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## 13TH ANNUAL THANKSGIVING DAY CHATHAM TURKEY TROT

*Mile Family Fun Run & 5K Race Will Benefit First Responders and Diabetes Research and Education*

As a kick-off to the Holiday Season The Chatham Turkey Trot (TheChathamTurkeyTrot.org) will host its 13th Annual Thanksgiving Day Turkey Trot in the Highlands section of Chatham Township, NJ.

Curt Ritter, Founder and President of The Chatham Turkey Trot, said, "We are excited to once again gather in-person and invite runners and walkers, old and young, expert and novice, to participate in the 13th Annual Chatham Turkey Trot. Whether you choose to participate in the 1 Mile Family Fun Run or our USA Track & Field certified 5K Race, it's always great fun with family, friends, and neighbors as we come together as a community to kick-off the Holiday Season.

"Our funds raised benefit the Chatham Township Volunteer Fire Department, the Diabetes Research Institute, the Chatham Emergency Squad and The Barton Center for Diabetes Education."

### WHEN:

Thanksgiving Day, Thursday, November 25, 2021

### WHERE:

The Highlands section of Chatham Township at the corner of Seminole Way and 110 Van Houton Ave.

### REGISTER:

Register and pay online at TheChathamTurkeyTrot.org

**You must register before November 10th at Noon to receive a T-shirt (sorry no exceptions).**

1 Mile Family Fun Run: \$20/person

USA Track & Field Certified 5K Race: \$25/person

### RACE DAY:

\$30/person for all races

Checks payable to "The Chatham Turkey Trot"

### SCHEDULE:

8:00 a.m. – Registration (\$30)/warm-ups

8:30 a.m. – 1 Mile Family Fun Run

9:00 a.m. – 5K Race Program/1 Mile Awards

Ceremony/National Anthem

All 1 Mile Family Fun Run participants will receive a ribbon and the top boy/girl (under 13 years-old) will receive a trophy.

9:15 a.m. – 5K Race

9:55 a.m. – 5K Awards Ceremony

Awards will be presented to the top male and female and boy and girl (under 13 years-old)

Please e-mail TheChathamTurkeyTrot@gmail.com for additional information or visit our website and view the "Sponsors" tab.



### ABOUT THE CHATHAM TURKEY TROT

The Chatham Turkey Trot organizes and hosts the annual Chatham Turkey Trot, a 1-Mile Family Fun Run and 5K Race in which runners race through the scenic Highlands section of Chatham Township, NJ on Thanksgiving Day. Since 2009, The Chatham Turkey Trot has raised nearly 200,000 for the Chatham Township Volunteer Fire Department, the Diabetes Research Institute, the Chatham Emergency Squad and The Barton Center for Diabetes Education.

Like us on Facebook @thechathamturkeytrot or visit us at TheChathamTurkeyTrot.org.

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## THE CHATHAMS N.J.

### Renna Media LLC, Publishers

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The Chathams is published by Renna Media. 7,400 newspapers are printed monthly and mailed to every business and resident in the Chathams.

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### SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Then send us your news!

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## MADISON ROTARY CLUB NOVEMBER MEETING

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, the Club plans and reports on its service projects, and guest speakers present on a broad range of topics that are of interest to the community. Rotary meetings are held each Thursday morning in person at the Madison YMCA on Kings Road, and are also accessible by Zoom. The Club meetings start at 7:45 a.m. and conclude at 8:30.

On November 18th, the Club will welcome Dr. Claudine Mukabamano. After surviving the Rwandan genocide of 1994, Ms. Mukabamano obtained a doctorate in Humanities and has become an author and philanthropist. Her writings are focused on helping people develop to their fullest potential, and she uses her writing to support orphans in Rwanda. Her talk promises to be enlightening and uplifting and guests are welcome to participate.

Please note that Rotary meetings, speakers, or speaker schedules, are potentially subject to change. Please visit the Rotary website at [madisonrotarynj.org](http://madisonrotarynj.org) for information on accessing the meeting via Zoom, and for any updates to the schedule and other meeting details.



(above) The Madison Rotary's November 18th meeting will feature guest speaker Dr. Claudine Mukabamano, a survivor of the Rwandan genocide of 1994.

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

Thank you Spring Grove.

