

Happy, Healthy and
Prosperous New Year to
Everyone in the
Riverdale Community!

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 4

www.RiverdaleNJ.gov

January 2010

Santa Came To Town



Thank you



Many thanks to all who contributed to purchasing new Christmas lights for the tree on the school front yard. Also, a huge thank you to the Butler Electric Department for stringing the lights for us on such short notice.

Santa Claus (sometimes known as Steve Revis) made his annual appearance at the Riverdale Christmas Gathering. Beginning with carols performed by the Riverdale School students, the celebrants went to the Community Center for refreshments. Santa listened to the wishes of all the children. Another great event provided to us by the Riverdale Recreation Committee.

Riverdale Borough made of the best people on earth.

House Decoration Winners

The 2009 Winners of the Christmas Home Decorations Contest are:

- *Most Jolly* - **Davick** Residence at 23 Evans Road
- *Most Merry* - **Graf** Residence at 71 Riverview Terrace
- *Most Festive* - **Neuschwanter** Residence at 125 Newberry Pl.

Congratulations to all!



Most Jolly



Most Festive



Most Merry





Girl Scouts Win For Teamwork at FIRST Lego League State Championship

Two rookie teams from Girl Scouts of Northern New Jersey celebrated first and second place wins for their teamwork at the FIRST Lego League State Championship. The teams were two of only three all-girls teams competing in the robotics competition this weekend. A total of 46 teams were present.



The FIRST Lego League competition challenges teams to work together to identify a problem in a given theme, create an innovative solution, and share it with the community. The 2009 challenge theme was Smart Moves, requiring teams to identify problems with transportation technology. The two Girls Scout teams focused their projects on teen driving and emissions.



A FIRST competitions, teams are scored on the presentations of the theme, interviews about their process and teamwork, and an exhibition of their robot. Teams must build and program robots to maneuver around a challenging field, including gaining access to certain areas of the course, picking up items, avoiding impact with obstacles and protecting their passengers. The robots have two and a half minutes to complete the course.

The Girl Scouts made a distinct impression with their cooperation and group dynamics, with the Nerd Herd team winning first place and Miracles Can Happen team winning second place for teamwork.



Girl Scouts of Northern New Jersey's five teams were funded by the Motorola Corp. and Girl Scouts of USA. They met twice weekly for 13 weeks in preparation for the competition.

Cassidy Tibbits of Riverdale was on the Miracles Can Happen team.

W E N J E R S E Y F O R T H E R N N E W J E R S E Y

Senior Moments

Following our business meeting on December 7, we were entertained by the Riverdale School Chorus and five piece brass ensemble. The quality of the music from these young people was truly amazing. It gave a jump start to our holiday spirit and a truer meaning to the phrase "music soothes the soul." Thanks to their music director, **Michele Szwed**, for the fine training of these young people, and thanks to **Dee Sarf** who accompanied them on the keyboard. ♦ On December 14 we all enjoyed our annual Christmas party at the Best Western Regency House with 90 people attending. With the great music, friendly atmosphere and the high energy level of all our seniors, it was a great day. Thanks to **Lorraine Moody** for coordinating all our dinners and parties! Great job, Lorraine! ♦ Our speaker for our Dec. 21 meeting could not get there, so following our business meeting, we had a great time making toasts, with one person from each table being the toast person. We had stemmed cocktail glasses filled with sparkling apple juice. ♦ We wish everyone a healthy, happy New Year! ♦ Thanks for the great response to the December Food Pantry. You helped to make someone's holiday happier. Keep up the great work. *Presented by Marion Davis.*

Announcements

Happy 2nd Birthday, **Erin Jane Struble**, on January 9. We love you! Mommy, Daddy and Emma.



Happy 14th Birthday, **Tommy Carelli**. Love you lots, Mom, Dad, Michael, Samantha, Grandma Plescia, Grandma & Grandpa Carelli and Nauni.

Happy 16th Birthday, **Bryan Szabo**, on January 7. Love Mom, Dad, Nicole & Tara.

Happy 12th Birthday, **Nicole Schrock**. Love Mom, Dad, Michael and Pina.



Happy Birthday, **Kelly Norris**, on January 6. Luv, Brian, Carrie, Louie, Dave, Anne and Reilly.

Happy Birthday, **Dave Desai**, on January 25. Luv, Reilly & Anne.

Happy 5th Birthday, **Kyle Osterhoudt**, on January 21. Lots of love, Mom, Dad, Ashley Pop-Pop and Grandma and Nana.



