

Fire Prevention Week

OCTOBER 4-10, 2009



Fire Prevention Week begins October 4. This year's theme is **Stay Fire Smart! Don't Get Burned.** The Riverdale Volunteer Fire Department is proud to team up with Sparky to champion fire safety. The Fire Department will be going to local Pre-Schools and Riverdale School to help teach our youngest citizens to be Fire Smart.

The Fire Department will be sending out yearly fund drive letters in the upcoming weeks and we ask for your help again. With last year's fund drive we were able to upgrade and purchase new equipment and receive current training with your help. We thank you in advance for your donation.

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

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October 2009

RIVERDALE SENIORS STAR IN FASHION SHOW!



At the September 21 Senior Citizen meeting some of the ladies put on a fashion show, with the clothes being supplied by **Dress Barn** in Wayne.

Shown (l-r) are **Irene Moehring, Grace Chiesa, Elaine Peacock, Marion Davis, Jean McMichael, Joan Adornetto** and **Marie Cucci.** Fashion Show Narrator was Club President **Loretta Lippens.**



Grace



Grace



Jean



Elaine



Joan



Irene



Loretta

Fashion Show Narrator.

Grand Opening!

BUBBLES & BONES



The newest retail venture to open in Riverdale was **Bubbles & Bones** on September 27. Located at 72 Hamburg Turnpike (by Blimpies), you will be able to wash your dog in their new Self-Serve Dog Wash, as well as picking up some fresh baked dog treats. We wish them well! Their number is 973-513-9086, www.bubblesandbones.net

Riverdale Borough made of the best people on earth.

Library Youth Volunteers Acknowledged at Council Meeting

These young volunteers were thanked at the September 21 meeting of the Mayor and Council during the 7th Annual Presentation. They assisted by preparing discarded books for the book sale, preparing crafts for story time, assisting in story times and summer programs, covering books, shelving books, photocopying, edging books, setting up meeting room for events, etc. Those receiving certificates: **Peter Campbell, Morgan Goldberg, Hannah Nicklas, Hilal Ozdemir, Lorian Gish, Caroline King, Shannon McCarthy, Kristen Rosenboom, Nicole Schrock, Cassidy Tibbetts & Benjamin Walker.**



The **Riverdale School PTA** will meet on October 8 at 7:30 PM in the All-Purpose Room in the school. All parents and guardians of Riverdale School children are invited to attend. Membership forms and other information for the PTA are available on the school's website at www.rpsnj.org.



The **Riverdale Fire Department** is selling tickets for the Third Annual Beefsteak to be held on Dec.5 at the Bloomingdale Fire Hall. The tickets are \$40 and you can purchase them from firefighter or call 973-831-1584.



Riverdale Library Presents **Last of the Red Hot Mamas! Sophie Tucker Comes to Town!**

A living biography with music & song

Thursday, October 22nd at 7:00 PM
No charge, but please reserve: 973-835-5044



Announcements

Happy 7th Birthday on October 23 to **Samantha Carelli**. Love you, Mom, Dad, Michael, Tommy, Grandma Plescia, Grandma and Grandpa Carelli and Nauni.

Happy Belated 7th Birthday on September 9, **Charles Sheridan**. We love you all the way to the moon and back. Love Dad, Mom, Michael, Christina and Morgan.

Happy 3rd Birthday, **Brianna Bogert**, on October 23. We love you! Love, Ron, Marybeth and the boys.

Happy October Police Birthdays to **Sgt. Kevin Smith** (1st), **Dispatcher Tracy Stroe** (4th) and **Sgt. Jim MacIntosh** (15th)

Recreation

Call: 973-706-6471

Email: jcarelli@riverdaleborough.com

Call if interested in joining Riverdale Recreation

Frigh Night Festival

Thursday, October 29, 5:00pm
Annual Costume Parade will start the event. (Parade assembles on Front Lawn of Riverdale School & children march to Riverdale Community Center). Hayrides, games, pie contest, Pumpkin Slingshot Competition plus visit the pumpkin patch. And more!

