

New Providence NEWS

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Issue 92 • May 2023

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SENIOR HEALTH FAIR – MAY 17

Wednesday, May 17 8:30a.m.-11:30a.m.

The New Providence Department of Health and DeCorso Community Center will host a Senior Health Fair at the DeCorso Center on Wednesday, May 17 from 8:30 a.m. to 11:30 a.m. All New Providence residents 55+ are invited to attend. The health fair will be informational along with some basic screenings, and will bring together local service providers and medical professionals. There will be stroke assessment, dental, Hepatitis B, and chiropractor screenings. Pharmacy representatives, a physical therapy provider and other senior health organizations will also be participating. Call the DeCorso Center at (908) 665-0046 or see Michelle or Arthi to make an appointment for the stroke assessment, or to request bus transportation to the health fair. You may also e-mail or call the Public Health Nurse with questions or to make a stroke assessment appointment at Jaranda@newprov.us or (908) 743-1049.



(above) Volunteers of AARP tax return assistance at the DeCorso

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(above) Therapy dogs session from Bright and Beautiful Dogs organization.



(above) St. Patrick's day luncheon at the DeCorso Center.

Courtesy photos

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New Providence NEWS

Renna Media LLC, Publishers
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CUB SCOUT PACK 263 VISIT BOROUGH HALL



(above) Boy Scout Pack 263 from Salt Brook School in New Providence recently visited New Providence Borough Hall to meet and talk with Mayor Al Morgan about local government.

Courtesy photo



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2023-2024
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WhartonARTS

Helen H. Cha-Pyo, Artistic Director

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All programs, classes, events and concerts are accessible ensuring that everyone can participate in a diverse range of arts programming and classes.



The Journey

A celebration of 30 years of the **New Jersey Youth Chorus**,
and all who have been a part of our journey.



30th Anniversary
New Jersey Youth Chorus

WhartonARTS

Helen H. Cha-Pyo, Artistic Director

New Jersey Youth Chorus Spring Concert & 30th Anniversary Reception

Join us for a special anniversary edition of our annual spring concert,
with performances by all five of NJYC's ensembles as well as an Alumni
Choir featuring original choristers of the Somerset Hills Children's Chorus!

Sunday, May 21, 2023, 4 PM

Our Lady of the Lake Church | Verona, NJ



For tickets, a full listing of alumni events and performance
opportunities, and for more ways to connect with and support NJYC,

please visit **NJYC30.org.**



(above) Galina Muller

SENIOR DAY TRIP

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, May 15. The bus leaves the parking lot at Town Hall, 29 Park Avenue at 8:30 a.m. and returns at approximately 7:15 p.m. The cost is \$35, which includes bus transportation and a \$20 Voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.

GALINA MULLER APPOINTED
EXECUTIVE DIRECTOR OF SAGE ELDERCARE

The Board of Trustees at SAGE Eldercare, Summit-based nonprofit provider of programs and services to the elderly, their families, and caregivers, has appointed Galina Muller, most recently Director of Finance & Administration, as Executive Director, effective February 9, 2023.

Since 1954, SAGE Eldercare has provided a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, care planning, meals delivery, adult medical daycare and home health care, SAGE's mission is to help older adults remain independent in their own homes.

Muller joined SAGE in 2007 as Finance Director, to supervise all accounting activities and maintain financial records. During the pandemic, Muller was promoted to Director of Finance and Administration, interim for the vacant Executive Director position, and took on addressing organizational effectiveness. She restructured SAGE's business model by identifying best practices, consolidating its two clinical care programs, HomeCare and Spend-A-Day, to improve quality of care, and reducing costs to allow the organization to deliver on its mission for many years to come. As Executive

Director, Muller will oversee the overall operations and the fundraising component of SAGE Eldercare.

Muller earned a master's degree in accounting from Fairleigh Dickinson University and a bachelor in economics, accounting, and finance from New Bulgarian University. Prior to joining SAGE, she held various positions of increasing responsibility at Robert Saunders CPA in Westfield, Island Auto Rental Group, and Glory School of Foreign Languages.

