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ISSUE 92 • MAY 2021

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MOMS CLUB HELPS LIBRARY PURCHASE NEW TABLETS

Submitted by Caren Tolleth

The MOMS Club of Long Hill recently organized a fundraiser for the Long Hill Township Library to purchase new tablets for the children's room. The club raised over \$1,150 for the library. The library will purchase numerous tablets that are appropriate for ages 3-10. Some of these may be checked out and others will remain in the library to be played with there.

The MOMS Club of Long Hill is a 501c3 non-profit

organization built around supporting other mothers in our town. The club runs numerous events such as playgroups, playground meet ups, activities for children, mom's night out, crock pot swaps, trunk-or-treat, brunches, babysitter and preschool fairs, cookie exchanges and Easter egg hunts.

During covid, many of the events were moved to be virtual but plans are underway to resume in person activities once it is safe to do so.



(above) The MOMS Club of Long Hill recently raised over \$1,150 for the Long Hill Township Library to purchase new tablets for the children's room.



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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
editor@rennamedia.com
or call 908-858-4012**

DONATE UNWANTED BICYCLES

On Saturday, May 8, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will be collecting second-hand bikes for use by adults and children in third world countries.

The collection is being conducted on behalf of Pedals for Progress (P4P), an organization which annually recycles 6,000 bicycles for persons in developing countries.

Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. Members of Faith will repair and process the bikes for shipment.

Since 2002, Faith Lutheran has been collecting bikes. In 2020, 170 bikes were collected from

persons in New Providence, Berkeley Heights, Mountainside, Westfield, Warren, Scotch Plains and Fanwood. This range of towns was aided by articles published in Renna Media town newspapers.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

Persons who have bikes but are unable to deliver them to Faith on May 8 may call the church office on 908-464-5177 or email family.faith@verizon.net.



(above) Alana Lamberti of Faith repairs a bike for shipment.



(above) Bikes filled the P4P truck to capacity.

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3,500 are printed and mailed to every home and business in Long Hill.

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THANK YOU LONG HILL!

On April 5th the Stirling Fire Company (SFC) emptied the "Can Wagon" for the 10th time since 2015 when we brought the program to Long Hill Township.

Your Aluminum Cans have helped SFC raise around \$3,000 for the Aluminum Cans for Burned Children (ACBC) program at Saint Barnabas Medical Center to help pediatric burn patients and support their families. A big time thank you to Long Hill

Department of Public Works for their continued support!

The "Can Wagon" is now empty and waiting for more. It is.

The SFC encourages all residents and businesses to support this program and continue to drop their aluminum cans in the trailer located in the DPW yard next to the dumpsters throughout the year!

Reminder~ Aluminum Cans Only Please!

Follow Stirling Fire Company No. 1 on FaceBook.



CLOTHING DRIVE – MAY 21

St. Vincent de Paul Parish Rosary Altar Society will be holding a clothing drive on Friday, May 21, 2021.

Your donations can be dropped off at the church meeting room, 250 Bebout Ave., Stirling from 10:00 a.m. until 6:00 p.m. on May 21. The needed items are men's, women's and children's clothing, shoes, belts, ties, handbags, backpacks and hats. We are also accepting linens (bedding, curtains, towels, pillows, small rugs and quilts) and bikes, strollers and stuffed animals. Please put all items in kitchen plastic bags weighing less than 20 lbs. (except the bikes and strollers) and tie the bag closed. Bag

shoes separately. Please do not bring your items to the church meeting room before the collection date as we do not have any space to store them.

A & E Clothing Corp, Carteret, NJ, helps facilitate collection of clothing, linens and shoes for distribution throughout the US and developing countries. They will sort and ship the items and compensate the Rosary Society per pound collected. These funds will go toward the needs of the Parish community.

Please contact the parish office at 908-647-0118 or parish@stvincentschurch.org with questions.



(above) St. Vincent de Paul will hold their Spring clothing drive on Friday, May 21, 2021. Pictured is the collection from their Fall drive.

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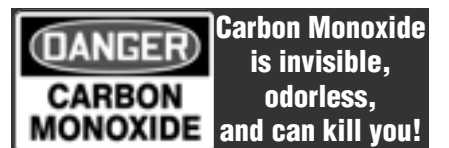
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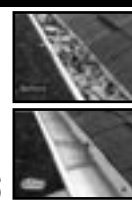
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THREE LOCAL CHORUSES PRESENT FREE ONLINE SHOW

Summer is coming! And what better way to celebrate than with a virtual concert full of songs about sunshine and summer and the hope they bring.

