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ISSUE 105 • JUNE 2022

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COMMUNITY DAY - 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..

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

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) Local residents learning and having fun at a Raptor Trust Community Day held in 2018.



(above, l-r) Christopher Soucy, Executive Director of The Raptor Trust, Little girl learning about insects at the Raritan Headwaters Organization

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Long Hill LEADER

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Long Hill Leader is published by Renna Media. 3,500 newspapers are printed monthly and mailed to every business and resident in Long Hill.

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Long Hill Leader

LOCAL YOUTH CAPTURES GOLD MEDAL FOR US SOCCER

The United States u17 women's soccer team participated in the Concacaf Tournament in Santo Domingo, Dominican Republic April 23-May 8, 2022. Warren resident Melina Rebimbas was a member and standout of that team that captured the Gold. After defeating their first 5 opponents by the margin of 43-0, the United States was up to the task in the semifinal round defeating Canada 3-0 behind 2 goals from Melina Rebimbas and she scored the game winner in the championship game versus rival Mexico 2-1. Melina finished the tournament with 8 goals. "I was extremely excited to represent my country. Like every little kid growing up playing soccer their dream is to have the opportunity to wear the US crest and this was my dream too... but to be able to score 3 goals in the last two games was nothing that I could have imagined."

Melina began her soccer journey in town playing recreation soccer and soon thereafter she became a member of the travel team and eventually her desire for greater competition took her to the Player Development Academy (PDA). It was at PDA that she began to blossom into one of the elite players in the country. Rebimbas explained, "I was very fortunate to be given an opportunity early to play at PDA. Everyone at PDA is super motivated to be challenged, and they set the bar high for excellence. That expectation of excellence provided me with a

blueprint on what I had to do to be successful."

She is currently ranked 6th nationally in the 2023 graduation class by Top Drawer Soccer and has already committed to playing soccer at the University of North Carolina-Chapel Hill. Where she will be mentored by Legendary and 23-time national championship coach Anson Dorrance.



(above) Warren resident Melina Rebimbas

Courtesy photos



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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 poster features a background image of a Ferris wheel and balloons. At the top left is the Lions International 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". A large starburst graphic in the center contains the text: "Admission \$200 kids under 5 get in FREE". A box on the left lists sponsors: "Sponsored by NextHome Premier, Pfizer, Lawrence Law Firm, The Mitlo Family, Lightbridge Academy, Pinto Brothers Disposal". At the bottom left, a text box 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." At the bottom right, a box says: "VENDOR SPACE AVAILABLE Please call Anthony Franchini at 908-334-9304".

Admission \$200
kids under 5 get in
FREE

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

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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LONG HILL RECREATION UPCOMING PROGRAMS

For more information, to register and/or to apply please visit the website, at longhillnj.gov/recreation/index.html.

Summer Jobs - Apply now!

What will you be doing this summer? Consider joining the team at Long Hill Parks & Recreation. NEEDED – Summer Camp staff, Counselors, Supervisors, EMTs, Lifeguards and Swim Instructors.

Photography Contest

Deadline is Jun 30th

Test your skills and creativity with a fun challenge. Open and free to all residents of Long Hill. Send photos to recreation@longhillnj.gov, along with the form on our website, where you will also find the complete set of rules.

Summer Recreation Camp

Registration will continue through May 31st.

Registrations after May 31st will only be accepted if space is available and late fees will apply. Jun 27th – Jul 29th (closed 7/4), from 8:30 am – 12:30 pm.

Summer Teen Camp

Two weeks of daily trips and activities planned for teens entering the 7th and 8th grades (fall 2022). Trips are planned for the weeks of Jul 25th and Aug 1st (Mon-Fri).

Little Explorers Pre-School Camp

Mornings – Jun 27th – Jul 29th (closed 7/4).

This camp is designed for potty-trained boys and girls, ages 3-5.

Stirling Lake

Registration is open, passes are available and 2022 fee remain the same as last year!

Stirling Lake Dance

Fri, Jun 3rd – 7:30-9:30 pm.

Open to Long Hill students in grades 5-7 (fall 2022). \$5 entrance fee at the gate, along with a signed permission slip (available online).

PEER SUPPORT GROUP AVAILABLE FOR VETS

County of Morris

The Morris County Veterans Services Office and NewBridge Services have begun a bimonthly veteran peer support group, which meets the first and third Thursdays of each month from 7 p.m. to 8:30 p.m. Sessions are free to all veterans no matter their length of service or discharge status. Veteran Tim Slavin is facilitating and guiding the conversations among veterans to aid in healing and recovery.

