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ROTARIAN CLUBS JOIN IN TO HELP VETERANS

Submitted by Dr. D. Michael Hart

Four New Jersey Rotary Clubs, together with General Needs, Inc., delivered needed winter clothing to 164 veterans living at Lyons VA Hospital and nearby Valley Brook Village on Saturday, December 3, 2022. This coalition does a distribution almost every month.

It is estimated that 22 veterans commit suicide every day. Many veterans are suffering from PTSD, alcoholism, or drug addiction, and some end up homeless. Military veterans put their lives and health on the line to protect our freedom. Rotarians feel that it our responsibility to help them live a decent life, with respect, and to give them support and hope.

The four Rotary Clubs cooperating in the program are The Rotary Clubs of Hillsborough, Morristown, Somerset Hills, and Westfield.

The Rotarians who volunteered are: from The Rotary Club of Westfield: Burim Regjaj, Dio Regjaj, Mary Ellen O'Boyle, President Tony LaPorta, and Secretary Dr. Michael Hart; from the Rotary Club of Morristown: Ray Wenzel, Paul Nelson, and Bill Weiss; from the Rotary Club of Hillsborough: Rich Salem and Jim Machut; and from The Rotary Club of Somerset Hills: Lauren Carpenter. The staff from General Needs attending are Lonnie Sherman (who is also a Rotarian), his wife Susan Sherman, and Greg Goldstein.

Lyons VA Hospital in Bernard's Township, NJ, accepts homeless veterans. Lyons gives them a



(above) Local Rotary Clubs came together with General Needs, Inc. to provide needed winter clothing to veterans.

bed and meals and some clothing, but not everything they need. The VA system offers counseling and career advice. The veterans stay at the hospital a few months, and once stable, they are moved to a more permanent facility, such as Valley Brook Village. Currently 44 homeless veterans are living at Lyons VA Hospital and 120 veterans are living at Valley Brook Village. Both facilities were built by the Federal Veterans Administration. The Hospital is administered by the VA and Valley Brook is administered by an independent private company.

General Needs is an organization dedicated to supporting veterans to help prevent suicides. The Rotary clubs raise funds to supplement the items being provided by General Needs. This month General Needs donated boots to all 164 veterans in both facilities; the Rotary clubs provided additional funds to purchase socks, and winter coats.

Rotarians have raised funds for an additional distribution of wrapped gifts containing winter hats, gloves and scarves to all 164 veterans. These will be distributed as part of a holiday party.

Tax deductible contributions are welcome to help support these veterans and may be made to: The Westfield Rotary Club Foundation, Inc., c/o Treasurer Stephan Specht, 416 East Dudley Ave, Westfield, NJ, 07090.

The Rotary Club of Westfield meets the first three Tuesdays of each month for lunch at Limani Seafood Grill on North Ave., in Westfield, at noon. Guests are always welcome. For information check out the website westfieldrotary.com or contact club secretary Dr. Michael Hart by email at drmhart@yahoo.com.

For more information on General Needs please visit generalneeds.org.

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GARDEN CLUB HOLIDAY WREATHS DECORATE WESTFIELD BUILDINGS



The Garden Club of Westfield decorated the Westfield Municipal Building with Holiday wreaths. They also gave wreaths to Westfield's two firehouses, the Department of Public Works and the Recreation Department.. (above, l-r) Rosemary Shire, Phyllis Pappas, Margaret Allen, Lorraine Kolibas, Nancy Brandt and Nicole Harding-Ozturan.

Courtesy photo

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JANUARY IS A SOUPER TIME TO VISIT RAHWAY

Rahway is your winter destination in 2023! Looking for something to do to fight off those winter blues? Bundle up and take the train, rideshare, or drive to Rahway to experience all that the city has to offer. Rahway is home to a diverse small business community with unique retail shops and dining experiences. You can start your day in Rahway with a hot cup of coffee and some shopping, get the kids out of the house for lunch and some family game time at the arcade, and plan a date night with drinks and dinner at any one of our many delicious restaurants. No matter what cuisine you are craving, you will find it in Rahway! Watch a show at the Union County Performing Arts Center, view an exhibit at one of our art galleries, or listen to local musicians who can help you rock and sway your way through the winter months.

