



The Borough of

Montvale

The Official Newsletter of The Borough of Montvale

Content

- Property Taxes.....1
- Mayor's Message.....2
- Police.....2
- Trash & Recycling Calendar3
- Montvale Officials3
- Upcoming Meetings3
- Property Maintenance.....4
- Cleanup Day Photos.....4
- Senior Club.....5
- Memorial Day Parade.....5
- Recreation.....6-10
- Food Pantry11
- Library.....11
- Hills Valley Coalition.....12
- Hills Valley Coalition.....13
- Chamber of Commerce.....14

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

12 Mercedes Drive
Montvale, NJ 07645

Drive Safe!



With summer just around the corner, The Borough of Montvale reminds residents that neighborhood traffic safety is no accident. Drive safe!

Property Taxes

Property taxes are due May 1st, 2018. Grace period is 10 days. After May 10th, interest will revert back to May 1. For your convenience, a drop box is located curbside by main entrance of Library. You may also pay online at www.montvale.org

Homestead Rebate/Credits have been applied to your May taxes, a revised tax bill was mailed to eligible recipients. Please call the State directly, with questions and/or concerns regarding your Homestead Rebate at 201-791-0500

Montvale Police Department

Last month Chief Joseph Marigliani (Ret.) passed away after a long illness. "Chief Joe" as he was known to many in the community had been a member of the Montvale Police Department for 42 years, and the final 19 years of his career as Chief of Police until his retirement in 2008. His passing is a true loss to the community. The Montvale Police Department will always be grateful for his friendship, leadership, dedication and service to the people of Montvale.

It is our intention to keep the public as informed as possible, particularly in emergency situations. We utilize Facebook ([montvalepd](https://www.facebook.com/montvalepd)), Twitter (@MontvalePD), and the Swift911 service. If you are not signed up for Swift911, go to Montvale.org website and the swift 911 sign-up tab is on the lower left part of the screen or go directly to www.bcoem.org to sign up. At the bottom of the page there is a registration button to sign up for local and countywide emergency alerts. You can receive the messages by email, text or phone calls.

Another ongoing challenge in policing suburban communities is dealing with vehicles exceeding the speed limit, especially in residential neighborhoods. I frequently receive complaints about "speeders" on streets all over town. Some of the streets that are more prone to problems than others include North Ave., Magnolia Ave., Woodland Rd., Bayberry Dr., Spring Valley Rd., Akers Ave., Terkuile Rd., Hilton Pl., Sunrise Dr., and Main St. When we target an area with extra radar patrols it becomes apparent that the majority of the speed violators are not transient motorists, but Montvale residents and Montvale corporate residents. If you are reading this then you probably drive those roads. Some of these streets are in school zones. Speeding in an area where children are likely to be walking/biking/playing is simply irresponsible. Please be courteous of your neighbors and obey the posted speed limits.

May is Bicycle Safety Month.

As a reminder, in New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle, or is towed as a passenger by a bicycle must wear a safety helmet. The law includes roller skates, in line skates and skateboards.

In New Jersey, the law states a bicyclist must obey all state and local automobile driving laws. A parent may be held responsible for the child's violation of any traffic law. Make sure that the bicycle is properly maintained and fitted for the rider. Be extra vigilant with tire pressure, seat height, and brakes.

There are some excellent web sites for information about bicycle safety. Visit safekids.org, kidshealth.org, ibike.org and nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb.

Stay Safe - Chief Abrams



Mayor's Message

Warm temperatures finally found their way to our area. We still have a lot of clean up to do around town. Looking forward to the summer and the summer activities.

We were recently notified by River Vale that they have decided to terminate the DPW Shared Services Agreement with Montvale. We are currently exploring all options to maintain and improve the quality of services provided to our residents. Be assured that all current services will continue as is during this time. The DPW Council Liaison, Councilman Doug Arendacs and I are preparing an initial set of viable options to present to the Montvale DPW committee and to the Councilmembers. I know you have many questions for us. We still own our original equipment. We have the mechanic shop and its equipment, and we will do our due diligence to put forth the best of the options for our town. I will keep you posted as we progress with this project.

The budget adopted has zero municipal tax increase and a healthy \$5.6 million in surplus, all while spending on needed capital items and a million dollars on road improvements. That is a testament to not one person but to the entire staff and heads of departments, the Councilmembers and to the Finance Committee headed by Councilman Tim Lane and Councilwoman Elizabeth Gloeggler. I am extremely proud to work alongside such dedicated and passionate staff and Councilmembers, volunteers and board members that have the best of intentions for our town.

