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Don't Miss These Important Dates!

Memorial Day Observance
Monday, May 29 @ 10 am
Municipal Building

Senior Center Ground Breaking
Tuesday, May 9 @ 1:15 pm
School Backyard

Postal Patron Local

The Latest Edition of

Riverdale News & Events

Published by the Riverdale Mayor and Council

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Riverdale News & Events

Issue No. 8 A Monthly published by the Riverdale Mayor and Council May 2006
www.riverdaleNJ.com

Work begins on new Senior Community Center, at long last!

Excavation for the foundation for the new Senior Community Center was begun on Wednesday, April 26. The ten thousand square foot building should be completed by the middle of October if there are no glitches.



Any other civic group, committee and so forth will have access to its use also.

The site for this long-awaited facility is behind the Riverdale School where the old tennis courts were located.

Our Recreation Committee is already making plans for programs and events to be held there.

The primary use of the center will be for the Riverdale Senior Citizen Club, which has had to freeze its membership because of the lack of space in their current meeting room. That will now change!

We wish to thank **Tilcon-Riverdale Quarry President George Thompson** for providing the men and equipment to do the excavation for us. This saved the Borough nearly \$60,000 in costs!

Important Date!
Memorial Day Observance
Monday, May 29 - 10:00 am
Municipal Building Front Lawn at the War Memorial

Eagle Scout Project
Boy Scout Troop 73 built a foot bridge in Independence Park as part of an Eagle Project under the supervision of Eagle Candidate Robert Loesner.

School News & Events
School will be CLOSED on Tuesday, May 30

Congratulations! to **Eileen Conn**, Social Studies Teacher for Grades Six thru Eight. Ms. Conn was named Riverdale's **Teacher of the Year** for 2005-2006.

Second graders will be welcoming their newest neighbors at the Senior Community Center with a welcome wagon "tea" to be held on Tuesday, May 9 at 1:30 pm in the school.

Charlie and the Chocolate Factory will be presented by Riverdale School's Drama Club on Friday, May 5 at 7:30 pm in the school gymnasium.

Easter Egg Hunt was egg-ceptionally successful

(Sorry about that.)

Kudos again go to the members of the Riverdale Recreation Committee for the beautiful Easter Egg Hunt they arranged on April 9. There was not a cloud in the sky as the children gathered the eggs placed around Independence Park. Everyone went home with small or large prizes. The Easter Bunny was portrayed by **Katie Flynn**.

Wayne Turner came the closest to the number of jelly beans in the jar. The actual number was 2,227 beans.

Thanks to all who worked so hard and spent so much time running this very popular event.

Riverdale Police Fishing Tournament
Co-sponsored by the Riverdale Pistol Team & Riverdale Recreation

Saturday, May 13
8:00 am - 12:00

Prizes for fish caught in each age group, judged by Country Sportsman.

Hot dogs, Hamburgers, & Soda (if available, pineapple soda, too!)

ANNOUNCEMENTS

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

Welcome to a new resident in town, **Barbara Plescia**, who is celebrating a birthday on May 28th. Happy Birthday! Lots of love from Paul, her daughter June and grandchildren, Michael, Tommy and Samantha Carelli.

Matthew Budesheim, grandson of Marian & Bill, will be celebrating his 2nd Birthday on May 18.

Chris Venza turned 15 on April 28 and **Frieda Venza** will celebrate her 81st Birthday on May 23.

National Safe Kids Week: May 6 -



Drowning is the 2nd leading cause of unintentional injury-related death among children ages 1 to 14. In 2003, 782 children 14 years and under drowned and more than half are pool-related. Other risks in the pool, hot tub and spa include body entrapment (34 deaths), hair entanglement (41%), and evisceration/dismemberment. As many as 20% of near-drowning survivors suffer severe permanent neurological disability. Let us provide **Safe Pools for Safe Kids** this summer!

