



The ORANJ TREE

ISSUE No. 21

SPRING ISSUE

APRIL 2008

"The Tree Unites the Branches; The Branches Bear the Fruit"

Board Director Selection Workshop A note of thanks is due for those who attended our Resident-Director Selection Workshops in February and to the executive team that put together two fine programs for ORANJ members and guests. The feedback I have received from attendees tells me we were right on target with the message. For those of you who could not attend one of the workshops, and are still deciding on how you wish to initiate a program at your campus to uphold your responsibilities under the new Law, our Workshop Presentation Team has agreed to bring a mini-workshop to you, if requested. Contact Wink Livengood at 908-647-4149 to discuss scheduling.

Don't Forget to Sign Up for the Spring Meeting Because there has been so much attention and activity around the member campuses relating environmental and conservation issues, our Spring Meeting on April 16th at Medford Leas will focus on environmental sustainability and how residents can participate in this movement. The morning speaker will be Randall Solomon, from the Planning and Public Policy School at Rutgers University, who will tell us about sustainable communities in this country and abroad and he will review the growing green movement in New Jersey. In the afternoon, former Maplewood Mayor Fred Profeta will report on the actions being taken to make Maplewood a sustainable community. The Medford Leas Conservation Committee is organizing a special display in the Gathering Room for all to enjoy prior to and during the meeting. Other CCRC environmental committees are invited to participate in the display. Following our meeting, Medford Leas is offering a half-hour tour of the new Arts and Social Wing or alternatively of the Lewis W. Barton Arboretum. You may sign up at registration for these special tours. The subject of our meeting is an important current issue. I hope you will enjoy this one-time event as we will move on to other subjects for future meetings.

Help Wanted We need a member to step forward to take the chairman's role in both the Legislative Committee and the Health Committee. I hope we do not have to inactivate either group for lack of leadership. Please see me if you are interested.

Gary A. Baldwin, President

Newsletter of The Organization of Residents Associations of New Jersey
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Tinton Falls
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Wiley Mission
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Winchester Gardens
Maplewood

The Wild Side of Seabrook

*Flora Davis
Seabrook Village
Tinton Falls, NJ*

If someone were to take an inventory of the wild animals that live on the Seabrook campus or visit it, the list would include not only the rabbits and chipmunks so familiar to residents but also the deer, the occasional fox and possibly coyotes.

Mike Amalfa, Seabrook's Groups Supervisor, talked about the wild animals on campus when he spoke to the Pet Association on February 2. These are some of the species he mentioned:

- There have been more deer in the immediate area since construction began on the mall at the end of Essex Road. Some are albino or piebald (partly white). They like to gather in the wooded median in the middle of the Parkway, but they can and do easily jump Seabrook's fences, which are six to eight feet high. Deer have been seen in the woods where the third neighborhood will be built, Amalfa said. Last fall, the groundskeepers gathered up the corn and pumpkins used for roadside decorations at Seabrook and left them where the deer could dine on them.
- There are more and more coyotes in the Tinton Falls area and red foxes have been spotted leaving the campus at dawn.
- The rabbits, which were everywhere last summer, have mostly holed up for the winter as have the groundhogs. There used to be more chipmunks than there are today. Seabrook also had resident raccoons but they were such a nuisance, Amalfa said, that the staff used humane traps to catch and relocate them. Opossums have also been seen in the area.
- Among the birds that sometimes visit are red-tailed hawks and grey herons, and an owl has been heard in the woods. Recently, the pond has had a flotilla of mallard and wood ducks. The goose police stop by there once a day and use a pair of beautifully trained dogs to move geese along whenever they settle on water.

- Noting that the third neighborhood will have a pond even bigger than the one behind Heron Point, Amalfa recalled that in 2004 Seabrook stocked the Heron Point pond and the smaller pool near the gazebo with catfish, large mouth bass, yellow perch, blue gills and crappies. Turtles arrived on their own and some of them are huge. They have burrowed into the mud for the winter, but they can be seen in the summertime. Whenever the grounds staff feed the fish - usually at about 2:30 in the afternoon - the turtles surface to get their share. Amalfa noted that it's a bad idea for residents to feed bread to the fish because it can harm the turtles.