As always, I am reachable and available at the office on the first Tuesday of every month in the afternoon, and usually every Tuesday I am in the office most of the day. Have a happy and safe Spring.

Mayor Mike Ghassali

May 2018 Trash & Recycling Calendar

| Mon | Tue | Wed | Thu | Fri |
|------------------------------|---|------------------------------|---|-----|
| 30 East Zone Trash Pickup | 1 Central Zone Trash Pickup | 2 West Zone Trash Pickup | 3 Recycling: Districts 1&2 Yard Waste Collection | 4 |
| 7 East Zone Trash Pickup | 8 Central Zone Trash Pickup | 9 West Zone Trash Pickup | 10 Recycling: Districts 3&4 Yard Waste Collection | 11 |
| 14 East Zone Trash Pickup | 15 Central Zone Trash Pickup | 16 West Zone Trash Pickup | 17 Recycling: Districts 1&2 Yard Waste Collection | 18 |
| 21 East Zone Trash Pickup | 22 Central Zone Trash Pickup | 23 West Zone Trash Pickup | 24 Recycling: Districts 3&4 Yard Waste Collection | 25 |
| 28 | 29 Central Zone Trash Pickup East Zone Trash Pickup | 30 West Zone Trash Pickup | 31 Recycling: Districts 1&2 Yard Waste Collection | 1 |
| 4 | 5 | 6 | 7 | 8 |

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
Dieter Koelling (R)
DKoelling@MontvaleBoro.org

Council

Rose Curry (R)
RCurry@MontvaleBoro.org

Timothy E. Lane (R)
TLane@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

May 8 - 7:30pm
May 29 - 7:30pm

Planning Board Meeting

May 1 - 7:30pm
May 15 - 7:30pm

Board of Health Meeting

May 7 - 7:45pm

Environmental Commission Meeting

May 21 - 7:45pm

Library Board Meeting

May 24 - 7:30pm

Reminders

Borough offices will be closed 5/28 in observance of Memorial Day

From the Property Maintenance Department

As we get into the warmer weather, our attention will turn to yard cleanup from the late season storms that hit our area. We are all aware that Montvale suffered a lot of tree damage ranging from a few branches to whole trees being uprooted.

Individual residents and property owners will need to assess the damage to their property. All branches laying on the ground as well as broken branches still hanging in the tree will need to be removed. Tree stumps that have been uprooted will need to be removed in their entirety. Any cutup logs will need to be neatly stacked on the property. These requirements will apply to any landscaped area of the property which includes all lawn areas, planted areas, and garden areas. Any tree damage that occurred in naturally wooded areas can be cleaned up at the option of the property owner or left in its natural condition.

Thank you for your continued cooperation in keeping Montvale looking great and I hope the tough winter we just survived yields a warm and enjoyable summer for all residents.

2018 Cleanup Day



Cleanup Day - By the Numbers

Head Count: 143
Total weight of materials collected and: 2003lb
Trash : ~1810lb
Co-mingled recyclables : ~13lb
of Tires 4
Scrap metal: ~145lb
Misc.: ~48lb

Montvale Senior Club

Recalling the beautiful classic song by Al Jolson, *Though April Showers May Come Your Way*, they bring the flowers that bloom in May.... It is so refreshing to enjoy Mother Nature starting to sprout her beauty of colors and scents of plants, trees, flowers and fields of greenery. We look forward to enjoying the outdoors of Spring and Summer. Montvale Clean Up Event in Honor of Earth Day was celebrated on April 28th, requesting volunteers to join in, keeping the beauty of our Town alive. A light breakfast was served, courtesy of WEGMANS & DUNKIN DONUTS.

We feature trips and interests of culture, entertainment and beauty. A Tribute to Neil Diamond, at Mt. Airy Lodge Casino in PA., Wed., June 13th, cost \$59.00 & \$15.00 slot play. A (3) day trip in June to WOODLOCK PINES resort, Hawley PA, contact Rosemarie Kelly at 201-391-8718, this trip at present is totally booked. Our Boy Scouts of America was well attended for their annual Spaghetti Dinner at Fieldstone School on April 13th. ELVIS PRESELY TRIBUTE at Mount Airy Casino Wed. May 23rd. Cost \$59.00, slot play \$15.00. Contact Marie Dineen 201-391-1831. A Bronx Tale, a NYC play scheduled for October, lunch at Brazils'.

