

## OLD TAPPAN NEWS **FALL 2006**

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Town Day

Scouts

**Community News** 

Mayor's Wellness

Campaign; Recycling

A Tradition of Spirit & Friendship



### MESSAGE FROM MAYOR POLCE

Town Day was an outstanding success once again. Every year, it seems to get bigger and better. Under the overall leadership of Council President Guy Carnazza, the Town Day Committee, chaired by Mary Haveron, did an exceptional job. Our thanks to Guy and Mary and the other committee members: Carleton Charles, Steve DePhillips, Judy DiBernardo, Rebecca Gattoni, Carol Kriegl, Harriette & Larry Weil, and Scott Wiesner. Look inside for pictures and a list of other contributors and volunteers.

#### **Borough to Preserve More Open Space**

The Mayor and Council recently reached an agreement in principle for the purchase of a 3.1 acre tract of environmentally sensitive property located on Old Tappan Road along the Hackensack River, at the bend in the road where it turns towards River Vale. This property, now Awards & Proclamations owned by Henry Bonnabel, is the former site of Lachmund's Hotel, an Old Tappan landmark from the 1870s to the 1950s. The Borough will fund approximately half of the purchase price with State Green Acres grant funds. We will then leverage the purchase with our own Open Space Trust funds, and the remainder will be the subject of a Bergen County Open Space Trust Fund grant program application. The property will be permanently preserved as open space, with public access for passive recreation, including fishing and walking. This property is



To everyone's delight, under Council President Guy Carnazza's leadership fireworks returned as part of Town Day this year! We'd like to thank the following individuals and businesses for their generous contributions: Buldo family, Cinemacar/Carnazza family, Customized Mortgage/Polce family, DePhillips family, Germinario family, Old Tappan Golf Commission, Grand Homes & Properties by Germinario, Haveron family, Jenisis Custom Homes, Latilla family, Legacy Title, Lions Club, Messina family, Old Tappan Men's Softball, Old Tappan Municipal Alliance, Prudential Adamo Realty, Republican Party of Old Tappan, Rinaldi/Prudential Realty

zoned as environmen- Municipal Alliance, Golf,

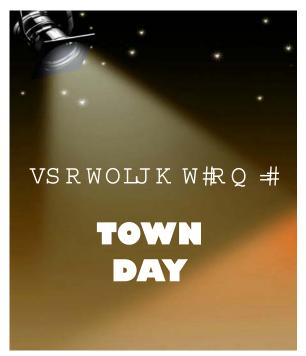
tally sensitive and was prioritized for preservation by our Open Space Advisory Committee. It will be a valuable addition to Old Tappan's open space inventory.





Residents who would like to have a shade tree planted in front of their home in Spring 2007 are encouraged to call the DPW at 201-664-4438 at any time. Someone will come out to your home, inspect the property, and recommend a specific tree for planting. These trees are planted and maintained by the Borough - there is no cost to the individual homeowner.

Except where otherwise noted, Newsletter Photos by Borough Photographer Jamie Cohen





See more pictures at www.oldtappan.net

We would like to thank the following individuals, organizations, and businesses for their support of Town Day 2006:

The Bernard, Brennan, Buldo, Carnazza, Charles, Cisneros, Donaghy, Esposito, Germinario, Kierce, Kroese, Latilla, Messina, Ponte, Stella, and Tchertchian families:

Old Tappan Baseball, Basketball, Football, Soccer, Men's Softball, Elementary PTA, Fire Department, Lions Club, Republican Party, Woman's Club, Lakeview Condominium, Korean Presbyterian Church on the Palisades - Chonghun Choi, St. Pius X Catholic Church, Prince of Peace Church;

