

# The Borough of Montvale

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A look at the Community, including upcoming events, important notices, meetings, and more.



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#### From The Tax Dept.

Property taxes are due November 1st, 2018. In observance of Veterans Day, the administration offices will be closed, Monday, November 12th, therefore the last day to pay taxes will be on Tuesday, November 13th. Payments received after November 13th will accrue interest which will revert back to November 1. For your convenience, a drop box is located curbside by main entrance of Library or you may pay online at www.montvale.org

### The Mayor's Corner

We celebrated the opening of the new firehouse on October 6. As I was looking around and greeting the firefighters, former and current, I couldn't help but see and feel the passion dedication that these men and women have toward their community and their civic duty. Very inspiring to see how they treat each other like family. We all pray and wish each member good health and safety as they do what they do to keep us all safe.

One topic that seems to never go away, among others, is the deer population in our area. There is no doubt that we have more deer today than just few years ago. I am a full supporter of a regional non-lethal solution. Our close proximity to each other and the lack of large open space makes a non-lethal solution the only ideal solution. If we truly are serious about solving the deer issue,

we will have to invest money to determine the true extent of the problem and then to actually put a solution in place. We can't however do this alone. Surrounding towns



will have to be on board with the same program for this to work. More to come on this.

We are approaching holidays and celebration times, and that means snow time is around the corner. We are all set for what is needed and hoping we get a break this year from heavy snow storms. As always, I am available to discuss any town matters one on one or come to our council meetings and take part in the process. Looking forward to seeing you around town, continue to report the potholes and road issues in town.

#### MONTVALE POLICE DEPARTMENT

Hello Montvale,

Holiday Season is almost on us.

Holiday Season Safety reminders: Be smart and safe while shopping at the malls. Avoid going alone. Park under street lights at night. Park as close to the entrance as you can. Have your keys ready before you get to your car. Lock the door as soon as you get in – even before you start the engine. Inside the stores, no not "flash" your cash. Give only the ID and credit card needed for the purchase. Make sure you are not being followed – especially after making an expensive purchase. If you feel unsafe, ask security to walk you to your car. Carry a loud whistle. Protect yourself.



Holiday Season Safety reminder #2: The Holiday Season also brings holiday parties and holiday celebrations that "holiday cheer" may be served at. Don't ruin your holiday season by getting arrested for D.W.I. or worse – by crashing into someone and injuring or killing them. Get a designated driver. Call friends or family for a ride. Call a car service, limo service, Uber, or a taxi (there are several taxi companies in the area). Just don't drink and drive. MPD will have increased DWI patrol and roadblocks during from late November until after the New Year as part of a national campaign against drunk driving. Enjoy your holidays responsibly.

Scams – As usual there are some despicable individuals looking to take advantage of others misfortune and make a profit by scamming well-meaning citizens out of charitable donations. This time in connection with the recent hurricanes. When you make donations take the time to check and see if your money is going to a real and reputable charitable organization. Visit charitynavigator.org, give.org, charitywatch.org or other reputable charity evaluation sites before donating.

Montvale PD has a Project Medicine Drop receptacle at the Police Station. It is a safe way to get rid of your old, expired, unused, or unwanted medications. Don't flush them down the drain or put in trash – they can be dangerous to the environment. And don't leave them around to get mixed up with any current prescriptions. Just drop them in the box at the PD where we send them to get destroyed properly. And its free!

Stay safe, Chief Jeremy Abrams

# **Department of Property Maintenance**

As we begin to see the changes in our weather and the inevitable snow and ice that is sure to come, I would like to remind all residents that it is their responsibility to make sure that leaves are not left in the streets to be picked up by your landscape contractor at some future date. These leaves get washed into storm drains and require a lot of DPW time and money to clean out. This also assures that storm water systems operate properly when we have heavy rains during this time.

Once the snow starts to fall, please be reminded that it is the responsibility of the property owner to remove ice and snow from all sidewalks that front on all sides of your property. Sidewalks must remain passable at all times. While I know this can be a frustrating endeavor as plows go by and plow in what was just shoveled, it is important to remember that roadways are the priority in order for emergency vehicles to move about town. Removal of snow soon after a snowfall will reduce the potential for it to turn to ice and be more difficult to remove later on. By doing so, we will be able to provide safe and passable sidewalks during the upcoming winter. I thank everybody in advance for their efforts and cooperation. Best wishes for a happy and prosperous holiday season.

