



# The Borough of Montvale

The Official Newsletter of The Borough of Montvale

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

12 Mercedes Drive

## MONTVALE FIRE DEPARTMENT WETDOWN



Come Celebrate Our New 2016 Pierce Arrow XT Rescue/Pumper

Saturday, September 24th  
 1:00pm - 5:00pm  
 Memorial Drive  
 North End Parking Lot

Food, Drinks, T-Shirts, Mugs, Pint  
 Glasses & Live Entertainment  
 Fun for the Whole Family

All Apparatus must have a Designated Driver  
 Fog Nozzles Only & No Foam Please

## Board of Health

### New Jersey’s white –tailed deer and Lyme disease

New Jersey’s white tailed deer, in addition to impacting agricultural and ornamental plantings, harbor disease. They have reached problematic numbers and harbor an abundance of Ixodes ticks, the culprit in Lyme disease. Although these ticks are no larger than a small apple seed, they attach to animal hosts such as mice and deer and thus can be spread to humans by attachment. Fortunately, there are chemicals that can be applied to plantings that prevent tick infestation.

Preventative measures against deer ticks exposure include wearing insect repellent when outdoors, checking body for ticks daily, showering soon after outdoors and calling your health care provider at the first appearance of fever or rash.

Lyme disease is diagnosed if there is a history of possible exposure, rash and fever, and laboratory tests are positive. It is treated with antibiotics in the early stages. Currently there is no vaccine available. Thus, it is the educated consumer who is proactive in prevention measures. Everyone is encouraged to be aware of the steps toward keeping this disease in abeyance.

# Montvale Public Library

## September HIGHLIGHTS AT THE MONTVALE LIBRARY

### CHILDREN'S DEPARTMENT

#### September 15th

"Art Club with Artist Peri"  
at 4:30p.m. for 2nd Grade + up  
In person registration starts Sept 1st.

#### September 28th

"Night Time Story Hour"  
for ages 3 & up. In person registration  
before the date of the event.

### ADULT DEPARTMENT

#### September 26-29

"Googling!"  
Afternoon and evening classes.  
Please register, as class size is limited.

### FRIENDS OF THE LIBRARY BOOK SALE

Saturday, September 17th from 10:00a.m. to 5:00p.m.

Sunday, September 18th from 1:00p.m. to 4:00p.m.

The sale will be held in the main lobby of the municipal complex and in the Library's lobby. Books, CDs, DVDs, and books-on-CD will be sold at bargain prices, and there will be items for adults, teens, and children.



## Montvale Board of Health

### Flu Vaccination Program

Saturday, September 17, 2016

9:00am - 11:00am

Montvale Senior Center | 1 Memorial Drive Montvale, NJ 07465

### Key Information

- This year we will be offering a Quadrivalent vaccine which protects against four different flu virus strains as well as a High Dose vaccine (if available from manufacturer) for those 65 years of age or older-the higher dose allows for older individuals to develop a better immune response to the fluvirus. The cost is \$ 35 for the High Dose vaccine for those not covered by Medicare.
- Regular Medicare participants must bring their Medicare Part B card for us to bill Medicare .
- The vaccine costs \$ 25, we do not accept insurance (cash/check only, no credit cards). This cost also applies to those who have a Medicare HMO (Medicare Advantage).
- Children between the ages of 3 and 17 can be vaccinated only if parent or guardian is present.
- Some children between the ages of 3 and 8 will need to receive a second dose, if this is their firsttime receiving the flu vaccination .
- The vaccine for children is Preservative Free.
- If you are pregnant, please bring a note from your obstetrician.

## Tri-Boro Food Pantry

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

- Canned Corn
- Coffee / Tea
- Paper Towels
- Toilet Tissue
- Cleaning Supplies



## Police Department

School is back in session. Traffic will increase and school children will be walking to school, standing on street corners waiting for buses and crossing the parking areas near our schools. Use extra caution as you drive through these areas. Obey the posted traffic and parking regulations in the school areas.

School parents should follow the drop-off and pick-up regulations at the schools. To help alleviate traffic in the school parking areas, parents should car pool or have the children walk to school. Crossing guards are posted on Grand Avenue at Kinderkamack Road, at Railroad Avenue, and a police officer is posted at Grand Avenue at Memorial Drive. Crossing guards are also posted at the gate on Memorial Drive and Bayberry Drive (the rear gate) as well as at two additional crossing locations on Memorial Drive.

