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CHATHAM GIRL SCOUTS EARN GOLD AWARD

Submitted by Corkie Ziegler

The Chatham Girl Scouts 2021 Gold Award Ceremony and Senior Class Celebration took place on June 7 at the gazebo in Reasoner Park. Local dignitaries included Chatham Borough Mayor Thaddeus Kobylarz, Chatham Borough Council Member Carolyn Dempsey, Chatham Township Mayor Tracy Ness, Chatham Township Deputy Mayor Stacey Ewald, and Chatham Jaycees Representative Bill Heap. Also in attendance were Girl Scouts Northern New Jersey (GSNNJ) CEO Betty Garger, GSNNJ COO Jessica Hoffman, and Chatham Girl Scouts Service Unit Manager Virginia Gryta.

After the flag ceremony conducted by junior girl scouts, the evening's MC Laura Ranji, co-leader of Troop 8-2076 provided background information on the Girl Scouts in general and the amazing participation of the Chatham Troops in particular. The ceremony recognized the Girl Scout tradition of bridging 31 Chatham Ambassador Scouts to adults. Of those 31 scouts, Chatham boasts an impressive 14 Gold Award recipients. The Girl Scout Gold Award is the highest achievement one can earn and is received by a little more than 5% of girls in the program.

Borough Mayor Kobylarz greeted the more than 100 family and friends in the crowd with a hearty congratulations to all the Gold Award winners for their perseverance, hard work, and attention to detail. "Indeed, a 2021 National GS Alumni Study concluded that Gold Award Scouts place significantly higher importance on the pursuit of a successful career, assuming leadership roles, and attaining ambitious professional and personal goals. Two notable illustrations of this are U.S. Senator Tammy Duckworth (Illinois), Ret. US Army Colonel and Purple Heart Recipient, and U.S. Congresswoman Kendra Horn (Oklahoma)," said Kobylarz.

"As I looked through your impressive list of Take Action Projects, I saw a common thread of empathy and desire to help others. Being creative, resourceful, and empathetic will help you enrich your own lives and improve whatever community or vocation you choose. Your Gold Award is not the end of a journey but the



Photos by Corkie Ziegler

(above, l-r) Girl Scouts of Northern New Jersey COO Jessica Hoffman (left) and GSNNJ CEO Betty Garger congratulate the fourteen Chatham Gold Award Recipients. In the first row are Hoffman, Grace Nugent, Evelyn Tomaro, Meghan Alperowitz, Claire Tunny, Samantha Teisch, Aerin Zucchi, Ava Tesoriero, and Garger. In the second row are Maya Ranji, Samantha Murphy, Kate Ziegler, Melissa Moran, and Kaitlin Osucha. Missing from the photo are Grace Zinn

beginning of one. I encourage you to take the skills you have learned and the confidence you've gained to go out and make your own mark on this world," said Borough Council Member Carolyn Dempsey.

Township Mayor Tracy Ness congratulated the Gold Award recipients and encouraged them to make "Herstory" with the life skills they have learned to create the future from a feminist perspective.

Betty Garger and Jessica Hoffman of the Girl Scouts of Northern New Jersey were on hand to congratulate the Girl Scouts and commented that this was the largest group of active Ambassadors and Gold Award recipients in recent memory.

Each Individual Troop leader honored the Gold Award Scouts with yellow roses, a Gold Pin, Green and gold graduation cords, and by giving a brief bio of their Take Action Project. Each Take Action Project requires that the scout earn the Silver Award and complete one Senior/Ambassador Journey, show individual leadership roles, pinpoint a community issue that includes provisions for ensuring sustainability, identify national or global links between the community issue and the world around them, and complete a minimum of 80 hours.

A special presentation of yellow roses and cheers from the crowd were bestowed upon 93-year-old Blanche Blumenfeld. Mrs. Blumenfeld is thought to be the only living member of Chatham Township's Girl Scout Troop 28 and Chatham's oldest Girl Scout.

