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HANDS-ON LEARNING AT STEM CAMP

Westfield Public Schools

Offering five new workshops along with Robotics, Stop Motion Animation, Forensics, and other favorites, the Westfield STEM Camp was back in-person this summer after a two-year pause due to COVID-19.

"All the workshops involve hands-on, problem-based learning activities having to do with Science, Technology, Engineering, and Math," says Edison Intermediate School Industrial Arts teacher Sean Bonasera, who co-directs the camp with Laura Paiva, a computer technology teacher at Edison.

Begun in 2013 and taught by 11 Westfield Public School teachers with a passion for STEM education, this year's STEM Camp welcomed 108 campers in grades 6-8 and 168 in grades 3-5 for weeklong sessions during which campers participated in 4 workshops consisting of hands-on, real-world STEM activities. The sessions ran from July 11-29 with such offerings as "DNA: Cracking the Code of Life," "Engineering Design Challenges," "Mind Blowing Experiments," "Natural Disaster Survival," "Robotics Exploration," and "Mission Impossible" which had campers learning about the science of optics and decoding messages.

"There is much to love about this program but what comes immediately to mind is just how much fun the students have while participating in these authentic learning experiences," says Assistant Superintendent for Curriculum, Instruction and Programs Dr. Paul Pineiro. "Mr. Bonasera, Ms. Paiva, and the instructors continually evolve the modules each year to include the latest technologies and most engaging activities."

Another new workshop was "Makey Space," with Roosevelt instrumental music instructor James Doyle first introducing a circuit board known as a Makey Makey board.

"Through hands-on learning, the circuit boards teach the students about how to create a simple circuit and the conductivity of different materials, all while interacting with online apps," Bonasera explains. "As the week progresses, the campers get comfortable with the understanding of how to wire their boards to create different sound effects. By the end of the week, the campers have creatively designed their own instruments out of cardboard and different conductive materials."

Bonasera and Paiva say they hope campers came away with the mindset that "learning can be challenging yet still fun" while developing their



(above) STEM campers Sophia Lee and Kamyia Jaidev enjoy learning about DNA extraction and analysis during a new workshop offered this summer by Edison science teacher Kristi Houghtaling.



(above) STEM Camper Mahie Panjwani experiments with dry ice, one of many scientific explorations taking place at Westfield's STEM Camp, back in-person after a two-year hiatus due to COVID.



(above, left) Fifth grader Colette Heim displays her DNA model.



(above, right) STEM campers learn the fundamentals of mechanical engineering in a new workshop on "Engineering Design Challenges" with Jefferson teacher Wendy Hahn.

Photos by Westfield Public Schools

creativity, ingenuity, and problem-solving skills.

"STEM Camp is important because it provides the kids the opportunity to have exposure to different experiences and technologies. Campers are learning to integrate knowledge from the different areas of Science, Technology, Engineering and Math without solely focusing on any one discipline," says Bonasera. "STEM Camp provides an environment that gives campers the ability to innovate and create without the structure of a typical classroom. They are developing their knowledge, critical thinking skills, teamwork and communication skills all while having fun."



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Westfield Monthly

JUSTIN ANDERSON HIGHEST WHS MALE GPA SCHOLAR



(above) Justin Anderson, WHS Class of 2022, was recognized by the College Men's Club of Westfield for being the male graduating senior earning the highest GPA.

Photo by Westfield Public Schools

College Men's Club of Westfield

This year's recipient of the College Men's Club of Westfield's (CMC) award for the male graduating senior earning the highest GPA at Westfield High School (WHS) is Justin Anderson. In the Fall Justin will be attending Princeton University, where he plans to study Operations Research and Financial Engineering with an eye toward a career in finance.

Justin received the CMC's \$500 award for academic excellence at the Westfield High School graduation ceremony on June 23. While at WHS, Justin served as President of the Student Government Association and as Secretary General of the Model United Nations. Among his academic honors, he earned a perfect score of 800 on the SAT Math Level 2 subject test.

The College Men's Club of Westfield was founded in 1922 and over the past century has helped hundreds of young men by providing college tuition assistance and funding for standardized test preparatory courses. Since its founding, the CMC has raised and distributed over \$1.2 million to young men from the Westfield community. In 2022 the CMC awarded a total of \$61,500 in four-year scholarships and one-year grants.

For more information about the CMC, including membership and scholarship applications, please visit cmcwestfield.org.

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GRANT ENABLES YMCA TO SUPPORT VULNERABLE DEMOGRAPHIC

The Westfield Foundation provided a \$4,500 grant to The Gateway Family YMCA in support of the WISE Connect Program. This grant assists the YMCA in providing supportive services for individuals with Alzheimer's, dementia, cognitive impairments and/or other functional



challenges, as well as their caregivers.

"We are thankful for The Westfield Foundation, and their commitment to this unique demographic in our community," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "There is a greater need now, more than ever before, for this type of specialized programming. We know that the pandemic and social isolation have taken a tremendous toll on individuals and caregivers. The Westfield Foundation has been a wonderful partner to assist in our efforts and support."

WISE Connect combines health and wellness opportunities with supportive activities and resources. The goal is to keep participants cognitively stimulated, physically active, and social engaged. Weekly virtual activities and bi-weekly in-person activities range from games; puzzles; discussion; and arts (journaling, storytelling, painting, poetry, music, movement) to education (healthy living, legal & financial planning, home safety, consumer awareness, aging issues) and exercise (cardio, yoga, resistance, balance, flexibility).

All activities are designed and led by Activities Specialists with years of experience working with this demographic and certified fitness professionals. In addition to services provided to individuals with cognitive or functional impairments, WISE Connect also provides virtual and in-person social work services to their

caregivers. This comes in the form of support groups, counseling, education, advocacy, information, referrals, and ongoing case management.

