

CRANFORD MONTHLY NJ

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CRANFORD CHAMBER OF COMMERCE

2016 KICK-OFF PARTY

JANUARY 20,
2016

5:30pm - 7:30pm

GARLIC ROSE

28 North Ave. W
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\$12 Members
\$17 Future Members
Members & Non-
Members Welcome

WALNUT AVENUE SCHOOL RAISED OVER \$1000 TO DONATE TO CRANFORD FAMILY CARE FOR THE HOLIDAY SEASON

The giving spirit of the holidays arrived a little early at Walnut Avenue Elementary School in Cranford, NJ. During the month of November, the little Pre-K-Grade 2 school's classrooms competed in a Turkey Feather Contest that raised money for Cranford Family Care.

The "feathers" cost twenty-five cents each. Students and families were challenged with purchasing as many as they could while competing against other classes in the school and the families of the school stepped up in a huge way!

Each class was represented by a giant paper "Turkey" posted on a bulletin board in the cafeteria and the students were able to see each class's progress each day. Each day PTA member David Falk filled the turkeys with the hundreds of purchased feathers, representing the money that came pouring in. The children got a thrill out of competing against one another to bring victory to their classrooms, all the while learning about caring, compassion, and generosity.

The competition was heated, but in the end, Second Grade teacher Mrs. Scepkowski's class was the victor, resulting in Mrs. Scepkowski receiving a \$50 Barnes & Noble gift card for her to fill her classroom library shelves with new books. In total, the contest, sponsored by the Walnut Avenue School PTA, raised \$1000 for Cranford Family Care. Principal Angelo Paternoster presented the check to the director of the Cranford agency, Kathy Willis on Monday, December 6, 2015. Cranford Family Care assists families in times of need all throughout the year. Good job little Cougars!!



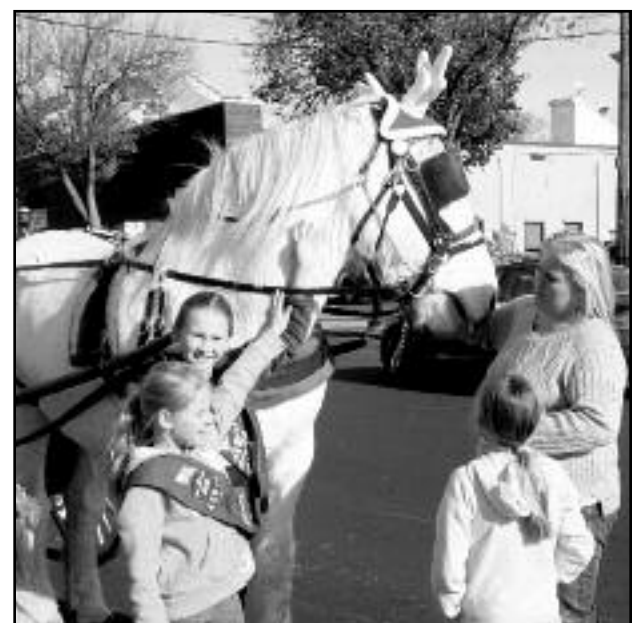
(right, l-r) WAS Principal Angelo Paternoster presents \$1000 check to Cranford Family Care Kathy Willis.

CHAMBER THANKS SPONSORS FOR HOLIDAY EVENTS

On Friday, November 27th, the Cranford Chamber of Commerce held holiday events for November in downtown Cranford. The Brownies and Girl Scouts decorated the Holiday Tree located in Mayor's Park on Springfield and N. Union Avenues in the morning. Afternoon events including Face Painters and balloon twisters sponsored by Arnold's Pest Control, a moon walk sponsored by Investors Bank and Horse Drawn Wagon rides sponsored by St. Michael Church took place in the parking lot on Miln Street.

