

Township Times

www.boontontownship.com



BOONTON TOWNSHIP

January 2019

SENIOR NEWS

Virtual Retirement Villages

The notion of virtual retirement communities, known as "villages," started with one group of seniors in the Beacon Hill neighborhood of Boston in 2001. Since then, the concept has exploded.

Each village differs based on the personalities of the people involved. Each virtual retirement community varies depending on the people involved, but they share some common traits: **They offer a list of preferred service providers for residents. They run transportation networks. They sponsor social events.**

The average cost of a village membership for a single person is about \$450 per year and about \$600/year for a household. Some villages charge less than the average. One of the reasons that East Falls Village charges so little is because the village is run by volunteers. Other villages are nonprofit organizations, with 501(c)(3) status, and choose to hire a staff to run the organization. Not surprisingly, those villages charge more because they have higher administrative expenses.

If you don't live near a village, you can create your own. The Village to Village Network provides help to neighborhoods and regions that want to start their own virtual retirement communities. Their website, www.vtvnetwork.org offers on-line seminars to learn about recruiting and fund-raising for a village, a shared document center for volunteer in-take forms and sample village by-laws as well as online forums on bulk rate discounts and the best vendors for senior services.



Municipal Alliance Update



Reducing risk factors and fostering resiliency are part of a comprehensive approach to alcohol, tobacco, and other drug prevention in teenagers.

Research shows that the risk for substance abuse and other adverse behaviors increases as the number of risk factors increases, and that protective factors may reduce the risk of youth engaging in substance use that can lead to substance abuse.

The concept of resilience involves the ability, when faced with stress or adversity, to actively employ individual traits (internal factors) and social, community and environmental (external factors) to return to or maintain a positive state of mental health and functioning.

Stigma is a mark of disgrace which results from the judgment by others. When an individual is labeled by their illness they experience judgment and prejudice. Stigma brings experiences and feelings of shame, embarrassment, distress, hopelessness and reluctance to seek or accept help.

**MORRIS COUNTY
PROUD TO BE
STIGMA-FREE**

**Connect with Nature:
The Tourne Wildflower Trail
Photo Exhibit**

Nature's bounty is alive and well and resides along the Wildflower Trail in Tourne Park located off McCaffrey Lane in Boonton Township. A well-kept secret and place of magic, the WFT, established in 1961, is a labor of love for the Rockaway Valley Garden Club who tends to the native plants there, keeps the trail paths accessible for visitors, and provides guided tours to community groups. Perhaps the most valuable gift of the WFT is its promise to speak with peace and comfort to anyone who visits.

As proud stewards of the WFT and anxious to lure the public to visit, the RVGC will be highlighting its beauty with a photographic exhibit from February 4th to 15th, 8am-4pm, at The Boonton Township Municipal Building, 155 Powerville Rd. A special reception for town officials will be held on Monday, February 4, from 4pm-6pm. The exhibit is open and free to all who wish to experience nature's power to delight and enchant through photos. And then when the weather warms, go and see this treasure for yourself.

*The members of the **Rockaway Valley Garden Club** work hard to keep our Municipal Building and other sites in the Township (including the WFT) looking great all seasons of the year. Your work is greatly appreciated!*



ROCKAWAY VALLEY GARDEN CLUB



January 8— “Native Plants for Cut Flower Gardening”

Kathleen Salisbury, Director of the Ambler Arboretum at Temple University and formerly President of the Native Plant Society of New Jersey will speak about an in-depth guide to the best native plants to grown cut flowers. We will learn to cultivate, cut and condition native trees, shrubs and perennials to give us beautiful and natural arrangements all season long.

February 12 -“How to Grow a Pet-Safe Garden this Spring”

Unfortunately, many plants and garden products that create gorgeous gardens can also cause illness or turn into killers within minutes, if ingested. Dr. Michael Bednar, DVM, will tell us about the plants and garden goods we need to keep out of our pet’s reach, and the symptoms of poisoning, so that our gardens will be havens, not hazards for our pets.

