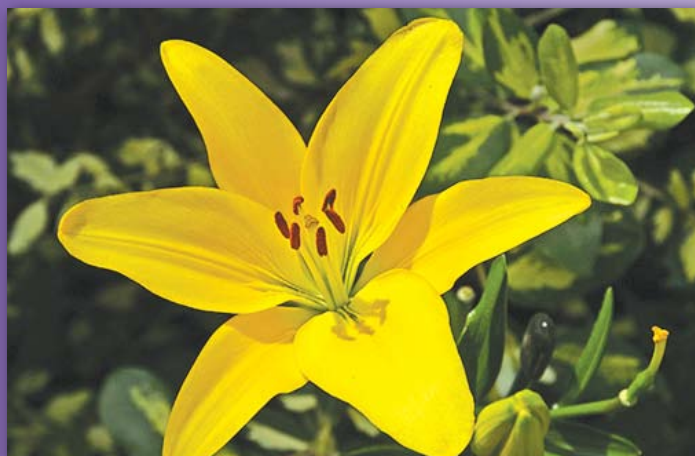




# Stonebridge Exchange



Sunflower Jack Hayman, Cobblestone Boulevard



Claude Heller, Drawbridge Drive



Paul Altschuler, Diamond Spring Drive

*Earth laughs  
in flowers.*

- Ralph Waldo Emerson



Alex Ostrow, Mandrake Road



Mother's Day Debbie Rice, Turret Drive





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# The Stonebridge Exchange

Stonebridge Community Association  
1 Cobblestone Boulevard  
Monroe Township, NJ 08831  
Telephone: 609-860-8525

## Newsletter Staff

### Co-Editors

Rosalind K. Blinder, Rhoda Cutler

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## Schedule of Open HOA Meetings for 2016

**ANNUAL ELECTION MEETING - May 10,  
June 1, July 20, August 17, September 21**

**Write to the Stonebridge Exchange  
at [sbexchange@comcast.net](mailto:sbexchange@comcast.net)**

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## Letter From Your Editors

Welcome back to our Snowbirds, by now just about all of you have returned home to Stonebridge. Those of us who remained here made it through a fairly mild winter and a rather easy spring. Except for one major snow storm, we sometimes felt that we too were in the south.

As we wander through our grounds, it's delightful to see the gardens beginning to bloom, the patio furniture brought back out or uncovered, and the grills firing up. The days are longer and many of our neighbors are out and about.

We have had such an overwhelming number of photographs submitted for our cover and centerfold themes that we are featuring them in this issue as well as our July/August issue. The cover and centerfold for this issue features yellow flowers and our next cover and centerfold will feature colorful flowers. Thank you so much to all of our talented photographers who live here at Stonebridge!

In this issue we have a few unusual vacation articles, one of which is a definite challenge to everyone, and obviously a major "bucket list" accomplishment for Claude Heller, who has just completed traveling to all 50 states and all seven continents!

We also want to welcome the newest chartered club, Hadassah at Stonebridge, which was approved by our HOA Board. For more information about the new policy related to clubs please see the article on page 19. As more clubs become approved by our HOA we welcome regular articles from each of them.

We hope to see many of you around the outdoor pool and deck beginning Memorial Day weekend. As we move towards summer, we know that this is a great way for neighbors to meet and greet each other on a regular basis. (Outdoor pool hours as well as holidays when the pools are closed, are listed on page six in the "2016 Clubhouse Hours of Operation" box.)

Rhoda  
& R<sup>oz</sup>

### 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.

## Committee List

### Architectural Review Committee

John Ferrelli, Chair  
 Norm Osborne Abbas Salim  
 Mohinder (Minna) Saini Krishnan (Kris) Gopal

### Community Emergency Response Committee (CERC)

Anne LaBelle, Co-Chair  
 Mel Lynn, Co-Chair  
 Cheryl Auguste David Evans Vivian Newmark  
 Florence Emin Judith Freilich Joel Winetz  
 Brenda Evans Eddy Miller

### Election Committee

Pat Sirr, Chair  
 Barbara Nalitt Ellen Stein

### Engineering Transition Committee

David Bellask Ted Maffetone  
 Allan Block David Maklan  
 John Ferrelli

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 Joel Belgard Helyn Sloan  
 Stan Fischer Ellen Stein  
 Joel Greenberg

### Facilities Committee

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 Vinny Vitale, Co-Chair  
 Paul Altschuler Joe Hausman John Russo  
 Lew Cashman Franklin Leiber Sandy Rubin  
 Florence Emin

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 Bill Heller Ronald Shey  
 Hal Gedell Mitch Spiegel  
 Gene Pittelli

### Insurance Review Sub-Committee

Gene Pittelli, Chair  
 Mark Bender Joe Urbanski  
 Amy Berezein

### Generator Committee

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 Florence Emin Ted Maffetone  
 Frank Leiber Vivian Newmark

### Healthcare Committee

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 Barbara Iskowitz Marty McGowan Bud Sparks  
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 Harry Krimkowitz Ron Shey

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 David Desiere Alex Ostrow William Tronolone  
 Sean Dougherty Stan Rubenstein William Werkmeister  
 Michael LaRaus Mark Slackman Edward Ziegler

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 Helene Cohen Terry Luxenberg Judy Tucker  
 Lorraine Edson Sandie Motomal Michael Zaref  
 Bea Grossberg Helyn Sloan  
 Faye Josephson Judy Belitz Stone

## Board Members

### Stonebridge Community Association

Michael Berezein, President Stu Schwartz, Secretary  
 Marianne Pittelli, Vice President Ed SanGeorge, Director at Large  
 Henry Sloan, Treasurer

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 Cheryl Revels, Head Concierge/Administrative Assistant  
 Eli Beverley, Weekend Concierge  
 Maintenance Department:  
 Eli Beverley 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  
 Spa: 609-235-4055



## Our Clubs

### Stonebridge Women's Club 2015-2016 Officers

**Presidents** - Liz Silecchia and June Vardaro  
**Vice Presidents** - Patricia Lass and Bonnie Silleck  
**Recording Secretary** – Loretta DiCoscia  
**Corresponding Secretary** – Susan Klein  
**Treasurers** – Dolly Alvarez-Crooks and Deborah McGee  
**Sargent at Arms**- Linda Longo

#### Committee Members

**Activities** - Doris Entin and Linda Longo, Co-Chairs  
Cindy Block, Jackie Block, Jane Bloom, Carol Burke, Carol Chapnick, Ethel Frankenthaler, Judy Kamlet, Barbara Levine, Stephanie Levine, Phyllis Perlman, Liz Quido, Rita Pallatta, Joanne Redell, Karen Salzman, Cecelia Weisenberg, Phyllis Weissblum, Phyllis Zeigler

**Bingo** - Brenda Belgard, Sandy Rubin, Helyn Sloan, Ellen Stein

**Charity** - Sandy Rubin

**Fundraising** - Annemarie Ferrelli and Joan Maggio, Co-Chairs

Judy Diamond, Loretta DiCoscia, Lorraine Edson, Paula Greenberg, Joyce Honig, Fran LaPointe, Jean Katarsky, Joanne Redell, Elaine Ricciardi, Sandy Rubin, Liz Silecchia, Bonnie Silleck, Helyn Sloan

**Mah Jongg Event:** Rosalind Blinder, Susan Klein, Helyn Sloan, Ellen Stein, Co-Chairs

**Making Strides Against Breast Cancer Walk:** Audrey Markman, Chair

**Hospitality** - Fran Myerson, Chair

Joan Abraham, Janice Baer, Carol Burke, Roberta Kahan, Helene Karp, Jean Katarsky, Jean Krupa, Linda Longo, Rita Pallatta, Libby Podber, Terry Rogoff, Shirley Ruth, Therese Swensen

**Membership** - Marianne Pitelli, Chair

Carol Friedman, Barbara Levine, Gloria Meyer, Phyllis Perlman, Nola Sarama

**Sunshine** – Helyn Sloan

**Welcome** - Phyllis Perlman and Patty Winetz, Co-Chairs  
Dolly Alvaraz-Crooks, Ann Brandt, Phyllis Cossin, Marlene Diamond, Sharon Goldman, Joan Kozzi, Barbara Schwartz

### Stonebridge Men's Club Officers 2015-2016

**President** Charles Zeichner  
**Vice President - Activities** Bill Newman  
**Vice President - Committees** Jim Frankenthaler  
**Vice President - Membership** Stan Fischer  
**Communications Officer:** Paul Beller  
**Publicity** Fred Block  
**Secretary** Paul Beller  
**Treasurer** Gary 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 Executive Board

**Presidents** - Karen Hyman and Susan Pomerantz

**Executive Vice President** - Lynn Bender

**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 Needleman

### Additional Clubs & Groups

**Art Studio** - Joel Greenberg

**Bocce** - Joel Greenberg

**Book Club (Men)** - Joel Littman

**Book Club (Women)** - Karen Hyman

**Bowling** – Gene Kassan

**Bridge** - Judy Devine and Shirley Ikeda

**Card Games** – Emil Erlich

**Drama Club** - Sheila Wolf

**Duplicate Bridge** - Merle and Trevor Barnett

**Free Thinkers Discussion Group** - Henry Saphow

**Golf Club** - Joe Pavlichko

**Investment Discussion Club** - Len Baskin

**Needlecraft Group** - Judi Edelson

**Photography Club** - Rich Grossberg

**Pickleball** - Joel Greenberg

**Pinochle** - Emil Erlich

**Singles Group** - Linda Bloom

**Table Tennis** - Len Baskin

**Tennis** –Felix Jacobson

**Veterans Group** - Norm Osborne



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 every 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 contractor's name/vendor on the truck to Maria Sappo, Community Manager. **Clubhouse parking lot speed limit is 15mph.**

**Speed  
Limit**

**25**

### 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 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 Fitness Center is closed for cleaning on Mondays & Fridays from 11:00 am – 12:00 pm**  
**Please plan accordingly!**

#### **Indoor Pool Hours:**

Monday - Friday: 7:00 am – 8:00 pm

**Residents Only: 7:00 am – 9:00 am & 7:00 pm - 8:00 pm**

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

**Residents Only: 10:00 am – 12:00 pm**

**The Indoor Pool is closed the entire day (unless noted otherwise) on the following holidays:**

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

#### **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 pm

Saturday 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



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# Manager's Corner

**Maria Sappo, CMCA, Community Manager**



**Maria Sappo**

Welcome Spring! What a beautiful time of year! It's the perfect time for our golf cart inspections! While driving around the community I can't help but smile at the beautiful grounds we have here at Stonebridge. I hope everyone takes the time to stroll the paths, take in a game of tennis or bocce and get ready for the outdoor pool season. Enjoy all that Stonebridge has to offer ☺  
*A few reminders for the Spring Season:*

**LAWNS & IRRIGATION:** Kentucky Blue Grass 101 -- You'll probably notice that from week to week, the grass can go from a lush dark green to brown and back again. This is not a figment of your imagination... it is Bluegrass. Bluegrass is a beautiful, yet somewhat delicate grass that does not have as high a tolerance for drought or heat as say, fescue for instance. In perfect weather conditions (regular rain, 80-85 degree weather) the grass will look pristine – dark green and beautiful. During optimal conditions, there is no grass as beautiful as Bluegrass. However, when Bluegrass is stressed, either from high heat or lack of rain, it will begin to go dormant to protect itself. That is when the grass turns brown. This is not permanent. In many instances; it is a defense mechanism the plant uses to protect itself from harsh conditions. When temperatures drop and/or it rains, the grass returns to its former beauty. This is normal and is to be expected.

Along those lines, it is vital to note that irrigation is meant to supplement rain, not replace it. Irrigation systems in general are meant to maintain moisture in the soil in between normal rain cycles. When a hot streak quickly depletes the soil of moisture and rain is nowhere to be found, irrigation systems cannot keep up to maintain adequate moisture levels, which is why grass will continue to brown out in high heat or low moisture times despite irrigation. Our irrigation vendor does everything it can to compensate for high heat and dry periods, but the system is only designed to do so much.

**LANDSCAPE MODIFICATIONS:** If you are contemplating having landscaping done around your home or you have been recently approved for a modification, please take note – you are responsible for any damage to the grass caused by your landscaper. Many landscapers use wheel barrows or small skid steers to move pavers and plant material to the rear of the home. During this process, repeated trips back and forth damage the sod around the home. If this occurs, it is the homeowner's responsibility to repair the sod. Please make sure your

landscaper is aware of this, as many homes have recently been affected by this type of issue. Landscapers should put boards down to avoid damage to the turf whenever possible.

Also, please note that landscapers may not leave trailers in the roadways overnight during a project. All trailers, landscaping materials and tools must be removed from the site daily as not to obstruct traffic or be in breach of overnight parking restrictions. Please be sure to advise your landscaper of these rules, as violations of the rules will be enforced.

While on the topic of landscaping, please be aware that each resident is required to maintain the planting beds and tree rings located on their property. All beds should be kept weeded, plants maintained and beds mulched. Side beds that are stone should be kept weed free. Tree rings should be weeded and mulched. Stonebridge is beautiful – it takes the commitment of each resident to maintain the visual aesthetics that makes Stonebridge so attractive.

**WASTE & RECYCLING CONTAINERS:** Please remember that all cans must be stored inside garages on non-trash/recycling days. It is recommended that residents place cans at the curb the night before pick-up (not before 6:00 pm) to ensure that cans are picked up on pick-up day. The truck may come through the Community early, so putting the can out the night before ensures you are not missed. Also, cans must be brought in the same day as pick-up, preferably as soon after pick-up as possible. Please be mindful of weather conditions. The wind and totes full of recyclables leave spillage throughout the Community. The waste contractor is not responsible for the street clean up when the containers spill over.

*And last, but not least:*

**PETS:** Please keep Stonebridge healthy, clean and beautiful by making sure you pick-up after your pets when they defecate and have your pet urinate at the curb line.

Please also remember the rules for pets on leashes. Pets are NOT permitted to roam free on the common elements for any reason.

Please respect your neighbor's property and curb your pets.



# Lifestyle Director Corner

**Melissa Vaccariello**



**Melissa Vaccariello**

Greetings everyone! Let me begin by expressing my sincere thanks for the warm welcome and well wishes as I begin this new adventure with all of you here at Stonebridge. I've had the pleasure of meeting many residents during my walks through the Clubhouse and I look forward to seeing everyone else while out and about in the Community.

Our Clubhouse was quite busy throughout March and April. In addition to the regularly scheduled classes, residents channeled their inner Picasso at an afternoon of "Cocktails and Canvases," kicked up their boots in a Country Line dancing series and celebrated St. Patrick's Day with Gary Morton and green beer in our Ballroom. From The Big Apple to The City of Brotherly Love, we traveled to various destinations, including the set of daytime television's "The View" and the Philadelphia Flower Show. Nearly two buses ventured into New York City to see "The King and I" at Lincoln Center.

With the return of our resident snow birds and new homes still selling, the phrase "Sold Out" is becoming more common after a posted event. In less than 48 hours, *Waitress* on Broadway, *The Grape Escape's* Mozzarella Making & Winery Tour and April's Grille Room entertainers, "The Perfect Duo + 1" reached registration capacity. Our Memorial Day Cookout, serving 250+ guests, sold out in less than one week! If you are considering an event, do not delay your registration. Sign up as soon as possible!

For those looking to explore new interests or take on a

hobby, May and June have plenty to offer. Women's Instructional Billiards, an evening Pilates series and self defense classes are new to our event calendar. Cheer on the Blue Claws at their June 7th baseball game or kick up your boots in a Country Line dancing class. Movies are shown in our theatre the last two weeks of each month. Multiple show times means there's no excuse to miss a flick! Looking to the future, we're developing a lifestyle program built on experiences and exploring un-chartered territories.

This year, Stonebridge will celebrate its 10th Anniversary on Saturday, September 24th. Additional information will be available as we approach the date.

Questions, comments and suggestions are always welcomed. Stay informed with up-to-date Lifestyle information by checking your emails frequently. Please do not hesitate to contact me directly at 609-409-1470 or email [mvaccariello@rcpmanagement.com](mailto:mvaccariello@rcpmanagement.com).

## Recent trip to see *The View*



## 2016 Open Board Meeting Dates 3rd Wednesday of each month

**Annual Election Meeting - Tuesday, May 10**

June - 1st

July - 20th

August - 17th

September - 21st

October - 19th

November - 16th

December - 21st

# **Stonebridge - Moving Forward**

**Michael Berezein, Marianne Pittelli, Stu Schwartz, Henry Sloan**  
**Resident Board Members**

We have been informed that Monroe Township is moving forward with creating two voting districts for Stonebridge. This means that residents will be voting in all elections in our Clubhouse possibly as early as the June 7th 2016 Primary Elections. The districts will be for Stonebridge only, which means non Stonebridge Residents will not be coming here to vote. The polls will be open the same hours as all other polls in the Township. Going forward, this should make voting in elections much more convenient.

By the time you read this, negotiations with our new hair salon will be completed and service at the spa will be starting. We have retained the services of Lenneth Hair Salon currently located in the WaWa plaza on Applegarth road. This will be their second location. Full service women's and men's services will be available. Please look for additional information and opening specials in your emails.

Over the winter the IT Committee has been hard at work planning the update of the communications service in the Clubhouse. This includes a new phone system, additional, more powerful, WiFi hotspots, and best of all...proposed updates to our Website. There will be some exciting changes very soon. The Committee made sure that the pricing we received for the updates was very fair. Best of all, the website enhancements will come to us at no charge.

