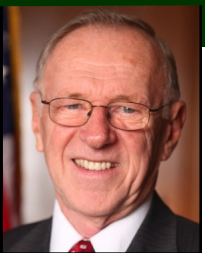




Town Spotlight

Issue 2

2017



A message from Mayor John M. Kramer...

It has been a great spring and summer weather wise and I hope that you have enjoyed all of the pleasant activities associated with those seasons. Indian summer and the fall are months that I look forward to, pleasant days, cool evenings, and the beauty of the changing fall colors.

As we adjust our schedules for the coming months, I invite you to consider volunteering some portion of your time to one of the many positions available here in town. Not only does volunteering bring self-satisfaction and a sense of accomplishment, you meet some nice people along the way. If you're seeking excitement, maybe it's the fire department or ambulance corps. However, If you are looking for something low key, maybe it's a board or committee. Or, on the other hand, you just might enjoy kicking back and joining in with our seniors either as a club member or one who simply enjoys their functions. There exists a wide variety of activities with all levels of commitment. You may contact either Patrick O'Brien, our administrator at borough hall, or me directly if you have an interest. In the meantime, I hope to see you at some of our fall and winter events.

I extend my best wishes to you and your family.

John M. Kramer



What is COAH

and how does it affect me?...

Lately you may be seeing quite a bit of coverage in our local papers outlining the COAH regulations. COAH stands for (NJ) COUNCIL ON AFFORDABLE HOUSING, and administers and oversees the regulation of low and moderate income affordable housing for each municipality in New Jersey.

The Borough of Old Tappan has an extensive history of meeting its responsibilities under the rules promulgated by the State of New Jersey under COAH meeting its fair share of affordable housing.

Based upon a March, 2015 New Jersey Supreme Court decision COAH, as an agency, no longer has the authority to approve affordable housing plans under the Fair Housing Act and the Courts have taken over the responsibilities for determining affordable housing requirements. The Borough has taken a proactive stance throughout the process. We have the protection of the court as we continue to negotiate in good faith. Currently the Borough has to supply affirmative information regarding the "Regional Development Potential" as it is called. Our Planner, Attorney, and the entire Council have determined that the Borough must supply 31 affordable housing units in the next round. A plan which includes credits for previously built units, along with a plan to establish the balance is to be presented to the courts for consideration and approval. If successful, we will meet the requirements through 2025. While this is good news if successful, the future has much more to come. After the courts render their ruling we will report on the ruling and what the future may bring.



The Old Tappan First Aid Corps (OTFAC) would like to congratulate the winners of our annual Memorial Day Poster contest! This year's theme was "HOW TO BECOME AN EMS SUPERHERO." Students in kindergarten through 8th grade participated this year, submitting some really excellent works of art – each one depicting some larger than life superhero qualities that our EMS providers have. The entries were some of the best ones we've ever had and it was so difficult to pick the winners. Pictured are the top 3 winners from each grade.

OTFAC Ambulance 66 is shown standing by at this year's NVOT Graduation Ceremony. Seven



members graduated from high school this year: Sage Miller, Michele Szegda, Austin Geerinck, Nathan Oommen, Paul Guirguis, Emily Brougher, and Maya Vanderlinden. The Old Tappan First Aid Corps is a non-profit, all-volunteer organization, and never charges for emergency response. As a non-profit, the Corps depends on financial support from Boro residents and business owners. New Members & EMT's are also a much needed resource. If you're not sure that you're cut out for becoming an EMS provider, we encourage you to come take one of our first aid and CPR training sessions. Please contact Captain Mark Geerinck directly at mgeerinck@optimum.net to request a class, obtain a membership application, or to find out more information about the Corps. The CPR training schedule is flexible to meet your needs.



Save the Dates

Pizza Bingo: Held on the 2nd Monday of each month at the OT Senior Center. Doors open at 11:30am

Blood Pressure Clinic: Held on the 3rd Thursday of each month at the Senior Center Noon-2pm

Zumba: Held at 9am on Tuesdays and Thursdays upstairs at the Firehouse

Chair Yoga: Held at 11:30am on Fridays upstairs at the Firehouse

Town Day: Stone Point Park on Saturday, 9/9, 1-6pm Rain date-Sunday, 9/10, 1-6pm

Fireworks: OT Golf Course on Saturday, 9/9 at 9pm Rain date- Sunday, 9/10 at 9pm

Family Campout: Chestnut Field on Friday, 9/22, 5pm to Saturday, 9/23, 9am

Flu Vaccination Program: Wednesday, 9/27, 6pm-7pm at OT Firehouse

Fire Prevention Week: October 8-14

FD & OTFAC Open House: Tuesday, 10/10 from 6:30 until 9:00 pm

Leaf Pick-up: Oct 12 thru Dec 2

Senior Lunch & Learn: Thursday, 10/12, at the OT Firehouse at noon

Superhero 5K: Sunday, 10/15—more info page 2

Paper Shredding: Saturday, 10/21, 9am-1pm at the DPW yard

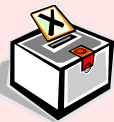
Halloween Festival & Ragamuffin Parade: 9am at Oakes Park on Saturday, 10/28

