

Pine Beach Municipal Alliance for Drug and Alcohol Awareness and Prevention Newsletter

SAVE THE DATES



Pine Beach Municipal Winter Events

Pine Beach Municipal Alliance Egg Hunt - March 20th

The annual Easter tradition is almost here!

On Sunday, March 20th, come join us and other Pine Beach families at Vista Park, on the corner of Midland and Radnor avenues, for the Pine Beach Municipal Alliance's Spring Egg Hunt, starting promptly at 1 pm with a short parade on the park track led by the Easter Bunny. Children are invited to wear a handmade decorated hat, cap or bonnet for judging as most creative in each age group (one boy and one girl from each age group will be chosen).



The egg hunt will follow the parade and parents are advised to arrive on time, if not early, to avoid their children missing the start of the egg hunt.

Parents are permitted to help egg hunters age three and younger, but are asked to please allow children in the other age groups - 4 to 5, 6 to 7, 8 to 9 and 10 to 12 - to please hunt their own eggs. Find the egg with the prize slip in it (two per age group) and win a basket of goodies!

Rain date is Saturday, March 26th at 1 pm.

Springtime Move Today!

Are you ready to increase stamina, muscle strength and improve balance and more? Join the Pine Beach Move Today exercise program, a 60-minute non-aerobic exercise class for older adults. The program utilizes bands and is designed to improve posture and body mechanics.



Beginning April 7th, classes will be held Thursdays from 9:30 to 10:30 am for 12 weeks at borough hall on Pennsylvania Avenue. Call 732-349-6425 with any questions.

Dog & Cat Rabies Clinic March 12th; Licenses Due March 28th

The annual free borough rabies clinic will be held Saturday, March 12th at the borough garage on Pennsylvania Avenue.

Residents are advised that dog and cat licenses for 2016 are due by March 28th, after which there will be a \$10 late fee applied - avoid receiving a summons and license your pet today! Proof of rabies vaccine good through November 2016 or previous license is required.

Attitudes In Reverse Gears Up to Save More Students' Lives

Between 2010 and 2012, suicides were completed by 233 youth (ages 10 to 24) in New Jersey; this is almost the same number of youth who took their lives between 2009 and 2011, according to the New Jersey Department of Children and Families' two recent Youth Suicide Reports. Although these numbers are lower than the national statistics, they are still tragic and they can be reduced – and possibly eliminated – through education about mental health disorders and suicide prevention.

“We understand that these are not easy topics to discuss. However, they must be discussed. Students' lives depend

on it. We are determined and able to meet this need,” said Tricia Baker, Co-Founder of Attitudes In Reverse (AIR), a local nonprofit organization dedicated to helping save the lives of youth and young adults. “We focus on this age group and take a proactive approach because 50 percent of mental health disorders develop by the age of 14 and three-quarters develop by age 24. Youth and young adults have their whole lives ahead of them and mental health disorders do not need to change that.”

This spring, Attitudes in Reverse will speak to freshmen at Toms River High School South and North, having already given a presentation at Toms River High School East that Student Assistance Coordinator Dawn Aulisi stated

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addressed the myths versus facts “in regards to what mental health is and what it is not. [Tricia Baker] spent an entire day at our school presenting to seven different classes [totaling about 350 students, and] feedback from staff and students was positive.”

“I had one student come to me afterwards and state, ‘everything that lady was talking about, I feel. I knew something was wrong with me, but I didn’t know what it was,’” she continued, noting that the student was then referred for a mental health assessment. “I have also seen students wearing their “Attitudes in Reverse” bracelets [and] believe this presentation addressed a very sensitive topic in a thoughtful and intelligent way.”

This summer, representatives from AIR will be present at the annual Pine Beach Night Out Against Drugs, and last December, the Pine Beach borough council passed a resolution naming Pine Beach a “stigma free zone” to “inspire public interest and

open dialogues about stigma, raise awareness of the disease of mental illness, feel supported by their community and neighbors and feel free to seek treatment for the disease without fear or stigma.”