Looking to warm up this winter? Our annual Soup Stroll, presented by our Special Improvement District (SID), will return every Saturday in January (Jan 7, 14, 21, 28) from 1-4 p.m. Mayor Raymond Giacobbe and the Rahway City Council encourage everyone to attend this free event as a great way to get together with friends, get out of the house, and sample some delicious soups while strolling through the City.

Restaurants will be stirring up their finest soups for you to try, so be sure to follow @Rahwayishappening on Facebook and Instagram or visit RahwayisHappening.com/soupstroll for participating eateries and more information. Snap a photo of you and your Soup Stroll Squad enjoying your samples and share it with @rahwayishappening on Instagram to enter our Soup Stroll Selfie contest for a chance to win a \$25 Gift Card to your favorite participating restaurant.

Visit Rahwayishappening.com for information on parking, lists of shops and restaurants and details about all of our upcoming events!

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Scan the QR code for a full list of participating restaurants or visit RahwayIsHappening.com/soupstroll



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P.E.O. PROGRAM FOR CONTINUING EDUCATION

Submitted by Cherie Parker

Stacey Maisch, from the New Providence Memorial Library, was awarded a Philanthropic Educational Organization (P.E.O.) Program for Continuing Education Grant from the P.E.O. Sisterhood. She was sponsored by P.E.O. Chapter AS of Westfield, NJ.

The P.E.O. Program for Continuing Education was established in 1973 to provide need-based grants to women in the U.S. and Canada whose education has been interrupted and who find it necessary to return to school to complete a degree or certification that will improve their marketable skills for employment to support themselves and/or families. Chapter AS has been a part of the Westfield community since it was organized in 1981.

Stacey is completing her Masters of Library

Science (MLS) degree from PennWest University. She has been working at the New Providence Memorial Library for five years in a part-time role as Teen Services and PR Coordinator, utilizing her background as a High School English Teacher, Systems Analyst and Freelance Writer. Completion of her MLS degree in 2023 will enable Stacey to pursue her goal of serving the New Providence community as a fully-certified Librarian. Stacey is extremely grateful to the sisters of the AS Chapter of P.E.O. for this continuing education grant.

P.E.O. has been celebrating women helping women reach for the stars for more than 150 years. Since its inception in 1869, the nonprofit organization has helped more than 119,000 women pursue educational goals by providing over \$398 million in grants, scholarships, awards and loans. The Sisterhood also owns and

supports Cottey College. Through membership, the P.E.O. Sisterhood has brought together more than half a million women in the United States and Canada who are passionate about helping women advance through education while supporting and motivating them. In addition to educational philanthropies, the P.E.O. Sisterhood provides a framework of support and community for all members.

What started with a bond of friendship among seven women in Mount Pleasant, Iowa, is now one of the oldest women's organizations in North America with close to 5,800 chapters.

To learn more about P.E.O., its powerful educational philanthropies, and see stories of women who have benefited from the programs, visit peointernational.org. You can also join us at: facebook.com/peointernational,

@PEOInternational on Instagram, and @PEOSisterhood on Twitter.



(above) Cherie Parker presents Stacey Maisch with a \$2,000 Continuing Education grant from P.E.O.

