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GARWOOD VOLUNTEER REWARDS CARD PROGRAM LAUNCHED

Submitted by Sara Todisco

The first-ever Garwood New Jersey Volunteer Rewards Card program has been successfully launched recently. All Garwood volunteers, from the Fire Department to First Aid Squad to PTA and many more, have received the cards this month and cards are valid through December 2019. This card provides 10 percent off goods and services at participating local businesses, with a couple of exceptions marked on the card.

The following 12 businesses took in this initiative: Benvenuti Pizza & Italian Deli/Restaurant; Cranford Plumbing, Heating, and Cooling; Crunch Fitness; Daisy's Taste of Cuba; Dittrick's Wines and Liquors; Dr. Robert B. Wise, D.C.; Karma Salon Studio; Kessler's Corner; Mobile Concepts; Rudy's Italian Restaurant; Sana Acupuncture; and The Station Bar & Grill.

Advanced Printing, 116 South Avenue, Garwood, owner, John Todisco, donated the printing of the cards.

Volunteers are really the heart of Garwood, the small town with a big heart. And their hard work, countless hours, and dedication to making Garwood a great place is much appreciated. Our local business community is also deeply valued for making our town vibrant.



(above, l-r) Sara Todisco presenting Volunteer Rewards Card to Fire Chief Allan Tweedle.

GPD RECRUITING FOR FIRST POLICE YOUTH ACADEMY

Submitted by Sgt. John Wright

The Garwood Police Department, in conjunction with Garwood Municipal Alliance, will be hosting our first ever Garwood Police Youth Academy, Garwood, New Jersey. The Youth Academy is an opportunity for our young residents to not only get to know our officers but to get hands on experience of what a career in law enforcement is like.

The Inaugural session of the Garwood Police Department Youth Academy is scheduled for the week of August 20 to 24, 2018 from 7:30 a.m. to 3 p.m. The week will be filled with activities, team building projects, physical training, demonstrations from law enforcement units from around the County and State.

The Graduation for recruits and their families will be held on Saturday August 25th. The program is offered to Garwood youth in grades 6th through 8th of the 2018/2019 school year. The cost for each recruit will be \$30. Parents or guardians looking to enroll their children can

contact Sgt. John Wright or Sgt. Philip Lewis for an application by calling 908-789-1500. Or visit our website at garwoodpd.org

Deadline for applications will be May 25, 2018. Late applications will not be accepted.



(above) Sgt. John Wright addressing the students at Lincoln School about the youth academy.

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EDUCATION FOUNDATION HONORED DENISE CAFIERO, BARBARA TWEEDLE, AND MARY ANN SEVERAGE

Submitted by Sara Todisco

Garwood Times is published by Renna Media. 2,200 newspapers are printed monthly and mailed to every business and resident in Garwood.

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The Education Foundation of Garwood New Jersey honored Denise Cafiero, Barbara Tweedle, and Mary Ann Severage at its 14th Annual Appreciation Dinner on April 26, 2018. Ms. Cafiero was named Educator of the Year while Ms. Tweedle and Ms. Severage were cited as people who have made a difference in the borough.

"These are admirable women who have helped make Garwood the great little town that it is," said Sara Todisco, the foundation's president. "We were happy to honor them."

Denise Cafiero, a fifth-grade and sixth-grade math and science teacher, is a Bayonne native and holds a bachelor's degree in biology with a minor in chemistry from the College of Saint Elizabeth. She became an educator through the New Pathways to Teaching program at Hudson County Community College. She taught in Bayonne for five years and is completing her fifth year in the Garwood School District.

Ms. Cafiero has lived in Garwood for six years, and her daughter, Kaeley, is a sixth-grader at the Lincoln School.

Barbara Tweedle, a Garwood resident since 1994, has been active in DARE and Garwood Parents Draw the Line – both drug-control programs – and, after 20 years of membership, is

vice president of the Ladies' Auxiliary of the Garwood Fire Department. She has also served as a judge for the Lions Club Halloween parade. She and her husband, Allan, have two daughters, Sarah and Caitlin, and two grandsons.

Mary Ann Severage, who has lived in Garwood for 75 years, has been a trustee of the Garwood Public Library since 1978. She is a parishioner of the Church of St. Anne and has been on the board of its Rosary Society for 15 years. She is a life member and past president of the Ladies' Auxiliary of the Garwood Fire Department. Her late husband, Bill, a former chief, was active in the department for 55 years. They have two children, Bill and Susan, four grandchildren, and two great grandchildren.