A & P Supermarkets, Adamo Realty, Advanced Medical, Aldo's Pizzeria, Bank of America, Blockbuster Video, Blue Moon Mexican Cafe, Bobbi's Golden Hanger, Bon Jour Embroidery, Buldo Sanitation, Butterworth Bagels, Angela Casola for Mary Kay, Certified Grafix and Signz, Charlie Brown's Steakhouse, Cinemacar Leasing, Coldwell Banker/Gary Mascolo, Colonial Manor, Curves For Women, CVS Pharmacy, Dairy Queen, Dr. Donna DePhillips, Steve DePhillips/Friedberg Properties, Dart Computer, DiBari's Deli, Doug's Pro Shop, Eden Nails, Evergreen Chinese Restaurant, Forcellati Bros. Nursery, Goddard School, Hearing by Audio Optics, Kearny Bank, Kings (Hillsdale), Lattice & Vine, Laundry Place, Mail Boxes Etc., Massoyan Jewelers, McDonald's Restaurant, McLaughlin & Associates, Metropolitan Plant, Mindy's Munchies, NJ Army Air National Guard Counterdrug Unit, Nalbandian Realty, Old Tappan Cleaners, Old Tappan Exxon, Old Tappan Flower Garden, Parmigiano's, Pearson Education, Perennials, Petrillo's Deli, Pizza Factory, Poland Springs Water, Ronnie's Bagels, Shoe Inn, Sports Time, Starbucks, Sunrise Assisted Living, Verizon Wireless, Craig Weis-Attorney, Wine & Whiskey Barrel.

#### Additional Participants

Old Tappan First Aid Corps, Democratic Club, Education Assn, Girl Scouts, Ladies Auxiliary, Library, Municipal Alliance.

#### On-Site Volunteers

Attilio Adamo, John Brophy, Ryan Brophy, Carleton Charles, Janet Charles, Mary Corcoran, Steve DePhillips, Judy DiBernardo, Tony Esposito, Rebecca Gattoni, Al Harnisch, Christian Harnisch, Mary Haveron, Carol & Ron Kriegl, Dellio Latilla, Matt MacLean, Jim McLaughlin, Betty Mesiti, Maria Messina, Sal Prifitera, Brittany Tarabocchia, Jeanne Travella, Scott Wiesner, Diane Vanderlinden.

And anyone and everyone else who helped in any way to make Town Day 2006 the terrific day it was.

















#### CPR TRAINING FOR OUR RESIDENTS

On August 15, the Old Tappan First Aid Corps sponsored a CPR class for residents of the town. The course was given by two members of the Old Tappan First Aid Corps - Tony Esposito and Mike Paisner. The class was very well attended, including our Mayor, Victor

Polce and his wife Joy. The training includes the basics of CPR as well as the importance of recognizing the signs of stroke, heart attack and choking. These are skills that should be learned by everyone. The Old Tappan Police have automatic defibrillators in their cars and respond immediately to emergencies, but there are important minutes lost that can be vital to survival. How wonderful would it be if everyone knew how to initiate CPR and were part of the "Chain Of Survival" until the police and ambulance personnel arrived on the scene?

The American Heart Association guidelines have recently changed, so even if you were certified in CPR in the past you should update your skills with the new protocol. Call us and find out how to sign up for a CPR class. YOU could be the one to make a difference!

We welcome new member Dan Piening to the Corps. Dan joined this summer and plans to attend the EMT training school in September.

The Old Tappan First Aid Corps is still looking for new members, especially for daytime emergencies. We have the training if you can give us the time! Come join our wonderful group of men and women who want to help others when they need help the most.

Linda Alessi, President OTFAC

#### **EMS Creed (Author Unknown)**

Sorry if we woke you
In the middle of the night,
But someone in your neighborhood
Is fighting for his life.

Sorry if we block the road
And make you turn around,
But there's been a bad wreck
With dying children on the ground.

When you see us coming
I hope you'll understand,
Let us have the right of way
Someone needs our helping hand.

Sometimes a child is choking Sometimes a broken leg, Sometimes a heart stops beating And when we get there it's too late.

So if you see us crying When we think we are alone, You'll know we had a bad one And we're feeling mighty low.

We don't do it for the money You know how little we get paid, We don't do it for the glory but for a life that might be saved.

Somewhere deep within us Our souls are crying out, We're here to help our neighbors in their hour of pain and doubt.

God gave us something special
To help us see you through,
We do it because we love you
And we care about you too.

The Old Tappan **Planning Board** continues to serve the community by considering all residential and commercial land use applications for variances, subdivisions, and changes in use. We also review Borough ordinances and recommend revisions or propose new ordinances to the Mayor and Council.

