

# MyMontvale

THE OFFICIAL NEWSLETTER OF THE BOROUGH OF MONTVALE

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## Montvale Matters

### REPRESENTATIVE FROM 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 - 3 p.m. in Conference Room 1.

### LOCAL ASSISTANCE

Thank you very much to all the families that gave to the Tri-Boro Family Care Fund during the tree lighting ceremony given by the Recreation Department.

Desperate needs for the next two months:

- Paper towels
- Toilet tissue
- Laundry detergent
- Cereal
- Tuna fish

Many thanks for your generosity!

**Kathie Bowen**  
Public Assistance Director

# SENIOR EXERCISE ROOM BEGINS ITS EIGHTH YEAR



No matter whether you are a Baby Boomer or a member of The Greatest Generation, if you're not exercising regularly, you're bound to feel sluggish. You say you have a treadmill or an exercise bicycle in your basement? BORING!! You need to visit the Senior Exercise Room at the Senior/Community Center on Monday, Wednesday or Friday mornings between 8 a.m. and noon to improve your muscle tone as well as make new friends and renew old ones.

We have elliptical trainers and bicycles, both with and without upper body exercise capabilities. We have treadmills, a rowing machine, a leg exercise bench and free weights. The cost? Only \$40 per year; \$45 for non-residents.

So, if you're at least 55 years old, what are you waiting for? Come in, look around, and if you like what you see, join in the fun. You'll be glad that you did.

If you have questions about this article, contact Dick Voorhees at 201-573-0761.

# MAYOR'S MESSAGE JANUARY

Welcome to the January 2015 newsletter!

Sometimes as we start a new year we take a look back as well as a look forward to remind ourselves of what, if anything, we have accomplished and what we hope to accomplish moving forward.

In November, we celebrated the one year anniversary of our Pascack Valley DPW. Having started out in the worst winter in decades with all kinds of learning curves to deal with it has still become as successful as we hoped. Both towns are saving money and our services have improved, which was exactly the goal we had. We are still in federal court with the members of the former DPW defending our actions and I don't know how long it will go on. There have been requests by nearby towns to expand, but we have decided to get more time under our belts before we think about including anyone else.

In April, we celebrated our third anniversary of the first and only joint court in Bergen County. This joint venture has proven to be the blueprint for other towns throughout the state and is offered as an official "how to" by the New Jersey League of Municipalities. It is saving all three towns more money than expected and it operates almost seamlessly. This is in large part due to our excellent staff led by our Court Administrator Cathy Cullen and, of course, our Judge Harry Norton.

Our police department earned accreditation in 2014. This process took almost two years and is a very prestigious designation. It declares our police department uses all of the right tools to get the job done, all of our officers are trained and certified in every critical category, and that it practices a rigid list of policies and procedures. In short, it means a Montvale resident can be sure their police department is the best it can be. It also means we save money on our annual insurance premiums, which is always a welcome byproduct of any program. The process required the cooperation of everyone in the department as well as the governing body. Kudos to Capt. Sanfilippo for spearheading the effort.

We also started the School Resource Officer (SRO) in Pascack



**Roger J Fyfe**  
Mayor

Hills High School for the first time in September. This puts an officer at the high school every school day. It is another way we hope to help today's high school students with the inevitable issues each student needs to deal with and it creates a better relationship between the students and the police department.

We also had the retirement of Lt. Bruce Piatt after 30 years on the job. His will be large shoes to fill. In 2014, we made three probationary officers permanent, and hired one new officer. MPD was a very busy place in 2014.

Looking ahead, we will finally undertake the replacement of our 60-plus year-old firehouse. Plans have been submitted and reviewed and now the process of how to pay for it will be undertaken. Considering the fact we also need to replace one of the fire trucks a lot of money will be spent. Due to good planning and a comfortable surplus, we should be able to accomplish this without a sharp spike in taxes. Our

goal is to spread things out so our taxes remain stable. Several finance plans are being considered and will be shared at a meeting soon.

