

PROVIDING EDUCATIONAL POSSIBILITIES

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Submitted by Martha Sayre

On June 13th, 2023, the PEP (Providing Educational Possibilities) Program celebrated the graduation of one student from college and nine students from Summit High School. PEP's nine graduating seniors will attend college in state and out of state. In addition, 12 college students achieved Dean's Lists, 21 high school students achieved PEP's high honor roll, and 9 middle school students earned PEP's honor roll.

PEP is a college-access program that offers academic, social-emotional, and financial support for select, motivated students from Summit, NJ public schools. The program serves students from grades 7 to 12, and continues support through college.

Sydney Rojas, a 2020 Summit High School graduate, graduated from Stockton University with a Bachelor of Arts in Communication Studies with a concentration in Public Relations and Advertising. She completed her college career in 3 years. She is currently an intern at GRACE in Summit and is looking to make an impact in the Summit community and beyond.

The following PEP students will be graduating from Summit High School on June 21st and attending college:

- German (Aguie) Barrantes will be attending Seton Hall University and plans to major in Finance.
- Hefziba Campos will be attending Boston University and plans to major in Education.
- Aniyah Farris will be attending Montclair State University and plans to major in Business or Organizational Psychology.
- Marco Flores- Gonzalez will be attending Rochester Institute of Technology and plans to major in Engineering or Computer Science.
- Kaitlyn Marin will be attending Seton Hall University and her major is currently undecided.
- Deeda Mohammadi will be attending Rutgers University (Newark) and plans to major in Political Science/Pre-Law.
- Jared Osei–Yeboah will be attending Sacred Heart University and plans to major in Business.
- Rachel Quartuccio will be attending Husson University and plans to major in Audio Engineering/Production.
- George Rocano will be attending Penn State University (Altoona Campus) and plans to major in Management Information Systems.

For more information about the PEP Program, please visit pepprogramnj.org. The program takes applications in late winter.





(above) Sydney Rojas graduated from Stockton University



(above) German (Aguie) Barrantes, Hefziba Campos, Aniyah Farris, Marco Flores-Gonzalez, Kaitlyn Marin, Deeda Mohammadi, Jared Osei-Yeboah, Rachel Quartuccio and George Rocano

Photos by Donna Fisk



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SUMMIT OLD GUARD JULY SPEAKERS PROGRAM

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." Our July program theme focuses on current national political issues. Please join us. These programs are free to the public, and we welcome you!

Due to the Fourth of July celebration, we will only have two speakers for our July program.

Both are fascinating experts speaking on current national issues.

On Tuesday, July 18th, John Miano Esq. counsel for the Immigration Reform Law Institute will discuss "The Immigration System: Is it Fixable?" Mr. Miano will emphasize its effects on employment and the prospects for change. He focuses on foreign workers displacing Americans.

On Tuesday, July 25th, Associate Professor Ian Drake, widely published on constitutional law issues, will speak on "The Supreme Court: Its Recent History and Decisions." He will touch on the politics of nominations and the makeup of the court. Both immigration policy and the Supreme



(above, l-r) Assoc. Prof. Ian Drake, John Miano Esq

Court and its recent decisions will be widely discussed in the approaching presidential nominations and campaigns.Start your own study of these issues of critical importance to our nation.

Past speakers and much, much more can be viewed at SummitOldGuard.org but we encourage people to drop in on our meetings which take place at the church at 10:00 a.m. most Tuesdays. "Come for the Speakers. Stay for the Friends." We look forward to meeting you.

CITY OF SUMMIT SUMMER HOURS

The City of Summit summer hours are now in effect through Friday, September 1, 2023. City offices will open for business at 8 a.m. and close at 4:30 p.m. Monday through Thursday. On Fridays, offices will open at 8 a.m. and close at 1 4:30 p.m. and on Fridays from 7 a.m. to 1 p.m.

p.m. The Construction Office in the Department of Community Services will also operate under a modified summer schedule; the office will be open Monday through Thursday from 7 a.m. to



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Summit Times • Page 3 • July 2023



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36 Greenbriar Dr	5	3.2	2	\$2,699,000	\$2,900,000	9
24 Hobart Ave	5	3.3	2	\$2,299,000	\$2,530,000	8
7 Portland Rd	5	4.2	2	\$1,675,000	\$1,900,000	8
87 Beekman Rd	5	2.2	2	\$1,349,000	\$1,515,000	13
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Source: GSMLS, select properties sold 5/16/2023-6/15/2023. 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.





