"The Boys of Summer" by Linda Meros - Art Workshop
Trips & Tours
Travel & Cruise Center
Celebrating Our 29th Year!!

✓ Certified Cruise Specialists
✓ European River Cruises
✓ Escorted & Independent Tours
✓ Disney Vacation Planner
✓ We Specialize in Groups, Family Reunions and Destination Weddings

Also voted Best of the Best Travel Agency 2007 through 2015

Business Hours
Monday to Friday: 9am to 5pm
Saturday & Evenings By Appointment

Come Visit Our Office !!
304 Union Ave / Hwy 71 Brielle
732-223-5565
Call Toll Free: 877-758-0235
President’s Message
By Ed Walz
President.cgl@comcast.net - 908-902-0240

Summer is around the corner, the flowers, trees and bushes are almost in full bloom. The heat is coming, Ah Summer. Enjoy!

I’d like to expand on what I wrote about last month…the water use and restrictions we abide by here in the Glen. The restrictions are mandated by either the state or the township and are meant to keep our water supply abundant.

Whether you have an inground sprinkler system or use a hand held hose or portable sprinkler, all of them are pulling from the same aquifer. The restrictions allow for those of us who have reseeded our lawns, put in new sod or to water newly planted flowers, trees or bushes. I stress ‘new or newly planted’ and even those do not require watering every day, twice a day or more. Most Americans overwater our lawns and plantings. All too often I see sprinkler systems watering while the rain is falling or in the middle of the afternoon. One is common sense not to water and the other is the worst time of day to be watering as the water attracts the sun and burns the lawns or plantings, thus defeating the purpose of watering.

I’ve been known to knock on doors with the water restrictions in hand to tell the violators to stop watering during the hours not listed in the restrictions. If I get no response, I leave the notice and follow up with another check around the same time. Many of our Board members do the same thing but we are not riding around 24/7 so we rely on you, the Stockholders and residents to report anyone in violation. You are our eyes and ears and your name will never be used when we contact anyone.

There are a few who water after sundown and think they are getting away with something, not so! We know who you are and if you continue to water in the off hours, expect a visit from someone on the Board and possibly a fine if you continue.

We all live here and must share the water supply, please abide by the rules.

Speaking for the Board of Directors, summer is here and enjoy the season with family and friends. Make the most of our sea shore beaches, boardwalks, and attractions. Enjoy those anticipated vacations for fun and relaxation. As we all are becoming more and more aware, time really does fly by the older we get.
At our stockholders meeting on Wednesday, May 15th, we remembered our residents who passed away in 2018. Members of the Board read off the following names:

Thomas Barnhart
Edward Engels
Lorraine Fastuca
Edward Hampson
Elizabeth Hellwig
Michael Lombardi
Marion McVeigh
Paul Presti
Barbara Smith
Patricia Tamburri
Jean Van Vliet
William Weiner

Jane Daggett
Anthony Fastuca
Joseph Gangi
Edward Heinis
Robert Lemongelo
Dorothy Lutz
Richard Myers
Arthur Schwab
Joanne Sternberg
Catherine Turner
Betty Vigorito
Emily Wiberg

A plaque was placed on the bench out front of West Hall with the following inscription: “In honor of all our deceased residents for the year 2018.”

Lorraine Hines
Board of Directors
Are you suffering from low back pain, herniated discs, or sciatica? MLS Laser Therapy is the cure you’ve been waiting for.

NorthEast Spine and Sports Medicine is pleased to be offering MLS Laser Therapy, an advanced, non-invasive, highly effective treatment for acute and chronic pain and inflammation.

Using breakthrough technology, MLS Laser Therapy is clinically effective for rapid relief of pain, inflammation, and swelling from a variety of conditions, including chronic back pain, sciatica, shoulder pain, arthritis, sports injuries, acute injuries and muscular/skeletal system trauma.

MLS Laser Therapy is painless and non-invasive. Many patients experience pain relief after 1 to 3 treatments. Each treatment takes an average of 8 minutes to complete. The average course of treatment is 7-10 sessions. Chronic pain and other conditions can be controlled with repeated, regular treatments.
Hoarding and Fire: Reducing the Risk

Do you have a person in your life who may be a hoarder? Hoarding is a condition where a person has persistent difficulty discarding personal possessions. The large amount of possessions fill the home and prevent the normal use of the space. Living space becomes cluttered. It may be unusable. Hoarding brings distress and emotional health concerns.

WHY HOARDING INCREASES FIRE RISKS
- Cooking is unsafe if flammable items are close to the stove or oven.
- Heating units may be too close to things that can burn. They might also be placed on unstable surfaces. If a heater tips over into a pile, it can cause a fire.
- Electrical wiring may be old or worn from the weight of piles. Pests could chew on wires. Damaged wires can start fires.
- Open flames from smoking materials or candles in a home with excess clutter are very dangerous.
- Blocked pathways and exits may hinder escape from a fire.

