

CRANFORD MONTHLY NJ

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NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

Submitted by Michael D. Boll, President

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much



(above) Operation Rebound Racing Team family hiking and camping trip at Watchung Reservation.

more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

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Library	908-709-7272
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Email: editor@rennamedia.com

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9,800 papers are printed monthly and mailed to every household and business in Cranford.



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

WALK OR RUN TO SUPPORT SERVICES FOR PEOPLE WITH SPECIAL NEEDS JUNE 21-26

Hop on a treadmill, go to a local park, or walk or run in your neighborhood to support services for people with disabilities and youth at risk in New Jersey!

The Community Access Unlimited virtual Ira Geller Walkathon runs the week of June 21-June 26. On June 26, individuals living near Warinanco Park in Roselle are invited to walk or run in the park. Registration details are available at caunj.org and on our event flyer.

Walker or runner tickets are \$30 and include a Walkathon t-shirt & race bib.

All event proceeds will support CAU programs serving more than 3,000 individuals and families in New Jersey, including housing, academics, employment training, day program and support

services for people with disabilities and youth at risk. These programs serve the agency's mission to create an all-inclusive, accessible world where everyone can lead a fulfilling life as part of the greater community.

CAU's annual Walkathon is named in memory of Ira Geller, a CAU member known for his advocacy for people with special needs who worked tirelessly to raise funds for the agency.

Walkers and runners are encouraged to invite friends, family and coworkers to join them virtually in the Walkathon June 21-26. Run or walk a route of your choosing and share your success on social media using #CAUWalk2021. When you're done, make sure to submit your photos to sthana@caunj.org for a chance to win a prize! Prizes will be awarded for: most dollars raised, best team photo and most creative challenge.

To learn more about CAU, visit www.cauj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at www.cauj.org/support-us.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2021, 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 3,000 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 www.cauj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



**READY TO REGISTER?
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(above) Walkathon 2020 at Warinanco Park.

≈ 17 MONTHS ≈
A COCKTAIL RECEPTION AND PHOTO EXHIBIT FEATURING YOUR PHOTOS

You are invited to submit photos that you've taken during the pandemic that have resonated with you in inspiring, challenging, thought provoking, happy and memorable ways.

**Please submit your photos for consideration to be included in this event by July 9th to:
barbarazeckman@gmail.com**

Selected photos will be enlarged and prepared for this exhibit to be held at South Avenue Arts in Garwood in September.

**Hosted by Cranford residents
Barbara Zeckman, Diana Dollard Hearn and Cindy Merlino.
Please reach out to us if you have any questions.**



Barbara Zeckman
908-418-3503

Barbara.zeckman@cbmoves.com



Diana Dollard Hearn
908-656-5940

Diana.dollardhearns@cbmoves.com



Cindy Merlino
732-910-2082

cindymerlino@cbmoves.com

LOVE A GOOD EARTH DAY!

Submitted by Cady Kaneko

Our planet is an amazing place, but it needs our help to thrive! That's why each year more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we are making our world a happier, healthier

place to live.

Cranford's Troop 80 joined with Scout Troop 330 and members of the Rahway River Watershed Association along with dozens of other community organizers and participated in the comeback of Earth Day Rahway River Cleanup 2021.

But it was not all work... scout Arthur

Kennedy said, "It was fun being outside with friends and we got to get messy for a good cause." Groups focused on areas upstream and downstream of the dam at Winfield Park.

Of course being out in nature's habitat will have it's own visuals. Luke Tadros of troop 80 saw a duck laying on eggs. A peaceful sight that the earth does keep calm and carries on.



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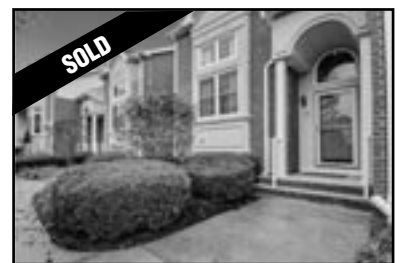
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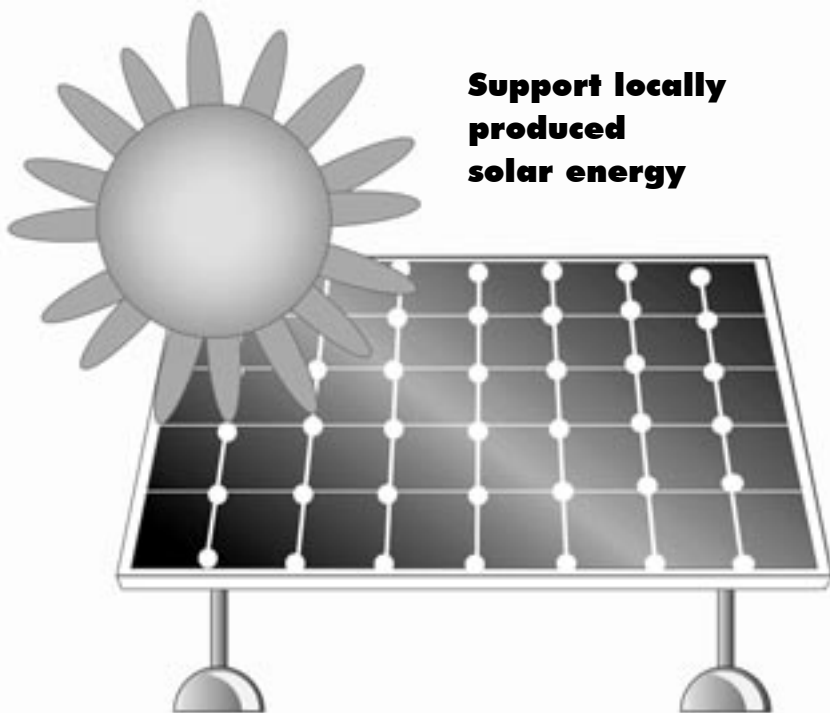
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LIVE THEATRE IS RETURNING TO CRANFORD WITH A DOLL'S HOUSE, PART 2.

