

Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

Published by Renna Media, LLC. On-line at RennaMedia.com

Issue 90 • March 2023



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BILL LEE RETIRES AFTER A LIFE OF COMMUNITY SERVICE

Submitted by Tom Kranz

It's safe to say that Bill Lee has touched thousands of lives, whether as a teacher, driving instructor or volunteer in service to the Borough of Fanwood and the African Republic of Burundi. He's been a ubiquitous presence here since his days as a coach and phys-ed teacher, first at Terrill Middle School then at Scotch Plains-Fanwood High School. Teaching was his chosen profession, but one thing led to another, and he found himself teaching not only phys-ed at SPF High but driving as well.

"I got into it with a friend of mine," Mr. Lee recalls. "He asked me one day, you want to do this? I said, I don't know. I decided to try it and it turned out okay."

The Lee Driving School never advertised. Yet, he was busy almost from day one teaching all ages, but mostly teenagers.

"I do have patience," he said, offering no horror stories of being captive in a car with an inexperienced student driver. "I've had to slow them down, had them speed up or do one thing or the other, but it worked out well."

In fact, it worked out well for 38 years until he and his wife Josephine decided last year it was time to retire, downsize from their house on Terrill Road and move to an apartment in Plainfield. The Lees' adult children--Daryl, Debbie and Billy--all live within driving distance. Another son, Arnold, died in 2018.

And then there's Fiacre, considered a son though not by blood. He was taken in by the Lees after Bill met him while coaching the Republic of Burundi national basketball team in the early 1980's.

"My brother had contacts in Burundi and learned they were looking for a coach for their national team," recalls Mrs. Lee. "Bill went to Africa every summer, 1981 to 86, to coach them. He took them to the Central African Games in Angola."

During one of his trips, he met Fiacre (pronounced fee-AHK-ra), a standout player who evidently had a friend in high places.

"One of the [government] ministers asked Bill, this is a kid who's very smart," says Mrs. Lee. "Would you give him the opportunity that he can only get if he went to school in the United States? He asked, would you sponsor the kid and bring him home? I said yeah, we already got four, what the heck."

With his parents' blessing, Fiacre came to New Jersey at age 21 and stayed. He went to college, got his master's degree, and works today as a civil engineer. The Lees call him their son, though he still keeps in touch with his African family.

A lifelong resident of Fanwood, Mr. Lee's family settled in Kramer Manor, the area around McGinn Elementary School which was created in the 1920s for black families who faced housing discrimination elsewhere. His grandmother, Collie Lee, was one of the first to live there. Bill grew up nearby. He later moved to Terrill Road and volunteered for public service, as recalled by Mayor Colleen Mahr.

"Bill was a long-time elected Fanwood Democratic Committee member and Josephine was a friendly face for years as a poll worker during



(above) Bill and Josephine Lee in February, 2023

Photo courtesy the Lee family



elections," notes Mayor Mahr. "Bill also served as the mayor's designee on our Planning Board. It has been my honor and pleasure to call Bill and Josephine friends and neighbors. I wish them both happiness and good health as they deserve an enjoyable retirement."

Public service is in the Lee family bloodline. In addition to Mr. and Mrs. Lee's service, son Daryl was Fanwood fire chief in 1994-95. Son Arnold was a volunteer firefighter.

The Lees praised their life in Fanwood, and they have certainly left their mark.

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Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

Renna Media LLC, Publishers
202 Walnut Ave., Cranford, NJ 07016

Scotch Plains Monthly is published by Renna Media. 9,400 newspapers are printed monthly and mailed to every business and resident in Scotch Plains, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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MOBILE MEALS CLIENTS RECEIVE A VALENTINES

Josephine Walsh, Operations Manager, 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

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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JOHN “JACK” KOVALCIK RETIRES FROM INROADS TO OPPORTUNITIES

Inroads to Opportunities, a Union County, NJ, based non-profit human services agency, that provides programs and services to individuals with disabilities, recently announced the retirement of John “Jack” Kovalcik. On January 25th, 2023, Jack concluded his forty-four years as a Member of the Board of Directors with Inroads to Opportunities formerly known as the Occupational Center of Union County.

The longtime resident of Scotch Plains and King’s College graduate began his journey with the organization in 1979. His interest was piqued by his wife’s sister who was a participant at Inroads for many years.

