

Double Issue!

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 4, No. 11

www.RiverdaleNJ.gov

August 2009

Photography Club

Holds Open House
Saturday, July 25



The Riverdale Photography Club held its first annual open house to display some of the photos of its members. Approximately 50 people showed up for the event, which is held at the Riverdale Library. The club meets every 4th Monday at the Library from 7 to 8 PM. All are welcome to just drop in.



CELTIC DANCING

On June 1st, the Riverdale Senior Club was entertained by Butler resident, **Brittany Wolf**, who did a program of Celtic dancing, in beautiful costumes. She is a college student with a busy schedule, but loves to share her dancing talent with others. She has won a number of competitions and is progressing up the ladder of expertise. All her costumes are hand-made by Brittany.



Thousands flock to 6th Annual Summer

Concerts in the Park!

Three Shows to Go, now through August 12. Don't Miss Them!



Stop in at the Boro Hall or at the Concerts to get your 50/50 Raffle!

\$20,000 Grand Prize!
Based on number of tickets sold.

Riverdale Borough made of the best people on earth.

Riverdale Graduates of the Junior Police Academy



Pictured above (back row l-r) Officer Eric Hollenstein, Detective John Barone, Chief Tom Soules, Officer Gary Kiel, Officer Joe McDermott and Sergeant Jim MacIntosh. (front row l-r) Kevin Miller, Jordan Testino, Amanda Dakake, Chris Norton, Ben Walker.

On July 17 these Riverdale youths graduated from the Pompton Lakes/Riverdale Junior Police Academy. They put in a week of physical training, motor vehicle stop demonstrations and cadence. They also took a driving course using Fatal Vision Goggles and golf carts simulating being under the influence at different levels. Demonstrations were given by: Passaic County Bomb Squad, Clifton Bike Patrol, Riverdale K-9 Unit, Ted Guis of the Riverdale Pistol Team, State Police Aviation Unit (helicopter), Pompton Lakes/Riverdale First Aid Squad, Riverdale and Pompton Fire Departments and Sgt. Bogert using the DMV Info-Cop system to verify drivers licenses and registrations.

Announcements



Happy 9th Birthday, **Hailey Jade Enrique**, on July 12. We love you so much. Love, Mommy, Daddy and Alyssa. Xoxoxoxox

Happy 8th Birthday, **Ryan Soto**, on August 14. We love you lots! Love Dad, Mom, Tyler, Joseph, Matthew & Snickers!

Happy Birthday, **Matthew Budesheim**, on August 12.

Happy 10th Birthday, **Joey Poli**, on July 23. Love, Mom, Dad and Sam.

Happy 3rd Birthday, **Alex Nadiroglu**, on August 3. Love, Mom, Dad, AJ and Adam.

Happy Birthday, **Alan Nadiroglu** on August 1. Love, AnnMarie, AJ, Adam & Alex.

Happy Birthday, **June Carelli**, on August 21. Love, Paul, Michael, Tommy and Samantha.

Happy 10th Birthday, **Leo Sylvestri**, on August 30. Love, Mom, Dad, Dyland & Chelsea.

Happy 4th Birthday, **Naomi & Alyssa Fox**, on August 18. Lots & lots of

kisses from Mommy, Daddy and Taylor, too!



Congratulations to **Kaylee Lotterman** on her Kindergarten Graduation on June 19. We are so proud of you, best of luck in First Grade! Lots of Love from Mom, Dad, Nicole, Cody (woof), Grandma Helen & the rest of the "family"!

Congratulations to **Theresa McMackin** on your graduation from St. Mary's School. We're so proud that you graduated with honors. Now on to high school!! All the best to you in the years to come. Love Mom and Dad.

Happy 12th Birthday, **Tyler Soto**, on August 13. We love you lots! Love Dad, Mom, Joseph, Ryan, Matthew and Snickers!

Congratulations to Police Officer **Anthony & Lauren LoPorto** on their wedding on July 11.

Police Sergeant **Chris Biro** celebrates his birthday Aug. 28th.



Pathogen Destroyers & The Immune System

It's a rare immune system that can't use a little help. Pathogen is a word that comes from the Greek and means "birth of pain" - a good way to describe a disease-causing microorganism that may arrive in the form of bacterium, virus, fungus or parasite.

Four excellent Pathogen Destroyers (PD) were featured in a recent issue of *Baseline of Health* by Jon Barron. If you catch a cold or flu at the first sign and hit it hard, you can stop it. After you get rid of it, keep hammering at it for another 2-3 days to make sure it's gone.