Courtesy photo



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WHS STUDENT-ATHLETES SIGN NATIONAL LETTERS OF INTENT

Westfield Public Schools

Eighteen Westfield High School student-athletes signed Letters of Intent with colleges and universities, signifying recognition of the seniors' accomplishments both academically and athletically. The following student-athletes will continue to compete at the college level:

- Dexter “Barnes” Blake
 - Georgetown University, Golf
- Trey Brown
 - University of Maryland, Lacrosse
- Daniel Cortese
 - Davidson College, XC/Track & Field
- Chiara Cosenza
 - U.S. Naval Academy, Soccer
- Lily Dickerson
 - Quinnipiac University, Lacrosse
- Tate Esler
 - Skidmore College, Golf
- Noah Fischer
 - Hobart & William Smith Colleges, Soccer
- Paige Gorczyca
 - Stevens Institute of Technology, Basketball
- Daniel Hazard
 - Lafayette College, Lacrosse
- Emma Kelesoglu
 - Hamilton College, Soccer
- Lauren Lane
 - Loyola University Maryland, Swimming
- Alyssa Martinez
 - Rutgers University, Soccer
- Liam Maurillo
 - Davidson College, XC/Track & Field
- Michael Murphy
 - University of Virginia, Wrestling
- Annie Ryan
 - Tufts University, Basketball
- Ian Schultz
 - Ithaca College, Soccer
- Ryan Waldman
 - Cornell University, Lacrosse
- Dylan Wragg
 - Robert Morris University, Lacrosse



Photo by Westfield High School



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WESTFIELD AREA YMCA BEGINS CELEBRATION OF CENTENNIAL YEAR

In 2023, the Westfield Area YMCA celebrates its 100th anniversary of service to the community. The Y will kick off the celebration with special hours on New Year's Day from 10:00 a.m. - 4:00 p.m. A limited-edition commemorative 100th-anniversary long-sleeve workout shirt will be distributed to current and new members for the first few months of the year, while supplies last. Centennial celebration events and activities will be announced throughout 2023.

Summer Day Camp and Child Care Open Houses will be held on Saturday, January 7 from 10 a.m. to Noon. This summer's theme is "History in the Making" as the Y provides an opportunity for campers ages 3-15 to express themselves, try new activities, learn new skills, make new friends, be creative, and have a blast! Summer Camp Open Houses will be held at the Main Y Facility, 220 Clark Street, and the Garwood Family Center Y, 500 East Street. Camps are ACA-accredited and located in Cranford, Garwood, Mountainside, and Westfield. Full and half-day traditional, sports, S.T.E.A.M. (Science, Technology, Engineering, Arts and Math) and leadership development camps are available by the week or all summer long. Camp Early Bird registration begins on January 2 and ends on January 31. Child Care Open Houses will be held at the Bauer Branch YMCA, 422 East Broad Street; Early Learning

Center YMCA, 170 Elm Street; and Garwood Family Center YMCA, 500 East Street. Registration for full-day child care, half- and full-day preschool, full-day Kindergarten, and Kindergarten Wraparound will be available for the 2023-2024 school year. Registration for after-school care will begin in March.

For information on all Westfield Area YMCA programs and services, visit westfielddynj.org or call the Welcome Center at 908-301-YMCA (9622). The Y is for youth development, healthy living and social responsibility. Financial assistance is available for YMCA programs and memberships for those who qualify.



(above) Westfield Area YMCA campers enjoy a trip to Mindowaskin Park.



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Is There More to Life Than This? In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Alpha fosters honest, open, and judgment-free conversations for anyone to explore the Christian faith. Each session includes a time to connect with others (often over a free meal), watch a short video on an element of the Christian faith, and then a chance for each person to share thoughts and questions with the group.

"I was invited to participate in the Alpha pilot. From the initial meeting, I knew this was something that I wanted to be a part of," explains Nancy Schreck. "After completing the pilot, I joined the Alpha team to help plan for the future of Alpha at IHM. It's a wonderful opportunity for people at any level of faith to meet new people and explore new ideas."

Sessions are free to attend and are scheduled

on Monday nights at 7:30 p.m. The first meeting will be live and in-person on Monday, February 13, 2022 beginning at 7 p.m. in the Nazareth Center of Immaculate Heart of Mary (IHM) Church: 1571 S. Martine Ave. Scotch Plains. Good food and conversation will be offered to all in attendance. Most meetings after that will be hosted on Zoom. Links and directions will be provided to those who register. Participation is capped at 30 people.

