

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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FRAZEE HOUSE SCHEDULES ANNUAL OCTOBER FESTIVITIES

The historic Frazee farmstead will host annual October festivities on its site. "We're excited to continue to host activities at the Frazee farmstead, home of Aunt Betty Frazee, a brave woman who defied the British on their march past her house in 1777," said Andy Calamaras, president of the Rotary Frazee House committee. The committee has spearheaded a 15-year project to rescue the house's structure.

The Rotary Frazee House committee and the Township of Scotch Plains will host the annual Harvest Festival at the Frazee Farmstead. There will be activities for every age group: live music, games, pony rides, a petting zoo, food trucks, pumpkin tossing, a haunted trail and the Great Pumpkin Patch. "We've continued to make progress on the Frazee renovation. Last year, the external renovation of the Frazee House was completed and this year the internal renovation is scheduled to begin," said Calamaras. The Harvest Festival is a great opportunity for the community to visit the site and see for themselves - rain or shine - at the Frazee House site, 1451 Raritan Road in Scotch Plains, Saturday October 16, from 12:00 p.m. to 5:00 p.m.

Additionally, in October, overlapping the date of Harvest Festival, will be the Frazee House participation with Union County's annual "Four Centuries in a Weekend," on October 15 and 16. The county Board of Commissioners sponsors coordinated open houses that weekend at more than 50 sites all over the county — homes, museums, trails, cemeteries and parks — of which the Frazee site is one of the oldest.

Representatives will be at the Frazee site between 12 p.m. and 5 p.m. on both days with brochures, bookmarks, a video demonstration and an external tour of the house. History buffs can note that the Frazee House is one of the stops on the Battle of Short Hills Historic Trail as well as being renowned for the legendary confrontation between General Cornwallis and Aunt Betty Frazee.

The Great Pumpkin Patch is ongoing from October 1 through 31. There will be hundreds of pumpkins in various sizes and colors, and they'll be sold every day from 11 a.m. to dusk. The site will be decorated for Halloween and is the perfect setting for fall photos.

Finally, the Frazee House Ghost Walking Tour will take place at the



site on October 22-23 at 3 p.m., 5 p.m. and 7 p.m. The 90-minute tours will be led by renowned psychic-medium Jane Doherty and will begin with a short orientation at the restored Frazee homestead, including details about the spirit world. It will proceed with a walk along the property, stopping at each "ghost hangout" to reveal the stories and secrets there. The Frazee House Committee is excited to introduce this new event. Tickets must be purchased in advance.

More information about the Frazee House and events can be found at frazeehouse.org.

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“BOOS” AND “BOOTS”

Scotch Plains NJ WHAT'S HAPPENING MONTHLY

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Fanwood-Scotch Plains Thrift Shop

It is time to “get your spook on” for Halloween with a variety of costumes and related accessories for sale at the non-profit Fanwood-Scotch Plains Thrift Shop, located at 1741 East Second Street in Scotch Plains. You can find spook-tacular costumes in all sizes, along with Halloween and fall-inspired decorations sure to provide a welcoming touch for trick-or-treating or holiday parties.

Plus, with colder weather fast approaching, check out the Thrift Shop’s annual Boot Bonanza. Starting Tuesday, October 18, an assortment of warm and fashion-minded boots from some famous names will be gracing store shelves, just waiting for you to walk off with a great deal! Be sure to shop early for the best selection.

The Thrift Shop is run by the Fanwood-Scotch Plains Service League, a local all-

volunteer organization. Merchandise for sale is provided by many donors who generously supply the store with good-quality merchandise they no longer need, including clothing, shoes, bric-a-brac, linens, household goods, toys, games, books, DVDs and more. All proceeds outside of store operating expenses are provided to local non-profit organizations or used for student scholarships.

Store hours are Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday from 10:00 a.m. to 1:00 p.m. To protect our volunteer staff and other store patrons, face masks continue to be required for everyone entering the store. Children are welcome provided they are accompanied by an adult.

