

Berkeley Heights

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BERKELEY HEIGHTS PBA YOUTH FISHING DERBY

The Berkeley Heights Community Policing Unit hosted a catch and release Youth Fishing Derby on Saturday, April 30th, 2022. The fishing derby was held at Horshoe Pond, in Berkeley Heights for kids in grades three through six.

The fishing derby was sponsored and assisted members of PBA Local #144. The day could not have been possible without the help of Traffic Safety Officer Donato Minicozzi, the Berkeley Heights Police Department, and members of the community.

Families gathered around the pond on a beautiful Saturday



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Berkeley Heights News

THOMAS BURKE NAMED STUDENT OF THE MONTH

Berkeley Heights Public Schools

In an effort to showcase our students in BHPS who have excelled either in academics, leadership, community, or have shown excellent growth in any of those areas, the district is

hosting a "Superintendent's Student of the Month". This month we honor senior Thomas Burke.

One of the aspects of GLHS that Thomas appreciated most is that he felt it was a place where students can forge their own path. Whether taking a course load heavy in AP classes, as he did, athletics, arts, college prep, or a combination of them all, he feels that GLHS gave him the latitude to be whomever he wanted to be. Thomas worked very hard during his four years at GL taking over a dozen AP classes and his hard work has paid off.

Thomas applied and was accepted to: Villanova, University of Virginia, Rutgers Honors Program, Princeton, Duke, Notre Dame and was waitlisted at Harvard. He has decided to attend Princeton University.

Thomas is also a founding member of the DEI task force and is on the GLHS DEI committee. He has also served as a student representative to the Board of Education for the past two years. He is fluent in Spanish and has competed for the golf team for four years.



(above) Thomas Burke - Superintendent's Student of the Month

Photo by Berkeley Heights Public Schools

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BAGEL BRUNCH JUNE 12

The Berkeley Heights Rescue Squad is hosting a free bagel brunch on Sunday, June 12 from 10 a.m. – 12 p.m. All are welcome to join us for local bagels and coffee. Come and have breakfast with our great members, and learn about volunteer opportunities with the BHVRS!



DAY TRIP TO AC JUNE 20

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, June 20. We will leave from the Berkeley Heights Town Hall at 29 Park Avenue at 8:30 a.m. and return at approximately 7:15 p.m. The cost is \$35.00 which includes bus transportation and a \$20 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

FAMILY SUPPORT GROUP – JUNE 14

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

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

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

Zoom sessions are held on the 3rd Tuesday of every month from 7 – 8:30 p.m.

To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

APPLICATIONS DUE JUNE 1 FOR POLICE YOUTH ACADEMY 2022

The Police Youth Academy is an educational program developed by the Berkeley Heights Police Department focusing on the township's young residents. This program is designed to provide positive interaction between the children of our community and the officers who serve them. The Academy emphasizes professionalism, teamwork, respect, and integrity in a disciplined learning environment. Instructors will cover military drill, physical training, self-defense training, classroom activities, and host presentations from various law enforcement agencies. The Police Youth Academy will also provide male and female participants with insight on a career in law enforcement.

DATES AND TIMES OF THE PROGRAM ARE:

- July 11- 15 - Grades 2 – 4; 10 a.m. – 1 p.m.
- July 18 – 22 - Grades 5 – 7; 9 a.m. – 3 p.m.
- July 25 – 29 - Grades 5 – 8; 9 a.m. – 3 p.m.

The Youth Academy is open to any Berkeley Heights student currently enrolled in grades 2 through 8. Also, all applicants must have their parents/guardians sign all waivers, and obtain a medical release note from their physician. All application jackets must be completed and returned by June 1, 2022. Application can be obtained by visiting the Berkeley Heights Police Department. Registration fee is \$40, checks made payable to Township of Berkeley Heights. Applications are available online bhpolice.org.

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Summer camp illustrations by
NJYS Sinfonia member Judy Yeung.

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STUDENTS PARTICIPATE IN PRESTIGIOUS MATH CHALLENGE

Berkeley Heights Public Schools

Two teams of GLHS students recently competed in this year's prestigious MathWorks Math Modeling Challenge (M3 Challenge) where they leveraged math to respond to this year's challenge question. Drawing inspiration from the 2020 global pandemic and the shift in academics and employment to a remote-based model, this year's challenge asked participants to use data to predict the future of remote work. Participants examined data to model remote-readiness, remote work choices, and to make predictions for future remote workers. Over 600 teams competed and the GLHS senior team was in the top 28 of valid papers that were submitted and received 1 of only 22 Honorable Mention Awards and a \$1000 award.

The M3 Challenge is entirely internet based and completed by students remotely within a time limit. "Students used mathematical skills, research and brainstorming to evaluate data and propose answers to the questions about the future of remote work. Teams had to submit their solutions within the strict 14 consecutive hour time limit, akin to the way things often happen in the real world," according to MathWorks. "M3 Challenge spotlights applied mathematics as a powerful problem-solving tool and as a viable and exciting profession. Participating students are encouraged to explore and bolster their mathematical modeling know-how to position themselves for success."

