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## MILLINGTON FALL FOOD FEST AND CHILI COOK OFF

The Millington Volunteer Fire Company and Long Hill Fire Department hosted the Fall Food Fest on Saturday, September 25th, 2021, at the Millington Fire Company. The Fall Food Fest is a combination of the annual Food Truck Festival and Oktoberfest celebrations; this year the Festival also featured the 1st Annual First Responder Chili Cook Off.

The First Responder Chili Cook Off was held between Long Hill's First Aid Squad, Police Department, the Millington Fire Company and Stirling Fire Department. After all the votes were counted, the Stirling Fire Company was declared the winner; with Millington Fire in 2nd, Long Hill Police in 3rd, and First Aid Squad in 4th.



(above, l-r) Long Hill Police Chili, Long Hill EMS Chili, Millington Fire Co. Chili, Stirling Fire Department Chili

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## PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

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Sebastián Heredia has been awarded the 2021 Patriots' Path Sea Scout Leadership Award. Sebastián is a Sea Scout from Ship 228 in Linden and he is an Eagle Scout from Troop 67 of St. Teresa of Avila Catholic Church in Summit.

Sebastián discovered Sea Scouting in 2017 and has been dual enrolled in Ship 228 and Troop 67 ever since. In 2019, Sebastián was nominated Sea Scout of the Year and he was the only Sea Scout from Patriots' Path Council to attend the World Scout Jamboree in West Virginia as a member of the National Sea Scout Ship. At the World Scout Jamboree, 40,00 Scouts and leaders participated from all over the world.

Sebastián earned his Eagle rank in 2019 and later earned the Silver Palm award. He is a Brotherhood member of the Order of the Arrow. Sebastián graduated from Summit High School in 2020 and went on to become an EMT. He is a member of the Summit Volunteer First Aid Squad.

Currently, Sebastián serves as the Patriots' Path Council Boatswain. In 2021, he carried out a successful regional, virtual training program and was selected for this Area Leadership Award. He was also selected to attend SEAL this summer: the Sea Scout Advanced Leadership Training in San Francisco, California. SEAL Training is the highest leadership training for Sea Scouts. He is working to earn the rank of Quartermaster which is Sea Scouting's highest honor.



(above) Sebastián Heredia has been awarded the 2021 Sea Scout Leadership Award.

Sebastián is accepted to SUNY Maritime College and will enter the Regiment of Cadets in August. His goal is to obtain a United States Coast Guard deck license and a degree in Maritime Transportation. His future plans hope to include military service. He is grateful for all of the opportunities that have been granted to him through Scouting.

Sea Scouting is open to both male and female youth ages 14-21 who have graduated the 8th grade. There is a Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. If you are interested in learning more about Sea Scouting and Ship 228 in Linden please visit ship228.com.

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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.

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**Charles Sherrick**

★★★★★

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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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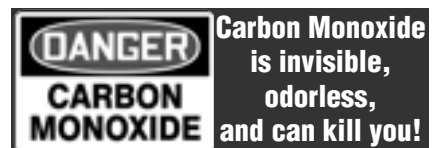
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(above) A happy family with completed bird houses



(above) Bob Pysher instructing the scouts on tool use and safety


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## FLINTLOCKS RUN CUB SCOUT WOOD TOOLS BADGE PROGRAM

*Submitted by Dr. D. Michael Hart*

The Flintlocks BSA, Inc. ran the Cub Scout Wood Tools Program at the Watchung Mountain District Spring Cub Family Camporee at Boy Scout Camp Winnebago in Rockaway, NJ this spring.

Fifty-three Cub Scouts earned a Woodcraft badge by learning about how to use wood tools, safety measures, and building a small bird house. The program starts with one of the Flintlocks explaining how to use wood tools properly and important safety measures. After the Cub Scouts build their bird house, they may practice using screwdrivers and a coping saw. The parents work with the children, and the Flintlocks offer guidance.

The Camporee has many different activities, including Archery, Batting cages, BB guns, First Aid Classes, and Fishing Derby, Climbing wall, Basketball, Volleyball, a 2-mile Hike, Rockets and Catapults. The shooting sports programs have NJ State Certified Instructors. Since it is a family camporee, and since girls may now join scouts, entire families may enjoy the fun, and the scouts earn various badges. Attendance at the camporee was 150 scouts with an equal number of parents. This was one of the first big events at the scout camp since the shutdown

over a year ago.

