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FIREFIGHTERS COMPETE AT FOOD AND WINE FESTIVAL

Event Benefits Saint Barnabas Burn Foundation and the NJ State Firefighter's Mutual Benevolent Association.

On Monday, January 27, 2014, firefighters from around New Jersey competed at the Cooked and Uncorked Food and Wine Festival benefiting the New Jersey State Firefighter's Mutual Benevolent Association and Saint Barnabas Burn Foundation. The competition is part of the culinary extravaganza where participants are able to experience the tastes and flavors of more than 39 of New Jersey's finest restaurants, caterers and dessert shops all in one location. This event, which draws people from throughout New Jersey, was held at The Pines Manor, 2085 Route 27, Edison, NJ. Last year more than \$47,000 was raised from the event which was attended by more than 800 people.

The Ultimate Fire Department Cook-off is an integral part of the evening as firefighters from the Bayonne, Belleville, Carteret, Cranford, Hamilton Township, Hillside, Elizabeth, Linden, Long Branch, New Brunswick, Plainfield, South Orange, Trenton and Union Fire Departments competed against each other. Event sponsors included: Allied Beverage Group, ShopRite, SEI, Christine Tower Home Mortgage Consultant, Paul Davis Restoration and Remodeling, McEnerney and Brady, AXA Foundation, Erol Kececi, Barnabas Health, O.C.A. Benefit Services, Barasch McGarry Salzman & Penson, Fox & Fox LLC, Campbell Supply Co. and Firefighter One are event sponsors.

THE NJ STATE FIREFIGHTER'S MUTUAL BENEVOLENT ASSOCIATION.

The mission of the New Jersey State FMBA is to educate, involve and affect those civilians who reside and work in New Jersey; to adopt fire safety practices and procedures that prevent and mitigate human and economic losses arising from the devastating effects of fire.

The goal of the New Jersey State FMBA Foundation is to provide financial assistance to children who are enrolled in the Connecticut Burn Camp and who have been treated at The Burn Center at Saint Barnabas Medical Center with fire-related injuries. Our other beneficiaries include Make-a-Wish Foundation, the Leukemia Society and Save the Children. Visit us at www.njfmba.org

SAINT BARNABAS BURN FOUNDATION

Saint Barnabas Burn Foundation is the education and fund-raising arm of The Burn Center at Saint Barnabas Medical Center, New Jersey's only certified burn treatment facility. Its mission is prevention through education because "the best way to treat a burn is to prevent it from ever happening".

Established in 1987, the Burn Foundation supports The Burn Center by providing medical equipment, patient assistance, and comprehensive burn education and fire safety programs to schools, neighborhoods, firefighters, and medical professionals throughout New Jersey.

The Burn Foundation touches the lives of over 34,000 people annually. Its motto is "The Past We Can't Change...The Future We Can" Visit us at www.njburncenter.com



UNION FIRE DEPARTMENT, FIST PLACE WINNERS IN 2011, WON A PEOPLES' CHOICE AWARD.

Master Chef Louis Ferroni; Sous Chefs John Sorrentino, Daniel Donza and Frank Manzo served homemade Pierogi along with shredded beef, caramelized onions and a butternut squash.

"MEET THE MAYOR" CHAMBER'S FEBRUARY NETWORKING EVENT

The Union Township Chamber of Commerce's annual "Meet the Mayor" networking event is scheduled for Thursday, Feb. 20, 2014, at the Union Center National Bank, 2455 Morris Avenue, Union. The program will feature a time for Chamber business owners to meet Mayor Clifton People Jr.

Admission for the event is \$10 for members and \$15 for guests. Preregistration is required by contacting the Chamber by calling 908-688-2777, or by emailing executivedirector@unionchamber.com.