The Math Modeling Challenge is open to high

schools in the U.S. (including U.S. territories and DoDEA schools), as well as students in the UK and Wales. This year, GLHS had two teams advised by GLHS math teachers Steven Hess and Steven Ciarrocca. The team of five senior students that won honorable mention included: Brandon Lim, Chris Marinko, Jacob Quisumbing, Charles Santore, and Drew Schiller. This impressive group of students received recognition last year because their paper was in the top 50 out of 535 papers placing them in the top 7% in the US & the 9% internationally.

The second GLHS team consisted of one senior and four juniors and included: David Andrews, Sophia Judicke, Nate Laposky, Daniel Long, and Katherine Zhou. While this team did not earn any scholarships, they made it into the second round of competition and were among the top 18% of teams that competed.

Students from GLHS have participated in the contest for the past 17 years. The Math Modeling Club officially formed six years ago with the specific intent to bring together interested students and help prepare teams for the M3

Challenge. While not a traditional club, in that only those participating in the contest are a part of it (and each school is limited to two teams of 5), the group enjoys a terrific level of camaraderie as they prepare for the challenge.

According to GLHS Math Teacher and team advisor Steven Hess, "This is a particularly impressive group of seniors. They are competing against the top 5 or 10 math students from hundreds of schools across the US and UK, including many specialized STEM schools and prestigious private schools. Some of these schools teach entire year long courses in mathematical modeling. I am thrilled that our GL students won recognition and scholarships two years in a row. In addition, I think the experience of working furiously and creatively with several peers for a time-pressured 14 hour day is the greatest reward of this contest. It is a completely unique experience and they are rightfully proud of the sophisticated 20 page paper that they produced. No one would guess that it was written by 17 and 18 year olds. I am eager to watch their careers unfold in the years ahead."



(above) All participants in the MathWorks Math Modeling Challenge

Photo by Kendall Torres, GLHS

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Boston College

Berkeley Heights, New Jersey resident Mikayla Sanchez--a Boston College Class of 2023 Morrissey College of Arts and Sciences student who hopes to foster her commitment to social justice through a career in the field of law—recently was awarded the University’s 2022 Boston College’s Saint Oscar A. Romero Scholarship.

After the presentation of her award by BC President William P. Leahy, S.J., Sanchez said to the audience, which included her parents, at the 30th annual award ceremony: “As a second-generation American, I feel the need to persevere and utilize the opportunity so selflessly provided and presented to me by my parents.”

The scholarship, which covers a significant

portion of senior-year tuition, is given annually to a BC junior who has demonstrated superior academic achievement, extracurricular leadership, community service, and involvement with the Hispanic/Latinx community and issues both on and off campus.

Sanchez grew up aware of the poverty and discrimination faced by her mother Rosemary and father Kenny—who emigrated to the United States from the Dominican Republic and Colombia, respectively—and other Latinx immigrants. And she had a powerful experience as an intern in the Boston U.S. Attorney’s Office. She gained a wider understanding of racism in the justice system endured by Black and Latino families, which inspired her goal to pursue a career in immigration or defense law.

“Saint Oscar Romero’s legacy serves as inspiration for me to be a person for others and support my fellow Latinos as we overcome barriers,” she said. “His commitment to justice and empathy particularly resonate with me, and continue to inspire me to enter the legal profession and further the life that my family sacrificed so much for me to live.”

At BC, she is a double major in history and sociology, with a minor in Managing for Social Impact and the Public Good. Her undergraduate activities include involvement in the Jenks Leadership Program, Student Admission Program, and Organization of Latin American Affairs. She is in the top four to five percent of her class and a member of the Pi Alpha Theta History Honor Society. Sanchez is living in Madrid, Spain this semester, studying at Carlos III University.



(above) Mikayla Sanchez

Courtesy photo

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COMMUNITY GARDEN PATHWAY EAGLE SCOUT PROJECT



(above) Vibhav Chaturvedi

Scan the QR Code for More Info and to Donate! Any Donation Will Help.



Hello everyone, my name is Vibhav Chaturvedi and I am a Life Scout in Boy Scout Troop 368 in Berkeley Heights. I have been a scout for over 6 years and have served as the Senior Patrol leader for my troop. During my time on the Scouting trail, I have learned to appreciate what nature provides us and the value of community service. In each service project, from replanting flowers at the town's 9/11 Memorial Park to serving food during the yearly Winter Walk, I enjoy giving back to my community and want to continue to do so through my Eagle Scout Project.

In 2019, the Berkeley Heights community garden was established to support environmental sustainability, encourage environmental stewardship and awareness, and cultivate a place for people of all ages to experience the rewards of gardening.

