

# Green Brook Gazette

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## COMMUNITY CELEBRATES NATIONAL NIGHT OUT

On Tuesday, August 7, 2017 the Green Brook Police Department invited the community to join millions of neighbors across thousands of communities from all fifty states, U.S. territories and military bases worldwide for National Night Out. This was the fourth year that Green Brook participated, and a surprise thunderstorm earlier in the evening didn't dampen the fun.

This year's event included activities for children, a meet and greet with local police officers, giveaways and music. Representatives from local community organizations also set up tables to meet and greet the public. Local restaurants served free food including Carrabba's Italian Grill, Capital Craft, Outback Steakhouse and Starbucks Coffee.

"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."

### WHAT IS NATIONAL NIGHT OUT?

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and



military bases worldwide on the first Tuesday in August. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more. For more information visit [natw.org](http://natw.org).



(above) Green Brook Fire & EMS.



See more photos on page 6

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Green Brook Gazette page on [facebook.com](https://www.facebook.com/gbgazette). Feel free to "Like," "Tag," and "Share."

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Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send **Green Brook Gazette** your news!

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## SPECIAL NEEDS STUDENTS PARTICIPATE IN SCOUT REGATTA

Students at the Crossroads School in Westfield participated in their annual "Raingutter Regatta," the school's summer version of their annual Cub Scout Pinewood Derby. In a raingutter regatta two students race handmade sailboats down a narrow channel, whoever reaches the end of the channel first is the winner. The students can decorate and name their boats before the race.

Patriots' Path Council of the Boy Scouts of America has partnered with the Union County Educational Services Commission for over 5 years to provide Scouting programs to special needs youth in Union County at The Crossroads School (Pack 45) and The Westlake School (Troop 1571), both in Westfield. The Westfield United Fund sponsors the program and pays for the students' registration and material costs.

Pack 45 at Crossroads school is led by school

social worker Ms. Elaine Liggeri, who enjoys using Scouting to give her students enrichment activities that they may not be able to participate in outside of a school setting. The pack will have its annual Pinewood Derby next winter.

For more information about Special Needs Scouting in Munsee, Raritan Valley, or Watchung Mountain, please contact Program Executive Will Adams at will.adams@scouting.org or 973-765-9322 x234.

For Black River, Fishawak, and Sussex, please contact Program Executive Michael Loughman at michael.loughman@scouting.org or 973-765-9322 x 226.

For more information about Special Needs Scouting in our area, please contact Program Executive Will Adams:

will.adams@scouting.org or 973-765-9322



(above) Students from Crossroads School in Westfield participating in their annual "Raingutter Regatta," where they raced handmade sailboats down a narrow channel.

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## GREEN BROOK TOWNSHIP: SOMERSET COUNTY'S BEST KEPT SECRET

By Jerry Searfoss, Green Brook Township Committeeman - Business Community Liaison

I grew up spending my summer vacation in a great, relatively unknown location at the Jersey Shore. One day a big city newspaper wrote a glowing review of that same location. As a result, the secret was out and the crowds arrived! I want to let you know about another best kept secret; Somerset County's Green Brook Township.

Green Brook Township is located on the eastern end of Somerset County, and it is an oasis of calm in an otherwise chaotic world. With a population of roughly 7200 people and about 2300 homes, Green Brook offers almost everything you want in a hometown. Tree lined streets, great schools (Blue Ribbon), open space, historic locales, proximity to major cities, stable taxes (no Municipal increase for the last 5 years!) and other amenities add up to a "Mayberry-esque" feeling only 32 miles from New York City.

Running directly through the middle of Green Brook is US Route 22. Many people only experience Green Brook when travelling along Rt. 22 from one destination to another on their

daily commutes. Many local businesses are "on 22" and I challenge those travelling to stop in and utilize these great local merchants. There is a craft brewery, coffee spots, restaurants, pet shops, bagel stores and even an upscale bowling alley! There are a host of new businesses opening in the near future, including New Jersey's largest fabric store, a "pet hotel," and more! There are also local merchants worth visiting just off the highway along the main North/South route of Washington Ave.

Consisting of approximately 4 ½ square miles, Green Brook begins in the Watchung mountains and flattens out as it enters the Raritan Valley. Topography ranges from awesome vistas at Washington Rock Park (elevation 500 feet) to flat plains heading east.

Green Brook is always looking for new and exciting ways to partner with local property owners and merchants, to reenergize and revitalize our commercial corridor. If you have any ideas or know of businesses interested in coming to the area, please reach out to me at [gsearfoss@greenbrooktp.org](mailto:gsearfoss@greenbrooktp.org).