"I am pleased to announce Galina Muller has accepted the responsibilities of Executive Director for SAGE. Her knowledge of SAGE and tenure with the organization contributes to keeping it constant and thriving for our community. Galina is committed to the mission of SAGE and the clients we serve," said Leslie Hardin, President of SAGE Eldercare's Board of Trustees.

"In my role as Executive Director of SAGE, I look forward to helping the organization grow and evolve to meet the increasing needs of older adults in our area and continuing on our mission to help seniors age at home where they want to," said Muller.

For more information regarding SAGE Eldercare, call 908.273.5550 or visit www.sageeldercare.org.

Making Your Home a Better Place to Age Since 1954.

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

TUESDAYS 11 am - TAI CHI	THURSDAYS 11:30 am - CHAIR YOGA
WED, MAY 10 10:30 am RETIREMENT PLANNING	WED, MAY 24 11:00 am GRIEF AND END-OF-LIFE JOURNEY: a discussion for caregivers
	WED, MAY 24 2:00 pm UNDERSTANDING EVERYDAY FINANCIAL RISKS

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.
- Volunteers offer vital daily contact and a friendly visit.
- Serving: Summit, Springfield, Mountainside, Berkeley Heights, New Providence, Millburn & Chatham

Our agency adheres to CDC and Department of Health COVID-19 protocols.

908-273-5550 • sageeldercare.org • 290 Broad Street, Summit, NJ 07901

Saturday,
May 13th
7:30PM

Summit High School
125 Kent Place Blvd



Tickets

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Students/Seniors: \$15
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& Civic Chorale of New Jersey (Adults)



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Programs of:
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Foundation**

Call: 908-264-5324
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Web: continuoarts.com

LIONS CLUB BESTOWS MELVIN JONES FELLOWSHIP HONORS

The New Providence Lions are a group of men and women who enjoy giving back to our community and having a good time in the process. Our meetings, operations, dinners, and holiday parties are all funded by our dues or directly by members while all donations go back into serving our community.

The Melvin Jones Fellowship, created in 1973, takes its name from the founder of Lions Clubs International, Melvin Jones. It is an honor—not an award. The Melvin Jones Fellowship was established as Lions Clubs International Foundation’s (LCIF) highest form of recognition to acknowledge an individual’s dedication to humanitarian service.



(above, l-r) Linda Kale, Brian Trumbore, and Andre' Labuff

Courtesy photo

This year the Lions Club of New Providence presented the Melvin Jones Fellowship honors to Linda Kale and Andre' Luboff.

Melvin Jones Fellowship honoree Linda Kale of New Providence

Linda writes “Each year I prepare articles about our members who are recipients of the Melvin Jones Fellowship. This year I was so honored to receive the award. I’m not comfortable writing about myself, but I’ll give it a try.”

I was born into a Military Family at Fort Sill in Lawton, Oklahoma. I was raised with five brothers and one sister. Being in a Military family we moved around a lot. I have lived in Oklahoma, Colorado, Missouri, New York State, Germany (two tours). As a child of a Military family I used to think all the moving was the worst thing that could ever happen to a kid. As I grew up my five brothers all enlisted in the military, my sister and I did not. The older I got the more I realized that my upbringing was the best anyone could have hoped for. I had the opportunity and privilege of meeting so many people from many different cultures and backgrounds. As a result of my travels, I have realized that my home country, the United States of America, is the best home anyone can have.

I’ve lived in New Providence since 1968. During this time I taught exercise classes for the Recreation Dept. I worked in sales for the “Independent Press” newspaper, Marketing and

Public Relations for New Providence Chiropractic, and worked for the Board of Education in Madison, NJ.

Being a part of the New Providence Lions Club has given me the fellowship and partnership of some of the finest individuals I’ve ever met as we work together to give back to this great community.

Melvin Jones Fellowship honoree Andre' Luboff of New Providence

Mr. Luboff moved from Queens, NY to New Providence in 1982 with his wife Elaina, and they have raised their family and have been active in the community for over four decades. A licensed Professional Engineer in New York and New Jersey, he has worked for over 45 years as a civil engineering project and technical manager on many major infrastructure projects in the NY/NJ region.

