



The Borough of

Montvale

The Official Newsletter of The Borough of Montvale

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Phone: 201-391-5700
Web: Montvale.org
Fax: 201-391-9317

12 Mercedes Drive
Montvale, NJ 07645

Influenza Vaccination Program



The Montvale Board of Health will be holding its annual Flu Vaccination Program on Saturday September 23, 2017 from 9:00 am – 11:00 am at the Montvale Senior Center at 1 Memorial Drive, Montvale, NJ 07645.

Children ages 3-17 will be able to receive a preservative free flu shot, only if a parent or guardian is present. If a child between the ages of 3 and 8 is receiving the flu vaccine for the first time ever, they will need to get a second vaccination one month after receiving the first. Read more on Page 4.

Property Tax Information

Tax Bills will be mailed out by August 11th – The Due date has been extended to September 6 – After September 6 interest will revert back to August 1, 2017.

For more information, please visit Montvale.org and click "View & Pay Property Taxes" from the left side menu.



Montvale Police Department

Hello Montvale,

Lately we have experienced a rash of theft activity at local gyms and fitness clubs. The thefts have occurred both inside the facilities with articles left in lockers (locked and unlocked), left on benches and counters, left lying around near exercise equipment, and outside in parked vehicles.

Use common sense when going to the gym. Do you need to bring a \$5000.00 watch with you when you go workout? Do you need to bring your entire wallet filled with all your ID's and credit cards when you go to an exercise class? Thieves count on you being distracted and will snatch your valuables as soon as they see an opening. If it's noticed that you wore expensive jewelry in but are not wearing it while working out thieves will look for your locker and attempt to steal your stuff. And as you have heard before, never leave valuables in plain sight in your car. Thieves know that when you go into the gym they have ample time to break into your vehicle and take whatever they can see.

If you can bring your own combination lock to the facility do so. That is a better defense than the lock built into the locker.

Montvale Police Department News – We are happy to congratulate Officer John Newell on his July promotion to the rank of Sergeant. Well done Sergeant Newell!

Stay safe,
Chief Jeremy Abrams

Mayor's Message

We are well into the second part of the year with many activities and initiatives taking place in town, and thanks to the electronic mail and social media, it seems residents are far more informed than ever before. Over the last few weeks I have received many comments and feedback relative to the different development projects in town. I met with many residents and with mayors of the neighboring towns to discuss current and future planning needs. Almost everyone I spoke with from other towns are facing similar challenges. As a result we formed an Advisory Regional Planning Committee to assist the governing bodies manage and process the different issues. I am looking forward to participating and taking part in these discussions.

The Borough is fortunate to have Lisa Dent, our Recreation Director, on staff along with the volunteers. A big thank you to Council President Rose Curry, Councilman Doug Arendacs, Dick Curtin, Frank DiPalma, Marie Dineen, Margo Vlahinich, Stacey Pinkwater, Tammy King and our Recreation Intern Kelly Duane for coordinating all the events of Day in the Park.

In planning ahead for the next few months, we anticipate being busy with our affordable housing obligations, the ongoing maintenance of our roads and monitoring the progress of the road work activities. August is appearing to be another month filled with meetings and activities, therefore, the Mayor and Council will continue to meet as scheduled.

Please continue to report roads that require maintenance. As always, don't hesitate to contact me anytime. Enjoy the remainder of the summer with your family and friends.

Mayor Mike Ghassali
Office: 201-391-5700 x217
Mobile: 201-927-8000

Office of Emergency Management



The Montvale OEM would like to thank Mayor Ghassali, Council Members, the Montvale PD and all members of the Montvale Radio Amateur Civil Emergency Service (R.A.C.E.S.) Team for supporting this year's ARRL Field Day which took place on July 24-25. Field Day is the largest single emergency preparedness exercise in the United States, with over 35,000 operators participating each year. Montvale OEM made over 300 radio contacts across North America and the Caribbean using morse code, digital protocols and voice operations. If you want to learn more about amateur radio, please send an email to: montvaleoem@montvaleboro.org.

Frank DiPalma - OEM Coordinator
Greg March - Deputy OEM Coordinator

Tri-Boro Food Pantry

**For this month, The Tri-Boro Food Pantry is
looking for donations of:**

Pasta
Canned Mixed Vegetables & Beans
Sides (Rice a Roni / Potatoes)
Dishwashing Liquid
Juice Boxes



PLEASE CHECK EXPIRATION DATES ON ITEMS. - THANK YOU!

