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## FIRE DEPARTMENT CELEBRATING 125 YEARS

Submitted by Gerry Geisler, Chatham Historical Society

The Chatham Volunteer Fire Department is celebrating its 125th anniversary this year. The community was invited to an Open House event held on Saturday, May 6, 2023.

The Chatham Volunteer Fire Department was formally organized on May 7, 1898. Initially the department was organized as two companies, one on either side of the railroad tracks. Initial equipment consisted of two hose carts and some hose purchased second hand from Morristown. A second hand ladder truck later joined the equipment roster. Equipment was rushed to a fire scene by hand, with horses being borrowed from one of the local livery stables when needed. The equipment was stored in rented space on Passaic Avenue.

In 1907 a combined Borough Hall and Fire House on was constructed on Fairmount Ave. 1959 when a new Firehouse was constructed using a section of Reasoner Park.

The need to borrow horses ended in 1911 when the CVFD acquired their first motorized piece of fire equipment, a homebuilt fire truck converted from a Locomobile touring car. In 1914 the CVFD purchased their first purpose built fire motorized truck from American La France.

In addition to providing fire protection, the CVFD has been instrumental in establishing many beloved local traditions. In December of 1918 the CVFD began the tradition of decorating and displaying a tree in Reasoned Park

for the holidays. In 1919 the CVFD helped to raise funds for the first version of what is today the Chatham Municipal Pool.

The Chatham Emergency Squad was originally organized as a unit of the CVFD in 1935.

In 1952 a great local tradition was born as the CVFD established their annual 4th of July parade and fireworks celebration. This well loved tradition continues to delight Chatham residents of all ages as well as to bring former residents back into town.

In 1959, having long outgrown their original location on Fairmount Ave., the CVFD moved into their new quarters in the current firehouse.

Other Chatham traditions that originated with the CVFD includes the Annual Small Fry Fishing Derby, first held in 1964, and the annual post holiday Christmas Tree Collection. The Christmas tree collection was originally organized as a fire prevention effort by the CVFD.

Today's CVFD continues the commitment to the safety and welfare of the citizens of Chatham Borough that was shown by the founding members 125 years ago. A new volunteer undergoes over 100 hours of rigorous formal training using modern equipment that was not yet even imagined in 1898. Regular drills keep their skills up to date. One thing that has not changed in 125 years: the commitment to the safety and welfare of the citizens of Chatham Borough that has always been shown by the members of the CVFD.



(above) The Chatham Volunteer Fire Department firemen at 100th anniversary.

Courtesy photos

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# GARDEN TOUR OF THE CHATHAMS - JUNE 3

The 9th edition of the Garden Tour of the Chathams, benefiting the Senior Center of The Chathams, will be held on Saturday, June 3 from 10 a.m. to 4 p.m. (rain or shine). This biennial event provides a wonderful opportunity to usher in warmer weather by touring seven beautiful gardens in the Chatham and Madison area. The tour is self-paced and self-driven. Formal gardens, native planting, water features, sustainable gardens, lawn replacement, annuals, perennials, plants, trees, and shrubs...there's something for gardeners of all stripes and skill sets!

Advance registration is \$50 per person at [chathamseiorcenter.org](http://chathamseiorcenter.org) or in person at the Senior Center of the Chathams, Mondays-Fridays between 9 a.m. and 3 p.m. The Center is located at 58 Meyersville Road, Chatham, 973-635-4565. The program/map serves as the ticket and will be available for pickup at the Chatham Gazebo (next to the Chatham Borough Fire Department) between 10 a.m. and 1 p.m. on the day of the tour. Day of Tour tickets will be \$55 per person and can be purchased at the Gazebo. Children under 12 are free. Tickets are payable by cash or check only on the day of the tour, or by credit card at the Center prior to the event.

All proceeds benefit the Senior Center of the Chathams, a not-for-profit agency celebrating 35 years of service to the greater Chatham area. The mission of the Center is to encourage the

independence and well-being of seniors and their families by connecting them with each other and the community at large. To that end, the Senior Center offers a wide range of programs and services that promote successful aging in our communities – with no membership fees or residency requirement.