One of the most important functions of the Planning Board is to prepare and present a Master Plan to the Mayor and Council. The Master Plan is a detailed summary of the physical, economic, and social development of Old Tappan. It summarizes the occurrences to date and provides recommended plans for the future.

Currently a subcommittee of the Planning Board is working with a professional Planner to prepare the various sections of the Master Plan, based on input from all the departments. By mid-September, the entire Planning Board will be reviewing the draft of the 2006 Master Plan, and the review will continue through October. As always, we encourage residents of Old Tappan to attend our meetings and we invite any comments from those who would like to share their thoughts. Please monitor our website for current agendas for up to date notification of scheduled discussions.

Residents can also find a timeline of current applications on our newly designed website. Updates are done on a biweekly basis and current applications are available for viewing in the Public Records room at Borough Hall during normal hours.

Our website also includes a new FAQ that will explain the important position that the Planning Board fills in the Borough of Old Tappan.



The Social & Cultural Affairs Committee held a Remembrance ceremony on September 11 at Oakes Park to mark the fifth anniversary of the tragic events at the World Trade Center and Pentagon. Old Tappan's emergency services, scout troops, churches, civic organizations, and residents participated in a candelight ceremony featuring remarks by Mayor Polce, singing led by Council President Guy Carnazza and Amanda Binaghi, and a flag ceremony.



Photo by Anna Haverilla Photo by Mary Carmenini

Welcome back to **school traffic!!!!** Once again it is time to jockey for the best parking place around the school. Please obey all traffic laws in and around the schools while picking up your children. If you prefer to walk to the front doors of the schools to meet your children please park on the outlying streets so that a traffic flow may be maintained. Most of all, be courteous with each other and the crossing guards who make it safe for your children to come and go.



Over the past 8 months the Police Department has been involved in various drug investigations involving the **use of marijuana and cocaine by juveniles** from Old Tappan and some of the surrounding towns. What became apparent during the investigation was a feeling that some parents were afraid to confront their children even though their suspicions were raised by their changed behavior, appearance or smell. Nothing else smells like marijuana and the odor sticks to all their clothes. I don't know if it's a trust problem or whether we've become afraid to challenge our children for fear of not being the cool parent. Believe me, it is not fun telling someone that their child is in Police Headquarters for possession of drugs. Please help us stop drug usage by talking to your children before we make that call.

A recent event over the summer involving the **tragic death** of a young girl from a neighboring town shows how quickly that wall of safety that we feel living in the sub-urbs can come crashing down. Our children have grown up in an area of comfort and relative safety. Most are not street smart by any means and sometimes make decisions without knowing the consequences that could happen. Don't just take the word

of someone that wherever they're going is safe. Take the time and check it out, know the area that they'll be in and know what goes on. If it's in the city, talk to a beat cop, he'll tell you what goes on. If it's around a college, stay overnight and see what comes out at night. These predators are out there waiting for the opportunity to take advantage of a situation. Let us all learn from this horrific tragedy so that it does not repeat itself.

#### Chief Joseph Fasulo

Fall season is coming up, which means stoves and fireplaces will start being used. To avoid chimney fires, make sure all chimneys and stove pipes are cleaned before use. Check and replace batteries in all smoke detectors every six months. Check fire extinguishers to make sure they are fully charged.

Fire prevention week is October 8 through 14. Open House will be held at the Old Tappan Fire Department on October 10 between 7 and 9 pm. All are welcome, so take the time to attend for a great learning experience.

The Old Tappan Fire Department is always looking for volunteers. Please attend any Monday night meeting from 7 to 9 pm and sign up.

We remembered our fallen brothers in a ceremony at Oakes Park on September 11, the fifth anniversary of the tragic event at the World Trade Center. May all of our prayers be with the families who have lost loved ones.



# A REPORT ON SECURITY FROM MAYOR POLCE

In a recent article in *The Record* on the decrease in the crime rate in Bergen County, Old Tappan was one of only a few towns singled out for its lack of crime. The article noted that Old Tappan was one of five Bergen County towns that did not register a single violent crime in all of 2005. This is clearly a credit to our police force, led by Police Chief Joe Fasulo.