I want to build an American Disability Act (ADA) compliant pathway to the garden to make the area:

- Wheelchair and walker accessible
- Safer to travel even after heavy rains
- More accessible to children and families who want to visit the area
- More inviting to new people
- More prepared for future expansion

This project is approved and endorsed by:

- Berkeley Heights Township Council

- Berkeley Heights Environmental Commission
- Berkeley Heights Historic Preservation Committee
- State Historic Preservation Office

I will be working closely with the town engineer and the Berkeley Heights Department of Public Works during this project.

I wanted to do this project because, as we've learned over the last couple of years, the environment is really important. Becoming sustainable is really important. I was delighted to learn about the community garden initiative and I want to support it by increasing accessibility to the garden and create a lasting positive impact in my community as a Boy Scout.

With a sizeable amount of money required to order materials and a limited window to raise funds to complete the project this summer, please donate generously, but no donation is small, no matter the amount. Together, we can support this initiative to strengthen our community and continue growing together.

If you would like to donate please mail a checks: Payable to: BSA Troop 368 of Berkeley Heights. Write "Vibhav C Eagle Project" in the memo section or on the back of the check. The check should be mailed to Vibhav Chaturvedi, 21 Whispering Way E, Berkeley NJ, 07922.

Thank you in advance for your help,
Vibhav Chaturvedi
Boy Scout Troop 368"



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LIONS CLUB EXPO 2022 – JUNE 15 - 18

We are excited to announce Lions EXPO 2022, to be held at the Warren Township municipal field (46 Mountain Boulevard), a classic carnival of family fun over four days, Wed., June 15 thru Sat. June 18 from 6-10 p.m. There will be amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 54th Annual EXPO, the flagship event of the Warren Lions Club.

Our Event sponsor is NextHome Premier. The Corporate sponsors are Pfizer, Lawrence Law Firm and Lightbridge Academy. The Mitlo Family is sponsoring this year's Fireworks, which concludes the EXPO on Saturday, 10 p.m.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the

drawing on Saturday June 18th, resulting in a multi-thousand-dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

"Hosting the EXPO has been a tradition for us, it's our resolve to spread the smiles on people's faces, especially after the difficult couple of years we all have endured" said Mark Ramos, the 2022 EXPO chairperson of the Warren Township Lions Club.

The Lions Club, as well as the games, rides and food vendors at the EXPO are committed to observing the State-mandated COVID safety guidelines in force during the Expo dates. In addition to multiple washing stations adjacent to the restrooms, special hand sanitation stations will be available throughout the Expo. All patrons are kindly asked to cooperate with the State-mandated guidelines.

Local Business Exposition The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500

Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign displayed at the Expo for the 4-day duration.

We are still accepting a very limited number of applications for tent vendors to sell or promote their business to the thousands of people in attendance at the LIONS EXPO. For information on becoming a tent vendor at the 2022 Lions EXPO, please contact Anthony Franchini at 908-334-9304.

All proceed from the Lions EXPO are donated back to community organizations and sight and hearing foundations throughout New Jersey.

ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto: "WE SERVE." OUR VISION To be the global leader in community and humanitarian service.

To learn more about us, please visit www.warrenlionsclub.org, and our Facebook page.



The advertisement features a background image of a Ferris wheel and a Lions Club logo. The main text reads: "Welcome to the Warren Lions Club Warren, NJ 54th Annual EXPO CARNIVAL WED. June 15th to Sat. June 18th 6:00 pm to 10:00 Warren Township Municipal Grounds at 46 Mountain Blvd. WRISTBANDS AVAILABLE EVERY NIGHT www.warrenlionsclub.org For more information & sponsor opportunities, contact EXPO Chairperson Mark Ramos 908-334-7795 VENDOR SPACE AVAILABLE Please call Anthony Franchini at 908-334-9304". A starburst graphic in the center states: "Admission \$200 kids under 5 get in FREE". A circular graphic on the left lists: "The Warren Lions Expo will feature RIDES, GAMES, FOOD, VENDORS & ENTERTAINMENT with a FIREWORKS display Saturday evening." A box at the bottom left lists sponsors: "Sponsored by NextHome Premier, Pfizer, Lawrence Law Firm, The Mitlo Family, Lightbridge Academy, Pinto Brothers Disposal". A footer note states: "Lions EXPO is the major fundraiser of the Warren Township Lions Club and enables the club to donate to local charities, organizations and events."

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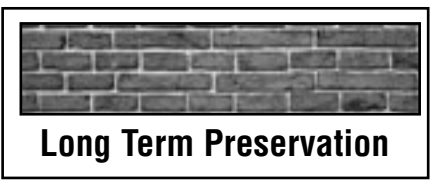


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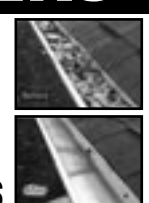
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LOCAL COACH COMES OUT AND TELLS THE TRUTH ABOUT WHETHER A KID CAN ACTUALLY LEARN TO RUN FASTER

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete Summer Sports Performance session starts on June 20th in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 20th. Visit www.gritathletes.com to apply for their summer session or call (908) 747-1600 for more details.

SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS JUNE 20 (19 SPACES REMAINING)

APPLY NOW

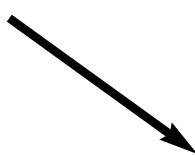
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STEP 2

Press that Send Button!



STEP 3

Coach Mike will respond and set you up



Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.

Attention Parents of Kids Ages 6-18

THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS ONLY 19 SPACES REMAINING

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future.

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid ...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- “When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past.”
- Jen O'Brien, Grit Athlete Parent
- “My son is more disciplined and confident in himself”
- Steve Hughes, Grit Athlete Parent
- “I have watched my children become more confident and vocal.”
- Christine Stramandinoli, Grit Athlete Parent
- “His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day.”
- Catherine Solfaro, Grit Athlete Parent

STARTS JUNE 20TH (Only 19 Spaces Remaining)

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STEP 3
Coach Mike will respond and set you up



Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.

STUDENT BOOK COLLECTION HAS AMAZING RESULTS

Berkeley Heights Public Schools

Each semester, students in the Columbia Middle School Outreach Elective work in groups and look for new ways to give back to the community by identifying and then meeting a need. One of this past semester's groups decided to combine their love of books with a desire to bring the joy of reading to children who need it most. They created a book drive in honor of Beatrice Geiger, retired CMS Principal Frank Geiger's granddaughter who is currently in the care of CHoP, and donated the items to the hospital.

The group started by creating a contest for the BHPS elementary schools where the classroom that donated the most books at each school would get a special visit from the middle schoolers. From there, the students planned a bookmark craft activity to do with the winning class, as well

as small group readings of their favorite children's books. The principals and teachers in each school were fully invested in making the project a success and the results were incredible. The elementary schools collected nearly 6,500 books in total for donation. The middle schoolers were thrilled to visit each school to thank the younger students and reward the winning classes at each. When they saw the stacks of books in the schools' front hallways, they were overwhelmed by the generosity of those who donated.

"We are once again blown away by the generosity of this community. The "Books for Beatrice" crew set out to collect 200 books to donate to CHOP and ended up with nearly 6,500 in total from the schools! Now we have the opportunity to support several organizations beyond the Children's Hospital of Philadelphia," said Belinda Healey, CMS English Teacher and the Outreach Class Teacher. She added, "Most of all, I am impressed by the students who ran this book drive, organizing every detail from advertisements, to correspondence with principals, leading classroom celebrations for the "winning" classes, to sorting through thousands

of books. I am so proud of them and grateful to all those who supported their cause!"

Jessica Nardi, Principal at Thomas P. Hughes Elementary School, one of the elementary schools that supported the initiative said, "The Berkeley Heights community is always incredibly compassionate and generous, and I am so proud of our students for many reasons. In this case, the collaboration between the schools was amazing. The older students felt so empowered coming back to visit their former schools in a leadership role, and the younger students enjoyed the mentorship of their older peers. Of course, it also makes us all feel great to see the incredible quantity of donations going to support amazing organizations."

CMS Outreach, an elective offered through the English Department, involves group-run service projects where the students research areas of need within the school, town, and broader community and then design and implement a service project of their choosing to meet that need. It is in its second year and is offered each semester to students at Columbia Middle School as an elective.

Photo by Berkeley Heights Public Schools





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VOLUNTEERS SWORN IN AS ADVOCATES FOR LOCAL FOSTER YOUTH

CASA of Union County

The latest classes of community members to step up and train as advocates for Union County foster youth have officially taken their oath before Union County Superior Court Judge Lara 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 950 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.

Judge DiFabrizio presided over two swearing-in ceremonies via Zoom and, prior to asking each to repeat their oath "to protect, respect, and report," she shared appreciation and gratitude for

the new advocates' desire to make a lasting positive impact on youth in the community. "I like to thank CASA volunteers who take on this very important role. You do this because you want to make a difference in a child's life and make the world a better place. The court is grateful and thankful. You have a special opportunity to seriously help a child and family live and succeed. You're part of the village now."

The 14 new CASA volunteers are Jackie Parker and Lynda Sun Lee of Berkeley Heights; Loretta Masterson and Katherine (Katie) Rabecki of Cranford; Dina Ghazi of Kearny; Ana Gutierrez of Basking Ridge; Janae Bunn of Linden; Julia Dranishnikov and Tamiah Chester of Scotch Plains; Philip Ross of Summit; Lila Monroe and Mark Papa of Roselle; and Robert Mallard and Roya Enayati Basu of Union. Next, each advocate will be matched to a youth or sibling set, and begin putting their 30-hour training into practice.

Anyone passionate about making a difference

in a child's life can apply to volunteer; there is no prior experience or special 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 these classes are no exception, as professional backgrounds include education, business, social work, law, and health management.

