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## News and Views

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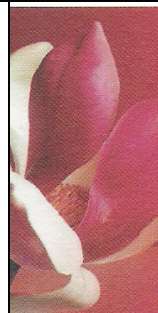


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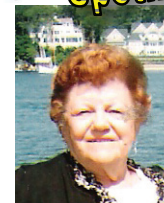
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# NP Senior Citizens



Spotlight is On

**ROCCHINA DELLAFORTUNA**  
By Audrey Sanko



Named for her grandfather, Rocco, Rocchina Dellafortuna was born on February 2, 1933 in Lioni, Campania, Italy. Her parents, Felicia and Gerardo DiPaolo married young and had their first child, Matilda.

Gerardo and his brother, Carmen, went to America to find work. Felicia stayed in Italy to take care of her young child. Gerardo worked for a construction company in Newark until the Depression when he lost his job. He wrote to Felicia and told her to purchase property in Italy. After 7 years in America, Gerardo returned to Italy to try his hand at farming. Nine months later, Matilda had a new baby sister, Rocchina. A short time later, Giuseppe and Vincenza were born to complete the family.

The house was a stone house with a clay roof. The inside walls were stucco. The floors were made of clay. There were four good sized rooms, including a supply room. The three girls slept in one bed, Giuseppe slept in his own bed in the same room. Their parents had their own room. The kitchen had no stove. There was a large chimney in the kitchen. An oven was built into the chimney where homemade bread was made, and also served as a source of heat.

There was no running water, no toilet, and no outhouse. The nearby woods was the closest "bathroom."

Water was fetched from a nearby fountain in a mountain stream about 300 yards away. Water and wine in bottles were lowered into a well to keep cool. The cows and donkeys were led to the fountain by rope in order to get water.

There were no steps leading to the basement. A ladder was placed from inside the house to the basement so items could be stored and retrieved when needed. In the cold weather, the cows, donkeys and chickens were housed in the basement.

# News and Views

A newspaper by the North Plainfield Senior Citizens.

Spring 2013/Volume 7, Issue 3

In addition to the farm animals, many vegetables were grown including wheat, corn, tomatoes, broccoli, potatoes, peas, lentils, beans, cucumbers, onions, parsley, oregano, lima beans, carrots and beets.

Rocchina completed fourth grade. She and her siblings were needed to work the farm and couldn't finish school. They also helped to make cheese, bread, pasta and wine.

Childhood memories of WWII are somewhat fuzzy, but Rocchina remembers her parents being up all night burying food in barrels and camouflaging them with dirt and big rocks so the German soldiers would not steal the food. She remembers the American soldiers helping her family by steering the German soldiers away.

When she was 17, Rocchina boarded the cruise ship, Saturnia, by herself, for America. The trip took about a month. She found work in a dress shop in Bound Brook, where she ironed dresses.



Amato



Rocchina and Amato

Amato Dellafortuna and Rocchina were friends in Italy. Amato was a Carabinieri, an Italian police officer in Livarna. near Naples. They corresponded while Rocchina was in America.

In 1957, Rocchina returned to Italy. She and Amato were married in Pompeii, Italy, September 21, 1957. Rocchina returned to America, and a short time later

[Continued on page 2]

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## EDITOR'S MESSAGE

This winter, the North Plainfield Seniors Club members did not have a chance to develop cabin fever. As you look through our paper for this quarter you will see how busy we were.

Read about our trip to the State Theatre in December to hear the Preservation Hall Jazz Band. Carol Field's article captured the mood of the night.

Our special 90<sup>th</sup> Birthday Bash for Rose Baer and Kathy Waldron started the New Year. The Pettet family will be back in June with a beach show, and in December with a Christmas show.

In February, we welcomed Linda Russell to entertain us. She led us on a historic journey that was both entertaining and enlightening by punctuating her musical performance of songs from the Civil War period with anecdotes and facts. Figures of American's past came to life before our very eyes as Linda sang and shared stories of their joys and hardships.

We are fortunate to have Doreen Bishop on our newspaper staff to write our health column. Doreen is a registered nurse and a nurse practitioner. If you have a health topic you want to know more about see Doreen.

As editor, I am proud of our senior paper and our staff. They all work hard to bring you a paper of which we can all be proud.

Happy Spring!

## PRESIDENT'S MESSAGE

There are still many seniors in North Plainfield who are not aware of our Seniors Club. We meet every Tuesday 10:30 am at the North Plainfield Community Center, 614 Greenbrook Road.

