Union's Hometown Newspaper

Issue 89 • May 2018

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UNION VETERAN'S ALLIANCE MEMORIAL DAY PARADE



(above) War reenactors travel along the Township of Union Veteran's Alliance Memorial Day Parade route.

Photo courtesy of the Township of Union.

The Township of Union Veteran's Alliance Memorial Day Parade will kick off at 10 a.m. on May 28, 2018, on High Street and travel along Stuyvesant Avenue, Union, New Jersey, as a tribute those who have died in service of the United States of America.

"Not only is this an exciting and fun event for the entire family, but a way for us- as a community- to come together to remember those who gave their lives in honor of our freedom," said Mayor Suzette Cavadas.

Featuring floats, Clydesdale horses, military units and vehicles, music by the Up Town String Band and the Wholly Brass Band, and a historic war reenactment, the parade has something for people of all ages. For best viewing, watch the parade from Pearl Harbor Square on Stuyvesant Ave.

The closing ceremony at Veteran's Honor Roll and Memorial Park, will also present the opportunity for

spectators to witness a Revolutionary War Battle reenactment at 11:30 a.m. as well as live cannon fire.

Residents are encouraged to stop by Friberger Park, behind Town Hall, on May 27 from 1 to 4 p.m. to experience the Pre-Memorial Day Revolutionary War Encampment, featuring American and British Crown Forces and historical demonstrations.

You can easily register your non-profit organization to march in the parade by visiting uniontownship.com and filling out the online form. In addition, any veterans having served in World War II, the Korean War, or the Vietnam War are invited to ride in our designated "Veteran's Float." Reserve your spot by contacting Karen Caulfield at 908-851-5472

For additional information please contact Natalie Pineiro, Public Information Officer, Township of Union, 908-851-5096 or via email at npineiro@uniontownship.com.

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Call: Maryanne 908-858-4012 Email: editor@rennamedia.com

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TOWNSHIP OF UNION ANNOUNCES PLANS FOR MAJOR ROAD IMPROVEMENTS

Submitted by Natalie Pineiro

When Mayor Suzette Cavadas was sworn in Phase three of the program will address: on New Year's Day, among her list of priorities and initiatives was a continued commitment to roads and infrastructure. As the weather starts to break, and the threat of snow diminishes, Township residents will start to see some action on the streets.

"One of the most important duties carried out by the Department of Public Works is ensuring the safety and quality of our roads," said Cavadas.

Union is a unique township with state, county, and local roads that traverse it. While this is great news for prospective renters and homeowners looking to be close to major thoroughfares, it makes that maintenance of the roads in the township a taxing task requiring the coordination of several players.

This 2018 Road Program will be broken into three phases.

Phase one of the program is set to include:

- Berkshire Dr.
- Carlsen Dr.
- Pilgrim Way
- Union Ave.
- Victor Ave.

Phase two will continue with:

- Andrew St. North
- Bushnell St.
- Concord Ave.
- Concord Pl.
- Crane Pl.
- Delaware Ave.
- Howard St.

- Erhardt St (Vauxhall Rd. to Sayre Rd. South)
- Harmony Rd.
- · Lancaster Rd.
- Patton Ave.
- Reeves Terr.
- Shearer Ave
- Susan Pl.
- Woodmont Rd.
- Stuyvesant Ave.

(Morris Ave. to Elmwood Ave.)

Throughout the life of the program an additional 64 roads that were uprooted by the utility companies will also be serviced, making the total number of roads targeted by the program more than 80.

The program is funded by long term capital improvement financing with the addition of a County of Union Infrastructure Grant plus a Community Development Block Grant.

In addition, the County is expected to work on Stuyvesant Ave from Vauxhall Road to the Irvington line, and the State is projected to be working on Morris Ave from the Springfield line to Caldwell Ave and Morris Ave from Lehigh Ave to North Ave.

For more information on the

2018 Road Program,

please visit uniontownship.com

/768/2018-Road-Program

or contact Natalie Pineiro,

Township of Union,

Public Information Officer, 908-851-5096 or v ia email at publicinfo@uniontownship.com.

