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A RAPTOR FESTIVAL - COMMUNITY DAY AT TRT - MAY 21

The Raptor Trust's 9th annual Community Day will take place on Sunday, May 21, 2023 from 11 a.m. -3 p.m. We invite you and your family for a day of all things bird!

Spring and summer are our busiest time of year, and we're preparing for the adorable invasion of tiny Robins, Great Horned Owl fluffballs, and baby Blue Jays with an attitude, among hundreds of other youngsters.

The average cost of one bird's total rehabilitation is currently \$237, and, because we admit an average of 5,000-6,000 birds per year, those costs quickly add up. All proceeds from the event provide resources for these busy monthsfrom purchasing food and medicine for injured birds of all ages and species, to maintaining the caging and grounds that visitors can enjoy.

All proceeds from the event benefit our wild bird hospital, which offers free veterinary services to wild birds, empowering our community to help. On May 21, we celebrate that community. Fore more information visit: theraptortrust.org/trt-community-day

TRT is committed making a long-term impact. With your help, we will continue to play a major role in conserving local wild bird populations and reducing the suffering of wildlife in the tri-state area.

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ. Approximately 50 resident birds are on exhibit in large outdoor aviaries viewed by walking along the trails. Living on the campus of the Trust throughout the year is variety of raptors and birds of prey. Currently, the Trust is home to two Bald Eagles, Turkey Vultures, Barred Owls, Great Horned Owls, Ravens, Screech Owls, Red-Tailed Hawks, a Snowy Owl and many more!

The aviaries are open to the public seven days of week. Our visiting hours during the fall, winter and spring are 9 a.m. to 4 p.m. During the summer we are open to visitors from 9 a.m. to 7 p.m. There is no cost to come by for a self-guided tour, however, we ask you to consider a small donation of \$2 per person.



The Raptor Trust is a 501(c)(3) not for profit organization which provides free medical care to thousands of orphaned or injured birds each year. Our infirmary staff is available seven days a week during daylight hours to admit injured birds, but we must rely on the people who find them to bring them to us for care. If you find a bird that needs help, please visit our website theraptortrust.org for instructions. We cannot do what we do without the kindness of many - including our visitors.



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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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FIRST GRADE FIELD TRIP

Long Hill Township Public Schools

on a field trip to the Long Hill Library and Town Hall. First, students got the opportunity to sit in the courtroom to hear from the Township Administrator, the Recreation Director, and a Fire Official. Next, Kelly Roshto led students on a tour of Town Hall and showed students the Township Quilt. Then they walked over to the library where they rotated between three stations.

First graders at Gillette School recently went Diane Stanley, the Long Hill Historical Society Archivist, demonstrated for students how we use old photos, maps, and objects to remember the past. Maryjane Weiss taught students more about the history of Gillette School, and even showed them old photographs and report cards. Albie Ashbrook coordinated a scavenger hunt in honor of Women's History Month. First graders really enjoyed learning about Long Hill's history!



Courtesy photo

NATIONALLY RECOGNIZED TOP RATED SKILLED NURSING CARE in Union County Hospitality Focused Rehab Experience with 24 Hour Guest Services Line

