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SECOND ANNUAL END HUNGER 3.6 PACKAGING PROJECT

Submitted by Carmela Moeller

Based on the resounding success of the End Hunger 3.6 Packaging Project of March 2018, the Rotary Club of Madison and the Madison Rotary Foundation announced that this year's project will take place once again at the The Simon Forum at Drew University, Madison Avenue on Saturday, March 9, 2019 from 9 a.m. to 3 p.m. This year's goal is to surpass last year's total of 160,000 meals, by packaging 250,000 meals. With the newly merged District 7475, a second packaging event will take place on March 30 at Raritan Valley Community College from 12 p.m. to 6 p.m. to package 150,000 meals for a grand total of 400,000 meals. This is a Rotary District 7475wide project which includes Union and residents are welcome to volunteer and contribute.

What does 3.6 represent? Every 3.6 seconds someone in the world dies of malnutrition or starvation. In Rotary District 7475, which encompasses 10 counties in north central and central New Jersey, it is estimated that over 300,000 men, women and children are food insecure. Over one million persons are living below the poverty level in New Jersey. Over the long term, prevention of food insecurity is likely to be more cost-effective in treating the consequences of this crisis.

The End Hunger 3.6 project is a community event involving volunteers packaging nonperishable, ready to cook meals, such as macaroni and cheese, rice and vegetables, minestrone, and apple cinnamon oatmeal. All food is vitamin enriched and GMO-free. The meals are distributed to soup kitchens and feeding stations throughout Rotary District 7475 as this is a district-wide project.

In order to purchase ingredients for packaging, donations and grants are required. Donations of \$500 or more will be acknowledged in Rotary's publicity materials. Contributions are tax deductible and can be made online or by mail to Madison Rotary Foundation, P.O. Box 211, Madison, NJ. 07940. Contributions for the March 30 event at Raritan Valley Community College may be sent to: Branchburg Rotary Club Foundation, P. O. Box 5135, Branchburg, NJ



Issue 99 • March 2019

(above) A total of 800 volunteers are needed for each event. Volunteers come from all over New Jersey and beyond. Please register by March 5 on the Madison Rotary Website: madisonrotarynj.org.

08876. Both are 501(c)3 organizations.

A total of 800 volunteers are needed for the day of the event. Please register by March 5 on Madison Rotary Website: madisonrotarynj.org. For further information, contact Ellsworth Havens, Chair, at: ellsworthhavens@icloud.com (Madison) or Tulsi Maharian, RVCC event Chair at trmaharjan@gmail.com.





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REVOLUTIONARY NEW JERSEY: FORGOTTEN TOWNS AND CROSSROADS OF THE AMERICAN REVOLUTION

At Connecticut Farms Presbyterian Church, on Sunday, March 24, 2019, at 2 p.m. the Union Township Historical Society will host Robert A. Mayers. He will present "Revolutionary New Jersey: Forgotten Towns and Crossroads of the American Revolution," based on his new book of the same name, customized for Union and Union County.

Mayers thrives on discovering facts about the American Revolution not found in works of earlier writers. The descendant of Patriot soldier, Corporal John Allison, the American Revolution is personal to him.

Visits to Revolutionary War sites, combined with research into original documents and oral accounts, bring history alive. Mayers' audiences comment they regret having tuned out history in school. His presentations are for everyone - not just hard core history buffs.

Mayers is an active member of ten historical societies and a frequent contributor to their publications. His service as a combat officer in both the Navy and the Marine Corps provides him with a deeper perspective into battles depicted in his work. Mayers is a graduate of Rutgers University and served as an adjunct professor at Seton Hall University

Admission to his presentation is free. Refreshments will be served.



(above) Robert A. Mayers will present "Revolutionary New Jersey: Forgotten Towns and Crossroads of the American Revolution," on Sunday, March 24, 2019, at 2 p.m., hosted by the Union Township Historical Society.