#### **Trash & Recycling This Month**

| Mon                       | Tue                                | Wed   | Thu                         | Fri |
|---------------------------|------------------------------------|---|-----------------------------|-----|
| East Zone Trash<br>Pickup | 30<br>Central Zone Trash<br>Pickup | West Zone Trash<br>Pickup                       | Recycling: Districts<br>1&2 | 2   |
| East Zone Trash<br>Pickup | 6<br>Central Zone Trash<br>Pickup  | West Zone Trash<br>Pickup                       | Recycling: Districts 3&4    | 9   |
| East Zone Trash<br>Pickup | Central Zone Trash<br>Pickup       | West Zone Trash<br>Pickup                       | Recycling: Districts 1&2    | 16  |
| East Zone Trash<br>Pickup | 20<br>Central Zone Trash<br>Pickup | Recycling: Districts 3&4 West Zone Trash Pickup | 22                          | 23  |
| East Zone Trash<br>Pickup | 27<br>Central Zone Trash<br>Pickup | West Zone Trash<br>Pickup                       | Recycling: Districts<br>1&2 | 30  |

Find your trash & recycling zone at Montvale.org/MyZone

#### **Meetings This Month**

**Mayor & Council** 

**Planning Board** 

**Environmental Commission** 

Board of Health

**Library Board** 

Historic Preservation

11/6- 7:30pm 11/27 - 7:30pm 11/20 - 7:30pm 11/19 - 7:45pm

11/5 - 7:45pm 11/15 - 7:30pm

No Meeting

#### **Montvale Officials**

#### Mayor

Mike Ghassali (R) MGhassali@MontvaleBoro.org

# Council President Dieter Koelling (R) DKoelling@MontvaleBoro.org

#### **Administrator / Municipal Clerk**

Maureen larossi-Alwan Miarossi@MontvaleBoro.org

#### Council

Douglas Arendacs (R) DArendacs@MontvaleBoro.org

Rose Curry (R) RCurry@MontvaleBoro.org

Elizabeth Gloeggler (D) EGloeggler@MontvaleBoro.org

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

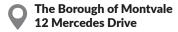
Michael Weaver (I) MWeaver@MontvaleBoro.org

**Contact:** 



201-391-5700











Sponsored by: Board of Health & Northwest Bergen Regional Health Commission. Dr. Cohen-Brady will be administering the vaccines & Tyco Animal Control Officers will provide animal control assistance. No appointments are necessary.

#### Saturday, January 5, 2019

TIME: 10:00AM - 11:00 AM - dogs must be on non-retractable

leashes & controlled by an adult.

11:00AM - 11:30 AM - cats in carriers

#### LOCATION: DPW GARAGE/ MEMORIAL DRIVE, MONTVALE

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) present it when licensing your pet(s). An application is available on borough website and at the clinic.

Dogs and cats that were inoculated at the <u>2016 Clinic</u> must be inoculated in 2019. Vaccines are valid for three years, with proof of previous rabies vaccine.

#### LICENSE FEES

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

201-391-5700 ext. 257 for additional information Monday - Friday 8:30am to 4:30pm.

# **Montvale Recreation**

#### **Announcements**

#### **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.

#### 18th Annual Holiday Tree Lighting and Gift Giving

The Montvale Special Events Committee will be hosting the 18th Annual Holiday Lighting and Gift Giving Ceremony on Memorial Drive. The event will take place on Friday, December 7th at 7:00 PM. We would like to invite the Borough's residents to revel in the holiday spirit with a free hot cocoa bar (yummy toppings included) and candy canes all while keeping warm in a heated tent. Children can take pictures in the inflatable snow globe and participate in the Gingerbread House Decorating Contest! Please bring your decorated gingerbread house (limited in size to 9" x 9" x9") to the tent where it will be displayed and then judged after the tree is lit!

#### Montvale's 2nd Annual Holiday House Decorating Contest

Turn your house into a winter wonderland of lights, decorations and holiday spirit! This is a free contest meant to be a fun way to celebrate the holiday season! There are 3 categories that houses can place in: Best Use of Lights, Best Theme and Best Neighborhood! Best Neighborhood will be awarded to the street with the most participating, registered houses. Register between November 23rd and December 7th for your chance to claim bragging rights as Montvale's best decorated house! Judges will be looking at registered homes between December 10th and 14th between the hours of 6PM and 8PM so please make sure your lights are on and decorations are out during these dates and times! Go to Montvale.org/Recreation, click the register tab and House Decorating to sign up! Please note that houses must be fully decorated by the home owner and not a company.

