

Short Hills MILLBURN MONTHLY

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NJ

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

Issue 14 • April 2023

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LUNAR NEW YEAR FESTIVAL - THE YEAR OF THE RABBIT

The Millburn Short Hills Chinese Association (MSHCA) and the Millburn Institute of Talent (MIOT) hosted a Lunar New Year Festival in downtown Millburn on March 5, 2023, to celebrate the Year of the Rabbit.

It is a long-standing tradition for people to visit temples and street fairs after Lunar New Year's Day (Jan. 22, 2023) to burn their first incense stick, pray for the prosperity and happiness of their loved ones and bring home special New Years goods that symbolize good luck.

The well-attended festival featured a vibrant street fair with authentic Asian food, live music, and cultural performances. There were also many hands-on activities for both adults and children, including carnival games with free prizes, scavenger hunts with special gifts, bouncing house and rides, dragon dances, and martial arts demonstrations, chess playing, to name just a few.

The Millburn Short Hills Chinese Association (MSHCA) is a registered 501(c) (3) non-profit community organization of Chinese residents in Millburn and Short Hills. The MSHCA was established in 2005, its family membership has been growing from less than 100 participants to more than two-hundred-member families and 1,000+ members. The MSHCA was formed for the purpose of servicing the local Chinese community, introducing Chinese tradition and culture to residents, and actively contributing to local community activities. To learn more visit millburnchinese.org.



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(More photos on page 20)

Photos from this and other events can be found online at rennamedia.com and on the Millburn Short Hills Monthly page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

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Short Hills MILLBURN MONTHLY NJ

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

Millburn Short Hills Monthly is published by Renna Media. 8,200 newspapers are printed monthly and mailed to every business and resident in Millburn, 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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Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: editor@rennamedia.com**

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WORLD AUTISM MONTH

Autism Speaks

Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

Supporters can participate in World Autism Month by:

Join our 2.8 million social followers and help foster understanding and acceptance by sharing the diverse stories of people on the spectrum or telling your own. Submit your story by visiting: surveymonkey.com/r/AutismSpeaksShareYourStory

Invite your colleagues, classroom and friends to join our Kindness Campaign and encourage acceptance, understanding and inclusion with daily acts of kindness at school, work or in your community. Together, we can create a world where all people with autism can reach their full potential.

Make a meaningful, lasting impact for people with autism with your gift. It's one of the easiest and best ways to show your support.

Learn about all the ways you can fundraise on social media.



Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, World Autism Awareness Day, to Light It Up Blue in recognition of people with autism and those who love and support them.

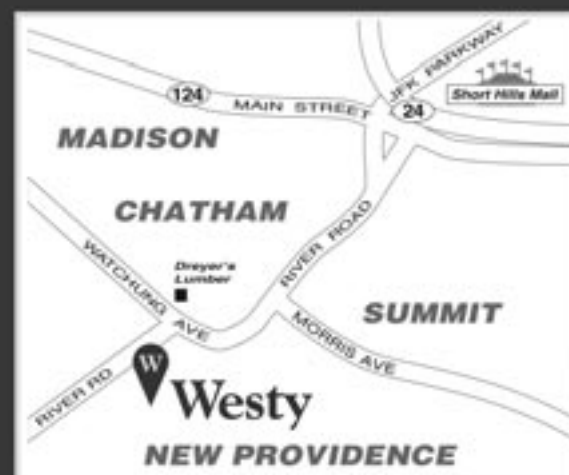
Everyone is encouraged to participate. Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community – you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: autismspeaks.org/world-autism-awareness-day



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STREET FAIR – APRIL 23

The Millburn-Short Hills Street Fair will be held on April 23 from 11:00 a.m. – 5:00 p.m. on Millburn Avenue between Main and Spring Streets. There will be free parking in municipal lots. Come out and enjoy live music, food, entertainment and browse a wide array of vendors, artisans, craftsman and local businesses. If you are interested in participating as a vendor, please reach out to the Millburn-Short Hills Chamber at info@millburnshorthillschamber.org.



FOOD, FUN & MORE
Millburn Short Hills Street Fair
 Chamber of Commerce
www.streetfairs.org
 SUNDAY, APRIL 23, 2023
 11:00 AM - 5:00 PM
 MILLBURN AVENUE

MILLBURN TOWNSHIP FOOD PANTRY

Millburn Township operates a food pantry for Millburn-Short Hills residents in need. The pantry is available by appointment only and is mainly stocked with non-perishable foods. For more information or to make an appointment, please contact the Township Social Worker, Ana Millan at (973) 535-7961 ext. 231 or amillan@millburntwp.org. Please note that all communication between the social worker and pantry manager, Annette Romano, as well as its volunteers is strictly confidential. Food drop-offs can be made at the resident's home or arranged for a more discreet location, local-only.

The pantry accepts monetary donations which are exchanged for gift cards to local supermarkets, then distributed to food pantry recipients.