Jack held leadership roles as Board Treasurer, Board Secretary, Chairman of the Board. In addition, Jack became a member of various Board Committees, including the Finance Committee and the Executive Committee. In these positions, he became an invaluable

counselor to the Board of Directors and management of the Occupational Center of Union County. Outside of Inroads, Jack worked for many years at General Motors in Linden.

Jack’s dedication and devotion to service does not go unnoticed. He has distinguished himself with his extensive knowledge of matters relating to the specific needs of people with disabilities, as well as with the financial business of the agency. The Board of Directors express their profound gratitude to Jack for his sound business advice and valued counsel which has contributed to the flourishing of the organization.

Additionally, the Board announced Jack will be named Director Emeritus so his expertise and leadership will be carried forward.

ABOUT INROADS TO OPPORTUNITIES:

Since 1959, Inroads to Opportunities, formerly the Occupational Center of Union

County, has provided programs and services to over 400 individuals each year with all types of disabilities and ranging in age from 16 through retirement. Programs and services include vocational preparation, transition from school to work, job placement and mental health services.

Inroads to Opportunities is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an approved provider of the NJ Department of Labor, Division of Vocational Rehabilitation Services and Commission of the Blind and Visually Impaired. Inroads is licensed by the State of New Jersey Department of Human Resources, NJ Division of Mental Health and Addiction Services to provide partial care and Division of Developmental Disabilities to provide Day Habilitation Services. Inroads is an approved Medicaid provider and an approved Employment Network under the Ticket to Work Social Security initiative.



(above) John “Jack” Kovacik-Director Emeritus, and Jill Schafhauser-current Board Chairperson for Inroads to Opportunities.

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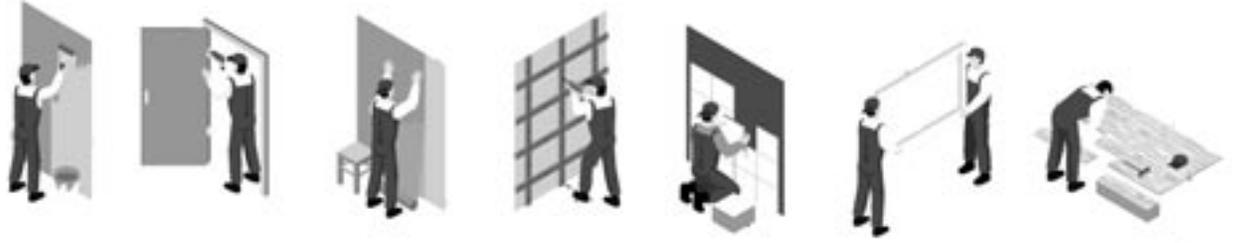
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MUSEUM OPEN HOUSE MARCH 5TH

The Osborn Cannonball House Museum will be open to the public for tours on Sunday, March 5th from 2 p.m. to 4 p.m. The current exhibits feature mannequins dressed in clothing from the late 18th century through the 19th century. House tours will be provided by costumed docents. The Museum is located at 1840 Front Street, Scotch Plains, NJ 07076. Admission to the museum is free but donations are always welcome.

For more information email
Info@HistoricalSocietySPFNJ.org
or call 908-322-6700 Extension 230.



PROBATIONARY FIREFIGHTERS STEVEN GUASTAMACCHIA AND MICHAEL OLIVEIRA

Follow Scotch Plains Fire Department on Facebook

The members of the Scotch Plains Fire Department are excited to congratulate Probationary Firefighters Steven Guastamacchia and Michael Oliveira on their graduation of the

Union County Fire Academy. The two have worked hard all fall semester to complete Firefighter 1 and Firefighter 2. Congratulations men, we are proud of you.



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UPCOMING EVENTS: Registration required.

Visit our website for a complete list of events.

WED, MAR 15
10:30 am - 11:30 am
PREPARE TO CARE
Presentation focuses on helping individuals make plans to care for friends, family members or loved ones.

