Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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TEMPLE SHOLOM'S HOLOCAUST TORAH TRAVELS TO LONDON

Submitted by Rabbi Joel N. Abraham

In the 1960's over fifteen hundred Torah scrolls were found in a barn in Czechoslovakia. These scrolls - the first five books of the Bible, written by specially trained scribes - had been gathered and stored after the Nazis destroyed the Jewish communities of Bohemia, Moravia, and the surrounding areas - and their synagogues. These scrolls were rescued and sent to London, England, where the Westminster Scrolls Trust repaired and restored them, and loaned them as living memorials to Jewish communities all over the world. This year, the Trust celebrated its 60th anniversary, and Temple Sholom's scroll number 636, traveled to London for the commemoration.

Acquired in 1976, Temple Sholom's scroll comes from the town of Vlasim in what is now Czechia, about 45 kilometers southeast of the capital, Prague. As the Confirmation class travels to Central Europe, and often to Prague, to learn about our Jewish history - in both ancient and modern times - it has become the practice of the congregation to read from this Torah scroll on the holiday of Shavuot, as the class marks its Confirmation. The traditional text is the Ten Commandments. Recently, celebrating her adult Confirmation, long-time Temple member Ellen Berman sponsored the restoration of this section of the scroll, by sofer (Torah scribe) Neil Yerman. The scroll has a cover which says zachor (remember) in Hebrew and has pictures of the town of Vlasim from before World War II. The pictures were found by Ellen Berman and the cover was made by former Temple President, Sandra Nussenfeld.

When the Temple learned of this commemoration, we planned to send a delegation, along with our Torah scroll. However, Ellen Berman helped to send our scribe, Neil Yerman. Meanwhile, Ellen sponsored a watch party for a live viewing of the commemoration as our Religious School day began at 9 a.m. on Sunday, February 4th. Each class stopped by, got



(above, l-r) Eugene Schulman, Ilene Schulman (Temple Board Member), Sheryl Gluck (Temple Board Member, Board of Education Co-Chair), Linda Nieporent (2nd Vice President), Ellen Berman, Rabbi Joel N. Abraham Courtesy photos



(above) Students with their decorated Torah candy

when our delegation leader could not attend, and vegetables grown in the Land of Israel, as well as Torah shaped treats.

Another celebration is planned in New York City in April, and Temple member Andrew Breit, chair of Temple Sholom's Holocaust Commemoration Committee, plans to attend with our scroll.

Temple Sholom, located at Contact Temple Sholom

1925 Lake Avenue Scotch Plains, NJ, is a warm and welcoming to see Sofer Yerman on screen with our Torah, congregation and a member of the Union for Reform Judaism. For more and enjoyed treats representing traditional fruits information about the congregation, please visit our website sholomnj.org.



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JOE SCHOTT'S 102ND BIRTHDAY CELEBRATED

The Flintlocks, BSA

The Flintlocks celebrated one member's birthday on Thursday, Feb 15, 2024. Joe Schott is 102 years old. Joe jokes that all five of his kids are now senior citizens. He is a veteran of the Navy in WW II, installing secret equipment in the ships to prepare for the Normandy Invasion. He was Grand Marshall of the Fanwood Memorial Day Parade in 2019. Joe spent his career at Bell Labs and worked for 5 Nobel Prize winning scientists. He has won many awards in his hobby of oil painting. The Scouts have awarded Joe the Trailblazer Award, the Silver Service Award, the Silver Beaver Award, and the Camping Hall of Fame. He has been coming up to the scout camps every Thursday, all year

round for 36 years.

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, renovated 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 meet on Thursdays from 8 a.m. to 2 p.m. at Camp Winnebago, Rockaway, NJ, all year round. Guests are always welcome.



(above) Joe Schott's 102nd birthday was recently celebrated by The Flintlocks. Joe is sitting behind the cake.

