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**IMPORTANT DATE**

*Holiday Gathering*  
*Saturday*  
*December 16*  
*7:00 pm*

*Postal Patron Local*

The Latest Edition of

# Riverdale News & Events

*Published by the Riverdale Mayor and Council*

This issue of *Riverdale News & Events* was paid for by Marc Hampton Apartments. Thank you for supporting them!

## Now Accepting Applications for Affordable Housing Rental Units

located in Morris County at  
The Grande at Riverdale, off Route 23, Riverdale, NJ.  
2 Bedroom Units from \$827 to \$1005 per month.  
Restricted income units, must qualify:

<u>Income Limits:</u>	<u>Low</u>	<u>Moderate</u>
Two People	\$37,719	\$53,950
Three People	\$37,934	\$60,694
Four People	\$42,149	\$67,438

Applications available at Morris County Library, Riverdale Library and Municipal Building and at the leasing office of Marc Hampton Apartments, 171 Matawan Avenue, Matawan. To request an application by mail, call 1-732-566-5900. Applications will be accepted for future availability. Information available online at [www.njhousing.gov](http://www.njhousing.gov).

We do business in accordance with the Federal Fair Housing Law (Title VIII of the Civil Rights Act of 1968, Section 801) and the Fair Housing Amendments Act of 1988, which prohibit discrimination on the basis of race, color, religion, national origin, sex, handicap, or familial status.

If you would like to sponsor an issue of this Newsletter, please contact Carol Talerico 973-835-4060

# Riverdale News & Events

Vol. 2, No. 3

*A Monthly published by the Riverdale Mayor and Council*

[www.riverdaleNJ.com](http://www.riverdaleNJ.com)

December 2006

## Merry Christmas and a Happy New Year!

### Robert Loesner Riverdale's Newest Eagle Scout



Robert Loesner was awarded his Eagle badge at a Court of Honor held in the Municipal Building. On November 8th the Morris County Board of Chosen Freeholders presented him with special commendations for his achievement, the highest in Boy Scouts. We are very proud of Mr. Loesner, his family and his Troop.

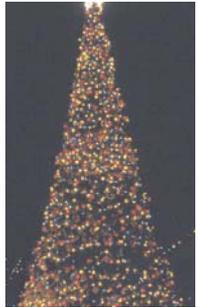


Robert Loesner and his fellow scouts upon the completion of his Eagle project - a footbridge at the park. With him are his father, Scoutmaster Steve Loesner and Assistant Scoutmaster Pat Parill.

### Holiday Gathering

All residents are invited to the Riverdale Family **Holiday Gathering!** Saturday, Dec. 16 at 7:00 pm on Municipal Building Front Lawn.

*Enjoy Christmas Music, Hot Chocolate & Desserts. Take a tour of the First Aid Squad Ambulance and a Fire Truck!*



## Santa Claus

is coming to Town! He will be coming down the Newark Pompton Turnpike for all the children to talk to and to be given treats by Santa.

## Riverdale's First Annual Holiday Decorating Contest!

*1st, 2nd and 3rd Places will be awarded*

All residents welcome to participate.

**Judging to take place on Wednesday, December 13 between 6:30 - 9:00 pm.**

**Winners announced at the Holiday Gathering.**

## ANNOUNCEMENTS

Engagements, Weddings, Birthdays, Graduations, Births, Anniversaries, etc.  
Tell us about your family!



Happy 8th Birthday **Matthew Gancher**. All our love, Mom, Dad, Veronica and Aunt Joanne.

Happy 13th Birthday to **Michael Carelli** on December 22. Love Mom, Dad, Tommy, Samantha, Grandma & Grandpa Carelli, Grandma Plescia and Nauni!

**Steve Rowan**, Evans Road, made his TV debut on Oct. 11. He was featured on the Discovery Channel's Extreme Engineering show: *NYC South Ferry Subway Station*. He did a great job; Riverdale is proud!

Congratulations to **Sergeant Greg Bogert** and his wife, Didi, on the birth of their first daughter, **Briana**, on October 23. Best wishes to all.

### ANNOUNCEMENT!

Riverdale's new Health Officer is **Pete Correale**, of the Pequannock Health Department. All calls for Mr. Correale should be handled as in the past, through Linda Roetman at 973-835-4060. Welcome to Riverdale, Pete!