For over 38 years, The Gateway Family YMCA's W.I.S.E. (Wellness, Independence and Socialization for our Elders) Community Services programs have specialized in meeting the unique needs of members living with Alzheimer's, dementia, cognitive impairments and/or other functional challenges. With a strong focus on family and caregiver support, WISE Community Services programs provide caregivers a necessary respite while their loved ones are engaged in activities that challenge their minds, memories and creativity in a supportive environment. Throughout the global coronavirus pandemic, the Virtual WISE Adult Services program continues this commitment utilizing a unique format for the safety of WISE members. WISE Fit Assist and WISE Connect Programs include in-person support and activities that supplement the daily virtual programs, and continue with supportive wrap-around services to the caregivers and families.

For more information about The Gateway Family YMCA, visit tgfymca.org. For information about the WISE Community Services programs, please contact Susan Butler, WISE Community Services Director at 908-349-9622 or sbutler@tgfymca.org.

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218 Golf Edge Dr	5	5.1	2	\$2,089,000	\$2,089,000	35
221 Connecticut St	5	5.1	2	\$1,749,000	\$1,850,000	6
237 Kimball Ave	4	3.1	2	\$1,500,000	\$1,776,000	14
25 South Wickom Dr	5	3.2	2	\$1,550,000	\$1,580,000	20
109 Wyoming St	4	3.1	1	\$1,250,000	\$1,369,000	13
33 Faulkner Dr	4	2.2	2	\$1,119,000	\$1,110,000	21
509 Dorian Pl	4	3.0	1	\$995,000	\$1,065,000	15
205 Benson Pl	4	3.2	2	\$975,000	\$985,000	13
254 Virginia St	4	3.0	1	\$999,800	\$970,000	29
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Source: GSMLS, select properties sold 7/23/2022-8/23/2022



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Westfield Area YMCA

The fall “back to school” season is a great time for everyone to learn and grow at the Westfield Area YMCA! Registration is now open.

Classes are available for beginner and experienced swimmers of all ages. The YMCA group swim lesson program helps foster a sense of achievement as each swimmer progresses, resulting in more confident swimmers who stick with lessons and develop a love for swimming. Free swim level assessments are available.

Fall Leagues and team offerings include T-Ball (ages 4-7 yrs.), Flyers Cross Country (ages 7-15), and Warrior Co-Ed Mini Travel Basketball League (grades 3-4). Youth sports classes include basketball, soccer, and sports samplers.

Gedman’s Black Belt Academy of the Westfield Area Y is for youth and adults, beginners through 5th-degree black belts. The Y’s Dance program, under the direction of Mariana Tsartolia, includes 8-week Dance with Me and Little Movers for ages 2-5, and September-December ballet, tap, jazz and hip hop for ages 4-9. Programs for teens include Leaders Club, Model UN and Achievers.

Adult water exercise and fitness classes are included with membership and range from yoga and Pilates to strength classes like TRX; cardio classes like Spin and Kickboxing; combination cardio and strength classes; and a variety of Lite/Low Impact classes to meet the needs of people of all fitness levels, as well as programs

for special health populations such as Parkinson’s, Osteoporosis and Arthritis.

At the Westfield Area YMCA, people of every age, ability and life stage have the opportunity to improve their health, build relationships and grow in a supportive community.

For information on all the classes, programs,

leagues and events offered at the Westfield Area YMCA, visit westfieldynj.org, the Main Y Facility Welcome Center at 220 Clark Street, Westfield, or call 908-301-YMCA (9622).

The Y is for youth development, healthy living and social responsibility. Financial assistance is available for those who qualify.



(above) Registration is now open for the Westfield Area YMCA fall programs.



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Submitted by Rosemary Shire

The Garden Club of Westfield has selected the outstanding garden of Pamela Newell at 603 Clark Street as their August Garden of the Month.

Mrs. Newell and her husband Robert Newell worked on the garden surrounding their 1884 Victorian home for over 30 years. Since the passing of Mr. Newell last year, Mrs. Newell has continued to lovingly tend the garden, which flourishes with trees, shrubs, perennials, and vegetables. The garden holds many memories from the planting of trees in remembrance of family members.

Trees include a crimson king maple, a sugar maple, a cucumber tulip tree, an apple tree, a crepe myrtle, and a magnolia. A variety of shrubs create interest throughout the seasons. Blood red azaleas, rhododendrons, and a brilliant orange flowering quince blossom in spring while colorful hydrangeas adorn the garden in summer. Fall shrubs include the smokebush whose leaves turn to burnt orange and the firebush with flaming red leaves. A grapevine has been growing on the side of the house for 100 years. The garden also brings delight with its wonderful array of perennials: hellebores, astilbe, coneflowers, coreopsis, phlox, hostas, and black-eyed Susans. Mrs. Newell has also planted dark orange sunflowers and yellow dahlias for even more color.



(above) Pamela Newell's was named August's Garden of the Month by the Garden Club of Westfield.

Courtesy photo

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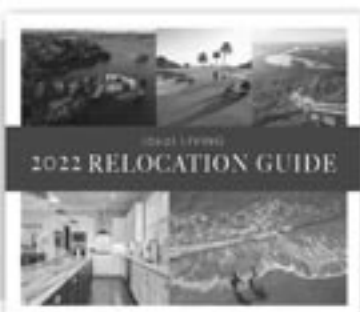
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ROTARY CLUB STUDENT BOOK COLLECTION SUPPORTS KIDS IN NIGERIA

Dr. D. Michael Hart

School children in Westfield, NJ, USA collected books for the school children in Obike, Nigeria. This is the first year that Obike will have schools for children, and they need English language books to stock their new libraries.

