picnic-H 6:30pm Bingo-BR	16 7:00pm *Murder Mystery- BR 
17 1:30pm Movie "The Shack"- BR	18 10:00am Mutual 14-DW	19 1:30pm Mystery Movie-BR 	20 Rosh Hashanah 8:00am-2:00pm Flu Shots-BR 1:00pm Library on Location- GL (see page 3)	21 L' Shanah Tovah Have a sweet year! 	22 Autumn Begins 9:00am Board of Governors- VC 7:30pm Music Assn.-MH	23 6:00pm 50th Anniversary Community Church Banquet-BR 
24 6:30pm 50th Anniversary Community Church Concert-BR 	25	26 1:30pm Mystery Movie-BR 	27 10:00am *Bocce Breakfast-BR 1:00pm Library on Location- GL (see page 3) 	28 3:00pm *Trip-Come From Away on Broadway	29	30

Enjoy the little things in life...
for one day you'll look back and
realize they were the big things



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

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

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Kids Day at Rossmoor was a fun day for all!



Kids Day at Rossmoor



The terrace was busy on August 21 with Great American Eclipse watchers.



Watching the eclipse



Ken Northrop, Merv Shivers, Carl and Don Kruse constructed a homemade viewing box.



Coffee with a cop: Great turnout and lots of helpful information.



Joe Conti with his granddaughter Julia Gargano after she entertained us with her original song



Lola Calcagno watching Bocce

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Rossmoor Rental Library



By Irene Poulin

Two Kinds of Truth by Michael Connolly

Harry Bosch, a volunteer working cold cases for the San Fernando Police Department, is called out to a local drug store where a young pharmacist has been murdered.

Enemy of the State by Vince Flynn

Mitch Rapp finds himself alone and targeted by a country that is supposed to be one of America's closest allies.

Winter Solstice by Erin Hilderbrand

With Bart back from Afghanistan, the Quinns are preparing for a holiday more joyous than any they've experienced in years.

To Be Where You Are by Jan Karon

After 12 years of wrestling with the conflicts of retirement, Father Tim Kavanaugh realizes he doesn't need a

steady job to prove himself. Then he's given one – but what exactly does it prove?

Haunted by James Patterson, Michael Ledwidge

Detective Michal Bennett is ready for a vacation and he settles on an idyllic, small town in the beautiful Maine woods. But just when Bennett thinks he can relax, he gets pulled into a case that has shocked the tight-knit community.

An Echo of Murder by Anne Perry

In this riveting novel, Anne Perry delves into the diverse population of Victorian London, whose disparate communities force Monk to rethink his investigative techniques – lest he be caught in the crosshairs of violent bigotry.

Deep Freeze by John Sanford

Having already investigated the corrupt and ultimately murderous school board of Tripton, Minn.,

Virgil Flowers isn't happy to be called back when a woman is found there encased in ice.

Fairytale by Danielle Steele

Fairytale is a captivating example of the truths that will always withstand even the darkest storms, and are a reminder that sometimes fairytales do come true and good prevails over evil in the end.

A Casualty of War by Charles Todd

As World War I nears its end, Nurse Bess Crawford encounters Capt. Alan Travis of Barbados while awaiting transport to her post. He's twice brought to her forward aid station with head wounds, claiming that his distant English cousin shot him.

Library hours

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

Players

(Continued from page 13)

and Bill Strecker. Bob wrote the book and lyrics to Bill's music. The play centers on the antics of the employees and patrons of a small diner called Mabel's Table. "Over Easy" performances will take place on Thursday, October 5, and Friday, October 6, at 7 p.m., and Saturday, October 7, at 2 p.m. All performances will be staged in the Meeting House. Tickets will go on sale September 29, and October 2-4, in the Red Room from 1 to 3 p.m. each day. In addition, Sal's Deli will have tickets on sale from September 29 through October 4. Ticket prices will be \$7 in advance and \$9 at the door. The price of admission will include refreshments, which will be served after each performance.

Rossmoor Veterans Group

By Dan McOlvin

Since last March, when we re-established our Veterans Group, our membership has grown from around 32 members to over 75. We meet every other month, usually on Monday mornings from 10 a.m. to noon.

Each meeting includes a speaker. We have had the Outreach Director from the Veterans Healthcare Center in Lyons share great information on access to veterans' healthcare. Several of our veterans have since traveled to Lyons to register for eligibility, and some have even obtained great hearing aids and glasses. You earned it with your service to our country.

This month we had a Vet-

erans Service Officer from the State of New Jersey Department of Military and Veterans Affairs tell us about a wide range of federal, state and local benefits available to veterans. He also suggested that all veterans bring their DD-214 and driver's license to the Middlesex County Administration Building, located at 75 Bayard St. in New Brunswick, to have their DD-214 officially recorded and to obtain a Veterans photo ID card.

We encourage our veterans to participate in a range of activities. We created a bocce group that plays each Thursday afternoon from 2 till 4 p.m. Great fun and camaraderie.

(Continued on page 17)

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Must be presented at time of write-up and expires 9/30/17.

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This offer cannot be combined with any other offer.
Must be presented at time of write-up and expires 9/30/17.

WWW.PERRINECARS.COM

Everything you wanted to know about Skype

By Alec Aylat

Skype is a computer program that allows Dr. Al Parker to make video phone calls. Fortunately, he has been persuaded to impart his knowledge to the September meeting of Computer Club members, including all residents secretly dogging his innumerable activities. So, pass the word that the Skype meeting is set for 10 a.m. Monday, Sept. 18, in the Gallery, with refreshments at 9:30.

Parker doesn't pay for Skype service when he makes his calls via computer-to-computer. He'll show an attentive audience how to do the same, but, he says, there is a small fee for calls made to landline or mobile phones.

The Skype name is derived from "Sky peer-to-peer," eventually abbreviated to "Skype." The system was founded in 2003 by Niklas Zennstrom

from Sweden and Janus Friis from Denmark, and passed through various hands until acquired by Microsoft in 2011.

Registered users of Skype have a unique Skype name and can be listed in the Skype directory. Skype allows these registered users to communicate through both instant messaging and voice chat. Voice chat allows telephone calls between pairs of users and conference calling and uses a proprietary audio code. Skype's text chat client allows group chats, emoticons, storing chat history, and editing of previous messages. The usual features familiar to instant messaging users, for example user profiles, online status indicators, and so on, are also included. Skype does not provide the ability to call emergency numbers such as 911.

Although Skype is a commercial product, its free ver-

sion is used with increasing frequency among teachers and schools interested in global education projects. For example, Skype is being used to facilitate language exchange: students in different parts of the world are paired off, and each is a native speaker of the language that the other wishes to learn. In conversations over Skype, they alternate between the two languages.

Teachers are using Skype in unique ways to fulfill educational goals. The video conferencing aspect of the software is valuable in that it provides a way to connect students who speak different languages, hold virtual field trips, and reach out to experts in varying fields of study. These experiences allow students a chance to apply what they are learning in the classroom to real-life experiences.

It is truly unbelievable how many different ways there are these days to use Skype, even presenting opportunities for

homebound residents to converse not only with neighbors, but with new "neighbors" living in different lands.

Emerald Society's summer activities

By Joan Avery

President Dan Jolly arranged a fabulous cruise up the Hudson River on the Cornucopia Line on August 16. There was a delicious buffet lunch, a DJ, and dancing on this exciting trip. Everyone had a wonderful day on the water overlooking the shores of New Jersey and New York.

Dan also arranged a 25th Emerald Society anniversary party, which was combined with the Annual picnic, on August 19 in the Ballroom of the Clubhouse. There was a tasty barbeque with all sorts of food and great entertainment.

