

# Berkeley Heights

COMMUNITY NEWS NJ

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Published by Renna Media

Issue 75 • December 2021

## BHVRs OPEN HOUSE FOR HIGH SCHOOL STUDENTS



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(above) BHVRs Cadets – If you are interested in joining, please attend an open house on Wednesday, Dec. 8th from 7 p.m. to 9 p.m. at the squad building.

Submitted by Joe Plocinski

The Berkeley Heights Volunteer Rescue Squad (BHVRs) will be holding an open house for high school students interested in the BHRVS Cadet program and their parents on Wednesday, December 8th from 7 p.m. to 9 p.m. at the squad building, on the corner of Snyder and Locust Ave. This is an opportunity for high school students interested in joining the BHVRs Cadet program to come and see what it is about and ask current cadets as well as the advisors what it is like to be a cadet.

The BHVRs Cadet program is a great opportunity for high school age students to get involved in their community and help out their neighbors. Cadets will be trained in CPR and first aid, but also will be able to ride in the ambulance and assist the EMTs in patient care. In addition, it is an opportunity for students considering a career in medicine to

get first-hand experience interacting and assisting with patients.

Eligible applicants are high school sophomores that will be entering their junior year in the fall of 2022, 16 years of age by April 1, 2022, and must be willing to take the EMT certification class during the summer of 2022.

The Berkeley Heights Volunteer Rescue Squad (BHVRs) is now accepting applications for the 2022 Cadet class.

If you are interested in applying to the BHVRs Cadet program, please login to the BHVRs website at BHVRs.org, click on the “Become a Member” tab, then “Cadet Member”, to review the Cadet program information, and then follow the instructions for submitting your application. If you have specific questions, you may submit them to the Cadet Advisor at cadetadvisor@bhvr.org.

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Happy Holidays to all!

## Berkeley Heights COMMUNITY NEWS NJ

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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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Berkeley Heights News

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## WHARTON INSTITUTE SALON SERIES

Wharton Institute for the Performing Arts (WIPA) continues its Salon Series at the Performing Arts School located at 60 Locust Avenue in Berkeley Heights. Resuming in-person programming for the 2021-22 season, cabaret-style seating on stage with the performers in the Wharton Black Box Theater serves as the setting for an intimate concert series. Mask and proof of Full Vaccination Card required at the door.

The next Sunday afternoon concert will be December 19 with Mr. T and the Next Wave jazz quartet

Tickets are \$12 for adults, \$6 for seniors, and free for Wharton Institute for the Performing Arts students. Tickets are available online or at the door. For full concert details, visit [WhartonArts.org](http://WhartonArts.org).

The Wharton Institute for the Performing Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities.

Wharton is New Jersey's largest independent non-profit community performing arts education center serving over 1,500 students through a range of classes and ensembles including the 15

ensembles of the New Jersey Youth Symphony, which serve 500 students in grades 3 – 12 by audition. Beginning with Pathways classes for young children, Wharton offers private lessons, group classes, and ensembles for all ages and all abilities at the Performing Arts School. With the belief in the positive and unifying influence of music and the performing arts and that arts education should be accessible to all people regardless of their ability to pay, Wharton teaches all instruments and voice and has a robust musical theater program. Based in Paterson, New Jersey, the Paterson Music Project is an El Sistema-inspired program of the Wharton Institute for the

Performing Arts that uses music as a vehicle for social change by empowering and inspiring children through the community experience of ensemble learning and playing.

Wharton Institute for the Performing Arts is located in Berkeley Heights, New Providence and Paterson, NJ and reaches students from 10 counties. All of Wharton's extraordinary faculty members and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.



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REHABILITATION  
2019-20



Nathan Weiser

★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

Thank you Spring Grove for a wonderful and pleasant stay.



Charles Sherrick

★★★★★

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

Thank you Spring Grove.



Chrissy Sloan

★★★★★

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

Thank God for them!

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New Jersey Youth Symphony Presents...