CDC Theatre in Cranford is mounting its first live production since Covid-19 restrictions forced the cancellation of all in-person activities at the 102-year-old theatre in March of 2020. A Doll's House, Part 2 by Lucas Hnath, will be presented on June 11, 12 and 13.



(above) Kate Griggs (Emmy) and Lisa Barnett (Nora) in rehearsal at CDC Theatre.

A modern sequel to Ibsen's masterpiece A Doll's House, audiences do not have to know the original to be drawn into this modern continuation of the story. In the final scene of Ibsen's groundbreaking masterwork, Nora Helmer makes the shocking decision to leave her husband and children to begin a life on her own. This climactic event, when Nora slams the door on everything in her life, instantly propelled world drama into the modern age.

It was shocking for audiences to watch Nora leave her husband and children in Ibsen's 1879 play. How shocking is it for us, in 2021, to dive deeper into the reasons behind that fateful choice with playwright Lucas Hnath's evolution of the story?

In A Doll's House, Part 2, fifteen years have passed since Nora's exit. Now, there's a knock on that same door. Nora has returned. But why? And

what will it mean for those she left behind?

The characters take turns sharing their versions of what could have, would have, or should have happened, and there is unexpected humor to be found in the serious nature of the subject matter. While this play is a kind of deconstruction of the original play, it also stands on its own as we get to ask ourselves how much we think life has changed for Nora, and for women who see themselves in her, in a world that continues to have strong ideas about where she belongs.

Though suitable for a broad audience, some of the language makes the play inappropriate for younger children. All current pandemic restrictions and precautions will be enforced. Masks are mandatory for the entire performance and seating is limited. Tickets are available online at cdctheatre.org.

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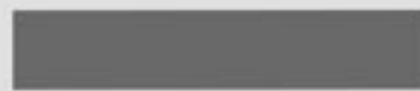
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CASA TAPS NEW LEADER MARIEL HUFNAGEL NAMED TO NONPROFIT HELM

Court Appointed Special Advocates (CASA) of Union County is pleased to announce the selection of Mariel S. Hufnagel as Executive Director. The nonprofit recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned Union County children placed in foster care or residential facilities and awaiting a safe and permanent home.

“The board and staff consider ourselves fortunate to have found a leader with such deep passion for and commitment to children living in foster care,” said Dr. Ron Silver, president of the Board of Trustees. “Combined with her prior post as a nonprofit executive director, numerous

leadership certifications and her doctorate degree underway, Mariel is well-positioned to lead CASA of Union County into its most bright and meaningful future yet. Additionally, she brings personal experience as a foster parent; an invaluable perspective as she ushers the board and staff in continuing to advance CASA’s mission. We look forward to working with her.”

Previously executive director of The Ammon Foundation, Mrs. Hufnagel led and facilitated its vision, mission and strategic plan to empower individuals in addiction recovery by combating stigma and providing strategic support to remove barriers and enable personal success. She also is a former advocacy organizer for the National Council on Alcoholism and Drug Dependence-New Jersey (NCADD-NJ). Mrs. Hufnagel holds both Master’s and Bachelor’s degrees in Public Administration from Kean University, and is completing her doctorate in Organizational Leadership from Adler University. In addition, her lived experience as a foster parent provides an insider’s perspective as the organization continues its work to ensure every foster youth has an advocate – a consistent, caring adult presence – in their corner.

“I am truly honored to have been entrusted by the Board of Trustees to lead CASA of Union County, an organization whose mission epitomizes my personal and professional commitment to ensuring that the voiceless have voices,” said Mrs. Hufnagel. “There is no more vulnerable population in Union County than its foster youth. I look forward to working closely with the incredibly hard-working staff, our tireless advocates and all of our community partners. Together, we will ensure the next level of growth for CASA of Union County by continuing tenacious recruiting, vetting, training and supporting of volunteer advocates while exploring and implementing strategic and innovative community partnerships and initiatives.”

Through court-ordered access to foster parents, doctors, caseworkers, therapists and teachers, CASA volunteers ensure the best interests of foster youth remain priority as all parties work toward establishing a safe, stable and permanent home. For details on becoming an advocate or other ways to get involved, contact
 Walia Worrill
 at
 wworrill@casaoofunioncounty.org.



(above) Mariel S. Hufnagel is the new Executive Director of Court Appointed Special Advocates (CASA) of Union County.

RUTGERS MASTER GARDENER PROGRAM

Rutgers Master Gardeners are trained volunteers who assist Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension in its mission to deliver horticulture programs and information to the general public. Anyone with an interest in gardening and a commitment to volunteer service can become a Rutgers Master Gardener. No previous education or training in horticulture is required.

RUTGERS MASTER GARDENERS USE THEIR SKILLS IN A VARIETY OF AREAS, INCLUDING:

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- Horticultural therapy
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- Research assistance at Rutgers, The State University of New Jersey
- Harvesting and packing food for the hungry **UNION COUNTY**

The Rutgers Master Gardener Union County Helpline is open to the general public and is staffed year-round. April through November hours are, Monday – Thursday 9 a.m. to 3 p.m. and Fridays from 1 p.m. to 1 p.m. and can be reached at mastergardeners@ucnj.org or 908-654-9852. To learn more about the program visit njaes.rutgers.edu/master-gardeners/.