- The pond also harbors a chorus of frogs, including one that Amalfa said is "the biggest frog I have ever seen."

Amalfa mentioned that an eagle is now nesting at the Manasquan Reservoir Environmental Center and it's possible to watch it through the center's telescope. A video camera is also trained on the nest.

Pet Association President Bea Gardella announced that in April the group will again ask Seabrook residents to donate old blankets and towels for the Monmouth County SPCA along with items for its Thrift Shop. Ms. Gardella also read a letter from a veterinarian, at the request of Seabrook resident Marvin Meyers. The veterinarian warned that raisins and grapes are highly toxic for dogs and can cause renal failure.

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Left Handers Celebrate at Fellowship Village

*Betty Frair
Fellowship Village
Basking Ridge, NJ*

Under the banner of "Lefties Are All Right" 21 Left-Handers, all residents of Fellowship Village in Basking Ridge (Liberty Corner), celebrated their left-handedness at a special dinner party. Brought together by Betty Frair, a Village resident and known for her "Living Histories Projects," they laughed and talked together about their experiences of being a left-hander living in a right-handed world.

Each resident's experience was displayed on a 3 by 5 foot poster board and includes pictures of each one eating, writing and prominently using the left hand. The stories vary from those who are "100%" left-handed to those who were forced as a child to change their handedness. Some parents advised their child's classroom teacher to "leave them alone." Others, including teachers, who found left-handedness to be socially or pedagogically unacceptable, forced them to change. None of the 21 subjects felt left-handedness to be a problem. Most left-handers have just simply adjusted and accommodated to the right-handed world in which they live. They laugh about the areas of difficulty they have had to surmount - like using scissors with the cutting edge on the wrong side, door handles convenient for the righties, school chairs that had the arm on the right side, carrot peelers that are useless, some power tools made for the right hander, and more recently, computer mice held in the right hand.

Frair, 80, has done several projects in the past of a more serious nature emphasizing Teachers, Veterans and Christmas Memories of the Village residents. This project on "Lefties" began in jest. Everyone at the Village kept asking her what her next project would be. To give herself a little breathing time after the last project involving 87 teachers, she off-handedly replied with a chuckle, "Oh, I think I'll do left-handers...since I'm one of them." Word got around and soon she had friends at the Village telling her they were left-handed. It wasn't long before she rounded up 21 of them...and decided

to get their stories and have a little fun with the subject.

Out came her camera, out came her notebook, and out came the recording of the experiences of these left-handers until it grew into a project worthy of being on display in the halls of Fellowship Village for the enjoyment of approximately 300 residents of this continuing care residential community.

"This project is openly and unabashedly biased in favor of the Left-Hander," laughs Frair. "Being one myself," she says with much humor, "I purposely have slanted it to show the natural superiority of the Left-Hander as we have faced the daunting challenges of surviving in the world of the *righties*."

Scattered throughout the display boards, are humorous, "tongue-in-cheek" statements such as "Lefties have rights too," "Left is right," "Celebrating our right to be left," and a reminder to all that International Left-Hander's Day is August 13th. Shopping suggestions for useful presents for Lefties obtainable through the Internet mention such things as left-handed scissors, left-handed mugs, left-handed golf clubs, left-handed pencil sharpeners, the Southpaw Watch, crochet lessons for the left-hander, and believe it or not, a left-handed piano!

On each of the 21 poster boards, a special section points out various "Amazing Facts" of pertinent information. One of these statements show that about 10% of the adult population are left-handers. Famous left-handers are noted from U.S. Presidents, to athletes, to notables in history, and to many well-known persons in today's world. Although not a scientific treatise on the subject, several research studies are quoted that depict the left-hander as being able to use both sides of the brain more easily, and show a correlation between left-handedness and creativity and intelligence.

At the dinner, each left-handed resident was given a copy of "The Lefties Bill of Lefts" which starts off with the preamble that says, "Everyone is born right-handed; only the greatest can overcome it!" The 10 articles include an amusing list of statements substituting the word "right" for the word "left"

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with the entertaining statements such as “Try not to be right holding the bag,” “Try to lead a leftous life,” “Conserve by eating rightovers,” “Know your leftful place,” and “Work diligently and you will go left to the top!”

