

March 2011

Riverdale News & Events

Vol. 6 No. 6

A Monthly published by the Riverdale Mayor and Council

www.RiverdaleNJ.gov

SNOW MAN CONTEST



Most Creative Winners!
The Hanna Family
21 Halsey



Tallest Snow Man Winner!
The Davis Family
37 Mead Avenue
Trish, Ashley (age 7),
Nicholas (age 5), Mike.



Mike Davis measures the family's Snow Man, which stood 11 Feet Tall!



"Painted" with food coloring!

Congratulations to both winning families in our Snow Man Contest! Each family received a Gift Certificate from Clearview Cinema.

BOOK SALE

Do not miss out on the best Book Sale with the largest selection of books in all of north Jersey!

Friday, March 25 from 4:00 to 8:00 PM

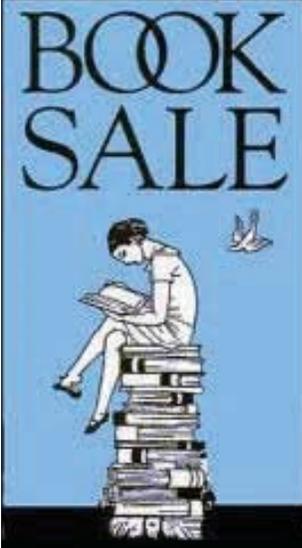
Saturday, March 26 from 10:00 AM to 4:00 PM

Sunday, March 27 from 12:00 to 3:00 PM

Riverdale Senior Community Center, Loy Avenue



Anyone wanting to volunteer may call the Library and leave their information. Books are still being accepted by the Library until March 19. They must be in good condition; no magazines, smelly, damaged, moldy or torn books can be used for the sale.



Announcements



Happy 17th Birthday, **Lou Testino**, on March 20. Love, Theresa, Joey, Jessica, Jordan and Jason.

Happy 17th Birthday, **Jessica DeGroot**, on March 23. Love, Mom, Dad, Joey, Jordan & Jason.

Happy 13th Birthday to **Kevin Miller** on March 11!! OMG- Teenager #3. We love you very much!! xoxo Ron, Mom, RJ, Matthew, Kevin and the dogs!!!

Happy 15th Birthday, **Jennifer Pezzuti**, March 17. Love Mom, Dad & Jack.

Happy Birthday, **Paul Carelli**, on March 25. Love, June, Michael, Tommy and Samantha.

Happy Birthday, **Annemarie Budesheim**, on March 4. Best wishes and love from everyone!

Happy 2nd Birthday, **Elizabeth Budesheim**, on March 25. Love, all the Family.



Happy 1st Birthday to our little princess, **Katelyn Kaszner**, on March 12th. Love Mom & Dad!!!



Happy Birthday, **Dennis Budesheim**, on March 20. Best wishes and love from everyone!

Happy March Police Department Birthdays to **Ptl. Pat Harden** (6th), **Ptl. Anthony Famularo** (20th), **Eric Hollenstein** (29th).

Riverdale Senior Citizens are Special

The first meeting of the month was held on Monday, February 7. **President Irene Moehring** welcomed everyone and conducted the business meeting. **Chaplain Grace Chiesa** gave a spiritual reading, *Healing Powers*. **Vice President Loretta Lippens** announced the February birthday celebrants and they were given a rousing Happy Birthday song from the group. She also gave some interesting readings and a few quote quips. We were reminded by our president to bring our items for the Mystery Auction, which will be held at the

next meeting. Payments are being taken for the St. Patrick's Day luncheon to be held in March, and also payments for any upcoming trips are being accepted by the trip committee. After a fairly routine business meeting, we were treated to dessert and coffee and tea. There were 65 in attendance.

The second meeting for February was postponed due to a bad snowstorm, but was rescheduled for the last Monday of February. This would be too late to make the newsletter deadline, but anything urgent will be reported



next month. Our friend and member **John Moody** suffered a bad fall since the first meeting, and ended up in the hospital. He is now recuperating at home. Our love and prayers are with you, John. We wish you well.

Presented by Marion Davis



The Auxiliary of the Riverdale Fire Department will hold their annual **Spaghetti Dinner on Saturday, April 16** at the Firehouse on Post Lane

This all-you-can-eat dinner starts at 4:30 PM and will continue until 7:00 PM. Take outs are available.

Tickets are \$7.00 for Adults, \$6.00 for Seniors, \$5.00 for children.

Proceeds assist the Riverdale Fire Department and the Saint Barnabas Burn Foundation.

Call Jean Sheps (973-835-0137) or

Marian Budesheim (973-839-5445) for more information or tickets.

RIVERDALE Public Library

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457
Phone: 973-835-5044 • Fax: 973-835-2175
www.riverdalelibrary.org

Registration is required for all programs.
Call 973-835-5044 or
e-mail riverdalelibrary@nac.net

HOURS

Monday	10-8	Thursday	10-8
Tuesday	10-8	Friday	10-5
Wednesday	10-5	Saturday	10-4

ADULT BOOK DISCUSSION GROUP

Join us for a discussion the last Monday of every month from 6:30 – 8:00 pm. Everyone is always welcome! Even if you haven't had a chance to finish the book, the discussion is great! **March 28 — *Cimarron* by Edna Ferber**

FRIDAY MOVIE MATINEE

Join us for a movie on a big screen, coffee and donuts.

Movie starts at 2:30 pm

March is Women's History Month

The Jane Austen Book Club — March 11



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

INFANT & PRE-SCHOOL PROGRAMS

Fall infant and pre-school programs end the week of March 14th and will begin again the week of April 11th.

Baby Time — For infants up to 2 years old with a caregiver.

