



Riverdale News & Events

Borough of Riverdale, Post Office Box 6, Riverdale, NJ 07457

Run For Soldiers

Charity 5 Kilometer race to raise funds for New Jersey Troops' Homecoming. Beginning at the Riverdale Armory on Sunday, April 26 from 8:00 AM Registration to about noon. www.homefront5k.com to register & more info.



Upcoming School Dates - IMPORTANT!

April 1 Public Hearing on Budget at School 7:30 PM

April 21 Budget & Board Elections 2:00 - 9:00 PM Boro Hall

Grace Peine Memorial Scholarship applications are available online at www.RiverdaleNJ.gov. The link under the Message Board will bring you to the information and application page. Applications due: 4/30/09.

IMPORTANT NOTICE! Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking. Under state law NO PARKING is permitted 1. Within an intersection 2. On a crosswalk 3. In front of a driveway 4. On a sidewalk 5. Within 50' of a stop sign 6. Within 25' of an intersection 7. Within 10' of a fire hydrant. Our Police will be enforcing these state laws to ensure that public safety is maintained, especially the accessibility of our fire trucks to the streets in our residential neighborhoods.



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Easter Egg Hunt

Saturday, April 11
Community Center
10:00 AM Sharp



Jen Homcy is back at third base for Pompton Lakes High School after missing all of last season because of three torn ligaments in her left knee. Good luck, Jen!
The Herald News 3/28/09

Spaghetti Dinner Riverdale Fire Department Auxiliary

The 10th Annual Spaghetti Dinner will be April 18 from 4:30 - 7:30 PM at the Riverdale Fire House, 56 Post Lane. The menu consists of Spaghetti, Meatballs, Salad, Bread, Dessert & Beverages. Tickets at the door: \$7.00 for adults, \$6.00 seniors & \$5.00 children 12 and under. With advance notice, Riverdale Seniors may place orders for home delivery if they are unable to attend the fire house. Advance reservations: Jean 835-0137 Dorothy 839-0943.

Our recently published cookbook *Recipes to the Rescue* will be on sale during the dinner. Enjoy some of our recipes at the dessert table.

We support the St. Barnabas Burn Foundation, our own Department was given two FIT-5 devices, one of which was used at a recent house fire. We also "adopt" a retired fire-fighter living at the NJ Firemen's Home in Boonton and try to make his life more cheerful by visits and gifts. Our newest venture is the Grace Peine Memorial Scholarship. Visit the borough's website for details.

Don Pruden addresses the newly formed Riverdale Garden Club on how to grow African Violets. The club meets the 4th Tues. of the month at Library.



Senior Club News. The first meeting in March of the Riverdale Seniors was celebrated with a Happy Birthday song to President Loretta Lippens and seven members. The St. Patrick's Day Dinner brought out everyone's Irish apparel and green derbies. The Regency House served a corned beef & cabbage dinner with a special ice cream desert that was enjoyed by all. May God hold you in the palm of His hand (not to mention the gas to make it home!)

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 4, No. 7

www.RiverdaleNJ.gov

April 2009



Early Birds line up all the way to Loy Ave.

Book Sale a HUGE Success!

The Friends of the Riverdale Library conducted their 7th Annual Book Sale to raise money for noteworthy programs and books for our library. This looks to be their most successful so far with many thousands of tomes available. Thank you, Friends, for your continued support of the Riverdale Library.



Just a few of the Friends who have worked so hard on the book sale. They have been preparing for this the past few months with a lot of hours and expertise donated, most especially over the past few weeks. **More than \$5,000 raised this weekend!**



Council President & Library Trustee **Paul Carelli** browses through the section on good government. Keep on keeping our taxes low, Paul! Way to go!

Riverdale Borough made of the best people on earth.

Scoutmaster Steve Loesner guides another Eagle Scout



Steve Loesner, pictured far right, with some of his scouts after working on a service project.

Scoutmaster **Steve Loesner** announces that Boy Scout Troop 73's Charter will expire by the end of the month. Steve reactivated the Riverdale troop eight years ago, and in that short time has elevated six young men to the rank of Eagle Scout.

On April 22 the last scout to become an Eagle Scout will be **Mark Knopsnyder** at the Riverdale Senior Community Center. Mark's project was the bocce court next to the community center.

Clean Up at the Glenburn Estate

The Riverdale Land Conservancy, the Pequannock River Coalition and the DPW spent last Saturday morning cleaning the Glenburn Estate as part of a Clean Communities Program. With the approval of the borough's arborist the "invasive" trees have been removed to make way for a parking area, appropriate shade trees and the Farmer's Market coming this summer. Work will begin on restoring the barn and the house sometime next month with grants from Morris County. Special thanks to **Donna & Randy Bush, Carolyn Masone, Steve Loesner, Gerry Karg, Ross Kushner**, et al. for their assistance.



