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BOROUGH**



BULLETIN

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Roosevelt, New Jersey

April 1984

December 23, 1933

Department of the Interior
Memorandum for the Press

For release in morning papers
Saturday, December 23, 1933

Secretary Harold L. Ickes today announced plans for the establishment of a subsistence homestead community in Monmouth County, New Jersey, under the direction of the Subsistence Homesteads Division of the Department of the Interior.

The project will be a demonstration in decentralized industry and subsistence farming, involving needle workers in the clothing trades. Homesteads will be provided for 200 families, including approximately 1,000 people. The cost of each homestead will be about \$3,000.

Practically all of the homesteaders will be selected from among Jewish needle workers in the congested clothing manufacturing area of New York City, with a few from Jersey City,

Newark and Philadelphia.

A loan of \$500,000 will be made by the Federal Subsistence Homesteads Corporation through which the Division functions, in a local corporation to be organized within a few days which will assume responsibility for development of the project.

A factory building to be financed entirely by private funds will be erected in the community near the post-office of Hightstown, New Jersey. The factory building will cost from \$12,000 to \$13,000, with the cost of equipment bringing the total investment in it from \$30,000 to \$35,000.

The factory will have private support to the extent where the homesteaders will be assured of

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1933

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a definite cash income and will operate under provisions of the N.R.A. code. Their occupants of the homesteads will follow their ordinary occupations. The factory will maintain contact with the New York market for its supply of unfinished goods and for disposal of its finished product.

For years the congestion of the needle trade has been regarded as unhealthy both socially and industrially. Members of the Jewish race represent the biggest single group among needle workers. They have greatly suffered from insufficiency of light, ventilation and other unsatisfactory working conditions.

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NOTICE TO ALL RESIDENTS

On Saturday, May 19, 1984, the Borough's garbage contractors will collect all items not normally picked up on their regular runs.

Washers, dryers, water heaters, and other large appliances and bundles will be picked up then. Doors should be removed from refrigerators that are intended for pick up, as a safety precaution.

Tree clippings, tree limbs, etc. must be bundled and tied or placed in containers so that they can be easily picked up. Nothing should be over 4 feet long.

Please do not place your garbage on the curb prior to three days before pick up.

If you have any questions, please call me at the Borough Hall at 448-0539.

Patricia Antosky
Borough Clerk

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The policy of the Bulletin is open expression of ideas and opinions. The authors have sole responsibility for content. The Bulletin is open to discussion, disagreement and commentary through letters to the Editor, or interested persons may submit articles to be considered for publication.

1933

(Cont'd. from previous page)

The Monmouth factory will be erected with a view of serving as a model in design, in providing workers with the most satisfactory physical conditions, and will be organized so as to adapt itself to full cooperative ownership eventually. The cooperation of needle trade labor organizations has been obtained and their sympathetic interest in the demonstration assured.

Each homestead will have an acre or more for a vegetable garden, fruit trees, and a lawn. Options have been obtained on 1,253 acres of land, representing eight farms which have been under intensive cultivation. The richest 200 acres will be used as homestead sites. The remainder will be organized into a cooperative farm which will have a dairy herd, a hennery, and facilities for providing other food wants of the community.

Members of the community will contribute labor to the farm which will not engage in production for sale outside of the community.

A school capable of housing 300 pupils and a community center will also be erected.

Each purchaser of a homestead will be required to make a down payment of \$500, with a purchase contract calling for amortized payments of the balance owing over a period of 20 years.

The New Jersey College of Agriculture has been asked to cooperate in development of the project.

The Board of Directors will include a representative of the Federal Subsistence Homesteads Corporation. Five other Directors will be:

Benjamin Brown, New York City, one of the originators of the project, and for years the New York representative of the Utah and Idaho Poultry Co-operative Associations, and President of the Producers Distributing Agency, New York, a cooperative service agency.

Alfred Wallerstein, retired manufacturer.

Rabbi Jonah B. Wise, widely known leader in Jewish Divinity and social activities.

Elias Lieberman, Vice President of the Workmen's Circle, a Jewish fraternal order with 88,000 members.

Numerous Jewish, social, industrial, labor, cooperative and fraternal organizations are assisting in the development of the project, which is one of a series of varied demonstration projects in subsistence farming being sponsored by the Subsistence Homesteads Division. Representatives of a group of these will meet Saturday night and Sunday at the Hotel Pennsylvania, New York. E.L. Wilson, Director of the Subsistence Homesteads Division, will address the group Sunday.

Respecting the project, he said today:

"The Monmouth County demonstration project represents a combination of many of the best things in our industrial life in the past coupled with the possibilities of planning for the future. For generations the needle trade has been one of the most congested industries in New York. It operates at high speed during a portion of the year, then closes down almost completely.

"The workers labor under unsatisfactory conditions at small pay for the most part. Then

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1933

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when the season is ended, time hangs heavily on their hands and they do not have the opportunity of converting this time into the most useful purposes for themselves.

"It is possible that a demonstration in decentralization of this industry will show the way towards better things for the industry and the workers. Members of the Jewish race who will join in this demonstration have, while it is generally unrecognized, a long background of agricultural life. There is a demand among them for greater contact with the soil.

"There is no reason to believe that selected occupants of homesteads from among them cannot become readily adapted to the new pattern of life involving dependence on both agriculture and industry without complete dependence on either."




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Council news**Citizens group survey completed**

by Peter Warren

A long meeting, lasting over two hours, included amending the 1984 municipal budget, reading of numerous ordinances and other business.