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YARNIES FIBER CRAFTS GROUP

The Yarnies are back every Thursday, weather permitting, from 2 – 4 p.m., the group will meet in front of the Kenilworth Public Library on the Boulevard. Bring your own chair.

You don't need any crafting experience to enjoy the company of other crafters and creative exploration. Feel free to bring a project to work on, and / or a finished item to show others. If you

enjoy the fiber arts, or want to learn more about them, this group is for you.

Led by the multi-talented crafter, Kenilworth library assistant Kathleen Czarnecki, this award-winning program attracts participants from surrounding towns and newcomers are always welcome.



(above, l-r) Luann Schneider of Cranford and Linda Horning of Kenilworth are regular attendees.

(above) Library assistant Kathleen Czarnecki demonstrated how to spin yarn with a drop spindle.



(above) Tina Renna of Cranford brought a finished crochet project to show the group.



(above) The Libraries of Union County Consortium honored "Yarnies" of the Kenilworth Public Library as the 2019 Adult Services Program of the Year.

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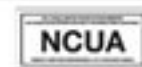
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VINTAGE & ANTIQUES CRAFTS FAIR – JUNE 13

Hosted by the Borough of Fanwood, two Vintage & Antiques Crafts Fairs will be held on Sundays June 13 and October 24, 2021 in the Fanwood Train Station (south side). Featuring 50+ exhibitors selling vintage items from days gone by along with hand made items from artisans and craftspeople. This free event is open to the public from 10 a.m. -5 p.m. There will be a selection of food so come hungry and enjoy.

PARKING

The event is held on the south side of the station. There is parking for visitors on the north side of the train station. You can walk over to the south side with the adjoining walking bridge. The GPS address for parking is 238 North Avenue, Fanwood, NJ.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, events@jcpromotions.info.

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Blood products also typically have a short shelf life – ranging from five to 42 days, so constant replenishment is needed.

There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule online: donate.nybc.org/donor/schedules/zip



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".



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One of the state's largest and comprehensive hospital-based Behavioral Health programs is offering new hope to patients with life-affecting mood disorders.

The new Mood Disorders Program at Trinitas Regional Medical Center has centralized all major treatments into a single, customized delivery system – one that now includes, medication, psychotherapy, esketamine and Electroconvulsive Therapy (ECT).

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LINDEN FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK CELEBRATE NATIONAL DONATE LIFE MONTH

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation.

In New Jersey, there are nearly 4,000 residents currently waiting for a life-saving transplant, and one person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save 8 lives and enhance the lives of over 75 people. Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine. Transplantable tissue includes corneas, heart valves, skin grafts, and bone grafts, ligament and tendons. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

A Personal Story from Mathew Pribish of the Linden Fire Department

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors made the decision to implant a Centrimag BiVad,

an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my

health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.

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CAMP PATRIOT RUN, RUCK, RIDE CHALLENGE TO SUPPORT DISABLED NJ VETERANS

Backpacks For Life and New Jersey Veterans Network are teaming up to host the 1st Annual Camp Patriot Run, Ruck, Ride Challenge from June 17 to 20, 2021.

Camp Patriot's mission is to empower American Disabled Veterans by providing them the right relationships and assistance so that they can once again enjoy the great outdoors. The proceeds raised from this event will help send disabled New Jersey Veterans to attend Camp Patriot. The event will take place both virtually and in-person over the span of five days. This allows individuals to participate from the comfort of their own homes, neighborhoods, local parks or join us in person at our event location which will be announced at a later date on our registration page.

"We're excited to get back out there, bring together the community and help raise money to send deserving Veterans to Camp Patriot." - Brett D'Alessandro, President of Backpacks For Life "The New Jersey Veterans Network is excited to be teaming up with Backpacks For Life and doing an event to shed a light on our

Anti-Suicide and PTSD Awareness campaign. All funds raised will go towards sending disabled New Jersey Veterans to Camp Patriot in Montana." - Michael Boll, President of New Jersey Veterans Network

To learn more about the event and register to participate, visit <https://tinyurl.com/runruckride>. With your registration, you receive an event bib, t-shirt and challenge coin.

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.

New Jersey Veterans Network's mission is to help New Jersey Veterans and their families enjoy a sustainable quality of life by creating a network of Community Veteran Liaisons ("CVL") whose role is to identify veterans, and connect them with resources & solutions designed to meet the unique set of veteran needs.

GREEKFEST "TO GO" – JUNE 4 – 5

If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 – 9 p.m., and Saturday June 5th from 11 a.m. – 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and

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So, order online at NJGREEKFEST.COM, and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

