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## NATIONAL NIGHT OUT AGAINST CRIME TUES, AUG 2ND

The Township of Union and the Union Police Department will participate in the annual National Night Out Against Crime event at police headquarters on Tuesday, August 2nd, 2022. The evening is packed with activities for people of all ages, including tours of police headquarters, games, music, and family activities.

Police headquarters is located at 981 Caldwell Avenue. National Night Out is scheduled from 5:00 – 9:00 p.m. Parking is available in the Burnet Middle School lot.

National Night Out is an annual community-building campaign that promotes police-community partnerships and

neighborhood camaraderie to make our neighborhoods safer, better places to live. It culminates annually on the first Tuesday in August bringing together neighbors from across thousands of communities from all 50 states, United States territories, Canadian cities, and military bases worldwide.

### THE FREE EVENT WILL INCLUDE:

- Police Headquarters Tours
- Dunk-A-Cop Dunk Tank
- DUI Goggle Demo
- SWAT, Police, Fire & EMS Exhibits
- Food, Music, DJ & more



(above) JAG One



(above) Girl Scouts of Union



(above) ShopRite Village Supermarket



(above) Police Explorers - Post # 2666



(above) Center Path Wellness



(above) Chick-Fil-A



(above) Law Enforcement Against Drugs

Photos from 2021 National Night Out can be found online at [rennamedia.com](http://rennamedia.com) and on Spirit of Union page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”

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## ELEVENTH ANNUAL MAYOR'S DAY 5K RUN

Union Township Chamber of Commerce

### Spirit of UNION

#### Renna Media LLC, Publishers

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Spirit of Union

Runners and walkers of all levels are invited to join the Union Township Chamber of Commerce again this year at its Eleventh Annual Mayor's Day 5K Run on Sunday, September 25.

Held rain or shine, the race will start and end at Union High School on Cooke Drive, following a course certified by USA Track & Field. Registration begins at 7:30 a.m. with the actual race commencing at 9:00 a.m.

Members of the 5K represent the Chamber community, including Eugene Mitchell of Columbia Bank, David Arminio of the Friends of the Union Library, Joseph Stampone, Major Printing Company; Laura Rokosz, Egglock Nutrition; Marie Maguire, BCB Bank; Barbara La Mort, Union Township Historical Society; Jeff Morton, Shake A Paw; Jodi Pelano, Gateway Family YMCA; Laura Bretzger, City Fire Equipment Company; Claudia Schiavone, Northfield Bank; Cynthia McGhee, Cynthia McGhee Insurance Agency; Scott Snowden, Kean University; Joe DeMaio, Boys and Girls Clubs of Union County, Pat Hurst, Union Chamber Board.

"This year marks the eleventh anniversary of this popular community event, and we are working to continue to make a substantial impact," said Chamber Executive James Masterson. "We are grateful to the Township of Union Board of Education for generously hosting this event, and we hope for great participation again this for 2022. It is always an enjoyable day

for the community!"

Prizes will be awarded for various age categories, and t-shirts and gift bags will be distributed to the first 300 registrants.

Masterson added that a portion of the proceeds will go to help defray the medical expenses of a local resident or family which will be identified shortly.

To register, visit [runsignup.com](http://runsignup.com), and enter Mayor's Day 5K.

Further information is available by contacting the Chamber directly at 908-688-2777, visiting [unionchamber.com](http://unionchamber.com) or emailing the Chamber at [executivedirector@unionchamber.com](mailto:executivedirector@unionchamber.com).

Businesses wishing to become a sponsor may contact Masterson at [executivedirector@unionchamber.com](mailto:executivedirector@unionchamber.com) for a listing of the various levels of support. All sponsorships include a table at the event for businesses to highlight their companies.



(above) The 2022 Mayor's Day 5K Run will be held on Sunday, September 25. To register, visit [runsignup.com](http://runsignup.com).

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## BLOOD DRIVE AUGUST 7

Save a life by donating blood! Holy Spirit Church, located at 971 Suburban Road, Union, will host its semi-annual blood drive on Sunday, August 7, from 8 a.m. to 2 p.m. in the parish hall. Please make your appointment at [vitalant.org](http://vitalant.org). Walk-in donors are also welcome. Eat a meal and hydrate before attempting to donate. Be sure to have your ID with you.

## WALK TO END LUPUS NOW SET FOR SEPT. 11

The Lupus Foundation of America, New Jersey Chapter, invites you to our 30th Annual Walk To End Lupus Now. Join us at 9:00 a.m. on Sunday, September 11, 2022 at Nomahegan Park in Cranford, NJ as we walk for a cure and to assist people suffering from lupus. Form a team, or walk as an individual, to raise money. To register or donate visit: [givebutter.com/FNpmmK](https://givebutter.com/FNpmmK) or text 53-555 and type in: WALKLUPUS22. For more information, please call 973-379-3226.



