# Watchung Post

Watchung's Hometown Newspaper

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**ISSUE 151 • JUNE 2025** 

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### **BLOOMS & BRUNCH SPRING LUNCHEON**

Watchung residents (55 and up) were invited to wear their favorite hat and florals to attend a Blooms & Brunch Spring Luncheon held on May 14th at the Fireman's Exempt Hall. They were treated to lunch and games, and each other's company. Watchung Mayor Ronald Jubin spoke and encouraged attendees to stay active and social, "Staying active, mentally, and physical is

the key. So many of you are a great example." Mayor Jubin invited the seniors to join him on Monday nights at 7 p.m. for 'Watchung Walks'. All residents are invited to take a walk around the Watchung Lake as park of The Mayors Wellness Campaign.















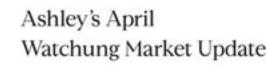








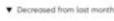




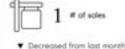


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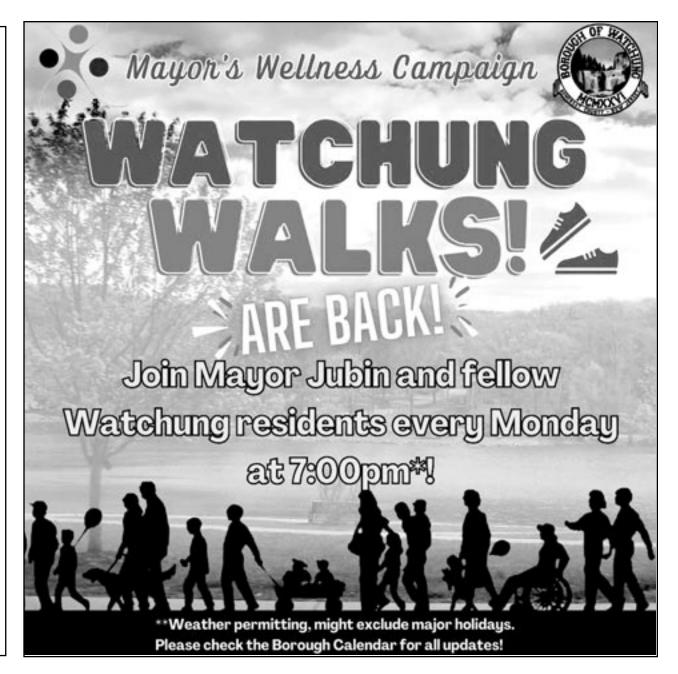
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### 2025 HIGH SCHOOL HALL OF FAME INDUCTION CEREMONY

# 1982 GRADUATE'S JOURNEY TO THE BIGS

Representing the Class of 1982, Michael Stanfield, the third inductee, was a standout scholar-athlete and National Honor Society member who played on both the varsity football and baseball teams. After earning a degree in sports management from Saint Leo University, he began his career in Major League Baseball. Today, he serves as the Senior Vice President of Sales for both the New Orleans Saints and New Orleans Pelicans, exemplifying how passion and perseverance can lead to extraordinary achievements.



(above) Michael Stanfield with presenter Mark Suseth

Photos by WHRHS

### 1954 INAUGURAL BOARD OF ED

The fourth induction recognized the pioneering spirit of the 1954 Inaugural Board of Education. As the first Board following the regionalization of the surrounding districts, their tireless efforts and visionary planning were instrumental in establishing Watchung Hills Regional High School. Their work laid the foundation for the generations of students who have passed through its halls.

### **1973 FOOTBALL TEAM**

The final inductees were the members of the 1973 football team, remembered for their unity, spirit, and unforgettable victories. Introduced by one of their former coaches, Mr. Robbery Baly, the team was celebrated for its contributions to the school's rich athletic tradition. Nostalgic stories of teamwork and triumph were shared, reminding all in attendance of the power of sports to shape character and create lifelong bonds.

Each inductee was honored in person and given the opportunity to share memories and reflections from their journey. The ceremony highlighted the importance of preserving local history and recognizing those who have helped shape the identity of Watchung Hills Regional High School.

