

OCTOBER 2017

A community magazine serving the residents of Nutley

# NUTLEY NEIGHBORS

## Meet Nutley's Thriving Survivors!



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Salvatore Cocco, Jr. CLU has been with AXA Advisors, LLC since 1995 and has practiced as a generalist in all disciplines of the financial planning services including Investment Planning, Retirement Planning, College Savings, and Insurance. He is a 1977 graduate of Seton Hall University and was inducted into their Entrepreneurial Hall of Fame.

Michael S. Cocco, CFP®, ChFC® is a CERTIFIED FINANCIAL PLANNER™ professional with AXA Advisors, LLC where he provides Financial Planning, Investment Advice, and Insurance Planning for his clients. Mike is a graduate of Penn State University and a lifelong Nutley resident.



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## **All Treats No Tricks**

Whenever I think of October, my thoughts turn to Halloween. The whole idea of "trick or treat" is fun, but that "trick" part can be... well a little tricky. Like I'm waiting for the other shoe (or zombie!) to fall.

In this issue, I can assure you that each page is filled with treats with not a trick in sight. In fact, if these pages were calories, we would all be working them off on the treadmill tomorrow.

Do I sound a bit excited? Well, I am. This month I met a group of fantastic, amazing women called Nutley's Thriving Survivors. They are our own Wonder Women and they tell us their stories about their battle against cancer. Each story is unique and powerful and yes, unforgettable.

Turn a few more pages and you will meet two more women who are lifelong friends. Together, they wrote *Maze Crawler*, a very moving and true story about a mother's battle to help her son who suffered with neurological disorders and developmental disabilities.

Another treat I had this month was talking to the staff at Nutley Family Service Bureau. They are also wonderful in the superhero kind of way. Their focus is on people and they are always looking for opportunities to help them. They may not be able to leap over tall buildings but they can offer real support for people to overcome life's challenges.

Barry Lenson tells us about the Nutley Women's Club Building. You know the place; now you can know it a little better after his "tour." Frankie Turano brings us another Hometown Hero, Joseph Barlotta, who was his uncle. And don't forget to read about an exciting online learning platform at the Nutley library called Lynda.com.

Dave Wilson brings us part two of his series on our parks. I had to smile when I read his recollections of growing up here in town. Dave is a super writer and storyteller and I love the photos he sends us.

I hope you enjoy this issue of *Nutley Neighbors* as much as I enjoyed putting it all together.

See you next month!

**Joyce Handzo,**  
Content Coordinator



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From left: Annmarie Nicolette, Louise Cimaszewski, Jean VanSteen, Michele Fleitell, Judge Joanne Cocchiola, Maryann Lauber, Kathy Rempusheski, Kathy Martino, and Michelle Garatina



# Meet Nutley's Thriving Survivors!

By Joyce Handzo Photography by Photo Arts Productions

*Feature Story Sponsored by Pro Staff Institute of Physical Therapy*

Within the quiet streets of our town lives a group of super women. Not the kind who leap over tall buildings and battle the forces of evil. The women here in Nutley are warriors of a different kind; they have all encountered cancer and have fought against it.

They are known as Nutley Thriving Survivors for a great reason. Their stories are connected by a single thread but each one of these amazing women is unique and powerful in their own way.

Once you meet them, you will never forget them.

## MICHELE FLEITELL

### President of Nutley Thriving Survivors (NTS)

I am a 17-year breast cancer survivor. NTS is a program that celebrates women and their families affected by breast cancer who live or work in Nutley. We have been in operation since 2003 and we are celebrating our 15th year in 2017.

We call ourselves Nutley Thriving Survivors because we wanted to emphasize the fact that we are thriving.

Including families is very much a part of our program, as we know that they have the same fears we do as we go through treatment. Currently, we give food gift certificates to families, we pay for mammograms for women without insurance and we provide transportation, housekeeping or whatever a woman might need while undergoing treatment. We are also there if anyone just needs to talk.

## KIM REDSTONE

I had breast cancer.

The chapter of my story, entitled Breast Cancer, will be edited over the years, by time and distance, until it is nothing more than a sentence. Just one sentence in my entire life story. It will be added to all of the other sentences that used to be full chapters. I grew up in Newark, NJ. There are 20 years in that sentence. I went to college and grad school. 7 years in that one. I had a career- 10 years. I got married. So far that's a 24-year sentence! It's your story. Your very own. Concern yourself with the stuff

**On the Cover** Back Row: Michelle Garatina, Phyllis Coldebella, Louise Cimaszewski, Lauren Fazio, Kim Redstone.  
Front Row: Janet Corrao, Jean Van Steen, Michele Fleitell, Maryann Lauber, Kathy Martino



of chapters! Make it epic!

#### LOUISE CIMASZEWSKI

On April 9, 2013, I had received the results of my right breast biopsy, and the results were invasive cancer and it was beyond the biopsied area. I had a modified radical right breast mastectomy on April 26, 2013. The lab came back stage two contained. There were no stray cells found, and body scans showed no other masses. I have been cancer-free since then. I am a member of the board for Nutley Thriving Survivors. Enjoy and be thankful for your life!

#### BARBARA A. PIRO

While I have not personally experienced the trauma of breast cancer, I came to learn from surviving members of the group just how difficult a road it was for each of them. I had always had compassion for those who suffered with breast cancer, and as a committee member of this group I learned how much courage these women demonstrate.

#### KATHLEEN MARTINO

I was diagnosed with breast cancer two days before



Christmas in 2008. Ironically, I was working as a mammography technologist, and at that moment in time I joined the ranks of the multitudes of breast cancer "thrivers." The long road from diagnosis, surgery, treatment, several failed reconstruction attempts and (finally) a successful reconstruction in 2016 has taught

me patience, humility and reliance on God. Through it all, my hope and peace has come from God alone, and I thank Him for the experience of having cancer; it has transformed me into a kinder individual and a more understanding health care worker.

