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Boy Scout Troop 23 and Cub Scout Pack 23 had their 60th Anniversary recognized on Saturday, September 17, 2022 on the lawn of the church. The annual picnic was postponed for two years due to Covid-19 restrictions.



(above) Troop 23 Boy Scouts, past and present, celebrated 60th anniversary.

Photos from this and other events can be found online at rennamedia.com and on Elmora Hills page on [facebook.com](https://www.facebook.com/ElmoraHills). Feel free to "Like," "Tag," and "Share."

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The Salem Roadhouse Café presents Zuko, Philips, Cohn & Starr, on Saturday, October 8, 2022. The doors open at 7:30 p.m.

Zuko, Philips, Cohn & Starr have carved themselves a unique niche within the realm of rock classic tunes. Focused mostly on vocals and light accompaniment with a pair of guitars and a djembe for rhythm, this group of very talented and familiar Roadhouse performers has taken classic rock tunes we all know and love and put a lighter spin on them. The usual trappings of rock with its requisite "wall of sound" is avoided, making the lyrics and tunes able to be heard clearly. Focused on rich harmonies, their sound is catching on like wildfire. Come and hear songs as you've never heard them before!

The Salem Roadhouse Café is live, intimate, upfront, and personal. All ages are welcome. Located in the Townley Presbyterian Church, 829 Salem Rd., Union, NJ. Doors open at 7:30 p.m., show starts at 8:00 p.m. Admission is \$20. Admission includes show, snacks, non-alcoholic beverages, and dessert.

Plan now for an evening of great music in Northern New Jersey's Most Intimate Coffeehouse™.

ST. JOSEPH SOCIAL SERVICE CENTER FUNDRAISING DINNER

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications.

Now, more than ever, we could use the support and participation of the community at our Annual Fundraising Dinner, which will be held on October 20, at 6 p.m., at the Westwood in Garwood, NJ.

HERE'S HOW TO SUPPORT OUR FUNDRAISER:

Online: To purchase Dinner Tickets, Sponsorships, or to Donate online, please go to sjeliz.org/special-events.html

MAIL:

To purchase Raffle tickets, Dinner Tickets, Sponsorships, or to Donate by mail, please click to download the order form from sjeliz.org/special-events.html

IN PERSON:

To purchase Grand Raffle Tickets in person, here are the locations:

- St. Joseph Social Service Center
118 Division Street, Elizabeth, NJ 07201
Emy Cruz, 908-354-5456 x3
- St. Helen's Parish Center
1600 Rahway Avenue, Westfield, NJ 07090
Marilyn Ryan, 908-232-1214 x113

We hope you'll support us with ticket purchases, sponsorships, and donations and join us at our dinner on October 20.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music.

Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread?

They're all great musicians playing the kind of music people like to hear. There's no message, just music.

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

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

COMMUNITY INVOLVEMENT

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

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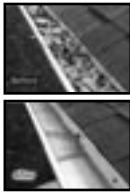
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VOLUNTEER WHO TOUCHED ELIZABETH HONORED FOR VOLUNTEERISM

Submitted by Dr. D. Michael Hart

Marilyn Ryan was presented with the prestigious Jean Harris Award at a recent meeting of the Rotary Club of Westfield. This award is given to a non-Rotarian who does exceptional service to the community. It is a District-wide award. The Rotary District 7475 comprises of 77 clubs through 9 counties in northern New Jersey.

District Awards Chair David Breidinger, from the Rotary Club of Trenton, presented this award on June 7, 2022.