Upon being court-ordered to a case, CASA volunteers have access to the youth's foster parents, doctors, caseworkers, therapists, and teachers and, through regular child visits, identify and report to the judge any concerns and needs. CASA of Union County is the only nonprofit serving as extra eyes and ears for local judges hearing cases of youth from birth to age 21 in the child welfare system.

To learn more about CASA of Union County, secure a seat in an upcoming training class, and for other ways to Change a Child's Story, contact info@casaoofunioncounty.org.



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(above) The 14 new CASA volunteers include Jackie Parker and Lynda Sun Lee of Berkeley Heights.



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WATERCOLOR WORKSHOP: SUNFLOWERS

Thursday, June 2, 10:00 AM-Noon.

Working from a photo reference or drawing, students will create a beautiful watercolor of sunflowers. Real flowers will be available for a greater challenge. The instructor, Philla Barkhorn, will discuss drawing flowers in perspective, color choices, and the use of thumbnail sketches to develop the compositions. A demonstration will include tips on painting leaves and the importance of size, shape, and color variety in depicting nature. Archival ink pens will be available for line work. No experience necessary. Materials provided to those who need them, or you may bring your own. Fee: \$7 per person. Sign up required.

TURTLEBACK ZOO

Friday, June 3, 1:00 PM

The Turtle Back Zoo returns to the Senior Center. They will show how their keepers work with the animals to keep them mentally and physically healthy and explain how different types of enrichment and training contribute to the animals' wellbeing. The program will also feature some of their animal ambassadors "in person". Space is limited. Please sign up by May 27. Sponsored by Sonny's Indian Kitchen.

CAREGIVER SUPPORT GROUP

Wednesday, June 8, 10:30 AM

Moderated on Zoom and in person at the Center by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center, and experienced dementia support group leader.

New participants are always welcome.

Contact Center for Zoom link.

SOLO VIOLIN PERFORMANCE

Friday, June 10, 11:00 AM

Audrey Lee, solo violinist, and State Champion of the NJ Music Teacher Association Young Musician Competition, will perform music by Bruch, Bach, and Mendelssohn.

Free performance. Call Center to sign up.

ESTATE PLANNING 101, AN OVERVIEW OF BASIC ESTATE PLANNING DOCUMENTS

Tuesday, June 14, 11:00 AM

Robert Murray, Principal, The Murray Firm will present an overview of key documents, wills, types of trusts, and probate matters, among other related topics. A light lunch will follow the presentation. This program is made possible by a grant from the NJ State Bar Foundation. Sign up is required.

DINNER WITH FRIENDS

Wednesday, June 15, 5:00 PM

Enjoy a delicious meal at Sonny's Indian Kitchen in Chatham with friends. A three-course dinner will be served including your choice among 2 appetizers, 4 entrees, and 3 desserts, plus a hot or cold beverage. Food will be mild and not be spicy unless you request it. BYOB. Price is \$35 per person (tax and gratuity included). Seats are limited. The deadline to sign up and submit payment is June 8.

FREE BLOOD PRESSURE SCREENING

Thursday, June 16, 11:45AM-12:30PM.

Get your blood pressure checked for free. No appointment necessary; walk-ins welcome.

Sponsored by Chatham Hills

Subacute Care Center.

WATERCOLOR CLASS: ANIMAL PAINTING

Thursday, June 23, 10:00 AM-Noon.

Students will copy a painting of their choice in this workshop on loose watercolor animals. Students may draw or transfer the image onto their paper and then, working wet into wet, create a loose impressionistic piece. No experience necessary. Materials provided to those who need them, or you may bring your own. Instructor: Philla Barkhorn.

Fee: \$7 per person. Sign up by June 13.

MEN'S BASKETBALL

Mondays & Fridays, 10:00 AM

Fee for April-June 2022 is \$20. Game is played in the Municipal Township Gym.

Sign up is required.

LINE DANCING

Mondays, 1:30 PM

Want to get some exercise and have fun while you're doing it? In this line dancing class, you'll learn the steps through all kind of music, not just country music. Wear loose clothing and sneakers. Instructor: Linda Hyland.

OPEN BRIDGE PRACTICE

Mondays, Tuesdays, and Wednesdays, 10:00 AM-Noon.

These sessions are open to those who want to practice playing bridge. Bring some friends and we'll provide the cards. Call the day before to confirm play is on.

TABLE TENNIS

Five Days a Week, 12:30 PM.

Mondays, Wednesdays and Fridays are for experienced players; Tuesdays & Thursdays are for those new to the game or who'd like a lesson. If new or interested in instruction, please call the Center a few days ahead.

BEGINNER KNITTING CLASS

Mondays, 1:00PM.

Learn how to knit from Center staffer Carol Eisenhardt. All materials provided. Free class.

Fee required as class progresses.

Sign up is required.

GENTLE EXERCISE CLASSES

Mondays, Tuesdays, Thursdays, 12:20 PM.