The Rotary Club of Westfield sponsors six student service clubs in our public schools: "Interact" Clubs for the High School and Intermediate schools; and "Early Act" clubs for the Elementary schools. The goal of the service clubs is to teach the importance of giving back to those in need.

The Rotary Club of Westfield recently raised \$30,000 to buy medical supplies for a new medical clinic in Obike, Nigeria. Father Kingsley, a priest formerly of St Helens Catholic Church in Westfield, grew up in Obike. He started DMIWOO (Divine Mercy International Widows and Orphans Organization) <https://dmiwoo.org> to give back to his community. Fr Kingsley has been working to build this medical clinic for over 2 decades. The Rotary Club of Westfield helped him accomplish that goal by providing a Global Grant of \$30,000 to purchase medical supplies. Rotarian Clark Lagemann of the Westfield Area Y wrote the Rotary Global Grant application to support the Medical Clinic. Father Kingsley travels back to his hometown in Nigeria on a regular basis to check on the progress.

Father Kingsley's latest project has been building three new (and only) schools in that town. The next closest school is in a town 5 miles away, so many of the local children have to travel several hours a day to get an education. The population of Obike is 20,000, a few thousand people smaller than Westfield. Just imagine if Westfield did not have any doctors' offices or schools!

Hearing about this need for English language books, three of the school's Rotary clubs sprang into action and started collecting books.

Julie McGeough, PTO liaison for McKinley School, counted over 3000 books collected by the children. Cathy McGarry is the McKinley School Early Act club advisor. The Jefferson Early Act Club is estimated to have collected over two thousand books. Dr Susie Hung was instrumental in getting the book drive off the ground. Joanna Leach is the main contact for the Jefferson School

Early Act Club. Due to the club's large size, there are several other teachers who assist. The Roosevelt Intermediate School Interact Club kids collected 1,800 books. Their advisor is Mrs. Kimberly Bennett.

Westfield Rotarians loaded a cargo van, provided by Access Self-Storage of Garwood at a discounted rate, with over 5,000 books collected by the schools Early Act and Interact Clubs. Liz Ensslin, Past President of the club, and Rotarian Mark Wright drove the van with the books to Hartford, CT to go into a shipping container leaving for Obike, Nigeria. A neighbor Julie McGeough, Joe Ensslin, Past President Bill Bonsall and Rotarians Heidi Caponigro and JoAnn Araya helped load the van.

When Fr Kingsley realized how many books were collected, he said, "This is such amazing news. I am totally speechless to hear about the success of your efforts. It really warms my

heart!"

Fr Kingsley is hoping to open the schools in August. The books are going over in a container ship with dozens of bicycles for the kids, fishing poles, gardening tools and two cartons of book marks made by the students at McKinley and Jefferson Early Act clubs. For more information on Father Kingsley's charity, DMIWOO (Divine Mercy International Widows and Orphans Organization) visit dmiwoo.org.

Rotary International includes 1.3 million business men and women in 166 countries around the world. It is a business networking and service organization. The Rotary Club of Westfield meets the first 3 Tuesdays of each month, twice in person, once by Zoom, and has a service project every month. Guests are always welcome. For information, contact Secretary Dr. Michael Hart drmhart@yahoo.com or go to our website westfieldrotary.com.



(above, l-r) Past President (PP) Liz Ensslin, Rotarians Heidi Caponigro, JoAnn Araya, Julie McGeough, PP Bill Bonsall loading books into the van. Courtesy photos

RARELY SEEN

PHOTOGRAPHS OF THE EXTRAORDINARY



SUPERCCELL STORM CLOUD

Photo by Marko Korosec, near Julesburg, Colorado

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A black and white photograph of three senior women singing into a microphone. The woman in the foreground is wearing a white jacket and a patterned scarf.

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A black and white photograph of a youth choir consisting of four young women and two young men, all dressed in formal attire and singing.

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A black and white photograph of a children's choir with several young boys and girls singing.

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AGES 6-11

A black and white photograph of a civic chorale with several adults singing.

Civic Chorale
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On Saturday, September 24, 2022 from 2 – 6 p.m., ArtsFest: Art in All Dimensions takes the arts to new heights in the City of Rahway (literally!) With an array of performance artists showcasing their talents, including: a gravity defying aerialist, the skill and grace of a contortionist, the dance moves of Steppaz with Attitude and Rahway Dance Theater, as well as music from Sarah Teti, Sweater Pills, Stefano Catugno and Karickter. Visual Artists will have their creativity and talent on display and some of Irving Street's local restaurants will show off their culinary skills with creations from their kitchens. With over 50 accomplished and amateur artists and local vendors displaying their work and selling hand-crafted items, there is something for everyone to enjoy. Those in attendance can help to create art as well with live art classes, demonstrations, and interactive community art pieces. For more information check out rahwayishappening.com/artsfest.

After a day of being immersed in the arts scene, visitors and residents of Rahway can enjoy the Union County Performing Arts Center's feature presentation of "The Ultimate Michael Jackson Experience: Who's Bad." This event will provide "dinner and a show" options for those who wish to enhance their theater experience by visiting a local Rahway restaurant before the show. The "Who's Bad" show specials include meal offerings ranging from \$25-\$29 or a free beverage with your order. To take advantage of these deals, simply present your ticket at a participating restaurant on the day of the show.