Memorial School: Construction of the new Firehouse has begun. To accommodate the firetrucks that are housed in the DPW building until completion of the new facility, parking along on Memorial Drive southbound closest to Grand Avenue has been eliminated to allow firetrucks to exit. This means less parking. The school drop-off lane will still be in operation in the morning. There is no parking or drop-off in front of the DPW building or in the rear of the firehouse construction area. These are active areas for construction equipment, trucks, and responding firefighters. This area needs to be kept clear. It is dangerous for children to be walking in this area. Tickets will be written to violators.

Attention Pascack Hills Football fans: PHHS is scheduled to have several night games under the lights at the school. To accommodate the neighbors in the Akers Avenue area, there will be NO PARKING on Akers Avenue for the games. Parking for the game will be in the front school parking lot and fans will take the walkway to the field. Handicap parking will still be at the Superintendent's parking lot on Akers Avenue.

Stay safe,  
Chief Jeremy Abrams

## Mayor's Message



Our construction department has been busy reviewing building plans for Wegman's and Memorial Sloan Kettering and working diligently to ensure the rules and codes are followed. Both are on track to be fully operational by the fall of next year. The Firehouse construction is in full progress and you should start to see the initial foundation taking shape in the next few weeks.

The pool facilities on Memorial Drive are secured and the pool area has been treated for mosquitos. I would like to extend a sincere thanks to Benjamin Moore's Paints CEO and Montvale resident, Mr. Mike Searles, for presenting his company and their history to the Council on Tuesday, August 9th, 2016, as part of our "Get to Know Our Montvale Corporates". We will continue to showcase our corporate tenants on the second Tuesday of every month and give them a forum to present their companies.

Finally, Councilman Sal Talarico announced that he will not be seeking reelection this year after nine years of service to our town. I am sure we will have plenty of opportunities to thank him, but I would like to extend my sincere thanks and appreciation for the time and effort he put in these last nine years on Council.

Please continue to report potholes and road issues. School is starting and surely all the school kids are looking forward to it as much as the parents. Children are running around, especially those chasing Pokémon, slow down and stay safe.

## September 2016 Trash & Recycling Calendar

| Sun | Mon                          | Tue                             | Wed                          | Thu   | Fri | Sat |
|-----|------------------------------|---------------------------------|------------------------------|---|-----|-----|
| 28  | 29<br>East Zone Trash Pickup | 30<br>Central Zone Trash Pickup | 31<br>West Zone Trash Pickup | 1<br>Recycling: Districts 3&4<br>Yard Waste Pickup  | 2   | 3   |
| 4   | 5<br>East Zone Trash Pickup  | 6<br>Central Zone Trash Pickup  | 7<br>West Zone Trash Pickup  | 8<br>Recycling: Districts 1&2<br>Yard Waste Pickup  | 9   | 10  |
| 11  | 12<br>East Zone Trash Pickup | 13<br>Central Zone Trash Pickup | 14<br>West Zone Trash Pickup | 15<br>Recycling: Districts 3&4<br>Yard Waste Pickup | 16  | 17  |
| 18  | 19<br>East Zone Trash Pickup | 20<br>Central Zone Trash Pickup | 21<br>West Zone Trash Pickup | 22<br>Recycling: Districts 1&2<br>Yard Waste Pickup | 23  | 24  |
| 25  | 26<br>East Zone Trash Pickup | 27<br>Central Zone Trash Pickup | 28<br>West Zone Trash Pickup | 29<br>Recycling: Districts 3&4<br>Yard Waste Pickup | 30  | 1   |

### Contact Information

The Borough of Montvale  
12 Mercedes Drive  
Phone 201-391-5700  
Fax 201-391-9317

### Montvale Officials

#### Administration

**Maureen Iarossi-Alwan**  
Miarossi@MontvaleBoro.org  
Administrator / Municipal Clerk

#### Mayor & Council

**Mayor**  
Mike Ghassali (I)  
MGhassali@MontvaleBoro.org

#### Council President

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

#### Council

Rose Curry (R)  
RCurry@MontvaleBoro.org  
  
Dieter Koeling (R)  
DKoeling@MontvaleBoro.org  
  
Leah J. LaMonica (R)  
LLamonica@MontvaleBoro.org

Salvatore J. Talarico (R)  
STalarico@MontvaleBoro.org

Michael Weaver (I)  
MWeaver@MontvaleBoro.org

### September Meetings

#### Mayor & Council Meetings

September 13th 7:30pm  
September 27th 7:30pm

#### Historic Preservation Meeting

September 8th 8:00pm

#### Planning Board Meeting

September 6th 7:30pm  
September 20th 7:30pm

#### Library Board Meeting

September 22nd 7:30pm

#### Environmental Commission Meeting

September 19th 7:30pm

### Reminders

- Borough Offices will be closed Monday September 5th for Labor Day.