PD #1 Oil of Wild Mountain Oregano has been used since the ancient Greeks for medicinal use. It is extremely rich in calcium, magnesium, potassium, zinc, manganese, Vitamins A & C. Oregano is antiviral, antibacterial, antifungal and anti-parasitic. It also has strong antioxidant and anti-inflammatory effects.

PD #2 Olive Leaf Extract in one laboratory test effectively eliminated a wide range of organisms, including bacteria, viruses, parasites and yeast/mold/fungus. It is recommended that it be taken with probiotics.

PD #3 Grapefruit Seed Extract is a natural antibiotic. Internally grapefruit seed extract can help with gastrointestinal disorders, diarrhea, food poisoning, parasites, candida yeast infections, thrush, oral infections, colds and flu, sore throats, strep throat and sinusitis. It can also be used to treat skin conditions-nail fungus, cold sores, athletes foot, rashes, acne, etc

PD #4 Garlic is one of the best infection fighters available for both bacterial and viral infections. Garlic clears mucous from the lungs, making it particularly effective in treating upper respiratory viral infections; effective against strep and staph bacteria.

For more info: www.jonbarron.org. This article was submitted by Mr. Glenn Venza.

whats happnin

Photography Club meets 4th Monday of the month at the Library from 7:00 to 8:00 PM.

Lighting techniques, favorite spots to shoot, equipment, and informative article are shared among the group. Member Don Pruden explained the *Rule of Thirds* to the group, an important concept when composing photos. We hope to get speakers in to instruct in taking portraits, special lighting and other topics. If anyone would like to share information with the group please send an email to **Linda Anders at Lpico@verizon.net**. All are welcome, beginners to experts.



The Garden Club meets the 4th Tuesday of the month at the Library from 7 to 8:00 PM.

Our 12 members discuss best places to buy plants, locally and in catalogues, visit gardens and arboretums. We share tips on shade plants, butterfly plants, humming birds, tips on composting and pests in the garden. We are also looking to establish a common garden in Riverdale. Life time Girl Scout Ruth Pasquariello will be showing the scouts how to plant drought resistant plants behind the library. All levels of gardeners are welcome. Please contact **Linda Anders at Lpico@veriozn.net**.

Softball Champs!

The Riverdale Baptist Church's men's softball team won the North Jersey Christian Softball League Championship on July 18. Congratulations!



Riverdale Women's Club Bus Trip on October 13 14 to Lancaster, PA at the Sight and Sound Millennium Theater. Over night trip includes accommodations at the Hawthorne Inn, breakfast at the inn, dinner at Hershey Farm Restaurant and 3 hour Hershey Tour. Enjoy the Sight & Sound spectacular *In the Beginning*, a tour of the Intercourse Cannery, a stop at Kitchen Kettle Village. Deluxe motor coach transportation, taxes and gratuities included in the \$222.00 double occupancy rate. For reservations call Blanche 973-839-0574 or Annette 973-839-7468.



Soul'd Out Quartet

Riverdale Baptist Church on August 16 at 6:00 PM. Don't miss this Free Concert!

Based in Georgetown, Ohio, Soul'd Out Ministries was formed in 2001 as a trio and then reformed as an all male quartet in 2004. Soul'd Out is a full time ministry touring 25 states each year. This group is young, energetic, and exciting. Their performance includes hymns with just piano, bass, and vocals, to progressive gospel with full tracks to back the vocals. They have a good balance of entertainment and ministry. The goal of this group is to encourage their audience to enjoy life and to set a positive atmosphere for the entire family while presenting a strong gospel message. Soul'd Out Quartet is a great act for ALL ages. They are upbeat enough to keep the interest of a teenager, while singing a few songs that grandma will know and love.

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

Recreation

RECREATION DEPARTMENT PROGRAMS

Questions about any program call 973-706-6471-Office

HELP WANTED: Recreation Department Volunteers

Come join a fun group of people. Bring new ideas or simply enjoy spending creative time with others. Call to become a member. 973-706-6471 Rec Office

Men's Summer Outdoor Basketball Games

Every Wednesday Night @ 7:00 pm FREE.