March 12 - ”Public Gardens: Yesterday, Today & Tomorrow”

Bruce Crawford, Director of Rutgers Gardens will present our program. Dating back over 400 years, Public Gardens originally focused on medicinal plants, which transitioned during the Victorian period and throughout the 20th Century into lavish displays of newly discovered plants from around the world. Their mission is once again shifting as needs of the community focus on environmental issues as well a food insecurity. Bruce will address how Rutgers Gardens and other Public Gardens across North America are working to address these important issues and turn the pages of public horticulture to the next chapter. Bruce might bring some plants for sale.

The Rockaway Valley Garden Club generally meets the 2nd Tuesday of the month. Meetings begin at 10:00 am (with coffee at 9:30 am) and are held at the Boonton Township Municipal Building, 155 Powerville Rd. Guests are always welcome and we encourage you to join us to see what we are about. Check us out at rockawayvalleygardenclub.org.

2019 BOONTON TOWNSHIP RECYCLING INFORMATION

RECYCLING DEPOT	CURBSIDE COLLECTION
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January 5* and 19*
 February 2 and 16
 March 2, 16 and 30
 April 13 and 27
 May 11 and 25
 June 8 and 22
 July 6 and 20
 August 3, 17 and 31
 September 14 and 29
 October 12 and 26
 November 9, 23 and 30
 December 7 and 21
 (*Depot will accept Christmas trees)
SATURDAYS 9 - NOON

- WEATHER PERMITTING-SEE ABOVE CALENDAR
1. NEWSPAPERS, JUNK MAIL, MAGAZINES
 2. ALUMINUM & STEEL CANS
 3. CORRUGATED, BROWN BAGS & CHIPBOARD
 4. PLASTIC BOTTLES & CONTAINERS
 5. METAL GOODS, WHITE GOODS*, ELECTRONICS
 6. GLASS BOTTLES
 7. LARGE RIGID PLASTICS
 8. CAR BATTERIES, PHONE BOOKS & MOTOR OIL

January 10 and 24
 February 7 and 21
 March 7 and 21
 April 4 and 18
 May 2, 16 and 30
 June 13 and 27
 July 11 and 25
 August 8 and 22
 September 5 and 19
 October 3 and 17
 Nov-18
 December 12 and 26

EVERY OTHER THURSDAY **
SEE ABOVE CALENDAR

Recyclables must be placed at the curb the night before collection day.

RECYCLABLES. Labels and containers are available at the Municipal Building or at the Recycling Depot.

*Items with freon CANNOT be accepted at the depot.
If your curbside collection was not made please notify Patty DiCenzo 973-402-4024 no later than 9:30 AM the Friday following the collection.

OTHER MANDATED MATERIALS	HOUSEHOLD HAZARDOUS WASTE
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YARD WASTE - Compost leaves, twigs, etc. Cut and leave grass clippings on the lawn.
 TIRES - Can be properly disposed of at many local service stations.
 OIL CONTAMINATED SOIL - Ticon/Mount Hope Rock Products 973-366-7741
 STUMPS, LOGS & NATURAL WOOD - Northeast Products Factory 973-584-6696.

The Morris County Municipal Utilities Authority operates a permanent household hazardous waste facility. For more information or to make an appointment please call them at

(973) 829-8006 Monday through Friday between 8:30 AM and 4:30 PM.

BOONTON TOWNSHIP RECYCLING
COORDINATOR - Patty DiCenzo 973-402-4024
<i>IN THE EVENT OF INGLEMET WEATHER Please refer to the Morris County MUA Website at www.mcmua.com to determine if curbside collection has been cancelled.</i>

PLEASE READ AND SAVE - RECYCLE THIS NEWSLETTER AT THE END OF THE YEAR-

Morris County Municipal Utilities Authority

SINGLE-STREAM all-in-one RECYCLING

The Morris County Municipal Utilities Authority "all-in-one," single-stream recycling collection program allows cans, bottles, cardboard and all other paper to be mixed together for recycling. All of these items can go into one recycling container.

IMPORTANT

- All items must be empty, dry, and free of food residue.
- Recycling containers must not exceed 50 pounds. 32-gallon containers are recommended.
- Only use plastic bags for shredded paper. All other material must be loose in a container, not in a bag.
- Do not tie cardboard or newspapers, put them in reusable containers loose, or stack folded boxes into one box.
- Label your recycling containers with free decals from your town or the MCMUA.
- If necessary, use multiple recycling containers. Containers must have handles. Lids are strongly recommended.
- Put all Styrofoam into the trash; it's coded #6 and is not acceptable in this program.