### Watching Hills Regional High School

In a heartwarming celebration of excellence, service, and history, Watchung Hills Regional High School (WHRHS) proudly hosted its annual Hall of Fame Induction Ceremony. The event brought together alumni, faculty, and community members to honor five distinguished inductees whose contributions have left an enduring impact on the school and the broader community.

The Hall of Fame honorees include a decorated Air Force lieutenant, a beloved former school nurse, a nationally recognized sports executive, the original Board of Education from 1954, and the legendary 1973 football team.

Air Force Leadership from the Class of 1968 The first inductee, Virginia Procino Hartmann, graduated from WHRHS in 1968. She was honored for her groundbreaking service in the U.S. Air Force. After graduating from WHRHS, she pursued her studies at Hood College, a

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women's university, and soon earned her commission as a second lieutenant through Officer Training School. She began her service career at a time when few women served in the armed forces, breaking barriers and paving the way for generations of women in uniform.



(above, l-r) Virginia Procino Hartmann and presenter Beatrix Procino Hartman

Photos by WHRHS



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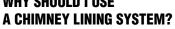
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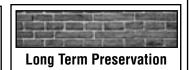


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### **OSKAR GAEBELE EARNS EAGLE SCOUT RANK**

### Green Brook Troop 129

Oskar Gaebele achieved the rank of Eagle Scout on April 10, 2025, from Green Brook Troop 129. Oskar's start in Boy Scouts began in 1st grade and continued into his Senior Year at Watchung Hills Regional High School. Oskar says, "In college and for the rest of my life I plan to live by the morals and standards that I have learned from Boy Scouts." Oskar plans on pursuing Mechanical Engineering while taking advantage of any opportunity he gets, whether that be academically or just a chance to have fun. One of those adventures Oskar prepared for and went on was a rugged backpacking trip in New Mexico that took him and his Scout Troop over 80 miles and camping in the wilderness.

Oskar's final Eagle Scout project was to benefit the Warren Lions Club, with the assistance of leaders and Scouts from his Troop he successfully refurbished a shed allowing the Lions Organization to better protect their equipment. Oskar stated, "I learned to plan things out and adapt when things didn't go according to plan." Troop 129 wishes Oskar the best as he continues to live the Scout Oath.



(above) Oskar Gaebele achieved the rank of Eagle Scout on April 10, 2025, from Green Brook Troop 129.



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(above) Oskar's final Eagle Scout project was to benefit the Warren Lions Club, with the assistance of leaders and Scouts from his Troop he successfully refurbished a shed allowing the Lions Organization to better protect their equipment.

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The Warren Township Lions Club proudly presents our 57th Lions Expo! Calling all families and thrill-seekers! Get ready for a few nights of non-stop fun, laughter, and excitement at our annual Lions Expo!

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### WARREN TOWNSHIP MUNICIPAL GROUNDS 46 MOUNTAIN BLVD, WARREN, NJ

The Warren Lions Expo will feature rides, games, food, vendors & entertainment with a FIREWORKS display SATURDAY night!

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For information & sponsor opportunities, call Anthony Franchini at (908) 334-9304. or visit the Warren Township Lions Club online at www.WarrenLionsClub.org

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### 10TH ANNUAL FEATHERFEST — JUNE 1

We invite you and your family to The Raptor Trust (TRT) on Sunday, June 1, 2025, for a day of all things bird! Make a difference in one day. FeatherFest is the biggest event of the year, when our community comes together to raise funds to help care for the influx of baby birds we admit each spring/summer. Tour our facilities and participate in games, gifts, auctions, raffles, food, and FUN! Entry times for FeatherFest must be booked online at: theraptortrust.org/featherfest

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ.

The Raptor Trust is a 501(c)(3) not for profit organization which provides free medical care to thousands of orphaned or injured birds each year. Our infirmary staff is available seven days a week during daylight hours to admit injured birds, but we must rely on the people who find them to bring them to us for care. If you find a bird that needs help, please visit our website theraptortrust.org for instructions. We cannot do what we do without the kindness of many – including our visitors!





Somerset County Vocational & Technical High School

A team of culinary students from Somerset County Vocational & Technical High School (SCVTHS) were recently awarded a Silver Medal at the New Jersey Association of Counties (NJAC) Culinary Cook-off held at Caesars Atlantic City Resort.