Past President and Rotary Club Foundation Chair Liz Ensslin nominated Marilyn because she has worked closely with her for many years through the Rotary's food program to feed the hungry. Her remarks are as follows:

"Marilyn has dedicated her entire life to those in need. After earning a bachelor's degree in education from Seton Hall University in South Orange, Marilyn embarked on a 20-year career as a teacher in the parochial school systems in both Elizabeth, at St. Genevieve's and Blessed Sacrament, and Linden. She returned to school and became a licensed practical nurse, working in the Rahway Hospital Pediatrics Unit for the next 12 years. In 1985, she assumed the position of Pastoral Associate at Parish Community of Saint Helen in Westfield. In this role Marilyn coordinates many Outreach Programs and Eucharistic Ministry. Marilyn is the coordinator of the Helping Hands and Hearts Program, which

is designed to provide temporary financial or material assistance to those in need in our community. Marilyn serves on the advisory board of Sister Pat's Camp for Kids with Cancer in New York and is an Emeritus Member of the Board of St. Joseph's Social Center in Elizabeth. What is most important to know about Marilyn is that she is truly one of the most selfless people we know. The poor, the hungry and those in need always come first. She is the driver of our Soup Kitchens, Food Pantry, Service Auction and many other ministries.

When it comes to her work, Marilyn leads by example. She empowers others to lead their ministries for the poor and disadvantaged, but she also never hesitates to roll up her sleeves, pack Thanksgiving Baskets or deliver gifts to the poor. Marilyn knows first-hand that to "Give a man a fish and you feed him for a day. Teach a man to

fish and you feed him for a lifetime." Her legacy is not only the work she does herself but the work she supports and empowers others to do. While we think of Marilyn delivering to those in need, we also deeply value the support she provides to members of our community who are suffering from illness, grief or a family crisis. She has truly touched the hearts of many and taught us how to serve others and be an advocate for others less fortunate than ourselves."

Many guests attended the meeting and gave Marilyn accolades for her dedicated service to the community and surrounding avenues.

The Rotary Club of Westfield meets the first three Tuesdays of the month at noon at Limani Restaurant on North Ave. Guests are always Welcome. For information check the Rotary Club website at westfieldrotary.org or contact secretary Michael Hart by email drmhart@yahoo.com.



(above, l-r) District Awards Chair David Breidinger, Jean Harris Award recipient Marilyn Ryan, Rotary Club Foundation Chair Liz Ensslin.

Courtesy photo



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YMCA SUPPORTS COMMUNITY MENTAL HEALTH

The Gateway Family YMCA is encouraging community members to join, and continue, the conversation about mental health.

Mental health is how we think, feel and act. “At the Y, we recognize that we all have mental health, and mental health is an important part of our physical health and social-emotional well-being, as well as a core component of our identity,” stated Krystal R. Canady, CEO, The Gateway Family YMCA.

“We can all play a role in supporting each other’s mental health – at the Y and in our communities,” said Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “The first step is to start talking in our communities about what mental health really is.”

Help the Y get the conversation going about mental health by sharing these facts with friends and family:

FACT: We all have mental health, not just those who live with a mental illness. Everyone faces challenges in their life that can impact our mental health.

FACT: There are many things we can do each day to positively impact our mental health. A few examples include: moving, fueling and resting our bodies; being mindful of how we’re feeling and what’s going on around us; connecting with others; and asking for help when needed.

FACT: In addition to biological and environmental factors, mental health is influenced by health inequities that can be



attributed to systemic racism, the social determinants of health and exposure to trauma. Ys and community organizations can support mental health by addressing barriers that prevent marginalized communities from having access to the support they need.

FACT: Mental health and physical health are interconnected, and both can impact your overall well-being. For example, research shows that exercise can alleviate long-term depression.

FACT: Positive mental health can be supported in community settings, like the Y, in addition to traditional clinical settings. The Y supports the mental health of individuals and communities in all of the work we do to help people reach their full potential—whether that’s The Gateway Family YMCA supporting youth in our summer camps, helping people achieve their best physical health or providing newcomer immigrants access to housing and community services.

FACT: We all can support the mental health of

our community through bringing empathy, compassion and kindness to our interactions with others. Something as simple as intentionally asking “how are you?” and encouraging honest answers can provide us an opportunity to normalize mental health and help others when they need it.

