



Demarest Digest



The Mayor's Message

On Sunday, April 26, the Mayor's Wellness Challenge will begin with a kickoff event in downtown Demarest. The Demarest Recreation Commission and the Demarest Board of Health jointly sponsor this 6-week event (see article inside). Come join us—I'll be there on April 26th.

In other news, the 2020 Census is coming. The first mailing will be March 12th. When you receive your form, fill it out and return it as soon as possible. The results of the Census inform the functions and funding of all levels of government for the next ten years. Demarest counts!

~ Mayor Iannuzzi

Police News

New Police Officer The Demarest Police Department would like to welcome Police Officer Alana Luna to the department. Officer Luna was a Class II Special Police Officer with Demarest P.D. and was sworn in on 01/01/2020 as a full-time officer. We look forward to working with Officer Luna as she will be an asset to the community.

Orange & Rockland Scam O&R is advising all customers to beware of an increase of scam calls. The scammer makes an O&R phone number appear on the customer's caller-ID screen and instructs the customer to pay the bill or they will have the service shut off within the hour. Don't fall for it:

- O&R DOES NOT call customers and demand immediate payment.
- To disconnect services, O&R goes through a multi-step process regulated by the NYS public service commission and NJ board of public utilities. This process includes sending written communication over a period of time.
- O&R does not accept payment by pre-paid debit cards, by MoneyGram or any similar transfers.
- Never arrange payment or divulge account or personal information, including debit or credit card information, over the phone.
- If someone comes to your home or business claiming to be from O&R, ask for identification. If you are still unsure, call 1-877-434-4100 or the police.

Nixel Are you looking to receive Alerts and Advisories from the Demarest Police Department? Text 07627 to 888-777 to opt-in.

Protect yourself from fraud during tax time Visit Demarestnj.org for a helpful brochure about cybercrime during tax time: phone scams, fraudulent returns, increased phishing.

Please visit us at www.demarestpd.org for department updates, forms and permit information. Like our Facebook page and follow us on Instagram.

~Chief Christopher Bianchi

Please visit the new website Demarestnj.org for a full calendar of meetings and events. If you notice any misinformation in this newsletter or on our website, please contact Marti Francis (francis.demarestnj@gmail.com or 201-768-0167, ext. 110) so that I may correct it.

Calendar of Events 

March 2	6:30 pm	Relationships (see the Library article)
March 3	7:30 pm	Shade Tree meeting
March 11	6:30 pm	New Heart; Old Loves Concert (see the Library article)
March 11	5:30 pm	Municipal Court
March 12	9:30 am	Mindfulness & Meditation (see the Library article)
March 12	7:30 pm	Nature Center meeting
March 16	7:00 pm	Library Board meeting
March 17	8:00 pm	Zoning Board meeting
March 19	6:30 pm	Seminar on Estate Planning (see the Library article)
March 24	2:00 pm	Protecting Your Investments (see the Library article)
March 24	7:30 pm	Environmental Commission meeting
March 27	7:30 pm	“Disaster” at Holy Angels Academy theater (see article inside)
March 28	7:30 pm	“Disaster” at Holy Angels Academy theater (see article inside)
March 28	9:30 am	Nature Walk and Volunteer Day (see Nature Center article)
March 29	2:00 pm	“Disaster” at Holy Angels Academy theater (see article inside)
March 30	7:30 pm	Mayor and Council meeting
April 1	7:30 pm	Planning Board meeting
April 4	2:00 pm	Easter Egg Hunt (see Nature Center article)
April 7	7:30 pm	Shade Tree Commission meeting
April 9	7:30 pm	Nature Center meeting
April 15	5:30 pm	Municipal Court
April 18	10:00 am	DAA Baseball/Softball Opening Day
April 18	10:00 am	Arbor Day Festival, Railroad Depot
April 20	7:00 pm	Library Board meeting
April 21	8:00 pm	Zoning Board meeting
April 25	11:00 am	Northern Valley Earth Fair (see flyer inside)

April 26	11:30 am	Spring Fling at the Duck Pond (see Mayor’s Wellness article)
April 27	7:30 pm	Mayor and Council meeting
April 28	7:30 pm	Environmental Commission meeting
April 29	7:45 pm	Board of Health meeting
April 30	6:30 pm	Family Paint Night (see Library article)
May 5	7:30 pm	Shade Tree Commission meeting
May 6	7:30 pm	Planning Board meeting
May 9	9:00 pm	Shred Day (See Environmental commission article)
May 13	8:30 am	Walk through the Nature Center
May 13	5:30 pm	Municipal Court
May 14	7:30 pm	Nature Center meeting
May 16	12:00 pm	Canoe Day at the Duck Pond (see Nature Center article)
May 18	7:00 pm	Library Board meeting
May 18	7:30 pm	Mayor and Council meeting
May 19	8:00 pm	Zoning Board meeting
May 26	7:30 pm	Environmental Commission meeting