Courtesy photo

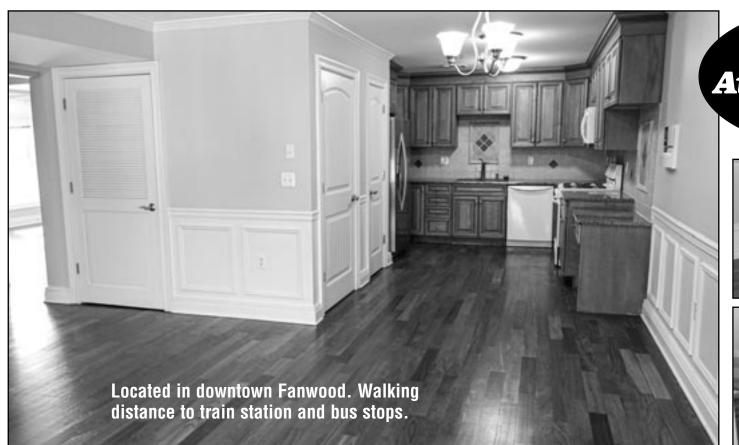


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(above) With support from local students, the Council approved a resolution to apply for a New Jersey Department (DEP) Green Acres grant for phase 2 improvements at

Courtesy photo

Forest Road Park.



FOREST ROAD PARK IMPROVEMENTS

Borough of Fanwood

The Fanwood Borough Council approved a resolution during a work session meeting held on Feb. 5, 2024, to apply for a New Jersey Department (DEP) Green Acres grant for phase 2 improvements at Forest Road Park. The vote followed a public hearing.

Mayor Mahr said phase one improvements, which were done in 2021, included improvements to the basketball courts, walking paths, the blacktop as well as new Pickleball

Gary Oliva of CME Associates, Parlin, NJ, a civil engineering firm retained by the borough, presented a summary of the concept plan it has developed for the second phase of improvements at the park. He said the existing tennis courts are in poor condition and will be removed and the existing playground area will be expanded and reconstructed with new playground equipment and rubber mulch.

School One fourth grade teacher Ellen Young's students addressed the mayor and council on their thoughts for Forest Road Park improvements.

The students' said they wanted new

playground equipment that is "exclusive and age appropriate" for kids as well as for those with disabilities, to fix and relocate the tennis courts, to add more green space for sports like football, lacrosse, soccer, and cheerleading, expand the paths for biking, running and walking dogs, and to add fencing and netting to the baseball field.

The Mayor said baseball field improvements could be done separately outside of the Green Acres grant.

"I want to thank you (the students) for taking time to care about the park that you play in and to come out to talk to us," Mayor Mahr responded to the class.

Michael Loberfeld of Linden who previously resided on St Johns Place, bordering on Forest Road Park, said he would like to see the existing trees and shrubs stay intact. He said if the paths are widened, they should be inward and not outward into the existing wooded areas.

Phyllis Mahoney of Pleasant Avenue said there isn't enough room to expand the paths, but she said there are safety issues with electric scooters and bikes sharing pathways with walkers and runners.







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Fanwood Recreation Department

Spring programs for children include: CreateArt Workshop, Parent & Me Multi Sports Squirts, Squirts Multi Sports, Parent & Me Soccer Squirts, Soccer Squirts, Senior Soccer Squirts, T-Ball Squirts, Basketball Senior Squirts, Foundation Basketball, TGA Premier Junior Golf, Skateboarding Lessons, STEM Python Coding, Fashion Design, Tennis Lessons, Babysitting Certification, Youth Hip Hop Dance, NASA: Academy of Future Space Explorers, Eureka! The Inventors' Spring Break Camp.

Spring programs for adults include: Every Now and Zen—Yoga and Meditation, Tennis Lessons, Beginner & Intermediate Pickleball, Beginning & Intermediate Bridge.

