



The Borough of Montvale

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newsletter

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



New Office Hours

The Borough of Montvale will have new office hours beginning this month. Please see the bottom of page 1 for more details and the complete list of updated hours.

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The Mayor's Corner

Spring is around the corner and we have a number of events listed on our borough website, and I hope you take advantage of them and attend as many as you can.

On March 7th, I attended a meeting with our Economic Development committee which included, our larger corporations in Montvale. I gave an update on the town and listened to their updates. Almost all of the corporations are implementing hybrid working hours, but many are asking their employees to spend more time in the office physically. The employees are always looking for food and restaurant varieties. We are fortunate and proud to be the host town for world class companies, and we will do all that we can to accommodate and provide the services they need.

I want to thank everyone who helped and contributed to the Syria and Turkey earthquake relief event. We collected a full truck load of urgently needed hygiene items. Know that a product that you bought and donated, made it to a family in Syria and Turkey. I always appreciate

your help and support, and everyone in our town has been incredibly supportive whenever a call to action goes out. Thank you.

We continue to have difficulty attracting volunteers for our Tri-Boro Ambulance Corp. If you or anyone you know are interested, please contact our Tri-Boro crew 201-391-2332 or email membership@tbvacnj.org.



Mayor Mike Ghassali

Please note the new schedule for the Borough of Montvale detailed below starting Monday April 3, 2023 to accommodate our residents.

I look forward to seeing you at the upcoming events around town, and as always, please don't hesitate to contact me anytime if you feel I can be of assistance.

Mayor Mike Ghassali

Updated Borough Hall Hours

Beginning Monday, April 3, 2023, the Borough of Montvale will have a new schedule to accommodate our residents. Our new office hours for each department are as follows:

Administration and Court

Mon, Tues, Weds: 8:00am-4:00pm
Thursday: 8:00am-7:00pm
Friday: 8:00am-12:00pm

Construction Department

Mon, Tues, Weds: 7:30am-4:30pm
Thursday: 7:30am-3:30pm
Friday: 8:00am-12:00pm

Police Department

Mon, Tues, Weds: 8:30am-4:30pm
Thursday: 8:30am-7:00pm
Friday: 8:30am-4:30pm

Police Department

Smart911 is the Borough of Montvale official emergency notification system. Through Smart911, the Montvale Police are able to utilize a single notification system that provides local control of how and when to disseminate emergency and public safety messages to residents and businesses.

Sign up now to receive free alerts via:

- Text message
- Email
- Voice message

***If you were signed up previously for Swift911 your information automatically populated over to Smart911.

SIGN UP TO RECEIVE EMERGENCY NOTIFICATIONS

Create a profile by clicking on the Smart911 app below

Montvale.org/Smart911

Curbside Collection This Month

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	
3	4	5	6	7
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste
10	11	12	13	14
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste
17	18	19	20	21
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste
24	25	26	27	28
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste
1	2	3	4	5
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste

Mayor

Mike Ghassali (R)
MGhassali@montvaleboro.org

Municipal Clerk

Fran Scordo
fscordo@montvaleboro.org

Administrator

Joseph Voytus
JVoytus@montvaleboro.org

Council President

Douglas Arendacs (R)
DArendacs@montvaleboro.org
Annmarie Russo-Vogelsang (R)
ARussovogelsang@montvaleboro.org

Council

Dieter Koelling (R)
DKoelling@montvaleboro.org
Timothy E. Lane (R)
TLane@montvaleboro.org

Chris Roche (R)
CRoche@montvaleboro.org
Theresa Cudequest (R)
TCudequest@montvaleboro.org

Senior Club - March

MONDAY

- Healthy Bones – 10:00am-11:15am HARP 551-996-2038
- Chair Exercises – 11:00am-12:00pm (video tape) Micki Keller -201-669-9935 Rani Mooriani – 201-930-8950
- Mahjong – 1:30pm-3:30pm Kitty Stern – 201-802-0997

TUESDAY

- Bocce/ games – (co-ed) 10:00am-12:00pm John Rotante -201-391-4194 Vinnie Alfano – 551-427-8143
- Canasta – 1:00pm-3:00pm Fran Ohayon – 201-391-4272
- Tai Chi – 1:30pm-2:15pm Lisa Dent -201-391-5700-ext.251

WEDNESDAY

- Bocce (coed) – 10:00am-12:00pm John Rotante 201-391-4194
- Chair Exercises – 11:00am-12:00pm Micki Keller 201-669-9935 Rani Mooriani 201-930-8950
- Mexican Train/ Cards – 1:30pm – 3:30 pm Louise & George Boothby 201-476-1319

THURSDAY

- Pickleball – 8:00am – 10:00am Kurt Birkenmaier 201-574-3020
- Savory Seniors – Thursday, April 27 at 11:30am. – Louise Boothby 201-476-1319 Banoo Irani 201-930-8787