The Celebration Singers, the High School Madrigals and the Brass Ensemble performed at the Gazebo. Santa arrived for the lighting of the holiday tree at 6 o'clock escorted by the Cranford Fire Department. Santa visited with over one hundred children. He listened to all their requests and many pictures were taken with Santa. All the children received candy canes and each family received a "Shop Small Saturday" canvas bag with coupons from our local businesses.

The Cranford Chamber of Commerce would like to thank all our 2015 holiday sponsors for helping us make these events so successful.



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Recreation & Parks.....	908-709-7283
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Registrar.....	908-709-7238
Swim Pool.....	908-709-7260
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TV 35	908-709-3995

SEND US YOUR NEWS

Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Cranford Monthly your news!

Call: 908-418-5586

Fax: 908-709-9209

Email: info@rennamedia.com

CLASSIC ISRAEL DOCUMENTARY FILM FESTIVAL

The Israel Support Committee of Central New Jersey is sponsoring a documentary film festival in January 2016. Three Academy Award documentaries will be screened at three local synagogues. This festival will be free and open to the public. Light refreshments will be served. To register and obtain additional information contact Conrad Nadell at conradwho@gmail.com or 908-531-8228. The documentary films will include:

SUN - JAN 10 AT 2:30 PM "THE LONG WAY HOME"

Temple Beth O'r/Beth Torah

111 Valley Road in Clark

This film describes the plight of the Holocaust survivors as they worked their way through the refugee camps trying to locate family and to reach Palestine to form a Jewish Homeland.

SUN - JAN 24 AT 3 PM "IN OUR OWN HANDS"

Temple Emanu-El

756 East Broad St. Westfield

This film traces the history of the "Jewish Brigade", the only all-Jewish fighting unit in WWII. After the war they helped smuggle Holocaust survivors to Palestine, participated in Israel's War of Independence and became the nucleus of the Israeli army.

SUN - JAN 31ST AT 2:30 PM "INTO THE ARMS OF STRANGERS"

Congregation Beth Israel

18 Cliffwood Street Scotch Plains

This presents the story of the "Kindertransport", how parents sent tens of thousands of children away from German-held land to strangers in Great Britain.

The Israel Support Committee of Central New Jersey consists of representatives from Congregation Beth Israel (Scotch Plains), Temple Emanu-El (Westfield), Temple Shalom (Scotch Plains), Temple Beth O'r/Beth Torah (Clark), Temple Beth El/Mekor Chayim (Cranford), Temple Beth Ahm Yisrael (Springfield), and Congregation Anshe Chesed (Linden). The mission of this committee is to disseminate information about issues affecting Israel and provide support for the State of Israel.



Melissa Romelli, Director
908-233-9570

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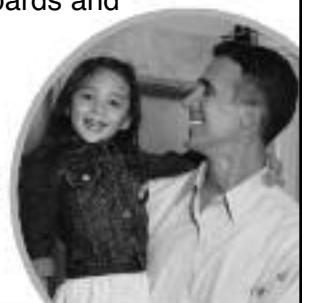
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VFW COMMANDER'S CORNER

First, I would like to thank the community for their support of the Post as well as our local Active Military and Veterans. The last six months of 2015 has been a very great year for the Post.

The Cranford VFW Post has Participated in 2 Flag Retirement Ceremonies in town, one of which was the joint effort of Boy Scout Troops 75 and 80 as well as the Police and Fire Honor Guards. This Flag Retirement will be an annual event moving forward.

We were also able to provide 2 hospital parties for Veterans admitted to East Orange Veterans Hospital as well as Menlo Park Veterans Home in Edison. These are great events as we give back to those who served and need our support the most.

The Post also had great participation in our Patriots Pen writing competition. We had entries from both Hillside Avenue and Orange Avenue Schools. We were recently notified that two of our entries finished FIRST and THIRD for the VFW District 5 judging. The FIRST place winner will represent our GREAT town and Post in the State VFW Patriot's Pen judging.

The Post also participated in multiple Veterans Day events at multiple schools in town. This is

always an honor for our members to talk to our future leaders about how their military experiences has had an impact on their lives.