Our Club's calendar for May 3, featuring "Garden for Butterflies", Don Torino of the Bergen County Audubon Society will be presenting the program. May 17, our annual MOTHER'S DAY LUNCHEON, serving an assortment of luncheon delights and musical selections for entertainment. We have (3) new programs in April. MEMORIES class 2nd and 4th Friday. A Craft class, Tuesday, 1:00 to 2:30pm. For further info, contact Marie Dineen at 391-1831. We will start Pickle Ball in the Spring and will resume, Bocce. Coordinator, John Rotante 391-4194. Bocce participants will be eligible for tournaments.

Our 55 and over Senior Club, located at Memorial Drive, Montvale meets the 1st and 3rd Thursday of the month. Subway sandwiches are served with coffee/tea and dessert at our first meeting. Danishes, coffee/tea served at our second meeting. Our annual dues are \$10.00 and \$2.00 for refreshments at our monthly meetings. A monthly calendar is always available and a myriad of flyers of interests are displayed on our bulletin board at the Senior Center for your convenience. Once a year, we have our SENIOR EXPO, given by our committee coordinators, explaining the purpose and the details of our activities. We offer opportunities to socialize with new friends and renew old acquaintances. In addition, our club has a wide array of activities, Pizza/Bingo, card games, canasta, mahjong board games, and our book discussion club. We have TAI CHI classes open to residents and non residents at the Senior Center on Fridays from 12:15 to 1:00pm. Game Day is held on Tuesday and Wednesday. Our HUMC nurse is available at our monthly meetings for a "Health and Wellness" program. Chair exercises are offered. A gym is available with state of the art equipment.

A committee member attends a monthly meeting at the Bergen County Senior Citizens Coordinating Council and reports are brought to our attention for any or new proposals or agendas that affect seniors of Bergen County. We have other celebrations through the year; a Harvest Luncheon, by the Montvale Police Department, luncheons at Christmas, Valentine's Day, Mother's Day etc. We have entertaining programs giving us a day of laughter and reminiscing. Come join us, bring your ideas to "the table". We welcome you to enjoy your life and to share the fellowship with your neighbors.

Memorial Day Parade

This year the parade will be held on Monday, May 28th, kicking off from Montvale at 10:30 AM, rain or shine, transit Park Ridge and terminate in Woodcliff Lake. (For safety reasons as of 2017, the parade will originate in Montvale every year.) Prior to the parade, memorial services will be held at 9:00 AM in all three towns. In Park Ridge the service will be at Veterans' Park by the railroad station. In Woodcliff Lake the ceremony will be at the Veterans' of Foreign Wars building on Broadway. In Montvale the public should assemble at East Grand Ave. and Kinderkamack Road. Members of the Cpl. Jedh C. Barker Memorial Post American Legion 153, Auxiliary Unit 153 and the Sons of the American Legion will participate.

After four years as Co-Chairman James Miller has taken on the Chairmanship; the former Chairman of fourteen years, Dick Bozzone, is acting as his Co-Chairman. There will be four divisions with the honor division (veterans) leading the way according to Joseph Collery who was recently re-elected Commander for the third time.

The public is invited to participate and we look forward to your participation.

Gerald Lewis Named Parade Grand Marshal

Gerald P. Lewis of River Vale has been named the 2018 parade Grand Marshal by Commander Joseph Collery. A widower, Lewis graduated from Park Ridge High School and was drafted into the US Army in 1962. After training in the Signal Corps, he was transferred and served in Thailand. He is thus a veteran of the Vietnam War Era and served for several years after his discharge in the US Army Reserve. He is a 31-year member of the Cpl. Jedh C. Barker Memorial Post American Legion.

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 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.

Montvale Day in the Park 2018

The 2018 Day in the Park will take place on Saturday, June 16th with a rain date of Sunday, June 17th. The Special Events Committee is currently seeking volunteers for the event as well as non-profit organizations that would like to be involved in the event. Please email MontvaleRecreation@montvaleboro.org

We look forward to seeing everyone come back for another family fun-filled afternoon!

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.

Please email MontvaleRecreation@montvaleboro.org for interest!

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.