"When I offered tech support for the pilot program at IHM, I had no idea what I was in for. I'm not very religious. But Alpha was an unexpected surprise!" offers Gabe Lamberty. "The program is interesting and entertaining. And it's nice to meet new folks from the community. Overall an unforgettable experience."

"I'm looking forward to the Alpha experience," says Lou Zappo. "It sounds like a lot of fun, and who knows, I might learn something about myself."

Registration is required, please go to our website at ihmparish.net/alpha or call 908-889-2100. If you have questions about Alpha, please email office@ihmparish.net.

DR. MLK ASSOCIATION'S 36TH ANNUAL INTERFAITH SERVICE

The Dr. Martin Luther King, Jr. Association of Westfield will hold its 36th Annual Interfaith Commemoration Service on Monday, January 16, 2023, at 1:00 p.m. This service will be hosted by Holy Trinity Roman Catholic Church, located at 315 1st Street, in Westfield, where Father Anthony Randazzo is Pastor.

The theme for the 2023 program year is It Starts with Me: Positive Peace and Social Justice for All. The Dr. MLK Association sponsors an annual essay, poetry, and art contest in the local elementary and intermediate schools whose students will respond to the challenge of this theme, and the winners will be recognized at this service.

The commemoration program will include participants from both religious and civic

organizations. The keynote speaker for this event will be The Rev. Jeremy Jenkins, pastor of The Presbyterian Church in Westfield.

The service will start at 1.00 p.m. and will be preceded by a police-escorted march to the church, congregating at the Dr. King monument on the South Ave. Circle at noon. The public is invited to participate in both the march and the service.

The purpose of the Dr. MLK Association is to inspire and encourage our local communities to seek and adopt the high ideals espoused by Dr. King — especially those that promote respect, fairness, and justice for all people everywhere.

For further information, please contact the Dr. MLK Association of Westfield at MLKWestfield@gmail.com.

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VOCALISTS ACCEPTED INTO 2023 ALL EASTERN CHOIRS

Westfield Public Schools

Seven Westfield High School Choir vocalists have been accepted into 2023 All Eastern Chorus ensembles. "Acceptance is primarily based on rankings in our All-State ensembles. All 7 vocalists who applied were accepted," says WHS Choir Director John Brzozowski. "Since our students scored so high on the State level, it made them more eligible to represent New Jersey at the

Eastern level."

The following WHS Choir singers will perform at the National Association for Music Education (NAFME) Eastern Division Conference in Rochester, New York in April: Aprameyo Chakravarty, Sophie Havens, Evan Leone, Ryan Williamson, Sarah LaMonica, Angelina Mora, and Lucie Saint-Denis.

Photo by Westfield High School Choral Department



(above, l-r) Seven Westfield High School Choir singers were accepted into the 2023 All Eastern Chorus ensembles: Sophie Havens, Sarah LaMonica, Angelina Mora, Lucie Saint-Denis, Evan Leone, Ryan Williamson, and Aprameyo Chakravarty.



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WESTFIELD RECREATION WINTER PROGRAMS

The Westfield Recreation Department offers a wide variety of programs and classes for all ages.

Zumba & More for adults (16 & over)

Monday evenings 7:00-7:50 p.m.

You can register for the full 8-week session or try a drop-in class.

Mahjong class

Wednesday mornings

10:00 a.m. - 12:00 p.m.

Coming soon will be an open play time for Mahjong (more information available in January on our website).

FOR ACTIVE SENIORS (62 & OVER) WE OFFER:

Zumba Gold

Mondays & Thursdays 10:30-11:15 a.m.

Senior Fitness

Mondays & Thursdays

11:20 a.m. - 12:05 p.m.

Chair Yoga

Tuesdays 11:30 a.m. - 12:15 p.m.

