



The Borough of Montvale

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newsletter

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A look at the Community, including upcoming events, important notices, meetings, and more.



Montvale Athletic League

The Montvale Athletic League spring sports registration is now open for kickball, baseball, softball, and track & field. Learn more on pages 12-15

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The Mayor's Corner

With warmer weather approaching, we are gearing for the spring and summer activities. Huff Pond will be dredged and cleaned. The inlet and the outlet to the brook will be fixed so there is a constant flow of fresh water into the pond from the brook. Additional trees will be planted for beautification and for preserving the landscape of the park. The walking trail around the pond and around Memorial Drive will be completed for all of us to enjoy.

In this year's budget we included funding to add a two day waste pickup during the summer. With more people staying and cooking at home, we feel that this is an essential service that we need to add going forward. The 2021 budget will be completed and presented to the public in April.

I am also happy to report that the plans for the 9/11 memorial monument is almost complete with many hours spent by our volunteers in discussing and creating the plan. The memorial monument and structure should be ready for this year's 9/11 ceremony.

There are many recreational activities happening in town, and the best way to follow and take part in these activities is to monitor

our borough website Montvale.org. The Diversity and Inclusion Committee has a host of exciting activities each month, and the Day in the Park and the Street Fair, all on schedule for all to enjoy.

This winter has taken a toll on our roads and infrastructure. We are going to be spending about \$1.2 million on road paving and upgrades. Please report potholes on your streets, and asking for your patience as PSE&G completes their gas line upgrades around town. And of course COVID-19 is still around us and the vaccines are finally here, but not yet fully available as you see and hear in the media. I am hoping that by June, most pharmacies will have the vaccine readily available for whoever wants to take, but in the meantime, we still need to follow the general directions from the state and register for vaccination online with the state.

Stay safe and please don't hesitate to contact me at anytime if I can be of assistance.



Mayor Mike Ghassali

Mayor Mike Ghassali

2020 Senior Freeze Applications

The NJ Division of Taxation has begun mailing applications for the 2020 Senior Freeze tax reimbursement to seniors who may be eligible for the program. The deadline for filing the applications is November 1, 2021.

Forms can be obtained on the borough's website at www.montvale.org or at borough hall. For further information please call the Division of Taxation directly 1-800-882-6597 (8: 30 -4:30). Learn more on Page 11

Montvale Police Department

February 2021 has been quite a month weather wise. We have had a number of snow and ice events, and the Pascack Valley DPW has done an amazing job of keeping the roads clear and safe. I, for one, and looking forward to Spring and a respite from the cold weather.

Our area of the County is still being plagued by thefts of high end vehicles resulting from key fobs being left in unlocked cars. Please, lock your vehicle, and take the keys. Officers pursuing stolen vehicles, and innocent civilians are being put at risk by the carelessness of these vehicle owners.

Senior citizens are being targeted in various scams at an alarming rate. One of the more prevalent methods being used is the "bail scam". Seniors are receiving calls from individuals identifying themselves as Police Officers, or "bail bondsmen". The victim is advised that a family member, usually a grandchild, has been arrested or involved in an accident where someone was injured. The relative needs bail money immediately. The victim is told to prepare for an amount of cash to be picked up, and someone will actually come to the victim's home to pick up the money. If you or a relative receive one of these calls, please call the Police Department so the call/caller may be investigated.



Board of Health

UNINTENTIONAL POISONING: POISON PREVENTION WEEK MARCH 21-27, 2021

Poison is any substance, including medication, that is harmful to the body if too much is consumed, inhaled, injected or absorbed through the skin. Any substance is potentially poisonous to the body if too much is taken. In some cases, poisonings are intentional and, in some cases, they are unintentional. Unintentional poisoning may include an overdose of medications and drugs or the consumption of household cleaners. In both cases, harm was not the intent, but poisoning was the result.

According to the (CDC) Centers for Disease Control, 87 people die and nearly 2,300 are treated in emergency rooms on a daily basis from unintentional poisoning.

Approximately 80% of emergency room admissions for those 18 years of age or younger result from an unsupervised child consuming unknown medications. Although many children become unintentionally poisoned from household cleaning and personal care products, consumption of medication is still responsible for twice as many cases. In 2010, poison control centers across the United States received approximately 2.4 million calls for human poisoning cases.