If you would like to make a donation, please contact the Town Social Worker, or make a check out to the Township of Millburn and mail it to Ana Millan, Millburn Health Department at 375 Millburn Ave. Millburn, NJ 07041.

Non-perishables can also be brought to Town Hall and Green Nectar Juicery during business hours, or to 15 Cypress Street. Thank you for your generosity.

DO YOU KNOW ABOUT NJ 211?

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

NJ 211 provides live assistance 24 hours a day, every day of the year. Our services are free, confidential and multilingual.

There are several ways to reach us: By phone (simply dial 2-1-1); via text (send your zip code to 898-211); email (info@nj211.org); or chat on-

line: nj211.org/contact-us. Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state and local systems created to help people who are struggling.

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



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UPCOMING EVENTS: Registration required. Visit our website for a complete list of events.

TUESDAYS 11AM - Tai Chi

THURSDAYS 11AM CHAIR YOGA

WED, APRIL 5
 1:00pm - 2:30pm
**IMPORTANCE OF RESEARCH
 IN ALZHEIMER'S DISEASE**

WED, APRIL 12
 10:30am - 11:30am
**THE SIX PILLARS
 OF BRAIN HEALTH**

THUR, APRIL 27
 10:30am - 11:30am
**WHAT BABY BOOMERS NEED TO KNOW
 ABOUT THEIR RETIREMENT INCOME**

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
- Assistance with toileting and ambulation
- Nursing support for medical conditions, including medication administration
- Medically supervised with on-site physical, occupational, and speech therapy.
- Fully structured activities calendar with cognitive and physical activities
- Support groups and educational seminars for caregivers



Meals on Wheels

- Planned by registered dietitians, SAGE volunteers deliver healthy meals midday Monday - Friday.
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SIGNS THAT SPOUSAL CAREGIVING MAY BE COMING TOO RISKY FOR YOU

*"Will you still need me,
will you still feed me,
when I'm sixty-four."*

--The Beatles, "When I'm 64"

Times have certainly changed since Lennon and McCartney penned and sang those words in 1967. Medical and healthcare strides are allowing people to live well into their 70's and 80's. Despite those health advances, the fact remains that caring for a spouse in need, regardless of their age, is very demanding, stressful and could threaten your own health.

One study from The Journals of Gerontology showed that caregivers suffered more psychological distress and fatigue than non-caregivers, and the length of service made a pronounced difference. Long-term caregivers had much higher rates of physical symptoms like headaches, body aches and abdominal discomfort.

Spousal caregivers experiencing caregiver strain have also been shown to have mortality risks that are 63 percent higher than non-caregivers.

As a caregiving spouse, you may begin to feel very isolated from friends and feel tremendous guilt about your own unmet needs. There can also be a sense of loss, especially if your spouse is

living with dementia or Alzheimer's disease.

So how do you know if caregiving is becoming too risky for you? Examine the list below and see how many apply to you.

RISK FACTORS FOR SPOUSAL CAREGIVER PHYSICAL STRESS

- Delaying your own doctor appointments/ignoring your own health
- Not eating a healthy diet for lack of time
- Losing sleep and energy
- Giving up exercise routines for lack of time
- Overusing tobacco and alcohol when you feel stressed

RISK FACTORS FOR SPOUSAL CAREGIVER EMOTIONAL STRESS

- Losing connections with friends for lack of time to socialize
- Bottling up feelings of anger and frustration and then being surprised by angry, even violent, outbursts directed at your spouse, other family members, co-workers - even strangers
- Feeling sad, down, depressed or hopeless
- Lacking interest in things that used to give you (and your spouse) pleasure
- Feeling resentful toward your spouse (blaming your spouse for the situation)
- Feeling that people ask more of you than they should

- Feeling like caregiving has affected family relationships in a negative way (annoyed by family members who don't help out)

GET HELP IF YOU NEED IT

All caregivers who feel overextended are at an increased risk for physical and emotional stress. Even if you are only experiencing two or three of the risk factors above, it is important to get help and support. The truth is your spouse/partner will be in better hands if you are healthy.

If you are facing some of the signs listed above, consider talking with a healthcare professional to help you evaluate your situation. Try these self-care tips that will reduce caregiver stress, as well as the associated risks of ongoing stress.

Most importantly, don't be afraid to ask for help if you need it. One of the best ways to avoid becoming overstressed is to enlist the help of siblings, other family members and friends.

Respite care, which is simply a short break from caregiving, is another viable option. The care can occur at home and, when used over time, respite has been found to help caregivers continue to care for their loved one at home, preventing or delaying the need to move to a care community or facility.

Discover the ways that professional caregiving services could provide a much-needed break.



