



# The Borough of Montvale

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

# Happy New Year

Mayor Ghassali & The Borough Council wish all residents a happy and healthy New Year!

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Borough offices will be closed on Monday, January 20, 2020 in observance of Dr. Martin Luther King Jr. Day.

Curbside Collection will follow a normal schedule.

## The Mayor's Corner

Happy New Year and welcome to 2020. I hope that everyone has enjoyed the holidays and starting to get back to reality. We are planning to budget for additional funding to mill and pave more roads. The work on the Magnolia Bridge will soon begin and will likely last for the year. The Bridge will be closed and we will have detours and additional traffic controls to ensure a smooth transition during this period.

The work on the former Mercedes buildings is in progress with the first office tenant scheduled to move in December 2020. There will be a mixed use of office space, retail stores, 308 residential units, a hotel, a dine-in theater and an open plaza for summer time activities.

The eastern part of the property, downhill from the back of Wegmans, is a four acre plot that will eventually have additional retail stores during the last phase of the project.

Our budget meetings will continue through February 11, 2020. The full schedule is on the website, and I hope residents join us and take part in the process. I look forward to seeing you at the meetings and wish you and your families all the best.



Mayor Mike Ghassali

# Montvale Police Department

I hope everyone had an enjoyable Holiday Season. It's time to start getting used to writing and typing "2020". At the beginning of November, our first Junior Police Academy class graduated after 10 weeks of intense and exciting training. I can say that it was a tremendous success with 21 7th and 8th grade students from Fieldstone School graduating.



Thank you to Detective Brian Lamendola and Lieutenant Alisha Foley for the great job they did creating and running the program. I would also like to thank the Officers from the Montvale, Park Ridge and Woodcliff Lake Police Departments who helped with all of the training. Thanks also to the Montvale Schools Administration for allowing us to use Fieldstone School for our classes.

Some of the highlights of the training included demonstrations by the Bergen County SWAT team, bomb squad, Tri Boro Ambulance Squad, and the Montvale Fire Department, as well as a trip and full tour of MetLife Stadium. None of this would have been possible without generous donations from The Forman Team of Cross Country Mortgage, KPMG, Wegmans, Jumpin' Jim's Inflatables, and The Spine and Health Center of New Jersey. We are already looking forward to next year's program, and hope to increase our enrollment.

Chief Joseph Sanfilippo

## Montvale Officials

### Mayor

Mike Ghassali (R)  
MGhassali@MontvaleBoro.org

### Council President

Elizabeth Gloeggler (D)  
EGloeggler@MontvaleBoro.org

### Administrator / Municipal Clerk

Maureen Iarossi-Alwan  
Miarossi@MontvaleBoro.org

## Council

Douglas Arendacs (R)  
DArendacs@MontvaleBoro.org

Rose Curry (R)  
RCurry@MontvaleBoro.org

Dieter Koelling (R)  
DKoelling@MontvaleBoro.org

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

Annmarie Russo-Vogelsang (R)  
ARussovogelsang@MontvaleBoro.org

## Meetings This Month

### Mayor & Council

1/14 - 7:30pm  
1/28 - 7:30pm

### Planning Board

1/21 - 7:30pm

### Environmental Commission

1/13 - 7:45pm

### Board of Health

Check Montvale.org for meeting schedule

### Library Board

### Historic Preservation

## Trash & Recycling This Month

Mon	Tue	Wed	Thu	Fri
30 East Zone Trash Pickup	31 Central Zone Trash Pickup	1	2 Recycling: Districts 3&4	3
6 East Zone Trash Pickup	7 Central Zone Trash Pickup	8 West Zone Trash Pickup	9 Recycling: Districts 1&2	10
13 East Zone Trash Pickup	14 Central Zone Trash Pickup	15 West Zone Trash Pickup	16 Recycling: Districts 3&4	17
20 East Zone Trash Pickup	21 Central Zone Trash Pickup	22 West Zone Trash Pickup	23 Recycling: Districts 1&2	24
27 East Zone Trash Pickup	28 Central Zone Trash Pickup	29 West Zone Trash Pickup	30 Recycling: Districts 3&4	31

### From the Property Maintenance Office

I imagine not too many of us were ready for an early snowfall. Regardless, winter is upon us once again and it is very important that 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. But 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.



