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## EMERGENCY SQUAD NEEDS \$75K TO FINISH RENOVATION

As the Chatham Emergency Squad (CES) approaches the final stage of its Capital Campaign — Building for the Future, donations are still needed to complete the project. CES has reached over 95% of its \$1.7M fundraising goal, which is a testament to the collective belief in the importance of the squad's mission. However, to bring this project to fruition and truly build a foundation for the future, the squad still needs to raise \$75,000 to hit the target and they are asking the community they serve for support.

CES President Evan Skinner said, "Throughout the campaign, the squad has been buoyed by the generous contributions from over 1,200 committed individuals, businesses, friends, and neighbors in our community. As we move to close our campaign, we're looking for that final bump to help us bridge this gap and make a substantial impact."

The Chatham Emergency Squad is an all-volunteer squad

that has been an unwavering pillar of our community, providing free life-saving emergency medical services with dedication and compassion for over 88 years. "This campaign and these renovations will secure the future of the squad by enhancing our facilities and ensuring that our highly skilled team has the resources to continue their lifesaving work. With the community's support we can make a lasting impact and create a space that will benefit both our dedicated volunteers and the residents who rely on our services," says CES Captain, Nicole DiMaggio.

To learn more about CES's campaign or to make a donation, visit their website: [chathamemergencysquad.org](http://chathamemergencysquad.org).

Donations can also be made by mailing a check to:

Chatham Emergency Squad

P.O. Box 609 Chatham, NJ 07928.

Chatham Emergency Squad is a registered 501c3 nonprofit organization, Tax ID #23-7122409.

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# ACHIEVING OPTIMAL FITNESS: THE KEY TO A HEALTHY LIFESTYLE

**THE CHATHAMS**<sub>N.J.</sub>

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## SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)**

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In our increasingly busy lives, prioritizing our health and fitness is of utmost importance. The Mayors Wellness Campaign Advisory Committee of the Chathams would like to remind you that regular exercise and maintaining a well-balanced diet have proven benefits not only for our physical well-being but also for our mental and emotional health. This article explores the importance of fitness and provides tips on how to achieve and maintain it.

Regular physical activity has multiple benefits, including:

- Improved cardiovascular health and reduced risk of chronic diseases such as heart disease, stroke, and diabetes.
- Enhanced muscular strength and endurance, promoting healthy bone density and joint flexibility.
- Weight management and improved metabolism.
- Boosted mood, reduced stress, and improved mental well-being.
- Increased energy levels and improved sleep patterns.
- Enhanced cognitive function and memory.

It's essential to engage in a variety of fitness activities to reap maximum benefits. Consider incorporating the following into your routine:

**Aerobic Fitness:** Incorporate at least 150 minutes of moderate-intensity cardio exercise or 75 minutes of high-intensity exercise into your week. Walking, running, stair climbing,

swimming, and dancing are a few of the options.

Flexibility Exercises: Implement a full body stretching routine two to three times weekly. Yoga, stretching, or Pilates.

**Strength Training:** Perform a mix of resistance exercises that work both the upper and lower body two to three times a week through weightlifting, resistance bands, or bodyweight exercises.

**Balance:** Having better balance leads to fewer injuries. Taking core-strengthening classes like yoga or Pilates, engaging in fun sports like tennis, basketball, soccer, or dancing are some great options.

To achieve and maintain fitness, it is crucial to set realistic goals. Take into account your current fitness level, lifestyle, and time availability. Start gradually and progress over time, aiming for at least 150 minutes of moderate-intensity aerobic activity along with strength training exercises twice a week.

Prioritizing fitness as a part of our daily lives can significantly improve our overall well-being. By understanding the benefits of fitness, engaging in various activities, setting realistic goals, and maintaining a healthy diet, we can achieve optimal fitness and unlock a healthier lifestyle. However, it is important to remember that each individual's health and fitness needs and health considerations vary, and consulting with a healthcare professional is necessary before starting any fitness or exercise program.

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# MORNING WITH THE MUSICIANS IN CHATHAM DRAWS CROWD

Submitted by the Chatham Performing Arts Boosters

Stormy weather didn't put a damper on Morning with the Musicians, held Saturday, March 2 at the Chatham Middle School auditorium.

Approximately 800 people attended the live performances by Lafayette School's 4th grade orchestra and band, CMS's 6th grade and 7th/8th grade combined orchestra, and the CMS Jazz Band.

This event, sponsored by the Chatham Performing Arts Boosters, raised over \$5,000 to support the district's music and theater programs.