LOOKING AHEAD

June 7	TBA	Finale of Mayor’s Wellness Challenge
June 16-18	10:00-2:00	Satellite County Clerk Office in Demarest

Northern Valley Demarest Theater

“The Addams Family” will be performed at the NV Demarest theater on March 5th and 6th at 7:00 and March 7th at 2:00 pm. Tickets are \$15 for students and seniors and \$20 for adults. Visit NVDtickets.com.

Demarest Fire Department

We are 100% VOLUNTEER and committed to protecting the lives and property of all of Demarest. We have served our town since 1894: 125 years! The Department responds to over 320 calls a year, day or night, rain or snow. 28 men and women are willing to help you in your time of need. New members are always welcome and needed! Stop by the Fire House any Sunday morning or Tuesday night to learn more about our organization.

CARBON MONOXIDE – THE INVISIBLE THREAT!

The Fire Department responds to more and more carbon monoxide (CO) related emergencies. CO is a colorless, odorless and tasteless flammable gas that is slightly less dense than air. It is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges or furnaces. CO can build up indoors and poison people and animals who breathe it. The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. CO symptoms are often described as “flu-like.” **Whenever a CO detector activates, it’s imperative that you call 9-1-1 and have the Fire Department check for elevated levels of CO.**

SIMPLE & EASY WAYS TO AVOID CARBON MONOXIDE POISONING

- Install a battery-operated or battery back-up CO detector in your home. Replace the battery when you change the time on your clocks each spring and fall. In NJ, there should be 1 CO detector located on every level of your home. Replace your CO detector every five years.
- Have your heating system, water heater and any other gas or oil burning appliances serviced by a qualified technician every year.
- Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances such as water heaters should go up slightly as they go outdoors to prevent CO from leaking if joints or pipes aren’t fitted tightly.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home.
- Never use a gas range or oven for heating; this can cause a build-up of CO inside your home.
- Never use a generator inside your home, basement, garage or less than 20 feet from any window, door or vent.

In the Community

Members of the Fire Department go out to our schools and conduct fire prevention awareness. Part of that program involves a Fire Safety poster contest, a way for us to ensure that our message is being delivered and brought home. The winners each received a certificate as well as gift card to Barnes & Noble!

Demarest Public School News

Kindergarten Registration

The Demarest Public School District has open registration for Kindergarten for the 2020/2021 school year. A registration form can be found online: <http://demarestsd.schoolwires.net> County Road School. Please bring the completed forms along with the child's original birth certificate, three (3) proofs of residence (e.g., deed, lease, utility bill, etc.). Children are eligible for Demarest kindergarten in September if they will be five years old by October 1, 2020.

Please call Kathy Daly, County Road School secretary to schedule a registration appointment at 201-768-6060 X 51535.

Holy Angels Theater Offering

Holy Angels (at 315 Hillside Avenue, Demarest) welcomes the community to the Academy's production of "Disaster." This musical comedy will be presented Friday and Saturday, March 27 and 28, at 7:30 pm and 2 pm on Sunday, March 29. Earthquakes, tidal waves, infernos, and the songs of the '70s take center stage in this comedic homage to 1970s disaster films. Tickets are \$15 each. Visit <aha.booktix.com> for tickets.

A Plea from the Department of Public Works

We have been responding to quite a few sewer backups. The usual culprits are baby wipes and grease! Please do not flush either of these items. Both are trash and need to be disposed of in your garbage can.

From the Demarest Ambulance Corps

Chief Fortunato and the Demarest Ambulance Cops are proud to announce that 3 members passed the Winter EMT Course; 1 member is enrolled in the Spring class. We continue to look for new members! Want to make a difference in someone's life? Visit <https://www.demarestems.com/contact> !!!

Officers: President - Joanne Pianghi; Secretary- Cheryl Pianghi; Treasurer- Diane Marello; Chief- JP Fortunato; 1st Assistant Chief- Ashley Turi; 2nd Assistant Chief- Andrew Woods. Board of Trustees: Roberta Hoag (Chair), Fred Zigami, Frank Sanges.