Traditionally, about 100 people attend the Appreciation Dinner, which raises almost \$4000 for the foundation, a nonprofit, tax-exempt 501(c)3 organization founded in 2004 to work with Garwood schools "in pursuit of educational excellence." It provides scholarships to eighth-grade and high school students and grants to Garwood teachers in support of enrichment projects.

For more information, contact Sara Todisco at saramtodisco@gmail.com or call 908-377-7890.



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THE CELEBRATION SINGERS SPRING 2018 CONCERT

Submitted by Christopher Silvestri

The Celebration Singers would like to invite you to our spring concert titled “Music from the Heart, from the Soul” at Union County College, Roy Smith Theater, 1033 Springfield Avenue, Cranford, New Jersey at 8 p.m. on June 1 and June 2, 2018. Tickets are \$20 for adults and \$15 for children and seniors. Tickets can be purchased in advance through our website, celebration-singers.org, or at the box office at the night of the

concert. Any questions concerning the performances can be directed to our email at celebrationsingersnewjersey@gmail.com or to our landline at 908-552-4656.

The Celebration Singers are multi-generational ambassadors of song drawing music from a breadth of genres and cultures. The Choir's commitment to artistic excellence and its engaging and dynamic style provide its diverse singers and audiences with a compelling musical

experience. The Choir lends support through music and participates in the cultural life of the community.

Please also visit our Facebook page: facebook.com/Celebrationsingers.

Funding for the Celebration Singers is made possible in part by the New Jersey State Council for the Arts, Department of State, through a grant administered by the Union County Office of Cultural and Heritage Affairs.



(above) The Celebration Singers Adult Choir at St Michael's in Cranford New Jersey for their annual winter concert.

26TH ANNUAL WOMEN OF EXCELLENCE AWARDS DINNER

Submitted by Councilwoman/Commission Chair Sara Todisco



(above, l-r) is Garwood Council President Jen Blumenstock, award recipient Marguerite Modero, and Councilwoman/Commission Chair Sara Todisco. Jen Blumenstock (not pictured) is also a member of the Commission.

The Union County Commission on the Status of Women recently presented the 26th Annual Women of Excellence Awards Dinner at The Westwood in Garwood.

Former Garwood Public Schools music teacher, Marguerite Modero, was one of the 10

women who were honored that evening. She had a 35+ year career in the Garwood Schools and after retirement pursued her passion continuing to advocate for individuals with special needs through Community Access Unlimited. She is a resident of Roselle Park.

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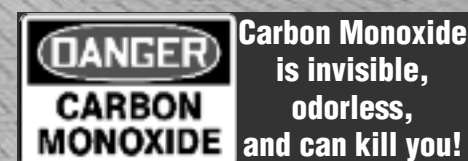
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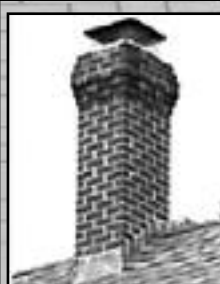
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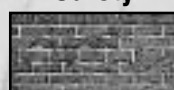
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GARWOOD LIBRARY LAUNCHES HOOPLA

The Garwood Public Library recently added hoopla digital to its array of online resources.

Available to Garwood Public Library card holders, hoopla contains nearly half a million titles in six different formats: movies, TV, music albums, e-audiobooks, e-books, and comics/graphic novels.

There are no hold lists. Every item is available immediately. On a mobile device, content may be temporarily downloaded and accessed offline or, using either the hoopla app or a computer, content may be streamed.

Garwood Public Library card holders may borrow three titles per month. For the Library's younger patrons, hoopla features a Kids Mode option. To register for hoopla digital for free with your Garwood Library card, use your mobile device to download the hoopla digital app from the Apple or Google Play store.

If you are using a computer, visit hoopladigital.com/home. Hoopla can also be accessed by going to youseemore.com/Garwood and clicking on the Online Resources tab. To register, you will need your library card number. In order to use hoopla, you must be a patron in good standing, i.e., no outstanding fines or fees, no overdue materials, and a valid, unexpired Garwood Library card. If you have questions about your account, please contact the library at 908-789-1670.