TUE, MAR 21
2:00 pm - 3:00 pm
LONG TERM CARE, ANNUITIES & MEDICAID
ZOOM

THUR, MAR 30
10:30 am - 11:30 am
WHAT'S NEW WITH SOCIAL SECURITY?
7 Topics to Watch in 2023

SAGE Home Care

- Personal Care (Bathing, Dressing, Grooming)
- Meal preparation and personal laundry
- Socialization
- Assistance with Discharge Plans
- Medication Reminders
- Accompaniment to Doctor's Visits and Assistance with Telehealth Calls
- Home Health Aides are equipped with Personal Protective Equipment (PPE)



Adult Medical Day Program

- Light breakfast, complete lunch and snacks provided daily
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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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

Scot Paris MD, FACS



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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MEN'S CORNERSTONE XIV RETREAT

We live in a busy world. You have a busy life. When was the last time you hit "pause"?

The parishes of St. Bartholomew the Apostle and Immaculate Heart of Mary are inviting men of all ages to attend this year's Men's Cornerstone XIV retreat. It will be on Friday March 10th and Saturday March 11th and held at St. Bartholomew in Scotch Plains.

WHAT IS CORNERSTONE?

Cornerstone is an opportunity to hit the "pause button" in life and a chance to renew and strengthen your faith and grow in your experience in the Christian faith. It is led by a team of parishioners from various backgrounds and ages who themselves have experienced an increased presence of Christ in their lives.

WHY SHOULD I ATTEND CORNERSTONE?

You will have a unique opportunity to meet other men of the community and together listen, reflect, and share real life experiences. Taking the time to retreat from daily routine and stress is both a necessary and rewarding experience.

WHAT DOES "CORNERSTONE" MEAN?

The word "Cornerstone" describes Christ as the main foundation ("the cornerstone") of our lives. His presence within us allows us to live, grow, and become more loving and vibrant people of God.

WHAT HAVE OTHER MEN WHO HAVE ATTENDED CORNERSTONE EXPERIENCED?

"It gave me a chance to connect with God." David D.

"Cornerstone helps me to realize that we are all in this together, and we are not so different from one another." John O.

"Cornerstone helped me see all the times God's grace has been bestowed on me and my family." Jim B.

"I was initially uncomfortable about attending but I am so glad I took that first step to renew my faith. It was such a satisfying experience and was exactly what I needed to refocus my life priorities." Colm K.

"Cornerstone helped me to make new friends and put some of my troubles in perspective since they are shared by others." Glenn R.

WHAT CAN I EXPECT AT CORNERSTONE?

It will begin Friday evening March 10th at 6 p.m. and end on Saturday evening March 11th after Mass and dinner. There will be talks, followed by small group discussions, time for quiet personal reflection, Reconciliation, and Eucharist. There will also be ample time to interact with others who are looking to grow spiritually.

Registration is required. Please visit the web sites of either St. Bartholomew the Apostle at stbartholomewchurch.org/mens-cornerstone or Immaculate Heart of Mary at ihmparish.net.

You may also reach out to Ed Butler at 201-410-7425 or ejb57@aol.com as well as Chris Reimers at 732-689-8300 or cjreims@hotmail.com with any questions.

WELCOME CIRCLE WILL SPONSOR A UKRAINIAN FAMILY

Under the auspices of Congregation Beth Israel (CBI) in Scotch Plains, several congregants and other community members have formed a “Welcome Circle” to sponsor a displaced Ukrainian family that was forced to leave their war-torn homeland.

The volunteers are working with the non-profit organization HIAS, one of the oldest refugee resettlement agencies in America, as well as the U.S. government’s “Uniting For Ukraine” program, through which qualifying Ukrainians can come to the U.S. for up to two years on “humanitarian parole,” which differs from refugee status. The Welcome Circle has accepted financial responsibility for the family for a minimum of six months, and will help them acclimate to life in the U.S.

HIAS was originally founded over 100 years ago as the Hebrew Immigrant Aid Society. It now draws on its Jewish values and history to provide vital services to refugees and asylum seekers from all faiths and communities around the world, and advocates for their fundamental rights so they can rebuild their lives.

“Our tradition speaks time and again about the importance of welcoming the stranger and refugee in our midst. And many of our own families have stories of immigration to this country where someone reached out a hand to help, or people wished they had,” said Howard Tilman, Rabbi of Congregation Beth Israel. “It is now our chance to repay that favor and help this Ukrainian family, because that is who we are.”