Reservations are encouraged. Details about the "dinner and a show" specials are available at rahwayishappening.com/dinnerandshow. For tickets to "The Ultimate Michael Jackson Experience: Who's Bad", please visit the UCPAC's website: <https://ucpac.org/event/whos-bad-the-ultimate-michael-jackson-experience/>

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More info at: www.rahwayishappening.com/artsfest



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ROTARY HONORS BYRON MILLER

Submitted by Dr. D. Michael Hart

Westfield Rotarian Byron Miller has been selected to receive the prestigious Rotary Foundation Distinguished Service Award. Only 50 Rotarians may receive this award each year, out of 1.4 million Rotarians worldwide.

Byron is happily married to Joyce, with one adult son. Byron was a medic in the NJ National Guard 1970-76, then graduated from Rider College with a BS in Business Administration. Byron ran the family business, Portasoft, Inc., a water conditioning company. As a hobby, he is an avid golfer.

Byron joined The Rotary Club of Westfield in 1981. He served as club President from 1986-87. Byron has served on many club committees including Scholarship, Grants, Membership Orientation, and was the Chair of the Club Foundation.

Byron held several Rotary District positions, including District Membership Chair, Assistant Governor, Deputy Governor, and Rotary International District Foundation Chair. In addition, Byron was the Rotary International Foundation Water Resource Coordinator for 6 years.

Being an expert in water, Byron has attended several conferences with "Pure Water for the World, Inc." which was started and is run by

Rotarians. He had been to Nicaragua twice at his own expense and had been installing water filters there for a two-year period. In 2007, he decided to lead the district in a massive Matching Grant to save many more lives. He then personally lectured to over 100 Rotary Clubs throughout our state. 32 Rotary clubs were recruited which have contributed \$50,000 to this \$71,000 Matching Grant. The purpose of this grant was to develop a manufacturing plant for the Bio Filters in Leon, Nicaragua. With the ability to manufacture these filters in Nicaragua, the local villages can then have the filters installed and maintained locally, creating jobs and providing a sustainable project. Every water filter- which is about the size of a garbage can - has a Rotary Logo on it. The people along the "Mosquito Coast" love Rotary and Byron is only going to increase that love and respect for our organization.

With Byron's education and professional expertise in water, he is the perfect person to be leading this project.

Not resting on his laurels, Byron's next focus was Haiti, which is the poorest country in our hemisphere. He went to Haiti at his own expense and installed water filters in 250 schools. The children can bring a bucket of clean water home at the end of the school day. After the earthquake of 2010, he again flew down at his own expense to check on all 250 filters to make sure they were still functioning properly.

Byron is a dynamo of new ideas and has the energy and enthusiasm to implement them. Byron has won many Rotary awards including the District Rotarian of the Year, Rotary International Service Above Self Award, The Rotary Foundation Citation for Meritorious Service, and now this current Rotary Foundation Distinguished Service Award.

Byron is very humble and does not look for credit or awards. He truly wants to help people. He is an outstanding individual, a leader in his profession, and is respected by the community, and in the Rotary world.



(above) Byron Miller of Westfield was selected to receive the prestigious Rotary Foundation Distinguished Service Award.

Courtesy photo

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DONATION TO UKRAINE RELIEF FUND

Submitted by J. M. Jones

Officers of the Knights of Columbus Msgr. Henry J. Watterson Council #1711 of Westfield recently presented James Vari, District Deputy of the New Jersey Knights of Columbus, with a donation check of \$2,000 to the Knights of Columbus Ukraine Solidarity Relief Fund. Also present was Rev. Fr. William Benedetto, of Our Lady of Lourdes Catholic Church in Mountainside, who serves as the Council's Chaplain.

This fund supports the Knights' Mercy Centers constructed throughout Ukraine, providing food and shelter to those ravaged by war. The Westfield Council wishes to thank all those who participated in their recent Lenten Drive-Thru Fish Fry, which supported this donation.

The Knights of Columbus is a fraternal organization of Catholic men who wish to join together to serve the Church and our community. To learn more, contact J.M. Jones, Grand Knight, at grayfdir@gmail.com.

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(above) The Knight of Columbus Westfield Council presented a \$2,000 donation to the Knights of Columbus Ukrainian Solidarity Fund, which supports the Knights' Mercy Centers that provide relief, food, and shelter to those affected by the War in Ukraine.

Courtesy photo

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WESTFIELD RECREATION FALL PROGRAMS

Fall is almost here and it's time to keep everyone active and having fun! The Westfield Recreation Department offers a wide variety of Fall programs and classes for every age. To see a full description of programs, go to our program catalog at secure.rec1.com/NJ/westfield-nj/catalog

For those who are sports minded, we offer numerous youth sports programs and clinics. Starting Sunday, September 11, we have our Field Hockey Clinics for girls' grades 2nd – 4th (8-9 a.m.) and grades 5th – 8th (9-10 a.m.). This program is directed by WHS Head Varsity Coach Corinne Varhley. Also starting on September 11 is our Fall Track programs: Cross Country (Sundays 9-10 a.m.) and Track & Field (Wednesdays 6-7 p.m.). Both programs are for grades 2nd – 8th and are directed by WHS Varsity Track & Cross Country Coaches. Tennis (for youth and adults) is offered on a weekly basis. For students who want to try a new sport, we offer Fencing (ages 6 -12) and Elementary

Ultimate Frisbee (grades 3-5) on Wednesdays 4:15-5:15 p.m. For those younger students who like to move and grove, we offer "Zumbini" with Alli, a Zumba-like class filled with music, fun dance routines and games for ages 5-10 held on Tuesdays 4-4:45 p.m.

For teens, we offer a variety of programs after school. Youth Pickleball (grades 6-10) on Mondays session #1 September 19-October 24 and session #2 November 7-December 5 (3:30-4:45 p.m.). Our Middle School Ultimate Frisbee program is offered as both an In-Town League (Wednesdays) and a Travel League (Mondays) for those in 6th – 8th grade (4-5:30 p.m.) and our Disc Golf (grades 5-12 grade) runs November 8 – December 6 (3:30-4:45 p.m.). All of our programs welcome all levels of experience including beginners and first-timers.

