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STUDENTS CELEBRATE 104-YEAR-OLD RESIDENT

Scotch Plains-Fanwood Public Schools

When 104-year-old Fanwood resident and World War II veteran Joe Schott walked into William J. McGinn Elementary School on February 20th, he stepped into a birthday celebration that connected generations. Introducing himself to students in the hallway as “Grandpa Joe”, Schott was welcomed by hundreds of students whose 100th Day of School festivities coincided with his 104th birthday.

“The 100th Day of School is always a joyful milestone in Scotch Plains-Fanwood Public Schools but celebrating it alongside Mr. Schott’s birthday made it especially meaningful for our entire community,” said Superintendent Dr. Joan Mast. “Moments like this connect generations and help our students understand that they are part of something special here in Scotch Plains-Fanwood.”

In the weeks leading up to the 100th Day of School, students across the district created birthday cards for Schott and learned about his life as part of their social studies curriculum. Classes from all five elementary schools participated.

On Friday, the day after Schott’s birthday, he visited McGinn. Coordinated by Joan Skubish, Town Historian for the Fanwood Historic Preservation Commission, the visit was a heartfelt celebration.

As Schott entered the all-purpose room and took his seat on the stage, students waved, cheered, and smiled as he beamed with gratitude. The entire school proudly sang “Happy Birthday” and listened to Schott talk about life stories. Schott was born in Newark on Feb. 19, 1922 and served in the Navy in WWII as a radio technician at a Naval Operating Station in Northern Ireland. In 1954, he moved to Fanwood, where he raised five children. He had a long career at Bell Labs.

True to his warm and personable nature, he cracked “grandpa jokes” and took time to ask some students their names, treating every interaction as if he were speaking with one of his own grandchildren.

“I want to thank you very much for all these special cards,” Schott said to the students. “I’m certainly honored to receive this kind of reception; I’m not used to that. And, thank you for these nice cards – it should take me about 2 ½ years to read these, as I understand there are hundreds of cards from all the schools.”

The moment was even more special as Schott’s late wife, Nancy, was the first nurse at McGinn Elementary School.

The day before the celebration, students in Kelly Bhatia’s third-grade class designed birthday cards while listening to a presentation about Schott’s life and service.

“The students were so excited to celebrate someone who has been part of Scotch Plains-Fanwood for so many years,” said Bhatia. “It helped them see that the history we talk about in class is connected to real people right here in our town. As they learned about his life, they started noticing traits like resilience and service, which made it



(above) The heartwarming meeting between “Grandpa Joe” and McGinn Elementary School students bridged generations.

Photo by Scotch Plains-Fanwood Public Schools

even more meaningful for them.”

Gavin, a third-grade student in her class, reflected on Schott’s lifelong commitment to helping others.

“I think it’s a really awesome and unique capability because he’s helped a lot of people, and he’s always volunteered to do something his whole life,” Gavin said. “It sounds like he’s never sitting on the couch and doing nothing.”

Jordyn, also a third-grade student, said she hopes the cards and celebration made Schott happy.

“I think writing these cards will make him feel even better than he already does,” Jordyn said.

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COUNSELORS NEEDED FOR SUMMER PROGRAM



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Fanwood Recreation is accepting applications for paid positions for its Summer Park Program at La Grande Park and Tweens and Teens Travel Camp. The Summer Park Program will begin the first full week after school ends, run Mondays through Fridays from 9 a.m. to noon and from noon to 3 p.m., and continue for 8 consecutive weeks. You don't necessarily have to be available every week, although preference will be given to those applicants who can commit to working at least 7 out of the 8 weeks. The Travel Camp is a full-day program that runs for three weeks, Monday through Friday, in July, and is only open to applicants 19 years and older.

Applications are being accepted for the following positions:

Summer Park Program Director (minimum 5 years counselor or equivalent experience*; camp management or equivalent experience; teacher certification or equivalent experience): Oversee program, plan and schedule activities, hire and supervise staff, hire outside entertainment, manage budget, order equipment, registration. Note: this is not an on-site position; most of the work required for this job is planning and will need to happen before the program begins.

Counselor Coordinator (minimum 5 years counselor or equivalent experience*; teacher certification or equivalent experience preferred): Oversee, plan and run program activities; supervise senior and junior counselors; coordinate equipment needs with director; liaison with parents.



Senior Counselor (minimum 3 years counselor or equivalent experience*): Run and assist in planning program activities, supervise junior counselors, coordinate equipment needs with counselor coordinators, liaison with parents.

Junior Counselor (minimum age: 15 years as of 6/20 of the year applying, counselor or equivalent experience* is not necessary but is preferred): Assist counselor coordinators and senior counselors in running activities.

*Equivalent experience can include, but is not limited to, teaching and childcare.

The ideal time to submit an application is between December and mid-February, although we will still accept job applications that come in after that.

Download a counselor application form to apply for a job in the Fanwood Recreation Summer Park Program.

Please note that submitting an application to Fanwood Recreation does not guarantee a response. Form can be found at: fanwoodrecreation.org/job-applications.

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SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

When guests gathered for a recent summer wedding in town, expectations were clear: a beautiful bride, proud parents, heartfelt speeches, and a lively dance floor.