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Together We Celebrate Winter Holidays

**December 12, 2021 • 3:00 pm**

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New Jersey Youth Chorus  
Patricia Joyce, director



NJYS Youth Symphony



Natasha Loomis  
conductor,  
NJYS Flute Ensembles



Helen H. Cha-Pyo  
artistic director and  
principal conductor



Walker Jermaine Jackson  
narrator, tenor soloist



NEW JERSEY YOUTH SYMPHONY

Wharton Institute for the Performing Arts  
Helen H. Cha-Pyo, Artistic Director & Principal Conductor

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Tickets at **NJYS.org**

All UCPAC patrons 12 and over must show proof of either full vaccination or a negative COVID-19 test taken within 72 hours of entry. Negative test results are not required for patrons under 12 years of age. All patrons are required to wear masks at all times while in the theatre, except while actively eating or drinking. Masks are not required for patrons under 2 years of age.





## CUB SCOUT PACK 182 IS BACK TO CAMPING!

Back into the wild before the storm! In October Pack 182 Scouts enjoyed their first official two-night camporee since the start of the pandemic. Thanks to the local Watchung Reservation for hosting the Warren Cub Scout Pack along with Pack 32 from Watchung and Pack 35 from Cranford. Warren Cub Scouts were eager to get back into their tents after a long wait. Overnight camping filled with adventures and activities has been a long-standing tradition in Cub Scouting, one that families look forward to year after year. After well over a year without a camping experience, Pack 182 leaders came together to plan and execute this wonderful event! The focus of this camporee was to expose K-5th grade Scouts and their families to an array of outdoor skills while having plenty of fun! Thanks to Den Leader, Mariette Dzeletovic, and Assistant Cubmaster, Ryan Valentino, for spearheading this camping extravaganza. Cubmaster, Chris Bellmann, took the reins on supporting the archery range and teaching safety and skills across all ages and ranks while Rangemaster, Tom Ventriglia, ran the BB gun range. Many leaders and parents came together to ensure a

safe and action-packed weekend! There were nature hikes, lessons in knots and survival, an epic Capture the Flag game, as well as delicious campfire meals, and of course the coveted s'mores.

How can you join the Fun? Boys can enroll in Pack 182 Warren Cub Scouts at any time during the year, with many joining simultaneously at the start of a new school year. Scouts from surrounding towns are welcome.

To learn more about Scouting, please contact, [membership@warrenpack182.org](mailto:membership@warrenpack182.org).



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## SENIORS HALLOWEEN PARTY

The Berkeley Heights Seniors enjoyed a Halloween Party at the Primavera Regency in Stirling on October 27th.

### BH SENIORS HOLIDAY PARTY

#### PRIMAVERA RESTAURANT

1080 Valley Rd, Stirling, NJ 07980

**THURSDAY, DECEMBER 16**

Time: 12 – 4 p.m.

#### Dining, Music, Dancing

Appetizers – Penne Vodka, choice of salad

Entrees (choice of one)

Prime Rib, Salmon, Chicken

Dessert: Coffee, Tea, Cake  
and Italian pastries

**PRICE - \$47**

**RSVP BY DECEMBER 7**

email or call Ramona

radramon@yahoo.com, 908-528-0794

Proof of vaccination for Covid-19 required.

### SENIOR DAY TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino on Monday, December 20. The bus leaves the parking lot at Mt. Carmel Guild Hall, 56 River Road, Berkeley Heights. We will leave at 8:30 a.m. and return at approximately 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information or reservation, call Ramona at 908-647-3295.



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#### Midweek Advent Liturgy Followed by Organ Recital

Wednesdays at 12 noon  
December 1, 8, and 15

#### Christmas Eve

Friday, December 24

Family Service at 4:00 p.m.

Candlelight Eucharist at 6:00 p.m.

#### Services of Lessons, Carols and Eucharist

Saturday, December 25 at 10:00 a.m.

Sunday, December 26 at 10:00 a.m.

Services with limited seating and regular livestream.

Visit our website at [www.famfaith.org](http://www.famfaith.org) or find us on  
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We practice an open Communion table. All are welcome!



### New Providence Presbyterian Church

## Christmas Eve

### SERVICES

4 PM - Children's Service  
7 PM - Candlelight Service  
9 PM - Candlelight Service

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# IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

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...*

## SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS DECEMBER 13 (17 SPACES REMAINING)

APPLY NOW

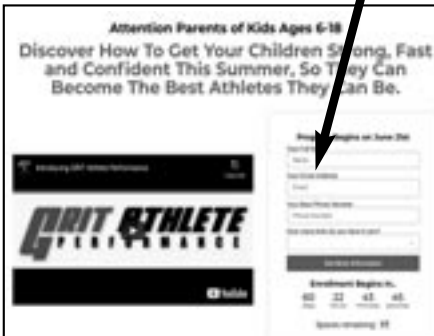
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### STEP 3