To learn more about the Service League and the types of donations accepted, call the store during Thrift Shop business hours: 908-322-5420.



(above) Walk off with a great pair of boots at the annual Boot Bonanza starting Oct 18.



(above) The Thrift Shop is the place for budget-friendly Halloween costumes and décor.

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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™.

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.

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. Together, we can satisfy hunger, improve health, and inspire hope in our community!



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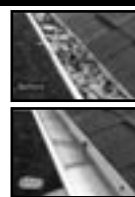
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SPOTLIGHT ON VETERANS DOING YOGA PROJECT

Submitted by Laura Meola and Alyssa Duclos

The Veterans Yoga Project Video filming was a free event sponsored by the New Jersey Veterans Network for their web series, Local Legends. This web series is a talk show that showcases real stories from extraordinary people including gold medalists, army veterans, athletes and many more. With its strong veteran influence, Local Legends is produced, directed, hosted and filmed by veterans and their supporters. They provide a great deal of informational resources to help the community.

The Veterans Yoga Project event featured Maggie Stoddard, a yoga instructor trained to work specifically with veterans. Her work with these heroes has greatly benefited their everyday lives. During filming, Maggie showed the participants three sets of poses. This included the warrior 2, peaceful warrior, and seated cat/cow. Aside from this filming, Maggie runs yoga events weekly for all veterans and their families who wish to participate. She had this to say about the program, “We lead a class with some breath work, stretching and mindfulness. Veterans Yoga Project promotes resilience and recovery.”

America’s Hot Dog pup, Shadow, also made an appearance to provide support for all who participated in the filming process. He also did some yoga of his own which included the side crow pose. He is often a part of these veteran events and brings joy and love to all.

This production was directed and produced by Doc Schupp with Michael Boll as co-producer. Credit also goes to Shaun Crafton, director of cinematography, and camera-man Diddy.

If you know of an inspiring or helpful resource for veterans that would make a great Local Legends Video please call Doc Schupp at 551-293-3049. The Local Legends Videos can be viewed on the NJVN website at njvn.org/local-legends.

Thank you to all volunteers who helped put this event together: Doc Shupp and Michael Boll who run the NJVN; Rochelle Park American Legion Post; all the cast and crew who participated in the Local Legends production; Alyssa Duclos, owner of Alyssa’s Critter Sitters LLC, and official dog handler of Shadow, America’s pup; and assistant dog handler Joe Astarita.

ABOUT NEW JERSEY VETERANS NETWORK

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

If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) The Veterans Yoga Project Video was filmed at a free event by the New Jersey Veterans Network for their web series, Local Legends.

Photos by Shaun Crafton and Diego Diazand

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PHOTOGRAPHS OF THE EXTRAORDINARY



SUPERCELL STORM CLOUD

Photo by Marko Korosec, near Julesburg, Colorado

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APHASIA COMMUNICATION GROUP OFFERED

The Adler Aphasia Center is currently offering an Aphasia Communication Group for stroke and brain injury survivors with aphasia in Scotch Plains, NJ. This group provides those diagnosed with aphasia an opportunity to socialize with others who share similar experiences, provide tips to communicate more effectively, and time to practice communication skills in a natural environment. Aphasia is a language disorder caused by stroke or other brain injury. It affects spoken language, reading, and writing, but does not affect one's intellect.

This group is facilitated by a licensed speech language pathologist and is offered two Fridays of each month for two hours. A person with aphasia may join the group at any time but must pre-register. There is a nominal charge, but we never turn people away for lack of funds, we

offer scholarships to those who are not able to pay \$80 for eight sessions.

To learn more about this communication group and to pre-register, please contact Gretchen Szabo, M.A., CCC-SLP at 551-287-2238 or email gszabo@adleraphasiacenter.org.