The veteran peer support group meets at the Morris County Veterans Service Office at 540 West Hanover Ave., in Morris Township. The entrance is at the rear of the Morris View Healthcare Center. For more information and to register, contact NewBridge Services at 973-316-9333 or email services@newbridge.org.

Veterans who were in combat or separated from family for extended periods may experience added life stressors; peer support groups may help.

“A peer support group for veterans is a way to come together to share stories of the stressors of deployment and the impact this stress has had on their lives,” NewBridge CEO Michelle Borden said. “It allows for an opportunity to forge connections of hope, recovery, and support and to know they are not alone.”

The veteran peer support group is one of three initiatives approved by the Morris County Board of County Commissioners in September at the recommendation of Commissioner Deputy Director John Krickus, a U.S. Marine Corps veteran. The County launched a program to host veteran roundtables and social events last fall, and the County Department of Human Services is working to launch a veteran and family support counseling program soon.

Krickus said that he wants veterans, including those who served in Iraq and Afghanistan, “to know that we not only honor their service on Veterans Day and Memorial Day, but we are here to support you every day of the year.”



Spring Fever PHOTOGRAPHY CONTEST

LONG HILL SPRING LANDSCAPES

Who has Spring Fever? We do! So let's test your skills and creativity with a fun photography challenge. Open to all Long Hill Residents. Send photos to recreation@longhillnj.gov along with form on website. Entry is FREE!

Contest Entry Deadline: June 30, 2022

FOR THE COMPLETE SET OF RULES, & ENTRY FORM, PLEASE VISIT WEBSITE <http://longhillnj.gov/recreation/index.html>

12 BASKETS FOOD PANTRY



(above) Twelve Baskets Food Pantry volunteer Lynn Norcia, Pastor Vicki McGrath, and Pastor Barbara Aspinall, at Stirling Street Fair.

ARM PAIN

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Twelve Baskets Food Pantry

Goal/Mission: "Food support for neighbors when times are tough"

About the Pantry: Opened for walk-in service January 22nd

- The food pantry is free and confidential
- The food pantry provides supplemental food for Long Hill & surrounding area individuals, families, children, seniors, and Veterans
- The Pantry offers produce, non-perishable foods, and at times, toilet paper, paper towels, and cleaning supplies

Details to note:

- Sponsored by local area Churches:
 - All Saints' Episcopal Church,
 - First Presbyterian Church of Stirling, &
 - Meyersville Presbyterian Church
- Located at All Saints' Church Parish House
- Open the 1st and 3rd Saturday of the month from 10am to 12Noon
- A valid driver's license or state ID card showing current address is the only documentation needed

1Qtr Success by the Numbers:

- **Seven** Distribution Offerings to date: 5 Saturdays at Parish House, 1 Senior Center, 5 VA
- **Five** pick-ups of perishable and shelf stable food from the Hillside Food Distribution Center
- Total of **~5,612 lbs.** of food distributed
- **~35** Volunteers and over 200 hours from:
 - Sponsored Church's
 - Long Hill CERT Team
 - Local Area Boy & Girl Scouts
 - Community volunteers

Average per distribution week:

- 15 Families
- 10 Seniors
- 20 Adults
- 16 Children
- 60 Vets

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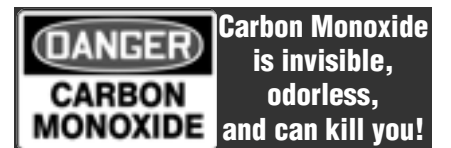
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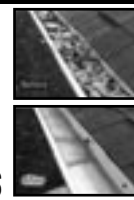
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LOCAL COACH COMES OUT AND TELLS THE TRUTH ABOUT WHETHER A KID CAN ACTUALLY LEARN TO RUN FASTER

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

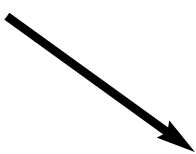
STEP 1

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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)

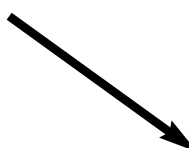
STEP 1

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STEP 2

Press that Send Button!



