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## MOMS CLUB DEDICATED TO ASSISTING MOTHERS

*Kaitlin Durkin, President*

The MOMS Club of Long Hill is a 501(c)3 non-profit that is dedicated to assisting mothers.

Most recently, the club supported a wonderful charity this holiday season by purchasing gifts for 'The With Grace Initiative', a foundation that collects supplies and gifts to give to less fortunate cancer families. MOMS Club gifted over 30 gifts which were donated to children in cancer treatment.

### WHO ARE WE?

MOMS stands for "Moms Offering Moms Support".

We're Long Hill Township's chapter, also serving Gillette, Stirling and Millington, of the only international support group just for you – today's at-home mother. Of course, our chapter warmly welcomes and supports mothers who work part-time, full-time, or anywhere in between!

We're a group that understands the choice of at-home mothering – and we respect what's best for your family!

We provide a great way for you to meet other mothers and their children.



(above) Kaitlin Durkin, Christine Einloth, Grace Eline, Sophia Squizziato



(above) Volunteer Sophia Squizziato, and survivor Grace Eline

### WHAT DO WE DO?

We hold monthly meetings with speakers and other fun programs, coffee, and refreshments, as well as plenty of opportunities to chat with other moms. We host casual get-togethers in members' homes and local parks and playgrounds. We organize fun outings for moms and kids! We plan family parties to celebrate holidays – or for no particular reason! We help to organize playgroups for infants, toddlers, and school-age kids. We plan special activities just for you, like monthly MOMS Night Out events. We participate in service projects to help needy children in our community and beyond.

### WANT TO JOIN US?

We meet once a month on a Monday morning. If you're considering membership, you're welcome to join us for a meeting to see what we're all about. Please use the contact form for more information and directions to our next meeting.

**To learn more about MOMS Club of Long Hill  
and how to join visit:  
[longhillmomsclub.wordpress.com](http://longhillmomsclub.wordpress.com).**

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# Long Hill LEADER

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## SEND US YOUR NEWS

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 (honor, award, etc.), send us your news! Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)

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# MORRIS COUNTY HONORS DR. MARTIN LUTHER KING

## County of Morris

Songs, prayers and words of hope from clerics, community leaders and public officials highlighted the day-long 53rd Annual Dr. Martin Luther King, Jr. Commemorative Celebration in Morristown on January 16, 2023.

The Martin Luther King Observance Committee, in collaboration with the Morris Area Clergy Council and the African American Clergy Association, hosted the annual event, beginning with an in-person service at the Calvary Baptist Church of Morristown at which Morris County Board of County Commissioners Director John Krickus provided remarks.

"This year's theme, "From Dream To Action: Healing Our Divisions," says so much; as what are words without action. Dr. King was one of the few who excelled at both ... In addressing actions for the future, Dr. King said, "Let us realize the arc of the moral universe is long, but it bends toward justice," Director Krickus said. "Ladies and gentlemen I would suggest there has never been a greater opportunity for us to come together, to develop and use our God given talents, to bend the arc of economic and social justice at a faster pace, so our actions can realize the dream."

Dr. David A. Hollowell, Chair of the Martin Luther King Observance Committee, provided the welcome remarks, followed by an invocation from Monsignor John Hart from the Assumption Church of Morristown, songs from the Calvary Baptist Praise Team and a benediction by Pastor Jerry M. Carter, Jr. of the Calvary Baptist Church.

"Particularly in this time of pandemic affliction, political chaos, and social unrest, we believe that this is a great time to demonstrate that the important work of building a harmonious and loving community remains a high priority. To this end, we have adopted as our theme this year, "From Dream to Action: Healing our Divisions," the Committee said in a statement about the event.

Today marks the 38th year that the birthday of Dr. King was commemorated as a national holiday. The Morristown service, which has become an annual staple in the Morris County community, was followed by a series of panel discussions that also were available virtually through the Observance Committee website.