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YMCA SUMMER DAY CAMP OPEN HOUSE AT THE GATEWAY FAMILY YMCA SUMMER CAMP KEEPS YOUTH MOVING, LEARNING AND EXPLORING

The Gateway Family YMCA is gearing up for a summer of fun with the theme, "Every Summer Has a Story," and is inviting the public to learn more about summer day camp at an open house this spring. Summer day camp and Power Scholars Academy open house dates are scheduled for March 21 from 6-8 p.m., April 27 12-3 p.m. and May 15 6-8 p.m. Summer day camp is available at the Elizabeth Branch, 135 Madison Avenue, Elizabeth; Five Points Branch, 201 Tucker Avenue, Union; and Rahway Branch, 1564 Irving Street, Rahway.

The Gateway Family YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime. Attending an open house is a first step in selecting a summer camp experience that complements your child and their interests. Optional specialty camp experiences include sports camps, arts camp, dance camp and swim camp along with opportunities to meet your child's unique skills and interests.

The Gateway Family YMCA offers summer day camp experiences for preschool through grade 11 and specialty camps for varying ages. To ensure that all youth have the chance to experience camp, The Gateway Family YMCA offers financial assistance to those in need, as well as a multi-sibling rate for families.

"Summer day camp is a place where everyone can participate, get healthy and make lasting friendships. We provide caring role models in a safe environment where children can develop character and discover their potential," says Krystal R. Canady, CEO of The Gateway Family YMCA. "We encourage parents to give their kids the experience of summer camp and provide financial assistance so that every child can benefit from the unique and beneficial activities," added Melynda A. Mileski, EVP/COO.

Summer is the ideal time for kids to get up, get out and explore the world around them. Unfortunately, for some kids summer means no access to recreational and educational activities





to help them learn, grow and thrive during outof-school time. As a result, some kids can experience summer learning loss and gain weight twice as fast than during the school year. A leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for nearly 130 years. Through summer camp, The Gateway Family YMCA is helping to combat childhood obesity, summer learning loss and food insecurity.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information, tgfymca.org/day-camp or contact The Gateway Family YMCA Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622 or Rahway Branch 732-388-0057.



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MUSICIANS WITH DISABILITIES JOIN KEAN UNIVERSITY MUSIC MAJORS

Submitted by Chris Reardon

The stage at the Wilkins Theater at Kean University was ablaze with the energy and Day-Glo tee-shirts of musicians with disabilities from Community Access Unlimited (CAU) and university music majors at the group's fourth annual collaborative concert.

CAU is a Union County-based, statewide nonprofit that strives to integrate people with disabilities and at-risk youth into the general community through housing, vocational and life-skills training, education, advocacy, recreation and more.

The two-hour concert, entitled "Inspire, Believe, Uplift," featured 25 singers, including 10 musicians from CAU's Academy of Continuing Education (ACE) for adults with disabilities and 30 Kean music majors, joined by choirs from Elizabeth, Rahway, Roselle Park and Union middle schools — all connected by the international language of music.

"I wanted my CAU students to have a concert experience," explained Marguerite Modero, musical director at ACE, about the genesis of the collaborative concerts. "I wanted them to have the joy of a true, sophisticated concert."

Modero reached out to Kean's music education coordinator, Lyn Schraer-Joiner, who embraced the idea of collaboration. These yearly performances have been a true partnership that has enriched the lives of everyone involved, Modero said.

"I enjoy the experience each year," said Melody Lucas, a CAU member and a third-year performer. She plays acoustic bass and sang solo for "Rewrite the Stars."

CAU member Dipen Trivedi, a second-year performer and a pianist, said the show is an amazing experience that allows CAU members to learn and perform musical material.

Modero said she is delighted every year to see the show's progress and how rewarding it is for the musicians and audience alike, according to Modero.