Teams from twelve vocational schools from across the State were tasked with creating, preparing, and serving 300 portions of a savory amuse-bouche – a delicious morsel that takes only two or three bites to eat. Culinary instructors Keith Johnson and Mark Mastrobattista held a "local" competition at SCVTHS to determine which recipe would be entered into the Atlantic City contest. The bite that won the SCVTHS competition – the Pancetta Bruschetta - was developed by Delilah Bergman of Hillsborough and Francesca Boian-Togyik of Manville. The bite featured pancetta, a cream cheese spread

with fresh herbs and spices, a tomato and cilantro bruschetta, and homemade guacamole, served atop crostini, and was presented amid flowers on stands built by the SCVTHS Carpentry program.

Ms. Bergman and Ms. Boian-Togyik were joined by Sharon Castro Benitez of Hillsborough, Michael Dagostino of Bridgewater, Amy Hernandez of Hillsborough, and Alyssa Robinson of Somerset. The team of chefs had an hour onsite to prepare their dishes before the judges arrived for a tasting, evaluating the entry for taste and presentation. Among the judges was celebrity chef David Burke who, after tasting the Pancetta Bruschetta, spent some time with the students, talking with them and providing feedback on their creation.

"It was great for the students to see the reception they got from attendees and the judges" said Mr. Johnson. "We're very proud of the work these chefs did, the food they put on the table, and the accolades they received."





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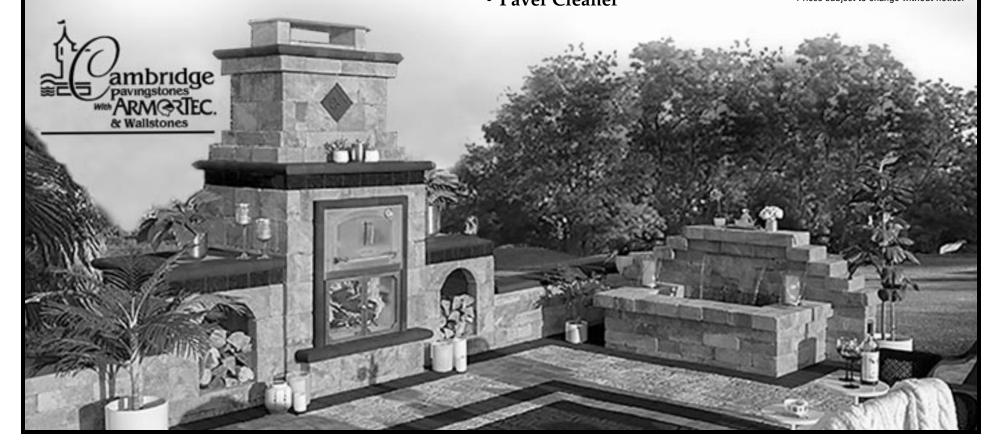
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### **WATCHUNG LIBRARY JUNE 2025 EVENTS**

Watchung Library, located at 20 Stirling Rd. Visit SCLSNJ.org, (908) 845-8400. SCLSNJ on Facebook, Instagram, X or YouTube.

#### **Baby/Toddler Storytime**

June 2 & July 7, 10:30 - 11a.m.

Birth to 3 years (with caregiver)

Introduce your child to the beginnings of storytime in this interactive program featuring rhymes, movement, songs, and stories.

#### **Music with Miss Donna**

June 16 & July 7, 10:30 - 11:00 a.m.

Birth to 5 years (with caregiver)

Take time to bond with your children while making music in this interactive session. Enjoy music, fingerplays, and playing instruments.

Hosted at WIIson Memorial Church.

#### **Bingo with Miss June**

June 18 & July 23, 4:30 - 5:00 p.m Ages 4 and up

Share your love of Bingo with other players as you compete to win prizes.

### Family Storytime: Move and Groove

June 9 & July 14, 10:30 -11 a.m.

Discover songs, stories, and movement in this active storytime.

### **Family Storytime: Yoga**

June 23 & July 28, 10:30 -11 a.m. Discover songs, stories, and yoga poses in this active storytime.