“Just as people need to learn the signs and risks of diabetes and other physical diseases, they also need to know how to recognize signs of mental health disorders and seek treatment immediately to manage an illness if they have one,” said AIR co-founder, Kurt Baker. “We emphasize that mental health disorders are real illnesses. They are biologically based, just like heart disease, stroke and all other illnesses, and there is no reason to feel embarrassed or for anyone to criticize someone who has a mental health disorder.”

“Without prompt attention, mental health disorders can lead to self-medication with drugs and alcohol and suicidal thoughts and actions. However, with understanding and an accepting attitude, these desperate relief-seeking behaviors and their

tragic consequences can be avoided,” the Bakers stressed.

The Bakers established Attitudes In Reverse in 2010, soon after they lost their son Kenny to suicide, following his long battle against severe depression and anxiety. To date, they have delivered their interactive Coming Up for AIR presentation – which contains the facts about mental health disorders and suicide, and personal experiences with mental health disorders and suicide, as well as successful treatment – to more than 14,000 students in middle and high schools, colleges and universities. The presentation is an effective addition to the state-required, Junior-year health curriculum.

For more details, visit www.attitudesinreverse.org, click on the Programs tab and select “Coming Up For AIR” and “In Their Shoes,” or contact Co-Founder Tricia Baker at 609-945-3200, ext. 2222, or tricia@attitudesinreverse.org.

Pine Beach Borough 
Connections

Pine Beach “Connections” is a publication of the Municipal Alliance Against Drugs, Alcohol, and Tobacco Abuse. It is funded by a state grant from the DEDR (Drug Enforcement and Demand Reduction) fund, sponsor ads, contributions from residents, organizations, and the business community.



- | | |
|-----------------------|---|
| Barry Wieck | Councilman, Council Liaison |
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Mayor Lawrence Cuneo

Council Members:

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- Robert Budesa
- Raymond Newman
- Richard Polhemus
- Susan Coletti
- Barry Wieck

Pine Beach Municipal Alliance:

- Thea Kratochvil, Coordinator
- Erik Weber, Newsletter Editor

**Pine Beach
Tree Ordinance**

Passed by vote of borough council in 2011, the Pine Beach ordinance 11-02-690, which set down regulations to development within property setbacks (roughly, the banded perimeter of varying widths around each property in relation to other properties and the roadway), was intended to "control, protect, conserve, regulate and prevent conditions which cause increased surface drainage, degradation of water resources, decreased groundwater recharge, adverse sedimentation and soil erosion. All of these conditions are, and will be, a detriment to public safety, health and welfare."

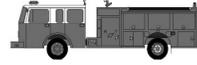
As referenced above, the tree removal/replacement plan is important to know about for property owners seeking to build new or enlarge structures more than 30 percent, and is required to be submitted as part of the development application. Exact details of what is included in submitted plans can be picked up at borough hall for those property owners who are seeking development or expansion, but generally calls for the preservation or replacement of lost trees within setbacks during development that fall under specific criteria (a certain type, larger than a certain size).

Property owner benefits for maintaining trees are numerous, including acting as a windbreak against winter gusts, reducing energy use and neighborhood noise pollution, protecting soils and the local watershed, and generally preserving and increasing a home's aesthetic value and curb appeal.

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2016 Pine Beach Volunteer Fire Company Officers

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| Vice President: | John Kubilewicz | Asst. Chief: | Jay Sonnenfeld |
| Secretary: | Gina Duers | Captain: | Kevin J. Cabrera |
| Treasurer: | Jay Sonnenfeld | Lieutenant: | Eric Batykefer |

The Pine Beach Volunteer Fire Company would like all residents to know that we will again have our members posted at main intersections during the Town-Wide Yard Sale on May 14, 2015 asking for donations toward our annual fund drive. Please ask your family, friends, neighbors and yard sale customers to help us during this time.

We also will be renting tables and space behind the firehouse if anyone would like to sell items or if residents need additional tables to use in front of their homes. Please call

(732) 996-1873 for additional information.