### Health Clinics

December 4th **MONDAY** - Blood Pressure Screening  
9-11 am - Senior Center

December 7th **THURSDAY** - Children's Flu Clinic  
9-11 am - Health Dept. - Pre-registration required

December 21st **THURSDAY** - Blood Pressure Screening  
9-11 am - Health Dept.

### The Nurse's Station

Stacey Dakake, MSN, RN



### Holiday Tips

- The holidays can be a very stressful time. Here are some tips:
- Anger Management - Before you *blow your stack*, you should go for a short walk until you calm down. Find a quiet place where you can think and take a second look at how you're reacting to the situation.
  - Better Sleeping
    1. Lie on your back in bed and relax each muscle in your body.
    2. Visualize various parts of your body relaxing.
    3. Concentrate on doing some deep breathing as you lie in bed.
    - How to Economically Survive the Holidays.
      1. Establish an overall spending limit.
      2. If you have had a rough year financially, shrink the gift list.
      3. Spend cash and avoid writing a lot of checks or using credit cards.
      4. If your plan includes paying for some gifts by credit card, use just one or two credit cards when shopping.
      5. Check the details of "special" financing offers.
      6. Beware of "Buy Now, Pay Later" offers.
      7. Think small.

HAVE A HAPPY AND HEALTHY HOLIDAY SEASON.

## Recreation

June Carelli, Director 973-616-0288

**Toddler Winter Bowling** - Ages 2 - 4  
&

**Children Winter Bowling** - Ages 5 - 14  
Holiday Bowl, Oakland  
Starts: Sunday, January 7th (11 week Program) 2 PM  
*Bowl 1 game plus T-Shirt, Prizes & Trophy*  
**Registration A.S.A.P.**

Lori Clinton (Toddlers) 973-616-4406  
Mary Wolbach (Children) 973-831-1383

**Toddler Winter Gymnastics Program**

ENA Gymnastics, Pompton Plains  
Starts: **Tuesday, January 2 @ 10:30 am**  
Mom & Tot (ages 1 1/2 to 3)

Wednesday, January 3

Age 3 @ 1:00 pm or 2:00 pm  
Ages 4 & 5 @ 1:00 pm or 2:00 pm

Please register immediately: Lori Clinton 973-616-4406

**Men's Winter Basketball**

Riverdale School Gym. Begins Mon. 11/6 7:00 pm  
Runs throughout winter season. Show up and play!  
Call: Gary Pasquariello 973-616-0733

*Coming Soon!* **Adult Night-Out Crazy Bowling**  
**Saturday, January 20 - Oakland Bowl.**

*Details to follow next month's Newsletter.*

### Friends of the Library

The Friends will be accepting book donations for the upcoming book sale in March. Books should be in good condition, no torn, musty or water-damaged books will be accepted. Watch for the sign in front of the Library for the drop-off dates. Anyone interested in joining the Friends please leave your name and number at the Library.

### Fire Prevention Week a Success!

The Fire Department was very busy during Fire Prevention Week in October. Sessions were held at the school teaching the children about the dangers of fire using videos and hands on exercises. For the younger children the focus was on getting out during a fire by creating an escape plan and practiced techniques to be used in escaping a fire. The older kids were taught to make good choices when it comes to fire, and some of the consequences of starting fires.

There was also an open house for the residents following the theme, *Cooking fires, Watch what you heat*. After the video presentation a tour of the fire house and equipment was provided.

Copy deadline is the 4th Monday of each month. The publishing date will be the 1st Wednesday of the following month. Pictures, stories, weddings, births, scholastic, armed services, etc. are all welcome. We reserve the right to edit articles for space. Photos should be e-mailed or on disc in a JPEG format. Please send all information any time during the month to [mayor@riverdaleNJ.com](mailto:mayor@riverdaleNJ.com)

## Musical Notes

Marching season has drawn to a close with the Pompton Lakes High School Cardinal Marching Band taking 10<sup>th</sup> place in the State Competition and 16<sup>th</sup> place in the All-States Competition in Allentown, PA. Congratulations to Riverdale's seven performers and to the rest of the band!

Never known to rest on their laurels, the band will have performed at Avery Fisher Hall on November 29<sup>th</sup>. The Lincoln Center performance was by invitation from the Perform America organization. That evening gave a number of High School Concert Bands and Chorus' the opportunity to perform on a grand scale.

