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YOUTH SERVE THE PEOPLE OF APPALACHIA

St. Vincent de Paul Parish

Twenty-eight teen and adult volunteers departed from St. Vincent de Paul Church in Stirling, NJ on Sunday, July 30, 2023, for a one-week service trip to Appalachia. Their destination: Terra Alta, West Virginia. Their mission, unchanged over the 20+ year history of the St. Vincent De Paul Mission to Appalachia: to serve those in need.

Over the next week they offered friendship and much needed support to the homeowners of Preston County. The work for 2023 consisted of roof repairs and replacements, building new stairs and entry porches, hanging front doors, renovating kitchens, replacing trailer underpinning, and bringing a renewed sense of hope and motivation to the families helped along the way. The group spent their downtime in Camp Galilee where they enjoyed kayaking and relaxing at the lakefront, playing volleyball, and getting to know each other through late night water balloon fights and campfires. Accompanying the teens were adult volunteers – some first-time participants and others, veterans of past trips – who ran jobsites, prepared meals, lead reflections and provided guidance and encouragement even when projects

weren't going as planned.

On Saturday August 5, the group returned with boundless stories of new friends and long car rides all the while humming John Denver tunes about country roads, which has long been the unofficial theme song of the trip.

With Appalachia 2022 being a rebuilding year, many of the teens and adult volunteers were veterans returning to help breathe new life into the trip after a two-year hiatus brought on by Covid-19. In contrast, the 2023 roster boasted a group that was 20% larger than the previous year with over 40% of the group being first year participants. This growth proves that there is still a willingness and passion to help others.

This trip marks the twenty-first year since St. Vincent de Paul Parish youth first ventured to West Virginia to participate in the Diocese of Preston County's Summer Home Repair Program. What makes this trip so special that teens and adult leaders keep returning?

Paul Delaney thinks it's the opportunity to learn new skills in a fun environment that makes the trip so special. Returning for his eleventh year, Paul is a New Jersey contractor who

(Continued on page 4.)

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BULLIES TO BUDDIES WORKSHOP – OCT. 19TH

On Thursday, October 19th from 6:30-8:00 p.m. Imagine, A Center for Coping with Loss will offer a Bullies to Buddies workshop at their Mountainside center at 244 Sheffield Street in Mountainside. There is no cost for this program. Children and youth, third grade and older are welcome to attend along with adults who wish to help the children in their lives gain skills for responding to bullying behavior. Young people attending will have an opportunity to role play techniques taught throughout the session.

Bullying is a challenge for many students, but children and youth who are grieving are more likely to be bullied or become bullies. The Bullies to Buddies method fosters resilience by showing how to respond to verbal aggression. Children from 3rd grade and up, parents, school staff members and any interested community members are welcome to attend whether or not they have been recently impacted by a loss.

The training will be offered by Connie Palmer, LCSW who is a Grief Education Consultant for Imagine. Connie is a former school social worker, therapist and is a Certified Bullies to Buddies Trainer.

If you and/or your kids are interested in attending, please register by scanning the QR code below or visiting Imagine's website at imagine-nj.org. Pizza dinner is available prior to the workshop at 6:15 p.m. Please indicate your interest in coming early for pizza when you

register. We hope you can join us at Imagine for this timely and beneficial workshop!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imagine-nj.org.



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YOUTH SERVE THE PEOPLE OF APPALACHIA (continued from Page 1)

travels to West Virginia ahead of the trip to scout job sites that the teens will work on over their week-long trip. He looks for jobs that require the right mix of skill levels for the group, so the teens who do the work will learn something new while making a difference in the Appalachian community. “Whether they’re repairing leaky roofs, building a wheelchair ramp, or even performing simple repairs for someone that can’t do it for themselves, it’s the teens that are doing the work,” explained Paul, “and the kids see what they’re capable of and always find a way to have fun.”

Danny Griffin has been volunteering on the trip since 2018 and is always eager to return. “We had a lot of new participants this year. I’m hopeful that our numbers continue to grow, and we can do even more when we come back next year. Even with our relatively small numbers we are still able to help so many people and I can’t wait to be back for 2024!”

Chris Fernandes, who attended past trips as both a teen and an adult leader, thinks it’s all the new friendships that make the trip so special. “It’s amazing to see how quickly strangers become friends, kids who meet at 6:30 on Sunday morning are best friends by Monday afternoon. It’s always fun to meet new people

over our mini road trips, while working onsite, and unwinding at camp.” Chris looks forward to returning next year and is excited to see the trip continue to grow and expand.

