Green Brook Gazette

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ISSUE 144 • AUGUST 2025

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LIONS CLUB CELEBRATING 75 YEARS OF COMMUNITY SERVICE

The Green Brook Lions Club is celebrating 75 years of serving the community. The Club is one of more than 49,000 clubs in more than 200 countries around the world, with 1.4 million members.

The Club meets twice monthly to coordinate fundraising

efforts to support the local community and high school scholarships, and local and global efforts relating to vision and hearing preservation and disaster relief.

For more information about membership, email us at greenbrooklions@gmail.com.



(above) Club members at a celebration dinner, installing new officers for the 2025-26 year. (standing, l-r) Walter Duralek, Jerry Accomando, Joe Mulvey, Jeff Daley, Mark Kinney, Paul Fornale, Lee Dos Santos, Suhash Bhavsar (Secretary), Phil Costa, Miguel Rivera, Matt Hoffmann. (seated, l-r) John Guarino, Albert St. Louis (Past President), Kevin Boyer (President), Patrick Boccio (Past President), Raymond Murray (Treasurer), Jerry Searfoss.

Courtesy Photo

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Green Brook Gazette

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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

ADVERTISING

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LABOR DAY 5K RUN & WALK - AUGUST 30

Day 5K Run/Walk? Like last year, the 5K will be held at 8:45 AM on Saturday, August 30th at the Warren Municipal Complex.

movement and community synergy. Whether you're aiming for a new personal best or want to enjoy a relaxing walk, this event has something for everyone!

Take in the fresh air, soak up Warren's natural beauty, and enjoy the energy of fellow runners and walkers as we kick off Labor Day weekend in a spirited way. There will be medals for

Who's ready for the 2nd annual Warren Labor winners in every age category! Early check-in will be at the Lions Club Pavilion on August 27th, 28th, and 30th, between 5 PM to 7 PM. We are looking for volunteers to help out with check-Get ready for a fun-filled morning of in, race set-up, water stations, and race clean-up. If you are interested, please register through the race website! This year's 5K proudly supports the Mayors Wellness Program, promoting a healthier and more active community.

> Donations are welcome. Sponsorships are available. For more information,

email warrenlaborday5k@gmail.com or call 908-505-8650.

JOIN US FOR THE *Second* **WARREN LABOR DAY 5K RUN/WALK**







AUGUST 30TH 8:45AM WARREN MUNICIPAL COMPLEX

Sign up at:

https://runsignup.com/race/nj/warren/laborday5kwalkrun Contact information:

warrenlaborday5k@gmail.com or 908-505-8650

Mayors Wellness Campaign 4



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REPORTING ANIMAL BITES

Middle-Brook Regional Commission and Warren Township remind you to report animal bites. Because warm blooded animals such as cats, dogs, bats, raccoons, foxes, and other wildlife can carry and transmit rabies, animal bites must be reported immediately.

WHO TO CALL - 24/7:

- Animal Control Solutions, Warren Township Animal Control Officer: (908) 722-1271
- Warren Township Police Department, non-emergency number: (908) 753-1000
- In case of emergency, please call 911.

PREVENT ENCOUNTERS WITH WILDLIFE:

- Keep a safe distance.
- Do not approach, feed or attempt to interact with wild animals.
- Do not pick up dead animals with your bare hands.
- Stay on trails at parks and follow visitor guidelines.
- Keep your pets safe.
- Make sure your pet's rabies vaccine is up to date.
- Always keep pets on leashes in public spaces.
- Prevent your pets from encountering wild animals. For more information, visit: cdc.gov/rabies or cdc.gov/healthy-pets/about/wildlife.html
- You may also contact the Warren Township Health Department at 908-753-8000 ext. 239, during business hours.

LANDSCAPE WITH BIRDS IN MIND

The Raptor Trust

How many Eastern Screech Owls do we currently have at The Raptor Trust? Apparently ALL of them! Most of these owlets were displaced after the trees that held their nests were cut down.

Cutting down trees and landscaping especially during nesting season - can destroy active nests, scare off parents, and even injure adult birds during a critical time.

Most birds nest between March and August. Even small projects - like pruning shrubs or pulling out vines - can have a devastating result on a nest.