Depending on availability of funds in the budget, some enhancements may not be available until next year. Look for more information in the near future.

Starting this spring Marion Security will be providing roving night time patrols in the Community. They will have the power to enforce parking regulations in addition to upgrading the quality of our overnight security. The patrols will be random so that no pattern can be discerned.

Traffic control is always a topic. Presently the Board is discussing the addition of more stop signs on our roads so as to improve traffic flow as well as increase pedestrian safety.

Along those lines, we ask ALL WALKERS to PLEASE observe safety when out on your constitutionals. Wear reflective clothing at night, carry a flash light and do not walk in roadways after dark. There have already been some close calls with people wearing dark clothing and walking in the roads

at night. Thank you for your cooperation.

The newly formed Healthcare Committee has developed a questionnaire that you may have received by this time. If you have received it via an email and have not as yet replied, please do so at your earliest convenience. If you have not received it yet, please reply as soon as it comes. The Board is interested in learning if additional ancillary medical services are desired by the community.

Finally, we are always looking for new volunteers for our various committees. They are the life blood of our Community. You can apply by filling out an e-form on our website. We are particularly looking for new faces. We need new thinking and ideas in order to help us continue to grow.

## **Stonebridge Social Committee**

**Helene Cohen**

The Chinese New Year's celebration was a huge success. Crown Palace delighted us with an abundance of tasty food, and everyone ate and danced the night away.

The St. Patrick's Day party with D.J. Gary Morton had everyone on their feet. We also enjoyed his fabulous singing and entertainment.

We are looking forward to a spectacular Memorial Day celebration on May 28, as we welcome the summer with music and a barbeque by Dolce and Clemente. We hope to see you there!



# **POKER**

**OPEN POKER IN THE  
CLUBHOUSE GRILLE ROOM**  
**7:00 pm**  
**TUESDAY, WEDNESDAY &  
THURSDAY EVENINGS**



# **Property & Grounds Committee**

## **Philip Edgecomb and Joel Greenberg**

We are enjoying the spring season at Stonebridge when the lawns have become green again. The P&G Committee has met with representatives from Down To Earth (DTE), Monroe Irrigation and Black Lagoon, the vendors who provide most of our grounds, irrigation and pond services during the summer. We meet to discuss scheduled programs, problems that have occurred or might occur, and reasonable solutions to those problems. We listen to the professionals, some of whom have dealt with the special characteristics of our soils and ponds for almost ten years. One of the great rewards of being a member of the P&G Committee is the knowledge that we have learned from these professionals. There are many environmental factors to consider when managing the lawns and ponds at Stonebridge. Sometimes the problems are not easy to solve. Every time we meet with Jack Gallagher and Mark Grimes from Down To Earth, Don DeVries from Monroe Irrigation, or Chris Borek from Black Lagoon, we learn something new. We do believe that we have an excellent team of professionals working on our grounds and lawn problems.

Down To Earth has completed their spring cleanup, their first application of lawn chemicals, and early mowing operations. In reference to the chemical applications, there are very strict laws in New Jersey that apply to lawn treatments. They apply the fertilizer, herbicides, insecticides, and fungicides in accordance with these laws. If you apply additional chemicals in addition to their applications, you may cause harm to the grass and create a chemical runoff that is harmful. For example, they applied a fertilizer with a crabgrass pre-emergent herbicide in early to mid-April. They may have also applied a spot treatment spray of a broadleaf weed control herbicide where it was needed. If you planted your own grass seed this spring, the pre-emergent herbicide will kill new shoots coming through the soil for approximately four months. When DTE reseeds areas damaged from snow removal, they attempt to skip the pre-emergent herbicide on those areas. Reseeding lawns works best in the fall because we don't use any pre-emergent chemicals on the lawns at that time. These are just a few examples, but we meet with DTE every month during the spring, summer and fall to better coordinate their operations.

We often receive a comment that we are applying too much phosphorus in the lawn fertilizer. We do not use phosphate fertilizers at all. It has been illegal to use phosphate fertilizers in New Jersey for over 20 years.

There is enough naturally occurring phosphorus in the soils of New Jersey for healthy plant growth. Some of that naturally occurring phosphorus does leach into our streams and ponds; it has nothing to do with our fertilizer applications.

We are a very trusting community which can be good and not so good. We trust that our neighbors are all good drivers and that their reaction times for stopping their cars is as good as when they were young. We think that their eyesight can detect dark clothing on people walking in the road during darkness. We hope that your trust is not misplaced. We need to walk safely and drive safely to keep each other alive.

## **Community Emergency Response Committee**

**Anne LaBelle**

Our Community Emergency Response Committee (CERC) has written an initial draft emergency plan, which is in the final stage of processing and approval by our Board of Directors. We expect to have it officially ratified at the June Homeowners Open Meeting.

The Association has a product called Alertcast that when activated can notify our community of impending weather alerts or other emergency information. Alertcast sends the message from our Community Website via email, text messages to your mobile phone or a voice call on cell or landline. We will be testing this capability in May. Stay tuned for further updates.

CERC has formed another subcommittee: Emergency Information for Homeowners. We will have a table at the June meeting where we will have copies of the plan to give to the homeowners who attend that meeting. We are finalizing distribution plans for the remainder of the homeowners.

In addition to the plan, we will have available two important items that every household should have on hand: Emergency Wheels and the File of Life. These are free to all households and will, hopefully, be utilized.

CERC now has liaisons with the Generator Committee, as well as the IT Committee. All of the sanctioned committees work together, as well as independently, to make Stonebridge a thriving, active community with successful communications for all homeowners in all situations.

## **Architectural Review Committee (ARC)**

**John Ferrelli**

One of the things ARC is doing to accelerate the review and approval process for architectural modification applications is to approve projects "As Noted."

When a project is approved "As Noted," it means missing dimensions or easily correctable deficiencies were discovered during the review process. Rather than reject the application and require a resubmission, the deficiencies are identified in a conditional approval letter with the corresponding corrective requirements specified. An example of this type of approval would be a case where the height of a patio sitting wall was not indicated on the proposed layout drawing, or was incorrectly shown as 24" high. In either case, a note would be added to the approval letter, identifying the problem and specifying that the approval was subject to the wall being built to a maximum height of 21".

The use of this approval method shortens the review process by a minimum of two weeks. Furthermore, since most applications are submitted with minor errors and/or omissions, it greatly reduces the work load of Management.

One potential problem with this system is that it requires the acceptance of the conditional approval by the homeowner and contractor. This concern has been addressed by requiring all homeowners and contractors to sign the formal approval letter acknowledging and accepting the terms and conditions of the project's approval.

Homeowners are reminded to read their approval letters carefully before signing them. Should you have any questions or concerns regarding the approval, you should contact any of the ARC's members for clarification. Once the homeowner signs the approval, they are responsible, along with their contractor, to see that the project is properly constructed.

Finally, upon completion of work, the homeowner / contractor is required to submit a revised "As Built" drawing showing that the project was properly built. The "As Built" drawing along with any required municipal permits and/or approvals should be attached to the Certificate of Completion. Following these guidelines will result in a problem-free final inspection by ARC and the prompt return of the project's bond by Management.



## **Information Technology Committee (IT)**

**Steven Birnbaum**

In December the Board of Directors approved the re-activation of the IT Committee. The Board has charged the IT Committee with identifying and recommending improvements to the technology infrastructure within the Clubhouse. The structure implemented by the Committee is to assign tasks to sub-committees that report progress at the IT meetings. Each sub-committee has a team leader and is free to employ other members of the IT committee or any resident or person they may recruit. This method achieves the most efficient use of the limited resources we have available.

The following sub-committees are in effect:

- Data & Voice
- Website Improvement
- Data Security
- Outside Community Investigation
- 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 welcome residents to attend.

In the first two months we evaluated some current systems and will make recommendations to:

- Replace the Clubhouse phone systems.
- Update the data network in the Clubhouse.
- Install an updated and secure WiFi system.
- Evaluate systems that are available for improved sound for residents that are hearing impaired. One test was held in February and another will be scheduled in June for residents who 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.
- Investigate what technology is being employed in some of the other Active Adult Communities in the area.
- Emergency communication and escalation system.

The IT Committee is working with the Women's Club and Men's Club to improve the method of communication. IT is available to all Clubs and Committees anytime an opinion is desired. As we complete the individual tasks the recommendations are submitted to the Board of Directors. IT will coordinate any project approved with RCP Management.



# Entertainment Committee

Hal Gedell

As this article was being written, we were preparing for *Beginnings (The Ultimate Chicago Tribute)* scheduled for April 9. Thank you ever so much for your fantastic support, as you have given us another sellout.

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

Listed below are the remaining shows that have been booked for 2016. Please save these dates, and feel free to sample the talents of these outstanding entertainers using the websites indicated. Thank you for your continued patronage, and we hope to see you at future shows.

**5/21/2016 - The Doo Wop Project** – Featuring current and former stars of Broadway's smash hits *Jersey Boys* and *Motown: The Musical*, the Doo Wop Project brings unparalleled authenticity of sound and vocal excellence to recreate, and in some cases entirely reimagine, some of the greatest music in American pop and rock history. The *DWP* traces the evolution of Doo Wop, from the classic sound of five guys singing tight harmonies on a street corner, to the biggest hits on the radio today. You'll hear the music of groups like the Crests and Belmonts, and then hear the influence of Doo Wop on the Four Seasons, Michael Jackson, Amy Winehouse and many others. [www.thedoowopproject.com](http://www.thedoowopproject.com)

**7/30/2016 – The Phantom's Leading Ladies** - A trio of Broadway's "Christines" from *The Phantom of the Opera* sing everything from Broadway classics to the Beatles as solo artists, and in a distinctively intricate and breathtaking three-part harmony. 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/Watch.htm>

**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://vimeo.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>

We are pleased to inform you that your unflagging support of our shows has enabled us to make a contribution to the Association in the amount of \$20,000 towards the purchase of a new sound system. Once again, we thank you for your continued support.



## Healthcare Committee

The HOA Board of Directors recently commissioned a Healthcare Committee. The objective of the Committee is to re-evaluate the health related services currently provided within Stonebridge, as well as to explore other services that residents might desire.

The Committee has had the opportunity to interview neighboring adult communities for an awareness of services they provide. Many of these communities are well established and were able to provide us with information that will help us in future planning.

We are asking for your participation in determining other services and programs that may address your needs. Any services being considered would be cost-neutral to the Community. Potential providers would pay rent for using our space. In addition, it is envisioned that individual services provided to our residents would be covered by insurance or fee for service.

In the next few weeks, a questionnaire will be sent to all residents. We would appreciate it if you would complete the survey and return it as directed. It would greatly help us to determine future healthcare needs at Stonebridge.

# Finance Committee

## Insurance Sub-Committee - Parking Lot Safety Issues

Gene Pitelli

A little care and attention can save you from a possible severe injury, or becoming involved in an accident in our parking lot while coming and going from your residence to the Clubhouse, and even while going or coming from work. Wet conditions, visibility, distractions, etc. in spring can make conditions in a parking lot a concern. Please take the time to read some of the safety tips we extracted from *Business and Legal Resources* that will help you stay safe.

### Tips for Parking Lot Safety and Awareness

Parking lots can be dangerous places, especially when wet and slick conditions exist, particularly on blacktop. Cars can slide into you if traveling too fast in these conditions and cause serious injuries, or you can slip and injure yourself.

How can you avoid situations like this and other parking lot accidents? One problem with parking lots is that drivers feel they can let their guard down because they are no longer on the road. According to a study by the Independent Insurance Agents and Brokers Association, 20 percent of insurance claims were related to parking lot accidents. The problem is twofold, limited visibility and distraction. A full lot makes it hard for drivers to see hazards and people leaving their cars. Also, drivers entering or leaving parking spaces have severely constrained visibility.

Distractions are a major issue. When people get into their cars, they do all kinds of things, such as fiddling with the radio, checking their phones, or starting up the GPS. Unfortunately many of these activities take place as they are backing up or driving in the parking lot. As a result, they may not see pedestrians, who may also be distracted, especially by their phones as they walk. All of these hazards are made considerably worse in inclement weather.

1. To avoid causing a parking lot accident, or becoming a slip and fall victim, we would like to share some of these parking lot safety tips with our fellow residents:
  - Do everything you need to do (adjusting seat, mirrors, etc.) before you exit the parking space.

- When walking in a parking lot, be alert, stay to the sides of the aisle, and watch for cars, particularly when crossing an active traffic lane.
- Do not talk on the phone or use headphones in a parking lot.
- When entering or leaving the lot, obey the parking lot speed limits and lane designations, and do not cut diagonally across the lot.
- When walking in a wet or slick lot, (or any lot for that matter), try to make eye contact with an approaching driver. Stop if you do not think the driver has seen you.

2. Do not rely solely on hearing to know if a vehicle is coming. Electric and hybrid vehicles are especially quiet.

So please be aware of your surroundings and BE CAREFUL. Remember, your safety always comes first. Here are some additional statistics to look at which you may find of interest.

- Slips and falls are a major cause of injuries in industry, professions and senior communities. Below are several statistics that you should consider:
- Slips and falls account for over 1 million medical visits, or 12% of hospital emergency room visits from total falls (National Safety Council)
- Falls are the second-leading cause of unintentional deaths in homes and communities, resulting in more than 25,000 fatalities in 2009 (National Safety Council).
- Fractures are the most serious consequences of falls, and occur in approximately 5% of all people who fall.
- Slips and falls do not constitute a primary cause of fatal occupational injuries, but represent the primary cause of lost days from work, and extended home immobility for senior citizens.
- Slips and falls are the leading cause of workers' compensation claims, and are the leading cause of occupational injury for people aged 55 years and older.

# **Facilities Committee**

## **Beverly Newlander and Vinny Vitale**

The Facilities Committee continues to work with the Board and RCP Management on many new and existing projects.

A recommendation has been made to the Board to appoint Paul Altschuler and John Russo to the Facilities Committee. They have had experience in building services as well as managing construction projects. We welcome them.

As the grass is turning greener, trees are budding, flowers are blooming and spring is in the air. The Facilities Committee has been actively involved in getting ready for the pool season. We have made the following recommendations to the Board. They included the purchase of all new indoor pool furniture, increase the number of outdoor umbrellas to allow for more shade, re-strap many of the outdoor lounge chairs, as well as placing additional tables and chairs around the outside of both the indoor and outdoor pool areas. We are excited to report these recommendations have been approved by the Finance Committee and the Board.

These changes will provide additional seating within the outdoor pool area.

- No sitting on the pool steps or ladders.
- Headphones must be used for all audio devices.
- Only lap swimmers are to use the lap lanes.
- If people are waiting to use the lap lanes, the time limit is 30 minutes.
- No saving of chairs is permitted at any time.
- There shall be no running, ball playing, diving, jumping, etc. in the pool area.

Any conduct affecting the enjoyment of others or endangering others is prohibited and any persons engaging in such behavior shall be subject to suspension of pool privileges.

Alcoholic beverages are not allowed in the pool area. Alcoholic beverages are not allowed in the outside pool area when the pool is open. Use of alcohol at the pool will increase our insurance costs.

We have taken into consideration many of your comments/recommendations in compiling the 2016 Pool Rules. Please let's all work together so that we can all enjoy the summer.

We certainly welcome suggestions from all residents.

### Listed below are the Approved 2016 Pool Rules:

- Our pool rules adhere to New Jersey State pool rules.
- Safe use of the pool facilities will be observed at all times. Lifeguards will strictly enforce this requirement.
- Residents must sign in at both outdoor and indoor pool/spa.
- A resident must accompany guests at all times.
- Guests must provide a guest badge.
- A responsible adult must accompany non-swimmers and remain at arms distance. Minimum age for pool use is 3 years. Regardless of age, no diapers of any kind are allowed in the pool.
- Proper swim wear is required.
- Dry snacks, fruits and all non-alcoholic beverages in plastic containers are allowed at the outdoor pool. All items must be in non-breakable containers with lids. Ices are not allowed inside the pool area. Please clean up after yourself.
- Baby strollers and carriages are prohibited inside the pool gate.
- Only noodles and Coast Guard approved floatation devices are permitted.



**ATTEND A JAM SESSION**

**Enjoy a Night of Music**  
**Open to all residents, musicians and**  
**singers 7:30 pm on the**  
**Last Wednesday of Every Month**  
**Clubhouse Ballroom**  
**For more information contact**  
**Steve Birnbaum at**  
**sb19@comcast.net**

# Women's Club Presidents' Message

**June Vardaro and Liz Silecchia**

With spring already here and summer around the corner, we look forward to seeing friends and neighbors around the community. The pool will be open soon and that is always a great meeting place. As the community continues to grow in size it is imperative that we all follow the rules which are put in place for the good and safety of all.

We have been busy working with all of our committee people to bring you fun activities and interesting and entertaining meetings. Your attendance and volunteering are greatly appreciated.

We had our second Casino Night in April, brought back by popular demand with more game tables. Everyone had a great time! In June we will be going to the Bucks County Playhouse to see *The Buddy Holly Story*. August will be the *Godfather's Meshuggener Wedding* and September there will be a trip to Freehold Raceway. Keep a lookout for these emails. Please use the forms when responding it really helps in the planning.