Help is available for those struggling with their mental health. For a list of resources visit the National Suicide Prevention Lifeline at suicidepreventionlifeline.org.

For immediate help 24-hours a day, call 800-273-8255 or text TALK to 741741.

The YMCA offers programs to assist with mindfulness, meditation and mental health. Join the conversation, and connect with your community. Learn more at tgfymca.org

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn’t just strengthen bodies – it strengthens people, families and communities.

For more information visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.



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ENERGY EDUCATION WORKSHOP FOR EDUCATORS

Mark your calendars for the Phillips 66 Energy Education Workshop for Educators being held on October 13, 2022, at the Linden Free Public Library, 31 E Henry Street, Linden, NJ.

Attendees invited include 4th – 12th grade science teachers, CTE teachers, math teachers, social science teachers, and afterschool program leaders.

Register at needorg.secure.force.com/event/home/p66101322. Please register 10 days prior to the event.

Attendance is free of cost and includes lunch, substitute reimbursement, a NEED Science of Energy Kit, state standard aligned curriculum

For any questions, call or email Wendi Moss at 1-800-875-5029 or Wmoss@need.org.

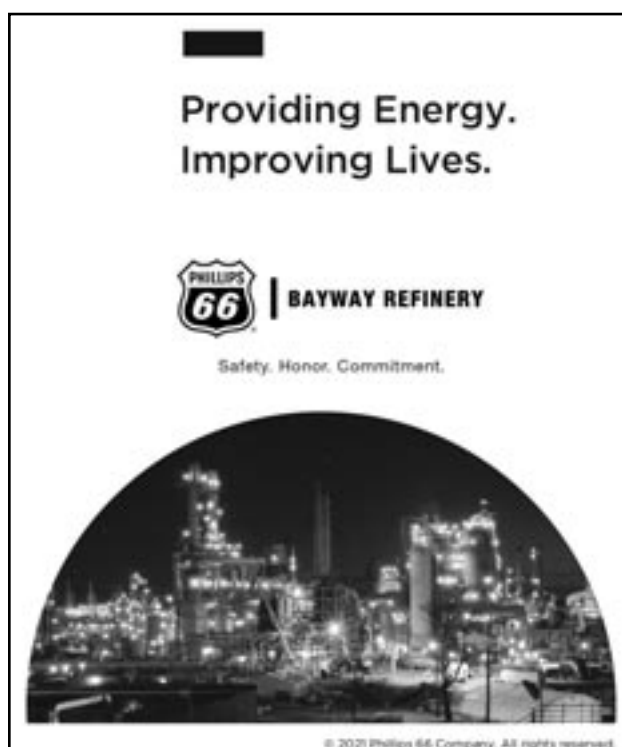
ABOUT THE NATIONAL ENERGY EDUCATION DEVELOPMENT (NEED) PROJECT

The NEED Project designs and delivers teacher-tested educational materials, evaluation techniques and tools, recognition of student achievement, and professional development for educators. NEED materials and training programs provide comprehensive, objective

information about the scientific concepts of energy and the sources of energy – their use and their impact on the environment, the economy and society.

ABOUT THE SPONSOR, PHILLIPS 66

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DISCOVER THE MAGIC OF SCOUTING

Cub Scout Pack 23 and Boy Scout Troop 23 are hosting a magic show on Friday, November 4, at St. Genevieve's Church hall, 200 Monmouth Road, Elizabeth, beginning at 7:00 p.m. All children are invited to attend, free of charge. Light refreshments will be served after the magic show.

Information will be available for any boys or girls interested in the Scouting program, which instills character, good citizenship and physical fitness in young people through outdoor activities such as campouts and hikes, involvement in community activities, and just plain fun!

Cub Scouting provides activities and training

for boys in Kindergarten through fifth grades. Boy Scouting is for boys who are at least 11 years old or graduated from the fifth grade. New members are welcome at any time, all year round.