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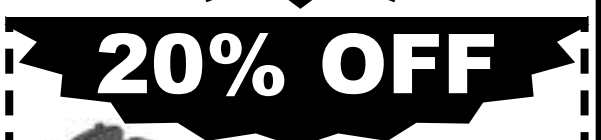
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Tina & Joe Renna, Publishers
202 Walnut Ave., Cranford, NJ 07016
(908) 418-5586
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2014 UNION COUNTY ST. PATRICK'S DAY PARADE IS DEDICATED TO ALL POW'S AND MIA'S

Robert E. (Bobby) Jeans, Sr. named Grand Marshal

The 2014 Union County Saint Patrick's Day Parade Committee proudly announces Robert E. "Bobby" Jeans Sr. of Kenilworth has been named Grand Marshal of the 18th Annual Union County Saint Patrick's Day Parade. The 18th Annual Union County St. Patrick's Day Parade will step off at 1 p.m. sharp on Saturday, March 15, on Morris Avenue in Union.

Robert E. Jeans, Sr. was born in Brooklyn, New York and traces his Irish Ancestry on his mother's side (McTague) and his father's side (Jeans, Connelly) to County Cork. Bobby served in the United States Army from 1968-1974. He served in Vietnam from 1969-1970. He received the Purple Heart, 2 Bronze Stars, Combat Infantry Badge, Vietnam Service Medal, Vietnam Campaign Medal, National Defense Ribbon, Presidential Citation, Valorous Unit Award, Vietnamese Cross of Gallantry with Palm, NJ Vietnam Service Medal, and the NJ Distinguished Service Medal Upon leaving the Army, Bobby joined the Kenilworth Police Department and retired from the force as a Lieutenant

His devotion to the Veterans is remarkable. He has been a member of VFW Post 2230 since 1970 and served as District 5 Commander. He is a Life Member of the American Legion Kenilworth Post 470, a Life Member of the



(above, l-r) St. Patrick's Day Parade 2014 General Chairwoman Ms. Kathryn Noonan, 2014 Grand Marshal Bobby Jeans, Parade Day Director Bernadette Sullivan.

Vietnam Veterans of America Westfield Chapter 688.

Bobby is a 3rd degree member of the Knights of Columbus Kenilworth Council 4168 since 1971. He is a member of the Emerald Society of Union County and the Nugent Association.

For more info about the Union County St. Patrick's Day Parade, visit unioncountystpatricksdaysparade.com.



(left, l-r) Carol Azzolli, Barb Masterson, Ann Masterson, with celebrity Bartenders Kathleen Holmes and Maureen Sheridan Renna.

Photos from Celebrity Bartender fundraiser for St. Patrick's Day Parade 2014 held at Kenilworth VFW Hall on January 19th can be found on Spirit of Union Facebook page.



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KATHRYN NOONAN SERVES AS 2014 GENERAL CHAIRWOMAN OF ST. PATRICK'S DAY PARADE

Ms. Kathryn Noonan has been a member of the Union County St. Patrick's Day Parade Committee since its inception and was the first woman to don a tuxedo in the parade! She co-chairs the annual Celebrity Bartender and the Finnegan's Wake fundraisers. She has served as Financial Secretary, Deputy Adjutant, Second Vice Chair, First Vice Chair and Adjutant. "Putting the 2011 parade on the street as Adjutant, was one of my greatest accomplishments. It was a day I will always cherish, as well as lifelong friends, 2011 Chair, Marylou Sullivan-Lenahan and 2011 Grand Marshal, Dave Bell. This year I am equally as proud to have been elected General Chairwoman of Parade 2014, and promise to do all I can do to



(above, l-r) Bernadette Sullivan, Kathie Chasarik, Joseph Sullivan, JoAnne Goodman and Anna Volpe Sullivan who celebrated her 91st birthday at the event.

(left, l-r) Volunteers work throughout the year to raise funds for the Parade.

2014 St. Patrick's Day Parade Saturday March 15, 2014

9:00 am -

The Thornstick Mass

in conjunction with the Elizabeth A.O.H.

