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SENIORS HOLD ANNUAL HOLIDAY PARTY

The Berkeley Heights Senior Club hosted their annual Holiday Party on Monday, December 5th, 2022 at the Embassy Suites. Guests were treated to food, and live music in the Glass House room. The Senior Club meets weekly on

Tuesdays at 10:30 a.m. at the Township Municipal Complex at 29 Park Avenue in Berkeley Heights. Everyone 55 and older is invited and encouraged to attend meetings, trips, and loads of parties. All are welcome, working or retired.

(Additional Photos on page 9.)



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

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'MINDING YOUR MIND' AT GLHS

Berkeley Heights Public Schools

As the Student Assistance Counselor at Governor Livingston High School and Columbia Middle School, Ms. Madison Rowohlt is charged with providing mental health resources to students.

"One of the things I do in my role as a student assistance counselor is act as a resource to students and educate them about the importance of taking care of their mental and emotional



(above) GLHS conducted two days of assemblies with 9th and 11th graders on "Minding Your Mind".

Photo by Berkeley Heights Public Schools

health. I accomplish this by providing Mental Health and Drug and Alcohol Programs. My role differs from my colleagues in the counseling department because I do not provide academic or college/career counseling," said Ms. Rowohlt.

She continued, "In looking at my goals for the year, I felt the need to bring more mental health programming to the school. Students are aware of mental health issues and open to learning more about recognizing the signs and symptoms of mental health issues, so I wanted to provide opportunities to them to express themselves and seek the help they may need."

Minding Your Mind is a national non-profit organization that "is dedicated to ending stigma and destructive behaviors associated with mental health issues, moving away from a crisis-based response to prevention through education." Minding Your Mind uses the power of storytelling to provide evidence-based education on mental health challenges to audiences by having a person, a young adult typically, come and tell their story so that there is an element of relatability for the students with the speaker.

In mid-October, GLHS conducted two days of assemblies with 9th and 11th graders who heard from a young man about his struggles with mental health, his drug and alcohol experiences, and his road to recovery and health and wellness. He shared his story, as well as the signs of anxiety and depression, and concluded by giving students ideas on how they can ask for help.

Ms. Rowohlt and the counseling team used the assemblies as an opportunity to speak to students about the mental health services that the school and district provides. According to Ms. Rowohlt, "After every presentation there were students who approached the speaker to either thank him or to share personal experiences. They really connected with him and it made an impact. It served as a great conversation starter for students to seek support."

"We strategically timed this program to take place at the beginning of the year because we want students to feel they have a supportive community at GLHS and that they have supportive staff members to rely on," said Ms. Rowohlt. "By bringing in a relatable person to tell their stories to students, the stigma around mental health decreases. We hope our students will ask for support and identify when they are struggling as a result of the presentation."

Minding Your Mind was made possible thanks to funding provided through a grant from The Mountainside Municipal Alliance. The hope is that the program will continue to be recognized for its value and funded annually so that it can be offered to students year after year.

Madison Rowohlt earned her undergraduate degree in Criminology, as well as her Masters in Counseling, at TCNJ. She has been a student assistance counselor at GLHS since March 2021.

For more information on the Minding Your Mind program, visit mindingyourmind.org.

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LOCAL WOMEN’S GROUPS TO SCREEN RUBY BRIDGES

STUDENT OF THE MONTH - RIYA JOSHI

Berkeley Heights Public Schools

In an effort to showcase our students in BHPS who have excelled either in academics, leadership, community, or have shown excellent growth in any of those areas, the district is hosting a “Superintendent’s Student of the Month”. For November, we honor 8th-grade student Riya Joshi.

Riya is an 8th-grade student at Columbia Middle School. She enjoys playing volleyball and her favorite subject is Science with Ms. Lee. Riya has an older sister who is in 9th grade at Governor Livingston High School. Recently, Riya helped plan and run a brand new social and fundraising event at CMS - the CMS Sock Hop! Riya was instrumental in helping to create this new event for the 7th and 8th-grade students.

