

MyMontvale

THE OFFICIAL NEWSLETTER OF THE BOROUGH OF MONTVALE

Next Issue: March 21
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Montvale Matters

PUBLIC ASSISTANCE

A special thank you is extended to the Montvale Recreation Department who through the Christmas Tree Lighting Event collected donations for the Tri-Boro Family Care Fund.

I would also like to thank all the people who donated to the fund. The Tri-Boro Family Care Fund is used to help local people who need assistance to pay utility and medical bills.

Kathie Bowen
Public Assistance Director

CONGRESSMAN GARRETT'S OFFICE

Every second Thursday of the month, there will be a representative from the Hon. Scott Garrett's office at Borough Hall to address any concerns or questions you may have.

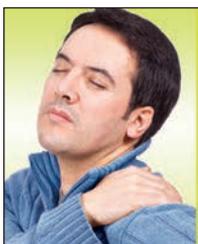
Andrew Whitehouse will be here between 1 and 3 p.m. in Conference Room 1.

BOARD OF HEALTH HONORS VOLUNTEER



PHOTO COURTESY OF CHRIS MDEWAY

At their Jan. 7 meeting, President Joyce Cohen and the Board of Health members honored Anne Timm with a plaque thanking her for more than ten years of volunteering her services at the annual flu vaccination clinic. The Board of Health took this opportunity to recognize her dedication. Anne is 98 years young and the board looks forward to seeing her at the 2014 flu clinic.



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MAYOR'S MESSAGE FEBRUARY

I often say Montvale has become busy lately with one thing or another that requires our attention, and have come to realize being busy is the norm and not the exception. Since the economy is picking up and financing is loosening up, the borough has a lot on its plate, seemingly all at once. There have been some great additions to our community like medical facilities, doctor's and dentist's offices, and some retail businesses who have chosen Montvale as their home. Downtown, the former Montvale Diner (or McLouis) has changed hands and gearing up to open as a restaurant. Behind that building on the site of the old Elk's club, construction on the special needs/affordable housing project originally agreed on in 1995 will begin any day.



Roger J Fyfe
Mayor

We have been working on a better relationship with New Jersey Transit in an effort to get the train schedules changed to encourage people who work in Montvale to use mass transit. The transit initiative has been up and running and the buses that bring people to and from the Ridgewood train depot have been steadily increasing their ridership.

As a result of a master plan amendment and a re-zoning of some commercial property within our corporate areas, Lifetime Fitness has committed to invest more than \$60 million in a new facility that replaces the older empty BMW building. The governing body is committed to working with new businesses in an effort to reduce our vacancy rate and bring new and exciting projects into town. To that end we have considered a re-zoning of the large tract of property now known as DePiero's Farm. This would be a major change and the council is being very diligent in considering the data on any traffic, economic, or environmental impacts and their effects on the borough overall. As of Feb. 1 there is no new information to share but I would think by the time this goes to print there might be news of some kind of action that will be taken on the farm property. I encourage you to pay attention to any notices or advertising about planning board or

council meetings where it will be discussed. We will do our best to make everyone aware of any meetings on the subject.

The widening of Chestnut Ridge Road has been tentatively agreed to by the county and the borough and steps are being taken to get that project underway. Montvale has also received a grant of \$450,000 to be used to make the sidewalks safer between Grand Avenue at the high school and Summit Road. The artificial turf replacement at Fieldstone school will take place soon. The bids are in and the contract has been awarded. This will make the entire facility artificial turf which was our goal when the project was done about 10 years ago. (Things do move painfully slow in government projects.)

As posted on our web page, I have established a Twitter account for myself in an effort to provide one more way we can get information out to the residents. The account name is @mayorfyfe. It will not be used as a social network. I will use it for emergency information and to alert the residents to any interesting events that may be happening in town. So if you are a Twitter fan, join in to follow me and you will receive first hand, real time information.

Finally, I would like to mention the creation of what we hope will be a monthly event at the senior/community center. On one Sunday each month the comedy troupe AnitaLaugh will do a free show as they try new material and practice their routines. This is a family friendly show and everyone is welcome. The February date will be Feb. 24 at 7 p.m., and again there is no charge. Check out their website at anitaLaugh.com for more details and future show dates.

