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THE SCOTCH PLAINS RESCUE SQUAD CADET PROGRAM

Submitted by Susan Baldani, a life member of the Scotch Plains Rescue Squad.



(above) The Scotch Plains Rescue Squad Cadet program currently has 11 cadets and has room for more!

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The Scotch Plains Rescue Squad Cadet program began in 1968 for teens aged 16 and 17 who wanted to become members. Today, there are 11 cadets on our roster and room for more.

Although still teenagers, they go through the same training as our adult members and can, and often do, become fully certified Emergency Medical Technicians. Not only are they a real asset to our squad, but to the surrounding communities as well. These young EMTs are in our schools, on our sports fields and in our homes. They are prepared to deal with all kinds of medical issues and are sometimes first on the scene in these places.

Many of our past cadets have gone on to become doctors, nurses, paramedics, firefighters, police officers (including a Scotch Plains police chief), and other professions where they continue to help others in crisis situations. Being a cadet and later an adult member of our organization prepared them well for these life-saving careers.

Some of our present members started off as cadets many years ago and are still active on the squad today. For example, Carolyn Sorge, our current chief, started riding 30 years ago; our former chief, Dan Sullivan, has 48 years in; and Bob Speth, our former president, 44 years.

If you or someone you know is interested in joining our organization, we are always looking for volunteers who are caring, dedicated and want to help the community.

The Scotch Plains Rescue Squad is a volunteer organization of Neighbors Helping Neighbors. With over 90 volunteers, we answer emergency calls not only in Scotch Plains but in surrounding towns as well when needed. Besides answering calls, you will see our ambulances at many special events held in town, such as Scotch Plains Day, the Memorial Day Parade, high school football games, and the summer concerts on the Village Green. We are also available to provide demonstrations for Boys and Girls Scout troops, clubs, and any other group that may be interested in what we do. In addition, we lend out wheelchairs, crutches, canes and other assorted medical equipment free of charge. Our Auxiliary Group holds fund raisers and provides other much needed support for our members. Please reach out to us if there is something we can do for you, or if you would like to become a part of our organization.

You can call our non-emergency line (908) 322-2103 or email scotchplainsrescuesquad@gmail.com for more information.

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Scotch Plains NJ

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Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email editor@rennamedia.com or call 908-858-4012

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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

COUNCIL RECOGNIZES COLLEGE CLUB EFFORTS



(above) On June 18, 2018, the Borough of Fanwood Council recognized the Fanwood-Scotch Plains College Club, a non-profit formed in 1933 to help young women pursue a college education by making scholarships available. The College Club awarded a total of \$30,750 in scholarships to 17 women this year and more than \$630,000 in scholarships since its founding 85 years ago. Accepting the proclamation from Councilwoman Kathy Mitchell (left) was president Melissa Tice (glasses, black jacket) and other members of the board.

The Chelsea at Fanwood presents

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JUDGE SWEARS IN 14 CASA VOLUNTEERS ROBIN KARP AND ALYSSA SEIDEN OF SCOTCH PLAINS AMONG NEW FOSTER CHILD ADVOCATES

Submitted by Gretchen M. Boger-O'Bryan

Eleven Union County residents from Scotch Plains, New Providence, Berkeley Heights, Cranford, Elizabeth, Fanwood, and Westfield — and three from out-of-county locales Bloomfield, Irvington and South Orange — recently took their oath before Union County Superior Court Judge James Hely to serve as CASA volunteers. This class proves no matter where one calls home, it's the heart for helping others that leads the way. Each new advocate — ranging from age 21 to 69 — will serve a Union County foster youth or sibling set in need of a constant in their lives, and a voice in court and the community.

Volunteers with Court Appointed Special Advocates (CASA) of Union County serve as extra eyes and ears for family law judges hearing cases involving the county's abused, neglected or abandoned children removed from home and placed in foster care.

Successful advocates have varied backgrounds and diverse experiences, and this class is no exception: it included parents and non-parents, medical professionals, attorneys, homemakers, students and retirees, and most had no prior knowledge of the foster system. In addition, four volunteers were raised outside the United States. Family and friends, and CASA staff and board members looked on as Judge Hely performed the swearing-in and commemorative pins and certificates were presented. During a celebratory luncheon, advocates were matched to their case, a foster youth or sibling set.

CASA volunteers have court-ordered access to

all parties in a foster child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as from their own time spent with the youth. Advocates ensure a youth's needs are met and their time in care is as short as possible.

