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#### **ISSUE 113 • JANUARY 2023**

### **SOMERSET COUNTY 4-H CLUB MEMBERS RECEIVE AWARDS**

National 4-H Week was celebrated October 2-8, and the festivities began early this year in Somerset County.

The Just Kidding 4-H goat club was presented with national awards in the Junior American Citizens contest at the Somerset County 4-H Association meeting on September 21. The club placed first in the nation with their community service project. Members of the Daughters of the American Revolution (DAR) presented the awards at the Ted Blum 4-H Center of Somerset County in Bridgewater.

"We are very proud of these young people and all that they managed to accomplish even with the pandemic," said New Jersey DAR 4-H Liaison Holly Jean Dunbar. The club collected 192 books that were donated to members of the military, at home and abroad, via Operation Paperback.

Elizabeth Snyder-Continental Chapter DAR sponsored the 4-H club in the contest. Chapter members presented the 4-H'ers with their awards that included ribbons, certificates and a medal that represented the four judging levels of the competition, local, state, division and national. As a special treat, DAR member and 4-H alumna Dorothea Borkowski presented each child with



(above) Members of the DAR presented Junior American Citizen awards to the Just Kidding 4-H club at the 4-H Center.

1



(above) Representatives of the Just Kidding goat club and Leader Beth Kavanaugh display their national awards.

Courtesy photos

home-baked goat-shaped cookies. DAR members assisting in the awards presentation were Vice Regent Marti Kalko, a 4-H volunteer, and Librarian Susan Dobrinsky, a 4-H alumna, both of Green Brook, along with Chaplain Karen Miller and Historian Lynda Pasko from Dunellen.

4-H club leaders Beth Kavanaugh and Nicole Perry had expressed their gratitude for the help provided by Marion McGlyn of Operation Paperback. Every 4-H club is asked to complete an annual service project. Studies have shown that as adults, 4-H alumni are twice as likely to be civically engaged and four times more likely to participate in community service.

Along with congratulating the 4-H club, Dunbar, who is a 4-H alumna and volunteer, also thanked the members of the 4-H Association and 4-H Agent Lisa Rothenburger and staff. "This is the fifth Somerset County 4-H club that has received a national DAR award for service since 1993," said Dunbar. "This is just a phenomenal record. And it proves that you must be doing something right."

The DAR is a nonprofit service organization open to women 18 and over who can trace their descent from a man or woman who aided the cause of American independence. For more than a century, the DAR has promoted historical preservation, education, and patriotic endeavor. Elizabeth Snyder-Continental Chapter, based in Green Brook, sponsors local students in a variety of annual DAR contests. Membership inquiries are welcome. Contact ESCRegent@yahoo.com or learn more at DAR.org.

The 4-H Youth Development Program uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes and skills that they need to succeed in life. Kids and teens complete hands-on projects in areas such as science, health, agriculture and civic engagement. 4-H programs are open to young people in grades K to 13 (one year out of high school). To learn more about Somerset County 4-H, visit 4HisTops.org.

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### **GREEN BROOK LEO CLUB**

the Green Brook Leo Club. The Leo Club is for young adults 12-18 years old.

Recently the Green Brook Leo Club conducted a Pet Supply Drive at Arthur L Lewis Park. They collected dog/cat food, toys and many other pet

Last year the Green Brook Lions Club started supplies that day. It was a huge success. All items were donated to the local Plainfield Area Humane Society.

> For more information about the Green Brook Lions and Leo Clubs visit Greenbrooklionsclub.com.



(above) Green Brook Leo Club Pet Supply Drive

Courtesy photo







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### BROOK ARTS CENTER RINGS IN THE NEW YEAR!

We are ringing in 2023 with a sneak peek of our upcoming season with the announcement of our January lineup!

#### JANUARY 7 AT 2 PM - DISNEY'S FROZEN

Experience Disney's Frozen on the big screen! Meet Elsa and Olaf in our winter wonderland! Dress up as your favorite character for our Costume Contest! Raffles and fun for the whole family!