We have received a grant to install another emergency generator at borough hall. This will help us keep our government open and operating in the event of a power outage as we have experienced in the past. It will allow us to offer charging stations and anything else that may come up during a storm. Thanks to Maser Consulting for their help in obtaining the grant.

Finally, Montvale has committed to join with Park Ridge and Woodcliff Lake to provide a new first responder vehicle for our Tri-Boro Ambulance Corps. Tri-Boro was about to undertake a fundraising effort to purchase a vehicle and we are of the opinion they provide enough volunteer services and shouldn't have to go to the public begging for money to do so. We believe we have an obligation to provide them with the best tools possible.

That's our wrap up for January. Let's hope the snow stays in the mountains so anyone who likes it can go enjoy it but we don't have to struggle with it here! Till next month...

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## MONTVALE POLICE DEPARTMENT



Hello Montvale:

The Montvale Police Department is now a permanent used drug and prescription collection site as part of Project Medicine Drop. This provides a safe and secure way to dispose of household medications and prescriptions. We have a secure collection container located just off of the reception area of Police Headquarters. Residents can drop off their unused, expired, and unwanted household medications (including pet medications). Syringes should not be put into the container but can be turned over to a police officer. We also have a transportable collection container we can use to come to events or meetings for any group that would like to provide this service to their organization. Contact Sgt. Jason Szabo [jszabo@montvaleboro.org](mailto:jszabo@montvaleboro.org) or P.O. Jeff Hanna [jhanna@montvaleboro.org](mailto:jhanna@montvaleboro.org) of our Community Policing and Crime Prevention Bureau to make arrangements.

The nationwide heroin epidemic I talked about last year has not

gotten any better. Montvale Police Officers do carry naloxone (Narcan), a medication designed to counteract the effects of opiates (i.e. heroin) to be administered in life threatening overdose situations. Do not hesitate to call for assistance IMMEDIATELY in a suspected overdose situation. You and/or the victim will not be charged with possession of an illegal drug or for being under the influence of an illegal drug if you called for help.

Finally, I would like to welcome our newest Police Officer John Guico. Officer Guico was sworn in as a Montvale Police Officer on Jan. 5, 2015. He is a welcome addition to the Montvale Police Department. He has been attending the Police Academy as an Alternate Route Trainee and will graduate and join our Patrol Division in March 2015.

Stay safe,  
Chief Jeremy Abrams

# 2015 Community Dinner and Raffle

**Friday March 27, 2015 at 6:30 PM**  
**Fieldstone Middle School**  
*Hosted by Montvale Boy Scout Troop 334*



Come out and **JOIN YOUR COMMUNITY** for a fun filled evening of food, friends, music, a tricky tray and 50/50 raffle, and more! Dinner served from 6:30 to 7:30 and 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 Sports Tickets, a Sightseeing Flight over NYC for 3, and much more. Clown for the Kids!

## Tickets at the Door:

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

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

For Tickets or Information:

Phone:  
201-802-0252

E-mail:  
[trop334mail@gmail.com](mailto:trop334mail@gmail.com)

PO Box 641  
Montvale, NJ 07645



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

# MONTVALE RECREATION DEPARTMENT

## ADULT PROGRAMS

18+ COMPETITIVE BASKETBALL  
30+ BASKETBALL  
ADULT CRAFT CLASS-CANCELLED  
HATHA YOGA  
TAEKWON-DO  
TALKIN' BASEBALL  
ADULT VOLLEYBALL



## KIDS CORNER

GIRLS VOLLEYBALL  
WINTER SEW COZY  
TAEKWON-DO

## ADULT PROGRAMS

### 18+ COMPETITIVE BASKETBALL

Residents 18 years of age and older can participate in this competitive style pick-up game format. This program began on Jan. 7 and will continue through May. Games are played on Wednesday nights from 8 to 10 p.m. in the Fieldstone School gymnasium. The fee for this program is \$50 for residents; \$75 for non-residents.

