

# MyMontvale

THE OFFICIAL NEWSLETTER OF THE BOROUGH OF MONTVALE

MyMontvale is produced monthly by  
Pascack Valley Community Life.  
[www.pvcommunitylife.com](http://www.pvcommunitylife.com)

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## LIBRARY DIRECTOR CELEBRATES 40 YEARS



PHOTO/BOROUGH OF MONTVALE

Members of Library staff, Board of Trustees and Friends of the Library with Susan Ruttenber (holding flowers) after she was honored by the Governing Body.

At its Oct. 13 Public Meeting, the Mayor and Council adopted a resolution honoring Susan J. Ruttenber on her 40 years of service and recognizing her many accomplishments as Director of The Montvale Free Public Library.

The library opened its doors 40 years ago in the former Montvale School No. 2 building on East Grand Avenue. Susan was a member of the library staff on opening day, Oct. 20, 1975, and three years later she became library director, a position she still holds today.

Montvale residents have seen their public library greatly expand its facilities when it relocated to the new Municipal Building in 2003. Now, under Susan's judicious hiring of library staff and careful collection accumulation, our library has one of the highest per capita circulations in the Pascack Valley, and its programs for both children and adults are second to none.

*Article prepared by Dick Voorhees*

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# MAYOR'S MESSAGE DECEMBER

As this is my last contribution to our newsletter, I wanted to take the opportunity to recognize all the people who put forth their efforts to make Montvale the great place it is. No town can operate without an army of dedicated volunteers, each group doing their part for the greater good.

Our Planning Board members spend countless hours and make important decisions related to development critical to Montvale's success. I believe the average term of service is about 20 years which speaks to their selfless contributions.

There is the Environmental Commission, The Board of Health, The Library Board, Historic Preservation, The Recreation Committee and, of course, our Volunteer Fire Department. The members of all these groups give us countless hours of their and their family's time year after year without much fanfare or acknowledgement. Most residents don't even know some of them exist. Although it doesn't properly express it, on behalf of myself and the Fyfe family I offer a huge THANK YOU to them all for what they do for us all.

Then there are those we pay for their efforts. I have never once complained about signing a paycheck for anyone on Montvale's payroll. Thanks to the non-stop efforts of Chief Abrams and his staff, the Montvale Police Department has become a standard to judge others by, and for various reasons over the last eight years their roster has changed from top to bottom. There aren't many police officers who are the same rank or doing the same job they were doing eight years ago. We are also very proud of their attaining accreditation. With their present line up of personnel Montvale can be sure we will have a top notch department for many years to come.

Our smaller departments like Family Services, the Building Department, Fire Prevention, Zoning, Property Maintenance, and all of the sub-code inspectors, and, of course, our court personnel are among the best at what they do. They too do their jobs without much fanfare or controversy. When you rarely see your town's name in the paper, it means everyone is doing their job.

Then there is our "staff." I quote it because I have long ago stopped thinking of them as employees. Somehow we have managed to gather



**Roger J Fyfe**  
Mayor

a group of people to run the day to day business of the borough that is quite simply the best there is anywhere. Their number one priority is always to "get it done" and not whose job it is or who is too busy or who doesn't feel like it. Staying late or coming in early to get something done was never a problem. Special thanks to the "ladies in the north side offices." I hope they know how much I depended on them and that I was never disappointed. I will certainly miss working with and torturing them on a daily basis. They will be the biggest void to fill.

Finally, I want to thank the people who I dragged with me into politics (or maybe apologize to them). Sal Talarico, Tim Lane and Leah LaMonica have been serving on the council since I was sworn in as Mayor. I don't remember what I said, but I must have laid it on thick to convince them it was a good idea. I cannot express how honored I am to have worked with them and gained what I learned from them over the years. The additions of Theresa Cudequest, Bill Greco, Rose Curry and Dieter Koelling created a council that wasn't afraid to tackle any issue and stick to their guns when they were convinced they were right. I don't know of a more informed, cohesive governing body anywhere, and the biggest asset was the absence of personal agendas. It wasn't always pretty, but Montvale always got the benefit of their hard work and agenda-free approach. I hope any new council members will take a page or two from their book and use the same philosophy.

