

Borough of Rockaway

APRIL 2024 NEWSLETTER



Rockaway Borough
Recreation Department

CONTRIBUTE

The Rockaway Borough Newsletter will be published monthly. To contribute please email: rockboronewsletter@gmail.com

NEWSLETTER GUIDELINES

Please include the date and location of your event. Your name, phone number and email must be included, in case of any questions. Deadline is always before the 15th of the PREVIOUS month in which the information is intended for inclusion. No classified ads.

Do you have a photo you'd like to have considered for our cover?

Please email it along with your name and the photo location to: rockboronewsletter@gmail.com

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[To have our newsletter delivered to your email every month please click here.](#)

UPCOMING MEETINGS

MAYOR AND COUNCIL

Upcoming Meetings: April 11th & 25th

[Click here for meeting schedule, minutes and agendas.](#)

LAND USE BOARD

Upcoming Meetings: April 24th

[Click here for meeting schedule, minutes and agendas.](#)

PARKS & RECREATION

Upcoming Meeting: April 23rd

[Click here for meeting schedule, minutes and agendas.](#)

BOARD OF HEALTH

Upcoming Meeting: April 9th

[Click here for meeting schedule, minutes and agendas](#)

HISTORICAL COMMITTEE

Upcoming Meeting: April 27th

[Click here for meeting schedule, minutes and agendas](#)

ENVIRONMENTAL COMMISSION

Upcoming Meeting: April 10th

[Click here for meeting schedule, minutes and agendas.](#)

ROCKAWAY BORO SENIORS

Upcoming Meetings: April 18th



ALL MEETINGS HELD AT THE COMMUNITY CENTER

PARKS & REC

[RECREATION DEPARTMENT](#)

CHALLENGER GAMES

Hosted by Rockaway Boro Little League

June 9th, Donatoni Park, 199 W. Main Street, Rockaway, NJ 07866

For information regarding the foundation of The Challenger League & how you can make a difference participating in this event [please click here](#). We ask that all families that intend to volunteer, spectate or support this amazing community event that they arrive at approximately 12 p.m. We will be making signs to help cheer on our players & preparing to welcome our Challenger players. Our Business Owners & Recreation Department will help sponsor the t-shirts for our volunteers. More information will be provided shortly to our community. In the event there is inclement weather, the event will unfortunately be canceled. We look forward to seeing everyone & having a fun, special day!

ROCKAWAY BOROUGH LITTLE LEAGUE

Opening day is scheduled for Saturday, April 20th @ Fireman's Field, details TBA.

Pasta dinner and pictures are scheduled for Thursday, April 18th at American Legion Post 344.

CALLING ALL SUPER HERO SPONSORS

ROCKAWAY ROTARY 5K RUN/WALK

***SATURDAY JUNE 8TH, 9AM @ PETERSON MEMORIAL FIELD
ROCKAWAY TOWNSHIP***



The Rockaway Rotary Club invites you to consider sponsoring this year's 5K race. The race is a major fundraiser for the Club and we cannot use our "super powers" to help our local community without the help of our "sidekicks"--sponsors like you!

A few of the many local community projects that are supported by the Rotary Club include:

- Fighting Hunger through donations to the Food Pantry
- Empowering Young Heroes by awarding student scholarships
- Combating Stigmas by facilitating Mental Health Awareness in schools
- Facilitating Super Learning by providing dictionaries to all 3rd grade students
- Delivering Hope and Happiness to families through donations of toys, school supplies, clothing, and more in collaboration with Family Wishes Christmas & Easter Drives, Toys for Tots, and Backpack Drives
- Supporting our Biggest Super Heroes such as Veterans, Police, Firefighters, and First Responders through donations and event involvement

PUT ON YOUR CAPE & SIGN UP NOW TO BE A SPONSOR



With your help and monetary support, the Rotary will be able to continue using our Super Powers to support those locally, nationally and around the world. See the accompanying Sponsor/Donor Form which explains the suggested donations and benefits of each level of sponsorship.

Please know that any amount of assistance will be greatly appreciated

Make checks payable to ROCKAWAY ROTARY and Mail to...

Rockaway 5K Run/Walk

PO Box 234, Rockaway, NJ. 07866

FOR MORE INFORMATION...

WWW.CLUBRUNNER.CA/ROCKAWAY

WWW.FACEBOOK.COM/ROCKAWAYROTARY

ROCKAWAYNJROTARY@GMAIL.COM



ROCKAWAY ROTARY 5K RUN/WALK SUPERHERO SPONSOR/DONOR FORM



YES! Our business or organization wishes to support the 2024 Rockaway 5k Run/Walk.