Board of Health



Northwest Bergen Regional Health Commission Celebrates 60th Anniversary And Honors The Montvale Board Of Health

On June 19th a celebration was held in Waldwick by Northwest Bergen Regional Health Commission honoring their 60th anniversary of providing local public health services to municipalities in Bergen County. At the event, the Commission honored the Montvale Board of Health, one of the communities served by the Commission for their dedication to public health. Accepting the certificate of appreciation from Angela Musella, Health Officer of Northwest Bergen Regional Health Commission, is Joyce Cohen, President of the Montvale Board of Health.

Influenza Vaccination Program

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Children ages 3-17 will be able to receive a preservative free flu shot, only if a parent or guardian is present. If a child between the ages of 3 and 8 is receiving the flu vaccine for the first time ever, they will need to get a second vaccination one month after receiving the first.

We will also be offering High Dose vaccine for those 65 years of age or older – the higher dose allows for older individuals to develop a better immune response to the flu virus. The cost is \$35 for those not covered by Medicare.

As in past years, it will be necessary for those receiving Medicare Part B to bring their Medicare Part B card to the Influenza Vaccine program in order to receive the influenza vaccine. The Montvale Health Department, through a contract with Northwest Bergen Regional Health Commission, will directly bill Medicare. A \$25.00 fee will be charged to those who do not have Medicare Part B. If you have a Medicare HMO, also known as Medicare Advantage, you may choose to go to your primary care provider or you can pay \$25.00 for a flu vaccination. Medicare HMO's will not be accepted at the flu program. If you are pregnant, please bring a note from your obstetrician.

Annual vaccination against influenza is again recommended by the Centers for Disease Control for any adult who wants to reduce the risk for becoming ill with influenza or of transmitting it to others. Seasonal influenza is an easily transmittable respiratory disease. Each year 5 to 20 percent of the U.S. population gets the flu. More than 200,000 people are hospitalized from flu complications, including 20,000 children, and 36,000 people die every year. The most effective strategy for preventing influenza is annual vaccination.

For more information regarding the flu program, please contact Keri Tone at (201) 445-7217 extension 201. For more information regarding the seasonal flu, please visit the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/flu/about/season/>.

August 2017 Trash & Recycling Calendar

Mon	Tue	Wed	Thu	Fri
31 East Zone Trash Pickup	1 Central Zone Trash Pickup	2 West Zone Trash Pickup	3 Recycling: Districts 3&4 Yard Waste Collection	4
7 East Zone Trash Pickup	8 Central Zone Trash Pickup	9 West Zone Trash Pickup	10 Recycling: Districts 1&2 Yard Waste Collection	11
14 East Zone Trash Pickup	15 Central Zone Trash Pickup	16 West Zone Trash Pickup	17 Recycling: Districts 3&4 Yard Waste Collection	18
21 East Zone Trash Pickup	22 Central Zone Trash Pickup	23 West Zone Trash Pickup	24 Recycling: Districts 1&2 Yard Waste Collection	25
28 East Zone Trash Pickup	29 Central Zone Trash Pickup	30 West Zone Trash Pickup	31 Recycling: Districts 3&4 Yard Waste Collection	1

Contact Information

The Borough of Montvale
12 Mercedes Drive
Phone 201-391-5700
Fax 201-391-9317

Montvale Officials

Administration

Maureen Iarossi-Alwan
Miarossi@MontvaleBoro.org
Administrator / Municipal Clerk

Mayor & Council

Mayor
Mike Ghassali (R)
MGhassali@MontvaleBoro.org

Council President
Rose Curry (R)
RCurry@MontvaleBoro.org

Council

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

Dieter Koelling (R)
DKoelling@MontvaleBoro.org

Elizabeth Gloeggler (D)
EGloeggler@MontvaleBoro.org

Michael Weaver (I)
MWeaver@MontvaleBoro.org

Douglas Arendacs (R)
DArendacs@MontvaleBoro.org

Upcoming Meetings

Mayor & Council Meetings

August 8 - 7:30pm
August 29 - 7:30pm

Planning Board Meeting

August 1 - 7:30pm
August 15 - 7:30pm

Library Board Meeting

August 24 - 7:30pm

Environmental Commission Meeting

August 21 - 7:45pm

Reminders

Mayor Ghassali has open office hours on Tuesday 8/1 from 4pm - 7pm. No appointment is necessary.

