



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 Michael Ghassali, The Borough Council and the entire Borough Staff wish the residents of Montvale a Happy and Healthy New Year!

The Mayor's Corner

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Holiday Schedule

Borough Offices:

Monday 1/1/2024: Closed

Monday 1/15/2024: Closed

Curbside Collection:

No change to normal schedule

I wish you a very happy and healthy new year as we turn the page to 2024. I want to congratulate Theresa Cudequest and Doug Arendacs on their re-election and thank Elizabeth Gloeggler, Allison Barnes and Daniel Galeon for stepping up and wanting to serve. A thank you also to Kari Solomon for her years of service on the special events committee and to Robert Zitelli for his years of service on the planning board.

As we start 2024, I am focusing all efforts on continuing to fill our corporate office space and work closely with the Chamber of Commerce and the Economic Development committee to continue to invite medical use tenants to see our town and the amenities they and their patients will enjoy when they call Montvale their home.

We are fully prepared for the snow season and the potholes that follow in the Spring. Our salt inventory status is in

a good situation and the equipment and crew are in ready mode.

We are also preparing for the 2024 budget and will be working with all department heads on their budgets and needs for the upcoming year. We should have a good idea on where we stand in the next month or so.



Mayor Mike Ghassali

Overall, the town finances, operations, and staff are in a good position and ready for what 2024 and 2025 will bring us. We will have a road paving program in 2024 and will be announcing those roads to be paved shortly.

As always, please don't hesitate to contact me if you think I can be of assistance.

Mayor Mike Ghassali

Mayor

Mike Ghassali (R)

MGhassali@montvaleboro.org

Municipal Clerk

Fran Scordo

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Theresa Cudequest (R)

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Montvale Police Department

I hope everyone had an enjoyable Holiday Season. On November 21st, our third Junior Police Academy class graduated after 10 weeks of intense and exciting training. I can say that it was a tremendous success with 16 7th and 8th grade students from Fieldstone School graduating.

Thank you to Sergeant Brian Lamendola for the great job he did running the program. I would also like to thank the Officers from the Montvale Police Departments, and all the volunteers who donated the time to make this program work. Also, a special thanks to the parents of the children who were part of the Junior Police Academy. Thank you for allowing them to participate. 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, Bergen County bomb squad and K9 unit, 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, Beets Juice Bar, Jura, Montvale Chamber of Commerce, and the Montvale PBA. We are already looking forward to next year's program, and hope to increase our enrollment.

Montvale Fire Department Celebrates 100TH Year Anniversary

This year, the Montvale Fire Department is celebrating our 100TH Year Anniversary. Up until 1924, fire protection was provided by the Park Ridge and Pearl River Fire Departments. In 1924, 27 residents signed up to be regular members, and 11 residents signed up to be associate members. These members, the start of The Montvale Fire Department went out and purchased 3 fire extinguishers on their own.

Today, the department is made up of 35 volunteer firefighters and 6 junior firefighters. We operate 4 modern pieces of fire equipment, with a new engine to be delivered in 2025.

Help us celebrate this great achievement. Watch our Face Book page for details.

Make a New Years Resolution and Join Us

The Montvale Fire Department is an all-volunteer fire department that provides fire protection to the Borough of Montvale 24 hours a day, seven days a week, 52 weeks a year. We are always looking for new members to join us. Make a New Years resolution and come join us. No experience is necessary and free training is provided. If you are a resident of Montvale and 16 to 18 years old you can become a junior firefighter. If you are 18 years old or over, you can become a regular firefighter.

If you would like to help your fellow neighbors or want additional information, stop down at the fire house on the first, second, or fourth Thursday of the month at 8 PM or call the fire house at (201)391-4240 and leave a message and somebody will get in touch with you.

The Officers and Members of The Montvale Fire Department wish everyone a very Happy, Healthy, and Safe New Year.

