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STUDENTS STEP UP FOR COMMUNITY SERVICE WEEK

Westfield Public Schools

The Westfield Public Schools community demonstrated its considerable civic-mindedness in March, with students across the district packing lunches, designing greeting cards, making care packages, picking up litter, and participating in many other activities as a way of giving back to those in need.

Whether a Community Service Night or a Week of Service, parent volunteers coordinated and organized the many activities at each of the ten schools. At Washington Elementary School, for example, students gathered in the gymnasium on March 24 to lend a helping hand, painting and potting plants for local senior citizens, making animal beds and toys for a nearby animal shelter, decorating baby onesies for the non-profit organization Moms Helping Moms, packing "grab and go" bags for St. Joseph Social Services Center, and sending treats and thank you notes to local police officers, emergency medical technicians (EMTs), and firefighters.

Additionally, Washington 5th graders participated in a targeted clean-up of Mindowaskin Park on March 25, part of a collaborative project with the Garden Club of Westfield, the Westfield Department of Public Works, and the Town of Westfield to renovate and plant a native wildflower garden on a hillside slope.

"The students raked and cleaned up trash and debris in preparation for spring and summer planting," says Washington PTO member Nicole Ozturan. "We hope to get them back before the end of the school year so they can throw down some wildflower seeds. The field should be there for years to come so we hope they can see the results in the future."

Wilson Elementary students collected toiletries during the week of March 14, with each grade assigned specific items to contribute to the supply kits packed by student and parent volunteers and donated to St. Joseph's.

During the week of March 21, Roosevelt Intermediate School students wrote words of encouragement to Ukrainian children, sent letters of thanks to health care workers, cleaned up



(above) Fifth graders at Washington Elementary School take part in a targeted clean up of Mindowaskin Park.



(above) Washington Elementary School students decorate and pot plants for local senior citizens.



(left) Westfield High School nursing staff receive thank you notes and flowers during the Week of Service in March.

Photos by Westfield Public Schools

nearby Clark Park, and collected and organized non-perishable food items to be distributed to local families and individuals facing food insecurity.

And during Westfield High School's Week of Service beginning on March 21, students, staff, and families collected approximately 1,200 toiletry kits for a local food pantry, sent more than 800 thank you notes to healthcare workers at Overlook Hospital, collected thousands of books for Friends of the Westfield Memorial Library and dozens of bags of gently used summer clothing for a community in Cartagena, Columbia, and raised hundreds of dollars for the Wounded Warrior Project.

"To finish the Week of Service, we presented our WHS nurses with thank you cards and flowers," say WHS Community Service Club advisors Zorana Culjak and Gregory Bowers.

Superintendent Dr. Raymond González thanked all who organized and participated in Community Service Week, adding "I have been impressed, but not surprised, by the giving spirit of the Westfield school community which embodies the district's mission to educate our students to be productive, responsible and well-balanced citizens who respect individual differences and diversity in an ever changing world."



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Westfield Monthly

RAKE & HOE DELIVER TABLETOP CHEER TO SENIORS

The Rake & Hoe Garden Club of Westfield (RHGC) has launched a new Community Projects initiative to provide flowers to nursing homes and assisted living centers in area towns. Members of the event committee visited The Chelsea at Fanwood on March 29th, bringing decorated pots of mini roses for the twelve tables in the dining room. Garden club members come from the towns of Mountainside, Scotch Plains, Westfield and Plainfield, and club members are presently reaching out to facilities in those towns. RHGC is known for its community projects with Mobile Meals, Jardine Academy, Lyons Veterans

Hospital, and beautification projects in four Westfield location.

RHGC is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. The club meets on the second Wednesday of the month at 12:00 p.m. at the Scotch Hills Country Club. Meetings feature speakers on horticulture, floral design, floral crafts, and environmental topics. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga (908) 228 2865 or visit the club's website, rakeandhoegc.org, or Facebook page.



(above) Jeanie Pelikan, Richard Pelikan and Betty Gulino, Joyce Mullen, President Beth Siano, Maryfran Annese, and Joe Da Rold.

Photo by RHGC

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GIRL SCOUTS FOSTER A LOVE OF READING

Westfield Public Schools

A bright blue Little Library at Tamaques School beckons readers to take a book and leave a book, as 5th graders in Girl Scout Troop 40445 proudly presented their book exchange project on April 1.

The troop funded and built the small, enclosed bookcase to earn their Bronze Award, putting together a proposal that included a budget, a timeline, and the rationale for the library which they presented to Tamaques principal David Duelks last December. Once approved, the girls hosted a hot chocolate fundraiser, used troop funds to purchase a library kit and other supplies, and collaborated on the final design, including the Tamaques Tiger logo and a chalkboard for book requests and recommendations.

"They also hosted a weeklong book drive at Tamaques in order to provide a fully stocked

library on Day One," says troop leader Elyssa McMullen. "As a result of their successful project, the girls will earn their Bronze Award at a ceremony to be held in May."

McMullen and co-troop leader Janice Cmielewski thanked Duelks and Tamaques head custodian Harry Squindo for their help and

support.

"I'm very proud of our Girl Scout Troop 40445 in earning their Bronze Award," says Duelks. "The girls were committed to this project from the start and it's a wonderful legacy to leave to Tamaques before heading off to middle school."



(above) Members of Girl Scout Troop 40445 installed a Little Library located at Tamaques School.

Photo by Westfield Public Schools

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WESTFIELD RECREATION DEPARTMENT PROGRAMS FOR SPRING

Westfield Recreation Department

It's time to get activate and join the Recreation Department on our mission to keep the community active and healthy while having some fun! For adults we offer a Zumba & More class on Monday evenings at 7:00 p.m. It combines a full body workout to lively music while you strengthen your core and increase your flexibility in a 50-minute class. We also offer on Tuesdays at 10 a.m. a Tai Chi class. Spring also means our Adult Tennis class are back on the courts for participants at the beginner & intermediate levels.

For Seniors (65 & over) we offer three active programs: Chair Yoga on Tuesdays at 11:30 am, Zumba Gold on Fridays at 10 am and Sr. Fitness on Fridays at 11:30 am. Pre-registration is required for all programs.

For youth, we offer a variety of sports & outdoor activities. Sundays, we have our Field Hockey clinics (6 weeks) for grades 3rd – 8th and is directed by WHS Varsity FH Coach Varhley. Also, on Sunday mornings from 9-10 am we have our Track & Field clinics for those in grades 1st – 8th and they are directed by WHS Varsity XC/TF Coaches Berardi & Tafelski. Both of these programs' welcome beginners as well as advanced participants. Spring also means we are back with our Youth Tennis classes for ages 5 & up and offered afterschool and weekends. Back again this spring is Zumbini classes (exercise,

dance & movement) on Wednesdays 4-4:45 for those ages 6-11. For teens we offer Middle School Ultimate Frisbee (travel team & in-town team) for grades 6-8 and Elementary Ultimate for grades 3- 5.