Our March meeting was "A taste of Ireland," the sampling of Corned Beef with all the trimmings was beautifully presented and delicious. The committee did the preparation of the food and the perfect decorations. Therese Swensen made all of the home made Irish Soda Bread. The April meeting was a Spring Fling, we all enjoyed the entertainment so much at our Holiday Dinner that we brought Billy Phillips and Company back and they did another excellent job of performing for us. On May 19th we will have our Installation Dinner at the Grand Marquis. We look forward to seeing all of you who signed up for a wonderful evening.

The Ballroom was in need of a new sound system. The Women's Club, Men's Club and the Entertainment Committee were asked to contribute for the replacement of the equipment. We are proud to report that the Women's Club was able to donate \$5,000 to the fund. This would not have been possible without your support. This year we have given back to the community by purchasing 2 resting benches, at a cost of \$564, \$750 to the Breast Cancer Walk, \$850 to the Community so that the Salute to Veterans was a free event and \$5,000 to replacing the sound system. Thank you, for your support.

On Sunday, May 1, 2016 we shopped at the Spring Vendor Fair. Thank you for supporting the vendors who brought items to sell and the Community bakers

who donated fantastic baked goods for purchase. In September we will have a "Girls Night Out." There will be a comedienne and a tricky tray. The collection of new items for the baskets is under way. If you have anything you'd like to donate please contact Loretta DiCoscia or Bonnie Silleck. (Phone numbers can be found in the Resident Directory)

## Stonebridge Women's Club Activities

**Doris Entin and Linda Longo**

Spring is here and summer is right around the corner. The Activities Committee has been working like busy little bees coming up with exciting programs for our members. Next up is a bus trip to New Hope, Pennsylvania. We are planning on a mid-morning departure so that there will be plenty of time for shopping in the quaint stores that line Main Street. After lunch on your own, we will meet at the Bucks County Playhouse to see the musical *Buddy*, the life story of Buddy Holly. After the show we will board the bus and be home in time for dinner!

On August 10 we will see what happens when Don Borleone's daughter decides to tie the knot with Bernie Goldberg at the wildest, wackiest wedding in history! This will be the *Godfather's Meshuggener Wedding*. We are bringing in a troop of talented actors, with a DJ, to run a show with all the trimmings of real wedding. We get to play the role of the wedding guests. This special event will be right here in our own ballroom. Watch for the sign-up flyer — this event is bound to fill up quickly.

In September get ready to see the horses. We will be going to Freehold Raceway on September 24 to watch the trotters. We will have seats in air conditioned luxury with full views of the track and lunch is included — so get ready for this first fall event.





# Stonebridge Men's Club

Charles Zeichner

The Men's Club Board hopes that you enjoyed the holidays of Purim, Easter and Passover. Due to a last minute conflict with Jeremy Zuttah's schedule, we were very fortunate and honored to have Paul Beller speak about his family's experience in getting out of Nazi Austria during the Nazi purge of the Jews. For those of you that are unfamiliar with his story, Paul was one out of 50 children that escaped from Nazi Austria. His talk was absolutely incredible. This was perhaps one of the very best activities that we had all year. Accompanying his presentation was a 10 minute film presentation about his return to Austria at the invitation of the Austrian

government. At the culmination of the program many questions from the audience ensued.

On Thursday, April 28 we held a physical fitness program presented by Mark Goldstein and Dr. Jeremy Moczerniuk. A variety of demonstrations that assist in body maintenance was presented.

Since this article is being written prior to April 28 due to publishing requirements, I can also tell you that the Nominating Committee was presented to the membership. As per the By-Laws, three members were presented by the President and approved by the Men's Club Board. They are Joel Littman, Joel Greenberg and Stan Rubenstein. An additional two members were to be nominated from the floor. A vote to approve the expenditure of \$5,000 towards improving the sound system in the Ballroom was also to be taken.

A Community Blood Drive will be held on Tuesday, May 3. Peter Marino and Joe Pavlichko are coordinating the Men's Club members who wish to volunteer to help out at this event.

Bowling and Bagels will be held at the bowling alley on Route 130, East Windsor on Sunday, May 15, starting at 9 am.

Some interesting up and coming activities include places to travel and a fun evening at the races. A presentation by Jeff Sturman and Jeff Hodes, will not be a sales pitch, but an opportunity for a unique insight into interesting places to travel. In June we will be running a Night at the Races. Prizes will be offered to the three top winners.

Finally, I have decided not to run for President next year. On a personal note I would like to thank the members of the Men's Club and the Executive Board for their support and effort that contributed to making this an outstanding and successful year. I am personally honored to have had the opportunity to be President of this Club and to work for this Community.



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### 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.

# **Welcome Reception**

## **Phyllis 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 Nurses' Office, Community Association Board, 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. Also, 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!

## **Welcome New Neighbors**

Frank Adinolfi  
Claire & Michael Amodio  
Anzhelika Barinberg  
Ava Baron  
Vasanti & Hasmukh Bhojawala  
Karen & Walter Blitz  
Bonnie & Donald Brenner  
Richard Butsch  
Lisa & Jimmy Cheng  
Josephine & Salvatore Crivaro  
Debbie Doyle  
Susan & James Elkin  
Eve & Ira Fellner

Carin & Joel Finando  
Anthony Fragale  
Anikumar & Gitaben Gandhi  
Lina Garuccio  
Stacey Goldman  
Sharon & Steve Grossman  
Sandra & Lanny Hofferan  
Henry Holloway  
Hope & Allan Kaplan  
Phyllis & David Katz  
Mann & Balwart Longani  
Debbie & Flip Lorenzoni  
Marcia & Mike Menaker

Ann & Larry Mink  
Michelle & Steve Millinger  
Carol & Jack Pomeranc  
Fred Rucci  
Doreen & James Scoles  
Vivian & Allan Swartz  
Elana & Mark Tenenzapf  
Candy & Marty Wachtel  
Nancy Wurtzelman  
Jen-Fue Maa & Wei May Yen  
Xiaojuan Xu & Zengrong Yuan

## **Medicare Supplemental Insurance policies, less expensive than AARP?**

### **YES there is ONE!**

- If you are turning 65 in the next 6 months or are under 100 years old
- 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 too!

### **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?
- 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 or office...**

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**[www.NJLTCI.com](http://www.NJLTCI.com)**

## Clubs at Stonebridge

"Clubs" are defined as a group of Stonebridge residents with a common interest or identifying focus. Clubs are approved by the Board of Directors to provide an opportunity for all Association members to pursue common interests in hobbies, recreational, social and educational, and cultural endeavors. There is a manual which sets forth the procedures and guidelines as well as the specific forms approved by the Board of Directors for Clubs at Stonebridge.

The Stonebridge Board of Directors recognizes by definition three types of groups. Each requires approval by the Stonebridge Board of Directors. National, Political or Religious Clubs which are exclusionary and not open to all members of the Stonebridge Community are not permitted. Heritage and service-based clubs, which have national charters and By-laws which are not in conflict with the rules and regulations of the Stonebridge Homeowners Association may be approved if participation and membership is open to any Stonebridge homeowner. The three recognized types of groups are:

**Chartered Clubs:** A Chartered Club is one that is officially authorized and approved by the Board of Directors. Since the nature of a Chartered Club is more complex, this type of Club will have officers such as President, Vice President, Secretary and Treasurer. Any Club handling money for membership, fees, etc. must have a **Federal I.D.** number and a checking account under the Club Title. This Club will have formally approved By-Laws and oversee their own Financials. The officers of Chartered Clubs will be covered under the Stonebridge Association's Directors and Officers Insurance policy. Ex: Men's and Women's Club, Drama Club, Photography Club.

**Approved Clubs:** Approved Clubs are clubs authorized by the Stonebridge Board of Directors that will **NOT** have Officers and Directors. They may have a Chairperson for organizational purposes only. These clubs are formed from a common interest among its members. Ex: Art Club, Book Club.

**Interest Groups:** An Interest Group is a group of 10 or less people meeting for the benefit of their common interest. There is no Chairperson or leadership required to hold an Interest Group, just a common interest in the subject matter. Interest Groups must be approved by the Board of Directors in order to use the Clubhouse facility. Ex: Knitting Group, Chess Group.



## Investment Discussion Club

**Leonard Baskin**

The Stonebridge Investment Discussion Club meets monthly on the second Thursday of each month at 7:00 pm in the Clubhouse Theatre for about an hour. The meeting is followed by light refreshments and discussion with the speaker of the night in the Grille Room. One-time membership dues are currently \$10.00. New members are welcome to attend a meeting at no cost to see if they are interested in joining the Club.

We aim to explore both new and traditional investing and financial topics, as well as other topics of current interest. Our *raison d'être* is primarily educational and informative on timely topics. We are always seeking suggestions for interesting topics and speakers for our meetings. All Stonebridge residents are welcome.

Our January meeting featured Phil Sloan, a Regency retiree and neighbor who runs The Regency Investment Discussion Group. His topic was "Investing in an Uncertain World." At our February meeting, Morley Goldberg and Len Baskin led a discussion on "Strategies in a Volatile Market." The speaker at our March meeting was Bruce Yenke, CFP, MBA, a retirement and estate planning specialist with the American Prosperity Group. Bruce runs workshops on retirement, estate planning and financial management. Our April meeting speaker was Gabe Hochberger who spoke on "International Finance."

Please consider joining us.

### 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](http://www.monroetwp.com/pdf/park_ride.pdf)

#### Monroe Township Recreation Dept.

<http://www.monroerec.com>

#### Monroe Township Web Site

[www.monroetwp.com](http://www.monroetwp.com)

#### Social Security

<http://www.socialsecurity.gov>

#### Suburban Transit

[www.coachusa.com/suburban](http://www.coachusa.com/suburban)

# **Hadassah at Stonebridge**

## **Karen Hyman and Susan Pomerantz, Co-Presidents**

The Board of Hadassah at Stonebridge was thrilled to learn that we were granted "Chartered Club" status by the HOA. Residency at Stonebridge is an absolute requirement for membership in our Chapter which has over 320 members!

We would like to take this opportunity to familiarize you with who they are and what they do. First and foremost we are a volunteer organization of over 350,000 women who work to inspire a passion and commitment to its partnership with the land and people of Israel. We focus on enhancing the health of people worldwide through our support of medical care and research at the Hadassah Medical Organization.

Hadassah began over a century ago as a small mission to provide emergency care to infants and mothers in pre-state Israel. Today, we are treating over one million patients a year without regard to race, religion, or nationality. Hadassah Medical Organization (HMO) earned Hadassah a nomination for a Nobel Peace Prize in 2005. It also contributes its medical and social expertise as a member of the U.N. Economic and Social Council. HMO medical teams excel in finding innovative solutions to complex medical problems. For example, dramatic progress has been made in the areas of personalized cancer treatment, gene therapy for eye disease, advances in the treatment of diabetes, stage 4 melanoma liver treatment, and so much more. It is impossible to translate the effect of HMO research on all of us in one article. Therefore, we plan to include more information in each of our upcoming columns. Just to be specific, following are some examples of HMO's significant medical breakthroughs including, developing a technique that clears blood clots in blood vessels, developing a new treatment for Lupus, diagnosing Atrioventricular Block in fetuses and treating it prenatally, eliminating the physical manifestations of Parkinson's Disease, improving the management of ALS, and pioneering a Virtual Reality System which helps stroke victims. We all benefit tremendously from the research being done at the Hadassah Medical Organization.

Our chapter has won the Outstanding Chapter in Hadassah's Southern New Jersey Region for four years. Our work results in a healthier world for all of us. Look for community events on the bulletin board in the Clubhouse which may include a focus on education, advocacy, community outreach, membership, and social activities.

We would like to invite both men and women throughout

Stonebridge, and their guests, to join us at our Fundraiser in support of Youth Aliyah for Israeli children at risk, at the Monroe Senior Center on Tuesday evening, June 7th, to hear Martin Fletcher, the acclaimed former NBC News Middle East correspondent and former Tel Aviv Bureau chief. Mr. Fletcher was also a reporter for PBS Weekend News Hour. Martin Fletcher will also speak about his latest book, *The War Reporter* and other aspects of his career. The cost is \$18.00 person. Coffee, tea and dessert will be served! Look for an eBlast for more information. We look forward to seeing you at this incredible opportunity to hear an individual hailed as one of the best in his field.

## **Mingle with the Singles**

### **Judy Tucker, Barbara Schwartz & Judy Stone**

The Singles Club started shortly after Stonebridge opened 9 years ago, and has grown with the Community and is flourishing. We are a loosely structured club without officers or dues.

The intention of the Club is to provide an opportunity to network with people of similar circumstances and to socialize. To date we have 135 participants and are still growing.

Some activities are organized by one or two members, others may be initiated by a small group of friends. Activities are open to all members. A "Meet and Greet" is held quarterly to encourage new residents to be involved.

Over the years we have held covered dish dinners, watched movies at various homes with refreshments and commentary, singles dine out (pick a restaurant) and invite other members to join in the fun. An annual birthday party is held celebrating everyone's special day.

Game night is held the first Friday of the month, and members play traditional board games, cards, Mah Jongg, Scrabble®, etc. The singles also plan theater trips to Playhouse 22, Kelsey Theater and Count Basie, which are local theaters.

New programs include The Breakfast Club, held at a local diner on the third Friday of the month. On May 6 come watch a favorite movie at the Clubhouse and dine on pizza. Join us on June 9 when we will dine at a local restaurant. Watch your email for details. Any costs are born by the participant.

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



## Save the Date June 7, 2016

Hadassah at Stonebridge Presents  
Renowned NBC Foreign News  
Correspondent and Author

### Martin Fletcher

Martin Fletcher, one of the most respected, and honored, foreign correspondents in the history of American television news, will speak.



7:00 in the evening  
\$18 per person

Dessert and Coffee Will Be Served  
Monroe Senior Center

Men, Women, Family  
and Friends Invited

"For decades Martin Fletcher has been the gold standard of television war correspondents," stated Anderson Cooper.

Don't Miss this Opportunity

**Registration information will follow to the  
Stonebridge Community**

Proceeds will support Youth Aliyah which provides a safe haven in Israel to children at risk and provides scholarships for annual missions to Poland to understand the Holocaust.



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# Women's Book Club News

Karen Hyman

"Books are like a staircase to unknown worlds."  
-Jason Ellis -

This month's quote aptly pertains to May's Book Club selection. Reading *Island of a Thousand Mirrors* certainly brought this reader to an unknown world - an unfamiliar time and place. Many of us are not that familiar with Sri Lanka and its civil war, which "officially" began in July 1983, and lasted through May 2009. This time and this place provides the backdrop for author Naomi Munaweera's debut novel. A little background information will probably be helpful in enabling the reader to better understand the conflicts and motivations faced by the characters in the book. First of all, Sri Lanka is an island, located off the southern tip of India. It became an independent country in 1948, but the tension between the Sinhalese majority and the Tamil majority, which existed prior to independence,

did not stop escalating later. The Sinhalese, weary and depressed over years of British rule, deeply resented the many hundreds of thousands of Tamil workers who had been brought over from the mainland by the British, to work on the coffee, tea and rubber estates, and wanted to reassert their own culture, language and customs. Anti-Tamil legislation was passed during the next 35 years, and economic conditions worsened, class divides widened, and resulting in riots and rebellions on both sides.(Book Browse)

The story follows the lives of two families, one Tamil, one Sinhala, as they straddled opposite sides of the long and brutal war. The story is narrated by the eldest daughter of each. The one daughter, Yasodhara, has had an idyllic life in Colombo. She and her siblings are accustomed to having everything they want. The other, Saraswathie, is living in the active war zone, and wants to become a teacher, but her dreams are abruptly stamped out when she is arrested by a group of Sinhala soldiers, and pulled into the heart of the conflict that she is desperately trying to avoid. The novel explores how each woman attempts to deal with the hazards of war, the plight of migration, the joys and sorrows of love and exile. (Amazon) Author, Sarah Dunant says that *Island of a Thousand Mirrors* is a "novel of the heart... The colour, tastes, sounds and smells of Sri Lanka ooze from its pages, vibrant and intoxicating, but as beauty turns to brutality, our sympathies are tossed between two young women whose different paths are fashioned by the violence of civil war, but whose inner humanity is never forgotten."

## STONEBRIDGE MEN'S BOOK CLUB



Discussions are held at 7:30 pm

On the **third** Thursday of the month

(note change of week)

Clubhouse Art & Crafts Room

For more information, please contact

JOEL LITTMAN

jlittmn@yahoo.com

or refer to Resident Directory

for phone number

### Coming Up:

- |             |   |
|-------------|---|
| June 9      | <i>The Paying Guests</i> by Sarah Walters                   |
| July 14     | <i>Everything I Never Told You: A Novel</i> by Celeste Ng   |
| August 11   | <i>The Little Paris Bookshop</i> by Nina George             |
| September 8 | <i>This is Your Life, Harriet Chance</i> by Jonathan Evison |

Book Club is open to all members of the Women's Club. Meetings are held in the Arts & Crafts room of the Clubhouse on the 2nd Thursday of the month. There is no need to call or register. Just show up! I look forward to seeing you on Thursday, May 12th.