**Chrissy Sloan**  
★★★★★

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

Thank God for them!

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## MATTHEW ZABIEGALA NEW DIRECTOR OF MUSIC AT PCCT

The Presbyterian Church of Chatham Township (PCCT) is pleased to announce the appointment of Matthew Zabiegala as its new Director of Music. In his role, Mr. Zabiegala will be responsible for interacting with all musical programming, planning music for worship services, serving as organist and choir director, and working alongside Janice Williams, the Associate Music Director of PCCT, to build the music ministry program for all ages at the church. He will begin his position at PCCT on October 1, 2021.

“We are thrilled to have Matt join our church family and lead our music program,” said The Rev. Dr. Ellen C. Clémot, Senior Pastor of PCCT. “Matt is an exceptional musician, conductor, and tenor soloist. But what makes him most appealing is that he is also a caring, kind, and gracious person who brings out the best in everyone. I am confident that Matt will develop our music program in exciting ways, increasing participation by creating a fun environment for family members of all ages to share the joy of music together.”

Mr. Zabiegala is an accomplished musician in choral leadership, organ, and piano accompaniment, an experienced director of children and youth ensembles, and is a sought-after soloist and chorister. He has led liturgical music programs around New Jersey and Ohio (his home state) through weekly uplifting anthems, pieces of masterworks, meaningful

Concert Series, and solo vocal performances. Passionate about education, Matthew has served as the Director of Choirs at Central Crossing and Worthington Kilbourne High Schools in Columbus, OH, and, most recently, at Morris Knolls High School in Rockaway, NJ. He is committed to leading programs through innovative and philanthropic programming, community outreach, and most importantly, offering musicians a healthy environment to cultivate their artistry.

Mr. Zabiegala is the former music director at the Bridgewater United Methodist Church and currently serves as the Artistic Director of the New Jersey Chamber Singers. He holds a Master's degree in Choral Conducting from Mason Gross School of the Arts at Rutgers University and a Bachelor's degree in Music Education from The Ohio State University. Matt hails from Medina, Ohio, and currently resides in Chatham. He is thrilled to be serving a church in the community where he lives.

The Presbyterian Church of Chatham Township is a vibrant, multi-generational congregation that celebrates the glory of God through faith, fellowship and service. Drawing members from across the state and the nation by livestream, and from more than 20 communities locally, it welcomes all, whether you are a young family, a single adult, or a couple with grown children. The congregation reflects diverse perspectives, provides rich music and education



*(above) Matthew Zabiegala was named the new Director of Music at the Presbyterian Church of Chatham Township.*

programs for all ages, and through social outreach addresses hunger, homelessness and recovery from disasters or other crises. Follow PCCT on Facebook and Instagram to see the church in action. For more information, visit [pcct-nj.org](http://pcct-nj.org) or call 973-635-2340.

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# THANKSGIVING DONATIONS NEEDED IN THE MIDST OF INCREASED DEMAND



(above) Interfaith Food Pantry Network clients lined up to pick up fresh produce at a recent Thanksgiving basket distribution event. The Pantry expects to distribute more than 2,000 complete Thanksgiving baskets this year.

## Interfaith Food Pantry Network

The Interfaith Food Pantry Network (IFPN) is launching its Thanksgiving Holiday Program early this year due to anticipated increased demand for turkeys and all the trimmings. A surge in the number of food insecure families they are regularly serving has the IFPN bracing for a record number of Thanksgiving food basket requests from IFPN clients, as well as from numerous other Morris County social service agencies they supply.

They are asking the public for food donations to help them distribute over 2,000 turkeys and all the trimmings, including fresh produce. "We are seeing a significant number of new families requesting turkeys and holiday baskets this year, as are some of our community partners," said Carolyn Lake, Executive Director. "We greatly appreciate the support of the public in helping us ensure all Morris County families can have a Happy Thanksgiving."

Turkeys can be dropped off at the IFPN, 2

Executive Drive, Morris Plains, Monday to Thursday 9:00 a.m. to 4:30 p.m. and Fridays by prior arrangement. Turkeys can also be dropped off on Wednesday evenings November 10 and 17 until 7:45 p.m.

If you would like to sponsor a turkey/food drive, please contact Val Schuszler, Food Drive Coordinator, at 973-538-8049 x215. Additional information can be found at [mcifp.org](http://mcifp.org).