In closing, I want to thank my wife Gloria and my sons Roger and Dan for their limitless support during my 13 years on this Governing Body. Anyone who serves their community understands how important their family's support is to their involvement.

I leave this Governing Body with my head held high knowing we have accomplished extraordinary things that will benefit this borough for many years to come. I leave it in much better shape than I found it. Thank you for the opportunity to serve and thanks to everyone who has offered their support over the last 13 years.

**Mayor Roger Fyfe**

## MONTVALE POLICE DEPARTMENT

Hello Montvale:

Much of what we accomplished at the police department in the past seven years is a result of collaboration and cooperation with the governing body led by Mayor Fyfe. As an individual, Mayor Fyfe is one of the most honorable, decent public servants I have ever met. Even when we disagreed, I knew his position was what he believed to be in the best interests of the borough. The Montvale Police Department is better for having Roger Fyfe as our Mayor. I thank him for his service and leadership, and wish him only the best in the future. It has been an honor to have worked with him, and a greater honor to call him a friend.

Now that a new winter is upon us, the winter driving message remains the same. Roads will be snowy and slick. Use caution driving on snow and ice covered roads. See your mechanic to ensure you have the proper tires and windshield wipers on your car for inclement winter weather. Avoid driving in winter storms if possible. Our DPW does a great job of getting the roadways cleared, but during heavy storms it is very difficult to keep the road surface free of snow and ice.



Use caution when walking on snow covered roadways. Please use the sidewalks. If no sidewalk is available and you are forced to walk in street, be extra vigilant for passing vehicles.

Remind your children not to ride their sleds into the roadways. Vehicle operators may have a difficult time seeing and reacting to a sled darting across the roadway.

ATV riders and snowmobilers: these vehicles are not permitted to be operated on borough streets, even in a snow storm. Overnight parking permission is denied during snow events. During non-snow events call 201-391-4600 and choose "option 1" to reach the Montvale Police Department menu and then press "2" to reach a dispatcher to request overnight parking.

The holiday season is in full swing. Finish it out safely. Don't drink and drive. Get a taxi, Uber or have a designated driver. The Montvale PD is a steadfast partner in the Drive Sober or Get Pulled Over Crackdown. Don't let it be you.

Stay safe,  
**Chief Jeremy Abrams**

# SANTA ARRIVES IN MONTVALE



PHOTO/BOROUGH OF MONTVALE

Santa will arrive in Montvale on Christmas Eve and everyone is invited. Santa will arrive in the center of town via a fire truck down Kinderkamack Road to the park in town center at 6 p.m., delivering gifts to all good little boys and girls. Hope to see you there!

## MONTVALE PUBLIC LIBRARY

### DECEMBER'S SPOTLIGHT:

WHAT: "Fine-Free Holiday"

WHEN: Boxing Day (Dec. 26) through Little Christmas (Jan. 6)

INFO: No fines will be collected on overdue Montvale Library items returned directly to the

Circulation Desk. We will continue to collect outstanding fines, fines on overdue items left in the book drop, fines on overdue items from other libraries and replacement costs for lost items.

### LOOKING AHEAD TO JANUARY:

Overdue fines for all Montvale Library materials will increase to 25¢ per day. The maximum fine on a Montvale Library item will remain at \$5.