In addition to all these exciting activities, Dan has

booked a trip to the Indian Head Resort in New Hampshire for October 16 through 19. There is a wonderful itinerary planned. There will be a trip to the Castle in the Clouds, a trip to the Wright Museum and World War II Museum, a Pontoon Ride "On Golden Pond," and a ride on the Conway Scenic Train. There will also be evening entertainment.

Dan has provided wonderful summer events for the members of the Emerald Society! See you at the September 27 meeting.

Veterans Group

(Continued from page 16)

We have also suggested a trip to the Trenton Thunder Baseball team, a New York Yankees AA minor league team, and Bob Shine is working on a putting together a group to attend the Princeton vs. Georgetown football game on Saturday, October 7. Game begins at 1 p.m. but how about some tail-gating fun before?

Our next meeting will be on Monday, October 2, beginning at 10 a.m. in the Clubhouse Ballroom. Questions? Feel free to email me at Dan82abn@aol.com

Come join us!

Italian American Club

By Tony Cardello

Our annual picnic scheduled for September 9 at 5:30 p.m. in the Ballroom was a complete sell-out before the end of July. Apparently, the new menu caused the early sign-up. Good job, Bob Mac.

Sign-up for the Columbus Day party on Saturday October 14 will be held at the regular membership meeting on September 20.

Entertainment for the Sep-

tember meeting will be Sal Locasio accompanied by a sax player. Speaking of entertainment, thank you, once again, Paul Pitari for that excellent presentation on Frank Sinatra. It's obvious that you put in many hours of preparation.

Bingo will be held in the Ballroom on September 15 at 6:30 p.m.

A donation of \$200 was made to the Wounded Warriors.



2017 Bocce Champs: from left Mel Moss, Sam Renda, Maria Hogan, Charlie Miller, and Pat Mueller



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Dance Club's 33rd Annual Anniversary Dinner Dance

By Judy Perkus

The Dance Club will host its 33rd Annual Dinner Dance on Saturday, September 30, at 6 p.m. in the Ballroom. DJ and Keyboardist Carmine will provide the dance music during this four-course, sit-down dinner. All Rossmoorites, singles, and couples, are welcome to celebrate with us.

Please send in your \$36 per member or \$38 per non-member checks and choice of entrée and dessert by the reservation deadline of September 20. Please send to the Rossmoor Dance Club, c/o Pres. Armen DeVivo, 449B Roxbury Lane. Call Armen at 609-655-2175 for more information.

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

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

Third Course: (Choose one)

1. Fall harvest stuffed chicken breast, -or-
2. Roast prime rib of beef au jus, -or-
3. Grilled teriyaki salmon with mango salsa.

All entrées served with peas with mushrooms, artichokes, and asparagus tips.

Herb roasted red bliss potatoes

Fourth Course: Dessert

Homemade peach cobbler with vanilla ice cream, -or- SUGAR FREE Apple pie with SUGAR FREE ice cream

Beverages: wine, soda, fresh brewed decaf coffee, assorted teas

33rd Annual Anniversary Dinner Dance

Saturday, September 3, 6 – 10 pm

Name: _____

Choice of: _____

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Name: _____

Choice of: _____

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Please send your menu choices AND \$36 per member/ \$38 per non-member checks to: **ROSSMOOR DANCE CLUB** c/o Armen DeVivo, 449B Roxbury Lane, or leave your envelope in the E&R (Dance Club) folder by September 20.

For more information, call President Armen DeVivo at 609-655-2175 All Rossmoorites welcome.

Mutual News

Mutual Seven

By Pat Ray

It seems that we recently welcomed summer only to realize fall is right around the corner. We hope you were able to enjoy yourself these past months.

We have been very fortunate this year in selling many of our manors that were in foreclosure or empty. Prices were higher than ever this year. This will permit us to continue our efforts in vinyl siding and roofing more of our manors starting in January 2018.

Common halls and front doors have been painted. We hope residents will help in maintaining the cleanliness of the building: second floor residents check the stairway; first floor residents check the foyer. Carpets are cleaned twice a year.

A recent resolution has been passed by Mutual Seven stating NO grills utilizing propane gas, charcoal, or hibachi styles may be used. This has been adopted due to the recent carport fire in Mutual Six. Electric grills may be used.

Our controller, Linda Rainey, will be starting on all budgets for 2018 in September and October. Our budget meeting will take place on Monday, November 28, at 10

a.m. in the Ballroom. Please make an effort to attend.

Once again, we are asking that NO electronics (anything with a cord or battery) be placed inside a dumpster. Refusal to comply with this rule will add to our monthly maintenance fee. Monroe Twp. will gladly accept TVs, phones, computers, etc. If you wish to dispose of large items call Waste Management at 609-537-1500 Account #02670072 and make arrangements as to where items are to be placed.

For new residents: We have established a way of communicating via e-mail to inform all of upcoming events, meetings held, means of reporting problems or complaints. This will provide us with a more timely solution and cut back on phone calls.

Reminder: Work permits, obtained from the Maintenance Department, are necessary for all internal modification in your manor.

Holiday Party: Keep the date open for December 3. Flyers will be distributed in November. Reservations may be had for 8-10 at a table.

Directors Arnold Jasper, Beverly Fasciano, and Pat Ray

New Jersey Club meeting

By Eileen Parker

The New Jersey Club will meet on Friday, September 29, at 1:30 p.m. in the Ballroom. Al Parker will be our speaker. His topic: "The New Jersey State Flag and its origin."

Refreshments will be served and all are welcome.

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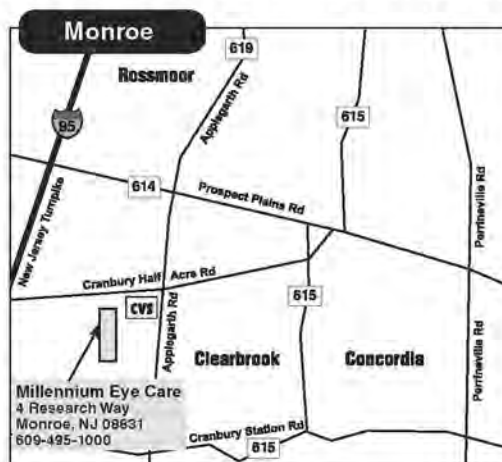
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SPORTS



Evening play on the croquet court

By M. Vail

Golf croquet is scheduled on Sunday, Wednesday and Friday at 5 p.m. The summer weather has members playing later in the evening with lights on the court. At times, a single player can be seen practicing skills and strategy.

Members play six wicket croquet, singles, and doubles, most days but are scheduled for Tuesdays at 5 p.m.

All members seeking to hone their skills in croquet are offered lessons in skill building by Carolyn Meyer on Saturday mornings at 10 a.m. Please check the court bulletin board for time changes.

The Board is working on proposed plans for a golf croquet tournament on September 15 and 16 with a celebratory event to follow in the Cedar Room.

October 7 is the date for the annual meeting and luncheon in the Gallery from 11 a.m. to 3 p.m. Members arrive at noon for the day's events wearing whites for golf croquet following the event. Nominating Chair

Loretta Widdows will have a slate of officers to present for the 2018 season. Check Channel 26 for more information.

Members Sidna Mitchell and Ken Northrop have been invited to the Applewood Community near Freehold to teach golf croquet to the members of that community. Applewood built a croquet court and requested assistance in developing their program. Other members are requested to join it a future date.

The following celestial information was provided by RCC Board Member Carl Kruse.

"The last full eclipse of the sun viewable in the contiguous United States happened in 1979 and the last one coast to coast was 1918, but there just was one on August 21. The path of the full eclipse started in Oregon and ended in South Carolina. This can be seen on NASA's eclipse site.

"There was a partial eclipse here and the Rossmoor Croquet Club planned

an eclipse luncheon at the lawn on Monday, Aug 21. The eclipse actually started there about 17:23 UT (Greenwich, England), which was 1:23 p.m. EDT. The sun's maximum obscuration of 73.225% was about 2:45 p.m. The end was about 4:01 p.m.