After our business meeting there are a variety of planned programs. We have speakers who present helpful and informative senior oriented topics. Throughout the year, we have many talented entertainers who share their talent with us. And, there is always Bingo to be played.

If you are unable to drive, North Plainfield has a senior bus that will take you to our senior meeting and bring you home safely. See the bus schedule in this paper for more information.

Come visit us any Tuesday morning and join us for coffee. It will be our pleasure to welcome you, and we hope you will become a new member of our club.

<b>STAFF</b>	<b>Photographer:</b> Marie Cox <b>Circulation:</b> Rose Baer
<b>Editor:</b> Audrey Sanko <b>Layout:</b> Mary Forbes <b>Reporters and Proof Readers:</b> Henry Clemens Dora Vadney Eleanor Kaufman	<b>The NP Senior Citizens Club</b> Community Center 610 Greenbrook Road North Plainfield, NJ 07060 For more information Contact Frank N. D'Amore, Sr., President 908-757-6353
<b>Carol's Corner</b> Carol Field <b>Over the Back Fence</b> Elsie Cardone <b>For the Health of It</b> Doreen Bishop	Town website: <a href="http://www.northplainfield.org">www.northplainfield.org</a>

Nonmembers may purchase a subscription to News and Views (color edition) for \$5 per year. Checks payable to the NP Senior Citizens can be mailed to Henry Clemens, 450 Little Place APT #57, North Plainfield, NJ 07060.

## FOR THE HEALTH OF IT

### By Doreen Bishop Carotid Artery Disease Part I

Carotid artery disease is caused by a blockage in one or both of the arteries on the sides of the neck and can lead to a stroke. Carotid arteries run from the aorta of the heart up to the brain and nourish the brain with blood and its nutrients. The chance of developing clots in the carotid arteries increases with age.

Clots are comprised of a sticky substance called plaque, which when it sticks to the sides of the arteries, is called hardening of the arteries. Causes of clots are high cholesterol in the blood, high blood pressure, diabetes and smoking. Ways to combat the formation of clots include: quitting smoking, treating high blood pressure and diabetes, getting regular exercise, eating a healthy diet low in cholesterol and maintaining a normal weight.

Tests for carotid artery disease are four: a) the doctor listens through his stethoscope on the sides of the neck, b) ultrasound that shows the size and location of plaque buildup, c) an x-ray of the arteries and d) a CT scan of the brain. When the doctor listens through the stethoscope at the sides of the neck, he is listening for bruits (pronounced "broo-eyes") that signal the formation of plaque buildups. The amount of plaque formation determines the risk of having a stroke.

Clot formation can be treated by surgery wherein a wire mesh is placed in the artery across the blockage to keep it from traveling to the brain.

Warning symptoms of a stroke are called transient ischemic attacks or TIA's. These usually last less than an hour and include: weakness, numbness or tingling on one side of the body, inability to control an arm or leg, loss of vision in one eye and the inability to speak clearly. If you experience any of these symptoms, get medical help immediately!

Carotid artery disease is a condition that can be treated by diet, exercise and in extreme cases, surgery. Regular medical checkups are needed to catch the disease early.

### SPOTLIGHT ON ROCCHINA [Continued from page 1]

their daughter, Roseann, was born. Amato came a little later.

The Dellafortunas settled in the Raritan area until their move to North Plainfield in 1966.

Amato was a member of the seniors and often would bring in Rocchina's homemade Italian cookies for everyone to enjoy. Amato died in 2008.

In addition to her daughter, Rocchina has one grand daughter, Adriana.

Rocchina enjoys cooking and crocheting and traveling. She is a Parishioner of St. Joseph Church.

Spotlight thanks Rocchina Dellafortuna for sharing her life story with us.



## SAVE THE DATE

Board Meetings 1<sup>st</sup> Monday of every month at 1 PM  
Blood Pressure 1<sup>st</sup> Tuesday of every month  
Senior Meetings Tuesdays at 10:30 AM  
Bingo follows  
Newsletter at 11:30 AM as announced

Bingo Thursdays at 11 AM  
Atlantic City 2<sup>nd</sup> Wednesday of each month  
Daylight Savings, set clock forward – March 10  
Spring Begins March 20  
Passover March 26  
Easter March 31  
Mother's Day May 12  
Memorial Day May 27

### Patrons:

Marie Cox  
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Elsie Cardone  
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Nancy Carlucci  
Lou Carlucci  
Rose Baer  
Nancy Monahan  
Mary Rubineti  
Eleanor Kaufman  
Stan Kaufman



