

Watchung Post

Watchung's Hometown Newspaper

NJ

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CHINESE NEW YEAR PARTY FOR COUNTY SENIORS



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Somerset County seniors were invited to join the fun of a free Chinese New Year celebration held at the Somerset County Senior Wellness Center in Bridgewater on Wednesday, Jan. 25. Entertainment included line dancing, Tai Chi, a martial arts demonstration, a musical performance, and educational information about the Chinese New Year.

Participants had the opportunity to practice Tai Chi and dance the Mayim-Mayim, which is an Israeli dance adopted by Asians. The Hulusi (gourd flute) solo performance and a sword-drawing demonstration will captivate any audience. Seniors will also learn fascinating facts about the Chinese New Year.

A lunch with an Asian Flair was served. Including: Chicken & Vegetable Dumplings, Vegetable (edamame) Dumplings, Roast Beef with Provolone Cheese Sandwich, Tomato, Arugula, Cheddar Cheese & Pesto Sandwich

All senior centers offer a nutritionally balanced lunch at noon, Monday through Friday. The menu choices include both hot and cold lunches, with and without meat. Lunch reservations should be made by 10 a.m. the day before attending. There is a suggested lunch donation of \$2.50 for anyone ages 60 and above. For seniors less than 60 years of age, the cost is \$8.07.

To learn more about the Somerset County Senior Wellness Centers, call 908-704-6346 or email OfficeAging@co.somerset.nj.us.

ABOUT THE CHINESE NEW YEAR

The Chinese New Year is a 15-day festival that Chinese communities celebrate globally. The holiday is often called the Lunar New Year because it follows the phases of the moon. This year it begins on Jan. 21 and ends on Feb. 20, or until the next full moon.

This year is called "Year of the Rabbit" because the Chinese New Year coincides with the Chinese Zodiac sign the rabbit. There is a repeating zodiac cycle lasting 12 years, with each year representing a zodiac animal that has special attributes. In the Chinese culture, the Rabbit is a symbol of longevity, peace, and prosperity. People born in the year of the Rabbit are called "Rabbits" and are believed to be vigilant, witty, quick-minded, and ingenious.

(more photos on pages 8 & 9)



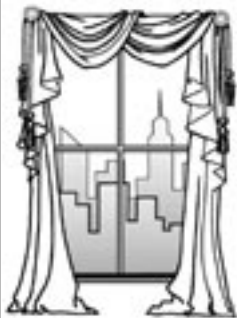
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VOLUNTEERS NEEDED

New Year! New opportunity to serve your community! The Watchung Volunteer Fire Dept is always seeking new members.

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(above) Rachel Bohach, SCLSNJ adult services library assistant, uses the new Maltron adaptive keyboard to navigate SCLSNJ.org.

LIBRARY VIRTUAL PROGRAMS

To join a virtual program by phone, dial 646-876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event. Visit SCLSNJ.org.

LIBRARY PROVIDES ADAPTIVE KEYBOARD FOR COMMUNITY USE

The Somerset County Library System of New Jersey (SCLSNJ) Somerville branch has a new resource available for customers to use - for free - with or without an SCLSNJ library card. This device is an adaptive keyboard called a Maltron Keyboard.

An adaptive keyboard fits the shape of hands and the different lengths of fingers to reduce movement and tension, has tilted keys and pads to further reduce muscle tension, has straight vertical key columns to eliminate tens of thousands of finger and wrist twists in a day's work, and much more.

"We - as a branch, as a System - wanted to look at helping anyone that walks into the branch," said Rebecca Crawford, branch manager. "This keyboard is designed for anybody with mobility issues in their hands. This gives us the option to say, 'you know, we have this special adaptive keyboard that we can plug in, that you can use anytime you're here at the library.' We want to have something that you're comfortable with and something that you can use to make your digital traveling easier."

Continued Crawford, "We want to make the branch welcoming to everybody who walks in the door. And, we want to make sure that every

person can use our equipment no matter what their physical abilities are."

The keyboard was purchased with funds that the branch was awarded in 2022. The PLA Digital Literacy Workshop Incentive, supported by AT&T, provides support to libraries of all sizes to conduct digital literacy training in their communities and help close the digital divide.

"We want to try to do everything we can to help someone in the best way that we can," said Rachel Bohach, adult services library assistant. "Once we received the magnifier donation, then we started thinking of all the things that could be possible and what we were missing."

