



Mayor's Message and Township Update

The Latest News and Information for Bridgewater Township
November 21st, 2018

The Fall months are among the busiest. School reopens. Fall sports begin. Virtually every weekend there is something to do in or around town, from neighborhood block parties, organized events or simply enjoying the fall colors at one of our many parks.

All around the Township there are signs of basic goodness, clearly visible in recent events for various causes, cultural celebrations and community-centered gatherings.

Our volunteer spirit can be seen throughout the Township. Among the events I attended were the Annual Township Fire Company Inspection Competition, Fall Clean-Ups in our Township Parks, Prescription Drug Take-Back, 9-11 Ceremony, Veterans Day, Turn the Towns Teal for Ovarian Cancer Awareness, and several community celebrations, including the Tree 4 All Fall Festival and Tree Dedication, Diwali Celebration, Halloween Trick or Treat event, and Fall and Winter Farmers Markets. For all the people that volunteer, whether it is on a committee, or through recreation, education, or any other organization dedicated to service, thank you.

Today is the eve of Thanksgiving- a day focused on family friends and a spirit of thankfulness. High among what I am thankful for is the continued opportunity to serve you as Mayor of our great Township. I wish you all a happy, healthy, and safe Thanksgiving holiday.

Sincerely,

A handwritten signature in blue ink that reads "Dan J Hayes Jr".

Mayor Dan

The Indoor Winter Farmer's Market is Back!

The second Sunday of every month, at the Bridgewater Library



The poster features a central illustration of a winter scene with snowflakes, a red parrot, a green cabbage, and purple beets. The text "THE BRIDGEWATER FARMERS MARKET" is written in a serif font above "indoor WINTER". Below "WINTER" is the text "Sundays 11am - 2pm". To the right of the main title, there is a list of dates and events with corresponding icons: November 18th (Holiday Market), December 9th (Pics with Santa), January 13th (Creature Show), February 10th (Valentines), and March 10th (Pea Planting). At the bottom, logos for Kenneite Productions, Somerset County Library System, SCLSNJ's Bridgewater Library, and the Bridgewater Library Foundation are displayed, along with the website address www.BridgewaterFarmersMarket.org.

THE BRIDGEWATER
FARMERS MARKET

indoor
WINTER
Sundays 11am - 2pm

November 18th **Holiday Market** 

December 9th **Pics with Santa** 

January 13th **Creature Show** 

February 10th **Valentines** 

March 10th **Pea Planting** 

Kenneite Productions

SOMERSET COUNTY
LIBRARY SYSTEM

SCLSNJ's
BRIDGEWATER
Library

www.BridgewaterFarmersMarket.org

RECORD BREAKING ROAD IMPROVEMENTS CONTINUE

Engineering and construction crews continue their road improvement efforts throughout the Township. We have already completed a record breaking 17.5 miles of improvements with another 2.5 miles of roads under construction. Although road construction often requires detouring of traffic and sometimes unavoidably, road closures, I want to thank all residents for their patience and understanding through the periods of road work. While we have had significant progress with road improvements throughout our Township, much remains to be accomplished. I will continue to advocate to our Township Council for additional funds towards our capital road improvements.



Mayor Dan



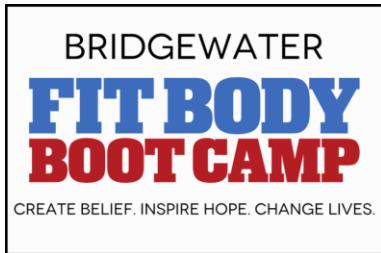
Halloween Trick or Treat for Bridgewater Residents

On Tuesday, October 30th, Mayor Hayes joined Bridgewater Residents for an evening of spooky family fun. Dressed in fabulous costumes, attendees trick or treated throughout the scary courtyard, played guessing games, and won prizes while the D.J. treated the crowd to some Halloween tunes. One of the best parts of Halloweenfest is that it was not all about sweets, as healthy fruits were enjoyed by many of the guests. Mayor Hayes thanks all who contributed to another successful Halloweenfest.