#### **ADULT CO-ED SOCCER**

Fieldstone Middle School- Field #2 47 Spring Valley Road Sundays 10:00AM-12:00PM DATES TBA

Resident Fee: \$10 Non-Resident: \$15

This program is a great way to get back into the game of soccer! There will be co-ed pick-up style games played every Sunday evening. Participants must be 18 years or older. Registration is open and ongoing for this program, but it is only online (Montvale.org/recreation) or at Borough Hall (during operating hours). You will not be able to register at any of the classes for this program. Please call 201-391-5700 ext. 251 with any questions.

#### **MONDAY YOGA**

Montvale Community Center Atrium 1 Memorial Drive Mondays 7:30-8:30PM September 17th – November 19th

Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100 OPEN Registration: ONLINE: www.montvale.org/recreation

No Class: October 8th and 15th

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.

#### FRIDAY YOGA

Montvale Community Center Atrium 1 Memorial Drive Fridays 9:30-10:30AM September 21st – November 30th

Resident Fee: \$80 Non-Resident: \$100

OPEN Registration: ONLINE: www.montvale.org/recreation

No Class: Oct. 19th Nov. 9th, 23rd

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

#### TAEKWON-DO (kids and/or adults)

Senior/Community Center Atrium: 1 Memorial Drive Wednesdays and Thursdays: 6-7pm September 20th – November 29th

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 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 class will begin on a Thursday due to the Jewish Holiday. No taekwon-do class on the following due to school closures/events: 9/27, 10/31, 11/8, 11/21, 11/22

#### TAI CHI

Senior/Community Center Atrium: 1 Memorial Drive Fridays 12:15-1:00PM November 16th – January 4th 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 the first class of the session

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...

#### **30+ BASKETBALL**

Memorial School Gymnasium Mondays 8:00PM-10:00PM September 17th – May 20th

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.

#### SENIOR'S PICKLEBALL LEAGUE

Memorial Drive Tennis Courts Fridays 2:00PM This program will resume in the Spring.

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

#### **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 7:15pm 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 Recreation Department, Attn: Lisa Dent, with Liability Insurance and payment. Forms are available online and at the Borough Hall front counter. Permits will be given according to availability and are not finalized until you receive email confirmation of available dates from Lisa Dent.

Montvale Recreation 12 Mercedes Drive Montvale, NJ 07645 201-391-5700 ext. 251

Please email Recreation Director, Lisa Dent, with any questions: MontvaleRecreation@montvaleboro.org

#### **MONTVALE 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

The 2018 tennis fee schedule is:

#### **FEES**

| <u>Residents</u>            |         | 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  |

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. If there is an issue with the use of tennis courts or the courts themselves, please report it: 201-391-5700 ext. 251.

#### Introduction to Ham Radio

Montvale Borough Hall | FREE Workshop

Ham/Amateur radio is a fun and interesting hobby! You can talk to local radio enthusiasts or make contacts all over the globe. You can communicate with the International Space Station and even use satellites that are orbiting the Earth to make radio contacts. You may even want to participate in radio contests that happen throughout the year.

Amateur radio also plays an important role during emergencies. Storms and power outages may impact your ability to use your home phone and get on the internet. How will you communicate in an emergency if your cell phone is broken, has a dead battery or you're in an area with no cell service? Cell towers can be damaged or overwhelmed during a disaster making your cell phone useless. During times like this, amateur radio can be used to get help or communicate with friends & family.

Come join us to learn how you can easily obtain a ham radio license to be a part of this rewarding, fun hobby! There is always something new to learn and you'll gain an important skill to have in emergencies.

Please email MontvaleRecreation@montvaleboro.org for interest!

#### Montvale Senior Club

The autumnal days of watching that last leaf fall to the ground, birds flying south and so, the cycle of Mother Nature's journey of seasons unfolds and Winter begins. Families, friends, gather together to share a Thanksgiving Dinner. "Freedom From Want" depicts this very special day, the vintage painting of 1943, by Norman Rockwell. Our Senior Club truly wishes everyone a very Happy Thanksgiving.