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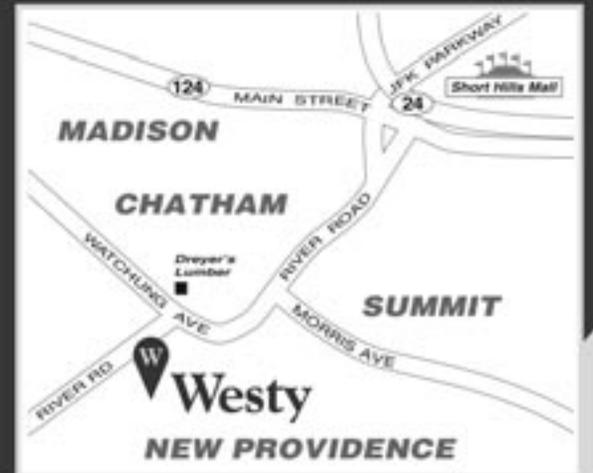
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# THE CONSEQUENCES OF UNDERAGE DRINKING

Municipal Alliance Committee of the Chathams

As high school graduation and other celebratory events approach us, please take the time to speak to your teen(s) about the consequences of underage drinking.

Underage drinking can have serious consequences for teens and young adults. According to the Centers for Disease Control and Prevention (CDC), at least 6 youth under 21 die every day from non-driving alcohol-related causes (such as drowning and suicide). Studies have shown that alcohol consumption by adolescents results in brain damage (possibly permanent) and impairs intellectual development. When drinking is delayed until age 21, a child's risk of serious alcohol problems decreases by 70%.

Underage drinking is against the law, and it is also against the law for adults to serve or provide alcohol to minors. Parents who host parties and permit underage drinking may face serious consequences as a result. Adults who provide alcohol to minors can be held legally responsible for anything that happens when the minors drink and can face legal consequences. The penalties for giving alcohol to minors or allowing alcohol to be consumed on your property can include fines and is a Criminal Disorderly Persons Offense. A civil claim could also hold you financially responsible for injuries

sustained by a third party as a result of the actions of a minor, who has been illegally served or had alcohol.

"Parents Who Host, Lose the Most" is a public health awareness campaign that encourages parents and the community to send a unified message that teen alcohol consumption is unacceptable.

**WHAT YOU CAN DO:**

- Always be home when your child has a party or friends over.
- Let your child know that drinking alcohol is not ok and how alcohol can and will affect them.
- Check and make sure that alcohol is not brought into your home by other teens or young adults.
- Know your kids' friends and communicate with other parents.

The Municipal Alliance Committee of the Chathams (MACC) promotes prevention as a means to reduce substance use disorders and build a healthier community. MACC commits to helping residents of the Chathams, of all ages, thrive by providing evidence-based prevention programs, community building programs, advocacy and support resources aimed at addressing factors that contribute to substance use disorders.

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## THE JUNE SPEAKERS PROGRAM

### THE SUMMIT OLD GUARD

The Summit Old Guard was founded in Summit in 1930 and meets every Tuesday at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is "Come for the Programs. Stay for the Friends." and our June program theme is "Mostly from Brooklyn."

The leadoff speaker on June 6th is distinguished professor Arnold J. Levine who will speak on the Origins and Treatments of Cancer. Professor Levine is a professor emeritus at the Princeton Institute for Advanced Studies.

On June 13th, Judge David Hittner will review his life and experiences as a federal judge, including involvement with Enron litigation, and cases involving gerrymandering, redistricting, and financial fraud.

On June 20 we feature our own Old Guard member Merv Gersten who will talk about his career in traffic and transportation engineering and nearly lifelong hobby of model railroading.

The only June speaker not born in Brooklyn is Gordon Meth, who will review his career as a forensic engineer engaged around the nation as an expert in cases involving pedestrian and vehicle injuries and deaths. Mr. Meth will conclude the June series on Tuesday, June 27th.

Past speakers can be viewed on Facebook, but we encourage people to drop in on our meetings which take place at the church at 10:00 a.m. every Tuesday. "Come for the Speakers. Stay for the Friends." We look forward to meeting you.

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(above, l-r) Gordon Meth, Professor Arnold Levine, Judge David Hittner, Marv Gersten

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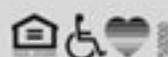
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(above) Jaylynn Morrison

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## HAPPY 101ST BIRTHDAY JAYLYNN MORRISON

Jaylynn Morrison recently celebrated his 101st birthday surrounded by friends at SAGE Eldercare. Born in 1922, Jaylynn grew up listening to his parents' wise words and following their advice. He believed that being a good person and taking care of oneself were the keys to a long and happy life. He spent his childhood listening to jazz music and watching monster movies. He was always fascinated by the world around him and loved to learn new things.

Jaylynn graduated from Morningside High School. He earned his Bachelor of Science Degree from Johnson C. Smith University. During his time at JCSU, he played on the basketball and tennis teams. He earned the nickname "Speedy" because of his calm and slow-moving demeanor. He quickly became one of the team's stars.

