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# CLASS OF 2024 PREPARING FOR PROJECT GRADUATION



(above) Photo from Watchung Hills Regional High School Class of 2023 Project Graduation

## WHAT IS PROJECT GRADUATION?

Project Graduation is a tradition at many high schools to keep graduates safe and substance-free on graduation night. For WHRHS, the event will be six hours long, filled with all kinds of indoor activities, entertainment and -- of course -- lots of food and drinks! All students are required to ride the bus to and from the event, which will be held on graduation night June 13, 2024. Location TBD.

## WHO RUNS PROJECT GRADUATION?

Project Graduation is an independent parent organization with their own budget, fundraising events and planning committee. Senior parent volunteers work hard to host various exciting events that lead up to the end-of-year graduation night event.

## WHO ATTENDS PROJECT GRADUATION NIGHT?

WHRHS has approximately 500 seniors from the towns of Green Brook, Long Hill, Warren and Watchung who will be graduating on June 13, 2024. The event is open at no cost to the entire WHRHS graduating class, and we hope for 100% participation.

## WHO PAYS FOR THE EVENTS?

Project Graduation is funded completely through donations.

The ability to provide all the events throughout the year is only possible through generous donations from our families & community. This includes the parents, local businesses and community organizations. As we are a regional high school, we are reaching out to the member towns, seeking donations to help offset the costs of this celebration. In the past, we have received pledges as well as goods and services, from many different community members. If you have a business or skill you can offer or know someone willing to help, please let us know!

## HOW TO PARTICIPATE:

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## DAR HELPS STIR UP A TEMPEST WITH A TEA BAG

Elizabeth Snyder-Continental Chapter DAR

At the 128th Anniversary luncheon of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) held in January, the chapter reported on their first U.S. Semiquincentennial observance.

Members celebrated the fact that some tea supplied by the chapter was used in the 250th anniversary re-enactment of the Boston Tea Party in December. The chapter contributed a limited edition King's Coronation Tea. "It seemed appropriate," said Chapter Treasurer Barbara Pollison-Beck who donated the tea.

During the luncheon, Ashley Salsano was honored as the chapter's Outstanding Junior member. Four new chapter members were officially welcomed and Beth Kavanaugh of Oldwick was sworn in. Women observing milestone membership anniversaries were also recognized: Carol DeFilippis, Warren, 55 years; Margaret Shilay, North Plainfield, 50 years; Catherine Strohmeier, Watchung, 40 years; Patricia Sullivan, Bridgewater, 10 years.

Monthly meetings will resume on March 12 with a program on Betty Bradbury Vail and planning for a spring service project to clean and help preserve historic headstones in the area. Also on the agenda is the NJDAR State Conference in April.

The DAR is a nonprofit service organization open to women descended from an individual who aided the cause of independence during the American Revolution. New members are welcome. Contact the chapter at [ESCchapterDAR@gmail.com](mailto:ESCchapterDAR@gmail.com).



(above) Outstanding Junior Ashley Salsano (r.) pictured with DAR President General Pamela Wright at the 2023 Spring State Conference.















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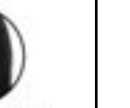
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## AREA ELKS CLUB MEMBERS READY TO HELP WELCOME HOME VETERANS

Recently, twenty-five area Elks and volunteers helped to restock the shelves at the New Jersey State Elks Veterans Annex in Stirling. The items that were received will be assembled into Welcome Home Kits and delivered free of charge to previously homeless Veterans who are moving into a new residence.

Welcome Home Kits include a bed, night stand, dresser, sofa, dining table and chairs, lamps, bedding, linens, appliances, cleaning supplies, a shower curtain, mats, pots and pans, flatware, glassware, and more. All items are brand new.

Enough items to assemble 20 Welcome

Home Kits were purchased by the New Jersey Elks East Central District, with Lodges in Stirling, Summit, Springfield, Mountainside, Union, Cranford, and Rahway, at a cost of approximately \$10,000 which was provided through grants, donations, and fundraising events.