## **MONTVALE SENIOR CLUB – JANUARY-2020**

**WISHING ALL OUR SENIOR CLUB MEMBERS A VERY HAPPY AND HEALTHY NEW YEAR.**

**THE MONTVALE SENIOR CLUB EXPO**, Thursday, January 16. Jane Green, Coordinator. A program exhibiting all our activities and their leaders. An opportunity to join and participate.

**GAME DAY**, Tuesday and Wednesday at 10:00 am - 12:00 pm. Bocce, and table games, contact John Rotante, Coordinator 201-391-4194. Billiards every Tuesday, 10:00 am to 12:00 pm, contact Bill Maki 201-930-0463. Please note all activities are for members only.

Pickle Ball starting in January, indoors on Wednesday evenings 8:00 pm to 10:00 pm at Fieldstone School. Cost is \$50.00 for five (5) months. Contact John Rotante 201-391-4194.

**MAHJONG**, every Wednesday from 7:00 pm - 9:30 pm. Kitty Stern, Coordinator, 201-802-0997.

**CANASTA**, every Thursday from 10:00 am – 2:00 pm. Frank Ohayon, Coordinator, 201-391-4272.

**CHAIR EXERCISES and HEALTHY BONES** – contact Marie Dineen, 201-391-1831 for weekly schedules.

**BOOK DISCUSSIONS**, meetings every second Thursday at 12:30 pm. Contact Ree Hooper 201-391-7386/Kathy Hatfield 201-391-0420.

**PIZZA BINGO**, every second Friday at 5:30 pm – 8:30 pm. Coordinators, Micki Keller 201-573-1179 and Jody Miller 201-573-0246. Tickets can be purchased at the Senior Center/Business meetings, \$7.00. No tickets will be sold at the door. Two (2) slices of pizza, soft drink, dessert and coffee.

### ***TRIPS***

**WOODLOCK PINES** – JUNE 9-11, three (3) occupancies are available. Contact Rosemarie Kelly 201-391-8718.

Trips to Atlantic City, Sight and Sound and a Broadway Show are being scheduled for the new year of 2020.

Our business meetings are every **FIRST THURSDAY** of every month, and our social meetings are every **THIRD THURSDAY** of every month. Please feel free to call our President, Marie Dineen, 201-391-1831 for further information. A monthly calendar is available at the Senior Center, Memorial Drive, Montvale.

**Milli Stellatos, Corresponding Secretary**

**201-385-5090**

# Library Programs

## Adult Programs

January 14, 2020 - 1:00 pm - Tuesday afternoon movie: Downton Abbey (2019)

The Montvale Library will be showing a screening of Downton Abbey (2019) on Tuesday, January 14, 2020 at 1:00 pm. The Crawley family prepares for an official royal visit to their Yorkshire mansion in 1927. No registration required.

January 28, 2020 - 1:00 pm - Tuesday afternoon movie: The Goldfinch (2019)

The Montvale Library will be showing a screening of The Goldfinch (2019) on Tuesday, January 28, 2020 at 1:00 pm. Young Theo inadvertently steals a piece of artwork after an explosion at the Metropolitan Museum of Art kills his mother. No registration required.

## Youth Programs

WINTER STORY HOUR (8 weeks long) - Starts the week of January 6.

Registration for Montvale residents started on December 9.

Registration for non-Montvale residents started on December 23.

Schedule is as follows:

0-23 month olds: Fridays at 10:30 am

2 yr olds: Tuesday or Thursday at 10:30 am

3 yr olds: Mondays at 10:30 pm OR Thursdays at 1:30 pm

4-6 yr olds: Tuesdays at 3:45 pm

January 4, 2020 - 2:00 pm - Saturday Afternoon Movie (4 and up)

Join us to watch the new DVD movie Abominable about a young girl who finds a baby Yeti, aka "the abominable snow monster." This magical creature turns out to be a kind and friendly beast who wants only to return to his family. Registration starts on December 23.

January 8, 2020 - 3:45 pm - Snowman craft and Cartoon (4 and up)

Watch the short animated movie The Snowman and make a snowman to take home as well. Registration starts on December 23.

January 16, 2020 - 4:00 pm - Chemistry in the Kitchen (1st and up)

In honor of national Banana Bread Day we will be making delicious and healthy banana bread! Registration starts on January 6. There is a \$2 non-refundable fee for this class.

January 23, 2020 - 3:45 pm - Chinese New Year Celebration (5 and up)

Learn about the traditions and customs tied into the celebration of the Chinese New Year. Registration starts on January 13.

