



Summit NJ Times

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32ND ANNUAL SPRING BENEFIT HONORS FORMER MAYOR

Summit Speech School

Summit Speech School which teaches children who are deaf and hard of hearing to listen and speak, held its 32nd Annual Spring Benefit on Tuesday, April 26th at Canoe Brook Country Club in Summit, NJ.

The event honored John A. Thoms, a former mayor of New Providence, who is retiring from the Board of Trustees. Thoms served as a member of the Board from 2010-2022 and was Chair from 2014-2022. His leadership, dedication and service are a cornerstone of the school's history. During his time on the Board, Summit Speech School has seen a more than 50% increase in the children we serve, broadening our scope to reach over 70 school districts throughout New Jersey. John's efforts have helped to raise over \$10 million throughout the years by connecting the school with various corporate sponsors and private benefactors, as well as making many generous personal contributions. John's leadership has been instrumental in Summit Speech School's success!

Our Family Speakers were the parents, Christine and Todd Van Beveren of Somerset. Their son Cooper Van Beveren, graduated from the Preschool Program in 2021 and now receives Itinerant Mainstream Support Services in his hometown kindergarten. The Van Beveren Family shared how Summit Speech School has impacted their own lives, especially in giving Cooper the gift of speech.

The 32nd Annual Spring Benefit's keynote speaker was Ilyse Dobrow DiMarco, Ph.D. Dr. DiMarco is a clinical psychologist practicing in Summit, NJ. Her talk gave attendees practical tips on managing stress and anxiety in their everyday lives. Dr. DiMarco is also the author of Mom Brain.

Summit Speech School is a unique resource serving New Jersey's children who are deaf or hard of hearing. We help them learn to listen and talk, without the use of sign language, so they can become full participants in the hearing and speaking world. Our school provides services to children from infancy through high school, throughout New Jersey, using the latest hearing

technology coupled with intensive training in speech, language, and listening skills. Our team of professionals has been working harder than ever to overcome the education gaps felt by COVID disruptions. Generous funding from sponsors enables our teachers, therapists, and support staff to create equity and inclusion for our deaf and hard of hearing children so they can attend mainstream schools and succeed in their social relationships, college, and careers. For more information contact developmentevents@summitspeech.org.

Courtesy photos



(above) NJ State Senator Jon Bramnick presents John A. Thoms with a proclamation from the State of NJ for his service to Summit Speech School at the school's 32nd Annual Spring Benefit.



(above) Ilyse Dobrow DiMarco Ph.D. Summit Speech School's 32nd Annual Spring Benefit's keynote speaker.



(above) The Van Beveren Family were the family speakers at the Spring Benefit. Cooper is a graduate of the Program.

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Summit Times

OUTDOOR DINING ON MAPLE STREET

On Tuesday, May 3, 2022, Summit Common Council unanimously voted to close Maple Street in both directions from Springfield to the nearest alleyways to allow for seasonal outdoor dining. The road will be closed from Thursday, May 5 to Wednesday, November 30, 2022.



SUMMIT FAMILY AQUATIC CENTER

One of the most anticipated days of the year is almost here! The Summit Family Aquatic Center opens for its full season on Wednesday, June 15, 2022. Beginning June 15, the facility will be open daily through Monday, September 5. Resident and non-resident memberships are available for purchase. Visit summitcommunityprograms.com for more information.



VOLS WANTED FOR MEDICAL RESERVE CORPS

The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are

especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed. If you are interested in volunteering with the MRC, visit njlmn.njlincs.net and click on “Register as an Existing or New MRC Volunteer!”



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 **Summit Volunteer
First Aid Squad**
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As it enters its seventh decade of service, the Summit Volunteer First Aid Squad (SVFAS) is actively seeking new members to join its team. Members include men and women of all ages, ethnicities, and backgrounds that are united by a strong desire to help others. Most new members have no prior medical experience. All required training and necessary equipment to become a first responder is provided by the Squad at no cost to the trainee. Most members ultimately pursue their EMT certification; the cost is generally covered by the State of New Jersey.

To help assess whether one is interested in joining the team, the SVFAS offers an observer program that allows prospective volunteers to

accompany a working crew for a shift or two. These "ride-along" opportunities provide an experience of what being a first responder is like before any commitment is made.