HOW HOARDING IMPACTS FIRST RESPONDERS
- Hoarding puts first responders in harm's way.
- Firefighters cannot move swiftly through a home filled with clutter.
- Responders can be trapped in a home when exits are blocked. They can be injured by objects falling from piles.
- The weight of the stored items, especially if water is added to put out a fire, can lead to building collapse.
- Fighting fires is very risky in a hoarding home. It is hard to enter the home to provide medical care. The clutter impedes the search and rescue of people and pets.

How Can You Help Reduce the Risk of Fire Injury

- When talking to a person who hoards, focus on safety rather than the clutter. Be empathetic. Match the person's language. If they call it hoarding, then you can call it hoarding.
- Help the residents make a home safety and escape plan. Stress the importance of clear pathways and exits. Practice the plan often. Exit routes may change as new items are brought into the home.
- Install working smoke alarms in the home. Test them at least once a month.
- Reach out to community resources. Talk to members of the fire department to alert them of your concerns. They may be able to connect you with members of a hoarding task force for additional help.

CRESTWOOD VILLAGE SIX
FIREWISE COMMUNITY

Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education ©NFPA 2016
Arts & Crafts

June is busting out all over, and so is creativity! So, why not come and share your ideas and talents with us, Mondays at 10 AM in West Hall. We're always looking for new ideas for crafts to work on.

We finished work on our tile coasters, did decorative magnets, and potpourri lamps. We've been getting great project ideas and are always looking for new members and ideas.

Come join us and be surprised!

Ken Zubrzycki, Secretary

Arts in the Glen

The annual Art Workshop spectacular show “Arts in the Glen” will be held on Sunday, June 9th in Lakeside Hall from 1:00 to 4:00 p.m.

Works in various media will be displayed and most will be for sale at modest prices.

A popular feature – the Community Painting Corner, invites all attending to take paintbrush in hand and add to the big painting on the Workshop's easel.

A free raffle will be held and the lucky winner will take home the Community Painting completed at last year's show.

Refreshments will be on hand.

For more information, please contact Gerri Richards 732-350-0997.

Also see our poster ad in this issue for details.

Yard/Garage Sale

Attention C.G.L. Residents:

August 24th……the first annual community-wide Yard/Garage Sale. Look for more information in the July issue of the Echoes to sign up for this event.

Your Board of Directors

FREE! BARBEQUE

Thursday, June 13th
11AM until 1PM

Call For More Information
732-341-6630

Silverwoods
1750 Route 37 West · Toms River, NJ

www.SilverwoodsSeniorLivingNJ.com
Tuesday Bowling

4/2/19
Men’s High Game
Anthony Vitelli 248
Ed Stillwell 234
Jake Klein 233
Ed Brown 224

Ladies’ High Game
Carol Nemeth 178
Maria Aiello 172

Men’s High Series
Anthony Vitelli 651
Ed Stillwell 594
Ed Brown 586
Jake Klein 551

4/9/19
Men’s High Game
Ed Brown 241
Anthony Vitelli 240
Ed Stillwell 191
Fred Fochesato 190

Ladies’ High Game
Martha Lundberg 179
Maria Aiello 160
Wendy Venanzini 154
Betty Negro 151

Men’s High Series
Anthony Vitelli 651
Ed Brown 573
Ed Stillwell 544

4/16/19
Men’s High Game
Ed Stillwell 238
Bob Freemyer 225
Jake Klein 191
Pete DeFelice 179

Ladies’ High Game
Maria Aiello 205

Men’s High Series
Ed Stillwell 696
Bob Freemyer 624
Jake Klein 550

4/30/19
Men’s High Game
Ed Stillwell 245
Anthony Vitelli 236
Ed Brown 208
Bob Freemyer 193

Ladies’ High Game
Betty Negro 171
Brenda Townley 141
Wendy Venanzini 140
Rosemarie Conroy 140

Men’s High Series
Ed Stillwell 641
Anthony Vitelli 613
Ed Brown 554
Bob Freemyer 528

Must present ad to receive discounts
Not to be combined with other offers or discounts. Expires 6/12/19

Ocean County’s Largest Flooring Outlet
All Floors Flooring Outlet
601 Rt. 72 East - Manahawkin 609.549.3146

Flag Day
June 14
Ocean County Historian to Speak on Tuesday, July 9

Tim Hart, Ocean County's historian, will present the program at the Tuesday, July 9 meeting of Common Goal at 7 pm in Lakeside Hall. The meeting is free and open to all Cedar Glen Lakes' stockholders. There will be complimentary coffee, tea and sweets.

Tim will brief us on the local history. If you are confused by the difference between Cedar Glen Lakes, Whiting, Manchester Township and Lakehurst, this is the meeting for you, as Tim will touch upon that subject in addition to the area history.

Before becoming Ocean County's key history person, Tim was active as a volunteer playing a significant role in the preservation of the Manahawkin Train Station, the Old Baptist Church, Cavalry Cottage and the Cedar Bridge Tavern.

He is the county's spokesperson for the Cultural and Heritage Commission, and represents the county at many regional and state organizations.

An attorney, Tim was graduated from Georgetown University and Rutgers Law School-Camden. He is the former director and is deputy director of the unique heritage Tuckerton Seaport.