Paper Cardboard



Plastics coded



Aluminum cans, foil, pie plates, trays. Metal cans*



Glass jars, bottles**



*Metal: Recycle aluminum and steel (tin) cans, loose metal jar lids, steel bottle caps, clean aluminum foil, pie plates and trays. Containers must be empty.

**Glass: Recycle glass jars and bottles with caps and lids removed. Recycle loose metal caps and lids. Jars and bottles must be empty.

Do not recycle plastics coded:
3 V LDPE
6 PS OTHER

Shredded paper must be in clear or see-through plastic bags, such as grocery bags. No dark-colored bags. Nothing else should be in a plastic bag except for shredded paper. Shred only confidential information.

NO PLASTIC BAGS EXCEPT FOR SHREDDED PAPER



MORRIS COUNTY'S ENVIRONMENTAL RESOURCE

CONSTRUCTION DEPARTMENT NEWS

In an effort to improve the level of service to our residents, the Township has entered into a shared services agreement with the Township of Montville for Construction Department Services.

Effective January 1, 2019 all construction services including applications and issuance of construction permits and scheduling and performance of inspections are now administered through the Montville Township's Construction Office.

This shared service agreement now provides Boonton Township residents with a full-time Construction Department staff – 8:30AM to 4:30PM Monday through Friday, a significant expansion beyond the limited hours of 2 to 3 hours twice a week for inspections. Having access to multiple, full-time inspectors will also provide for more opportunities to schedule inspections quickly.

Contact information for the Construction Department is as follows:

**Township of Montville
195 Changebridge Rd.
Montville, NJ 07045
973-331-3318
www.montvillenj.org**

Please note that Health-Septic and Well, Smoke Detector Inspections and Zoning Permits will continue to be managed through the Boonton Township Offices.

BOONTON TOWNSHIP BOARD OF EDUCATION

Spotlight On Our Schools

Boonton Township Parents who might have a handicapped child can get free help from our public school's Child Study Team. Our school district has a mandate to locate and provide services for children between the ages of 3 to 21 who might have physical, mental, language, or emotional difficulties. Evaluation, professional guidance, and an educational program (if needed) are available free of charge if the student is deemed eligible. For information, call:

Mrs. Christine Voorhees, Director of Special Services
Boonton Township Public School
11 Valley Road
Boonton Township, New Jersey 07005
(973) 334-4162 x-370

Kindergarten Registration

January 25, 2019 - 9 AM ~ 2 PM

School Lobby
11 Valley Road

Bring: Birth Certificate,
Immunization Record,
Proof of Residency
(i.e., deed, utility bill)



Celebrating The New Year Safely A Message From the Boonton Township Police Department

As another calendar year comes to an end and we welcome in 2019, we would like to take this opportunity to provide some practical safety tips to ensure that the New Year is as safe and peaceful as possible for all of our Township residents. With the winter season fully underway, we typically experience a rise in travel and vacations, as well as hazardous road conditions and poor weather this time of year. Keeping all of these factors in mind, it is truly important to take general precautions and safety measures this time each year.

During the winter season one of our main concerns lies with our motorists; this is especially true with our teen drivers. The Boonton Township Police Department is proud to announce that we just wrapped up another successful "Alive at 25" safe driving initiative with our high school students. "Alive at 25" is a driver safety course taught by specially trained officers from the Boonton Township Police Department. This program is available for all new drivers at Mountain Lakes High School, as well as their parents. This program aims to provide practical advice to teens who are just getting behind the wheel for the first time. The program stresses the importance of acquiring first-time driving experience under low risk conditions. The winter season typically presents a challenge to first time drivers as hazardous road conditions combined with overall inexperience can be such a dangerous combination. We would like to remind our youth to make safe and responsible decisions during this rather busy time of the year. We also need to stress to parents that they also have a vital role in regards to keeping our children safe during the winter season. Parties and celebrations have become a routine occurrence as we ring in the New Year. It should go without saying that underage consumption of alcohol is illegal, and we would like to remind parents of the criminal and civil liability associated with hosting underage drinking parties.