Participants included U.S. Rep. Mikie Sherrill and the Rev. Dr. David Jefferson of the Metropolitan Baptist Church of Newark, who provided the keynote address.



(above) Dr. David A. Hollowell, Chair of the Martin Luther King Observance Committee.

Courtesy photo

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# SPRING GROVE NAMED AMONG NATION'S BEST NURSING HOMES

*Skilled Nursing Facility Receives U.S. News Honor for Third Consecutive Year*

Spring Grove Rehabilitation & Healthcare Center has been named one of the nation's "Best Nursing Homes 2022-23" by U.S. News & World Report. The 106-bed center, located at 144 Gales Drive in New Providence, provides post-hospital care, short-term rehab and long-term residential care.

"This honor is a testament to the excellent work being done by Spring Grove's care team members and the facility's ongoing effort to provide high-quality clinical services in a modern environment," said Ugochi Opara, regional director of market development for Marquis Health Consulting Services, which supports Spring Grove. "The U.S. News Best Nursing Homes program provides one of our industry's most sought-after distinctions, one that consumers and business partners alike recognize for its credibility."

Spring Grove received its U.S. News high-performance rating for long-term care; this is the third consecutive year the facility has been recognized in at least one program category. Spring Grove recently completed a multi-million-dollar renovation, consisting of a full rebuild to accommodate the delivery of innovative care supported by advanced technology in a warm, homelike setting.

Additionally, Spring Grove's five-star CMS rating for quality measures speaks to the facility's

commitment to its residents and community. In addition to its clinical offerings, Spring Grove is committed to serving as a healthcare resource. To that end, the facility has established a library of physician-curated content, addressing many topics of interest; it can be found at [springgroverehab.com](http://springgroverehab.com).

This marks the 13th year U.S. News & World Report has released its Best Nursing Homes ratings. The highly respected program evaluates more than 15,000 nursing homes across the

country based on care, safety, health inspections and staffing.

Brick, N.J.-based Marquis Health Consulting Services provides administrative and consulting services to skilled nursing facilities and senior housing communities along the Eastern Seaboard. The organization's operational guidance enables its client facilities to overachieve their quality and customer service goals by embracing a progressive, multi-specialty approach to healthcare.





*(above) Spring Grove Rehabilitation & Healthcare Center is located in New Providence.*

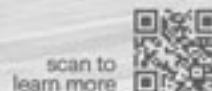
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## BABYSITTER TRAINING CLASS

Long Hill Recreation Department

A Safe Sitter Class will be held at Long Hill First Aid Squad, located at 949 Valley Road Gillette. Course materials provided. Students will need to have a baby doll to use for class. Saturday, Feb. 11th from 9 a.m. – 3:30 p.m. Instruction provided by Care 1st Training Group. \$119 per student, Registration closes 2/9/23. Pre-register on Community Pass, Select "2023", "Babysitting Training Class".

### DESCRIPTION: GRADES 6 - 12

In person safe sitter class prepares students to be safe when they're home alone, watching younger siblings, or babysitting.

Learn life-saving skills, Learn to stay safe in different situations, Role-playing activities, Fun Activities, Learn life and business skills, 6 hour class with breaks and lunch break, Girl Scouts will receive a badge if requested.



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## BOOK CLUB HAS FUN WITH COOKBOOKS

Long Hill Township Library

In January The Book Club had fun with their cookbook selections and creations. The book of the month was ... cookbooks – the Library has hundreds to loan out. Newcomers are always

welcome to join this fun group. You might not always get a great tasting snack but you will always get a new book to try! The club usually meets the third Monday of every month.

Courtesy photo






**BABYSITTING TRAINING CLASS**

Grades 6 - 12  
In Person Safesitter Class prepares students to be safe when they're home alone, watching younger siblings, or babysitting.