The Westfield Recreation Department also offers a variety of creative programs for youth. On Wednesdays, we will have Game Designer with Scratch MIT (4-5 p.m.) and Robotics & Coding with Scratch MIT (5:15-6:15 p.m.). Both are for 3rd – 5th graders. For those who like to draw, on Mondays we have Elementary Drawing (3:45-4:45 p.m.) for grades 1st-5th and Cartooning (5-6 p.m.) for grades 2nd and up. For those into fashion, we offer on Thursdays Fashion First Workshops. In this class the student becomes a designer to create an article of clothing; from picking out the material, cutting the pattern, and sewing the items to wearing the finished product in a fashion show. Beginner session (ages 7-10) is held from 4-5 p.m. and Advance Beginner (ages 10 & up) from 5:15-6:15 p.m. and runs for 8 weeks. For more information on the Fashion First program go to fashionfirstworkshops.com/westfield-fall-fashion-class-2022-2-2/

How about attending one of our LEGO programs that is run by LEGO Master Corey Samuels (participant on Season 1 of the TV show "LEGO Master") who leads students on STEM themed LEGO journeys each class? Students will spend their time learning and exploring engineer-designed projects and strengthen their STEM

skills with thousands of LEGO parts while having fun. This Fall two sessions are being offered: #1 LEGO Builders/STEM Sports from October 4-November 1 (grades 1-5) and #2 LEGO Builders/ Minecraft STEM from November 15-December 13 (grades 3-5). Both sessions are held on Tuesday from 4-5:30 p.m.

Westfield Recreation also offers a wide variety of sports camps and weekly sports programs through the US Sports Institute. Activities range for ages 2 and up. For younger participants Parent & Me weekly classes are available. For older youth ages 5 and up there are weekly sports classes and vacation day camps. For information or to register for these programs go to US Sports Institute website at USsportsInstitute.com or call 866-345-BALL.

The Recreation Department also offers a number of one-time workshops and classes. Social Etiquette & Dining Etiquette are classes offered by Mannerations. There will be two sessions of each class offered this fall for participants in grades 1st-4th. Safe Sitter/Babysitters Training (with CPR) is for teens in grades 6th-9th. This is a one-day course that is offered once a month (9-3:30 p.m.) and prepares/teaches lifesaving skills to those who want to be babysitters or supervise younger children. For those who enjoy the outdoors, we partner with The Friends of Brightwood Park and offer monthly themed nature classes in Brightwood Park for those ages 2-3 (with an adult), ages 4-5, and ages 6-8.

For the Adult crowd, we offer tennis, pickleball, Tai Chi and Zumba, and more. For those 62 and over we offer Zumba Gold, Senior Fitness, and Chair Yoga. Check our online catalog often. New programs/sessions are always being added.

All programs require pre-registration. For additional information and to register go to secure.rec1.com/NJ/westfield-nj/catalog. Visit our website at westfieldnj.gov/recreation or contact the Westfield Recreation Department at 908-789-4080 or recreation@westfieldnj.gov and "Like us" on Facebook.



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STRENGTHENING SKILLS DURING EXTENDED SCHOOL YEAR PROGRAM



(above) Amalia Montes, a special education teacher at the Lincoln Early Childhood Center, reads to students during the summer session of the Extended School Year (ESY) Program, in its 20th year in the Westfield Public Schools.

Photo by Westfield Public Schools

Westfield Public Schools

In its 20th year, the Extended School Year (ESY) Program in the Westfield Public School District assists students in preschool through high school who have been identified as those who would benefit from additional instruction and related services during the summer.

The five-week, state-mandated ESY program, which ran from July 6 through August 9, helps to prepare students for the new school year.

"The ESY program provides a safe environment for students to review material from the previous year while maintaining and strengthening academic skills for the upcoming year," says Alex Linden, ESY supervisor and a special education teacher at Edison Intermediate School. "The program also gives the students social opportunities to foster peer relationships with students from all of our schools across the district."

Instructional specialists in reading,

behavior/social skills, speech, occupational and physical therapy join special education teachers, paraprofessionals, and a school nurse in administering the program. Many of the ESY staff are longtime educators and aides with Westfield Public Schools.

Twenty-seven students in grades 6-12 attend the ESY program at Westfield High School, each with a morning homeroom and a rotation schedule of core academic classes. Enrolled in the preschool through fifth grade ESY program at Wilson Elementary School are 101 students who also receive instruction in reading, writing, and mathematics, along with related services. An additional 24 ESY students at Wilson receive related services only, which can include OT, PT, speech, behavioral services, and reading instruction through the Wilson Reading System.

Linden adds, "We hope that our students come away from the ESY program prepared and with confidence as they enter the new school year."

WHS CLASS OF '71 TO CELEBRATE 50TH REUNION, WEEKEND OF OCTOBER 14 - 16

The Westfield High School Class of '71 will enjoy a weekend of festivities highlighted by a formal dinner party at Echo Lake Country Club, Saturday, October 15. The 50th reunion has been postponed a year because of Covid.

This class of baby boomers -- and part of the Woodstock generation -- is one of the largest to graduate from the high school with 700+ classmates. As a result, '71 was the first class to utilize new building additions at both junior high schools and WHS.

Like so many classes before and after, the Class of 1971 held its graduation ceremony at the Fieldhouse on June 23, 1971. Many graduates were members of the National Honor Society, National Merit Scholars, All Star Athletes or just regular kids who made their marks later in life.