All stockholders automatically are members of Common Goal. There are no dues. All monthly meetings, which are held from March to December, are free. Programs are held on alternate, odd months.
CEDAR GLEN LAKES WATER COMPANY
WATER CONSERVATION

The Department of Environmental Protection, Division of Water Resources controls the use of water in the State of New Jersey.

In order to adhere to their regulation of water conservation, Cedar Glen Lakes must control the use of water during the peak summer months.

Therefore, there will be NO watering of lawns, gardens, flowerbeds, or washing of cars except during the regulated period.

1. For the months of June, July, August and September, watering will be limited to a five hour period between the hours of 7:00 A.M. to 12:00 NOON OR 5:00 P.M. to 8:00 P.M. Starting on June 1, 2019.

2. The Odd-Even system will apply. That is: those houses with odd numbers will water on the odd calendar date; those houses with even numbers will water on the even calendar date. WHERE THERE ARE THIRTY-ONE (31) DAYS IN THE MONTH, NO WATERING WILL BE PERMITTED ON THE 31ST BY ANYONE.

For those individuals who violate this regulation, the matter will be referred to our Corporate Attorney for legal action.

We must try to conserve on water. Please cooperate and water only during your regulated period.

BOARD OF DIRECTORS
Common Goal

Hi Neighbors,

As previously announced in the May Echoes, we are selling tickets for the June 30th Bluegrass Concert. Please note the correction on the sales date.

Wednesday June 12 & 19 from 1-2 PM.....CHANGED

Again, the tickets are $5.00 pp and it is BYOB. However, we will have coffee & cake for you.

As a reminder of our Common Goal June events:
- Wednesday, June 19th – 90 Plus Luncheon. Please call Elfrieda Crisafi, 732-779-4804 or myself, 201-214-5072, with any questions or if you need tickets.
- Saturday, June 22nd is the Village Car Wash from 9-11 AM; cost is $7.00 for any vehicle. We will be in the parking lot next to the golf course. We can certainly use help with washing and drying the vehicles. If you are interested in helping, please call me.

What an exciting night April 13th turned out to be. We had our Karaoke Night with about 70 people.... some sang, some danced, AND ALL HAD A GREAT TIME. So much fun in fact, that a number of folks requested we do this event multiple times during the year. Stay tuned.

As always, please do not hesitate to call me with any questions, suggestions or concerns.

I love it when a plan comes together!

Vinnie G 201-214-5072

Movie Night

Thursday, June 13, 2019
Doors open 5 pm – Movie starts 6 pm
Comedy: "GRAND-DADDY DAY CARE"

Frank, a struggling writer, must take in his elderly father-in-law to live with the family. Frank decides to make the best of the situation by turning his home into a day care center for geriatrics.

Hilarity, as well as unexpected challenges and troubles, ensue as Frank tries to corral his father-in-law and other elderly visitors.

For sale: Sabrett hot dogs, chips, dessert, soda, water, unlimited coffee or tea, 50/50

** New items added to menu on a monthly basis**
If you have ever seen a field of sunflowers, I think you will agree that they are supreme in size and beauty. I have grown sunflowers many times over the years, and nothing beat the ones I grew in the Catskills. I witnessed their speedy growth as they reached out to the sun every day, and I was in awe. They would reach a height of 12 feet, and standing in the midst of them was like standing in a sunny forest of loveliness. Their beautiful buttery blooms were the epitome of summer. They attracted bees and butterflies as they stood guard with unbending strength, bowing in acquiescence in the fall as their seed was carried away by the birds heading south for the winter. They kept me company through the season, and stood in authority over the plants and flowers around them as they ruled in greatness and beauty. I could almost imagine them talking among themselves, a humorous mix of crossovers conversing. I am quite sure that sunflowers would have a sense of humor we can all relate to. Enjoy the banter, and the summer!
Health

We all want to stay healthy and independent as we age. Along with keeping our bodies healthy and in good shape, we want to keep our mind healthy too.

In April, we had our Brain Health Workshop; they told us how important it was to exercise at least 3 times a week for 15 to 30 minutes. We offer free exercise in West Hall 3 times a week, along with walking inside Lakeside Hall, Monday to Friday from 9 to 10 AM.

We are HAPPY to say we are in the process of turning the Red Room into an Exercise Room. We are hoping to have the Exercise Equipment up and working by the end of July. In next month’s Echo, we will have a waiver and the rules to use the Exercise Equipment.

Geri Soto

Walkers

Lakeside Hall
9:00 to 10:00 AM
Now: Monday, Tuesday, Wednesday, Thursday and Friday
Only when Hall isn’t being set up for an Event
4 to 5 days a week

CGL Exercise Group

Open to BOTH Men and Women
Come and join us every Monday, Wednesday and Friday 8:30 to 9:30 AM in West Hall
(½ Hour of Chair Exercises and ½ Hour of Aerobics)
No Charge
For More Info, Call: Gene Esposito 609-304-2160
Exercise helps lower your risk for Heart Attacks and Strokes.

Whiting, New Jersey: Whiting Pharmacy now carries Ananda Professional CBD products. The Ananda Professional product line was created exclusively for pharmacists. These CBD products are legal, safe and grown outdoors in Kentucky soil using a clean, all-natural process.