"After four years, the level of musicianship has risen so much that we are able to create a program that has much more musical diversity and difficulty," she said. "It is so exciting to see



(above) Musicians with disabilities Melody Lukas (second from left) and Dipen Trivedi (right) are joined by Lyn Schraer-Joiner (left), Kean University music education coordinator, and Marguerite Modero, musical director at the Academy of Continuing Education at the nonprofit Community Access Unlimited.

them be able to succeed at this, to look at their faces and to see them glow."

For the Kean music majors who have been working with ACE students for the last four years, the experience has enhanced their own abilities as future teachers, Schraer-Joiner added.

"Having this experience early gives them an appreciation of music for all people regardless of their ability," she said. "It helps the students develop different musical strategies. It also takes away the fear of the challenge."

In addition, Modero and Schraer-Joiner both said the concert experience helps to dispel the myths about people with disabilities for the middle school youth who performed alongside them.

"The benefit has been fostering relationships with people who may never have the opportunity to meet each other," said Modero. "Hopefully, this makes the world a better place because of everything we created."

The program was made possible in part by a HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of Freeholders.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating its 40th year in 2019, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 6,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



PIKTOR'S METAMORPHOSIS TO PERFORM AT NORTHERN NEW JERSEY'S MOST INTIMATE COFFEEHOUSE

The Salem Roadhouse Cafe proudly presents Piktor's Metamorphosis, performing on Saturday, March 9, 2019.

Piktor's Metamorphosis takes you on a journey back to the incendiary sounds of the Jazz/Rock fusion era, injecting their improvisational craft. The Jazz/Rock/Fusion heyday of experimental creativity has inspired it's fans and other great musicians alike to push music further to its limits. Piktor's will be performing classic compositions spanning Pat Metheny, Return to Forever, Mahavishnu Orchestra, Jan Hammer, Barry Miles, and David Sancious & Tone.

This is a rare event to see this music

up will be stellar, featuring: Neil 'NAIL' Alexander (Piano/Synths), Monroe Quinn (Guitars), Danny Pagan (Drums), and Brian Mooney (Basses).

Piktors returns for their 5th show at the Roadhouse - always bringing a "big" sound with precision playing. Visit them online at piktorsmetamorphosis.com and like them on Facebook: facebook.com/PiktorsFusion.

Original artwork by a local artist will be on display at the Roadhouse Gallery of Fine Arts. Fans won't want to miss this live fusion jazz event, upfront and personal.

All ages are welcome. It's a wholesome show,





performed live and at a feverish level. The line so bring the entire family! Doors open 7:30 p.m. The show starts at 8:00 p.m. Admission is \$20.00. Admission includes the show, snacks, beverages and desserts. Plan now for an evening of great music in Northern New Jersey's Most Intimate Coffeehouse[™]. Proceeds help local charity Family Promise Building _ Communities, Strengthening Lives

ABOUT SALEM ROADHOUSE CAFÉ

Dedication best defines the Salem Roadhouse Café: dedication to excellent music and dedication to the community. In its tenth year, The Salem Roadhouse Café reaffirms its commitment to both.

Started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth, the Roadhouse Café continues to operate as a non-profit that raises funds for several carefully chosen local charities. That may be its social mission... but the Roadhouse Café is and has been a solid performance venue beloved by the musicians who play there because of its special intimacy with the audience.

CHURCH MUSIC, IT'S NOT.

The Roadhouse Café has always offered its stage to local and independent mainstream musicians. It's a clean, safe place for people who enjoy listening to live music, in a world of clubs and bars. Jazz, rock, folk and other groups have performed. During the past ten years well over 100 different entertainers have appeared. Local fine artists also display their works.

COMMUNITY ORIENTATION

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, Groundwork Elizabeth, Union Twp. Police "Santa In Blue" toy campaign and others. Thousands of dollars have been raised for these deserving charities.

