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ANNUAL HOLIDAY FOOD DELIVERY PROJECT

Westfield Food Pantry

On Saturday, December 18, 2021, members of the Westfield Optimist Club and Rotary Club demonstrated their commitment to community service by providing holiday food to Westfield area families and local food pantries. Due to current health and safety concerns as well as food restrictions, ShopRite and Stop & Shop food gift cards were distributed to families instead of food baskets.

The holiday food delivery program has been an annual community service project for the Optimist Club of Westfield for the past 31 years. This project is made possible through funding from the Optimist Club, the Rotary Club of Westfield, and contributions from members, friends, and local organizations that sponsor gift cards. The Westfield

Foundation, Rotary Foundation, Greater Westfield Area Chamber of Commerce Foundation, Northfield Bank Foundation, and the Westfield Y Men's Club also supported the holiday food delivery project.

One hundred holiday food gift cards were delivered to local families, the Westfield Food Pantry, Presbyterian Church in Westfield Agape Food Program, Union County College Student Assistance Food Pantry, and the Saint Joseph's Social Service Center Food Pantry in Elizabeth, New Jersey.

The involvement of volunteers and local organizations ensured the success of this annual program, which reflects the mission of helping those in need and assisting members of the community.



(above) Members of the Westfield Optimist Club and Rotary Club demonstrated their commitment to community service by providing holiday food to Westfield area families and local food pantries during the annual food delivery project. They are standing in front of the Westfield Food Pantry located at Holy Trinity School.

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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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Westfield Monthly

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joerenna@rennamedia.com

"On behalf of our clients, thank you!" declared Ruth Maloney, President of Mobile Meals of Westfield, in accepting donations from the Sheet Metal Workers' Union No. 22, \$350 Shop Rite food card; and the Optimist Club of Westfield gift of \$50 food cards in support of Mobile Meals' clients.

Each year, Optimist Club of Westfield distributes food baskets to families and individuals in need. The program spans 31 years. Because of Covid, this year food cards were donated in place of the food baskets. In presenting the donation, Darielle Walsh of Optimist Club of Westfield said, "We are always

looking for deserving families and individuals who can benefit from our food program."

Mobile Meals of Westfield is a non-profit organization which provides prepared meals for those individuals unable to provide meals for themselves. Mobile Meals serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information on volunteer opportunities, food services or those wishing to donate can visit the Mobile Meals website at mobilemealsofwestfield.org or call 908-233-6146.



(above, l-r) Row 1: Gene Jannotti, Mike Walsh, Mary Ellen O'Boyle, Darielle Walsh (all of Optimist Club); Ruth Maloney, Josephine Walsh, Cherie Parker (of Mobile Meals). Row 2: Jayson Astel, Ray Kostyack Tony LaPorta (of Optimist Club). For more information about Optimist Club of Westfield, visit westfieldnj.com/optimist/index.htm.

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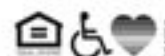


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STUDENT LEGAL EAGLES CONDUCT MOCK TRIAL

Westfield Public Schools

A popular tradition and learning experience took place at the Westfield Municipal Courthouse on January 14, as Westfield High School legal eagles in the Mock Trial class of social studies teacher Kimberly Leegan tackled the roles of prosecutor, defense attorney, plaintiff, and witnesses in a fictitious case entitled “Avery Mansion v. Captain Kidd’s

Pier.” “The students were greeted by Mayor Brindle at the start of the day. Parents attended and were able to serve as jurors,” says Leegan, adding that two full mock trials were conducted. “Both trials were presided over by the Honorable James Hely of the Superior Court, Law Division in Union County. Judge Hely is a resident of Westfield and a graduate of WHS.”

The fictitious civil case -- the first in-person Mock Trial event by WHS students since the start of the pandemic -- involved a plaintiff who claimed that insufficient safety warnings led to her injury while riding a roller coaster. The student defense team argued that the ride and warning were adequate and that injuries sustained were caused by the plaintiff diving off of the pier.



(above) WHS students in a Mock Trial class enjoyed an in-person learning experience on January 14, arguing a fictitious legal case presided over by the Honorable James Hely.

Photo by Kimberly Leegan



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GIRLS VARSITY ICE HOCKEY ALUMNI GAME

Submitted by Beth Hornstein

On January 5th, former members of the Westfield High School Girls Varsity Ice Hockey team participated in the first annual Alumni Game. Maddie Katz was presented with a

plaque honoring her achievement as the first female member of the 100 Points Club. During her time on the team from 2016-2020 Maddie scored 82 goals and had 18 assists.