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

# UPDATE: THE GRIT ATHLETE PERFORMANCE WINTER PROGRAM HAS ONLY 17 SPACES REMAINING

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

### 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

## STARTS DECEMBER 13TH (Only 17 Spaces Remaining)

### 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



**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.**

## ROBOTICS CLUB PREPS FOR COMPETITION

*Submitted by Victoria Baum*

Teams of students at Columbia Middle School in Berkeley Heights, NJ recently competed against one another to represent the school in the "First Lego League Competition", a research and robotics tournament for students. The Robotics Club, supervised by CMS Science Teachers, Thomas Clayton and Christina Froehlich, hosted an in-house competition to select which two teams would represent CMS in the state qualifiers on November 20th. Each season, the teams take part in building a robot that solves challenges on a game board that is related to a particular theme. This year's theme was "Moving Cargo From Place to Place". In addition to building robots, the teams had to identify a problem related to moving cargo, develop a solution, then produce a 5-minute presentation to share with the judges on the day of the event.



(above) The CMS Robotics Club and Programmers with their robot

Photo by Berkeley Heights Public Schools

## RED RIBBON WEEK COMMUNITY WELLNESS FAIR

*Submitted by Victoria Baum*

Students from Governor Livingston High School in Berkeley Heights, NJ participated in a community wellness fair in October as part of Red Ribbon Week (redribbon.org). Community organizations that focus on youth services showcased their programs and student-centered opportunities in an outdoor format where students engaged with professionals from 18 local vendors to learn more about health, wellness, emotional support, as well as volunteer and job possibilities. Hundreds of students visited the 18 community organizations and learned about how caring the school and community are, but also some of the many services available to them. Students were able to interact with the organizations during their lunch period, ask questions, and collect information. Each vendor received a sign with a QR code that students could scan upon visiting with the organization to be entered to win a prize, which were sponsored by Prevention Links and Peace of Mind Yoga.

### COMMUNITY VENDORS INCLUDED:

**Leadership Opportunities:** Prevention Links, Youth Challenge Academy, Police Department, Fire Department, Township political committees, YMCA, Union County Youth Services, White Tiger Dojo, Job Corps

**Volunteer Opportunities:** Community FoodBank, Relay for Life, Township political committees, Police Department, Fire Department, YMCA

**Counseling Opportunities:** Cooperative Counseling Services, Peace of Mind Yoga, Union County Youth Services, Prevention Links

Recreational Opportunities: AIR Fitness, Pure Barre, White Tiger Dojo, Institute of Music, Visual Arts Center of NJ, YMCA, Peace of Mind Yoga

Organized and coordinated by the CMS and GL Student Assistance Counselor, Ms. Madison Rowohl, she commented, "I wanted to find a creative way to recognize and celebrate Red Ribbon Week (substance use prevention) that would be impactful and tangible for students. A wellness fair helped accomplish this goal in two primary ways, the first being that the underlying cause of substance use in many cases are mental health concerns, therefore, I wanted to bring mental health resources right to the students. Students being able to seek out their own support can be empowering and more impactful than a second-hand resource. The second reason being that a wellness fair was key since we often hear the phrase, 'The opposite of addiction is connection', meaning that if students find fulfillment and connection in other areas such as volunteering, leadership, or recreation, they are less susceptible to substance use. By showcasing all of these amazing community supporters, students saw firsthand how important connections are and what a difference our community makes in the lives of people."

The Governor Livingston High School community truly appreciates the outpouring support demonstrated by our community organizations and members. They hope to continue this tradition and grow the Red Ribbon Week Wellness Fair to incorporate more organizations and opportunities in the future!

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# TICKETS NOW ON SALE FOR 21ST ANNUAL PIPES OF CHRISTMAS

The Pipes of Christmas will celebrate its 23rd season with performances in New Jersey and New York this December. The holiday favorite opens on Saturday, December 18 at Madison Avenue Presbyterian Church, located at 921 Madison Avenue (at 73rd Street) in New York City for a 2PM performance. The concert moves across the Hudson River on Sunday, December 19 to Central Presbyterian Church located at 70 Maple Street in Summit, NJ with performances at 2PM.