The Maltron keyboard is available to all customers of the Somerville branch during open branch hours. The keyboard is easy-to-use, and both Crawford and Bohach urge customers to not hesitate to ask for the device.

"Please don't come in and say, 'we don't want to bother you'," said Crawford. "It is no bother. This is easy for us to set up. We want to set it up for you!"

For more information, call (908) 458-8445 or email somerville@sclibnj.org. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Twitter, or YouTube.

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Wilson Church Rejoices in a Full Year Together!

After two rocky years of Covid shutdowns and various creative ways to provide Sunday service to their congregation, Wilson Memorial Church located in Watchung, NJ rejoices in a full year of fellowship together in 2022. Wilson would like to thank their church family and the surrounding communities for making last year such a success.

The year started slowly, after yet again another variant appeared which caused a last minute cancellation of the 2021 Christmas Eve Service. Shrove Tuesday presented an opportunity to congregate for a Pancake Dinner followed Wilson's traditional Lenten Soup Suppers. A special Ash Wednesday service preceded a re-creation of the Last Supper. The joy of Christ's resurrection was celebrated with an Egg Hunt for the children on Easter Sunday!

As spring turned to summer, Wilson had the opportunity to participate in community outreach by hosting a table at the Watchung picnic and offering a successful Vacation Bible School (VBS). The theme of last year's VBS was Christmas in July. Wilson welcomed over 30 children to Christmas-town for a week of bible study, music, crafts, and movement activities. Pastor Michael's Water Slide was a big hit!

Wilson held its Pasta Gala at their first annual Homecoming Weekend, where they reaffirmed their commitment towards community outreach, held tours of the church and explored a contemplative prayer session. A booth at the Watchung Harvest Festival, record breaking attendance at Wilson's annual Enchanted Forest Halloween Event and the newly created Holiday Hangouts are examples of Wilson's dedication to this mission.

Following the Advent Kickoff Dinner and Memorial Tree Lighting, Wilson held a Blue Christmas Service as well as two services on Christmas Eve. Pastor Michael Droege hosted a bagel breakfast and devotional prayer session on Christmas morning.

The Mary E. Wilson Union Memorial Church is an interdenominational church which welcomes all faith backgrounds. They invite you to join them on Sundays at 10am, either in-person or online.



(above) 2022 Advent Kickoff, Matthew May, Josie & Davis Walton, Jack, Joe & Ava Henry



(above) 2022 Homecoming Pasta Gala



(above) 2022 Shrove Tuesday Pancake Dinner



(above) 2022-Wilson at Warren Expo, Pam Davis, Matthew May



(above) 2022 Memorial Tree Dedication



(above) 2022 Wilson at Watchung Harvest Festival, Lisa Shpunder, Angela DellaVentura, Michelle Marigliano, Kelly Friede



(above) 2022 Enchanted Forest, Michelle Marigliano, Pam Davis



(above) 2022 Advent Kickoff Basket Auction, Judy Wall, Angela DellaVentura



(above) 2022 Homecoming Gala, Ruth Ost, Paul Ost



(above) 2022 Plainfield Food Security Project Volunteers

MARCH HIGHLIGHTS FOR WARRENBROOK SENIOR CENTER

Warrenbrook Senior Center, located at 500 Warrentown Road in Warren, is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at the center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are free for the registered members. Please call 908-753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of programs.

Basic Computer and iPad Instruction with Parul

March 16, 30 – 11 a.m.

In this basic computer learning class, the topics that will be covered will vary every week and will depend on the needs of the clients. Some of the topics will be checking the email, opening/attaching the attachments, clearing the cache, creating word documents. Please call (908) 753-9440 for more information.

Brains n Games and Hand Bells with Adrienne Graubard

March 3, 31 – 11 a.m.

Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

Holi –by Seema Moondra, EnjoyExplore India!

March 6 - 11 a.m.

Get ready to welcome spring with a song and dance; enjoy the bountiful harvest, a fruit of labor, not chance! Holi is a time to let bygones be bygones, so let us play games, have fun, and celebrate life - colorful and bright!

The Holi festival celebrated with great enthusiasm all over India gives people the opportunity to renew friendships and build new relationships. It is a time to rejoice in the bounties of nature, honor farmers and their cattle, and enjoy the blossoming of the Earth. During Holi people play with colored powder, dance to fun songs, engage in spring cleaning, light bonfires and hold family get-togethers to celebrate life! Join us to learn more about the festival as you enjoy traditional Indian drinks like "thandai" served during Holi celebrations.