“We’re all like one big family here at the Village,” says Frair, who came with her husband Wayne to live at the Village almost twelve years ago when the facility first opened its doors. “My projects help bring us all together in enjoyment, support and affirmation of one another,” she says. Frair was the Director of Public Relations for The King’s College in Briarcliff Manor, New York until her retirement.

“It may not be a totally scientific statement,” says Frair, “but we lefties love it and it brings on a lot of laughs when we declare “If the right side of the brain operates the left side of the body, then only left-handed people are in their right minds!”

English as a Second Language (ESL) at Stonebridge: A Success Story

*Barbara Wright
Stonebridge at Montgomery
Skillman, NJ*

David Zack, Executive Director of Stonebridge at Montgomery received some very informative and touching statements from employee/students who had attended the 2006-2007 English as a second language classes. Here are a few examples:

“I love the way the teacher teaches us. When I came the first week, I was very nervous but now I am very happy. Now I understand and speak English a little more.”

“I like to say thanks to you and the residents for giving all of us the opportunity to learn English. I hope we continue the class because we have a lot to learn.”

“Thank you for the opportunity. It’s very important in my life, not only in the work. I need the language in all my life because I have goals in my life and I need the English language.”

“I will like the English classes to continue because it is very important for us. We can have

better communication with the residents. We can help them in any emergency.”

“I think you are a good boss. I tell God to help you in your home and your life.”

While the letters from employee/students quoted above tell the story of what language classes meant to them, the idea of forging a good relationship between residents and employees by breaking the language barrier is a success story in and of itself. Barbara Wright of the Health Committee was hearing fellow residents’ concerns over the occasional confusion caused by misunderstandings between residents and employees. At the same time David Zack was considering ways in which he could build a mutually beneficial relationship for the whole population at Stonebridge including those who lived here and those who worked in dining, house-keeping and health care.

Barbara Wright approached Marion Epstein who was on the Resident Executive Committee at the time, as well as members of the active Health Committee. It was decided to approach Mr. Zack who suggested tackling the problem by starting classes for employees in English as a second language. Two goals were crucial. One was to help employees who wanted to learn English: the other was to build a sense of community between residents and employees.

ESL classes had been tried at other New Jersey CCRCs but had failed to retain employee/students, because the classes were held after working hours. Mr. Zack pledged if he could obtain a grant to pay a teacher, he would carve time out of the employee’s working day for classes. Important to the progress of this idea was the agreement of Department Heads (Dining, House-keeping and Health Care) to free their employee students for some working hours during the week. Mr. Zack also spoke at several residents’ meetings asking for residents’ patience.

A grant was written to the Department of Labor Work Force Development Department requesting funds to pay for one teacher who would spend 8 hours per week over a 12 month period at Stonebridge. The grant was accepted and notices went out to all employees telling them they could begin English classes. A

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second and most important part of the grant allowed for classes in interpersonal communication and group dynamics, because it was noted that understanding of cultural differences played a large part in forming good relationships.

The second phase of this project was to ask residents who had an interest, to act as tutors to the employee/students. Time spent would be about one half hour per week. The time was on an employee's lunch hour or after work. Notices to residents brought about 20 answers. Barbara Wright then asked Tink Evans, a Spanish and French language teacher and fellow resident, to help compile lists of tutors and match them to students. Helpful and active residents found texts from several sources and these were placed in a special area of the Stonebridge library.

In assessing the work accomplished last year, the classes were well attended; the students made progress and some friendships were made between tutors and employees. The only negative noted was that employee/students were often busy with their own families, 2nd jobs and other problems. These prevented some from taking an active part in meeting with a tutor.

In 2007, a second government grant was written to allow for classes in English as a second language and interpersonal communication and group dynamics in the year 2008. David Zack and the residents of Stonebridge have made a commitment to their employee/students knowing that their hard work and patience will bring good results for all in the future.

As one employee/student wrote, "I couldn't speak much before I took English class, for example, I am a house-keeper. I clean residents' rooms at A.L. every day. When I cleaned the resident's room, someone likes to talk to me. In fact I understand and I can talk to them."