After graduation, Morrison moved to Newark, and married the love of his life, Louise. Both were public school teachers in Newark. Jaylynn taught math and science and became a beloved teacher among his students. He made complex concepts easy to understand. And his willingness to go the extra mile to help his students succeed. After their careers as teachers, they retired and traveled the world, went on several cruises and enjoyed going to sporting events, playing tennis and gardening. They shared a life together for

over 65 years.

A man of many passions, Jaylynn had a gift for sports and loved to coach basketball and teach tennis to children. He believed that sports could teach valuable life lessons, and he was always eager to pass on his knowledge to the next generation. Despite his busy schedule, Jaylynn always was available for his favorite foods. He loves nothing more than a plate of sweet, juicy corn on the cob. Ice cream, his favorite dessert, usually concludes his meals.

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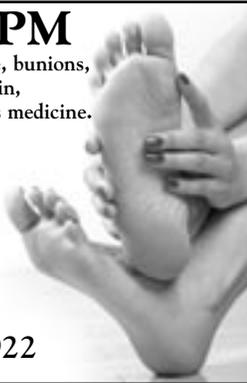
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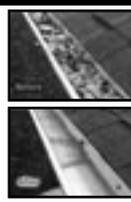
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## HISTORICAL SOCIETY HOLDS ANNUAL DINNER MEETING

*Submitted by Marianne Ivers*

The Chatham Historical Society held its annual dinner meeting on Tuesday, May 9, 2023 at the United Methodist Church. The annual dinner meeting resumed after three years of pandemic restrictions and disruptions. Special guest, His Excellency General Washington, entertained the audience with recollections of the most significant battles of the Revolutionary War, spiced with anecdotes of the United States' journey to independency.

As customary the officers for the society were elected for 2023-2024. Amy Crandall and Karen Hoerrner will serve as co-presidents, Debbie Fabian as vice president, Christine Grobert as treasurer, and Stacey Keenan as secretary.

Long-time board members Diane Conlan and Gerry Geisler were honored for their outstanding contributions to the Chatham Historical Society. The co-presidents also presented the Library of the Chathams with an annual contribution check for the library's support and assistance.

General Washington's presentation highlighted the many miracles that turned the tables on the British in the colonies' long road to winning their independence. He touched upon the small role that Chatham played in the final stages of the war.

In August 1781 Washington and his troops set up a camp in Chatham. The bread ovens were constructed to fool the British into thinking that Washington and his troops were staying in the area and preparing to attack New York. In reality, Washington secretly planned to move his troops to the south and attack the British at Yorktown, Virginia. It took over a day for the British to realize that Washington had left the area. The American and French forces surrounded Yorktown on September 28, 1781. The battles continued for over two weeks until British General Cornwall surrendered on October 19, 1781 thus successfully concluding the Revolutionary War.

Chatham Historical Society will be celebrating its 100th Anniversary in 2024. The society is looking for volunteers to help plan the upcoming celebrations of this milestone. More information on the society can be found on its website [chathamnjhistoricalsociety.org](http://chathamnjhistoricalsociety.org).



*(above) CHS Officers for 2023-2024 - Christine Grobert Karen Hoerrner, Amy Crandall, Debbie Fabian and Stacey Keenan*



*(above) Curator Susan Allen and General George Washington*

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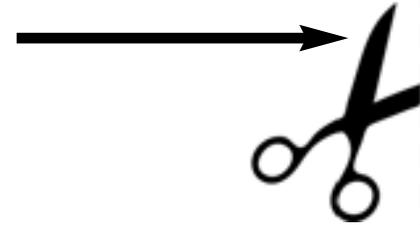
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Cut This Page Out and Put on Your Refrigerator



### 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 9 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 9 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.**

# RECYCLE FOR SIGHT

## PROTECT YOURSELF - KNOW THE SCAMS

Sometimes impostors contact PSE&G customers demanding immediate payment and threatening service shut off. Don't be a victim...be prepared.

### PHONE SCAMS

Residential and small business customers have reported receiving phone calls from individuals claiming to be PSE&G employees. Payment is demanded within hours using a pre-paid debit card. Things to know:

- PSE&G offers a variety of payment options and would never require a specific type of payment.
- Customers scheduled for disconnection due to nonpayment receive written notice on their bill at least 15 days in advance.
- PSE&G will never ask for personal information over the phone unless you initiated the contact.
- If you ever doubt the legitimacy of a call from PSE&G, especially if payment is demanded, hang up and call us directly.