**Tina Santangelo-Cali, Realtor
Sales Associate**

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973-839-4800

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

Announcements

Happy 18th Birthday, **Chris Venza**, on April 28. You made it! Congratulations! Love Dad.

Kaylee Lotterman will be celebrating her 6th Birthday on April 23. Lots of love from Mom Dad, Nicole, Cody (woof!), Grandma Helen & the rest of the "family"!

Happy 19th Birthday to **Anthony Budesheim** on April 19.

Happy 3rd Birthday, **Alyssa Skye Enrique**, on April 7. We love you very much. Love Mommy Daddy and Hailey.

Happy Birthday, **Alex Coppola**, who celebrates her 21st Birthday on April 24.

Happy 3rd Birthday, **Morgan Hanna**, on April 27. We love you bunches, bunches and bunches. Love Daddy, Mommy, Madison and Jingles.

Happy Birthday, **Dennis Maxwell**, on April 9. Love Dean, Pam, Dylan, Chelsea & Leo.

Happy Birthday, **Pam Gubich**, on April 19. Love Dean, Pam, Dylan, Chelsea & Leo.

Happy 5th Birthday, **Amie Lombard**, on April 18. Love Reilly, Dave, Michlyn, Dan Jr., Dan, Justine and Nate.

Happy Birthday, **Judy Grecco**, on March 23. Love Kris & Pam.

Happy 8th Birthday, **Michael Schrock**, on April 25. Love, Mom, Dad, Nicole, Pina and Grandma.

Happy 14th Birthday, **RJ Miller**, on April 24. All our love, Mom, Ron, Kevin, Matthew & Kevin T.

Happy 46th Birthday, **Cindy Gancher**, on April 19. Love, Veronica, Matt, Joanne & The Fluffemutter.

Happy 10th Birthday, **Emily Clinton**, on April 23. Love Mom, Dad, Kyle & Reilly.

Best of Love, Luck & Happiness to my brother, **Officer Joe McDermott** and his wife **Melissa**, who are expecting their first child in October. We are so excited for you both! All our love, Marybeth, Ron & the boys.

Congratulations to the USA Youth Wrestlers for placing at States. **Sal Negrini** (8th Place), **Frankie Negrini** (5th) & **Leo Sylvestri** (9th). Way to go, boys! You make Riverdale proud!

Congrats to **Sal and Frankie Negrini** for both taking home medals in the NJ State Wrestling Tournament. We are so proud of you both in your great accomplishments! Love Mom & Dad.

Congratulations to Adam and Tori on the birth of their daughter **Elizabeth Ann Budesheim** on March 25. She joins older sister Caroline. Grandparents are Bill and Marian and Tony and Sally Del Vecchio.

Happy April Police Birthdays to **Dispatcher James Nolan** (7th), **Officer Rob DiGirolamo** (10th) & **Sergeant Greg Bogert** (15th).



Bleached Flour: Grounds for Concern

Nearly everyone knows that white flour is not healthy for you, but most people don't know that when white flour is bleached, it can actually be far worse for you. It's generally understood that refining food destroys nutrients. With the most nutritious part of the grain removed, white flour actually becomes a form of sugar. Consider what gets lost in the refining process: Half of the beneficial unsaturated fatty acids. Virtually all of the Vitamin E, 50% of the calcium, 70% of the phosphorus, 80% of the iron, 98% of the magnesium and 50-80% of the B vitamins. And many more are destroyed.

Old time mills ground flour slowly, but today's mills are designed for mass production, using high temperature, high speed steel rollers. The resulting white flour is nearly all starch, and even much of today's commercially processed whole wheat flour has lost a fair amount of nutritional value. Then the flour is hit with another insult - a chlorine gas bath serving as a whitener.

Recreation

RECREATION DEPARTMENT PROGRAMS Call 973-706-6471 to Register or for Questions on Activities listed

Town Easter Egg Hunt, Community Center Backyard
Open to Riverdale children ages 2 thru 12 @ Saturday, April 11, 10:00 AM SHARP
Please bring your own Easter Basket for collecting eggs, meet the Easter Bunny, find an Egg with a Golden Egg Ticket & win a Grand Prize, participate in the Jelly Bean Count contest, plus treats found in every egg. Each child will receive an additional special Easter treat!

Spring Sports Play Group, Community Center Ages 3 thru 5 years
Start: Saturday, April 18 (6 week program), 10:30-11:30AM Cost: \$35/child
Last Chance to Register, Deadline-April 6th. 3 TUMBLE BUS VISITS (Kids receive a Tumble Bus Participation Medal!) Plus...Basketball, Parachute, Crafts & More...

