

# Summit NJ Times

Published by Renna Media

Issue 3 • December 2015

**SUBURBAN  
CHAMBER OF  
COMMERCE  
FIRST FRIDAY  
NETWORKING  
BREAKFAST**  
**JANUARY 1, 2016**  
 8:00am - 9:30am

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## CAVICCHIA WINS WHITE CASTLE BOY SCOUT CHESS TOURNAMENT

The Scotch Plains Baptist Church was the site for the latest Boy Scouts Chess Tournament sponsored by White Castle. The tournament was open to all registered Boy Scouts, Venturers and Explorers. This was the second annual tournament for the Watchung Mountain District.

Robert Mehorter of Scotch Plains won third place honors. Second place was won by Harrison Hahne-Lum of Springfield and first place went to Kevin Cavicchia of Summit, who won all four of his games.

White Castle purchased 20 sets, boards and clocks for the Boy Scouts and will continue to sponsor tournaments in all seven Boy Scout Districts in New Jersey.

The company covered expenses for running the tournament including trophies for the top three winners and ribbons for participants. They also supplied lunch for all players and spectators. White Castle will continue to support the Boy Scouts and the Chess program. The Program is coordinated by Joe Renna of Renna Media, a Chess Merit Badge Counselor.

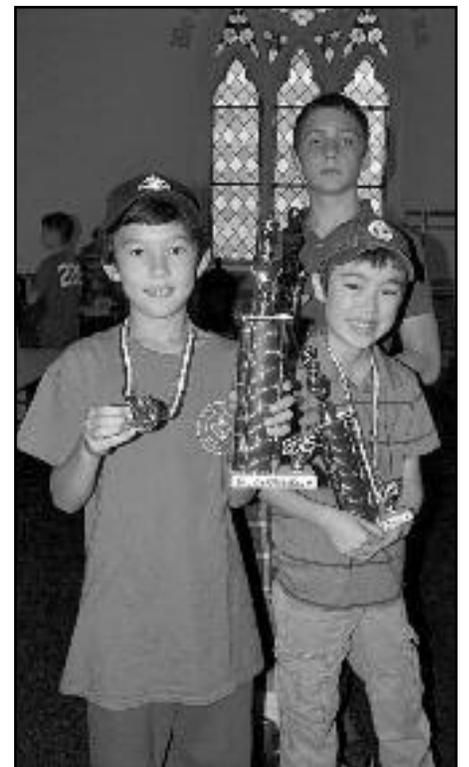
Boys and girls who are Boy Scouts, Venturers and Explorers are invited to play in all districts. The next scheduled tournament will be in Cranford on Saturday, February 27, 2016.



(left, l-r) Joe Renna of Renna Media and Jasmin Arroyo, General Manager of the Green Brook White Castle with tournament players and Charlean Mahon, Boy Scouts of America District Executive.

## SAVE THE DATE

Munsee District Chess Tournament will be on Saturday, February 27 in 2016. Get details from your Scout Troop leader.



(above, l-r) First, second and third place finishers Kevin Cavicchia, Harrison Hahne-Lum, and Robert Mehorter.



(left, l-r) Charlean Mahon, first place winner Kevin Cavicchia and Jasmin Arroyo, General Manager of the Green Brook White Castle.

Photos of this and other events can be found at [rennamedia.com](http://rennamedia.com) and on the Summit Times Facebook page. Feel free to "Like", "Tag", and "Share".

(left) Summit Boy Scout Kevin Cavicchia was undefeated (4-0) as champion.

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## RENNA MEDIA IS PLEASED TO ANNOUNCE THAT LORI THEISS HAS JOINED ITS STAFF

Lori Theiss is the liaison to the Summit community and will be responsible for collecting news of community service events. Community service organizations are encouraged to contact Lori to promote upcoming events and report on past happenings.