It is CASA of Union County's goal that every

Union County foster child have an advocate, yet half of the more than 500 such youth still await one. Could you be their voice? The next training begins July 11, 2018 and two additional trainings are slated for the fall. For details, contact Courtney at 908-293-8136 or cgreen@casaoofunioncounty.org, or log on to www.casaoofunioncounty.org.



(above) With Superior Court Judge James Hely are, from left, new CASA volunteers Felicia Davis of Irvington, Robin Karp of Scotch Plains, Aslam Chaudry and Carolina Bravo Sanchez of Elizabeth, Stacey Huggins of Bloomfield, Margaret Smith of Westfield, Alyssa Seiden of Scotch Plains, Rebekah Strombom of Berkeley Heights, Kristen Kim and Lisa Ripperger of Westfield, Francine Quinn of Cranford, Jessica Maier of Fanwood, Andrew Pugliese of South Orange, Katie Romano of New Providence and Executive Director Marla Higginbotham.

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YOUTH MENTAL HEALTH FIRST AID TRAINING - JULY 17TH AND 24TH

Caring Contact, a crisis hotline that serves Northern and Central New Jersey, will be offering Youth Mental Health First Aid Training in Westfield on July 17th and 24th, 2018. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human service workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addiction issue or is in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

The eight-hour course is being offered in two four-hour sessions, on July 17th and 24th from 6:00 pm to 10 pm at the Westfield Presbyterian Church, located at 140 Mountain Ave, Westfield, NJ. Youth Mental Health First Aid is listed on the National Suicide Prevention Registry of Evidence-Based Programs. Successful completion of the course includes a three-year Youth Mental Health First Aid certification.

Caring Contact is offering the training for \$75. To learn more or register, visit <http://caringcontact.org/training-registration/> or call 908-301-1899.

“Too often we think mental illness applies only to those with serious issues, for example someone who is exhibiting easily recognizable symptoms or someone under a physician’s care,” said Janet Sarkos, Caring Contact executive director. “But people experiencing

mental health issues are all around us, perhaps among our friends and neighbors, co-workers, classmates or even within our own family. Yet too many of us are not trained to recognize the signs and offer help. This training enables you to do that.”

About Caring Contact

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-in-class education to the Central and Northern New Jersey community. We attentively and compassionately serve those in emotional distress and educate our communities about the power of personal connection. We are affiliated with CONTACT USA, the National Suicide Prevention Lifeline and the American Association of Suicidology. If you are in crisis and need someone to listen, call us at 908-232-2880. To learn more, visit www.caringcontact.org.

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ACADEMY OF CONTINUING EDUCATION FOR ADULTS WITH DISABILITIES ENROLLING FOR JULY-AUGUST CLASSES

The Academy of Continuing Education (ACE) in Cranford, New Jersey is accepting applications for its July 9-August 3, 2018 semester. ACE offers adults with developmental or physical disabilities the opportunity to pursue continuing education as an alternative to traditional day programs.

"Adults with disabilities who have graduated from the public school system or specialized schools often have limited choices when planning their future," said Robin Morris-Marano, ACE director. "Their options often are limited to generic day programs that do not offer the intellectual stimulation and growth provided by our academy. Our program also is ideal for older adults with disabilities who wish to sharpen previously learned skills."

The ACE curriculum for the July-August semester includes Lifetime Math 1, 2 and 3; Reading and Creative Writing 1, 2 and 3; Musical Expression; Theater and Performance; Time Travelers (history); Career & Financial Literacy; Jewelry Design & Merchandising; Media Production/ACE TV; Card Making; Visual Arts and Crafts; Self-Understanding/Peer Leadership; and Explore Your World Through Science.

Students may take as many or as few classes

as they choose, based on their interests.

"ACE differs from a traditional day program, where the attendee's day is planned for them," Morris-Marano said. "We work with our students and their families to help them select the classes that will bring them the most enjoyment and from which they will get the most benefit."

Whenever possible, ACE curriculum are developed in accordance with the New Jersey Department of Education (NJDOE) guidelines, implementing Core Curriculum Content Standards along with compatible Learning Strands, Cumulative Progress Indicators and Student Learning Objectives aligned with the most current format information offered by the NJDOE, according to Morris-Marano. The ACE Program is approved by the New Jersey Department of Developmental Disabilities for Day Habilitation through the Supports Program.