Summit Times • Page 4 • July 2023 **ISABELLE EMBDEN & EDEN LEVKOV AWARDED COLLEGE CLUB SCHOLARSHIPS**

a celebratory occasion: the annual awarding of high school scholarships on June 4, 2023. "It never gets old," said Lynne Rogerson, SCC president; "this is the happiest day of our year."

Founded by a Summit High School teacher over a hundred years ago, Summit College Club has awarded more than a million dollars in scholarships since then. In 1935, SCC became a



(above, l-r) Top: Isabelle Embden (Summit) and Brielle Angelson (Millburn); Bottom: Kendall Torres (Mountainside), Alexandra Munies (New Providence), and Valeria Narvaez (Chatham). Not pictured: Eden Levkov (Summit)

University Women (AAUW), an organization devoted to gender equity in research, education, and advocacy.

Club members had gathered in the sun-filled Lile Hall at Christ Church in Summit along with the six graduating honorees and their proud families. The afternoon began with a glad welcome by Ellie Redington, co-chair of this year's reception.

Then came the main event: the awards. Members of the SCC Scholarship Committee took turns in describing some of each candidate's considerable achievements and presenting a certificate, a rose, and a check for \$4,500 to each young woman.

Isabelle Embden, a Summit resident who attended Kent Place School, is a first generation American who speaks Spanish fluently. She is president of her school's Diversity Council, a volunteer ESL tutor for the underprivileged, and a volunteer social media programmer for a Korean-American organization. For the last two summers, Izzy has used her Spanish to teach at a girls' empowerment camp in Mexico. At Princeton University next fall, Izzy intends to major in political science and possibly pursue a legal career. Ellie Redington presented her with a Summit College Club Merit Scholarship.

Eden Levkov, who also lives in Summit, was awarded the Tilla Thomas Merit Scholarship, Courtesy photo

The Summit College Club (SCC) gathered for branch of the American Association of which is earmarked for a Summit High School senior who has shown both academic excellence and leadership potential. Eden, who speaks Hebrew and Russian as well as English, participated in a program in medicine at Columbia University, and a two-month leadership academy for women at Babson College. Eden has studied ballet for 10 years and modern dance for 3; she ice-skated competitively for five. She volunteers at food kitchens. Eden plans to major in biology at Gettysburg College next fall. Ellie Redington presented Eden's award.

> Once the awards had been given, two of last year's awardees, Crystal Jong and Lara Cota, each spoke briefly. Crystal and Lara talked about their freshman experiences at college, Crystal at Rensselaer Polytechnic Institute, and Lara at the University of Pennsylvania.

> Finally, Summit College Club member Leslie Carson gave a description of an exciting AAUW initiative, an annual four-day leadership conference that draws hundreds of college women nationally. The 2023 SCC winners, she said, would be eligible to take part in the spring of 2024, and Summit College Club was eager to facilitate and sponsor them.

> Refreshments and photos, and lively conversation followed as the students, their families, and club members chatted happily with one another.





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NIMAH LLOYD TO ATTEND GLOBAL SUMMIT IN SOUTH AFRICA



(above) Nimah Lloyd Courtesy photo

You've got money, friends, and a beautiful family. Why do you often feel so angry and sad? You deserve to feel better. Psychotherapy can help. Dr. Adam Brown author, professor, trauma expert www.adambrownphd.com

Summit Public Schools

Summit sophomore, Nimah Lloyd, is one of 100 high school girls who has been selected from a sizable pool of applicants from all over the world to attend the Oprah Winfrey Leadership Academy and Miss Porter's School Global Summit in South Africa in the summer of 2024. This is definitely worth celebrating as Nimah will be connecting, collaborating and learning with a diverse group of girls from all over the world as they dig into the climate crisis, social inequality, healthcare access and rapidly advancing technology through the lens of South Africa, led by Oprah Winfrey herself. Oprah will be joining the girls at the 16-day Global Summit where they will have an opportunity to learn from her through master classes and many other women leaders as they use design thinking to begin to come up with some solutions to these pressing global issues.