- \*Learn life-saving skills
- \*Learn to stay safe in different situations
- \*Role-playing Activities
- \*Fun Activities
- \*Learn life and business skills
- \*6 hour class with breaks and lunch break
- \*Girl Scouts will receive a badge if requested

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(<https://care1stcpr.com/courses/child-babysitting-safety-safesittter/>)  
\$119 per student  
Registration closes 2/9/23



**SATURDAY, FEB. 11TH**  
**\*9AM - 3:30PM**

Pre-register on Community Pass, Select "2023", "Babysitting Training Class" (Use QR Code for ease.)  
Class Size is limited.  
Class will be held at Long Hill First Aid Squad.  
949 Valley Road Gillette  
Park in Town Hall Parking Lot and walk over and enter through rear doors. (Parking Lots Connect.)  
Course materials provided. Students will need to have a baby doll to use for class.

\*Must complete entire 6 hour program in order to receive certification.



TOWNSHIP OF LONG HILL  
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## C.A.R. PROVIDES YOUNG PEOPLE WITH LEADERSHIP TRAINING

Training tomorrow's leaders to serve our country and preserve our nation's history is the mission of the Children of the American Revolution (C.A.R.). Members honor those who came before and paved the way for what we have today.

The nation's oldest and largest patriotic youth organization, C.A.R. offers membership to girls and boys from birth to age 22 who can prove lineal descent from a man or woman who supported the cause of American independence.

Local C.A.R. groups, known as societies, are sponsored by chapters of the Daughters of the American Revolution (DAR) or Sons of the American Revolution. Here in central New Jersey, Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.

Qua Society C.A.R. Members may participate in state and national activities that focus on patriotism, service, and education about our American heritage.

Harriett Lothrop, a 19th century children's author from Concord, Mass., presented the idea for a children's organization to the DAR in 1895. Organized "for the training of young people in true patriotism and love of country," C.A.R. has promoted this vision to hundreds of thousands of members over the years. These boys and girls are the leaders of yesterday, today and tomorrow.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.

## ANCHOR PROPERTY TAX RELIEF

The State of New Jersey has extended the 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 and \$450 for the tenants.

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

## DO YOU 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](mailto:info@nj211.org)); or chat on-line: [nj211.org/contact-us](http://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.

## WOMEN'S GOLF ASSOCIATION LOOKING FOR MEMBERS

The Rutgers Women's Golf Association at Rutgers University Golf Course, Piscataway, is looking for new members. The league plays 18 holes Thursday mornings from April through October.

Anyone interested in joining should contact membership chair Mary Cosgrove at [maryc20@msn.com](mailto:maryc20@msn.com) or 908-507-4562.

## LIVE MUSIC AT THE BROOK ARTS CENTER

Catch these must-see live shows and concerts at the historic Brook Theater in Bound Brook! Tickets are available on the website ([www.brookarts.org](http://www.brookarts.org)) or call the box office at 732-469-7700. Get your tickets early for the best prices and great seats! The "Special No Fee" offer on March Shows Only expires on January 31. The Brook Arts Center is located in downtown Bound Brook, NJ, one block from the Bound Brook Train station and minutes from Rt 28, 22, 287, and 78.

### FEBRUARY 19 AT 3 PM

The Brook Orchestra, led by conductor Thomas Vacca, brings masterpieces from the 20th century to the present in this amazing concert on the historic Brook Theater stage. The Brook Orchestra has been in residence at the Brook Arts Center since 2016 with Vacca taking over the Music Director position in 2019. Since his arrival, the size of the orchestra has grown to over 70+ seventy members becoming a highly regarded regional orchestra - bringing beloved staples of the symphonic repertoire to Somerset County and beyond.

### MARCH 12 AT 3 PM

An Afternoon with the Duprees" and special guests Tommy C "The Voice of Tribute" and Comedian Gina DiMaggio. The tradition and sound that made the Duprees a well-loved and successful group have echoed through time for more than 50 years. The Duprees still thrills audiences with their smooth harmonies and romantic sound as they revitalize their top hits for new generations. Tommy Petillo, Phil Granito, and Jimmy Spinelli continue to show their dedication and passion for the music that started on a Jersey City street corner and grew to something both classic and timeless.