Cub Scout Pack 23 and Boy Scout Troop 23 have served the youth of St. Genevieve's parish and the surrounding area for six decades. These units have earned hundreds of awards on the local and national level, have produced 80 Eagle Scouts, and have leaders who are well-known and widely respected by other Scout leaders across the country.

For more details, please contact Dan Bernier, Scoutmaster at 908-451-1948 or webfoottroop@gmail.com

Save the Date!

**The 15th Annual
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Monday, October 24, 2022
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5TH ANNUAL BENEFIT CONCERT FOR THE HOMELESS

On Sunday, October 9, Catholic Charities of the Archdiocese of Newark will host its 5th Annual Benefit Concert for the Homeless at St. Philomena Church in Livingston. All proceeds from the event will help to fund the homeless programs and services of the agency that provides assistance to thousands of individuals and families in need.

The Drive-In Concert will offer a variety of

family/kid friendly activities (face painting, magicians, balloon artists, etc.) along with a full concert by New Jersey's own "The Nerds" – a widely acclaimed rock and roll band. Food trucks will be available but folks are encouraged to tailgate as well.

Registered participants get a parking space with an adjoining space to set –up chairs, etc. Each car can carry up to 6 occupants and parking

spaces are priced at \$300, \$175 & \$125 based on their proximity to the stage.

For event details, please visit ccanconcert22.GiveSmart.com or call Peter Ruccione, Catholic Charities Director of Development, at 973-818-4060.

Last year Catholic Charities provided over 71,000 nights of Shelter, food, and clothing for over 1,171 people, individuals and families.

For more information on Catholic Charities of the Archdiocese of Newark, visit ccannj.org.

ABOUT CATHOLIC CHARITIES

Catholic Charities of the Archdiocese of Newark has been in operation since 1903 serving adults, children, families, seniors, veterans, and those suffering from HIV with compassionate care and services that provide help and hope. Our 84 programs serve close to 50,000 individuals in Bergen, Essex, Hudson and Union Counties annually. Our programs include counseling and support services for at-risk youth and their families; psychological and psychiatric help for those with mental illness; job training for those who are cognitively disabled; childhood education for preschoolers in Newark, Bloomfield and Elizabeth; emergency shelter for the homeless and for those who are HIV-positive; affordable housing for low-income families; immigration legal services; refugee resettlement; and adoption services.



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NEW TECHNOLOGY REDUCES PROCEDURE TIMES AT TRINITAS

New Technology Reduces Screening and Procedure Times while Prioritizing Patient Comfort and Safety

Trinitas Regional Medical Center, an RWJBarnabas Health facility, announces increased treatment options and screening capabilities with the addition of new, state-of-the-art imaging technology. The recently unveiled Nadine Brechner Interventional Radiology Suite and a new magnetic resonance imaging (MRI) machine, will increase the access to comprehensive care while significantly reducing screening and procedure times for Elizabeth residents and surrounding communities.

The Nadine Brechner Interventional Radiology Suite, funded in part by the J.C. Kellogg Family Foundation and the Healthcare Foundation of New Jersey, features the Siemens Artis Zee which expands interventional radiology services offered at Trinitas providing experts with pinpoint accuracy to perform minimally invasive procedures that can diagnose and treat a variety of conditions including cancer, liver disease, cardiovascular disorders, and gynecological conditions.

The new equipment allows radiologists to perform procedures such as Angiography, Chemo Embolization and stent placement, which were difficult with prior technology. Trinitas radiologists now have the ability to identify blood clots and administer clot-busting drugs to open a blood vessel up, saving a person's limb or even life. The new technology is also being used to identify blood flow to cancerous tumors allowing radiologists to directly add chemo to destroy the tumor without damaging any surrounding organ or tissue. Additionally, doctors can use the new equipment to drain fluid from the lungs or an abscess with the use of stents or tubes to aid in faster recovery for patients.

