

## Adopt a Highway

As many of you know, the Central Jersey Sewa International chapter has adopted a 2.5 mile stretch of the highway Route 27 along Metuchen. The clean-ups are performed every quarter, and 3rd quarter clean-up was conducted on September 18th. All the leads above 16 years and parent volunteers are eligible to participate in the clean-up. In addition, all the participants had to complete a 10-minute online video training on highway safety. This activity is a great way to help maintain part of a busy highway neat & clean. About 24 leads and parent volunteers have taken part in the 3rd quarter clean-up activity, spending about ~3.5 hours and collected 6-7 bags of garbage & recyclable materials.



## Run for Dad

On September 25th, the Central Jersey Sewa volunteers helped at the **Run for Dad** event held at Veterans Park, Hamilton, NJ. The American Cancer Society organized this 5K Run & 2K Walk event to educate men about the dangers of prostate cancer and the importance of screening. About 150 people took part in the run this year. The Sewa volunteers helped with T-shirt distribution, directing, parking help & cheering the participants.



### Chapter Highlights

- ❖ Adopt a Highway
- ❖ Run for Dad
- ❖ Sewa Meals

### Center Highlights

- ❖ Om 5K Walk & Run
- ❖ Garden Activities
- ❖ Somerset Bake Sale
- ❖ Harvest Fest
- ❖ Community Clean Up

### Volunteer(s) Spotlight



Vimala Akkala ji is an active Sewa volunteer from our Edison center and has also initiated the boat Building project with LRWP. During peak COVID-19 outbreak, she and her son Anish helped make more than 100 masks. Vimala ji was also been a key volunteer in other projects such as the Ozanam Homeless Shelter food drives, the KKWC Garden , and the Mother's Day Flower sale. Beyond events, Vimala ji also looks into Central Jersey chapter's finance/accounts. Vimala ji is passionate gardner and also takes care for 2 beautiful parakeets at her home. Sewa family highly appreciates Vimala ji's extraordinary contribution to the CNJ chapter.

## Sewa Meals

Somerset Leads came together to make yet another meal of 50 delicious burrito bowls distributed to homeless people at United Methodist Church, New Brunswick. The burrito bowl was a savory combination of Mexican Rice, Pinto Beans, Sauteed Veggies, Sour Cream, Salsa, Cheese, and Chips. Thank you, Simha Family, for sponsoring this meal to celebrate their friend's birthday.



**Chesterfield** Leads delivered 140 meals to the Westminster Presbyterian Church in Trenton. The meals consisted of a veggie burrito bowl, tortilla chips and brownies. This meal was sponsored by

- Ankith Keshireddy (Lead Volunteer)
- Nanditha & Vamshidhar Tadisina
- Manju & Kannian Murali
- Shilpa & Mukul Rathi (State Farm)

We would like to specially recognize Ankith Keshireddy, a lead & high school senior, who generously donated his earnings from teaching tennis in the summer. Indeed, it is heart-warming to see the younger generation thinking about helping families in need.



Monroe leads prepared and delivered about 60 meals and six kid's meals on September 12th (sponsored by Seema Ji) and on September 26th (sponsored by Snehal Ji) to the Union Methodist Church at New Brunswick, NJ.



Monroe volunteers tried their hands to prepare a few new items such as Vegetable pulao, Cold sandwiches with capsicum, carrots, cream cheese, mayo, chickpea salad, and coconut burfis. Apart from this, volunteers prepared kids' brown bag meals consisting of grilled cheese, baby carrots, cookies, fruits, and a juice box. The church volunteers provided positive feedback regarding the quantity and the taste of the food provided.





### Om 5K Run

Monroe leads and parents played an important role in supporting the 4th Annual Om Memorial Run and walk event hosted by Om Foundation and participated by 650 plus runners. In addition, our volunteers contributed to pre-event setup & rehearsals; during the event, cheering runners & walkers, providing water, and post-event takedown.

Om Parikh's battle against cancer and his positivity amidst adversity is close to many Monroe residents' hearts. The Om foundation supports pediatric cancer research at Robert Wood Johnson and Rutgers cancer institute of New Jersey. Our Monroe center was happy to help a tremendous event where people from all aspects of life came forward to participate.

