

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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FRAZEE HOUSE RECEIVES NJ HISTORIC TRUST GRANT

Submitted by Maria LaMorte-Wright

On Friday, June 24, the Rotary Frazee House board observed the 245th anniversary of the Battle of Short Hills. In attendance were representatives from Scotch Plains Township (including Mayor Josh Losardo and Township Manager Al Mirabella), NJ Historic Trust, the County Board of Commissioners, several historic organizations, the Frazee House Board and the FSP Rotary Club.

An oversize check for \$337,161 was presented to Andy Calamaras by Dorothy Guzzo, Executive Director of the New Jersey Historic Trust. Linda Stender, who is now a board member of that organization, was also in attendance.

Calamaras noted that "the SPF Rotary Frazee House Board has achieved tremendous progress over the past 15 years. The Frazee House is a local Scotch Plains treasure, and we are proud to save it for future generations." He also thanked the Scotch Plains township and NJ Historic Trust for their support over the years.

The funds will be applied toward the second phase of the Frazee House restoration project. A bathroom cottage will be built adjacent to the house and will include two bathrooms and a utility area where the meters for the gas, electric and water will be located. An ADA accessible ramp will allow access to the bathrooms and to the house. The two rooms in the West wing of the house will also be finished, including power, data ports, heat and air conditioning. The restoration work will be done by a certified conservator, yet to be determined.

There was also a brief presentation about the Battle of the Short Hills and the Legend of "Aunt Betty", given by former Scotch Plains Councilman Ted Spera.

The Frazee Board is planning a number of events this October to raise additional funds: the annual Harvest Festival, the Great Pumpkin Patch, and the Ghost Walking Tour. For further information about the history of the Frazee House and the planned events, go to frazeehouse.org.



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(above) An oversize check for \$337,161 was presented to Andy Calamaras by Dorothy Guzzo, Executive Director of the New Jersey Historic Trust.

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DR. TERESA QUIGLEY RETIRES, HER LEGACY IS RECORDED

Submitted by Bruce Paterson

Two members of the Garwood Historical Committee (GHC) interviewed School Superintendent, Dr. Teresa Quigley, on July 27, 2022, just prior to her retirement from the Garwood School District.

Dr. Quigley was inspired to pursue a career in teaching, specifically in Special Education, by her special needs brother. While originally from New York, she moved into the area after college. She presently resides in Scotch Plains with her family. As the former Ms. Cahill, she applied for a position in the Garwood Schools in 1989 and was hired as a Language Arts teacher. After furthering her own education, her subsequent positions in Garwood included Coordinator of Special Services in the year 2000, and Supervisor of Special Services and Curriculum & Instruction in 2002. In 2003 Dr. Quigley was appointed to the Principal position. Then in 2007, she was selected to be our Superintendent of Schools.

When asked what she is most proud of during her time in the district, she cited the genuine caring and concern for each student and staff member, especially during the extraordinary challenges of COVID. Throughout her distinguished career, she witnessed and adapted to the many changes occurring in the field of education, school district safety being one major concern.

During the interview, she bestowed upon the

Historical Committee several school-related historical artifacts. One was a 48-star American Flag that flew over our Washington School in 1936, and which will be proudly displayed soon.

This videotaped interview is an ongoing program from the Garwood Historical Committee's, "Garwood Legacy In Video Series" (a.k.a. G-LIVES). The Historical Committee would like to thank Dr. Quigley for her 33 years of dedication and commitment to the Garwood students, district and community. We wish her all the best in her well-deserved retirement.



(above, l-r) GHC member Adele Lewis and Dr. Theresa Quigley of Scotch Plains.

Photo by Bruce Paterson, GHC

Scotch Plains NJ WHAT'S HAPPENING MONTHLY

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(above) Cole Haan is just one of the famous brand names featured during the annual Designer Handbag Event at the Fanwood-Scotch Plains Thrift Shop.

VOLUNTEERS SOUGHT FOR SENIOR LUNCH PROGRAM

Scotch Plains is seeking volunteers to assist with the Senior Congregate Nutrition Program on Tuesdays at the Shady Rest Country Club, 820 Jerusalem Rd., between 9:30 a.m. – 2:00 p.m. Volunteers help set up the lunch, spend time with the residents and then clean up.

If you are interested in volunteering, or would like more information, please contact the Recreation Department at 908-322-6700 ext. 221 or email vdefabritis@scotchplainsnj.com.