What inspired you to apply to the Oprah Winfrey Leadership Academy and Miss Porter's School Global Summit?

"What inspired me to apply to the Oprah Winfrey Leadership Academy and Miss Porter's School Global Summit is that I thought the experience would be amazing for me to meet new girls from around the world. I love seeing new cultures and learning about new cultures and I thought this experience would help me grow as a person. I also like that all the girls in the summit want to grow their leadership skills like me and want to change the world. I would be meeting new friends that all have a passion for leading like me."

What is your reaction to being selected for this opportunity?

"I am excited to meet other girls from different parts of the world. I also am excited to see South Africa and make memories while I am at the program. I am excited as well because through this program, I would be able to learn leadership skills not only locally, but globally as well. I was also excited to be accepted because I spent so much time working on the application over winter break that it was a relief when I got the acceptance letter."

What do you hope to get out of this experience and how will that benefit you moving forward?

"I hope to gain more knowledge on the skills needed to become a good leader, like being able to connect with people of different backgrounds and being able to learn lessons from each other from our different experiences. This will propel me further because from this experience, I will become a more well rounded individual from seeing how others live their lives."





Summit Times • Page 8 • July 2023



CCS SCHOLARSHIP RECIPIENTS

proud to announce their 2023 Scholarship recipients, Each will receive a \$3,000 scholarship. Thomas Kohaut will be attending The Catholic University of America and will be participating in Army ROTC. Yenni Gonzalez-Chacon will be attending Drew University. Mateo McNamara will be attending George Washington University.

The qualifying applicant must be a graduating high school senior who has been accepted to an

The Christ Child Society of Summit (CCS) is accredited 4-year or 2-year college, or an accredited vocational or technical school. Each applicant must be in need of financial aid and have experience working with and/or volunteering with children while in high school. They also must have attended a high school located in Summit, NJ or have lived in Summit.

The Christ Child Society of Summit is a nonprofit organization whose members are dedicated to serving the needs of children and families in our community.



(above, l-r) Back row: Scholarship recipients Thomas Kohaut, Yenni Gonzalez-Chacon, and Mateo McNamara. Sitting: members of the Scholarship Committee Jackie Browne, Bev Luehs, Maura Perier, CCS President Christine Murray, and Allison Lees. Courtesy photo









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Each week, guests will participate in vocal and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

For more info, or to register for the free "Big Summer Sing," visit hickorytreechorus.org, email info@hickorytreechorus.org or call 908-377-1399.



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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



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

Courtesy photo

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.

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IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FAST

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest over 20 years experience with training NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own for more details...

because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good pushup...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete summer Sports Performance session runs June 19 until August 24 in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 19 and runs til August 24.

Visit www.gritathletes.com to register for their summer session...or see below

Do you want **GRIT ATHLETE PERFORMANCE** to Help You with all of this?

The Summer Program began June Scan the QR code to see if there is any availability left.



Scan QR Code for cost, timeslots, and dates.

The program ends August 24

Attention Parents of Kids Ages 6-18 UPDATE: THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS STARTED!

Scan Below to see if there are any spots left.

We'll have your kid 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 (STARTED JUNE 19TH)



Warning: The Summer session is extremely popular and we cannot guarantee a spot in the program now that it has begun. Please scan the QR code and enter your information to find out if there are spots left in your child's age group.

YOUTH LED COOKING CAMP

Governor Livingston High School Junior Bessie Huggins is excited to mentor the next generation of young leaders for Central Presbyterian Church's youth led cooking camp this July. "I developed the camp as part of my Girl Scout Gold Award, and I'm so excited to see it continue!" Huggins and her freshman interns will continue to reach out to the local community and to our food pantries to provide hands-on instruction and experiences for kids using ingredients that are common food pantry staples.