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## BUS TRIP TO WIND CREEK CASINO TO BENEFIT KENILWORTH'S HISTORIC NITSCHKE HOUSE

The Kenilworth Historical Society will host a bus trip to Wind Creek Bethlehem Casino (formerly known as the Sands) in Bethlehem, Pa., on Saturday, September 17, 2022.

The trip will depart Kenilworth (St. Theresa's School parking lot) at 8:30 a.m. and return to Kenilworth at approximately 5:30 p.m. Cost of \$50 includes comfortable motor coach transportation, an approximate 6-hour visit to the casino and \$25 in free slot play. There will be complimentary door prizes on the bus. The casino offers more than 3,000 state-of-the-art slot machines ranging in denomination from 1 cent to \$100, more than 150 table games – and more. The Wind Creek Bethlehem site additionally houses a wide range of distinctive outlet stores and popular restaurants/eateries.

For further information and reservations, please call 908-709-0434. As space is limited,

particularly for safe “social distancing” on the bus, reservations and payment should be made by September 1 to ensure availability. Gift certificates for the trip are also available for purchase.

Proceeds from the bus trip will benefit the Kenilworth Historical Society's historic Oswald J. Nitschke House (c. 1880) by helping defray operating expenses, including the cost of an elevator that makes the restored “living history” museum and cultural arts center fully accessible to everyone.

The Kenilworth Historical Society, [kenilworthhistoricalsociety.org](http://kenilworthhistoricalsociety.org), is an independent, volunteer-based, non-profit, tax-exempt, 501 (c) (3) organization dedicated to the research, preservation and interpretation of the Oswald J. Nitschke House, local history and culture.

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Union Public Library is back in-person with a variety of remarkable programs as well as our virtual programs presented through Zoom. To register for all events, please go to: [uplnj.org/events/list/](http://uplnj.org/events/list/).

### PROGRAMS FOR ADULTS.

#### Drop-In Blood Pressure Monitoring (Main Library)

Tuesdays, 8/2, 8/9, 8/16, 8/23, 8/30 from 12:00 to 1:00 pm

A free community program by the YMCA.

#### Drop-In Blood Pressure Monitoring (Vauxhall Branch)

Thursdays 8/4, 8/11, 8/18, 8/25 from 10:30 - 11:30 am

A free community program by the YMCA.

#### Drawing Illustrative Seascapes (Zoom)

Wed., 8/3 @ 7:00 pm

Join illustrator Corinne Roberts for this fun landscape tutorial over Zoom. Using basic shapes, line techniques, and shading, learn the process of developing realistic or imaginary coastlines and seascapes. No drawing experience is required, and only paper, pencil, and eraser are needed.

#### Meditation (Zoom)

Thursdays 8/4, 8/11, 8/18 at 11:30 am

Join Bindu Bhatt for a virtual Meditation (Zoom) session. No experience necessary. Bindu has practiced Meditation (Zoom) for over 30 years and would like to share her insights with you.

#### Beginners Flow Yoga (Zoom)

Thurs., 8/4, 8/11, 8/18, 8/25 at 6:00 pm

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your yoga program.

#### Writing Workshop (Zoom)

Thurs., 8/4 @ 7:00 pm

Ever want to write stories from your life for yourself or others to read? Interested in stimulating or jump-starting your writing? Lisa Sisler from Kean University leads this workshop to help you with whatever you want to write.

#### Adult Paint-Along Night: Oceans of Possibilities (In person at Vauxhall)

Mon., 8/8 at 6:00 pm

Express your creativity, de-stress, and have fun by painting a colorful ocean-themed painting on canvas. We'll provide instructions and materials. No experience is required, and all materials are provided. (The workshop maximum is ten, so sign up now!) Presented by owner and artist Simone Anthony-Brown, Express Yourself Studios in Maplewood.

#### Small Business Focus Group (Zoom)

Tues., 8/9 at 12:00 pm

In this session, all participants will have the opportunity to give their (quick) elevator pitch and introduce their business, product, or service idea to the group. This is a highly interactive session; all participants are expected to contribute with resources, opinions, and helpful feedback for the other business owners in the (Zoom) room. Presented by Nichole Russell, WCEC Education Director.

#### America's Best Girl:

#### The Life and Times of Gertrude Ederle (Zoom)

Tues., 8/9 at 7:00 pm

The public loved Gertrude Ederle -- the first-generation American and three-time Olympic medal winner who was the first woman to swim the English Channel -- because she was an all-American girl. But she was also a mystery. She was a competitive, independent, and strong-willed woman who pursued her dream and found economic independence. This session will explore her fascinating life in the wider context of 1920s America. Presented by Leslie Hayes, New York Historical Society.