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FALL RE-OPENING OF THRIFT SHOP

Fanwood-Scotch Plains Service League

Tuesday, September 6 marks the start of the annual designer handbag event sponsored by the Fanwood-Scotch Plains Service League, a local all-volunteer organization running the non-profit Thrift Shop at 1741 East Second Street in Scotch Plains. Find handbags from Michal Kors, Kate Spade, Coach, Cole Haan, and other famous brands, along with wallets for men and women and a variety of evening bags for all types of special events.

To prepare for the handbag event and to restock the shelves with fall merchandise the shop will be closed through Monday, September 5. The store will reopen on Tuesday, September 6, with hours Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday from 10:00 a.m. to 1:00 p.m. COVID-19 guidelines continue to be

followed, with face masks expected of all patrons entering the store. Children are welcome provided they are accompanied by an adult.

Drop by the store early in the month for the best selection of handbags and to shop a wide selection of constantly replenished clothing, shoes, bric-a-brac, linens, household goods, toys, games, books, CDs, and DVDs.

The Service League thanks all patrons and contributors of goods for their ongoing support of the Thrift Shop. All proceeds outside of operating expenses are plowed back to the community. With your help, \$50,000 in grants to local organizations and student scholarships were made in 2022. Help us keep up the good work! Call for more information during Thrift Shop business hours: 908-322-5420.

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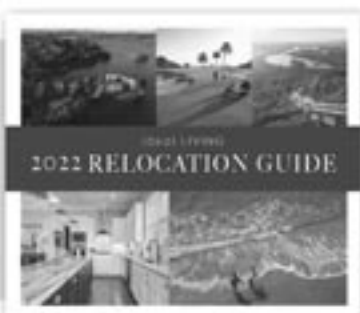
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STRANGERS HELPING STRANGERS

The New Jersey Veterans Network

The New Jersey Veterans Network (NJVN) works with many different organizations to bring food, groceries, and clothes to veteran families in need. One organization they've worked with is Strangers Helping Strangers (SHS). They've provided over 100 meals for veterans and their families while pairing up with the NJVN over multiple projects. SHS itself distributes 20,000 pounds of food in Elmwood Park, NJ.

On Friday, August 12, 2022, Doc Schupp, Director of Veterans Outreach for NJVN, and Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards, including a Hero Award for team President Chris Braitsch, a Certificate of Commendation, as well as the Community Service Award, recognizing their continuous support for Veterans and their families. Strangers Helping Strangers was also

presented with the Certificate of Appreciation from The Department of NJ State VFW and an NJVN Community Service award.

When asked about the assistance that SHS has provided for the Veteran Community, Doc Schupp said, "This team (SHS) has provided for our State's heroes time and time again, we are blessed to have them as partners."

Strangers Helping Strangers was created

during the COVID-19 crisis, and has continued to work with the New Jersey Veterans Network to provide for our veterans. They work closely to provide not only goods for those in need, but they also give hope in times of crisis. While SHS provides the food and groceries, the NJVN distributes them directly to the veterans homes. It's a wonderful system that has helped improve the lives of so many veterans and their families.



(above) Doc Schupp, Director of Veterans Outreach for The New Jersey Veterans Network, and Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards.

Courtesy photo

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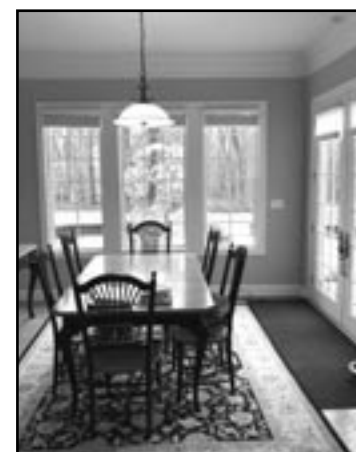
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IS THERE MORE TO LIFE THAN THIS?

Immaculate Heart of Mary Church to Host "Alpha" Sessions



(above) Join the conversation "Is There More to Life Than This?" during the free Alpha series hosted by Immaculate Heart of Mary Church in Scotch Plains.

In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Alpha fosters honest, open, and judgment-free conversations for anyone to explore the Christian faith. Each session includes a time to connect with others (often over a free meal), watch a short video on an element of the Christian faith, and then a chance for each person to share thoughts and questions with the group.

"I was invited to participate in the first Alpha pilot. From the initial meeting, I knew this was something that I wanted to be a part of," explains Nancy Schreck. "After completing the pilot, I joined the Alpha team to help plan for the future of Alpha at IHM. It's a wonderful opportunity for people at any level of faith to meet new people and explore new ideas."