The musicians who play the Roadhouse often ask to return as soon as possible. The Roadhouse has given them a place with a beautiful stage, good acoustics, a live, attentive audience, and a sound system that is first class.

Now well into its eleventh year of operation, the Salem Roadhouse Café features many of the performers who have graced the stage in the past, as well as talent that is new to the Café stage. The current season will benefit Family Promise.

The Salem Roadhouse Cafe is located at 829 Salem Road, Union, NJ. Visit online at roadhousecafe.org or on facebook at facebook.com/roadhousecafe. The can be reached by phone at 1-908-687-1028 (leave a message and a return number).

UNION PUBLIC LIBRARY MARCH EVENTS MAIN LIBRARY YOUTH PROGRAMS

The Main Library is located at 1980 Morris Avenue, Union, NJ 07083. For information call 908-851-5450, or on the web at uplnj.org

WEEKLY PROGRAMS

Mondays: Construction Zone 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!
Wednesdays: Tiny Tots (Storytime) at 10:30 a.m. Birth - 18 months | No registration required
Spend this special time with baby listening to stories and singing songs & rhymes,

followed by free play & socialization. Thursdays: Alphabet Soup (Storytime) at 4:30 p.m.

Ages 4 - 6 | Registration required for March 7 and March 14 Jump into reading with UPL! We explore phonics, letter recognition, and numbers all while reading fun stories, singing songs, and making new friends! The 3/7 session will feature a craft following storytime, and the March 14 session will be Stretchy Stories, a yoga and movement-based storytime.

Please note: Alphabet Soup will not be held on March 21, due to Bedtime Storytime later that evening.

Fridays: Toddler Tales (Storytime) at 10:30 a.m. 18 months - 3 years | No registration required Enjoy stories, singing, and movement, following a different theme each week! The March 15 session will focus on music & movement.

ADDITIONAL PROGRAMS

Read Across America Day Celebration Friday March 1 at 3:30 p.m.

Ages 3 - 12 | Registration required. Join us for a funfilled afternoon celebrating Dr. Seuss' birthday, featuring special guest readers, a very Seussical craft, and more!

Karate Workshop

Saturdays March 2: at 12:00 p.m. Ages 3 - 10 | Registration required. Sensei Andrew Crescenzo from USA Karate & Fitness will be teaching a sampler karate class. All levels welcome!

Kidoodlers

Thursday March 7 at 3:30 p.m. Ages 5 - 12 | Registration required Stop by after school and join us for a fun art project!

UPL Volunteens

Friday March 8 at 3:30 p.m. Ages 13 and up | Registration required Earn community service hours and help us make the library a better place!

St. Patrick's Day Family Craft

Saturday March 9 at 11:00 a.m. Ages 3 and up | Registration required We're celebrating St. Patrick's Day by making

thumbprint shamrocks! Please wear clothes you don't mind getting messy in.

Teen W.H.O. (We Help Others) Club

Saturday March 9 at 1:00 p.m. Ages 13 and up | 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 DIY pet toys for a local animal shelter.

Tween Tabletoppers

Wednesday March 13 at 12:30 p.m.

Ages 9 - 13 | Registration required Explore the world of tabletop gaming and join us for a game each month! Beginner and veteran tabletop gamers all welcome!

SciFri (Science Friday)

Friday March 15 at 3:30 p.m. Ages 8 - 12 | Registration required Celebrate Pi () Day with some fun activities that

combine math and art!

ShopRite Kids Cuisine

Wednesday March 20 at 4:00 p.m. Ages 6 - 12 | Registration required. Learn about healthy eating and try some yummy new foods! Presented by Megan Hewitt, RD from ShopRite of Union.

Kidoodlers

Thursday March 21 at 3:30 p.m. Ages 5 - 12 | Registration required Stop by after school and join us for a fun arts & crafts project!

Bedtime Storytime

Thursday March 21 at 7:00 p.m. All ages | Registration required. Join us for a special bedtime storytime to celebrate the first day of Spring! Don't forget to wear your coziest PJs!

