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Issue 90 • March 2023

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CPC'S 20 YEAR TRADITION - SOUP-ER BOWL SUNDAY

A SOUP-er Bowl Sunday event was held on February 12 at the Community Presbyterian Church ("CPC") in Mountainside. The Souper Bowl tradition began approximately 20 years ago as a way to help fight hunger, with churches nationwide holding their own version of the event to raise awareness and funds. In Mountainside, Souper Bowl Sunday Lunch has become a tradition in CPC's mission of service to others.

This year, CPC's Souper Bowl Sunday Lunch, to which the public was invited, included delicious home-made soup, biscuits prepared by the Sunday School children, and ice cream sundaes. Attendees donated \$5 each and cans of soup, to raise funds and provide food to others. As part of the fun, participants were able to customize their sundaes with topping Kansas City Chiefs and Philadelphia Eagles team colors!

Attendees donated canned goods, pantry items, and monetary contributions at the event. All proceeds were delivered to Family Promise of Union County in Elizabeth, New Jersey.

Family Promise is a flagship nonprofit program which provides support and services to families in Union County facing homelessness and food insecurity. Throughout the year CPC supports the efforts of Family Promise, as well as other community and service projects. For more information about the Community Presbyterian Church in Mountainside, its outreach, or any other programs, please visit our website cpcmountainside.com, or call (908)232-9490.



(above, l-r) Rev. Marcus Lambright from CPC, Diane McCurdy (CPC Member), Amy Jones, Family Promise Mgr of Volunteer Engagement, Debbie Almanzar, Adm. Asst., Claire Boylan, Diversion Specialist, and Jack McCurdy (CPC Member).





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MOBILE MEALS CLIENTS RECEIVE A VALENTINES

Mobile Meals of Westfield was presented with beautiful floral arrangements for their clients by the Rake & Hoe Garden Club of Westfield in time for Valentine's Day. Ms. Walsh commented, "Our clients always appreciate receiving these thoughtful arrangements."

Mobile Meals of Westfield is a non-profit organization that provides meals to those individuals unable to provide meals for themselves.

Mobile Meals of Westfield is a non-profit organization which provides prepared meals

Josephine Walsh, Operations Manager, for those individuals unable to provide meals for themselves. Mobile Meals serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information on meal deliveries volunteer opportunities, food services or those wishing to donate can visit the Mobile Meals website at mobilemealsofwestfield.org or call 908-233-6146.

Rake & Hoe Garden Club is a non-profit organization that promotes gardening, floral design and community service. For more information, visit rakeandhoegc.org.



(above, front, l-r) Jeanie Pelikan, Betty Clark, Joyce Mullen, Lena Pietsinovski, Kay Cross, Jane Christiani and Betty Gulino. (back, l-r) Richard Pelikan, Donna Sevchuk, Regina Kelly, Sharon Siraga and Sue Feldman.