#### The Wizard of Oz -- Hollywood Premiere! Broadway Sensation! (Zoom)

Wed., 8/17 @ 7:00 pm

Travel back to the first public screenings of MGM's classic musical, guided by historian/author John Fricke. Hear fascinating details about the star-studded event at Grauman's Chinese Theatre -- and how Judy Garland and Mickey Rooney appeared "live" with the film when it opened in New York exactly 83 years ago this week. Then: Ask John any questions about the making of OZ. Whether facts, myths, or legends, he knows!

#### Off the Shelf Book Club

Thurs., 8/18 at 7:00 pm

New members are always welcome. This month's title is The Reading List by Sara Nisha Adams.

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# YMCA'S 7TH GRADE INITIATIVE

*Spirit of UNION* • Page 7 • August 2022

## The Gateway Family YMCA

Registration opens on August 15th for the 2022-2023 class of 7th Grade Initiative members at The Gateway Family YMCA. As part of the NJ YMCA 7th Grade Initiative, a state-wide program designed to support and encourage teens to maintain a healthy lifestyle, The Gateway Family YMCA offers a supportive 7th Grade Leaders Club program and complimentary membership for all 7th Grade Students in the local community. Upcoming 2022-2023 7th Grade students are invited to visit the YMCA and join with proof of grade and a guardian's signature. Registration is available at The Gateway Family YMCA – Elizabeth Branch - 135 Madison Avenue, Five Points Branch - 201 Tucker Avenue, Union, Rahway Branch – 1564 Irving Street, Rahway and Wellness Center Branch – 1000 Galloping Hill Rd, Union.

The goal of the 7th Grade Initiative is to increase physical activity and support teens in the development of lifetime healthy habits, volunteerism and leadership skills while providing a safe and supportive environment with role models at the YMCA.

"We recognize that 7th grade is a pivotal time in youth development, and are committed to support the youth in our community. Many teens become sedentary as sports become more competitive," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "Now, more than ever, our 7th grade students need activity and socialization, and role models to provide healthy habits to last a lifetime."

As part of the 7th Grade Initiative at The Gateway Family YMCA, students can become a part of the 7th Grade Leader's Club, a structured program offering teens leadership and volunteer



opportunities. With a focus on team building, personal growth, character development, service and volunteerism, the 7th Grade Leader's Club empowers teens to create a chart of work specific to the needs within their community and provides support for projects to strengthen community.

Students participate in programs and services offered by the YMCA, and receive a complimentary Full Privilege membership including health and wellness options, swimming, group exercise, as well programs designed exclusively for teens. "Our goal is to provide ongoing support for 7th grade students, assisting them to strengthen healthy behaviors, increase activity, gain a better understanding of nutrition and develop leadership skills to assist in their development and future," stated Melynda A. Mileski, EVP/COO.

For more information about The Gateway Family YMCA's 7th Grade Initiative, visit [tgfymca.org](http://tgfymca.org) or contact the Elizabeth Branch at 908-355-9622, Five Points Branch at 908-688-9622, Rahway Branch at 732-388-0057 or Wellness Center Branch at 908-349-9622.

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## AMANI TO PERFORM AT SALEM ROADHOUSE

The Salem Roadhouse Café presents Amani, Saturday, August, 13 2022. The doors open at 7:30 p.m.

Amani means “peace” in Swahili. The group was formed to share the concept of peace through music.

The core veteran musicians are frontmen Stephan Fuller on vocals, and Marty Eigen on woodwinds. Amani is a collective with connections to dozens of talented musicians who perform alongside them regularly.

Amani performs hits from a variety of genres including: The American Songbook, Folk, Blues, Gospel, R&B, Jazz, Bossa Nova and Broadway.

Amani brings the sounds of the Caribbean to the Salem Roadhouse Café! Featuring hits by Harry Bellafonte, Jimmy Buffett, Bob Marley, Sunny Rollins and more, this joyful presentation will have you singing and dancing in the aisles. Amani features: Stephen Fuller, a dynamic bass/baritone singer; Marty Eigen, tenor and baritone sax; Domo, a steel drums, piano and vocalist virtuoso who will also excite the audience with a dance; Alex Gressel, Bass; Larry Greenburg piano; Gordon Lane, drums, along with Oloye Karade, percussionist.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

Salem Roadhouse Café is located at 829 Salem Rd., Union, NJ. Doors open 7:30 p.m. Show starts at 8:00 p.m. Admission is \$20, and includes show, snacks, non-alcoholic beverages, and dessert.