Adler Aphasia Center, a non-profit organization with three full-service facilities based in Maywood, West Orange, and Toms River, NJ and Aphasia Communication Groups located throughout the state, is an innovative, post-rehabilitative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading, and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not

his or her intellect. This communication disorder affects 40% of all stroke and brain trauma survivors. The Center is considered a world leader in long-term, post-rehab community-based care for people with aphasia. With 2.5 million people diagnosed with aphasia in the U.S., the Center is the only one of its kind in NJ, an area with an estimated 70,000 people living with aphasia.

For more information about the Center's programs and services in Maywood, West Orange, or Toms River, NJ, or for information about the Center's Aphasia Communication Groups in Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Scotch Plains, Toms River, Virtual Spanish Speaking Group and Virtual NJ Group, visit their website at adleraphasiacenter.org or call 201-368-8585

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IMAGINE WELCOMES NEW VOLUNTEERS

The staff at Imagine, A Center for Coping with Loss was so pleased to be able to offer our first in-person volunteer training since 2020 at our Mountainside Center this summer! Pictured are the participants in our 2022 Imagine Summer Training Class, who have joined our wonderful community of volunteers - facilitating grief support groups for children, teens, young adults and their parents/guardians. Our new volunteers participated in a three-day training program that prepared them to be present for the children and families that participate at Imagine, gave them tools to help support those in their family and community who are grieving, and provided an opportunity for them to receive support for losses they've experienced themselves.

Another big milestone is coming up for Imagine! Our grief support groups will be returning to the city of Newark through a partnership with the Boys and Girls Club of Newark (BCGN).

This is an experience like none other; the experiential nature of the training will prepare you to facilitate support groups in a way that a lecture-style training could never do. Previously trained volunteers have said this training is "life-changing" and "inspiring," and we hope you can be a part of it!

If you're interested in making a difference in the lives of grieving families and would like to participate in Imagine's volunteer facilitator training, please visit our website at imaginej.org/become-grief-support-facilitator. If you have questions, please contact Imagine at 908-264-3100.



(above, l-r) Top Row: Debbie Berez, Mountainside; Stacey Glickstein, Scotch Plains; Vernita Bostick, Belleville, Carrie Greenberg, Springfield; Sonia Nunez, Imagine's Newark Program Manager; Joan Castellano, West Orange; Abigail Preece, Imagine's Interim Program Manager and John Hutchinson, Glen Ridge; Middle Row: Deborah Ojeda, Imagine's Graduate Intern, Dan Vorhaus, Summit; Bottom Row: Diane H. Tracey, Jersey City; Gen Belfiglio, Union; Anna Fishman, Short Hills; Gregory D. Edgell, Nutley; and Zakeeyah Harris, Newark.

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SCAN ME

ONCE ON THIS ISLAND OPENS CDC THEATRE'S 104TH SEASON OCT.7

Cranford's CDC Theatre will open its 104th season with the Tony Award winning musical *Once On This Island* from the award winning songwriting team of Lynn Ahrens and Stephen Flaherty (Seussical, Anastasia, Ragtime). This highly original and theatrical Caribbean adaptation of the popular fairy tale, *The Little Mermaid*, earned eight Tony nominations for its Broadway run, including Best Musical, Book and Score.

The musical is the story of the fearless young girl, Ti Moune, in search of her place in the world. As an orphan, chosen by the Gods, she is taken into a simple and loving family. Though content, she feels she was destined for something more. After an accident caused by a terrible storm, Ti Moune falls for a handsome stranger whom she tries desperately to nurse back to health, and she is ready to risk it all for love. This sets her on the ultimate quest to answer the age-old question, can love conquer death?

CDC Theatre is happy to welcome Howard Whitmore as Director, who had this to say about the production: "I am excited to return to the Island once again! In 2002, this was the first community theatre show I ever directed, and the CDC production marks the 8th time I have worked on OOTI. Every single time, I find something new and deeper about the characters and their dreams. *Once On This Island* is built around storytelling, so we wanted to explore how hearing bedtime stories might translate to the mind of a child. Everything is staged from the perspective of how a 9-year-old might imagine the story and we do deal with some heavy topics from first love and family duty to betrayal and sacrifice. Our remarkable cast embodies the sense of community that is so integral to ancient storytelling traditions and is at the heart of *Once On This Island*."