Ananda Professional continues the pioneering commitment of Ananda Hemp by bringing to market the first fully compliant and legal CBD oil product line created specifically for the needs of independent pharmacies and healthcare professionals.

Ananda Professional knows that pharmacists and their patients want products that are safe and effective. This exclusive professional line meets strict safety standards and features the same pharmaceutical grade full-spectrum cannabinoids brought to you by the creators of Ananda Hemp.

For healthcare professionals, we understand that meeting patients’ individual needs can be a challenge. That’s why we created different forms of delivery and varying strengths so that you can easily develop customized treatment plans. Ananda Professional CBD products are:

- **Legally compliant** – We comply with every state and law and proudly operate under the Farm Bill of 2014, the legislation that made industrial hemp legal.
- **Proprietary genetics** - We are the exclusive source of everything we grow, harvest and sell.
- **Highest quality products** – We continuously test our extracts using rigorous standards to ensure quality and consistency.

Full spectrum CBD helps restore your body’s natural balance, it has helped a lot of patient suffering from pain, anxiety, and sleep disorders.

Whiting Pharmacy has served our area of New Jersey since 2015. Our customers are the foundation to our business and we are here for you. We’re more than just a place to refill your prescription. We pride ourselves on the many services we offer to make your life just a little easier. Whether it’s for you or a loved one, our friendly and knowledgeable staff can answer questions ranging from prescription management to medication reviews or discussing ways to manage your health well-being. It’s the kind of service you should expect from your pharmacy. We are your pharmacy in Whiting.

200 Lacey Road Whiting, NJ 08759
Phone: 732-849-3141
Email: whitingpharmacy@gmail.com
ARTS in the GLEN

Annual Show

sponsored by

The Art Workshop

Cedar Glen Lakes - Lakeside Hall
Michigan Avenue, Whiting, NJ

Sunday, June 9, 2019

From 1 to 4 p.m.

And featuring...YOU

at the Community Painting Easel

Free Refreshments
Summer is upon us, and that means gardens need attention to watering and summer feeding. Keep in mind the odd-even watering restrictions; it is important to water on your designated day for approximately 20-30 minutes to get a good soaking, and preferably in the early morning. Those who have sprinklers can opt to bypass watering on rainy days and conserve water.

Remember to refrain from using pesticides, as these kill off the bee population. The honey bee is the most important insect in the food chain and their population has been declining. It is up to us to look toward the protection of their population. If a hive is found in or around a home, do not destroy it. Instead, call Busy Bees NJ {609-46S-4644} to remove and relocate it.

Our May meeting featured Susan Koller (Lakehurst) who gave an informative overview on the history of Lakehurst, as we entered into the Memorial Day celebrations. Sharing the history and memories of our heroes and patriots is the best way to keep their memory alive.

May also hosted our Flea Market...could not have pulled it off without the volunteers who donated, worked tables, sold refreshments, and anything else needed. That’s called “good old friends”. Thanks again, ladies…

Tickets will be on sale for the July 13 Tea Party, starting at the May 20 club meeting, 7 PM. See our advertisement in this Echoes for details.

Submitted by, Maria Vanderbilt

Cedar Glen Lakes

Health Closet

Cedar Glen Lakes has a loan closet of medical equipment (including wheelchairs, walkers, commodes and shower seats). Check with the office staff for availability.

Sue Koller, Coordinator
**ALL PUBLICITY FOR THE JULY **ECHOES IS DUE BY NOON TODAY!!!**

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2 – 4 pm Arts in the Glen Show – Lakeside

9 am The Walkers – Lakeside
10 am Arts & Crafts - West
6 pm Security Patrol - West

9 am The Walkers – Lakeside
1 pm Ladies of the Lakes – West
6:30 pm Fire Wise – Lakeside

8:30 am Exercise – West
9 am The Walkers – Lakeside
10 am Arts & Crafts - West

9 am The Walkers – Lakeside
1 pm Ladies of the Lakes – West

8:30 am Exercise – West
9 am The Walkers – Lakeside
1 pm Ladies of the Lakes – West

8:30 am Exercise – West
9 am The Walkers – Lakeside
1 pm Ladies of the Lakes – West
3 pm Board of Directors Open Mtg.

1 – 4 pm Arts in the Glen Show – Lakeside

2 – 3:30 pm Blue Grass Band Concert – Lakeside

2 – 3:30 pm Blue Grass Band Concert – Lakeside

8:30 am Exercise – West
9 am The Walkers – Lakeside
10 am Arts & Crafts - West
### June 2019

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<td>CGL Leaf &amp; Brush Pickup</td>
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<td>RECYCLING</td>
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**ALL PUBLICITY FOR THE JULY ECHOES IS DUE BY NOON ON JUNE 5TH**
Come and join us with our Common Goal and Honor our 90+ Residents at their Luncheon Wednesday June 19, 2019 from 12 - 3pm in Lakeside Hall

Tickets for Guest: $25 pp

For more Info call Elfriede Crisafi at 732-779-4804
**Library News**

The quarterly library meeting is on Wednesday, June 5th, 2019 at 9:30 am, in the Red Room. We hope to see a majority of our members attend.