So this is a snapshot of the borough of Montvale as we start 2013. I will no doubt have more to share as the year rolls on. I want to thank all the residents that have written, called, or emailed me with comments or concerns about anything happening in town. With today's media options there really is no reason not to share your opinions. I can promise you that I read every email or letter I receive. Responding might not be as quick as some would like, but I do try to respond to everyone or return phone calls. This is everyone's community and it is important residents weigh in. You are not imposing on anyone in the governing body by asking questions. We all take our jobs very seriously and we did, after all, ask for the responsibility.

MONTVALE POLICE DEPARTMENT

Hello Montvale:

We are now over two and a half months away from the shootings in Newtown, Conn. and the horror and shock of the tragedy is still fresh and painful. Can this happen here? Every police department in the country has been asked and tasked with ways to prevent another disaster. We are routinely reviewing and updating our response plans. We collaborate with our area schools, we train with other police agencies and we continuously look to improve our abilities.

Remember there are other criminals are out there as well: burglars, child molesters and armed robbers to name a few. We have seen these incidents in the recent past. Combating crime is a collaborative effort. I have stated before – you are the eyes and ears of the community. If you observe a suspicious act, report it. If you know about a potentially dangerous situation, make the appropriate agency aware of the situation. We all have a stake in the outcome.

Update on notification: The county has changed vendors for our emergency contact service. C3 is no longer used. The new service is Swift911. To register unlisted or cellular phones go to the Bergen County Office of Emergency Management website, bcoem.org. There is a tab in the middle of the page labeled SWIFT911. Open it and fill in the contact information request. You can enter phones, emails and text contact information. You can also follow us on Twitter. Our Twitter ID is Montvale Police @ Montvale PD.

Stay safe,

Chief Jeremy Abrams



**The Tri-Boro Volunteer Ambulance Corps is Proud to Announce
Our 75th Anniversary! 1938-2013
Please consider purchasing a brick to be used in our new patio as
we fundraise to better serve our community.**

TBVAC BRICK PAVER ORDER FORM

Tri-Boro Volunteer Ambulance Corps *WALK OF FAME ENGRAVED BRICK*

4 inch x 8 inch FILLED BRICK WITH (1-3) LINES OF PRINT @ **\$150.00**

	1	2	3	4	5	6	7	8	9	10	11	12	13
LINE 1													
LINE 2													
LINE 3													

SPACES ARE CONSIDERED A CHARACTER

MAXIMUM OF 13 CHARACTERS PER LINE

8 inch x 8 inch FILLED BRICK WITH (1-6) LINES OF PRINT @ **\$250.00**

	1	2	3	4	5	6	7	8	9	10	11	12	13
LINE 1													
LINE 2													
LINE 3													
LINE 4													
LINE 5													
LINE 6													

SPACES ARE CONSIDERED A CHARACTER

MAXIMUM OF 13 CHARACTERS PER LINE

CHECKS PAYABLE TO TRI-BORO VOLUNTEER AMBULANCE CORPS

Please staple check to this form.

Mail to: Heather McGee, 24 Hillcrest Ave Montvale, NJ 07645

Any questions or assistance with this form, please contact Heather at 201-694-5398 or McGees05@verizon.net

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 DAY PHONE: _____ EVENING PHONE: _____
 TOTAL AMOUNT ENCLOSED: _____ DATE: _____

PLEASE RETURN THIS FORM WITH YOUR CHECK BY MARCH 15, 2013

THANK YOUR FOR YOUR SUPPORT!!!



MONTVALE RECREATION DEPARTMENT

The Recreation Department's news and information can be found in Borough Hall at the front counter and at the town website: montvale.org. If you have any questions or comments regarding recreation programming, you can email us at montvalerecreation@ymail.com. To save time when registering for a class, you may print your registration forms online and fill them out at home. Please fill out two copies of the registration form and bring both to the class along with your payment. All checks must be made payable to the Borough of Montvale.