More information and a course catalog/registration form are available by visiting caunj.org and clicking on Academy of Continuing Education under Supports & Services. Morris-Marano can be reached at 908.354.3040, ext. 4671.

The Academy of Continuing Education is a program of Community Access Unlimited

(CAU), a statewide Union County-based nonprofit providing support programs and services to adults with disabilities as well as youth served under the Department of Children and Families (DCF) to enable them to live independently in the community, providing supports in areas including housing, vocational skills and life-skills training, education, advocacy and recreation.

About Community Access Unlimited

Community Access Unlimited (CAU), celebrating its 39th year in 2018, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil right. CAU currently serves more than 6,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



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SURVIVOR RESCUE DOG COMES HOME TO SCOTCH PLAINS

Submitted by Matthew Holowienka

A rescue dog named Harvey recently found a permanent home in Scotch Plains, New Jersey after being transported from South Carolina by 100 percent foster-based nonprofit organization Home for Good Dog Rescue.

By the time Home for Good Dog had placed Harvey in its New Jersey dog-fostering program several weeks ago, the 2-year-old Retriever mix had already survived a lifetime of dire circumstances.

"He's so well-behaved," Harvey's adopter, Lauren O'Brien of Scotch Plains, said. "He has a really sad history, but it is actually so surprising, knowing what he's gone through, how sweet he is to people."

Home for Good Dog Rescue rescues homeless dogs from high-kill shelters in the South, which are overflowing with unwanted dogs on the brink of being euthanized.

It then socializes, cares for, and provides them life-saving medical care at their property in Aiken, South Carolina, transports them to New Jersey, and nurtures them in their network of foster families while they await adoption into loving homes.

Harvey himself was originally discovered living outdoors in Conway, South Carolina after his former owner entered hospice.

"When we found Harvey, he was tied to a tree. He had been tied to a tree his entire life, and he had some pretty serious injuries to the side of his face," Stacey Hall, a member of Home for Good Dog Rescue's southern team, explained. "Harvey was attacked while living outdoors."

"Harvey came in with half of his face destroyed. He was very hesitant to even being near any other dog because he was attacked. I don't know how many times," Becca Stanberry, the veterinary technician at Home for Good's southern property, said.

However, upon hearing Harvey's story, the Tess McIntyre Foundation, a charitable foundation based in La Quinta, California and founded in 2015 to support organizations and veterinarians who provide services to dogs who need medical attention before they can be successfully adopted, agreed to sponsor his recovery.

"We are so humbled the Tess McIntyre Foundation sponsored Harvey and helped cover the costs of his medical treatments and aftercare," Home for Good's treasurer and co-founder, Richard Errico, said. "Over the last year, they have sponsored six of our dogs with special medical needs. They are Harvey's heroes."

With the Tess McIntyre Foundation's support,

Harvey ultimately was able to recover in the safety of Home for Good's Aiken facility while awaiting his eventual transport to New Jersey via overnight rescue van. His face quickly began to heal.

"Despite his background, he was actually one of our most loving dogs that we had then. He loves people. He loves attention. He wants to be with people," Hall said.

Upon arriving in New Jersey, Harvey was welcomed both by Home for Good Dog Rescue's team of volunteers in Berkeley Heights and by representatives from the Tess McIntyre Foundation, who were eager to see his recovery in-person.

And when this special pup finally walked into her yard just a few weeks later, Scotch Plains resident Lauren O'Brien and her family were thrilled to welcome him as a permanent addition that very week.

"I was actually sitting on my lawn with my son the day before we adopted Harvey," she explained. "And his foster just walked around the block with him. So, Harvey ended up taking a tour of my yard and my house that day by surprise. You could tell when he came over that he wanted to move in!"

"I was walking, and I saw the little boy in the yard. I waved, and they said: 'What a pretty dog!'" Scotch Plains resident Will McNeely said.

Since joining Home for Good Dog Rescue's unprecedented dog fostering program in February

2018, he and his family have continued to open their home to multiple dogs in need. However, he could tell Harvey was special.

"He was a cuddle bug. He used to jump up on the couch or follow you around everywhere," McNeely explained. "He had a really, good smart personality. Whatever you take from that, it makes sense to me."

And to that end, despite his rough beginnings, Harvey finally found a permanent home to call his own in the Garden State.

"He's doing great," O'Brien said. "He had a wonderful foster. So, there were big shoes to fill, but he wasn't afraid of his new environment. He's really adapting fast."