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# From a Man's Point of View

Joel Littman

## *Ordinary Grace*

by William Kent Krueger

Why bad things happen to good people is an inquiry that provokes esoteric thought, debate and meditation amongst clergymen, theologians and philosophers. No matter the crystalline insights or the rational arguments of explanation, those that suffer the profound pain and anguish of tragedy or loss, all too often, fail to find the sensibility of any understanding or comfort. In *Ordinary Grace*, the author takes the reader along a pathway of tragedies as recounted by a narrator, whose intimate presence thirty years before reveals an awakening or epiphany that transitions innocent children into the realities of adulthood amidst a torrent of questions about faith and values.

Set in the fictional mid-western hamlet of New Bremen, Minnesota in the summer of 1961 when Frank Drum was thirteen years old and where, like the bar in Cheers, everyone knows your name. It is a reflection of coming-of-age at a critical time of life where the forces of socio-economic class, family life and faith clash against a backdrop of unexpected violent loss. The plotline compares and contrasts two families, the Drums and the Brandts, with vastly different social and economic status, whose separate destinies collide that tragic summer bringing both families to their knees.

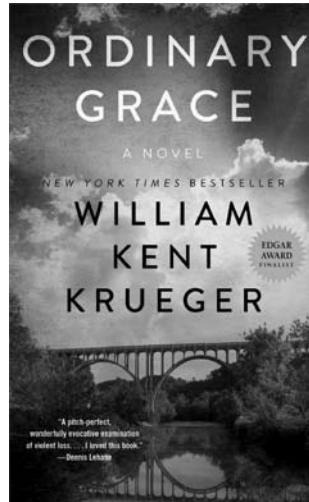
While Krueger's use of beautiful prose captivates the reader from the onset, it is the craftsmanship and the artistry of bringing to life the characters that create the literary experience.

The novel opens with the death of a young special needs boy on a train trestle in a desolate wooded area. Bobbie Cole's death is a mystery that remains unresolved through the book with the cause, accidental or nefarious, never addressed. Yet this opening tragedy is but a prelude to a series of deaths that confront the town and particularly these two families.

The Drum family dominates the plotline. The father, Nathan, is a passionate Methodist pastor who devoutly sees God's presence in literally every aspect of life. The mother, Ruth, a talented choir director who is somewhat rebellious towards the strictures of the church, yearns for something more beyond a strained marriage. Their

three children are Ariel, the oldest child, musically gifted like her mother and on the cusp of adulthood, Jake, an eleven-year-old stutterer with an innate wisdom and Frank, a thirteen-year-old, thoughtful, articulate, curious and quite protective of his brother, who is the individual most affected by the three summer deaths.

Seeking spiritual and theological answers to tragedy can present an agonizing conundrum. As people search for explanations or answers they oftentimes come up empty with the only salve being the ability to move on with their lives. If one looks for theological meaning, perhaps it is through God's grace that one is permitted to the searching and the questioning that leads to the path of grieving and healing. Perhaps, as Krueger proposes, the path to wisdom and consolation requires some pain. Every reader will take away something different from this book, but everyone will retain a satisfaction for having read it.



## Drama Club

Sheila Wolf

The Drama Club is underway with new members, new talent, and exciting plans for 2016. It meets on the second Tuesday of each month at 7 pm in the Arts & Crafts Room. Please join us if you have any interest in acting, playwriting, set design or any area of performance.

On Friday, May 13, at 7:30pm, we are looking forward to presenting an evening of original one-act comedies, written by some of our own members. The plays will be presented as staged readings in the Grille Room. Come out and enjoy the talent of your friends, and the originality of their work.

Following the success and excitement of *California Suite* last November, the group is currently working to mount another full-scale production, which will be presented in the late summer. We know it will be another fun-filled hit for both actors and audience. We also need behind the scenes help in areas such as ushers, publicity, props and set painting. We would be delighted to have you join us in this wonderful project!



## Women's Eight Ball Pool

**Anonymous**

There are two ways of approaching eight ball pool; being competitive or non-competitive. For those who are taking the game seriously and want to compete against another player or just for oneself, a requirement is to learn and play offensively and defensively. The first important step is to control the competitive anxiety.

Try to remain calm at all times and focus. Practicing in advance all the skills learned will ease the pressure. Choose the correct cue stick according to weight, chalk up and

break with force. Use a stance that is very comfortable to you. Once a ball goes in a pocket from the break, your anxiety should lesson.

Apply all the offensive shots; stop shot (the cue ball stops upon contact with your ball), the draw shot (the cue ball spins back to you when contacting the ball) and other offensive methods. Sometimes a jump shot is used intentionally when needed (when your ball jumps over the table to the floor). When you learn how to control the cue ball, you are aiming to block the opponent's next shot. Being defensive can include combination shots, avoiding the 8 ball until your last shot, tapping your ball if you are at risk for getting the eight ball in with it, etc.

Starting on Wednesday, April 6th, from 12-1 pm women who signed up gathered in the billiards room to learn and enjoy the game for a 5 week session. Another 5 week session for other women who signed up will resume on May 18th for the same day and time.



## Stonebridge Tennis

**Louise Kudler**

By now, all tennis players have hopefully attended the Stonebridge Tennis Club's annual meeting. We are excited to start off the year with so many new and enthusiastic players. We have four round robin evening tournaments planned, and are working on several other functions. We need your support and hope you will volunteer to work on some of the activities. New officers will be in place, and we will have discussed open times, as well as the need to fine tune some of the hours and rules. It is important that the players become involved, and let us know what items you would like to see included in the Tennis Club, such as more social activities, lectures from nearby tennis pros, or equipment for the courts?



Until now, our only all inclusive activity was the Mixed Doubles Round Robin. The women held a dinner one year, and we had a luncheon last year. We hope to include everyone for either a luncheon or dinner towards the end of the season.

If you have any ideas for our Tennis Club, please contact one of our committee members. All ideas are appreciated.

See you on the courts!

## 2016 Mayor's Cup Events and Dates

**Joel Greenberg**

The Mayor's Cup events are run by the Monroe Township Recreation Department.

For information about the events or to participate in an event contact Joel Greenberg at joelg11@comcast.net.

Saturday, June 11th	Women's Tennis
Saturday, June 18th	Men's Tennis
Monday, June 27th	Men's Golf
Wednesday, July 20th	Basketball (Horse)
Wednesday, July 27th	Table Tennis
Wednesday, August 31st	Duplicate Bridge
Wednesday, September 7th	Pickleball
Thursday, September 15th	Shuffleboard
Thursday, September 22nd	Bocce

## Clubhouse Library



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# Men's Golf Club

## Off and Running . . . . Men's Golf Season Has Begun!

Joe Pavlichko



The Stonebridge Men's Golf Club season has begun and we are once again enjoying our Thursday morning games at The Meadows. Winter is but a distant memory, soon to be replaced by new memories made on the course. Our winter was relatively mild and many of our members played into late November and began again during our string of unseasonably warm days in early March. New Jersey's hazy, hot and humid summer days will be here before you know it. Ugh!

Club membership has eclipsed the 100 mark with the addition of new players who have moved into the community. Many new members are players who have recently taken up the game, while some have never played before. We welcome beginners, but we could all (myself included) benefit greatly by taking a few lessons and practicing at the driving range. Lessons will help our swings, muscle memory, focus, concentration and most importantly heighten our enjoyment of the game. I admit to having taken lessons in the past. OK guys, I can hear your wisecrack that "you wasted your money." Hey, go easy on me. At least you have someone you can beat every week!

There are still those who ask about the process for playing Thursday golf. I send a "request to play" email to all members on Friday asking you to reply to me only if you intend to play. Your reply MUST get to me no later than 11:00 am on the Tuesday of the week we are playing, so that I can arrange the foursomes and let the

course know our names. Please do not reply if you can't play and do not use "reply to all" in your response. On Tuesday evening, I will let you know your tee time and who you are playing with on Thursday.

Once again, if you are not on the current roster and would like to become a member of the Stonebridge Men's Golf Club, just send me an email (jerseyjoepav@comcast.net).

We will have our Stonebridge Golf Outing at the Mercer Oaks Country Club on Tuesday, August 2, so please save this date. Watch for details and registration information.

## 2016 Senior Condo Olympic Events

Joel Greenberg

Each year the Senior Condo Olympic Committee, which is made up of twelve communities, puts together many events for men and women to compete against one another.

The events listed below are open to all residents of Stonebridge. Contact Joel Greenberg or Dom Zino for more information.

Sunday, May 15th

Wednesday, May 25th

Wednesday, June 1st

Wednesday, June 8th

Wednesday, June 15th

Monday, June 20th

Wednesday, June 22nd

Monday, June 27th

Tuesday, June 28th

Wednesday, July 6th

Monday, July 11th

Tuesday, July 12th

Thursday, July 21st

Tuesday, July 26th

Wednesday, July 27th

Monday, August 1st

Tuesday, August 2nd

Race Walking

(Men and Women)

Men's Tennis

Women's Tennis

Mixed Tennis

Shuffleboard

Men's Pickleball

Mixed Bocce

8 Ball Billiards

Women's Pickleball

9 Ball Billiards

Mixed Pickleball

Straight Pool

Duplicate Bridge

Table Tennis (singles)

Basketball (Horse)

Men's Golf

Table Tennis (doubles)

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# The Chef's Table

Susan Klein

Muffins are tasty treats that are simple to make. Serve them warm or room temperature, for breakfast, snacks, or dessert. Most people enjoy eating them along with a warm beverage or a glass of milk. Muf-fins can be made sweet or savory. I have included a variety of muffin recipes for you to bake and enjoy with family and friends.

## Cappuccino Muffins With Streusel Topping

Adapted from: food.com

### Ingredients

2 cups flour  
1/2 cup sugar  
1/2 cup brown sugar, packed  
2 teaspoons baking powder  
2 teaspoons instant coffee granules  
1 teaspoon cinnamon  
1 egg, beaten  
1 cup whole milk  
1/2 cup butter, melted  
1 teaspoon vanilla extract  
1 cup semisweet mini chocolate chips

### Streusel Topping

6 tablespoons flour  
1/4 cup brown sugar, packed  
1/2 teaspoon cinnamon  
1/4 cup butter, cold

### Directions

Preheat oven to 375. Paper or grease 15 muffin cups.  
In a mixing bowl, combine first seven ingredients.  
In a smaller bowl, whisk egg, milk, melted butter and vanilla.  
Add this mixture to dry ingredients and stir just enough to moisten. Add chocolate chips.  
Fill muffin cups 3/4's full. Set aside.

### TOPPING:

Combine remaining dry ingredients, cut in butter to resemble coarse crumbs.  
Sprinkle over batter in cups.

Bake at 375 for 24 minutes, check with a toothpick to see if it comes out clean. Cool for 5 minutes.

**LEFTOVERS:** Either reheat in the toaster oven or serve at room temperature Split in half and spread with butter & honey, alongside a cup of tea or cappuccino.

## Scallion Goat Cheese Muffins

Gourmet January 1999

### Ingredients

1 cup whole milk  
4 ounces soft mild goat cheese  
1 1/2 cups all-purpose flour  
1 tablespoon baking powder  
1 1/2 teaspoons sugar  
1/2 teaspoon salt  
3/4 stick (6 tablespoons) unsalted butter  
1 large egg  
1 bunch scallions finely chopped to measure 1 cup

### Directions

Preheat oven to 400°F. and butter twelve 1/3-cup muffin cups.  
In a small bowl stir together 2 tablespoons milk and goat cheese until combined.  
Into a bowl sift together flour, baking powder, sugar, and salt.  
Melt butter and in another small bowl whisk together with remaining milk and egg.  
Stir butter mixture and scallions into flour mixture until just combined.  
Divide half of batter evenly among muffin cups and top each with about 2 teaspoons goat cheese filling. Divide remaining batter over filling.  
Bake muffins in middle of oven until golden and a tester comes out clean, about 20 minutes. Makes 12 muffins

## Cheese Muffins

food.com

### Ingredients

2 cups flour  
1/4 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 cups grated cheddar cheese  
1 cup plain yogurt



1/4 cup melted butter  
2 eggs

### Directions

In bowl stir together flour, sugar, baking powder, baking soda and salt.

In another bowl stir in cheese, yogurt, butter and eggs. Add this mixture to dry ingredients and stir just enough to moisten.

This batter will be stiff.

Fill greased muffin tin with batter.

Bake at 400 for 15-20 minutes. Makes 12 muffins

### Blueberry Muffin Tops

Gourmet September 2003

### Ingredients for batter

3/4 stick (6 tablespoons) unsalted butter  
1 whole large egg  
1 large yolk  
3/4 teaspoon vanilla  
1 1/2 cups all-purpose flour  
3/4 cup sugar  
1 1/2 teaspoons baking powder  
3/4 teaspoon salt  
2 cups fresh blueberries (12 oz)

### Ingredients for topping

3 tablespoons cold unsalted butter, cut into bits  
1/2 cup all-purpose flour  
3 1/2 tablespoons sugar

Special equipment: 2 muffin-top pans, each with 6 (4 by 1/2-inch) muffin-top cups (1/2-cup capacity) or regular muffin pans

### Directions

Put oven rack in upper third of oven and preheat to 375°F. Generously butter muffin-top pans.

Melt butter in a small saucepan over moderately low heat, then remove from heat.

Whisk in milk, then whisk in whole egg, yolk, and vanilla until combined well.

Whisk together flour, sugar, baking powder, and salt in a bowl, then add milk mixture and stir until just combined.

Fold in blueberries gently but thoroughly.

Divide batter among 12 muffin cups, spreading evenly.

### Make topping and bake muffins:

Rub together all topping ingredients in a bowl with your fingertips until crumbly, then sprinkle evenly over batter in cups. Bake until golden and crisp and a wooden pick or skewer inserted diagonally into center of a muffin comes out clean, 18 to 20 minutes. Makes 12 muffin tops

Cool in pans on a rack 15 minutes, then run a knife around edge of each muffin top and carefully remove from cups. Serve warm or at room temperature.

## Request for Associate Editors and Proofreaders for the *Stonebridge Exchange*

The *Stonebridge Exchange* is published six times a year and is the major responsibility of the Board sanctioned Newsletter Committee. We are currently looking to fill a few available positions for Associate Editors (requires Board approval) and Proofreaders.

We are looking for the following skills and abilities:

- Knowledge of grammar, punctuation and sentence structure
- Creativity: writing ability; story ideas and themes
- Attention to detail
- Computer knowledge and accessibility
- Availability to work with a computer year round
- Availability to turn work around in a timely way

If you are interested, please go to the Stonebridge website: <http://www.rcpmanagement.com/stonebridge/home.asp> and click on eForms, then click on Join a Stonebridge Committee. Complete the form and attach your resume or a brief description of why you think your background will be a fit for the *Stonebridge Exchange*.

We look forward to hearing from you,  
Rhoda Cutler and Rosalind Blinder  
Co-Editors



# Photography Club 2016

Mario Edini

## Photographing Flowers



We're well into spring. By now you've already hit a few dozen golf balls into the pond on the 17th hole, burned a bunch of hamburgers on the grill, and maybe grabbed your trusty camera to take some photos of spring flowers, hoping they'd make this issue of the *Exchange*.

Well my golf game's not that good and my grilling sometimes leads to take-out pizza, but maybe I can give you a few tips on taking photos of flowers.

First of all, think about **composition**. Most of the time photos of flowers look best when you **get up close**. If you have a lens with macro capabilities, use it. Even basic point & shoot cameras usually have a macro setting that allows you to focus up close to the subject.

But be careful. The closer you get to your subject, the harder it is to get all the parts of the flower in focus (i.e. you have a short foreground to background range of focus, also known as a shallow "depth-of-field"). Because of this, you might find the front of the flower is blurred while the back part is sharp, or vice versa.

There are a number of ways around this. One is to take the shot with a telephoto or long focal length lens. You can still get a close-up image, but by keeping some distance from the subject you will increase your foreground to background focus depth, ensuring that more of the flower will be in focus.

Another way to increase your chances of getting all the important parts of your subject in focus is to compose your shot with your subject flower parallel to the lens surface.

This will reduce the depth of the image and allow you to get by with a short foreground to background focus range.

While close-up, or macro, shots are usually very effective, don't be afraid to back up. Depending on your subject or subjects, a wide shot, for example a field of flowers, might also give you great results.

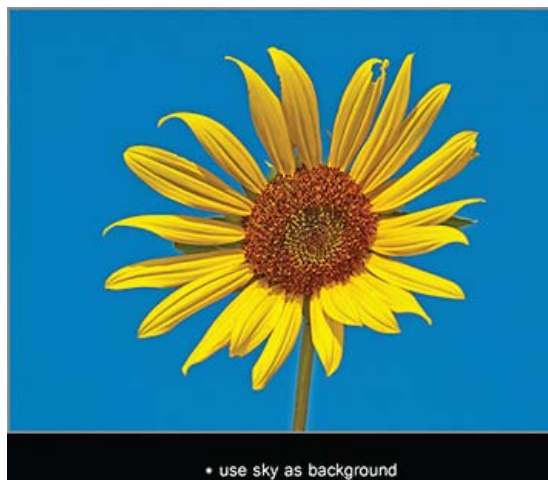
When composing your shot, also give thought to your **background**. Most important, make sure the background is not too "busy" and definitely not brighter or more colorful than your main subject. If you use photo editing, you may be able to correct these problems when post-processing.

When setting up your shot, try to find a background that highlights your subject. Is there deep green foliage around the subject flower? Try using that as your background. Can you take your shot with the sky as a background? This could give you a deep blue background or, on a cloudy day, a grayish backdrop.

