



The Borough of

Montvale

The Official Newsletter of The Borough of Montvale

Content

- 9/11 Memorial Ceremony.....1
- Paper Shredding.....1
- Police.....2
- Mayor's Message.....2
- Trash & Recycling Calendar3
- Montvale Officials3
- Upcoming Meetings3
- Senior Club.....4
- Library.....4
- Recreation.....5-7
- Food Pantry8
- Board of Health.....8

Phone: 201-391-5700
 Web: Montvale.org
 Fax: 201-391-9317

12 Mercedes Drive
 Montvale, NJ 07645

9/11 Memorial Ceremony



The Montvale Mayor & Council cordially invite you to join them on Monday, September 11, 2017 at 7:30pm on Memorial Drive for a memorial service.

Free Paper Shredding Event

Residents of Montvale and River Vale
 Saturday, October 14, 2017
 9:00 AM – 1:00 PM
 Montvale DPW Building
 Memorial Drive





Montvale Police Department

The new Wegmans grocery store is scheduled to open Sunday September 24th, 2017. We expect heavy traffic volume between the hours of 9:00 am and 4:00pm that day in the area of the store. Plan alternate routes to avoid W. Grand Ave between Spring Valley Rd and Chestnut Ridge Rd. I also expect the Garden State Parkway to be backed up at Exit 172.

There has been a high volume of road construction happening in the borough over the summer and continuing into the fall. Road improvements related to the development on Mercedes Drive, installation of new water mains at various locations throughout town, and our yearly paving projects will continue for the next few months. We will publish advisories on our website, Twitter and Facebook. Again, plan alternate routes.

School is back in session. Traffic will increase and school children will be walking to school, standing on street corners waiting for buses and crossing the parking areas near our schools. Use extra caution as you drive through these areas. Obey the posted traffic and parking regulations in the school areas.

School parents should follow the drop-off and pick-up regulations at the schools. To help alleviate traffic in the school parking areas, parents should car pool or have the children walk to school. Crossing guards are posted on Grand Avenue at Kinderkamack Rd., at Railroad Ave., and a police officer is posted at Grand Ave. at Memorial Drive. Crossing guards are also posted at the gate on Memorial Drive and Bayberry Drive (the rear gate) as well as at two additional crossing locations on Memorial Drive.

Memorial School: There is no parking or drop-off in front of the DPW building or in the rear of the Firehouse. These are active areas for construction equipment, trucks, and responding firefighters. This area needs to be kept clear. It is dangerous for children to be walking in this area. Tickets will be written to violators.

Stay safe,
Chief Jeremy Abrams

Mayor's Message

Summer is quickly winding down. As you notice, traveling on the main roadways, roads are getting the needed attention with widening and new light signals being installed. You also are seeing new developments that were approved as far back as 2007, starting to get built. And if that's not enough, the water company and the gas company decided it's a good time to upgrade some of the underground piping in the center of town as well as neighboring streets. All these activities happening while gearing up for the grand opening of Wegman's on September 24th. We ask for your patience while all this work is being completed and know that there is a plan to ensure traffic moves smoothly once we get back to normalcy. As for the grand opening of Wegman's, the Borough of Montvale and Wegman's have been working diligently to prepare for the opening day. There will be extra parking available on the Mercedes property with a combined capacity for about 1,500 cars. We will have extra security and traffic control officers in place without any cost to the tax payers.

We have been working with Bergen County Mosquito Control to clean up Huff Pond and the inlets to the brook. Many thanks to Mr. Bob Hanrahan for taking the lead on this project and for the great support from the county. The pond should start to clear up from the algae shortly and the more rain we get the faster water will circulate and bring in fresh water to the pond.

Lastly, we are aware of the basketball court usage and littering concerns. This costs us time and money to clean and maintain the courts. The Borough has installed signs and have supplied additional trash receptacles on and around the courts. The Council is seriously considering alternative access control methods so residents can enjoy our newly upgraded basketball courts with their children.

Hope everyone enjoyed their summer. Please drive carefully as school has started and continue to report potholes and road issues. As always, feel free to contact me anytime.

Mayor Mike Ghassali

September 2017 Trash & Recycling Calendar

Mon	Tue	Wed	Thu	Fri
28 East Zone Trash Pickup	29 Central Zone Trash Pickup	30 West Zone Trash Pickup	31 Recycling: Districts 3&4 Yard Waste Collection	1
4 East Zone Trash Pickup	5 Central Zone Trash Pickup	6 West Zone Trash Pickup	7 Recycling: Districts 1&2 Yard Waste Collection	8
11 East Zone Trash Pickup	12 Central Zone Trash Pickup	13 West Zone Trash Pickup	14 Recycling: Districts 3&4 Yard Waste Collection	15
18 East Zone Trash Pickup	19 Central Zone Trash Pickup	20 West Zone Trash Pickup	21 Recycling: Districts 1&2 Yard Waste Collection	22
25 East Zone Trash Pickup	26 Central Zone Trash Pickup	27 West Zone Trash Pickup	28 Recycling: Districts 3&4 Yard Waste Collection	29

