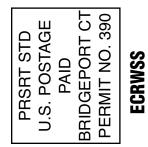
## Berkeley Heights Mailed FRE Devery Home AND BUSINESS IN BERKELEY HEIGHTS COMMUNITY NEWS NJ

#### Published by Renna Media



Do you dream about being in your NEW HOME for the holidays?





# OSTAL PATRON CSTAL PATRON ERKELEY HEIGHTS, NJ 0792

## SAVE MONEY AND FIND NEW FAVORITES DURING THE THIRD ANNUAL RESTAURANT WEEK IN BERKELEY HEIGHTS

From September 8 - 15, 2019, twenty Berkeley Heights restaurants will serve up family fun and fine dining as part of the third annual Berkeley Heights Restaurant Week.

Participating establishments are offering special menus and/or discounts to inspire area residents to gather around the table, receive discounts, and connect. Each restaurant works hard to ensure this annual event delivers on the promise of good food and good times. To see the list of participating establishments, including wine/liquor stores with pairing suggestions, visit experienceberkeleyheights.com.

Julie Lloyd, chair of the Berkeley Heights Beautification Committee, said: "This tradition makes the return to school and office routines easier and tastier! Foodies already know Berkeley Heights is becoming a dining destination. Busy families appreciate the convenience of our restaurants, and friends enjoy re-connecting over lunch, dinner and breakfast. Restaurant Week is the perfect opportunity to experience more of the Town's range of offerings—including casual, fine dining, take-out, and international menus. Start planning your adventure now!"

For families with children who are four years and older, My Little Party Place is offering babysitting sessions every evening, making it easier to schedule memory-making date nights and friends night out. Drop off children at 6 p.m. and pick up before 9 p.m. Learn more and register at My Little Party Place.

Back this year is the popular Passport contest, which encourages a bit of competition among friends and neighbors. Each time a patron makes a purchase, the participating establishment will stamp the Passport. Everyone who returns their Passport with at least two stamps is entered to win one of two \$50 gift cards. The patron who collects the most stamps wins the grand prize, a \$100 gift card. Customers can pick up their Passport at any participating establishment or download one from the event website.

Participating establishments as of this writing are: Charkoal Portuguese Grill, Cousin's Deli, Delicious Heights, DiMaios Cucina, Giovanni's Bistro Bar and Catering, Goodman's Deli and Restaurant, Grain & Cain Bar & Table, Hacienda Mexican Restaurant & Grill, LaRosa Chicken & Grill, Marcello's, Nagoya Sushi Restaurant & Tiki Bar, Neelam Fine

# **WOOFSTOCK MUSIC FESTIVAL 2019**

Mark your calendar for Saturday, September 7, 2019. We will be having our Home for Good Dog Rescue summer music festival event – WoofStock! At Hartley Farms Polo Field, 9 Hartley Farms Rd, Morristown, NJ. This is Home for Good's largest adoption day of the year and is great fun for the whole family. This event is pet-friendly, so be sure to bring your HFG alum to visit!

Gates open at 11 a.m. Activities start: 12 noon. Music: 12 noon – 4 p.m. Tickets on sale now at: HomeforGoodDogs.org \$25 in advance. \$30 at the gate. \$12 for children 12 and under.

## Issue 48 • September 2019



Indian Cuisine, Proud Thai Cookery, Rita's Ices, Sadal Wine Cellar, Seoulite's Restaurant, Strega Bistro, Subzone-Home of the Jersey Jammer, Trap Rock Restaurant & Brewery, and Vine Republic.

The Berkeley Heights Beautification Committee initiated Restaurant Week in 2017 in cooperation with area businesses and continues to manage this annual event.

Follow what's happening on Instagram @experience\_berkeley\_heights and Facebook @ExperienceBerkeleyHeights #experienceberkeleyheights.