### EMAIL SCAMS

PSE&G customers have reported receiving convincing-looking emails that are actually fraudulent. Emails sent by PSE&G would never:

- Threaten to close your account if you do not take immediate action
- Ask customers to provide personal information online without first logging into My Account
- Should you receive a suspicious email DO NOT reply, click any links, or download any attachments.
- If you're unsure of the legitimacy of the email, feel free to call PSE&G Customer Service.

### IMPOSTORS AT YOUR DOOR

If anyone comes to your door looking like, or claiming to be, a PSE&G employee, ask for ID. All PSE&G employees must carry ID and present it when requested. If you are not convinced, do not let the person in your house. Call us at 1-800-436-PSEG (7734). A Customer Service Representative will gladly verify if a technician has been dispatched to your location.

### THINGS TO KNOW:

- If the person at your door gives you a different phone number to verify his/her presence, do not call it. Only call 1-800-436-PSEG (7734).
- PSE&G will never send employees to your home or small business offering cash refunds on deposits or utility charges. We will only either credit your account or mail a check to your service address.



The New Providence Lions Club is collecting used eyeglasses to be recycled for needy people.

When collected, these glasses are sorted and sterilized and are then donated to a charity and/or medical organizations that provides free eye exams and eyeglasses to needy people in the countries they serve.

To date the New Providence Lions have collected and donated 1,315 pairs of glasses to the Lions Eyeglass Recycling Center in West Trenton, New Jersey.

"These donated eyeglasses will bring sight to many people" commented Peter DeSarno, Lions Club member and collection coordinator.

The Lions Eyeglass drop off box is located in front of the New Providence Memorial Library, 377 Elkwood Avenue, New Providence.

Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. Lions make a difference! Learn more at [nplions.org](http://nplions.org).

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*"Doug and Kim put in the sweat equity to get our home sold. They were there for us, answered all questions and we had a lot! They were very knowledgeable about the market. We are happy with our choice and think you will be too!"*



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# CHATHAM PASTOR REV. DR. ELLEN CLARK CLÉMOT WINS BOOK AWARD



(above) The Rev. Dr. Ellen Clark Clémot

Courtesy photo

The Rev. Dr. Ellen Clark Clémot, senior pastor of The Presbyterian Church of Chatham Township was honored with a 2023 Illumination Book Award, earning the Gold Medal in the category of Ministry/Mission for her book, “Discerning Welcome—A Reformed Faith Approach to Refugees.”

Dr. Clémot officially launched her book last June. Both a licensed lawyer and an ordained minister, Dr. Clémot wrote the book from the perspective of law and ethics, with historical information about the Reformed faith tradition of welcoming refugees. The Illumination Book Awards are designed to “shine a light” on the best of these new titles written and published with a Christian worldview. Illumination Books uses expert judges from a wide array of related fields to choose winners based on specific criteria.

Discerning Welcome provides ethical and legal reasoning to help individuals discern the best ways to welcome refugees into their communities given their local context. It offers concrete examples of how to provide welcome and discusses groups in our area that have been

leaders in providing immigration resources and refugee support. The book also offers a discussion of the moral issues around border walls, as well as a historical overview of the Reformed Christian faith tradition of welcoming the stranger and providing help to neighbors near and far.

The Presbyterian Church of Chatham Township is a vibrant, multi-generational congregation that celebrates the glory of God through faith, fellowship and service. Drawing members from more than 20 communities locally, as well as livestream, our church welcomes all. Whether you are a young family, a single adult, or a couple with grown children, you will find connection here. The congregation reflects diverse perspectives, provides rich music and education programs for all ages, and through social outreach addresses hunger, homelessness, and recovery from disasters or other crises.

Follow us on Facebook and Instagram to see the church in action.

For more information, visit [pctt-nj.org](http://pctt-nj.org) or call 973-635-2340.

## RE-“CYCLE” YOUR USED BIKES AND SEWING MACHINES

Pedals for Progress & Sewing Peace of High Bridge, NJ is having a used bike and sewing machine collection sponsored by Faith Lutheran Church at 524 South Street in New Providence on June 17, 2023 from 9:00 a.m. until 12:00 p.m. Anyone with an adult or child’s bicycle in rideable or easily repairable condition is urged to donate that bike to this worthy cause. “Bikes for parts” or disassembled bicycles will not be accepted. Working portable sewing machines are also greatly appreciated and put to good use around the world. If you are unable to drop your donation off on the actual collection date, you may do so ahead of time by leaving your bicycle(s) in Faith Lutheran’s lower lot next to the utility shed. If you are donating a sewing machine, please leave it underneath the sheltered alcove by the main doors at the bottom of the parking lot.

