



Stonebridge Exchange

Claude Monet 9 perhaps owe having become a painter to flowers."

Hovering Bee Harvey Birnbaum, Mandrake Road



Sandra Flickstein, Ravenslake Road



Water Lilies Rip Dempsey, Timber Hill Drive



Rich Grossberg, Kricket Court



Canal at Frederick, MD Reggie Johnson, Turret Drive



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The Stonebridge *Exchange*

Stonebridge Community Association

1 Cobblestone Boulevard Monroe Township, NJ 08831 **Telephone:** 609-860-8525

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Schedule of Open HOA Meetings for 2016

July 20, September 21, October 19, November 16, December 21

Write to the Stonebridge Exchange at sbexchange@comcast.net

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Letter From Your Editors

Summer is finally here after a cool, windy spring. The gardens in the front and in the back of our homes look beautiful with an abundance of color. Our cover and centerfold continue with the gorgeous photographs of flowers that we received from you for our last issue. The construction of new homes is almost complete and soon Stonebridge will be an autonomous Community.

We are delighted to welcome our newest proofreaders; Walter Bliss, Bobbi Greenfield, Marcia Menaker, and Anne Marie Mirabella who come to the *Stonebridge Exchange* with a wealth of experience and creative ideas. We know that they will help us continue to make our publication enjoyable for everyone in the Community. We had an overwhelming response for the four open positions but unfortunately we couldn't choose all who applied, although they were all capable.

We also want to thank Marianne Pittelli for her service as Vice President of our HOA Board and to welcome Charlie Zeichner as the newest Board member. We wish him the best of luck as he takes on this endeavor.

Welcome to the Veterans' Club as one of the newest sanctioned clubs and groups. All of us are grateful and proud of those who served the United States in war and peace. Enjoy the comradery of your fellow Vets.

In our next issue, Anne Marie Mirabella will begin an article, "Tips, Tricks and Helpful Hints." Perhaps you have a little trick to help keep the drain clear, keep mosquitoes away, or keep the shine on stainless steel. Look for our box ad on page 16 and send Anne Marie your suggestions which will be shared each month.

Our Women's Club will once again be selling ices and pretzels poolside on selected weekends throughout the summer. Snacks will be available inside the Clubhouse as you play poker, pinochle, bridge, Mah Jongg and canasta. All proceeds will be donated to the American Cancer Society Making Strides Against Breast Cancer. Please support this worthy cause.

Stonebridge is going into the double digits. The Community will be celebrating its 10th Anniversary on September 24. Save the date so you may enjoy the activities planned for this milestone. Your

suggestions for the festivities are welcome.

We hope you all enjoy the summer warmth.



Stonebridge Exchange Mission Statement

The Stonebridge Exchange is the HOA Board approved bi-monthly magazine produced for the residents of Stonebridge. It provides quality articles that include: Community information and activities, as well as articles of cultural, sports, health, travel and others of general interest. The Stonebridge Exchange encourages positive, non-inflammatory, tasteful, and creative participation by all residents within the Community.

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Norm Osborne

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Alex Ostrow

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Trevor Barnett Gerald Levine Mario Ripatranzone Irv Freilich Joel Littman Alan Weinstein Stan Greengrass Mel Lvnn

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Fave Josephson Judy Belitz Stone

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Charlie Zeichner, Secretary Ed SanGeorge, Director at Large

Shirley Zuk

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609-409-1470 (Ext. 13)

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German Gramajo 609-409-1470

Mike Huelsenbeck

Alex Keith

Main Gate: 609-409-7424

Nurse's Office, Mary Wolfram, RN

Phone: 609-409-1472 Fax: 609-409-1473 Sales Office: 888-416-7100 609-235-4055 Spa:

Our Clubs

Stonebridge Women's Club 2016-2017 Officers

Presidents: Liz Silecchia, Bonnie Silleck and June

Vardaro

Vice Presidents: Hollace Beer-Indelicato and

Patricia Lass

Secretaries: Loretta DiCoscia and Linda Longo **Treasurers:** Judy Margulies and Debbie McGee

Sergeant at Arms: Liz Silecchia

Committee Chairwomen

Activities: Linda Longo, Rita Pallatta, and Phyllis

Zeigler

Bingo: Sandy Rubin, Helyn Sloan, and Ellen Stein

Charity: Sandy Rubin

Fundraising: Joan Maggio and Liz Silecchia **Hospitality:** Jean Katarsky and Patricia Lass

Membership: Debbie McGee **Publicity:** Dolly Alvarez-Crooks

Sunshine: Helyn Sloan

Volunteerism: Joan Maggio and Bonnie Silleck **Welcome:** Phyllis Perlman and Patty Winetz

Stonebridge Men's Club 2016-2017 Officers

Interim PresidentBill NewmanVice President - ActivitiesBill NewmanVice President - CommitteesJim FrankenthalerVice President - MembershipStan FischerCommunications Officer:Paul BellerPublicityFred Block

PublicityFred BlockSecretaryPaul BellerTreasurerGary Lee

Trustees: Marcial Alzugaray, Howard Entin, Steve Lewkowitz, Joe Pavlichko, Mohinder (Minna) Saini

Past President - Peter Marino

Committee Members

Activities - John Colella

Fundraising - Joe Pavlichko, Chair, Tony Guerriero,

Dan Kennedy, Peter Marino

Membership - Paul Scheck, Chair, Barry Alessi,

Fred Block

Purchasing - Howard Entin, Chair **Sunshine -** Hal Gedell, Peter Marino

Welcoming - Allan Block, Herb Eber, Stan Fischer,

Allan Israel, Paul Scheck

Hadassah at Stonebridge 2016 Officers

Presidents - Karen Hyman and Susan Pomerantz

Executive Vice President - Lynn Bender

Communications Co-Vice Presidents - Ellen

Adelson and Gloria Meyer

Membership Vice Presidents - Judy Freilich and

Barbara Levine

Fundraising Vice Presidents - Doris Entin, Anne

Hausman, Sheila Hertz

Education Vice Presidents - Barbara Nalitt,

Patty Winetz

Programming & Community Outreach Vice

Presidents - Gay Kassan, Roberta Neutuch

Treasurers - Cindy Block, Diane Needelman

Recording Secretary - Lisa Fischer

Corresponding Secretary - Bobbie Schwartzberg

Members at Large - Helene Cohen, Sharon Cohen,

Bea Grossberg, Andi Mitzner, Edie Vigdor

Additional Clubs & Groups

Art Studio - Joel Greenberg

Bocce - Joel Greenberg

Book Club (Men) - Joel Littman

Book Club (Women) - TBD

Bowling – Gene Kassan

Bridge - Judy Devine and Shirley Ikeda

Drama Club - Sheila Wolf

Duplicate Bridge - Merle and Trevor Barnett

Free Thinkers Discussion Group - Henry Saphow

Garden Club - Joel Greenberg

Investment Discussion Club - Len Baskin

Men's Golf Club - Joe Pavlichko Needlecraft Group - Judi Edelson Photography Club - Rich Grossberg

Pickleball - Joel Greenberg

Pinochle - Emil Erlich

Singles Group - Linda Bloom

Table Tennis - Len Baskin

Tennis - Louise Kudler

Veterans Group - Norm Osborne

Women's Billiards - Marcia Tobias

Women's Golf Club - Estelle Hayman



Stonebridge Community Association

Recycling Schedule



Recycling pickup is every Wednesday. Please do not put your recycling cans curbside earlier than 6 pm the night before pickup. Thank you!



Stonebridge residents may recycle newspapers, paper, and comingled products <u>every</u> Wednesday.



*Comingled products include glass, plastic, aluminum and tin. Lids from all containers should be removed and placed in the trash. Plastic containers (e.g. milk containers, detergent, and shampoo bottles) marked #1 PETE and #2 HDPE can be recycled. Check the bottom of the container for this designation. All other plastics are not recyclable, and should be placed in the trash.

Garbage Pick Up Holiday Schedule

PLEASE NOTE: If a major holiday falls on trash pickup day, trash will be collected on the next **scheduled pickup** day unless otherwise posted.



Know the Limit

Speed Limit Reminder

Please obey the speed limit. If you observe contractors/vendors abusing the speed limit, please report their license plate number and contractors/vendors on the truck to Maria

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Speed

report their license plate number and contractor's name/vendor on the truck to Maria Sappo, Community Manager. Clubhouse parking lot speed limit is 15mph.

Community Alert

The Property & Grounds Committee is issuing this warning to all dog owners:
Please Curb and Clean-up
After Your Dog

If you do not comply, and if the Management Office receives a complaint, you will be issued a summons by the Community Manager.



2016 Clubhouse Hours of Operation

Access to the Clubhouse requires assigned keycard. Stonebridge issued Photo ID's must be presented to use at the pools. All guests must be accompanied by a resident while using the facilities.

Daily Clubhouse Hours (including holidays): 8:30 am - 11:00 pm

Fitness Center Hours

Daily (including holidays): 5:00 am - 11:00 pm Please Note: The gym is closed for cleaning on Mondays & Fridays from 11:00 am - 12:00 pm.

Indoor Pool Hours:

Monday - Friday: 7:00 am - 8:00 pm

Residents Only: 7:00am – 9:00am and 7:00pm- 8:00pm

Saturday and Sunday: 10:00 am – 5:00 pm

Residents Only: 10:00 am – 12:00 pm Please note: The pool is closed to all users

during scheduled Aquatic Classes:

Monday & Wednesday 9:15am-10:15am Thursday 11:00am-12:00pm

The Indoor Pool is CLOSED the entire day (unless noted otherwise) on the following HOLIDAYS:

Easter (3.27.16) • Thanksgiving (11.24.16) • Christmas Day (12.25.16) • New Year's Day (1.1.17) • ½ Day - Christmas Eve (12.24.16) • ½ Day –New Years Eve (12.31.16)

Outdoor Pool Hours:

May 28, 2016 – June 12, 2016 (Weekends Only) June 18, 2016 – September 5, 2016 (Daily)

Monday through Friday: 11:00 am - 8:00 pmSaturday and Sunday: 10:00 am - 8:00 pm

Clubhouse parking lot speed limit is 15 MPH

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Please Remember....

Our Clubhouse will look as beautiful as we keep it. We are proud of our facility and need to keep it clean. Please dispose of your garbage in the receptacles.

Thank you for your help,

Facilities Committee



REPAIRS DONE RIGHT!

Stonebridge - Moving Forward Michael Berezein, Henry Sloan, Stu Schwartz, Charles Zeichner

First and foremost, the Board welcomes Charles Zeichner as it's newest member. We look forward to working with Charlie who brings a great deal of experience to us.

We would like to thank Marianne Pittelli for all of her hard work during her membership on the Board. Her presence will be missed.

The Property and Grounds Committee has formed a "Pond Sub Committee." This group of highly motivated individuals will be seeking answers to the problems that seem never ending in our many ponds. They will be looking for new information and at the same time speaking to companies whose specialties encompass these problems.

As of May 18th, our financial statements have been added to our website for everyone to inspect. This is a goal the Board has aimed for since the beginning of transition.

Speaking of transition, our transition attorney, Chris Florio, will be addressing the Community at the July 20th Open Board Meeting. Chris will be bringing the Community up to date on what has transpired and what still has to happen during this long road that ends with us being completely separated from the Developer. This is an open meeting you don't want to miss.

As everyone knows the outdoor pool is now open. The pool is there for all to enjoy. In order for that to happen, we urge you to please adhere to the posted rules and to please listen to any instructions the lifeguards may direct towards you. Their job title is LIFE GUARD. They are here to protect us all. Everything they do is directed to that end.

An issue we will be discussing with the Community as fall approaches is Tort Immunity. This is a complex insurance topic that cannot be discussed in this space. Suffice to say, that when our experts meet with the Community to explain this important topic, everyone should make an effort to attend the meeting. The issue affects us all as individuals as well as an association.

The Healthcare Committee is digesting and analyzing the results of the survey that was circulated earlier. The results will be disseminated to all of us soon. The large number of responses to the survey was very gratifying. Thank you for your participation.

We are very happy to report that a contract with Lenneth Hair Salon was signed in May. Lenneth, Charlie and company will be attending to our hair styling needs very shortly. Please be sure to stop in to the Spa to meet them if you are not familiar with their Applegarth Road location. This is an exciting happening that many people have been waiting for very patiently.

The Board welcomes back all of our "Snow Birds." Nice to see you again. We missed you.

We hope everyone has a safe and enjoyable summer.

Stonebridge Social Committee

Terry Luxenberg

What's going on in Stonebridge? Residents enjoy a very full schedule of social activities, which is why our Community is so popular. Social Committee members organize and facilitate Grille Room performances, trivia nights, dances, parties and holiday celebrations for every month of the year. While these activities vary from year to year, the holiday celebrations have included Memorial Day, 4th of July, Labor Day, Columbus Day, St Patrick's Day, New Year's Eve, Chinese New Year and Valentine's Day.

Most events are sold out with a waiting list. This situation prompted a new double performance by Hunter Hayes in the Grille Room on May 20. Everyone is urged to register as early as possible for each event so as not to be disappointed. Over 275 people enjoyed the sold out May 28 Memorial Day Party. A Trivia Night on June 24 directed by our own Roy Cohen was also a big success.

Upcoming events include poolside music on July 4, a September 3rd Labor Day Party, the Ten Year Anniversary of Stonebridge Celebration on September 24, a dance in October and a brunch in November. After last year's successful party, the Battleground Country Club has already been booked for New Year's Eve.

Between Social Committee activities and all the trips, performances, clubs, charitable endeavors, athletics, cards, Mah Jong, gardening and other hobbies organized by the numerous clubs and committees in our Community, it's a wonder we have time to sleep!

Property & Grounds Committee

Phil Edgecomb and Joel Greenberg

Summer maintenance of homeowners' landscaping is a joint responsibility of both the homeowner and the Stonebridge Homeowners' Association. There are copies of the Property & Grounds Handbook for residents available at the literature stand to the right of the concierge's desk. The handbook summarizes the responsibilities of each party.

Homeowners' Responsibility

Landscape beds - Homeowners are responsible for the maintenance of all front, side and rear planting beds. This includes weeding, trimming, mulching, watering, replacement and edging of beds.

Trees - Homeowners are responsible for all trees on their property (street trees and rear trees). This includes all trimming of trees, mulching, fertilizing, watering and edging the mulch circle around each tree.

Spraying - Homeowners are responsible for the insect spraying of their trees and shrubs. This includes all rear and street trees. Any fungus, insect or disease on your plants is your responsibility. The Stonebridge Homeowners' Association is only responsible for the pesticide control of trees in the common areas.