**CALL LORI  
AT 908-858-4012  
EMAIL:  
LORI@RENNAMEDIA.COM  
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## “TOYS FOR TOTS” RETURNS TO SUMMIT

*Through the Summit PBA and Summit FMBA’s partnership with the United States Marine Corps Reserve.*

The Summit PBA and Summit FMBA are holding their annual Toys for Tots toy drive this Christmas season. Ranked as one of the top rated charities by “Philanthropy 400”, Toys for Tots is a toy drive run by the United States Marine Corps Reserve. The Toys for Tots Foundation was formed to help less fortunate children throughout the United States experience the joy of Christmas. Through participation in the drive, the PBA and FMBA hope to encourage the members of the Summit community to unite in playing an active role in the development of one of our nation’s most valuable resources – our children.

The toys collected by the Summit PBA and Summit FMBA will be delivered to the Marine Corps Reserve and distributed to needy families throughout Union County and the surrounding area.

If you would like to participate, please bring NEW and UNWRAPPED toys to collection boxes at the following designated drop-off locations between November 16th and December 16th:

- Summit City Hall
- Summit Fire Department
- Summit Community Center
- Summit Post Office
- Starbucks (Beechwood Rd. and Union Place)
- Peapack-Gladstone Bank (48 Deforest Ave.)
- Lakeland Bank (510 Morris Ave.)

For more information about the Toys for Tots Foundation, visit [www.toysfortots.org](http://www.toysfortots.org), follow Summit PD on Facebook, or contact Det./Sgt. Rick Proctor at 908-273-5871.




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Blue Mountain.....	\$70	\$55	\$63	\$50
Shawnee.....	\$60	\$50	\$55	\$45
Camelback.....	\$67	\$53	\$58	\$48
Killington.....	\$94	\$69	\$79	\$59
Windham.....	\$82	\$72	\$65	\$60

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## HOT TUB FUN THIS WINTER



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## TWO NEW FIREFIGHTERS GRADUATE ACADEMY

Firefighters Thomas Penn and Matthew Lemons were awarded high honors from the program that graduated 12 recruits from the Essex and Union Counties fire departments. Firefighter Penn was presented with the Academic Achievement Award and Firefighter Lemons was recognized as the Executive Officer (XO) of the class.

The Essex County Public Safety Training Academy program is required for all newly appointed Summit firefighters and consists of eight weeks of basic firefighter training.



(above, l-r) Summit Fire Dept's Two Grads, Thomas Penn and Matthew Lemons.

## SUMMIT FREE PUBLIC LIBRARY

75 Maple Street • Summit NJ • 908-273-0350 • [www.summitlibrary.org](http://www.summitlibrary.org)

### Mondays at the Movies

Every Monday at 12:30 & 6:30 PM, the library shows a free film. All are welcome.

### Lecture: Books and Society

Wednesday, December 9 • 7:30-9 PM  
Jon Plaut will speak on "Books and Society".

### 67 is the New 65

Thursday, December 10 • 7-9 PM  
The Basics of Social Security

If you are preparing for retirement within the next 5-10 years or are a caregiver for someone approaching retirement, this 2-hour seminar, explained in layman's terms, can be vital. The program is free. Please pre-register at 908-273-0350, ext. 3

### Film: Marie's Story

Friday, December 11

At the turn of the 19th century, a humble artisan and his wife have a daughter, Marie, who is born deaf and blind and unable to communicate with the world around her.

Desperate to find a connection to their daughter and avoid sending her to an asylum, the Heurtins send fourteen-year-old Marie to the Larnay Institute in central France, where an order of Catholic nuns manage a school for deaf girls. There, the idealistic Sister Marguerite sees in Marie a unique potential, and despite her Mother Superior's skepticism, vows to bring the wild young thing out of the darkness into which she was born. Unrated. In French with English subtitles. 94 minutes.

## LIBRARIES CHECK OUT HUNGER

Help check out hunger this holiday season with donations to a Food Drive being sponsored by the Libraries of Union County Consortium (LUCC). From November 30 - December 18, the Summit Free Public Library will be accepting donations of non-perishable food items to benefit the New Jersey Community Food Bank and other local food pantries. Collection bins will be conveniently located at the public libraries and library staff will then route 100% of the donations to designated food banks.

