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ST. JOSEPH'S SOCIAL SERVICE CENTER IS TOUCHING LIVES

Rotary Club of Westfield

Bernadette Murphy, Executive Director of the St. Joseph's Social Service Center in Elizabeth recently thanked the Rotary Club of Westfield for all of their support through the years. It was especially difficult for St. Joe's to feed their 822 registered families throughout the Covid pandemic, and the members of the Westfield Rotary Club stepped up to help.

St. Joe's only has four full-time employees, 10 part-time employees, and many volunteers. Service organizations throughout Union County, including school children in Westfield, along with other volunteers provide a stream of much needed help and food to the center. In addition, they are partially supported by the government through the Community Food Bank located in Hillside, NJ.

The food program was started in 1983 by Benedictine Sister Jacinta Fernandez, who is now 88 years old. Sister Jacinta ran the program for 32 years before retiring. The operation was run in a separate building adjacent to the Church. In 1986, St. Joseph's Parish Church shut down, and they moved the growing program there. Every year they distribute 1 million pounds of food, from which three quarters comes from the Community Food Bank. St. Joe's serves mostly families with children, but also seniors in need.

And that's not all they do. They have run their soup kitchen every Saturday since 1983 without missing a single week, even throughout the pandemic. St. Joe's gives out sandwiches every day to anyone who asks, gives a bag of food to each of their 800 families every month, offers health services, gives vouchers to help pay for prescriptions, provides fresh produce and dairy, offers mental health counseling, provides school supplies, and summer camp. In addition, they provide clothing and toys, and run an Adult Learning Center, and job center.

The Westfield Rotary Club Foundation provided St. Joe's with a \$4,000 grant to help with their capital campaign. St. Joe's needs to raise \$1.4 million to renovate their structures to provide better services and have a better traffic flow. They have raised most of the funds and are only \$130,000 short of their goal. The construction will take two years to complete. They will phase the construction so they may continue to provide services during the construction.



(above, l-r) Westfield Rotary Club President
Tony LaPorta & Executive Director of
St. Joseph's Social Services Center
Bernadette Murphy.

Courtesy photo

St. Joe's motto is: "If you want to touch the past, touch a stone. If you want to touch the present, touch a flower. If you want to touch the future, touch a life."

St. Joe's is a 501c3 corporation. For more information visit sjeliz.org.

The Rotary Club of Westfield meets the first three Tuesdays of each month for lunch at noon, at Limani Seafood Grill on North Ave. Guests are always welcome. For information check out the website westfieldrotary.com or contact club secretary Dr. D. Michael Hart by email at drmhart@yahoo.com.

COMMUNITY SERVICE GRANT APPLICATIONS DUE APRIL 15

Rotary Club of Westfield Grant Applications are now being accepted for consideration. Non-profit organizations may receive a copy of the official application directly from the Rotary website at westfieldrotary.com, by e-mail at malexandre@spencersavings.com, or by contacting Mrs. Alexandre at 908- 889-6390.

To be considered for a Westfield Rotary Club Community Service Grant, local non-profit organizations must complete and submit the official grant application.

Grant applications will be reviewed in the Spring, and must be submitted before the respective April 15th deadline to be considered.

The Rotary Club, in accordance with its goal of Community Service, is most interested in providing grants for programs and projects that directly serve the people in the community. Grants will not be awarded for capital improvements or operating funds. An organization may only apply for one grant per year.

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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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REAL HOUSEWIVES OF NEW JERSEY – APRIL 25

Each spring, the History organizations in Westfield come together and present a Spring Assembly which is open to the public. This year, the Miller-Cory House Museum is organizing the program to be held on Tuesday, April 25, 2023 at 7:30 p.m. at the Assembly Room of The Presbyterian Church in Westfield. Lesley Parness, a columnist for Gardener News Magazine, and a featured writer in many print and online gardening publications will present the program: “The Real Housewives of New Jersey: Early American Women and Their Kitchen Gardens”.

Did you know kitchen gardens in the 1700's fed, healed, and clothed Early American families? The 18th century housewife, also known as “hussif”, skill set included physicke, cookery, distillation, perfumery, the making of wool, hemp, flax, dayries, brewing, baking, and, of course - gardening. Growing plants both Native American and from their homelands, these women turned their soup pots into the “melting pot” that is America and exemplified all the best qualities of plantswomen and patriots. Find out more about these topics at the lecture.