On Mondays, 11:00 – 11:30 am

Totally Twos — For two-year-olds with a caregiver. On

Mondays, 10:15 – 10:45 am

Story Time — For ages 3 through 5

Wednesdays, 10:15 – 11:00 am or 1:30 – 2:15 pm

CHILDREN'S PROGRAMS

Puppy Pals Reading Club — Trained dogs will be on hand to listen to children in grades K – 5 read. March 8 (2nd Tuesday of each month) from 4:00 – 5:00 pm

Breakfast Book Club — Saturday, March 19 from 10:15 – 11:30 am. Book discussion for parents and children in grades 2 - 5 with craft and a potluck breakfast. Pick up your copy of *The Cricket in Times Square* by George Selden at the circulation desk.

St. Patrick's Day Story and Craft — Thurs, Mar 17 from 4:00 - 5:00 pm. Grades K - 5, join us for a St. Patrick's Day themed story and craft!



Lego® Lab — Children in grades K – 5 listen to a story and build creations out of Legos. Mar 22 (4th Tues of each month) from 4:00 – 5:00 pm.

TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — Thurs, Mar 3 from 5:00 – 6:00 pm hang out with friends and tell Ms. Rosie how you want your library to be.

Teen Book Discussion Group — Join us Tues, Mar 15 from 6:00 – 7:00 pm for pizza as we discuss *Unwind* by Neal Shusterman.



Teen Jeopardy — On Tues, Mar 29 from 5:00 – 6:00 pm test your knowledge of movies, sports, pop culture, and books in a Teen Jeopardy game at the library!

Teens, check out our new Book Review Blog at <http://riverdaleteenreads.blogspot.com/> and add your own review to enter a monthly drawing for a free book!

CALLING ALL VOLUNTEERS!

People of all ages are needed to help out at the annual **Friends of the Riverdale Library Book Sale**. Please inquire at the front desk.

THE FRIENDS OF THE LIBRARY BIG BOOK SALE!

at the Riverdale Senior Community Center
57 Loy Avenue, Riverdale, NJ 07457

Friday, March 25, 4 - 8 pm

Saturday, March 26, 10 am - 4 pm

Sunday, March 27, 12 - 3 pm

Donations are welcome until March 19
at the Riverdale Public Library.



FREE COMPUTER CLASSES @ THE LIBRARY

Computer classes are back at the library. Our classes are small for maximum attention, and they are filling up quickly! Call 973-835-5044 for more information and to register today! All classes run for one and a half hours.

Twitter– Tues, Mar 8, 3:00 pm

Introduction to the Internet– Thurs, Mar 10, 11:00 am

Introduction to the Computer– Thurs, Mar 31, 11:00 am

Excel– Mon, Apr 4, 6:00 pm

Email Basics– Wed, Apr 6, 11:00 am

LIBRARY SURVEY

When it comes to the Riverdale Library, are you satisfied? Thoroughly impressed? We'd love to hear your thoughts. Stop by the library or our website to fill out a survey!

www.riverdalelibrary.org

MONTHLY

Photography Club—Mon, Mar 28, 7:00-8:00 pm.
All Photographers welcome! Learn! Share!

Gypsy Knitters — Thursdays, 4:00-8:00 pm.
For experienced knitters. Bring a project and join in!

Harry, We'll Miss Ya'!

The community was stunned and deeply saddened this past week by the untimely death of former Chief of Police Harry Ressler – a Riverdale icon.

"Harry was a presence in the town. He was a fixture you expected to always be around – never to leave," said Mayor William Budesheim, shaken by the sad news that swept through the borough early Friday morning. "His passing leaves a void in the Riverdale community that cannot be filled. He represented everything that was good about Riverdale."

The sudden loss of his childhood friend left former Mayor Michael Dedio also struggling with myriad memories and emotions.

"Harry's passing is a hard thing for me to comprehend. I grew up here with Harry. We played in the sand pits, swam at Valley Spring Lake, and played Little League together – Harry, (the late former councilman) Barry Huber, and I.

"When we grew up and were in government together there were times we disagreed about what we thought was best for the municipality – and it got pretty heated at times, but we had a respect for each other that ran deep – that went back to our childhood," said Dedio. "And always, always, Harry gave to Riverdale the best he could give."

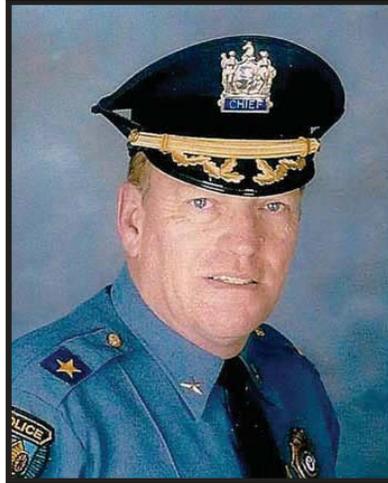
The thought of Riverdale without the capable and comforting presence of Harry Ressler is almost incomprehensible – he was simply always "there" – wherever he needed to be, taking care of whatever was needed.

"I can remember when we had a major snowstorm and as mayor I got called to get the DPW guys out and I'd go down to the borough garage, and I'd find Harry already there, sitting behind the wheel of a snowplow, ready to get on the road! That's who Harry was, knowing what needed to be done for the residents and just going ahead and doing it," recalls Dedio.

But those were different times, and Harry Ressler was from a different era.

"Harry was police chief in an era where the role of a police officer was transforming. No longer would the residents be able to

appreciate the small town policeman, one who was an authoritarian figure, much like a father, an older brother or a kindly uncle," said Mayor Budesheim. "Harry was an old-time policeman who was interested in seeing that the youth of the community were set straight, disciplined on the spot with a tongue lashing, a trip down to headquarters, or threatening to call the parents."



Once the reprimand was over, though, Budesheim said, "there followed the kind words, words of understanding and offers of help if the kid was ever in trouble and needed a confidant," which every kid in town knew they had in Harry Ressler. "That's the way things used to be done when life was simpler, less complicated."

Bridging the gap

Though life and law enforcement were admittedly becoming more complicated during Harry's tenure, Budesheim said, "Harry bridged the gap. He saw to it that his guys received the training and equipment needed to maintain the Riverdale Police Department in a manner expected by the community." And, "He defended and fought for his guys."