### 30+ BASKETBALL

This program is for men and women 30 years of age and older. 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 Sept. 8 and will continue through May 2015. 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 meets Monday evenings from 7:30 to 8:30 p.m. and began Jan. 5. The second class meets Friday mornings from 9:30 to 10:30 a.m. and began Jan. 9. 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. The program is available for adults and high school age students accompanied by an adult from 8 to 9 p.m. on Tuesday evenings. This eight-week class began Jan. 6 in the Recreation Center. Fee: \$80 for residents; \$100 for non-residents. 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 p.m. in the Recreation Center (entrance is behind the community center.) There is no fee for this program.



### ADULT VOLLEYBALL

This program is for men and women 18 years of age and older. Adult volleyball is held in the Memorial School Gymnasium "B" from 7:30 to 9:30 p.m. The program began Jan. 6 and will be held on Tuesday evenings through May. Fee: \$50 for residents; \$75. for non-residents.

## KID'S CORNER

### WINTER SEW COZY



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 three 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. Two programs are held on Tuesdays and began Jan. 6.

Continued on **Next Page**

# MONTVALE PUBLIC LIBRARY

## FROM THE ADULT DEPARTMENT

**WHAT:** "Learning a Foreign Language with Mango"  
**WHEN:** Afternoon and evening classes, Jan. 19 through 22  
**INFO:** Please register by phone or in person.

## LOOKING AHEAD TO FEBRUARY

### Adult Department:

"Downloading Magazines with Zinio" – afternoon and evening classes on Feb. 17- 19. Please bring your portable device and a valid Montvale Library card. Registration begins Feb. 2.

Thanks to the Friends of the Library, Montvale residents can now receive a \$3 discount at the Liberty Science Center. Residents will have to present their library cards to the box office in order to receive the discount. The discount is for the cardholder only and cannot be combined with other promotions.

There may also be some vouchers remaining for the American Museum of Natural History in New York City. Please do not request vouchers if you have had them within the past year; we want as many families as possible to be able to enjoy a visit to the museum.

## FOR INFORMATION ON LIBRARY SERVICES AND PROGRAMS

Visit the Montvale Library's website at [montvale.bccls.org](http://montvale.bccls.org), email the Library at [movlcirc@bccls.org](mailto:movlcirc@bccls.org), or telephone the Library at 201-391-5090. Stop by and visit us, too!



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The first class is Scarves and Hats for Grades K-4. This class is held from 3:15 to 4:15 p.m. The second class is Pajama pants and pillow cases for 5th - 8th graders. This class is held from 4:30 to 5:30 p.m. All classes are held at the Recreation Center. Fee: for each 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. Program is offered two days/week for children in grades K-8. The K-4 grade class is offered Tuesdays and Thursdays from 6 to 7 p.m. Classes began Jan. 6. The 5th - 8th grade class is offered Tuesdays and Thursdays from 7 to 8 p.m. Classes began Jan. 6. The program is 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. 6. This eight-week program is offered to girls in grades 5-8. The girls will play in the Memorial School Gym from 6:30 to 7:30 p.m. Registration: first night of program. Fee: \$80 for residents; \$100 for non-residents.

## 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.

CO-PRESIDENTS

**SCOTT L. FORMAN**  
NJ Lenders Corp

**STEVEN FOX**  
Morgan Stanley

1<sup>ST</sup> VICE PRESIDENT

**TOM DAVEY**  
Davey's Locker

VICE PRESIDENT

**TOM CHAPMAN**  
Tom A. Chapman DMD

TREASURER

**DORIS SUTICH**  
Perfect Limo

SECRETARY

**THOMAS HARTEL**  
John M. Hartel, Co.

COUNSEL

**IRA KALTMAN, ESQ.**  
Beattie Padavano, LLC

**ADOLPH ROMEI, ESQ.**  
Beattie Padavano, LLC

Board Members

**MICHAEL FORMAN**  
NJ Lenders Corp

**Linda Mitchell**  
Massage & Whole Body Health

**Anna Brodley**  
Fish Window Cleaning

## Mega Networking Event! January 2015 Kickoff!!

Please join the members of the Montvale Chamber of Commerce and Area and Regional Businesses at a Mega Networking Event! Start the New Year off with a great networking opportunity.