#### Berkeley Heights News • Page 2 • September 2019

# Berkeley Heights

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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com



# **WOMAN'S CLUB ENTERS 64TH YEAR**

The GFWC Woman's Club of Berkeley Heights, a 501(c)3 organization and member of the New Jersey State Federation of Women's Clubs, begins its 64th year this September.

The members of the Club hold two fundraisers a year with the proceeds given to the Berkeley Heights Public Library, Rescue Squad, Education Foundation, YMCA, St. Joseph Social Service Center, YWCA of Union County Domestic Violence Program, CASA of NJ, and a \$1,000 scholarship to a graduating senior from Governor Livingston High School. Last year's cash donations totaled \$3,700. In addition, \$800 of inkind donations were given to CASA NJ; YWCA of Union County; and St Joseph Social Service Center.

On the social front, members play round robin and duplicate bridge. We go to the Hunterdon Hills Playhouse, have an international luncheon,

a summer picnic, Holiday luncheon, and a Chinese Lunar New Year luncheon. Members also participate in an Arts Performing Group and a Social Services Group.

The Club meets the third Tuesday of the month at the YMCA of Berkeley Heights, 550 Springfield Ave., at 12:15 p.m.

We cordially invite residents of Berkeley Heights and surrounding area to our meeting on September 17. Jamie Novak, Organizing Humorist and author presents "Keep This Toss That." Jamie will present a laugh-out-loud decluttering comedy program about the challenges of cleaning clutter to which we all will be able to relate. Learn tips on how to clean closets and drawers, purge paperwork, and how to let go of stuff.

Any questions, call Carol at 908-464-2651. We hope to see some new faces at the meeting!



(above, l-r) New officers of WCBH installed on May 21, 2018 at Ancona Bistro. Front row: Phyllis McEnroe (president), Doreen Chiriani, Magdalen Wu; Back row: Katie Eaton, Marie Moran, Carol Schmidt, Diana Wilfrid

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Many Treasures to be found !!	- Watches & clocks - Judaica
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BERKELEY

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# **2019 BERKELEY HEIGHTS 5K Charity Road Race & Fitness Walk** Sunday September 15th • Memorial Field

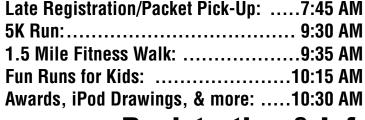
The 23rd annual Berkeley Heights 5K Charity Road Race & Fitness Walk Presented by the Smith Chiropractic Foundation with Platinum Sponsor Berkeley Aquatic Club and 37 other sponsors, is set to step off on Sunday, September 15th 9:30am at Memorial Field. Registration is open with simple on-line registration links at www.berkeleyheights5k.com.

\***Register by September 5th** to guarantee a custom super comfy ring spun cotton race tee, sling backpack goodie bag and \$10 gift card from the Sneaker Factory. New custom crystal awards for winners and a bonus gift for all champions.

Please visit our site www.berkeleyheights5k.com for complete schedule, 2018 donations (Over \$220,000 has been given) on charity page, sponsors with links, free downloadable photos from past events and more.

Every dollar from registration goes directly to charitable grants, so please join us to run, walk or volunteer and help make a difference while making yourself healthier.





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**Registration & Info @ www.berkeleyheights5k.com** 



## GIRL SCOUT OFFERS FREE FIRST AID AND CPR CLASSES

Submitted by Isabelle Lin

Hi everyone, my name is Isabelle Lin, and I am a Girl Scout from Troop 40488. When I was developing my Gold Award project, I knew I wanted to include my passion for first aid and healthcare. At my high school, I am lucky enough to take classes in first aid skills and become certified in CPR and basic life support. However, I recognized that not everyone knows what to do in an emergency situation. Therefore, my Gold award project is a series of educational first aid sessions where participants will learn about common first aid injuries, their symptoms, and treatments. Participants will also have the opportunity to learn basic bystander techniques in CPR and Stop the Bleed (bleeding injuries). Everyone will leave with a detailed booklet covering a larger scope of first aid injuries and a personalized first aid kit!