FRIDAY

- Bocce- (women) 10:00am – 12:00pm Pat Casciano- 201-307-9685
- Chair Exercises – 11:00am-12:00pm Rani Mooriani- 201-930-8950
- Bocce – (men) 1:00pm – 3:00pm John Rotante 201-391-4194
- Cards/ Rummikub – “5 Crowns” 1:30pm – 3:00pm Dianne Carfora 201-314-0141

MONTHLY ACTIVITIES

- Senior Club Business Meeting – April 6 12:00pm – 2:00pm
- Book Club – Thursday, April 13 12:30pm The book this month is: - ‘A World of Curiosities’ by Louise Penny Ree Hopper-201-391-7386 Linda Queller – 201-505-4850
- Bingo / Pizza – Friday, April 14 5:00pm – 7:00pm (\$8.00) Micki Keller 201-669-9935 Jodi Miller 551-427-4581
- Senior Club Social – Thursday, April 20 12:00pm – 2:00pm Springtime Luncheon
- Gym Open – Monday – Wednesday – Friday 8:00am-12:00pm Bob Daley 201-307-0393 Werner Hahneemann. 201-391-8399
- Our nurse will be visiting us on the first Monday and the first Thursday for blood pressure readings.

UPCOMING TRIPS

- April 4 - Trip to the Culinary Institute with tour
- Saturday, May 6 4:00pm Montvale TV Town Hall Meeting. Twenty (20) seniors needed to be on a panel to discuss important issues for our seniors.
- May 8-10 – Cape May featuring a trolley tour and the Physick Estate – Rosemarie Kelly 201-391-8718.
- June 15 -Old Tappan Manor Luncheon 11:30am – 3:30pm Luncheon and Dancing
- June 22 - Tentative trip to the Papermill Playhouse - Play ‘Rent’ with a luncheon Price to be determined
- September 13 – Resorts Casino Trip – Casino, lunch, show plus \$25 play money– Dianne Carfora 201-314-0141

Montvale 2023 Clean-up Day and Arbor Day Event

Borough of Montvale NJ
Saturday, April 22, 2023
from 9:00 AM to noon

In Honor of Arbor Day / Earth Day we are giving away FREE Trees

Meet at Red Shed (across from Firehouse) on Memorial Drive
Additional Information call 201-391-5700 ext 257 or email
Bob Hanrahan at rhanrahan@montvaleboro.org



ALL residents of all ages are invited to



Gloves/Trash bags provided by Bergen County 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.

(Hold Harmless forms must be signed and submitted by all participants and parents of minors)

Montvale Environmental Commission:





Category 1 Waterways and Land Protection in Montvale

For many years the New Jersey Department of Environmental Protection (NJDEP) has been adding layers of protection to waterways and wetlands throughout the state in order to improve degrading water quality and the overall environment.

The NJDEP created designations and related regulations for waterways and specific natural resources, such as wetlands. These regulations limit development which would impair or destroy valuable natural resources and/or degrade water quality. Preserving the integrity of specific waterways and ecosystems is vital to maintaining the quality of our water and the environment that requires it.

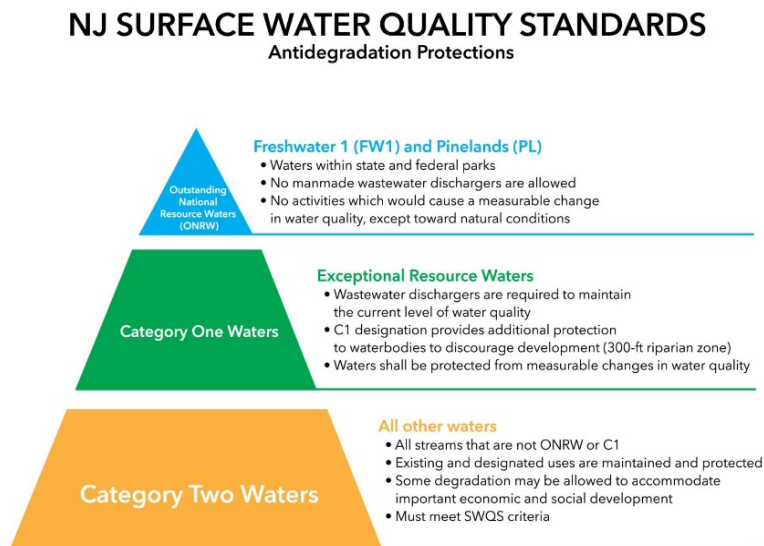


FIGURE 1 - NJDEP 3-Tier Protection System*

The NJDEP uses a three-tiered system to categorize waterway protection:

- **Outstanding Natural Resource Waters.** These waterways, many in the Pinelands National Reserve, are set aside in their natural state for posterity.
- **Category One (C1) waterways** are noted for their exceptional ecological, water supply, recreation, and/or fisheries values. Over 7,400 miles of waterways in New Jersey are now designated as Category One waterways, including **11 waterways right here in Montvale.**

For some time, C1 waterways and surrounding land has been protected under the Flood Hazard Area Control Act https://www.nj.gov/dep/landuse/fha_main.html. More recently the NJDEP added rules to specifically improve water quality and protect against flood damage by protecting undeveloped areas surrounding C1 waterways.