### **Drop-In STEAM: Oil Pastel Art**

June 21, 10:30 a.m.-1:30 p.m Grades K and up Create art with oil pastels.

### **Read to a Therapy Dog**

June 17 & July 15, 4:30 - 5:30 p.m Grades K - 4

Practice your reading skills by reading a story to a certified therapy dog. Registration is required, begins May 27.

#### **Giant Games**

June 4 & July 9, 4:30 - 5:00 p.m Grades K - 5

Play fun classic games that are giant.

### **Paint and Snack: Butterfly**

June 10, 4:30 - 5:30 p.m

Discover how to paint step-by-step using watercolors. Pre-packaged snacks and drinks will be served.

#### **LEGO®** Fun

June 11 & July 16, 4:30 - 5:00 p.m

Join the fun if you like building with LEGO® bricks. Bring your creativity and prepare for a challenge.

### **STEAM: Chocolate Making**

June 24, 4:30 - 5:15 p.m

Learn about changes in melting points when making chocolates to take home.

#### **Teen Volunteer Afternoon**

June 26 & July 17, 24 & 31, 4:30-5:30 p.m Grades 6-12

Write letters and make cards for a good cause. Attendees will earn one hour of service time.

### **ADULT**

### **Watchung Library Writers Group**

June 4, 11, 18, 25 and July 2, 9 16, 23, 30, 10:30 a.m. - 12:30 p.m

Writers Group welcomes experienced writers interested in providing and receiving feedback.

Hosted at Wilson Memorial Church.

### **Qigong and Meditation**

June 12 & 19, 11:00 a.m. - 12:00 p.m
Patty Barron will lead gentle sitting and standing Qigong exercises/meditation focusing on body/mind connection. Hosted at Wilson Memorial Church.

### Adult Book Discussion "The Buddha in the Attic"

June 12, 6:30 - 7:45 p.m

"The Buddha in the Attic" by Julie Otsuka moderated by Manny Miracle.

### **Feather Drawing**

June 14, 10:30 a.m. - 12:30 p.m

Designed specifically for those who don't consider themselves artists, this class will equip you with observational drawing skills to create a realistic feather drawing you will be proud to showcase.

#### **Patriotic Button Heart**

June 25 & 28, 10:30 a.m. - 12:00 p.m Make a patriotic heart picture using buttons.

### **SENIOR CENTERS COMBAT LONELINESS**

### Sommerset County

Loneliness has become a national epidemic. According to the National Institute on Aging (NIH), the consequences of loneliness and isolation can lead to chronic health conditions, such as high blood pressure, heart disease, dementia, and other health concerns. One way for older adults to combat loneliness is to stay connected.

In Somerset County, our senior wellness centers provide an ideal place for older adults to socialize as proven by testimonials from Somerset County-operated senior wellness center clients.

A Montgomery Senior Center client said, "My older years have been predominantly lonely until I joined the senior center. Regularly attending the center helps me keep fit, healthy, and joyful all day."

A Quail Brook Senior Center client said, "I live alone, and the senior center provides me with a social life where I can enjoy talking to folks in my age group. I have met interesting people and have attended fascinating programs. The staff and other clients make me feel welcomed."

Another senior wellness center client asserted, "Attending the senior wellness center saved my life! I love it here."