## Birthdays



**MARCH:** Frank D'Amore, Sr., Edith Nicaastro, Marjorie Kreckie, Larry Rubineti, Lori DeFalco, John Maimone, Ed Estrada

**APRIL:** Henry Clemens, George Shebey, Pat Parisi, Doreen Bishop, Shirley Maizenaski, Susan Grabowski

**MAY:** Graciela Silva, Virginia Metz, Joanne Maines, Carol Field, Maryanne Dunne, Nancy Carlucci

## NEW MEMBERS

Margaret Tanai  
Lillian Jasinski  
Adell Hall  
Noreen Cassidy

## WE REMEMBER

Ann Seymour  
Paul Wentworth  
Bob Schell  
Rose Montefuoco  
Mary Casendino

## SENIOR BUS SCHEDULE

The North Plainfield Senior Citizen Bus is available to all North Plainfield Seniors. To arrange to ride the bus and for more information, please call 908-753-0707.

The following is the bus schedule:

Monday: Shop Rite  
Tuesday: North Plainfield Senior Citizens Club  
Wednesday: Stop and Shop and Wal Mart  
Thursday: Senior Club Bingo  
Friday: Sears and Somerset Farms

The bus starts picking up passengers at about 9:00 am. Please call at least 24 hours before you need the bus.

# Presidents' Day By Doreen Bishop

February 19<sup>th</sup> was a special day because it was a celebration of Presidents' Day with 4 events happening at one meeting – Bob Costello as Abraham Lincoln, civil war music by Linda Russell, a medley of homemade soups for lunch and a cookie sale benefiting the North Plainfield food bank.

President Abraham Lincoln was honored not only because he was a great president, but also because he fought to end slavery during the civil war. Bob Costello, dressed as Mr. Lincoln, offered some history about the struggle between the North and the South and movingly recited the Gettysburg address.

The historical musician, Linda Russell presented a history of popular music during the Civil War, using instruments from the 1800's. She too talked about Abraham Lincoln. Among her selections were "Johnny Comes Marching Home," "Jimmy Crack Corn," "Rally Round the Flag," "Oh! Susanna," "The Battle Hymn of the Republic" and "There Is No Place Like Home." She played instruments as varied as a pennywhistle, a hammer dulcimer and the mountain dulcimer. While playing the guitar she noted that quills were used at that time to pick the strings.

Lunch consisted of 6 kinds of homemade soup. Thanks go to Dora Vadney for coordinating the lunch and to Saul Guardado for providing the individual containers.

Eleanor Kaufman organized the cookie sale which netted over \$200 for the Food Bank of North Plainfield. Special thanks go to Delores Hay, Rose Baer's daughter for the cookie boxes.

The day turned out to be a real celebration of President's Day combining an educational theme with good music and food.

**Cookies, cookies, and more cookies**



PHOTOGRAPHS BY CAROL FIELD

**Linda Russell and Bob Costello**

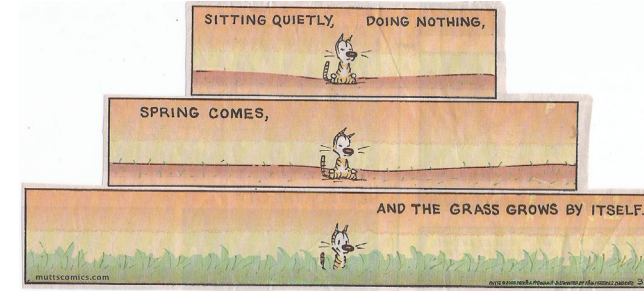


**The mountain dulcimer, a native American musical instrument, played with a quill**



**Rose and Eleanor packing cookies**

# Carol's Corner



## SPRINGTIME IS OUR BEST REWARD FOR A LONG WINTER

Spring time is the time to enjoy warmer days and put our heavy clothing away for another year. There is so much to look forward to when spring comes. It may be the flowers taking their time to grow straight and tall so they can start their budding process to produce beautiful colors. Or, it may be the slow growing green grass that begins to cover the tired brown grass of winter. When spring comes it will be time to think about getting out the lawn mower to cut the grass, so it can stay looking good for months to come. The trees that had only shown their branches during the winter now have started showing signs of new growth with their tiny buds that will turn into beautiful leaves. Listen carefully. You might be able to hear birds singing to one another. Maybe they are saying "hello." Or, maybe the birds are singing their beautiful songs because they are so happy to be back in the warm weather.