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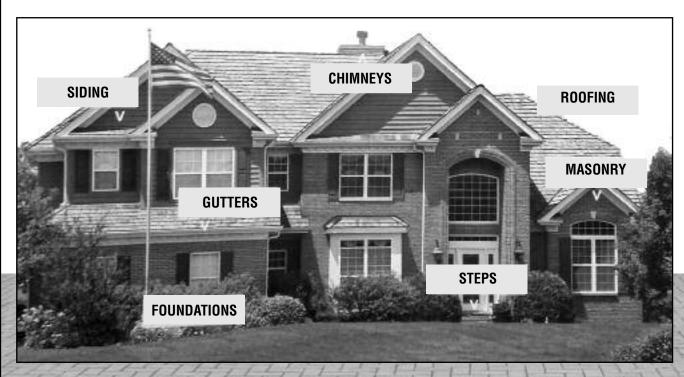
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TOWNSHIP OF UNION RECREATION DEPARTMENT SUMMER 2018 EVENTS

The Township of Union Recreation Department is now accepting registrations for our Summer Camp and Tennis Clinic. The Summer Camp offers two three-week sessions and is for girls and boys entering grades 3 through 5 in September 2018. Session one runs from June 25 through July 13. Session two runs July 16 through August 3. Each session is \$300 per child. The camp day runs from 8:30 a.m. to 4:30 p.m., early drop-off and late pick-up are available for an additional fee.

A variety of games, trips and activities are included in this summertime favorite. The Tennis has classes for children in grades 2 through 8, broken down my age and ability. The program runs Monday through Thursday mornings for six weeks with Friday reserved for rain. The program begins on June 25 and ends on August 2. Participants will learn the basics and hone their skills.

The Girls Field Hockey Clinic is back! This week-long clinic, which runs from June 18 to June 22, is for girls in grades 2 through 8 and is geared towards all skill levels. The program will meet in the evening from 6:15 to 7:15 p.m. at Rabkin Park. Participants will learn basic field hockey principles and game play in the program. Hockey sticks are provided!

Come explore the exciting world of LEGO in one of our summer day camps. Classes are for boys and girls entering grades K through 5. Four different programs are offered with different focuses, depending on age and ability. The first week of classes will begin August 6; the second week will begin August 13. The camps are designed to teach participants the basics of building and engineering while providing tons of fun! Registration is limited to 16 participants per class so register today!

The Union Municipal Band, under the

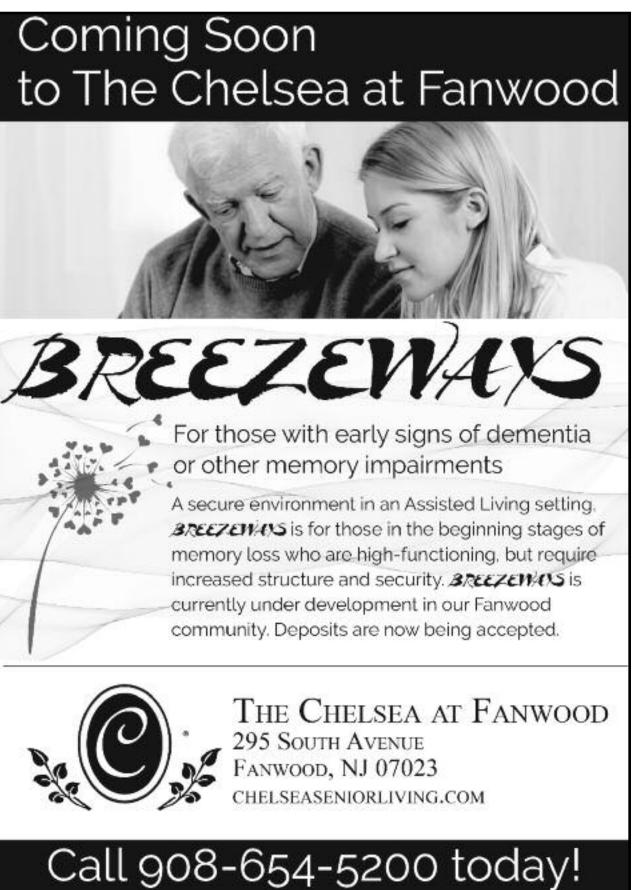
direction of Howard Toplansky will present a free concert on May 21. The concert will be held at Hannah Caldwell School Auditorium, 1120 Commerce Avenue, Union, New Jersey at 7:30 p.m. Admission is free, and the public is cordially invited to attend. This spring concert will feature music from Broadway, concert classics, and traditional band music.

The Arts & Crafts program is still accepting registrations for 3- to 5-year-olds for our Thursday classes, so come on out and create some masterpieces. Two classes are available; 9:30 to 10:30 a.m. and noon to 1 p.m. Children must be accompanied by an adult. Classes are free and are held at the Recreation Center, 1120 Commerce Avenue, Union, behind Hannah Caldwell School.