Fifty years have passed since that very special commencement day and a very memorable Graduation Bash at Tony Glennon's home. Since then, many have married, have children and grandchildren. Some have traveled the world. Success has been achieved in a multitude of careers and endeavors. Doctors, lawyers, Indian

chiefs and so much more. Sadly, the class has also lost some folks, too. But, most have all experienced the joys and sorrows of well lived lives.

The response thus far to this long-awaited special occasion has been very gratifying. The reunion committee reports a growing list of RSVPs from all over the country. Hopefully, reaction to this celebration will continue to build in momentum. Please join old friends for more good times and wonderful reminiscences.

Please try to make all reservations for hotels and events by September 15.

For additional details, costs, payment guidelines, accommodations, etc., please refer to the Class of '71 reunion website:

westfieldhsclassof71.wixsite.com/reunion

Or, contact any of the following members

of the WHS 50th Reunion Committee:

Barbara Swab, 352-219-3177

barbara.swab@gmail.com;

Teri DiFrancesco, 908-612-0555

teri1002@comcast.net;

Steven Merrill, 541-848-2603

shmerrill@gmail.com.

FANNYWOOD DAY 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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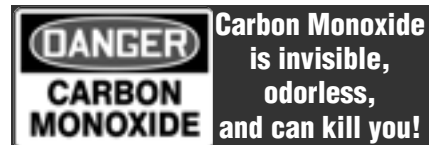
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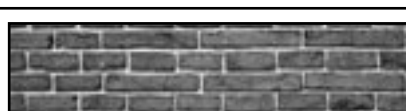
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(above) Samuel Li, who will enter the 1st grade at Jefferson in September, enjoys learning about animals and their habitats during a two-week summer camp for English Language Learners.

Photos by Westfield Public Schools

ENRICHING ENGLISH LANGUAGE OPPORTUNITIES

Westfield Public Schools

The study of animals and their habitats was the focus of the English Language Learners (ELL) Summer Experience, a two-week summer camp for Westfield students that provides meaningful enrichment activities to help students continue their English language acquisition.

This year's ELL program ran from July 11-22 at Wilson Elementary School and welcomed 19 students in grades 1-5 whose native languages include Chinese, Portuguese, Russian, Spanish, Turkish, and Ukrainian.

"One of our goals was to highlight community and being connected. We started with the foundation of 'What is an animal and what does it mean to be alive?' We discussed the importance of shelter by building bird houses, the necessity of food by constructing bird feeders, and interconnectedness by designing our own food chains," says Edison world language teacher Jillian Martinez, who runs the program with fellow world language teacher Mercedes Poyntz. "Our daily lessons were designed to deeply

explore animal concepts while encouraging communication that practiced and strengthened their language production."

"The hands-on activities allowed us to weave important SEL competencies that enhance language acquisition," adds Poyntz.

K-12 World Languages and ELL Supervisor Enrique Pincay says the campers enjoyed the two-week program.

"The ELL Summer Experience is a wonderful opportunity for English Language Learners (ELLs) to enrich their academic knowledge and language skills," says Pincay. "Students also have the chance to make new friends as they're grouped with ELLs from other schools within our district."

Pincay credits the teachers with doing "a wonderful job infusing in their lessons everything about animals," adding "we expose our ELL campers to student-centered activities that not only improve their literacy skills but also enhance their social-emotional development through meaningful educational experiences."



(above) The study of animals and their habitats was the focus of the English Language Learners (ELL) Summer Experience, with ELL campers receiving a visit from Westfield Public Schools Superintendent Dr. Raymond González.



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COMPLIMENTARY RETAIL CONSULTING

The Westfield Retail Advisory Board supports Westfield's retail businesses by offering complimentary consulting services to retail establishments. They provide guidance to help retail businesses grow and prosper. We are accepting new clients for the 2022-2023 year.

Members of the Retail Advisory Board are supported by the Town Council and the Mayor's Office. All members are Westfield residents with an extensive background in retail and business management. Members are screened and sign a confidentiality agreement with the town.

New clients have the opportunity to meet the members over Zoom and discuss their business challenges prior to committing to services. To date, The Westfield Retail Advisory Board has had the pleasure of working with 7 clients since it began in 2019.

Reach out to RAB.WestfieldNJ@gmail.com to see how this complimentary service can benefit your business.

FALL EVENTS AND MORE

The Friends of the Westfield Memorial Library welcome you to join us this fall. From volunteer opportunities to events and programs, we have a little something for everyone.

We start out on September 28 at 7:00 p.m. with our popular Hale Speaker Series featuring Sally Cook, journalist, author, and alumnus of WHS class of 1972, who will talk about 'A Writer's Life'. For Opera aficionados, we offer a trip to see the New York Metropolitan Opera opening performance of the 2022 - 2023 season, a revival of Shostakovich's Lady Macbeth of Mtsensk. On October 19 at 2:00 p.m. our book discussion group will host a lively talk about Lessons in Chemistry by Bonnie Garmus. We wrap up the

fall with the 12th Annual Children's and Teens' Book Sale from October 23 (23-25 are donation days) to October 29 (26-29 are sale days.)

While all of these exciting programs are happening the Friends will deliver books to homebound patrons with Books-on-Wheels, restock our seven Little Free Libraries around town and offer the Museum Pass program to twenty museums in New York and New Jersey.

To stay up-to-date on all the Friends have to offer or to learn how you can get more involved, please visit us at FWMLNJ.ORG, like us on Facebook at Friends of the Westfield Memorial Library or follow us on Instagram at friendswmlibrarynj.



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SCORE Metro NJ and Westfield Memorial Library are offering three FREE workshops to help start or expand your business. The Workshop presenters are experienced business leaders as well as SCORE Mentors who help local entrepreneurs. Please register on-line for one or all three workshops using the links below.