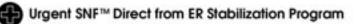


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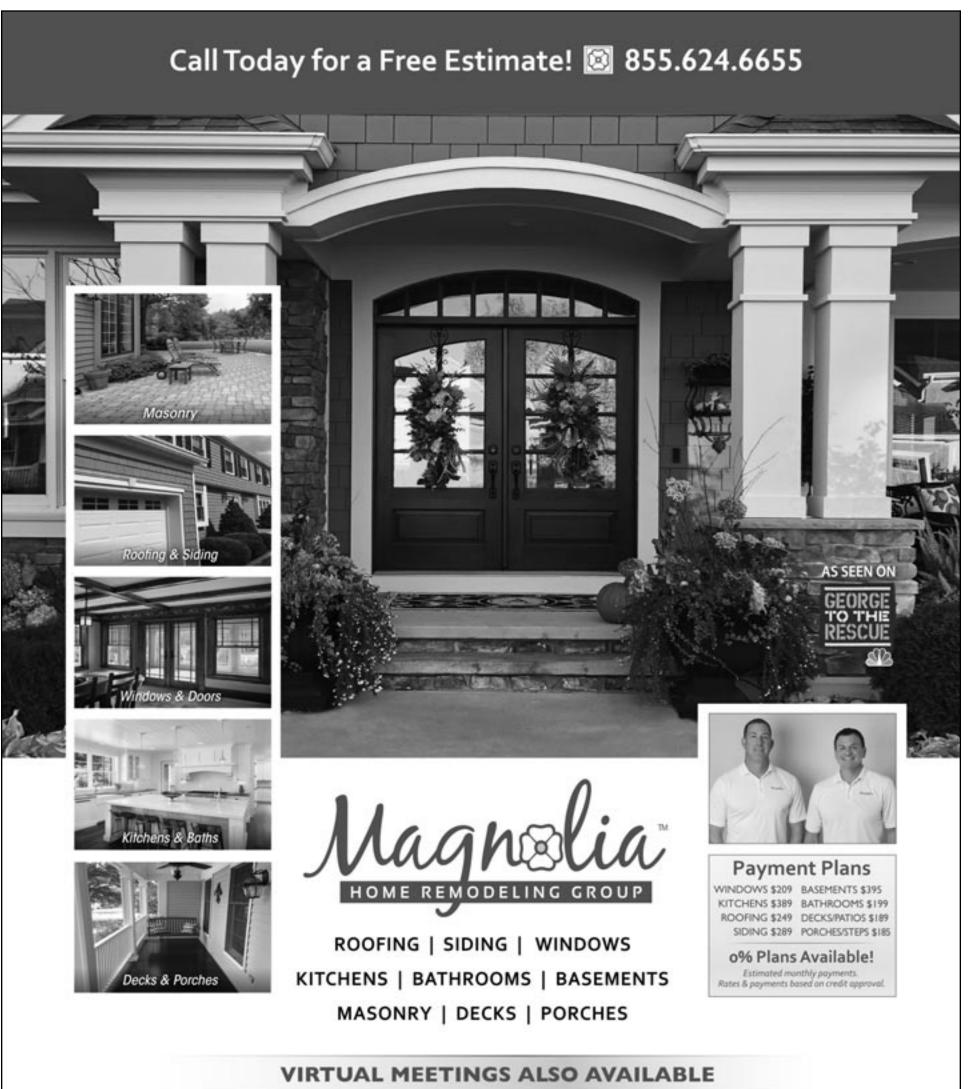


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EAGLE SCOUT KATELYN CANNON WINS STATE-WIDE ESSAY CONTEST

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

GOLDEN OLDIES SHOWS AT SEIMINSKI THEATER

On June 10th at the Sieminski Theater in Basking Ridge, NJ, The Jersey Four and Johnny Maestro's 16 Candles will take audiences on a musical journey through the life and music of these legendary artists whose music has stood the test of time! Showtimes are 2:30 pm and 7:30 pm.

Tickets are available at sieminskitheater.org. or call 866-307-8532

The Jersey Four celebrates the most successful 1960s rock and roll group of our time – "those four guys from Jersey" - The Four Seasons! The stories, humor, and audience participation will delight audiences! The Jersey Four are accomplished singers and musicians from Jersey who stay true to The Four Seasons' music, incorporating, authentic costumes and musical equipment to recreate that famous sound of The Four Seasons.

Johnny Maestro's 16 Candles featuring Joel Katz pays homage to an American Rock & Roll icon. 16 Candles takes audiences on a journey of the iconic sound of Johnny Maestro's performing the legendary hits and deep cuts that no other groups perform. 16 Candles will perform your favorites - "16 Candles", "Six Nights A Week", "Step by Step", "The Angels Listened In", and the iconic song "Worst That Could Happen".

Get your tickets now for this fabulous concert paying tribute to two of the greatest artists of our time! The Sieminski Theater is located at 8000 Fellowship Road in Basking Ridge, NJ. This intimate theater is a premier entertainment venue for the very best in music, theater, dance, and the cultural arts providing the optimal live experience in performing arts.