#### **JANUARY 8 AT 2 PM - ELVIS TRIBUTE**

King of Rock' n' Roll's 88th birthday celebration with award-winning

Elvis Tribute Artist Jim Barone. Barone's "Elvis Through the Years" show spans the entire Presley catalog, keeping true to the sound, passion, and style that encompassed Elvis as an entertainer. Barone performs the iconic singer's career in three sets (the 1950's, 1960's, and 1970s) complete with costume changes.

#### JANUARY 14 AT 9 PM -ROCKY HORROR PICTURE SHOW

The Rocky Horror Picture Show with Friday Nite Specials will have you dancing, singing, and shouting! This interactive presentation of the Rocky Horror Picture Show is a must-see for Rocky fans and newbies to the cult classic. Tickets include Prop Bags.

#### JANUARY 27 - FEB 5TH - CABARET

Willkommen, Bienvenue, Welcome... to CABARET - the multi-Tony award-winning legendary musical. Based on Christopher Isherwood's book - Goodbye to Berlin, Cabaret tells the story of British nightclub singer Sally Bowles, American writer Cliff Bradshaw, and the decadence of 1929 Berlin. With mounting fear and uncertainty outside, the emcee lures you into the world of the Kit Kat Club where your troubles are left at the door. Cabaret opens Friday, January 27, and runs through Sunday, February 5. Friday and Saturday performances are 8 pm and Sundays at 2 pm.

#### TICKETS ARE A GREAT HOLIDAY GIFT!

Advance Purchase discounted tickets are available@ at www.brookarts.org or call 732-469-7700. ADA seating, bar, concessions, and free parking are available. The Brook Arts Center is in Bound Brook, NJ, one block from the Bound Brook Train station and a few short miles from Rt 22, 287, and 78. Visit our website for information on all of our 2023 shows, directions, parking, and theater information. Keep checking our website (www.brookarts.org ) and follow us on Social Media (BrookArtsCenter) for the 2023 season reveal!

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### WARRENBROOK SENIOR CENTER PROGRAMS

Warrenbrook Senior Center, located at 500 Warrenville Road in Warren, NJ, is one of the six county operated Senior Centers. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are free for the registered members. Please (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in January.

#### Musical Performance by DJ Gio

January 4 – 10:30 a.m. Let's kick off the new year to the music of DJ Gio who will share the music from Motown, Swing, Country, Top 40 and more.

#### Brains n Games and Hand Bells with Adrienne Graubard

January 6, 27 – 11 a.m.

Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

#### Myths about Foot & Ankle Care

January 12 - 11 a.m.

"Don't cross your eyes, they'll stay that way!" Old wives' tales and myths like that example are fun to laugh at. We believed them as children. "Step on a crack and you'll break your mother's back." But there are other myths

that are no laughing matter, especially when they involve your health. From bunions to broken toes, foot and ankle surgeon Dr. Mithun Sivadasan, DPM, AACFAS, has heard it all. He shares common myths about foot care and the realities behind them.

#### "I have a dream"

The story behind the Speech – Marisa Bozarth January 13 - 11 a.m.

We have all heard Martin Luther King, Jr.'s famous "I Have a Dream" speech. But do you know what was in the rest of the speech? How it came to be or what happened to the speech afterwards? Learn more about one of the most famous speeches in American history.

#### **Casino Games with Caitlyn Campbell**

January 23 – 11 a.m.

Casino is a lot of fun! It's a great way to get everyone engaged, because the dealers find ways to include all ability levels and are trained to teach people how to play a variety of table games. It's stimulating and very exciting, and truly simulates a casino experience.

#### **Calming Stress & Anxiety (Virtual)**

January 26 – 11 a.m. Join certified Eden Energy Medicine Clinical Practitioner (EEM-CLP), Siobhan Hutchinson from Next Steps Strategies, LLC as she teaches us tools to help balance our life, relieve anxiety and stress and more.