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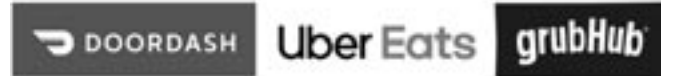
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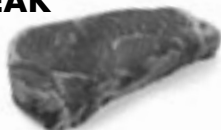
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<p>Bathroom, 300 sh. SNOW SOFT TISSUE 4 Roll Pkg.</p> <p>1⁹⁹</p>	<p>2 Ply, 150 sh. SNOW SOFT TOWELS Single Roll</p> <p>2 \$5 FOR</p>	<p>KRASDALE 9" WHITE PAPER PLATES 100-150 Ct. Pkg.</p> <p>2⁴⁹</p>	<p>Light or Regular HELLMANN'S EASY OUT MAYONNAISE 11.5 Oz. Bot.</p> <p>3⁴⁹</p>	<p>Assorted Varieties SWEET BABY RAY'S BARBECUE SAUCE 18 Oz. Bot.</p> <p>1⁹⁹</p>	<p>General Mills: Cookie Crisp (15.1 Oz.), Golden Grahams (16.7 Oz.), Trix (13.9 Oz.), Cocoa Puffs (15.2 Oz.), Lucky Charms (14.9 Oz.), or CINNAMON TOAST CRUNCH 16.8 Oz. Boxes</p> <p>3⁹⁹</p>
<p>Original or Part Skim Ricotta (3.2 Oz. Cnt.); Whole Milk or Part Skim POLLY-O MOZZARELLA 16 Oz. Pkg.</p> <p>3⁹⁹</p>	<p>Cracker Cuts (7 Oz.); Baby Swiss or Assorted Varieties CRACKER BARREL CHEDDAR CHEESE 7-8 Oz. Pkg.</p> <p>2⁴⁹</p>	<p>Salted or Unsalted; Quarters or Half Stick LAND O LAKES BUTTER 16 Oz. Pkg.</p> <p>3⁹⁹</p>	<p>Light or Regular HUNT'S 100% NATURAL KETCHUP 32 Oz. Bot.</p> <p>1⁹⁹</p>	<p>Assorted Varieties SAN GIORGIO PASTA 16 Oz. Boxes</p> <p>3 \$3 FOR</p>	<p>Assorted Varieties KRAFT DRESSING 16 Oz. Btl.</p> <p>2⁹⁹</p>
<p>(Excluding Thick & Fluffy, Nutri-grain & Pancakes) EGGO WAFFLES 10.75-12.3 Oz. Boxes</p> <p>2⁶⁹</p>	<p>Cut Green Beans, Cut Corn, Peas, Peas & Carrots or KRASDALE MIXED VEGETABLES 4 Oz. Pkg.</p> <p>99¢</p>	<p>Regular or Light DAISY SOUR CREAM 16 Oz. Cnt.</p> <p>1⁹⁹</p>	<p>Purely Pickles Kosher Style Dill Spears or Kosher Style Stackers (16-24 Oz.); Bread & Butter or Dill Stackers (16 Oz.); Zesty Dill or VLASIC KOSHER DILL SPEARS 24 Oz. Jars</p> <p>2 \$5 FOR</p>	<p>Cheesy Breadsticks (13.62 Oz.); 5 Cheese or Pepperoni Thick Crust (15.6 Oz.); or Assorted Varieties ELLIO'S 9 SLICE PIZZA 18.3-18.9 Oz. Boxes</p> <p>3⁴⁹</p>	<p>Assorted Varieties GATORADE THIRST QUENCHER 8 Pk. 20 Oz. Btl.</p> <p>5⁹⁹</p>
<p>All Natural, Hot & Spicy, Bun Size, or Skinless SABRETT BEEF FRANKS 14 Oz. Pkg.</p> <p>3⁹⁹</p>	<p>Assorted Varieties SIMPLY POTATOES 20 Oz. Pkg.</p> <p>2⁹⁹</p>	<p>DOMINO SUGAR 4 lb</p> <p>2⁹⁹</p>	<p>Assorted Varieties JIF PEANUT BUTTER 15.5-16 Oz. Jars</p> <p>2 \$4 FOR</p>	<p>(Excluding Organic Varieties) Softly or ALOE VINE ALOE VERA DRINKS 16.9 Oz. Bot.</p> <p>1¹⁹</p>	<p>Assorted Varieties QUAKER INSTANT OATMEAL 8.4-15.1 Oz. Box</p> <p>3⁴⁹</p>

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On Tuesday April 20th, the Cranford Knights of Columbus welcomed Cranford Fire Chief Dan Czeh for a Meet & Greet before the start of our General Meeting. Chief Czeh shared his vision for the Department and told us the challenges they faced coping with COVID 19. Chief Czeh and the Department were on the front lines providing emergency and other services to Cranford residents while performing their regular duties as a Fire Department. There was a short Q&A session as well for all Brother Knights present at the meeting. As a token of our appreciation, the Council presented Chief Czeh with an American Flag that was flown over the

US Capitol in Washington, DC

and an authentication certificate from Congress.

The Cranford Knights of Columbus is a Catholic Fraternal Organization dedicated to our Four Core Principles, Charity, Unity, Fraternity and Patriotism. The Cranford Council supports many charities and civic causes locally, state-wide, and nationally and is committed to be a viable part of our Community. For information about joining the Council, please contact Jerry Conheeny at 908-416-3464, jerryconheeny@gmail.com or visit the Council web site at www.cranfordknights.org.



(above) Deputy Grand Knight Jerry Conheeny, Chief Dan Czeh and Grand Knight Jim Feehan, Jr.

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BROOKSIDE PARTICIPATES IN KIDS HEART CHALLENGE

Submitted by Kerry Rokicki

A super slime event helped inspire the families of Brookside Place School (BPS) to raise more than \$16,500 for the American Heart Association. This is the second year that the Brookside community has participated in the Kids Heart Challenge, a campaign that raises funds while also teaching children about heart-healthy choices and concepts around social-emotional wellness.

BPS Physical Education teacher Mr. Michal Helmstetter added an extra incentive this year, promising to be “slimed” if the school surpassed its target. Custodian Mr. Dennis Tuorto also volunteered for the dowsing making the event twice as fun.