For tickets and information please visit us at sieminskitheater.org. or call 866-307-8532





CLASS OF 2023 PROJECT GRADUATION SEEKS COMMUNITY SUPPORT

The Watchung Hills Regional High School Project Graduation Committee has been busy working on the Class of 2023's Senior year events and graduation night event since the beginning of the school year in September.

This year's graduation night event will take place at Iron Peak Sports & Events. Project Graduation is a year-long celebration for the

Senior Class that began in October with the distribution of "Senior Class of 2023" t-shirts where students then had a class photo taken to help kick off their Senior Year!

The Project Graduation event is held the night of graduation to help safeguard our Seniors by providing a fun filled, substance free celebration in a safe environment to keep our graduates safe. Parents, community members and local businesses are the heart of our success.

Please show your support to our program by sending in your tax-deductible donation today to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.



(above) Please show your support by sending in your tax-deductible donation today to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.

Courtesy photo

CHATHAM FISHAWACK FESTIVAL SATURDAY, JUNE 10, 2023 10:00 am to 4:00 pm

- ARTISTS CRAFTERS VENDORS
 - CIVIC ORGANIZATIONS
 - FOOD ENTERTAINMENT
 - CHILDREN'S ACTIVITIES
 - OUTDOOR PUB LIVE MUSIC

Downtown Chatham, including the follow locations: Fairmount Avenue, Reasoner Park, Railroad Plaza South and Lum Field

MAKERS, CRAFTERS & ARTISTS SCAN AND JOIN!



HOLOCAUST SURVIVOR TO SPEAK - MAY 9TH

The Summit Old Guard

Of the 1.6 million Jewish children who lived in Europe before World War II, only 100,00 survived the Holocaust. Most were hidden children. Separated from her parents in July 1942, 6-year old Maud Dahme and her 4-year old sister, Rita, were hidden from the Nazis by Christian families in the Netherlands. Dahme will share with the Summit Old Guard her wartime experiences, as well as her reunion with her parents, immigration to the United States at age 14, and serving as a Holocaust education advocate.

"I think the greatest gift that was given me was to be alive," said Dahme in an interview with the Huffington Post. Dahme went on to explain the significance of genocide education and the importance of emphasizing the efforts of people who hid, protected, and rescued Jewish people with no concern for their own safety. "I think it's very important to remember that it was a time in history when millions of people died and only because of their religion. But there's also the other side of the story, which is how many people cared and were willing to risk their lives to save Jews and anyone else."

Dahme was inducted in the New Jersey Hall of Fame as one of the state's Unsung Heroes in 2014. She served as president of the New Jersey State Board of Education and has spent much of her time speaking to students and adults about her experiences during World War II. Dahme's story was published in a 2015 memoir entitled "Chocolate, The Taste of Freedom." The memoir was co-written and edited by Maryann McLoughlin of Stockton University's Sara & Sam Schoffer Holocaust Resource center.

Dahme will speak at the Summit Old Guard's weekly meeting on Tuesday, May 9th at 10 a.m. in the Parish Hall of the New Providence Presbyterian Church, 1307 Springfield Ave., New Providence, NJ. This presentation is open to guests and prospective new members, who are also invited to enjoy coffee and conversation at a social reception starting at 9:15 a.m.

About the Summit Old Guard: The Old Guard of the Summit NJ area was founded in 1930 with the purpose of providing retired business and professional men with good fellowship and activities. Men from throughout the broader Summit area gather on Tuesday mornings to hear from interesting speakers on a broad range of topics. The 270+ members may also choose to participate in various activities/interest groups, including bocce, golf, fishing, books, chess, financial & investment, sports forum, timely topics, and weekday lunches. Prospective new members are always welcome to attend a Tuesday morning meeting to learn more about the organization. See also summitoldguard.org.



