Green Brook Gazette

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GIRL SCOUT SERVICE UNIT HOST SPRING EVENTS

The Dunellen/Green Brook Girl Scout Troops took part in many family and community service oriented events this spring.

The annual Sweetheart Dance for registered scouts and their dates was held this past April. The annual semi-formal was hosted by Green Brook Troop 65027. The theme of the evening was "Under the Stars" and featured a DJ, food, and photo opportunities.

A Mother/ Daughter Tea was held May 12th in honor of Mother's Day. Dunellen Troop #65872 hosted the annual event for all registered Dunellen & Green Brook scouts and their mothers. The event featured fine china

Half atus

(above) Mother Daughter Tea Party.

settings and delicious finger sandwiches, and delectable cakes and cookies.

The Girl Scouts of Service Unit #62 were honored to participate in the Dunellen Memorial Day Parade. Five troops marched and represented the Girl Scouts of Dunellen and Green Brook.



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(above) The Girl Scouts participated in the Dunellen Memorial Day Parade.

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GREEN BROOK GIRL SCOUTS RHEA KALYANPUR AND KATHLEEN STRONG HONORED

#62 were honored for achieving high awards within the Girl Scout Organization.

Rhea Kalyanpur of Troop 65469 was honored at Green Brook Town Hall June 18, 2018 for earning the Girl Scout Gold Award for her efforts supplying study aids for students in India. Per the Girl Scout USA description; "The Gold Award represents the highest achievement in Girl Scouting, recognizing girls who demonstrate extraordinary leadership through remarkable Take Action projects that have sustainable impact in their communities-and beyond. "

Girl Scout Silver Award recipient Kathleen



(above, l-r) Kate Strong with Susan Wardell, Principal of IEF Elementary School in Green Brook, in the IEF Media Center.

Two Green Brook Girl Scouts of Service Unit Strong, of Troop 65963, was also recognized by Susan Wardell, Principal of IEF Elementary School in Green Brook, and the Green Brook Board of Education at the BOE meeting of June 31. Katie earned The GS Silver Award for over 70 hours of work, spent sorting, shelving, and organizing the IEF Media Center for the students. Katie also itemized and cataloged books and materials for teachers to resource and share in their individual classroom settings.



(above, l-r) Green Brook Mayor Patrick Boccio with Rhea Kalyanpur.





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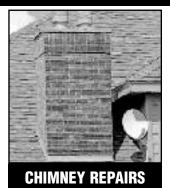






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Glen Diamond (right) presents the finished greenhouse to Dr. James Bigsby, Principal of GBMS.

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BOY SCOUT GREENHOUSE PROJECT AT GBMS SUCCESSFULLY COMPLETED



(above) Glen Diamond inspects the finished greenhouse, which he completed as his Eagle Scout project.

In February 2018 Glen Diamond, a member of Boy Scout Troop 129 in Green Brook, was raising funds for an Eagle Scout project to construct a greenhouse for Green Brook Middle School (GBMS). This would be his service project to benefit the local community and would count as one of the requirements towards earning the rank of Eagle Scout.

The fundraising campaign was successful and the greenhouse has been completed. Thanks to the many generous donations from both individuals and groups in the local community and beyond, Glen was able to purchase the greenhouse kit and other materials needed to construct the greenhouse for GBMS.

During May and June, many of the boy scouts and leaders of Troop 129 worked on constructing the greenhouse, along with some help from other family members and friends. Glen was able to present the finished greenhouse to Dr. James Bigsby, the Principal of GBMS, on June 25, 2018.

Glen is hoping to complete the Eagle Scout Board of Review this summer, prior to starting his fall semester at Rutgers University.





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"HOW VOLUNTEERING TRANSFORMED ME:" AN INTERVIEW WITH CARING CONTACT VOLUNTEER

Each year approximately 45,000 people die by suicide in the United States, 120 people each day, one person every 12 minutes. Though this tragically large number continues to increase annually, there is work being done to reverse this trajectory.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. We compassionately serve those in emotional distress and educate our communities about the power of personal connection. In 2017, our volunteers responded to over 10,000 calls through our caring and crisis line. Contact Listeners are volunteers who listen to people in crisis over the phone. They receive 52 hours of listening and suicide awareness and intervention training before assisting people in need of support. Even after this rigorous training, most listeners are surprised by how volunteering transforms them. To give you a sense of their experience, here is an interview with a current Caring Contact volunteer listener (whose name is being withheld).