A common trick is to create your own background by using poster or foam boards. Just prop up a board some distance from the flower so it will be out of focus in the final image. This will allow you to choose whatever background color you want.

Hope these tips help. Now get out there and take some shots.

If you are interested in photography, or if you just want to see some good photos, consider coming to one of our club 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](http://www.stonebridgephotoclub.com).





# Photography Club February Competition Winners



**Theme Category  
"Circles / Round Things"  
First Place (Class A)**



*Umbrella Beach*  
Harvey Birnbaum

**Theme Category  
"Circles / Round Things"  
Second Place (Class B)**



*Tension*  
Sandra Flickstein

**Open Category  
First Place (Class A)**



*Hover Craft*  
Harvey Birnbaum

**Open Category  
Second Place (Class B)**



*Skogafoss Waterfalls, Iceland*  
Sandra Flickstein



# Sweet April showers do spring May flowers.

- Thomas Tusser



Joel Markman,  
Diamond Spring Drive



Jasmine  
Nathalie Bloom, Mandrake Road



Yellow Rose  
Rosalind Blinder, Diamond Spring Drive



Tulips on my Table  
Marcie Graham  
Diamond Spring Drive



Pretty Yellow Flower  
Flo Emin, Timber Hill Drive



Field of Buttercups  
Rip Dempsey, Timber Hill Drive



Art Herman,  
Turret Drive



Only a Rose  
Glenda Beller, Cobblestone Boulevard



Sandra Flickstein, Ravenslake Drive



Desert Gold, Death Valley National Park  
Ed Edelson, Turret Drive



Eileen Adams, Diamond Spring Drive



Bobbi Greenfield,  
Timber Hill Drive



Diana Kerievsky, Timber Hill Drive



Sunflower  
Harvey Josephson, Diamond Spring Drive





**Yellow Tulips Ready to Pop**  
Dave Howerdel, Cobblestone Boulevard



**Yellow Rose**  
Harvey Birnbaum, Mandrake Road



**Maine**  
Kathie Bartol, Diamond Spring Drive



**Yellow Orchid**  
Joe Pavlichko  
Diamond Spring Drive



**Golan Heights**  
Judy Freilich, Aquaduct Road



**New Zealand**  
Irene Baden, Diamond Spring Drive



**Karunda Rain Forest , Australia**  
Sharon Karinsky, Ravenslake Road



**Akaka Falls State Park, Hawaii**  
Alan Parness  
Diamond Spring Drive



**Gardens at the Biltmore, Ashville, NC**  
Reggie Johnson, Turret Drive



**Rutgers Photography Class**  
Sue Mulderrig, Turret Drive



Joyce Schwartz, Timber Hill Drive



Richard Del Priore, Phoenix Road



**Hawaiian Hibiscus**  
Bruce Schuster, Aquaduct Road



**Yellow Shrub**  
Roy Cohen, Ravenslake Road



**Yellow Poui Tree, Costa Rica**  
Renee Leffler, Ravenslake Drive



Steve Leventhal, Diamond Spring Drive



**A Wall of Forsythia**  
Ira Tumpowsky, Diamond Spring Drive



**Yellow Hibiscus**  
Frank DiAngelis, Gryphon Drive



Vivian Newmark, Timber Hill Drive

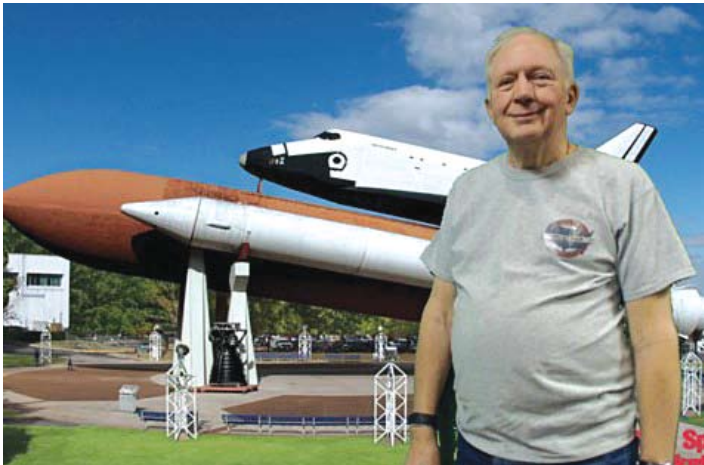


## 50 States and 7 Continents

**Claude Heller**

Recently I visited Arkansas and Alabama with my wife, daughter and two of our grandchildren. Why would I take that trip? Because these were the last two states on my "bucket list" of visiting all 50 states.

In Huntsville, Alabama (the last state) we visited the US Space Center, which I would recommend for both children and adults. The Center had many exhibits of US space exploration as well as an IMAX Theatre and many hands-on activities for children.



**Claude at US Space Center**

My journey through the states began when my parents and I moved from New Jersey to Pennsylvania when I was four years old. I had visited about 25 states when I retired in 1999 and at that time set a goal of visiting all 50. My goal of visiting all 50 states has been in the back of my mind as my wife and I traveled these past 10 years. Prior to this trip we took a motor trip in September 2015 through the west which included North and South Dakota, Nebraska, Kansas, Oklahoma, Texas, Colorado and New Mexico.

Visiting all seven continents was not as carefully planned as the state visits. The US Army took me to Asia (South Korea) and business took me to Europe and South America. After retiring we took a cruise to Antarctica and subsequently took tours to Africa and Australia.

Which are the best of the continents and states? The continents are so diverse it is hard to pick one. Africa has the exotic animals, Antarctica has breathtaking scenery and pristine beauty, Europe has lots of history. The 50 states have endless variety, and it is difficult to pick one. However, New Jersey is my vote for #1 -- New York City and Philadelphia are only an hour away, the ocean is close and the four different seasons add variety.

## A Magical Vacation

**Adrienne Weissman**

Well, I finally did it! After 45 years of vowing never to fly again, I got on a plane to Punta Cana in the Dominican Republic. The occasion was a family vacation that I was talked into taking. There were nine of us; two daughters and their spouses, three grandchildren and my husband, Lew.

We stayed at Dreams, a resort about 40 minutes from the airport. The place was lovely. There were peacocks roaming the grounds and they always seemed to pose for pictures. The pool ran through the entire resort ending at a lovely beach. The food wasn't wonderful, but we didn't let that stop us from eating.

My younger daughter had informed us that she had hired a photographer to take family pictures. On a Wednesday, in the middle of our week's vacation, my husband and I went back to our room to shower and prepare for the photographer. When I entered our room, I noticed that there were two white dresses laid out artistically on the bed. My husband then said, "Pick one of the dresses. We are renewing our marriage vows today." I was stunned. I tried on the dresses and picked one of them. My husband later told me that our son-in-law had been the one to bring the dresses to our room while we were at the pool.

Lew and I walked over to the gazebo and the wedding planner told us where to stand to walk down the "aisle." To the tune of "Through the Years" by Kenny Rogers



**Lew and Adrienne Weissman**

we walked up to the gazebo. Then the music changed to "Looks Like We Made It" by Barry Manilow. We exchanged marriage vows with the whole family looking on. It was quite surreal. I would never have thought that this type of thing was in my husband's DNA. Later, when we returned to our room, there were rose petals strewn across the bed and my husband had arranged for breakfast in the room for the following morning.

Many people at the resort who had seen the ceremony taking place stopped to congratulate us. The wedding album is on its way, but I don't really need the album to remember this wonderful experience. And yes, I will fly again.

# River Cruising on the Douro: Portugal's River of Gold

## Anonymous

This past October my husband and I, along with two of our long time and best friends, decided to go on a River Cruise. One of the couples had previously been on a river cruise and highly recommended this way of travel. And so we went.

We started off with two days in Lisbon prior to boarding our ship the Hemming. We chose to travel with Viking who made wonderful accommodations on land as well as on the river.

After touring Lisbon on our own and then with a Viking tour guide, we were driven to Porto where we boarded our ship. The ship was immaculate and the staff extraordinarily accommodating and friendly. The food was excellent and plentiful, but the wine....oh the wine.... it was plentiful and delicious. I, who do not typically drink, enjoyed the Portuguese wine and port as never before. I learned that Portugal produces some of the best wines in the world for the most reasonable prices. There was not a bottle we did not enjoy. Not only on the boat, but also at many of the wineries we had the opportunity to visit and enjoy a tasting.

Viking went all out by planning excursions to small villages way in the mountains. They had a customized bus waiting at each port to drive us to each destination, whether it was a lovely banquet in a 16th century castle or a private tour of the cities of Lamego or Salamanca. One of my favorite stops was Castelo Rodrigo: where Jews, Arabs and Christians co-existed during the inquisition. To this day there are still signs of peaceful cooperation, one being the Sinagoga (Synagogue) Street.

As a Harry Potter fan, I enjoyed visiting the bookstore in Porto that JK Rowling used as a model for Hogwarts school in the Harry Potter series. Our trip to the oldest and most magnificent library in Cambria on the University where students still wear robes to class (once again a model for the Harry Potter series). This untouched library still in tack from the 17th century left me awestruck.

Portugal is not your typical European county. Although Lisbon is a bustling modern city, with beautifully tiled buildings everywhere, the rest of the county along the Douro River is comprised of many small villages built into the mountains.


Our first River Cruise was a tremendous success. Sitting on the deck watching as the locks lifted up the




ship to move us further along the river was exciting. Spending beautiful evenings on deck with a glass a wine was relaxing and beautiful.

My husband and I decided that traveling on a ship of 120 vs. 6,000 people on a larger cruise line has become our favorite way to go and we have already booked our next River Cruise adventure.

**Save the Date**



**It's Time to Celebrate  
Stonebridge's 10<sup>th</sup> Anniversary**



**Saturday, September 24, 2016  
Information to Follow**



# Villagio Iccara

Joyce Schwartz

## “How a True Italian Family Does Dinner”

Villagio Iccara has been opening their 'home' to their customers for 30 years. I use the word home, because that is the feeling you get when dining in the restaurant owned by Phyllis and Giovanni. From the time you are warmly greeted upon arrival, to the attentive and knowledgeable servers, you are made to feel like a very welcome guest in their charming villa.

I had the pleasure of meeting with Phyllis to learn a bit of family history, and the ingredients, other than seasoning, that goes into running a successful business, approaching their 30th anniversary.

Phyllis and Giovanni were both born in Italy. Their entire family, grandfather included, loved to cook. I wondered if a lot of the dishes served in their restaurant are from old family recipes. And if so, like my own grandmother, who never consulted a recipe (a pinch of this-a dash of that), how could they possibly duplicate these wonderful dishes. Phyllis understandably, couldn't explain it. It was something that you just absorbed! Without conscious effort, it becomes a part of you. And these family recipes are now served to their customers. Their red sauce is made from fresh ingredients, with no overwhelming spices like

oregano, to detract from the natural flavor. It's kept simple because it stands so well on its own. Oregano, and other spices are used in other sauces, depending on the dish. Their seafood specials are the most popular. Fresh is the key word, because everything is made from scratch, especially important for those who have food allergies, enabling the chef to substitute ingredients when possible.

Phyllis and Giovanni do not rest on their laurels. They believe in staying on the “cutting edge.” Contributing to the ongoing desire to cater to the customer needs, they've devised an “alert” system in their computer, for those who have allergies to specific foods. My husband and I have also discovered that they make a note of where the customer prefers to sit. So when possible, they very quietly do their best to accommodate those wishes. It took us a while to catch on to this thoughtful gesture! In their constant quest to add to the dining experience, they diligently train their servers for weeks. Their personality must be a fit. And they must be attuned to customer's needs. In addition, there is a Repeat Rewards Program, special vouchers sent for birthdays and anniversaries, and the restaurant is BYO.

Like all of us, Phyllis and Giovanni had a difficult balancing act. With a business that required their presence 7 days a week, they somehow managed to do an equally wonderful job of raising four sons and a daughter. It would have been easy for any, or all of the children, to go into the family business. They had all been exposed to it at a young age. But wisely, they were encouraged to find their own paths. By discovering what other options were available to them, it allowed them to never wonder what they might have missed. They can always join the family business if they choose to. Currently, their daughter Cristina and her husband Nino, help run the restaurant, as well as their daughter-in-law, Kristin. Cristina started helping out when she was 14 years old. She now greets customers with the same warm and gracious manner of her parents. Although Cristina has three little ones of her own, by occasionally alternating duties, it enables Phyllis to spend some quality time with her grandchildren. She has “a lot on her plate,” so to speak, but it seems to agree with her. Maybe it's the secret to looking like such a young and beautiful grandmother!

So what is the best part of owning their restaurant? It's the same as their philosophy, “Creating wonderful experiences with food and knowing the customer is pleased.” And of course, the people.

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# **Buon Appetito!**

## **Luigi's Ristorante**

**Daniel Cooperberg and Ira Marcus**

On the way back from the Township Recreation Center, we recently noticed a “new” restaurant, Luigi’s Ristorante. We subsequently learned that the restaurant had been a Monroe staple that was a forced to close because of a roof collapse. It re-opened this past December. We found the restaurant to be a reasonably priced, serving good and plentiful food.

Luigi’s Ristorante is a BYOB restaurant, located at 475 Spotswood-Englishtown Road in Monroe. It is located in a strip mall that contains the Amici Bakery, reputed to be the best in the area, as well as a liquor store, should you forget to “bring your own.” The restaurant menu includes many traditional Italian dishes. Most of the entrees are served with pasta, as well as a soup or salad compliment.

Monday through Thursday evenings there is a “Dine in Only” special that is a real bargain. For \$29.95, two diners can share an appetizer, have a salad or soup and an entree each, and share a desert. The eligible entrees, each of which is served with pasta, include three chicken dishes (marsala, Francaise, or parmigiana), two eggplant dishes (parmigiana or rollatini) and two flounder dishes (marechiara or Francaise). We decided to share an eggplant rollatini appetizer. This rollatini dish was tasty, with emphasis on the eggplant. It was not at all oily or greasy. It also had less cheese than other rollatini dishes we have recently had. The tomato sauce had a sweet, fresh taste, and was flavored with a spice which we found pleasant, but could not identify. Basil perhaps? We remind you that we are not professional restaurant reviewers!

Prior to the main dish, we each had the accompanying house salad. It was a reasonable size and fresh. Please note that the salad includes both whole and chopped olives. Make sure to request no olives, if that suits your taste. When requested, our very pleasant waitress cheerfully replaced an olive laden salad with one sans olives.

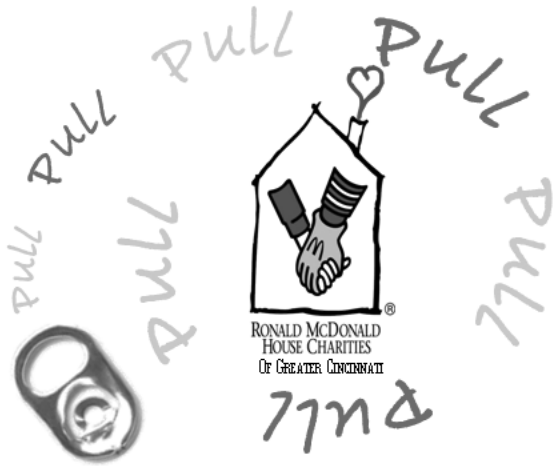
For the main dishes, Dan had the veal marsala with angel hair pasta, and Ira had the Nonna’s Sunday Dinner. The veal marsala dish was very good and adequate for lunch the following day. The pasta was also quite good with a very tasty gravy (sauce). Ira’s Sunday Dinner tasted just like you’d imagine an Italian Nonna (grandmother) would cook on Sunday evening. It contained both flavorful sausage and meatballs in a tasty tomato gravy. As with the marsala dish, there

was plenty to eat for the next day.

We ordered and shared a Tartufo for dessert. This was disappointing, since the ice cream was quite soft upon serving.

In summary, we found a friendly restaurant that served good and plentiful food at a reasonable price. It is only 15 minutes and two left turns (the first onto Federal Road and the second onto Spotswood-Englishtown Road) from Stonebridge.

Using our new expanded five Tartufo grading scale we give Luigi’s Ristorante 3.5 Tartufos.



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**Simply save your pop tabs from your soda  
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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.**



# What to do About the Candidates

Howard Luxenberg



Fret not, I'm not here to give advice, or, for that matter, divulge my choices. Come November, new leadership will be in place and it will be business as usual, or Congress's version of the 'Gunfight at the OK Corral.' Of course, there is really nothing to worry about. If you recall, history has a way of repeating itself, and, like it or not, blustery campaigns are simply an American tradition.

It's quite likely those political giants on Mount Rushmore are looking down on us wondering why all the fuss. Hey, George complained that the bickering among delegates was taking years off his life and adamantly refused a third term. A year and a half after leaving office, the Father of Our Country was dead. Now, Old Tom (Jefferson), he made Bill Clinton look like a teetotaler. His escapades with Sally Hemings were still reverberating centuries later.

The Rough Rider fellow, meanwhile, was the real master of turmoil, single handedly almost fracturing the Republican Party. Not liking the policies of his chosen successor, William Howard Taft, formed the Bull Moose Party hoping to regain the White House in the 1912 elections. Running as a third party candidate, Theodore Roosevelt caused a split vote, giving the Presidency to Democrat Woodrow Wilson, who ruled for eight years. As for Abe, an assassin's bullet dashed any hopes of reuniting the country after a brutal conflict.