After learning about food insecurity in the community, Bessie was surprised to hear that cooking skills are one of the major barriers for good nutrition. "I grew up cooking dinner every week, but I realize that not everyone's parents have the time and patience to do that!" Bessie reached out to our local food pantries to see what ingredients they commonly give out and used resources from the United States Department of Agriculture. She filled in with her own tips and experience that she picked up in cooking classes at school, and from cooking at home.

The camp, located at Central Presbyterian Church in Summit, NJ, focuses on teaching kitchen safety and kitchen basics, nutritious meals, healthy snacks, and tasty treats to kids from third grade through fifth grade.

Register to join us this summer at vbspro.events/p/events/9f51c6.





A MASS OF HEALING FOR CANCER

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

A Mass of Healing for Cancer will be offered Mass is for all cancer patients, caregivers, family 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 call 908-256-1788.



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SCHOLARSHIP AWARDED TO DEEDA MOHAMMADI

The Santiago Abut Foundation (TSAF) has awarded the \$5,000 2023 Santiago Daniel Abut Memorial Scholarship to Deeda Mohammadi, a graduating senior at Summit High School who will attend Rutgers University and intends to major in political science and eventually become a lawyer. Deeda was chosen from among several applicants, in recognition of her strong academic achievements and solid record of work within the Summit community.

Santiago Daniel Abut (Santi) was an eightgrade student at Summit Middle School, when he unexpectedly passed away in 2008 from a misdiagnosed health condition. Now in its twelfth consecutive year, the Santiago Daniel Abut Memorial Scholarship is awarded every year to a Summit High School graduating senior who demonstrates academic merit and character/citizenship. The launching of this scholarship in 2012, which would have been

Santi's senior year at Summit High School, adds special meaning to it, as Santi did not get the chance to go to college, but his family would like to think that he attends college, every year, through and with the students that this scholarship contributes to finance.



(above, l-r) Daniel Abut, Trustee – TSAF; Deeda Mohammadi; and Sonia Abut, Trustee – TSAF Courtesy photo

FRIENDS OF THE SUMMIT LIBRARY HONORED WITH 2023 LIBRARY SERVICE AWARD

The Friends of the Summit Free Public Library were selected for the prestigious 2023 Library Service Award presented by the New Jersey Library Association (NJLA). This annual award is given to one Friends of the Library group in the entire state of New Jersey for "exceptional service to New Jersey's libraries".

The 2023 NJLA Honors and Awards Event took place on Thursday evening, June 1, at Harrah's Waterfront Conference Center in Atlantic City, NJ. Rikki Owen, President of the Friends of the Summit Library, accepted the Library Service Award during the ceremony.

One of the standout accomplishments of the Friends has been their bi-annual Giant Donated Jewelry Sales, which have seen record-breaking returns in recent years. The Friends grant all of these proceeds towards library programs and services, such as the Summer Reading Challenge, best-selling author talks, Museum Passes, and the Library of Things, among many others.

To promote their sales, the Friends have created an effective public relations campaign through social media, bulletin boards, and jewelry displays at the Summit Library. In preparation for each sale, they spend many hours collecting and appraising donated jewelry.

The Friends of the Summit Free Public Library have demonstrated an unwavering commitment to enhancing library programs and services. "We are forever thankful to the Friends of the Library for all that they do to support and develop Library programs and services that inform, inspire, and enrich our community," said Amy Behr-Shields, Director of the Summit Library. "Good friends make great libraries."















VANDALS CAUGHT IN THE ACT.

Submitted by Dr. D. Michael Hart

handed vandalizing a building at Boy Scout Camp Wheeler, in Byram Township, NJ. They are seen here in a "line up" against the wall.

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

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

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

The "Pool House Gang" were caught red Eventually the building will have two bathrooms, two common showers and 8 individual changing rooms on each of two sides. There is a full sized swimming pool behind the building, so all of the chlorination, pumping mechanisms and electrical service are also located inside the building.

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



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





FIBER ENTHUSIASTS GATHER TO SPIN A YARN

Kathleen Czarnecki, Kenilworth Public Library

When was the last time you walked into a library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts recently gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the



The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge about the craft's techniques, and even the business end of it, with one another.

