

Shirley Nelson, 94, Westfield Resident; Member of Church, Historical Societies

Shirley Nelson, 94, passed away peacefully on Saturday, January 26, 2019, at Genesis Westfield Center. Born in Brooklyn, N.Y., to Thomas and May Thompson, she was raised in Springfield Gardens, N.Y., before moving to Pelham Manor, N.Y., in 1949 and settling in Westfield in 1962.

Shirley attended the St. Luke's School of Nursing, graduating in 1946. She was a longtime member of The Presbyterian Church in Westfield, the Westfield Historical Society and the Clark Historical Society.

She was predeceased by her husband, Parker Nelson, and is survived by her son, Martin Parker Nelson, and her daughter, Susan Nelson Palma, as well as her grandchildren, Brian Nelson Palma (Laura) and David Charles Palma (Kristen).

Services were held at Dooley Colonial Funeral Home in Westfield. Interment followed at Fairview Cemetery in Westfield. In lieu of flowers, donations may be made to Guideposts Foundation, Suite 27, 39 Old Ridgebury Road, Danbury, Conn. 06810.

January 31, 2019

Westfield Area Y Announces Offer to Fed. Employees

WESTFIELD—In response to the government shutdown, the Westfield Area YMCA is offering federal employees access to the Y. It also wishes to remind the community about its financial assistance program.

All federal employees are eligible for a free one-month membership. Participants are asked to bring their government-issued federal employee identification and documentation of their current status, plus their driver's license, to the Welcome Center at the Main Y Facility, located at 220 Clark Street, Westfield.

Federal employees who are current Y members and have been furloughed or are working without pay may request to have their next month's membership fee waived. If individuals require additional assistance with programs or services in which they currently participate, including childcare, they are asked to contact Susan Morton at (908) 301-YMCA (9622),

extension no. 228, or smorton@westfieldynj.org to discuss the situation.

Thanks to the Westfield Area Y's Annual Support Campaign, no one who lives or works in Westfield, Cranford, Garwood or Mountainside and is experiencing a bona fide financial hardship is turned away from the Y for inability to pay. The majority of assistance is provided to enable participation in the Y's early learning, school-age and summer camp programs. Funds also are provided for membership and programs such as aquatics and sports. Financial assistance forms are available online and at all Westfield Area YMCA locations.

The Westfield Area YMCA is a nonprofit human service organization dedicated to developing the full potential of every individual and family in the communities it serves through programs that build healthy spirit, mind and body for all.



SUPPORT FOR WORKERS...The Westfield Area YMCA Main Facility is located at 220 Clark Street, Westfield.

Historical Exhibits to Debut Saturday at Drake House

PLAINFIELD—The Historical Society of Plainfield invites the community to the opening of two exhibits this Saturday, February 2, from 3 to 5 p.m., at the Drake House Museum, located at 602 West Front Street, Plainfield.

The exhibits are entitled "Plainfield's Forgotten History," curated by Justin Almendral, and "Plainfield During WWI and the Influenza Pandemic," curated by Leanne Manna.

"Plainfield's Forgotten History" is an exhibit of 15 photographs from the Historical Society of Plainfield's archives collection. Justin Almendral is a Life Scout of Troop 73. For his Eagle Scout project, he and his assistants purchased a photograph scanner and scanned more than 300 photographs in the Society's collection.

As a culmination of his project, he selected photographs that illustrate life in Plainfield spanning 100 years,

from the 1870s to the 1970s. The photographs include Muhlenberg Hospital, Plainfield High School, Plainfield High School Band, St. Mary's Commercial School, railroad trains, sports and recreation.

"Plainfield During WWI and the Influenza Pandemic," is described as a "new and improved" exhibit spotlighting the 45 soldiers and their Gold Star families who made the ultimate sacrifice during World War I. The Historical Society received a grant from the Gannett Foundation which enabled Ms. Manna to design and create professional exhibit panels. These panels will be available for a traveling exhibit for other venues, and in the future will be available online at the Drake House Museum website.

The exhibits will be featured in the museum's second-floor ballroom. All are welcome and light refreshments will be served.

Obituaries

Richard D. McGinley, 88, Formerly of Westfield, N.J.

Richard D. McGinley, 88, most recently of Ponte Vedra Beach, Fla., a retired executive with Bethlehem Steel Corporation, died on Friday, January 25, 2019, from complications of Parkinson's Disease.

The youngest of three brothers, Mr. McGinley was born to Helen Hayes and Edward F. McGinley, Jr. in Westfield, N.J. He was an outstanding high school football player at Westfield High School. He was a three-year starter (1947-49) at half-back in the single wing formation, scoring 46 touchdowns in his career, and was an All-State selection after his senior season. In 2006 he was inducted into the Westfield Hall of Fame by the Westfield Historical Society. He was also an outstanding track athlete (sprinter) and was president of the Glee Club.