Contact Information

The Borough of Montvale
12 Mercedes Drive
Phone 201-391-5700
Fax 201-391-9317

Montvale Officials

Administration

Maureen Iarossi-Alwan
Miarossi@MontvaleBoro.org
Administrator / Municipal Clerk

Mayor & Council

Mayor
Mike Ghassali (R)
MGhassali@MontvaleBoro.org

Council President
Rose Curry (R)
RCurry@MontvaleBoro.org

Council

Timothy E. Lane (R)
TLane@MontvaleBoro.org

Dieter Koelling (R)
DKoelling@MontvaleBoro.org

Elizabeth Gloeggler (D)
EGloeggler@MontvaleBoro.org

Michael Weaver (I)
MWeaver@MontvaleBoro.org

Douglas Arendacs (R)
DArendacs@MontvaleBoro.org

Upcoming Meetings

Mayor & Council Meetings

September 12 - 7:30pm
September 26 - 7:30pm

Planning Board Meeting

September 5 - 7:30pm
September 19 - 7:30pm

Library Board Meeting

September 28 - 7:30pm

Environmental Commission Meeting

September 18 - 7:45pm

Historic Preservation Meeting

September 7 - 8:00pm

Board of Health Meeting

September 5 - 7:45pm

Reminders

Mayor Ghassali has open office hours on Tuesday 9/5 from 4pm - 7pm. No appointment is necessary.

September Highlights at The Library

Children's Department

September 21 – “Art Club with Artist Peri” for Grade 2 and older

September 27 – “Night Time Story Hour” for age 3 and older

September 28 – “Kids Cooking” for Grade 1 and older

In-person registration is required for all activities.

Library News

The Friends of the Library Book Sale will be held on Saturday, September 16 (10am to 5pm) and Sunday, September 17 (1pm to 4pm). There will be bargains galore for children, teens, and adults.

The Library will be closed on Sunday, September 24 due to the expected Wegmans Grand Opening Day gridlock.

For additional information about these or any other Library programs and services, check the Library’s web site at montvalelibrarynj.org, call the Library at 201-391-5090, or stop by and visit us.

Montvale Senior Club

The Montvale Senior Club resumes activities and meetings in September after enjoying summer for vacations and traveling. We look forward to resuming our friendships and meeting new members. Our Business meetings are held on the first Thursday of the month at 12 noon; our Social meetings are held on the third Thursday of the month at noon. Our renovated center is located at One Memorial Drive and our annual dues are only \$10.00 per year. We offer opportunities to socialize with new friends and renew old acquaintances. In addition, our club boasts a wide array of activities, trips, elegant lunches, card games, canasta, mahjong, board games, book discussion club and bocce games and tournaments. We conduct chair exercises which are very popular and offer a well-appointed exercise room. Our HUMC nurse is available for a “Health & Wellness” program. Our members receive a detailed monthly calendar describing all events and activities.

Do you have an idea, passion or interest in trying something new? Let us know and possibly we can create a new activity, class or discussion group. We are also fortunate to have the skills of a trip planner for day trips and another for overnight excursions. We serve refreshments at our meetings for a nominal fee of \$2.00. A committee member joins the Bergen County Senior Committee, attends county meetings and reports back with any proposals or items that affect seniors of Bergen County. Moreover, we have interesting speakers and entertainment at many of our meetings. If you are 55 and over give us a try!

RECREATION

Halloween Carnival

This year's Halloween Carnival will take place on Friday, October 27th from 7:00 PM to 8:30 PM in the Fieldstone Middle School Cafetorium and Gym. All young children, witches and goblins, Pre-K through 4th grade, are invited to attend this special event. Carnival games sponsored by the Fieldstone students with games of fun and skill. Costumes are fun, but not required. Free donuts and cider for all!

Due to the popularity of this event, we must limit participation to residents only. Please have your children wear sneakers. Parents of young ones are required to stay.

Special Events Committee

Looking to give back to your town in a way that benefits residents of all ages through fun family-oriented events? Recreation is currently seeking volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Holiday Tree Lighting, the Egg Coloring and more! Join the Special Events Committee today to be a part of keeping these events successful, memorable and a tradition for Montvale. Please call 201-391-5700 ext. 251 or email MontvaleRecreation@montvaleboro.org for more information.

Holiday Tree Lighting and Gift Giving

Montvale's Holiday Tree Lighting and Gift Giving will be held on Friday, December 1st at 7:00PM on Memorial Drive. Detailed event info to follow.