PROGRAMS FOR YOUTH

Mondays January 23-March 6

Elementary Drawing

3:45-4:45 p.m. for grades 1-5

Cartooning

5:00-6:00 p.m.

for grades 2-5.

LEGO program

Tuesdays January 24-Feb 21

run by LEGO Master Corey Samuels (participant on the TV show "LEGO Masters" season 1). LEGO Master Corey leads students on STEM themed LEGO journeys each class.

Students will spend their time learning and exploring engineer-designed projects and strengthen their STEM skills with thousands of LEGO parts while having fun. The winter theme is Minecraft Winter Adventures, for grades 1-5.

BUILT BY ME PROGRAMS (CODING & ROBOTICS)

January 25-March 6

"Be the Game Designer with Scratch MIT"-

Sports Edition

4:00-5:00 p.m.

"Exploring Robotics with mBot Neo"

5:15-6:15 p.m.

Both programs are for grades 3-5 and meet for 6 weeks.

Fencing at AFFA in Garwood.

Wednesdays, from 3:30 - 4:30 p.m.

Join us with AFFA for a unique program that develops discipline, balance, coordination, and sportsmanship! Participants will learn the basic positions, rules, and techniques of the sport. No prior experience is required. Equipment is provided. Offered to grades 2- 6.

Fashion First Workshops

Thursdays

Ages 8-10 meet from 4:00-5:00 p.m. and

Ages 10 & up meet from 5:15-6:15 p.m.

Participants learn how to make an article of clothing from start to finish. The program is an 8-week session.

Little Yogi/Mom* & Me classes

Thursdays, January 19-February 23, from 11:00-11:45 a.m.

For ages 2-5 we are offering a new program - (*a Dad, Nanny, Grandparent, Sitter can be the adult with the child). These classes are a fun and simple way to introduce toddlers and young children to the yoga practice while fostering quality time with a parent or adult. Little ones will learn body awareness with music, props, and an art activity! This program is held at Root to Rise Yoga Flow Studio in Scotch Plains.

Track & Field Clinic

January 21 and 22 from 12:00-3:00 p.m.

At Kehler Stadium for grades 1-9. Participants will learn proper warm-up techniques, warm-up games, relay races, and runs of 100 to 400 meters, totaling 1 to 2 miles per session. Day 2 will be a competition format where the athlete competes in each event.

Sitter/Babysitters (w/ CPR) training course

Saturday, January 28, 9:00 a.m. - 3:30 p.m.

For teens (grades 6-9). This is a one-day course and prepares and teaches lifesaving skills to those who want to be babysitters or supervise younger children.

Westfield Recreation also offers a wide variety of sports camps and weekly sports programs through US Sports Institute. Activities range for ages 2 & up. For youth ages 5 & up there are outdoor weekend sports classes. For younger participants ages 2-4 we offer Saturday and Sunday indoor classes including Parent & Me classes. For more information, dates, or to register for these programs, go to the US Sports Institute website at USsportsInstitute.com or call 866-345-BALL.

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

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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

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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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PROGRAM 18TH CENTURY DOLLS STORY TIME & A CRAFT

What kinds of dolls did children play with in olden days? Find out in this presentation given by one of our doll-loving docents. The program includes a doll-themed story time and craft. You can also view the house and stop in at our charming museum shop. Admission is \$5 for adults and children 13 and older, \$4 for children ages 3 to 12 and free under age 3. No reservations necessary.

The Miller Cory House Museum is located at 614 Mountain Avenue in Westfield, NJ. Call the museum at 908-232-1776 or email millercorymuseum@gmail.com for more information.

Since 1968, the 501(c)(3) non-profit Miller Cory House Museum/Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs.

For more information on the Miller Cory House Museum/Westfield Historical Society and their events visit millercoryhouse.com or westfieldhistoricalsociety.org and like us on Facebook, and follow us on Instagram.



(above) The Miller-Cory House Museum will host a program on 18th Century Dolls on January 8, 2023 from 2-4 p.m.



