

Published by Renna Media, LLC. On-line at RennaMedia.com

Issue 137 • April 2022



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KAWAMEEH STUDENTS LEARN WHAT MATTERS

Township of Union Public Schools Kawameeh Middle School students in Mrs. Kelly's 8th Grade Honors English classes decorated boxes and wrote letters to be delivered to Ukrainian refugees who have fled to Poland. Boxes were filled with donated supplies such as diapers, wipes, formula, and medical necessities and will be shipped as part of efforts made by Be the Change NJ. Students are currently working on a charity project within their curriculum titled Unit 3: What Matters, when they decided this is what matters.



Photos by Township of Union Public Schools



(above, left) Students at Kawameeh Middle School decorate boxes to hold donated supplies for Ukrainian refugees in Poland inspired by a curriculum unit called What Matters. (above, right) In conjunction with Be the Change NJ, Kawameeh students decorate boxes to be filled with much-needed items for Ukrainian refugees in Poland.

(left) What matters? Middle school students, inspired by a curriculum unit, decide to write letters of support to accompany much-needed supplies for Ukrainian refugees in Poland.



(above) Kawameeh Middle School students in Mrs. Kelly's 8th Grade Honors English pose with boxes of donations they are sending to Ukrainian refugees in Poland in conjunction with Be the Change NJ.



POSTAL PATRON UNION, NJ 07083

Spirit of UNION

Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

Spirit of Union is published by Renna Media. 6,800 newspapers are printed monthly and mailed in Union Township, NJ.

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Spirit of Union

30TH ANNIVERSARY OF HEALTHY KIDS DAY®

The Gateway Family YMCA

The Gateway Family YMCA is hosting Operating Officer. Healthy Kids Day[®] on April 30th, 2022, encouraging kids, families and adults to celebrate the 30th Anniversary of this annual event. The Gateway Family YMCA will be hosting an Open House throughout the day at 4 locations in Elizabeth, Rahway and Union, as well as a Summer Day Camp Parent Information Session from 12:00 - 1:30 p.m. on April 30th. For details visit tgfymca.org/events.

"The past two years have been difficult for everyone, and children especially are feeling the effects of social isolation. Through Healthy Kids Day, our Y is hoping to connect families in our community to activities, events and programs available to assist all," stated Krystal R. Canady, CEO, The Gateway Family YMCA.

Healthy Kids Day is the Y's largest single-day event promoting the health and well-being of kids and families. Healthy Kids Day gives Ys an opportunity to connect members and families in their community with important resources on healthy eating, physical activity and academic enrichment. Healthy Kids Day is also the unofficial kickoff for Y Summer Programming and Summer Camp.

"We believe in the potential of all children, and we strive to help kids find that potential within themselves. When a child is healthy, happy and supported, they can make great things happen," stated Melynda A. Mileski, EVP, Chief

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

To learn more about Healthy Kids Day, visit tgfymca.org/events For more information about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway 732-388-0057 or Wellness Center Branch Branch 908-349-9622.





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an order

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GRANT WILL HELP PROVIDE SWIM LESSONS

The Gateway Family YMCA

The Gateway Family YMCA was chosen as one of 102 youth programs from the USA Swimming Foundation's nationwide network of swim lesson providers to receive grant money in early 2022. The grant award will go toward The Gateway Family YMCA's continued efforts to provide free or reduced-cost swim lessons. The USA Swimming Foundation has awarded a total of \$898,184 to programs across the country.

"The Gateway Family YMCA is honored to be chosen for this grant," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "This grant funding allows us to provide the Accessible Water Safety program to the local community."

"We believe water safety is a necessary life skill, and we are committed to providing a curriculum that provides water safety information and basic swimming skills for all," stated Melynda A. Mileski, EVP, Chief Operating Officer.

The USA Swimming Foundation vetted more than 250 applications through a competitive annual review process and chose 102 youth and 40 adult programs to receive funding.

