



The Borough of

Montvale

The Official Newsletter of The Borough of Montvale

Content

- Board of Health.....1
- Police.....2
- Mayor's Message.....2
- Trash & Recycling Calendar3
- Montvale Officials3
- Upcoming Meetings3
- Board of Health.....4-5
- Recreation.....6-9
- Food Pantry10
- Senior Club.....10-11
- Chamber of Commerce.....12

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

12 Mercedes Drive
Montvale, NJ 07645

Anti-Rabies Vaccination Program 1/6



Saturday, January 6, 2018 NEW HOURS

Dogs - 10:00 AM - 11:00 AM (Dogs on non-retractable leashes)

Cats - 11:00 AM - 11:30 AM (Cats in carriers)

The program will be taking place at the Montvale DPW Garage

Sponsored by: Montvale Board of Health & Northwest Bergen Regional Health Commission. Dr. Cohen-Brady will be administering the vaccines and Tyco Animal Control Officers will provide animal control assistance.

Continued on pages 5-6

Montvale Police Department

Hello Montvale,

I preach in these monthly newsletters about how to avoid getting scammed, how to prevent con-artists from taking advantage of you, how to reduce the chances of getting your car stolen, and how to avoid getting your personal information compromised on the computer by hackers. I need to listen to my own advice.

Last week my own bank accounts were compromised. I think that an email or attachment infected with a computer virus was opened, sending my banking information to the "bad guys". My wife discovered that all of our accounts were being emptied to random accounts in Florida. We stopped the bleeding, but not before several thousand dollars had been transferred out.

Even though the bank has returned my money after an investigation and the bank is the one who suffered the financial loss, the many hours I spent resolving the issues in our accounts at the bank branch, on the phone and online is time I will never get back.

So to restate (and remind myself) how to reduce the chances of getting a computer virus or getting hacked:

Invest in a good computer antivirus program and keep it updated.

Use a firewall.

Use strong passwords, change them regularly, and guard them carefully.

When accessing Wi-Fi networks only use secure networks that are trustworthy.

Do not open emails or attachments that you do not recognize.

Only download from reputable sources.

Some computer viruses come in email that look legitimate, but look closer before opening.

Immediately contact your bank if you detect suspicious activity.

Use a credit card over a debit card. Credit cards usually provide better protection.

Use caution about how much personal information you put out on social media.

Stay safe,

Chief Jeremy Abrams

Mayor's Message



As you drive through the new intersections on Grand Avenue/Spring Valley Road and Summit Avenue/Spring Valley Road, you will notice an improvement in the traffic lights coordination and in the lane traffic movement. The only section that is not done yet is Chestnut Ridge Road which is in the process this month.

We have to give a big shout out to our Chamber of Commerce for donating the new electronic town board, that is going to be used to send out short messages in addition to our website and my monthly email blasts.

I am looking forward to 2018 as many of the projects that we spent much of our time in 2017 planning and learning about them, come together in detail. Along with the major projects, the ongoing road maintenance continues throughout the year, so please report the potholes, lights and anything that you notice to our DPW either by calling Borough Hall or online.

This winter according to the experts promises to be a heavy snow season. Our DPW has prepared their plans along with the contractors as we do every year and are all ready for this season. There are some snow events that call for salting only because the snow isn't heavy enough for the plows to be effective. So if you don't see the plows plowing, it is by design and the streets will be cleaned. Side roads are naturally slower to show black top just because of the volume of cars on them versus the volume of cars on main roads. As always feel free to contact myself or Borough Hall with your issues but keep in mind that during a snow storm we will not be able to route your issues directly to the DPW because they are in the trucks clearing our streets.

On behalf of everyone at Borough Hall, I wish you a happy, healthy and prosperous 2018.

January 2018 Trash & Recycling Calendar

Mon	Tue	Wed	Thu	Fri
1	2 Central Zone Trash Pickup East Zone Trash Pickup	3 West Zone Trash Pickup	4 Recycling: Districts 3&4	5
8 East Zone Trash Pickup	9 Central Zone Trash Pickup	10 West Zone Trash Pickup	11 Recycling: Districts 1&2	12
15 East Zone Trash Pickup	16 Central Zone Trash Pickup	17 West Zone Trash Pickup	18 Recycling: Districts 3&4	19
22 East Zone Trash Pickup	23 Central Zone Trash Pickup	24 West Zone Trash Pickup	25 Recycling: Districts 1&2	26
29 East Zone Trash Pickup	30 Central Zone Trash Pickup	31 West Zone Trash Pickup	1 Recycling: Districts 3&4	2
5	6	7	8	9