We will listen to Holi songs, learn some cool Bollywood dance moves, and play fun games. So put on your dancing shoes and get ready for some colorful fun!

Margaret Morris: American Revolution Diary- Marisa Bozarth

March 8 – 11 a.m.

Margaret Hill Morris is one of the hidden stories of the American Revolution. Throughout the war, she kept a diary, now viewed as one of the most detailed accounts from New Jersey. Also, a doctor she treated soldiers and worked in Philadelphia during the yellow fever epidemic of 1793. Morris's story is one that should be remembered as a story of heroism and survival.

2022 Tax Preparation

March 8, 15, 10 a.m. – 3 p.m.

AARP Foundation Tax-Aide provides in-person tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Please call (908) 753-9440 and sign up for getting your taxes prepared free of charge.

Craft – Butterfly Button Art

March 10 – 11 a.m.

March 14 is the National Learn about Butterflies Day. What better way to learn about the butterflies than do a craft activity together.

We will be using the buttons to create the butterfly of our imagination. All supplies will be provided.

PRE-REGISTRATION IS REQUIRED.

Berries & You, Perfect Together – Jennifer Korneski

March 13 – 11 a.m.

A discussion on the history of berries and the health benefits of this functional food.

Musical Performance – Lorri Woodward

March 22 – 11 a.m.

We're all Irish on St. Patrick's day. To celebrate St. Patrick's day, feast day of St. Patrick, patron saint of Ireland, Lorri Woodward will entertain us with some Irish songs along with other songs from 50's and 60's to commemorate the day.

The Price is Right- 1960s version

March 23 – 11 a.m.

The game Price is Right debuted in 1972 and was hosted by Bob Barker. We will play a similar version of the game and guess the price of items that was in 1960s.

Craft – Cherry Blossom & Owl

March 24 – 11 a.m.

Celebrate spring being in full bloom with this craft! The DIY cherry blossom tree signs come to life with simple craft supplies like pom-poms, making them look lush and pretty. We will also be making owl using the sticky back foam pieces, wiggly eyes, scratch art circle.

PRE-REGISTRATION IS REQUIRED

"The Do's and Don'ts of Recycling in Somerset County" by Melissa Harvey

March 29 – 11 a.m.

certified recycling professional, Somerset County Division of Solid Waste Management. This program will inform residents what is acceptable and what is not acceptable in the county's recycling program. Melissa will discuss the impact China has had on the marketing of recyclables and where the recyclables are being disposed of. She will also discuss how to dispose of household hazardous waste and electronics and discuss the shredding events throughout the county in 2023.



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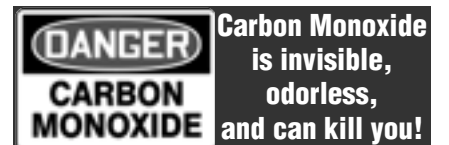
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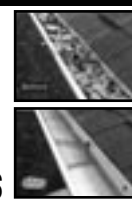
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2023 CHINESE NEW YEAR SENIORS PARTY PHOTO ALBUM



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IMAGINE WELCOMES NEW FACILITATORS

Recently, Imagine, A Center for Coping with Loss staff members Sonia Nunez, Newark Program Manager and Ashley S. Allen, Newark Training and Education Manager trained a wonderful new team of facilitators who will join our rapidly growing Newark Night of Support. Many of the new facilitators will be facilitating Imagine's groups that meet at the Boys and Girls Club in Newark. Our new volunteers spent three full days training in the Teach for America (TFA) headquarters in Newark and we're so grateful to TFA for sharing their beautiful space with us! During the training, our new volunteers had an opportunity to share their grief experiences and receive support from one another while learning facilitation and companioning skills. We're so happy to welcome this amazing group to our team of volunteer facilitators!

If you're interested in joining the Imagine community as a volunteer facilitator at either our Newark or Mountainside location, the best way to start is with a tour. Please visit our website at

FREE COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will start on Thursday evening, March 9, 2023 and meet each Thursday over a consecutive 9-week period. It is free-of-charge, with materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. This course is taught by NAMI members who have completed intensive training.

Capacity is limited. To register, or if you have any questions, please contact Pat Roman at (732) 397-8123, or via email at: patroman2@aol.com. Please include F2F Course in the subject line. A F2F instructor will contact you with the details.

imaginenj.org to sign up for an upcoming tour and join our wonderful volunteer team!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups

are available for the parents and guardians of the children in the groups and are offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imaginenj.org.