#### DAYNA HESS

Those dreaded words, "You have breast cancer" stop you in your tracks. They make you think about your past, present state, and future all in a fleeting moment. Each individual emotionally battles breast cancer in a very personal way. I truly believe that there is no right or wrong way to feel when you hear those words or begin your healing process. With an amazing team of doctors, endless support of friends and family, and a constant desire to move on, here I stand thriving!

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## DIANE PANDOLFI

I can recall it as if it were yesterday when Dr. Nancy Elliott in a quiet voice stated, "Diane you have the same thing as your mother-in-law." My diagnosis of breast cancer was 20 years ago on New Year's Eve. It was a stage 2 cancer and my treatment consisted of a lumpectomy, chemotherapy, and radiation, followed by 10 years of post-chemo drugs.

I stand here today thrilled to be counted among the survivors and a staunch advocate of routine mammograms. My mother-in-law always believed that God sent her cancer to save my life and I do believe this to be true.

## MICHELE GIANNONE

I was 30 when my doctor advised me that due to my positive BRCA1 status and a strong family history of ovarian cancer, I should have all the children I was planning to have by the age of 40 and then plan to take aggressive action to prevent an ovarian cancer diagnosis.

For most of those 10 years I had semi-annual breast exams, alternating mammography, ultrasound and MRIs. In November of 2015 a routine mammography led to an ultrasound guided biopsy and 20 minutes later I received the shocking diagnosis of breast cancer, at age 41.

It has been a turbulent ride at times, especially during chemo treatment when I was hospitalized several times for infections, but I am blessed with an amazing support network. The fight isn't easy and it is never over but we



thriving survivors have to stay strong, keep positive and control what we can control. I am cancer-free and plan to stay that way!

**Please check out the Calendar of Events for information about the Thriving Survivors Candlelight Celebration Walk and brunch.**

*We are always looking for fascinating residents to feature in Nutley Neighbors. If you are interested in being included or would like to nominate one of your neighbors, please email [jhandzo@bestversionmedia.com](mailto:jhandzo@bestversionmedia.com)*

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59 Beech St	\$630,000	4	4	3336
31 Wilmington Dr	\$612,000	4	4	2354
59 Brookfield Ave	\$565,000	3	3	2401
165 Whitford Ave	\$555,000	4	2	1728
273 Harrison St	\$550,000	3	3	2136
58 Beech St	\$532,000	3	3	2266
29 Fischer Ave	\$499,000	3	3	1816
110 Elm Pl	\$490,000	4	3	2016
15 Park Dr	\$489,900	3	3	2057
61 Colonial Terr	\$487,000	3	3	2642
132 Rhoda Ave	\$485,000	4	2	2071
24 Evelyn Pl	\$480,000	4	3	1500
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66 Beech St	\$466,000	3	3	1317
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# Get to Know the Nutley Women's Club Building

By Barry Lenson, with research from John Simko, Nutley Museum Director

If you'll be taking part in the Festival in the Park on October 1, please plan to visit the historic Nutley Women's Club building at 226 Chestnut Street, located next to Nutley's Police and Fire Department headquarters. This historic old house, which is now part of the Nutley Historical Society, will be open for you to enjoy.

Chances are you have been passing by this building, built of brownstone that was quarried right in Nutley, for years. Have you wondered who built it? Let's find out.

## MEET THE VAN GIESENS

Way back in about 1688, a Dutch farmer named Bastien van Giesen settled in Nutley and proceeded to acquire 80 acres of land along the Third River, including the land where the Women's Club building now stands. When he died in 1751, his property was divided among his heirs and his son Hendrick became owner of the lot at what is now 226 Chestnut Street. Then in about 1771, he built the house that we know today as the Nutley Women's Club. That's a pretty old house.

According to Nutley legend, the house was confiscated by the American government during the Revolutionary War because the van Giesens were Tories who sympathized with the British. Even though this is a story you might have heard over the years, there seems to be no truth to it.



The Women's Club building located at 226 Chestnut Street, Nutley



Interior of Vreeland House

## MEET JOHN MICHAEL VREELAND

Captain Abraham Speer, another major landowner in town, purchased 27 acres from Bastien's widow in about 1781, including the Women's Club building. Speer's sister Annatje moved in with her husband, John Michael Vreeland, who lived there until his death in 1821. Upon his death, he willed the house to his son, a famous Nutleyite named Warren Vreeland. You know him, because Vreeland Avenue was named for him.

## THE HOUSE BECOMES THE NUTLEY WOMEN'S CLUB

The story continues. In his will, Warren Vreeland left 226 Chestnut Street to his daughter Laura Teurs, who in 1912 leased it to the Women's Club of Nutley. The Women's Club purchased the building in 1923, restored it, and used it for meetings and events for the next hundred years, until 2012.

## WHAT IS PLANNED FOR THE BUILDING NOW?

In 2013 the building came under the ownership of the Town of Nutley and is now under the care of the Nutley Historical Society. There is a lot of work to do! The old interior must be carefully restored. Old carpets need to be torn out, and the floors refinished. Because the only bathroom in the house is in the caretaker's apartment on the side of the building, a new one must be installed so the house can be used for events and exhibitions. And maybe a small kitchen too.

But plans are underway! A bright new future is unfolding for this house, a treasure of Nutley history. You can begin to enjoy it by bringing your family to visit on October 1st!