Association Responsibility

During the summer months, the Association is responsible for mowing, fertilizing and pesticide treatment of all lawns (homeowner and Association lawns) and all responsibilities relating to common grounds. Lawns will be mowed every 7 to 10 days, weather permitting. The schedule of chemical lawn applications are dependent on weather. Chemicals cannot be applied at extremely high temperatures and too much rain or wet turf presents other problems.

Spring (usually mid-April) - fertilizer with crabgrass pre-emergent plus spot treatment of broadleaf weeds as needed

Early-Summer (usually mid-June) - fertilizer with insect control (surface and sub-surface)

Mid-Summer - nutsedge and insect control when necessary and weather permits

Late-Summer (usually mid-August) - fertilizer **Fall** (usually October) - fertilizer and weed control as needed

2016 Open Board Meeting Dates 3rd Wednesday of each month

July - 20th

September - 21st

October - 19th

November - 16th

December - 21st



Community Emergency Response Committee Anne LaBelle Co-Chair CERC

CERC welcomed Charles Zeichner, our new Board liaison, at the May Committee meeting.

The Community Emergency Response Plan has been approved by the Board, and was ratified at the June Homeowners' Meeting. At that meeting, we announced that the Plan, as well as the File of Life and the Emergency Wheels will be distributed at the July Homeowners' meeting. Additionally in June, we gave a brief talk about Nixle and Alert Cast - explaining what the tools are and their purpose, as well as how to join and their utilization during an emergency.

The Committee is pleased that the Emergency Plan has been finalized and that we now have a document in place with procedures to be followed, as well as valuable information for use during an emergency. The Plan will be there if we need it and, hopefully, we will never have a situation that requires us to use it.

Architectural Review Committee (ARC) John Ferrelli

This is to inform the community that as of June 1, 2016, I stepped down as chairperson of the Architectural Review Committee. I leave behind a group of hard working, knowledgeable and talented committee members, so I don't anticipate any problems with the review of any architectural modification applications in the future.

During my 16 months as chairperson, the Committee accomplished virtually all the goals we established. This was done with the help and support of Stonebridge's Board of Directors, RCP Management, and the community in general. The following is a list of ARC's major accomplishments during that time.

- Revised ARC regulations The Committee performed a comprehensive review and revision of the architectural modification regulations to better fit the needs and desires of the community. Having a Board member liaison assigned to the Committee was extremely helpful in this task.
- Lowered bond requirements Bond requirements were significantly lowered to help make projects more affordable to homeowners.

MARVIN'S LIMOUSINE

Luxury Ride For Less Money

- Accelerated the approval process Most homeowners now receive their project approval letters within 7-10 days after ARC's review meeting. The Committee, Board of Directors, and RCP Management worked hard to make this happen. Over 250 major projects have been approved during the past 16 months.
- Created a fast-track form ARC pre-approved more than a dozen small projects such as storm door installations on a single page, two-sided form. This form provided instantaneous approval for the homeowner without a bond requirement when signed off by RCP management. To date, the form has been used for over 100 projects.
- **Revised inspection requirements** For quality control purposes, inspections related to Certificates of Completion are performed by two or more ARC members.
- Closed out all outstanding Certifications of Completion The reformed Committee inherited a backlog of over 100 projects in March of 2015 that hadn't been inspected. By the middle of 2015, all outstanding projects were properly closed out.
- Established guidelines for solar panel installations
 We are mandated by both the federal and state
 governments to allow solar installations, so ARC
 regulations were created to insure that the work
 be done in an aesthetically pleasing manner as
 possible.
- Corrected ARC violations Working with the Board of Directors and RCP Management, ARC identified homes having regulation violations and reached agreements on having them corrected.

In closing, the Committee's informal mission statement was to solve problems, not create them. Looking back, I think that has been successfully accomplished.





Entertainment Committee Hal Gedell

Simply put, on May 21st The Doo Wop Project brought down the house. We will not join the discussion at the end of the performance when many in the audience said that it was the best show we've ever presented. We will agree however that the audience's response was overwhelming. The outstanding group of five Broadway caliber singers and five equally great musicians put a huge smile on everyone's faces.

We thank those of you who came for your attendance and accolades. It should also be noted that this was the inauguration of our new sound system. While there were some glitches, we feel the new system made a difference. We hope you concur.





Photos by Bobbi Greenfield

Here are our remaining shows for 2016. Please save these dates and feel free to sample the talents of these outstanding entertainers using the websites indicated.

7/30/2016 – The Phantom's Leading Ladies – The longest running show in Broadway history is *The Phantom of the Opera* and its heroine is Christine Daaé. Any actress who portrays this role must be extraordinary in both physical beauty and singing voice. The Phantom's Leading Ladies, Teri Bibb, Karen Culliver and Mary D'Arcy, each played Christine Daaé on Broadway, nationally and internationally, as well as performed major roles in many other Broadway shows,

concerts, television appearances and recordings. Our trio of Christines will sing everything from Broadway classics to The Beatles. As solo artists their beautiful voices will captivate the audience and when they sing together, their distinctively intricate and breathtaking three-part harmony will overwhelm you. These beautiful women provide an evening of surprises and flirtatious fun with exquisite musicianship, humor and class. Think the "Three Tenors"; but cooler, funnier and they look better in cocktail dresses. http://www.thephantomsleadingladies.com

10/22/2016 - Bobby Collins and Sherma Andrews - An evening of side-splitting comedy and beautiful

music Bobby Collins, star of comedy clubs, theaters and television, will have you laughing at the humor of day-to-day situations as well as



serving up resplendent rants on world events. https://viveo.com/108391887. Sherma Andrews classically trained international concert and recording artist will perform the music of "The Legendary Lady Singers" including Barbra Streisand, Whitney Houston and many other superstars. http://shermaandrews.com/#video

As a reminder, the payee on the checks you write for tickets has been changed. Henceforth, please issue your checks payable to the **Stonebridge Community Association** and note Entertainment Account on your check. Further, Association regulations require us to accept **checks only** and prohibit us from accepting cash payments.

Your suggestions for future shows and comments are always welcome. Your thoughts, be they good or bad, can only help us in improving the quality of our product to you. Please feel free to send your emails to either Hal Gedell, hgedell@yahoo.com or any of the other members of the Entertainment Committee. Be assured your emails will be circulated amongst all members of the committee.

We thank you for your continued patronage and hope to see you at our future shows.

Facilities Committee

Beverly Newlander and Vinny Vitale

Since last summer, the Committee has been busy preparing for the upcoming summer outdoor pool season by finding vendors, reviewing products, and soliciting proposals for pool furniture. To further meet our community's needs, we purchased new indoor pool furniture, which will help to provide additional furniture for the outdoor pool, ten new 11-foot outdoor umbrellas to provide additional shade and re-strapped over fifty lounges and chairs. With these expenditures we should be able to prolong the usage of our pool furniture by several years, giving us the opportunity to budget for all new furniture in future years. In addition, we arranged to power wash the pool deck prior to Memorial Day.

In an attempt to reduce over crowding within the fenced area of the pool, we will be providing tables with umbrellas and chairs outside on the indoor pool patio, Grille Room patio and the entrance to the pool area for residents to eat and play games.

We have met with our pool company, Candlewood, and expressed our expectations of them so we can have an enjoyable pool season. We ask that the residents always sign in, follow our pool rules, listen to the lifeguards and be considerate of other residents and their guests.

Also in the past months, we purchased new floor mats for the shower areas in the locker rooms, new mats



for the entrances to the indoor pool and added an electrical outlet at the outdoor pool to provide power for the future acquisition of a robotic pool cleaner. Blinds have been ordered for the Billiards Room and

should have been installed mid-June.

In the coming months, we will work on the 2017 budget and explore ways in which we can best improve our Clubhouse and facilities. Lastly, we intend to assist with the preparations for our Ten Year Anniversary Party in September.

Have a safe and enjoyable summer!

Medicare Supplemental Insurance policies, less expensive than AARP? YES there are some!

- If you are turning 65 in the next 6 months or are under 100 years old, call me.
- If you want to save 40% on a Medicare Supplemental Insurance policy with the same coverage
- Give me a call for a quotation. Why pay more for the same thing!
- It's your money, DON'T pay more than you have to for the same coverage.

Care at Home or in a Nursing Home. Take your pick. Which one do you want?

A Long Term-Care insurance policy is more affordable than you think.

- For a small premium you can eliminate the \$8,000 \$9,000 monthly Nursing home charge that Medicare will not pay for. Do you have that kind of money? The average stay is 36 months.
- Why take the chance you have home owners, auto and life insurance don't you?
- Eliminate the burden on your family and protect them from the high costs of care
- It is less expensive the younger and healthier you are... pennies on the dollar.

Call me for a confidential meeting in your home of office...

You have nothing to lose but your savings Paul Onish – NJ Insurance Group

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Information Technology "IT" Committee Steven Birnbaum

The IT Committee is seeking additional residents to serve on the Committee. We have openings on a sub-committee being formed for Audio and Video. The Committee investigates the latest technology for Stonebridge.

The following sub-committees are active:

- Data & Voice
- Website Improvement
- Data Security
- Audio Video
- Community Internet and Cable Provider availability
- Communication within the community

The Committee meets the second and fourth Monday in the Clubhouse Theatre at 9:30 am. The meetings are open to all residents and we encourage residents to attend.

The following projects are approved by the Board of Directors and are underway or scheduled:

- Replace the Clubhouse phone systems (Fall 2016).
- Update the data network in the Clubhouse. (Targeted completion June 2016)
- Install an updated and secure Wi-Fi system. (Targeted completion July 2016)
- The installation of a new speaker system and sound board specified by the Entertainment Committee was supervised by the Committee and the work was completed in May, 2016.

In addition, it's our job to determine the technology required for any upcoming event.

The following projects are on the agenda:

- Evaluate systems that are available for improved sound for residents who are hearing impaired. One test was held in February and another smaller evaluation will be scheduled in June for residents that were away for the winter.
- Refresh the design of the Stonebridge website. Improve the usability of the website by activating additional functions that are available in that system.
- Evaluate a video projection system for the ballroom
- Evaluate improving the email communication distribution with the Women's Club and Men's Club
- Investigate future distribution methods for the Resident Directory

- Evaluate Online Ticketing for events similar to how movie and show events are ordered
- Investigate a security system for the Clubhouse
- Investigate starting a Computer Club. This Club will be self-functioning and independent from the IT Committee

We welcome one new member, Paul Altschuler, to the Committee, and welcome back an original member, Sam Zimmerman.

Thanks to Len Baskin, Ron Shey and Bud Sparks for their previous service on the Committee.

The IT Committee is available to all Clubs and Committees anytime a technology opinion is desired. As we complete an individual task, the recommendations are submitted to the Board of Directors. IT will coordinate any project approved with RCP Management.

Resident suggestions are always welcome and can be sent to StonebridgeIT@gmail.com.



Important Web Sites

Stonebridge Website

http://www.RCPManagement.com/Stonebridge

Middlesex County

http://www.co.middlesex.nj.us

Monroe Township Library

http://www.monroetwplibrary.org

Monroe Township Municipal Utilities Department http://www.mtmua.com

Monroe Twp. Park & Ride Application www.monroetwp.com/pdf/park ride.pdf

Monroe Township Recreation Dept.

http://www.monroerec.com

Monroe Township Web Site

www.monroetwp.com

Social Security

http://www.socialsecurity.gov

Suburban Transit

www.coachusa.com/suburban

Women's Club Presidents' Message

Liz Silecchia, Bonnie Silleck, June Vardaro

Summer is in full swing and we hope everyone is enjoying the warm weather and all the great amenities Stonebridge offers.

As we begin a new year for the Women's Club, we are enthusiastically planning another busy fun-filled year for all of our members. Be on the lookout for emails and flyers of upcoming events. Our year begins on June 1, so payment is now due. You must be a current member to attend meetings and activities. Annual dues are \$30.00, payable to Stonebridge Women's Club. Place your check and the form below in the lockbox located in the Clubhouse lobby.

	NAME		
	ADDRESS		
	EMAIL ADDRESS		
ı	PHONE # CELL	HOME	
I	RENEWAL	NEW MEMBER	
1			

Have a safe, healthy, active summer!

Women's Club Activities Linda Longo, Rita Pallata, Phyllis Ziegler

The leadership of the Women's Club Activities Committee has undergone some changes, however we continue to be committed to providing fun and enjoyable programs for everyone to enjoy. There are two buses going to New Hope to enjoy the *Buddy Holly Story* at the Playhouse Theater.

July is a quiet month for us as we prepare for the August 10th show, *Godfather's Meshuganuh Wedding*. Sign up is going on now – form a table and get your list in quickly. We are having a troop of entertainers and a DJ to provide a fun evening.

On September 22nd we are off to the races. We will have a private dining room with views of the Freehold Raceway track as we enjoy lunch and an afternoon watching the Trotters.

On November 4th we will be going to the Axelrod Performing Arts Center in Deal, NJ for the show, *Billy Elliot*. The theatre has an excellent reputation for putting on top-notch shows. We have no doubt this show will be very enjoyable as well.

Keep your lines of communication open for flyers. Events fill up quickly so sign up to enjoy all of our activities.

Enjoy the summer, because the Committee is already planning for lots of fun and interesting programs for winter!

Making Strides Against Breast Cancer

Audrey Markman

Tuesday, June 7 was the first time voting took place in the Stonebridge Clubhouse. The Making Strides Against Breast Cancer Committee of the Stonebridge Women's Club held its first Bake Sale in the foyer outside of the Clubhouse Grille Room. The members of the Committee baked or bought baked goods and sold items with total monies going to the American Cancer Society. We are happy to say that we earned \$378.00.

We will be having our first Ralph's Ices/pretzel sale at the pool outside in front of the Grille Room on July 4th weekend from 1:00-4:00. (weather permitting) \$2.00 for an ice and \$1.00 for a pretzel. Please stop by for a delicious treat. Ices must be eaten outside of the immediate pool area. Snack sales will be starting up soon.

This year the annual walk will take place at Encore on Sunday, October 23.



Spring Vendor Fair

Sandy Rubin, Helyn Sloan, Vendor Fair Co-chairs

With a rainy dismal day outside, the ballroom was abuzz with vendors selling bathing suit cover-ups, jewelry, handbags, books and many more items. There were delicious baked goods from our own residents as well as bagels, coffee and pretzels. We had 35vendors selling their wares. People came to find their favorite vendor only to find many new ones. The day was a

huge success.

