

# The Borough of Montvale

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



## Board of Health Offers American Heart Association Heart Saver CPR/AED

April 1st - Spring is ideal for many things. It is the beginning of playing outdoor sports, and family outings begin to occur more. The days grow longer, and the excitement of being outside becomes apparent. - Continued on Page 5

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## Free Paper Shredding

March 30  
9:00am - 1:00pm

Mark Lane Field Complex off of  
Piermont Avenue in River Vale.

Open to Montvale Residents

## The Mayor's Corner

### Rain Tax and Montvale

I have been receiving a number of questions from residents about the so-called "Rain Tax" bill that was passed by the Legislature and is awaiting signature from the Governor. I have been monitoring this legislation, and I want to provide you with a brief overview of the potential impact of this law.

The new law would allow (but not require) municipalities and counties to establish local stormwater utilities that would be allowed to charge property owners based on the amount of stormwater runoff generated on their properties. Because of the manner in which any runoff charges would be imposed, the largest impacts would almost necessarily be felt by larger commercial or industrial properties with large impervious surfaces that generate a substantial amount of runoff. Smaller residential properties, if they were taxed at all, would be unlikely to see any significant charges.

However, I can assure you that the Borough of Montvale has no plans to create any such utility. It is certainly possible that the County

of Bergen could create a stormwater utility, although I am not aware of any plans to do so at this time. Prior to the creation of any such utility, there would likely be ample opportunity for you and elected officials to comment and make our voices heard at the County level. Prior to even reaching that step, however, the NJ DEP would have to create rules to implement the law. This would provide further opportunity for public comment on any proposed regulations.

Stormwater management is important to all of us, which is why the impact of new developments on stormwater runoff is already analyzed by the Borough in connection with applications that are proposed in town. I will continue to monitor this legislation if it is in fact passed by Governor Murphy, and I will provide an update if any rules or regulations are proposed that would impact our residents.



Mayor Michael Ghassali

- Mayor Michael Ghassali

# Montvale Police Department

Congratulations to new Montvale Police Captain Douglas McDowell. Captain McDowell started his career with the Montvale Police Department in July of 1995, was promoted to Sergeant in 2013, and Lieutenant in 2015. Best of luck in your new position.



We have been asking residents to sign up for our Swift Reach Reverse 911 system. This is an automated emergency notification system that allows us to send out alerts via phone and email to registered businesses and residents. More information, and the sign up screen are available on the Borough website at [Montvale.org](http://Montvale.org), under the "Resident" tab.

We will also be launching our "Community Camera" program this month. The Police Department will be asking residents and business owners with surveillance camera systems to register them if they are willing to provide video in the event of a crime in the area. The program does not give the Police Department direct access to your camera system, and is strictly voluntary. The registration form is available on the Borough website, or at the Police Department front desk.

- Chief Joseph Sanfilippo

## Montvale Officials

### Mayor

Mike Ghassali (R)  
[MGhassali@MontvaleBoro.org](mailto:MGhassali@MontvaleBoro.org)

### Council President

Elizabeth Gloeggler (D)  
[EGloeggler@MontvaleBoro.org](mailto:EGloeggler@MontvaleBoro.org)

### Administrator / Municipal Clerk

Maureen Iarossi-Alwan  
[Miarossi@MontvaleBoro.org](mailto:Miarossi@MontvaleBoro.org)

## Council

Douglas Arendacs (R)  
[DArendacs@MontvaleBoro.org](mailto:DArendacs@MontvaleBoro.org)

Rose Curry (R)  
[RCurry@MontvaleBoro.org](mailto:RCurry@MontvaleBoro.org)

Dieter Koelling (R)  
[DKoelling@MontvaleBoro.org](mailto:DKoelling@MontvaleBoro.org)

Timothy E. Lane (R)  
[TLane@MontvaleBoro.org](mailto:TLane@MontvaleBoro.org)

Annmarie Russo-Vogelsang (R)  
[ARussovogelsang@MontvaleBoro.org](mailto:ARussovogelsang@MontvaleBoro.org)

## Meetings This Month

<u>Mayor &amp; Council</u>	<u>Planning Board</u>	<u>Environmental Commission</u>	<u>Board of Health</u>	<u>Library Board</u>	<u>Historic Preservation</u>
3/12 - 7:30pm 3/26 - 7:30pm	3/5 - 7:30pm 3/19 - 7:30pm	3/18- 7:45pm	3/4 - 7:45pm	3/28 - 7:30pm	No Meeting

## Trash & Recycling This Month

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

## March Library Highlights Adult Programs

**Free Financial Talk** - A free talk on the "Psychology of Money" will be held on Monday, March 11, 7-8pm. Given by Steven Fox of Morgan Stanley Wealth Management. Register by phone (201-391-5090), in person, or by email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com). Registration begins on Thursday, February 14, starting at 10AM.