"Of course, with the editing deadline as it is, did the weather cooperate or was the luncheon eclipsed? One thing is for sure: there was an eclipse!

"If you've agonized through to this point, perhaps you think this whole thing is obscure. If you are interested in croquet, just amble in as you are on Fridays at 4:45 p.m. You will be welcomed and, if you like, be introduced to golf croquet, which is not obscure."

Wear flat soft sole footwear to protect the grassy surface. All equipment is provided. Contact Membership Chair Betty Anne Clayton with questions about our Club at 609-662-4659 during the croquet season April 29 through October 31.



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Golf Course Highlights

By Ted Service, Rossmoor Golf Professional

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 Men's Club championship. In the championship flight, the winner was Rick Crom. In the "A" flight the winner was Ed Harkins, in the "B" Flight Joe DeCaro, in the "C" flight Harry Delgado, and in the "D" flight Charlie Theokas.

Congratulations to all of the players.

The date for the ladies' free golf clinic is September 20, from 9 to 10 a.m.

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

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

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- Dispose of the ashes in a non-combustible container, NEVER directly into a dumpster;
- If the coals need to be disposed of before they have completely cooled for 48 hours, remove them individually with long-handled tongs and carefully bury them in a can of sand or in a bucket of water; and
- Do not pour the hot coals into a pail of water, or vice versa. Steam from the coals may burn you.

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By Terre Martin

August started out with a successful Member/Guest tournament. We saw lots of familiar faces from the 18-Hole group and former members who joined us for lunch. Alyce Owens did a great job of coordinating the event. Several men golfers helped with registration and scoring, so we had a smooth start and great finish. The first place team was the mother-daughter duo of Maureen and Leslie Denahy. Maureen is a new team member, so this is just the beginning of

a successful run for her.

The results for our July tournaments were Scramble: First place team -- Jon Lundy, Marilyn Shanks, Alyce Owens, Maureen Denahy; Criers: A flight- Terre Martin, B flight -- Tori Meiselbach; Par3/Par 5- A Flight- Grace Hammesfahr, B Flight- Barbara Agnese.

By the time you read this, we should have results for the member/member tournament, which happens at the end of August. Our club championship takes place at the beginning of September, so the win-

ner will be named in the October issue.

Here are just a few reminders of some of our most common rule infractions: Be silent when someone is addressing the ball to hit; DO NOT walk in the line of someone's putt; DO NOT drive your cart wherever you want on the course. Follow cart signs; learn the proper way to take relief from a hazard or the cart path; make sure you finish all 9 holes in 3 hours; sign in by 8 a.m. for an 8:15 tee off time.

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

Email your news to:
news@rcainj.com

Religious Organizations

Come, celebrate with the Community Church in September

By Mary Jane Brubaker

The Community Church extends an open invitation to all residents to come and celebrate with us as we commemorate the 50th anniversary of the Church during services in September.

On September 3, Pastor Dierdre Thomson will lead the Communion service which will be complemented by Music Director Cecile Wang performing sacred music selections.

A hymn sing will be featured at the September 10 service, in which members of the congregation will select favorite hymns to be performed.

Resident and church member Carl Kruse will be the featured soloist at the September 17 service at which he will perform "What a Wonderful World" arranged by David Weiss and Bob Thiele. Kruse has been an active

vocalist since college. He has sung in a number of musical choruses and shows, some of which he has produced, written, and directed in Venice, Fla.

The Rossmoor Chorus, accompanied by Kevin Guina, will be featured at the September 24 service, which is the 50th anniversary of the first service held at the Church. Anthems to be performed include "Leaning on the Everlasting Arms" by Eric Nelson, with resident Peggy Mankey on cello, and "The Kingdom" by Andre J. Thomas. Following the September 24 service, there will be a fellowship hour, during which members, friends, and guests will enjoy home-made snacks prepared by the Hospitality Committee, led by Linda Esposito.

The Community Church is an ecumenical congregation and welcomes people of all



Carl Kruse

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

Jewish Congregation: 50th Anniversary plans begin with active Board discussions

By Ben Wistreich

The Jewish Congregation's Board Meeting on a rare 95-degree evening in August was actually quite cool, as the entire Board took up the upcoming 50th Anniversary celebration plans, a pleasant task. Now that the date (Saturday morning and afternoon, April 14, 2018) has been established, the next steps can proceed: choosing a caterer who knows and has served Jewish organizations and the special menu to be served; and finding who will lead our special morning religious service, and who will participate in it. All paid-up members will be admitted to both the service and the catered luncheon to follow – without any charge or donation required. Guests of our members and any non-members will be admitted

after paying the luncheon charges required – and only if space permits. The Board will set charges early in 2018. Local dignitaries will also be invited to this very special Congregation event. As part of the anniversary plans, special mementoes are also being considered for each attendee, to make this event truly memorable.

Our Anniversary Committee is encouraging members to bring their ideas to any Board Member. Ben Wistreich and Judy Perkus, members of the planning committee, can be contacted and will pass your ideas to the full 50th Anniversary planning committee.

This year The High Holiday Services begin on Wednesday, September 20, and conclude with Yom Kippur on Saturday, September 30.

Services will be led by our Cantor, Mary Feinsinger, and will also include an organist at all services. The current Congregation president, Ben Wistreich, will welcome all members and guests with prepared remarks at all services, as is typical at many congregations nationwide. Judith Wistreich will serve with her husband, leading the Board Meetings throughout their joint terms of September, October 2017 and February 2018.

The Jewish Men's and Friends Club will not have a September luncheon due to the High Holidays. They will resume later this year.

The September Sabbath Services will be held on Friday, September 8: The Torah Reader will be our co-Gabbai, Judy Perkus, and the Lay Reader will be Jeff Albom. The other September Service will be replaced with our High Holiday Services

(Continued on page 22)

"Going My Way," winner of seven Academy Awards, to be aired here

By Gene Horan

"Going My Way" is the third film in the series Classic Films that Lift the Spirit, being presented by the Catholic Society on the third Friday of each month.

Leo McCarey's heart-warming comedy-drama received Oscars for best film, best director, best actor, best supporting actor, best screenplay, best original motion picture story, and best music.

It is no surprise then that Universal Pictures chose it as one of the four "Best Picture Winners" for its 100th Anniversary celebration. (The others were "A Beautiful



Bing Crosby, Barry Fitzgerald and Rise Stevens in Going My Way

Mind," "All Quiet of the Western Front," and "Out of Africa.")

The free showing will be held in the Gallery at 1:30 p.m. on Friday, Sept. 22. Coffee, tea, and light refreshments will be available and all Rossmoorites are most welcome.

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Catholic Society to host Vespers service

By Gene Horan

Each year, a constituent member of the Interfaith Council holds a host service to which our residents of other faiths are invited. Council members include the Community Church, the Jewish Congregation, and the Catholic Society.

This year the Catholic Society is providing the host service. It will be Vespers (Evening Prayer) and will be conducted on Thursday, Sept. 14, at 7 p.m. in the Meeting House. One of the most ancient practices of the Catholic Church, there are references to it in the writings of the Church Fathers as early as the second century, A.D.

The prayer service, which

is held daily in all monasteries, takes place at dusk, praising God and giving thanks for the day just past. The service consists of psalms, canticles, and antiphons plus a reading from the Bible.

Sister Marie Collette Martelli, SCC, Pastoral Associate at Nativity of Our Lord Catholic Church, will be the presider. She joined the Sisters of Christian Charity in 1969 and has spent the greater part of her ministry teaching and doing administrative work in elementary schools in New Jersey, New York, and Pennsylvania.

The following Catholic Society activities will also be held during September:

The Chaplet of Divine

Mercy will be prayed in the Maple Room of the Clubhouse at 3 p.m. on Tuesday, Sept. 19.