We want to thank everyone who came out and supported this event. We especially want to thank all of you who donated their time and helped work the event and all those who baked those delicious goodies. Without your help it would not have been possible. We are a great group of women.



Stonebridge Men's Club

Jim Frankenthaler and Bill Newmark

The Men's Club congratulates Charles Zeichner on his election to the HOA Board. He was President of the Men's Club during our 2015-2016 fiscal year but resigned to avoid conflicts with his new position. Under his leadership, our group experienced a most successful year when our membership increased by 100 to approximately 380 men and modernized our By-Laws and our organization in general. In the interim, Bill Newmark, VP Activities, became the President until a new slate of officers assumes leadership positions.

To date, we have had a successful string of programs and activities. In April, we had a terrific talk on physical fitness given by Michael Goldstein and Dr. Jerry Moczerniuk. Michael is a Stonebridge resident and a certified personal trainer operating out of the Princeton Fitness and Wellness Center. Jerry earned a PhD in physical therapy and practices in the Freehold area. Both gentlemen work with Stonebridge residents. Even after the formal presentation and Q&A period ended, Men's Club members peppered the presenters with questions for a good 30 minutes.

Our May 26 program presented a travel forum by Jeff and Jeff. Jeff Hodes is a passionate traveler who, with his wife Roberta, visited fifty states and sixty countries, always making their own arrangements. Jeff Sturman is one of several travel agents living in Stonebridge. Their presentation focused on how we can enjoy traditional and new travel modes.

After new officer elections, our June meeting featured sporting events and history trivia offered by three well-

versed Men's Club members. Winners were rewarded with prizes and everyone was well entertained. Our Club members have enjoyed prior trivia activities.

The July meeting will feature a Night at the Races where members can pick (and bet a pittance) on three or



four steeplechase races. The races are exciting and the images graphically catch the excitement of the track. Once again, expect prizes for the winners.

August affords us the opportunity to experience an internet/computing forum. The presentation will include both general usage and what we can expect from the Stonebridge URL. The presenters will aid us in the uses of our myriad computing devices and browsers. However, most importantly, during August we will hold our annual Golf Outing, as well ready the new 2017 Community Calendar for distribution in November.

Lastly, we have members who will fill officer positions and committee chairs. However, the path to a successful year is paved by the efforts of all our members. To date, many have volunteered, but we still need more. We will put together explanations of committee activities and reply forms for volunteers to submit.

Hadassah at Stonebridge

Karen Hyman and Susan Pomerantz, Co-Presidents

Hadassah Launches Coalition for Health Equity in the United States

What is Hadassah doing to help women in the United States with improving health care? the same diseases and react differently to certain drugs, medical devices, and treatments. There are so many

This year Hadassah, the Women's Zionist Organization (HWZOA) launched the Coalition for Women's Health Equity which is working to address inequities in quality care, funding and support, and gaps in women's health awareness. Hadassah is working along with 16 other national organizations including the American Heart Health Association, the Society for Women's Health Research, and the Black Women's Health Imperative to name a few. Ellen Hershkin, Hadassah National President, has been leading the advocacy campaign against gender disparities throughout the healthcare system in our country. She hopes the Coalition will help to create a unified force for women's health equity from prevention and diagnosis to treatment and cure. Hadassah is working towards female empowerment, equitable healthcare access, civil rights, and more.

Why, you might ask, do women in the United States need help when our healthcare is so advanced? First, women and men often present different symptoms for

ATTEND A JAM SESSION

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Last Wednesday of Every Month
Clubhouse Ballroom
For more information contact
Steve Birnbaum at
sb19@comcast.net

the same diseases and react differently to certain drugs, medical devices, and treatments. There are so many gender disparities in medicine among research subjects, and in healthcare access and delivery. These disparities put women at risk for misdiagnosis, ineffective treatment, and compromised care.

Specifically, heart disease is the number one killer of women, and yet only one third of cardiovascular subjects in studies are women. Studies show that medical providers often ascribe women's pain symptoms to stress and psychological causes. However, the symptoms of their male counterparts are deemed to have physical or neurological causes. "Only when the gender gaps are closed in research studies will the state of women's heart health and women's health care improve overall," stated Nancy Brown, CEO of the American Heart Association at the Coalition meeting.

Note that support for Hadassah means not only a brighter future for women around the country, but ultimately around the world. Hadassah and the other organizations called together at this coalition hold the key to improvement of women's health for generations to come. How proud we are at Hadassah at Stonebridge to be part of this and many other programs that work to bridge equality in medical treatment for all.

Tips, Tricks and Helpful Hints

Anne-Marie Mirabella



- Have you discovered something that makes your life easier?
- Care to share your experience with your neighbors?

Our new feature, "Tips, Tricks and Helpful Hints" is looking for your advice.

Please send your information to sbexchange@ comcast.net with Helpful Hints in the subject line.

Welcome Reception

Phyliss Pearlman and Patty Winetz Stonebridge Welcome Committee, Co-Chairs

On July 19th, the Stonebridge Men's and Women's Welcoming Committee will host a reception to welcome new homeowners into our community. This event gives the new residents an opportunity to meet other new neighbors and receive valuable information about our various Clubs and Groups.

The speakers will include representatives from the Community Association Board, Nurses' Office, The

Stonebridge Exchange, Men's and Women's Clubs, Entertainment and Social Committees and the Singles Group.

The Welcome Reception is held on a quarterly basis. Invitations for this event are sent out in advance. A notice will be posted on the Events Calendar of the Stonebridge website. We look forward to meeting and greeting new residents at the next Welcome Reception on July 19!



Welcome New Neighbors

Alice and Barry Arigo
Jennie and Al Bernardini
Helena and Michael Bremen
Katherine Stewart Bron and Virginia Zienkiewicz
Caterina and Carmelo Caruso
JoLynda and James Conklin
Esther Misrahi-Elting and Mickey Elting
Meryl Fischer
Diane Greenman and Warren Shiner
Madhuri and Dhansukhla Kapadia
Phyllis and Rick Kaplan

Sheila and Kevan Kushner

Jane and Stephen Marchetta
Naresh Modhera
Mary Ann Munson
Misrahi-El Karen Hochron-Pisano and Bob Pisano
Jeannette and Clyde Rutherford
John and Francine Schirmer
Warren Shin
Francine and Jeff Shlingbaum
Gail and Elliot Spar
Darrell and Walter Weinberg
Lou Anne and John Wolf
Xia Zhang and Xiangyang Lu



Help Support Monroe Township's Youth! Stonebridge Women's Club Box Tops for Education

Place Box Top for Education coupons in the collection box located in the Clubhouse Lobby. Monroe Township Middle School will receive ten cents for each box top. Money will be used for extra-curricular activities.



Making Strides Against Breast Cancer

Purchase Ralph's Ices and Philly Pretzels poolside this summer.
Ices: \$2.00 per cup
Pretzels \$1.00
Snacks will also be available
Exact change appreciated





Ices and snacks will be sold on the following dates:
Fourth of July weekend
July 16, 17
July 30, 31
August 13, 14
August 27, 28
Labor Day weekend

Mingle with the Singles Barbara Schwartz, Judy Stone, and Judy Tucker

Hello o o o o singles!

What could be more fun than a pizza party in the Grille Room? Well, couple it with a "chick-flick" in our Clubhouse theater and you have a success. Thirty-six singles attended the May 6 event and enjoyed the evening.

On May 15 a group of 8 attended a play at Kelsey Theater followed by dinner at a local restaurant. Dinner at Scotto's on Thursday evening June 9. A great time was had by all.

On August 4 a group of 10 will be attending *Anything Goes* at Kelsey theater. Tickets must be purchased on your own by contacting the box office at 609-570-3333.

We continue to meet on the third Friday of each month at 9:30 am at the Prestige Diner for our Breakfast Club. The only requirement is to show up and socialize. The Breakfast Club has been an increasing success as many new faces are seen each month.

Game night is held at 7 pm on the first Friday night of each month in the Grille room. Several new games have been introduced and are being enjoyed. Watch your e-mail for details.

We welcome ideas for interesting events for the Group. Just contact us and we will encourage others to help you plan the event.

For more information contact Linda Bloom or Judy Tucker. (see the resident directory for numbers)

Hope to see you there!



What Has The Drama Club Been Up To Lately?

Joyce Schwartz



Judging from the reaction of the audience to the Drama Club's last production in May, it was easy to forget that it was Friday the 13th! There's nothing scary about a room full of laughter!

Four short plays were performed as script-in-hand readings. They were original comedies, written by our resident playwrights, April Furst, Ruth Liebman, Ray Parnese, and Joyce Schwartz. The cast consisted of Steve Bauman, Paul Beller, Barbara Iskowitz, Irene Marino, Gene Pittelli, Rudi Seligman, Mitch Spiegel, Audrey Tumpowsky, Phyllis Weissblum, and Sheila Wolf. It was a wonderful evening of entertainment and a chance to socialize with our friends and neighbors.

Having you attend our performance and be part of the audience is appreciated by all of us involved in the Drama Club. It's an important show of support. But you may also want to consider joining our group as well. If you think it's fun watching us, I assure you, it's just as much fun behind the scenes. There are so many opportunities to get involved. Acting is just one small part of the production. Why not try your hand at writing? Maybe you'd enjoy assisting back stage with sets, lighting, design or makeup. Preparing programs and procuring ads are two more ways to be part of the crew.

Everyone has a talent just waiting to be discovered. This could be your big break! Come see what we're up to and attend one of our meetings on the second Tuesday of every month in the Arts & Crafts Room. Feel free to bring a friend.

The Drama Club continues to work on and explore new, exciting and creative ideas. As you may already know, the Drama Club is already working on its next production, Plaza Suite, which will be performed on November 11 and 12.

We look forward to seeing you there!

The Stonebridge Veteran's Club

On May 14th, 2016 the Stonebridge Veteran's Club held their first meeting with sixty-five veterans in attendance. Currently there are 94 members who have actually signed up. At the meeting we discussed several topics of interest.

Future plans include having a Veteran's Administration Representative attend our July meeting to discuss health benefits. Some members expressed an interest in visiting patients at the Veteran's Home in Edison, NJ and the Veteran's Hospital in East Orange. We are also planning future trips.

On Saturday May 21, 2016 members of the Stonebridge Veteran's Club along with the Monroe and Cranbury Fire Departments gathered at the Cranbury Station Road overpass above the NJ Turnpike to honor the "Wounded Warriors" who were traveling from Walter Reed Hospital in Washington, DC to Staten Island, NY. Many thanks to John Russo, (third from right bottom row) who suggested we get involved with this activity. A special thanks to members of the Monroe and Cranbury Fire Departments as well.



Women's Book Club News

Barbara Levine

"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book."

-Groucho Marks

In June, we discussed *The Paying Guests*, by Sarah Waters. This historical fiction, is set in post-World War I England. Gender and class are typical themes in Water's novels. While the boys were off fighting, the women were left to pick up the slack. It created employment and social opportunities that were not previously available to women. Unmarried, Frances Wray lives with her widowed mother, in a large old house on Champion Hill. The Wray family, once part of the British upper class, has fallen on hard times. Two sons died in the war and Frances' father left them in debt. She is resentful that without servants, she is reduced to scrubbing the floors, cooking and cleaning. In order to run the household, Frances decides they must take in boarders. Lilian and Leonard Barber are modern, and part of the new upwardly mobile lower class. Their new "paying guests" create change in the Wray household in many different

and unforeseen ways. This inclusion of tenants creates a forced intimacy between the inhabitants of the house. It is a graphic novel, about love, romance, morality and secrets. It created an animated discussion.

Everything I Never Told You, by Celeste Ng is the July selection. This is her 2014 debut novel. It is described as a literary thriller. The year is 1977. The setting is an all-American small town in Ohio. Lydia is missing. We learn she is dead on the first page. As the only Amerasian family in town, the Lees face many obstacles. Some are clear, others lie below the surface. To her family, Lydia seemed so serious, driven, responsible and well adjusted. The novel proceeds to unravel the separate stories of her parents, brother, younger sister, friends, local bad boy and a lake. As we read, we learn the perspectives of the various characters and find surprises along the way. We follow the investigation of the local police as they ask many uncomfortable questions. How did she die? Who is responsible? Did she seem depressed? Who were her friends? As you read to the novels' conclusion, these questions and more will be answered. This is a portrait of a family struggling to fit in. Please join us in a discussion of this book.

How much risk is in your Portfolio?

Risk **Reward** (very smart) Risk Reward (smart) **Risk** Reward (not so smart)

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Coming Up:

July 14 Everything I Never Told You: A Novel by Celeste Ng

August 11 The Little Paris Bookshop by Nina George **September 8** This is Your Life, Harriet Chance by Jonathan Evison

Book Club is open to all Stonebridge Women. Meetings are held in the Arts & Crafts Room of the Clubhouse at 7:00 pm on the 2nd Thursday of the month. There is no need to call or register.



From a Man's Point of View - A Book Review

Joel Littman

The Devil in the White City by Erik Larson

The Devil in the White City will confound the reader's ability to distinguish fact from fiction. This extraordinary non-fiction book is relentless in pursuing the reader's attention as it reveals two true parallel stories of exceptional intrigue and drama occurring simultaneously amidst the frenetic background of the business, social and political activities of Chicago in the early 1890's. It reads like a novel because the recounted events could have emanated from the vivid imagination of an author, and reminds the reader that quite often truth is stranger than fiction.

The book tells the stories, in somewhat alternating chapters, of two fascinating men. One, Daniel H. Burnham, who was to become the motivated visionary, chief planner and architect-extraordinaire of the 1893 Chicago Columbian Exposition (aka World's Fair) and the other Dr. Henry H. Holmes (aka Herman Webster Mudgett), a diabolical con-artist who has an insatiable appetite for serial murder of especially vulnerable young women. How these two historical figures progress in their separate endeavors as the fair moves from the imagination to reality is the essence of the book and the genius of the writer.

As the pages are turned the reader's attention is riveted to the determined vision of Burnham to bring to Chicago a World's Fair, epic in both magnitude and the application of new unimaginable technology creations as a response to the critically acclaimed and well-attended Paris Exposition of 1889 that re-invented the landscape of Paris with the iconic Eiffel Tower. The Eiffel Tower asserts a challenge, and how to build something even

more dominating and profound emerges as the cause celebre of American architects, and most particularly for Burnham.

Equally riveting is the story of Dr. H. H. Holmes, the epitome of a self-promoting entrepreneur/fraudster, irresistibly handsome, supremely courteous and suave in manner, who lures a stream of unsuspecting victims to their deaths, to satisfy a sexual compulsion, in his World's Fair Hotel's gas chamber and then sells their articulated skeletons to medical schools. How Holmes accomplishes his swindles with flair and evades detection for this and his other murderous transgressions is a captivating narrative.

