

# Rockaway Township Report



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## Mayor's Corner: 2017 Address



It is my privilege to serve as your Mayor, and I am delighted to tell you about some of the things my Administration has accomplished and is continuing to do to maintain the high quality of life we all enjoy here in the Township.

Starting with Technology, we have continued to improve the Township's website, making a variety of services available to all residents – especially those who are unable to come to the municipal building during business hours. We are making improvements to our automated service request system, and I am committed to making more services available online with a long-term investment in our technology infrastructure.

Communication is a key element to success, and not long ago the Township staff started publication of the quarterly newsletter you are now reading. The information provided within our newsletter reflects service goals and accomplishments, along with the many activities and events throughout the Township. In addition to the quarterly newsletter, this administration utilizes our Webpage, Facebook and Nixle for public notifications. In addition, the Recycling Division has enjoyed great success through the continued use of its mobile device application, letting

residents know about improvements and changes to our recycling program schedule.

I have followed through on my commitment regarding service enhancements, and at the request of residents, we now provide a multi-year payment option for pet license renewal. This new licensing option makes the renewal process less cumbersome, and the Township is currently in the process of adding pet licensing to our online payment service. Efficiencies are being realized internally, as well. The Department of Public Works is implementing an electronic work order system that will improve cohesiveness and efficiency across our entire organization, allowing us to better deliver services throughout the Township.

I am pleased to announce that construction is underway for the renovation of the Peterson Field concession stand. This work will bring long-awaited modernization to the facility, originally built in the early 1980s. The project is on time and within budget, and will be ready for "Opening Day" in April 2017.

I am also happy to announce that renovations are complete at the Rockaway Township Health Center, located on Green Pond Road in Hibernia. The project was largely funded through a Morris County Community Development Block Grant in the amount of \$79,340 and provides much needed interior improvements to this valued Township facility.

Applying for and receiving grant support is very important to the Township's fiscal health. The

Township aggressively pursues grant opportunities to offset the cost of large capital projects. We have been particularly successful in securing grants from the New Jersey Department of Transportation's Local Aid program. The Township recently resurfaced a second section of Lake Denmark Road, and the combined amount of grant funding awarded for both phases of this project totaled \$455,000.

In addition to State Department of Transportation funds, the Township receives money from the New Jersey Department of Environmental Protection's Clean Communities program. Clean Communities grant funding promotes programs designed to change attitudes that cause littering, and supports volunteer efforts to clean up trash throughout our community. The Township was awarded more than \$63,000 last year for these efforts.

*(continued on page four)*



Mayor Michael Dachisen presents a prize at the 2017 Rockaway Township Halloween Trunk or Treat. For more Trunk or Treat photos, see page six.

## Winter Safety Checklist

With the 2017 winter forecast for our region predicting colder temperatures with slightly above average snow activity; here are some useful universal safety tips for residents who wish to enjoy the many outdoor activities our area has to offer. Please be safe!!!

### In General...

- Check the weather forecasts. Winter weather can change quickly, so be prepared for anything. Carry backup clothing and supplies.
- Use the proper equipment. Be sure everything is in proper working condition before leaving home.
- Wear the proper attire. Use clothing and gear designed for the activity. Don't wear loose items that can be snagged or caught in equipment or machinery.
- Wear a helmet designed specifically for the activity.
- Stay focused; commit 100 percent of your attention on the activity and the terrain you are on. Rest when you are tired. Hydrate often.
- Avoid alcohol. Don't drink before or during any outdoor activity. Alcohol cools the blood and decreases body temperature. In cold weather conditions, alcohol can speed the

process of frostbite or hypothermia. It increases fatigue and causes impaired judgment.

### Skiing & Snowboarding

- Stay on runs that are appropriate for your level of ability. Ski-run ratings can vary dramatically by area.
- Ski or snowboard in control at all times; maintain the ability to stop to avoid people or objects.
- Obey all posted signs and warnings. Do not cross ski area boundary lines.
- Do not ski or snowboard alone. Stay where others can see you in case you need assistance.
- Wear a helmet. Most ski areas require them; some rent them. Use goggles rather than sunglasses.
- Report safety hazards. Alert the local ski patrol about any dangerous activity or hazards.
- Take breaks, stay well hydrated and don't forget to eat. Avoid alcohol. Don't overdo it.

### Sledding

- Never use streets or roads unless they are blocked off from traffic.
- Never sled on icy hills. You can lose control easily.

