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ISSUE 18 • MARCH 2015

**LONG HILL CHAMBER  
OF COMMERCE  
ANNUAL DINNER  
THURSDAY  
MARCH 12TH  
AT 6:30  
SENIOR CENTER**

**SOMERSET HILLS  
BUSINESS NETWORK  
MARCH 27, 2015  
8:00 AM  
FIDDLER'S ELBOW  
COUNTRY CLUB  
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member and non-members  
are free to attend**

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## MILLINGTON BOY SCOUTS' OPERATION ZERO

*Submitted by Jim Caparoso, Scoutmaster Troop 56 Millington*

Operation Zero is an annual trip run by Patriots Path council at Sabattis Adventure Camp in Long Lake, NY over President's weekend. The trip is open to scouts fourteen years of age, venturer scouts and adult leaders. The Website boasts that you will "Embark on the greatest winter camping adventure that will ever challenge you as a Boy Scout" All of that is absolutely true. I haven't stopped bringing it up to our scouts and adults since I got back the first time. For many it is a hard sell because many people don't like the cold, don't enjoy doing activities as much in the cold and forget about camping out in the cold!

A group of our scouts on a spring camping trip last year asked me about what Operation Zero was like and I described my experience as best I could. The next thing I knew fifteen of us were on the roster for this year's Operation Zero experience. This trip sells out every year usually by December. This year's Troop 56 Millington participants were Steven Caparoso; Jim Caparoso; Kevin Dempsey; Chris Conant; Joe Conant; Zachary Londono; John Dempsey; Ben Hands; Nick DaSilva; Nick Sadlon; Chris Strona; Carter Rosen; Robert Daley; Tim DaSilva and Sam Litra

Once in camp we headed to assigned crew areas to build our Quinzees. A quinzee is meant for temporary shelter and is constructed by shoveling snow to a six foot pile about eight to ten feet in diameter. Once the pile is to the builders satisfaction the snow needs to "sinter" or rest for an hour so it compacts. Once that happens the quinzee is hollowed out leaving the structure a foot or so thick with a vent hole near the top. Sticks were used as a gage to get the entire structure consistent. Our scouts and adults participated in some ice fishing that netted them a brook trout. This was cleaned and prepared in a snow kitchen, where different Dutch oven recipes we sampled. Along with ice fishing a curling rink was made from a section of the cleared pond. Our scouts did some sledding, while the adults took snow shoe hikes through the camp and enjoyed the natural surroundings. We cooked our dinners outside over fire to add to the experience. Sunday night the temperature plummeted to -25 degrees and at day break Monday was still -20.

At the end of our weekend the scouts and adults had a great time taking down the quinzees. If there was any concern of one of the quinzees crashing in on them during the night, that concern was put to bed. It took several to half



*(above, l-r) Back from Sledding Carter Rosen, Ben Hands, Chris Strona, Steven Caparoso, Joe Conant, Nick Dasilva, John Dempsey, Zach Londono and Nick Sadlon*

a dozen scouts to break through the tops of the quinzees before we departed Monday.

Everyone had a great time on this weekend and everyone from our troop I spoke to on the bus ride home wants to go back again next year. I'm proud of all of them and yes, I too will be back next year.

The Long Hill Township Recreation Advisory Committee is proud to present  
Long Hill Township's

### Annual Egg Hunt

Saturday, March 28th at 10am

Matthew G. Kantor Memorial Park

191a Valley Rd. Gillette

For Long Hill Residents Ages 8 and under

Bring a Basket

Refreshments, Prizes, and a Special Guest with very long cars...

Petting Zoo and Pony Rides provided by

Soo Bahk Do Karate & Wellness

Obtain date: Saturday, April 4th at 10am. In the case of inclement weather, please check the website for announcements at [www.longhillnj.us](http://www.longhillnj.us) under Parks and Recreation, and also on LHTV.

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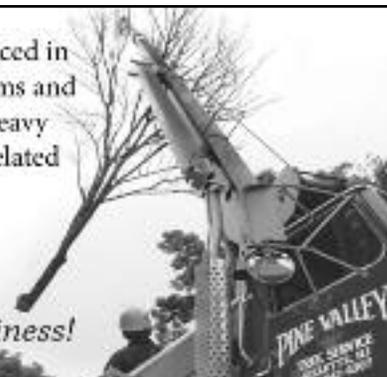
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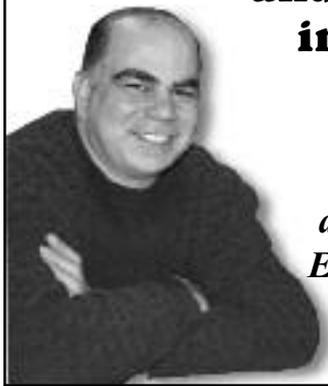
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## PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at [lynn@rennamedia.com](mailto:lynn@rennamedia.com).