It is fascinating as well to read about some of the great figures of the day, Frederick Law Olmsted and George W. G. Ferris, Jr. to name two, and how they influenced the fair and promoted the inventiveness of American culture for generations to come.

The strength of this literary work can be found in the author's attention to detail and the vivid contrasts it presents: the resplendent White City that surrounds the fair and the stark realities of the Black City (Chicago); creativity and destruction; daylight and darkness; perseverance and cruelty; and ultimately good versus evil. All this creates for the reader an authentic and picturesque mental tableau of the complexities of the societal and economic milieu of 1890's Chicago, a microcosm of America on the cusp of the twentieth century.

This is a book that opens a window to the past that set the vision for the future.

STONEBRIDGE MEN'S BOOK CLUB



On the **third** Thursday of the month

Clubhouse Art & Crafts Room

For more information, please contact JOEL LITTMAN jlittmn@yahoo.com or refer to Resident Directory for phone number

Men's Golf Club

Joe Pavlichko

Our 5th Annual Golf outing and dinner will take place on Tuesday, August 2. We will be playing the scenic and challenging West Course at Mercer Oaks Golf Club in Princeton Junction. Arrival at the course is planned for 11:00 am for driving range practice, a putting contest and lunch. The call to carts is at 12:30 pm with a shotgun start tee time at 1:00 pm sharp.

Registration for golf and dinner is \$145 per golfer. Checks should be made payable to the Stonebridge Men's Club noting "golf outing" in the memo box. Registration includes unlimited range practice balls and a lunch buffet prior to play, 18 holes of golf, electric cart and a cash cart providing cold water and soda on the course. Once again, Gold Coast Cadillac will provide a brand new car for a "hole-in-one" at a par 3 hole designated by the course!

The outing is open to Stonebridge residents and their guests. Play is limited to the number of golfers the course can accommodate so please register early. Registration forms are available in the Clubhouse lobby. Sign up as soon as possible because this is a popular event which fills up quickly.

Golf prizes will be awarded this year for lowest team score to an "all Stonebridge" foursome, in addition to a foursome with a non-Stonebridge resident on their team. Men's and women's prizes will also be given for longest drive and closest to pin.

If golf is not your bag, you can still join everyone for dinner after the group finishes play. Dinner only is \$35 per person. Registration for dinner only must be made no later than July 26 which is two weeks prior to the outing so we can provide the caterer with an accurate count.



Make checks payable to the Stonebridge Men's Club and designate "golf outing dinner only" in the memo box.

We will once again sell "tricky tray" tickets for a chance to win prizes, as well as a 50/50 cash drawing. The popular "live auction" promises some exciting items. Cash or check will be accepted as payment for the auction items.

On another note, the Stonebridge Men's Golf Club membership has experienced another 15% growth as compared to 2015 and now has 110 members. We have negotiated with The Meadows, our "home course," for additional guaranteed tee times and now have a total of eight allotted to us each Thursday morning, which we have already filled a number of times this season. If you are not a Club member and would like to join, it's as simple as letting me know by email - jerseyjoepav@comcast.net.

Hit 'em straight and long! Looking forward to seeing you at the Golf Outing on August 2.

2016 Pickleball Court Hours

OPEN PICKLEBALL

Monday - Friday - 8 am to 11 am

TIME CAN BE RESERVED

Tuesday and Thursday from 7 pm to 10 pm

RESERVED FOR TEAM PRACTICE

Wednesday Nights from 7 pm to 10 pm

Reserving Courts: Must list 4 players minimum.

Weekends: All OPEN Pickleball (No Guests)

The following information is for Spring, Summer and early Fall 2016 playing season.

Court 4 will be used for tennis on the following dates and times.

TENNIS TOURNAMENT USING PICKLEBALL COURT

Friday, July 15th from 7 pm to 9 pm Friday, August 19th from 7 pm to 9 pm Friday, September 16th from 7 pm to 9 pm

> Any questions, please contact: Joel Greenberg Joelg11@comcast.net

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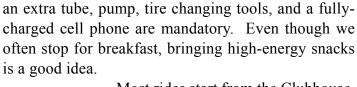
Biking and Hiking

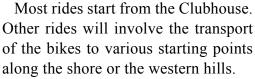
David Greenfield

After a cool, rainy spring the biking season started in earnest. We ride several times a week, averaging between twenty and thirty miles. Rides vary: some are hilly; some are up-tempo, and some are moderate or

more casual. We hope to hold rides this season to please everyone's preferences and to meet individual abilities.

If anyone plans to join us, we suggest that he or she pay attention to the following tips: Make sure your bike's tires and brakes are in good mechanical condition, as well as other gearing. When riding, keeping to the right as much as possible is necessary, as well as keeping an eye on pavement conditions and traffic. Wearing a helmet, carrying water,





For any questions, call Dave Greenfield or e mail him at cent4ever@gmail.com. Please contact him if you wish to be included on the biking list.

Hiking has begun with a slow start this year. We hope to schedule hikes over various terrain and distances in the near future. If you wish to be included on the hiking list, call or e-mail Dave Greenfield.



Tennis News

June Newman

Love is in the air, as is the gold, and the tennis courts are hosting many happy players. The Stonebridge Men's Doubles Team won the gold in the Men's Senior Olympic Tournament. The following teams participated: Ken Newman and Herb Eber; Rick Hershkowitz and Jack Wiseberg; and Steve Leventhal and Rick Kaplan.

The Stonebridge Women's Doubles Team followed suit and won the gold in the Women's Senior Olympic Tournament. The following teams participated: Merle Barnett and Louise Kudler; Patty Gilson and Lil Velazquez; and Cathy Cavallo and June Newman. We also are thrilled to announce that our mixed doubles teams won the gold to sweep the Tennis Senior Olympics. The three teams that participated were Patty and Ed Gilson; Lil Velazquez and Pete Purcelly; and Rick Hershkowitz and Judy Rubinstein. We are very proud of those who willingly played in this competitive event and did Stonebridge proud!

The Tennis Club is very excited to announce we have scheduled four Friday night Round Robin games, one of which was played on June 17 before this article went to print. The others will be July 15, August 19 and September

16 from 7-9 pm. Only members can play in the Round Robin events. Watch for an email blast for more details and then sign up with Louise Kudler kudler@yahoo.com. Plans are in the works for clinics and an end of season get-together.

There is a new open time schedule/reservation time schedule posted on the bulletin board near the gazebo. Detailed reservations with names and times are posted for the week. If you are looking for a tennis game, another bulletin board can be found between the indoor swimming pool and computer room, where you can post an index card with your name, level, phone number and the time and day you would like to play. Court reservation forms can be found in the lobby kiosk near the Concierge Desk in the Clubhouse. Reservations can be submitted by email stonebridgeconcierge@comcast.net or by handing in the completed form to Concierge.

If you notice anything on the tennis courts that needs attention, please contact Judy Rubenstein at judyruby@aol.com. Please keep our courts clean!

Till we meet in the next issue - get out there and enjoy tennis at Stonebridge!

History of Billiards

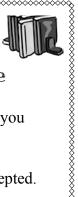
Marcia Tobias



Billards is a French word meaning 'billart, one of the wooden sticks," or "bille, meaning "ball." Billiards was invented in the 15th century and was played on a rectangular wooden table with no pockets. The table had flat walls for rails that resembled river banks: hence the word "bank" was used. The balls were shoved with wooden sticks until the cue stick was invented in the late 1600's. The game was played mostly by royalty.

In 18th century France, the term "carom billiards" was the term for pocket-less billiards played on a 5x10 foot table using 3 balls and 6 pockets. In the 1800's chalk was used on the leather tip of the cue stick to increase friction. In 1845 Goodyear rubber was used for billiard cushions.

There are many games under the heading of "cue sports." Some of them are 15-ball pool, 9-ball pool, American 4-ball billiards and Cowboy Pool. 8-ball pool was invented in the 1900's and became the more popular game. There are 6 pockets, a cue ball, 7 striped balls, 7 solid balls and 1 black ball. 8-ball pool was played on a 9 x 4.5 foot table. The word "pool" means bet or ante



Clubhouse Library

Stop by to browse
The chairs are comfortable
A wide selection of books await you
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After World War 11, soldiers coming home were more interested in seeking jobs and homes and pool became less popular. It wasn't until 1961 when the movie *The* Hustler with Paul Newman came to the theaters, that pool resumed its popularity. For many years women were not encouraged to play billiards, but now we see many female coaches and players.

Session 1 for Women's Instructional 8-ball pool was a huge success. I taught the women to play using mathematics and physics. Session 2 started on May 18th. The Women's Billiards (8-ball pool) Club began on June 21st from 3-5 pm in the Billiard Room.

The maximum number of women allowed in the room is 12. If you are interested in playing, email me at mhtobias@comcast.net. You do not need to come every week, but I will keep a list of those not attending so those on the waiting list can attend that particular day. The games will be "competitively friendly" and relaxing.





The Chef's Table Susan Klein

Summer has finally arrived and what better way to enjoy the "fruits" of this beautiful season than by grilling and serving them with delicious sauces! When entertaining outdoors, barbecuing fruits is a great way to end a meal.

Fresh Fruits Suitable for Grilling - WikiHow

- Pome fruits: apples, quinces, pears in wedges, slices or halves
- Stone fruits: nectarines, peaches, apricots, plums, cherries, etc.
- Melons and watermelons are especially good cut into large "steak" slices
- Tropical fruits: pineapple, papaya, mangoes, etc.
- Some berries strawberries are very good, but most berries break down when barbecued
- A peeled banana can barbecue well if it is cut into small portions and threaded onto a skewer, or barbecued whole in the skin

Saucy & Sweet Grilled Pineapple

thekitchn.com

Ingredients:

1 whole pineapple 1 stick butter, melted 1 cup brown sugar 1/2 cup Grand Marnier 1 plastic squirt gun

Directions:

Cut pineapple into 1" spears. Toss pineapple spears in melted butter and then brown sugar, coating each one as evenly as possible. Fill squirt gun with Grand Marnier.

Over a medium-high heated grill, place pieces directly onto the grill grates. Once all spears are placed on the grill, squirt them with your Grand Marnier. Turn each piece and spray again. Repeat process until all sides have caramelized slightly and have grill marks. Remove from grill, plate and serve. Yummy!

Grilled Fruits with White Chocolate Drizzle

Becky Hardin - The Cookie Rookie

Ingredients:

1 cup blackberries

1 cup chopped strawberries

2 cups chopped pineapple

Other fruit if desired (kiwi, peaches, and bananas would all work great!)

1 cup white chocolate chips

1 tablespoon vegetable oil

Skewer sticks, for assembly

Directions:

Preheat your grill to medium-high heat. Spray with nonstick spray. Assemble your kebabs as you like them, layering the fruit on the kebab skewers. Grill each kebab for approximately 5 minutes. The fruit will soften and you will see grill marks. You can eat them at any point, so grill however you see fit!

Microwave the chocolate in a microwave safe bowl in intervals of 20 seconds until its melted. Add the vegetable oil and stir. This just serves to thin the chocolate to make it easier to drizzle on the fruit. Drizzle the kebabs with white chocolate and serve!

Grilled Fruit with Bourbon Glaze

Paula Deen

Ingredients:

1/4 cup bourbon

2 sticks butter, softened

2 cups light brown sugar, packed firmly

2 lemons, juiced

1/2 cup water

Assorted fruit cut in 1/2 (peaches or plums)

Directions:

Put the bourbon into a saucepan over medium-high heat and bring it to a boil. Boil for 1 minute to burn off the alcohol. Add the butter, brown sugar, lemon juice and water. Bring to a boil, whisking until all the sugar is dissolved. Simmer for 5 minutes. Let cool to thicken. Toss fruit with the glaze to coat or brush glaze over fruit with a pastry brush. Place fruit on the grill and turn once when light grill marks appear. Serve with ice cream and drizzle the remaining glaze over the fruit.

Buon Appetito! Zinna's Bistro

Daniel Cooperberg and Ira Marcus

Zinna's Bistro is a family owned Italian BYOB in Cranbury. Unlike the other restaurants we have reviewed, we have eaten there several times, both for lunch and for dinner. For lunch you can choose from a selection of tasty, attractive salads such as Cranberry Kale, Cobb, Caeser, Mediterranean, Goat Cheese or "Signature" (greens, apples, poached pear, cheese and candied walnuts). If you like beets, be sure to try the Goat Cheese salad, which contains breaded and fried goat cheese and roasted beets. You can also add chicken. shrimp, salmon, steak or fried calamari to a salad. Not in the mood for a salad? No problem! Zinna's also has sandwiches, panini, burgers, and pasta. Ira loves sandwiches, and these don't disappoint. He really enjoyed the Palermo Panino featuring grilled chicken, sautéed kale, roasted tomatoes, fresh mozzarella and roasted red peppers. Another of his favorites is the prime rib sandwich, stuffed with thin sliced prime rib, cheddar cheese and caramelized onions.

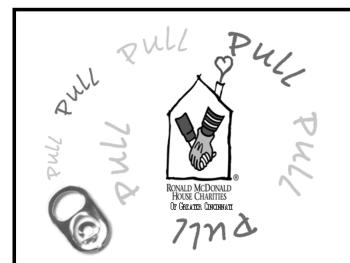
The dinner menu is not very different from the lunch menu. Panini and sandwiches are gone, and in their place is a variety of chicken, meat, fish and shellfish dishes. However, if you feel like a light bite, you can still get one of their delicious salads with the protein of your choice.

The portions are generous. For example, the Buccatini Bolognese comes in a sizable bowl brimming with a big mound of buccatini (a thick spaghetti-like pasta with a hole running through the center - the name comes from Italian: "buco" meaning "hole"), smothered in a tasty, thick Bolognese sauce. The pasta is advertised as being homemade, and was cooked perfectly al dente. On the negative side, although this dish was scrumptious the first time we ordered it, the second time the sauce seemed to contain some gristle. The dessert menu contains a number of tempting treats such as a chocolate chip cookie sundae, a limoncello truffle, and mom's homemade carrot cake. However, we have only tried the tartufo, as we are creatures of habit.

Like most of the restaurants we have reviewed, Zinna's is a BYOB. The restaurant also serves wine from a local vineyard. If you want your own wine, bring it from home, since there is no liquor store within walking distance. (Zinna's is located on South River Road, near the Residence Inn). The wait staff has been friendly and knowledgeable on our visits. The décor is

casual and attractive. There is plenty of room between the tables, so the noise level is "moderate" even when the restaurant is crowded. An added plus is that the restaurant has lovely patio seating. Next to the patio is an outdoor garden where various spices and vegetables used in the restaurant's food are grown. We haven't visited yet when the weather was cooperative, but we are looking forward to having meals there during the summer.