"The Lafayette School 4th grade band members were thrilled to perform for the very first time at the Morning With the Musicians event! So many students said they enjoyed performing, supporting their friends, and making memories together, despite the rain," said band director, Emily Gaul.

"It means so much to them to have the support of the community. This is what being a part of a band is about; we are a family! What a wonderful way to spend a Saturday morning!"

That support was noted by Christie Spriggs, the 6th grade band director who also directs the CMS Jazz Band, an audience favorite.

"Morning with the Musicians" is such a wonderful event for our school district's community of musicians and their families. To be a part of the collaboration of the performing groups is very special. I love seeing the support from the audience that goes towards our newest 4th grade band & orchestra members while they perform their first concert of the year," she said. "The community consistently warmly supports the ever evolving talents of the middle school

groups as we all take the stage soon after. Watching the outstanding vocal music previews from the CHS musical cast is my favorite way to end the morning! "

Chatham High School's Chris Tomaino was the emcee.

There were also fun, music-themed happenings in the auditorium lobby, including an Instrument Petting Zoo sponsored by Elefante Music and a musical instrument scavenger hunt. A balloon artist created free balloon sculptures and the Chatham Cougar was on hand to pose for photos with the kids.

Twelve Truck served Filipino breakfast sandwiches at the CMS circle and a local student performing arts group held a bake sale.

The event concluded with a preview of CHS's spring musical, Les Misérables, featuring Evie Dittmann as Éponine Thénardier and Charley

Baird-Hassell as Jean Valjean. The show runs from March 20th to March 23rd.

Audience members were entered into a raffle for tickets to the show. "Wonderful!!!!" said raffle winner Jennifer Voelksen. "My daughter was in Matilda (at CMS). She was excited to go to the high school production."

If you love the performing arts in Chatham, purchase a new Chatham Performing Arts lawn sign and show your pride. Go to:

[goballisticsports.com/store/c424/Chatham\\_Performing\\_Arts.html](http://goballisticsports.com/store/c424/Chatham_Performing_Arts.html)

Chatham Performing Arts Boosters is a 501(c)(3) non-profit organization that supports K-12 performing arts in the School District of the Chathams.

For additional information about Chatham Performing Arts Boosters, please visit [chatham-pab.org/](http://chatham-pab.org/) or email [cpabnj@gmail.com](mailto:cpabnj@gmail.com).

## SUBURBAN MUSIC STUDY CLUB FREE CONCERT APRIL 11

The Suburban Music Study Club will present Music of The Spring on Thursday, April 11 at 10:30 a.m. Chatham United Methodist Church located at 460 Main Street, Chatham. Patricia Ruggles, voice; July Verbitsky, piano; Gail Berkshire, flute with Chick Barnes, piano will perform sweet music to usher you out of the Winter and in to the the Spring! All are invited. Event is free and handicap accessible. For more info visit [suburbanmusicstudyclub.com](http://suburbanmusicstudyclub.com), or our Facebook page.

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- 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.

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*- Robert, 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*
- "We saw a noticeable difference in his throwing - he could throw it further and faster! The training definitely paid off!"  
*- Dara, GRIT Athlete Parent*

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### STEP 2

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### STEP 3

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**Warning: Our summer season begins June 17th and we tend to sell out early. Please respond promptly so we can give you the best chance to grab a spot. Scan the QR code and enter your information to find out more about the Summer Program.**

# DR. HRDINA'S STUDENTS TAKE PART IN SOUPER BOWL FOOD DRIVE



(above) Dr. Hrdina's 6th and 7th Grade math students at Chatham Middle School recently took part in a "Souper Bowl" food drive. The students donated over 1,300 non-perishable items which were donated to local food pantries.

Photo by Chatham Public Schools



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## CONCERT COMMEMORATES BLACK HISTORY MONTH

### Wharton Arts

Nearly 1,000 elementary and middle school students attended a free educational concert held at the Union County Performing Arts Center (UCPAC) on February 21, 2024. The event was presented by the New Jersey Youth Symphony (NJYS).

Nearly 600 students from Union County public schools and 350 students from Paterson Public Schools were bussed to UCPAC for this special event celebrating Black History Month featuring music selections by all-Black composers including Duke Ellington and William Grant Still. Led by Conductor Helen H. Cha-Pyo, the NJYS Youth Symphony was joined by guest artist and tenor saxophonist Lance Bryant for the performance.