#### Arthritis – RWJUH

January 30 – 11 a.m. Arthritis cannot always be prevented. The risk of arthritis can be reduced by altering eating habits and proper exercise. If arthritis is left untreated, it can lead to serious complications such as:

- Joint damage: Joint deformities, damage to nearby tendon, etc
- Widespread inflammation: Inflammation can spread to other parts of the body like lungs, heart, and eyes
- Cardiovascular damage: People with rheumatoid arthritis are at higher risk of developing cardio vascular disease

Dr. Brandis Belt along with the residents of RWJUH will provide a presentation on Arthritis Prevention & Management.



### **DAR GATHERS TO CELEBRATE SERVICE**

Members of the Elizabeth Snyder-Continental H Youth Development Program; Ruth Ryno was Somerset County 4-H Holiday Craft Fair. Chapter of the Daughters of the American Revolution (DAR) will gather in January to celebrate the founding of the chapter 127 years ago and to look back on the achievements of 2022.

The chapter held a belated 125th Anniversary Celebration in June. A donation of \$300 was made to help provide service dogs for veterans and a DAR Community Service Award was presented to long-time Somerset County 4-H staff member and volunteer Barbara Navatto of Somerville.

New chapter officers were elected: Regent Ashley Salsano, from Washington, N.J.; Vice Regent Marti Kalko and Librarian Susan Dobrinsky, both of Green Brook; Chaplain Karen Miller and Historian Lynda Pasko, both of Dunellen; Recording Secretary Holly Dunbar and Registrar Ruth Ryno, both of North Plainfield; Corresponding Secretary Catherine Niemeyer of Warren; and Treasurer Barbara Pollison-Beck of North Brunswick.

Three members received state appointments. Holly Dunbar was named state chairman of the American Indians committee and liaison to the 4appointed state chairman of Chapter Development & Revitalization and liaison to the Sons of the American Revolution; and Barbara Pollison-Beck was named state chairman of the State Scholarships committee.

At the Autumn Meeting of the State Society, the chapter received state and national awards and members were recognized for their committee work, including Ruth Ryno and Beth Scheiderman of Green Brook, who was recognized by the Community Classroom committee. The annual DAR Day of Service was observed with two projects, holiday gifts were collected for the veterans at Lyons V.A. Medical Center, and pet food and supplies worth an estimated \$300 were donated to the Plainfield Area Humane Society Shelter.

At the request of the chapter, Middlesex County issued a Proclamation designating November as Native American Heritage Month, and two members represented the chapter at New Jersey Sunday at Valley Forge. To close out the year, the chapter participated in Wreaths Across America and collected approximately 200 holiday cards for hospitalized veterans at the

As a crowning achievement, the chapter was awarded Lantern Chapter status from the National Society, for "spreading the light of DAR" by helping to grow the organization.

The DAR is a nonprofit service organization open to women 18 and over who can prove lineal descent from a patriot of the American Revolution. Founded in 1896, Elizabeth Snyder-Continental Chapter is based in Green Brook and serves areas of Somerset, Middlesex and Union counties. New members are welcome. Contact ESCchapterDAR@gmail.com or visit DAR.org.



(above) Treasurer Barbara Pollison-Beck is presented with a Proclamation for Native American Heritage Month by Ronald Rios.



(above) Corresponding Secretary Catherine Niemeyer delivers holiday gifts to Lyons V.A. Medical Center.



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### **GREEN BROOK HOLDS 2022 HOLIDAY TREE LIGHTING PHOTO ALBUM**

the annual Holiday Tree Lighting on Friday, Green Brook students, and free hot cocoa was by the Fire Department, who gave out treats to December 2nd at Arthur Lewis Park. The available to everyone in attendance. The event the kids.

Green Brook Township Recreation presented ceremony featured holiday performances by concluded with a visit from Santa Claus escorted











Photos from this and other events can be found online at rennamedia.com This album is also on the Green Brook Gazette page on facebook.com. Feel free to "Like," "Tag," and "Share."

### **GREEN BROOK HOLDS 2022 HOLIDAY TREE LIGHTING PHOTO ALBUM**

















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### **EXPLORE SCLSNJ'S VIRTUAL PROGRAMS JANUARY THROUGH FEBRUARY**

All SCLSNJ branches will be closed on Sat, Dec. 24; Sun, Dec 25; and Sun, Jan 1. Warren Twp. branch will be closed on Sat, Dec 31,; Mon, Jan 16; and Mon, Feb 20. The Warren Twp. branch will be closed on Sat, Dec 10.