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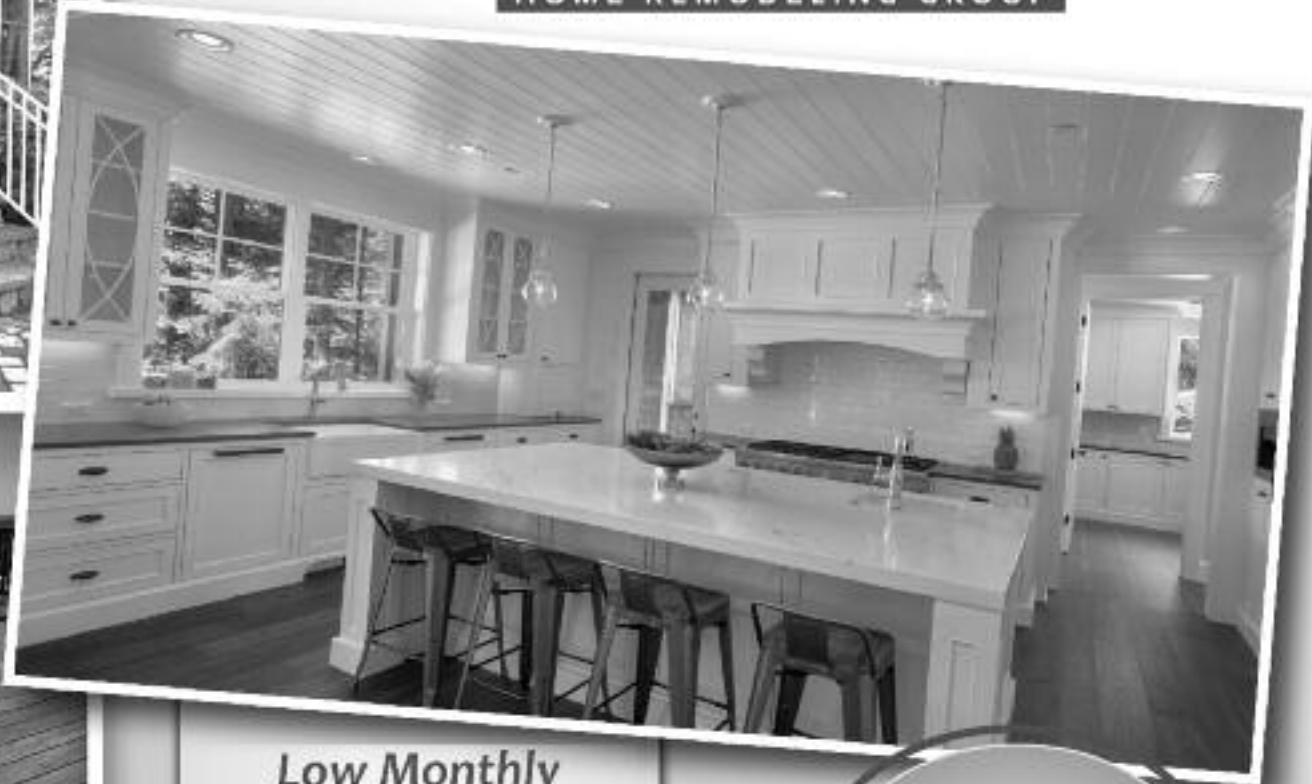


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# 2018 NATIONAL NIGHT OUT PHOTO ALBUM

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(above) Green Brook Youth Services.



(above) Green Brook Parent Teachers Association



(above) Green Brook Girl Scouts



(above) Green Brook Cultural and Heritage Commission.



(above) Green Brook Cub Scout Pack 129.



(above) Green Brook CERT - Community Emergency Response Team.



(above) Starbucks



(above) Outback Steakhouse.



(above) Carrabba's Italian Grill.



(above) Capital Craft.

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Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
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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](http://seniorcenter.us/sc/warrenbrook_senior_center_warren_nj)

## SPECIAL EVENTS

### “Artifacts”

September 10

by Dakota Hettel, Morris Museum, 10:30 a.m. This is an audience and educator driven program in which the participants learn about a few New Jersey born artists whose work is part of the Morris Museum’s collection. Participants will learn the academic steps to critique art work, hopefully opening their appreciation for artwork styles they may not have understood in the past. Opinions are encouraged and are never wrong!  
**“George Washington Remembers New Jersey”**  
September 17

by B. David Emerson, History on the Hoof, 10:30 a.m. George Washington was no stranger to New Jersey. From Trenton to Princeton to Morristown to Monmouth to Middlebrook, (and more), the General spent more time here than in any other state. Join General Washington (portrayed by David Emerson in full costume) as he reminisces about his brightest and darkest moments during the battles and encampments of the “Cockpit of the Revolution.”