Said Artistic Director and Principal Conductor Helen H. Cha-Pyo, "As we celebrate our 45th anniversary season, the New Jersey Youth Symphony remains dedicated to encouraging its young musicians to use music to serve and inspire others. Our NJYS Youth Symphony musicians, predominantly high school students who serve as positive role models, are committed to helping build inclusive communities and aim to ignite a passion for the arts in our younger audience members. Hosting this educational concert is central to our mission, as it celebrates the legacies of Black composers while offering an immersive experience for the children in the audience. Through creative and engaging



introductions to each section of the orchestra, we hope this concert was both memorable and educational. Opening with the singing of the Black National Anthem, Lift Every Voice and Sing, underscores our dedication to celebrating the contributions of Black artists to our cultural heritage. We are honored to share this musical experience with our community, fostering a deeper appreciation for diversity and inclusion in the arts."

Wharton Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities. Its vision is for a transformative performing arts education in an inclusive community to be accessible for everyone.

Wharton Arts is New Jersey's largest independent non-profit community performing arts education center serving over 2,000 students through a range of classes and ensembles. The 5 ensembles of the New Jersey Youth Chorus, an auditioned choral ensemble program for students in grades 3–12, encourage a love and

appreciation of choral music while nurturing personal growth and creative development. The 15 ensembles of the New Jersey Youth Symphony, which serve nearly 600 students in grades 3–12 by audition, inspire young people to achieve musical excellence through high-level ensemble training and performance opportunities. Based in Paterson, the Paterson Music Project is an El Sistema-inspired program of Wharton Arts that uses music education as a vehicle for social action by empowering and inspiring young people to achieve their full potential through the community experience of ensemble learning and playing. From Pathways classes for young children to Lifelong Learning programs for adults, the Wharton Performing Arts School has a robust musical theater and drama program and offers both private and group classes for instruments and voice for all ages and all abilities. With the belief in the positive and unifying influence of music and that performing arts education should be accessible to all people regardless of their ability to pay, Wharton Arts offers need-based scholarships.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best. Visit [WhartonArts.org](http://WhartonArts.org), or call 908-790-0700.

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Spring & Easter Trivia Game  
Monday, April 8, 11 a.m.

Test your knowledge in this fun game of trivia questions about the season and holiday.

Introduction to Acting Course

Tuesdays, April 23-June 11, 10 a.m.

Eight classes taught by returning instructor, Anthony Caruso.

Florian Schantz Jazz Band

Thursday, April 25, 11:45 a.m.

A performance of jazz, Broadway, and Hollywood music pieces.

Paper Shred & Sneaker Drive Fundraiser to benefit the Senior Center of the Chathams

Saturday, April 27, 9 a.m.-Noon

Chatham Middle School

Arthritis & Osteoarthritis Presentation

Monday, April 29, 12:30 p.m.

Learn therapeutic exercises geared toward improving mobility, strength, flexibility, and range of motion for those with arthritis and osteoarthritis.

The Summit Area Old Guard is a social, educational, and recreational organization that serves men of retirement age. We meet most Tuesdays at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our dues are minimal, and members manage all aspects of the operation. Our motto is "Come for the Programs. Stay for the Friends." The organization was founded in 1930.

We will have five programs in April:

Our speaker on April 2nd will be Laura Ekstrand, founder, and artistic director of the Vivid Stage Company. Vivid Stage Company (formerly called Dreamcatchers) is a professional ensemble of actors. Ms. Ekstrand will discuss the Company and describe how it operates. The program will include background of the artists, discuss how various plays are chosen and the processes employed to create a production. The Company is located at the Oakes Center, 120 Morris Ave., Summit, NJ.

On April 9th we will offer something a little different, a presentation and concert by the musical troupe, The Larks, under the direction of Joanne Taubner Prussak, music director (who also plays accompanying piano). The Larks have been entertaining in and around the Summit area for about fifty years. We will learn how they organize and prepare for their shows, perhaps a little feedback on the Old Guard singing endeavors, and a few words about their parent organization, the Summit Junior League.

On April 16th we will be discussing saving and restoring old furniture. Our speaker will be Bob McAnally, Furniture Workshop Manager of the S.A.G.E. Restoration Workshop. SAGE Eldercare, an all-round senior daycare center in Summit, has a volunteer group which repairs furniture for an extremely low price. We will learn what goes on behind the scenes at this iconic Summit institution.