Breakfast w/Santa: Saturday, 12/2 at OT Fire House sponsored by OT Woman's Club

Tree Lighting Ceremony: Monday, 12/4, 6pm at OT Borough Hall

Senior Holiday Party: Thursday, December 14th at the OT Firehouse at noon

Remember to like us on [facebook](https://www.facebook.com/oldtappan) for updates



**IMPORTANT INFORMATION
FOR THE 2017 ELECTION
FROM THE OFFICE OF THE
BOROUGH CLERK**

GENERAL ELECTION: Tuesday, Nov. 7th 6 am - 8 pm

Last day to register to vote in the General Election is Tue., October 17. Municipal Clerk's office will remain open on Tue., Oct. 17 until 9 pm. The Bergen County Board of Elections issues voter Registration Cards.

If you are going to be out of town on Election Day, you may pick up an absentee ballot application at the Borough Clerk's Office. The **County Clerk** must receive applications by mail no later than 7 days prior to Election Day. **After the 7 day deadline all applications must be hand delivered to the County Clerk no later than 3pm the day before the election.**

DISTRICTS AND POLLING PLACES: Watch for your Sample Ballot, which indicates your District and Polling Place in the left hand corner. Contact the Municipal Clerks office at 201-664-1849 ext. 14 if you have any questions.

POLLING PLACE FOR DISTRICTS 1, 2, & 3: Charles DeWolf Middle School Gym,
275 Old Tappan Road

**TAX
TIME
INFO**

Property Taxes:

Due date **11/1/17...**

There is a 10 day grace period plus one holiday until **11/13/17.**

Due date **2/1/18.** There is a 10 day grace period until **2/12/18.**

Sewer User fee:

Due date **9/1/17.** There is a 10 day grace period until **9/11/17.**

Due date **3/1/18.** There is a 10 day grace period until **3/12/18.**

Annual Special Benefit Assessment bills have been mailed. There are various due dates so check your bill for your due date.

Do we have your correct mailing address: Many tax bills as well as other important notices from the Tax Collector are returned by the Post Office as undeliverable. Property owners often neglect advising our office that their mailing address has changed. Please help us to keep our records up to date. Requests to change mailing address must be submitted in writing. Please look for the form on the www.oldtappan.net.

Online bill pay from your bank: Please be aware payments that you initiate with your own bank through online bill pay should be scheduled in advance of any due date to allow a sufficient number of mailing days for the Borough to receive, process and apply the payment to your account. Payments from online bill pay are sent through the mail. We do not accept electronic payment for taxes. All payments must be received by 4PM on the 10th day of the grace period. The Borough is not responsible for late payments due to delays in mail service or bank processing. **PLEASE INCLUDE YOUR BLOCK AND LOT, LAST NAME AND/OR PROPERTY ADDRESS** in order for us to apply the payment to the correct account.

Pay with Direct Withdrawal: An alternative to online bill pay is the Direct Withdrawal ACH bank draft program we have in place for both taxes and sewer flow fees. Please check our website for application forms and details or come in person to get an application.

Borough mailbox: On the front of the Borough hall for your convenience there is a mailbox to drop payments in when Borough hall is closed. All payments will be posted the following day. Do not use mailbox for regular mail.

State Administered Annual Deductions on Property Taxes:

Property Tax Reimbursement (Senior Freeze) Program. Filing deadline for 2016 Senior Freeze (PTR) Applications extended to Oct 18, 2017

This program reimburses eligible senior citizens and disabled persons for [property tax](#) or mobile home park [site fee](#) increases on their [principal residence](#). To qualify you must meet all the [eligibility requirements](#) for each year from the [base year](#) through the application year. (The current year is 2016.)

Note: The State Budget has set the following qualifications for Senior Freeze payments: Applicants are eligible if their income did not exceed \$87,007 for 2015 and \$70,000 for 2016, as long as they meet all other requirements. Applicants whose income was over \$70,000 but was \$87,007 or less can establish their eligibility for future reimbursements by filing an application by the due date.

Applying also ensures the Division will mail them applications next year.

<http://www.state.nj.us/treasury/taxation/relief.shtml>



The Borough of Old Tappan and The Old Tappan Police Department invite you to join NIXLE. Stay instantly informed and trusted, neighborhood-level public safety and community information available. You choose the information you want, for the addresses you want all delivered for free by text message, email and or on the web. Sign up now at www.nixle.com. Register now—its free and easy!!