December 20, 2006, 7:00pm. You can plan to join the kids in the Pompton Lakes High School auditorium for the much anticipated Holiday Concert, performing three selections; "English Folk Song Suite" by Ralph Vaughn Williams, "Christmas Festival" by Leroy Anderson and "Russian Christmas Music" by Alfred Reed. In addition to the concert band's performance, the chorus will be singing a number of holiday selections.

That evening the ten Section Captains, including **Laina Gagliardi** and **Chris Venza** from Riverdale, will receive their gold stars. For those that don't know, white stars are handed out for every year of participation after the Varsity Letter is earned. For holding a position of importance in the band, gold stars are issued.

## Fire Department

### Fire Safety Tips for the Holidays

- Select a fresh Christmas Tree that is kept in water at all times.
- Do not place your tree near heat sources.
- Maintain your holiday lights. Inspect them before using them to ensure that their are no frayed wires, gaps in the insulation or broken sockets.
- Turn lights OFF when not at home.
- Avoid overloading electrical outlets. Don't link more than three light strands unless the directions indicate it is safe.
- Use only non-flammable decorations that are placed away from heat vents and if you are using an artificial tree, make sure that it is flame retardant.
- Avoid using candles. If you do use candles, use stable holders and place them where they cannot be easily knocked down.
- Do not leave lit candles unattended. NEVER put candles on a Christmas Tree nor leave the house with candles burning.

**No Overnight Parking on Boro Streets from Dec. 1 through March 31. Nor is parking permitted when streets are snow covered any time of the day. This is to allow the plows to do their job. Thank you.**

## Library News

For more information, call (973) 835-5044 [www.riverdalelibrary.org](http://www.riverdalelibrary.org)  
Getting Ready for December

### Infant and Pre-School Story Times

**BabyTime** - Infants 2 years

**Mondays, December 4 - 18 - 11:15 to 11:45 a.m.**

*It's baby time at the library. Designed especially for infants and active toddlers, it is a half hour of rhyme, song, movement, and shared reading.*

**Golden Stories** - Ages 2 - 5 -

**Mondays, Dec. 4 - 18 - 10:15-11:00 am or 1:30-2:15 pm**

*We'll celebrate the season in story, song and craft.*

**Bedtime Stories** - Tuesday, December 19th, 7:00 to 7:45 pm

*Join us for bedtime stories, cookies and milk. Younger patrons may want to wear their pajamas and bring a teddy.*

**Game Day** - Students K - 5 - Thursday, December 28, 1:00 to 3:00 pm

*Join us for cold weather indoor fun. We'll play board games. You may choose Dominos, Scrabble, Mancala or one of our other games. You can also bring your favorite to share. Don't know how to play a game? We'll show you. Refreshments will be served.*

**Book Discussion Group** - Mon., Dec. 18, 7 to 8 PM: *The Promise of Light*

## First Aid Squad

Are you looking to help out your community? Are you looking to meet new people? Do you want to be one of many to make a difference when pre-hospital care is needed? Are you looking for the knowledge to help your friends and family when they get sick or injured?

Becoming a volunteer first aid member may be just what you need. As a member you will experience the excitement, energy and rewards being a volunteer first aid member can give you.

Our squad consists of EMT's and Drivers. Drivers are required to have CPR certification and EMT's will attain their certification after attending 120 hours of training and passing the NJ State EMT exam. Free training is provided by the squad at Chilton Hospital.

Members are expected to ride one evening per week and one weekend day a month. In addition to regular duty shifts, the squad supports the community at various sporting events as well as community functions such as the Concerts and the Street Fair.

Our membership is made up of individuals and several husband/wife, parent/child and entire family teams. These team members are working professionals, students and stay at home moms. Despite everyday demands, such as kids with busy schedules or other part time jobs, the members are able to fulfill their commitment to the squad and the community.

We are always looking for new members to join our team of devoted residents who selflessly help the community every day. If you are interested in becoming a member or if you think you can contribute to the squad in another way, please contact Dawn at 973-835-1403. REMEMBER, your First Aid Squad depends on donations to help the community. Please keep this in mind during our fund drive.



- A goldfish has an attention span of three seconds.
- An ostrich's eye is bigger than its brain.
- Women blink nearly twice as much as men.
- A dragonfly has a life span of 24 hours.