I love walking in the woods and hearing all the different sounds of nature like the river that sometimes gives off echoing sounds of children's laughter while they are playing and running around, and the sound of twigs that fell in the winter, cracking under my feet while I walk on them, animals running here and there, enjoying the great weather, while looking for their buddies that they have not seen all winter.

Spring has many holidays to enjoy from St. Patrick Day to Memorial Day. If you think back to all the different holidays, not only the ones in spring time, you shared with your loved ones and friends I'll bet you have many precious memories. When I was young, my parents did everything they could to help make each holiday special to me and my sister, Dolores. I can still smell the homemade waffles with the hot homemade syrup filling the house. My mother always made different things to eat for breakfast for me and my sister to choose from. There were also hot cross buns with eggs and bacon on the side. We both would take a little of each dish, to make sure we got a sample of

everything our mother made. After we ate and washed the dishes it was time for us to get ready for Sunday school. Every Easter we wore our new clothes that my mother either bought or made for Dolores and me. All the neighborhood children would walk down the street and up the hill to church together to show off their new Easter clothes. One thing I hated to do on Easter, because I was and still am very shy. I was to recite a poem on stage before a church full of people watching my every move, all by myself. Most of the time I would forget some of the words and the audience would tell me what the word was because they heard the same poem over and over again spoken by other children year after year.

## NO LOVE LIKE A MOTHER'S LOVE

**There is no love, like a mother's love,  
no stronger bond on earth...  
Like the precious bond that comes from God,  
to a mother, when she embraces birth.**

**A mother's love is forever strong,  
never changing for all time...  
and when her children need her most,  
a mother's love will shine.**

**God bless these special mothers,  
God bless them every one...  
for all the tears and heartache,  
and for the special work they've done.**

**When her days on earth are over,  
a mother's love lives on...  
through many generations,  
with God's blessings on each one.**

**Be thankful for our mothers,  
for they love with a higher love...  
from the power God has given,  
and the strength from up above.**

## Happy Mother's Day



## AN IRISHMAN'S LIFE PHILOSOPHY

**In life, there are only two things to worry about,  
Either you are well, or you are sick.  
If you are well, there is nothing to worry about,  
But if you are sick, you have two things to worry about;  
Either you will live, or you will die.  
If you live, there is nothing to worry about,  
If you die, you have two things to worry about,  
Either you will go to heaven or to hell.  
If you go to heaven, there is nothing to worry about,  
But, if you go to hell,  
You will be so busy shaking hands with your friends,  
You won't have time to worry.**

# O What a Night!

By Carol Field



On December 13<sup>th</sup>, at the State Theatre I had the pleasure of seeing, hearing and tapping my feet to the great sounds of The Preservation Hall Jazz Band. The music was from the heart of New Orleans French Quarter. The Creole Christmas Concert was the music treat for that night. I knew I was going to be in for a musical treat, but there was so much more in store for me and everyone else who was there that magical night. Once the bus stopped in front of the theater we all got out and saw all the bright lights on and around The State Theatre, there were many people walking up and down the streets and they were all in a festive mood. I felt like a child in a toy store, there was so much to see and listen to at the concert. My eyes didn't know where to focus on at any given time. I loved everything from the jokes the performers cracked to each other to the entire performance.

We had no problem seeing the stage because our seats were great. It was interesting to see the artists playing all their different instruments. From the drummer to the trumpet player watching their fingers glide across the instruments with ease was all a delight to see and hear. Some of the men even played two different instruments at different times and they never missed a beat. Some of the music I knew and was humming or even singing to while they were being played. The songs I didn't know I clapped my hands and tapped my feet, maybe a little off beat, but the music surrounded me and I was in my own world.

Every song and music selection was great; the song that truly warmed my heart and put a smile on my face



Preservation Hall Jazz Band

was when a vocalist sang, "O Christmas Tree." When they start singing "Just a Closer Walk with Thee," I closed my eyes and I imagined the band playing in the streets of New Orleans.

Hurricane Sandy had taken a lot out of me and it was hard to get back to my normal routine. The concert was just what I needed to put me back to feeling normal again.

## The Senior Citizens Club Celebrates Christmas

By Elsie Cardone and Dora Vadney

The Christmas luncheon was held December 11 at Carpaccio's in Middlesex. What a wonderful Christmas party it was.

The food was excellent, the service was great. There was plenty of space for everyone.