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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator

Eat Better

- Drink AT LEAST 4 Water bottles
- \Box Have a fruit or veggie with each meal
- \Box Have nuts instead of chips as a snack
- □ Have a source of protein in each meal
- □ Take a multivitamin
- □ Limit sweets to only one serving

Get stronger

- \Box Perform 50 bodyweight squats
- □ Perform 50 pushups
- \Box Perform a plank for 60 seconds 3 times
- □ Perform 25 vertical jumps
- □ Get at least 8 hours of sleep a night

Be Happier

- \Box Get at least 30 minutes of exercise
- \Box Do a morning routine that you enjoy
- \Box Write 5 things that you are grateful for
- \Box Adopt a Growth Mindset
- \Box Listen to music whenever you can

Run Faster

- Do 10 hill sprints
- □ Perform 15 Broad Jumps
- \Box Sprint for 50 yards
- □ Perform single leg jumps
- Perform High Knee Marches

Build Confidence

- □ Do something outside of your comfort zone
- **Read a book**
- \Box Practice or spend time on your hobbies
- Learn a new skill
- □ Work towards a new Goal

Be More Active

- □ Walk during TV show commercials
- \Box Schedule exercise time
- \Box Whenever you see a commercial
- for a car company, perform 10 squats
- \Box Find a buddy, and exercise with them
- □ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

Do You Want GRIT ATHLETE PERFORMANCE to Help You with all of this?

Registration for Our Summer Program Is Now Open But Only 17 Spaces Remain

Early Bird Registration Expires June 19



Scan QR Code for cost, timeslots, and dates.

Attention Parents of Kids Ages 6-18 **UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY I7 SPACES REMAINING** We'll have your kids stronger, faster, and more confident...guaranteed.

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.

HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

• "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

• "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

• "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

• "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

GET MORE INFORMATION (STARTS JUNE 19TH)



Warning: The summer session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the summer session.

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LOOKING FOR VOLUNTEER HOST FAMILIES

The Fresh Air Fund

City child for one week this summer. Looking for volunteers in Morris County and Somerset County, New Jersey.

The Fresh Air Fund is looking for new volunteer families to host a New York City child, ages 8 to 14, for one week this summer with The Fresh Air Fund's Friendly Towns program because a summer can last a lifetime. Enjoy the simple pleasures of summer when you host a Fresh Air child.

A Fresh Air visit to a volunteer host family is full of fun experiences like playing in the backyard, riding bicycles, swimming, hiking, catching fireflies, gazing at the stars and making new friends. Volunteer host families live in small towns, suburban and rural communities along the East Coast. Every host family goes through a rigorous screening process including a home visit, background check, interview and reference check.

"Volunteer host families can create lifelong Open hour hearts and homes to a New York connections, gain new perspectives and make memories that will last a lifetime. By volunteering as a host family in Morris County or Somerset County, New Jersey, you will expand opportunities for New York City children living in underserved communities to help them learn, grow and thrive in the summer and beyond," says Lisa Gitelson, The Fund's Chief Executive Officer.

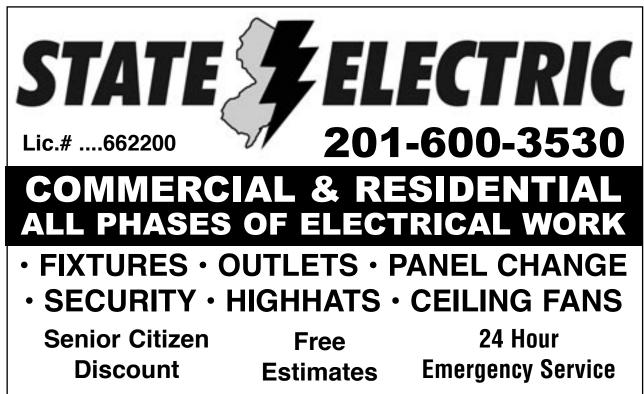
For more information about The Fresh Air Fund's host volunteer program, please visit FreshAir.org/Host.

Since its founding in 1877, The Fresh Air Fund, a not-for-profit youth development organization, has provided free life-changing summer experiences in the outdoors to more than 1.8 million children from New York City's underserved communities. Young people also participate in year-round leadership, career exploration and educational programs.