Summer camps and programs for children include: TGA Premier Junior Golf Camp, Applause Musical Theater Camp, CreateArt Workshop, Summer Park Program, Babysitting Certification, Junior First Responders Program, Junior Tennis Lessons, SAT Boot Camp, Summer Art Workshop: Monsters, Creatures & Creeps, STEM Python Coding Bootcamp, Daring Detectives Camp, Crazy Chem Works Camp, Secret Agent Lab, Rockin' Rockets Camp, Jr. Reactors Camp, NASA: Academy of Future Space Explorers Camp, Hip Hop Experience Dance Camp, Fashion Design

Camp: Caribbean Week, Parent & Me Soccer Squirts, Parent & Me Multi Sports Squirts, Soccer Squirts, Squirts Multi Sports, T-Ball Squirts, Senior T-Ball Squirts, Multi Sports Camp, Basketball Camp, Golf Camp, NFL Football Camp, Skateboarding Camp.

Summer programs for adults include: Beginner & Intermediate Pickleball, Tennis Lessons.

For more information about all these programs and to register, please go to fanwoodrecreation.org.





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TRICKY TRAY TO HELP **ANIMALS IN NEED**

Submitted by Sue Baldani

A small group of volunteers is making a big difference in the lives of animals, and now you can help too. Best Friend Dog and Animal Adoption, Inc., a 501(c)(3) nonprofit organization, is holding its annual Tricky Tray on Saturday, April 20, 2024, from 12:00 p.m. to 4:30 p.m. at the Shackamaxon Country Club in Scotch Plains.

Attendees will enjoy a delicious brunch that includes an assortment of muffins, bagels and croissants, farm-fresh scrambled eggs, brioche French toast, and fruit platters, along with mimosas, coffee, tea, fruit juice, and hot chocolate in a lovely, upscale atmosphere. Ticket holders will also get to try their luck at winning some exciting prizes. And, to be entered into a Mystery Prize Raffle, just bring some cat food to donate.

Come out for a fun day with friends and family. You might leave with a basket full of goodies or a treasured item, but if nothing else, you'll know you made a difference in an animal's life.

Tickets, which must be purchased in advance, are available through the mail and online. Please email bestfriendadoptnj@gmail.com to learn

Also, be sure to visit Best Friend's cute little thrift store on East 2nd Street that's chock full of wonderful merchandise for shoppers of all ages. All funds raised are used to help the pets in their care with spaying and neutering, boarding, food and veterinary bills. The shop is also a drop off spot for much needed cat food, litter and dog food.

Thank you for your support! BFDAAA.com, 908-804-2235.

A WEEKEND OF CANS, **CREATIVITY, AND COMMUNITY**

Submitted by Lucia Triolo WGS

Westfield Girl Scouts successfully hosted its • David Brearley High School Care Closet, first Canstruction Jr. event on Saturday, Feb. 10. Seven teams of Junior, Cadette, Senior, and Ambassador Scouts took on the challenge of using canned goods to build various structures. The 4th-12th graders had up to six hours to complete the designs, with the goal of bringing attention to food insecurity in our area.

On Sunday, the same teams returned to the Presbyterian Church in Westfield to sort and distribute the near 2,500 shelf-stable items. Recipient organizations included:

- Presbyterian Church in Westfield, Westfield
- Church of the Immaculate Heart Food Pantry, Scotch Plains
- Valerie's Soup Kitchen, Plainfield
- Little Flower Church Food Pantry, Berkeley Heights

- Kenilworth
- St. Anne's Food Pantry, Garwood
- St. Joseph's Social Services, Elizabeth
- Osceola Presbyterian Church Food Pantry,
- El Centro Hispano Americano, Plainfield

Canstruction® is an international campaign that raises awareness about hunger while facilitating the donation of thousands of pounds of canned food to those in need. Participants engineering, incorporate visual mathematics, project management, and 3D rendering principles all while learning the importance of community service.

Congratulations to the participating Girl Scouts on their hard work and creative approach to the design challenge.