While our problems today seem to pale in comparison to those historians ranked among our finest leaders, it certainly is no less frustrating and debilitating. Whether we select a businessman or the first woman, or anyone else for that matter, there is still no better place to be.

To quote Winston Churchill, "It has been said that democracy is the worst form of government except all the others that have been tried."

Come to think of it, Stonebridge residents have their own board elections this month. I can't imagine Hank asking Mike, "What about the small hands" or Mike replying, "Nice comb over." We're good neighbors most of the time. In fact, this past winter I witnessed Mike, yes, the same one with the small hands, reach into the trunk of his car for a shovel and then clear a handicapped neighbor's walkway after a near 30 inch blizzard. On driving past his home, I noticed that his walkway was still buried under the snow.

I don't know about you, but I think we're living in the closest thing to Mr. Roger's Neighborhood.

Don't forget to vote!



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# From My Blog Book

## Art Herman

### Proposal for a New Holiday

Starting in 2017, and every year to follow, I want the second day of February to become officially designated as "National Ballerina Day." Why that particular date? Because in Calendar Speak.... the second day of the second month of the year is called "two/two". Get it?! **Tutu!** Currently, February 2nd is Groundhog Day. (Rolling my eyes here). Well...I guess we're simply gonna' have to relocate good ol' Groundhog Day to a different week or month or planet... or just discontinue that idiotic holiday altogether. Better yet.....we can combine the Groundhog Day ritual with our newly created National Ballerina Day....and herein on two/two each year, we will have a prima ballerina pirouette either on the plaza at Lincoln Center, or else in the unincorporated village of Swan Lake, in upstate New York (Zip code: 12783). If she sees her own shadow while spinning around, then we get six more weeks of winter. This way...not only will we have the benefits of a high-tech, state-of-the-art weather forecast to guide us into springtime; plus.... we will no longer be forced to watch a bunch of silly grown-up men in top hats and tuxedos on the two/two evening news fondling some fat naked rodent. That's a little too close to bestiality; don't you think?!! And guys.... keep your hands *off* the ballerina.....*and* the tutu too!!!

### An Interior Design Proposal

If a clothing closet is a place where you hang clothing... then shouldn't a guest closet be a place where you hang guests?! I would think so. Maybe they could start to become fully equipped with a functional gallows for company that you don't like. That would be nice.

### A Peace Proposal

I don't know why the hell they can't get along in the Middle East. Do you realize that the letters used in spelling the word "Arabs" (A/R/A/B/S) are the VERY SAME FIVE LETTERS used in spelling the word "Sabra"? (S/A/B/R/A). A Sabra is an Israeli-born Jew. Apparently both cultures have the same DNA. Although they do have very different vowel movements. And don't just take my word for it. Pull out your Scrabble set and try it for yourself. In fact, either of those words would be good for anywhere between 7 and 21 points in a Scrabble match...depending on where you place the word on the board (especially the letter "B"). And while technically neither word would be allowed as their use would be a violation of the sacrosanct Rule #8 (*"Any words found in a standard dictionary are permitted except those capitalized, those designated as foreign words, abbreviations and words requiring hyphens or apostrophes."*), perhaps we could get a variance from the Scrabble Police if it would help to bring about peace in the Middle East and maybe even throughout the whole world.

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# Knowledge Factory

## Some Life-Changing Apps For 2016

Barbara Iskowitz



Barbara Iskowitz

**1. Tab** (free, iOS and Android) makes complicated bill splitting \*super\* easy.

First, you take a picture of the bill. Then, Tab analyzes the text and adds each item, in digital form, to the app. Anyone with Tab can join the bill and each person can tap their item. If multiple people split a communal dish, like fries, Tab can take that into account too. [Tabapp.com](http://Tabapp.com)

**2. Hopper** (free, iOS and Android) shows you the best time to buy a flight.

Hopper is a price prediction app that does two things: 1) shows you the best time to fly to a certain destination, then 2) the best time to buy tickets for that price. You can select to "Watch this trip" which will send a notification when prices drop. [Hopper.com](http://Hopper.com)

**3. Google Photos** (free, iOS, Android, web) is the ultimate photo search tool.

Because of its storage capacity (unlimited) photos larger than 16 MP will be compressed. The new Google Photo app is a good pick for photo organizing, because of the

super human image recognition based search. Try "food" or "dog." You can set Google Photos to back up your Camera Roll automatically so you'll never lose your pics. It can also make GIFs out of any photos, or burst shot with your phone. You can share pics across devices.

**4. Companion** (free, iOS and Android) will give your bf/gf peace of mind when you walk

If you've ever felt weirded out by walking home alone, this app might make you and your loved ones feel much better. Before venturing out on your own, enter in your destination in Companion, add anyone (it works even for people without the app installed), and they'll see you en route every step of the way.

If you start running or drop your phone, Companion will prompt you with an "ARE YOU OK?" screen. If you don't respond within 15 seconds, the app will alert your companions.

**5. Snapseed** (free, iOS and Android) is a photo editing app with precise retouching and enhancement features.

It has super-precise editing tools for blur, vignette, and tuning. You can also select a certain area and edit that specific selection's brightness, color, etc. It's like Photoshop for cell phones.

**6. Slice** (free, iOS and Android) automatically tracks packages and lets you know if there's a price drop for your purchased product. Slice connects with your email to identify tracking numbers and product orders. If the app detects a price drop, you'll get a notification and Slice will help you return it.

**7. Nike+ Running & Spotify** (free with Spotify Premium, iOS) uses the power of music to push you to your limit. [news.nike.com](http://news.nike.com)

The Nike+ Running app added full access to Spotify this year. With the new music streaming integration, Nike+ Running can now build a playlist of 100 songs, based on your target pace and music preferences. The playlist is designed to push your pace, playing songs with increasingly faster beats per minute and challenging your feet to keep up.

And now you know.....

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## Heard Around Stonebridge.....

**We're listening --- we wanted to know what types of articles or recurring columns you would like to read about in future issues. What photo themes would you like us to have for our cover and centerfold?**



*Since I'm a big baseball fan, I'd like to hear a fan's prospective of the NY teams during the year by one or multiple contributors. (EDITORS' NOTE: Would anyone be interested in writing an article like this? Please respond to sbexchange@comcast.net)*

**Joe Martingano - Ravenslake Road**

*Photo Themes: Insects; Water Creatures; Plants and Berries.*

**Rip Dempsey - Timber Hill Drive**

*It would be interesting to ask each of the homeowners who have installed solar systems to describe their experiences. That would be quite useful to residents who are considering undertaking such an installation. (EDITORS' NOTE: If you have installed solar systems please respond to sbexchange@comcast.net and put Solar Systems in the subject line of your email)*

**Bruce Kerievsky - Timber Hill Drive**

*Some suggestions for future photography subjects: Patterns, Shadows, Reflections.*

**Nathalie Bloom - Mandrake Road**

*Might be a nice idea for a column to help get to know neighbors within the Community.*

*In each issue: a column highlighting a particular homeowner telling about his/her/their lives growing up, that culminated in their moving to this community and how it meets their needs. Could be a "formula" column: when/where born; siblings if any; where they went to school; type of work they do or if retired; marriages and children (if any); likes and dislikes including hobbies, where they previously lived, what prompted them to purchase a home in this community, and things they enjoy about living here.*

*It could be done via an interview (telephone, e-mail, or in-person) with the person/couple and the write-up that results thereof. Sort of "Get To Meet...."*

**Lea Bayers Rapp - Constitution Drive**

## Dr. Andrew Schmierer DPM, FACFAS & Dr. Craig Shapero DPM, FAPWCA



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# From a Fable to Reality

Henry Sloan

Life in Stonebridge is most often wonderful and the culmination of our retirement dreams. After a resident moves in and settles into life in our community, then reality comes to the fore-front. The best example I can put forth is the childhood fable, *The Three Little Pigs*, where one built a house of straw, another of sticks and the third of brick. Of course the only house still standing after the wolf came was the one built of brick. A similar type situation exists in any community, such as Stonebridge; as we go forth the preservation of our

quality of life depends on a strong foundation and our willingness to get involved and stand up for what is right and just.

In this regard, not only are we affected by what occurs within but also by what happens in the surrounding local governmental entities. To this end, if our residents are willing to get involved, not only within Stonebridge, but also with the local governmental entities, we should not only support them, but also assist them in their efforts. As a resident of Stonebridge from the beginning, I can point out many issues that were favorably resolved in the interest of our community by having direct involvement with the outside governmental entities.

I will present you with two examples. In the beginning we had a brownish tap water issue and though it was deemed not a health hazard it created discoloration to ones laundry and other non-health related circumstances. Of course, Lennar denied any responsibility. Working with the local Water Department and the Monroe Township Council, a water treatment facility was installed that corrected the condition. The other example was that there wasn't an emergency exit out of Stonebridge other than those leading to Federal Road. With the assistance of the Township we were able to convince Lennar to construct an emergency exit.

So the message is that we must stand and work together in the best interest of the overall community and support those residents who are willing to get involved both inside and outside our community. Their sole objective is for the betterment of Stonebridge.

THE ABOVE IS THE SOLE OPINION OF THE WRITER!

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## True or False

Roy Cohen (Stonebridge's Trivia Guy)

Remember, three statements are true and three are false.

1. Howdy Doody had a twin brother. His name was Double Doody.
2. Actress Tuesday Weld was born on a Tuesday.
3. The dodo bird is now extinct. When it was around, it could not fly.
4. Elvis Presley acted in 31 movies.
5. A blacksmith works with iron. A whitesmith works with copper.
6. The Air Force Academy is the division one university situated at the highest altitude.

[www.ThatTriviaGuy.com](http://www.ThatTriviaGuy.com)

Answers on page 58



# One Byte At A Time

## Understanding Your Email System - POP, IMAP, SMTP Bud Sparks

Your email program is probably the most-used application that resides on your computer. Years ago, it was a very simple and limited system. Today, we use the program not only for mail, but most systems include calendaring, scheduling, notes, and more. Communication through email is accomplished using Internet standard protocols, similar to how we communicate using protocols (or a common language). Some of the protocols used in email are POP3 (Post Office Protocol – version 3), IMAP4 (Internet Message Access Protocol – version 4), and SMTP (Simple Mail Transfer Protocol). IMAP and POP are used for receiving mail and SMTP is used for sending mail. Each of these protocols have a unique “listening” port that allows them to function. If you experience a problem with sending mail, it would probably be related to SMTP. A problem receiving mail might be caused by issues with POP or IMAP.

Many email system vendors who have used POP in the past are now suggesting the use of IMAP. This is because it allows us to do more with folders and synchronization. Additionally, it generally performs

faster since it maintains a constant connection with the email server. Whether you use POP or IMAP, you have the option of configuring your system to communicate using SSL (Secure Sockets Layer), which is the standard security technology for establishing an encrypted link between a web server and a browser.

Finally, another protocol called MIME (Multi-purpose Internet Mail Extensions) is used within the body of your email to identify certain types of content, such as embedded audio, video, images, and application programs, etc. (Prior to MIME being introduced, email was limited to only sending and receiving text messages.) MIME works by inserting headers in the beginning of any Web transmission and determines the appropriate program to use when embedded audio, video, etc are found.

Configuring email for your computer was once a difficult and time consuming task. It was necessary to know the protocols, port numbers, security, etc., in order to result in a working system. Now, it is much easier. In most cases, you merely have to type in your email address and password and the email is automatically configured and ready for use.



Bud “Super Techie” Sparks

## Drones are coming to Monroe Township!

**Henry Sloan**

According to an article in the April 2016 issue of the *Rossmoor News*, Amazon.com's new warehouse in Robbinsville, NJ has partnered with the Rossmoor Adult Community to launch a test of a new Drone delivery program. Rossmoor's close proximity to the warehouse and the tremendous increase of online buying by Seniors makes the use of drone deliveries both practical and cost efficient. The initial roll out of the drone testing program starts in June 2016 and will continue to the end of October 2016. During the testing program dummy packages will be delivered to Rossmoor residents who volunteered to participate in the program.

So with 3D copiers and now the advent of Drone deliveries who knows but maybe vacationing on the moon is around the corner.

**Wanted**

**Creative Writers**  
**Travelogs**  
**Poets**

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](mailto:sbexchange@comcast.net)  
500 words or less...Word Document...  
Times New Roman...12 pt.





# Movie Maven

Shirley Zuk



## *Hello, My Name is Doris*

Despite some bumpy tonal shifts and inconsistencies of characterization, *Hello, My Name is Doris* impresses as a humanely amusing and occasionally poignant "dramedy" about a spinsterish sixty-something office drone who develops a romantic fixation on a much younger male co-worker. Sally Field, a three-time Oscar nominee and two-time winner, keeps the movie on an even keel with an adroit and disciplined lead performance which generates both laughter and sympathy.

Doris (Sally Field) works in a New York office as a holdover from a takeover decades earlier. She no longer fits in with her co-workers, wears vintage clothes and glasses and a fake bun. She keeps to herself and has accepted her anonymity. After decades of caring for her aged mother in their cluttered Staten Island home, Doris is hard-pressed to find a new purpose in life after her mother's demise. When she attends a lecture by a motivational guru (Peter Gallagher), Doris is unexpectedly receptive to his smooth talk about taking big risks and pursuing fresh goals.

Doris enters into a world of her wildest dreams in which her goal is to catch the eye of a hunky young design executive, John Fremont (Max Greenfield), who has been newly transferred from Malibu to Doris' Manhattan workplace. With the help of her brassy

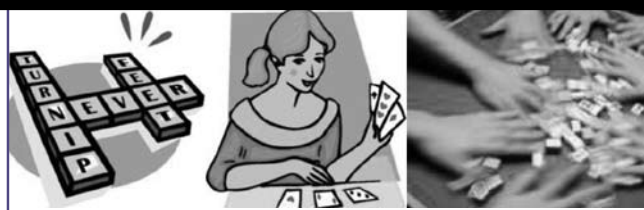


best friend's (Tyne Daly) precocious 13 year-old granddaughter (Isabella Acres), a game plan is devised that includes some Facebook deception, a strategic indication of shared interests and a "chance" meeting during a club appearance by John's favorite electronica band.

The mood swings accumulate as the plot proceeds. When Doris discovers that John actually has an age-appropriate girlfriend (Beth Behrs), she impulsively sabotages their relationship in a move that seems to

signal a detour into darker drama. That impression is increased when Doris, in true hoarder fashion, refuses to part with the piles of junk cluttering her home, angrily uncorking long-simmering resentments while responding to an intervention by her concerned brother, Todd (Stephen Root), and Cynthia (Wendi McLendon-Covey), his unpleasant wife.

I salute this affecting film for its thought-provoking insights into two vulnerabilities common among older people. First, there is the challenge of falling in love, which is rarely what we expect or imagine it to be. The second issue is loneliness, a chronic condition which can be emotionally and psychologically daunting. We need more movies like this one to shine a light on this problem and open our hearts and minds to those who are affected by it.



## 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

## ALL INTERESTED BRIDGE PLAYERS



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

(PLEASE CALL IN ADVANCE SO WE CAN PLAN FOR PLAY)

(Phone numbers can be  
found in Resident Directory)

## POET'S CORNER

### Show Me The Way

**Lois Israel**

Give me a chance  
To show the way,  
To expound upon -  
This glorious May!

Birds appear  
With flowers in tow,  
Beginning to shout,  
And ready to grow.

There may be a tree  
In your backyard  
Holding little blue eggs within  
Trying to keep safe and warm,  
Awaiting new life, soon to begin.

Hand me a basket  
Some cheese and some wine,  
Unfold a blanket,  
Oh yes, so divine!

Hand me a book  
With a pillow below  
A day so soothing, delightful,  
And splendidly slow.

Somehow life seems better  
With warm sun and blue skies  
To buoy your hopes,  
And brighten your day  
To make your spirits rise.

So enjoy the month of May  
And all to follow.  
Certainly an order  
Not too difficult to follow.



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NOVEMBER



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### GAME PLAY

*Monday 7:00 pm-11:00 pm*

*Friday 9:30 am-6:00 pm*

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Contact: Emil Erlich

[emilerlich@comcast.net](mailto:emilerlich@comcast.net)

Information and instruction documents

Available on the website: <http://sbrnbaum.hnccorp.com/pinochle/>

# A Note from Our Nurse

Mary Wolfram, RN

The Stonebridge Health Fair, sponsored by Saint Peter's University Hospital, will be held in the Stonebridge Ballroom on Monday, May 16, from 5 pm – 7 pm. The Health Fair provides an opportunity to meet local physicians, participate in health screenings and learn about health services in the area. This year, we will have screenings for bone density, hearing, blood sugar and pulse oximetry (measuring the oxygen level in your blood) and many others. There will be physicians, dentists and pharmacists to answer questions, as well as information about veterans benefits, Alzheimer's disease, physical therapy and rehab facilities. Please join us for this informative event. Your health is very important, and this is an enjoyable way to learn and collect information.

The National Stroke Association (NSA) has declared May to be National Stroke Awareness Month. This program was set up to educate the public about stroke risk factors, symptoms and prevention. According to the NSA, 80 % of all strokes are preventable. Some risk factors that can be controlled and help decrease the risk of stroke are high blood pressure, cigarette smoking, diabetes, atrial fibrillation, high cholesterol, inactivity and obesity. More than half of all strokes are caused by uncontrolled high blood pressure, making it the most important risk factor to control. Maintaining a healthy lifestyle and controlling blood pressure, blood sugar, atrial fibrillation, increasing activity and smoking cessation are the best ways to decrease your risk of having a stroke.