He joined the New Providence Lions Club in 2013, serving as chairperson for the annual Easter Egg Hunt since 2015 as well as numerous other volunteer and service efforts with the Lions and the community. “My daughters loved going to the Lions Easter Egg Hunt when they were young, and we saw it as a great example of the type of warm community that we were so happy to be a part of. To play a role in carrying on that now 54-year tradition for other families in our community is a great honor and privilege for me to work with my fellow Lions, our first responders and our elected representatives.”



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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 100,000 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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New Providence *April Activity*

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Active	163 Oakwood Dr	7	6.0	4	\$3,200,000	
Active	25A Fairmount Rd	5	4.1	2	\$1,700,000	
Active	23 Old Brook Ln	4	3.0	2	\$999,000	
Under Contract	11 W 3rd St, Unit 2	4	4.1	2	\$1,199,999	
Under Contract	15 Grant Ave	5	3.1	1	\$949,000	
Sold	139 Union Ave	4	3.0	0	\$699,900	\$685,000



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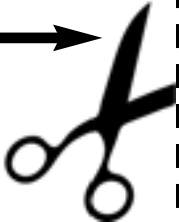
Source: GSIMLS, select properties sold 3/20/2023-4/20/2023. If your property is currently listed with another Realtor, this is not intended as a solicitation of that listing. Information deemed reliable, but not guaranteed. Each office independently owned and operated. Equal housing opportunity. Some homes may be sold and listed by other brokers.



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
- ☐ Have a fruit or veggie with each meal
- ☐ 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

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

Be Happier

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

Run Faster

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

Build Confidence

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

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ 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 17 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)

STEP 1
Scan This QR Code



STEP 2
Enter Your Info When You Get To This Page



STEP 3
Coach Mike will call you and set you up



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.

THE SPOTTED LANTERNFLY IS HATCHING

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

GUIDANCE FOR PARENTS OF STUDENT ATHLETES

Are you eager to help your child achieve their potential in sports, but are wary of the psychic costs? Caring Contact, the Westfield based crisis line, will host a free presentation on May 4th entitled "How to Reap the Benefits of Youth Sports Without Losing It All". The program will be held at 7 - 8:30 p.m. at the Westfield Memorial Library.

Linda Flanagan, author of Take Back the Game, will moderate a discussion with collegiate athletes Katie McCafferty Rathbun and Andrew Garstka, along with New Providence High School Student Assistance Counselor David Chango, on how families can best navigate competitive youth sports.

The event is free but space is limited. To register, visit events.wmlnj.org/event/10508930. Attendees will have an opportunity to ask questions of the panel at the end of the presentation.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. More than 90 trained volunteers answered over 17,000 calls in 2022 from people in crisis, having suicidal thoughts or simply needing someone to talk to.

If you, or someone you know, are in crisis call 988, the new access code to the National Suicide Prevention Lifeline. To learn more, visit caringcontact.org. You are Not Alone.

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

in September and continues through November or until the first freeze.

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
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FRIENDS OF LIBRARY CURATES HIGH SCHOOL ART SHOW

The Friends of the New Providence Memorial Library are happy to share news of the latest art exhibit at the Library. The artists are our very own High School students. The Friends curators Denise Moser, Beth Spiegel and Lynn Celler, and Jennifer Florencio, the head of the Art Department at NPHS, have installed the 2023 Annual Student Art Show in the NPML gallery areas: The Conti Family Community Room, the Reading Area and the glass cabinet display cases. Everyone is especially pleased with the quality of the student works this year, which include many mediums of drawing, acrylic paintings, mixed-media collages, photography, graphic design, and digital art.

The show is an inspiration to all the children who visit the library, seeing the works of the students of their high school. It is also for the enjoyment of the residents to see what the students are producing in the school that they support. The exhibit will be up on the walls until

Friday, June 2.