Saturday Stories

Saturday March 23 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 March 23 at 2:00 p.m. 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!

Kids' W.H.O. (We Help Others) Club

Monday March 25 at 4:30 p.m. Ages 5 - 12 | 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 DIY pet toys for a

local animal shelter.

Teen Wii U & Board Games

Friday March 29 at 3:30 p.m. Ages 13 and up | 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!

Masterpiece Studio: Vincent Van Gogh

Saturday March 30 at 11:00 a.m.

Ages 5 - 12 | Registration required. It's Van Gogh's 166th birthday! Celebrate the Dutch painter's impressionist style with some swirly tin foil painting!

Irish Heritage Month - Shoprite: Irish Shake

Tuesday, March 5, 11:30 a.m. - 12:30 p.m., Shoprite Dietitian Megan Hewitt talks about healthy eating and offers free food samples.

An Irish Song Celebration

Saturday, March 9, 3 - 4:00 p.m., St. Patrick's Day music, movement and mirth with singer/actress Francine Evans, and pianist Joel Zelnik, performing songs and a wee bit o' step dancing.

Book Discussions

March 21, 7:00 p.m. - 8:30 p.m., Off the Shelf Book Discussion Group Title: "The Great Alone" by Kristin Hannah. New members always welcome. Books available at the Reference Desk.

Hilton Readers Book Discussion Group

Thursday, March 25, 6:00 - 8:00 p.m., Title: "The Plot Against America" by Philip Roth. New members always welcome. Books available at VH Circulation desk. Bring your dinner, dessert will be provided.

Golden Age of Musicals The Golden Age of Musicals (1950's)

Saturday, March 30, 2:00 - 3:00 p.m., If you love The King and I, South Pacific and Gentlemen Prefer Blondes, be sure to come to this special presentation by Rutgers Professors Sam and Cindy Caponegro. Sponsored by The Friends of the Union Public Library and BCB Bank,

it promises to be a fun afternoon.



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UNION PUBLIC LIBRARY MARCH EVENTS VAUXHALL LIBRARY YOUTH PROGRAMS

123 Hilton Avenue, Vauxhall, NJ 07088. For information please call the library at 908-851-5451, or find us on the web at uplnj.org.

Tai Chi - Free Exercise Program for Mature Adults Tuesdays, 12:30-1:30 p.m.

A graceful exercise program designed to decrease stress and anxiety while increasing flexibility and balance. Participants should wear comfortable attire.

Gentle Chair Exercise for Adults

Wednesdays, March 13 and

March 27, 10:15-11:15 a.m.,

All levels welcome. Instructor Natalia Belyakova is a former professional dancer and has performed all over the world. She teaches dance to both children and adults.

Meditation

Every Thursday in March. 11:30 a.m.-12:30 p.m. No experience necessary, no reservation required.

Writer's Support Group

Thursday, March 14, 7-8:00 p.m. Are you looking for feedback on the book you're working on, trying to overcome writer's block, or determine your personal writing style?

Leave Me in Stitches

Tuesday, March 19, 7-8:00 p.m. Calling all beginning, intermediate, and advanced stitchers. Bring your own project(s) and get ready to knit and/or crochet!

Mobile Aging Kiosk

Tuesday, March 26, 11:30 a.m. - 1:30 p.m. Union County's mobile Aging Service Kiosk (ASK) provides residents' families and caregivers, with a convenient way to find out about services for the aging.

Technology 101

Keyboard & Mouse Basics

Thursday, March 7, 10-11:00 a.m. A hands-on class covering tips and tricks for beginners learning the basics of the keyboard and mouse. Note: Sign up early! Registration is restricted to six people. Computer workstations will be provided.

MS Windows Basics

Thursday March 14, 10-11 a.m.