The show will run from Friday and Saturday nights from October 7-22 with a matinee on Sunday October 16. To find the best ticket selections and prices visit cdctheatre.org. Group ticket rates are also available.

CDC Theatre presents



ONCE ON THIS ISLAND

A MUSICAL

Book and Lyrics By LYNN AHRENS
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COMMUNITY DATE CALENDAR NOW AVAILABLE

Fanwood-Scotch Plains College Club

The College Club Community Date Calendar is hot off the press and available for purchase.

The 59th edition of the Fanwood-Scotch Plains College Club Community Date Calendar for September 2022 through September 2023 provides all important dates throughout the SPF community- schools, churches, clubs, organizations, borough and township events as well as hotlines, contact information and a 2024 calendar preview.

Due to the loyalty and support of nearly 100 advertisers, the entire purchase price of \$10 goes directly into the club's scholarship fund for

scholarships that are awarded annually. The Community Date Calendar is provided as a community service for the College Club as well as an important source of scholarship funds. In May, the College Club awarded \$30,500 in scholarships to twelve young women.

The College Club Community Calendar are available for purchase at Norman's Hallmark, Scotchwood Florist, Fanwood Larder, Apple Blossom Flower Shop, Mountain Deli, both Scotch Plains and Fanwood libraries, and from any current College Club member.

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(above) The Fanwood-Scotch Plains College Club Community Date Calendar for September 2022 through September 2023 is now available for purchase.



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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. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

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." - Quentin L.

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COLLECTION FOR PREVIOUSLY HOMELESS VETS

Submitted by Susan Baldani

The Scotch Plains Rescue Squad Auxiliary is collecting much-needed household items for previously homeless veterans residing at Valley Brook Village on the Veteran's Administrative Campus in Lyons/Basking Ridge, NJ.

The requested items are as follows: laundry soap, dish soap, surface cleaners, toilet paper, toilet wipes, paper towels, and Eight O'Clock or Dunkin Donuts ground regular and decaf coffee. Shop Rite and gasoline gift cards would also be appreciated

These items can be dropped off at these locations:

- Scotch Plains Farmer's Market (at the rescue squad table) on October 1 and 15
- The Scotch Plains Rescue Squad building (1916 Bartle Avenue) on October 8 and October 29
- Trunk or Treat on October 22 at our ambulance
- Scotch Plains Day (at the rescue squad table) on October 2

After collection, the collected items will be presented to the veterans on or around Veteran's Day in November. These brave men and women are so grateful for the ongoing generosity of the people and businesses in our local communities.

The Scotch Plains Rescue Squad Auxiliary meets once a month, and its "grass roots" function is to assist the Squad in many capacities – from holding fundraisers and providing meals during crises to performing outreach to squad and fellow auxiliary members. Members also attend town functions, such as fairs, concerts and holiday events, in order to connect with the community and promote Squad interest.

If interested in becoming a member of the Auxiliary, go to scotchplainsrescuesquad.com/the-auxiliary/. For more information on helping the veterans at Valley Brook Village, contact Steve Hackenberg at 908-723-0788 or at dnea117@gmail.com.

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Hypertension Clinic

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inside the Library with a public health nurse from Union County.

Who Are the Spiders of North America?

Thursday, October 13, 7 p.m.

Dr. Sarah Rose will help us identify them and discuss the ways they benefit humans. Registration is required for this virtual program.

Friends of the Library

Monday, October 17, 7:30 p.m.

Friends of the Library will meet inside the Library to discuss plans for supporting the Library in the coming year.

Afternoon Book Club

Tuesday, October 18, 1 p.m.