This Spring we continue to offer our popular LEGO STEM program on Tues 4-5:30 for grades 1-5 (next session starts May 10) and our Fashion First sewing & design program on Thursdays for ages 7-9 & 10-15 fashionfirstworkshops.com.

We are also offering some 1day workshops this spring. Mannerations Dining Etiquette is a one-hour class for ages 6-10 on May 14. Participants learn the etiquette of dining in a fun interactive and memorable manner. A four-course meal is consumed while etiquette instruction is provided. Discussion of why good manners during dining is important, and how to correctly behave and manage a formal meal.

For teen workshops we offer the Safe Sitters Babysitting course. This 1-day class prepares students in grades 6-9 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. Students use CPR manikins to demonstrate skills for choking rescue and CPR and receive certification. This workshop is offered once a month and the next class will be

Sunday May 22 from 9-3:30 pm

NEW this spring is the CSI (Crime Scene Investigation) workshop. Teens grades 6-12 will learn the principles relating to forensics and crime scene application. Participants engage in many hands-on activities. Our next class is Saturday May 7 from 9:00-4:00 pm.

For those who enjoy the outdoors, we have our nature classes in Brightwood Park. These are held once a month and each one is based on a different theme. Next class is on May 19. Ages 2-3 (with an adult) is 10-10:45 am, ages 4-6 is 2-2:45 pm and ages 6-8 is 3:30-4:30 pm. These classes are offered monthly thru December 2022.

Westfield Recreation also offers a wide variety of sports programs thru US Sports Institute. Activities range for ages from 2 & up. Some classes for younger participants are offered as a Parent & Me class. Registration is open for Spring & Summer programs. Information or to register go to US Sports Institute website at USsportsInstitute.com or call (866) 345-BALL.

All programs require participants to be pre-registered. For additional information and to register go to <https://secure.rec1.com/NJ/westfield-nj/catalog>. Visit our website at westfieldnj.gov/recreation or contact the Westfield Recreation Department at 908.789.4080 and "Like us" on Facebook for up-to-date information.



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THE ROTARY CLUB OF WESTFIELD ANNOUNCES AWARDS

Submitted by Dr. D. Michael Hart

Fundraising Chair Tony LaPorta announced awards for the recent Rotary fundraiser called Breakfast with the Bands. The purpose of the fundraiser was to offer college scholarships to Westfield high school seniors and also to help the homeless veterans living at Lyons VA Hospital.

Since the covid shutdown, the club has been unable to run any social events or fundraisers, so the outcome was uncertain. We were not sure if the public would come out to an event. However, we had a good attendance and Tony LaPorta considers this event a "complete success."

The event was started in 1967 as Pancake Day. The name was changed recently to reflect the aspect that the local high school and middle school bands participate. In addition, some school choruses and a group from the Westfield High School musical Mama Mia! Participated.

Tony expresses his thanks to every Rotarian who participated, especially the chairs. Most of the 50 Rotarians in the club participated in the actual hands-on event. In addition, the Rotary District Governor, Shelby Rhodes, participated with her set of chef knives, cutting up fruit in the kitchen. Boy Scouts and Girl Scouts, plus high

school Interact Service Club members participated. With 100 volunteers to help run the program, it is truly a community event. Over 400 meals were served.

Chairman of the Committee: Tony LaPorta; Bands & Master of Ceremony: Liz Ensslin; Food and Kitchen Operations: Ray Kostyack; Photography: Chung Kun Shih; Placemats: Bill Bonsall; Publicity & 50 - 50 Raffle: Lauren Barr; Rotary Shirts & Desk: Michael Hart; Sponsorships: Blake Width and Warren Rorden; Technology: Brendan Bertsch; Treasurer: Lou DaCosta; Volunteers: Heidi Caponigro

The selection of the award winners was difficult because everyone worked so hard.

The Honorable Mention goes to Warren Rorden for his work on obtaining sponsorships from local businesses. He was given a box of pancake mix as a friendly token. The Winner of the Golden Pancake Award is Ray Kostyack for attending the food deliveries and organizing and managing the kitchen activities. Ray was given a shadow box with plastic pancakes mounted inside.

The Rotary Club of Westfield meets 3 Tuesdays per month at noon. Some meetings are held virtually by Zoom, and some are in person at local restaurants. Guests are always welcome. For information contact Secretary Dr. D. Michael Hart drmhart@yahoo.com.



(above, l-r) Rotary Club President Blake Width; President elect and Event Chair Tony LaPorta; Honorable Mention Warren Rorden; "Golden Pancake Award" winner Ray Kostyack.

Courtesy photo

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RAKE & HOE GARDEN CLUB DECORATES JARDINE ACADEMY SPRING TREE

As part of its commitment to community service, members of the Rake & Hoe Garden Club of Westfield visited Jardine Academy to decorate the Spring Tree with 111 colorful butterfly ornaments that members of the club had made.

The design of the ornaments was inspired by the book "The Little Butterfly That Could," written and illustrated by Ross Burach. The book tells an inspiring story about persistence and determination and includes a few facts about butterflies. The little butterfly must migrate south to find flowers. The journey is long, and the little butterfly is fearful about what might happen to him along the way. He meets a friendly whale who assures him that little by little he can make the journey. Eventually he reaches the flowers and meets many other butterflies. The garden club donated a copy of the book to the school's library. The Spring Tree stands in the lobby of the school for all to see. The area around the tree was also decorated with the colorful butterfly ornaments. The students will learn about the inspiring story of "The Little Butterfly That

Could" from their teachers in the coming days and each student will be given a butterfly ornament to take home.

The Jardine Academy, operated by the Cerebral Palsy League and approved by the New Jersey Department of Education provides a comprehensive educational program designed to meet the cognitive and physical needs of children and young adults, 3-21 with multiple disabilities.

The Rake and Hoe Garden Club is affiliated

with the Garden Club of New Jersey and the National Garden Club, Inc. The club meets on the second Wednesday of the month at 12:00 pm at the Scotch Hills Country Club. Meetings feature speakers on horticulture, floral design, floral crafts, and environmental topics. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga (908) 228 2865 or visit the club's website, rakeandhoe.org or Facebook page.



(above, l-r) Mary Lou Nolas, Jeanie Pelikan, Betty Gulino, Maryfran Annese, Dorothy Camilletti, Richard Pelikan, and Irene Greenstein. Photo taken by a member of Jardine Academy

Photo by Rake & Hoe Garden Club

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WALK FOR CAKE AND FAIR – SUN., MAY 15

Westfield Mental Health Council

To celebrate National Mental Health Awareness Month, and in recognition of the difficult times many in our community have experienced over the past two years, the Westfield Mental Health Council will present a Mental Health Day of free activities on Sunday, May 15.

The day begins with a "Walk for Cake" in Mindowaskin Park from 10:30 a.m. - Noon. CAKE stands for the town's emphasis on Compassion, Acceptance, Kindness and Empathy. Check in on the interior park road adjacent to the gazebo and enjoy a walk in the park punctuated with stations highlighting aspects of wellness such as yoga, music, art, meditation and pet therapy. Celebrate completion of your walk with a scrumptious treat.