However, in today's world, crime is not the only danger for which we must be prepared. Indeed, emergency or incident management has become an ever-growing responsibility at every level of government, as we must prepare ourselves for natural disasters such as flooding, health epidemics like Avian flu, and all types of terrorism. It is important for you to know that our emergency service personnel – our police officers, firefighters, and members of the First Aid Corps - are actively doing whatever is necessary and appropriate to be prepared. The following are just a few examples which illustrate our commitment to emergency preparedness:

All emergency service personnel, members of the Department of Public Works, and your elected officials are undergoing National Incident Management System ("NIMS") training, a federal program which standardizes and coordinates emergency response at all levels of government.

Last month we participated in the County First Responder Prophylaxis Distribution Exercise, a simulated distribution of medication to emergency service personnel and key administrative officials to prepare for the possibility of a bioterrorism incident or other public health emergency.

Chief Fasulo is the Bergen County Police Chiefs' representative to the Federal Joint Terrorism Task Force, which meets weekly to address issues involving terrorism.

Old Tappan's Emergency Management Council, led by Captain Shine, our Emergency Management Coordinator, maintains and regularly updates our Emergency Management Plan, a comprehensive guide for incident and emergency management in the event of a declared emergency.

Both Chief Fasulo and Captain Shine have completed Counter-Terrorism, Intelligence, and Awareness training.

All Police Department & First Aid Corps personnel completed Chemical Biological Radiological Nuclear and Explosives ("CBRNE") training.

All emergency service personnel have received Hazard Communication ("HazCom") training.

Old Tappan is actively participating in the state's Interoperability Communication program to improve communications among different emergency service personnel at all levels of government.

Old Tappan's Swiftreach emergency notification system will alert residents by telephone of information which is necessary or important in the event of an emergency.

Our Police Department, Fire Department, First Aid Corps, Department of Public Works, and other Borough officials are committed to doing what we can to meet the needs of our residents when our residents are most in need. However, all of this does not mean that you should be complacent. Individual preparation, awareness and education are the most important factors in coping with disasters. Learn what you can do to protect yourselves and contribute to community and family preparedness. This can start at the family level with the preparation of a "Family Disaster Kit" – see below. For more information on Family Disaster Kits and family preparedness, check the Bergen County Office of Emergency Management website (www.bcoem.org). The Police Department website (under the "Emergency Services" button on the Borough website, www.oldtappan.net) has many links which can help you learn more about these issues.

You may rest assured that there is nothing more important to your Mayor and Council than the safety of our residents. We are committed to preparedness, awareness, and training. As always, let me know if you have any thoughts or ideas that can help us in fulfilling this commitment.

### **Family Disaster Kit**

Disasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond. Some disasters may call for you and your family to evacuate (hurricanes, hazardous substance spills, fires). Other disasters could mean that you and your family may be confined at home. Preparing a Family Disaster Kit can help your family endure an evacuation or home confinement.

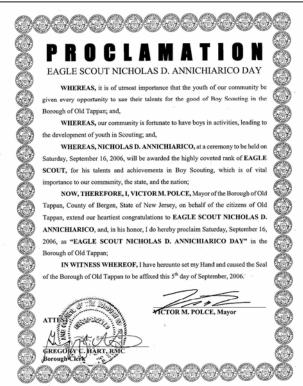
Gather the basic items you should stock for your home:

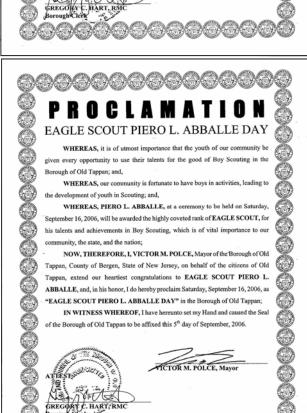
water (one gallon per person per day), food (at least 3 days supply), first aid supplies, clothing, bedding, tools and emergency supplies, special items (prescription medications, sanitary items, important documents).

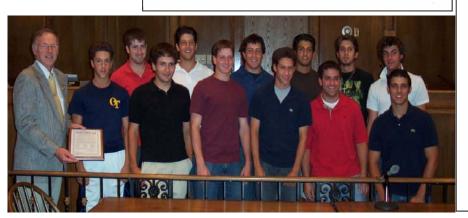
You may need them if your family is confined at home or during an evacuation.