Sessions are free to attend and are scheduled on Monday nights at 7:30 p.m. The first meeting will be live and in person on Monday, September 19, 2022, at the Nazareth Center of Immaculate Heart of Mary (IHM) Church, 1571 S. Martine Ave. Scotch Plains. Good food and conversation will be offered to all in attendance. Most meetings after that will be hosted on Zoom. Links and directions will be provided to those who register. Participation is capped at 30 people.

"When I offered tech support for the pilot program at IHM, I had no idea what I was in for. I'm not very religious. But Alpha was an unexpected surprise!" offers Gabe Lamberty. "The program was interesting and entertaining. And it was nice to meet new folks from the community. Overall an unforgettable experience."

"I'm looking forward to the Alpha experience this fall," says Lou Zappo. "It sounds like a lot of fun, and who knows, I might learn something about myself."

Signup on by visiting the IHM website: ihmparish.net. If you have questions about Alpha, contact office@ihmparish.net.

SCHEDULE AND TOPICS

- Sept. 19: Is there more to life than this? (In-person meeting)
- Sept. 26: Who is Jesus?
- Oct. 3: Why did Jesus Die?
- Oct. 10: How can I have faith?
- Oct. 17: Why and How do I Pray?
- Oct. 24: Why and How Should I Read the Bible?
- Nov. 7: How Does God Guide Us?
- Nov. 18: "The Holy Spirit Experience" (In-person meeting)
- Nov. 21: How Can I Resist Evil?
- Nov. 28: Why and How Should I Tell Others?
- Dec. 5: Does God Heal Today?
- Dec. 12: What About the Church? (In-person meeting)

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FANNYWOOD DAY STREET FAIR - SEPT. 18

The 26th Annual Fannywood Day Street Fair will be held on Sunday, September 18, 2022, 10 a.m. – 5 p.m., along 200 South & Martine Avenues, in Fanwood, NJ.

Hosted by the Borough of Fanwood and the Fannywood Day Committee, Fannywood Day is much more than just a street fair. Besides the many food and craft and retail vendors, this year's Fannywood Day will host a wide array of

activities including the return of kid-friendly activities in the KIDS ZONE such as a trackless train and kiddie rides, and The "Kidz Traveling Shindig" which is a section with kiddie bounce rides, slides and interactive blow ups, face painters, sand art and kids games just to name a few things.

As you stroll along, stop to have a bite to eat and sit at tables in our live music area. See the

show we have planned with live music, dancing, karate demonstrations and more. So come hungry and enjoy eating carnival food favorites like a sausage and pepper sandwich, cheese steaks, kettle corn, chicken fingers, ice cream, zeppole, shish kabobs, gyros, fresh cut fries, fresh squeezed lemonade, Italian ice and the many great gourmet foods from the food trucks.

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MOTT'S ARTILLERY ENCAMPMENT – SEPT. 18

On September 18th, from 1 - 4 p.m., rain or shine, in conjunction with the Miller-Cory House Museum's 50th Anniversary, Mott's Artillery will be setting up camp on the museum's premises just as they would have in between battles during the Revolutionary War.

The encampment will have soldiers and other re-enactors in 18th Century attire who

will explain how life was endured during the Revolutionary War and how they kept busy between battles. Included will be canon drills, musket shooting (blanks, of course), as well as demonstrations of various hand skills and life activities. Admission is \$5 for ages 13 and older, \$4 for ages 3 to 12 and free under age 3.

VOLUNTEERS NEEDED

The YWCA Union County is actively seeking new volunteers to serve our communities. Crisis Response Team Volunteers are needed to work with local police departments that are providing options, advocacy, and emotional support to domestic violence survivors reporting abuse.

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- Must be 18 years of age or older
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For more information - please contact Amanda Gonzalez, CRT Coordinator via email at: amgonzalez@ywcaunioncounty.org.

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SEPTEMBER KICKS OFF “SEWING SEASON”

Sewing’s resurgence during the height of the pandemic remains strong going into Fall 2022, with so many people buying sewing machines (or dusting off old ones), taking classes and stitching everything from face masks to easy home dec accents, clothing and accessories. Having the time to immerse (or re-immense) ourselves into fabric, needle and thread also gave us a much needed creative release.

Over the past two years in particular, more people have realized that sewing (along with other home-centered activities like cooking and gardening) is a valuable life skill with limitless benefits. Aside from the obvious creative benefits, sewing also relieves stress, aids in focus and decision-making and maintains/improves hand-eye coordination, among others. And the benefits apply to sewing

enthusiasts of all ages. You can discover countless ways to incorporate sewing into your lifestyle, making it work with your particular needs and interests.