## LONG HILL CHAMBER TO HOST ANNUAL DINNER

The Long Hill Chamber of Commerce will host its Annual Dinner on Thursday, March 12th at 6:30 at the Senior Center. Installation of new Board Members, upcoming Chamber-sponsored events, and presentation of donation checks to community organizations will be part of the evening. The dinner, including appetizers, beer/wine, entree, and dessert, is free to Long Hill Chamber members and a guest. Non-members are requested to make a \$10 donation at the door. The Long Hill Chamber of Commerce is open to all area businesses. To join, visit [www.longhillchamber.org](http://www.longhillchamber.org).

## “ALMOST SPRING” RUMMAGE SALE AND PANCAKE BREAKFAST

Meyersville Presbyterian Church will be holding its 'Almost Spring' Rummage Sale and Pancake Breakfast Buffet on Saturday, March 21st starting at 9 am. Kitchen treasures, clothing, household items, books, jewelry for sale as well as a delicious pancake breakfast. In addition, raffle tickets for a Brand New Weber Genesis S-330 Grill (\$950 value) will be sold. Tickets are \$20 each and \$100 for six. Drawing in June just in time for Father's Day. Meyersville Presbyterian Church, on the circle, 223 Hickory Tavern Rd., Gillette, [www.meyersvillechurch.com](http://www.meyersvillechurch.com), 908 647-0390.

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## THE MGM LION IS THE SOUND OF LONG HILL



When you think of your hometown, chances are images come to mind. Perhaps it's an historic structure or maybe it's a feature of nature, but have you ever stopped to consider the sounds of your town? A life-long resident of New Jersey hopes to create an audio mosaic of the state made up from a sound from each one of its 565 municipalities.

Bernie Wagenblast began his quest on July 4, 2013 in Milltown at the town's Independence Day parade. Since then he's added over 140 towns around the state. Wagenblast calls his project New Jersey 565 and says he tries to find a sound that's unique for the town. In many instances the audio clips, and the story behind them, may even be surprising to long-time residents.

A lion has been seen at the start of most MGM films since the 1920s. One of the early MGM lions is buried on a farm in the Gillette section of Long Hill when he died in the 1930s. The MGM lion is the sound of Long Hill. You can hear the MGM lion as well as other communities' sounds at <http://www.pinterest.com/brwagenblast/new-jersey-565/>

Wagenblast's goal is to collect 100 sounds a year and complete the project in six years. If you have a suggestion for a sound for New Jersey 565 you can reach Bernie at [bernie@bwcommunications.net](mailto:bernie@bwcommunications.net).



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**6:30pm**

**March 13, 2015**

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Old Time Bluegrass Music is provided by the Long Hill String Band.

*It is a "Contest" because each person who attends gets to vote  
for his/her favorite soup.*

**The top Three soup/pasta cooks get Ribbons & Prizes.\***

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## HEALTH SPEAKER SERIES TO BENEFIT LOCAL ORGANIZATION

Soo Bahk Do Karate & Wellness of 630 Valley Road in Gillette will be holding an information health and wellness speaker series on alternate Wednesdays from 7:30 to 9pm at their location. The presentations ranging from “Boosting Immunity in Children” to “Simple Ways to Reduce Stress” are free to Long Hill Residents, but the suggested \$10 donation will benefit various local community organizations such as F.O.R.C.E., the Long Hill Township Library, and the David Bird Family Trust. “We wanted to provide topics that are family-oriented, and relevant to our community”, said Program Director Michelle Cavett. “The idea of collecting donations at the door to benefit local community organizations was particularly compelling since we have been in this community for 33 years and wanted to continue

our efforts to give back”. Soo Bahk Do Karate & Wellness is a Long Hill Chamber of Commerce Member, and a sponsor of Millington Downtown Day and the Stirling Street Fair, and also holds an annual Community Appreciation

Day.

For more information and to see the complete list of speakers and the benefiting community organizations visit [www.karate4peace.com](http://www.karate4peace.com), or call (908) 647-4194.

## SHAKESPEARE LIVE AT WHRHS

By Denis J. Kelly



(above, l-r) Actors from “Shakespeare Live,” Marielle Rousseau, Kelsey Burke, Ajna Jai, Austin Blunk, Felix Mayes, Travis Johnson, James Costello, and Shamsuddin Abdul-Hamid; meet with students from WHRHS, juniors Sara Choudhury and Zuzanna Kasper of Warren Township, Evani Ricaldi of Green Brook Township, and Max Sherer of Warren.

