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## TURKEY TROT FUNDRAISER AT BATTLE HILL SCHOOL

*Submitted by Jessica Mongiovi and Alison Brehm*

Battle Hill Elementary School held a Turkey Trot fundraiser to support St. Joseph's Social Service Center in Elizabeth.

The fourth grade Student Council Executive Board members visited each classroom and explained the purpose of the November fundraiser, where the donations would go, and how many people it would help. In addition to monetary donations, the Student Council Board asked the Battle Hill community to donate toiletries to help families in need during the holiday season.

On Wednesday, November 21, 2018, all students gathered on the playground, and paraded around to show off their turkey hats created in each of their classrooms. Phyllis Neshimka, physical education teacher,

choreographed a dance for the Turkey Trot to get the students moving. Each student at Battle Hill created a feather, which was displayed in the front hallway of the school. Teachers were invited to take part in a dress down week for a \$10 donation.

The fundraiser raised a total of \$500 to be donated to St. Joseph's Social Service Center in the form of ShopRite gift cards in addition to hundreds of toiletries. Bernadette Murphy, a representative of St. Joseph's, came to Battle Hill on Wednesday, December 5, 2018, to thank the Student Council for their continued efforts. She also took the time to explain how many families in need the gift cards and toiletries would help.



(above, l-r) Back row: Bernadette Murphy, Gianna Marlin, Adriana Marques; Middle row: Vincenzo Carr, Isabela Caixero, Rachel Kwarteng, Landon Paco, Leyla Akin, Alexa Rivera, Angel Salcedo; Front row: Matthew Castro, Chiamaka Nwanonyiri, Lola Parades, and Douglas Callanan.

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## THE ROTARY CLUB OF UNION

The Rotary Club of Union held its 9th annual major fundraiser, called Automobilia, in November. One of its longest standing members, Herb Singe, has a private collection of automotive memorabilia in a warehouse turned into a museum in Union County. This year the fundraising efforts were to benefit 6-year-old Sabur Clark of Union as well as Operation ChillOut, an organization dedicated to making sure our homeless veterans are cared for. It was a night full of fun and festivities hosted by the Rotary Club and the Rotaract Club of Kean University.

Club president Rob O'Connell said "This

place is amazing. Every time I come back, I see something new in the museum. It's truly one of a kind. And because we are raising money for two very special causes, it makes it even that much more magical."

The Rotary Club of Union welcomes any member of the community who might like to join our group in our mission "Service above self." Meetings are held every Thursday at the Suburban Country Club at 12:15 p.m.

For more information about Rotary, please contact Membership Chair, Sharon Patel at 908-964-6422, or visit [unionrotary.org](http://unionrotary.org).



(above) There was a large turnout for "Automobilia," a fundraiser to benefit The Rotary Club.



(above) Members of The Rotary Club of Union and Rotaract Club of Kean University.

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## IN 2019, RETHINK AND REFRAME NEW YEAR'S RESOLUTIONS

*Find a Sense of Belonging and Support at The Gateway Family YMCA*

Along with singing “Auld Lang Syne” at the start of the New Year, making resolutions is a tradition for millions of Americans. However, while choosing a resolution can be easy, sticking to them is hard. With that in mind, The Gateway Family YMCA is providing additional support to members of the local community including a Membership Special on all memberships through January 13, 2019 and a Community Open House on Saturday, January 5th at branches in Elizabeth, Union and Rahway. YMCA staff will be available to discuss personal goals, supportive services, financial assistance and community service.

A YMCA survey found that less than a quarter of respondents kept their resolutions. Many (71 percent) tried, but stated that they fell short of their goals, while 40 percent confessed that gave up within the first few months, even weeks, of the New Year! While there is no “right way” to keep a resolution, The Gateway Family YMCA is encouraging community members to give their New Year’s resolutions a boost by:

Start small. Break those big resolutions into small, achievable goals. “Getting healthy” is too broad so reframe that big resolution into smaller, more manageable goals. Instead of cutting chocolate out of your diet for good, vow to only have it a few times a week. Or trade your two sodas a day for one soda and a glass of water.

Take it one step at a time. Trying to change too many habits at once can easily lead to frustration. Instead of a New Year’s resolution, make a new month resolution. Focus on that one change for the month and add another (small) change when the new month rolls around.