“I’m so proud of the students for their enthusiasm for this program and to their families for the support,” said Mr. Helmstetter. “Getting covered in cold, wet green slime was worth it to see their smiles and know we helped a great cause too.”

The sliming took place on school grounds on Friday, April 23 and was live-streamed so

students could watch in their classrooms on the Smartboard or from their homes on their computers. The total amount raised during the eight week campaign was \$16,518.70.

“Mr. Helmstetter and Mr. Tuorto definitely made it a Friday to remember for our school community,” said Principal Michael Klimko. “Raising money for a good cause, educating students about making healthy choices and an old-fashioned dunking were certainly a win-win-win. We are lucky to have a school community that is focused on both generosity and events that

create wonderful memories.”

The American Heart Association (AHA) is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke, two of the greatest threats to health and wellness. The AHA supports many efforts including research, outreach and education.

Brookside Place School is an elementary school serving students in kindergarten through grade five. For more information on BPS, please visit the Cranford Board of Education website at cranfordschools.org.



(above, l-r) Mr. Michal Helmstetter and Mr. Dennis Tuorto (seated) are doused with slime during a live-stream event for students and staff as part of a Kids Heart Challenge fundraising campaign that helped generate more than \$16,500 for the American Heart Association.

Photo by Cranford Public Schools

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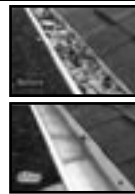
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DISCOVER CRANFORD NOTECARDS

Need a lovely card to send for a birthday? A note to add to a gift? The perfect gift for a local friend? Then grab a pack or two of the Discover Cranford Notecards being sold by Project Home of Cranford. Each packet has 10 beautiful cards with different photos from places around town. The photos on the cards were submitted by local photographers to the Discover Cranford Photo Contest held by Project Home of Cranford. The winning photographs were selected by votes on social media. With so many amazing entries we at Project Home of Cranford were glad we did not have to select the winners!

The notecards are available for sale on the Project Home of Cranford website: projecthomeofcranford.org under the fundraiser tab. The note cards are \$15 for a package of 10 and will be delivered locally for free. They are also available for sale at the following local stores: The Artist Frammer, Augusta Mae, Cougar Headquarters, Periwinkles, Cake Artist Cafe and Delice Macarons.

The top 5 submissions won a framed copy of their entry, which were displayed in The Artist Frammer's window. And the winners were: Cranford Hotel by Joe Manzella; Unami Park &

Mohawk Bridge by Breona Pizzuta; Dam at Nomahegan by Sasha Paulyson; and Franklin Ave by Michael Alan Boyle. Other images used in the notecards include Nomahegan in Spring by Teri Kandel; Cranford Theater by Karl Schroder; the Bench at Hampton Park by Sylvia Martinez; and Droescher's Mill by Ryan Kirschner.

Thank you to all those who submitted photos! Project Home would also like to express our gratitude to The Artist Frammer, who helped to make this contest so special.

For over 30 years Project Home of Cranford, a 501(c)3 charity has been working through Cranford Family Care to keep Cranford families in crisis in their homes. The funds raised by selling the notecards with the winning photos from the Discover Cranford Contest enable us to continue our mission of raising funds to support Cranford Family Care.

To find out more about Project Home and our mission please email us at projecthomeofcranford@gmail.com visit us at projecthomeofcranford.org and Like us on Facebook facebook.com/ProjectHomeOfCranford

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HISTORICAL SOCIETY SEEKING MEMBERS

The Cranford Historical Society is a non-profit educational organization whose mission since 1927 has been to preserve and perpetuate the history of Cranford for now and for future generations. We cordially invite you to join us. By becoming a member you will help support the continuation of our archives collection, costume department, the maintenance of the Hanson House and Crane-Phillips House Museum, our 3rd grade school tours, our History Award program given out to a Cranford High School Senior every year and our community outreach programs and events for visitors of all ages. Also, our members receive 5 issues a year of our electronic newsletter, the "Mill Wheel" which is full of informative and interesting facts and stories about Cranford and its people.

A 2021 Membership Form can be found on the Society's website at cranfordhistoricalsociety.org.

For more info about joining the Cranford Historical Society, please call the Society's office at 908-276-0082 or e-mail cranfordhistoricalsociety@verizon.net.

HISTORICAL SOCIETY 2021 MEMBERSHIP

Please help us to keep the Cranford Historical Society strong by becoming a member.

Thank you for your support!

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The Hanson House

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(above) Project Home of Cranford is selling note cards with photos on them that were submitted as part of the Discover Cranford Photo Contest.

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If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain. Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."
- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."
- Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch."
- Question L.

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JAYCEES FATHER'S DAY FISHING DERBY - 6/20

No pre-registration required

Submitted by Chris Acosta

It's our annual Leonard Snyder Memorial Father's Day Fishing Derby at Nomahegan Park on Sunday, June 20th starting at 9:30 AM and ends at 11:30AM with the awards ceremony to commence shortly after. No pre-registration required!

The Cranford Jaycees will provide Free Bait and Bobbers for all participants while supplies last.

The Nomahegan pond will be specifically stocked for this Father's Day Event with bass and catfish, and there will be 6 categories for prizes by age range and a special award for the Overall Largest Fish. In addition to the bass and catfish that are added to the pond, there will be a tagged Golden Trout. If anyone catches the golden trout, there will be a \$50 Amazon Gift card for a bounty reward.