The Mayor thanked the Citizens' Group for its assistance in completing the survey to apply for Community Development Block Grant funds, remarking that County officials were impressed by this demonstration of community spirit.

The survey marks the first time that the Citizens' Group has been called upon to respond to emergency support of the council. The mayor requested assistance on March 15, and the survey was completed on April 2. The survey team was composed of 19 couples or individuals - Cedar, Clark, Datz, DeCocco, Friedman, Herrstrom, Keller, Kerr, Koffler, Leech, Magnes, Martin, Shahn, Shapiro, Smaha/Winslow, Solomon, Vitolo, Warnick, Warren, - with the Cedars, DeCoccos and Kellers acting ably as team directors. Virtually everyone cooperated enthusiastically, allowing for a few residents who were away during the survey, and about 275 forms were completed. The survey is now being reviewed by the County to determine whether Roosevelt qualifies for DCBG grants.

Budget

The 1984 municipal budget, as amended, comes to \$232,000. This is 29% above the actual 1983 budget, which seems like a steep increase, until it is noted that it is only 28% above the actual 1981 budget. Even so, it is only a small part of the total cost of managing the public sector of

Roosevelt. The actual 1982-83 school budget came to \$691,000, for both elementary and high school; less than half of the school budget came from the local tax levy; the larger part derived from state and federal grants. The water and sewer budget is also separate and is held stable at \$102,000 in the 1982, 1983 and 1984 budgets.

The council has prepared a realistic capital budget up from \$30,500 in the previous budget to \$450,000 over the three year period of 1984-86, with the larger part - \$300,000 to be spent on replacing worn out water and sewer pipes - self-liquidating from surplus set aside from water and sewer bill payments. The \$125,000 budgeted for roads and \$25,000 budgeted for public works equipment would be funded by sale of bonds. The new Borough Engineer is preparing an application for a 5% DEP loan for the water and sewer pipe rehabilitation.

Other Matters

The council also brought a number of other matters to the attention of the public.

1. Now that Anne Rector has moved away, a dozen or so people are needed to replace her enthusiasm and ability in organizing the 4th of July picnic; call June Counterman if you want to help.

2. Roosevelt needs to emulate East Windsor in setting up a citizens' watchdog committee to monitor performance of the Cable TV franchise. Storer wants to raise rates by about 50% at the end of the current contract: There are also other questions, such as local programs and installation in a public site; call Freda Hepner if cable TV is important to you.

3. Now that houses are going up on the lane to the cemetery, the council believes that some other address might be more appropriate than Cemetery Road. What do you think? Send your suggestion to The Bulletin.

4. The public hearing on Senior Citizen transportation will be held in Freehold on May 2; contact Frieda Anish if you will attend.

5. The council passed a much needed dog control ordinance. If you are bothered by a wandering dog, report it immediately to the Borough Clerk. The Dog Catcher will issue a court summons to the owner of a licensed dog; unlicensed dogs will be taken to the kennel and kept, at the expense of the Borough, until they are destroyed.

6. Lastly, the council reminded youths that unlicensed mopeds may be ridden only on private property.

Miscellaneous

Other business included passage of the ordinance repealing obsolete ordinances, so the first part of the work of the Legal Subcommittee of the Citizens' Group has borne fruit.

The Borough lawyer set forth the procedure for financing the construction of the extension of Lake Drive towards Rochdale Avenue. Before deciding whether to make this a through street, the pros and cons must be weighed.

Lastly, the council authorized a Rutgers student in urban planning to prepare a research paper on the Borough, providing that she make a copy available to the council.

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CONSTRUCTION OFFICIAL'S REPORT
1983

Delivered to the Borough Council
at its meeting on April 11, 1984

by Peter Berlinrut

Total value of construction in Roosevelt for the year 1983 was \$225,000. This high sum was made possible by the new Post Office Building, the residential geodesic dome on Cemetery Road, and the addition to R.&R.'s Liquor Store. The only higher sum in recent decades, \$850,000 came in 1982, the year in which a Construction Permit was issued to the Senior Citizens' Housing Project.

Revenue from permits for last year's construction amounted to \$1,903. This was based on our legislated rate of seven mills per cubic foot for new construction and \$5.00 per thousand dollars of estimated cost of alterations or additions. The total number of permits issued was forty-nine.

There were fifty Certificates of Occupancy issued in 1983. This includes Temporary Certificates issued to the Senior Citizens' Housing apartments. While the Project was largely completed and judged safe for human occupancy, a number of details were either incomplete or imperfect: this prohibited permanent Certificates of Occupancy. Meanwhile, however, a number of accepted applicants had given up their previous abodes and had no place to go. The State Uniform Construction Code permits Temporary Certificates and these were granted.

Revenue from Certificates of Occupancy was \$500. Added to the revenue from Construction Permits, the total sum from construction becomes \$2,403. While this sum was

adequate to defray all expenses connected with construction inspection (even leaving a substantial surplus), the situation may well change in years to come.

I would therefore recommend a modest increase in rates. We are markedly lower than any surrounding municipality, as much as one-half of prevailing rates. Hightstown's rate for alteration is ten dollars per thousand. Ours is five dollars per thousand. Hightstown's price for a basic building permit is twenty dollars. Ours is ten. State law requires that all expenses for operating construction inspection be raised out of permit fees, not out of general revenue. In any event, an ordinance has to be passed authorizing a permit fee for electrical or plumbing work done without accompanying any other work. I am at present collecting a fee of five dollars for electrical or plumbing work done without accompanying other work: the fee should be at least ten dollars.