**OLD TAPPAN EMERGENCY SERVICES
SUPERHERO 5K**

**Sunday, October 15, 2017
9:00am start time**

8:00am sign-in at Northern Valley High School at Old Tappan



Hosted by Old Tappan Emergency Services

FIRE DEPARTMENT, FIRST AID CORPS, POLICE DEPARTMENT

Register today at Rock Race Timing: <http://www.rockracetiming.com/>

Runner Option #1: \$30 Run 5k- \$25 Timing Bib Chip- \$5 FREE T-shirt *must pay by 9/01/2017	Runner Option #2: \$25 Run 5k- \$25 FREE T-shirt *must pay by 9/01/2017	Walker Option: \$20 Walk 5k: \$20 T-shirt not included, please order separately for \$10 by 9/01/2017
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Check out the free and fun **Sidekick run** for all children under 10

Looking to Sponsor the event with your local business or family name?
For more information about sponsorship or the race please contact oldtappan5k@gmail.com

Donations are always welcomed. Please make checks out to "Borough of Old Tappan"
Mail or drop of at: Old Tappan Borough Hall, 227 Old Tappan Rd, Old Tappan, NJ 07675

All proceeds will support the mission and work of the Old Tappan Emergency Services

THE OT EMERGENCY SERVICES SUPER HERO 5k QUALIFIES AS A USTAF QUALIFYING RACE

Save the Date for the first ever...

**Old Tappan
Family
CAMPOUT**

September 22-23, 2017

Chestnut Field

Families will camp out and
watch a movie under the stars.

More information to follow

Visit www.oldtappan.net for more information

A MESSAGE FROM YOUR DPW

BRANCH CHIPPING: will end the last week of September. You must call 201-664-4438 to insure pickup.

LEAF PICKUP: Leaves may not be placed in the street before October 9 this is due to local, state and federal stormwater regulations. The department will begin picking up leaves in the street on October 16 and continue until our last pickup starting December 4. Please do not mix any debris such as branches, brush and rocks in the leaf piles. Rake the leaf piles as close to the curb as possible to insure safe passage of pedestrian and vehicle traffic. Do not place leaves within 10 feet of catch basins or block fire hydrants. If you have a landscape contractor please inform them of the above-mentioned items, thank you. Residents that have basketball backboards in the street are asked to remove them or turn them around, the borough will not be responsible for any damages that might occur.

Thank you for your support in the past and your future cooperation.

As we have done in the past we will be recycling Christmas trees during the month of January 2018. We will pick up on the west side of town (Central Ave. to River Vale) on January 3 & 17 and the east side (Central Ave. to the state line including Central Ave.) January 10 & 24. Branches will also be picked up at this time if time and weather allows. We would also like to remind you that it is also a violation to dump cooking grease and oils down the drain as well as the connection of sump pumps and roof gutters to the sanitary sewer system.

RECYCLING: The recycling center is opened Monday thru Friday, 7 am until 3 pm, and from 9 am until 1 pm on Saturdays (except holidays). Please bring only those items designated for recycling and place them in the appropriate designated container, please do not place plastic bags in with your items. Please use the curbside pickup whenever possible to prevent an overflow situation at the DPW yard. This now includes consumer electronics effective 2011 you may not dispose of such items as trash. We will be having a paper shredding event at the DPW yard on October 21 from 9am to 1pm. Please bring your papers in manageable sized containers.

We do not accept garbage, construction debris, paint or chemicals, fluorescent bulbs etc. Violators will be prosecuted. If you have any questions as to what is acceptable or where you may dispose of items, please refer to your recycling bulletin or call 201- 664-4438.

SEWER: Residents are reminded to dispose of grease properly by putting it out with your garbage. Pouring grease down your drain clogs your pipes and the sewer pipes in the streets. **Residents are also reminded to discard swiffer type fibrous cleaning products with your garbage and not to flush them.**

ENVIRONMENTAL COMMISSION NEWS...

Community Garden: Plans are underway for the establishment of OT's first community garden to be located behind the Senior Center where there is ample space for multiple plots with adequate parking. Preparations will commence during the late summer and continue during the fall months so that the first plantings can take place in spring 2018. A watering hose will be available. Funding for the project was secured by the Environmental Commission through a grant from *Sustainable Jersey*. The grant will cover most of the costs involved in developing the property but private donations are welcomed. Please contact Pat O'Brien at pobrien@oldtappan.net or Larry Weil at lweil@optonline.net if you are interested in participating. Lot assignments on a first come- first serve basis.

Family Camping Night: On Friday night, Sept. 22, 5pm—9am the next morning, there will be a family camp-out at Chestnut Field. Families are encouraged to bring their tents and sleeping bags to the park. Family entertainment and refreshments will be provided to make this an enjoyable evening under the stars. Please visit www.oldtappan.net for more information.