Senior Citizen News

Submitted by Mildred Post, Publicity

A program for the Riverdale Seniors was presented by the Morris County Prosecutor's Office at the April meeting. Assistant Catherine Broderick and Detective Elaine Stewart narrated the slide presentation on *Crimes Against the Retired and Elderly*. Booklets containing all types of crimes targeting seniors were distributed. A.C.A.R.E. pamphlet containing resource information and contact telephone numbers for assistance were given out by the program coordinators, Club 1st Vice President Loretta Lippins and Riverdale Officer Charles Quant, Sr.

The club recently celebrated its 33rd anniversary. Kay Peacock conducted the program giving the history of the club, remembering past presidents and deceased members, followed by an anniversary cake. The current officers are *President* Mary Gambino, *1st V.P.* Loretta Lippins, *2nd V.P.* Mildred Post, *Secretary* Jean McMichael, *Treasurer* Laura LaRosa, and *Chaplain* Josephine Wronka. *Congratulations!*

The Nurse's Station

Stacey Dakake, MSN, RN



Allergies are defined as an abnormal reaction or increased sensitivity to a certain substance or *allergen*. The allergic individual produces symptoms when exposed to these substances that are harmless to non-allergic people. Some are very allergic to bee stings that can trigger a potentially life-threatening reaction.

How can you tell if you have a cold or an allergy? Both colds and certain allergies share certain symptoms. Many think they have colds, but in fact have *Hay Fever* caused by substances in the environment. Hay Fever or *Allergic Rhinitis* results from an inflammation and irritation of the lining of the nose in response to an allergen. Symptoms include a clear, watery nasal discharge, itchy nose, and sneezing with watery and itchy eyes. Allergies come and go and happen during the same season each year. A *Cold* is frequently accompanied by other symptoms such as sore throat and cough and only lasts 3-5 days.

Allergens cause hay fever by pollen in the spring, grasses in summer and ragweed in fall. Dust and household mites can produce year-round symptoms. **You can prevent allergies:** Keep your windows closed and avoid spending time outdoors when allergies are acting up.*Wear a protective allergy mask when doing yard work.*Avoid fresh-cut grass.*If you are allergic to bee or wasp stings, carry a self-injecting epinephrine syringe when outdoors. This can be a lifesaver in the case of exposure to an allergen that has caused an anaphylactic reaction.

Health Clinics

May 1

Blood Pressure Screening 9-11 am Senior Center &
Stroke Prevention Screening Pre-registration required

May 13

Mother-Daughter Health & Wellness Fair 9-12pm
at the Lincoln Park PAL/Community Center
12 Boonton Turnpike, Lincoln Park

May 22

Gangs...They're Closer Than You Think
7:30 pm - Chilton Collins Pavilion.
Registration Required. Call Health Department

May 23

Female Cancer Screening 5:30 - 7:30 Fee: \$25
Appointments required. Call Health Department

May 25

Blood Pressure Screening 9 - 11 am
Health Department

Riverdale Health Fair at the Riverdale School Thursday, May 4 from 9:00 - 11:00 am All Riverdale Residents are Invited!

Information provided by your students and health care professionals concerning:

Nutrition updates	Exercise	Healthy Minds/
Good hand washing	Drug Awareness	Bodies (Teen
Dental Care	Social Growth in	Depression)
Bike Safety	Adolescent Years	Preventing Chronic
Benefits of	Sun Safety	Diseases

Shade Tree Commission

If you have any questions in reference to tree removal, replacement or trimming, please call the Shade Tree Commission at 973-835-4060 ext. 6.

Building Department

If anyone is planning to construct anything, whether it be a fence, shed, additions, pool or so on, please call the Building Department to see if any permits are required.

Public Invited!

Ceremonial Ground Breaking for the new Senior Community Center behind the School on Tuesday
May 9 @ 1:15 pm.

Wanted:

A regulation size pool table to be donated to the new Senior Community Center. Please call Borough Hall at 973-835-4060

Recycling Tips: Cardboard must be flattened and tied together. Newspapers should be tied in bundles, not placed in bags.

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

Fire Department

The Riverdale Fire Department is trying to avoid the trend that has been highlighted in recent newspaper articles about the shortage in the volunteer fire service, and the financial impact municipalities could incur if they had to resort to a partially paid fire department. Fire calls have doubled since the early 1990's, and the projection is that calls will increase significantly in the next five years as Riverdale's growth continues.