The post also was invited and participated in the Governor's Marine Corps Ball at the Governor's Mansion in Princeton. One of the last events we participated in was having the HONOR to present the Colors for our Championship Football Team at their last playoff game. The members of the Post were very honored to have been asked to participate and support the Cougars in their fight to win another CHAMPIONSHIP! Bravo Zulu Cougars!

These are just a few of the community events the Post has participated in over the past 6 months. We look forward to many more events in the coming months. Thank you for your support and please remember our deployed troops.

God Bless America,

Commander Jay

Jay E. Boxwell Jr

Commander Cranford Post 335

NJ State VFW POW/MIA Chairman

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Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

SUNDAY ALL DAY DINNER

11am - 10pm

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Kids 7-10\$6.99
Kids 3-6\$5.99
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CUB SCOUT PACK 103 HIKES PYRAMID MOUNTAIN

Over 70 Scouts and adults from Cranford's Cub Scout Pack 103 of the First Presbyterian Church hiked the Pyramid Mountain Natural Historic Area in Montville, NJ on Saturday, November 28th.

The annual event is planned on the Saturday of Thanksgiving weekend as the scout families work off the extra calories from their delicious holiday dinners. The final destination of the 2.6 mile and 300 feet vertical climb is Tripod Rock, which is a 160-ton boulder balanced atop three

smaller rocks, known as a glacial erratic. Pack 103 currently has approximately 140 scouts, and they are looking forward to a fun filled program over the next few months.

Some of the upcoming events include the Pinewood Derby, Skate Night at South Mountain Arena and a sleepover at the Franklin Institute in Philadelphia.

Visit the website pack103cranford.webs.com if you are interesting in joining or learning more about Cub Scout Pack 103.

11 CRITICAL HOME INSPECTION TRAPS TO BE AWARE OF WEEKS BEFORE LISTING YOUR HOME FOR SALE

Cranford NJ - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To order a FREE Special Report, visit www.njhomeinspectiontraps.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-243-5861 and enter 3002.

You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of All Towne Realty Realtor. Not intended to solicit buyers or sellers currently under contract. Copyright © 2014



(above) Scouts from Cranford's Cub Scout Pack 103 at Tripod Rock.

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RAVE ON!

The Friends of the Cranford Public Library are very pleased to welcome back Rave On!, who will perform the music of Roy Orbison and other early stars of rock and roll at the Cranford Community Center on Wednesday, January 20, at 7:30 p.m. The Community Center is located at 220 Walnut Avenue. Rave On! is made up of Chris Roselle on guitar and lead vocals and Pete Farley on bass guitar and vocals. This marks Rave On!'s third visit to the Cranford Community Center, where they have also presented programs on the music of Buddy Holly and the music of the British Invasion. Admission to the program is free and all are welcome.

LIBRARY PRESENTS NEW MUSEUM PASSES

The Library recently added the Newark Museum and the Yogi Berra Museum & Learning Center to its museum pass program. The library also lends passes to the Storm King Art Center, the Museum of the Moving Image (MoMI), Battleship New Jersey Museum and Memorial, the Frick Collection, Grounds for Sculpture, the Guggenheim Museum, the Intrepid Sea, Air & Space Museum, Liberty Hall Museum at Kean University, the Montclair Art Museum, the Morris Museum, the Museum of the City of New York, and the New-York Historical Society Museum/DiMenna Children's History Museum. Purchased for the library by the Friends of the Cranford Public Library, the passes can be

LOOKING FOR SOME GOOD READING AT BARGAIN PRICES?