Happy Police Department Birthdays to **Dispatcher Bill Budesheim** (5th) and **Administrative Assistant to the Chief Terri Pellegrini** (16th).

Happy 2nd Birthday, **Nicholas Budesheim**, on January 20. Son of Matt and Sylvana, brother of Matt and Kevin.



Good News! The State has now determined that household batteries are not to be considered hazardous and may be disposed of in your regular household garbage. Batteries such as AA, AAA, C, D, 9-Volt are all included. Throw away!

◆◆NO Parking on Borough Roads between Midnight and 6:00 AM.◆◆

◆◆NO Parking on Borough Roads when Roads are Snow-covered.◆◆

◆◆Please do not shovel, plow or throw snow back into the streets.◆◆

Borough Offices will be open Monday—Friday 9:00 AM to 4:30 PM

There will no longer be Thursday evening hours and Tuesday and Fridays will be open till 4:30 PM

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: 973-835-5044

INFANT & PRE-SCHOOL PROGRAMS

Winter Session Begins January 11.

Baby Time — For infants up to 2 years old with a caregiver. Mondays, 11:00 – 11:30 am.

Totally Twos — For 2 year olds with a caregiver. 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.

AFTER SCHOOL PROGRAMS

Puppy Pals Reading Club

Kindergarten – 5th grade. 2nd Tuesday of each month. January 12 and continuing throughout 2010, 4:00 – 5:00 pm.

Breakfast Book Club Children in grades 2-5. Pick up your copy of *Amelia and Eleanor Go for a Ride* by Pam Muñoz Ryan. Book discussion with craft and breakfast is on Saturday, January 16, 10:15–11:30 am.

Lego Lab

Kindergarten – 5th grade. 4th Tuesday of each month from 4 to 5 pm. Starts January 26 and continues throughout 2010.

TEEN PROGRAMS Grades 6 and up

Teen Book Discussion Group

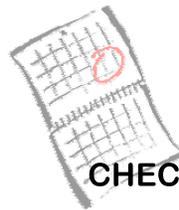
Tuesday, January 19, 6:00–7:00 pm. *The Noah Confessions* by Barbara Hall. Sign up now and pick up your copy!

BOOK SALE COMING!

March 26–28 are the dates for the 2010 book sale run by The Friends of the Riverdale Public Library. We'll start accepting donations at the library on Thursday, January 21st. Good condition books, music, movies. No magazines or encyclopedias please. Volunteers are needed to help pack donations 2 hours a week.

HOURS

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



CHECK OUR NEW EVENT CALENDAR

www.riverdalelibrary.org



Gingerbread Village Eighteen teens participated in building and decorating gingerbread houses on display in the Gingerbread Village now through January.

Can you find 5 lbs. of Russet Potatoes for 29¢ ?

You can when you take a look at *The Suburban Trends* for April 1958! We have 51 years of back issues—fully searchable from a library computer. Look up people, places or events—or prices at the local supermarkets!



Ethel Merman First Lady of the Comedy Stage

The library is hosting *Ethel Merman, First Lady of the Comedy Stage* on Thursday January 21, 7:00 pm at the Riverdale Senior Community Center. Music and song tell the story of her life! If you enjoyed the Sophie Tucker performance, this will be great too! There is **no charge**, but please register by calling 973-835-5044. This library program has been made possible by generous gifts from friends and family in memory of Carol Murphy, a lover of theater and music who was a true friend of the library.

MONTHLY:

Book Discussion Group—Monday, Jan 25, 6:30 - 8:00 pm.

Photography Club—Monday, Jan 25, 7:00-8:00
All Photographers welcome! Learn! Share!

Garden Club—Tuesday, Jan 26, 7:00 - 8:00 pm
Gardening for everyone, in every season!

Gypsy Knitters—Every Thursday 4:00 - 8:00 pm.
Bring a project and join in!

Sandra Izzo: Food Focus - Sea Vegetables



In traditional Chinese healing, sea vegetables correspond to the winter season and to the kidneys, adrenal glands, bladder and reproductive organs. The strengthening, balancing and cleansing properties of sea vegetables are known to help these organs as well as the hair, skin and nails. Sea vegetables (or seaweeds) provide a large array minerals and vitamins, including calcium, iron and iodine, and can help balance hormone and thyroid levels in the body. Eating too many processed foods or foods grown in mineral-depleted soil can result in a lack of minerals in the body, leading to cravings for salty or sugary foods. Adding sea vegetables to your food repertoire can help balance your energy levels and alleviate cravings. www.wellnesssense.com