St. Patrick's Church, Elizabeth

A welcoming reception

in the church hall after Mass

12:00 Noon -

Reviewing Stand Festivities

Morris & Stuyvesant Avenues in Union

The "Kid's Zone" fun for all ages

Stuyvesant Ave. (just off Morris Ave.)

1:00 PM Sharp -

The Parade begins

The Marching units gather at Morris Avenue and along Commerce and Jeanette Avenues, the parade route proceeds east along Morris Avenue to a turn at the Main Reviewing Stand and ends at Roosevelt Avenue Midway Reviewing Stand.

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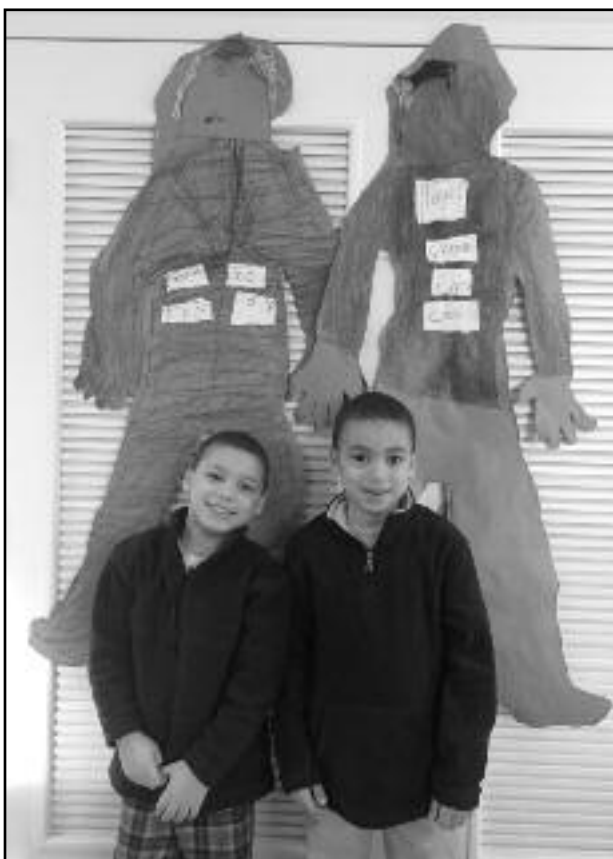
The Township of Union Recreation Department is now offering a new inclusionary Art Program, (ROID) or Recreation Opportunities for Individuals with Disabilities, through a grant awarded by the state.

The ROID program strives to reinforce the status of persons with disabilities as complete members of the community; to promote the least restrictive environment in providing recreation and leisure service for persons with disabilities; and to assist local governments in the commencement or expansion of recreation and leisure services for persons with disabilities.

The ROID Program is held at the Recreation Department, 1120 Commerce Avenue on Wednesdays from 4:00 to 5:30 PM. Karen Borkowski teaches the program. We are still accepting registrations as the program will run through June. Please call the Recreation Department at 908-686-4200 for more information.

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UNION BOY SCOUTS TO EARN CHESS BADGES

The Munsee District of the Boy Scouts of America is hosting their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers, who know how to play chess. The tournament will be held on Saturday February 22, 2014 at the Cranford Community Center, 220 Walnut Avenue, Cranford, NJ. The event will run from 10am to 2pm. The tournament is being generously sponsored by White Castle.



Joe Renna of Renna Media became a certified merit badge counselor and is assisting scouts in earning their badges. He initiated the plans for the tournament along with Field Director at Patriots' Path Council Art Lobdell and Jim Parlapiano of Boy Scout Troop 80 in Cranford.

Scouts interested in playing can use Patriots' Path Council Munsee District Double Knot link to register on-line at ppbsa.doubleknot.com/event/1454371 or Email Jim Parlapiano jim.parlapiano@bankofamerica.com.



(above, l-r) Scouts Fabian Almeida and Logan Sutteerlin of SCA Troop #68 from Connecticut Farms Church in Union, NJ will fulfill their final requirement and earn their Chess Merit Badges after completing the tournament.

