

# New Providence NEWS

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Issue 72 • September 2021

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## COMMUNITY PARTICIPATES IN NATIONAL NIGHT OUT

National Night Out, a national community-building campaign that promotes police-community partnerships, was held at New Providence High School on Tuesday, August 3rd from 7 to 9 p.m. The free community event was well attended. It featured giveaways, demos, games, exhibits, food, music by the Elefante Family Band, and a fireworks show at dusk.

National Night Out culminates annually on the first Tuesday in August. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. For more information visit [natw.org](http://natw.org).



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the New Providence News page on [facebook.com](https://www.facebook.com/newprovidencenews). Feel free to "Like," "Tag," and "Share."

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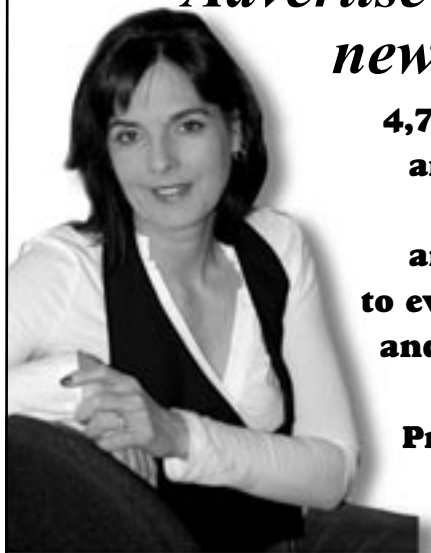
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## NP LIONS CLUB ANNUAL GOLF OUTING

*Submitted by Linda Kale*

New Providence Lions Club presented a huge "thank you" to Lantern Hill Senior Living Community for their sponsorship and participation in the 2021 Frank A Pizzi, Jr. Annual Memorial Golf Outing.

"The Outing was a lot of fun and a great success, enabling the Lions to raise funds to help the New Providence Community," commented President Tom Montrone.

The New Providence Lions Club is a 501(c)3 organization, giving back to the community 100% of the profits raised. Organizations that benefit from our annual support include NP

Recreation Dept., Fire Dept., Community Service Assoc., EMS Rescue Squad, Senior Citizens Center, PBA, NPHS Scholarships, NP Historical Society, Health Fair, NP Public Library, Drive for Autism, Soup Kitchen 411, Bonds of Courage and many more! Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. Lions make a difference!

To Donate: Mail check to NP Lions Club, PO Box 854, New Providence, NJ 07974

For more information/membership please email [info@nplions.org](mailto:info@nplions.org) or visit [nplions.org](http://nplions.org).



(above, l-r) Dave Marr, Valerie Marr, Bill Bradford, Dick Byrnes, Brian Cassidy, Director of Marketing, Tom Montrone, President of NP Lions club, Brian Geoffroy and Bob Campbell, NP Lions club Golf Committee.

## FAITH LUTHERAN DONATES BACKPACKS TO LOW INCOME CHILDREN

For the thirteenth consecutive year, Faith Lutheran Church in New Providence has given backpacks with school supplies to children, whose families cannot afford them.

During the summer, Faith's members and friends bought 105 backpacks and added school supplies to them. In each backpack, were a six pack of pens, a six pack of #2 pencils, a twelve-crayon box, one package of lined notepaper, one package of construction paper, a twelve inch ruler, a miniature pencil sharpener, a pair of scissors, a glue stick, a toothbrush and a tube of toothpaste.

The backpacks were given to three organizations, who distributed them to the parents of the children. The organizations were St. Stephan's Grace Community, a welcoming and multicultural Lutheran church in the Ironbound District of Newark; Plainfield Action Services, a community action agency, who provides services to low income families; the Community Service Association of New Providence, who offers financial assistance to residents in time of need.

The pastor of Faith is Rev. Jane McCreedy. Visit the church at 524 South Street, New Providence or its website at [famfaith.org](http://famfaith.org) or phone 908-464-5177.