Sandra's Recipe of the Month: Mighty Miso Soup

Prep Time: 5-10 minutes

Cooking Time: 10-15 minutes

Serves: 4-5

Ingredients:

4-5 cups spring water

1-2 inch strip of wakame rinsed and soaked 5 minutes in 1 cup of water, until softened

1-2 cups thinly sliced vegetables of your choice (see notes)

4-5 teaspoons barley miso

2 scallions, finely chopped

Directions:

1. Chop soaked wakame.
2. Discard soaking water or use on houseplants for a boost of minerals.
3. Place water and wakame in a soup pot and bring to a boil.
4. Add root and ground vegetables first and simmer gently for 5 minutes or until tender.
5. Add leafy vegetables and simmer for 2-3 minutes.
6. Remove about 1/2 cup of liquid from pot and dissolve miso into it. Return it to the pot.
7. Reduce heat to very low—do not boil or simmer miso broth.
8. Allow this to cook 2-3 minutes.
9. Garnish with scallions and serve.

Notes: Any combination of vegetables can be used in miso soup.

Here are some classic combinations:

- onion-daikon: very cleansing
- onion-carrot-shiitake-mushroom-kale
- leek-corn-broccoli: great in summertime
- onion-winter squash-cabbage: great in wintertime

Variations:

- Add cooked grains at the start of making the soup. They will become nice and soft.
- Add a tablespoon of uncooked quinoa or millet at the beginning and let it cook with vegetables for 20 minutes.
- Add cubed tofu toward the end.
- Add bean sprouts toward the end.
- Season with 1/2 teaspoon ginger juice for an interesting twist.
- If using dry shiitake mushrooms, let them soak for 20 minutes, slice and add at the beginning.

News from School

School news at your fingertips



Riverdale School will be conducting registration of incoming kindergarten students on January 19 & 21. Children whose last names begin with **A-M** will be registered on Tuesday, Jan. 19 between 9-12; and those whose last names begin with **N-Z** registration will be on Thursday, Jan. 21 between 9 and 12. If you need to make alternate arrangements please call the school at 973-839-1300 ext, 4 or 0.

To be eligible to start school in September, a child must be five years of age on or before October 1, 2010. **An original birth certificate and medical records**, indicating the child has received four DPT inoculations, the fourth after the 4th birthday; five or more doses meet the requirement - four doses of polio vaccine, two doses of mumps and rubella vaccine; varicella vaccine; and three doses of Hepatitis B vaccine series.

At least four of the following documents must be presented as proof of residency at registration: utility bill, voting record, house deed, telephone bill, current department store or credit card bill, rent lease or contract.

Our kindergarten is a full day program, which operates according to the school calendar. Information regarding our kindergarten screening and orientation programs will be available at registration.

For more information check out www.rpsnj.org



Public Health
Prevent. Promote. Protect.

Start the New Year Off Right – Tips for the Two Most Popular Resolutions Weight Loss Tip – Rethink Your Drink

When it comes to weight loss, there's no lack of diets promising fast results. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories is to think about what you drink.

Many people don't realize just how many calories beverages can contribute to their daily intake. Calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.

- Choose water or low-calorie beverages.
- Don't stock the fridge with sugar-sweetened beverages. Keep a jug or bottles of cold water.
- Serve water with meals
- Make water more exciting by adding slices of lemon, lime, cucumber or watermelon, or drink sparkling water
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink
- It's easy to think of juice as healthy, because it is fruit based. But, when juice is removed from a fruit, the fiber and vitamins found in the skin and the flesh of the fruit do not go along for the ride. Most fruit juices are full of empty calories and are not much healthier than powdered fruit punch. If you crave fruit, eat a piece of fruit, then drink a glass of water.
- Alcohol is particularly high in empty calories. Another reason to proclaim yourself the designated driver and stick to water after your first beer.

Tips to Quit Smoking: Research shows that people who quit using medication (patch, gum and/or other drugs) combined with smoking-cessation counseling are significantly more likely to remain tobacco-free.

**Remove this four page section for future reference regarding your Recycling Pickups.
This form is also on the Borough's Website: www.RiverdaleNJ.gov**

William Budesheim
Mayor



Carol J. Talerico, R.M.C./C.P.M.
Registered Municipal Clerk/
Certified Public Manager

BOROUGH OF RIVERDALE
MORRIS COUNTY, NEW JERSEY
Incorporated In 1923

**IMPORTANT RECYCLING INFORMATION FOR RESIDENTS
(RECYCLING INFORMATION FOR BUSINESSES WILL BE
SENT IN ANOTHER MAILING)**

December 21, 2009

Dear Riverdale Resident:

This letter is to advise you of your recycling responsibilities for 2010. Items to be recycled are listed below, and the following pages will inform you of the proper methods of disposal.