This month's newsletter contributor Avaneesh Subramanyan interviewed Dr. Prakash Parab Ji, who orchestrated the event for four years, about the event and our participation. The full interview can be viewed - <https://drive.google.com/file/d/1zf5O2pRm5JgOqJlk-l6muFWbBikeOpPn/view?usp=sharing>



### Garden Activities

**Kiddie Keep Well Summer Camp (KKWC) Garden** Our Edison leads were able to harvest yet another crop this month of the fresh produce grown and cared by then throughout the summer. Jyothi Ji who donated soil for the KKWC garden was presented with a Thank you note and some of the fresh vegetables that was harvest from the KKWC garden.

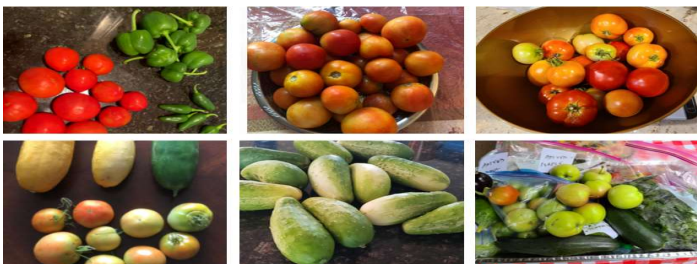




**West Windsor Art Center (WWAC)** Our Monroe leads have been maintaining the WWAC lawn since May and tirelessly continue to do so bi-monthly on Sunday mornings. Leads have been weeding and raking flowerbeds, removing invasive and parasitic plants, redistributing mulch, and so much more. They have maintained this garden for the past 5 months and have done an outstanding job keeping it looking beautiful.



**Container Garden** Our Monroe leads have taken their passion for gardening to yet another level by starting container garden this summer. They have been donating the produce the Monroe Pantry, Marlboro Community Garden Supported Pantry and have been using some of the produce in the Sewa meals preparation. The leads donated a total of 50 lbs. in the month of August and September.



**Marlboro Garden SEWA Volunteers** had another eventful month volunteering at the Marlboro community garden. Apart from mulching, composting, and weeding, the leads cleaned up garden beds. In addition, Avaneesh Subramanian had an opportunity to have a question-and-answer session with Ms. Ellen Simonetti, who manages and runs the garden with her husband, Mr. Robert Simonetti.

Full Q & A - [https://drive.google.com/file/d/1ush\\_eDT9kUtlbeYkeN5PSMd9HHE72SyY/view?usp=sharing](https://drive.google.com/file/d/1ush_eDT9kUtlbeYkeN5PSMd9HHE72SyY/view?usp=sharing)

*"I love the company of the SEWA volunteers. I truly appreciate all their work to help me keep the garden running smoothly for the members. However, the thing I most cherish is your attitude of generous and humble assistance. No job is too demanding or too menial that you guys do not attack it with sincere effort."* - Ellen Simonetti.



### Somerset Bake Sale – Fundraiser

Our Somerset leads baked cookies as a fundraiser for their Sewa projects SAC & SHE projects. The leads designed an attractive flyer, distributed them among friends & family, and got pre-orders to support the good cause. Following an online recipe, they spent their Saturday morning baking a total of 57 cookies and then spent the rest of Sunday distributing them to families who had ordered. Our leads, yet another time, demonstrated their leadership skills and compassion in giving back to the community.





## Harvest Fest

On September 25th, the Chesterfield Leads helped set up and tear down the annual **Harvest Fest** in Chesterfield Township. They decorated the venue from 8 AM with pumpkins, hay, mums, and cornstalks. Leads helped with the Pumpkin painting activity and helped the Green Team at their booth. There were about ~35 vendors at the booth & our leads helped many vendors unload their merchandise & carried them to their stalls. Leads also managed the Sewa booth, where they conducted varieties of fun games, including a recycling knowledge game & Chesterfield Wheel of Fun. Leads also showcased significant projects done in the neighborhood throughout the year & explained them to the residents. It was indeed a very successful and fun project for the leads.



## Community Clean Ups

**Croft Farm Cleanup** - Cherry Hill leads Raghav and Dinesh made time out of their rigorous schedules to give back to our community by helping maintain the various trails around Croft Farms. In addition, they helped clip and prune any overgrown bushes and trees that were overgrowing onto the trail; this helps keep the stability over the gravel path and prevents any morning walkers from getting injured. Overall, the SEWA Cherryhill Center has become part of the Croft Farm community and regularly frequents them to ensure the well-being of the farm.

**Community Clean Up** - Our Cherry Hill leads grabbed an opportunity to clean up their local communities starting this month through the end of November. Cleaning the environment and the areas around us are just as important as our health, and leads are taking steps to ensure that their local communities are healthy. Leads Raghav and Tanay started this month cleaning up trash such as junk, food, and old bags, and recyclables such as cans, bottles, and paper in their communities and public areas. LEADS encouraged everyone to participate in cleaning their communities for the benefit of the environment.