Category 2 (C2) waterways are those waterways that are not designated as Outstanding Natural Resource Waters or Category One.

What's the value of protecting Category One Waterways?

C1 water quality is important to residents for many reasons including:

- drinking water sources
- recreation
- fishing
- habitats for wildlife

Category One (C1) Waterways in Montvale

The Borough of Montvale is unique in that we currently have 11 Category 1 protected waterways. This protection includes all tributaries off of these waterways, and we have many including Huff Pond.

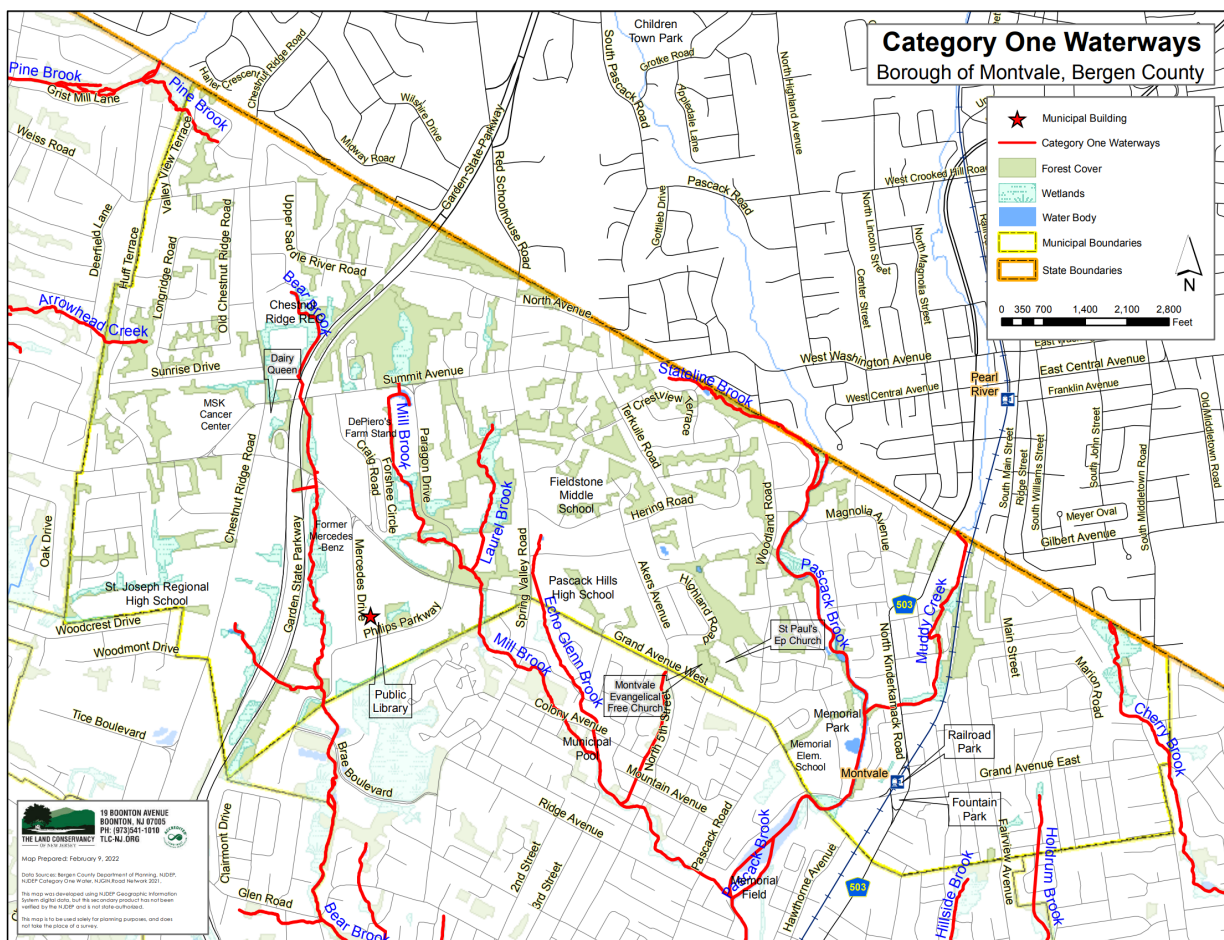


Figure 2 - Montvale Contains Eleven DEP Category 1 Waterways

Category 1 waterways in Montvale include:

