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NJ

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ISSUE 67 • MARCH 2019

## VENISON DINNER SATURDAY, MARCH 2ND

The Stirling Volunteer Fire Department's popular annual Venison Dinner will be held on Sat., March 2, 2019 in the firehouse at 321 Somerset St., Stirling – doors open 6 p.m. Only \$50 per person, includes a sumptuous meal with venison cooked several different ways ranging from tenderloin and other delicious cuts, to chili, stuffed peppers, tacos, meatloaf, and more. A variety of hot sides and after the meal dessert were included. The food is served buffet style and you can eat all you care to eat. Wine, beer, and soda are included in the ticket price.

The meal is expertly prepared by Stirling firefighter chefs and always pleases everyone. Each year attendees rate this venison dinner the best in the state. Now is your opportunity to come out and partake of this fabulous meal while supporting our local volunteer heroes. Take-out is available.

Tickets are available from Stirling firefighters or by calling 908 304-3975. You may also pay at the door. There will be a Tricky Tray and raffles for outstanding prizes!

This is one of the Stirling Fire Department's major fund raisers and residents and non-residents are welcomed to enjoy this unusual event.

If you cannot attend and wish to support these dedicated volunteer firefighters, please send your check to: Stirling Volunteer Fire Co., P O Box 123, Stirling, NJ 07980.



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(above) Members of the Stirling Volunteer Fire Department will be serving up some venison on March 2nd.

\*\*\*\*\*EGRWSSDDM\*\*\*\*\*

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**PROMOTE YOUR COMMUNITY EVENT**

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

*Organizations who are interested in submitting content can email*

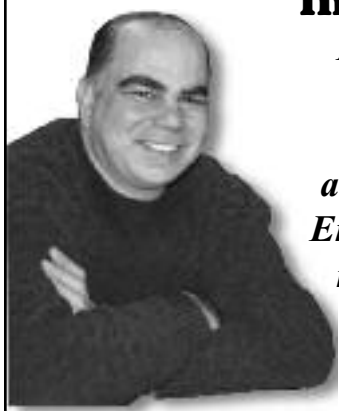
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**WATCHUNG HILLS ELKS SEEKS DONATIONS FOR TROOP CARE PACKAGES**

*Submitted by Michael Ryder*

As U.S. troops continue to deploy and defend our nation overseas, many Americans want to know how to send Care Packages for service members, even if they don't personally know them. Care Packages enhance the morale and well-being of the deployed troops worldwide, which is especially important outside the established holidays.

Our country loves supporting our troops both at home and overseas and Care Packages sent to overseas bases or stateside hospitals are a great way to show that gratitude.

Veterans Services Committee Chair Fran Bellew (PER) of the Watchung Hills Elks set out a collection box on Thursday, January 31, 2019, to collect items that can be sent to personnel deploying with the Army in March.

The box will be available until March 18, 2018; please stop by 1 Elks Trail, Warren, NJ (across the street from the Rescue Squad) any Monday through Saturday, 12 - 9 p.m. or Sunday 10 a.m. - 7 p.m. to drop off items.

Questions should be taken up directly with Fran at 908-405-2922 or by email at fatbobs1960@gmail.com.

**CARE PACKAGE DO'S**

Here are the kinds of items best-suited for Care Packages:

- Personal hygiene items (unscented whenever possible)
  - Wet wipes, individually wrapped
  - Disposable razors (men's and women's)
  - Chap sticks
  - Tooth brush, toothpaste, body wash, lotion, face wash, mouth wash, deodorant, Q-tips, shampoo, conditioner
  - Foot powder and the like
- Feminine products (unscented whenever possible)
  - Small packs of napkins and tampons
  - Female version of body wash, lotion, razors, face wash, mouth wash, deodorant, Q-tips, hair de-tangler, face moisturizer, shampoo, conditioner
  - Small grooming kits

- Laundry PODS packed in a sturdy plastic or metal container.
- Sunscreen
- Magazines (clean content)
- Fun posters and calendars for dressing the place up
- AA batteries
- AAA batteries
- Movies and music on thumb drives only (CDs, DVDs and tapes are useless)
- 2 GB + USB memory sticks (thumb drives, blank)
- Cards, letters, group photos
- Tobacco (cigarettes, dip, chew and vapes)

You must double-bag individual liquid and gel items. Just imagine what happens in the war zone when they sometimes get dumped out of a hovering chopper.