Welcome to Bridgewater! New Business Announcement



"Our vision is to grow, educate and empower our community to become the best version of themselves, both physically and emotionally by promoting and mentoring the power of a healthy body and positive mindset."



Natalia Ryszczak and Bill Kemmerer have been in the fitness industry for over 35 years and have seen and been it all. From bodybuilding and powerlifting to elite endurance sports and everything in between. One thing they have seen is that reaching fitness goals requires more than just working out and eating right. It requires the right mindset and support. They have found that the Fit Body Boot Camp franchise and its CEO Bedros Keuilian's core values allow them to provide that high level of commitment to the client that we find is necessary for them to see the results that last a lifetime.

They do one thing and they do it better than everyone else! They specialize in 30 minute personal trainer guided workouts that are fun, high energy, burn twice the calories in half the time and perfect for any level!

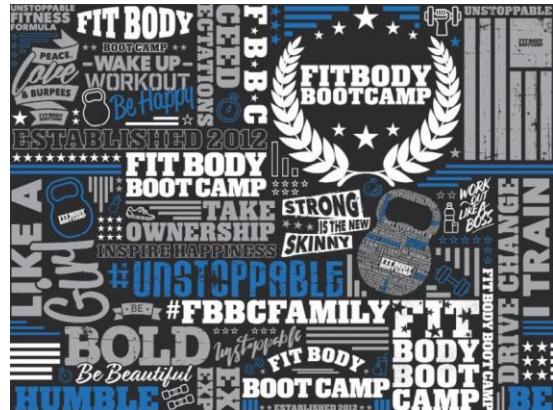
Bridgewater Fit Body Boot Camp is home of the Afterburn workouts - a group personal training program where you'll get high energy, fun, and challenging workouts designed to burn maximum fat and tone your entire body in only 30 minutes. Their specialized Afterburn workouts use a combination of (HIIT) High Intensity Interval Training and Active Rest Training to get your body to burn more fat and calories than traditional workouts that are twice as long. Every group training session is led by an experienced and certified personal trainer and is designed to be fun, high energy and challenging all while burning maximum fat and toning your muscles. Personalization is key to getting the best possible results, which is why their workout programs are modified to fit your individual fitness goals and fitness level. Whether you're new to working out or you're an experienced fitness buff their professional trainers and coaches will help to modify every workout so that you'll achieve your goals! Knowledgeable personal trainers make a difference. FBBC workouts are done in a dynamic group setting which makes them fun, motivating, challenging AND it keeps the cost of working with a certified personal trainer affordable compared to private one-on-one personal training sessions!

Contact Natalia and Bill today!

**FIT BODY BOOT CAMP
400 COMMONS WAY #238
BRIDGEWATER, NJ, 08807**

(908) 864-0082

nbk@bridgewaterfitbody.com
<https://www.fitbodybootcamp.com/bridgewaterfitnessbootcamp/>



Bridgewater Township Achieves Sustainable Jersey Certification



Bridgewater has, once again, met the rigorous requirements to achieve Sustainable Jersey re-certification. Bridgewater Township is one of 53 towns that have attained certification in 2018 and was honored at the [Sustainable Jersey awards luncheon](#) on Tuesday, November 13th during the New Jersey League of Municipalities Conference. Kristen Schiro, Director of Human Services, representing Mayor Hayes, along with Council President Rose and Councilman Kurdyla accepted the award on behalf of the Township.

"The award is recognition of our community's commitment to a sustainable lifestyle. I want to thank our committee members, staff, and residents for their efforts."
Mayor Hayes

To become Sustainable Jersey certified, Bridgewater submitted documentation to show it had

completed a balance of the required sustainability actions, meeting a minimum of 150 action points. In addition to reaching 150 points, each certified community had to create a green team and select at least 2 out of 12 priority action options.