Dedio also appreciated the dichotomous nature of Harry's position.

"As a police chief you are caught in the middle between the mayor and council and the men in your department. But Harry always stepped up to the plate – he was part of the changing nature of police work and he was always pushing for the best – for the town and for his men."

Experiencing first-hand Harry's dedication and special friendship for those in his

command, Police Chief Thomas Soules recalls, "Harry hired me in 1977 when he was a lieutenant, and a week later he made chief. Over the years there were times when, as chief, he'd get fired up, but even if he didn't agree with you, he was always fair and just a really good guy to work for. And, as a friend, he was always 'there.' You always knew you could count on him when you needed somebody. He was unique. He was like an icon."

Harry Ressler may have grown up in, and served, a small town – often referred to as "Mayberry." But he was a complex man committed to fully serving all of its residents.

Going the full mile for kids

"Harry was on the Board of Education for almost 20 years! Think about that. He was the chief of police, serving on the Board of Ed. just because that's how much he cared about the kids in the town," said Dedio.

Budesheim acknowledges, "Riverdale has often been referred to as 'Mayberry.' Were that only still true. What we need in this hectic, frenzied world of ours are more Mayberrys and more Harry Resslers. How much better off would we all be?"

Upon learning of Harry's passing, fellow Board of Education Trustee Steve Revis said, "I am in shock! Harry was a man of great personal and professional integrity who touched many people.

"Ralph Waldo Emerson," Revis said, "must have known Harry when he wrote, 'To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.'"

Harry Ressler, 66, of Riverdale, who passed away suddenly in the early morning hours of Friday, February 18, 2011, did indeed succeed. "Harry's family, to whom we offer our deepest sympathies, lost a husband, a father, a grandfather – and Riverdale lost an icon," said Mayor Budesheim.

Excerpted from the Suburban Trends 2/23/2011

Riverdale School: *From the Desk of Dr. Betty Ann Wyks, Superintendent*

At the Board of Education meeting held on March 2 the following students were honored for their academic achievement during the second marking period.

Superintendent's List

Grade 8: Lorian Gish, Claudia Jablonski, Ashley Mackoul, Frank Magyar, Chelsea Phillip Leticia Rodriguez.



Grade 7: Mary Dougherty, Olivia Galletta, Andrew Holl, Kaitlyn Sautner, Dennis Schuck, Jr., Cassidy Tibbetts, Cruise Turner, Spencer Vogel.

Grade 6: Amanda Ekkers, Joseph Poli, Kevin Jablonski, Hallie Mansoor, Ayla Markowski

Grade 5: Sean Bastian, Amanda Edwards, Michael Magyar, Ryan Thomson, Mohammed Saleh.

High Honors

Grade 8: Caroline King

Grade 6: Yuti Gandhi, Thomas Morales

Grade 5: Trevor Bell, Thomas Dougherty, Amanda Gosson, Brenden Kane, Kayla Stygar

Heartfelt Donation. Middle school students from Riverdale School raised \$130 through a student council sponsored Valentine's Dance. The money raised was given to the Riverdale Food Pantry to help local families in need.

Sixth Grade Students Involved in Multi-Year Stem Cell Research Science teacher Steve Pricone, as part of

the school's Self-directed Learning Program, is working with a group of 6th grade students who are engaged in a number of scientific experiments. The group has created a variety of bio-degradable plastics using corn starch and different vegetable oils, in hope of finding a "green" substitute for the existing plastic used by bottled water companies. Additionally, students are attempting to culture stem cells from spider plants. To date, they have extracted "potential stem cells" from "candidate areas" of the plant. Presently, these students are engaged in trying to stimulate the growth of these cells, by giving them various plant auxins (growth chemicals) and exposing them to electric current. Mr. Pricone hopes that the cell growth is successful so that the students could utilize the cells next year to repair damage on adult plants.

Seeking Members of the Class of 2020. Kindergarten registration continues for Riverdale residents who will be 5 years of age on or before October 1, 2011. Four proofs of residency and presentation of the youngster's birth certificate and immunization record are required for registration. The Kindergarten program is a full day program which follows the school calendar. Screening will take place in May, followed by a student and parent orientation in early June. We look forward to welcoming our newest group of students! For further information, please contact the school office at 973-839-1300. Forms are on the website www.rpsnj.org.

Preschool opening. One opening remains in the morning class for a 3 year old. Contact school office.

Public Presentation of the Budget set for March 23. Public is invited to the presentation of the 2011-2012 budget. It will also be presented to the PTA on April 14 and the Senior Club.

Students celebrate the 100th day of school in a variety of ways. K students measure 100 inches in their classroom, built a chain from 100 links and gathered 100 hugs from "school friends". Other school activities included: creating a class book of 100 wishes, creating lists of 100 nouns, verbs and adjectives; and picturing oneself as 100 years old.

Students support Library Book Sale. Mr. Cortright and student volunteers will be assisting the Friends of the Library in setting up for their annual book sale on March 23. This will be the second year the students have "lent a hand" for the event. Faculty are collecting books for the sale as well.

Have you scheduled your parent-teacher conference yet? They are scheduled for March 15. Conferences provide a wonderful opportunity for parents to find out more about their child's progress in school. If you haven't already done so, please schedule a conference between 7 - 9 PM. Please contact your child's teacher or the school office for additional information.

February Professional Development Day for Staff who gathered for a variety of sessions designed to enhance their work with our youngsters. Some of the topics explored in depth included: differentiated instruction, social anxiety disorders, behavior strategies, technology explorations, Pre-K to Kindergarten transition, middle school math, and characteristics of high quality, effective educators. Staff also received training in AED use and worked with the Morris County Mental Health Players. The topics were chosen through the district's Professional Development Committee. The district has four professional days.

Rehearsals are underway for the annual drama production (April 28), co-directed by teachers Kristen Caufield and Kristen Fagan. Close to 100 students are involved in the Alice in Wonderland production.