**CARE PACKAGE DON'TS**

- No pressurized products (aerosol shave cream, hair spray, etc.)
- No cocoa
- No Food

Not yet a member of the Elks? Are you interested in making new friends, providing direct service to veterans, special children or making a difference in your community? Consider joining the Elks – come down and meet us at Watchung Hills Elks Lodge #885. Send us an email to get the ball rolling at membership@elkslodge885.org.



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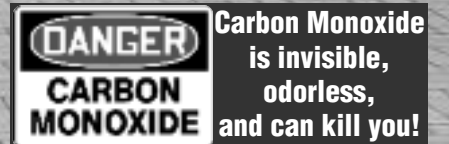


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# THE SUMMIT OLD GUARD MARCH EVENTS

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If you are a retired male and have an interest in living an interesting life with like-minded men... new members are always welcomed. Put on your business casual attire or jacket & tie (or something more casual from May to September) and attend a meeting.

Meetings are held each Tuesday in the council meeting room of the New Providence NJ Municipal Center at 360 Elkwood Ave, New Providence NJ, starting at 9:30 a.m. with coffee and conversation, followed by programs consisting of stimulating talks by people such as past governors, mayors, politicians, Nobel Prize winners, physicians, judges, professors, scientists, economists, authors, journalists, etc.

After the meetings, many members join together to have lunch at various local restaurants.

In addition to the weekly meetings, there are activity groups for golf, bridge, hiking, trips, computer help, tennis and more.

For more information, contact James Hewitt, Chairman, Membership Committee, (908) 233-5507, info@SummitOldGuard.org. You can also visit summitoldguard.org.

### MARCH 2019 SPEAKER'S OLD GUARD

#### MARCH 5

*Research on homeless and helping young children advance to College*

Rabbi Charles Kroloff, Rabbi Emeritus Temple Emanu-El Westfield, NJ and Professor at Hebrew Union College, New York. will speak

about his research and his book on the homeless population, 'When Elijah Knocks' (A Religious Response to Homelessness) and also about "I Have a Dream" project to help underprivileged children.

#### MARCH 12

*College Athletics – Then and Now*

Mr. Robert Beller, Risk Management and Institutional Compliance Officer- Athletics at Rutgers University will speak about today's demand on men and women's college athletic programs versus the demands of decades ago. Mr. Beller was a member of Harvard's basketball team in the 1970s.

#### MAR 19

*Our Annual Special Topics for Saint Patrick's Day*

Dr. Dermot Quinn, Professor and Director of Graduate Studies at Seton Hall University, discussed last year at the Summit Old Guard, the diaspora of the Irish to New Jersey. This year he will continue speaking about some special interests with the Irish and Ireland.

#### MARCH 26

*Sports Trivia Part Two – The rest of the story*

Mr. Joseph S. Gyenes, educator, basketball referee and trivia expert, spoke at an Old Guard meeting in 2017. His topic was 'Sports Trivia with a Personal Touch'. At today's meeting he will continue his enjoyable discussion with more sports stories and information which we probably have never heard.

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## JERSEY VOICES' CALL FOR ORIGINAL WORKS DEADLINE MARCH 15

Submitted by Chris Furlong

The Chatham Community Players is seeking original, one-act plays, short musicals, and/or original dance pieces, written by New Jersey authors, for Jersey Voices' 25th annual production.

Submissions should be roughly 15 minutes in running time, and will be accepted through March 15, 2019 by e-mail only to: jerseyvoices@chathamplayers.org.

Selected pieces will each be performed in our Black Box Theater in Chatham on the last weekend in July and first weekend in August.

If you have any questions visit chathamplayers.org, or email jerseyvoices@chathamplayers.org.

## OPERATION REBOUND INVITES VETERANS AND FIRST RESPONDERS TO ATTEND MARCH MEETING

The New Jersey Veterans Network along with the Operation Rebound Racing Team host free monthly PTSD and benefits meetings which aim to be fun, while being informative.

Our next meeting will be held on March 31, 2019 from 9 a.m. to 2 p.m. We will be assisting The New Jersey Veterans Network and their 'Veterans' Drive' on their final collection date.

We will be collecting Electronics, Laptops, Used Phones, Business Suits/Dress attire and other clothing at the Union VFW, located at 2012 High St., Union, NJ.