January 29, 2020 - 3:45 pm - Puzzle workshop (kindergarten and up)

Did you know that Jan. 29th is National Puzzle Day? We have tons of puzzles of all sizes and themes. Come to the library for some treats and work on a puzzle with your family or friends. Registration starts on January 13.

January 29, 2020 - 6:45 pm - Night Time Story hour (3 and up)

Put on your PJs and join us for some milk, cookies, and bedtime stories. Registration starts on January 13.

# Tri-Boro Food Pantry

Hope this email finds you enjoying the thick of the holiday season. Our Thanksgiving holiday dinner distribution was a huge success! We served a record 86 families. We are busy planning for our next holiday distribution on December 22 and the cold months ahead.

This month the pantry would be very grateful for donations of:

Canned fruit  
Canned vegetables  
Canned beans  
Soup/ meal in a can

WWW.

## MONTVALE CHAMBER

.com

### CO-PRESIDENTS

**SCOTT L. FORMAN**  
CrossCountry Mortgage

**STEVEN FOX**  
Morgan Stanley

### 1<sup>ST</sup> VICE PRESIDENT

**TOM DAVEY**  
Davey's Locker

### Board Members

**LINDA MITCHELL**  
Massage & Whole Body Health

**PAUL JORDAN**  
Wegmans Market

### COUNSEL

Meyerson, Fox  
Mancinelli & Conte

### TREASURER

**DORIS SUTICH**  
Perfect Limo

### SECRETARY

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

### VICE PRESIDENT

**TOM CHAPMAN**  
Tom A. Chapman DMD

### R. LORRAINE HUTTER

Borough of Montvale

### RON LAURENT

CrossCountry Mortgage

**TONI-ANN MARABELLO**  
Meyerson, Fox Mancinelli & Conte

**AMY DEBELLIS**  
Sotheby's Real Estate

## Chamber of Commerce Board Meetings:

**1<sup>st</sup> Wednesday of the Month located at Montvale Borough Hall 4:00 pm**



Upcoming  
Events:



### Montvale Chambers' 2020 Regional Kick-Off

When: Tuesday February 4, 2020  
Time: 5:30 - 7:30  
Where: KPMG, Chestnut Ridge Rd, Montvale  
Cost: \$10 (Member or Non-Member)

#### Invited Speakers:

Mayor Ghassali  
John DePinto  
KPMG Market Forecast  
Peter Hekemian

### Street Fair 2020

When: Sunday June 14, 2020  
Time: 10:00 am - 5:00 pm  
Where: Paragon Drive, Montvale

Sponsorship Applications will be available February 1, 2020

Join over 100 Vendors and over 25,000 people for a family fun filled afternoon

2020!  
HAPPY NEW YEAR!



Join the Chamber: [MontvaleChamber.com/join](https://www.MontvaleChamber.com/join)  
[www.facebook.com/Montvale-Chamber-of-Commerce](https://www.facebook.com/Montvale-Chamber-of-Commerce)

Stay on top of chamber news and events: [facebook.com/Montvale-Chamber-of-Commerce](https://facebook.com/Montvale-Chamber-of-Commerce)

[facebook.com/Montvale-Chamber-of-Commerce](https://facebook.com/Montvale-Chamber-of-Commerce)

## Announcements

### Special Events Committee

Looking to give back to your town in a way that benefits residents of all ages through fun family-oriented events? Recreation is currently seeking adult or high school volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Christmas Tree Lighting, the Spring Fling and more! Join the Special Events Committee today to be a part of keeping these events successful, memorable and a tradition for Montvale. Please call 201-391-5700 ext. 251 or email [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org) for more information.

### Girls Volleyball

Memorial School Gymnasium  
Tuesdays 7:00-8:00 pm  
January 7 - March 3  
Resident Fee: \$80 Non-Resident Fee: \$100

This eight-week program will be offered to girls in grades 5 through 8 who will learn to improve their volleyball skills through the instruction of Chris Moran. Early online registration is recommended for this program.

### Adult Volleyball

Memorial School Gymnasium  
Tuesdays 8:00-10:00 pm  
January 7 - May 19  
Resident Fee: \$50 Non-Resident Fee: \$75  
Open Registration: Online or In-Person at Any Class

This program is for men and women 18 years of age and older. Volleyballs are provided to play pickup style games each week for those who attend.