- 1) Arrowhead Creek
- 2) Pine Brook
- 3) Bear Brook
- 4) Mill Brook
- 5) Laurel Brook
- 6) Echo Glenn Brook
- 7) Stateline Brook
- 8) Pascack Brook
- 9) Muddy Creek
- 10) Holdrum Brook
- 11) Cherry Brook

Waterway regulations

There are two distinct and overlapping NJDEP areas of jurisdiction:

1. The flood hazard area

2. The riparian zone

Recently a 300-foot buffer was introduced around ALL C1 waterways and tributaries called a “riparian zone”. Vegetation that grows along the banks and in the riparian zone of a waterway is essential for maintaining bank stability and water quality. Disturbance of this vegetation can destabilize the banks of waterways, leading to increased erosion and sedimentation that increases the intensity and frequency of flooding.

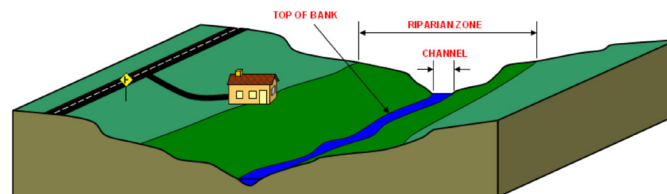


Figure 3 – DEP Regulated Riparian Zones*

Published DEP research has shown that vegetated riparian zones reduce adverse impacts to water quality so very little if any new construction is currently allowed in these areas.

Having 11 C1 waterways here in Montvale, spanning over 7 miles in length which equates to over 20% of the land in Montvale falling under DEP Category 1 regulations¹, not including Freshwater Wetlands which are also protected under NJDEP regulations.

Freshwater Wetlands

Freshwater wetlands are found throughout Montvale and carry related but separate NJDEP regulations. In 1987 wetlands became protected by the NJDEP to "preserve the purity and integrity of freshwater wetlands from random, unnecessary or undesirable alteration or disturbance". Wetlands including a dry land buffer around the wetlands carry strict limits on disturbance. Regulations expand beyond construction and include tree cutting and dumping.

How does this effect me?

If your property is within 300 feet of a waterway in Montvale, or you have land nearby that remains wet for at least part of the year, you very likely have regulated property which likely requires a permit before any construction, tree or vegetation removal, or any type of land disturbance.

For more information about Category 1 waterway regulations visit the NJDEP page at https://www.nj.gov/dep/landuse/fha/fha_rz.html . For more information regarding NJ freshwater wetlands see the NJDEP page at https://www.nj.gov/dep/landuse/fww/fww_main.html and the Montvale Environmental Website at <https://montvale.org/boards/environmental>

To contact the NJDEP with any questions or concerns reach out to them at 1-800-927-6337

*Credit: New Jersey Department of Environmental Protection

¹ Protected C1 Land = 7mi * 5280ft/mi length * ~650ft width = 24M sq ft
(24M sq ft protected land)/(112M sq ft total Borough land)*100 = 21.4%

MVC In Montvale



Location: MONTVALE BOROUGH
MONTVALE ADMINISTRATION BUILDING EMPLOYEE PARKING LOT
12 DePIERO DRIVE
MONTVALE, NJ 07645

Date: MONDAY, APRIL 10, 2023

Time: 10:00 AM - 2:00 PM

* Please note: Cancellations may occur due to weather conditions or at the discretion of the MVC over unforeseen circumstances.

OUR "AGENCY-ON-WHEELS" OFFERS ...

Driver Licenses

The Mobile Units provide the opportunity for drivers to renew their license, obtain a duplicate license, change their name or address on their license, add a boat endorsement, add a veteran designation, register to vote and/or make organ donation selections.

Non-Driver Identification Cards

The Mobile Units can provide residents with photo identification that may then serve as a primary or secondary form of personal ID.

Registrations

Drivers may renew their registration or obtain a duplicate registration card for their vehicle in the Mobile Units.

REAL ID

Mobile units can provide **REAL ID** to a limited number of customers. Customers that have scheduled appointments for **REAL IDs** must arrive no later than 11:30am, the day of appointment.

License Plates

The Mobile Units allow drivers the option to surrender license plates.

Placards

Drivers may obtain a Persons with a Disability, Purple Heart, or Disabled Veteran placard from the Mobile Units.

Examination Permits

Customers can apply for an examination permit to take a written (law/knowledge) test. However, the written test itself is not available in the Mobile Units.

PLEASE VISIT NJMVC.GOV FOR TEST LOCATIONS.