Karate

REGISTRATION DEADLINE: Thursday, October 29
Classes at: All Star Taekwondo & Fitness, 38B Hamburg Tpk, Starts week of Nov. 2.
Registration: Wednesday, Oct. 14th, 7:00p—8:00p, Riverdale Community Center
Class Schedules:

PeeWee Beginners 3—5 yrs. Fee: \$40/child
Mon. 5:00—5:30pm, Thurs. 5:00—5:30pm, or Sat. 11:30am—12:00pm

Children Beginners 5—8 yrs. Fee: \$50/child
[Mon. 4:00pm-5:00pm or 5:30pm-6:30pm] [Wed. 4pm-5pm] [Thurs. 4pm-5pm or 5:30pm-6:30pm] [Fri. 4pm-5pm] [Sat. 10:30am-11:30am or 12:30pm-1:30pm]

Junior Beginners 8—15 yrs. Fee: 50/child
[Tues. 4pm-5pm or 7pm-8pm][Wed. 5:30pm-6:30pm][Thurs 7pm-8pm] [Fri 5:30pm-6:30pm or Sat. 2pm-3pm] Uniforms will be issued to new students and if needed to returning students needing a size change. Info: Call Recreation Member Anne Gould 973-248-9663

2009-10 Riverdale Recreation Ski Club

Ages 7—18 years, "All Access Anytime Season Pass" for \$199.
Season Pass includes 6 Lessons—Fridays beginning January 8, 2010.
Lift & Lesson plans for Four to Six Trips priced from \$99—\$179.
Four to Six Trip Rental Packages priced from \$65—\$125.
Meal Vouchers (Pizza, Burger, or Chicken w/Fries) for: \$5.95/voucher.
Adults, Season Passes for \$299.
Also available for adults are, 5 x 7 Plus Passes valid Monday thru Friday, Twilight and Saturday & Sunday Twilight for \$199.
Questions? Contacted Recreation Member, Diane Pezzuti 973-831-8870.

TRIPS!

SANDS Casino & Resort, Bethlehem, PA Wednesday, November 11
Cost: \$17.60 per person (includes luxury bus, plus \$20 Sand's Free Play Money)
Bus departs Riverdale Community Center 8:30am, Spend 5 hours @ Casino,
Bus returns to Community Center 5:30pm DEADLINE: Oct 14 (No Refunds!)

Disney on Ice Wednesday, November 25 IZOD Center (Meadowlands)
Showtime 3:00pm Cost: \$18.00/per person (Ticket only. No transportation.)
DEADLINE: Oct. 31 (No Refunds)

Nutcracker Friday, December 18 @ Showtime 7:00pm
Paper Mill Playhouse, Millburn. \$53.30/per person (includes show & luxury bus)
Bus departs Riverdale Community Center 5:45pm DEADLINE: Oct 31 (No Refunds)
To purchase tickets for trips, call Recreation Member, Anne Gould, 973-248-9663

Stop the Leaks! How much water can a small leak really use? A dripping faucet can waste 3 gallons a day, 1095 gallons a year. A 1/8" hole with 60 psi water pressure would waste 296,000 gallons in 3 months. **The biggest leaks are the silent leaks in the toilet. Best way to check is to put a few drops of dye (food coloring) into the back of the toilet tank and wait for 15 minutes to see if it leaks into the bowl. If it does, you have leak.**



The Garden Club meets the 4th Tuesday of the month at the Library from 7 to 8:00 PM. Exchange both ideas and cuttings. All levels of gardeners are welcome.