Here Comes the Sun: Three Great Choruses, One Online Show will premiere Sunday, May 23, at 5:00 p.m. on YouTube. It's a first-of-a kind collaboration between three of the area's best-loved choruses. The Maplewood Glee Club is a community chorus that's been delighting local audiences with its harmonies and humor since 1946. The Morris Music Men is Morris County's premiere barbershop harmony chorus. The award-winning Hickory Tree Chorus shares the joy of barbershop through songs from the Beatles to Broadway.

This family-friendly show features a range of uplifting songs including Happy Together, Kokomo, Heat Wave, and Circle of Life, plus music by Beyoncé, Whitney Houston, Chance the Rapper, and more! The show will also feature guest appearances by two dynamic teen ensembles from West Morris Mendham High School.

Here's the best news about Here Comes the Sun: it's free! Just register ahead of time at threechoruses.com and you'll receive a free show link 24 hours before the premiere.

The choruses are also spreading sunshine by raising money for Newark Working Kitchens, a

non-profit organization that enables many local Newark restaurants to keep their doors open, their stoves on, and their employees paid during the Covid-19 crisis by cooking and delivering hundreds of meals a day to low-income seniors and families and people without homes. Donations can be made during the show or

through the show's website.

To learn more about Here Comes the Sun, visit threechoruses.com or contact Josh Adler at JJadler@ymail.com or 917 697-2893.

To learn more about the three great choruses, check out: maplewoodgleeclub.com; morrismusicmen.org; and hickorytreechorus.org.



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U.S. News

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 **Nathan Weiser**
★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

Thank you Spring Grove for a wonderful and pleasant stay.

 **Charles Sherrick**
★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.

 **Chrissy Sloan**
★★★★★

The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

Thank God for them!

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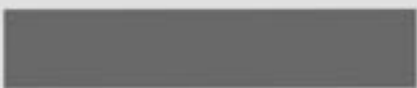
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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator →



Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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PARENTS
OF KIDS
AGES 6-18**

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This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

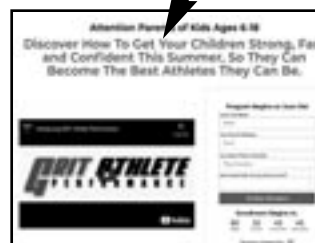


HOW TO REGISTER

STEP 1 Scan This QR Code



STEP 2 Enter Your Info When You Get To This Page



STEP 3 Leo Will Call You To Set You Up



About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

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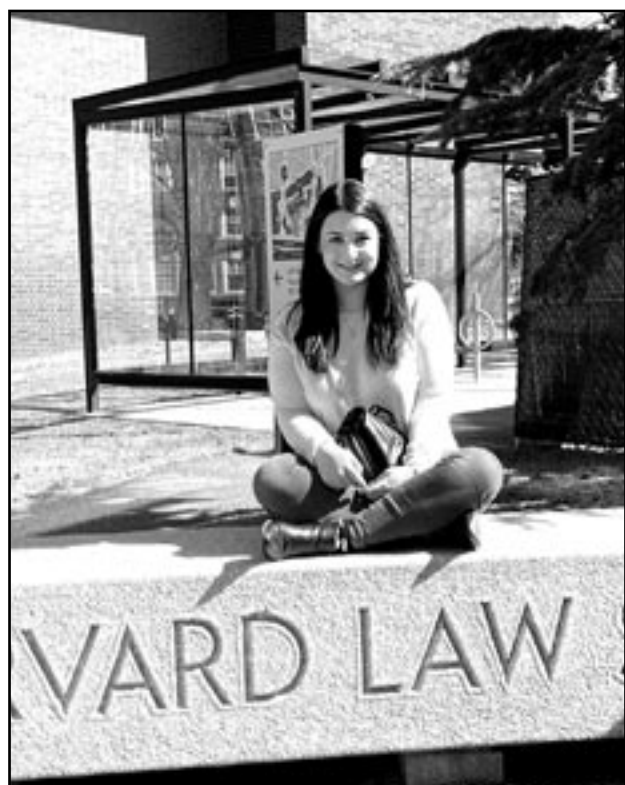
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Sonali and her family would like to thank the Green Brook schools, Warren Hills Regional High School, including all the teachers and school staff who helped Sonali along the way.