Name: _____

Address: _____

City, State, Zip: _____

Email & Facebook Page: _____

LEVEL OF SPONSORSHIP:

_____ **Super Hero Sponsor/\$1000 and above** \$ _____

These sponsors receive their business log on 5K promotional banners, recognition on the T-shirts, signage at the beginning of the race, as well as a space (with table) to promote your business or organizations at the location of registration and completion of the Rotary 5K on the day of the race.

_____ **Elite Avenger Sponsor/\$500 and above** \$ _____

These sponsors receive recognition on the T-shirts, signage at the beginning and end of the race, as well as space (with table) to promote your business or organization at the location of registration and the completion of the Rotary 5K on the day of the race.

_____ **Courageous Crusader Sponsor/\$250 and above** \$ _____

These sponsors receive recognition on the T-shirts and signage at the beginning and end of the race.

_____ **Sidekick Sponsor/\$100 and above** \$ _____

These sponsors receive signage at the beginning and end of the race.

_____ **SuperFriend /\$25and above** \$ _____

Donation of prizes or supplies for 5K run...

Prizes: _____ Value: \$ _____

Supplies: _____ Value: \$ _____

The Rockaway Rotary Club is a 501 (c)(3) nonprofit organization. Donations are tax deductible to the extent allowed by law.
Tax ID #: 22-6101089.

Please complete this form and return no later than May 31, 2024.

Please make checks payable to Rockaway Rotary Club.

**Completed forms and checks may be mailed to:
Rockaway Rotary 5K, PO Box 234, Rockaway, NJ. 07866**



**Be a Superhero and take the Rotary Pledge
of "Service Above Self"**



Healthy Aging Symposium



Join us for a day dedicated to aging well! Enjoy educational presentations, complimentary lunch, resource tables and health screenings. Onsite raffle to win a free grab bar, including installation!

Health Screenings

*Blood Pressure • Balance Screening • Memory Screening
CarFit Evaluation (reserve your spot when you register)*

Speakers

*Jason Prager, MD, Geriatrician, AMG Geriatrics at Morristown Medical Center
“Healthy Aging: Preventive Care and Vaccinations as We Age”*

*Alicyn Link, RPSGT, Atlantic Sleep Disorders Center
“Are You Dreaming of a Good Night’s Sleep?”*

Friday, April 19, 9:45am – 2:00pm

Morris Plains Community Center, 51 Jim Fear Drive, Morris Plains

Pre-Registration is required.

Please call 1-844-472-8499, option 3 to register.



**Atlantic
Health System**

For more information, call
Community Health at 1-844-472-8499.

BOROUGH OF ROCKAWAY

EARTH DAY

CLEAN UP EVENT HEADY FIELD/MEMORIAL PARK



Please join us for the Rockaway Borough Clean Communities Earth Day Event protecting and caring for our environment.

Individuals, groups and organizations are welcome!
Certificates for community service hours will be issued. Prior registration is not required, but we do appreciate you letting us know that your group will be attending so that we may ensure proper supplies are available.

Gloves and trash bags will be supplied. Water and pizza will be provided for all who volunteer.

**Monday, April 22, 2024
3:30 pm – 6:30 pm
Heady Field/Memorial Park
33 Maple Avenue
(next to Police Department)**

To let us know that your group will be attending, or for more information, please contact Patricia Reiche, Clean Communities Coordinator, at CFO@rockawayborough.org or 973-627-2000 extension 225.

LIBRARY EVENTS

ROCKAWAY BORO LIBRARY

SPRING STORYTIME & CRAFT w/Ms. GERI*

Tuesdays, April 2, 9, 16 ~ 11:00am. Ages 2-5.

DETERMINED SPIRIT: THE STORY OF AMELIA EARHART

Wednesday, April 10 ~ 6:30 pm. Recommended for ages 16 and up. *Registration is required.

Actress and Historian Monica Hoffman performs as Amelia Earhart in a one-woman show that reveals the life and legacy of the world's most celebrated female aviator. This program is funded by a grant from Morris Arts.

TIME FOR TOTS w/Ms. LAUREN*

Friday, April 12 ~ 11:00am. Ages 1-5.

Meet friends for books, coloring and playtime!

AFTER SCHOOL GAME CLUB*

Friday, April 12 and Friday, April 26 ~ 3:30-4:30pm. Ages 8-18.

Kids and teens meet in the library to play board games and card games. Bring in a game of your own or play one of ours.

ART JOURNALING HOUR!*

Tuesday, April 16 ~ 4:00pm. Adults 18 and up.