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Westfield Public Schools
Five Westfield High School students earned perfect scores on recent ACT and SAT subject area tests: Daniel Cortese, 12th Grade - ACT Science, July 2022; Nolan Daly, 11th Grade - SAT Math, October 2022; Charlie Hu, 11th Grade - ACT Math, September 2022; Lauren McDonough, 12th Grade - ACT Reading, September 2022; and Philip Spirn, 11th Grade - SAT Math, August and October 2022.



(above, l-r) WHS Principal Mary Asfendis, Lauren McDonough, Philip Spirn, Nolan Daly, and Daniel Cortese. Not pictured: Charlie Hu.

Photo by Westfield Public Schools

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FIRST WEDNESDAY LUNCHEON

For the Westfield Historical Society's First Wednesday Luncheon series in January, guests are welcome to the luncheon at Echo Lake Country Club on Wednesday, January 4, 2023 beginning with check-in at 11:45 a.m. Author and Horticulture expert, Lesley Parness, will speak on "We Grew it Here: 100 Years of Horticulture in New Jersey."

Think New Jersey only grows tomatoes? Think again. New Jersey was once the pinnacle for peaches, the ultimate for orchids, the tops for turf. 19th-century New Jersey plant nurseries led the nation with their innovative breeding, greenhouse, field, and marketing techniques. Meet the horticultural superstars who made New Jersey their home. Impresarios, hermits, academics, politicians and a cast of unlikely characters will make you a believer - New Jersey is the "Garden State."

Garden historian and writer, Lesley Parness, has worked in public gardens in America and abroad for the past four decades. She is a popular speaker throughout the mid-Atlantic region. As Superintendent of Horticultural Education at the Morris County Park Commission, Lesley oversaw education, programming and interpretation at The Frelinghuysen Arboretum, Willowood Arboretum, and the Bamboo Brook Outdoor Education Center for fifteen years. Upon her retirement, Congressman Rodney P. Frelinghuysen presented Lesley with an American flag which had flown over the United

States Capitol in honor of her achievements in Public Horticulture.

Those wishing to attend the luncheon may make a reservation by email to westfieldhistoricalsociety@gmail.com or by calling 908-654-1794 before Thursday, December 29. Please advise if there are special dietary needs. The luncheon fee of \$35 (WHS members) or \$40 (non-members) includes a three-course meal, coffee/tea, and gratuity. Depending on local Covid transmission levels, tables will be spaced out and mask wearing is suggested except when actively eating or drinking. The luncheon fee should be paid in advance (check payable to Westfield Historical Society) by mailing to Westfield Historical Society, P.O. Box 613, Westfield, NJ 07091; by Venmo to @Westfield-HistoricalSociety; or, at: westfieldhistoricalsociety.org/registration.

Payments should be received by Friday prior to the luncheon. Attendees should check the club's dress code at echolakecc.org/guest-info.

Since 1968, the 501(c)(3) non-profit Westfield Historical Society has worked to preserve, interpret, and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs.

For more information on the Westfield Historical Society and their events, visit westfieldhistoricalsociety.org, like on Facebook, and follow on Instagram.



(above) Author and speaker, Lesley Parness, will present a program entitled "We Grew it Here...100 Years of New Jersey Horticultural History" for the Westfield Historical Society's First Wednesday Luncheon Program to be held on January 4 at Echo Lake Country Club. Reservations are required.