If no one catches the Golden Trout, the \$50 Amazon gift card will go to the winner of the Overall Largest fish. The \$50 Amazon gift card would be in addition to either the Ugly stick or the original \$40 gift card to CHQ.

Top Prize for Overall Largest Fish: Winner will get his/her choice of an "Ugly Stick" fishing pole or a \$40 gift card to CHQ

7 & UNDER GIRLS

7 & UNDER BOYS

10 & UNDER GIRLS

10 & UNDER BOYS

13 & UNDER GIRLS

13 & UNDER BOYS

All participants should bring their fish to the Gazebo for measurement and submission. The 1st, 2nd, and 3rd place winners in each group win a \$30, \$20, or \$10 gift certificate, respectively, to Cranford Cougar Headquarters.



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UGGLA, THE GREAT HORNED OWL, PASSES

On January 9, 2021, The Raptor Trust announced one of their very dearest ambassador birds, Uggla, the Great Horned Owl, had passed on at age 40. Chris Soucy, director of the organization, wrote a tribute to Uggla on their Facebook page and asked the public to share their memories of Uggla. At this writing the post received 1.1 K likes, 135 comments, and 187 shares.

The Raptor Trust is a 501c 3 non-profit organization located in Millington, NJ that provides free medical care to thousands of injured and orphaned wild birds each year. In addition, they provide educational programs to individuals, clubs, and schools about New Jersey's native raptors. Learn more at theraptortrust.org.

Chris Soucy, Director, The Raptor Trust, Facebook homage to Uggla reprinted below, reveals the history, and passion of the organization.

Uggla was an almost unimaginable 40 years old. In the research I have done, I believe he may have been the second-oldest Great Horned Owl that ever lived, and he lived almost every day of those 40 years right here at 1390 White Bridge Rd, Millington, NJ.

In the early spring of 1980, I was a freshman in high-school. The backyard wildlife rehab facility that my parents ran on our property had not yet become The Raptor Trust. It was still The New Jersey Raptor Association at that point: not yet incorporated and without the 501(c)3 nonprofit status that would follow. A "fledgling" organization, one might say. But Len and Diane knew their birds. Even though The Raptor Trust wasn't hatched until a few years later, they had been caring for wild birds – often in the laundry room or bathroom of the house – since the mid-1960's.

It was in that setting that someone dropped off a young floof of an owl. Just a few weeks old, the owl had been found by some well-intentioned local folks who attempted to raise it on their own. There are few things cuter than a baby owl, I'll give you that. But raising a wild baby owl is not

easy to do. It is also against state and federal law. The owl wasn't being fed a proper diet, did not have proper housing and it wasn't thriving.

Worse, even though it had been with the folks who found it for only a few weeks, it was already completely imprinted and dependent on humans, having been hand-fed and socialized to people. This youngster, still fluffy, had already lost his chance to survive in the wild. Since he was so young, and already so accustomed to people, Len and Diane made the decision to keep him as an education and ambassador bird.

My grandparents and my 95-year-old great-grandmother joined us for dinner one night that spring, shortly after the owl's arrival. Great-grandma Alma Gustavson, a first-generation immigrant from Sweden, saw the bird and proclaimed, "Uggla!" She explained: "Uggla" means "owl" in Swedish. And so, his journey as "Uggla" began.

For 40 years Uggla delighted visitors here. He was talkative. Children would inevitably "hoot" at him – he was an owl after all – and he would often return the favor.

He was inquisitive. Having been imprinted, he had no fear of humans and would often sit out during the day, right up at the front of his enclosure, engaging passers-by with his big, yellow eyes and that kind of funny way he always tilted his head to one side. He really seemed to enjoy it.

He was photogenic. He has graced many of our gift shop cards, mugs and other items, including a holiday card we sent out last month.

Not long ago, some of my young second cousins came to visit – little guys two generations further down the family tree than me. While passing by Uggla's enclosure, it occurred to me that SIX generations of my family knew this one amazing bird. That's hard to wrap my head around, but there it is. SIX.

Later in his life, Uggla's voice changed and began to make this kind of scratchy, crackly-sounding call. Len used to say that he had "lost his hooter." He was still as talkative as ever; he just sounded like a grumpy, little old man

mumbling under his breath. In owl-culture, perhaps that's exactly what he was.

There would be no way to even begin to count the number of people this one wonderful bird met, delighted, hooted at, taught. Tens of thousands for sure. Possibly hundreds of thousands.

While it would have been better in every way for him to have lived a natural life in the wild, he did live an amazing and meaningful life as an ambassador for his species and for all wildlife. Godspeed, old man.

If you have your own story about this wonderful owl, please do share. We know that many of you loved Uggla just as much as we did. Visit us on Facebook at The Raptor Trust.

RAPTOR TRUST VIRTUAL EVENTS THIS SPRING

The Raptor Trust is a 501© 3 non-profit organization located in Millington, NJ that provides free medical care to thousands of injured and orphaned wild birds each year. In addition, they provide educational programs to individuals, clubs, and schools about New Jersey's native raptors.

The Raptor Trust is offering the following virtual program options this spring:

RAPTOR CONFERENCE CALL

\$30 for two screens/households. 20 minutes with a TRT educator and one of our ambassador birds.

SMALL GROUP PROGRAM

\$60 for up to 12 participants. 40-minute program led by one of the TRT educators and an ambassador bird. Program topics vary.

LARGE GROUP ADULT PROGRAM

\$80 for up to 50 participants. 45-minute program led by one of the TRT educators and an ambassador bird. Program topics vary.