And since September is designated as both National Sewing Month and African Fabric Month, this is the perfect time to kick off “Sewing Season” with culturally relevant projects! Cultured Expressions Sewing Studio at 1417 Main Street celebrates both occasions with special offers during Rahway’s ArtsFest on Saturday, Sept. 24. Learn about the studio’s private Sewing Machine 101 classes and custom group events, along with a growing menu of virtual classes. Already know how to sew and quilt? The studio also offers a wide variety of African textiles and embellishments, kits, and lots of inspiration.



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Photo by Marko Korosec, near Julesburg, Colorado



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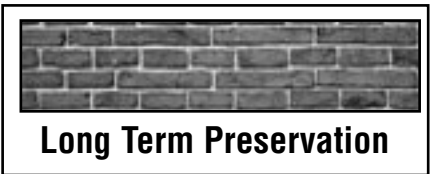
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PROGRAM TO FEATURE UNION COUNTY'S REIGN OF TERROR

LIBRARY SEPTEMBER ADULTS PROGRAMS

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(908) 322-5007 • library@scotlib.org
Mon, Wed, Thur: 9:30am – 9pm
Tues, Fri, Sat: 9:30am – 5pm • Sun: Closed

Tuesday, September 6 is the last day to log entries for Adult Summer Reading. Visit scotlib.org/adult-summer-reading for details.

Balance Awareness with Yasmin Ofek Fridays, 10 a.m.

All you need are a chair and sneakers to experience this gentle but effective approach to moving confidently throughout the lifespan.

This is a virtual class.

Hypertension Clinic

Friday, September 2, 10 a.m. to Noon inside the Library with a public health nurse from Union County.

Bring Your Own Book

Monday, September 12, 10 a.m. an informal discussion of what participants have recently read and enjoyed. This discussion will take place outside the Library, weather permitting. If weather is inclement, the discussion will move to Zoom.

Guided Meditation

Monday, September 12, 7 p.m. Barbara Brown will lead a virtual mindfulness-based guided meditation session.

Evening Book Club

Thursday, September 15, 7 p.m. will meet via Zoom to discuss *Once There Were Wolves* by Charlotte McConaghy.

Story of We the People

Monday, September 19, 11 a.m. join the National Constitution Center for a virtual tour of their signature exhibit, exploring the 250-year constitutional timeline.

Friends of the Library

Monday, September 19, 7:30 p.m. will meet on Zoom to discuss plans for supporting the Library in the coming year.

Afternoon Book Club

Tuesday, September 20, 1 p.m. will discuss *The Paris Library* by Janet Skeslien Charles. This discussion will take place outside the Library, weather permitting. If weather is inclement, the discussion will move to Zoom.

Registration is required for all virtual programs. More information about the library can be found at scotlib.org.

The Union County Historical Society is pleased to host Dr. Walter E. Boright for a program entitled “Union County’s Reign of Terror” on Sunday, October 2 at the Cranford Community Center, 220 Walnut Avenue, Cranford. As seating is limited, an advance reservation is suggested by emailing the society with the number attending at uncohissocl@gmail.com.

The presentation centers on a Union County man who earned infamy as one of the most notorious killers in the state of New Jersey. His rampage in the 1950s into the 1970s began with grave desecration and arson, and escalated to rape, murder, and cop killing. He was not linked to some of his crimes until decades after they were committed. This serial killer eventually was convicted of murder and imprisoned for life where he later died of natural causes.

Union County Historical Society President Joanne Rajoppi said, “We are excited to have Dr. Boright, a noted author and historian, review the history of these crimes for the Society’s program. Dr. Boright is a respected, well-known author of six local history books and nearly 200 published articles about local, county, and New Jersey State history,” she added.

Dr. Boright earned a bachelor’s degree as a history major from Kean University in Union where he also taught New Jersey history. He taught history in Clark schools and became a New Jersey superintendent of schools. He earned master’s and doctoral degrees at Seton Hall University. He served as a Kenilworth councilman and was elected five times to the

Union County Board of Chosen Freeholders (now the Board of Commissioners). Dr. Boright has presented many programs to schools and organizations about local, regional, and New Jersey history.

The program is open to the public without charge. Parking at the Cranford Community Center is adjacent to the center and library with free off-street parking.