Cozy Apuzzo, who was excited to return for her 5th year, encourages others to join the trip and reflects on what the trip means to her. “Appalachia is an incredible experience, and a large part of that is because of the people. We have the opportunity to meet and share stories with the homeowners that we’re serving throughout the week. You can really see the gratitude and appreciate the difference that even the smallest home repair project makes. Back at camp, we’re able to have fun with everyone from card games to volleyball tournaments. From the teamwork on the sites to the beautiful views, Appalachia is something that everyone should get to experience.”

Fr. John Calabro reflected on what the trip has meant to him over the years and how his perspective and role has changed since he started attending. “I first came to Preston County, West Virginia, with St. Vincent de Paul Church in the early 2000s. It was towards the end of my time in high school, and St. Vincent’s was just starting up what would become an annual mission trip. I stayed involved for several years, worked with some really talented leaders and young people, and met many wonderful homeowners through the Summer Home Repair program. This past July 30th, I again headed down with St. Vincent’s back to Preston County, however this time fulfilling a new role. This would be my first time returning on mission as a Catholic priest (having been ordained in 2019). Not having a work project of my own, I journeyed to each work site to visit our crews and meet homeowners. What a blessing that was. I was able to hear their stories and to see the difference our own young people were able to make under the leadership of

many talented adults.”

“I think what struck me in a new way this past trip was the dedication of our young adult leaders. They led most of the work crews. After a good first day of work, as plans were revised, two of them drove quite a distance to acquire the right materials to continue their projects. They enlivened our discussions, guided our teen volunteers, and were forces to be reckoned with during volleyball. Most of all, it was good to witness a new generation stepping up as these young adults took their places as leaders in the community, sharing their faith and talent without asking for anything in return. We are all very blessed.”

All these efforts, stories, and experiences were made possible by generous donations from the local community which enabled the group to make a difference in the lives of almost a dozen residents of Preston County, West Virginia. All the volunteers take great pride in the support that they have been able to provide and the projects they have completed in such a short amount of time and are eager to return in 2024 to help even more of those in need. Plans are already underway for next year’s trip, which is scheduled for July 28 to August 3, 2024. All those interested may contact St. Vincent de Paul parish house for more information.

The leaders of the trip would like to extend their heartfelt thanks to Paul Delaney and Mike O’Mullan who continue to be the unsung heroes that make these trips happen year after year. THANK YOU!

ABOUT

St. Vincent de Paul Parish is located at 250 Bebout Ave., Stirling, NJ. We are a Catholic community rooted in the Eucharist and committed to the poor. Join us as we celebrate our life in Christ. For more information visit stvincentschurch.org.

Courtesy photos



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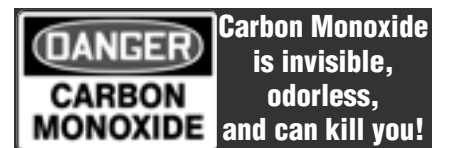
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FLEA MARKET SEPT. 30

The Gillette Chapel will be holding it's fall flea market and bake sale fundraiser on September 30, 2023, at the church at the corner of Lackawanna Blvd and Summit Ave in Gillette. The event is indoor from 9 a.m. – 3 p.m. rain or shine. There are 2 floors of all types of items to browse. Proceeds of the sale benefit missions, charitable organizations and help support children in the Dominican Republic through Handfuls of Hope. The church can be contacted at 908-647-2573 or at gillettecommchapel@gmail.com.



Gillette Community Chapel
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EAGLE SCOUT KATELYN CANNON NAMED NJ VFW SCOUT OF THE YEAR

Submitted by Scouts BSA Troop 19
The annual Department of New Jersey Veterans of Foreign Wars (VFW) Convention was again held at the Wildwood Convention Center in Wildwood this June, where Eagle Scout Katelyn Cannon of Scouts BSA Troop 19, chartered at St. Rose of Lima Church, Short Hills, was honored as the New Jersey Veterans of

Foreign Wars “Scout of the Year.” Cannon, a resident of Millburn and a recent Millburn High School graduate was selected by the VFW’s Scout of the Year as New Jersey’s single standout Scout who exemplifies leadership, patriotism, and love of country. State-wide applicants for this distinguished award are both Girl Scouts and Boy Scouts who have earned either the Gold Award or achieved the rank of Eagle Scout respectively.
“The challenge (for the selection committee) is that there are so many worthy applicants from all the districts, but I found this year’s choice to be easier than most. It’s because this person, this Scout, this Eagle Scout, was just head and shoulders above her peers.”, said VFW Scouting Chairman, Jim D’Arcy.
“She was in the Inaugural Class of Female Eagle Scouts of 2021, now that is going through a glass ceiling.” added D’Arcy to a round of applause.