"It's an incredible feeling to know that USA Swimming Foundation funding will be used to create a valuable swimming experience for thousands of people who may not have had the opportunity to learn how to swim," Scott Usher, Director of Development for the USA Swimming Foundation said. "We are thrilled with the depth of this year's swim lesson provider applicant pool, and we couldn't be prouder to support these life-saving opportunities across the country. We owe a tremendous thank-you to our partners and donors who continue to make a difference in our mission of Saving Lives and Building Champions."

Millions of children have received the lifesaving gift of swim lessons through the USA Swimming Foundation's network of swim lesson providers, comprised of more than 1,500 qualified lesson providers across the nation. To learn more, to view a full list of grant recipients, or to donate to the Foundation, visit usaswimming.org/foundation.

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose, and each other. For more information about Swimming Lessons or the Accessible Water Safety program, visit tgfymca.org or contact the Rahway Branch at 732-388-0057.

Photo by The Gateway Family YMCA



(above) The Gateway Family YMCA is chosen by the USA Swimming Foundation to receive grant money this year. To learn more about available swim lessons, visit tgfymca.org > Programs > Aquatics > Swim Lessons.



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FISHING DERBY APRIL 16

The Newark Bait & Fly Casting Club will celebrate its 40th Anniversary by stocking the Lower Echo Lake in Westfield on Saturday, April 16. Sign up begins at 7 a.m., fish will be stocked between 8 - 9 a.m. All are invited to attend this free event. Participants fish in the lake; bait will be supplied, pols will be available if needed, and prizes will be awarded to children in winning categories.

An individual, family, or business can sponsor a trout, which can run from \$6.50 to \$80 depending upon the size. Contact Robert L. Jones at 908-325-6657 to sponsor a trout.

Newark Bait & Fly Casting Club is a 501(c)(3) organization. In addition to sharing a love for fishing, the Club raises funds to help veterans, children, and disabled individuals. Visit nbfcc.org for more information.

LET US PRACTICE WITH YOU

Inroads to Opportunities

Practice Makes Possibilities is the motto of the vocational rehabilitation non-profit, Inroads to Opportunities (ITO). ITO serves adults with disabilities and the best way to assess how each individual can perform a job or task, is to try it out in a real business setting.

That is where ITO needs you—the local business owner. ITO asks employers to allow an individual with disabilities, along with an ITO staffer, to visit your business and try out a task. This helps the staff at ITO assess the individual's interests and aptitude as well as give the person experience, however brief, in a work environment.

ITO assures employers that no significant time is taken from your employees or customers and, therefore, there won't be any disruption to your workflow. The ITO individual and staffer will be at your workplace for just a short period of time.

ITO is approved by the State of NJ Division of Vocational Rehabilitation Services, is fully insured, and all individuals and staffers are fully vaccinated.

Employers like TJ Max have found that partnering with ITO is rewarding in and of itself. In addition to intangible rewards, ITO will recognize you and your business on its social media platforms, give you a \$100 gift card to Railside Café in Fanwood, present you with a certificate of appreciation to display in your workplace, and post signage naming you as a partner at all Inroads Events.

For more information, email ocuc@inroadsto.com, visit inroadsto.org, or call 908-241-7200.

Inroads to Opportunities is located at 301 Cox Street, Roselle, NJ 07203.





17TH ANNUAL GOLF OUTING - MAY 9TH

Josephine's Place, nonprofit center for women is dedicated to serving women in an economically poor area who often have little or no knowledge of available resources or opportunity. Josephine's Place opened in 2003, where thousands of women have passed through its doors and have made the center their second home, taking lessons in English, computers, citizenship or participating in parenting and



support groups. At Josephine's Place we strive to provide the support and programs to empower all women to achieve their goals and dreams.

Sponsor, register to play or support now! "As a nonprofit we rely on fundraisers and donations to bring the services to the women. The golf outing is our second largest fundraiser. It is a great event with fun had by all," said Gail Driscoll, Josephine's Place's executive director, adding "Last year we had a sold-out event. That's my hope for this year too!" There are many ways to participate: be an event sponsor, play golf, take a chance on 50/50 tickets and raffles, donate or join us for lunch and/or dinner.