# MONTVALE RECREATION PROGRAMS

## ADULT PROGRAMS

- 30+ Basketball
- Hatha Yoga
- Taekwon-Do
- Talkin' Baseball
- Tennis
- Tennis Lessons

## KIDS CORNER

- Sewing For Fun
- Taekwon-Do
- Tennis Lessons
- Halloween Carnival

## PROGRAMS & EVENTS

- 18+ Competitive Basketball
- Adult Volleyball
- Girls Volleyball



Information continues on page 8

## PBA 4th Annual 5K Run / Walk

Since 2008, the Montvale PBA, 303, has donated the proceeds from our Annual Comedy Show to a local charity or organization. The PBA hosted its First Annual 5k on November 2, 2013. That event saw approximately 300 people enjoy a day of running, walking and visiting some of our local vendors. That event raised \$5,000 for the Montvale Recreation Program and their efforts to establish and pay for background checks on their volunteers. The Second Annual 5k raised \$8,000 for the Pascack Valley Navigator's, a sports program open to all special needs athletes in the Pascack Valley. The third year we raised \$8,500 for the Hills/Valley Coalition to help them continue their drug, alcohol and bullying awareness training for students, parents and teachers.

This year, the PBA is hosting its Fourth Annual 5k on October 22, 2016 at the Senior Center at 10 AM. This year's beneficiary will be Donna Myhre. Mrs. Myhre is a beloved math teacher at Fieldstone Middle School who is battling ALS. She continues to come to work with a smile on her face and a tremendous fight to fend off the inevitable. Her tireless effort is a positive example to the students of FMS and an inspiration to her fellow faculty members.

To register for this event, please follow the link below. Hope to see you there! Thank you!

[www.MontvalePBA.com](http://www.MontvalePBA.com)

## REPORT ANIMAL BITES TO THE POLICE

It is not a pleasant thought but one day you might be out for a leisurely walk and encounter a dog that appears friendly, but as you reach to pet it, it nips at your hand slightly puncturing the skin. This is a common scenario, as, according to the CDC, approximately 4.5 million dog bites occur each year in the United States.

Would you know what to do if you were in this situation? The Montvale Board of Health would like to advise you that if you are bitten/scratched by a domestic animal (dog/cat):

- Obtain information about the pet including owner's name, phone, address, description of the animal, and its vaccination status.
- Clean the wound immediately with soap and water.
- Seek prompt medical attention from a physician or hospital emergency department.
- REPORT the bite to the police or local health department as soon as possible.

Once the health department has been contacted, the animal's rabies vaccination status will be verified to make sure it has a current rabies vaccine. If the animal has a current rabies vaccine it will be confined at home and observed by its owner for 10 days following the biting incident to ensure that it is free from rabies.



If you are bitten by a wild animal:

- Try to contain the animal while taking care to prevent additional bites and avoid exposure to saliva. Care should be taken to avoid damage to the animal's brain, which would be needed if it is to be sent to the state rabies laboratory for testing.
- CONTACT the police department for assistance.
- Seek medical attention. Human treatment to prevent rabies may be started immediately or delayed until the testing results are known. If the animal is not available for testing, the decision to start human treatment will be made by the bite victim and his/her physician based on recommendations by the local health department.

Bites from other domestic animals (such as horses, cows, goats, and sheep) will be evaluated by the local health department. The animals can usually be observed for 10 days to rule out the possibility of rabies.

If your pet has bitten someone:

- Urge the victim to seek medical care immediately.
- Check with your veterinarian to see if your pet's vaccinations are up-to-date.
- IMMEDIATELY REPORT the bite to the police department or local health department.
- Report any unusual illness or behavior from your pet to the local health department and veterinarian.
- Don't let your pet free-roam and don't give your pet away. The animal must be available for observation.
- After the recommended observation period, have your pet vaccinated for rabies if it is overdue.

To report an animal bite call the Montvale Police Department at 201-391-4600 or Northwest Bergen Regional Health Commission at 201-445-7217, press 0. For more information or questions on animal bites please contact Northwest Bergen Regional Health Commission.

## MONTVALE CHAMBER STREET FAIR



### Save The Date!

The Montvale Chamber of Commerce Street Fair originally scheduled for June has been rescheduled to Sunday, October 23rd from 10am - 5pm.

# Montvale Senior Club Trip - West Virginia 9/27-29

This 3-day 2-night trip to "Ride The Rails of West Virginia" leaves from The Montvale Senior Club at 1 Memorial Drive on Tuesday September 27 at 7:00am and returns on Thursday September 29th.