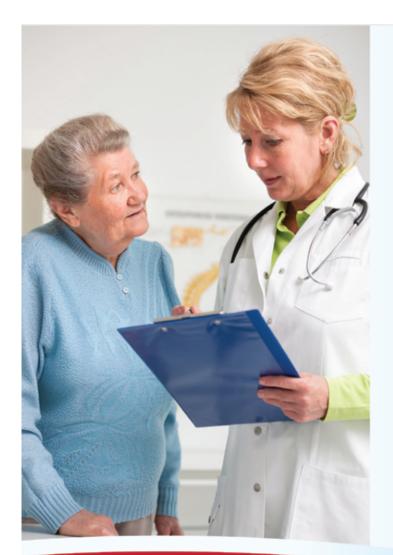
On our measurement scale of 1 to 5 tartufos, we give Zinna's Bistro 4 tartufos.



POP YOUR TOP FOR RONALD MC DONALD HOUSE

Want to start collecting pop tabs for the Ronald McDonald House? It's easy!
Simply save your pop tabs from your soda or other cans. Then drop them off in the red box located near the mailboxes in the Stonebridge Clubhouse lobby. Tell your neighbors and friends to collect as well.
Remember it all adds up! Every pop-tab you save helps provide services to families at the Ronald McDonald House.

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Opens in East Windsor

ON WEDNESDAY, MAY 25, at 11:00 am, members of the executive leadership from Immediate Care Walk-In Management and CentraState Healthcare System, physicians and clinical staff, along with state and local officials and leaders of the East Windsor community gathered for the official ribbon-cutting ceremony of Immediate Care Walk-In of East Windsor.

Committed to providing convenient and costeffective, quality medical services, the center,
conveniently located at 319 Route 130 North
in the East Windsor Town Center Plaza, will
offer walk-in treatment of non-life threatening
illnesses and injuries and provide wellness
services such as pre-employment, sports and
camp physicals, occupational health services
and vaccinations/immunizations. The center
is also equipped with x-ray and phlebotomy
services.

The center is staffed by board-certified physicians and nurse practitioners and operates as an affiliate of the CentraState Healthcare

System, which will provide primary care services at their adjacent location, projected to open in July.

Welcoming remarks were delivered by Immediate Care Walk-In Management's CEO, Salvatore F. Cannizzaro, followed by an address from East Windsor Township's Mayor, Janice S. Mironov, and CentraState Healthcare System's President and CEO, John T. Gribbin.

Following the ribbon cutting ceremony, which was presided over by Mayor Mironov and East Windsor Township elected officials, guests were invited to a reception and given guided tours of the center and the adjacent primary care offices.

Hours of Operation:

Monday – Friday 8am – 8pm Saturday & Sunday 8am – 4pm

For a full list of healthcare services provided, visit www.immcare.com





Photography Club 2016

Mario Edini



April was a busy month for the Photography Club. Early in April, Club members participated in its third Inter-Community Photo Competition. The annual judged competition is against five other local area community photo clubs. This year's event was hosted by the River Pointe Community Photo Club located in Manchester.

Stonebridge placed third out of the six competing

clubs with an overall average score of 7.78 - 9.0 is the highest score a photo can receive. Four Seasons at Manalapan took first place honors. The final results were very close with only a tenth of a point separating the top three clubs.

Four of our photos received a top score of 9.0: "Captain of the Steamboat" by Mark Shurr, "One Eared Owl" by Sandra Flickstein, "Sluggish" by Dan Sudberg and "The Ascending Man" by Harvey Birnbaum. For the first time, Stonebridge took one of the top three individual awards when Mark's entry received a second place ribbon.

Also in April, the Club hosted a four hour workshop on flash photography which was provided by Allen's Camera Shop and led by Bob Laramie. Bob has been a professional photographer for over 30 years and has worked on newspapers, wire services and in the field of studio and location portraiture. The goal of the session was to go over basic single flash techniques geared to those new to flash photography. Bob went over how to improve the quality of your flash photos when using an on- camera flash, including the basic pop-up flash provided on most cameras, as well as when using a single off-camera flash.

The workshop covered a number of different topics including: bounce and indirect flash techniques, manual and automatic flash mode settings, how to use third party devices like bounce cards and diffusers to improve the quality of the light from the flash, "fill flash" techniques to improve your outdoor photos and how to set up and control off-camera flash units.

After a "sumptuous" pizza lunch, the afternoon portion of the workshop continued with some live demonstrations. Attendees participated in using some of the techniques that had been presented earlier and were able to see the results displayed on the theater screen. The workshop was enjoyed by about 35 attendees who found Bob to be a very entertaining and knowledgeable presenter.



The Club hopes to put together similar workshops in the future. Check out our website for upcoming events.

Another Saturday morning workshop on basic photo post-processing was held in April for Club members. Intended as a hands-on session for beginner and intermediate photographers, basic editing software techniques were used to create photo files that could be used for prints, web images and projected images for competitions.

Lastly, April's club competition had a theme of "food." You can see the winners of the themed category, as well as the open category, in this issue of the *Stonebridge Exchange*.

If you are interested in photography, or if you just want to see some good photos, consider coming to one of our meetings. You can get more information and check out our schedule of workshops, competitions and other events on the club website at www.stonebridgephotoclub.com.

Theme Category "Food" First Place (Class A)



Alley Café Harvey Birnbaum

Open Category First Place (Class A)



Watching the Sunrise
Mario Edini

Photography Club April Competition Winners

Theme Category
"Food"
Second Place (Class B)



Continental Rob Mindas

Open Category Second Place (Class B)



Art, Southernstyle
Jack Wiseberg

YOUR LIFE IS A CANVAS...MAKE SURE YOU PAINT

YOURSELF A WHOLE LOT OF COLORFUL DAYS."







Small Group Travel Rhoda Cutler



My husband, Art Herman and I are traditionally independent travelers. We decide on a place to visit and do much of the research ourselves, generally with the support of our long time travel agent. This time, however, we decided to participate in a small group tour to Northern Italy from the Alps to the Adriatic and had a very enjoyable experience, different from what we had expected.

We chose to travel with Odysseys Unlimited whose groups are guaranteed to range from 12 to 24 people. Our particular group totaled 21 experienced travelers from the United States. We wanted a tour that gave us hours of free time everyday to explore on our own, as

well as one that did not include every meal so that we could experience the various local cuisines and wines; breakfast was always included as were some lunches and dinners. We found ourselves walking approximately eight miles a day between our planned tours and exploring on our own.

We also wanted a tour where we would stay in each hotel a minimum of three nights.

While we traveled by motor coach, we also traveled briefly on a train, on many small motor boats, ferries and vaporettos on Lake Maggiore, Cinque Terre, Portovenere, Portofino and of course in Venice. We stayed primarily in boutique hotels and even in a Villa in Tuscany away from the larger hotels with the larger tour groups. We had round trip non stop flights from Newark.

Our Tour Director was extremely knowledgeable and catered to our individual needs. She even checked the hotel rooms to ensure that they weren't too small and had them upgraded if they were. She was very helpful with information, and tickets if necessary, to museums not included on the basic tour. Her restaurant and shopping hints were spot on and we know she did not get a "kick back" from her recommendations. Our local guides were extremely knowledgeable about the art and history of each place we visited and their English was impeccable.

Had we traveled completely on our own we never would have experienced all of the

medieval fishing villages, palazzos, walled cities, and local wineries. A special treat in Tuscany was visiting a 200 acre working, family owned farm which produces a variety of red and white wine grapes, grains for various pastas, extra virgin olive oil, and where we tried our hand at making Italian bruschetta and then enjoyed a wine tasting and delicious dinner.

How easy it was to not worry about our luggage, transportation, tipping, and ensuring that we learned about and visited the highlights of the places we were traveling to. It was also a joy to make 19 new friends from Massachusetts, Michigan, Colorado, Texas, Maryland, Florida, and Long Island.





Nest on Porch Irene and Jack Halperin

We woke up one morning to a wonderful sight on the bench outside our front door and wanted to share its beauty and simplicity with all of you.





Save the Date



It's Time to Celebrate Stonebridge's 10th Anniversary



Saturday, September 24, 2016

Information to Follow

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- Failed Back Surgery
- Major Joint Pain
- Myofascial Pain
- Foraminal Stenosis
- Spondylosis
- Peripheral Neuropathy
- · Post-herpetic Neuralgia
- Carpal Tunnel Syndrome
- · Abdominal / Pelvic Pain
- Cancer Related Pain
- Complex Regional Pain Syndrome EMG / NCV

TREATMENTS:

- · Epidural Steroid Injections
- Selective Nerve Root Blocks
- Facet Joint Injections
- Radiofrequency Ablations
- Major Joint Injections
- Pulse Stimulation Treatment
- Carpal Tunnel Injections
- Discography
- Trigger Point Injections
- Spinal Cord Stimulation
- · Percutaneous Discectomy
- Endoscopic Microdiscectomy
- Stellate Ganglion Block
- NSS (Neuro-Stim System)



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Stay Safe Online

Lynn Bender

We live in a world where we are online constantly, whether on a smartphone, computer, tablet or gaming device, reading and sending emails, paying bills, making investments, shopping, playing games or checking social media. We have all heard the stories of security breaches of major companies and personal identity theft. What can you do to protect yourself from cybercriminals?

How many times have you received an email urging you to act quickly because your account has been compromised? If you are unsure if this request is legitimate, do not reply to the email or click on any link provided. Try to verify it by:

- Contacting the company directly: using information provided on an account statement or the back of your credit card.
- Searching for the company online not with the information provided in the email.

Protecting your personal information starts with strong passwords. The following are some hints for securing your accounts with better passwords:

• Make passwords long. Use a combination of upper

and lowercase letters, numbers and symbols.

- Make your password a sentence. Think of something of at least twelve characters which is easy to remember such as "IlovetheBeatles."
- Unique account, unique password. Ideally, every account should have a separate password, but for most of us, it's too much to keep track of. At least separate your personal and work accounts and have the strongest passwords on your most critical accounts.
- Now that you have a long list of passwords which you've written down, put your list in a safe place – not next to the computer.

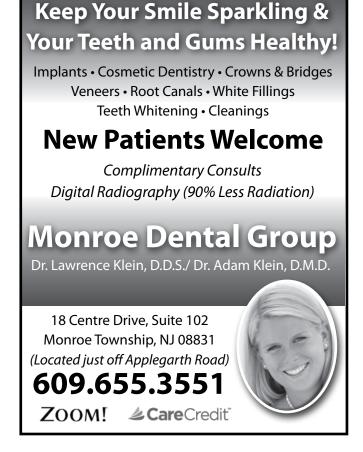
If you go online through an unsecured or unprotected network, be careful about the sites you visit and the information you release.

- Limit the type of business you conduct on Wi-Fi hotspots. Adjust security settings on your device to limit who can access your information.
- When shopping or banking, be sure the site is secure. Look for "https//" or "shttp//" which means the site has taken extra security measures to protect your information. "Http//" is not secure.

Cybercriminals are always one step ahead of us. A few more hints to stay safe online:

- Keep security software current. The best defense against viruses, malware, and other online threats is to have the latest security software, web browser and operating system.
- Cybercriminals try to steal your personal information through links in emails, tweets, posts and online advertising. Even if you know the source, if you are suspicious, delete it.
- USBs and other external devices can be infected by malware and viruses. Scan them with your security software also.

Keep these safety and privacy tips in mind when going online. You may be saving yourself from a headache in the future.





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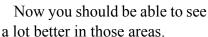
Don Babish

This is a very simple and easy way to do just that, and at a low cost! The picture tells it all. It will cost just about \$5. Just take this picture to your hardware store.

For one outlet, buy a "Y" adapter and two compact fluorescents with the highest wattage. You don't have to worry about overload.

Turn off the associated switch before you start!! Unscrew the existing bulb; be careful not to fall or

break the bulb! Screw in the "Y" adapter and your two new matching compact florescent adapters. Turn the switch back on, and you're done. Was that so hard?





By the Numbers Roy Cohen

If you ever need to multiply two numbers that differ by two, please pay attention. We all know $8 \times 6 = 48$. There is a little known way of also doing this problem. Since the two numbers differ by two, square the middle number and subtract one. In this case the middle number is 7. Therefore, square 7, which equals 49, and then subtract 1, which equals 48. Why do it this way when we know what 8×6 equals?

Here's why: What is 31 x 29?

Now you know. Square the middle number 30. The answer is 900. Then subtract 1; the answer is 899.



1955 NY Sports' Trivia

Joe Martingano

- 1. Which team did the Brooklyn Dodgers beat to win the World Series in 1955?
- 2. Who was the winning pitcher in game 7?
- 3. Who is credited with making the game-saving play?
- 4. Who knocked in both Dodgers runs?
- 5. When was the next World Series match up for the Dodgers and the team they played against in 1955?

Answers on page 49



Knowledge Factory

Natural Cleaners You Make Yourself- Go Green!



Barbara Iskowitz

Are you hoping to make a clean sweep and replace conventional cleaning products or simply looking for more ways to streamline spending? Make your own earth and wallet-friendly household cleaning products. It's easy and you likely have everything you need around the house right now.

Here's the dirt on a few common kitchen items that pull double duty.

Baking Soda

- Deodorizer: To absorb stale odors from carpets, liberally sprinkle with baking soda. Wait a few hours, then vacuum.
- Leave an open bowl of 2-4 tablespoons baking soda in the fridge.
- Soak plastic containers in warm water and baking soda overnight to eliminate lingering food smells.
- Sprinkle some baking soda at the bottom of your kitchen trash can before putting in the garbage bag.
- Counter, bathtub, sink and tile cleaner: Apply baking soda with a damp sponge or rag. Let it sit for a few minutes. Scour and rinse.

Distilled White Vinegar

- All-Purpose Cleaner: Mix equal parts vinegar and water in a spray bottle to clean most surfaces around the house. (Vinegar should not be used on marble surfaces.)
- Toilet Bowl Cleaner: Pour 1 cup vinegar into toilet bowl. Toss in a handful of baking soda. The mixture will foam. (Vinegar will clean hard water lime deposits if left standing awhile.) Scrub and flush.

Salt

- Red Wine Spill Support: Pour a thick layer of salt over the spill to prevent it from setting. Let it sit for a number of hours to absorb the wine before vacuuming.
- Grease Cleaner for Pots and Pans: Sprinkle salt on cookware to absorb excess grease. Dump out the salt before washing as usual. (Not recommended for nonstick cookware.)