Cannon was requested to address the statewide delegation at the convention where she requested the assembly of dominantly male veterans to close their eyes, as she walked them through a visualization as to what their childhood as Scouts may have entailed.
“Allow me to take you back to your teenage years. Think about the outdoor place that you loved. It may have been a summer camp, or on the riverbed fishing, or even hiking the Appalachian Trail or possibly camping in the Pinelands. Think about those adventures, what did you learn? You were taught to be independent and confident, you learned critical life skills, became leaders, and made lifelong memories and friends along the way. Just think, for over 110 years, these opportunities to learn leadership, experience adventure, and master life-long skills were only open to young men. Now open your eyes. I am proud to stand before you as living proof that your daughters and granddaughters now too can have the same wonderful experience in Scouting and possibly become Eagle Scouts.”
Cannon’s Scouting accomplishments include being a founding member of Scouts BSA Troop 19, a former Senior Patrol Leader and current Junior Assistant Scoutmaster who has earned 83 merit badges to date, has received the Ad Altare Dei and Pope Pius XII religious awards, as well as a citizenship medal from American Legion. Furthermore, she was selected to attend 2022 New Jersey Girls State, a leadership and citizenship program sponsored by the American Legion Auxiliary. In addition, she was recently selected as the Sons of American Revolution Eagle Scout Essay contest winner for the State of New Jersey and was national runner-up.
“Scouting and my Eagle project was such an incredible learning experience. Being involved in the program, because of the positive change, has defined my path forward in life.”, said Cannon.
“It was and is a tremendous honor for our Post that Katie was selected as the Scout of the Year. We are very inspired by Katie and all that she has done for herself, the Scouting community, our state and great country. It was especially great that our Post was able to sponsor such a well-qualified person to represent our district and state. We here at Post 6259 offer our thanks and congratulations on her terrific achievement.”, shared Berkeley Heights VFW Post 6259 Commander Al Campora.
Katelyn Cannon will be embarking on a new journey this fall, studying Public Relations & Strategic Communications at Purdue University

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(above) VFW Scout of year - Eagle Scout Katelyn Cannon (center) with NJ Department of VFW Commander Jay Boxwell (right) and VFW Scouting Chairman, Jim D’Arcy (left).

2023 READ FEED RUN RACE

Interfaith Food Pantry Network

Get ready to lace up your sneakers and hit the pavement for a good cause! The eagerly anticipated 2023 Read Feed Run race will be held again on November 23, at Ginty Field in Morris Township, Thanksgiving morning - promising a fun day of running/walking, community spirit, and support for two incredible organizations - the Interfaith Food Pantry Network and the Literacy Volunteers of Morris County.

Participants of all ages and fitness levels are invited to join in the 5K, 1-Mile Fun Run/Walk or Kids Trot at Ginty Field in Morris Township, whether you're a seasoned runner or just looking for a leisurely stroll through scenic routes.

The 2023 Read Feed Run event isn't just about crossing the finish line: it's about creating a positive impact. Every step you take and every dollar raised will contribute to feeding those facing food insecurity through the Interfaith Food Pantry Network and helping those in our community learn to read with the Literacy



Volunteers of Morris County.

So, mark your calendars, gather your friends and family, and prepare to run with purpose. We promise to have you home well before the turkey comes out of the oven! Visit readfeedrun.org to register, donate, or learn more about this fantastic event that combines the joys of running with the power of supporting our neighbors and promoting literacy. Let's come together and make strides for a brighter future for everyone!

Pre-registration fees: 5K - \$35; 1M Fun Run/Walk - \$30; Kids Trot - \$10; Day-of registration: add \$5 to 5K and 1M

WINTER COAT COLLECTION IS HEATING UP

With colder weather on the horizon, Faith Lutheran is getting ready by collecting winter coats, scarves, hats, and gloves for Market Street Mission's Annual Coat Giveaway in Morristown. Faith has gathered these vital winter necessities for Market Street Mission for the past 30 years.

The local community is invited to help. If you have a new or gently worn winter coat that you would like to donate, please bring it to Faith Lutheran at 524 South Street, New Providence during office hours Monday – Thursday 8:00 a.m. to 4:00 p.m. We are also collecting new handmade or purchased warm winter hats, scarves, and winter insulated gloves and mittens.

Please note that no rain jackets, windbreakers, vests, or sweaters are needed-only coats. All sizes are requested in men's, women's and children's with a special call for women's and children's.

The coat collection at Faith Lutheran will run through October 22. After that, the coats will be on their way to Market Street Mission in time for

the big Giveaway, which is scheduled for Saturday, November 4 from 10:00 a.m. to 1:00 p.m. at the Morristown Green. Anyone in need of a coat can come to the Giveaway.

