

# Green Brook Gazette

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IN GREEN BROOK, NJ

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ISSUE 18 • MARCH 2015

**Green Brook  
Cultural Heritage  
and Historic  
Preservation  
Committee and  
The Green Brook  
Historical Society  
meeting:**

**3RD THURSDAY  
OF EACH MONTH  
7:30 pm**

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FOR PEOPLE INTERESTED  
IN HISTORY AND CULTURE,  
TO JOIN OUR GROUP, AS A  
GUEST OR MEMBER!**

## GREEN BROOK SCOUTS' POPULAR PINewood DERBY

*Submitted by Dave Schreck*

On the morning of February 21st, Green Brook Middle School was the setting for the 2015 Cub Scout Pinewood Derby. This much anticipated annual event combines wood working, design, artistic expression, and Physics with friendly competition. For the first time, Scout family members invited students from IEF Elementary School to participate in the event. In all, 50 cars were entered.

Although outside temperatures barely made it into double digits, inside the atmosphere was more like a spring fair. Food and drink were available for sale and there even was a competition for the best tasting and most creatively decorated home baked goods.

Congratulations to all the participants, but especially to the winners in each class.

Cub Scouts Pack 129, based in Green Brook, is open to all boys aged 7-10 (grades 1-5). For information about Pack 129 you may visit [pack129greenbrook.scoutlander.com](http://pack129greenbrook.scoutlander.com)



(above, l-r) Pack 129 proudly show off their trophies and medals. Christopher Teutsch (Tigers), Unnamed Scout, Oskar Gaebele (Wolves, 3rd overall), Jack Gaebele (Webelos, 1st overall), Jacob Hartlieb (Bears), Gavin Guo (Most Colorful Car), Dylan Vaidya (Arrow of Light) [not pictured: Nicco Diandrea (Sportsman Class 1), Alexandra Schmitz (Sportsman Class 2), Mathew Carrieri (Most Creative Car), Liam Tharp (Fastest Looking Car)]

## SHAKESPEARE LIVE AT WHRHS PERFORMING ARTS CENTER

*By Denis J. Kelly*

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.

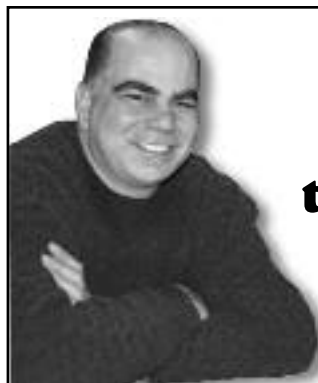


(above, l-r) Actors from "Shakespeare Live," Marielle Rousseau, Kelsey Burke, Ajna Jai, Austin Blunk, Felix Mayes, Travis Johnson, James Costello, and Shamsuddin Abdul-Hamid; meet with students from WHRHS, juniors Sara Choudhury and Zuzanna Kasper of Warren Township, Evani Ricaldi of Green Brook Township,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

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# Green Brook Gazette

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Green Brook Gazette is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Green Brook, NJ and the balance are distributed for free pick-up throughout town.

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Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

Renna Media, LLC

202 Walnut Ave. Cranford, NJ 07016

Phone: 908-447-1295 - Fax: 908-709-9209

Email: joerenna@rennamedia.com

## 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).**



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Project CHILD FIND is a free referral service and public awareness campaign to assist in the identification of unserved/underserved youth with a delay or disability from birth through twenty-one years of age.

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Project CHILD FIND's comprehensive efforts include:

1. Assisting families of infants and toddlers, from age birth through two, concerned about their child's development by directing all requests regarding early intervention to the family's local Special Child Health Case Management Unit. If you need the number for your Special Child health case management Unit, call: Project Child Find 1-800-322-8174

2. Assisting families of preschoolers, from age three through five, concerned about their child's development by directing requests to their local school district.

3. Helping families access community services through referral.

4. Promoting community and public awareness of all children with disabilities by providing information.

5. Assisting local school district boards of education to identify unserved children from age three through twenty-one who are in need of special education and related services.

Information through Project CHILD FIND may be obtained by calling the toll-free number, 1-800-322-8174, which is in service 7 days a week, 24-hours a day. All calls received are confidential.

