

Borough of Rockaway MAY 2024 NEWSLETTER



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

UPCOMING MEETINGS	<u>2</u>
MEMORIAL DAY PARADE	<u>2</u>
PARKS & REC	<u>3</u>
SPORTS SIGNUPS	<u>3</u>

AROUND TOWN	<u>4</u>
LIBRARY EVENTS	<u>9</u>
CANINE CORNER	<u>10</u>
GARBAGE AND RECYCLING	<u>11</u>

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

UPCOMING MEETINGS

MAYOR AND COUNCIL

Upcoming Meetings: May 9th & 23rd

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

LAND USE BOARD

Upcoming Meetings: May 7th & 22nd

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

PARKS & RECREATION

Upcoming Meeting: May 28th

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

BOARD OF HEALTH

Upcoming Meeting: May 14th

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

HISTORICAL COMMITTEE

Upcoming Meeting: May 25th

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

LIBRARY BOARD OF TRUSTEES

Upcoming Meeting: May 15th

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

ROCKAWAY BORO SENIORS

Upcoming Meetings: May 2nd



ALL MEETINGS HELD AT THE COMMUNITY CENTER

MEMORIAL DAY PARADE

The Memorial Association is planning to hold our normal Parades and service to honor our fallen heroes from all wars. We are seeking participants for our 3 parades. We welcome all organizations, businesses, Scouts, bands, school groups, Historical Societies and antique cars or trucks to be part of our planned parades.

If you would like to participate in the Rockaway Borough Parade on Monday, May 27, 2024 at 11:30am please email:

RBRTMEMparade@gmail.com

HAVE A COMMUNITY EVENT YOU'D LIKE TO INCLUDE?

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

LIFEGUARDS

Lifeguards are needed for the summer.
Top pay, meet new friends and spend your summer at the beach.
Contact recdirector@rockawayborough.org
for more information on certification classes, etc.

Reminder to help keep our town a "clean community"
please make sure all trash is properly disposed of.

Our 2024 Halloween Spooktacular event at Park Lake is tentatively scheduled for October 26, 2024! Stay tuned for more details.

SPORT SIGNUPS

EAGLES ICE HOCKEY eaglesicehockey.com

Ice Registration is now open

Registration is now open for residents of Denville, Rockaway Township, Rockaway Borough and Wharton. Registration will open for out-of-town residents on Monday, May 20, 2024. More details can also be found on our website at eaglesicehockey.com/registration-forms/. Summer practice begins in July and you must be registered with the program before then to attend. [Click here to register.](#)

JR. KNIGHTS FOOTBALL jrknightsfootball.net

Registration is now open for Pad Level football only. Grades 3-8.

Off season workouts will begin Monday, April 3rd, 6pm to 7:30pm, at Robert Street park. Cheer and Flag registration will be in June. Kids compete with kids of similar age and size. The Junior Knights youth football program sets and enforces a strict AGE & WEIGHT MATRIX for all players that reduces the risk and reality of injuries. [Click here to register.](#)

PARK LAKE SHARKS plsharks.swimtopia.com

The Park Sharks Swim Team is a neighborhood summer-only (June – August) recreational swim team that competes against other neighborhood teams. Any Rockaway, Wharton, Dover or Mine Hill resident between the ages of 7-18 on May 1st is eligible to swim for the team. [Click here to register.](#)

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!



The Municipal Alliance of the Rockaways offers:



Chair Yoga Classes

Starting Wednesdays, May 1 – May 29

10:00 am - 11:00 am

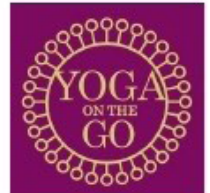
Rockaway Township Senior Center

19 Mt Hope Rd, Rockaway, NJ 07866

Chair Yoga provided by Karin German, CYT, Yoga On The Go

Chair yoga will highlight balance, strength, flexibility and an overall sense of positive emotional healing and support! Learn how to become more resilient through movement & breath!

This is a free program for Rockaway Borough & Rockaway Township residents. This program has been supported by the Opioid Settlement Fund. First come, first serve! Space is limited! RSVP to 973-983-2841



CHEM-23 Blood Screening

May 10, 8:30 - 10 am

Assembly of God,
113 E. Main Street
Rockaway

RANDOLPH TOWNSHIP HEALTH DEPARTMENT

Comprehensive blood test to provide valuable information about overall health
Fee: \$35/\$25 for residents 65+

ROCKAWAY BOROUGH RESIDENTS OVER 18 WELCOME
APPOINTMENTS NEEDED
CALL 973-989-7050



FREE BLOOD PRESSURE CHECK

Please join the Randolph Twp Health Department Public Health Nurse at the Rockaway Borough Public Library for free blood pressure screenings. This is offered to all individuals over the age of 18 regardless of insurance status. No appointment necessary!