Garden historian and writer, Lesley Parness, has worked in public gardens in America and abroad for the past four decades. She is a popular speaker throughout the mid-Atlantic region, offering illustrated lectures and hands-on workshops to garden clubs, historic societies, Master Gardeners, public garden professionals,

libraries, and institutions with rare books collections of horticultural merit.

The Spring Assembly programs are offered to the public, each Spring, through the efforts of the Daughters of the American Revolution, Westfield Chapter; The Genealogical Society of the West Fields; The Miller-Cory House Museum Volunteers; The Sons of the American Revolution, West Fields Chapter; the Westfield Historical Society; and The Westfield Presbyterian Church.

The program will begin at 7:30 pm at The Presbyterian Church’s Assembly Hall located at 140 Mountain Avenue in Westfield, NJ. The meeting hall entrance is by the parking lot. Light refreshments will be served following the program. Admission is free.

The Miller Cory House Museum is located at 614 Mountain Avenue in Westfield, NJ. Call the museum at 908-232-1776 or email millercoreymuseum@gmail.com for more information.

Since 1968, the 501(c)(3) non-profit Miller Cory House Museum/Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs. For more information on the Miller Cory House Museum/Westfield Historical Society and their events, millercoreyhouse.com or westfieldhistoricalsociety.org and, like us on Facebook, and follow us on Instagram.

GARWOOD VOLUNTEER FIRST AID SQUAD OFFERS MANY PROGRAMS TO SURROUNDING COMMUNITIES

The Garwood Volunteer First Aid Squad has been serving the community of Garwood for over 84 years but did you know we do much more than just respond to emergency calls?

We provide standby services at numerous community events throughout the year such as: Little League Parade, Garwood Rocks, Summer Junior Police Academy (First Aid & CPR Demo), Memorial Day Parade, Halloween Parade, Tree Lighting & Menorah Lighting, Sponsor the Summer and Winter Craft Bazaars at the Garwood Knights of Columbus Building, Provide Mutual Aid Stand-by for Other Towns (e.g. Carnivals, Fireworks, Street Fairs & Parades).

FIRST AID SQUAD VOLUNTEER OPPORTUNITY

Volunteers Are Needed! If you have the desire to help others join us, we are in need for adult and junior members to join! We are staffed 100% by volunteers who live and work in the town, and surrounding communities. Squad crews respond to emergency calls 24 hours per day, every day of the week. Flex-time shifts are available. Volunteers are provided with free first aid/CPR training and uniforms.

For more information call 908-789-0300,
or email us informationgfas@gmail.com.



FIRST AID AND CPR CLASSES

We offer First Aid and CPR classes to the community as several of our members are certified American Heart Association Instructors. We conduct monthly CPR classes at our squad building on the 3rd Sunday of the month from 2 to 6 p.m. (6 people minimum to run the class). We can also provide group classes on other days at our building or at another location upon request.

To learn about a First Aid/CPR program,
please call 973-610-7675
or e-mail informationgfas@gmail.com

CAR SEAT INSPECTION STATION

We also host the Union County Central New Jersey Safe Kids Car Seat Inspection Station Program on Wednesdays and Thursdays from 7:30 - 11:00 a.m. Just stop by our station at 401 - 2nd Ave & Walnut and certified technicians will ensure your child's safety seat is the correct type and properly installed.

For info please call 908-789-6830.

MEDICAL EQUIPMENT PROGRAM

We offer a free Medical Equipment Program to residents (e.g. wheelchairs, crutches, walkers, and shower seats) at no charge. We also accept donations of new, or well persevered and clean, equipment.

Please call 908-789-0300
or e-mail informationgfas@gmail.com
for more information.

CLOTHING BIN & BOOKCASE

Clean out their closets or bookcase!

We have permanent Clothing Bin & Book Bin in our parking lot located at 401- 2nd & Walnut Street. (The clothing will not be turned rags. We can only accept books: hardcover, paperback, or textbooks with ISBN numbers.)