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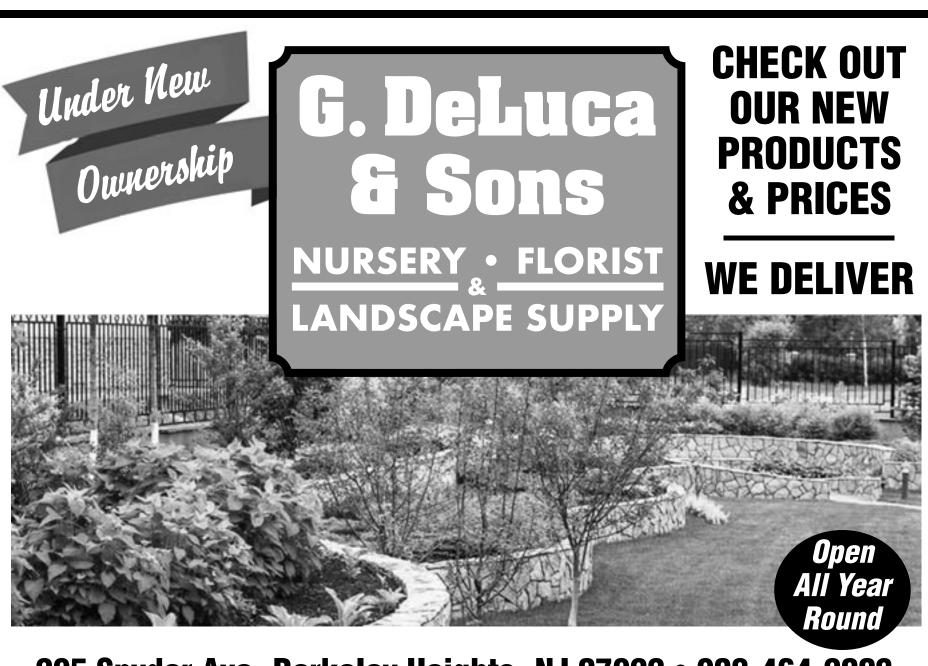
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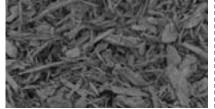
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(above) New Jersey DAR Liaison to 4-H Holly Dunbar with 1,800 packets of donated vegetable seeds that were sent to Kentucky to help combat hunger.

### **SOWING SEEDS FOR A BETTER FUTURE**

Community groups and young people in our area recently joined together to offer a helping hand to hungry families in Appalachia. They were responding to a request from Hindman Settlement School, a Daughters of the American Revolution (DAR) supported school in eastern Kentucky, for donations of vegetable seeds.

The school participates in Grow Appalachia, an initiative that addresses food insecurity by providing free vegetable seeds and organic gardening instruction. They also provide access to a commercial kitchen for canning and food processing so that area residents can preserve their garden harvests.

When word reached Elizabeth Snyder-Continental Chapter DAR, they asked their members to donate and also invited the Somerset County 4-H Youth Development Program to participate. They were soon joined by 4-H in Bergen, Monmouth, Salem and Warren counties and the 4-H office at Rutgers University. Likewise, the teen Confirmation candidates at St. Luke's R.C. Church in North Plainfield collected seeds as a service project, and seeds were donated by the Neshanic Garden Club.

"The response was overwhelming," said Holly Dunbar, New Jersey DAR liaison to 4-H. "People realized that this is a great program serving a real need and they wanted to help.

Thanks to their generosity, we were able ship 1,800 seed packets valued at \$2,400 to the school in Kentucky, a gift from the people of the Garden State."

Hindman, Kentucky, suffered flooding in February and the area is still recovering from catastrophic flooding in 2022. The region is in the same USDA hardiness zone as parts of central and south Jersey, so seeds purchased locally could be donated. According to the school, the most requested seeds are tomatoes, beans, peppers, and squash, but seeds of all varieties of vegetables and herbs were accepted.

The DAR shipped the seeds to Kentucky where the school hosted a Seed Shower in March, inviting area residents to pick out seeds for their gardens. According to Hindman Settlement School, the donated seeds do more than fill gardens, they empower community members with hands-on learning, increase access to affordable food, and bring a little joy to families who need it.

The DAR is a nonprofit service organization that promotes education, historic preservation and patriotism. Based in Green Brook, Elizabeth Snyder-Continental Chapter serves areas of Somerset, Middlesex and Union counties. Contact the chapter at

ESCchapterDAR@gmail.com.



(above) Residents of Appalachia receive free vegetable seeds and learn how to be successful backyard gardeners.



(above) Learning to garden is a family affair.

### **BIKE & SEWING MACHINE COLLECTION - JUNE 7**

### Faith Lutheran Church

Do you have bikes or sewing machines needlessly taking up room in your home or garage? Give them a new home by bringing them to Faith Lutheran Church's bike and sewing machine collection for Pedals for Progress (P4P) and Sewing Peace on Saturday, June 7th from 9:00 a.m. to 12:00 p.m.