The cooperation of all residents is needed to make our recycling program effective. Be advised that random inspections will be made to determine compliance with our recycling ordinance. Any household found to be in violation will be subject to enforcement actions.

The following is a list of items that must be source separated and recycled in Morris County:

Newspaper	Tires
Corrugated Cardboard	Lead-Acid Batteries
Mixed Paper	Metal Appliances
Aluminum Cans	Used Motor Oil
Plastic Bottles (Coded 1 and 2)	Natural Wood Waste
Glass Bottles and Jars	Hazardous Dry Cell Batteries
Steel (Tin) Cans	Oil-Contaminated Soil
Leaves, Grass Clippings & Brush	

Newspaper must be tied with string in bundles no higher than 18 inches. Papers will not be picked up if they are contained in plastic bags. Newspapers will be picked up on **Fridays** according to the enclosed schedule.

Commingled materials include: aluminum cans, steel (tin) cans, glass bottles of all colors and plastic bottles coded #1 and #2. They will be picked up curbside on **Fridays** according to the enclosed schedule. Note: Plastic bags, plastic toys, etc. are not acceptable for recycling by our vendor.

BOX 6, RIVERDALE, NEW JERSEY 07457
TEL: (973) 835-4060 FAX: (973) 835-0783

Passenger Tires may be disposed of at the Borough Garage after paying a \$2.00 per tire fee at the Borough Hall. Tires may be on or off the rims.

Branches and Twigs will be picked up on **Wednesdays**. They must be tied in bundles no longer than 4 feet in length. **Note: Christmas trees will be picked up the same day as branches and twigs.** They must be free of ornaments, tinsel, etc. and not be bagged. **Leaves** will be picked up also on **Wednesdays**. **They must be in brown 30 gallon biodegradable paper yard waste bags available from hardware and home centers.**

Corrugated Cardboard will be picked up on **Fridays** according to the enclosed schedule. All cardboard must be folded flat and tied in bundles.

Magazines, Junk Mail and Mixed Paper will be picked up on **Fridays** according to the enclosed schedule. These items must be tied in bundles no higher than 12 inches. Do not enclose them in plastic bags.

Metal Appliances and Scrap Metal pick up will be the **first Friday** of each month. (Doors must be removed from refrigerators and freezers before being placed out at the curb).

Grass Clippings will not be picked up by the DPW or the garbage hauler. We recommend mulching the clippings on your lawn or composting them.

Used Motor Oil must be recycled. It may be brought to Malanga's Automotive for disposal. The cost is \$1.00 per gallon. It is unlawful to dispose of waste oil in your regular garbage. The oil must be free of contaminants such as gasoline or antifreeze.

Natural Wood Waste and Oil-Contaminated Soil must be recycled. Contact the DPW for information on vendors who handle these items.

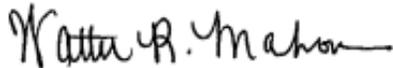
Battery Recycling – see enclosed informational sheet.

Note- Vehicular batteries are accepted at Malanga's Automotive, 39 Hamburg Turnpike at no charge.

Garbage collection is on every Tuesday. A bulk item may be put out each collection day. This could be a television, couch, chair, mattress, box spring, etc. Any metal items or appliances should be put out for scrap metal collection which is the first Friday of each month. ABSOLUTELY NO CONSTRUCTION MATERIALS WILL BE PICKED UP. (CONSTRUCTION MATERIALS WOULD INCLUDE ITEMS SUCH AS SHEETROCK, TILE, FRAMING LUMBER, WINDOWS, DOORS, ETC.) Note: One roll of carpet (4 feet wide) and no heavier than fifty pounds will be picked up as a bulk item on each collection day. It is suggested that you make arrangements with your carpet installer to haul away used carpet and padding.

I thank you for your cooperation with this program and any questions may be directed to the DPW office at (973) 835-6077.