## Schedule a Tour or Event at the Nutley Museum

For school groups and private museum tours, please call Kerry Flynn, caretaker, at 973-667-1528, or Suzanne Hagert at 973-667-4270. The Nutley Historical Society is a not-for-profit organization dedicated to serve the educational, cultural, and historical needs of our community.

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# Lifelong Friends Team Up to Tell the Story of a Lifetime

By Joyce Handzo

When Corraine Conaway adopted her son, she never expected to spend the next couple of decades crawling through a maze of bureaucracy to get the health care services he needed.

Corraine said, "We adopted him when he was three, and over the course of time he was diagnosed with neurological disorders, developmental disabilities, and attention deficit disorder." Her attempts to get him help were sometimes temporarily successful but always frustrating.

"One of the reasons we wrote this book is to highlight the often difficult process of getting help for a child. I am advocating for a single point of entry for children to receive mental health services."

When Corraine decided to tell her story, she partnered with longtime friend, author, and Nutley resident, Susan Christopher. "Susan is the best author and the perfect person to write this book," Corraine tells us.

Since Susan is a family friend as well as a writer, she was able to bring a level of empathy to this book. She said, "I watched her son growing up and saw these situations firsthand. I was often frustrated by people's reactions to this situation. While physical disabilities are more obvious and seem to be better understood in society, neurological issues are not generally accepted or understood."

These feelings became a motivating force for these women to tell a story that many readers will be able to relate to.

Corraine said, "We want to support and encourage families in similar situations. We want to let them know they are not alone."

Susan also stresses a key component in the area of receiving mental health services: psychoeducation. "Family members of individuals with mental illness are often put into roles of case manager, medication monitor, or financial planner with little or no support or education to help them. Family psychoeducation is a valuable



Susan Christopher and Corraine Conaway holding a copy of *Maze Crawler*.

resource to better help everyone."

Corraine hopes that "people will be more aware of mental illness and that there will be systems in place to educate families. This book is about perseverance and hope."

While *Maze Crawler* concentrates on the story of Corraine's son, there are several other life issues within these pages.

"I wanted to tell a story where people can not only identify with the topic of mental health concerns in the family, but also about other life events like divorce and cancer," Corraine said.

Corraine has been championing the cause of families for years through a support group she started in the mid-80s ("We were active for three years.") to lending her voice and story whenever the opportunity arose. *Maze Crawler* documents her journey to help her son as well as highlights her desire to assist others.

While readers will find hope in these pages, Corraine tells us the source of her hope.

"If I didn't have God in my life, I wouldn't have survived this. I keep praying and always have faith. Sooner or later things will change. We don't know what God is going to do."

*Maze Crawler* is self-published and is available at Amazon.com. For more information or to read excerpts from the book please visit their website: <https://mazecrawlerbook.com/>

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# Nutley Middle School Girls Competed at the US Youth Soccer National Championship Finals

By Kimberly Hanf



Team photo at the US Youth Championship

**M**ackenzie Albert and Olivia Real, two students at John Walker Middle School, competed at the United States Youth Soccer Association National Championships in Frisco, Texas July 23rd - July 30th. Both girls are teammates on the Soccer Domain Football Club (SDFC) 2004 Girls Yellow team based in Montclair, New Jersey. The team placed second in the nation, bringing home the silver medal. Mackenzie Albert was voted to the Best XI, recognition of the top 11 performers in her age group voted by the opposing coaches.

Head Coach Rich Bentley lead the team to a series of outstanding accomplishments throughout the season, including the 2016/2017 USYS State Cup Championship, 2017 Winter State Cup Championship, 2017 US Club State Championship, 2017 EDP Spring Champions, 2016/2017 EDP Open Cup Championship, 2017 Region 1 League Championship, 2017 USYS Regional Championship.

Ultimately, the 2017 USYS Region 1 Championship granted the team the right to play in the final four at the



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National Championship in Texas. After a shaky start on day one, the team rebounded with an impressive win against the Region 3 champions from Texas and a tie against the Region 2 champions from Kansas. SDFC was defeated by the Region 4 champions from San Diego,



Mackenzie Albert (left), and Olivia Real holding the Region 1 Championship Trophy

California in the finals 3-1, taking home the silver medal.

The USYS National Championship Series began in September 2016 with over 10,000 teams competing for the chance to win the National Championship. After eleven months and over 60 games played,

the SDFC 2004 Girls team is extremely proud to be called the second best team in the nation. The team will begin their quest for a repeat appearance and another chance for gold in September. Their success has qualified them for the 2017/2018 USYS National League where they will travel around the country playing the best teams in the United States with the opportunity to showcase their skills in front of college coaches.

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# How a Tree Can Sweeten Our Foods

By David A. Wilson

What process was begun by indigenous people of North America and handed down to European settlers in Vermont over 200 years ago? Its product has a unique flavor and was used to stretch sugar rations during WW II. Forty gallons of tree sap is needed to make one gallon of it. Production only lasts about two months and takes place in a special sugar house. Vermont supplies about six percent of the global supply, over one million gallons. By now you know we are talking about maple syrup, that delicious and nutritious treat that nature supplies through certain trees.

The process is labor-intensive and temperature-sensitive so when the sap starts to run it's "all hands on deck" to collect and convert the sap into syrup. The maple trees will only produce sap when temperatures are just right in late winter and early spring. Freezing temperatures at night and above forty degrees during the day are needed, along with certain barometric pressures. Climate change has impacted this industry, and now some sap may start to flow in January. The snowy winters in Vermont may limit access to some of the trees, so production methods are evolving to ensure that processing can proceed uninterrupted.