Members of the Welcome Circle have taken

on responsibilities such as enrollment in school, benefits applications, renting an apartment, finding translators, raising funds, and more. In addition, a donation site was set up to outfit the apartment with everything from groceries to furniture. Volunteers were asked to sign up for various tasks, from helping to deliver furniture to offering rides to medical appointments once the family moves in. These sign-up tasks will continue to evolve as the family’s needs change over time.

“We are so grateful for our congregation’s generosity,” said Laurie Woog, CBI Welcome Circle Chair. “We could not have done this without so many people contributing in so many ways. We often feel helpless in the face of conflict and the overwhelming number of displaced people around the world. The Welcome Circle model offers a way for people in the U.S. to offer a small amount of tangible assistance to individuals and families fleeing

danger or persecution.” Woog acknowledges the hard work of the Welcome Circle steering committee, as well as the assistance of Weichert Realtors, Shovlin Mattress Factory, and the Westfield United Fund, among others.

Additional contributions are appreciated. To make a charitable donation, please visit CBI’s Welcome Circle webpage (cbinj.org/Ukrainian-welcome-circle). If you have any questions, please contact welcomecircle@cbisp.org.

If you are interested in learning more about forming a Welcome Circle, visit the HIAS website at hias.org.

Congregation Beth Israel is an egalitarian Conservative synagogue, serving the religious, educational, cultural and social needs of congregants from Scotch Plains, Fanwood, Westfield and surrounding towns. It is located at 18 Shalom Way, Scotch Plains, NJ (corner of Martine Avenue). For more information about the synagogue, call 908-889-1830.

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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.

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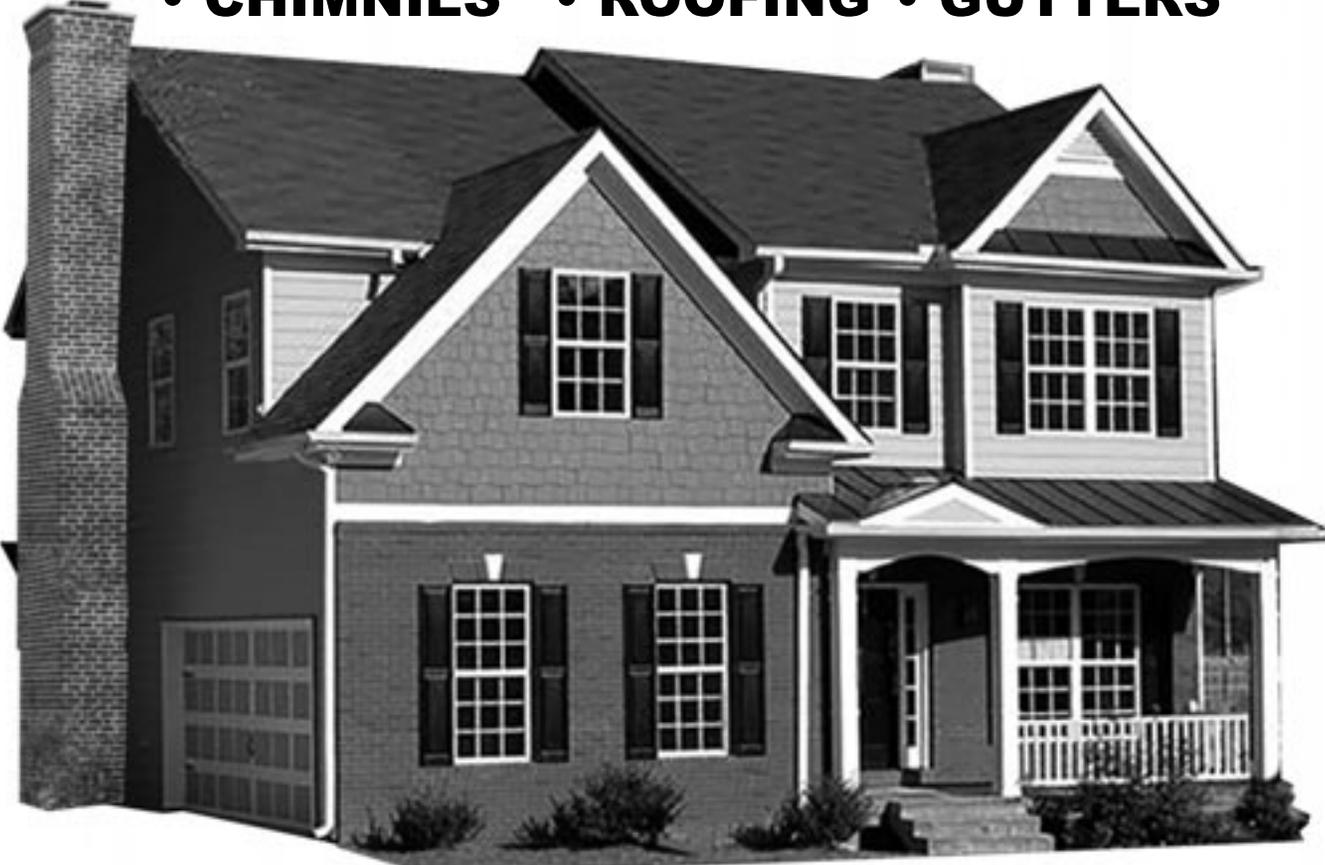
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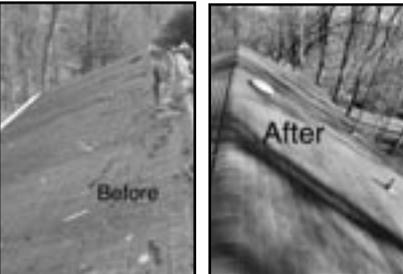
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(above) Guest Speaker, Kiran Dhaliwal, will share her personal journey and her dedication to bettering the lives of at-risk young women at the College Club 90th Anniversary Scholarship Fundraising luncheon on April 16th.