After lunch there was a 50/50 drawing.

Transportation was provided for the seniors who were unable to drive. Everyone had a great time. We are planning to return to Carpaccio's for next year's Christmas luncheon.

## Over the Back Fence

By Elsie Cardone

In November, Marie Ferrara visited her son in Tennessee for one week. While there, she attended a show where Dolly Parton was entertaining. Marie enjoyed her stay.

Rocchina Dellafortuna traveled to Argentina in October. She attended her sister's granddaughter's wedding on October 20.

Mickey Abbate got an unexpected vacation in October when Hurricane Sandy toppled a tree onto her house. During the repairs, she spent time in Florida with her son.

Ann Coons and her sister, Jo Macchia spent the month of February in Florida. They visited Ann's daughter.

## SENIOR CITIZEN/COMMUNITY CENTER COMMITTEE

Florence Mannion is the new liaison to the Senior Citizen/Community Center Committee. She was sworn in at a recent Seniors meeting by North Plainfield Mayor Michael Giordano. Florence replaces Angie Magee who has served on this committee since 2007.

We know Florence will do a great job in her new role and extend our congratulations and best wishes.



Florence Mannion sworn in by Mayor Giordano

## Tribute To Arthur Metz



Virginia Metz and Frank D'Amore hold composite picture of Arthur's life.

The Seniors surprised Virginia Metz at a recent meeting with a plaque in memory of her late husband Arthur Metz, who died a month short of his 100<sup>th</sup> birthday.

The Seniors worked with Metz's daughter Debbie and Tom Mazur, Supervisor of Fine, Practical and Performing Arts at North Plainfield High School, to create the photo collage

Arthur was our oldest member. He was active for many years and served as President of the club.

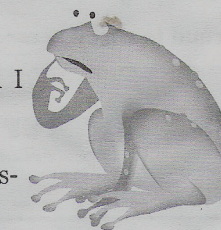
The Plaque will hang in the Senior Center for everyone to enjoy.

## The Frog & The Psychic Hotline

A frog telephones the Psychic Hotline and is told, "You are going to meet a beautiful young girl who will want to know everything about you."

The frog says, "This is great! Will I meet her at a party, or what?"

"No," says the psychic. "Next semester in her biology class."



# 90th BIRTHDAY BASH

The North Plainfield seniors held their annual 90<sup>th</sup> Birthday party on January 29, 2013. This year Rose Baer and Kathy Waldron will turn 90.

Kathy was unable to attend the party. We were able to call her the morning of the party and put her on speakerphone while everyone sang Happy Birthday to her. The next day, Rose Baer visited Kathy and brought her a piece of birthday cake. Rose also made Kathy a party doll.

The preparations for the day began in December when the residents of McAuley Hall Health Center were asked to help with the decorations. They made posters and centerpieces. Gladys Ocasio, Activities Director at McAuley, transformed the stage to a Broadway scene – complete with a homemade film projector.

The entertainment for the day was the Pettet family who performed a variety show of Broadway songs. And, what a fantastic show it was. Ashley and Kristen have been in show business since they were small children. What talent this family has.

Ashley's credits include her part as Molly in "Annie" when she was eight years old. She also traveled with Marie Osmond in the "Sound of Music."

Kristen appeared in the Woody Allen movie, "Everybody Says I Love You." She was Amanda in the children's film "Amanda and the Mysterious Carpet."

Todd, Ashley's son, appears to be following in his mom's and his aunt's footsteps. He stole the show with his rendition of "You're Nobody 'Til Somebody Loves You."

Special thanks go to the Sisters at McAuley – Sr. Bethany, Sr. Helen, Sr. Dolores, Sr. Lillian, Sr. Denise – for their hard work with the Playbills and the centerpieces. Our welcome poster was designed by Sr. Petrina of Mt. St. Mary.

**Kathy Waldron**

**Rose Baer**



*Both Kathy Waldron and Rose Baer want to thank the North Plainfield Senior Citizens for the unbelievable party that was given to them for their 90<sup>th</sup> birthday. "Our hearts were overjoyed with all the warm feelings and well wishes that came to us on that day."*



**1**



**2**



**6**



**3**



**4**

**Legend:**  
**1. Sr. Lillian;**  
**2. Gladys Ocasio (left) and Sr. Dolores;**  
**3. Sr. Helen;**  
**4. Sr. Bethany;**  
**5. Ashley, Rose Baer, Kristen;**  
**6. Todd.**

**Thank you!**



**5**