To be notified via email when Recreation activities are taking place, join the Montvale Recreation email list. Emails will only be sent to announce recreation news. If interested, go to the borough website at montvale.org. Find the Recreation page under services and go to the Recreation main page. Once on the main page, under the opening paragraph you will see: "If you would like to join the Montvale Recreation email list, please click here." After you "click here," enter your email address to be automatically added to our mailing list. If you have an idea for a program, or would like to become an instructor, email us at the address above. (Please don't speak with Mr. Freeman at school.) **All programs are open for enrollment after the start date.** It's not too late to join existing Recreation classes already in session. For a full listing of classes offered, go to the borough website, montvale.org.

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 to 8:30 p.m. beginning March 25. The second class will meet Friday mornings from 9:30 to 10:30 a.m. beginning March 22. 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.

FITNESS BOOT CAMP

The most effective way to improve cardiovascular function, build muscle and lose body fat. Two, one day/week classes will be offered in the Recreation Center consisting of a variety of exercises guaranteed to challenge every individual. No class will be the same. It's time to commit to be fit and challenge yourself. These two classes will be held Tuesday mornings from 9 to 10 a.m. and Tuesday evenings from 7:30 to 8:30 p.m. The first class will be held March 26. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Certified Trainer/Instructor Rose Freeman.

ZUMBA

The ZUMBA® program is a Latin-inspired, dance-fitness class incorporating Latin and international music and dance movements creating a dynamic and effective fitness program. This exciting class is for everyone, as the repetition of basic steps makes it easy to learn. Kimberly is a certified instructor who is excited to share the fun of fitness! The first class will begin on Thursday, March 28 at the Recreation Center. The class is held Thursdays from 9 to 10 a.m. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Kim Kern.

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. The program will be available for adults and H.S. age students accompanied by an adult from 3 to 4 p.m. on Saturday afternoons. This eight-week class will begin Saturday, March 23 in the Recreation Center. Fee: \$145 for residents; \$185 for non-residents. Registration will take place on the first day of class. Instructor: Mario Liriano, 5th Degree Black belt.

IMPROV COMEDY CLASS

Improv comedy is an art form that has now come to Montvale. "AnitaLaugh" offers a fun-filled workshop featuring improv games like those seen on "Whose Line is it Anyway." Theater games and acting exercises help anyone looking to ease the discomfort of public speaking and those trying to overcome shyness in a supportive and creative environment. Learn how to "think on your feet" and develop the skills useful for all aspects of life. Classes will be held Wednesday evenings from 7 to 8 p.m. in the Recreation Center. The first class will be held Wednesday, March 27. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Bernice Harris, Director of "AnitaLaugh" Improv & sketch comedy troupe voted "Best Comedy Entertainment" in Bergen County.

DRAMA FOR MAMA

Put all those hysterical, adorable and even stressful stories of motherhood to good use! This course uses each student's individual "stories" to create comedy for family story telling, journal writing that can be passed on to our children, stand up comedy and sketches. Share laughter and learn new skills in a creative workshop. Classes will be held Monday mornings from 10 to 11 a.m. in the Recreation Center. The first class will be held Monday, March 25. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Bernice Harris. Director of "AnitaLaugh" Improv & sketch comedy troupe voted "Best Comedy Entertainment" in Bergen County.

MEN'S 30 & OVER BASKETBALL

This program is held on Monday evenings from 8 to 10 p.m. in the Memorial School gymnasium. This pick-up game style program began in September and will continue through May. Fee: \$75 for residents; \$95 for non-residents if space permits.

ADULT MEN'S COMPETITIVE BASKETBALL

Residents 18 years of age and older can participate in this competitive style pick-up game format. The program began on Jan. 9 and will continue through May. Games are played on Wednesday nights from 8 to 10 p.m. in the Fieldstone School gymnasium. Fee: \$50 for residents; \$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 8 to 10 p.m. The program began Jan. 8 and will be held on Tuesday evenings through May. Fee: \$50 for residents; \$75 for non-residents.

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 2013 season which runs from March 1 to Dec. 31, may be purchased at the Borough Hall during normal business hours beginning this month. The 2013 tennis fee schedule is:

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.

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 Thursday of each month at 7:15 p.m. in the Recreation Center. (Entrance is behind the community center.) No fee for this program.