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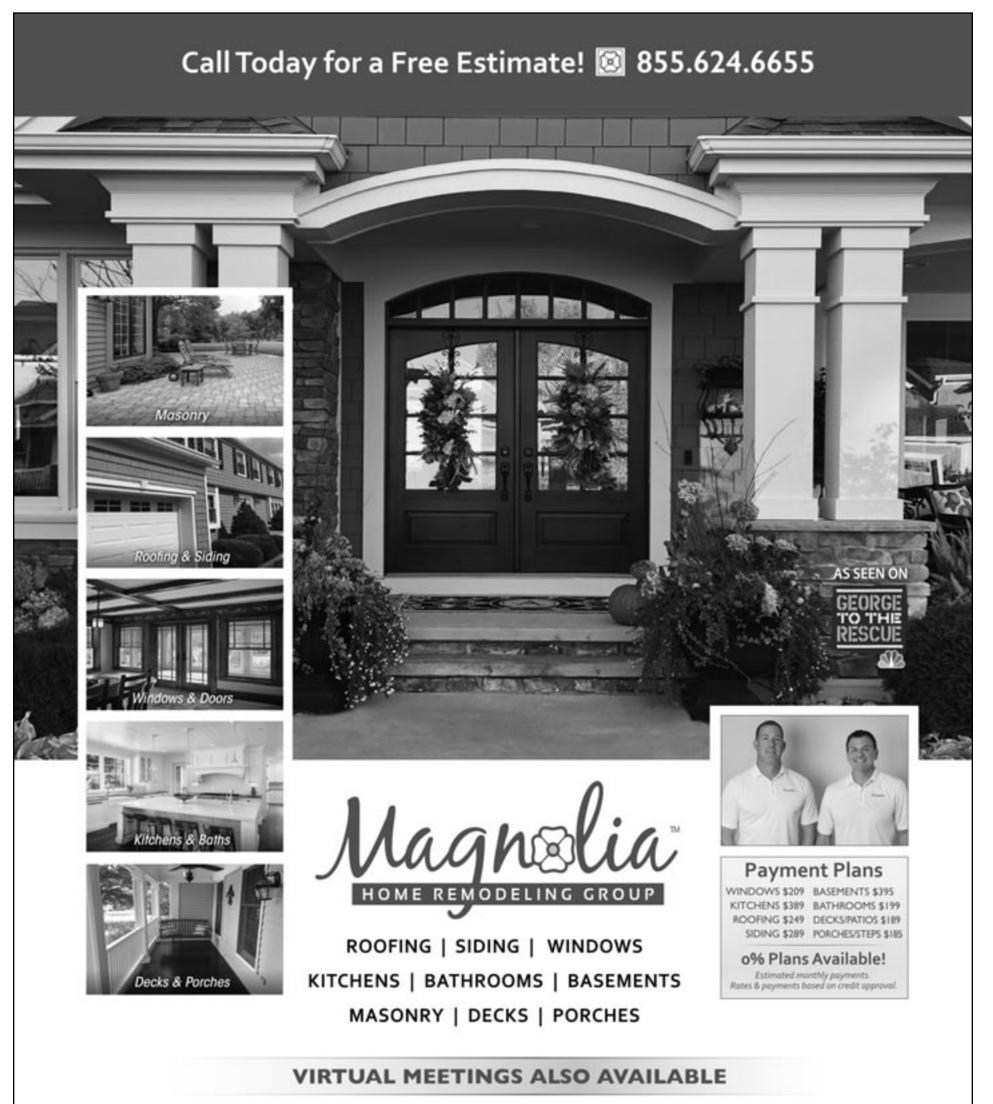
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(above) Marc Bailey

Courtesy photo

DONATIONS SOUGHT FOR BOOK SALE TO BE HELD IN MARCH

The Friends of the Mountainside Library Donations of gently used hardcover and paperback books will be accepted on March 4th, 6th, 7th & 8th during library hours only.

No dictionaries, reference, textbooks or soiled or damaged books will be accepted.

The Book Sale dates are: March 9th from 4 - 8 p.m.; March 10th & 11th from 10 a.m. - 5 p.m.; and March 13th from 10 a.m. - 4 p.m.

All proceeds will enhance the library's collections and programs.

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MARC BAILEY ATTAINS EAGLE SCOUT RANK

Boy Scout Troop 177

Marc Bailey of Mountainside Boy Scout Troop 177 achieved the rank of Eagle Scout on September 13, 2022. His Eagle Scout Court of Honor ceremony was held in January. Marc is the son of Vance and Martha Bailey.

Marc Has been a scout for 10 years, including his time as a Cub Scout in pack 177. During his years in scouting, Marc has earned 31 merit badges. He served actively in leadership positions as the Quartermaster and Assistant Senior Patrol Leader for the troop. He also was active in community service at the rescue center and the Thanksgiving food drives.