"Congratulations to the municipal staff, green team volunteers and community members who have worked hard to achieve Sustainable Jersey certification," said Randy Solomon, the executive director of Sustainable Jersey. "The Sustainable Jersey certified towns demonstrate leadership and are a testament to how much we can accomplish toward the long-term goal of a sustainable New Jersey." Certified towns excelled in areas such as improving energy efficiency and health and wellness, reducing waste, sustaining local economies, protecting natural resources and advancing the arts. Collectively, the 448 participating Sustainable Jersey towns are a powerful force in New Jersey.

Bridgewater Township Holds 5th Annual Township Diwali Celebration

Bridgewater Township, in conjunction with the Somerset County Library System held a Diwali Celebration November 3rd at the Bridgewater Township Library Branch.

Diwali, broadly known as the festival of lights, is the greatest Hindu festival celebrated all over India and abroad every autumn. Diwali symbolizes the spiritual "victory of light over darkness, good over evil and knowledge over ignorance."

The Diwali Celebration featured a puppet show, crafts, dances by the Bhaarat Nritya Academy, and authentic Indian food tastings.

The Bridgewater Library and Rekha Srinivasan accepted a proclamation commemorating the Diwali Celebration on behalf of the Library and dance performers.





Bridgewater Township Observes Fire Prevention Month



Above: Photos from the Annual Township Fire Company Inspection Competition

LOOK LISTEN & LEARN!

This year's fire prevention theme is **LOOK LISTEN & LEARN**.

LOOK for fire safety hazards around your home
LISTEN for the sound of a smoke & carbon monoxide alarm
LEARN two ways out of a room to escape a fire.

As the months get colder homeowners should:

- have heating appliances serviced and inspected as well as venting components
 - maintain clearance around any heating appliances such as portable heaters, furnaces, boilers, water heaters, 3 ft in area is recommended.
 - follow manufacturer's recommendations for clearances around a wood fired fireplace, stove, pellet stove or gas fired appliance.
 - have chimneys cleaned and inspected by a chimney service company
 - when disposing of ashes, use a metal can with a tight fitting lid. Never dispose into a plastic garbage can in the yard near anything combustible
 - smoking materials should be disposed of into appropriate non combustible ash trays, never dispose of cigarettes into mulch or near plants including potted plants. Take care of smoking on balconies or decks of private homes.
 - if using a portable electric heater, plug appliance directly to an outlet, never an extension cord.
- Follow manufacturer's requirements for clearance requirements
- never leave the room with a lit candle or near an open window or breeze with anything combustible nearby.

- replace smoke alarms after 10 years, Replace Carbon Monoxide alarms after 5 years.
- never replace a hardwired interconnected smoke alarm with a battery one, they should be replaced like for like.
- never store or place anything on top of the stove or in the oven that is not rated for cooking, such as boxes, papers, purses, or other combustible materials.
- a fire extinguisher shall be installed in the basement, garage and in the kitchen. Fire Extinguishers are required by the state of NJ to be installed in the kitchen prior to a resale or rental.
- Dial 911 to report any type of fire including prior to attempting to use a fire extinguisher, always keep your back to an exit if using a fire extinguisher. Remember PASS, Pull, Aim, Squeeze the handle, Sweep the nozzle at the base of the fire.

Home Fire Safety and FREE Smoke Alarm Installation Event in Bradley Gardens Fire District

On October 27, 2018, volunteers with the Red Cross and Bradley Gardens Fire Company went door-to-door in Bradley Gardens neighborhoods offering free smoke alarm installations to residents.

Volunteers also distributed fire safety information and talked to families about what they can do now to be prepared should a fire break out in their home.

Mayor Hayes thanks the Bradley Gardens Volunteer Fire Company and the American Red Cross for their door to door effort in installing 89 smoke detectors throughout their fire district.