Eco Lectures: There are 2 lectures on extremely important environmental issues that are in the works. The dates and specific topics will be posted on the Community Bulletin Board at Borough Hall this fall. We encourage people of all ages to attend.

Paper Shredding: On Saturday, Oct. 21, a paper shredder truck will be available from 9am to 1pm for disposal of paper materials, especially those of a confidential nature. The shredding truck will be staged at the Old Tappan DPW. Residents-and non-residents are encouraged to participate.

Gas Powered Leaf Blowers: Part of the mission of the EC is to make recommendations to the Mayor and Council to originate or revise Borough ordinances. In order to reduce the noise created by gas powered equipment and to improve the quality of life for our residents, the EC is considering time restrictions for the use of this type of equipment. Restrictions would apply only to commercial landscapers and not affect home owners.



Bamboo: The EC recommended to the Mayor and Council that bamboo, an extremely invasive plant, be completely banned from the Borough. Any currently existing bamboo plants must be located no closer than 20 feet from a property line.

Walk To School Week - We will continue this program again in the fall. Our students and their parents have been greatly cooperative, making this a wonderful success. Look for announcements after the start of the school year.

Hooked On Fishing - On June 10, with the support of Suez and the OT Municipal Alliance, the 'Hooked on Fishing-Not on Drugs' fishing derby was held at Lake Tappan. School children from 1 grade to 8 grade participated in the tournament and prizes were awarded for the first fish, the biggest fish, the most fish-- and the wildest fish story..... We are hoping for this to be an annual event.

Tire Recycling, Computers And Document Shredding Program

Homeowners wishing to dispose of tires, computer and Confidential Document Shredding are invited to bring these materials to the following locations:

Bergen County Campgaw Mountain Reservation
200 Campgaw Road, Mahwah
Sunday, October 22, 2017

Collection Hours: 9am-2pm (rain or shine)

Household Hazardous Waste Events

Household hazardous waste will be accepted at the locations listed below. To determine accepted materials to BCUA.org. Look under Solid Waste recycling and Household Hazardous Waste for a list of items.

Bergen Community College
400 Paramus Road, Paramus
Sunday, October 15, 2017

Bergen County Campgaw Mountain Reservation
200 Campgaw Road, Mahwah
Saturday, September 9, 2017

Bergen County Utilities Authority
298 Mehrhof Rd, Little Ferry
Saturday, November 18, 2017

Collection Hours 9am-3pm (rain or shine)

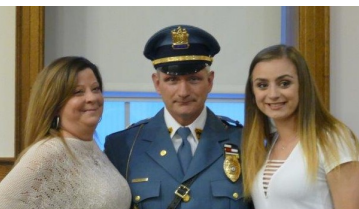
For more information click on to the BCUA web site at <http://www.bcu.org>

The Old Tappan DPW yard will accept and recycle unwanted electronics which contain significant amount of toxic and precious metals. Look for the storage box in the rear of the yard.





The Old Tappan Police Department would like to welcome our residents back from summer vacation and wish our students all the best as they begin a new school year. The OTPD would like to remind all motorists to use extra caution in and around the area of our schools. Complaints regarding speeding vehicles, stopping/standing and parking related offenses appear to be the most frequent violation reported around the residential streets adjacent to the schools. In many instances, the drivers are our own neighbors. Kindly make every effort to comply with the 25MPH speed limit and parking regulations in all residential areas, especially in and around our schools. Please be aware of the presence of our School Crossing Guards and their very important role for keeping the students safe. Parents and residents are reminded that underage drinking is against the law. State Law and Borough Ordinance prohibit underage alcohol consumption on public and private property. Liability issues should be seriously considered by property owners and residents with regard to allowing the underage consumption of alcoholic beverages within their homes. As an important reminder, it will be getting darker earlier and leaving lights on around your home or on timers is an ounce of prevention worth a pound of cure. Halloween is Tuesday, 10/31, please remember to exercise caution while driving with respect to our young Trick-or-Treaters moving about the town. Overnight parking is prohibited beginning 11/15 through 4/1 from 2:00am to 6:00am. Please remember to register your alarm systems with the OTPD and update emergency contact information. As the winter weather draws near, our resident's assistance regarding snow removal is very much appreciated. Our Police, Fire and Ambulance personnel need swift and safe access to homes and properties in the event of an emergency. Clearing driveways and sidewalks of snow, ice and other debris enhance our ability to help residents in their time of need.



At the 5/1 Borough Council meeting, the Mayor & Council promoted Lieutenant James Butler to Captain.



At the 5/15 Borough Council meeting, the Mayor & Council appointed Thomas Nugent to the position of Patrol Officer.