The Gentle Exercise classes sequence is Balance & Flex on Mondays and Thursdays, and Gentle Stretch on Tuesdays. Instructor: Donna Sue Downton. Contact Center for fee information and to sign up.

INTERMEDIATE EXERCISE CLASSES

Tuesdays, Wednesdays, and Fridays 9:00 AM.

The Intermediate Exercise Classes sequence is Balance & Flex on Tuesday, Mat Stretch & Alignment (new!) on Wednesday, and Low Impact Cardio on Friday. Instructor: Donna Sue Downton. Contact Center for fee information and to sign up.

WRITING WORKSHOP

Tuesdays, 9:45 AM.

This class is for new and returning students and will focus on all genres of writing, including personal memoirs, creative fiction, and poetry.

Topics to be covered include character and narrative development, dialogue, plot, and much more. Each week, the group will have a lesson about writing techniques, and tackle a brief in-class prompt. No experience needed; just a willingness to learn, laugh, and write! Six-class session meets on Zoom. Instructor: Jenny Tananbaum. Fee is \$30 for the session.

Must register to participate.

DVD LECTURE SERIES

Tuesdays, 10:30AM.

Call the Center for current lecture topic.

No sign up needed.

THE WOMEN'S CIRCLE

Tuesdays, 1:30 PM.

A social discussion group where women get to know one another by talking about issues and topics that interest them.

NIFTY KNITTERS

Wednesdays, 1:00 PM.

This active and social group gets together to create caps, blankets, and more for donation to local hospitals and veterans' organizations.

They welcome all knitters interested in contributing to their cause.

FREE PAINT

Thursdays, 10:00 AM-Noon.

The art room is open for artists to work on their own creations using their own supplies.

MOVIES

Thursdays, 12:30 PM.

A movie is shown every Thursday. Call Center for titles. A foreign film is shown on a Friday once a month at 12:30 PM. Call Center for date and details. Sponsored by Spring Hills Livingston.

MEN'S DISCUSSION GROUP

Fridays, 10:30 AM

A friendly and relaxed gathering of men who engage in lively discussion about current events, have some laughs, and exchange useful information over coffee.



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COMMUNITY DAY AT TRT – JUNE 5 - A SUMMER RAPTOR FESTIVAL

The Raptor Trust's annual Community Day will take place on Sunday, June 5, 2022 from 11 a.m. – 3 p.m. at 1390 White Bridge Road, Millington, NJ.

We're excited to welcome friends, visitors, and supporters for a day that honors the important lives of our feathered friends. We'll have raptor demonstrations, tours, a scavenger hunt, a food truck, raffle, silent auction, and more! All proceeds will support our spring and summer efforts to help birds of New Jersey



(above) Christopher Soucy, Executive Director of The Raptor Trust.

In our 39+ years, TRT has admitted over 130,000 birds for care. Spring and summer are our busiest time of year, and we're preparing for the adorable invasion of tiny Robins, Great Horned Owl fluffballs, and baby Blue Jays with an attitude, among hundreds of other youngsters.

The average cost of one bird's total rehabilitation is currently \$237, and, because we admit an average of 5,000-6,000 birds per year, those costs quickly add up. All proceeds from the event provide resources for these busy months— from purchasing food and medicine for injured birds of all ages and species, to maintaining the caging and grounds that visitors can now enjoy.

TRT is committed making a long-term impact. With your help, we will continue to play a major role in conserving local wild bird populations and reducing the suffering of wildlife in the tri-state area.

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ. Approximately 50 resident birds are on exhibit in large outdoor aviaries viewed by walking along the trails.

Living on the campus of the Trust throughout the year is variety of raptors and birds of prey. Currently, the Trust is home to two Bald Eagles, Turkey Vultures, Barred Owls, Great Horned Owls, Ravens, Screech Owls, Red-Tailed Hawks, a Snowy Owl and many more!

The aviaries are open to the public seven days of week. Our visiting hours during the fall, winter and spring are 9 a.m. to 4 p.m. During the summer we are open to visitors from 9 a.m. to 7 p.m. There is no cost to come by for a self-guided tour, however, we ask you to consider a small donation of \$2 per person.

The Raptor Trust is a 501(c)(3) not for profit organization which provides free medical care to thousands of orphaned or injured birds each year. Our infirmary staff is available seven days a week during daylight hours to admit injured birds, but we must rely on the people who find them to bring them to us for care. If you find a bird that needs help, please visit our website theraptortrust.org for instructions. We cannot do what we do without the kindness of many – including our visitors!



(above, l-r) Penny, a 9-year-old blind Eastern Screech Owl and Zizi, a female American Kestrel.

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CAPITAL CAMPAIGN TO “BUILD DIGNITY FOR ALL”

St. Joseph Social Service Center

St. Joseph Social Service Center, one of the largest social service agencies in Union County, has launched a \$1,200,000 capital campaign. The purpose of the campaign is to improve and expand services for families and children in need in Elizabeth and to fulfill its vision to serve the homeless and poor with compassion and dignity.