(continued on page 11)

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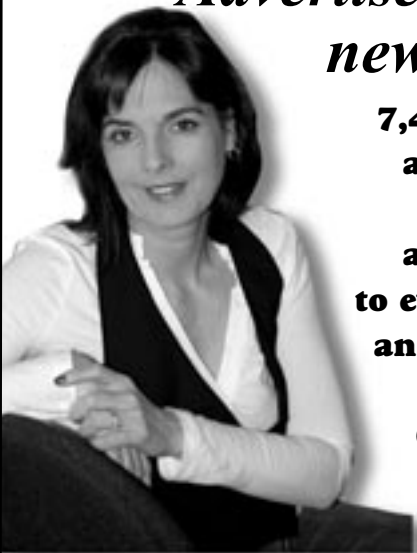
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Venture Crew 28 Hits the Trail Again

Members of Venture Crew 28 went on an overnight backpacking trip along the Appalachian Trail. An absolutely beautiful opportunity to get outdoors again. Crew 28 is an

all-female crew that focuses on outdoor adventures, leadership, personal growth and service projects. For information about Venture Crew 28, visit venturecrew28.com



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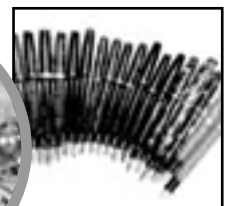
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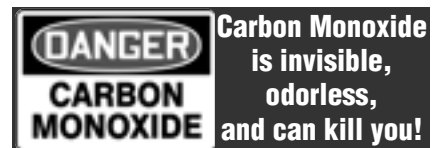
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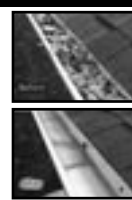
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MEALS ON WHEELS DELIVERS MORE THAN A MEAL

Submitted by Isabella Lora

SAGE Eldercare's Meals on Wheels volunteer, Lorelei Burns describes herself as "lousy at relaxing." A resident of Summit for 33 years, Burns has volunteered since 2015. What inspires this high energy woman to deliver meals two days each week year after year? Simple, she said, it's the meaningful relationships she has with her clients and the SAGE staff.

A former ATT executive, who appreciates competence and structure, Burns says she feels at home with the Meals on Wheels team. "I like organizations that are successful, well managed, and get things done."

She also praised SAGE for their timely response to the pandemic. "They didn't close their doors. They didn't stop doing business. The rules and procedures they put in place to keep the operation running were most impressive."

The most challenging part of being a volunteer, she said, are the losses. Whether it is saying farewell to an elderly client who has died or delivering food to a client who has lost their

spouse, it's difficult. A widow herself, Burns can empathize with these people and share their feelings of loss. Yet, even with the sadness, she said, the visits are positive and so necessary as many of the meal recipients have no other daily visitors other than their volunteer. While the food is vital "It is the visit that counts," she explains.

The passion Burns has for her giving and helping extends beyond Meals on Wheels. She is active at the Newark Museum, North Star Academy and has a shop at Covenant House, which provides clothes to homeless children.

Referring to SAGE, she said with modesty, "I am nothing more than a volunteer; I have no desire to be retired." For her, SAGE represents "friends, food and home." The relationship she has with the nonprofit is mutually beneficial, she said. "This is my home."

If you would like more information about receiving Meals on Wheels or becoming a volunteer, please call 908-273-5554.

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Wednesday classes are for true beginners, rusty players, or those wanting to learn modern bidding. Thursday Bridge classes are for experienced players and will alternate between lessons and duplicate lite. Cost is \$7 per class, plus purchase of recommended book @ \$15. Instructor: Rick Hartley. Class sizes are limited.

CAREGIVER SUPPORT GROUP

Wednesday, July 14, 10:30 AM.

Moderated on Zoom by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center, and experienced dementia support group leader. New participants always welcome.

DRUM CIRCLE

Thursday, July 22, 1PM

People all over are waking up to the powerfully positive effect of participating in a drum circle!

Jazz musician Richard Reiter returns to the Center to lead the noisy fun. No experience necessary. Deadline to sign up is July 15.