Inch by Inch**Of sunlight, compost, and some other
bird and insect notes**

by M.J. Berlinrut

Where the sun?

"Into each life some rain must fall, / Some days must be dark and dreary...." So said the poet and I'll not argue. The question is, however, how much? Or, how many? To my observation, it's been, not just in recent weeks but winter long, a singularly sunless period.

A number of prisms set in various of our windows have in winters past given us a display of brilliant rainbows moving across walls and ceiling as the sun moved. Not so this year. Except for a few isolated days, there's been hardly more than a pale flicker of color that vanished almost as fast as it appeared.

My houseplants are looking pale, too, especially the big gardenia. It's covered with buds but the leaves keep yellowing and dropping so that even heavily budded it looks nude. Having given it every care the books suggest, I can only think its problem is lack of sun.

Nonetheless, the season does move on, as witness those buds. Buds swell also on the maple and lilac outside my window. And the goldfinches at the feeder, all winter a dull greenish-gray, are turning pure bright yellow.

That mystery bird

Which reminds me of my mystery bird that spent the winter in my freezer. One day, unable to get on with outside projects, I thought it a good time to track its identity down. So with it resting on a bed of ice in our picnic cooler, off we went to

the Nature Center at the Washington Crossing State Park -- I'd phoned ahead to be sure there'd be a bird person on hand. The bird person examined the carcass carefully, then turned to his books, on both Eastern and Western birds -- this winter's wild weather nationwide had blown many birds out of their usual territories. His conclusion: it had to be one of the orioles.

The problem, he said, was that the books pictured the birds only in their full summer plumage or in winter coloration. This bird was apparently somewhere in between summer's blaze of a shade of orange (the orange varies) and black, and winter's less intense yellow and greenish-gray.

Don't they sometimes cross-breed, I asked, in this case perhaps with a warbler? He said they did, with other orioles, but he doubted with a warbler -- and he ran off to the other room to return with a stuffed and mounted warbler to show me.

He pointed to the differences, especially the bill, a key item in the identification of birds. So it's an oriole after all, though which remains a question. But that's not the end of the tale.

He asked if he might keep it, he'd like to have it mounted as an example of just this sort of thing (it pleases me, in a small way, to think I've aided Science!). And he'll take any other birds that have the misfortune to break their necks at my windows. Incidentally, a good deterrent to that, he said, is to hang in your window a piece of black cardboard cut out in the shape of a hawk's shadow.

Composting

Returning to garden matters, a good project to busy yourself with while you wait for the ground to dry out again is the compost pile. It's hardly necessary these days to extol the merits of compost, its microorganisms, soil building properties and all that. There's another good reason for it: to further reduce the quantity of stuff you put out for garbage pick-up.

Instead of bagging your leaves, grass clippings, and other garden debris and leaving them at the curb for collection, compost them. This will save work hours for the collectors and costly landfill space as well (ultimately tax payers' money, yours and mine). At the same time, you save yourself money by making for your own garden rich humus you'd otherwise have to buy. A compost pile is easy, takes only a little time and thought in the beginning.

I first heard of compost from my father when I was a little girl. He was interested in all aspects of the natural world, a sort of amateur naturalist and armchair farmer. He may have been an active one earlier in his life but by the time I knew him, his labor consisted mainly of walking around advising my mother, who did the work, and admiring her results.

The compost pile, however, was his baby. Being at that time not particularly interested in gardening (I thought it something 'old people' did), I didn't pay much attention. But as I remember it, all cuttings, leaves, garden trash got dumped in a heap roughly contained by chicken wire out behind the lilac hedge at the far back of our yard. The heap was slightly saucered (to catch the rain) and my father turned it

over with a garden fork every so often when he remembered to. In the fall it got spread over vegetable and flower gardens as mulch, to be turned in in the spring.

This is roughly the procedure I've followed, with the addition of wet kitchen garbage -- including egg shells, citrus peel, tea and coffee grounds; no meat scraps or bones that attract animals -- since the urge to garden overtook me (to my surprise when I was by no count 'old') when I found myself with a place of my own.

We have become more scientific in our approach to gardening since then but this remains the basic procedure. Nowadays, composting is an article of faith; books have been written about it alone; many different kinds of equipment can be bought to build and maintain it. In my experience most of them are unnecessary and more costly than they are worth. A bin, for instance, and a shredder. For the compulsively neat and methodical these would be nice to have, of course. But they're expensive and, in my opinion, the more equipment one has, the more one complicates one's life.

A chicken wire container is still adequate (if untidy) and as for the bigger stuff, just leave it out, or break it up as small as you can. The chemicals they sell to hasten the breakdown I forego also. Manure will do the same thing, if you can get it, which most of us can't, or only the dehydrated kind (another extra expense). I find it works just as well, only takes a little longer, to toss in a shovel-full or two of dirt -- along with any resident worms -- and lime or bonemeal on top of every few layers of debris.

One caution, though: don't set your pile on bare ground. Roots from neighboring trees and shrubs will quickly make their way to it to turn it into a matted unusable mass. (I suspect my father found that out as I did.) Set it on a piece of plywood, or better, some paving block, with a course or two of the block laid on its side around it -- you can thus get at the decomposed stuff on the bottom by simply turning one of the blocks aside.