Property Maintenance

This is a friendly reminder of what is required from you for all residents to be safe when venturing out during the winter months around our beautiful town. § 347-26 Removal of snow and ice. [Amended 4-9-1996 by Ord. No. 96-1021] A. The owner or owners, tenant or tenants of land abutting or bordering upon the sidewalks and gutters of the public streets, avenues and highways within the limits of the Borough of Montvale shall remove all snow and ice from the same within 24 hours of daylight after the same shall have formed or fallen thereon. [Amended at time of adoption of Code (see Ch. 1, General Provisions, Art. II)] B. No person shall sweep, shovel, push, plow or throw snow or ice in or upon any public street, sidewalk or private property belonging to another, nor shall any person direct, permit or suffer another to so do any of the foregoing from any property owned, occupied, used or leased by such person.

Please try and abide by the law and keep your sidewalks clear from ice and snow.

January 2023 Montvale Senior Club Activities

Monday

Healthy Bones – 10:00am-11:15am HARP 551-996-2038

Chair Exercises – 11:00am-12:00pm (video tape) Micki Keller -201-669-9935 Rani Moraine – 201-930-8950

Mahjong – 1:30pm-3:30pm Kitty Stern – 201-802-0997

Tuesday

Cornhole/ games – (co-ed) 10:00am-12:00pm John Rotante -201-391-4194 Vinnie Alfano – 551-427-8143

Canasta – 1:30pm-3:00pm Fran Ohayon – 201-391-4272

Tai Chi – 1:30pm-2:15pm Lisa Dent -201-391-5700-ext.251

Wednesday

Cornhole (coed) – 10:00am-12:00pm John Rotante 201-391-4194

Chair Exercises – 11:00am-12:00pm Micki Keller 201-669-9935 Rani Mooriani 201-930-8950

Mexican Train/ Cards – 1:30pm – 3:30 pm Louise & George Boothby 201-476-1319

Thursday

Savory Seniors – Thursday, January 25 11:30am-1:30pm Louise Boothby 201-476-1319 Banoo Irani 201-264-8080.

Pickleball – 8:00am – 10:00am Kurt Birkenmaier 201-574-3020

Friday

Chair Exercises – 11:00am-12:00pm Rani Mooriani- 201-930-8950

Cards/ Games/ “5 Crowns”/ Rummikub 1:30pm – 3:00pm Dianne Carfora 201-314-0141

Monthly Activities

Senior Club Business Meeting – January 4 12:00pm – 2:00pm

Book Club – Thursday, January 11 12:30pm The book this month is: -“The Mother-In-Law” by Sally Hepworth Ree Hopper-201-391-7386 Linda Queller – 201-505-4850

Bingo / Pizza – January 12 5:00pm – 7:00pm (\$8.00) Micki Keller 201-669-9935 Jodi Miller 551-427-4581

Senior Club Social – Thursday, January 18 12:00pm – 2:00pm

Gym Open – Monday – Wednesday – Friday 8:00am-12:00pm Bob Daley 201-307-0393 Werner Hahnemann. 201-391-8399

Our nurse will be visiting us on the first Monday and the first Thursday for blood pressure readings.

Curbside Collection This Month

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Christmas Tree Pickup
	East Zone Trash Pickup			
8	9	10	11	12
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Christmas Tree Pickup
15	16	17	18	19
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Christmas Tree Pickup
22	23	24	25	26
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Christmas Tree Pickup
29	30	31	1	2
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	



Protecting Yourself and Others from Norovirus

Norovirus Illness: Key Facts

Norovirus—the stomach bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain.

Norovirus illness is often called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.



Norovirus can spread in many ways

Norovirus can spread to others by—

- having direct contact with an infected person, for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
 - touching objects that have norovirus on them and then putting your fingers in your mouth, for example, touching a countertop that has vomit droplets on it and then putting your fingers in your mouth and
- sharing utensils or cups with people who are infected with norovirus.

There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.