Upcoming Dates

- March 10 School Planning Team
- March 11 NJHS movie night
- March 15 Conferences
- March 23 PUBLIC BUDGET HEARING
- March 31 Science Fair

Pequannock River Coalition Spring Planting Set for Saturday, March 26.



Pequannock River Coalition
Preserving the future

Now that we have removed the invasive plant Japanese Knotweed from Appelt Park, it's time to restore native vegetative there. Getting plants like spicebush, elderberry, and serviceberry re-established will be of benefit to local wildlife and will help prevent the knotweed from returning. Please join us on Saturday, March 26 from 10:00 AM to 1:00 PM as we begin this task. ***We need you!***

We hope to get the first set of plants in the ground. This is fairly light work, and all tools will be provided, although extra shovels and gloves are welcome. It's a rain-or-shine event to some degree, meaning a light shower won't cancel it, but a heavy downpour will. ***See you there!***

Ross Kushner, Executive Director, Pequannock River Coalition
PO Box 392, Newfoundland, NJ 07435 973-492-3212 www.PequannockRiver.org

Riverdale Woman's Club

The Riverdale Woman's Club is proud to be a part of the New Jersey State Federation of Women's Clubs. Every administration of the New Jersey State Federation of Women's Clubs adopts a "Special State Project".



Ten years ago, clubs began to participate in the selection of its Special State Project. In the spring of 2009, the local clubs were asked to share project suggestions, and 58 suggestions were submitted by club members. After careful research, the Special State Project Investigating Committee presented the clubs with a ballot containing 3 choices. Once the ballots were counted, Gilda's Clubs and The Wellness Communities of NJ had been selected by the membership.

The Gilda's Clubs and The Wellness Communities believe no one should have to face cancer alone. These organizations provide FREE non-medical support services to men, women and children living with cancer. Their philosophy, supported by clinical studies, is that psycho-social support is as important as medical care in improving the quality of life and the prognosis of those individuals living with cancer.

Over the next 2 years, the NJSFWC clubs will raise funds, volunteer their time and provide a variety in "in kind" donations to the 4 Gilda's Clubs and The Wellness Communities located throughout New Jersey.

NJSFWC was founded in 1894, and has been headquartered on the campus of Douglass Residential College in New Brunswick since 1966. Today, it has 250 clubs throughout the state. The federation is a member of the General Federation of Women's Clubs, the oldest and largest nonpartisan, non-denominational women's volunteer community service organization in the world. Opportunities are provided to women in education, leadership training and community service through participation in local clubs, enabling members to make a difference in the lives of others, one project at a time.

The Riverdale Woman's Club invites all interested women to join us as we strive to contribute to our community.

For more information about the Riverdale Woman's Club or any of its projects, please contact the membership chairman at 973-835-3269. For more information on the NJSFWC visit the Federation Website at www.njsfwc.org. For more information on the GFWC visit the Website at www.gfwc.org.

COMMUNITY CENTER PROGRAMS

Senior Community Center
57 Loy Avenue - 973-706-6471
JCarelli@riverdaleborough.com

Teen Tournament Night Saturday, March 26, 8 -10 PM

\$5.00 at the door. All Grades 6-8 Riverdale Youths invited! Snacks, Refreshments, Prizes & Music!

Tournament Brackeology! Have fun competing with your classmates in Ping Pong, Air Hockey, Wii Games

Mind Reading Game Show with Flavian. Think of a phone number, a pet's name, a birthday or anything at all. Flavian will dazzle you with his ability to tell you what's on your mind! Audience participation that will be fun and amazing for everyone. **Friday, April 8th, 7:30 PM, \$5.00 per person.** Please call or email for a reservation.

"New" Total Body Sculpt Classes begin **Thursday, March 10, 6:00 PM**, \$6.00 per Class, Instructor Karen Vizuetta. *Supplies: Small Bath Towel (not too fluffy & not a hand towel), a Mat and Sneakers.* This class will include cardio, balance, stability, flexibility and sculpting moves holding a towel and using your own body weight!

Senior Art Class **Thursdays, 10:00 AM starting March 3.** Instructor Pam, a certified art teacher. All are welcome, Just walk in! Most materials are provided, but a small supply list will be recommended for purchase based on the activity. Drawing and Painting among other creative projects!

Kids Fencing 3rd Session Tuesday, March 15, 6:30 - 7:30 PM.

If you missed first two sessions, you can still join the six week program this week. \$12.00 per class. Recommended for Grades 3 - 8. Cost includes National Fencing Alliance-LLC instruction & NFA Club Fencing equipment. Students are introduced to Saber, Boys & Girls Learn-Fencing-Footwork, Drills and Boutings.

Girls Softball Clinic Improve Hitting and Pitching Skills with this 4 week Instructional Clinic. Taught by a skilled, professional and Olympian Softball Player! Recommended for Grades 3 - 8 Girls. Instructor Danielle Walker, Rapid Fire Softball. Starts **Mondays in April, 6:00 PM**, \$8.00 per student. Please call or email to sign-up.

Tot's Music Class **Fridays at 11 AM** in the Lower Level of Community Center. \$8/class. Instructor Miss Indio. No sign-up required. All Riverdale tots welcome to take part in a comprehensive preschool music program.

Exercise Classes **Boot Camp Mondays & Wednesdays at 7:45 PM**, \$6.00 per class. Instructor Cary Stone.

Zumba every Tuesday at 10:00 AM and 7:30 PM, \$5.00 per class. Instructor Mindy Gansley.

Yoga every Thursday at 7:30 PM, \$6.00 per class. Instructor Kathy DeJesus.

RECREATION PROGRAMS

Swim Lessons at New York Sports Club Spring Session begins **March 7 until May 1.** Classes available for all ages from Toddler to Students. Contact NY Sports Club at 973-838-1140 for a full list of the classes, days and times. Cost \$144 for 8 week session.