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always be
there.
But we can.*

IMAGINE SEEKS LOVING LISTENERS FOR JUNE TRAINING

You may be familiar with Imagine and know that the non-profit provides free peer support groups for children, youth, young adults and parents/guardians who are grieving. Did you know that the groups are facilitated by an amazing team of volunteer facilitators? Imagine's volunteer facilitators come from all walks of life and no special background is required other than

a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years or older. Spanish-speaking volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a safe space where participants can share tears and embrace the joys of life.

Here's how some of our current volunteer facilitators have described their experience:

"Being an Imagine volunteer has been the most fulfilling and worthwhile volunteer experience I've ever had. I feel that the model is just what it should be, and I love being a part of it. I think being an imagine volunteer helps me fulfill my desire to be a good person." Aimee-6+ years as Imagine Facilitator

"People outside of Imagine are always supportive when they hear that I volunteer at a grief support center. But I know it can be a little confusing to hear that volunteering at a grief support center is the best night of my week. And that's the magic. That as a volunteer, the joy is not in what we bring, but what we take home from our participants." Rob-4+ years as Imagine Facilitator

"I have found the people at Imagine to be among the best that I have ever met." Diane-6 months as Imagine Facilitator

If you'd like to join Imagine's amazing team of volunteer facilitators, there is a training planned for June 2 - 4. Each training is held from 9 a.m. – 5a.m. each day over 3 days at Imagine's Mountainside center. Imagine asks that you plan to attend the entire training. Participants in the training will have an opportunity to learn companionship and facilitation skills while sharing stories with one another and providing each other with support. Many of Imagine's facilitators come away from the training feeling truly connected to one another and describe the experience as "life changing" Participants also come away better prepared to support those at Imagine, and those in their lives who have experienced a loss.

If you'd like to join one of the upcoming trainings, please visit Imagine's website at imaginein.org or call the center at 908-264-3100. Imagine's staff and volunteers hope to welcome you to the 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 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@imaginein.org.



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Millburn Recent Activity

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STATUS	ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE
Active	2 Sinclair Ter	6	7.3	3	\$7,500,000	
Active	46 Farley Rd	6	7.2	3	\$6,850,000	
Active	368 Hartshorn Dr	8	8.2	3	\$4,950,000	
Active	7 Tioga Pass	7	6.1	3	\$3,800,000	
Active	150 Forest Dr	5	4.2	3	\$2,995,000	
Active	25 West Rd	5	4.1	2	\$1,795,000	
Active	36 Willow St Unit B	3	3.1	1	\$1,495,000	
Active	298 Main St	3	1.1	2	\$850,000	
Under Contract	165 Old Short Hills Rd	8	6.1	3	\$3,950,000	
Under Contract	431 White Oak Ridge Rd	7	5.1	3	\$2,688,000	
Under Contract	20 Wells Ln	5	3.2	2	\$1,995,000	
Under Contract	3 Edwards Pl	5	3.1	2	\$1,420,000	
Under Contract	13 Locust Ave	4	4.1	1	\$1,229,000	
Under Contract	400B Millburn Ave	4	4.1	1	\$1,095,000	
Under Contract	45 Greenwood Dr	3	1.1	2	\$859,000	
Under Contract	20 Sunset Dr	3	2.0	1	\$750,000	
Sold	10 Clive Hills Rd	5	4.1	2	\$2,995,000	\$2,995,000
Sold	193 Sagamore Rd	4	2.2	2	\$1,495,000	\$2,018,000
Sold	87 Maple St	5	3.1	1	\$1,375,000	\$1,550,000
Sold	58 Locust Ave	3	1.1	1	\$799,000	\$838,950

Rahul + Smitha Ramchandani
Laura DiCataldo, Marta Kowal, Charlene Milano
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EAGLE SCOUT KATELYN CANNON WINS STATE-WIDE ESSAY CONTEST

PRINCETON, NJ – Eagle Scout Katelyn Cannon of Scouts BSA Troop 19 from St. Rose of Lima Church, Short Hills, was unanimously selected as New Jersey's 2022 Sons of the American Revolution (SAR) winner of the Arthur M. & Berdena King Eagle Scout Award for authoring a patriotic themed essay titled "The Legacy of the Revolutionary Frontiersmen".

Katelyn's essay focused on racial tensions of the "Bloody Year" of 1782, where she highlighted the spike in racially motivated slaughters and vengeful attacks of both Native Americans and western Pennsylvania frontiersmen. Katelyn research discovered that she was a revolutionary descendant of Captain John "Miller" Hardin, who served under Colonel William Crawford in the Sandusky Plains as a member of the Westmoreland County Pennsylvania Militia. Colonel Crawford led his unit of approximately 500 men deep into Indian territory; however, he and dozens of his men were ultimately captured. Colonel Crawford was tortured and burned at the stake by American Indians. Fortunately, Captain Hardin was able to return home to his family shortly thereafter.

Katelyn's essay presented a brave argument that "the revolution of frontiersmen, including her ancestor John Hardin, left an important, if not always positive, legacy".