The Friends of the Cranford Public Library invite you to visit their used book sale in the Friendly Book Cellar at the Cranford Public Library, Wednesday, January 6, 4:00 p.m. to 8:30 p.m., Thursday and Friday, January 7 and 8, 10:00 a.m. to 4:30 p.m., and Saturday, January 9, 10:00 a.m. to 3:30 p.m. Items for sale include more than 10,000 adult and children's books, as well as CDs, DVDs, and recorded books. Prices range from \$.25 to \$2.00, except for a few specially marked items. Saturday is Bag Day; fill a bag with books for just \$8.00. The library is located at 224 Walnut Avenue. Entrance to the sale is through the side door, just off the main parking lot. The sale is wheelchair accessible. Proceeds benefit the library. Contact: John Malar 908-709-7281 j-malar@cranfordnj.org

borrowed by adult Cranford Library card holders and adult members of the Friends of the Cranford Public Library with MURAL borrowing privileges. Passes circulate for two days and are available on a first come, first served basis. They cannot be reserved or renewed. To see if a pass is available, search the library catalog using the museum name. Click here for more information about the library pass program.

And, please note: Present your valid Cranford Public Library card at Liberty Science Center and receive a \$3.00 discount off the price of admission. Your Cranford Library card will also save you 10% on the price of a family membership.

HS STUDENTS WILL TEACH SENIORS COMPUTERS

Cranford Public Library is again offering instruction to senior citizens in computer skills. Cranford High School students will teach Internet usage, email access, and word documents in a one-on-one setting.

Sessions are held Thursdays from 5-6 pm in the library. Each senior citizen will receive three weeks instruction. The sessions will begin in January and run through May. The program needs as many high school volunteers as possible. Lesson plans are provided, and the classes are informal and very enjoyable for all parties. Service hours will be awarded to any student who needs them.

Contact information:

Fran Housten, Reference/Teen Librarian

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CRANFORD RECREATION DEPARTMENT

Cranford Community Center, 220 Walnut Ave. You may register on line at register.communitypass.net/cranford or in person at the Cranford Community Center. If you have any questions, please call Cranford Recreation at (908)709-7283.

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John Lucich is the HTCN Academy Director and has been performing computer forensics for over 24 years. John is a retired state law enforcement officer from the New Jersey Attorney General's Office, Organized Crime & Racketeering Bureau and a 14 year cyber crimes instructor at Sea Girt, NJ for the State Attorney General's Academy. John is also a technical expert for Fox News and CNN news networks and has made numerous TV appearances over the past seven years. He is currently the CEO & forensic lab director for eForensix, a computer forensic consulting company who has been engaged in notable cases throughout the United States.

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3 MUSIC PROGRAMS

The Cranford Recreation Department, in association with Music Counts, is pleased to announce 3 music programs

Intro to Rock

Thursdays, starting January 7, 2016 (5:00-5:45pm)

Ever wanna play in a rock band?! Well come experience what it is like to play each instrument in the band. Learn to sing, play guitar, bass guitar, keyboard and drums. This class is also great for students who might be curious which instrument they are best suited for. 8 week session. AGES: 4-6

Guitar 101

Thursdays, starting January 7, 2016 (6:00-6:45pm)

Learn to play the guitar like your favorite rock star!!!! Class will include guitar basics, learning open chords, popular guitar licks and tablature reading. Bring your own instrument if you have one, but no instrument needed.

8 week session. AGES: 7+

Keyboards 101

Thursdays, starting January 7, 2016 (7:00-7:45pm)

Keyboards are fun! This class covers music fundamentals such as harmony, chord theory and playing technique. Perfect for the beginner looking to learn an instrument for the first time.

Instruments Provided.

8 week session. AGES: 7+

LIGHTS! CAMERA! KIDS! ACTION!

Cranford Recreation and Parks Department is pleased to announce the Actor's Garage is coming to Cranford to teach the program Lights! Camera! Kids! Action!.

At the actor's garage enrichment program we teach acting with a focus on TV, film, and commercial. Starting with the basics: concentration, relaxation, and improvisation. Through these tools, actors learn to be more self-confident, trusting, outgoing and comfortable in group situations. In all of our classes, we teach the actors through positive reinforcement and encouragement. At the same time through our exploration of acting a child may learn to have a healthy self-esteem, a positive self-image, learn problem solving skills, public speaking skills & concentration skills, which can lead to a more productive student.

Classes will be offered as follows:

Grades K-2 Friday's

January 8th- March 11th.