RECREATION PROGRAMS

2018 Montvale Recreation Summer Camp Changes

July 2nd – July 27th (No Camp on July 4th)

Monday – Friday

9:30AM – 2:30PM

Memorial Drive

Montvale Recreation will be extending summer camp hours beginning in 2018. Camp hours will now be 9:30AM-2:30PM. This will allow more time to expand the scope of our activities, entertainment and overall structure of camp. The following changes will be incorporated this summer to account for the ten extra hours per week:

- Additional space and classrooms at Memorial School for our use
- The installation of a large tent with picnic tables on the swim club field to provide shade for activities and lunch (non-rain days). Rain day lunch will take place in Memorial and the Community Center.
- The option of sending your camper with a lunch (which will be stored in an indoor, air-conditioned facility) OR hot lunches can be pre-ordered.
- Pre-ordered lunches will be prepared by Big Daddy's at the Snack Shack and served to campers at their designated lunch time. Parents will be able to choose which days their camper receives a hot lunch. The menu will include the following lunch options at \$5 a day:
 - Hamburger or Cheeseburger with French Fries and a drink
 - Chicken Fingers with French Fries and a drink
 - Hot Dog with French Fries and a drink
 - Pizza with a drink
- Off Site Trips (for an additional cost) for the 6th and 7th Graders w/ provided transportation
- Campers will be able to utilize the water inflatables for a longer period of time.
- Increased variation and quantity of camp entertainment as well as activities.

Camp Fees: The fee for summer camp has been increased this year only to account for the additional hours at camp. The hourly rate per camper has actually been decreased to offset the overall cost.

Resident Fee for all 4 weeks of Camp: \$320 per child (Family Max- \$960)

Non-Resident Fee for all 4 weeks of Camp: \$380 per child (Family Max- \$1140)

RESIDENT/NON-RESIDENT: \$30 Additional Fee after Registration Period. \$25 late charge for every 15 minutes a child is left under care after camp dismissal. Payment shall be made directly to the Camp Director or Asst. Director and turned over to the Borough of Montvale.

Camper Registration Time Period: May 1st through May 1st. After May 1st, you are not guaranteed a spot in camp and you'll incur a late registration fee. Sign up online by going to montvale.org/Recreation or pickup a paper registration from Borough Hall between 8:30AM and 4:30PM, Monday-Friday.

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.

ADULT CO-ED SOCCER

Fieldstone Middle School- Field #1
47 Spring Valley Road
Sundays 5:00-7:00PM
March 18th – May 13th
Resident Fee: \$10 Non-Resident: \$15

This start of this program has been delayed until April 22nd, all missed dates will be made up at the end of the session

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.

Monday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Mondays 7:30-8:30PM
January 22nd – May 19th
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.

No Class: Presidents' Day February 19th format.

18+ Basketball will not meet on the following date: May 4th

Friday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Fridays 9:30-10:30AM
January 26th – May 16th
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100
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.

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 May 1st - December 31st, may be purchased at the Borough Hall (during normal business hours beginning) OR online: www.montvale.org/recreation

| Residents | | | Non-Residents | |
|-----------------------------|---------|--|-----------------------------|----------|
| 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.

Tennis Lessons

Memorial Drive Tennis Courts

6-Week Session

Beginning on: Monday, May 7th and Saturday, May 12th

Resident Fee: \$80 Non-Resident: \$120

(Please make all checks payable to: The Borough of Montvale)

Bill Bess with Tennis Dynamics and Montvale Recreation are proud to bring you Spring Tennis Lessons! Class information and times can be viewed at Montvale.org/tennis or by picking up a registration form at Borough Hall. *Class Size is Limited*

ADULT VOLLEYBALL

Memorial School Gymnasium

Tuesdays 8:00-10:00PM

January 9th – May 22nd

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.

SENIOR'S PICKLEBALL LEAGUE

Memorial Drive Tennis Courts

Fridays 2:00PM

This program will resume when the weather allows. Please contact the Seniors Club for current playing status.

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.

TAI CHI

Senior/Community Center Atrium: 1 Memorial Drive
Fridays 12:15-1:00PM
January 19th – May 9th (May 16th Makeup if needed)
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

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.

18+ COMPETITIVE BASKETBALL

Fieldstone School Gymnasium
Wednesdays 8:00PM-10:00PM
January 3rd - May 30th
Resident Fee: \$50 Non-Resident: \$75
OPEN 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.

18+ Basketball will not meet on the following date: May 4th

18+ COMPETITIVE BASKETBALL

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

Tri-Boro Food Pantry

This month at the pantry we find ourselves in need of many items on our shelves.

We collect all non-perishables and are grateful for any unexpired food donations. However we are in high demand for:

Tuna/ canned chicken
Peanut butter & jelly
Tomato sauce
Household cleaning products including paper towels & toilet paper
Cold breakfast cereal
Pasta/ especially spaghetti
Pancake mix/ pancake syrup
White rice
Macaroni and cheese
Dried black beans
Canned fruit
Condiments
Snacks all types



May Highlights at the Montvale Library

Adult Department

"Letting Go Secrets" – Thursday, May 10 at 7:00p.m. Dr. Anne Deatly—author, inspirational speaker, and radio show host—will discuss how your emotional state determines your level of success; how to release the anger, grief, and fear that hold you back; how your internal world creates your outer results; and how to let go of negative emotions to achieve love, peace, and joy. Register now.