CELEBRATE COLLEGE CLUB'S 90TH ANNIVERSARY AT THE SCHOLARSHIP FUNDRAISING LUNCHEON

The College Club of Fanwood-Scotch Plains will celebrate 90 years of empowering young women on April 16, at The Galloping Hill Golf Course Clubhouse, 3 Golf Dr., Kenilworth, from 11:00 a.m. – 3:00 p.m. Club members are looking forward to this special event after a four-year hiatus due to pandemic closures and concerns.

The event will feature a three-course lunch, Gift Basket Raffle, 50/50 Raffle (consisting of three monetary prizes) and a Silent Auction. Guest Speaker, Kiran Dhaliwal, is a local artist, designer, past president of the FSP Rotary Club and is dedicated to bettering the lives of at-risk young women will address the audience during the event. Kiran's personal journey spans cultures, varied careers and her belief in giving back-especially to women.

Tickets for the event are \$60 per person or \$70

per person including unlimited mimosa cocktails. Tickets can be purchased from College Club members or by contacting Dorothy Lusk by email: dorothyculleylusk@gmail.com, or phone: 908-230-4917.

All proceeds from the luncheon will fund scholarships for local young women. There are college bound women in our community who depend on College Club Scholarships so the College Club members are motivated to make the Spring Luncheon a fundraising success and an enjoyable event for all who attend. To date, the College Club of Fanwood-Scotch Plains has awarded approximately \$750,000.00 in scholarships to approximately 574 young women.

For more information visit fspcollegeclub.org, or email collegeclubfsp@gmail.com.

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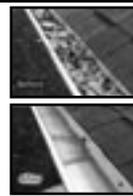
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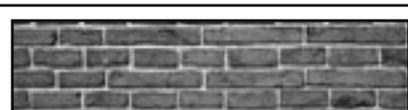
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RAKE & HOE BRING SPRING CHEER TO THE COMMUNITY

On February 7, twelve members of the Community Projects Committee of Rake and Hoe Garden Club of Westfield met at the First Baptist Church of Westfield where Mobile Meals originates and made 55 small floral arrangements to accompany the meals delivered that day.

The club supplies the flowers and prepares the arrangements in laundry detergent caps. These cheerful multicolored floral arrangements were decorated with red and pink paper hearts. The club preforms this service in Spring, Fall and Winter and is much appreciated by the clients who look forward to receiving these colorful arrangements. One recipient wrote that the flowers made her smile and forget about the rough day she was having.

Club members also made 5 spectacular floral arrangements designed by Kay Cross. These center pieces were delivered to Complete Care, Westfield and placed at the nurses' stations for all to enjoy. The event was coordinated by Kris Luka and Sharon Shiraga.