The non-formal 'sock hop' put a twist on the old-fashioned sock hop dances of the 1950s and encouraged students to wear pajamas and socks. Admission to the dance was one pair of socks that were then donated to Bridges Outreach in Summit because socks are one of the most needed clothing items for those in need. Riya said it was tons of fun to plan and then enjoy, but that the ticket distribution piece was tough because she kept getting used socks!

Great job Riya and congratulations!

In celebration of Martin Luther King, Jr. Day of Service, two local organizations will screen the film Ruby Bridges at the New Providence Library on Sunday, January 15. The screening is at 2:00, there is no admission charge, and the public is welcome. The library is located at 377 Elkwood Avenue, New Providence.

The Summit College Club, a branch of the American Association of University Women (AAUW), and the League of Women Voters of Berkeley Heights, New Providence, and Summit are the sponsoring organizations.

Ruby Bridges is the story of the 6-year-old child who desegregated the New Orleans public school system in 1960. On her first day in first grade, half a dozen years after the landmark Supreme Court decision Brown v. Board of

Education had been decided, Ruby braved a crowd hurling hatred, insults, and death threats. Accompanied by federal marshals and her mother, Ruby succeeded in entering the all-white school, but she was to remain the only child in her class for the entire year.

The movie, which stars Chaz Monet as the young Ruby, attempts to be a realistic rendering of the events that happened to the civil rights activist family and child.

Immediately after the screening, Hedy Tukey of the Summit College Club and Jean Crichton of the League of Women Voters will lead a discussion of the film.

The Summit College Club website is at summitcollegeclub.com, and the League of Women Voters is at lwvbhnp.org.



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CENTER FOR HOPE'S AUXILIARY YEAR-END DONATION

The Center for Hope Hospice & Palliative Care, a community-based non-profit hospice organization in Union County, New Jersey, celebrated the season with their Auxiliary on Monday, December 5. At the party, the Center received a very generous gift: a check for \$100,000 representing the funds raised from the Auxiliary over the past year.

Marge Hussey, the Auxiliary's president, was pleased to be able to present the check to the Center. "Each year," she said, "with our many events and the Hope Chest Thrift Store, we work tirelessly to not only educate the community about the Center, but to help the Center in its mission: providing only the finest in hospice care to all those who need it regardless of an inability to pay. As I present the fruits of that work to the Center tonight, I hope you all can share the pride I feel in knowing that we're making a difference in the lives of so many each and every year."

Tom Kasper, the Chairman of the Center's Board of Trustees, was on hand to accept the gracious donation. "This is incredible," he said. "While each and every one of us, alone, do what we can, it pales in comparison to the work that can be done when we come together as a group and work toward a goal. You all have shown that here tonight. There's simply no way the Center can properly state the gratitude we feel for the Auxiliary throughout the year."

Marge concluded by saying, "As we come together this holiday season, I want to again thank everyone for their hard work...and remind everyone that our work is not done! Next year, those in need in our community will still remain and will still need our support." She reminded the group that "we still need new members to help us do even more next year."

The Center for Hope offers hospice and palliative care in its two residences in Scotch Plains and Elizabeth, and provides hospice care to patients in the wider community where they live. For more information on the Center or the Auxiliary, visit cfhh.org.

ABOUT CENTER FOR HOPE HOSPICE & PALLIATIVE CARE, INC.

Center for Hope Hospice & Palliative Care (Center for Hope) is a non-profit, community-based organization that provides terminally ill patients with hospice care, and their families or loved ones with physical, emotional, and spiritual support during their time of need. The Center actively supports the individual's right to live out the remainder of their life with dignity and in comfort, surrounded by the love of family and friends, and eased from the burdens of

physical, emotional, spiritual, financial or social distress. Center for Hope welcomes all terminally ill patients, their families and loved ones without concern for race, ethnicity, religious affiliation or ability to pay. It also offers pain and symptom management for chronically ill and seriously ill patients through its palliative care program. Center for Hope operates two facilities in Scotch Plains and Elizabeth; the latter provides nearly \$3.5 million a year in charity care. For more information, visit cfhh.org.



