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# The Clearbrook Courier



The February 11 "Wear Your Red" \$5 Dance for Heart Health Awareness Month was a hit.

## CCA President's Report

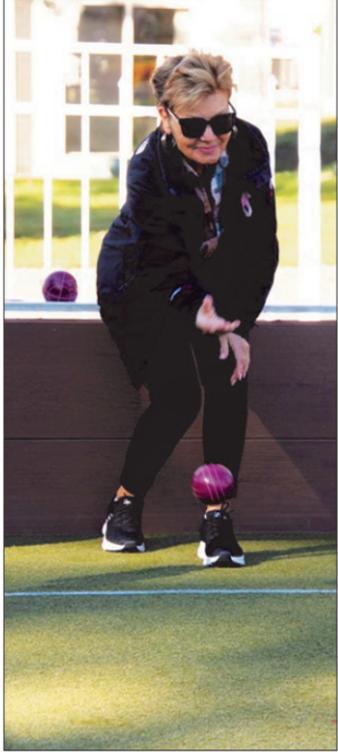
**By Beverly Eskra**  
Happy St. Patrick's Day to all the Irish and Non-Irish in our community. Break out the corned beef and cabbage, hang on to your shillelagh and get ready to celebrate one of the most publicized events since Boston held its first St. Patrick's Day parade in 1737. Put on something green or wear a shamrock to show off your pride on this great day and Ahem, you may want to lift an ale or two, but be careful, you don't want to start seeing those little leprechauns. If you start seeing those little bearded guys dressed in

green with pointed hats and toothless grins then you'll know you had too much!  
We the board have a lot of pride in what we too are accomplishing! Recently we approved a new pool contract with Millennial Pools. It was a tough decision because all three pool companies we interviewed were impressive. However, Millennial seems to have the experience we need in the management of our pools. The Pool Committee had many suggestions, we listened, took your input and are hoping to deliver what you requested. We extended

the hours of the pools from 10:00 a.m. until 8:00 p.m. because we know that many of you work. So now you will have an extra hour or two to take a dip in the pool and cool off after a tough day. We are also assured from the supervisors we spoke to that they have a sufficient number of lifeguards to accommodate our needs. Let's see if that's true, but only time will tell. Also, please remember that with change it's a transition from what we know, to arrive at something that is desired. Hopefully that transition will take place. I  
*(Continued on page 2)*

## Time To Play Bocce

Winter is almost over and it is time to think about spring, warmer weather and the Bocce Season.  
Our first meeting will be held in Lounge B in the Clubhouse on March 20 at 6 p.m.  
All are invited to come and see what bocce is all about. If you plan on renewing or joining the club, the dues are the same as last year, \$10 payable by check made out to the CCA.  
Coffee and tea will be served compliments of the club.  
After the meeting, we will be going out to play bocce for the first time this spring. Hope to see you there.



## General Manager's Report

**By Donna Galindo, CMCA**  
Hello Everyone,  
Winter has been good to us...so far. We're hoping spring is around the corner. Daylight Saving Time begins Sunday, March 12; remember to turn your clocks ahead one hour. The first day of spring is March 20.  
PLEASE RETURN YOUR CENSUS BY MARCH 1, 2023!  
The landscapers will be back on site in a few weeks, weather permitting. A notification will go out when they have returned.  
Also, the warmer weather tends to breed unwanted pests. So, just a reminder that our exterminator is on-

site weekly. Should you see any insects or rodents in your unit, please call the administration office to schedule treatment.  
With Section Elections upcoming, all unit owners should have received the Call for Candidates in the mail. This gives owners the opportunity to nominate themselves or someone else to run for election for their Section Board. The completed forms may be mailed to the administration office to the attention of Liz Saunders, dropped off in the drop box outside the Clubhouse by the shuffleboard entrance or emailed to:  
*(Continued on page 2)*



A Self Defense Class was recently held in the Ballroom. The class was led by Section 2 resident Frank La Rosa, second from left. Frank, who at age 6 began lessons in Aikido, earned a 2d degree black belt, and at age 25 received his 3d degree black belt. At age 32, he became an instructor working for White Tiger Kempo. He has 15 years experience as an instructor, and is now employed by CMB Karate in East Windsor. Carrying a dual citizenship, he served in the Italian Army from 1985 to 1987. Another Self Defense Class is planned for June. Stay tuned.  
Photo by Ed Hornicher



On January 26, Clearbrook's Indian American Cultural Club took to the Clubhouse with beautiful attire and flags to celebrate the Republic Day of India.

# Voice of Clearbrook – Channel 26

## I Took a Deep Breath, Entered the Studio, and Immediately Felt at Home

By Matthew Troncone,  
VOC Producer/Announcer/  
Engineer

**Spotlight: The Announcer**  
I was a little nervous when I walked down the hall to the television studio.

I was going to be the announcer for today's show. It was my first time, and if I remember correctly, it was with Stan. The topic, knowing Stan, was probably jazz music.

As I turned the corner, I could see the "On-Air" sign already lit. Did I miss the beginning of the show?

They told me 9:15 am. Suddenly I had that feeling in my stomach, the one you get when you're late for an appointment. I thought how embarrassing it would be; everyone would stare as I walked in.

Before I opened the door to the studio, I could see Ralph through the window. He was sitting at the desk in front of the mixing board. I took a deep breath and entered.

Ralph turned to greet me with a smile and welcomed me to the studio. I immediately felt like I belonged.

I asked if I was late and was reassured that I was early. Most engineers and producers get to the studio around 9:00 am to set up for the 9:30 am – 11:30 am time slot. Announcers need less time to set up, so 9:15 is fine.

My role in today's show is to read the announcements from the Lifestyle department, make small talk with Stan, the producer, and help keep the show interesting.

I entered the studio and sat down at the table to review the announcements for the correct information. I also wanted to make sure they were in the proper order.

As "It's A Wonderful World" was ending, signaling we were going live, I felt a rush of adrenaline.

Stan introduced me and thanked Ralph for engineering and keeping us on the air.

Stan and I chatted a little bit about his music. This is easy, a little small talk amongst friends. I read some announcements and started feeling comfortable with my new role as a "Television Announcer."

Making small talk and

reading some preprinted flyers, piece of cake. This is a perfect way to give back to your community.

If you want to make new friends and bring the local news to your neighbors, consider announcing a show or two each month.

The Voice of Clearbrook meets every two weeks in the Clubhouse at 12 p.m. in the Multipurpose Room, to set the schedule of shows and show titles for the following two weeks, as well as who will announce, engineer, or produce each show.

Our next VOC meetings are on March 7 and March 21. All are welcome. You can also call Ralph Carito at 609-860-5631 or Maureen Tereshko at 908-202-6537 for more information.

### Recent Shows

Recent shows include Murphy's Law on Tuesday nights at 7:30 pm. Murphy has an endless collection of movies, television shows, and Broadway productions. Tune in and catch some tremendous classic programming.

This past month, our weekday morning shows included some great music covering classical, jazz, and opera. Rounding out the musical shows were Gordon Lightfoot and Harry Chapin. There were also two live shows, Pet Talk and "You're a Survivor...Now What?" Since February is heart awareness month, cardiovascular health was the topic discussed. There were two special guests, George Samaris from Everything Natural Too on Applegarth Rd. and John Dohanac from Aquatic Performance Training on Possum Hollow Road, both in Monroe Township.

We welcome artists and hobbyists to contact us so we can interview/film them and their works in their homes for upcoming VOC shows. If interested, please call Stan Brim at 732 614 1277 to set up a short phone meeting.

### Channel 26 is Your Central Hub

Channel 26, the Voice of Clearbrook (VOC) cable TV station, is your central hub for Clearbrook news and relevant entertainment. Every weekday morning, we broadcast a live entertainment show from 9:30 – 11:30 am. We also have a live show on Tuesday nights from 7:30 – 9:30 pm, and once a month on Friday nights. On all other days/times, Channel 26 features scrolling announcements set to a variety of great music. NOTE: We will be broadcasting taped shows soon. Stay tuned!

### Three Ways to Watch Channel 26:

On your TV: If you have Comcast cable TV, go to Channel 26.

On your computer from the Clearbrook website: if you don't have Comcast or can't view Channel 26, go to Clearbrook-nj.com, click



## Manager's Report

(Continued from page 1)

Isaunders@taylormgt.com. Deadlines are approaching later this month so please submit your forms as soon as possible.

With spring comes the itch to do projects in your unit. Please remember you should contact Andrea in the Administration Office to find out if your project requires an application for approval.

There are many projects being started entering into spring. We will be getting the garden ready for planting. Preparing the courts for play. Sprucing up the buildings inside and out. The amenities are a very important part of what makes Clearbrook such a wonderful place to live, but it all takes work. We want to make sure you are enjoying every minute of it!

As the warmer weather approaches, please note the following rules with regard to Clearbrook's pet-walking policies:

1. Outdoors, pets must be on a leash, a maximum of six (6) feet in length, at all times; they must not run loose.
2. Pets may not be left unattended outdoors.
3. When pets are walked,

their waste must be picked up and disposed of properly, not dropped into water catch basins (sewers).

4. Residents are not permitted to walk their pets on the golf course or along the maintenance road that leads from Clearbrook Drive to the maintenance buildings.

5. Pets shall not be permitted to relieve themselves upon the sidewalks, driveways, flower beds or in any landscaped area more than three (3) feet from any street curb.

Reminder that the speed limit is 25 mph in the community. Please be aware of people on the road. Let's all take care of our neighbors and friends by doing the right thing and driving 25 mph and being aware of walkers and bikers.

There have been some comments on the Residents of Clearbrook Facebook page. I would like to reiterate, please if you have something to say, come into administration. We cannot fix what we are not told and the Staff and Board DO NOT MONITOR Facebook. I appreciate you all taking the time to speak to us and not just post on social media.

March – In like a lion out like a lamb...

## CCA President's Report

(Continued from page 1)

have faith that it will!

I also took the opportunity to sit in on one of the meetings for the Rules and Regulations Committee and was very happy to see the enthusiasm that our committee members have in being part of this decision-making process. There was much interaction from our residents and Kathy McLaughlin is doing a terrific job in spearheading this endeavor along with Donna Galindo, our General Manager.

As we move into spring and warmer weather, drivers please remember to watch out for our "Clearbrook Walkers". As the weather turns warmer more of our resi-

dents are walking around our community. Some of you wear earplugs while listening to music, but I need to caution you that it's difficult to hear if a car comes up behind you when you're engaged in listening to the Beach Boys or Beethoven. You get in synch with the music and sometimes forget where you're walking, I know I do! Please keep to the farthest part of the road and be mindful of each other to avoid any accidents. Your safety is our utmost concern.

Until next month, "May the road rise up to meet you, may the wind be always at your back and may the sun shine warm upon your face".

## Lifestyle Happenings

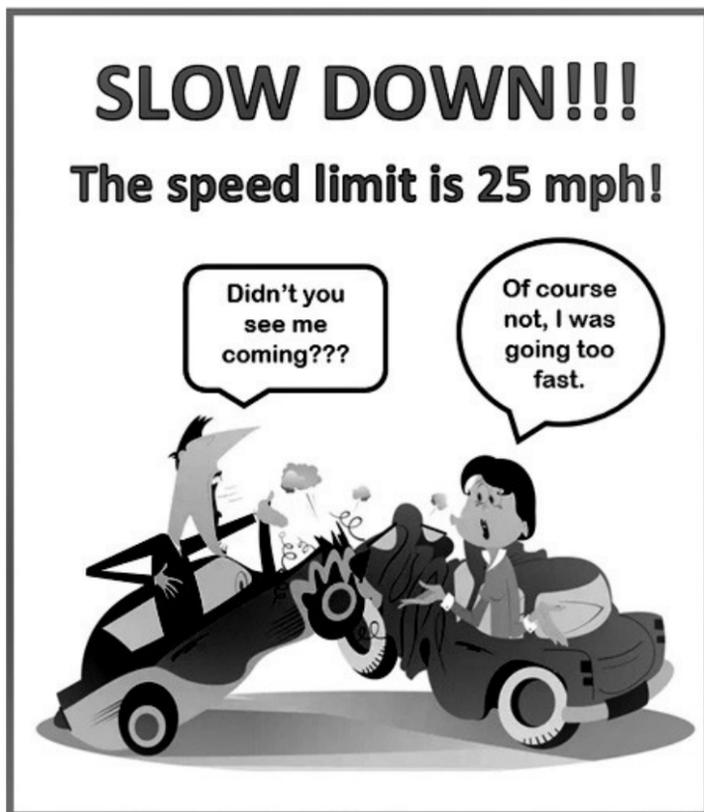
Krystal Graves,  
Lifestyle Director

Can you believe that we are already into the third month of 2023? It happened so quickly and in the Lifestyle Department, we are already booked out with events thru June – but let's not get too far ahead of ourselves!