### “Natural Approaches to Inflammation and the Diet”

September 25

by Dr. Nikki Conte, ND, 10:30 a.m. This program will give an overall view of the inflammatory pathway as it applies to joints, intestinal health, immune system and brain health. This program will highlight some anti-inflammatory diet recommendations that could be implemented and will also offer some lifestyle recommendations that help with the immune system and joint mobility.

## RECURRING EVENTS

Individual Computer Instruction – Are you intimidated by computers? Do you know how to email and/or play solitaire on the computer? Do you know how to do a web search? By the end of an 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you.

### Watercolor Paint Class

Monday & Thursday, 9:00 – 11:30 a.m.

This is a great opportunity for an experienced artist to meet new people while watercoloring. Advanced registration required.

### Oil Painting

Wednesday, 9:00 – 11:00 a.m.

This is an excellent way to connect with people who have oil painting experience. Advanced registration required.

### Healthy Bones Exercise Class

Wednesday & Friday, 10:00 a.m.

Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility and posture. Advanced registration is required. Doctor’s note is also required prior to first class and then once every year. For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15. Call Caitlin Witucki at (908) 704-6339 for information

### Billiards Room

Pool table available daily on a drop-in basis,  
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### Four Part iPhone/iPad Workshop

September 4, 11, 18 & 25

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!! \*\*Be sure to bring your iPhone or iPad. Advanced registration is required. Space is limited\*\*

### Boggle and Word within a Larger Word

September 4, 11 & 18 – 10:30 a.m.

This is a challenging game that is played using a grid of letters, in which attendees search for words that can be constructed from letters of sequentially adjacent letters.

### Bridge Group with Ronnie

September 4, 11 & 18 – 1:00 – 3:00 p.m.

Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome (lessons available).

### Mah Jongg for Experienced Players

September 4, 11, 18 & 26 – 1:00 – 4:00 p.m.

If you are an experienced Mah Jongg player and are looking for another opportunity to play, join us on Tuesday afternoons.

### Chair Yoga with Jillian

September 4, 11, 18 & 25 – 12:45 p.m.

Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength and balance. This class is perfect for stress relief and overall well-being. \$40 for 8-week program. Next session begins Oct 2nd

### Tone and Flexibility Exercise Class with Sabina

September 5, 12, 19 & 26 – 10:45 a.m.

Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Standing up or sitting down.

### Ballroom Dancing with Art & Fe

September 6, 13, 20 & 27 – 1:00 – 3:00 p.m.

Meet new people and make some friends while exercising! Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance and emotional well-being. Join Art and Fe as they play a variety of Ballroom Dance music.

### Bingo

September 6, 13, 20 & 27 – 10:30 a.m.

Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination which improves listening and short term memory skills.

## OTHER EVENTS

### “Armchair Travelogue Adventure to India:

From Bombay to Mumbai” with Gwen

September 7 – 10:30 a.m.

India is a land of mystery and intrigue with so many sights, sounds and smells. Though poverty is extreme in some parts of the country, the people are amazing as they go about their daily lives. There is so much to find out about India’s history and culture. Join us as we travel, via PowerPoint presentation, to Mumbai.

As we learn facts relating to India, we will discuss how they relate to our lives.

### Matter of Balance Workshop

September 10, 17 & 24 – 1:00 -3:00 pm.

Chances are you know someone who has fallen or is afraid of falling. A Matter of Balance is an evidence-based program designed to help people manage concerns

about falls and increase physical activity through practical strategies. A Matter of Balance: Managing Concerns About Falls is conducted in 8, two-hour sessions and uses group discussion, problem-solving, videos and gentle physical exercise. Older adults learn positive coping methods to reduce their fear of falling and remain active and independent. This is not an exercise class (although there is a small optional exercise component) it is a class designed to help you feel confident, strong and able to continue your favorite activities safely. \*\*Preregistration is required by September 3rd.

### Warrenbrook Book Club, Second Tuesday of the Month

September 11 – 1:30 p.m.

Featured historical fiction book to be discussed: “At The Water’s Edge” by Sara Gruen. New Members Welcome!

### “Cool Critters” by Rich Hoffman, Naturalist, Somerset County Park Commission, Environmental Center

September 14 – 10:30 am.

Snakes, dragons and bugs, oh my! Let’s investigate things that slither, hiss and hop. We will meet some things live and some things dead, but all cool and very special.

### “How to Make Your Own Terrarium – Lunch & Learn Opportunity” by Tyler Gavett, Horticultural Specialist, Somerset County Park Commission

September 20 – 1:00 p.m.