Then cross the street and enter the Bauer Branch of the Westfield Area YMCA to enjoy child-friendly activities, mental health provider resources and the following presentations between 11:45 a.m. - 1:45 p.m.:

- Dr. Roz Dorlen will discuss anxiety
- Michelle Habayeb, Crisis Line Program Director at Caring Contact will address suicide prevention
- Lucy Pritzker from Elm Street Placements will discuss levels of care
- Sean Foley of the IAddicted Program will address technology addiction
- Angelo D'Amico from High Focus Centers will discuss substance addiction

Resources will be available from Prevention Links, The IAddicted Program, YWCA Union County, Caring Contact, Trinitas Hospital, High Focus Centers, Free the Bird, NAMI, Community Access Unlimited, Here2Help and more.

Check westfieldnj.gov/421/mental-health-council for more information as the date gets closer. Please email mentalhealthfair.westfield.nj@gmail.com if you are interested in volunteering for either the walk or the fair.

WESTFIELD POLICE YOUTH ACADEMY

After a two-year hiatus due to COVID, the Westfield Youth Academy is back! This year's program runs from Monday, August 8 to Friday, August 12, and is open to Westfield residents who are entering grades 9-12. There is no cost for the program.

For additional information, or for an application, please visit wpdnj.org/youthacademy.

The deadline to apply is May 6, 2022.

In addition to an application, interested students will be required to submit an essay stating why they wish to be selected for the Youth Police Academy, as well as provide a reference letter from a non-family member. Due to space constraints, only a limited number of students can be accepted.

Youth Academy students will start each day with a basic military drill and physical fitness activities to be led by a certified Westfield Police Department Physical Fitness Instructor and

current John H. Stamler Police Academy Drill Instructor.

Thereafter, students will head into the classroom for specialized instruction on criminal, juvenile and motor vehicle law, as well as an introduction to the court system, crime prevention and criminal investigations. They will also receive basic first aid instruction and CPR certification. The curriculum will include special guest speakers and demonstrations from various other law enforcement and public safety agencies.

"We are very excited to bring back the Youth Police Academy, which provides us with yet another opportunity to engage with the community," said Westfield Police Chief Christopher Battiloro. "This program will give our young residents an opportunity to see the inner workings of our police department and provide them with some insight into a potential future career in law enforcement."



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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. Addictions 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."

- Quentin L.



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MEET & GREET - 5/23

Westfield Preservation Commission

The Westfield Historic Preservation Commission will celebrate National Preservation Month on Monday, May 23, from 7 to 9 a.m. with a "meet & greet" and free coffee at the historic South Avenue train station kiosk. Members of the commission will be on hand to discuss local preservation efforts and answer questions over coffee donated by Boxcar, the concessionaire for the recently restored newsstand.

"We are delighted to have this opportunity to showcase the kiosk among the town's recent preservation successes," said Maria Boyes, chair of the Historic Preservation Commission. "Several of our most beautiful neighborhoods were set in motion by the arrival of the railroad, so it makes an especially fitting platform to celebrate Preservation Month."

Dating to 1893, the Union News Company kiosk is believed to be the last of its kind still in operation and serves as "a physical remembrance of a time when newspapers controlled the flow of information throughout the United States and the railroad controlled the country's mobility," according to the historic designation report. Originally located by the North Avenue station, it was moved to the south side in 1980 where it began selling coffee as well as newspapers to morning commuters.

"Boxcar is thrilled to partner with the town of Westfield in celebrating the restoration and reopening of this historic gem," said George Garcia, manager of The Kiosk by Boxcar. "We look forward to carrying on a long tradition of serving commuters while adding some very 21st-century amenities."

The Historic Preservation Commission was established in 1984 to promote and protect Westfield's rich architectural heritage as an essential element of the town's unique character. In addition to preserving historical structures, the Commission encourages property owners to follow restoration standards through its advisory services and recently updated Design Guidelines for Historic Sites and Districts. For additional information, visit the commission's website at westfieldnj.gov/historicpreservation.

Courtesy photo



(above) Join members of the Historic Preservation Commission along with George Garcia and Mike Cetin of The Kiosk by Boxcar for free coffee on Monday, May 23, from 7 to 9 a.m. to celebrate National Preservation Month.

GARDEN CLUB OF WESTFIELD BRINGS A BIT OF SPRING DOWNTOWN



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On a beautiful spring morning, the Garden Club of Westfield planted spring flowers in their planters in Downtown Westfield. These included ranunculus, osteospermum, lobularia and 4

different types of pansies. Many thanks to Dave Williams of Williams Nursery for donating these wonderful plants.

Photo by Garden Club of Westfield



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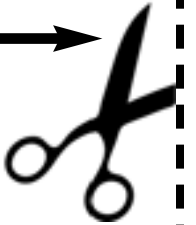
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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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**ATTENTION
PARENTS
OF KIDS
AGES 6-18**

Summer Athlete Performance Camp in Berkeley Heights

**Discover how to get your children strong, fast, and confident
this summer...so they can become the best athletes they can be.**

This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

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.



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Summer Program
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About Grit Athlete Performance (A Gabriele Fitness Company)
GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

FIRST WEDNESDAY LUNCHEON SERIES – JUNE 1ST

Westfield Historical Society

For the Westfield Historical Society's First Wednesday Luncheon series in June, guests are welcome to the luncheon at Echo Lake Country



(above) Dr. John Lesher, will present a program entitled "The U.S. Constitution – What Were the Founders Thinking?" for the Westfield Historical Society's First Wednesday Luncheon Program to be held on June 1st at Echo Lake Country Club. Reservations are required.

Club on Wednesday June 1st, 2022 beginning with check-in at 11:45 a.m. Government and history expert, Dr. John Lesher, will speak about the U.S. Constitution and what our forefathers may have been thinking throughout the process.

The American colonists had just won a war against a major European power. Now what? Thirteen separate governments realized quickly that only by uniting could they avoid being reincorporated into a colonial outpost for Great Britain or other imperialistic nations. A viable, united government with military and economic credibility had to be organized, and The United States Constitution was the fundamental response to this need. The basic principles of American governmental structure will be reviewed with emphasis on the reasoning of the delegates to the Constitutional Convention of 1787.

John C. Lesher has worked in real estate development for over 40 years. He holds a BA in English from Scranton University, an MBA from the Wharton School at the University of Pennsylvania, a MA in history from Montclair State University, and a MA and PhD in political science from Rutgers University.

Active in community affairs, Dr. Lesher serves as treasurer of the Westfield Senior Citizens Housing Corp. and has been a member of the Board of Trustees for the Echo Lake Country Club. He and his wife, Dr. Tina Lesher, have resided in Westfield for 45 years and are the

parents of three children.