- \$469.00 per person double occupancy
- \$618.00 per person single occupancy
- \$454.00 per person triple occupancy



## Trip Includes:

- 2 Nights lodging
- 2 Breakfasts
- 1 Lunch
- 2 Dinners
- 2 Trains in one day:
- The Cheat Mountain Salamander
- The Durbin Rocket
- American Mountain Theatre
- Seneca Caverns
- Blackwater Falls State Park
- Souvenir gift
- Luggage handling
- Taxes and meal gratuities
- Motorcoach transportation

The sample itinerary described below is approximately like the itinerary your group will be following during your stay with WHITE STAR TOURS . However, the exact times, days, and destinations may vary for your group.

**Day 1** - An early morning departure has you beginning your journey to wild and beautiful West Virginia with a leisurely drive through the Allegheny Mountains . Along the way, stop for a visit to Blackwater Falls State Park. The park features a spectacular waterfall plunging 63 feet into the Canyon below. It offers an opportunity for some awesome pictures, before continuing to your hotel. Dinner tonight will be at a local restaurant , followed by time for you to relax and enjoy the beauty of the area.

**Day 2** - Enjoy breakfast, then depart for a fun-filled day of "riding the rails" through the beautiful countryside . The first leg of your rail adventure is a mountain ride on the Cheat Mountain Salamander , this vintage touring train runs alongside of the Tygart River high into the mountains . At the summit, you will see the majestic High Falls, nestled beautifully among a spruce and laurel grove, miles from the closest human habitat. You will also enjoy a lunch aboard the train. The next portion of your train excursion will take you deep into the heart of the West Virginia wilderness . The Salamander is built for the sharp twists and turns along side of the mountain, and leads itself to exotic views of wildlife, such as black bears, bobcats, and deer. Your ride ends at the remote Cheat Bridge, where your motorcoach will be waiting to take you to the final stretch of your rail experience. In the isolated town of Durbin, WV, you will board the Durbin Rocket, an open-air steam locomotive that rides beside the Greenbrier River. At the conclusion of the train tour , your group will enjoy dinner at one of the vintage Depots, with a chance to stop at the Rail & Trail Store before departing for nearby Elkins for a performance at the American Mountain Theatre. This 2-hour show features a mix of musical styles including country, southern, gospel, bluegrass, pop and patriotic music blending into the "Freshest Sound in the Mountains".

**Day 3** - Following breakfast, check out and depart for a visit to the Seneca Caverns. The caverns contain an abundance of flowing stone, gleaming creamy white stone that looks like a rock waterfall! The build up of minerals from this steady flow of water builds beautiful monuments of stone that is as breathtaking as the mountain scenery above ground. Some of the various formations you will see include stalagmites, stalactites, columns, travertine, rim stone, and cave coral. After your exciting visit, depart for home with lasting memories of your trip to West Virginia .

FOR INFORMATION  
AND RESERVATIONS  
CONTACT:

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

TRIP CANCELLATION PROTECTION: Cancellation Insurance Available Upon Request

Cancellation protection insurance is encouraged for medical emergencies that may occur and is valid for trips booked through White Star Tours. The enhanced option must be paid within 14 days from the day the first deposit for the trip is paid to the organization and/or group leader. Please contact your group leader for a form to send with your payment directly to NTA/Berkely Insurance, or contact Berkely Insurance directly at 1-800-388-1470.

# Recreation

(Continued)

## Adult Programs

### 30+ BASKETBALL

This program is for men and women 30 years of age and older. This program is held on Monday evenings from 8:00-10:00 p.m. in the Memorial School gymnasium. This pick-up game style program will begin September 12th and will continue through May 2017. Fee: \$75 for residents; \$95 for non-residents if space permits.

### HATHA YOGA

Yoga will increase flexibility, physical strength and energy. Yoga will also improve concentration, emotional stability and the ability to relieve stress through relaxation. Two, one day/week classes will be offered in the Recreation Center. The first class will meet Monday evenings from 7:30-8:30 p.m. beginning September 12th. The second class will meet Friday mornings from 9:30-10:30 a.m. beginning September 16th. Registration will take place on the first session of each class. Residents and non-residents 18 years of age or older are invited to participate. High School students may participate if registered by an adult. A mat or towel should be brought to each class. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Debra Broadman.

### TAEKWON-DO

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. This program will be offered two days/week for adults and children. The class will be offered Tuesday's and Thursday's from 7:00-8:00 PM. Classes will begin Tuesday September 13th. The program will be held in the Recreation Center. Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting.) Registration: first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

### TALKIN' BASEBALL

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 8:15 pm in the Recreation Center (entrance is behind the community center.) There is no fee for this program.