The New Jersey State Elks National Veterans Service Commission has helped over 2,300 veterans since 2016 and makes 25–30 deliveries each month throughout the state. The New Jersey State Veterans Annex was recently featured in "Givers of Hope" view on YouTube: [youtu.be/Qvndf\\_3l0Y4](https://youtu.be/Qvndf_3l0Y4)

Every night, as many as 40,000 veterans are

sleeping on the streets. In partnership with the Department of Veterans Affairs, the Elks National Veterans Service Commission has pledged to help end veteran homelessness, and ensure that every veteran has the safe, stable home they deserve. In New Jersey, Elks volunteers provide direct service to over 1,000 veterans in multiple VA homes and connect with veterans and military members in their communities, providing them with services where they live.

Please email [njelksnvsc@gmail.com](mailto:njelksnvsc@gmail.com) to learn more about what New Jersey State Elks do to help veterans and visit [Elks.org](https://Elks.org) for more information about the Elks and how to join.



(above) Area Elks and volunteers - Elks Care and Elks Share.

Courtesy photo

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## HEART ASSOCIATION AWARDS CERTIFICATION TO SPRING GROVE

Building on its commitment to comprehensive care and services, Spring Grove Rehabilitation & Healthcare Center in New Providence recently earned the American Heart Association's (AHA's) new Skilled Nursing Facility Heart Failure Center Certification. The 106-bed skilled nursing facility, located at 144 Gales Drive, provides post-hospital care, short-term rehab and long-term residential care.

The world's leading nonprofit focused on heart and brain health, the AHA has invested more

than \$4.8 billion in research since its founding. Evaluation criteria for its new skilled nursing certification – earned by less than 2% of skilled nursing facilities nationwide, to date – was designed by heart failure experts. Certification requirements include program management, personnel education, clinical management, care coordination and performance improvement, as well as patient and caregiver education and support.

"This advanced certification provides heart

patients with the assurance that Spring Grove is recognized by the AHA for delivering the most effective heart failure treatment strategies based on a standardized method of current evidence-based guidelines," said Kani Burgos, regional director of market development at Marquis Health Consulting Services, which supports Spring Grove. "These specific care strategies and services are aimed at improving outcomes for those with chronic heart failure and its comorbidities, as well as reducing readmissions."

Spring Grove's reputation for progressive skilled nursing care is well established. The center was named one of the nation's "Best Nursing Homes 2022-23" for long-term care by U.S. News & World Report; marking the third consecutive year Spring Grove has been recognized in at least one program category. It maintains a five-star rating for quality measures from the Centers for Medicare & Medicaid Services (CMS). More information on Spring Grove can be accessed on the facility's website, [springgroverehab.com](http://springgroverehab.com).

Brick, N.J.-based Marquis Health Consulting Services provides administrative and consulting services to skilled nursing facilities and senior housing communities along the Eastern Seaboard. The organization's operational guidance enables its client facilities to overachieve their quality and customer service goals by embracing a progressive, multi-specialty approach to healthcare.



(above) Spring Grove Rehabilitation & Healthcare Center's interdisciplinary care team

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Enter for FREE on Community Pass (open to all ages!). Upload your photo, and be sure to enter your age (if not an adult). Prizes for our favorite entries.

Contest ends 3/15/24.



## ART TALKS AT LONG HILL TOWNSHIP LIBRARY

Local art historian and educator Mallory Mortillaro regaled an audience of more than 100 people with tales of historic art thefts in the lecture "How to Steal a Masterpiece" on January 11. The lecture is the first of three art talks hosted by Long Hill Township Library this winter.

Mortillaro shared stories of both famous and lesser-known art heists, including the theft of "The Mona Lisa" from The Louvre museum in 1911. She also explained why art theft grew in the 20th century with the transformation of the art world, explored the different motivations of art thieves, and illuminated how stolen pieces were recovered.

Mortillaro rediscovered a missing masterpiece while cataloging artwork housed inside of the

Hartley Dodge Memorial. The sculpture she found, lost to the art world since the 1930s, was authenticated as an official work by Auguste Rodin.