**TRIPS: WOODLOCH PINES RESORT** welcomes the Montvale Seniors. June 11-13, 2019. Nestled in the picturesque country of Hawley, Pa. A myriad of outdoor and indoor activities. Accommodations, Dining and entertainment for your convenience and pleasure. Brochures and Newsletters are available. Contact Rosemarie Kelly at 201-391-8718 for further information and reservations.

A TRIBUTE TO DOLLY, PATSY, & REBA, a fun filled Country and Western show at MT. AIRY LODGE, Nov. 8th, Thursday. Try your luck at the Casino, with a myriad of machines and a delectable buffet. Contact Marie Dineen, 201-391-1831.

A CHRISTMAS PLAYHOUSE at the HUNTEDON PLAYHOUSE, Wednesday, Dec. 12, inclusive of a delicious lunch and luscious desserts. Contact Marie Dineen, 201-391-1831

PLEASE NOTE THE FOLLOWING SENIOR SERVICES: **MONTVALE SENIOR VAN** – available on Wed, Thurs, & Friday, contact 201-391-5700 for all information necessary. **CHORE SERVICE** - **simple household repairs performed by senior volunteers for Seniors 60+ and the disabled in Bergen County.** Chore direct 201-489-7790 – Volunteer Center 201-489-9454.

We look forward to the our Fall and Winter programs, highlighting the delectable Thanksgiving Luncheon, sponsored by the Montvale PBA at the Elks Hall in Park Ridge. Our Christmas dinner at Seasons restaurant feature a DJ and dancing. Our Bocce & Sports contact is John Rotante 391-4194. Bocce participants will be eligible for tournaments. Billiards will start on Tuesday, Oct. 2nd at 1:00 – 2:00pm. Future activities will be Pickle Ball, Horseshoes, & Shuffle Board.

Our 55 and over Senior Club, located at Memorial Drive, Montvale meets the 1st and 3rd Thursday of the month. Subway sandwiches are served with coffee/tea and dessert at our first meeting. Danishes, coffee/tea served at our second meeting.

Our annual dues are \$10.00 and \$2.00 for refreshments at our monthly meetings. A monthly calendar and club newsletter are always available. Once a year, we have our SENIOR EXPO, given by our committee coordinators, explaining the purpose and the details of our activities. We offer opportunities to socialize with new friends and renew old acquaintances. In addition, our club has a wide array of activities, Pizza/Bingo, card games, canasta, mahjong board games, and our book discussion club. We have TAI CHI classes open to residents and non residents at the Senior Center on Fridays from 12:15 to1:00pm. Game Day is held on Tuesday and Wednesday. Our Wellness and Health programs provides a HUMC nurse at every meeting along with a gym and chair exercises We welcome you to enjoy your life and to share the fellowship with your neighbors. Milli Stellatos, Corresponding Secretary. Marie Dineen, President. 201-391-1831.

#### TRI-BORO FOOD PANTRY

The Tri-Boro Food Pantry is as busy as ever!

This month we would be grateful for donations of:

Dried Black Beans

Tuna

Coffee

Tissues or Toilet Paper



Please do not hesitate to contact me with any questions.

Janelle Larghi
201-390-5504

# This Month's Library Highlights

#### Two-week Winter Crafts Workshop for Adults & Teens

Sunday, November 4, & November 11, 1:30-2:30PM

Instructor Debra McGauley-Eichhorn will teach a 2-week Winter Craft Workshop on Sundays Nov 4, & Nov 11, 2018 from 1:30-2:30PM in the Executive Council Chambers. The project is to be determined. A cash, non-refundable materials fee of \$5 per student due at time of in-person registration; class size limited to a max of 15 students.

5-week WINTER adult watercolor painting workshop for adults & teens (all levels) Mondays (Nov. 5, Nov. 12, Nov. 19, Nov. 26, & Dec. 3) from 7-8:30pm.

Registration: 15; participants must pay a non-refundable, one-time CASH registration fee of \$25 at time of in-person registration; class size limited to a max of 15 students. In-person registration begins on Thursday, October 18, starting at 10AM.

#### **Medicare Basics for Open Enrollment**

Thursday, November 8, 7-8PM with a repeat of same talk on Saturday, November 10, 1-2PM (Come to one or both)

As you may be aware, the Medicare Annual Enrollment Period is quickly approaching! If you want to make a change for 2019, this is generally the ONLY period each year where such change is permitted. Join financial advisor Mark Brownstein at either or both of these informative free talks to learn all about the basics of Medicare Open Enrollment. Bring your questions and concerns, and he'll be happy to answer them based on your individual situation.