Those wishing to attend the luncheon may make a reservation by email to westfieldhistoricalsociety@gmail.com; or, by calling 908-654-1794, before Friday, May 27th. Please advise if there are special dietary needs. The luncheon fee of \$35 (WHS members) or \$40 (non-members) includes a three-course meal, coffee/tea, and gratuity. Depending on Covid transmission levels, tables will be spaced out and mask wearing is recommended except when actively eating or drinking. The luncheon fee should be paid in advance (check payable to Westfield Historical Society) by mailing to Westfield Historical Society, P.O. Box 613, Westfield, NJ 07091; by Venmo to @Westfield-HistoricalSociety; or, online at: westfieldhistoricalsociety.org/registration.

Registration and payments should be received by Friday prior to the luncheon. Attendees should check the club's dress code at: echolakecc.org/guest-info

Since 1968, the 501(c)(3) non-profit Westfield Historical Society has worked to preserve, interpret, and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs.

For more information on the Westfield Historical Society and their events, visit westfieldhistoricalsociety.org, like on Facebook, and follow on Instagram.

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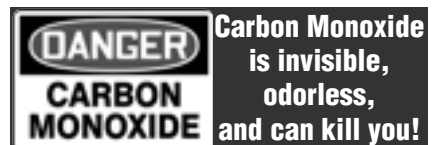
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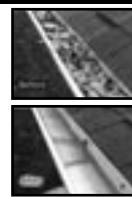
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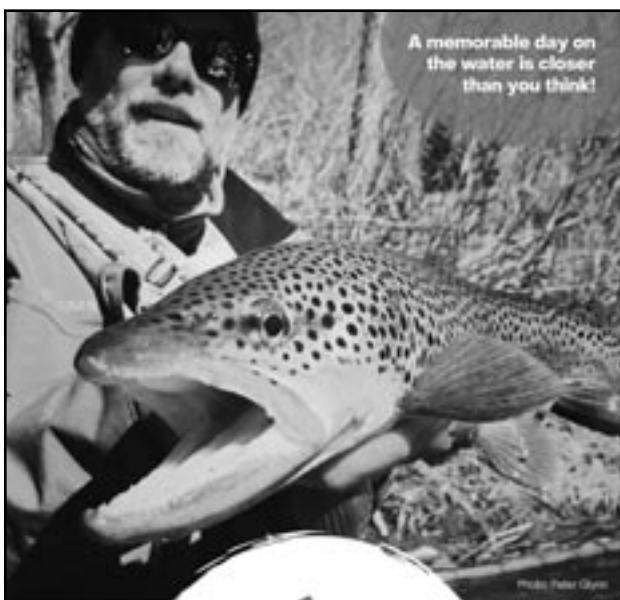


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MEMORIAL DAY CEREMONY, PARADE, PARTY

The Westfield Memorial Day Parade will return on Monday, May 30th. A Solemn Memorial Service will begin at 9 a.m. in front of the WWI Monument at intersection of North Ave and East Broad Street. The Parade will immediately follow and will be staged in the East parking lot of Lord and Taylor's. Parade route will start on North Avenue and turn left on East Broad Street, proceed to Euclid Avenue, where it will turn left, and then move up Euclid and turn left on Park Drive, where the Parade will end.

We welcome any group interested in marching in the Parade. If you are interested you can register on the Westfieldnj.gov website. Type Memorial Day Parade in the search box and it will take you to the Parade

registration. If you are participating, plan on arriving in the east parking lot of Lord and Taylor's by no later than 8:00 a.m. on Memorial Day.

For questions contact James McDonald at jamesmc150@gmail.com or 612-910-4100.

After the parade, there will be an after party at the American Legion Hall at 1003 North Avenue. The party will go from Noon – 4 p.m. with two bands, bouncy houses for the kids and free wine, beer and food. The party is open to all residents of Westfield to come celebrate and thank the veterans for their service while remembering those we lost.

Sponsorships are still available so contact Joe Mindak at 201-410-8282

or joe@finnconnective.com for more info.



(above) 2021 Westfield Memorial Day Ceremony

Courtesy photo

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Saturday: 11:30am - 3pm, 5pm - 8:30pm
Sunday: 11:30am - 3pm, 5pm - 8:30pm
Monday: Closed

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“A BRONX TALE” COMING TO CDC THEATRE

The musical “A Bronx Tale”, the final show in CDC Theatre’s 103rd season, is in rehearsal and getting ready to open June 10.

Based on the critically acclaimed play that inspired the now classic film, this streetwise musical will take you to the stoops of the Bronx in the 1960s—where a young man is caught between the father he loves and the mob boss he’d love to be. Featuring a book by Academy Award nominee Chazz Palminteri, music by Oscar, Grammy, and Tony Award winner Alan Menken, and lyrics by Grammy Award winner and Oscar and Tony Award nominee Glenn Slater, “A Bronx Tale” is a story about respect, loyalty, love, and above all else: family.

Director Sean Lough describes the show as “taking place on the streets in the 1960s, with all the pop styles of the time: Doo-wop, Frank Sinatra-style ballads, R&B and Motown.

Even though it’s set in The Bronx, it’s a very New Jersey show. The musical started at the Paper Mill Playhouse then moved to Broadway. We’re honored to be the first NJ community theatre group to get to perform it after the smash Broadway run.”

The show will run June 10-25, Fridays and Saturdays at 8 p.m., with a 2 p.m. matinee on June 19th. Tickets can be purchased by visiting cdctheatre.org. Made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

NEW DEALS FOR OLD WHEELS

On Saturday, May 7, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will again be collecting second-hand bikes for use by adults and children in third world countries. The collection is being conducted on behalf of Pedals for Progress, an organization which annually recycles 6,000 bicycles for persons in developing countries. Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. On that day, members of Faith will repair and process the bikes for shipment by P4P.

Since 2002, Faith Lutheran has been collecting bikes for P4P. In 2021, five hundred sixty-four bikes were collected from persons and organizations in New Providence, Berkeley Heights, Mountainside, Westfield, Chatham, Warren, Scotch Plains and Fanwood. The collection by Faith occurs throughout the year. The range of towns was aided by articles published in Renna Media publications.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and

garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

P4P reports that the cost of shipping bikes has increased significantly in recent years and now presents a substantial financial burden to P4P. Last year, Faith contributed \$3,000 toward the shipment of the bikes. Persons donating bikes gave \$1,273 toward shipment. P4P is asking persons to donate \$15 toward the shipping costs, if they are financially comfortable doing so. Donation or not, Faith welcomes all bikes in repairable condition.

Since 2016, the chairperson of Faith’s Pedal for Progress ministry has been Casey Walsh of Bridgewater, a long-time member of the church.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org or call the church office at 908-464-5177. The address is 524 South Street, New Providence. Courtesy photos



2021 Pedals for Progress volunteers.

(above, l-r) Pedals for Progress organization; Alan and Gary, Faith; Bill Bradley of New Providence, Casey Walsh of Bridgewater; Sally Reier of Union, Diana Bjorge of Berkeley Heights, Ky Luu, formerly of Fanwood, now South Carolina, Linda Fuller of Berkeley Heights.