Riverdale Community Center Basketball Court

Just show up to play. (Must be 18 years and older to participate)

Teen Summer Dance Night - Friday, August 14

Riverdale Students entering Grades 6th thru 9th All Welcome

8:00 pm till 10:00 pm - Riverdale Community Center

(Basketball Court Outdoor location weather permitting)

\$5 Fee Includes: Live DJ Music, Popcorn & Refreshments

No Advance Sign-Up Required

High School Freshman Mixer Teen Dance - Friday, August 28

Riverdale & Pompton Lakes Students entering Grade 9 All Welcome

8:00 pm till 10:00 pm - Riverdale Community Center

(Basketball Court Outdoor location weather permitting)

\$5 Fee Includes: Live DJ Music Popcorn & Refreshments

No Advance Sign-Up Required

Summertime Most Beautiful Yard Contest

Open to all Residents. No registration required.

This is in recognition of the hard work and pride exhibited by Riverdale residents. We are proud to have those who strive to beautify their homes & neighborhoods.

The judging is based on three categories:

*Maintenance * Landscaping * Overall General Appearance*

The Recreation Department will be judging this month.

One winner will be selected and announced in September Newsletter (the winner will be contacted by phone).

Photo of winning yard in the September Newsletter

Most Beautiful Yard Lawn Sign to display in your Front Yard.

COMMUNITY CENTER PROGRAMS

973-706-6471-Office

Call to Register or for questions on Programs listed

Childrens Dance Classes Returning this Fall!

Movement & Dance - Ages 4 thru 7 years old

Traditional Tap, Ballet & Jazz Instruction plus "new" Creative Movement Skills. \$8/class (10 week session)

Begins: September 16 or September 18

Wednesday or Friday @ 5:00 pm Advance Sign-Up Required

And...

Hip Hop Dance

Ages 8 thru 14 years old

Learn Hip Hop Dancing, Cool Dance Moves & Funk Dance Routines.

\$8/class (10 week session)

Begins: September 16 or September 18, Wednesday or Friday

Classes, 6:00 pm Advance Sign-Up Required.

Flirty & Fit Adult Exercise

Recommended for all ages! Warm up with fun dance techniques.

Class includes Toning, Stretching, and Cardio Exercise.

\$8/class (10 week session)

Wednesday, 7:00 pm Advance Sign Up Requested

(walk-ins are always welcome but it is helpful for the Instructor to have a steady headcount to make a successful program)

Yoga Class (\$8 Class-Continual Classes)

Every Monday: 7:00 pm AND

Thursday's Once a Month 2-Hour Session (last Thursday of each month), 7:00 pm (Thursday Night Double Class \$15/class)

Tot's Children's Music Program (\$8 Class-Continual Classes)

Friday: 11:00 am (1 hour)

Walk-Ins Welcome

LOOK FOR MORE EXCITING NEW FALL, 2009 PROGRAMS COMING IN NEXT MONTHS NEWSLETTER!

The Second Annual Riverdale Farmer's Market

Look for us at the Glenburn Estate on Hamburg Turnpike.



Tuesdays: 2:30 to 7:00 PM

Only New Jersey's Freshest:

- Fruits and Vegetables
- Fresh baked Amish breads & fruit pies
- Amish apple butter, jams and jellies
- International variety of olives, olive oil
- Pickles, nuts
- Fresh daily made mozzarella cheese
- Frozen crab cakes
- Ravioli & vegetarian ravioli
- Talapia
- Steaks
- *New!* Wood-fired oven baked Pizza!

Benefits the Riverdale Land Conservancy

Riverdale Art Center

Dr. Patti Watson, the Director of the newly established Riverdale Art



Center, opens the door to its new gallery located on Richard's Corner next to Bograd's Furniture. Collections from local artists living in the

Morris-Passaic-Bergen County area will be on display. Watch for the grand opening!

It is established as a 501(c)3 non-profit. Contributions may be tax deductible.

Annual Street Fair



Sunday, September 6

(Labor Day Weekend)

Newark Pompton Turnpike

10 AM - 5 PM

LIBRARY NEWS!

Summer Programs

The library has been busier than ever this summer with over 60 children enrolled in the summer reading program!

In July we had a Lego competition. In other programs, kids created shoulder bags from recycled blue jeans, made jewelry, and worked on felt projects.



2009 is the first year we've offered a Drama Workshop, conducted by local actress Leanne Weiss. Theater games, basic acting techniques & improvisation made for two fun-filled sessions.

Talent Show & Ice Cream Party!

