THE CHATHAMS

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Issue 54 • June 2022

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GIRL SCOUT DAY OF SERVICE WAS ALL ABOUT THE TREES

Submitted by Ceal Purschke, Chatham Girl Scouts The Chatham Girl Scouts annual Day of Service took place on Saturday, pril 23 and it was all about trace! The event was abaired by Prownia and

April 23, and it was all about trees! The event was chaired by Brownie and Cadette Troop Leader Jessica Romeo.

The Girl Scout movement has set a goal to make a positive impact on our planet by collectively planting five million trees over the next five years as well as protecting and honoring new and existing trees. To address this goal, Chatham Girl Scout Troops have been learning about and caring for trees in many ways over the past six months. Troops got involved in ways such as participating in the Maple Sugaring and All About Trees programs at the Great Swamp Outdoor Education Center, learning about threats to trees, such as deforestation and invasive species like the Spotted Lantern Fly, earning their tree badges, making tree protectors, and visiting area arboretums, nature preserves, and the Drew Forest.

The Day of Service completed the goal with troops planting 100 native tree seedlings at the area Chatham schools, in the township and the borough. In addition, another 100 native seedlings were distributed for individuals to plant. The day celebrated what everyone learned about trees through games, crafts, educational displays, and included inspiring speakers such as Claire Whitcomb from the Drew Forest, George Sweetin a local arborist, and Colleen Truppo from the Shade Tree Commission. Troops entered a raffle for a gift card by completing the Chatham Tree Challenge over the past 6 months. Still more girls will be planting 100 native seedlings with the Morris County Parks Commission in the coming weeks.

Participating in the Girl Scout Tree Promise initiative empowered the troops to do their part to combat climate change and protect their futures in a very concrete way.

"The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life."

— Rabindranath Tagore



(above) Chatham Girl Scout Cadettes Hannah Schell, Gianna Chiaravalloti, Regan David, Nora Scheuber, Paige Zucchi and Sarah Thomas ran the tree games.



(above) Chatham Girl Scout Brownies – Avery Murray, Isla Kean, Claire Davis, Ceci Young and Audrey Robson planting at Washington Ave School.



(above) Chatham Girl Scout Juniors – Savannah Johnston, Gabby Jadro, Amberle Cheng, Anna van der Akker, Lily Johnston, and Mia Grace Merryfield planting at Lafayette School. _{Courtesy photos}





he Chathams

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51ST ANNUAL FISHAWACK FESTIVAL - JUNE 11

The Chatham Borough Community Services preregister, and can do so at: Department along with the MyChathamNJ Advisory Committee are proud to announce that the 2022 Fishawack Festival will be held on Saturday, June 11th, 2022, from 10 a.m. to 4 p.m. There will be festivities for all ages, including footraces, live entertainment, an outdoor pub, a kids' fun zone, food and dining pavilion, and artisan craft vendors.

Fishawack was started by Chatham's Chamber of Commerce in 1971 as an event to celebrate the heritage of Chatham Borough, in addition to support local shops. According to John T. Cunningham's 1967 book, Fishawack was the Lenni Lenape word for the Passaic River, and because Chatham's section is the narrowest part, the natives would cross the river at Chatham on their seasonal migration along the Minisink Trail.

This year's festival will feature a pub sponsored by Turpin Realtors at Reasoner Park until 6 p.m. At the Gazebo, live music will be performed, generously sponsored by Atlantic Health System – Overlook Medical Center. Other sponsors of this year's festival include Novalis Roofing, in addition to Chatham Print & Design, and the Senior Center of the Chathams.

The Chatham Jaycees will also be holding their annual Fishawack Run. At 9 a.m., there will be the one mile fun run, followed by the four mile race at 9:30 a.m. Entrants are encouraged to

- runsignup.com/Race/NJ/Chatham/
 - JavceesFishawackRun.
- The Fishawack Festival is rain or shine!
- Vendors can sign up at
- chathamcommunityservices.regfox.com/
- fishawack-festival.