CONNECTIONS: SILVER LININGS

Mondays, 10:00 AM

The group looks for the silver linings in life. Participants connect with others looking for support as they continue to manage in a complicated world. Meets on Zoom and is facilitated by Claire Solu-Burd, LCSW.

CO-ED CONVERSATION GROUP

Mondays, 10:30 AM

Men and women come together to talk about topics of interest to everyone participating.

EASY BALANCE, STRENGTH & STRETCH

Mondays, 11:30 AM

An indoor fitness class featuring simple exercises designed to improve brain/body connection and improve activities of daily living. Light hand weights and resistance bands are used. Instructor: Donna Sue Dowton.

MEN'S BASKETBALL

Mondays & Fridays, 10:00 AM-Noon

Call Center to sign up.

ENHANCED BALANCE & STRENGTH

Tuesdays, 9:00 AM

Indoor fitness class that provides training on more complex brain and balance exercises combined with more challenging strength and fitness exercises. Light hand weights and resistance bands are used in class. Instructor: Donna Sue Dowton.

PICKLEBALL

Tuesdays & Thursdays, 10:00 AM-Noon

GREAT AMERICAN MUSIC: BROADWAY MUSICALS

Tuesdays, 10:30 AM

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THE WOMEN'S CIRCLE

Tuesdays, 1:30 PM

A social discussion group where women get to know one another by talking about issues of the day and topics that interest them.

TAI CHI

Wednesdays, 9:30 AM

Indoor class. Instructor: Bianca Godoy. Call Center to enroll and for fee information. Tai Chi consists of a series of slow flowing movements which gently stretch muscles, tendons, and ligaments. These low impact exercises heighten

awareness of the mind-body-breath connection and help to improve balance and coordination, enhance mental focus and relaxation, and increase energy levels. All movements performed while sitting on/standing near a chair.

MAH JOHNGG

Wednesdays, 10:00 AM-Noon.

EASY CHAIR YOGA

Wednesdays, 11:30 AM

Gentle seated and standing yoga poses focused on flexibility, alignment and breath are taught in this indoor class. Bring a yoga strap or purchase one for \$12 from the instructor, Donna Sue Dowton. Call Center to enroll and for fee information.

NIFTY KNITTERS

Wednesdays, 1:00 PM

This active and social group gets together to create caps, blankets, and more for donation to local hospitals and veterans' organizations.

They welcome all knitters interested in contributing to their cause.

INTERMEDIATE CHAIR YOGA

Thursdays, 9:00 AM

Seated and standing yoga poses designed to improve strength, flexibility, and balance are taught in this indoor class. Includes some single leg poses and beginner inversion poses. Bring a yoga strap, or purchase one for \$12 from the instructor, Donna Sue Dowton.

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MEN'S DISCUSSION GROUP

Fridays, 10:30 AM

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(above) The Independent Thrift Shop, located at 33 Kings Road in Madison, is open on Tuesdays and Thursdays from 9:30 a.m. to 4:30 p.m. and on Saturday from 9:30 a.m. to 1:00 p.m.

The Independent Thrift Shop, which is a non-profit, was founded by a dedicated group of volunteers from the Madison-Chatham Red Cross in 1942. It is currently located at 33 Kings Road in Madison.

Through the efforts of donors and volunteers from Madison, Chatham, Florham Park, Springfield, Summit, Short Hills, Berkeley Heights and New Providence, the Thrift Shop provides outstanding service. The profits from the sale of donated items purchased by the public support worthwhile organizations each year.

The shop accepts household items, clothing and any other items you no longer use, except toys, books and furniture. Please support the Thrift Shop by donating items or coming to our shop to purchase items. You may also consider becoming a volunteer to work at the Shop.

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Chrissy Sloan
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(above) Dr. Rozella G. Clyde will be the Rotary Club of Madison's guest speaker on July 15.