You many know the Library has a new Strategic Plan created with public input and designed to guide our Library forward over the next five years. The Friends of the New Providence Memorial Library promises to support this new growth for expanded programming. We want to keep our Library the unique, vibrant, cultural and educational community center we all love. Please help us as we discover, collaborate, and connect with our Library and our New Providence community. If you'd like to learn more about supporting the Friends, visit our page on the library's website.

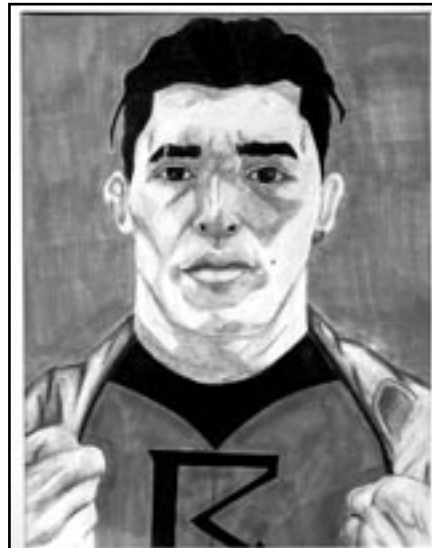
The Friends of the New Providence Memorial Library is a 501(c)3 non-profit organization whose mission is to raise awareness and funds, as well as advocate for, the New Providence Memorial Library. The Friends organize free music concerts, support the library's Museum Pass program, purchase movie licenses, and

fund special events and programming for all ages. The Friends curate the revolving art spaces in the library, and we encourage area artists and crafters to inquire about exhibiting their work at npmcurator@gmail.com, or to fill out our online application form.

Andrew Carnegie once said: "A library outranks any other thing a community can do to benefit its people." We agree!

2023 Officers of the Friends of the Library organization are Sangeeta Prasad Benbow, President; Beth Spiegel, Asst. President, Membership Chair and Art Curator; Alex Klapwald and (Incoming) Joanne Brenckle, Treasurer; Marissa Klapwald, Fundraising; Donna Zane, Social Media; Louise Wheeler, Lead Art Curator; Lynn Celler, Denise Moser, and Joel Francisco, Art Curators; Kathy Martin, Music Coordinator, Helene Langezaal, At-Large Board member; and Craft Fair Chair Karen Golubieski.

Courtesy photos





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SALT BOX CRAFT FAIR MAY 6

On Saturday, May 6, 2023, various craft artisans will participate in the annual Salt Box Craft Fair on the grounds of the Salt Box Museum, from 9 a.m. to 3 p.m. The handmade crafts will include wood crafts, ceramics, stained glass, baskets, wreaths, and other crafts. Vendors will include Rosemarie Hilse, Second Stage Creations, Creative Z's, Joanne White, MW Woodcraft, Lunawear by Dannielle, BaleCraft and others. In addition, the New Providence Garden Club will be selling plants and flowers.

The fair will be held on the grounds of the Salt Box Museum at 1350 Springfield Avenue, New Providence, NJ. The rain date is May 13, 2023. The Salt Box Museum, an 18th-century farmhouse and the site of the craft fair, is operated by the New Providence Historical Society and will be open for tours, free of charge. Refreshments will be available on the grounds. More information is available at newprovidencehistorical.com.

Co-Sponsored by New Providence P.B.A. Local #132 & New Providence Recreation

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On-line registration at newprov.org/recreation

LIONS CLUB ANNUAL GOLF OUTING - JUNE 12

The New Providence Lions Club is proud to announce that we have scheduled our 2023 Golf Fundraising event for Monday, June 12th at Shackamaxon Country Club; 100 Tillinghast Turn, Scotch Plains, NJ.

The Lions and Shackamaxon Country Club are once again partnering to host our 26th Annual Golf Fundraiser. Shackamaxon, in nearby Scotch Plains, hosts one of New Jersey's finest private 18-Hole Championship Courses. Shack's famous 18th Hole was voted one of the most challenging par-4's in the Metropolitan area by Met Golfer Magazine.

The Lions will once again pay tribute to Judge Frank A. Pizzi who established the Lions efforts supporting so many New Providence organizations thru your donations and contributions to this Annual Fundraiser. This year's Event will feature Continental breakfast served from 7:30 – 9 a.m., followed by a shotgun start for 18 holes of golf followed by a BBQ lunch and a social hour after golf including the Awards Ceremony.