Sincerely,



Walter R. Mahon, DPW Supt. / Certified Public Works Manager

FRIDAY SCHEDULE OF PICKUPS FOR 2010

MONTH	COMMINGLED (CANS & BOTTLES)	NEWSPAPERS CARDBOARD MAGAZINES & JUNK MAIL
JANUARY	Dec. 31 st **, 15 th & 29 th	8 th & 22 nd
FEBRUARY	12 th & 26 th	5 th & 19 th
MARCH	12 th & 26 th	5 th & 19 th
APRIL	9 th & 23 rd	2 nd , 16 th , & 30 th
MAY	7 th & 21 st	14 th & 28 th
JUNE	4 th & 18 th	11 th & 25 th
JULY	2 nd , 16 th & 30 th	9 th & 23 rd
AUGUST	13 th & 27 th	6 th & 20 th
SEPTEMBER	10 th & 24 th	3 rd & 17 th
OCTOBER	8 th & 22 nd	1 st , 15 th , & 29 th
NOVEMBER	5 th & 19 th	12 th & 26 th
DECEMBER	3 rd , 17 th , & 31 st	10 th & 24 th

** DUE TO COMMINGLED PICKUP FALLING ON NEW YEARS DAY, THE PICKUP HAS BEEN CHANGED TO THURSDAY, DEC. 31, 2009

NOTE: YOU MAY BRING THE FOLLOWING ITEMS TO THE DPW FOR DISPOSAL: COMPUTER MONITORS, COMPUTERS, LAPTOPS, KEYBOARDS, MICE, MODEMS, EXTERNAL DRIVES, SCANNERS, PRINTERS, COPY MACHINES, CABLES, VCR'S, DVD PLAYERS, STEREOS, RADIOS, PHONES, FAX MACHINES, CAMCORDERS, ELECTRIC TYPEWRITERS, TELEPHONES, CELL PHONES AND MOST MEDIA (FLOPPIES, CD'S AND DVD'S).

ITEMS NOT ACCEPTED: TV'S, LOOSE BATTERIES, VACUUM CLEANERS, MICROWAVES, REFRIGERATORS OR HAZARDOUS MATERIALS.

Dry-Cell Battery Management Evolves It Will Be as Easy as “1-2-3”

At the beginning of 2010, new U.S. Department of Transportation (DOT) regulations about the management of dry-cell batteries throughout the United States will go in effect. Because dry-cell batteries can short circuit and catch fire while being transported, the DOT will require enclosing each hazardous dry-cell battery in a plastic bag to cover its terminals prior to transport.

Figuring out how to manage batteries in Morris County, NJ under this new regulation can be as easy as “1-2-3.” **One (1)**, throw alkaline (non-hazardous and use-once) dry-cell batteries into the trash; **two (2)**, recycle rechargeable batteries using Call2Recycle® drop-off boxes; and **three (3)**, take all other types of batteries to a household hazardous waste disposal program where they will be properly bagged and managed as hazardous waste. Additional details about proper battery management can be found below.

<p style="text-align: center;">1</p> <p style="text-align: center;">Alkaline Batteries (non-hazardous and use-once) Throw in the Garbage</p>  <p style="text-align: center;">↓</p> 	<p style="text-align: center;">2</p> <p style="text-align: center;">Rechargeable Batteries (hazardous and multi-use) Recycle with Call2Recycle®</p>  <p style="text-align: center;">↓</p> 	<p style="text-align: center;">3</p> <p style="text-align: center;">Other Batteries (hazardous and use-once) Take to Household Hazardous Waste Program</p>  <p style="text-align: center;">↓</p> 
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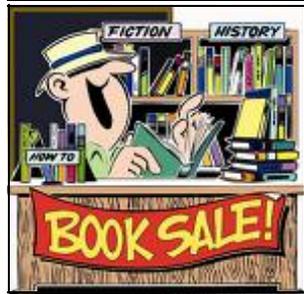
See page 2 for a detailed description of the “1-2-3s” of dry-cell battery management or contact the MCMUA using the information below.



Christine Gregory and current Borough Clerk Carol Talerico at the dedication of the lamp post in Mrs. Gregory's honor in July 2005.

Mrs. Christine Gregory - RIP

Christine "Wee" Gregory, 93 years old, passed away on Saturday, December 19. Mrs. Gregory worked for the Borough for thirty years and was Borough Clerk from 1961 until she retired in 1987. This is the end of an era, going back to the days of the late mayor, Albert Scaletti. On April 18, 2005 the Borough declared it to be *Christine Gregory Day*. She was escorted to the dais during a Council Meeting by former council member Pete Sarf and Jim McMichael at which time she conducted the roll call. That evening it was announced that the light post in front of the Municipal Building (near her office window) would be dedicated in her honor.



Friends of the Library Book Sale

Book donations can be dropped off at the library any time now. Books should be in good condition, no magazines, encyclopedias or damaged books. The book sale will be the last weekend in March. Anyone interested in volunteering for the book sale, please contact the Library at 973-835-5044.