We've had several new people join our volunteer librarians. We can always use more. If you're interested, please leave your name and number with the librarian on duty, or you can call Elizabeth at 732-849-5665, or JoAnn at 732-350-8138.

We have had several newer books donated again, which is great. You'll find them on the 'new book island', with the large print books on the back side.

We're hoping to purchase several new books over the summer. We'll be checking the 'Times Best Seller List', as well as looking at our CGL Readers Club for the books they've read and given the highest ratings. If you have any suggestions, please drop the title and author in the suggestion box in the library, and we'll take it into consideration.

June's displays will be:

In the case: Danish Blue Porcelain Dog Plates from Carol Cook's collection

On the wall: Beautiful quilts from the Piecemakers

The library is open daily, 9:30 am till Noon and additionally, on Wednesdays in the afternoon from 1:00 pm till 3:00 pm.

Come & See!

**QUOTE OF THE MONTH**

"No matter how busy you may think you are, you must find time for reading, or surrender yourself to self-chosen ignorance." - Confucius
Cedar Glen Lakes Garden Club's
Annual
Tea Party & Gift Auction
This year's theme is
FREEDOM TEA FOR YOU & ME
By Anita Bocan

July 13, 2019
$20.00 per ticket
Doors open at 11:30    Lunch served at 12:30
SANDWICHES, DESSERTS & TEA
Bring your tea cup and join in on the
HAT CONTEST
Ticket sales started at the May 20th Garden Club meeting
Any questions
call Sunny Peclet at 732-319-6025
Common Goal
Memorials and Donations

Common Goal acknowledges, with thanks, all donations and memorial gifts.

Memorials

IN MEMORY OF  DONOR
Al Agar   Patricia Mironowicz
Albert Agar  Lois Talarowski
Al Agar   Martha Barbarite
Albert Agar  Albert Fisher
Al Agar   Ray & Carole Nevin
Al Agar   Fred & Barbara Pagano
Al Agar   Frank & Cathy Gillissie
Ruth Carey   Art Workshop
Ruth Carey   Patricia Mironowicz
Lorraine Smith  Jennie Capehart
Lorraine Smith  Lois Talarowski
Lorraine Smith  Martha Barbarite
Lorraine Smith  Ray & Carole Nevin
Barbara Stuper  Gena Sicignano
Barbara Stuper  Carmen Rondinelli
Barbara Stuper  Henry Stuper
Barbara Stuper  Carmen Rondinelli
Barbara Stuper  Evelyn Agar
Barbara Stuper  Carmen Rondinelli
Barbara Stuper  John Palladino

Cedar Glen Lakes
Foundation, Inc.
Memorials and Donations

CGL Foundation, Inc. acknowledges, with thanks, all donations and memorial gifts.

Memorials

IN MEMORY OF  DONOR
Al Agar   Carmen Rondinelli
Al Agar   Henry Stuper
Helen Bacovcin  Virginia Schen
Dottie Lutz   Carmen Rondinelli
Lorraine Smith  Evelyn Agar
Barbara Stuper  Carmen Rondinelli
Barbara Stuper  John Palladino
Paper Gang

The Paper Gang of CGL collects your newspapers, catalogs and magazines. The monies collected from the paper items goes to the purchase of needed maintenance items and village special projects.

We ask that you bundle your newspapers, catalogs and magazines separately, and bring them to the Paper Trailer located in the rear of the clubhouse parking lot.

Please adhere to the posted sign outside of the trailer for allowable and non-allowable items that we collect. WE DO ACCEPT SHREDDED PAPER. Remember, the money we earn from the paper items will help to keep our maintenance fees down.

If you have any questions, please do not hesitate to call Vinnie G 201-214-5072.

Piecemakers

“June is busting out all over,” is how the old song goes. Our gals are busting out all over with wonderful, exciting ideas for our new projects.

One of our projects is to collect travel size soap, shampoo, hand lotion, toothpaste, etc. to be donated to a homeless shelter. We appreciate any donation you can contribute. Donations can be dropped off any Friday at West Hall from 10 – 2.

We continue to work on sewing projects for our fall sale and, of course, our personal quilting endeavors.

Mary Murdter
732-350-4023

Readers in the Glen

Every month we travel to other countries and cultures through books without leaving our homes.

The book for June is One in a Million Boy by Monica Wood, to be discussed at the July meeting on Wednesday, July 3rd. Yes, the meeting for July has been moved up to Wednesday because of the July 4th holiday. Same time - 6:30 in West Hall. Discussions are lively and entertaining. Books are distributed at the meetings.

Come join our friendly club!

Info – Call Karen Bence 732-716-4178 or Betty Culp 732-408-5514.
Security Patrol

When to dial 911 is a subject I would like to reiterate once again. Whenever you feel, or witness, someone who may be in immediate danger, dial 911 to reach the local police department. A 911 operator will access your call and proceed accordingly. The Security Patrol volunteers are not trained first responders like our police officers and paramedics.