What is your professional background?

I am a recent college graduate. I studied Sociology and Psychology.

How would you describe your listening skills?

I would regard myself as a quiet listener. I know that probably sounds weird or maybe even obvious. But, after the training I realized how much talking I was doing when people were venting to me. Before I became a trained listener I don't think I realized how powerful the act of listening can be or how difficult it is sometimes. I used to be distracted when listening to people and I missed a lot. Through the training I've attached a real purpose to listening and listening well, which has made me better in a variety of aspects in my life.

Tell me about your training.

The training struck this balance between easing the volunteers into the material and also challenging people in ways that were a bit nerveracking. I remember my first practice session where I was acting as the Listener. All I was supposed to do was listen and reflect on a feeling or two. This, honestly, turned out to be one of the most difficult role plays because all I wanted to do was solve what seemed like an obvious problem to me, rather than just really listen to what the person was saying.

I found that the training applied to both the hotline and also my everyday life. I think everyone's family members and friends are grateful when a person takes this training. I also loved the growth of each volunteer, it is so clearly visible because of the practice sessions and utilization of the skills we learned - there is a lot of development throughout those 12 weeks.

Do you ever feel like you get a call you can't handle? How do you cope?

The first few crisis calls were really scary. I remember that I decided on those few phone calls to just be there and to sit with the person in this dark, dark hole. By the end of the call we had developed a safety plan and the person was safe in that moment. After these types of calls, I usually debrief with someone in the office or



(above) A Caring Contact volunteer shares what she's experienced on the suicide prevention and crisis hotline.

another volunteer who is working at the same time as me.

Also, there is a bell in the phone room which lets someone in the office know you need help. There was one instance when my phone call got disconnected because I was so shaken up and didn't know what to do. Janet Sarkos, the Executive Director at Caring Contact and a volunteer listener, came in and talked me through the call. It's things like that that make the overwhelming calls easier. It's really helpful to be surrounded by people who have had similar calls, speaking to them is a huge way of coping for me.

What types of calls are most challenging?

Any call that involves someone being really down, feeling stuck and alone. Those are hard calls. They aren't necessarily difficult to manage, but so many of these calls stick with me and I want to do more, to change their living situations and that's just not possible. I think the most difficult calls are those that end before it seems like we have reached a safe plan, or have made enough progress - this has happened before and it's really hard to let those calls go.

Which call was really memorable for you?

One of the most memorable calls was from a college student. We talked for about 45 minutes. He told me that he's never told anyone the things that he's told me during our phone call. He disclosed that if he had not picked up the phone and talked to me, that he was planning on running in front of a truck on the highway. Knowing that someone called and just by speaking to me for an hour felt like they could go on for one more day, that's very powerful.

How did becoming a listener change you?

Being a listener has opened my eyes to how many people are struggling, how many people think about suicide but don't tell those they are close to. I now feel comfortable asking those I am close to if they are struggling or thinking of suicide. That's something I never would have done if it hadn't been for this training and experience. I now know how powerful listening can be, just listening to another person. It can change their life.

Please visit our website, www.caringcontact.org, to find out more and how you can volunteer to save a life.



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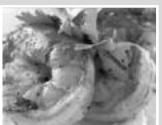
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WARRENBROOK SENIOR CENTER

Warrenbrook Senior Center is hosting the following June 2018 events. The Center is located at 500 Warrenville Road, Warren, New Jersey. For more information call 908-753-9440 or visit the center on the web at: seniorcenter.us/sc/warrenbrook_senior_center_warren_nj

All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 a.m. the previous business day. Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

"Oldies But Goodies"

August 6

Sing-a-Long with Ian Gallagher, 10:30 a.m. This musical program is upbeat and interactive. Ian will offer the audience guitar music and vocals as he leads us in a variety of songs that includes music from the 60's, Oldies and Irish tunes.

