

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

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www.RiverdaleNJ.gov

September 2009

2009 Most Beautiful Yard Winner!



Joe & Julie Dellapi, 4 Cedar St.
Congratulations!

Service Road connecting the Wal*Mart Site to Home Depot finally opens.



Local officials, residents, representatives from D.R. Horton and Target were on hand to witness the opening of the service road. Motorists can now travel from one end of the shopping district to the other without having to go on Route 23. Also in attendance was Grande resident and independent candidate for NJ Governor Jason Cullen.

Keeping Riverdale Spiffy!

Riverdale DPW's Alan Kelley & Mike Naser



DPW workers Alan Kelley and Mike Naser paint our fire hydrants. Alan found an old compressor, which he fixed to be used for painting. With over 300 hydrants in town, at an hour to paint each hydrant, it would take approximately 10 weeks to paint them all. Now Alan & Mike can do them all in about a week.

Riverdale's Annual Fall Classic Street Fair and final Concert all on one day. Double Header set for September 6th!



The 6th Annual Street Fair is held on Sunday, September 6 from 10 am to 5 pm. The Labor Day Sunday event covers much of the Newark Pompton Turnpike. Over 100 vendors selling crafts, merchandise, food, etc.

BethAnne Clayton Country Band, rained out earlier this summer, will be having its much anticipated show during the Street Fair at 2:00 PM on the SCHOOL'S FRONT YARD.



Riverdale Borough made of the best people on earth.

6th Annual Summer Concerts in the Park ends with huge 50/50 Raffle.

This year's concert series was by far the best attended with many thousands enjoying the music of Bruce Springsteen, the Eagles, Neil Diamond and the best of American Bandstand. The Grand Prize winner of the 50/50 Raffle was Riverdale Fireman Tom Fox. Congratulations, Tom!



The Riverdale Art Center moving right along.



The RAC is getting ready for its scheduled grand opening on Nov. 7 at its new headquarters, 2 Newark Pompton Turnpike. An art gallery will be located there and studios will be at 5 Mathews Ave. Check out www.RiverdaleArtCenter.com

Glenburn Estate

is nearing completion of the first round of renovations and repairs. The Borough has so far received \$337,825 in Morris County grants for this work. This round should be completed by end of September.



Announcements

Happy 15th Birthday, **Christina Ilacqua**, on Sept. 8. Love Mom, Dad, Nicholas and Grandma.

Joan & Sam Adornetto will celebrate their 60th Wedding Anniversary on Sept. 10. They were married in Butler and have lived in their Riverdale home for 60 years. Sam was born in Riverdale and has been a lifetime resident. They have 1 daughter and 1 granddaughter. They are members of the Riverdale Seniors

Happy 1st Anniversary, **Kelly & Liam Winters** on Sept. 27. Love, Anne, Dave, Reilly, Kelly, Brian, Carrie, Louie, Roland & Lisa.

Happy Birthday, **Dad/Ron**, on September 15. We love you very much. Love, Kevin, RJ, Matthew, Kevin M. & the Dogs!

Happy Birthday, **Grandpa Ruppel**, on September 8. Love Ron, Marybeth & the Boys.

Congratulations to **Officer Joe & Melissa McDermott** on the birth of their son, **Karson**, on Aug. 4; weighing in at 4lbs 11oz, 18 1/2 inches long. We love you very much! Uncle Ron, Aunt Marybeth and the Boys.

Happy Birthday, **Lieutenant Froggy!** I love you. All my love, Marybeth.

Happy 5th Birthday, **Reilly Desai** on Sept. 7. Love Mom & Dad.

Marion & Gordon Davis will celebrate their 60th Wedding Anniversary on September 17. They were married in Mountain Top, PA, and have been residents of Riverdale for 53 years. They have 3 children, 5 children and one great-grandchild. They are members of the Riverdale Seniors

The **Caruso and Gambino** family reunion was held on August 1. Over 100 family members attended, including first, second and third cousins. The weather was beautiful. Thanks to everyone at the community center for a wonderful reunion.

Congratulations on the marriage of **Peter Totta & Mia Goldberg**, on June 12. Rev. Bob Tomlinson and Deacon Hal Clark officiated at the ceremony. Peter, Mia, Morgan & Madison along with their family & friends celebrated this special day at the Madison Hotel.