The Interfaith Food Pantry Network (IFPN) is the largest and most relied upon resource for emergency and supplemental food among Morris County residents in need. In 2020, the IFPN distributed 1.5 million pounds of food during more than 27,000 household visits to their food pantries and Mobile Network Partners, or the equivalent of 1.4 million meals to 86,000 people. For more information, visit [mcifp.org](http://mcifp.org). To donate, text 'Hunger' to 26-989.

If you could benefit from IFPN's assistance, please call 973-538-8049, ext. 210.

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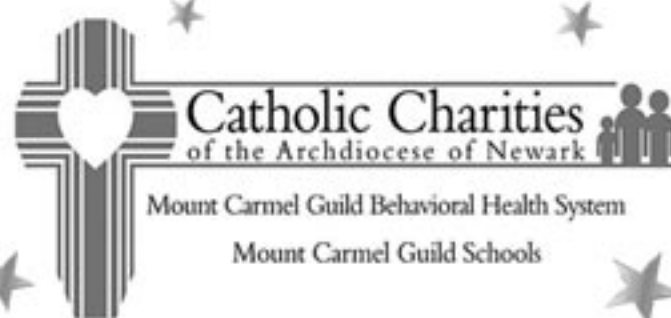
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# IT'S A FAMILY AFFAIR AT THE CHATHAM EMERGENCY SQUAD

*Chatham Emergency Squad welcomes family members*

Recruiting for the Chatham Emergency Squad happens in a variety of ways. Some members join after hearing about the Squad at their church. Some members join after experiencing the Squad's work firsthand. Some members join after they were unable to assist at an emergency and decided they needed to know more. And some members are recruited by their own family, making service on the Squad truly a family affair. Here are some (but not all) of their stories!

Craig Alperowitz joined the Squad in 2017. He has served on the Board of Trustees as Communications VP and currently as the Equipment LT in addition to his Thursday day crew. His daughter, Molly, a CHS junior, joined the 2021 Cadet Class in June. They received the news of Molly's acceptance to the highly competitive Cadet Program on their shared birthday, making it an extra special celebration.

Ella Maddi, 2013 Cadet Class, recruited her mom, Abigail, who joined the Squad in 2015. Abigail also serves on the Thursday day crew, as the CPR Manager and on the Nominating Committee and has previously served as the Squad's Secretary on the Board of Trustees.

Mikayla Meyler, 2018 Cadet Class, is currently attending Georgetown University and her sister, Sarah, joined the 2021 Cadet Class in June. They never served together, but Sarah's decision to apply was informed by Mikayla's experience. Siblings Geoff and Katie O'Malley (Cadet Classes of 2015 and 2018) served together for two summers. Geoff is attending medical school at Hackensack-Meridian School of Medicine and Katie is a sophomore at Boston College.

Matt Piechnik joined the 2017 Cadet Class and within a year had recruited his mom, Joanne Howden. Matt served on the University of Delaware Emergency Care Unit throughout college and began medical school at Thomas Jefferson University in Philadelphia in July. Joanne is the Wednesday Night Crew Chief, has served on the Board of Trustees as Personnel VP

and is currently the Training LT. As Personnel VP, Joanne related her experience when speaking with potential members: "Matt said 'Mom, you will love this!' and he was right!"

Ivan Rozhkov, 2018 Cadet Class, attended the mandatory parent/student meeting with his dad, Yevgeniy; by the end of the night, Ivan was ready to apply to the cadet class and Yevgeniy applied for membership. Yevgeniy said going through EMT school at the same time as his son was "... an interesting experience. It felt like going back to my favorite class in high school with my best friend. I was very proud to see my son in action and have him as a partner."

Robin Hoppe, current VP, Membership said "As popular as family member recruitment can be, we're always interested in speaking with anyone about their interest in joining - even if

they don't have a family member on board with us yet. Give us some time though; you may be surprised!"

The all-volunteer Chatham Emergency Squad never charges for its services; most of its annual expenses are paid for by donations from the community. In addition to providing Basic Life Support (BLS) service all day and night, every day and night, CES provides stand-by support for community events, such as the Chatham Turkey Trot, the Fishawack Festival, and many school sports events. CES also hosts blood drives including one on December 4, 2021, and provides free CPR training to residents, teachers, coaches, school crossing guards and emergency personnel, including fire and police.