2011 Summer Camp Counselor Positions



Applications are now being accepted. Applications available at the Riverdale Borough Hall and online at the Borough's website www.RiverdaleNJ.gov.

Must be 16 years old to apply.

Camp Dates: **June 27 - July 29** (5 weeks)

Let the Good Times BOWL!

It is that time of the Winter to come out for an enjoyable evening with friends, family and neighbors for a night of bowling.

Saturday, March 19, 8:00 PM

Holiday Bowl, Oakland

Cost \$30 per person. Includes 2 Games of Bowling with new and fun games where you can win prizes for your great bowling, such as *In the Gutter Award, Spare Change Award, Strike It Rich Award, Crazy Style Bowling.* Full Dinner included: Ziti, Cavatelli with Broccoli, Sausage and Peppers, Chicken Wings, Cold Cut Platter, Green Salad and Desserts. Coffee, Tea and Unlimited Soda. Adult Beverages available.

Music and Laser Light Bowling All Night

Sign up ASAP to reserve your lane. Call Office or Recreation Member Kari McCarthy at 973-839-8580

Deadline to Sign up is March 11.



A Slower Pace to Italian Tourism *submitted by Carolyn Masone*

Much of the fascination that Italy holds for me doesn't come from its big cities, but its smaller villages that populate the hills and valleys. They somehow manage to be isolated despite internet connections and satellite TV. It was a small village that welcomed me on my first trip to Italy, and the more villages I see, the stronger this connection grows. These places embody the everyday culture of Italy, rather

than the world class art and music, hustle and bustle that is found in the bigger cities. While those experiences are unforgettable, it's not all that Italy has to offer. In fact, it's only in a small village where I can hear the clang of bells dangling from the necks of sheep as they climb down the steep hillside paths at the end of a long day. Or enjoy the sound of children singing from inside a school as I meander past, savoring a cup of gelato. This is not an experience for the fast and furious, but for what I like to call the slow and curious.

Generally speaking, these villages are not on most tourist itineraries. Yet, it is precisely those unique places, cut off from the constant ebb and flow of outside visitors, that incubate the Italy that so many tourists dream about. Lest all this sound too idyllic, it is important to remember that these villages are not museums frozen in time, but places where people actually live; communities with economic, social, cultural and political concerns.

The National Association of Italian Municipalities created an organization to identify, encourage and safeguard the multi-faceted legacy of the small Italian village, *I Borghi Piu Belli d'Italia* (The Most Beautiful Villages of Italy). Formed in 2001, it is a surprisingly recent organization dedicated to the protection and promulgation of the history, art, culture, traditions and environment found in these special places. Villages are evaluated for membership based on various criteria, including the citizen's quality of life (such as types of available activities and services) and

architectural and historical consistency. Approximately 200 villages throughout Italy are current members, and membership is regularly reevaluated to keep standards high. As a group, *I Borghi* allows its member villages to take advantage of a tourist platform that, up to this point, villages have not been able to access individually.

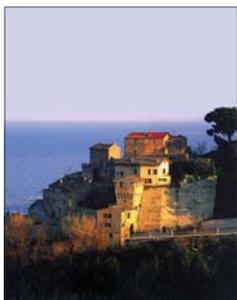
If you are intrigued by experiencing this special side of Italy, keep in mind that traveling to villages like these present certain challenges. They may be time-consuming to reach since they are not on the usual tourist train and highway routes. Communication may be a problem; how much English, if any, is spoken there. Fiorello Primi, the President of *Il Borghi Piu d'Italia* puts it this way,

"We are not offering heaven on earth, but we do want that the increasing numbers of people who return to

live in these small historic villages and the visitors who are interested in learning about them may find the atmosphere, the fragrances and flavors that make local customs, products and traditions a way of life that is worth savoring with all five senses.." In short, though it may not be for everyone, the rewards are great.

But which villages to choose? How can I get there? Where should I stay? Answers to these and other important questions can be found at *I Borghi's* well-designed website, www.borghitalia.it. There are links to information on every member village, including hotels, restaurants, images, events and shopping. You can make reservations through the website and just count the days until your departure for *la bell'italia*.

Visit Carolyn Masone's website for a photographic tour of Italy at www.EssenceofItaly.net



Food Pantry: Needs Your Support!

The Pantry inventory is very low and your support is needed in order to continue helping our Riverdale neighbors who are experiencing difficulties. Donations may be brought to the Municipal Building or to the Community Center. Items needed include: Cereal, pancake mix and syrup, canned corn, peas, pork 'n beans, boxed rice and potatoes, soups, coffee, tea, mayonnaise, jelly, pasta, pasta sauce, mac 'n cheese, tuna fish, canned meats. Paper, Cleaning Products and Laundry and Dish Detergents are always needed.

To request confidential Pantry assistance or to help out, call Linda Roetman at the Municipal Building (973) 835-4060 x6.

Sickness, PAIN or Disease?

Being healthy isn't luck. The "Luck of the Irish" won't help you regain your health. Regular chiropractic adjustments may help.

Go to www.stewartfamilychiro.com to find out how chiropractic can help invigorate your healing.




STEWART
FAMILY
CHIROPRACTIC
Gary C. Stewart, D.C.
43 Newark Pompton Tpke
Riverdale, NJ 07457

Visit www.stewartfamilychiro.com for a special March Madness initial visit offer.

Call NOW!!
973-835-5773

Did You Know?

- Shakespeare invented the words "assassination" and "bump".
- A giraffe can go without water longer than a camel can.
- Every night, wasps bite into the stem of a plant, lock their jaws into position, stretch out at right angles to the stem, and with legs dangling, fall asleep.
- The word "byte" is a contraction of "by eight".
- The dot over the letter "i" is called a tittle. The symbol on the pound key (#) is called an octothorpe.
- Dr. Samuel A. Mudd was the physician who set the leg of Lincoln's assassin John Wilkes Booth and whose shame created the expression for ignominy, "His name is Mudd."
- The continents' names all end with the same letter with which they start.
- It's impossible to sneeze with your eyes open.