Old timers developed rhymes to help identify peak sap flow times:

*Wind in the North come forth  
Wind in the South close mouth or it's a louse  
Wind in the East runs least  
Wind in the West is best*

The Native Americans and early settlers used wooden buckets hung below a slit in the tree bark, and then carried these buckets to big kettles over fires to cook down the sap. One tree may provide a gallon of sap that is converted into one quart of syrup. Older trees may have four taps and younger trees only one. Many trees are needed in the area of a sugar house. The Europeans with their mechanical and brewing backgrounds helped to perfect the process by adding tree taps and drip tubes connecting the trees to storage tanks, thereby eliminating the bucket brigades. Cooking operations were moved indoors to help with cleanliness and provide shelter for the equipment and crew. Special venting is needed to remove steam from the building.

The sap is then boiled in special evaporators that are gas, oil, or wood fired and must be kept operating around the clock. The big stack of wood outside the house goes quickly, so fall and winter wood splitting is another labor aspect that must be planned for. Boil the sap too long and



Jim Potter stokes wood fired sap boiler.  
Right: Plastic drip lines go from tree to tree and drain sap into holding tanks



it crystallizes. Under-boil and you get a watery syrup that spoils quickly. This step can produce sixteen gallons an hour, depending on your equipment. The next step is filtering to ensure the finished syrup is smooth and clear.

Jim and Marcy Potter & Sons of Whispering Meadows Farm in Vermont, my cousins and technical advisors, have invested in state-of-the-art equipment that gets rave reviews from health officials and produces a superior maple syrup in four grades as set by state regulations.

■ **Grade A Golden Color** has delicate taste, used as introductory flavor for beginners.

■ **Grade A Amber Color** has rich taste for tourists and flatlanders (that's us!)

■ **Grade A Dark Color** has robust taste, good for all around use and maple syrup connoisseurs.

■ **Grade A Very Dark Color** has strong taste for cooking and special recipes.

Maple syrup can be poured on waffles, pancakes, ice cream, fruit, or anywhere a sweet, unique flavor is needed. Candy and other treats are another way to enjoy the maple flavors. Take time to appreciate and savor all that nature and people put into producing maple syrup.

For more information, or to order maple syrup, contact David Wilson's cousins: Jim and Marcy Potter & Sons of Whispering Meadows Farm in Vermont at (802) 457 4702.

# Nutley Family Service Bureau

By Joyce Handzo

Have you "seen" the Nutley Family Service Bureau (NFSB)?

No, I am not talking about their physical location but the vision they have.

**Our vision is a community where mental well-being is valued as an integral part of life.**

This organization has a 100-year history of responding to the mental health and social services needs of Nutley. Their goal mission is to strengthen the emotional and social well-being of individuals and families through affordable mental health counseling and social service programs.

But what might not be as well known is that NFSB additionally provides allied mental well-being opportunities, typically in group settings. These offerings are routinely presented on a recurring basis throughout the year and are free of charge.

## WOMEN'S HEALING CIRCLE

Through this bi-weekly gathering, therapist-guided tools are offered to the group for the practice of powerful attitudes such as self-appreciation, positivity receptiveness and acceptance of grace.

## THE MEN'S CONNECTION

This bi-weekly group addresses issues impacting men in the established years of their lives that may be overwhelming: balancing work, marriage, family, children, aging parents, and additional pressures. They can benefit by both raising self-awareness and making common connections with others in this clinician-facilitated group.

## CAREGIVER SUPPORT GROUP

This is an opportunity to share feelings, receive emotional support, and discuss solutions to common caregiver challenges with other family caregivers in a clinician-facilitated environment. In being attentive to the needs of the community, NFSB came to understand there is little in the



The door to mental wellness is open at NFSB.

way of support for those many men and women who are taking on the role of primary caregiver to another family member. The agency therefore created the Caregiver Group initiative to meet the needs of this underserved and often overburdened population.

"These mental wellness groups are open to the public. However, clients who are receiving one-to-one counseling often participate. In this way, individual counseling is complemented by the benefit of the group interaction," comments Eileen Painter, Executive Director.

Since the vision of NFSB is to support the mental well-being of people as an integral part of life, they offer ever-increasing options. For example, variously themed meditation sessions occasionally have been scheduled and have been well attended by many across the age and gender continuum.

A quick trip to their website will provide more information on their programs and events: <http://www.nutleyfamily.org/>

The staff at NFSB recognizes the holistic value of every person's life since mental well-being is paramount to living happily and successfully.

"In a trusting, therapeutic alliance, our clients can explore their histories and current circumstances with the goal of gaining better understanding of themselves and the significant relationships in their lives," states Felicia Gardener, MSW, LCSW, Clinical Director.

Whether providing psychotherapeutic counseling or allied mental wellness programming, the core of NFSB's work is to enable wider choices with increased empowerment on life's journey.

The Nutley Family Service Bureau is dedicated to the mental welfare of people. The allied services they offer are an extension of their vision and an excellent way for people to achieve and maintain a healthy mental state.

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## C. Walter Searle Insurance

By Joyce Handzo

C. Walter Searle wanted to sell insurance. So he did—right off his front porch on Raymond Avenue. This was back in 1926 and although the location of the office has changed to 410 Franklin Avenue, people can still experience the same friendly and honest atmosphere.

Today, his grandson, Robert Searle, owns the insurance agency and he has successfully carried on, not only the family business, but the family reputation as well. Robert tells us that his agency "is dedicated to delivering top quality service. We provide insurance for homeowners, autos, renters, and contractors, to name just a few. It's my goal to look out for my clients' interests, and I invite them to tell me what their concerns are so I can explain how their insurance needs can be met."