National Center for Immunization and Respiratory Diseases
Division of Viral Diseases



Friends of the Library

The Friends of the Montvale Library will have their next meeting on Thursday, January 4th at 7:30pm in the library activity room. For more information, visit the Friends website www.montvalelibrarynj.org/friends or email Bombace@montvale.bccls.org.

Adult Programs

Please visit www.montvalelibrarynj.org/calendar to register for any of the programs listed below unless noted otherwise.

January 11, 2024 at 7:00 p.m.

Virtual Program

Diet Fads: What Really Works?

Keto, Mediterranean, Paleo...do these diets work? What, if any, negative side effects might they bring? This workshop will discuss how to identify a fad diet and help you think critically about the various nutrition claims from fad diets. This is a virtual program.

January 18, 2024 at 7:00 p.m.

Virtual Program

The Top Seven Things to Declutter in January

Join organizing guru Jamie Novak as she reveals the top seven things that we need to declutter in the New Year. If you are wondering what to keep, what to toss, what to share or sell, and how to let it all go, then join us for this virtual program.

January 25, February 1, 8, 15 2024 at 10:00 a.m.

Virtual Program

Virtual Chair Yoga

Come join us for a half-hour chair yoga class taught by certified yoga instructor Shelley Sontag. Increase strength and mobility using gentle, easy-to-follow movements. All skill levels are welcome. Thursday, 1/25, 2/1, 2/8, 2/15 at 10am. Register for as many sessions as you want.

January 25, 2024 at 7:00 p.m.

Virtual Program

Memories of Bergen County Landmarks

Remember Crazy Eddie's? Two Guys? Join us for a nostalgic virtual tour of historical Bergen County, where we will revisit old stores, restaurants, amusements and other landmarks that are no longer with us.

January 27, 2024 at 11:30 a.m.

Library Activity Room

How to Go to College Without Going Broke

Consumer advocate Richard Nathan will show you how to research the true cost of a college and how to negotiate tuition. We will discuss FAFSA, grants, loans, scholarships, work study programs, federal vs. private loans, and 529 plans. This event will take place in the Library Activity Room.

eBooks and Other Online Materials

The Montvale Library subscribes to Kanopy, a streaming service with over 30,000 documentaries, classic and indie films. Patrons with a valid Montvale Library card can stream up to ten titles per month for a 72-hour checkout period.

Hoopla offers eBooks, movies, audiobooks, TV shows, music, and comics to Montvale residents. To sign up, go to <https://www.hoopladigital.com/> or download the free Hoopla app and log in with your library card number (the 14 digit number above the barcode)!

Use the Libby app to borrow eBooks and audiobooks! Use your Montvale Library card to enjoy free content. For anyone who needs step-by-step help getting their device set up, please email movlcirc@bccls.org.

English as a Second Language

Volunteer to teach English as a second language- Transform lives in your community!

The Montvale Public Library is a member of the Literacy Volunteers of Pascack Valley which provides ESL (English as a second language) classes for residents of our town. Through this program, students can take classes in person or virtually, taught by trained ESL teachers. These classes will resume on January 8th. We also offered one on one weekly sessions year-round!

Interested in becoming a tutor? No better time than the new year. Virtual Tutor Training Sessions are free and will be held virtually on Tuesday February 6th, 13th, 20th and 27th with the evening time to be announced.

If you have any questions or would like to become a student or a tutor, please inquire with the ESL manager, therese.jones@montvale.bccl.org or email: literacyvolunteerspv@gmail.com or submit a form at <https://www.literacyvolunteers.org/tutor-training-workshop-form.html>.

Upcoming Book Groups

January 8, 2024 at 12:00 p.m.
Library Activity Room
Monday Afternoon Book Group

The Monday Afternoon Book Club meets on the 2nd Monday of every month at 12:00pm. This month we will be reading *The House of Spirits*, by Isabel Allende. This event will take place in the Library Activity Room.