Four Part iPhone/iPad Workshop August 7, 14, 21 & 28

Get the Most from this Powerful Tool in Your Pocket with Maureen Greenbaum, 10:00 – 11:30 a.m. At this workshop you will get answers for your questions and explore the benefits of individual iPhone apps such as "Find My Friend," Google/Apple maps, podcasts, mail, health, camera, calendar, stocks and more!! Participants will decide the class direction. Good for beginners and those with some proficiency who are interested in learning skills to make using the iPhone more effective and FUN! **Be sure to bring your iPhone or iPad. Advanced registration is required. Space is limited**

"The American Postcard

August 10

A Gift from the Past" by Jim DelGuidice, 10:30 a.m. Since George Eastman's time, postcards have been America's treasured form of communication. They were popular because they were a quick and easy way for individuals to communicate with each other. Today Deltiology, or the collection of postcards, is a popular hobby. This program will provide the history of postcards.

"Staying Mentally Sharp"

August 13

by Mike DiCristino, Learning Rx Warren, 10:30 a.m. Regular physical activity helps keep your heart, lungs, and muscles in shape. In much the same way, exercising your brain can help keep your mind sharp and your memory intact. This program will give an overview of the importance of keeping your brain engaged and productive and will include some activities to help achieve that goal.

Warrenbrook Book Club

August 14

featured book to be discussed: "The Dew Breaker," by Edwidge Danticat, 1:30 p.m. New Members Welcome! August 20 – Italian Staycation Special Event, 10:30 a.m. Have you ever been to Italy? Would you like to share your experiences? This is the perfect opportunity to share your travel memories with others. We will also have fun learning Italian trivia and then Lara Kats, Certified Dance Educator and Instructor, will teach us how to dance the Tarantella, an Italian Folk Dance.

"Sodium: Why Watch Your Intake?"

August 27

by Daryl Minch, M.Ed., CFCS, Family & Community
Health Sciences Educator, Rutgers Cooperative
Extension, 10:30 am. Your body needs sodium for many
basic processes essential to life. It helps muscle function,
allows nerves to send impulses throughout your body
and helps regulate the balance of fluids in all of your
tissues. But if you consume too much sodium, over time
this can lead to potentially serious health problems.
Managing your sodium intake is of key importance to
maintaining your health and well-being. This program
will highlight why you need to watch your intake, how
to find the sodium content on food labels and suggest
some salt alternatives to add flavor to your food.

DUNELLEN PUBLIC LIBRARY

Library is located at 100 New Market Rd, Dunellen, NJ 08812 and can be found online at DunellenLibrary.org. To register for event, please call 732-968-4585

CHILDREN'S PROGRAMS

Mother Goose

No registration required
Thursdays: August 9, 16, 23, and
30th at 10:30 a.m.
Tuesdays: August 7, 14, 21, 28

at 6:00 p.m.

Lunch Bunch

Mondays: August 6, 13, 20, 27 at 12:00 p.m.

Imagination Station

Hear, There, and Everywhere Tuesday, August 7 at 3:00 p.m.

Silence is Golden

Tuesday, August 21 at 3:00 p.m.

Pinkalicious Party!

Wed, August 8 at 2:30 p.m.

Kid's Café

Thu, August 9 at 2:00 p.m.

Kid's Café II

Thu, August 9 at 3:00 p.m.

Precious Moments

Fri, August 10 from 2 – 3 p.m. Fri August 17 at 10:30 a.m. (Preschool)

Disney Movie Club

The Little Mermaid
Friday, August 10 at 12:30 p.m.

The Lion King
Friday, August 17 at 12:30 p.m.
Beauty and the Beast

Friday, August 24 at 12:30 p.m. Mulan

Friday, August 31 at 12:30 p.m.

Unbirthday Party!

Monday, August 13 at 2:30 p.m.

Dancing Doll Finger Puppet Craft

Tue, August 14 at 2:30 p.m.