Even before the pandemic, St. Joseph’s witnessed a rise in demand for services. This trend stretched the capacity of the agency’s facilities and created challenges for staff and volunteers. Spaces intended for one purpose needed to be used for multiple programs. Temporary storage units for food and clothing were placed on site. The increase in clients led to lines extending into the neighborhood, a particular concern during inclement weather. The parking lot and access streets became congested and overwhelmed with vehicles arriving to drop off and pick up food, clothing and supplies. And then the pandemic hit, leading to a spike in client demand, exacerbating all these problems.

“Dignity has been a core value of the agency since our founding in 1983,” noted Bernadette Murphy, Executive Director. “Our goal is to help people acquire the material items they need to live with dignity. We believe that it is vital for

our clients to receive food, clothing, supplies and support services in an environment that fosters dignity, where the homeless and poor are truly welcomed as brothers and sisters. In order to achieve this goal and expand and improve the services we offer, we have developed a vision for a remodeled campus. Our vision is to construct a new building on our property where it will be possible to create a client choice food pantry with hours by appointment; to construct a second new building for the donation and distribution of clothing and home goods; to reconfigure and pave our lot to make it easier to pick up and drop off items and to reduce traffic on the surrounding streets; and to renovate space in our former church building, parish hall and house on site to improve the ability of St. Joseph’s and The Elizabeth Coalition House the Homeless, our sister agency, to provide support services.”

“St. Joe’s has been open six days a week throughout the pandemic” stated Harold Kessler, President of the Board of Trustees. “We have never missed a day. Our staff and volunteers have placed the needs of the community in Elizabeth ahead of their own health and well-being. It’s been extraordinary.” Six days a week a dedicated team of volunteers, numbering in the thousands, makes sandwiches for the hungry in

their kitchens in Westfield, Cranford, Basking Ridge and dozens of other communities, bring food, clothing and home goods, serve meals at the soup kitchen and help with the operations of the agency. St. Joseph’s provides over 250,000 meals per year. In addition, the organization provides area residents with clothing, household items, prescription assistance, health screenings, mental health counseling, job training and case management.

To learn more about St. Joseph’s please visit sjeliz.org. Members of the community who would like to support the capital campaign are welcome to contact Executive Director Bernadette Murphy at 908-354-5456 or at BMurphy@sjeliz.org.

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HONORING THE MEMORY OF A FATHER

Father's Day is a special time of year for Rajesh Karnani of Paramus, NJ. It is a time when he joins his family members to remember his father, Sham C. Karnani, who unexpectedly passed due to heart complications on March 17, 2010. Rajesh recalls how his father always spoke to family members and friends about his support for organ and tissue donation. His father's selfless decision to be an organ and tissue donor ultimately restored sight for two other people with his donated corneas.

More than a decade later, Rajesh has made it his personal mission to inspire others to register as organ and tissue donors. He actively supports NJ Sharing Network's community events, activities and fundraisers to help raise awareness for NJ Sharing Network's life-saving mission.

According to NJ Sharing Network, there are nearly 4,000 New Jersey residents currently waiting for a life-saving transplant, and one

person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save eight lives and enhance the lives of over 75 people. To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.

The following was written by Rajesh to pay tribute to his father and help raise awareness about organ and tissue donation and transplantation in our local communities:

My father, Sham C. Karnani, was born in India and migrated to New York in the 1970s. He came to America to help ensure that his family has a better life, and he worked as an importer of garments shipped from India and sold to prospective buyers in the U.S.

I can talk about my father for hours - about the great businessman he was, how he supported and loved his family so much, or how he would put other people's happiness over his own. His passion in life was service to his fellow man/woman. What motivated him in life was to make sure that those around him were happy. He was always determined to pay it forward in some way.

He was (and still is) not only my role model, but an inspiration, to me and to everyone who had the pleasure of knowing him. He taught me so much - how we are fortunate enough to live a good life, and so it is our responsibility to do our best to help others less fortunate do so too.

My father's major passion for the last two decades of his life was to spread the awareness of organ and tissue donation. His message to others was simple: Organ and tissue donation saves and enhances lives.

My father would often say, "When it comes down to it, we can't take our organs on our journey to heaven. We don't need them, so why not give others the opportunity to complete the rest of their journey in the present."

On March 17th, 2010, my father unexpectedly passed away while in a temple on a holy day (our Indian new year). He was dancing with the love of his life, my mother. I am proud to say that, upon his death, my father was able to donate both

of his corneas to two recipients in need.

My father kept a journal of his thoughts that we found after he passed away. His writings confirmed how much faith he had and how passionate he was about donation and transplantation. In the journal, he called it "recycling of organs for the benefit of mankind."

He noted that he believed that most people would want to make the selfless decision to donate their organs and tissue upon death. However, he believed that the biggest barrier is that most people do not let their family members know about their choice to donate. He noted that if only person just lets their family know, about their wishes, countless number of lives can be saved.