In the past, the OTPD has distributed yellow Courtesy Security Awareness cards to select homes. While on patrol in your neighborhood, an Officer may have noticed a condition that might pose a threat to your safety and property. Persons with unlawful intent often look for inviting conditions in selecting a target of opportunity for unlawful purposes. OTPD Officers may provide this card should they observe a condition of this nature. Residents are reminded to contact the OTPD as soon as reasonably possible when observing suspicious persons or activity. If you see something, say something. The OTPD encourages our residents to be alert with regard to the safety of our community, and appreciates everyone's assistance in helping us, help you!

The OTPD would like to announce the promotion of James Butler to Captain and welcome our newest member Patrol Officer Thomas Nugent. Captain Butler brings 30 years of experience and knowledge with the OT PD to his new position. Officer Nugent is an Alternate Route graduate of the Passaic County Police Academy and brings to Old Tappan one year of experience as a Patrol Officer from the Glen Ridge, NJ Police Department. Congratulations to both Officers on their recent appointments.

The Old Tappan Police Department Junior Police Academy program had its initial run this year. It was open to any 7 & 8 grade student from OT, and a variety of programs were offered one day a week from 3/1 through 4/19. Mentoring Instructors were Officer Kathryn Weaver, Officer Joshua Phykitt and Officer Christopher Reilly. The program offered the Cadets an opportunity to work with personal trainers from S.A.M.P.L.E., experience the processing of a mock crime scene, participate in a simulated motor vehicle stop with a fleeing suspect being tracked by a K-9 Unit. A SWAT Team was invited to show cadets how to clear a room and deal with a barricaded subject. Cadets attended a mock court session with a criminal trial and also participated in a field trip to visit and tour the Bergen County Jail. On Wednesday, 4/19, a culmination ceremony was held for the OT JPA Cadets. Mayor John Kramer, Police Commissioner Anna Haverilla and Police Chief Thomas Shine were on hand to congratulate the cadets and present them with a certificate of graduation from the OTPD JPA.



Fire Prevention Week at OTFD

First proclaimed by President Calvin Coolidge in 1925, Fire Prevention Week has been observed in the United States for the past 91 years. This year observances will take place across the country from Sunday October 8 through Saturday October 14—the week that includes the October 9 anniversary date of the Great Chicago Fire of 1871. Popular legend held that the fire began when one of Mrs. O'Leary's milk cows kicked over an oil lantern—setting the barn on fire. The conflagration quickly escalated and before the flames were brought under control two days later, over 250 people lost their lives, thousands were left homeless and over 15,000 structures were destroyed.

Fire Prevention has come a long way over the past decades—and our commitment to it must never waiver. This year's Fire Prevention theme is "Every Second Counts: Plan 2 Ways Out". The fire department invites kids to bring their parents to the Fire Department Open House on Tuesday October 10 from 6:30pm to 8:30pm to learn more about this year's program. And although historians have vindicated Mrs. O'Leary's cow as the cause of the great Chicago Fire...please leave your livestock at home.

Old Tappan Fire Fighters Honored at the NJ/NY Firemen's Convention: On June 2, the NJ/NY Firemen's Convention was held in Ridgefield Park. As part of the ceremonies, two members of the OTFD and one member of the OT Ladies Auxiliary were honored. For 27 years of dedicated work—and past service as the Ladies Auxiliary president, Tami Mazza received the 2017 Service Award. Fire Fighter William "Billy" Auth received the distinguished Rudy Appeld Service Award recognizing his perennial commitment to the Junior Firefighting Training Program here in OT which has grown to include our mutual aid partners in the Pascack Valley Firemen's Association and the Interboro Mutual Aid Group. Junior fire fighter Brady Gallagher was also honored with a scholarship which he will put to use this fall as he attends Alfred University. Congratulations to all of our award winners!

Kinder Care Kids Visit OTFD: The kids from Kinder Care received a crash-course in fire safety training over the summer. Led by Lt. Alex Naylis and supported by fire fighters Tristan Autran, Danny Yim and Michael Murphy, the grade schoolers observed demonstrations and received closely-supervised hands-on training in everything from hose operations and ladder drills—to team work and radio communications. It was a great learning experience for the kids....and the fire fighters too.



Social Media: You can now follow the Old Tappan Fire Department on Instagram at: [old_tappan_vol_fire_dept](#) and on Facebook.

The Old Tappan Fire Department reminds residents and business owners to report fires and emergencies to 9-1-1. The fire house is not manned on a 24 hour per day basis so please do not call the Fire Department's business phone.

Remember Dial 911 and we'll be on the run.

For all non-emergency questions, please feel free to contact Fire Chief Dave Keil or Deputy Chief Chris Reilly at our new e-mail address: otfd43@gmail.com.

2017 MEMORIAL DAY PARADE: Due to rain the 2017 Memorial Day Ceremonies had to be held indoors again this year. Thank you to all who joined us at Charles DeWolf School to help us honor those who gave their lives for our freedom.