Keep the faith. Don’t get discouraged by setbacks. Even though you may experience some missteps throughout the day—or even the week—that doesn’t mean you have to give up. Bad habits aren’t created in a week, so try as you might, you can’t change them in a week either.

It’s all about attitude. It’s important to think about what you’re gaining from a resolution rather than what you’re missing. This can make

a resolution feel more positive, and therefore more achievable. For example, you may want to limit your screen time in 2019, but that can be more manageable if you replace it with something positive like volunteering or setting special time aside for family.

Talk it out. It’s easier to stick to your resolutions if you have a partner or friend working toward similar goals. Team up with someone to set your 2019 goals and help each other establish a game plan dedicated to achieving them. Set specific check-ins to help each other out of slumps and to cheer each other during the high points.

“Changing behaviors is a tough task even for the most dedicated and motivated people,” said Krystal R. Canady, CEO, The Gateway Family YMCA. “The New Year is a great time to make changes, but it’s important to remember that any change takes time, and the type of resolution you

make plays is a huge factor in your success.”

Additionally, many people join a gym or other health facility to help keep their resolutions. Just as making your resolutions manageable contributes to success, the type of place you join is important as well. Make sure the facility you pick is the right fit for your personal goals and provides the appropriate level of support.

“While we’d love everyone to join the Y, when it comes to adding healthy behaviors like increasing physical activity, it’s important to find a facility where you feel comfortable, but also keeps you motivated,” added Melynda A. Mileski, EVP/COO.

For additional tips or to learn how to get involved with The Gateway Family YMCA, visit [tgfymca.org](http://tgfymca.org) or contact the Five Points Branch 908-688-9622, Rahway Branch 732-388-0057, Wellness Center Branch 908-349-9622 or WISE Center YMCA Branch 908-687-2995.

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## THE ANNUAL 7TH AND 8TH GRADE OPEN HOUSE AT UHS WAS A SUCCESS



(above) The annual 7th and 8th Grade Open House was a successful evening and Union High School looks forward to welcoming these Future Farmers.

On Thursday, December 6th, 2018 Union High School opened its doors to 7th and 8th grade students and parents. The annual Open House was well received, as hundreds of attendees toured the facilities and met some of the high school's finest teachers, staff, and students. The night began with an introduction by Acting Principal Ms. Althea Bossard and words from Mrs. Nicole Ahern, Supervisor of Counseling, followed by a performance "teaser" for the UHSPAC production of their own Cabaret. Members of Union High School's Peer Ambassador program were available throughout the night to assist and provide guided tours to the attendees. Their efforts did not go unnoticed, as one family commented, "the students that escorted us were wonderful." One recurring theme of the night was how impressive the facilities were kept. A current eighth grader, Matthew Orriss shared, "While big, the school was well kept and everything looks so nice. The technology in all of the different classrooms was new and updated." Sean Casey, a seventh grade student in district, had his own highlight of the night: "I really enjoyed the TV Production class." The real stars of the show were the amazing faculty that volunteered their time. Parents of a current Kawameeh student shared, "You can tell they love what they do and it was refreshing." At the end of the night, first year teacher Emily Gutierrez was asked how she felt about the night. She commented that she "felt like it was a very informative evening and parents left feeling comfortable with their students entering Union High School."

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- Jesse Jackson

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## UNION TOWNSHIP HISTORICAL SOCIETY OPEN HOUSES

The Union Township Historical Society will host two open houses from 2 – 5 p.m. on Sunday, January 13, and Sunday, January 27, 2018 at the Caldwell Parsonage, 909 Caldwell Avenue, Union. Historic Christmas decorations will remain up for the first open house. Admission is free. Refreshments will be served. Visitors will have the opportunity to view the latest exhibit at the museum, which was mounted in October by the Union High School History Club. It features photos and text that focus on the history of the Union schools and Union High School, in particular.

36" x 48" reproductions of the 1860 Thomas Hughes farm map of the Township of Union will be available for purchase for \$15. For more information, please call 908-591-4377.

## UNION SENIORS HOLIDAY PARTY

Township of Union senior citizens enjoyed a Holiday Party on December 5, 2018 at the Senior Center. Attendees were encouraged to wear a 'ugly' holiday sweater to compete in a contest.

Willa Jackson was the winner. Lunch was catered by Cioffi's. Music was provided by Four Seasons Entertainment and many attendees enjoyed dancing and singing along.