The Prayer Shawl Ministry will meet in the Craft Room of the Clubhouse at 1:30 p.m. on Thursday, Sept. 7, and on Thursday, Sept. 21.

The Catholic Society Council meeting will be held on Tuesday, Sept. 12, at 1:30 p.m. in the Meeting House parlor. All are welcome to attend.

The film "Going My Way" will be shown in the Gallery at 1:30 p.m. on Friday, Sept. 22, as part of the "Classic Films that Lift the Spirit" series. See separate article in this issue for more information.

Help us celebrate the 50th anniversary of the Community Church

By Diane England

It's finally time to celebrate the fiftieth anniversary of the Community Church. The festivities will occur from Friday, September 22 through Sunday, September 24. So please, whether you're a member of our church or not, read about these special events below and mark them on your calendar if you haven't already done so. We know the Meeting House isn't a huge place, so do plan to arrive early for the following:

- A concert by Our Three Tenors with Jeffrey Uhlig, is described elsewhere in this issue in an article by Gene Horan. This event was made possible by a gift from the late Christine Wilson.
- Anniversary Dinner Party on Saturday night at 6 p.m. in the Ballroom for church members who've purchased a \$25 ticket. (If there should be space available for other than

church members, we will announce this on channel 26.)

- A special church service on Sunday, September 24 at 11 a.m. (our actual anniversary date). We'll have guest speakers, plus our hospitality committee will serve refreshments afterwards.
- A free concert by Eric Kearns on Sunday, September 24, at 6:30 p.m. in the Meeting House, also made possible by the late

Christine Wilson's generosity. Anthony and Claire had to cancel last month because of an unforeseen family matter. I suspect you'll love this performer. The show is called *Voices of Legends* because Kearns has the ability to duplicate the voices of various other singers—including Elvis and Dean Martin. You just might want to take advantage of this free opportunity.

Community Church calendar

Sept 3 at 11	Communion Sunday Pastor, The Rev. Dr. Dierdre L. Thomson Sermon: Hard of Hearing Music Director/Organist, Cecile Wang
Sept 5 at 10	50 th Anniversary Committee Meeting
Sept 7 at 10	Women's Guild Board Meeting
Sept 8 at 11	Physical and Spiritual Exercise
Sept 10 at 11	Church Service Pastor, The Rev. Dr. Dierdre L. Thomson Sermon: Go Prophesy! Music Director/Organist, Cecile Wang
Sept 11 at 9	Deacon's Meeting
Sept 12 at 10	50 th Anniversary Committee Meeting
Sept 13 at 9:30 a.m.	Worship Committee Meeting
Sept 15 at 11	Physical and Spiritual Exercise
Sept 17 at 11	Church Service Fellowship Hour at noon Pastor, The Rev. Dr. Dierdre L. Thomson Sermon: Setting Priorities Music Director/Organist, Cecile Wang Soloist, Carl Kruse
Sept 18 at 9	Council Meeting
Sept 19 at 10	50 th Anniversary Committee Meeting
Sept 21 at 1:30 p.m.	Women's Guild Meeting 50th Wedding Anniversary Renewal of Vows Fashion Show
Sept 22 at 11	Physical and Spiritual Exercise
Sept 22, 7:30 p.m.	Our Three Tenors with Jeffrey Uhlig concert (tickets are required)
Sept 23 at 6 p.m.	50 th Anniversary Dinner (tickets are required)
Sept 24 at 11	Special 50 th Anniversary Church Service. Guest ministers will conduct the service Music provided by Rossmoor Chorus Refreshments will follow
Sept 24 at 6:30 p.m.	Concert by Eric Kearns
Sept 26 at 1:30 p.m.	Library Committee Meeting
Sept 27 at 9:30 a.m.	Chime Choir Rehearsal
Sept 29 at 11:00	Physical and Spiritual Exercise

Jewish Congregation

(Continued from page 21)
(see dates above).

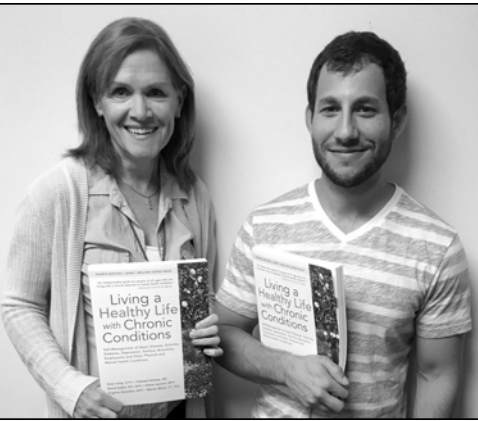
The Congregation will sponsor all Services and the Oneg Shabbat that follows, unless someone comes forward to sponsor a particular service after this is published.

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

The Congregation's monthly Board Meeting will be held on Tuesday, September 5 at 7 p.m. in the Dogwood Room.

The semi-annual meeting of the Congregation has had an important Date Change: though advertised originally as being held Oct. 18, because of a conflict the new date has become Wednesday, October 25 (one week later), at 1 p.m. in the Gallery. Refreshments will follow.

Free diabetes workshops sponsored by Community Church begin this month



Diabetes Workshop trainers Maeve Walsh and Andrew Lindsay

By Mary Jane Brubaker

"The response to the free Diabetes Workshops being sponsored by the Community Church has been terrific," says Reverend Dierdre Thomson. "I signed up and I know many others have as well. We are all really looking forward to it." The six-week workshop series will be held in the Dogwood Room at the Clubhouse starting on September 12.

The workshops will be led by peer trainers Maeve Walsh, CPT, DSMP Master Trainer, and Andrew Lindsay, MPH, both employees of Healthcare Quality Strategies, Inc., a nonprofit organization based in East Brunswick, N.J.

"We are excited to be bringing this program to Rossmoor," says Walsh. "We have been conducting these workshops all over the state,

and the participants find these programs to be very beneficial." Lindsay agrees and says, "We've seen people adopt much healthier lifestyles as a result of what they learn at these workshops. In fact our best advertisements are graduates of the program – they always say that they would recommend this workshop series to anyone with diabetes or taking care of someone with diabetes."

If you have diabetes or pre-diabetes, do yourself a favor and register today for this free program being offered on Tuesdays from 1 to 3:30 p.m. from September 12 through October 17. The

workshop is part of the Everyone with Diabetes Counts program which is a national initiative of the Centers for Medicare & Medicaid Services. Each participant (one per household) will receive a complementary textbook, "Living a Healthy Life with Chronic Conditions," 4th edition (\$20 value). Healthy snacks will be served.

The free workshop follows the Diabetes Self-Management Program originally developed at the Stanford University School of Medicine. Workshops are designed to educate individuals about diabetes and help them learn how to manage it and take control of their health through various tools, behavior modification, and coping techniques. Participants will learn about preventing complications, healthy eating, exercise, how to deal with stress and difficult emotions, managing medications, effective com-

munication with healthcare providers, and much more.

"We have partnered with the Quality Insights Quality Innovation Network to offer these workshops to our entire community as part of the Community Church's Health Advocacy program," says Thomson. "I know there are many in our community who are living with diabetes and pre-diabetes, which can be quite challenging. Our goal is to help our friends and neighbors learn how to proactively manage this disease. We will offer this workshop series on an ongoing basis if we have enough interest among residents."

For more information or to register for these free workshops, call Jarmaine Williams at (732) 955-8168.

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and
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Learn to Control Your Diabetes

Are you a person with Medicare who has diabetes or know someone who does?

Sign up today for a Free 6-week workshop being in the Dogwood Room at the Clubhouse

Workshop	Date	Time
Workshop #1	9/12/17	1:00 – 3:30 p.m.
Workshop #2	9/19/17	1:00 – 3:30 p.m.
Workshop #3	9/26/17	1:00 – 3:30 p.m.
Workshop #4	10/3/17	1:00 – 3:30 p.m.
Workshop #5	10/10/17	1:00 – 3:30 p.m.
Workshop #6	10/17/17	1:00 – 3:30 p.m.