For those weary of the ceaseless stream of secular seasonal music from department stores to TV, the Pipes of Christmas offers a spiritual and traditional take on the season that connects concertgoers to the holiday in a fresh, meaningful way. The show features tunes such as, Highland Cathedral, Joy to the World, and Amazing Grace, all performed live on pipes and drums, harp and fiddle, and organ and brass and more. Not only does the performance define Christmas cheer, but also it inspires those of Celtic descent to retrace and reconnect to their ancestry.

The concert presents the music of Christmas accompanied by readings taken from the Celtic literature of Scotland, Ireland, and Wales. Featured performers include singer Margaret Kelly from Aberdeen, Scotland, James Robinson from the film "Braveheart," New England fiddle champion Paul Woodiel, champion harpist Rachel Clemente, and the Pipe Major Kevin Ray Blandford Memorial Pipe Band from Redlands, CA among many more.

## TICKETS AVAILABLE NOW

Tickets may be purchased online exclusively through ShowTix4U. (Be certain to select "The Learned Kindred of Currie" as the organization name.)

## LEARNED KINDRED'S ONLY FUNDRAISER

This annual concert is the Learned Kindred's only fundraiser, generating their operating budget for the year ahead. Losing the concert income is financially devastating to outreach programmes which support young people in education in Scotland, Canada and the United



States through scholarships and sponsorships.

Proceeds from the concert support an extensive music scholarship program, which includes the Carol Hassert Memorial Fine Arts Scholarship at Summit (NJ) High School as well as annual gifts to the National Piping Centre, the Royal Conservatoire of Scotland (both located in Glasgow, Scotland), Sabhal Mòr Ostaig, the Royal National Mòr and the Gaelic College in Nova Scotia, among others.

## ABOUT THE PIPES OF CHRISTMAS

Since making its debut in 1999, The Pipes of Christmas has played to standing room only audiences. Now a cherished holiday event, the concert provides audiences with a stirring and reverent celebration of the Christmas season and the Celtic spirit. Audience-goers return year after year to experience the program, many reporting that the Pipes of Christmas has become part of their family's annual Christmas tradition.

The concert has been lavished with critical acclaim. In his review for Classical New Jersey Magazine, Paul Somers wrote, "The whole evening was constructed to introduce gem after gem and still have a finale which raised the roof. In short, it was like a well constructed fireworks show on the Glorious Fourth. The Westfield Leader described the concert as "a unique sound

of power and glory nowhere else to be found."

The Pipes of Christmas Virtual Concert, produced by The Clan Currie Society / The Learned Kindred of Currie, has been nominated for an award in the prestigious MG ALBA Scots Trad Music Awards (Na Trads) 2021.

## FOR FURTHER INFORMATION CONTACT:

Robert (Bob) Currie (United States) currierobert82@gmail.com, (908) 858-6357

Neil Gunn (Scotland) neil@ngwriting.com, 07493 509991

Clan Currie Society Facebook page:

facebook.com/ClanCurrieSociety

Concert Facebook page:

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**The PIPES of CHRISTMAS**  
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Summit, New Jersey  
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## ANNIE KANG SWORN IN AS FOSTER YOUTH ADVOCATE

### CASA of Union County

The latest class of community members to step  
up and train as advocates for Union County foster  
youth have taken their oath before a Union  
County Superior Court Judge and are now ready  
to be matched to their case as the newest  
volunteers with Court Appointed Special  
Advocates (CASA) of Union County. Among  
them is Annie Kang of Berkeley Heights.

The nonprofit, which began in Union County  
in 2005, recruits, trains, supports, and supervises  
volunteers to serve local child-victims removed  
from their homes due to abuse, neglect or  
abandonment, and living in foster care. It is the  
only nonprofit serving as extra eyes and ears for  
Union County judges hearing youth cases.

Superior Court Judge Lara DiFabrizio presided  
over the swearing-in ceremony via Zoom; once  
matched to their youth or sibling set, advocates  
will begin putting their 30 hours of training into  
practice. Kang was joined by fellow classmates  
Jenn White and Alayne Morgenthal of Westfield,  
and Kelly Ryan of Garwood.

"I am honored to be a CASA volunteer and  
hope to make an impact. I would like to be the  
voice for the child that I represent to empower  
and fight for all that he/she deserves," says Kang.