*(above) Senior Center Staff: Phyllis Monguso, Director; Maria Terrezza, and AnnMarire Bentevegna*



*(above) DJ Buddy Love, Four Seasons Entertainment.*

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# UNION'S WINTER WONDERLAND WEEKEND

The Township of Union held its annual Winter Weekend on Friday, November 30th and Saturday, December 1st, 2018 featuring the annual Holiday Tree Lighting Celebration and ice skating in front of Town Hall.

The free event drew hundreds of residents in

celebration of the Holiday season.

There were holiday performances from local schools, arts and crafts, holiday games, and food vendors. The festivities culminated with the lighting of the Holiday tree and a visit from Santa with a chance to meet with him and take a photo.



Photos by Township of Union



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# JANUARY EVENTS AT THE UNION PUBLIC MAIN LIBRARY

*The Main Library is located at 1980 Morris Avenue, Union, NJ 07083.*

*For additional information call 908-851-5450, or find us on the web at [uplnj.org](http://uplnj.org)*

## **Meditation**

*Thursdays in January 11:30 a.m.-12:30 p.m.*

Relax and unwind in our ever popular meditation class.

## **Shoprite of Union: Healthy Eating for the New Year**

*Tuesday, January 8 from 11:30-12:30 p.m.*

Shoprite Dietitian Megan Hewitt will speak about healthy eating information while also offering free food samples. Advance registration required, please call 908-851-5451 to sign up.

## **Riskonomics 101 Seminar**

*Tuesday, January 8 from 7-8 p.m.*

Come attend this financial seminar to learn about your retirement income needs, strategies for generating income to meet those needs, how to make sure you do not outlive your retirement assets, the biggest risks facing retirees today, the most common retirement pitfalls, and how to take retirement distributions.

## **Chair Exercise**

*Wednesday, January 9 from 10:15-11:15 a.m.*

*Wednesday, January 23 from 10:15-11:15 a.m.*

Start the New Year off right with a gentle and relaxing exercise! No experience necessary.

## **Writer's Support Group**

*Thursday, January 10 from 7-8 p.m.*

Are you looking for feedback on the book you're working on, trying to overcome writer's block, or trying to figure out your personal writing style? Come join this group of authors and writers whose mission is to encourage, support and promote authorship.

## **Movie Musicals History Lecture #1: Wartime Musicals**

*Saturday, January 12 from 2-3 p.m.*

In this first installment of a series of lectures about the History of Movie Musicals sponsored by the Friends of the Union Public Library and BCB Bank, Sam and Candy Caponegro, scholars in this subject, will speak about movie musicals created during World War II, a period that includes famous masterpieces such as Yankee Doodle Dandy and Stormy Weather.

## **Leave 'Em in Stitches!**

*Tuesday, January 15 from 7-8 p.m.*

Bring your own project(s) and get ready to knit/crochet!

## **Off the Shelf Book Discussion Group**

*Thursday, January 17 from 6:30 – 8:30 p.m.*

This month members will discuss "Sex On the Moon" by Ben Mezrich. New members always welcome. Please contact the library to receive a copy of the book.

## **MLK Film Showing**

*Saturday, January 19 from 2-3:30 p.m.*

Join us at the library for a free movie commemorating Martin Luther King, Jr. Doors open at 1:50 p.m. and elevator access is available.

Please call the Library for the specific title and more information at (908) 851-5450.

## **Library Board Meeting**

*Tuesday, January 22 from 6:30 – 8:30 p.m.*

## **International Film**

*Thursday, January 24 from 2 - 4 p.m.*

Join us at the library for a free international movie. Doors open at 1:50 p.m. and elevator access is available. Please call the Library for the specific title and more information at (908) 851-5450.

## **Friends of the Union Public Library Movie Showing:**

### **Lies I Told My Little Sister**

*Thursday, January 24 from 7-8:30 p.m.*

Snowdate: Thursday, January 31st from 7-8:30 p.m. The Friends of the Union Public Library and BCB Bank are hosting a showing of the film Lies I Told My Little Sister, a drama/comedy about family. The film will be followed by complimentary appetizers at El Chingon, the new Tex Mex restaurant at 1996 Morris Ave. in Union, where attendees can enjoy conversation with Jonathan Weisbrod, the film's writer/producer. Registration for the event is required by January 17th and will be limited to 50 people, 21 and older. Please call (908)-377-7949 to sign up.