For individuals new to computing or desiring to brush up their basic skills. Registration required; please contact the Adult Services department at the main library to sign up. Note: Sign up early! Registration is restricted to six people. Computer workstations will be provided.

Internet Basics

Thursday March 21, 10-11 a.m. If you are new to the web or are looking to improve your Internet skills, this class has you covered! Become Internet savvy on how to browse efficiently. Registration

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Introducing Office Evolution, Union County's newest shared office and co-working space. Located in a distinctive building, easily accessible and visible from the Garden State Parkway, with ample onsite parking. Walking distance or a short drive to a variety of lifestyle, dining and shopping amenities, hotels and trains to NYC. We provide small business owners and professionals the office space, business services and opportunity to be more productive, in a welcoming and collaborative community, while keeping costs to a minimum.





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100 Walnut Avenue, Suite 210 Clark, NJ 07066 (848) 666-1577 www.officeevolution.com/locations/clark Locally owned and operated required; please contact the Adult Services department at the main library to sign up. Note: Sign up early! Registration is restricted to six people. Computer

workstations will be provided.

Email Basics

Thursday, March 28, 10-11 a.m. This class will teach you the essentials of email, including proper email etiquette. Note: Registration is restricted to six people. Computer workstations will be provided.

Connect, Explore & Discover

Friday, March 1, 2-3:00 p.m. Discover our free digital resources for downloading ebooks, audiobooks, music, and more. Please bring your mobile device and library card.

Connect, Explore, Discover

Saturday, March 30, 10-11:00 a.m. Discover our free digital resources for downloading ebooks, audiobooks, music, and more. Please bring your

mobile device and library card.

Jobseekers

Jersey Job Club - Acing the Job Interview Part 1 Wednesday, March 27, 3-4:30 p.m.

Presented by Deb Warner. Learn to master the job interview in this two-part series. Part 1 provides an overview of the interview process, including how to prepare for the interview; and what to expect during each phase of the interview process. How to follow up after the conclusion of the interview is also reviewed.

Small Business Owners

"How to Start a Business in NJ"

Saturday, March 16, 2:30-4:30 p.m. Presented by the Women's Center for Entrepreneurship Topics include what it takes to be an entrepreneur, writing a business plan, marketing, finances, business registration,

and available resources. Vauxhall Branch Library

"Starting a Nonprofit Organization"

Monday, March 18, 1:30-3:00 p.m., Information Session

Presented by the Center for Nonprofits Interested in starting a nonprofit? Not sure what a nonprofit does? The Center for Nonprofits has served new and existing non-profits in New Jersey for over 35 years. Learn how nonprofits work to improve the community and how you can take part. Registration required please call 908-851-5451 to reserve your seat. Vauxhall Branch Library



LET 'EM ROLL AT PATHWAYS 25TH ANNIVERSARY CASINO NIGHT

Pathways, a women's cancer support program at The Connection, is celebrating its 25th anniversary with a Casino Night Event held on Saturday, March 30, from 7 - 10 p.m. at the Canoe Brook Country Club in Summit. Please join us for an exciting evening in support of the myriad services Pathways provides women with cancer. In addition to casino games with great prizes, there will be Hors D'oeuvres, dinner, wine, champagne and beer, plus \$100 in Casino Cash, are included with each ticket. For tickets, information and donations go to BIDPAL.NET/PATHWAYS25.

Twenty-five years ago, women with cancer who were scared and suffering found solace in the newly-founded Pathways breast cancer support groups. The support groups helped so many women feel safe in sharing their deepest fears as well as the triumphs achieved during their cancer journeys. During the past twenty-five years, Pathways expanded by offering many other programs and services to fit the needs of women with cancer and allow them to feel cared for, connected and empowered.

The Pathways 25th Anniversary fundraising event will help Pathways continue to provide our programs free-of-charge to women with cancer:

Pathways Cooks serves organic, nutrient-rich, delicious meals weekly to women undergoing cancer treatment and their families, allowing women to focus on recovery and gaining strength.