The newly installed Siemens Sola MRI system also expands the hospital's diagnostic and procedure capabilities and provides radiologists with the tools for real-time analysis. The system's BioMatrix Technology automatically adjusts images to a patient's heart rate and breathing to

overcome motion artifact in MRI examinations to assist with imaging patients who cannot reliably hold their breath. Faster scanning capabilities reduce routine musculoskeletal scan times by up to 46 percent so patients who are in pain can have their MRI done in 15 minutes or less. Additionally, breast scan time is reduced to 30 minutes down from one hour, allowing for bilateral breast biopsies to be performed in one visit, as opposed to two, and decreasing wait times for pathology results.

"The recent expansions to our imaging capabilities enable our clinical team to diagnose and treat more conditions providing patients with high-quality care close to home," said Gary S. Horan, FACHE, President & Chief Executive Officer, Trinitas. "The new technology prioritizes patient comfort and safety with advanced features that dramatically reduce procedural time and significantly reduce patient and staff radiation exposure while still allowing for optimal images."

For more information about Trinitas, visit <https://www.rwjbh.org/trinitas-regional-medical-center/>.

center/.

ABOUT TRINITAS REGIONAL MEDICAL CENTER

Trinitas Regional Medical Center, an RWJBarnabas Health facility, was established in 2000 following the consolidation of Elizabeth General Medical Center and St. Elizabeth Hospital. Previously in 1990, Elizabeth General acquired the Alexian Brothers Hospital, also in Elizabeth. The spirit of the three Elizabeth hospitals lives on in Trinitas, a major center for comprehensive health services for those who live and work in Central New Jersey. Trinitas is a Catholic teaching medical center with Catholic oversight provided by the Sisters of Charity of Saint Elizabeth. With 12 Centers of Excellence across the continuum of care, Trinitas has distinguished itself in cardiology, cancer care, behavioral health, renal care, nursing education, diabetes management, wound healing, breast health, senior's healthcare, women's healthcare, and sleep medicine. For more information, visit <https://www.rwjbh.org/trinitas-regional-medical-center/>, or follow us on Facebook, LinkedIn, Instagram, and Twitter.

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163 1st Street
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860 Anna Street
- Peterstown Community Center
418 Palmer Street
- Elmora Racquet Club
23 Fernwood Terrace
- Green Acres Playground
169 Bellevue Street
- O'Donnell Dempsey Center
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OCTOBER PROGRAMS AT ELMORA BRANCH LIBRARY

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Monday - Thursday: 8:30 a.m. - 7:45 p.m. • Friday: 9:30 a.m. - 5:45 p.m. • Saturday: 9:30 a.m. - 4:45 p.m. • Sunday: Closed

The library will be closed Monday, October 10, in celebration of Indigenous Peoples' Day.

Help Support the Fight (October 1 - 15)

October 1 to October 15

Children's Program - Bring a homemade card to Elmora for patients battling breast cancer!

Crochet with Sol

Tuesday, October 11 at 11:00 a.m.

Adult Program, Teen Program, Adult Program

Learn the tips and tricks with Ms. Sol!

Zumba: Morning Exercise

Tuesdays, October 4, 18, and 25

at 8:30 a.m.

Adult Program - Let's come and feel the energy!

Reserve a spot. Walk-ins are welcome!

Stitch & Chat

Thursday, October 6 at 10:00 a.m.

Teen Program, Adult Program

Come stitch your clothing back up at Elmora!

Just bring the article of clothing you want to mend! Assistance will be available.

Mahjongg

Tuesdays, October 11, 18, and 25
from 1:00 p.m. to 4:00 p.m.

Adult Program - Everyone who loves Mahjongg is welcome to come and play at the library.

Remember to bring your own Mah-Jongg tiles, and we'll provide the space for open play. A minimum of 4 players are required to play the

game. Ages: 18 & up

Matinee Movie: Eternals

Friday, October 11 at 1:00 p.m.

Adult Program - Marvel Studios' Eternals features an exciting new team of Super Heroes

in the Marvel Cinematic Universe, ancient aliens who have been living on Earth in secret

for thousands of years.