2014 White Castle



Munsee District Boy Scout Chess Tournament

Saturday, February 22, 2014

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

Cranford Community Center

220 Walnut Avenue, Cranford, NJ • 908.709.7283

Open to all registered Boy Scouts/Venturers/Explorers.

Limited to 40 players who must know how to play chess. Registration is \$6
Use Patriots' Path Council Munsee District Double Knot link to register on-line
at ppbsa.doubleknot.com/event/1454371

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

Trophies awarded to 1st, 2nd and 3rd place finishers.

Commemorative ribbons and gift bags for all participants.

Lunch will be provided by White Castle for all players.

This tournament meets the 6a requirement for earning a Chess merit badge.

Event Sponsored by



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UNION RESIDENT FIGHTING HEART DISEASE IN WOMEN



Union Township resident Paula Chavez is a fitness instructor at Club Metro of Union and a health coach. She is also a volunteer with Go Red for Women and the American Heart Association, this year she was chosen by the

Association as a National Go Red Woman.

According to the American Heart Association heart disease has been called the silent killer because it often has no noticeable symptoms. It's more deadly than all forms of cancer combined. And it's not just "an old man's disease." In 2003, research revealed that heart disease was by far the No. 1 killer of women, and actually killed more women than men. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red For Women. And the red dress has become the iconic symbol of our battle against heart disease in women National Wear Red Day® — the first Friday each February — is their special day to bring attention to this silent killer of women. They encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives.

Paula sent her story to the Spirit of Union stating "I would love to share it with my town and possibly inspire some of our residents to make changes to lead a healthier lifestyle and take measures when it comes to their heart."

Paula Chavez has two simple messages for women struggling to make health changes: No more guilt. No more excuses. This became her personal mantra following a annual physical a few years ago. Just 32 at the time, her doctor warned her that some changes had to be made if she were going to live long enough to see her grandchildren. Her goal of better health became even more important last year, after her father passed away from a sudden heart attack. "My father died before he was able to meet my youngest child and I really struggle with that," Paula says. "I was passionate about this topic before because of my own health issues. Now I am on a mission to help stop this disease."

Paula's journey to better health began after her second child was born in 2010. She was extremely overweight and battling high cholesterol. "You won't see a single photo of me from that time because I never went anywhere and didn't want pictures taken," she says. Paula's shame about her appearance, combined with her doctor's recommendation that she take cholesterol medication, made her realize it was time to change. "Why would I take medication for something that I knew I could control with diet and exercise?" she asked herself. Making changes wasn't easy. Her 70-pound weight loss, which took more than a year, began with small

steps. She started exercising a little every day and making family recipes healthier. "I'm Hispanic and grew up eating a lot of animal products and thinking you had to fry most things to make them taste good," she says. "I didn't diet to lose the weight. I completely transformed the way I ate."

Little by little Paula added more fruits and vegetables to her diet and began cooking differently. Soon healthy living became a family affair. When her husband started getting healthier too, his own cholesterol and blood pressure numbers started to improve. Before her father died, Paula encouraged both him and her mother to transform their eating habits. Though they lived in Colombia and Paula lives in New Jersey, Paula enjoyed "sharing" family meals again because they talked about the foods they were preparing each day.

Sharing what she's learned with family and friends has become a calling. Paula, a certified fitness instructor, started a free fitness club at

Union Township's Washington School one night per week. She uses social media to share heart-healthy tips and has online "friends" she has never met rooting her on and thanking her for helping them live healthier lives. Her advice for living a heart-healthy life? "Become aware of your family medical history and learn your cholesterol and blood pressure levels," says Paula. "Have a conversation with your doctor about your heart disease risk factors and about recommendations for a healthy lifestyle."