ADULT PROGRAMS

Monday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Mondays 7:30-8:30PM
September 25th – November 20th
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100
Registration: ONLINE: www.montvale.org/recreation

Begin the week with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over ten years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

No Class: October 10th- Columbus Day

Friday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Fridays 9:30-10:30AM
September 29th – November 17th
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100
Registration: ONLINE: www.montvale.org/recreation

Begin the weekend with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over ten years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

30+ BASKETBALL

Memorial School Gymnasium
Mondays 8:00PM-10:00PM
September – May
Resident Fee: \$75 Non-Resident (if space permits): \$95
Registration: Attend a class to register
This program is for men and women 30 years of age and older. The pick-up game style welcomes all who have a passion for basketball.

18+ COMPETITIVE BASKETBALL

Fieldstone School Gymnasium
Wednesdays 8:00PM-10:00PM
September - May
Resident Fee: \$50 Non-Resident: \$75
Registration: Attend a class to register
Men or Women 18 years of age and older can participate in this competitive style pick-up game format.

TALKIN' BASEBALL

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 8:15pm in the Recreation Center (entrance is behind the community center) There is no fee for this program.

FIELD USE

Applications and Hold Harmless forms must be completed and returned to the Borough Hall Building Dept. c/o Jeff Fette, with Liability Insurance and payment. Forms are available on line and at the Borough Hall front counter. Permits will be given according to availability.

TAEKWON-DO

Recreation Center: 1 Memorial Drive

Tuesdays & Thursdays 7:00-8:00 PM

September 12th – November 14th

Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting)

Registration: ONLINE: www.montvale.org/recreation

Instructor: Mario Liriano; 5th Degree Black belt.

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Program will be offered two days per week for all age groups (children to Adults). Classes will be divided up according to the students that register (K-4 grade/5-8 grade/HS/Adults).

No Class: September 21st, October 31st or November 9th.

TENNIS COURT BADGES

Looking to give back to your town in a way that benefits residents of all ages through fun family-oriented events? Recreation is currently seeking volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Holiday Tree Lighting, the Egg Coloring and more! Join the Special Events Committee today to be a part of keeping these events successful, memorable and a tradition for Montvale. Please call 201-391-5700 ext. 251 or email MontvaleRecreation@montvaleboro.org for more information.

FEES

<u>Residents</u>			<u>Non-Residents</u>	
Adult	\$30.00		Adult	\$60.00
Child/*Student	\$10.00		Child/*Student	\$20.00
Household Maximum	\$50.00		Household Maximum	\$100.00
Senior Citizens (62 & Over)	FREE		Senior Citizens (62 & Over)	\$10.00

*Students between the ages of 13 and 18 who are registering alone, must register as an adult

There will be a \$10 fee for replacement badges

The Recreation Department has updated the tennis court's magnetic card reader to a proximity reader. Badges will no longer need to be swiped, but rather just moved within a close proximity to the reader.

Influenza Vaccination Program

The Montvale Board of Health will be holding its annual Flu Vaccination Program on Saturday September 23, 2017 from 9:00 am – 11:00 am at the Montvale Senior Center at 1 Memorial Drive, Montvale, NJ 07645.

Children ages 3-17 will be able to receive a preservative free flu shot, only if a parent or guardian is present. If a child between the ages of 3 and 8 is receiving the flu vaccine for the first time ever, they will need to get a second vaccination one month after receiving the first.

We will also be offering High Dose vaccine for those 65 years of age or older – the higher dose allows for older individuals to develop a better immune response to the flu virus. The cost is \$35 for those not covered by Medicare.

As in past years, it will be necessary for those receiving Medicare Part B to bring their Medicare Part B card to the Influenza Vaccine program in order to receive the influenza vaccine. The Montvale Health Department, through a contract with Northwest Bergen Regional Health Commission, will directly bill Medicare. A \$25.00 fee will be charged to those who do not have Medicare Part B. If you have a Medicare HMO, also known as Medicare Advantage, you may choose to go to your primary care provider or you can pay \$25.00 for a flu vaccination. Medicare HMO's will not be accepted at the flu program. If you are pregnant, please bring a note from your obstetrician.

Annual vaccination against influenza is again recommended by the Centers for Disease Control for any adult who wants to reduce the risk for becoming ill with influenza or of transmitting it to others. Seasonal influenza is an easily transmittable respiratory disease. Each year 5 to 20 percent of the U.S. population gets the flu. More than 200,000 people are hospitalized from flu complications, including 20,000 children, and 36,000 people die every year. The most effective strategy for preventing influenza is annual vaccination. For more information regarding the flu program, please contact Keri Tone at (201) 445-7217 extension 201. For more information regarding the seasonal flu, please visit the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/flu/about/season/>.

Tri-Boro Food Pantry

For this month, The Tri-Boro Food Pantry is looking for donations of:

- Snacks for lunch boxes
- Tuna
- Juice boxes
- Meals in a can (i.e. - Spagetti0s, Chef Boyardee)
- Sponges



The Tri-Boro Food Pantry would like to thank Lisa Dent, Recreation Director and all the campers for the weekly donation of food for the pantry!!

PLEASE CHECK EXPIRATION DATES ON ITEMS. - THANK YOU!