Eight actors from the “Shakespeare Live!” a school outreach program of the Shakespeare Theatre of New Jersey (STNJ) in Madison, staged “Macbeth,” before an audience of about 100 English, World Languages and Arts students on Wednesday, Feb. 18, in the Performing Arts Center at Watchung Hills Regional High School.

The performance, which was presented immediately following classes, was funded through financial support of the Watchung Hills PTO (Parent Teacher Organization).

English Department Supervisor Marlene Stoto said that the opportunity for Watchung Hills students to see Shakespeare performed live on their school stage was additionally pertinent because Macbeth, and other plays, poems and references to Shakespeare, is part of the English curriculum.

Director of Curriculum and Instruction Mary Ellen Phelan, a former English teacher, said the performance was another in a series of ways the school was augmenting instruction in class with additional sources for the study and critical analysis of literature.

## THE PEOPLE WHO MADE THE PLACE WE CALL HOME

“Morris County USA, The People Who Made the Place We Call Home” will be presented by the Long Hill Historical Society, 7:30, March 12 at the Long Hill First Aid Squad Building, 949 Valley Rd. Gillette. Join photojournalist and lifetime Morris Co. resident, Jim DelGiudice as he brings to life the stories of Morris County's most famous and not so famous historical characters.

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# LONG HILL TOURNAMENT CHAMPIONS!!

The Long Hill 7th grade girls travel basketball team played up into the 8th grade bracket and won the Green Brook Shootout Tournament held in Green Brook over President's Day weekend.

The team beat Mountainside 34-22 in the semifinals and then overcame an 8 point, second

quarter deficit to defeat Green Brook 53-46 in the championship game. Caitlin Bonnesen (14), Sophia Cicchetti (17) and Alexa Santo (18) were the high scorers in the championship game. Bonnesen was selected to the All Tournament Team and Santo was named MVP.

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(above, front) Annie Kielblock. Team members in second row (l-r): Sam Moran, Dayna Lui, Elizabeth Killeen, Laura Baeyens, Abi Gallant, Sophia Cicchetti, Caitlin Bonnesen and Alexa Santo. In the back row from the left are coaches Kim Lui, Tom Killeen and Joe Santo. (Not pictured is Reese Christopher and coach Michele Bonnesen).

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## SUPPORT TROOPS OVERSEAS, SEND "COOKIES FROM HOME"

Girl Scouts of Northern New Jersey and the Blue Star Mothers of America are once again joining together to send servicemen and women "Cookies From Home." For the past three years, Girl Scouts of Northern New Jersey has partnered with Blue Star Mothers of America to promote this program to cookie customers who want to support active servicemen and women and Girl Scouts. During initial order taking and during cookie booth sales, customers can purchase cookies that are donated to Blue Star Mothers of America, which then arranges shipment of the cookies to U.S. troops.

"Servicewomen and men love receiving Girl Scout Cookies since it is a small reminder of home," said Betty Garger, President and CEO of Girl Scouts of Northern New Jersey. "It is a rewarding experience for the girls and the volunteers who want to give back to those serving our country. We are so grateful for this partnership with Blue Star Mothers, which help us ship the cookies at no charge."

This year alone, more than 50,000 packages have been donated to the "Cookies From Home" program, where 95 percent go to Blue Star Mothers of America. The remainder will be donated to local food pantries in northern New Jersey.

Girl Scout cookies are on their way to northern New Jersey and cookie customers can

purchase cookies at booth sales outside of local businesses from March 21 through April 26. If invited through an email from a Girl Scout, customers can also order cookies online and have them designated for "Gift of Caring." Those cookies will be donated to Cookies From Home and will only cost customers a little over a dollar for shipping. Seven varieties of cookies are being sold at \$4 a box, including a new variety of oatmeal raisin cookies, called "Rah Rah Raisin." The traditional favorites of Thin Mints, DoSiDos, Tagalongs, Trefoils and Samoas will be offered along with Savannah Smiles. At booth sales, a variety of gluten-free cookies, "Toffee-tastic", will also join the lineup. Because Toffee-tastic is gluten free and costs more to produce, the variety will sell for \$5 per box.

To find the nearest cookie booth sale location, customers can visit [www.gsnj.org](http://www.gsnj.org) and click on the cookie locator. By simply typing in a zip code, customers can find the nearest Girl Scout Cookie booth sale.

Girl Scouts and cookie customers across the nation will celebrate the Girl Scout Cookie Program by hitting social media from Feb. 27 through March 1 for National Girl Scout Cookie Weekend. Customers are invited to join Girl Scouts of Northern New Jersey on Facebook, Twitter and Instagram and send in their favorite

photos, cookie recipes and videos, using the hashtags: #onemorebox, #girlscoutcookies, and #5skills.