Here's how you can help:

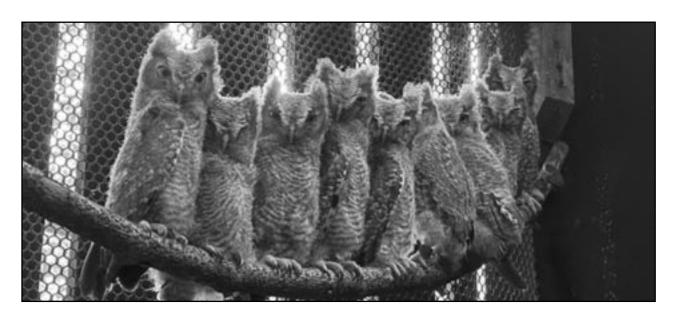
- Delay major trimming until fall
- Check for nests before cutting or clearing

- Leave a few brush piles
- birds and critters love them
- Avoid pesticides and non-native plants

These small steps can make all the difference for birds trying to raise their families nearby—or young birds in the first days of their lives.

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 websitetheraptortrust.org for instructions. We cannot do what we do without the kindness of many – including our visitors!





908-213-5882 PrincetonAir.com



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- -Gold Pendants
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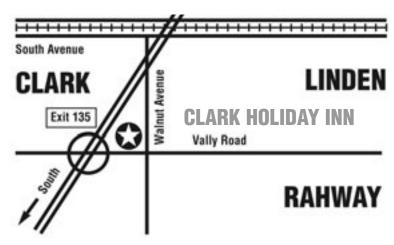
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GOLD EXCEEDS \$3,000 PER OUNCE!!!



BUYING ALL GOLD

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- -Gold Earrings
- -Gold Rings
- -Gold Bracelets
- -Gold Pendants
- -Gold Charms
- -Gold Watches

BUYING ALL COINS

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BUYING ALL DIAMONDS

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- -Loose Diamonds
- -Diamond Jewelry
- -Engagement Rings

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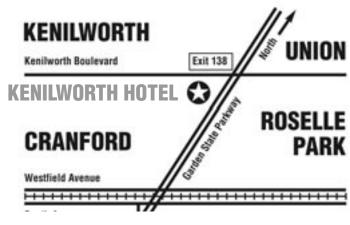
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SENIOR CENTERS COMBAT LONELINESS

Somerset 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.

COUNTDOWN TO JULY 4TH, 2026 America250 - In New Jersey & Nationwide

Next year, on July 4, 2026, the United States of America will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. This historic milestone is an opportunity to pause and reflect on our country's past, to honor the contributions of all Americans, and to also look ahead towards the future that we want to create and leave behind for the next generation of Americans.

On the federal level, America250 is a nonpartisan initiative working to engage every American in commemorating the 250th anniversary of our country. This multi-year effort, from now through July 4, 2026, is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond.

In New Jersey, RevolutionNJ has been set up and is a partnership between the New Jersey Historical Commission (NJHC), a division of the New Jersey Department of State, and the nonprofit Crossroads of the American Revolution Association to plan the commemoration of the 250th anniversary of the American Revolution in New Jersey.



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 Montgomery Senior Center client said, "My 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."







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) 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.



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



(above) Learning to garden is a family affair.







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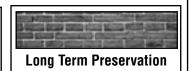


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GUTTERS







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WARRENBROOK SENIOR CENTER AUGUST EVENTS

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

Chair Yoga with Kartika

Mondays, 10 a.m.

This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing.

Mahjong for Intermediate Players

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

If you are an intermediate mahjong player then join us on Tuesday mornings.

Take control with Exercise

Tuesdays, 10 a.m.

This is an ongoing exercise program, in video form, for all skill levels that can be practiced while either standing or sitting.

Zumba Gold with Judith

Tuesdays, 10:15 a.m.

The cost is \$40 for the 8-week program.

Bridge Group with Ronnie

Tuesdays, 1 – 4 p.m.

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

Geri-Fit

Wednesdays, 10:00 a.m.

Geri-Fit is a unique and evidence-based seated (standing optional) exercise program that requires a set of light dumbbell weights

Project Healthy Bones

Wednesdays, 10 a.m.

This peer-led, 24-week exercise and education program is for individuals who are at risk of osteoporosis or have it.