My father was also a very spiritual person. He once was able to ask one a spiritual leader his thoughts on the subject of organ and tissue donation. We all remember the spark and happiness in my Dad's eyes, when this spiritual leader, declared that organ and tissue donation is "the best gift anyone can give to their fellow man or woman."

It has been difficult for us to move on without my father here. Each day, I still expect him to walk through the door. However, I feel comfort in knowing that the gift of sight my father gave helps justify the passion he had all those years on how organ and tissue donation really is the best service we can provide to others. That passion has now been passed down to me.

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



(above) Sham C. Karnani and his son Rajesh Karnani

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Since 1961, the SAGE Eldercare Workshop has offered the public fine-quality furniture repair. The volunteers will consider repairing any piece of furniture that can be carried into the workshop. The Workshop has a reputation throughout Union County and beyond for its fine reweaving of caned and rushed chairs. Our artisans are all highly trained volunteers. Proceeds from the Workshop benefit SAGE programming. Prices are reasonable and depend upon the condition of the chair or furniture item and the materials required in the restoration process.

The Workshop started out years ago as a place for older men who no longer had access to a home workbench. Since 2007, several women have joined the historically male enclave. Most of the volunteers are former professionals including investment bankers, college professors, physicians and scientists. Many have never worked with their hands and over the years, they've taught each other caning, rushing and a myriad of other techniques needed to fix the aging furniture brought to them for restoration.

Prim La Capra of Short Hills recently patronized the workshop. She had a table restored that had suffered from years of use and weathering. "I am so grateful to the volunteers who refinished my little table to its original beauty. My late husband bought this well-crafted table from Bloomingdales' NYC store decades ago and it became a special place to store important documents, memorabilia, pictures, and other things we wanted to keep in our library." Said Prim. "It got water damage on top and sun damage on the sides over the years. The volunteers at Sage Elder Care completely restored it at a reasonable cost. I love how the piece turned out and plan to keep it for many more years. Thank you to the volunteers who contributed their skills, time, and talent to this project. It was a pleasure to work with Bob, the shop manager and visit the workshop."

The Workshop is located in the basement of the SAGE building at 290 Broad Street, Summit

and is easily assessable. Shop hours are Mondays through Fridays, 8:30 a.m. – 11:30 a.m.

For more information about the service or to schedule an appointment to bring in furniture, call 908-598-5531.

SAGE Eldercare supports the independence, well being and quality of life of older adults, their families and caregivers, through the provision of client-centered health, social and support services. Founded in 1954, SAGE is both the oldest and one of the few nonprofit eldercare agencies in the United States that offers a broad and comprehensive array of services under one roof that assist elderly, often frail, adults to remain independent in their own homes. SAGE Eldercare programs include: HomeCare; Meals-on-Wheels; Spend-A-Day Adult Day Health Center; InfoCare free information and referral service; Fall Prevention Initiative; Chore Service; Shopping Service; Bill Paying Service; PREP caregiver support group; and SHIP (State Health Insurance Assistance Program). SAGE Eldercare serves over 5,000 older people and their families annually in Union, Essex Morris and Somerset counties. For more information, call 908.273.5550 or visit www.sageeldercare.org.



(above) Volunteer Mark Goldsmith

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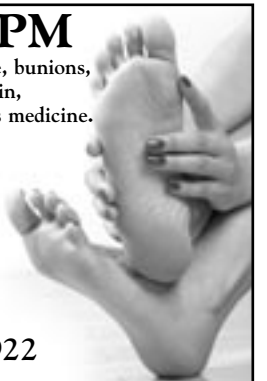
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“Running long distance is the best way to symbolize what people face without clean water. If a five-year-old has to walk 3-5 every day to get water for their family as a normal chore, I can symbolize their journey for just 52 days.”

James founded MissionCleanWater in the summer of 2018 and to date has assisted 6 communities and 5 schools in Uganda to gain access to clean water, which approximately

helped 15,000 people. Since 2021, MissionCleanWater has been developing a plan to assist New Jersey communities dealing with lead and chemical contamination in their drinking water. Some communities are less than a 15-minute drive to Scotch Plains!

“I have had clean water my entire life, as I am sure everyone reading this has as well. Imagine having no water in your home or your ability to buy bottled water wasn’t possible. Or if your house had water but drinking it meant consuming carcinogenic chemicals that can lead to neurological issues. We can change the world and the communities we live next to together.”

To learn more, donate, and run with James, you can visit:

missioncleanwater.org/projectstateline.



(above) James running his last mile of 900 miles in 2019, with Cranford youth.

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

“MY RESULTS INSPIRED ME TO KEEP GOING”



Cathy: My fitness routine had gone off track, and some of my old injuries had started to bother me. I missed working out regularly, but I was lacking direction and the right motivation to get restarted. The trainers helped me get back on track with both my fitness and nutrition. I soon started to see results, which inspired me to keep it going.

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