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LONG HILL CELEBRATES SPRING

The Recreation Department got creative this year for our Spring events for the Township of Long Hill. We hosted an Egg Hunt in which we joined forces with the Chamber of Commerce and created a scavenger hunt to our local businesses in town. Residents answered clues to find out which businesses had the “hidden” eggs. This coupled with an online scavenger hunt through an app called Goose Chase brought our Long Hill families out in the community to complete missions to earn points, with the winner receiving a special prize from the Recreation Department.



(above) Diana Ivanova and Trish Gianakis, both Recreation Advisory Committee members who helped hand out eggs as Peter Cottontail made an appearance on Sunday, March 28 at The Township of Long Hill Town Hall building.

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 Monday - Thursday: 10:00 am to 7:00 pm, Friday 10:00 am - 5:00 pm,
 Saturday 10 am - 2 pm and Sunday 1 pm - 5 pm.

Our website remains open. Check out BrainFuse, a tutoring platform for all ages when there. Items can be checked out electronically via cloudLibrary, Hoopla, Kanopy and Pressreader.

Mindful Movement

Tuesdays in May, 7 p.m.- 7:40 p.m.

Join our instructor Anita's class in which we gently move our bodies and free our minds.

Via Zoom.

Craft Class

Wednesday, May 5 at 7 p.m.

Join our instructor Lori in a paper quilling class! Supplies will be provided and the class taught via Zoom. Written instructions available if you prefer the class on your own.

Productivity Hacks

Thursday, May 6 at 7 p.m.

Our instructor Matt will help you use technology to improve efficiency. A guided tour of tips and tricks to Outlook, web browsers, Google Drive, iPhones and more. Via Zoom.

Birds of Summer

Thursday, May 13 at 7 p.m.

From robins to rails, swallows to sparrows, summer is the peak of bird nesting in the Northeast. Learn about the habitats where each species nests and how they raise their young.

Taught by Scherman Hoffman Wildlife Sanctuary/NJ Audubon educators. Via Zoom.

Craft Corner

Wednesday, May 26 at 7 p.m.

Join our instructor Lori for a discussion of all things craft. Tell the group what projects you are working on. Find out what crafts the library has on tap for the summer. Via Zoom.

Book Clubs

We have three book clubs, meeting throughout the month. We are reading *Seven Days of Us* by Francesca Hornak, *The Exiles* by Christina Baker Kline and *Stones for Ibarra* by Harriet Doerr. Books are available in hard copy and electronically. You are welcome to join the online meetings or to read along on your own. Follow up questions and further information related to the books provided.

SHRED-IT DAY AT THE LONG HILL LIBRARY SET FOR MAY 8

Friends of the Long Hill Library's Shredding Day for the Community is Saturday, May 8, 2021 from 10 a.m. to 2 p.m. A shredding truck from Cipshred, LLC will be in the library's parking lot to shred your papers.

The Cipshred Shredding truck uses the latest state of the art equipment and shreds documents while you watch. Security Shredding is licensed, fully bonded and insured. You drive in, unload your papers and drive out with peace of mind.

Shred It Day is a fundraiser that benefits the library. The Shredding fees are \$5 per grocery bag, \$10 per box, and \$35 per 30 gallon garbage bag. It's an opportunity for you to securely dispose of your confidential and personal documents.

Shred It Day is hosted by Friends of the Long Hill Library. For questions please email longhilfol@gmail.com.

The Long Hill Township library is located at 917 Valley Rd, Gillette, NJ.

A MESSAGE FOR FAMILIES OF ADULTS WITH DEVELOPMENTAL DISABILITIES

LearningRx brain training is a great option for New Jersey Division of Developmental Disabilities service recipients. LearningRx Warren provides cognitive training to improve the underlying skills we all use to think, learn, and work. For over 30 years our programs have been used to improve cognitive skills like auditory processing, attention, memory, and more to help make school, work, and life easier. Because we are a qualified New Jersey DDD goods and services provider the full breadth of our programs is available to DDD recipients.

Weak cognitive skills are at the root of learning struggles. Our method is to train and strengthen those cognitive skills. This approach makes our programs an excellent fit for many NJDDD

services recipients. We work one-on-one with our students to overcome obstacles, build confidence, and strengthen skills we all utilize to think and learn. This training approach supports goals related to self-direction, educational opportunities, independence, and economic opportunities. We do this while providing a fun and social alternative to traditional learning experiences.

The process begins with a cognitive skills assessment to customize the right solution for the student's needs. We then track progress through the duration of the program, and conclude programs with a second assessment. We will work closely with support coordinators and caregivers, providing periodic updates and, if directed, coordinate with other service providers for a more integrative approach.