**Egg Decorating Workshop for Adults & Teens** - Saturday, March 30, 2019, 12-3pm. Patty Wiszuk-De Angelo will offer a three-hour workshop to teach the traditional folk art of Ukrainian Pysanky. The workshop is for adults and teens. Students will be required to pay a \$25 (CASH), nonrefundable materials fee at time of IN-PERSON REGISTRATION only. In-person registration begins on Thursday, February 21, starting at 10am. Workshop size is limited to 20 students. Please note: You may register for yourself ONLY.

**Financial Strategies for Women** - On Thursday, May 16, 2019 at 7pm, join Debra Taylor as she discusses "10 Financial Strategies" all women can benefit from. Free and open to the public. Register by phone (201-391-5090), in person, or by email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com). Registration begins on Thursday, April 18, starting at 10am.

**Contact:**



201-391-5700



[www.Montvale.org](http://www.Montvale.org)



The Borough of Montvale  
12 Mercedes Drive

# Children / Young Adult Programs

## **Saturday Afternoon Movie- Ralph Breaks the Internet** - Saturday, March 2 at 12:00pm

Children ages 5 and up can bring their lunch and watch movie at the library

Registration starts on February 19.

## **Spring Story Hour** - Registration for Spring Story Hour start on March 4 for Montvale residents

The schedule is as follows:

Mondays at 10:30am- 3 yr olds

Tuesdays at 10:30am- 2 yr olds

Tuesdays at 3:45pm- 5-6 yr olds

Wednesdays at 3:45pm - 4 yr olds

Thursdays at 10:30am - 2 yr olds

Thursdays at 1:30pm- 3 yr olds

Fridays at 10:30am- 0-23 month olds

8 week session starts the week of April 1

Registration is only taken in person with a valid library card

**Musical Mondays.** - Mondays during the month of March at 3:45pm. Students in kindergarten and up will learn about a different instrument every week

Registration starts February 19th\\ for the 4-week session

## **St. Patrick's Day Craft with the FEA** - Tuesday, March 12 at 3:45pm

St. Patrick's Day Craft with the FEA

(Future Educators of America)

Students ages 5 and up

Registration starts February 24

## **Saturday Afternoon Movie- Spiderman: Into the Spiderverse** - Saturday, March 16 at 12:00pm

Children ages 5 and up can bring their lunch and watch a movie at the library.

Registration starts on March 2

## **Purim Party** - Wednesday, March 20 at 4:00pm

All ages - Children can wear costumes.

We will be reading stories and making Hamantaschen cookies.

Registration starts on March 4

## **Art Club** - Thursday, March 21 at 4:30pm Art Club

Students in 2nd grade and up- New members are always welcome.

Registration starts on March 4

## **Chess** - Tuesday, March 26 at 4:45pm

Students in 1st grade and older- no experience necessary

Registration starts on March 11

## **Night Time Story Hour**

Wednesday, March 27th at 6:30pm Night Time Story Hour

Children ages 3 -6 can wear PJs and join us for stories, milk and cookies.

Registration starts on March 11

## **Chemistry in the Kitchen** - Thursday, March 2 at 4:30pm (new time)

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

Must bring a plastic container.

Registration starts on March 18

## **Pysanky Egg Decorating Workshop** - Friday, March 29 at 3:30pm

Learn the Art of Ukrainian Egg Dying

Children in Kindergarten and up

There is a non-refundable supplies fee for this program due at time of registration.

Registration starts March 18.



# Montvale 2019 Clean-up Event

Borough of Montvale

April 13, 2019

at 9:00 AM to noon

Meet at Red Shed (across from Firehouse) on Memorial Drive

Additional Information call 201-391-5700 ext 257 or email

Robert Hanrahan at [ghanrahan@montvaleboro.org](mailto:ghanrahan@montvaleboro.org)



*Complementary light breakfast/coffee courtesy of*

*Wegmans* &  **DUNKIN' DONUTS** of Montvale

**ALL residents of all ages are invited to**



Gloves & trash bags are provided by BC Clean Communities

Borough of Montvale Thanks the following organizations for their continued participation: Montvale Environmental Commission, Montvale Boy Scout Troop 334, Montvale Cub Scout Pack 336, Montvale Girl Scouts, Montvale Senior Club, and ALL THE RESIDENTS & groups that donate their time.