Adult and children's bicycles in rideable or repairable condition will be shipped overseas by P4P and distributed to those who rely on them for transportation to jobs, markets, medical care, and schools. Donations of working sewing machines also provide income opportunities for those living in developing countries.

If you are unable to drop by on June 7th, you may still leave your bicycle(s) in Faith Lutheran's lower lot next to the utility shed. If you are donating a sewing machine, please leave it underneath the sheltered alcove by the red doors at the bottom of the parking lot. Faith will make sure these items get to P4P for this collection or will hold them until the next one. Please note that "bikes for parts" or disassembled bicycles will not be accepted.

On average, it costs \$52 to collect, process, and ship each bicycle. A donation toward shipping costs is necessary for P4P's continued success and \$20 is suggested per bike and sewing machine. All monetary donations (cash

or check) and material donations are fully deductible, and a receipt will be provided on site on June 7th. Donations can also be made directly via p4p.org.

To date, Pedals for Progress has shipped over 167,000 bicycles and 6,300 sewing machines to partner agencies in Central America, Africa, and Eastern Europe.

Faith Lutheran Church is located at 524 South Street, New Providence, NJ. Find out more at famfaith.org. Worship is on Sundays at 8:00 a.m. and 10:00 a.m. with livestreaming available via website, Facebook, and YouTube. The church phone number is 908-464-5177 and the pastor of Faith is Rev. Jane McCready.

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36 Valley Rd, Clark, NJ 07066

10am to 5pm

# June 23 thru 27 KENILWORTH HOTEL

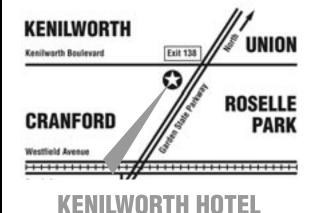
60 S 31st St, Kenilworth, NJ 07033

10am to 5pm

# June 30 thru July 4 THE COURTYARD

8 Rooney Cir, West Orange, NJ 07052

10am to 5pm



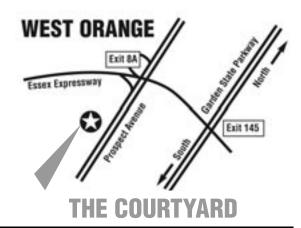
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FRONT PAGE BOX

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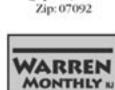
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4 Units 3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units 6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE 6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
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### **WARRENBROOK SENIOR CENTER JUNE EVENTS**

500 Warrenville Road. All the programs are FREE for the registered members. Call (908) 753-9440 for more information.

#### **Watercolor Paint Class**

Mondays & Wednesdays, 9:00 a.m. – 12p.m. This is a great opportunity for an experienced artist to meet new people while water coloring.

All supplies are included.

### Chair Yoga with Kartika

Mondays, 10:00 a.m.

This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing. No fee for this ongoing class. Warrenbrook Senior Center clients only.

#### "Walk With Ease"

Mondays, 1:00 p.m. - June 16 – July 21
Self-Guided Program Weekly Check In and
Presentation with Rutgers University Doctoral
Occupational Therapy Students. Walk with Ease
is a 6-week evidence based structured walking
program that focuses on stretching.

### **Mahjong for Intermediate Players**

Tuesdays, 9:30 a.m. - 12:00 p.m.

If you are an intermediate mahjong player and would like to play this game of skill, join us.

#### **Take control with Exercise**

Tuesdays, 10:00 a.m.

This is an ongoing exercise program, in video form, for all skill levels that can be practiced while either standing or sitting. No fee for this ongoing class.

### **Bridge Group with Ronnie**

Tuesdays, 1 p.m. - 4 p.m.

Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome (lessons available).

### Stretch & Strength

Wednesdays, 10 a.m.

A 10-week exercise class that involves stretch & strength.

### **Craft Activities**

2nd & 4th Wednesdays, 1-4 p.m.

This is a great opportunity for artists & crafters to meet new people while creating an art piece or craft. All supplies will be provided.

#### **Advanced Bridge**

1st & 3rd Wednesdays, 1:00 – 3:30 p.m. This is a closed group and is available by invitation only.