The February \$5 Dance was so much fun! Everyone was in the spirit and wore their red in support of Heart Health Awareness Month. It goes without saying that you all thoroughly enjoyed Chris, our DJ, because the dance floor was packed from beginning to end! We will be welcoming Chris back in the summer for our Clearbrook Prom but next up on the agenda is our April \$5 Dance. Get your platforms ready and throw on your favorite bell bottom jumpsuits because this dance is all about Saturday Night Fever! Tickets for the April dance will go on sale on March 22.

Our \$5 dances are our most popular events and tickets sell very fast so be ready by 9:30A when sales begin!

Other events going on sale this month are Tara Feeley's Musical Bingo and Zoom: The Musical from our Stage Production club here at Clearbrook. Bingo will go on sale on March 15 with a max amount of 100 attendees. The playlist and games that we play with Tara change monthly, so even if you attended on January 26, this theme will be different. Tickets for Zoom: The Musical will go on sale March 29 and this ticket has an added bonus included – a drink and a snack! We've heard nothing but comical stories about how practice is going for this production so please head out to the Cultural Center on April 29 and 30 and support you community by seeing Zoom: The Musical.



**The Clearbrook Courier**  
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**EMAIL TO: [pescmd@aol.com](mailto:pescmd@aol.com)**

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### BOARDS OF DIRECTORS OF CONDOMINIUM ASSOCIATIONS

Listed below are the dates and times of the annual meetings, the length of the terms of office that are up for election, and the individuals whose terms are expiring.

CONDO ASSOC	DATE, PLACE TIME	LENGTH OF TERMS TO BE FILLED	DIRECTORS WHOSE TERMS ARE EXPIRING
1	May 9, 2023 Lounge B 7:00-8:00 P.M.	3 3-year terms	Jim Barre Maria Pontoriero Gilberto Santiago
2	May 9, 2023 Ballroom 7:00 P.M.	3 3-year terms 1 1-year Alt. Dir.	Frances Blum Bobby Jones Phyllis Schuster Barbara Turner
3	May 18, 2023 Lounge B 2:30 P.M.	3 3-year terms 1 2-year term 1 1-year term	Janet Kovacs Lynn Leavitt Vacancies (3)
4	May 25, 2023 Lounge A 7:00 P.M.	3 3-year terms	Marion Bush Liz Coulston Vacancy
5	May 15, 2023 Lounge B 6:30 P.M.	3 3-year terms 1 2-year term 1 1-year term	Anne Martucci Wayne Mueller Vacancies (3)
6	May 15, 2023 MPR 7:00 P.M.	3 3-year terms 2 2-year terms 1 1-year term	Howard Birdsall Dominick Iadicicco Elyse McGuire Laurie Reyes Lisa Gessert Vacancy
7	May 8, 2023 Lounge B 7:00 P.M.	2 3-year terms	Scott Bennett Eric Vecchione
8	May 10, 2023 Lounge B 7:00 P.M.	3 3-year terms 1 1-year term	Eileen Ayala Felipe Diaz Pat Esposito Bill Gould
9	May 18, 2023 Lounge B 7:00 P.M.	1 3-year term 2 1-year terms	Angelo Gibaldi Lucy Carlucci Pamela Frank
10	May 17, 2023 Lounge B 7:00 P.M.	3 3-year terms 1 1-year term	Steve Chaitowitz Gary Levine Denise Trojanowski Barbara Kist
11	May 16, 2023 Multipurpose Room 7:00 P.M.	3 3-year terms	John Price Julia Leonard David Silverthorn
12	May 8, 2023 Ballroom 7:00 P.M.	2 3-year terms	Margaret Dickow Naomi Lefkowitz
14	May 8, 2023 Lounge A 6:00 P.M.	3 3-year terms 1 2-year term	Vincent DiNiso Eileen Freilich Lee Wargo Vacancy
15	May 11, 2023 Lounge A 7:00 P.M.	2 3-year terms	Sandra Stark Daniel Wasilko
16	May 16, 2023 Lounge A&B 6:00 P.M.	3 3-year terms	Chris Perdoni Thomas Riley Thomas Tompkins
17	May 18, 2023 Cultural Center 7:00 P.M.	3 3-year terms 1 2-year term	Peter Abate Holly Ives Robert Scheid Patricia Czerwinski
18A	May 25, 2023 Cultural Center 7:00 P.M.	3 3-year terms 1 2-year term	Stan Brim Josh Jacobs Joe Manzo Sharon Monchinski
18B	May 16, 2023 Cultural Center 6:00 P.M.	3 3-year terms	Ed Swartz Anthony Yodice Gene Zonis

### VOC

(Continued from page 2)  
Resident Login, and enter your ID and password. Then click Play on the video that displays to stream Channel 26 directly from the web. (If you don't have an ID or password, call the Clearbrook Administration office at 609 655-2706.)

In the Clubhouse: View the TV next to Activities. It plays Channel 26 exclusively and continuously.

Want to know ahead of time which shows to watch? Refer to the bi-weekly schedule posted on the Clubhouse Activities bulletin board, the Channel 26 TV bulletin board "scroll," the Clearbrook resident's Facebook page, outside the TV studio room in the Clubhouse, or the Clearbrook-nj.com website (under VOC -> Morning Broadcast Schedule).

**Lights, camera, action, come volunteer!** Experience is optional. We will teach you what you need to know.

### Did You Know?

- Tax Inheritance Seminar – March 1
- Introductory Evening Yoga – March 2
- Club Fair – March 6
- Covid Clinic – March 9
- Game Show Night – March 9
- Wine Glass Painting Class – March 10 & 28
- Project Healthy Bones begins March 14
- Movie: The Quiet Man March 15 at 1P and 18 at 7P
- Introductory Chair Aerobics – March 16th
- Saint Peters – Joint & Arthritis Seminar – March 23
- Mix & Mingle, singles mixer – March 25

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## Nurse's Notes

By Marge Drozd MSN, RN, ACNS-BC, FNP-BC, CSN-NJ  
 Director, Community Health Services, Saint Peter's University Hospital

### Every Body Is Different: Pay Attention to Your Personal Nutritional Needs

National Nutrition Month celebrated and sponsored in March by the Academy of Nutrition and Dietetics focus on the importance of making informed food choices and developing healthy eating habits. In fact, the theme of this year's monthly celebration is "Fuel Your Future."

This helps seniors recognize that food is the body's fuel. If you want a machine (your body) to work well, you need to supply it with the proper fuel (nutritional foods).

It's not unusual to focus on the foods you love to eat – even though they might not be the healthiest choices – but good nutrition is especially important for seniors.

People need varying

amounts of certain nutrients as they age. Many seniors take medications, which can change the way their bodies absorb nutrients, as well.

Did you know that the food choices you make could have a direct impact on how you feel? After all, the old cliché, "You are what you eat" rings true, according to doctors.

Making decisions to choose foods wisely, rather than mindlessly for example: snacking or routinely eating meals that are high in fat, sugar, salt, and calories can help you look good and feel good – no matter your age!

National Nutrition Month is a great time for seniors to learn healthier habits when it comes to making food choices, as well as the timing of meals and snacks and the importance, as always, of

drinking plenty of water.

According to the U.S. Department of Health and Human Services (HHS), seniors who focus on eating a balanced diet, based on nutritional guidelines, can go a long way to preventing chronic diseases including cancer, heart disease and diabetes. Further, good nutrition keeps bones strong and helps seniors prevent, or manage, conditions that affect muscles and bones including osteoporosis.

But wait, there's more! Following a healthy diet rich in beneficial nutrients and low in salt, sugar, and fat, can also improve mental and emotional health.

The bottom line is that it's never too late to focus on good nutrition. "The good news is that our senior population can mitigate some health risks by eating nutrient-dense foods and maintaining an active lifestyle," the HHS said.

So, whether you are a foodie who loves to always find new restaurants or recipes to try, or you view food as fuel to keep your body healthy and strong, keeping an eye on nutrition is important at any age.

In addition to the benefits mentioned, making sure you are consuming healthy foods can help keep cholesterol in check, protect the heart and improve memory and brain function.

Every *body* is different. During your annual physical, don't forget to ask your doctor how certain foods may affect you. Your primary care physician is in the best position to determine your personal nutritional needs based on your vital signs and routine blood work.

### Here Are Some Nutrition Do's and Don'ts for Seniors

**DO keep yourself hydrated.** Drinking enough water every day is essential to a healthy diet. Plus, good old H<sub>2</sub>O has some side benefits, too. Staying hydrated helps keep your joints lubricated so you aren't slowed down by aches and pains. Also, when it's hot outside, drinking water helps to keep your body at a healthy temperature. (Water also helps with constipation!)

**DON'T snack mindlessly.** It's very easy to sit down in front of the television with a bag of chips or a box of cookies. Next thing you know, you've eaten many more portions than you should. Check package serving sizes and do your best to mind them if you are going to snack. Or a better option is to pop a big bowl of popcorn and munch away 'til your heart's content!

**DO think about your food choices.** This includes meals and snacks! Focus on whole grains, fish and other healthy protein choices, ber-

(Continued on page 5)



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## Nurse's Notes

(Continued from page 4)

ries and nuts and seeds. All these choices are recommended by nutritionists as part of a healthy diet.

**DON'T skip meals.** You might think that skipping meals will lead to weight loss. Or that skipping lunch will allow you to eat a more generous portion at dinner. The body doesn't work that way! In addition to forcing yourself to be hungry, you are causing your body to run without the necessary fuel it needs to function properly. Skipping meals lowers the body's metabolism and can actually cause you to gain weight. Plus, you will likely spend the day feeling tired and sluggish and the evening feeling bloated and uncomfortable because of your big dinner.

**DO indulge sometimes.** Hey, why not? You only live once! But if you want to live a long healthy life, avoid over-indulging. If you love chocolate or fried foods, enjoying these items occasionally is not likely to harm you. However, when twice a week turns into nightly, that favorite treat may not treat your body so favorably!

**DON'T hesitate to alter a recipe to reduce or omit unhealthy ingredients.** Salt, for example, can adversely impact your blood pressure. You can also ask a restaurant server if it's possible to order your meal without extra butter or other seasonings that can turn an otherwise healthy choice into a calorie conundrum! An example might be asking for salad dressing on the side so you can use the amount you would like as opposed to being served a salad swimming in dressing.

**DO eat smaller meals throughout the day.** When you eat small amounts throughout the day, you'll enjoy both emotional and physical benefits. First, when you feel satisfied (and not hungry!) you'll enjoy the other activities of your day far more than when you are focused on your next meal. Second, small meals throughout the day – perhaps a cup of yogurt, some almonds or some cheese and crackers – can keep your blood sugar regulated and provide the nutrients your body needs consistently.

And, for good measure, here is one more "Don't" – but it's a positive tip!

**DON'T forget that it's never too late to try new foods.** Unless you have an allergy or a particular food doesn't agree with you, we encourage you to make a commitment to regularly taste new dishes. In fact, since our sense of smell and taste changes through the years, it may be time to try a fruit or vegetable you haven't previously enjoyed. You might just be surprised to find that you have a new food to add to your menu.

# Clubs and Groups

## The Boomers Club

By Frank Casey and Steve Rudin

That feeling of spring is in the air, and we have the fever. Nope, it's not that kind of fever. Our thoughts are on the fun times ahead as we prepare to setup our lawn furniture, plant flowers and party with our friend at the next Boomers event.

Our next Open Members' Meeting is scheduled for Friday, March 24 at 7 pm in the Clubhouse Ballroom. Doors open at 6:30 pm. This meeting is open to all Clearbrook residents who would like to visit with us. We'll be accepting new members' applications, collecting membership dues for the 2023 season, and selling 50-50s at the door. Our membership dues are still just \$10 pp annually. At the conclusion of this meeting, we will be selling

tickets for our 50-50 Derby Event.

The Boomers will be hosting a 50-50 Derby Event on Saturday April 15 at 7pm in the Cultural Center. This event is open to all Clearbrook residents and guests. The doors open at 6:30 pm. DJ Mike will be back to serve up his blend of 50's 60's 70's and 80's music for your dancing pleasure. We'll be serving up an assortment of sub sandwiches, chips, macaroni salad, dessert and coffee. This is a BYOB (no hard liquor) event. Tickets for this event are \$15 pp members and \$20 pp for non-members and guests. A resident ID and a list of the names you're getting tickets for will be required at the time of your tickets purchase. Additional ticket sale dates will be posted on our website. Our members will receive that info via email.