We encourage DDD families to learn more about us. Our website is a good initial source of information www.learningrx.com. For detailed analysis of our programs, the LearningRx affiliated Gibson Institute of Cognitive Research www.gibsonresearchinstitute.org links many peer reviewed studies. If you'd like to see if training is right for your family member, book a free one-hour, no obligation trial. Call us at 866-272-4601 to learn more.



(above) A LearningRx trainer implementing a customized program with a student.

LearningRx

MEMORIAL DAY OBSERVANCE PARADE

Parks & Recreation Department

Long Hill Township will coordinate the annual Memorial Day Observance Parade on Monday, May 31, 2021. A parade up Main Avenue in Stirling will conclude with a ceremony at the war monuments on the front lawn of Central School. This parade is currently being planned as a "vehicle-only" parade due to the pandemic. As we move closer to the event date, this may be adjusted.

Letters of invitation are currently being mailed to local organizations inviting them to participate to enhance the celebration. If there is any organization that would like to participate in the ceremony or parade of vehicles, please contact Lisa Scanlon, Parks & Recreation Director. We would also like for our local veterans to let us know if they will be attending the ceremony as we would like to recognize them.

The parade of vehicles will start at approximately 9:30 a.m. on Main Avenue and proceed north to Central School for a brief ceremony. During this ceremony, we will pay reverence to those who gave the ultimate sacrifice so that we may enjoy the freedoms we do today.

By joining us in this observance, you will be honoring those who served our country in both World Wars and in past and present conflicts. This event will also serve as an excellent history lesson for our children.

THE IMPACT OF COVID - A LOOK BACK WITH GRATITUDE

On January 24, Home for Good Dog Rescue (HFGDR) achieved a milestone of the 9,000th dog adoption in just ten years since our founding. This new year is full of hope and thus, we look back to 2020 with gratitude to our friends, supporters, and community partners who lifted us up in the midst of the COVID pandemic.

Like so many others, the effects of the pandemic certainly presented challenges to the rescue. The immediate objective was to ensure the safety of our staff, volunteers, foster and adoptive families while continuing to carry out our mission of saving the lives of thousands of dogs living in squalid conditions, abusive situations, or on death row at high-kill shelters in the South.

From the pandemic, two trends emerged. First, changes in household routines and more time spent at home increased the community's interest in dog fostering and adoption. Second, the financial hardship of some households in the South exacerbated the need for dog rescue and respite in already severely life-threatening conditions.

"A year of quarantine and isolation has provided an opportunity for all of us to take stock of what is important in our lives," says Bernie Cicirelli, HFGDR Board Member and Director of Operations. "At the top of that list are our families, of which our dogs are an integral part."

The local community rallied around our mission and offered support in so many ways and for that, we are grateful. An emergency aid grant from the Berkeley Heights Business and Civic Association was a lifeline for the rescue. Other

resources came in the way of supply and gift card donations and an increased participation in fostering and adoption.

The heart and generosity of our community continues to be a beacon of hope and light to pave the way to an even greater impact in 2021. On behalf of the dogs we save, and the families who have been enriched through fostering and adoption, we extend our deepest appreciation for the support of our community.

Sincerely,

The Home for Good Dog Rescue Team

WHO WE ARE:

Home for Good Dog Rescue is a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey, with offices in Berkeley Heights. We socialize, care for, and provide rescue dogs with life-saving medical care at our Wellness Center in Aiken, South Carolina, transport them to New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.

We work to significantly decrease the number of animals living in conditions of squalor and under the threat of abuse and death, by rescuing, medically treating, fostering, transporting, and finally adopting those animals into loving homes. We promote humane companion animal ownership that recognizes the dignity of each and every life. Our rescues do not live in a shelter or kennel, but rather in loving, volunteer foster homes, right up to the point of adoption into their "home for good".

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(above) Home for Good Dog Rescue extends a "thank you" to the community and celebrates their 9,000th dog adoption.

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PILOTS TO THE RESCUE

Submitted by Amy Whitney

On Saturday, February 20, a very special delivery was made from Aiken, South Carolina by volunteer pilots from "Pilots to the Rescue." Home for Good Dog Rescue (HFGDR), a 100% foster-based non-profit organization located in Berkeley Heights, NJ, accepted an offer from PTTR to transport 15 dogs from high kill shelters in the South. The precious cargo arrived at Caldwell Airport at 5:30 p.m. The dogs were then placed into loving foster families, where they await adoption into their forever homes.