Just Dance

Thursday, August 16 from 2 – 4 p.m. (Ages 3+)

Bubble Guppies Party!

Wednesday, August 22 from 1 - 2:30 p.m.

Free for All Craft

Tuesday, August 28 at 3:00 p.m.

Bookworms Book and Movie

Wednesday, August 29 from 5 – 8 p.m.

Kids Dance Party

Thursday, August 30 at 2:00 p.m.

ADULT PROGRAMS

(no registration required)

Jersey Rocks!

A special 4-part summer series highlighting a New Jersey musician. This month we'll be presenting a program on Lauryn Hill on

Wed, August 1st at 6 p.m., and another on Jon Bon Jovi, Wed, August 15 at 6 p.m.

Chess Club

Meets one Wednesday evening each month, starting at 5:30 p.m.

Open to all ages.

Crochet Club

The second Monday of every month. Bring your own projects or start working on something to donate. Yarn and patterns provided. Knitters welcome also!

Saturday Movies

Every Saturday at 12:30 p.m.!
FREE popcorn provided!
August 4th
"Get on up" (2014)
August 11th
"American Graffiti" (1973)

August 18th "Rock of Ages" (2012)

August 25th

"I Wanna Hold Your Hand" (1978)

Thursday Afternoon Book Club

August 23rd at 1:45 p.m.

We will be reading "Secret Diary of Hendrick Groen: 83 ½ Years Old " by Hendrick Groen. Come pick your copy up today and join us for a discussion!

Zumba

Wednesdays 9:30-10:30 a.m. \$10 per class. August 1st and 8th Special Programs

(Call or register online at Eventbrite.com):

Brain Health

Wed, July 25th at 12 p.m.

RWJ/Barnabas Health will be here for their 3rd program in their 3-part stroke series. They'll discuss emergency treatment for stroke patients.

Registration Required

Conversation Café

Come and enjoy some free snacks while learning and improving your English language skills.

This program will run on

Monday evenings at 5 p.m. throughout the summer.

"The Beatles: the Beaginnings"

Mon, July 27th at 6 p.m.

Liverpool native Paul Groom will be presenting how the famous band of four came together in the beginning to start one of the most iconic music of the 20th century. As a fellow student that went to the same high school as two Beatles band members, Groom offers a unique insight on the story of this classic band.

MEMORIAL AWARDS, PTO AND COMMUNITY RECOGNITION SCHOLARSHIPS

Memorial Awards, PTO Scholarships, and Community and School Recognition Scholarships were presented to Watchung Hills Regional High School (WHRHS) Class of 2018 graduating seniors at the annual Scholarship Ceremony held on June 13, 2018 in the schools Performing Arts Center (PAC).

Senior Daniel Zimmer led the audience of student recipients and their families in the recitation of the Pledge of Allegiance to begin the evening, and Principal George Alexis welcomed everyone to WHRHS.

Memorial Scholarships recipients: Scott Andersen Memorial Scholarship:

Jennifer Walpow, and Shaun Cagnetta.

Bob Beckert Scholarship:

Clara Citarella, Matteo Baeyens, Frederick Hayeck, Joe Wagner, Alyssa Galdi, and Brittany Keller.

Sandra Blumberg Memorial Scholarship:

Olivia Starr.

 ${\bf Anthony\ Bottoni\ Memorial\ Scholarship:}$

Daniel Pilsbury.

Dawn Gayle Coury Memorial Scholarship: Sarah Wilson.

Juan Carlos Cruz Memorial Scholarship:

Shaun Cagnetta and Alexis Pinzon.

Chris Drewry Memorial Scholarship

(Baseball and Softball):

Joseph Blajsa and Genna Cicchetti.

Maija Golden Creative Writing Memorial Scholarship:

Avery Noerr.

Joe Heath Memorial Scholarship:

Clare Gallic.

John Herdman Memorial Scholarship:

Emma Carlson.

Christopher Noble Ingrassia Memorial Scholarship (Scholar Athletes):

Daniel Pilsbury and Julia Cunningham.

Matthew Kantor Memorial Scholarship:

Jaison Desai.