(above) Don Treich, a resident of Berkeley Heights, has been a member of Faith for sixty-two years. He is the leader of Faith's backpack ministry.

# New Providence Market Watch

**CHRISTIE'S**  
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## Recent New Providence Home Sales

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ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE	DOM
51 Colchester Rd	5	3.1	2	\$1,100,000	\$1,210,000	11
163 Ryder Way	4	3.1	2	\$899,000	\$950,000	22
40 Newcomb Dr	3	2.1	2	\$779,000	\$903,000	8
46 Knollwood Dr	4	2.1	2	\$849,000	\$880,000	10
117 Stoneridge Rd	3	2.1	2	\$849,000	\$875,000	18
205 Sagamore Dr	4	3.0	2	\$815,000	\$860,000	9
30 Hathaway Dr	4	2.1	2	\$750,000	\$795,000	0
74 Possum Way	4	2.1	2	\$729,000	\$780,500	13
159 Mountain Ave	3	2.1	1	\$699,900	\$780,000	16
5 Colchester Rd	4	2.1	2	\$799,000	\$770,000	31
55 Sagamore Dr	4	2.1	2	\$749,000	\$769,000	14
172 Commonwealth Ave	4	2.1	2	\$699,000	\$751,221	11
7 Yarmouth Dr	4	2.1	2	\$739,900	\$739,900	15
62 Candlewood Dr	3	2.1	2	\$709,999	\$725,000	35
143 Crane Cir	3	2.1	1	\$699,000	\$700,000	9
20 Dogwood Ln	3	2.0	1	\$619,000	\$650,000	15
52 Dogwood Ln	3	2.0	1	\$619,000	\$650,000	18
801 Mountain Ave	5	2.1	2	\$659,900	\$647,000	41
172 Woodbine Cir	4	3.0	2	\$669,000	\$640,000	26
244 Elkwood Ave	3	3.0	2	\$609,000	\$615,000	42

Source: GSIMLS, selected properties sold between 07/21/2021-08/23/2021

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In Centennial Park, a steel girder from Ground Zero is the centerpiece of a memorial honoring six New Providence residents who died at the Twin Towers on September 11, 2001: Gerard J. Coppola, Richard A. Dunstan, Michael Gogliormella, Robert Wayne Hobson, III, Susan D. Murray and William Tselepis.

A plaque reads: "The people of New Providence dedicate this artifact from the World Trade Center to the memory of our friends and neighbors lost in the attack on our country on September 11, 2001. God bless them and the United States of America."



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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.

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## JOSIE KWAN AWARDED FAITH LUTHERAN SCHOLARSHIP

*Submitted by Larry Holt*

Josie Kwan of Berkeley Heights has been awarded the Franklin and Elsie Nelson Scholarship of Faith Lutheran Church in New Providence for the academic year, 2021-2022.

Miss Kwan will be entering her sophomore year at Susquehanna University in Selinsgrove, PA. She is majoring in Special Education. Two experiences have inspired Miss Kwan's choice of major.

During three summers, while in high school at Governor Livingston, Miss Kwan was part of a

group from Faith that went to Cosby, Tennessee, an impoverished town in the Appalachian Mountains, to conduct a camp for children, ages three through fifteen. Miss Kwan's second inspiration began while she worked at a childcare center. She briefly worked with a boy with autism. He inspired Miss Kwan to take the class introduction to special education at Governor Livingston where she received more exposure to students with special needs.

During the next academic year, Miss Kwan will be a Resident Assistant for Susquehanna freshmen. She will also be a member of the freshman orientation team. She is a member of the Pinky Swear club, whose name comes from two persons linking their pinkies to signify that a promise has been made. The promise of the club is to raise awareness of childhood cancer and support the children and their families. Miss Kwan is the Public Relations Officer on the

executive board of Pinky Swear.

She is part of a group from Faith, who tutors immigrant children from Central and South America at St. Stephan's Grace Lutheran Church in Newark. Before the pandemic, she made different colored bracelets for each of the children.