DOG TRAINING & BEHAVIOR SERVICES

K9 Kim’s Dog Training & Behavior Services uses our building to provide dog training to the community.

For more information on classes and services contact Kim Guy 201-388-3221
or email K9kimguy@gmail.com



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Join us as we kick off the 50th Anniversary Celebrations for the Miller-Cory House Museum with our Sheep to Shawl Festival. Held on our historic grounds, the festival includes sheep shearing demonstrated by a master shearer using hand shears as was done in early America.

Museum docents in period costume will also be demonstrating wool-related period crafts including spinning, weaving, and knitting. 18th century farm tasks such as wash day and soap making will also be demonstrated and our cooks will showcase eighteenth-century colonial cuisine with authentic colonial-era open hearth cooking using period recipes and techniques. There will be a children's craft and story time with local author Laura Sassi who will be reading her sheep-themed picture book Little Ewe.

Admission is \$5 ages 13 and older; \$4 ages 3-12 and free age 2 and younger. No reservations are necessary. The event is rain or shine and runs from 1 to 4 p.m.

The Miller Cory House Museum is located at 614 Mountain Avenue in Westfield, NJ. Call the museum at 908-232-1776 or email millercorymuseum@gmail.com for more information.

Since 1968, the 501(c)(3) non-profit Miller Cory House Museum/Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs. For more information on the Miller Cory House Museum/Westfield Historical Society and their events, millercoryhouse.com or westfieldhistoricalsociety.org and , like us on Facebook, and follow us on Instagram.



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

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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

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EARTH DAY RIVER CLEAN-UP – APRIL 22

Rahway River Watershed Association

All volunteers are invited to celebrate Earth Day 2023 with a clean-up of the Rahway River with Union County Parks and Recreation's Rahway River Park on Saturday, April 22nd (with a rain date of Sunday, April 23rd).

The clean-up will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey in Cranford, Clark, Linden and Rahway. Please come by the parking area adjacent to the waterfall of the Rahway River by the Bloodgood Dam at Winfield Park at 8:45 to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities. We specifically ask all folks to register and to work in small groups for safety purposes. Everyone under 18 must have their parent's signature on the attached Individual Waiver form as well as adult supervision to participate.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for Scouts and young adults as they always find something interesting. Over the 25 years this cleanup has occurred

thousands of folks have participated, and pulled some amazing things from the river improving its quality.

The clean-up will generally be between 9 a.m. – 12 p.m., but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. The team working registration will provide suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, long-sleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. After the event there is an inventory of the debris removed, and within approximately 24 hours Union County Parks and Recreation removes and disposes of all the trash.

There is no RSVP required but if more information is required please contact rivercleanup@comcast.net or the Rahway River Watershed Association at CleaCarchia@outlook.com.

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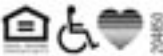
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(above, l-r) Varsity Team Members: Matt Culhane, Micah Berger, Kyle Brunt, Co-Captain Gabe Dayon, Coach Ralph Corey, Co-Captain Perry Cuccaro, Dylan Scanlon, Benjamin Hsu & team supporter & bowling alumni Sebastian Rojas.

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Active	1 Kimball Cir	6	3.2	2	\$1,976,000	
Active	1346 Overhill St	5	4.2	2	\$1,565,000	
Active	648 W Broad St	4	4.0	1	\$1,095,000	
Active	647 Forest Ave	4	2.1	1	\$825,000	
Under Contract	125 Effingham Pl	7	7.0	2	\$2,325,000	
Under Contract	1715 Boynton Ave	5	5.1	3	\$1,899,000	
Under Contract	113 E Madison Ave	6	4.2	2	\$1,699,000	
Under Contract	12 Fairhill Rd	4	3.2	2	\$1,460,000	
Under Contract	849 Kimball Ave	4	2.1	2	\$1,275,000	
Under Contract	439 Birch Pl	4	2.1	1	\$1,049,000	
Under Contract	2 Folkstone Dr	3	2.0	1	\$799,000	
Sold	301 Orenda Cir	6	6.1	3	\$2,449,000	\$2,400,000
Sold	541 Tremont Ave	6	4.1	2	\$1,599,000	\$1,700,000
Sold	1121 Columbus Ave	5	3.1	2	\$1,500,000	\$1,480,000
Sold	307 Prospect St	5	2.1	3	\$1,125,000	\$1,112,500
Sold	527 Dudley Ct	3	2.1	1	\$850,000	\$900,000
Sold	191 Tudor Oval	3	3.0	2	\$750,000	\$750,000
Sold	152 Ayliffe Ave	4	2.0	1	\$699,000	\$650,000