MONTVALE RECREATION DEPARTMENT

KID'S CORNER

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. Program will be offered two days/week for children in grades K-8. The K-4 grade class will be offered Tuesdays from 5 to 6 p.m. and Saturdays from 1 to 2 p.m. Classes begin Tuesday, March 26. The 5-8 grade class will be offered on Thursdays from 5 to 6 p.m. and on Saturdays from 2 to 3 p.m. Classes begin Thursday, March 28. 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.

GIRLS' VOLLEYBALL

This girls' volleyball program began Tuesday, Jan. 8. This eight-week program will be offered to girls in grades 5-8. The girls will play in the Memorial School Gym from 6 to 7 p.m. Registration will take place the first night of the program. Fee: \$80 for residents; \$100 for non-residents. Instructor: volleyball coach Ken Yeck.

FIELD USE

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

UPCOMING RECREATION EVENTS

- Camp Counselor applications available - April 1
- Camp counselor interviews - April 25
- Camp counselor interviews - April 26
- Camp counselor interviews - April 27
- Summer camp registration - May 1
- Summer camp registration - May 3
- Day in the Park - June 22
- Counselor Workshop - June 28
- Summer camp - July 1 - July 26

MONTVALE PUBLIC LIBRARY

FEBRUARY'S SPOTLIGHT:

WHAT: "10 Moral Moments in the Life of Abraham Lincoln"

WHEN: Sunday, Feb. 24 at 2 p.m.

INFO: Historian Glenn LeBoeuf will entertain and inform patrons with ten stories about 'Old Abe.' Registration is now open.

LOOKING AHEAD TO MARCH:

ADULT DEPARTMENT:

"Destination: Las Vegas, the Musical Journey" - Sunday, March 3 at 2 p.m.

"Hidden Valor: Female Soldiers in the American Civil War" - Thursday, March 14 at 7 p.m.

CHILDREN'S DEPARTMENT:

"Spring Story Time Registration" - Begins Monday, March 4 at 10 a.m. In person, only.

Beginning Saturday, March 2, the Library will once again open every Saturday at 10 a.m.

For complete details and information on all Montvale Library services and programs, please telephone the Library at 201-391-5090, or visit the Library's website at montvale.bccls.org.

MONTVALE SENIOR CLUB

The members of the Montvale Senior Club were entertained last month by a musical performance from an a capella doo-wop group called "Party of Five." It was very enjoyable and brought back many happy memories from the '50s and '60s.

We continue to look forward to the New Year of 2013 featuring exciting activities, trips, entertainment and educational speakers. There are several new groups such as canasta, crochet, yoga, gardening, computer classes and a variety of others. If you have a particular interest, come share it with us. We invite residents of Montvale who are over 55 to join our club which meets on the first and third Thursday of the month for our business and social meetings. We are fortunate to have a board member who attends meetings at the Bergen County Senior Citizens Coordinating Council, Inc. and informs us of any relevant information relating to senior citizens.

Our Montvale schools invite the members of our club to their concerts, shows, and related activities. We host a Pizza and Bingo evening that is very popular and 74 seniors attended in January. We also feature a Popcorn and Movie evening each month. We host several lunches throughout the year that our members look forward to.

Our mission is to provide companionship and relaxation for our seniors in Montvale and keep members abreast of topics that affect the lives and well being of our members. We have an exercise room with a variety of fitness equipment that is very popular and healthy for our members. A monthly calendar is available featuring all activities at our senior center located at 1 Memorial Drive in Montvale. Any questions, call our president, Dick Voorhees, at 201 573-0761.

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Our limobus features spacious comfort, full beverage service, 50-inch television, high-end audio and video, dramatic lighting and an impressive leather interior.

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New Monthly Board Meeting Time: 1st Wed of the month at 4:00 pm, Borough Hall, Montvale

Over 100 Businesses Attend Montvale Chambers 2013 Business Forum



Chamber Co-Presidents

Scott L. Forman and Steven Fox introduce Keynote speakers, Mayor Roger Fyfe, Paul Russo & Bryan Smith from Lifetime Fitness and Public Relations Director of Hackensack Hospital Lauren Samman at the Chambers 2013 Kickoff event at The Porterhouse Restaurant in Montvale.