Katelyn, who is also a senior at Millburn High

School, was presented an Eagle Scout trophy and scholarship check by the national SAR President General C. Bruce Pickett. "Katelyn's essay has now been submitted to the national competition where the top Eagle Scout award recipient will receive a ten-thousand-dollar scholarship to be awarded at the national headquarters in

Louisville, Kentucky this summer.", said SAR West Fields Chapter President Julien Hershey.

The Sons of the American Revolution is a genealogical society for males who can prove descent from a patriot of the American Revolution. For more information contact Chris Sands at Chrissands44@aol.com.



(above) Eagle Scout Katelyn Cannon with West Fields SAR Chapter President Julien Hershey, National SAR President General C. Bruce Pickett, and National SAR Vice-President General Robert Meyer.

Courtesy photo

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ONLINE AUCTION TO BENEFIT MAPLEWOOD'S "HOUSE ON THE HILL"

Link to Airauctioneer.com/Art4Ethical to join the "Celebrate Art" Online Art Auction. Bidding runs from April 22 to 29, Preview runs from April 15 to 21). Proceeds from "Celebrate Art" will go to The Ethical Culture Society's Capital Campaign to repair the historic Ethical Culture Society building, the "House on the Hill" at Prospect and Parker in Maplewood, NJ. Ethical Culture Society Members and Friends and the wider community are coming together in this effort.

INVITE TO ARTISTS

Area artists are welcome to donate work to this online art auction. Deadline for receiving work is Wednesday, April 12, 2023. (sooner, if possible!) Artist will gain name familiarity among buyers, and they will receive a letter for tax purposes documenting their donation. Unsold works will be returned to the artists. Contact us/send a photo of the piece or pieces your wish to donate to Art4Ethical@gmail.com.

FOR MORE INFORMATION ABOUT ETHICAL CULTURE SOCIETY

Contact us by email essexethical@gmail.com
Visit website: essexethical.org
and essexethical.org/whoweare.html
Find us on Facebook:
The-Ethical-Culture-Society-of-Essex-County

ORGAN DONATION REACHED NEW ALL-TIME HIGH

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.



Celebrate Art!
Welcome Spring with New Art
Ethical Culture Society of
Essex County Presents
An Online Art Auction
- at -
AirAuctioneer.com/Art4Ethical
Bidding from April 22 April 29
Previews from April 15 to 21
Find contemporary and innovative pieces by local
and regional artists at this Online Art Auction.
Proceeds dedicated to repairing the historic
Ethical Culture Society building in
Maplewood, NJ.
Bid for and win art work while
contributing to a good cause!
To learn more:
Visit the Ethical Culture Society
of Essex County
516 Prospect St., Maplewood, NJ 07040
www.essexethical.org
Email ecsec.nj@gmail.com
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Sayaka Ganz

Reclaimed Creations

Produced by David J. Wagner, L.L.C., David J. Wagner, Ph.D., Curator/Tour Director



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 - May 6, 2023
Open to the public
Exhibition Hours: Tuesday-Saturday | 10 AM-4 PM

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ATTENTION PARENTS OF KIDS AGES 8-18

**SCAN BELOW TO ENTER
TO WIN 40 FREE
ATHLETE PERFORMANCE
TRAINING SESSIONS
AT GRIT IN BERKELEY HEIGHTS**



**ATTENTION
PARENTS
OF KIDS
AGES 6-18**

Summer Athlete Performance Camp in Berkeley Heights

**Discover how to get your children strong, fast, and confident
this summer...so they can become the best athletes they can be.**

This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.



HOW TO REGISTER

The Details

Dates:

JUNE 19-AUGUST 24

Age Groups

6-10 (Spaces Remaining: 11)

11-13 (Spaces Remaining: 7)

14+ (Spaces Remaining 13)

Location: Sessions are held at the

GRIT SPORTS PERFORMANCE COMPLEX

(Located inside Gabriele Fitness in Berkeley Heights)

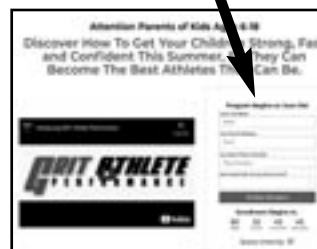
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Expires June 19

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Coach Mike will
call you and set
you up**



About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

New Jersey Youth Chorus

Everything is Better at Choir Camp!



August 21-25

9:00 a.m. - 12:00 p.m.

Director: Trish Joyce

Entering Grades 3-5

570 Central Avenue, New Providence

In this one-week camp, singers will discover the joy of music through singing, movement, games, and activities! It's all about exploring your voice, friendships, and having fun. Join us and end your summer on a high note!