Any questions about the festival can be directed to Janice Piccolo, Community Services Department Director, at

jpiccolo@chathamborough.org, or (973) 635-0674 x200.

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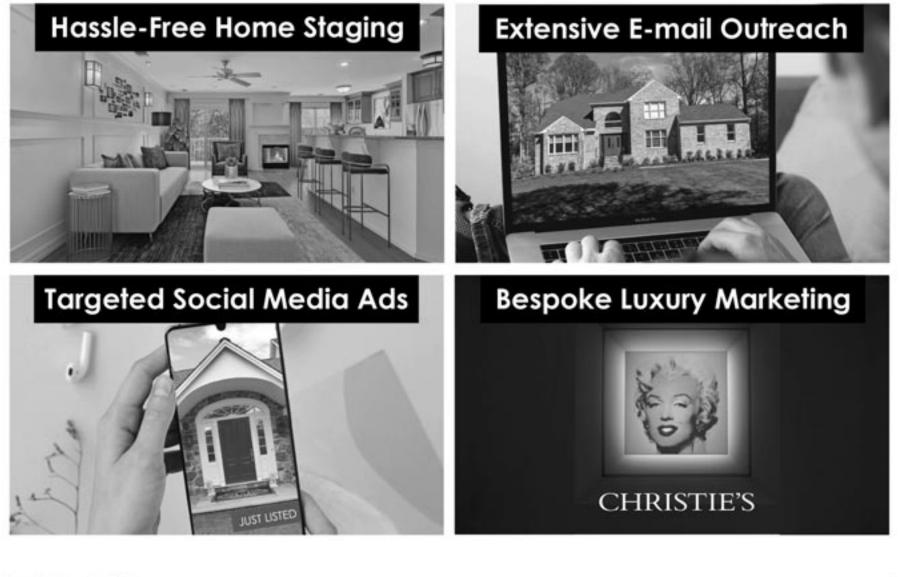
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LIBRARY OF THE CHATHAMS JUNE EVENTS

Phone: (973) 635-0603 • chathamlibrary.org Address: 214 Main St, Chatham, NJ 07928 Monday - Thursday: 9:30AM–9PM • Friday: 9:30AM–6PM • Saturday: 9:30AM–5PM • Sunday: 2–5PM

Waterworks Artists Show

Sunday, June 5 from 2:15 to 4 p.m. Waterworks artists will present an exhibition of their watercolor and acrylic paintings representing the work of five artists: Lyle Brehm of Summit, Sandra McTernan of Summit, George Polazzi of Bloomingdale, Gail Silver of Short Hills, and Jill Vondervor of Maplewood. A variety of subjects and techniques will be on view including florals, vistas, landscapes and abstracts. This group was inspired by Carl Burger, a well-known New Jersey artist while taking classes at the Visual Arts Center of New Jersey in Summit. They have separately and together exhibited with the Essex Water Color Club, the Drew Art Association, the Garden State Watercolor Society, Morristown Medical Center, Overlook Medical Center, Paper Mill Playhouse, Morristown Community Theater, MONDO in Summit, and local libraries and corporations. Please join us Sunday, June 5 from 2:15 to 4 p.m. The show may be viewed during regular hours until the end of the month.

Home Inspection Requirements with Inspector John Doering Wednesday, June 8 at 7 p.m.