At Governor Livingston High School, Miss Kwan was the Business Manager for the yearbook and the Boys Fencing Manager.

The Franklin and Elsie Nelson scholarship was established twenty-seven years ago by Franklin Nelson, a long-time member of Faith. The scholarship is given to a member of the church, who is pursuing a degree at a Lutheran college or university.

The pastor of Faith is Rev. Jane McCready. It is located at 524 South Street in New Providence. The phone number is 908-464-5177. The web site is famfaith.org.



(above) Rev. Jane McCready, pastor of Faith;  
Josie Kwan, Franklin and Elsie Nelson  
Scholarship recipient.

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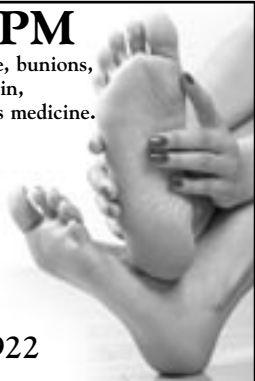
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## 4TH ANNUAL NEW PROVIDENCE BOOK FESTIVAL

On Saturday, September 18, 2021, New Jersey authors will sign their books and talk to visitors at the New Providence Book Festival. Located on the grounds of the historic Salt Box Museum, the festival will include a series of presentations by authors.

At 10 a.m., during the children's story hour, Cindy Gelormini and Angela LaCarrubba will read from the children's books, *Robbie's World* and *His SPECTRUM of Adventures!* and *Dancing with the Truth*.

At 11 a.m., Nev March, the first Indian-born author to win the Mystery Writers of America Award for Best First Crime Fiction, will share her journey from Mumbai to writing a mystery novel based on real murder case from the 1890s in *Murder in Old Bombay*.

At 12:00 Noon, Sarajane Giere will talk about her book, *My Pilot*, which offers an intimate glimpse into the life of a military wife as she tells the story of her fighter pilot husband, Bernie, a Vietnam Veteran who flew 214 combat missions in the Vietnam War and served 25 years in the Air National Guard's world-class 106th Rescue Wing.

At 1 p.m., join us for an interactive panel discussion between authors discussing their journey to becoming published authors and their

diverse writing processes.

Other authors signing their books include J.R. Bale, Linda Barth, Michael Stephen Daigle, Ann Frommer, Renny W. Hodgskin, Charles Levin, Elissa Matthews, Bob Mayers and D.J. Murphy.

"Returning after a hiatus, we wanted to create an event that connects authors with readers in a very personal way," explains J.R. Bale, author and one of the organizers of the event. "With over 15 authors of writing in various genres, it will be a stimulating event for even the most casual book lover. After over a year of restrictions, many book lovers are looking to reconnect on a social and literary level."

Anyone purchasing a book at the festival will be entitled to receive a free raffle ticket for drawings for a gift basket, which will include a Barnes & Noble gift card.

The festival will be held on the grounds of the Salt Box Museum at 1350 Springfield Avenue from 9 a.m. to 3 p.m. The rain date is September 25, 2018. The Salt Box Museum, the site of the festival, is operated by the New Providence Historical Society, and will be open for tours, free of charge. Refreshments will be available on the grounds.

More information is available at [newprovidencebookfestival.com](http://newprovidencebookfestival.com).

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## SAVE THE DATE FOR TWO EVENTS– OCT. 2: FREECYCLEFEST AND GREEN DAY

Two events will take place in New Providence on October 2nd.

The 3rd Annual FreecycleFest will take place 9 a.m. – 2 p.m. at the American Legion, 357 Elkwood Ave, New Providence. The popular event serves as a townwide garage sale—where everything is free. Everyone in the community is invited to participate by browsing, and taking any items that catch their eye; or by donating high-quality, pre-loved items; including home goods and accessories, well-functioning appliances, craft supplies, exercise equipment and more.