CCO Reminder from the Building Department

In order to rent or sell your home, a Certificate of Continued Occupancy is required. You must complete the application, pay the required fees and have the home inspected prior to any change in occupancy or ownership. This process takes approximately 4 weeks, so make sure you allow ample time. Any question, please call Dot Haight at 201-768-3398.



90 Hardenburgh Ave
201-768-8714

demacirc@bccls.org
demarestlibrary.org

Sun: 1pm to 5pm
Mon: 9am to 8pm
Tues: 9am to 5pm
Wed: 9am to 8pm
Thur: 9am to 8pm
Fri: 9am to 5pm
Sat: 9am to 1pm

@demarestlibrary

New Jersey Makers Day

Get your make on! Visit the library on Saturday, March 21 from 11am to 1pm to see a demonstration from the LEGO Robotics Workshop and participate in other hands-on maker crafts.

Learn more about this state-wide event at:
njmakersday.org



In the Children's Room

Little Wiggles Storytime for ages 0 to 4
Mondays at 2:30pm, Tuesdays & Wednesdays at 10:30am

Chess Club

Saturdays at 10am

Plus

Tiny Tot Play Time

Spanish Storytime

Evening Storytime

Arts & Crafts

Wacky Science

Afternoon Movie (we're watching Frozen 2!)

Book Clubs for 3rd/4th Graders and 5th/6th Graders

Reading Buddies with DMS volunteers

Visit bccls.libcal.com/calendar/demarest to see our full calendar of programs!

Morning Movies

The library shows movies for adults downstairs at 10am on the second and fourth Friday of every month. Coffee and rolls are served.

This March we're showing:

March 13: *Dark Waters*

March 27: *His Girl Friday*

ESL Conversation Group

This group meets twice a week. Meetings are relaxed, conversation-focused, and full of friendly students. For more information, contact Orla at 201-768-8714 or orla.cassidy@demarest.bccls.org

Tuesdays from 10:30am to 12pm
Wednesdays from 1pm to 2:30pm

Did You Know?

Demarest residents can borrow museum passes! Passes to the Guggenheim or Katonah museums may be borrowed for one week; passes for the MoMA, Intrepid, Children's Museum of Manhattan, and Storm King Art Center may be borrowed for three days.

Call us at 201-768-8714 to see if a pass is available. For more information, visit demarestlibrary.org/museum-pass



The Demarest Public Library

Check out more than books at the library!

Relationships: The Fantasy, the Reality, and the Happily Ever After, March 2 6:30 pm: Join Licensed Marriage and Family therapist Tammar Merin for a discussion on how to have a long-lasting, happy relationship

New Heart; Old Loves Concert, March 11 6:30 pm: performed by NVD teacher and Demarest native Mark Wright,

Mindfulness & Meditation, March 12 9:30 am: An introduction with Dr. Fried, a pediatrician researching childhood emotional disorders at Columbia University.

Estate Planning, March 19 6:30 pm: Wills, probate, health care proxies, living wills, revocable and irrevocable trusts, Medicaid qualification, and planning long-term care.

Protecting Your Investments, March 24 2:00 pm: Learn how to protect against fraud.

Family Paint Night, April 30 6:30 -7:30 pm. Registration necessary. Will be held at the United Methodist Church.

The Mayor's Wellness Challenge

Join in on a 6-week challenge to Commit to Get Fit! The Kickoff is on Sunday, April 26th, 11:30 am to 1:00 pm in downtown Demarest and will feature a cooking demo of Healthy Chili by Shoprite. Wellness-focused vendors will have special offerings for Wellness Challenge participants, followed by Macaroni Kid's Spring Fling, also focused on wellness. The rain date will be May 3.

A "Walk with an Expert" will take place every Wednesday of the 6 weeks. Experts will include Mayor Iannuzzi and staff of the Demarest Nature Center. A grocery food tour or cooking demo Will be scheduled every Thursday.

The Wellness Finale will be held at the Demarest Pool, Sunday June 7 (time to be announced) and will include a skin care talk, prizes and food. Don't miss out on all of the fitness fun!

Registration information to follow. Please watch the website (Demarestnj.org) for information.