But if all this sounds like work, here's a real lazy-gardener suggestion. Somewhere in your yard or garden -- right in your garden it's handiest -- there must be a spot you didn't get around to planting. Dig there a shallow pit and toss your small stuff right in that, sprinkling dirt and lime over it. It will be broken down by the time next season rolls around, or enough so that it doesn't matter. Who minds a few peach pits or cabbage cores anyway? Neatness -- like impatience -- has no place in a garden.

More on insect eggs

A further note on insect eggs: should you come upon a hardened frothy mass about an inch in size looking like a tiny beehive, do not destroy it. This is the egg mass of the praying or preying mantis, so called because it lies in wait for its prey with front legs upraised as if in prayer. Mantids are Good Guys. Their entire menu is other insects, caught alive; sometimes, other mantids.

I had an object lesson in this one fall when my daughter was small. She'd brought one of these funny-looking things into the house thinking it was the cocoon of a butterfly or moth. We put it in a jar and forgot it. Sometime in January I happened

to notice the jar was full of tiny crawling black things. I ran for the Book, discovered what they were; that they ate only live insects; that if they could get nothing else, they'd eat each other. I could find no live insects, not even a fly or a spider and ran back to find their number greatly reduced. Not much later, all had vanished, raising the question: who ate the last one? So don't bring the egg mass into the house in winter.

Should you be so lucky as to find one in your yard -- leave it where it is. Come spring, hundreds of mantids will emerge, some, at least, will survive to adulthood. You may never see them though they're 2 to 3 inches long, for they stay very still in their green camouflage awaiting their unsuspecting dinner. But if you should see one, don't harm it. They may appear alarming, especially if they take you by surprise, but they won't hurt you; you're not their cup of tea.



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To Health

How to eat without meat

by Becky Russell

Many people who consider a vegetarian diet wonder if they can be healthy without meat. Images arise of malnourished third-world children who exist on nothing but rice or plantain. This is not a problem for most Americans because of the abundance and variety of food in this country. With common sense and a basic grasp of nutrition, a vegetarian can be superbly nourished. Vegetarianism opens up a new realm of foods and is an adventure in eating.

Types of Vegetarian Diets

There are many different types of vegetarian diets. The lacto-ovo form, which relies heavily on milk products and eggs for protein, is probably the most widely practiced. The macrobiotic diet is based on yin and yang, the Chinese concept of polarity, and as a rule does not use dairy products, eggs or meat, although it occasionally allows fish. The basic fare is whole grains, vegetables, beans and seasonal fruits. The vegan diet is similar to this, but uses no animal products at all.

The raw foods diet consists entirely of uncooked foods: raw fruits and nuts, vegetables, seeds, and soaked or sprouted grains, seeds and beans. Heating food by any method forms toxic substances and hinders protein digestion. Since your system absorbs minerals by surrounding them with amino acids (the components of protein), cooking also decreases mineral uptake. Your body itself carefully avoids these effects by using low-temperature combustion to extract energy from the food you eat,

but cooking nullifies that process. This is principally a vegan diet, but some raw-foodists do eat dairy products, eggs, fish or meat. Fruitarians eat only raw fruit, including nuts, tomatoes, squash, beans, etc. Each of these diets is progressively more selective and free of toxins.

What about Protein?

The first question people ask is "What about protein?" Protein is abundant in the plant kingdom and it is easy to meet the daily requirements. The current USRDA is 60-65 grams for adult men and 55-75 grams for adult women. These figures depend on age and on whether women are pregnant or lactating. During stress or illness, especially infection, protein needs can double. But too much protein can cause fluid imbalances, and over a long period may reduce life-span.

On a raw foods diet you do not need to eat as much protein because your body assimilates it better. Proteins are chains of amino acids, and the primary structure of a protein is the sequence of amino acids in the chain. The chain is coiled into a helix, which is the secondary structure, and then that helix is coiled into a larger helix -- the tertiary structure.

Temperatures above 113 degrees F. irreversibly alter the tertiary and secondary structures, and since proteins must have the correct average three-dimensional configuration for digestive enzymes to attach to them, digestion is hindered. It is this same

heat-induced denaturation that causes egg white to coagulate when you cook it: the helixes become disordered and intertwined, and the mass hardens. The same thing occurs when hot water sets protein stains -- the helixes twist together with the cloth and it is difficult to remove them.

Another consideration is protein quality, and this is a controversial subject. Of the 22 known amino acids, 8 are indispensable because our systems cannot make them. To construct proteins, our bodies need these 8 amino acids in the correct proportions. If any one of them is short, protein synthesis stops, even though the other 7 are present.

Complete protein, or protein that alone could support good health, is protein that contains all 8 essential amino acids in the proportions the body needs. Eggs have the highest net protein utilization (NPU) and are a gauge for other proteins.

In general, animal sources contain complete protein, while vegetable sources are incomplete. But by combining different vegetables their amino acid patterns can compliment each other to form complete proteins.

For example, rice and beans, a staple in many cultures, is a form of complimentary protein. And we have found recently that it is not necessary to ingest the proper ratios of amino acids at each meal because the body holds them in reserve to form the proteins it needs, provided that we eat a variety of protein in the long run. And there are exceptions to the rule that vegetable proteins are incomplete: spirulina (a blue-green algae), yeast, bee pollen and tempeh are complete.

Vegetarian Protein Sources

For any vegetarian, protein sources are plentiful. Dairy products and eggs are an easy source, but use them with caution since they are high in saturated fat and cholesterol. Whole grains are superior to refined grains since the bran and germ contain high-quality protein. Nuts and seeds, tofu and tempeh, and peas and beans, especially soybeans are all high in protein, in both quality and quantity. Dark green vegetables and tubers supply small but valuable amounts. Spirulina, nutritional yeast and bee pollen are high-protein sources available in supplemental form.