August Highlights at The Library

Adult Department

The grand prize in the Adult Summer Reading Program (a \$100 gift certificate to Shaw's Book Store in Westwood) will be awarded on Wednesday, August 23.

Children's Department

August 7 – Last day to start a reading journal

August 18 – Last day to add books to the reading journal

August 24 at noon – Last day to pick up prizes

August 24 at 1:00p.m. – End of Summer Celebration!

Library News

Now is the time to clean out those bookshelves and empty those A-V cabinets. Donate any "gently used" but no-longer-wanted books, CDs, DVDs, LPs, and books-on-CD to the Friends of the Montvale Library for the annual Book Sale.

Please make sure that all items are in good condition.

The last day to drop off donations will be Friday, August 25.

The Friends will host the tenth annual Book Sale on Saturday, September 23 and Sunday, September 24.

Montvale Senior Club

The Montvale Senior Club is inviting all Montvale residents and past residents to join us at our Community Center for our monthly meetings. We do not meet during July and August but we urge you to join us in September. Our Business meetings are held on the first Thursday of the month at 12 noon; our Social meetings are held on the third Thursday of the month at noon. Our improved center is located at One Memorial Drive and our annual dues are only \$10.00 per year. We offer opportunities to socialize with new friends and renew old acquaintances. In addition, our club boasts a wide array of activities, trips, elegant lunches, card games, canasta, mahjong, board games, book discussion club and bocce games and tournaments. We conduct chair exercises which are very popular and offer a well-appointed exercise room. Our HUMC nurse is available for a "Health & Wellness" program. Our members receive a monthly calendar describing all events and activities.

We are fortunate to have the skills of a trip planner for day trips and another for overnight excursions. We serve refreshments at our meetings for a nominal fee of \$2.00. A committee member joins the Bergen County Senior Committee, attends county meetings and reports back with any proposals or items that affect seniors of Bergen County. Moreover, we have interesting speakers and entertainment at many of our meetings. Come down and join us. We look forward to meeting you.

WWW.

MONTVALECHAMBER

.com

CO-PRESIDENTS

SCOTT L. FORMAN
CrossCountry Mortgage

STEVEN FOX
Morgan Stanley

1ST 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

Board Members

LINDA MITCHELL
Massage & Whole Body Health

R. LORRAINE HUTTER
Borough of Montvale

AMY DEBELLIS
CrossCountry Mortgage

PAUL JORDAN
Wegmans Market

Dr. Kelly Blundy
Spine & Health

October 2017: "Taste of the Pascack Valley"



The Montvale Chamber of Commerce

Scott Forman and Steve Fox
Welcome The Chambers Newest
Board Member, Dr. Kelly Blundy Of The
The Spine & Health Center



KPMG



Wegman's



Bergen County
SWAT



Memorial Sloan Kettering



Valley Hospital



Perfect Limo

2017 STREET FAIR



facebook

Join the Chamber! www.MontvaleChamber.com



"Get on the Bus!"

Your group is sure to have a great time on this White Star tour!



PHILADELPHIA

FEATURING AN EVENING WITH A FOUNDING FATHER

3 DAYS - 2 NIGHTS

OCTOBER 23 - 25, 2017

\$359.00 per person
double occupancy

498.00 Single

PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 1 Dinner
- * Guided tour of historic Philadelphia including Independence Hall & Liberty Bell Center
- * Reading Terminal Market
- * Founding Father Show
- * National Constitution Center
- * Betsy Ross House
- * Performance of "Freedom Rising"
- * Visit to a Philadelphia Casino
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation



Cancellation insurance available upon request

FOR INFORMATION AND RESERVATIONS CONTACT:

MONTVALE SENIORS

Rosemarie Kelly

56 Erie Avenue

Montvale, NJ 07645

(201) 391-8718



WHITE STAR TOURS

America's Leader in Group Travel 26 E. Lancaster Ave., Reading PA 19607 • 610.775.5000

PHILADELPHIA, PENNSYLVANIA

Featuring an Evening With a Founding Father

3 DAYS – 2 NIGHTS

The sample itinerary described below is approximately like the itinerary your group will be following during your stay with WHITE STAR TOURS. However, the exact times, days, and destinations may vary for your group.

