

# New Providence NEWS

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## THREE FAMILIES MADE OFFICIAL ON NAT'L ADOPTION DAY

### 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).



(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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## New Providence NEWS

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### SEND US YOUR NEWS

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New Providence News

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## AUTISM FOUNDATION DISTRIBUTES GRANTS

Submitted by Thomas Trezza

The Drive for Autism Foundation is pleased to announce the distribution of \$42,500 in the form of nine grants to school-based programs providing education and training to individuals with autism spectrum disorders. 2021 was a rebound year for the foundation and they are pleased with the support they received this year. The foundation can't thank their participants, sponsors, and supporters enough! They are a special group of people and the foundation is blessed that they support their mission and foundation.

The Drive for Autism foundation held its 20th annual Golf Event in 2020 with 122 participants, as well as several other smaller fund-raising events throughout the year. The Drive for Autism Golf Outing, which has been held since 2002, has raised and distributed \$819,000 to local school programs. The grants in 2021 were awarded to: Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, (Paramus, NJ), ECLC (Chatham, NJ), Eden II Programs (Staten Island, NY), Spectrum360 formerly The Children's Institute (Verona, NJ), and Seton Foundation for Learning (Staten Island, NY).

Grant recipients use money to fund a

multitude of items including Health and Fitness Programs, Social Skills Programs, assessment tools, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, SMART Boards, iPads, video projectors, as well as educational toys and games. The foundation aims to fund items that are not included in the programs' regular budget so it makes it extra special that they can help provide funding for items on different schools' "wish lists".

### ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation, is a 501(c)(3) tax exempt public charity that was created in the spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in individuals with autism.

### DRIVE FOR AUTISM GOLF OUTING 2022:

The Drive for Autism XXI is scheduled for Monday, September 19, 2022 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by lunch. Special events include golf contests, raffles, and a silent auction of sports memorabilia, game tickets, and golf trips.

For additional information, please visit their website at [DriveForAutism.org](http://DriveForAutism.org) or [driveforautism@comcast.net](mailto:driveforautism@comcast.net).

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Nathan Weiser

★★★★★

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

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.

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(above, r-l) Tom Montrone, President of the CSA, delivered a check to Patricia Bixel, Executive Director of Star Fish Food Pantry.

## NEIGHBORS HELPING NEIGHBORS

*Submitted by Tom Montrone, president of the CSA*

The Scouting for Food Drive, run this past November by the New Providence Cub Scouts (Packs 263, 363 & 99) and Boy Scouts (Troops 1 & 63) and coordinated by the Faith Lutheran Parish, again faced unprecedented challenges due to the pandemic. The drive was forced to shift its focus food donations to grocery gift cards, cash, and food. In 2019, pre-pandemic, over \$53,000 of food donations were received. These were sorted by volunteers from Faith Lutheran and other organizations for delivery to the CSA and the Star Fish food bank. With the pandemic prohibiting mass meetings, the process of collecting and sorting a mountain of food products had to be abandoned.

Changing to cash contributions assisted the CSA in its mission to provide temporary financial assistance to New Providence residents in need. The CSA is a 501(c)(3) organization founded in 1954 by residents of New Providence to help neighbors in financial need. The contributions not only purchased food, but they also helped prevent evictions, cover medical expenses, get school supplies, keep the power on and fill many other needs of our neighbors in distress. Cash contributions were particularly

important, since the CSA's traditional fundraiser, the Pasta Dinner, could not be held last year.

Star Fish, a food pantry located in Plainfield, also benefited from the contributions. The CSA directed half of the Venmo contributions, \$3,723, to Star Fish. As a food pantry, Star Fish provides food to over 400 folks in Plainfield every week! They will be able to use the funds to purchase much needed basic staples.

The CSA is totally staffed by volunteers, folks who give back their time and energy to help our neighbors in need. If you want to join the CSA, or want to contribute or are in need or know a resident of New Providence who is in need, please visit our website [csanewprovidence.org](http://csanewprovidence.org), or call us at (908) 665-8254.

The CSA Community Service Association is a 501(c)(3) nonprofit organization and is chartered in the State of New Jersey.

You Can Help! Your donation can make the difference to those in our community who are economically vulnerable and who are the most harmed by the pandemic.

You can contribute by visiting our website, [www.csanewprovidence.org](http://www.csanewprovidence.org) and donating

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### JUST A FEW OF OUR RESTAURANT PARTNERS:

Bobby Flay Steak	Fred's Meat & Bread	SriPraPhai
Di Fara Pizza	The Mainstay by Marc Murphy	Maydān
Bar Nakazawa	JBird by Jonathan Waxman	Barrio Café



JOIN THE WAITLIST

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# wonder

## FEEDING THE HUNGRY

### Faith Lutheran Church

Since the upsurge in the Coronavirus cases in March 2020, each Thursday Faith Lutheran Church in New Providence has contributed an average of about 700 sandwiches to the soup kitchen of St. John's Roman Catholic Church in Newark. The sandwiches are made at home by members and friends of Faith, who then take them to the church, where they are counted and boxed for delivery. Donations regularly include snacks, fruit, baked goods, water, and clothing. The staff at Faith help organize and manage the donations each week.

St. John's Soup Kitchen has been providing food for over forty years in the Newark area. For thirty-seven years, on the second Saturday of the month, a group from Faith has donated, prepared, and served a comprehensive hot meal at St. John's. Faith has delivered approximately 65,000 Sandwiches to St. John's Soup Kitchen to date.

Due to the health dangers of the Coronavirus pandemic, individually served, cooked meals were halted in March 2020. From its experience, Faith knew that men, women, and children, who had fallen on hard times, would continue to come with hunger to St. John's for support.