#### 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!

### 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.



# MONTVALE BOARD OF HEALTH

## RABIES VACCINATION CLINIC & LICENSING INFORMATION

The Montvale Board of Health, in conjunction with Northwest Bergen Regional Health Commission, will hold its Rabies Vaccination Clinic on Saturday, Jan. 9, at the Pascack Valley Department of Public Works Garage, Memorial Drive. **Dogs on non-retractable leashes will be vaccinated from 10 to 11 a.m. Cats in carriers will be vaccinated from 11 to 11:30 a.m.** Veterinarian Dr. Cohen-Grady will administer the vaccinations which are free of charge for Montvale residents.

Montvale residents can also license their pets at the clinic. Owners of previously registered pets will receive their renewal form in the mail and should bring their license renewal form to the clinic. For newly acquired pets, a license renewal form can be downloaded from the Borough's website, [www.montvale.org](http://www.montvale.org), and is also available at the Municipal Complex, 12 Mercedes Drive, 2nd floor. If it is a newly-acquired pet, the owner must

have a rabies vaccination certificate to register the pet.

If renewing by mail, enclose a self-addressed, stamped envelope and the appropriate fee. Check your pet's rabies vaccination expiration date before mailing. **The rabies vaccination must be valid through Nov. 1, 2016.** If your pet's rabies



vaccination expires prior to Nov. 1, you must include a copy of the updated certificate with the payment. Licenses will not be issued with an expired rabies vaccination date or a vaccination date that expires prior to Nov. 1, 2016.

The annual fee is \$18 for all spayed or neutered pets, and \$21 for non-spayed or neutered pets. The fee is \$10 for 55 years and older pet owners. The owners of service dogs are exempt from paying the license fee; however, they must register their dogs. To avoid the late fee pets must be registered by Feb. 29, 2016. Only cash or checks made payable to the Borough of Montvale will be accepted. No debit or credit cards may be used for payment. Pet owners are required to license their pet annually and failure to do so may result in a penalty of \$250.

In an effort to keep our waterways clean pet owners are reminded to properly dispose of dog waste by picking it up, disposing of it in their trash or toilet, and not the municipal storm drains.

Residents who no longer own a pet or have any questions may contact the Board of Health Secretary, at 201-391-5700, ext. 257, Monday through Friday from 8:30 a.m. to 4 p.m.

## HOLIDAY FOOD SAFETY

Follow these food safety tips to protect you and your family:

### BUYING AND PREPARING

Keep raw meats separate from other foods, especially fruit and vegetables in your shopping cart and grocery bags. Raw meats that are wrapped for display often leak. Put meat into a plastic bag to prevent drips that may contaminate other food.

Always wash hands before you begin to prepare food and after handling raw meats. Use warm water, soap and paper towels. Remember hands that look clean may be contaminated with millions of germs. Inadequate hand washing is a leading cause of foodborne diseases today.

- Keep your kitchen and utensils clean. Wash cutting boards, knives and countertops that come into contact with raw meat.
- Don't re-use wash cloths after wiping countertops, especially after

cleaning up raw meat juice.

- Thaw meat (turkey) in the refrigerator. Frozen meat is easy to undercook.
- Cook food to a safe internal temperature. Use a food thermometer to check.
- Turkey, chicken and poultry (including stuffing, whole and ground meat: 165 ° F.
- Whole cuts (such as roasts, steaks, chops) or beef, pork, veal, and lamb: 145 ° F. Ground beef, pork, ham-burger, or egg dishes: 160° F.
- Fish: 145° F.
- Allow meat to "rest" for three minutes before cutting or eating.



### SERVING AND STORING

Refrigerate, reheat or throw away perishable food after two hours at room temperature.

Keep hot foods hot - above 140 ° F. Use warming trays or pots, if possible.

Keep cold foods cold - below 41° F. Nest dishes in bowls of ice, if possible.

Don't serve raw eggs mixed into drinks or food.

Reheat all leftovers to at least 165° F.

## PROPERTY MAINTENANCE

To all residents of Montvale:

As we begin to see the changes in our weather and the inevitable snow and ice that is sure to come, I would like to remind all residents it is their responsibility to make sure leaves are not left in the streets to be picked up by your landscape contractor at some future date. These leaves get washed into storm drains and require a lot of DPW time and money to clean out. This also assures storm water systems operate properly when we have heavy rains during this time.