Donations will be accepted from 9 a.m. – 1 p.m. on the day of the event. For more information and a full list of donation dos and don'ts, please see: <https://tinyurl.com/4vhw9jrr>

New Providence's inaugural Green Day will take place 11 a.m. – 2 p.m. at Centennial park. The event will feature sustainable ideas, exhibits and innovations, of interest to the whole family. Visitors are invited to stop by and check out electric cars, bikes and scooters; hear from guest speakers, and explore Earth-friendly initiatives by local businesses and the community.

## LEAGUE OF WOMEN VOTERS CANDIDATES FORUMS - SEPT 9

The League of Women Voters of Berkeley Heights, New Providence and Summit are planning virtual Candidates Forums in each of the towns. The Candidates Forums are important because they give the residents information on how the candidates stand on the issues.

Summit Common Council will be held on September 9 at 7:30 p.m. Berkeley Heights Township Council will be held September 14 at 7:30 p.m.

As of this writing, plans for a New Providence Borough Council forum and a Berkeley Heights Board of Education Forum have not been finalized.

Information on accessing the livestream forum as well as how to submit questions for the candidates will be found on our website, LWVBHNPS.org.

All Candidates in the three towns, as well as the candidates for Union County Commissioner, have received an invitation to

respond to several questions. By going to Vote411.org and entering your address, you will be able to see all the candidates for whom you can vote. You can read about their background and then see their answers to the questions presented to them by the League.

As a reminder, this year voters can cast a ballot on the machine prior to the election (October 23-30). The list of locations and times are available at UnionCountyVotes.com.

Last year everyone received a Vote-By-Mail Ballot, if you wish to vote by mail-In ballot this year, you need to apply for one. If you have previously asked to vote by mail-in ballot one will be sent to you automatically.

Poll Workers are desperately needed for not only Election Day (November 2), but also for early voting. Please volunteer. You will be providing a civic duty.

For any other information around voting or forums, please email  
LWVBHNPS@yahoo.com.

  
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# GIRL SCOUT SILVER AWARD PROJECT BENEFITS NEW PROVIDENCE

Over the past two years New Providence Girl Scouts Mayuri Rajakaruna, Sriya Tallapragada, and Lauren Venturella have worked together to accomplish a Silver Award project. To earn the award scouts must identify and implement a sustainable project that helps the community.

These scouts recognized the challenges of mental health in children. They saw young children having difficulty coping with stress, finding it hard to boost their self-esteem and think positively about themselves, and lastly struggling to achieve their daily tasks and goals.

The three girl scouts came up with a new impactful idea that consisted of three separate activities. They created a mental health workshop series for children in New Providence and surrounding towns. They built a Kindness Rock Garden at the New Providence Memorial Library. Lastly, they developed a spirit week called “NPMS Fidget Week” at New Providence Middle School to celebrate Mental Health Awareness Month and bring attention to the matter.

The girls dedicated Saturdays during the month of May to have their workshops. Each girl had chosen their topic and found a local therapist/counselor and researched their topic and created a whole workshop including crafts, a short presentation, and fun activities.

Mayuri’s workshop was based around the topic of “Self Esteem”. She noticed that a lot of children younger than her always focused on their negative qualities instead of focusing on their amazing traits. She took this topic and created a fun monster-themed self-esteem workshop, partnering with Rebecca Coniglio, and taught through fun monster characters how self-esteem can be implemented into our everyday life. She used an easy homemade craft and made self-esteem jars with her audience which consisted of children writing anything they liked about themselves on small squares of paper and placing them in their jar. Then, moving on they would fill up their jar whenever they found something new that they liked, and whenever their self-esteem was down they could simply pick a paper or two from their jar and remind themselves of their positive qualities.