To join a virtual program by phone, dial 646-876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

How The Hard Winter of 1880- 81 Became "The Long Winter" Presented by Cindy Wilson, Author of "The Beautiful Snow" January 3, 7-8 p.m. https://sclsnj.libnet.info/event/7091288. **Reducing Food Waste at Home** January 4, 7-8 p.m. https://sclsnj.libnet.info/event/6874041. **PRESENTED BY GREATER RARITAN ONE-STOP CAREER CENTER: Overcoming Your Fear of Public Speaking** January 5, 10 a.m. - noon https://sclsnj.libnet.info/event/7051462. **Defeating Unconscious Bias** February 2, 10 a.m. - noon https://sclsnj.libnet.info/event/7067447. **Put Your Best Self Forward** February 21, 11 a.m. - noon https://sclsnj.libnet.info/event/7154894. **Using the Power of Food -To Heal Ourselves and Our Planet** January 9, 7-8 p.m. https://sclsnj.libnet.info/event/7040121. Hawaii - A Photo Tour of Tropical Isles January 10, 7-8 p.m. https://sclsnj.libnet.info/event/6849452. The Dressmakers of Auschwitz - The True Story of the Women who Sewed to Survive January 11, 7-8 p.m. https://sclsnj.libnet.info/event/6848139. Italian Soup with Healthy Greens January 12, 7-8 p.m.

https://sclsnj.libnet.info/event/6767361. I'll Do It Later - How to Stop Procrastinating January 17, 7-8 p.m. https://sclsnj.libnet.info/event/7040119.

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Mind Games -**The Science of Perception Deception** January 18, 7-8 p.m. https://sclsnj.libnet.info/event/6773003. **Five Daily Exercises in Gratitude** to Transform Your Life January 19, 7-8 p.m. https://sclsnj.libnet.info/event/6937295. **The Big Band Era** January 23, 7-8 p.m. https://sclsnj.libnet.info/event/6135502. "Why? Explaining the Holocaust" January 24, 7-8 p.m. https://sclsnj.libnet.info/event/6786696. **Shutterfly Photo Books** January 25, 7-8 p.m. https://sclsnj.libnet.info/event/7046547. **Afterlives - Recovering the Lost Stories of** Looted Art Presented by The Jewish Museum January 26, 7-8 p.m. https://sclsnj.libnet.info/event/7096223. Where's My Stuff? The Ins and Outs of Managing Space January 30, 7-8 p.m. https://sclsnj.libnet.info/event/7044930. Life in the Last Frontier - Alaska January 31, 7-8 p.m. https://sclsnj.libnet.info/event/6999172. **Black Scientists We Should Know** February 1, 7-8:30 p.m. https://sclsnj.libnet.info/event/6770636. The Most Fascinating, Obscure Figure in American History - Benjamin Lay, Abolitionist February 6, 7-8 p.m. https://sclsnj.libnet.info/event/6765075. **Dr. Mary McLeod Bethune -**The Link to our Past, Present, and Future February 7, 7-8 p.m.; https://sclsnj.libnet.info/event/6889393. **Bessie Coleman - Fly! Bessie, Fly! Performed by Daisy Century from American Historical Theater** 

February 8, 7-8 p.m. https://sclsnj.libnet.info/event/6916020.

