

CRANFORD MONTHLY_{NJ}

Published by Renna Media

Issue 96 • November 2021



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Loryn O'Brien
Coldwell Banker East
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OKTOBERFEST RETURNS TO RAISE A GLASS AND RAISE FUNDS

Annual Cranford Jaycees Event Raises A Record \$50,000+

The Cranford Jaycees’ Oktoberfest event returned in-person for its ninth year on October 2nd, drawing a sold out crowd to the Union County College parking lot and raising more than \$50,000 for local causes.

The crowd enjoyed live music from both a polka and a rock band while sampling an array of beverages and food.

The event’s primary beneficiary is the Cranford First Aid Squad. The all-volunteer organization relies on Oktoberfest to provide up to 25% of its annual funding in traditional years, but with their facility damaged by Hurricane Ida, their needs have increased. Through ticket sales, sponsorships, and the 50/50 raffle proceeds, the Jaycees were able to donate \$30,000 to the squad, an increase of 50% over last year’s donation.

In addition, event sponsor Brighton Air Corp donated \$5,000 to be earmarked for a new vocational school scholarship fund to be administered by the Jaycees. “Trade schools set students up for well-paying careers. I’m happy to sponsor this scholarship to help make them more accessible for Cranford students,” said Brighton Air Corp owner Daniel Ghanime.

\$8,000 was also raised for the Union County College scholarship fund, and additional event proceeds will be dispersed to community

organizations at a later date. Other lead sponsors included Cranford businesses Szeles Construction and Homegotowned.

Last year’s event was held in backyards across town with the Jaycees delivering food, beverages, and party supplies.

“We were so excited to be able to have this event in person again,” said Shaun Rees, who oversaw the event for the Jaycees. “We really appreciate the sponsors, UCC, and everyone who came out to make this night happen. It was a great night for our community.”



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CRANFORD 86 PROJECT TO BE TOPIC OF NOV. 13 MEETING

CRANFORD MONTHLY NJ

Renna Media LLC, Publishers

202 Walnut Ave., Cranford, NJ 07016

Cranford Monthly is published by Renna Media. 9,800 newspapers are printed monthly and mailed to every business and resident in the Cranford.

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Cranford Monthly

Tina Renna: 908-418-5586

tinarenna@rennamedia.com

Joe Renna: 908-447-1295

joerenna@rennamedia.com

The Cranes Ford Chapter of the Daughters of the American Revolution invites the public to their meeting on Saturday, November 13th at the Cranford Community Center, 220 Walnut Avenue, Cranford at 1p.m. A program will be presented by Don Sweeney of the Cranford 86 Project.

Mr. Sweeney has been an active member of the Cranford community for many years. He served as a Boy Scout leader, Parks & Recreation committee member, and is the creator of the Cranford 86 Project. He will be speaking about the Cranford 86 Project and the many fallen Cranford veterans that are being publicly honored and remembered in an ongoing effort to document and commemorate their lives and legacy.

The banners hanging in downtown Cranford were made possible because of sponsorship by family members of the fallen and also by Cranford's various organizations.

All are welcome to attend this free program.

The National Society of the Daughters of the American Revolution is a volunteer women's service organization dedicated to promoting patriotism, historic preservation and education. Membership is open to any woman 18 years or older who can prove lineal descent from an ancestor who aided in achieving American Independence. More information can be found at dar.org.

CRANFORD 86

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The mission of the Cranford 86 project.

Of the Cranford residents who have stepped forward throughout history to defend our country, there were 86 who never returned home to enjoy the freedoms for which they fought. With ultimate respect and reverence to their memory, these 86 names were etched in bronze upon the granite tablets which were placed in Memorial Park. The monuments themselves have withstood the test of time, but to many, the identities of the men behind the names have faded.

The mission of the Cranford 86 project is to reintroduce each of these 86 servicemen, so that when their names are read on Memorial Day, our residents will also see their faces and know their stories. By providing this knowledge, it can be realized by all, the level of respect and gratitude that is due to each of these brave men.