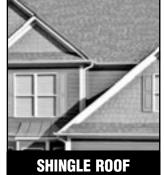




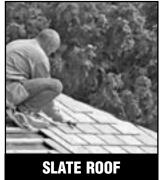




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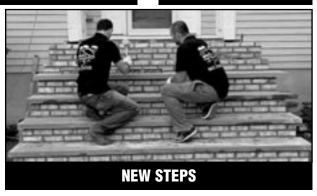






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TINY TIM FUND EXTENDS THANKS FOR FUNDRAISING SUPPORT

Once again, the participation and generous as the collection site on Carol Night as well as donations received from the Fanwood donations from the Fanwood and Scotch Plains communities have helped the Tiny Tim Fund to have a successful fundraiser. The trustees of the Tiny Tim Fund look forward to being able to continue the organization's mission of providing financial assistance to local families to pay for the medical needs of children.

Sincere appreciation is extended to student groups from SPFHS, 5th grade students from Malcolm E. Nettingham Middle School and other members of the community who shared holiday spirit and collected donations on Tiny Tim Carol Night in December. Special thanks are extended to the proprietor of the Stage House restaurant in Scotch Plains for graciously providing a warm room that served

a place for the carolers to enjoy refreshments that were provided by the trustees and the Stage

The second phase of the fundraiser was the distribution of solicitation letters to homes throughout Fanwood and Scotch Plains. The trustees were assisted by local citizens and by many student volunteers from SPFHS who continued to deliver letters until the end of January.

Members of the College Club of F-SP individually made donations to the Tiny Tim Fund as the club's community outreach project for December, and members of the congregation of All Saints Episcopal Church in Scotch Plains contributed to the Tiny Tim Fund. Generous

Community Foundation and the Family Investors Co. in Scotch Plains contributed greatly to the success of the fundraising campaign.

The Tiny Tim Fund board actively seeks donations once each year but donations are helpful, appreciated and accepted at any time.

Donations and requests for assistance can be mailed to: The Tiny Tim Fund Inc., PO Box 181. Fanwood, NJ 07023.

The Tiny Tim Fund is a registered New Jersey non-profit corporation 501 (c)(3) that has been assisting local families with financial assistance for medical needs since 1983. The fund is administered by a volunteer Board of Trustees with no administrative fees.

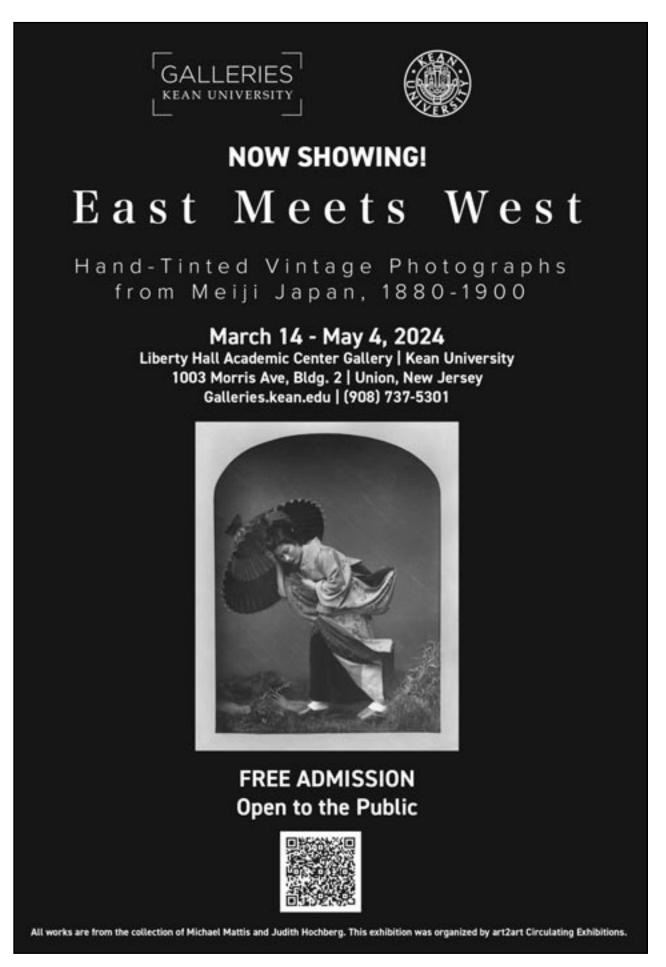
FISHING FLEA MARKET MAR 23RD

The Rahway Spring Fishing Flea Market will be held on Saturday, March 23, 2024, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and freshwater fishing tackle will be on display for anglers looking for great buys. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free.