Event highlights: outdoor barbecue luncheon, shotgun golf tournament, beverages all day, outdoor cocktail reception/dinner-on-the-grill, awards, raffles and a silent auction!

Cedar Hill Golf & Country Club is a premier golf course and is experienced with golf outings while always adhering to health and safety guidelines.

We are excited to be together with our friends and supporters, and hope to see you on May 9, for a fun day at a great course! Go to JPGolf2022.givesmart.com to register or call us! 908-436-0099.

Can't join us but want to show your support? There are many sponsorship and donation options available.

Since our creation, women have found a safe

haven at Josephine's Place - a welcoming and peaceful environment where they can connect with one another and develop the skills they need to succeed for themselves, their families and their communities.

"Our drop-in center on Elizabeth Avenue has grown over the years. We are so very fortunate to have the space to offer classes and programs to meet the needs of the women. Our services are free," said Driscoll. While women continue to discover Josephine's Place, the ever-present need for volunteers is increasing. Said Driscoll, "We especially need volunteers to teach English and computer skills."

The topics span a wide variety of subjects such as computer literacy, quilting, English, arts & crafts and exercise. The center also hosts support groups for victims of domestic violence and parents of autistic children, among others. One aspect of Josephine's Place is its focus on health and wellness, in particular physical fitness.

In its 19 years in existence, Josephine's Places has made its mark on the community and has been recognized as an asset by government officials and fellow nonprofit organizations. Established by the Sisters of Charity of Saint Elizabeth, Josephine's Place has grown into its own independent 501c3 nonprofit organization.

Josephine's Place is located at 622 Elizabeth Avenue, Elizabeth; 908.436.0099; www.josephinesplace.org.



Apply online at AtlFedCU.com, by calling 908-245-1750 or by visiting us.



Magie Hill Center: 1331 Magie Avenue, Union, NJ 07083 | Essex Green Center: 455 Prospect Avenue, West Orange, NJ 07052

*Rate shown for new all-electric vehicles. Other rates and terms available based on creditworthiness. Rates are subject to change without notice. Minimum loan amounts vary by term. Loans subject to credit approval. Payment example: A \$20,000 loan at 1.99% APR with a term of 4 years would result in 48 monthly payments of \$433.82.

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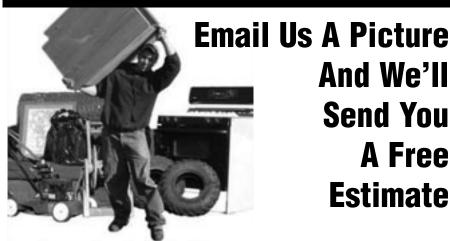
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UNION MUNICIPAL BAND TO PLAY APRIL 11

direction of Howard Toplansky will present a Spring Concert on Monday, April 11 at 7:30 p.m. at the Hannah Caldwell School Auditorium at 1120 Commerce Avenue, in Union. Admission is

The Union Municipal Band, under the free and the public is cordially invited to attend. Selections will include: "The Picador March," "Tally Ho Overture," "Meditation and Festiva," "Windmills of Your Mind," and "Waves of the Danube," among many other fine musical pieces.

The band invites musicians, including High School students from Union and the surrounding communities, to join the group. If you are interested, please call the Township of Union Recreation Department at 908-686-4200.



(above) Celebrate spring with music by the Union Municipal Band on April 11 at 7:30 p.m. Admission is free. All are welcome.

Photo by the Township of Union

St. Theresa Lil' Stallions Day Care Program in Kenilworth is in need of

Part Time Caregivers.