- Avoid big snow bumps or anything that can cause a sled to become airborne.
- Avoid sledding directly into wooded areas, onto ice or into water.
- Be aware of sledders at the bottom and those returning up the hill. Wait until the bottom of the run is clear before starting.

### Ice Skating

- Skate in areas that have been approved and posted for ice skating.
- Avoid skating alone; stay where others can see you. Children should never skate unsupervised by adults.
- Remember that ice thickness is never consistent on lakes and ponds, and always beware of thin areas.
- Avoid cracks, seams, pressure ridges, slushy areas and darker areas that signify thinner ice. If the ice doesn't look safe — it probably isn't.
- Never skate after dark in unlighted areas.



## February is Eating Disorder Awareness Month

“Wow, you look so thin in that dress!”

“Are you kidding me? Have you seen my thighs or my stomach? I look huge.”

Does this sound familiar? All too often, conversations like these take place between friends or siblings in homes and schools. Many adolescents, particularly girls, take their body image very seriously, and some may go to extreme measures to attain and maintain it. This could be a sign of an eating disorder.

It is commonly believed that eating disorders are a lifestyle choice, but they are serious and often fatal illnesses that can result in severe changes to eating behaviors. February is Eating Disorder Awareness Month, a time to reflect on the significance of this issue.

Obsessions with food, body weight and shape may signal an eating disorder. The three common eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder. Those with *anorexia nervosa* may view themselves as overweight, when they are perhaps dangerously underweight. Anorexia may cause individuals to frequently weigh themselves, severely restrict consumption, and eat very small quantities of limited foods. *Bulimia nervosa* can cause regular, recurrent episodes of eating unusually large amounts of food.

This binge-eating often is followed by compensatory behaviors like forced vomiting, laxative/diuretic use, fasting, excessive exercise or a combination of these behaviors. People suffering *binge-eating disorder* may lose control over the eating. Unlike bulimia, periods of binge-eating are not followed by purging, excessive exercise or fasting. As a result, people with binge-eating disorder often are overweight or obese. Binge-eating disorder is, in fact, the most common eating disorder in the United States.

Adolescents are in a critical developmental stage when bodies require significant nutrition, and eating disorders may cause lifelong harm. An eating disorder deprives the body of essential nutrients it requires and may damage the esophagus, stomach, intestines and/or brain.

Eating disorders may affect anyone, but the National Institutes of Health advises that girls are 2.5 times more likely to develop a disorder than males. Eating disorders are caused by a complex interaction of genetic, biological, behavioral, psychological and social factors, and researchers are using the latest science to better understand them. Because social norms visually produce role models that are frequently thin — often aided by camera techniques, editing and dangerous diets — the historic and routine frame of reference places skinny on center stage.

# What's Happening

## MARCH

- 16<sup>th</sup> Blood pressure screening  
Rockaway Township Municipal Building  
11:00am - 11:30am
- 23<sup>rd</sup> Colorectal cancer educational program  
Morristown Medical Center Health Pavilion  
333 Mount Hope Avenue, 3<sup>rd</sup> Floor Mtg. Room  
6:00pm - 7:30pm

- 19<sup>th</sup> Oral cancer screening  
Rockaway Township Health Center  
419 Green Pond Road  
11:00am - 11:30am
- 20<sup>th</sup> Blood pressure screening  
Rockaway Township Municipal Building  
11:00am - 11:30am

## APRIL

- 1<sup>st</sup> Little League Opening Day Parade  
Fleetwood Drive & Peterson Field  
10:00am - 12:00pm
- 8<sup>th</sup> Annual Easter Festival  
Copeland Middle School  
10:00am - 12:00pm
- 8<sup>th</sup> Opening Day Fishing Contest  
Mount Hope Pond  
8:00am - 12:00pm
- 8<sup>th</sup> Opening Day Fishing Contest  
Hibernia Fire Company #1  
8:00am - 12:00pm



Mayor Michael Dachisen and Rabbi Asher Herson greet residents at the Chanukah Celebration and Menorah Lighting on December 28, 2016.



Director of Community Services Joe Fiorilla, Animal Control Officer Daniel McDonald, Police Chief Martin McParland, Health Officer Peter Tabbot and Mayor Michael Dachisen (l to r) meet with the regional Lego Super Starz, who developed and demonstrated a bear-resistant garbage receptacle.