**Questions?
Call
(973)
998-5670**

30th Anniversary

New Jersey Youth Chorus

WhartonARTS

Helen H. Cha-Pyo, Artistic Director

Enroll at WhartonArts.org

2023-2024 Season

New Jersey Youth Symphony

WhartonARTS

Helen H. Cha-Pyo, Artistic Director & Principal Conductor

AUDITION

15 Ensembles: Strings, Winds, Percussion, Jazz, Chamber Music & 3 Full Orchestras



Share your love of music. Join NJYS.

Register to Audition: April 1 - May 1

WOODWINDS

Flute
Level 1 & 2 May 16
Level 3 & 4 May 20

Clarinet, Oboe & Bassoon
Level 1 & 2 May 16
Level 3 & 4 May 17

Saxophone (Orchestral)
Level 1 May 16

STRINGS

Violin
Level 1 & 2 May 24 or 25
Level 3 & 4 May 22, 24 or 25
Level 5 & 6 May 18 or 19

Viola
Level 1 & 2 May 24 or 25
Level 3 & 4 May 22 or 24
Level 5 & 6 May 17 or 18

Cello & Bass
Level 1 & 2 May 24 or 25
Level 3 & 4 May 20 or 21
Level 5 & 6 May 19 or 20

BRASS

All Brass
Level 1 & 2 May 16
Level 3 & 4 May 18

JAZZ

All Instruments
All Levels May 21

HARP & PIANO

Level 5 & 6 May 16

PERCUSSION

All Instruments
All Levels May 21

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Online

Call 908-771-5544
for more information.

NJYS.org



Made possible by funds from the
New Jersey State Council on the Arts, a partner
agency of the National Endowment for the Arts.



Wharton Institute for the Performing Arts is a non-profit 501(c)(3) charitable organization and is committed to being accessible to all patrons, students, parents and visitors. All programs, classes, events and concerts are accessible ensuring that everyone can participate in a diverse range of arts programming and classes.



WHARTON ARTS 2023 EDUCATION AWARD

Wharton Arts honored former New Jersey Youth Symphony Artistic Director and Conductor Barbara Barstow posthumously with the Education Award at its annual Gala held in March. The award was presented by Artistic Director and Principal Conductor Helen H. Cha-Pyo and accepted by Barstow's husband, Bill Barstow. The event featured a tribute performance of Karl Jenkin's Palladio by a string ensemble of current NJYS students and alumni in addition to a live auction during a three-course dinner. The Gala was held at the Westmount Country Club in Woodland Park, NJ. To find out more about the event and tribute to Barbara Barstow, please visit WhartonArtsGala.org.

Barbara Barstow was the second Artistic Director of New Jersey Youth Symphony (2000-2009) and longtime conductor (1981-2009) who spearheaded the start of the youth orchestra program's Preparatory Orchestra, Junior Strings, and Orchestral Strings Training Ensemble (OSTE), as well as the annual NJYS summer camp and Playathon. Her dedication and visionary leadership for nearly three decades helped shape the organization into the thriving musical community that it is today.

Said Cha-Pyo, "We cannot express enough our gratitude for Barbara's unwavering commitment to NJYS, which has been instrumental in transforming it into the dynamic and flourishing musical community of 15 ensembles that it is today. By honoring Barbara with this year's Education Award, we also celebrate the countless musicians and music lovers whose lives she has deeply touched over the years. As we approach NJYS' 45th anniversary season, we look forward

to continuing this celebration with our NJYS alumni and carrying on Barbara's legacy of excellence in music education."

Wharton Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.



(above) Barbara Barstow Honored Posthumously with Wharton Arts 2023 Education Award.

Courtesy photo

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2023-2024
Season

New Jersey Children's (ages 6-11)
And Youth Choirs (ages 12-18)

AUDITIONS



Civic Chorale of New Jersey (Adults)



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cafmusic.org/audition

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**The Summit College Club
Annual Book Sale Returns!**

at the American Legion Post 433
357 Elkwood Avenue, New Providence
(next to the New Providence Library)

DONATIONS
April 14 • 1pm-7pm
April 15, 16 & 17 • 9am-7pm

BOOK SALE
\$25 entry fee:
April 19 • 9am-2pm

Free Entry:
April 20 & 21 • 9am-8pm
April 22 • 9am-7pm
April 23 • BAG DAY • 10am-4pm

Proceeds fund local scholarships
summitcollegeclub@gmail.com

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We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

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Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched back nerve even though you have **NO** back pain - it could even be Sciatica. Dr. Murphy is an expert at finding the **CAUSE** of your leg pain and numbness and **CORRECTING IT WITHOUT THE USE OF DRUGS OR SURGERY.**

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SUMMIT COLLEGE CLUB: BOOK DONATIONS AND SALE

Summit College Club will hold its annual Book Sale in mid-April.

"Summit College Club is more than a hundred years old," said Lynne Rogerson, president, "and we have been holding the Book Sale for more than fifty. It is one of the largest book sales in the area and our major fundraising event. We believe in it! The Book Sale recycles used books, it provides new reading to people at very low cost, and the profits we derive are all used to fund scholarships for deserving local students. What could be better?"