The Riverdale Food Pantry

A special thank you to all of those residents who contributed to the Food Pantry this past holiday season. In particular we wish to thank, for their generous donations, the Christ Church of Pompton Lakes and Borough Engineer Paul Darmofalski.

While we could use whatever you may wish to donate, we are especially in need of:

- ◆ Canned vegetables & fruits
- ◆ Boxed rice, potatoes, pasta, noodles
- ◆ Cheerios, Corn Flakes, Rice Krispies, Wheaties, etc.
- ◆ Peanut Butter & Jelly;
- ◆ Pancake Mix & Syrup
- ◆ Box potatoes and rice
- ◆ Paper products: Tissues and towels
- ◆ Laundry and Dish Detergents
- ◆ Coffee, tea, and soups



This winter, *The Riverdale Art Center* will be featuring a retrospective exhibition of **Carl S. Richards**. Mr. Richards grew up in Riverdale with his family, owners of Richards Funeral Home. The exhibit is to begin in February.



2 Newark Pompton Turnpike ◆ www.RiverdaleArtCenter.org

Did You Know?

- ◆ Tradition of using a baby to signify the New Year was started by ancient Greeks around 600 B.C. They would carry a baby around in a basket to honor Dionysus, the god of fertility, and symbolize his annual rebirth.
- ◆ The Roman emperor Julius Caesar officially declared January 1 to be a New Year in 46 B.C.
- ◆ The first Ball Lowering celebration atop One Times Square was held on December 31, 1907 and is now a worldwide symbol of the turn of the New Year, seen via satellite by more than one billion people each year. The original New Year's Eve Ball weighed 700 pounds and was 5 feet in diameter. It was made of iron and wood and was decorated with 100 25-watt light bulbs.



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.

Photos Needed! We are looking for old photos from the days of Riverdale gone-by. Pix of your family playing, working, fighting, gathering are what we need to establish a pictorial history of our town. Picnics, parades, sports, holiday gatherings, the lakes, stores, etc. would be helpful. We will return the originals after scanning them. All decades welcomed. **Please contact the Mayor@RiverdaleNJ.gov**. Thank you.

Recreation Department Programs

RECREATION DEPARTMENT PROGRAMS

(973) 706-6471-Office

jcarelli@riverdaleborough.com

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

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



NEW Riverdale Recreation Swim Academy

New York Sports Club, Route 23 South, Butler

STARTING: January 16 and/or 17 (8 week program)

Cost: \$120/per child (ONLY \$15.00 CLASS!)

Sign Up A.S.A.P. (Deadline: January 8th)

Call: (973) 706-6471 Rec Office or (973) 879-1640 Rec Member, JoEllen



Intermediate Class (No Age Requirement/30 min Class/5-1 Ratio)

For kids able to swim half-lengths of the pool with good techniques will learn more advanced skills such as bilateral breathing and the scissor kick. Safety skills, development of breaststroke, further development of freestyle & backstroke, dolphin kick, coordination and endurance of 25 yards of freestyle and backstroke are covered. **Saturday's, 10:00am**

Beginner Older Child (Ages 6—10/30 min Class/4—1 ratio)

Ideal for swimmers with some experience but who could benefit going may take this class. Safety rules, unsupported glides/floating, rhythmic breathing, retrieving toys. 10-yard freestyle, 5-yard underwater, swim 5-yard freestyle with face in water and elementary backstroke are covered. **Saturday's, 10:30am**

Advanced Beginner (Ages 6—8/30 min Class/4—1 ratio)

Kids comfortable swimming 5—10 yards will learn how to coordinate stroke, kick and breathing techniques. Safety rules, rotary breathing, treading water for 60 seconds, breaststroke, endurance to swim 10 yards of freestyle and backstroke with proper form, and basic whip kick are covered. **Sunday's, 11:00am**

HAPPY NEW YEAR



FROM
THE



RIVERDALE
RECREATION
DEPARTMENT !!!

Children's Winter Bowling

Holiday Bowl, Oakland

Reminder to all registered:

Program begins Sunday,

January 10th, 2:00pm

Shirts will be distributed on the 1st day.

Please arrive a few min early.



Men's Winter Basketball

Riverdale School Gymnasium

EVERY MONDAY, 7:00pm - 10:00pm

FREE Pick Up Games / Must be 18 years or older to play.

Please remember that this is school property and by state law no smoking is permitted anywhere, either in the building or on the grounds, including the parking lots. PLEASE COOPERATE. Thank You.