Recreation June Carelli, Director 973-706-6471
jcarelli@riverdaleborough.com

Men's Outdoor Basketball Games Wednesday nights 7:00 PM. Free Community Center Court. Just show up to play. 18 years old + up

Fall Tennis Clinic by First Serve Tennis Academy.

Kiddies (Ages 3-5). Fundamentals of grips, footwork & strokes & fun games. \$90 for the course.

Saturdays for 6 weeks (Start Sept. 26) 10:00-11:00 AM \$90 or Mondays & Wednesdays for 3 weeks (Start Sept. 28) 4:00-5:00 PM

Level 1 (Ages 6-9). Beginner to advanced beginner, Establish a sound technical foundation of basic grips, strokes/footwork and fun drills and games. \$135 for the course.

Saturdays for 6 weeks (Start Sept. 26) 11:00AM - 12:30 PM or Mondays & Wednesdays for 3 weeks (Start Sept. 28) 5:00-6:30 PM

Level 2 (Ages 10-13). Beginner to intermediate. Learn all strokes, spins, serves and basic strategy, as well as proper scoring and tennis etiquette. \$135 for the course.

Saturdays for 6 weeks (Start Sept. 26) 12:30-2:00 PM or Mondays & Wednesdays for 3 weeks (Start Sept. 28) 5:00-6:30 PM
Program will only begin with a minimum of 7 to a class. The program will not occur if low quantity registration. Sign up now! Great opportunity for kids!

Help Wanted Recreation Department Volunteers. Come join a fun group of people. Bring new ideas or simply enjoy being creative. The Committee needs a new member to help with the Toddler Program.

whats happnin



The **Riverdale Fire Department** is selling tickets for the 3rd Annual Beefsteak to held on Dec.5 at the Bloomingdale Fire Hall. The tickets are \$40 and you can purchase them from firefighter or call 973-831-1584 to leave a message. They will be sold at the Street Fair on September 6.

Thanks to the Garden Club for weeding and planting flowers in the flower bed at the Riverdale Library. Great job!

Photography Club meets 4th Monday of the month at the Library from 7:00 to 8:00 PM. (9/28/09).

This is a great opportunity to share tips and photos and talk with other photographers. Recent photo shoots were at Skyland Manor and Glenburn Estate. Just drop in. **Linda Anders at Lpico@verizon.net.** All are welcome, beginners to experts.



The Garden Club meets the 4th Tuesday of the month at the Library from 7 to 8:00 PM. (9/29/09).



Exchange both ideas and cuttings. Guest speakers are planned. All levels of gardeners are welcome. Please contact **Linda Anders at Lpico@veriozn.net.**

The Borough of Riverdale would like to thank Target for choosing the Police Department to receive a grant for \$3058. Terri Pellegrini of the RPD applied for the Target **2009 Law Enforcement Grant Program** focusing on Preparedness. Target supports law enforcement and other emergency response agencies in their efforts to prepare for public safety emergencies. The funds will be used to purchase two new FRX Defibrillators which will replace outdated equipment currently being used in police cars.



The **Riverdale Police Department** has taken steps to become a more eco-friendly organization and could be saving a lot of taxpayers' money. A new computer program NCIC GREEN eliminates the need for continuous NCIC printing and instead creates a readable file on their NCIC terminal that our personnel will read and discard unless printing is actually needed. This saves paper, toner, printing and shipping costs.

President Kathleen Olsen of the GFWC **Woman's Club of Riverdale** invites all local women to join in the club's first meeting of the season to be held Saturday, Sept. 12 at 9:00 AM in the Senior Community Center. The opening program will be our annual *Welcome Back Breakfast*. "The meeting is open to all local women who are looking to form new friendships and to find a special niche or pet project of interest to them," added Membership Chairman Jean Revis. "This is relatively easy in our club, given the wide variety of departments and special interest groups," she added. **Please RSVP by September 3** to Jean at 973-835-3269 or Kathy at 973-839-3109 if you are planning on attending the breakfast so that we may be properly prepared for our guests. The club departments, Arts Creative, Culinary, Arts Performing and Home Life, are fun, interesting and enjoyable.