For inquiries about any of the programs please call the Union Recreation Department at 908-686-4200.







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MCA CELEBRATES 25TH ANNIVERSARY OF NATIONAL SENIOR HEALTH & FITNESS DAY®

Local Organization Part of National Wellness Event to Promote Healthy Lifestyles for Older Adults.

The Gateway Family YMCA will join an estimated 1,000 local groups to celebrate the 25th Anniversary of National Senior Health & Fitness Day (NSHFD) on Wednesday, May 30, 2018. As an official host site, The Gateway Family YMCA branches will hold information sessions and community classes on May 30th.

On this day, The Gateway Family YMCA will join with an estimated 100,000 older adults across the country participating in local activities to help promote active, healthy lifestyles through physical activity, good nutrition and preventative care. According to Krystal R. Canady, CEO, The Gateway Family YMCA, "National Senior Health & Fitness Day is the perfect opportunity for seniors to make, renew, and revitalize their commitment to lead healthier lives through wellness, nutrition and programs designed specifically for their demographic."

National Senior Health and Fitness Day at The Gateway Family YMCA takes place on May 30th at the Elizabeth Branch - 135 Madison Avenue, Elizabeth, Five Points Branch - 201 Tucker Avenue, Union, Rahway Branch - 1564 Irving Street, Rahway, and Wellness Center Branch - 1000 Galloping Hill Road, Union and WISE Center YMCA Branch – 2095B Berwyn Street, Union, NJ.

National Senior Health & Fitness Day is always held on the last Wednesday in May, and this year's special 25th anniversary event is set for Wednesday, May 30th. The program, the

Frank Valenti

largest senior wellness event of its kind, is organized by the Mature Market Resource CenterSM, a national clearinghouse for professionals who work with older adults. For more information about National Senior Health & Fitness Day, please visit fitnessday.com

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. For more information on The Gateway Family YMCA visit www.tgfymca.org.







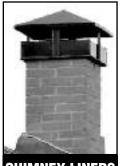


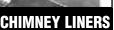






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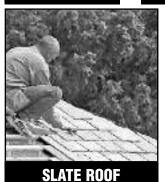
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ANNUAL LETTER CARRIERS' STAMP OUT HUNGER FOOD DRIVE IS MAY 12

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 foodsafety 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

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.

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

if you also want to give personal care items (such 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 All donations to the Letter Carriers' Stamp Out 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.









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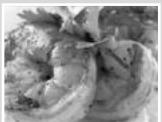
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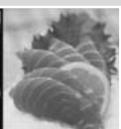
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TOWNSHIP OF UNION'S 3RD ANNUAL WOMEN'S HISTORY MONTH CELEBRATION

By Maryanne Christiano-Mistretta

Trailblazing 'She-Roes' were recently honored at the Township of Union's 3rd Annual Women's History Month Celebration. The event was held at Galloping Hill Caterers in Union, with over 120 attendees.

Local women recognized were:

- Sharon Patel, She-Roe in Business
- Kim Conti, She-Roe in Education
- Ernestine Frye, Community She-Roe
- Adrienne Miller-Kubicz, **Environmental She-Roe**
- Dasia Edmond, She-Roe in Training

Honoree Sharon Patel co-owns Patel Printing Plus Corp, a creative business printing, graphic design, and mailing company with her husband J.C., in Union. She is past president of the Union Township Chamber of Commerce and currently serves on the Executive Committee as VP of Programs and Special Events and chairs the annual gala. She was President of the Rotary Club of Union, currently on the board as Membership Chairman. She is a trustee on the executive board of the Gateway Family YMCA currently serving as Secretary. She is a member of the Township of Union Cultural Arts Council and a former trustee of Union County Economic Corp., Development Union Hospital Foundation, the Union Township Education Foundation, Marylawn of the Oranges, a Sisters

of Charity girls school. She served on the advisory councils of Small Business Development Center and SBA.

Honoree Kim Conti has lived in the Township of Union about 25 years and is an active participant in the community. She has been the Director of Special Services for the Township of Union Public Schools since 2010, and in 2014 was the recipient of the Rotary Club of Union Excellence in Education Award.

Honoree Frye is an executive director with UTCAO (Union Township Community Action Organization, Inc.).