(above, l-r) The officers of the Center for Hope Auxiliary present a \$100,000 check to the Center for Hope's Board of Trustees Chairman. Pictured are Marge Hussey, Dolores Paruta, Ginny Comer, Thomas Kasper, Dolores Hynes, and Rosemary Burke.

Courtesy photo

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2022 SENIOR HOLIDAY PARTY PHOTO ALBUM



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LIBRARY PROGRAMS

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CHILDREN'S STORY TIMES AND PROGRAMS:

Shake, Rattle & Read for ages 3 - 5

Wednesdays, January 4 - 25 at 9:30 am

**Fun with Friends Story Time
for ages 0- 24 months**

Thursdays, January 5 - 26 at 9:30 am

Good Tyme String Band

Tuesday, January 10 at 10:30 am

Fun banjo sing-along for all ages.

Sing & Sign Story Time with Danielle Neri

Sunday, January 15 from 3 - 3:30 pm

Stories read aloud and signed in ASL
for ages 2 - 5

Lego Play

Monday, January 16 from 2 - 3 pm

Have fun building with Legos. Completed
projects will be displayed in the
Children's Room.

Yoga Story Time with Pam Nixon

Tuesday, January 17 at 9:30 am

for ages 3 - 5

Teen Book Club:

Tuesday, January 31 at 6:30 pm.

January's selection is Super Fake Love Song by
David Yoon

See the library's website at

<https://bhplnj.org/teens/bhpl-teen-book-club/>
for more information.

ADULT PROGRAMS:

Book Group

Friday, 1/6 at 10:30 am

and Tuesday, 1/10 at 7:15 pm

January's book group selection is The Reading
List by Sara Nisha Adams

Please stop by in person, call the library or
email reference@bhplnj.org if you would like
to join the book club.

**Technology Assistance Weekend
& Italian Conversation Class**

Stay tuned - return dates in 2023 will be
announced on the library website calendar &
Facebook page

CMS STUDENTS LEARN MUSIC AND TECHNOLOGY

Berkeley Heights Public Schools

Christopher Colaneri, music teacher at Columbia Middle School, began offering the elective Music and Technology as a way to expose students to the inner workings of how to create a musical piece. Originally introduced twenty years ago with the help of the curriculum head and other teachers, the class has evolved over the years and as technology developed. Mr. Colaneri is offering this elective for our middle school students each marking period of the year.

This multidisciplinary class brings together the technical aspects of notating music with publishing music and writing a story line for the music to support. Students learn how to write music using technology, but also discuss how music captures the audience's attention, sets the mood, and pulls people in. According to Mr. Colaneri, "This is the perfect class for musicians and non-musicians alike. There are many students who don't necessarily play an instrument but love music and this is a great class for them because it is an opportunity for them to creatively express themselves in a musical way."

The process begins in a program called 'Noteflight' where students write the drum

rhythms that act as the basis for the music piece. They then move onto melodic notations and they then harmonize and structure the music to create their own sonata.

Once the basis of the score is complete, the students move into working with a program called 'Soundtrap' which is a sequencing program that allows users to play in the music they have written with a touch screen piano or chart the drum notation. The more common way to enter notes in this format is to use pre-designed loops and learn how to layer the different components of music, but both options are available for students. Finally, the class selects stock or original images and uses "WiVideo" to create a visual story. They then add in the musical elements that have been produced.

The class has worked on Halloween themed videos, created jingles for a favorite candy or food, selected a cause and writing a commercial, and more.

Mr. Colaneri is an accomplished musician who has performed professionally with a number of well-known artists as a percussionist and in background orchestras for many bands. He also lectures at local universities on how to teach percussion and Oxford Press published his book on how to teach percussion.