Afternoon Book Club will discuss *The Age of Innocence* by Edith Wharton. This discussion will take place inside the Library.

Evening Book Club

Thursday, October 20, 7 p.m.

Evening Book Club will meet virtually to discuss *Honor* by Thrity Umrigar. Registration is required for this virtual program.

Guided Meditation

Monday, October 24, 7 p.m.

Barbara Brown will lead a virtual mindfulness-based guided meditation session.

More information about the library can be found at scotlib.org.

BOOK SALE FOR CHILDREN AND TEENS AT WESTFIELD MEMORIAL LIBRARY

This October the Friends of the Westfield Memorial Library are excited to host the 11th Annual Children's and Teens' book sale. During the last week in October, from October 26 to 29, come to shop our wide variety of books, CDs and DVDs for babies up to high school students with the vast majority of books priced between \$0.50 and \$2.00. Looking for a particular book or just a suggestion, our volunteers will be happy to help you pick something out. For a simplified shopping experience, the books are organized by category. Whether it's Magic Treehouse, Clifford the Big Red Dog or even books with a multicultural theme, your favorite authors and characters are easy for you to spot. The book sale is the perfect time to stock up on books for all the young readers you know.

Our littlest shoppers will enjoy the book sale too. On Wednesday, October 26 at 11:00 a.m. we

will host a StoryTime read by the librarian. In the spirit of Halloween, children that come in costume will receive a free paperback book.

Mark your calendars for our donations days (October 23 from 1:00 p.m. - 4:30 p.m., October 24 from 10:00 a.m. to 8:30 p.m., and October 25 from 10:00 a.m. to 3:30 p.m.) and our sale days (October 26 and 27 from 10:00 a.m. to 8:30 p.m., October 28 from 10:00 a.m. to 4:30 p.m. and October 29 from 10:00 a.m. to 1:00 p.m.) If you like the best deal in town then shop on Friday, October 28 for our Half Price Day and Saturday, October 29 for Bag Day (\$10 buys you a bag to fill up with books.) Especially for teachers, October 26 and 27 are half-price days too.

Proceeds from the sale go directly towards children's programs sponsored by the Friends. To learn more or to help out at the sale go to FWMLNJ.ORG.

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FOUR CENTURIES IN A WEEKEND

Scotch Plains Fanwood Historical Society

On Saturday, October 15, and Sunday, October 16 from noon to 5 p.m., come visit the Osborn Cannonball House Museum, located at 1840 Front Street, Scotch Plains, NJ. Step back in time to experience the simple joys of childhood. Costumed docents will provide hands-on activities, including quoits (ring toss) and 9-pin bowling. Make a colonial hat and wear it as you stand next to our colonial children cut-out boards for an amazing photo-op!

Imagine waking up each morning shortly after sunrise. In the winter, there might be a thin layer of ice on the water in the pitcher you would use for washing up. In the summer, you sweated while the mosquitoes bit and the flies buzzed in your bedroom. Life in colonial days was vastly different than life in the 21st century.

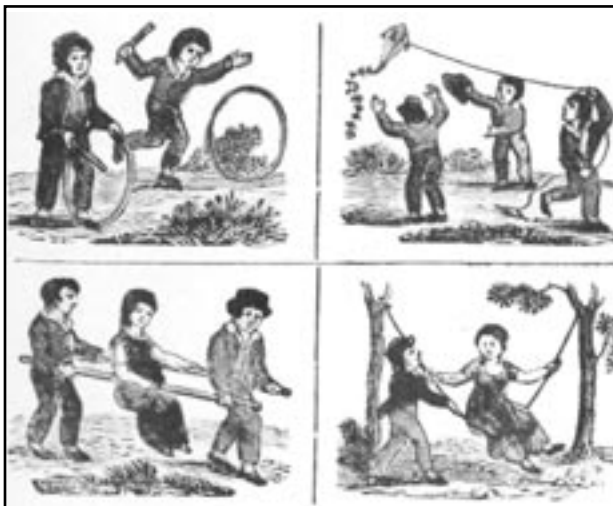
In each family, children were expected to do chores. Boys worked with their fathers to plant, water, and harvest crops. They helped raise livestock and hunt wild animals to feed the family. They chopped wood, built fences, and some even went to school. However, many children did not attend school because there was no free public school like we have today. The girls helped their mothers do all the cooking, cleaning, washing, gardening, child care, and sewing to make clothes for their large families.