Donna Goggin Patel will be our speaker on April 23rd. Donna serves as Chair of the Summit Environmental Commission. She will tell us about something amazing, Summit's tiny forest. It is possible to grow a full micro-forest on as little as an acre in a few decades. Summit has such a forest. It was planted behind the Community Center several years ago and is thriving. We will learn about the importance of native species and how dense pocket reforestations can help mitigate climate. Donna can also discuss the latest sustainability efforts in Summit and other planned and ongoing environmental efforts.

Finally, on April 30th our own David Dietze, Managing Principal, Senior Portfolio Strategist at Peapack Private Wealth Management, will present. David will discuss current trends and thinking regarding inflation, economic growth, political initiatives, the federal reserve, etc., and how all these factors combine to influence the stock market. He will talk about valuation and where there is both risk and reward in equities.



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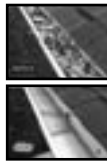
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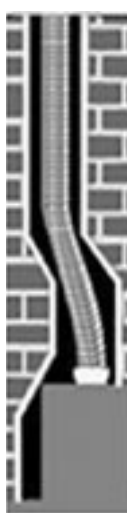
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**Town-Wide Yard Sale**

**Your YARD SALE Here**

Saturday, May 4, 9am-2pm  
Rain date May 5

Madison & the Chatham are going green by inviting residents to host yard sales on the same day.

A benefit for the Great Swamp Watershed Association. With a \$10 tax-deductible donation, your sale will be listed on an official map and circulated far and wide.

## The Summit College Club Annual Book Sale Returns!

at the American Legion Post 433  
357 Elkwood Avenue, New Providence  
(next to the New Providence Library)

### DONATIONS

April 12 • 1pm-7pm  
April 13, 14 & 15 • 9am-7pm

### BOOK SALE

**\$25 entry fee:**  
April 17 • 9am-2pm

**Free Entry:**  
April 18 & 19 • 9am-8pm  
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## OPEN REHEARSALS FOR STRING PLAYERS AND PERCUSSION

The Livingston Symphony Orchestra is holding open rehearsals for string players and percussion, Tuesdays 4/2 and 4/9 at the Livingston High School orchestra room, 7:30 – 10:00 p.m.

Livingston Symphony Orchestra, a premier community orchestra in NJ for over 50 years, is under the direction of Maestro Anthony LaGruth.

The orchestra performs five concerts a season combining classical masterpieces with exciting rarities.

Are you interested in making great music while connecting with friends and the community?

Come and join us! For more information contact us at [livingstonsopersonnel@gmail.com](mailto:livingstonsopersonnel@gmail.com).





## FAITH Lutheran Church

524 South Street • New Providence • NJ  
[famfaith.org](http://famfaith.org) • 908-464-5177 • The Rev. Jane McCready, Pastor

### 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

---

Visit our website or Facebook at  
Faith Lutheran, New Providence  
*We practice an open Communion table. All are welcome!*

## MADISON THRIFT SHOP APRIL SALES

The Madison Independent Thrift Shop is preparing for sales for April; included will be glass items, coats, and jackets.

The Thrift Shop, located at 39 Kings Road, is open Tuesday, Thursday and Friday from 10:00 a.m. - 5:00 p.m., and Saturday from 10:00 a.m. - 3:00 p.m. A nonprofit group, it is operated entirely by volunteers. Proceeds received from sales during 2023 were recently distributed to charitable groups in Madison and surrounding communities.

We are looking for Community minded volunteers to help staff the store. Anyone wanting further information or may be interested in becoming a volunteer is encouraged to drop by the shop, or call 973-377-2450 during business hours listed above.

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### CHESS IN MILLBURN CHESS ACADEMY





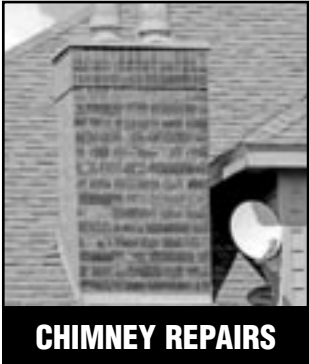
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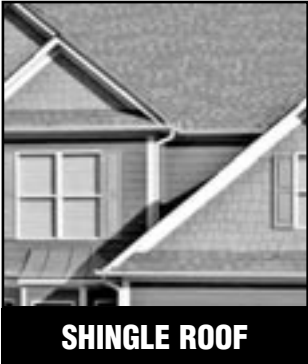
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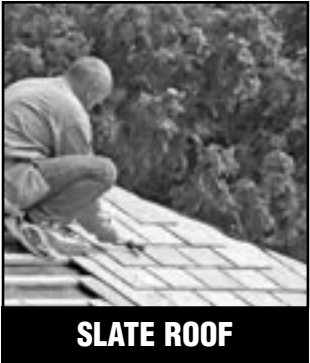
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MAHJONGG TOURNAMENT