Lemons

- Drain Deodorizer: Put a whole lemon peel through the garbage disposal to eliminate odors.
- Microwave Cleaner: Fill a bowl with 1 cup of water and 4 tablespoons freshly squeezed lemon juice. Place in a microwave and turn it to a high setting for long enough to allow steam to condense on the walls.

Carefully remove bowl of water and wipe the inside of the microwave with a warm damp rag.

Essential Oils

• All-Purpose Cleaner. The simple 1:1 solution of water and vinegar mentioned earlier is an effective and affordable solution; however if you don't care for the smell of vinegar, Kate Payne, author of *The Hip Girl's Guide to Homemaking*, has a fantastic fix: "Add about 10 drops of a pure essential oil (no synthetic fragrances or you're defeating the purpose of non-toxic cleaning) to your half-vinegar/half-water spray bottle. Of all the essential oils I've tried, peppermint is one of the few that actually masks the odor of the acetic acid in vinegar."

Note: If you're not a mint fan, you can also use eucalyptus or clove essential oils.

Now go and tackle those tasks.

AND NOW YOU KNOW...



On Saturday, August 27, the Art and Photography Clubs of Stonebridge will have its third Art and Photography show.

All artists and photographers interested in displaying their work should do the following:

For art and ceramic displays, contact Joel Greenberg at: joelg11@comcast.net

For photographs, contact Rich Grossberg from the Photography Club at: my3sonz@comcast.net

BINGO Helyn Sloan



B-I-N-G-O. BINGO! These are the sounds called out at Stonebridge's monthly Bingo Night.

On May 5th, 124 people joined us to play and win. Our grand prize winner won \$180. All in all, \$690 was given out that evening. Residents and guests brought beverages and snacks and enjoyed the comradery of playing Bingo, laughing and winning.

Bingo is a game that can be played with your spouse or with a friend and you have the opportunity to win a few extra bucks. It's a fun way to spend an evening, meet new people and win money.

So come on down and play this mind stimulating game at 7:30 pm on the first Thursday of each month. New players or first timers will receive a complimentary 50/50 card. We are looking forward to seeing you on July 7th.



WANTED:

Stonebridge Streetwalkers

We're looking for you...

Do you meet our qualifications?

We walk approximately 3 miles in an hour on

Sunday, Monday, Wednesday and Friday mornings at
8:30 am. We leave from the Clubhouse parking lot.

If you have any questions contact

Marie Valvano...mevstone@CS.com





True or FalseRoy Cohen (Stonebridge's Trivia Guy)



Remember, three statements are true and three are false.

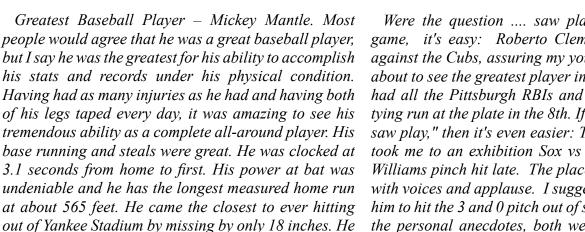
- 1. In Germany, the Autobahn has no posted speed limit.
- 2. In the 1980 Olympics, the U.S. beat the Soviet Union for the gold medal in ice hockey.
- 3. India has now surpassed China in population.
- 4. Oprah Winfrey's real first name is Orpah.
- 5. There was a two year period when U.S. Supreme Court justices did not wear all black robes.
- 6. You can be foreign born and serve on the U.S. Supreme Court.

http://www.thattriviaguy.com

Answers on page 58

Heard Around Stonebridge.....

Who do you think was/is the greatest baseball player in your lifetime, and why?



Had he had been healthy, his stats would have convinced anyone that he was the greatest.

might have beat out Maris on the Home Run race as he

missed the last few weeks of the season due to injuries

Bob Befumo - Cobblestone Boulevard

when he had 54 homers.

I am a big Mickey Mantle fan, but I truly feel that Willie Mays was the best all-around baseball player of all times. He was a great hitter, probably the best fielder of all times and an excellent base runner. Sure, there were Babe Ruth, Ted Williams, Mickey Mantle, etc., but none of them excelled like Willy in all aspects of baseball.

Rick Hershkowitz - Drawbridge Drive

Baseball is the All-American game.....The greatest player ever was Derek Jeter....

Derek gave all of us a clean-cut hero.... Derek was the player that our youth could look up to.... and the seasoned fan applaud. Derek played the game with class; and was a team player who played with a passion. Derek Jeter... The captain... Derek Jeter... The class act.... Derek Jeter....the role model.

Georgena Russo - Aquaduct Road

.....My idol: Warren Spahn. He holds/held so many records for major league pitchers and was left handed. He was an excellent hitter, still at or near the top for home runs by a pitcher. He played most of his career in a relatively small city (Milwaukee; little attention to his success) and was a statistical leader in almost every year he played - and - like many of his peers, lost MLB playing time giving service to the US Armed Forces.

Howie Marin - Diamond Spring Drive

Were the question saw play in a major-league game, it's easy: Roberto Clemente. In a 3-2 game against the Cubs, assuring my younger brother "You're about to see the greatest player in the game", Clemente had all the Pittsburgh RBIs and threw out a possible tying run at the plate in the 8th. If the question were "... saw play," then it's even easier: Ted Williams. My dad took me to an exhibition Sox vs Minneapolis Millers. Williams pinch hit late. The place, including Dad rose with voices and applause. I suggested my Dad wait for him to hit the 3 and 0 pitch out of sight. He did. Outside the personal anecdotes, both were consensus Hall of Fame.

Marty McGowan - Diamond Spring Drive

Being from Brooklyn and a diehard Brooklyn Dodger fan (all my friends were Yankee fans), there were many great ballplayers in the 50's and 60's. This was the era of the centerfielder. Duke Sndyer (Brooklyn Dodgers), Mickey Mantle, (Yankees) and Willie Mays (New York Giants). Please note that they all played for New York teams.

These ballplayers were outstanding and favored by their fans. Speed, great arms, superior hitters, and outstanding fielders...they had it all! In my opinion, Willie Mays was the best baseball player I have ever

Allan Israel - Diamond Spring

I'm torn. If I am not voting as a fan I would have to say that Willie Mays is the best. He was the ultimate 5 tool player.

However as a Mets fan my heart tells me that Keith Hernandez is the best, He was the best first baseman I've ever seen. He was one of the best clutch hitters I've seen. And he was like having a second manager on the field. He helped the young Mets in every facet of the game. The arrival of Keith Hernandez instantly transformed the Mets from a last place team to being World Champions. Without Keith this would not have been possible.

Marvin Gutkin - Ravenslake Road

The greatest player I've ever seen was Nolan Ryan. This Hall of Famer pitched 27 years over four decades, won 324 games, had 5,714 strikeouts in 5,386 innings pitched, threw 7 no-hit, 12 one-hit and 18 two-hit games.

His career strikeout and total no hit games may never be broken. He broke in at 19 and pitched until he was 46. In 1986 I had the pleasure of meeting him in a hotel elevator in Cincinnati while he played for the Astros. He asked if I was going to see him pitch that night. I told him I was. He took my business card and said he'd leave me a pair of tickets behind their dugout at "will call" Not just a great pitcher but a really nice guy!

Joe Pavlichko - Diamond Spring Drive

Although I am a Yankee fan and loved Mickey Mantle growing up, I would have say Willie Mays was the greatest player in my lifetime. He could do everything. Hit for power, hit for an average, run the bases, and he was great fielder. By the way if anyone would like to play in a wood bat baseball tournament next January, I'm looking for players age 40 and up.

Mike Beck - Timber Hill Drive

For pure grace, elegance, and beauty, Willie Mays was the greatest baseball player I ever saw. He was what they used to call a "five tool player." He could run, throw hard and accurately, hit for average, hit with power, and field. The "Say Hey Kid" could do it all. In different seasons, Mays led the league in average, home runs and steals. He was arguably the greatest defensive center fielder ever and he had the arm to go with his glove. There wasn't a thing Mays couldn't do on a baseball field.

Alan Feinberg - Turret Drive

JACKIE ROBINSON, Number 42, Brooklyn Dodgers, was the greatest baseball player. He led the way, and was most prominent in changing our nation by breaking the major league baseball color barrier. This transcended the game, eclipsing Babe Ruth who may have been the greatest for his prowess and bringing the game from its depth after the Black Sox scandal. So, Jackie Robinson for what he endured, overcame, accomplished, and inspired is not only the greatest baseball player for all ages but a great American!

Joel Fierstien - Cobblestone Boulevard



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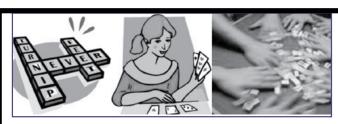


Creative Writers

The Stonebridge Exchange encourages each of you to share your creativity.... your travels and your experiences on the pages of our bi-monthly publication.

Please send your submissions to

sbexchange@comcast.net
500 words or less...Word Document...
Times New Roman...12 pt.



Come Join the Stonebridge Singles!

Game Night: 7:00 pm

First Friday of Each Month

Clubhouse Grille Room

Contact: Linda Bloom (See Resident

Directory for contact information)

Bridge-Canasta-Mah Jongg-Scrabble

New Members Contact: Judy Tucker

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Monday & Thursday 1:00 pm Contact Shirley Ikeda

Duplicate Bridge Tuesday 7:00 pm

Contact: Merle & Trevor Barnett

All games are in the 2nd floor Card Room across from the theatre

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POET'S CORNER

Man's Best Friend Lois Israel

Behold the world of dogs Being walked by their owners everyday Some so friendly and alert, Only wanting to play

Others linger in the grass, Deciding on their special place Kicking dirt up in the air And gently walking off with grace

Some are tall and mighty Others being very furry and small Those with long bushy tails, And those with hardly any at all!

It's fun to see those Who move so very fast Pulling the owners onward Hoping this pace will always last.

Some have an interesting wardrobe With rain gear and sweaters to boast, Only the finest couture, For their dog with the very most!

Those that are so quiet When you pass them by Without a sound or pitter patter Just a timid look...being so shy.

While others greet you with a bark, That is heard on another street. Only trying to gain your attention And hoping for a neighbor they can meet.

What would the world be like Without a loyal and furry friend? Only trying to please and be loved, Giving back double fold in the end.

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A Note from Our Nurse Mary Wolfram, RN

The nursing staff has been busy keeping our growing community healthy. The Health Fair on May 16th was well attended. Everyone enjoyed the health screenings, talking to local physicians and learning about medical services in the area. This is



an annual event so if you were unable to attend this year, look for information next spring.

If you have old medications you are trying to dispose of, the Monroe Police Department at 3 Municipal Plaza has a 24 hour "Project Medicine Drop Box" in the lobby. This Drop Box is accessible 24/7 to dispose of any unused medications. If you would prefer, you can use an old coffee can or plastic laundry detergent container. Put the medication in the container mix with water and add coffee grounds, cat litter or dirt. Seal the container and throw out in the regular garbage. I would also suggest removing all of your personal information from any medicine bottles you are discarding.

Used syringes should not be disposed of in the regular trash. CentraState Medical Center at 901 West Main Street in Freehold has a syringe disposal program. The used syringes must be contained in a puncture proof unbreakable container such as an empty laundry detergent or bleach bottle with a screw on cap (no glass). The lid should be secured with heavy duty tape such as duct tape to ensure no one is injured with the needles. You may also pick up a sharps container from the Center to store the used needles until bringing them to the hospital. This requires a \$10 deposit. The drop off point is at the Nova Nordisk Diabetes Center in the hospital which accepts used syringes from 9:00 am to 3:00 pm Monday thru Friday. If you have any further questions you may call the Center at 732-294-2574.

The Health Lecture series continues on July 6, 2016 with Regina Cohen, an Audiologist, discussing the best device for your hearing loss. August 3rd Dr. Cohen will speak about Modern Laser Based Cataract Surgery. Both lectures will be in the Stonebridge Theatre at 1:00 pm. Please call the nursing office at 609-409-1472 to register for these programs.

Notice from Your Nurse

To schedule an appointment for lab work in your Healthcare Center call 609-409-1472

Are You Caring for Your Spouse or Partner? Stephanie Fitzsimmons, RN APN

Are you caring for your spouse or partner at home? You are not alone. In the United States, approximately 44 million American families and friends provide voluntary care to another adult and, according to the Family Caregiver Alliance (2013), provide approximately 80% of long-term care that is delivered within the home. Authors of an AARP study estimated that there were 43.5 million caregivers of persons aged 50 or older in the United.

Initiation into the role of caregiver is unplanned and disorganized, occurring as health and functional changes transform a spouse into a care recipient. Caregivers are unprepared for their new role and male caregiver spouses may be even less prepared than female caregivers are, given traditional division of breadwinning and caregiving duties within the family. Although there are many caregiver help books, none are able to describe month by month changes because every caregiver/care recipient dyad is unique.

Feinberg, Reinhard, Houser, and Choula (2011) noted that those who take on the caregiver role to help loved ones remain in their own homes risk stress, depression, physical health problems, social isolation, competing demands, and financial hardship and that the caregiver may become vulnerable themselves. The value of this unpaid care at home reached \$450 billion in 2009, which is a 21% increase since 2007. Caregivers caring for the care recipient at home are saving taxpayers millions of dollars!

The United States Census Bureau (2010) predicted that in the next two decades, the proportion of people 65 years and older will climb from 13% of the total U.S. population to 19%. This large population of aging baby boomers suggests an increased need to examine caregiving relationships and ways to support all caregivers for the good of not only care recipients, but also caregivers themselves.

Male caregivers are one third of the caregiving population; their unique needs are not well documented compared with those of female caregivers. Several qualitative studies of small numbers of men found that husbands' experience of transition into a caregiving role is different from the experience of wives. A study by Ski and O'Connell concluded that caregivers risk physical and emotional problems when caregiving at home.

As Aneshensel, Pearlin, and Schuler (1993) noted, caregiving is a role that no one imagines will be part of his or her future. If you are currently helping your spouse or partner in the home, please seek help and information. There are many resources in Monroe Township to assist you with your caregiving questions: Your health care provider; the community nurse; caregiver support groups within the Township (I facilitate a support group the second Thursday of each month); adult day centers, Jewish Family Service and the Monroe Office of Senior Services. Throughout your life when you needed information, you sought guidance – this is a time when you need direction and support.