Register today by calling Jarmaine Williams at (732)955-8168.

Thank you for donated school supplies

By Diane England

We asked you to step up and help us to ensure at least some needy children in the greater Trenton area had the school supplies they needed for the new school year. And boy, did you respond. So, while you can't see the broad smiles on our faces as we extend our heartfelt thanks, please know that they are there. And of course, I say this not only on behalf of the benevolence committee of the Community Church which organized this event with E&R, but on behalf of the Trenton Area

Soup Kitchen (TASK) which will now distribute these supplies.

You'll understand our broad smiles when you review the numbers below. They illustrate the results we'd have had if, like in previous years, we'd collected only from church attendees versus approaching the entire community. Here are the estimated values of the school supplies you donated:

- Those collected before Sunday church service: \$879
- Those collected from the community that Monday:

\$541

- Those collected from the community that Thursday: \$520
- Grand total: \$1,940

Edith Benning, our chairperson, was obviously on the right track when she first proposed this idea to her committee -- Roberta Ambler, Jean Cooke, Gasphine Lewis, Dolores Wardrop, and myself. And then, with our blessings, she approached Michelle Williams in E&R. Fortunately, Michelle thought it was a great idea, too.

(Continued on page 24)

Hit songs and great food 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. 18, at noon. After the brief ceremony to install officers for the 2017-18 Sisterhood year, and a delicious luncheon, the incomparable Frankie M will entertain on his keyboard with songs you love to hear and sing along with him.

The total fee, including lunch and entertainment, is the same as last year, \$27 for members and \$29 for guests, despite the higher fee now charged for entertainment.

Our new officers for the coming year are President Dolores Grief; Vice-President Ginny Kolker; Vice-President for Membership Jeanette Dobrin; Treasurer Mary Slover; and Secretary Susan Tuil.

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 yet 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. Your reservation must be received by Sept. 8.

Best wishes from the Sisterhood Board for a happy and healthy New Year.

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Bill Tarallo, CFP®
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From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Why I Joined Other Mayors...

By Mayor Gerald W. Tamburro

In partnership with the American Jewish Committee, I am beyond proud to announce that I have joined more than 360 mayors within the U.S. and upwards of 190 mayors around the globe, who are taking a stand against anti-Semitism.

Personally, I did so with the backing of our Township Council members; and ceremoniously, I did so with a proclamation presentation to our local Hadassah Alisa Chapter representatives, Marilyn Gerstein and Karen Mandel, at a July 5 Township Council meeting. I have also presented the resolution to the Regency Hadassah and later this month, will be at Stonebridge's Hadassah.

Together, we are publicly condemning prejudice, hatred and discrimination perpetrated against the Jewish community. Furthermore, we condemn hate against all people, as we look to advance human rights, our core democratic values and a peaceful and respectful co-existence around the world.

This is an important action that required my attention and my support for many reasons.

I took this action (and wrote this column) before the horrific events of Charlottesville underscored just how important it is to speak out against hate of all kinds and anti-Semitism.

I am proud that we have a very active and engaged Jewish community in Monroe. I also believe our Township has one of the largest communities of Holocaust survivors in the

country. These extraordinary people have witnessed firsthand the atrocities of the Holocaust.

The inhuman crimes waged against the Jewish people during that era stemmed from the seeds of discrimination. When planted among our citizens and our children, those seeds can only bear the fruits of ignorance, fear, and cruelty.

Some might say that the persecution of the Jewish people is a page for the history books, a dark period that we won't likely see again in our lifetime.

I argue that there is a reason why Holocaust survivors have adopted the phrase, "We Must Never Forget."

Their struggle remains relevant to this very day, lest we repeat ourselves.

Had there been a more universal pushback against anti-Semitism in those times, I'd imagine the outcome would have been very different.

The hate summit that convened in Charlottesville is only the most recent example of a problem that we must confront in our time.

So today, I take this action and we do our best to atone for the silence of our forefathers and stand in solidarity against hate, in whatever form it might take and against whatever color or creed it has set its sights on.

Our diversity, as a country and even as a community, is not a weakness, but rather our greatest strength.

I hope you stand with me in this fight, because anti-Semitism and any form of hate has no place here in Monroe or America.

The Historic Preservation Commission Presents

A vintage baseball game and antique engine display

Saturday, September 23,
noon to 3 p.m.

Dey Farm, Monroe Twp.
Federal Road

(Between Perrineville and
Applegarth Roads)

Pack a picnic lunch and bring your family and friends for an afternoon of fun. See how baseball was played in the 19th century as the Flemington Neshanock take on the Philadelphia Athletic Base Ball Club in a classic double header game.

View the display of antique engines and tractors presented by the Pinelands Antique Engines Association of Toms River, N.J.

Also, learn more about Monroe Township's history as you tour the Dey Farmhouse and the recently renovated Henry L. Miller One-Room Schools.

No rain date. Free admission.

Nocturnal leg cramps

By Kaytie Olshefski,
BSN, RN-BC

Nocturnal leg cramps are said to be worse than a "charley horse." The muscle cramp comes on suddenly and is described as a strong, painful spasm, a tightening contraction, and/or a knotted muscle. It usually occurs in the calf, but can also be felt in the thigh or foot. The cramp could last from a few seconds to several minutes. These nocturnal leg cramps seem to appear more when you are falling asleep or waking up. The cramps are more common in adults over the age of 50 and occur in both men and women equally.

We do not know why some people experience nocturnal leg cramps and others do not. Some causes might be exercising or over use of the muscles, exposure to cold temperatures, dehydration, flat feet, standing on hard surfaces for a long period of time, sitting improperly for long periods, and pregnancy.

Certain medical conditions can make a person more prone to them, for example, peripheral artery disease, kidney disease, thyroid disease, alcoholism, Parkinson's disease, diabetes, and multiple sclerosis. Deficiency in potassium, calcium, magnesium and other minerals could cause these muscle cramps. There are side effects to certain medications that are known to cause nocturnal leg cramps. These include statin drugs, diuretics, steroids, and antipsychotic medications.

What can one do when a painful spasm occurs? As painful as the cramp is, try walking or jiggle your leg. Forcefully stretching and massaging the affected muscle may help to relieve the pain. Taking a warm shower or bath may relieve the cramp. Using a heating pad on the muscle may release the spasm. But do not fall asleep with the heating pad on that muscle. I have seen it happen where a heating pad caused a second-degree burn because the person fell asleep with it on. People have gotten relief using ice or cold pack on the muscle. Do not apply the ice or cold pack directly to the skin. Drink plenty of fluids. Gatorade or Powerade drinks may help to replenish minerals. Taking over-the-counter medications may help relieve the pain, but by the time the medication works, the cramp has hopefully subsided. If you find you are using these over-the-counter medications daily, consult with your physician. He or she can prescribe medications to relieve the muscle cramp. Some people benefit from quinine and take the medication for four to six weeks. But at this moment, there is no information regarding quinine's safety and long-term effectiveness.

Here are some tips to avoid nocturnal leg cramps:

- Prevent becoming dehydrated by drinking six to eight glasses of water every day;
- Limit or avoid drinking alcohol;
- Stretch your leg muscles every day especially before and after exercising and just before bedtime;
- Ride a bike or stationary bike to help to stretch out those muscles.
- Eat healthy foods rich in calcium, potassium, and magnesium.
- Keep your bed sheets and blankets loose around your feet and toes;
- Wear properly fitted shoes.
- Place a bar of soap under your bed sheet, down at

the end of bed. (Some people say this keeps leg cramps away, but there is absolutely no scientific reason as to why.)