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The Rotary Club of Madison is an enthusiastic and engaged network of ordinary people doing extraordinary things to serve people in our local and global communities. At the Rotary's weekly meetings, guest speakers present on a broad range of topics that are of interest to the community. Rotary meetings are at 8:00 a.m. each Thursday via Zoom and are open to the public. For July 2021, the line-up of guest speakers for Rotary meetings includes:

JULY 15: DR. ROZELLA CLYDE, LEAGUE OF WOMEN VOTERS

Dr. Rozella G. Clyde is an educator and an environmental activist. She taught middle and high school Social Studies and created Law Studies Programs in several NYC public schools over a 44 year period before retiring in 2012 and moving to New Jersey. Dr. Clyde currently serves as the Educational Director for Clydeoscope Educational Consultants, is a Commissioner on the Chatham Borough Environmental Commission and chair of the Borough's Green Team. Dr. Clyde also serves as Education co-chair for the League of Women Voters of New Jersey, and as Membership and Education Directors for the Morristown Area Local LWV, and is active in a range of other civic organizations. Dr. Clyde and her husband Jim live in Chatham Borough.

Dr. Clyde will address the overall mission of the League of Women Voters (LWV) and in particular will touch on how the LWV supports the election process to promote a well-informed public and to help assure fair and open elections.

JULY 22: DON BAILEY, BRISTLECONE PARTNERS

Don is a principal in Bristlecone Partners, a management consultancy, which he formed after a long and successful career in the insurance world.

During his years in the insurance business, Don has held many senior management roles. Most recently Don was the President of Global Sales for Marsh, the largest risk broker in the world with 500 offices in 130 countries and \$7 Billion in annual revenues. Prior to that, Don was the President of Allstate B2B, the \$5 Billion

division of the largest, publicly held, personal lines insurer in the United States. He was also the Chairman of Encompass, the \$1 Billion mass affluent personal lines subsidiary of Allstate. Prior to Allstate, Don was the North American CEO for Willis, the global insurance broker and the third largest insurance services firm in the world.

Don has been coaching executives for more than 20 years. He has coached C-suite professionals and some of the leading sales executives in the industry. Through his innovative approach, he's enabled leaders to obtain a deep sense of awareness. His consultancy at Bristlecone enables him to bring these coaching and leadership skills to a wide variety of both senior and rising executives.

In his talk Don will review the field of leadership development and coaching, and how these skills have grown from merely an ancillary activity of corporate managers into a formalized and specialized activity that can be critical to the ongoing success of many organizations.

JULY 29: LISA ELLIS, DIRECTOR OF BUSINESS DEVELOPMENT, MADISON DOWNTOWN DEVELOPMENT COMMISSION

The Downtown Development Commission, a cooperative effort of Borough government and local business and nonprofit leaders, actively tracks and promotes the health of Madison's local business community. With the worst of the Covid pandemic now behind us, Lisa will review how the DDC and local leaders addressed the stresses caused by pandemic-related shutdowns and other restrictions. She will review how the local business community came through the pandemic and provide her thoughts on the positive impacts of the reopening of the Borough's, and state's, economies.

Please note that Rotary speakers, or speaker schedules, are potentially subject to change. Please visit the Rotary website at madisonrotarynj.org for any updates to the schedule and for instructions on how to log in to the Zoom meetings.

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MORRIS COUNTY MEMORIAL DAY OBSERVANCE 2021

THE CHATHAMS • Page 9 • July 2021

Morris County

The Morris County Board of County Commissioners presented their Distinguished Military Service Medals to six veterans on Wed., May 26, at the Morris County Annual Memorial Day Observance ceremony on the Morris County Courthouse lawn in Morristown, where honors also were delivered by state legislators and Congressional representatives.

Morris County recognizes resident veterans by presenting them with the Distinguished Military Service Medal, which are unique to the county and have been awarded since 2000 to veterans or their family members to honor their service to our country. More than 10,000 have been presented.

Among this year's honorees was George M. Macchia of Chatham.

George Macchia served in the Air Force, active duty, from September 1986 to December 1992.

Mr. Macchia served with the 509th Air Refueling Squadron at Griffiss Air Force Base from 1987-1992. He was a Navigator and an Instructor Navigator on a KC-135 aerial refueling tanker and rose to the rank of captain at the time of his separation.