Photography Club meets at the Library from 7:00 to 8:00 PM. This is a great opportunity to share tips and photos and talk with other photographers. Just drop in. Watch for notice of possible new day for meetings. For either club contact **Linda Anders** at Lpico@verizon.net. All are welcome, beginners to experts.

whats happnin



The **Senior Citizen Club** held their first meeting of the month on Wednesday, September 10, where a new member joined. A barbecue picnic was held with thanks to the chefs, **Bill Bowersox** and **Frank Sorgi**. ♦Two of our members, **Shirley** and **Rick Montanari** moved to South Jersey. We will miss them. We hear that Rick is in the hospital. Good luck, Rick! ♦Two of our very faithful members, **Rose Claudio** and **Laura La Rosa**, have both undergone knee replacement surgery and are in a rehab facility, sharing the same room. What are friends for? ♦Another member, **Don Rodda**, recently underwent a heart procedure and is doing well. We met him at the street fair and he looked great. Keep up the good work, Don. ♦One of our dear members, **June Pilar**, has passed away. We will miss you, June. ♦Following the Sept. 21 meeting, the Seniors enjoyed a Fashion Show with lovely clothes from the Dress Barn of Wayne. Our President **Loretta Lippens**, did a great job narrating the show. Models were club members, **Joan Adornetto**, **Grace Chiesa**, **Marion Davis**, **Jean McMichael**, **Irene Moehring**, **Elaine Peacock** and **Marie Cucci**. ♦ Start saving items for our Pound Party in October. New or gently used little treasures or non-perishable food items, each approx. one pound. Items should be wrapped and will be auctioned off after meeting, **Don Rodda** will be the auctioneer. ♦Blood pressure 10/5/09.

Get the Swine Flu Shot or Not? Another Opinion:

Discussing vaccinations is like discussing religion and there are highly educated and caring people on both sides of the vaccine argument. The emergence and spread of this mysterious influenza virus which consists of pig, bird and human genetic particles, will no doubt become a serious health threat to people, especially the immuno-compromised. Nevertheless, swine flu (also called H1N1 virus) is the newest disease to be promoted to the public. I suspect that enormous resources will be mobilized in order to get people vaccinated and limit the virus's spread, though you won't hear much about using time-tested anti-viral herbs or powerful antioxidants which can naturally strengthen your immune system and prevent infection.

I absolutely believe that most people will recover from the flu, but the constant news on TV about it provokes a palpable fear in people. At the moment, the vaccine concerns me because it has not been tested long-term in human subjects and it's been rushed through safety tests. Like any vaccine, there is no guarantee that getting the shot prevents the disease. Furthermore, viruses are smart and they can adapt quickly to become resistant to vaccines and anti-viral drugs like Tamiflu.

Unfortunately, it is possible to get the flu from the vaccine because it contains "live, attenuated virus". This means that you are receiving living (though weakened) virus particles into your body. This is how many vaccines work because introducing a tiny amount of the virus causes your immune system to form antibodies to it, so upon reintroduction, you can defeat the perceived enemy. But, if your immune system is weak (or you are under stress) the virus from a "live attenuated" vaccine could take over and give you the flu. This explains why some people who take the seasonal flu vaccine, get sick afterwards.

In the absence of independently-funded clinical trials that are placebo-controlled and well-designed, I cannot assure you of the vaccine's safety or efficacy. The real data will trickle in after it is administered to your family and neighbors.

Apparently, our friends across the pond aren't buying the swine flu propaganda either. A survey published in the British Medical Journal concluded that almost half of all health care workers would refuse the swine flu vaccine because of fears regarding side effects and doubts about efficacy. In a United Kingdom poll, almost one third of nurses surveyed are saying no to the needle too. If the very people who are supposed to be injecting the vaccine refuse it, how safe do you feel getting it?

Taken from *Ask the Pharmacist*, by Suzy Cohen RPH at www.healthiertalk.com

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 emailed in a JPEG format, actual photos can be scanned. Please send all information any time during the month to Mayor@RiverdaleNJ.gov & RiverdaleMayor@gmail.com

Events Worthy of Note

Our school doors opened this year with 304 students Pre-K to 8! Opening day went smoothly with students appearing eager to be back to class. Approximately 140 additional students are enrolled in public high school, the tuition of which is also supported by tax dollars.