DONATIONS

As in the past, Summit College Club's Book Sale will fill the American Legion Post 433 building at 357 Elkwood Avenue (right next to the town library) in New Providence. People with books to donate are asked to bring them to that building on four days only: Friday, April 14, from 1 to 7 p.m., and Saturday through Monday, April 15, 16, and 17, from 9 a.m. to 7 p.m.

The sale accepts a variety of media in good condition: books, CDs, DVDs, etc. It does not accept encyclopedias, magazines, manuals, textbooks, or VHS tapes.

Volunteers go to work, rapidly sorting and arranging the books into about 50 categories, from astronomy to zoology, with fiction, children's books, cookbooks, history, and biography among the largest.

"We are always surprised," said Rogerson, "at the number and variety of books that we receive. Our area is rich in readers."

SALE

The actual sale starts about 40 hours after donations end: April 19 through 23. Nearly all the items will sell for 50 cents, one, or two dollars. On opening day, April 19, from 9 a.m. – 2 p.m., the sale has a \$25 admission charge. Although everyone is welcome, the customers on that day are traditionally book sellers from the tristate area.

Admission on the next four days, April 20

through 23, is free of charge. Hours are: Thursday and Friday, 4/20 and 4/21, from 9 a.m. to 8 p.m.; Saturday, 4/22, from 9 a.m. to 7 p.m., and Sunday, Bag Day, 4/23, from 9 a.m. to 4 p.m. On Sunday, the final day, readers may fill a grocery bag with printed books for \$5 or with electronic media for \$10.

Masks are recommended in the hall during donations and the sale.

Summit College Club, a branch of the American Association of University Women, is dedicated to advancing gender equity through research, education, and advocacy. The profits from the SCC Book Sale help fund annually awarded scholarships for local college-bound high school seniors. Last year alone, the club gave away \$27,000.

Volunteers are more than welcome and are needed to gather, categorize, and arrange the books before the sale, and to straighten the various book areas during the sale.

Anyone interested in volunteering should go to the web site, summitcollegeclub.org, Events/Book Sale, and then scroll down to the Volunteer With Us box. Anyone interested in joining Summit College Club should go to the web site, summitcollegeclub.org, Membership, and then scroll down to Join Today.

Anyone interested in reading should come to the sale! For information, email summitcollegeclub@gmail.com.



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APRIL EVENTS AT THE MILLBURN LIBRARY

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Monday - Thursday: 9:30 AM - 8:45 PM; Friday, Saturday: 9:30 AM - 5:15 PM; Sunday 1 - 4:45 PM

CELEBRATE NATIONAL POETRY MONTH: LOCAL POETS SHOWCASE

Saturday April 1, 3-4 pm, Auditorium

Join us in celebrating the first day of National Poetry Month with a reading by three accomplished Essex County poets: Theresa Burns, Rogan Kelly, and Rachelle Parker. Books by each poet will be available for purchase.

PROGRAMS FOR ADULTS: COMPUTER BASICS

*Tuesday, April 4th, 3-4 pm,
Hybrid, Williamsburg Room*

In this class we'll go over what apps are, how to organize and use a file management system, and other basics that will bring the most out of your computer experience. The last portion of the class will be for Q&A, so bring any questions you have!

INTERNET BASICS

*Tuesday, April 11th, 3-4 pm, Hybrid,
Williamsburg Room*

Learn the basics of using the Internet— we'll go over how to use a web browser to search, visit a website, use toolbar buttons like bookmarks and tabs, navigate links and more. Plenty of time for Q&A as well.

JOB & RESUME RESOURCES

*Friday, April 28th, 3-4 pm,
Hybrid, Williamsburg Room*

In this workshop we will take a tour of all the employment resources available at Millburn Library, as well as some popular resources on the Internet. Get tips on where to find jobs, resume templates and more.

ONE STITCH AT A TIME

Tuesday, April 18, 11 am-12 pm, Room B
Come join us! Our group consists of crafters and artisans who use stitches to create

handmade items and projects using needlework. Bring a small project to our group to work on.

LET'S DISH! COOKBOOK CLUB

Wednesday, April 12, 12-1 pm, Room B

Do you enjoy cooking and sharing your love of food with others? Join our new Cookbook Club! Every month we pick a new theme and you select, make, and bring the recipe of your choice. Feb: Chocolate

UKRAINIAN ARTISTS: PIONEERS OF MODERNITY WITH SYLVIA LAUDIEN-MEO

Thursday April 27, 7-8:30 pm, Online

Many pioneers of modern Western Art came from Ukraine, previously often labeled as 'Russian' due to the country's inclusion in the Russian Empire. They left Ukraine for political reasons and joined international art centers in Paris and New York, developing new artistic languages and breaking down borders between mediums.

