

New Providence NEWS

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SUBURBAN CHAMBER OF COMMERCE
FIRST FRIDAY NETWORKING BREAKFAST
JANUARY 8, 2016
 8:00am - 9:30am
THE GRAND SUMMIT HOTEL
 570 Springfield Ave
 Summit, NJ 07901
www.suburbanchambers.org
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SUBURBAN CHAMBER INTRODUCES NEW OFFICERS AT HOLIDAY NETWORKING PARTY

On Wednesday, December 16, The Suburban Chamber of Commerce directors along with their hosts, Rachel and Gary Kapner of Creative Wallcoverings & Interiors (CW&I), ended the year with a Holiday Party which was held at CW&I's 560 Central Avenue location in New Providence.

Attending this networking event were members and guests of the Chamber who enjoyed a night of delicious food and entertainment. A holiday spirit filled the air and attendees found it to be a perfect time to enjoy each other's company and just have fun.

During the evening, the Suburban Chamber of Commerce elected its 2016 Board of Directors and Officers. Outgoing Chair Cassandra Romas thanked the 2015 Directors and Officers for their service and the Chamber membership for their support. She discussed a series of accomplishments in 2015 including, among others, holding a service auction that raised funds for the Chamber and the Summit Elks and rewriting the Chamber bylaws. She also introduced incoming Chair Michael Shapiro.

Shapiro, Founder and CEO of TAPinto.net, said he is looking forward to working with the 2016 Board and Officers and thanked Romas for her service. He recognized the incoming Vice-Chairs: Marcella Gencarelli of Peapack Gladstone Bank, representing Summit; Patricia



(above, l-r) Gary and Rachel Kapner of CW&I Creative Wallcoverings & Interiors hosted the Chamber Holiday Event.



(above, l-r) Outgoing Board Chair, Cassandra Romas accepts plaque of appreciation from Incoming Board Chair, Michael Shapiro.

Swan of Lantern Hill, representing New Providence; and Dr. Patrick Smith of Smith Chiropractic, representing Berkeley Heights. He also discussed his goals for the Chamber in 2016, including improving communication to members and to the public; strengthening relationships with the local governments in the three towns as well as with Summit Downtown Inc. and the New Providence Business & Professional Association; and making enhancements to the Chamber's First Friday events and its other networking events.



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DR. KEITH MASON PUBLISHES THE SOUND OF MUSIC FILM TRIBUTE

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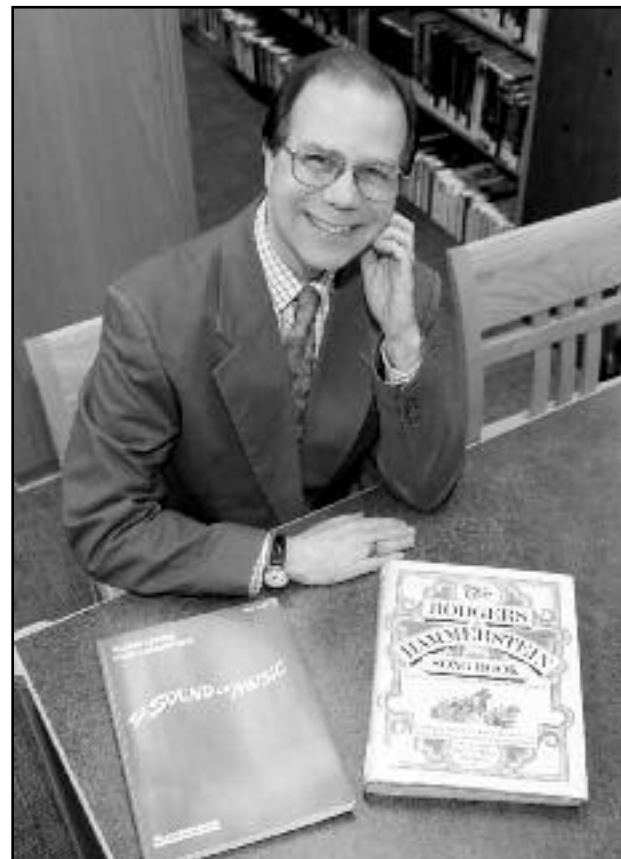
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New Providence NEWS