Both talks are free and open to the public' to be held in Council Chambers, 2nd floor. Registration begins on Thursday, October 11, starting at 10AM. Register in person, by phone (201-391-5090) or via email at montvalelibraryprograms@gmail.com

#### **Beading Project-Make a Superduo Bracelet**

Saturday, November 10, 2:30-3:30PM

Join instructor Marianne Olbermann as she shows you, step by step, how to create a custom bracelet. Class size limited to 15 participants. Each student will be required to pay \$10 CASH materials fee directly to instructor at start of class session. All materials will be provided by instructor. In-person registration ONLY begins on Thursday, October 11, starting at 10AM.

#### Maintain, Don't Gain Through the Holidays

Thursday, November 15, 7-8PM

Megan Peterson, retail dietitian of Shop Rite of Pearl River, will give a free and open-to-the-public talk on surviving the holidays with smart tips to eat healthy and in moderation throughout all the festive holiday gatherings. She'll have handouts, coupons and samples. To be held in Council Chambers, 2nd floor. Registration begins on Thursday, October 18, starting at 10AM. Register in person, by phone (201-391-5090) or via email at montvalelibraryprograms@gmail.com

#### Author Talk & Book Signing

Sunday, November 18, 2-3PM

Bergen County author Judy Eichinger will read excerpts from her recently-published book, Remembering Ruth, A Memoir of Childhood Sibling Loss and answer questions on the book, her life her sister and coping with loss of a loved one. Copies of the book will be available for purchase (\$18, cash or check) and for signing. Light refreshments will be served.

Free and open to the public; to be held in Council Chambers, 2nd floor. Registration begins on Thursday, October 25, starting at 10AM. Register in person, by phone (201-391-5090) or via email at montvalelibraryprograms@gmail.com

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





# Friends of the Montvale Library



# Dining for Dollars Davey's Irish Pub & Restaurant Kinderkamack Rd. & Grand Ave. Montvale

Monday, November 5 – lunch & dinner Tuesday, November 6 – lunch only Thursday, November 8 – lunch & dinner

Davey's is a great family-owned restaurant and Irish pub that has been in business for over 43 years. It has yummy food, a nice atmosphere and a friendly wait staff. Davey's opens at 11:30a.m.

Davey's will donate 15% of your bill to the Friends of the Montvale Library. Dine-in only.

----- Tear off and present this coupon before paying your bill

## Davey's Irish Pub & Restaurant

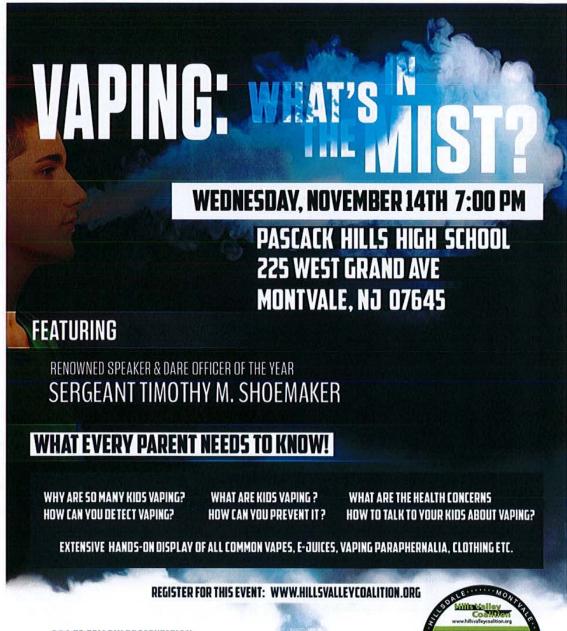
Kinderkamack Rd. & Grand Ave. Montvale, NJ 201-391-9356

# 15% Donation Coupon DINE-IN ONLY

To benefit: **Friends of the Montvale Library** Valid Nov. 5, 6 & 8, 2018



The Hills Valley Coalition for Resilient Youth



Q&A TO FOLLOW PRESENTATION
LIGHT REFRESHMENTS WILL BE SERVED
THIS EVENT IS FREE & OPEN TO THE COMMUNITY