"Many of our members have been with us for more than a decade or two, including one member of the Squad family that recently retired after 46 years," explains SVFAS President Kevin Caropreso. "Neighbors Helping Neighbors is both our motto and our mission, and fulfilling it is an incredible experience that is hard to match. If you would like to know that feeling, please take the next step and volunteer."

Since 1962 SVFAS volunteers have been providing emergency medical services to the Summit community. No patient has ever received a bill for services. The Squad is funded exclusively by donations from private citizens and foundations, receiving no funding from the City of Summit. All members are volunteers, who seek no compensation for providing help to their neighbors when it is needed most.

For more information, or to inquire about joining the SVFAS team, please visit our website, summitems.org/join. You may also pick up an application at the Squad's headquarters at 1000 Summit Avenue, or call Kerry Whitcher, Personnel Lieutenant, at 908-277-9479.

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 **Nathan Weiser**
★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

Thank you Spring Grove for a wonderful and pleasant stay.

 **Charles Sherrick**
★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.

 **Chrissy Sloan**
★★★★★

The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

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OPENING A BUSINESS GUIDE

Are you in the process of opening a business in Summit? Check out the new page on the city website with detailed information about necessary permits, licenses, and other required

steps to help guide you through the process. There is information about zoning approval, construction permits, retail food licenses, and much more.

Visit cityofsummit.org/business to get started.



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Denali and Wonder Lake, Denali National Park, Alaska, 1947.
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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) Rabiecki 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.



(above) The 14 new CASA volunteers includes Philip Ross of Summit.

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ELEVATING SUMMIT STUDENTS

Submitted by Julie Adams

The Summit Foundation has selected two Summit High School (SHS) seniors for its first Elevating Summit Students (ESS) scholarship. ESS provides four years of renewable funding to narrow the gap between tuition fees and financial aid.

Aira Poticano and April Sanchez each will receive a total of \$23,000 over four years in college. This fall, Aira will attend Drew University in Madison, NJ, and April will attend Gettysburg College in Gettysburg, PA.

ESS scholarships honor students with a 3.2+ GPA, strength of character, involvement in school activities, and a commitment to four years of college or university. Students apply through the SHS scholarship program.

“By providing more than \$5,000 of aid for each of a student’s four years in college, the ESS scholarships are designed to bring a four-year degree within reach for talented students with financial need,” said Julie Keenan, president of The Summit Foundation.

ESS scholarship recipients were notified of their selection prior to national college decision day, which is May 1st, so that they can incorporate the award amounts into their college decision process.

The Summit Foundation fosters philanthropy

by identifying local needs and offering donors flexible ways to make a difference in the lives of their neighbors. Since 2010, it has awarded nearly \$6.6 million through competitive grants to tax-exempt organizations that serve our area. Through the 15 scholarships it manages, The

Summit Foundation will award close to \$100,000 to 42 students this year.

For more information about the Elevating Summit Students scholarships, email scholarships@summitforever.org or visit summitforever.org.



(above, l-r) Aira Poticano and April Sanchez

Courtesy photo



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NEW COMPOSTING PROGRAM

The City of Summit is beginning a six-month pilot program for household food waste composting at the Municipal Transfer Station on Wednesday, June 1, 2022.

Residents with a disposal permit will now be able to bring food scraps and other items to the Transfer Station. The new composting area will be in a separate location adjacent to the current composting area for leaves, grass clippings, and garden trimmings on the lower level of the Transfer Station. The new program will accept items such as fruits and vegetables, cooked or baked food, eggshells, coffee grounds, and more.

The program will run on a trial basis for six months, after which time Division of Public Works staff will evaluate the program to decide whether to make it permanent.

For more information, please visit www.cityofsummit.org/composting or contact the Division of Public Works at 908-273-6404.



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- Spoiled and expired food
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- Dairy products
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- Nuts, seeds, pits, and shells
- Coffee grounds, filters and tea bags
- Pet food

*Collecting and depositing food waste
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NOT Accepted

- Milk and liquid dairy products
- Separated fat, grease and oil
- Diapers and hygienic products
- Animal waste
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- Wrappers and packaging
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**"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.

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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

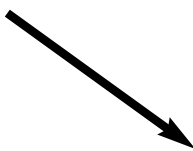
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STEP 2

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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.