What no one expected was that one of the most talked-about moments of the night would involve the bride's mother.

As Helen, 48, walked down the aisle in a fitted dress with a tastefully exposed back, heads turned. Conversations paused. By the time the reception was underway, it was clear this mother of the bride had made an impression few would forget.

It wasn't just that she looked great. She looked strong. Defined. Confident. Guests kept asking the same question throughout the night:

What does she do to look like that?

That question is how this story begins.

FROM TIRED, SOFT AND WEAK TO STRONG, LEAN AND CONFIDENT

A few years ago, Helen was not the woman people were buzzing about at a wedding. "I was tired all the time," Helen said. "My back hurt, my knees hurt, and I just felt older than I was.

I was in my late 40s, yes — but I felt like that was my whole identity."

Like many adults in their 40's 50s and 60s, Helen assumed aches, pains, and declining energy were simply the cost of aging. Exercise felt intimidating and confusing. Big gyms felt impersonal. Working out on her own felt unsafe.

"I didn't know what I should be doing, and I was afraid of hurting myself, so I just did nothing," she said.

A friend introduced her to a local personal training gym in Berkeley Heights, and she started with a free trial.

"I was so scared. I didn't walk in thinking I'd change my body," Helen said. "I was just hoping I could finally find a program that was right for me and do something for my health consistently."

THE UNKNOWN WORKOUT PLAN THAT CHANGED THE GAME

What Helen found was not a room full of treadmills and mirrors, but a personalized fitness program led by highly knowledgeable personal trainers who specialize in working with adults ages 40–60.



(above) Helen flexing at one of their infamous 6 AM workouts at Gabriele Fitness

Helen didn't need anything extreme — she needed the right program and the right support.

She started with two days per week. As her energy improved and her pain decreased, she gradually built up to three days per week. Each workout was done in a small-group setting, allowing for personalized coaching without the pressure or cost of one-on-one training.

"The accountability mattered," Helen said. "If I didn't show up, someone noticed. And if something hurt, they adjusted things immediately."

REDEFINING WHAT SOMEONE IN THEIR 40s CAN LOOK AND FEEL LIKE

Over time, the changes added up. Helen lost body fat. She gained muscle. More importantly, she gained confidence.

"I stopped thinking about what I couldn't do... and started thinking about what was next."

Years later, Helen is still a member and has even become a Grandma! She lifts weights people half her age shy away from. She moves pain-free. She keeps up with her grandchildren - and sometimes outpaces them.

So when her daughter's wedding approached, Helen didn't think twice about wearing the dress she loved.



(above) Helen turning every head as the mother of the bride

"I didn't choose it to show off," she laughed. "I chose it because I felt good in my own skin."

The reaction at the wedding told the rest of the story.

A LOCAL SECRET GETS PUBLIC

As word spread, one question kept coming up again and again:

What is the secret workout plan that's making her look that good?

The answer was simple: Gabriele Fitness — a small community personal training gym right in Berkeley Heights.

Helen's transformation didn't come from crash diets or marathon workouts. It came from consistency, expert coaching, and a supportive environment designed for real people — not fitness models.

FEELING BETTER AT 48 THAN SHE DID AT 28

Helen's story may have started with wedding buzz, but it's really about something deeper: what's possible when people stop accepting decline as inevitable.

"I wish I had started sooner because I feel better at 48 than I did at 28," Helen said. "But I'm grateful I started when I did."

A personal and confidential message from Helen to anyone on the fence about getting started.

"Ladies, having a personal trainer changed my life. Without a trainer, I never would have come close to looking and feeling this good. I tried so many times on my own and failed. I know it's hard to get started — I was scared myself. But if you find an amazing gym like I did (Gabriele Fitness), it changes everything.

The funny thing is, on the front door of the gym there's a sign that reads, 'You just did the hard part. We'll take it

from here.' And I truly believe that if you find a place you trust, that genuinely cares about you, and you show up consistently, you'll get into the best shape of your life.

For me, being in great shape has made my entire life so much better. I'm happier, stronger, full of energy... and my workouts are the reason."

For those who see themselves in Helen — those who feel older, weak, tired, stressed, struggling to burn fat, and are secretly starting to believe their best years are behind them — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program...FREE for 14 days. The offer expires on April 1st and is available to only 13 people.

P.S. Many people reading this article will be inspired by Helen... yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 18 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey.

If you're still hesitant, visit our website gabrielefitness.com/results for an ocean of success stories from people just like you... who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

WHY GABRIELE FITNESS FOCUSES ONLY ON ADULTS OVER 40

Adults over 40 face a perfect storm of demands that make fitness more critical — and more challenging — than ever before. They're in the prime of their careers, often in leadership roles where the pressure is relentless and the hours are long.

They're raising children or supporting aging parents — sometimes both at the same time. Their stress levels are high, their metabolism is slowing down, and their bodies don't recover like they used to.

Yet this is precisely when they need their health and energy most — to perform at work, to be present for their families, to enjoy the success they've worked so hard to build, and to avoid the chronic diseases that affected their parents' generation.

The cruel irony is that when fitness matters most, it's also when finding time for it feels nearly impossible.