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

January 1 - 7:30pm
January 9 - 7:30pm
January 30 - 7:30pm

Planning Board Meeting

January 2 - 7:30pm
January 16 - 7:30pm

Environmental Commission Meeting

January 15 - 7:45pm

Board of Health Meeting

January 8 - 7:45pm

**Additional meetings may be added.
Please visit Montvale.org for the most up to date list of meetings.**

Reminders

Borough offices will be closed for holidays on the following dates:
- 1/1 - New Year's Day



Anti-Rabies Vaccination Clinic

Sponsored by: Montvale Board of Health & Northwest Bergen Regional Health Commission. Dr. Cohen-Brady will be administering the vaccines and Tyco Animal Control Officers will provide animal control assistance.

Saturday, January 6, 2018

TIME: 10:00 AM - 11:00 AM Dogs on non-retractable leashes
11:00 AM - 11:30 AM Cats in carriers

LOCATION: DPW GARAGE/ MEMORIAL DRIVE/MONTVALE

Montvale Board of Health 201 391 5700 ext. 257

Licenses for dogs & cats may be purchased during the clinic. Only Cash & checks made payable to *Borough of Montvale* are accepted.

In effort to save time, if you have received a license renewal application in the mail (in December) please present it when licensing your pet(s). An application is available on borough website.

Dogs are required to be secured on a leash & the pet owner must be able to control their pet(s).

Dogs and cats that were inoculated at the 2015 Clinic must be inoculated in 2018.

LICENSE FEES

\$18. –neutered/spayed pet \$21. –non neutered/spayed pet
\$10. – fee per pet if the owner is 55+ years
(proof may be required)

Board of Health & Northwest Bergen Regional Health Commission Rabies Vaccination Clinic & 2018 Licensing Information

The Montvale Board of Health will be sponsoring the annual Rabies Vaccination Clinic on Saturday, January 6 at DPW Garage, 1 Memorial Drive, Montvale. There is no charge for the vaccinations. Dogs on non-retractable leashes will be vaccinated from 10:00-11:00 am. Cats in carriers will be vaccinated from 11:00-11:30am.

Vaccinations will be administered by Tracy Cohen-Grady, DVM and a Tyco Animal Control Officer will aide in the handling of the dogs and cats.

Montvale residents can license their pets at the clinic. Previously registered pet owners should bring their license renewal form to the clinic. For newly acquired pets, a license renewal form is available on the Borough's web site, www.montvale.org, and is also available at the Montvale Municipal Complex. Please bring a copy of the rabies vaccination certificate for a pet that has not been previously registered with the borough.

The annual fee is \$18.00 for a pet that is either spayed or neutered, \$21.00 for pet that is not spayed or neutered. There is a discounted fee of \$10.00 per pet for owners that are at least 55 years old. Owners of service dogs (proof is required) are exempt from the municipal fee. To avoid the late fee pets must be registered by February 28. Only cash or checks made payable to the Borough of Montvale will be accepted. No debit or credit cards may be used for payment. Animal rabies vaccine must be valid thru **November 1, 2018 to receive a license.** If your pet is unable to receive a booster due to medical concerns, a letter of exemption from the vet is required.

Animal licenses may also be renewed by mail: Borough of Montvale, Attn: Animal Licensing Officer, 12 Mercedes Drive, Montvale, NJ 07645. Please enclose a self-addressed, stamped envelope, completed application and the fee.

An annual license is required per borough ordinance and failure to apply may result in a penalty. Residents, who no longer own a pet or have any questions, may contact the Board of Health Secretary, at 201-391-5700, extension 257, Monday to Friday between the hours of 8:30am to 4:30pm or by emailing Janet Russo at jrusso@montvaleboro.org.

Reminder to pet owners or anyone that walks a pet that it is unlawful to dispose of pet's waste in municipal storm drains. Please properly depose of your pet's waste by removing it and depositing of it in a sanitary manner at your own premise.

Licenses will be issued beginning in January.

RECREATION

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.