Older members continue to retire from active duty. Currently almost one third of the members have over 20 years of service and more than half of them have over 15 years.



Residents age 16 and above are eligible for membership. Some of the incentives coming with membership are: Community service on a resume, annual tax deferred service award up to \$1200, annual clothing allowance up to \$200, County tuition credit at a county college up to \$600 per year, eligibility for college scholarships sponsored by fire service organizations, state burial benefits currently \$8500 and eligibility for residence in the State Fireman's Home in Boonton. Medical physicals, equipment and training are funded by the Department. We just ask that you be willing to dedicate some of your time to serve your community.

Fire Department Car Wash Fund Raiser Firehouse on Saturday, May 6, 9am - 2pm

You can learn more about the Fire Department and its members by visiting the firehouse any Monday night between 7 and 9 pm, by calling 973-831-1584 or by visiting us at www.RiverdaleFD.net.

Riverdale Plans for Open Space

Riverdale is working on a plan for its open space and recreational facilities. The plan will cover the long range goals along with the step-by-step funding and improvement measures needed. Working in conjunction with the Passaic River Coalition, the Borough is inventorying its existing parks, playgrounds and open parcels. There will be two public hearings in order to receive your input.



Monday
May 15 & June 19
Municipal Building
8:00 pm

Important New Bike Law!



Effective March 1, 2006, N.J.'s Bicycle Helmet Law requires that anyone under the age of 17 will be required to wear an approved helmet when cycling, roller skating, in-line skating or skateboarding.

Girl Scout Camp: A Rewarding and Memorable Experience for Girls



If your daughter could design the perfect summer, it would probably include plenty of friends, a different activity every day, and a place to cool off when the summer sun gets too hot. Year after year, girls discover the perfect summer at Girl Scouts: Lenni-Lenape Council's Lake Rickabear Day Camp in Kinnelon.

Summer camp can be a rewarding and memorable experience for girls - a way to reinforce important life skills such as teamwork, self-reliance, and cooperation. It is also a chance to build lifelong friendships, and to explore new talents.

Lake Rickabear Day Camp operates in accordance with the highest standards of Girl Scouts of the U.S.A. and the New Jersey State Health Department. The camp is accredited by the American Camping Association. It offers an abundance of activities in a safe and supervised environment at an affordable price for all girls, not just Girl Scouts. During the first session, "Celebrate", girls will enjoy a beach carnival and celebrate the arrival of summer. At the "Curiosity and Imagination" session, girls can travel back in time to ancient Egypt and learn about Nefertiti, mummies, pyramids and more. Special programs are available for teen-aged girls and a soccer session is also offered.

Come and have all your questions answered at the upcoming **Open House**, which will be held on **Sunday, May 7th** from 1:00 - 3:00 pm at Lake Rickabear Day Camp. Camp staff will be available to help you make your decision and will lead tours of the campgrounds. Call 973-248-8200 for more information.

Support Our Troops Riverdale Armory Family Support Group



Atlantic City Bus Trip

Saturday, May 6 - \$35 per person

Leaves the Riverdale Armory 10 am & Returns 10 pm

Trip includes: \$15 cash back plus \$5 food voucher,

Continental Breakfast at the Armory between 9:00 - 9:30 am

and Round trip Transportation.

Information call: Rickie Bushinger 973-835-9219

Proceeds go to the Family Support Group. Please Support Them!



Library Exhibits

Riverdale School 75th Anniversary Exhibit

The Library in conjunction with the Riverdale School presents an exhibit celebrating the school's 75th Anniversary. Photographs, scrapbooks and records illustrating the school's fascinating history and development will be on display. **Many class photos are on display - the oldest one is from the Class of 1929! See if your class is there; if not, why not send us a copy of your Class Photo so that the collection can be complete.**



Did You Know?

- Passaic River was the site of the first submarine ride by inventor John P. Holland
- Atlantic City's original summer visitors were the Absegi Indians of the Lenni Lenape Tribe.