Place the items you'd most likely need for an evacuation in an easy-to-carry container.

Remember to store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Preparedness Kit in the trunk of your car. Change stored water & food every six months.

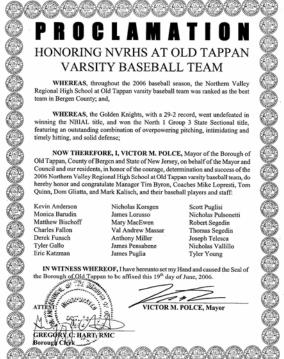












#### **SENIOR CITIZEN NEWS**

The Senior Citizen Advisory Committee hosted a **Lunch 'n Learn** on September 14. The food, provided by Gordon Fraser of The Club at Old Tappan, was delicious, and the group found the presentation on Aging, Memory, and the Brain presented by Dr. George Carnevale to be of great interest. These events, free to all senior residents, have proven to be consistently popular, and for 2007 the Committee plans to expand this program which brings timely topics, information, and entertainment to the seniors of Old Tappan. Watch future issues of this newsletter, local newspapers, and your mail (if you're on our mailing list) for dates and details, and plan to join us for an enjoyable, informative, and delicious experience.

We will again host a **Holiday Happening** in early December. Come meet and join together with your friends and neighbors to celebrate the holiday season and the coming New Year. Bring a friend or make some new ones. Watch for dates and other details. This event is also free to all Old Tappan seniors.

The **Golden Age Club** of Old Tappan meets on the 1st and 3rd Thursday of each month at 12:00PM in the upper meeting room of the Firehouse. All seniors (55+) are welcome to join. Information 201-664-4282

#### **Upcoming Trips**

October 26 Platzel Brauhaus October Fest \$ 45.00

October 30 Bergen County sponsored trip to Atlantic City \$ 18.00

November 9 Mt.Haven Thanksgiving celebration \$ 36.00

December 6 Sight and Sound Theater The Miracle of Christmas \$ 53.00

# FLU CLINIC — OCTOBER 26

Learn The A, B, C's
For Seniors

**Activity** 

Belonging

Companionship

**The Social and Cultural Affairs Committee** has had a busy summer! The committee held an arts and crafts show at Oakes Park on July 8th. Artists displayed and sold fine art, jewelry, handcrafted birdhouses and pottery. Children were delighted to be the "canvas" for NYC theatrical makeup artist Paulette Elkind as she transformed them into princesses, superheroes and tigers to name a few! She also amused them with playful balloon creatures. The youngsters then became artists themselves as they made spin and sand art creations at a table manned by tireless Councilwoman Anna Haverilla.

On August 8th the park was once again a social hub as residents "grooved" to the sounds of Old Tappan resident Allan Namery and his Jazz Focus Band. They played old favorites and special requests and brought smiles to faces of all ages. The evening served up an old fashioned slice of Americana as many picnicked with their families and friends on a beautiful summer evening under the stars.

The committee also sponsored an "End of the Summer Blues Concert" on August 30th featuring the sultry sounds of Nikki Armstrong and her Whole Lotta Blues Band. Preceded by days of rain, the skies cleared and the park was once again the backdrop for an enjoyable evening. The illuminated gazebo was the perfect stage for the versatile and energetic performer who entertained the crowd with a mix of blues and jazz.

The Committee is planning to hold events on a weekly basis during the summer of 2007. We are in need of additional members, bands, entertainers, artists and crafters, etc. Please call or e-mail Marcia Esposito at 201-768-6797 or artlady1634@hotmail.com.

Photo by Marcia Espositio





Allan Namery and his Jazz Focus Band (left) and Nikki Armstrong and her Whole Lotta Blues Band (right) in Oakes Park

# RECREATION

For further information contact
Recreation Director Larry Weil
at Borough Hall from 8:30 am -10:30 am
Mondays and Wednesdays (201-664-1849 X223)
or visit the Recreation webpage at
www.oldtappan.net



# BASKETBALL

Basketball is one of our most popular sports in town. It is a sport that requires skills we develop in our youngest players and continue through the 8th grade. The very nature of the sport includes jumping and running and use of fine motor skills in addition to opportunities for social interaction with a child's peers; something they will carry with them for the rest of their lives. The Recreation

Program is for players of all skill levels, and our coaches tailor each practice based on the skill level of the players they are working with. While we encourage even the weakest players to continue to play and enjoy themselves every year, we also challenge and advance the best players to allow them to continue to grow and excel.