That's why adults over 40 don't need another generic gym membership. They need expert guidance designed specifically for their unique challenges, their busy schedules, and their refusal to accept that their best years are behind them.

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below...



ORCHESTRA PERFORMS ONE THOUSAND AND ONE NIGHTS

The New Jersey Festival Orchestra brings its season to a close with One Thousand and One Nights, an evening shaped by storytelling, imagination, and the vivid orchestral palette of two beloved works. Performances will take place on Saturday, May 30, at 7:00 pm at The Presbyterian Church in Westfield, and Sunday, May 31, at 2:30 pm at the Sieminski Theater in Basking Ridge.

The program pairs the elegance of Joaquín Rodrigo with the sweeping narrative of Nikolai Rimsky-Korsakov, inviting audiences into a world where music and myth intertwine. At its center is internationally acclaimed Slovak guitarist Karol Samuelčík, whose appearance is presented in collaboration with the Slovak American Cultural Center.

Samuelčík takes the stage in Rodrigo's *Fantasia para un gentilhombre*, a work that draws from Spanish baroque dances and unfolds with graceful lyricism and rhythmic vitality.

A seasoned international performer, Samuelčík has appeared across Europe, Asia, and the Americas, with engagements at venues including London's Purcell Room and Shenzhen Concert Hall.

The program culminates in Rimsky-Korsakov's *Scheherazade*, a work long associated with the fantastical tales of *One Thousand and One Nights*. Though the composer ultimately removed explicit programmatic titles, the music retains its narrative spirit; waves swell and recede, melodies shimmer and twist, and the orchestra becomes a storyteller in its own right. Echoes of distant voyages, whispered secrets, and unfolding drama emerge through richly layered textures and luminous orchestration.

Tickets are available at www.njfestivalorchestra.org/concerts or by calling (908) 232-9400.

Student discounts are available to high school and college students.

YOUTH FISHING DERBY - APRIL 11

The Newark Bait and Fly Casting Club's Annual Youth Fishing Derby will be held on Saturday, April 11, 2026 at Echo Lake Park in Westfield, NJ. The event is free for children under 16, and \$10 for adults who wish to participate. Monies from this derby is used for stocking in 2027 and adult prizes. Sign up will start at 6:30 a.m. and will end around 2 p.m. Prizes will be awarded at 1 p.m. to all children present. Grand prizes and Adult prizes will be awarded at our June meeting. Sign up can be in-person at the lake, on line at nbfcc.org.



Newark Bait and Fly Casting Club was founded in 1907 and is one of the oldest clubs in the nation. As a 501(c)3 we provide outings to support veterans, adults and children as well as people with disabilities which focus on environmental education, fishing knowledge and practice. We are always looking for new

members, donations and volunteers if anyone would like to get involved. Our monthly meetings are held at the Kenilworth VFW, located at 33 S. 21st. Street, Kenilworth, NJ, On the first Tuesday of each month at 7 p.m. (except July & August). There is no fee for attending a meeting. For more information visit nbfcc.org or contact Bob Jones bjonesjrj@hotmail.com or 908-403-0787.

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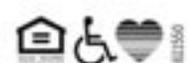
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HONORING SADA THOMPSON - WOMEN'S HISTORY MONTH

Borough of Fanwood

Sada Thompson, a renowned and respected actress whose career spanned more than 60 years, was born on Sept. 27, 1929, in Des Moines, Iowa. Her family moved to Fanwood when Sada was 5 years old. She attended local schools, graduating from Scotch Plains-Fanwood High School in 1945. She graduated in 1949 from Pittsburgh's Carnegie Mellon University, then called the Carnegie Institute of Technology.

Growing up in Fanwood, her parents would often take her to a summer theater where plays would stop on their way to Broadway or before they began their national tours. A prolific actress, Thompson made her mark in theater and film generally portraying the matriarchs in family dramas. In her stage debut in 1945, she played Nick's Ma in William Saroyan's "The Time of Your Life." She was Mrs. Higgins in "Pygmalion" (1949), the resentful matriarch

determined not to hurt again in "Real Estate" (1987), the embattled Mrs. Fisher in the 1991 comedy "The Show-Off," the slovenly and bitter mother, Beatrice, in the 1965 production of "The Effect of Gamma Rays on Man-in-the-Moon Marigolds" and Dorine in "Tartuffe" (1965).

Her biggest Broadway success was "Twigs," by George Furth, in which she played three sisters — as well as their mother. She won a Tony and the New York Drama Critics Award that season.

In the late '70s, she picked up an Emmy for her portrayal of the levelheaded Kate Lawrence in the ABC drama "Family," which ran for five seasons. In 1956, she won a Drama Desk Award for Moliere's "The Misanthrope" and for an English girl mourning the death of her half-brother in war in "The River Line" (1957). She was nominated for an Emmy for her portrayal of Carla's mother in the NBC comedy "Cheers" (1991).

She married Donald Eugene Stewart at Crescent Avenue Presbyterian Church, Plainfield, in a December 1949 ceremony officiated by the Rev. William F. Bassill, rector of All Saints Episcopal Church, Scotch Plains. They met at the Carnegie Institute of Technology.

Thompson was inducted into the Scotch Plains-Fanwood Hall High School of Fame in 2014. Sada Thompson passed away in 2011.