WHEELCHAIR ACCESSIBLE

NJMVC Mobile Units are wheelchair accessible and easy for all to use.



facebook.com/NewJerseyMVC/



twitter.com/nj_mvc



instagram.com/njmvc/

NJMVC
New Jersey Motor Vehicle Commission

Board of Health - Radon Information

It seems we hear less and less about the hazards of radon gas in our homes. Homeowners might only know about the need for a radon test when they purchase a home but not clear about why, or understand the details about the health hazards. They might also not be aware that the NJ Department of Environmental Protection (DEP) suggests that all homes be tested for radon.

Radon is a clear odorless gas which generates from within the earth's rock and soil during the breakdown process of Uranium below the surface. It's been well proven that breathing concentrated levels of radon gas leads to lung cancer, and in fact is the second leading cause of lung cancer behind cigarette smoking. According to the United States Environmental Protection Agency (EPA), "Radon is the number one cause of lung cancer among non-smokers" and "Radon is responsible for about 21,000 lung cancer deaths every year". Though Radon gas is naturally present in outside air, when it becomes concentrated within a home it can cause ongoing irritation to the lungs which can lead to lung cancer.

A reason Radon within homes has been a growing problem is because homes are being built to more efficient standards, and many home owners are upgrading home insulation which often results in a tighter air seal around the home resulting in less indoor to outdoor air exchange. Think of your home as a chimney where radon gas rises from the earth below and distributes into living space until it either naturally breaks down via a chemical half-life process or is released through natural air leaks in the home. Radon is an element which has a very short life so concentration normally divides in half as it moves to the next higher floor in a modern home. This is why a radon test is normally performed in multiple locations in the lowest level of a home.

It's here in Bergen County

The US EPA has long known about radon hazards and along with state agencies have established guidelines and regulations regarding when a home must be tested for radon. Here is a link to some great radon information from the EPA at <https://www.epa.gov/radon>. In New Jersey a used home must be tested during its sale, yet surprising to find that new homes or when a home is expanded radon testing is not required. This is because it's believed that residential building code now requires certain types of foundation seals which sufficiently negate the influx of radon. I find it surprising that so few people know about the hazard of radon, even in areas where radon concentration is known to be moderate to high, such as northern Bergen County. The DEP has been trying to bring public awareness to the hazards of radon and has programs in place to educate and provide testing free of charge at <http://www.njradon.org/>

I have personally found that Radon levels can increase significantly after home improvements such as an addition onto a home requiring foundation work. After having construction on my home in Montvale, I found that the level of radon rose well above the DEP suggested limit of 4.0pCi/L which I later reduced to a low level with some fairly simple modifications.

Tri Boro Food Pantry

The Tri Boro Food Pantry has a goal to collect 500 jars of sauce! We would also be grateful for any other unexpired non-perishables.

The Tri Boro Food Pantry is located in the back of the Pascack Reformed Church, 65 Pascack Road, Park Ridge. A drop off bin is also located outside the doors of the library under the stairwell at Montvale Borough Hall, 12 DePiero Drive.

Thank you for your support!

Montvale Library - Virtual Programs

Please check our website www.montvalelibrarynj.org for more updates. Don't forget to follow us on Facebook, and Instagram.

Friends of the Library

The Friends of the Montvale Library will hold their next meeting on Tuesday, April 4th at 7:30 p.m. Note the change of day. New members are always welcome.

Please visit the Friends website www.montvalelibrarynj.org/friends or email Bombace@montvale.bccls.org for more information.

Mark your calendars- The Friends of the Library is holding a Dining for Dollars event at Davey's! Dine at Davey's during the following times and 20% of your bill will go to the Friends of the Montvale Library to help sponsor programs, purchase museum passes, and much more. Please ask the library staff for more information.

Monday, May 1st- lunch and dinner

Tuesday, May 2nd- Dinner

Thursday, May 4th- Dinner

(Dine in only, no take out)

Thank you for supporting the Montvale Public Library!

Montvale Library - Adult Programs

Please visit www.montvalelibrarynj.org/calendar to register for any of the programs listed below unless noted otherwise.

April 6, 20 2023

7:30 p.m.

Library Activity Room

Adult Chess Basics

Learn the basics of chess. Beginners only, in-game instruction will be provided. No need to bring anything, as all materials will be supplied on-site. Register for as many sessions as you want. This program will take place in the Library Activity Room.

April 8, 2023

12:00 p.m.

Montvale Council Chambers

Discussion of Blood & Ink: The Scandalous Jazz Age Murder That Hooked America on True Crime

Join local author Joe Pompeo as he discusses his new true crime book, Blood & Ink, with author Andrew Rice. Blood & Ink is the tale of the double murder of a

high-society minister and his secret mistress during the Jazz Age, an event that set off a tabloid war. After the program, Mr. Pompeo will be signing his book for anyone who brings a copy. This program will take place in the Montvale Council Chambers.

April 17, 2023

7:00 p.m.