(above) The Union County Historical Society is pleased to host Dr. Walter E. Boright for a program entitled “Union County’s Reign of Terror” on Sunday, October 2 at the Cranford Community Center. Courtesy photo

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If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

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Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain." - Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal." - Perry O.

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MOBILE MEALS OF WESTFIELD

Sheet Metal Workers' Union No. 22 recently presented Mobile Meals of Westfield with another much-appreciated donation of \$600 in gift cards. Representing the union was Business Representative, Financial Secretary/Treasurer Jason Rooney. Accepting the donation was Mobile Meals Operations Manager Josephine Walsh.

Mobile Meals of Westfield is a non-profit organization that provides nutritious hot meals for those unable to provide meals for themselves. The organization serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains, and Westfield. For more information about the organization and services, visit the website at mobilemealsofwestfield.org or call 908-233-6146.

Sheet Metal Workers' Union No. 22 serves Union, Morris, Somerset and Sussex Counties. The union members support veterans, the homeless and non-profit organizations as part of their community assistance programs. In addition, new union members, as part of their apprenticeship, provide 20 hours of community service annually over a five-year period for a total of 100 hours. For more information on the union, visit SMWIALU22.ORG. The union has consistently supported Mobile Meals of Westfield, and their generous donation is most appreciated.



(above, l-r) Jason Rooney, Sheet Metal Workers' Union; and Josephine Walsh, Mobile Meals of Westfield.

Courtesy photo

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2022 COLLEGE CLUB SCHOLARSHIP RECIPIENTS

College Club of Fanwood-Scotch Plains

Celebrating its 89th Anniversary, the Fanwood-Scotch Plains College Club continues its tradition since its inception in 1933, to support the pursuit of a college education for young women in the Fanwood and Scotch Plains communities by providing scholarships. To date, the College Club has awarded approximately \$750,000 in scholarships to 575 young women.

This past May, the College Club awarded a total of \$30,500 in scholarships to 12 students, 6 high school seniors who graduated in June, and 5 students who are currently attending college. These awards included a special education award donated in honor of current College Club member, Elaine Carmen and the Marie Leppert Community Service Award in honor of current member, Marie Leppert who has been a College Club past President and is a dedicated community leader. Memorial awards were presented in honor of the College Club's past President, Marie Walford, and longtime member, Lucille McGann.

The 2022 High School scholarship recipients are: Amanda Daniel, daughter of Valdon and Maria Daniel, who will be attending NYU in the fall; Riley Dwyer, daughter of Michael and Diane Dwyer, recipient of the Elaine Carmen Education Award who will be attending TCNJ in the fall; Katelyn Gaulin, daughter of Eric and Karyn Gaulin, recipient of the Lucille McGann Award, who will be attending TCNJ in the fall; Chloe Howell, daughter of Philip and Holly Howell, recipient of the Marie Walford Memorial Award who will be attending The University of San Diego in the fall; Kaitlyn Mohabir, daughter of Julian and Nazeela Mohabir, recipient of the Marie Leppert Community Service Award, who will be attending Rutgers University in the fall; and Jazlyn Navarro Jimenez, daughter of Esteban and Irene Jimenez, who will be attending Harvard University in the fall.

The 2022 college scholarship recipients for the 2022-23 academic year are: Aubrey Bagdonas, daughter of John and Jean Bagdonas, a rising senior at Villanova University; Tracy Ann

Bagdonas, daughter of John and Jean Bagdonas, a rising sophomore at Fordham University; Alexis Gutierrez, daughter of German Gutierrez and Marguerite Sahaj, a rising sophomore at Stony Brook University; Vanessa Handy, daughter of Russell Handy Jr. and Marcel Vaughn-Handy, a rising senior at NYU and Margaret Smith, daughter of Sean and Patricia Smith, a rising sophomore at Temple University.

The Academic Award of Excellence was presented to Anna Szczuka, daughter of Aleksander and Eva Szczuka, the top female student in the 2022 graduating class of SPFHS, who will be attending the California Institute of Technology.

The scholarship recipients and their parents were treated to a reception hosted by the College

Club at The Shady Rest in May. The High School awards were also presented at the SPFHS annual awards assembly.

This is the 86th year that female students seeking financial assistance to pursue a four-year college degree have been helped by the club's fundraising efforts. Two of the club's largest efforts are the annual spring luncheon and a clothing drive held in the fall.

The F-SP College Club hosts informative monthly programs presented by guest speakers on the third Monday of every month from September through May which are free and open to the public. Requests for additional information about the College Club of Fanwood-Scotch Plains and membership inquiries can be directed to the College Club at fspcollegeclub.org.