(Continued on page 6)

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## Boomers Club

(Continued from page 5)  
 Please visit our website, [www.boomersofclearbrook.com](http://www.boomersofclearbrook.com) for upcoming event.

For additional information about joining the Boomers Club, please contact our President, Frank Casey, at [fcasey69@hotmail.com](mailto:fcasey69@hotmail.com) or our Vice President Steve Rudin at [srud58@outlook.com](mailto:srud58@outlook.com)

## Clearbrook Computer Group

By Hal Wexler

Artificial Intelligence, (AI) appears to be the latest disruptive input to overwhelm the technology world. The company OpenAI has provided a new program called ChatGPT that is the source of a new branch of technology. GPT is an acronym for “generative pre-trained transformer,” meaning it’s a software model that is trained to follow thought and language patterns like a human does. The chat part means that it

then talks to humans in a natural-sounding way. ChatGPT has been trained on massive amounts of internet data starting in 2011 as well as the English language version of Wikipedia. Since ChatGPT uses just the content that it has learned from training, and it knows how to make its ‘chat’ sound like it knows what it’s talking about it can also provide incorrect, misleading or even toxic information.

The rise of ChatGPT also puts pressure on Google’s search engine. ChatGPT has shown it’s adept at answering questions on a variety of topics, although the accuracy can vary. In addition, it can write essays, fix computer code, and spruce up resumes, cover letters, and marketing pitches. As a result, the program is sparking questions over whether ChatGPT and future AI programs will not only replace Google, but also supplant white-collar work. Some schools and teachers are already blocking ChatGPT to prevent cheating.

Adoption of AI programs is only expected to grow. Microsoft unveiled a new Bing search engine that’s been integrated with ChatGPT to enhance the entire experience. Meanwhile, Google has rolled out its competing chatbot, Bard. AI work done by Google on a program

called LaMDA (Language Model for Dialogue Applications) was a forerunner to Bard. Microsoft was among the early investors in OpenAI putting up one billion dollars. Just recently Microsoft agreed to invest an additional ten billion dollars in that company. These large sums are required to support huge amounts of computing power to absorb and process all the data used for training these programs.

ChatGPT is free to use by registering with OpenAI. However, there is a paid version for 20 dollars per month called ChatGPT Plus. This gives uninterrupted access bypassing all the free users even during peak usage time. Paid users will also get priority access to new features and improvements.

## Italian American Club

By Medele De Filippo

Ciao amici. Spero che state bene. Hi everyone! I hope you are well.

Well, with no February meeting to report on, it gives me pleasure to mention the soon-to-be arrival of the spring season and Daylight Saving Time, both of which are always welcomed. The thought of spring planting enters our mind and promises to keep us busy in the



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### Princeton

Westin  
 201 Village Blvd  
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 10:00am | 2:00pm | 7:00pm

You may register by calling our office at (732) 238-6000 or online at [www.levinefurman.com/seminars](http://www.levinefurman.com/seminars).

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

## New Horizon Club

Membership in New Horizons is \$15 annually. To join contact Hedy Swartz (609)409-1632 or Sue Brim (609) 664-2655

**March 2: Nomad Land 1 p.m. in the Cultural Center** Movie speaks volumes without explicitly saying too much. Film synopsis: A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling, modern-day nomad. The movie received a number of awards and grossed \$39 million worldwide.

New Horizons will be showing more movies of social significance in the future. Events planned will be in the Clearbrook Courier and emailed to members.

### March 3 and April 5 – Book Club:

The New Horizons Book Club meets the first Wednesday of the month. March’s book is The Assignment by Lisa Wiemer. April’s book is THE MOTHER-IN-LAW by Sally Hepworth. She is the author of THE GOOD SISTER which was reviewed a few months ago. Call Lois Goodrich (609)409-8465 or Anita Hyman (609) 409-6775 for further details.

**MARCH 16:** Please join us for our second annual Card & Game Party! It’s a fundraising activity to support a local charity.

### New Horizon’s Card & Game Party

**Thursday, March 16, 2023, 12-4 p.m., Cultural Center**

Members and non-members welcome! Mahjong and card groups will each have their own card table. All Scrabble, Rummikub, Dominoes, etc., players are welcome! Please bring your own games and cards, as New Horizons cannot supply them.

Enjoy a delicious bag lunch! Catered by Livotis, includes hot and cold beverages, chips, and dessert. \$24 per person, payable to CCA.

Boutique vendors and an extraordinary Book Corner! Please donate used books to be sold at the card party. Either drop books off at Ida Conde’s home, 118A Ironwood Plaza, (201) 786-3785 or bring them to the card party. Please join us for fun and friendship!

### Card Party Bag Lunch Selections

- Grilled vegetable sandwich, turkey sandwich, grilled chicken sandwich or tuna salad sandwich.

If you did not receive the registration form for the Card Party event, please list the following with your payment:

NAME \_\_\_\_\_  
 FOOD CHOICE \_\_\_\_\_  
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Checks and forms should be dropped off or mailed by March 6 to:

Marlene Metrick, 443A Dahlia Plaza, (609) 655-2932  
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 For questions, please contact Marlene.



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**IA Club**

months ahead. This month we will see a lot of wearin' of the green as St. Patrick's Day is celebrated.

As reported, our first meeting of the year is scheduled for **Tuesday evening, March 28, at 7:30 p.m.** and will be held in the Clubhouse Ballroom instead of the usual Cultural Center. Please make a note of this. We look forward to seeing your smiling faces once again.

**Trips:** Monday, March 13, to the Resorts Casino in Atlantic City. Please call A/C Trip Coordinator, JoAnn Rago (609-655-4482) if you wish to join us for the day. You are always welcome and so are your friends. And you might have "Slots of Fun."

**Interested in Joining?** We always welcome new members, and if you are interested in joining, please call Vice President Marie Schiumo (609-409-9931). Everyone in Clearbrook is invited to join.

**Happy Birthday wishes in March (birthstone: Aquamarine) (flower: Jonquil) to:** Marilyn Bachman, John Colgate, Marie Curto, Patricia Czerwinski, Rich Davis, Joan DiSilvestro, Marian Fenimore, Con Fet-sko, Angelo Gibaldi, Paul Henry, Phyllis Michalski, Stephanie Molinelli, Anne Petekiewitz, AnnMarie Petriello, Anne Plutzer, Ro-

seann Reese, Marie Schiumo

**Happy Anniversary wishes in March to:** Joan and Dan Sarlo. Congratulations to all of you who celebrate in the month of March. Enjoy your day.

Before signing off, let me leave you with this: 1. I actually saw a leprechaun once. After enough green beer, you see all kinds of stuff. 2. Gallagher opened the morning newspaper and was dumbfounded to read his name in the obituary column. He quickly phoned his best friend, Finney. "Did you see the paper?" asked Gallagher. "They say I died." "Yes, I saw it," replied Finney. "So exactly which place are ye callin' from?"

Happy St. Patrick's Day!  
*Arrivederci, buona salute a tutti. So long and good health to everyone.*

**The Democratic Club**

*By Patricia Schwalje*

It is March already, and Clearbrook Democratic Club wishes all residents "Slainte" Irish meaning health. At our February meeting Democrats were pleased to honor our members with a "We Love our Members" buffet. The Democratic Club also had a display of famous New Jersey African American's in honor of Black History Month. Chief among them

*(Continued on page 8)*

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State and local representatives, including State Senator Linda Greenstein, appeared at a recent Clearbrook Democratic Club meeting.  
**Photo by Ed Hornicher**

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**Democratic Club**

(Continued from page 7)

our State Senator, Cory Booker, but also Ruben Carter, Count Basie, Dionne Warwick, Queen Latifah, and Paul Robeson, among other notables.

We were also feeling the love from a host of Democratic officials who spoke about the accomplishments of New Jersey State, County and Local governments. State Senator Linda Greenstein is running for reelection this year. She Chairs the Law and Public Safety Com-

mittee, and serves on the Environment and Energy Committee, as well as the committees of Public Schools, and Budget and Appropriations. Recently our Democratic State government introduced a bill to provide incentives for businesses to use low carbon concrete in their projects. State Assemblyman, Wayne DeAngelo also spoke. Wayne is up for reelection in 2023. He chairs the Telecommunications and Utilities Committee and also serves on the Military and Veterans Affairs Committee and Ap-

propriations Committee. Wayne spoke about New Jersey's efforts to use the Federal funding in maintaining the safety and function of our New Jersey electrical grids.

County Commissioner, Leslie Koppel, Monroe's own resident, is running for reelection to the County Board of Commissioners in 2023. She spoke about her pride in being a life-long Monroe resident, and a graduate of Monroe High School. She also encouraged residents to participate in the Freight Survey

(Continued on page 9)

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**Democratic Club**

*(Continued from page 8)*

which can be found on the Middlesex County website. Please check out the survey and get your suggestions and opinions in regarding the truck traffic on our roads.

Monroe Council members, Miriam Cohen, and Terry Van Dzura spoke about the Democrat initiatives in Monroe. Keeping Monroe's tax rate stable is a continued focus of Mayor Dalina, and the Democrat members of our township council. Councilman Van Dzura spoke about the property tax relief Anchor program. This program directly helps the middle class, and he encouraged everyone to apply. Terry spoke about the Freight Study Survey, and the focus on ensuring Monroe's police officers receive up-to-date training. The Mayor has initiated a Wellness Initiative and a "Safe Haven" program, encouraging the business community's participation to provide "safe haven" to any resident who feels threatened.

We will continue to provide our readers with exciting 2023 election news. The next meeting of the Clearbrook Democratic Club will be Monday, March 13 at 7 p.m. in Lounge A, and we encourage our members to wear something green.

**Fiber Arts Club**

*By Chris Brenner*

We hope everyone is planning to attend the Club Fair on March 6. It's from 4-8 p.m. We are looking forward to displaying a table full of amazing projects created by our talented members! Be sure to attend.

March will be the hope of spring to come, we hope!

Happy St. Patrick's Day to everyone! Time to wear "the green".

If you would like to join our group just come to the Ceramics Room any Monday from 1 to 3 p.m. Any questions, call Chris at 609-395-6825 (answering machine).

**Billiards**

**"Rack 'Em Up"**



*By Pat Castrucci*

Another month has gone by – still cold – waiting for our first snow! Beware the ices of March - as all Pisces know.

While it's still cold outside, the Billiard Hall is still warm and cozy. If you haven't yet, come join us to meet your neighbors and enjoy the commonality of their new experience playing pool with us.

The Billiard room has been refreshed – and new changes are still on the horizon. The current changes make for a comfy atmosphere to enjoy old and new friendships while playing pool.

A little reminder for our members: yearly dues of \$10 will be collected at our next meeting which will be held, March 1 at 7 pm, Clubhouse Lounge A. Our meetings are always held on the first Wednesday of every month. To pay dues, please make a check out to the CCA and note on bottom line - Billiard Club Dues.

We are looking forward to challenging new tournaments. It will make tournaments even more interesting if we are able to get some volunteers who are established players so that we can challenge those who participate. This would make the tournaments even more interesting. Please let us know if you are interested by con-

tacting Paul Barbash

The Billiard Club still supports the Food Bank. Your generosity is appreciated and goes a long way. Keep it up. Whatever you can give is always welcome!

**Little Bit of Trivia**

What are the health benefits of playing pool  
You'll Burn Calories. ...  
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- Improves Critical Thinking Skills. ...
- Billiards slows aging in men What! (and women too
- Improves stretching, balancing power. ...
- Sharpens your mind. ...
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- ✓ Muscle weakness
- ✓ Sensitivity to touch



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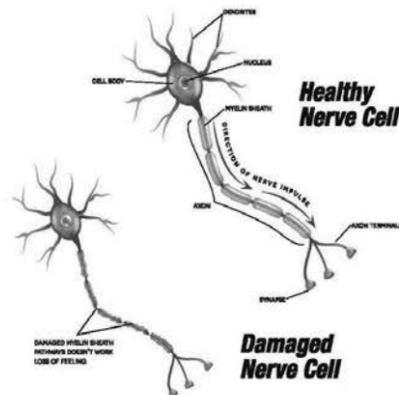
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

**HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?**

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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## Christian Fellowship

By: **Brenda A. Carpio**

Hello neighbors: First of all, we want to remind you that we meet on the third Friday of every month at 1 p.m. in the Clubhouse - Lounge A & B. (July and August we take a summer break.) All Clearbrook residents are welcome. Join us for fun, fellowship, music, and guest speakers. Please do not come alone...Invite a friend. Bring your own sandwich or salad. Beverage and cookies will be served. In order that we can be sure we have a seat for you at the table, please call 609-235-9950. Leave a message and we will be sure to get back to you asap.