See more at fanwoodnj.org.

VENDOR POP UP & Craft Fair
 Sunday April 12 • 10-4p
 Fanwood Train Station
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75 exhibitors
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(above) Sada Thompson

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Earth Day Celebration

Community Clean-Up

SATURDAY, APRIL 18, 2026

8:00 AM - 10:00 AM

RAIN DATE: APRIL 25



We're rolling up our sleeves to celebrate Earth Day!

Residents are invited to join us in a Community Clean-Up event taking place at various sites throughout Scotch Plains. Let's work together to create a cleaner and greener environment for our community.

VOLUNTEERS & SITE CAPTAINS NEEDED

Participate as an individual, family, or group | Children must be accompanied by a parent/guardian

FREE to participate, but registration on Community Pass is required:
<https://register.capturerepoint.com/scotchplains> (2026 - EVENTS)

Registration will be open from March 10th - April 16th

Site locations include various properties, park spaces & waterways

Opportunity to select your preferred location(s) during registration

Plenty of garbage bags will be provided, but additional supplies are limited. Please be sure to bring your own gloves.

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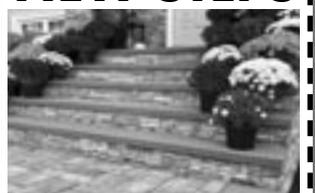
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42ND ANNUAL QUILT SHOW - APRIL 11

Harvest Quilters of Central NJ will present their 42nd annual Quilt Show on Saturday, April 11, 2026. Sharing the Quilts 42 will be held at the Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains, NJ from 9 a.m. to 5 p.m. Admission is \$8 for adults and \$3 for children under twelve.

At 10:30 a.m., Katherine Evans will present "My Journey - Stitching Together an International Community of Quilters." Evans' talk will cover her years living in Brazil, Costa Rica and Mexico from 2007 to 2025. She'll highlight her outreach to local women who together developed sewing and design skills creating one-of-a-kind group quilts, many of which will be on display.

Wendy Sheridan of Rahway will be recognized as 2026's Featured Quilter.

Sheridan is an award-winning multidisciplinary artist whose work spans fiber, watercolor, ink, and acrylics. With a lifetime of experience in fabric and fiber arts, she has created quilts, housewares, and costumes, serving as costume mistress for the Union County Academy for the Performing Arts from 2008-2012.

Her fiber art installation "What We Did This Summer," in collaboration with Lauren Reidy, has been on display at the New Jersey Transit Rahway station in the fall/winter of 2025-2026. "I love bold color, an explosion of color shows up in all my art forms," said Sheridan, a retired electrical engineer and technical writer.

Local charities will benefit from drawings for a traditional queen-sized quilt with a modern flair, gift cards and craft themed gift baskets.

In addition to viewing a full array of modern, traditional, art and wall-hanging quilts, attendees can participate in viewer's choice awards, kid's crafting table and vendor sales area.

A tearoom offering lunch, snacks, homemade baked goods, and beverages will benefit Willow Grove Church programs.

For additional information, please contact harvestquilters.com or with questions email: harvestquiltersnj@gmail.com.



(above) Featured Quilter, Wendy Sheridan of Rahway

Courtesy Photo



FREECYCLE MARKET

SATURDAY, APRIL 18, 2026

RAIN DATE: APRIL 25

Give what you can, take what you need! Join us for a FreeCycle Market, where the community comes together to donate and swap gently used items - completely FREE! Reduce waste, share resources, and find something new-to-you while giving your pre-loved items a second life



JERSEYLAND PARK | 2354 BERYLLIUM RD | SCOTCH PLAINS



HOW TO DONATE (Appointment Only):

Scotch Plains residents are invited to sign up on Community Pass to secure a drop off time for donation items. Space is limited! <https://register.capturepoint.com/scotchplains>
Drop off times are 9:00 - 9:30 am, 9:30 am - 10:00 am, 10:00 - 10:30 am
Registration is open from March 10 - April 16th (may close sooner if all time slots fill)



DONATION ITEMS:

All items must be pre-sorted into acceptable categories, boxes, and in working order before dropping off. Accepted items include: Small Electronics, Exercise & Sporting Goods, Games and Toys, Kitchen Ware (no glassware), Backpacks & Purses, Small Appliances

The following items will not be accepted: Books (Please hold books for the Friends of the Library Sale.), Glass of any kind, Clothing/Shoes of any kind, Bicycles.



SHOPPING:

Shopping is scheduled to take place from 11:00 AM - 1:00 PM and is open to residents in Scotch Plains and beyond!



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BROADWAY MATINEE APRIL 26

The College Club of Fanwood-Scotch Plains to present "A Broadway Matinee" for their 2026 Spring Fundraising Luncheon on April 26th from 12-4 o'clock.m. at The Westwood 438 North Avenue in Garwood, NJ. Come join the fun and have a delicious meal while raising

scholarship funds to help local high school and college students. Entertainment by Victoria Atwater and Bruce Reed featuring popular Broadway hits. Gift baskets, raffles, silent auction, and a 50/50 will be available for purchase and bidding as well. Please

visit our website to purchase a ticket or donate: fspcollegeclub.org.