Mitch Layne



September 20 "Starting A Small Business In New Jersey – Customer Acquisition"

An interactive Workshop to learn about essentials of opening a business in NJ

Mitch has extensive experience in technology, electronics, and auto mechanics. His corporate sales experience includes sales and management positions with WR Grace, Xerox Corp, Digital Equipment Corp. and Plantronics Inc. He is an active SCORE volunteer offering mentoring in Marketing, Public Relations, Sales, and Real Estate Rental/Leasing.

Please Register On-Line: <https://score.tfaforms.net/17?EventID=a105a000005rZLu>



U.S. Small Business Administration



SEPTEMBER PROGRAMS

Maggie Worsdale Sings
"Songs of the 1960s"
Thursday, September 8 at 7:00 pm

Weiss Family Jazz Series:
Daniel Bennett Group
Thursday, September 15 at 7:00 pm
At the Gazebo in Mindowaskin Park

Catherine Brown presents "Citizen's
Guide to the Constitution"
Monday, September 19 at 7:00 pm

Starting a Small Business in NJ
Customer Acquisitions
Tuesday, September 20 at 10:00 am

Virtual Trivia Night
Tuesday, September 20 at 7:00 pm

COVID Vax's 6 mos-4 years
Thursday, September 22 2:00-6:00 pm

To register for Library programs & services,
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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



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. Additions 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.

Call 732-827-0800

Scot Paris MD, FACS



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.

"After only four visits, I have absolutely no pain! The staff is "top-notch."

- Quenton L.

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DRIVE FOR AUTISM ANNUAL GOLF EVENT

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(c)(3) 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.

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JENNIFER L. SKEENES GRADUATES SCHOOL OF NURSING

Trinitas Regional Medical Center's School of Nursing recently celebrated 49 graduates at its 168th commencement ceremony. Included was Westfield resident Jennifer L. Skeenes.

The graduation ceremony, held at St. Michael Church in Cranford, 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.



Photo by Grace Photography



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FLYERS ANNOUNCE CROSS-COUNTRY SEASON

Westfield Area YMCA

The Westfield Area YMCA Flyers Track Club is a year-round track & field and cross-country team offering USATF-certified coaching and technique instruction for athletes ages 7-15. Registration is now open for the cross-country season which runs from September 9 to October 28. Athletes learn the fundamentals of distance running and techniques unique to off-track running, with more experienced runners

building on the fundamental skills through conditioning and in-depth training. Practices are held at Oak Ridge Park in Clark on Mondays and Fridays with additional Wednesday practices for more seasoned runners. Practices are 60 minutes and begin at 4:45 p.m. for 7-10 year-olds and 6:00 p.m. for 9-12 year-olds and 11-15 year-olds. Meets are offered and optional.

More than 250 Flyers participated last fall with qualifiers for the USATF state, regional,

and national championship meets. The goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitors.

For schedule details, fees, and registration information visit yflyerstrackclub.com or contact Michelle Almeida at malmeida@westfieldynj.org or 908-301-9622 ext. 279.



(above) Westfield Area YMCA Flyers athletes from the 2021 season participating at a NJ meet.

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BOY SCOUTS HONOR OUTSTANDING CITIZENS

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.

LIFELONG WESTFIELD MEMBERS MEET FOR FRIDAY CHAT GROUP

Submitted by Paul Eilbacher

On the afternoon of Friday, July 29, over a dozen members of Lifelong Westfield and their weekly "Friday Chat" group met in the outdoor garden at Lion's Roar Brewery. This was the group's second in-person Friday meeting since March of 2020 when these "feel good" sessions started.

Almost every week over the past two years, between ten and fifteen Westfield seniors have met to chat for an hour on Zoom, becoming close friends. Almost half of the regulars on the chat are members of Lifelong Westfield, whose mission is to make Westfield a great place to grow older.

In 2021, Lifelong Westfield held over 15 events, both on Zoom and in person, including a Senior Services fair with over thirty exhibitors,

two scam seminars with the Westfield Police Department, Health and Safety webinars with the county health department, a walk with Mayor Brindle and Police Chief Battiloro, and many others. We serve as a network for information, activities, and services that support seniors and their caregivers.

This year's Lifelong Westfield Senior Services Fair will be held in the gym of St. Helen's Church on Friday, September 30, from 10 a.m. – noon.

For additional information or to join our mailing list, please contact westfieldnjseniors@gmail.com or call 908-301-1287 and leave us your contact information.

We are here to help you "age in place," anyway that we can.



(above) After meeting weekly virtually since 2020, members of Lifelong Westfield and the "Friday Chat" group met in the outdoor garden at Lion's Roar Brewery in July. This year's Lifelong Westfield Senior Services Fair will be held in the gym of St. Helen's Church on Friday, September 30, from 10 a.m. – noon.



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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.

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Disabled American Veterans Chapter 40 in Union, NJ will be holding their meeting on

Thursday, September 15, 2022, at 10:30 a.m.,
at **The American Legion Hall 3**, Bond Drive Union, NJ
(Located next to the Union Fire Department)

We are inviting all Veterans to attend our meeting as the Topic of the Day will be "How to file a VA claim and Win." We all know that our claims can go unnoticed for years, but with our help you can get them expedited and get you what you rightfully deserve. Many members of our chapter have been successful in using our method.