New Jersey's Mountain Climbing Canal

*Fred T. Pregger
Crestwood Manor
Whiting, NJ*

Port Warren, Port Colden, Port Murray, Port Morris. Why are these New Jersey towns so named although they are far from navigable water?

In the early 1800s growing New York City needed coal, lots of coal. The city had its magnificent sea level harbor but the coal was in Pennsylvania 150 miles away beyond ranges of high mountains. There were no navigable rivers between the coal fields and the city. Railroads hadn't been built yet. Canals were the solution.

The Delaware and Hudson Canal was constructed from Honesdale, Pennsylvania, along the Lackawaxen River to the Delaware River, down the Delaware to Port Jervis, NY, and then north to tidewater at Kingston, NY where the coal was barged 60 miles down the Hudson to the city.

The Delaware and Raritan Canal was built to receive boats from the Delaware above Lambertville and via a second branch from tidewater at Bordentown. It discharged into the Raritan in New Brunswick. This canal is still in use but not for its original purpose. More about it in a future article.

New Jersey's Morris Canal, which opened in 1831, received the coal at Phillipsburg after it had come down from the coal fields by canal along the Lehigh River in Pennsylvania. The Morris Canal was built 102 miles across Northern New Jersey, mountains notwithstanding. It followed the Musconetcong River upstream through Washington and Hackettstown and climbed up to Lake Hopatcong at an elevation of 914 feet above sea level. The lake, the largest in the state, was the highest point of the run and provided the water to maintain the canal in its descent both westward and eastward. From the lake the canal descended toward Boonton, Towaco, Lincoln Park and Paterson where it wound around the foot of Garret Mountain into Clifton. Its path in Paterson is now covered by Interstate 80. From Clifton the canal went through Bloomfield to Newark and sea level. The path through Newark is now the roadbed of the Newark City Subway. An extension was constructed across Jersey City to the Morris Canal Basin in New York Harbor adjacent to today's Liberty State Park.

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How did our canal climb almost 1000 feet on either side of its summit? The answer was 34 locks and 23 plains. The locks were chambers in which boats were floated to higher or lower elevations by the addition of water or the release of water just like the ones in the Panama Canal although much smaller. The larger elevation changes were made by inclined planes. The boats were raised or lowered on short railways operated by chains and cables powered by water wheels and water turbines.

The canal eventually handled boats of 70 tons which were towed by horses and mules. A one way trip took about a week, hardly rapid transit. It was closed in the winter and the locals had grand times on a very long narrow skating rink. At its peak in 1866 the canal carried about 890,000 tons of freight. It was abandoned in 1924, a victim of the more efficient railroads.

Remnants of the Morris Canal can still be seen in various parts of North Jersey including Clifton, Lincoln Park, Towaco, Waterloo Village and along Route 57 in Warren County. The above-mentioned "Ports" were stations along the canal. Another of New Jersey's forgotten wonders.

Spring Meeting Agenda

Medford Leas

April 16, 2008

10:00 AM to 2:30 PM

10:00 - 10:10 Welcome to Medford Leas:

Residents Association President Wil Britton

Chief Executive Officer Dennis Koza

10:10 - 10:45 Spring General Meeting - Call to Order

President's Remarks

Establish Quorum and Approval of Minutes – October 17, 2007 Meeting

Treasurer's Report

Welcome Lion's Gate

Update – ORANJ Mission and Objectives

Review Standing Committee Actions 2007-2008

11:00 - 12:00 Presentation: ***Are There Local solutions to Global Problems?***

Guest Speaker: Mr. Randall Solomon, NJ Sustainable State Institute, Rutgers University

12:00 - 12:45 Lunch – Arts and Social Wing

1:00 - 2:00 Presentation: ***Developing a Sustainable Community in
Maplewood, New Jersey***

Guest Speaker: Mayor Fred Profeta, Councilman and former Mayor
of Maplewood

2:00 - 2:30 Discussion Items:

Fall Meeting: October 15, 2008, Arbor Glen
Noteworthy Items

2:30 PM Meeting Adjournment