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Tuesday, April 28, at 7:30 pm
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The Historical Society of Scotch Plains and Fanwood invites you to meet DC Stephenson, The Most Hateful American Ever, at its April 28th meeting, beginning at 7:30 p.m., at the Shady Rest Country Club, 820 Jerusalem Road, Scotch Plains. The meeting is free and open to all. No registration is required, just show up.



(above) DC Stephenson,
The Most Hateful American Ever

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8:00 a.m. Spoken Liturgy with Eucharist
8:45 a.m. Sunday School, Youth & Adult Forum
10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - April 2

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

Good Friday - April 3

12 noon Community Ecumenical Service
7:30 p.m. Service of Tenebrae

Holy Saturday - April 4

A Day of Silence, Prayer & Meditation

Easter Celebration - April 5

7:00 a.m. Memorial Garden Liturgy
8:00 a.m. Spoken Liturgy with Eucharist
10:00 a.m. Festival Liturgy with Eucharist

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WHAT IS THE SECRET TO LONGEVITY?

Flintlocks BSA, Inc.

Studies show that generous people live longer; and that frequent social interaction is important for longevity. Combine them and what do you get? The Flintlocks! On Thursday, February 19, 2026 they celebrated birthdays of two of their members Joe Schott at 104, and George Van Dyke, 90. Another member who is 95 was too shy. Generosity, social interaction, staying active, and doing some good in the world, help with longevity.

The Flintlocks are volunteers who get together every week to have fun and provide manpower to support Scouting. 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. They maintain 3 scout camps and two scout shops, have built new buildings, repair older ones, and provide volunteer manpower for scouting activities. By keeping the camps in good shape, it enables the youth to have good experiences with outdoor activities.

The Flintlocks celebrated their 38th year anniversary of service this year. They provide approximately 6,000 hours of volunteer skilled labor at the camps and council activities every year. The Flintlocks BSA, Inc. is a 501c3 consisting of 28 retired scouters who support the Patriot's Path Council (PPC) of Scouting America, (formerly Boy Scouts of America). The PPC serves 11,800 scouts in over 300 scouting

units in five counties of northern New Jersey.

The Boy Scouts of America changed their name to Scouting America to reflect the fact that they opened membership to all youth in 2019. There are over 176,000 females in the program, and 8,000 young women have achieved the rank of Eagle Scout to date. The purpose of including girls was to include entire families in the program. The Scouting program focuses on developing good citizens, ethical conduct, learning useful skills and hobbies, exploring careers, and making lifelong friends. The website for the Patriots' Path Council is ppcbsa.org.

Cub Scouts consist of all girl Packs or all boy Packs which include children in kindergarten through 5th grade. Scouts consist of all girl Troops or all boy Troops from 5th grade through age 18. Three additional programs are coed, and go from age 14 up to age 21: Sea Scouts – which focus on learning to run ships; Explorers- which focus on specific careers; and Venture Crew - which go on high adventure trips. To find a scout unit near you, go to the website beascout.org.

The Flintlocks meet every Thursday from 8 a.m. to 2 p.m. at Camp Winnebago, 102 Timberbrook Road, Rockaway, NJ. Guests are always welcome.

Their Facebook page show photos of their activities. Google "Flintlocks88". If interested, contact Secretary Dr. Michael Hart drmhart@yahoo.com.

YOUTH FISHING DERBY APRIL 11

The Newark Bait and Fly Casting Club's Annual Youth Fishing Derby will be held on Saturday, April 11, 2026 at Echo Lake Park in Westfield, NJ. The event is free for children under 16, and \$10 for adults who wish to participate. Monies from this derby is used for stocking in 2027 and adult prizes. Sign up will start at 6:30 a.m. and will end around 2 p.m. Prizes will be awarded at 1 p.m. to all children present. Grand prizes and Adult prizes will be awarded at our June meeting. Sign up can be in-person at the lake, on line at nbfcc.org.

Newark Bait and Fly Casting Club was founded in 1907 and is one of the oldest clubs in the nation. As a 501(c)3 we provide outings to support veterans, adults and children as well as people with disabilities which focus on environmental education, fishing knowledge and practice. We are always looking for new members, donations and volunteers if anyone would like to get involved. Our monthly meetings are held at the Kenilworth VFW, located at 33 S. 21st. Street, Kenilworth, NJ, On the first Tuesday of each month at 7 p.m. (except July & August). There is no fee for attending a meeting. For more information visit nbfcc.org or contact Bob Jones bjonesjrj@hotmail.com or 908-403-0787.



(above) The Flintlocks volunteer group recently celebrated two birthdays: Joe Schott sitting behind the cake is 104, and George Van Dyke sitting next to him (with beard), is 90 years old. The Flintlocks range in age from 63 to 104, with the average age 75. Guests are always welcome.

Courtesy Photo

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NEW JERSEY INTERGENERATIONAL ORCHESTRA PRESENTS FREE "NATIONAL SPIRIT" CONCERT

The New Jersey Intergenerational Orchestra (NJIO) invites the public to a free concert celebrating music has inspired national pride on Sunday, May 3rd at 3pm at the Crescent Avenue Presbyterian Church in Plainfield, NJ.