Complimentary Lunch will be served and we look forward to meeting you

Chapter #40 Commander
Charles Donnelly
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ROTARY DONATES SANDWICHES TO ST. JOSEPH'S

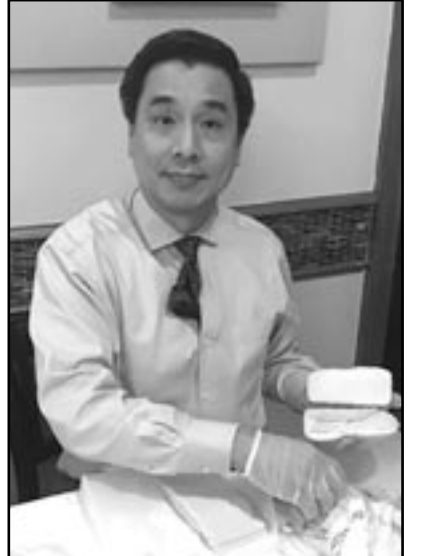
Submitted by Dr. D. Michael Hart

The Rotary Club of Westfield members gathered on Tuesday, July 19, 2022, and made 320 sandwiches to help feed the hungry. This was a "hands-on" project at a regular club meeting led by Vice President Barbara Frantz. The Westfield Rotary Club Foundation donated the lunch meats, cheese, bread, gloves and sandwich bags. Rotarian Ray Kostyack delivered the sandwiches to the St Joseph's Social Services Center in Elizabeth, where they feed 400 families each

week. Additionally, Mr. Kostyack delivered produce donated by Redi Farms of Westfield.

Part of The Rotary Club of Westfield's mission is to help feed the hungry through several different programs, including its Interact Clubs in the Westfield schools. The club meets the first three Tuesdays of every month at Limani in Westfield, guests are always welcome. For more information visit westfieldrotary.com or email club Secretary Dr. Michael Hart at drmhart@yahoo.com.

Courtesy photo



(above) Members of the Rotary Club of Westfield recently made and donated 320 sandwiches to St Joseph's Social Services Center in Elizabeth.

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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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

PROGRAM FEATURES COUNTY'S REIGN OF TERROR

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 uncohisoc1@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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\$19.50 per child
Includes:
1 hot dog for each child
Napkins
Soda or juice by the pitcher
Individual bag of chips or pretzels

Mon - Fri	Saturday	Sunday
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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-immers) 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.

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(above) Lisa Shepard Stewart,
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CIVIL AIR PATROL'S CADET YOUTH PROGRAM OPEN HOUSE

On September 13, the Civil Air Patrol (CAP) will have an Open House event open to the public for the youth and adults. CAP is a Volunteer organization serving as the United States Air Force-Auxiliary (a non-combatant civilian organization with a military structure). CAP has many missions, and one of the primary missions is Community Service. Therefore, CAP members provide Community Service in numerous ways.

Students ages 12 to 18 can join the CAP "Cadet Program." The Cadet Program trains cadets in different areas: Emergency Service, Aerospace-STEM Education, Physical Training, Orientation Flight Training, Military Custom and Courtesies, Leadership, Character, and much more. The Cadet Program aims to prepare the youth to be productive citizens, learn to serve the community, and have a strong sense of leadership and character. The Cadet Program has a military structure in which the cadets learn the Air Force military traditions.

At an early age, the youth is challenged to take responsibility by climbing the ladder of promotions to command, serve, and be a wingman in the Cadet Corps. With time, parents see the transformation of their children into young adults as they advance in the Cadet Program by taking on responsibilities. The

majority of the cadets prepare for college by serving in CAP. Others join CAP to get ready for a military profession. During cadets' CAP careers, they earn ranks, awards, scholarships, special recognition, national training, etc. Also, cadets proudly add on their resume that they are airmen of the U.S. Air Force-Auxiliary. The CAP Cadet Program is not like other youth programs; it requires commitment and reliability to the organization. CAP forges character in the youth!

CAP (U.S. Air Force-Auxiliary) also accepts adults in their service. Adults can select from the many missions and duties that CAP offers. Adults will receive training in the field that they are selected to serve. Many parents join CAP with their cadets, creating a special bond (parent and child) by having something in common to do together. Parents will become mentors and educators for many of the cadets. A lesson learned is that cadets benefit more from the program when parents join CAP.

Established in 1941, Civil Air Patrol is the official auxiliary of the U.S. Air Force and, as such, is a member of its Total Force. CAP proudly served in WW2 by flying over the U.S. coast, searching for U-boats, and rescuing sailors from sunken ships. Presently in its auxiliary role to the U.S. Air Force, CAP

operates a fleet of 555 single-engine aircraft and 2,250 small Unmanned Aircraft Systems (sUAS) and performs about 90% of all search and rescue operations within the contiguous United States as tasked by the Air Force Rescue Coordination Center. CAP's 56,000 members also perform homeland security, disaster relief, and other missions at the request of federal, state, and local agencies.

Regular Meetings: Twelve months of the year (it's an all-year-round program). When: Every Tuesday from 6:30 p.m. to 8:30 p.m. (arrival is at 6:15 p.m.). Where: JP Stevens High School in Edison. Other unscheduled meetings may be required, such as flight orientations, community service, special training, etc.

Open House Information

When: September 13, at 7:00 p.m.

Where: JP Steven High School, 855 Grove Ave, Edison, NJ 08820 (Multipurpose Room).

RSVP is required. Please make your reservation for the Open House by emailing Lt Josline Pinto:

josline.pinto@njwg.cap.gov,

and cc Capt Jose Vergara:

jose.vergara@njwg.cap.gov

For more information, visit CAPNews, or GoCivilAirPatrol.com. Also, feel free to view the following videos on youtube.com



(above) On September 13, the Civil Air Patrol (CAP) will have an Open House event open to the public for the youth and adults.

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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
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Each month, over 160,000 newspapers are mailed to every home and business in 24 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

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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."

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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