Honoree Adrienne Miller-Kubicz has been a resident of Union for 23 years, with her husband Richard, and children, Lindsay and Tyler. She was a florist in Union until she developed an allergy to flowers. The setback didn't end her passion for flowers, agriculture, and gardening. As a committed member of The Township of Union Garden Club since 2009, she became its president shortly thereafter. She recruited a few members of the Garden Club and together they founded the Township of Union County Garden in 2014.

Honoree Dasia Edmond is a 12-year-old seventh grader with a vision to capture her life's events in books and allowing her peers to journey with her through those tough teenage years. She has donated her books to the Vauxhall Public Library, Jehovah Jireh Worship, Zion Hill Baptist Church, and Sweet Reads.

Union Mayor Suzette Caradas opened the event, followed by guest speakers, Denise Wilkerson, Founder of Abounding Women Community Outreach, Inc.; Janet Davis, CEO of Jade Consulting and Jade Jamaican Grill; and Tara Marcus, Dillon Marcus Executive Retreats. Marcus created the highly acclaimed Unleashing Women! curriculum which encourages women to become more intentional about their career goals, their leadership style and their lives.

"I love celebrating Women's History Month," Marcus said.

Her workshop was called "Why Not Me?" She talked about beliefs that stop women from taking the next big step in life.

Attendee Claudia Yaborough said, "We're trying to bring women together and build their businesses."

"March is Women's History Month and we have to empower our young girls," added attendee Valerie Hall. "I'm here to support all women from Union being honored tonight."

The event featured refreshments and desserts. In lieu of an admission charge, the Township collected donations for the YWCA Family Justice Center of Union County.

Photos by Maryanne Christiano-Mistretta



(above) Honoree Dasia Edmond.



(above) Honoree Sharon Patel



(above) Honoree Kim Conti (above) Honoree Adrienne Miller-Kubicz







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(above, l-r) Tisheka Allen and Jennifer Vriens of YWCA Union County.







Photos by Maryanne Christiano-Mistretta



(above) Tara Marcus



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BURNET STUDENTS HONOR AMERICAN HISTORY WITH SPECIAL MUSEUM

Submitted by Akua Boakye and Jennifer Williams

During Black History Month, students from Mrs. Sheahen's, Mrs. Rodriguez', Mr. Costello's, Mr. O'Reilly's, and Mr. Scarano's Social Studies classes researched, designed, and presented a museum exhibition entitled, "Black History is



American History," detailing the 400-year history of African American contributions to American society.

Students interpreted a variety of primary and secondary sources and collaborated within small groups about various topics throughout American history. Topics ranged from early African communities abroad and in colonial America, resistance to slavery and Jim Crow segregation, to voting and citizenship rights. Also, contributions in culture, art, science, medicine, athletics, government, and the military were covered

The museum exhibit was also made possible by the contributions of Burnet's Art classes, led by Mrs. Ramirez and Ms. Fenton. Students in their Art classes created beautiful paintings inspired by their research, detailing various themes of African-American history.

The exhibit will remain open throughout the rest of the month and into April for observation on the first floor of Burnet Middle School across from the cafeteria.

Teacher Mr. Joseph Costello shared "It was a pleasure to watch students truly engage with this complicated history often very limited in contemporary Social Studies textbooks. Students proved they could collaborate with their groups to tell a story of African history that connects all classes involved. I feel very thankful to be a part of a great collaborative team of Social Studies and Art teachers who helped curate this exhibit."

Eighth Grader Oliva Mott added, "The museum was good to help us learn about what happened during the Jim Crow period and beyond. Now we can understand how African-Americans were treated so we can avoid making similar mistakes in the future."













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FIRE DEPT AWARDED GRANT ASSISTANCE

The Township of Union Fire Department was recently awarded grant assistance from the FM Global Fire Prevention Grant Program. This grant is to be used for education, training, and community outreach initiatives through the Township.

"Being awarded this grant is a big part of allowing us to provide the best service and equipment to our citizens without being a burden on the budget," stated Fire Chief Michael Scanio. "This particular grant will allow us to provide fire prevention education to large audiences, giving the citizens the proper knowledge on how to prevent fire emergencies before they happen is the ultimate goal for their safety."

Fire Commissioner Manuel Figueiredo thanked FM Global Fire Prevention for their, "financial involvement in helping our Union Fire Department move forward with the task of continuously keeping our residents safe. Public safety is always our first priority and we therefore extend our gratitude to FM Global for their events. collaborative investment."

equipment, the Union Fire Department has to visit each individual classroom within each school to deliver information to the students. This is cumbersome, repetitive, and an ineffective use of department time. Now the department can deliver interactive presentation to large groups of people at once which will aid in firefighter trainings and community outreach activities, particularly at schools.