Children of long ago had fun despite their many chores. They always found time to play.

Most of the toys were simple and a good imagination made playtime the most enjoyable time of each day. Boys played with spinning tops, jacks, or clay marbles. They made whistles out of blades of grass and made boats out of sticks and leaves. Girls played with corn husk, handkerchief, or wooden dolls. They made bracelets and necklaces out of dandelions and daisies. Both boys and girls had fun running while spinning a large wooden hoop with a stick. Some of the most popular toys were ball in a cup, Jacob's ladder, spinners, quoits (ring toss), and draughts (checkers).

For questions email
Info@HistoricalSocietySPFNJ.org
 or call 908-322-6700, extension 230.

Courtesy photos



(above) Join the Scotch Plains Fanwood Historical Society for Four Centuries in a Weekend on Saturday, October 15, and Sunday, October 16 from noon to 5 p.m. at the Osborn Cannonball House Museum, located at 1840 Front Street, Scotch Plains, NJ.

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GERALD ALSTON BACK TO SCHOOL COMMUNITY FAIR

A community fair was held on Saturday, September 17, at St. John's Baptist Church, located at 2387 Morse Ave., Scotch Plains.

The Gerald Alston Back to School Community Fair featured free food, school supplies and rides and attractions for children. St. John's is served by Senior Pastor Shawn T. Wallace. For more information about St. John's Baptist Church visit stjohnsscotchplains.org.



Photos from this and other events can be found online at rennamedia.com and on Scotch Plains Monthly page on facebook.com Feel free to "Like," "Tag," and "Share."

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The College Club of Fanwood-Scotch Plains will host New Jersey historian and author, Michael C. Gabriele on October 17 at Fanwood Presbyterian Church, 74 Martine Ave., Fanwood (McDermott Street entrance). The program is free and the public is invited to attend.

“Stories from New Jersey Diners”, published in 2019 by The History Press, is the newest book by Garden State author Gabriele. For more than 100 years diners have played an important role in new Jersey’s history as gathering places for a community. Diner experiences - good food, slice-of-life encounters with friends and strangers, and the memories they inspire - reflect the state’s spirit, culture and mythology.

The book, including a 16-page color insert, documents stories gathered throughout the “Diner Capital of the World”. These are heartfelt remembrances that have shaped lives, families, careers, businesses and communities - the “untold” stories of New Jersey’s history. Many tales are snapshots of the immigrant experience - people who have traveled to New Jersey from far away countries to gain a foothold as American citizens.

This is Gabriele’s fourth book on New Jersey history and his second book about the Garden State’s diner business. His previous books are “The Golden Age of Bicycle Racing in New Jersey”, “The History of Diners in New Jersey”, and “New Jersey Folk Revival Music - History and Tradition”.

A lifelong Garden State resident, Gabriele is a 1975 graduate of Montclair State University and has worked as a journalist, freelance writer and

author for more than 40 years. He’s a member of the executive boards of Allied Artists of America, New York, the New Jersey Folk Festival at Rutgers University, The Nutley Historical Society, and the Theater League of Clifton and serves on the advisory board of the Clifton Arts Center. Gabriele writes an occasional diner blog for the website “Jersey Bites, A Quest for Food with Attitude” which can be found at jerseybites.com.

All are welcome to join the College Club for this interesting and entertaining program.



(above) Michael C. Gabriele will share stories from New Jersey diners on October 17.