The Pathways Women's Cancer Teaching Project empowers breast and gynecological cancer survivors to enhance patient-centered, humanistic healthcare by sharing their personal journeys in educational sessions with doctors and students studying medicine at over 17 healthcare institutions in NJ.

The Pathways Financial Assistance Fund helps women undergoing treatment for any type cancer who are in critical need of financial assistance pay utility, rent, medical and other bills.

The Pathways Dragon Boat Team – Team SOS

EDUCATION FOUNDATION PAINT AND SIP EVENING MARCH 21

The Township of Union Education Foundation is pleased to announce a Paint and Sip fundraiser event night on Thursday, March 21, 2019 at DAVA restaurant, 1020 Stuyvesant Avenue.

Beginning at 6:30 p.m., participants will be given all paint supplies and receive instruction from a certified art instructor. Delicious snacks are provided by DAVA Restaurant and participants may bring their own beverages. Tickets for the entire evening are only \$45. Checks made out to Township of Union Education Foundation (TUEF) can be sent to Suehay Monge, 388 Huguenot Avenue, Union or Kathy Arminio, 1032 Woodland Avenue, Union. For more information, email TUEFNJ@gmail.com or check out the flyer from the Education Foundation on the Township of Union Schools website.

("Save our Sisters") inspires female cancer survivors to paddle together weekly on a dragon boat in a serene lake setting on Lake Parsippany and to participate in festivals, offering exercise and a floating support group.

Wellness Programs such as Therapeutic Yoga allow women with a history of cancer to bond while managing stress and supports their recovery by increasing strength and flexibility.

Pathways Support Groups, led by a trained facilitator, are offered for breast and gynecological cancer survivors when interest is expressed by enough women to form a group.

The variety of programs offered by Pathways allow every woman to feel at home, regardless of her diagnosis and no matter where she finds herself in her cancer journey. As a breast cancer survivor, Pathways Director, Lesley Andrews, understands first-hand the struggles a survivor faces. She also knows how much Pathways can help a survivor find the strength to persevere and make meaning of her disease, as it did for her.

This very special event is being led by a dynamic committee: Lesley Andrews, Marie Avagliano, Terry Jacobs, Ann Karr, Alicia Molnar, Mary Orloff.

For more information about Pathways, or to make a tax-deductible donation to support our free programs and the women we serve, call Lesley Andrews @ 908-273-4242 ext. 154, write to her at pathways@theconnectiononline.org or visit our website at TheConnectionOnline.org.



TOWNSHIP OF UNION NJ POLICE DEPARTMENT

town. These are some good recommendations:

MAIL FISHING PREVENTION TIPS:

- Deposit outgoing mail into blue collection boxes before the final pick up of the same day of deposit. Check the pickup schedule times posted on the box to ensure your mail will not sit in the box overnight or over the weekend/holiday. If the collection box notes the last collection at 5PM do NOT deposit mail after 5PM.
- Collect your mail from your mailbox every day as soon as possible after it is delivered. Do not allow mail to accumulate, even in a locked mailbox.
- If you plan on traveling and will not have access to your daily mail delivery please consider placing your mail on hold at your local office via online or in person.

- We have had several instances of mail theft in If you have concerns about security in your neighborhood, place mail in a collection box in another area, in a secure receptacle at your place of business, or at a Post Office.
 - If you see any suspicious substance, such as glue or other sticky product on the mailbox, please contact your local Post Office to report it, and notify Postal Inspectors at 877-876-2455.
 - Immediately report any suspicious activity at any mail receptacle to the Union Police at 908-851-5000 or 9-1-1.
 - · Monitor and review your financial statements regularly (bank/credit card) to ensure that no suspicious or unauthorized activity has occurred. If you mailed a payment to a creditor and it has not been received please review your account to ensure the check was not altered and payable to another party.

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