Days after the state issued stay at home orders in March 2020, Pastor Jane McCready reached out to Pete Dobbs, Director of the Soup Kitchen, to discuss how Faith could continue to help. That week, Pastor McCready dropped off 681 sandwiches at St. John's.

Due to the economic problems caused by the current health crisis, the number of guests at St. John's has increased greatly. Kitchens and pantries in the area have been forced to close because of the risk the Coronavirus presents. Determined to continue its mission, St. John's has

remained open and done everything possible to streamline its service and reduce the risk for its guests. Everyday people tell the administrators at St. John's how grateful they are and they do not know what they would do if the kitchen no longer provided them food.

If you wish to learn more about making sandwiches for St. John's, please call Faith's office at 908-464-5177, or email the office at [family.faith@verizon.net](mailto:family.faith@verizon.net). Faith is located at 524 South Street, New Providence, NJ 07974. For more information, visit [famfaith.org](http://famfaith.org).



(above) Tony of St. John's Soup Kitchen and Rev. Jane McCready, Pastor of Faith, with a delivery of 800 sandwiches and other items.

Faith has delivered approximately 65,000 Sandwiches to St. John's Soup Kitchen to date.



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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 spring Sports Performance session starts on March 21st 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 spring program that starts on March 21. Visit [www.gritathletes.com](http://www.gritathletes.com) to register for their spring session...or see below for more details...*

## SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS MARCH 21ST

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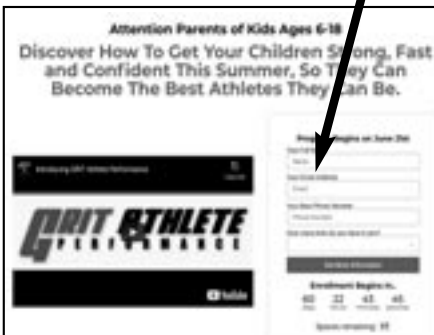
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### STEP 3

Coach Mike will call you and set you up



**Warning: The spring 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 spring session.**



# Attention Parents of Kids Ages 6-18

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

### The GRIT Athlete Performance spring Program

#### 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 MARCH 21ST

### STEP 1

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**Warning: The spring 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 spring session.**

## ACCLAIMED PERFORMERS AND EDUCATORS JOIN NEW JERSEY YOUTH SYMPHONY JAZZ PROGRAM

The New Jersey Youth Symphony (NJYS) announced that trombonist and composer Dion Tucker and longtime Garden State educator Gregory Williams will be joining the Jazz faculty this Fall as Director of NJYS Jazz and Jazz Orchestra and Director of NJYS Big Band, respectively. Dennis Mackrel, assistant chair and professor of jazz studies at the Aaron Copland School of Music at Queens College, will serve as inaugural artist-in-residence.

Building on its mission to train and foster the next generation of young jazz musicians, NJYS is delighted to continue to attract leading musicians and educators to teach, oversee new initiatives and programs, and develop innovative courses, a path the youth orchestra organization has been steadily following in recent years. Tucker, Williams, and Mackrel will join faculty members David Schumacher, Director of NJYS Jazz Workshop and Saxophone Ensemble, drummer Matt Slocum, and saxophonist Lance Bryant in inspiring the students of the growing jazz program.

Said Artistic Director and Principal Conductor Helen H. Cha-Pyo, "I am incredibly excited to welcome Dion Tucker, a consummate performer and educator, as our new Director of NJYS Jazz program and Jazz Orchestra. Under the leadership of Mr. Tucker, Mr. Williams, and the talented team of jazz faculty, NJYS will continue to work diligently to offer our young jazz musicians exceptional opportunities to learn and perform at a high level. I am also thrilled our students will have the opportunity to learn from Dennis Mackrel, an award-winning drummer, conductor, and composer/arranger."

Dion Tucker has been a member of The Harry Connick, Jr. Big Band since 2007, performing for President Barack Obama at the 2012 Governors Ball and at the Papal Mass for Pope Benedict at Yankee Stadium in 2008. He was lead trombonist in the 2011 Broadway revival of *On A Clear Day* and in the 2018 stage adaptation of the Academy Award-winning film *The Sting* at Paper Mill Playhouse. Previously, he toured with the rock

band Matchbox 20 and was lead trombonist in The Duke Ellington Orchestra from 2003 until 2013.

Said Tucker, "As the new director of the jazz program, I'm really excited to work with each and every student! Educating the next generation of musicians is very important to me. I am a product of programs just like NJYS, and I would not be where I am today without them. I look forward to discovering and highlighting the special talents that lie within each student."

As an educator, Tucker has taught in over 20 New York City public schools through the Jazz at Lincoln Center's Jazz For Young People program and was a faculty member at Jazz House Kids, a music education program in New Jersey fronted by Christian McBride.

"As we further advance the jazz program at the New Jersey Youth Symphony, we are also very grateful to our outgoing director, Julius Tolentino, for building the NJYS jazz program to reach such a high level of excellence in a short period of time," said Peter H. Gistelinck, Executive Director at the Wharton Institute for the Performing Arts.

Jazz educator Gregory Williams has nearly a quarter of a century of experience in the classroom serving diverse student populations. As a professional musician, composer, arranger, and copyist, Williams has toured and recorded with notable artists including Marcus Roberts, Eric Reed, Wynton Marsalis, Delfeayo Marsalis, Vincent Gardner, Elvin Jones, Wycliff Gordon, Tim Warfield, and Terell Stafford. Awarded the 2006-2007 and 2009-2010 Educator of the Year Award by the Plainfield Public Schools, his students have received recognition in dozens of festivals and competitions, including a superior rating and best rhythm section award at the 2013 New Jersey Association for Jazz Education State Final Jazz Festival.