(above, l-r) Back row: Ashley S. Allen, Imagine's Newark Training and Education Manager; Sonia Nunez, Imagine's Newark Program Manager; Cynthia White Shabazz, Irvington; Christina Macauley, Union; Idalmi Acosta, East Orange; and Afina Roberts, Millburn. Front row: Marco Antonio Nunez, Newark; Cari Libysen, Sparta; and Tiffany Newton, Newark. Also attending but not pictured, Jean Marie Morgan, Westfield.

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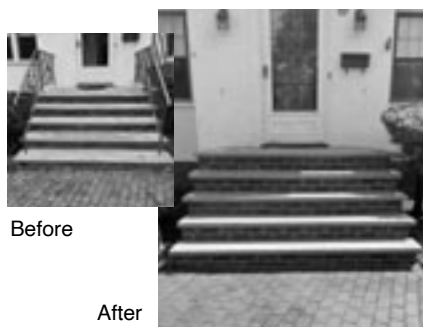
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FIRST LADY FEATURED AT DAR CHAPTER CELEBRATION

Dolley Madison took center stage at a recent gathering of the Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR). The occasion was a celebration of the chapter's 127th anniversary. Jean Stumberger of Bedminster presented a program on Dolley that was enjoyed by members and their guests at Prezzo's restaurant in Warren.



(above) Jean Stumberger, dressed in period-inspired attire, addressed the DAR anniversary luncheon.

The event included a brief business meeting with a review of 2022 service projects. Several members were recognized for DAR milestone membership anniversaries, including Holly Dunbar of North Plainfield for 40 years, Leslie Strohmeyer of Bedminster with 25 years, and Barbara Diem of Watchung for 10 years. Following the luncheon, the program focused on the life and times of Dolley Madison, wife of our nation's fourth president, James Madison, and our First Lady during the War of 1812.

The next chapter meeting will be held on Tuesday, March 14, at Green Brook Town Hall. On the agenda are preparations for the upcoming

DAR State Conference at Forsgate Country Club, and State Chairman Susan Luczu will speak on DAR insignia. Prospective members are welcome to attend and should contact the chapter at ESCchapterDAR@gmail.com.

DAR is a nonprofit service organization open to women 18 and older who can prove lineal descent from a patriot of the American Revolution. Based in Green Brook, Elizabeth Snyder-Continental Chapter serves areas in Somerset, Middlesex and Union counties. Joining DAR is a great way to preserve your family's history for future generations. Learn more at www.DAR.org.



(above) DAR members celebrated a legacy of service at a recent luncheon in Warren.

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ORGAN DONATION IN NJ REACHED NEW ALL-TIME HIGH IN 2022

NJ Sharing Network

Carolyn M. Welsh, President and CEO of NJ Sharing Network, the federally-designated nonprofit organization responsible for the recovery of donated organs and tissue in the state, announced the number of organ donors (283) and organs transplanted in a single year (670) reached all-time highs in 2022.

These unprecedented totals mark significant increases over the previous records of 233 organ donors and 613 organs transplanted. This also marked the fourth consecutive year NJ Sharing Network has reported new records in the number of organ donors, underscoring the clear trend of increased support for organ donation in the Garden State.

"Thanks to the generosity of New Jersey organ donors and their families, more lives were saved last year than ever before - ensuring

others now have more time to share special moments with their loved ones," said Welsh.

In 2022, the 670 organs transplanted included 350 kidneys (all-time high), 170 livers (all-time high), 71 hearts, 58 lungs, 20 pancreata and one intestine. In addition, 40,000 eye and tissue gifts enhanced the quality of life for those in need. Tissue donations include corneas, heart valves, skin grafts, bone grafts, saphenous veins, ligaments, and tendons.

According to United Network for Organ Sharing (UNOS), nearly 4,000 people in New Jersey are on the organ transplant waiting list. One organ donor can save eight lives, and one tissue donor can enhance the lives of over 75 people.

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.




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Both describe the **importance of Preserving our Old Trees.**



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- 2) That science said: "The only way to curb this phenomena GLOBALLY is to save our OLD trees."
- 3) Each full grown tree releases 15 to 20 liters of oxygen each day, while absorbing Carbon Monoxide.
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- 5) Three trees properly placed can save 35% in cooling costs.
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PLEASE also (google) read **Rooting out Problems**. It explains "Simple Procedures"
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Help save our local trees at defendourtrees.com



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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
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
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
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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.

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(above) Joe Oneill
Benners Auto veteran car donation



(above) Adam Rempfer Defalcas
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