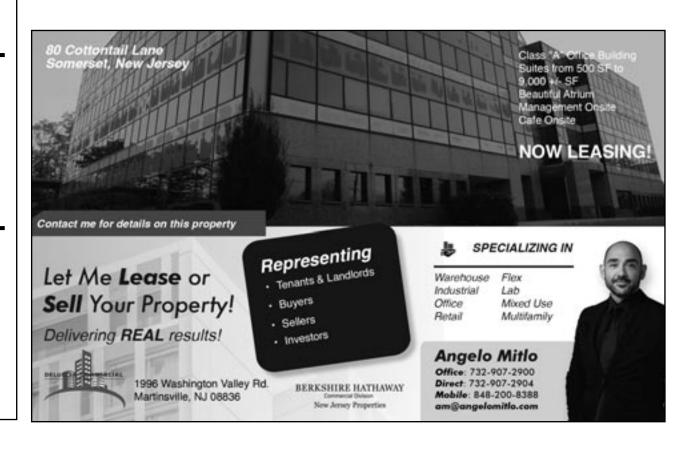
John Doering, founder and primary home inspector at DIR Home Consulting, Inc, will present a talk at the library on Wednesday, June 8 at 7 p.m. to discuss the aspects of home inspection for those considering remodeling, selling or purchasing a home. John has a vast knowledge in many areas of real estate and all types of construction in addition to over 30 years of experience in restoring, building, and designing plans for homes in the New Jersey area. He is a licensed building inspector and has worked with many engineers and city inspectors over the years, keeping himself up to date with city codes integral to inspecting a property. Please join us in person or via zoom. Registration is required to attend via zoom, and a link will be sent to you the day of the presentation.

Summer Reading Program for Adults July 31st and August 31st

Chatham residents, tell us about the books you are reading! Write and submit a brief review about a book you have read to become eligible to win prizes of gift certificates to the restaurant of your choice and gift cards to Barnes and Noble Book Store. Each submission is an entry form to win at drawings held July 31st and August 31st. A link will be provided on the library's website to send in reviews. You may pick up review forms at the reference desk. A ticket will be created to enter you into the drawing. You may sign up for the program at the library's table at the Fishawack Festival on Saturday, June 11 or at the library during regular hours.

Water, Water Everywhere: The Making of the Chathams Saturday, June 11 at 2 p.m.

The Chathams are bordered by the Passaic River and the Great Swamp, with streams and ponds scattered throughout the towns. These bodies of water have helped shape life within the Chathams throughout history. Imagine the Great Swamp as a big box store and the Passaic as a power plant. Imagine children ice skating for miles and a cow pond for the town pool. Imagine a jetport in the middle of the swamp. Please join the Chatham Township Historical Society Saturday, June 11 at 2 p.m. as they present these and many stories about the water around us.





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GENE PANTALONE TO BE INDUCTED INTO NJFHOF

inducted into the 2022 class of the New Jersey Boxing Hall of Fame as a writer/historian on November 10, 2022. Past inductees include Mike Tyson, Donald Trump, James Braddock, Rubin Hurricane Carter, Gerry Cooney, Marvin Hagler, Mike & Leon Spinks, and Jersey Joe Walcott.

He's been researching since 2000 and has accumulated a significant amount of NJ boxing information and photos. The data has been turned into books and articles on sites such as The Weigh-In Podcast, and the Garden State Legacy.

He single-handedly resurrected Madame Bey and her camp that was located on River Road in Chatham Township, which hosted more than 80 International Boxing Hall of Fame inductees and 14 heavyweight champions from 1923-1968; a rich NJ boxing history that would have been lost. Some of the more famous attendees were Joe Lous, Rocky Marciano, Jack Johnson, Jack

Gene Pantalone of New Providence will be Dempsey, Max Schmeling, Floyd Patterson, and James Braddock. It even garnered international attention and spread the word to Turkey, where Madame Bey was born. The Turkish embassy donated \$10,000 to resurrect a monument in Chatham in her honor.

His books are available on Amazon and have been reviewed in many prominent boxing publications both in the US and UK. Positive reviews and commentaries on the books have been given by prominent boxing personalities such as Thomas Hauser, Randy Roberts, Frank Stallone, Al Bernstein, Nigel Collins, Ken Hissner, Gordon Marino, and more.

He was nominated for the 2021 Richard J. Hughes Award, which recognizes outstanding lifetime achievement in the field of New Jersey history. It is given annually to an individual in recognition of a series of contributions in the areas of scholarship, public history, conservation and preservation, and teaching.¬



(above, l-r) Gene with Turkish delegation at the Madame Bey memorial dedication in Chatham on September 20, 2020. Gene Pantalone, Morris County Freeholder Tayfun Selen, Turkish Consul General Reyhan Ozgur, Prof. Dr. Isil Acehan, and Turkish Ministry of Foreign Affairs Orhan Selcuk Sari.





