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Riverdale News & Events

Issue No. 4

A Monthly published by the Riverdale Mayor and Council

January 2006

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Happy and Healthy New Year!

Dan Pellegrini Eagle Scout

This past November, Dan Pellegrini became the first Boy Scout in Riverdale Troop 73 to earn the rank of Eagle Scout in over 15 years.

Dan, a Junior at Morris County Construction Academy, started as a Cub Scout. He was one of the original members of the troop when reformed by Steve Loesner, the current Scoutmaster.

Guis as his mentor and presented him with a pin in recognition of that honor.

Also in attendance was Daniel Mahler, a Wanaque Councilman. Mr. Mahler, who grew up in Riverdale, became an Eagle Scout in 1966. His mother, Geraldine, still lives on Halsey Ave. and is a Trustee for the Library Board.

For his Eagle Project, Dan constructed 20 wooden emergency barricades for the Riverdale Office of Emergency Management, which have been used extensively by the OEM, Police and DPW.

Council President Joseph Falkoski presented Scoutmaster Steve Loesner a check for the Troop for the work they did during a Clean Communities cleanup program.

We wish to congratulate Dan, his parents, Terri and Vinny, and his Scout leaders on this momentous achievement.

During the Court of Honor, Dan named Councilman Ted

New Year's Resolutions - 2006

January

1

Here we are again, a new year, new resolutions. Weight loss is probably the number one resolution broken. How come some people successfully lose weight and keep it off, while so many others fail? Here are some key strategies outlined by the National Weight Control Registry. They interviewed people who have maintained at least a 30 pound weight loss for five or more years. This is what was said:

- ♦ Eat a high-carb, low-fat diet. They consume 60% carbohydrates, 24% of their calories are from fat, the rest from protein. They get their carbs from fruits, vegetables and other high fiber food, not high sugar carbohydrates.
- ♦ Be conscious of calories, whether they come from carbs, fat or protein, a calorie is a calorie.
- ♦ Eat breakfast. Eight out of ten successful maintainers eat breakfast every day.
- ♦ Successful maintainers weigh themselves at least once a week, some more frequently. Many write food diaries.
- ♦ Engage in lots of physical activity - 60 to 90 minutes a day. Walking is key.

Don't get discouraged. Many successful maintainers have failed several times before. Don't give up.

Stacey Dakake, R.N.

The Latest Edition of

Riverdale News & Events

Published by the Riverdale Mayor and Council

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



Danny takes the Scout Oath



Councilman Falkoski & Steve Loesner



Dan's Proud Parents - Vinnie and Terri



Dan honors Councilman Ted Guis



Dan Mahler - Dan - Steve Loesner - Pat Parril

ANNOUNCEMENTS

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



Sheralyn Ball, daughter of Russell and Barbara Ball, Hartung Ave., graduated *cum laude* from the College of New Jersey with a B.S. degree in education of the deaf/hard of hearing and psychology. While

at TCNJ, she was president of the Deaf and Hearing Connection, treasurer of Kappa Delta Pi, International Education Honor Society, and treasurer of the Irish American Club. Sheralyn will begin graduate school where she will student teach for a semester in Ireland and receive her master of arts in teaching.

♦ **Jay Whittemore**, Newark Pompton Turnpike, recently completed a semester at the University of New South Wales in Sydney, Australia. He's a second semester Junior at Georgetown University, majoring in finance.

♦ **Jeri Dedio**, daughter of Sam & Toma Dedio, became engaged on Christmas Day to Eric Harvey, son of John & Lola Harvey, Erskine Lakes. Jeri graduated from Ramapo College and is employed with Cabana Family Dental.

Dog and Cat Owners

Notices for Pet License renewals have mailed. You must renew the licenses for dogs and cats before Feb. 28, 2006 in order to avoid a fine. If you haven't received the renewal, please call the Borough Hall at 973-835-4060.

Snow News

NO Parking on Borough Streets between Midnight and 6:00 am. beginning Dec.1 thru March 31.

NO Parking on Borough Streets when snowing or when streets are snow covered.

It is illegal to throw or deposit snow or ice upon any street or sidewalk.
Chapter 147-29.

First Aid Squad

The volunteer members of the Pompton Lakes/Riverdale First Aid Squad have been responding to emergency calls in the community for the past 70 years. In 1935 the squad was the only ambulance north of Paterson. For many years, the "community" the volunteers served was an area from West Milford, Greenwood Lake and Ringwood down to the southern border of Wayne, and all the towns in between.

As the population in the area grew, local towns began to organize their own squads. Our squad is considered the "mother" squad to at least seven area towns.

Even after 70 years, the officers and members continue to serve the community by responding to over 1200 calls each year. They also participate in many community events such as parades, concerts, fireworks, wetdowns and more.

Like all volunteer organizations the squad is always looking for new members. There are two different classifications of members - drivers and emergency medical technicians. The driver's job is to drive the rig, assist with equipment and other duties. The EMT's record the patients' history, assess the patients and treat them as necessary. Free training is provided for everyone and all squad members are CPR and defibrillator certified.

For more information or to volunteer call Membership Chairs
Dawn Gosson (973-835-1403) or Katie Cole (973-835-2634).

Health Clinics

Blood Pressure Screening
Mon. 1/2 @ 9am - 11am
Senior Center
Thurs. 1/19 @ 9am - 11am
Health Department Office

Riverdale Recreation Committee

Recreation Director: June Carelli 973-616-0288
Riverdale Recreation Department Building
next to Municipal Building

Children's Karate

Porta's Karate, Pompton Lakes- Riverdale Kids ages 5 thru 12
Saturday 9:30-10:30 am - Feb. 18 thru March 25, 2006

Registration fee:\$35.00 per child

This program will help focus attention, enhance self-confidence, and teaches basic karate skills.