In a virtual world, it can be really hard for young kids to stay focused and set goals. Sriya herself noticed that distractions like social media and the internet have been especially difficult during online school. Young children sometimes have difficulty focusing without any external help. To fix that, she partnered with a local therapist, Lindsay Robertson from Summit, NJ, who helped her realize the power of a growth mindset. Together, using fun DIY activities and worksheets, their workshop discussed how to prioritize, how the brain works, using persistence as a superpower, and most importantly, helping participants learn to respect and value their amazing brain. The children who attended the lesson came out with a renewed belief in themselves and their wonderful brains. They learned how to follow the steps needed to develop a growth mindset and prioritize what is important to them. The simple lessons that they learned is something that they were able to carry



(above) Ribbon Cutting of Kindness Rock Garden at the New Providence Library. Councilwoman Nadine Geoffrey, Girl Scouts Sriya Tallapragada, Buvanmie-Mayuri Rajakaruna, and Lauren Venturella, and Mayor Al Morgan.

Photo by New Providence Girl Scouts

into all aspects of their life, from school work to social situations.

Lauren’s workshop focused on dealing with stress and problem solving. She worked with Dr. Carrie Spindel Bashoff to create her lesson. Dr. Spindel Bashoff is a licensed clinical psychologist who specializes in helping people with anxiety. Her practice is in Livingston, New Jersey. Together, they made a concise lesson of important coping skills that children can incorporate into their everyday lives. They learned how to follow the STEPS model to solve their own problems, how to know if they are stressed out, and ways to combat those feelings.

The children came out of the lesson understanding that they should always reach out for help from trusted adults and loved ones in their lives. Simple tactics like these will make a vital difference in someone’s life if taught at a young age. Familiar faces that attended the following workshops let Lauren know that they shared the methods of coping with their families at home and have made them a habit in their day to day lives.

Throughout these workshops, the girls received many compliments from adults who attended with their children. Jennifer Casanova, a parent stated, “You all did a wonderful job on this series and should be so very proud of yourselves. The time and effort you put into this silver award is inspiring! Thank you for giving back to our community and realizing that this is what we need at this time.”

The biggest event throughout the whole month of May was the Kindness Rock Garden grand opening. Over 50 participants came and painted rocks to fill the new rock garden on the front lawn of the New Providence Memorial Library.

Each participant was given a kit which included a rock, paintbrush, set of paints, and a marker. The participants came with their friends and family and listened to music and painted with one another. This was an amazing event that brought families and friends together to spread kindness and see one another again as the pandemic started to settle more.

The New Providence Middle School Fidget

Week was based around mental health. Fidget Toys are for all ages that people are meant to play with to calm themselves and reduce their stress and anxiety.

Students were asked to volunteer in making kits filled with craft supplies so students throughout the school could make fidget kits. They consisted of stress balls, glitter jars, and popsicle bead fidgets. Students were given an additional pamphlet about mental health, explaining the importance one’s mental health. This pamphlet was created by the three girl scouts.

Overall, the three girls had done an amazing job in creating this project. Throughout the pandemic, it was inspiring how they accomplished such a high award in Girl Scouts but also helped their community during a time of need.

Visit the Kindness Rock Garden at the New Providence Memorial Library and check their website page to view their projects and download resources: <https://sites.google.com/view/mental-health-silver-award/home>.



## SEPTEMBER EVENTS AT THE NEW PROVIDENCE LIBRARY

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### ALL YEAR LONG - CELEBRATE

#### THE NP LIBRARY'S 100TH ANNIVERSARY

The New Providence Memorial Library is celebrating its 100th anniversary from our founding in 1921. Visit our website and social media pages for the latest on our year-long celebration, including great events!

#### Catch Up on Summer Reading! (Middle School)

September 1-7

We've got book lists and displays of both fiction and nonfiction books you can get through this week to still satisfy your summer reading requirements! Your assignment can be found: [npsd.k12.nj.us/Page/542](http://npsd.k12.nj.us/Page/542)

#### Storytime on the Lawn (Kids)

September 2 at 10 a.m.

Join Ms. Sam on the front lawn for outdoor storytime. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register. Masks required for ages 5 +.

#### Tenafly Nature Center:

#### Hanging with the Herps (Kids)

September 9 at 3:30 p.m.