For more information about donating or attending please contact Michael D. Boll via email mdbollio@optonline.net, or call/text (973) 332-1556.



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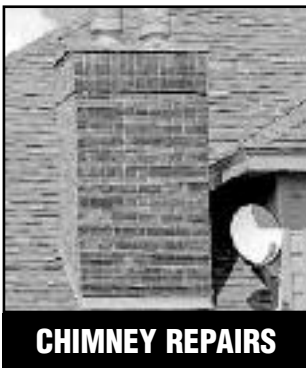
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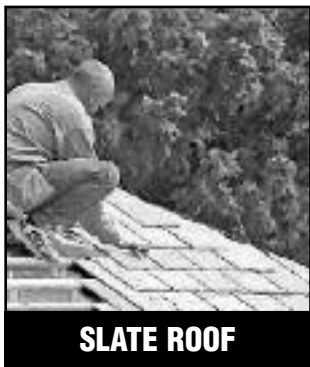
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## FREE SCREENING OF SAVING THE GREAT SWAMP

The Friends of the Long Hill Library will present a community screening of Saving the Great Swamp: Battle to Defeat the Jetport on Saturday, March 23, 2019 from 12-2 p.m. at the Long Hill Library.

Following the movie will be a question and answer session with co-producer Larry Fast and associate producer Phyllis Wald-Fast, both Long Hill residents.

A topographic map of the proposed Jetport will be on loan for the event; see if your house could have been a runway!

This event is free and open to all, but donations to benefit the Library are greatly appreciated. If you may be interested in further supporting your Library by joining the Friends please email [longhillfol@gmail.com](mailto:longhillfol@gmail.com). We always welcome new members!

## MILLINGTON VOL. FIRE CO. FOURTH ANNUAL COMEDY NIGHT - APRIL 13

Submitted by Ed Gerecht Jr.

The Millington Volunteer Fire Company will presents the fourth annual Comedy Night on Saturday, April 13, 2019. Doors open at 6:30 p.m. There will be live music from 7:00 - 7:30 and 9:30 - 10:00 p.m. Three comics will perform from 7:30 - 9:30 p.m. These three comics have been featured on television and have many years of comic experience. You are guaranteed to laugh until you cry.

The night will feature Molly Sperduto as MC, Sharon Simon as Feature Comic, and David Rosenblatt as the headliner.

50/50 tickets will be sold along with beer, wine, and liquor. Snacks will be provided. Feel free to bring your own food to enjoy.

Tickets are \$35 in advance and \$40 at the door. Drop a check in the fire house door slot or call 908-656-0082 for reservations.

## ALMOST-SPRING RUMMAGE AND PANCAKE BREAKFAST BUFFET - MARCH 16

On Saturday, March 16, 2019, Meyersville Presbyterian Church will be having its annual "Almost-Spring Rummage and Pancake Breakfast Buffet" from 9 a.m. – 5 p.m., it's a classic church rummage with treasures from Granny's attic, old and new household and kitchen items, knick-knacks, jewelry, clothing, books and much more.

From 9 a.m. to noon, enjoy a \$5 Buffet which offers homemade pancakes, sausage, fruit and

OJ, coffee, tea or hot chocolate.

Delicious homemade baked goods, including pies and cakes will be available for sale along with homemade crafts. Come enjoy good food, spend a little time with your neighbors and find a treasure to take home. There is something for everyone.

The church is located on the circle in the Meyersville section of Long Hill Township at 223 Hickory Tavern Road.

## FROM REHAB TO RELEASE, MARCH 16

On Saturday, March 16, 2019 at 1:00 p.m. join The Raptor Trust for an in-depth look at how we care for the thousands of injured birds that come through the doors of one of the busiest, most comprehensive avian care centers in the United States. Learn about the history of the Trust, as well as the day-to-day operations.

We will discuss common injuries and illnesses, medical procedures, and what you can do to help an injured wild bird.

The cost is \$10/person, ages high school-adult. The Raptor Trust is located at 1390 White Bridge Rd, Millington, NJ. Please visit [TheRaptorTrust.org](http://TheRaptorTrust.org) for registration information.