Dr. Keith Mason, teacher of Italian at New Providence High School, has published an article in the November/December 2015 issue of Choral Director Magazine. The article marks the fiftieth anniversary of Rodgers and Hammerstein's film musical The Sound of Music. The piece provides background on the Broadway legends' last collaboration and offers details about the music and suggested classroom activities. The article may be accessed online at <http://www.choraldirectormag.com/>. Similar articles in Choral Director and School Band and Orchestra Magazine penned by Dr. Mason include West Side Story, Oklahoma!, My Fair Lady, Singin' in the Rain, and a fiftieth anniversary tribute to Vince Guaraldi's Peanuts music as featured in A Charlie Brown Christmas. Dr. Mason has taught at New Providence High School since 1996 and enjoys supporting the arts through his teaching and publications.



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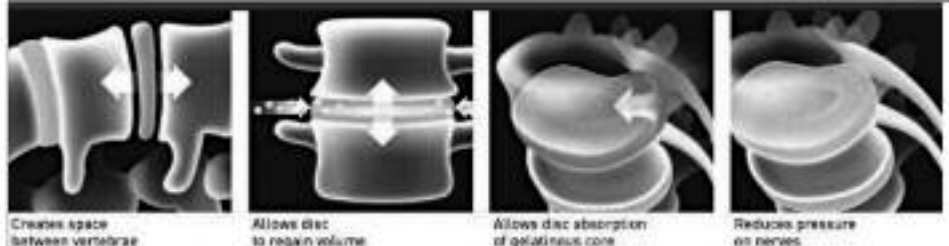
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-M.B.

"I had been suffering with a herniated disc for 5 years. I really didn't want to try this therapy but after I came in and got the treatments, I am no longer in pain. I feel the best I have in 4 years and I absolutely give full credit to spinal decompression therapy." - B.G.

"After my back injury, I went to see almost every type of back specialist. I had medication, spinal injections, back surgery and I scheduled for another back surgery. I started this therapy and I was able to go back to work in construction in 6 weeks. Not only am I pain free but I am active again." -F.S.

"Spinal Decompression Therapy was a very effective treatment for my neck pain. I endured neck pain for months. The pain was bad enough that I never got more than 1 to 2 hours of sleep per night during this time. One or two weeks after starting treatment I began to see improvement. I had almost no neck pain and got back to my regular 6-8 hours sleep per night." -J.D.

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HUMAN TRAFFICKING AWARENESS DAY

Two years ago the Township of Berkeley Heights and New Providence passed a resolution making January 11th, Human Trafficking Awareness Day. During the month of January, the League of Women Voters of Berkeley Heights, New Providence and Summit, tries to have a program on this topic. This year's presentation will focus is on the Human Trafficking of Underage Teens. FBI Special Agent Brian Salamone is the presenter. Former teenage survivors of Human Trafficking will also be part of the presentation. This event is co-sponsored by the Coalition Against Human Trafficking. Plan to attend this presentation January 19, 2016 at the DeCorso Community Center, 7:30pm, in New Providence. Human trafficking can and does exist and we need to recognize the signs.

ADVOCATES NEEDED FOR FOSTER YOUTH

Each year, nearly 23,000 youth age out nationally; 450 right here in New Jersey. Data shows these kids often lack the necessary skills to live independently, resulting in 40 percent being homeless, 55 percent unemployed, 1 in 4 suffering with post-traumatic stress, 60 percent arrested and 71 percent experiencing unplanned pregnancies. These youth are twice as likely than non-foster kids to not earn a high school diploma or GED, and 25 percent earn a two- or four-year degree by the age of 24.