Come to the library to work on your art journal! Artistic talent not necessary to enjoy this form of creative expression. New participants will receive everything they need to begin this creative process. Supplies provided or BYO.

AFTERNOON ARTS & CRAFTS*

Wednesday, April 17 ~ 3:30pm. Ages 6-10.

Have fun with Ms. Geri making Thumbprint Birds on a Wire.

LADYBUG PAPER CRAFT*

Saturday April 20 ~ 11:00am. Ages 6-9.

Join friends to create a cute 3D ladybug!

LET'S DISH!*

Monday, April 22 ~ 1:30pm. Adults 18 and up.

Share recipes and cooking tips. This month we'll discuss our favorite vegetable dishes.

BOOK LOVERS MEETING*

Wednesday, April 24 ~ 6:30pm. Adults 18 and up.

This month we will discuss *Anxious People* by Fredrik Backman. Bring a book suggestion or two to share with the group.

KNIT AND CROCHET GROUP

Thursday, April 25 ~ 11:00am-12:30pm. Adults 18 and up.

STORIES & SIPS*

Friday, April 26 ~ 11:00am. Adults 18 and up.

Join us for coffee and a morning chat about books, favorite authors, and anything else that's on your mind!

ELEPHANT & PIGGIE PAJAMA STORYTIME*

Monday, April 29 ~ 6:30pm. Ages 4-8.

Come to our special pajama storytime and enter to win tickets (one adult and one child) to the upcoming "Elephant & Piggie's We Are In A Play" production at the Growing Stage Theatre in Netcong.

[To register for events
please click here.](#)

*registration required

CANINE CORNER

I need a consult please!

It was the Friday night before a holiday weekend. One of my dogs loves tennis balls and will play fetch for hours. She will slide on the hardwood floor sometimes when changing direction. Well on this night, she slid and went right into the wall. She got the ball of course but was then hobbling to bring it back to me. As I knelt down to look more closely I could see she had two broken toe nails. As a dog mom, what do I do? It's 9:30 pm and I am really not sure how much of an emergency this really is. Does she need to go to the vet? Does she need to go to the vet right away? Can it wait until morning? Until Tuesday? I would much prefer to go to my regular vet where they know me and know my dog rather than the more expensive emergency vet where the injury would be prioritized based on other emergencies. It could be a long night. I needed a veterinary consult of some sort.

If your dog is experiencing one of these signs, they need to see a veterinarian ASAP:

- 1. Straining to urinate or defecate** - This could be a sign of an obstruction of some sort and can lead to serious health issues. I laughed at a doctor once when he told me to get a urine sample from my female dog. That took some patience and creativity for sure but she was straining because of an infection so it was worth getting.
- 2. Fainting, sudden collapses, unconsciousness, disorientation, or seizures** - Some conditions are easily treatable, but it's very important to have it addressed right away. This can be scary but pay attention to your dog - what is their body doing, what sounds are they making, what were they doing when the episode happened?
- 3. Weakness, inability to stand, wobbling, or dragging hind legs** - These could be a sign of the brain, spine, heart or lungs. PSA There is no need for your dog to ever be drunk or high. It's not funny. They don't understand what is happening to their body and that can be a dangerous situation.
- 4. Lack of appetite, repeated vomiting, diarrhea, not drinking water, or unproductive retching (or if you notice blood in the vomit or stool)** - These could be a sign that your dog has ingested something toxic, has contracted a virus or could be a sign of bloat. When the aren't acting like themselves, something is up. Don't ignore it.
- 5. Difficulty or labored breathing, choking, or nonstop coughing** - Breathing issues can be an indicator of a heart issue. Coughing could mean something is stuck in their trachea or a sign of kennel cough (which is contagious to other dogs). When a dog coughs, it sounds like they are trying to clear their throat. It's more like they are hacking something up rather than like a human cough.
- 6. Squinting, swollen eyes, bleeding from eyes, nose, or mouth** - Anytime you see blood, it's a pretty clear indicator that something serious is going on with your dog's health. Blood = Serious
- 7. Swollen limbs or limping** - Not the sympathy limp when they just jump off the bed wrong and milk it for all it's worth, we're talking limping for days and days. Swollen joints or limbs that seem uncomfortable to your dog warrant a vet visit.
- 8. Whining, shaking, or restlessness without a reason** - Think of how they act when there's fireworks. If they are acting like this and there are no fireworks, something is going on and your dog is in pain or at least very uncomfortable.
- 9. Panting** - This is how dogs sweat. Are they anxious? Do they have a fever? Has their body temp gone up because of an internal injury and they are in pain?