What's Next....

February 6th

Chamber Board Meeting 4:00 Montvale Borough Hall

March 27th

Taste of the Pascack Valley at the Courtyard Marriott

Over 20 Restaurants from around the Pascack Valley show off their cooking talents
Proceeds to benefit the Chambers Educational Scholarship Fund and
The Footprints in the Sand Foundation.

June 2nd

Montvale Chambers Annual Street Fair. Over 20,000 people are expected.
Sponsorships are limited and are available beginning February 1st.

MONTVALE IN MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Service Key Local Mtg. Household Trash Recycle Pick-Up					1	2
3	4 East Board of Health 7:45 p.m.	5 Central Planning Board Mtg. 7:30 p.m.	6 West	7 District 3, 4 Yard Waste pickup	8	9
10	11 East	12 Central Mayor & Council Mtg. 7:30 p.m.	13 West	14 District 1, 2 Yard Waste pickup	15	16
17	18 East	19 Central Planning Board Mtg. 7:30 p.m.	20 West	21 District 3, 4 Yard Waste pickup	22	23
24	25 East	26 Central Mayor & Council Mtg. 7:30 p.m.	27 West	28 District 1, 2 Yard Waste pickup	29	30
31						

MONTVALE OFFICIALS

ADMINISTRATION

ADMINISTRATOR/MUNICIPAL CLERK

Maureen Iarossi-Alwan - miarossi@montvaleboro.org

MAYOR AND COUNCIL

MAYOR

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COUNCIL PRESIDENT

Leah J. LaMonica (R) - llamonica@montvaleboro.org

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Salvatore J. Talarico (R) - stalarico@montvaleboro.org

CONTACT INFORMATION

MONTVALE BOROUGH HALL

12 Mercedes Drive, Montvale, NJ 07645

Phone: 201-391-5700

Visit www.montvale.org

Board of Health Cold Weather Hazards

Hypothermia, a body temperature of less than or equal to 95°F, kills many Americans every year. Infants, children, and the elderly are at greatest risk for hypothermia. Signs and symptoms of hypothermia may include:

- numbness • fatigue • poor coordination • slurred speech • impaired mental state • blueness or puffiness of the skin • difficulty concentrating • death

Tips on how to stay warm:

1. Stay warm and dress appropriately! For prolonged exposure to cold, wear insulated or layered clothing that does not retain moisture. Wear a head cover!
2. Avoid over-exertion and excessive sweating in the cold.
3. Warm beverages can help increase the body temperature.
4. Avoid drinking alcohol, especially in cold temperatures.
5. Some medications may increase your risk. Check with your doctor, pharmacist or call the Poison Control Center at 1-800-222-1222.

Carbon monoxide is a clear and odorless poisonous gas. Unintentional carbon monoxide poisoning is common during severe weather conditions. Signs and symptoms of carbon monoxide poisoning may include:

- headaches • sleepiness • fatigue • confusion and irritability • nausea • vomiting • irregular heartbeat • impaired vision and coordination • death

Follow The N.J. Poison Information & Education System recommendations:

1. Never use gasoline powered equipment/generators or tools and/or kerosene heaters inside the house or in enclosed spaces.
2. DO NOT leave the car running inside the garage with the garage door closed.
3. DO NOT use charcoal or propane grills inside the home. Do NOT heat the house/apartment with the stove!
4. Clear any snow accumulation from all outside dryer and heating vents. Install carbon monoxide detectors in homes and check them periodically to make sure they are working properly.

Pain is Not Normal

**Are life's daily activities giving you aches and pains?
Were you injured and suffer from chronic pain?**

You don't have to live with recurring pain or rely on drugs for relief. Join the hundreds of happy patients who have found relief through Montvale Health's successful, non-surgical treatments.

Our chiropractic team not only offers you traditional manual adjustment techniques, but a whole new level of treatment options including gentle spinal decompression, endermotherapy and laser therapy.