Project CHILD FIND was established by the New Jersey Department of Education through I.D.E.A., Part B funds from the U.S. Department of Education. February 2006

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Fruitful Creations are delicious fresh fruit arrangements and chocolate covered strawberries. They offer a full collection of fruit creations made from the fresh fruit delivered daily to their retail store. Each Fruitful Creation can be arranged to suit any occasion. Pick one of their designs or they will customize each arrangement to suit your needs. These unique gifts are a great choice for birthdays, graduations, anniversaries, get well, new baby, deepest sympathy, thank you, holidays including Easter, Mother's Day and more!



See the advertisement for Somerset Farms on back page of this newspaper.

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(above) Joanne Harrison of Somerset Farms displays a centerpiece made from fruit, some that are chocolate covered.

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Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

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## THE FLAG FLAPPING IN THE WIND IS THE SOUND OF GREEN BROOK



(above) Bernie Wagenblast

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.

New Jersey is known as the "Crossroads of the Revolution." The state was the site of more battles and skirmishes than any other colony. The Watchung Mountains provided not only a place of refuge for the Continental Army, but also served as an excellent vantage point to watch the movement of British troops in the valley below. One of those sites, Washington Rock in Green Brook, was used by Washington to watch British General William Howe move toward Westfield and to direct American forces to circle behind them and cut off their retreat. Today, the location is one of the oldest state parks and still provides a panoramic vista. The park is topped by a large flag pole and the sound for Green Brook is the flag flapping in the wind.

You can hear the Washington Rock flag flapping in the wind as well as other communities' sounds at [www.pinterest.com/brwagenblast/new-jersey-565](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).



(above) Washington Rock in Green Brook

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(above) Kamal Assad, owner of Sign-A-Rama of Kenilworth, presents Tina and Joe Renna, publishers of the Cranford Monthly, with the Small Company of the Year Award on behalf of the Gateway Regional Chamber of Commerce.

## GATEWAY CHAMBER HONORS LOCAL BUSINESSES AT 103RD ANNUAL DINNER MEETING

The Gateway Regional Chamber of Commerce recently honored three local businesses and a local chamber of commerce at its 103rd Annual Dinner Meeting, held in February at the Newark Airport Marriott.

Renna Media, publishers of the Cranford Monthly, was honored as Small Company of the Year. Founded and operated by Joe and Tina Renna, the small publishing house publishes 13 hyper-local newspapers in Union, Somerset and Warren counties.

Other honorees included Infineum USA L.P. of Linden, Large Company of the Year; R. Seelus & Company, Medium Company of the

Year; the Linden Chamber of Commerce, Chamber of the Year.

Gateway Regional Chamber of Commerce  
P.O. Box 300 • Elizabeth, NJ 07207-0300

Vice President: Kate Conroy  
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## ELEMENTS MASSAGE OF WARREN OFFERS MARCH MASSAGE SPECIAL TO INDIVIDUALS WITH MS

*Elements Also Giving Away Two Free Massages A Week to MS Sufferers in March*

Elements Massage of Warren is offering individuals with multiple sclerosis (MS) a 50 percent discount off the regular walk-in rate for massage services during the month of March. In addition, Elements is giving away two free massages every week to clients, who suffer with this chronic disease that attacks the central nervous system.

“There are numerous benefits that massage therapy provides individuals who suffer with MS,” said Elements Massage Owner Ferry Firmansjah. “We wanted to offer MS clients our first rate massage services at a very attractive price as a way of helping them with this often disabling disease.”

Massage therapy has been known to provide

several benefits to individuals suffering with MS including helping to relieve muscle spasms, improve circulation, alleviate pain and reduce anxiety. Massage has been a staple treatment for MS for decades and can have a powerful positive effect on health.

Last year, Elements Massage of Warren raised \$995 for the National MS Society’s New Jersey Chapter and participated in the MS Walk in Clark, New Jersey.

Elements Massage of Warren is located at Pheasant Run Plaza, 177 Washington Valley Road, in Warren, New Jersey. (732) 667-5500, [elementsmassage.com/warren](http://elementsmassage.com/warren),

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Green Brook's PTO Sponsored Principal Storytime with Mr. Lamberti. For the second year running, the Green Brook Parent Teacher Organization – spearheaded by PTO Co-Presidents Renee Kusch and Kristine Scavo – sponsored Principal Storytime with Mr. Lamberti on Wednesday, February 26th from 6:30 to 8:00 p.m. at Irene E. Feldkirchner Elementary (IEF). This event is run in conjunction with the Scholastic Bookfairs the PTO holds at IEF School and Green Brook Middle School. Armand Lamberti – Principal of IEF School – initiated Principal Storytime in 2006. At that time, the Storytimes were presented at Barnes & Noble Booksellers in Bridgewater as a fundraiser to accrue monies to bolster the book collection in the IEF Library. Beginning in 2013, Principal Storytime was brought directly into the Green Brook School District through the PTO.