### Open Play Pickleball

Memorial School Gymnasium  
Wednesdays 8:00-10:00 pm  
January 8 - May 20  
Resident Fee: \$50 Non-Resident Fee: \$75

What is Pickleball? It's a paddle sport created for all ages and skill levels! The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This sport combines many elements of tennis, badminton and ping-pong. Players are equipped with paddles and a plastic ball on a badminton sized court. The net that the ball is paddled over is a smaller version of a tennis net. Pickleball can be played in single or double teams. All the necessary playing equipment will be provided by the Recreation Department.

### Senior's Pickleball League

Memorial Drive Courts  
Fridays 7:00 pm

Are you a part of the Montvale Seniors Club? Join today for just \$15 a year and take advantage of the many programs offered such as this pickleball league! Pickleball is played by teams of 2 or 4 and combines many elements of tennis, badminton and ping-pong.

## Monday Yoga

Montvale Community Center Atrium- 1 Memorial Drive  
1 Memorial Drive  
Mondays 7:30-8:30 pm  
January 6 – March 9 (No Class on Jan. 20 and Feb. 17)  
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100

Begin the week with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over ten years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

## Friday Yoga

Montvale Community Center Atrium- 1 Memorial Drive  
1 Memorial Drive  
Fridays 9:30-10:30 am  
January 10 – February 28  
Resident Fee: \$80 Non-Resident: \$100

Begin the weekend with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over ten years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

## Talkin' Baseball

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 7:00 pm in the Senior/Community Center Library. There is no fee for this program.

## TAEKWON-DO (kids and/or adults)

Senior/Community Center Atrium: 1 Memorial Drive  
Wednesdays and Thursdays: 6:00-7:00 pm  
January 22 – March 12  
Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting)  
Instructor: Mario Liriano; 5th Degree Black belt.

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 one day per week for all age groups (children to Adults). Classes will be divided up according to the students that register (K-4 grade/5-8 grade/HS/Adults).

# Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive  
Fridays 12:15-1:00 pm  
January 3 – February 21  
Resident Fee: \$80  
Non-Resident Fee: \$100 (space permitting)  
Residents Who Belong to the Montvale Seniors Club: \$40

Tai Chi/Qigong is a gentle slow moving meditative martial art that began in China thousands of years ago. It is intended to strengthen and relax the body. Tai Chi requires little effort with circular and flowing motions to provide stretching that help the body and mind relax. Benefits include assistance with, preventing falls, Osteoarthritis, Parkinson's, Chronic Obstructive Pulmonary Disease, Depression, Cardiac Rehab, Stroke, Dementia, Fibromyalgia, Hypertension, Anxiety. Tai Chi is also known to improve balance, aerobic capacity, flexibility, sleep and many more...

## 30+ Basketball

Memorial School Gymnasium  
Mondays 8:00 -10:00 pm  
September 16 – May 18  
Resident Fee: \$75 Non-Resident (if space permits): \$95  
OPEN Registration: Attend a class to register at any point Sept - May

This program is for men and women 30 years of age and older. The pick-up game style welcomes all who have a passion for basketball.

TALKIN' BASEBALL

## Talkin' Baseball

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 7:00 pm in the Senior/Community Center Library. There is no fee for this program.

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Mondays 8:00 -10:00 pm  
September 16 – May 18  
Resident Fee: \$75 Non-Resident (if space permits): \$95  
OPEN Registration: Attend a class to register at any point Sept - May

This program is for men and women 30 years of age and older. The pick-up game style welcomes all who have a passion for basketball.

# Tennis Court Badges

Each year residents who wish to use the courts must register to receive their new access card. Badges for the 2020 season, which runs from March 1 - December 31, may be purchased at the Borough Hall (during normal business hours beginning) OR online: [www.montvale.org/recreation](http://www.montvale.org/recreation)

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

There will be a \$10 fee for replacement badges

The Recreation Department has updated the tennis court's magnetic card reader to a proximity reader. Badges will no longer need to be swiped, but rather just moved within a close proximity to the reader. If there is an issue with the use of tennis courts or the courts themselves, please report it: 201-391-5700 ext. 251.

## Field Use

Applications and Hold Harmless forms must be completed and returned to the Recreation Department, Attn: Lisa Dent, with Liability Insurance and payment. Forms are available online and at the Borough Hall front counter. Permits will be given according to availability and are not finalized until you receive email confirmation of available dates from Lisa Dent. The new 2020 field permit applications will be available beginning January 15th.

**DEADLINE FOR SPRING 2020 FIELD USE APPLICATIONS IS FEBRUARY 1.**

Montvale Recreation  
[MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org)