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

A living biography with music & song

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



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 **Mavor@RiverdaleNJ.gov & RiverdaleMavor@gmail.com**

Events Worthy of Note

Girl Scouts of Northern New Jersey is hosting a fundraising event in October that is open to all Girl Scouts, as well as family and friends. Caring about the world we live in, respecting nature, living healthy and using resources wisely have long been the Girl Scout Way. **Eco Trek 2009: Live Healthy, Go Green!** celebrates these ideas, encouraging girls to enjoy a brisk nature walk around Lake Rickabear and to spread the news about healthy living and going green. Our exciting Expo will feature girl-created stations promoting environmentally-conscious activities as well as displays from the business community. Join us rain or shine!

October 3rd. 10 AM-2:30 PM. Lake Rickabear, Kinnelon.

Senior Citizen Notes Three new members were welcomed at the August 3 meeting. All were entertained by several teachers and students from the Fred Astaire Dance Studio of Montville, who presented a short program. There was some audience participation by some of our senior members, learning some new dance steps. 55 members enjoyed a trip to the Brownstone Dinner Theater for dinner and a show, *Lucy I'm Home*, enjoying a day of good food, company and entertainment. After the August 17 business meeting, we were entertained by a very talented group of 3 musicians from Montclair University. **Kimberly Chiesa**, 5th year student, charmed us with her beautiful violin music. She is the granddaughter of club member Grace Chiesa. **Emilie Kartika** had us floating along with her foot-tapping music on flute, and **Lester Virtiak** pulled it all together with his musical talent on the keyboard. They played uplifting classical music and tunes from musicals such as *Beauty and the Beast*, as well as responding to a request from the audience for the theme from *Titanic*. The finishing touch was when Kimberly announced her Grandma Grace's birthday, who was called up front for a special violin solo of Happy Birthday, with a rousing chorus by all the Seniors. *Submitted by Marion Davis, Senior News Reporter.*



Community Center Programs

Children's Dance Classes by Livia (Ages 4 - 7) \$8.00/class (10 weeks) Traditional Tap, Ballet & Jazz plus *new* Creative Movement Skills Begins Sept. 16 or 18, Wednesday or Friday, at 5:00 pm. Sign-up Required.

Hip Hop Dance by Livia (Ages 8 - 14) \$8.00/class (10 weeks) Learn Hip Hop Dancing, Cool Dance Moves & Funk Dance Routines. Begins Sept. 16 or 18, Wednesday or Friday, at 6:00 pm. Sign-up Required.

Parent & Child Exercise by Janine (Ages 18 mos - 8 years) \$8/class 8 wks. Adults & children learn to exercise together, have fun being healthy together. Begins Sept. 26 for 8 weeks on Saturday mornings. Call to sign-up. 9:00-10:00 AM Ages 18 months to 3 years * 10:00-11:00 AM Ages 4 thru 8

Flirty & Fit Adult Exercise by Livia. Recommended for all ages. Warm up with fun dance techniques. Includes Toning, Stretching & Cardio Exercise. Begins Wednesday, Sept. 18 at 7:00 PM. \$8/class for 10 weeks. Sign up.

Senior Chair Aerobics by Nancy. \$3.00/class for continuous classes. Enjoy light exercises with friendly faces and enjoyable music. Starts Thursday, September 25 at 1:00 PM. Walk-ins welcome, but helpful if signed-up.

Yoga Class by Kathy. Every Monday at 7:00 PM. \$8.00 per class. Last Thursday each month is a 2 hour session for \$15 per class.

Back to School Mini-Yoga Retreat by Yoga Life Society's Kathy. As we adjust, adapt and accommodate to resuming seasonal schedules, reaffirm your yoga practice. Cultivate a sense of wellness, peace and joy. Sunday, September 13, from 10 AM to 4 PM. \$54 per person \$90 for 2 persons registering together. Register after Sept. 1 or at door \$69ea.

Tot's Children's Music Program by Ildiko. Fridays, 11:00 - 12:00 Noon. \$8.00 per class. Classes continual. Sign-up or walk-ins welcomed.

Library News

Infant & Pre-School Programs

Registration is required in person or 973-835-5044, or e-mail at riverdalelibrarykids@nac.net

Pre-School programs run Sept. 14th through Dec. 9th.

No story times Monday, Oct. 12th or Wed., Nov. 25th.

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

Totally Twos — For two-year-olds with a caregiver Mondays, 10:15 – 10:45 a.m.