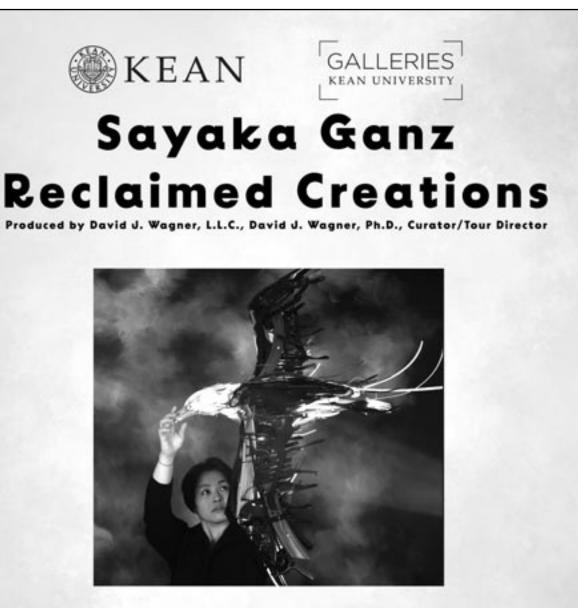
For his eagle scout project, Marc added musical instruments and some obstacles to the Community Presbyterian Church's playground to give the daycare students more activities to play on and engage their minds. During the project, Marc recruited, worked with, and managed a team of volunteers, with a total of 75 man hours. Marc also raised over \$2,500 to complete the project.

Eagle Scout is the highest achievement or rank attainable in the Scouts BSA program of the Boy Scouts of America. Since its inception in 1911, only four percent of Scouts have earned this rank after a lengthy review process. The Eagle Scout rank has been earned by over 2.5 million youth.

Marc is in the Class of 2023 at Governor Livingston High School and plans to graduate this spring. Afterwards he plans to go to attend college and major in Aerospace Engineering.



(above) Marc Bailey at his Eagle Scout Court of Honor ceremony held in January 2023.



The Galleries at Kean University present Sayaka Ganz RECLAIMED CREATIONS, an amazing art exhibition featuring sculptures of animals in motion, utilizing reclaimed plastic objects, rich in color and energy.

> On view January 18 - March 23, 2023 Open to the public

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SAGE PREPS FOR CHAMPIONS WEEK DURING MARCH FOR MEALS

City officials and members of community organizations are invited to join SAGE Eldercare during Community Champions Week (March 20-24) as it participates in the 20th annual March for Meals – a month-long, nationwide coming together of local community organizations, businesses, government officials and caring individuals to ensure that homebound and vulnerable older adults are not forgotten.



Past participants have included Summit Mayor, Nora Radest, Police Chiefs from Summit, New Providence, Berkeley Heights, Springfield and Mountainside and local government officials and volunteers.

Established in 1966, SAGE's Meals on Wheels is the oldest continuously run home delivery meal program in New Jersey. In 2022, approximately 100 volunteers delivered more than 28,875 meals to 250 people in Union County (Berkeley Heights, Mountainside, New Providence, Springfield, and Summit), Essex County (Millburn and Short Hills), and Morris County (Chatham and Madison). The average age of the clients SAGE delivers meals to is 83. Of those, 65% say they rarely have visitors other than their 'Meals on Wheels' volunteer.

"The services that we provide older adults in our area are critical; it's not just a warm meal, but also a friendly visit, sometimes the only human contact a person gets the whole day," said Terry Kaniuk, Volunteer Manager for Meals on Wheels. "Together, we can keep older adults living independently, healthier at home and feeling more connected to their community as they age."

For more information about participating in March for Meals, contact Terry Kaniuk at: 908-598-5514 or email: tkaniuk@sageeldercare.org. **ABOUT SAGE**

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands and providing Meals on Wheels, to exercise classes, community programs, care planning, an adult day health care center, and home health care, SAGE's expertise helps older adults remain independent in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers throughout Morris, Union, Essex, and Somerset Counties. For more information, please call 908-273-5550 or visit sageeldercare.org.

ABOUT MEALS ON WHEELS AMERICA

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time. For more information, or to find a Meals on Wheels provider near you, visit mealsonwheelsamerica.org.



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JOIN US FOR A VOLUNTEER COFFEE & DESSERT EVENT

The Mountainside Restoration Committee, Inc. aka, The Mountainside Historic Committee is hosting a coffee & dessert information event on March 29th for all those interested in volunteering with the Committee. According to Chairperson, Scott Daniels, "the Committee is looking for individuals willing to help with a wide variety of activities related to events, archives, finance, indoor & outdoor maintenance of the Hetfield and Levi Cory Houses, Village Shop help, communications, and planning." No experience is necessary – just some time and willingness to help.