And following his adoption on April 24, Harvey became dog 5990 in Home for Good Dog Rescue's legacy of more than 6,000 lives saved since its inception in 2010.

"Many think it's more work to rescue, but we had so much support from Home for Good," O'Brien said. "I would say don't be afraid because there's great dogs that just need a little love and attention."

For more information on Home for Good Dog Rescue, to inquire about adoption, or to become a supporter, volunteer, or foster family, visit HomeforGoodDogs.org.

For more information on The Tess McIntyre Foundation and the dogs they have sponsored through Home for Good Dog Rescue, visit TessMcIntyreFoundation.org.

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IMAGINE SEEKS VOLUNTEERS

Imagine, A Center for Coping with Loss seeks individuals for our July 27-30th, 2018 volunteer facilitator training session.

Imagine peer support groups are the main source of support for grieving children and families in Union County and beyond. Groups are facilitated by trained adult volunteers who attend a 32-hour training and quarterly continuing education programs. Volunteers come from all walks of life and need no special background other than a willingness to listen and the ability to be with children and adults in pain without trying to fix, solve problems, or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Volunteers serve as companions and loving listeners for those who are grieving.

"As our programs continue to grow, so does our need for additional, highly trained facilitators," said Mandi Zucker, Imagine Program Director. "There is a great need for grief support in our community -- over 700 children annually will lose a parent to death in Union County. Over 260 children and adults from almost 50 NJ towns are currently

participating in our programs every two weeks at Imagine." Volunteers say the training is "life-changing" and a wonderful opportunity for learning about themselves and how their own losses have affected the way they grieve and how they support others. People that complete the training also leave feeling empowered to be a supportive person to people grieving any type of loss

Imagine is a free year-round peer grief support center located in Mountainside, New Jersey serving children age 3-18 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.

If you are interested in learning more about the upcoming training scheduled for July 27-30th, 9 a.m. - 5 p.m. daily, or about Imagine, please contact Mandi at Mandi@imagineinj.org.

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Here are some tips that you should follow if you see a bear: ...

- Do not get scared and do not run.
- Talk to the bear to let it know you are there.
- Never feed the bear!
- Do not go near the black bear.
- Do not look directly into the bear's eyes.
- Make sure the bear can get out of your yard or campground easily if it wants to. Don't stand in front of the escape route!
- Make lots of noise. It could scare the bear away.

• If you are playing with friends, get in a big group. Talk and wave your arms. You will look really big and the bear might leave.

• Bears can make a lot of noise, so they may huff, snap their jaws and slap the ground if they think you are too close. Back away slowly.

A bear that stands on its back legs is not about to attack you. It just wants to see and smell you better. Let a bear know you are there by waving your arms and talking to it.

Bears may pretend to attack by running at you. **DO NOT RUN!**

Back away slowly and get to a safe area.

Black bears rarely hurt people. If a black bear attacks, fight back!

FANWOOD FAN JAM STREET FAIR

Greater Westfield Area Chamber of Commerce Fanwood Fan Jam Street Fair will be held at the LaGrade Park Pavilion on July 8 11a.m. - 7 p.m.

Come out for live rock music, food trucks and classic cars. Rock out to a diverse lineup of live rock bands with pro stage and sound system while sampling specialty foods from a variety of food trucks and checking out vintage and classic cars. There's also a beer and wine garden for adults and a kid zone with an obstacle course & more. Bring a blanket or folding chairs and spend the day!

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ILLUSTRATOR VISITS SCHOOL ONE

School One students had the privilege of meeting illustrator and Scotch Plains resident Thelma Kathleen Ferry. Ferry, the illustrator of several children's books including *A Grandiose Gathering*, shared her book with students.

She graciously answered questions about her journey to become an illustrator. Ferry not only donated her time to visit School One, but also donated books for the school's Media Center.



(above) Children's book illustrator Thelma Kathleen Ferry presented one of her illustrated books to students and answered questions.

Photo by SPF Public Schools.

RESOLVE'S 3RD ANNUAL SWIM-A-PALOOZA



JULY 8 SUNDAY 9-11am

RAIN DATE JULY 22ND

HIGHLAND SWIM CLUB
1235 Martine Avenue, Scotch Plains, NJ

WHAT **SWIM-A-PALOOZA** is a fundraiser in which participants raise money for **RESOLVE** by swimming lengths of the pool. Swimmers have a two hour period to swim.