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HOME FOR GOOD CELEBRATES 10,000TH ADOPTION



Home for Good Dog Rescue

At Home for Good Dog Rescue, we recently celebrated an incredible milestone - Saving 10,000 dogs from the brink of death in just 11 short years. Each rescued dog is unique and has its own special “tail” to tell. Meet Rexy and lean into his miraculous journey as he becomes our 10,000th adoption. This poor soul lived the entirety of his 7-year life confined to an outdoor wire pen with no human contact, love and affection, playtime, or snuggles. His human captors failed him miserably, and his forlorn eyes truly reflected a lifetime of cruelty, mistrust, and hopelessness.

Since his perilous rescue by Home for Good in 2021, we’ve seen his transformation from just ‘existing’ without proper nutrition, medical care, or being protected from the harshness of the outside elements, to knowing what it’s like to be loved, sleep in a warm plush bed, enjoy tasty treats, and receive endless cuddles. Remarkably, Rexy has no remnants of the extreme cruelty that he endured, and from which he survived.

Home for Good Dog Rescue is 100% foster-based and this is why. With the help of his canine foster siblings, he began to gain confidence and how to trust. Prior to his rescue, Rexy had never felt the gentle hand of a human. Through the patience and perseverance of his foster family, Rexy has developed into the devoted dog he is today. He is affectionate, playful, and eager to please.

For more information on how you can become a foster family for a deserving pup like Rexy, please visit homeforgooddogrescue.org/foster

ABOUT:

Home for Good Dog Rescue is a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010 in Summit, New Jersey with offices in Berkeley Heights. We socialize, care for, and provide them life-saving medical care at our property in Aiken, South Carolina, transport them to our rescue in New Jersey, and nurture them in our network of foster families while they await adoption into loving homes – giving them a second chance at life.

PRACTICE MAKES POSSIBILITIES

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.

(above) Rexy (center) is pictured with his new forever family. His canine siblings are also rescues who experienced similar rescue stories. Rexy now spends his days running by the lake and nights resting on cozy couches, with the peace and trust that only a loving family can provide. While it took Rexy longer than most to find his forever family, fate had him waiting for the perfect “home for good”.

Courtesy photo

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STUDENT MUSICIANS RECEIVE HONORS

Westfield Public Schools

Westfield High School 11th grader Kevin Chen was selected to perform with the All-State Orchestra later this year. Chen, who plays the viola, joined other talented student musicians from around New Jersey in rigorous auditions on March 19 that included all 12 major scales, 3 minor scales, and excerpts from Johann Sebastian Bach's "Suite No. 2 in D Minor."

Additionally, the WHS Wind Ensemble and Symphonic Band both received Gold Ratings at the Region II State Concert Band Festival during the week of March 21. "This is just the 2nd time in school history that the Symphonic Band has received a Gold rating and they were the highest scoring Division II ensemble at the event," says WHS band director Christopher Vitale.

Vitale says this is the 9th consecutive Gold rating by the Wind Ensemble, who finished 3rd overall and also received an invitation to the State Band Gala to be held on May 1.

"The Gala event features the top 12 scoring bands from across the entire state and this is our 3rd invitation in school history," Vitale adds.



(above) Westfield High School 11th grader Kevin Chen was selected to perform with the All-State Orchestra later this year.

Photos by Westfield Public Schools



(above) The WHS Wind Ensemble and Symphonic Band both received Gold Ratings at the Region II State Concert Band Festival during the week of March 21.

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TEACHER AWARD NOMINATIONS DUE MAY 6

The Optimist Club of Westfield has announced that the deadline for receipt of nominations for the 24th Annual Intermediate School Outstanding Teacher Award is Friday, May 6. Two intermediate school teachers – one each from Edison and Roosevelt Intermediate Schools – will be selected to receive the award at a Board of Education meeting in June and at an Optimist Club dinner in September.

Nominations should specify ways in which the teacher has demonstrated outstanding teaching, interest in children and continued pursuit of professional growth. The nominee must be a full-time teacher in the Westfield Public Schools in grades 6-8 for a minimum of five years. Previous Optimist Club Award recipients are not eligible.

Students, parents, staff, and members of the community are encouraged to complete an online nomination form by Friday, May 6, stating how their nominee meets the criteria. The form, which includes a link to the list of past award recipients, is posted under "Recent News" at westfieldnj12.org and on the Westfield Public School District's Facebook and Twitter feeds.

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SHINING STARS "GREATEST HITS" - MAY 14TH

The Shining Stars are back! Celebrating 10 years on the stage, the talented special needs cast will be presenting "The Greatest Hits" — covering many of the memorable performances over the past decade.

The outdoor show will take place on the campus of Woodbridge High School, located at 1 Samuel Lupo Way, Woodbridge, on Saturday, May 14, 2022 at 5 p.m. There will be food trucks, a tricky tray and a 50/50 raffle.

"It's hard to believe it's been ten years, but it's been an incredible journey," noted Shining Stars Network Founder and Show Director Sally Curci. "We continue to be inspired by our performers every day. Their passion, dedication and talent is what makes our shows come to life."

The Shining Stars have performed in front of audiences of 1,000 or more, with cast members from seven different counties performing over the years. The Cranford-based organization still has many Cranford residents, but is open to anyone who wants to experience the performing arts.

"We're all about inclusion and opportunity while building self-esteem and creating friendships," said Shining Stars Network Founder and President Mike Curci. "There have been so many incredible performances over the years and we can't wait to see our stars shine on stage once again."

Tickets are available by going to ShiningStarsNetwork.org and clicking on the "purchase tickets" page. General admission tickets are \$15 in advance, \$20 at the show. Please bring a folding chair or blanket. Seating boxes are first-come, first-served. Gates open at 4 p.m. Plenty of on-site parking is available. Rain date is May 21st. Any cancellation will be noted at ShiningStarsNetwork.org.

SHINING STARS NETWORK is a non-profit organization based in Cranford, N.J. founded by Sally and Mike Curci that shines the light on the special needs community by creating opportunities in the performing arts, with the goal of building self-confidence and self-esteem while enjoying the experience of performing on stage. In addition, their Shining Stars Ambassadors basketball team travels to play local first responders and organizations while building friendship and understanding. Now entering its 6th year, Camp Shine (for ages 10-20 years) and The Shining Stars Summer Workshop (21 and over performers) are two-week intensive programs open to everyone, including those with developmental disabilities, that will take place August 15-26, 2022. For more information on Shining Stars Network or any of their programs, please visit ShiningStarsNetwork.org or send your email to ShiningStarsNetwork@gmail.com.



(above) Shining Stars, a special needs performing arts group, takes the stage on May 14th. For more information visit ShiningStarsNetwork.org.

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GRETA'S RUN FOR IMAGINE - MAY 22

The 9th Annual Greta's Run for Imagine will be held in-person for the first time in 2 years! Join us on Sunday May 22, 2022 for an official USATF 5K race through Westfield, NJ. This year, we are introducing a Memory Walk – a 0.6 mile route where families of the community can walk in memory of anyone who has died. Memory Walk Registrants can purchase a sign to decorate with the name of their loved one to line the walk route and memorialize their family member.