These don't answer my questions about my dog's broken toenails. I do have an app on my phone called Petzey. Do yourself a favor and download it for free right now. It has saved me from unnecessary vet visits where I was just being a nervous dog mom. It's an app that allows you to video chat with a veterinarian for \$20. In my opinion it is worth \$20 to tell a trained professional the situation and have them make a recommendation. You only pay when you talk to someone. In this case, since the toenails were bleeding there was certainly a risk of infection and we went to the emergency vet that night. It was a \$400 pedicure but she's fully recovered and is back to playing fetch.

Here is a link to a number of emergency vet clinics/hospitals in New Jersey. I hope you never need to use it.

Rachel Kelly is a Humane Educator and Community Advocate dedicated to preserving and honoring the bond that humans have with their pets - especially dogs.

GARBAGE

SANITATION DEPARTMENT

ROUTE A GARBAGE THURSDAYS

Adams Street	Dominic Drive	Hyland Avenue	Mt. Pleasant Avenue	Sweetbriar Road
Addison Avenue	Duncan Lane	Kelly Court	Nichols Drive	Sylvan Way
Andrea Drive	Easton Avenue	Lakeside Drive	Overlook Drive	Valley View Road
Arbor Avenue	Elycroft Avenue East	Lawrence Drive	Phillip Drive	W. Longview Road
Baker Street	Elycroft Avenue West	Lindbergh Lane	Pleasant Place	West Main Street from
Birchwood Road	Farview Drive	Longview Road	Robert Street	Lakeside Drive westerly
Cedar Lane	Farview Road	Mannino Drive	Rose Lane	to Route 46
Centennial Drive	Glenview Place	Marshall Avenue	Route 46 from West Main	Walnut Place
Chester Avenue	Harrison Avenue	McKinley Drive	Street to Franklin Avenue	William Drive
Chestnut Terrace	Hemlock Road	Meadowview Avenue	Spruce Street	White Birch Drive
Crestwood Road	Hickory Place	Monroe Place	Stephen Place	Willow Avenue
David Drive	Highview Avenue	Mountain Road	Swedes Mine Road	Woodland Avenue

ROUTE B GARBAGE FRIDAY

Academy Street	Douglas Road	Hillside Avenue	Marilyn Drive	Stickle Avenue
Adler Court	Drake Avenue	Hill Street	Mill Lane	Summit Street
Ann Street	East Flagge Street	Hoagland Avenue	Mott Place	Union Street
Bank Street	East Main Street from	Jackson Avenue	Oak Street	Van Duyne Avenue
Barnett Street	Jackson Avenue	James Court	Ogden Avenue	West Flagge Street
Beach Street	easterly to Route 46	Jay Street	Orchard Street	West Lincoln Avenue
Broad Street	East New Street	Jefferson Street	Pine Street	West Main Street from
Brook Street	Elm Street	John Street	Rockaway Avenue	Jackson Avenue to
Burton Lane	Franklin Avenue	Keller Avenue	Rockwood Drive	Lakeside Drive
Central Avenue	Garden Avenue	Kelsey Street	Route 46 from East Main	West New Street
Chateau Gardens	George Street	Laurelwood Drive	Street to Franklin	Wall Street
Church Street	Gill Avenue	Liberty Place	Avenue	White Meadow Avenue
Cobb Street	Halsey Avenue	Lincoln Avenue	Seminole Avenue	Woods Edge on Route 46
Dock Street	Hibernia Avenue	Maple Avenue	Seward Street	Woodside Avenue
Donna Drive	Highland Avenue	Maplewood Drive	Short Street	Woodstone Road

RECYCLING

Recycling Collection

Every other Tuesday | Place recycling at the curb the night before. See schedule below for details and exceptions.

April	9	23	July	2	16	30	October	8	22
May	7	21	August	13	27		November	5	19
June	4	18	September	10	24		December	3	17 31

Vegetative collection

Every other Thursday April-December | Vegetative Collection includes grass, leaves and brush. Place leaves and grass in biodegradable brown paper bags or open containers with handles. Keep brush separate from grass and leaves. Do not sweep leaves into the gutter or street. Branches or brush must be tied with string in bundles not to exceed 18 inches in diameter and 4 feet in length. No limbs or brush over 3 inches in diameter will be accepted. Collections should be at the curb the night before.

April	3	17	July	10	24	October	2	16	30
May	1	15	29	August	7	21	November	13	27
June	12	26	September	4	18	December	11	26	

[To download the full garbage and recycling newsletter please click here.](#)



SCAN ME

Download the Recycle Coach app to get official waste & recycling information from your local government.

[Scan the code above with your phone or click here.](#)