These sessions will take place at the Berkeley Heights Volunteer Rescue Squad on:

SEPTEMBER 10, 2019:

Session 1, 7:00-8:00 p.m.; Session 2, 8:00-9:00 p.m.

**SEPTEMBER 17, 2019:** Session 1, 7:00-8:00 p.m.; Session 2, 8:00-9:00 p.m.

**SEPTEMBER 24, 2019:** Session 1, 7:00-8:00 p.m.; Session 2, 8:00-9:00 p.m. Please use this google form forms.gle/YVT1bXN7CmWuezYu9, to sign up for the free session. If you are able to provide donations for the cost of first aid supplies or have any questions, please contact me at isabelle33147@gmail.com.

Thank you all so much!



(above) Girl Scout Isabelle Lin is offering free classes to the community on first aid and CPR for her Gold Award.

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# **HELPING HOMELESS VETERANS WITH BACKPACKS FOR LIFE**

Submitted by Michael Boll, New Jersey Veterans Network

For the last few years our charity racing team, Operation Rebound, has been sponsored by Backpacks for Life (BFL). This amazing charity is responsible for providing thousands of homeless veterans with backpacks full of essential toiletries and personal items. Also, the BFL will seek out veterans in need and help them with housing, food, employment and any other service that will help them live a better life.

The founder of the BFL, Brett D'Alessandro, is a United States Marine Corps veteran and started this outstanding charity shortly after he returned home from his tour of duty in Afghanistan. Brett recalls living out of a backpack during the war and felt a backpack can be a life-saving tool. In just a few years, Brett and the BFL are responsible for making thousands of backpacks for our homeless veterans.

The BFL doesn't just do backpacks, they are committed to helping our disabled veterans with providing them with the necessary resources and life-saving services by participating in various health fairs and PTSD groups. The BFL estimates about 350 disabled veterans have benefited from their resources and outreach. The BFL feels it's

WWW.BACKPACKSFORLIFE.ORG

(above) Brett D'Alessandro, Founder of Backpacks for Life



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easy for a veteran to feel lost in the system. There are amazing resources out there, but it can be overwhelming trying to navigate it alone, so the BFL is there to help and guide the veteran through this agonizing process. What makes the BFL special is they invite veterans into their home and help with filling out paperwork, draft resumes, apply for housing, or whatever else is needed to help the veteran.

The future looks bright for the BFL. They're excited to expand their backpack distribution and reach even more homeless veterans. As they connect with more veterans' organizations across the country, they will equip even more communities with backpacks.

Their mentorship and coaching process will soon be accessible online. In this exciting development, veterans from across the country will be able to utilize the organization despite their location. Through this growth, the BFL focus remains on bringing hope back into the lives of veterans.

The BFL is out there every day making a

difference and the Operation Rebound Racing Team is lucky to be a part of this incredible charity.

If you are interested with helping the Backpacks for Life please visit their website backpacksforlife.org.

For more information about New Jersey Veterans Network visit njvn.org.

#### **ABOUT OPERATION REBOUND**

Operation Rebound is a mobile outreach team of mentors who help at-risk veterans and first responders to live a better life. For the last two years, our team has made huge strides with suicide prevention simply by building trust and cementing friendships with people in need. It's most important to be honest with each person in crisis and follow up with ways to help them regain purpose in life. Setting goals motivates them to stay on a positive track. If you are interested with joining the Operation Rebound Racing Team please feel free to contact Michael Boll at mdbollio@optonline.net or call 973-332-1556.



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Submitted by Thomas Lombardi, **Commander VFW Post 6259** 

The Berkeley Heights VFW and American Legion Posts are reaching out to the community in search of new members for their organization.

Membership to the VFW Post 6259 is open to those who have served in the Military in a combat zone. For information on joining, call Tom Lombardi, Commander VFW, 908-508-0999.

Membership to the American Legion is open to all who have served in the Military. For information on joining American Legion Post 356, call Stephen M. Stets. Commander, 201-370-0815.