### MARCH 11 AT 8 PM

Celebrate St. Patty's day a wee bit early with The Irish Cabaret starring internationally acclaimed singer Andy Cooney and the Guinness Irish Band along with the finest in Irish entertainment showcasing the best of Ireland's music, song, comedy, and dance! With special guests Comedian Mick Thomas, Celtic Folk Singer Ciara Fox, and The Emerald Fire Irish Dancers, Cooney is one of the greatest singing sensations on the Irish Music scene today. Christened Irish America's Favorite Son by The New York Times, it is a title he richly deserves.

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 "Irish America's Favorite Son"  
 The New York Times

**Mick Thomas**  
 Comedian

**Emerald Fire**  
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**Ciara Fox**  
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**The Duprees**

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## SHAYE BUNDONIS ACHIEVES GIRL SCOUT GOLD AWARD

### *Long Hill Girl Scout Service Unit*

Shaye Bundonis of Gillette, NJ, has been a member of Girl Scout Troop 95050 since kindergarten. Shaye is currently a Junior at Watchung Hills. She is a swimmer with Streamline Aquatics and varsity WHRHS. Shaye is a lifeguard at several local pools. She hopes to study nursing in college as well as swim at the college level.

Troop 95050 completed their Bronze award by creating a play area on the blacktop behind Millington School. Shaye's Silver Award benefited the Somerset County food bank's backpack program providing food to children in need.

Shaye always had a goal to accomplish her Gold Award and once she had a project in mind, she was surprised by how fast she accomplished it and how great it felt to complete something she believed in. Shaye's project involved adapting toys to make them switch accessible for people with disabilities. Many toys require precise fine motor skills to engage them, making them switch accessible allows all children to access the toys and play. Switch adapted toys also cost hundreds of dollars each and the switch is usually about \$60, making them cost prohibitive to families and programs for people with disabilities. This idea began when researching her silver award and taking a course in NYC on how to adapt toys. Shaye realized she was skilled at soldering and liked solving the puzzles of how to adapt the toys. This project was not going to work for her silver award project but she kept it in mind and worked on the plan for her Gold Award.

Shaye created a wish list on Amazon, running a toy and equipment drive. Many people in the



*(above) Shaye Bundonis*

community participated by sending toys, wiring, batteries and additional items needed to adapt over 30 toys. Some of the toys included bubble machines, plush motorized animals, spin art, fans, a pitching machine and more. She was able to source switches to include with the toys through a vendor on Etsy at \$8 each, which was funded through a troop stipend from cookie sales.

To create increased awareness and teach others in the community about the project, Shaye participated in a community service night in which she taught girl scouts, leaders and families how to make battery interrupters that can be used to make any battery operated toy temporarily

switch accessible. This was a good STEM learning experience as well as creating disability awareness. During the event they were able to create over 30 battery interrupters that were also donated with each toy.

Shaye was able to donate toys to numerous local programs including the special education programs in Long Hill and Berkeley Heights schools, Matheny Medical Center, New Concepts for Living, and 1st Cerebral Palsy of New Jersey. Each package included a switch adapted toy, a new switch and a battery interrupter as well as instructions on how to create and use a battery interrupter.

Shaye was able to spend the day volunteering at 1st Cerebral Palsy and even help run a group teaching the kids how to use switches. The day was very fulfilling and she wished she could have provided even more battery interrupters

Following the completion of her project, Shaye now has a few exciting extra opportunities to take the project further, including acting as a lab assistant to an Occupational Therapy program in a local university where they learn how to adapt toys. She also has begun talking with Target executives to bring accessible toy options into stores.

This project has taught Shaye that she can accomplish a goal one step at a time, that she likes helping others and solving problems. The leadership and management skills she developed will continue to grow.