If you are interested in providing a loving and nurturing environment for infants and toddlers please call 908-276-7220 ext. 205 or email sr.isabel.garza@mysts.org



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The Salesian Sisters served St. Anthony's from 1954 to 1992. Please register for this free event at: eventbrite.com (search Salesian-Sisters-Celebrate-150) or link from our facebook group page: St. Anthony's school reunion

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ROBERT MALLARD SWORN IN AS ADVOCATE FOR FOSTER YOUTH

CASA of Union County

The new class of community members to step up and train as advocates for Union County foster youth have taken their oath before Union County Superior Court Judge Lara K. DiFabrizio and become the newest volunteers with Court Appointed Special Advocates (CASA) of Union County.

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 community volunteers to advocate for more than 900 such youth, protecting best interests and ensuring needs are met in the courtroom, classroom, and community. As caseworkers, foster placements, and schools can change frequently, CASA volunteers often are the only consistent, caring adult in a youth's corner, helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

Union's Robert Mallard has years of experience within the child welfare system. His journey in advocacy continues now as a CASA volunteer to positively impact kids in the community. He notes, "After retiring from the Division of Child Protection and Permanency in 2019, I felt a need to continue helping children and families, and saw an ad for CASA volunteers. I was familiar with CASA and thought it was perfect to apply my skills, knowledge, and abilities in advocating for children in abusive and neglectful situations. With my social work and mental health experience, I can do unique and meaningful work as a CASA volunteer, and am very excited to get started!"



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Judge DiFabrizio presided over the Zoom swearing-in ceremony of Mallard and classmates Lynda Sun Lee of Berkeley Heights, Katherine (Katie) Rabiecki of Cranford, Dina Ghazi of Kearny, Lila Monroe of Roselle, and Julia Dranishnikov of Scotch Plains. In commemoration with gratitude, Judge DiFabrizio noted, "Thank you all for your commitment, passion, hard work, and loyalty to these families that desperately need it. It takes a village and now you're a part of it." Each volunteer will now be matched to a foster youth or foster sibling set, and begin putting their 30-hour training into practice, ensuring their needs are met and best interests are protected while they await permanency.

Anyone passionate about making a difference in a child's life can apply to volunteer; there is no prior experience or background needed to serve as an advocate. Each undergoes a thorough training process and is supported by CASA staff

throughout their work. Successful advocates have varied life experiences and this class is no exception, as professional backgrounds include social work, education, judicial clerkship, health management, and business.

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

As the only nonprofit serving as extra eyes and ears for Union County judges hearing cases of youth in the child welfare system, the organization regularly recruits community volunteers to serve these local child-victims from birth to age 21.To learn more about CASA of Union County, how to join a training class, and other ways to Change a Child's Story, email info@casaofunioncounty.org.



(above l-r) Community members are sworn in as advocates for foster youth. Top row: Berkeley Heights' Lynda Sun Lee, Roselle's Lila Monroe, Cranford's Katherine Rabiecki; Middle row: Union's Robert Mallard, Union County Superior Court Judge Lara K. DiFabrizio, Kearny's Dina Gharaibeh; Bottom row: Scotch Plains' Julia Dranishnikov.

Photo by CASA of Union County



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UNION COUNTY'S OWN COMEDIAN MIKE MARINO

Submitted by Michael D. Boll, New Jersey Veterans Network

I recently had the honor and pleasure of meeting "New Jersey's Bad Boy of Comedy" Mike Marino. Mike grew up in Scotch Plains, and resides there now in his childhood home.

He is a comic who has performed all over the world and head-lined at some of the biggest stages, clubs, and theaters in the country. This talented comedian has been on the stage with some of the biggest names in the business. Mike has appeared in over 200 national television commercials, received many endorsements, and a Best Actor Clio Award Nomination. He has acted in many prime-time soaps and television shows including: As the World Turns, One Life to Live, Becker, Nikki, Frasier and Party of Five. His film credits include Crooks, Pizza with Bullets, hangin' in Hedo, Steven King's Lucky Quarter and Criticized.