ENGLISH LANGUAGE LEARNING

Practice listening, speaking, vocabulary, pronunciation, and grammar while talking about interesting topics. This is a 10-week class. Please plan to attend all sessions.

April 11- June 14, 2023

Beginner Level

Tuesdays, 10:30 am -12 pm

Intermediate Level

Wednesdays, 10:30 am -12 pm

High Intermediate Level

Wednesdays, 12:30 pm – 2 pm

Please contact the program coordinator for placement in the class. Email Tara at tara.murphy@millburn.bccls.org or call 973.376.1006 x 113 for information about registration

PROGRAMS FOR TWEENS & TEENS:

TEEN LIBRARY VOLUNTEERS

Teen Read & Review - For grades 7-12
Get service hours for doing what you love: reading! Go to millburnlibrary.org/teens to see examples and access the Google form.

Overview:

- 1) There is a limit of 2 review submissions per month.
- 2) Books must be on the student's reading level, preferably from the Library's Middle Grade or Young Adult collections.
- 3) Every 100 pages = 1 volunteer hour + 1 hour for writing the review itself

**Any questions? Email Janis:
janis@millburnlibrary.org**

TEEN GAMING - Ages 12 and up

Tuesday, April 18, 3:30-4:45 pm, Room A

Play on our Switch for glory and bragging rights!

FOOD ADVENTURES WITH JANIS!

Friday, April 13, 3-4 pm

Room A - Ages 12 and up

Hang with Janis as we (yes, you're helping!) create something tasty! For April, we will make Air Fryer Doughnuts.

PROGRAMS FOR KIDS:

STAY & PLAY:

Wednesday, April 12, 11 am-12 pm

Children's Room - For ages 2-5 years

Children with caregivers are invited to the library to "stay and play!" Stay & Play is a program for young children using toys to encourage play with an emphasis on STEM and developmental skills. Registration required.

April: Make Believe

Explore dramatic play with puppets, costumes, dolls, and household tools.

CRAFTERNOON

Wednesday, April 19, 4-5 pm

Children's Room - For ages 4-12

What does crafts + afternoon equal? Why, crafternoon of course! Kids are invited to make a fun seasonal craft in the children's room.

Drop in.

CHERRY BLOSSOM STORYTIME

Friday, April 14, 4-4:45 pm

Children's Room - For ages 4-8

We will celebrate the blossoming of cherry blossoms with stories and a craft. Be ready to learn a little Japanese! For children in preschool through early elementary school. Registration required.

PEACE PLAY STORYTIME YOGA

Thursday, April 20, 11-11:30 am,

Auditorium - For ages 2-5

Join Pamela Nixon for a playful yoga storytime! The books we read will come to life as we slither like snakes, hop like frogs and bark like dogs. Through songs and stories we bend, stretch, breathe and move while having fun learning yoga poses. Registration required.

WHOLESOME HEARTS NATURE PROGRAM

Friday, April 21, 4-5 pm,

Auditorium - For ages 4-8

"Spring is in the Air!" Join Andrea LaRegina for a hands-on Nature Program where children explore, create and investigate using their senses and natural surroundings. Program starts outside. Registration required.

B/V CLUB

Wednesday, April 12, 4-5 pm,

Auditorium - For ages 7-10

Come to our Book and Video (B/V) Club! We'll discuss Fantastic Mr. Fox by Roald Dahl, watch some related videos, and have snacks! Register to pick up a copy of the book ahead of time.

Registration required.

FRIENDS OF THE LIBRARY: ANNUAL BOOK SALE

Donations Accepted:

Mon 4/10/23 – Sun 4/23/23

Accepting in Good Condition: hardcovers, paperbacks, children's books, vinyl records, DVDs. Please no textbooks, encyclopedias or magazines; CDs, VHS tapes; or any badly worn, soiled or torn books. Donations can be left in the bins next to the elevator during regular library hours.

Member Preview Night

Thursday, May 4: 6:30 pm – 8:30 pm,

Auditorium

Book Sale Regular Hours

Saturday, May 6: 9:30 am – 5:00 pm &

Sunday, May 7: 1:00 pm – 4:30 pm,

Auditorium

To volunteer or ask questions, email friends@millburn.bccls.org.

RESOURCE OF THE MONTH!

NEWS FOR YOU SIMPLE ENGLISH NEWS

A great resource for English Language Learners. Read and listen to news stories in simplified English, get help with vocabulary, and practice language exercises. Visit millburnlibrary.org/digital-resources to get started.

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LUNAR NEW YEAR FESTIVAL PHOTO ALBUM



Photos from this and other events can be found online at rennamedia.com and on the Millburn Short Hills Monthly page on [facebook.com](https://www.facebook.com/millburnshorthillsmo). Feel free to “Like,” “Tag,” and “Share.”

