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## ACTIVE RETIREES HOLDS 4TH ANNUAL 3-B COOKIE SWAP

On Tuesday, December 14, the Mountainside Active Retirees (MAR) held their 4th annual cookie swap in the Borough Community Room. Besides having 3 tables full of home baked and store-bought cookies brought by the members, an additional holiday 'sweet' treat was the entertainment presented to the group for over an hour.

Mountainside resident Candy Nelson, front woman of The Candy Rockmore Group - a popular Jersey Shore band had the members singing along to holiday songs, popular oldies and dance music. At one time an impromptu conga line, generated by the music of Ms. Nelson, snaked thru the room.

The Mountainside Active Retirees are a group of like-minded seasoned citizens, 55+, retired, or wishfully retired, meet at the Mountainside Municipal Building in the Community Room which is located on the second floor from 10 a.m. to 12 noon during the months of September through May. Stop up and visit with us. The coffee is always on.



(above) 4th Annual 3-B Cookie Swap - Bake some, or Buy some, & Bring some.



(right) Mountainside resident Candy Nelson entertained the group.



(above) Lemon Cakes, baked by Kenny i., President - M.A.R.

### RECIPE Lemon Cakes

**Time:** 40 minutes plus cooling

**Yield:** About 32 cookies

#### Ingredients:

- 1 & 2/3 cups all-purpose flour
- 3/4 cup granulated sugar
- 6 tablespoons salted butter
- 2 lemons
- 1 large egg
- 2 large egg yolks
- 1/2 cup confectioners' sugar

Heat oven to 350 degrees. Line 2 baking sheets with parchment paper.

In a large bowl (or food processor), combine the flour and granulated sugar. Cut in the butter with a pastry blender or two knives to form crumbs with some pebbly bits, then zest the lemons directly into the bowl. In another small bowl, combine the egg and egg yolks. Squeeze 1 tablespoon juice from a lemon and mix into the eggs. Pour the egg mixture into the flour mixture, and gently stir until the dough comes together.

Roll the dough into 1-inch balls and space 2 inches apart on the prepared sheets. Bake, 1 sheet at a time, until the tops look just set and dry, 12-13 minutes. Cool completely on the sheets.

Place the confectioner's sugar in a small bowl. Squeeze 1 1/2 teaspoons juice from a lemon, and stir into the confectioners' sugar until smooth and the consistency of icing. Add more lemon juice if needed. Drizzle over the cooled cookies. Let stand until set.

Adapted from "A Feast of Ice And Fire - The official Game of Thrones companion cookbook"  
By Chelsea Monroe-Cassell and Sariann Lehrer (Bantam, 2012).

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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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## SING IN THE NEW YEAR WITH FREE WORKSHOPS!

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

Hickory Tree is an award-winning women's chorus singing four-part a cappella harmony in the barbershop style. We are passionate about

music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please register for Sing in the New Year by email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. More information at [hickorytreechorus.org](http://hickorytreechorus.org). Watch the promo video on the Hickory Tree Chorus YouTube channel: [youtu.be/mcvYYvPV4rQ](https://youtu.be/mcvYYvPV4rQ).