Every year, Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more unused in basements, sheds, and garages. Most of these end up in our already overburdened landfills. Meanwhile, underprivileged people overseas need cheap, non-polluting transportation to get to jobs, markets, medical care and schools. Pedals for Progress has received, processed and donated

over 165,000 bicycles, 6,000 used sewing machines and millions of dollars in new spare parts to partner charities in 32 developing world countries. In 2022, deliveries were made to partners in Belize, Cameroon, Guatemala, Rwanda, Somalia, Togo and Uganda.

It costs approximately \$52 to collect, process, ship, rebuild and distribute each bicycle or sewing machine. A donation toward shipping costs is necessary with a suggested minimum \$20 per item. All cash and material donations are fully deductible, and a receipt will be provided on site. Pedals for Progress is a 501(c)(3) corporation and a registered charity in the states of NJ, NY, PA, CT, VT. Brochures explaining this innovative program will be available at the collection site.

P4P seeks donations of wrenches for their overseas shops. For detailed information about P4P’s overseas projects and a current schedule of bicycle and sewing machine collections, or to make a donation, please visit their website at [www.p4p.org](http://www.p4p.org).

Faith Lutheran Church is located at 524 South Street, New Providence, NJ. The Rev. Jane McCready is Pastor at Faith Lutheran Church. Visit online at [famfaith.org](http://famfaith.org) to learn more about our worship schedule and ministry opportunities.

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# THE CHATHAM AREA CHAMBER OF COMMERCE IS OPEN FOR BUSINESS

The Chatham Area Chamber of Commerce is pleased to announce they have over 55 businesses from within Chatham Borough, Chatham Township and New Providence as members. Current members represent retail, restaurants, real estate, financial services, health & wellness, home improvement services, contractors, media, education, the arts, and travel.

“I am beyond thrilled to see the local business community reunite to get this effort off the ground and moving forward,” says Terry McCabe, Chamber President, and owner of Scoops the Chatham Creamery.

The official Chamber website launches May 1st, and to kick things off the Chamber is sponsoring an interactive community activity to bring residents and local businesses together. May Mascot Madness will run thru May 31st. Local businesses will place a Chatham Cougar Chamber Graphic at their place of business (or on their website) for residents to seek out and collect signatures along the way to fill up their game card. Once completed, game cards are



submitted to the Chamber and entered to win a prize when they draw names at the Fishawack Festival on June 10th. Visit [chathamnjchamber.org](http://chathamnjchamber.org) for more details.

At the Fishawack Festival, you can meet & greet Chamber Businesses and the Board of Directors, learn about upcoming events and membership. They will be set up at “The Oasis” in the train station parking.

“Meeting the public at this classic Chatham event will be a great way to introduce the Chamber, its members, mission and programming to the community,” says Chatham Township liaison Jim Connelly.

So, what’s on tap for upcoming events? First up - A Taste of Chatham! This once beloved event

will be revived on Monday October 16th at the newly renovated Madison Hotel. Mark your calendars and be on the lookout for more information!

What’s on deck? “Experience Chatham: A Spotlight Series” a series of events designed to ensure all businesses represented by the Chamber have an opportunity to engage with the community and have the spotlight on what they have to offer. “We are committed to supporting our local businesses in ways that are most relevant to them,” says Chamber Secretary Allison Slater, “and our programming will reflect that.”