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SALEM ROADHOUSE CAFÉ ANNOUNCES MARK ADAMY BAND

The Salem Roadhouse Café presents the Mark Adamy Band, Saturday, April 15, 2023. The doors open at 7:15 p.m., show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Mark Adamy is a multitalented keyboardist and vocalist who works with artists around the globe as a live performer and recording artist. This includes his own band: The Mark Adamy Band, which is a group of accomplished musicians that has thrilled listeners with its original stylings fusing pop, rock, jazz, R&B, world, and spiritual music.

Mark has enjoyed popularity as a sought-after

talent for special events, productions, and performances. Mark has won honors including Entertainer of the Year and Boston Music award nominations. He has shared the stage with greats like Chaka Khan, James Brown, The Four Tops, John-Lee Hooker, Pieces of a Dream, Howard Hewitt, Phil Driscoll, Phil Keaggy, Roger Humphries, and many others. Mark has played in many Broadway productions as well as music directing off-Broadway productions in NYC.

Mark's concert credentials are extensive with acts such as the Coasters, the Cadillacs, Ink Spots, Jive Five, Silhouettes, Marvellettes, the Charelles, and guitarist Billy Davis. He has jammed with jazz artists such as Warren Hill, Makoto Ozone, Darren Lyons Group, and Lee Robinson at venues ranging from New York's Russian Tea Room and Knitting Factory to Boston's Symphony Hall

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz,

rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.



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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.

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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. Additions 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."
- Quenton L.

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- 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)

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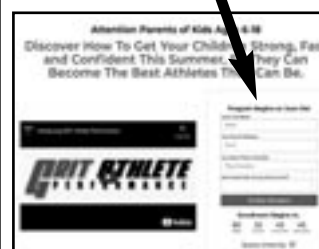
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About Grit Athlete Performance (A Gabriele Fitness Company)

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.

EAGLE SCOUT KATELYN CANNON WINS STATE-WIDE ESSAY CONTEST

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 Julian Hershey, National SAR President General C. Bruce Pickett, and National SAR Vice-President General Robert Meyer.

Courtesy photo

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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 imagineenj.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@imagineenj.org.

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Courtesy photo

(above) Mira (left) and her sister at her bracelet table in the Welcome Center at the Westfield Area YMCA.

ACCEPTING 2023 SCHOLARSHIP APPLICATIONS

The College Men's Club of Westfield has announced that it is currently accepting applications for its 2023 Scholarships. The CMC annually awards up to three \$20,000 four-year scholarships to young men from the Westfield community based on academics, leadership and financial need. The 2023 scholarship application is currently available at cmcwestfield.org. Any young man from Westfield who is graduating in 2023 and pursuing higher education at an accredited institution is eligible. Westfield residents attending private, parochial, or county high schools are also invited to apply.

To be considered, applications and supporting materials must be received via the CMC application website by Monday, May 15th. For additional information on scholarships or

membership, please visit www.cmcwestfield.org. The web link for the CMC scholarship application portal is lnkd.in/eyP5_hJH

The College Men's Club of Westfield was founded in 1922 and over the past century has helped hundreds of Westfield young men by providing college tuition assistance and funding standardized test preparatory courses. Since its founding, the CMC has raised and distributed over \$1.3 million in higher education assistance to young men of the Westfield community. In 2022 the CMC awarded \$61,500 in four-year scholarships and one-time grants to Westfield High School graduating seniors. Funds for scholarships come from fund raising events, donations, membership dues, endowment investment income, and legacy bequests.

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YMCA AWARDS BREAKFAST CELEBRATION PLANNED FOR MAY 11

The YWCA of Union County will host its annual TWIN event on Thursday, May 11, 2023 at the Embassy Suites Hotel in Berkely Heights, NJ from 8 am to 9:30 am.