Craft Activities

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

We all work on doing craft work for Community Service projects. This quarter, we are creating cards for our Meals on Wheels clients. All supplies will be provided.

Advanced Bridge

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

Line Dancing with Linda Hyland

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

You don't need a partner. It's suitable for participants with limited mobility.

Card/Table Games

Thursdays, 1 – 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 with Roger Hsu

Fridays, 10 a.m.

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

Bridge

Fridays, 1-4 p.m.

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

Technology for Seniors with Aadi, a rising High School Sophomore

Fridays, 1 - 2:30 p.m.

The project highlights various types of technology, such as smartphones, tablets,

smartwatches, and specialized software, that can improve the quality of life for seniors. (June 27 – August 15)- No class on August 8th

Gut Microbiome

August 1, 11 a.m.

Discuss how our nutrition and lifestyle habits influence the bacteria in our digestive system and discuss the health-related effects.

Downsizing with Dignity

August 4, 11 a.m.

Join Erin for a friendly, informative session on how to downsize with less stress and more confidence, how to navigate family discussions.

Somerset County Traveling Library

August 4, 1 p.m.

Are you stuck on how to set up your phone or tablet to use the library eBook app?

Food Trivia Fu

August 4, 1:15 p.m.

Deliciously entertaining round of Food Trivia, where she will test your knowledge on all things tasty!

Boggle

August 5, 11 a.m.

Join us as we try to find as many words as possible.

Bingo

August 6, 11 a.m.

Bingo Sponsored by Kristina Bischof of Country Arch Care Center.

Eye Care: Cataract & Surgery

August 7, 11 a.m.

This presentation will provide valuable insights to help you make informed decisions about your eye health.Rock Painting

Rock Painting

August 8, 11 a.m.

No experience needed! Come for the art, stay for the laughter. All materials will be provided.

Pre-registration is required.

Alternative Therapies in Dementia Care August 11, 11 a.m.

There are other ways to treat dementia that don't involve taking medications. Alternative treatments are generally non-pharmacological, meaning they do not involve drugs.

Drum Circle

August 11, 1 p.m.

Soothe the mind, body and spirit in this drumming circle.

Wheel of Fortun

August 12, 11 a.m.

A chance to test your memory and word skills. Perfect for all levels of ability,

Monthly Book Club.

(Hybrid) August 12, 1:30 PM

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

Americana Musical Journey

August 13, 11 a.m.

A brief history of familiar American traditional songs is given and interaction and participation is encouraged.

Breathing techniques for Mental Wellness

August 14, 11 a.m.

Teaching some practices that can be used to distract the mind and induce calm during an anxiety episode.

Bingo

August 15, 11:00 a.m.

It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

Tapping for Stress

August 18, 11 a.m.

Alicia Grey, a certified tapping practitioner, will offer a workshop.

Studio 60+

August 18, 1 p.m.

Seniors will meet to plan the events they are interested in.

Wordle

August 19, 11 a.m.

Wordle is a word-based brain game.

Unsinkable Titanic Children

August 20, 11 a.m.

Imagine what people endured during that fateful night in 1912 when 1500+ people lost their lives. Nevertheless, a number of children in First, Second, and Third Class did survive.

Floral arrangement

August 21, 11 a.m.

Whether you're a beginner or have some experience, this relaxing and creative class is perfect for anyone who loves nature and beauty. All materials will be provided. Pre-registration is required.

King Rex and the Cowboy Mafia

August 22, 11 a.m.

Retired FBI agent who spent his career in NY investigating organized crime and drug organization in US and abroad, will talk about the story of four people who turned up dead at the bottom of a Florida sinkhole and he was launched to investigate a web of illicit operation spanning from Florida to Texas and how he solved the case against drug dealers.

Daughters of the American Revolution

August 25, 11 a.m.

Join Christine to discuss the work of this wonderful organization, and how you can work on your own family tree!

Jeopardy

August 26, 11 a.m.

Test your knowledge and have some fun.

Craft- Pen Flower Bouquet

August 27, 11 a.m.

Transform everyday pens into beautiful flower bouquets! No experience needed. All materials will be provided. Pre-registration is required.