I know you join me in welcoming new faculty members to Riverdale School. Ms. Karen Dooley joined the district as middle school math teacher. Mrs. Jennifer Napoli is our third grade teacher. Mrs. Paldino will be teaching the district's new drama/public speaking course in addition to language arts. Ms. Kristen Caufield joined our staff as part time resource and basic skills teacher. A part time occupational therapist, Mrs. Cabrera is also on staff. Mrs. Nancy DiBartolo is serving as Business Administrator/Board Secretary. Mrs. DiBartolo replaced Mr. David Blake, who served the district as an interim in this capacity, for the maximum two year time frame. I know you all join me in thanking Mr. Blake for his service. Principal Keith Cortright looks forward to seeing the school year from start to finish!

During the summer, we remained busy. Building maintenance took place, the parking lot was repaved with funds from our capital reserve budget line. Mr. Pricone, science teacher, painted games and a map of the United States on the back playground blacktop, for students to enjoy during outdoor recess. Staff began work on revisions to the Language Arts curriculum. This work will continue throughout the school year. Work on the district's website continues to unfold, and we look forward to the "launching" of individual teacher websites early this fall! Please be sure to watch our website for continued district news! Remember to click on the backpack, for access to current school notices as well as the monthly cafeteria menu.

Passaic County Educational Services Commission has assumed the provision of after care for Riverdale School students. Interested parents can contact the district website www.rpsnj.org for forms, or call the providers directly at 973-248-8225 for further information.

The district has applied for, and has received approval for, grants to offset a number of facilities related projects. Approved projects are eligible for a 40% of costs grant from the state. The Buildings and Grounds Committee of the Board of Education met to prioritize the submitted projects and determine which of those projects might be accomplished utilizing capital reserve funds designated for facilities use only. *Submitted by Dr. Wyks.*

Community Center Programs

973-706-6471-Office -or- jcarelli@riverdaleborough.com

Call or e-mail to Register or for Questions on Activities listed in here.

Tot's Music Class Bring your tot in to participate in a comprehensive preschool music program. Music Class includes multi-cultural guitar & recorder songs, games, chants & movements and play instruments! Friday's 11:00am—12:00pm \$8.00/class (\$10 Walk-Ins)

Come join in on our great new Fall Exercise Classes!

Senior Chair Aerobics Come join this light exercise class while sitting in a chair and listen to enjoyable music. Thursdays 10-11am \$3.00/class

Fit & Flirty Adult Exercise Stretching & Toning plus increase your heart rate with Fun (& Flirty) Dance Movements! Wednesdays 7 - 8pm \$8.00/Class

Zumba Fitness Class Ditch the workout and join the party! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Taught by Certified Zumba Instructor. \$8.00/class Thursday's (begins Oct 22), 11:00am

Cardio Kickboxing Great Cardio Workout! Work your arms, shoulders, abs, thighs & butt all in one. Tuesdays (begins Oct 20) 7-8pm \$8.00/class

Amazing Abdominals 30 minutes devoted exclusively to abdominal exercise working the upper & lower abdominals & obliques. Tuesday's (begins Oct 20), 8:00pm - 8:30pm \$4.00/class

Yoga Experience an excellent class that gives you ingredients to create a yoga practice for health & wellbeing. Mondays, 7pm-8pm. \$8.00/class

Farmers' Market due to popular demand extended to Tuesday, October 13 from 2:30 until 6:30 PM.

LIBRARY NEWS!

**Library expands hours! Four additional hours each week!
Open Monday—Saturday at 10 a.m. beginning October 1st.
Registration is required for all programs: 973-835-5044**

Infant and Pre-School Programs

Baby Time — For infants up to 2 years old with a caregiver Mondays, 11:00 – 11:30 a.m. (No Baby Time Oct. 12th)

Totally Twos — For two-year-olds with a caregiver Mondays, 10:15 – 10:45 a.m. (No Totally Twos Oct. 12th)

Story Time — For ages 3 through 5 Wednesdays, 10:15 – 11:00 a.m. or 1:30 – 2:15 p.m.

After School Programs

Puppy Pals Reading Club — Kindergarten – 5th grade. 2nd Tuesday of each month through December Oct. 13, Nov. 10 and Dec. 8 - 4:00 – 5:00 p.m.