WHERE **HIGHLAND SWIM CLUB**
1235 Martine Avenue
Scotch Plains, NJ

WHY As a community out-reach, Highland Swim Club is hosting this event to benefit **RESOLVE** Community Counseling Center in Scotch Plains. **RESOLVE** is a private, non-profit community mental health center serving children, adults and families of Union County for over 40 years. Because **RESOLVE** is a non-profit organization, fundraising becomes essential to sustain **RESOLVE'S** counseling to all clients regardless of their ability to pay for mental health services, and more specifically, to help those who need to pay on a sliding scale based on their income.

HOW Participants can register their pledges or to support a swimmer [https:// go.rallyup.com/ResolveSwim2018](https://go.rallyup.com/ResolveSwim2018) before swimming. For more information go to www.ResolveNJ.com.

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PLEASE (PROPERLY) RECYCLE THAT PLASTIC SHOPPING BAG!

Recycling contamination is a big problem in New Jersey, and plastic bags are among the worst offenders. Contamination happens when items that don't belong in your home's recycling bin are placed there. Unfortunately, too many of us put our recyclables in plastic bags to recycle them, and that's a bad thing.

According to the U.S. Environmental Protection Agency, Americans use 380 million plastic bags and wraps each year, many of which get landfilled, which is not the best place for them. They end up everywhere—our streets, parks, waterways... and since it takes them a long time to degrade, they're here to stay as litter or worse, and pose a real threat to the environment. Some animals mistake them for food or get entangled in them.

In New Jersey, plastic shopping bags are recyclable—but not in your curbside bin.

When they get into your municipality's recycling stream, they can clog up or damage recycling center processing equipment the way hair clogs up the rollers of a vacuum. This causes delays and slows down the recycling process, making it more expensive for your community to recycle.

Other stretchy plastics, such as produce and bread bags, dry cleaning bags, newspaper sleeves, paper towel/toilet paper overwrap and other plastic film packaging can also clog up recycling processing equipment. These stretchy plastics should not be placed into your curbside recycling bin.

So how do you properly handle all those plastic bags?

Many stores and other entities accept plastic bags and other stretchy plastic for recycling at in-store collection bins. Contact your local supermarket to find out if they have a plastic bag recycling program, or suggest that they start one!

When it's recycled, your plastic bag could become plastic lumber to make park benches, decks, fences or playground equipment, but best of all, by recycling your bags properly, you're keeping them out of our environment.

If you'd like to cut back on using plastic bags, consider using reusable shopping bags.

Thank you for taking these steps to stopping plastic bag contamination in New Jersey and ensuring that the Garden State is greener for all of us.



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COLLEGE CLUB ANNOUNCES 2018 SCHOLARSHIP RECIPIENTS

Submitted by Carol Lutz

Celebrating its 85th Anniversary, the College Club of Fanwood-Scotch Plains continues its tradition since its inception in 1933 to support the pursuit of a college education for young women in the Scotch Plains and Fanwood communities by providing “material aid” by way of scholarships. To date the College Club has awarded approximately \$630,000 in scholarships.

This past May, the College Club of Fanwood –Scotch Plains awarded a total of \$30,750.00 in scholarships to 12 students, 7 of whom are high school seniors who will graduate this June and 5 of whom are currently attending college.

Among the 2018 high school recipients for academic year 2018-2019 are Olivia Barcia, daughter of Vincent and Michele Barcia, who received \$4,000 and will be attending Lafayette College; Pauline Bayotas, daughter of Paolo and Wendy Bayotas, who received \$2,500 and will be attending the University of Pittsburgh; Alanna Gaona, daughter of Guido and Julia Gaona, who received \$4,000 and will be attending Fairleigh Dickinson University; Isabella Hurtado, daughter of Jim and Anne Marie Hurtado, who received \$4,000 and will be attending The Fashion

Institute of Technology; Aubrey Johnson, daughter of Richard Johnson and Lisa Fenev, who received \$3,500 and will be attending the University of New Hampshire; and Kelly Mehorter, daughter of John and Mary Rose Mehorter, who received \$1,500 and will be attending Ithaca College.

Madeline Bord, daughter Meredith and Bruce Bord, the highest-ranking female of the class of 2018 at SPFHS, received an award of \$1,000 in recognition of her academic excellence. Madeline will be attending Johns Hopkins University in the fall.