## **Tuesdays @ 2 Movies**

*January 8, 15, 22, and 29 from 2- 4 p.m.*

Join us at the library for free movies. Doors open at 1:50 p.m. and elevator access is available.

Please call the Library for specific titles and more information at (908) 851-5450.

## **Connect Explore & Discover Digital Resources**

*Friday, January 11 from 2-3 p.m.*

*Wednesday, January 16 from 2-3 p.m.*

*Monday, January 28 from 6-7 p.m.*

Learn how to download e-books, e-audiobooks, digital magazines, language learning programs, and more using just your Union Public Library card. Please bring your library card and mobile device.

## **Mobile Aging Kiosk**

*Tuesday, January 29 from 11:30-1:30 p.m.*

Union County's mobile Aging Service Kiosk (ASK) is 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.

## **Jersey Job Club: Master the Art of Networking**

*Tuesday, January 29 from 3-4:30 p.m.*

Join our Career Coach, Deb Warner, to learn tips that will enable you to achieve success with your job search.

## **Les Malamut Art Gallery**

Join us for an exhibition of photography by Adrienne Bednarz.

*The exhibit will run through February.*

# YOUTH PROGRAMS

## WEEKLY PROGRAMS

### **Mondays: Construction Zone (Drop-in Program)**

*at 3:30 p.m.*

All ages | No registration required

Learn, play, and build every Monday using Legos, K'Nex, and more during this fun drop-in program! Please note: Construction Zone will not be held on January 21, as the library will be closed for Martin Luther King Day.

### **Wednesdays: Tiny Tots (Storytime)**

*at 10:30 a.m.*

Birth - 2 years | No registration required

Spend this special time with baby singing songs & rhymes, listening to stories, followed by free play & socialization.

### **Thursdays: Alphabet Soup (Storytime)**

*at 4:00 p.m.*

Ages 4 - 6 | Registration required for January 3 and 17  
Jump into reading with UPL! We explore phonics, letter recognition, and numbers all while reading fun stories, singing songs, and making new friends! The January 3 session will feature a craft following storytime, and the January 17 session will be Stretchy Stories, a yoga and movement-based storytime.

Please note: Alphabet Soup will not be held on January 24, due to Bedtime Storytime later that evening.

### **Fridays: Toddler Tales (Storytime)**

*at 10:30 a.m.*

2 - 4 years | No registration required

Enjoy stories, singing, and movement, following a different theme each week! The January 18 session will focus on music & movement.

## ADDITIONAL PROGRAMS

### **Friday January 4: Teen Advisory Board Meeting**

*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!

### **Saturday Family Storytime**

*Saturday January 5 at 11:00 a.m.*

All ages | No registration required

Spend your Saturday morning listening to some fun stories, singing songs, and more!

### **Family M.E.S.S.**

### **(Math, Engineering, and Science Saturday)**

*Saturday January 5 at 2:00*

Ages 3 and up | Registration required

Families will learn about math, engineering, and science concepts as they work together and explore different projects and activities!

### **Teen Wii U & Waffles**

*Wednesday January 9 at 1:30 p.m.*

Ages 13 and up | Registration required

Play some games on the Wii U and enjoy some freshly-made waffles!

### **MLK Day Craft**

*Saturday January 12 at 12:00 p.m.*

All ages | Registration required

Celebrate the spirit of Martin Luther King Day by creating a beautiful and inspiring hand wreath!

### **SciFri (Science Friday): 'Low-Tech Coding'**

*Friday January 18 at 3:30 p.m.*

Ages 8 - 12 | Registration required

Coding isn't just for computers! Try out some low-tech coding activities, like using a decoder wheel to decipher messages and coding your name in jewelry!

### **The W.H.O. (We Help Others) Club: Kids Edition**

*Tuesday January 22 at 4:30 p.m.*

All ages | No registration required

Interested in making our community a better place and earning community service hours? Join us each month for a new service project. This month, we'll be making water bottle bird feeders!

### **ShopRite Kids Cuisine**

*Wednesday January 23 at 4:00 p.m.*

Ages 6 - 12 | Registration required

Learn about healthy eating and try some yummy new foods, following a different theme each month!

Presented by Megan Hewitt, RD from ShopRite of Union.

### **Bedtime Storytime**

*Thursday January 24 at 7:00 p.m.*

All ages | Registration required

In honor of Belly Laugh Day, this month's Bedtime Storytime will be full of silly stories, guaranteed to make you chuckle! Don't forget to wear your coziest PJs!