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BICYCLE AND SEWING MACHINE COLLECTION – OCT. 8

Westfield Rotary Club

The Westfield Rotary Club is sponsoring a collection of bicycles and sewing machines for donation to Pedals4Progress (P4P). Get ready to bring your old but usable bicycles and sewing machines to the collection on Saturday, October 8 from 9:00 a.m. – 12:00 p.m. at the Westfield Board of Education Building, 302 Elm Street Westfield, NJ. A \$20 suggested, \$10 minimum donation with each bike or sewing machine is requested for shipping. All material and monetary donations are tax deductible and a receipt will be provided on site.

Pedals4Progress effectively recycles serviceable bicycles and sewing machines to be used as economic development tools in developing countries. Since 1991, 164,721 bicycles and 5,684 sewing machine have been donated and given to people to increase their

ability to earn a living or get an education.

Pedals4Progress strives “to empower sustainable economic development by recycling bicycles and sewing machines from the U.S. and shipping them to motivated people in the developing world.”

P4P rescues bicycles destined for overburdened U.S. landfills and ships them to developing countries where they are sorely needed and highly valued. P4P bikes are put to work not only as basic transportation, but are used as a supplement to school and community programs. The bikes are adapted for use as trash haulers, produce trucks, taxis, and farm machinery.

Every year, affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more unused in basements, sheds, and garages. Most of these end up in our

already overburdened landfills. Meanwhile, poor people overseas need cheap, non-polluting transportation to get to jobs, markets, customers, and schools.

Before you make your final decision to donate your bike to our project please consider that our bicycle collections are our major fund-raising events. It costs on average \$52 to get a bike to its new home. In order to succeed, we suggest a \$20 donation, with a minimum of \$10, with each bicycle and sewing machine at the collections. Bikes, sewing machine, and monetary donations are tax deductible; a receipt is provided at the collections. Pedals for Progress is a 501(c)(3) organization with a 100% rating rating from CharityNavigator.

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(above) The Westfield Rotary Club is sponsoring a collection of bicycles and sewing machines for donation to Pedals4Progress (P4P) on Saturday, October 8 from 9:00 a.m. – 12:00 p.m. at the Westfield Board of Education Building, 302 Elm Street Westfield, NJ.

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Submitted by Dr. Michael Hart

The Flintlocks, BSA, Inc. are a group of retired scouters who dedicate their time and talents to helping the Boy Scout Camps in northern New Jersey. They annually donate approximately 5,000 hours of skilled labor to the scouts. The group includes many tradesmen, but also volunteers of every background. Most are retired, but some still work full time, and occasionally people volunteer to help for a day here and there. It is a very friendly group with a good sense of humor. When one member reached age 100, they designated a parking spot reserved for all Flintlocks over 100 years old.

The Flintlocks meet every Thursday at Camp Winnebago, Rockaway, NJ, all year round. They are organized as a 501c3 non profit corporation. All of the members are registered with the BSA. They provide a variety of skilled services to the Council. They have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, repaired damage to camp structures, etc. In addition to building structures

and doing repairs and maintenance, they also volunteer at many Council activities throughout the year. More than half of the Flintlocks have been awarded the Silver Beaver or have received other Council and National Awards. They typically provide approximately 5,000 hours of volunteer skilled labor every year. Previous years were interrupted by COVID shutdowns, and the camps were not operational some summers, but now the Flintlocks are all vaccinated and have been back to work. The Council most recently opened the summer Scout camps again, and the Flintlocks have brought them up to code to receive campers.

The Officers and Trustees elected for the coming year are as follows: John Koneski, President; George Van Dyke, Vice President; Michael Hart, Secretary; Russ Jenkins, Treasurer; Bob Pysher, Chair of the Trustees; Ted Marquardt, Trustee; Bob Germinder, Trustee; and Frank Wallace, Trustee.

Visit the Facebook Page "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at drmhart@yahoo.com.



(above) Flintlocks pictured during their Annual meeting.