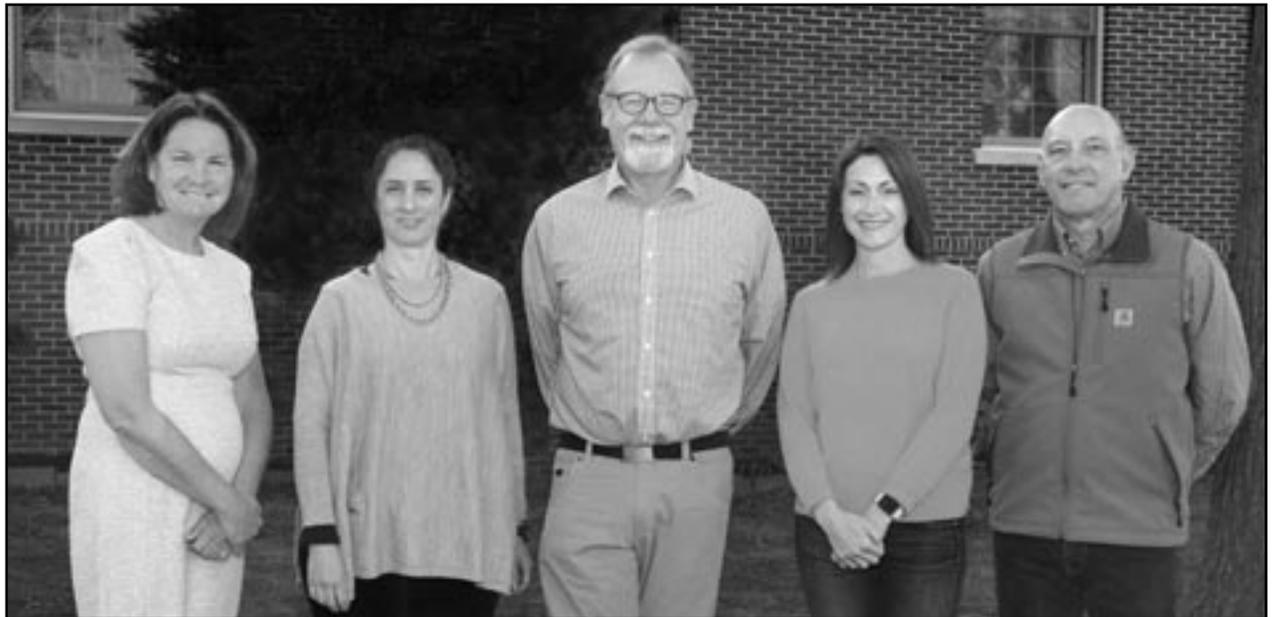
These upcoming events put a spotlight on retail shopping, health & wellness, education, real estate & home services and more.

The Chatham Area Chamber of Commerce is an independent, voluntary not-for-profit organization of business and professional people sharing ideas, talents, and resources to promote the economic welfare of our members and community as a whole. The Chamber is dedicated to supporting local businesses and serves as a collective voice and advocate on their behalf.



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(above, l-r) Mary Weichert (Board Officer), Patricia Etel (Board Officer), Terry McCabe (President), Allison Slater (Secretary), Jim Pinaire (Treasurer)

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## NEW JERSEY VETERANS NETWORK MEMORIAL DAY MESSAGE

*Michael D. Boll, Director, NJVN*

A few years ago, I was approached by a veteran who is a friend of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back, and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need, and shortly after the New Jersey Veteran's Network created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder who has taken their own life. We lose nearly 22 veterans and approximately 300 first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed, and in some cases has

increased.

The VA hospitals with PTSD and mental health programs are packed with patients and unfortunately, the numbers continue to increase. More of our first responders are also seeking help and are utilizing some of the state programs being offered. So many people want to help and put an end to this crisis, but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years, our team has been working tirelessly with other charities to come up with a better solution to help prevent this epidemic from continuing. Personally, we believe our Mobile Outreach Team is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned as a team is that we must lose our ego and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated to being a mentor to a person in crisis. Volunteers are extremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the incredible commitment from the volunteers and other

supporting groups. In the next few months we are excited to be launching the "Uniformed Heroes Project," which is a statewide peer support/mentorship program for veterans, first responders, and active duty military. This project is a collaboration between the NJ VFW, NJ American Legion, NJ FMBA, PFANJ, NJSPBA, NJ FOP, NJ MAVA, NJ legislators, other military/first responder organizations. The Uniformed Heroes Project will provide peer support training throughout the state for volunteers and host numerous recreational therapy events for our heroes in need.

### **ABOUT NEW JERSEY VETERANS NETWORK**

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. Help us save Vets! We are always looking for volunteers, with various skills, to join the team.

If you are a veteran or family member that's in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email [njvn1775@gmail.com](mailto:njvn1775@gmail.com). To learn more about the team please check out our website [njvn.org](http://njvn.org) (accomplishments). Help us save Vets!



*(above) New Jersey Veterans Network veterans and volunteers at a recent Memorial Day Parade.*



## 5K CELEBRATION OF LIFE - JUNE 11

### NJ Sharing Network

NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race will be held on Sunday, June 11, at NJ Sharing Network, 691 Central Avenue, New Providence, NJ. The event, which is presented by RWJBarnabas Health and Hackensack Meridian Health, is one of the Garden State's largest and most-recognized charitable events. It brings together thousands of transplant recipients, donor families, living donors and dedicated volunteers and advocates. Funds raised by event participants, teams, sponsors, and contributors will support the Sharing Network Foundation.

To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit [SharingNetworkFoundation.org/5K](http://SharingNetworkFoundation.org/5K).

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New

Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others. To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).



(above) NJ Sharing Network's 5K Celebration of Life Will Unite Thousands of Organ and Tissue Donation Supporters in New Providence on June 11. To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit [SharingNetworkFoundation.org/5K](http://SharingNetworkFoundation.org/5K).