Recreation Looking to Fill Supervisory Position

Recreation is looking to fill a supervisory position for our Spring Outdoor Adult Basketball League. Applicants must be responsible and have the ability to commit to one evening a week during this sport's session which runs March through June. A supervisor can participate in the basketball league but would additionally be responsible for collecting registrations, keeping an attendance log and managing the code of conduct within the league. All applicants must be able to pass a background check. Please contact Lisa Dent at 201-391-5700 ext. 251 for further details or to apply.

Recreation is also looking to fill a supervisory position for our indoor co-ed 18 and over basketball league. Applicants must be available on Wednesday nights (except holidays and school closures) from 8:00-10:00PM for January through May. A supervisor can participate in the basketball league but would additionally be responsible for collecting registrations, keeping an attendance log and managing the code of conduct within the league. All applicants must be able to pass a background check. Please contact Lisa Dent at 201-391-5700 ext. 251 for further details or to apply.

Montvale Recreation Summer Camp Counselor Positions Available

The 2018 Recreation Camp counselor applications will be available beginning on February 1st and are due back to Montvale Borough Hall by March 1st. Applications will be available at Montvale Borough Hall, Pascack Hills High School Guidance Office and the Montvale Library. Counselors must be 14 years of age or older by July 2nd, 2018.

RECREATION PROGRAMS

Monday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Mondays 7:30-8:30PM
January 22nd – March 19th
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100
OPEN 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: Presidents' Day February 19th

Friday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Fridays 9:30-10:30AM
January 26th – March 16th
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100
OPEN 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.

GIRLS VOLLEYBALL

Memorial School Gymnasium
Tuesdays 7:00–8:00PM
January 9th – March 6th (March 13th makeup if needed)
Resident Fee: \$80 Non-Resident Fee: \$100
OPEN Registration: ONLINE: www.montvale.org/recreation

This eight-week program will be offered to girls in grades 5 through 8 who will learn to improve their volleyball skills through the instruction of Chris Moran.

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.

ADULT VOLLEYBALL

Memorial School Gymnasium

Tuesdays 8:00-10:00PM

January 9th – May 22nd

Resident Fee: \$50 Non-Resident Fee: \$75

Open Registration: Online or In-Person at Any Class

This program is for men and women 18 years of age and older. Volleyballs are provided to play pickup style games each week for those who attend.

30+ BASKETBALL

Memorial School Gymnasium

Mondays 8:00PM-10:00PM

September – May

Resident Fee: \$75 Non-Resident (if space permits): \$95

OPEN Registration: Attend a class to register at any point Sept - May

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.

30+ Basketball will not meet on the following dates: November 27th , December 25th, January 1st, January 15th , February 19th, March 26th, April 2nd, May 28th

18+ COMPETITIVE BASKETBALL

Fieldstone School Gymnasium

Wednesdays 8:00PM-10:00PM

January 3rd - May 30th

Resident Fee: \$50 Non-Resident: \$75

OPEN Registration: Attend a class to register

Recreation is Looking to Fill a Supervisor Position for this Program. Please contact the Recreation Department if you are interested

Men or Women 18 years of age and older can participate in this competitive style pick-up game format.

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.

SENIOR PICKLEBALL LEAGUE

Memorial Drive Tennis Courts

Fridays 2:00PM

This is a current and ongoing program for as long as weather permits.

Are you a part of the Montvale Seniors Club? Join today for just \$10 a year and take advantage of the many programs offered such as this pickleball league! Pickleball is played by teams of 2 or 4 and combines many elements of tennis, badminton and ping-pong.

TENNIS COURT BADGES

Each year residents who wish to use the courts must register to receive their new access card.

Badges for the 2018 season, which runs from March 1st - December 31st, may be purchased at the Borough Hall (during normal business hours beginning) OR online: www.montvale.org/recreation

Residents			Non-Residents	
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.

TAI CHI

Senior/Community Center Atrium: 1 Memorial Drive
Fridays 12:15-1:00PM
January 19th – March 9th (March 16th Makeup if needed)
Resident Fee: \$80
Non-Resident Fee: \$100 (space permitting)
Residents Who Belong to the Montvale Seniors Club: \$40
OPEN Registration: Online or In-Person at Any Class

Tai Chi/Qigong is a gentle slow moving meditative martial art that began in China thousands of years ago. It is intended to strengthen and relax the body. Tai Chi requires little effort with circular and flowing motions to provide stretching that help the body and mind relax. Benefits include assistance with, preventing falls, Osteoarthritis, Parkinson's, Chronic Obstructive Pulmonary Disease, Depression, Cardiac Rehab, Stroke, Dementia, Fibromyalgia, Hypertension, Anxiety. Tai Chi is also known to improve balance, aerobic capacity, flexibility, sleep and many more...