Even though experts say our economy is in recovery, many people in New Jersey have been left behind; low income families; struggling single parents; the elderly on a fixed income; the

unemployed. The New Jersey Community Food Bank assists by supplying food to over 1,500 non-profit charities in 19 counties, including soup kitchens, food pantries, shelters, local food banks, after school programs and senior centers.

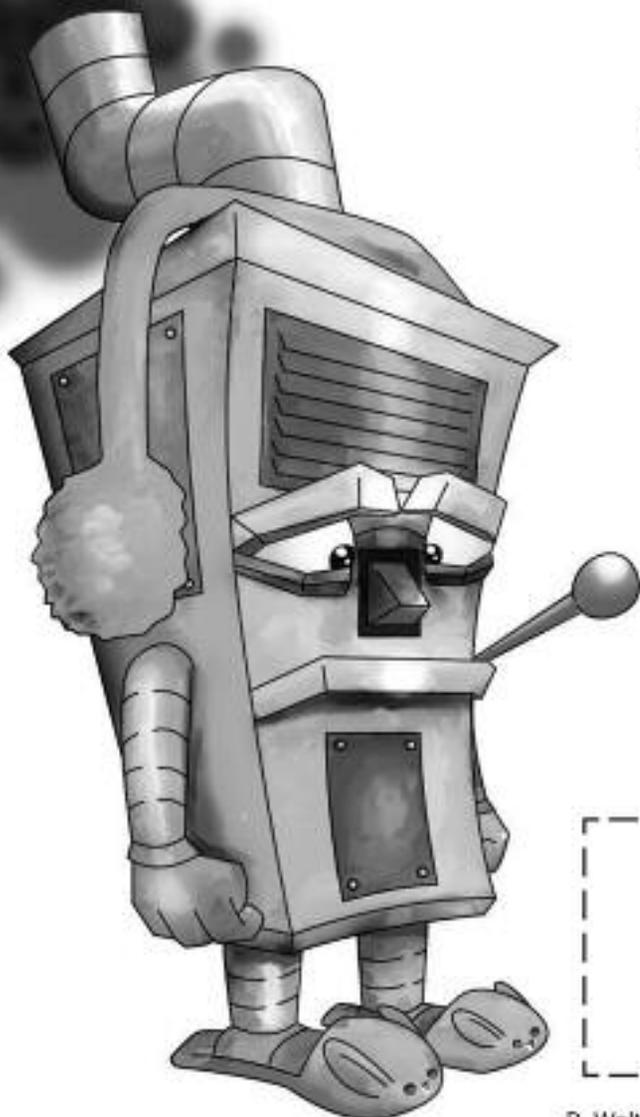
To make this holiday season hunger free, simply visit your local library with a donation of non-perishable items. Groceries most urgently needed are canned meat and fish; canned soups and stews; peanut butter (in plastic jars); boxed pasta and rice; powdered milk; infant formula; canned vegetables and fruits.

For more information, contact your library or visit the Union County Public Libraries web site at [www.luccnj.org](http://www.luccnj.org).

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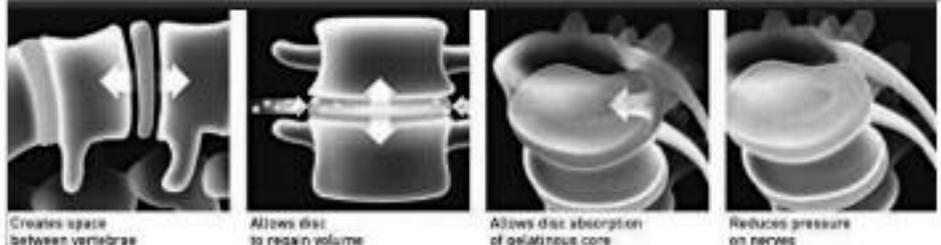
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IDD Therapy® offers a greater than 85% success rate in treating and effectively eliminating severe back pain conditions. Unlike surgery which can be risky and includes significant downtime, this new non-invasive therapy is gentle and painless as it works to restore normal spinal function. In addition, the cost is minimal when compared to surgery or other invasive therapies.