(above, l-r) The 2022 scholarship recipients: Kaitlyn Mohabir, Vanessa Handy, Amanda Daniel, Riley Dwyer, Katelyn Gaulin, Chloe Howell, Anna Szczuka, Aubrey Bagdonas, Tracy Bagdonas, Alexis Gutierrez, and Jazlyn Jimenez. Not pictured is Maggie Smith. Courtesy photo

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A NEW KIND OF VETERANS' EVENT

Submitted by Jesus Alejandro MiroQuesada

The New Jersey Veterans Network (NJVN) has a different way of reaching out to veterans and they proved this during their recent NJVN Veterans Salute event, a joint venture between the NJVN and the State VFW. NJVN Director Frank "Doc" Schupp and President Michael Boll treated NJ veterans to an event filled with enjoyable times, hot meals, free business attire, and resources for our state's heroes.

As you walked into the large room at VFW 2433 in Union Township, NJ, there were dozens of veterans smiling and mingling while DJ Doc Bear (an army veteran) played some tunes. The usual serious tone of similar events was replaced with a feeling of fun, comradery and comfort.

While waiting their turn to choose their clothing from an attic full of free apparel, veterans partook in video games, card games, and Army vs Navy, and Air Force vs Marines chess games. Delicious pizza was available from nearby Reggio's Pizza which was sponsored by NJVNs partner JM Rodgers. With impressive skill, local barber Emilio of Signature Barbers of Elizabeth, NJ cut veteran's hair free of charge. Volunteers, vets, and family members all enjoyed themselves side by side while honoring our brave men and women.

The Veteran Salute program had plenty of community support as representatives from the MOVES program, Vet Center, VFW, American Legion and New Bridge Medical Center were on hand to talk to veterans. The atmosphere was a very relaxed as vets interacted with service providers over games and refreshments.

Camillo Vanegas of the MOVES program was

on hand to discuss their veteran job placement program. American Legion Commander Dennis Duddie advised them of various local programs. The Vet Center was on hand to answer questions about counseling and case management. Bergen New Bridge Medical Center set up a table explaining their many veteran assistance programs. FDU's internship program.

Volunteers included the Union High School ROTC, 5-year-old Vickie Almanazar volunteered alongside her father Daniel, Army veteran Uncle Homer, and many more served food, helped with clothing distribution, entertained, or just visited with the veterans while listening to their stories.

Army recruit Miss Matias, who was shipping out to basic training shortly, was on hand to volunteer and shared her thoughts, "The Veterans Salute event was so successful. We helped a lot of people and touched so many lives. Sometimes all a person needs are a warm smile and friendly conversation to take their mind of their troubles, even if only for a moment."

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs.

If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mbollio@optonline.net. To learn more visit njvn.org.



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OUTSTANDING CITIZENS TO BE HONORED

Submitted by Jennifer Volz

Boy Scouts of America, Patriots' Path Council will be honoring local citizens at the annual Union County Lifetime Achievement Awards Dinner to be held on the evening of Tuesday, September 13 at the Galloping Hill Golf Club in Kenilworth. This year's Lifetime Achievement award honorees are Peter Chemidlin, Melissa Mann, Kathy Matthews, Joanne Rajoppi, Theodore Schlosberg, and John Wohlrab. Doug Harris is receiving the Boy Scouts of America 2022 National Outstanding Eagle Scout Award at the event.

The event recognizes outstanding citizens for their community service, as evidenced by their leadership and interests within the Union County community, and for their embodiment of the values of the century old Scout Oath and Law in their personal and professional lives. The event co-chairs are Nancy DiLiegro and Gene Jannotti, past Lifetime Achievement Award recipients and active volunteers in the Union County community.

Peter Chemidlin is the President of Family Investors Company located in Fanwood; Melissa Mann is the Administrative Director GME at Trinitas Regional Medical Center; Kathy Matthews is an Educator at Union Catholic High School; Joanne Rajoppi is the Union County Clerk; Theodore Schlosberg is the Founder and Executive Director of the NJ Workshop for the Arts; and John Wohlrab is the Director of Government Relations at Waste Management.

Union County is a part of the Patriots' Path Council, Boy Scouts of America along with the counties of Middlesex, Morris, Somerset, and Sussex. In the council, over 3,000 adult volunteers deliver the values of Scouting to over 7,500 Scouts.