Mayor Hayes Welcomes BRAVO! Group Services to Bridgewater Township

BRAVO! Group Services, one of the largest, privately held facility support companies in the country recently relocated over 50 employees to Bridgewater Township. Mayor Hayes was honored to join Founder, President, and CEO Karen Martinez and the team for their Ribbon Cutting Ceremony, and officially welcome them to their new home.

BRAVO! provides fully-integrated facility support solutions including janitorial, healthcare EVS, mechanical maintenance, electrical contracting, mailroom support and additional facility support and outsourcing activities. The Company is headquartered in Green Brook, NJ and operates branch offices in Arlington, VA, Raleigh, NC, Bentonville, AR and New Castle, DE.

"I am delighted Ms. Martinez and her team chose Bridgewater for their new headquarters. Their dedication to excellence in customer service will surely fuel their continued success. Welcome to our town!"

Mayor Hayes



The Center for Great Expectations offers a New Program to help Pregnant and Parenting Women with Opioid Use Disorder

The Center for Great Expectations' new S.T.A.R.T. Program is available for referrals to its services to Somerset, Middlesex and Hunterdon County residents. S.T.A.R.T. (Substance use disorder, Trauma, Assessment, Referrals and Treatment) offers free, in-home services, breaking through barriers to treatment for opioid-using pregnant and parenting women in New Jersey. The program is the newest offering for the Center for Great Expectations (CGE) as it fills its mission to offer a safe place, safe presence and a safe path to pregnant and parenting women dealing with substance use/mental health disorders. S.T.A.R.T. will allow CGE to expand its continuum of care to its clients as they progress in their recovery.

S.T.A.R.T. offers assessment, referrals, and in-home therapeutic and counseling services. Clients receive assistance securing placement in residential or outpatient treatment as well as support to ensure that basic needs are met while clients wait for an opening at a facility, a process which may take months. Transportation, substance use education, emotional regulation, parenting skills, and case management are offered to help clients gain or maintain stability as they await treatment.

Clients enrolled S.T.A.R.T.'s in-home program will have as many as three counseling sessions per week. Each client works with a Substance Use Clinician, a Parent-Infant Mental Health Counselor, and a Case Manager. Parent-Infant Mental Health is a therapeutic approach with aims to end the intergenerational cycle of substance use. Treatment includes creating healthy attachment between mother and child,



Funded by a grant thought the NJ Department of Health, this program is offered free of charge with no insurance requirement.

For more information or to refer, please call Carolyn Flynn, Program Manager at (732) 434-8577 or email cflynn@cge-nj.org. About The Center for Great Expectations: CGE currently provides a Continuum of Care that includes: Two Residential Treatment Centers with an on-site Child Development Center, Katy's Place. Roots to Recovery, an Intensive Outpatient Treatment Program. Permanent Supportive Housing for women recently completing substance use recovery treatment and are at risk of homelessness. The S.T.A.R.T program is the latest additions to our continuum of care. CGE's organizational Nurtured Heart Approach® provides a safe environment for each client to individually benefit from an innovative treatment modality that combines trauma-informed care and Parent-Infant Mental Health, for the best possible outcomes for both parent and child. With this enhancement of trauma-

addressing the effect of substance use on the child's development, and increasing caretaking and parenting capacities. For children who have experienced trauma, child-parent psychotherapy is also offered. All treatment is trauma-informed, focusing not only on reducing symptoms but on addressing trauma that often lies at the root of addiction.

informed services, CGE continues its commitment to "breaking the cycle" of trauma, addiction and homelessness. CGE is one of 80 members of the National Child Trauma Stress Network (NCTSN).



Mayor Hayes is happy announce that the Somerset County Library System of New Jersey (SCLSNJ) is now an officially designated passport application acceptance facility.

Services are offered on a first-come, first-served basis during the hours posted below. No appointment necessary.

He would like to thank the Bridgewater Library Advisory and the Somerset County Library Commission for working together to offer this valuable service to our residents.

For Passport processing hours at the Bridgewater branch and more information [click here](#).

STAY CONNECTED