Other Nutrients

There are other important nutrients a vegetarian must watch besides protein. Vitamin B12 is probably the most crucial because a deficiency causes pernicious anemia, a condition that can cause nerve damage and death. Healthy intestines produce a small amount of B12, but it is not reliable.

People thought until recently that this vitamin is available only from animal sources, but that is not true. Spirulina and chlorella, both forms of green algae, are the highest known sources of this vitamin, higher even than liver. Tempeh, a cultured soyfood, is another rich, reliable source. Miso and tamari, fermented soy products, contain some, and sea vegetables, especially nori, are also good. If you are a vegetarian and you do not eat these foods, it is essential to use a B12 supplement. The best form is a sublingual tablet.

Calcium is of concern to vegans, who use no dairy products. This is especially true for children and pregnant or lactating women. The richest sources of calcium are leafy greens,

especially hijiki and wakame, which contain on a dry weight basis more calcium than milk. Dulse, kelp and kombu are also high. Dark green leafy vegetables such as kale, broccoli, and collard, turnip and mustard greens are excellent sources. Spinach is not very good because of its high content of oxalic acid, which binds calcium. Whole grains, nuts, beans and seeds contain fair amounts. Vitamin D is essential for calcium absorption and is difficult to obtain from foods. Milk, eggs, sunflower seeds, sea vegetables and certain types of mushrooms are the only good sources.

We get most of our vitamin D from the action of sunlight on skin oils, but during winter months this process is not as effective and supplementation may be necessary. Iron is important too. You can find it in raisins, dried apricots, prune juice, legumes, dark green leafy vegetables and blackstrap molasses.

A Few Simple Rules

Once you arrange your diet to contain sources of these nutrients, there are just a few other simple rules to follow. In making the transition to a vegetarian diet, changes should be gradual and should not exceed what you are prepared to accept. Above all, you should like what you eat.

First eliminate red meat, using some poultry and fish. Be careful when buying fish since so many come from polluted water: avoid bluefish and swordfish, and use tuna sparingly -- these can contain high levels of mercury and other chemical residues. Seek out deep sea fish or Icelandic fish. Gradually eliminate all flesh foods, and be careful not to use too many dairy products and eggs.

The best way to help yourself and your family adjust to a meatless diet is to emphasize familiar non-meat foods and use meat substitutes. Life will be nicer for you and those around you if you do not preach and try to force others to accept your new ideas.

There are two other aspects of vegetarian foods that you should consider. First, the bran of whole grains contains phytic acid, which binds calcium, zinc and other minerals. But also present is phytase, an enzyme that breaks down phytic acid. Like most enzymes of biological importance, phytase becomes active under warm, moist conditions, such as those that occur when yeasted bread rises, unleavened bread proofs, and grains sprout. Be sure to soak bran for 4 hours at room temperature to activate phytase. Second, legumes contain trypsin inhibitors that interfere with protein digestion. These substances are heat labile and water-soluble, so you can eliminate them by cooking, sprouting or soaking and rinsing.

With basic nutritional know-how and a few simple rules, a vegetarian diet can supply you with more than enough nutrition to be healthy. The key is a varied diet in a natural and unprocessed form. You can begin by having a few meatless meals a week and proceed when you feel ready. You will be happy that you made such a meaningful and healthful practice a part of your life.

Roosevelt Community and School CalendarMAY 1984

- | | | |
|----|----------------------|--------------------------------------------------------|
| 1 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| 2 | Wednesday, 4:00 p.m. | 4-H - Borough Hall |
| | 7:30 p.m. | Planning Board - Borough Hall |
| 3 | Thursday, 10-11 a.m. | Exercise class - Borough Hall |
| | 2:00 p.m. | Senior citizens meeting - Borough Hall |
| | 7:30 p.m. | Fire company meeting - Borough Hall |
| 5 | Saturday, 7-10 p.m. | Teen group - Borough Hall |
| 7 | Monday, 4-9 p.m. | Last day to register to vote in primary - Borough Hall |
| | 8:00 p.m. | Deborah meeting - Borough Hall |
| | | Council agenda meeting - Borough Hall |
| 8 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| 9 | Wednesday, 4:00 p.m. | 4-H - Borough Hall |
| | 7:30 p.m. | Public hearing COBG - Borough Hall |
| | 8:00 p.m. | Council meeting - Borough Hall |
| 10 | Thursday, 10-11 a.m. | Exercise class - Borough Hall |
| 12 | Saturday, 7-10 p.m. | Teen group - Borough Hall |
| 13 | Sunday | Mother's Day |
| 15 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| | | Food Co-op - Borough Hall |
| 16 | Wednesday, 4:00 p.m. | 4-H - Borough Hall |
| | | First Aid Drill - Borough Hall |
| 17 | Thursday, 10-11 a.m. | Exercise class - Borough Hall |
| | 7-11 p.m. | Boy Scouts - Borough Hall |
| 19 | Saturday, 7-10 p.m. | Teen group - Borough Hall |
| 22 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| 23 | Wednesday, 4:00 p.m. | 4-H - Borough Hall |