Aaron Christopher Karol Scholarship:

Michael Brady, Shaun Cagnetta, Megan Ekert, Emma Gaffney, Matthew Piccirilli and Michael Tobin.

L. Suzanne Kenney Memorial Scholarship:

Sarah Wilson and Olivia Xu.

Matthew Kieffer Memorial Scholarship (Most School Spirit):

Ashil Jhaveri and Emma Gaffney.

Anthony Mascia Memorial Scholarship:

Jonathan Fessock.

Ed Meltzer Memorial Scholarship:

Matthew King.

Jerry Mobus Memorial Scholarship:

Jonathan Fessock.

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Sam Sinnott.

James J. Straine Jr. Memorial Scholarship:

Julia Grieco.

Ernst Wessel Scholarship:

Keerthi Adusumilli, and Helen Yang.

PTO Scholarships

Green Brook Township PTO:

Matthew Piccirilli (Academic) and Michelle Yang (Community Service).

Long Hill PTO:

Katherine Morris, Alison Hoffmann and, Jessica Hoffmann.

Warren Township Middle Schools PTO Scholarship:

Robert Saum and Clara Citarella.

WHRHS PTO Scholarship:

Michael Erickson, Brady Pilsbury, Neha Saju, Sarah Wilson and Julia Waldman.

Merit:

Michelle Yang, Helen Yang, and Alison Hoffmann.

WHRHS PTO Service Scholarship:

Jessica Hoffmann, Katherine Morris, Diana Sarrico, Julia Waldman, Olivia Xu and Brady Pilsbury.

WHRHS Education Association (WHREA) Scholarship:

William Johnson; and Camryn Murphy.

Community and School Recognition Scholarships CarusoThompson Accounting Award:

Ella Walsh.

AXA Achievement Scholarship:

Sam Sinnott.

Coccia Foundation:

Peter Bosco, Tanner Hogan, Camryn Murphy and Kevin Wittmaack.

Garabaldi Award-Silvio Lacetti Foundation:

Charles Dardis and Adam Fogarty.

Dunellen-Green Brook Rotary Club Scholarship:

Matthew Piccirilli and Kevin Tan.

Evans Scholarship Foundation:

Wyatt Mejia.

GBEAF (Green Brook Education and Athletic Foundation):

Matthew Piccirilli and Allison Huresky.

Raoul Wallenberg Humanitarian Service Award:

Sarah Wilson.

Thomas Edison Center at Menlo Park:

Demetra Chang.

Warren Township Lions Club:

Clara Citarella, Robert Niemeyer, Brady Pilsbury, Andrew Roth, Robert Saum, Jeffrey Stickler,

Angelia Seda, David Cantone and Carter Rosen.

Warren-Watchung Rotary Club Memorial Scholarship:

Matthew King, and Freddie Hayeck.

Warren Township Republican Committee:

Reid Baltuch.

Warren Township Rescue Squad:

Sarah Wilson.

Watchung Hills BPOE 2252:

Michael Erickson and Angelia Seda.

Watchung Fire Department Artie Jacot Family Scholarship:

Matthew King.

Watchung Fire Department Exempt Firemen's Association:

Freddie Hayeck.

Watchung Fire Department Kenneth Schmidt Scholarship:

Sarah Wilson.

Watchung Lions Club:

Sarah Wilson and Helen Yang.

WHRHS Marching Band Parent Association:

Alexandria Logan, Emma Marszalek and Jack Horan.

WHRHS Soccer Association:

David Cantone and Jennifer Walpow.

WHRHS Wrestling Booster Club Academic Scholarship:

Shane Checko.





(above) Senior Daniel Zimmer led the audience of student recipients and their families in the recitation of the Pledge of Allegiance to begin the evening.

HURRICANE PREPAREDNESS PLANNING FROM FEMA

Though the national hurricane season normally runs from June 1 through November 30, the peak potential for hurricane and tropical storm activity in New Jersey runs from mid-August through the end of October.

Planning ahead can help you feel better prepared for the hurricane season. Get your family prepared in three key steps:

1 - Build a Kit

Consider you family specific needs to ensure you have at least 10 days of supplies.