Held at the Deacon Andrew Hetfield House on Wednesday, March 29 from 7:30-8:30 p.m., any interested adults are encouraged to attend. Current, past and prospective volunteers are welcome. Information and sign-ups for a variety

The Mountainside Restoration Committee, c. aka, The Mountainside Historic Committee hosting a coffee & dessert information event March 29th for all those interested in lunteering with the Committee. According to

The Historic Deacon Andrew Hetfield House is located on Constitution Plaza adjacent to the Mountainside Library (off Birch Hill Road). Funds raised will benefit the Mountainside Restoration Committee which is a 501(c)3 charity and a committee of volunteers whose purpose is to restore and maintain the Deacon Andrew Hetfield House and the Levi Cory House and collect and save historical information and items from destruction. For further information or to donate funds for historic restoration, please call (908)789-9420; or, go to: mountainsidehistory.org



(above) The Mountainside Restoration Committee is seeking volunteers. Attend their new volunteer Coffee & Dessert event on Wednesday, March 29th at 7:30 p.m. at the Deacon Andrew Hetfield House. Adults are needed for a variety of activities.

UGLY HOMES WANTED FOR TELEVISION PROGRAM IN THIS AREA

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FILL-A-BUCKET VALENTINE'S DAY COMMUNITY SERVICE EVENT

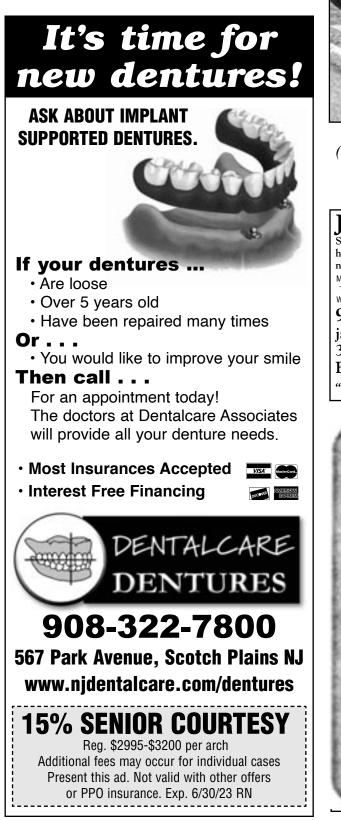
Mountainside Newcomers Club

On Sunday, February 5, 2023, Mountainside Newcomers Club families partnered with Community Presbyterian Church to make Valentine's for Mountainside seniors.

The participants ranged from 3 to 95 years old in a multi-generational community service initiative to show appreciation and love to a demographic who can often feel forgotten. Manorcare Residents and staff received gift bags that included personalized Valentines and candies, and senior Buddy Meal Program recipients got gift bags with mini buckets filled with Hershey's chocolate kisses.

The program exceeded all expectations, so much so that additional Valentine Bags were given to the Mountainside Rescue Squad, Fire Department, and Family Promise.

Henry Lynch, a first grader at Beechwood Elementary in Mrs. Wargaski's class, was a guest reader and read Fill A Bucket, A Guide For Daily Happiness for Young Children by Carol McCloud and Katherine Martin, M.A. to the participant kids. Appreciation and gratitude



were expressed by Diane McCurdy (CPC Community Presbyterian Church is located at Nursery School), Lauren Wakefield-Lynch 1459 Deer Path in Mountainside. To get (Mountainside Newcomers Club), Roxann Haggerty, and CPC Pastor Rev. Marcus C. Lambright (Community Presbyterian Church).

Mountainside Newcomers Club is a social club for young families in Mountainside. If you are interested in learning more or joining, please email mtsdnewcomers@gmail.com.

information about worship or to sign up for their please community newsletter, visit cpcmountainside.com. Kim Moriak started the Senior Buddy Meal Program in 2020. This selfsustaining program delivers meals to Mountainside Seniors each Tuesday and Thursday.