To learn more, to donate or to volunteer, visit [chathamemergencysquad.org](http://chathamemergencysquad.org).



*(above) Matt Piechnik and Joanne Howden*



*(above) Molly and Craig Alperowitz*

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# Why This Former NFL Legend was Forced to Hire a QB Coach for his Son

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete winter Sports Performance session starts on December 13th in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their winter program that starts on December 3rd. Visit [www.gritathletes.com](http://www.gritathletes.com) to register for their winter session...or see below for more details...*

Want The Grit Athlete Performance Coaches to be your Second Voice?

## THE GRIT ATHLETE WINTER SESSION FOR KIDS AGES 6-18

DATE: DEC 13 - MAR 12 • LOCATION: GRIT SPORTS PERFORMANCE COMPLEX

(Located inside Gabriele Fitness in Berkeley Heights)

APPLY NOW

### STEP 1

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### STEP 2

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### STEP 3

Coach Mike will call you and set you up



**Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.**

# Attention Parents of Kids Ages 6-18

## HUGE ANNOUNCEMENT...THE GRIT ATHLETE PERFORMANCE WINTER PROGRAM IS NOW ACCEPTING APPLICATIONS

**Give us 12 weeks with your kids and we'll have them stronger, faster, and more confident...guaranteed.**

### **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*

## **APPLY NOW**

### **STEP 1**

Scan This QR Code



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Coach Mike will call you and set you up



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# HELP US SAVE A VET - VOLUNTEERS NEEDED

Michael D. Boll, Director

New Jersey Veterans Network

For the last few years the New Jersey Veterans Network and its mobile outreach team has been aggressively seeking out veterans in need and providing them resources to have a better way of life. This is only possible because of our volunteers' commitment and dedication with helping our veteran community. Donations are wonderful and help us purchase food, clothing, medical equipment and other life changing items, however someone's time is what makes an enormous difference.

During our charity's existence, we have provided meals for thousands of veterans and servicemen, dropped off PPE and clothing to veterans, provided medical equipment for disabled veterans, had 30 cars donated to disabled veterans, and most importantly we successfully saved the lives of veterans who were in some type of a dangerous crisis.

Every day we lose approximately 22 veterans to suicide and unfortunately this number hasn't changed over the years. Depression, PTSD and

trauma run extremely high among our veterans and their family members. There are countless lifesaving programs out there for veterans, however it's a difficult task to get veterans to trust others and go get the help they need to live a better life.

The New Jersey Veterans Network also has a program called Operation Rebound that consists of a mobile outreach team that helps to train veterans for events like races, hiking, and other athletic activities. The goal of Operation Rebound is to do athletic events from 5k races to long distance Iron Man competitions in order to empower the veterans and show the public how people can do amazing things with the proper support. It is truly incredible to see the veterans go from no physical activity to completing these tremendous athletic challenges.

Our charity has been able to work alongside other amazing charities that always put veterans first and are capable of rapidly providing them with essential resources. Recently, we formed a veteran anti-suicide and PTSD awareness coalition, called Uniformed Heroes, that will

provide peer support sponsors for any veteran in need. Our peer support sponsors will be trained by the VA and Penn Med and our goal is to have volunteers statewide to help veterans in need.

To make this upcoming Uniformed Heroes campaign successful, we are in desperate need of volunteers from both the veteran and civilian communities. There are numerous events and daily tasks that our charity could use assistance with and we are always looking to have more volunteers willing to help us reach veterans in need.

Our goal is to provide all veterans in need with a peer support sponsor that will do whatever they can to help veterans with obtaining the resources needed to live a better life. This is not an easy thing to do, but the New Jersey Veterans Network has already been able to make a huge difference because of the team's volunteers and its strong partnerships with other charities.

If you are interested in joining the team, please send us an email at [NJVN1775@gmail.com](mailto:NJVN1775@gmail.com) and provide your name, email, and phone number. Also, if you have any questions, and concerns please feel free to contact us at 973-332-1556.