TAEKWON-DO (kids and/or adults)

Recreation Center: 1 Memorial Drive
Wednesdays 5:30-7:30 PM
January 17th – March 7th (March 14th makeup if needed)
Fee: for this 8-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 one day 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).

This program will now be a 2-hour class for 1 day per week

Tri-Boro Food Pantry

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

Hot & cold cereal (not Cheerios)
Canned fruit
Jelly
Tuna
Paper Towels / Toilet paper

I would like the Recreation Department on the collection of donations for the Tri-Boro Family Care Fund. This will help families in need with utility, medical and rental expenses. Thank you very much!

Kathie Bowen
Director of Public Assistance



2018 Exercise Room Registration

Once again it is time for the annual registration to use the Senior Exercise Room. For the benefit of those of you who are not familiar with our facility, located in the Senior/Community Center is a mini-fitness center that contains a few treadmills and elliptical trainers, a rowing machine, a stair stepper and recumbent and upright bikes. We are in operation on Mondays, Wednesdays and Fridays from 8:00 AM until Noon.

If you are 55 years of age or older and would like to regain or retain your physical fitness, come in and see us. As in the past, the fee is \$40 per year, which covers the cost of operation.



Montvale Senior Club

The new year is the perfect time to visit the Montvale Senior Club located at the Community Center at One Memorial Drive in Montvale. Our newly elected officers for 2018 will be inducted at our January Business meeting on January 4, 2018.

As you know our club is open to those 55 and over and a resident or past resident of Montvale. We welcome new members and our membership has been growing. 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 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. Our bocce court is new this year and very popular and will resume in the spring. We conduct chair exercises which are very well received 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.

In November we are entertained with a Harvest Luncheon by our Montvale Police Department and our members look forward to this annual event. During the year we have lunches for Valentine's Day and Mother's Day and offer entertainment.

We are also fortunate to have the skills of two trip planners for day trips and overnight excursions. We serve refreshments at our meetings for a nominal fee of \$2.00. A committee member attends a monthly meeting at the Bergen County Senior Citizens Coordinating Council, and reports back with any proposals or agendas that affect seniors of Bergen County. Moreover, we have interesting speakers and entertainment at many of our meetings. Come and attend a Business meeting on the first Thursday of the month; bring a friend if you like. We look forward to meeting you.

The Montvale Senior Club has announced a fabulous cruise to Bermuda on the Norwegian line for May 20 to May 27, 2018. This package includes all the entertainment, casino, pools, sporting activities and all the delicious meals, snacks, etc. Our ship will be the new Norwegian Escape which entered in service 2015 and has all the amenities and ambiance of a new ship. The price for an Inside Cabin is \$1,285 and Balcony cabin is \$1,459 based on double occupancy. There are a few cabins available; for additional details call Rosemarie Kelly at 201-391-8718.

WWW.

MONTVALECHAMBER

.com

CO-PRESIDENTS

SCOTT L. FORMAN
CrossCountry Mortgage

STEVEN FOX
Morgan Stanley

1ST VICE PRESIDENT

TOM DAVEY
Davey's Locker

VICE PRESIDENT

TOM CHAPMAN
Tom A. Chapman DMD

TREASURER

DORIS SUTICH
Perfect Limo

SECRETARY

THOMAS HARTEL
John M. Hartel, Co.

COUNSEL

IRA KALTMAN, ESQ
Beattie Padavano, LLC

Board Members

LINDA MITCHELL
Massage & Whole Body Health

R. LORRAINE HUTTER
Borough of Montvale

AMY DEBELLIS
CrossCountry Mortgage

PAUL JORDAN
Wegmans Market

Dr. Kelly Blundy
Spine & Health



The Montvale Chamber of Commerce

January 2018 Networking Kickoff

Wednesday, January 24th 5:30 – 7:30 pm



Invited Speakers:

Congressman
Josh Gottheimer

Memorial Sloan
Kettering

KPMG

Open to all Members and Non-members

Bring Plenty of Business Cards

Location: Courtyard Marriott, Chestnut Ridge Rd, Montvale

Members: \$10 Non-Members \$15

Coming Soon: Montvale Chamber of Commerce's New Web-Site



Join the Chamber! www.MontvaleChamber.com