Purchasing a projector and the additional components will allow the Union Fire Department to visit schools and deliver presentations to significant portions of the student body using the National Fire Protection Association's (NFPA) educational materials according to age group, additional to their Annual Fire Headquarters Open House.

Beyond fire and safety prevention, the department provides seminars on Basic First Aid & CPR, something that the department would like to teach large audiences and expand to other

Visit the Township of Union at twp.union.nj.us



SCHOOLS AND POLICE DEPARTMENT ADOPT NEW 'PARK N WALK' SAFETY PROGRAM

In effort to enhance school security, the Township of Union Public Schools, Union, New Jersey, in conjunction with the Union Police Department, recently instituted the "Park n Walk" program. Officers, at random times, working the area of each of the district schools will park, walk around the outside of the school, checking all doors to make sure they are secured. The officers will also enter the school through the front door, sign in with the front door greeter and announce their presence to the main office and administration, before conducting a walk-through of the school building. They will then sign out again with the greeter and leaving through the front door. This program will be implemented during all school days when the officers work load permits.

Captain Robert Perez of the Union Police Department stated, "We stand committed to the safety of the children and faculty of our schools."

District Security Officer Nicholas Ardito added, "It is everyone's responsibility to make sure our school buildings are safe. The Park and Walk Program that we will start in cooperation with the Union Police is a great way to partner with our communities first responders. It's a great way for our staff and students to get to know who our police officers are and what they do for us every day. Our first responders are a second set of eyes for all of our safety."

Any questions or concerns can be addressed to Mr. Nick Ardito, Director of Security, by emailing nardito@twpunionschools.org.





REGISTRATION FOR 2018 SUMMER CAMP AT BOYS & GIRLS CLUBS

Summer is around the corner! It is time to register for Summer Fun Club at our Union Club. Summer Programs run June 25 thru August 24, 2018, and include Stroke Development Camp, Teen Leadership Camp, Digital Literacy, Summer Brain Gain, Career Preparation and Karate. Members also have the opportunity to participate in weekly trips and special activities. Teens will visit colleges and universities in New Jersey.

"We are excited for another great season of Summer Fun Club, which includes many activities," said Russell Triolo, Chief Executive Officer. "Teens will experience in depth career and college preparation."

Teen Leadership Camp: 12 years to 16. Offers fun, and exciting activities such as weekly community service activities, college tours, guest speakers, daily activities to strengthen their character and leadership skills, and much more!

Summer Fun Camp: 4 years to 11. Offers Basketball Camp, STEM program, weekly field

trips and enriching educational programming. Summer Fun Club will also have an opportunity to participate in a weekly Karate Class hosted by KidsSafe Youth Programs.

Stroke Development Swim Camp: Offered half day, or full day. This program is for competitive swimmers already on a swim team or swimmers looking to join a team. The components of this program will include freestyle, starts, backstroke, breaststroke, butterfly, turns and individual medley.

Youth Swim Lessons: 4 years to 18. Offered four days a week for two weeks, in the a.m. and p.m. This progressive series of courses is designed to teach water safety and swimming

Early registration is now open! Reserve your child's spot for only \$50 down per week if you register before June 1. If you register after June 1, a 50 percent down payment per week is required and is non-refundable.

Interested in having a splash at your birthday

bash? How about a Birthday Pool Party? Our Splash Party is a two-hour pool party celebration for youth. For information, please contact Lucero Cano at 908-687-2697 x107.

Boys & Girls Clubs of Union County

Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential and have provided opportunity for youth since 1955. They are part of a national network of some 4000 neighborhood-based facilities, Boys & Girls Clubs of America, which serves more than 4.6 million young people annually, in all 50 states and on U.S. military bases worldwide. Clubs guidance-oriented provide character development programs on a daily basis for children 6- to 18-years-old, conducted by a fulltime professional staff. Key Boys & Girls Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and recreation, and family outreach.

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Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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WINE TASTING EVENT TO BENEFIT BOY SCOUTS

The Boy Scouts of America and volunteer cochairs, 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, New Jersey.

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.

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.

ppcbsa.org/give/special-events by May 22. over \$50 are tax deductible.

Contact Jennifer Volz at 973-765-9322 ext. The proceeds of this event provide the 249 or at jennifer.volz@scouting.org with questions.

GREAT INFLATABLE RACE COMING TO UNION!

The Great Inflatable Race is coming to Union on May 12, 2018, at 9 p.m. The event will be held at Union High School, 2350 N. 3rd Street, Union, New Jersey.