"How to Steal a Masterpiece," which was presented over Zoom, was shared by 16 libraries in the Main Library Alliance, of which Long Hill is a member. The library has two more fascinating art talks by Mortillaro coming up:

"Exciting Discoveries in Art History." Thursday, February 22, 2024 at 7 p.m. on Zoom. Who doesn't love learning about a priceless painting found in an attic? Or a sculpture sitting for decades in a public garden, only to be found out as an Italian treasure? This lecture draws on Mortillaro's own experience discovering a lost work and explores the stories of several different important and valuable works of art that have been rediscovered in unexpected places. Learn the background of each piece and artist, as well as how the piece became lost and then found.

"How to Read a Painting." Thursday, March 7 at 7 p.m. on Zoom. Have you ever looked at a painting and wished you could understand it more? This lecture serves as a guide to basic visual analysis. We will review some of the more common symbols and tropes seen in western painting. This lecture provides examples and practice in visual and contextual analysis while examining a variety of artworks. Learn how to unpack these paintings, improve your visual literacy, and increase your appreciation of art.

Visit [LongHillLibrary.org](http://LongHillLibrary.org) to register for these and other exciting programs.



(above) Local art historian and educator Mallory Mortillaro.

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## IMAGINE'S VOLUNTEER FEBRUARY TRAINING

A recent participant in Imagine's last volunteer facilitator training shared this about her experience: "The training was truly amazing and inspiring. I am so honored to have had the opportunity to participate in it." Another shared: "The Imagine Staff are amazing. I so appreciate all the knowledge they shared and the encouragement they gave to me and the other participants."

Participants in Imagine's training programs often describe the experience as "life-changing". In addition to story sharing and the opportunity to support one another, training participants gain knowledge and skills regarding Alan Wolfelt's Companioning Model for grief support that's practiced at Imagine. Participants often walk away with a new understanding of themselves, and a new capacity for supporting the people in their lives. They bring this understanding to their role as facilitators in Imagine's peer support group program where children, youth, young adults and adults come together to share their grief experiences and receive and give support.

Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 18 years or older. Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

If you'd like to join us for Imagine's next facilitator training, it will be held Saturday, Feb. 17th through Monday, February 19th from 9 am-5 pm each day at Imagine's Newark Center at 570 Broad Street in Newark, and we ask that our new volunteers attend the entire training. Our new Newark center is located downtown in the Chase building with parking available directly behind the building. It's also close to public transportation. We're hoping those completing the training will be able to facilitate groups held every other week at our Newark center. We have

*Imagine*  
a world where no  
child grieves alone



of support that we're planning to launch a new Night of Support in Newark. We're also looking for a few new facilitators for our Mountainside location.

If you're interested in making a difference in the lives of grieving families and would like to participate in this transformative training experience, please visit Imagine's website at [imaginej.org](http://imaginej.org) or scan the bar code below to let us know of your interest. Please reach out to Imagine's Program Supervisor, Abigail Preece, LPC at [abigail@imaginej.org](mailto:abigail@imaginej.org) with any questions.

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@imaginej.org](mailto:info@imaginej.org).

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# BOY SCOUT VOLUNTEERS REVIEW A PRODUCTIVE YEAR

*Submitted by Dr. D. Michael Hart*

Flintlocks president John Koneski recently circulated a document reviewing the groups accomplishments for the year. The Flintlocks BSA, Inc. is a 501c3 consisting of a group of retired scouters who support the Patriot's Path Council (PPC) of the Boy Scouts of America. The PPC serves 10,500 scouts in five counties of northern New Jersey. The Flintlocks maintain the 3 camps, two scout shops, have built new structures, renovate older structures, and provide volunteer manpower for PPC activities. They are not associated with firearms. The name comes from an old device which is still useful, implying that they are old guys who are still useful.

The Flintlocks celebrated their 35th year anniversary of service to the Patriots Path Council. The current membership is 30 active members. The work crews have put in 6,102 hours of volunteer skilled labor at the camps and council activities this year. It is estimated that the Flintlocks save the PPC \$366,120 skilled in labor costs, which would otherwise need to be outsourced to local contractors.