Greta's Run began 9 years ago when a group of Greta Schoenemann's friends decided they wanted to honor her memory with a 5k race. Greta had died on September 15, 2002 due to injuries sustained when a branch fell on a group of students as they were eating lunch outside of Westfield High School. This year marks the 20th anniversary of Greta's death and the 9th year the race has been run in her honor.

Sadly, many of us have experienced the loss of someone we love and this year's event is in honor of all of them. We invite everyone to join us as we run, walk or roll in honor of Greta and all those we love who have died. At Imagine, we see this run as an act of honor, as an act of mourning and of remembrance for our families and our community.

Before the 5K race, we invite everyone to join us for a Memory Walk when we will provide time and space for all to walk in honor of those who have died but are not forgotten.

Proceeds from the race support Imagine's free

peer support groups for children and families coping with grief, as well as Imagine's grief education programs which are available for schools and businesses looking to better support their communities. Additionally, Imagine staff are available to provide support in the immediate aftermath of a loss in a school community, organization or place of business.

We are so thankful for our sponsors thus far for the 9th Annual Greta's Run for Imagine. A big thank you to our Memory Walk Sponsor: Toriello Family in honor of MTT Memorial Fund and thank you to our hydration sponsor Westfield Pediatric Dental Group, and shirt sponsors Family Investors Company and Rossi Funeral Home. Your sponsorships help underwrite the event and help ensure that every dollar goes directly to providing free grief support for children and families. To become a sponsor, please contact Angela Marie Tayco at angela@imagine-nj.org or 908-228-3360.

To register for Greta's Run and/or the Memory Walk, please visit imagine-nj.org/gretasrun. We look forward to coming together as a community to honor and remember those we love who have died.

Imagine's Executive Director, Lindsay Schambach would like to extend this invitation to you: 'We hope that you will join us and walk alongside our families, our children, and our community, and let everyone know that their loss matters, that they are not alone, and they are

never forgotten.'

Imagine offers grief and loss education and training to the community and free year-round grief support groups for children ages 3-18 who have had a parent, sibling, or close family member die. Concurrent groups are available for parents and guardians of the children in our groups, and young adults 18-30. Imagine also offers a support group for Spanish speaking adults. For more information, please contact Imagine at 908-264-3100 or info@imagine-nj.org.



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SHEET METAL WORKERS' UNION SUPPORTS MOBILE MEALS OF WESTFIELD

Sheet Metal Workers' Union No. 22 presented Mobile Meals of Westfield \$600 in gift cards on April 14.

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

For more information
visit mobilemealsofwestfield.org
or call 908- 233-6146.

Sheet Metal Workers' Union No. 22 serves Union, Morris, Somerset and Sussex Counties. The union members support veterans, the homeless and non-profit organizations as part of their community assistance programs. In addition, new union members, as part of their apprenticeship, provide 20 hours of community service annually over a five-year period for a total of 100 hours. For more information on the union, visit MWIALU22.ORG. The union has been a consistent supporter of Mobile Meals of Westfield, and their generous donation is most appreciated.



(above, l-r) Josephine Walsh, Mobile Meals of Westfield, and Jason Rooney Sheet Metal Workers' Union.

Courtesy photo

LIBRARY LAUNCHES KANOPY

Anyone with a Westfield Memorial Library card can now enjoy 30,000+ free films from Kanopy, a new video streaming service. Kanopy offers high-quality video content to libraries around the globe that inspire, educate and entertain. Their unique selection offers something for everyone, from award winning indie films to important and timely documentaries, to foreign films, popular cinema, children's shows and more.

Many of Kanopy's videos are not available on any other streaming video platform, and the experience is easy-to-use and completely advertisement free. Users can access Kanopy on their desktop or laptop computer, mobile device,

TV streaming devices (like Apple TV, Chromecast, Roku), and more.

Westfield Memorial Library cardholders can view up to ten movies per month, and two of The Great Courses Series per month. Great Courses is a collection of lectures on a variety of topics such as literature, finance, and religion.

There are no limits on Kanopy Kids, the source for children's content, which includes Sesame Street, PBS, and story times. Kanopy Kids offer a carefully curated collection of children's programming that supports early literacy, STEM education, and foreign language learning.

To get started, just download the Kanopy app or visit wmlnj.kanopy.com.



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In-person Event
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Stephen Quandt presents on Zoom
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The New Jersey Veterans Network (NJVN) has a different way of reaching out to veterans and they proved this during their recent NJVN Veterans Salute event, a joint venture between the NJVN and the State VFW. NJVN Director Frank "Doc" Schupp and President Michael Boll treated NJ veterans to an event filled with enjoyable times, hot meals, free business attire, and resources for our state's heroes.

As you walked into the large room at VFW 2433 in Union Township, NJ, there were dozens of veterans smiling and mingling while DJ Doc Bear (an army veteran) played some tunes. The usual serious tone of similar events was replaced with a feeling of fun, comradery and comfort.

Air Force Veteran Cristina Lozada said "This event provided an outlet for these veterans to be themselves and have fun in an environment with like-minded individuals. I saw firsthand how taking the time to give back really impacted these veterans lives by feeling cared for and acknowledged."

While waiting their turn to choose their clothing from an attic full of free apparel, veterans partook in video games, card games, and Army vs Navy, and Air Force vs Marines chess games. Delicious pizza was available from nearby Reggio's Pizza which was sponsored by NJVNs partner JM Rodgers. With impressive skill, local barber Emilio of Signature Barbers of Elizabeth, NJ cut veteran's hair free of charge. Volunteers, vets, and family members all enjoyed themselves side by side while honoring our brave men and women.

When asked about the event, organizer Doc Schupp explained, "We wanted to make it a point to create an atmosphere where vets can have fun while receiving resources; this way instead of feeling anxious and uncomfortable, they are relaxed while speaking to service providers."

The Veteran Salute program had plenty of community support as representatives from the

MOVES program, Vet Center, VFW, American Legion and New Bridge Medical Center were on hand to talk to veterans. The atmosphere was a very relaxed as vets interacted with service providers over games and refreshments.

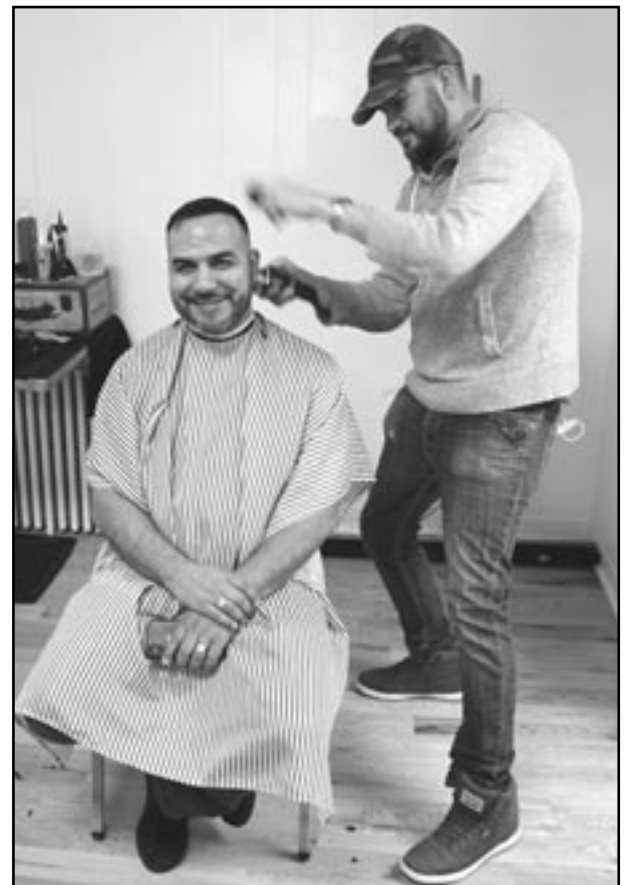
Camillo Vanegas of the MOVES program was on hand to discuss their veteran job placement program. American Legion Commander Dennis Duddie listened respectfully to veterans' stories and advised them of various local programs. The Vet Center was on hand to answer questions about counseling and case management. Bergen New Bridge Medical Center set up a table explaining their many veteran assistance programs. FDU's internship program.