Debbie-Ann Anderson, Union County Director of Human Services will serve as the Keynote Speaker at the event and will receive the Lifetime Achievement Award for her dedication to improving the lives of those in need. Anderson has an extensive background in programs serving families, as well as vast experience with corporate, non-profit and community affairs organizations.

YWCA Executive Director Karen Geer stated, "We are very excited to honor Debbie-Ann with this award. She has been a champion for the YWCA and its mission. Her support and commitment to our programs has enabled us to

deliver more vital services to those in need."

Anderson began her professional fundraising career in 2004 at the Muscular Dystrophy Association (MDA) in Towson, Maryland. She joined the United Way of Greater Union County in 2008 and served as its Executive Vice President. Anderson also served as Executive Director of HomeFirst Interfaith Housing Services and was appointed Union County Director of Human Services in 2017.

Five additional honorees will be presented awards for Racial Justice, Community Service, Young Professional, YWCA Ally, and Business & Industry Leadership. Nominations will be submitted by sponsors of the event by visiting www.ywcaunioncounty.org/twinawards2023.

Individual tickets to the TWIN event are \$150 and can be purchased at www.ywcaofunioncounty.org or by emailing events@ywcaofunioncounty.org.

The YWCA of Union County is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. Its mission is to empower survivors of domestic violence to become safe and free from abuse, and to promote social justice and eliminate violence against women and girls. We accomplish this mission through the provision of comprehensive, client-centered services, and through education, collaboration and advocacy that builds safe, informed and supportive communities. Its programs include a 24-hour Domestic Violence Hotline (908-355-HELP), Community Support Services, Family Justice Center, and Residential Programs, PALS (Peace: a Learned Solution), and Community & Professional Education.

For more information, please visit www.ywcaofunioncounty.org or call (908) 355-1995.

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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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These stressed trees are the first to die in drought situations as we saw this past year.

PLEASE also (google) read **Rooting out Problems**. It explains "Simple Procedures" for saving trees during construction. Have your whole family read this article which will help them recognize when a tree is being harmed.

Help save our local trees at defendourtrees.com



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Sunday Mornings

8:00 and 10:00 a.m. Liturgies with Eucharist
 8:45 a.m. Education Hour

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
 8:00 and 10:00 a.m. Liturgies with Eucharist

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Spring cleaning Saturday, April 22nd
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The Episcopal Church of St. John The Baptist
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Customers enter the main doors on Dewitt Terrace and follow
the stairs to the store. The space is not handicap accessible.

Open every 2nd & 4th Saturday
from 9:00 am to 3:00 pm.

For more information, Friend the Gift and Thrift Boutique
on Facebook, email giftandthriftboutique@yahoo.com
or call the church office at 908-925-1535.

VOLUNTEERS ARE NEEDED FOR CAKE WALK

For the second year, the Westfield Mental Health Council will host a Walk for CAKE and Mental Health Fair on Sunday, April 30. CAKE is the Mental Health Council's ongoing initiative emphasizing Compassion, Acceptance, Kindness and Empathy. The goal of the day is to help reduce the stigma of mental health and provide resources for the community.

Volunteers are needed. Volunteer positions include: morning check-in, stations in the park, distribution of cake, parking and street crossing, fair set-up and general coordination. Interested in helping out in another area? Just let us know.

The Walk for CAKE will be held in Mindowaskin Park from 10:30 a.m. - Noon. The Mental Health Fair will be held across the street at the Bauer Branch of the Westfield Area YMCA from 11:00 a.m. - 2:00 p.m. All events are free and open to the community.

To volunteer for the Walk for Cake, please contact Allison Marcal at Allison@almpsychotherapy.com. To volunteer for the Mental Health Fair, please contact Ann Ormsby at alormsby@gmail.com.

For information on the Westfield Mental Health Council, please visit westfieldnj.gov/mentalhealth.

BECOME A FRIEND OF THE WESTFIELD MEMORIAL LIBRARY

The Friends of Westfield Memorial Library continues to provide a host of activities for members and for the general public. As we are in the middle of our Annual Membership campaign, we want to highlight some programs and reasons why you should join the Friends.