Yes, it is March, but I don't think we have had winter yet. Bite my tongue. With the March winds coming, it would not surprise me if we had a snowstorm on the first day of spring that falls on March 20. Daylight Saving Time begins on Sunday, March 12 at 2 a.m.

March 17 is, of course, St. Patrick's Day. Let us not forget what a great man of God he was, a believer and follower of Christ. Patrick was from a British family at the time when the Roman Em-

pire ruled over Britain. His father was a man of great wealth. Patrick was kidnapped from his home at the age of 16 and suffered six years of brutal captivity in Ireland. During this time, he developed a passion to bring Christianity to the people of Ireland. His prayer was that they would turn their hearts over to the Lord and serve Him. At the age of 18, he escaped and much to the objections of his family, Patrick returned to Ireland to preach the gospel of love and hope to the people who had been his enemies. Patrick never wore green but actually used the shamrock as a metaphor for the Trinity (Father, Son and Holy Spirit). Very few of Patrick's writings have been found but this one tells us of his desire to draw close to God all the days of his life.

*"Christ with me, Christ before me,  
Christ behind me, Christ in me,  
Christ below me, Christ above me."*

*Christ to the right of me,  
Christ to the left of me.  
Christ where I lie, Christ where I sit,  
Christ where I stand."*

May the words of Psalm 23:6 surround you today: "Surely your goodness and love, O God, will follow me all the days of my life and I will dwell in the house of the Lord forever".

We hope to see you at our next meeting on Friday, March 16 at 1 p.m.

### *In Loving Memory*

A Memorial Service will be held for our dear friend and neighbor Margaret Roberts. The memorial will be held on Saturday, March 18 in the Clearbrook Cultural Center.

For those who would like to attend, the service will be starting at 1 p.m. The service is provided and attended by Tracy and Taylor Walker, daughter and granddaughter. They will be available until 5 p.m.

## The Friends of the Monroe Library Celebrate Women's History Month

The Friends of the Monroe Township Library will celebrate Women's History Month on Friday, March 24, 2023 at 2:00 p.m. with a very special performance of Civil War Spies: Elizabeth Van Lew.

Alisa Dupuy of The Ladies of History Historical Productions will present a live portrayal of Civil War spy Elizabeth Van Lew.

Elizabeth Van Lew was an American abolitionist and philanthropist who built and operated an extensive spy ring for the Union Army during the American Civil War.

Registration for the program is required, and is available online through the Library Event Calendar or by calling 732-521-5000.

The Friends is a non-profit organization whose mission is to foster community awareness of the Monroe

Township Public Library's resources, programs and services, and to support the library with membership dues and fundraising activities.

The Friends sponsors such activities as museum passes, the American Girl Doll lending program, mobile hot spots, book sales, puzzle swaps, free wireless printing, college scholarships, lectures and book discussions, and youth programs. Contact the Friends via email at [friends@monroetwplibrary.org](mailto:friends@monroetwplibrary.org)

### Cultural Arts Commission Announces March Concert

Please join us as the Princeton Symphony Orchestra presents Cellist Kimberly Patterson and Guitarist Patrick Sutton for an hour of superb music showcasing their onstage chemistry and unique sound.

Praised by *The Strad* magazine for their "wit and imagination", the trailblazing Patterson/Sutton Duo continues to be in demand as they bring the rich cello and guitar repertoire to audiences around the world. The Patterson/Sutton Duo was featured at the 2016 Guitar Foundation of America Convention and have an ongoing relationship with The Juilliard School as Juilliard Global Visiting Artists. The Duo has been featured on Performance Today/American Public Media, Radio New Zealand, Fine Music Radio South Africa, among many others.

The program will be offered on Tuesday, March 28 at 1 p.m. in the Library Meeting Room. The concert is free, advance registration is not needed, but seating is limited. Please join your neighbors for this upcoming presentation.

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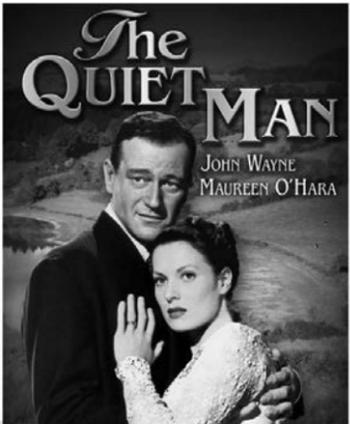
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# March — Lifestyle Events and more ...

**Krystal Graves , Lifestyle Director • Susan Schovanec, Lifestyle Assistant**  
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 All events are subject to change.

MARCH MOVIE—Clubhouse Ballroom  
 15th—1P  
 18th—7P  
 \*no reservation required\*



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 MAUREEN O'HARA

A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union.

## MIX & MINGLE

This event is for our Clearbrook **SINGLES**. If you are interested in meeting other singles or making new single friends within the community, please join us on March 25th. There will be music, dancing and lots of mingling!

DATE: MARCH 25th  
 LOCATION: Clubhouse Ballroom  
 TIME: 6-10P \* Cost: \$5  
 BYOB—light refreshments will be served.  
 \*registration begins February 27th\*

### Sip & Sign Party

Paint a wooden signs of your choosing while sipping your favorite BYO beverage all night long. Grab a friend and meet us in Lounge B!

Date: April 7th  
 Time: 7P  
 Location: Lounge B  
 Cost: \$10 per person  
 \*limited to 30\*

Registration begins on March 1st



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## Music Bingo

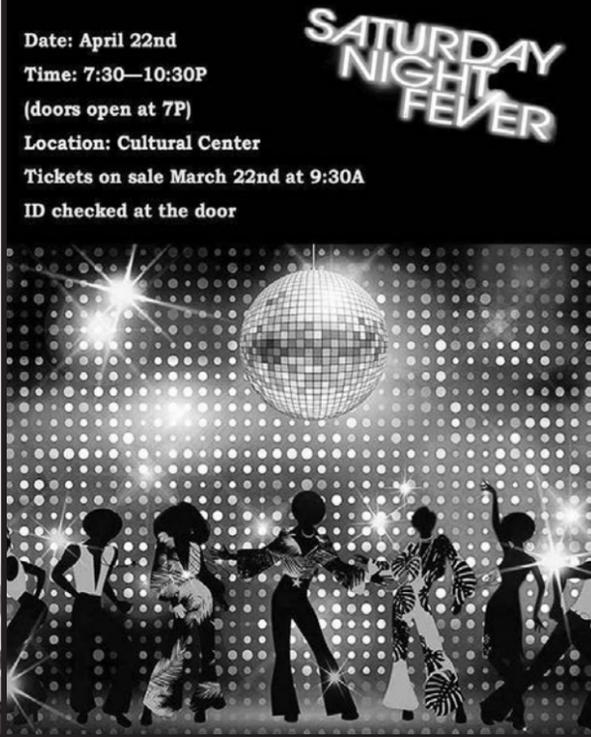
Tara Feeley is back for Springtime Musical Bingo! Meet us in the Clubhouse Ballroom for a night of music, dancing and prizes!

Date: April 13th  
 Location: Clubhouse Ballroom  
 Time: 7P \* Doors open at 6:30P  
 Cost: \$5 per person —one guest per resident  
 Tickets on sale March 15th  
 BYOB—no hard alcohol \* ID checked at the door



**"You should be dancing!" At the \$5 Saturday Night Fever Dance! Grab your bell bottoms and platforms and meet us on the dance floor! One guest per resident. Tickets are non-refundable & non-transferable. BYOB—no hard alcohol.**

Date: April 22nd  
 Time: 7:30—10:30P  
 (doors open at 7P)  
 Location: Cultural Center  
 Tickets on sale March 22nd at 9:30A  
 ID checked at the door



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**\$14** Includes your ticket, water, and a snack

### CCA Open Board Meetings for 2023

All Open Board Meetings are at 700 p.m.

Wednesday, March 29	Clubhouse Ballroom
Wednesday, April 26	Clubhouse Ballroom
Wednesday, May 24	Clubhouse Ballroom
Wednesday, June 28	Clubhouse Ballroom
Wednesday, July 26	Clubhouse Ballroom
Monday, August 7	Annual Meeting
	(Election Day)
Wednesday, August 23	Clubhouse Ballroom
Wednesday, September 27	Clubhouse Ballroom
Wednesday, October 25	Clubhouse Ballroom
Wednesday, November 15	Clubhouse Ballroom
No Meeting in December	

Work Sessions take place the second Tuesday of the month. All meetings are subject to cancellation.

### Clearbrook Grocery Bus

The grocery bus runs on Thursdays. Pickups start at 9:30 am and go throughout the community. To reserve your seat, you must call the Activities Department. **NO LATER THAN 2pm the day prior** to the day you want to go. **609-655-5760**

Please look for eblasts regarding activities the Activities Department is putting on. Also, Channel 26 and the Clearbrook Website continue to be a great resource for information to keep you up to date.

### Community Information

Health Care Center Open 24 Hours, 7 days a week

### Phone Numbers To Know

Administration	9 a.m. - 5 p.m.	655-2706
Lifestyle Dept.	9 a.m. - 5 p.m.	655-5760
Health Care Center	24 Hours	655-5888
Maintenance	8 a.m. - 4:30 p.m.	655-5890
Main Gate	24 Hours	655-5891

# Section News

## Charlotte F. Casey, GRI, SRES

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## Section 1

*By Marianne Gallagher*

As I write this, I'm hoping we are still on the snowless path we've enjoyed so far this year. As much as I love to look at the snow, I have to acknowledge that the enjoyment doesn't surpass all the headaches! As always, check your garage doors BEFORE any expected snow to ensure that any plow damage can be addressed in a timely manner. Spring is coming very soon and with it, lots of projects. We are planning on painting, replacing a few troublesome roofs, new asphalt, concrete, some tree removal and area restorations, vinyl siding, water shut-off repairs, electric panel replacements, and more. I will keep everyone posted, especially when the work could cause issues.

If you have not already done so, PLEASE return your census forms to the office. The form was included in the election mailing that went out recently. These are very important to maintain our status as a 55 & older community.

A word (or two) about social media: Many of us use and enjoy utilizing these platforms. They provide social connections, information, and funny memes. What they DON'T provide is condominium protocol. If you are concerned about a Section matter and have not received satisfaction from the Board, you do have recourse. We make mistakes, have sometimes incorrect information, and we attempt to satisfy everyone. Remember, we are volunteers, with little to no experience dealing with the many challenges in a condominium community. I, for example, have significant experience with autism... a subject that does not come up often in the condominium community. We are constantly learning, researching, and asking more experienced Board members for information and advice. We do our level best, but we are not infallible. Many of us still work and have limited time available for what seems to be a full-time commitment to the Section. If you have a problem with me, or any Board member, or a decision we have made, it is important that you come to US. And if you are still not satisfied, the office can often help. Rarely is arbitration required, but it is an available option. Posting about my (or our) incompetence is not only mean-spirited, but is also pointless, as it doesn't solve the problem and often creates more problems. In my career working with autistic individuals, I had extremely limited access to issues regarding streets, roofs, external water shut off valves, etc. What I DO know, I learned here. Try to be patient, open-minded, and rea-

sonable with us... we are MUCH nicer when we are treated with common courtesy. Now I'll get off my high horse.

Elections are coming up. If you feel inclined to become active in your community, this is the time to step up. We can take two alternate directors which is a great way to learn – these positions are for only one year, and many of us started out this way. You received a mailing recently which included a nomination form. ANYONE who is an owner in good standing can join the Board – experience is not necessary, only a desire to learn about and serve your neighborhood. It can be, and for me has been very fulfilling. We have a wonderful, hard-working team and truly welcome any help! Keep in mind, you can use the nomination form to nominate yourself too!

## Section 2

*By Barbara J. Turner*

March already! Although the months seem to be flying by, it is still winter and therefore a strong probability for snow. Please be reminded that you are responsible for the clearance of snow or ice below a height of 2 inches. Ice melt is available at the Clubhouse and the Cultural Center parking lots in white bins; however, you must bring your own containers for transport. If snow accumulates over 2 inches, it will be removed in accordance with Clearbrook's Snow Clearance Procedures which were printed in the February 2023 edition of the Clearbrook Courier and can also be found on the Clearbrook website.

Our highly anticipated "Winterfest Snowflake Gathering" was held on Sunday, January 22. It was an outstanding event! The majority of our residents were in attendance and everyone that came out truly enjoyed an afternoon spending time with their current neighbors as well as meeting new residents. There was great music and an abundance of food and desserts. Thank you to all who were able to attend and to everyone who had a hand in helping to prepare for this event. We would be remiss if we did not give a special shout out to Mary Jones. Her coordination skills and exceptional cooking skills played a huge part in the success of this event.