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[www.nybc.org/njdrive](http://www.nybc.org/njdrive)  
Sponsor Code: 61961

Save the date for our next blood drive: Saturday, September 23<sup>rd</sup>  
Whole Blood donors can give every 56 days/8 weeks  
Double Red Cell donors can give every 112 days/16 weeks

New Jersey Blood Services 800.933.BLOOD • nybc.org #njbloodservices

## ARM PAIN

You Don't Have To Live With It!

That "searing, burning pain" in your arm and shoulder... that "aching, numbing" feeling in your forearm... that "tingling" and loss of strength in your hand... It interferes with your ability to use the computer, play golf, garden... to have **FUN IN LIFE!**

Arm pain, hand and arm numbness, and tingling down the arm may actually be caused by a pinched neck nerve even though you have NO neck pain - Or something as simple as tendinitis of your shoulder and forearm.

Dr. Murphy is an expert at finding the **CAUSE** of your arm pain and numbness and **CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.**

**Dr. Joseph J. Murphy**  
Chiropractic Physician  
PAST PRESIDENT  
The NJ and Morris  
Chiropractic Societies  
EDITOR-IN-CHIEF  
The Column  
Palmer Graduate

**"YOUR BETTER HEALTH IS OUR ONLY CONCERN!"**

 **Suburban Chiropractic Center** **Celebrating Our 38th Year!**

301 Main Street • Chatham  
973-635-0036 • [www.drjmurphy.com](http://www.drjmurphy.com)

## JK'S BASKETBALL CAMP

*Basketball for Beginners*

Children 10 years old and younger

**Two Camps** (Weeks of June 19th and July 10th)

**For 4th, 5th, 6th 7th Grades**  
**Basketball Camp**  
(Week of June 26th - 30th)

**For 4th to 9th Grade**  
**Shooting Camp**  
(Week of July 2 - 7)

At OLP New Providence  
**908-304-4690**  
[www.jkbasketball.com](http://www.jkbasketball.com)



## 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

# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
**908-447-1295**

# RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 160,000 NEWSPAPERS MONTHLY!**

Tina Renna 908-418-5586 • tinarena@rennamedia.com

Joe Renna 908-447-1295 • joerenna@rennamedia.com

202 Walnut Avenue, Cranford, NJ 07016

Online at [RennaMedia.com](http://RennaMedia.com)  
and [NJLocalInfo.com](http://NJLocalInfo.com)

Call today for **FREE** consult on marketing and business plans.



Advertise in 1 or all 24 towns



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,700 Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,500 Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,900 Zip: 07016	<b>Elmhurst Hills</b> ELIZABETH, NJ Qty: 5,400 Zip: 07208 <small>Section of Elizabeth, NJ</small>	<b>Fanwood Post</b> NJ Qty: 3,000 Zip: 07023
<b>Florham Park Press</b> NJ Qty: 5,500 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook</b> NJ Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>MOUNTAINSIDE VIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN Rahway, NJ</b> Qty: 13,000 Zip: 07065	<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Zip: 07204	<b>Scotch Plains NJ</b> WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit &amp; Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

Rates are per month. Artwork included in price. Newspapers are black on white.

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
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								

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

# URGENT - DOG FOSTERS NEEDED

Home for Good Dog Rescue

Attention all dog lovers and previous HFG adopters in the NJ area! Home for Good Dog Rescue urgently needs your help. The high-kill shelters in SC and GA where we rescue all our dogs are facing a dire situation. We need your support to provide temporary homes for these dogs, so we can rescue more and save them from an otherwise imminent death.

Fostering a dog is a truly rewarding experience that can save lives and provide invaluable love and care to these animals. By opening your heart and home to a foster dog, you'll play a crucial role in giving them a second chance at life.

If you have the love and time to share, please consider becoming a foster family today. You'll receive all the support you need, including training and supplies (including but not limited to dog food, crate, bowls, toys, etc.), to make this a positive and rewarding experience for you and your foster dog.

Don't wait - the need is urgent. Help us save more lives by fostering a dog today.

Fill out our foster application now at [homeforgooddogs.org/foster-application/](http://homeforgooddogs.org/foster-application/) and help us give them the second chance they

deserve.

If you have any questions prior to completing the foster application you may also call our 'Foster Hotline' at 908-377-2840. If you cannot foster at this time, please share with your friends and family.

Thank you for your support!



# FARMERS' MARKETS OPENING IN JUNE



The following Markets offer produce grown in New Jersey and sold by the farm that grows it and are designated Jersey Fresh.