Described by the Los Angeles Times, "Mackrel's drumming, especially well-displayed in his brushwork solos on ballads, was illuminated by his far-ranging experience and his

skills as a composer and arranger." Dennis Mackrel is a noted jazz drummer and highly respected composer/arranger and conductor whose work has been recorded and performed by the Count Basie Orchestra, Dizzy Gillespie All Star Big Band, WDR Radio Big Band (Germany), Jazz Orchestra of the Concertgebouw (Holland), Klüvers Big Band (Denmark), and the McCoy Tyner Big Band, whose Grammy-winning CDs include Mackrel's arrangements.

Mackrel has won numerous awards including Who's Who in Music, A National Endowment for the Arts grant for composition, and Outstanding Alumni from the University of Nevada, Las Vegas. He is an experienced jazz educator who conducts master classes, seminars, and workshops throughout Europe, Asia, Canada, and the United States. As Artist-in-Residence, Mackrel will work with NJYS' young jazz students in six monthly clinics from October to April on Sunday afternoons. These clinics will be free and open to New Jersey jazz educators to attend and observe. More information about the residency will be available at NJYS.org.

The New Jersey Youth Symphony (NJYS), founded in 1979, is a tiered orchestral program offering ensemble education for students in grades 3-12 across New Jersey. NJYS has grown from one orchestra of 65 students to over 500 students in 15 different orchestras and ensembles, including the internationally recognized Youth Symphony. NJYS ensembles have performed in venues including the New Jersey Performing Arts Center, Carnegie Hall, and the John F. Kennedy Center for the Performing Arts. NJYS has received numerous prestigious awards for its adventurous programming from the American Society of Composers, Authors, and Publishers (ASCAP) and has had six European tours, including participation in the Summa Cum Laude International Youth Festival and Competition (Vienna), winning First Prizes in July 2014 and 2017.

Now in its 43rd season, NJYS continues to achieve musical excellence through intensive instruction and high-level performance. Under the guidance of a talented team of conductors, coaches, and teaching artists, students are immersed in challenging repertoire, learning the art of ensemble playing, and exploring their potential in a supportive and inclusive environment. NJYS remains committed to programming works by diverse composers and featured 20th century African American and women composers such as Duke Ellington, George Walker, Yvonne Desportes, Emma Lou Diemer, Julia Perry, and Florence Price.

The New Jersey Youth Symphony is a program of the Wharton Institute for the Performing Arts. Wharton is New Jersey's largest non-profit performing arts education organization serving over 1,500 students of all ages and abilities through a range of classes and ensembles. In addition to the New Jersey Youth Symphony, programs include the Paterson Music Project and Performing Arts School.



*(above) The New Jersey Symphony welcomed trombonist and composer Dion Tucker and longtime Garden State educator Gregory Williams to the Jazz faculty as Director of NJYS Jazz and Jazz Orchestra and Director of NJYS Big Band, respectively. Dennis Mackrel, assistant chair and professor of jazz studies at the Aaron Copland School of Music at Queens College, will serve as inaugural artist-in-residence.*

New Jersey Youth Symphony Presents...

# A Concert for PEACE

Leonard Bernstein's *Symphony No. 1 'Jeremiah'* for Orchestra and Mezzo-Soprano  
Marvin Hamlisch's *Symphonic Suite: Anatomy of Peace*

## February 26, 2022 • 7:00 pm

Union County Performing Arts Center • 1601 Irving Street, Rahway



Cierra Byrd  
mezzo-soprano



New Jersey Youth Chorus  
Patricia Joyce, director



NJYS Youth Symphony



Helen H. Cha-Pyo  
artistic director and  
principal conductor



Marvin Hamlisch

Based on a book by Emery Reves, *Anatomy of Peace* is the one-movement symphonic suite by **Marvin Hamlisch** embracing the central theme of reconciliation and world peace. The loss and recovery of faith in humankind, explored in **Bernstein's** award-winning large-scale work, draws from the book of Lamentations.

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## RYOMA TAKENAGA RECEIVES AWARD FOR ACCOMPLISHMENTS IN JAZZ



(above) Ryoma Takenaga NJYS Jazz 2022

*Submitted by Alice Hamlet*

New Jersey Youth Symphony member, Ryoma Takenaga, of New Providence, NJ, a student at the Academy for Information Technology, has received a 2022 YoungArts award in Jazz. Takenaga has been recognized at the Honorable Mention level, the organization's second highest honor. Takenaga has been recognized for his caliber of achievement and joins 720 of the most accomplished young visual, literary, and performing artists from throughout the county. Selected through the organization's prestigious competition, YoungArts award winners, all 15–18 years old or in grades 10–12, are chosen for their caliber of artistic achievement by esteemed discipline-specific panels of artists through a rigorous blind adjudication process. YoungArts award winners gain access to one of the most comprehensive programs for artists in the United States, in which they will have opportunities for financial, creative, and professional development support throughout their entire careers. A complete list of the 2022 winners is available online at [youngarts.org/winners](http://youngarts.org/winners).

"We are thrilled to announce this year's YoungArts award winners — an extraordinary group of promising, accomplished young artists — and congratulate each of them on this exciting milestone in their artistic careers," said Executive Director Jewel Malone. "YoungArts empowers artists to pursue a life in the arts beginning at the critical time when many are faced with decisions about life after high school. We are proud to support these young artists at the beginning of their journeys and look forward to becoming a resource for them at all stages of their careers."