We would like to welcome our newest residents Michael and Randi Bell who joined us in January 2023. Unfortunately, we regret to inform you of the loss of two residents, Antonia Aldrich of Rhus Plz and Slawomir Ada Pronie Wski of Essex Road, both of whom passed in January.

We will continue to be ac-

tively seeking anyone who would like to dedicate their time and talent to consider being a candidate for a seat on the Board. Elections will be held in May. As of this writing, all unit owners should have received "a call for candidates" in the mail. You can either nominate yourself or someone else you feel would make a good candidate. It must also be noted that you do not have to be a Board member to be an active member of the Section.

The Board would also like to report that roof replacement has started and that Miraglia Contractors, Inc. has been contracted to handle our roofing project. Three roofs have been replaced and all remaining roof replacements will be made in accordance with the recommendations of the contractor. We ask for your patience as this will be an ongoing project and will take some time to complete.

Daylight Saving Time begins on Sunday, March 12. Be sure to set your clocks ahead by one hour. I'm sure we are all looking forward to a little more daylight!

The next Section 2 Open Board Meeting will be held at the Clubhouse on March 21 at 7 p.m. in the Multipurpose Room. The Board is anticipating an uptick in attendance at this, and future meetings. Refreshments will be served. The information shared at these meetings is vital to all residents. Hope to see you there!

*It's fine to celebrate success, but more important to heed the lessons of failure. – Bill Gates*

## Section 4

*By Irene Belinsky*

### Living in Clearbrook

I've been living in Clearbrook for 10 years and have never regretted it. Although active condo community living is not for everyone as there are rules we must abide by, I continue to love living here. So, what do I love about living in Clearbrook?

- The quiet – never tire of this as I previously lived in Manhattan, Queens, and Brooklyn. This quiet is very soothing.
- Safety – I feel very safe here, especially living alone, and have never heard of any incidents in the 10 years I've been here.
- Great neighbors – people you can count on to help whenever needed. They are truly remarkable, and I do so appreciate them.
- These neighbors and everyone else in Clearbrook contribute to a sense of community
- I don't have to worry about cutting the lawn or hiring

*(Continued on page 13)*

**Section 4**

*(Continued from page 12)*

- someone to do it. I also don't have to shovel the snow. And yes, we do pay for that, but if you think about it, if you lived in a private home elsewhere you would need to either do it yourself if you were able or hire someone to do it – at a much greater expense than we are paying here.
- Activities – there seems to be something for everyone if you want to get out and do it, from Pickle Ball to Line Dancing.
  - We have a great Lifestyle Department that offers quite a line-up of various entertainments and activities for all of us. Just look at how the \$5 Dances are always sold out. And they keep us informed.
  - A Senior Center is close by that also offers so many different things to do as well as support for health and social concerns.
  - A nursing office should you need it.
  - A governance system with people you can reach out to for issues and concerns as well as an opportunity to participate in the governance of the community as Board Members – your voice counts
  - A monthly newsletter – keeping us up to date on what's going on in our Sections as well as a calendar of events
  - A lovely and peaceful place to walk, bike or run

**Some Notes**

If you ever need to put in a claim with your homeowner's insurance, make sure you call a Certified Public Adjuster FIRST. They will direct you on how to call in the claim to ensure you will get coverage. If you call your agent first, whatever you say on the phone will be taken as gospel regarding your coverage and you may not be able to change it later. For example, if you say, "I think there's a leak in the kitchen", that's what the insurance agent will go with. Whereas a Public Adjuster will talk you through exactly what's going on and may indicate it is something altogether different, such as a faulty faucet.

The Section will be conducting Meet & Greet meetings for new residents every six months or so to give them a chance to meet with our Board of Directors and have an opportunity to ask questions. New residents will be contacted by the Board – we are planning our first meeting at the end of March.

We're happy to announce two new Directors to our Board – Dawn Vega of Crosse Drive will be our ninth Director and Ken Doctors of Vernon Road will be an Alternate Director. Congratulations to both.

By now you have received invitations to our St. Patty's Day Celebration in the Ballroom in the Clubhouse March 19 from 6:30-8 p.m. Irish desserts and Irish cof-

fee and music will add to this social occasion. There is no charge – just a chance to enjoy some great desserts and chat with your neighbors.

**Our Sincere Condolences** go out to the family and friends of Ann M. Royackers of Vernon Road who passed February 2. Ann was a resident of Clearbrook for over 23 years. She will be sorely missed especially by her close neighbors. We also lost long-time resident Unni Wyller of Vernon Road this past month. She is missed by her neighbors and friends. We also offer our deepest condolences to Lynn Nelson who lost her mother, Carolyn Lee, both of Tabor Road.

**Section 8**

**Hampton Village**

*By Liz Strazza  
Vice President*

Welcome to March! Hope you are enjoying the "mild" winter we have been having.

Sometimes we get distracted with "things" going on in our lives that we forget to use some care in our everyday activities. Things you should give some thought to:

**Walking** - Many residents continue to exercise by walking. If you are walking at night, please remember to wear reflective clothing and carry a flashlight. Since it is still dark early evening, it is extremely difficult to see someone walking who is dressed in all dark colors. Before a tragedy happens, PLEASE wear reflective vests or coats and carry a flash light which can be pointed at the ground to alert drivers that you are there.

**Walking the Dog** - Be careful when walking your dog and make sure the dog has a reflective collar. Make sure your pet has a coat to keep it warm. Dogs get cold too. Walking in snow can cause falls or slipping for you and your pet. You never know if there is ice under the snow. Even in the snow you are responsible for picking up after your pet. Residents are starting to use their smart phone cameras for taking pictures of people who don't pick up after their pet. When walking your pet in the dark, bring a flashlight and clothes that will reflect in the dark. Always carry ID with you while walking. Accidents happen, especially when the roads are bad.

**Scams** - As you have heard or read, there are many scams going on, be careful whom you talk to on the phone. Nothing is FREE. If someone calls and said you can get items free through Medicare, don't fall for it. Don't fall for emails or information on your smart phone saying you have a computer virus; "click here to get it removed for a fee." Just turn off the phone or computer and reboot. Don't take surveys on the computer or phone; the person or email may seem like it's coming from a store, etc., but don't be fooled. It's better to be safe than sorry, so leave it

alone. Remember buy what you need, you don't need scammers offering free items. If it sounds too good to be true it probably is!

Please let me know if our "get well" wishes or "condolences" to our Section 8 friends and neighbors need to be sent. You are my eyes and ears!

Remember **spring** is coming... Keep thinking colorful flowers, sitting out doors, it's coming!

Best Wishes to all celebrating birthdays and anniversaries this month.

Keep love in your heart and Celebrate Everything!

**Section 9**

**Kensington Village**

*By Marie Service*

Hi neighbors! I hope all is well with everyone as we wait for an early spring. March is promising to be one busy month here at Clearbrook.

The month starts out with being the First Day of Women's History month. I know we are all waiting patiently for Daylight Saving Time on March 12. I know I am!

Happy St. Patrick's Day on March 17 and happy holiday to our friends who will be celebrating Ramadan on March 22.

Some info our president Paul Handwerk would like to share with everyone follows:

He said they were trying to save the large pine tree at the entrance triangle into our Section by treating it, but had no luck accomplishing that. Therefore, it had to be removed.

They also started our man door replacement project and

*(Continued on page 14)*



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**So, if the time comes when you are interested in selling your home, or having a friend or family member move into our neighborhood, remember I am right here in Clearbrook to help!  
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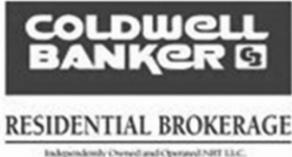
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## Realtor Barbara Spies Resident of Clearbrook!!!

Can you believe it is March already and Spring is right around the corner! We have been lucky so far with the weather and let's hope it stays that way. People are out and about looking for homes in our community and other communities in the area. Before you list your home, give me a call at 908-337-3633 to talk about getting the maximum value for your home. Remember to put Daylight Saving Time on your calendar for Sunday, March 12. Set your clocks one hour ahead and check the batteries in your smoke and carbon monoxide detectors.

**Happy First Day of  
Spring on March 20  
and  
Happy St. Patrick's Day!**



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## Section 9

(Continued from page 13)

ordered six new doors at the end of last year. We were told it would take three months to get and they came in three weeks and have already been installed. Six more doors have been ordered for this year.

As many of you know, our Section is over 40 years old and we are starting to have issues with the meter stacks, which is where the electric meters are installed. One was changed a while back and now we had another one go bad. The power to the unit had to be shut off and we also had to shut the water off so as not to freeze with the very cold weather we were having. This meant the unit owner was displaced for several days. A project to replace the meter stack takes much work to coordinate with the electrician, JCP&L, the township inspectors, and sometimes a plumber with also hoping the parts are available. The board will be looking into changing more of these in the near future so in this way the units will be without power for six to eight hours during the change instead of days.

This writer is very grateful (as I am sure many of you are) that Paul is looking to address this in advance to prevent some of us from having a problem maybe at a very inopportune time.

A pizza party sponsored by Section 9 followed by our open Section meeting is on Thursday, March 23 at 6 in the Clubhouse

Don't forget our ladies luncheon on Tuesday, March 21 at City Streets at 12:30 p.m.

As always, well wishes to those who are celebrating birthdays and anniversaries. And I hope you all enjoy a month of fun and good health.

## Section 10

By Barbara Kist

March has arrived and hopefully spring weather is not far behind. I don't want to jinx it, but we have been lucky with the weather this winter. Don't forget to turn your clocks ahead on March 12. This will be the last time we have to change the clocks. I am glad that we will have more daylight going forward. Happy St. Patrick's Day.

The first Section meeting of 2023 will be on March 27 at 7 pm in the Clubhouse lounge B. Refreshments will be available starting at 6:30. Please try to attend.

If you have an issue that the Section needs to address, call the Section hotline at 609-655-4723.

The 2023 Clearbrook resident census needs to be returned by March 1, 2023, to the Administration office. The Section Annual Meeting will be held on May 17 for the purpose of electing three directors to a three-year term and one director to serve a one-year term. The nomination form has been mailed to

all Section residents. The forms can be submitted via US Mail, email or dropped in the black drop box outside the rear door of the Clubhouse. All nomination forms need to be received no later than March 17, 2023.

I received a letter from Comcast saying they are doing upgrades to the wiring and there can be periods of disruption of services. The letter said they would notify residents when the work is to begin. Hopefully, this upgrade will improve overall services in the community.

As a reminder, the Section will be cleaning all dryer vents this spring. You will be contacted to schedule a date for the cleaning.

If you have anything you want to be discussed in the Section news, please email me at barbkest@comcast.net.

## Section 11

Malden Village

By Rich Kretschmann

Things have been relatively quiet in Malden Village throughout the winter months. Now that spring will soon be upon us, we are ready to resume our Open Board Meetings. The first of these meetings is scheduled for Tuesday, March 21, at 7:30 p.m. in the Clubhouse Lounge B. Open Board Meetings typically last a half hour to forty-five minutes, followed by an opportunity for questions and comments from the unit owners and other residents. We hope to see you there.

Our May meeting is our annual Unit Owner Meeting and Board Director Elections. This meeting will be on Tuesday, May 16 at 7 p.m. in the Clubhouse Multipurpose Room. This is also an important date for your calendar. There will be more about our Annual Meeting in the April Courier.

In February, all Section 11 Unit Owners received a "CALL FOR CANDIDATES" letter. It included a NOMINATION form and a CERTIFICATION form, as well as instructions for completing them. These forms are due to the Administration Office by March 17.

Malden Village has been a well-run section since its founding 40 years ago. This result is thanks to the many unit owners who have stepped up to serve as Malden's board of directors. They all served because they wanted their community to be the best it could be and thought they could help in achieving that goal. Aren't you interested in helping Section 11 to be the best it can be?

Please consider running for a Board position, or encouraging a Malden neighbor you think may be interested in being a candidate. If you have questions about the nominations process and board member responsibilities, please contact our current President, Rich Kretschmann, at 609-655-3575 (voice only) or 609-955-1531 (voice or text).

## Section 12

By Beverly Eskra

Well, it's that time of the year when Section 12 will be doing the annual walk about to determine the needs of our Section. Trees, cement, power washing issues will be addressed. We are also sending out Request for Proposals (RFP's) to roofing contractors to bid on (10) unit roofs in need of replacement. We only have (18) more roofs to do before we start our siding replacement project. So, if you see a few of us walking around outside your unit know that we are looking at things that need to be addressed to keep our Section in tip-top condition.