Develop an understanding of why scientists classified reptiles and amphibians as herps.

Meet 4-5 live reptiles and amphibians.

Registration is required. This program will take place on the lawn weather permitting.

#### Book Group (Adults)

September 9 at 7:30 p.m.

The book group will discuss "Homegoing" by Yaa Gyasi, a novel that stretches from the tribal wars of 18th century Ghana to the streets of 20th century Harlem. To join, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) or stop by the reference desk.

#### Virtual Club Phoenix (Kids) Club

September 13 at 3:30 p.m.

Phoenix is online! In this program kids will learn about science, engineering, and logical thinking. Videos will be posted once a month at 3:30 p.m. on the library's YouTube channel:

[youtube.com/c/newprovlibrary](https://youtube.com/c/newprovlibrary)

#### Baseball Discussion Group (All Ages)

September 13 at 7 p.m.- 9 p.m.

You're invited to discuss baseball teams, players and issues of the sport with other baseball fans over zoom. Children with a guardian are welcome to join this group of mostly seniors. To join the baseball group, email the library..

#### Storytime on the Lawn (Kids)

September 14 at 11:30 a.m.

Join Ms. Lori on the front lawn for outdoor storytime. We'll read some stories, sing some songs and learn some rhymes! Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register. Masks required for children ages 5 + and adults.

#### How to Make Your Common App Less Common (High School Juniors & Seniors)

September 15 at 5:30 p.m.

Ready to start working on your Common App?

Join us to get the inside scoop on how admissions officers review and evaluate the different sections of the Common Application. Email [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com) to register for this free webinar from CollegeWise.

#### Take Home Craft (Kids)

September 20-24 (or while supplies last)

Pick up this month's take home craft in the library lobby! Kits are first come, first serve.

#### Virtual Origami Club (Kids)

September 20 at 3:30 p.m.

Learn all about origami and how to make your own creations right at home! For children in grades 3-4. Email [NPMLChildrens@gmail.com](mailto:NPMLChildrens@gmail.com) to receive your origami kit and the link to the YouTube instructional video.

#### Book Group (Adults)

September 21 at 10:30 a.m.

The book group chose to read "A Tree Grows in Brooklyn" by Betty Smith. To join the book group, stop by the reference desk or email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

#### Teen Volunteer Training (7th-12th graders)

September 21, 22, 23 at 3:30-5:00 p.m.

Are you interested in earning volunteer hours working at the New Providence Library? If so, email [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com) BY SEPT 20 to express interest. Indicate your name, grade, email address and your volunteer schedule availability. Training will take place on Sept. 21, 22, and 23 (dates and groups will be assigned based on numbers of interested volunteers). These training dates are for all volunteers who wish to work Sept - Feb. Next training sessions for teens will be in Feb. 2022.

Check out our Teen Volunteer page on the website for more details:

[newprovidencelibrary.org/services/teen-services/volunteering](http://newprovidencelibrary.org/services/teen-services/volunteering)

#### Pajama Storytime on the Lawn (Kids)

September 21 at 6 p.m.

Join Ms. Deb on the front lawn for outdoor storytime. Don't forget to wear your jammies! Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to register.

Masks required for ages 5 + and adults.

#### Consumer Fraud Protection (Adults)

September 23 at 7 p.m.

Learn how to avoid IRS scams, phone scams, lottery scams, grandparent scams, email scams, telemarketing scams, identity theft, phishing, and more. This presentation by the New Jersey Department of Community Affairs will be held over zoom. Email

[rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) to register.

#### Rob Barnett, Author of "Next Job, Best Job" (Adults)

September 30 at 7 p.m.- 8 p.m.

Headhunter Rob Barnett, author of the recent book Next Job, Best Job, will present the essential elements of a modern job search in this zoom presentation. Learn strategies to build your confidence, find the companies you want to target, navigate LinkedIn, nail the perfect 30-minute interview, and master social media like a pro. Learn more about Rob and his new book at [RobBarnettMedia.com/Book](http://RobBarnettMedia.com/Book). To register, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).