CHRIST CHURCH FESTIVAL CHOIR, SOLOISTS AND ORCHESTRA TO PERFORM

Christ Church in Short Hills will present a Special Concert of Remembrance featuring Gabriel Fauré's Requiem and Cantique de Jean Racine on Sunday, April 23, 2023 at 4:00 p.m. The signature performance at Christ Church in Short Hills commemorates its 140th Anniversary and honors those lives lost during the COVID-19 pandemic.

The Concert to be held at Christ Church in Short Hills, will feature the Christ Church Festival Choir, Orchestra, Organ and vocal soloists conducted by guest conductor and Christ Church parishioner George Mathew. The Christ Church Festival Choir, under the direction of Christ Church Organist and Choirmaster, Dr. Andrew Moore, will include choristers from the Community Congregational Church in Short Hills, St. Stephen's Episcopal Church, Millburn, Temple B'Nai Jeshurun and other area institutions. The Festival Orchestra will comprise distinguished artists from major New York orchestras including the Orchestra of St. Luke's, Metropolitan Opera Orchestra and Orpheus. Short Hills resident and soprano Tharanga Goonetilleke, and baritone Charles Schneider will be the featured soloists for this performance of the Fauré Requiem.



The Rev. Bowie Snodgrass, Rector of Christ Church in Short Hills, will introduce the concert. This performance is presented as a memorial to those lives lost during the pandemic, as well as those who have passed away in the church and community during the church's 140-year history. The Concert is presented free of charge. Free will donations are welcome. A Reception will follow the performance in Parish Hall.

ABOUT THE PROGRAM

Fauré's Requiem, often described as a gentler, more meditative and peaceful rendering of the Mass for the Dead, and its companion piece, the Cantique de Jean Racine, are particularly meaningful vehicles for this occasion. These works simultaneously honor the great musical, poetic and liturgical traditions of the past, those of the Medieval, Renaissance, Baroque and Romantic eras. They also invite listeners to immerse themselves in an ancient mystical tradition of trance-like repetition, which underlies much of the music – an invocation of an eternal music that never ceases, quietly sounding beyond the relatively brief window of time that is the present moment. The "deeper music" of Christ Church in Short Hills and its ever-expanding community reflect its story over the decades, and perhaps centuries.

ABOUT THE ARTISTS

Award-winning Indian-American conductor George Mathew is the founder and Artistic Director of Music for Life International, a global social enterprise, which creates social impact and public diplomacy through music. He has appeared in the U.S., Asia, the Middle East, Africa, Oceania and Europe as conductor, pianist and speaker. Since 2006, Mr. Mathew and MFLI have presented a series of global humanitarian concerts at Carnegie Hall, which have brought together hundreds of musicians from over 120 of the world's most distinguished orchestral, chamber and choral ensembles to raise funds and public awareness for major international crises. He has served as Artistic Director/Conductor of the New Year's Eve Concert for Peace at the Cathedral of St. John the Divine, New York and was the Founder Conductor of the Children's Concerts at the John F. Kennedy Presidential Library in Boston.

Dr. Andrew Moore is the Organist and Choirmaster of Christ Church in Short Hills. Dr. Moore is Chairman of the Music Department at the Pingry School in Basking Ridge, New Jersey. Dr. Moore earned his Bachelor of Music degree from the Curtis Institute of Music, Philadelphia and holds a Master's and Doctor of Musical Arts degrees from The Juilliard School in New York City, where he studied under John Weaver, chair of the Organ Department. He also has studied improvisation with Gerre Hancock and the harpsichord with Lionel Party, the acclaimed harpsichordist of the New York Philharmonic.

The historic, renowned organ at Christ Church in Short Hills is a 63 rank Aeolian-Skinner opus 1347 designed by organ builder Joseph Whiteford in 1960. It is the largest of its kind in the state of New Jersey. The organ was restored in 2015 and the new antiphonal organ and Trompette en Chamade were tonally designed by organ builder, Bynum Petty.

CHRIST CHURCH IN SHORT HILLS

Christ Church in Short Hills, established in 1882, is part of the Episcopal Diocese of Newark and the worldwide Anglican Communion. Christ Church in Short Hills is located at 66 Highland Avenue, Short Hills. For more information,



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8:00 and 10:00 a.m. Liturgies with Eucharist
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Passion/Palm Sunday - April 2
8:00 a.m. Spoken Liturgy with Eucharist
10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - April 6
12 noon Spoken Liturgy with Eucharist
7:30 p.m. Liturgy with Rite of First Holy Communion

Good Friday - April 7
12 noon Ecumenical Community Service
7:30 p.m. Service of Tenebrae

Holy Saturday - April 8
A Day of Silence, Prayer & Reflection

Easter Celebration - April 9
7:00 a.m. Memorial Garden Liturgy
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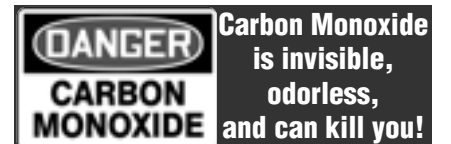
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