Time: 3:45-4:45 \$85.00

Grades 3-5 Friday's

January 8th – March 11th

Time: 5:00-6:00 \$85.00

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CRANFORD RECREATION DEPARTMENT AFTER SCHOOL S.T.E.M ENRICHMENT CLASSES

Electronic Game Design: Platform Games

Mondays 3:45-4:45

1/4, 1/11, 1/25, 2/1, 2/8, 2/22

3rd-5th Grade / 6th – 8th Grade

\$130 for 6-week program

Come create your own video game! During the Electronic Game Design: Platform classes, students will work together using Multimedia Fusion 2® to create their own video game. A platform game is a side-scrolling, Mario-type game where students program characters and a two-dimensional obstacle course. They attempt to avoid or overcome enemies and reach an end goal on multiple levels. At the end of the class, students take home a copy of the game they create.

Lego Robotics: Olympics

Tuesdays 3:45-4:45

1/5, 1/12, 1/19, 1/26, 2/2, 2/9

We-Do Lego Robotics K-2nd Grade

Mindstorms Robotics 3rd – 5th Grades

\$130 for 6-week program

This LEGO® Robotics class will have students designing, programming, and controlling fully functional robotic models. They will build their own athlete and use it throughout the session. Students will use software to program their athlete to compete in basketball, track, tug of war and wrestling. Will you be able to keep your bot in the ring?

Minecraft: Traveling into the Future

Wednesdays 3:45-4:45

1/6, 1/13, 1/20, 1/27, 2/3, 2/10

3rd – 5th Grade

\$130 for 6-week program

There has been a catastrophe on earth and we need your help! In this class, students will have to help the human race survive either on earth or another planet. The class will be played out in the expansive world of Minecraft, and will focus on learning engineering concepts through guided gameplay. Each day, students will be given missions and assignments based on different scenarios and they will craft, mine and build solutions to the challenges they are presented with.

WINTER PROGRAMS

The openings are in classes listed below:

PRE SCHOOL AND KINDER

- All Sports for Kids • Fridays With My First Friends • Kinder Gym • Kinder Motion
- Kinder Tots • Mommy & Me Music
- Pre-school Arts & Crafts
- Science Matters and Stretch & Grow

YOUTH PROGRAMS

- Art • Astronomy Stargazers • Cool Chemistry
- Electronic Game Design • Elementary Cooking • Fashion First Workshop • Fun with Physics • Jr. Rock – Intro to Rock Camp
- Juggling • Guitar/Keyboard 101 • Intro to Dance • Kid Safe Self Defense • Kinder Bookclub • Kinder Yoga • Kinder Cooking & Arts & Crafts • Lego Robotics
- Lights!Camera!Kids!Action! • Little Baker's Workshop • Mannerations-Dining
- Mannerations-Social Etiquette • Minecraft
- Photography • Puppetry • Science Matters
- Scrapbooking • Sr. Basketball Squirts
- Typing • Quilting (Beginners)
- Golf for Juniors • Teen Yoga
- Teen Zumba and Volleyball

ADULT PROGRAM

(all programs are for adults age 18+)

- Adult Beginner Tai Chi • Astronomy Stargazers • Body Barre • Photography
- Power Yoga • Quilting (Beginner)
- Scrapbooking • Yoga and Zumba

DANCE FOR TEENS ON FRIDAY JANUARY 8

The Recreation and Parks Department is please to announce that our teen dance for 6th, 7th and 8th grade Cranford students will be held on Friday, January 8, 2016, at the Cranford Community Center, 220 Walnut Ave., from 7:00pm to 10:00pm. Students will be able to purchase a ticket at the school they attend on Wednesday or Thursday, the week of the dance. The cost of a ticket is \$5.00. Private school students, residing in Cranford, must purchase their tickets at the Community Center, either Wednesday or Thursday of the week of the dance, between the hours of 3:00pm to 4:30pm. Proof of residency, either a parent's driver's license or a letter from the school stating that the student is a Cranford resident is required. St. Michael's students do not have to prove residency, as the Community Center has a current listing of Cranford students.