ARTS & ENTERTAINMENT COMMITTEE...

The Summer Series at Oakes Park kicked off on July 5 with The New York Hitmen and continued every Wednesday night ending again with No Discipline on August 16. South Street Station, Fishcakes, Bandit, Beauty and the Grease and Outside the Line brought music to our ears throughout the summer. The Series is brought to you solely through donations and the dedicated and hard work of the OT A&E Committee. *Special thanks goes to Janet Manning for all the work she did booking the bands.* A&E is responsible for

planning, developing and implementing entertainment activities as may be approved from time to time by the Mayor and Council. Anyone interested in being a part of this committee, please contact the Borough Hall. We are also very grateful to the following sponsors for their support of this program; without them there would be no Oakes Park Free Summer Concert series!

Thank you!

Oritani Bank
Spectrum Physical Therapy
Sullivan Associates



The OTPD held their annual **Bicycle Rodeo** on June 3rd. The weather was perfect and everyone who participated left with a smile on their face. Thanks to all the officers who worked with our young bicyclists. And many thanks to some of our Junior Police Academy cadets who took the time out of their Saturday to help out!



RECREATION DATES TO REMEMBER

SPORT/ACTIVITY	REGISTRATION DATES	SEASON RUNS/EVENT DATE
Outdoor Soccer	May - June	Sept through Nov
Flag Football	May - June	Sept through mid Nov
Winter Rec. Basketball	Aug. - Sept.	Early Dec through end of Mar
Winter Travel Basketball	Nov 1 through Nov 30	Early Jan through end of Mar
Indoor Soccer	Oct 1- Oct 31	Jan through Mid Mar
Recreation Baseball/Softball	Dec. 15- Feb 28	Early Mar into June
Town Day/Fireworks	n/a	Sept 9
Town Day/Fireworks - RAINDATE	n/a	Sept 10
Halloween Fest/Ragamuffin Parade	n/a	Oct. 28
Haunted Mansion	TBD	Oct. 27 and 28
Tree Lighting Ceremony	n/a	Dec. 4



SENIOR ADVISORY COMMITTEE NEWS... You are invited to the Fall Lunch 'n Learn program hosted by the Senior Advisory Committee of OT and sponsored by the OT Local Assistance Board. The event is on Thursday, October 12th, upstairs at the OT Firehouse at 12:00 noon. This will be an international lunch focusing on the Greek cuisine and customs. The cost is free and all OT Seniors are invited. Please mark your calendars for the Senior Advisory Committee Holiday Party scheduled for Thursday, December 14th at the OT Firehouse. Remember that the Senior Social Society meets on the first and third Thursdays at 12:30 PM at the OT Senior Center, 247 Old Tappan Road. All Old Tappan seniors are welcome to attend these meetings. There is no charge or dues and coffee and snacks are provided. After the meeting there is usually a few Bingo games played. Feel free to join with your neighbors for an hour or two of conviviality and chatting.

Respectfully submitted by Senior Advisory Chairman David Northrop

NORTHWEST BERGEN REGIONAL HEALTH COMMISSION CELEBRATES 60TH ANNIVERSARY AND HONORS THE OLD TAPPAN BOARD OF HEALTH

Northwest Bergen Regional Health Commission celebrated its 60th anniversary of providing local public health services to municipalities in Bergen County. In commemoration of their anniversary, the Commission honored the Old Tappan Board of Health, one of the communities it serves, for their dedication to public health. Accepting the certificate of appreciation standing left to right are Board of Health members Stephen Wiklinski, Angela Musella, Health Officer of Northwest Bergen Regional Health Commission, Harriet Weil, Rubina Bhatia, Robert Boyer, Ciro Scilingo, and Sylvia Kokowski, Secretary to the Board of Health. Seated left to right are Board of Health members: Eleanor Bradley, Julie Fortunato and David Northrop.



GOOD THINGS TO KNOW FROM THE MAYO CLINIC ASPIRIN & WATER

If you take an aspirin or baby aspirin once a day, take it at night. There may be NO pain in the chest during a heart attack. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve 2 aspirins in your mouth and swallow them with a bit of water. Afterwards – Call 911. Phone a neighbor or a family member who lives close by. Say “heart attack.” Say that you have taken 2 aspirins. Take a seat on a chair or sofa near the front door and wait for their arrival and **DO NOT LIE DOWN!** Heart attacks can be triggered by dehydration. Drinking one glass of water before going to bed avoids stroke or heart attack. Drinking water at a certain time maximizes its effectiveness on the body.

Drink:
2 glasses of water after waking up.
1 glass of water 30 minutes before a meal.
1 glass of water before taking a bath.
1 glass of water before going to bed.
Water at bedtime will also help prevent nighttime leg cramps.
Be sure to speak to your doctor or cardiologist for further advice.