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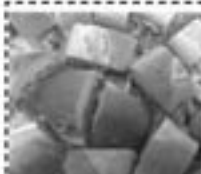
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CRANFORD'S ANNUAL HALLOWEEN EVENTS RETURN FOR 21ST YEAR



Cranford's annual Brian Jenkins Memorial Halloween Parade, Costume Contest, and Pumpkin Chunkin' will return this year on October 31st, starting at 12:45 p.m. in the Cranford Community Center parking lot.

This is Cranford's 21st year holding the combined event, which is sponsored by the Cranford Recreation and Parks Department, in partnership with the Cranford Jaycees.

Costumes will be judged by age group (0-3, 4-5, 6-7, 8-9, 10-11, and 12-17), as well as Best Duo or Trio and Best Group (4 or More). Pre-registration is strongly encouraged and can be done at bit.ly/Costume2021.

Judging will begin at 12:45 p.m. in the parking lot of the Cranford Community Center, then people will begin queueing up for

the parade, which commences at 1:30 p.m. It will continue north on Walnut Avenue, across South and North Avenue, and up North Union Avenue, finishing downtown near Parking Lot #1 with the Pumpkin Chunkin', where pumpkins of increasing sizes are dropped from atop a Cranford Fire Department ladder truck.

The costume contest award winners will be announced immediately after the Chunkin'. There will also be an online contest for two categories: Best Adult and Best Pet. Details will be posted on CranfordJaycees.org.

The parade and Chunkin' are both held weather permitting. The event is named for Brian Jenkins, a Jaycee who helped make this event a beloved town tradition.

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(above) The outdoor Little Free Pantry, located in the church's parking lot next to the Cranford Library, has marked its first anniversary and it continues to be well-used. It is open 24/7 for anyone who needs food, or wants to donate food.

BOY SCOUT CHRISTMAS WREATH SALE

Cranford Boy Scout Troop 80 will kick off its annual Christmas decoration fundraiser

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THANKSGIVING DRIVE-THRU FOOD COLLECTION SAT., NOV. 13, 10 A.M. TO 1 P.M.

Join Cranford United Methodist Church in helping families who need a helping hand as we seek to help provide a semblance of normalcy for families in financial distress during the upcoming holiday season. We are holding another Drive-Thru Thanksgiving Food Drive on Saturday, November 13th from 10am - 1pm in the church's parking lot.

Needed items: shelf-stable versions of Thanksgiving dinner classics such as cranberry sauce, canned yams, mashed potatoes, stuffing, applesauce, bottled gravy, broth, salt, pepper, oil, spices, salad dressing, canned green beans, French's Crispy Fried Onion packets, canned pie filling, cookies and pudding.

Also needed: Hardy fresh produce such as bags of potatoes, sweet potatoes, apples, garlic, onions.

Place your bags in your trunk, drive up, pop your trunk and volunteers will remove them, no contact needed! Your food donations will be delivered to Cranford Family Care, St. Joseph's Social Services and other local organizations.

Cranford United Methodist Church's parking lot is located next to the Cranford Library, 201 Lincoln Ave. East, Cranford.

Can't make that date? There are bins placed outside the entrance to the church off of the parking lot where donations can be dropped any time. Look for the outdoor Little Free Pantry which is open 24/7 for anyone who needs food or wants to donate food. After one year, the pantry is still going strong.

Many of our neighbors affected by Ida and the pandemic are still in need of food. Thank you for your continuing generosity, Cranford!

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(above) Major General (Ret) Robert A. Karmazin will be the featured speaker at the Cranford VFW Post #335 annual Veterans Day Breakfast on Sunday, November 7, 2021, 9 a.m. at the VFW Post Home at 479 South Ave., in Cranford. All area veterans are welcome to attend this free event.

VETERANS INVITED TO VFW BREAKFAST – NOV. 7

Cranford VFW Post #335 will be holding their annual Veterans Day Breakfast on Sunday, November 7, 2021, 9 a.m. at the VFW Post Home at 479 South Ave., in Cranford. The featured speaker this year will be Major General (Ret) Robert A. Karmazin of Morris County, formerly of US Special Operations at MacDill Air Force Base, Florida.