Our clothing drive is well under way. Please remember that we accept all clothing as well as shoes, sneakers, belts, purses, blankets, sheets, pillowcases, drapes, and stuff toys. Your donation will not be cut up or shredded.

Sincerely

Kevin D. Simon
President

"As good as the best, better than the rest."



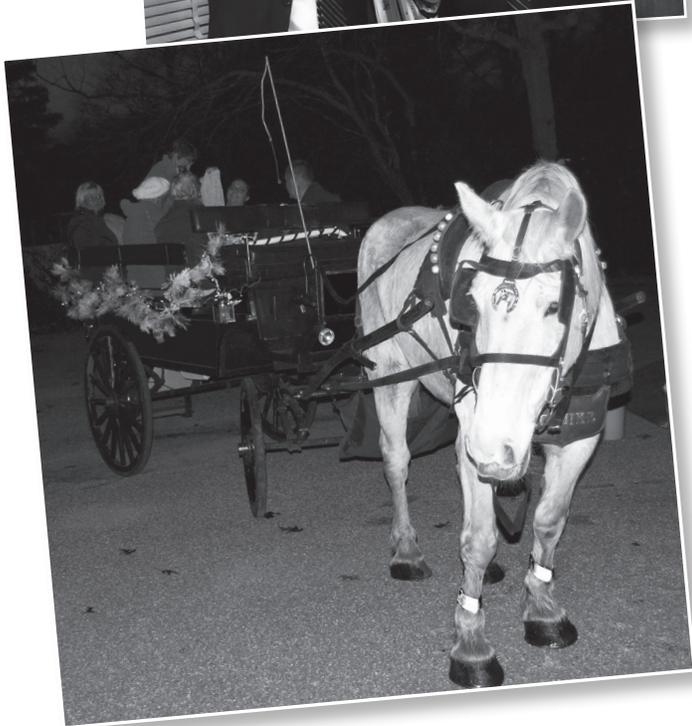
Scalzullo Detective

On October 14th, Patrolman Thomas Scalzullo was promoted to detective by Chief Reece Fisher and Mayor Lawrence Cuneo as fellow police officers, borough officials and residents looked on.



Reorg Oaths

During the borough's annual reorganization meeting, Mayor Lawrence Cuneo and Councilman Robert Budesa were sworn in to their new terms while new Councilman Conrad Reitz took oath for his first term.



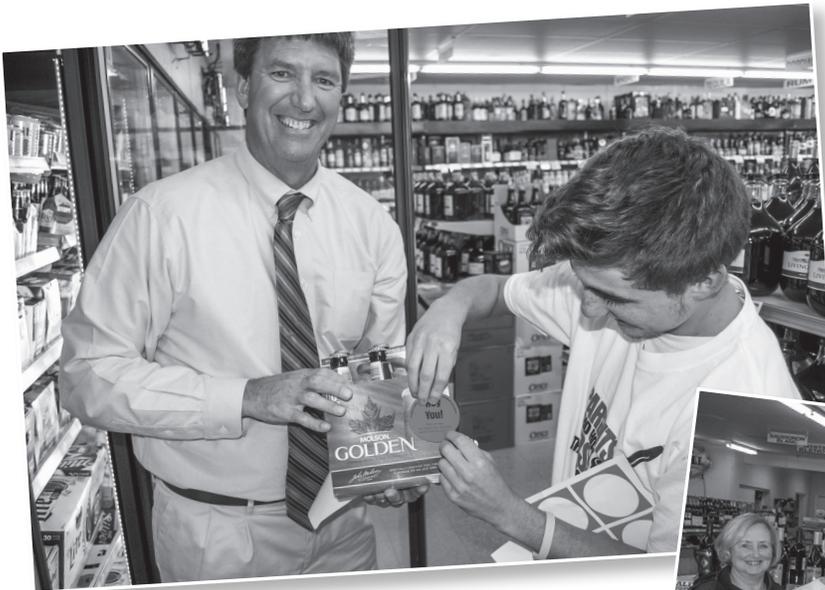
Carriage Rides

Many residents once again enjoyed the municipal alliance's annual winter carriage ride along the river in mid-December.