MAY 1984

- 23 Wednesday, 8:00 p.m. PTA meeting - School cafeteria
- 24 Thursday, 10-11 a.m. Exercise class - Borough Hall
- 26 Saturday, 7-10 p.m. Teen group - Borough Hall
- 28 Monday Memorial Day
- 29 Tuesday, 10-11 a.m. Exercise class - Borough Hall
First Aid - Borough Hall
- 30 Wednesday, 4:00 p.m. 4-H - Borough Hall
- 31 Thursday, 10-11 a.m. Exercise class - Borough Hall

Book review

Former Rooseveltian explores Soviet society

by David Brahinsky

Biographical note: Franklin Folsom, now in his late 70's, lived in Roosevelt with his wife Mary Elting and his two children, Rachel and Michael for over 20 years. Now a resident of Ward, Colorado, Mr. Folsom was a Rhodes Scholar, an archeologist, a specialist in the lore of the Lenni Lenape Indians of New Jersey, a spelunker (cave explorer), a merchant seaman during W.W. II, a writer of children's books (as is his wife), and a world traveler. In the 1950's he organized an archeological trip in West Windsor for 5th graders from Roosevelt and N.Y.C. where they found arrow heads which were authenticated by the Trenton Museum as genuine Indian artifacts (they found them along York Road). He served as president of the Author's League in N.Y.C. and organized a committee of writers and editors to guard against racism in children's literature. He was always interested in the Soviet Union.

It's difficult to know with any degree of certainty how to understand former Roosevelt resident Franklin Folsom's new book on the rights of Soviet citizens (Some Basic Rights of Soviet Citizens, Progress Publishers, Moscow, 1983). Based on trips made to the U.S.S.R. in 1963, 1979, and 1981, Folsom finds that, contrary to public opinion in America, Soviet citizens do not

suffer from a lack of rights and freedoms, but, on the contrary, enjoy an unprecedented number of them.

According to Folsom, the Soviet government guarantees every worker a job (he claims that, for all intents and purposes, unemployment does not exist in the Soviet Union), every child an education, every citizen sufficient food and clothing, adequate housing, free adequate medical care, equality of the law with respect to sex, race, and religion, the right to enjoy the arts, and the right to criticize, manage, and take part in society.

The picture Folsom draws of Soviet society is one in which the socialist ideal is becoming more and more actualized, where people are allowed freedom of expression, given wonderful opportunities, and where all of the basic human needs are provided -- a picture obviously in profound contrast to that given by the Western media as well as by Soviet writers whose work has been published here.

In compiling his information, Folsom visited many areas of that vast land and interviewed a large number of people, many of whom, from his descriptions, hold relatively high official positions in Soviet society. In discussing the right to work, for example, he reports that he began his search by talking with the Deputy Chief of Social Security Department of the State Committee on

Labour and Social Questions. From this official he obtained information on how Soviet society guarantees every worker a job and how trade unions -- which the official claims are very powerful -- enforce all labor laws. Further information on trade unions was obtained in interviews with officials of the All Union Central Council of Trade Unions.

To learn about educational institutions, Folsom interviewed the Rector of the Kazakh State University and the director of an Inter-School Education and Production Center, among others. He offers the experiences of the Editor of Pravda and the Deputy Chairman of the State Planning Committee in the Buryat Autonomous Soviet Socialist Republic as examples of how workers can change jobs at will.

Because of this, Western readers, steeped as we are in anti-Soviet propaganda, must remain skeptical regarding some or perhaps even a great deal of the information provided in this book. Certain discrepancies (in comparison with other sources) were noted by this reviewer. To cite one rather small item: Folsom says that children are educated in their national, cultural language as well as in Russian. Another recently published report contradicts this to an extent, claiming that certain nationalities, such as the Karelians, have no schools giving lessons in their language (cf, Basile Kerblay, Modern Soviet Society, Pantheon, N.Y., 1983, p. 47).

Again: Folsom pictures Soviet workers as happy or satisfied, whereas, according to Kerblay (p. 192), 71% of young workers are dissatisfied with their equipment, 65% with

the hygiene in the workplace, 54% with pay. Kerblay's statistics, however, indicate that 60% are satisfied with promotion, 67% with job content, 96% with relations with colleagues, and 51% with relations with management. Here Kerblay's findings coincide to an extent with Folsom's.

Folsom, however, makes no mention of a number of significant items which put his thesis into question. He makes no mention of political and religious prisoners still held captive (10,000 in 1975 according to Amnesty International -- cf, Kerblay, p. 246); he does not report on how intensely the Soviet educational system attempts to denigrate religion (Kerblay, p. 283); he does not attempt to deal with the severe alcoholism in the country (three times what it was under the Tzars, according to Kerblay -- p. 290); and does not say that institutionalized anti-Semitism still exists as, for example, in quotas limiting access to certain institutions of higher education and certain professions for Jews and in the prohibition of the practice of Hebrew language culture. (Kerblay, p. 295).

Overall, as one reads the book, one gains a sense that Folsom is viewing Soviet society through a narrow tunnel where only certain dimensions come into view while the fulness, the historical, cultural, and political contexts are, for the most part, missing. It is difficult for one not to believe that Soviet officialdom has 'done a job' on Folsom.

The thoughtful reader, however, cannot simply dismiss Folsom's findings. What is needed, in a word, is verification. And, in a society as

closed to the outside world as the Soviet Union where the press is rigidly controlled (as Folsom admits -- but, he adds, for a good reason: in the interest of self preservation), will such verification be easily forthcoming?