Here are some safety measures that one can take in preventing unintentional poisoning:

- When taking medications, be sure to follow your doctor's orders
- Make sure all medications are stored away from a child's reach
- Store medication in its original child-proof container
- Keep cleaning products in areas away from food supplies, so not to be confused
- Do not purchase over-the-counter medications that have tampered packaging
- Be sure to child-proof or lock cabinets that contain medications and cleaning supplies
- Educate your children when age appropriate
- Always keep local poison control and emergency services numbers readily available

If you require further information on poisoning call 1-800-222-1222 (NJPIES). New Jersey Poison Information and Education System or check out their website at: <http://www.njpies.org/>.

You can also get more information from the CDC regarding the Prevention of Unintentional Poisoning at: <http://www.cdc.gov/Features/>

Montvale Officials

Mayor

Mike Ghassali (R)

MGhassali@MontvaleBoro.org

Council President

Timothy E. Lane (R)

TLane@MontvaleBoro.org

Administrator / Municipal Clerk

Maureen Iarossi-Alwan

Miarossi@MontvaleBoro.org

Council

Chris Roche (R)

CRoche@MontvaleBoro.org

Rose Curry (R)

RCurry@MontvaleBoro.org

Dieter Koelling (R)

DKoelling@MontvaleBoro.org

Douglas Arendacs (R)

DArendacs@MontvaleBoro.org

Anmarie Russo-Vogelsang (R)

ARussovogelsang@MontvaleBoro.org

Trash & Recycling This Month

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	
8	9	10	11	12
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	
15	16	17	18	19
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	
22	23	24	25	26
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	
29	30	31	1	2
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	

Montvale Fire Department

Smoke and Carbon Monoxide Detectors

Did you know that Smoke Detectors have a life of 7 to 10 years and Carbon Monoxide Detectors have a life of 5 to 7 years? If your detector chirps once every 30 seconds, check the date printed on the label on the back of the detector. If it is older than the above date ranges – REPLACE IT! On detectors with replaceable batteries, remember to change the batteries when you change your clocks.

Fund Drive

The Montvale Fire Department has started its annual fund drive. This supports the associations' scholarships, Santa's visit to Montvale, and other community events. If you would like to make a tax-deductible donation, it's not too late.

Please mail to the Montvale Fire Dept., 35 W. Grand Ave. Montvale NJ, 07645
Chief Geoffrey Gibbons



Montvale Senior Club

Saying goodbye to winter, and welcoming Spring will be most welcomed.

The Senior Center remains closed regarding our normal meetings, activities and events, with the exception of CHAIR EXERCISES, featuring Yoga and Cardio, using video CD's, Monday and Wednesday at 11:00 am to 12:00 pm. We are following the Covid rules, only (10) participants in a room, 6 ft. apart, wearing masks and temperatures are taken upon arrival.

TAI CHI every Thursday at 11:00 am to 12:00 pm, the same Covid rules apply. Check with the Borough Hall for a Spring Session.

A St. Patrick's Drive through will take place with a box lunch and dessert for members only. Members will be notified on day, date and time by e-mail.

THRIVE AT MONTVALE will be located on Summit Ave. A newly constructed facility for Independent Living, Senior Living and Assisted Living. Our Senior club was invited to participate in a Focus discussion. In appreciation THRIVE presented a box luncheon to our members.

New members will be welcome to join when the Covid restrictions are lifted. Marie Dineen, President can be contacted at 201-391-1831.

Tri-Boro Food Pantry

This month we would be grateful for donations of paper napkins, canned fruit, jarred tomato sauce, peanut butter/jelly and hot/cold cereal. The Tri Boro Food Pantry is located in the back of the Pascack Reformed Church, 65 Pascack Road, Park Ridge. A drop off bin is also located outside the doors of the library under the stairwell at Montvale Borough Hall, 12 Mercedes Drive. Thank you for your support!

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Montvale Public Library

Please check our website and our Facebook page for updates during this time. Links to our Facebook, Good Reads, Instagram, Twitter and Spotify accounts as well as all of our databases such as Hoopla, Kanopy and Ancestry are available on our website: www.montvalelibrarynj.org.