### ABOUT SALEM ROADHOUSE CAFÉ

It’s not “church music.” It’s music music.

Folks who’ve come to the Salem Roadhouse Café know that it’s a clean, safe place for people who enjoy listening to live music — in a world

otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What’s the common thread? They’re all great musicians playing the kind of music people like to hear. There’s no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that’s why we’re located where we are. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That’s its social mission.

But the many musicians who’ve played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here “really listen.” Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

### Community Involvement

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, Ukraine disaster relief, and others. Thousands of dollars have been raised for these deserving charities. The Salem Roadhouse Café, together with Townley Presbyterian Church, has begun a series of free outdoor concerts to help various urgent charitable causes. More are planned.

## LOCAL CHORUS OFFERS FREE A CAPPELLA SINGING SESSIONS

The Hickory Tree Chorus chapter of Sweet Adelines International invites women singers to register for its free “Big Summer Sing.” You can come any Wednesday, in August, 7 to 9:30 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ for chord-ringing, fun-filled, four-part a cappella music.

Each week, guests will participate in vocal and

physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

To register for the Big Summer Sing, please email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. For more information, visit [hickorytreechorus.org](http://hickorytreechorus.org).



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## CHESS FOR FUN CELEBRATES 50 YEARS

Chess for Fun is a casual group of chess players who have been meeting for roughly 50 years. The group's players come from all over, and in the case of Larry Morse, as far away as Whitehouse Station. The most senior player, at 98 years old, is still playing strong.

It their earlier years the group met at the Rahway Public Library when it was located on St. Georges Avenue. In 1999 a flood destroyed the library. Chess for Fun has been meeting in

the Clark Public Library every Thursday from 11:00 a.m. to 3:00 p.m. And at Max's Pizza & Bistro in Scotch plains on Monday mornings at 11 a.m.

There are no formalities to the group. It is not an established club with officers or membership. Everyone of any ability is welcome to participate. Regulars bring their own board to share so it is not necessary to bring a board, but it would be helpful if you can.



(above, standing, l-r) Players and hometowns: Larry Morse, Whitehouse Station; Mark Shoengold, Colonia; Jack Rothstein, Edison; John Foy, Scotch Plains; Bodre.  
(seated, l-r) David Goldstein, South Plainfield; Neil Landau, Edison; Matthew Bistis, Mountainside.

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## TWO UNION RESIDENTS GRADUATE TRINITAS SCHOOL OF NURSING

Trinitas Regional Medical Center's School of Nursing recently celebrated 49 graduates at its 168th commencement ceremony. Included were Union residents Myriam F. Dessources, and Wanda Duchard.

The graduation ceremony featured a traditional pinning ceremony that symbolizes a rite of passage into the professional world of nursing and the nurse's commitment to those they care for.

While nursing school is uniquely challenging for all who enroll, the students that made up Trinitas Regional Medical Center's School of Nursing class of 2022 faced unprecedented challenges throughout their two-and-a-half year nursing school journeys which started in January 2020 just prior to the COVID-19 pandemic. During that time the students navigated multiple challenges with resilience including transitioning between remote and in-person learning multiple times, adhering to safety protocols including

smaller clinical groups, social distancing, mandatory masking and face shields, COVID screening, weekly COVID testing and relocating on campus after Hurricane Ida flooded the Trinitas School of Nursing educational center on the Union County College Campus. Additionally, nursing students in the class of 2022 participated in vaccination efforts with supervision from faculty, administering some of the first COVID vaccines to the community.

"It is my pleasure to congratulate the Trinitas School of Nursing Class of 2022," said Gary S. Horan, FACHE, President & Chief Executive Officer, Trinitas Regional Medical Center, an RWJBarnabas Health facility. "The past two and a half years have been unexpected and unforgettable, but our nursing students rose to every challenge they were faced with. We are very proud of students as well as our faculty and staff, for doing this important work during a very challenging situation, all while keeping with the

mission of Trinitas Regional Medical Center upholding a commitment to providing high-quality care to a diverse population."

Established in 1891, the Trinitas School of Nursing is fully accredited by the Accreditation Commission for Nursing Education, Inc. and the New Jersey State Board of Nursing. In 1971, the school made a commitment to serve educationally disadvantaged students, the non-traditional, and those seeking a second career and/or career mobility. This commitment resulted in the formation of a Cooperative Nursing Program (CNP) in partnership with Union County College, which allows students in the CNP to graduate with a Diploma in Nursing from Trinitas School of Nursing and an Associates in Science from Union County College. Upon graduation, all students are also eligible to sit for the National Council Licensing Examination for Registered Nurse Licensure. (NCLEX). For more visit [trinitasschoolofnursing.org](http://trinitasschoolofnursing.org).



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