YoungArts award winners become eligible for exclusive creative and professional development support including a wide range of fellowships, residencies, and awards; microgrants and financial awards; virtual and in-person presentation opportunities in collaboration with major venues and cultural partners nationwide; and access to YoungArts Post, which is a free, private online platform for YoungArts artists to connect, collaborate, and discover new opportunities.

Takenaga said, "I enjoy the sense of community that I have found in the jazz world. Early on, I realized that the bassist holds a big responsibility in the band. We are responsible for listening to all the voices of the band while interacting with bandmates to maintain the harmonic and rhythmic structure. While being the driving force of the music, as bassist, I must simultaneously put the voices of others forward. This has allowed me to grow as a jazz musician. I truly enjoy performing with others and also enjoy my role as a teaching assistant for the New Jersey Youth Symphony Big Band."

Takenaga, who has been playing the upright bass for eight years and a member of the NJYS Jazz Orchestra since 2018, has received numerous accolades including, Regional Essentially Ellington Outstanding Soloist & Outstanding Rhythm Section Award (2018); National Charles Mingus Competition

Outstanding Soloist & Mingus Spirit Award (2019); National YoungArts Award Honorable Mention (2022 and 2021); New Jersey All-State Jazz Band (2021); and was selected for the National Youth Orchestra Jazz (2021), where he performed on the album *We're Still Here*, featuring the great Melissa Aldana and Sean Jones. He has appeared at the ShapeShifter Lab with Ravi Coltrane, Marcus Gilmore, Matt Garrison + Emilio Modeste Quintet; at the Friars Club with the Antoine Roney Trio; and at the Kumamoto Japan Jazz Festival. He currently plays with his jazz band, the Baker Street Trio, with Ben Schwartz and Ben Collins-Siegel. The trio recently opened for the Bernie Williams-Gil Parris Quartet and the Montclair Jazz Festival. Takenaga was also featured in *Jersey Jazz Magazine* as "The Bright Future of Jazz."

As a YoungArts award winner, Takenaga joins a distinguished group of accomplished artists such as Daniel Arsham, Terence Blanchard, Camille A. Brown, Timothée Chalamet, Viola Davis, Amanda Gorman, Judith Hill, Jennifer Koh, Tarell Alvin McCraney, Andrew Rannells, Desmond Richardson, and Hunter Schafer.

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## NEW PROVIDENCE LIONS SUPPORT NPFD

Submitted by Linda Kale

The New Providence Lions Club is pleased to announce that it has made a \$1,000 donation to the New Providence Fire Department. The donation will be used to purchase two large flat screen televisions to be installed on the walls of the bay floor. These televisions will enhance call notifications, response monitoring, and media capabilities on the bay floor where the fire trucks, equipment, and firefighting suits are kept. They will also be used for the display of training videos to facilitate training where equipment usage can be demonstrated and conducted.

The New Providence Lions Club raises money each year to support local individuals in need, to fund needed projects for the Fire Department, Police Department, Emergency Medical Services, and the New Providence Memorial Library, as well as to support local continuity groups such as the New Providence Community Services Association, the Senior Center, and the Paca Club, among others.

The New Providence Lions Club is proud of our record of distributing 100% of all money raised back into the local community. We are most appreciative of all the donations we receive, which allows us to continue to support needed projects such as this one, which helps improve the services and training of the New Providence Fire Department!

The New Providence Lions Club is a 501(c)3 organization, giving back to the community 100% of the profits raised. Organizations that benefit from our annual support include NP Recreation Dept., Fire Dept., Community Service Assoc., EMS Rescue Squad, Senior Citizens Center, PBA, NPHS Scholarships, NP Historical Society, Health Fair, NP Public Library, Drive for Autism, Soup Kitchen 411, Bonds of Courage, and many more! Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. Lions make a difference! For more information/membership, please email [info@nplions.org](mailto:info@nplions.org), or visit [nplions.org](http://nplions.org).

## SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D. Sands

The General Phil Kearny Camp #20 of the Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle, NJ. Three new members were sworn in and a presentation on Freemasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the

approximately thirty schools in the area. The camp covers all of North Jersey above the Raritan River to the New York Border.

The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit [suvchw.org](http://suvchw.org).



(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.

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# FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

NJ Sharing Network

February 14 is all about sharing some love in New Jersey - and not just because it's Valentine's Day! NJ Sharing Network and its many healthcare partners and volunteers throughout the state are working together to register as many organ and tissue donors as possible in celebration of National Organ Donor Day.

"National Organ Donor Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation," said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. "One organ and tissue donor can save eight lives and restore health to over 75 people. I am confident that everyone's efforts on National Organ Donor Day will go a long way toward bringing hope to those currently waiting for a transplant."

Currently, there are over 110,000 Americans - nearly 4,000 of whom live in New Jersey - waiting for a life-saving transplant. In New Jersey, one person dies every three days waiting for an organ transplant.

However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is easy for New Jerseyans to register in any of the following options:

Online at [NJSharingNetwork.org](http://NJSharingNetwork.org); Through the iPhone Health App; In person at your local Motor Vehicle Agency

Observed every year on February 14, National Organ Donor Day is dedicated to spreading awareness and education about organ and tissue donation. It is also a day to recognize loved ones who have given the gift of life, have received a transplant, are currently waiting or did not receive an organ in time. National Organ Donor Day was started in 1998 by the Saturn

Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many non-profit health organizations.



(above) The late Linda J.S. Finnegan (Smith), 54, of Stirling, NJ, who passed away in 2016, donated both her lungs, both kidneys, her liver, and her other organs through NJ Sharing Network. She also donated her corneas through Eversight. Her gift of life changed the lives of at least 75 people. Linda taught Physical Education at St. Vincent de Paul School in Stirling and was proud to be ACE Gold Certified for Group Aerobic Instruction.