Once again, I would like to remind you to always remember:
1. NEVER let a stranger in your home.
2. Always keep your house doors locked.
3. Keep your garage door closed when not in use.
4. Lock your car doors, day and night, when not garage kept.

If you do this as part of your daily routine, you will be in a safer place.

Did you know I'm known for two things, my incredible memory….and I forgot the other thing. If anyone knows what it is, please let me know.

The Security Patrol meets the second Monday of each month. Our next meeting is June 10th. Refreshments start at 6 pm, followed by our business meeting at 7 pm in West Hall. We are always looking for new members, so please feel free to join us.

I can't express enough the appreciation for those who volunteer their time to go out on patrol, those who behind the scene set everything in motion, and those who donate food at our meetings to the Whiting Food Pantry.

My final thought for the month:
Friends come and go, like the waves of the ocean, but true ones stay….like an octopus on your face.

Happy Father's Day
Patricia Mironowicz
Jerry Aiello, President

Single's Club

It was the time of Easter Week, so we had a small group of our members that went to the Movies. We saw Breakthrough; the movie was based on a true story. We had a very good luncheon at the Fortune Buffet.

We had two new Ladies join our Club. We welcome new members; why don't you stop by during our next meeting and see what's happening, it's possible you might like to join our small club. Get out and socialize.

Have a Great Summer – enjoy and be kind to one another.

Single's Club Vice President, Bob Lykes

Father’s Day

I just want to let you know
You mean the world to me
Only a heart as dear as yours
Would give so unselfishly
The many things you have done
All the times that you were there
Help me know deep down inside
How much you really care
Even though I might not say
I appreciate all you do
Richly blessed is now I feel
Having a father just like you

Jerry Aiello, President
**S.O.S.**

*Happy Father's Day*

There will be no June meeting. Our next meeting will be on September 19, 2019, at 10 AM in the Red Room.

The election of officers will be held at this meeting. Anyone interested in running for President, Vice President, Secretary or Treasurer, please give your name to either Mary Ellen (973-452-3734) or Virginia (732-716-9484). Your name will be put on the ballot.

We are also in need of someone who will handle replacements when a regular volunteer is in need of a substitute. In the meantime, you can call either Mary Ellen or Virginia.

We at S.O.S. will try to obtain rides for our clients to medical appointments and banks in the local area. Our shoppers will shop for necessities for homebound clients for no more than 10 items, using cash only. We ask for at least 4 days notice.

Office workers, please note: If a ride is unattainable, please ask the client to call again and also leave the information available for the next day’s volunteer.

We also welcome new volunteers; just stop by the S.O.S. office and leave your name and phone number. Someone will get back to you. We are in need of drivers.

The office is open Monday, Wednesday and Friday from 9:30 AM – 11:30 AM (except holidays and inclement weather). Our phone number is 732-350-7300.

**There is no charge for our service, however, donations are accepted.**

*Country Transportation Services:*

Ocean Ride 732-736-8989 (wheelchair accessibility) – Call Monday thru Friday 8:30 AM – 4:30 PM to schedule a ride 2 to 4 weeks in advance.

Manchester Senior Outreach 732-657-8121, Ext. 5002

Respectfully submitted,

*Virginia Stasinski*

---

Thank you to all my friends and neighbors for their cards, well wishes and in keeping me in your prayers during my recent heart surgery.

*Martha Lundberg*

---

**Thanks to S.O.S. Volunteers**

Many thanks & appreciation to Betty Negro, who drove me to my foot doctor appointments after my recent foot surgery, for helping me get groceries & picking up milk! I would like to thank Jim McCabe & James Hunter also for their help.

S.O.S. is such a vital & important part of our village, and were there when I needed help.

*Thanks ever so much,*

*Carolyn Tindall*

---

**Cedar Glen Lakes Travel**

A trip to the Tropicana Casino is scheduled for June 26th. The departure is 9:00 AM. The cost is $30.00 with a $25.00 slot credit. The sign-up date was May 23rd. Call Alan for seating and information at 1-908-910-6276.

We are going to the Golden Nugget Casino on July 31st. The sign-up date is June 27th. The cost is $30.00 with a $25.00 slot credit. Departure is 9:00 AM. Pat is the Leader, 1-732-716-1517.

The Wildwood Fabulous 50's Weekend Trip is October 10th to 14th, 2019 (5 days and 4 nights). The cost is $550.00/per person double or $670.00 single. The sign-up date is June 20th with a $175.00 deposit. Alan is the Leader. Call 1-908-910-6276. The final pay date is August 15th. Please see flyer for complete details. Cedar Glen Lakes Travel would like to thank you for traveling with us.
CEedar Glen Lakes
Presents:
Fabulous 50's Weekend
Wildwood