NEW Saturday Mornings Kickboxing

Riverdale Community Center

STARTING: Saturday's, January 16th

10:00a (1 hr) / 6 week Introductory Class

Instructor: Nancy / Cost: \$6.00 per person

Bring Yoga Mat for floor exercise
(comfortable clothing/sneakers req'd)

Call to sign-up: (973) 706-6471

Community Center Office



Are you bored with your Aerobics Class?

Are you looking for a high-intensity workout that will increase your strength & flexibility while burning fat? Then Kickboxing may be for you! This is high energy, exciting and motivating. It's a non-contact kickboxing workout that blends elements of boxing & traditional aerobics into a 60 minute exercise routine.

Get the results you always wanted!

Easy enough for everyone!

NEW Pilates

Riverdale Community Center

STARTING: Tuesday's, January 5th, 7:30pm (1 hr)

6 week Introductory Class

Instructor: Julia / Cost: \$6.00 per person

Bring a Yoga Mat or Towel. (no shoes required in class)

Call ASAP to sign-up:

(973) 706-6471 Community Center Office

Would you like to strengthen your abdominals?

Do you want help to alleviate back & shoulder pain?

Start your Pilates adventure with our new

Certified Instructor!

Pilates is a low impact exercise that targets the core and improves flexibility and strength.

This is for all levels & ages.

EXERCISE

Community Center Programs

***NEW* SCRAPBOOKING CLASSES** - Riverdale Community Center

FREE INTRODUCTORY CLASS / Tuesday, January 5th / 7:00 pm - 9:00pm / Open to all age groups (Children, Adults & Seniors)

Come in for a basic overview of a popular hobby, Scrapbooking. Begin with the basics on how to create a safe & creative environment for your photos. A 3 week program will be offered after this Introductory Class to provide you with the opportunity to work on creating a scrapbook layout with the help of your instructor. No prior experience needed. Minimal supplies list to be provided for the 3 week program.

- 3 Week Scrapbooking Classes / Tuesday, January 12th, 19th, & 26th / 7:00 pm - 9:00pm / ONLY \$5.00 per class
- Advance Payment Requested. Please call to sign up: (973) 706-6471 Community Center Office

Tot's Music Class - Community Center (Recommended for 18 months thru 4 years old)

Bring your tot's in to participate in a comprehensive preschool music program. Music Class includes multi-cultural guitar & recorder songs, games, chants & movements plus play instruments!

Every Friday, 11:00 am - 12:00 pm
Cost: \$8.00 Class (\$10 Walk-in's)

***NEW* Kid's Studio Art Class** - Community Center

(4th, 5th, & 6th Grade Students (ages 8 thru 12))

STARTING: Thursday, January 28th (10 Wks),
4:00pm - 5:30pm

Instructor: Wendy Bowes Cost: \$175/student
Materials Required: Each student supplies their own Spiral Sketchbook no smaller than 8-1/2 x 11, 2B Pencil, and the media of your choice (watercolors, acrylics, pastels, charcoal).

This class will be set up to help each student tap into his or her own unique creative resources by using pencil, colored pencil, watercolor pencils, crayons, charcoal, pastels, watercolor, acrylic paint, or collage materials. Individual instruction & motivation will be given to each student pertaining to their subject matter and media of choice.

Kid's Dance Classes - Community Center

Tap & Ballet

(Recommended for ages 3 thru 6 years old. For Boys & Girls!)
STARTING: Friday-Jan. 15th (10 Wks), 4:00pm (1 hr Class) /
Cost: \$8.00/Child (\$7/2nd child & \$6/3rd child in same family)

Perfect for the younger student, this class is designed as an introduction to Tap & Ballet Dance. It is a free form class that uses games and playing to get the students moving. They will use their imaginations and have fun with music as the teacher leads them through exercises.

Hip Hop Dance

(Recommended for ages 7 thru 14 years old. For Boys & Girls!)
STARTING: Friday-Jan 15th (10 Wks), 5:00pm (1 hr Class)
Cost: \$8.00/Child (\$7/2nd Child & \$6/3rd Child in same family)

This class will teach the fundamentals of hip hop movement. After warming up with isolations and stretching, using popular music, the class will then move across the floor to work on rhythm, upper body strength and funky footwork. The class is excellent for a beginner as well as returning students learning new & challenging dance moves. Class will end with a fun combination that will leave the students energized.

***NEW* Fantasy Drawing Class** - Riverdale Community Center

Teen Students (Ages 13 thru 18 years) / STARTING: Friday, January 29th (10 Wks), 4:30pm—6:00pm / Instructor: Julian Tejera
Cost: \$195/students / Material Provided: Cost for materials will be advised @ first class (est. \$35)

From other worldly creatures living unseen among us to majestic dragons flying low on the horizon of a beautiful sunset, fantasy art is quite literally an art form where anything goes. This will not just be a class about making cool drawings but also about showing the elements of strong design & picture making.