This is a free “sit down” breakfast open to any and all area veterans. Local and state officials as well as Cranford students will be among those addressing the veterans at this highly popular event. Considering the current COVID situation, it is suggested that all attendees wear masks, especially those who have not received their COVID vaccinations.

Featured speaker, General Karmazin was a senior US Special Operations Command representative to the Office of the Secretary of Defense and was also Deputy Commanding

General of Joint Special Operations at MacDill Air Force Base. He also has been deployed both to Iraq and Afghanistan in support of Special Operations. The General is retired from the NJ State Police where he served as a Captain/Bureau Chief. A 27-year veteran of law enforcement, General Karmazin currently is the Director of Police in Hopewell Township.

There is no reservation required for this free breakfast which has been one of the most important and highly attended events on the Cranford VFW’s annual calendar. The breakfast will be served by members of the VFW Post Auxiliary and by Cranford Boy and Girl Scout members.

For any questions about the event please email the Post Commander William Hinkle at wedge1520@gmail.com or the Post Senior Vice Commander Mark Schwartz at USMCschwartz@hotmail.com.

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Civil Air Patrol Cadet Program (NJ-102)

As we explore new horizons, the United States expands beyond what is imaginable. With the creation of the US Space Force, the country truly embodies the notion of “reaching for the stars”! On June 29, 2021, Captain “Bud” Jackson Composite Squadron (NJ-102) of the Civil Air Patrol (CAP), an Auxiliary of the United States Air Force, had special guest speakers from the US Space Force - Major Jose Almanzar and Captain Ronald Nguyen. In a virtual meeting of over 110 participants, including visitors from other CAP squadrons, attended and the speakers shared the goal and purpose of this new branch of the military, talked about their jobs, gave advice to the cadets considering the path and much more. There was time for a Q&A session, where the speakers provided valuable information towards a wide range of cadet/senior member questions. Cadets took away extensive information to inspire them about this new exciting path of space research and operations.

Headquartered at the Pentagon, the US Space Force is an independent branch of the military that was carved out of the Air Force in December 2019. With their Command motto as “Guardians of the High Frontier”, the US Space Force is considered a critical asset, impacting everyday life. Although it is currently the smallest of the US armed services, the Space Force is responsible for operating and defending military satellites and ground stations and supports

communication and navigation on Earth. It provides a much needed position of strength, especially technology-wise, for protecting US interests in space or going on offense, if needed, in the future. Civilian life cannot survive without our space capabilities. Our military based missions are now largely supported by space operations. Additionally, as space tourism is about to lift off in the coming years, the US will have a growing space community.

As an empowerment message to the young cadets, Maj Almanzar and Capt Nguyen talked about the Space Force’s need for bold and diverse leaders with new ideas. They stressed the importance of being exposed to STEM (Science, Technology, Engineering, and Math) experiences and education early on - “Always take advantage of opportunities presented to you and explore the growing areas of the Space Force. The sky is not the limit so it is your time to soar!”

The Civil Air Patrol (CAP) Cadet Program is open to all Middle School and High School students from ages 12 to 18. For more information about C.A.P., please contact the NJ-102 Squadron Commander, Captain Jose Vergara, at jose.vergara@njwg.cap.gov, or the NJ-102 Squadron Recruiting Officer, 1st Lt Josline Pinto, at josline.pinto@njwg.cap.gov. Visit the CAP National webpage at gocivilairpatrol.com or the NJ-102 squadron website at nj102.cap.gov. Also, be sure to check out the NJ-102 Squadron’s Facebook page at facebook.com/NJ102/.

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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

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Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quenton L.

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TRINITY EPISCOPAL MISSION PROJECTS

Written by Marion Nechuta
and submitted by Skip Winter

Trinity Episcopal Church of Cranford assists in a large number of mission projects throughout the year.