Spring Tennis Lessons, Community Center Parking Lot Ages 3 thru 14
First Serve Tennis Academy Start: Saturday, May 2 (6 week program) Cost: \$70/Child
Class Times: Ages 3-6 @ 10-11AM * Ages 7-9 @ 11-12Noon * Ages 10-13 @ 12-1:00PM
No experience or tennis-skilled children are all welcome. Balls & specialized equipment provided by First Serve Academy. Participants must provide his/her own racket.

Spring Basketball Clinic, Community Center New Basketball Court
Falcon Sports Academy-Ages 6 thru 14 Start: Saturday, May 2 (6 weeks) Cost: \$65/Child
Class Times: Ages 6-9 @ 10-11AM, Ages 10-14 @ 11-12Noon
Clinic designed for beginner & intermediate athletes. Learn game strategy & mechanics, man-to-man zone defense, ball handling passing skills, innovative group games & drills.

COMING SOON...NY Mets & Yankees Baseball Game Trips
Due to both having new stadiums, there are delays scheduling our groups.
NY Mets vs St. Louis Game Date & Time: Wednesday, June 24, 7:10PM (\$30/Ticket)
(this information is subject to change based on communication from the NY Mets)
NY Yankees has no proposed game date to list. Keep looking in next months publication.
Both trips include seating & luxury bus transportation. To be put on a list call 973-706-6471

Summer Rec Program NOW HIRING Director & Counselor
Director must be minimum 21 years old; Counselors must be minimum 16 years old
Please apply at Riverdale Boro Hall (Camp Begins - Monday, June 29 thru Friday, July 31)

Summer Rec Program
Monday-June 29 thru Friday-July 31 Hours: 9:00AM - 2:30PM @ Community Center
Calendar of Events & Cost are being coordinated and will be posted as soon as possible.

Recreation Department Volunteers NEEDED
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

COMMUNITY CENTER PROGRAMS: (973) 706-6471-Office Call to Register or for questions on Programs listed:

"NEW" Beach Body Boot Camp (\$10/class - 12 classes) Must call in advance to register
(www.jerseybootcamp.com to learn more about the class & instructor)
Come in & join the second session!! The March session had many success stories.
Start: Monday-April 13, 4 week program (3 days/week: Mon, Wed & Fri)
Time: 5:30AM or 6:00PM Classes. Participation for 12 consecutive classes needed for results

"New" KickBoxing Exercise Class (\$8 Class-6 weeks) Call to register.
Enjoy a fat-blasting aerobic kickboxing class. Easy to follow. Jobs, Punches & Kicks plus strengthen your heart, boost metabolism, increase energy & tone up.
Start: Tuesday-April 14th (Introductory 6 week program) Time: 11:00AM (1 hr)

Senior Chair Aerobics (\$3/class-Continual Classes) Enjoy light exercise with friendly faces & enjoyable music. NEW Time beginning Tuesday-April 14, 12:00PM. Walk-ins Welcome.

Yoga Class (\$8 Class-Continual Classes) Monday: 7:00PM
Thursday's Once a Month 2-Hour Session - April 30, 7:00PM (Double Class \$15/class)
Hips on Fire Exercise Class (\$8 Class-Continual Classes) Thursday: 7:30p-8:30PM

"New" Adult Pencil Drawing Class (\$5 Class-8 weeks) No artistic experience needed to do this. Step by step drawing class. End this class with a beautiful completed picture done by you! Excellent class if you are At Home or Retired! MUST call to sign-up 973-706-6471
Tuesday-Apr. 21 (tentative Start Date based on registration) 10:30AM-12:00Noon

COMING SOON **Country Western Line Dancing** (proposed for Early Summer Classes)
Fun & Easy Line Dancing Instruction for Beginners. Please call if interested to sign-up.
Tot's Children's Music Program (\$8 Class-Continual Classes) Friday: 11:00AM
Walk-In's Welcome

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 major@RiverdaleNJ.gov & RiverdaleMayor@gmail.com

Events Worthy of Note

Memo from Dr. Betty Ann Wyks, School Superintendent

Congrats to Riverdale School Alumna, **Kaitlin Tambuscio '02**, who was recently awarded a \$5000 scholarship from the New York Women in Communications Foundation for her impressive achievements and passion for the field of communications. A student the College of New Jersey, Kaitlin will be honored at a special dinner and will make an appearance on the Today Show.

Technology teacher, **Mrs. Diane Tomkins**, was recently certified as a SmartBoard Instructor. She now has access to additional valuable resources for our students.

We offer thanks to the Governing Body for continuing to assist us in snow removal, garbage collection, needed repairs, etc. Thanks also goes to the PTA for hosting a forum on the dangers of substance abuse at a recent meeting.

The school celebrated Read Across America Day with guest readers from the community. Students from **Mr. Steve Pricone's** Self Directed Learning Group visited primary classrooms.