For our non-golfing members / guests, a 'Luncheon Only' option will be available on the newly renovated Terrace grill.

Additional information along with Golfer and Donor Sign-Up forms can be found on our website starting April 1st at nplions.org.

LIONS MAKE A DIFFERENCE!

The New Providence Lions Club is a 501(c)3 organization, giving back to the community 100% of the proceeds raised. Organizations that benefit from our annual support include NP Recreation Dept., Fire Dept., Community Service Assoc., EMS Rescue Squad, Senior Citizens Center, PBA, NPHS Scholarships, NP Historical Society, Health Fair, NP Public Library, Drive for Autism, and many more!

Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. For more information/membership please email info@nplions.org or visit nplions.org.

SHINING STARS TO PERFORM - MAY 13TH

The Shining Stars, now in their 11th year, will take the main stage at the Union County Performing Arts Center for their "World Tour" on Saturday May 13th for a 7 p.m. show.

The talented cast of special needs performers will highlight the hits from groups and artists from all around the globe, including The Beatles and One Direction (England), Bruce Springsteen (USA), Abba (Sweden), Irish dancing, and so much more. The show will feature 30 special needs individuals and their "buddies" from local high schools, who serve as mentors during rehearsals.

"Our cast has been working hard for their 2023 debut," noted Shining Stars Network Cofounder and Show Director Sally Curci. "The acts are going to be amazing and we invite everyone to join us for another exciting and fun night."

Tickets are now on sale at UCPAC.org.

Also, on Saturday, August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut. Tickets for "The Greatest Show" — which will feature songs from Broadway and movies — are on sale now at PaperMill.org.

The Camp Shine Summer Workshop will take place from August 14th-25th (go to ShiningStarsNetwork.org to register) and they will cap off the year with their annual "Christmas Spectacular" in December.

"Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories," said Sally Curci. "These opportunities build all-important self-esteem and self-confidence. Along the way our cast members and their high school buddies create bonds and friendships that they'll always remember."

For more information on the organization or upcoming events, please visit ShiningStarsNetwork.org.

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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

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.



(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.

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A RAPTOR FESTIVAL 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 months—from 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. For more information visit: theraptortrust.org/trt-community-day

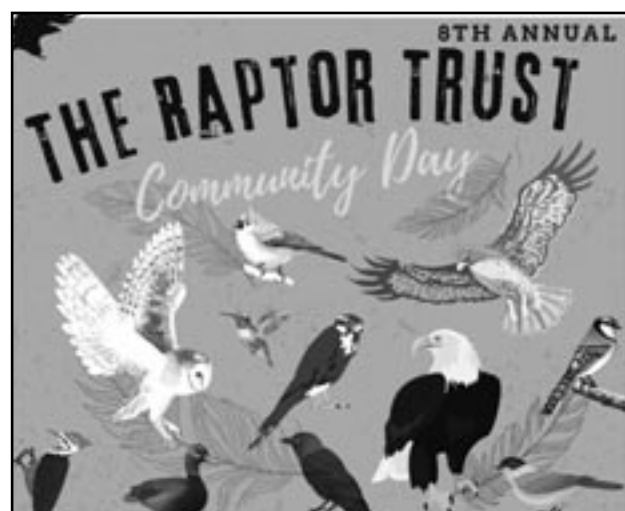
TRT is committed making a long-term impact. With your help, we will continue to play a major role in conserving local wild bird populations and reducing the suffering of wildlife in the tri-state area.

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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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

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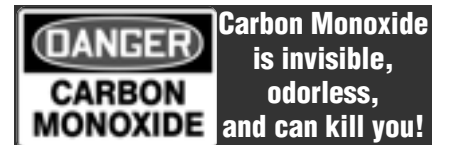
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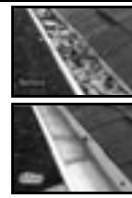
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Email: rsvp@newprovidencelibrary.org • npmlchildrens@gmail.com • NPMLTeens@gmail.com

Knit/Crochet Night (Adults)

May 1 @ 7 PM - 8:30 PM

Drop by the Conti Room with a crochet or knitting project, and chat with this friendly group as you work. No registration required. To sign up for an email reminder, call or email.