One being that we supported the St. John's Episcopal Church food program in Elizabeth for many years by making sandwiches, giving fruit, eggs, juice, etc. Once a month on the third Sunday of the month, we would go down with all the food prepared and serve the homeless population. Since Covid struck we have put together bags of food and sandwiches and delivered them to the church and church members at St. John's give the food out.

Another is collecting toiletries for the "Christmas at Sea" program and knitting hats for the Seamen's Institute in Port Newark. Many seamen are many miles away from home at Christmas and this program gives them items needed as well as some Christmas cheer. The knit hats program gives the men homemade hats and scarves which are needed on the high seas as the weather is always changing.

We sponsor an orphan child in Cameroon, Africa, who is helped by the Good Shepherd Home. This child receives shelter, education, clothes, food, and medicines.

A new program we started this year is helping children of the incarcerated for Christmas by buying them toys so that they would have something for Christmas. We are also buying stamps for prisoners as part of the "Stamp Out Despair" program helping them to be able to contact their loved ones, etc.

We help Cristosal, Episcopal Relief and Development, Adis Resources Foundation for Children, Cranford Family Care - their Thanksgiving Program and more. We have participated in the Cranford Crop Walk for many years which helps the Church World Services an organization that provides aid around the world where needed.

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BAND SEEKS NEW MEMBERS

The Township of Union Municipal Band is back and is seeking new members to join the band! "Musicians of all ages are welcome," says director Howard Toplansky. "If you are a high school musician looking for extra practice or a retired professional who wants to get back into music, the municipal band is a perfect fit." The band is looking for new members who play any instrument. Out of towners are welcome.

The Township of Union Municipal Band rehearses on Monday evenings at Hannah Caldwell School. The band performs ten concerts throughout the year, including special concerts at Ehrhart Gardens and Putnam Manor.

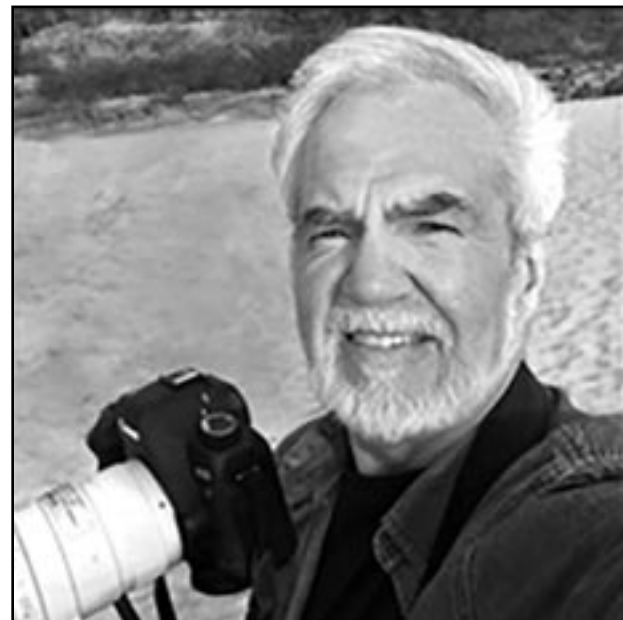
Mr. Toplansky believes the municipal band contributes to the culture of the township, sharing that "the municipal band is one of Union's oldest traditions and is a great way to introduce members of the community to time-honored musical styles and compositions."

Musicians who are interested in joining the band should contact the Township of Union Recreation Department at 908-686-4200.

PUBLIC INVITED TO NOV. 8TH EDUCATIONAL PROGRAM








The College Women's Club of Cranford will host their November meeting and educational program free public on November 8th in the Youth Center at the First Presbyterian Church of Cranford. The program topic is First People -The New Jersey Connection.

Our guest speaker is Walter Choroszewski, NJ photographer. He is an award winning presenter and published author of 18 books. Join the Club at 7 p.m. for refreshments and a meet and greet. This fascinating presentation that will bring you back in time and help you to appreciate New Jersey history will follow a brief public meeting with the club members. Come one Come all! Contact the club for more information cranfordcollegeclub@gmail.com.