We also want to again remind our residents to take steps to ensure the safety of their homes and valuables all throughout the winter. As weather conditions deteriorate and residents feel the need for a quick getaway, vacations

become a popular solution. Unfortunately, criminals are aware of this as well. We can't stress enough how important it is to engage in general safety practices to deter potential burglars during this time of the year. Locking your doors, turning on your motion sensor lights, and activating your burglar alarms should be a priority. It is also a good practice to keep the appearance that your home is occupied when you are away. Leave a car in the driveway, leave lights on, don't let excessive amounts of uncollected mail pile up, and let a trusted neighbor know about your travel plans. Homes which appear to be vacant and unoccupied are typically targeted more by burglars. And most importantly, if you see something, say something! Most of the time your initial instincts are right, and if something seems out of the ordinary it probably is. Our officers would much rather respond to a "false alarm" than to not be notified at all. It is important to be a good neighbor and keep a watchful eye over your neighborhoods. We also remind our residents that they can notify the police department when their house will be empty for any period of time. The vacant house form can be located in the lobby of our police department or on our website at www.btpolice.org. This form lets us know when your house will be empty, and our officers will conduct periodic property checks of the residence while you are away. For those of you that are not retreating to warmer weather, please try to keep your driveways and outdoor stairways free of snow and ice so that our officers can assist you more easily in the event of an emergency. We also urge our residents to check on their elderly neighbors from time to time, and please let us know if they require any extra assistance.

We hope that 2019 is a safe, healthy and happy year for all of our residents here in Boonton Township. If we can ever be of assistance please do not hesitate to contact us, or stop by the department and see us. We are happy to discuss any questions or concerns you may have about our community. The Boonton Township Police Department is proud to serve the residents of this great community, and we are looking forward to a safe and successful New Year.

Health Matters:
A Simple Prescription for Health



STROKE IS PREVENTABLE



Every 40 seconds, someone in the U.S. has a stroke. It is the fifth leading cause of death and is a major cause of serious disability.

Stroke is preventable. You may be able to prevent stroke or lower your chances of having a stroke. You can prevent stroke by making healthy lifestyle choices:

Healthy Diet: Eating foods low in saturated fats, trans fat, and cholesterol and high fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet can also lower blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.

Healthy Weight: Being overweight or obese increases your risk for stroke. You can use body mass index (BMI) as a measure. If you know your weight and height, you can calculate your BMI at "[CDC's Assessing Your Weight website](#)"

Health Matters

Stroke is Preventable

Physical Activity: Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. Walking is a great way to be active. Skip searching for the close-up parking spot and park farther away and walk to your destination. When at the mall, take a few extra laps before going into stores. Take advantage of seasonal activities such as ice skating, sledding, and brisk, short outdoor walks.

Limited Alcohol: Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women only one. Recent data reveals that one in six adults binge drinks (typically happens when men consume 5 or more drinks and women consume 4 or more drinks in about 2 hours which brings a person's blood alcohol concentration to 0.08 percent or above). Binge drinking is most common among younger adults aged 18 – 34 years, but more than half of the total binge drinks are consumed by those aged 35 and older.

Knowing the warning signs and symptoms of stroke so that you can act fast if you or someone you know might be having a stroke. The chances of survival are greater when emergency treatment begins quickly.

[Source: www.cdc.gov/stroke](http://www.cdc.gov/stroke)



Ten Easy **Green** New Year's Resolutions

1. Shut off the lights when you leave a room.
2. Turn your car off when waiting...even if it's for just 3 minutes — it will help keep our air clean.
3. Buy a good water bottle which can be re-filled so you can stop buying water in small bottles.
4. The next time you replace a light bulb—consider using an energy efficient bulb.
5. Cut down on or try to eliminate the use of paper plates, plastic cups and plastic straws.
6. Reusable bags! Use them every time you go shopping. Even in the mall.
7. Turn down the heat by 3 degrees in the winter & the a/c 3 degrees in the summer.
8. Lower your thermostat—just a few degrees makes a big difference. And remember, in the summer do the opposite with the a.c.
9. RECYCLE!!
10. Compost food waste and vegetative waste.



