



NEWSLETTER

Sewa International - New Jersey & New York

North Jersey Sewa: Troy Park Service

Parsippany NJ, July 13th 2019



Old Troy Park service and family picnic attendance was around 80 people, including LEADs. Park officials Kevin and John thanked us for completing all the work given to us. It was very interesting to know about the mission of Rambhau Mhalgi Prabhodhini institution. Thanks to all participants.



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July 13, 2019

Sewa International
North Jersey Chapter
Old Troy County Park
Parsippany, NJ

On behalf of the Morris County Park Commission, I would like to thank Sewa International for their community service efforts and cleanup at Old Troy County Park in Parsippany, NJ on July 13, 2019. For a third year in a row over 50 Sewa volunteers gave freely of themselves in the spirit of community improvement and community involvement. These repeated actions have instilled a sense of identity and pride in your organization that was evident throughout the day. Please thank all who participated and the entire North Jersey Chapter of Sewa International for your day of service! I look forward to continued success and cooperation in the future.

With Gratitude,

Kevin Todé
Manager of Park Maintenance
Morris County Park Commission

Central Jersey Sewa: LEAD - Federal Reserve Visit



New York NY, July 22nd 2019

LEADS had an amazing opportunity to visit the Federal Reserve in New York, where LEADS were able to learn about not only the Federal Government, but also basic money procedures. A tour, provided by the hosts themselves, taught the LEADS many valuable lessons and ideas, such as how to handle money and the significance of each and every bill. LEADS also learned about how the government deals with money, from transferring money to storing and keeping it safe. Furthermore, this trip encouraged LEADS to think about the big picture and where money comes from and goes. It provided a great chance for LEADS to not only become more aware of their surroundings, but also aware of the amazing leaders in the Federal Reserve Board, who help keep economic balance. LEADS also had the chance to look at real money stored in vaults, which is an experience of a life time! Overall, the LEADS had an amazing time, full of fun and knowledge!

North Jersey Sewa: Parsippany Plastic Bag Ban initiative and Recycling Service by LEADs

July 7th & 16th, Parsippany NJ

Parsippany Single use Plastic Bag Ban: Council Vice President Janice McCarthy, who spearheaded the ordinance with the Parsippany-Troy Hills Environmental Committee said “I am thankful for great support this effort received



from the Environmental Advisory Committee, ANJEC, **Sewa** International, their volunteers and hundreds of residents that recognize the importance of this issue and understand that the ever increasing use of plastic is out of control as well as how it impacts our environment and health.

On July 7th some of the LEADs provided service at Haridham. Specially collecting the recyclable plastic bottles.



North Jersey Sewa: LEAD activities

North Jersey, July 2019.

Sewa LEADs have volunteered at Habitat For Humanity. Habitat For Humanity is a non-profit organization, Through volunteer labor and donations of money and materials, Morris Habitat builds and rehabilitates houses in partnership with families in need. This happens in Succasunna and Randolph locations.



In this Year's Parsippany iMela LEADs started the ceremony with American & Indian National anthems. LEADs managed 2 Game booths, 1 outreach booth with tattoo and face painting.

Like last 2 years LEADs participated in 3 doctors foundation walkathon at Seaton Hall university. Doctors gave motivational speech to our LEADs.



Central Jersey Sewa: LEAD activities

Chesterfield, Edison & Monroe NJ, July 2019

Speaker Series #1 - with Bordertown Deputy Mayor Mr. Fuzy

The Deputy Mayor Mr. Fuzy is an Entomologist, shared his vast knowledge on insects, plants, animals, and career decisions. The leads were engaged and loved the speech. He also spoke about his childhood, life experiences & job opportunities. With Mr. Fuzy's career knowledge, the leads learned a lot about how to pick a job and choose colleges. 33 LEADs attended the event.



CPR Training



LEADs had basic CPR session with instructors. At the end of the hour-long session, all of the 30 LEADs got a grasp on CPR and passed the dummy exam. In addition to this, they also learned how to use some medical devices.

Sewa Kids Camp at Chesterfield

The Chesterfield Sewa LEADs organized a unique day camp for kids ages 5 - 12.

Number of Campers
Games, Yoga, Crafts,
(Soccer, Kickball) &
planning starting
date, designing the
activities done by
response to the camp and pledges for Sponsor a Child.