There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types of spinning fibers. We hope to offer hands-on technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at kenilworthlibrary.org to view additional programs and services.

The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.



(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.



(above) Claudine is a Summit resident. She teaches sewing classes at Fabricland in Green Brook.





(above) Charlene, a Green Brook resident, heard about the event thru a friend.



(above) Keira from Jersey City.

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

Their goal is to promote face-to-face relationships between fiber animals, farmers, and fiber artists within their community.





THOUSANDS UNITE IN SUPPORT OF ORGAN AND TISSUE DONATIONS

NJ Sharing Network

On Sunday, June 11, thousands of people came out in support of organ and tissue donation during NJ Sharing Network's 5K Celebration of Life. The event, presented by RWJBarnabas Health, brought together transplant recipients, donor families, living donors, hospital partners, and dedicated volunteers to help raise awareness about the power of organ and tissue donation and transplantation.

Funds raised by 5K Celebration of Life participants, teams, sponsors, and contributors support the Sharing Network Foundation. Thus far, \$1.5 million has been raised for this year's campaign. Campaign contributions can be made until the end of August by visiting SharingNetworkFoundation.org/5K.

"Our 5K Celebration of Life has grown to become one of the Garden State's largest and most-recognized charitable 5K events," said Amanda Tibok, Executive Director of the

Sharing Network Foundation. "Every dollar a life-saving transplant. However, New Jersey's raised plays a vital role in powering what we do - whether it is increasing resources focused on clinical advancements, expanding programs to provide the care and support for donor families and transplant recipients, or boosting our award-winning community education and awareness activities."

Victor DiSanto, Chair of the New Providence 5K Celebration of Life, has a powerful connection to NJ Sharing Network's life-saving mission. His words spoken from the main stage helped energize the crowd at the event.

"We come together because all of us have been touched by donation and transplantation in some way," said DiSanto. "My son, Joe, is alive and well, thanks to a heart transplant he received 17 years ago. And he just got married this past weekend! None of this happens without our angel - Joe's organ donor, Natalie."

There are over 100,000 Americans - nearly 4,000 of whom live in New Jersey – waiting for growing support for organ and tissue donation is providing hope for the future, according to Carolyn M. Welsh, President and CEO of NJ Sharing Network.

"Here in New Jersey, we have had four consecutive years of record growth in the number of lives saved and enhanced through organ and tissue donation and transplantation," said Welsh. "Last year, we saw a remarkable 21% increase in the number of organ donors and a 12% increase in the number of organs transplanted. We are deeply grateful for the exceptional efforts of our team members, healthcare partners and community supporters."

One organ and tissue donor can save 8 lives and enhance the lives of over 75 others. There are more than 2.7 million New Jerseyans registered as organ and tissue donors. To learn more and join the National Donate Life Organ Tissue and Donor Registry, visit NJSharingNetwork.org.

Courtesy photo



(above) Thousands of NJ Residents United to Express Support for Organ and Tissue Donation. One organ and tissue donor can save 8 lives and enhance the lives of over 75 others. There are more than 2.7 million New Jerseyans registered as organ and tissue donors. To learn more and join the National Donate Life Organ and Tissue Donor Registry, visit NJSharingNetwork.org.

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VILLAGE GREEN CONCERTS AND MOVIES

Community Programs is announcing the schedule for summer movies and concerts on the Village Green, located at 356 Broad Street in Summit.

Presented by Citizens Bank, the 2023 Hot Summer Nights Concert Series will feature a variety of bands on Tuesday nights during July and August. The lineup includes Total Soul on July 11, the Nerds on July 18, Austin City Nights on July 25, Changing Lanes on August 1, Audio Riot on August 8, and Brian Kirk and the Jirks on August 15.

The City of Summit Department of accompanied by food trucks. The second night of purchase food from the featured food truck of the the concert series, Tuesday, July 18, will serve as Community Night, welcoming local non-profit organizations to share information with the Summit community during the concert.