### **Teen Midterm Stress Relief**

*Saturday January 26 at 1:00 p.m.*

Ages 13+ | Registration required

Need a study break? Escape the winter doldrums and midterm stress with video games, coloring, puzzles, and a hot chocolate bar!

### **Family Craft: 'Puzzle Picture Frames'**

*Saturday January 26 at 11:00 a.m.*

All ages | No registration required

We're celebrating National Puzzle Day (Tuesday January 29) a few days early by creating Puzzle Picture Frames!

### **The W.H.O. (We Help Others) Club: Teen Edition**

*Saturday January 26 at 2:00 p.m.*

Ages 13+ | No registration required

Interested in making our community a better place and earning community service hours? Join us each month for a new service project. This month, we'll be making water bottle bird feeders!



# PROGRAMS AT THE UNION PUBLIC VAUXHALL LIBRARY

*The Vauxhall Branch Library is located at 123 Hilton Avenue, Vauxhall, NJ 07088.*

*For additional information please call the library at 908-851-5451, or find us on the web at [uplnj.org](http://uplnj.org).*

Adult Programs at Vauxhall Branch (VH)

## **Connect, Explore and Discover**

*Saturday, January 5 from 10-11 a.m.*

Join us for Tech Instruction and learn how to download e-books and e-audiobooks from our digital resources using your Union Public Library card.

## **WCEC Presents: Perfect Your Elevator Pitch**

*Monday, January 7 from 1:30-4:30 p.m.*

Presented by Women's Center for Entrepreneurship Corporation, this a great opportunity for business owners, executives or employees at any level who want to strengthen their skills at speaking in front of other people. Advance registration required, please call 908-851-5451 to sign up.

## **Family Prize Bingo**

*Saturday, January 12 from 3-4 p.m.*

Join us for a fun afternoon of bingo. Meet new friends and win cool prizes. Register in advance.

## **Dinner and a Movie Night for Adults**

*Monday, January 14 from 6:30-8:15 p.m.*

Join us for this romantic comedy about a woman who is surprised to learn her fiancé is extremely rich. Bring your dinner and we'll supply the popcorn! Please call the library for the exact title.

## **Adult Vision Board: Manifesting Your Dreams/Goals**

*Wednesday, January 16 from 1:15-3:15 p.m.*

Need help following through on your New Year's resolutions? Come learn how to create a vision board, a tool that can help you identify clear, obtainable short and long term goals and motivate you to succeed in aspects of life such as wealth, career, relationships, travel and health. Advance registration required, please call 908-851-5451 to sign up.

## **Hilton Readers Book Club**

*Monday, January 28 at 6 p.m.*

This month members will be discussing "Black Book"

by James Patterson. New members always welcome. Please contact the library to receive a copy of the book.

## **Keep This Toss That: A Clutter-Free New Year**

*Wednesday, January 30 from 1:15-3:15 p.m.*

Jamie Novak, a professional home organizer with over 20 years experience and author of several books on the subject, will speak about how to organize and de-clutter your home for a fresh start in the New Year.

Advance registration required, please call 908-851-5451 to sign up.

## **Tai Chi Free Exercise Program**

*Tuesdays in January*

*First session: 12:30-1:15 p.m.*

*Second session: 1:30-2:15 p.m.*

For mature adults. Wear sneakers and comfortable clothing. Advance registration required, please call 908-851-5451 to sign up.

## WEEKLY PROGRAMS

### **Tuesdays: Toddler & Pre-K Time**

*at 11:00 a.m.*

Ages 3 - 6 | Registration required

Interactive storytimes, crafts, and more for young children and their parents/guardians.

### **January 1: Library closed (New Year's Day)**

### **Story & Craft: Elvis Presley**

*January 8:*

### **Music & Movement**

*January 15*

### **STEM Story & Activity: Winter, Pt. 2**

*January 22*

### **Interactive Learning Time**

*January 29*

## YOUTH PROGRAMS

## ADDITIONAL PROGRAMS

### **Club Teen: 'Paint & Pizza'**

*Wednesday January 2 at 6:00 p.m.*

Ages 14 and up | Registration required

Come in and relax as we paint together and enjoy some delicious pizza! Supplies will be provided.

### **Tween STEAM Craft: 'Symmetrical Snowflakes'**

*Thursday January 3 at 3:00 p.m.*

Ages 9 - 13 | Registration required

Join us as we make various snowflakes using cotton swabs, paper, and other materials.