- Store a gallon of water per person per day. In case your supply runs out, pre-identify safe sources of water, use water filters or boil water.
- Gather a 10-day supply of non-perishable foods for each person. Pay particular attention to individuals with special diets and allergies, babies, toddlers, and the elderly. Nursing mothers may need liquid formula.
- Canned dietetic foods, juices, and soups may be helpful for ill or elderly people.
- Have hand sanitizer, antibiotic ointment, hygienic products, diapers and wipes for children and older adults.
- Get food, water and a collar with identification tags for yoru pet.
- Have at hand a favorite toy, books, and coloring books and crayons for the children,

2. Make a Family Plan

Identify alternate ways to stay in touch with loved ones.

- Choose an out of town friend or relative as a point of contact.
- Decide on a meeting place in case you cannot return home.
- Keep important documents and phone numbers with you at all times.
- Include children in preparedness conversations and make sure they have emergency contacts memorized or saved in a secure place.
- Identify the closest shelter in case you are ordered to leave your home, and let your family know its location.

3. Stay Informed

Listen for up-to-date information before, during and after a disaster.

- Local media will provide evacuation details and shelter locations.
- Make sure your battery powered radio is working and you have extra batteries.
- Download the FEMA App to receive severe weather alerts, safety tips, and much more.

If you or someone in your family is experiencing issues with disaster-related stress, call Linea PAS at 800-981-0023, TTY 888-672-7622

For more information on hurricane season preparedness and Puerto Rico's recovery from Hurricane Maria, visit fema.gov/disaster/4339.

GREEN BROOK POLICE DEPARTMENT TO HOST FOURTH ANNUAL 'NATIONAL NIGHT OUT' EVENT

The Green Brook Police Department is proud to announce the hosting of our fourth annual 'National Night Out' event on Tuesday, August 7, 2018 from 6:00 p.m. to 9:00 p.m. at the Green Brook Middle School, 132 Jefferson Avenue, Green Brook.

National Night Out is an annual communitybuilding campaign that promotes policecommunity partnerships and neighborhood camaraderie to make neighborhoods a safer, better place to live.

This year's event will include activities for children, a meet and greet with local police officers, giveaways and music. There will also be representatives from local community organizations and local businesses on hand including Crystal Motors, Carrabba's Italian Grill, Capital Craft, Outback Steakhouse and

Starbucks Coffee who will be returning once again to contribute to this event.

Parking will be available in the parking lot of the Green Brook Middle School and on Jefferson Avenue. All are invited to participate.

"Hosting the National Night Out is an important part of our department's community partnership philosophy," said Chief Samuel J. Caramela. "Our officers truly appreciate the opportunity to speak with our residents and develop the relationships they need to effectively police the community. We all look forward to spending time with our residents and the businesses and community groups who make Green Brook a great town. We owe our thanks to our community partners and businesses, and our township and school administrations, without whom this event would not be possible."



Tina Renna 908-418-5586 tinarenna@rennamedia.com

Joe Renna 908-447-1295 ioerenna@rennamedia.com

202 Walnut Avenue Cranford, NJ 07016 info@ rennamedia.com





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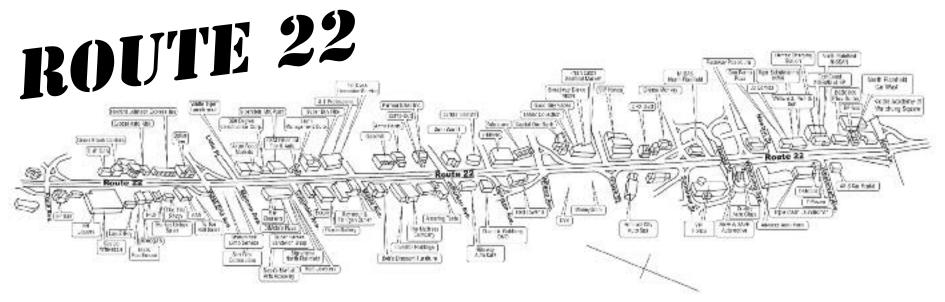
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