History of Warrenbrook Senior Center and the surrounding area (video)

August 28, 11 a.m.

A fascinating story of Hofheimer family which brought life from the sleepy crossroads to a vital center of modern American suburb.

Picnic on the Patio

August 29, 10:30 a.m.

Enjoy the morning breeze sitting on the Patio, listen to the music by Gabe & Sandy of Senior Moments, play outdoor games like Corn Hole, Badminton and Frisbee.

WARREN LIBRARY AUGUST 2025 EVENTS

The following programs are hosted at SCLSNJ's Warren Library, located at 42 Mountain Blvd. Some programs require registration. Visit SCLSNJ.org to register today. For additional assistance, call (908) 458-8400. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X or YouTube.

PRE-SCHOOLERS

Baby Storytime

August 5 & 12, 10:30 - 11:00am

This interactive program is filled with brainbuilding rhymes, movement, songs, and stories.

Motor Skills Academy

August 6 & 13, 10:30 - 11:15am

Explore various simple activities and games with your child - designed to work on small motor skills.

KIDS

Art on the Floor

August 4, 11:00am - 12:00pm

Share your art space and collaborate on group art projects. Follow directions, alternate places, and share the experience. Dress for mess.

Candy DNA

August 7, 3:00 - 3:30pm

Discover the fun of STEM with hands-on experiments and creative activities at your library. No registration required.

LEGO® Club

August 9, 11:00am - 12:00pm

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

Art on the Floor

August 11, 11:00am - 12:00pm

Create a self portrait using a mirror and your imagination. Dress for mess.

Read to a Therapy Dog

August 11, 4:30 - 5:30pm

Drop in between 4:30 - 5:30pm to practice your reading skills by reading a story to a certified therapy dog. No registration required.

Build Your Own LEGO Bridges

August 14, 3:00 - 3:30pm

Discover the fun of STEM with hands-on experiments and creative activities at your library. No registration required.

FAMILIES STEAM Building

August 2, 11:00am - 2:00pm

Drop in between 11am - 2 pm to explore the many aspects of STEAM (Science, Technology, Engineering, Arts, and Mathematics) through different building activities. Parental supervision is required.

Daytime Family Storytime and Craft

August 7 & 14, 10:30 - 11:15am

Share this interactive program filled with songs and stories with the whole family. Dress for Mess.

Movie Matinee - "Dog Man" - Rated PG

August 1, 11:00am - 12:45pm

Relax and enjoy watching Dog Man (2025). Snacks will be provided.

Movie Matinee - "Moana 2" - Rated PG

August 15, 11:00am - 12:45pm

Relax and enjoy watching Moana (2016). Snacks will be provided.

TWEENS/TEENS

Bee-Lieve in Yourself

August 7, 6:00 - 7:00pm

Connect with other teens as you share positive thoughts that will be put up around the library.

Crafting for the Community

August 14, 6:00 - 7:00pm

Connect with other teens as you help with hands-on projects. Participants will earn one community service hour.

Building Laboratory

August 16, 18, 19, & 20, 11:00am - 2:00pm Connect with other kids as you build Rube Goldberg-inspired machines. No registration.

Teen Volunteer Night (Grades 6-12)

August 21, 6:00 - 7:00 p.m.

Connect with other teens as you earn community service hours. Work with outside organizations to do creative projects.

ADULT

Adult Craft Pop-Up Demo

August 1, 1:00 - 2:00pm

Drop in and decorate a bookmark using washitape. All supplies will be provided.

In-Branch Movie - "West Side Story" (1961)

August 7, 2:00 - 4:30pm

Two youngsters from rival New York City gangs fall in love, but tensions between their respective friends build towards tragedy.

Break the Cycle of Burnout

August 9, 1:00 - 2:30pm

Tired All the Time? The Hidden Causes of Burnout and How to Break the Cycle.

Adult Craft: Watercolor Painting

August 13, 2:00 - 3:30pm

Learn how to paint a colorful card using watercolor paints. This craft is beginner friendly. All supplies are provided.

In-Branch Movie - "West Side Story" (2021)

August 14, 2:00 - 4:30pm

This musical tells the tale of fierce rivalries and young love in 1957 New York City.

Adult Craft: Summer Body Scrub

August 19, 2:00 - 3:00pm

Learn how to make a body scrub using common household ingredients.