Photo by Lesley Parness



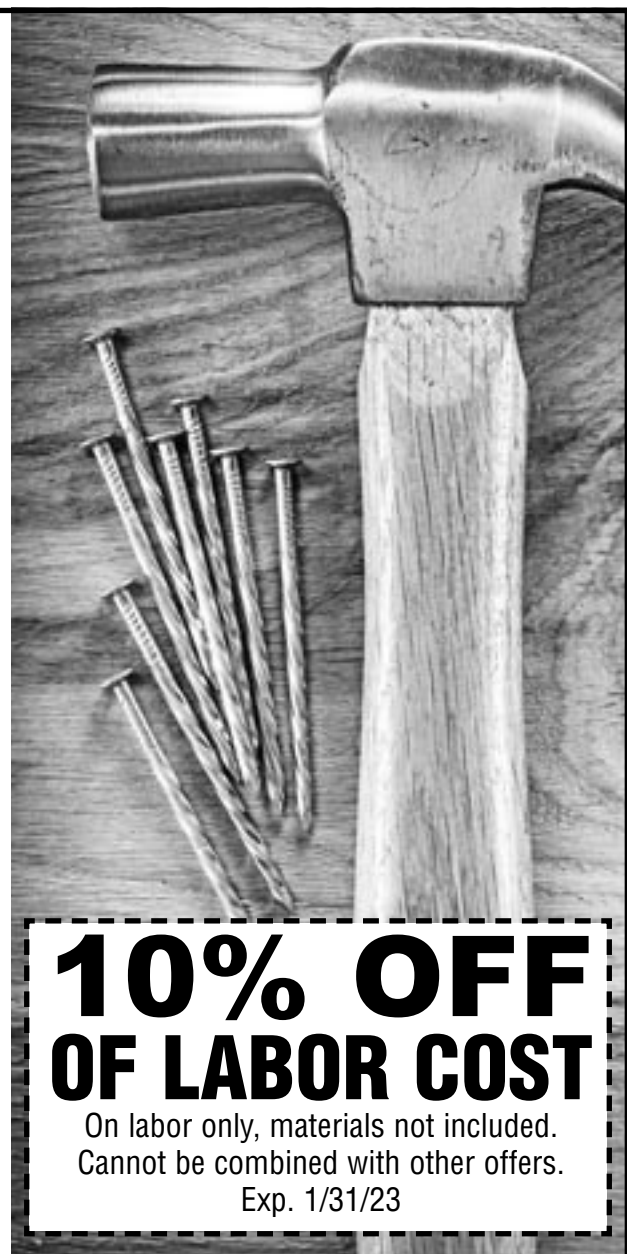
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STUDENTS EXPERIENCE POWERFUL IMMERSIVE HOLOCAUST EXHIBIT

Westfield Public Schools

It is Period 5 at Westfield High School and students in an American Studies class are seated on the floor of a replica of a World War II cattle car as the door rolls shut. What begins in the darkness is a powerful immersive educational experience designed to help students better make connections to the history of the Holocaust and to encourage them to work together to fight discrimination and hate.



(above) A docent for "Shadowlight: The Cattle Car - Stepping In and Out of Darkness" speaks to Westfield High School students on December 6.

Photos by Westfield Public Schools

Entitled "Shadowlight: The Cattle Car - Stepping In and Out of Darkness", the traveling exhibit was set up on the high school's front lawn on December 6, with 11th and 12th graders in social studies and humanities classes cycling through the multimedia presentation during the school day. Other students and staff were invited to visit the cattle car exhibit in the afternoon.

"This experience had a profound impact on students and staff. I was fortunate to listen in on the discussions following the exhibit," says K-12 Supervisor of Social Studies Andrea Brennan. "Students asked interesting questions and provided their ideas about how to respond to hate today. They also discussed how social media platforms spread propaganda easily and have an immense impact on those that are targeted."

Inside, on the wooden flooring, are 100 sets of footprints, representing the approximately 100 Jewish men, women, and children who would have been packed into the cattle car, standing for as long as a week with a bucket of water and a few loaves of bread to barely sustain them in extreme heat or cold until disembarking at Auschwitz-Birkenau and other Nazi concentration camps.

The stories of Jewish suffering as told by Holocaust survivors accompany stark images projected onto the cattle car walls during the presentation. A generous donor provided funding to Temple Emanu-El of Westfield to bring the exhibit to the temple and the high school.