The next day the Rake & Hoe Juniors attended their regular monthly meeting and made 25 Valentine Day floral arrangements for the residents of the Adroit Care Rehabilitation and Nursing Center, Rahway NJ.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. The club meets on the second Wednesday of the month at 12:00 pm at the Scotch Hills Country Club. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga (908) 228 2865 or visit the club's website, (rakeandhoegc.org) or Facebook page.



(above, l-r) Front Row: Jeanie Pelikan, Betty Clark, Joyce Mullen, Lena Peitsinovski, Kay Cross, Jane Christiani, and Betty Gulino. Back Row: Richard Pelikan, Donna Sevchuk, Regina Kelly, Sharon Shiraga, and Sue Feldman.



(above, l-r) Juniors Holding Floral Arrangements - Back row: Arabella Morabito, Anna Athungal; Front row: Cassidy Johnston, Peyton Johnston, Emma Blazousky, Grace Yu.

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SPRING AND SUMMER PROGRAMS!

Registration is now open for these upcoming Fanwood Recreation programs:

Spring Break Programs:

TGA Premier Junior Golf Spring Break Camp, Super Spies and Daring Detectives Spring Break Camp, Multi Sports Camp.

Spring Programs for Kids:

TGA Premier Junior Golf, Youth Hip Hop Experience Dance Class, Shockingly Sticky Science, Babysitting Certification Class, Elementary Drawing, Fashion Design, Squirts Multi Sports, Parent & Me Multi Sports Squirts, Soccer Squirts, Parent & Me Soccer Squirts, Foundation Basketball, Senior Squirts Basketball, Squirts T-Ball, Parent & Me T-Ball Squirts, Squirts Track & Field, Foundation Track & Field, Tennis, Skateboarding.

Summer Camps:

TGA Premier Junior Golf Camp, Babysitting Certification Class, Junior First Responders Program, Summer Park Program, Fashion Camp, Mad Robotics, Eureka: The Inventor's Camp!, Crazy Chem Works!, Multi Sports Camp, Hip Hop Experience Summer Dance Camp, Squirts Multi Sports, Parent & Me Multi Sports Squirts, Soccer Squirts, Parent & Me Soccer Squirts, Foundation Basketball, Senior Squirts Basketball, Basketball Camp, Golf Camp, Summer Art Workshop, Tennis, Skateboarding, Children's Theater, Tweens & Teens Travel Camp.

Spring Programs for Adults:

Bridge for Beginners, Pickleball.

Summer Programs for Adults:

Tennis, Pickleball.

More programs are still being added. For more information and to register, please go to fanwoodrecreation.org.

2023-24 PRESCHOOL APPLICATIONS

The Scotch Plains – Fanwood Public Schools will begin accepting preschool applications for the 2023-2024 school year on March 1, 2023. Visit spfk12.org/preschool or the main office of any elementary school to obtain an application. For more information, please contact the Preschool Office at (908) 889-8600 x31402 or preschool@spfk12.org.

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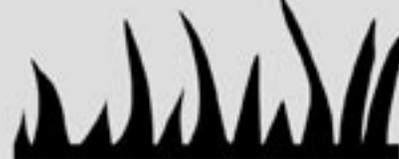
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Guided Meditation

Thursday, March 2, 7pm

a virtual program with Barbara Brown.

Registration is required.

Hypertension Clinic

Friday, March 3, 10am to Noon

inside the Library with a public health nurse.

Balance Awareness with Yasmin Ofek

Fridays at 10am

a gentle but effective approach to moving confidently throughout the lifespan.

Registration is required for this virtual class.

Bring Your Own Book

Monday, March 6, 10am

an informal virtual discussion of what participants have recently read and enjoyed.

Registration is required.

Friends of the Library Meeting

Monday, March 13, 7:00pm.

Evening Book Club

Thursday, March 16, 7pm

will meet virtually to discuss Lessons in Chemistry by Bonnie Garmus.

Mariah Fredericks Book Discussion

Monday, March 20, 7pm

Author Mariah Fredericks will discuss her new novel, The Lindbergh Nanny, her research into the real story, and the way women are often overlooked by history. Registration is required.

Afternoon Book Club

Tuesday, March 21, 1pm

will meet inside the Library to discuss Maybe You Should Talk to Someone by Lori Gottlieb.

NJ Makers Day

Saturday, March 25

with hands-on activities for all ages. Check our website for registration information.