For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.











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INTERNET CRIMES AGAINST CHILDREN PROGRAM

Retired Policemen and Firemen's Association, Local 3

New Jersey State Police Detective Daniel Rafanan gave a 45-minute presentation on Internet Crimes Against Children, at the Retired Policemen and Firemen's Association, Local 3 meeting recently held at the Kenilworth VFW.

Detective Rafanan covered many of the issues with the Internet that lead to texting, bullying, depression, and suicide in our teens today. Detective Rafanan also covered sextortion which is an increasingly common online crime in which people are enticed into sending sexually explicit photos. Once the photos are sent, the receiver of the images threatens to share them online or with family or friends unless the victim sends money.

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Detective Rafanan also explained what parents can do including, Establish rules and expectations for online behavior early on; Review your child's social media account periodically, look at comments and photos; Explain consequences for inappropriate online behavior; Review your child's friends accounts as well; and Talk about what their friends are posting.

The Internet Crimes Against Children Unit is responsible for conducting investigations of offenders that utilize computers and computer technology for the purpose of exploiting children. The unit conducts proactive and reactive investigations into endangerment of children.

This was a powerful and educational presentation that all parents and teenagers should see and hear. If anyone would like more information on this program, you can email Retired Chief Grady at rprflocal3@gmail.com for contact information.



(above) New Jersey State Police Detective Daniel Rafanan Courtesy photo



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COMMUNITY MOURNS THE PASSING OF EARL PHILLIPS

Borough of Fanwood

Earl Phillips, who spent his life in service to others as a Fanwood first responder, volunteer, and Naval veteran, passed away in February at his long-time home on Poplar Place in Fanwood after a long illness. He was 102.

Mr. Phillips' legacy lives on across all of Fanwood's first responder agencies. He was a

2. de on across all of sencies. He was a

(above) Mr. Phillips in 2021 on his 100th birthday

founding member of the Fanwood Rescue Squad in 1948. At the time, he was a member of the Fanwood Volunteer Fire Department and was a Fanwood police officer for 35 years, joining the department in 1946. He retired from the police department as a sergeant in 1981. He continued serving the town as a member of the Shade Tree Commission into his 90s.



(above) Mr. Phillips as a police officer

Photos courtesy of the Phillips family

Mr. Phillips enlisted in the U.S. Navy on July 2, 1942, just a couple weeks after his high school graduation and served in World War II in the European and Pacific theaters of the war, where he was involved in sea-based logistics of combat operations. He was stationed offshore on a navy ship in the British Channel during America's invasion of Normandy and served on both the USS Thomas Jefferson and USS ATR-3. The majority of his service involved troop transport. He was discharged on December 17, 1945 as a Quartermaster Second Class and received a Good Conduct Medal, an Asiatic Pacific Ribbon, a European Theater Operation Ribbon, and four stars.

He was among several other WWII vets honored during the Scotch Plains-Fanwood Memorial Day celebration in 2020. He was named grand marshal of the parade in 2015.

In 2021, a contingent of Fanwood Police officers visited him to celebrate his 100th birthday. He turned 102 this past October.

Mr. Phillips was predeceased by his wife of 72 years, Margaret "Peggy" Phillips, in 2022; his daughters, Lori Jean Phillips, in 2002, and Ginger Louise Balzer, in 2013. He was also predeceased by his grandson, Evan S. Phillips, in 2010.