For more information about the cookie sale or to find a troop selling cookies, visit [www.gsnj.org](http://www.gsnj.org), or call the nearest service center: Paterson (973) 881-9400; Paramus (201) 967-8100; Randolph (973) 927-7722, or Riverdale (973) 248-8200.

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## LONG HILL 5TH GRADERS RECEIVE ARROW OF LIGHT AWARD

Fifteen boys from Pack 56, Millington received the Arrow of Light award, the highest award given out in cub scouting, on February 8 at the pack's annual Blue and Gold Dinner at the Primavera Regency in Stirling.

A lot of hard work has gone into this as the boys have gone through the cub scouting program of pack 56 and with their respective Webelos dens they have achieved all the requirements that have now prepared them to join a boy scout troop and further their scouting experience. The following boys were awarded the Arrow of Light: Den 1: Aaron Binstock, Johnny Clark, Mason DiGiorgio, Max Goldstein and Harrison Quinn led by den leader Dave Clark.

Den 2: Preston Gully, Owen Mullin,, Jake Oleske, Jack Osmond and Julian Patterson led by den leaders Jerry and Kristen Oleske

Den 16: Björn Golden, Shrithik Karthik, Rohan Prabhu, Arnav Ramidi and Dylan Singh led by den leader Lena Golden

Representing Troop 56 of Millington was

Scoutmaster Jim Caparoso and Troop committee chairman Kevin Dempsey as well as a group of Boy Scouts. More information about local scouting can be found at: Troop 56 of Millington <http://www.troop56.net/>



(above) Fifteen boys from Pack 56 in Millington received the Arrow of Light award at the annual Blue and Gold Dinner at the Primavera Regency in Stirling.

## SHOPRITE AND LONG HILL TOWNSHIP CELEBRATE NATIONAL NUTRITION MONTH

A special proclamation has been made by Brendan Rae, Mayor of Long Hill Township in honor of National Nutrition Month. ShopRite of Stirling in-store Registered Dietitian Rachel Simpser is hosting events throughout March to celebrate a focus on healthy eating and the important role it has on physical, emotional and mental well-being. A healthy diet can help you lose or maintain weight and prevent a number of chronic diseases; but, most importantly, it can help you feel good.



(above, r-l) Rachel Simpser, ShopRite of Stirling in-store Registered Dietitian receiving the proclamation from Mayor Rae

## THE "NEW ART GROUP" TAKES CENTER STAGE

Artists At Watchung Arts Center

The "New Art Group" will once again be taking center stage at the Watchung Arts Center. Their exhibit, Black and Blue, will be on view from March 2-March 31, 2015 with an opening reception on March 8th from 1-4pm. All are welcome to come and hear the artists talk about their work beginning at 2pm. Refreshments will be available with some items being supplied by local vendors. The reception is free and open to the public. The gallery hours are: Tues-Fri noon to 5pm and Sat 10am-3pm, or by appointment.

Beautiful blues with black silhouettes, fist fights and bruised bodies, blue skies, police and the military... you name it, Black and Blue can conjure up a lot of different images when you hear those words. The newest exhibit at the Watchung Arts Center touches on these thoughts and more with each artist supplying their own interpretation of two simple colors and how they can work together. With media varying from photography and encaustic wax to assemblage and painting, these works touch on an exploration of these archetypal colors and the many subtler ways in which their combination has implications for the human condition.

The current members of the New Art Group are Susan Ahlstrom from Stirling, Francesca Azzara from Westfield, Jane Caminos from Watchung, Nancy Ori from Berkeley Heights, Paul XO Pinkman from Plainfield and Heidi Sussman from West Orange. All are professional visual artists with many years of exhibiting and teaching experience. Visit their website for more

info about other local exhibits or workshops being taught by the various members: [www.newartgroup.com](http://www.newartgroup.com).

Jane Caminos from Watchung relies on a heavy use of saturated color and recalls the influences of Matisse, Gauguin and Rousseau. Susan Ahlstrom from Stirling brings the symbolism of the colors forward – blue for sky and ocean and the black for night scenes and woods. The elements of travel and other places is very present in her mixed media work.

The Watchung Arts Center, located on the circle at 18 Stirling Road in Watchung, presents a new art exhibition each month along with performances of music, and comedy. Call 908-753-0190 for more information about these programs or [www.watchungarts.org](http://www.watchungarts.org).



(left) Susan Ahlstrom's (Stirling) "Black and Blue Under Fire"

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