With a part-time job and three children ages 11 months, 3 and 10, Paula can relate to women who are juggling the demands of family and career. But her own health is now top priority. "What good does it do my family if I am not here in the long run to take care of them?" she says. "I am taking care of me and setting an example for my kids, who now see that healthy eating and exercise are just part of our family routine." Paula welcomes inquiries at 618fitness@gmail.com.

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TOWNSHIP CELEBRATES BROADWAY WITH THE HIGH SCHOOL PERFORMING ARTS COMPANY

Spirit of UNION • Page 7 • February 2014

It was a truly remarkable evening Saturday, January 18th celebrating an evening of music, dance and Broadway history as the Union High School Performing Arts Company presented "Union Celebrates Broadway" to a nearly sold out crowd. The UHSPAC in conjunction with the Encore Orchestra of New Jersey gathered students from across Union Township Schools including Livingston, Franklin, Hannah Caldwell, Jefferson, Burnet and Kawameeh Middle Schools and of course the High School; to come together to help recreate some of Broadway's most memorable moments. Some of UHSPAC's greatest performers returned to the stage singing and dancing their hearts out entertaining the crowds once again. "It was one of the most special evenings I've had in a long time, definitely a career highlight by far. Watching students from across Union come together on the stage and the comrade that went on backstage was wonderful to witness," said choreographer Jennifer Williams. The crowd's reaction to the show!? "It was totally exhilarating just for myself as an audience member; I can only imagine what it felt like for the performers. The audience was fantastic clapping for key dance moments and rose to their feet the second the final note was hit. It is something that we will all remember for a very long time," continued Williams.

The audience was also treated to the vocal talents of Tony nominated Broadway leading man Willy Falk who rose to fame playing the original Chris in Miss Saigon. It was the perfect merging of worlds, as the UHSPAC will present Miss Saigon: School Edition this March 28th-April 6. Falk spent time speaking with the cast, sharing stories with them and was heard giving them praise for their exceptional talent at such a young age.

Another great aspect of the event was how it brought the community together. Many members of the town were a part of the show, reading introductions about each number that was being performed including Broadway star



and Union High School Alumni Steel Burkhardt, another alumni Marissa Rago, who starred in the television version of Annie, Board of Education member Mr. Ray Perkins, Deputy Mayor Mr. Manny Figueiredo and many more who helped make the night one to remember. Marie Krueger Canarelli had this to say regarding the event "I didn't want the evening to end!" A friend of hers, who came to her first UHSPAC production, Gail Fuchs had this to say, "Bravo to the UHSPAC and the Encore Orchestra of New Jersey for providing us with a magical evening in my hometown of Union. Tonight's performance rivaled Broadway performances, brought back memories, made me laugh and made me cry. Union, you've definitely got talent! Thanks to Marie Krueger-Canarelli and Joe for introducing us to this fantastic entertainment, right in our own backyard. Looking forward to Miss Saigon in March."

For more information about the UHSPAC and their upcoming production Miss Saigon: School Edition please visit their website www.uhspac.com or follow them on Facebook and Twitter @UHSPAC.

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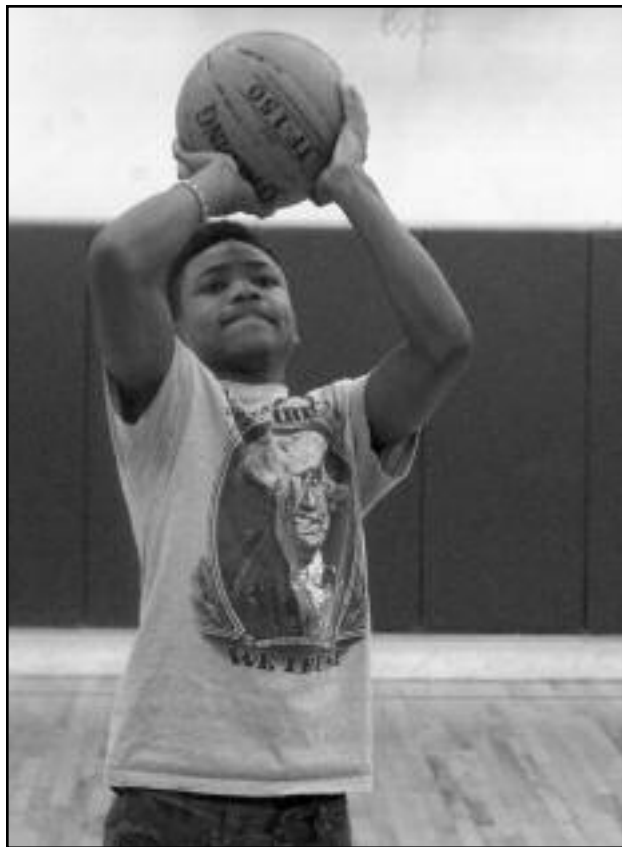