October 10 -14, 2019  5 Days & 4 Nights

Package Includes:
* Round Trip Motorcoach Transportation
* 4 Nights Deluxe Accommodations at: The Adventurer Ocean Front Hotel
* 4 Great Breakfasts at The Adventurer
* 4 Sumptuous Dinners Including:
  Little Italy, 2 Mile, Resorts Casino & Menz's
* Lunch at Adventurer Hotel The Day of Your Casino Visit
* 2 Amazing Concerts:
  * Friday Night 50's Record Hop
  * Saturday Street Fair Featuring Live Music, Classic Car Show, Doo-Wop Tour, Vendors, Food and Lots of Fun
* Saturday Night Rock N' Roll Party
* Cape May Trolley Tour
* Visit to Victorian Cape May on the Last Day
* Visit to Cool Scoops 50's Themed Ice Cream Parlor
* Visit to Exciting Resorts Casino En- Route Home
* All Taxes & Dinner Gratuities Are Included

Signup June 2024 With $145 Deposit
All this for Only:
$550.00 pp/double  $670.00 pp/single

For Information & Reservations
Call Alan Czaplinski @
908.910.6276

Not responsible for Lateness on either end

**Trip Assurance Protection Is Available for $25/PP**
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<table>
<thead>
<tr>
<th><strong>NEED COMPUTER HELP?</strong></th>
<th><strong>Paul A. Mason Home Improvements</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>CALL BOB WATSON - 732-240-3430</td>
<td>Vinyl Siding, Bathrooms, Basements</td>
</tr>
<tr>
<td>SERVING YOUR COMMUNITY FOR 10+ YRS</td>
<td>Painting, Sheds, Kitchens, Odd Jobs</td>
</tr>
<tr>
<td>MICROSOFT CERTIFIED</td>
<td>Free Estimates</td>
</tr>
<tr>
<td>30+YRS EXP.</td>
<td>Insured No Job Too Small</td>
</tr>
<tr>
<td>SETUP, REPAIRS, INSTRUCTION</td>
<td></td>
</tr>
<tr>
<td><strong>FREE ESTIMATE - NOT HAPPY - DON'T PAY!</strong></td>
<td><strong>NJREG HIC</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>EFFECTIVE JUNE 11, 2019</strong></th>
<th><strong>Lustre Clean Pro Dry Carpet Cleaning</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRISH’S HAIR SALON</strong></td>
<td>Voted Best of the Best by Asbury Park Press</td>
</tr>
<tr>
<td><strong>WILL OPEN 10:00 AM ON TUESDAYS, AND</strong></td>
<td>Imagine being able to walk on your carpets immediately!</td>
</tr>
<tr>
<td><strong>WELCOMES ADRIAN, HAIRSTYLIST AND</strong></td>
<td>Our price includes everything:</td>
</tr>
<tr>
<td><strong>MAKE-UP ARTIST, TO THEIR STAFF</strong></td>
<td>Soil Retardant, Deodorizing, Spot Cleaning</td>
</tr>
<tr>
<td>Crestwood Shopping Center</td>
<td>3 Areas $99, 4 Areas $129, Add’l Areas $29</td>
</tr>
<tr>
<td>550 Route 530, Suite 17B</td>
<td><strong>732-918-8035</strong></td>
</tr>
<tr>
<td><strong>848-227-3091</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Grout Master</strong></th>
<th><strong>Screen Repair</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GROUT REPAIR SERVICES</strong></td>
<td><strong>FREE ESTIMATES • PICK UP &amp; DELIVERY</strong></td>
</tr>
<tr>
<td>Complete <strong>Grout</strong> Cleaning &amp; Repairs</td>
<td><strong>JOHN GLASS</strong></td>
</tr>
<tr>
<td><strong>Grout Replacing &amp; Grout Staining</strong></td>
<td>CEDAR GLEN LAKES - 5A Utah Drive</td>
</tr>
<tr>
<td>Crestwood Shopping Center</td>
<td>WHITING, NJ 08759</td>
</tr>
<tr>
<td>550 Route 530, Suite 17B</td>
<td><strong>732-814-2106</strong></td>
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<td><strong>848-227-3091</strong></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Car Service</strong></th>
<th><strong>Stay At Home Pets</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Miscellaneous - Airports</strong></td>
<td><strong><a href="http://www.stayathomepets.org">www.stayathomepets.org</a></strong></td>
</tr>
<tr>
<td><strong>(732) 433 - 5694</strong></td>
<td>Dog Walking, Pet Sitting, Cat Care</td>
</tr>
<tr>
<td><strong>Senior Discounts</strong></td>
<td><strong>Free Meet and Greets</strong></td>
</tr>
<tr>
<td><strong>732-569-3974</strong></td>
<td>Ken &amp; Michelle Work</td>
</tr>
<tr>
<td></td>
<td><strong>732-350-9005</strong></td>
</tr>
<tr>
<td></td>
<td>Trusted, Reliable, Insured &amp; Bonded</td>
</tr>
<tr>
<td></td>
<td><strong>Retired Law Enforcement</strong></td>
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</tbody>
</table>
**Directory**

**Frustrated**  
With Your New Cell Phone?  
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*Help is in your neighborhood*  
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(Reasonable Service Fee)

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Volunteer Luncheon
Karaoke Night

Library Displays

Late Afternoon Gold Show
Last Saturday of the month
Join us at Cedar Glen Lakes
Doors open at noon
Bingo starts at 1pm
100 Michigan Ave
Lakeside Hall
Refreshments available.
Admission $2.00

2019 OCEAN COUNTY
SENIOR SERVICES
RESOURCE DIRECTORY AVAILABLE

Our new “RED” resource book for 2019 is now available at the Ocean County Office of Senior Services. The 72 page directory includes information on benefits, consumer protection, education, health services, housing, legal services, nutrition, outreach, recreation, social services, transportation and volunteer programs.