Children's Department

"Mother/Child Art Workshop" – Saturday, May 12 at 2:00p.m. for first grade and up. Grandmas and aunts are also welcome to come with a favorite grandchild or niece/nephew. We will be painting on real canvas with acrylic paint. Space is limited. In person registration is required.

"Dining for Dollars" continues at Davey's Irish Pub & Restaurant on Tuesday, May 1 (lunch only) and Thursday, May 3 (lunch and dinner). Davey's will donate 15% of your bill to the Friends of the Montvale Library. Donation coupons are required and are available at the Library.

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.



Dear Parents and Residents:

April 11, 2018

The **Hills Valley Community Coalition** would like to invite you to a dynamic parent/teen education program, “**Split Image: Secret Struggles of Teens,**” **Thursday, May 3, 6-9pm** to be held at

Pascack Hills High School. The evening program will feature a **Mental Health Resource Fair at 6pm followed by the keynote speaker Kate Fagan ESPN Journalist and Author of *What Made Maddy Run*** at 7:15pm. Kate’s message is impactful regarding split image, social media, performance perfection and the toll it has taken on our youth. Her message reminds us how diligent we need to be to be in tune with our kids and their mental health needs.

The Mental Health Resource Fair from 6-7pm, will promote “Stigma Free Mental Health” and encourage families to access the resources available to them in our community prior to the keynote. Our hope is to provide resources that allow participants to meet face to face an array of services available in our region. In addition, we hope to encourage reading ***What Made Maddy Run***, prior to the program. We will follow-up with a book discussion after the keynote in small groups in the Pascack Hills Media Center. The discussion will be facilitated by a few mental health professional and staff members about issues the book topics and struggles our teens face.

The Hills Valley Coalition is an alliance of community members, working to promote a stigma-free and substance-free environment for the families of Hillsdale, Montvale, River Vale and Woodcliff Lake.

Our organization is comprised of school officials, municipal leaders, law enforcement officers, business leaders, health providers, health providers, faith based leaders and residents networking for a common purpose. We hope you can join us for this important event.

Respectfully,

Gale Mangold, gmangold@pascack.org Pascack Hills SAC
Pam Martorana, pamkinderkamackhvc@gmail.com

Hills/Valley Coalition Co-Coordiators

Christie Rossig, crossing@pascack.org Pascack Valley SAC

Register here <https://goo.gl/forms/KWff7dQ5msyDfweD3>

Serving the Pascack Valley Region
Hillsdale, Montvale, River Vale & Woodcliff Lake
225 West Grand Ave, Montvale, NJ 07645
201.358.7020 x 2008 info@hillsvalleycoalition.org

Please Join Us On May 3
Hills Valley Coalition Parent/Teen Evening Program



May 3 Pascack Hills High
6:00 pm Mental Health Resource Fair
7:15 pm Keynote Speaker

SPLIT
I M A G E
Secret Struggles of Teens

Kate Fagan, ESPN Journalist and Author of
WHAT MADE MADDY RUN

www.hillsvalleycoalition.org

“Everyone presents an edited version of life on social media. People share moments that reflect an ideal life, an ideal self...People are also often encouraged to put filters on their sadness, to brighten their reality so as not to “drag down” those around them. The myth still exists that happiness is a choice, which perpetuates the notion of depression as weakness.”

Fagan, Kate. “Split Image.” www.espn.com, 7 May 2015

HVC Evening Parent/Teen Program
To Be Hosted At Pascack Hills Supported By The PVRHSD

- 6:00-7:00 pm– Mental Health Resource Fair
- 7:15-8:30 pm– Keynote Kate Fagan
- 8:30-9:00 pm– Optional book discussion and dialogue in library
- Mental health providers will be invited to stay for the discussion

CO-PRESIDENTS

SCOTT L. FORMAN
CrossCountry Mortgage

STEVEN FOX
Morgan Stanley

1ST VICE PRESIDENT

TOM DAVEY
Davey's Locker

VICE PRESIDENT

Dr. 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



2018 Montvale Chamber

Wegmans Street Fair

Sunday June 10th

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KPMG Ribbon Cutting



KPMG Ribbon Cutting of it's new state of the art building.
Pictured L to R: Steven Fox, KPMG CFO David Turner,
Mayor Mike Ghassali, Scott Forman.



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