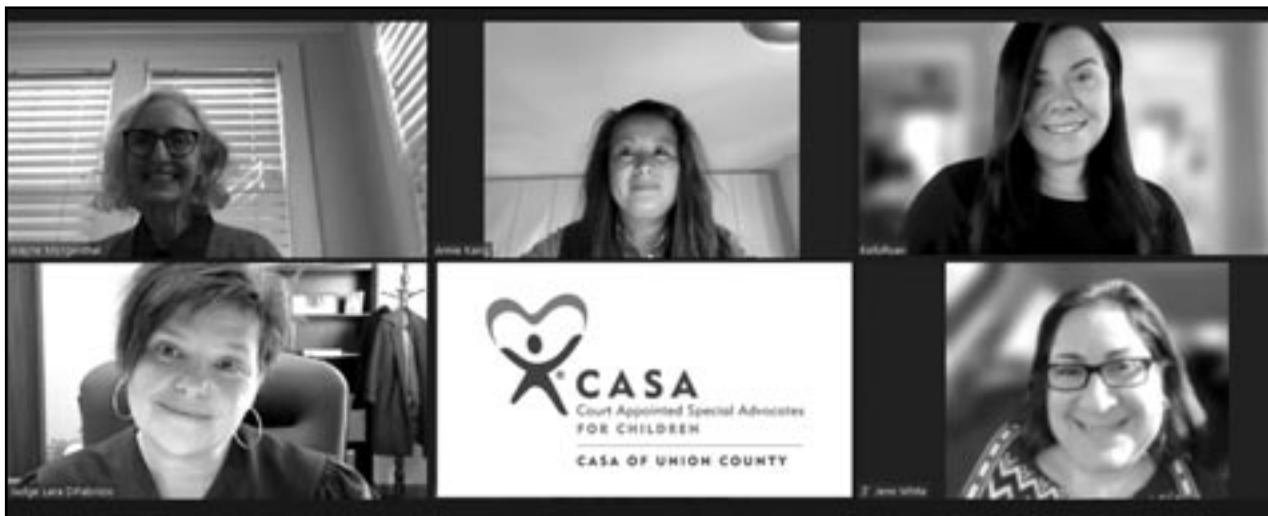
Volunteers need no special prior background

or experience to serve as advocates; each  
undergoes a thorough training process and is  
supported by CASA staff. Successful advocates  
bring with them varied life experiences and  
professional backgrounds. No matter the age of  
the youth to whom they are assigned, advocates'  
commitment to being a consistent presence –  
many foster youth experience a revolving door of  
professionals in addition to the separation from  
family members – and ensuring needs are  
identified and recommendations are made to the  
judge and stakeholders, the trajectory of a child's  
life can be changed for the better.

Upon being court-ordered to a case, the CASA  
volunteer has access to the youth, foster parents,  
doctors, caseworkers, therapists, and teachers in  
order to identify and report to the judge any  
concerns and needs in order to protect best  
interests.

The organization remains committed to serving  
every Union County youth in foster care; to do  
that, more community volunteers are needed to  
step up and train as an advocate for a local child-  
victim who could range from birth to age 21.

For details on upcoming information sessions,  
how to join a training class, and all the ways you  
can Change a Child's Story, contact Lucia at  
[lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org)



(above) Ceremony via Zoom: Top Row: Alayne Morgenthal of Westfield, Annie Kang of Berkeley Heights, and Kelly Ryan of Garwood. Bottom Row: Judge Lara DiFabrizio and Jenn White of Westfield.

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## SCOUT EXECUTIVE SPEAKS TO ROTARY CLUB

*Submitted by Dr. D. Michael Hart*

Marc Andreo, the Scout Executive and CEO of the Patriot's Path Council, Boy Scouts of America spoke to the Rotary Club of Westfield on Tuesday, September 21, 2021. His topic was to update the club on the state of the local Scouting. The pandemic has decreased the scouting program somewhat, but it is still going strong, and they are planning to rebuild it to where it was before the shutdown.

Paul Harris, the man who started Rotary International in 1905, was great friends with James E. West who started the Boy Scouts of America in 1910. Paul gave advice on how to spread the program throughout the US, mirroring the way Rotary clubs were spreading. Both organizations have a lot of similarities, including an ethical code, teaching leadership skills, being community based and service oriented. Rotary clubs currently charter 1,000 scout units across the US.

The Patriot's Path Council, BSA consists of 5 counties in northern New Jersey with more than 10,000 scouts and 4,000 adult volunteers. They are in the counties of Sussex, Morris, Somerset, Union and northern Middlesex. The headquarters in Cedar Knolls has only 25 full-time staff. There are two scout shops one in Cedar Knolls, and one in Mountainside.

