## Green Brook Gazette

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**ISSUE 119 • JULY 2023** 

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The Watchung Hills Regional High School

on Thursday, June 15th at Iron Peak Sports &

Entertainment in Hillsborough, NJ. 2023 marks

the 32nd year of Watchung Hills Regional High

rock climbing, basketball, spikeball, volleyball, an arcade, and so much more. Food and drinks were

Graduates enjoyed a full night of fun, including

School's Project Graduation.

A volunteer team of parents of WHRHS seniors comes together to plan Class of 2023 held their Project Graduation event events for the graduating class throughout the year that lead up to a safe and fun graduation celebration for the entire class.

Congratulations to the Class of 2023!

**CLASS OF 2023 PROJECT GRADUATION** 

(More Photos on page 12)





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Photos from this and other events can be found online at rennamedia.com and on the Green Brook Gazette page on facebook.com. Feel free to "Like," "Tag," and "Share."

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## **A MASS OF HEALING FOR CANCER**

A Mass of Healing for Cancer will be offered Mass is for all cancer patients, caregivers, family on July 7 at the Koinonia Academy Gym, 1040 Plainfield Avenue, Plainfield, NJ 07060 by Fr. John Gordon, Secretary of the Office of Evangelization for the Newark Archdiocese. The call 908-256-1788.

and friends to pray for those with cancer or have succumbed to cancer. All are welcome, there is no charge or obligation. For further information



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Julie



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#### **MUSEUM OPEN HOUSE JULY 15**

The Dr. John Vermeule House, one of Green Brook's historic links to its early settlers was built as a farmstead. Construction began in 1799 and became occupied by the Vermeule family in 1805. Dr. Vermeule practiced medicine and operated a farm on the original 113 acres of his property. The home is based on a blending of English and Dutch architectural traditions with Georgian and Federal style influences.

Vermeule ownership of the property ended in 1824. Various families bought and sold the property over the years, namely, Vail, Cohen, Voorhies and lastly, Mundy. The farmstead continued to function as a dairy farm into the mid-20th century. The township of Green Brook acquired the house and remaining 2.2 acres of the property in 2008. Necessary preservation renovations have been made to some structural elements, but the house is virtually unchanged from its original construction.

The Dr. John. Vermeule House at 223 Rock Avenue, Green Brook will be open for visitors on Saturday, July 15 from 10:00 a.m. - 12:00 p.m. There you will meet several of its volunteer members to give you a glimpse into 19th - 20th century rural living. There are some interesting outbuildings and farm equipment to see, on the 2-acre property.

Mark your calendars and consider participating as a volunteer or enjoy the event as a proud resident! We look forward to meet you!

Our meetings are held at Green Brook Town Hall, 111 Greenbrook Road, on the 3rd Thursday of every month at 7:30 p.m. We also offer Zoom, for those who can't come in person. Our group has a lot of fun exploring our local history and doing our best to preserve and document its rich heritage. Please consider joining us! For additional information, please contact 732-968-7696. Please leave a brief message with your name and phone number where you can be reached and you'll receive a call back.





## **GREEN BROOK LIONS CLUB HELPS MAINTAIN CAMP MARCELLA**

maintain a cabin at Camp Marcella in Rockaway. Each year, the camp hosts visually impaired campers, as well as other handicapped campers. In addition to cleaning and preparing the cabin for summer use, this year's

Members of the Green Brook Lions Club maintenance included painting of the building exterior. For more information about Camp Marcella, other Lions projects or Green Brook Lions Club membership, contact President Patrick Boccio through the club website, at greenbrooklionsclub.com.

Courtesv photo



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(above) Justin Britten



(above) Justin's Eagle Scout project benefited the Green Brook Baseball Club. Justin's project included building and installing helmet and bat boxes on Elicker Field in Green Brook. His fellow scouts helped.

Courtesy photos

## JUSTIN BRITTEN EARNS THE RANK OF EAGLE SCOUT

BSA Troop # 129

Justin Michael Britten achieved the rank of Eagle Scout on May 1, 2023, from Green Brook Troop 129. Justin's start in Boy Scouts began in 1st grade and continued into his Senior Year at Watchung Hills Regional High School. Justin says, "This Journey has helped shape me into the person that I am today. I have been able to learn skills that will help me for the rest of my life, all while making some of my longest friends to date."