Both Posts are located at 15 Locust Ave. Berkeley Heights, N.J. 07922.

## **CONGRESS PASSES LEGION ACT**

#### Submitted by Linda Kale

Congress recently approved the LEGION Act (Let Everyone Get Involved in Opportunities for National Service Act) (S.504). This action will allow veterans who served during peacetime ("the gaps") to be recognized as acceptable candidates for membership in the American Legion. For decades, many veterans were denied the opportunity to join (and the benefits of membership) simply because no declared war existed during their service time.

American Legion Post 433 serves New Providence, Chatham, Berkeley Heights, Stirling and Gillette and has been active since 1946. The American Legion is the largest and most powerful organization of U.S. wartime veterans and their families. The American Legion has delivered substantial improvements for veterans, families and communities.

To become a member or for more information about the American Legion Post 433 call 908-464-9010 or email alpost433@live.com.

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## **PUBLIC PRESENTATION SEPTEMBER 25 BY LEAGUE OF WOMEN VOTERS**

The League of Women Voters of Berkeley Heights, New Providence and Summit is pleased announce to a public presentation, Reporting the News in 2019: An evening with...Stefanie Murray. Stefanie Murray is the Director, Center Cooperative Media, School for Communication and Media at Montclair State University.

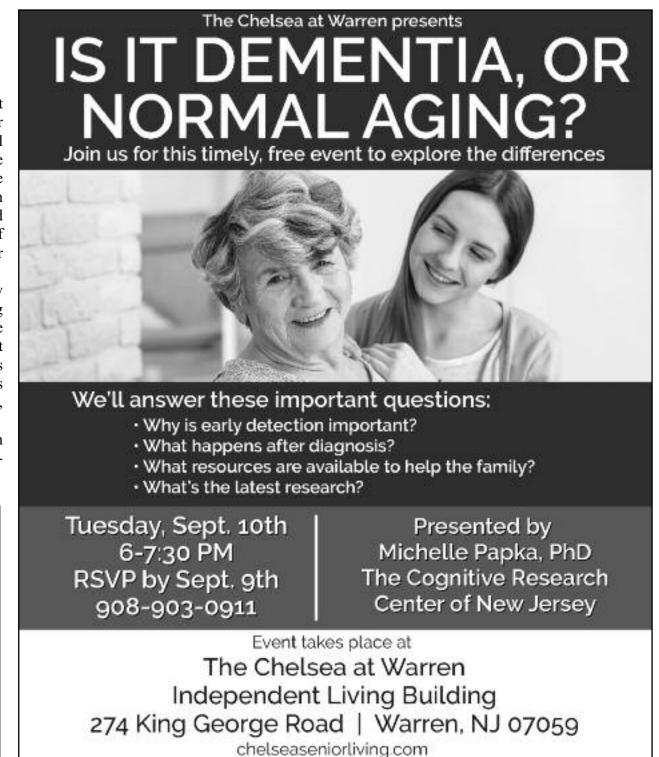
How does your favorite news source rate on the "truth" scale? Do we read or hear statements of fact that are both correct and in context? Come and find out on September 26!

This event will be held at the DeCorso of Community Center, 15 E 4th Street, New Providence, NJ. Starting at 7:30 p.m. This event is free and open to all members of the public.

## **SENIOR TRIP TO ATLANTIC CITY - SEPT 16**

The Berkeley Heights Seniors are sponsoring 7:30 p.m. a trip to Atlantic City on Monday, September 16, 2019. The bus leaves the parking lot at the transportation, a \$25. voucher for slot play, and a library/Church of the Little Flower on Roosevelt \$10 coupon for food. For further information or Avenue at 8:30 a.m. and returns at approximately reservations, call Ramona at 908-647-3295.

The cost is \$30 which includes bus



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#### Submitted by Kim Diamond

From Friday, September 20 to Sunday, September 22, 2019, the Berkeley Heights Environmental Commission (BHEC) and Sustainable Berkeley Heights (SustainableBH) will be producing Berkeley Heights Vegan Fest 2019, a free, 3-day event open to community members of all ages and to the general public.