The Council offers three Day Camps: at Watchung Reservation; Johnson Park, New Brunswick; and Camp Wheeler at Mt. Allamuchy Scout Reservation. The Council offers four overnight camping opportunities: Winnebago Scout Reservation in Rockaway, NJ; Mt. Allamuchy in Byram Township; Sabattis Adventure Camp in Long Lake NY, and the four national high adventure bases: The Summit in West Virginia; Northern Tier in Minnesota, Sea Base in the Florida Keys, and Philmont Scout Ranch in New Mexico.

Recent changes to the Scouts include welcoming girls to the Cub Scout and the legacy

Boy Scout programs three years ago. The purpose was to include entire families in the activities. To accommodate this change, the "Boy Scout" program for ages 5th grade through age 18 was renamed the "Scouts BSA". The name of the parent organization remains the Boy Scouts of America. The Cub Scout program is for children from K through 5th grade; Scouts BSA is for children 5th grade through age 18. Other programs have been coed for many decades, including Explorers - who explore career opportunities, Venture Crews - who go on high adventure trips, Sea Scouts who learn mariner skills, and a relatively new program - STEM- in which students explore science related careers. These last four programs welcome boys and girls from ages 14 to 21.

Cub Scout Dens may be all boy and all girl, or coed. Scouts BSA Troops are either all girl or all boy. This year there are 250,000 young women in the scouts, and 1,000 girls were the first graduating class of female Eagle Scouts. Only 4% of all scouts ever achieve the rank of Eagle, making it a mark of distinction.

The residents of Westfield are enthusiastic supporters of Scouting. There are 12 units: 7 Cub Scout Packs and 5 Scout Troops, with nearly 500 youth, which is double the national average. Last year the Patriots' Path Council recognized 315 Eagle Scouts and Scouts collectively earned more than 6,200 merit badges. The Rotary Club of Westfield has been a long time supporter of the Scouts. Several members are Eagle Scouts, and many of the children of Rotarians are in the Scouting program, and a number have earned the rank of Eagle. The club likes to support Eagle Service projects financially.

Scout Executive Marc Andreo asked the Rotarians to help spread the word about local Scouting. With units and camps open again, they are seeking more youth to join the local programs. Please visit [beascout.org](http://beascout.org) to locate a unit near you!



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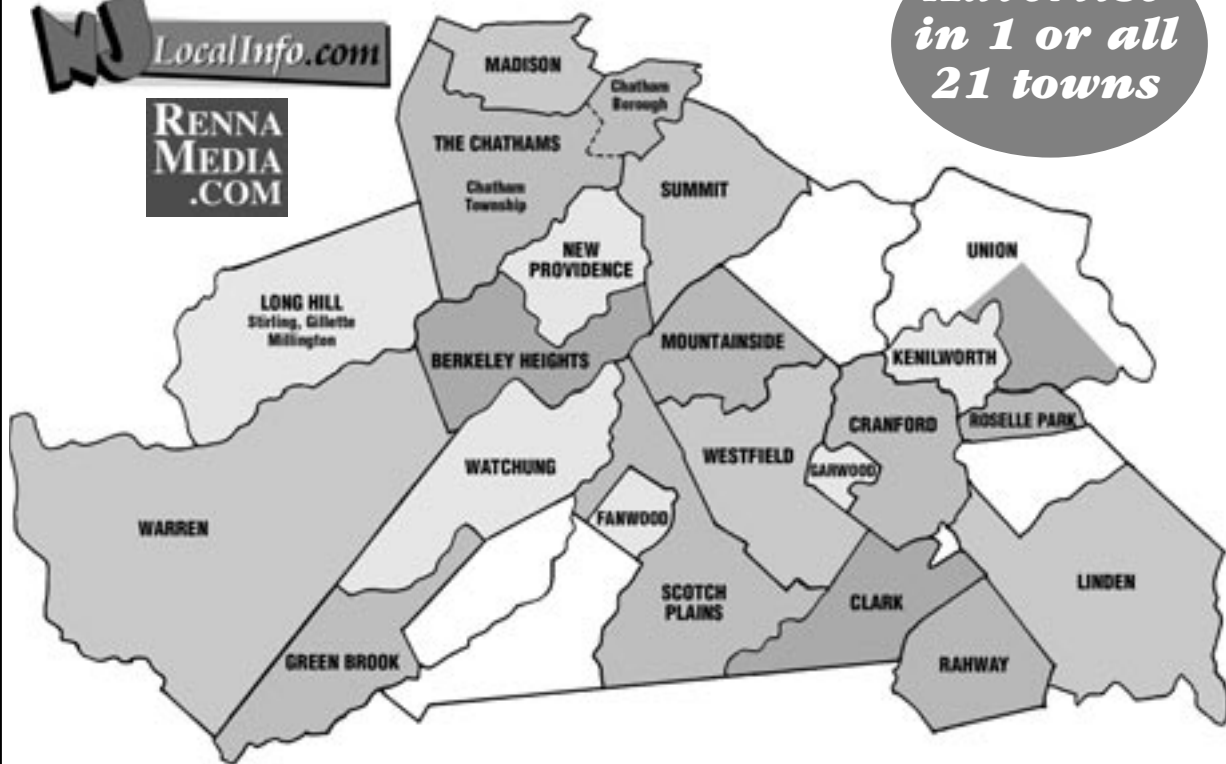
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Looking for family-friendly activities and entertainment with a holiday theme? Appreciate gathering in the fresh air with neighbors and eating free snacks? Search no further! You'll find all this and more at the Berkeley Heights Winter Walk on December 4th from 3-6 p.m. in Downtown Berkeley Heights. This free event is open to all area residents.