The recent inaugural jigsaw puzzle sale generated the donation of more than 1000 puzzles that were sold over a two-day period in March. All the proceeds going to the Friends for their various programs. The annual used book sale, considered one of the largest and most successful in the state, is slated for April 26 to 30 with the children's and teen's book sale to be held again in October. Once again the popular Metropolitan Opera Series program will provide a round trip bus service and to the upcoming 2023-2024 season. A yearly trip to a Broadway show is also on the agenda for the Friends.

Seven Little Free Libraries around town are stocked with books for all ages. In conjunction with the Adult Services department the Friends deliver a curated selection of books and CDs to homebound residents each week. The popular Hale Speaker Series is hosted four times a year

by the Friends. The organization also provides scholarships to individuals pursuing library-related college/graduate courses. The aforementioned activities and more are part of the mission of the Friends to partner with and supplement the work of the Westfield Memorial Library.

Please consider joining the Friends this year so we can continue to offer these programs and more to the Westfield Community. Audrey Zavetz, a Friends member, says it best, "I have always loved books and libraries so joining the Friends as a natural way for me to support our library, volunteer in our community, and take part in the numerous activities the Friends provide. Don't miss out on all the fun! Join the Friends of the Westfield Memorial Library now."

Friends membership levels range from \$20 for Seniors, \$25 for Individuals, \$35 for Couples/Families and \$50 and more for our Friends Circle. To join please visit fwmlnj.org or stop by the library to pick up a hardcopy membership brochure.



Westfield Memorial Library

APRIL 2023

THE LIBRARY IS CLOSED

APRIL 9 FOR EASTER

550 EAST BROAD STREET WWW.WMLNJ.ORG

908.789.4090

4/3	10:00 am-12:00 pm	Aging Services Kiosk—Get Senior Questions Answered
4/4	10-11 am	Estate Planning by SOFA Society of Financial Awareness
4/4	1-3 pm	Friends of the Library Sharing the Warmth-Knitting Club
4/4, 4/11	1:30-2pm	Together Time Ages 2-4 years
4/5, 12	10-10:30am	Miss Katie's Songs and Stories Babies and Toddlers
4/5	7-8 pm	Catmoondaddy Band-Music from the Beatles to the Eagles
4/6	8-9:30 am	GWACC Breakfast Meeting
4/8	2-4 pm	Courageous Conversations: Documentary: "Second Shot"
4/10	9:30 - 11:30am	Friends of the Library Monthly Meeting
4/11	7-8 pm	Trumpeter Gordon James plays 60s and 70s music
4/12	7-8:30 pm	Take an Art Break-Teen Workshop
4/14	10-10:45 am	Friday Funtime 0-24 months
4/19	5-5:45 pm	Teen Advisory Group (TAG)

The Friends of the Library Book Sale

will be held April 25-29.

Donation days are April 19-22.

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STUDENTS RECOGNIZED AT ANNUAL CONFERENCE

A total of 129 Westfield and Cranford High School students from the Model UN Program attended the YMCA Model UN Conference January 8-10 in Hershey, Pennsylvania. The three-day annual conference is student-run and allows the committees to participate in public speaking, conflict resolution and more. Both high schools were recognized for "Outstanding Delegation" and many individuals from the committee also received individual awards:

FROM WESTFIELD HIGH SCHOOL:

- Miron Manescu and Alex Nurnberg were recognized for Outstanding Research Papers.
- Michael Fischer, Dylan Walsh, Haley Berger and Daniel Flores received recognition as Outstanding First Year Delegates.
- Katherine O'Connor and Dillan Ma were named Premier Diplomat.
- Grace Kim and Emory Wilner were elected to serve as officers at the conference.
- Nyah Wysokowski, Ananda Accardi, Pat Lanza, Emory Wilner and Michael Fischer were invited to attend the Conference on National Affairs this summer.

FROM CRANFORD HIGH SCHOOL:

- Tamiyana Roemer served as Press Officer at the conference.
- Joe Ugialoro was named Premier Diplomat in the International Court of Justice.
- Ryan Turnamian was awarded Outstanding Country with fellow USA representatives.
- Aidant Karant and Reagan Leahy were selected as alternates to attend the Conference on National Affairs this summer.