The event's focus will be on healthy habits and behaviors that people can adopt that will not only help them to maintain a healthier lifestyle, but will also help promote a more sustainable and healthier environment. Through the generous support of Gold Sponsors Brown & Brown and the Smith Chiropractic Foundation, the BHEC and SustainableBH are building upon and expanding the success of last year's Vegan Fest, to make this second year of Vegan Fest a bigger and better event for the Berkeley Heights community and beyond.

The types of activities offered are aimed to appeal to a wide variety of interests, so that all community members will be enticed to participate. The schedule of events (which is subject to change) will include the following activities at different locations throughout Berkeley Heights and at different times each of the three days, so that community members can elect to attend these events as their schedules permit.

Yoga at Sunset. On Friday, September 20 at 6 - 8 p.m., LeeAnn Gerrato will lead a yoga session for people of all ages and skill levels. The event will take place on the dais in The Grove Park at the Connell Center at 200 Connell Drive. With



(above) Vegan Fest will again offer yoga.



the backdrop of the sun setting over Berkeley Heights and a beautifully landscaped waterfall surrounding part of the dais, this event offers relaxation and a total mind, body, and spirit experience.

Educational Panels and Children's High Energy Dance Session. On Saturday, September 21 at 10 a.m. - Noon, join us in Lower Columbia Park, 411 Plainfield Avenue behind Columbia Middle School for an experience that children and adults will enjoy. The panels will feature a health-focused session and a planet-focused session, with experts in each of these areas as speakers. So that parents can enjoy the benefits of these panels and make this a family event, Jenn Eisenberg of Bold Arts will lead a High Energy, Creative Dance Class for young kids. Attendees will be entered into a drawing to win a free moonwalk/bouncy house rental from Silver Sponsor Taylor Rental.

Vegan Cook-Off – On Sunday, September 22 at 1 - 3 p.m. in Lower Columbia Park, come to sample some delicious vegan food and have a good time, or show off your skills as a chef by competing as a contestant in the appetizer, main course, or dessert categories. Winners will receive fabulous prizes from local vendors, such as a portable tailgating grill from Berkeley Hardware, a full body massage from Sublime, and two dinners for two at DiMaio's. Provide the ingredients in your recipe and sign up to compete at the links located on the BHEC and the Sustainable BH websites noted below. Just for attending, audience members will be able to win fabulous prizes from local vendors as well.

Following Vegan Fest, the BHEC and Sustainable BH invite the community to take the Vegan Quest, a pledge to incorporate lessons learned at Vegan Fest by eating an all-vegan meal for lunch or dinner for one day or every day for a week, or by going full-vegan and eating only vegan meals for an entire week.

For more information about Vegan Fest, answers to FAQs, directions to events, and the Vegan Quest pledge, as well as the sign-up link to be a competitor in the Vegan Cook-Off, please visit: sustainablebh.org/home/veganfest-2019 or berkeleyheights.gov/387/Vegan-Fest.







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# **SOLO SHOW BY DEBORA THEDINGA AT CHATHAMS FALL EXHIBIT**



(above) Debora Thedinga's solo show "NJ & Beyond-Landscape Paintings" will open, along with the Art League of the Chathams Fall Exhibit, on September 13. Photo by Michael Kingman.

> at 12:15pm **Chimney Rock Inn**

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#### Submitted by Ann Frommer

A solo show of paintings by Debora Thedinga, of Berkeley Heights, landscape and plein air painter, opens with a reception on Friday, September 13, 2019 from 6:30 - 8:30 p.m.

Debora's paintings primarily focus on scenes from her home state of New Jersey and the surrounding areas. Her rich, impressionistic paintings depict familiar motifs of human design that establish a link between nostalgia and the landscape's reality. Whether completed in her studio or on location (en plein air), Debora pushes herself to create pieces that evoke a mood that resonates with the viewer.