All Members and Non-Member are Welcome!

Keynote Speaker: Michael Searles, CEO Benjamin Moore



When: January 29th Time: 5:30 pm - 8:00 pm

Where: Courtyard by Marriott, Chestnut Ridge Rd, Montvale

Sponsored by: The Courtyard Marriott and Fire & Oak Restaurant

### Montvale Chamber of Commerce Business of the Year Award



The Montvale Chamber of Commerce awarded its "2014 Business of the Year" award. This years award winner is Peter and Tom Davey from Davey's Restaurant in Montvale. *Pictured from L-to-R:* Tom Davey (Davey's Restaurant), Steve Fox and Scott Forman, (Presidents of the Montvale Chamber of Commerce).

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## MONTVALE IN FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>2</b> 🗑️ East	<b>3</b> 🗑️ Central 🏛️ Planning Board Mtg. 7:30 p.m.	<b>4</b> 🗑️ West	<b>5</b> ♻️ District 3 & 4	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 🗑️ East	<b>10</b> 🗑️ Central 🏛️ Mayor & Council Mtg. 7:30 p.m.	<b>11</b> 🗑️ West	<b>12</b> ♻️ District 1 & 2	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> 🗑️ East	<b>17</b> 🗑️ Central 🏛️ Planning Board Mtg. 7:30 p.m.	<b>18</b> 🗑️ West	<b>19</b> ♻️ District 3 & 4	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> 🗑️ East	<b>24</b> 🗑️ Central 🏛️ Mayor & Council Mtg. 7:30 p.m.	<b>25</b> 🗑️ West	<b>26</b> ♻️ District 1 & 2	<b>27</b>	<b>28</b>
						<b>Service Key</b> 🏛️ Local Mtg. 🗑️ Household Trash ♻️ Recyclable Pick-Up

# MONTVALE OFFICIALS

### ADMINISTRATION

#### ADMINISTRATOR/MUNICIPAL CLERK

Maureen Iarossi-Alwan - [miarossi@montvaleboro.org](mailto:miarossi@montvaleboro.org)

### MAYOR AND COUNCIL

#### MAYOR

Roger J. Fyfe (R) - [mayorfyfe@montvaleboro.org](mailto:mayorfyfe@montvaleboro.org)

#### COUNCIL

Theresa A. Cudequest (R) - [tcudequest@montvaleboro.org](mailto:tcudequest@montvaleboro.org)

Rose Curry (R) - [rcurry@montvaleboro.org](mailto:rcurry@montvaleboro.org)

Mike Ghassali (R) - [mghassali@montvaleboro.org](mailto:mghassali@montvaleboro.org)

Leah J. LaMonica (R) - [llamonica@montvaleboro.org](mailto:llamonica@montvaleboro.org)

Timothy E. Lane (R) - [tlane@montvaleboro.org](mailto:tlane@montvaleboro.org)

Salvatore J. Talarico (R) - [stalarico@montvaleboro.org](mailto:stalarico@montvaleboro.org)

### CONTACT INFORMATION

#### MONTVALE BOROUGH HALL

12 Mercedes Drive, Montvale, NJ 07645

Phone: 201-391-5700 Visit [www.montvale.org](http://www.montvale.org)

TV: Cablevision-CH 77 Verizon FIOS-CH 35

## PROPERTY MAINTENANCE

I imagine not too many of us were ready for a white Thanksgiving. A white Christmas is always nice, but Thanksgiving? Regardless, winter is upon us once again and it is very important all property owners are aware that they are responsible for clearing sidewalks in front of their property within 12 hours of daylight after the snow has fallen thereon.



