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ROTARY HOSTS NJ HIGHLANDS COALITION SPEAKER

Florham Park Rotary Club

New Jersey has the 4th least expensive water of any state in the US.

That, according to Julia Somers, Executive Director of the NJ Highlands Coalition at her presentation to the Florham Park Rotary. At the January 6 breakfast meeting, she advised it's because our state has done much and continues to do so to protect our water sources.

The Mission of the Coalition is to protect and enhance and restore the New Jersey Highlands. It is to preserve the quality and quantity of drinking water both for the 850,000 people in the Highlands as well as millions of New Jerseyans in the surrounding areas who depend on Highlands water.

Protecting the Highlands is a concern for all because:

The Highlands provides water to 70% of New Jersey residents;

Outdoor recreation in New Jersey is worth almost \$19 billion and supports local economies;

Highlands forest is one of the state's best defenses against climate change. They improve water and air quality, and provide critical wildlife habitat for many of New Jersey's threatened and endangered species.

The Highlands Coalition is a non-profit education and advocacy organization. It is not to be confused with the Highlands Council, which is a government agency. Anyone with questions can reach the Highlands Coalition through info@njhighlandscoalition.org or at 973-588-7190.

Many know that the Florham Park Rotary focuses its efforts mostly on supporting local education. Local club President, Simone Campbell, also reminds us that "Rotarians have a shared responsibility to protect the environment and seek ways to provide clean water, sanitation, and hygiene. That is a strong connection between the goals of the New Jersey Highlands Coalition and Rotary International."

To learn more about the Highlands, our environment, and how to protect them, people can check the NJ Highland Coalition's website at njhighlandscoalition.org. You can see upcoming



Issue 12 • February 2023

(above) Julia Somers was a recent speaker at the Florham Park Rotary

events and view some of the recorded or live webinars. Two titles of particular interest are:

Beyond Timber; the Future of New Jersey's Forests

The Morris Canal: Northern New Jersey's Water Highway

with the Canal Society of NJ

ABOUT ROTARY

Rotary International is a nonpolitical and nonsectarian organization open to all people regardless of race, color, creed, religion, gender, or political preference. There are more than 35,000 clubs in 200 countries worldwide. They are dedicated to bringing together business and professional leaders to provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world.

Guests are welcome to join a weekly Rotary breakfast meeting at the Florham Park Diner at 182 Ridgedale Avenue to learn more about their local Rotary club. Those meetings are also held via Zoom to provide the option for members who can't physically attend frequently in the Diner. Meetings are 7:47 to 9:00 a.m. every Friday.

More ways to learn about the Florham Park Rotary are to visit FlorhamParkRotary.com, or check Florham Park Community TV (Channels 21 for Cablevision and 35 for Verizon), or write or call Membership Chair George Gregor at ggregor@florhamparkrotary.com or (917) 848-0982.



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Florham Park Press

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Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.), send us your news!

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WELLNESS AT THE FLORHAM PARK PUBLIC LIBRARY

by attending a free wellness program at the Florham Park Public Library. Programs are in progress now and there is something for everyone!

A Listening Party is held at 7:00 p.m., on the third Tuesday, every other month. At these 'parties', participants are encouraged to sit back, relax, and practice active listening skills. You will expand your horizons as you immerse yourself in classic albums of every musical genre and join in a lively discussion afterwards.

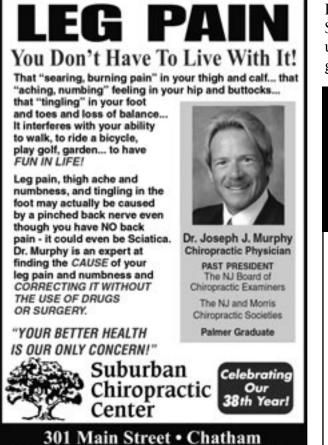
Midday Meditation takes place every Wednesday at noon. This soothing class, which can be attended in person or virtually, features a

KNOW ABOUT NJ 211

The 211 system is found throughout the United States and is devoted to connecting people in need to the resources that can help. While each 211 operates independently, all of the more than 200 organizations provide a network of local support that people can call on with confidence when they need help and simply don't know where to turn. In New Jersey, our motto has been: Need Help? Start Here.