(above) Mountainside Newcomers Club families partnered with Community Presbyterian Church for the Fill-A-Bucket Valentine's Day Community Service Event.

Courtesy photo



SHINING STARS GALA SET FOR MARCH 14TH

organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd "Reach for the Stars" Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m., will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

"Our first gala in 2019 was a great success and we can't wait for what will be another magical evening," noted Shining Stars Network President and co-founder Mike Curci. "Park Chateau is one

Shining Stars Network, a non profit of the finest venues in the country, and we're excited for our Shining Stars families, friends and supporters to enjoy this special night together."

> Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250). Email your request to

ShiningStarsNetwork@gmail.com.

Please mention "gala tickets" in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their "Evening of Shining Stars Talent Show" on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for "The Greatest



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2) That science said: "The only way to curb this phenomena GLOBALLY is to save our OLD trees."

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- 4) All the Carbon these OLD trees have consumed
- is released back into our atmosphere when they die.
- 5) Three trees properly placed can save 35% in cooling costs.
 - Should this not be a requirement for new construction?

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These stressed trees are the first to die in drought situations as we saw this past year. PLEASE also (google) read **Rooting out Problems**. It explains "Simple Procedures" for saving trees during construction. Have your whole family read this article which will help them recognize when a tree is being harmed.

Help save our local trees at defendourtrees.com

Show" - which will feature songs from Broadway and movies - will go on sale in late spring.

"We're honored and thrilled to be coproducing a show with the esteemed Paper Mill team," added Curci. "Our brookside cabaret at Paper Mill last September was an overwhelming success and to see our stars on the main stage this August will be a dream come true."

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual "Christmas Spectacular" on Friday, December 1st.

"Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories," noted cofounder and show director Sally Curci. Through the journey, our cast members and their high school buddies create bonds and friendships that they'll always remember."

For more information on the organization or events, please visit ShiningStarsNetwork.org.

VETERANS BANNERS

The Hometown Hero Banner Program has continued to honor our local veterans and active military. We have displayed our participating Veterans banners during Veteran's and Memorial Day.

If you are a veteran or a family member of a veteran who has lived in Mountainside or living Mountainside. please in visit: veteransbanners.com/mountainside-new-jerseyveteran-application/

To submit an application in which you will upload a high resolution photo of your Veteran in uniform, and provide their name, rank as it is written on discharge papers, branch of service and years or conflict served. There is no cost to the Veteran to participate in this program thanks to the generous grant from the Watts Foundation.

If you would like to sponsor a veteran or donate to this initiative, please contact kmoriak@mountainside-nj.com or call 908-232-4406.

Join us as the community comes together to pay respect to our "Hometown Heroes."

BLUE ANGEL PROGRAM

Operation Blue Angel is a program offered by the Mountainside Borough Police Department and Senior Coordinator to assist Mountainside residents, who due to advanced age, mobility, living alone or medical concerns may be unable to answer their door during an emergency. The program is administered free of charge to any eligible Mountainside resident.

Through Operation Blue Angel, a police department-owned lock box (similar to a realtor's lock box) is installed on a door or railing of the home. A key, supplied by the resident, is locked inside the box. In the event of an emergency, responding police officers are able to retrieve the key by using a confidential code allowing us to quickly enter the home without causing damage.

Applications can be found on the website mountainside-nj.com. Contact Kim Moriak at 908-232-4406 to apply.



PET CPR FIRST AID AND CARE TRAINING

We are excited to announce that we have partnered with PawsNClaws911 to host a Pet First Aid and CPR for the community. This 2.5 hour hands-on class will teach you how to handle an emergency with our four legged friends. For \$55 per person you receive the training from a 30-year seasoned paramedic, handbook, a certificate, and an emergency muzzle to keep! As a fundraising event, the Mountainside Rescue Squad receives \$10 per person who signs up. The class is on May 10th, 2023 at 7 p.m., no pets allowed. If you have any question please contact Tom Rinelli at (631) 721-8129.