Adding to his great success in film, theatre,



(above) Mike with his many awards including the honors he received for helping veterans. Mike was awarded the prestigious "Bob Hope" award (seen here in his right hand). This award is only presented to performers who go beyond the call of duty.



commercials and soaps, Mike Marino began touring the world performing and selling out at countless clubs, theatres and casinos. His standup material ranges from cutting edge observations of everyday life to his Italian family roots, which recently spun into a television pilot called "Re-Constructing Jersey". His comedic style has landed him guest appearances on "The Tonight Show" as a regular sketch player, "The Martin Short Show", "Canada's Comedy TV", "The Boomer Show", "Wild Pitch", and "Hand Held Comedy Radio". A clip of Mike's appearance on Byran Allen's "Comics Unleashed" earned him over 7 million views (and counting). This led to his current web series "Marino 2016" - an original comedy based on Mike's Road to the White House and wise guy attempt to become the first Italian American President of the United States.

Recently, Untied Brewing Company hosted a comedy show for the New Jersey Veterans Network in New Providence. Both Assemblyman Jon Bramnick, known as New Jersey's funniest lawyer, and Mike Marino performed at the show and it sold out immediately. After the show, I was able to meet Mike and he explained to me how he always supported our uniformed heroes and wanted to really get involved with our team.

A few days later, I met with Mike in his 'Mother's Basement' studio, in Scotch Plains, where he hosts his nationwide podcast show, and we began working on ideas to help the charity. Mike has always supported our uniformed heroes; he was a member of the USO comedy team and entertained the troops in places like To learn more visit njvn.org.

Bosnia and Afghanistan. After his comedy tour, Mike was awarded the prestigious "Bob Hope" award. This award is only presented to performers who go beyond the call of duty. Mike has hosted and performed countless times for our brothers and sisters in blue. After the 9-11 tragedy, Mike felt he was obligated to do something for the first responders' families affected by that horrendous and devastating day. He joined up with both the Los Angeles Sheriffs and Police Department, and they do a comedy show every year that raises money for the 9-11 fallen families.

New Jersey Veterans Network is very lucky to have Mike on board and we can't wait to bring joy to these extremely difficult times.

For more information, and if you would like to follow Mike Marino, please check out his website mikemarino.net and podcast - "Live from My Mother's Basement".

If you are interested in joining the New Jersey Veterans Network team please contact Michael Boll at mdbollio@optonline.net . For more information visit NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net.

THIS EARTH DAY MAKE A COMMITMENT **TO "HELP SAVE OUR LOCAL TREES"**

Advertisement by Gene Gregory from DefendOurTrees.com

IN 2020 HEADLINES READ:

1. "HIGHEST CARBON DIOXIDE RATE EVER RECORDED IN HUMAN HISTORY" 2. "2020 SETS ANOTHER GLOBAL TEMPERATURE RECORD."

Did you know? Science says that "the most important thing we can do GLOBALLY to curb this PHENOMENON is to Save our **OLD Trees.**"

Global Warming to know this is a bad thing. prompt action is taken". Increasing Carbon Dioxide levels decrease the amount of oxygen in the air. This along with other pollutants in the air, has not only been linked to climate change and Global Warming, but an array of diseases as well: Cancer, Diabetes, Premature births,.. Autism, the list goes on and on.

These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the 2) Please also read "Rooting out Problems" at my things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these during construction", trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Most importantly, you will recognize what will harm Shade, Solace the Filtering of our Air and Water, the a tree. Make a commitment to share this information oxygen they provided, ...they also release the Carbon with your children and friends. they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help

save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report You don't have to believe in Climate Change or he writes "that many of these trees can be saved if

- **HOW CAN YOU HELP SAVE THESE TREES?** Please visit our site and read all the facts
- defendourtrees.com See the: "Pictorial of trees that can be saved". These are
- just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to **defendourtrees.com**
- site or google it yourself.

It explains: "simple measures for saving trees

which is the biggest cause of killing our trees.

Instagram @DefendOurTreesNJ to see other sites and locations.