Photo courtesy NJ Sharing Network



(above) Cranford's Emma Rothman Celebrated 10 Years with Heart Transplant in 2021.

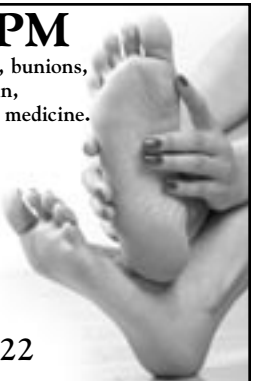
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## MEET FERNANDO PORRAS

By Jahi McDonald, CASA of Union County

By the time this goes to press, my three-month internship will have ended. What will endure, is getting to know and work alongside my fellow intern Fernando Porras. In addition to stepping up to serve as an intern a year ago — and working some 20+ hours a week since in that capacity — he is an active CASA volunteer, well into his second case as a child advocate.

From processing donor thank yous, navigating excel spreadsheets, seeking community involvement amid a virtual fundraising campaign, to shooting videos for social media, sorting and hauling holiday wish list toys, and even donning superhero costumes for Adoption Day, Fernando has been a patient, committed role model for CASA's critical work. His mantra, "Anything for the kids," is one I've heard him say countless times but seen him put into action even more.

While being an advocate and yearlong intern is plenty for a CASA of Union County highlight, it's his personal journey, and all he's made of it, that shines even brighter. After his first CASA case — a 13-year-old boy — closed, he immediately began his current case, advocating for 5- and 10-year-old brothers. His visits, he says, often include intense Beyblades battles. "I remember playing with Beyblades at that age, so it's even more memorable to bond over something I'm familiar with. Also, superheroes! Maybe I'm still a kid at heart," he quips, adding, "As an advocate, you read about their life in stacks of paperwork, but being able to spend time with them as they enjoy the little things? It gives me such a different perspective on life." When he sees their smiles, he says, he's overcome with joy.

And joy is something — like every CASA youth — that Fernando deserves. In April 2018, a month before his college graduation, he was diagnosed with leukemia. He says, "Though I was told the diagnosis was just a matter of 'bad luck' ... my life turned upside down." Sparing the details of hospitalizations, procedures and finishing the tail-end of college amid unknowns and medical crises, let's take Fernando's lead and focus on the positive: August marked three years in remission. Continued monitoring from his medical team as well as navigating other lifelong health challenges resulting from the very treatments that saved his life are now his norm.

Fernando continues, "In summer 2019, I started trying to piece my life back together. I was discussing the future with a hospital social worker and she told me CASA would be a perfect fit. I'm so glad I took her words to heart; I did my research, went to an information session, and the rest is history."

In addition to advocating for three youth, the 25-year-old cancer survivor used the yearlong intern assignment as a sabbatical of sorts, undergoing an intensive and thorough LSAT study period and he's now amid the nerve-racking law school admissions process. I asked him how he juggles it all, when each ball carries great weight: "I've always been a 'yes' person. If something needs to be done, I'll do it. Some may not see that as a positive as I do ... but there's



(above) Fernando Porras

always time to do more."

In addition to enduring love and respect for his close-knit family, Fernando's fondness for travel also keeps him on his toes. Before he embeds himself in a law school lecture hall, there are plans to travel as much as possible, amid Covid-restraints and minding his health, of course. He recently visited family in Ecuador and soon will share his unwavering support for his beloved Atletico de Madrid soccer team with a jaunt to Spain.

When life was suddenly outside his firm grasp, Fernando reached wider and gripped harder, there's no question. Still, he's always sure to make time for the betterment of others' lives. He fondly quotes an uncle, "Never say you 'can't' do something, because what it really means is that you 'won't.' It's stuck with me and allowed me to work outside my comfort zone ... comfortably."

While experiences make you who you are — and in Fernando's case that certainly proves true — he also reminds me that people make those experiences. For us at CASA, that's Fernando. For Fernando, that's his family, including grandparents who modeled resiliency and hard work, lessons for which he is grateful. When, during the last weeks of his internship, Fernando unexpectedly lost his beloved grandfather, colleagues at services saw firsthand his tightly woven net that is family, and that his commitment to life and bettering it comes from a deep well of connection, generations old.

Asked to look back on recent years, when best-laid plans didn't happen and an unexpected diagnosis did, he offers: "I truly think everything happens for a reason. I'll always have an endless number of unanswered questions — but at the same time, I'll always be grateful that I found CASA of Union County."

In addition to serving as a fall marketing intern for CASA of Union County, Jahi McDonald is a 2020 graduate of Rutgers University-New Brunswick, with plans to begin a career in public relations and marketing.

### ABOUT CASA OF UNION COUNTY

Volunteers with Court Appointed Special Advocates (CASA) of Union County serve as extra eyes and ears for family law judges hearing cases involving the county's abused, neglected or abandoned children removed from home and placed in foster care.

CASA volunteers have court-ordered access to all parties in a foster child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as from their own time spent with the youth. Advocates ensure a youth's needs are met and their time in care is as short as possible.

It is CASA of Union County's goal that every Union County foster child have an advocate, yet half of the more than 500 such youth still await one. Could you be their voice? Contact Lucia to learn more [lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org) or visit [casaoofunioncounty.org](http://casaoofunioncounty.org).

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## Announcing our 2022 Community Read Theme: FAIRY TALES!