TEACHER-MODERATED CLASSROOM PROGRAMS

\$80 for 45-minute program. Maximum 35 students and 2 teachers. Choose from a variety of lesson plans that can be integrated into your existing curriculum.

For more information and to book a program please visit theraptortrust.org/education/programs



(above) Uggla, the Great Horned Owl

Photo by The Raptor Trust

"Family care for newborns through 100"



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BOOK SALES RETURN TO CRANFORD LIBRARY

The Friends of the Cranford Public Library are happy to announce that the used book sales are returning. The "Friendly Book Cellar" is waiting to welcome you with a marvelous selection of books. All purchases will benefit our wonderful library. The Friends' book sales are special because the books are all beautifully organized. They are either on shelves that are alphabetized by authors' names or are ordered in a way that makes it easy for you to find what you are looking for.

Online registration for a 45 minute session is necessary. To learn how to register, please go to cranfordlibrary.org. All attendees are required to wear a face mask and will be asked to hand-sanitize before going into the Cellar. As a precautionary measure, attendance will be limited to 45 minute sessions with each session beginning on the hour. Please note that walk-ins will only be allowed if the capacity limit is not reached.

The children's book sale will only be open to

Cranford Library card holders. While at the sale, attendees will not be able to purchase books from other sections of the cellar.

The children's book sale will take place on June 4 from 11 a.m. to 5 p.m. and on June 5 from 10 a.m. to 2 p.m.

An all-books sale will take place on June 10 from 11 a.m. to 8 p.m., on June 11 from 11 a.m. to 5 p.m. and on June 12 from 10 a.m. to 2 p.m.

The all-books sale will be open to the general public and all sections of the Friendly Book Cellar will be open. There will be no "bag day" at this sale.



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CALVARY LUTHERAN CHURCH CONTINUES TO SUPPORT THEIR COMMUNITY DURING PANDEMIC

Submitted by Jeri Rossi and Skip Winter

Calvary Lutheran Church has a long-standing history of supporting the community which has been made possible through the dedication, talent and resources of the Calvary family. When the pandemic started, volunteers within Calvary came together to provide support in many ways:

A Mask Ministry was formed with volunteers who made masks and delivered them to those in the congregation needing a mask, especially the

senior members.

Calvary members picked up and delivered N95 masks and hand sanitizers for NY Presbyterian Hospital.

'Loaves not Fishes' ministry was formed. Calvary volunteers took turns picking up bread and pastries on Sundays, donated by the Bread Smith. The donations were brought to the Salvation Army in Plainfield, Cranford Family Care and even senior living residences.

A group of church volunteers contacted Calvary's senior members to make sure they had someone who could do their food shopping and other essential needs. If they did not have help, the senior was matched up with a volunteer who shopped for them and took them to doctor appointments.

A dedicated team of two amazing church members tirelessly made over 4,000 Personal Protective Equipment (masks, gowns, scrub caps) as supporters of the New Jersey Sews in Unity group. This volunteer Facebook group, created during the pandemic, makes and distributes PPE to individuals, organizations, medical professionals and vulnerable populations.

The Prayer Shawl Ministry team has been making and contributing prayer shawls to our Calvary family and friends. Their "cloaks of love" have been particularly appreciated during this year. In addition, they crochet and donate chemo caps to patients at Trinitas Cancer Center and knit afghan squares for a support group at a local church.

Each holiday, Calvary's Caring Ministry prepares and sends out packages, crafts and cards to senior members and friends of the Calvary Family to keep folks' spirits up. They also send out care packages that include prayer shawls made by Calvary's Prayer Shawl Ministry team, to bring comfort to grieving families and those suffering or recovering from an illness especially needed at this time.

The Caring Ministry made and delivered candy bags to a local nursing home as well as to

those in need for Valentine's day and Easter to help bring joy to folks during the pandemic.

Calvary's Caring Ministry team maintains a Prayer Chain consisting of our seniors to pray for those in need. It has brought comfort and support to members and friends especially during the pandemic.

A dedicated Calvary member continues to make baby bibs for Baptisms which gives us promise for a better tomorrow.

Calvary Nursery School & Child Care (CNSCC) recently hosted a pop-up event in downtown Cranford to thank our first responders and recognize our community's year-long difficult journey. Our students marked the passage of the past year's struggles with a first responder appreciation parade and signage meant to lift our community's spirits. In addition, last Spring they created a CNSCC Rainbow video and the children made drawings for first responders. It was uplifting and inspiring to all.

Because in person worship has not been possible, Calvary Lutheran Church created Worship Services appropriate for the pandemic via Zoom Worship Services and live streamed on YouTube. In place of the in-person Thursday Worship service, telephone Worship Services are held for those without computers. Sunday School (Calvary's Breakfast Bunch) holds class via Zoom every Sunday, to reach out to our Calvary Lutheran Church family, friends and community.

Calvary Lutheran Church serves the community throughout the year. Each year, volunteers walk the Crop Walk, serve at the NJ Food Bank, participate in "God's Work, Our Hands" Sunday, and help the homeless through Operation Warmheart. During normal times, the Caring Ministry team prepares sandwiches and lunch bags to donate to the lunch program at St. Joseph's/Elizabeth Coalition. In addition, they raise funds to purchase gifts for St. Joseph's Christmas "Giving Tree". The Calvary family is always at work trying to make the world a better place for everyone!