Seven Ways to Simplify your Life this Spring

Monday, March 27, 7pm

Jamie Novak joins us virtually to offer Seven Ways to Simplify your Life this Spring.

Registration is required.

AUTHOR PRESENTATION – MARCH 20TH

The College Club of Fanwood-Scotch Plains invites the public to attend a free program on Monday, March 20th, at 7:30 p.m. at Fanwood Presbyterian Church, 74 Martine Ave, (McDermott Street entrance). The Garden State: Where Ideas Grow, presented by author, Linda Barth.

According to Linda Barth: Many people are familiar with Edison's "Invention Factory" in Menlo Park, where he invented the phonograph, the light bulb and many more inventions. Yet many other ideas have grown in the Garden State too- New Jerseyans brought sound and music to movies and built the first drive-in theater. In addition to the first cultivated blueberry, tasty treats like ice cream cones and M&M's, are also Jersey natives. Iconic aspects of American life, like Bubble Wrap, the boardwalk, the Band-Aid and even professional baseball itself started in

New Jersey. Life would be a lot harder without the vacuum cleaner, plastic, and air-conditioning, and many other important advances in medicine and surgery were developed here.

Linda Barth has been a fan of New Jersey for a long time. A lifelong resident of the Garden State, she has written two books on the D&R Canal and three children's picture books, Bridgewater Boy, Hidden New Jersey and Alice Paul: Champion of Women's Rights. She has also authored: A History of Inventing in New Jersey, From Thomas Edison to the Ice Cream Cone and New Jersey Originals.

Linda Barth spent 45 years teaching fourth grade in the Bridgewater-Raritan School District. She is the director of the League of Historical Societies of New Jersey and president of the D&R Canal Watch, a friends' organization of the D&R Canal State Park.

SPEAKABILITY TOASTMASTERS CLUB

The SpeakAbility Toastmasters Club of Scotch Plains and Fanwood held a virtual Speech Evaluation competition via Zoom on February 1st. Several club members were present as four club members competed in the contest. The contestants presented a two to three-minute evaluation of a prepared test speech. The contest's top three winners were selected on the same day by the club's respected judges. Jyotsana Narayanan, who took first place in the competition advanced to compete in the Division E Area Contest.

Toastmasters club is a nonprofit educational organization that operates for the purpose of promoting communication, public speaking, and leadership skills. This is the most effective and encouraging platform to develop these skills along with improving your overall confidence. No matter, where you are in your journey, we will support you! SpeakAbility Toastmasters ensures that each member feels supported, mentored, and encouraged. Come, be our guest at a meeting!

The SpeakAbility club hosts meetings on the first and third Wednesday of each month at 7.45 p.m. at the following locations:

1st Wednesday: virtually via Zoom

3rd Wednesday: Hybrid Meeting – we meet in

person at JCC of Central NJ, 1391 Martine Avenue, Scotch Plains, NJ and broadcast via Zoom.

For more information about the club, please visit the club website at speakabilitytoastmasters.com or contact the VP of membership, Gaspare Urso at vpm@speakabilitytoastmasters.com.

ABOUT DISTRICT 83

District 83 comprises more than 122 corporate and community clubs in New Jersey, Rockland County and Staten Island. To learn more about District 83 please visit: toastmasters83.org

ABOUT TOASTMASTERS INTERNATIONAL

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Denver, CO, the organization's membership exceeds 358,000 members in more than 16,800 clubs in 143 countries!. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators and leaders.

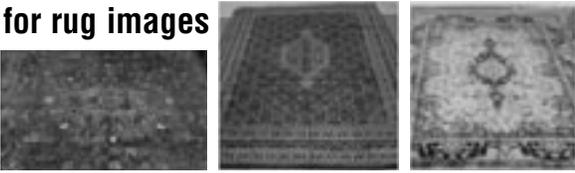
For information about local Toastmasters clubs, please visit toastmasters.org.

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2023 DOLLARS FOR STUDENTS CAMPAIGN

SCOTCH PLAINS-FANWOOD SCHOLARSHIP FOUNDATION

The Scotch Plains-Fanwood Scholarship Foundation kicks off its annual fundraising campaign with Dollars for Students Weekend Saturday March 25 and Sunday March 26, 2023. Since the founding of the Scholarship Foundation, student applicants have volunteered their time to support fundraising efforts for the annual campaign.