It begins with YOU! Bring your family to the Old Tappan Flu Program & Get Vaccinated!!

Date: Wednesday, September 27th
Time: 6-7pm

Location: Old Tappan Firehouse
231 Old Tappan Rd, Old Tappan, NJ 07675

What You Need To Know

- This year we will be offering a Quadrivalent vaccine which protects against four different flue virus strains as well as a High Dose vaccine (if available from manufacturer) for those 65 years of age or older. The higher dose allows for older individuals to develop a better immune response to the flu virus. The cost is \$35 for the High Dose vaccine for those not covered by Medicare.
- Regular Medicare participants must bring their Medicare Part B card for us to bill Medicare.
- The vaccine costs \$25, we do not accept insurance (cash/check only, no credit cards. This cost also applies to those who have a Medicare HMO (Medicare Advantage).
- Children between the ages of 3 & 17 can be vaccinated only if parent or guardian is present.
- Some children between the ages of 3 and 8 will need to receive a second dose, if this is their first time receiving the flu vaccine.
- The vaccine for children is Preservative Free

Sponsored by:
The Old Tappan Board of Health
& NorthWest Bergen Regional Health Commission

NorthWest Bergen Regional Health Commission
201 West Prospect St, Waldwick, NJ 07463
201-445-7217 ext 201 * www.nwbrhc.org

OT SOCIAL SERVICES LOCAL ASSISTANCE BOARD...

As fall gets into full swing, the Local Assistance Board would like to remind all residents of our ongoing, upcoming and seasonal events. Please join us for "Friday Flix," a movie and light lunch at the library, the first and third Friday of each month. Call the library for more information at 201-664-3499. It's a friendly and entertaining afternoon with fellow residents.

Interested in helping with our "Nutrition to Neighbors" program (Old Tappan Meals on Wheels)? Go to www.signupgenius.com, search for the sign up under the email: dgeitz.otpd@oldtappan.net. Locate our calendar and sign up to prepare and deliver a meal to our frail and disabled residents. The program, created by a Girl Scout in 2009, continues to bring healthy meals and friendly visits to our more vulnerable residents.

Mark your calendars for the second Annual International Luncheon. Co-sponsored by the Senior Social Society and OT Social Services, come join us on Thursday, October 12th, 12:00 PM for an afternoon of delicious Greek cuisine and an introduction to Greek history and culture.

Interested in becoming more proficient on your smart phone or iPad? We anticipate the start of a tutorial program for OT seniors (Teens Teaching Tech), this fall at the Senior Center, with the assistance of local students. Check out the Borough's website for more information on this program.

Please watch for our Annual Fund Raising Letter arriving this fall in your mail. Your contributions allow us to provide programs, services and emergency financial assistance to our residents. Additionally, the Annual Holiday Wish Trees will again be located in our local businesses: Bank of America, Butterworth's Bagels, Starbucks, Bi-State Shipping 'N More, and Get Rx Pharmacy. The Local Assistance Board greatly appreciates your support as we work together to help our neighbors experiencing difficult times.

If you know of someone who would benefit from our services or programs or if you would like to volunteer, please contact our office.

Donna Geitz, Local Assistance Board—201-664-1849 X25



Build a better world was the theme of our summer reading program. We can build a better world not only through construction, but also by acts of kindness. Mark & Mike from the DPW and Bill from Arrow Tree, volunteered to bring a backhoe, dump truck and crane to the library for the kids to sit & climb on and showed them how they worked. The kids had a great time and they all found the truck horns to honk!

A Better World Books donation book drop for new and gently used books is at the back door of the library. It's bright neon green, so you can't miss it! They don't accept encyclopedias, media, textbooks, workbooks or books in poor condition. If the book drop is full, please don't leave books or bags of books on the sidewalk. If it rains the books are ruined and we end up recycling them. Call first and we'll be happy to tell you if the book drop is full.

Hoopla is here! Stream movies, TV shows, listen to music and audio books through the library consortium. All you need is a library card. Go to www.hoopladigital.com to download the app and register. Also remember to check out Zinio, an online digital magazine database with 250 of the most popular magazines. Magazines can be downloaded to your pc, tablet, iPad, iphone and more. ebooks are also available for free. You can also learn 30 languages with Rosetta Stone. Go to oldtappan.bccls.org and check everything out.

Our popular children's programs resume in September. Classes run in six week sessions and are free for residents. Miss Tracy has programs for children from infants through 3rd grade. For information about all of our programs and registration, go to our website <http://oldtappan.bccls.org/>.

Are you new to town or just want to know what's going on at the library? Sign up for our list serv. Stop by the library, call us (201 664-3499) or send your email to otpnclrc@bccls.org. All events and new items purchased are also on our website <http://oldtappan.bccls.org>.