2022 is the 210th anniversary of a long list of Grimm's Fairy Tales and the 325th anniversary of many of Charles Perrault's original fairy tales. Fairy tales from various cultures around the globe have been around for centuries, and many new authors are currently publishing fictional retellings based on some of the most well-known fairy tales. For our 4th Annual Community Read at the NP Library this year, let's all dive in and read, discuss and share our thoughts on fairy tales! Come to the library or check our website, [newprovidencelibrary.org](http://newprovidencelibrary.org), for lists of Fairy Tales & Fairy Tale Retellings for children, teens, and adults. Join in the fairy tale fun by playing along with Fairy Tale Bookopoly, too! Let's get the whole NP community reading and discussing fairy tales!

### Teeny Tiny Art Tour on Display! (All Ages)

February — All Month Long

Come see the Teeny Tiny Art Gallery in the Teen Area of the library all month long. See what our teens have created and enjoy art for art's sake!

### African-American Artists: a Virtual Tour of the Newark Museum (Adults)

February 3rd at 7 p.m. – 8 p.m.

On this virtual tour of the Newark Museum, explore African-American artists' outstanding contributions toward artistic, political, and social change across different centuries. This conversational virtual tour will be presented live by a Newark Museum docent. Registration is required, as spots are limited. To register, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

### Intro to Reiki and Sound Therapy (Adults)

February 5th at 10:30 a.m.

Experience hands-on reiki and tuning fork therapy with Reiki Master, Amy Tefft, during short grounding meditations in this 45-minute workshop at the library. Participants will be seated 6 feet apart and must wear masks.

Registration is required. To register, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org), or call 908-665-0311, ext.4.

### Knit/Crochet Night (Adults)

February 7th at 7 p.m. – 8:30 p.m.

Drop by the Conti Room with a knitting, crocheting, or other textile project you're working on, and chat with others while you work. Masks are required. To sign up for email reminders, call the library at 908-665-0311, or email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

### Batter Up — Let's Talk Baseball (All Ages)

February 7th at 7 p.m. – 9 p.m.

You're invited to discuss teams, players, and issues of the sport with other baseball fans over Zoom. Now in its eighth year, this group of mostly seniors welcomes all ages of baseball fans, including some from out of state. To join the baseball group, email the library at [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

## Paper Quilling (Teens)

February 8th at 3:30 p.m.

Come to the library after school to learn the throwback art form of paper quilling. Paper quilling is the rolling of tiny strips of paper, then gluing them into place to make 3D artwork displays. Each teen will take home what they create. Open to students in grades 6–12. Supplies are limited, so registration is required. Email [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com) with your full name and current grade to sign up.

## Book Group (Adults)

February 10th at 7:30 p.m.

The book group will discuss *Lab Girl* by Hope Jahren, the memoir of a woman in science; a moving portrait of a longtime friendship; and a stunningly fresh look at plants that will forever change how you see the natural world. Copies of the book will be available to check out at the front desk one month before the discussion. New members are welcome. The group votes each month whether to meet in person with masks or via Zoom. To join the book group, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org), or stop by the reference desk.

## Teen Volunteer Training (7th–12th Graders)

February 14th–17th

Are you interested in earning volunteer hours working at the New Providence Library? If so, email [NPMLTeens@gmail.com](mailto:NPMLTeens@gmail.com) by February 17th to express interest. Indicate your name, grade, email address, and your training availability. Training will take place Tuesday and Thursday, 3:30 p.m. – 5:00 p.m. from February 24th–March 10th (dates and groups will be assigned based on numbers of interested volunteers). These training dates are for all volunteers who wish to work March–June. Next training sessions for teens will be in September 2022. Check out our Teen Volunteer page on the website: [newprovidencelibrary.org/services/teen-services/volunteering](http://newprovidencelibrary.org/services/teen-services/volunteering).

## Book Group (Adults)

February 15th at 10:30 a.m.

The book group will discuss *The Keeper of Lost Things* by Ruth Hogan. Collecting things dropped or left behind by others and writing stories about them is Anthony Peardew's tribute to his deceased fiancée. He bequeaths his unsuspecting assistant his estate with the stipulation that she reunite the lost objects with their owners. Copies will be available to check out at the front desk one month before the discussion. To join the book group, stop by the reference desk, or email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

## Knit/Crochet Night (Adults)

February 17th at 7 p.m. – 8:30 p.m.

Drop by the Conti Room with a knitting, crocheting, or other fiber art project you're working on, and chat with others while you work. Masks are required. To sign up for email reminders, call the library at 908-665-0311, or email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org).

## Take Home Craft (Kids)

February 22nd–25th (or while supplies last)

Pick up this month's take home craft in the children's room! Kits are first come, first serve, and while supplies last.

## Registration Begins for Adult Takeout (Adults)

February 22nd

A librarian will hand pick two library books for your takeout, along with a few paper-based surprises. To sign up, click on the Personalized Takeout link at [newprovidencelibrary.org](http://newprovidencelibrary.org) under the Books & More tab, and fill out the questionnaire with your reading preferences. You'll receive an email when your takeout is ready to pick up.

## Virtual Origami Club (Kids)

February 22nd at 3:30 p.m.

Learn all about origami and how to make your own creations right at home! This program is run by teen volunteers, who are passionate about sharing their love of science and STEM with younger children. For children in grades 3–4. Email [NPMLChildrens@gmail.com](mailto:NPMLChildrens@gmail.com) to receive your origami kit and the link to the YouTube instructional video.

Join us on our YouTube Channel for the following Virtual Storytime Programs:

## Storytime with Ms. Cathy — 4, 5, 6 Year Olds

Every Tuesday at 10 a.m.

Posted to our YouTube channel. Email [npmlchildrens@gmail.com](mailto:npmlchildrens@gmail.com) to receive the link and watch any day or time!

## Mother Goose Storytime with Ms. Debbie

Every Wednesday at 10 a.m.

For babies (0–18 months), but fun for all ages! Posted to our YouTube channel.