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Dr. Erin Welfel is a cum laude graduate of the College of New Jersey and earned her Doctor of Dental Medicine from Temple University. Dr. Welfel believes excellence in patient care is through commitment to education and clinical excellence.

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SPRING-SUMMER ART EXHIBIT

The Art League of the Chatham's art exhibit continues throughout the 2022 summer. The Spring-Summer Show is free and open to the public during normal business hours. It is located at the Chatham Township Municipal Bldg., 58 Meyersville Road, Chatham, NJ.

Walk around the strolling gallery showcasing art of the member artists. You'll see displays of oils, acrylics, water color, photography and other types of art from the talented artists.

A dedicated wall of 'sunflowers' is displayed in memory of the people in Ukraine. Part or all



(above) Chatham Twp Councilman Celeste Fondaco speaking to (artist and former Chatham resident)Jill Caparoso. Background, one of the sunflower pieces to honor the people in Ukraine.

The Art League of the Chatham's art exhibit of the proceeds from the sale will go to UNICEF of the proceeds from the sale will go to UNICEF to help people in Ukraine.

Featured in the Lundt-Glover Gallery is a solo exhibit by local artist Sally Abbott. Her exhibit, Sally Abbott: COVID Series, features art produced while she was observing COVID protocol and spending most of her time in her studio painting.

In addition to exhibiting art, the Art League donates \$1,000 to a Chatham Senior student who intends to pursue a career in an artistic field.

Courtesy photos



(above) Artist Sally Abbott next to her Display





Patios
 Curbs



(above, l-r) During the Gates Avenue Knitters 22-year anniversary, the group presented the Long Hill Township Library with a \$1,300 donation from their hat sale. Pictured: Arlene Kaplan, Gates Avenue Knitters; Marygrace Luderitz, Director; and Albie Ashbrook, Adult Services Librarian, Long Hill Township Library.

THRIFT SHOP INVITES JUNE SHOPPERS

The Madison Independent Thrift Shop invites shoppers to stop in during the month of June when Lamps and Linens will be on sale.

The Thrift Shop, located at 39 Kings Road, is open Tuesday, Thursday and Friday from 10 a.m. - 5 p.m. and Saturday from 10 a.m. - 3 p.m.

This is a non-profit, operated by volunteers, with all proceeds received from sales distributed annually to charitable groups in Madison and surrounding communities. If you have questions or need further information, please call 973-377-2450 during business hours above.



GATES AVENUE KNITTERS MAKING FRIENDSHIPS AND MORE

On Monday April 25, 2022, the Gates Avenue excited and willing to help beginners learn to Knitters celebrated their 22-year anniversary. The group has been meeting at the Long Hill Township Library, located at 917 Valley Road, Gillette, every Monday from 1 p.m. to 3 p.m. Everyone is welcome from beginners to experts.

There-abouts in the month of April in the year 2000, Gates Avenue, Gillette resident Arlene Kaplan, started a knitting group along with 4 friends. Twenty-two years later the group, now called the Gates Avenue Knitters, are still knitting after all these years. Including 4 of the 5 original knitters who still live in town. One moved to Pennsylvania.

The group has met steadily over the years. During Covid, in the warm months they met outside in Cantor Park. When it got chilly, they moved inside to the Long Hill Township Library. The group is looking forward to spring and spending some warm days knitting outside again.

There are about 40 knitters on the club's roster. Eighteen to twenty show up on any given club meeting day. Their skills range from beginner to master knitters. They help each other get past stitchy problems with patterns, and they are

knit.

They come from Long Hill Township and surrounding towns, including, but not limited to, Warren, Watchung, Bridgewater, Springfield, Chatham, Madison, Summit, and Westfield. Many were introduced to the club thru friends.

Along with their own projects, the group knits for causes. They knit approximately 500 hats per year and distribute them to soup kitchens. Beginning in November they have a display at the library and the hats are sold as a fundraiser thru March. The group recently presented the library with \$1,300 from the proceeds of the last hat sale, which is the most ever.