Among the 2018 college recipients for academic year 2018-2019 are: Fizzah Ehsan, daughter of Saeed Alam And Raffat Ayoub, who was awarded the Marie Leppert Scholarship for community service and received \$1,500 and will be a sophomore at The College of New Jersey; Jillian Lapidus, daughter of Jack and Cynthia Lapidus, who received \$3,500 and will be a junior at Albright College; Elisa Staniec, daughter of George and Lorraine Staniec, who received \$1,500 and will be a senior at The Pennsylvania State University; Gabriela MacPherson, daughter of Gordon and Martha MacPherson, who received \$3,000 and will be a

junior at The College of William and Mary; and Alexis Marta, daughter of Melissa Stryker, who received \$750 and will be a sophomore at The College of New Jersey.

This is the 82nd year that female students seeking financial assistance to pursue a four year college degree have been helped by the club’s fundraising efforts. Two of the club’s largest efforts are the annual spring luncheon and the sale of the community calendar.

A special dinner reception was held for the recipients and their families on Monday, May 21st. Club President Melissa Tice and Scholarship Committee Co- Chairs Tish Isack and Marie Walford made the scholarship presentations at the dinner. Melissa Tice and Tish Isack also presented the High School awards at the SPFHS annual awards assembly.

The College Club hosts monthly informative programs presented by guest speakers on the third Monday of every month from September to May which are free and open to the public at the Fanwood Presbyterian church. Anyone interested in more information about the College Club of Fanwood-Scotch Plains or would like to become a member please visit the club’s website at www.collegeclubfsp-org.doodlekit.com.

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(above) Recipients of the College Club 82nd year of scholarship awards.

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CHURCH VOLUNTEERS BRING SMILES TO CENTER FOR HOPE RESIDENTS

Submitted by Caryn Starr-Gates, Center for Hope Hospice, Inc.

Residents at the Center for Hope Hospice were delighted by a recent visit from the Christ Centered Crochet Club (4Cs) of St. Helen's Church in Westfield, New Jersey. Club members, who come from many towns, entertained the residents at Peggy's House in Scotch Plains—one of two Center for Hope residences—by showing them how to crochet hats, which they donate to area hospitals, and talked to them about the club. The 4Cs donated 25 hand-crocheted hats to the Center for residents to use, as a memento of their time spent together.

"It was an amazing afternoon with the residents at the Center for Hope," said Alesia Porter, who heads the club. "We especially enjoyed the belly laughs of one resident who watched us work; the joy she expressed being with us was so heartwarming."

The 4Cs was started in October 2014 when then-third-graders Kaeley Yurchak and Isabel Cortese of Garwood, parishioners of St. Helen's Church, brought the idea to Porter as a fun activity that also served as a community service project. The club has grown to nearly 30 members, ranging in age from 3 to 86. They meet

at St. Helen's twice a month to make hats for premature babies, children and adults in hospitals and medical facilities throughout central and northern New Jersey. They also participate in the American Heart Association's Little Hats, Big Hearts™, which provides handmade red hats to babies born in February for American Heart Month.

St. Helen's Church shares a special connection to Center for Hope Hospice. The Center's founder, Father Charles Hudson, said Mass every Sunday at the church; parishioners honored Hudson in early February at a program celebrating his life and his messages of love, peace and hope. Yarn donations are being accepted by the Center of Hope to support the 4C's Ministry.

The Center for Hope Hospice offers hospice and palliative care at Peggy's House in Scotch Plains and Father Hudson House in Elizabeth, in patients' homes, and in other medical and long-term care settings. Organizations interested in partnering with the Center for volunteer opportunities can contact Stacy Kaplan at skaplan@cfhh.org or (908) 288-9111.

ABOUT CENTER FOR HOPE HOSPICE & PALLIATIVE CARE, INC.

Center for Hope Hospice & Palliative Care (Center for Hope) is a non-profit, community-based organization that provides terminally ill patients with hospice care, and their families or loved ones with physical, emotional, and spiritual support during their time of need. The Center actively supports the individual's right to live out the remainder of their life with dignity and in comfort, surrounded by the love of family and friends, and eased from the burdens of physical, emotional, spiritual, financial or social distress. Center for Hope welcomes all terminally ill patients, their families and loved ones without concern for race, ethnicity, religious affiliation or ability to pay. It also offers pain and symptom management for chronically ill and seriously ill patients through its palliative care program. Center for Hope operates two facilities, Peggy's House in Scotch Plains and Father Hudson House in Elizabeth, which provides nearly \$3 million a year in charity care. For more information, visit www.cfhh.org.