The 2023 Screen on the Green Movie Series will also take place on the Village Green, on Thursday nights in July and August. The series will feature Lightyear on July 6, Minions: The Rise of Gru on July 13, Puss in Boots: The Last Wish on July 20, Turning Red on July 27, and DC League of Super-Pets on August 3. Each night, a family dance party will begin at 7:15 p.m., and Concerts begin at 7 p.m. and will be the movie will be shown at dark. Attendees may

week

All concert and movie attendees are asked to bring their own blankets and chairs. There is no cost for admission to concerts or movies. All events held by the City of Summit are alcohol and tobacco-free.

Full event details for the Hot Summer Nights Concert Series and the Screen on the Green Movie Series, including vendor and sponsorship information, can be found online at summitcommunityprograms.com. Please contact the Department of Community Programs at 908-277-2932 with any questions.



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SUMMERTIME ACTIVITIES TO HELP MAKE SENIORS PART OF THE ACTION

The spring and summer seasons herald the **2. LUNCH OUTDOORS** kickoff of pleasurable and entertaining events with family and friends. Who doesn't look forward to picnics in the park, outdoor family reunions and weekends at the lake?

If you're a family caregiver, this season of increased activity isn't always good news, especially since a loved one might be apprehensive about going out. If you're an older adult tired of being cooped up, you might have a different view. Getting back in action could be higher on your priority list.

A little pre-planning can help make it easier for an older adult to take part in summer festivities, even if health, mobility and stamina threaten the fun. However, if you or a loved one isn't up to more robust activities, check out this list of fun things to do. If you're planning activities together, make sure loved ones participating are not ill or experiencing any COVID-19 symptoms.

TOP 10 FUN THINGS TO DO WITH A SENIOR THIS SUMMER

1. A DAY OF PAINTING OR COLORING

With the popularity of adult coloring books, you can enjoy this pleasing pastime with all the generations. If your family is particularly artistic, you might even want to try your hand at watercolors and paint self-portraits to share with the entire family.

If the weather is nice, lunch on the patio or deck may be a great alternative if you or an older adult no longer has the endurance to leave the family home. Pack up a picnic basket with all her favorite foods, put out a checkered tablecloth and vou're set!

3. A VISIT TO THE PARK

A trip to the park, even if you must drive an older adult there, is a good way to help relive their memories of taking younger children to the playground on warm, sunny days. Sit on the park bench and reminisce.

4. GARDEN ANYWHERE

Gardening is a favorite hobby for many seniors. If you or your mom can no longer maintain a garden, planting flowers, herbs and vegetables in pots is a great alternative. Check out ideas online and on Pinterest, or go to your favorite garden center. Many have gardening classes and activities, too.

5. START A BOOK CLUB

If Dad still enjoys reading, why not enlist a few of his friends or family members to read a book you would all enjoy? Gather the group for coffee and tea, and share thoughts about the book. There are also online book clubs for older adults if you or your senior loved one would prefer that option. **6. CHECK OUT THE TOWN'S EVENTS**

Your own neighborhood could provide a wealth of activities. Search for area activities on Facebook or through the local media. Popular summer activities in many communities include concerts and plays, ice cream socials and parades.

7. PLAN A TEA PARTY

If Mom has been ill or isolated for a time, a small tea party could be just what she needs to boost her spirits. One family caregiver noted that her mother's family members recently got together for tea celebrating what would have been her grandmother's 100th birthday. The various generations all enjoyed hearing what it was like growing up decades ago.

8. SHARE A HOBBY

With school out of session and the kids itching for something to do, why not ask Grandpa or Grandma to teach your children his or her favorite hobby. Whether it's knitting, woodworking, playing guitar or working crossword puzzles, children will enjoy learning a new skill while getting better acquainted with a grandparent.

9. ANCHORS AWAY!

You're never too old to ride on the waves with the wind blowing through your hair. If you own a boat or know someone who does, what a great experience for the entire family to spend some time out on a lake. Remember the hat, sunscreen, fishing pole and life jacket!

10. PICK FRUIT

Picking juicy cherries or other fruit in season may have been a past summertime task for the senior in your life. Check out fruit farms in your area and load up the entire family for a weekend afternoon outing. Even if Mom can't pick fruit, she's sure to enjoy watching (and tasting)!

In addition to planning fun activities, try a staycation, too!



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Thank you, Julie



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