(above, l-r) Top: Amanda Ludwig, Annabella Buontempo, Ally Hornstein, Zoe Tedeschi, Sarah Wasserman, Gillian Constantinou, Sophia Principato; Bottom: Maddie Katz, Megan Raftery, Maddie McDevitt

STORY TIME AND CRAFT – SUN., JAN. 30

The Miller Cory House Museum is presenting 'The Wonderful World of Snow Globes' with story time and a craft, Sunday January 30, 2022, 2 - 4 p.m.

Snow globes have delighted people since the 1800's. Enjoy a display of globes as well as a short presentation on their history, then snuggle in for a snow-themed story time and craft. The grounds will be open for viewing and docents will be offering "quick look" tours of the fully furnished c1740 farmhouse. Our charming museum shop will also be open. Admission is \$5 for adults and children 13 and older, \$3 for

children ages 3 to 12 and free under age 3.

The Miller Cory House Museum is located at 614 Mountain Avenue in Westfield, NJ. Call the museum at 908-232-1776 or email millercorymuseum@gmail.com for more information.

Since 1968, the 501(c)(3) non-profit Miller Cory House Museum/Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs. Like us on Facebook, and follow us on Instagram.



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(above, l-r) Members of Lifelong Westfield (Co-Chair Brad Chananie, Ronald Holmes, Kathy Dulan) meet with Councilwoman Dawn Mackey after Lifelong Westfield Addamsfest Art Tour on Oct 27, 2021 that had 25 participants

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LIFELONG WESTFIELD HAS PRODUCTIVE 2021

Submitted by Harvey Paul Davidson

The members of Lifelong Westfield, part of the Mayor's Senior Advisory Council, have been hard at work during the pandemic, making sure that the senior citizens of Westfield are staying healthy, both physically and mentally.

To assist our Westfield seniors who want to "age in place," we held 15 events in 2021, both in person and by Zoom. These included several scam awareness webinars with the WPD, a vaccine and health tips webinar with the County Health Department, a Tamaques Park walk with the Mayor and Police Chief, a Senior Services Fair with over twenty exhibitors, and an AddamsFest art tour.

We also continued to publish our quarterly Lifelong Westfield newsletter as well as made our weekly "comfort & assist" calls to seniors,

ensuring they had a way to receive information from us.

In early 2022, we will be sending out another survey to our seniors to stay current with their wants and needs, with the goal of reaching as many of our seniors as possible. If you are a senior in Westfield and would like to join our email list, please provide us with your contact information (email address if you have one, as well as your address and phone number) by emailing westfieldnjseiors@gmail.com, or calling 908-301-1287. Please let us know if you would benefit from a weekly "feel good" call from one of our members, and of course spread the word to any other seniors in the community who may want to participate in our programming.

Wishing everyone the happiest and healthiest 2022!



(above) Summer in person "Friday Chat" meeting outdoors at Lions Roar Brewery (the group has met every Friday on Zoom since April 2020)



(above) December 3, 2021; One of two Westfield African American History tours with Lifelong Westfield & the Westfield MLK Association

RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation. Call 732-827-0800

Scot Paris MD, FACS

Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quenton L.



ATLANTIC FEDERAL DONATES \$50,000 TO LOCAL ORGANIZATIONS

The Atlantic Federal Credit Union distributed \$50,000 to five local organizations through the Federal Home Loan Bank of New York's (FHLBNY) Small Business Recovery Grant (SBRG) Program. The funds will help the businesses and nonprofit organizations address hardships resulting from the COVID-19 pandemic.

The SBRG Program began in 2017 in response to hurricanes in Puerto Rico and the U.S. Virgin Islands. The program relaunched in 2020 to aid small businesses and nonprofit organizations facing challenges due to the coronavirus pandemic. By participating in the program in 2021, the Atlantic Federal Credit Union was able to grant \$10,000 each to New Jersey Workshop for the Arts in Westfield, On Time Transport in Roselle, online service provider EZ Comm LLC, Girls on the Run of NJ East in Millburn, and Boltimo International in Irvington.

"The SBRG is a timely and generous lifeline that will provide relief as other pandemic-response funding resources are exhausted," shared Girls on the Run of NJ East Executive Director Sydney Davis. "These funds will allow us to address expenses resulting from the pandemic and ultimately bolster our financial aid program to make sure we are helping as many girls as possible unleash their limitless potential. We extend our gratitude to the Atlantic Federal Credit Union and the Federal Home Loan Bank of New York."