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FLINTLOCKS - EX BOY SCOUTS READY FOR ACTION

Submitted by Dr. Michael Hart

The Flintlocks, BSA, Inc. met for their Annual Meeting on Thursday, April 15, 2021. They elected the new slate of officers for the coming year; updated their Bylaws and Mission Statement; reviewed the accomplishments of the previous year; and discussed projects the Council needs to have done to prepare for summer camp and the upcoming year.

The Flintlocks are a group of retired scouters who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America (BSA). They meet every Thursday at Camp Winnebago, all year round. They are organized as a 501c3 non profit corporation. All of the members are registered with the BSA. They provide a variety of skilled services to the

Council. They have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, repaired damage to camp structures, etc. In addition to building structures and doing repairs and maintenance, they also volunteer at many Council activities throughout the year. More than half of the Flintlocks have been awarded the Silver Beaver or have received other Council and National Awards. They typically provide approximately 5,000 hours of volunteer skilled labor every year. Last year was interrupted by COVID shutdowns, and the camps were not operational last summer, but now the Flintlocks are all vaccinated and ready to get back to work. The Council plans to open the summer

Scout camps again, but there has been a lot of storm damage over the winter which needs to be repaired. The Flintlocks are ready to pitch in.

The Officers and Trustees elected for the coming year are as follows: John Koneski, President; George Van Dyke, Vice President; Michael Hart, Secretary; Russ Jenkins, Treasurer; Ted Marquardt, Chair of the Trustees; Bob Pyscher, Trustee; Bob Germinder, Trustee; and Frank Wallace, Trustee.

The Flintlocks suggest getting vaccinations, hand washing, face masks, social distancing, and temperature checks. They can be found online at their Facebook page, "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at drmhart@yahoo.com.



(above) The Flintlocks, a group of retired scouters who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America, pose for a picture during their meeting.



(above, Back, l-r) Newly elected officers: President John Koneski; Secretary Dr. Michael Hart; Treasurer Russ Jenkins; Vice President George Van Dyke; (front) Trustees Bob Germinder; Bob Pyscher; Chair of Trustees Ted Marquardt; missing Trustee Frank Wallace.

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We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

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Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

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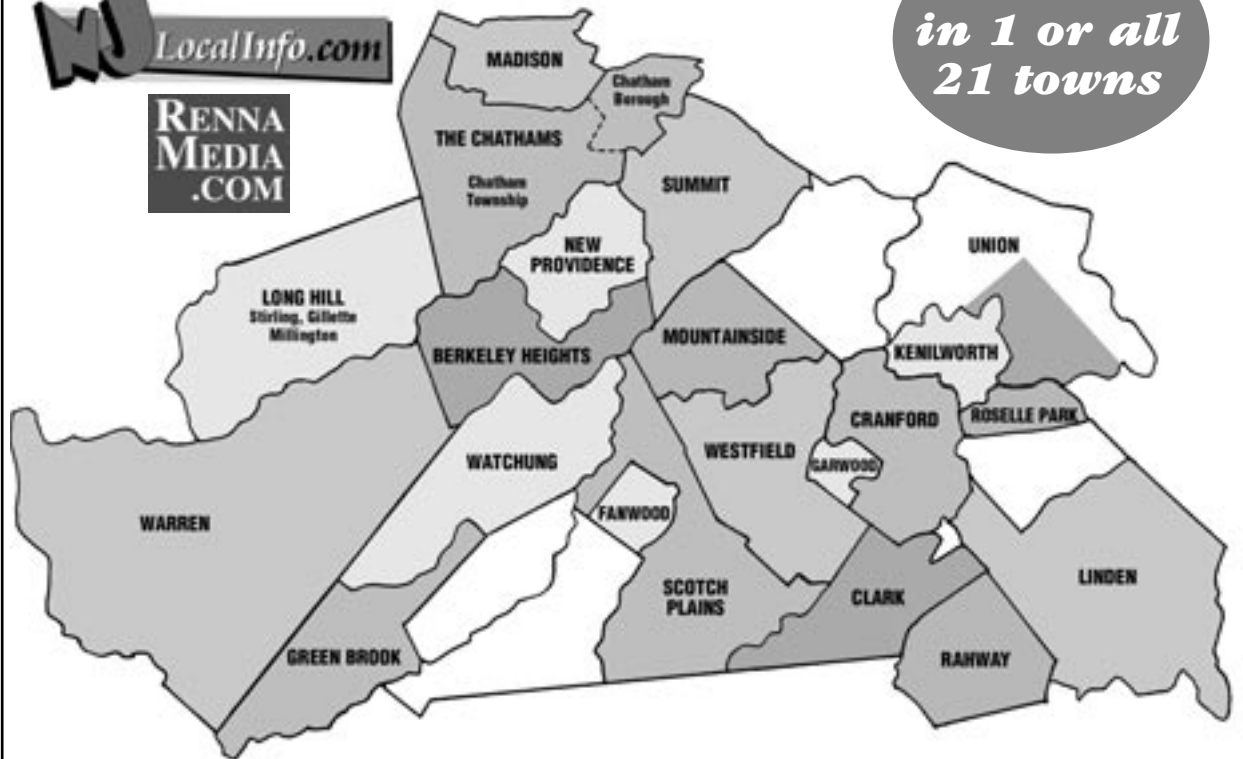
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NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

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ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20
PER POST
Block of 20
for \$200**



WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

**Call for a consultation
if you do not have a website
or if need a new one.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need
help developing an online marketing plan.**

**STARTER
WEBSITE
\$500**

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MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

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**FLYERS
\$35
PER 1,000**

**MENUS
\$50
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