Adult Programs

March 3, 10, 17, 24, 2021

7:00 - 7:30 p.m.

Virtual Guided Meditation Series

Join us for a relaxing virtual guided meditation session with certified instructor Amy Rutledge in this four-week adult class. Register for as many sessions as you want!

March 4, 2021

6:30 p.m.

Sunflower Tray Pottery Craft

Pick up your pottery clay kit. Make your sunflower tray during our Zoom session. The instructor will fire & glaze your sunflower tray kit. Pick it up at the library afterwards! Registration required.

March 11, 2021

7:00 - 8:00 p.m.

True Crime Book Club

This month we will be reading *The Good Nurse*, by Charles Graeber. We still have openings in this group. Email george.galuschak@montvale.bccls.org if you are interested in joining.

March 18, 2021

7:00 - 8:00 p.m.

Eating for Cancer Prevention

Learn how to choose nutritious foods that will better your health and decrease your cancer risk.

March 25, 2021

7:00 - 7:30 p.m.

Deer Dilemmas

Learn how to deal with the unwanted deer in your backyard!

March 29, 2021

7:00 - 8:00 p.m.

Show and Share with Giulia

We all have that one object that speaks to our past and carries a remarkable story. Join Giulia for a program where you will get a chance to share stories about the things we hold dear. Share a story or just listen. This is an Adult Program.

Upcoming Virtual Book Groups

All are welcome to join our virtual book groups via Zoom. Please contact Lorissa Lightman at Lorissa.lightman@montvale.bccls.org or 201-391-5090 for additional information. Visit our website at <https://www.montvalelibrarynj.org/adultbooksclubs> and our social media outlets for the latest news on our book groups.

March 1, 2021

10:30 a.m.

Monday Morning Virtual Book Group: *THE SEARCHER* by Tana French

March 8, 2021

12:00 p.m.

Monday Afternoon Virtual Book Group: *THE CUSTOM OF THE COUNTRY* by Edith Wharton

April 5, 2021

10:30 a.m.

Monday Morning Virtual Book Group: *SHE SAID* by Jodi Kantor

April 12, 2021

12:00 p.m.

Monday Afternoon Virtual Book Group: *THE SPLENDID AND THE VILE* by Erik Larson

The Montvale Cookbook Supper Club will meet on Monday, March 22 at 6:30pm via Zoom. This month's selection is "Gordon Ramsay Quick and Delicious" 100 recipes to cook in 30 minutes or less. The celebrity chef and restaurateur draws on his expertise to create easy recipes for the home cook. For further information please contact Therese.Jones@montvale.bccls.org

Children's Department- February Features

Brain Bunch

This is a 4-week program where students will learn about the brain through engaging and interesting activities and challenges. Microscope viewings, circuit building, optical illusions are just of the few highlights featured in each session! If you love learning about science and want to explore the brain, join us! Sessions will be held on Thursdays begin March 4 at 3:45pm via Zoom! Come to one or all! This program is suited best for grades 2-8

Steam to Go- Robotics

On Tuesday February 9, a live trained instructor from STEAM-to go will be guiding participants through the process of building a robot creation using scientific concepts and principles. By the session's end, students will have a robot that they will customize and make their own. Where some materials may be needed from home, the Montvale Library will provide individually prepared and packaged materials necessary to complete a STEM activity and have them ready for pick up prior to the session. Registration is required and is best suited for grades 3-5.

Artis Peri STEAM Art class

Putting the "A" in STEAM, Artist Peri will be sprinkling a little science into her art class this month. Color mixing, patterns, and perspective are just a few topics that will enhance this program. All you need is some paper, pencil and a lot of imagination! Monday, March 22 @ 4:00 pm. Grades 2 and up

Ms. Daniela's Little Learners STEM series

Are you looking for a fun, virtual activity for your early learner? For the month of March, we are beginning a 4-week virtual experience for our Little Learners. This will be a virtual session of sharing, exploring, and discovering STEM based activities and extensions. This fun program will take place on Thursday afternoons at 1:30 via Zoom. Registration is required and best suited for ages 2-5.