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PERFORMANCE SERIES FEATURE KATE KLIM AND ANDREW DELANEY

Singer-songwriters Kate Klim and Andrew Delaney will take the stage on Saturday night, October 8, for the latest show in the Fanwood Performance Series.

Based in Nashville, with roots in Pennsylvania and Illinois, Kate Klim specializes in “sad songs sprinkled with hope.” The show will include selections from her new album, “Something Green.”

Arlington, Texas-based Andrew Delaney describes his music as “post-modern anti-folk, or something,” featuring wit, candor, and often dark humor.

The show begins at 7 p.m. at the Patricia M. Kuran Cultural Arts Center, also known as the Old Carriage House, on the grounds of Fanwood Borough Hall.

The suggested donation for admission is \$15, or \$10 for students and seniors, cash at the door. Light refreshments are available for purchase at intermission. Proceeds help support the all-volunteer, non-profit concert series.

Looking ahead, the Fanwood Performance Series will present the Afro-Peruvian jazz sounds of Central Jersey’s own Forbidden Tropics, along

with troubadour Matt Bednarsky, on Saturday, November 12.

Visit fanwoodperformanceseries.org for more information, or look for Fanwood Performance Series on Facebook. The series is a presentation of Mayor Colleen Mahr and the Fanwood Arts Council, made possible in part by a HEART (History, Education, Arts Reaching Thousands) grant from the Union County Board of County Commissioners.



(above, l-r) Kate Klim, Andrew Delaney

Courtesy photos

PROGRAM FOR SENIORS AND THEIR CAREGIVERS

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If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, join us for this free program at SAGE Eldercare, 290 Broad Street in Summit beginning on Tuesday, October 18 at 10

a.m. Free refreshments will be served at each lesson.

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

- How to manage your symptoms.
- How to get started with healthy eating and exercise.
- How to communicate effectively with your doctor.
- How to manage fear, anger, and frustration.
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For more information, please contact Amy Lewis at 908-789-4070 ext. 4080 or alewis@westfieldnj.gov.

ELKS SCHOLARSHIP HELPS STUDENTS FOLLOW THEIR DREAMS

The Elks National Foundation is proud to announce the start of the 2023 Elks Most Valuable Student (MVS) scholarship contest. The MVS scholarship is available to high school seniors who are United States citizens. Applicants do not need to be related to a member of the Elks. The judging criteria is based on academics, leadership, service, and financial need.

The application is completed online and must be submitted by the November 14, 2022, deadline. The 500 national winners will be announced in April 2023. The top 20 national finalists participate in the Leadership Weekend and interview for the top awards, ranging from \$20,000 to \$50,000. The remaining 480 runners-up receive \$4,000 scholarships.

This year, the Elks National Foundation is investing \$4 million in college scholarships. MVS scholars—all of whom demonstrate outstanding leadership skills and a commitment to service—are graduating from college at a rate of 90 percent, 30 percent higher than the national average.

Since 1931, the Elks National Foundation has awarded life-changing scholarships to thousands of students like Kaden Oqueli-White of Louisiana, a 2022 top winner. Kaden’s \$50,000 scholarship will help him attend Columbia University to study astrophysics and pursue a career in academia.

Kaden might be focused on the sky, but he hopes to have an impact close to home. “My fervent resolve to contribute astronomically to humanity and increase STEM field awareness is as infinite as the cosmos themselves,” says Kaden. “I yearn to know and inclusively share the stars.”

Applications for the 2023 contest are available on the Elks National Foundation’s website. For complete Most Valuable Student scholarship contest details including the application, visit enf.elks.org/MVS.

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With nearly 750,000 members and nearly 1,860 Lodges nationwide, Elks are providing charitable services that help build stronger communities across the United States. The Elks National Foundation, the charitable arm of the Benevolent and Protective Order of Elks, helps Elks build stronger communities through programs that support youth, serve veterans, and meet needs in areas where Elks live and work. To learn more, visit elks.org/enf.

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