**Northern Valley
Earth Fair**

WANTED:
**Vendors, Sponsors, Clubs,
Exhibitors, Not-For-Profits**
*Environmentally friendly or sustainable products
or services, educational information or activities*

Join Us On:
Saturday, April 25, 2020
11 am - 4 pm
Norwood Public School
177 Summit Street
Norwood, NJ

Organized and Supported by Volunteers From:
Closter, Cresskill, Demarest, Harrington Park, Haworth,
Norwood, Old Tappan & Tenafly

For registration info. visit
www.nvearthfair.org

Environmental Commission

The Environmental Commission is happy to announce its BCUA-sponsored Shred Day on May 9th at the DPW parking lot at 22 Wakelee Drive from 9:00 am until 1:00 pm. Here is your chance to safely dispose of sensitive paperwork and declutter at the same time. The Environmental Commission also encourages you to visit the Northern Valley Earth Fair at the Norwood Public School on April 25, 11:00 am to 4:00 pm.

Demarest Garden Club

Support the Garden Club at its Plant Sale! Order forms will be at the Library and Borough Hall in mid-March, and plants will be ready for pickup on April 3. Hanging baskets are great quality and a good deal!

Municipal Parking

If you are in need of additional parking or somewhere to store a vehicle that should not be parked in your driveway, there are spots available downtown for a nominal permit parking fee. To inquire, please call the Borough Clerk, Susan Crosman, at 201-768-0167, ext. 139, for further details.

The Demarest Nature Center

The Nature Center had a great start this year on February 8 with a day of birdhouse and birdfeeder building at the train station. Here's what else is going on this spring. Please join in.

Nature Walk and Volunteer Day Saturday, March 28, 9:30 am. Naturalist Marc Gussen will lead a walk, and at 10:30 am we will collect litter. Bring gloves. Meet at the parking lot by the Imaginative Playground. Rain date is Saturday, April 4.

Easter Egg Hunt Saturday, April 4, 2:00 pm. Join a larger-than-life Easter Bunny in the small soccer field located near the Swim club.

Walk through the Nature Center Wednesday, May 13, 8:30 am. As part of the Borough's Wellness Challenge, Demarest Nature Center Founding Trustee Dave Emerson leads this walk. Meet at the parking lot by the Imaginative Playground.

Canoe Day at the Duck Pond Saturday, May 16, noon to 3:00 pm. This is the first of what we hope will become an annual event. It's not only a fun time but a fundraiser: \$10 per family for a ride.

Visit www.demarestnaturecenter.org. The Nature Center is open to all, 365 days a year, dawn to dusk.

Is Your Number Up?

Emergency personnel need to reach people as quickly as possible. Thus, it is vitally important that your house number be displayed in accordance with Borough Ordinance 78-2. The Police Department reminds you that your number must be affixed in a conspicuous manner on the front of your house so as to be plainly visible from the street. Additionally, you may display an additional house number on a post or mailbox, especially if the front of your house is not visible from the street. Please note that numbers on rocks or otherwise on the ground are not helpful, as they can be covered by leaves or snow.

The Demarest Athletic Association

DAA Baseball/Softball Opening Day is Saturday, April 18, 2020. The parade steps off at 10:00 am. From the Demarest Middle School (DMS). Ceremonies begin at Wakelee Field at 10:30 am. Food and drinks are available, and games will be played. Play ball!!

Removal of Large Appliances and Equipment

Please call IWS sanitation at 201-768-5407 to schedule an appointment for the pickup of large appliances and other household equipment. Refrigerators, air conditioners, and ice makers must have the Freon removed by a certified service person before pickup. If you are buying a new appliance, please check with the merchant as to whether they will remove and dispose of the old appliance.

**Bergen County Department of Health Services
is proud to present**

Youth Mental Health First Aid Training

Bergen County is providing a unique opportunity for you to participate in
Youth Mental Health First Aid training at **NO COST**.

This is for **ADULTS** who regularly interact with adolescents (teachers, school staff, coaches, youth
group leaders, parents, etc.)

This vital course can help **YOU** make a difference for a young person!

What is Youth Mental Health First Aid?

- 8 hour interactive public education program
- Teaches participants the unique risk factors and warning signs of mental health problems in adolescents
- Introduces a five-step action plan to support a youth and initiate mental health resources



COURSE DATE AND LOCATION

**327 EAST RIDGEWOOD AVE (PARAMUS)
TUESDAY, MARCH 3, 2020
8:30 AM—4:30PM**

To Register please email Haley Contino at hcontino@co.bergen.nj.us or
call 201-634-2708

SPACE IS LIMITED—Registration is Required

Why is Youth Mental Health First Aid Important?