The nonprofit AAUW Madison Area Branch is hosting its Spring Mahjongg Tournament on Thursday, May 16, 2024, 10 a.m. to 3:30 p.m. at the Community Arts Center, 10 Kings Road in Madison. Advanced registration is required. Please join us for 4 rounds of games, door prizes, and 50/50 drawings, lunch, and free parking. All proceeds benefit education for women and STEM programs for middle school girls. The cost is \$55 per player. Visit [aauwmadisonnj.square.site/mah-jongg-](http://aauwmadisonnj.square.site/mah-jongg-tournament-may-2024)

tournament-may-2024 for more information and to register.

AAUW has been transforming women’s lives for more than a century. Our Madison area branch continues to support education with grants, programs that expose teen girls to STEM, topical monthly programs, and member special interest groups such as a book club, Mahjongg games, book sales, and more. Join us to find purpose, community, and friendship at [madisonareaaauw.org](http://madisonareaaauw.org).

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# AAUW MAHJONGG TOURNAMENT

Thurs. May 16, 2024

10 - 3:30 pm \$55 pp\*

Madison Community Arts Center

10 Kings Road Madison, NJ

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MadisonAreaAAUW.org

Seating Limited

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\*All Proceeds Benefit Girls' & Women's Education

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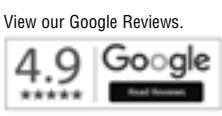


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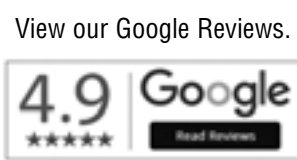
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# IMAGINE SEEKS VOLUNTEERS

Imagine, A Center for Coping with Loss has been offering free peer support groups to children, youth and adults who are grieving for more than 10 years. The volunteers who facilitate these groups create safe spaces where the pain of grief can be acknowledged and shared, and where group members feel felt. Imagine's volunteers are the heart of Imagine's programs, and many find their volunteer work with Imagine so fulfilling that they continue for many years, some having stayed since the program began.

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. Volunteers must be 18 years or older and 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.

This Spring, Imagine will offer two facilitator training classes for those who would like to join this amazing group of volunteers. The first will be held at their location at 570 Broad Street in Newark from May 3-5 from 9 am-5 pm each day. The second option will take place at Imagine's location at 244 Sheffield Street in Mountainside from June 7-9, also from 9am-5pm each day. Imagine staff ask those participating in the training to plan to attend all three days.

If you'd like to join one of the upcoming



trainings, please visit [imaginenj.org](http://imaginenj.org) and complete the interest form found on the website or scan the QR code below. When completing the form, you'll be asked to choose a convenient date to attend an information session where you'll learn more about volunteering with Imagine. We hope you'll consider joining this wonderful team of volunteers who support Imagine's efforts to ensure that no one grieves alone.

Imagine is a 501c3 that offers grief and loss education and training to the community and 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. For more information please contact Imagine at 908-264-3100 or [info@imaginenj.org](mailto:info@imaginenj.org) or visit our website at [www.imaginenj.org](http://www.imaginenj.org).

