



The Borough of Montvale

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newsletter

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

FIGHT GET THE SHOT FLU

FLU VACCINATION CLINIC

Save the date for the Board of Health's Flu Vaccination Clinic on Saturday September 15th.
For more information, turn to page 4

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Tax Department

Due to changes in the State of New Jersey's budget, the issuance of the Final 2018/2019 tax bills WILL BE DELAYED. August 1 due date will be extended. Please check website for updates as they become available.

The Mayor's Corner

We don't always think of locking our cars and taking the keys inside, but with recent incidents in the Pascack Valley and in our town, I am starting my monthly message by asking all to not attract the thieves by leaving valuables and keys in your cars. Don't make it easy for them, lock your cars.

There are several major applications being reviewed by the Planning Board including, the two large parcels of the former A&P and Mercedes. The agendas are published, and public participation is encouraged. These applications are large and the public has several opportunities to ask questions and make comments. Please check the borough website for the schedule.

While I get many questions on the road paving program, the list is set for 2018, based on the condition of the roads. A new list of roads is being compiled to be evaluated as we get closer to next year.

I wish everyone a safe, healthy and enjoyable summer.

As always, I am available for anyone to call or stop by and discuss any town related issues. Please continue to report potholes and unsafe utility poles.

Montvale Mayor Mike Ghassali
Office: 201-391-5700 x217



Mayor Michael Ghassali

MONTVALE POLICE DEPARTMENT

Hello Montvale,

After a long and distinguished 30 year career with the Montvale Police Department, Lieutenant Don Boman is retiring from the force. Lt. Boman was one of the “rocks” of the department and one of the best police officers the department ever had – serving with honor and integrity. He will be truly missed. Best of luck in retirement Lieutenant!

Scams

We still have residents getting scammed on the phone. The tactics of the scammers are pretty much the same as in recent years. They prey on fear and doubt to trick victims to give them money or to give them information so they can make them a victim of Identity Theft.

Do not answer numbers you don't know. Let voicemail pick it up. Valid callers will leave a message. Sometimes the scammer will too. If someone claims to be a government entity and is demanding money over the phone, IT IS A SCAM. If in doubt, call the government agency in question – but look up the phone number yourself. Same with utilities like O&R, PSE&G, etc. Do not trust the caller ID number.

NEVER give out information about yourself over the phone. NEVER make payments without checking the validity of the claim. NEVER get tricked into buying gift cards or making Western Union transfers. These are scams designed to be difficult to track.



Below are a few links to webpages that talk about scams and frauds, and how to not be a victim.

<https://www.usa.gov/common-scams-frauds>

<https://www.consumer.ftc.gov/articles/0076-phone-scams>

<https://www.consumer.ftc.gov/blog/2018/01/thats-not-your-neighbor-calling>

<https://www.aarp.org/money/scams-fraud/info-2017/no-talk-phone-scams.html>

Finally, the Montvale Police Department is looking for a few relief crossing guards. These guards would be used to fill in if a regular guard is unavailable. If interested please contact Lt. Doug McDowell at 201-391-4640 X-114.

Stay safe,

Chief Jeremy Abrams

August Library Highlights

From the Adult Department

From the Adult Department

“Food Remedies for Allergies and Eczema” – Thursday, August 9 at 7:00p.m. Free talk and food sampling with dietitian Megan Paterson of Pearl River Shop Rite. Class size limited to 10 participants. In person registration only.

From the Children's Department

August 17 is the last day to add books to your Summer Reading journal.

Don't forget to buy your tickets for the Friends of the Library's “Welcome, Neighbor!” raffle. The prizes have been donated by Wegmans, the Library's neighbor to the north. First prize: Wegmans Gift Card with a value of \$300. Second prize: Italian Classics Basket with a value of \$50. Third prize: Coffee Basket with a value of \$30. Raffle drawing will be held at the Library on September 25, 2018 at 7:00p.m.

For additional information about these or any other Montvale Library programs and services, check the Library's web site at montvalelibrarynj.org, call the Library at 201-391-5090, or stop by and visit us.

Trash & Recycling This Month

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

Find your trash & recycling zone at Montvale.org/MyZone

Meetings This Month

<u>Mayor & Council</u>	<u>Planing Board</u>	<u>Environmental Commission</u>	<u>Board of Health</u>	<u>Library Board</u>	<u>Historic Preservation</u>
8/14 - 7:30pm 8/28 - 7:30pm	8/7 - 7:30pm 8/21 - 7:30pm	8/20 - 7:45pm	No Meeting	8/23 - 7:30pm	No Meetig

Montvale Officials

Mayor

Mike Ghassali (R)
MGhassali@MontvaleBoro.org

Council President

Dieter Koelling (R)
DKoelling@MontvaleBoro.org

Administrator / Municipal Clerk

Maureen Iarossi-Alwan
Miarossi@MontvaleBoro.org

Council

Douglas Arendacs (R)
DArendacs@MontvaleBoro.org

Rose Curry (R)
RCurry@MontvaleBoro.org

Elizabeth Gloeggler (D)
EGloeggler@MontvaleBoro.org

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

Michael Weaver (I)
MWeaver@MontvaleBoro.org

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive



SAVE THE DATE

Montvale Flu Vaccination Program

Fall 2018



Date: Saturday, September 15th, 2018

Time: 9:00 am - 11:00 am

Location: Montvale Senior & Community
Center 1 Memorial Drive, Montvale

****Please note:** Cost is \$25 per vaccine/\$35 per high dose vaccine. We do not accept insurance (cash/check only). Regular Medicare participants must bring Medicare Part B card for use to bill insurance.