### Line Dancing with Linda Hyland

Thursdays, 9:30 a.m. - 10:15 a.m.

You don't need a partner; and dancing is an easy way to stay healthy.

### **Card/Table Games**

Thursdays, 1 p.m. - 4 p.m.

Join in and play some of your favorite games such as Mahjong, Bridge, Dominoes, Left-Right-Center Dice games, Rummikub, Canasta, Mexican Train and more.

### Tai Chi (Video)

Fridays, 10:00 a.m.

Tai Chi participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. This program can be practiced while either standing or sitting.

### Technology for Seniors with Aadi Fridays, 1 p.m.

The goal is to empower seniors to embrace technology and make their daily lives more.

#### **Bridge**

Fridays, 1 p.m. - 4 p.m.

Bridge is a mentally challenging card game that offers intellectual and social stimulation.

#### **Teen's Perception on Aging**

June 2, 11 a.m.

How Social Media Influences Teen's Perception on Aging and Alzheimer's with Chris Kellogg of Nightingale NJ.

### **The Somerset County Traveling Library**

June 2, 1 p.m.

Help troubleshooting technology, check out a book, or just share a favorite book you are currently reading.

### Bingo

June 4, 11 a.m.

Bingo sponsored by Kristina Bischof of Country Arch Care Center.

### **Breathing techniques for mental wellness**

June 5, 11 a.m.

Dr Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode.

### **Brains n Games and Hand Bells**

June 6, 27, 11 a.m.

Join Adrienne for some mind-tingling, brainstumping word games and a fun-filled musical workout using hand bells.

### **Reducing Sodium**

June 9, 11 a.m.

Learn how to identify hidden sodium sources and make simple changes to reduce your salt intake without sacrificing flavor.

#### **Drum Circle**

June 9, 1 p.m.

Deep relaxation, lower blood pressure, reduced stress and open communication. Anil will guide us through playing different tones using drums.

#### Wheel of fortune

June 10, 11 a.m.

Spin the colorful wheel and watch the anticipation build as participants try to match clues and solve word puzzles.

### **Monthly Book Club (Hybrid)**

June 10, 1:30 PM

Meets Every Second Tuesday of the month. New members are always welcome! \*\*Only for Warrenbrook Senior Center Participants\*\*

#### **Here comes the Bride**

June 11, 11 a.m.

Discover the origins of many of the traditional practices we follow in the age-old celebration of marriage & weddings.

### Warrenbrook Senior Center closed -

June 12

### **Father's Day Games**

June 13, 11 a.m.

We will race the cars on our Warrenbrook Race course in teams and encourage friendly competition, and social interaction all while engaging in a lightheaded and fun activity.

### **Summer Musical Entertainment**

June 16, 11 a.m.

From nostalgic tunes of the past to lively singalongs and dance-worthy hits, there's something for everyone to enjoy.

### **Neurographics**

June 17, 11 a.m.

Providing a meaningful and enjoyable way to engage their minds. All materials will be provided. Pre-registration is required.

### **Uncovering the History of the Enslaved**

June 18, 11 a.m.

Listen to the stories and narratives as we uncover the voices of the enslaved people.

### Bingo

June 19, 10:30 a.m.

Improves listening and short-term memory skills.

### Warrenbrook Senior Center Closed

June 20

### Women's Health: The Big Three

June 23, 11 a.m.

This presentation will equip you with the knowledge you need to take control of your health!

### **Boggle**

June 24, 11 a.m.

Then look for words within a larger word. Join us as we try to find as many words as possible.

#### **Pinecone flower Bouquet**

June 25, 11 a.m.

With Brandywine Living - It's a fun, hands-on activity. All material will be provided. Preregistration is required.

#### Wordle

June 26, 11 a.m.

Dig deep into your vocabulary repertoire and identify some words.

#### **Senior Moments Band Performance**

June 30, 11 a.m.

Join Gabe and Sandy from the Senior Moments Band for a performance of some 50's, 60's, oldies, country music and much more.



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459 RIDGE ROAD, WATCHUNG, NJ 5 BD | 2 BA | 1 HB | \$1,050,000

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