Nevertheless, there is much to learn from Folsom's book. I was fascinated by his eyewitness accounts of the variety of cultures that prevail, by his descriptions of how advanced Soviet medicine is -- although he makes no mention of the controversy regarding Soviet psychiatry -- and by his account of the housing boom currently underway. The many photographs included are welcome as well.

I was also interested in his discussion of the puritanical attitudes towards sex observed in the schools, in the apparent progress made in every area from the Tsarist Era to the present (particularly regarding literacy and women's rights), in his reports on the number of books that are sold in the Soviet Union -- Folsom claims that Soviet citizens are the most voracious readers in the world -- among other things. I would have liked to have been told more about the role of the Secret Police in the average citizen's life, however.

Perhaps the most significant feature of the book is Folsom's attempt to show Westerners how like us Soviet citizens are, how much they love their country (if this is true), and, for Folsom, the crucial point, how badly they want peace. If Folsom's observations are accurate on this point alone, the book is worth the price, for all too often we think of the U.S.S.R. in terms of its government as it is represented

to us by our media and forget that there are people there who, according to Folsom, want out of life what the average American wants -- which does not include mass incineration.



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NEWCOMERS INTRODUCE THEMSELVES

I was asked to write something about myself and our family for the Borough Bulletin as new arrivals to Roosevelt. It is a pleasure because we have enjoyed reading the Bulletin ever since our daughter, Evelyn, and her husband, Gary Edelstein, moved here five years ago. Through the many timely and interesting articles we feel as if we know many of the inhabitants. The move to Roosevelt "feels so right." Everyone we have met while walking or in the Post Office is friendly and genuinely sincere in welcoming us to this community. For five years, at functions at the school and the Borough Hall, including food co-op gatherings, we've witnessed good community spirit and thoughtful considerations, especially about nuclear weapons.

We first came to Monmouth County seventeen years ago from Metuchen, N.J. when Herb became "Y" director of the Freehold Y.M.C.A. I remember during that first month in Freehold that Herb took me for a ride in the country to show me an "interesting and distinctive community", Roosevelt!

The "Y" job lasted three years and then Herb worked as a union carpenter until eight years ago. He became a multi-shop teacher at the Vocational High School in East Brunswick and is now teaching in the Special Needs annex of the school. I worked part time as a nurse at a nursing home for seven years and was one of four family partners running a dress shop for three years.

Herb and I have six children all grown and out of the house. There no longer was a need for our ten room Victorian house on Broad Street. Here's something

about our children. Leslie lives in Europe and is a business assistant for an artist, Mark Wironov of Highland Park. After Evelyn came Virginia, she attended F.I.T., is a textile design artist and lives in Fort Lee, N.J. Steven, after graduating from Glassboro was a banquet manager in Freehold and then sales representative for Coats and Clark. He is now about to be a partner of a new restaurant in Trenton. Jennifer is married to James Cicalese and will get her B.S. in Integrated Pest Management this May from Cook College. They are great bicyclists and have bicycled from California to New Jersey. They have plans to tour Australia in the near future. Daniel works for Freehold Township Parks and Recreation Dept. All winter he has been supervising the evening basketball leagues, a sport he excelled in while in high school.

We are pleased that all our children are happy we moved to Roosevelt. (They all worked hard to help us move here.) Besides the other positive things I have said about Roosevelt there is the wonderful bonus of being near our two grandchildren James, four and William, six months. It is a joy to be able to watch them develop and grow. We know that Roosevelt will be a good place for us to settle at this time in our lives.

Florence Johnson



"Hey guys - wonder what F.D.R. is thinking right now?"

George Fries

First Aid news

The March 19th Pancake Breakfast which was held on March 25th was a tremendous success feeding patrons from far and near. Pancake eaters, you will be happy to learn that the First Aid Squad has decided to continue the PC tradition by sponsoring three, count 'em, 3, breakfasts a year. Get out your red pens and circle September 16th. The breakfast is a fantastic place to meet old friends, and new friends and to even eat a hearty breakfast. See you there.

During March the squad responded to four calls.

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SENIOR CITIZENS' MEETING -
APRIL 5, 1984

by Helga Wisowaty

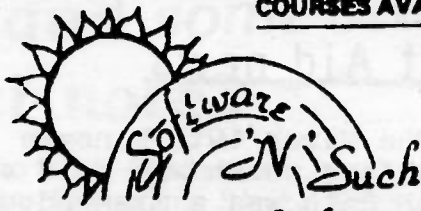
Esther Pogrebin informed us about the article titled ALERT which was written by Senator Bill Bradley. The Senate Finance Committee passed a measure that would have tripled Medicare Part B payments by 1990. This decision was overturned on March 15; the issue now goes before the Senate. Senator Bradley advised everyone to send letters and petitions opposing this increase to Senator Baker (Senate Majority leader), U.S. Senate, Washington, D.C. 20510. Ilus Lobl volunteered to try to get signatures via petitions to send to Senator Baker to defeat this measure.

Esther also told us that Roosevelt will receive cheese soon to be distributed to those who are eligible -- those who are on welfare or SSI or who have PAA cards.

On May 1 the Senior Citizen Housing committee will have a public meeting at 7:30 p.m. at the Borough Hall.

Ilse Reisenfeld and a group from Freehold entertained us at this meeting. Songs with an international flavor -- some good "oldies" and a few that some of us recognized from our school days. It was a pleasant addition to this meeting. Shirley Richter, Frances Manzi, Aglore Bute and Esther Pogrebin were our hostesses. We missed Paul Corman and hope that he will be back for our next meeting.