Brought to you by the Montvale Board of Health



Hackensack
Meridian *Health*
Hackensack University
Medical Center



NorthWest Bergen
Regional Health Commission

Good Public Health Grows a Stronger Community

Montvale Recreation

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 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.

MOVIES UNDER THE STARS

The Special Events Committee will be hosting outdoor movie nights this summer on Memorial Drive! Bring a lawn chair or blanket to the basketball courts and enjoy a movie with the family on a giant screen! Entry is free and limited to Montvale residents. Snacks/drinks will be available for purchase! We are happy to announce the schedule of movies for this summer:

COCO- July 20th at 8:45PM
THE JUNGLE BOOK- August 3rd at 8:30PM
HOOK- August 17th at 8:15pm

SUMMER CAMP CHANGES

July 2nd – July 27th (No Camp on July 4th)
Monday – Friday
9:30AM – 2:30PM
Memorial Drive

The facilities, courts and playground on Memorial Drive are CLOSED to the public during camp days and hours (July 2nd-July 27th Monday-Friday 9:30am-2:30pm). The public will be able to access the area any day after 2:30pm. For anyone looking to use the tennis courts during camp hours, we have three tennis courts at our Chestnut Ridge Recreation Complex located at 18 Heather Ridge Lane. Thank you in advance for your cooperation as we strive to keep our campers safe.

INTRODUCTION TO HAM RADIO

Montvale Borough Hall
FREE Workshop

Ham/Amateur radio is a fun and interesting hobby! You can talk to local radio enthusiasts or make contacts all over the globe. You can communicate with the International Space Station and even use satellites that are orbiting the Earth to make radio contacts. You may even want to participate in radio contests that happen throughout the year.

Amateur radio also plays an important role during emergencies. Storms and power outages may impact your ability to use your home phone and get on the internet. How will you communicate in an emergency if your cell phone is broken, has a dead battery or you're in an area with no cell service? Cell towers can be damaged or overwhelmed during a disaster making your cell phone useless. During times like this, amateur radio can be used to get help or communicate with friends & family.

Come join us to learn how you can easily obtain a ham radio license to be a part of this rewarding, fun hobby! There is always something new to learn and you'll gain an important skill to have in emergencies.

MONDAY YOGA

Montvale Community Center Atrium
1 Memorial Drive
Mondays 7:30-8:30PM
Dates TBA

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

FRIDAY YOGA

Montvale Community Center Atrium
1 Memorial Drive
Fridays 9:30-10:30AM

THIS PROGRAM WILL RESUME IN SEPTEMBER

Resident Fee: \$40 Non-Resident: \$50
OPEN 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.

TAI CHI

Senior/Community Center Atrium: 1 Memorial Drive
Fridays 12:15-1:00PM
June 8th – July 27th
Resident Fee: \$80

Non-Resident Fee: \$100 (space permitting)
Residents Who Belong to the Montvale Seniors Club: \$40
OPEN Registration: Online or In-Person at Any Class

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

This program will resume again in September of 2018

Memorial School Gymnasium

Mondays 8:00PM-10:00PM

September – May

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.

ADULT Co-Ed SOCCER

Fieldstone Middle School- Field #2

47 Spring Valley Road

Sundays 5:00-7:00PM (except August)

June 24th – August 12th

Resident Fee: \$10 Non-Resident: \$15

This program is a great way to get back into the game of soccer! There will be co-ed pick-up style games played every Sunday evening. Participants must be 18 years or older. Registration is open and ongoing for this program, but it is only online (Montvale.org/recreation) or at Borough Hall (during operating hours). You will not be able to register at any of the classes for this program. Please call 201-391-5700 ext. 251 with any questions. On August 5th and 12th only, the timeframe for this program will change to 10:00-12:00pm instead of 5:00PM-7:00PM.

SENIOR'S PICKLEBALL LEAGUE

Memorial Drive Tennis Courts

Fridays 2:00PM

Are you a part of the Montvale Seniors Club? Join today for just \$10 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.

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 7:15pm 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 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.

Montvale Recreation

12 Mercedes Drive

Montvale, NJ 07645

201-391-5700 ext. 251

Please email Recreation Director, Lisa Dent, with any questions: MontvaleRecreation@montvaleboro.org

MONTVALE TENNIS COURT BADGES

Each year residents who wish to use the courts must register to receive their new access card. Badges for the 2018 season, which runs from March 1st - December 31st, may be purchased at the Borough Hall (during normal business hours beginning) OR online: www.montvale.org/recreation

The 2018 tennis fee schedule is:

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

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.

TRI-BORO FOOD PANTRY

This summer the pantry has been very busy with customers fortunately we are able to help them all!

This month the pantry would be grateful for donations of:

White Rice
Peanut Butter/ Jelly
Facial tissues

Any type of detergent or cleaning product

Please do not hesitate to contact me with any questions.
Janelle Larghi
201-390-5504



MONTVALE CHAMBER

.com

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Montvale Welcomes Memorial Sloan Kettering and Alexa!



Mayor and Chamber Cut Ribbon at the new Alexa Townhouses in Montvale

Pictured from LtoR: Tiflinsky Family, Owners of Premier Developers
Mayor Mike Ghassali, Chamber Co-Presidents Steven Fox and Scott Forman
Hadar Arazzi, Congressman Josh Gottheimer's Office



Visit the Chambers New Web-Site at: www.MontvaleChamber.com

Join the Chamber: MontvaleChamber.com/join



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