Volunteers included the Union High School ROTC, 5-year-old Vickie Almanazar volunteered alongside her father Daniel, Army veteran Uncle Homer, and many more served food, helped with clothing distribution, entertained, or just visited with the veterans while listening to their stories.

Army recruit Miss Matias, who was shipping out to basic training shortly, was on hand to volunteer and shared her thoughts, "The Veterans Salute event was so successful. We helped a lot of people and touched so many lives. Sometimes all a person needs are a warm smile and friendly conversation to take their mind of their troubles, even if only for a moment."

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. To learn more visit njvn.org



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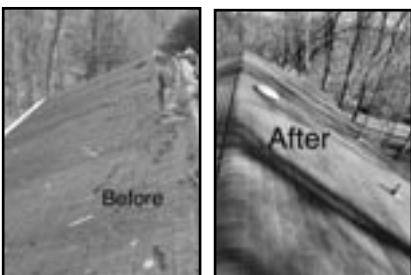
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WESTFIELD HALL OF FAME 2022 INDUCTEE: CLARA “CHIC” BOLGER – MILLER-CORY HOUSE MUSEUM FOUNDER

The Westfield Historical Society

Clara Bolger, known as “Chic” to her family and friends, was born and raised in the Bronx, the only child of a local school teacher and a NYC Police Inspector. After graduating from Bucknell in 1947 as a psychology and sociology major, she moved to NY and took a job with the Vick Chemical Company. There she met William Bolger, whom she married in 1951; they moved to Westfield several years later. While raising their three daughters in Westfield, Clara became involved in many civic activities, among which were serving as a speechwriter for Robert Mulreaney (Mayor of Westfield from 1965-68) and doing volunteer work for the Westfield Service League, the NJ League of Women Voters and the Friends of the Westfield Memorial Library. However, most of us would agree that Clara’s most significant work was as a founder of the Miller-Cory House Museum. This year, 2022, is the 50th anniversary of the Miller-Cory House Museum, so it seems only fitting that Clara Bolger be honored today. If it weren’t for Clara, Westfield would not have the Miller-Cory House Museum to be celebrating!

Clara had gone to an historic house tour in a neighboring town and was not impressed, feeling that Westfield could do it better. The Westfield Service League sponsored a well-attended tour of historic homes in Westfield and the Jones House was on the tour. Through that, she met and became good friends with Donald and Isabel Jones. When they decided to move, knowing that Clara loved the house, they contacted her to see if she wanted to buy it. Having recently finished a big renovation to their Tremont Avenue house, Bill responded with an emphatic “No”. Instead, she had the idea of turning the house into a living museum. And so the journey began.

As Clara was well known in town, she was able to reach out to people who could help the dream become a reality. One of her meetings was with several past mayors – Bob Mulreaney, Emerson Thomas, Charles Bailey – and with a potential financial resource, the Wallace Foundation. The mayors became believers (even if some were reticent), and soon the Citizen’s Committee to Preserve the Miller-Cory House was formed, including Trustees of the then small and fairly inactive Westfield Historical Society, who provided the museum with its non-profit status. As Clara tells the story, she received a call from Betty Pate at 11:30 one night – “You don’t know me, but you need me” – and their partnership and great friendship were quickly established. Betty Pate is also a Westfield Hall of Fame member recognized for her tireless efforts on behalf of Westfield, Union County and New Jersey history.

Fundraising to purchase the house was critical, as was getting many people on board with the overall idea. While large individual donations and grants from foundations provided the bulk of the funds, several of the grassroots fundraising ideas and events increased visibility and support from



(above) Clara “Chic” Bolger has been named one of the nine members for the Class of 2022 Inductees to the Westfield Historical Society’s Hall of Fame.

Photo courtesy of the Bolger family

the community. Cherry Pie Socials – to host and attend – became all the rage. The merchants down town agreed to have the streets closed to cars so that activity booths could be set up. The booths educated and demonstrated crafts, cooking and skills of the 1740s. These same booth ideas became the programming for the Miller-Cory House. The merchants found the day to be very successful and the “Fall Festival” was started. A Volunteer Committee was established and run primarily by Clara. Her contacts and the fundraisers brought in any interested volunteers while Betty trained and educated the docents. Betty insisted on authenticity. Clara knew about programs and education in Williamsburg and Sturbridge Village to achieve that goal and set up field trips for the volunteers. It took a village to create a robust, volunteer-led Miller-Cory house

Museum. But it was Clara who brought it from a dream and a house – to a living museum!

Clara was always interested in the world around her. She had great concern for and openness to other people and maintained deep friendships with her closest friends. She was spirited and great fun, and many of us still treasure her uproarious laughter. Seeking warmer weather and appreciating the history of the area, Clara and Bill retired to Williamsburg, VA in their later years. There she continued to pursue her interest in American Colonial history and continued to show her concern for others through volunteer work at the Bruton Parish Church in Williamsburg and marching with her daughters in support of women’s reproductive rights in Washington, DC. Although Clara turned 95 on April 20, 2020, when COVID cases were climbing, this did not stop her quest for fun. She had a birthday party on Zoom with her three daughters who live in New York and Scotland. Even in her final days she was a real adventurer with a fantastic spirit, and those who knew her will always remember her as an intrepid woman ahead of her time.

The Westfield Hall of Fame is a Committee of The Westfield Historical Society which has named nine inductees for the 2022 Hall of Fame Class. In addition to Clara “Chic” Bolger, they are Allen Chin, Samuel Downer Sr., Ralph Jones, Charles R. Morrison Sr., James & Melba Nixon, Nancy Priest, Theodore K. Schlosberg, and Mabel L. Sturgis with Helen French Welch. The Hall of Fame Committee has a long list of qualified candidates submitted by the public for its consideration in future inductions. The 13 members of the 2022 Hall of Fame selection committee are planning the induction ceremony for October 7, 2022. Historical Society members and the public at large are encouraged to submit profiles of persons believed to be strong candidates for the Westfield Hall of Fame to the Westfield Historical Society, P. O. Box 613, Westfield, NJ 07091.