The Flintlocks BSA, Inc are a group of 27 retired scouts who volunteer every week all year round to help the scout camps of the Patriot's Path Council. They are incorporated as a separate 501c3. Facebook page is "Flintlocks". They do maintenance at the camps, build cabins, tent platforms, picnic tables, etc. In 2018 they built a STEM lab classroom for scientific related merit badges. The members also volunteer to help the scouts with various programs throughout the year. The Flintlocks purchase lumber from a lumber mill, then make the parts for the craft kits in their wood shop which are sold at the Council Scout shops. Bird houses have the bottoms attached with screws since a mother bird wants to build a new nest every year. The old nest needs to be cleaned out in the fall so a new family can start over again in the spring.

The Watchung Mountain District of the Patriot's Path Council, Boy Scouts of America serves the communities of: Berkeley Heights, Fanwood, Garwood, Gillette, Long Hill Township, Meyersville, Millington, Mountainside, Murray Hill, New Providence, North Plainfield, Scotch Plains, Stirling, Summit, Warren, Watchung, and Westfield.



(above) The five Flintlock volunteers Chuck Hoeckele, Bob Pysher, Jeff Huppert, Frank Wallace, and Dr. D. Michael Hart.

## ST. VINCENT DE PAUL PARISH OCTOBER EVENTS

### FISH AND CHIPS DINNER – SAT., OCT. 16

Our semi-annual Fish and Chips Dinner will be Saturday, October 16th. This year the dinner will be take out only. Order pick up will start at 5:30 p.m. Online ticket sales will soon be available on the parish website [stvincentschurch.org](http://stvincentschurch.org). The proceeds from the dinner will benefit our sister parish in Haiti. If you are able to help with the event please contact [parish@stvincentschurch.org](mailto:parish@stvincentschurch.org).

### CLOTHING COLLECTION – FRI., OCT. 29TH

The Rosary Altar Society Collection of wearable, usable clothing for the needy throughout the world will take place all day Friday, October 29th until 7 p.m.

Needed items are men's, women's and children's clothing, shoes, belts and handbags. We are also accepting linens, bedding, curtains, towels, stuffed animals, soft toys, bikes, and strollers.

Please put all items in standard kitchen garbage bags (except for the bikes and strollers) and tie the bag closed. Bags should not exceed 20 pounds. Please bag shoes separately.

Please do not bring your items to the church meeting room prior to the collection date, or after.

The Parish is located at 250 Bebout Ave. Stirling. For questions or to volunteer to assist please visit our website [stvincentschurch.org](http://stvincentschurch.org), or email [parish@stvincentschurch.org](mailto:parish@stvincentschurch.org).



## HICKORY TREE CHORUS HOSTS OKTOBERSINGFEST 2021

Love singing? Come sing with the Hickory Tree Chorus on Wednesday evenings in October from 7 to 9 p.m. OktoberSingFest singing workshops are free and will be held via Zoom or in person for fully vaccinated members and guests as covid safety protocols permit. Participants will learn more about chord-ringing, fun-filled, four-part harmony. Broadway, Beatles, and more!

Hickory Tree is an award-winning women's

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please register for OktoberSingFest by email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. More information can be found at [hickorytreechorus.org](http://hickorytreechorus.org).



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# HISTORIANS SEEKS PHOTOS OF RAILROAD WORKERS FROM YESTERYEAR

## County of Morris

There was a time when “Railroaders,” as they were known, were revered in New Jersey and around the nation.

In Morris County, the term “railroader” became a catchall phrase for railroad employment, from those who worked on the railroad and at the depots to ticket agents and, of course, the engineers, who were written about in absolutely heroic terms in early newspapers of the 19th Century.

It was a time in America when the railroads served as a commercial boon for the towns they served, whether it be commuter trains or the freight lines. The “Iron Horse” allowed for settlements in the west, and the growing railroad network allowed wealthy northerners to winter in the south, establishing Florida as the place for “snow birds” more than a century ago.

Morris County historians are compiling lists

and records of the local men and women who built, supported and just made the railroads go in those early days and are asking anyone with photographs to share them. The county is interested in any aspect of railroad employment.

Please contact Jan Williams in the Morris County Office of Planning & Preservation at [jwilliams@co.morris.nj.us](mailto:jwilliams@co.morris.nj.us) if you have photographs to offer.

It is an important aspect of Morris County history worth documenting. Railroads were once a staple in Morris County life. They provided shopkeepers with goods, afforded speedy mail delivery and, most importantly, were a key source of employment. Railroads served as a companion tool for the Morris Canal; eventually overtaking the canal as a favored transportation mode for ore, goods and people.