NJ 211 provides live assistance 24 hours a day, every day of the year. Our services are free, confidential and multilingual. There are several ways to reach us: By phone (simply dial 2-1-1); via text (send your zip code to 898-211); email (info@nj211.org); or chat on-line: nj211.org/contact-us. Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state and local systems created to help people who are struggling.

NJ 211 also serves as the State Homeless Hotline and New Jersey's Utility Assistance Hotline.



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Get a head start on your New Year's resolution guide who encourages you to clear your mind, calm your breathing, and focus your energy positively.

> Do you stress bake? Cook up a storm when you're anxious? Are you considering going vegetarian or making the leap to vegan in the coming year? Cook Book Club, held at noon on the first Friday of each month, is the place for you! Members share recipes, cookbook recommendations, and advice relating to the 'challenge of the month'.

At 10:30 a.m., on alternating Saturdays, stop by the Library for Tai Chi. This gentle form of mind-body exercise is based on slow, flowing, choreographed movements often described as Healthy New Year!

2023 COMMUNITY CONVERSATION

The Florham Park Public Library partners with the Florham Park Education Foundation every year to conduct a community conversation on ways to work together to make Florham Park a better place! These discussions follow a dialogto-action structure intended to encourage participants to work together toward a common cause. This year 'The Connected Community: Discovering the Health, Wealth, and Power of Neighborhoods' by Cormac Russell will be used as a discussion guide.

Last year, Florham Park's reputation as a "Community of Volunteers" was discussed with the goal of discovering ways to increase the ranks of people who donate their time to support goings-on around town. The result was a community calendar that advertises different events and meetings happening in Florham Park, and the Library's "All About Florham Park Day."

'meditation in motion'. Benefits of Tai Chi

include improved balance, increased brain power, and reduced anxiety. If you have any questions

or concerns regarding your physical ability to

participate, Library staff can put you in touch

regarding these programs, please visit the

Library's website, florhamparklib.org. The

'Events' tab will take you to a calendar listing all

of the offerings for a given month. See something

you're interested in? Select the event for more

The Library wishes everyone a Happy &

details and to register.

To register, or obtain more information

with the instructor who will address them.

Community Conversations are open to all Florham Park residents to participate. Registration is strongly encouraged, but not strictly necessary. The first 30 people to sign up will receive a complimentary copy of The Connected Community to keep for their personal collection.

This year's conversation will continue on the theme of civic participation and volunteerism and will take place on Tuesday evenings, February 21 and 28, and March 7, (Wednesday) 15, and 21 at 7:00 p.m. The first and last meetings will take place in person at the Library; the others will be held virtually. To register, please visit: florhamparklib.assabetinteractive.com/calendar/c ommunity-conversation-the-connectedcommunity or call the Library 973-377-2694.

ANCHOR PROPERTY TAX RELIEF

deadline for filing your ANCHOR benefit application to February 28, 2023. The Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program will provide up to \$1,500 to homeowners with 2019 gross incomes up to \$150,000, and up to \$1,000 for those with gross incomes of between \$150,000 and

The State of New Jersey has extended the \$250,000 in that year. ANCHOR is also an important program for the tenants, who can receive \$450 if their gross income was \$150,000 or less in 2019.

> To apply, visit the Division of Taxation's website: nj.gov/treasury/taxation/anchor The state has also established an ANCHOR hotline at 1-888-238-1233.

> > Free

Estimates



Florham Park Press • Page 5 • February 2023

SENIOR CENTER OF THE CHATHAMS

For 34 years, the mission of the non-profit **CELEBRATING THE HOLIDAYS** Senior Center of the Chathams has been to protect the independence and dignity of a growing, aging population by providing a wide array of programs and services that educate, empower, and connect participants to one another. The Center enables older adults to age in place and to remain active, engaged, and contributing members of their communities while increasing their access to programs and services in the areas of wellness and fitness; enrichment; support and connection; and information and referral. All of this helps to improve their physical and emotional well-being.

The Senior Center of the Chathams is committed to offering its programs and services to a wide range of people and draws members from six counties and 70 towns, including Chatham, Madison, Berkeley Heights, New Providence, Florham Park, and Summit to name a few.