The acronym ACT FAST has been used to teach people to recognize stroke symptoms, and act quickly if symptoms arise. A person experiencing a stroke can be treated if someone has identified the symptoms and acted FAST. The acronym shows what to look for in a possible stroke victim.

- F - Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A - Arm Weakness – Is one arm weak or numb? Ask

the person to raise both arms. Does one arm drift downward?

- S - Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- T - Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



## Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

If someone shows any of these symptoms, call 9-1-1 immediately. Time is a key factor in the recovery of a stroke victim. Immediate treatment may minimize the long-term effects of a stroke and prevent death.

In recognition of National Stroke Awareness Month, all residents are invited to have their blood pressure checked at the Health Fair or in the nursing office. It only takes a few minutes and could save your life.

## Notice from Your Nurse

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

## Volunteers Needed

Special Strides



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](http://www.specialstrides.com)

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

# Medicare Supplemental Insurance Follow-up

Paul Onish

In the last issue of the *Stonebridge Exchange*, I spoke about lowering your Medicare Supplemental Insurance program by doing a little investigation on your own. That being said, there are several insurance companies in the USA that will provide you with Medicare insurance programs for Drugs, Dental and Vision as well.

If you are turning 65 in the next 6 months or know someone who has passed that milestone and is interested in reducing these costs, you should contact several different insurance companies that offer a MedSupp, "Donut Hole" insurance program. You could save several hundred dollars each year as you get older. The most familiar one is AARP/United Healthcare, but they may not be the cheapest one. Investigate!

There are several dental, prescription and vision programs available. Do your homework and or contact and visit our Senior Center on Applegarth Road and Federal/Halsey Reed Road, behind the Firehouse and talk to an advisor. They have the facts.

Some of the better known Dental Insurance companies are: Delta Dental, Humana, Aetna and Cigna. They all have co-pays, deductibles and annual maximums.

Prescription Plan Companies: AARP, Humana/Walmart, EHealth, Silver Script, NJ Medicare Supplemental. Some plans have monthly premiums as low as \$18.50 with Zero cost for generic prescriptions while others have a reduced cost for the drug. Not all insurance companies treat you the same.

Vision Insurance companies: Vision Service Plan (VSP), Aetna, AARP/EyeMed, Superior Vision, BCBS.

Remember there are Premiums, Co-pays and deductibles.

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# What Can You Expect From Your Nursing Staff?

**Stephanie Fitzsimmons, RN APN**

If you need assistance from The Stonebridge Nursing Office just call 609-409-1472, 24 hours a day, 365 days a year. All of the nurses are certified in Basic Life Support, and many are nationally certified by the American Nurses Association. To be certified by the ANA means that the nurse has taken a standardized test and must attend classes to maintain her certification. All of the nurses are employees of Saint Peter's University Hospital. All residents and their guests are eligible to receive Emergency Care and assistance from the Nurse.

## **The Nursing Services include:**

- Response to home and community emergencies.
- Confidential health records are maintained in the Nursing Office.
- First Aid – provided as needed. Please note we do not remove deeply imbedded splinters.
- If you are not feeling well, we will assess your illness in the Nursing Office.
- Lab work - We collect lab work diagnostic specimens, including venipuncture (blood tests), urinalysis, with a physician order on Monday, Wednesday and Thursday. Appointments are required, and we ask that you bring the form or prescription to the nurse no later than 1 day prior to your appointment. This gives the staff the opportunity to complete the necessary paperwork so that you do not receive a bill.
- Referrals to agencies for home care assistance.
- Wound Dressings with a physician's order in the Nursing Office. Residents with ongoing dressings are asked to provide their own supplies.
- Monthly lectures – watch your email for information.
- Medication injections in the Nursing Office with

a physician's order (after receiving 2 injections at M.D.'s office). We do not give allergy shots. You must provide the medication and syringe. We don't give the shingles vaccine.

- Communication with physicians and family regarding changes in resident status.
- Health Education in response to residents' needs (e.g. blood sugar monitoring).
- Blood pressure screening.
- Flu and Pneumonia Immunizations will be available again this year. Watch for information in late September. Medicare cards must be presented at the time of immunization.
- Annual Health Fair.
- Caregiver Support Group for spouses or significant other - Monthly sessions are held at Saint Peter's Day Care Center the 2nd Thursday of every month at 1:30 pm. There is no fee, and I facilitate the meeting.

## **Fees:**

Blood is drawn at the Nursing Office without a fee. The lab will bill Medicare and other providers to analyze the specimen.

Our goal is to provide you with excellent service and quality healthcare. If you are not satisfied, please contact, Mary Wolfram, your charge nurse at 409-1472, or Stephanie Fitzsimmons, Manager at [fitzsimmons@saintpetersuh.com](mailto:fitzsimmons@saintpetersuh.com).

## **Lecture Stonebridge:**

Laura Vetter, Registered Dietitian “Weight Management”

Laura is a great speaker and is very knowledgeable about food and steps to take to lose weight. Please join us for this informative lecture on Wednesday, May 4th at 1 pm in the Stonebridge Theatre. Please register with the Nursing Office at 409-1472.



# The Fitness Corner

Kim Vasta, CFT

How many times have you or someone you know resolved to stick to a New Year's resolution of exercising and eating right? How many times have you or someone you know lost weight for a special event only to gain the weight back after the event is over?

The reality is that being healthy and fit is not about New Year's resolutions or losing weight for a special event. It is not about being on and off diets. It is not about dieting at all! Being healthy and fit is a lifestyle choice involving physical activity and proper nutrition. The many health benefits from this lifestyle are attainable at any age.

The U.S. population is aging and living longer. By 2030 it is estimated that one in five Americans will be 65 years of age or older. Regular physical exercise is essential for older adults to maintain independence and quality of life. During my 25 years of personal training, group exercise instruction and health club management, I have witnessed first-hand the truth of this statement. Two instances that come to mind are the 90-year old woman who runs on a treadmill almost every day and the 86-year old man who regularly takes power dance classes at his local gym. It is not surprising that they walk with pep in their step, are able to balance with very little effort and maintain flexibility, mobility and cognitive ability. Regular physical activity protects against declining health and fitness due to aging. A fit 70-year old who has remained active can be as strong as an unfit sedentary 30-year old.

The established benefits of being physically active are numerous, many of them related to the prevention or treatment of major diseases, including:

- Improved cardiovascular function
- Lowered blood pressure
- Decreased body weight
- Improved lipid profile
- Improved glucose control
- Decreased anxiety and depression
- Reduced risk of osteoporosis

Those who have led a sedentary lifestyle might find the idea of physical exercise to be a daunting undertaking. In fact, every little bit helps. Slow walking will progress to faster walking. Lifting very light weights will inevitably progress to lifting heavier weights and so on. Most gerontologists agree that, in addition to doing something that is both mentally and emotionally rewarding, following a sensible and regular physical exercise program is the key to maintaining a satisfying quality of life well into retirement.

The hardest part is getting started. Take it slow - one day at a time. Do something you enjoy, set attainable goals and remain consistent. You'll be pleasantly surprised at how quickly you progress and how much better you feel!



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## **Oil Pulling**

**Michael Zaref, DDS**

Oil pulling is an ancient procedure developed over 3,000 years ago as part of Indian (Ayurvedic) medicine. It is also called kavala or gundusha. A tablespoon of coconut oil is gently swished around the mouth and through the teeth for 20 minutes on an empty stomach. This draws out toxins in your body, primarily to improve your oral health, but it has been reported to have many other beneficial effects throughout the body, such as headache relief, hangovers, and skin problems such as rosacea, psoriasis, acne and eczema.

Coconut oil is a semi solid (like Crisco) but becomes liquid in the mouth in seconds. Start with a small amount, such as a teaspoon, to get the hang of it and gradually increase to a tablespoon. Swish gently for the full 20 minutes (time is critical to success.) The oil will double in size due to mixing with saliva, bacteria and toxins as they are drawn out of the body. The oil mix will turn milky white. If not repeat the process. Don't swallow this as you would be putting toxins back into the body. Spit it into a plastic baggie (NOT in the sink as it may clog the pipes over time.) Rinse gently and thoroughly with warm water and proceed with

normal brushing and flossing. This is an addition to, not a substitute for, normal brushing and flossing. Do this at least 3 times a week. This swishing technique removes harmful bacteria from your mouth. Other oils can be used, such as sunflower oil or sesame oil, but the greatest benefit is from cold pressed organic coconut oil. This contains lauric acid which is well known for its antibacterial properties. Processed oil loses this lauric acid, so stick to unprocessed organic oil. If allergic to coconut or nuts, don't use this.

The greatest dental benefits are whiter teeth, improved health of the gums and oral tissues and better breath. The benefit in improving gum disease can be dramatic as bacteria are removed. It takes a few weeks to fully see the benefits, so be patient and continue with this. Some users have reported a "detox reaction" that may include mild headache and nasal congestion, which disappears quickly. This is part of the cleansing process and will disappear in a few days.

I have just started this procedure so no immediate results. It takes several weeks before full benefits are realized. The coconut oil doesn't taste bad. No need to swish this vigorously; gentle constant swishing through the teeth is fine. I read a book while doing this and the time passes quickly. You can buy cold pressed organic coconut oil in supermarkets and in Costco.

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### **Monroe Township Chorus**



Enjoy the music and the camaraderie of a wonderful group of men and women who together share their love of music.

The Monroe Township Chorus is recruiting singers for their next performance in May 2016. Call for Bases, Tenors, Altos and Sopranos singing two and three part harmony.

We rehearse every Tuesday from 9:30 a.m. to 11:15 a.m. at the Monroe Township Senior Center. For more information Contact Director Sheila Werfel 609 619-3229---sheila1120@gmail.com

# Expand Your Horizons

**Rosalind Blinder**

## **Newark at 350**

Before America was, Newark was already happening. Newark, the largest city in New Jersey is also its oldest. The city was founded in 1666 by Robert Treat, who brought his fellow Puritans from Connecticut to focus their lives on maintaining Puritan ideals. Newark is the third city established in the New World. The Passaic River, the Morris Canal and the nearby Hudson River brought people and products to various points in the city. One could easily travel to Philadelphia from Newark, which made it a central commercial area.

Newark inspired radical thought; Thomas Paine penned the immortal words of *The American Crisis* while camped fireside in 1776, and the city has been a place where thinkers, tinkers, and the creative minded have changed the course of a nation. Newark set precedents, creating the first county park, the first skyway, first public golf course, the nation's first commercial airline terminal, and was the first to broadcast the World Series over the airwaves. Newark is the home to innovators, creators, seekers and entrepreneurs, with Seth Boyden perfecting patent leather, creating malleable iron, celluloid, the universal stock ticker, and not least of all, M&M candies and the delicious filling inside Oreo cookies.

Here is a sample of some of the events celebrating Newark 350:

**Newark Public Library** (daily through December 31)  
5 Washington Street  
Newark, NJ 7102  
Newark Lifetimes: Recollections & Reflections

**Essex County Free Summer Music Concert Series**  
Summer 2016 Free

The concert series brings a diverse group of musicians and entertainers to perform at locations throughout the historic Essex County Park System. [www.essexcountynj.org](http://www.essexcountynj.org).

**Newark Museum** ([newarkmuseum.org](http://newarkmuseum.org)) 1909-2106  
*Newark in 3D, Newarkers Who Changed the Museum that Defined the City* (June-December)  
Newark filmmakers Marylou and Jerome Bongiorno's acclaimed city symphony film in 3D captures the vibrancy of what's endured in Newark, from the city's bustling business districts, port, airport and transit hubs to its treasured landmarks, parks, grand

public monuments, places of worship and impressive iron bridges.

### *7th Annual Women's History Month Film Festival*

This exhibition looks at four individuals – Caroline Bamberger Fuld, Howard W. Hayes, Lida Clanton Broner and W. Clark Symington – whose love for Newark led them to support the Newark Museum. Their distinct point of view helped to form an institution that led the nation's museums

### *Ahead of the Curve*

This installation focuses on the ways in which the Newark Museum, founded in 1909, created the model for today's museums. A new permanent gallery in the museum's Ballantine House (one of only three restored urban Gilded Age mansions open to the public) will be dedicated to the 300-year history of ceramics in the Garden State and will feature iconic works made in Newark. New Jersey has one of the richest ceramic traditions in the United States.

### *Newark Boys Chorus Annual Spring Concert*

June 12 3:00-5:00 pm

The Newark Boys Chorus performs throughout the world with a diversified repertoire that includes traditional and classical music, spirituals, folk music and jazz. The spring concert will include a specially arranged medley of songs, featuring the music of some of Newark's arts luminaries, to celebrate the 350th anniversary.



# An Unusual Hobby

Adrienne Weissman

Leisure time activities allow for creative expression for many people. My two main creative outlets are machine knitting and machine embroidery. They both give me a great deal of satisfaction and enjoyment. In fact, two rooms of my house are devoted to these two hobbies. The rooms contain all the equipment and accessories needed to work.

I started machine knitting in the 1980s when my mother, who lived in California, sent me a knitting machine when she upgraded to a newer model. I took some lessons at a knitting store in Brooklyn and also joined a knitting group where I lived.

There were several brands of knitting machines at that time, but most people I knew owned Brother machines. I own four knitting machines at the moment, but basically use two of them. One is a Brother which uses lighter weight yarns and the other also a Brother which uses heavier weight yarns. Both machines are

computerized and have ribbers attached to them. The ribbers allow you to do knit and purl stitches in the same row of knitting. The Brother machines are not made anymore, but can be found on Ebay.

One of the machines has 200 needles on its bed. The machine works without electricity via a carriage that

goes across the bed of needles carrying the yarn. You use the number of needles that the pattern calls for. Each movement of the carriage across the bed completes a row of knitting. This enables you to complete knitted items more quickly than with hand knitting.

Electricity is needed in order to use the computerized portion of the machine. Patterns on disks are transferred to the machine allowing you to knit intricate designs and stitches. You can also input your own patterns in order to personalize items, adding names and dates.

I enjoy making blankets and sweaters on the knitting machine. Recently I have been knitting outfits for the American Girl dolls which delight my granddaughters. There is a learning curve (as with anything) in using the knitting machine. There are special ways to manipulate stitches, cast on and cast off that are different from hand knitting. There are also many special tools and accessories for the machines. You Tube has hundreds of videos demonstrating different techniques and I belong to a Yahoo knitting group with over 1,000 members. It's very nice to be able to make a hat or blanket in just a few hours.

My other interest is machine embroidery. I have a Brother embroidery/sewing machine. It has patterns built in and also allows me to input patterns via a USB stick. The machine has several different size hoops. I enjoy embroidering designs on items that I have knitted as well as embroidering on bibs and towels. I have a few embroidery programs on my computer that aid me in editing designs or even allow me to digitize my own creations. I also have thousands of designs on my computer to choose from. The fun is in choosing thread colors and fonts to use when embroidering designs.

These two hobbies keep my mind active, keep the creative juices flowing and give me a sense of accomplishment.



## Calling All Artists

**All Welcome...Beginners...Experienced...**

The Art Group welcomes new members.

Join us on an exciting art journey  
as we have

**Art Workshops  
Plein Air Painting  
Helpful Instruction**

Tuesday afternoons from  
1:00 to 4:00 pm in the Art Room.

Work in the medium of your choice:  
oil, watercolor, pastels, pen and ink, etc.  
If you have an interest or are just curious  
about painting, now would be a great time  
for you to begin your journey into art  
and meet others with like interests.

*Any Questions?*

*Please e-mail Clare Godleski at:  
clare.godleski@gmail.com*

## **Baby-To-Go Program**

### **Ilene Cashman and Sharon Hershkowitz**

Once again, with so many new Stonebridge residents, we thought it's time for another explanation of how our Baby-To-Go program works.

It is a wonderful and successful program where residents can borrow a variety of baby items from other residents. We maintain a list of residents who are willing to lend their baby items. If you should need a baby item, planned or last minute, we will make the "match" and provide you with the information you need for pickup. It's great not having to go out and buy an item which is used so infrequently - and how convenient!!

We have many items on our lists such as Pack 'n Play®, high chairs, booster seats, strollers, youth beds, toilet seat rims, car seats, bouncy seats, changing pads,

small pools, etc. We are always looking for additional items which people are willing to "lend." If you have baby "stuff" and would like to be added to our list, please contact Sharon Hershkowitz at rickandsharon90@hotmail.com or Ilene Cashman at icash@aol.com.

If you would like to borrow items, you can also contact either Sharon or Ilene. The items are clean and in good condition, and we ask that they please be returned the same way.

Many residents have taken advantage of this wonderful program and have been so pleased with it. We hope that you will be able to utilize the Baby-To-Go program in the near future. Once again, thanks to those who have volunteered to lend their items and make this program the success it is.



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2016 Season  
**Plays in the Park**  
Route 1 Edison, NJ

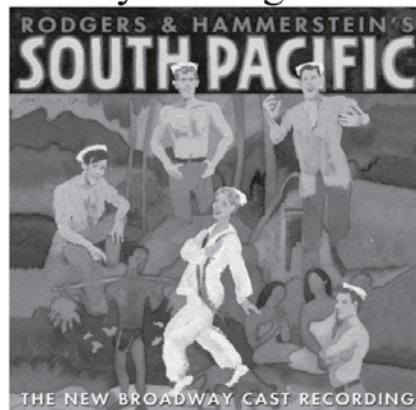
**The Little Mermaid**  
June 15-25



**Sister Act**  
July 6-16



**South Pacific**  
July 27-August 6



**No performances on Sunday**

# STONEBRIDGE BINGO SCHEDULE



## GET YOUR FREE BINGO CARD THE NEXT TIME YOU PLAY!

Bring a new guest or relative and both of you will receive a **FREE** bingo card for the 1st 50/50 game.