## Dispose of Hazardous Waste

The Morris County Municipal Utilities Authority (MUA) has announced its spring Household Hazardous Waste and Computer/TV Drop-Off events for 2017. Rockaway Township residents may bring a limited variety of household chemicals, E-waste, fluids and other materials. Collection days are as follows. All collection times are 9:00am - 2:00pm:

Saturday, June 3  
Morris County Public Safety Training Academy  
500 West Hanover Ave., Parsippany, NJ 07054

Saturday, September 23  
Morris County Public Safety Training Academy  
500 West Hanover Ave., Parsippany, NJ 07054

Saturday, October 28, 2017  
Pequanock Valley Park  
Marvin Road, Pequanock, NJ 07444

For more information about these drop-off events or for details regarding acceptable materials to bring on the collection days, please check the 'Latest News' link at [www.rockawaytownship.org](http://www.rockawaytownship.org)

## Mayor's 2017 Address

*(continued from page one)*

We are very pleased to have received a \$210,990 grant from the Morris County Historic Preservation Trust for further restoration of the Ford Faesch House. The grant will facilitate restoration of the Ford Faesch House's west wing, restoration of the chimney in the east wing, and stabilization of the flooring in an upstairs room. The Historical Society, together with the Township, has been working very hard for the past three decades to preserve this historic treasure. Construction is expected to begin this spring and is anticipated to be completed by the end of the year.

In addition to these grant opportunities, the Township has realized greater sources of offsetting revenue by strengthening its shared services with other local governments. Most notably, the Township has fulfilled a request by the Town of Boonton to expand our existing scope of public health services, and we have implemented and maintained a very successful agreement for shared municipal court services with Mine Hill Township. These agreements generate much-needed revenue, which directly benefits the local property tax payer.

The Township continues to work with New Jersey Natural Gas in providing significant infrastructure investment with the installation of natural gas service throughout the White Meadow Lake section of the Township and repairs throughout Birchwood. These improvements enhance property values and contribute to the quality of life for our residents.

The Township continues to pursue innovative ways to bring in new ratables that are beneficial to our community. Over the past several years, my administration has provided the Council responsible budgets, which have maintained fiscal accountability with 'zero' service loss, while maintaining our infrastructure and cutting costs. I will continue to present the Council with budgets featuring a strong financial plan while ensuring long-term stability.

When I took my oath of office as your Mayor, I committed to the stabilization of taxes, elimination of unnecessary spending, reduction of long-term costs through contract negotiation, greater transparency in government, utilization of technologies, and streamlining of the Township's workforce. Thanks to the resolve of those in my administration, along with planning and guidance from my friends on the Council, we have had great success in reaching these goals, and we will remain committed to fiscal responsibility for the betterment of our community. This does not mean our work is finished, but it does mean we are in a far better financial position today and moving into the future.

As a result of the aforementioned programs and collaborations, I am very pleased to announce that within the next few weeks I will be submitting the 2017 draft budget, which reflects no increase in the municipal portion of the tax rate, along with a reduction in spending. The 2017 budget includes a number of initiatives targeted at further improving the quality of life for the residents of Rockaway Township while promoting economic growth for years to come.

In closing, I would like to take this opportunity to thank all the department heads, supervisors, employees and volunteers for the excellent services they provide to our community. I want to thank my friends on the Council for their continued support, and welcome their guidance in our future endeavors. Finally, on behalf of myself and my family, I would like to thank all of you for your continued support and help in making Rockaway Township a great place to live, work and raise a family.

I wish everyone a healthy, safe and happy New Year. Thank you and God bless.

Mayor Michael G. Dachisen

## Holiday Cheer in Rockaway Township



*Left: Mayor Michael Dachisen, Council President Steve Antonelli and Councilman Frank Berman join Santa Claus and a young resident to discuss Christmas wishes. Center: Santa greets residents at the Annual Christmas Tree Lighting at the Municipal Building on December 2. Right: Residents wait to meet with Santa Claus at the Annual Christmas Tree Lighting.*

## Three Year Dog & Cat Licenses

Residents are reminded that per the directive of Mayor Michael Dachisen in late 2015, a multi-year licensing option is now available for your pets.

The Division of Health implemented a three-year option for licensing Rockaway Township's pets in 2016, and this option is available to residents with companion animals meeting certain conditions. If applicable State and Township pet vaccination requirements are met, residents may opt to license their pets for a period of either one or three years. This new option is providing a new convenience for residents and is helping create efficiencies in the licensing process, through which 4,200 dogs and cats are registered with the Township.