***NEW* Senior Art Class** - Riverdale Senior Community Center

FREE CLASSES (Classes at no cost thanks to the Riverdale Art Center!)

STARTING: Thursday's, January 28th —10:00am til' 11:30am / All Materials provided!

Experience Art Teacher, Pam Bagot, will take you on an arts & crafts journey!

From mosaics and scrapbooking, to painting on silk & collage, everyone is sure to enjoy these classes.
No experience is necessary! Just bring your imagination with you.



Seniors



Senior Chair Aerobics

***NEW* Day & Time for 2010!**

Riverdale Senior Community Center, 57 Loy Ave.

Monday's, January 25th (class is scheduled every other Monday) / 11:00am - 12:00pm

Instructor: Nancy / Cost: \$3.00 per person

Comfortable Clothing / No advance sign-up required

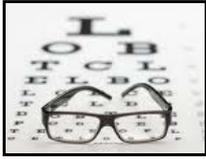
Come join this light exercise class while sitting in a chair listening to enjoyable music



Riverdale News & Events

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

**Pre-sort Standard
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Preschool Vision Screening

The Health Department has arranged for **Vision Clinics** for **Pre-School** children:

- 1/12/10 - So Big Child Development Center, Riverdale
- 1/20/10 - Bloomingdale Day Care, Bloomingdale
- 1/26/10 - Bloomingdale Twinkling Star, Bloomingdale (based on enrollment)
- 1/26/10 - Building Blocks of Learning, Pequannock
- 3/10/10 - Holy Family Preschool, Florham Park
- 3/30/10 - Holy Spirit Preschool, Pequannock
- Riverdale residents are eligible to attend any one of these clinics. For more information please call 973-835-4060 x6 ask for Linda Roetman.

**Postal Patron Local
ECR WSS
Riverdale, NJ 07457**

MICHAEL J. BERTHA

CERTIFIED PUBLIC ACCOUNTANT

TAX PREPARATION & BOOKKEEPING SERVICES

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NEW JERSEY

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MCOHA

Need Help?

Help is to pay heating and energy bills if apply. Inquire about Eligibility.

HOME ENERGY ASSISTANCE, & WEATHERIZATION

This program is created and funded by LIHEAP, Department of Community Affairs, the State of New Jersey and NJ Shares

Orientation and Applications

(*Dependant on family composition, annual income and other eligibility requirements)

Household Size / Tamaño Familiar	USF	LIHEAP	NJ SHARES	Weatherization
	Monthly Income Pre-Tax / Ingreso Mensual	Monthly Income Pre-Tax / Ingreso Mensual	Monthly Income Pre-Tax / Ingreso Mensual 400% Poverty Level	Annual Income Pre-Tax / Ingreso Anual
1	\$ 1580	\$ 2031	\$3,610	\$ 21,660
2	\$ 2125	\$ 2732	\$4,857	\$ 29,140
3	\$ 2670	\$ 3434	\$6,103	\$ 36,620
4	\$ 3216	\$ 4135	\$7,350	\$ 44,100
5	\$ 3762	\$ 4836	\$8,630	\$ 51,580
6	\$ 4307	\$ 5537	\$9,843	\$ 59,060
7	\$ 4852	\$ 6239	\$11,090	\$ 66,540
8	\$ 5398	\$ 6940	\$12,337	\$ 74,020
9	\$ 5943	\$ 7641	\$13,583	*
10	\$ 6489	\$ 8342	\$14,830	*
11	\$ 7034	\$ 8942	*	*
12	\$ 7579	\$ 9125	*	*
If more than add / Si fueran más	\$545 for each person / Cada persona	\$182 for each person / Cada persona	Add \$1,247 for each / Cada persona	Add \$7,480 each additional member / Cada persona

DOVER OFFICE (9am-2pm)

95-97 Bassett Hwy
Dover, NJ 07801
Tel. 973-366-1131

NETCONG OFFICE (9am-4pm)

17 Main Street
Netcong, NJ 07857
Tel. 973-347-0700

MORRISTOWN OFFICE (9am-2pm)

120-122 Speedwell Ave
Morristown, NJ 07960
Tel. 973-644-5627

BUTLER OFFICE (9am-4pm)

10 High Street
Butler, NJ 07405
Tel. 973-644-5627