Kids go to HS Basketball Game

On January 13th, second grade members of the Pine Beach Basketball League joined their coach, Mary Gibson, in attending a Toms River high school basketball game. Photos courtesy Coach Gibson.



Sticker Shock

On November 23rd, volunteers from the Pine Beach Alliance and Pine Beach Basketball League joined officials - including police, Mayor Lawrence Cuneo and council members Barry Wieck and Sue Coletti - and a representative from the DART Coalition at World Wine Liquors for "Sticker Shock," a program that offers stickers for placement on multi-unit packs of liquor as a way to deter underage drinking.



Osborns Thank Borough Residents



Left to right: Pat Sherwood, Ralph Skorge, Jim LaRoche, Dylan Skorge & Ron Solly.

Thank you Pine Beach! In times of trouble your community gathers together to care for its own. We have experienced that love and caring! Pat Sherwood and his "Saturday Morning Get out of the House Gang" provided and built an awesome ramp for Rick to access our house. An organized group provided breakfast, lunch and dinners during our hospital trips, a place for the boys after school and so much support for Ellen and Rick during the past months has been such a blessing for us all. Rick suffered a massive stroke in April 2015. After being on life support,

intensive therapy at four hospitals, he came home in August to continue his recovery. We have experienced a miracle! We also suffered a loss. It was discovered that Ellen had a cancerous brain tumor at the same time. Surgery was not a success and she left this world on August 13, 2015. Rick, Carter and Charlie are now a new family with support from Grammy, Grandpa Osborn and Nanna Kraus. The help of our friends, family and this community will never be forgotten.

We are forever grateful, Rick, Carter and Charlie Osborn.

Get Important Borough Notifications on Your Cell Phone or Computer

The Borough of Pine Beach will now be able to send important messages to through your phone or email. You can click on the link to register your phone or email address to be able to start receiving messages. This will be a vital tool with snow removal, change in garbage schedules, etc. Nixle is a Community Information Service dedicated to helping you stay connected to the information that matters most to you, depending on your physical location. You stay connected to your local police department, your children's schools, your local community agencies and organizations, and the important information from other locations throughout the country that are relevant to you. Our service is built on the most secure, reliable, and high-speed distribution platform, ensuring that you receive trusted and immediate, geographically relevant information. Information is immediately available over your cell phone by text message, by email, and over the web. Your account can be customized so you receive the information that matters most to you. Whether it is where you live, work, or have friends or family throughout the country, the information is immediately available to you over your mobile phone, email and computer. <https://local.nixle.com/register/>

Snow Information * Snow Information * Snow Information * Snow Information

Parking of Vehicles: There is no parking of vehicles on any Borough street when snow is forecasted. All vehicles must be parked in your driveway or on the right of way area off of the paved portion of the roadway in front of your home. Vehicles left on the roadway may be towed.

Depositing of snow or ice into the street is prohibited: No person shall throw, place or deposit any snow or ice into or on any street in the Borough, nor upon the property of another and no owner, tenant or occupant shall cause or allow such depositing of snow or ice which accumulated on private property or upon vehicles into the streets of the Borough.

Please remove all portable basketball hoops from the side of the roadway and lay them flat as they inhibit snowplowing and cause safety issues due to strong winds.

Please remember to not place your trash or recycling cans out for collection when snow is forecast. Please place it out the following day, after snow removal is complete.

Please remember that ALL SNOW must be cleared from your vehicle before driving. IT'S THE LAW.

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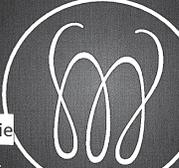
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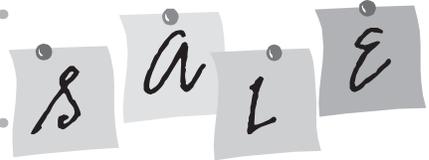
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**REGISTRATION
ENDS FRIDAY,
May 6th**

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Nearest Cross Street _____

For additional information, call (732) 349-6425

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