Justin has shown his amazing leadership as a Patrol Leader and Den Chief all while pursuing other school activities.

Justin's interests include Tri-M Music Honor Society, Peer Leadership, Wind Ensemble, Jazz and Marching Bands, and Track and Field, which led him to decide to attend Raritan Valley Community College Honors College this fall. While at Raritan Valley, he will decide what

Justin Michael Britten achieved the rank of direction he plans on taking before moving to a agle Scout on May 1, 2023, from Green Brook four-year college, most likely in Business Management and Administration.

As Justin completed his Scouting career, he finished off with his Eagle Scout Project which gave back to the community he has spent his life in and helped the Green Brook Baseball Club. Justin's project included building and installing helmet and bat boxes on Elicker Field in Green Brook. In addition to this large project, he and his fellow scouts completed, Justin also installed a memorial to a coach who recently passed away. Coach Bill Ditty greatly impacted Justin and the Green Brook Community and Justin felt he should be remembered and honored. On opening day this year, Justin stood in front of a few hundred people to explain his project and to thank the Baseball Club, Boy Scouts, and the town he loves so much.

## CELEBRATING INDEPENDENCE DAY IN A PIONEERING WAY

#### Submitted by Holly Dunbar, DAR

Several photos found in the Daughters of the American Revolution (DAR) state archives were recently returned to Elizabeth Snyder-Continental Chapter, including this one showing the chapter's prize-winning entry in the 1930 Plainfield July 4 Parade.

The chapter's covered wagon was awarded a silver cup for Most Original Entry. Regent Mary Gates, who was dressed as a pioneer woman, shared a blue ribbon for Best Historical Costume with three-year-old Ruth Purdue, who was rocking a cradle on the wagon. Also in costume were Organizing Regent Gertrude Van Winkle and Chaplain Minnie Weaver. The driver, Harvey Clark, and the horses were provided by Wendmere Farm in New Market and the wagon was loaned by a member of the Westfield Troop polo team. Over the years, the chapter has sponsored many entries in the Plainfield July 4 Parade. The chapter's floats in 1954 and 1961, both depicting the historic Drake House, also won awards.

Now in its 127th year, the chapter continues to participate in patriotic observances as America begins preparations to celebrate 250 years of independence in 2026.

DAR is a nonprofit nonpolitical service organization open to women 18 and older who can prove lineal descent from a patriot of the American Revolution. DAR promotes historical preservation, education, and patriotic endeavor. Elizabeth Snyder-Continental Chapter is based in Green Brook and serves areas in Somerset, Middlesex and Union counties.

New members are welcome. Contact ESCchapterDAR@gmail.com or learn more at DAR.org.



MaryBeth Napurano Mdoremus8@gmail.com 732-882-2412



(above) Prize-winning entry in the 1930 Plainfield July 4 Parade



## CELEBRATING A 2ND CHANCE AT LOVE

#### Somerset County

To honor two special newlyweds, there was a cake-cutting ceremony at the county-operated Warrenbrook Senior Wellness Center where the couple –William McDowell and Doris Halley-Ross – began their romance. The event took place on Wednesday, May 24.

The happy couple, both in their seventies, met in April of 2022 at the reopening of the senior wellness center after the pandemic. They fell in love and were married on May 20, 2023. At the cake-cutting ceremony, attendees wore pastels to match the senior center's decorative purple theme, which commemorated the reopening of the senior wellness center when the couple first met.

The Administration for Community Living has been celebrating Older Americans Month since 1963. This year the theme is "Aging Unbound," which means older Americans are dispelling stereotypes by exploring diverse aging experiences more than ever before. The six county-operated senior wellness centers help promote flexible thinking about aging by helping older adults remain engaged, independent, and included.







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Warrenbrook Senior Center located at 500 Warrenville Road is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are FREE for the registered members. Please (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in July. Independence Day Craft

#### July 3, 11 a.m.

Wear with pride. Make your own red, white, and blue rubber band bracelets which are easy to make, fun and can be created with finger weaving. All supplies will be provided. Please call (908) 753-9440 for more information.