Robert's philosophy is simple yet connects powerfully with his clients: "I treat every client with the same level of respect and I am empathetic to the difficulties that consumers experience in dealing with insurance companies. We are paperless and can handle every situation online via email or provide more personal attention to those clients who prefer to come into our office and visit face-to-face. Our agency strives to be the very best in our industry, and we offer all of our members our guarantee of complete satisfaction."

Growing up in the family business has given Robert many wonderful memories. "When I was a child, I would go to my father's office and sit in his chair. I remember playing with the typewriters. Now, nothing is paper; we don't even have filing cabinets. My grandfather would be surprised at how technology has changed the look of his business."

Now, that office chair is Robert's and he has truly grown into it. "I obtained my insurance license in 1984 and have over 30 years' experience in this business. I enjoy helping



clients choose the proper coverage to meet their needs and their budget as well as providing support in times of claims and questions. It is my hope to continue to see the business grow on the premise of honesty and service to our clients and the community."

With about 3000 clients, many of whom are local to Nutley, Robert Searle has seen that hope realized. When asked why he chose to stay in town his answer says a lot about his connection here. "I love this town because it is a close community where

people care for each other."

Citing his grandfather as his inspiration he tells us why: "He loved selling insurance. He worked seven days a week and went to the office every morning. These mental images of his dedication remain with me to this day."

His grandfather's start on Raymond Street was followed by an office on Church Street. Then he bought the family home on Franklin Avenue in the 1920s which was remodeled in the mid-1990s and is the current location for the business.

Robert has truly carried on the legacy of his grandfather and kept the focus of the business on their clients. "I understand the needs of my clients and how insurance can benefit them. Although my office is modernized from my grandfather's time, there is still the same personal attention

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and friendly atmosphere. Technology may change how we process the paperwork but I still deal with people the same way—with respect, courtesy, and honesty.”

*Searle Insurance is a third-generation family business serving clients all over New Jersey since 1926. Their staff has many years of experience to professionally handle insurance needs. Their specialties include homeowners, auto, life, and commercial insurance. You may visit them at their website: [www.searleinsurance.com/](http://www.searleinsurance.com/) or their office at 410 Franklin Ave. Suite 1 in Nutley. Robert Searle can be reached through email: [rsearle@searleinsurance.com](mailto:rsearle@searleinsurance.com) or phone: 973-667-2577.*

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# EVENTS CALENDAR OCTOBER 2017

**Oct. 1, Sun.**

## **School Pride Day**

@Municipal Parking Lot #1  
Come on down to the Nutley Farmers Market and celebrate "Raider Nation" and support our school sports, classes, clubs, and programs!  
Time: 9am-2pm Cost: Free  
For more information please contact the Department of Public Works at 973-284-4959 or visit [www.nutleynj.org](http://www.nutleynj.org)

**Oct. 1, Sun.**

## **Fall Festival in the Park**

@Memorial Park I (Mud Hole)  
Food, vendors, children's activities, music, and more. Rain date is Oct. 15th.  
Time: 11am-4pm Cost: Free  
For more information visit [www.nutleynj.org/fallfest](http://www.nutleynj.org/fallfest)

**Oct. 1, Sun.**

## **Open House**

@Spring Garden Elementary School  
This special occasion will reinforce how Nutley prides itself on tradition and will hopefully grow into a Spring Garden alumni association.  
Time: 12-3pm Cost: Free  
For more information, visit the Spring Garden PTO webpage on the school website [nutleyschools.org](http://nutleyschools.org) or the Facebook page "SGS 100 Year Anniversary Celebration - Alumni Page"

**Oct. 1, 8, 15, 22, 29, Sun.**  
**Nutley Farmer's Market**

@Municipal Parking Lot #1  
The Nutley Farmers Market, established in 2009, features live musical entertainment and a wide variety of fresh regionally-grown produce, as well as cut flowers,

homemade cheese, dried fruit and fresh nuts, pickles, bread and more. The market helps New Jersey family farmers, enables people to meet, talk to and ask questions of the person who grew their food, brings shoppers into our local business districts and is a great place to meet friends and neighbors. The final market for this year is on the 29th!  
Time: 9am-2pm Cost: Free  
For more information please contact the Department of Public Works at 973-284-4959 or visit [www.nutleynj.org/farmersmarket](http://www.nutleynj.org/farmersmarket)

**Oct. 2, 9, 16, 23, 30, Mon.**  
**Self Help Program: Tai Chi, Qigong, Yoga, Stress Technique & Meditation**

@Parks and Recreation Bldg., 44 Park Ave.  
Time: 10-11am  
For information concerning programs, please contact Linda Hamilton Senior Citizen Coordinator at 973-284-4966

**Oct. 2, 9, 16, 23, 30, Mon.**  
**Senior Art Program**

@Parks and Recreation Bldg., 44 Park Ave.  
Time: 1-2:30pm  
For information concerning programs, please contact Linda Hamilton, Senior Citizen Coordinator at 973-284-4966

**Oct. 3, 17, Tue.**  
**Board of Commissioners Meeting**

@Township of Nutley Municipal Building, Third (3rd) Floor; Commission Chambers, 1 Kennedy Drive  
Time: 7:30 pm Open to the public  
[www.nutleynj.org/board-of-commissioners](http://www.nutleynj.org/board-of-commissioners)

**Oct. 3, 10, 17, 24, 31, Tue.**

Golden Age Club  
Time: 12:30pm Cost: Free  
For information concerning programs, please contact Linda Hamilton, Senior Citizen Coordinator at 973-284-4966