IDD Therapy® is available at both our Summit and Newark offices. Other services include traditional physical therapy, acupuncture, and chiropractic care.

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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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# NEIGHBORS HELPING NEIGHBORS SINCE 1962

Written by: John Staunton



(above back row l-r), Brendan Kaelin, Kyle Mahoney, Ken Herr, and front row: Nancy Weeks, Phoebe Li and Henrietta Mahon

The Summit Volunteer First Aid Squad was selected as the EMS Squad of the Year by the EMS Council of New Jersey. The annual award honors the Emergency Medical Services agency that best demonstrates its contribution to the development and growth of quality EMS care within their community and was presented to members of the Summit EMS unit during the NJ EMS Council annual symposium held in Parsippany in late October.

The award was presented by Howard Meyer, president of the EMS Council. According to Mr. Meyer, 300 volunteer EMS agencies in the state were eligible for the award. "Summit is one of many fine volunteer EMS squads in New Jersey that continue to provide high quality emergency response and care at no cost to the taxpayers" said Mr. Meyer.

In her letter nominating the Summit squad for the award, Captain Kari Phair cited the Summit Volunteer First Aid Squad's rich tradition in providing service to the community. "Our membership recognized the expanding role of our organization and planned for it by building a state of the art headquarters," said Phair. The project was a monumental task as the all-volunteer membership continued to staff their regular EMS duty shifts as well as their regular jobs while participating in the planning and fund raising.

Thanks to the generosity of the Summit community, the capital campaign raised five million dollars in private donations which was the sole source of funding the project. Members packed and relocated the entire organization to a temporary headquarters, managed the construction project, then seamlessly moved the organization to its new headquarters all while providing emergency medical services to the community and participating in stand-by events. "We as an organization have remained true to the core mission our predecessors developed and have expanded upon their dedication to the community", Phair continued. Today's First Aid Squad is using new medical treatments and involved in community activities that the founding members could never have imaged. Captain Phair closed her nomination with, "We are a source of comfort to those in need of emergency medical services as well as their families. We assist those who need to charge their cell phones and get warm during a storm. We are a unique diverse group of volunteers that come together for a common good. We are neighbors helping neighbors for over fifty years!"

"Of the many challenges we faced over the past 2 years the most important was to ensure there was no interruption of our vital services during the moves and time in temporary headquarters", said John Staunton who served as Captain during most of that time. "Thanks to the dedication of our volunteers, we met that challenge and even had 4 ambulances staffed simultaneously on several occasions. During 2014, we not only answered 2,000 emergency calls in Summit, but also provided mutual aid to surrounding communities over 150 times."

This is not the first statewide award for the Summit First Aid Squad. In 2000, the organization was selected as the "Volunteer EMS Agency of the Year" by the State Department of Health.

### SUPPORT US

We are funded entirely through private donations. We do not receive any tax dollars from the City of Summit or any other government agency. Please help us continue our vital service.



(above, back, l-r) In the holiday spirit with some of the crew members, Ken Herr, Steve Mortenson, and (front, l-r) Maggie Burd, Allison Herr and Nancy Weeks.

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# SUMMIT POLICE AND HIGH SCHOOL STUDENTS CONTINUE P.A.T.T. PROGRAM

The Summit Police Department is proud to announce that it is continuing to build lasting, positive relationships with high school students by partnering with Summit High School to present Police and Teens Together (P.A.T.T.) during the current fall semester. Police and Teens Together is a co-curricular enhancement program which leverages the cooperative relationship between the Police Department and the Summit Public School District in order to further relationship building between Police Officers and the City's young adults.

The program was first offered to students during the spring semester of the 2014-2015 school year and received a very positive reception from all of the participants.

"The Summit Police Department is committed

to partnering with our City's schools to build lasting relationships with students through the presentation of quality co-curricular activities," said Chief of Police Robert K. Weck. "Last semester's Police and Teens Together program showed to be very beneficial in establishing meaningful dialogue between students and our Officers. I am proud, given this success, that we have been able to include P.A.T.T. among our many regularly offered community outreach programs."