NJIO's three orchestras (Prelude, Intermezzo, and Symphony) will present music by Mozart, Grieg, Vaughn Williams, and more, culminating in Sibelius's Symphony no.2.

NJIO concerts provide a relaxed concert atmosphere: no dress code, assigned seating, ticketing, or shushing. To ensure all audience members feel comfortable, NJIO offers a Concert Comfort Station in the concert lobby where attendees can borrow additional cushions, fidget toys, coloring pages and crayons, and large print program books.

This concert is the final performance for NJIO's 2025-2026 season. Information on NJIO's summer education programs is available now at www.njio.org/summer and an announcement about the 2026-2027 concert season will be available in July.

This free concert is made possible by funds from the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts, and our season sponsors: the Frank and Lydia Bergen Foundation, the Plainfield Foundation, The Henry S. and Agnes M.

Truzack Foundation, Standish Foundation, and many other generous supporters. NJIO is a proud participating organization in the Families First Discovery Pass Program, a program of the NJ Departments of Health and Human Services.

EVENT DETAILS:

NJIO's Spring Concert: "The National Spirit"
Sunday, May 3rd, 2026 at 3pm
Crescent Avenue Presbyterian Church
716 Watchung Ave, Plainfield, NJ 07060
Admission: Free, no tickets required

NJIO is committed to ensuring that its programs and concerts are accessible. For more information regarding the concert or to inquire about patron services, please contact NJIO at info@njio.org, or visit NJIO's website www.njio.org

ABOUT NJ INTERGENERATIONAL ORCHESTRA:

New Jersey Intergenerational Orchestra, now in its 32nd season, creates accessible opportunities for people of all ages and stages of life to joyfully participate in classical music. Recognized nationally as an Intergenerational Program of Distinction by Generations United, NJIO welcomes new members of all ages and abilities to one of its orchestras, depending on space availability – no audition required!

NJIO Spring Concert NATIONAL SPIRIT



Free orchestra concert celebrating music that inspires national pride



Sunday May 3rd 3pm
 Plainfield, NJ
www.NJIO.org

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Fresh off their top-scoring performance at the 2025 Sweet Adelines Region 15 competition, the chorus has earned a coveted spot in the Harmony Classic at the 78th Annual Sweet Adelines

International Competition in Columbus, Ohio, October 2026. Now, they're building their sound for the world stage.

Open auditions will be held in Stirling between 6:30-7:00 p.m. on Wednesday evenings from March 4 until April 8, 2026, and will take less than 10 minutes (flexible scheduling is available). Singers are asked to perform a brief a cappella song of their choice. No experience required, just a love of singing and a desire to grow.

For details and to schedule your audition, email us at info@hickorytreechorus.org or call 908-337-8810.



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OPERA AT FLORHAM PRESENTS REVENGE, ROMANCE & REVELRY

Sunday, April 12th, 2026 at 2:00 pm
 Opera at Florham proudly presents *Revenge, Romance & Revelry: Scenes from Die Fledermaus*, an afternoon concert on Sunday, April 12th, 2026 at 2:00 PM at Lenfell Hall, The Mansion at Fairleigh Dickinson University (285 Madison Ave, Madison, NJ 07940).

This performance features a stellar cast: Soprano Abby Brodnick as Adele, Soprano Molly Dunn as Rosalinde, Mezzo Soprano Victoria Falcone as Prince Orlofsky, Tenor Eric Šebek as Alfred, and Heldentenor Tom Walters as Eisenstein.

WHY YOU CAN'T MISS IT

Revenge, Romance & Revelry: Scenes from Die Fledermaus presents highlights from Johann Strauss II's beloved Operetta, taking audiences back in time with a farce filled with love, laughter, wit, disguises, and deception amidst a glamorous masquerade ball. This concert is performed in the elegant, intimate setting of Lenfell Hall at The Mansion on the campus of Fairleigh Dickinson University, a stunningly perfect setting for a piece filled with such glamour.

Experience an enchanting Sunday afternoon performance filled with witty dialogue, alluring melodies, and a cast of captivating performers who bring the story to life right in front of your eyes – an afternoon you won't want to miss!

Tickets are \$30 for General Admission, with discounted tickets available for students. Visit operaatflorham.org for tickets and more information.

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 285 Madison Ave, Madison, NJ 07940

Founded in 1982, Opera at Florham is northern New Jersey's premier Opera company, presenting annual concerts, the International Vocal Competition, and Opera Talk educational series.



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PRESENTS
Revenge, Romance & Revelry: Scenes from Die Fledermaus



Sunday, April 12, 2026
2:00 pm

Lenfell Hall, The Mansion
 Fairleigh Dickinson University
 Madison, NJ



\$30 General Admission
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FIDDLER ON THE ROOF COMING IN MAY

The final production of the 107th season at CDC Theatre in Cranford will be the wonderful musical Fiddler On The Roof. The multi-award-winning tale of Tevye the Dairyman and his family's struggles in a changing Russia is a true musical theatre "tradition."