Mr. Macchia served in Desert Storm. He was awarded the Air Medal with three oak leaf clusters, the Aerial Achievement Medal with two oak leaf clusters, the Air Force Outstanding Unit Award with Valor and one oak leaf cluster, the Combat Readiness Medal with one oak leaf cluster, the National Defense Service Medal, and

the Southwest Asia Service Medal with three oak leaf clusters.

He is a 1982 graduate of Hudson Catholic High School, and 1986 B.A. graduate in Political Science of at Rutgers University, where he was enrolled in ROTC.

Subsequent to his military service, Mr. Macchia became a 1992 graduate of Rensselaer Polytechnic Institute, with a MBA in Management and a 1998 graduate of Seton Law School, cum laude.

Since 1998, Mr. Macchia has been practicing law and is currently in-house counsel with Fidelity National Title Insurance Co. Aside from working in private practice, Mr. Macchia was a Deputy Attorney General in New Jersey from 2005 -2011, representing the State of New Jersey in child welfare cases and representing the former University of Medicine & Dentistry of New Jersey in various legal matters.

Mr. Macchia is married to Dr. Rosemichele Sorvino-Macchia, and have three children, now adults, Drew, William and Livia. When his children were young, he volunteered coaching soccer and officiating swim meets at the YMCA and USA swimming meets, and supported his sons' Boy Scouting activities.

For more information on the ceremony and other honorees visit:
morriscountynj.gov/Residents/Community-Information/For-Veterans/Memorial-Day-2021



(above) George M. Macchia of Chatham was presented with the Morris County Distinguished Military Service Medal.



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NEW PERSONAL TRAINING PROGRAM IS CREATED TO HELP MEN LOSE ALL THE WEIGHT THEY GAINED DURING COVID-19

Gabriele Fitness has launched a brand new 30-Day Executive Personal Training Program available to the first 10 Men that Live in Chatham who apply. The Berkeley Heights personal trainers have been helping men over 40 get in the best shape of their life for the past 13 years and their new program, specifically designed to battle Covid-19 weight gain has been the talk of the town.

You Should Apply if . . .

1. You Want to Lose 10-30 Pounds...The Proper Way
2. You Have Aches and Pains that Prevent You From Living an Active Lifestyle
3. You Feel Tired All the Time and a day without Coffee is Brutal
4. You've Not Been Able to Stay Fit on your Own and You Know You Need Some Help
5. You're Over 40 and Concerned About your Health

Here's what you get with your Executive Personal Training Package

- **Unlimited Personal Training Sessions** so you can work out with a coach as much as you want, which means you're essentially guaranteed to feel fit, strong and healthy.
- **Extreme Accountability** from your assigned GFP trainer so you can never fall off track, which means you'll finally get the energy and health you've been missing.
- **Personalized Nutrition Plan** so you know exactly what to eat and when to eat it, which means you'll start burning fat immediately
- **Personalized Cardio Sessions:** You'll get Unlimited Access to the GFP facility on off days so you can keep your heart healthy and skyrocket your energy.
- **Private 1-1 Stretch Session:** Work with a certified stretch therapist 1-1 so you can feel like yourself again, which means you'll get back to the active life you deserve.
- **Body Fat and Muscle Measurement** so you can get an exact read of your body fat and lean muscle, which means your coach will know exactly what to do to get you to your goals.

Lavish Praise from Men That Live in Your Neck of the Woods

"I FEEL LIKE I'M IN
BETTER SHAPE THAN
I WAS IN MY 30s"



"I HAVE MADE
HUGE STRIDES IN
GAINING STRENGTH"



"I STARTED TO FEEL
IMPROVEMENT AS QUICKLY
AS 1-2 WEEKS INTO JOINING"



"MY ACES AND PAINS HAVE
MOSTLY GONE AWAY, AND I
DEFINITELY HAVE MORE ENERGY"



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2. Or Call 908-464-4441 and ask for Tom



Hey Ladies Over 40:

Don't think we left you hanging...Get Started for Free at www.gabrielefitness.com