Mr. McGinley continued his football career at the University of Pennsylvania and also played for Bowling Air Force Base after enlisting in the U.S. Air Force. After graduating from Penn in 1958, Mr. McGinley began his career at Bethlehem Steel Corporation in their management training program, where he worked for his entire career—35 years. He was eventually transferred to St. Louis, Mo., where, as a corporate sales executive, he managed the Midwest Region for the company. He and his wife, Virginia, raised four children in St. Louis, and they returned to the East Coast in retirement, living in Cape Elizabeth,

Me., after his retirement from Bethlehem Steel.

Mr. McGinley had a lifelong love of all sports. He frequently attended sporting events in his corporate sales capacity and was as comfortable in a grandstand seat hosting a warehouse manager as he was in a corporate luxury box hosting a group of executives. In retirement he loved to enjoy a glass of wine and watch almost any sport on television with family and friends. He also appreciated music and enjoyed recalling trips to New York with his brothers and friends to see performances by the likes of Glenn Miller and Frank Sinatra. He was affectionately nicknamed "Pumpkin" early in retirement by his first grandchild and thoroughly enjoyed his nickname for the rest of his retirement years.

Mr. McGinley is survived by his children, Richard D. McGinley, Jr. of Portland, Me., Mary McGinley of St. Louis, Mo., and Michael McGinley of Ardmore, Pa. (Michael's twin brother, Peter, passed away in 2008); seven grandchildren and two great-grandchildren. The family would also like to extend thanks to Community Hospice & Palliative Care for their dedication, compassion and care. Services will be private.

Please visit our online Tribute at www.quinn-shalz.com. Arrangements are by Quinn-Shalz Family Funeral Home, Jacksonville Beach, Fla.

January 31, 2019

Garwood Wellness Comm. Highlights Outreach Efforts

GARWOOD—To continue Garwood's Mayors Wellness Campaign, at the 2018 New Jersey State League of Municipalities Convention, then Mayor Charles Lombardo signed the New Jersey Health Care Quality Institute's Pledge of Participation. The pledge highlights the community's commitment to work toward and promote an active living and healthier lifestyle for residents. This statewide Mayors Wellness Campaign is supported by nearly 400 mayors throughout the state to implement health and wellness programs.

Current Garwood Mayor Sara Todisco has appointed former Mayor Lombardo as the Mayors Wellness Campaign liaison. Mr. Lombardo recently formed a committee, presently with six members, including three Garwood citizens, a professional per-

sonal trainer, a registered dietitian and an officer from the local Chamber of Commerce. The committee is reaching out to the entire community of Garwood to join its efforts as it offers a series of events including educational workshops on healthy eating, active living and various wellness events. Its purpose is to encourage healthy living and eating habits through nutritional education for adults of all ages as well as school-age children.

The committee is in the process of establishing a monthly meeting schedule as a means of encouraging Garwood's residents to share in its mission. In the near future the committee will reach out via a Facebook page and local newspapers to bring in new members and interested professionals to participate. Interested persons are asked to email MWC@garwood.org.



LUNCHES WITH LOVE...A group of Woman's Club of Westfield (WCW) members, along with volunteer friends, meets the first Friday of every month at the First Congregational Church in Westfield to make 200 bagged lunches for disadvantaged children and adults in Irvington, Newark and New York City who are served by the Bridges organization. New volunteers are always welcome. For more information, write to: The Woman's Club of Westfield, P.O. Box 1157, Mountainside, N.J. 07092. Pictured, from left to right, are: Cindy Neivert, Mary Ann Sepe, Sandy Shamir and Phyllis Manno.

Library Programs to Include Cross Stitch, Zumba Gold

WESTFIELD—The Westfield Memorial Library will present an adult workshop on Counted Cross Stitch on Tuesday, February 5, at 1:30 p.m., and a Zumba Gold for Adults series that will commence on Wednesday, February 6, at 10 a.m., and continue on Wednesdays through February 27. Both programs are free. The library is located at 550 East Broad Street.

In the craft class, participants will learn everything they need to know to complete a mini cross-stitch framed project. All materials will be provided; however, participants are encouraged to bring small embroidery scissors if they have them. Librarian Marge Barkan will teach the workshop. Due to the hands-on nature of the counted cross stitch program, registration is limited. It currently is available to Westfield resident cardholders and MURAL patrons.

Zumba Gold will be taught by certified Zumba instructor Andrea Lawson. Designed for adults and senior adults, this class will focus on low-key and easy-to-follow steps that help balance and coordination. Students can take one, two, three or four classes and are encouraged to wear comfortable clothes and sneakers. Registration is limited and available to Westfield resident cardholders and, beginning January 30, to MURAL patrons as well, space permitting. MURAL cardholders belong to the

40-plus libraries that are part of the Middlesex Union Reciprocal Agreement Libraries. Interested persons are encouraged to check the Westfield Memorial Library's website, wmlnj.org, to see if their library is a MURAL participant. To register for the Counted Cross Stitch and/or Zumba Gold programs, visit wmlnj.org and click on the Online Calendar, or call (908) 789-4090, option 0.