All are invited to attend our annual drama production. Students will be performing *The Big Bad Musical* on April 7 at 7:30 PM. There will be a dress rehearsal on April 6 at 1:15 PM.

Our 5th grade students, under the direction of **Mrs. Walters and Mrs. Stensgard**, traveled through time and emerged as famous historic figures, sharing their stories as part of their biographical studies.

The Superintendent's List for the second marking period: **Peter Campbell, Karlee Eggenberger, Christina Ilaqua, Haley Osborne, Gabrielle Revis, Kristen Sautner, Lorian Gish, Claudia Jablonski, Caroline King, Ashley Mackoul, Frank Magyar, Hannah Nicklas, Taylor Rodgers, Olivia Galletta, Neclav Patel, Steven Papadopoulos, Dennis Schuck Jr., Cassidy Tibbetts, Cruise Turner and Spencer Vogel.** They will be recognized at the April 8 Board of Education meeting.

Hi Everybody! I know my family thanked a lot of people for all of their support and donations, but there are people that I would like to thank myself. They have been beyond special to me, with their support and encouragement which has been a crucial part of our healing process, especially mine. To start, I would like to thank the fireman who found me on fire and saved my life! I would not be here with my family if it was not for you! To Dr. Morris, thank you so much for helping Chaos & me and allowing my family to stay in your apartment so we could all stay together. To everyone at Mike's Feed Farm, I do not know where to start, but you have all been so generous to all of us. THANK YOU! Dr. Karen Helton-Rhodes, you are the best and your staff has been so kind to me every week when I have to come in and see you. I know I still have a very long road to travel with you, but you are making me feel so much better. And finally, to Erica & Joe Stewart, you both have been so wonderful to my family, offering your home, and allowing Chaos & me to stay in your home with our family! We can never say it enough. THANK YOU! Love & Licks, Judge Negrini

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**. **ALSO in need of a working freezer, if anyone has one to donate. Thank you.**



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

Library News

For more information, call 973-835-5044 or www.RiverdaleLibrary.org

CHILDREN'S PROGRAMS [Please register for all children's programs in person, by phone or by email at riverdalelibrarykids@nac.net]

Baby Time - Infants - 2 years with a caregiver.
Mondays throughout April & May @ 11:00 - 11:30 am
It's baby time at the library. Designed especially for infants and active toddlers, it is a half hour of rhyme, song, movement and shared reading.

Totally Twos - A new program! - Two year olds with a caregiver.
Mondays throughout April & May @ 10:15 - 10:45 am
Designed especially with 2 year olds in mind, this half-hour program has plenty of finger plays, rhymes, songs and stories to keep them engaged.

Pre-School Story Time - Ages 3 - 5
Wednesdays in April & May @ 10:15-11:00am or 1:30-2:15pm
Gather with us at the library for stories of the season, rhyme, song and crafts.

NEW - Evening Story Time - 1st & 3rd Tuesdays 6:30 - 7:15 PM
Summer Reading Program Kick-off is Saturday, June 20th!

ADULT PROGRAMS

Targeting Your Job Search. Tuesday, April 21 @ 6:30-8:00 PM.
Career Consultant Paul Cecala discusses how to develop a job search strategy that is right for you. This is the first in a series of four programs that focus on job search techniques and skills. *How to Network and Acing the Interview* follow in May.

Photography Club - Monday, April 27 @ 6:30 - 8:00 PM

Book Discussion Group - Monday, April 27 @ 6:30 - 8:00 PM. Local author Robert Giordano visits to discuss his book *Justify the Means*.

The Gypsy Knitters meet every Thursday from 4 - 8 PM. It's a great chance to work on your projects with other knitters.

Garden Lovers. Tuesday, April 28 from 6:30 to 8:00 PM. Condo dwellers welcome! Please contact Linda Anders at Lpico@verizon.net.

Gallery Exhibit: Serenity. Now through May 22. Award winning photographer David Strom has exhibited his work in area libraries and schools and now brings a special collection of photos that captures the tranquility of nature in Riverdale. Join us at an Open House to meet David on Saturday, May 9 from noon to 2 PM.

Exciting New After-School Program!! **Puppy Pals Reading Club**

The 2nd Tuesday of month beginning April 14 thru December 14 from 4:00 to 5:00 PM. Dogs certified by St. Hubert's Animal Welfare Center will be on hand at the library to "listen" to children read. Bring your



beginning reader, reluctant reader or dog lover to a private session with a friendly listener. Children love reading to these patient four-legged "teachers" who neither correct nor hurry them. For children in Kindergarten through 3rd Grade. Registration is required.

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.



Did You Know?

- The honey bee is the only bee that dies after stinging.
- Kleenex was called *Celluwipes* when first marketed in 1924.
- The average caterpillar has sixteen legs.
- Smokey the Bear's original name was *Hot Foot Teddy*.