#### Laughter Wellness with Roz Gerken, Certified Laughter Wellness Instructor July 5 & 12, 11 a.m.

For centuries we have known that "laughter is the best medicine." Laughter wellness is based on the awareness of breathing, following various patterns, and usually fake laughter. It's not about telling jokes, but it is fun, and laughter comes easily, and naturally. Roz Gerken, Certified Laughter Wellness Instructor will help us learn some of the techniques to reduce stress, encourage a more positive outlook, and help us feel more refreshed and energized.

#### Basic Computer and iPad Instruction with Parul

July 6 & 20, 11 a.m. Today we will start with basic computer and iPad instruction. The topics that will be covered will vary every week and will depend on the needs of the center participants. Some of the topics that will be covered will include checking email, opening/attaching documents, clearing the cache and creating word documents.

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#### Maintaining Your Balance and Stability as You Age by Nicholas Matthes, Trinity Rehab.

July 7, 11 a.m.

Keeping and improving your balance as you age is crucial in maintaining your

independence, overall health, and well-being. In this lecture, Nicholas will teach us the benefits of improving your balance, what can happen if you don't and several easy exercises you can do at home to start improving your balance today.

#### Pranayama

July 10, 17, 24 & 31, 11 a.m. When the breath wanders, the mind wanders. But when the breath is steady, the mind too will be steady, and the yogi will achieve long life.

Therefore, one should learn to regulate the

breath. – Hatha Yoga Pradapika. Pranayama breathing techniques are part of the ancient Indian yogic tradition, and it is said that it came into existence, along with yoga, meditation, and Ayurveda, around 5000 BC. Yoga, pranayama,

and meditation are also part of Ayurvedic practices. They are recorded within ancient texts like Vedas and the yoga sutras, and these texts mention pranayama as a foundation aspect of yoga practice. In this course, you will learn several pranayama techniques to restore balance

#### and heal your mind and body. Blood Pressure Screenings July 12, 11 a.m.

A nurse from the Visiting Nurse Association will meet with you individually and take your blood pressure and answer any questions you may have. No appointment is necessary.

#### The Amazing Sky Breath: Introduction by Sukumar Kavanoor, Art of Living Foundation. July 12, 1 p.m.

The SKY breath was cognized in 1980. In the short span of 43 years, the unique breathing technique has spread to 184 of the 195 countries

in the world. Over 100 third-party research works have documented the benefits of SKY breath in peer-reviewed journals. Some of the benefits of SKY breath are increased energy level, reduce stress, improved mood, boost in immunity, improved sleep and enhanced mental

#### clarity and focus.

#### Armchair Travels: France with Parul.

July 13, 11 a.m.

France is a country famous for its sophisticated culture, exquisite cuisine, fine wines, romantic chateaux, and picturesque countryside. We will visit the French Riviera and Paris.

French Trivia

July 13, 1 p.m. After visiting and learning about France we will complete a general knowledge quiz, French words quiz and a French word finder.

#### Brain Games and Hand Bells with Adrienne Graubard July 14 & 28, 11 a.m.

Solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes. Join Adrienne for some mind-tingling, brain-

stumping, word games and a fun-filled musical workout using handbells.

#### Warrenbrook Picnic on the Patio July 19, 11 a.m.

How about some music, games, dancing, snow cones and grilled food. It sounds like summer fun! Come enjoy the Warrenbrook picnic on the patio on a hot summer day.

Craft: Flip-Flop Boxes.

July 21, 11 a.m.

Hit the beach anytime! Paint and decorate the flip-flop boxes with creative designs and embellishments. All supplies will be provided.

#### Pre-registration is required. Nutrition for Colorectal Health by Cecilia Gomez, Cancer Institute of New Jersey

July 26, 11 a.m.

Cecilia will discuss nutrition tips that can lower the risk of colorectal cancer.

**Dice Games** 

July 27, 11 a.m.

Dice is one of the oldest game pieces in history. Dice games are fun and versatile and provide social opportunities and stimulate the senses. We will be playing dice games like Cover the Number, Sevens Game, Round the Clock, Draw a Beetle, All 6 Game and 5000.

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# GUARANTEED

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## WHRHS CLASS OF 2023 PROJECT GRADUATION PHOTO ALBUM

Photos from this and other events can be found online at rennamedia.com and on the Green Brook Gazette page on facebook.com. Feel free to "Like," "Tag," and "Share."

Photos by Dan DiBella





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