The group welcomes donations of yarn and knitting and crocheting supplies. Donations can be dropped off at the Long Hill Township Library any day during business hours.

On Saturday, June 11th, from 10 a.m. to 2 p.m. the Gates Avenue Knitters will be outside the Long Hill Township Library (weather permitting, inside if it rains), celebrating the annual Worldwide Knit in Public Day. They hope to see you there!





Attention Men & Women Over 40 Not Working Out Right Now HOW TO LOSE EVERY POUND GAINED DURING COVID IN 30 DAYS....GUARANTEED

Covid 19 brought an average weight gain of 29 poundsbut not for these 4 local residents

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



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

"I STARTED TO FEEL IMPROVEMENT AS QUICKLY AS 1-2 WEEKS INTO JOINING"



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

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



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

"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.

START YOUR FITNESS JOURNEY JULY 5th (9 SPOTS REMAINING)

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- 6 Weeks of Accountability Coaching to keep you on track with your fitness nutrition, lifestyle, and sleep goals.
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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)



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)



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

DR. SARA WEBB HONORED FOR DREW FOREST RESTORATION

Borough of Madison

The Drew University Forest Preserve, 53 intact acres with some of the oldest trees in Morris County, owes its great biodiversity to 14 years of volunteer work—and the dedication of Dr. Sara Webb, who was recently awarded the Morris Park Alliance's Individual Environment/Conservation Award.

Dr. Webb, Professor Emerita of Biology and Environmental Studies at Drew University, is a forest ecologist who is active in research and



(above) Dr. Webb, Professor Emerita of Biology and Environmental Studies at Drew University, was awarded the Morris Park Alliance's Individual Environment/Conservation Award. Courtesy Photo

forest conservation across the state. For many years, she has rallied hundreds of students and community volunteers to help restore diversity, young trees, and pollinators to the Drew Forest. That has meant pulling out invasive plants like tree-choking Chinese wisteria, as well as seeking grants to fund deer fencing and plant native wildflowers and native trees.

"I am honored to receive this award," said Dr. Webb. "But truly it goes to the hundreds of students who've studied with me in the Forest and all who have volunteered to make it what it is today."

"The Borough was proud to nominate Dr. Webb for this prestigious and well deserved recognition," said Mayor Robert H. Conley. "Her continuous effort to go above and beyond to preserve the Hepburn Woods and the Zuck Arboretum within the Drew Forest, as well as laying out the environmental benefits of the forest and its Buried Valley Aquifer to Madison and surrounding communities deserved this recognition," continued Conley.

Assemblywoman Aura K. Dunn presented Dr. Webb with an additional award from the New Jersey State Legislature. Dunn praised Webb and the Morris Parks Alliance, saying, "It is a privilege and honor to represent Morris County in the New Jersey Legislature. The beautiful and variegated natural resources that make up its environment and our strong tradition in

ecological conservation, makes us the garden of the Garden State. Over three million people visit Morris County parks and trails, which is New Jersey's largest park system."

The Drew Forest Preserve is a regionally important element. Open to the public, it provides walking trails and a thriving, intact ecosystem. "It offers a rare glimpse of what New Jersey's forests used to be like before deer depleted all undergrowth except for invasive species," said Joe Basralian, a board member of the Morris Parks Alliance, who introduced Dr. Sara Webb at the awards ceremony.

Basralian went on to detail the Forest's significance to North Jersey. "With its glacial ponds and deep dells, the Forest is a primary aquifer recharge area for the Buried Valley Aquifer," he noted. "Thirty towns get their drinking water from this same Aquifer." Wildlife depend on the Forest as a corridor-connecting habitat in nearby public parks: Giralda Farms Preserve, Loantaka Brook Reservation and the Great Swamp National Wildlife Refuge.

The Morris Park Alliance's mission is to provide vital support to the Morris County park system ensuring residents have continued access to green open spaces, enrichment programs, and educational resources that foster personal and community wellness, environmental sustainability, and economic growth. For more information visit www.morrisparks.net.