- Just like CPR, it is a vital skill that improves the well-being of our community
- Helps to eliminate stigma associated with mental illness and substance abuse
- Promotes recovery and resiliency



COUNTY OF BERGEN

JAMES J. TEDESCO III, *County Executive*

BOARD OF CHOSEN FREEHOLDERS

Mary J. Amoroso, *Chairwoman* • Dr. Joan M. Voss, *Vice Chairwoman* • Steven A. Tanelli, *Chair Pro Tempore*
David L. Ganz • Germaine M. Ortiz • Thomas J. Sullivan • Tracy Silna Zur

SHARED BY THE AMBULANCE CORPS AND BOARD OF HEALTH OF DEMAREST

CLOSTER

COMMUNITY EVENT

FREE & OPEN TO THE PUBLIC

THE OPIOID EPIDEMIC

and what YOU can do to help SAVE LIVES

MARCH 12, 2020

7:00 PM - 9:00 PM

CLOSTER SENIOR CENTER

4 LEWIS STREET, CLOSTER, NEW JERSEY

*Presented by the **Borough of Closter** and **Alumni in Recovery** and their **Parent Program***



- Real stories from local people
- The Black Poster Project on display
- Local treatment/prevention resources will be on hand and available to speak
- Complimentary food & beverages provided by



Stop&Shop



For More Information:
info@alumniinrecovery.org or
www.alumniinrecovery.org

TOGETHER WE CAN MAKE A DIFFERENCE!

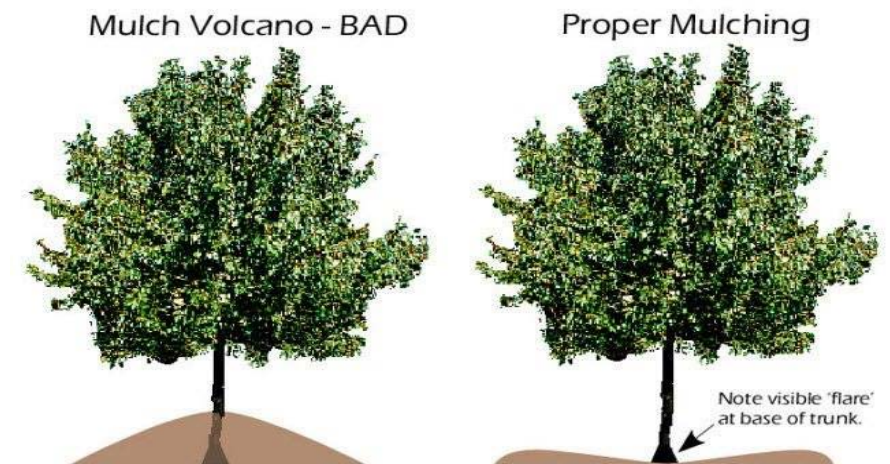
SHARED BY THE AMBULANCE CORPS AND BOARD OF HEALTH OF DEMAREST

The Shade Tree Commission

In response to the stress put on our environment by climate change, the Shade Tree Commission wants to do its small part to mitigate the problem. Therefore, some big changes are being made. With a newly appointed Chairperson and new members, the Commission is looking forward to a year of increased activity. In 2019, 20 new trees were planted, and we hope to plant 20-40 more in 2020. Thus, the Commission has contracted for a complete survey of the species and condition of all town trees. With this information, Demarest will be able to further diversify the types of trees grown and try to lessen damage caused by trees during severe storms. We are also looking forward to an Arbor Day seedling distribution festival on April 18, 2020 (10:00 am to 2:00 pm) at the railroad station. More information on this fun family event will come later.

Please No Volcanoes!

Some landscaping companies don't know that mulch volcanoes are bad. A mountain of mulch, piled high against the tree trunk results in a slow death. When using mulch, NEVER pile against the bark of a tree. Tree bark is the outermost protective layer of a tree meant to protect the trunk. It works best exposed to air and light. When mulch is piled around the trunk of a tree, it is now exposed to dark and moisture. The bark will begin to rot and then cannot protect the tree from insects and diseases.



Properly mulching your trees conserves moisture, prevents weeds and moderates soil temperature. Apply mulch 2 to 4 inches deep, as wide as the drip line, and keep the mulch at least 2 to 3 inches from around the base of the trunk. Keep mulch flat, not mounded, so that water will not run off. Please tell your landscaper if you see that your trees are not properly mulched!

The Demarest Shade Tree Commission meets on the second Wednesday of each month at 7:30 pm at Borough Hall. Please check out our page on the borough website. [https://demarestnj.org/shade tree](https://demarestnj.org/shade_tree).