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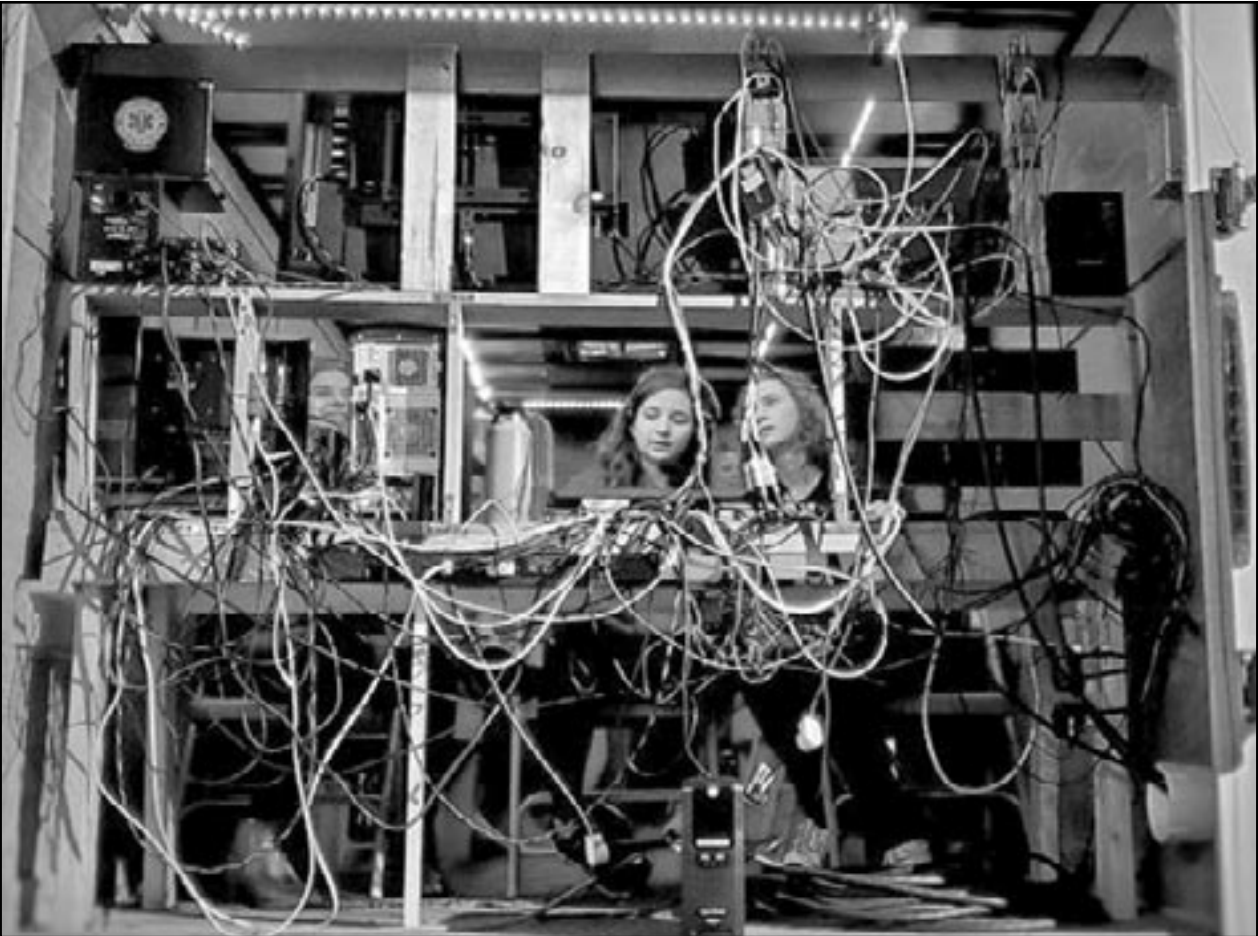
# TV PRODUCTION ELECTIVE AND CLUB HIGHLIGHTS SCHOOL ACTIVITIES



Students at Governor Livingston High School have been working hard at GLHSTV, our local access TV station, which is regularly behind the scenes at school events making sure memories are captured for years to come. Based out of the Governor Livingston High School TV Studio and led by Staff Advisor Joe Voorhees, the station is run almost entirely by students in the TV Production electives and TV Production Club.

GLHSTV currently shoots regular and semi-regular programming in addition to covering sporting events, concerts, plays, and specials events. Most recently they took their expertise on the road to live stream their first ever Varsity Ice Hockey Game to fans at home, setting up cameras throughout the rink to ensure they captured the best images.

Photos by Berkeley Heights Public Schools



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Wishing you Health and Happiness in the New Year!

1200 Morris Turnpike Suite 3005, Short Hills, NJ 07078

## CAMP AND CHILD CARE OPEN HOUSES - JAN. 8

### WESTFIELD AREA YMCA

The Westfield Area YMCA will hold Summer Day Camp and Child Care Open Houses on Saturday, January 8 from 10 a.m. - noon.

Summer Day Camp Open Houses will be held at the Main Y Facility, 220 Clark Street and the

Garwood Family Center Y, 500 East Street. All Westfield Area YMCA camps are ACA-accredited. Traditional, sports, S.T.E.A.M. (Science, Technology, Engineering, Arts and Math) and leadership development camps are available for children and youth ages 3-15. The

Y offers full-day and half-day camps by the week or all summer long. Camp Early Bird registration begins January 3 and ends on January 31.

Child Care Open Houses will be held at the Bauer Branch, 422 East Broad Street; Early Learning Center, 170 Elm Street; Main Y Facility, 220 Clark Street; and Garwood Family Center Y, 500 East Street. Registration for the 2022-23 school year for full-day child care, half-day and full-day preschool, full-day Kindergarten, Kindergarten Wraparound and Garwood after school care will be available. Registration for Westfield after school care will begin in March.

For information on all Westfield Area YMCA programs and services, visit [westfieldynj.org](http://westfieldynj.org) or call the Welcome Center at 908-301-YMCA (9622). The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Financial assistance is available for those who qualify.



(above) Westfield Area YMCA Blue Sky Camp

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**WESTFIELD AREA YMCA • 220 Clark St., Westfield • 908-301-YMCA (9622) • [westfieldynj.org](http://westfieldynj.org)**  

Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923.  
Financial assistance is available for YMCA programs and memberships.