(above, l-r) Fresh Air Fund volunteer host family the Lynchs, Kasey, Daniel, Marleen, host mom and James, host dad, welcomes Fresh Air child Bryant, 13 (center).

Photo Courtesy of The Fresh Air Fund









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DAUGHTER'S KIDNEY DONATION SAVED HER MOM'S LIFE

NJ Sharing Network

Twenty years ago, Rosemarie Hampp, 58, made the loving decision to donate one of her kidneys to save her mother's life. Today, Rosemarie is forever thankful for that decision, and she is now on a personal mission to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State.

"My goal is to save and enhance more lives because there are nearly 4,000 people in New Jersey waiting for a life-saving transplant," said Rosemarie. "I believe that everyone should consider being a living organ donor or simply register as an organ and tissue donor to make a positive difference in the lives of others after your time on Earth is done."

Rosemarie's fundraising efforts to support the Sharing Network Foundation have been powered by many of her family members and friends who are participating in the 5K Celebration of Life on May 20 in Ocean Grove. "Team Rosie," named in honor of Rosemarie's mother (Rose Marie Hampp), was established earlier this year to



(above) Rosemarie Hampp recently celebrated the 20 Year Anniversary of her kidney donation to save her mother's life. Rosemarie creates colorful Donate Life stickers to raise awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23. Courtesy photo celebrate the 20th anniversary of Rosemarie's life-saving gift.

"My mom lived a healthy and happy life until she was diagnosed with primary amyloidosis," said Rosemarie. "Her health issues grew progressively worse and dialysis treatments were never easy."

Once Rosemarie learned about the possibility of being a living kidney donor for her mother, she was eager to move forward with hopes of giving her mother the gift of life. However, her parents did not want her to donate her kidney.

"Even though I knew they were against it, I secretly got tested for transplant compatibility," said Rosemarie. "When the results showed that I was a great match, I was a nervous wreck because I was not sure how I was going to tell them about it."

Although Rosemarie's mother was hesitant at first, she finally agreed. The successful kidney transplant was completed by the medical team at Cooperman Barnabas Medical Center on December 17, 2003. Rosemarie's gift gave her mother several additional years to enjoy life's precious moments.

"We named my donated kidney 'Fred,' and we called my remaining kidney 'Ginger' because they worked well together and individually," said Rosemarie. "My mom ultimately passed away in 2006 due to pancreatitis. It was unrelated to her transplant, and her kidney always worked perfectly."

Rosemarie has also used her professional art skills to create colorful Donate Life stickers to raise additional funds and awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23.

According to United Network for Organ Sharing (UNOS), over 100,000 people in the U.S. are waiting for a life-saving organ transplant, and 17 people in the U.S. die each day waiting for an organ transplant. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



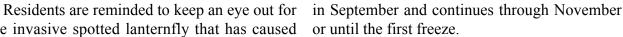
THE SPOTTED LANTERNFLY IS HATCHING

Invasive Insect Is a Danger to Trees, Decorative Plantings, and Agriculture

Residents are reminded to keep an eye out for the invasive spotted lanternfly that has caused damage to residential and agricultural plants and trees throughout the area. Residents are asked to check trees, fences, and other flat surfaces around their homes and neighborhoods for egg masses, as well as grown lanternflies and Stomp Them Out!

The spotted lanternfly is native to China, India, and Vietnam. It was first sighted in the United States in Pennsylvania, and has since spread to surrounding states, including New Jersey. The spotted lanternfly was first discovered in Somerset County in 2019. While not harmful to humans or animals, this invasive insect feeds on the sap of many different hardwood trees, scrubs, ornamental plants, and has the potential to impact agricultural crops of economic importance such as grape vines, hops, and apple orchards. Feeding damage caused by the spotted lanternfly significantly stresses the affected plants which can lead to decreased health and potential crop loss.