Speak with your doctor about your nocturnal leg cramps. Lab work may be ordered to rule out an electrolyte imbalance. Your physician might also want to rule out restless leg syndrome, which does not cause cramping or pain, but instead creates a crawling or discomfort sensation that causes you to want to move your legs. The restlessness is relieved when you move your legs, but unfortunately returns when you stop moving your legs.

Our next lecture in the

(Continued on page 25)



By Mel Moss

Of all the flowering bulbs, the Amaryllis is the easiest to bring into bloom in your home. The bulbs are rather large, being two to four inches in diameter.

Amaryllis are native to semitropical areas of both South America and the South African Western Cape region.

Cultivation started in the early 18th century. A variety bred in Australia produced many new variations of colors, including white, cream, peach, magenta, and close-to-red shades. Today they have any number of shades in red, white, pink, salmon, and orange, along with many striped and multicolored varieties.

The flowers are bell-shaped and, when fully opened, up to seven inches across. A bulb will produce a least one flower stalk that will have two to four flowers on it. A well-established bulb can eventually get up to four stalks from one bulb. If you want, you can keep a bulb going from one year to the next after it blooms, or you can just discard it.

If you buy an unpotted bulb, it should be planted in an eight to 10-inch pot with drainage holes. A wide, heavy pot is important because a light pot might tip over as the plant grows. Use a high organic soil with lots of peat moss. Do not use soil out of the garden.

When planting, leave about one third of the bulb above the soil line. Also make sure the soil line is ½ inch below the lip of the pot. Place the pot in a sunny location. Once you start watering, the bulb will start growing. Keep it moist but not soggy wet. As the leaves appear and grow about four inches high, add some Miracle Grow, or similar type fertilizer, to your watering once a week or every 10 days. You can keep the stem growing straight by rotating the pot once a week. If you keep the plant in a location where the temperature is about 70 degrees, you should see flowers in around

eight weeks. The blooms usually last 12 to 15 days.

At this point, you can either discard the plant, or save the bulb for many more flowerings down the road. If you decide to save the bulb, the first step is to cut off the faded flower stem, or stems, one inch above the bulb. Do not cut off the leaves. Continue watering and fertilizing. If the weather is warm enough that there is no danger of frost, the plant can go outside in a sunny location for about eight to 10 weeks. After this time, the leaves will be almost completely browned. Cut them off about two inches above the bulb.

Take the bulb out of the pot and brush off the soil.

Now, it needs about a 10-week rest period before it is ready to start a new growth and flowering cycle. During the rest period, keep the bulb in a dark, dry, and cool location, such as a closet, or even in the refrigerator, but not in the freezer. If in the refrigerator, do not keep any apples there at the same time. Apples emit a gas that can sterilize the bulb.

Any time after the 10 weeks, you can start the cycle again for any special occasion, or just to see it bloom. Since the blooms last about two weeks, you can plant additional bulbs at two-week intervals, and have continuous color. These bulbs make a great gift for friends or relatives who also enjoy plants and the challenge of growing them.

Bulbs can be purchased through mail-order nurseries, or through local nurseries and garden centers. Even box stores like Home Depot handle them. The bulbs are not cheap: \$8 to \$10 or more for a large sized bulb. Potted ones can run over \$20. But remember, the bulbs can be replanted and continue to bloom for many years. I know of one Rossmoor resident who has a spectacular Amaryllis bulb that has been blooming for the past 16 years.

School supplies

(Continued from page 23)

Most important was the fact you not only thought it was a great idea, but you acted upon it. You really delivered. So again, we thank you for your kindness and generosity.

We're smiling for other reasons, too. We're happy to have this proof that we live in a caring community. Furthermore, because some of you who donated supplies were newer residents, we're smiling because our community has attracted caring people like you.

Talking about smiles, many of you were smiling as you delivered all your supplies. Many of you also told us how it made you feel good to be able to help children in this way. As a result, I suspect we'll be returning next year to do this again. Therefore, please make a note on your June, 2018 calendar to be watching for our collection dates. If you missed this drive, please consider participating next year. After all, as sad as it is, we already know there will once again be a great need for all these same school supplies.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

Please call the East Gate to 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 between Oct 25 and Nov. 30. This is 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.

MAINTENANCE DEPARTMENT

Fall Maintenance reminders

By Dave Salter

Heating units in Mutuals 1, 2, 3 and 4

Furnace 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 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 that is \$30 a month. RCAI strongly recommends that you have this done. Contact our office as soon as you know your dates and to pick up the forms.

Dryer Vent Cleaning

Are your clothes taking too long to dry? Your dryer vent might 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 every fifteen minutes after, plus tax.

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 they are not, we can replace your thermostats for you. If you have PSG thermostats Rossmoor strongly recommends you have these replaced because they can over heat. 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.

Channel 26

It is important to keep an eye on Channel 26, the Rossmoor information highway. There is information regarding road closures, the landscaping daily schedule, important meetings, RCAI information, and much more.

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.

Registered to vote on Election Day?

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 Tuesday, October 3, 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 trouble getting around or simply prefer the conven-

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

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

ience of mailing in a ballot, this method is safe and secure.

With all the attention in the media on candidates for governor competing in the 2017 elections, it is easy to overlook the fact that on November 7 we will be electing our Monroe Township Council representative as well as local School Board members. Make sure you exercise your right to vote for these important positions by first making sure that you are accurately registered to vote.

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Leg cramps

(Continued from page 24)

Saint Peter's University Hospital series will be on "Fraud," by Carol Dicola, from Amboy National Bank in Monroe Township, on Monday September 11, at 1 p.m., in the Maple Room.

The flu and pneumonia vaccine clinics are coming up. They are scheduled for Wednesday, September 20 in the Ballroom and Monday, October 16 in the Hawthorn Room. Both clinics will be from 8 a.m. to 2 p.m. The vaccines will be given by nurses.

As I write this, the program is still being developed so we can accept commercial, HMO, or PPO insurances at our flu clinics. Please call the Health Care Center for more information if you have insurance other than Medicare and would like to receive your flu shot from us.

Everyone, please bring your primary insurance card because we actually need to see it.

If you would also like a pneumonia vaccine, please ask your doctor for a prescription indicating which of the two pneumonia vaccines the doctor wants you to have.

If you have any questions, please feel free to call the Health Care Center.

New Fire House for School House Road

By Joe Haff, Fire Commissioner

Monroe Township Fire District #3 covers Rossmoor, Greenbriar, Regency, and the rest of central Monroe Township. We have long planned to replace the old firehouse on School House Road. About 30 years ago, that firehouse was originally a Public Works building. It was rebuilt to accommodate the fire company. Since then, however, it has become obsolete because fire equipment keeps getting larger, and additional state and government requirements must be adhered to.

Recently, Monroe Township donated a parcel of land on that location, which they are planning to use for school bus storage. Nearby there was also additional land that the Township donated to the fire company. Although we needed a new firehouse, we had to make do with the existing building because a new structure was more than could be easily financed.

Now two factors work in our favor: (1) the original bond issue for the construction of the firehouse on Centre Point will be paid off next year, and (2) with no cost for donated land, we believe we can finance the new building with little, or hopefully, no addition to the local tax structure.

This project has been in the planning stage for seven years. With many new regulations and size requirements, it has become mandatory for us to initiate this project.

The new structure will have three or four bays to accommodate the fire and EMS equipment. After receiving construction bids, a final decision will be made depending on the costs. The existing, obsolete, firehouse building will be demolished when the new structure is up and functioning.

We are pleased to be able to improve service to our community and to do it as economically as possible.

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus 609-655-4401

Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation..... 609-443-0511

Middlesex County

Area Transportation (MCAT) 1-800-221-3520

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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



Caregiver Support Group

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

Mtg.s are 90 minutes

Registration is not necessary.