The Girl Scouts who received the Gold Award in the 2021 Ceremony are as follows: Samantha Murphy Troop 8-2076 (Bringing Books Below Broadway); Kate Ziegler Troop 8-2076 (Water Safety for All); Maya Ranji Troop 8-2076 (Sensory Boxes); Megan Alperowitz Troop 8-2076 (Road Safety on Shunpike Road); Grace Zinn Troop 8-2076 (Field Hockey Assessment/Coaching Packet and Gear Collection); Evelyn Tomaro Troop Juliette (Chatham Music Tutoring Program); Ava Tesoriero Troop 8-2215 (Sensory Art Program); Grace Toscano Troop 8-2215 (Ogden Junior Preschool “Pocket Park”); Grace Nugent Troop 8-1981 (Giving Gardens); Samantha Teisch Troop 8-1981 (Career Glimpses); Kaitlin Osucha Troop 8-1203 (Educate, Provide, and Continue); Aerin Zucchi Troop 8-1203 (Summer Reading, Isn’t It a Blast); Melissa Moran Troop 8-1016 (You Are Not Alone); and Claire Tunny Troop 8-0104 (They Were Here for Us, Let Us Be There For Them).

The Senior Class of 2021 Ambassador Scouts

are as follows: Katherine Caviness (T8-0104), Sarah Delaney (T8-0104), Gianna Latorre (T8-0104), Katie Caracciolo (T8-1016), Kate Donsky (T8-1016), Bridget Evelth (T8-1016), Peyton McGarry (T8-1016), Kerri McNelis (T8-1016), Jemma Thorne (T8-1016), Christine Purschke (T8-1203), Elise Ruggiero (T8-1981), Ciara Doherty (T8-2076), Serena Didio (T8-2076), Claire Silverstein (T8-2076), Shannon Gilfillan (T 8-2215), Ava Voight (T8-2215), and Amanda Williams (T8-2215). There are two ECLC active Girl Scouts who are Alexis Cassino and Lauren Fernandez.

The Evening Ceremony ended with the presentation of Orchids for the Troop Leaders, without whom the Girl Scouts would not have been able to achieve their Gold Awards. The Current Troop leaders are Susannah Doherty and Laura Ranji (Troop 8-2076), Sharon Moran (Troop 8-1016), Carrie Nugent and Lorraine Teisch (Troop 8-1981), Stacey Osucha and Ceal Purschke (Troop 8-1203), Barb Delaney and Beth Tunny (Troop 8-0104), and Alison Tesoreiro and Jane Voight (Troop 8-2215).

PARENTS WHO HOST, LOSE THE MOST

Dear Chatham Residents,
Please take the time to speak to your teen(s) about the consequences of underage drinking.

Underage drinking can have serious consequences for teens and young adults. According to the Centers for Disease Control and Prevention (CDC), at least 6 youth under 21 die every day from non-driving alcohol-related causes (such as drowning and suicide). Studies have shown that alcohol consumption by adolescents results in brain damage (possibly permanent) and impairs intellectual development. When drinking is delayed until age 21, a child’s risk of serious alcohol problems decreases by 70%.

Underage drinking is against the law, and it is also against the law for adults to serve or provide alcohol to minors. Parents who host parties and permit underage drinking may face serious consequences as a result. Adults who provide alcohol to minors can be held legally responsible for anything that happens when the minors drink and can face legal consequences. The penalties for giving alcohol to minors or allowing alcohol to be consumed on your property can include fines and is a Criminal Disorderly Persons Offense. A civil claim could also hold you financially responsible for injuries sustained by a third party as a result of the actions of a minor, who has been illegally served or had alcohol.

WHAT YOU CAN DO:

- Always be home when your child has a party or friends over.
- Let your child know that drinking alcohol is not ok and how alcohol can and will affect them.
- Check and make sure that alcohol is not brought into your home by other teens or young adults.
- Know your kids’ friends and communicate with other parents.

Sincerely,
Municipal Alliance Committee of the Chathams (MACC)
Promoting prevention to reduce substance use and build a healthier community

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