Premiering on Broadway in 1964, it became one of the longest-running shows of its time. Featuring memorable songs like "Tradition," "If I Were A Rich Man" and "Sunrise, Sunset," this beloved work explores the universal human struggles of tradition and change, family love, generational conflict and displacement and migration. Using strong cultural storytelling to blend serious social issues with music and humor, Fiddler on the Roof is a poignant exploration of family, community, and the enduring human spirit in the face of adversity.

Director Emma Taylor Schwartz, a Cranford native, shared "This is my fifth production of Fiddler, and I only love it more and more each time. You could call me a superfan. What a gorgeous show that is both classic and contemporary, with nuance in every scene. It is a non-traditional love story, one that features romantic love, but also love of culture, love of community, love of family and love of identity. I've always resonated with the story and find that anyone of any background can find something to relate to. You don't have to be Jewish to connect with it on a deep level. If you have or had a parent, a child, a family, or a community,

you'll relate to these characters."

Continuing a new program at CDC Theatre, the final performance on May 17th will feature a talented quartet of ASL interpreters. ASL interpreters in theatre do more than translate dialogue; they bring the emotional and artistic essence of a performance to Deaf audiences, making live theatre a truly inclusive experience. While making the performance accessible to Deaf and hearing-impaired audiences they are also performers in their own right, contributing artistically to the performance and we are pleased to welcome them back to CDC Theatre.

The show will run from May 1st through the 17th with 8pm curtains on Fridays and Saturdays and 2pm matinees on Saturday the 9th and Sundays May 10th and 17th.

The company will be led by Larry Brustofski as Tevye and Elle Michaeli as his wife Golde. Their older daughters will be played by Gabrielle Traub (Tzeitel), Katherine Hope Stelma (Hodel), and Nina Randazzo (Chava). Mark Zebro Jr is Lazar Wolf, Bill Geltzeiler, Max Kopla and James Hahn will portray Motel, Perchik and Fyedka. Lori Travers and Rachel Love, Fruma Sarah and Grandma Tzeitel with Gloria Schnure taking the part of Yente.

Visit cdctheatre.org for more details and ticket information. These performances are made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.



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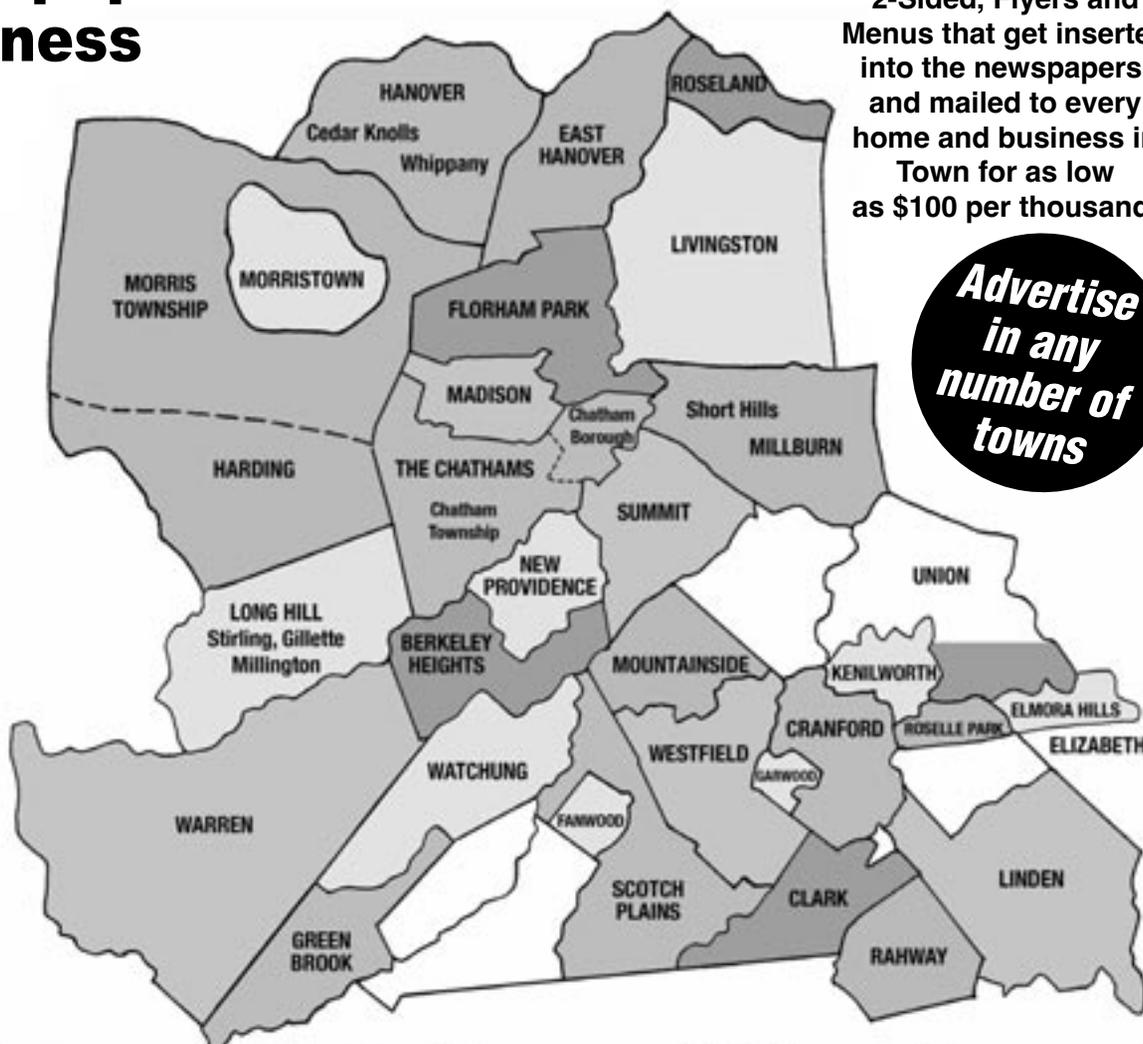
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4 Units 3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units 6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE 6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units 6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
18 FULL PAGE 10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
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A DIFFERENT APPROACH TO STRENGTH TRAINING.