Please call for a copy of this new Resource Directory, 732-929-2091, 1-800-668-4899 (In State Only) or 1-877-222-3737. This 2019 Ocean County Office of Senior Services Resource Directory is also easily accessible on our website at www.co.ocean.nj.us, click on “Senior Services”, on the right side of the webpage, you will see “Consumer Resource Directory” as well as a variety of additional information and links to important services.
MANCHESTER TOWNSHIP
RECYCLING SCHEDULE FOR 2019
(GLASS BOTTLES, CANS, PLASTIC BOTTLES)

JANUARY 10 & 24
FEBRUARY 7 & 21
MARCH 7 & 21
APRIL 4 & 18
MAY 2 & 16 & 30
JUNE 13 & 27
JULY 11 & 25
AUGUST 8 & 22
SEPTEMBER 5 & 19
OCTOBER 3 & 17 & 31
NOVEMBER 14 & 30 (Sat.)
DECEMBER 12 & 26

* * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * *
PLEASE HAVE RECYCLABLES CURBSIDE ON THE NIGHT BEFORE YOUR SCHEDULED DAY IN THE PROPER CONTAINER (PLASTIC CONTAINERS PREFERRED)

DO NOT PLACE RECYCLABLES IN PAPER BAGS, PLASTIC BAGS OR CARDBOARD BOXES. PLEASE!!!!!!

CRUSHED (NOT TIED) CARDBOARD BOXES, 2’ X 2’ SQUARE, MAY BE PLACED AT CURBSIDE WITH YOUR RECYCLABLES.

MIXED PAPER, JUNK MAIL, MAGAZINES, USED WRITING PAPER, WHITE ENVELOPES & COMPUTER PAPER MUST BE PLACED IN A REUSABLE CONTAINER.

RECYCLING SERVICES PROVIDED BY: CENTRAL JERSEY - 1-609-771-8005

MANCHESTER TOWNSHIP BULK TRASH PICK-UP
THURSDAY, JANUARY 31 & TUESDAY, AUGUST 27

LEAF & BRUSH PICK-UP
THURSDAY, APRIL 18 & THURSDAY, NOVEMBER 7

LEAVES MUST BE PUT INTO UNTIED PLASTIC BAGS
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IF YOU HAVE ANY QUESTIONS, CALL MANCHESTER TOWNSHIP DEPT. OF PUBLIC WORKS AT 732-657-8121, EXT. 3300

PERMITS FOR MANCHESTER LANDFILL MAY BE OBTAINED AT TOWN HALL OR THE PUBLIC WORKS GARAGE ON ROUTE 70

!!!!!!! SAVE YOUR NEWSPAPERS & CATALOGS !!!!!!!!
THE PAPER GANG OF CEDAR GLEN LAKES WORKS VERY HARD TO SAVE YOU MONEY BY PURCHASING NECESSARY ITEMS SUCH AS TRUCKS, COPY MACHINE EQUIPMENT, SMALL TOOLS, ETC. THEY ASK YOU TO BUNDLE YOUR NEWSPAPERS & CATALOGS (SEPARATELY) & BRING THEM TO THE PAPER TRAILER PARKED IN THE REAR OF THE CLUBHOUSE PARKING LOT. REMEMBER, WHAT COMES IN THE NEWSPAPER CAN BE RECYCLED WITH THE PAPER.
The Law Office of
Theresa M. Simonson, Esq.
Areas of practice:

LAST WILL AND TESTAMENT
POWER OF ATTORNEY and LIVING WILL
***
TRUSTS
SUPPLEMENTAL NEEDS TRUSTS FOR THE DISABLED PERSON
LONG TERM CARE
***
MEDICAID
NURSING HOME PLANNING
***
ESTATE SETTLEMENT and PROBATE ISSUES
***
SECOND MARRIAGE FINANCIAL PLANNING
***
GUARDIANSHIPS
***
REAL ESTATE: PURCHASE OR SALE

FREE EDUCATIONAL SEMINARS!!

WHITING SEMINAR SCHEDULE:  Whiting Bible Church, 95 Lacey Road, Whiting:  Opposite Rite Aid:  on Fridays 9:30 a.m. to 11:00 a.m.

June 14th:     Protecting Assets from Nursing Homes:  What to do????

NO SEMINARS DURING SUMMER MONTHS:  THE SEMINARS SHALL RESUME IN SEPTEMBER:

TOMS RIVER OFFICE
833A Route 37 West
Toms River, N.J. 08755
TheresaSimonsonEsq@comcast.net
Phone (732) 831-6086

WHITING OFFICE
70 Lacey Road, Suite 9
Whiting, N.J. 08759