#### **KINDERGARTEN PROGRAM BEGINS DECEMBER 2**

GRADES K-2 Old Tappan Recreation program lasts 8 Saturdays from early December through February

The sessions are held at the TBD School and are instructional in nature. A variety of skills are taught and the children are gradually introduced to game type situations. Boys and girls receive an Old Tappan Basketball T-Shirt.

GRADES 3-8 Old Tappan Recreation program begins in December and runs until early March with divisions as below:

Girls Grade 3 /4 Boys Grade 3/4 Girls Grade 5/6 Boys Grade 5/6 Girls Grade 7/8 Boys Grade 7/8

These groups are then separated into teams with one practice and one game each week. Equal playing time is stressed to all coaches. Games are officiated by NVOT High School players who graduated from our Recreation program. Playoffs are held at the end of each year as well as our Annual Skills Competitions Day. Each player receives a reversible jersey.

Volunteerism is a big part of our program here in Old Tappan. We rely on parents to coach, operate our scoreboards and scoring books, and help in overall administration of our program. Please let us know if you are interested and available.

For additional information please contact: Program Director Peter Soumas (peter@soumas.net) or Girl's Basketball Director Rebecca Gattoni (rgattoni@yahoo.com)

### Ragamuffin Parade

Dust off those costumes and come to the parade, which will be held at Oakes Park this year on Saturday, October 28. Registration begins at 9:15 and we'll start marching at 9:30. Prizes and snacks for kids and parents.

# Online Registration Go to www.oldtappan.net Click the Recreation link Click on Community Pass



The Gallagher Field snack stand on Irving Street has a new look! Two very talented NVOT art students, Ashley DeGraaf and Tracy Engel, painted this mural as part of their Senior Service project.

#### "Home-Grown Products" Lead Golf Course

This is a great story of how two young men who were raised in Old Tappan and educated in the Old Tappan public schools now play key roles in one of the town's key features.

Paul Parascondolo worked at the Golf Course as groundskeeper for 24 years before being appointed Course Superintendent in 1998 and is currently a member of the Golf Course Superintendents Association of New Jersey. During his tenure as Superintendent, Paul has instituted many improvements on the course including tee renovations, cart paths, planting of shade trees, stone wall and lighting in parking lot, and a beautiful new patio overlooking the golf course.

Doug Meeks has been the Golf Pro at Old Tappan for 12 years. Before that he apprenticed at other courses including Edgewood and White Beeches Country Clubs. Doug literally grew up on the Old Tappan Golf Course, where he developed into an excellent player. This experience was his springboard to out-



Paul Parascondolo, Doug Meeks, Golf Commission Chairman Dan Morro, and Council President & Golf Commission liaison Guy Carnazza

standing careers at Old Tappan High School and Ramapo College. His achievements at these institutions have earned him Hall of Fame status at each of these schools. Doug is equally proud of his accomplishments as golf pro at The Old Tappan course. Over the years, he has worked tirelessly, and always with great enthusiasm, to promote golf and membership at the course. He points with pride to all the young golfers he has motivated and encouraged to play golf, both recreationally and for the High School golf team.

Old Tappan is fortunate to have these two "home-grown" young people serving the community. Under their leadership, the Golf Course should continue to thrive by providing great recreation and bringing in revenue which is a benefit to all residents.



Committee members Councilwoman Anna Haverilla and Shari Bernstein preparing gift bags for Tournament participants while Gary Garran looks on.

The Old Tappan **Municipal Alliance Committee** has been hard at work planning our Fall activities. On Monday September 18th the Committee hosted the **16th Annual Mayor's Trophy Golf Tournament** at the Old Tappan Golf Course. A continental breakfast was followed with a shotgun style tee off at 10:30AM. A buffet dinner was served at the close of the tournament, with awards to the winners. This primary fund raising event assists the Committee in continuing to provide the D.A.R.E. Program in our schools as well as other programs throughout the Community. If you weren't able to participate in the tournament, please feel free to make a donation to "The Old Tappan Municipal Alliance Committee."