There are examples of “canalers” trading life on the water for one on the rails.

It is worth noting for the “railroader” enthusiasts that Morris County boasts its own steam locomotive, which is pictured on this page. The United States Army Steam Locomotive No. 4039 is listed on both the New Jersey State and National Registers of Historic Places.

The locomotive has been under restoration with the help of a large federal grant, public donations and funds from the Morris County Historic Preservation Trust Fund. The fund also has helped to restore and preserve historic railroad stations, such as in Butler and Lake Hopatcong, and even support systems, including the Boonton train trestle.

Locomotive No. 4039 will be housed at the Whippany Railroad Museum, which is dedicated to preserving and recording the history of railroad activity in the region.

Learn more about the museum at [whippanyrailwaymuseum.net](http://whippanyrailwaymuseum.net).

## “RAILROADERS” HONORED IN MORRIS COUNTY ON-LINE COLLECTION

“Railroaders” were once revered in New Jersey and around the nation – the workers whose jobs ranged from conductors to ticket agents and, of course, the engineers, who were written about in heroic terms in newspapers of the early 19th Century.

Morris County’s Office of Planning and Preservation has compiled an on-line collection documenting the names of Morris County’s “railroaders,” including vintage photographs, news clippings and biographical data from the very early days through modern times. In some cases, only their names and brief information are listed because little else is known about them.

However, Morris County continues to search for more information and invites the public to help document these long-gone “railroaders.”

“The ‘Iron Horse’ changed the national landscape in the 1880s, both economically and physically. This list attempts to pay homage to the locals who made the railroad possible in Morris County - those who built it and those who worked it,” said Jan Williams, a historian

with the Office of Planning and Preservation.

“Major rails were built to service the Morris Canal and much like ‘canalers,’ the ‘railroaders’ appear to have been a generational profession with fathers, sons and grandsons working side by side,” said Joseph Barilla, Director of Planning and Preservation.

“Railroads have shaped the development of the county and have proven to be of economic importance for generations of Morris County residents. From supplying our industries in the 1900’s to providing a present day transportation source to the offices of Manhattan, the railroads were and are a key accessory to the employment of many,” Barilla added.

In Morris County, the term “railroader” became a catchall phrase for railroad employment, from those who worked on the railroad and at the depots to conductors and engineers. The 19th Century was a time in America when the railroads served as a commercial boon for the towns they served, whether it be commuter trains or the freight

lines.

Railroads allowed for settlements in the west, and the growing railroad network allowed wealthy northerners to winter in the south, establishing Florida as the place for “snow birds” more than a century ago.

It is an important aspect of Morris County history worth documenting. Railroads were once a staple in Morris County life. They provided shopkeepers with goods, afforded speedy mail delivery and, most importantly, were a key source of employment. Railroads served as a companion tool for the Morris Canal; eventually overtaking the canal as a favored transportation mode for ore, goods and people.

The collection is by no means complete, and anyone who wants to contribute to it is welcome to contact Jan Williams at [jwilliams@co.morris.nj.us](mailto:jwilliams@co.morris.nj.us).


The collection can be viewed online on the Morris County website at: [morriscountynj.gov/Departments/Planning-and-Preservation/Cultural-Resources-Survey/Railroaders](http://morriscountynj.gov/Departments/Planning-and-Preservation/Cultural-Resources-Survey/Railroaders)