There are many fun activities and attractions featured at the Winter Walk; including an artificial skating rink, horse and carriage rides, a life-size snow globe, a trackless train, and visits with Elsa; plus, enjoy entertainment with live music, dance performances, and a DJ. Also, you'll find

holiday-themed photo stations, balloon and character artists, game trucks, a football goal challenge, and a basketball throw, as well as, free hot chocolate, cookies, popcorn, cotton candy, and other snacks; plus so much more!

To see the full roster of activities and entertainment, visit the Winter Walk website at [berkeleyheightsdowntown.com/activities](http://berkeleyheightsdowntown.com/activities).

Cheri Pertesis, the co-founder of the Winter Walk and owner of Anything Floral, said, "We're thrilled to be able to present the sixth edition of Winter Walk. All your family's favorites are back again this year. After the difficulties of the last 18 months, it's great to be able to gather outdoors and celebrate our town, the holidays, and our relationships with each other."

Immediately after the Winter Walk, attendees can walk to Peppertown Park for the Berkeley Heights Recreation Department Tree Lighting. Fireworks will follow, courtesy of Garden State Fireworks. Parking for both the Winter Walk and the Tree Lighting is at Upper and Lower Columbia Park, 76 Columbia Ave, Berkeley Heights, NJ. A trolley is available to transport visitors between the parking lots and Peppertown Park.

This beloved annual event, described by past attendees as "magical," is made possible through the generous sponsorships and creative offerings of Berkeley Heights' businesses. They embrace this special opportunity to give back to the community and thank everyone for their ongoing support and patronage!

The presenting sponsors are The Park, Embassy Suites by Hilton, and Berkeley Heights Round Table Studios. For the complete list of sponsors, visit, [berkeleyheightsdowntown.com/sponsors](http://berkeleyheightsdowntown.com/sponsors).

The Winter Walk is a labor of love organized and managed by Cheri Pertesis of Anything Floral, Hilary Boothby, and the Berkeley Heights Downtown Beautification Committee. It is brought to life by the participation of more than 90 Berkeley Heights businesses and organizations.

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# BERKELEY HEIGHTS PERSONAL TRAINER REVEALS WEIGHT LOSS SECRETS OF THEIR MOST SUCCESSFUL CLIENTS BETWEEN AGES 40-67

"It didn't happen all at once...but since I turned 40, My Weight Has Crept up...Every year...and Covid-19 has been the reality check that this must be stopped." Local Gym reveals the new workout system people in the Berkeley Heights area are using to defy the normal boundaries of gaining weight as they get older...by stopping the slow weight gain creep in its tracks.

If you or a loved one suffer from the frustrating reality that once you turn 40 you've consistently gained weight...and it's gotten to the point where it even stops you from doing the activities you still want to do- then reading this article may be the most important thing you do this year.