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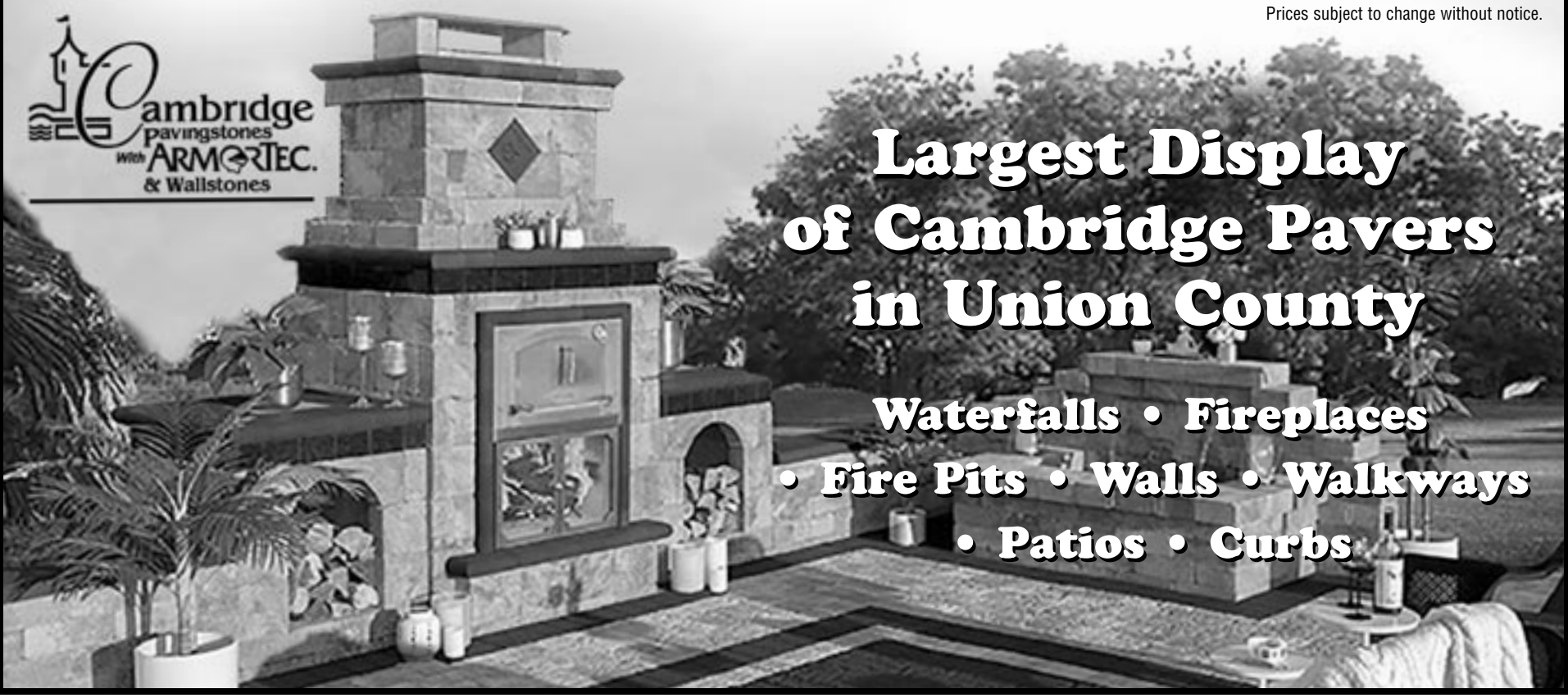
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<b>Short Hills</b> MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit</b> NJ Times Qty: 9,600 Zip: 07901	<b>Spirit of</b> UNION NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN</b> MONTHLY NJ Qty: 6,200 Zip: 07059	<b>Watchung</b> Post NJ Qty: 2,700 Zip: 07069	<b>Westfield</b> NJ MONTHLY Qty: 11,800 Zip: 07090

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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
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PER 1,000**

**MENUS  
\$85  
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Basic static site that can be developed further

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Cost for average website: 12 pages, contact form, SEO friendly, responsive design

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24/25  
Season

# New Jersey Youth Symphony

WhartonARTS

Helen H. Cha-Pyo, Artistic Director & Principal Conductor



Share Your  
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NJYS!

## Audition Registration Open from April 1 - May 1

### WOODWINDS

#### Flute

Level 1 May 14  
Level 2, 3 & 4 May 20 or 21\*

#### Clarinet, Oboe & Bassoon

Level 1 & 2 May 14  
Level 3 & 4 May 15

#### Saxophone (Orchestral)

Level 1 May 14

### HARP & PIANO

Level 5 & 6 May 20\*

### STRINGS

#### Violin

Level 1 & 2 May 22 or 23  
Level 3 & 4 May 18, 19 or 21  
Level 5 & 6 May 16, 17 or 18

#### Viola

Level 1 & 2 May 22 or 23  
Level 3 & 4 May 21 or 22  
Level 5 & 6 May 16 or 17

#### Cello & Bass

Level 1 & 2 May 22 or 23  
Level 3 & 4 May 21 or 22  
Level 5 & 6 May 16 or 17

### BRASS

#### All Brass

Level 1 & 2 May 14  
Level 3 & 4 May 15

### JAZZ

#### All Instruments

All Levels May 19

### PERCUSSION

#### All Instruments

All Levels May 14

\* At 60 Locust Avenue, Berkeley Heights

Call 908-771-5544 or  
email [info@njys.org](mailto:info@njys.org) for more information.

NJYS.org



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New Jersey State Council on the Arts, a division  
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