- DAY 1** A morning departure has you heading into **Philadelphia—the City of Brotherly Love**. Upon arrival, you will meet your guide at the Visitor's Center, then depart on a 3-hour **historic tour**. Founded and laid out by William Penn, the city was the second largest, but most prominent of the early English colonies. Following your tour, you will check into your accommodations and have a chance to freshen up before enjoying your evening activity. A fantastic dinner has been arranged at a local restaurant, followed by an evening with a **Founding Father**. A historic figure from Philadelphia's past will join the group for an **entertaining evening** of enlightenment.
- DAY 2** Enjoy breakfast before continuing to the **National Constitution Center**. America's most interactive history museum, it is the first-ever honoring and explaining the U.S. Constitution and the story of "**We, the People**." You can take the Oath of Office and walk among life-size bronze statues in **Signers' Hall**. Also, included will be a rousing performance of the multi-media presentation, "**Freedom Rising**". Later, enjoy lunch on your own at The Bourse, before a visit to the **Betsy Ross House**. The Betsy Ross House, the birthplace of the American flag, is alive with the sights and sounds of the 18th century. Tour the house and then stay a while longer to learn more about Betsy and her exciting life and times. There will be time to freshen up at your hotel, then depart for a **Philadelphia Casino** where you can spend an exciting evening trying your hand at the games of chance. Dinner is on your own at the casino this evening.
- DAY 3** Following breakfast, it's time to check out and depart for **Independence National Historical Park**. Spanning over 55 acres on 20 city blocks within the historic district of the City of Philadelphia, the park preserves and interprets many of our country's most important resources associated with the establishment of the United States of America. Additionally, the park tells the story of Philadelphia's most famous citizen, Benjamin Franklin, in Franklin Court, where Franklin's home once stood. You are welcome to visit the historic buildings, such as **Independence Hall** (free admission ticket required), **Old City Hall**, **Congress Hall**, **Liberty Bell Center** and much more. Before leaving the city, a stop will be made at Philadelphia's historic farmers market, **Reading Terminal Market**. An exhilarating selection of baked goods, meats, poultry, seafood, produce, flowers, ethnic foods, cookware and eclectic restaurants are peppered throughout the Market. Depart for home after your visit.

THANK YOU FOR TRAVELING WITH WHITE STAR TOURS TO PHILADELPHIA!

TRIP CANCELLATION PROTECTION

Cancellation protection insurance is encouraged for medical emergencies that may occur and is valid for trips booked through White Star Tours. The enhanced option must be paid within 14 days from the day the first deposit for the trip is paid to the organization and/or group leader. To purchase the protection, please contact NTA/NTM Insurance via their website at <https://nta.com/travelprotect.com> or phone directly at 1-800-388-1470.

RECREATION

Memorial Drive Basketball Courts

The Memorial Drive basketball courts will be under repair during the first week in August. For the days surrounding and during this repair, the courts will not be accessible at any time. Please make alternate plans if you or a group was planning to use these courts anytime surrounding the first week of August.

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 volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Holiday Tree Lighting, the Egg Coloring 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.

ADULT PROGRAMS

Monday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Mondays 7:30-8:30PM
September 25th – November 20th
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100
Registration: ONLINE: www.montvale.org/recreation

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.

No Class: October 10th- Columbus Day

Friday Yoga

Montvale Community Center Atrium

1 Memorial Drive

Fridays 9:30-10:30AM

September 29th – November 17th

Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100

Registration: ONLINE: www.montvale.org/recreation

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.

30+ BASKETBALL

Memorial School Gymnasium

Mondays 8:00PM-10:00PM

September – May

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

Registration: Attend a class to register

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.

18+ COMPETITIVE BASKETBALL

Fieldstone School Gymnasium

Wednesdays 8:00PM-10:00PM

September - May

Resident Fee: \$50 Non-Resident: \$75

Registration: Attend a class to register

Men or Women 18 years of age and older can participate in this competitive style pick-up game format.

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 8:15pm in the Recreation Center (entrance is behind the community center) There is no fee for this program.

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.

TENNIS COURT BADGES

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 volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Holiday Tree Lighting, the Egg Coloring 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.

FEES

<u>Residents</u>			<u>Non-Residents</u>	
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

*Students between the ages of 13 and 18 who are registering alone, must register as an adult

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.