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BOYS & GIRLS CLUBS OF UNION COUNTY SHOOTS FOR CHILDREN'S SPECIALIZED HOSPITAL

Boys & Girls Clubs of Union County's Keystone Club met with a representative from Children's Specialized Hospital in Mountainside to contribute monies raised from their "Hoops for Hope" event.

Members of the Union Keystone Club were sponsored by friends and family for this annual event held in December, in which all funds raised are donated to a local nonprofit. The group was pleased to present a check for \$571.00 to Children's Specialized Hospital.

The foundation of Keystone is the ideals of character and leadership development. Members learn first-hand the importance of

exhibiting compassion, tolerance, responsibility, and citizenship. Keystone members make a positive impact on members, the Boys & Girls Clubs, and the community with the help of adult advisers.

"We are very proud of our Keystone members, who worked hard to organize the Hoops for Hope event" stated Russell Triolo, Chief Executive Officer. "Club members received donations for every free throw they successfully made. All of the money raised is being donated to Children's Specialized Hospital, which provides pediatric rehabilitation services".



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NEW EXHIBIT FOR NJ'S 350TH AT CALDWELL PARSONAGE

Three rare maps of New Jersey, part of the museum's collection, are currently on display as part of the celebration of the state and Elizabethtown's 350th anniversary: a facsimile of a 1778 map that was bequeathed to the New Jersey Historical Society in 1927, an 1872 map, and an 1882 geological map.

From 2 to 5 pm on Sundays

February 9 and 23

Caldwell Parsonage,

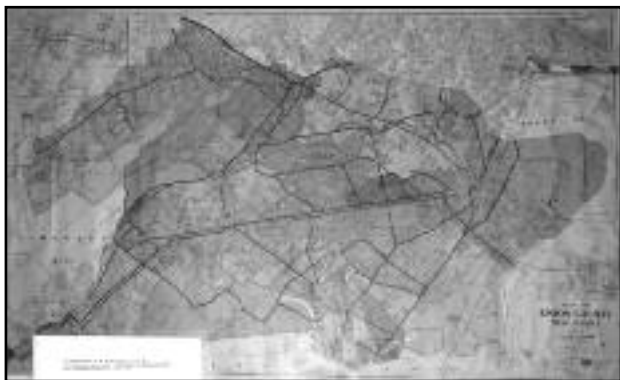
909 Caldwell Avenue, Union,

will be open to the public.

Rebuilt on its original foundation in 1782, the home had been burned by the British in 1780,

during the Battle of Connecticut Farms. Now a museum, it once served as the residence of the "Fighting Parson," Rev. James Caldwell, and his wife, Hannah, who was killed during the battle in the presence of two of their nine children. The Parsonage is listed on both the National and State Registers of Historic Places. Lore Ullrich and Anita Centeno, members of the Union Township Historical Society, will act as docents dressed in authentic colonial attire.

Admission is free; donations are welcome. Information is available at one of the Society's websites, uniontwphistoricalsociety.webs.com or by calling Barbara La Mort, Secretary, at 908-687-0048.