Books & Bagels (Adults)

May 2 @ 10:30 AM - 12 PM

Join us for bagels & a book group with no assigned reading! Come and tell us about what you've been reading and which books you've enjoyed recently. This program was made possible by NP Bagel Cafe and the Friends of the NPML. To sign up for email reminders, call the library or email.

The Life of Ulysses S. Grant (Adults)

May 2 @ 7 PM- 8:15 PM

Ken Serfass of Traveling Literary Theatre will portray Ulysses S. Grant at the New Providence stop on his New Jersey tour. You may choose to attend in person, or watch via zoom. Email RSVP@newprovidencelibrary.org to register.

Creative Writing Group (Adults)

May 4, 11, 18, 25 @ 10:30 AM - 11:30 AM

Join our weekly creative writing group, a fun, nonjudgmental way of expressing yourself! Write about anything you'd like - no experience necessary. Please bring a pen and paper. Email to register.

Qi Gong (Adults & Teens)

May 7 @ 2 PM- 2:30 PM

Thomas Boshart of Green Mountain Martial Arts Kung Fu School will teach a free session of Qi Gong, a practice that benefits both mind and body using breath, posture and movement. Positive effects include increased flexibility and movement but also improved mood, resiliency to sickness, and better overall wellness. All levels of experience welcome. Email to register.

Batter Up - Let's Talk Baseball (All Ages)

May 8 @ 7 PM - 9 PM

Baseball enthusiasts are invited to discuss teams, players and issues of the sport with other

baseball fans. Now in its ninth year, this group of mostly seniors welcomes all ages to join the discussion. Email the library to register.

Monthly Movie "Empire of Light" (Adults)

May 9 @ 1 PM - 3 PM

"Empire of Light" (rated R) will be screened in the Conti Family Room.

Sweet Treat Surprise (Teens)

May 11 @ 4 PM

Come make a sweet food gift for mom or someone special. Shh, it's a surprise! For Teens grades 6-12. Email NPMLTeens@gmail.com to register. Please notify us of any allergy concerns, for you or the gift recipient.

SAT/ACT Information Session

May 13 @ 10:30 AM

Learn about your testing options, what to expect, and strategies that will help you prepare for the SAT and ACT. Club Z will present an in-person information session on SAT and ACT standardized tests. All participating students will receive a full-length practice test. Email NPMLTeens@gmail.com to register.

Book Group (Adults)

May 11 @ 7:30 PM

The book group will discuss "Lessons in Chemistry" by Bonnie Garmus. Copies will be available to check out at the front desk one month before the meeting. Email to join.

Book Group (Adults)

May 16 @ 10:30 AM

The book group will discuss "Have You Seen Luis Velez?" by Catherine Ryan Hyde. Copies will be available to check out at the front desk one month before the meeting. Email to join.

Read to a Dog (1st - 4th Graders)

May 16 @ 6:35 PM - 8:05 PM

Are you a new or developing reader? Practice your skills by reading to a therapy dog. To register your 15 minute slot, please email.

Good Tyme String Band (Kids & All Ages)

May 17 at 10:30 AM

Join this string band for some toe tapping fun. All music lovers welcomed!

Knit/Crochet Night (Teens & Adults)

May 18 @ 7 PM - 8:30 PM

Drop by the Conti Room with a crochet or knitting project, and chat with this friendly group as you work. No registration required. To sign up for an email reminder, please call the library or email.

Courtney Summers, Author of "I'm the Girl" (Teens & Adults)

May 20 @ 2 PM

You're invited to a virtual conversation with bestselling author Courtney Summers as she talks about her most recent book, "I'm the Girl." This program was made possible in part through a grant from New Providence Our Community For All. Register online at <https://libraryc.org/newprovidencelibrary>.