Principal Storytime is a well-attended event as parents and students come out to support the event. Aside from Mr. Lamberti, staff members also come forth to read stories to the children in attendance. Songs were performed by IEF School's Fourth Grade Singers accompanied on guitar by Principal Lamberti who also

performed two Beatles tunes. Sales are brisk at the Bookfair as well. All proceeds benefit the Green Brook PTO, an organization that supports the schools with funding for various initiatives to benefit the educational experience for the students served by the district. Mr. Lamberti noted that, "This event serves a twofold purpose for our school community. For one thing, it can serve to model the importance of reading. If children see "the Principal" taking time to read, and enjoy it, perhaps their desire to read will heighten. An additional benefit is that students witness their parents/guardians taking time to come to the event; therefore, books and reading must be important!" Renee Kusch states that, "Principal Storytime is a fun-filled event for the school community."



(above, left) The Cat in the Hat, Patrick Humphrey, greets the children at the door.



(above, right) Mr. Lamberti, principal of Irene E. Feldkirchner Elementary School, entertains the crowd at the Principal's Story time.



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## WMS YOUTH PERFORMING ARTS PROGRAM

Monday, March 9 - 10:30 a.m.

Many students at Warren Middle School are accomplished performers. Their talents range from instrumentals, vocals and various forms of dance. As part of the Gifted & Talented program's commitment to the arts, a mini-performing arts program will take place at the center where middle school students will share their talents with attendees.

## SPECIAL LUNCH AND LEARN PROGRAM

At the Senior Wellness Center in Basking Ridge,  
located at 202 Mt. Airy Road, Basking Ridge

Thursday, March 12 - 12:30 p.m.

LUNCH and LEARN Performance Poet - Glenis Redmond, State Theatre's Artist-in-Residence - Glenis is a poet and motivational speaker. She will be sharing her talent and love for poetry in the form of an 'Informance' which is not a performance but rather a multifaceted, creative and educational way of telling stories of her childhood and beloved mother while intertwining those stories with poems and motivational messages. FOR RESERVATIONS, PLEASE CALL THE SENIOR WELLNESS CENTER AT 908-204-3435. Reservations required by Friday, March 6. This program will take place at the Senior Wellness Center, not at Warrenbrook.

## HEART DISEASE: CAUSES, EFFECT & PREVENTION

Monday, March 23 - 10:30 a.m.

David E. Powell, MD, FACC, a cardiologist from Associates on Cardiovascular Disease, specializes in valvular heart disease (damage to or a defect in one of the four heart valves: the mitral, aortic, tricuspid or pulmonary). He will discuss various heart diseases, from prevention to diagnosis and treatment and will offer ways to change some of the risk factors.

## MAKE TIME FOR MAMMOGRAPHY

ALISON LAMBO, B.S., CHES

Monday, March 30 - 10:45 a.m.

This program will cover various aspects of breast health, different types of breast cancer and how it is diagnosed, the importance of getting a mammogram, and what determines a treatment protocol.

## SENIORS' KNIT 'N CROCHET CIRCLE DONATE 348 HANDMADE ITEMS

Warrenbrook Senior Center's Knit 'N Crochet Circle donated 348 items to the Pregnancy Aid and Information Center, located in Raritan and to Sloan Kettering Basking Ridge and Overlook Medical Center's cancer care departments and divisions. The Pregnancy Aid and Information Center received 9 baby blankets, 18 afghans, 8 hats, 21 scarves, and 3 novelty purses. Sloan Kettering Basking Ridge and Overlook Medical Center received 263 "soft" chemo hats and 26 headbands for patients undergoing chemo treatments.



(above, l-r) Veronica Kissell, Martinsville; V.P. Kapoor, Green Brook; Rosalinda Ramos, Warren and Mary Hamfeldt, a member of the Knit 'N Crochet Circle (from Warren)

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## LEROY LUBE & FILTER CELEBRATING 1ST YEAR



Alberto "Leroy" Harris fulfilled his dream of opening his own business last April. After over 25 years of experience working as an auto mechanic, Alberto opened Leroy Lube & Filter, located at 337 Rt 22E in Green Brook, NJ.