Market Street Mission is a non-profit organization helping to fight alcoholism, drug abuse, hunger, and homelessness in Northern NJ.



(above) Faith Lutheran Church is collecting winter coats through October 22nd.

SENIOR CENTER OF THE CHATHAMS: OCTOBER EVENTS

Those interested in participating can call the Senior Center of the Chathams at 973-635-4565 Mondays-Fridays between 9 a.m. -3 p.m. for more information.

Grief Support Group

Tuesdays, starting October 3, 12:30 PM
This free support group provides a safe and welcoming space for older adults to explore experiences with loss, and is facilitated by a Licensed Clinical Social Worker.

Free, Live Performance at the Madison Community Arts Center

Friday, October 13, 10:30 AM-Noon
This theatrical show features the talented students who participated in the Playwriting, Acting, Directing & Design (PADD) program, led by award-winning director, Anthony Caruso, and made possible by a grant from the Grotta Fund for Older Adults. This free event is open to the public. The Madison Community Arts Center is located at 10 Kings Road in Madison. Pre-registration is encouraged.

Paper Shred Fundraiser

Saturday, October 21, 9 AM-Noon
(or until the shred truck reaches capacity)
at Chatham Middle School, 480 Main Street, Chatham - Proceeds benefit the non-profit Senior Center of the Chathams. Suggested donations: \$5 per grocery bag, \$10 per medium box, \$15 per large storage bag. This event is open to the public and takes place rain or shine.

Understanding Medicare

Thursday, October 26, 1:00 PM
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Qty: 5,500
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Zip: 08812



Qty: 3,500
Zip: 07033



Qty: 17,900
Zip: 07036



Qty: 3,500
Zips: 07933, 07946, 07980



Qty: 6,300
Zip: 07940



Qty: 2,900
Zip: 07092



Qty: 5,100
Zip: 07974



Qty: 13,000
Zip: 07065



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Zip: 07204



Qty: 9,400
Zip: 07076



Qty: 8,200
Zips: 07041, 07078



Qty: 9,600
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Qty: 6,800
Zip: 07083 (partial)



Qty: 6,200
Zip: 07059



Qty: 2,700
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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								

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

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

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

FALL FUNDRAISER – BASKETS OF HOPE

The Center for Hope Hospice Auxiliary

The Center for Hope Hospice and Palliative Care Auxiliary 25th annual fall fundraiser “Baskets of Hope” will take place on October 22nd, 2023, from 11 a.m. to 4 p.m. at the Pines Manor in Edison, New Jersey.

The event will feature a wonderful luncheon, and raffles of over 100 baskets, a 50/50 raffle, door prizes, two gift card aprons, and a raffle for VISA gift cards in denominations of \$2,000, \$1,000 and \$500, and various vendors will offer an array of beautiful merchandise for sale.

The Center for Hope Hospice and Palliative Care Auxiliary provides financial support of the Center’s charity care through fundraisers such as the “Baskets of Hope” in the Fall and a Wine Tasting in the Spring. The Auxiliary also runs the Hope Chest, a thrift store located at 26 Prospect Street in Westfield, New Jersey.

The Center for Hope Hospice and Palliative

Care is a not-for-profit hospice that provides loving care to patients and their families regardless of race, ethnicity, religious affiliation, or ability to pay. This care is provided in facilities in Scotch Plains and Elizabeth, New Jersey, and in patients’ homes.

For more information regarding the event, and to purchase tickets visit cfhh.org. Tickets for the VISA card raffle can be purchased at the Hope Chest, located at 26 Prospect Street, Westfield, NJ, or from an auxiliary member.



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**FLYERS
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PER 1,000**

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

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**
Basic static site that can be developed further
- **WEBSITE CREATION/UPDATE: \$2,400**
Cost for average website: 12 pages, contact form, SEO friendly, responsive design
- **WEBSITE HOSTING: \$300 PER YEAR**
Includes website hosting, software updates, monthly website content updates
- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**
Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need
help developing an online marketing plan.**

Call Walter at 201-478-7408
email: wwwinnj@gmail.com

**STARTER
WEBSITE
\$500**

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**
Know where your web traffic is coming from and why.
- **ELIMINATE / AVOID COSTLY SCHEMES**
Evaluate the return you are getting from your online marketing costs.
- **INCREASE ONLINE MARKETING RESULTS**
Recommendations include ways to increase traffic to your website
- **NO OBLIGATION**
This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

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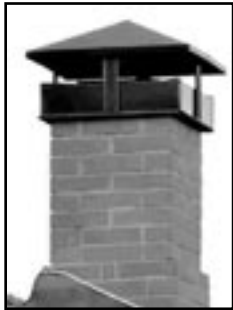
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