Terrariums are a beautiful addition to desks, dining room tables and other well-lit spots. Join us as we learn how to add a little green to an indoor space by creating an eye-catching terrarium. Tyler will show some examples of working terrariums he has created and provide step-by-step instructions. Participants will need to provide their own medium-sized container with an air tight lid and any novelty item(s) you wish. Plants, soil, charcoal, stones, moss and sand will be provided. \*\*Space is limited. Advanced registration is required by September 14th\*\*

### “Standing Tall Against Falls”

by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services

September 21 – 10:30 a.m.

Don’t assume that a fall can happen to you. During this presentation participants will learn how to determine the risk factors associated with falls, realize how common falls are in older adults, understand the consequences that can’t occur from a fall, maintain a healthy lifestyle in order to reduce the risk of falls and identify what you should do if you fall. Literature will be available.

### “In Case of Emergency:

Emergency Preparedness for Seniors and Their Families” by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services

September 24 – 10:30 a.m.

When an emergency or disaster happens, being prepared can be the difference between life and death.

This is even more true if you are vulnerable due to chronic disease or impairment. This is essential information for seniors and for caregivers.

### Mind Your Mind Brain Workout

September 28 – 10:30 a.m.

Just as you do physical exercise to tone up the muscles throughout your body, doing word games and puzzles will stimulate different parts of your brain. As a group, we will do several “mind-stimulating” exercise workouts.

### State Health Insurance Program (SHIP).

September 28

A counselor will be available to provide FREE help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance benefits.

SHIP is a statewide program by the New Jersey Department of Health and Senior Services. \*\*Services are available by advanced appointment only and will be available the last Friday of the month\*\*





“WHEN TIME IS BRAIN,  
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I was getting ready for work, and suddenly I couldn't talk or move my hands. My wife immediately recognized I was having a stroke and called 911. An Overlook Medical Center stroke neurologist began my treatment, in the ambulance, using telestroke technology. When I arrived at the hospital, they were ready. I received clot busting medication within a record breaking 14 minutes of arrival. Healthgrades ranks Overlook among the top 5% of hospitals for stroke care, nationwide. Now I know why.

Learn more about Barry's story at [AtlanticHealth.org/BarryStory](http://AtlanticHealth.org/BarryStory)

For information about Atlantic Health System's comprehensive stroke care, call 973-656-6920

# A LOOK BACK IN TIME - SUBMITTED BY THE GREEN BROOK HISTORICAL

Periodically in our hectic world it pays to pause and reflect on just how we got to where we are today. The same is true of Green Brook Township history. In the 1840's John Taylor Johnston had brought the Central Railroad as far as Plainfield. It was then nicknamed as the Queen City by the commuters who flocked there by the hundreds from their jobs in New York City.

In 1872 a large parcel of land was separated from then Warren Township. Not to be confused with Plainfield, this land to the north was designated North Plainfield Township. In 1925 a group of people asked to have part of the parcel be identified and that land thus became North Plainfield Borough. In 1926 another group in Washingtonville also asked for a part. This was granted and the name was changed to Watchung

because of the mountain it sits on and Watchung was incorporated. Now North Plainfield Township had become much smaller. So in 1932 the remaining land was renamed Green Brook Township.

There are still two non contiguous areas from the main mass we call Green Brook. Deer Run sits by itself up from the Watchung Municipal Building. It appears to have been saved for its spectacular views from the top of the Watchung Mountain. Also Interhaven Avenue above North Plainfield. This is understandable because Mr. Smalley lived at 30 Interhaven Avenue in front of the quarry to which he was Quarrymaster. He had carefully been involved in the Watchung separation in order to preserve his own interests. Therefore he also became the first Mayor of our township. A very clever man.

At various times the land on which Green Brook now sits has been home to two working quarries, a copper mine, two stagecoach routes to the Washington Rock resort hotel across the road from the Rock and a roller skating area at that hotel when it became the new rage in the 1870's.

The Green Brook Historical Society has as its current goal to open the John Vermeule House on Rock Avenue as a living House Historical Museum to showcase how the house was used in various periods from the late 1700's through the 1900's. Hopefully to open part time by the spring of 2020. We always welcome more assistance. We next meet on September 20th at 7:30 p.m. on the first floor of the Municipal Building. Please come and join and help us achieve our goal.

## REMEMBERING SEPTEMBER 11TH

The Township of Green Brook  
invites you to join us  
in a memorial ceremony  
to honor and remember  
the brave men & women  
who lost their lives.