Once the snow starts to fall, please be reminded it is the responsibility of the property owner to remove ice and snow from all sidewalks that front on all sides of your property. Sidewalks must remain passable at all times. While I know this can be a frustrating endeavor - as plows go by and plow in what was just shoveled - it is important to remember roadways are the priority in order for emergency vehicles to move about town. Removal of snow soon after a snowfall will reduce the potential for it to turn to ice and be more difficult to remove. By doing so, we will be able to provide safe and passable sidewalks during the upcoming winter. I thank everybody in advance for their efforts and cooperation.

**Jeffrey Fette**

Property Maintenance Official

# MONTVALE RECREATION DEPARTMENT

## ADULT 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 Jan. 6 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.

### 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 in September and will continue through May 2016. 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 to 8:30 p.m. beginning Jan. 4. The second class will meet Friday mornings from 9:30 to 10:30 a.m. beginning Jan. 8. 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.

### 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 will be held in the Memorial School Gymnasium "B" from 8 to 10:00 p.m. The program begins Jan. 5 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 and 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. The program will be held on Tuesdays beginning Jan. 5. All classes are held at the Recreation Center. Fee for the eight-week class: \$80 for residents; \$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 will be offered two days per week for children in grades K-8. The K-4 grade class will be offered Tuesdays and Thursdays from 6 to 7 p.m. Classes begin Tuesday, Jan. 5. The 5-8 grade class will be offered Tuesdays and Thursdays from 7 to 8 p.m. Classes begin Tuesday, Jan. 5. 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 is first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

### GIRLS VOLLEYBALL

The girls volleyball program will begin Tuesday, Jan. 5. This eight-week program will be offered to girls in grades 5-8. The girls will play in the Memorial School Gym from 7 to 8 p.m. Registration will take place the first night of the program. Fee: \$80 for residents; \$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 Department, c/o Jeff Fette, with liability insurance and payment. Forms are available online and at the Borough Hall front counter. Permits will be given according to availability.

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# MONTVALE SENIOR CLUB

The holidays are approaching and we are thankful for our friends, fellow seniors, president, executive board members and our beautiful facility for our meetings and activities. As always, the Montvale Senior Group is looking for members who are 55 and over, residents of Montvale or former residents who may live elsewhere. Our meetings are held at the Senior Center located at One Memorial Drive in Montvale. Our membership has grown to more than 100 active members; possibly you already know several of our members from around town.

This year we have had a variety of day trips to historic and entertaining venues. Our trip coordinators also hosted two extended overnight trips that were very well received. Where would you like to go next? A trip to Savannah is in the works for spring. Make a suggestion to our trip coordinators Rosemarie Kelly and Marie Dineen. On Dec. 28 we have a bus trip to the Hunterdon Hills Playhouse for a Branson Country Christmas and a great luncheon.

We have exciting ongoing groups such as canasta, crochet, card games, yoga, gardening, computer classes and a variety of others. Our most popular activity is chair exercises that are held three times per week and are very popular. We have an exercise room filled with an assortment of fitness equipment which continues to be very well used. Members are playing card games on several days and invite and

encourage newcomers. If you don't know how to play someone will teach you. If you have a particular interest, come share it with us as we are always looking for new and exciting activities. We meet on the first and third Thursday of the month for our Business and Social meetings. We have a board member who regularly 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 members of our club to their concerts, shows and related activities. We host a Pizza and Bingo evening that everyone enjoys.