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

Sponsored by Saint Peter's University Hospital

Board of Governors

(Continued from page 2)

The Reserve Study set aside \$18,000 in 2017 to renovate the two second floor bathrooms and the first-floor back bathroom in the Meeting House. The Board of Governors approved a resolution for the bathroom renovation project utilizing the talented trades people on staff at a cost not to exceed \$26,164.84 and the expenditure will be charged to the RCAI Reserved Fund Account.

The RCAI Reserve Study set aside \$60,000 for the refurbishment of the Common Facilities in 2017. The Board of Governors approved a resolution for the expenditure of \$19,380 to paint the Fitness Center, the Meeting House entry and auditorium, replace the carpet on the second floor and MPR wing in the Clubhouse, install taller floor molding in the Village Center Meeting Room and purchase a few accent tables, mirrors and wall hangings and the expenditure will be charged to the RCAI Replacement Fund Account.

The Reserve Study set aside \$38,438 to replace the Maintenance Carport, Shop and Salt Barn Roofs in 2017. The Board of Governors approved a resolution to replace roofs and the expenditure of \$36,896 will be charged to the RCAI Reserve Fund Account.

Gerald McQuade, Finance Committee Chair, gave the financial report and announced that RCAI has a year-to-date surplus of \$148,00 for the period ending June 30, 2017. He also reported that the Financial Committee is recommending Resolutions # 17-23 through 17-32, excluding 17-31. The Maintenance Committee is

recommending Resolutions #, 17-24, 17-25, 17-28, 17-29, 17-30 and 17-32. Joan Avery, Community Affairs Vice Chair, gave the Committee report and announced the following: several new upcoming events, a new Korean Club is forming, the Shredding Party was a success, flu and pneumonia shots are starting next month, and reminding all residents to carry phones and alert buttons when leaving their manors. Peter Kaznosky, Golf Committee Chair, gave the Committee report and asked the board to approve Resolution # 17-27 and announced the next Golf Course Meeting is November 7, 2017.

Daniel Jolly read a couple of letters of recognition that were addressed to the RCAI staff.

John Vergano, president Mutual 11, informed the board that his Mutual is in the process of amending the Mutual 11 Bylaws to permit Qualified Resident Relatives of a Unit Owner to serve on the Mutual board. A copy of the amendment will be distributed to all Mutual directors and those interested in amending their governing documents should contact Administration.

Jane Balmer, RCAI General Manager, announced that Monroe Township has scheduled a meeting for all Rossmoor residents on Tuesday, October 17 at 1 p.m. in the Meeting House to discuss the next Energy Aggregation Program. She also informed the board that the Rossmoor Engineer, Chris Rosati, has been working with Monroe Township to finalize the specifications for the improvements to the Cedar Brook Pond pump station and Chris feels the bid process should commence soon.

In observance of Rosh Hashanah, the next Board of Governors Meeting is scheduled for Friday, September 22.

Monroe Township gearing up for election season

By Ruth Banks

The League of Women Voters is a nonpartisan political organization which strives to build citizen participation in the democratic process. One of the ways it does this is to plan voter registration events throughout the community. Starting in September, League volunteers will be conducting voter registrations at several "Back to School Nights" so that parents and especially newer residents can get the information they need to register. The League plans to reach out to high school seniors who are or will be 18 by Election Day, to the middle school and several elementary schools. In addition, on National Voter Registration Day, September 26, the League will be registering voters at Highland Park High School and Mill Lake Elementary School.

In October, League members will be at the Green Fair on October 28 at the high school to not only register voters but to hold a "Meet and Greet" the candidates for election to the Board of Education. This will give residents a unique opportunity to

personally meet and talk to the candidates as well as enjoy the many activities and exhibits at the Green Fair. The Library, Senior Center and Octoberfest at the Community Center will round out the "person-to-person" efforts to bring attention to the importance of voting in elections. Of course, any resident can get information from the office of the Township Clerk, located in the Municipal Building.

The League's monthly meeting will be held on September 25 at 1 p.m. at the Municipal Building. The Middlesex County Sheriff Mildred S. Scott has been invited to speak. Scott, who changed the face of law enforcement and the Freeholder Board, has made law enforcement her life's work. When she chose a law enforcement career over college, after graduating from Perth Amboy High School, she didn't know that she would be the one who broke a color and a gender barrier. She was the first woman and the first African-American to be hired by the sheriff's department in Middlesex County. She retired in 1995,

but was recruited to run for Councilwoman in Piscataway. Then in 2008, she was elected to the County Freeholders, where she served two terms, again breaking the color barrier. Two years later she ran for sheriff and is now starting her seventh term. In 1996, she noted, there were no women in law enforcement in the county. Her role and responsibilities in running a department of close to 300 employees will be most enlightening. The meeting is open to the public and there is no charge. The League will meet on October 30 for its regular meeting, at the Municipal Building at 1 p.m. Its annual Holiday Happening will be held on November 13 at the Cranbury Inn.

For more information about the League, feel free to contact any of the following: Andrea Pellezzi, 609-664-2146; Judy Perkus, 609-395-1552; Marsha Rosenbaum, 609-409-0930; Adrienne Fein, 609-860-5984; or Ruth Banks, 609-655-4791. Written comments may be sent to: League of Women Voters of Monroe Twp. P.O. Box 6661, Monroe Twp, NJ 08831.

In Memoriam

Edward Warren Muench

Edward Warren Muench, 89, died July 27. He moved here 1984. He had been employed as a teacher for the Toms River Board of Education at Walnut Street Elementary, South Toms River Elementary, and Toms River High School, retiring in 1990.

Previously he served in the U.S. Navy for 22 years, where he attained the rank of Master Chief Petty Officer (Parachute Rigger and Naval Parachutist). Muench served aboard numerous Atlantic Fleet air-

craft carriers including the Leyte, Coral Sea, FDR, Forrestal, Lake Champlain, and Randolph. While aboard the Randolph, he was involved in the recovery operations for astronauts Gus Grissom and John Glenn.

His last tour of duty was as school supervisor and assistant training officer of the Parachute Riggers School (Class A), Lakehurst Naval Base, N.J. He was a member of the Centurion Club (100+ jumps).

Muench was an avid cyclist who held many state and other race awards. He was a member of several bicycle clubs including the U.S. Cy-

cling Federation, Century Road Club, and The Wheelman. He was eligible for the final tryout for the 1952 Olympic Team representing the U.S. in the Helsinki, Finland, bicycle races.

He owned a series of recreation vehicles and enjoyed traveling with his family to all 50 states and Canada.

Surviving are his wife Shirley Baker Muench, his son Warren and wife Deborah, his daughter Justine Muench and husband Brad Thompson, Karen Muench, four grandchildren, Erin, Danielle, Tyler and Lauren, and his two great-granddaughters, Elise and Claire.



A pause to reflect, and never to 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.



**MONROE TWP.
FIRE DISTRICT #3
AT YOUR SERVICE,
ANYTIME.
www.mtfd3.com
609-409-2980**



THE MONROE TOWNSHIP HISTORIC COMMISSION HOSTS VINTAGE BASEBALL FLEMINGTON NESHANOCKS VS

PHILADELPHIA ATHLETIC BASEBALL CLUB

Saturday, September 23 • Noon - 3pm

FREE!!!

DEY FARM

Monroe Twp., Middlesex County

Federal Road (Between Perrineville & Applegarth Roads)

NO
RAIN
DATE



Bring a picnic lunch, family and friends to see how 19th century baseball was played during this double header.

Stay for AN ANTIQUE ENGINE DISPLAY Featuring antique engines & tractors from the Pinelands Antique Engine Association of Toms River, NJ, or a tour of the historic Dey Farmhouse or the newly renovated Henry L. Miller One-Room Schoolhouse and Barn.