"Thank you to the Federal Home Loan Bank of New York for their partnership and the opportunity to extend recovery grants to deserving organizations," shared Atlantic Federal Credit Union Chief Executive Officer Anthony Mero. "This generous funding is helping to support the small businesses and nonprofits that are the backbone of our communities."

The Atlantic Federal Credit Union has been providing banking solutions in Union and Essex counties for over 86 years and is dedicated to supporting financial success within the communities they serve. For more information, visit AtlFedCU.com.



(above, l-r) New Jersey Workshop for the Arts Founder/Executive Director Dr. Theodore K. Schlosberg, Chief Financial Officer Jessica Brown, and Atlantic Federal Credit Union Chief Executive Officer Anthony Mero.

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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 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 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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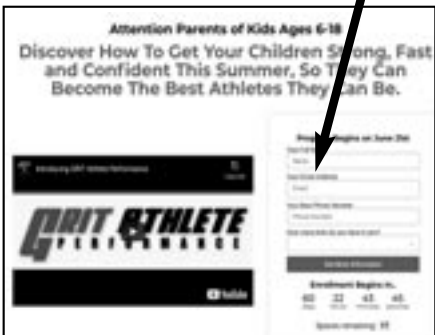
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STEP 3

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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.

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.
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- 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

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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.

ROTARY CLUB OF WESTFIELD WELCOMES THREE NEW MEMBERS

Submitted by Dr. D. Michael Hart

The Rotary Club of Westfield recently inducted 3 new members. Rotary is an international service club in 180 countries throughout the world, with 1.2 million successful business men and women who want to give something back to their communities. The Rotary Club of Westfield is celebrating it's 100-year anniversary this year.

The three people being inducted are: Dr. Raymond Gonzalez, the new Superintendent of Westfield Public Schools, Allen McGinley, the new Director of the Westfield Memorial Library, and Dr. Shruti Shukla, a dentist in town.

Dr. Raymond A. González is a dedicated husband, father of three children, and educator with a successful track record of school and district-level administrative experience. He is committed to his life's work as an educator, a career that began more than 22 years ago. Most recently, Dr. González was Superintendent of the Westwood Regional School District for the last seven years. His diverse educational experience also includes time spent in large urban and suburban districts where he has served communities in a variety of instructional and administrative capacities. Dr. González earned his Doctoral and Master's Degrees in Educational Administration and Supervision from Rutgers University, has a Master's Degree in Urban Education from New Jersey City University, and received his Bachelor's Degree in Sociology from Princeton University. He holds New Jersey State Certifications as an Administrator, Supervisor, Principal, and Teacher.

Allen McGinley is the newly appointed Director of Westfield Memorial Library. He has worked as a public librarian for more than 15 years in the New Jersey and New York area. Prior to joining Westfield, he was the Director of Teaneck Public Library in Bergen County, and worked for 10 years at the Piscataway Public Library in Middlesex County, and two years at The New York Public Library in Manhattan. Mr. McGinley collaborated with the Piscataway Rotary Club on several projects (as a guest) including the Memorial Day Family Event, developed in collaboration between the Piscataway Rotary Club and the Library. He officially joined Rotary as a member in Teaneck in 2019, and served as the Club's secretary in 2020 until September 2021. The Teaneck Rotary Club and the Library worked on several collaborative projects including the installation of Together in Teaneck, an inclusive Story Walk™ at a Township Park, for which the Rotary Club received a District Grant. Allen currently lives in Fanwood with his wife Barbara, 5-year-old son Sam, and their 8-month-old puppy Theo. He is a second generation Rotarian, and is very eager to be of service to the Westfield community.

Dr. Shruti Shukla has been a resident and business owner in Westfield for over 5 years. She acquired the dental practice on Lenox Ave in Westfield in 2016. She has a family of 5. Sanjay her husband works in the IT field for Sales Force.

Her children Raghav and Rhea attend Franklin Elementary school, and they have a 1-year-old puppy, Timmy, who is now the most important member of their family.

Shruti grew up in India, attended Dental School and specialized in Pediatric Dentistry. She moved to the US, attended NYU Dental School and graduated in 2008. She has been in practice since then. Shruti has become a Football fan over the past few years, thanks to her 10 year old. From September to February, they watch every single game - Monday night/Thursday night/Sunday night - they watch it all. No loyalty to any of the teams, they just love the sport.

The reason Shruti gives for joining Rotary is that she has a lot to be thankful for, and it is also a very gratifying experience to be able to give back. She thinks the Rotary organization

worldwide does so much, and being a small part of it will be worthwhile.