All are welcome at the Senior Center of the Chathams. There is no membership fee to join. Many programs are offered free of charge, while others involve only a minimal fee thanks to individual donations, fundraising events, and grants. The Center is open Mondays through Fridays from 9 a.m. - 3 p.m. For more information about the Senior Center of the Chathams, call 973-635-4565 or visit chathamseniorcenter.org.

The Senior Center of the Chathams hosted Holiday Parties on two days - December 2 and December 9. Lunch was served, including deserts and mocktails - eggnog and holiday punch. A Holiday Concert was performed by entertainer Bob Marino who is known for 'Singing Italian and more".











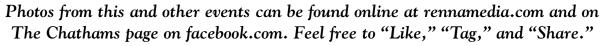
















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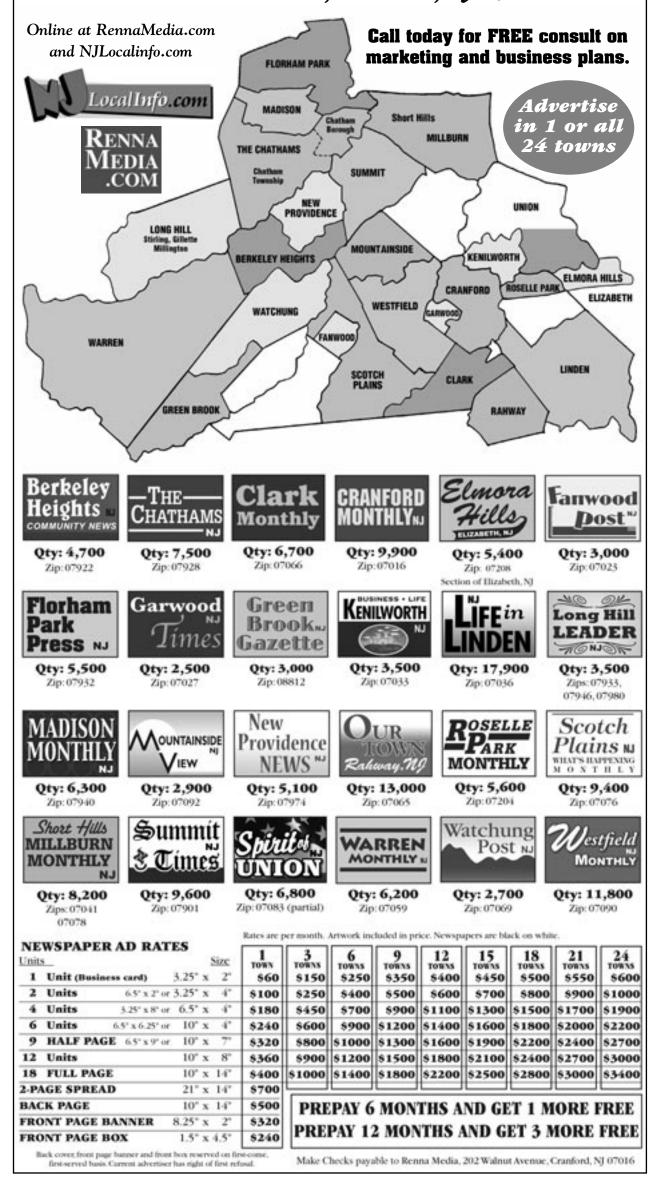
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LOCAL AREA MASTERS SWIMMERS CELEBRATE 19TH ANNIVERSARY

A group of Masters Swimmers from Madison and the surrounding areas have had the privilege of swimming together for many years at the Madison YMCA, the Madison Community Pool, the Summit YMCA and other close by locations. Traditionally, we track monthly swim yardage on a user friendly web site. Impacted by the Pandemic in 2020 and 2021, we were excited to be officially tracking yards for the entire year, as we had in pre-pandemic days (thanks to our web site coordinator Barry Lass). So for all of 2022, the monthly ranking of yards by swimmer was

published as it had been in the past.