Photo Courtesy Alan Hyman

Shown accepting the gifts from the Auxiliary are (l-r): Lt. Dan Burik, Chief Dan Sturm, Vice President Jean Sheps, President Marge Norton, Amber Regeling, Secretary Lorrie VanRy, Treasurer Tricia Davis and Captain Mike Davis.

EQUIPMENT DONATED

Each year the Auxiliary of the Riverdale Fire Department sponsors various fund raisers. The Fire Department is the primary benefactor of our fund raising proceeds. In 2010 we presented the Department with a check for \$1500. Pictured is an array of various tools that were purchased with the gift.

The Auxiliary also awards the \$1000 Grace Peine Memorial Scholarship to a deserving Riverdale High School Senior. St. Barnabas Burn Center receives a donation from us yearly as another of our benefactors.

This year's Annual Spaghetti Dinner on April 16 will be raising money for these most noteworthy recipients. Please plan on attending. More information is available on Page 2 of the Newsletter. *Auxiliary membership is open to all.*



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Breakfast with the Easter Bunny

Make your Reservations - Now!

Saturday, April 23 from 9:30 - 11:00 AM
Community Center - Maximum Attendance 150
Adults \$5.00 Children \$3.00

Includes Continental Breakfast, Picture with Easter Bunny (compliments of CVS), Balloon Clown and more...

Must call in advance to make a reservation.

Call Recreation Office 973-706-6471. Leave detailed message and your call will be returned to confirm your reservation; or email at RiverdaleBunnyBreakfast@gmail.com



Easter Egg Hunt to follow the Breakfast on April 23 at 11:00 am.
Community Center back yard. Ages 2 years old through 5th Grade Students.

Bring your own Basket to Collect Eggs.
 Details to follow in next month's newsletter.



Spring Awakening Mini Yoga Retreat



Please join us for our annual spring gathering. Shed your winter coat and prepare to lighten your heart with Hatha Yoga, pranayama, meditation, a talk by Reverend Jaganath Carrera, a vegetarian lunch and more!

Sunday, March 20 from 10:00 am to 4:00 pm at the Riverdale Senior Community Center. Some Yoga experience is suggested. Bring a yoga mat.

Fee: \$63 early bird registration before March 10. Register with a friend \$108 (\$54/person). Walk-ins welcome...at door \$81 per person.

For more information and to register online visit www.yogalifesociety.com or email krishnadamian@gmail.com

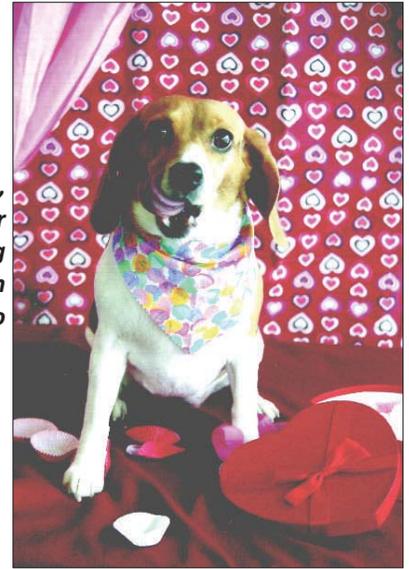
The *Riverdale News and Events* is published on or about the first day of each month. We are interested in all the good news that is happening around town and in your families. We welcome all such announcements, including birthdays, anniversaries, graduations, and any other special occasions you may want to share with your neighbors. The deadline for all insertions is the 3rd Wednesday of each month, which may be extended in certain circumstances. Please email your copy and photos to mayor@riverdalenj.gov and riverdalemayor@gmail.com. Photos should be in JPEG or TIFF formats and preferably at least 1MB in size.

RIVERDALE



Greyhound Friends of North Jersey held a successful "Fur-tography" Fundraiser at Bubble & Bones in Riverdale.

Pictured here is Faith the Beagle, who showed her support for homeless greyhounds by having her picture taken and leaving with a beautiful, one of a kind, photo Valentine's Day card.



The Glenburn Estate



Keep Sean Carey in your prayers until his safe arrival home.

WILD WORLDS

THE RAC GALLERY

Featuring: Nissan Gallant - Paula Madawick - Carol Mainardi - Jill Sluka - Patti Watson

2 NEWARK-POMPTON TURNPIKE
RIVERDALE, NEW JERSEY 07457
www.riverdaleartcenter.org
973-513-9250

April 2 - May 1, 2011
Artists' reception
Saturday, April 2, 3 to 6pm

New Art Show Artist's reception on Saturday, April 2 from 3-6 PM.



Riverdale School 2nd Grade Art Project hanging in Community Center.

DAILY NEWS



Ashley & Nicholas Davis
37 Mead Avenue



First grader Estefania C. reading to Dr. Wyks



Arts & Crafts made by the staff of the Riverdale Library on display in the Library's Gallery during the month off January.



Photos taken at the closing of the February art show, *Winter Soulstice* on February 26. Peggy Dressel is pictured above with her watercolor/pastel "Pam's Hat".

The Riverdale Art Center



Four of the artists who had exhibited at the show are (l-r) Chris Kappemeir, Mary Guidetti-McColl, Victoria Starger and Peggy Dressel.



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Attention Riverdale Residents

If you want to sell your home, or if you want to buy a home, you must call our Mom.

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Zachary



Steven

We LIVE in Riverdale and we know how to SELL Riverdale!

We are our mom's Number One Assistants!

So give our Mom a call, you will be happy you did. She is also an Award Winning Agent!

"Ask Ana"

Welcome to my little corner of the *Riverdale News and Events*. The editor has always wanted to have a greater variety of features here, and I have always wanted to write an advice column. I would like to take this opportunity to welcome you to the "Ask Ana" advice column and tell a little about myself.