Book Bundles

As always, the Children's Room staff are ready to hand select books according to your child's age and reading preferences. We will also help pick at any book titles or series you already have in mind. Just send us a quick email to childrensdepartment@montvale.bccls.org with your library card number, child's name and book favorites and we will prepare a bag of personalized reads ready to go that same day. Don't hesitate, your child may just find their next favorite read!

Grab and Go

The Children's Department continues to develop great craft projects! We are busy planning and creating wonderful Grab and Go crafts for you to pick up and assemble at home. Please continue to look for our weekly make and take crafts and activities on our website at <https://www.montvalelibrarynj.org/>, Facebook, Instagram and Twitter sites.

Children's Department- February Features

March is NJ Stem month and the Children's Room is featuring many unique and interesting programs with a STEM focus.

eBooks and Other Online Materials

The Montvale Library now subscribes to Kanopy, a movie streaming service with over 30,000 documentaries, classic and indie films. Patrons with a valid Montvale Library card can stream up to ten titles per month for a 72-hour checkout period.

Hoopla offers eBooks, movies, audiobooks, TV shows, music, and comics to Montvale residents. To sign up, go to <https://www.hoopladigital.com/> or download the free Hoopla app and log in with your library card number (the 14-digit number above the barcode)!

Use the Libby app to borrow eBooks and audiobooks! Use your Montvale Library card to enjoy free content. For anyone who needs step-by-step help getting their device set up, please email movlcirc@bccls.org.

Ancestry is now available to Montvale Patrons at home! Please email movlcirc@bccls.org for login information to access this resource remotely. Please check our website and social media pages for updates as we are constantly providing new virtual services.

Montvale Recreation Special Events Committee

Looking to give back to your town in a way that benefits residents of all ages through fun family-oriented events? Recreation is currently seeking adult or high school volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Christmas Tree Lighting, the Spring Fling and more! Join the Special Events Committee today to be a part of keeping these events successful, memorable and a tradition for Montvale. Please call 201-391-5700 ext. 251 or email MontvaleRecreation@montvaleboro.org for more information.

Programs

Online Registration:

1. Go to www.montvale.org/recreation
2. Click the Recreation Registration Tab
3. Choose the program you would like to register for
4. Payment by credit card only

Paper Registration: Available at the first class of any session (except Adult Soccer, Golf, Pickleball and Tennis Lessons). Payment by cash or check made out to the Borough of Montvale.

Summer Camp

Camper Parents: Montvale Recreation is currently proceeding with plans to have Summer and Adventure Camp in 2021. The anticipated camp dates are June 28 – July 23. Further details about camp structure and registration will be released on March 15.

Counselors: Applications for various camp counselor positions are now available by going to Montvale.org/recreation and then clicking the Summer Camp Tab followed by the 2021 Camp Counselors Tab. Counselor applications are due back by March 1.

Golf

Memorial Fields near the Tennis Courts
1 Memorial Drive
Mondays April 12 – May 17
Resident: \$105 Non-Resident: \$125

Come tee it up with TGA Premier Golf– we bring the golf course to you! Beginner and intermediate players will have a blast building their golf skills, learning about the rules and etiquette of the game, and exploring how academic concepts like gravity, spin, and force apply to golf through fun games and activities. We provide all the equipment! For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

Golf Schedule

SESSION	START DATE	START TIME	CLASSES
Ages 5-7	4/12/2021	4:45 PM	6 Classes
Ages 8-11	4/12/2021	5:45 PM	6 Classes
Ages 12-14	4/12/2021	6:45 PM	6 Classes

Field Use

Applications and Hold Harmless forms must be completed and returned to the Recreation Department, Attn: Lisa Dent, with Liability Insurance and payment. Forms are available online (field use policies, permit fees and field applications may be updated for 2021) and at the Borough Hall front counter.

Permits will not be issued if the application is incomplete. All organizations must receive an approved permit from Lisa Dent prior to any field use.
DEADLINE FOR SPRING FIELD USE APPLICATIONS WAS FEBRUARY 1ST

MontvaleRecreation@montvaleboro.org



Tennis Court Badges

Each year residents who wish to use the courts must register to receive their new access card.