Also, as we do every year in January, we were determined to celebrate with each other as a group again. So the Masters Yardstick Swimmers gathered recently at our 19th anniversary annual awards breakfast on January 7th- a combined live (at the Harding Township Library) and online (via Zoom) event- with strong participation (28 in person and 9 on Zoom)! Hosted by longtime swimmers Bob Nissen, Joe Donohue, and Richard Clew, the event highlighted activities of 2022 (aided by our group historian, Barbara



(above) Row 1 (on floor)- Deborah Fennelly, Cindy Viola; Row 2 (sitting)- Bob Nissen, Joe Donohue, Barbara Rushman, Bill Sjovall, Joe Balwierczak, Jim Sullivan, Bob Franks; Row 3 (sitting)- Bree Olivari, Nicole Sullivan, Liz Jennison, Paige Chang, Diane Dinsmore; Row 4 (standing)- Barry Lass, Bill Sullivan, Rich Clew, Yardstick Winner Jennifer Bauman, Ashley Pertsimlidis, Lynda Przedpelski, Bonnie Gannon, Matt Gann, Arnold DeGarcia; Row 5 (standing) Rick McKern, Jane Weeks

Rushman) and brought us together in such a way that all active members could enjoy.

We began with an entertaining review of swimmers monthly comments from the "comment box" on our web site, as well as feedback from a short swimmers survey. Many of our swimmers enjoy participating in group workouts at the Walker D. Kirby Aquatics Center in its modern eight lane pool at the Madison YMCA! For further information on the pool and swim program, please contact Jon Siegel at the Madison YMCA at JSiegel@madisonymca.org

Ultimately, we moved on to the highlight of the event- our Annual Awards. Red Stars went to swimmers Bob Franks of Chatham, Bill Sullivan of Florham Park, Sandra Seddon of Chatham, Cindy Viola of Chatham, Lynda Przedpelski of Summit, and Jennifer Bauman of Parsippany, all having achieved at least one 100,000 yard month during the year. Cindy Viola was named "Bold Performer of the Year", for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. Team Competition returned, as Marcia's Meter Maniacs (led by Captain Marcia Postallian of Florham Park) bested Cande's Crushers (led by Captain Cande Olsen of Morristown). Finally, our top swimmer for 2022 was Jennifer Bauman, achieving 1,226,382 yards, or nearly 697 miles! Jennifer was awarded the Doug Clark Championship Yardstick, named in memory of our former "Yardstick Swimmer". Combined, 61 swimmers swam more than 21 million yards!

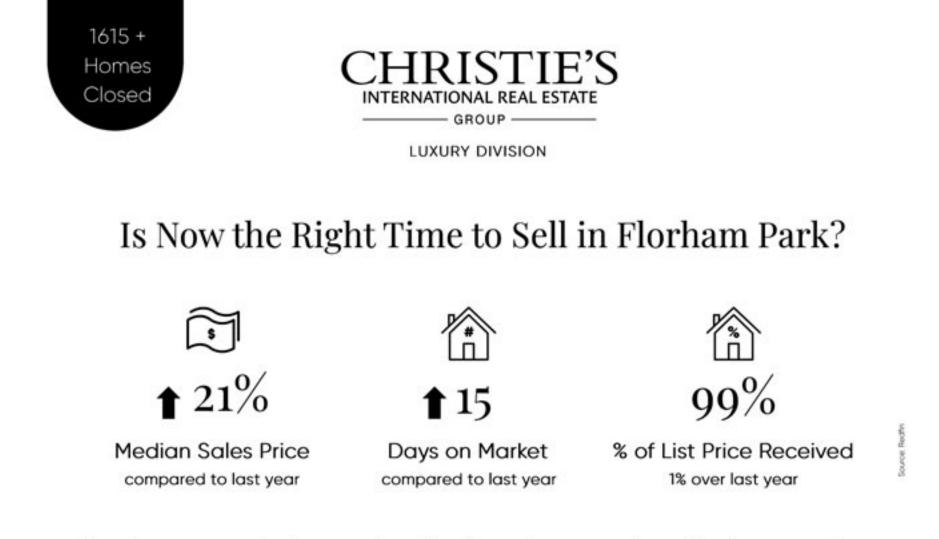
We all had a great time, and were so happy to connect with our swimming friends once again. And we will continue our monthly yard tracking in 2023, and are convinced that our program will grow in numbers!

Adult swimmers of all levels from beginners to experts are welcome to the Masters programs.

To learn more about our Yardstick Challenge, please contact Bob Nissen at bobnissen@gmail.com.

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