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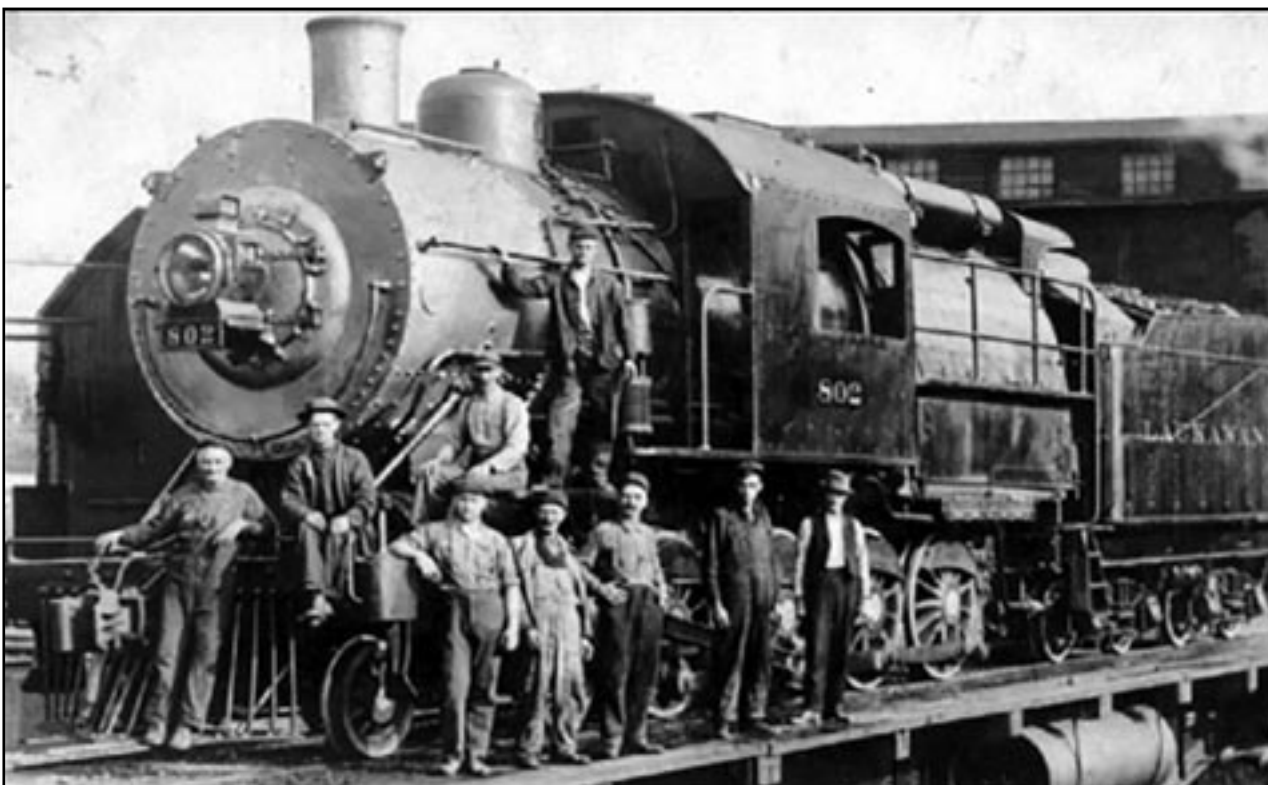
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# HELP US FIND MORRIS COUNTY'S PURPLE HEART HEROES

## County of Morris

In the final days of the American Revolution, on Aug. 7, 1782, General George Washington established the Badge of Military Merit to, as his general orders stated, “cherish virtuous ambition in his soldiers.” It was the birth of what we now call the Purple Heart, presented to military personnel wounded in the line of duty.

Morris County has a rich and storied history of Purple Heart honorees and its historians have joined the mission of the National Purple Heart Hall of Honor in New Windsor, N.Y. to collect, preserve and share the stories of all Purple Heart recipients. The Morris County Office of Planning and Preservation wants to make a full accounting of the local men and women who earned the honor, and the office is interested in any photographs, news accounts or artifacts that help to tell the story of each soldier.

“The Purple Heart Project is another avenue for veterans to get their history out there. We want to include everyone, regardless of the conflict they served in. Veterans’ history isn’t just national or global history, it is also a personal history of families on a very local level – even gut level. It’s important for future generations to know what their ancestors did. Their bravery and

sacrifices should not be forgotten,” said Jan Williams, a Cultural and Historic Resources Specialist with the Morris County Office of Planning & Preservation.