The Summer Reading Program wraps up on Saturday, August 8, 1:00 to 2:30 pm. Everybody is invited, and if you can dance, sing, tell a joke, play an instrument or any other talent, we'd love to hear from you.

Infant & Pre-school Programs

The summer session runs through the first week in August. Programs start again September 14th.

Baby Time

For infants up to 2 years old with a caregiver. Mondays, 11:00 am – 11:30 am. Especially for infants and active toddlers, this is a half hour of rhyme, song, movement, and shared reading.

Totally Twos

For two-year-olds with a caregiver. Mondays, 10:15 – 10:45 am. Fingerplays, rhymes, songs and stories to keep active twos engaged.

Story Time

For ages 3 – 5. Wednesdays 10:15 – 11:00 am or 1:30 – 2:15 pm. Choose which session is more convenient for you! Stories, rhymes, songs and a craft.

Teen Programs *For grades 6 and up. Registration is required for all programs.*

Teen Book Discussion Group

Tuesday, October 6 and Tuesday, December 1 6:00 – 7:30 p.m. Join us on October 6 for a discussion of the book *The Summer of My German Soldier*, by Bette Greene. We'll eat a light dinner, discuss the book and watch a 15-minute documentary about the topic of the book. Books will be available to group participants after September 1.

Adult Programs

New **Computer Classes** for basic skills such as email & the Internet start in September. Dates to be available after Labor Day. We have an ongoing seminar every Wednesday, from 11 am to 12:00 pm on topics selected by the group!



The new library entrance is much safer, offers excellent access to the disabled, and looks beautiful!

After School Programs

Registration is required for all programs. Call 973-835-5044 or email riverdalelibrarykids@nac.net

Puppy Pals Reading Club

2nd Tuesday each month September through December. Sept. 8, Oct. 13, Nov. 10 and Dec. 8 - 4:00 – 5:00 p.m.

Dogs certified by St. Hubert's Animal Welfare Center will be on hand at the library to "listen" to children read. For children in Kindergarten through 5th grade. (4th and 5th graders participate by reading to younger children and dogs.)

Lego Club

Tuesday, Sept. 29
4:00 – 5:00 p.m.
Come test your building skills. For grades 1 – 5. Space is limited! Be sure to register!

Craft

Tuesday, October 27
4:00 – 5:00 p.m.
Join us for a fall craft. Grades 1 – 5.

Breakfast Book Club

Saturday, October 17
10:15 – 11:30 a.m.
Parents and kids will read a book before the club. We'll eat breakfast, discuss the book and then do a related craft. For children in grades 2 – 5 with a parent. Books will be available after September 1 to those who have registered.

Teen Craft

Tuesday, November 10
6:30 – 7:45 p.m.
The folks from So You Sewing and Design Studio, who led the popular jewelry making craft this summer, return!



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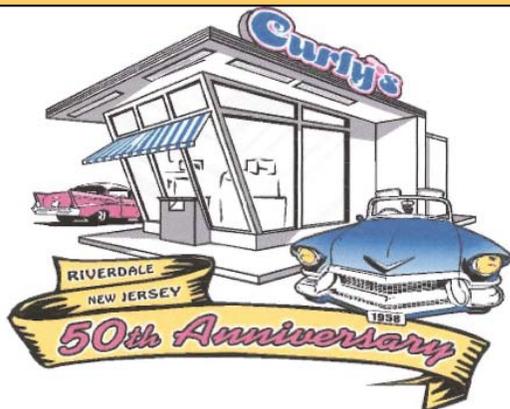
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Events Worthy of Note



Riverdale Volunteer Fire Department

In July the Fire Department was awarded a \$5,000 PruCares grant from Prudential Financial. The grant was in honor of Pat Cleary's volunteer work with the fire department. Pat is a Information Systems Director with Prudential in Roseland.

Amanda Gavrun successfully completed Fire Fighter 1 training at the Passaic County Fire Academy. In addition she was accepted into the Merchant Marine Academy in Kings Point, NY. She left July 9 to begin her education and training. When graduates in 2013, she will receive bachelor of sciences degrees, U.S. Merchant Marine licenses as third mates and third assistant engineers, and commissions in the U.S. Navy Reserve or other branches of the Armed Forces.