License renewal is underway at this time, and residents are reminded of these important items when renewing their dog and cat licenses, regardless whether it is for a one or three year period:

- In accordance with New Jersey law, your pet's *rabies vaccination must be good through 10 months of the last year in the licensing period*. For instance, a one year 2016 license would require rabies vaccination that does not expire before November 1, 2017, and a three year license would require that the rabies vaccine does not expire before November 1, 2019.
- *Look over the entire license renewal form* when you receive it and *update as necessary* with current information.
- Remember to let us know if you no longer have your pet, whether it no longer resides in Rockaway Township or is deceased.
- Provide an *email address, microchip number and phone number*, if applicable.
- Payment may be made by *check or cash*, payable to *Rockaway Township*.

Should you have any questions about the licensing program, please call the Division of Health at 973-983-2848.

## Winter Tips: Public Works

### Plowing Policies

With winter upon us, here are some tips to avoid snow plowing rage!

- Park cars off the street
- Don't shovel driveways out to the street until plowing is complete
- Don't shovel driveway snow onto the street – This is a violation of Township Ordinances and creates a hazard
- Don't shovel sidewalks onto street – this is also a violation of Township Ordinances and creates a hazard
- Per Township Ordinance, residents have 24 hours to remove snow from sidewalks in front of their home
- If you wish to file a claim for damage to your vehicle caused by the use of Township equipment, you must have a police report

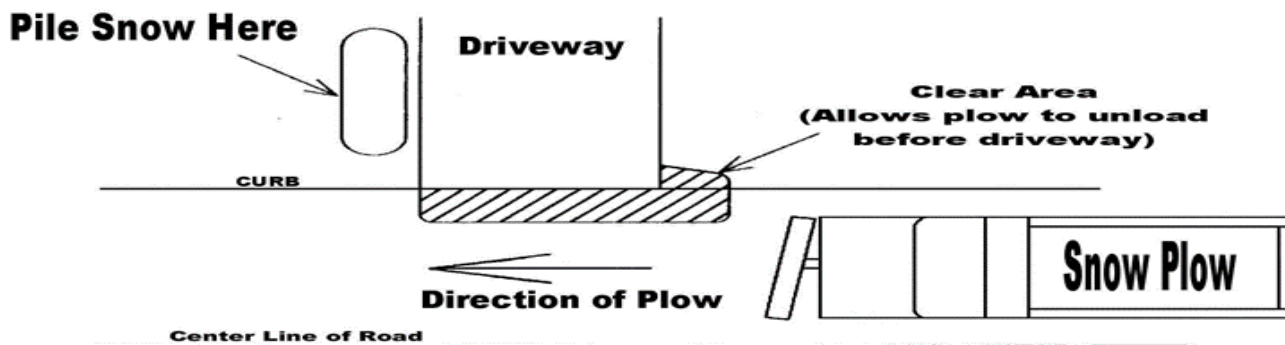
Avoid towing and impound charges: Township Ordinance 7-6.3(a,b) imposes temporary parking prohibition when snow has fallen and accumulated, at which point an emergency shall be declared until the snow has ceased and the streets have been plowed sufficiently. Any unoccupied vehicles may be towed and impounded at the owner's expense. Please cooperate with plow crews by parking off the roads until plowing is complete. This will ensure safe, clean streets.

To report an ice condition, call 973-983-2891. To report a snow or ice related emergency off hours, please contact the Rockaway Township Police Department at 973-625-4000.

### Street Lights

Street lights are maintained by Jersey Central Power and Light (JCP&L). As a courtesy, the Township can report a street light outage to the utility company if you provide us with the exact street address. Outages and street light issues may also be reported directly to JCP&L by dialing 800-662-3115 or by visiting [www.firstenergycorp.com/service\\_requests/report-lighting-problem.html?form](http://www.firstenergycorp.com/service_requests/report-lighting-problem.html?form) and completing their on-line form.

## Driveway Plowing Policies



## Mayor's Special Recognition

Mayor Michael Dachisen wishes to acknowledge Township employees whose actions, dedication and/or special events merit notice, and also wishes to bring public attention to dates and issues of significance to Township residents.

• Mayor Dachisen wishes to congratulate the following employees on their retirements: Vinny Godleski, Public Works Supervisor; Beverly Koval; Deputy Township Clerk; and Annette Rossi; Confidential Secretary.

• Mayor Dachisen wishes to congratulate the following employees on their recent promotions:

- Al Knoth, promoted to Superintendent of Public Works
- Gene Garabrant, promoted to Superintendent of the Water Utility
- Amanda Smith, promoted to Confidential Secretary to Administration
- Mayor Dachisen wishes to recognize

Joe Fiorilla, Director of Community Services, on the 30<sup>th</sup> anniversary of his employment.