The Legacy of Harry and Harriette Moore February 9, 7-8 p.m. https://sclsnj.libnet.info/event/6816281. **Chocolate Lover's Desserts -A Virtual Bake-Along** February 13, 7-8:30 p.m. https://sclsnj.libnet.info/event/6963073. **Advanced Care Planning - Wills and Healthcare Proxies Made Simple** February 15, 7-8 p.m.; https://sclsnj.libnet.info/event/7147236. **Motown - Music That Moved the World** February 16, 7-8 p.m. https://sclsnj.libnet.info/event/6836221. **The Harlem Renaissance -Courage, Grace and Vision** February 21, 7-8 p.m. https://sclsnj.libnet.info/event/6775462. Jesse Owens - A Life in American History February 22, 7 p.m. https://sclsnj.libnet.info/event/6911416. **Overview of Atrial Fibrillation -February is Heart Month** February 23, 7-8 p.m. https://sclsnj.libnet.info/event/7086590. The Food and the Folks of the Great Migration February 27, 7-8 p.m. https://sclsnj.libnet.info/event/6830532. Self-Care Advocate -**7 Steps to Prevent Chronic Disease** February 28, 7-8 p.m. https://sclsnj.libnet.info/event/7093964. **ABOUT SOMERSET COUNTY LIBRARY SYSTEM** Somerset County Library System of New

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. SCLSNJ branches can be found in Bridgewater, Bound Brook, Hillsborough, Manville, Montgomery, North Plainfield, Peapack & Gladstone, Rocky Hill at Mary Jacobs Memorial Library, Somerville, Warren Township, and Watchung. Additionally, there are two SCLSNJ reading stations in Branchburg and Washington Valley. Visit SCLSNJ.org.

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### **CERT MEMBERS ARE VITAL TO LOCAL DISASTER RESPONSE**

Somerset County

Somerset County's Office of Emergency Management graduated another seven local residents during the November 2022 Community

Emergency Response Team (CERT) Basic disasters strike through a coordinated, team effort Training. These volunteers spent twenty-six hours over seven days learning how to support their community and first-responders when



(above) Somerset County's November CERT training graduated additional volunteers ready to jump into action to protect neighbors and free up first-responders when disaster strikes.

Photo by Somerset County



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at the municipal or county level.

"The expansion of our CERT volunteer base means that our municipalities and Somerset County will be more prepared to respond to disasters in the future, including those caused by the increasing frequency and severity of storms here in Central Jersey," said Commissioner Doug Singleterry, liaison to the Office of Emergency Management. "We all owe a debt of gratitude to these volunteers who give their time and expertise preparing our communities to respond in crisis, and being the foundation of our response when crises strike."

Local CERTs train and organize teams of volunteers to assist their families, neighbors, coworkers and other community members during emergencies when professional responders may not be immediately available to provide assistance.

Following their full week of training in Disaster Preparedness, CERT Organization, Light Search and Rescue, Disaster Psychology, Terrorism, Fire Safety, Medical Operations and Sheltering Operations each participant must complete a written exam and practical exercise to graduate. The practical excises include "cribbing" to remove a person trapped under a heavy object using leverage, and a search and rescue simulation.

Before, during, and after disasters, CERT volunteer teams perform basic response activities, including checking in on neighbors, distribution of information to the public, supporting emergency operations centers, and helping to manage traffic and crowds. The deployment of CERT volunteers to perform these activities frees up professional responders to focus efforts on more complex, essential, and often life-saving tasks. CERT volunteers also support their communities by organizing, promoting, and participating in emergency preparedness events, activities, and projects.

For more information regarding the CERT program, please utilize the following link: bit.ly/SoCoCERT



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### **BUTTERFLY RELEASE REFLECTS ON GRIEF AND LOSS**

Imagine, A Center for Coping with Loss

Over 30 Imagine participants and staff reflections on grief and loss followed by the gathered in the Tribute Meadow at Fairview Cemetery in Westfield held on Saturday, October 22. It's a lovely spot near the weeping willows, pond, and fountains. They came together for a Butterfly Release Ceremony arranged by Imagine staff member, Kristin Imbimbo and Sharon Rossman and Rick Ralph of Fairview Cemetery.

The ceremony included poetry, music and

release of the butterflies. As it was a cool night, many of the butterflies chose to stay close to the warmth of the children and adults releasing them sitting on hands, shoulders and jackets as they warmed themselves before flying off. It was an intimate ceremony of remembrance and Imagine and Fairview plan to partner again in the spring to provide another opportunity for families to participate.

Imagine offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and are offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imaginenj.org.

Courtesy photo



(above) Members of Imagine and Fairview Cemetery came together for a Butterfly Release Ceremony.



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