The Garwood Library is located at 411 Third Avenue, Garwood, New Jersey. Visit at: 2.youseemore.com/garwood/

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GARWOOD PUBLIC LIBRARY MAY 2018 EVENTS

The Garwood Public Library is located at 411 Third Avenue, Garwood, New Jersey. Visit us at: youseemore.com/garwood. For more information and to register for programs, call 908-789-1670. The Library is open Monday through Thursday from 9 a.m. to 8 p.m.; Fridays from 9 a.m. to 4:30 p.m., and Saturdays from 9 a.m. to 1 p.m.

Knitting Club

10:30 a.m., every Monday and Thursday.

No registration required. Learn how to knit or show others how it's done while enjoying fun conversation. Needles and yarn provided to newcomers.

Kid's Chess

every Monday in May at 3 p.m.

No registration required. Limit 12; Informal chess game for children of all ages. This is a non-instructional program. Six boards provided.

The Library will be closed May 28th in honor of Memorial Day.

Monday Afternoon Book Club

May 21 at 1 p.m.

No registration required. Discussing "Renoir's Dancer, the Secret Life of Suzanne Valadon," by Catherine Hewitt.

Kid's Craft

May 8th at 3 p.m.

Registration required for children second grade and up. Limit 20. Join Linda the Librarian to make a Mother's Day craft.

Toddler Story Time

each Wednesday at 10:30 a.m.

No registration required. For children birth to age 4. Stories, songs, bubbles, and more.

Lego

May 10 and 24 at 3 p.m.

Registration required for children age 4 through 12. Limit 15. Be inspired by this month's theme and build whatever comes to mind. Then share your creation with others. Some will be displayed in our showcase.

JB Express: Doo Wop, Oldies and Retro Band

May 31 at 7 p.m.

Join us for a night of tight harmonies and rhythms of the early street corner groups performed by one of the finest and most entertaining bands to emerge from the Jersey Shore. Limit 40. Registration required.

LOCAL AUTHOR LAURA SASSI'S VISIT TO LIBRARY

Local author, Laura Sassi, recently came to Garwood Library's Storytime to read her new book, *Diva Delores and the Opera House Mouse*.

She brought along some puppet friends and a craft. It was lots of fun. Join us for story time Wednesdays at 10:30 a.m.



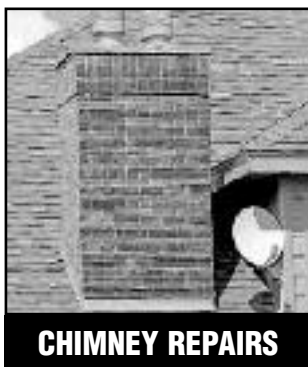
(above) Laura Sassi's Storytime.



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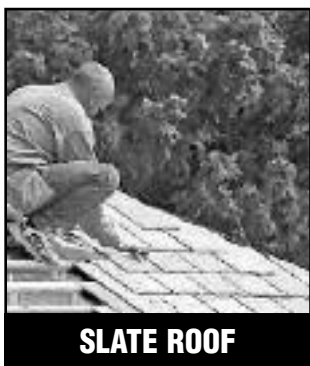
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CRISIS HOTLINE TO SCREEN FILM - MAY 16

Submitted by Janet Sarkos

The crisis hotline Caring Contact will present a special screening of "Suicide: The Ripple Effect," the remarkable story of Kevin Hines, who at 19 attempted to take his life by jumping from the Golden Gate Bridge. The screening will take place May 16, at 7:30 p.m. at AMC Loews at 1021 Route 22 East, Mountainside, NJ.

Following the screening, there will be a question and answer session and discussion on the topic, featuring some of the area's leading suicide prevention advocates. This discussion will be led by trained volunteers who are involved with Caring Contact.

Tickets are \$12, plus a processing fee, and can be purchased by visiting gathr.us/s/22327, where visitors can also view the film trailer and screening page. Tickets are limited so reservations are highly recommended.

With endorsements from some of the world's leading suicide prevention experts, "Suicide: The Ripple Effect" began worldwide screenings on March 13, 2018. Since surviving the jump, one of only 25 to live among the more than 1700 people who have jumped from the bridge, Hines has been on a mission to use his story to help others find recovery and stay alive. He has become one the world's most prominent suicide prevention speakers and advocates.

The film features some of the world's leading suicide prevention experts and shines light on people who are using their personal experiences with suicide to help others find the hope they need to stay alive.