"My favorite part of my job is getting to know the students and seeing what they're about - whether it's around music or not. I love hearing about their interests and sharing my passion and talents with them and I hope to inspire them in my classes," said Mr. Colaneri.

Mr. Colaneri has been teaching for 26 years, 23 of those with the Berkeley Heights Public School District. He has filled a variety of roles in BHPS but is primarily known for his tenure at CMS where he teaches the 6th grade Concert Band, Jazz Band and Steel Pan Ensemble, as well as Instrumental Lessons to Band Students. Mr. Colaneri received his BA at Rowan University in Classical Performance and his Master's Degree in Music Education from New Jersey City University. He considers himself a 'student for life' and continues to take classes to further his education.



(above) Christopher Colaneri teaches the elective Music and Technology to students at Columbia Middle School.

Photo by Berkeley Heights Public Schools

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CROWDS FLOCK TO THE SEVENTH ANNUAL WINTER WALK

Winter Walk Committee

The joy of the holiday season was on full display on Saturday, December 3, when thousands of people from Berkeley Heights and surrounding towns gathered downtown for the seventh annual Winter Walk. The rain magically gave way to mild temperatures just in time for this treasured holiday tradition.

Children of all ages strolled Springfield Avenue to enjoy a winter wonderland, which included perennial favorites such as skating on an artificial ice rink, taking a carriage ride pulled by a team of Clydesdale horses, and making holiday crafts such as making reindeer food and building a snowman. New this year was a giant gingerbread slide and an additional life-size snow globe to bounce in. Other attractions included game trucks, roaming snowflake characters, The Grinch and Olaf, an ice sculptor, The Grain & Cane and Scream food trucks, a trackless train, inflatable basketball hoops, and a football field goal challenge. Santa and Mrs. Claus roamed the street to pose for pictures with children who were happy to share their Christmas wish lists.

"Seeing the pure enjoyment on the faces of the thousands of children, teenagers, and adults who came to Winter Walk made all the advance work—and the days of nail-biting over the weather report—so worthwhile," said Cheri Pertesis, owner of Anything Floral and one of the Winter Walk organizers. "We thank the sponsors and the Berkeley Heights Recreation Department for their ongoing support and the DPW and

Police for their help the day of the event. I'll soon turn my attention to planning next year's event, as we are determined to make each Winter Walk better than the last!"

More than seventy Berkeley Heights businesses and organizations were on hand to provide free food and holiday experiences, such as holiday photo shoots, spin-to-win contests, and an array of giveaways and samples.

Attendees enjoyed a steady stream of entertainment held on the Fiserv Entertainment Stage. Thoro, a DJ and entertainment company, provided an emcee who introduced performances from Pure Movement Dance Center, Columbia Middle School Jazz Band, GL Vocal Ensemble, Performing Arts 5678 and Wharton Institute for the Performing Arts, GL Jazz Band, GL Brass and Sax, and the Governor Livingston Highlander Band.

The event culminated with the Berkeley Heights Recreation Department's annual tree lighting and firework show at Peppertown Park.

The Winter Walk is free to all comers due to the generosity of the Berkeley Heights business community, which uses this occasion to give back to those people who support their businesses all year long. The presenting sponsor again this year was The Park, Embassy Suites By Hilton Berkeley Heights, and Round Table Studios, all part of Connell Park. Fiserv was the Platinum sponsor. Cascade Tree Service and Nokia Bell Labs were the Gold sponsors. Forty-three additional businesses sponsored the event. To see

the complete list of sponsors, go to berkeleyheightsdowntown.com.

The event is organized and managed by Cheri Pertesis of Anything Floral, Hilary Boothby, and Berkeley Heights Downtown Beautification Committee volunteers Jeanne Kingsley, Julie Lloyd, and Gail Nelson.



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FLINTLOCKS SCOUTER GROUP LIVES BY THE SCOUT LAWS

The Flintlocks, BSA, Inc. are a group of retired scouters who dedicate their time and talents to building and maintaining the scout camps of the Patriot's Path Boy Scout Council in northern New Jersey.