Police and Teens Together began as a cooperative effort between the Union County Prosecutor's Office and Union County Police Agencies in 2000. The curriculum begins with students enrolled in the High School's Law and Public Policy Class sharing their perception of

law enforcement with police officers in a classroom setting. Following days consist of officers dialoging with students, sharing their personal life experiences and giving insight into the stringent professional standards and training requirements to which Officers are held while performing their duties. Students are also given the opportunity to participate in hands-on scenarios which simulate common law enforcement activities such as traffic enforcement, crowd control, and narcotics interdiction.

P.A.T.T. was scheduled to take place at Summit High School from October 27th - 30th. For more information please contact the Summit Police Department's Community Policing Unit at 908-598-2170.



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## DECEMBER 2015 SAGE ELDERCARE CALENDAR

Wednesday, December 16

### Caregiver Support Group Meeting

Caring for an older loved one can be a demanding and stressful responsibility. Help is available at PREP (People Responsible for Elderly Persons), a monthly caregiver support group. 7:00 pm – 9:00 pm

Thursday, December 17

### Meals in Minutes Cooking Demonstration

Monica Hansen, RD, Retail Dietician, ShopRite of Chatham, will offer a cooking demonstration on how to prepare meals in minutes. She will demonstrate and provide recipes for healthy cooking that can be prepared quickly. 1:00 pm – 2:00 pm.

Tuesday, December 22

### Alzheimer's Association Support Group

This support group provides an opportunity for caregivers, families, and friends to learn more about Alzheimer's disease, share their feelings and concerns, and support each other in coping with the effects of the disease. Held monthly on the fourth Tuesday. 10:00 am.

## JANUARY 2016 EVENTS

Monday, January 4 (meets weekly except Jan. 18)

Wednesday, January 6 (meets weekly)

### Gentle Chair Yoga

Class for older adults. Meets weekly on Mondays and Wednesdays. 11:30 am – 12:30 pm.

Tuesday, January 5 (meets weekly)

### Tai Chi

Tai Chi is a series of precise flowing movements that develop balance, strength, flexibility, focus, endurance, and calmness. Meets weekly on Tuesdays. 11:30 am – 12:45 pm.

Thursday, January 7

### Laughter Yoga

Pradep Nair, Laughter Consultant at HomeWell Senior Home Care of Morris County, will teach this unique exercise routine which combines unconditional laughter with yogic breathing. Laughter yoga elevates mood, improves health, gives you more energy, and builds a positive attitude. 1:00 pm – 1:45 pm.

Friday, January 8 (meets weekly)

### Fun-to-be-Fit Exercise Class

General exercise class for older adults. Meets weekly on Fridays. 11:30 am – 12:30 pm.

Tuesday, January 12

### Tai Chi Demonstration

Judith Rew, Tai Chi instructor for SAGE's classes, will discuss the benefits of Tai Chi and offer a demonstration.

Attendees are encouraged to stay for a free trial class following the program. 10:30 am – 12:45 pm.

Wednesday, January 20

### Caregiver Support Group Meeting

Caring for an older loved one can be a demanding and stressful responsibility. Help is available at PREP (People Responsible for Elderly Persons), a monthly caregiver support group. 7:00 pm – 9:00 pm.

Tuesday, January 26

### Alzheimer's Association Support Group

This support group provides an opportunity for caregivers, families, and friends to learn more about Alzheimer's disease, share their feelings and concerns, and support each other in coping with the effects of the disease. Held monthly on the fourth Tuesday. 10:00 am.

## SAGE ELDERCARE

SAGE Eldercare, 290 Broad Street, Summit.

To register for this free program, please call 908.598.5548.

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Resale Shop <https://www.facebook.com/sageresaleshop>

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## SAGE ELDERCARE RECEIVES TOP-NOTCH RATING AS ORGANIZATION

SAGE Eldercare has joined #GivingTuesday, a global day of giving that harnesses the collective power of individuals, communities, and organizations to encourage philanthropy and to celebrate generosity worldwide. This year, #GivingTuesday is December 1, follows both "Black Friday" and "Cyber Monday," and proves that the holidays can be about both giving gifts and giving back.

