



# The Borough of Montvale

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



## RABIES VACCINATION CLINIC - JANUARY 5TH

View page 4 for information about this year's annual Rabies Vaccination Clinic.

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### Property Tax Information

Property taxes are due February 1st, 2019.

Please see page 4 for more information

## The Mayor's Corner

After 32 years of exemplary service, our Police Chief Jeremy Abrams retired effective December 31, 2018. Over his years of service and the last ten years as the head of the police department, Chief Abrams elevated the department's stature among the Pascack Valley towns to be one of the best departments with high caliber personnel at all levels. We all thank Chief Abrams for his dedication and service to the town. Captain Joseph Sanfilippo is our new Chief of Police and we are confident that he will carry the torch and continue the progress and maintain the safety and order in the town. Our future Chief will be sworn in at a special M&C meeting on Monday January 7th at 7pm at Borough Hall.

As we close 2018 and turn to 2019, I personally feel optimistic that the new year will be filled with great things for all of us. One of the special events in 2019, Montvale turns 125 years old. We will have activities and events involving the community throughout the year. My vision is to involve all of us in the celebrations and have multiple events culminating in a bigger event in August 2019. I welcome all your ideas on how to celebrate this special event and how to involve the community.

I am also happy and grateful to Kari Solomon and Heather Kaplan for

helping us celebrate our first formal Hanukkah Lighting in the center in town this year. During the month of December, I had the privilege of visiting several local businesses and took part in their celebrations and year-end meetings.

We have world class companies, large and small and from all indications, their business is strong and competitive.

On December 14, 2018, our own Heather McGee, the president of the Tri-Boro Ambulance received the Congressional Hometown Hero Award from Congressman Josh Gottheimer. Family and friends proudly joined Heather as she received the award. Last year our Hometown Hero award recipient was former Fire Chief Clint Miller.

Please keep members of the M&C, the first responders, the volunteers and staff of the borough in your thoughts and prayers as they enter the new year with new challenges and new projects serving our town.

- Mayor Michael Ghassali



Mayor Michael Ghassali

# MONTVALE POLICE DEPARTMENT

I hope everyone had a great Holiday Season, and wish you all a happy, healthy, New Year. After 32 years as a Montvale Police Officer, including the last ten years as Chief of Police, Jeremy Abrams has retired to pursue a new career path. Congratulations Chief Abrams, and best of luck in your new venture.

Let me start by introducing myself. My name is Joseph Sanfilippo, and as of January 1st, I will be the Borough's new Chief of Police. I began my career with the Montvale Police Department in December of 1986, as a Patrol Officer, and also spent 12 years as a Detective. I am fortunate to have a fantastic group of Officers, and staff, and am looking forward to the new challenge ahead.

In the coming year, we will be implementing some new Community Policing type programs, and expanding our presence on social media. As our new programs become available, we will post them on social media, and provide information in the Borough Newsletter, so stay tuned.



## Montvale Officials

### Mayor

Mike Ghassali (R)  
MGhassali@MontvaleBoro.org

### Council President

Dieter Koelling (R)  
DKoelling@MontvaleBoro.org

### Administrator / Municipal Clerk

Maureen Iarossi-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

## Meetings This Month

Mayor & Council    Planning Board    Environmental Commission    Board of Health    Library Board    Historic Preservation

Please check [www.Montvale.org](http://www.Montvale.org) for a full meeting notice for 2019 after 1/1.

## From the Tax Department...

Property taxes are due February 1st, 2019. Because February 10th falls on the weekend, the Grace period has been extended to Monday, February 11th. After February 11th, interest will revert back to February 1. For your convenience, a dropbox is located curbside by main entrance of Library and you may also pay online through the borough website at [www.montvale.org](http://www.montvale.org)

# Trash & Recycling This Month

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

## January Library Highlights

### Winter Story Hour (8 weeks long)

Starts the week of January 7th

Registration for Montvale residents starts on December 3rd.

Registration for non-Montvale residents starts on December 17th.

Schedule is as follows:

- 0-23 month olds- Fridays at 10:30am
- 2 yr olds - Tuesday or Thursday at 10:30am
- 3 yr olds- Thursdays at 1:30pm
- 4 yr olds- Wednesdays at 3:45pm
- 5-6 yr olds- Tuesdays at 3:45pm

### Saturday Afternoon Movie- Smallfoot

Saturday January 12th at 2:00pm

Children ages 4 and up

Registration starts December 26th

### Art Club with Artist Peri

Thursday, January 17th at 4:30pm

Students in 2nd grade and up

Registration starts on January 7th

### Chemistry in the Kitchen

Thursday, January 24th at 4:00pm

Students in 1st grade and up (\$2 fee due at registration)

Registration starts on January 14th

### Night Time Story Hour

Wednesday, January 30th at 7:00pm

Children ages 3-6

Registration starts on January 21st

**Contact:**



201-391-5700



www.Montvale.org



The Borough of Montvale  
12 Mercedes Drive



# RABIES VACCINATION CLINIC



*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 2016 Clinic 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](mailto:MontvaleRecreation@montvaleboro.org) for more information.