Badges for the 2021 season, which runs from March 1 - December 31, may be purchased at the Borough Hall (during normal business hours beginning) OR online: www.montvale.org/recreation

There will be a \$10 fee for replacement badges

The Recreation Department has updated the tennis court's magnetic card reader to a proximity reader. Badges will no longer need to be swiped, but rather just moved within a close proximity to the reader. If there is an issue with the use of tennis courts or the courts themselves, please report it: 201-391-5700 ext. 251.



Residents		Non-Residents	
Adult	\$30.00	Adult	\$60.00
Child/Student (Ages 17 and younger)	\$10.00	Child/Student (Ages 17 and younger)	\$20.00
Household Maximum	\$50.00	Household Maximum	\$100.00
Senior Citizens (62 & Over)	FREE	Senior Citizens (62 & Over)	\$10.00

Tuesday Yoga

Montvale Community Center Atrium- 1 Memorial Drive
 1 Memorial Drive
 Tuesdays 7:00-8:00 pm
 February 23 - March 16
 Resident Fee: \$40 (Only \$10/class!) Non-Resident: \$50

Begin the week or weekend with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over fifteen years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

Face coverings will be required for the duration of each since this session will be held indoors. Temperature screening and a symptom questionnaire will need to be completed prior to each class. Class size is limited to 9 participants.

The Montvale Diversity & Inclusion Committee Updates

February Events:

Black History Month: In February, Montvale helped celebrate **Black History Month** by sharing a book list and reading together. Titles like Hair Love and Child of the Dream delighted Montvale readers during a snowy February. The effort was a collaboration with the Montvale Public Library, Memorial Elementary, Fieldstone Middle School and the Diversity & Inclusion Committee. On February 22nd the D&I Committee presented the Montvale Board of Education with a donation of books to commemorate Black History Month 2021.

Lunar New Year: On February 6th Montvale's Diversity & Inclusion Committee celebrated the **Lunar New Year** with a virtual dumpling making tutorial. Hosts Cindy Lam Pieroni and Jenny Lam were joined by more than 100 residents of all ages who rolled up their sleeves to make and eat delicious dumplings. (picture attached)

March Events:

Women's History Month: In celebration of Women's History Month join us in honoring the 174 women who have died in global combat operations. This year's effort is named in memory of SPC Lori Piestewa who is the first Native American service member to be killed in combat on foreign soil, as well as the first female service member killed in Iraq. We invite you to create teams and collectively run/walk 174 miles during the month of March to honor the lives of the 174 women killed during the Global War on Terror. Each step honors the women who made the ultimate sacrifice, celebrates the women who were willing to make such sacrifices, and unites our community with a shared effort of purpose, health, and connection.

(See attached flyer)

To Your Health: The Diversity & Inclusion Committee invites all Montvale women to make your health and well being a priority during this month. A calendar focusing on nutritional, physical activity and emotional needs will be shared every week during March. Let's get healthy together!

(See attached flyer)

World Thinking Day 2021: The Montvale Girl Scouts are proud to host the second annual World Thinking Day in Montvale. This year the Montvale Girl Scouts and the Diversity & Inclusion Committee invite you to help us celebrate what it means to be a peacebuilder. Come see how the girls bring the world to Montvale by sharing food, dance, crafts and so much more. This virtual event will be held on March 20th at 2pm. Mark your calendars.

Lunar New Year



On February 6th Montvale's new Diversity & Inclusion Committee celebrated Lunar New Year with a virtual dumpling making tutorial. Hosts Cindy Lam Pieroni and Jenny Lam were joined by more than 100 residents of all ages who rolled up their sleeves to make and eat delicious dumplings.

THE DIVERSITY AND INCLUSION COMMITTEE
WOMEN'S HISTORY MONTH IN MONTVALE:
PROMOTING HEALTH AND WELLNESS

IT'S ALL ABOUT YOU!



TO WOMEN OF ALL BACKGROUND AND HERITAGE OF MONTVALE: THE DIVERSITY AND INCLUSION COMMITTEE INVITES YOU TO MAKE YOUR HEALTH AND WELL-BEING A PRIORITY DURING THIS MONTH

A CALENDAR FOCUSING ON NUTRITION, PHYSICAL ACTIVITY AND EMOTIONAL NEEDS WILL BE RELEASED EVERY WEEK DURING MARCH.