"Prior to participating in #GivingTuesday to finish out our Annual Fund giving for the year, we have been asking our donors, volunteers, board members, and the community to review our organization throughout the calendar year," stated Fred Jenny, Executive Director for SAGE. "Based on this year's reviews, we received a 4.9 out of a 5-star rating from our reviews with Great Nonprofits, the largest nonprofit review site, which places us on the 2015 Top-Rated Nonprofits list. We are very proud of this rating and hope that it will boost the annual giving to our highly-rated organization."

This is the third consecutive year that SAGE Eldercare has sought reviews and received a high ranking. The reviews allow the public to better understand the work of an organization through the eyes of those affiliated with it. The ratings are also available through Guide Star, the leading source of nonprofit information which connects donors and grantmakers to reputable charities.

SAGE Eldercare, which was founded in 1954, strives to help older adults remain independent in the comfort of their own homes by providing programs and services to support families and caregivers in surrounding communities. The organization relies on the support and generosity of donors to its Annual Fund, which is the foundation of philanthropic support for those who need financial assistance for SAGE's services. The fund is also an important source of unrestricted funds which underwrites a significant portion of the general operating budget.

Donations for SAGE's Annual Fund can be made online at [www.sageeldercare.org](http://www.sageeldercare.org) or, if someone has questions or wants to donate by check, inquiries can be directed to 908.273.5500.

#GivingTuesday, which is in its fourth year, was designated to help change the global dialogue about giving and mobilize an "opening day" for charitable giving and volunteer support for causes, large and small, across the United States and around the world.

A team of recognized experts and influencers, initially convened by leaders of 92nd Street Y and supported by a core group of founding partners, originally spearheaded this effort. Founding partners in 2012 included United Nations



(above, l-r) SAGE Eldercare Spend-A-Day attendees are holding five stars to represent the top-notch rating that the organization received, putting it on the 2015 Great Nonprofits Top-Rated list: Norma Dowe of Springfield and James Whitson of Roseland, and in the back row, left to right, are Scott Shafer of Scotch Plains, Ann Tretola of Union, and Sydney Pretto of Berkeley Heights. As a nonprofit, SAGE relies on the generosity of donors for Annual Fund contributions to provide financial support to clients who need assistance for services and for unrestricted funds which underwrite a significant portion of the general operating budget. SAGE is located at 290 Broad Street in Summit and provides services to older adults from surrounding communities to help them remain independent in the comfort of their own homes.

Foundation, DonorsChoose.org, Mashable, Blackbaud, charity: water, Global Giving, Iraq and Afghanistan Veterans of America (IAVA), Kiva, Darden Restaurant Group, Groupon, Unilever, and Venture Three Capital. Leaders in philanthropy, social media, innovative giving, grassroots organizing, marketing and communications are providing counsel and resources to help build this movement.

For more than 60 years, SAGE Eldercare has been helping make the communities it serves an amazing place to age. The organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible. From helping with errands, to exercise classes, community programs, an adult day program, care planning, and home health care, SAGE's expertise helps older adults remain independent in their own homes. SAGE is committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers throughout Union, Essex, Morris, and Somerset Counties. For more information, please call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).

## DOWNTOWN PROJECT TO REPAIR HANDICAPPED RAMPS, SIDEWALKS AND CURBS NOW COMPLETE

The City of Summit is announcing the completion of a three-month long downtown beautification project that replaced handicapped ramps, repaired deteriorated sections of sidewalk and curbs, and enhanced public spaces.

“Successful downtown projects not only help to expand business, employment, and shopping opportunities, but also increase and strengthen the social activity and quality of life in the community,” explains Summit Mayor Ellen Dickson. “This project represents a much-needed update to our downtown streetscape. We will welcome the holidays with added charm and increased accessibility this year.”

Significant improvements were made to sidewalks, curbs, storm water catch basins and driveway aprons along sections of Springfield Avenue, Union Place, Beechwood Road and

Maple Street. Wayfinding signs were also added in this area along with decorative seating walls at the Promenade Park on Springfield Avenue and Lyric Park adjacent to the Bank Street parking lot.