Breakfast Book Club—Grades 2– 5 with a parent partner

The Reluctant Dragon - Pick up your book now for the club meeting on Saturday, October 17, 10:15 - 11:30 a.m.

Halloween Craft—Tuesday, October 27 - Grades 3 - 5:6:30-8:15 p.m. Kindergarten - 2nd grade: 4:00 - 4:45 p.m.

Teen Programs (Grades 6 and up)

Teen Book Discussion Group — Tues., Oct. 6, 6:00 – 7:30 p.m. We'll eat dinner, discuss the book and watch a 15-minute film. **The Summer of My German Soldier** - Pick up your book now.

Designer Duct Tape Craft—Tues., Nov. 10, 6:30—8:15 p.m.

Adult Programs

CONQUER CLUTTER! Our most popular program returns Thursday, Oct. 29 at 7:00 pm. Linda Anders of COC Enterprises reveals the secrets of overcoming clutter.

CHOOSING THE BEST COLLEGE FOR YOUR STUDENT &

YOUR POCKETBOOK! A comprehensive review of how to choose and get into your dream college, get scholarships & more. Thursday, November 5th, 7:00 p.m.

FILLING OUT FAFSA! A practical hands-on workshop. Bring your pencils & Gary will step you through the ins and outs. Thursday, November 12th, 7:00 p.m.

Exhibit: Dramatic photos of wolves by Aileen Tweer on display.

Help raise funds for the Riverdale School 8th Grade Washington Trip by purchasing the second in a series, Community Center, Christmas ornament for \$10, and the third in the series, Firehouse, for \$19.95. Please contact Cindy Gancher 973-835-7631 before October 6 to order. Payment is required when placing order. \$1.00 of each sale of Firehouse ornament benefits the Riverdale Fire Department. Ask Cindy about the 1st in series, Riverdale School.

REGULAR Flu Shots at Boro Hall on Wed., Oct. 21 from 4 to 7 PM. A \$15 fee unless you have Medicare B with no secondary insurance.
H1N1 Flu Shots at Community Center on Nov. 17, Dec. 17 and Jan. 20 from 4 to 7 PM. These shots are free for all residents. For more information on these shots, please call Linda Roetman 973-835-4060 X 6.

Did You Know?



- There are more sweat glands on the soles of your feet than any other part of your body.
- A cow's sweat glands are in its nose.
- "Forty" is the only number in English which when spelled out, has all its letters in alphabetical order.



Riverdale News & Events

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Congratulations, Joey Testino, on graduating Marine Boot Camp. We are so proud of you!

Joey, congratulations on graduating Marine Boot Camp. Love always, MaMa

Dylan Sylvestri, congratulations on Graduating Marine Boot Camp. We are proud of you! Love Theresa, Lou, Joey, Jessica, Jordan & Jason.

For up to date information and the latest photos of events around town, go to www.RiverdaleNJ.gov

Join the tradition. Our Fire Department, over 100 years old, has openings in all Companies: Engine, Ladder & Rescue. Training included. Call 973-831-1584 ext. 1

Please put account numbers on checks when paying water and sewer bills. Thank you.



Dr. Joseph J. Young
Chiropractic Physician

7 Newark-Pompton Tpke
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Food Needed

- Pasta & Pasta Sauce
- Canned corn & peas
- Soups
- Boxed potatoes and rice
- Pancake Mix and Syrup
- Macaroni and Cheese
- Peanut Butter and Jelly
- Cheerios
- Canned Tuna
- Coffee and Tea
- Laundry & Dish Detergent
- Paper Products



Help Wanted

A CALL FOR VOLUNTEERS. Anyone interested in helping out several hours per month to assist in the Pantry, please call Linda Roetman at 973-835-4060 x6.

Anyone in need of assistance, please call Linda Roetman at 973-835-4060 x6. Calls are extremely confidential.

Best wishes to **Julia & Jason Cullen**, residents of the Grande. Julia is expecting their first child in March. **Jason is President of the Riverdale Board of Health and is currently running for Governor of New Jersey.**



The Riverdale Art Center is scheduling its Grand Opening and Open House on November 7. See November Newsletter for details.

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