He is survived by his daughter Valerie Hardy, son Roger D. Phillips and his wife, Marie, son-in-law, Al Balzer, and four grandchildren.



WEBINAR ON TALKING TO KIDS ABOUT DEATH AND DYING



(above) Scan QR Code for Webinar on Talking to Kids about Death and Dying

LOSS OF A CHILD PRAYER SERVICE

Parents who have lost a child at any age, under any circumstances, are invited to a time of prayer and remembrance to be held on Sunday, March 10th at 2 p.m., at Church of the Little Flower, 310 Plainfield Avenue, Berkeley Heights, NJ. The program will also be livestreamed at littleflowerbh.org.

For any questions contact Dan Grossano, Pastoral Associate for Outreach and Ministries at 908-464-1585, pastoral 110.lf@gmail.com.



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Imagine

"A child can live with anything as long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering." – Eda LeShan

We often struggle to find the words to talk to kids about life changing diagnoses, illness and death. Sometimes, we feel so unsure of what to say that we don't say anything at all. But our kids need to be given the opportunity to engage in honest conversations about these life changing events.

The staff at Imagine are offering a free webinar to help community members navigate these difficult conversations. On Thursday, March 14th from 7-8:30 p.m., Imagine will offer a webinar on Talking to Kids about Death and Dying. Those attending the webinar will learn to:

- Recognize that grief begins at diagnosis
- Describe how children grieve at different developmental stages
- Develop tools for creating a safe space where children can share their feelings
- Discover ways to navigate conversations about diagnosis, illness and death

If you'd like to join us for this webinar, please visit our website at imaginenj.org or scan the QR code below to register. Once you register, you'll receive a zoom link to join us on March 14th. Please contact Imagine's Training and Education Director, Veronica C Ortiz, LPC at veronica@imaginenj.org with any questions.

Because loss is inevitable, it's so important that we have open conversations with our kids in these difficult moments. We hope that you can join us as we work to create a world where no child grieves alone.

SCHOLARSHIPS FOR WOMEN VOLUNTEERS

The Junior League of Elizabeth-Plainfield (JLEP) is pleased to announce that in 2024 we will be awarding three \$4,000 scholarships to college bound women who reside in Union County and demonstrate a passion for volunteerism.

The JLEP believes that volunteerism is a vital force in our community, and we support young women who share our passion by awarding scholarships to college-bound high school seniors who have demonstrated a commitment to volunteer activities. The scholarships will be awarded in May 2024.

To be considered for a scholarship, applicants are asked to complete the application form, write a 300-to-400-word essay about their

volunteer experiences, and provide two letters of recommendation. The application form is available on our website, jlepnj.org, or can also be obtained by sending a request via email to scholarship@jlepnj.org or by leaving a message with your address and/or email address at 908-709-1177.

The deadline for submitting applications is April 5, 2024. There will be a formal presentation of the scholarships to the recipients at the JLEP's Annual Dinner on May 22, 2024.

To find out more about the League's scholarship program or about how to join as a member, please contact the League at 908-709-1177, via email at scholarship@jlepnj.org, or visit our website at jlepnj.org.

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REGISTER FOR FAMILY COURSE ON COPING WITH MENTAL ILLNESS

Alliance on Mental Illness (NAMI Union County) is offering its free annual 9-week course targeted towards families coping with mental illness. The course will start on Thursday, March 7, 2024 and meet weekly from 7:00pm – 9:30pm over a consecutive 9-week period. All necessary materials are furnished at no cost. This course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders.

The course is taught by NAMI members who

The Union County Chapter of The National have completed intensive training. Curriculum topics include schizophrenia, bipolar disorders (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, etc., the clinical treatment of these illnesses and how caregivers can learn to copy more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods. Capacity is limited.

> To register, or if you have questions, please contact Pat Roman at (732) 397-8123 or email at patroman2@aol.com. Please include "F2F Course" in the subject line. A F2F teacher will contact you with the details.