**Oct. 4, 11, 18, 25, Wed.**

**Wednesday Afternoon Knitters**  
@Nutley Public Library, 93 Booth Drive  
Come share your love of knitting and crocheting with both beginning and experienced knitters. Meet fellow knitters, brush-up on your skills, and learn some new techniques. Please bring your own supplies.  
Time: 1-3pm Cost: Free  
[www.nutleypubliclibrary.org/](http://www.nutleypubliclibrary.org/)

**Oct. 4, 11, 18, 25, Wed.**  
**Essex County Aerobic Exercise Program**

@Parks and Recreation Bldg., 44 Park Ave.  
Time: 9:30am  
To register or for more information: 973-735-6228

**Oct. 4, 11, 18, 25, Wed.**  
**Senior Bingo**

@Nutley Senior Citizen & Recreation Center  
Time: 12:30-3pm  
For information concerning programs, please contact Linda Hamilton, Senior Citizen Coordinator at 973-284-4966

**Oct. 4, Wed.**  
**Essex County Clerk Program**  
@Recreation Department, 44 Park Ave.

On the first Wednesday of each month the Essex County Clerk's office is available at the Recreation Department for residents to obtain

passports and Notary Public services.  
Time: 2-8pm Cost: Free  
For more information: [www.nutleynj.org/recreation](http://www.nutleynj.org/recreation)

**Oct. 5, Thurs.**  
**Bambini D'Italia Classes**

@Holy Family Parish Center  
Cultural enrichment Italian style, for children in grades K-3. Introduction to the Italian language via singing, dancing, arts and crafts, and games.  
Time: 4:30-5:30pm  
Cost: \$65 for eight classes. \$35 for Holy Family parishioners and GSA students.  
For more information email [ditalianj@yahoo.com](mailto:ditalianj@yahoo.com) or call 973-461-9624

**Oct. 5, 12, 19, 26, Thurs.**  
**ESL Classes**

@Nutley Public Library, 93 Booth Drive  
Time: 5:30-7:30pm  
For more information about other class days and times, please contact the library.  
[www.nutleypubliclibrary.org/](http://www.nutleypubliclibrary.org/)

**Oct. 6, Fri.**  
**15th Annual Candlelight Celebration Walk**

@John H. Walker Middle School  
Sponsored by The Nutley Thriving Survivors, Inc., a group that provides food, comfort, companionship, and celebration to women who live or work in Nutley, and their families, and who have been affected by breast cancer.  
Time: 6pm registration. Walk begins at 7pm.  
Cost: \$15 which includes a t-shirt, bottled water, hot dog, flashlight, and a luminaria to be placed along Franklin Ave.  
For more information call Michele Fleitell at 973-667-6768 or email [nutleythrivers@gmail.com](mailto:nutleythrivers@gmail.com)



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**Oct. 6, 13, 20, 27, Fri.**

**Old Guard Club**

@Nutley Senior Citizen & Recreation Department, 44 Park Ave.

Time: 9am Cost: Free

For information concerning programs, please contact Linda Hamilton, Senior Citizen Coordinator at 973-284-4966

**Oct. 7, Sat.**

**Leaf Bag Distribution Day and Food Drive**

@Municipal Garage

Residents may pick up their free 10 bio-degradable bags. Donations of non-perishable items will also be collected for Nutley Food Pantry.

Time: 8am-1pm Cost: Free

For more information please contact the Department of Public Works at 973-284-4959 or visit [www.nutleynj.org](http://www.nutleynj.org)

**Oct. 14-15, Sat-Sun.**

**Fine Arts & Crafts Show**

@Brookdale Park

Over 150 fine artists and fine craftspeople will share their talents at the 18th Annual Fall Fine Art and Crafts Show.

Time: 10am-5pm

Cost: Free

For more information visit [www.rosesquared.com](http://www.rosesquared.com)

**Oct. 15, Sun.**

**Techno Trash Day**

@Municipal Parking Lot #1

VHS tapes, CDs, DVDs, and plastic jewel cases will be collected for recycling.

Time: 9am-2pm Cost: Free

For more information please contact the Department of Public Works at 973-284-4959 or visit [www.nutleynj.org](http://www.nutleynj.org)

**Oct. 15, Sun.**

**Kingsland Manor Open House Tour**

@3 Kingsland Street

Time: 1-4pm

Come explore the historic homestead of the Kingsland family and beyond, set within park-like grounds overlooking a pond and waterfalls. Please visit their website for more information: [www.kingslandmanor.org/](http://www.kingslandmanor.org/)

**Oct. 19, Thurs.**

**Historic Preservation Committee Meeting**

@Town Hall, 3rd Floor Commission Chambers, 1 Kennedy Drive

Time: 7pm

Open to the public

[www.nutleynj.org/calendar/20](http://www.nutleynj.org/calendar/20)

**Oct. 21, Sat.**

**"Ciao Italia!"**

@Bloomfield Public Library

A day of Italian American culture

for the entire community. Live

music, children's activities, a

genealogy presentation, and more!

In recognition of National Italian

Heritage Month.