Leroy specializes in detailing, car washes, and oil changes. Many customers know Leroy from his previous employment spanning generations. Leroy feels blessed about his long time customers and extra special when their children start bringing their cars in for service.

Leroy and his staff strive to provide a convenient and quality experience to all customers. He specializes in detailing cars and offers pick-up and delivery service for detailing jobs. Leroy can be reached at 732-764-2200.

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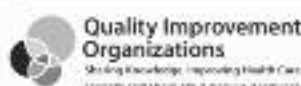
I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Chronic Disease Self-Management workshops put me back in charge. Now I have the energy to do the things that matter. I've put life back in my life.

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To register or get more information, please contact:

Karen Hale: (732) 238-5570 ex: 2032 or khale@hqsi.org OR  
Sam Latini: (732) 968-4585 or slatini@dunellenlibrary.org



This material was prepared by the National Diabetes Agency and adapted by Quality Insights, the National Quality Improvement Network, Quality Improvement Organizations for West Virginia, Pennsylvania, Virginia, New Jersey and Delaware, under contract with the Center for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. This material is provided as an informational tool only. Publication number: E2 NJ 12811.

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## LOCAL SUICIDE PREVENTION HOTLINE VOLUNTEERS APPLAUD OSCAR WINNERS

While most Americans were focused on the films "Birdman" and "American Sniper" at this year's Academy Awards, a group of about 200 volunteers at a local suicide prevention and crisis intervention hotline were more touched by two obscure winners.

"The Phone Call," a short film about a suicide prevention hotline operator and her distraught caller, won for Best Live Action Short Film. "Crisis Hotline: Veterans Press 1," a documentary about the employees who staff the suicide hotline of the Veterans Administration, took home Best Documentary. Both films are heart-wrenching.

The volunteers of CONTACT We Care understand why these two films garnered such honors. As real-life operators who take the calls of people in crisis, many of whom are suicidal, they understand the emotion that goes into these exchanges – on both ends.

Dean Marsh has been a volunteer listener at CONTACT since December. He recalls one recent call he took toward the end of his shift. He spent two-and-a-half hours talking to the caller.

"What he was feeling at the beginning of the call and at the end of the call was an amazing

turnaround," Marsh said. "He told me he didn't know what he would do if someone didn't pick up the phone. He said having someone to talk to really changed his world. You really feel good about yourself when you get off that kind of call and know that you changed or potentially saved a life."

CONTACT We Care, headquartered in Westfield, is a suicide prevention agency that operates a suicide prevention and crisis intervention hotline and provides suicide prevention training to the public, community groups and businesses.

The agency relies on more than 200 volunteers to staff its listening lines and texting services and the hotline is always looking for new volunteers, according to Joanne Oppelt, CONTACT's executive director. Listeners answer about 14,000 calls and texts each year.

"It is so essential that people in crisis or distress have someone they can talk to who will listen in an empathetic and non-judgmental way," Oppelt said. "Our callers come from all walks of life and every socioeconomic level. They are our neighbors and at a dramatic moment of crossroads in their lives, our listeners are here for them. What our listeners give is a

remarkable story – Oscar-deserving in itself."

CONTACT volunteers undergo 50 hours of instruction in empathetic and nonjudgmental active listening and mental health issues and go through a two-day intensive session on suicide intervention called ASIST, or Applied Suicide Intervention Skills Training. Training is followed by an internship on the lines with experienced listeners.

Anyone interested in becoming a volunteer listener or texter at CONTACT We Care should contact Sue Fasano, at 908.301.1899 or [sue.fasano@contactwecare.org](mailto:sue.fasano@contactwecare.org).

CONTACT We Care also provides training to members of the public, community groups and businesses in suicide awareness and prevention, active listening, mental health first aid and preventing teenage suicide. Anyone interested in learning more about or scheduling training also should contact Fasano.

CONTACT We Care serves Central and Northern New Jersey and is a primary responder to calls to the national suicide prevention line (1-800-273-TALK or 1-800-SUICIDE) that originate in New Jersey. Callers also reach CONTACT by dialing 908-232-2880 or texting "CWC" to 839863.



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