**TUESDAY  
SEPTEMBER 11, 2018  
6:30pm**  
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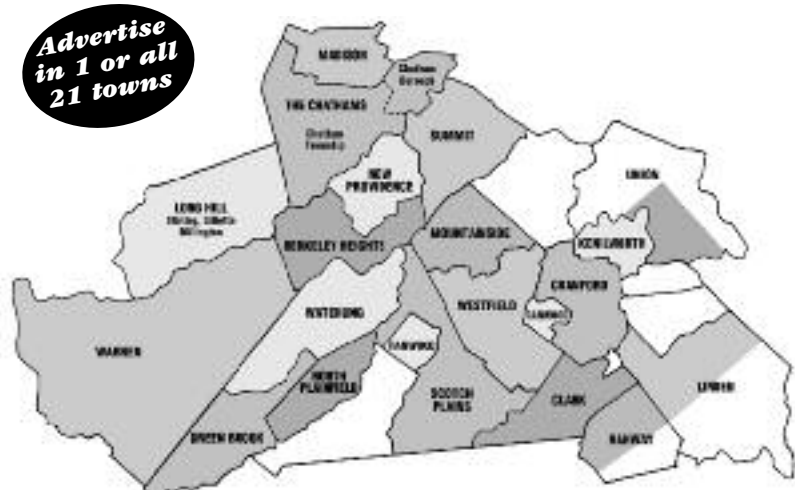
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A Fundraiser for Dunellen—Green Brook Rotary

# A Night of Comedy!

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*Julia Scotti Billy Garan*

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Summar's 10<sup>th</sup> Annual Golf Outing

## Columbus Day

Monday, October 8<sup>th</sup>

12:00pm Shotgun Start

### Warrenbrook Golf Course

500 Warrenville Road, Warren, NJ

Cocktail Dinner & AWESOME Tricky Tray at 5:30pm.  
JUST COME FOR THE TRICKY TRAY, DINNER & DRINKS ONLY \$50

**FOREST LODGE**  
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~Prizes~

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Children's Psychiatric Unit

Specifically, for desks (1 unit with a chair attached) and school supplies. The school, inside the hospital, cares for ages 5-17 kids, that are dealing with their mental issues, and trying to keep up with their schooling. The budget is extremely limited and kids are going without BASIC necessities.

Player Registration (Dinner & All Drinks Included) is only \$135 per Golfer!

Please add \_\_\_\_\_ people for Dinner/Drinks/Tricky Tray ONLY option for \$50 ea.

Money Due ASAP! Veterans get a discount at \$110 per golfer.

Player 1 \_\_\_\_\_

Player 2 \_\_\_\_\_

Player 3 \_\_\_\_\_

Player 4 \_\_\_\_\_

For more information, please contact Summar A. Kasar at  
[Summarak@gmail.com](mailto:Summarak@gmail.com) or 732.331.9796

All Sponsors are appreciated!!

Summar's 10<sup>th</sup> Annual Golf Outing

Proceeds will be donated to  
**Monmouth Medical Center** | **RWJBarnabas HEALTH**  
Children's Unit

### Sponsorship Program

Sum Sum's LLC

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#### Diamond Sponsor \$2,500

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- Company Sign will be featured at a hole
- Foursome for event
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- Introduction at Dinner
- Presented a special gift at the dinner.

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- Extra sleeves of printed balls given to company for advertisement.
- Company Sign will be featured at a hole
- Ad marketed in the program
- Introduction at Dinner
- Presented a special gift at the dinner.

#### Dinner Sponsor \$1,000

- Company Name will be featured at a hole
- Reserved table, with seating for eight guests
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- Company advertised in Dining Room

#### Cocktail Sponsor \$750

- Company Name will be featured at a hole
- Name will be featured on signage near the bar
- Ad marketed in the program

#### Gold Sponsor \$500

- Company Name will be featured at a hole
- Ad marketed in the program

#### Silver Sponsor \$250

- Company Name will be featured at a hole
- Thank you in our program

#### Bronze Sponsor \$100

- Thank you in our program

#### Tricky Tray Sponsor

- "Donated By" sign displayed on any baskets or items donated.

**Columbus Day**  
**Monday, October 8<sup>th</sup>**  
**12:00pm Shotgun Start**  
**Warrenbrook Golf Course**  
500 Warrenville Road, Warren, NJ

Cocktail Dinner & AWESOME Tricky Tray starts 5:30pm at

**FOREST LODGE**

Please contact Summar A. Kasar 732.331.9796 or [Summarak@gmail.com](mailto:Summarak@gmail.com) with any questions.

Thank you for donating to such an important cause!



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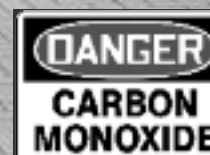
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