The Rotary Club of Westfield has several projects to help the local community including feeding the hungry, scholarships to college students, grants to the community organizations, providing supplies and clothes to homeless veterans, and sponsoring 5 youth service clubs in the schools. The club was especially active during the pandemic by helping to support and feed the first responders. Recently the club collected supplies for the Afghani refugees being housed at McGuire AFB. International activities include building a medical clinic in Obike, Nigeria, collecting used bicycles to recycle to the third world, and helping the alleviate the crisis in Haiti. Visit the club website at westfieldrotary.com; or email Club Secretary Dr. D. Michael Hart at drmhart@yahoo.com.



(above, l-r) Front row: Allen McGinley, Dr. Shruti Shukla, Barbara Frantz, Liz Ensslin, Dr. Raymond Gonzalez; Back Row: Tony LaPorta, David Foltz, Dr. Michael Hart, and President Blake Width.

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PATROLMAN EDGAR B. "DOC" WRIGHT END OF WATCH: FEBRUARY 22, 1938

Westfield MONTHLY • Page 13 • February 2022

On December 10, 2021, in the Town Council Chambers, the Westfield Police Department accepted a gift -- an Honor Chair -- in memory of their fallen brother, Patrolman Edgar B. "Doc" Wright.

Patrolman Wright is the Westfield Police Department's only line of duty death. He died on Tuesday, February 22, 1938 as a result of injuries sustained when his police motorcycle was involved in a collision with an automobile at the intersection of North Avenue and Dudley Avenue. As a result of the crash, Patrolman Wright sustained a concussion and broke both of his legs. He died following surgery at nearby Muhlenberg Hospital in an attempt to save one of those shattered legs.

The Honor Chair is a custom, laser-engraved wooden memorial chair to be displayed in a prominent location at the Westfield Police Department. It signifies that, although no longer here, Patrolman Wright will always have a very special place in this department. It was presented by Saving A Hero's Place, a non-profit organization based in Texas, which is on a mission to honor fallen American heroes in a unique way. We are very grateful for this gesture to ensure that Patrolman Wright's legacy of bravery and honor will live on.

Follow Westfield Police Department on Facebook and Instagram.



(above) Honor Chair in memory of Patrolman Edgar B. "Doc" Wright.



(above) Patrolman Edgar B. "Doc" Wright



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HIGH SCHOOL CHORAL DEPARTMENT BUY A KEY FUNDRAISER

Did you know that the Westfield High School Choral Department has a 1920 nine-foot Steinway Model D piano? Following many repairs over the years, fundraising is underway to allow for a full restoration of the piano, which would entail sending it out for about six months to a reputable piano restorer.

While several local organizations have already contributed to this project – including The Westfield Coalition of the Arts, WHS High School Facilities Budget, The WHS PTSO, and The Westfield Public Schools Visual and Performing Arts Department – there is an outstanding fundraising goal of \$31,000 remaining. If you'd like to assist with this project and help restore the school's Steinway to its original glory, visit westfieldchoir.org/2022-steinway-piano-fundraiser.html, or contact Mr. Brzozowski, Choral Director, at jbrzozowski@westfieldnj12.org.

JANICE METZGER WINS HONORS AT STATE ART SHOW

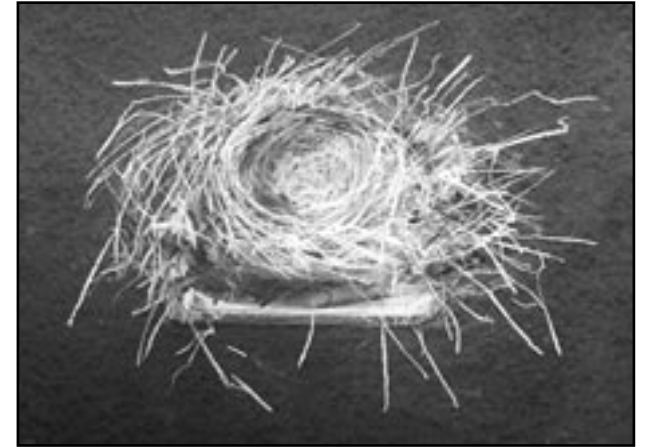
Twelve artists from Union County have been selected as award winners in the 55th annual New Jersey Senior Citizen Art Show. Janice Metzger of Westfield received an Honorable Mention for Pastel by a Professional Artist, for the artwork, "Birdsong". The 2021 New Jersey Senior Art Show can be viewed online at njseniorarts.com.