(5 - 12 Yrs): 51 kids Activities:
Stories, Trivia, Karate, Sports
Project Exhibition. All
from the selection of camp
flyer, promotional video,
Sewa LEADs. We got a great



Hackathon

The Hackathon was an event held at the CODie center on July 13 and 14th, where Sewa LEADs were able to showcase their talent and energy to younger students through coding. The LEADs taught some students how to use some of the softwares, like scratch, and did several activity cards on the site. During the day of the Hackathon, the logistics team and the “tutors” worked together to create a fun and memorable experience for the students. Everyone learned many new things and had a great time coding



Radha Gopinath Temple

It's a greater blessing when you get a chance to help and make the temple (mandir) beautiful and express its true and shiny colors. Our Sewa leads went to Radha Gopinath Temple and got a chance to explore and clean the temple and make it more elegant. For the first part, the Sewa LEADs were cleaning the kitchen. Scrubbing walls and sinks, removing every stain and layer of dust and sweeping with the best of their ability, the temple kitchen was gleaming. In the aftermath the LEADs were tired but their strength, stamina, the ability to organize was seen through their hard work done in Radha Gopinath Temple.

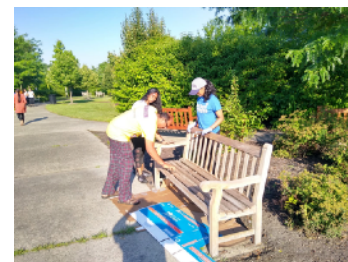
Central Jersey Sewa: On-going Service Projects

Central Jersey, July 2019

Bench Restoration



One unique project that the Chesterfield SEWA group has taken up is restoring the benches in the community. These 80 benches were in bad condition, dirty and an eyesore. So, the SEWA group decided to fix this problem by sanding and staining the benches.



It is very labor-inducing and takes about 6 hours per bench. About 30 Sewa volunteers have been working on this. Sewa has received a lot of praise and applause for their work by the local community and government body.

Beaver Project

In the Chesterfield community, many trees started being taken down and eaten. This was because of the beavers who had swum upstream and settled in the basin. NJ laws didn't allow for the trapping and

moving of beavers, so it seemed like the only solution was to kill them. The problem was that once the beavers were killed, more would swim upstream and take their spots, creating a cycle of termination. This is where the Sewa group stepped in. With Nancy, the environment commission lead, the chapter set up a beaver management program. The Leads would check the trees that had been chewed, wrap them with a metal fence, and monitor Beaver activities. The program has so far been successful and the number of trees lost has steadily decreased. SEWA will continue with this program throughout the year.



SHOP GREEN T-Shirt - Workshop

Chesterfield Clean Communities conducted an exclusive workshop for SEWA volunteers on Monday, July 29th at 10 am at the Community Room at the Township Building. At the workshop, we learned how to make the shirts into bags. These bags will be distributed to residents at Annual Harvest Fest on Sept 28th. Sewa volunteers will help create as many bags as possible between now and the end of September.



Community Garden Volunteering

The Chesterfield Sewa team participated in preparing a community vegetable garden in Bordentown. The team got hands-on experience preparing the garden from scratch. The team worked on raking the ground, spreading compost, covering it with weed fabric, planting vegetables such as Tomatoes, Cucumbers, Beans & covering the area with hay. All the vegetables grown here will be given to the local soup kitchen. The entire project was started by the Deputy Mayor, Eugene Fuzy. After a few weeks, when produce started to grow, Sewa volunteers started picking the vegetables, clearing weeds, and watering plants. So far, the garden has produced about 125 pounds of veggies. # of Student Volunteers: 20 # of Parent Volunteers: 5

North Jersey Sewa: Soup Kitchen Donation

Morristown NJ, July 2019

North Jersey Volunteers dropped off July collection at adopted Morristown Soup Kitchen.



Upcoming Events:

Aug:

North Jersey: Annual Blood Drive on **Aug 11th** in Montville

North Jersey: Glen Rock Gurdwara visit, 9 AM to 1 PM on **Aug 18th**

North Jersey: "How to get good health" - a workshop by Dr. Prasad, 9 AM to 1 PM on **Aug 25th**

Sept:

North Jersey: Cricket for Sewa **Sept 7th, 14th & 15th**

Please add your self to North Jersey Volunteers WhatsApp group at following link-> <https://chat.whatsapp.com/oqAhEyU3v99DGfe5lV9pPf>

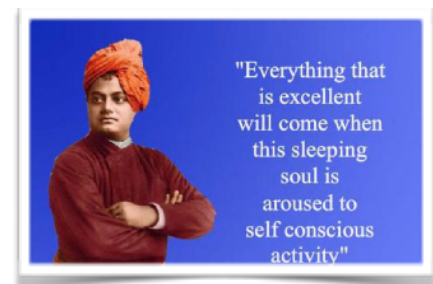
Please visit our chapter website, facebook and Instagram pages:

<https://sewausea.org/chapter/NorthJersey/NorthJersey-overview>

<https://www.facebook.com/SEWANorthNJ>

<https://www.instagram.com/sewanorthjersey>

This month's quotation:



"Everything that is excellent will come when this sleeping soul is aroused to self conscious activity"

Om Sarve Bhavantu Sukhinah