



Bonjour!

The Summer Olympic Games have arrived! The 2024 Paris Games begin **today, July 26th** and run through Sunday, August 11, 2024. **Opening Ceremony begins today at 1:30 pm. Hopefully, you can sit back, relax, eat a baguette and enjoy!**

This year's Paris Olympics **opening ceremony** is like none other before. **For the first time ever**, the opening ceremony will not be held within a stadium. Instead, the procession will take place in the center of Paris along the Seine River. Athletes and dignitaries will float down the Seine in 160 boats.

The aquatic parade will pass some of Paris's most iconic landmarks. The 3.7-mile route will pass by **Notre-Dame, the Louvre, the Post de Arts, the Musée d'orsay** and more. The parade route ends at Trocadéro, where athletes will leave their boats and continue the ceremony on land, with views of the **Eiffel Tower**.

Nearly 600 athletes will represent the United States during the 2024 Paris Games. The youngest American athlete competing is New Jersey's **Hezly Rivera**, 16 years old (gymnastics) and the oldest is **Steffen Peters**, 59 years old (Equestrian). **Go USA! Go USA! Go USA!**

I'd like to welcome **Punit Menda to the Recreation Commission**. I appointed Punit at this week's Mayor and Council meeting and want to thank him for volunteering.

A reminder for all dog owners and dog walkers! Dogs must be leashed when in public spaces and on all trails in Demarest. Also, please make sure you always have a bag on you to pick up after your dog, it's the law! In order to keep our ball fields clean and safe for our kids and residents, **dogs (even when leashed) are not permitted on the fields at Wakelee Field**. Additionally, our Garden Club would like to remind everyone that **dogs are prohibited to be in the Arboretum**, as it is a Wildlife Preserve. Let's all do our part to keep our pets, wildlife and neighbors safe by leashing and curbing your dogs at all times!

Another important reminder from the Garden Club, it's fawn season! Every year from late spring through the summer our local deer have their babies (fawns). You may encounter the fawns in the strangest of places, including your lawn, garden, under the azaleas, etc. Even though you don't see **mommy deerest**, she is actually off feeding and helping to keep predators away and will be back, likely at dusk if humans are not near the fawns. Generally, a fawn will curl up, nap most of the day and move their heads. They have no scent and predators cannot find them unless humans interfere, touch or feed

them. **If you find a fawn on your property or elsewhere in town; it's only temporary, please do not touch, move or attempt to feed them. Thank you!**

Upcoming Events:

Concert News! Due to yet another rainy Wednesday, **this week's concert was rescheduled for tomorrow, Saturday 7/27.** Saturday's forecast looks great, so head down to the **gazebo for Marly Music at 1:30 pm.** Hopefully, **next Wednesday (7/31)** will be storm free for Demarest's own Ray Greiche; concert beginning at 7:30 pm.

This week at the library:

Come meditate on Tuesday morning with Certified Meditation Teacher, Revital to start your day feeling relaxed. Register for the class on **Tuesday, July 30 from 10:30 - 11:00 am** [here](#).

The library is offering free outdoor Summer Flow Yoga at the Demarest Gazebo on Tuesday, **August 6 from 9:30 - 10:30 am** with RYT Lorig. Register [here](#).

Swim Club:

The Swim Club would also like to welcome local senior citizens **[65 and older]** to come cool off at the pool on **Wednesday afternoons for \$10 a person.** We recommend visiting after 2:30pm for the remaining Wednesdays in July while camps are still in session, but after 1pm on Wednesdays in August. **By the way, I was at the pool on Sunday and the water was GREAT and warm.**

Have a great weekend and **au revoir!**

Mayor Brian Bernstein

*My Friday emails to the residents are now reaching **931 people!** My goal is for every Demarest resident to be up to date on what is going on around town, please help with that goal by forwarding this email to your friends so they can visit demarestnj.gov and sign up for my weekly emails! The link can be found about halfway down the homepage.*

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