“Our annual Dollars for Students campaign is the longest-standing fundraising effort since the Foundation’s inception,” said Cathy Hirschhorn, Foundation Trustee and lead organizer of this community-wide fundraising effort. “We are grateful for the community support from the dollars and cents collected in our tin cans and the businesses that will be hosting us this year.”

Student volunteers will be stationed at locations throughout the community on Saturday and Sunday, so don’t forget an extra dollar or two when heading out to the soccer fields or for your morning coffee. You can plan your stops and see this year’s schedule and list of supporting businesses below, or by visiting the Foundation website.

“We are excited to introduce an alternative way to make an instant donation at our stationary locations,” said Michelle Wywra, Foundation President. “QR codes will be provided on each donation canister that will connect you to our PayPal to make a direct donation.”

The Foundation has awarded over \$4 million to deserving students since 1967. These scholarship awards are made possible by the

generosity of local businesses and members of the community and beyond.

Dollars for Students Stationary Locations:

Saturday, March 25: The Bearded Barber, Fabio’s Bistro, Fanwood Bagel, The Fanwood Larder, Fanwood Pharmacy, Fanwood Post Office, First Option Juice Hub, Fresh Mart Scotch Plains, John’s Meat Market, QuickChek Fanwood, Scotch Plains Post Office, Soul Bowls, Swiss Pastry Shoppe, 7-11, Park Avenue

Sunday, March 26: Fanwood Bagel, The Fanwood Larder, Fresh Mart, Scotch Plains, QuickChek Fanwood, Soul Bowls, Swiss Pastry Shoppe

ABOUT THE FOUNDATION:

Since 1966, The Scotch Plains-Fanwood Scholarship Foundation has been awarding scholarship assistance to graduating seniors and current college students residing in Scotch Plains and Fanwood. To date, the Foundation has awarded over \$4 million to deserving local students. Scholarships are made possible by the Foundation’s efforts during its annual Dollars for Students campaign. In addition to the Dollars for Students awards, the Foundation administers over 50 separate honorary and memorial scholarships, funded via individuals or groups from the local community and beyond. Scholarship assistance is made possible by Scotch Plains and Fanwood businesses, organizations, community members, and other contributions. For more information visit www.spfscholarshipfoundation.org.



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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@imagenenj.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 imagenenj.org.

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FROM DENSITY COLUMNS TO ELEPHANT TOOTHPASTE: COLES SCHOOL SCIENCE FAIR RETURNS!

Submitted by Coles PTA

Coles Elementary School was proud to once again host its annual student Science Fair this February, after having to pause the event for several years due to the pandemic. The event was highly anticipated and well attended, with nearly 200 students preparing their projects and showcasing them during the Fair. Many other students, family members, and friends were in attendance to walk the isles and take in the experiments, learnings, and fun!

The Fair brought out the curiosity and enthusiasm for learning in the young scientists, with 65 group and 39 single participant projects and experiments on display. In addition to live demonstrations, there was a photo booth setup for students and families to document all the fun. "I was excited to answer questions about my

project, but the best part was walking around and seeing the live demonstrations with my friends!" said Abby, a Coles 1st grader. Mr. Mintz, a parent on the planning committee commented "You could tell from the energy and from the posters how much fun and hard work was had. Personally, I have very fond memories of science fairs from my childhood."

Science experiments and projects included everything from density columns to test what floats and sinks, volcanoes, gummy bear osmosis, robotics, elephant toothpaste, and much more.

The planning committee, which consisted of PTA parent volunteers was absolutely overwhelmed by the positive response and large turnout from the Coles community. "The excitement for learning was certainly in the air at the Fair. I look forward to continuing to be on the committee and welcome others to join us as we plan for future gatherings to manage the large student and parent interest for the event," said Dr. Shah, a member of the committee.

Thank you to the Coles PTA volunteers and the Coles School staff for bringing back an incredibly important event for Coles students.



Courtesy photos

39TH ANNUAL QUILT SHOW - MARCH 25

Harvest Quilters of Central NJ will present 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, Luscious Quilting" due out by the end of the year.

Diane Fleming of Westfield will be honored as 2023 featured quilter. Known for creating one-

of-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, traditional bed-sized, art and wall hanging quilts, 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

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