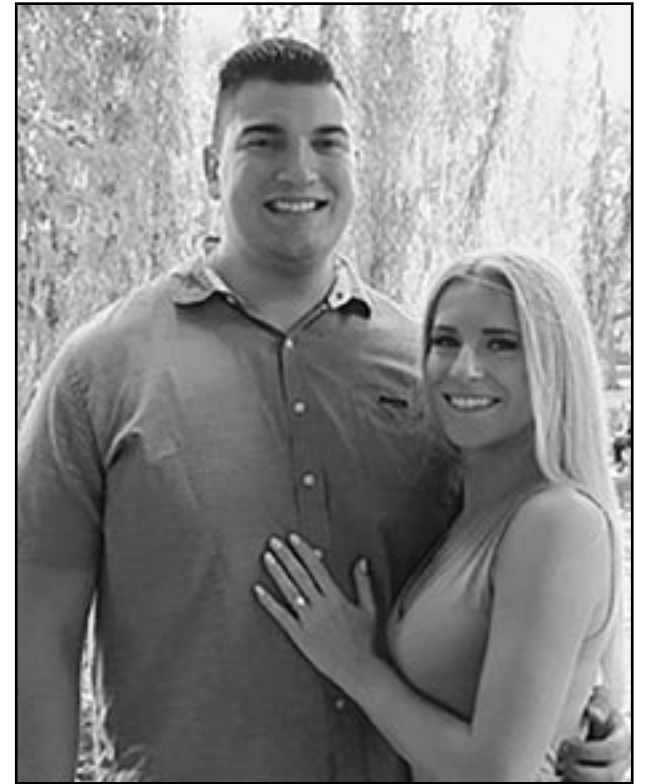
The county has a list of more than 350 area veterans who received the Purple Heart, but historians are convinced it is only a fraction of the actual number. Williams also noted that the National Purple Heart Hall of Honor, which operates as a research center and maintains a national database of Purple Heart recipients, also is trying to make a full accounting on a national level.

“This Purple Heart database contains service members’ names and units, but it has gaps and I hope that families will add this important information to the archives. For researchers and family members, it’s difficult to find information sources like this, completely cost free and easily accessed from home,” she explained.

Anyone may enroll a Purple Heart recipient to the national database, but documentation is required. Go to [thepurpleheart.com](http://thepurpleheart.com).

Please contact Jan Williams if you can add to Morris County’s accounting of its Purple Heart recipients by emailing her at [jwilliams@co.morris.nj.us](mailto:jwilliams@co.morris.nj.us).

# ENGAGEMENT DONEGAN - FRANCO



(above) Millington local Lindsay Donegan with her fiancé Christopher Franco.

Joseph and Darlene Donegan of Millington, New Jersey are pleased to announce the engagement on their daughter Lindsay, to Christopher, son of Frank and Luisa Franco of Wayne.

Christopher and Lindsay are both graduates of Fairleigh Dickinson University in Madison. Christopher graduated with a BS in Accounting and obtained his MBA with a focus in Management. He is currently a Financial Analyst for The InStar Group, LLC and is working towards obtaining his CPA.

Lindsay graduated with a BA in Psychology. Lindsay is currently pursuing her MA in Clinical Mental Health to obtain her LPC. She is currently a Mental Health Counselor for children.

Christopher proposed in the Boston Public Garden on August 7, 2021.



(above) Sculpture and monument at the National Purple Heart Hall of Honor in New Windsor, N.Y.



Photo by Jan Williams, County of Morris



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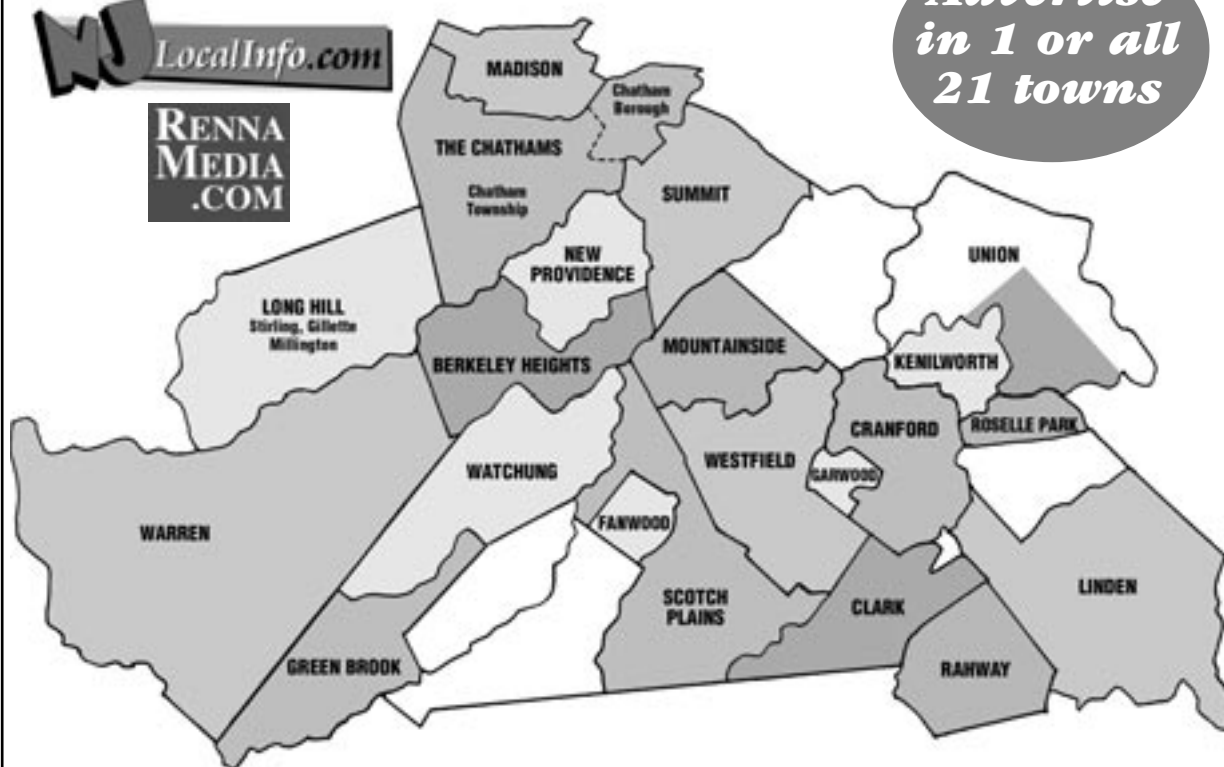
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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 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
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BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
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Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