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The Golf Outing proceeds will benefit our Council supported Charities and Programs. We will also be making special donations to the New Jersey Veteran's Network and Cranford Front Line Appreciation Group (FLAG for Cranford) in recognition of all of the great work both organizations have done and are doing in support of our Veterans and First Responders during these trying times.

For More Information about Sponsorships, Playing or to get involved, please contact:

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Kevin Cumiskey - Deputy Grand Knight .....973-390-9327 .....[kevin.cumiskey@gmail.com](mailto:kevin.cumiskey@gmail.com)

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Ed Bagniewski - Golf Outing Committee .....973-445-1075 .....[hfpbaggy@verizon.net](mailto:hfpbaggy@verizon.net)

Ed Nestor - Golf Outing Committee .....908-447-2804 .....[enestor2825@gmail.com](mailto:enestor2825@gmail.com)

Wally Shackell - Golf Outing Committee .....908-868-9988 .....[shackell3@yahoo.com](mailto:shackell3@yahoo.com)

Jim Feehan - PGK & Golf Outing Committee .....908-217-9245 .....[jfeehanjr1@gmail.com](mailto:jfeehanjr1@gmail.com)

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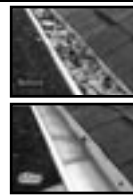
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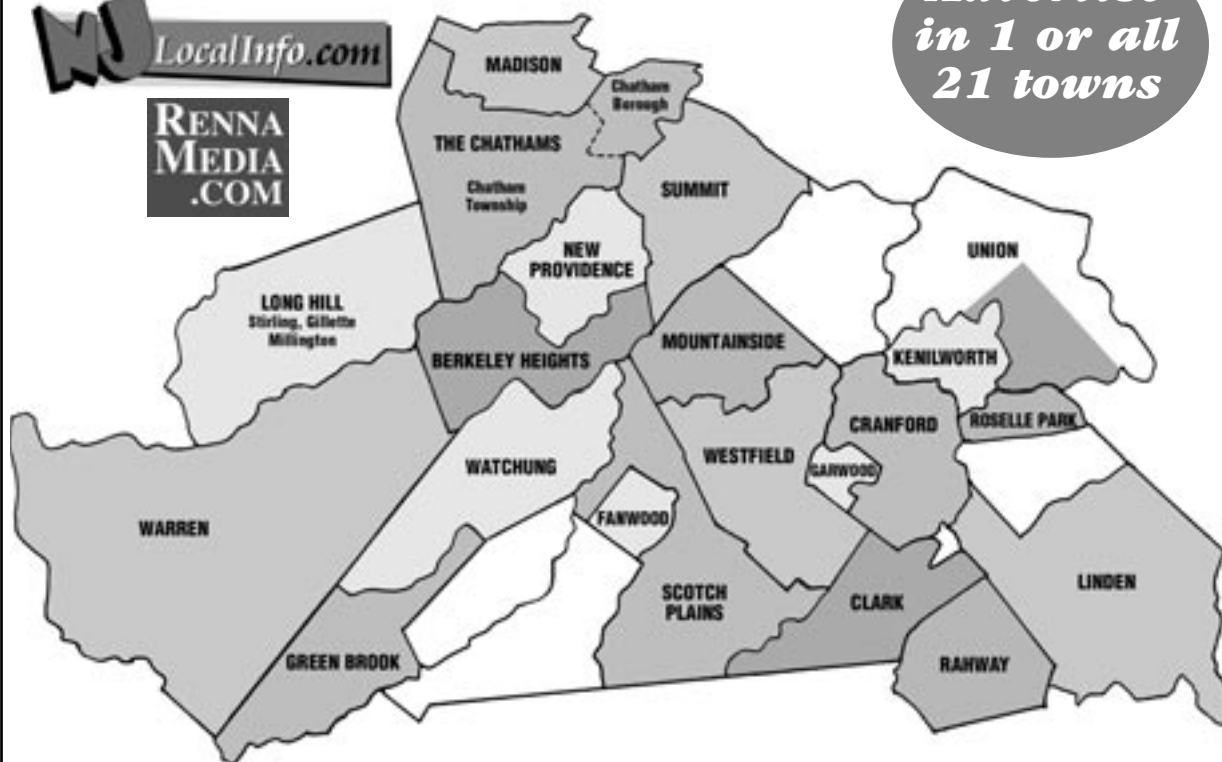
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**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
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**ATTENTION  
PARENTS  
OF KIDS  
AGES 6-18**