JOIN US IN THIS JOURNEY AND SEND YOUR PHOTOS TO
DIVERSITYCOMMITTEE@MONTVALEBORO.ORG TO BE SHARED AND
CELEBRATED BY THE COMMUNITY

WOMEN'S HEALTH AND WELLNESS SERVICES CLOSE TO OUR COMMUNITY:

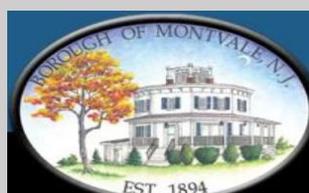
<https://www.valleyhealth.com/services/womens-services>

<https://www.hackensackumc.org/services/womens-health/>

<https://pascackmedicalcenter.com/services/womens-center>

<https://www.transgendermap.com/resources/usa/new-jersey/>

"Nurturing yourself is not selfish, it's essential to your survival and well-being" - Renee Peterson Trudeau





WE INVITE MONTVALE RESIDENTS TO CREATE TEAMS OF 2 OR MORE & COLLECTIVELY RUN/WALK 174 MILES DURING MARCH TO HONOR THE LIVES OF THE 174 WOMEN KILLED DURING THE GLOBAL WAR ON TERROR.

TRACK YOUR TEAM'S MILEAGE AND SEND YOUR WEEKLY UPDATES & PHOTOS TO DIVERSITYCOMMITTEE@MONTVALEBORO.ORG THE COMMITTEE WILL SHARE TEAM UPDATES AND PHOTOS WITH THE COMMUNITY VIA SOCIAL MEDIA.

****THE PIESTEWA CHALLENGE IS SPONSORED BY "WEAR BLUE: RUN TO REMEMBER" AND IS NAMED IN HONOR OF SPC LORI PIESTEWA--THE FIRST NATIVE AMERICAN SERVICE MEMBER KILLED IN COMBAT ON FOREIGN SOIL & THE FIRST FEMALE SERVICE MEMBER KILLED IN IRAQ. TO LEARN MORE, PLEASE VISIT [HTTPS://WWW.WEARBLUERUNTOREMEMBER.ORG](https://www.wearblueruntoremember.org)***





Senior Freeze

Property Tax Reimbursement

2020

Eligibility Requirements:*

- You were age 65 or older on December 31, 2019, or you were receiving Social Security disability payments on December 31, 2019, and also on December 31, 2020;
and
- You lived in New Jersey continuously since December 31, 2009, or earlier as either a homeowner or renter;
and
- You owned and lived in your home or leased a site in a mobile home park for a manufactured or mobile home that you owned since December 31, 2016, or earlier;
and
- You paid all 2019 property taxes by June 1, 2020, and all 2020 property taxes by June 1, 2021;
and
- Your annual income was less than \$91,505* in 2019 and less than \$92,969* in 2020. With some exceptions, all income must be taken into account, including Social Security, pension, etc.

* Eligibility rules, income limits, and benefits may be changed by the State Budget that will take effect on July 1, 2021.

For Additional Information:

- Visit: njtaxation.org, select *Property Tax Relief* and then *Senior Freeze Program*;
- Call the Senior Freeze Hotline: 1 (800) 882-6597.

The Montvale Athletic League Presents...

Recreation SOFTBALL

For the Youth of Montvale, Kinder thru 8th Grade

Spring Registration Now Open!

Register Online...

<https://www.montvaleathleticleague.org/softball/>

--Tee-Ball (Co-Ed), Kinder: \$100 --Coach Pitch, 1st/2nd Gr: \$110
--Minors, 3rd/4th Gr: \$175 --Majors, Gr 5th/6th Gr: \$175 --Seniors, 7th/8th Gr: \$175

Play Ball!

Key Dates...

Feb 26: Regular Registration Closes
March 8: Late-Fee Registration Closes
Mid/Late March: Teams Created.
Late-March/Early-April: Practices Begin
Early-May: First Games
~10-Game Season
Early/Mid June: Playoffs, Grades 3-8



MAL

Montvale Athletic League

Youth Sports -- The Ultimate Social Network

Questions?...