Montvale Council Chambers

The Least Among Them

Throughout their storied history, the New York Yankees have been defined by their greatest players, but they have also fielded players lost to history. This program tells the stories of the men whose major league baseball career lasted a single game, played as a Yankee. They may be forgotten, but that makes their stories all the more compelling. This program will take place in the Montvale Council Chambers.

Montvale Library - Adult Programs

April 20, 2023

7:00 p.m.

VIRTUAL

Healthy Living for Your Brain & Body

Join us to learn about the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these recommendations into a plan for healthy aging. Presented by the Greater New Jersey chapter of the Alzheimer's Association. This is a virtual program.

April 22, 2023

12:00 p.m.

Montvale Council Chambers

Carousels: Then & Now

Once upon a time, 5,000 carousels dotted the landscape of this country. Now 150 remain. Where did they go? How did Coney Island go from 25 carousels to just one today? This presentation will take you from the earliest days of carousels to the present. Amateur photographer, art history enthusiast, and avid researcher Mario Medici will be your guide. This program will take place in the Montvale Council Chambers.

English as a Second Language

The Montvale Public Library is a member of the Literacy Volunteers of Pascack Valley which offers classes and free one-on-one tutoring for adults to learn English. The program offers free instruction in reading, writing and speaking skills both virtually and at the library. Each student is matched with a trained volunteer tutor. There are free group and conversation classes taught through the Westwood Public Library as well.

The Literacy Volunteers of Pascack Valley is offering a Zoom tutor training workshop on Tuesdays beginning on April 4th, April 11th, April 18th and April 25th from 7:30-9pm. After finishing this training, you will tutor a student at the Montvale Library or online, based on your preference. If you have any questions or would like to sign up for the workshop, please inquire with the ESL manager, therese.jones@montvale.bccls.org or email: literacyvolunteerspv@gmail.com or submit a form at <https://www.literacyvolunteers.org/tutor-training-workshop-form.html>.

Upcoming Book Groups

April 10th, 2023

12:00pm

"The Water Dancer" by Ta-Nehisi Coates

The Montvale Cookbook Supper Club will be meeting on Monday, April 24th at 6:30pm to discuss "Zabar's: A Family Story with Recipes" by Lori Zabar. Please join us as we discuss the history and food of this New York City Institution. Contact therese.jones@montvale.bccls.org for further information.

Museum Passes

Please check out our website <https://www.montvalelibrarynj.org/museum-passes> for updated information about how to obtain passes for the following museums:

Storm King, Guggenheim, Intrepid, and the American Museum of Natural History. Museum passes for the Intrepid and the American Museum of Natural History provided by the Friends of the Library.

Montvale Library - Children's Department

April 2023

Yoga Littles Storytime- April 13 & 27 @ 10:30 am

Join us with Bozza Yoga Littles and enjoy creative yoga poses, movements, and story time fun! Come, meet friends, and improve hand-eye coordination and motor skills through yoga! This class is for children aged 18 months- 4 years. Registration is re-quired for each class.

Sensory Storytime -April 20th @ 10:30 am

Ms. Camille from Endless Imagination will be here to inspire creativity and imagination through stories and amazing sensory bins! Each sensory bin is filled with thematic materials and supports language, motor skills, and fun! This is for children ages 2-4 with a grown-up. Space is limited and registration is required.

Musical Munchkins-April 11th @ 10:30

Musical Munchkins is back to lead your little ones in song, fun, and with friends! Join us! Registration is required and space is limited.

All the programs can be found on our website, montvalelibrarynj.org. In addition, many of you are familiar with Ms. Mary's Bedtime Stories that post on Montvale Library's Fa-cebook page each Thursday at 7 p.m. They will continue through January, and you can always find an older one by clicking "Videos" on the FB page. Ms. Mary will give your child a special "shout out" for a birthday if you send an email to childrensdepart-ment@montvale.bccls.org.

Ms. Liz, Ms. Daniela, and Ms. Mary are all excited about the new year and all the new activities and programs that we will be offering. Stop in and visit our Stay and Play Build a Snowman Activity (yes! In the library) or add a snowman to our snowy slopes under the trees!

eBooks and Other Online Materials

The Montvale Library subscribes to Kanopy, a streaming service with over 30,000 documentaries, classic and indie films. Patrons with a valid Montvale Library card can stream up to ten titles per month for a 72-hour checkout period.

Hoopla offers eBooks, movies, audiobooks, TV shows, music, and comics to Montvale residents. To sign up, go to <https://www.hoopladigital.com/> or download the free Hoop-la app and log in with your library card number (the 14 digit number above the bar-code)!

Use the Libby app to borrow eBooks and audiobooks! Use your Montvale Library card to enjoy free content. For anyone who needs step-by-step help getting their device set up, please email movlcirc@bccls.org.