It may un-lock the painful mystery of your weight gain and show you a way to get back to the life you deserve...before the slow creep starts to hit the point of no return... A life where you can fit into the clothes you used to fit into before the slow creep occurred. A life where you can wake up in the morning and not take 20 minutes to get out of bed and hit the snooze button 5x because you're exhausted. A life where you can play with your kids without worrying that you're going to run out of gas before they do. A life where you can do and enjoy all the things you see so many others doing and enjoying but your fitness level has kept you watching from the sidelines. ...Basically, a life without the curse of the slow weight gain creep.

Finally, the area leading fitness experts – Gabriele Fitness, the specialists from Berkeley Heights who have already helped 100's of people over the last 13 years with their health and fitness advice – have recently released a new 6-week personal training program that reveals the best-kept secret in Berkeley Heights... How to actually stop the slow weight gain creep without fad diets or workouts that beat up your body.

Weight Gain "Truths" Finally Exposed:

The training program will expose how typical diets and long, and way too intense workout programs are NOT always needed, and how some very simple and easy strategies can be implemented to stop the "creep" in its tracks. In addition, the program is designed to be for people aged 40+ and is perfectly tailored for men and women in this age group.

The 6-week program that launches on December 13 reveals the simple, fast, and easy ways to combat "weight creep"...and even shows how you can get to the bottom of it fast and naturally...without getting a traditional gym membership where you need to try and figure it out on your own.

This program is perfect if you have any of the following on the horizon... An important wedding you want to look and feel your best for. An upcoming class reunion. A big milestone birthday such as 40, 50, 60, or 70. The birth of a new child that you know will take a ton of energy to keep up with. A career change you need to be at the top of your game for. You're considering retiring and will have more time to be more active but you're nervous about what you'll actually be able to do. You got a recent scolding from your doctor to start working out and eating right...like now. You've

realized that your current workout situation is no longer working and you need a change. A vacation to an island is coming up and you want to be beach-ready. You recently ended a long relationship and want to start focusing on yourself.

More: The program also exposes what most personal trainers fail to recommend to people aged 40+ when trying to get back in shape, and reveal for the first time to residents of the Berkeley Heights Area....simple, yet often overlooked routines that help to melt body fat and gain healthy lean muscle... as well as improve posture and energy levels all at the same time.

They're perfect if you're a man or woman aged 40+ and worried about not fitting into the clothes you want...or losing strength and energy at the hands of the "Slow Creep"

Just recently a new client that got started...after they realized they couldn't handle the weight creep any longer reported this...

"It didn't happen all at once...but since I turned 40, My Weight Has Crept up...Every year...and Covid-19 has been the reality check that this must be stopped."

Here's What You'll get when you join this program that starts on December 13.

"Cutting Edge Personal Training": Get 18 Small Group Personal Training Sessions so you always have a coach watching every rep which means you don't need to worry about what to do, how to do it, or if you're doing it right...

"Burn Fat All-Day" Unlimited "Fat Blast" Cardio Sessions so you can finally lose fat and experience all-day energy without coffee, stimulants, or needing a nap.

"Nowhere to Hide" Get Weekly accountability check-ins from your assigned trainer so you can be certain you won't fall off the wagon like most people when they begin an exercise program...which means you'll get better results than you ever have before.

"Eat This Not That" A Simple 6 Week Nutrition

Guide so you don't have to feel stressed about what the heck you should be eating...or when you should be eating which means you'll lose fat faster than you ever have before.

"The Gabriele Fitness Guarantee" 100% Results Guaranteed, or your money back. We promise that within your first 45 days you'll drop body fat, get stronger, and feel better... if not, we'll refund every dime back.

If you're currently not working out, or you have a gym membership but you never go...or you've tried every diet under the sun but still have been on this yoyo journey which...in the end has resulted in consistent "weight creep"...

Two Ways to Get Started...Option 1: Request a 100% Free Consultation by calling 908-464-4441 and mentioning this article. Option 2: Get more information on the 6 Week Fitness and Nutrition Program that starts on December 13 by scanning below.



There are just 20 available spots for new members... you will breathe a sigh of relief once you realize how easy it can be to stop "weight creep" and get back feeling amazing again.

101 Five Star Google Reviews Can't Be Wrong. Gabriele Fitness has more social proof that their program works than any gym or personal trainer in the area. A simple google search of "Gabriele Fitness" will bring up 101 five-star ratings of the local gym along with some VERY long reviews from happy clients whose lives have been transformed.



**www.gabrielefitness.com**

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