**Community service hours will be granted, forms are available**

# DOES YOUR HOME NEED REPAIRS?

The Borough invites you to apply to the **NEW** Montvale

## HOME IMPROVEMENT PROGRAM

If you live in Montvale, own your home, and your total gross annual household income falls below the income limit for your household size, you may qualify to participate in the program.

- ✓ There is **no cost to apply** and it does not affect your credit score.
- ✓ Funds are provided as a **no interest** (0%) ten-year forgivable loan.
- ✓ A **professional inspector** oversees the process.
- ✓ There is **no monthly payment**.

You can receive  
up to **\$20,000**  
in repairs!



(income limits updated annually)

### ELIGIBLE USES OF FUNDS INCLUDE

- Roofs
- Foundations
- Heating
- Electrical
- Windows
- Insulation
- Plumbing
- and more!

Household size	1	2	3	4
Maximum Income	\$50,878	\$58,146	\$65,414	\$72,682
Household size	5	6	7	8
Maximum Income	\$78,497	\$84,311	\$90,126	\$95,940

This program is sponsored by  
the Borough of Montvale  
and funded by Developer Fees



**FIRST COME, FIRST SERVED  
TAKE THE FIRST STEP!**

**[www.hip.cgph.net](http://www.hip.cgph.net)**

*Easily submit your preliminary application online!*

*If you have additional questions, or if you do not have internet access,  
Call the Borough Representative, David Landri, at (609) 664-2783.*

# Board of Health offers American Heart Association Heart Saver CPR/AED Training Class

Spring is ideal for many things. It is the beginning of playing outdoor sports, and family outings begin to occur more. The days grow longer, and the excitement of being outside becomes apparent. The fun activities of spring and summer open the door to greater risk for injury. Rising temperatures increase the risk of heat-related illness and cardiac arrest. You may not always be prepared for unforeseen problems but having CPR/AED training is a great idea.

Residents are encouraged to take this opportunity to register for the American Heart Association Training class being offered this spring. The Montvale Board of Health in conjunction with Hackensack Meridian Health Hackensack University Medical Center are offering free classes to residents 13 years and older. Participants will be charged a fee for the certification ID card. In an effort to help defray the cost the Board of Health will absorb a portion of the fee. Participants will be responsible to pay \$10 for the card.

To register, email the Health Secretary, Janet Russo at [jrusso@montvaleboro.org](mailto:jrusso@montvaleboro.org) or call the borough at 201 391 5700 extension 257 during normal business hours. Space is limited, therefore, to register you must be a Montvale resident.

## **Montvale Community & Senior Center**

1 Memorial Drive, Montvale

April 1

5:30 pm to 8:30pm

Please be prompt, late arrivals will not be permitted to participate.

A \$10 check payable to Hackensack University Medical Center per student is required.

This class is hands on, wear casual attire.

## Ways Residents Can Help the Waterways

The Board of Health is asking residents to help prevent municipal drains from blockage which effects our waterway and aquatic system.

Non-biodegradable products effect the environment negatively. Disposable adult or baby diapers, medical or food disposal gloves, personal hygiene or make-up removal wipes, or defecting wipes should not be flushed down the toilet. These disposal products such as those are made of cloth like material, do not break down in the sanitary sewer system and can block sewer lines. This increases our municipality's maintenance and repair costs. Pascack Valley DPW employees have experienced an increase with this problem in recent years because more products are on the market and the consumer demand for disposal and antibacterial products has increased. The Board of Health is asking residents or any commercial establishment to dispose of these types of wipes in the trash can. Many people may be unaware of that even some flushable wipes are not compatible with our municipal sewer system. This problem is affecting many municipalities throughout the state. New Jersey lawmakers are hard at work, trying to make sure non-flushable disposable wipes are properly disposed of. Legislation is pending in the state Senate Commerce Committee that would require all non-flushable disposable wipes to be labeled "Do Not Flush" in the future.



# 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.

Spring Fling at Fieldstone Middle School- May 4th 10-12pm

Day in the Park- Saturday, September 21 Rain Date- Sunday, September 22

If there are any groups or residents who would like to be involved in the above-named events as volunteers or otherwise, please email [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org).