## HOME MOVIES TRANSFERRED to digital files & DVD

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- DVD & Flash Drive Duplication
- Audio Cassette to CD
- Reel to Reel Audio to CD
- LP to CD
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# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 135,000 newspapers to every home and business in 21 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
**908-447-1295**

## RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 135,000 NEWSPAPERS MONTHLY!**

**Tina Renna 908-418-5586 • tinarena@rennamedia.com**

**Joe Renna 908-447-1295 • joerenna@rennamedia.com**

**202 Walnut Avenue, Cranford, NJ 07016**

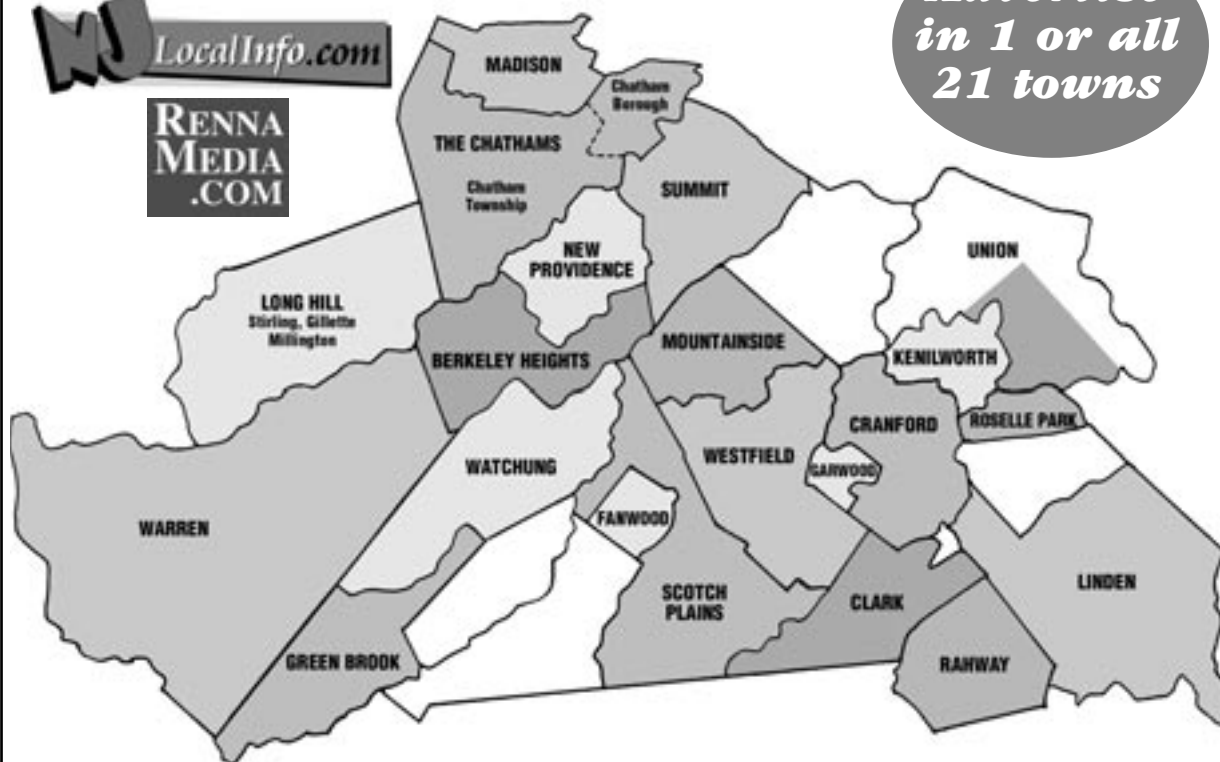
**Call today for FREE consult on marketing and business plans.**

Online at [RennaMedia.com](http://RennaMedia.com)

and [NJLocalInfo.com](http://NJLocalInfo.com)



**Advertise  
in 1 or all  
21 towns**



**Qty: 4,800**  
Mailed to every home and business.  
Zip: 07922



**Qty: 7,400**  
Mailed to every home and business.  
Zip: 07928



**Qty: 6,700**  
Mailed to every home and business.  
Zip: 07066



**Qty: 9,800**  
Mailed to every home and business.  
Zip: 07016



**Qty: 3,000**  
Mailed to every home and business.  
Zip: 07023



**Qty: 2,200**  
Mailed to every home and business.  
Zip: 07027



**Qty: 3,000**  
Mailed to every home and business.  
Zip: 08812



**Qty: 3,600**  
Mailed to every home and business.  
Zip: 07033



**Qty: 17,400**  
Mailed to every home and business.  
Zip: 07036



**Qty: 3,600**  
Mailed to every home and business in Gillette, Millington and Stirling.  
Zips: 07933, 07946, 07980



**Qty: 6,300**  
Mailed to every home and business.  
Zip: 07940



**Qty: 2,900**  
Mailed to every home and business.  
Zip: 07092



**Qty: 4,900**  
Mailed to every home and business.  
Zip: 07974



**Qty: 12,400**  
Mailed to every home and business.  
Zip: 07065



**Qty: 5,600**  
Mailed to every home and business.  
Zip: 07204



**Qty: 9,600**  
Mailed to every home and business.  
Zip: 07076



**Qty: 9,600**  
Mailed to every home and business.  
Zip: 07901



**Qty: 5,500**  
5,000 mailed to homes and businesses.  
Zip: 07083



**Qty: 6,200**  
Mailed to every home and business.  
Zip: 07059



**Qty: 2,800**  
Mailed to every home and business.  
Zip: 07069



**Qty: 11,800**  
Mailed to every home and business.  
Zip: 07090

### NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

# GRIEF FACILITATOR VOLUNTEERS SOUGHT

Imagine, A Center For Coping With Loss

Recent studies have found that more than 140,000 children nationwide lost a primary caregiver due to COVID-19, driving a 15% increase in orphaned children. However, these numbers don't include children who lost a parent or primary caregiver due to other causes. The need for grief support programs for children has never been greater.