- Mayor Dachisen wishes to welcome back Cara Sileno-Weiberth, REHS, and congratulates her on the birth of her daughter Annabelle.
- Mayor Dachisen wishes to welcome new employees Sandra Leonard, REHS and Tracie Kasko, Keyboard Clerk. The Mayor also wishes to congratulate Ms. Leonard on earning her NJ REHS license.

## Halloween Humor at the Township Trunk or Treat

A lineup of superheroes, ghouls, zombies and mafia hitmen...Edward Scissorhands offering to lend a hand...Mayor Michael Dachisen walking an 'elderly woman' across the parking area...Colorful characters in Day of the Dead attire, Whatever the look, wicked or whimsical, Rockaway Township's October 29 Trunk or Treat was enjoyed by all!



## Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month, with an emphasis on preventing this deadly disease through education, testing and early detection.

Colorectal cancer is the third most commonly diagnosed cancer and the third leading cause of cancer death nationwide in both men and women. An estimated 93,090 cases of colon cancer and 39,610 cases of rectal cancer were last year. The majority of these cancers and deaths may be prevented by applying existing knowledge about cancer prevention, increasing the use of screening tests, and ensuring that all patients receive timely, standardized treatment.

There are often no overt symptoms of colon cancer until it has progressed to the point where treatment options are limited. Symptoms indicating risk include blood in one's stool, unexplained abdominal pain, anemia or weight loss. Colon cancer screening is recommended for adults age 50 or older, and includes a colonoscopy. If colon cancer is diagnosed early, five year survival rates are generally about 90%.

Most colon cancers develop slowly over a number of years, and often begin as polyps or lumps on the lining of the colon wall, though not all polyps become cancerous. Routine screening enables gastroenterologists to identify precancerous polyps and to remove them safely before they may become cancerous.

*Colorectal Cancer Facts & Figures, 2014 – 2016* is part of the American Cancer Society's effort to motivate the public and medical community to prevent the suffering caused by colorectal cancer. This informative document provides basic colorectal cancer data to the general public, media and healthcare professionals.

The Rockaway Township Division of Health will be holding a colorectal cancer educational program this spring. Please check the Township website in late January for the date, time and location. For more information regarding colorectal cancer and other cancers, see the American Cancer Society's Web site at [www.cancer.org](http://www.cancer.org). or call the Rockaway Township Division of Health at 973-983-2848.

**Residents are reminded that dog and cat license renewals were due January 31. If you are late, please remit your renewal to the Division of Health.**



## Home Heating Message from Construction

Residents who are planning to use a pellet stove or wood burning stove to heat their home this winter are asked to contact the Construction Department regarding any permit requirements that may be applicable. We wish to keep everyone safe.

Please note that all home improvement contractors must be registered with the NJ Division of Consumer Affairs. Residents are encouraged to visit the NJ Division of Consumer Affairs website to verify a contractor's registration status.

The Construction Department is here to assist you in following all applicable State and municipal regulations. Should you require any assistance, please don't hesitate to contact us at 973-983-2809, or email the Construction Department at: [construction@rockawaytownship.org](mailto:construction@rockawaytownship.org).

## NJ Special Needs Registry for Disasters: Be Prepared!

*NJ Register Ready*, also known as the NJ Special Needs Registry, is a valuable service designed to help emergency responders locate and safely evacuate people who may find it difficult to help themselves during a major disaster, such as a hurricane or flood.

Vulnerable populations, including seniors, veterans, residents with medical needs, and those with access and functional needs, should register. The NJ Special Needs Registry is free, voluntary, confidential and a great way to protect yourself or your loved ones during an emergency.

If, you or a loved one may find it difficult to get to safety with family or friends, or to a shelter during an emergency - due to a physical or cognitive limitation, language barrier or lack of transportation - then you should register. Someone may register on your behalf, as well.

Upon registering for , you will only be asked for information necessary to get you to the safest place possible, if you have no other means to evacuate. The NJ Special Needs Registry complies with all laws to protect one's privacy and confidential information.

To register, follow one of the following steps:

- Log onto [www.registerready.nj.gov](http://www.registerready.nj.gov)
- Telephone 2-1-1, toll free
- Call the Morris County Office of Emergency Management at 973-829-8600
- Mail a completed paper form to the Morris County Office of Emergency Management.