2023 saw extensive work at both Winnebago Scout Reservation (WSR) and Mount Allamuchy Scout Reserve (MASR). They dedicated 2 days a week at MASR thru the spring to get caught up on outstanding projects, and have continued to work there on Wednesdays for the rest of the year. WSR gets their work every Thursday.

The Flintlocks designed and build 10 Adirondack chairs from fallen oak trees around the camp, and the chairs were sold as a fundraiser. They are on display on the dining hall porch at Camp Winnebago, overlooking the lake.

They supplied 566 of their craft kits to the Scout Shops and are used in the PPC Adventure Cub Scout Programs, all of which brought in revenue to the Council.

The Flintlocks worked in conjunction with other volunteers at Allamuchy to replace the benches at council point. They built the frames at Winnebago for final assembly at Allamuchy. They also constructed four sets of Bean Bag Toss games for use in the camps.

**AWARDS**

Some individuals of the Flintlocks received awards from the PPC as follows: William Debiec Silver Beaver; Joseph Schott Trailblazer; and Chuck Hoeckele Good Scout Award. It should be noted that many Flintlocks already have been awarded the Silver Beaver Award, which is the highest National Scouting Award for volunteers in the scouts, and many have also received the Council Trailblazer Award. In addition, President Jimmy Carter sent a letter of recognition to the Flintlocks for their work at the camps.

The New Jersey State Senate and Assembly commended and paid tribute to the Flintlocks at a Joint Legislative Session on the occasion of their 35th anniversary, and by writing that these deeply committed individuals are further commended for instilling within young Scouts the importance of citizenship, responsibility, and personal development.

The US Marines awarded the Commander's Award to the Flintlocks for outstanding participation in the Toys For Tots holiday program.

**COUNCIL ACTIVITIES**

The Flintlocks provided volunteers for PPC programs, including: Adventure Cub Scouts; For the Birds: Backyard Birds: and Holiday Workshops. Cub Scouts constructed various craft kits at these programs with the help of the Flintlock volunteers. At the University of Scouting, the Flintlocks taught a course in Cub Scout woodworking for adult leaders. At WSR summer camp, the Flintlocks taught a woodworking course for Sikh scouts during their week at camp

- Project Summary**
- WINNEBAGO**
- Constructed Adirondack chairs for a Council fundraiser, raising \$3,000
  - Made replacement Buddy Boards for aquatics
  - Scoutcraft Area building two new pavilions and building upgrades
  - McNair Field Parade field- scout rank signs being upgraded and replaced
  - Lewis cabin repairs

- Corwin cabin – paid for and added a two room addition
- Repaired and painted all camp carts
- Made 4 sets of bean bag toss games for scouts to play
- Helped install security building at the camp entrance

- ALLAMUCHY**
- Wheeler pool house completely rebuilt with 16 changing room two bathrooms and 4 showers.
  - Buddy Boards for aquatics constructed and replaced
  - OA lodge repairs
  - Wheeler bridge rebuild
  - Latrines upgraded throughout the camp
  - Road signs of Scout law and ranks, coming into camp, constructed and replaced,
  - Council point benches – 80 were replaced with new ones
  - Washer and dryer installation.

The Patriots' Path Council, Boy Scouts of America, consists of over 300 scouting units in 5 counties of northern New Jersey. Cub Scouts consist of girl Packs or boy Packs and include children in kindergarten through 5th grade. Scouts consist of girl Troops or boy Troops from 5th grade through age 18. Three additional programs are coed, and go from age 14 up to age 21: Sea Scouts; Explorers- which focus on specific careers; and Venture Crew - which go on high adventure trips. The Flintlocks are group of retired senior scouters who volunteer all year round to support the Council programs. Facebook Page "Flintlocks" The Scouting program focuses on developing good citizens, learning useful skills and hobbies, exploring careers, and making lifelong friends. The website for the Patriots' Path Council is ppcbsa.org To find a scout unit near you, go to the website beascout.org

The Flintlocks meet on Thursdays from 8 a.m. to 2 p.m. at Camp Winnebago, Rockaway, NJ, all year round. Guests are always welcome. Their Facebook page shows photo of their activities, Google "Flintlocks".