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COLLEGE CLUB OF F-SC MARCH 18TH SPEAKER PROGRAM

Zachary Rittner, the founder and head of the Presbyterian Church Hall, 74 Martine Ave. environmental science department at Scotch Plains -Fanwood High School will be hosted by the College Club of Fanwood-Scotch Plains on March 18th. Rittner will provide a presentation on the Conservation in the Classroom Program that helps to connect students with their local watersheds, ecosystems and biodiversity based in the environmental science classes at SPFHS. The program will take place at the Fanwood

(McDermott Street entrance) and will begin at 7:30 p.m. The program is free, and open to the

Rittner received his B.S. in Biology from Union College, Schenectady, NY; his M.A. in Teaching at Montclair University; and an M.S. in Environmental Science from Montana State University. He is completing his 10th year of teaching and has recently received recognition as a "NJ Exemplary Educator" from the NJ State Department of Education.

Mr. Rittner's classroom focuses on providing students with authentic, meaningful experiences meant to inspire them to not only become lifelong learners but also to become the next generation of environmental stewards. He and student members of the SPFHS Environmental Club will describe some of the varied and interesting hands-on experiences that they have shared.

Additional information about the College Club of Fanwood-Scotch Plains can be obtained by emailing collegeclub.fsp@gmail.com.

COLLEGE CLUB SPRING LUNCHEON - APRIL 28TH

Fanwood-Scotch Plains College Club member. members are busy making preparations for the Spring Luncheon Fundraiser that will take place on April 28th at the Westwood in Garwood from 12 noon to 4:00 p.m. The theme of this year's event is "April in Paris".

The gala event will include a Basket Raffle, a Silent Auction, a 50/50 raffle a raffle for a \$500 Shop Rite gift card.

No need to wait until the luncheon date to take a chance on the raffles and help the College Club raise scholarship funds. The 50/50 raffle will have 3 tier prizes. The tickets are \$2 each and can be obtained by contacting Sue at 908-472-8515 or at ssklt@verizon.net. There are 750 tickets available for the Shop Rite Gift Card raffle. The tickets are \$5 each and can be obtained by contacting Dorothy at 908-230-417 or at dorothyculleylusk@gmail.com. Raffle tickets can also be purchased from any College Club

All proceeds from the spring event will fund scholarships for local young women. There are college bound women in our community who depend on the College Club s and College Club members are motivated to make the Spring Luncheon a fundraising success and an enjoyable event for all who attend. To date, the College Club of Fanwood-Scotch Plains has awarded approximately \$780,000.00 in scholarships to approximately 582 young women.

The College Club website has recently been redesigned by Tom Kranz, former Public Information Officer for the Borough of Fanwood who donated his time to provide this service to the club. Additional information about the College Club of Fanwood- Scotch Plains and updates about the Spring Luncheon Fundraiser will now be available on the website: fspcollegeclub.org.



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THE WONDER BAND TO PLAY MARCH 9

Wonder Band – a Tribue to Stevie Wonder's Music, Saturday, March 9, 2024. The doors open at 7:15 p.m., the show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for intimate, up front, and personal. All ages are several carefully chosen local charities.

The Wonder Band is made up of three extremely talented performers who are well known to the Metro NY/NJ area music scene. Ed Alstrom, leader, is the organist for Yankee Stadium, as well as keyboard player for many famous performers such as Bette Midler, Chuck Berry, Leonard Bernstein, Herbie Hancock and others. The list goes on and on.

Accompanying Ed will be guitarist Al Orlo. Al has recorded with the legendary Ben E. King and was his musical director for 25 years. Al also held the #1 chair at Broadway shows, such as Kinky Boots, Carol King Musical, Hairspray abd Smokey Joe's Café, to name a few.

Bobby Deitch on drums rounds out the trio. Bobby has performed on several recordings such as Richard Sorce's Latin album "A Place I've Never Been" and Richie Hart's "33 1/3" album.