STEP 3

Coach Mike will respond and set you up



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SARREAL SIBLINGS WIN BIG AT WORLD GRAPPLING TOURNAMENT



(above) Michael and Samantha Sarreal at NAGA World Grappling Tournament in Mennen Arena Morristown, NJ.

Courtesy photo

Michael and Samantha Sarreal of Millington competed in the NAGA World Championship Tournament in Mennen Sports Arena in Morristown, NJ on Sunday, April 24, 2022. NAGA is the North American Grappling Association and is the world's largest mixed grappling tournaments with over 700,000 competitors worldwide. The World Tournament in NJ was a 2-day event with over 1500 competitors for adults and kids from all over the country.

Michael, 13 years old, competed in the youth Advanced Skill level for both Gi (Brazilian jiu-jitsu) and No-Gi (all submission grappling styles, such as wrestling and judo) divisions, as well as challenged himself in doing extra divisions. Michael also bumped up from the Advanced skill level to the Expert skill level in the No-Gi division (which is the highest skill level bracket). Mikey won 3 Gold medals for all 3 divisions that he competed in. He also won the NAGA Championship belt by winning first place in the Expert division. Michael won a tough match by defeating a competitor who is a 4-time International Brazilian Jiu Jitsu Federation Pan Am Champion and 3-time IBJJF American Kids Nationals Champ. Michael won the match by doing a triangle submission on his

opponent.

Samantha, 11 years old, competed in 4 divisions and won 2 Golds and 2 Silvers. She competed in Gi and No-Gi divisions and challenged herself by bumping up to the Boy's bracket and higher weight class. Samantha competed in the Intermediate division and received a Katana Samurai sword for winning first place. She defeated the 2021 Pan Am IBJJF Champion in the No-Gi division.

Michael and Samantha will be training hard for potentially competing in the IBJJF Pan-American Championships in Florida this summer. The Pan Am Jiu Jitsu Championship is the largest Brazilian Jiu-Jitsu tournament held in North America and one of the most prestigious BJJ tournaments in the world. It has been held annually by the International Brazilian Jiu Jitsu Federation since 1995. Last year, nearly 2,000 kids from all over the world competed in the 2-day event.

Michael and Samantha are trained and coached by 6 time-World Champion Vitor Shaolin Ribeiro and National Champion Andre Motta at the VSBJJ Academy in Scotch Plains. Recently, they have also supplemented their training with Judo under 2x Olympic Judoka Colton Brown in Warren.

HONORING OUR VETERANS

Every year Mrs. Holzinger, 1st grade teacher at Gillette School, takes pictures of students to make a flag display honoring veterans. Mrs. Holzinger also organizes donations to the GI GO Fund which is an organization that helps US veterans once they return home from the service. Mrs. Holzinger's husband served in the military during 911.

Veterans also participated in the picture flag, including Michael Luciano (daughter in 1st grade Adrianna), and Jamey DiGrazio (twin daughters in 1st grade Juliette and Jillian).



Photo by Long Hill Township Public Schools

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Mindful Walking Class

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from 1-2pm

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FOR ALL AGES, MOVIES IN- PERSON AT THE LIBRARY.

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Wednesdays at 2pm and Thursdays at 1pm.

Showing new movies. Check the website or call for specifics.

Outside Performances

Sunday June 12 at 2pm

For all, two outside performances by the Broadway Songbirds. These talented performers will sing and dance for 15 minutes only. Enjoy the show and then browse for a book!

READ AROUND THE WORLD

Our Read Around the World program continues with a visit to Mexico in June.

MAncient Civilizations in Mexico (via Zoom)

Thursday, May 26 at 7pm

Native Tongue Storytime in Spanish!

Monday, June 6 at 6pm

FOR KIDS AND THEIR CAREGIVERS:

Lego Club

Every Monday at 4pm:

Rhyme Time

Every Wednesday at 10:30am

Story Time

Every Thursday at 10:30

We have lots of other programs, so call or check our website for many more opportunities to learn and have fun at your local library! We would love to see you and help connect you to a new title, a new interest or a new hobby!

To register for any of the above programs, please call the library 908-647-2088 or visit our website: <https://longhilllibrary.org> and sign up with the online form in the events calendar.



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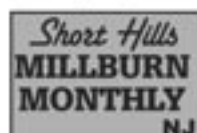
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GATES AVENUE KNITTERS MAKING FRIENDSHIPS AND MORE

On Monday April 25, 2022, the Gates Avenue 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 excited and willing to help beginners learn to 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!





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