For more information on Scouting in Patriots' Path Council, attending the event, and sponsoring the program journal, contact Jennifer Volz, Sr. Development Director, at 973-765-9322 ext. 249 and/or jennifer.volz@scouting.org.

GRIEF RECOVERY SEMINAR BEGINS SEPT. 18

The First Presbyterian Church of Cranford (FPCC) is preparing to offer its free, 8-week, grief recovery seminar, "Journey Toward Wholeness: Healing the Grieving Heart," which takes place on Sunday evenings beginning September 18 until Sunday, November 6 from 6:30 to 8:30 p.m. The seminar is being offered on Zoom only. There is no charge, but registration is required by calling 908-251-5641.

Exhausted, depleted, lonely, and isolated are just a few of the terms that describe how we are feeling while navigating through an increasingly chaotic existence, exacerbated by a pandemic, political conflict, and extreme weather. When you are grieving a loss amid all these stressors, every day may seem dark and overwhelming.

We offer a ray of light and welcome all grieving a loss of any type to join our seminar. The co-leaders of the program, Patti Williams, RN and Certified Grief Counselor, and Virginia Waters, Clinical Psychologist, have personal and professional training and experience in the field of grief and loss. They are joined by a team of trained facilitators who provide support and lead breakout groups for individuals who have

experienced a similar loss.

In the words of a recent participant, "Thank you and your team for everything you are doing to create such necessary, safe, and encouraging bereavement healing space for these times. Being with other grievers, I felt myself soften into the truths of my loss in a profound way that I haven't had the opportunity to do at all during this time of Covid. I'm so grateful for that small step forward. I was also mightily impressed by how well you all managed the technology to make this possible. Well done!"

The program is free and open to all faiths. We have helped thousands of participants in 21 years. For more information visit firstprescranford.org/care/grief-recovery.

About the First Presbyterian Church of Cranford

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org.

FAMILY-TO-FAMILY COURSE ON MENTAL ILLNESS

National Alliance on Mental Illness

The National Alliance on Mental Illness (NAMI) Family-to-Family Education Course will be offered by the Union County Chapter of NAMI. The course will begin on Thursday evening, September 22, 2022, and meet each Thursday over a consecutive 8-week period. It is free of charge with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. This course is taught by NAMI members who have completed intensive

training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, etc., the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, please contact Pat Roman at 732-397-8123 or via email at: patroman2@aol.com before September 15, 2022. Please include "F2F Course" in the subject line. A Family-to-Family instructor will contact you with the details.

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Drive for Autism Foundation

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXI will be held at Royce Brook Golf Club in Hillsborough, NJ on September 19, 2022.

The Drive for Autism Golf Outing which has been held since 2002 has raised and distributed over \$818,000 to local school programs. Previous beneficiaries of grants were Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, Paramus, NJ, Young Life (greater Summit area), Eden II/Genesis Programs (Staten Island, NY), Spectrum360 formally The Children's Institute (Verona, NJ), and Seton Foundation/Mother Francheska Elementary School (Staten Island, N.Y)

Grant recipients use money to fund Health and Fitness Programs, Social Skills Programs, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer

touch screens, iPads, video projectors and educational toys and games

The golf event is the main fundraising function for the foundation. Single golfers and foursomes are welcome as well as, product donations and corporate sponsorships. To register online please go to birdease.com/DriveforAutismXXI

ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation (EIN#20-1760417), is a 501(3)(c) tax exempt public charity that was created in the Spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in students with autism.

DRIVE FOR AUTISM GOLF OUTING 2022

The Drive for Autism XXI is scheduled for Monday Sept 19, 2022 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by a barbeque. Special events include golf contests, raffles and a silent auction of sports memorabilia, game tickets and golf trips.

To register or for additional information please visit birdease.com/DriveForAutismXXI, call 908-451-8033

or email driveforautism@comcast.net.

PERFORMANCE SERIES FALL SCHEDULE

Fanwood Performance Series

Singer-songwriters and indie bands will take the stage as the Fanwood Performance Series presents three concerts this fall.

The season begins September 10 with New Jersey's own Bryan Hansen Band, playing their original blend of funk, rock, and soul. Their most recent album is "Gas Money," and they also have brand-new tunes to play. Patrick Collins, a singer-songwriter-guitarist from the Hudson Valley, shares the bill.

On October 8, Nashville-based singer-songwriter-keyboardist Kate Klim will perform her "sad songs sprinkled with hope," including selections from her new album, "Something Green." Plus, Andrew Delaney brings his darkly witty "post-modern anti-folk" to round out the show.