Shaye wants to thank all those who helped support her project from donating items, helping with ideas and providing encouragement. This was a great project experience and she is very proud of the outcomes.



*(above) Night of Service event*



*(above) 1st Cerebral Palsy group learned how to use switches.*



*(above) Girl scouts, and others, learned how to make battery interrupters during a community service night.*

Courtesy photos



## GIRL SCOUTS PARTICIPATE IN ANNUAL SWAPFEST

Long Hill Girl Scouts gathered on Friday, January 20th at the Millington School All Purpose Room for a fun evening of creating "SWAPS". "SWAPS" is a clever acronym for "Special Whatchamacallits Affectionately Pinned Somewhere".

Approximately 13 Troops with over 100 Girl Scouts from the Daisy through the Cadette level participated. Each Troop hosted a table and provided materials for the scouts to create a specific Swap. The scouts were creatively engaged for a full hour rotating from table to table being crafty and making a unique Swap at

each station. Girls from each troop were encouraged to take shifts at their table and demonstrate how to assemble each Swap. This event is one of many Long Hill Girl Scout events that get the entire service unit socializing and working together. The younger scouts really look up to and appreciate the help from the older scouts. It is a nice collective bonding moment for all the participants.

Long Hill Girl Scouts are committed to giving back to our community and each participant provided food/personal care donation items to Twelve Baskets Pantry.



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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 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.



(above) Row 1 (on floor)- Deborah Fennelly, Cindy Viola; Row 2 (sitting)- Bob Nissen, Joe Donohue, Barbara Rushman, Bill Sjoval, 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

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# NEW SQUAD OFFICERS SWORN IN AT 50TH ANNIVERSARY CELEBRATION

## Long Hill First Aid Squad

On January 13, 2023 the Long Hill First Aid Squad held its annual Installation Dinner at the Primavera Regency in Stirling. This dinner was special for two reasons. It was the first in-person dinner since 2020; and it kicked off the start of our year-long 50th Anniversary Celebration.

The Squad, then known as the Township of Passaic (TOP) Squad, formed in 1973 when a number of members left the Millington Fire Department to set up a First Aid Squad where the First Aiders and Emergency Medical Technicians could operate independently.

President Scott Orshan announced that the Squad had handled 770 calls for medical emergencies and fire department support during 2022. We are proud to say that we handled all of the calls ourselves without asking other towns for

assistance (known as Mutual Aid). Awards were presented for highest number of calls, and for years of service. The First Aider of the Year award was presented to Paul Wermuth. The Louis Tranquilli Scholarship, started by former Gillette resident Louis Tranquilli, was awarded to our Captain, Carly Snyder, who is attending nursing school.

In 2022, the Squad added 19 new members, and five members became certified Emergency Medical Technicians (EMTs). We are always looking for more volunteers, either as medical providers or ambulance drivers, with the most need during early daytime and overnight hours. Anyone 16 years or older can apply. All training is supplied at no charge.

Email [info@longhillfas.org](mailto:info@longhillfas.org) to inquire about volunteering.

The Long Hill First Aid Squad is an all-volunteer organization. We do not bill for our services, and therefore rely on donations from the community. If you have not yet donated to our Fund Drive, you may do so by sending a check to the Long Hill First Aid Squad, P.O. Box 145, Gillette, NJ 07933.

At the dinner, the following officers were sworn in for 2023:

- Carly Snyder - Captain
- Lisa Scanlon - 1st Lt.
- Mike Hoffmann - 2nd Lt.
- Gordon Redgate - 3rd Lt.
- Scott Orshan - President
- Bob English - Vice President
- Lee O'Connor - Recording Sec'y
- Michele Lipkin - Corresponding Sec'y
- Elsie Turqman - Treasurer
- Ethel Ross - Chaplain



(above, l-r) Lee O'Connor, Gordon Redgate, Michele Lipkin, Mike Hoffmann, Lisa Scanlon, Carly Snyder, Howard Meyer from the First Aid Council, Scott Orshan, Bob English, Ethel Ross, Elsie Turqman.