UNION PUBLIC LIBRARY MARCH ADULT VIRTUAL PROGRAMS

1980 Morris Avenue, Union, NJ 07083 • 123 Hilton Ave, Vauxhall, NJ 07088 • 908-851-5450 • email: unionpl@uplnj.org • uplnj.org Curbside Pickup Available: Monday - Friday: 10:00 a.m. - 6:00 p.m., Saturday - Sunday: Closed

Have you always wondered why you like salty foods? Been wondering how to celebrate National Poetry Month? We have the answers! Check out our virtual and in-person programs because there really is something for everyone. for at least one of them. Unless otherwise noted, for all register events go to to: https://uplnj.org/events/list/.

Take a look at what's coming up in April. National Poetry Month Reading (Zoom) Tues. April 5 at 6:30 pm

Celebrate National Poetry Month by listening to others or reading your own at this hybrid event at Kean and online. Join Kean University

Poets and read your work (limited to one poem) in a very special hybrid event. Please register to read by writing to dwalter@uplnj.org. Note: This program is at Kean University where all attendees must be

fully vaccinated. It is also available through Zoom. **Discovery of a Masterpiece (Zoom)**

Thurs., April 7 at 7:00 pm How do you look for something that's hiding in plain sight? Learn how a valuable Rodin masterpiece, the renowned French sculptor, was found through a case of hard sleuthing, work, and expertise. Presented by art historian

> Mallory Mortillaro. **Meditation (Zoom)**

Thurs., April 7 at 11:30 am Join Bindu Bhatt for a virtual meditation session. No experience is necessary. Bindu has practiced meditation for over 30 years and would like to share her insight with you.

Beginners Flow Yoga (Zoom) Thurs., April 7 at 6:00 pm

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your yoga program specifically for your mind and body.

GOOGLE Drive 101 (Zoom)

Wed., April 13 at 12:00 pm

Welcome to GOOGLE Drive. This program offers an overview, actionable steps on getting started and organizing, features, and more for people with all levels of knowledge of

GOOGLE. Presented by Susan Justiniano.

Oscar-Winning Musicals with the Caponegros (Zoom)

Wed., April 13 at 7:00 pm The Oscars are here! In 92 years, musical films have won the award for best picture 10 times. Take a tour with us as we explore musical winners. Feel inspired and filled with unbridled

joy with Oscar-winning performances.

Meditation (Zoom)

Thurs., April 14 at 11:30 am Join Bindu Bhatt for a virtual meditation session. No experience is necessary. Bindu has practiced meditation for over 30 years and would like to share her insight with you.

Beginners Flow Yoga ((Zoom)

Thurs., April 14 at 6:00 pm This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your yoga program specifically.

Meditation (Zoom)

Thurs., April 21 at 11:30 am Join Bindu Bhatt for a virtual meditation session. No experience is necessary. Bindu has

practiced meditation for over 30 years and would like to share her insight with you.

Beginners Flow Yoga (Zoom)

Thurs., April 21 at 6:00 pm This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your yoga program specifically for

your mind and body.

Plus

Tips

accounts.

Flexible schedule!



MAIN OFFICE LOCATED IN CLARK, NJ

Off the Shelf Book Club (Zoom)

Thur., April 21 at 7:00 pm New members are always welcome. Please call for this month's title.

Hilton Readers Book Discussion Group (In-person at the Vauxhall Branch Library)

Mon., April 25 at 6:00 pm Members discuss their favorite books and authors and new members are always welcome. April's title is The Collector by David Baldacci.

The Holistic Nutrition Masterclass (Zoom)

Tues., April 26 @ 12:00 pm Learn why it's been difficult for you to lose weight and 5 strategies to help you achieve your goals faster than you thought possible.