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CRANFORD NEWLYWED GETS A SPIN AT THE WHEEL

Wheel of Fortune

Cranford resident Giovanni D'onza was a contestant on Wheel of Fortune on Thursday, September 23, 2021. Giovanni won \$66,500 in cash and prizes, including trips to Maui and Virginia.

Giovanni is an athletic trainer and a newlywed. Although he lives in New Jersey, Giovanni identifies himself as a New Yorker. He cheers for the Mets and Rangers, has run two New York City marathons, and volunteers for the Catholic Worker in Manhattan. Giovanni has been a Wheel Watcher ever since he started watching with his grandmother as a kid. He was selected to be a contestant after applying at WheelofFortune.com with a video submission

and feels "fortunate" for the opportunity the same year as getting married and buying a house. "I am hoping that years of watching the show will pay off!" Giovanni exclaimed. He hopes to use his winnings toward building a future for him and his spouse.

It's never been easier to audition to become a contestant. Wheel of Fortune fans can submit applications at wheeloffortune.com/join/be-a-contestant for a chance to be invited to a virtual audition. There, potential contestants can show off their puzzle-solving skills and potentially be selected to appear as a contestant on the show from the comfort of their own homes. If selected to be on the show, everyone goes home with a minimum of \$1,000.

NEW PLAY REUNITES TEACHER AND STUDENT



(above,l,r) Playwright and actress
Deirdre Louise MacNamara and director
Maurice J. Moran

When Deirdre Louise MacNamara was a high school student, she performed in several plays at Roselle Catholic High School, directed by Maurice J. Moran. Now, MacNamara has written a play that will be performed in New York City, directed by Moran. "Order Up!" consists of five one-act plays that take place in a "typical NYC diner." It will run in November for a limited engagement in Manhattan.

Moran, a resident of Rahway, has been directing plays for New Jersey high schools, community theatres, and professional summer stock for 50 years. MacNamara, who grew up in Elizabeth, has acted in New York and New Jersey. Together, they had worked on several projects prior to the pandemic, including her one-woman show that she performed in Brooklyn and Greenwich Village.

"Order up!" is her first full-length play. Each act is titled with "diner speak," reflecting the intriguing descriptions servers use to communicate with the cook. "Blonde with Sand," for example, one of the plays, is "Coffee with milk and sugar." The other plays include "In the Weeds," "Blue Plate Special," "Adam and Eve on a Raft," and "Pittsburgh." Each play features characters who use the diner as a meeting place to discover the different meanings of love, from friendship and family to romance.

"Order Up!" will run November 9 through November 14 at the Chain Theatre on 36th Street and 8th Avenue. For tickets and more information, visit the website at <https://frankie-co-productions.mailchimpsites.com>.

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International Master Yaacov Norowitz has been a Professional Chess Coach with 20 years of experience teaching both children and adults of all ages. At the age of 12, he defeated a master for the first time, and represented New Jersey on the All-American Pressman Chessman team. At 16 he achieved a National Master title. In 2002, at the age of 20, he came in 3rd place in the Jerusalem Championship, and won in 2003. Yaacove secured the title of International Master (IM) in 2013 and also won the New Jersey championship that year. Yaaov is also 5 time World Blitz Champion.

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IMAGINE IS SEEKING VOLUNTEER FACILITATORS

Imagine, A Center for Coping with Loss offers free peer grief support groups for grieving families that are facilitated by a wonderful group of trained volunteers. Imagine's volunteers are an essential part of Imagine's programs and they're looking to grow their community of facilitators. Are you interested in joining Imagine's team of volunteers? If so, we'd like to tell you more about Imagine's programs.

Imagine offers free peer support groups for children ages 3-18 who have experienced the death of a parent, sibling or close family member. Groups are also available for young adults ages 18-30, and for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. All groups are currently being held virtually, with some set to transition to in-person as soon as it is safe to do so. Other groups will remain virtual.