- Neck & Back Pain
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- Disc & Sports Injuries
- Headaches
- Shoulder Pain
- Sciatica
- Fibromyalgia
- Numbness in Hands & Feet
- ...and more

Seek the spine specialists who have turned failed cases into success stories:



David J. Saint, DC
Chiropractic Director



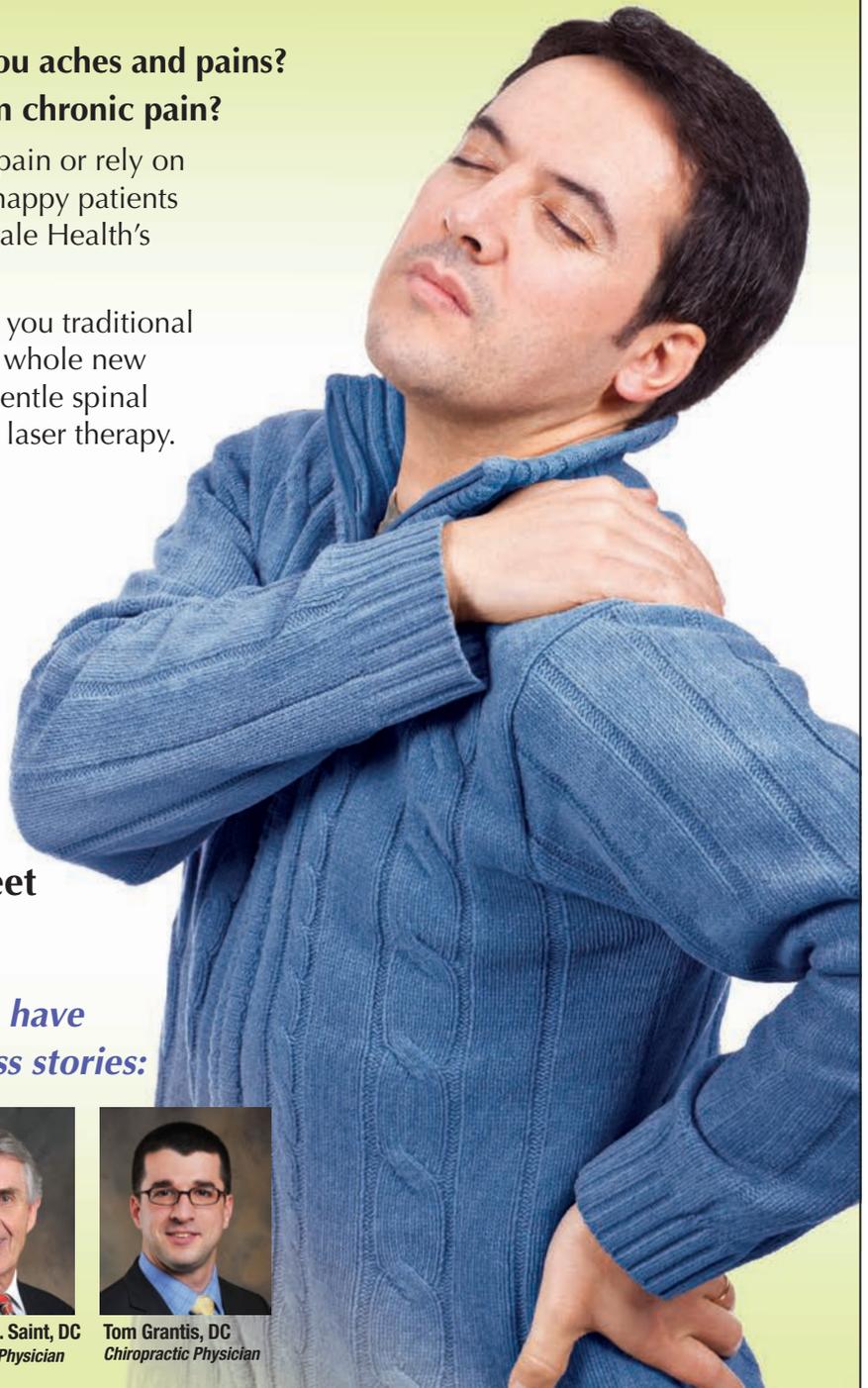
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Tom Grantis, DC
Chiropractic Physician



Call (201) 391-8282

305 W. Grand Avenue ■ Montvale, NJ 07645
www.montvalehealth.com



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