Mark your calendar and invite a new bingo player to join us.

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*The more people who play the higher the winnings!*

Good Luck!

12 games of bingo played plus 2 specials  
**\$10.00 for 12 games plus \$1.00 specials**

**BINGO IN THE CLUBHOUSE BALLROOM**  
7:30 pm 1<sup>ST</sup> Thursday of the month

### 2016 DATES

THURSDAY, MAY 5  
THURSDAY, JUNE 2  
THURSDAY, JULY 7  
THURSDAY, AUGUST 4  
THURSDAY, SEPTEMBER 1  
THURSDAY, OCTOBER 6  
THURSDAY, NOVEMBER 3  
THURSDAY, DECEMBER 1



## IMPORTANT NOTICE

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.



After 39 years our East Windsor office has moved!



**Steven K. Mishkin**  
MD, FACS, FRCS(C)  
Oculoplastic and  
Cataract Surgeon

Dr. Mishkin is the specialist in oculoplastic surgery at Millennium Eye Care.

He is fellowship trained in cosmetic and reconstructive surgery of the eyelids, tear ducts, and bones around the eyes and performs state-of-the-art eyelid surgery in our ambulatory surgery center. He performs removal of excess skin and fat of the eyelids known as a blepharoplasty, in some cases, without the need for stitches. Abnormal position of the eyelids including ptosis, ectropion and entropion can affect vision and surgical correction may be covered by medical insurance.

Dr. Mishkin is chairman of the Department of Ophthalmology at CentraState Medical Center after having served for 2 years as the Chief of the Medical Staff. As a past member of the Board of Trustees at the CentraState Healthcare System, he continues to serve on multiple committees.

Dr. Mishkin also practices general ophthalmology including cataract surgery and is available by appointment in all six locations of Millennium Eye Care.

### Our 6th location is now open in Monroe!

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**Brick**  
515 Brick Boulevard  
732-920-3800

**Marlboro**  
455 Route 9 South  
732-591-2200

**Monroe**  
4 Research Way  
609-495-1000

For more info: [www.millenniumeyecare.com](http://www.millenniumeyecare.com)





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The **BOOKMOBILE** stops at Stonebridge on  
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Clubhouse Parking Lot

### 2016 Dates

Tuesday, May 10	Tuesday, July 12
Tuesday, May 31	Tuesday, August 2
Tuesday, June 21	Tuesday, August 23

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- Return Library materials
- Ask reference questions
- Request specific books and materials

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To lend items contact  
Sharon Hershkowitz  
[rickandsharon90@hotmail.com](mailto: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](mailto:sbexchange@comcast.net).  
Write "Milestones" in the subject line.*

## Milestones

### May Birthdays

3 Gary Busman  
Carol Piza  
4 Jeffrey Hodes  
5 Lynn Schutzberg  
7 Mel Lynn  
Frank Macchiaroli  
8 Marilyn Littman  
9 Anita Gore  
10 Bettina Heller  
12 Barry Emin  
13 Arthur Gurtman  
14 Lin Wortman  
Joyce Schwartz  
15 Elaine Ricciardi  
Bill Rogove  
17 Jeanette Alfano  
Harold Herskowitz  
18 Sue Mulderrig  
19 Josh Goldstein  
20 Phil Alongi  
23 Mel Berger  
William Roller  
Michael Shapiro  
24 Larry Burke  
25 Michael LaRaus  
Sheldon Millian  
26 Linda Gordon  
Al Gore  
30 Renee Hessel  
Rochelle Bellask  
31 Faye Josephson

### May Anniversaries

3 Lynn & Bernie Schutzberg  
9 Dotty & Rich Cirminello  
24 Diane & Sheldon Millian  
25 Jane & Ira Cutler  
Pat & Don Marino  
29 Jean & Claude Heller  
Joyce & Michael Honig  
Ellen & Larry Stein  
30 Judy & Mitch Spiegel

### June Birthdays

1 June Vardaro  
4 Karen Hyman  
6 Teri Sparks  
9 Joan Maggio  
10 Iris Accordino  
Lisa Fischer  
11 Joan Busman  
13 Michael Kamlet

14 Curry SanFilippo  
15 Daniel Kennedy  
Irene Marino  
Donna Savarese  
16 David Cohen  
17 Sylvia Lynn  
Rita Scheck  
18 Juliet Paolillo  
22 Barbara Levine  
23 Eileen Adams  
26 Doris Entin,  
Issac Shoikhet  
Charles Lew  
28 Fred Block

### June Anniversaries

1 Judy & Tony Maida  
2 Anita & Al Gore  
Cecile & Gene Wang  
3 Miriam & Richard Ellison  
5 Vita & Barry Alessi  
Lorraine & Len Edson  
6 Gerry & Harold Herskowitz  
Sheila & Neil Wolf  
10 Sharon & Rick Hershkowitz  
12 Helayne & Bob Geller  
13 Susan & Michael LaRaus  
14 Mollie & Harold Gedell  
Nancy & Arthur Mackler  
15 Gail & Steve Tuckman  
17 Irene & Peter Marino  
Lorraine & Jerry Shaw  
20 Judy & Irv Freilich  
21 Michele & David Greenfield  
Ellen & Alan Lubiner  
Ben & Vicki Secretario  
22 Ilene & Lew Cashman  
Suzy & Mike Eisner  
Helyn & Henry Sloan  
23 Gay & Alan Feinberg  
25 Anne & Joe Hausman  
26 Bea & Rich Grossberg  
27 Carol & Ed Piza  
Bobbie & Sandy Schwartzberg  
28 Nathalie & Marvin Bloom  
Joanne & Anthony DeGaeta  
Michele & Dave Desiere  
29 Sharon and Steve Wohlstetter



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## Looking for Volunteer Opportunities?

Neil Wolf

RSVP is America's largest volunteer network for people ages 55 and older. RSVP Middlesex identifies volunteer opportunities and volunteer sites in the county and connects appropriate volunteers to these opportunities. The three major areas for volunteer opportunities are: Senior Services, Food Services and Career Services.

The Corporation of National and Community Services recently awarded the Retired and Senior Volunteer Program grant to Jewish Family Services of Middlesex County (JFS). Numerous RSVP volunteer opportunities are available throughout Middlesex County. Each volunteer opportunity is different; requiring different skills, level of commitment and training. JFS identifies and interviews potential volunteers. Volunteers can choose where to serve, when to serve, how much time they want to serve, whether to share their skills or whether to develop new ones. The volunteer site is responsible for providing orientation, training and supervision of volunteers.

Sara Levine, Executive Director of JFS said, "RSVP allows JFS and the community to work together by pairing volunteers with a wide range of volunteer opportunities and placements for people ages 55 and up."

Phyllis Freed, JFS Volunteer Coordinator of RSVP Middlesex is dedicated to finding the perfect volunteer opportunity for each participant.

For more information, contact Phyllis Freed at 732-777-1940 or [phyllisf@jfsmiddlesex.org](mailto:phyllisf@jfsmiddlesex.org). Visit Jewish Family Services at [jfsmiddlesex.org](http://jfsmiddlesex.org)



## TRIVIA SOLUTION

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

The correct answer for the March / April Trivia question should have been John Tyler and not James Polk.

## Talk of the Township Veterans Park Expansion to Open Memorial Day Weekend

One of the gems of Monroe Township's Park system is set for its grand re-opening Memorial Day weekend as work on the expansion of Veterans Park and repairs to the pads at the Spray Park near completion.

When Phase One of the 37-acre Veterans Park on Avenue K opened in 2008, the Spray Park quickly became a hit for residents with young children and grandparents with grandchildren seeking a nice place to keep cool during the hot summer months. Phase I also included a busy playground area and an expansive walking trail around the site.

In 2013, the Township unveiled the Veterans Memorial at this location, which was completed as the Eagle Scout Project of current U.S. Marine Corps. Lance Corporal Sean Evans. The memorial is the site of the Township's annual Memorial Day and Veterans Day ceremonies.

Construction on Phase II began in 2015, and includes two much-needed lighted multipurpose fields, expanded parking area, a cricket pitch and picnic shelter. The multipurpose fields will bring much-needed game and practice fields for soccer, lacrosse and other field sports to the north end of the Township. The lights will allow for night-time practices and games.

Over the past few years, the need for a designated cricket pitch in Monroe has increased. The new pitch in Veterans Park and the current cricket pitch adjacent to Danny Ryan Field on North State Home Road will provide the needed space for the growth of the sport.

It was already common to see residents enjoying picnics at the park, and the permanent shelter will allow for a more comfortable shaded place to enjoy an outdoor meal.

Veterans Park and its expansion are fully funded by the Township Open Space Trust Fund, which was authorized by the voters. The Trust is also used to purchase land in the Township that can be used for parks, preserved farmland and green undeveloped woodlands.

The expansion of Veterans Park will provide our residents with even more opportunities to enjoy a day outside with their families, friends and neighbors.



# What's Happening in Monroe Township

Paul Onish

**Monroe Township Water:** Michael Barnes, director of our Township Utility Department said, "Most water systems, including the one in Monroe Township, have NO LEAD in their treated water." Lead is typically found in older residential plumbing pipes and faucets which leach out lead and copper while the water is stagnant overnight. With the young age of the Monroe Township System, lead service lines and lead solder used up to the 1970's are not present in residential plumbing pipes. However note: older faucets were made with bronze which has a lead component. New faucets are NOT made with any lead.

**Monroe Township Library:** Irene Goldberg, the director, has set up an Art Auction at the Monroe Township Library from May 1-30th. Attendance is free. Buy a raffle ticket for a picture you would like to own. Who knows, you might win an original from an individual who may become famous. All proceeds go to the Library Foundation.

**Register to Vote:** June 7th, 2016 is Primary Day in New Jersey.

Voter registration forms can be picked up in the Municipal Clerks Office in the Township Municipal Building located at 1 Municipal Plaza.

Forms can also be downloaded from the State Division of Elections Web site: <http://www.state.nj.us/state/elections/voting-information.html>

**School Board Hearing:** Wednesday, June 15, 2016. Monroe Township has opposed a charter school, but may be looking at an area south of Route 33 for a building.



Paul Onish

**Monroe Township Transportation:** Amy Rutherford, the Coordinator, is available to discuss how the Transportation Group can help Stonebridge residents get around to local malls like Freehold at no charge. If you need to visit a doctor, or go food shopping they have a "Mini Bus" for you. Monroe Township also offers trips, both day and overnight. Check the Stonebridge Clubhouse to see the multiple schedules or look on the Monroe Township website: [[www.monroetwp.com](http://www.monroetwp.com)] for details.

**Monroe Township Engineering:** According to Shannon Cenci, Director of Administration, the traffic signal at Union Valley Road and Perrineville Road is scheduled to begin construction in July 2016 with completion by end of the year (2016). You might see utility poles going up before that. The traffic light at Federal Road and Perrineville Road is to begin the 4th quarter of 2016 with completion in the spring of 2017.

The **Veterans Park**, in the Northeast section of Monroe, will be expanding. They are adding a cricket field and multi-purpose fields for lacrosse, soccer etc. and refurbishing the spray park.

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

**New Construction:** At the north-west corner of Route 33 and Applegarth Road, permits have been issued for two new commercial properties; they are a Quick Check and a McDonald's. The construction is to begin in April with completion in the fall of 2016.



**There's Something New  
in Monroe Township!**  
Check out the website listed below  
to find out what is new and exciting  
in our larger community.

**[www.monroenjonline.com](http://www.monroenjonline.com)**

Look at the site to find Restaurant Coupons

Check-Out our New Home Page

Political Commentary

*Support the web site and greater  
Monroe Community*

# 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 Senior 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](http://www.monroetwp.com).

Transportation, to and from the Senior 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 May:

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

## GOOD FOR YOU!

**Bagels & Baselines** - on Monday, May 9, at 10 am, join an informative discussion on hearing, the types of hearing loss and their effects and the importance of a baseline hearing evaluation.

**Journey Back, Stroke Rehab** - on Thursday, May 12, at 10 am, join a discussion about the role of stroke rehabilitation in recovery and how it helps in regaining a level of independence for both the survivor and loved ones.

**Diet Trends** - on Tuesday, May 17, at 1:30 pm, join an interesting discussion as you learn about tips on deciphering claims of some popular diets. Learn how to differentiate between evidence-based, safe diets and fad diets.

**Alternative Healing** - on Wednesday, May 18, at



1:30 pm, learn about alternative healing: the types of methods and modalities available, the nature and benefits of alternative healing and a demonstration of energy healing, etc.

**Silent Meditation** - on Thursday, May 19, at 2 pm, join a relaxing session featuring breathing techniques and visualization.

**AARP Smart Drivers' Course** - on Monday, May 23, at 8:45 am, refresh your driving skills by taking the AARP's driving class. Call the Center for payment information.

**Care Giving in Crisis** - on Tuesday, May 31, at 2 pm, an elder law attorney and a senior care specialist will talk about managing care giving for our loved ones, how to spot a crisis before it happens and what to do to address a crisis at home.

## MUSIC AND MORE!

**Never Forget** - on Friday, May 6, at 1:30 pm, Sol Lurie shares, from the heart, his horrific experiences as an 11-year-old boy in a concentration camp. Despite his four year ordeal, he travels around the country to spread his message: "Love, Don't Hate."



**Springtime Menu** - on Monday, May 9, at 1:30 pm, a limited number of participants will get to witness and taste a special springtime menu prepared by the chef from the Chelsea at Manalapan Assisted Living. On the menu will be a mango smoothie, shrimp skewers, sautéed orzo and a berry cream tart. Register early!

**From Broadway to Hollywood** - on Wednesday, May 11, at 1:30 pm, join in a group that will discuss and perform the music from the great plays and films of the 1930's thru 1960's. From plays like "Funny Face", "My Fair Lady" to the great composers like Berlin, Porter and Kern, rediscover the Broadway musical.

**Silver Screen Romances** - on Monday, May 16, at 10:30 am, explore the most alluring couples on and off the silver screen. The presentation follows fifteen intriguing couples from their every move to their every triumph.

**Musically Yours** - on Thursday, May 19, at 1:30 pm, enjoy an afternoon of music, stories and jokes as Vincent Talarico, named by critics as "one of the most versatile and hardworking performers of our time" entertains with his vast repertoire.

**Spring Fling with "Murderous" Zing** - on Friday,

May 20, at noon, put on your detective hat and find out "whodunit." The Riddlesbrood Touring Theatre presents "The Case of the Missing Van Gogh" and your deductive reasoning could yield a prize. A mysterious luncheon plate for you will be prepared by City Streets. Tickets are \$10 pp.

**Girl Singers of the 1950's** - on Monday, May 23, at 1:30 pm, join in as the songs from the 50's are brought back while highlighting the hits of Doris Day, Rosemary Clooney, Patti Page and more.

**Songs/Letters of WW II** - on Tuesday, May 24, at 2 pm, the Traveling Literary Theatre will perform a moving tribute which honors our history and those who sacrificed so much.

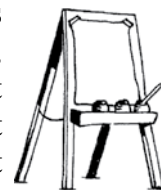
**Carpenters' Greatest Hits** - on Wednesday, May 25, at 1 pm, attend a DVD musical presentation featuring the greatest hits of the Carpenters, from "Close to You" to "We've Only Just Begun."

**Mike & Ted Present - Jerry Herman** - on Thursday, May 26, at 2 pm, join in as the life and career of Jerry Herman is examined, best known for his two big successes - "Hello, Dolly" and "Mame."

**Jerry's Travels** - on Friday, May 27, at 1:30 pm, join Jerry as you cruise Southeast Asia and sample a number of fascinating ports.

### ARTISTICALLY SPEAKING

**Collage with Karen** - starting on Tuesday, May 10, at 2 pm, join a two-day workshop as she follows in the footsteps of Matisse, Bearden and other artists who paint with paper. Experiment with different mediums to create realistic and abstract images. Fee \$15 pp.

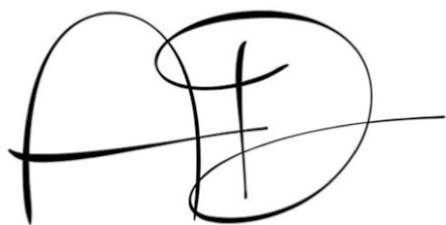


**Art of the Masters** - on Friday, May 20, at 2 pm, attend a brief lecture on Vincent Van Gogh. Then you will have the opportunity to create a group masterpiece using wax pencils in the artist's style. You will need a coupon (available upon request while they last) to participate in this project.

### EXERCISE YOUR OPTIONS

**Zumba Gold** - starting on Friday, May 13, at 9 am, get your hips moving during this six-session class infused with Latin dancing and music. Fee is \$24 pp.

**Note:** On Monday, May 16, at 7 pm, the Monroe Township Chorus Presents "A Salute to the Armed Forces" at the Middle School's Richard P. Marasco Theatre. No tickets are necessary for this free concert.



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