Support groups are facilitated by trained adult volunteers who attend a three-day training totaling 24 hours, as well as regular continuing education. Volunteers come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve

as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

"In order to continue to grow our English and Spanish speaking programs, we need to constantly recruit and train new volunteer facilitators," said Veronica Ortiz, Imagine Program Manager. "Our programs are growing because of the great need in this community, especially in the wake of the Covid-19 pandemic. Over 220 children and adults have been participating in our virtual support groups this year. We have recently launched a new program year, but there is more demand for our programs than we're able to meet with our current number of facilitators. Doing this additional training will ensure that no child will ever have to wait to get the support they need."

Are you interested in joining Imagine's incredible community of volunteers and help us eliminate a wait list for our groups? Imagine is planning to offer a virtual facilitator training from Friday, November 5 through Sunday, November 7 from 9 a.m. - 5 p.m. each day. An interview is required prior to the training, so please contact Imagine Training Manager, Jamie Saltamachia at jamie@imagineenj.org to arrange a convenient interview time. If you have questions regarding the training, please call 908-264-3100.

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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

HELP US SAVE A VET!!!

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 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.

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LOCAL HISTORIAN PUBLISHES CELEBRATING CRANFORD

Celebrating Cranford, a book highlighting places, events, and people in Cranford's history, has recently been published by local historian Maureen Strazdon. The book is part of the Images of America series by Arcadia Publishing.

Using vintage photographs, Celebrating Cranford tells the town's story in six chapters, each covering 25 years, and each ending with how the town celebrated that important anniversary, ending with this year's 150th. The last two chapters include photos and descriptions of Cranford's neighborhoods and celebrate the women who were instrumental in Cranford's history and development.

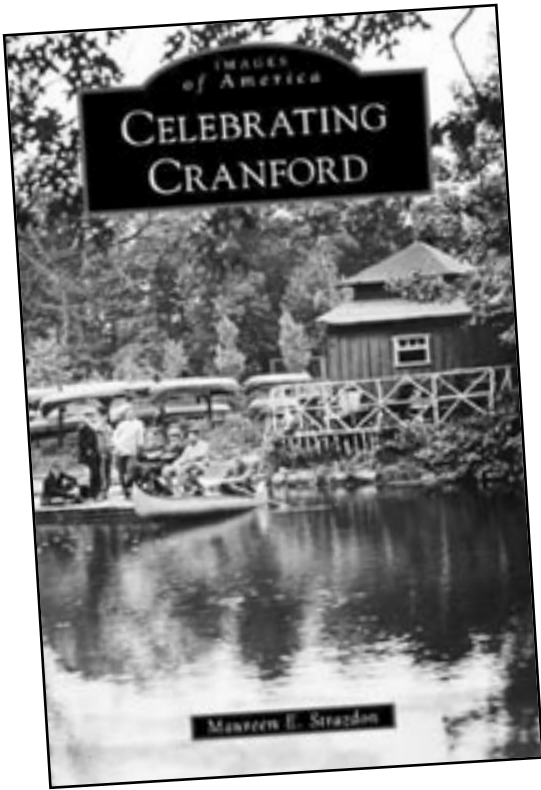
"I enjoyed discovering new people and new stories about Cranford as I did the research," says Ms. Strazdon. "Places like Droescher's Mill and the Crane Phillips House are included in the book, but I tried to add some new sites, celebrations, and citizens that haven't been heard about before."

The book begins after the American Civil War as wealthy New Yorkers came to Cranford for the fresh air and charms of the Rahway River. It

follows Cranford after its incorporation in 1871, as the town grew with neighborhoods like Roosevelt Manor, Lincoln Park, and Sunny Acres that were established by Allan Eastman, Alden Bigelow, Miln Dayton, J. Walter Thompson, Severin Droescher, and the Sears Roebuck Company. Photos and descriptions of public buildings like the Opera House Block, the Casino, and grand private houses are included, as are photographs of celebrations on the Rahway River that gave birth to the nickname the Venice of New Jersey, and of ordinary and prominent Cranford citizens going about their daily lives.