Is your neighbor a caregiver? What can you do to help? Pick up something from the grocery store, ask the caregiver how they are doing—most people inquire about the care recipient. If possible, include the caregiver/care recipient pair in social events—many caregivers report feeling isolated. Little things mean a lot—so even a small gesture offers support to the caregiver. Have a good month.

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Laugh a Little - This Won't Hurt a Bit Michael Zaref DDS



Dentists are usually portrayed as stodgy, conservative, humorless people. They are the neutral color on the palette of professionals. When Jackie Kennedy was asked why she was marrying Aristotle Onassis, she replied, "What do you want me

to do - marry a dentist from New Jersey?" Wait a minute - them's fightin' words! To paraphrase Rodney Dangerfield - dentists get no respect!

Here's our answer to the challenge ---

A woman and her husband interrupt their vacation and rush into a dentist's office.

She tells the dentist, "I need to have a tooth extracted, but I'm in a rush, so do it as quickly as possible - no Novocain." The dentist, impressed, says, "You're a brave woman! Which tooth is it?" The woman turns to her husband and says, "Show him your tooth, dear."

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Patient: \$200 for just a few minutes work? Dentist: I can extract it very slowly, if you like.

Did you hear about the Buddhist who refused anesthetic during a root canal?

He wanted to transcend dental medication

A man walks into a dental office to have a tooth extracted. He refuses Novocain, laughing gas, hypnosis, etc. Finally, the dentist gives him a little blue pill and a glass of water. "What's the pill?" the patient asks. "Viagra," says the dentist. The patient is incredulous. "That will kill the pain?" The dentist replies, "No, but it will give you something to hold on to while I pull the tooth!"

A man regularly goes to a diner. He notices an elderly couple come in to eat, but only the man has a meal. Next day, they come in again, and only the woman eats. The day after that, only the man eats his meal. This goes on for many days, until the observer can take no more. He asks the man, "Why do you not eat together on the same day? Why is your wife eating alone today?" The elderly man replies, "It's her day to wear the dentures."

So you see folks, dentists have great senses of humor.

And...corn doesn't grow only in fields!

Volunteers Needed



Therapeutic Riding Center

Special Strides Therapeutic Riding Center, located at Congress Hill Farm at 118 Federal Road is looking for volunteers to assist with clerical work. Find out about Special Strides at:

www.specialstrides.com

For information contact: Susie Rehr or Laurie Landy (732) 446-0945

The Fitness Corner Kim Vasta, CFT

In the fifth century B.C., the famous Greek physician Hippocrates observed, "All parts of the body, if used in moderation and exercised in labors to which each is accustomed, become thereby healthy and well developed and age slowly; but if they are unused and left idle, they become liable to disease, defective in growth and age quickly." In my last fitness article, I touched on the benefits of physical exercise as it relates to the prevention or treatment of major diseases. Exercise is also essential to quality of life as it relates to daily activities.

Aerobic or endurance activities increase breathing, heart rate and blood circulation. Also known as cardiovascular exercise or cardio for short, performing regular aerobic exercise will strengthen the heart. A stronger heart doesn't need to beat as fast which is why endurance athletes and individuals who maintain cardiovascular fitness have lower resting heart rates. With each beat a stronger heart pumps blood more efficiently which improves blood flow to all parts of the body. Regular aerobic activity can help increase stamina (so you can keep up with those grandchildren), reduce health risks and keep your mind sharp. Walking, running, swimming, bicycle riding and aerobic dancing are just some cardiovascular activities that are both fun and effective.

Strength training or resistance training is another extremely important component of exercise. The myth is that as we grow older we get weaker because losing muscle and gaining fat are just part of the natural aging process. The fact is that these symptoms are symptoms of inactivity and not necessarily aging. Muscle weakness, bone loss, and sluggish metabolism are changes that accompany aging but are not solely caused by it. Your body burns more calories to maintain muscle than fat. Strength/resistance training increases muscle thereby increasing metabolism which, in turn, can help you lose fat. Strengthening muscles also has a positive impact on activities of daily life. Keeping your muscles strong will help you lift and carry things easier, walk upstairs easier, maintain proper posture, reduce lower back pain and reduce the risk of falling. Strength training also strengthens your bones, tendons and ligaments reducing the risk of injury and bone fractures.

Flexibility is achieved through stretching and gives you more freedom to do the things you need and like to do whether it be getting dressed, reaching something on a high shelf, reaching that tennis/pickleball shot,

improving your golf swing, bending over to tie your shoe or looking over your shoulder to back your car out of a driveway. Stretching increases blood flow and gets your body ready for exercise which lowers the risk of injury and muscle strain. Unfortunately stretching is one



of the most overlooked and neglected exercises. Yet nothing is more vital to keeping an aging body limber and injury free.

Each year more than one-third of people age 65 or older fall. Falls and fall-related injuries, such as hip fractures, can have a serious impact on a person's life, limiting activities or the ability to live independently. Balance exercises, along with strength exercises, can help prevent falls by improving the ability to control and maintain the body's position.

Physical inactivity elevates the likelihood of physical frailty, decreases years of high-quality life, and heightens the risk of chronic diseases. A well-rounded exercise program should include all of the components above.

Sports Trivia Answers

- 1. 1955 After losing five times to the New York Yankees, "Dem Bums" finally beat 'em.
- **2.** Johnny Podres pitched a complete game shutout for the 2-0 victory
- 3. In the bottom of the 6th with no outs and Billy Martin and Gil McDougald on base, Sandy Amoros made a game-saving catch on Yogi Berra's fly ball down the left field line, and doubled McDougald off first base for a double play.
- **4.** The Quiet Man, Gil Hodges, had an RBI single and a sacrifice flv.
- **5.** After leaving Brooklyn following the 1957 season, the Los Angeles Dodgers would beat the White Sox in the 1959 World Series and the Yankees in the 1963 World Series, sweeping them four games to none.

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Fill in the blank squares so that each row, each column, and each 3-by-3 block contains all the digits 1 thru 9. If you use logic you can solve the puzzle without guesswork.

			9	6			8				9	8	7			5	
9					4		2				5			6	4	7	
	6							3			8						2
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					1			6	2							6	
7			3			4				3				2			

—Solution on page 62

Explore Your HorizonsRosalind Blinder

It is summertime, and the grandchildren might visit for a few days or a few weeks. Of course, they can hang around Stonebridge and swim in the pool or go to a local park. However, beyond our borders, other options and places are available to make the children's visit extra special. For example, the Jersey Shore and boardwalk offer opportunities to go to the beach, walk, ride through a fun house, or go on rides; Great Adventure located in nearby Jackson has a huge amusement park as well as an animal safari.

I found some other places that might create special memories for a day with Grandma and Grandpa. Check them out!

Traffic bottlenecks and drivers begin to "rubber neck" when they see the large yellow excavation vehicles working to clear a sight or lift materials to the roof of a building! Did you ever wonder what it would be like to drive one of these massive construction vehicles? The opportunity is only forty-five minutes away at **Diggerland** located in West Berlin, NJ where the very young and the not so very young can experience driving these trucks, cranes and utility vehicle. See more at www.DiggerlandUSA.com

Ahoy there Swashbucklers! Now that summer is upon us the grandchildren may want to go on an adventure to look for buried treasure. Come sail with Jersey Shore Pirates to experience the most unique form of family entertainment at the NJ Shore area. Bring your young pirates aboard the Sea Gypsy for a swashbuckling Pirate Adventure on the Metedeconk River in Brick,NJ. The **Pirate Adventure at the Jersey Shore** is a perfect adventure for families of all sizes! (www.jerseyshorepirates.com)

Legendary Action Park located in Vernon Valley opened for the season in June. Extreme before extreme existed, kids of all ages want to return for unique favorites like the famous Tarzan Swings, free-falling Cliff Jumps and the Colorado River Rapids - so wild helmets are required! Action Park is also home to the World's TALLEST and ONLY double looping thrill slide: Imagine yourself standing 100 feet in the air with a breathtaking fifty-mile view of New York; then the trap door opens beneath your feet and you become a screaming ballistic super hero! (www.actionpark.com) Have fun!





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Any Questions?
Please e-mail Clare Godleski at:
clare.godleski@gmail.com

Summer Concerts and TheaterPhil King

There are many concerts and community theater events taking place in our area this summer. I thought this list would be of interest to you.

Concerts:

New Jersey Symphony Orchestra (www.njsymphony.org)

The NJSO plays venues all over the state. Visit their website. In our area, they'll be playing on July 2 at Mercer County Park as part of the July 4th celebration. On July 16 they'll be playing at the Richardson Auditorium in Princeton.

Axelrod Performing Arts Center (axelrodartscenter.com) – Deal Park, NJ 8:00 pm

July 7-25 - Questions for a Jewish Mother Judy Gold performs, part memoir, part stand-up comedy.

July 14 - The Doo Wop Project

July 31 - Sunday, August 7- The 6th Annual Israel Jewish Film Festival,

August 16, 17, 18, August 20, 9:00 pm, August 17, 21, 3:00 pm - Old Jews Telling Jokes

Thursday, August 25 - Heatwave! Remember Jones Sings Motown with the Motor City Revue,

August 27, 9:00 pm; August 28, 3:00 pm - Miracle of Miracles! Words by Sheldon Harnick

Ocean Grove Auditorium (oceangrove.org/music-and-entertainment)- Ocean Grove, NJ

July 9 - Tommy James and the Shondells

July 16 - The Beach Boys

July 23 - 100 Years of Broadway

July 30 - Grass Roots and the Buckinghams

August 6 - Engelbert Humperdinck

August 13 - Michael Bolton

August 20 - Electric Light Orchestra

August 27 - Hotel California: Eagles Tribute Band

September 3 - Doo Wop Extravaganza

September 10 - Orchestra of St. Peter By the Sea

East Windsor – Etra Lake Park (east-windsor.nj.us/recreation/summer/summerevents) 6:00 pm

July 17 - Bronx Wanderers (tribute band for The Four Seasons and Dion)

July 24 - Eaglemania (tribute band for The Eagles)

August 7 - Gathering Time (covers Folk-Rock including Peter, Paul & Mary, Bob Dylan, Crosby Stills & Nash, Joni Mitchell, James Taylor, and America)

Mercer County Park – Festival Grounds (mercercountyparks.org/calendar) 6:00 pm – 10:00 pm

July 9 - Chevy Chevis and Her Band

July 23 - The Blue Meanies play Satisfaction (Rolling Stones and Beatles songs)

July 30 - DD and The Divebombers, Joe Zook and Blues Deluxe, and The Ernie White Band

August 6 - 80's Undercover and the Prophets (80's Pop Rock)

August 12 - Dark Star Orchestra (tribute to the Grateful Dead)

August 20 - Human Wheels (tribute for Eagles and John Mellencamp)

Freehold Thursday Night Concerts (downtownfreehold.com)

Thursdays at the Hall of Records, 7:30 pm – 9:30 pm

July 7-August 25

Musical Events:

PNC Arts Center (artscenterconcerts.com) – This venue has some 40 concerts from May to September including name-brand and nationally known performers of all kinds. See the website for details. It has its own exit on the Garden State Parkway (exit 116). Note: The Garden State Arts Foundation (gsafoundation.org) hosts a limited number free concerts for Seniors at the Arts Center. They've listed a couple of events in September (a concert of Gershwin music on September 7, and Tony Orlando on September 22). See the website to learn how to sign up for these events.

Community Theater:

Center Players (centerplayers.org) – 35 South Street, Freehold, NJ 07728

July 15-August 14 - The Center Players offer live productions throughout the year in a cozy 45-seat theater. Agatha Christie's *And Then There Were None*.

The Holmdel Theater Company (holmdeltheatrecompany.org) – 36 Crawfords Corner Rd., Holmdel, NJ July 22-August 6 - *To Kill A Mockingbird*

Kelsey Theater (mccc.edu/~humphrew/whatsnew/2016KelseySummerSeason.html) – Mercer Community College, 1200 Old Trenton Rd., West Windsor, NJ

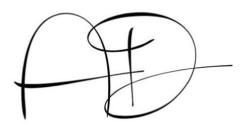
July 16-17 - The Rock and Roll Revue presents the music of Jackson Browne

July 29-August 7 - M & M Stage presents the musical Anything Goes









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The **BOOKMOBILE** stops at Stonebridge on specified Tuesdays from **10:15** am to **10:45** am Look for the **BOOKMOBILE** in the Clubhouse Parking Lot

2016 Dates

Tuesday, July 12 Tuesday, August 2 Tuesday, August 23 Tuesday, September 13 Tuesday, October 4 Tuesday, October 25

We are on the road with our bus full of books, bringing the Library to you!

- · Get a library card
- · Check out books
- Return Library materials
- Ask reference questions
- Request specific books and materials

Baby-To-Go-Program Many Baby Items Available To Borrow At No Cost To You

To borrow items contact llene Cashman: icash@aol.com

To lend items contact
Sharon Hershkowitz
rickandsharon90@hotmail.com

The Stonebridge HOA assumes and acknowledges no responsibility for any items borrowed.

If you would like to add your name to Milestones, send your name, birthday, and anniversary to: sbexchange@comcast.net. Write "Milestones" in the subject line.