January 22, 2024 at 630 p.m.
Library Activity Room
Montvale Cookbook Supper Club

We will be reading and cooking from *Spiced: Unlock the Power of Spices to Transform Your Cooking*, by America's Test Kitchen. This program will take place in the Library Activity Room. Registration is limited. Sign up on the Montvale Library's website.

Children's Department

Babies in the 'Brary- January 5 @ 10:30AM

Join us for Babies in the 'Brary where we will sing songs, rhymes, and fingerplays, all building blocks for early literacy. Babies ages 0-18 months and a grown-up are invited to join us for all this and more! Registration is required.

Storytime Yoga- January 11 & 25 @ 11:00AM

Join us with Bozza Yoga Littles and enjoy creative yoga poses, movements, and storytime fun! Come, meet friends, and improve hand-eye coordination and motor skills through yoga! This class is for children aged 18 months- 4 years. Registration is required for each class.

Toddler Storytime- January 12th @ 10:30AM

Come sing, play and read! 2 & 3 year olds are invited to join us for storytime. This is a grown -up and child program. Registration is required.

Chess for Kids

Chesswired will be back to offer kids' chess classes this January! Dates and Time to be announced. No experience or supplies are needed. This class is for grades 2 and older. Registration is required for each class.

Museum Passes

Please check out our website <https://www.montvalelibrarynj.org/museum-passes> for updated information about how to obtain passes for the following museums:

Storm King, Guggenheim, Intrepid, and the American Museum of Natural History. Museum passes for the Intrepid and the American Museum of Natural History provided by the Friends of the Library.

Montvale Recreation 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 for more information.

30+ Basketball

Memorial School Gymnasium

Mondays 8:00 -10:00 pm

September 18 – June 17

Resident Fee: \$75 Non-Resident (if space permits): \$95

OPEN Registration: Attend a class to register by cash or check 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.

The Way

Montvale Community Center Atrium

1 Memorial Drive

Tuesdays and Thursdays- Beginning January 23

6:00-7:00pm Kindergarten – Grade 4

7:00-8:00pm Grades 5 – 8

8:00-9:00pm High School and Adults

Resident Fee: \$120 Non-Resident Fee: \$180

Registration: Go to montvalerecreation.org or attend the first class with cash/check payment

"The Way" – The Art of Life, is the art of Self-Defense and Wisdom Living. It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth. Grow, get fit and learn to be disciplined while using the following qualities: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.

Instructor: Mario Liriano; 5th Degree Black Belt and over 46 years of Martial Arts experience. Mr. Liriano has been teaching this program for over 18 years in Montvale and has produced many Black Belts (including his two daughters).

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.

Monday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Mondays 7:00-8:00 pm
4-week sessions on-going Beginning January 8
Resident Fee: \$40 (Only \$10/class!) Non-Resident: \$50

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 fifteen 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.

Pickleball Court Badges

Badges must be obtained to use the pickleball courts. Resident badges do not expire while non-resident badges must be renewed each year. Badges for the 2023 season will become available starting January 3 at Borough Hall, 12 DePiero Drive, Monday-Friday, 8:30am-4:30pm.

<u>FEES</u>			
<u>Residents</u>		<u>Non-Residents</u>	
Adult (Ages 13+)	FREE	Adult (Ages 13+)	\$25.00
Child (Ages 12 and younger)	FREE	Child (Ages 12 and younger)	\$15.00
Senior Citizens (62+)	FREE	Senior Citizens (62+)	\$10.00
Replacement Badge (1 per year max)	\$5.00	Replacement Badge (1 per year max)	\$5.00

Badges must be worn in a visible location at all times while on the pickleball courts. Individuals using the pickleball courts must be able to present their own badge on demand by any Borough Official (Police Officer, Park Monitor, Municipal Employee, etc.) to verify authorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

Basketball Court Badges

Badges must be obtained to use the basketball courts. Resident badges do not expire while non-resident badges must be renewed each year. Badges for the 2023 season will be available at Borough Hall, 12 DePiero Drive, Monday-Friday, 8:30am-4:30pm starting January 3.