At our open board meeting on February 6, 2023, there was a discussion on our updated maintenance chart. This updated chart is simply a guideline for the board to determine what the Section is responsible for and what the unit owner is responsible for. You receive this information in your welcome packet when you purchase a condominium unit in Clearbrook. However, a topic ensued regarding sewers. **We, the Section Board are responsible for maintenance of the sewer lines. We are not shifting financial responsibilities to the unit owner in regard to sewers; however, the owner needs to be cautious about what they flush down their toilets.**

As an example, any bulky items like adult diapers, excessive wipes can get trapped in the sewer lines and cause a back-up. If you have a back-up in your toilet you need to contact our maintenance director as soon as the incident occurs for assistance. If you are attached to another unit and the other unit is not affected it may only be in the sewer line to your unit and this needs to be determined by a licensed plumber. The licensed plumber will then determine what is causing the backup. If it is a bulky item or something that was thrown down the toilet due to negligence, then it is the responsibility of the unit owner. If it is determined that its broken sewer lines or tree branches blocking the sewers, then it is the responsibility of the Section. If the backup is affecting all units attached then it is the responsibility of the Section to determine the cause with the licensed plumber. **If you hire a plumber without consulting or being approved of by this board, then the unit owner is liable for any financial responsibility that is incurred.**

Another agenda item addressed at our meeting was, if you own a unit that you are not living in or left vacant for a prolonged period of time, then you must adhere to our by-laws, Article 11:11 pg. 34, which determines the responsibility of the unit owner to maintain their vacant unit. Any problems directed to this unit because of non-compliance will be the responsibility of the owner and not the Section. Please famil-

(Continued on page 15)

## Section 12

(Continued from page 14)

amiliarize yourself with our Section 12 and CCA by-laws and Master Deed. These documents are on the Clearbrook website and the welcome packet for your perusal.

As of this writing, you will have received a ballot in the mail regarding an amendment to adopt (2) more directors to our Section Board. Upon receipt of this ballot, you do not have to return it. All other sections have (9) directors we only have (5). By the addition of (2) more directors, we will be able to work together to get more things accomplished and distribute responsibilities more evenly. If you would like to volunteer, please reach out and let us know. Volunteering is a commitment that requires your time and can be quite rewarding. It takes an individual who is positive, optimistic and fair to their community. There is no monetary reward and the only thing you gain is meeting your neighbors and helping to maintain the integrity of our community. You will also learn to understand that authority comes from the entire board not a board member. We need volunteers. We need your help! If we do not have a full functioning board that works together, we will be forced to turn our affairs over to a management company and our maintenance fees would skyrocket. So, please consider volunteering!

Until next month stay warm, stay safe. Happy St. Patrick's Day to all who celebrate the day and remember, "A best friend is like a four-leaf clover: hard to find and lucky to have".

## Section 14

### Oxford Village

Grace Makuch Secretary  
clearbrooksection14@gmail.com

Mark your calendar. The first Section 14 open meeting will be **April 10 7 pm** in Lounge A at the Clubhouse. This is a very important meeting. We will be discussing what will be happening in the spring. By coming to the meeting, you will be able to hear what is happening in the Section, meet your neighbors and ask questions. A social will take place after the meeting.

Even though each Section is managed differently, it is important to read all the sections' news in the Courier. This will give you helpful information that you may not have been aware of.

A Memorial Service for friends, and neighbors of Margaret Roberts will be held March 18 at the Cultural Center from 1 pm to 5 pm. Come and pay your respects to her family. Hosted by daughter Tracy and granddaughter Taylor Walker

Important: In fall of 2022 we had to spend money removing raccoons and rodents from attics. Please do

not feed the birds. Bird feeders are attracting a variety of rodents.

Many residents find over the years they want to make changes.

As many of you know the majority of this Section's air conditioners are original. If you are thinking of replacing your unit this year follow this information.

### Air Conditioning Unit

The air conditioner system consists of an air handler, located in the attic, a condenser, located outside in the rear of the Unit, multiple ducts in the attic wires and other accessories. The entire air conditioning system belongs to the Unit Owner, but approval is required before any changes are made to the air handler, the condenser, or both because the entire air conditioning unit is installed on the Common Element.

Air Conditioner replacement: Requires a licensed, insured contractor, Architectural Review, Section approval and a township permit.

All contact information is in the Clearbrook Resident Directory or at the main office.

### Architectural Alterations:

- As per each Section's by-laws, residents are not permitted to make any structural changes (additions, alterations and/or modifications) to their Units or modification to the common elements without prior approval. This rule is in place to make certain all changes conform to established building codes and community guidelines, all of which benefit the community in terms of aesthetics, safety and a reasonable degree of uniformity.
- Any resident contemplating a structural change to their unit or any modification to the common elements must first contact the Administrative Office to receive an application and all guidelines and forms necessary to submit the approval request. Each application may differ, but the usual requirements are: application form, plan, covenant letter, contractor's certificate of insurance, bond, contract, Monroe Township permit, neighbor notification and approval of governing bodies.
- All applications must be approved by the Architectural Review Advisory Committee, your Section, and the CCA.
- Examples of exterior changes in which applications are required include: sun room enclosures, patio slab additions, skylights, vestibule enclosures, windows, awnings, lawn watering systems, etc.

## Section 15

### Pickwick Village

By Sandra Stark

"Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward." Oscar Wilde

### Residents/ Owners Meeting

Our first meeting of 2023 took place on February 9. We had a wonderful turnout

with approximately one-third of the Section residents in attendance. Your interest and participation are greatly appreciated.

Reports were given by the Secretary, Treasurer and President. Many questions followed the presentations. After adjournment coffee, donuts and Happy Valentine's chocolates were enjoyed by all.

Mark your calendars for our next annual elections meeting scheduled for May 11.

### Operations

Dryer Vent Cleaning: Each year in May all units in the Devons are cleaned, and the remaining 47 units are cleaned every third year. Appointments will be arranged at the convenience of the resident.

Drainage: One specific flooding problem area caused by another Section's improper construction has been referred to the Clearbrook Community Board of Directors for further action. The Section 15 Board is aggressively seeking a resolution.

Landscape Committee: Our meeting is planned for early April. While we're anxiously waiting for spring, we are evaluating types and placements for trees. Records from the mid-1990's have been unearthed and reveal how many more trees were once growing in the Section. It is clear that we have a little catching up to do!

### Capital

#### improvements

**Vinyl Siding:** One building has been completed! The Board has received preliminary estimates for the remaining 19 buildings and is analyzing our financial obligations and options for the future. The siding program is expected to take a number of years.

**Concrete:** As we progress further into 2023, The Board will be determining which remaining driveways and sidewalks require our attention.

The contact information for the Section President: Sandra Stark at 908-938-0798 or by email: starkc21@aol.com  
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## Section 16

By Maria Petro

I can't believe we are entering March with the promise of spring weather. We have been lucky this year as far as the weather goes. As I write this article in mid February it is 64 degrees outside. I am really looking forward to the sunshine and getting ready to plant the beautiful spring flowers.

With spring comes the all-important Section elections. By now all resident should have received the mailing with the Call for Candidates. There are three openings on our Section Board this year. If you would like to nominate yourself or someone you know for the Board, please fill in the Nomination Form that was sent with the mailing. Your form must be in to Administration on or before March 17, 2023. Our Annual meeting and Election will take place on May 16, 2023, at 7 p.m. More election info will follow in the April article.

We will begin our yearly dryer vent cleaning soon. A reminder that all Devon units must be cleaned yearly and all others units are cleaning every three years. If you are not sure when you are due for cleaning, you may call Maria Petro to check. 609-

655-4522.

The Landscaping Committee will be very active with the coming of spring and the warmer weather.

Our Pot Luck Luncheon was a big success. We had 38 people in attendance who brought a great variety of apps, main dishes and delicious desserts. I would like to thank the committee members who were a huge help organizing and working this event.

If you have any issue that you want addressed, please feel free to call any Board member and they will address your issue as soon as possible. For maintenance or landscaping issues, please remember to fill out a form and place it in the Section 16 mail box in the file room next to the admin office.

## Section 17

By Holly Ives

STOP! Before you read on -- Have you sent in your Census form to Administration?? It was due on March 1. This is mandatory every two years and essential that we ALL comply.

Have you made your New Year's resolution yet? I've got one for all of us. "Be Accountable". Our rules and regulations are for everyone.

Keep up to date on what is happening in Clearbrook by emails, flyers posted at the Clubhouse (as well as handouts near Lifestyle desk), VOC-channel 26 that is viewable on the web site and in the Clubhouse, and back/current issues of the Clearbrook Courier. The CCA web site is a wealth of information. Have you looked at all the 'side tabs' to see what they contain? It is well worth exploring! And don't forget the Club Fair on Monday, March 6 from 4-8 p.m. in the Cultural Center.

Section news: A Call for Candidates form has been mailed to all. The deadline is March 17 to submit nominations.

Our next open board meeting is Wednesday, March 15 from 2-4 p.m. in the Conference room at the Clubhouse.

The next Section 17 meeting will be on Thursday, April 20 from 7-9 p.m. in the Cultural Center.

Mark your calendars for a BBQ on Saturday, June 10 at the Cultural Center. Details to follow.

Holidays for March, which is Women's Health month: Employee Appreciation Day (3), Purim (7), International Women's Day (8), Daylight Saving Time Begins--\*Move your clocks ahead 1-hour (12), National Girl Scout Day (12), National Good Samaritan Day (13), National Pi Day (14), St. Patrick's Day (17), Start of spring, at last! (20) and the 1st day of Ramadan (22).

Happy Birthday to all born in March under the signs of Pisces and Aries, especially Steve Charney. Best wishes to those celebrating anniversaries and get well wishes to those in need.

## Section 18A

Stuart Village

By Marianne Ippolito

Hello 18A'ers! The pages on the calendar keep turning and spring is around the corner. I am curious to see if March will come in like a lion and leave like a lamb? Only Mother Nature knows since we had conflicting responses from our local groundhogs. While it's a bit early, I've started to look through my gardening books and catalogs and cannot wait for our local garden shops and nurseries to reopen.

On to some dirty business. This information has been shared via email from CCA but I've been asked by our board to remind residents about TRASH and its impact on cost to our community. Dumpsters are for residents who reside in apartments only and should not be used by those with curbside pick up. There are higher charges based on volume/weight and these excess charges find their way back to unit owners eventually. For those entitled to use Dumpsters, be sure to place items INSIDE or they will not be picked up resulting in a possible rodent infestation. Most of our Section has curbside service. Rules state that garbage pails must be kept inside the garage until the day before pick up. If your trash can is too small to accommodate your weekly garbage, you can purchase a larger one from Waste Management for a onetime fee of \$100. WM will also pick up bulk at \$20 per item and can be reached at 866 909 4458. Refer to Clearbrook's account #502-61488. Monroe Township recycling center at 76 Gravel Hill- Spotswood Road can be reached at 732 656 4575. In addition to being able to bring items there directly, you can request a onetime free bulk pick up between April and October. Timing is perfect for spring cleaning. For the most part, our Section complies and many of us know our Waste Management driver well and find him to be very accommodating.

Quick shout out to our awesome nurses who provide us with peace of mind and 24-hour service. Keep watch for the informative programs provided by Saint Peter's Community Health Services, and various other healthcare systems, Monroe Township Senior Center and Library to help keep us healthy. As you prepare 2022 income tax returns, please note that the health deduction is \$190.70.

For both newcomers and longtime residents, Clearbrook Community Association's webpage has an abundance of information including governance, model floor plans, amenities, a link to this publication and FAQs. You will be sure to find helpful information on the site. As stated on the home page, "Let us show you why Clearbrook will meet and exceed your expectations with our unparalleled social activities of daily living to keep residents healthy, happy and active." As a resident for nearly 13 years, I am proud to say I live here and feel blessed to have great neighbors and friends. Stories of how many of us look out for each other are abundant and contribute to the lifestyle we are looking to achieve.

**Section Contact List:**  
**Unit issues**  
 Sharon Monchinski, 609 655 3033  
**Dryer Vents**  
 Myra D'Agostino, 609 619 3201  
**Power Washing/Gutters**  
 Josh Jacobs, 646 606 4876  
**Grounds**  
 Bill Hamlin, 908 358 2253  
**Grounds**  
 Josh Jacobs, 646 606 4876  
**Trees**  
 Mike Shinkle, 609 655 8619  
**Winterization**  
 Myra D'Agostino, 609 619 3201  
**Roofs Walkways**  
**Driveways and Drainage**  
 Joe Manzo, 732 900 6936

## Section 18B

By Kay Snyder

It was February 4 and News 12 was predicting an "Artic Blast for New Jersey", and weather reporters finally had a little weather drama. As I write this, forecasters are reporting temps close to the 60s for this

(Continued on page 17)

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## Section 18B

(Continued from page 16)

second week in February. Punxatawney Phil predicts another six weeks of winter, and Staten Island Chuck puts his money on an early spring - take your pick.