"Kevin Hines' 'Suicide: The Ripple Effect' is a marvel of inspiration, a film that should be seen by anyone who has known despair and anyone who is or has been close to someone in a suicidal crisis," said Dr. John Draper of the National Suicide Prevention Lifeline.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community serving North and Central New Jersey, an area with 3 million inhabitants in Union, Essex, Middlesex, Morris and Somerset counties. More than 100 listeners attentively and compassionately serve those in emotional distress and educate communities about the power of personal connection. Caring Contact responded to more than 10,200 calls in 2017.

Caring Contact is a member agency of the National Suicide Prevention Lifeline network and its hotline services are available to anyone, anonymously and confidentially. Visit Caring Contact at: caringcontact.org

GARWOOD HISTORY ROCKS CONTEST

Submitted by Carol A. Lombardo, Garwood Historical Committee

The Garwood Historical Committee will be hosting a "Garwood History Rocks" contest at the Garwood Rocks Street Fair to be held on Sunday, June 3, 2018 on Center Street in Garwood, New Jersey. The contest is open to all residents of Garwood, regardless of age. (Rain date for "Garwood Rocks" is June 9).

This is the idea. The Committee will hide, in plain sight, 25 brightly colored rocks throughout the Borough, right after Memorial Day. If you happen to find one, hold onto it until the day of the Garwood Rocks Street Fair. Bring the rock to the Garwood Historical Committee booth on June 3, and you will win a prize. You will also receive information about the place painted on the rock you found. Each rock will have a specific Garwood location printed on it that has some history associated with it. The rocks will be placed at random throughout the borough, so a rock that has the words "Garwood Library" painted on it, may or may not be found on the Library grounds, or even on the north side of town. One rock per family please. The names of all those who find, and return, a rock will be eligible for a grand prize selected by random drawing from the 25 rock finders.

There are many places of interest throughout

the Borough and the Historical Committee hopes this rock hunt will encourage families to walk around the Borough as they search for the rocks and look at the various historical sites in our town.

The Garwood Historical Committee is dedicated to preserving the short, but rich, history of our town. Any resident that has artifacts, memorabilia, programs, photos, of events or places long gone, please contact the Historical Committee at garwoodhistory@garwood.org. If you want to retain your item, we will be glad to digitally scan your item and return it to you.



WINE TASTING EVENT TO BENEFIT BOY SCOUTS

The Boy Scouts of America and volunteer co-chairs, Dawn and Rich Buchanan of Fanwood will host a Riedel Wine Tasting on May 29, at 6:30 p.m. at the Masker's Barn located in the Watchung Reservation in Berkeley Heights, NJ.

Guests will enjoy great wines using Riedel wine glasses, learn more about wines, how to pour them, the effect wine glasses have and how to improve the overall enjoyment of wine.

The ticket price of \$150 includes hors d'oeuvres, four glasses of wine rated 90 or better on the Wine Spectator List, buffet dinner, dessert, auction, and a set of four Riedel wine glasses to take home.

The proceeds of this event provide the necessary funds to send underprivileged youth to four of our camps in New Jersey and New York

State. Over 3000 youth are served in this program, and a total of 16,000 youth served in traditional Scouting in our area. Most recently the BSA has enhanced STEM (Science, Technology, Engineering, and Math) content in every facet of Scouting, from summer camp to the Pinewood Derby, by developing programs that explore the STEM principles behind familiar Scouting activities. The STEM Program is another beneficiary of this event.

Registration for the event is required at ppcbsa.org/give/special-events by May 22. Attendees must be 21 or older. All contributions over \$50 are tax deductible.

Contact Jennifer Volz at 973-765-9322 ext. 249 or at jennifer.volz@scouting.org with questions.



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ANNUAL LETTER CARRIERS' STAMP OUT HUNGER FOOD DRIVE IS MAY 12

The Letter Carriers' Stamp Out Hunger® Food Drive is happening on Saturday, May 12, 2018. On this day, you can set out your non-perishable food before your letter carrier's regular pick up time. The top requested non-perishable food items are: cereal, pasta, pasta sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili, and/or pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken, and/or turkey), beans (canned or dry). You can also donate healthy, low-sodium, low-sugar items such as beans, oatmeal, and other whole grains, and canola or olive oil.

Please do not donate frozen food, homemade food, or home-canned items. Please do not donate items that have expired or are in glass containers. In keeping with good food-handling and food-safety procedures, food that is opened, damaged, out of code or does not have the official ingredients will be discarded by the food bank in the sorting process.

The Food Drive is primarily a people food drive, but if you also want to give pet food in addition to your regular donation, food banks may be able to distribute or direct it to pet shelters and organizations in the area that have a need.