Ms. Strazdon served as chair of Cranford's Historic Preservation Advisory Board for 12 years and has frequently given talks and tours on Cranford's history.

Celebrating Cranford is available at Periwinkles Fine Gifts on North Union Avenue, Cougar Headquarters on Centennial Avenue, and on Amazon. Ms. Strazdon will also have books available for purchase at several book signings around town.



(above) Local historian Maureen Strazdon has recently published Celebrating Cranford, a book highlighting places, events, and people in Cranford's history.

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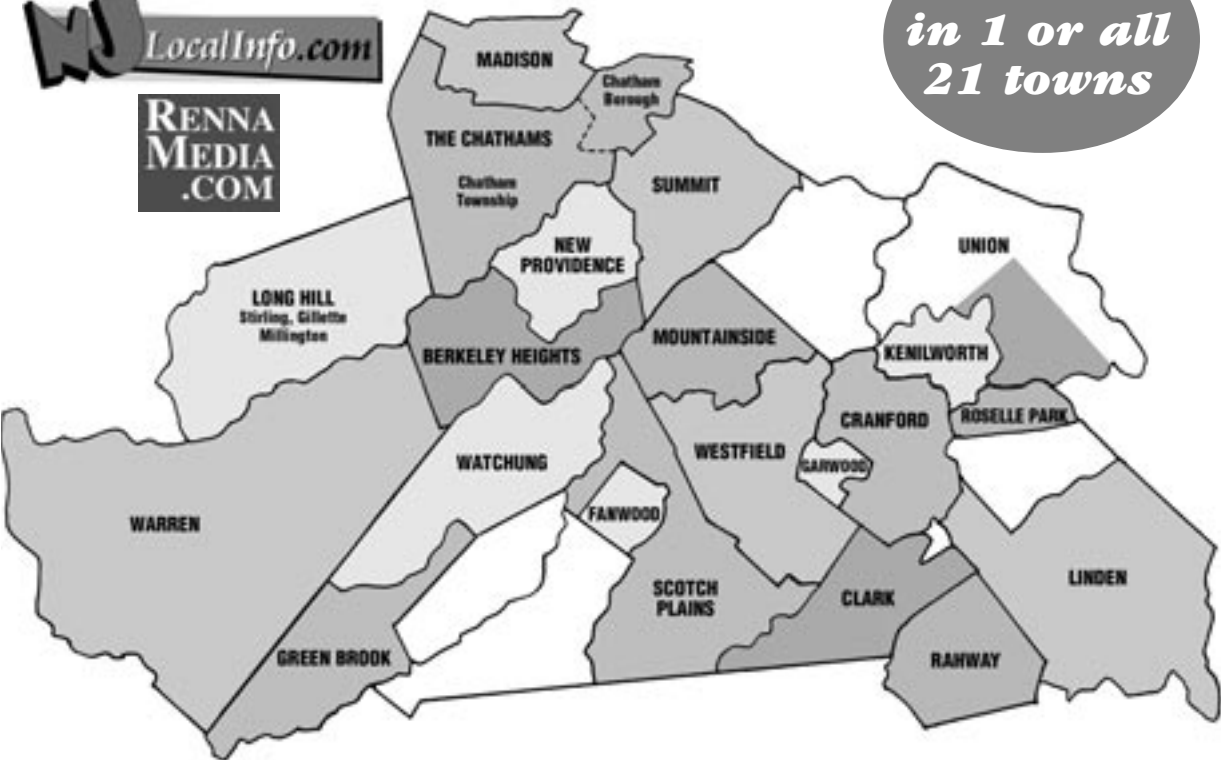
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SEA SCOUT EARNS COUNCIL LEADERSHIP AWARD

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.

Sebastián is accepted to SUNY Maritime College and will enter the Regiment of Cadets in



(above) Sebastián Heredia

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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this time, though donations are always appreciated.

The Raptor Trust is also offering private guided tours, virtual programs, and outdoor field trips this fall. You can email education@theraptortrust.org with any booking questions or find more information on our website at TheRaptorTrust.org.

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