(above l-r) Volunteers from St. Helen's 4Cs who visited the Center for Hope Hospice in Scotch Plains Front row: Annabel Lang, Katie McDermott, Annika Schnatz, Meagan Postaski and Maricar Postaski from Westfield; Back row: Ashely Postaski, Judy Lang and Natalie DuHaime (Westfield), Marcie Kenny from North Plainfield and Alesia Porter of Scotch Plains.



(above) 4C members dressed a doll with one of their hats, which brought shared laughter with Center for Hope residents.



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HOLY TRINITY GREEK ORTHODOX CHURCH 'NJ GREEKFEST 2018'

Submitted by Lia Lewis

Holy Trinity Greek Orthodox Church located at 250 Gallows Hill Rd, Westfield, New Jersey, celebrated its tenth annual Greek festival 'NJ GreekFest 2018' over 4 days beginning May 31 thru June 3, 2018.



The church, which is part of the Metropolis District of New Jersey, was established in 1966, and has been an active member in the Westfield community for over 52 years. Some of Holy Trinity's faithful come from throughout Union County as well as many other New Jersey counties. Holy Trinity provides liturgical services, religious education, ethnic Greek education, adult and youth ministries, fellowship events, and charitable giving opportunities.

Holy Trinity began hosting their cultural festival to the surrounding communities to express fellowship and outreach. All of Westfield becomes Greek for four days experiencing authentic appetizers, meals, desserts, and wine. A live band plays modern Greek music, and youth dance troupes perform 100+ year old dances in traditional costumes. Parishioners and restauranteurs demonstrated Greek cooking at 'YiaYia's Kouzina.' Holy Trinity donates a

portion of its festival proceeds to various non-profit organizations such as the Westfield Rescue Squad and Children's Specialized Hospital located in nearby Mountainside, NJ.

The Holy Trinity volunteers (a true family) work together to make this cultural event possible. We are grateful to both the many event leaders who worked months in advance to plan the event and the even larger number of parishioner who worked tirelessly over the four-day event to provide festival patrons a true Greek experience.

Lastly, we are grateful to the real attraction at this year's NJ GreekFest which, in addition to the tasty food, wine, beer, coffee, pastries, is all of you who came out and supported NJ GreekFest 2018.

For more information about Holy Trinity Greek Orthodox Church please visit holytrinitywestfield.org.

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MATTHEW KALAFAT RECEIVES NATIONAL HEROISM AWARD

Scotch Plains resident Matthew Kalafat is among 18 Americans to be awarded a Carnegie Medal for heroism by the Carnegie Hero Fund Commission. Kalafat rescued a 26 year old woman from drowning at Point Pleasant Beach in September of 2016.

On September 25, 2016, Dishita Pandya was in wadable water in the Atlantic Ocean near high tide when she was struck by a wave and carried from shore, according to a news release from the Carnegie Hero Fund Commission. Kalafat, whose wife woke him to alert him to the emergency, dove into the water and swam to where Pandya was floating face-down and unconscious, towing her with difficulty back to the beach. She was resuscitated, transported to a hospital, and ultimately recovered.

"I acted without thinking," says Kalafat, a father of three who teaches language arts and journalism at the intermediate school in Westfield, NJ. "I jumped in the ocean, not realizing no one else was in there. I had been

asleep on the beach. I lived by the ocean and used to swim all the time - day or night. Still, I was very lucky."

The Pittsburgh-based Carnegie Hero Fund Commission was established in 1904 by industrialist and philanthropist Andrew Carnegie to acknowledge acts of selfless heroism performed by individuals who have risked their lives to an extraordinary degree while saving or attempting to save the lives of others.

"I did some research and found out [the Carnegie Medal] is unique. I don't feel as if I belong with some of the other names," says Kalafat about other Carnegie Medal recipients from across the United States who include a 56-year-old school cafeteria clerk who came to the aid of a wounded police officer trying to subdue a suspect and a radiographic technologist who suffered burns while attempting to save the pilot of a fiery helicopter crash.

A gala was held in June in Pittsburgh to honor the Carnegie Medal recipients.



(above) Matthew Kalafat has been awarded a Carnegie Medal for heroism for his 2016 rescue of a woman at Point Pleasant Beach. Picture courtesy of Matthew Kalafat.

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