Please do not donate any form of individual baby food products, including formula, jarred vegetables and fruits, meals, snacks, infant cereal. Baby food may be donated by the case or pallet, but single item donations present potential contamination risks and special handling

requirements. The Food Drive is primarily a food drive, but if you also want to give personal care items (such as diapers, laundry detergent, soap, toilet paper, and household cleaning items) in addition to your regular donation, food banks may be able to distribute or put them to good use with organizations that also provide help to those in need. Please note that not all food banks will be able to accept these items. If you would like to volunteer with food distribution and sorting, or in any other capacity, call your local post office and ask to speak to the local food drive person there. Many food banks have a great need for volunteers on Food Drive Day, as well as all throughout the year.

All donations to the Letter Carriers' Stamp Out Hunger Food Drive are tax-deductible because all the food collected on Food Drive Day is given directly to non-profit charity food agencies in the

community the food was collected. Though the National Association of Letter Carriers plans the Food Drive's logistics and letter carriers provide the transportation for each donor's generous donation, the National Association of Letter Carriers is not the agency that gets listed on tax forms for claiming deductions. There are more than 10,000 food agencies throughout the country that receive these donations, so if you itemize your taxes and want to provide proper credit for your Food Drive donations, you will need to determine the name of the agency (food pantry or other charity) that received your food, as well as the agency's address and tax I.D. number for proper reporting on your tax-filing forms. The Food Drive Coordinator at your local post office should be able to give you the name of the receiving agency, and that agency will likely have tax information handy.

For more information, visit: nalc.org.

GARWOOD TO PARTICIPATE IN CRANFORD MEMORIAL DAY PARADE

In the spirit of the National Memorial Day Program, the Cranford Memorial Day Committee will hold its annual Memorial Day Parade on Monday, May 28, 2018. Members of the Governing body of Garwood will participate in the parade and all residents are encouraged to attend.

The parade will assemble at 8:30 a.m. at the Cranford Community Center, 220 Walnut Avenue, Cranford, New Jersey. Marching will start at 9 a.m. The parade will finish with services at approximately 10 a.m. at Memorial Park on Springfield Avenue. In case of inclement weather, services only will be held at the Community Center.

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WE WEREN'T BAD KIDS, WE WERE SAD KIDS: EXECUTIVE DIRECTOR AT IMAGINE SHARES HER STORY

By Mary Robinson, MA, CT

When I was 14 my father died of cancer, reticulum cell sarcoma, still one of the most deadly and difficult cancer to treat. It was 1974 and I was a freshman at Madison High School, my brother Jim was a sophomore. I remember it like it was yesterday and still dream of my dad, and still miss him. The death of a parent changes a child's life forever, as it did mine.

When my father was first diagnosed I was in eighth grade and that's when I first started skipping school. Though not a very helpful way to cope with my distress, it was also not unusual, as grief starts the moment of diagnosis; someone doesn't have to die for us to grieve. And that was certainly true of me and my family.

After our dad died my brother and I acted out in ways typical of grieving children, we were textbook examples of grieving children in fact, but at that time it wasn't understood that children grieve too, not just adults. The adults in our lives saw our changed behavior but didn't know what to do or say, or even to equate it with our dad's death and changed home life.

My mom was extraordinarily resilient all through my dad's illness and after he died. She went from being a stay-at-home mom to being a realtor, seemingly working 24/7 to pay the bills and keep us in our home. She is definitely my hero for how she worked so hard on our behalf, sending me to college and making the life I live today possible. But not all kids are so lucky. Often after a death there is great financial stress along with many secondary losses like having to move to a new neighborhood or even a new town, so a child loses friends, a sense of safety and familiarity and connections to the very people that could have been supportive.

I've now been working and volunteering in the field of children's grief support since 1997, working to ensure other children and teens don't lose years of their lives to unresolved grief like my brother and I did. The death of a parent is a trauma for a child but it doesn't have to leave them traumatized, if they get support. As the founder of two children's grief support centers and currently as Executive Director of Imagine, A Center for Coping with Loss in Mountainside, my commitment is to ensure grieving children develop healthy coping skills, grow in their resiliency, emotional health and well-being, and to create communities where children coping with loss get the love and support they need to thrive and live up to their unique potential.