Amanda Dakake, 11 years old, graduated from the Pompton Lakes/Riverdale Junior Police Academy on July 17. She entered the Morris County Junior Police Academy program for July 20-24. As one of 70 members in the Morris County class, the only one from Riverdale, she was awarded a trophy for **Outstanding Achievement - Morris County Park Police Junior Police Academy - 1st Year Recruit**. This is the number one award given to the recruits. Her parents, Dennis and Stacey, believe this had to do with the positive influence the Riverdale Police Officers gave to her the previous week. Sgt. Jim MacIntosh taught her: "You don't have to like me, you have to respect me."



Computer Equipment Drive. Bring all computer, electronic, telephones, etc. to the Municipal Building for recycling. These items are donated to a non-profit, *Urban Renewal Corp*, for retraining and rehabilitation of the many homeless and war veterans. DO NOT bring: TVs, loose batteries, vacuum cleaners, microwaves, refrigerators, hazardous materials or trash. See website for complete list. www.RiverdaleNJ.gov.

Riverdale Food Pantry is Running Low

Needed: Pasta, soup, vegetables, cookies, cooking oil, mustard, mayo, tuna fish, wax paper, coffee, aluminum foil, saran wrap. Our neighbors still need our help. Please do not forget to continue your support for the Riverdale Food Pantry. Please go to website for more information. Anyone in need of assistance, please call Linda Roetman at 973-835-4060 x6. Calls are extremely confidential.



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

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

Senior Citizen Notes

By Marion Davis, Secretary



We are an active, caring and concerned group, who not only do good work, but also have a lot of fun together. We are proud of each other's accomplishments and support each other.

On Sunday, July 19, one of our members, **Shirley Montanari**, was ordained into the ministry at the Pompton Reformed Church in Pompton Lakes. She will now have the title of Rev. Shirley Montanari and will serve as associate pastor on a part time basis in this church. We wish you well, Shirley.

Following the July 21st meeting, the Seniors enjoyed a luncheon at Rupperts in Riverdale.

Not all our news is happy. We mourn the loss of our dear friend and past president **Josephine Wronka**, who passed away recently. You will always be in our hearts, Jo.

It's never too late to congratulate the thirteen Seniors who marched in our beautiful Memorial Day Parade, and also those members who rode in classy vehicles. All of us were proud to honor our brave veterans.

Fruit by Sandra Izzo



A healthy lifestyle is the key to longevity, optimum weight, abundant energy and balance. By using fruit to satisfy our taste for sweetness, we can leave behind the use of chemical, processed and refined sweeteners. Fruits are easy to digest, are cleansing and cooling and are great for those who are over-stressed and over-heated from excessive mental strain or hot climates. Fruits are filled with fiber and liver stimulants, which act as natural, gentle laxatives. Whenever possible, buy fresh, locally grown fruit as opposed to imported fruits shipped from far off places. This keeps you eating in season, so you feel more in harmony with your environment and climate.

Eating fruit raw in summer months is highly cooling, while baking it in the winter months neutralizes this cooling effect. Fruit in the form of juice (in its natural state) is a great choice for cleansing the body. Frozen, whole, pureed or juiced fruit can make great summertime cool-down treats. Try frozen grapes, banana-coconut smoothie pop-sicles or lime juice ice cubes in iced tea!

Whether you are having fresh fruit for a light early morning breakfast, a midday snack or evening treat, enjoy nature's sweetness and whenever possible buy organic.

Recipe of the Month: Fruit Nut Smoothie by Sandra Izzo

Ingredients

- | | |
|------------------------|-------------------|
| 1 banana | 1 cup diced melon |
| 1 cup soy or rice milk | 1/2 cup almonds |
| 1 cup berries | 2-4 ice cubes |

Prep time:
5 minutes

Serves 2

Directions: Mix in blender for 1-2 minutes and serve.

Did You Know?

- In the 1800's in England, anyone who unsuccessfully attempted suicide faced the death penalty.
- Elephants are taught to like peanuts. They eat no peanuts in the wild.
- Earthworms have five hearts.



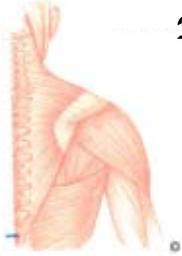


Riverdale News & Events

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Hamburg Turnpike to be Completely Shut Down Monday, August 17 @ 9:00 AM through Thursday, August 20 @ 6:00 PM

This is due to the installation of gates for the railroad crossing near the quarry.
The Turnpike will NOT open during the evenings. It will be totally closed.
Traffic is to be rerouted to Ringwood Ave to Union Ave to Van Dam Avenue.



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