NEXT DATE:
MAY 8
HELD ON THE 2ND
WEDNESDAY OF
EACH MONTH

TIME: 1:30
- 2:30 PM

ROCKAWAY
BOROUGH PUBLIC
LIBRARY, 82 EAST
MAIN STREET,
ROCKAWAY, NJ
07866



Public Health
Prevent. Promote. Protect.



RANDOLPH TOWNSHIP HEALTH DEPARTMENT
SERVING ROCKAWAY BOROUGH
973-537-7118

Randolph Township Health Department is offering:

FEMALE CANCER SCREENING

AVAILABLE TO RANDOLPH & ROCKAWAY BORO RESIDENTS

Comprehensive screening includes:
pelvic exam and pap smear, breast exam,
blood pressure, test for blood in stool, &
health education counseling
Low cost or free Mammography referral
(if eligible)



Date: May 21
Time: 5:00 pm- 7:00 pm

Morristown Medical
Center Health Pavilion,
333 Mt. Hope Ave.
Rockaway, NJ

Fee: \$55; \$50 for
residents age 65 +



Public Health
Prevent. Promote. Protect.



Pre-registration required
Call 973-989-7050

Randolph Township Health Department is offering:

MALE CANCER SCREENING

AVAILABLE TO RANDOLPH & ROCKAWAY BORO RESIDENTS

Comprehensive screening includes:
Digital rectal exam, breast exam, Prostate
Specific Antigen (PSA) blood test,
urinalysis, blood pressure, test for blood in
stool, & health education counseling



Date: June 5
Time: 5:00 pm- 7:00 pm

Morristown Medical
Center Health Pavilion,
333 Mt. Hope Ave.
Rockaway, NJ

Fee: \$45; \$40 for
residents age 65 +

Please note: PSA Blood test
must be completed by 5/24/24



Public Health
Prevent. Promote. Protect.



Pre-registration required
Call 973-989-7050



ROCKAWAY RIVER CLEAN UP

SPONSORED BY THE ROCKAWAY BORO ENVIRONMENTAL COMMISSION



SATURDAY, MAY 18, 2024

8 AM – 12 PM

MEET LOCATION: JACKSON AVENUE PARK BY TRAIN TRESTLE BRIDGE

Please join us for the annual Rockaway River clean up. Protecting and caring for our environment and particularly along the river is a priority for us in Rockaway. The Environmental Commission is hoping to see a great turn out as we work together to keep the river and surrounding areas clean. We will be collecting trash, tires, and anything else that does not belong in the river and along the riverbanks. We welcome scouting groups and school environmental clubs. Please call one of the contacts below if you plan on bringing your group.

Gloves and trash bags will be provided.

Please be sure to wear boots or proper footwear.

Water and bagels will be provided.

FOR MORE INFORMATION CONTACT:

JOYCE FREIERMUTH @ 201-919-2454 or KIM ROSE @ 973-222-3652

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"**



LIBRARY EVENTS

ROCKAWAY BORO LIBRARY

STAR WARS DAY CELEBRATION*

Friday, May 3 ~ 2:00pm-5:45pm.

Step into a galaxy far, far away at our Star Wars Day celebration. Craft your own light-saber, test your knowledge with trivia challenges, and embark on a quest to find hidden Star Wars characters throughout the Children's Room. After registering, drop by anytime during the event hours and may the Force be with you!

MAY THE FOURTH BE WITH YOU! CRAFT*

Saturday, May 4 ~ 11:00am. Ages 6-9.

Join friends for a Star Wars themed craft.

MOTHER'S DAY STORYTIME & CRAFT w/Ms. GERI*

Tuesday, May 7 ~ 11:00am. Ages 2-5.

AFTERNOON ARTS & CRAFTS*

Wednesday, May 8 ~ 3:30pm. Ages 6-10.

Ms. Geri will show you how to create an egg carton flower picture for mom.

TIME FOR TOTS*

Friday, May 10 ~ 11:00-11:45am. Ages 1-5.

LET'S DISH!*

Monday, May 13 ~ 1:30pm. Adults 18 and up.

Share recipes and tips. This month we'll discuss recipes we learned from our mothers.

ART JOURNALING HOUR!*

Tuesday, May 14 ~ 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 bring your own.