Hopefully, our winter will not be as snowy as last year's and we get a little bit of a break. However, the early snowfall underscores the reason why we do not want leaves piled in the streets. An early snowfall along with piles of leaves make road clearing extremely difficult for the snow removal crews.

Kindly take the time now to clean up any leaves that may have accumulated in the street so you will be prepared for when the next storm approaches. By doing so, you will have one less item to think about and more time to devote to your more festive holiday events.

Happy holidays to all and best wishes for a healthy and prosperous new year.

Jeff Fette  
Property Maintenance Official

# MONTVALE SENIOR CLUB

Our election and installation of officers for the Montvale Senior Club has just taken place and we are excited and looking forward to a new year. During 2014 our membership increased substantially and we are enjoying making new friends and renewing old ones. As you know, we have a dedicated exercise room with a wide variety of equipment available for residents of Montvale. Chair Exercises is a very popular group that meets Monday, Wednesday, and Friday at our beautiful center. We invite you to come down and check us out.

Our members are looking forward to 2015 featuring exciting activities, trips, entertaining and educational speakers. There are several ongoing 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 and we'll develop a program.

We have a three-day trip planned to Washington, D.C. for the first week in May. In addition, there are several other day trips planned and details will be available soon from our trip coordinators.



We invite residents or past 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. Our dues are only \$8 a year. We enjoy the services of our senior van to take seniors to and from their homes for our meetings. We 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 all their concerts, shows, and related activities. We host a Pizza and Bingo evening each month that everyone enjoys, and we offer numerous lunches throughout the year.

Our goal 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. A detailed monthly calendar is available each month featuring all activities at our senior center located at One Memorial Drive in Montvale. Come down and visit with us or for more information call our president, Steve Ohayon, at 201-391-4272.

## TRI-BORO VOLUNTEER AMBULANCE CORPS

The members of the Tri-Boro Volunteer Ambulance Corps along with our Board of Governors would like to take this opportunity to wish everyone a **HAPPY, HEALTHY NEW YEAR!** We would also like to **THANK** the community for your overwhelming support throughout the years.

I am pleased to announce that our patio project is underway and we are currently selling engraved brick pavers as a fund-raiser for TBVAC. We would like to thank Montvale Landscaping, Keller Williams Associates and Chatham Irrigation for their generous donations with this project. The engraved bricks have been placed in our patio and it looks amazing. For those of you that have purchased an engraved brick, we thank you and invite you to visit the patio located behind the ambulance building at 10 Mill Road in Park Ridge to see the outcome. For anyone wanting

information on an engraved brick, please visit our website at [triboroambulance.org](http://triboroambulance.org).

TBVAC is a successful organization because of our dedicated volunteers and the support and generosity we receive from the community. Together we can make a difference. If you or someone you know is interested in becoming a member of TBVAC, please contact us at 201-391-2332, or visit our website at [triboroambulance.org](http://triboroambulance.org).

I am so proud and honored to be a part of this incredible organization.

Thank you for your continuous support!

Heather McGee  
President T.B.V.A.C.

## MONTVALE BOARD OF HEALTH

At our November 2014 meeting, the Board of Health unanimously voted to pass an ordinance banning the use of tobacco, tobacco products and alternatives in public parks.

Currently, 30 Bergen County towns have similar bans. Although a bill was passed by both houses of the state legislature, Governor Christie vetoed the bill

stating legislation should come at the local level. Montvale has thus complied.

Tobacco is the leading cause of preventable disease and death in the state and the nation. Tobacco smoke is a health hazard to the nonsmoking public majority. It is hoped that the ordinance will also reduce litter as well as promote fire safety.

Joyce Cohen, President