(above) Memorial Day Murph Event

Photos by New Jersey Veterans Network

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## FIRE DEPT HOLDS COMMUNITY APPRECIATION DAY & OPEN HOUSE

The Chatham Township Volunteer Fire Department hosted a Community Appreciation Day & Open House event on Saturday, October 9th, 2021. Residents were invited to tour the fire headquarters, participate in games and crafts, and meet their local firefighters in recognition of Fire Prevention Week. Live music and a variety of food trucks were also available to those in attendance.

If you would like to sign up for a sponsorship, make a donation, become a member, or assist the department in any other way, please call 973-635-2828, visit the website at [ctfd.org](http://ctfd.org), or email [info@ctfd.org](mailto:info@ctfd.org) for more information.



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

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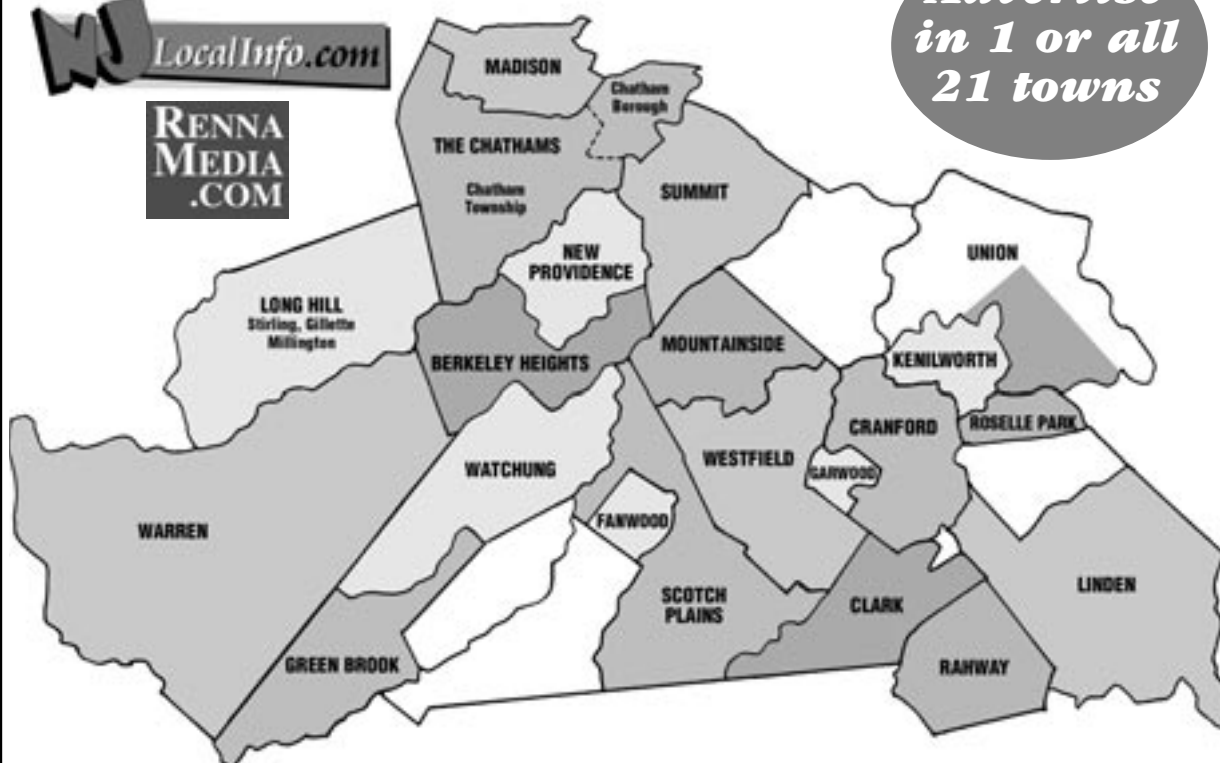
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*Submitted by Carlene Pruitt*

Furry friends of all shapes and sizes, together with their families, attended Blessing of the Animals on Sunday, October 3 at The Presbyterian Church of Chatham Township. Held on the front lawn of the church, the worship service was an opportunity to affirm the vital connection with all living creatures and to give thanks for all pets that nourish and serve, befriend, enrich, entertain and protect us. Senior Pastor Ellen Clark Clémot and Associate Pastor Tom Brown provided each four-legged friend a personalized blessing. A special collection of pet food and supplies went to benefit St. Hubert's Animal Welfare Center in Madison.



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