The group includes some tradesmen, but also professionals and volunteers of every background. Most are retired, but some still work full-time, and occasionally people volunteer to help for a day here or there. It is a very friendly group with great camaraderie and a good sense of humor. When one member reached age 100, they designated a parking spot reserved for "all Flintlocks over 100 years old". Two other members are 90 years old, but they will have to wait a while before parking in that spot.

The Flintlocks met for their Fall General Meeting on Thursday, October 20, 2022, at their workshop at Camp Winnebago in Rockaway, NJ. They reviewed the accomplishments of the previous year and discussed future projects the

Council needs to have done. Some of the future projects include installing new windows in the dining hall, building a pavilion near the trading post, collecting Toys for Tots; and making craft kits and Pinewood Derby cars for special needs children.

The Patriot's Path Council of the Boy Scouts of America encompasses 5 counties in central and northern New Jersey: Middlesex; Morris, Somerset, Sussex, and Union. The Council website is ppcbsa.org. There are 11,000 scouts who use the camps in this council.

In spite of their name, the Flintlocks have nothing to do with antique firearms, although some of the old guys are considered "antiques". They meet every Thursday at Camp Winnebago, Rockaway, NJ, all year round, and guests are always welcome. They are organized as a 501c3 nonprofit corporation. All of the members are registered with the BSA, take CPR and AED training, and are vaccinated for COVID.

More than half of the Flintlocks have been awarded the prestigious Silver Beaver Award,

which is the highest National Award for a volunteer in the Scouting Program. They usually provide approximately 5,000 hours of volunteer skilled labor every year, saving the Council close to \$250,000 of labor costs.

In the past, the Flintlocks 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, financed and built an addition to the Wink Dousa Cabin, and repaired damage to camp structures. In addition to building structures and doing repairs and maintenance, they also volunteer at many Council programs throughout the year. One popular program for Cub Scouts for which the Flintlocks volunteer is called "For the Birds". The children learn about birds and build birdhouses and bird feeders.

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

Courtesy photo

HELP WANTED MANAGERS

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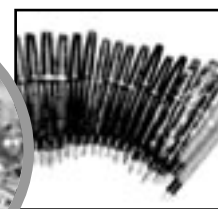
(above) The Flintlocks BSA, Inc. members showing the signs representing the 12 points of the Scout Law. They tease one member for always being seen with a coffee cup in his hand, so they made him a sign reading "coffee". These signs will be posted at the Allamuchy Scout Reservation in Byram, NJ, located near Waterloo Village.

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INTERFAITH THANKSGIVING SERVICE

The sixteenth annual New Providence-Berkeley Heights Interfaith Thanksgiving Service occurred on Monday evening, November 21, 2022, at Faith Lutheran Church in New Providence.

The participating worship communities were the Congregation Ohr Shalom-Summit Jewish Community Center, Faith Lutheran Church, Church of the Little Flower (Roman Catholic), New Providence United Methodist Church, St. Andrew's Episcopal Church, and Summit's Temple Sinai.

The service began with a welcome by Rev. Jane McCready, pastor of Faith Lutheran, which was followed by a greeting from Mayor Al

Morgan of New Providence.

The Thanksgiving homily was offered by Rabbi Avi Friedman of Congregation Ohr Shalom/Summit Jewish Community Center.

The liturgy of the service consisted of prayers and readings led by each of the interfaith clergy. The music featured an interfaith choir, led by Shea Velloso, Minister of Music at Faith Lutheran. Three hymns were sung by the congregation.

Regarding the offering, the canned goods were given to the StarFish Interfaith Food Pantry in Plainfield, which is supported by an ecumenical group of religious organizations. Financial gifts were given to the Community

Hope for Veterans, a program that serves our veterans at Lyons Hospital and is supported by the Islamic Society of Basking Ridge.

An open letter from the New Providence-Berkeley Heights Interfaith Clergy to the Community was included in the program of the service and was distributed to all.