On Monday, October 30, the Committee will sponsor "**Fright Night**" for all students of the Charles DeWolf Middle School. The 5th through 8th grade students enjoy dancing, sporting activities, and games, with food and refreshments served. Watch for further details on this annual Halloween event, which has been very successful over the years.

Plans are underway to present an **Underage Drinking & Teen Safety Program** for parents at the Northern Valley Regional High School. The tentative date is Thursday November 2. Ideas for the program design include a presentation from law



Old Tappan Boy Scouts attending summer camp at Kittatinny Mountain Scout Reservation in Northern NJ relax during the heat this August. Multiple merit badges and advancement activities were accomplished

this summer.



enforcement, a civil/criminal attorney, medical professionals, educational professionals and students. After the presentation from each speaker, parents may present questions to the panel of professionals. The panel will also remain available after the program for discussion. More information will be made available as plans for this presentation progress.

Please watch for the Committee's fund raiser in January/February 2007 — last year's participants had a great time!

Captain Thomas Shine



Renovation Update: Library Board Trustees approved revised library plans at the August library board meeting. To reduce our costs, changes were made to the library exterior, design of the young adult area and other areas. The library went out for a second round of bidding on September 2<sup>nd</sup>. Bids will be opened at 11:00am on September 21<sup>st</sup>. Donations for our building fund are always warmly welcomed!

Do you have a red polka dot bow tie? If so, please join us at our next fundraiser on October 21st. We are having the "Hunt for 'Read' October" scavenger hunt for all ages. Create teams of 4-6 people, of friends or your family. Each team will get a list of items to find and trivia questions to answer. Points are given for each item and question. The teams with the three highest scores win. The hunt will be followed by a beefsteak dinner and live auction. The event will be held at the Korean Presbyterian Church. Further information

will be mailed to all residents. If you would like to make a donation for our live auction, please call the library at 201 664-3499.

Children's Programs will start the week of September 18th. New this fall is a monthly book discussion group for ages 10-12 years old and a Story & Craft Hour for grades K -1 on Thursdays, for six week sessions. Children can also sign up to read to Ishi, a therapy dog. We also have a tentative yoga & health class for ages 8 and up scheduled for Thursdays at 5pm. For further information, please call the library at 201 664-3499.

Adult programs include yoga classes on Monday and Saturday mornings and Tuesday evenings. Practice your bridge skills every Thursday afternoon from 2-4pm. Our Mystery Book Group meets the second Wednesday of each month and the Eclectic **Book Group** meets monthly on Fridays.

Susan Meeske, Library Director

Member/Guest Pot Luck Dinner Meeting on Tuesday, October 17 at 7:00 p.m. at the Old Tappan Fire House Meeting Hall. A special annual event for potential new members. Call Anita for information at 201-767-1518.

The 16th Annual Arts 'N' Crafts Festival on Sunday, November 19 from 10:00 a.m. to 4:00 p.m. indoors at Northern Valley Regional High School in Old Tappan. Our major annual fundraiser, benefiting the scholarship fund and community projects, the festival features quality handmade crafts from over 75 artisans. The Woman's Club will sell homemade baked goods and their cookbook of 500 favorites, "Treasured Recipes." Food and beverages for sale in the cafeteria. Admission donation is \$2, \$1 for seniors and students, children under 12 free with parent. Crafters of handmade articles interested in festival space call Libby at (201) 767-1097.

Breakfast with Santa on Saturday, December 9 from 9:30 to 11:00a.m. at Trinity Reformed Church fellowship hall. Fun for children and their parents. Tickets must be purchased in advance. Contact Diana at (201) 750-7365.



We would like to have new members! General Meetings are usually held on the third Tuesday of each month, September through June at 7:00 p.m. at the Old Tappan Firehouse meeting hall. For information, call Anita at 201-767-1518.



**OLD TAPPAN** The Lions Club of Old Tappan is celebrating their 50th Anniversary this year. During these many years the Lions LIONS CLUB have supported the baseball and softball teams, the Scouts, Elementary and Middle Schools, as well as organizations for the blind throughout the area. They sponsor the Old Tappan Blood Bank, contribute to Town Day, assist people with special needs, and give two college scholarships each year.