“Throughout the project, the City maintained a focus on minimizing the impact of the many new improvements on area businesses by conducting a majority of the project work at night when possible,” reports City Engineer Aaron Schrage. “Businesses remained opened and pedestrian walkways were established. We appreciate the patience of the community during road closures and other inconveniences caused by the project.”

For more information about the Downtown Beautiful Project and other City of Summit events and initiatives, please visit <http://cityofsummit.org>.

## A BIT ABOUT SUMMIT GARDEN CLUB

On Thursday December 10th, Summit Garden Club members will be decorating the Overlook Hospital's Goryeb Children's Cancer Center for the holidays. Members will show up with glue guns, shears, floral wire and lots of holiday decorations and will get to work making the Center look festive and fun for the children! This tradition was started last December, and the Club received rave reviews from the children, their families, and the Overlook staff.

Prior to its event, Summit Garden Club members helped Reeves-Reed Arboretum with preparations for a house tour which took place on Thursday, Dec 3. Members put in a lot of time and "woman power" into creating arrangements and wreaths and decorating the Wisner House. Members did the same last year, and helped create a beautifully festive event.

If you have any questions or need any more information about Summit Garden Club, please do not hesitate to contact Lori Leiter at [lefties222@aol.com](mailto:lefties222@aol.com)

Join us this *Christmas* at  
The Presbyterian Church at New Providence

*Sunday Services*

8:30 AM - Worship w/ Piano (Sanctuary)  
9:30 AM - Worship w/ Praise Team (Ministry Center)  
9:30 AM - Worship w/ Choir and Organ (Sanctuary)  
11 AM - Contemporary (Sanctuary)

*Lessons & Carols*

5 PM - Sunday December 20th

*Christmas Eve Services*

4 PM - Children's Service  
7 PM - Candlelight Service w/ Choir  
9 PM - Candlelight Service w/ Choir  
11 PM - Candlelight Service w/ Praise Team