I am no sort of professional at this; however, I have come to realize that a lot of people that I know in day-to-day life, as well as in the cyber-world, seek and appreciate my advice. While this column is for entertainment purposes only, I promise to take your questions seriously. You may have the question that dozens of other people are afraid to ask; I will honor your situation with that in mind.

Please send your questions to AskAna011@gmail.com and I'll answer as many as I can. I look forward to hearing from you!



To see the photos of many of the events taking place around town, go the Borough's Website at www.RiverdaleNJ.gov and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."

Spreading Some Love at the Library

Children create heart 'n' hand puppets during Storytime at the Library.



Teens discovered that chocolate is more than just tasty; it's also great to paint with!



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What's New at the RAC?

5 Mathews Avenue, Riverdale



ART CLUB FOR TEENS: Beginning in March, let your creative spirit soar at the **Teen Art Club!** The Riverdale Art Center is launching a **Teen Art Club** on Friday evenings from 6 to 9 pm at our **5 Mathews Avenue Studios in Riverdale.** First session is Friday, March 18 and every following Friday. Students ages 12 to 16 are welcome. Pizza provided. Cost is \$30. To sign up, call the RAC at 973-513-9250 or email us at info@RiverdaleArtCenter.org.



New Classrooms: In partnership with the Pequannock Valley Rotary Club and terrific volunteers, we are renovating new, first floor art classrooms at our 5 Mathews Avenue facility in Riverdale to make them handicap accessible. Stay tuned for special art therapy sessions and a Summer Masters series!

Epiphany: An Abstract Expression is an art exhibition of original contemporary art depicting both realistic portraiture and abstract interpretations of the human form, from March 5 - 27 at the RAC Gallery at **2 Newark Pompton Turnpike.** The show features Anthony DiLorenzo, Bojana Randall and Alex Thijssens.

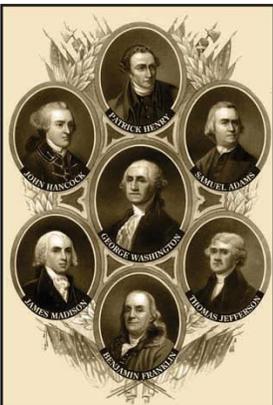
Artists' Reception: Wild Worlds on Saturday, April 2, from 3:00 - 6:00 PM at the RAC Gallery featuring the art of Nissan Gallant, Paula Madawick, Carol Mainardi, Jill Sluka and Patti Watson. This show features realistic, idealized and metaphoric interpretations of animals and the natural world. The exhibit runs from April 2 through May 1, 2011. Don't miss this exciting exhibit!

Why We Say...

Can't Hold a Candle to (have far less skills than someone else). Before electric lights, someone performing a task in the dark needed a helper to hold a candle to provide light while the task was performed. Much as a helper might hold a flashlight today. Holding the candle is of course the less challenging role. Someone who is not even qualified to hold the candle is much less competent than the person performing the actual task.

Dead as a Doornail (to be dead with no chance for recovery). Nails were once hand tooled and costly. When an aging cabin or barn was torn down the valuable nails would be salvaged so they could be used in later construction. When a door however, carpenters often drove the nail through then bent it over the other end so it couldn't work its way out during the repeated opening and closing of the door. When it came time to salvage the building, these door nails were considered useless, or "dead", because of the way they were bent.

In the Doldrums (to be depressed). Doldrums is the name of a place in the ocean that is located near the equator and is characterized by unstable trade winds. A sailing ship caught in the Doldrums can be stranded due to lack of wind.



Wisdom of our Fathers

Words of Wisdom given us by our Founding Fathers. Words our government should follow today. Enjoy. Ponder.

"Democracy is two wolves and a lamb voting on what to have for lunch. Liberty is a well-armed lamb contesting the vote!"
Benjamin Franklin

"We have no government armed with power capable of contending with human passions unbridled by morality and religion. Avarice, ambition, revenge or gallantry would break the strongest cords of our Constitution as a whale goes through a net. Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other."
John Adams

"It is the duty of the patriot to protect his country from its government."
Thomas Paine

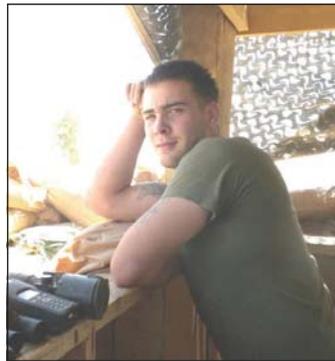
"If ever time should come, when vain and aspiring men shall possess the highest seats in Government, our country will stand in need of its experienced patriots to prevent its ruin."
Samuel Adams

"The liberties of a people never were, nor ever will be, secure, when the transactions of their rulers may be concealed from them."
Patrick Henry

HOME

RE-UPPED

Welcome home from Afghanistan, **LCpl Joey DeGroot**. We love you and are so proud of our hero! Love, Mom, Dad, Ma, Jess, Jordan and Jason.



Welcome home from Afghanistan, **Marine Dylan Sylvestri**. We missed you and are so very proud of you for serving our country. Love, Gram, Aunt Nicole, Steven & Cody.

Ryan Cleary, a life long resident of Riverdale, has re-enlisted in the Navy for an additional 2 years and on January 19 he was advanced to the rank of Petty Officer 2nd Class (E-5). He is assigned to the USS Theodore Roosevelt in Newport News, VA.



ON LEAVE

MCURGENT Riverdale has joined with Morris County in developing a shared emergency information network that will be used by the county and the borough to quickly disseminate information to the public in the event of an emergency. The network is called **MCUrgent**, which will get the word out through Twitter and Facebook and Text Messaging on your cell phone. While Facebook requires an account, Twitter is a social network that provides free access. For those who prefer text messages, Twitter's new "Fast Follow" sends tweets directly to a phone without requiring a subscription. Check out the borough's website, www.RiverdaleNJ.gov and on Facebook at [Riverdale NJ Government](#).

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CARECYCLE is a respected family owned company that has been in the recycled clothing business for over 40 years. We are fully insured, and our pledge of pride guarantees your satisfaction with our programs.