The November 12 show will feature the Afro-Peruvian jazz sounds of Forbidden Tropics, a five-piece band from Central New Jersey, along with Matt Bednarsky, a world-traveling troubadour now based in eastern Pennsylvania.

All shows start at 7 p.m. at the Patricia M. Kuran Cultural Arts Center, also known as the Old Carriage House, on Watson Road alongside Fanwood Borough Hall. The suggested donation for admission is \$15, or \$10 for students and seniors.

For more information, visit fanwoodperformanceseries.org or look for Fanwood Performance Series on Facebook.

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ROTARY INDUCTS NEW OFFICERS

Submitted by Maria LaMorte-Wright

Al Smith was recently inducted as the new President of the Fanwood-Scotch Plains Rotary Club for the 2022-2023 Rotary year. New officers Talib Morgan (President-Elect) and Susan Pastir (Secretary) and board members were also sworn in. All officers and board members were sworn in by Past District Governor Ann Walko.

During his presentation, Al Smith said, "we have to shake things up. The world has changed, and if we want to remain relevant, Rotary will

also have to change." He discussed his many ideas for the new Rotary year, including opportunities to revitalize the club, increase diversity, and spread awareness about Rotary to the local community. Smith noted he is very excited to lead the Rotary Club and plans to follow Rotary's motto of "Service Above Self".

Smith has already introduced some changes to revitalize the club, including offering a new meeting structure. The first three meetings of the month will be held at 12:15 p.m. The first meeting will be virtual and the following two

will be in person at the Stage House in Scotch Plains. The fourth meeting of the month will be held at 6:30 p.m. at Darby Road. The in-person meetings so far have ranged from topics such as mental health awareness, acupuncture, and fundraising.

The Fanwood-Scotch Plains Rotary Club has been serving the community since 1938. In 2023, the club will celebrate its 85th Anniversary. For further information about the club, go to fsprotary.org or visit their Facebook page: Fanwood-Scotch Plains Rotary Club.



(above) Past President Deanna was virtually presented with a Paul Harris pin and she discussed all the accomplishments of the past year, including a fundraising initiative for the people impacted by war in Ukraine. The initiative raised \$10,000 and funds were distributed to Shelterbox, the Rotary International Disaster Fund, and the Rotary Club of Poland (to provide assistance to Ukrainian refugees). Pictured are President Al Smith, President-Elect Talib Morgan and Secretary Susan Pastir.

(above) The Joe Qutub Scholarship was presented by Kim Decker to Interactor Ava Mach. This award is given annually to a member of the SPF HS Interact Club who demonstrates a commitment to community service and volunteerism. Joe's children, JoAnne and Sami, attended the ceremony and said a few words about their dad's dedication to Rotary and to the service of others. Joe's wife, Annie, also attended. Pictured are JoAnn Qutub, Kim Decker, Ava Mach (Scholarship recipient) and President Al Smith.



(above) FSP Rotary Club members

ST. JOSEPH SOCIAL SERVICE CENTER URGENT NEEDS

New Shopping Bag Rules in NJ... and We Need Bags!

New Jersey has the strictest ban on plastics in the country, and it is now in effect for the entire state of New Jersey, including for food distribution at St. Joseph Social Service Center. We are in need of reusable bags for our clients. If you can donate new or used but clean reusable shopping bags, please drop them, 118 Division Street, Elizabeth, NJ, during normal operating hours. If you have questions, please contact our Food Program Director, Corey Wu-Jung at cwujung@sjeliz.org or 908-354-5456 x412.

One of our urgent ongoing needs is for tuna or chicken in single serve pouches. Donations are gratefully accepted!

We are in need of a car or minivan. If you have a spare vehicle in good working condition, please consider donating it to St. Joseph's. Please contact Emy Cruz at 908-354-5456 x403.



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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
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Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor). For questions and office hours call the Garden Helpline at 908-654-9852

There are three ways you can reach the garden helpline with your questions.

First you can call them at number above.

Secondly you can e-mail questions and photographs to: mastergardeners@ucnj.org

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Hours are Monday to Thursday, 10 a.m. until 2 p.m., and Friday 10 a.m. until noon.

The Garden Helpline volunteers are well trained to identify tick* species including 'deer ticks' which transmit Lymes disease to humans and pets.

This is an extremely valuable service as the deer and tick populations continue to grow in New Jersey.

The Asian Lantern-fly invaded Union County last spring and has already damaged many fruit trees and vines. The Helpline will keep you updated on the latest information how to control this colorful but destructive leaf hopper.

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