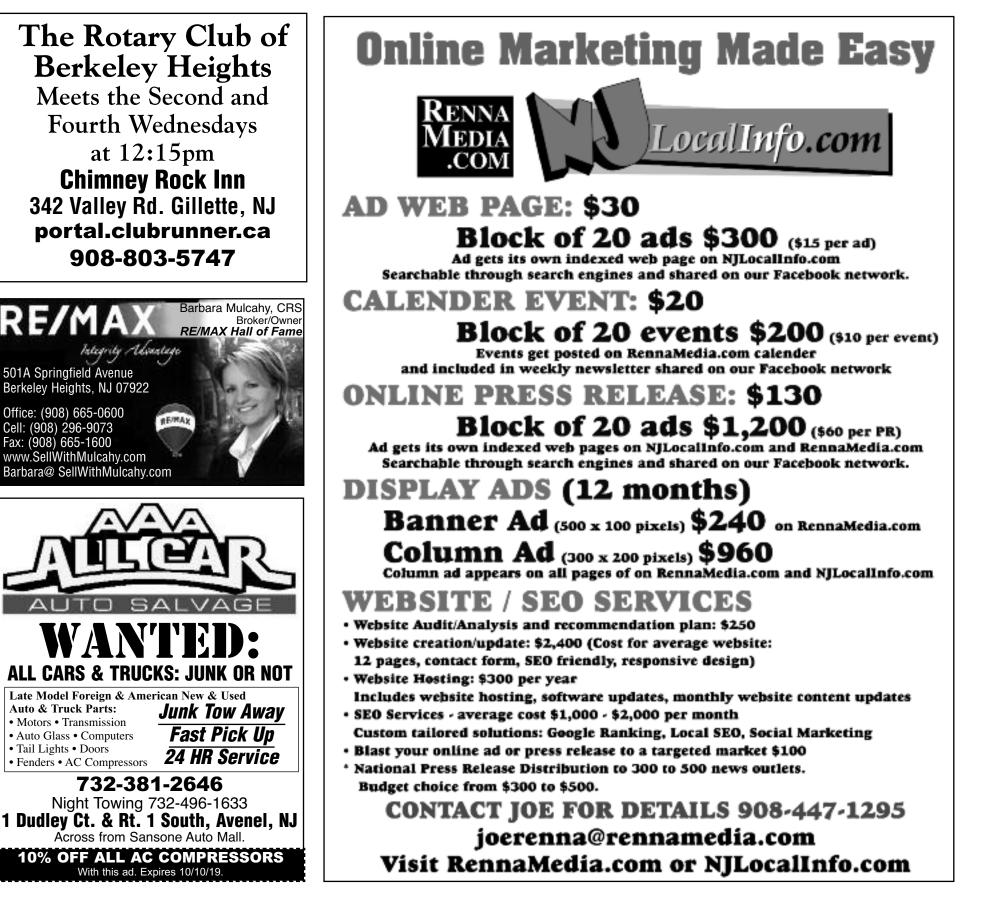
Debora says, "Painting images on a small scale is both challenging and rewarding. The challenge is to use color, value, and light in a way that allows an expansive vista to be viewed successfully through a small window. The creation of a mood that transports the viewer through this tiny porthole and into the landscape

is the ultimate reward."

Debora studied art at Glassboro State College and the Visual Arts Center of New Jersey. Besides painting, she works at Governor Livingston High School as an Educational Sign Language Interpreter. Her sharp observation skills and talent for visual explanation plays a key role in her ability to successfully provide American Sign Language/English interpretations for students and teachers.

The Art League of the Chathams also features its strolling gallery, displaying art of its member artists. The Fall Show runs from September 13 through December 3, 2019 during normal business hours. Art is available for sale. For more information, call 973-635-0845.

The Lundt-Glover Gallery is located in the Twp. of Chatham Municipal Building, 58 Meyersville Rd, Chatham, NJ 07928. The building is handicapped accessible and exhibition is free and open to the public.