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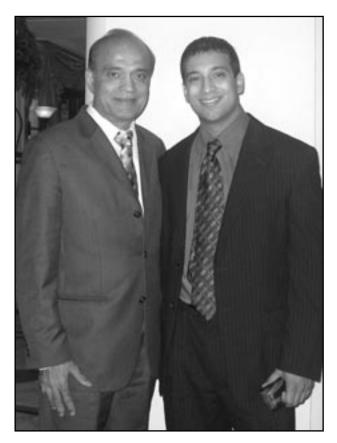
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HONORING THE MEMORY OF A FATHER

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



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

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person in New Jersey dies every three days of his corneas to two recipients in need. 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

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 knows, 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 lifesaving 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.

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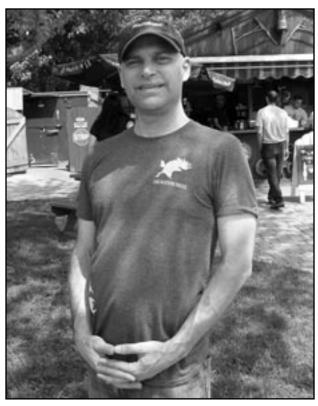
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COMMUNITY DAY AT TRT – JUNE 5 - A SUMMER RAPTOR FESTIVAL

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.





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

130,000 birds for care. Spring and summer are the year is variety of raptors and birds of prey. our busiest time of year, and we're preparing for Currently, the Trust is home to two Bald Eagles, the adorable invasion of tiny Robins, Great Turkey Vultures, Barred Owls, Great Horned Horned Owl fluffballs, and baby Blue Jays with Owls, Ravens, Screech Owls, Red-Tailed an attitude, among hundreds of other youngsters.

The average cost of one bird's total rehabilitation is currently \$237, and, because we of week. Our visiting hours during the fall, 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 birds, but we must rely on the people who find wildlife in the tri-state area.

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ. Approximately 50 theraptortrust.org for instructions. We cannot do resident birds are on exhibit in large outdoor what we do without the kindness of many aviaries viewed by walking along the trails. including our visitors!

In our 39+ years, TRT has admitted over Living on the campus of the Trust throughout Hawks, a Snowy Owl and many more!

> The aviaries are open to the public seven days 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 selfguided 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 them to bring them to us for care. If you find a bird that needs help, please visit our website







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"The Chatham Colony Association"

100th Anniversary Celebration June 18, 2022, 1-4PM 55 School Avenue, Chatham Township

> *Schedule of Events* 1:00-1:30 Colony Artifacts Viewing (Under small tents)

1:30-2:30 "The History of the Colony" Presentation by Pat Wells from the Chatham Township Historical Society (BIG Tent) --Meet the Colonists

2:30-4:00 Dan Levinson's Palomar Jazz Band with Molly Ryan...LIVE! *FREE COMMUNITY EVENT*

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TOWN-WIDE YARD SALE BIG SUCCESS

One way to measure the success of the recent Chathams Madison Town-Wide Yard sale is anecdotal. "At the crack of dawn, we had shoppers from New York and Pennsylvania," recalls Susie Robertson, who held a freecycle sale in Chatham Borough.

"My sale was so busy I had to telephone my husband inside the house and ask him to bring me coffee," says Claire Whitcomb, a Madison resident and Chair of the Madison Environmental Commission.

Other ways to measure the sale's success are similarly anecdotal—reduced waste on the curb and increased neighborhood conversations. But one metric is rock solid: 112 registrants, a total that tops 110 from last spring's sale.

"This is a great community event that has become a popular and growing tradition for our three towns," says Robert H. Conley, Mayor of the Borough of Madison. "It's a win for the environment—and a definite win for shoppers."

Since each registration involves a \$10 taxdeductible donation to the Great Swamp Watershed Association (GSWA) that means \$1100 was raised in registration fees this spring. "For those keeping score—and we are—the past three Town-Wide Yard Sales have raised over \$3000 for our environmental work," says Valerie Thorpe, Director of Communications and Membership at GSWA.