> To do all these things we need your support. The Lions will be collecting at local markets on Saturday, October 14 and Sunday October 15. These white cane collections will provide us with the ability to continue supporting many organizations for the blind, especially Camp Marcella, a summer camp for blind children in Rockaway Township. The Old Tappan Lions provide money and labor for the upkeep of the Recreation Building and money for the purchase of games and sports equipment for the children. This year we are also sending a mailing to the town requesting your help. Please be generous and help us to help the blind.

Save the date of Saturday, November 4th, to attend the 12th Annual Craft Fair put on by the Crafty Ladies of the Trinity Reformed Church. The Fair will be open from 9:00 AM until 3:00 PM in the Chapel located on the church grounds at 292 Old Tappan Road. As in the past, proceeds will be donated to the Inter-Religious Fellowship for the Homeless of Bergen County.

Each year the Crafty Ladies make a variety of holiday and non-seasonal items. The items are of the highest quality and are sold at exceptionally reasonable prices. You'll also find new and gently-used holiday and gift items donated for this purpose.

Delicious baked goods will be sold throughout the day in the Fellowship Hall of the church, along with beverages, breakfast, and luncheon foods.

The Crafty Ladies thank all of you for your generous support in the past and ask again for your help in this worthwhile project. Please help by telling others about the Fair and by bringing a friend or two with you.

**LADIES**"

# MAYORS WELLNESS CAMPAIGN TO PROMOTE ACTIVE LIVING AND HEALTHIER LIFESTYLES

Mayor Polce recently announced that Old Tappan has joined the Mayors Wellness Campaign ("MWC"), a new effort to help the state's communities get on the path to active living and healthier lifestyles. "As we all know, there is nothing more important than our health. The Mayors Wellness Campaign promotes community wellness by encouraging more exercise, proper diet and a more active lifestyle," said Mayor Polce. "I am excited by the prospect of exploring new programs in Old Tappan that can make a difference."

The MWC is an initiative of the NJ Health Care Quality Institute (NJHCQI) in partnership with the Alan M. Voorhees Transportation Center at Rutgers University. A major founding grant was provided by Aetna with additional funding from the NJ Department of Transportation and Johnson & Johnson. The MWC was created in association with the Regional Plan Association, New Jersey State League of Municipalities and the Ramapo College Nursing Program, a joint degree program with the University of Medicine and Dentistry of NJ (UMDNJ).

The goal of the MWC is to increase opportunities for New Jersey residents to participate in daily physical activity with a long-term goal of reducing personal and health care costs secondary to obesity. Through public-private partnerships, the MWC provides structure and resources for healthy community initiatives. By encouraging Mayors to play a leadership role in supporting local assessments and opportunities for active, healthy lifestyles, the intent of the MWC is to improve health and make New Jersey a national leader in community-based health interventions.

"Obesity rates, particularly among our children, and the resulting incidences of diabetes, heart disease and hypertension, are rising at alarming rates. With changes to diet and exercise regimens, this trend can be reversed," said Mayor Polce.

"I am excited about working with the MWC to implement programs of outreach, education and technical assistance activities to combat obesity and inactivity issues for all our residents," said Mayor Polce. "The first step is to identify existing programs and assess our community needs. We can then shape our own plan for community health. I have asked our Old Tappan Board of Health to take a lead role in recommending and implementing programs, and I will work closely with them as they coordinate with other Borough boards and organizations to achieve our goals."

Visit our website, www.oldtappan.net, for links to additional information, including the MWC website, www.mayorswellnesscampaign.org.

# How do I recycle

Oil and Oil Filters Anti-freeze Car Batteries	See an employee at the DPW
Scrap Iron/White Goods	Call the DPW 201-664-4438 or bring the materials to the DPW
Computers/Electronics	Call the DPW 201-664-4438
Clothing	DPW
Tires	DPW
Batteries (AA / AAA / C/D) Ink Cartridges	Old Tappan Public Library or Borough Hall
Comingled/Paper Cardboard	Curb or DPW
Brush/Branch Clippings	Call the DPW 201-664-4438
Store Plastic Bags	A&P or Shoprite
Household Hazardous Waste (pesticides, paint, etc.)	See www.bcua.org



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