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)

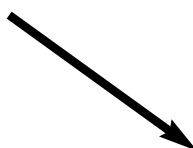
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COMMUNITY DAY AT TRT – JUNE 5 - A SUMMER RAPTOR FESTIVAL

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.

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!





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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 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 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

Courtesy photo



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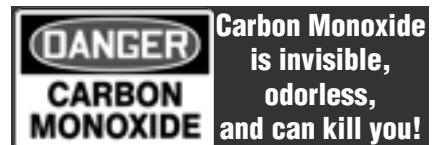
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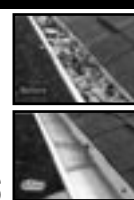
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GATES AVENUE KNITTERS MAKING FRIENDSHIPS AND MORE

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.

Thereabouts 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!

Courtesy photo



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WELLNESS INITIATIVE FOR SENIOR EDUCATION

The Wellness Initiative for Senior Education (WISE) Program, focuses on educating seniors, celebrates healthy aging and educates older adults on a variety of topics. Sponsored by the Westfield Regional Health Department and Prevention Links, this free program that will take place at the Summit Free Public Library, located at 75 Maple St, Summit, NJ, beginning on Thursday, June 23 at 10 a.m. and is open to anyone 60 or older.

The program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this exciting stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors older adults should avoid to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

A free lunch will be provided at each lesson, and all program participants will be eligible to receive free giveaways.

For more information or to register, please contact Amy Lewis at 908-789-4070 ext. 4080 or alewis@westfieldnj.gov.

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The Summit Free Public Library's Summer Reading Program officially begins on June 11th and will run through August 19th. The theme of this year's Summer Reading is 'Oceans of Possibilities', and there will be a series of sea-themed events and other programs. Many of these events will be held outdoors, some on the Library's front lawn under a tent. Early sign-ups mean an enhanced opportunity to read and earn more points for prizes, such as tickets to the Crayola Factory in Easton, PA!

The Library's mission for the Summer

Reading Program is to continue the long-held tradition of keeping students engaged with reading even outside of the school year, and to encourage people of all ages to continue with their creative and academic endeavors. "Our annual summer reading program encourages everyone to read for pleasure," said Ann-Marie Aymer, Head of Youth Services, "but it is also the easiest way for children to retain the reading skills learned during the school year, and prevent the 'summer slide.'"

Here are some of the programs that are coming this summer:

Come Hula with Us

Wednesday, August 17 7-8:30pm

Learn Hula dance to the popular Hawaii song LITTLE GRASS SHACK. Feel free to dress in Hawaiian clothing. The Library will supply leis. All Ages.

ADULTS:

Art Talk: The Armory Show

Thursday June 16 7-8pm

A talk on the International Exhibition of Modern Art, known today as The Armory Show. The first large-scale display of modern art in America, the Show opened on February 17, 1913 in New York City, organized by artists looking to introduce Americans to European styles such as Fauvism, Cubism, and Futurism.

Presented by Janet Cohen Mandel.

Wellness Initiative for Senior Education

Thursdays, June 23 – July 28 10am-12pm

Learn about the aging process and how to make healthy lifestyle choices. We will discuss risk factors and behaviors you should avoid to stay healthy. Lunch will be provided.

Crochet for Beginners

Sunday, June 26 2-4pm

Learn how to get started with this relaxing hobby and begin a simple project with instructor Marge Barkan.

The History of the Jersey Shore

Wednesday, July 6 7-8pm

Author and photographer Kevin Woyce presents a colorful tour of New Jersey's coastal history, from the long-ago days of lighthouses and shipwrecks to the founding of today's most popular summer resorts.

Trivia Night

July 13 7-8:30pm

Dive it and test your knowledge on all things under the sea at this ocean-themed Trivia Night!

CHILDREN, TEENS, FAMILIES:

Guppy Club

Tuesdays 10-11am

An age appropriate storytime and craft with songs, rhymes, stories, movement, and playtime! Ages 2+.

Oceans Away Tuesday

Tuesdays 4-5pm

Weekly ocean-themed crafts and games, such as 3D printed sea creatures, boat races, and pizza and ice cream parties. Grades 1-5.