Classified Advertising

Transportation

CALL DOREEN – I’m back! My new number is (609) 284-4308. Thank you.

LIMO GUY, INC. – Our 15th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. \$85 to Newark, \$155 Philadelphia, \$180 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

NAT TRANSPORTATION – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

EXPERIENCED DRIVER – Doctor and hospital visits, supermarkets, airports. Carl (908) 812-6326.

AAA TRANSPORTATION – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

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

EXPERIENCED LIMO DRIVER – NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

Home Improvement & Services

LANDSCAPE – Fall is the perfect time of year to establish a beautiful, healthy lawn. Results guaranteed. Call (609) 468-3412.

STAINED GLASS – Entryways, privacy windows, kitchen cabinets. 25 years experience. Over 105 customers in Monroe Township alone. Please call Frank Stuper (732) 239-6915. Thank you.

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

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

LEN’S REMODELING AND CONTRACTING SERVICE (Formerly Len’s Handyman Service). Happy summer. It’s time for all those summer projects around your home. We do it all under your roof. Kitchen and bathroom remodeling, painting, molding, closets and closet doors, wood and tile flooring, carpeting, doors and windows, electrical, plumbing, and air conditioning and heating. All handyman repairs and services. Since 2003 we have continued to successfully grow. Please call (732) 851-7555 for a free estimate. Or visit our beautiful Design Center and Showroom at 28 Harrison Ave. in English-town.

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

Miscellaneous/ Services

BALLROOM DANCE LESSONS – Surprise your friends. Private lessons or special event choreography. Call Pam (917) 519-6239.

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

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

PET SITTER/DOG WALKER in my Monroe home. Barb (732) 735-4243.

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

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

Tax Preparation/ Services

CERTIFIED PUBLIC ACCOUNTANT – Don’t let your tax questions linger. Call a CPA today. Rebecca (732) 718-4359.

Wanted to Buy

ITEMS WANTED – Cash paid for unwanted household items. (732) 430-6057.

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

Wanted to Rent

LOOKING FOR CARPORT TO RENT on Sutton Way or Springfield (Stockton Lane). Would like to rent through the winter. Please call Fran (609) 655-0135.

Help & Health Services

DIAMOND CARE – Certified caregiver/companion. Make doctor’s appointments, housekeeper, unclutter your clutter. Fifteen years of experience. References upon request. Call Elena (908) 405-4129.

CARING ELDER CARE – We will help you with personal and household tasks. Minimum visit is only two hours. We’re experienced and caring. Elizabeth (646) 413-0813.

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

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

CAREGIVER – Organized and dependable caregiver looking for part-time and/or full-time opportunities. Current driver’s license and car. Over 10 years of experience. References upon request. (732) 513-2924.

Housecleaning Services

HENRYKA’S HOUSE CLEANING – Polish ladies, reliable and experienced. References available. Call (609) 586-0806.

CINTIA’S CLEANING SERVICES – Free estimates. Great references. Call today (732) 213-0156.

IZABELA’S CLEANING SERVICE - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181 or (609) 656-9281.

HOUSE CLEANING to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371-4775. You’ll be glad you called.

SEVERAL YEARS of honest and quality work. Call Laura (609) 902-9951.

HOUSE CLEANING – Seeking cleaning/housekeeper position. I have many years of experience. Duties can include thorough house cleaning, cooking, laundry, errands, etc. Current references. (732) 393-2546.



CLASSIFIED ADS GET THINGS DONE!

Senior Center Highlights

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

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Members can sign-up for the special, monthly activities either via phone or in-person for all programs with a fee. From your home, visit www.monroetwp.com, and look for the “Office of Senior Services” link under “Departments” to access the calendar/newsletter as well as the Friendly Tidbits online. For more information, please call the Office/Senior Center at: 609-448-7140.

HERE’S TO YOUR HEALTH Register in Advance

Drivers Safety Program: On Tuesday, September 5, at 8:45 a.m., attend the AARP-sponsored driver’s safety program to enhance your driving skills and receive a discount on insurance. To register or for more information, please call 609-448-7140.

Memory Screening: On Friday, September 15, by appointment (between 10 and 12) take this opportunity to get a 15-minute memory screening, consisting of a series of questions and/or tasks to test memory, language skills, thinking ability and other intellectual functions. The results review is confidential. Provided by Princeton Healthcare System. Please register in advance to make an appointment.

LivWell Series: On Monday, September 25, at 10:30 a.m., the LivWell *Mind, Body & Spirit* Series continues, in conjunction with Sas-

wati Chakraborty, Case Mgr., from Monroe Village at Village Point. This month, the focus is: Standing Tall; Don’t Fall.

LAUGHS, LYRICS, & LECTURES Register in Advance

Elefant Presents: On Tuesday and Wednesday, September 5 and 6 at 1:30 p.m., we welcome back Thomas Elefant as he focuses on the monumental, musical giant, Bach.

Ted’s Classics: On Monday, September 11, at 1 p.m., Ted brings us the classic film, *Stars & Stripes, Forever.*

The Music of Sammy Cahn: On Tuesday, September 12, at 1:30 p.m., join Marvin Fischer as he takes you on a musical journey of Sammy Cahn, award winning American lyricist, songwriter, and musician.

Mike & Ted Present: On Wednesday, September 13, at 2 p.m., Michael and Ted, from WWFM’s “The Classical Network” examine the life and career of Alan Jay Lerner and Frederick Loewe, who wrote several stage musicals together: *Brigadoon, Paint Your Wagon, Camelot, and My Fair Lady.*

Jerome Kern: On Thursday, September 14, at 1:30 p.m., Dr. Karen Zumbrunn returns to present the music of Jerome Kern, from “The Way You Look Tonight” to “Pick Yourself Up.

On-the-Range Luncheon: On Friday, September 15, at Noon, join us back “home-on-the-range” as we serve up some good old classics: hot dogs, coleslaw, baked beans, and a campfire treat. Space limited for this special venue. Tickets: \$5 p.p., due upon registering in person, in advance.

Legends of Country Music: On Friday, September 15, at 1:30 p.m., David DeLuca brings his barnstorming square dance of classic country/western songs, of the 1950’s and 1960’s, to life during this special, musical performance. DeLuca features songs made famous by: Johnny Cash, Loretta Lynn, Patsy Cline, Willie Nelson, and more.

The Professor and the Madman: On Monday, September 18, and Tuesday September 19, both at 1:30 p.m., Julian Davis returns to provide this two-part lecture where he tells the riveting and suspenseful tale of murder, insanity, and the making of *The Oxford English Dictionary.*

Movie Oldies: On Thursday, September 21, at 1:30 p.m., enjoy Anne Hathaway in *The Devil Wears Prada.* Then, on Friday, September 22, at 1 p.m., Collin Firth stars in *The King’s Speech.*

CLASSIFIED Ad Information

All Classified ads must be received by Princeton Editorial no later than the 14th of the month preceding publication month.

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RATES

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

- Note: Phone numbers count as one word and names as one word. Do not count punctuation. Abbreviations will be counted as one word.
- Check or money order must accompany insert, made payable to Princeton Editorial Services.
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.
- Type or print your ad clearly and please include any contact information.

ADVERTISEMENT



New Directions

IN HEALTH AND WELLNESS

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

This month's topic: **NEUROPATHY**

Say goodbye to foot and leg pain

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

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

What is Neuropathy?

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

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

A New Hope for Lasting Relief

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

Our treatment options include:



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



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

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

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including neuropathy pain and has been expanded into conventional medicine practices throughout the world.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to

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

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

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

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

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

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

Peripheral Neuropathy Symptoms include:

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



goodbye foot and leg pain...

hello world.

CALL US TODAY!

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

FREE MRI/ X-Ray Review

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

Offer expires September 30, 2017



MONROE OFFICE
350 Forsgate Drive
Monroe, NJ 08831
732.521.9222