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(above) Flintlocks holding the 12 points of the Scout law signs. (with one extra)



## SENIOR CENTER OF THE CHATHAMS EVENTS

Registration for programs is required by calling the Senior Center at 973-635-4565, Mondays-Fridays, between 9 a.m. – 3 p.m.

### Alzheimer's NJ Caregiver Support Group

Thurs., Feb. 2 @ 10:30 a.m.

Provides families and caregivers with support and education to better understand Alzheimer's Disease and other forms of dementia in loved ones.

### Senior Scams & Fraud

Tues., Feb. 6 @ 11 a.m.

(Snow date: Tuesday, Feb. 13, 10 a.m.)

Presentation and Q&A session by representatives from the Morris County Prosecutor's Office on efforts to scam older adults.

### George Washington & the Masonic Connection

Thurs., Feb. 15, 12:30 p.m.

Presentation by Sam Davis about how freemasonry played a role throughout George Washington's life.

### Get to the Heart of Health

Tues., Feb. 20 @ 1:00 p.m.

A collaboration by the Senior Center of the Chathams and the Mayor's Wellness Campaign,

this presentation by Claudia Irmiere, NP, Cooperman Barnabas Medical Center will teach you how to maintain a healthy heart.

### AARP Foundation Free Tax Aide Program

Mon., Feb. Feb. 26 through Mon., April 15  
Trained and IRS-certified AARP volunteers will provide free tax help to older adults. Appointments are mandatory. Call the Center to get signed up (973-635-4565).

### Winter Birds & How to Feed Them

Mon., Feb. 26, 12 p.m.

Representatives of the Friends of the Great Swamp will talk about winter birds and what to put in your yard to help feed them during the cold months.

### Tech Support

Thurs., Feb. 29, 3:15 p.m.

Chatham High School students will help with iPhone, tablet, and laptop issues. Limited number of spots; advanced registration is required. Bring device.

### Golf Lessons with Pro, Lou Ruina

Wednesdays, March 6-March 27, 12:30 p.m.

Sign up for lessons ahead of time in February. Call Center for fee information.

## MAH JONGG CLUB OF WATCHUNG

The Mah Jongg Club of Watchung meets every Monday and Thursday afternoon at the Watchung Library beginning at 1:00 p.m. New players are welcome. Knowledge of the game is mandatory. The Club has been meeting at the Watchung Library for over 10 years. Members are from Watchung and surrounding towns. For more information, email Melanie Novello at Novello1800@aol.com.

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## SIBLINGS SEEK KARATE ADVANCEMENT

Chu's Academy of Martial Arts has announced that Aza Chang, 13, and Amos Chang, 11, both of Gillette, will be testing for their 2nd degree blackbelt in May of this year. They both achieved their 1st degree blackbelt status in April of 2021 having trained both virtually and outdoors during the height of Covid to prepare themselves. They have trained the required minimum two years since then to be eligible for advancement to this next level (called Ee Dan in Korean, the country where the martial art originated).

"The Chang's are dedicated and excellent students, both are members of the Academy's elite Leadership Team, and are a contribution to the other students through their demonstration and understanding of discipline, perseverance,

and respect", said Academy co-owner Michelle Cavett.

The testing will be held on Saturday, May 4th at the United States Headquarters of Soo Bahk Do Moo Duk Kwan in Springfield, New Jersey, and will last approximately 4 hours. About 100 students testing for varying levels of blackbelt from all around the tri-state area as well as Maryland and Delaware will be in attendance, along with many Internationally Certified Master Instructors who will conduct the examination of both physical techniques and intellectual knowledge.

For more information about Chu's Academy of Martial Arts, visit their website at karate4peace.com.

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(above, l-r) Amos Chang, 11; and Aza Chang, 13.

Courtesy photo

## LITTLE DRAGONS KARATE

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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
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