# 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 January 3rd 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 January 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 JANUARY 3rd (9 SPACES REMAINING)

APPLY NOW

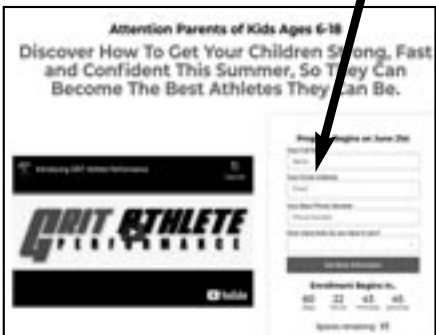
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### STEP 3

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 9 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 JANUARY 3rd (Only 9 Spaces Remaining)

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# THREE COUNTY FAMILIES MADE OFFICIAL ON NATIONAL ADOPTION DAY

*Multi-town parade includes superheroes, gift baskets and more*

## CASA of Union County

The frosty morning of Nov. 19 may have been any other Friday for many, but for three Union County foster youth in Rahway, Roselle and Roselle Park, all under age three, their lives changed forever, as Union County Superior Court

Judge Lara DiFabrizio granted each the consistency and stability deserved by all children, finalizing their adoptions and ending their time in the child welfare system. Each family had their own CASA volunteer working the case.

The annual event is held the Saturday before Thanksgiving and courts nationwide often celebrate National Adoption Day the business day before, or even open on Saturday, to hold adoption hearings. Here in Union County, all hearings were performed via Zoom due to Covid-19, and Judge DiFabrizio made official what each child likely already felt: they were finally home.

Despite the virtual component, those involved ensured the excitement was palpable. Upon completion of each adoption, the homes were visited by a caravan of fire trucks, police cars, court staff, law guardians and other case stakeholders, CASA of Union County staff and two of its interns suited up as Captain America and Mr. Incredible, and the bear mascot from Kenilworth's David Brearley Middle and High School. All cheered for the family, where each took their first official photo together, and the children spent time with the superheroes and school mascot.

Families received a hot breakfast donated by Urban Griddle in Elizabeth; a flower bouquet

provided by Jane Phillips who, until her recent retirement, headed the Adoption Day Committee for the judiciary; and a gift basket from CASA of Union County made possible by collections of board and card games, puzzles and movie night fixings from the Kenilworth school and Summit's Oak Knoll School of the Holy Child. The latter collection was spearheaded by Desiree Mitchell, daughter of CASA volunteer Hope Mitchell, and included fleece blankets made with classmates. In addition, each child and all siblings received their own superhero dress-up costume and books hand selected by the Phi Eta Omega Chapter of Alpha Kappa Alpha. Each family received a WalMart gift card funded by the Union County Bar Association. Costumes for CASA's interns were loaned by generous members of the Facebook Buy Nothing Group in Cranford and Garwood.

Today, more than 120,000 youth nationwide need a permanent home, with an average wait in foster care of four years. Each year, 23,000 youth age out of the system without a family or safety net in place. For details on CASA of Union County's mission, the need for volunteer advocates and how to become one, contact Lucia at [lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org) or log on to [casaoofunioncounty.org](http://casaoofunioncounty.org).



## TIME TO CLEAN OUT YOUR CLOSETS

*Fanwood-Scotch Plains Service League*

It's time to put away the presents and pack up the holiday décor, making room for new items by sorting through the old. That makes this a perfect time to clean out closets and weed out underused possessions, from clothing to household goods to Christmas decorations.

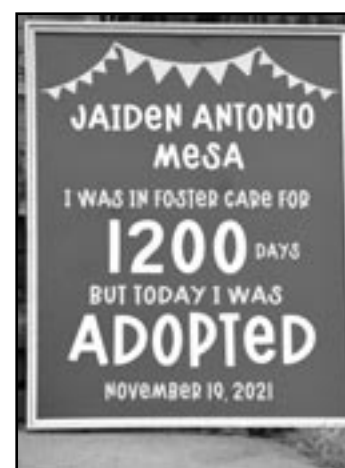
Whether it is a sweater that no longer fits or a new gift that just doesn't fit your style, unneeded items in good condition could be treasured by another person. Bring those goods to the Fanwood-Scotch Plains Service League Thrift Shop! The store offers a large collection of clothing for both sexes of all ages, along with shoes, jewelry, bric-a-brac, linens, household items, toys, games, books, DVDs and décor for every season.

All store goods are generously donated by members of the general public and all store proceeds outside of operating expenses are provided to local non-profit organizations or used for student scholarships. Service League members would like to thank all of the donors who generously provide the store with merchandise, as well as all the shoppers who regularly visit and purchase there. You are keeping the shop in business and "helping us help others," allowing the Service League to serve the community for 48 years—and counting.

After a short closing during the Christmas holidays, the Thrift Shop re-opens on Tuesday, January 4, 2022. To learn more about the Fanwood-Scotch Plains Service League and types of donations accepted please call the store at 908-322-5420 during Thrift Shop business hours: Tuesday-Friday 10 a.m. to 2:30 p.m. and Saturday, 10 a.m. to 1 p.m.



*(above) Upon completion of each adoption, the homes were visited by a caravan of fire trucks, police cars, court staff, law guardians and other case stakeholders, CASA of Union County staff and two of its interns suited up as Captain America and Mr. Incredible, and the bear mascot from Kenilworth's David Brearley Middle and High School.*



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