SOME OF THE WORDS FOLLOW:

"Let There Be More Love, Deeper Understanding and Greater Gratitude for the Blessing of Diversity in Our Community."

"We believe that the ethic of love and compassion is the heart of our Jewish-Christian-Islamic-Sikh-Bha'i heritages."

"We believe that each human being, as a child of God, is entitled to be treated with respect, dignity and understanding."

"We pledge to realize this vision among ourselves and to help our community become more welcoming to all."



(above, l-r) Participating in the service were Rabbi Avi Friedman of Congregation Ohr Shalom/Summit Jewish Community Center; Rev. Daniel Gunn of St. Andrew's Episcopal Church, New Providence; Rabbi Shira Gluck of Temple Sinai, Summit; Rev. Matthew Dooley of Little Flower Roman Catholic Church, Berkeley Heights; Rev. Victor Franco of New Providence United Methodist Church, Rev. Jane McCready of Faith Lutheran Church, New Providence; and Mayor Al Morgan of New Providence.

Courtesy photo

SENIOR DAY TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, January 16. The bus leaves the parking lot at Town Hall, 29 Park Avenue, at 8:30 a.m. and returns at approximately 7:15 p.m. The cost is \$35, which includes bus transportation and a \$20 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

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18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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TEEN HELPS RAISE MONEY FOR FAMILIES FACING PEDIATRIC CANCER

Nick Swandrak, 18, of Cranford, NJ, teamed up with retired NFL Coach Tom Coughlin to raise money for local families facing pediatric cancer on October 21 at Cipriani 42nd Street, New York. In a speech to a crowd of nearly 500 professional athletes, celebrities and supporters at the Tom Coughlin Jay Fund's annual Champions for Children Gala, Swandrak shared his own journey of being diagnosed and treated for acute lymphoblastic leukemia and his subsequent relapse earlier this year. The Jay Fund, the nonprofit founded by the two-time Super Bowl winning coach of the New York Giants, marked its 17th year of providing financial, emotional and practical support for families tackling pediatric cancer in the New York/New Jersey Metropolitan area.

Swandrak knows all too well the challenges families face when a child is diagnosed with cancer, and he is passionate about raising awareness and funds to support them. He has

spent much of the last four years enduring grueling cancer treatments and being isolated from his friends due to his immunocompromised condition. His family, like all families who have a child with cancer, has faced expensive medical bills coupled with rising inflation and record-high food costs.

Swandrak and his family have been supported by the Jay Fund throughout his treatment.

"The Jay Fund covered our mortgage payments when our bills became overwhelming and has given me experiences that I will never, ever forget," Swandrak told the crowd of current and former New York Giants, business leaders and Jay Fund families and supporters.

Swandrak's emotional words captivated the audience, and his speech was one of the highlights of a night that raised \$1.25 million for the Jay Fund and the families it serves in the New York/New Jersey Metropolitan area.

"Nick is a remarkable young man and a

current Jay Fund scholarship recipient," said Mary Jane Pulzello, Managing Director of the Tom Coughlin Jay Fund in NY/NJ. "He received a standing ovation from the audience, as many were deeply moved by this young man's courage and tenacity in fighting cancer for more than four years."

Swandrak thanked his medical team who continue to help him through this fight, as well as his friends and family who have lifted him up from day one. He saved his most heartfelt appreciation for his parents, stating their love and support have been everything to him.

"As of today, I've had 126 chemo shots, 28 spinal taps, and over 200 days sleeping on scratchy hospital sheets," Swandrak told the crowd. "Fighting cancer is tough. You're in bed, and sick a lot of the time. There are days that are a real struggle. But I'm looking forward to ringing that bell for the second time this December and being back in remission."

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(above) Nick Swandrak, a Cranford, NJ, teen who has been tackling pediatric cancer for more than four years, joined former NY Giants head coach Tom Coughlin and the Tom Coughlin Jay Fund to help raise funds for other NY/NJ children and their families facing childhood cancer.

Courtesy photo



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