The YMCA Model United Nations Program introduces students to the operations and structure of the United Nations and gives them the opportunity to gain awareness of other cultures. Students assume the role of UN delegates and debate current issues affecting the global community. This Westfield Area YMCA program takes place in cooperation with Cranford and Westfield High Schools.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Financial assistance is available for YMCA programs and memberships for those who qualify.



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10:15 AM- Passion Sunday Worship

MAUNDY THURSDAY

7:30 PM- Meditative Worship

GOOD FRIDAY

Noon- Cranford Interdenominational Worship
7:30 PM- Tenebrae Service

*Calvary and Holy Cross
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EASTER SUNDAY

9 AM- Children's Worship & Egg Hunt
9 AM- Holy Cross Celebration Worship
10:15 AM- Easter Festival Worship



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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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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



(above) 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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SLOW DOWN, MOVE OVER CAMPAIGN

MIRA NIRULA HOLDS FUNDRAISER FOR YMCA

Mira Nirula, a former student of the Early Learning Center YMCA recently raised \$550 toward the Y's Strong Kids+ Annual Support Campaign selling bracelets. Mira made 100 bracelets and donated 100% of the proceeds in recognition of the Y's 100-year anniversary. Mira, 12, has been making and selling jewelry, giving 100% of the money she earns to organizations that have special meaning to her. She described how her favorite part of the process is the actual act of donating the money she makes to the organization of her choice. "I like to imagine how many people I might be helping and what the money will do or who it will benefit," Mira adds. She has learned how easy it is to help others through something as simple as making jewelry.

The Retired Policemen and Firemen's Association, Local 3 of Union/Somerset Counties (NJRPF), is helping NJSP and the NJ Department of Transportation (NJDOT) to promote this important Safety Issue to help protect our First Responders. 41 Emergency First responders were struck and killed by motor vehicles in 2022. When you see flashing lights ahead, please, "Slow Down and Move Over", stated Local 3 President, retired Police Chief Kenneth Grady.

NJ State Trooper Marc Castellano who was killed by a speeding vehicle on June 6, 2010, while assisting during a roadside investigation. His mother, Donna Setaro has made it her life's mission to share the Slow Down, Move Over message with the public. Local 3 will assist in this program in memory of her son and many other NJSP Troopers and local Police Officers who were struck and killed by speeding vehicles while working our busy roads and Highways in the State of New Jersey.

New Jersey is a leading State in Traffic Incident Management (TIM) responder training

provided by NJDOT. It brings Police, Firefighters, medical personnel, transportation, towing, and other incident responders together to engage in interactive, hands-on incident resolution exercises. In New Jersey, more than 20,000 first responders have completed NJDOT's TIM training.

The NJRPFA was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: njrpfa.org/local3/

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CIVIL AIR PATROL OPEN HOUSE

Submitted by Capt Jose Vergara

Civil Air Patrol (CAP) is the U.S. Air Force Auxiliary. The NJ-102 Squadron will host an open house for CAP membership applications. CAP has two programs one for Youth, and one for Adults. The events will be held on April 18th, at 7:00 p.m., at JP Steven High School, Edison, NJ. Attendees must register by April 7th by emailing jose.vergara@njwg.cap.gov. No walk-ins will be allowed.

The youth program (Cadet Program) is open to students ages 12 to 18 who meet U.S. Air Force Auxiliary requirements. The Cadet Program offers: Aerospace and STEM education, Emergency Services training, Leadership and Character training, Flight Orientation, Military Drills, Ceremonies & Discipline, Awards and Promotions, and many other activities.

The Adult Program (Senior Member program) offers the opportunity to provide Volunteer Service to the community and CAP. Senior

Members in NJ-102 Squadron support the Cadet Program by mentoring and teaching the youth to mature as good citizens. Senior Members take training to work with the cadets and fulfill other duties such as Search and Rescue.

Everyone who joins CAP will provide "Volunteer Service" on the three core missions: Cadet Programs, Emergency Services, and Aerospace Education. To learn more about CAP-Air Force Auxiliary, please visit the following links: gocivilairpatrol.com.



(above) CAP Cadets in Classroom Training

FAMILY SUPPORT GROUP

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? Union County's Family Support Group is for family members and caregivers of persons with mental illness. The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. – 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
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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