Time: 12-5pm

Cost: Free

For more information email [ditalianj@yahoo.com](mailto:ditalianj@yahoo.com) or call 973-461-9624

**Oct. 21, Sat.**

**Strut Your Mutt: Canine Halloween Costume Contest**

@Essex County Brookdale Dog

Park

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# EVENTS CALENDAR OCTOBER 2017

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For more information visit <https://www.essexcountyparks.org/parks/brookdale-park/calendar/strut-your-mutt-canine-halloween-costume-contest>  
**Oct. 22, Sun.**

**15th Annual Thriving Survivor Brunch**  
@Forest Hill Field Club  
Time: 11am-2pm  
Cost: Brunch is free to breast cancer survivors who live or work in Nutley and one guest. Additional guests and supporters are \$35 each. For more information contact Michele Fleitell at 973-667-6768 or email [nutleythrivers@gmail.com](mailto:nutleythrivers@gmail.com)  
**Oct. 22, Sun.**

**Rigid Plastic Recycling Day**  
@Municipal Parking Lot #1  
Bring your bulky rigid plastics such as garbage cans, resin lawn furniture, laundry baskets, and children's outdoor play units for recycling.  
Time: 9am-2pm Cost: Free  
For more information please contact the Department of Public Works at 973-284-4959 or visit [www.nutleynj.org](http://www.nutleynj.org)

some of the finest health service organizations in New Jersey. These resources include home care planning, family/caregiver support and respite, medication management options and home safety. They also conduct screenings for skin cancer, adult vision, and colorectal cancer. Immunizations and a children's clinic are also available. Call for more information: 973-284-4976  
[www.nutleynj.org/content/public-health-hursing.html%20](http://www.nutleynj.org/content/public-health-hursing.html%20)



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Nutley NJ Young Women's Initiative  
Nutley NJ Military & Veteran's Affairs Bureau  
Nutley NJ Department of Public Affairs Pet Health Resource Center  
Nutley NJ Bernie's Club

**Nutley Health Department**  
They conduct a number of health workshops throughout the year as well as provide resources to

**Nutley Corps**  
Nutley students from grades 6 to 12 are invited to assist the Department of Public Affairs with a number of our senior citizens, health and veteran programs, and other community services. Nutley Corps is a very rewarding and educational experience for all the students who participate. Email Commissioner Rogers for more information:  
[commissionerogers@nutleynj.org](mailto:commissionerogers@nutleynj.org)  
[www.nutleynj.org/content/nutley-corps.html](http://www.nutleynj.org/content/nutley-corps.html)



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# Kingsland Park

## (PART 2 OF A 3-PART SERIES)

By Dave Wilson

A couple saves up money to buy their dream home and raise children. A yard would be nice for swings, pets, and play area, but oh the taxes on a big lot! My parents figured it out—buy a home abutting a park. Kingsland Park was our backyard. This park had everything: a ball field, playground equipment, a “mountain,” streams, waterfalls, trees, and paths for running and biking.

Summer break meant dawn to dusk fun. Recreation program with caroms, baseball and field trips.

Fishing in the pond and beneath the waterfalls. Endless hours climbing weeping willow trees that have, alas, succumbed to age and storms. The playground equipment provided exercise and confidence building. We walked the top of the dam to answer a dare. We had old sneakers for wading and always checked for leeches. Construction in the neighborhood meant cement tubs to “borrow.” With bamboo poles and tubs, our Tom Sawyer river adventure began. The Great Rotary Duck Race happened here. There was space for water-powered rockets, balsa wood gliders, badminton and bike riding lessons with Dad.

We watched many picnics, weddings, celebrations, and concerts from our patio. We even supplied electric for the music sometimes. The First Aid Squad, fire department, schools, families, civic groups, businesses, and churches all used this great park. The Bicentennial Wagon Train camped overnight here in 1976, thanks to Everett Johnesee.

We ice skated from the end of December until March. We even shoveled the snow off the ice. The bonfire was the main attraction for us, as we collected wood and discarded Christmas trees to light up the park and keep warm. Our curfew was ten o'clock and no skating until homework was done. Many games of chicken over thin ice, manhunt, hockey and speed skating were supported by our winter purchases from Savino's and Drewe's. Skating socks and hooks to tighten our laces kept us on



**Kingsland Park waterfall and pond. A kid's delight for fishing, skating, wading, and enjoying nature.**



**Our own stairs to paradise and covered patio we enjoyed all summer.)**

the moonlit ice for hours. We normally changed on the “steps to nowhere” at the foot of Howe Avenue and hid our sneakers in the U. N. Garden so no one could take them. During really cold spells we would put our skates on at home and walk right onto the ice behind our home. My brother Robert remembers skating all the way to the Mudhole.

We built snow forts for our snowball battles. The hills at the foot of McKinley Street and Howe Avenue were the sleigh riding spots that fulfilled our need for speed. Flexible Flyers with steel runners were the choice—no sissy saucers or plastic sleds. The big tree at the first turn gave me a concussion and really crunched my sled.

The “mountain” on the east side of the park had trails, small caves that cold air and bats came out of, rope swings, and rocks piled into forts for Army games. On the edge of an old quarry after heavy rains, we could find unusual rocks and items discarded by residents. We became amateur rock hounds and archeologists. There was never a shortage of rocks for skipping on the water. Wow! We were lucky to have this natural area to explore and remember.

*Next month, part three of this series will discuss the creation of the United Nations Garden in 1959.*



# Joseph Barlotta United States Army

By Frankie Turano Jr.

**M**y uncle, Joseph Barlotta, was a great man.

It was Uncle Joe and Aunt Minnie who had caringly treated my sister, my brother, and me as their own children. They had no children of their own and spent many days and nights, as well as family vacations, at the Jolly Roger in Wildwood Crest with us and our mom and dad. I have very fond memories of this time period in my life, but what I most remember were the stories of his military service in World War Two. At a very early age I had become fascinated by the many stories that came from that war.

He told me of his time in the service as an Island Hopper. The concept was simple: to capture key islands, one after another, in order to get close enough to Japan, so that our military can set up bases to launch bombers to destroy the mainland. Although the concept was simple,



the accomplishment from the brave men actually fighting was entirely another story.

There were many islands that were fought on in the Pacific. Names like Okinawa, Iwo Jima, Guam, Tinian, Saipan, and Tarawa. I am not entirely sure how many islands he fought on, but I do recall a place called Guadalcanal.