THINK MOVEMENTS, NOT MUSCLES.

Preserving your muscle mass and strength is crucial if you want to enjoy an active life. It's what allows you to go skiing with the kids, travel with your spouse, and join the family hike without hesitating or having to worry about your pesky (insert troubled body part here).

Unfortunately for us humans, muscle mass starts to plummet after age 30. You can lose 4-6lbs of muscle tissue every decade if you aren't building strength training into your fitness routine.

That's a Christmas ham's-worth of muscle, gone by the time you're 40. And a family-sized Thanksgiving turkey of muscle that has vanished by your 60th birthday.

Muscle loss is inevitable, UNLESS you're doing something to prevent it. This is where strength training comes in.

With over 600 muscles in the body, it would be impossible to come up with an exercise routine that worked each of them individually. So instead of thinking "what muscles should I be working?" think more along the lines of "what movements should I be working"?

To maintain strength throughout your whole body, you should be addressing these 5 movements in every workout- Squatting, hinging (bending at the hips), upper body pushing, upper body pulling, and core.

Squatting: working on your squat will make it easier for you to sit down on the toilet, get up off the couch, and take a knee to talk to your grandkids. Squatting works the muscles in your feet, shins, knees, thighs and hips, as well as requiring a strong core. Work on full depth squatting or lunging so you can keep your mobility and work dozens of muscles at the same time. Examples: bodyweight squats, lunges, side lunges, single leg squats.

Hinging: hinging primarily works your bum and back of your legs. Keeping strength in this area will make it easy to push the lawnmower, hike uphill, pick up boxes in the basement and climb stairs like



a champ. Examples: deadlifts, glute bridges, hamstring curls.

Upper body pushing: using your upper body to push something away (or push yourself away from something) requires dozens of muscles in your arms and shoulders and also calls for a strong core. Ask anyone who has struggled to get their suitcase in the overhead compartment of a plane, upper body strength disappears fast if you aren't working on it. Examples: push ups, overhead presses, medicine ball chest passes.

Upper body pulling: this is the most challenging movement to work on outside of a gym setting, and it's probably the one we need most to improve posture and back/shoulder health. Pulling works the muscles in the arms and back, will help you avoid shoulder pain, and may even make you look taller to your friends (because of your improved posture).

Examples: rows, chin ups/chin up variations, vertical hang.

Core: a strong core is the foundation of creating strong movements. All strong movements go through a strong, stable core. If your core is weak, all other movements will be weak as well. Like they say, "you can't shoot a cannon from a canoe." Maintaining core strength means you'll have better spine health, less back pain, and the potential to improve strength across your entire body. Examples: planks, side planks, suitcase carries.

Check these 5 boxes with every workout and you'll be well on your way to keeping your muscle mass, maintaining your freedom, and being the happiest, healthiest, most active version of yourself.

If you want to incorporate more strength training into your routine, but you aren't sure how to do it, scan the QR code and you'll receive a FREE:

- 1-on-1 consultation with a certified personal trainer
- Personalized strength training program so you know the movements that are right for you, even if you have an injury, aches and pains, or limitations you need to work around
- 14 Days of unlimited sessions with a professional trainer who will teach you proper form and help you make quick progress

*Since we are a small personal training gym, Free 14 Day Memberships are limited to the first 13 people. Submit the interest form now if you are interested in adding strength training to your routine.



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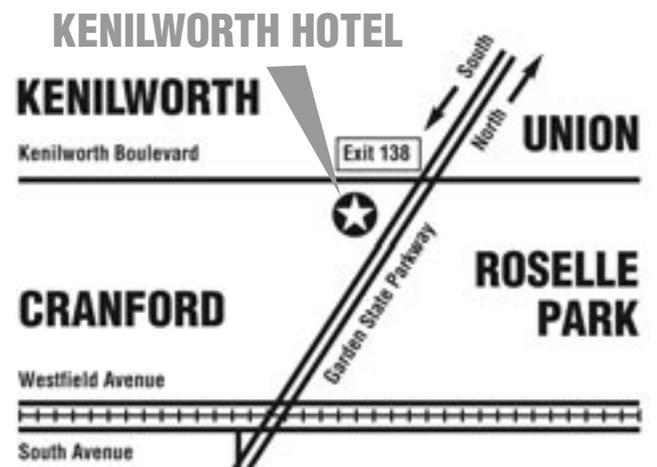
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