# Fall Athlete Performance Training in Berkeley Heights

**Discover how to get your children strong, fast, and confident  
this fall . . . so they can become the best athletes they can be.**

**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.

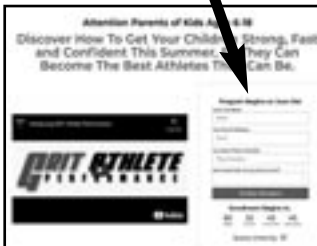


## HOW TO REGISTER

**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.

**The Details**      Dates: **SEPT 7TH - DEC 4TH**

**Age Groups**

- 6-10 (Spaces Remaining: 9)
- 9-13 (Spaces Remaining: 7)
- 14+ (Spaces Remaining: 11)

Please visit  
[www.gritathletes.com/Fall](http://www.gritathletes.com/Fall)  
for days/times at each age group

Location: Sessions are held at the  
**GRIT SPORTS PERFORMANCE COMPLEX**  
(Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration  
Expires Sept. 7th**

# ATTENTION: ADULTS OVER 40 THAT HAVE PUT THEIR FITNESS ON THE BACK BURNER

## HOW TO WIN 12 MONTHS OF FREE PERSONAL TRAINING & NUTRITION COACHING

*Deadline to Enter: September 17th*


Gabriele Fitness in Berkeley Heights is giving away 2 of their Diamond level personal training memberships...each valued at over \$8,000...so you can get the ultimate transformation for your health and fitness. This experience will change your life forever...

**You Should Apply If:**

- ✓ You're finally fed up with the struggle of fitting into the clothes you want...apply below
- ✓ You're just done feeling tired all the time...
- ✓ You're over the fact that your body aches and every time you try to work out you get hurt
- ✓ You're worried that your fitness level will prevent you from being active and mobile with your children and/or grandchildren...
- ✓ You're finally ready to take action and do something about this...


**Here's what you get if you're selected:**

- ✓ 52 Weeks of our Diamond Level Program that includes unlimited Personal Training and Fat Blast Cardio Sessions.
- ✓ A private personal trainer to oversee that your fitness program is perfect for you, keep you motivated and stay injury free.
- ✓ A private nutrition coach so you can continue to lose fat for all 52 weeks and know exactly what to eat
- ✓ A private accountability concierge to keep you on track the entire time



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

Gianni: My biggest challenge was overcoming bad habits. After joining, I felt great. My health was great. I was incredibly active. I felt like I was in better shape than when I was in my 30s.



**"GFP HAS GIVEN ME MY CONFIDENCE BACK. I FEEL GOOD IN MY BODY AGAIN"**

Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

### HERE'S HOW TO APPLY

**STEP 1**

**Scan This QR Code**



**STEP 2**

**Fill Out the Short Application**

HOW TO WIN 12 MONTHS OF FREE PERSONAL TRAINING & NUTRITION COACHING

**GABRIELE**  
FITNESS & PERFORMANCE



**STEP 3**

**We'll Notify You If You Win.**



[www.gabrielefitness.com](http://www.gabrielefitness.com)

**ABOUT GABRIELE FITNESS:** Gabriele Fitness is a personal training gym that helps people aged 40+ lose weight, gain energy and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in Berkeley Heights Area to transform their health and life for the past 13 years. As leaders in the fitness industry, they present their methods to trainers and gyms around the globe.