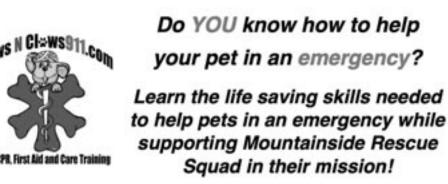
EMS SPECIAL OPERATIONS VEHICLE NOW IN SERVICE

Mountainside Rescue Squad After 5+ years of detailed planning, saving, and delays, we are excited to announce the delivery of our EMS Special Operations vehicle, Mountainside 20-1075. This vehicle, built by ESI Apparatus Division, will be used for fire rehabs, mass casualty incidents, wilderness rescues, and other specialized tasks. For the first time since 1938, our agency now has three vehicles in service and we look forward to it being an asset to the Borough of Mountainside and the surrounding communities. We hope you come out to our EMS Week Open House on May 25th 2023 to take a tour of the new vehicle. Finally, a big shout out to Cliff from PrintTech for the awesome graphics!"



RESCUE SQUAD IS IN NEED OF VOLUNTEERS

The Mountainside Rescue Squad is in need of Mountainside residents, over the age of 18, willing to help their fellow neighbor. We pay for all training and no experience is necessary. If you or someone you know has ever considered joining please give us a call at 908-233-6338 or email us at squad@ems22.com, and we will answer any questions you may have. If you're ready to join, please fill out an application at www.ems22.com/join.



Pet CPR & First Aid



Wednesday, May 10th, 2023 - 7-9:30 PM Borough of Mountainside Municipal Building 1385 Route 22 East, Mountainside, NJ 07092



~

This class is designed for anyone with an interest in "pawtecting" the safety and wellness of animals. Training is geared towards Pet Parents, Pet Care Professionals (Groomer, Sitter/Walker, Kennel Staff, Vet Tech) and Animal Rescue Volunteers (NO prior training/experience required). Taught by a 30+ year seasoned pre-hospital emergency medical care provider and educator, this highly interactive training (no slides or video) features an emphasis on hands-on skills practice to ensure proficiency in the life saving skills taught.

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\$55.00 per person (includes handbook, certificate & emergency muzzle) To register, visit www.pawsnclaws911.com & click "Register Online"

You save \$10 off the regular \$65 registration fee with no further out-of-pocket expense on your part for this fundraiser class!

Questions? Tom Rinelli, Paws N Claws 911 - (631) 721-8129 (daily until 10 PM)

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CAR DONATIONS BENEFIT VETS IN NEED

Submitted by Michael Boll, Director New Jersey Veterans Network

For the last few years the New Jersey Veterans Network (NJVN) has grown to a full time charity that provides life changing and saving resources. Nearly every day the NJVN is conducting numerous charitable pickups and drop offs throughout the state. To accomplish our vital and important missions, we rely on using our trucks and vans. The NJVN fleet is small, and all the vehicles are used, but they are able to deliver because of both of our team board members, Adam Rempfer, owner of DeFalco's Towing, and Joseph O'Neill, owner of Benner's Auto. Not only have these two men always played a major role with the NJVN day to day operations, they have helped countless people in need.

Adam Rempfer, owner of DeFalco's Towing and Auto Body, joined our team after his shop donated a refurbished car to a disabled veteran. For years Adam and DeFalco's have been donating cars to people in need and hosting various charity events. Also, they have contributed huge financial donations to the Law Enforcement Unity Tour and NJ State Police. Now Adam is a NJVN board member and has graciously taken on all the NJVN vehicle repair and maintenance. However, Adam and DeFalco's generosity doesn't stop there; they have hosted and sponsored numerous events at our VA Hospitals and veteran shelters.

Joseph O'Neill, owner of Benner's Auto Body, was a board member of the NABC Charity Cars, and a few years ago he contacted the NJVN about donating several refurbished cars to our veterans. After working with Joe and Benner's Auto, and seeing what an incredible job they did, we asked him to join the NJVN team. For a long time, Joe and Benner's have been helping people who were desperately in need, and they have hosted different types of charitable events and galas. Joe is also a cancer survivor and has done a tremendous job raising and providing large financial donations to fight cancer and fund cancer research. Recently, Joe and Benner's Auto have taken on NJVN vehicle care and maintenance.