Textile and clothing recycling provides numerous environmental and economic benefits for our planet. Not only does it prevent post-consumer textile waste from entering the waste stream (the total flow of solid waste from homes, businesses, institutions, and manufacturing plants that are recycled, burned, or disposed of in landfills, or segments thereof such as the "residential waste stream" or the "recyclable waste stream"), recycling efforts do not create any new hazardous waste or harmful by-products. Clothing recycling is one of the most efficient recycling industries. Nearly 100% of used textiles are recyclable.



The collection containers are next to the Municipal Building.

We accept clean, gently worn clothing, used clean clothing, including shoes and sneakers to support sustainable living and support the environment. We do not accept any household items.

CARECYCLE is Proud to Have Raised Hundreds of Thousands of Dollars for Various Organizations!



Natural Health

The belief that the body is fully capable of ridding itself of any and all disease. Practitioners and followers of Alternative health apply this belief by increasing the health of the body. *And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.* Genesis 1:29

SPIRULINA is a one-celled form of algae that multiplies in warm, alkaline fresh-water bodies. Germs and scum are associated with microorganisms of disease. Spirulina grows in this type of surroundings but it is in fact one of the cleanest, most naturally sterile foods found in nature. The ability of Spirulina to grow in hot and alkaline environments ensures its hygienic status, as no other organisms can survive to pollute the waters in which this algae grows.

Spirulina is the highest source in the world of Beta-carotene, vitamin B-12 and gamma-linolenic acid (GLA). Spirulina contains most of the known amino acids. It contains all nine essential amino acids that the body must derive from food.

Spirulina has many times more the Beta-carotene than carrots. It contains 250% more vitamin B-12 than liver. It contains four times the protein of beef. Spirulina is 65-71% protein as compared to beef, which is about 18%. Proteins of Spirulina are 80-85% assimilated as compared to 20% for beef protein. It is an algae which contains 26 times the calcium of milk, lots of phosphorus and niacin.

Spirulina is a complete food with one exception, it is lacking in carbohydrates. It is beneficial for any and all ailments that exist due to a deficient diet. Hair can grow, eyes can see, ears can hear, taste buds are improved, strength is gained, all life is better as a result of ingesting Spirulina. It remains among the most efficient blood, cell and tissue builders, as well as being an extremely potent and health energy booster. It helps to satisfy hunger naturally and balance blood sugar levels. It also provides good nutrition for the brain, giving greater mental clarity and alertness.



Spirulina:

- It is a RNA/DNA balancer, it is a complete protein, containing the entire B complex of vitamins, trace minerals and essential fatty acids.
- It boosts the immune system, it is a cholesterol reducer and aids mineral absorption.
- It curbs the appetite and is very high in chlorophyll and iron.
- It aids the body in cleansing itself by helping it to remove toxic poisons in the body.

Taken from The Little Herb Encyclopedia by Jack Ritchason, N.D.

The most High hath created medicines out of the earth, and a wise man will not abhor them. ... The virtue of these things is come to the knowledge of men, and the most High hath given knowledge to men, that he may be honored in his wonders. By these he shall cure and shall allay their pains, and of these the apothecary shall make sweet confections, and shall make up ointments of health, and of his works there shall be no end. (Eccles 38:5-7).

Scholarships



The Auxiliary of the Riverdale Fire Department is pleased once again to offer the **\$1000 Grace Peine Memorial Scholarship** to a Riverdale resident who will be entering college in the fall of 2011. Applicants must be Riverdale residents who will graduate high school this current academic year and who will be attending college in the fall. Applications will be available at the borough hall and at www.RiverdaleNJ.gov after March 1, 2011 and must be received by the Auxiliary no later than April 29. The scholarship will be awarded at the town Memorial Day ceremony. Mail all applications to the Riverdale Fire Department, 56 Post Lane, Riverdale.



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Prostate Cancer Awareness



April 4 from 11:30 am to 1:00 pm
Morristown Hospital, Auditoriums A & B.
No charge. Lunch provided.

Prostate Cancer is the leading cause of cancer in men and the second leading cause of cancer death in men. Much controversy centers around the over-diagnosis & over-treatment of this disease. This program will discuss the current guidelines for prostate cancer screening and their clinical implications.

Space is limited. Please register via email to pat.bonder@atlantichealth.org or leave a message at 973-682-2141.

Riverdale News & Events

91 Newark Pompton Turnpike
Riverdale, New Jersey 07457

www.RiverdaleNJ.gov

Crush!

It's time to CRUSH that habit!
Quitting is hard enough;
you don't have to do it alone!

Tuesdays, April 5 to May 17

No Class April 19



7:00 to 8:00 PM

**Chilton Health
Network**

242 West Parkway, Pompton Plains
2nd Floor, Community Outreach Conference Room

Here's the program:

Week 1: *Planning to Quit.*

Week 2: *Quit Day.*

Week 3: *Counseling, group support on the dangers of smoking, second hand smoking, the benefits of quitting and helpful tips for staying smoke-free.*

Week 4: *Staying smoke-free & keeping a smoke-free household and Celebration!*

\$75.00 Per Person

*For questions and to reserve your space, please call
Community Outreach at 973-831-5475.*

A Blast from the Past-December 1984



CHILD HEALTH CLINIC— Anne Marie Budesheim, 9-months-old, receives a medical check-up from Dr. Patricia Baran at the Riverdale Child Health Conference held last month at the municipal building. Assisting Baran with her little patient is nurse Nancy Wojtowicz. (TODAY photo by Marilyn Murphy)

A resident recently came across this old clipping and forwarded it to us.



*Are you looking to get rid of
Old Televisions or
Computer Monitors?*

*Bring your old monitors or
televisions up to 32" to*

Best Buys, Route 23, Riverdale.

The store is accepting them as part of our Recycling Program.

Televisions more than 32" diagonal will be picked up at your home for a \$100 fee.