When you imagine a majestic island, thoughts of palm trees swaying in the gentle breeze and clear blue ocean water splashing up against the coast as

one sips coconut juice from an actual coconut, is what comes to mind. But that is not what it was like.

He explained how they would storm the shore after a massive navel barrage had finished clearing the landing area. Smoke from the artillery would drift in waves. The rough terrain would get worse as sudden torrential downpours appeared. As the men moved forward to the center of the island, they would confront bunkers and pill boxes that had to be flushed out by the use of flamethrowers, creating an awful and unforgettable stench.

He saw the dark side of humanity. He witnessed the blindly obedient Japanese soldiers engaged in a Banzai charge, which was a human wave attack. Their objective was to not be taken alive. He told me that it was quite possibly the scariest thing on earth.

There was also the excessive heat, the smell of decay and human remains, the fact that you may not bathe for weeks, which all added to the misery of dealing with an enemy that was tenacious. The uncontrollable urge to stare at the wounded and dead with a morbid curiosity, leading to an inner sadness which hid itself in the deepest folds of the mind and never left.

Fighting any war exposes the deterioration of decency in humankind. That fact is quite possibly the saddest aspect of war.

Unlike some soldiers, he held no animosity towards the Japanese. They were doing their job, just as he was ordered to do his. He put the past in the past, worked for many years at ITT, and enjoyed the summers, with me, down the Jersey shore.

Thanks Uncle Joe. I know your country thanks you as well for your service.

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*Frankie Turano Jr. is the owner of American Made Custom Cabinet Company located at 95 Stager Street. He has been in business for over thirty-seven years. He designs and sells all wood cabinetry, stone countertops, and knobs and handles for kitchens and bathrooms. [www.amccc.us](http://www.amccc.us).*

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# Solving Arthritic Knee Pain

Contributed by Frank Femino, M.D.

Director of the Joint Institute, Director of Orthopedic Surgery, Clara Maass Medical Center, RWJ/Barnabas Health

**J**oe Namath underwent knee replacement surgery at the age of 49. If you have knee pain, you are in good company with Jane Fonda, Michael Douglas, and George Bush, among others.

Arthritis of the knee is a debilitating condition for many people. The spectrum of disease goes from annoying pain to crippling arthritis. There are many causes of arthritis. Most of the time it is due to "wear and tear." Sports-related injuries are very common. These are typically cumulative in nature. Whether you are a weekend warrior, a distance runner, or have an "old football injury," they all result in the same type of osteoarthritis. Rheumatoid arthritis, an inflammatory disease, can also cause severe pain of the knee. It is important to understand the etiology of the disease when tailoring the proper treatment for you.

Overcoming anxiety to visit your doctor is the first major step. There are many treatments, which are very effective. I treat knee pain in a very conservative manner. Surgery,



if indicated, is always the last option if nothing else helps.

My philosophy of conservative treatment begins with a consultation and a thorough examination. It is important for me, as your orthopedic doctor, to understand the "personality" of your knee pain. For minor arthritis, quite often a simple adjustment in lifestyle is the answer.

This could mean new footwear to accommodate your bio-mechanics or a simple nutritional plan for weight loss and healthy bones. There are many holistic approaches, which can be applied. Dietary supplements such as glucosamine and chondroitin sulfate may also be beneficial. Herbal medicine has also been claimed by some to be quite helpful. Physical therapy and medication are often effective. This can lead to less pain and a return to normal activities.

If needed, the next step in treatment is the use of injections. These injections could consist of specially formulated long acting types of hydrocortisone, which greatly reduce inflammation and pain. Viscosupplementation is a gel-like substance, which can also be very therapeutic and have long-term effects. This gel in a concentrated form is a "natural remedy" which is purified from the rooster's comb or made synthetically in the laboratory. It is a very viscous natural lubricant, which is found in cartilage and synovial fluid.

The ultimate cure in the spectrum of care is surgery. Many people with arthritis have a "bow legged" or a "knock kneed" appearance. This can be corrected with knee

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replacement surgery. Outpatient surgery can be performed, especially for partial knee replacements. When considering surgery, it is important to find an experienced surgeon who uses state-of-the-art methods during and after surgery. This includes minimally invasive techniques and comprehensive pain management for a speedy recovery.

Dr. Frank Femino is a board-certified orthopaedic surgeon. He is fellowship trained in Adult Reconstructive Surgery and Joint Replacement at the Rothman Institute, Thomas Jefferson University, Philadelphia. Femino-Ducey-Queler Orthopaedic Group. 45 Franklin Avenue, Nutley, New Jersey, 07110. Telephone 973-751-0111.

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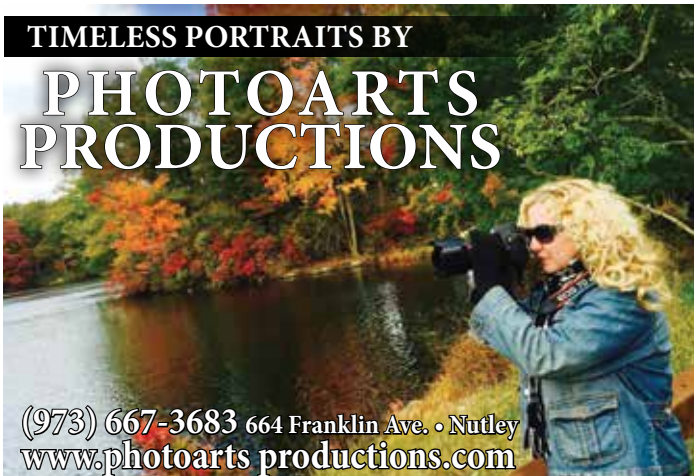
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