Presented by Carmina Mevs, CHC, Pn1 Weird Science Part Two: **Unconscious Brain Potpourri (Zoom)**

Wed., April 27 at 7:00 pm Why does looking at the sun make some people sneeze? Why can't you feel the clothes on your body? What brings you out of sleep and back into consciousness? All questions about the brain are welcome! Taught by Barbara Bogner, retired professor of Anatomy & Physiology at

> Middlesex County College **Meditation (Zoom)**

Thurs., April 28 at 11:30 am Join Bindu Bhatt for a virtual meditation

session. No experience necessary. Bindu has practiced meditation for over 30 years and would like to share her insight with you.

Beginners Flow Yoga (Zoom) Thurs., April 28 at 6:00 pm

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your own yoga program specifically c for your mind and body.



EARTH DAY RAHWAY RIVER CLEAN-UP - APRIL 23

All volunteers are invited to celebrate Earth Day 2022 with Boy Scout Troop 330, Cub Scout Pack 30 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 23rd (with a rain date of Sunday, April 24th). The clean-up



(above) Some interesting things have been pulled out of the river during the annual Earth Dav River Clean-up events

will focus on areas upstream and downstream of till noon, but any amount of time or effort that the dam at Winfield Park, New Jersey throughout Rahway River Park. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information.

Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities but we specifically will ask folks to always work in small groups for safety purposes with folks socially distanced.

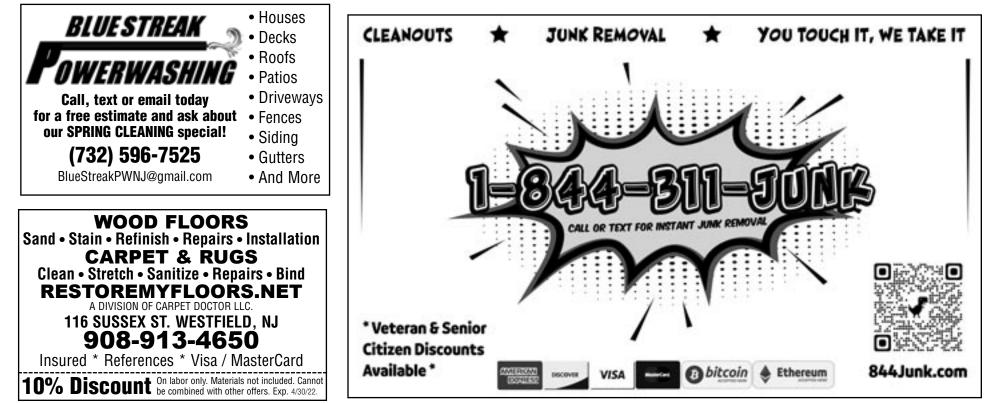
Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished. It is also fun and educational, especially for scouts and young adults as they always find something interesting. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

The clean-up will generally be between 9a.m.

folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up, and this year there remains substantial debris in the floodplain from Hurricane Ida last fall. The team working registration will provide suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, longsleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom), this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. When we complete the event we do a basic inventory of the "big stuff" that we removed, and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at rivercleanup@comcast.net.





SALEM ROADHOUSE CAFÉ GRAND REOPENING - APRIL 9

Salem Roadhouse Café

After a two-year COVID absence, the Salem Roadhouse Café announces its grand reopening Gala on Saturday, April 9.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome. We ask that patrons wear masks while inside during the show. The doors open at 7:20 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert.

Carrie Jackson—a frequent and beloved performer at the Roadhouse Café for the past 15 seasons—headlines the reopening along with her Jazzin' All-Stars Band. The Roadhouse suspended performances early in 2020 in response to the COVID pandemic.

Carrie Jackson is a top jazz artist performing in the New Jersey/New York area. She pours her heart into classical jazz favorites from soulful sultry pop to poignant mellow gospel. Carrie nurtured her talent in Newark, the Jazz Mecca of New Jersey. Carrie attributes her vocal style to her mentors, the Great Ladies of Jazz: Sarah "Sassy" Vaughn, Ella Fitzgerald, Billie Holiday, Dinah Washington, Nancy Wilson, and Carmen McRae. The Jazzin' All-Star Band backs her up, buoys her up, and carries the audience away. One never knows who Carrie may bring along with her either.