Library hours September-June are:

Monday, Tuesday & Thursday 9am-9pm; Wednesday & Friday 9am-5pm; Saturday 10am-2pm and we're closed on Sundays.



WOMAN'S CLUB OF OLD TAPPAN NEWS...

Guests Welcome to our Meetings: Guests are invited to our meetings which are generally held the 3rd Tues of the month, Sept. through May, at 7:00 PM at the Old Tappan Fire House. The Sept. 19 meeting will feature a slide show presentation by Jane Ren about Chinese culture. Our annual Member/Guest Pot Luck Dinner Mtg is on Oct. 17, the Nov. 28 program will be a holiday craft workshop, Jan. 16 will be a 1pm day meeting with a MELT program led by yoga instructor Theresa Mihalopoulos, and Feb. 20 will be a 1pm day meeting of games. For information call Diana at 201-750-7365.

Thank you for Your Generous Support of our Spring Rummage Sale: We are very grateful for the many who volunteered their time and talents, donated their treasures, spread the word, and attended our very successful Rummage Sale that benefited charitable endeavors and scholarships.

Town Day: Visit us at our booth to enter our annual free raffles for five lovely pots of Chrysanthemums and to pick up information about the Woman's Club and its upcoming events. Raffles are every half hour from 1:30 to 3:30 pm.

Ragamuffin Parade/Halloween Festival: Check-in 4 pm at Oakes Park; parade starts at 4:30pm. Sunday rain date check-in at 12:30 pm, parade starts at 1 pm. There will be judging of the best costumes, events for the family, and refreshments for all.

Breakfast with Santa on Sat., Dec. 2 at the Old Tappan Fire House (Weather date Dec. 9): The WCOT will host a Breakfast with Santa from 9:30am to 11am at the Old Tappan Fire House. Admission is \$10.00 per person which includes breakfast, games, crafts, goodie bags, and an individual visit with Santa. Bring your cameras to capture the moment. The event is for children 2 to 7 years old who must be accompanied by an adult. Tickets must be purchased in advance. For ticket reservations, call 201-750-7365.

Student Award Recipients: The GFWC/NJSFWC WCOT congratulates all the recipients of the 2017 awards. Two scholarships were awarded to Class of 2017 high school graduates residing in Old Tappan. Nathan Oommen, NVOT, received the \$1,000 WCOT Bruce J. Ruzinsky, esq. Scholarship, named for its donor and Paige Gilliam, NVOT, was the recipient of the \$1,000 WCOT Scholarship. Charlotte Giacommi, NVOT, was presented with the \$500 WCOT Theater Arts Award. Eight 8th grade students at the Charles DeWolf School received \$50 awards from the WCOT at their graduation ceremony: 2 Alice Gaffney Memorial Math Awards to Won Jun Lee and Andrea Alexander; Science to William Boyce; Spanish to Livia Angioletti; Physical Education to Alexandra Meeks; Stem to Shaun Herlihy; Athletic to Christina Chu; Achievement to Jimin Choi. Brielle Lumia, NVOT, was presented with a Woman's Club of Old Tappan congratulatory letter and a \$50 check for achieving the Girl Scout Gold Award.

Watch for our Fundraiser announcements in the Fall!

by Pat Royall, OT Woman's Club Communications Chairman



Borough of Old Tappan

227 Old Tappan Road
Old Tappan, NJ 07675

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NEWSLETTER

The Old Tappan Recreation Commission presents TOWN DAY & NIGHT 2017

Saturday, September 9th

(rain date – Sunday, September 10th)

1:00pm to 6:00pm

Stone Point Park

1:00-5:00

**** Rides/Attractions****

Plus...

Bingo – (Adults)

Balloon Twister

Face Painter & Henna Tattoos

And more...

New to Town Day

Sponsored by OT Rec Sports

THE GAUNTLET!

5:00-6:00

Limited Super Prize Raffle

Pie Eating Contest

Attractions/Rides & Refreshments During the Day

*New Dunk Tank, Mechanical Shark, 24' Foot Climbing Wall, Laser Tag,
Obstacle Course, Giant Slides, Dixie Twister,
Trackless Train, Carnival Games...
and much, much more!*



***Pony Rides
And
Petting Zoo***



Refreshments Available: Hot Dogs, Burgers, Heroes, Chicken Wings, Pasta, Sausage and Peppers, Pizza, Pretzels, Fruit, Ice Cream, Sno Cones, Cotton Candy, Beverages and More

FIREWORKS AT THE OLD TAPPAN GOLF COURSE

Don't miss the fireworks and music show planned for the evening.

The Golf Course will open at 7:00pm. Park along DeWolf Rd or walk to the course. Bring your blanket or beach chair and find a seat along the fairway.

Reservations suggested for dining at DeWolf Inn.

Children's finger food will also be available for purchase

Enjoy the music and the Fireworks!