The Presbyterian Church at New Providence  
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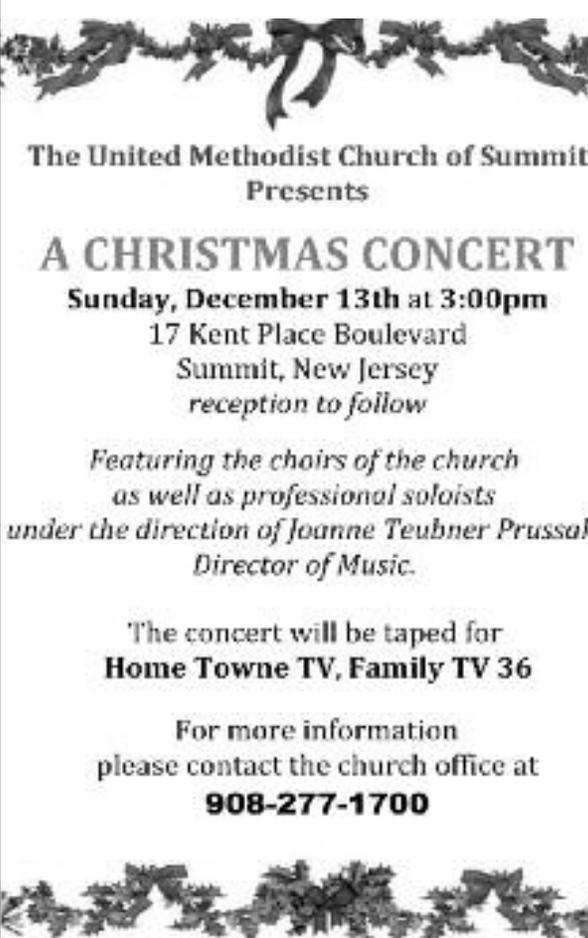
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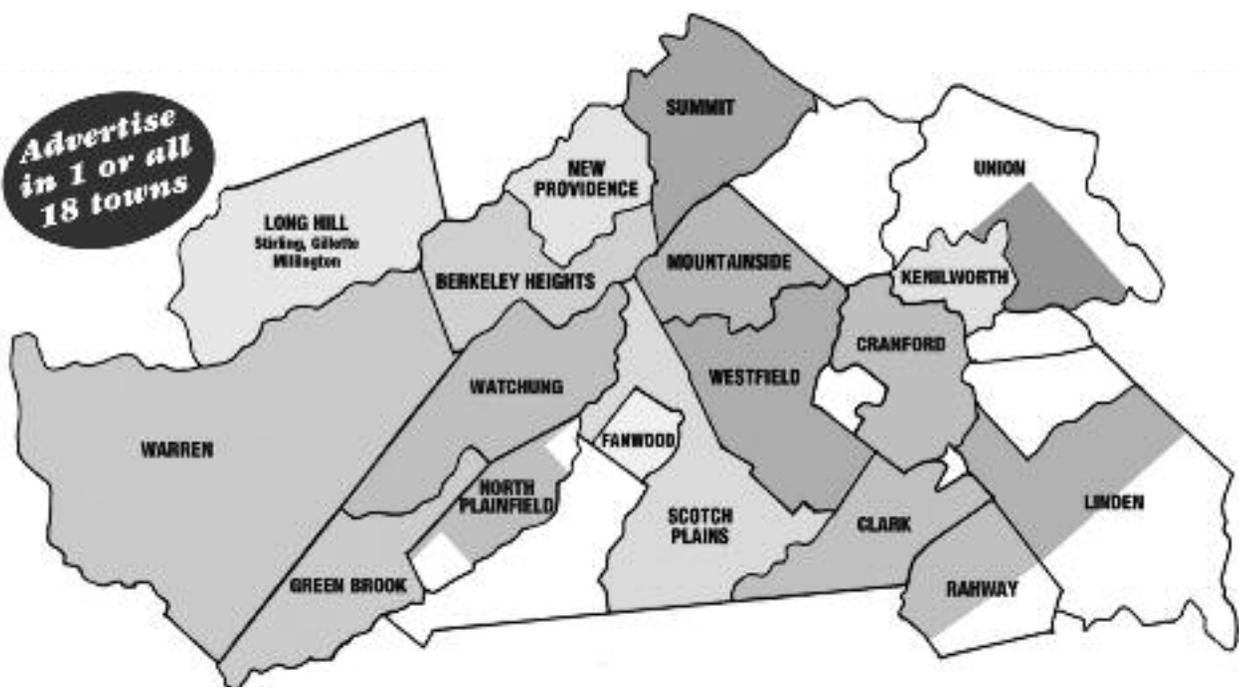
  
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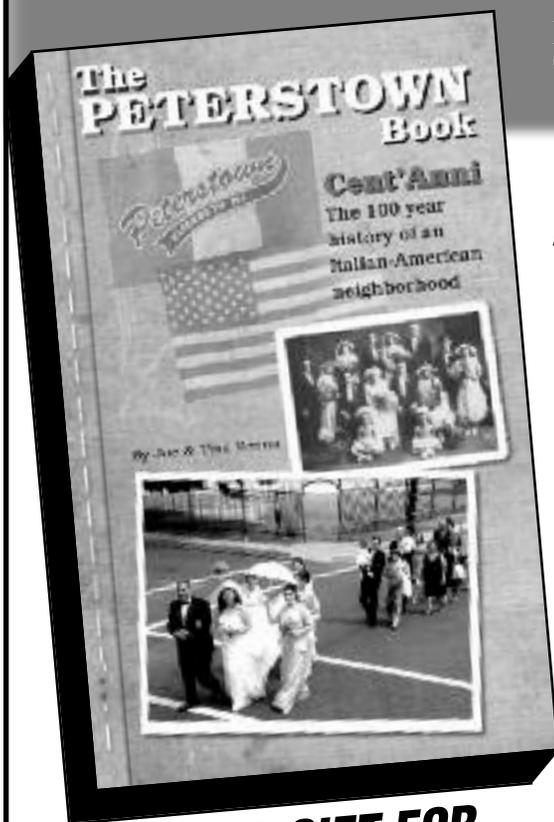
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