For registration information: *Jackie Poli* 973-616-0167

Children's Bowling

Reminder to all children registered!

Holiday Bowl, Oakland - Riverdale Children ages 2 thru 14
Sundays @ 2:00 pm - January 8 thru March 12, 2006

Registration fee:\$8.00 per child (incl. T-Shirt & Trophy)

Cost each week: Ages 2-4 \$3/child for one game.

Ages 5-14 \$6/child for two games.

Please wear sneakers-NO work boots/hard bottom shoes.

Information: Ages 2 -4 call *Lori Clinton* 616-4406

Ages 5 - 14 call *June* 616-0288 or *Mary* 831-1383



Adult Night Out Crazy Bowling

Holiday Bowl, Oakland

Saturday Jan. 28 @ 8:00 pm - 11:00 pm

\$20.00 per person - includes 2 Crazy Bowling Games, Hot Buffet, Soda, Music. Cash Bar available.

Registration Deadline: Friday, Jan. 13th

Registration forms at Borough Hall or Website.

Come out with friends and neighbors to enjoy a night of crazy bowling. Don't miss out on this, it's hysterical!

Call *Kristen* 973-831-8187 or *Mary* 973-831-1383

NOTE: Riverdale PTA Beefsteak Tickets will be available during Crazy Bowling. The Beefsteak is set for Feb. 11.

Chicago Theater Trip

Wednesday, March 29 - 6:00pm Bus Departs School Lot
\$58 per person includes ticket and bus ride.

First Mezzanine, Side Aisles, Row B-F

Registration deadline: January 15th.

To Register call: *Cindy* 973-492-8568

Toddler Gymnastics

Will not be available for Winter 2006.

Trying to coordinate with ENA Gymnastics for a Spring 2006 program.

Any questions call: *Lori Clinton* 973-616-4406

Riverdale Business Association

Meets 3rd Monday of each Month at 7:00 pm
Berta's Chateau, 7 Grove Street, Wanaque
Riverdale Business Owners and business owners living in Riverdale are welcome. www.rbanj.org

Junior Rifle Program

at the Riverdale Police Pistol Range

Wednesdays

7 pm - 9 pm

Now till June

Ages 8 - 18

\$35 for the season
All equipment provided.

www.riverdalepistol.org

Riverdale Office of Emergency Management

In order for our Emergency Management Office to fully serve the community in times of emergency, we are requesting your assistance. We are compiling a list of those residents who would be in need of special attention during an emergency, such as a fire or an evacuation. The list will be confidential and for emergency services only.

Please let us know if you are or if you are aware of a handicapped or a special-needs person living in Riverdale.

Please contact the Borough Nurse,
Stacey Dakake at 973-835-4060

Energy Saving Tips

Provided by the New Jersey Board of Public Utilities

Lower your thermostat. 68° is recommended when you are at home, and 60° when out and while asleep. This can result in a cost savings of up to 12%. Using a programmable thermostat can help reduce your heating costs as well.

Weatherize. You can save up to 10% or more on your energy bill by reducing air leaks with caulking and weatherstripping. Seal holes and cracks around windows, doors, light fixtures, and walls. Purchase an inexpensive weatherization kit today!

Reduce your hot water usage. Lower your hot water heater from 150° to 120° and wash your clothes in cold water to see savings up to 16%. Take a short shower instead of a bath.

Keep warm air inside. First, close off vents or registers in rooms you are not using and close the door, unless that room has a major common return duct. If you have storm windows, make sure they are closed and in place.

Take a free Home Energy Analysis. This customized energy audit is designed to help you stop losing energy in your home and start saving money. Take it online at www.njcleanenergy.com or call 1-866-657-6278 for a printed version.

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. Photos should be e-mailed or on disc in a JPEG format

What's happening at the Riverdale Public Library

973-835-5044

www.riverdalelibrary.org



Baby Time (Infants - 2 years)

Mondays, January 9 & 16

Friday, January 27

11:15 am - 11:45 am

Wonderful Winter Stories (Ages 2 - 5)

Mondays, January 9 & 16

Friday, January 27

10:15 am - 11:00 am or 1:30 pm - 2:15 pm



Due to popular demand we have added a second computer with special learning programs for young children.

The Teen Gingerbread House Village continues on display through mid-January.

Charming crafts and arts by members of the Riverdale Women's Club will be on display through January.

There are 15,872 public libraries in the United States, 312 in New Jersey.

Sewer & Water Billing

**Water meters will be read the first week of January.
2006 Sewer bills will be mailed out next week.**

Reminder- There is a safe in the front vestibule to drop off your payments after hours.

Need help paying your Heating and Electric Bills?

Lifeline Program-offers \$225 to persons who meet the PAAD eligibility requirements or who receive SSI. This includes utility customers as well as tenants whose utility bills are included in their rent. **Call 1-800-792-9745.**

Low Income Home Energy Assistance Program [LIHEAP]- provides subsidies every winter to help low income families pay their home heating costs. Program runs from Nov. 1 to March 31. **Call 1-800-510-3102.**

New Jersey Statewide Heating Assistance and Referral Energy Service, Inc. (NJSHARES) - is a non-profit corporation organized to provide assistance to individuals and families living in NJ who are in need of temporary help in paying their energy bills. **Call 1-800-657-4273.**

Universal Service Fund (USF) program - was created by the State to help make energy bills more affordable for low income customers. Go to www.energyassistance.nj.gov or **Call toll free 1-866-240-1347.**

Did You Know?

♦ New Jersey has the highest population density in the U.S. Average 1,030 people per square mile, which is 13 times the national average.

♦ In 1962, Riverdale had 3 policemen, today we have 18 on the force.