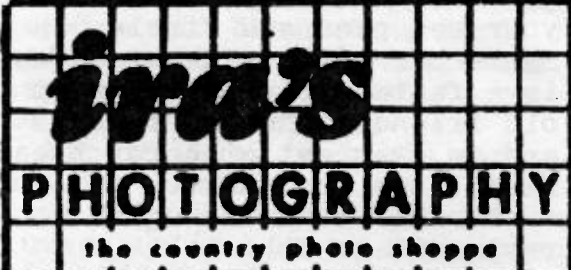
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OBITUARY

Martin James Frank, age 38, a lifelong resident of Roosevelt died on March 21. He is survived by his wife Lynn, two daughters, Lori, 14 and Jodi, 11, a sister, Harriet Gleason of Massachusetts, and his mother Ella Goldstein of Florida. He was treasurer of Congregation Anshei for many years. He was a member of the Roosevelt adult softball team..

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Recipe of the month

HUMMUS

This Middle Eastern dish is a good example of complimentary protein; the chickpeas compliment the tahini. Tahini is a puree of hulled sesame seed. When you eat hummus as a dip with raw vegetables or with whole-wheat pita bread, you have an excellent appetizer or sandwich!

Ingredients:

- 2 cups cooked chickpeas (garbanzos)
- juice of 2 small lemons or 1 large lemon
- 2 cloves garlic
- $\frac{1}{2}$ cup tahini
- $\frac{1}{2}$ tsp. sea salt

Garnish:

- olive oil
- paprika
- chopped parsley

Procedure:

Blend chickpeas with just enough water to allow smooth blending. Add lemon juice, garlic, tahini and salt. Blend well. Mixture will thicken. Place in a bowl or saucer; sprinkle a little olive oil on top, and garnish with paprika and parsley.



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"MINI MAXI MIGHTY WOE,
IF THEY HOLLER LET THEM GO"

When I see some young dames, quite unhampered by shame,
Scamper round in their minis half-masted,
There's but one frame of mind in a guy of my kind,
And that is to be flabbergasted!
For their long stringy hair, ragged jeans that they wear
Are proof they are non compos mentis,
And I could with much glee, turn them over my knee
And spank them in Loco Parentis.

Yet in all my despair, I am moved to forbear
From resorting to weapon or missile,
For the trouble may be in their family tree
And you can't grow a fig on a thistle!
Though I often debate when I see some ingrate -
Some graceless, young male heir apparent
Whether flaying one would do the other some good,
Or in any way be a deterrent.

Though they're not over-nice nor exactly precise
And their conduct is often dismaying,
Yet in view of all sides, I am free to confide
That I'd like to be quoted as saying:
"Their pace is so fast that it leaves me aghast,
Their manners unspeakable yet it
Would be impudence to expect common sense,
For where in the world would they get it?"

Though they idle and plan and throw money away
On Hot-rods with wheels that are whoppers,
I thank the kind stars they're as good as they are
When I look at their mommers and poppers!

Harry Mack

PUT THEM IN THEIR PLACE

by Jack Bermowitz

Names belong in 7 professions,
namely Scientists, Medical
Doctors, Violinists, Pianists,
Authors, Poets, Painters.

- Barenbcim
- Barnard
- Boswell
- Brendel
- Bulwer
- Burns
- Curie
- Coe
- DaVinci
- DeBakey
- Dreiser
- Dumas
- Fermi
- Gould
- Gregorio (first name)
- Heifetz
- Keller
- Lister
- Longfellow
- Ludwig
- Millstein
- Mintz
- Newton
- Cistrakh
- Copenhagen
- Perahia
- Raphael
- Rubenstein
- Salk
- Semmelweis
- Stern
- Swinburne
- Turner
- Van Dyke
- Vermeer

- Gregorio (Prestopino)
- Van Dyke
- Raphael
- Turner
- Vermeer
- Painters
- Longfellow
- Keller
- Coe
- Swinburne
- Burns
- Poets
- Dumas
- Ludwig
- Boswell
- Bulwer
- Dreiser
- Authors
- Brendel
- Gould
- Perahia
- Rubenstein
- Barenboim
- Pianists
- Millstein
- Heifetz
- Stern
- Cistrakh
- Mintz
- Violinists
- DeBakey
- Barnard
- Semmelweis
- Lister
- Salk
- Medical Doctors
- Newton
- DaVinci
- Fermi
- Curie
- Oppenheimer
- Scientists

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FROM: Roosevelt Reunion Committee

DATE: April 23, 1984

SUBJECT: Jersey Homesteads (now Roosevelt) Reunion

A committee has planned a reunion of the first settlers of Jersey Homesteads, their families, and former residents who came to the "project" in the thirties and forties. The date of the reunion is Sunday, June 3, 1984 beginning at 1:00 p.m. at the Roosevelt Public School.

The Roosevelt First Aid Squad will cater a dairy buffet luncheon for us. In order to cover expenses (which includes the luncheon) the cost per person is \$5.00. We need your money in advance. Please make your checks payable to Irving Bach, treasurer. We have enclosed a self-addressed envelope for your convenience.

We look forward to a day of excitement, reminiscent of old times. Bring any pictures or memorabilia that we can share.

Please respond by May 15, 1984 to Irving Bach, 846 Fox Meadow Road, North Brunswick, New Jersey 08902.

Please return this portion of the letter with your check in the enclosed envelope to Irving Bach, 846 Fox Meadow Road, North Brunswick, N.J. 08902 by May 15, 1984.

() Number of people attending

Name: _____

Address: _____