Library hours are 9:30 a.m. to 9 p.m., Monday through Thursday; 9:30 a.m. to 5 p.m., Friday and Saturday; and 1 to 5 p.m. on Sunday. The library will be closed on Monday, February 18, for Presidents' Day.

For more information on library programs and services, call (908) 789-4090, visit wmlnj.org and sign up for the monthly e-newsletter, "Library Loop," or stop by the library for a copy of its award-winning, quarterly newsletter, "Take Note."

Garwood Library Bd. Schedules Meeting

GARWOOD—The Garwood Public Library board will meet on Wednesday, February 6, at 8 p.m. This meeting will take place at the library and is open to the public. The library is located at 411 Third Avenue. For information about library programs and services, visit yousemore.com/garwood/.



CAR HELPS RESTORATION...Mayor Paul Mirabelli, right, donates his unwanted car to the Mountainside Restoration Committee via CARS, Inc. Also pictured, from left to right, are: Bob Gardella, CARS coordinator for the committee; Committee Chairman Scott Daniels and Mountainside Restoration Committee friend Alex Pater.

Mayor Mirabelli Donates Car To Help Preserve History

MOUNTAINSIDE—The Mountainside Restoration Committee, Inc. partners with CARS, Inc. to fundraise by collecting donations of unwanted motor vehicles. Mountainside Mayor Paul Mirabelli recently donated his car to the program. He stated that the "process was effortless and saved me a bunch in not having to pay the insurance any longer."

Anyone with unwanted cars, trucks, RVs, motorbikes, trailers, heavy equipment and other such items is invited to donate them to help the Mountainside Restoration Committee, also known as the Mountainside Historic Committee. The vehicle does not have to be in working order and will be picked up from wherever it is.

According to the Mountainside Restoration Committee and CARS, Inc., donating an unwanted vehicle frees up garage or yard space, avoids hefty repair bills, eliminates the hassle of selling it, and provides historic preservation benefits. A tax receipt is given to donors. For more information, visit mountainsidehistory.org or call (855)

500-7433 to schedule a free pickup. A donation receipt will be provided when the vehicle is picked up.

The Mountainside Restoration Committee is a committee of volunteers and a 501(c)(3) charity. Its purpose is to restore and maintain the Deacon Andrew Hetfield House and the Levi Cory House and to collect and save historic information and items from destruction. For information on committee events or to donate funds, call (908) 789-9420 or go to mountainsidehistory.org.

First Baptist to Hold Daniel Plan Session

WESTFIELD—The First Baptist Church of Westfield, located at 170 Elm Street, will host a six-week session on the Daniel Plan in February and into March. Sessions will take place on Wednesdays at 1:30 p.m. and at 7 p.m. The Daniel Plan is a holistic healthy lifestyle plan that considers faith, food, fitness, focus and friendships. To register, call the church office at (908) 233-2278.

Trees Have No Welfare Systems

Trees have no welfare systems. That is not a social statement, just a biological fact. Under human or animal welfare systems, those possessed with resources and capabilities share them with those who have nothing. But trees just do not live that way.

Trees' vascular systems carry sap and nutrients from the soil up and down to trees' trunks and branches. Photosynthesis converts the nutrients into usable food.

This whole process works like an intricate machine, just as our bodily functions do. What happens, however, when one or more limbs are unable to get the nutrients and convert them into food? You might think the other branches would help out their ailing counterparts. After all, they could be in similar situations someday. Not so.

Instead of coming to the aid of the distressed branches, the trees ostracize those parts. Nutrients no longer flow to them. There is nothing upon which the photosynthesis process can react. As a consequence, the undernourished branches die.

This is what we mean by trees having no welfare systems. Trees do not rush to rescue starving branches. This is because the trees' reactions are to care for the rest of the trees, thus assuring the greatest possible survival rates.

There is really nothing wrong with this pattern. Trees have been living consistently for many centuries. But branches just do not die. Problems that cause tree limbs to die are usually controllable. Pests may defoliate the branches and wires, or other outside influences can cut off circulation. These situations often can be corrected and the trees saved. In some instances, even the affected branches can be restored to health if actions are taken at the first signs of stress: abnormally discolored or shriveled leaves.

The "survival of the fittest" is a true statement about the patterns of tree life. Statistically, only one tree out of 10,000 reaches maturity. The other 9,999 do not get enough sunlight, get used for food by animals, are burned by fires, become scorched by droughts, are killed by insects, get cut down for timber, are struck by lightning, get blown over by winds, become broken under ice loads or, for some hard-to-understand reasons, do not have enough intrinsic energy to grow.

Nature works with such abundance, however, that even losses of a few thousand trees here and a few thousand more there do not, in the fullness of time, really matter. The mode of propagation continues.

So if your trees have strength and beauty, you are blessed by nature. But do not leave it all up to chance and luck -- you help too!

You can be a welfare system for your trees.

The Tree Man

Martin Schmiede 908-482-8855

SchmiedeTree.com