### PROGRAM REGISTRATION

Online Registration:

1. Go to [www.montvale.org/recreation](http://www.montvale.org/recreation)
2. Click the Register Tab at the top
3. Choose the program you would like to register for
4. Payment by credit card only

Paper Registration: Available at the first class of any session (except Adult Soccer). Payment by cash or check made out to the Borough of Montvale.

### BOLLYX

Montvale Community Center Atrium  
1 Memorial Drive  
Tuesdays 7:00-8:00PM  
January 15th – February 5th  
Resident Fee: \$40 (4-week session)

BollyX® is a Bollywood inspired dance-fitness program that combines exhilarating choreography with upbeat world music. One 50-minute class cycles between higher and lower intensity dance sequences, delivering a total body workout. BollyX®, a new and innovative cardio dance workout, inspired by Bollywood dance, allows participants to unleash their inner swagger as Bollywood truly is the central film industry of India! BollyX® is all about energy, passion, grit, intensity, excitement and confidence, encouraging participants to appreciate Bollywood dance from all regions across India. Steps have been designed with simplicity, but are so effective that participants can truly feel like they are dancing in a Bollywood movie whilst gaining an exhilarating workout and the ability to shed weight simultaneously! BollyX® is authentic, fun and approachable, it uses music that is out of this world and is a program that actually works! BollyX® embraces both women and men, giving them a chance to become rockstars! Hence their tagline..to unleash your inner ROCKSTAR!

### GIRLS VOLLEYBALL

Memorial School Gymnasium  
Tuesdays 7:00-8:00PM  
January 8th – March 5th (March 12th makeup if needed)  
Resident Fee: \$80 Non-Resident Fee: \$100

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.

# ADULT VOLLEYBALL

Memorial School Gymnasium  
Tuesdays 8:00-10:00PM  
January 8th – May 21st  
Resident Fee: \$50 Non-Resident Fee: \$75

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.

## MONDAY YOGA

Montvale Community Center Atrium  
1 Memorial Drive  
Mondays 7:30-8:30PM  
January 7th – March 11th (No Class: February 18th)  
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100

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  
January 11th- March 1st  
Resident Fee: \$80 Non-Resident: \$100

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.

## ADULT CO-ED SOCCER

Fieldstone Middle School- Field #2  
47 Spring Valley Road  
Sundays 10:00AM-12:00PM  
Spring Session 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](http://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.

# TAI CHI

Senior/Community Center Atrium: 1 Memorial Drive  
Fridays 12:15-1:00PM  
December 7th-January 25th  
Resident Fee: \$80  
Non-Resident Fee: \$100 (space permitting)  
Residents Who Belong to the Montvale Seniors Club: \$40

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

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.

## 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

DEADLINE FOR SPRING FIELD USE APPLICATIONS IS FEBRUARY 1ST

Please email Recreation Director, Lisa Dent, with any questions: [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org)

# 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](mailto:MontvaleRecreation@montvaleboro.org) for interest!

## HOMETOWN HERO AWARD

Our own Heather McGee, president of the Tri-Boro Volunteer Ambulance Corps received the 5th District Hometown Hero award from Rep Josh Gottheimer. Heather has responded to over 5,000 emergency calls and at least five lifesaving calls in the last 30 years. We are all proud of Heather McGee!!



# MONTVALE SENIOR CLUB

We welcome in the New Year 2019. All the preparations and festivities of the holidays are now over and we can all rest, relax and be grateful for having the memories of these joyous occasions. The visitors have returned to their homes, grandchildren back at school and the Snow Birds are getting ready for their winter journey to a warmer climate. Let the new year of 2019 give us a renaissance of joy, peace and prosperity.

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.

SAVE THE DATE:

ENJOY A Mardi Gras experience at the BROWNSTONE, Tuesday, March 5th, 2019. Contact Marie Dineen, 201-391-1831.

WESTCHESTER THEATRE: musical - NEWSIES, Friday, April 5, contact Marie Dineen, 201-391-1831. We have Entertainment and Cultural programs for your enjoyment throughout the Winter and Spring.

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.

Our Sports contact is John Rotante 391-4194. Billiards every Tuesday and Wednesday at 1:00PM -contact Bill Maki - 201-930-0463. 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 \$15.00 inclusive of 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, 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 to 1:00pm. 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! Seasons greetings! Our Thanksgiving dinner distribution brought over 80 families to the pantry for assistance. If you know of any families that could use assistance, please direct them to us!

This month we would be grateful for donations of:

Jelly  
Canned Fruit  
Oatmeal / Hot Cereal  
Tissues

With gratitude for your continued support! We wish you and your family a happy, healthy new year!

Please do not hesitate to contact me with any questions.  
Janelle Larghi - 201-390-5504