States Ed Alstrom, "Obviously, Stevie's music is even more fun to play than it is to listen to. This group does a mix of the hits and some lesser-

The Salem Roadhouse Café presents The known things, without the vocals, and it doesn't hurt the music one bit not to have them, because they'll be playing in your mind!

> Original artwork by local artist James Spath will be on display at the Roadhouse Gallery of Fine Art for all to enjoy before, during and after the show.

> As always, the Salem Roadhouse Café is live, welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Many thousands of dollars have been raised for these deserving charities.



Sunday Mornings

8:00 and 10:00 a.m. Liturgies with Eucharist 8:45 a.m. Education Hour

Passion/Palm Sunday - March 24 8:00 a.m. Spoken Liturgy with Eucharist 10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - March 28 12 noon Spoken Liturgy with Eucharist 7:30 p.m. Liturgy with Rite of First Holy Communion

> Good Friday - March 29 12 noon Ecumenical Community Service 7:30 p.m. Service of Tenebrae

Holy Saturday - March 30 A Day of Silence, Prayer & Reflection

Easter Celebration - March 31 7:00 a.m. Memorial Garden Liturgy 8:00 and 10:00 a.m. Liturgies with Eucharist

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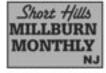
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WRECKAGE TO REDEMPTION BY TOM KRANZ

Kranz is a riveting, sometimes heart-breaking story of a man juggling his volunteer passion with the reality of the working world while selfmedicating to deal with the stresses of both.

"I tapped into some actual experiences from both my volunteer life as an EMT and my fulltime job as a senior producer at CBS News," says Kranz. "It's the old writer's axiom, write what you know."

Kranz was an active, volunteer EMT with the Fanwood Rescue Squad from 1999 to 2020. He remains a Life Member. For eight of those years, he commuted to New York for his CBS job which required 24/7 responses to breaking news around the world. Working in a stressful job by day, then responding to 911 calls nights and weekends made for a unique kind of exhaustion often soothed by alcohol.

"The protagonist in Wreck and Rescue,

The new novel Wreck and Return by Tom Griffin Ambrose, graduates from casual drinker to active alcoholic," says Kranz. "His partner is concerned, but she gives him the benefit of the doubt. She comes to regret it during a fateful ambulance transport."

> Kranz credits his EMT experience with motivating him to quit drinking altogether.

> "Being an EMT was a goal I'd had for many years, and I didn't want to screw it up. I also didn't want my wife and kids to watch me pass out in my chair every night. So, I quit. My 22+ years of sobriety have been a gift. Part of my goal in Wreck and Return was to create a fictional, worst-case scenario as a cautionary tale while shining a light on the everyday good works of volunteer EMTs."

> Wreck and Return is available in e-book and paperback at Amazon. Read more about them and Kranz's other books tomkranzbooks.com.





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RENNA MEDIA LAUNCHES YOUTUBE PODCAST

Joe Renna

Renna Media has posted its first episode of "Mind Your Own Local Business," a podcast that gives advice on how to run a successful local business.

This is my 40th year in business and I draw from my experience and expertise to give advice. I have received so much help in my career from mentors and seasoned business owners, and this is a way to pay it forward.

I already offer free one-on-one consultation on putting together business plans and marketing plans. The show would be a way to reach many more people.

I started in business in 1984 as a graphic designer and grew into a full-service marketing and adverting company. Now, along with my wife Tina, we publish twenty-four community newspapers mailing out 160,000 to homes and businesses monthly.

Like the newspapers, the show will serve as a venue to support local community service organizations and events and production costs will be covered by advertisers. There are several marketing and advertising opportunities for businesses to be included with the freedom to be unique and creative.

I am looking forward to having a lot of fun doing the show. It is another application of my Do-What-You-Love mentality. The show is a free-form magazine format production that is flexible. I welcome business owners to join in the fun.

To learn more call me, 908-447-1295, or email joerenna@rennamedia.com.



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