Ancestry is now available to Montvale Patrons at home! Please email movlcirc@bccls.org for login information to access this resource remotely. Please check our website and social media pages for updates as we are constantly providing new virtual services.

Montvale 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 adult or high school volun-teers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Christmas Tree Lighting, the Spring Fling 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.

Summer Camp

Summer Camp for children entering grades 1-5 in September of 2023, will run June 26 through July 21, 2023 (Closed on Monday, July 3 and Tuesday, July 4 for the holiday). For additional camp information, please go to MontvaleRecreation.org

Counselors

All applications were due back by March 1.

Adventure Camp

Adventure Camp for children entering grades 6-7 in September of 2023, will run June 26 through July 21, 2023 (Closed on Monday, July 3 and Tuesday, July 4 for the holiday). As part of this camp, campers will spend time off site learning and discovering. Each week campers will venture on trips to explore and above all, have fun! For additional information, please go to MontvaleRecreation.org

Golf Lessons

Golf Schedule

Memorial Fields near the Tennis Courts
1 Memorial Drive
Mondays April 24 – June 5
Resident: \$115 Non-Resident: \$135

SESSION	START DATE	START TIME	CLASSES
Grades K-2	4/24/2023	4:00 PM	6 Classes
Grades 3-6	4/24/2023	5:00 PM	6 Classes

Come tee it up with TGA Premier Golf– we bring the golf course to you! Beginner and intermediate players will have a blast building their golf skills, learning about the rules and etiquette of the game, and exploring how academic concepts like gravity, spin, and force apply to golf through fun games and activities. We provide all the equipment! For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

Basketball Court Badges

Badges must be obtained to use the basketball courts. Resident badges do not expire while non-resident badges must be renewed each year. Badges for the 2023 season will be available at Borough Hall, 12 DePiero Drive, Monday-Friday, 8:30am-4:30pm starting January 3.

FEES

<u>Residents</u>			<u>Non-Residents</u>	
Adult (Ages 13+)	FREE		Adult (Ages 13+)	\$25.00
Child (Ages 12 and younger)	FREE		Child (Ages 12 and younger)	\$15.00
Senior Citizens (62+)	FREE		Senior Citizens (62+)	\$10.00
Replacement Badge (1 per year max)	\$5.00		Replacement Badge (1 per year max)	\$5.00

Badges must be worn in a visible location at all times while on the basketball courts. Individuals using the basketball courts must be able to present their own badge on demand by any Borough Official (Police Officer, Municipal Employee, etc.) to verify au-thorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Tennis Lessons

Memorial Drive Tennis Courts

1 Memorial Drive

Tuesdays April 25 – May 30

Saturdays April 29 – June 10

Resident Fee: \$115 Non-Resident Fee: \$135

TGA brings you tennis lessons for all ages and skill levels! Join this 6-week program to learn how to play, sharpen your skills or learn new strategies of play! All classes are 1 hour in

length on either Tuesdays or Saturdays and all equipment is provided. For more information contact Christine Kostianis ckostianis@playtga.com or (917) 304-3986.

Tennis Schedule

SESSION	START DATE	START TIME	CLASSES
Tue: Grades K-2	April 25	4:30 PM	6 Classes
Tue: Grades 3-5	April 25	5:30 PM	6 Classes
Sat: Grades K-3	April 29	12:00 PM	6 Classes
Sat: Grades 4-8	April 29	1:00 PM	6 Classes
Sat: Adults	April 29	2:00 PM	6 Classes

Ultimate Frisbee

Memorial Drive Athletic Complex

1 Memorial Drive

Thursdays April 27 – June 1

Resident: \$75 Non-Resident: \$95

Join TGA to learn and play Ultimate Frisbee!

All ages and levels of skill are welcome and all equipment will be provided! Classes are run by trained and verified coaches who will promote

sportsmanship, leadership and skill development. For more information, please contact Kevin Rooney at krooney@playtga.com or 201-375-7406.

Ultimate Schedule

SESSION	START DATE	START TIME	CLASSES
Grades 3-5	4/27/2023	6:00 PM	6 Classes
Grades 6-8	4/27/2023	7:00 PM	6 Classes

Pickleball Court Badges

Badges must be obtained to use the pickleball courts. Resident badges do not expire while non-resident badges must be renewed each year. Badges for the 2023 season will become available starting January 1 at Borough Hall, 12 Mercedes Drive, Monday-Friday, 8:30am-4:30pm.