Milestones

July Birthdays

- 2 Joe Alfano Harlan Jay Sicherman
- 4 Eileen Fisher
- 5 Michele Greenfield Ann Zino
- 6 Michael Amodio Donald Levine
- 7 Tony Dede Florence Emin Stan Greengrass Ken Newman
- 8 Marcial Alzugaray Roberta Neutuch Marcia Tobias
- 9 Neil Rosen
- 10 Mark Janofsky Marshall Primerano
- 11 Janet Becker Mollie Gedell
- 12 Glenda Beller Joel Markman,
- 13 Rosalie Casciorizzo Lynn Rigney
- 15 Lois Pardo Alan Randell
- 17 Rich Levy
- 18 Irene Rosen
- 19 Pasqua Rago
- 20 Rich Cirminello Steve Entin Henry Saphow
- 21 Nancy Mackler Dominick Paolillo
- 22 Frank Mirabella
- 23 Alan Israel Michael Ricciardi
- 24 Alan Lerner Richard Margolis
- 26 Stan Kornblum
- 27 Connie Losada

- 29 Anne-Marie Mirabella James Palmieri
- 30 Susie Cohen Vincent Colonna Melanie Margolis

July Anniversaries

- 1 Brenda & Joel Belgard
- 4 Sandy & Irvin Rothfarb
- 8 Myrna & Stan Greengrass
- 9 Connie & Joe Losada
- 11 Gloria & Michael Meyer Diane & Alan Randell
- 13 Debbie & Bob McGee
- 24 Pasqua & Stefano Rago
- 29 Rosemary & Daniel Kennedy

August Birthdays

- 1 Louise Kudler
- 2 Barbara San Filippo
- 3 Janice Cohen
- 4 Don Babish
- 5 Bob Geller
- 6 Lynne Brillhart Alex Farganis Audrey Markman
- 7 Lynn Bender
- 8 Pat Rogove Etya Shoikhet
- 11 Bernice Johnson
- 12 Teddy Bezoza Sharon Boss
- 13 Lew Cashman Dottie Hafter
- 14 Camille Rendeiro
- 16 Ira Cutler Sal LaBella
- 18 Lorraine Shaw
- 20 Maria (Graci) Palmieri
- 21 William Heller
- 22 Dan Sudberg
- 24 Rita Haberman Sandy Rothfarb
- 25 Sean Dougherty John Smalley
- 27 Alex Weingarten
- 30 Stan Berger
- 31 Brenda Belgard

August Anniversaries

- 3 Ruth & Yzhak Ronen
- 6 Lois & Burt Waxman
- 7 Marilyn Pfeffer & Stan Berger
- 8 Lois & Alan Israel Andrea and Alan Mitzner
- 12 Etya & Issac Shoikhet
- 13 Lynn & Mark Bender
- 15 Sylvia & Mel Lynn Sandy & Sy Rubin
- 16 Lisa & Stan Fischer Judy & Stan Rubenstein
- 19 Susan & David Cohen
- 20 Wendy & Alan Lerner
- 21 Susan & Norman Pomerantz
- 23 Cathy & Tony Dede Betty & Stan Kornblum
- 25 Anne-Marie & Frank Mirabella
- 27 Anita & Heshy Small
- 28 Mary & Dominick Locandro
- 31 Carole and Stephen Schneider

Monroe Township Recreation Center Phil King

Stonebridge offers a variety of onsite entertainment and activities. Our Community facilities, especially the Clubhouse, are impressive. You could live a very active life just within the Stonebridge boundaries. But there's a lot going on outside of Stonebridge. For one, there's a Township Recreation Center that has activities for residents of all ages. That includes us. There are people in Stonebridge from 48 years old on up, encompassing a wide range of tastes and abilities. I offered to write this article to highlight things that (a) are outside of Stonebridge but not far away, and (b) might be of interest to Stonebridge residents of many ages.

Most events listed below are in July and August, but I'll roll it forward in future issues. If you're aware of other events or venues that might be of interest to Stonebridge residents, please email me at pking5199@yahoo.com.

Monroe Recreation Center (monroerec.com) 120 Monmouth Rd., Monroe Twp. Membership is only \$10/year for Monroe residents and offers access to the activities below and their spacious, well-equipped facility. Stop by and take a tour of it.

Ongoing Events:

Men's Basketball Open Gym: Tuesdays 7:00 pm - 9:00 pm, Jun 24 - Aug 26, free to members

Monroe Photography Club: 1st and 3rd Wednesday monthly, 7:00 pm – 9:00 pm, \$25

Monroe Rec Golf League: Clearbrook GC, Tuesdays, 4:00 pm tee off, Apr 5 – Oct 25, \$15 per round

Adult Volleyball: Mondays, 7:00pm – 9:00pm, April 25 – July 25, free to members

Fitness Classes

These classes run in sessions typically 8-10 weeks in duration, repeating year-round. See the website for details.

Low Impact Aerobics: One or two days per week (your choice), Mondays/Thursdays, \$30/\$60

MAXXimize Your Fitness (interval training): Wednesdays or Fridays, \$40

Saturday Cardio and Tone: Saturdays, \$45

Saturday Core Conditioning: Saturdays, \$45

Strength Training and Wellness: Thursdays, \$45

Total Body Sculpting: Wednesdays, \$40

Tuesday Cardio and Tone: Tuesdays, \$45

Ultimate Fitness: Mondays & Thursdays, \$80

Yoga: Sundays, \$75

Zumba: Wednesdays or Fridays, \$40

Other Monroe Events Listed on the Rec Center Website:

July 4th Celebration (rides, food, DJ entertainment, & fireworks) – 5:00pm – 9:00pm, Thompson Park

National Night Out – August 2, 6:00pm, Thompson Park



Residents, contractors of residents and guests are not permitted to place any garbage or debris in construction dumpsters located throughout the community. Construction dumpsters are for the use of the developer's contractors working on new home construction only. Cameras are being installed and violators will be prosecuted.

If you have the need for a bulk pick-up, please contact Republic Services (MIDCO) at (800)273-7539.

Thank you for your attention to this matter.

Talk of the Township

Recreation Department

The Monroe Township Community Center is more than just the home of the Recreation Department. The \$10 Community Center registration fee opens more than just the doors to the Fitness Center, it allows residents to use either of the two gyms during open gym times to play basketball, volleyball, indoor soccer and much more.

The Recreation Department staff hosts many events for residents of all ages, both in the Monmouth Road facility and in locations throughout the community. The Department runs the annual Mayor's Cup tournaments, where seniors in the active adult communities compete against one another in various sports such as bowling, tennis, golf, shooting baskets, duplicate bridge, table tennis, shuffleboard, and bocce. For the past two years a team, named the Mill Lakers, comprised of seniors living outside the gated communities, competed in table tennis and pickleball.

The Community Center is also one location of the annual Summer Camp program, which is open to both children and grandchildren of Township residents. The camp continues to grow with more than 1,500 children enrolled in the program. The Department also hosts M.T.S.E.P.A. (Monroe Township Special Education Parents Association) Camp with programming designed specifically for children with special needs. The Department also hosts many week long Specialty Camps, one being Healthy Lifestyles Camp, which is geared towards keeping kids active and away from drugs and alcohol.

The Recreation Department also runs two of the biggest events in the Township: the Fourth of July Celebration in Thompson Park (slated to start at 5:00 pm on July 4), and Octoberfest at the Community Center (slated to start at noon on October 16). These annual celebrations bring the residents from our 43 square-mile town together to celebrate all that Monroe has to offer and allow it to maintain our small-town feel in such a large diverse community.

TRIVIA SOLUTION

1) False 2) False 3) False 4) True 5) True 6) True

From Memorial Day to Labor Day, the Recreation staff oversees one of the most popular parks in the Township: the Spray Park in Veterans Park on Avenue K. The Spray Park, which is ideal for younger children (generally from toddlers to age 10), has water features that dump, splash, and spray water onto the youngsters daily from 10:00 am to 8:00 pm, from the Friday before Memorial Day to Labor Day.

The Community Center also features a Fitness Center, which has resistance weight training machines, along with cardio equipment such as stationary bikes, treadmills and elliptical machines. It is open to all Township residents who are registered with the Recreation Department and have completed the Fitness Center Orientation Program.

Registration for many recreation programs (including summer camps and fitness classes) can now be done online using a credit card or debit card. Registered Community Center members can visit https://register.communitypass.net/monroetownship and login in to register for recreation programs. Those who previously registered with the Community Center should have received a letter with a temporary I.D. and password. New users can visit the site and create an account. Or, as has always been the case, registration can be done by visiting the Community Center on Monmouth Road.

For more information about the Recreation Department and the Community Center visit www.monroerec.com or call (732) 723-5000.



What's Happening in Monroe Township Paul Onish

Summer has arrived and the Community Garden is in full bloom. If you were closed out of planting this season, make sure to put a note on your calendar to sign up next winter.

Dey Farm House: I hope you all have had the opportunity to visit the Dey Farm and School House. It has been up for a month or two and you should make it a point to see how children in the mid 1800's approached learning in a one room school house.

Cultural Arts events: K eep a lookout on the web site for the Cultural Arts Commission events. Recently the Eagles Tribute Band, "Desert Highway" played to a packed audience. http://www. monroetownshipculturalarts.com/events/

School Board hearing: This is scheduled for Wednesday, July 27, 2016 and Wednesday, August 31, 2016. If you want to know where your tax dollars are going, and may I suggest you go and find out? Monroe Township has opposed a charter school, but may be looking at an area south of Route 33 for building a new Elementary school.

The State and County have acquired the 100 acre land site where the Battle of Monmouth occurred. This is where General Lee's encampment occurred before the Battle of Monmouth.

Monroe was awarded \$105,146 to freshen up the roads in our community under a Clean Communities Grant from the State

Bridge Replacement on Perrineville Road just north of Make-A-Wish, is scheduled to commence late in the year with a completion scheduled for the spring of 2017.

The **Veteran's Park** expansion, in the Northeast section of Monroe, will be expanding and adding a Spray area

and renovating the Cricket Field.

Transportation: The installation of a traffic light on the corner of Perrineville Road and Federal Road is on the county's calendar.



Paul Onish

Save money on your electric bill. On September 9, 2015, the Township Council approved a new contract with Tri-Eagle Energy for a two-year fixed-cost of 8.992 cents per kilowatt hour, which represents a 12.2 percent savings, or nearly \$308 annually for electric supply to the average consumer in Monroe on the JCP&L tariff rate. The annual dollar savings are significantly higher for those living in allelectric homes.



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Highlights from the Monroe Township Senior Center Edited by Sharon Hershkowitz

Being a registered member of the Senior Center is free and available to Monroe Township residents 55 years of age and older. The monthly publication, *Senior Focus*, is distributed around the 15th of the previous month and at that time members can register for the monthly activities.

Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9-11:30 am. Members are encouraged to see if there are openings for a particular activity up to two days in advance and on the program day. If you are unable to attend a registered program, a cancellation call would be appreciated. The Center phone number is 609-448-7140. For more information, visit the Center to pick up a calendar of events, or visit their website at www.monroetwp.com.

Transportation to and from the Center is available to all seniors in the Township. This door-to-door service is free during Senior Center hours of operation to any and all related Office and Center business. For more info or to be put on the day's bus schedule, call the Office Manager at the above number.

Following is a condensed list of what is happening during the month of July.

Get Your Game On - play your game of choice on Monday and Wednesday afternoons from 1:00-4:00 pm and on Tuesday and Friday mornings from 9:00 amnoon.

GOOD FOR YOU!

Take Control! - starting on Thursday, July 7, at 10:00 am, join a 6-session chronic disease selfhelp management workshop that focuses on self-care of any chronic condition. You will learn how to manage your symptoms and make daily tasks easier.

Your Aging Skin - on Wednesday, July

13, at 1:30 pm, join in on a discussion of skin care issues and concerns - from the basics to sun exposure damage and from common skin conditions to growths and cancers.

VA Aid & Attendance Benefit - on Thursday, July 14, at 1:30 pm, attend a meeting which will address your

questions and concerns regarding eligible veterans and their spouses with tax-free healthcare assistance. Learn more about this benefit and see if you are eligible.

AARP Smart Drivers' Course - on Monday, July 18, at 8:45 am, refresh your driving skills by taking the AARP's driving class. You will save on your car insurance as well.

Insomnia - on Monday, July 18, at 10:00 am, attend a session which will discuss the natural way to get a good night's rest. Through discussion and demonstration, discover different ways to help you improve your quality of sleep.

Mediterranean Diet - on Thursday, July 21, at 1:30 pm, attend a meeting which will discuss a delicious way to stay healthy and reduce inflammation.

Your Aging Bones - on Thursday, July 28, at 1:30 pm, join in a discussion on "Healthy Aging: Healthy Bones" with a focus on understanding the risk factors, methods of prevention, and treatment options for osteoporosis.



MUSIC & MORE!

Evening Summer Series - Enjoy these upcoming evening events: Laughs with Robin at 7:00 pm on July 6, \$2 pp and Pizza Plus Music Bingo at 6:00 pm on July 20, \$6 pp.

Karaoke & Ice Cream - on Thursday, July 7, at 2:00 pm, join in a fun-filled afternoon complete with ice cream and a chance to sing along, Karaoke-style singers can perform some of their favorite tunes while others can just enjoy the show. Tickets \$3 pp.

Jimmy Givens Trio - on Friday, July 8, at 1:30 pm, enjoy a FREE musical concert by this wonderful trio.

Patriotic Songs - on Monday, July 11, at 1:30 pm, join David Aaron as he plays and discusses the many great patriotic songs of our times.

Simply Streisand - on Friday, July 15, at 2:00 pm, enjoy a wonderful tribute artist as she recreates the excitement and energy vocals of Barbra Streisand's most powerful numbers. Tickets are \$2 pp.

Jerry's Travels - on Monday, July 18, at 1:30 pm, join Jerry as you travel to New Zealand where you will dodge the worst typhoon in 75 years, visit the

picturesque towns of Wellington, Picton, etc. and see a Mauri Village.

Election 1860 - on Tuesday, July 19, at 1:30 pm, join a retired teacher as she explores the chaos, rivalry and competition of the 1860 presidential election and the creation of the Republican Party. It will be very interesting because comparisons will be made to this year's election.

Bee Gees - on Wednesday, July 20, at 1:00 pm, journey back to the 1970's and 80's as you enjoy a DVD show featuring the Bee Gees' greatest hits.

Here's Johnny & Pizza - on Monday, July 25, at noon, enjoy a "blast from the past" and partake in a pizza luncheon as the last episode and final show of *The Tonight Show* is featured. Tickets \$6 pp.

Michael & Ted Present - on Tuesday, July 26, at 2:00 pm, join Michael & Ted as they look at the life and music of Richard Rodgers, Oscar Hammerstein and Lorenz Hart.

ARTISTICALLY SPEAKING

Watercolor Loose & Free - starting on Thursday, July 7, at 12:30 pm, join this 5-session watercolor, multi-

level class that incorporates acrylics with other mediums and the use of both natural and synthetic papers. Course fee \$50 pp.

Transparent Watercolor for Beginners

- starting on Monday, July 11, from 10:00 am-noon, join this 6-session class, with step-by-step instruction. Course fee \$60 pp.

Collage with Karen - starting on Tuesday, July 12, at 2:00 pm, join this two-day workshop as the instructor follows in the footsteps of Matisse, Bearden and other artists who paint with paper. Experiment with different mediums to create realistic and abstract images. Course fee \$20 pp.

Jackson Pollock - on Wednesday, July 13, at 10:30 am, join an art historian as he leads a thorough DVD presentation and talk on Pollock and his works in abstract expressionism.

Art of the Masters - on Friday, July 22, at 2:00 pm, come listen to a brief lecture on American realist artist, Janet Fish. Individuals with a "project coupon" will create an individual masterpiece in the artist's style using gouache.



SUDOKU SOLUTIONS

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6	9	4	8 4 2	5	7	8	3	1
8	1	3	6	4	5	2	7	9
2	4	9	7	8	1	3	5	6
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