The Mayor and Committee of the Township of Union have partnered with the Mayor's Wellness Committee and Union High School to present this event, which will benefit Union High Registration for the event is required at School's Project Graduation. A portion of the proceeds from the Inflatable Race, and all Attendees must be 21 or older. All contributions proceeds from the Food Truck Festival will go to benefit this great cause. Food trucks and entertainment will run from 11 a.m. to 5 p.m. To register, visit: thegreatinflatablerace.com/Union-Township

NAMI UNION COUNTY SUPPORT GROUP FOR **CAREGIVERS OF LOVED ONES WITH MENTAL ILLNESS MAY 15**

NAMI (National Alliance on Mental Illness) 2018, 7:30 to 9 p.m. Union County is hosting a support grou for caregivers of loved ones who have a mental health diagnosis. Join our peer led monthly group meetings and gain insight from others facing similar challenges. The next meeting is May 15,

Meetings are held on the third Tuesday of every month at the First Presbyterian Church of Cranford, 11 Springfield Avenue, Cranford, New Jersey. For more info call 908-233-1628 or email namiunioncounty@yahoo.com







Video Production & Editing



FUNDRAISER TRIP TO LONGWOOD GARDENS TO SUPPORT UNION PUBLIC LIBRARY

Submitted by Elsa Nazario

The Friends of the Union Public Library are having a fundraiser trip to help support the Union Public Library on Sunday, May 20, 2018.

The Friends group is hosting a bus trip to Longwood Gardens in Kennett Square, Pennsylvania. The bus will be leaving from the Municipal lot in front of the Main Library, 1980 Morris Avenue, Union, New Jersey, at 9 a.m., returning at 6 p.m.

The cost is \$50 per person, which includes bus cost and admission to the Gardens.

Add-on Options include: \$5 for a 1 hour guided tour; \$50 Dining Coupon for Terrace Cafe.

To help support this fundraiser by contact: Mrs. Marie Canarelli at 908-687-7468 to get your tickets.

There is no deadline; only until tickets sell out.



UNION PUBLIC LIBRARY

The Union Public Library has exciting events planned for adults during the month of May 2018 at both the Main Library (MN) and Vauxhall Branch (VH).

All programs are free and open to the public.

ADULT PROGRAMS AT VAUXHALL BRANCH (VH)

The Vauxhall Branch Library is located at 123 Hilton Avenue, Vauxhall, New Jersey. For more information, call 908-851-5451.

Tai Chi Free Exercise Program

Every Tuesday in May from 12:30 to 1:30 p.m. For mature adults. Wear sneakers and comfortable clothing. Sign up required.

Stroke Awareness Information Session/Tai-Chi Demonstration

May 7 at 1 p.m.

Professionals from Atlantic Health System will discuss signs and symptoms of stroke. Learn the benefits that the practice of Tai-Chi can have on your health.

Connect, Explore & Discover Our 24/7 Digital Library

May 14 from 1:15 to 2:15 p.m.

Join us for Tech Monday Instruction. This week we will learn how to stream full length music concerts from Qello, using your library card. Register in

Hilton Readers Book Discussion Group

May 21 from 6 to 7:45 p.m.

This month's book selection is The Glass Castle by Jeannette Walls. Please contact the Vauxhall Branch for a copy of the book. New members always welcome.

Bring your own dinner.

Family Movie

May 26 from 1:30 to 3:20 p.m.

Bring your lunch (we will supply popcorn and a beverage). Call the library for movie title.

Score Presents: Starting and Managing a Business *May 30 from 6 to 8 p.m.*

The Vauxhall Branch Library is located at 123 Hilton Avenue, Vauxhall, New Jersey. To register, or for more information, call 908-851-5451.

ADULT PROGRAMS AT UNION PUBLIC LIBRARY (MN)

The Main Library is located at 1980 Morris Avenue, Union, New Jersey. For additional information call 908-851-5450, or find us on the web at uplnj.org.

Movies for Adults

Tuesdays at 2 p.m. May 8, 15, and 22 Join us at the library Tuesdays at 2 p.m. for free movies. Doors open at 1:50 p.m. and elevator access is available.

Meditation

Thursdays in May at 11:45 a.m.
Relax and unwind in our ever-popular meditation

Friends of Union Public Library Thursday, May 4 at 7 p.m. Monthly meeting of the Friends of the Library. New members always welcome.

Les Malamut Art Gallery Reception

Saturday, May 5 at noon.