### Bollyx

Montvale Community Center Atrium  
1 Memorial Drive  
Tuesdays 7:00-8:00pm  
February 26 – April 16  
Resident Fee: \$80 Non-Resident Fee: \$100

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!

### Summer Camp

Summer Camp will run July 1st through July 26th, 2019. However, camp will be closed on Thursday, July 4th and Friday, July, 5th for the holiday. Details regarding camp registration and structure will be announced by February 15.

Counselor applications will be available at Borough Hall and Pascack Hills Guidance office beginning Friday, February 1. Counselors must be 14 years of age or older by July 1st, 2019 to apply. Applicants must be available July 1 through July 26 (except July 4-5) from 9:00am-2:30pm. All applications must be returned to either Borough Hall or the Montvale Library Drop Box by Thursday, February 28. Interviews will take place in March with specific days to be announced in February. All new counselors must be interviewed and returning counselors may or may not be interviewed based on their job review from 2018. The mandatory counselor training will be on Friday, June 28th 12pm-4pm.



## Adult Volleyball

Memorial School Gymnasium  
Tuesdays 8:00-10:00pm  
January 8th – May 21  
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. (PROGRAM IS CURRENTLY FULL)

## Monday Yoga

Montvale Community Center Atrium  
1 Memorial Drive  
Mondays 7:30-8:30pm  
March 25– May 20t  
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  
March 8 – May 10  
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 #1 & 2  
47 Spring Valley Road  
Sundays 5:00pm-7:00pm  
March 24 – May 26  
Resident Fee: \$15 Non-Resident: \$20

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  
February 15 – April 5  
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 17 – May 20  
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 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 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 1

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!

## Girls Volleyball

Memorial School Gymnasium  
Tuesdays 7:00–8:00pm  
January 8 – March 5 (March 12 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.

## Taekwon-Do

Montvale Community Center Atrium  
1 Memorial Drive  
Wednesdays and Thursdays  
6:00pm-7:00pm  
January 23 – March 20  
Resident Fee: \$120 Non-Resident Fee: \$180 (space permitting)  
Instructor: Mario Liriano; 5th Degree Black belt and over 40 years of Martial Arts experience.

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. Grow with the tenets of TaeKwon-Do: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. This program will be offered two days/week for children. Mr. Liriano has been teaching this program for 13 years in Montvale and has produced many Black Belts (including his two daughters).

## 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.

# Tennis Court Badges

## MONTVALE TENNIS COURT BADGES

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

Badges for the 2019 season, which runs from March 1 - December 31, may be purchased at the Borough Hall (during normal business hours beginning) OR online: [www.montvale.org/recreation](http://www.montvale.org/recreation)

<b><u>Residents</u></b>			<b><u>Non-Residents</u></b>	
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.



# Montvale Senior Club

We welcome the month of March with all its events and celebrations. Mardi Gras on the 5th, Daylight Savings on the 10th. The first day of Spring, on the 20th. The wearing of green on St. Patrick's Day, with its parties and parades. Let's enjoy and celebrate!

**SAVE THE DATE:** Tuesday, March 5, 2019. Enjoy a Mardi Gras experience at the BROWNSTONE. Contact Marie Dineen, 201-391-1831.

**WESTCHESTER THEATRE:** Friday, April 5, 2019. Musical – NEWSIES. Contact Marie Dineen, 201-391-1831.  
**TRIPS: WOODLOCH PINES RESORT:** June 11-13, 2019. Nestled in the picturesque country of Hawley, Pennsylvania. A myriad of outdoor and indoor activities. Accommodations, dining and entertainment for your convenience and pleasure. Brochures and newsletters are available. Contact Rosemarie Kelly, 201-391-8718 for further information and reservations.

## PLEASE NOTE THE FOLLOWING SENIOR SERVICES:

Montvale Senior Van – available on Wednesday, Thursday and Friday. Please contact 201-391-5700 for additional information.

Chore Service - simple household repairs performed by senior volunteers for seniors 60 and over as well as the disabled in Bergen County. For information, please call 201-489-9454. Volunteer information is 201-489-7790.

Our sports contact is John Rotante 391-4194. Billiards every Tuesday at 1:00 pm - 3:00 pm. Contact Bill Maki – 201-930-0463. Future activities will be pickle ball, horseshoes and shuffleboard. We have a bocce court in back of the Senior Center that starts in the spring based on weather conditions.