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WESTFIELD HALL OF FAME 2022 INDUCTEE: DR. THEODORE K. SCHLOSBERG – MAKING WESTFIELD MUSICAL

Dr. Theodore K. Schlosberg, also known as Ted, is a Westfield resident who has contributed significantly to the lives of its residents of all ages for the past fifty-one years. His work has allowed people to develop their talents and skills while enriching their lives. He began teaching band and orchestra instrumental music at the Edison Intermediate School in 1967 and retired in 1996.

In the summer of 1972, in response to parent and student requests for musical options during the summer, Dr. Schlosberg founded The Westfield Summer Workshop. The Workshop's popularity grew, and over the next few years it evolved into musical theater, drama and dance, fine arts and crafts, language, writing, pre-school classes, and special interests. It was designated a 501(c)3 organization and eventually became The New Jersey Workshop for the Arts. Some of the Workshop students became famous in their own right, namely Colleen Sexton, a Broadway show star vocalist, and Matt Sklar, composer, conductor and performer.

In addition to teaching music, Dr. Schlosberg plays and teaches brass, woodwind, string and percussion instruments. His main instruments are Trumpet, Alto Saxophone, Violin, Viola Cello, Baritone, French horn and the Alphorn. He has played TAPS on Memorial Day, Veterans Day, on 9/11 days, and for police and fire department funerals since 1960.

His accomplishments are numerous. He directed The Westfield Community Band for seven years and developed it into a year-round band. He initiated Westfield ensembles that have participated in various Westfield festivals and events such as First Night and holiday events.

Ricola, USA engaged him to record the Alphorn for commercials and play at special events. Ricola also sponsored him to study performance techniques in Switzerland in 2002 at the Swiss Alphorn Academy with the renowned Jozef Molnar. He played the Alphorn at the United Nations by invitation from the Swiss Mission, played for The Year of the Mountain and for when Switzerland became a



(above) Dr. Theodore K. Schlosberg has been named one of the nine members for the Class of 2022 Inductees to the Westfield Historical Society's Hall of Fame.

Photo courtesy of Kitty Schlosberg

member of the United Nations. He was invited by the Consulate General of Switzerland to perform at the landing ceremony to welcome the first solar-powered airplane, the Solar Impulse, in New York's JFK Airport, and at Dr. Ruth's 80th birthday party.

A Westfield Foundation Grant enabled him to begin The Music Connection program for special needs students who are developmentally and/or physically handicapped, to play musical instruments.

He has received many honors including the Westfield Historical Society Award, The TCNJ distinguished Alumni Music Award, Westfield Downtown Corporation Plaque, Rotary Club Emerson Thomas Award, and The New Brunswick Education Foundation Hall of

Distinguished Alumni Award, etc.

Dr. Schlosberg has helped organizations with funding their projects and has entertained music lovers with concerts, street fairs and has filled the air with music while maintaining Westfield's reputation as an outstanding town for the arts.

Ted and his wife Kitty have a combined family of four children including ten grandchildren and three great-grandchildren. For the past thirteen years they have helped raise three of their grandchildren after Kitty's daughter passed away.

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WOMEN'S HISTORY MONTH RECOGNIZED

Westfield Public Schools

An annual favorite returned in person to Washington Elementary School on March 24 as third graders welcomed a special woman in their lives to a tea party in honor of Women's History Month.

The annual Women's Tea at Washington, organized by Grade 3 teachers Lisa Bukowsky and Karen Geddis, is a culminating event that showcases the research and writing skills of the third graders as they share their biographies of famous women.

"Third graders at Washington School learn how to research and write biographies, as part of a nonfiction writing unit. The students select a remarkable woman to learn about and study,"

Bukowsky and Geddis explain. "After reading and taking copious notes, the students write their own biography, establish a timeline, and create a paper doll of that woman. They share their hard work at the annual Women's Tea tradition which has become a third-grade favorite!"

Across the Westfield Public School District, there were lessons and activities in recognition of Women's History Month, which is celebrated in March. As part of the "American Voices Project" in the social studies classes of Kira Brady and Elizabeth Lestrage at Roosevelt Intermediate School, 8th graders were assigned a person whose life they may not have learned about and were asked to consider what they might ask the person if given the opportunity to sit down for a

conversation. The project recognized both Black History Month in February and Women's History Month.

Fourth graders at Franklin Elementary School researched, wrote, and presented "Living Biographies" of famous women and other important historical figures, past and present. And, at Westfield High School, a student-created display in a prominent hallway cabinet honored inspirational women.

"At the end of February, the Women's Studies Class was asked, 'if you had to design an installation or display for your school to celebrate Women's History Month, what would it include? Who would you honor and why?,' says teacher Kimberly Leegan. "Students journaled responses and brainstormed ideas."

On March 1, the first day of Women's History Month, Leegan says the students were challenged to put their theoretical ideas into action. Students worked in teams and developed a theme for their section of the display cabinet, conducted research on people they wanted to honor, and designed an installation.

Student groups had the following sections:

- Women of STEM,
- Empowering Quotes by Inspirational Women,
- Women in Sports,
- Female Firsts, and
- The Women of Westfield (featuring Principal Mary Asfendis, Mayor Shelley Brindle, Virginia Apgar (developer of the Apgar test for infants) and Zora Neal Hurston (famed author of the Harlem Renaissance, who lived in Westfield for a period of time in the 1930s).

Photos by Westfield Public Schools



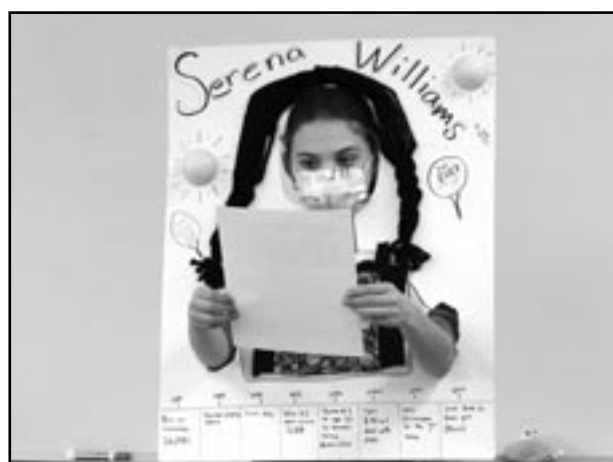
(above) A student-created display at Westfield High School honors inspirational women in recognition of Women's History Month, celebrated in March.



(above) An annual favorite returned in person to Washington Elementary School on March 24 as third graders welcomed a special woman in their lives to a tea party.



(above) As part of the "American Voices Project" in the social studies classes of Kira Brady and Elizabeth Lestrage at Roosevelt Intermediate School, 8th graders were assigned a person whose life they may not have learned about and were asked to consider what they might ask the person if given the opportunity to sit down for a conversation.



(above) Fourth graders at Franklin Elementary School researched, wrote, and presented "Living Biographies" of famous women and other important historical figures, past and present.

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