All speculating aside, it doesn't hurt to be prepared by keeping snow removal gear in your vehicle along with hats, gloves and an extra layer of outer wear should you get stuck on the road. Clearbrook provides bins in both parking lots containing calcium chloride pellets. Bring your own container. Do not use sodium chloride which damages cement on walkways and driveways.

When I looked up 2023 Daylight Saving Time, the date was March 12. I recall recent discussion regarding discontinuing this, and even found a Reuters article stating that the U.S. had voted to do this last year, but it looks like we will be "springing forward once again March 12.

I am sometimes asked why rules are different depending on your Section. The sections were built at different times over many decades and incorporated with their own by-laws. While Clearbrook owns the 3 foot area surrounding our units, they have granted an easement to unit owners. Regulations are consistent throughout the community. Homeowners can plant or modify this area using shrubs/bushes that have been selected because they grow slowly, not too tall or with roots that might grow under foundations. If you are planning changes, Landscape Modifications Request can be found on the Resident Login.

It's early February as I write, and by now we have received a Call for Candidates for Our Section Board Elections and Census forms. The State uses these statistics to ensure we remain an active adult community with the tax benefits thereof. Please fill out and return the Census.

It is important that homeowners know the location of the main water shut off valve outside their unit and that it not be covered or obstructed and easily accessible. Board members will do a walk around in the spring to locate these.

Monroe Township provides one free bulk pickup per unit per year between April and October. Call Monroe Township Municipal Utilities Authority at 732-521-1700.

We have our own email address: Section18B@yahoo.com. If we do not have your email, you can send it to us. Information regarding our Section is posted, including dates and time for Open Meetings. The first Open Meeting of 2023 will be held Tuesday, March 21 in the Cultural Center at 7:30. Any changes to this will be posted on the Section's email.

*No act of kindness, no matter how small, is ever wasted.*  
Aesop

## Etiquette for Your Clearbrook Dog

By Bill Turkus

Have a dog in Clearbrook? We have dog etiquette that hopefully all will cheerfully honor. First, we should all be walking our companions with a six-foot leash. We walk on the road and our friend has the grass area within three feet of the road. This makes it easier to pick up after them. In hot weather they can walk on the grass instead of the hot pavement. Retractable leashes, aside from being prohibited by the CCA bylaws, allows

your pooch to travel closer to the units, can create a hazard if they get too close to an unfriendly dog and people dislike having dogs relieve themselves under the windows of their units.

Do you have a yappy dog that barks at people when walking with their four-legged friends? Carry some treats. When your pooch encounters others, give it a treat to let it to know that when encountering others, it will be

rewarded for good behavior.

Last, but not least, pick up your best friend's droppings. It is a courtesy to everyone. Nothing more aggravating or disgusting, than walking and have to constantly look for where my dog is walking or for that matter where I am stepping. It is probably the greatest peeve of walkers and dog owners who walk the roads of Clearbrook. Please pick up and dispose in your garbage when you



return home or take advantage of the containers along Clearbrook drive. Don't place it in your neighbor's trash cans. Be courteous, be kind to everyone, especially to your pet.

## March Winds

By Joyce Blechman

*You better hang on to your hat,  
Cause the wind is coming up strong,  
It's blowing everything around,  
And sweeping us all along,*

*It's pushing against us hard,  
And lifting our feet off the ground,  
I feel like I'm up in the air;  
In my ears there's a whirling sound,*

*As I look up at the sky,  
I see winter's face in a cloud,  
His cheeks are all puffed up,  
Blowing wind that sounds so loud,*

*So you must hold on to yourself,  
And keep your umbrella down,  
Or up, up and away you will sail,  
Far away to another town.*

## Let's March into Spring

By Ellen Tischio

*Let's March into Spring  
And hear the birds all Sing*

*The days are getting Long  
Soon you'll hear the Robins  
Song*

*The squirrels are digging up  
acorns they buried in the  
ground*

*It's fun to watch them scurry-  
ing and leaping all around*

*Soon, when you're going down  
a road*

## Township Master Plan Info at Next League of Women Voters Meeting

By Linda Bozowski

Kevin McGowan and Joe Stroin of the Monroe Township Utilities Department will discuss aspects of the recently approved Township Master Plan at the next meeting of the League of Women Voters of Monroe Township. The meeting will be held on Monday, March 27 at 1 pm in the courtroom at the Municipal Building.

The meeting is open to the public, and League membership is not required to attend. Given the complexities of the new Master Plan, we hope that residents will find this presentation informative.



## Snow Clearance Procedures



### All Snowstorms:

During all snowstorms the following snow clearance procedures will be followed. As per contract, during typical storms (15 inches or less), snow should be cleared from all driveways and walkways within 24 hours after a snowfall concludes. In the event of a larger snowstorm or blizzard conditions, clearance may take longer---at least 48 hours from the time the snowfall stops. Clearance of snow/ice will not take place in the community unless the accumulation reaches more than two (2) inches.\*

\* When snow and ice accumulation is less than 2 inches, the Snow Contractor shall, upon authorization from Association's management, commence with the tipping of driveways (clearing of the snow/ice from the bottom of the driveways).

### Preparation Prior to an Upcoming Snowfall:

The Association takes the following steps in anticipation of severe weather conditions:

1. The General Manager and the snow contractor's Operations Manager are in constant communication with each other to determine the best time to call the snow contractor to send its crews to the Property.
2. The General Manager makes a determination based on the type and amount of snow predicted and the current temperature on whether or not to salt our roads.

### Staff/Equipment:

The current CCA snow contractor has the following on site at the beginning of a snowstorm:

1. 40 to 50 laborers with shovels and snow blowers
2. 8 to 10 pick-up/dump trucks with plows
3. 12 to 15 front end loader type tractors for driveways

### Plowing of Roads:

Once the snow reaches a depth of two inches, the plows begin to clear the snow from all the roads in Clearbrook. This includes:

1. Streets
2. Cul-de-sacs
3. Entry Roads (main, north and east gates)
4. Maintenance Service Road
5. Path in the Clubhouse Parking Lot
6. Path in the Cultural Center Parking Lot

### Snow Removal Procedure After the Snowfall Ceases:

Once the snow stops, all roadways will be cleared 12" from the curb on each side of the road except where mailboxes, driveways, storm drains and fire hydrants are located. Driveway and walkway clearing will also begin when the snowfall stops.

The community is divided into five areas, each area worked by a different team for the snow clearing process. Teams are rotated throughout the season to start in different sections.

All snow is cleared from the following:

1. All walkways at apartment complexes, Devons, Cambridges and all sidewalks to individual units including the front door to the garage door across the atrium for Braeburns.
2. All primary entrance walks at main entrance, Clubhouse and Cultural Center
3. All driveways and parking lots throughout the community, including the Clubhouse and Cultural Center
4. All dumpster areas, fire hydrants, mailboxes and storm drains
5. All breakouts leading from sidewalks to roads

Once all areas are completed, follow up will be performed as needed on missed or problem areas.

There will be no special consideration for working residents, residents leaving on a trip or residents with doctor's appointments not deemed a medical emergency.

\*\* Driveways will not be cleared of snow if a vehicle is parked on the driveway. The only exception to this is if a driveway is shared by two owners. We do ask that the owner with a vehicle on the driveway park as close to the opposite side of the driveway furthest away from the other owner's side of the driveway.

### Medical Emergency Clearance:

Our Contractor will be handling all snow clearing for medical emergencies. The Health Care Center prepares a listing of the medical emergencies after verifying all appointments. Priorities for snow clearance for medical emergencies are *only* given to residents who have a *verifiable* appointment for one of the following:

1. Dialysis
2. Chemotherapy
3. Radiation therapy
4. Scheduled Surgery
5. Home Health Aides for the Seriously Disabled

Consideration will also be given to Meals on Wheels, Visiting Nurses and Hospice Teams.

### Communications Protocol During the Storm:

The protocol that Management will be following for all snow events is outlined below. Snow Clearance Procedures are also on the Clearbrook Website. You can view it by going to: [www.clearbrook-nj.com](http://www.clearbrook-nj.com) and logging in. Next, go to "Resources" on the main website menu and click on the "Documents and Forms" link. The snow clearance procedure is located under "Emergency Procedures including Snow Procedures" link.

• Once the snow stops, the snow contractor will communicate all Section plowing updates to Management. Upon receipt of the updates, Management will send out an email blast, update the website and post the updates on the electronic bulletin board (Channel 26).

These updates will also be communicated from Management to the VOC volunteers and broadcasted every three hours on Channel 26 until the VOC goes off the air.

- Management will continue to provide updates via email blast, the website and the electronic bulletin board every three hours until midnight, resuming the following morning.
- Per the snow procedures, residents should not report driveways or walkways missed until the section is complete. Once Management and the VOC have reported the section being complete, any missed driveways or walkways should be reported directly to the Administration office at (609) 664-5517. The missed driveway or walkway will then be communicated directly to the snow contractor. In addition, all emails concerning snow removal after a storm need to be directed to the following email address: [snow@clearbrook-nj.com](mailto:snow@clearbrook-nj.com). DO NOT CONTACT THE GATEHOUSE, NURSES' OFFICE OR THE MAINTENANCE OFFICE. THE CLEARBROOK ADMIN OFFICE IS THE CENTRAL POINT OF CONTACT TO REPORT SNOW-RELATED ISSUES FOR SNOW OCCURRENCES DURING THE WEEK AND ON WEEK-ENDS.

• This process will be followed for snow events occurring Monday through Friday or over the weekend.

### Advisory to Residents:

1. Prior to a storm, make sure you have adequate supplies: food, batteries, medications and a good book.
2. Residents should remain calm - your property will be plowed, and you will gain access from your home.
3. Watch Channel 26 or the website for updates from the VOC volunteers after the snow stops.
4. Do not report that your driveway or walkway was missed until the VOC reports that your area is completed.
5. Do not call the nurses or the gatehouse for snow information; they do not have information on the location of the plows. Their phone lines must be kept open for emergencies only.
6. Most important, be patient. Understand that during a snowstorm, the people running the plows and shoveling are trying their best to get the job done as fast as they can, working through the night and under extremely cold conditions.
7. For your safety, please do not stand behind any equipment as the operator cannot see or hear you. All snow-related resident communications should follow the protocol outlined above.
8. **If there is a real emergency - you must dial 911** -not the nurse or the gatehouse.

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**A Message from Mayor Stephen Dalina**

Late February begins the FY 2023 budget process in Trenton. On February 28th, Governor Murphy will deliver his FY 2023 Budget Address to the State. It's an important event, and, as I did last year, I have already taken the opportunity to write to Governor Murphy directly on behalf of Monroe residents to ensure the proposed budget includes and expands property relief programs for all of our residents.

I have been fighting for years for more school aid, expanded homestead rebates (now the larger Anchor Program), higher senior freeze incomes, larger state retirement income exemptions, veterans tax credits, and additional energy tax receipts and much more.

These efforts and manag-

ing the municipal budget are critical to making Monroe government affordable and working to hold the line on taxes in 2023. Last year, we made continued progress on property tax relief with additional school funding from the state and the establishment of a new Anchor Property tax relief program for our residents. Taxpayers who filed applications for the Anchor program this past fall or winter (22/23) should receive this check or direct deposit in May or June of this year (2023) from the State of New Jersey.

In my letter to the Governor this year, I requested more school funding and even further expansion of property tax programs, including programs for our seniors and families.

I reminded the governor that Monroe has many older residents on fixed incomes, as well as many families, all of which are struggling with the recent growth of inflation. It is incumbent upon our decision makers in Trenton to recognize the financial limitations that residents face and to provide an adequate amount of aid to continue our stable tax rate in Monroe in 2023.

As your Mayor, I will continue my advocacy efforts to help ensure Monroe is fairly considered by the State and I will do everything possible this year to work with the Township Council to hold the line on taxes. I will be keeping you updated as we receive news from the State and as we develop the municipal budget for the upcoming year.

**Voting on Referendum Is Scheduled for March 14**

*By Linda Bozowski*

Monroe voters will have an opportunity to vote on the school construction referendum on Tuesday, March 14 at their usual polling places. Voting by mail is also permitted, but there will be no polling-place early voting.

For specific instructions in

obtaining a mail in ballot, please visit the Monroe Township website or go to the Board of Education website. Both locations have links to information about the specifics of obtaining a mail-in ballot. The Board of Education website also has detailed information about the

projected construction. There will also be presentations at several locations in the township. More information can be found on the Board of Ed web page. All residents are urged to participate in this important decision for upgrading our school buildings.