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FIVE POINTS BRANCH YMCA WELCOMES CHARLES COOK, AQUATIC DIRECTOR

Spirit of UNION • Page 11 • February 2014



The Gateway Family YMCA – Five Points Branch announces the addition of Charles Cook in the position of Aquatic Director at the 201 Tucker Avenue location in Union, NJ. According to Matt Bansch, Sr. Director of Healthy Living, "The Gateway Family YMCA - Five

a well-rounded and quality-driven professional who is ready to help take our branch to the next level in 2014," added Danielle Cioffi, District Executive Director at The Gateway Family YMCA. The Five Points Branch just completed renovations including upgrades to the pool and whirlpool, as well as refinishing the gymnasium floor and a complete renovation of the Health and Wellness Center and purchase of new equipment. When asked about his goals, Charles stated, "My goal is for the Aquatic Program to be known as the best Aquatic program in the state." Personally, Charles says, "I have a goal to make at least one person laugh each day. And, also to make sure I laugh at least once day as well."

The Gateway Family YMCA, formerly The YMCA of Eastern Union County, is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about community programs and services provided by The Gateway Family YMCA – Five Points Branch, please visit www.tgfymca.org.

or contact the Five Points Branch at fivepointsinfo@tgfymca.org or 908-688-9622.

Points branch is thrilled to welcome Charles Cook as our new Aquatics Director. Along with a positive attitude and lots of creative energy, Charles brings over 15 years of aquatic experience in non profit, corporate and camp settings." Most recently, Charles was in the position of Program/Aquatics Director at the New York Sports Club in Bayonne. His previous experience also includes 2 years as a YMCA Aquatic Director, six summers as Aquatics Manager at a Summer Camp, and many years as a Lifeguard and Swim Instructor. Charles stated, "My first job was as a summer lifeguard at the Rahway Branch for this Association. Returning to the Y feels like coming home."

Charles grew up locally, graduating from Elizabeth High School and now lives in Garwood. He holds a BA in Communications from William Patterson University. "Charles is

UNION COUNTY HISTORICAL SOCIETY MONTHLY MEETING FEBRUARY 16, 2014 2:00 pm



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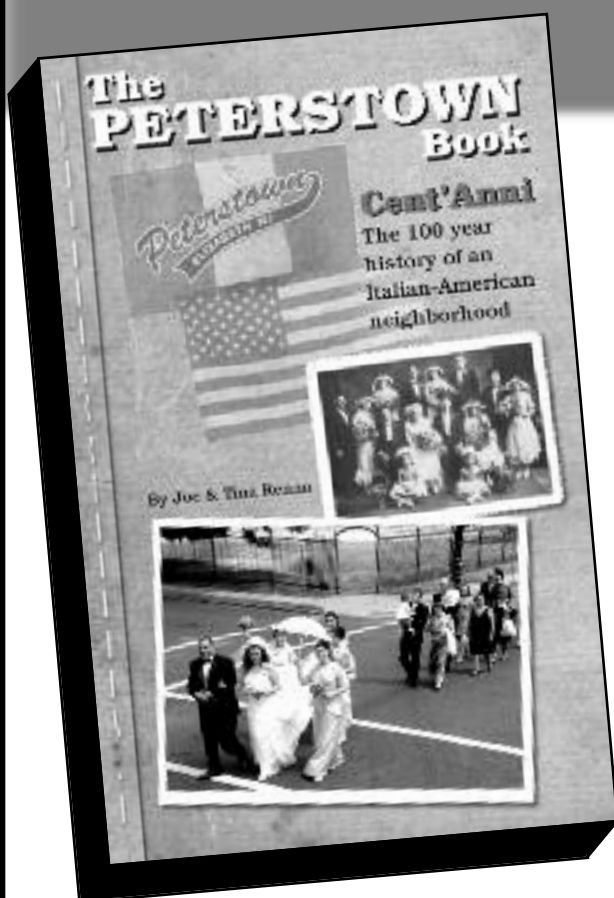
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