Will you be the voice for one of the nearly 600 Union County youth, ages 0-21, in foster care through no fault of their own? CASAs are sworn in by a judge and court-empowered to speak to all parties: foster parents, teachers, doctors, therapists and more.

Join CASA's next training class, which kicks off Tuesday, March 1, 2016. CASA advocates for youth age 0-21. Those interested in working with youth 14-21 also undergo specialized Fostering Futures training, designed to equip volunteers with tools to guide teens toward a successful future on their own.

Learn more at information sessions in Westfield or Elizabeth:
 6 p.m. Wednesdays,
 Jan. 13, Jan. 25, Feb. 9, and Feb. 22
 at the County Clerk's Building,
 300 North Avenue East, in Westfield;
 and 10 a.m. Fridays,
 Jan. 15, Jan. 29, Feb. 12 and Feb. 26
 at the CASA office,
 1143-45 E. Jersey St., 2nd Floor, in Elizabeth.
 Contact Lisa at (908) 527-7048 or
 lporis@casaoofunioncounty.org to RSVP for any
 information session, for the March 2016 training
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A PRESENTATION BY



FBI Special Agent
 Brian Salamone and
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 Keyla Munoz
 Q/A to follow

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Email Jim Parlapiano jim.parlapiano@hotmail.com for more info.

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COME LAUGH WITH PURPOSE AT SAGE

Beginning Thursday, January 7, 2016 from 1:00 pm to 1:45 pm, SAGE Eldercare will host Pradep Nair, Laughter Consultant at HomeWell Senior Home Care of Morris County, for monthly programs on “Laughter Yoga.” The sessions will take place on the first Thursday of each month.

According to the Mayo Clinic, the health benefits of laughter include short-term and long-term benefits, such as stress relief, immune system improvement, and pain alleviation. Laughter yoga, which has gained recent popularity, is a combination of deep yogic breathing and unconditional laughter that increases the oxygen and energy levels for participants.

“These sessions are bound to be fun and beneficial to attendees and you can attend them each month or whenever it suits your schedule,” noted Stephanie Kresch, Director of Community Relations at SAGE Eldercare. “Mr. Nair was at

SAGE’s adult day program and at an evening session earlier this year and the participants really enjoyed the class and the many benefits of this unique exercise, which elevates mood, improves health, gives you more energy, and builds a positive attitude.”

Pradep Nair has been doing research on happiness for the past fifteen years. Based on his research, he conducts activities and programs for older adults on the topics of laughter yoga and therapy, chair-based energization yoga, and brain yoga. He is the owner of HomeWell Senior Care in Parsippany, which provides home care services in Morris, Somerset, and Union Counties.

To register for the January 7 program on “Laughter Yoga,” please call 908.598.5548 or email education@sageeldercare.org.

The monthly events, which are free and open to the public, will be held at 290 Broad Street, Summit, NJ.



The Suburban Chamber Of Commerce Foundation and The Summit Elks Lodge #1246 Are Teaming Up Once Again To Present

THE 2016 SUPERAUCTION SATURDAY

Saturday, February 6, 2016.

The purpose of the event is to raise funds for the scholarship program of the Elks Lodge and the Chamber Foundation, as well as the Chamber’s Vest-A-Cop project.

Our scholarships have been provided to students in Summit, New Providence and Berkeley Heights since 1979, and the Vest-A-Cop project has provided the first bullet proof vest for each new officer in our three service communities of Summit, New Providence and Berkeley Heights since 1982.

This event cannot be a success without the support of our members.

Please consider a donation for the auction.

We are looking for merchandise, services, event tickets, collectables, getaways...anything

you think could raise funds at our event!

We hope you can also join us on the 6th and come ready to bid and support our community!

Tickets are \$35 per person and can be purchased at suburbanchambers.org.

Last year, we were able to raise nearly \$10,000, this year we hope to double that!. With your help we can do this!

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