Tales and Tunes of East Galway (All Ages)

May 21 @ 3 PM - 4:30 PM

Bring your instrument, or just your voice and learn an Irish tune in this workshop/concert

with Lesl Harker on the Irish flute and Jerry O'Sullivan on the Irish pipe. Attend in person in the Conti Family Room, or watch over zoom. This free program is made possible by a 2023 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of County Commissioners.

Cookbook Club (Adults)

May 23 @ 1 PM

This month's themes are cultural recipes and grilling hacks. To join, stop by the reference desk or email.

Lego Club (Kids)

May 24 @ 3:30 PM - 4:30 PM

Lego Club is back and will meet on the 4th Wednesday of each month! Build a creation to fit the monthly theme or just free form. Themed creations will be on display in the children's room until the following month.

Blood Drive (Adults)

May 25 @ 1:30 PM - 6 PM

Save a life - donate blood! New Jersey Blood Services will run a blood donation drive in the Conti Room. Walk ins are welcome. If you'd like to make an appointment, go to https://donate.nybc.org/donor/schedules/drive_schedule/312217.

KIDS STORYTIME AND PLAY

At the Library in the Coddington Room:

Storytime with Miss Cathy

Tuesday @ 10:30 AM (preschool - K)

Featuring stories, interactive rhymes and movement!

Drop-in Play

Tuesday @ 11:15 AM - 8:15 PM
(closed from 4-5 pm)

featuring 2-3 toys, including the newly refurbished dollhouse.

Bedtime Stories with Miss Debbie

Tuesday @ 7:00 PM (all ages)

Subscribe to the Library's YouTube channel for this program. Questions? Email

Mother Goose Group with Miss Debbie

Wednesday @ 10:30 AM (babies-preschool)

An active storytime with songs, fingerplays, dancing and fun for babies to preschool- But older kids are always welcome!

Drop-in Play

Wednesday @ 11:15 AM - 1 PM

Featuring 2-3 toys, including the newly refurbished dollhouse.

Storytime with Miss Anita

Thursday @ 10:30 AM (0 - 3 yr olds)

OUTSIDE on Front Lawn

Bring your babies and toddlers for stories, rhymes and socialization.

Drop-in Play

Thursday @ 11:15 AM - 1 PM

Featuring 2-3 toys, including the newly refurbished dollhouse.

Drop-in Play

Friday @ 11:15 AM - 4:15 PM

featuring 2-3 toys, including the newly refurbished dollhouse.





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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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**“MY RESULTS WERE BOTH AMAZING AND MOTIVATING!...
I’M SO GLAD TO BE PART OF THIS COMMUNITY.”**



Steve: Typical gym culture isn’t a good fit for me, and at-home workouts haven’t worked for me either. After considering lots of different options, I finally signed up for a challenge with GFP and I’m so glad that I did. The trainers and the other members have been so welcoming, encouraging, and supportive. I’ve never felt rushed even if my pace was slower than those around me, and the small groups allow everyone to benefit from individual attention from the trainer. There is also so much variety in the training, which I really love. I’m so glad to be part of this community.

**“I NEVER EXPECTED TO ACHIEVE SUCH GREAT RESULTS
IN LESS THAN A YEAR.”**



Trish: I never liked going to the gym...until I joined Gabriele Fitness! The very knowledgeable and professional trainers make sure that every person receives personalized attention and feedback in class, challenges and encourages all to make progress, and creates an atmosphere that is friendly, relaxed and social. In a word, they are kind and caring, and make it fun! I never expected to achieve such great results in less than a year,*** and it’s all due to Gabriele Fitness. I’m hooked; they are the best!

**“I STARTED TO FEEL IMPROVEMENT
AS QUICKLY AS 1-2 WEEKS INTO JOINING”**



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it’s easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

“I AM STRONGER THAN I HAVE BEEN IN PROBABLY 30 YEARS.”



Debbie: Been working out at Gabriele for a few years and absolutely LOVE the training. Coaches are extremely knowledgeable and correct any form issues and continuously challenge us. If I experience any pain, they will alter exercise to keep me safe. I am stronger than I have been in probably 30 years. They are fun, motivating and have built a great community at GFP.

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