AFTER SCHOOL GAME CLUB*

Friday, May 17 ~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.

SENSORY BIN SATURDAYS*

Saturday, May 18 ~ 11:00am Ages 2-6.

Join us once a month for a new, fun sensory bin activity. Each patron will be provided their own sensory bin that they will bring to each event. This month we will be doing a Spring themed sensory bin!

CREATING WITH CLAY: THERAPEUTIC POTTERY PROGRAM*

Monday, May 20 ~ 6:00pm. Adults 18 and up.

Let's get quacking as we make a delightful duck dish.

BOOK LOVERS MEETING*

Wednesday, May 22 ~ 6:30pm. Adults 18 and up.

KNIT AND CROCHET GROUP

Thursday, May 23 ~ 11:00am-12:30pm. Adults 18 and up.

STORIES & SIPS - LET'S CHAT ABOUT BOOKS*

Friday, May 24 ~ 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.

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

*registration required

CANINE CORNER

The Facts You Need to Know about Heartworm

What causes heartworm? Heartworm is caused by a parasitic worm called “Dirofilaria immitis” and causes severe lung disease, heart failure, other organ damage and death. It is primarily found in dogs, cats, and ferrets. What do mosquitos have to do with heartworm? The worms are spread through mosquito bites. They mature into adults, mate, and produce offspring while living inside your dog. It takes about 6-7 months for the larvae to mature into adult heartworms. A worm’s life spans 5-7 years.

Is heartworm contagious? No. Your dog cannot contract heartworm from another infected dog. It is only spread through mosquito bites. If a mosquito bites an infected animal, it can then spread it to a healthy animal through a bite and infect that healthy animal especially if that dog is not on preventive medication.

How long before I notice symptoms in my dog and what are they? How often should my dog be tested for heartworm? In the early stages of the disease, many dogs show few symptoms or no symptoms at all. The longer the longer the infection persists, the more likely symptoms will develop.

Signs of heartworm disease may include:

1. A mild persistent cough
2. Reluctance to exercise
3. Fatigue after moderate activity
4. Decreased appetite
5. Weight loss

As it progresses, your dog may develop heart failure and the appearance of a swollen belly because of excessive fluid in the abdomen. Dogs with large numbers of heartworms can develop a sudden blockage of blood flow within the heart leading to a life-threatening form of cardiovascular collapse. (Sounds terrible, doesn’t it?)

Can humans get heartworm? Technically yes since transmission is through mosquito bites. However, it is very rare as the larvae generally cannot survive in a human’s bloodstream.

Where is heartworm most prevalent? There is a concentration of heartworm infections and disease in the eastern part of the United States mostly in southern states where you’d see more mosquitoes (think of the more humid places). The most recent numbers from the American Heartworm Society are from 2019. They show that every single veterinary clinic in New Jersey reported anywhere from 6-25 positive heartworm tests. (FYI there are almost 2,000 veterinary offices in New Jersey and about 1.7M dogs). Today’s Veterinary Nurse reported in that same year that Newark, NJ had one of the highest percentage increases in positive heartworm rates.

What time of the year is heartworm most diagnosed? A simple heartworm blood test can be performed at any time of the year; however, it seems to be most commonly performed in the spring. It’s important to have your dog tested for heartworm before putting him/her on a preventative medication.

How is heartworm treated? Prevention is definitely better than treatment. There is a significant risk to treating your dog for heartworm. While serious complications are less likely if your dog is otherwise healthy, it’s best to follow your veterinarian’s instructions carefully. While your dog is treated, it will require complete rest throughout hospitalization and for a period of about 8 weeks afterwards. Other medications may be necessary to help control their body’s inflammatory reaction as the worms die and break down in the dog’s lungs. This is no field trip. We’re talking only potty breaks and nothing else. Talk about cabin fever!

How can I prevent heartworm in my pet? First, the test for heartworm is a simple blood test. If your dog is negative, you can start heartworm prevention medication right away. It is important to be consistent and on time with your dog’s preventative medication. If you skip a month or give it to your dog late, it can leave your dog unprotected. Think about all that rain we’ve had – there are going to be lots of mosquitoes this spring and summer! It’s important to get an annual test for heartworm as there is no preventative medication that is 100% effective. However, prevention is clearly the best route as seen from the number of dogs infected in New Jersey. PLEASE do this for your dog. Heartworm disease is just awful and uncomfortable. Treatment is boring and frustrating for your dog. Prevention is the best medicine.

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.

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

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.

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

[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.](#)