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# PUBLIC ASKED TO BE ALERT FOR EHD IN DEER

The Division's Office of Fish and Wildlife Health and Forensics is asking those who are out in the fields and woods of New Jersey at this time of year to be alert for deer that may be affected by Epizootic Hemorrhagic Disease (EHD) and to report any suspected cases to the Division.

Symptoms of HD in deer may include difficulty standing, drooling, lethargy, respiratory distress, emitting foam from the mouth or nose, and swelling of the face, tongue, and neck. Because the disease causes fever, sick or dead deer are often seen in or near water, after drinking or attempting to cool off. Affected deer may also show reduced activity, loss of appetite, and develop ulcerations on their tongue.

Deer exhibiting any of the above-mentioned signs in late summer and fall, or dead deer observed in or near water should be reported to the Bureau of Wildlife Management at any one of the following numbers: Deer Biologist - Jodi Powers, 609-259-6965; Division Veterinarian - Dr. Nicole Lewis, 908-735-6398 or email nicole.lewis@dep.nj.gov.

HD is not a public health issue. Neither EHD nor BT viruses can be transmitted to people, and humans are not at risk by handling infected deer, being bitten by infected midges, or eating infected deer meat - though the Division of Fish and Wildlife strongly advises against consuming meat from any game animal that appears ill.

EHD virus rarely infects domestic animals, while BT is a known disease of domestic animals such as sheep, cattle, goats, and even domestic dogs. To date, no cases of livestock illness related to BT have been reported. People suspecting HD in domestic animals should have them tested for the virus.

Additional information may be obtained from the State Veterinarian's Office at 609-671-6400. The New Jersey Department of Agriculture's Animal Health Diagnostic Laboratory (AHDL) can assist in diagnosing suspected BT cases by offering testing and necropsy services. The AHDL can be contacted by calling 609-406-6999 or e-mailing jerseyvetlab@ag.state.nj.us.

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# Local Sports Performance Program Forced to Shut Down Registration

The Fall Grit Athletes Sports Performance Program is now shut down. The Berkeley Heights Based Athlete Performance has no more available spots for their fall program due to high demand from local parents looking for their kids to get an edge. They opted to shut down registration before taking on more kids into the program, even though there were people on the waiting list.

The bright spot is they have begun early registration for their highly anticipated winter program. The winter program has always been the most popular and is also highly likely to be sold out before it even starts. Grit Athlete performance announces the early enrollment of their winter athlete performance training program.

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.

## HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

## GET MORE INFORMATION

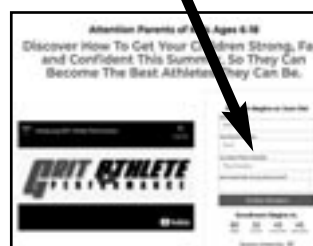
### STEP 1

Scan This QR Code



### STEP 2

Enter Your Info When You Get To This Page



### STEP 3

Coach Mike will call you and 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. To speak to Coach Mike directly about your child before signing them up call 908-464-4441.

## Winter Athlete Performance Training

Dec 13 - Mar 12

Age Groups

6-10 ■ 9-13 ■ 14+

Please visit

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

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 October 15th**