We offer numerous lunches throughout the year to which our members look forward. Our elegant dinners held at one of the best local restaurants are another crowd pleaser. We have these special dinners, entertainment and companionship three times a year. Our Mother's Day luncheon is a highlight as is our Valentine's Day luncheon. Our police department sponsors a Harvest luncheon for seniors in November which they prepare and serve. Our mission is to provide companionship and relaxation for our seniors and keep members abreast of topics that affect the lives and well being of seniors. Come down and meet our members. Bring a friend if you like. Our annual dues are only \$10 for 2016. We look forward to meeting and welcoming you. You can reach our president, Steve Ohayon, at [montvaleseniors@montvaleboro.org](mailto:montvaleseniors@montvaleboro.org).

WWW.

# MONTVALE CHAMBER

.com

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LINDA MITCHELL  
Massage & Whole Body Health

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Fish Window Cleaning



# MEMBERSHIP DRIVE



## Membership Matters!



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

## Watch for our January Networking Kickoff Event



# Happy Holidays!



# MONTVALE IN JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Service Key</b> Local Mtg. Household Trash Recyclable Pick-Up Leaf Collection					<b>1</b> New Year's Day - Offices Closed	<b>2</b>
<b>3</b> Reorganization Mtg. 3:00 p.m.	<b>4</b> East Zone	<b>5</b> Central Zone Planning Board Mtg. 7:30 p.m.	<b>6</b> West Zone	<b>7</b> Districts 3 & 4	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> East Zone	<b>12</b> Central Zone Mayor & Council Mtg. (Time TBA)	<b>13</b> West Zone	<b>14</b> Districts 1 & 2	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> East Zone	<b>19</b> Central Zone Planning Board Mtg. 7:30 p.m.	<b>20</b> West Zone	<b>21</b> Districts 3 & 4	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> East Zone	<b>26</b> Central Zone Mayor & Council Mtg. (Time TBA)	<b>27</b> West Zone	<b>28</b> Districts 1 & 2	<b>29</b>	<b>30</b> <div style="text-align: right; border-top: 1px solid black; border-right: 1px solid black; padding-top: 5px; padding-right: 5px;"> <b>31</b> </div>

# 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 PRESIDENT

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

### COUNCIL

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

Dieter Koelling (R) - [dkoelling@montvaleboro.org](mailto:dkoelling@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

## 2015 EMPLOYEE ANNIVERSARY RECOGNITION

### 40 YEARS:

Susan Ruttener, *Library Director*

### 20 YEARS:

Regina Gloegger, *Library Assistant*

Douglas McDowell, *Police Lieutenant*

Allison McNeice, *Police Sergeant*

### 15 YEARS:

Therese Jones, *Reference Librarian*

John Newell, *Police Detective*

Ryan VanDalinga, *Police Officer*

### 10 YEARS:

Dawn Helfenbein, *Crossing Guard*

Eileen Walsh, *Administrative Assistant - Administrator/Mayor*

John Wirth, *Fire Prevention/Court Officer*

### 5 YEARS:

Harry Norton, *Judge, Pascack Joint Municipal Court*

## LOCAL ASSISTANCE

The Pascack Food Center is in need of the following items:

- Peanut butter and jelly
- School snacks
- Juice boxes

Please drop off your donations in the bin outside the Library at Borough Hall.

Many thanks for your generosity throughout the year!

### Kathie Bowen

Public Assistance Director

201-307-0534

HackensackUMC  
at Pascack Valley's

# Women's Center

A COMPREHENSIVE CENTER  
FOR ALL OF YOUR  
WOMEN'S HEALTH NEEDS



At HackensackUMC at Pascack Valley, we care about women's health and want to make it convenient for you to stay healthy! Our comprehensive Women's Center offers:

🌀 OB/GYN   🌀 Stereotactic Biopsy   🌀 Bone Density Unit  
🌀 Digital Mammography   🌀 Ultrasound: Breast, Pelvic and Transvaginal

**To schedule an appointment, please call 201-781-1400.**



250 Old Hook Road Westwood, NJ  
[www.HackensackUMCPV.com](http://www.HackensackUMCPV.com)