FEES

<u>Residents</u>		<u>Non-Residents</u>	
Adult (Ages 13+)	FREE	Adult (Ages 13+)	\$25.00
Child (Ages 12 and younger)	FREE	Child (Ages 12 and younger)	\$15.00
Senior Citizens (62+)	FREE	Senior Citizens (62+)	\$10.00
Replacement Badge (1 per year max)	\$5.00	Replacement Badge (1 per year max)	\$5.00

Badges must be worn in a visible location at all times while on the basketball courts. Individuals using the basketball courts must be able to present their own badge on demand by any Borough Official (Police Officer, Municipal Employee, etc.) to verify au-thorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

Tennis Court Badges

Each year residents who wish to use the courts must register to receive their new access card.

Badges for the 2023 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

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.

<u>Residents</u>			<u>Non-Residents</u>	
Adult	\$30.00		Adult	\$60.00
Child/Student (Ages 17 and younger)	\$10.00		Child/Student (Ages 17 and younger)	\$20.00
Household Maximum	\$50.00		Household Maximum	\$100.00
Senior Citizens (62 & Over)	FREE		Senior Citizens (62 & Over)	\$10.00

Tri Boro Food Pantry

The Tri Boro Food Pantry is very grateful for all unexpired nonperishables donations especially:

- Tissues
- Canned soup
- Crackers
- Tea

The Tri Boro Food Pantry is located in the back of the Pascack Reformed Church, 65 Pascack Road, Park Ridge. A drop off bin is also located outside the doors of the library under the stairwell at Montvale Borough Hall, 12 DePiero Drive. Thank you for your support!

Pet Licensing

It's that time of year again – time to renew your pet license and we've made it easier than ever. You can now renew your license online! Log onto www.montvale.org and you can renew your license, make your payment, and provide your rabies certificate.

Licensing Fees/Pet: paid/Neutered Pet: \$18 | Non-spayed/Non-neutered Pet: \$21 | Owners Age 55+: \$10

Rabies vaccinations must be valid through November 1, 2024. Licenses are to be renewed by February 29, 2024 or you will incur a late fee of \$10 per pet (\$5 per pet for ages 55+) starting March 1st.

<u>Renew Online</u>	<u>Renew by Mail or In Person</u>
<ul style="list-style-type: none">• Pay online by credit card - a convenience fee will be charged for credit card payments• Scan and upload proof rabies vaccination	<ul style="list-style-type: none">• Make your check payable to the Borough of Montvale• Include a copy of rabies vaccination• Mail to: Borough of Montvale Attn Pet Licensing 12 Mercedes Drive Montvale, NJ 07645

NEWSLETTER

Montvale Chamber of Commerce



JOIN THE MONTVALE CHAMBER

- Growing business through networking
- A liaison to local government
- Supporting local organizations and events
- Board meetings the 1st Wednesday of every month

Thank you to our **Chamber of Commerce, CrossCounty Mortgage & Memorial Sloan Kettering**, for over \$7,00 in donations for the Tri-Boro Food Pantry to feed our community for the holidays.

Chamber Co-Presidents

Scott L. Forman, CrossCountry Mortgage
Steven Fox, Janney Montgomery Scott, LLC

Vice Presidents

Tom Davey, Davey's Locker
Tom Chapman, Tom A Chapman DMD

Secretary

Thomas Hartel, John M. Hartel Co.

Treasurer

George Varghese, Lifeline Urgent Care

Board Members

Linda Mitchell, Massage & Whole Body Health
Paul Jordan, Wegmans
R. Lorraine Hutter, Borough of Montvale
Ron Laurent, CrossCountry Mortgage
Amy Debellis, Sotheby's Real Estate
Doris Sutich, Perfect Limo



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YOUR
LOCAL PANTRY
HERE



WWW.MONTVALECHAMBER.COM