Come out and see the Young Artists of Hannah Caldwell School. Reception will be held from noon to 2 p.m. and the exhibit will be on display through May 21.

Intergenerational Storytime

May 10 from 10:30 to 11 a.m.

Join us for a special opportunity to read to young children ages 2 to 5 p.m.

Please call the library at 908-851-5450 x3 if you are interested in signing up.

Books and light snacks will be provided.

Qello Film Concerts

May 10 at 1 p.m.

Join us for a filmed musical tribute to famed French singer Edith Piaf. May 23 at 1 p.m. Join us for a filmed musical concert featuring Billy Joel:

Live at Yankee Stadium.

Bite Club. Around the World in 60 Minutes May 14 at 7 p.m.

Join fellow foodies to chat about international cuisine. Please prepare your favorite international dish to bring with you. Coffee and tea will be served. Registration required, please call 908-851-5450 ext. 3 or email Emily at emacleod@uplnj.org. Please bring a copy of your recipe to the meeting.

Connect, Explore & Discover Our 24/7 Digital Library.

Monday, May 7 from 7 to 8 p.m.
Saturday, May 19 from 11 a.m. to noon.
Learn how to download e-books, e-audiobooks, digital magazines and more using just your library card.

Please bring your library card and your mobile device.

Off the Shelf Book Group

Thursday, May 17 at 7 p.m.

This month the group will be Cannery Row by John Steinbeck. New members always welcome. Please contact the library to receive a copy of the book.

International Film

Thursday, May 24 at 2 p.m.

Join us to view a new foreign film every month.

Please call the library for exact title.

Jersey Job Club: Top Notch Resumes II

May 24 at 6 p.m.

Join our Career Coach, Deb Warner to learn how to create a game changing resume.

Senior Resource Connection: Union County's Mobile Aging Service Kiosk (ASK)

May 29 from noon to 2 p.m.

Union County's new mobile Aging Service Kiosk (ASK) will host free information events at the library on a monthly basis. The events are designed to provide residents with a convenient, friendly way to find out about services for the aging, and for their families and caregivers. ASK is staffed by professionals with the Division on Aging and Disability Resource Connection of the Union County Department of Human Services. They will provide information and guidance on home delivered meals, respite care, home care, adult day

care and other services.

ADDITIONAL PROGRAMS ARE FOR THE MAIN LIBRARY BRANCH

The Main Library is located at 1980 Morris Avenue, Union, New Jersey. For additional information call 908-851-5450, or find us on the web at uplnj.org.

Karate at noon

May 12

Ages 3 to 11. Registration required. Sensei Andrew Crescenzo from USA Karate & Fitness will be teaching a series of sampler karate classes. All levels welcome.

Please note that the noon class is for ages 3 to 6 and the 12:30 p.m. class is for ages 7to 11.

Girls' Night Out

May 7

at 6 p.m. Ages 6 and up. Registration required. Come hang out with your moms, sisters, aunts, cousins, and girlfriends! Join us for a Girls' Night where we'll be making DIY beauty products and jewelry that make great Mother's Day gifts!

Bedtime Storytime

May 8 at 7 p.m.

All ages. Registration required. Join us for a special bedtime story time to celebrate Mother's Day! Don't forget to wear your coziest PJs.

Intergenerational Storytime

May 10 at 10:30 a.m.

All ages. Registration required. Bringing generations together with a special story time, featuring special guests from Schaeffer Gardens.

SciFri: Sweet Science

May 11 at 3:30 p.m.

Ages 6 and up. Registration required. We'll be conducting experiments with different types

of candy to explore the concepts of diffusion, water stratification, and more.

Read to Waldi

Mondays May14 and May 21 @ 4:15 p.m.

Ages 5 and up. Registration required. Bring along a book or two and practice reading aloud

to Waldi, our visiting therapy dog.

Teen Advisory Board Meeting

May 18 at 3:30 p.m.

Ages 13 and up. Registration required. Help us make Union Public Library the place for you. Let us know what programs and events you want to see at the library. Recommend books, movies, and music you want to see on the shelves, and earn community service hours by coming to TAB meetings and participating in programs!



ShopRite Kids Cuisine

May 23 at 4 p.m.

Ages 6 to 12. Registration required. Learn about healthy eating and try some yummy new foods, following a different theme each month!

Teen Cuisine: BBQ Sides

Friday May 25 at 12:30 p.m.