BOY SCOUTS OF AMERICA®

Pack 69 is currently seeking boys in Grades 1-5 to join the program. Pack meetings are held monthly at the Parish House on the second Tuesday of the month at 6:45pm. Upcoming activities include:

Jan. 8 - Pack 69 Meeting - Trustworthy "The Great Race"

Feb. 8 - Pinewood Derby Inspection & Weigh-In

Feb. 9 - Pack 69 Meeting - Pinewood Derby Race

Mar. 2 - Pack 69 Indoor Camping Overnight

Mar. 12 - Monthly Pack 69 Meeting - Thrifty "Cubstruction"

March 31 - Blue & Gold Luncheon

For more information about the Cub Scout program, please contact Cubmaster Joanna Kuchavik (joannakuchavik@gmail.com)

Troop 69 2018 Winter Highlights - meets every Monday from 7:30-9 PM at the Parish House.

January 6 & 13- Christmas Tree Pick up

February 2 - Klondike Derby

February 22 - Winter Camping


March 9 - Parish House Cleanup

March 16 - Pancake Breakfast

March 17 - Ski Trip to Shawnee

Check website: www.bttroop69.org or email (craigminiter@hotmail.com) for more info.






When The Snow Falls

Please make sure that you or your contractor do not shovel, blow or plow snow from your driveway into the road. It is important to keep the roads clear of snow.

In order to avoid having the edge of your property (lawn, curbing, etc.) damaged please consider placing some 3' high markers along the edge of your property. This provides a reference point for the plow drivers while clearing the roadways.

Time to License that Dog



All dogs over the age of 7 months are required to be licensed. Current rabies vaccination is required. If your dog's rabies vaccine expires before October 31, 2019, you must have your dog re-vaccinated and send a copy of the proof in with your renewal form.

To avoid any late fees, licenses must be purchased by January 31st. You can purchase your license via mail. Cash and checks are accepted.

Any questions call 973-402-4012

UPCOMING EVENTS

For a complete listing of events go to the
Township Website:
www.boontontownship.com

Meetings

January 2	Township Committee	7:00pm
	Planning Board	7:30pm
January 9	Township Committee	7:00pm
January 14	Township Committee	7:00pm
	Board of Health	7:30pm
February 4	Planning Board	7:30pm
February 6	Township Committee	7:00pm
February 11	Township Committee	7:00pm
	Board of Health	7:30pm
March 4	Planning Board	7:30pm
March 6	Township Committee	7:00pm
March 11	Township Committee	7:00pm
	Board of Health	7:30pm

Recycling

Depot:

January 5 and 19: *Christmas trees accepted—
free of lights or ornaments*

February 2 and 16

March 2 and 16

Curbside:

January 10 and 24

February 7 and 21

March 7 and 21



RECREATION NEWS



Holiday Celebration

Thank you to all who helped with the Holiday Celebration. The children enjoyed rides with Santa and Santa's scavenger hunt. Many thanks to all our elves that helped make this day so wonderful.

Food and Coat Drive

Please help the food pantry by dropping nonperishable food and coats at the Municipal Building - Open 8:00-4:00.

Basketball Leagues

We currently have over 150 children playing in our new various basketball leagues. Thank you to all who helped put the leagues together and are volunteering their time weekly to help coach our teams.

Men's Basketball

Head over to RVS on Tuesdays at 7:30 for men's basketball. These are informal pick-up games. All are welcome.

Yoga

Renew Yourself in the New Year!
Yoga classes will be held on Monday



RECREATION NEWS



evenings from 7:00-8:00 and Thursdays from 6:30-7:30 at RVS in January to March. Cost is \$65 per person for 6 weeks.

Free Youth Baseball Clinic

Focusing on fielding, throwing, and pitching. Open to all baseball players ages 8 to 12. Saturday mornings from 10am to 11:30am from January 9th - February 27th. Rockaway Valley School Small Gym. Bring your baseball glove and wear sneakers. Any questions regarding this clinic, please contact Steve Kern at stevenk@turtle.com

Tri-Town Little League

Spring 2015 registration is now being held for children ages 5-14. Registration closes on January 31st. Register online at www.tritownll.org/registration

We would like your email!

Would you like to receive recreation fliers and newsletters? Please email the Recreation Director if you would like to be added to our email list.

*Any questions, ideas or suggestions please contact Kristin Groeneveld
recdirector@boontontownship.com*