Prior to their departure from the South, the dogs were filmed for a special "Meet-the-Pawsengers." Broadcasted on the live-streaming Internet service Twitch, viewers tuned in live to interact virtually and get to know the pups. They also met the crew: pilot and PTTR founder Michael Schneider, co-pilot Daniel Baumel, and social media influencer Savannah Vinson.

Toni Ann Turco, co-founder of Home for Good

Dog Rescue, said of the mission, "This is a partnership a long time in the making. We are extremely grateful to Pilots to the Rescue for coordinating and executing this maiden voyage."

Pilots to the Rescue is a non-profit 501c3 aviation organization, whose mission is to transport animals at high risk of euthanasia. They rely on their trusted network of volunteer pilots, who fund their own rescue flights.

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a 501(c) (3) non-profit organization in Berkeley Heights, NJ. We rescue dogs from high-kill shelters in the South, transport them to our rescue and give them a second chance at life. As a 100% foster-based rescue, each dog is placed in a loving foster home until adoption. Since our inception in 2010, we have rescued more than 9,000 dogs and given them a loving home for good. To inquire about fostering, adopting or making a donation to help the HFGDR



organization, visit our website at HomeforGoodDogs.org and on Facebook facebook.com/HomeForGoodDogRescue

ABOUT PILOTS TO THE RESCUE

Pilots to the Rescue (PTTR) is a non-profit, volunteer-driven, 501c3 public benefit aviation organization. PTTR's mission is to transport animals and people at risk. PTTR supports its network of trained volunteer pilots so they can focus on their missions and do greater good.



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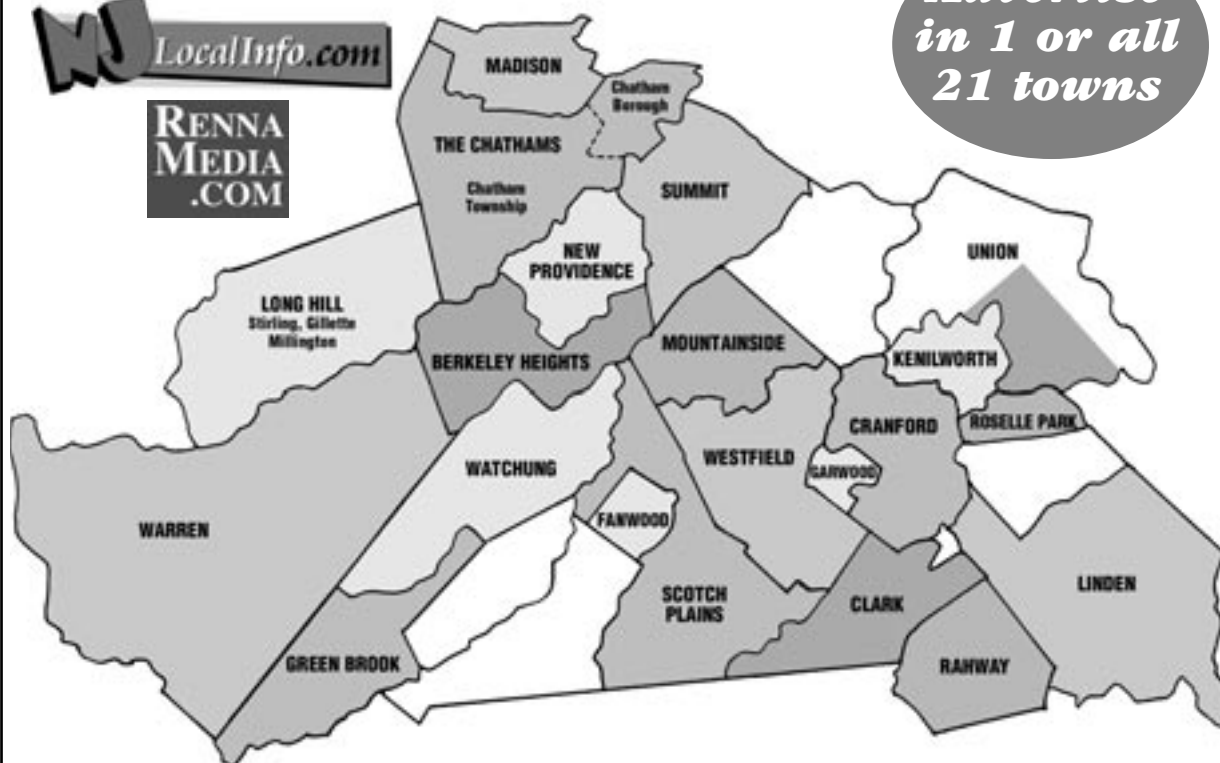
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