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Sunday, March 10

*"Courtney Colletti" at Bridgewater*  
*"Bloody Callan" at Gillette*  
*"Round the House" at Flemington*  
3 Seatings: 3:30, 5:30 & 7:30 pm

Tuesday, March 12

*"Bloody Callan" at Bridgewater*  
*"Celtic Rebels Band" at Gillette*  
*"Courtney Colletti" at Flemington*  
2 Seatings: 5:45 & 7:15 pm

Thursday, March 14

*"Celtic Rebels Band" at Bridgewater*  
*"Round the House" at Gillette*  
*"The Snakes" at Flemington*  
2 Seatings: 5:45 & 7:15 pm



**ST. PATRICK'S DAY** 

**Sunday, March 17**

*"Hooley Shooters" at Bridgewater*  
*"Courtney Colletti" at Gillette*  
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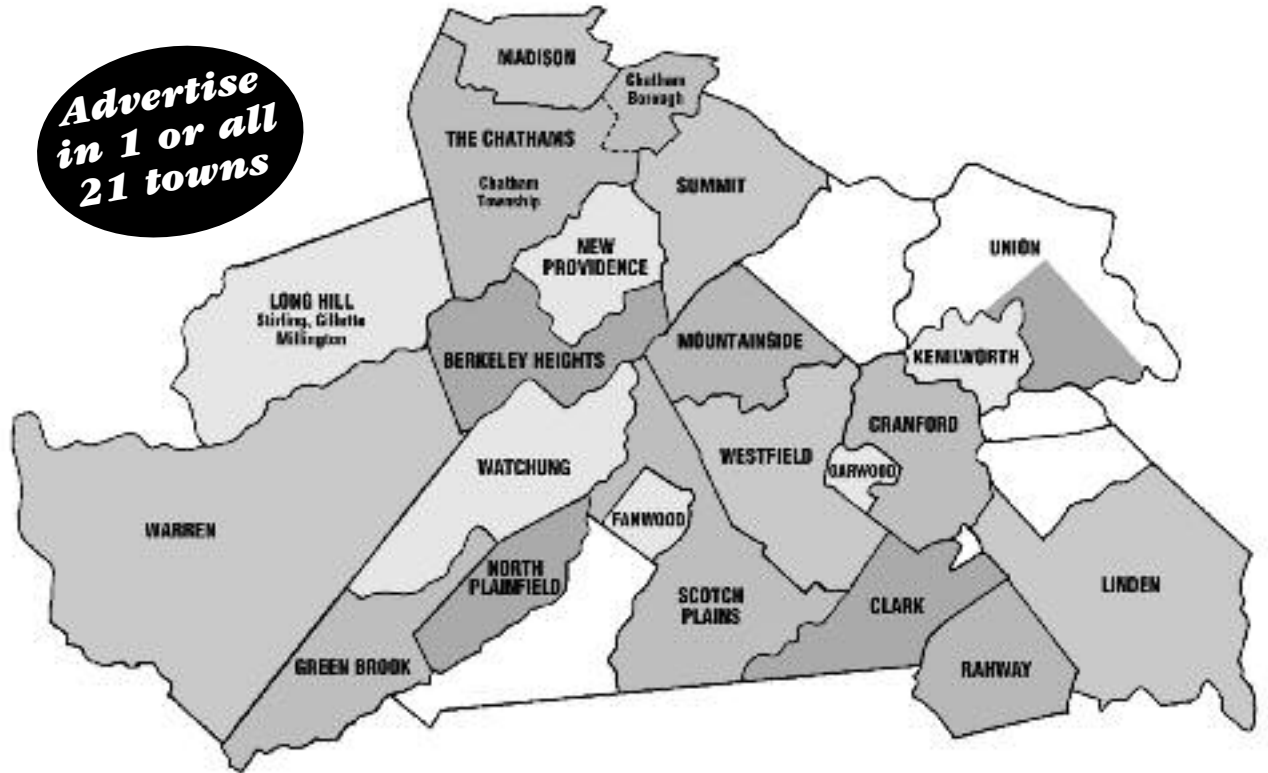
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## WELLNESS DAY HEALTH FAIR AT WHRHS

*Submitted by Denis Kelly*

Faculty, administration and staff at Watchung Hills Regional High School (WHRHS) were offered a range of information and health screenings during the lunchtime Wellness Day Health Fair, sponsored by the Healthy Edge Initiative, on Friday, January 11, 2019.

Gathered in Room 107, adjacent to the North Cafeteria, were representatives from health insurance companies, dental services, pharmacies, and even a local full-service supermarket, which was represented by a registered dietitian.