Ages 13 and up. Registration required. May is National Barbecue Month, plus this weekend is the unofficial start of summer, so let's make some BBQ side dishes. Supplies will be provided.

Family Drop-In Craft

May 26 at 11 a.m.

All Ages. No registration required. We'll be making Popsicle Stick Star Streamers to celebrate Memorial Day!

WEEKLY PROGRAMS

Construction Zone

Mondays 3:15 p.m.

All ages No registration required. Learn, play, and build with us every Monday using Legos, K'Nex, and more. Please note there is no program on May

due to Memorial Day.

Babies in the Library

Wednesdays 10:30 a.m.

Birth to 18 months. No registration required. Spend this special time with baby singing songs and rhymes, listening to stories, followed by free play and socialization.

Preschool Storytime

Thursdays 4 p.m.

3 years to 6 years. No registration required. Jump into reading with UPL. We explore phonics, letter recognition, and numbers all while reading fun stories and making new friends.

Toddler Time

Fridays at 10:30 a.m.

18 months to 3 years. No registration required. Enjoy stories, singing, and movement, following a different theme each week! The May 18 session will focus on music and movement.



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VAUXHALL BRANCH PROGRAMS

The Vauxhall Branch Library is located at 123 Hilton Avenue, Vauxhall, New Jersey. For more information, call 908-851-5451.

Let's Play Chess Club

Wednesdays at 3:15 p.m.

Registration required. For students in first to 12th grades. All levels welcome. Facilitated by Chess for Everyone.

Pre-K Interactive Learning Time

May 8 at 11 a.m.

Ages 3 to 5. Registration required. Enjoy puzzles, coloring, memory games, and other fun activities with your preschooler!

Tween 'Make It at Your Library'

May 10 at 3 p.m.

Ages 9 to 13. Registration required. With Mother's Day just a few days away, make her a Mother's Day craft that she's sure to love!

Music & Movement

May 15 at 11 a.m.

Toddlers & Pre-K. Registration required. Get movin' and groovin' with your little one! Interactive play time with a focus on music and movement.

Club Teen: Teen Cuisine

May 16 at 6 p.m.

Ages 14 and up. Registration required. Megan Hewitt, RD from ShopRite of Union will stop by to teach us how to make delicious and healthy snacks.

Tween STEM Builders Club

May 17 at 3 p.m.

Ages 9 to 13. Registration required. Play around with Legos and 3-D magnetic tiles to create amazing shapes and structures.

Pre-K STEM Story & Craft

May 22 at 11 a.m.

Ages 3 to 5. Registration required. We'll be reading, singing, and learning about bubbles and bath time.

All materials will be provided.

Tween DIY

May 24 at 3 p.m.

Ages 9 to 13. Registration required. Wish you could fly? Join us to make some out-of-this-world flying objects! All materials will be provided.

Lunch and a Movie: Family Movie

May 26 at 1:30 p.m.

All ages. Registration required. Join us for a showing of Paddington 2 p.m. Bring along your lunch, and we'll supply popcorn and a beverage.

Pre-K Interactive Learning Time

May 29 at 11 a.m.

Ages 3 to 5. Registration required. Enjoy puzzles, coloring, memory games, and other fun activities with your preschooler.

Tween Game Time

May 31 at 3 p.m.

Ages 9 to 13. Registration required. Come in after school and play games with friends.

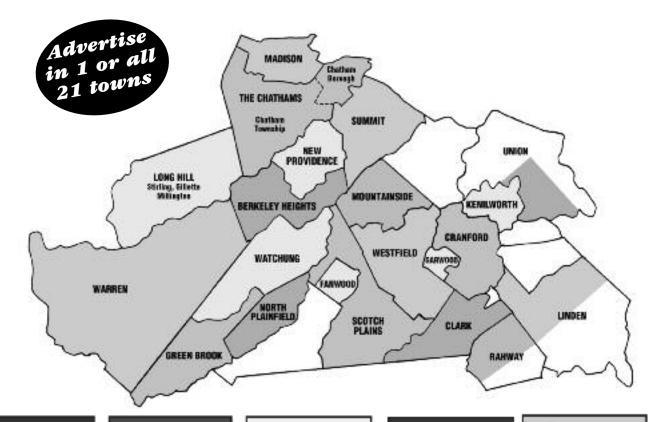


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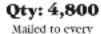
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WE WEREN'T BAD KIDS, WE WERE SAD KIDS: EXECUTIVE DIRECTOR AT IMAGINE SHARES HER STORY

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 text book 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@imaginenj.org or visit imaginenj.org.





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