Our 55 and over senior club, is located on Memorial Drive, Montvale. Our annual dues are \$15.00. The business meeting on the first Thursday of the month, there is a \$2.00 charge for hero sandwiches. At our social meeting, the third Thursday of the month, a danish is served at no charge. All meetings include coffee, tea, and water.

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 pm to 1:00 pm. 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.

**"AGING IS JUST ANOTHER OPPORTUNITY TO ADD YEARS TO YOUR LIFE"**

# TRI-BORO FOOD PANTRY

This month we would be grateful for donations of:

Any personal care products - shampoo soap etc.

Jelly/jam

Paper towels.

Please do not hesitate to contact me with any questions.

Janelle Larghi - 201-390-5504



# Montvale Annual Community Dinner and Raffle

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Friday March 15, 2019 at 6:30 PM  
Fieldstone Middle School  
47 Spring Valley Road, Montvale, NJ



Come out and **JOIN YOUR COMMUNITY** for a fun filled evening of food, friends, music, a tricky tray raffle, and more! Dinner includes a full Pasta and Meatball entree including salad and fresh garlic bread. After dinner enjoy a dessert and coffee table, followed by the raffle. Prizes include a Sightseeing Flight over NYC for 3, and much more. Live music! Children will enjoy Balloon Art from our CLOWN!

## Tickets at the Door:

Adults: \$8.00, Seniors: \$7.00, Children: (under 12) \$6.00

## **Pre-Event Tickets: \$6.00 for All Ages**

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For Tickets or Information:

Phone:  
201-802-0252

E-mail:  
[troop334mail@gmail.com](mailto:troop334mail@gmail.com)

PO Box 641  
Montvale, NJ 07645



Proceeds benefit Boy Scout Troop 334 – Sponsored by American Legion Post 153

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## The Montvale Chamber of Commerce

Over 100 People Attend The Chambers 2019 Kick-Off Event at KPMG

Scott Forman and Steve Fox welcome over 100 guests at the Montvale Chambers 2019 Annual Business Kickoff Event Sponsored by KPMG



Carol Mudoon and Scott Fritz,

KPMG Managing Directors give their 2019 economic outlook



Mayor Ghassali and Valley Hospital's Dr. Gail Matthews

## 2019 Street Fair Sunday June 9<sup>th</sup>



## Sponsorship Applications:

<https://montvalechamber.com/event/montvale-chamber-street-fair>

Join the Chamber! [www.MontvaleChamber.com](http://www.MontvaleChamber.com)

Stay on top of chamber news and events. [facebook.com/Montvale-Chamber-of-Commerce](https://facebook.com/Montvale-Chamber-of-Commerce)





# The Parade of Nations & Virginia International Tattoo

"...thrill to the dazzling extravaganza of music, ceremony and patriotism!"

Formerly Azalea Festival



4 DAYS - 3 NIGHTS

APRIL 25 - 28, 2019

**\$ 529 per person**  
double occupancy

**\$748 Single**

## PACKAGE INCLUDES:

- \* 3 Nights lodging
- \* 3 Breakfasts
- \* 3 Full course dinners including the Spirit of Norfolk Dinner Cruise
- \* Performance of the Virginia International Tattoo Show
- \* Reserved seats for 66th Annual Parade of Nations
- \* NATO Fest Activities
- \* Norfolk Naval Base Tour
- \* MacArthur Memorial
- \* Chrysler Museum of Art
- \* Evening entertainment
- \* Souvenir gift
- \* Luggage handling
- \* Taxes and meal gratuities
- \* Motorcoach transportation




**The Tattoo Tradition** The term 'tattoo' derives from the cries of the 17th & 18th century Low Country innkeepers in Scotland, who, as the fife and drums of the local regiment signaled a return to quarters would cry, "Dae dan tap tae!" (meaning "turn off the taps!") The sound of the "taps" caused the innkeepers customers to depart and return to their barracks. The word 'tattoo' evolved over time and refers to what developed as a ceremonial performance of military music by massed bands today. The Virginia International Tattoo incorporates groups from around the world including acrobats, choral groups and precision military drill teams.

Cancellation Insurance available upon request; see reverse side

## FOR INFORMATION AND RESERVATIONS CONTACT:

**MONTVALE SENIORS**  
Rosemarie Kelly  
56 Erie Ave.  
Montvale, NJ 07645  
(201) 391-8718



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