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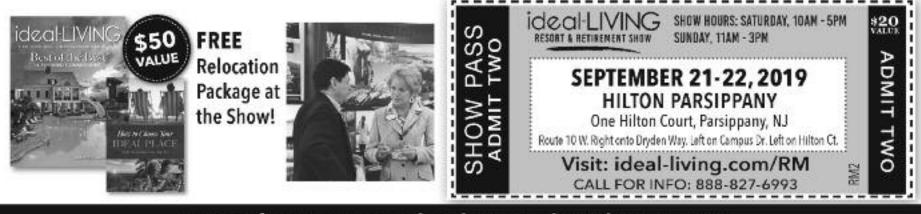
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## THE ROCK OPERA "CHESS" WILL OPEN CDC THEATRE'S 102ND SEASON

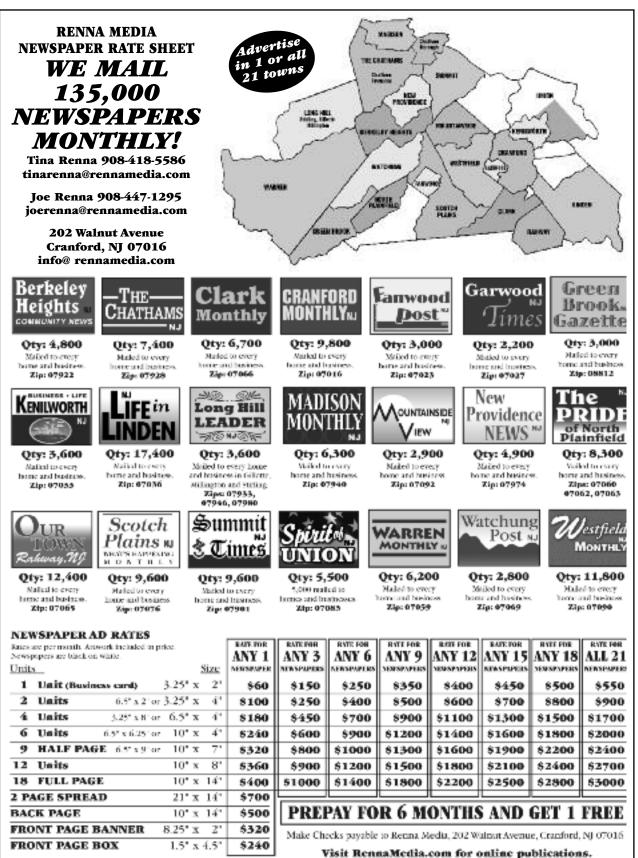
The 2020-2021 season at CDC Theatre in Cranford will open with the complex rock opera Chess, with lyrics by Tim Rice and music by Benny Andersson and Björn Ulvaeus of ABBA fame. In the musical the ancient game becomes a metaphor for romantic rivalries, competitive gamesmanship, super-power politics and international intrigues.

The pawns in the drama form a love triangle: the loutish American chess star, the earnest Russian champion and the Hungarian American female assistant who arrives at the match with the American but falls for the Russian. From Bangkok to Budapest, the players, lovers, politicians and spies manipulate and are manipulated to the pulse of a monumental rock score that includes the international pop hits "One Night in Bangkok" and "I Know Him So Well".

"In addition to Chess being one of the most beautiful musical scores ever written, what excites me about the show is that it is at once a historical representation of the Cold War and a very timely exploration of US/Russia political relations given present day tensions.", said director Edgar Hidalgo. "CDC Theatre is producing the original London stage version of Chess, with the addition of "Someone Else's Story" from the Broadway production. We are excited to be presenting Chess in association with the New Jersey City University (NJCU). Students and alumni of NJCU are represented on-stage and in the orchestra, and the university's musical theatre and music departments are providing support in other areas of the production."

Information on how to get tickets can be found by visiting cdctheatre.org, with the best selections and prices available on-line.

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