The 2021 New Jersey Senior Art Show includes more than 200 artworks created by both professional and non-professional artists, ages 60 and older, from 15 counties across the state. It is co-sponsored by the New Jersey State Council on the Arts and Mercer County's Division of Culture & Heritage, and is funded by the Council on the Arts with additional support from Mercer County and the New Jersey Association of Area Agencies on Aging.

Union County's annual Senior Art Exhibit is a project of the Union County Office of Cultural and Heritage Affairs in the Department of Parks and Recreation. The 2021 Union County Exhibit is on view at ucnj.org/senior-art.

As the culmination of county-based senior art

shows held this year, the New Jersey Senior Art Show features every artwork that was awarded first-place at the county level in their respective categories. The New Jersey show was juried by art experts Lynn Lymere, Aubrey Kaufmann and Martha Press.



(above) "Birdsong" by Janice Metzger received an Honorable Mention, Pastel by a Professional artist, at the 55th annual New Jersey Senior Citizen Art Show. Courtesy.



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DRIVE FOR AUTISM 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 or driveforautism@comcast.net.

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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. 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.

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.

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

Photo courtesy of NJ Sharing Network



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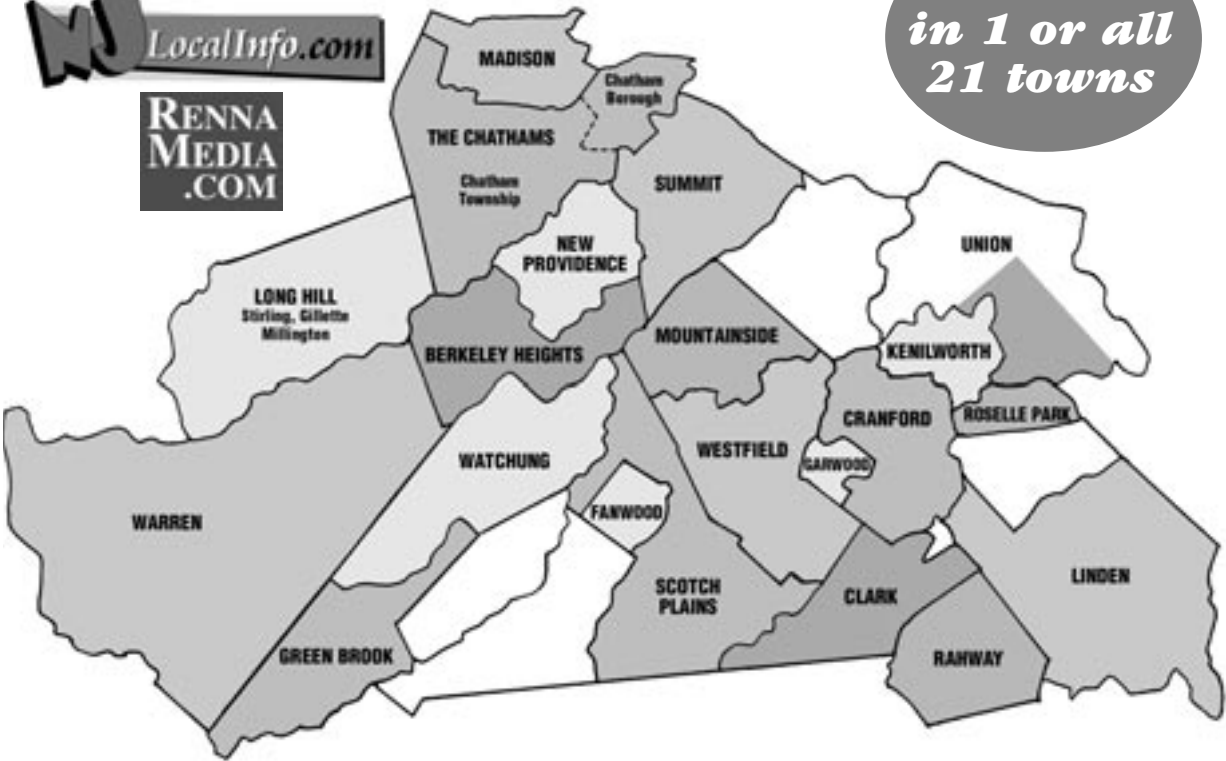
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COURSE ON MENTAL ILLNESS BEGINS IN MARCH

Westfield MONTHLY • Page 19 • February 2022

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. Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.

FAMILY SUPPORT GROUP – FEB. 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness.

The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 – 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

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