Story Time — For ages 3 through 5

Wednesdays, 10:15 – 11:00 a.m. or 1:30 – 2:15 p.m.

After School Programs

Registration starts Sept. 1st & is required for all programs.

Puppy Pals Reading Club — Kindergarten – 5th grade.

2nd Tuesday of each month: Sept. 8, Oct. 13, Nov. 10 and Dec. 8

4:00 – 5:00 p.m. *If child is already registered there is no need to re-register.*

Lego Club — Grades 1 – 5. (Space limited, please register!)

Tuesday, September 29 from 4:00 – 5:00 p.m.

Parents, we're looking for a coach for a monthly Lego club. Please call Children's Librarian if you can help.

Look for October programs next month!

Breakfast Book Club — Grades 2 – 5 with a parent

Halloween Craft — Kindergarten – 2nd and Grade 3 – 5

Teen Programs — Grades 6 and up

Teen Book Discussion Group — Tues., Oct. 6th, 6:00 – 7:30 p.m.

We'll eat a light dinner, discuss the book and watch a 15-minute film. We provide the books— *The Summer of My German Soldier* by Bette Greene.

Designer Duct Tape craft & Gingerbread Houses coming this fall!

- **Conquer Clutter!** Our most popular program returns Thursday, October 29 at 7pm. Linda Anders of COCE Enterprises reveals the secrets of overcoming clutter.
- **Choosing the Best College for Your Student & Pocketbook!** A comprehensive review of how to choose and get into your dream college, get a scholarship and more. Thursday, November 5.
- **Filling Out FAFSA!** A practical hands-on workshop. Bring your pencils, Gary will step you through the ins & outs. Thursday. Nov. 12
- **Monthly:** Gypsy Knitters, Garden Club, Photography Club, Book Discussion Group.



The Benefits of Root Vegetables

by Riverdale Resident Sandra Izzo, HHC, AADP



The roots of any plant are its anchor and foundation; they are the essential parts that support and nourish the plant. Root vegetables lend these properties to us when we eat them, making us feel physically and mentally grounded and rooted, increasing our stability, stamina and endurance. Roots are a rich source of nutritious complex carbohydrates, providing a steady source of necessary sugars to the body. Instead of upsetting blood sugar levels like refined sweet foods, they steady them. Since they absorb, assimilate and supply plants with vital nutrients, roots likewise increase absorption and assimilation in our digestive tracts.

Long roots include carrots, parsnips, burdock and daikon radish. Round roots include turnips, radishes, beets and rutabagas. Long roots like burdock and daikon are excellent blood purifiers and can help improve circulation in the body and increase mental clarity. Round roots are nourishing to the stomach, spleen, pancreas and reproductive organs and can help regulate blood sugar, moods and alleviate cravings. www.WellnessSense.com

Did You Know?



- The letters MG on the British sports car stand for Morris Garage.
- The eggplant was a "mad apple" and believed to be poisonous in the 1800's.
- In Leap Year there are 31,622,400 seconds.



Riverdale News & Events

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

**Pre-sort Standard
U.S. POSTAGE
PAID
Wayne, NJ
Permit No. 426**

Food Needed

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



Help Wanted

A CALL FOR VOLUNTEERS.

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

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

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

It has come to the New Jersey Public Advocate's attention that some tenants are being inappropriately forced out of their homes when the building in which they are living has been foreclosed. Under NJ law, most tenants have the right to remain in their homes during and after foreclosure. See www.njpublicadvocate.gov.

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

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

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

How can you **plan** for your **retirement** in an **uncertain economy?**



Wherever you are in your retirement planning, we can help you build a personalized financial plan designed to manage risk, grow wealth, create income and protect the things that matter.

Here are five key things your retirement plan should address:

1. **Market volatility** – Diversification can be your best defense.
2. **Longevity** – Plan for income to last throughout your lifetime.
3. **Taxes** – The less you pay, the more you save.
4. **Healthcare** – Plan for and manage the rising costs.
5. **Unexpected events** – You can't predict, but you can prepare.

Call us today at (973) 616-8020 to start a conversation.

Matthew R. Rotella, CFP®, CRPC® | Senior Financial Advisor

Timothy M. Burklow, CFS, ChFC® | Senior Financial Advisor

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