Badges must be worn in a visible location at all times while on the pickleball courts. Individuals using the pickleball courts must be able to present their own badge on demand by any Borough Official (Police Officer, Park Monitor, Municipal Employee, etc.) to verify authorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

FEES

<u>Residents</u>		<u>Non-Residents</u>	
Adult (Ages 13+)	FREE	Adult (Ages 13+)	\$25.00
Child (Ages 12 and younger)	FREE	Child (Ages 12 and younger)	\$15.00
Senior Citizens (62+)	FREE	Senior Citizens (62+)	\$10.00
Replacement Badge (1 per year max)	\$5.00	Replacement Badge (1 per year max)	\$5.00

30+ BASKETBALL

Memorial School Gymnasium

Mondays 8:00 -10:00 pm

September 19 – May 22

SEPT – MAY: Resident Fee: \$75 Non-Resident: \$95

JAN – MAY: Resident Fee: \$40 Non-Resident: \$60

OPEN Registration: Attend a class to register by cash or check 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. Participants can join at any time during the course of the program

Adult Volleyball

Memorial School Gymnasium
Tuesdays 8:00-10:00 pm
February 7 – June 13
Resident Fee: \$240 Non-Resident Fee: \$260
Open Registration: Online or In-Person at Any Class

Pick-up style play open to all skill levels. Volleyballs are provided for all those who attend. Up to 2 games at a time.

Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive
Tuesdays 1:30 pm - 2:15 pm
May 2 – June 20
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...

The Way

Montvale Community Center Atrium
1 Memorial Drive
Tuesdays and Thursdays
6:00-7:00pm Kindergarten – Grade 4
7:00-8:00pm Grades 5 – 8
8:00-9:00pm High School and Adults
Beginning April 11
Resident Fee: \$120 Non-Resident Fee: \$180
Registration: Go to montvalerecreation.org or attend the first class with cash/check payment

“The Way” – The Art of Life, is the art of Self-Defense and Wisdom Living. It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth. Grow, get fit and learn to be disciplined while using the following qualities: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.

Due to the growing class sizes, this program is now split up (by age) into three separate classes. All classes will be held on Tuesdays and Thursdays accordingly; the Kindergarten through Grade 4 class will take place from 6:00-7:00pm, the Grades 5-8 class will take place from 7:00-8:00pm and the High School and Adult class will take place from 8:00-9:00pm. Classes begin Tuesday, April 11 and will run for 8 weeks (16 classes total). The program will be held in the Montvale Community Center located at 1 Memorial Drive.

Instructor: Mario Liriano; 5th Degree Black Belt and over 46 years of Martial Arts experience. Mr. Liriano has been teaching this program for over 18 years in Montvale and has produced many Black Belts (including his two daughters).

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Tuesday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Tuesdays 7:00-8:00 pm
4-week sessions on-going
Resident Fee: \$40 (Only \$10/class!) Non-Resident: \$50

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 fifteen 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.

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 7:00 pm in the Senior/Community Center Library. 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 Loranger, with Liability Insurance and payment. Forms are available online and at the Borough Hall front counter. Permits will not be issued if the application is incomplete. All organizations must receive an approved permit from Lisa Loranger prior to any field use.

SPRING (MARCH-JULY) FIELD USE APPLICATION ARE ACCEPTED JANUARY 1 - FEBRUARY 1.
Applications submitted after February 1 will be processed once all previously submitted permits are fully processed. MontvaleRecreation@montvaleboro.org

Tennis Court Badges

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

Badges for the 2023 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

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.

<u>Residents</u>			<u>Non-Residents</u>	
Adult	\$30.00		Adult	\$60.00
Child/Student (Ages 17 and younger)	\$10.00		Child/Student (Ages 17 and younger)	\$20.00
Household Maximum	\$50.00		Household Maximum	\$100.00
Senior Citizens (62 & Over)	FREE		Senior Citizens (62 & Over)	\$10.00

Montvale

Chamber of Commerce



NEWSLETTER

SAVE THE DATE

MULTI-CHAMBER MEGA NETWORKING EVENT

Thursday, April 20th
5:30 – 8:30 pm

Courtyard Marriot
3 Pembroke Pl, Edgewater

Members \$20 , Non-members \$35
Register Here!



**Board Meetings 1st Wednesday
of Every Month at 4pm at Borough Hall**

Chamber Co-Presidents

Scott L. Forman, CrossCountry Mortgage
Steven Fox, Janney

Vice Presidents

Tom Davey, Davey's Locker
Tom Chapman, Tom A Chapman DMD

Secretary

Thomas Hartel, John M. Hartel Co.

Treasurer

Doris Sutich, Perfect Limo

Board Members

Linda Mitchell, Massage & Whole Body Health
Paul Jordan, Wegmans Market
R. Lorraine Hutter, Borough of Montvale
Ron Laurent, CrossCountry Mortgage
Amy Debellis, Sotheby's Real Estate

SAVE THE DATE

MONTVALE STREET FAIR

June 11th 10am – 5pm
Paragon Dr.

SPONSORSHIPS NOW OPEN!



For Updates & More Events!

Join the Chamber on Our Website!

WWW.MONTVALECHAMBER.COM