She adds, "Of note, some who had already registered ended up having to cancel their sale, and without exception, they insisted we keep the registration fee as a donation to GSWA."

This spring, one of the happy donors was Madison resident Margaret Malishchak of Glass4Good. She held a sale on her front steps showcasing her stained glass—and donated the proceeds, \$310, to GSWA. Malishchak explains, "Since the inception of Glass4Good in November 2020, I have donated over \$5000— 100 percent of sales—to New Jersey-based social and environmental justice organizations, thanks to the tremendous support I've received from the community."

The next Town-Wide Yard Sale will be held on Saturday, October 15, 9am to 1pm.

Please sign up for the Great Swamp's newsletter to be notified about this and other community events.



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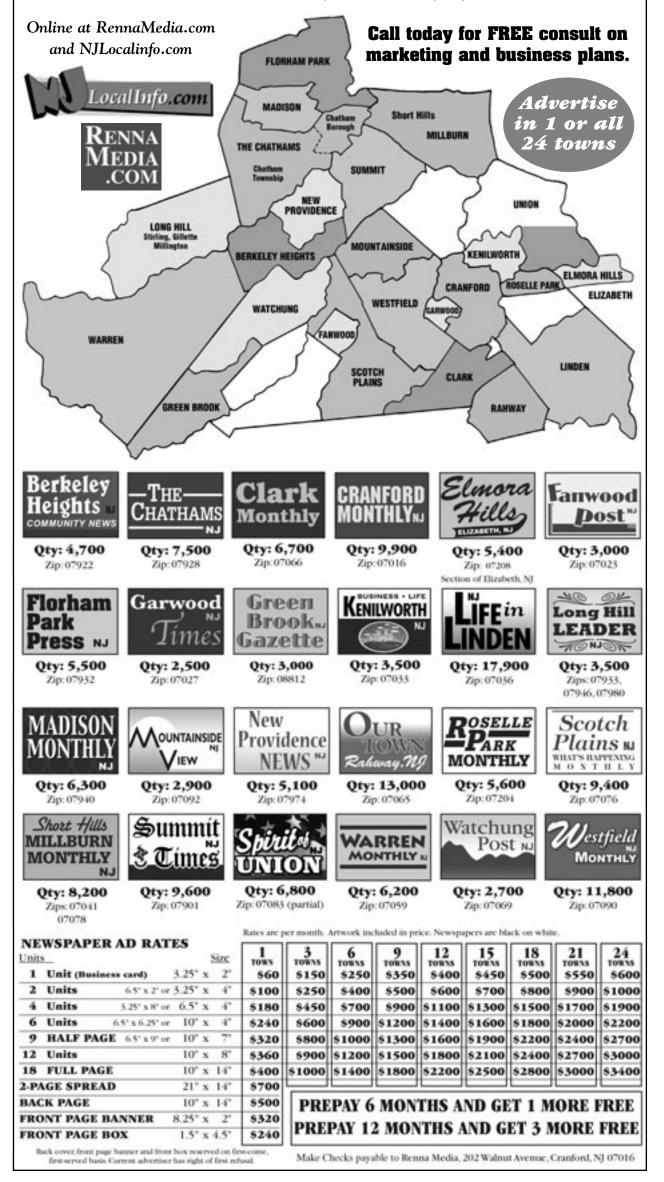
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SENIOR CENTER OF THE CHATHAMS JUNE 2022 EVENTS & PROGRAMS

973.635.4565 • CHATHAMSENIORCENTER.ORG • INFO@CHATHAMSENIORCENTER.ORG MONDAY-FRIDAY, 9:00 AM-3:00 PM • 58 MEYERSVILLE ROAD (LOWER LEVEL), CHATHAM, NJ NON-CHATHAM RESIDENTS ALSO WELCOME.

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, of Chatham.

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 threecourse 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

fondana 1.20

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 Dowton. 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 Dowton. Contact Center for fee information and to sign up.

WRITING WORKSHOP

Tuesdays, 9:45 AM.

Grab a pen and paper and join us as the group explores the beauty of writing. 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 read a short story or short memoir piece, share written homework assignments, 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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