"This exhibit is so important to bring to our

community, as Holocaust awareness is diminishing and Holocaust denial is increasing," says Rabbi Ethan Prosnit of Temple Emanu-El. "I'm so proud that the Westfield High School community was able to witness this exhibit and my hope is that it will inspire our students to promote a more tolerant and understanding community."

After leaving the cattle car, each class gathered in the high school library to discuss their feelings about the exhibit and to view genuine artifacts including published Nazi propaganda, Jewish identification cards, the yellow star that Jews were forced to wear throughout German-occupied Europe, and the uniforms worn by Jewish and other prisoners in Nazi concentration camps, often referred to as "the striped pyjamas."

"We are extremely grateful to Rabbi Prosnit and Temple Emanu-El for sharing this incredible educational experience with our students," says Westfield Public Schools Superintendent Dr. Raymond González. "The immersive nature of the exhibit expands on the district's Holocaust curriculum, giving our students the chance to hear from Holocaust survivors and to better understand the horrors and suffering that took place."

On December 2, the "No Place for Hate" Committee at Westfield High School conducted a schoolwide signing of a Pledge Against Hate, with students, staff, administrators, and members of the Board of Education sharing the ways they are committed to living the pledge every day.

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"BUILD WESTFIELD" IN LEGO

Historic Preservation Commission and Recreation Department Team Up for Workshop

"Build Westfield," a workshop where families recreate iconic Westfield buildings out of LEGO, will be held on Saturday, February 11, from 1 to 3 p.m. in Cafeteria B of Westfield High School, 550 Dorian Road. Working from photographs, fifty teams are invited to build models of commercial, institutional, and residential buildings representing a variety of architectural styles, periods, and uses. Organized by the Historic Preservation Commission (HPC) in collaboration with the Westfield Recreation Department, the program celebrates civic pride while fostering appreciation of Westfield's rich historic and architectural heritage.

"We are delighted to join forces with the Recreation Department to present this fun, interactive program that encourages families to learn about a wide variety of buildings spanning three centuries of Westfield history," said Jennifer Jaruzelski, HPC vice-chair. "After observing the level of energy this program generated in Montclair, we knew we had to bring it to Westfield and are grateful that another town entity was willing to help make it happen in its inaugural year."

"Build Westfield" is conducted by Stephen Schwartz, AIA, of Building Blocks Workshop, who has over 15 years' experience running architectural heritage programs for communities such as Princeton, Morristown and Summit. Participants will choose from among 55 photographs of notable historic structures to recreate within a two-hour timeframe using over 60,000 LEGO bricks, and then position them on a giant floor map of the town. A variety of familiar and lesser-known structures including schools, residences, houses of worship and municipal and downtown buildings will be selected on a first-come basis. Each family will take home an architectural "treasure map" describing all the historic buildings featured.

Registration for "Build Westfield" is \$40 per team (up to four people including at least one

adult) and is limited to 50 families. The program is ideal for ages 6 and up. Enrollment will open on January 4 at 10:00 a.m. at secure.rec1.com/NJ/westfield-nj/catalog. For additional information, contact Westfield Recreation at recreation@westfieldnj.gov or 908-789-4080.

Recognizing the cultural significance of Westfield's rich historic and architectural heritage, the Historic Preservation Commission (HPC) was established by municipal ordinance in December 1984. The HPC is charged with preserving historical sites and structures while fostering an appreciation for these landmarks as an essential element of the town's unique character.



(above) Historic buildings will be recreated in LEGO during "Build Westfield," similar to this example from Montclair. The event will be jointly hosted by the Historic Preservation Commission and Recreation Department on Saturday, February 11.



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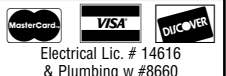
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BUTTERFLY RELEASE REFLECTS ON GRIEF AND LOSS

Imagine, A Center for Coping with Loss

Over 30 Imagine participants and staff 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 reflections on grief and loss followed by the

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@imagineinj.org.

Courtesy photo



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

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