Courtesy photo



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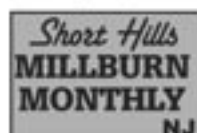
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| 4 Units                | 3.25" x 8" or 6.5" x 4"  | \$180  | \$450   | \$700   | \$900   | \$1100   | \$1300   | \$1500   | \$1700   | \$1900   |
| 6 Units                | 6.5" x 6.25" or 10" x 4" | \$240  | \$600   | \$900   | \$1200  | \$1400   | \$1600   | \$1800   | \$2000   | \$2200   |
| 9 HALF PAGE            | 6.5" x 9" or 10" x 7"    | \$320  | \$800   | \$1000  | \$1300  | \$1600   | \$1900   | \$2200   | \$2400   | \$2700   |
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| 18 FULL PAGE           | 10" x 14"                | \$400  | \$1000  | \$1400  | \$1800  | \$2200   | \$2500   | \$2800   | \$3000   | \$3400   |
| 2-PAGE SPREAD          | 21" x 14"                | \$700  |         |         |         |          |          |          |          |          |
| BACK PAGE              | 10" x 14"                | \$500  |         |         |         |          |          |          |          |          |
| FRONT PAGE BANNER      | 8.25" x 2"               | \$320  |         |         |         |          |          |          |          |          |
| FRONT PAGE BOX         | 1.5" x 4.5"              | \$240  |         |         |         |          |          |          |          |          |

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# KARATE STUDENTS RECEIVE NATIONAL AWARDS

Students from Chu's Academy of Martial Arts in Gillette competed virtually in a National Tournament in the style of Soo Bahk Do Moo Duk Kwan, a Korean martial art focusing on the development of both mind and body and rooted in resolving conflict through peaceful means. Those competitors submitted pre-recorded board breaking and "hyung", a term for a specific sequence of multiple techniques, for judging. Divisions were based on age and rank, and participants competed with other students across the United States. "While Soo Bahk Do is an ancient art and not a sport, competing is an integral part of testing yourself", said Michelle Cavett, certified instructor and co-owner of the academy. "Competition allows you to challenge yourself to perform what you've learned, especially when you may be nervous. Conquering that fear demonstrates great courage, and competition allows you to practice confidence-building. We are very proud of them", Cavett said. Chu's Academy of Martial Arts has been providing martial arts instruction in Long Hill Township since 1982.

For more information visit their website at [www.karate4peace.com](http://www.karate4peace.com), email [info@karate4peace.com](mailto:info@karate4peace.com), or call (908)647-4194.



(above, l-r) Aza Chang, 12, of Gillette, Ria Zazzarino of Bernardsville, Ofrat Gilady-Sten of Watchung, and Amos Chang, 10, of Gillette.

# DRAMA QUEENS: DARK BEAUTIES FOR YOUR GARDEN

The Garden Club of Watchung welcomes Garden Historian, Leslie Parness for a very special presentation, "Drama Queens: Dark Beauties for Your Garden", at St. Mary's Stony Hill Church, Murray Hall, Mountain Blvd., Watchung, on March 1, 2023, 1:00 p.m.

"Defined as the absence of color, black in its many hues can highlight, offset and dramatize every real color in your garden." Leslie will show how to use over 75 dark beauties to create rhythm, punctuate place, outline areas and focus the eye to add drama to your garden. Leslie will provide a useful plant list of these dark beauties that include annuals, perennials, vines, trees and shrubs.

Leslie is a member of the Herb Society of America, the Council on Horticulture and Botanical Libraries, and Garden State Gardens, a consortium of New Jersey State Gardens of which she is a founding member and past president. Her column, The Garden Historian, is featured bi-monthly in the "Gardener News". She is retired from her position as superintendent of horticulture education at the Morris Park Commission.

The Garden Club of Watchung is a non-profit organization and a donation is greatly appreciated.

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