## Produce Delivery

15+ boxes of assorted produce (including potatoes, tomatoes, eggplant, green leaves, etc....) were delivered to Rise Food Pantry in Hightstown that Honey Brook Farm donated. Sewa family is grateful for their continued generous donation. The Central Jersey Chapter is now closely working with the local farms to transport some of the products that cannot be sold (such as excess and other medium quality produce) to needy food banks. Thanks to our parent volunteer Arathi Krishnakumar for taking some time out on the busy Ganesh Chaturthi festive day to drop off the produce to "Rise Food Pantry", Hightstown NJ. Additionally, 15+ boxes of assorted produce was delivered to Radha Gopinath Temple, Edison.



## Radha Krishna Temple

On September 12th, 2021, four of our Edison leads helped clean Radha Krishna Gopinath temple and created a clean & present environment for the devotees. As always, the temple administration was very thankful for our leads efforts.



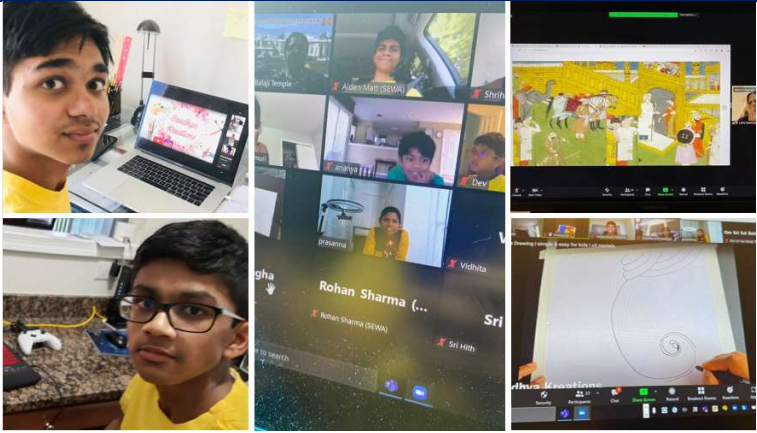
## Balaji Temple Activities

In August, our Monroe leads initiated a new project to assist Balaji temple in Monroe with maintaining their garden, helping with zoom calls, and distributing flyers. The temple offers various devotional activities virtually via zoom. Sewa volunteers have been providing zoom support for various temple events such as Janmashtami, Varalakshmi Pooja, children's activities such as shlokas, art, storytelling, etc. Zoom support by our volunteers involved:

- Admitting attendees.
- Looking out for intruders.
- Muting loud attendees.
- A few other admin activities.

Leads were at the temple to water plants and removed weeds in the temple premises. Leads also assisted with packing up two thousand flyers consisting of calendar and temple events. Later these flyers were mailed to residents of Monroe township.





**Metuchen Environmental Commission Booth at Metuchen Farmer’s Market**

On September 11th, Metuchen Environmental Commission put up a stall in Metuchen Farmers Market to raise awareness of the upcoming plastic ban in NJ (May 2022). Leads assisted in distributing flyers, educating the people about the potential harm of using plastic, and emphasized the need to stop using plastic. Sewa also give away 125 Eco-Friendly Reusable cotton bags for groceries. The Metuchen Environmental Commission highly appreciated our contribution.



### Upcoming Events

- ❖ Sewa Diwali Food Drive
- ❖ AttachAvi Autism Foundation partnership program
- ❖ Fall Cleanups
- ❖ Produce Harvesting
- ❖ Sewa Meals

### Newsletter Team

- ❖ Adithiya G Karthik
- ❖ Avaneesh Subramanyan
- ❖ Vinay Laroia
- ❖ Anisha Pavani
- ❖ Sanketh Kamath
- ❖ Tanay Durg
- ❖ Rijul Verma
- ❖ Sidharth Ponram
- ❖ Thainesh K
- ❖ Manas Gupta
- ❖ Chahel Kumar
- ❖ Sreeya Kavuri
- ❖ Anish Akkala

### Communication Channels

Please visit our chapter website and follow-on Twitter, Facebook & Instagram

**Web:** <https://Sewausa.org/central-jersey-chapter>

**Twitter:** @JerseySewa

**FB:** @JerseySewa or Sewa Central Jersey

**Instagram:** centraljerseysewa

**Email:**  
CentralJersey.Sewa@gmail.com

**Helpline:** 702. 900.SEWA