Picnic with a Librarian

Wednesdays 12-12:30pm

Bring a blanket and your lunch and enjoy stories, songs, and finger plays while we picnic on the Green. In the event of rain or very hot weather, the program will be held in the library. Ages 6 mos. – 6 yrs.

Wednesday Waves

Wednesdays 5-6 pm

Water and beach themed crafts and activities especially for middle and high school students. Grades 6-12

Maker Camp

Thursdays 4-5 pm

Intermediate Science, Engineering, Tech, and Art Activities for older children and teens. Grades 4-12

Let's Move!

Fridays 10:30-11:30am

A fun music and movement class this summer! Dance, play instruments, learn rhymes, parachute, and more! Ages 3+

Penguin Pointers with Jenkinsons Aquarium

Monday, June 13 4-5pm

Meet a penguin, one of Jenkinson Aquarium's many famous feathered friends, while learning about them and their wild cousins. Grades 1-5

"The Little Mermaid"

Sunday, June 26 2-3pm

Hilarious duo Lenny and Mabel – "The Greatest Actors in the World" – provide this fun take on Hans Christian Anderson's classic fairy tale, The Little Mermaid.

William Shakespeare's

Much Ado About Nothing

Monday, July 25 7-9pm

The Hudson Shakespeare Company will perform William Shakespeare's Much Ado About Nothing on the Village Green. All Ages.

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POLICE DEPARTMENT ANNUAL FOOD DRIVE

City of Summit

The Summit Police Department's 8th annual food drive runs through Friday, June 3. All collected items will be donated to the Loaves and Fishes Food Pantry of St. Teresa of Avila Church, located in Summit. The Police Department is asking for donations of canned food and non-perishable items.

Collection bins are located at the following locations in Summit thru June 3: Police Department lobby at City Hall, 512 Springfield Avenue; YMCA, 67 Maple Street; The Connection, 79 Maple Street; UPS Store, 55 Union Place; MONDO, 426 Springfield Avenue; Summit High School, 125 Kent Place Boulevard; Lawton C. Johnson Summit Middle School, 272 Morris Avenue; Washington Elementary School, 507 Morris Avenue; Franklin Elementary School, 136 Blackburn Road; Lincoln-Hubbard Elementary School, 52 Woodland Avenue; Brayton Elementary School, 89 Tulip Street; Jefferson Elementary School and Primary Center, 110 Ashwood Avenue; Wilson Primary Center, 14 Beekman Terrace

For more information please contact the Summit Police Department at 908-273-0051 or email ngriffiths@spdnj.org.



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SPD PARTICIPATE IN POLICE UNITY TOUR

City of Summit

Summit Police Officer Keith Kwiatek and Juvenile Detective Sean Thompson participated in the Police Unity Tour, a four-day bicycle ride from New Jersey to Washington, D.C. The Police Unity Tour was formed in 1997 and its mission is to raise public awareness about law enforcement officers who have died in the line of duty.

Officer Kwiatek and Juvenile Detective Thompson rode with hundreds of law enforcement officers to the National Law Enforcement Officers Memorial in Washington,

D.C. As they departed on Monday, May 9, from Parsippany, NJ, they were joined by other Summit Police Department members, and were cheered on by the family of former Summit Police Detective Matthew Tarentino in Somerville, NJ. On Thursday, May 12, in Washington, D.C. they were joined by SPD Detective Lieutenant Michael Rabasca and Summit Policeman's Benevolent Association #55 President Ryan Stanek, former Police Unity Tour participants.

For more information on the Police Unity Tour, please visit policeunitytour.com.

Courtesy photos



(above) Officer Kwiatek, Juvenile Detective Thompson, and SPD Detective Lieutenant Michael Rabasca and Summit Policeman's Benevolent Association #55 President Ryan Stanek, former Police Unity Tour participants.



52 MARATHONS IN 52 DAYS TO RAISE AWARENESS OF CLEAN WATER

Scotch Plains native, James Leitner, on June 1st will begin running a marathon a day for 52 days to bring attention to clean water issues in the United States. His goal is to raise \$100,000 for his nonprofit, MissionCleanWater which will complete three clean water projects in New Jersey and two in Uganda. Each day he will complete a marathon in iconic towns that has helped him grow his nonprofit organization.

“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.

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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
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CAPITAL CAMPAIGN TO “BUILD DIGNITY FOR ALL”

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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