### **Homeschool Hangout**

*Thursday January 10 at 11:00 a.m.*

Ages 10 and up | Registration required

Meet, learn, and engage with other local homeschooling families through a variety of fun and interactive activities!

### **Tween Game Time**

*Thursday January 10 at 3:00 p.m.*

Ages 9 - 13 | Registration required

Join us for an afternoon of friendly competition. We're breaking out the Wii U and our collection of boardgames. Feel free to bring your own games too!

### **Family Prize Bingo**

*Saturday January 12 at 3:00 p.m.*

All ages | Registration required

The whole family is invited to play bingo for a chance to win some cool prizes!

### **Club Teen: 'DIY Slime'**

*Wednesday January 16 at 6:00 p.m.*

Ages 14 and up | Registration required

Make a batch of slime from scratch!

### **Tween STEM Builders Club**

*Thursday January 17 at 3:00 p.m.*

Ages 9 - 13 | Registration required

Play around with Legos and 3-D magnetic tiles to create amazing shapes and structures!

### **Tween 'Make It at Your Library'**

*Thursday January 24 at 3:00 p.m.*

Ages 9 - 13 | Registration required

In honor of Martin Luther King, Jr., stop by to paint some kindness rocks!

### **Club Teen: 'Escape Room'**

*Wednesday January 30 at 6:00 p.m.*

Ages 14 and up | Registration required

We're hosting our own escape room! Can you follow the clues and escape, or will you be doomed to wander the library FOREVER?!

### **Tween Movie: Teen Titans Go! To the Movies**

*Thursday January 31 at 3:00 p.m.*

All 9-13 | Registration required

Join us for a screening of Teen Titans Go! To the Movies (Rated PG)! We'll supply the popcorn.

## UNION ARTIST'S EXHIBIT AT GALLERY ON BOULEVARD

"Terra" an Exhibit of Ceramics and Photographs by Union resident Jessica Garber will be hosted by the Gallery on the Boulevard. It will be on display from January 4 through March 30, 2019.

Garber has been creating ceramics for the last four years and specializes in carved surface textures and applied patterns, as well as experimentation with different ceramic firing techniques. Jessica holds an AAS and BFA from

the Fashion Institute of Technology, SUNY. She has a passion for teaching and has held various roles in New York and New Jersey. Her ceramic work is showcased in large scale photographs and 3-dimensional work in this solo exhibition.

The Gallery is located in the Kenilworth Library, 548 Boulevard. The exhibit is free and open to the public during regular library hours. For further information call: 908-276-2451 or visit [kenilworthlibrary.org](http://kenilworthlibrary.org).



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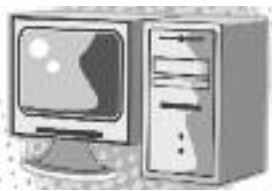
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## VIETNAM VETERANS OF AMERICA, CHAPTER 688, UNION COUNTY

Effective October, 2018 the meetings of Vietnam Veterans of America, Chapter 688, Union County will be held at the VFW Post 2230 Hall, located at 33 S. 21st Street in Kenilworth, NJ.

Meetings will be held on the 2nd Tuesday of

each month at 7:00 p.m. All veterans are welcome to attend, especially Vietnam era veterans.

For further information please call Rick Harrison 908-416-5930, or Ted Meadowcroft 908-283-3293.

## SCORE- FREE BUSINESS COUNSELING

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# TOWNSHIP OF UNION EDUCATION FOUNDATION

Four months of the 2018-2019 school year have passed and the students in the Union Public Schools are benefiting from grants awarded to teachers by the Township of Union Education Foundation.

Greg Pardo, Connecticut Farms School, was awarded a grant to refurbish a non-working pinball machine. His goal was to have the students disassemble the machine, explore electronics and electrical engineering and work as a team to bring the machine back to working condition. The 49 students in two fourth-grade classes have made observations, determined the cause and effect, used machine schematics to see relationships and trace circuits, all while developing etiquette and courtesy and learning about trade jobs and tools.

Mr. Pardo stated, "I am very pleased with how this project is going. When we first started, we plugged in the machine and nothing worked. We are going over the entire machine with a fine tooth comb. We have been testing and soldering broken wires, damaged fuses, and gummed up components. We are taking a systematic approach to repairing the machine while learning about relays, coils, transformers, and even inventors such as Edison and Nikola Tesla. Currently the machine is in several different parts. I am hoping

that we will get it working, but as I tell my students, it's not about the finished product, but the process. We are having a lot of fun with this project and I am looking forward to showing it to the foundation when it is complete."