**Monroe Township School District Announces School Referendum Tour**

The Monroe Township School District has announced upcoming community events designed to connect with Monroe Township residents on the critical referendum vote, which will take place on Tuesday, March 14, 2023. In an effort to provide residents with accurate and official information related to the proposed projects, members of the school district and local board of education will be visiting school buildings in Monroe Township. Residents who attend the referendum information events can expect to have the opportunity to review project plans, examine financial implications, and learn about the projected impact on curricular, co-curricular, and special programming across the

school district. "We are excited and grateful for the opportunity to offer all of our Monroe residents access to our plans and vision for the district," said Mrs. Chari Chanley, Superintendent of Schools. "We recognize that all members of our community are deeply connected to the issue of offering our students the appropriate and equitable education they deserve." Confirmed Referendum Sessions include:  
 • Thursday, March 2, Mill Lake Elementary School | 6 pm – 8 pm; Open to the public  
 • Thursday, March 9, Ap-

plegarth Elementary School | 6 pm – 8 pm; Open to the public  
 Plans and detailed information related to the March 2023 Referendum Project are available on the district's official referendum website: referendum.monroe.k12.nj.us. For direct inquiries related to the referendum and how it may impact you and your family specifically, please contact referendum@monroe.k12.nj.us.  
 All voters registered in Monroe Township are eligible to participate in this referendum vote. Please vote on Tuesday, March 14, 2023.

**Make Your St. Patrick's Day Spread Green with Envy**

Freshen up your St. Patrick's Day menu with easy, light sandwiches inspired by the traditional color of the festivities. These St. Patrick's Day Sandwiches are easy and cute, which makes them a fan favorite at nearly any green gathering. They're also sprinkled with lemon juice to add a little acidity and create a nice, light bite. The sandwiches pop off the plate with their bright, seasonal garnishes. They are sure to attract attention and an easy way to sneak a few vegetables in. **St. Patrick's Day Sandwiches**  
 Yield: 8 sandwiches  
 8 ounces plain cream cheese spread, softened  
 1 cup finely shredded mozzarella cheese

salt  
 4 English muffins  
 24 slices cucumber  
 8 thin slices green pepper  
 fresh cilantro leaves  
 lemon juice  
 lemon slices, for garnish (optional)  
 In bowl, mix cream cheese spread, mozzarella cheese and salt well.  
 Split English muffins in half. Cut each muffin half into shamrock shape.  
 Spread cheese mixture over each muffin half.  
 Place three cucumbers on each "shamrock," one on each "leaf." Use green pepper slice as stem. Place cilantro leaf on top.  
 Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired. (Culinary.net)

**Notice**

The Residents of Clearbrook Facebook Page is not affiliated with or monitored by the Association. If you are looking for any information regarding events, scheduling, forms or the like, please visit the Clearbrook website at [www.clearbrook-nj.com](http://www.clearbrook-nj.com) or contact the Administration Office at 609-655-2706.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>MARCH 2023</b></p>			<p><b>1</b></p> <p>10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Diamond Painting CER 2 pm Tax Inheritance Seminar BR 5:30 pm Cornhole CC 6 pm Stained Glass Class AS 7 pm Billiard Club Mtg. LA 7 pm Zumba BR 7 pm Pinochle CER 7 pm Sec. 8 Executive Mtg. MPR 7:30 pm Chinese Dance LB</p> <p>TRASH PICK UP/RECYCLING</p>	<p><b>2</b></p> <p>9 am Ceramics Club CER 10 am Activities Comm. MPR 10 am Current Events CON 10 am Women's Table Tennis CC 11 am Tap Your Troubles Away CC 11 am Woodshop WS 12:30 pm Dup. Bridge LA 1 pm New Horizons Movie Nomadland CC 1 pm Scrabble Games MPR 3 pm Mandolin CER 6-8 pm Boomers Ticket Sales Super Bowl Lobby 7 pm Evening Yoga - Introductory Class LA&amp;B 7 pm Meditation CON 7 pm Stage Production CC 7 pm Woodshop - Ladies Night WS</p>	<p><b>3</b></p> <p>9:30 am Rules &amp; Regs MPR 10 am Men's Table Tennis CC 11 am Woodshop WS</p>	<p><b>4</b></p> <p>7 pm Boomers Spring Fling Dance CC</p>
<p><b>5</b></p> <p>9:30 am Ballroom Dance CC 10 am Men's Table Tennis CC 11 am Pool Comm. Mtg. CON 11 am Woodshop WS 12:30 pm Duplicate Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga with Rama BR 4 pm Club Fair CC 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL</p>	<p><b>6</b></p> <p>9 am Stained Glass Class AS 10 am Women's Table Tennis CC 11 am Woodshop WS 6:45 pm Cribbage CER 7 pm Presidents Council MPR 7 pm Stage Production CC 7:15 pm Line Dancing BR</p>	<p><b>7</b></p> <p>9:30 am Landscape Advisory Comm. CON 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Diamond Painting CER 5:30 pm Cornhole CC 6 pm Sports Advisory Comm. CON 6 pm Stained Glass Class AS 7 pm Zumba BR 7 pm Pinochle CER 7:30 pm Chinese Dance LB</p> <p></p> <p>TRASH PICK UP/RECYCLING</p>	<p><b>8</b></p> <p>9 am Ceramics Club CER 10 am Current Events CON 10 am Covid Vaccines LB 10 am Women's Table Tennis CC 11 am New Horizons Bd. Mtg. LA 11 am Tap Your Troubles Away CC 11 am Woodshop WS 12:30 pm Duplicate Bridge LB 1 pm Scrabble Games MPR 3 pm Mandolin CER 7 pm Game Show Night CC 7 pm Stage Production BR 7 pm WS - Ladies Night WS</p>	<p><b>9</b></p> <p>10 am Men's Table Tennis CC 11 am Woodshop WS 7 pm Wine Glass Painting LA</p>	<p><b>10</b></p> <p>8 am Scrap Booking/ Card Making CER</p>	
<p><b>12</b></p> <p></p> <p>DAYLIGHT SAVING TIME BEGINS</p> <p><b>All Events Are Subject to Change.</b></p>	<p><b>13</b></p> <p>9 am Energy/ Green Comm. Mtg. LA 9 am Sec. 9 Bd. Mtg. CON 9:30 am Ballroom Dance CC 10 am Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga with Rama BR 6 pm Oxford Village Sec. 14 Bd. Mtg. CON 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL 7 pm Democratic Club Mtg. LA 7 pm Jam Band Session BR 7:15 pm Ballroom Dance CC</p>	<p><b>14</b></p> <p>7 am Special School Election CC 9 am CCA Work Session MPR 9 am Stained Glass Class AS 10 am Women's Table Tennis CC 11 am Woodshop WS 11:30 am VOC Mtg. MPR 2 pm Healthy Bones BR 6:30 pm Sec. 5 Bd. Mtg.s LA 6:45 pm Cribbage CER 7 pm Sec. 4 Bd. Mtg. CON 7 pm Sec. 18B Bd. Mtg. MPR 8 pm Stage Production BR</p> <p></p>	<p><b>15</b></p> <p><b>COURIER COPY DEADLINE</b></p> <p>10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Movie BR 1 pm Diamond Painting CER 2 pm Computer Club Mtg. LB 2 pm Sec. 17 Bd. Mtg. CON 5:30 pm Cornhole CC 6 pm Stained Glass Class AS 7 pm Zumba BR 7 pm JCC Bd. Mtg. LA 7 pm Pinochle CER 7 pm Hampton Village General Mtg. LB 7:30 pm Chinese Dance CC</p> <p>TRASH PICK UP/RECYCLING</p>	<p><b>16</b></p> <p>9 am Ceramics Club CER 10 am Current Events CON 10 am Women's Table Tennis CC 11 am Woodshop WS 12:30 pm Duplicate Bridge LA 1 pm New Horizons Card Party CC 1 pm Scrabble Games MPR 3 pm Mandolin CER 6 pm Sec. 18A Bd. Mtg. MPR 7 pm Chair Aerobic - Introductory Class BR 7 pm Meditation LA 7 pm Sec. 2 Bd. Mtg. CON 7 pm Stage Production CC 7 pm Woodshop - Ladies Night WS</p>	<p><b>17</b></p> <p>9:30 am Rules &amp; Regs MPR 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Christian Fellowship Mtg. LA 1 pm Christian Fellowship Mtg. LB 6 pm Boomers Bd. Mtg. CON 7:30 pm JCC Friday Night Services CC</p> <p>St. Patrick's Day</p> <p></p>	<p><b>18</b></p> <p>1 pm Private Party CC 7 pm Movie BR</p> <p></p>
<p><b>19</b></p> <p>5 pm Sec. 4 St. Patty's Day Party BR</p>	<p><b>20</b></p> <p><b>SPRING BEGINS</b></p> <p>9:30 am Architectural Comm. CON 9:30 am Ballroom Dance CC 10 am Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Duplicate Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga with Rama BR 6 pm Bocce Mtg. LB 6 pm Sec. 15 Bd. Mtg. CON 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL 7 pm Sec. 10 Bd. Mtg. LA 7:15 pm Ballroom Dance CC</p>	<p><b>21</b></p> <p>9 am CCA Executive Session MPR 9 am Stained Glass Class AS 10 am Italian American Club Bd. Mtg. CON 10 am Women's Table Tennis CC 11 am Woodshop WS 2 pm Healthy Bones BR 6:30 pm Sec. 5 Open Mtg. LB 6:30 pm Sec. 16 Bd. Mtg. CON 6:45 pm Cribbage CER 7 pm Sec. 2 Open Mtg. MPR 7 pm Sec. 11 Open Mtg. LA 7 pm Stage Production CC 7:30 pm Tudor Village Sec. 18B Open Mtg. BR</p>	<p><b>22</b></p> <p>10 am Men's Table Tennis CC 11 am WS WS 1 pm Diamond Painting CER 5 pm Cornhole CC 6 pm Sec. 1 Bd. Mtg. CON 6 pm Stained Glass Class AS 7 pm CCA Open Bd. Mtg. BR 7 pm Zumba CC 7 pm Pinochle CER 7:30 pm Chinese Dance LB</p> <p></p> <p>TRASH PICK UP/RECYCLING</p>	<p><b>23</b></p> <p>9 am Ceramics Club CER 10 am Current Events CON 10 am Women's Table Tennis CC 11 am Tap Your Troubles Away CC 11 am Woodshop WS 12:30 pm Duplicate Bridge LA 1 pm Art Appreciation Bd. Mtg. LB 1 pm Scrabble Games MPR 3 pm Mandolin CER 6 pm Sec. 9 Pizza Party LB 7 pm Republican club BR 7 pm Sec. 4 Open Mtg. LA 7 pm Stage Production CC 7 pm WS - Ladies Night WS</p>	<p><b>24</b></p> <p>10 am Men's Table Tennis CC 11 am Woodshop WS 7 pm Boomers Open Members Mtg. BR</p> <p></p>	<p><b>25</b></p> <p>7 pm Singles Night Mixer BR</p> <p><b>ABBREVIATIONS</b> CON = Conference Room BR = Ballroom CC = Cultural Center LA = Lounge A LB = Lounge B CER = Ceramics Room BIL = Billiards Room MPR = Multipurpose Room WS = Woodshop COM = Computer Room PL = Parking Lot</p>
<p><b>26</b></p> <p>9:30 am Ballroom Dance CC 10 am Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Duplicate Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga with Rama BR 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL 7 pm Sec. 10 Open Mtg. LB 7:15 pm Ballroom Dance CC</p>	<p><b>27</b></p> <p>9 am Stained Glass Class AS 10 am Women's Table Tennis CC 11 am Woodshop WS 11:30 am VOC Mtg. MPR 6:30 pm Wine Glass Painting - class #2 LB 6:30 pm Italian American Club Bd. Mtg. BR 6:45 pm Cribbage CER 7 pm Sec. 11 Bd. Mtg. CON 7 pm Stage Production CC</p>	<p><b>28</b></p> <p>10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Diamond Painting CER 5:30 pm Cornhole CC 6 pm Stained Glass Class AS 7 pm Zumba BR 7 pm Pinochle CER 7:30 pm Chinese Dance LB</p>	<p><b>29</b></p> <p>9 am Ceramics Club CER 10 am Current Events CON 10 am Women's Table Tennis CC 11 am Tap Your Troubles Away CC 11 am Woodshop WS 12:30 pm Duplicate Bridge LA 1 pm Scrabble Games MPR 3 pm Mandolin CER 7 pm Stage Production CC 7 pm WS - Ladies Night WS</p>	<p><b>30</b></p> <p>10 am Men's Table Tennis CC 11 am Woodshop WS</p>	<p><b>31</b></p> <p></p>	

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