Tickets will not be sold at the door. Further questions may be directed to the Recreation and Parks Department at 908-709-7283.





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**Munsee District
Boy Scout Chess Tournament**

Saturday, February 27, 2016
10:00 am to 2:00 pm
Sign-in/setup starts at 9:00 am

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

Trophies awarded to 1st, 2nd and 3rd place finishers.
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CRANFORD MUNICIPAL ALLIANCE NEW YEAR'S RESOLUTIONS TIPS

With the New Year upon us, many of us are thinking of ways to improve ourselves as well as our family's wellbeing. Parents not only start the year with the usual dieting and exercise resolutions, but also look to decide how to sharpen those parenting skills so important to the development of their kids!

The Cranford Municipal Alliance wants to help so here's a top ten list we've pulled together from various sources around the world. Pick one, a few or all ten. Focus on what you think will help your kids best. But first, set your objective. Parents have all different objectives or goals for their kids. Whether they are spiritual, academic, social or even sports related; know what you are trying to bring out in your kids so you can help bring out their best.

Second, don't let the daily routine get in the way of your goals. Keep the bigger picture in mind as the day-to-day grind wears on. Whatever your specific goal, the ultimate reward will be someday seeing them stand on their own two feet. Know how your day-to-day words and actions either help or hurt that goal.

Third, don't get discouraged. Some days you will wonder why nothing is working. Daily stress and strife will make it look like you are taking two steps back for every one step forward, but don't despair, they will thank you when they're 35!

So, here's a list. We hope it helps in your most important journey - raising your children.

Top 10 Parent's New Year's Resolutions

1. Make time for family dinner. The importance of family dinner can't be underestimated. Children learn resilience from family stories, knowing they have a long history of ancestors who made it through life despite hardships... and if the family made it, maybe they can too.
2. Commit to regular attendance at your house of worship. Parenting expert Ron Taffel talks about the importance of faith in children and helping them understand there is a higher power greater than them. If you have fallen away from your faith, don't let it get in the way of giving them a chance to get started, you may enjoy the experience as well.

3. Volunteer alongside your children. Most kids today recognize the importance of helping those in need. However, when it's a family experience not left for others to manage, it can become part of the fabric of family life. Commit to a family project that highlights a favorite issue or charity of yours, or choose one together.
4. Plan a vacation. Family vacations are critical to bonding with children, especially pre-teens and teens. Commit to at least one family vacation this year.
5. Read, read, read and visit the library more. Experts analyzed family activities to determine which ranked highest in separating high from poor-performing children and library use ranked highest. (Family vacations ranked second.)
6. Phones off. Don't lower your child's self-esteem by placing your phone ahead of them. Commit to turning the phone off more when children are present.
7. TV off. The average American watches over 5 hours of TV a day and over 3 hours on social media. If you're looking for time to keep to your resolutions, you may find it here. Also, commit to keeping your TV and social media age appropriate.
8. Commit to being an age appropriate household. Children can't un-watch an image or concept they are too young to process. Violent, overly sexual or other inappropriate material should be reserved for the adults, not children.
9. Dance less, demand more. Children learn the dance quickly and know what buttons to push before middle school. Cut through the dance and demand their best. Children live up to expectations.
10. Commit to NOT condoning alcohol and being a role model. Children cannot escape the dangers of alcohol just because they are served by parents in a home. Slower reaction time on playing fields, teen depression and increased chance of addictions later in life occur no matter where they drink. Parents

who serve children are committing authority abuse. It's very difficult for children to fight peer pressure and "unspoken" coercing from a parent is virtually impossible. Teach them to listen for code words of authority abuse... 'don't tell your parents', 'it's OK in my house', 'I want to make sure I know what you're doing' are all excuses parents use to pressure kids. Role-play how to say no and report all abuse to authorities. Be a leader by calling out parents who serve.



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