ABOUT SALEM ROADHOUSE CAFÉ

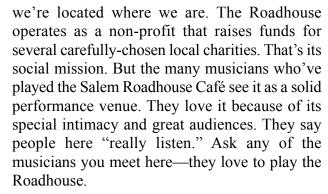
It's not church music—it's music music. Salem Roadhouse Café is a clean, safe place for people who enjoy listening to live music in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message—just music.

To leave a message and get a return call, dial:908-687-1028.

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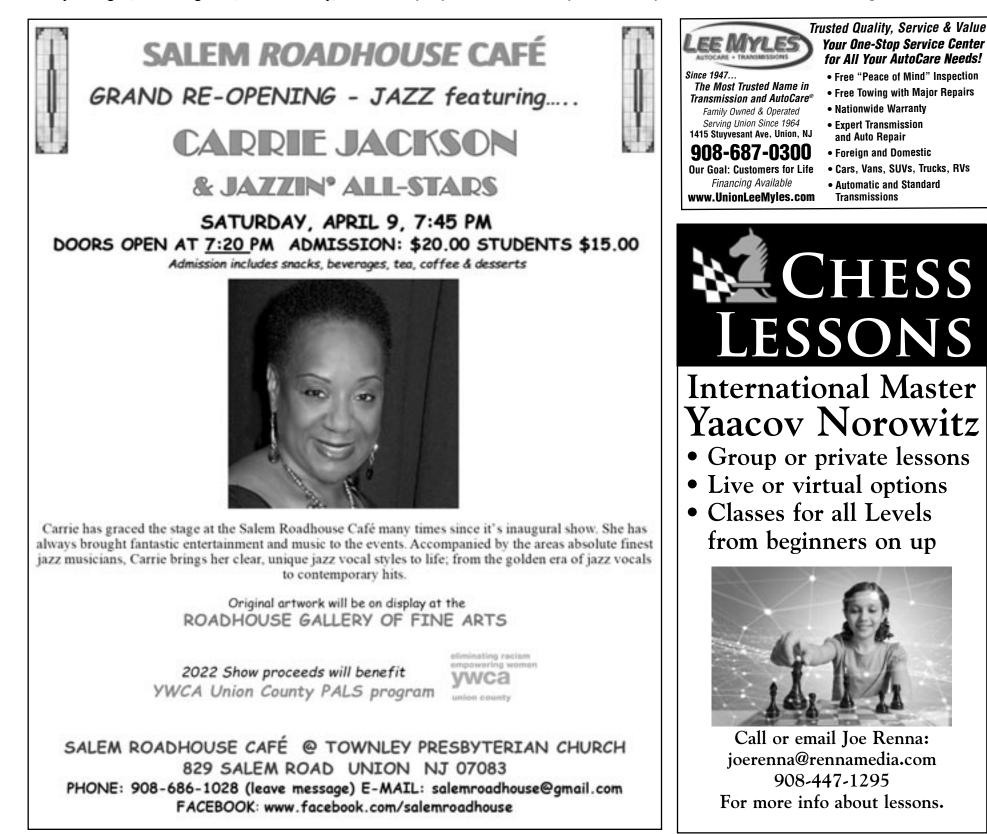
Or email salemroadhouse@gmail.com. Website: townleychurch.org.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey—that's why



COMMUNITY INVOLVEMENT

The Salem Roadhouse Café has raised funds for many carefully-chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community FoodBank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.



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Premier Coin & Bullion Exchange (PCBE) is releasing some of the brilliant, conditioned George Washington Silver half dollars containing 90% of silver. These were commemorative coins minted 40 years ago today to honor the 250th anniversary of George Washington birth date, designed by Elizabeth Jones, its detailed obverse shows Washington astride a horse. The reverse depicts his home, Mount Vernon, above a heraldic eagle. and PCBE is releasing them call now a reserve a few rolls for your portfolio as you will love the quality and shine of each coin!

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