Every day the NJVN is providing resources to veterans in need, and now we know there is nothing stopping us from completing our mission because of amazing men like Joe O'Neill and Adam Rempfer. Each of them has always put others first and loves being able to help our veterans live a better way of life.

If you would like to join the team, please send us an email at NJVN1775@gmail.com and be sure to include your name, email, and phone number.

Check out more of our accomplishments at our website: NJVN.org . Help us save Vets!!!

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556

or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) Joe Oneill Benners Auto veteran car donation



Marketing Toolbox

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39TH ANNUAL QUILT SHOW - MARCH 25

their 39th annual quilt show on Saturday, March 25, 2023. Sharing the Quilts XXXIX will be held at the Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains NJ from 9 a.m. to 5 p.m. Adult admission is \$8 and \$3 for children under twelve.

As always, giving back will be at the heart of the show, with local charities benefiting from the sale of fabric and drawings for a quilt and fabric basket. A special display will feature several of the over 300 colorful pillowcases and lap quilts made by members and donated to a children's hospital under the umbrella of Ryan's Case for Smiles.

At 11 a.m., nationally recognized quilt book author Karen Gloeggler of Rahway will speak on "The Secrets to Preventing Unfinished Projects." The award-winning quilter is the author of "Jane Austen's Quilts Inspired by Her Novels" (available for purchase at the show) and "Crazy,

Harvest Quilters of Central NJ will present Luscious Quilting" due out by the end of the year. traditional bed-sized, art and wall hanging quilts,

Diane Fleming of Westfield will be honored as 2023 featured quilter. Known for creating oneof-a-kind king-sized works of her own design, Fleming's 13-year journey as a quilter will be explored through 20 spectacular themed quilts. "My interests in art history and watercolor painting influence my fabric and design choices," said the avid gardener and mother of three grown sons, who will also display examples of her painting and needlework.

Linda Blauvelt, artist-in-residence, will exhibit original oil paintings. A quilter for many years, she has branched out into this second art form, recently displaying her work at the Westfield Public Library.

A memorial tribute will be on display for Peg Foy, coverlet expert and prolific miniature quilter. Late Harvest Quilters founder Ann Eelman will also be remembered.

In addition to viewing a full array of modern,



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attendees can participate in viewer's choice awards, kid's scavenger hunt, vendor area and a tearoom for snacks or lunch. For more information, please visit

harvestquilters.com

SUPPORTING CHILDREN **COPING WITH LOSS** WEBINAR, MAR. 21

Children will experience different losses in life: divorce, moving, friendships ending, sports injuries or the death of a friend or family member. Imagine, A Center for Coping with Loss is working to create grief informed communities where children will be surrounded by adults who are able to provide support as they cope with these losses.

On Tuesday, March 21st from 7:00–8:30 p.m., Imagine will offer a webinar on Supporting Children Coping with Loss for anyone who wants to learn how to support a child who is grieving. While loss due to death will be the primary focus of this webinar, the concepts that will be presented are applicable to all types of loss. It is especially important for parents and grandparents, guardians, teachers, members of community organizations, coaches, therapists, counselors, and social workers to attend this program. The webinar will be offered in both English and Spanish.

THOSE WHO ATTEND WILL BE ABLE TO:

- 1. Define the terms "loss," "grief," and "mourning"
- 2. Understand the different types of loss and the impact of those losses
- 3. Identify similarities and differences on how children, teens, and adults experience their grief
- 4. Learn how to support someone who is grieving

CEUs are available for social workers with a \$30 registration fee. For those who do not need CEUs, a \$30 donation is appreciated, but not required.

Those interested in the Spanish-speaking webinar do not need to register, but may contact Imagine's Training and Education Director, Veronica Ortiz at veronica@imaginenj.org to receive the link to join the webinar.

Please join Imagine in our effort to create supportive communities for children who are grieving. To register for the English-speaking webinar, please scan the QR code below or visit imaginenj.org.

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