Visit [JerseyFarmersMarkets.com](http://JerseyFarmersMarkets.com)

For more details.



## BERNARDSVILLE

Saturdays - 9 am to 1 pm

## CHATHAM

Saturdays - 8 am to 1 pm

## EAST ORANGE

Starting in 2023

## HIGHLAND PARK

Fridays - 11 am to 5:30 pm

## KEARNY

Thursdays - Noon to 6 pm

## KENILWORTH

Tuesdays - 10:30 am to 6:30 pm

## MADISON

Thursdays - 1 pm to 6 pm

## MAPLEWOOD

Mondays - 2 pm to 7 pm

## METUCHEN

Saturdays - 9 am to 2 pm

## MONTGOMERY

Saturdays - 9 am to 1 pm

## MORRISTOWN

Sundays - 8:30 am to 2 pm

## RIVERDALE

Tuesdays - 2:30 pm to 7 pm

## ROSELLE PARK

Wednesdays - 1 pm to 6 pm

## SOUTH ORANGE

Wednesdays - 2 pm to 7 pm

## SPRINGFIELD

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJFCFC) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

## Chatham Volunteer Fire Department 125<sup>th</sup> Anniversary Celebration

MARK YOUR CALENDARS NOW!

### Tuesday, July 4, 2023

9:00 am Flag Raising, Department Inspection

10:30 am Our Traditional Hometown Parade

7:00 pm Chatham Middle School Live Music Until Dark

9:15 pm The Show That Everyone Can't Get Enough of...

Fireworks!!!

### Saturday, October 14, 2023

Open House

Fire Prevention

Pizza • Ice Cream

10:00 am-1:00 pm

Get Your Picture With Sparky!

Follow us: [facebook.com/chathamboroughfire](https://www.facebook.com/chathamboroughfire)

Instagram: @chathamfiredept for the latest updates and event information.

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

### • GET UNLIMITED CLICKS

An alternative to expensive pay-per-click programs

• **FREE AD DESIGN AND COPYWRITING**  
Advertising webpage includes many features including write-up, images, video, Google map, etc.

• **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

• **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

• **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

**\$10 PER POST**  
Block of 20 for \$200  
Single post is \$20



## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

### FLYERS - \$45 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock

Tri-fold add \$10 per thousand. Minimum order \$450

### LARGE MENUS - PRINTING - \$85 PER THOUSAND

For quantities more than 50,000 cost is \$55 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock. Min. order \$850

Includes folding (quarter fold or tri-fold, with or without coupons tab)

**INSERTED AND MAILED TO EVERY HOME AND BUSINESS**

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Minimum order \$400

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)



**FLYERS \$45 PER 1,000**

**MENUS \$85 PER 1,000**



MAY 2023 | MARKET REPORT

CHATHAM

Monthly Sales *at a Glance*

12	\$1,216,828	\$1,270,625	33
HOMES SOLD	AVERAGE LIST PRICE	AVERAGE SOLD PRICE	AVERAGE DAYS ON MARKET



Find out how we net our sellers the most in the shortest time with new technology, innovative marketing strategies, and the prestigious Christie's branding + network.

Chatham Recent Sales

For more information about the Chatham market, contact us at 973.953.7777 or 973.615.6504.

ADDRESS	BEDS	BATHS	GARAGE	LIST PRICE	SALE PRICE	DAYS ON MARKET
35 Rose Ter	7	5.1	2	\$2,499,000	\$2,499,000	8
19 Chatham St	5	4.1	2	\$1,950,000	\$2,034,151	13
19 Samuel Way	3	3.1	2	\$1,705,040	\$1,822,058	35
11 Clark St	4	2.1	2	\$1,249,000	\$1,540,000	10
492 Fairmount Ave	4	3.0	2	\$1,100,000	\$1,188,000	11
2 Dempster Rd	3	1.1	1	\$775,000	\$712,500	176

**Under Contract**

**411 Fairmount Ave, Chatham Twp—\$1,695,000**

**Under Contract**

**12 Avery Ct, Madison—\$725,000**

Rahul + Smitha Ramchandani  
 Laura DiCataldo, Marta Kowal, Charlene Milano

*Broker Associate, Sales Associates*

m: 973.615.6504, 973.953.7777  
 o: 908.516.4790

Team@SRRealEstateGroup.com  
 SRRealEstateGroup.com

47 Maple Street, Summit, NJ 07901  
 25 Green Village Road, Madison, NJ 07940

Source: GSMLS, select properties sold 4/15/2023-5/15/2023. 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.