### TENNIS

A magnetic locking system is installed on the court gates of both the Memorial Drive and Chestnut Ridge tennis courts. This system has proven to be an effective way to reduce the number of non-registered people using our courts. Each year residents who wish to use the courts must register to receive their new access card. Membership registration for the 2016 season which runs from March 1st, - December 31st, may be purchased at the Borough Hall during normal business hours.

| Category         | Resident | Non-Resident |
|------------------|----------|--------------|
| Adult            | \$30     | \$60         |
| *Student (14-18) | \$10     | \$20         |
| Family           | \$50     | \$100        |
| Senior Citizen   | FREE     | FREE         |

\*Students registering alone must register as an adult

## TENNIS LESSONS

Looking to improve your tennis game? This program will be offered through the Montvale Recreation Dept, and taught by Bill Bess and Tom Pisaturo of Tennis Dynamics. Lessons will be taught for the beginner and the intermediate player. Instruction will be limited to a maximum of eight (8) participants per group. Classes will be offered for Kindergarteners-adults. Two separate days of lessons will be offered independently of one another. The cost for the six-week program (one day/week) is \$80/person for Residents and \$120/person for non-residents. Lessons will be given at the Memorial Dr. tennis courts. Please note the courts will be reserved for lessons during the length of the program. Saturday classes will begin September 10th. Monday classes will begin on September 12th. Loaner rackets will be provided for those people that do not own their own racket but are interested in playing.

### Monday's Lessons

Grades K-2 | 4-5pm  
Grades 3-5 | 5-6pm  
Grades 6-8 | 6-7pm  
H.S. - Adult | 7-8pm

### Saturday's Lessons

Grades K-2 & 3-5 | 2-3pm  
Grades K-2 & H.S. /Adult Beginner | 3-4pm  
Grades 6-8 & H.S. / Adult Intermediate | 4-5pm

## Kids Corner

### Sewing for Fun

Sewing is a fun filled and exciting art that helps foster the creativity of young girls while teaching them to follow instructions and concentrate on a task. Sewing reinforces hand eye coordination, develops fine motor and problem solving skills. Best of all, by designing and sewing their own creations, the girls will increase their confidence and self-esteem. Using the latest computerized sewing machines with 3 speed controls, to accommodate the age and skill level of your future designers, the girls will discover the fun of sewing. The program culminates with a fashion show, where the girls can model their creations for parents and friends. The program will be held on Tuesdays beginning September 13th at 3:30PM. All classes are held at the Rec Center. The fee for the eight-week class is \$80 for Montvale residents and \$100 for non-residents. There will be an additional \$30 for materials (paid separately) to the instructor. The instructor for this class is Mrs. Manrique.

### TAEKWON-DO

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. This program will be offered two days/week for children in grades K-12. The class will be offered Tuesday's and Thursday's from 7:00-8:00 PM. Classes will begin Tuesday September 13th. The program will be held in the Recreation Center. Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting.) Registration: first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

### TENNIS LESSONS

See above information.

## **HALLOWEEN CARNIVAL**

This year's Halloween Carnival will take place on Friday, October 28th from 7:00 PM to 8:30 PM in the Fieldstone Middle School. All young children, witches and goblins, Pre-K through 4th grade, are invited to attend this special event. Due to the popularity of this event, we must limit participation to residents only.

## **UPCOMING EVENTS / PROGRAMS**

### **18+ COMPETITIVE BASKETBALL**

Residents 18 years of age and older can participate in this competitive style pick-up game format. This program begins on January 11th, 2017 and will continue through May. Games are played on Wednesday nights from 8:00-10:00 PM in the Fieldstone School gymnasium. The fee for this program is \$50 for residents and \$75 for non-residents.

### **ADULT VOLLEYBALL**

This program is for men and women 18 years of age and older. Adult volleyball will be held in the Memorial School Gymnasium "B" from 7:30-9:30 PM. The program will begin January 10, 2017 and will be held on Tuesday evenings through May. The fee for Residents is \$50 and the Non-resident fee is \$75.

### **GIRLS VOLLEYBALL**

This girls volleyball program will begin Tuesday, January 10th, 2017. This eight-week program will be offered to girls in grades 5-8. The girls will play in the Memorial School Gym from 6:30 - 7:30 PM. Registration will take place the first night of the program. The fee for this program is \$80 for residents and \$100 for non-residents. The instructor for this program is volleyball coach Chris Moran.

### **FIELD USE**

Applications and Hold Harmless forms must be completed and returned to the Borough Hall Building Dept. c/o Jeff Fette, with Liability Insurance and payment. Forms are available on line and at the Borough Hall front counter. Permits will be given according to availability.