Craft-Tea & Chat

Thursday, October 13 at 2:00 p.m.

Teen Program, Adult Program

Join us for our monthly Craft-Tea! Bring the craft you are working on to the library and

socialize. We will have colored pencils, paper, and other crafting supplies available

Learn How to Use Social Media for Your Business

Tuesday, October 13 at 3:00 p.m.

Adult Program - Learn how to create social content, increase your sales, and differentiate yourself from others.

Drawing for Kids

Friday, October 14 at 2:30 p.m.

Children's Program - Join Ms. Martha for a cute storytime and learn to draw different animals!

Art Lessons

Saturday, October 15 at 2:30 p.m.

Children's Program, Teen Program, Adult Program - Learn to blend colors, sketch, and many more art skills with Ms. Palak from palak studio ink! All levels welcome!

Stitch & Chat

Wednesday, October 19 at 5:30 p.m.

Teen Program, Adult Program

Come stitch your clothing back up at Elmora!

Just bring the article of clothing you want to mend! Assistance will be available.

Ballon Twisting

Thursday, October 20 at 2:30 p.m.

Children's Program - Come to Elmora to get a balloon animal, sword, or flower!

Pinktober

Friday, October 21 at 3:00 p.m.

Adult Program - In honor of Breast Cancer Awareness Month, Carla Artis, advocate, will talk about her journey through Breast Cancer.

Bubbles aRe Us

Saturday, October 22 at 1:00 p.m.

Children's Program -

Located on 640 3rd Avenue, Elizabeth, NJ

Join Ms. Martha for songs, stories, crafts, and fun! This storytime will feature stories in English and Spanish for the whole family.

Coloring For Adults

Tuesday, October 25 at 11:00 a.m.

Adult Program - Drop in for some relaxing coloring fun! Good company!

Fall Fest Party

Wednesday, October 26 at 5:00 p.m.

Children's Program

Orange you pumped about Elmora's annual Fall Fest Party! You don't want to miss and the fun stories, games, prizes, and more!

Toddlers World

Friday, October 28 at 11:00 a.m.

Children's Program

An hour of fun songs to sing, music, and playtime.



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ST. ANTHONY'S CELEBRATE SALESIAN SISTER

Submitted by Sr. Isabel Garza, FMA

On Saturday, June 4, 2022, St. Anthony's Church in Elizabeth held a 5:00 p.m. Mass to celebrate the 150th Anniversary of the founding of the Salesian Sisters. Many alumni came to join in the celebration and spent some time together and with the Sisters who attended. Most of the Sisters present had taught in the school and one of the Sisters graduated from the school.

Rev. Timothy Zak, Provincial, was the main celebrant assisted by Fr. Jose I. Gamba, Pastor of St. Anthony's Church, Fr. Marco T. Marroquin, Parochial Vicar, and Deacon Joe Caporaso, a graduate of St. Anthony School.

Frank Malta, representing the First Graduating class alumni, spoke in the name of all the alumni. After the Mass, Frank O. Mazza, Councilman, presented the Salesian Sisters with a Proclamation from J. Christian Bollwage, Mayor of Elizabeth.

After the Mass, there was a heartwarming reception in the school cafeteria which was beautifully decorated for the occasion. Everyone had a marvelous time reminiscing and sharing memories of the good old days at St. Anthony's.

A special thanks to our St. Anthony's Committee who worked so hard to prepare for this once-in-a-lifetime event.



(above) A Mass and celebration were held on Saturday, June 4, at St. Anthony's Church in Elizabeth to celebrate the 150th Anniversary of the founding of the Salesian Sisters. The Salesian Sisters currently teach at St. Theresa School in Kenilworth, NJ.

Photos from this and other events can be found online at rennamedia.com and on [PerstownNJ](https://www.facebook.com/PerstownNJ) page on [facebook.com](https://www.facebook.com).

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