Residents and visitors are advised to keep an eye out for spotted lanternflies and their egg masses and kill them on sight. Destroying spotted lanternfly egg masses before they hatch is the best way to limit their spread. Eggs can be laid on any flat hard surface including metal, wood, and plastic. Egg masses are commonly found on fence posts, telephone poles, lawn furniture, and the underside of tree branches. Egg laying begins



While adult spotted lanternflies do not survive the cold winters, their egg masses do. Beginning in May through June, the eggs will start to hatch and mature through their life stages into adulthood. Join the battle to beat the bug and help us Stomp Them Out!

IF YOU FIND SPOTTED LANTERNFLY EGG MASSES:

- Scrape egg masses using scraper cards, or
- anything else that is hard, tapered and/or flat
- Kill eggs by putting them into doubled bags, using alcohol/hand sanitizer, or by smashing







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VANDALS CAUGHT IN THE ACT.

Submitted by Dr. D. Michael Hart

handed vandalizing a building at Boy Scout two common showers and 8 individual changing Camp Wheeler, in Byram Township, NJ. They are seen here in a "line up" against the wall.

They claim that they were doing repairs and renovations to an old decrepit building at the Boy Scout Camp. But they were seen removing valuable lumber, sinks, toilets, shower heads, and construction materials from the building.

Just kidding. This is a group of dedicated volunteers. including many retired professionals, who volunteer every week all year round at the Boy Scout camps for Patriot's Path Council in northern New Jersey. These guys pictured have come up every Wednesday and Thursday for several months to renovate the Pool House and other buildings. This group includes retired engineers, an electrician, computer experts, small business owners, and corporate executives.

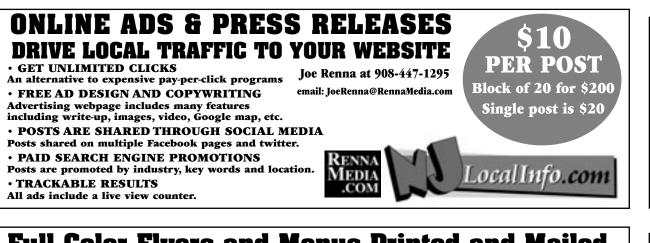
The Pool House building was built in 1971. The roof was still good, but the wooden walls were completely rotted, and the roof was sagging perilously. They needed to prop up the roof and replace the boards one by one.

The "Pool House Gang" were caught red Eventually the building will have two bathrooms, rooms on each of two sides. There is a full sized swimming pool behind the building, so all of the chlorination, pumping mechanisms and electrical service are also located inside the building.

The "Flintlocks BSA, Inc." a 501c3 corporation, is a group of retired scouters who volunteer at the camps every week, all year round, to help the council. They do most of the repairs and maintenance for the three Council camps, but also build new structures, such as cabins, waterfront structures, picnic tables and tent platforms. In 2018 they secured funding and built the STEM Lab at Allamuchy. Second, they make the craft kits for birdhouses, bird feeders, stools, handy boxes, racing sailboats, etc., which are sold through the Scout Shops. Third, Flintlocks volunteer to help run the many Council programs. Three quarters of the Flintlocks have received the Silver Beaver Award, the highest National award a volunteer may receive. The Facebook Page is "Flintlocks" For more information please contact Secretary Dr. Michael Hart drmhart@yahoo.com.



(above, l-r) "Line Up": Al Thomas, Randy Johnson, Frank Wallace, Dave Greene, George Van Dyke, Barry Bird, and Tom Mollitor.



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Joe Renna at 908-447-1295



TOWNWIDE **GARAGE SALE - MAY 6**

Registration is open for the Long Hill Township Townwide Garage Sale. It will be held on

SATURDAY, MAY 6, 8 A.M.

3 p.m. - Rain or shine! The price is \$25 to have your address on the map. Registration deadline is May 2. The sale will be advertised on social media and in

local newspapers. **PAYMENTS:** Checks made out to the Stirling Elks can be dropped off in the black mailbox anytime or mailed to:

Stirling Elks, c/o Kelly Mazzocchi,

1138 Valley Road, Stirling, NJ 07980. Please include address, phone number and email address with all payments.

Pay by credit card via:

townwidegaragesale@gmail.com.

A return email will be sent to you with a link to pay by credit card. Any questions, please email townwidegaragesale@gmail.com





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