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, as well as for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. Currently, all groups are being held virtually, though we hope to transition some groups to in-person as soon as it feels safe to do so.

Imagine's support groups are only possible



because of our amazing team of volunteers who facilitate the groups. Imagine currently has families waiting to join our support groups. We're unable to offer them support at this time because we don't have enough volunteers to begin another Night of Support. We need your help!

Imagine's volunteer facilitators 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 18 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.

We are hoping to fill our upcoming training with lots of wonderful new volunteers! We're planning to offer a virtual facilitator training that will meet Friday, February 25th from 6 p.m. – 9 p.m., Saturday and Sunday, February 26–27 from 9 a.m. – 5 p.m. each day and Monday, February 28th from 6 p.m. – 9 p.m. Participants are required to attend the entire training from Friday to Monday. If you're interested in participating in the training, please contact Imagine Program Manager, Giovanna Peacock, at [giovanna@imagine-nj.org](mailto:giovanna@imagine-nj.org). If you have questions regarding the training, you can call us at 908-264-3100. Please help us ensure that no grieving child is required to wait for the support they need.

## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

### MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock / Includes folding (quarter fold or tri-fold, with or without coupons tab)

### FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock / Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS \$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)



FLYERS

\$35

PER 1,000

MENUS

\$50

PER 1,000

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

### • GET UNLIMITED CLICKS

An alternative to expensive pay-per-click programs

### • FREE AD DESIGN AND COPYWRITING

Advertising webpage includes many features including write-up, images, video, Google map, etc.

### • POSTS ARE SHARED THROUGH SOCIAL MEDIA

Posts shared on multiple Facebook pages and twitter.

### • PAID SEARCH ENGINE PROMOTIONS

Posts are promoted by industry, key words and location.

### • TRACKABLE RESULTS

All ads include a live view counter.

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)



\$10  
PER POST

Block of 20 for \$200

Single post is \$20

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

### • SEE WHAT IS WORKING AND NOT WORKING

Know where your web traffic is coming from and why.

### • ELIMINATE / AVOID COSTLY SCHEMES

Evaluate the return you are getting from your online marketing costs.

### • INCREASE ONLINE MARKETING RESULTS

Recommendations include ways to increase traffic to your website

### • NO OBLIGATION

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

Call for a consultation  
if you do not have a website  
or if need a new one.

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

ONE TIME  
FLAT FEE  
\$250

## WEBSITE / SEO SERVICES

### • STARTER WEBSITE: \$500

Basic static site that can be developed further

### • WEBSITE CREATION/UPDATE: \$2,400

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

### • WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

### • SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Call for free a consultation if you need help developing an online marketing plan.

STARTER  
WEBSITE  
\$500

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

## COURSE ON MENTAL ILLNESS BEGINS MARCH

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be starting on Thursday evening, March 3, 2022 and meet each Thursday over a consecutive 8-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-397-8123 or email [patroman2@aol.com](mailto:patroman2@aol.com). Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.

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FOR SENIOR CITIZENS**

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# ATTENTION: ADULTS OVER 40 THAT WANT TO GET LEAN, STRONG AND HEALTHY IN 2022

## HOW TO LOSE 10-30 POUNDS IN 50 DAYS... AND KEEP IT OFF FOR THE REST OF THE YEAR

*(Deadline to Enter: February 7th)*

**Give a little Berkeley Heights Personal training gym 50 days to feel stronger, leaner, healthier and filled with energy...even if you've been "off the rails" since Covid started**

### **What Exactly Is This?**

A 50-Day Fitness Jumpstart that includes personal training, nutrition coaching and accountability. All sessions are held LIVE and In-Person at Gabriele Fitness in Berkeley Heights.

### **This is Perfect for you if...**

- You're over 40...and you've lost your way with your health and fitness since Covid Started
- You're sick and tired of feeling like crap
- You're over trying to do this by yourself
- You've got big life event coming up and you know you're not ready because of the current state of your health and fitness
- You're finally ready right now because if you don't do something ASAP...you'll keep procrastinating... and you're scared about what could happen if this goes any longer

### **Here's what you get if you are selected to be one of the 30 participants.**

- ✓ **"Cutting Edge Personal Training"**: Get 20 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 50 day 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 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.Sessions.

### **What Our Happy Members Are Saying...**



**"MY ACHES AND PAINS HAVE MOSTLY GONE AWAY, AND I DEFINITELY HAVE MORE ENERGY"**

David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. At GFP, I increased my workout routine to at least 5 days per week. Now I feel great. My aches and pains have mostly gone away and I definitely have more energy during the work day.



**"GFP HAS GIVEN ME MY CONFIDENCE BACK. I FEEL GOOD IN MY BODY AGAIN"**

Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

## HERE'S HOW TO GET ALL THE DETAILS

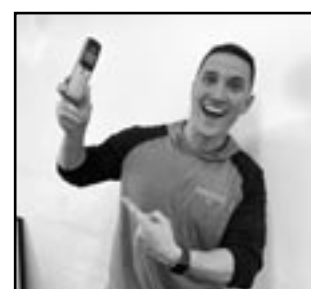
### **STEP 1 Scan This QR Code**



### **STEP 2 Fill Out the Short Application**



### **STEP 3 We'll reach out and set up a FREE Consultation.**



**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.

**[www.gabrielefitness.com](http://www.gabrielefitness.com)**