There was also a naturopathic physician, who answered questions about naturopathic approaches to health. The Warren Township Rescue Squad (WTRS) was represented by a group of Emergency Medical Technicians, many of whom were graduates of WHRHS. They were offering blood pressure readings, as well as other health information, and information about how to volunteer with the rescue squad.

A masseuse provided mini massages in a private room off the Media Center, and representatives from the Optical Academy of Clifton offered screenings in a nearby classroom.

The Wellness Day Health Fair was organized by the team of volunteers on the WHRHS Healthy Edge Wellness Committee, organized by WHRHS Health and Physical Education Teacher Jill Gleeson. Others behind the planning were Director of Human Resources and Professional Development Beth Scheiderman, Executive Administrative Assistant for Human Resources and Professional Development Donna Dinson, Health and Physical Education Teacher Caitlin Brennan, WHRHS Instructional Aide Marla Heath, and volunteer benefits advisor who helped line up the vendors from the community, Brooke Frapwell.

Gleeson said the idea of holding Wellness programs for students, staff and parents grew out of the multi-year effort to provide nurturing and nourishment for the mental health and well-being of students, parents, teachers and staff. This ongoing effort rose out of the work of the Wellness Committee and the Teen Action Group, two of the many committees and subcommittees developed with input from a broad group of WHRHS Board of Education members, administrators, teachers, students, parents and community leaders and volunteers, back in 2014. They were then, and many still are now, working to identify and implement the goals and objectives of the WHRHS Strategic Plan 2015-2020.

The Strategic Plan's three goals are:

- Create and expand programs and services that enhance the social and emotional wellness of all students within a compassionate learning community.
- Build and strengthen support structures that engage students in developing their individual potential, enable students to experience success in high school, and empower students to plan and prepare well for post-secondary learning.



*(above) WHRHS Special Services English Teacher Amita Lluveres puts a ticket into one of many Tricky Tray bags for one of many fun mini-prize packages from local restaurants, stores and services in the community, who support the Wellness Day Health Fair on January 11.* Photos by WHRHS

- Integrate creative, innovative, and interdisciplinary learning throughout the district to empower and inspire students to succeed in a changing global community.

Gleeson said the committee plans to hold other Healthy Edge/Wellness programs later in the school year.

Coming up, Gleeson said, the Wellness initiative is planning a parent/community night on Tuesday, April 2, featuring with nationally acclaimed Prevention Expert, Timothy Shoemaker. He will focus on addiction, raising drug-free teens, detection tips and strategies to learn the most common concealment techniques of teenagers. Shoemaker will also bring an extensive hands-on display. His presentation will unveil dozens of deadly new drugs and drug use techniques that are currently plaguing teens, and he is expected to discuss vaping in depth, Gleeson said.

In addition, Gleeson's team is also planning a community showing of "Angst," a documentary centering around anxiety in teenagers and how to handle and manage stress with positive coping skills. The date has not yet been determined, Gleeson said, but she expects it to be determined soon, and it will likely be during the Spring.

Earlier this year, in November, a program geared primarily for parents called "Vaping: Clear the Air," was organized by the Healthy Edge Committee and the WHRHS PTO (Parent Teacher Organization), Gleeson said.

Contrary to the popular notion that "Vaping" might be the safer alternative to smoking or chewing tobacco, guest speaker Melissa Tasse warned Watchung Hills Regional High School (WHRHS) parents that, in fact, e-cigarettes deliver multiple-times more concentrated dosages of the highly addictive drug, nicotine, than their tobacco alternatives.

Then, on December 4, about 100 students, teachers and community volunteers participated in the annual and dynamic Challenge Day, a nation-wide, self-empowerment and values-affirming program geared for students. Through small group discussions, large group ice-breakers, and time-honored values-clarifying activities, students learned that if they have challenges and excess stress they are not alone; they have both peers and trained staff who can help, and they are valued for who they are as well as who they aspire to become. Challenge Day has been offered annually to students at WHRHS for years.

For more information about the WHRHS Healthy Edge Wellness initiative, visit the school's Web site, and click on "Community" button near the top of the Home Page. Or visit [whrhs.org/community/new-page](http://whrhs.org/community/new-page).



*(above, l-r) Stacey Roy, Stephanie Scheiderman, Ward Scheiderman, Jason Ross, Ashley Irving, Brian Nalewajek, Lynn Lin, and Brian Finkel from the Warren Township Rescue Squad.*



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