In-Branch Movie - "Grease"

August 21, 2:00 - 4:00pm

It's love when a greaser falls for a good girl in this classic musical depicting young life in the fifties.

Hybrid Book Discussion

August 27, 2:00 - 3:30pm

"Mad Honey" by Jodi Picoult. This hybrid book discussion will be moderated by a Warren Twp. Librarian.

In-Branch Movie - "Crazy Rich Asians"

August 28, 2:00 - 4:00pm

Chinese-American, Rachel, travels to Singapore with her boyfriend Nick to attend his friend's wedding only to discover he comes from one of Asia's most wealthy, prominent families.

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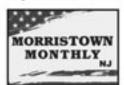
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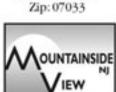




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EXPERIENCE VOLUNTEERISM WITH COUNTY'S HANDYMAN PROGRAM

Somerset County

For over 30 years, local volunteers from Somerset County's Handyman Program have dedicated countless hours of manual labor to provide independence for elderly and disabled residents throughout Somerset County.

The volunteer program, which consists of men and women, offers small interior household repairs that focus on keeping people safe in their homes. The program offers many services, including: installing grab bars, replacing smoke detectors, installing or removing air conditioners, small plumbing, electrical repairs, and more. Some Handyman Program volunteers also participate in the Wheelchair Ramp Construction Team to build ramps for people who are permanently wheelchair bound.

"It is reassuring to know that the volunteers through our Somerset County Handyman Program are giving residents their personal freedoms back," said Commissioner Paul Drake. "Losing the ability to go outside your home is not something that any resident should be forced to

accept. With every ramp project completed, the burden of excessive labor costs and isolation is lifted off the back of another family. That freedom allows residents to spend time outdoors, visit loved ones, and stay connected to the things they enjoy. The entire Board of Commissioners is so grateful to these dedicated, thoughtful, skilled countywide volunteers."

Although residents are expected to pay for supplies, the cost of volunteer labor is free.

"Getting a metal ramp from a private company can cost \$10,000 or more. People can't always afford that," said Somerset County Volunteer Services Director Laurie Roome. "We do ask, if they're able to, to pay for the price of materials that we use. But, if they can't afford that, our program and other donations will cover the cost. Our ramps are built with high - quality materials and by expert craftspersons. Some residents have been trapped in their houses, so they can't get out to visit a doctor or attend a family event. These ramps not only mean safety, but actually represent freedom."

"Some of our volunteers have carpentry backgrounds and some of them were CEO's, IT specialists, or dentists. They come from all walks of life, but they all love giving back," said Roome. "You don't really need to have any experience to be part of our programs."

Bill Bollwage, a resident of Bridgewater and 15-year veteran of the Handyman Program, said that a willingness to help your neighbor is the main requirement for getting involved.

"You don't need to know everything, so no one should hesitate to get involved," said Bollwage. "You can come here and pick up skills as you go along. When you get to see one of the residents come out of their house for the first time in over a year, it makes you feel good. It gets emotional for the homeowner. We've had a couple of people break down in tears. They get to see their neighbors and now they can just come out and enjoy the weather."

To volunteer or to receive assistance from the program: call (908) 541-5715 or email VolunteerSvs@co.somerset.nj.us.



(above) Members of the Handyman Program work to install a large accessibility ramp at a resident's home in Franklin.







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I'm honored to once again to sponsor Green Brook's National Night Out — a night that brings neighbors, families, and first responders together in celebration of unity and safety. Looking forward to seeing everyone for an evening of fun, connection, and community.





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08/05/2025 from 6 PM - 8 PM at the Green Brook Middle School

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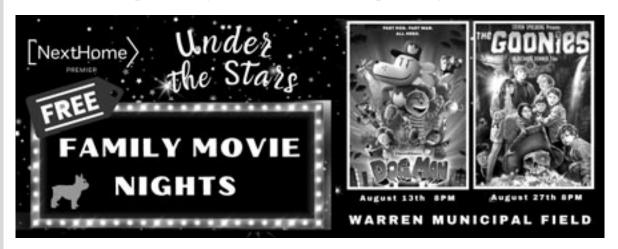
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