Dr. Gerald Glasser of Westfield was the catalyst for the start of Imagine. He wanted to insure that no child should ever have to grieve alone. He invited me to come to Westfield and open a grief support center providing an initial grant for startup funding through The Glasser Foundation, a philanthropic organization set up in memory of Dr. Glasser's son, Thomas Glasser, who was a victim of the 9/11 attack and who left behind two young children. The Glasser Foundation continues to provide extraordinarily generous annual support to Imagine.

Meeting Dr. Glasser was such a gift in my life.

His generosity and vision provided me with my life's purpose. When my father died there was no awareness back then that children and teens needed support after a loss like the death of a parent or brother or sister. Children truly were 'the forgotten mourners' as Elisabeth Kübler-Ross, author of *On Death and Dying* said over 40 years ago. But fortunately things have gotten better since then with over 500 children's grief support centers like Imagine existing around the country, and with schools bringing us in to provide educational workshops so that they are better equipped to support and understand youth coping with all types of loss. Now when a parent dies, families tell us that they heard about Imagine from multiple sources including their child's school, their funeral home or house of worship, and from multiple friends who scour the internet looking for support.

Childhood bereavement is one of society's more pervasive issues. One out of seven children under the age of 18 will lose a parent or sibling by age 20. And kids in grief are at-risk for unhealthy or destructive ways of coping which is why Imagine and other centers like it exist. Children and teens don't necessarily have the coping skills, life experience, or maturity to process their loss, and they re-grieve their losses during the various stages of their development. Imagine exists as an effective intervention and prevention program and a place for healthy mourning. The key to how well a child or teen or adult will do after a loss is to actively mourn the loss and not keep everything bottled up inside.

The mission of Imagine is to support children and families coping with loss and foster resiliency and emotional well-being for all those who grieve. But our higher purpose is to normalize grief and death and dying in society so that those who are grieving aren't left isolated or made to feel like there is something wrong with them. Our goal is to create "Good Mourning" communities that are grief- and trauma-informed. We do this by partnering with schools, agencies and workplaces to provide support and education on the topic of grief and loss and to hopefully change the lens through which society views grieving youth.

We work with the whole school community including school staff, parents, other agencies, healthcare providers, and first responders to create an environment that wraps around the youth served. The goal is that wherever a child turns in their life, at school, home, after-school programs, etc., there are adults who understand the impact of loss and trauma on youth, how to recognize it and how to support, listen to, and help build resilience in grieving youth.

Adults and peer support programs like Imagine can help children learn healthy ways to cope and grow more resilient. Loss is part of life and if we support children at the time of their loss they will be better able to cope with future life losses.

Over 40 years later, I am able to say, as I learned from my St. Vincent's School kindergarten friend Chris Harrington whose mom died when he was 11, that "I wouldn't have



(above, l-r) Mary Robinson and her dad, Gerry Robinson.

missed my dad for the world." I had the best dad for 14 years. Good can come from grief, loss, and pain, if we get and give support. As adults it is our job to help children navigate life's painful losses and create loving, supportive communities in which children can mourn their losses in healthy ways. That is the work of Imagine and all the centers like it around the country.

Imagine is a free year-round peer grief support center located in Mountainside, New Jersey serving children age 3 to 18 who have had a parent or sibling die, with concurrent support groups for their parents or guardians. Support for children and teens living with a parent or sibling with a life-altering physical illness is also available. Free year-round support groups are also available for young adults who have had a friend, sibling, parent or other important person in their life die, or who have a parent, sibling or friend living with an illness. Imagine is completely privately funded and completely free to participants for as long as they need. We rely on donations from individuals, companies, local businesses, and foundations to support the close to 300 children and adults currently attending our support groups every two weeks at Imagine. And we rely on volunteers to facilitate those groups. For more information about support, donating, or volunteering, please call 908-264-3100, email me at mary@imagineinjersey.org or visit imagineinjersey.org.

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July 9th - July 13th / 9:00am - 12:00pm

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AGES 3 - 8

Cost: \$250

DISNEY ADVENTURES

June 25th - June 29th / 9:00am - 12:00pm

Take a magical journey through music and dance with the Disney classics and your favorite characters. have your camper hang with mickey and the gang!

AGES 3 - 8

Cost: \$250

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July 16th - July 20th / 9:00am - 12:00pm

Styles include popping, locking, breaking and of course lots of free-styling! great class for all levels to get introduced to the wide range of urban movement styles.

AGES 4 - 7

Cost: \$250

Commercial Hip Hop

July 30th - August 3rd / 9:00am - 12:00pm

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AGES 7 & UP

Cost: \$250

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