Jennifer Reguinho, Hannah Caldwell, was awarded iPads to differentiate lessons in her kindergarten classroom. Ms. Reguinho shared, "I have students who came in to kindergarten reading on a first grade level, so while I teach basic letter sounds and formation to my whole group, I will assign a reading lesson to my higher level learners on iReady or Razz Kids. I had a new student join us from another country and could not speak one word of English when he first started. I have allowed him to use the iPad to go over common vocabulary words for the week and he absolutely loves it! His language has already improved! Students absolutely LOVE to use iPads in the classroom! It makes learning fun!"

These are two of the seven grants awarded by the Foundation for this school year to benefit the students in the Union Public Schools.

The Township of Union Education Foundation is a 501 (c)(3) non-profit charitable organization. Further information can be found on our web site, tuef.org.



Photo by Township of Union

# GRIEF IS NOT SOMETHING WE "GET OVER" - IT IS SOMETHING WE LEARN TOOLS TO COPE WITH

The First Presbyterian Church of Cranford, 11 Springfield Ave, will hold their eight-week seminar "Journey to Wholeness- Healing the Grieving Heart" on Sunday evenings from January 13, 2019 to March 3, 2019.

Patti Williams, R.N. and certified pastoral bereavement counselor, and Virginia Waters, Ph.D. and psychologist, will lead the sessions from 6:30 p.m. to 8:30 p.m. in the Prime Time Room at the church. This location is handicapped accessible.

Williams and Waters have offered this seminar for over 18 years, and have helped 2,800 people experience healing, find a new purpose for their lives and feel joy once again. "This is an experience like no other," states Williams.

The sessions include learning about the stages of grief and understanding the tasks of the grieving process, coping strategies, dealing with loneliness, building a support system and more.

The seminar is dedicated to Williams's late husband, the Rev. Dr. Bruce D. Williams who had a vision for this program, wanting to help others deal with their pain and suffering during their time of loss.

One participant, Joan, states, "I have learned more along this heartbreaking journey than I ever thought possible. I have learned that you will never ever forget your love and that you are changed forever, but you need to give yourself permission to heal. I have learned that I can revisit the past, but I cannot live in it, because it undermines my present and all that I have is just today. I have learned that love never dies and my love is with me always because he sends me signs

to tell me so. These are my greatest treasures. I have learned that by keeping his memory alive with stories, photos etc. it makes me smile and brings me a kind of peace. I believe that your loved one only wants the best for you and you will be reunited one day."

Both of the leaders and all of the facilitators have experienced loss within their lives and share from the inside out. "It does not matter if the loss is divorce, death or job loss; loss is loss, it must be grieved. It does not matter how long ago you experienced loss. Bring family members and friends," states Williams. All faiths are welcome. To register for this event, call Williams at 908-709-1341. No fee is charged, though registration is required.



(above, l-r) Patti Williams, RN, certified pastoral bereavement counselor, and Dr. Virginia Waters, Ph.D., psychologist, have been running the Grief Seminar for 18 years.

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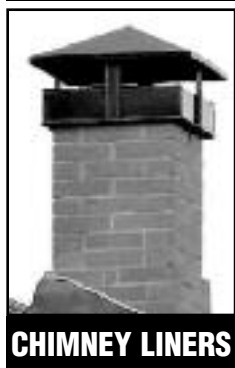
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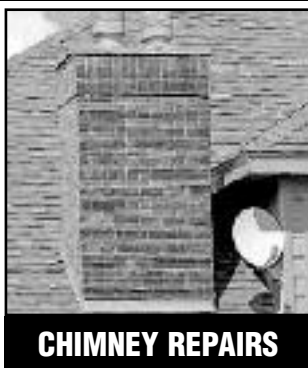
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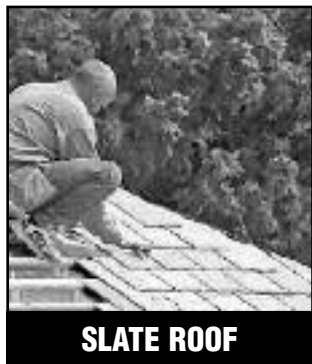
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