Ray Pawlyk, MAL Softball Commissioner: graymask9@hotmail.com; 845-642-5733



The Montvale Athletic League Presents...

Recreation **TRACK & FIELD**

For the Youth of Montvale & Woodcliff Lake, Kinder thru 8th Grade

Spring Registration Now Open!

Register Online...

<https://www.montvaleathleticleague.org/track-and-field/>

-- Kinder/1st Grade: \$80 -- 2nd thru 8th Grades: \$115
Cost includes high-performance athletic shirt.

-- Registration Closes March 18 -- Late-Fee Registration Closes April 1

On Your Mark, Get Set, Go!

Now in its 13th year, the MAL Track program provides a fun and instructional introduction to track and field, while helping participants build their endurance, self-esteem, strength, and confidence.

Running is an ideal way for kids to be active outdoors, socialize with teammates, and improve their focus, as they develop physical and mental skills that carry over to other sports and school.

Practice Schedule

- K-4th: Tues, Fieldstone, 6:00-7:00pm
- 5th-8th: Wed, PHHS, 6:30-8:00pm
- April 13 to June 9



Meet Schedule

- MAL Intra-Squad Meets:
- Saturdays, April 17 to June 5, PHHS
 - K-4th: 12:00-1:00pm
 - 5th-8th: 1:00-2:00pm

We will fully comply with all Covid-19 CDC safety guidelines.

MAL

Montvale Athletic League

Youth Sports -- The Ultimate Social Network

Questions?

Christine Luff, Track & Field Commissioner: christine_luff@yahoo.com; 917-992-4635

John Ryan, Track & Field Coordinator: jr6762penn@yahoo.com; 201-749-6711

The Montvale Athletic League Presents...

Recreation Kickball

For the Youth of Montvale, Pre-K (4 and 5-Year Olds)

Spring Registration Now Open!

Register Online, \$75 fee...

<https://www.montvaleathleticleague.org/kickball/>

Play Ball!

Seven Sunday Sessions...

May 2, 9, 16, 23, 30

June 6, 13

Makeup Date: June 20

9am, 10am, or 11am
(times vary week-to-week)

Fieldstone Middle School Softball Field

1 Hour: 15-min Practice +
45-min Game



MAL

Montvale Athletic League

Youth Sports -- The Ultimate Social Network

Questions?...

Brian Kass, MAL Kickball Coordinator: briankass1@gmail.com

The Montvale Athletic League Presents...

Recreation BASEBALL

For the Youth of Montvale, Kinder thru 8th Grade

Spring Registration Now Open!

Register Online...

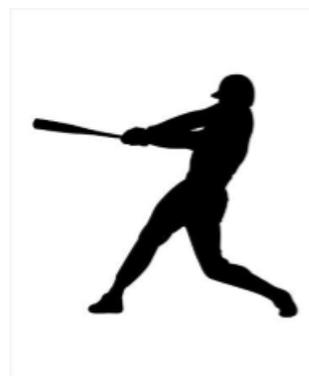
<https://www.montvaleathleticleague.org/baseball/>

--Tee-Ball (Co-Ed), Kinder: \$100 --Coach Pitch, 1st Gr: \$115 --Peeeweas, 2nd Gr: \$115
--Minors, 3rd/4th Gr: \$150 --Majors, Gr 5th/6th Gr: \$150 --Seniors, 7th/8th Gr: \$165

Play Ball!

Key Dates...

Feb 26: Regular Registration Closes
March 8: Late-Fee Registration Closes
Mid/Late March: Teams Created.
Late-March/Early-April: Practices Begin
April 17: First Games
~10-Game Season
May 31-June 15: Playoffs, Grades 3-8



MAL

Montvale Athletic League

Youth Sports -- The Ultimate Social Network

Questions?...

Louis Cocco, MAL Baseball Commissioner: lcocco@aol.com; 201.523.1006



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Chamber of Commerce Board Meetings:

1st Wednesday of the Month located at Montvale Borough Hall 4:00 pm



Beginning Monday April 5th, the chamber will be conducting video interviews with our local businesses. Please e-mail the chamber at info@montvalechamber.com to schedule your appointment.

Business Spotlight

WHY JOIN THE CHAMBER?
Let us help your business!



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