

Montgomery Bulletin

CITY OF MONTGOMERY



City of Montgomery unveils a new brand

The City of Montgomery will soon usher in a new brand and a new era celebrating our storied history while looking to the future. In the summer of 2018, The City of Montgomery launched a Brand and Image Campaign project, Distinctly Montgomery, to ensure our brand is relevant and reflective of the community and portrays the appropriate image to attract and retain businesses, visitors, and residents.

During the initial discovery and assessment phase, we captured input from stakeholder interviews and resident and visitor surveys. The survey found that residents and non-residents of all ages agree that Montgomery is family-oriented, charming, and relaxed. Most survey respondents agree that preserving Montgomery's history and heritage is paramount. We also hosted a Pitchbox session led by Kolar Design to engage the Montgomery Citizens' Leadership Academy Alumni. We gathered their key insights on Montgomery's brand characteristics and experiences.

Our campaign partners, Rasor Marketing Communications, located on Remington Road, performed a communications audit on current messaging and studied our social media communications compared to four peer cities.

Using the data from the communications audit, interviews, conversations, and surveys, Rasor created a messaging brand strategy touching on Montgomery's pioneering spirit, passionate preservation of our heritage and charm, hospitable environment, and the City's progressive planning for a vibrant future.

The brand messaging informed Montgomery's new tagline: A Charming Past. A Glowing Future.

After much community conversation, additional surveying of the community for color and logo choice, and some deliberation, we chose the new logo. While still maintaining the traditional blue, yellow, and beloved streetlight, we are introducing a vibrant and colorful red, that draws upon our community's history. Think red brick that dots our historic homes and paver paths!

You will see this new brand and messaging implemented in the Montgomery Bulletin, City Calendar, and other communication pieces. The logo will gradually appear on more substantial collateral such as truck decals, street signs, and uniforms. Thank you for your involvement in the campaign and input on this new brand. Look for these brand updates in the December Montgomery Bulletin and 2020 City Calendar when delivered to you in an envelope by Dec. 1.



MCLA Alumni (from left) Mark Albonetti, Dina Schmid, Lisa Crain, and Leah Levy proposed their ideas for regional connectivity at the Pitchbox session held in October of 2018.



CITY OF

MONTGOMERY

A CHARMING PAST. A GLOWING FUTURE.



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Gifts can be found in the most unlikely places



by Mike Cappel

Have you ever walked into an event and realized you were the only person like you there? Did you leave?

Two years ago, I signed up for an early morning University-level fitness class, hoping for a few last-minute pointers before a bicycle ride to Montgomery, New York. I expected that we would read a book, spend a few minutes in the gym at the end of class, and possibly keep an exercise log. On the

first day of class I arrived a few minutes early in plaid shorts and an old golf shirt. To my surprise, I found nearly 70 uniformed ROTC Cadets on the exercise field. The Professor assured me that I was welcomed and in the right place. Although ecstatic at my good fortune, as the workouts got harder and the weather colder, I regularly considered dropping, but I just couldn't quit.

For a few months, we ran and rucked miles and miles, did thousands of pushups and sit-ups and all kinds of other crazy exercises in the Army Fitness manual. Over the months we learned each other's abilities, work ethic, teamwork and to never, ever leave someone behind. Everyone in class now

recognizes that a 57-year-old will never run as fast as an 18-year-old cadet, but also that a 57-year-old can pass the physical tests semester after semester. We were all surprised.

The emotional challenge of the class was stronger than the physical challenge. My opinion of cadets was based on my 1980's Army experience with a single Cadet. My opinion was wrong! At 57, I thought I had different values and ethics than the cadets. I was wrong again. These students were role models for this suburban Grandpa!

The entire class arrived early each morning. The students would greet each other, take their attendance, and check up on anyone missing. Before class, the students publicly pledged to follow their values, mostly the values my parents taught me: Loyalty, Duty, Respect, Selfless Service, Honesty, Integrity, and Personal Courage. For example, when the instructors don't show up, two students walk to the front and start the class! By toughing out this experience for four semesters, I discovered that although we are different in age, education level, backgrounds, marital status, physical ability, and other ways, we are all similar.

These students caught me many times as I was falling, and on the few times I did hit the ground, they immediately picked me up. They taught me how to lose gracefully yet come back, again and again, knowing that no matter how hard I train I will be last. This is the gift that this diversity experience and these Cadets gave me.

One Stop Drop Recycling event a success...thanks to you!

The One-Stop-Drop for Responsible Recycling and Document Destruction Day held on Saturday, Sept. 21 was a huge success!

Numerous donations were made to Ohio Valley Goodwill Industries, Habitat for Humanity Restore, Royal Document Destruction, and Operation Give Back.

Thank you for participating! And special thanks to these City's Environmental Advisory Commission members and volunteers!

- Councilman Mike Cappel
- Mark Laskovics
- Donna Schwartz
- Mary Ann Folz
- Alice Aguilar
- Elaine Cohen
- Greg Broderick
- Carol Suer
- Gary Gross
- Zeeshan Pasha
- Nathan Lehrer
- Doug Lehrer
- Patrick Aguilar
- Maggie Ballard
- Kaia Heitkamp



184

vehicles participated



600

gallons of paint collected for Matthew 25 Ministries



8000

pounds of paper collected and shredded by Royal Document Destruction



1

500 cu. ft. dumpster was filled with cardboard to be recycled



Council Corner

October 23, 2019 Work Session

Montgomery City Council met in its regular monthly Work Session on October 23, 2019 at City Hall. Meetings begin at 7:00 p.m., with public comment welcomed on each item before City Council.

Legislation for Consideration that Evening

An Ordinance Accepting A Bid and Authorizing the City Manager To Enter Into A Contract With John R. Jurgensen Company For The Montgomery Road And Ronald Reagan Cross County Highway Multi-Lane Roundabout Project, And Declaring An Emergency

An Ordinance Authorizing The Issuance Of Not To Exceed \$12,500,000 Special Obligation Revenue Refunding Bonds Of The City Of Montgomery; Providing For The Pledge Of Revenues For The Payment Of Such Bonds; Authorizing A Trust Agreement Appropriate For The Protection And Disposition Of Such Revenues And To Further Secure Such Bonds; Authorizing An Official Statement; Authorizing The Execution Of An Escrow Deposit Agreement Securing The Refunded Bonds; Authorizing Other Necessary And Appropriate Documents; And Authorizing Other Actions In Connection With The Issuance Of Such Bonds And Declaring An Emergency

A Resolution Authorizing the City Manager to Execute a Service Agreement Governing Phase I of the Montgomery Quarter Project

Pending Legislation

An Ordinance to Make Appropriations for Current Expenses and Other Expenditures of the City of Montgomery, State of Ohio During the Fiscal Year Ending December 31, 2019 (2nd Reading)

RECENT COUNCIL ACTION

Approved Legislation:

September 18, 2019

- Ordinance 13 2019 An Ordinance Authorizing A Development Agreement For The Development Of The Montgomery Quarter Project
- Ordinance 14 2019 An Ordinance Approving and Authorizing the Transfer of Real Property Acquired for Economic Development Purposes to the Montgomery Community Improvement Corporation
- Resolution 31 2019 A Resolution Amending Resolution No. 34, 2017 Authorizing A Reimbursement Agreement To Purchase Certain Design And Engineering Services For The Development Of The Gateway Redevelopment Area Project Now Known As The Montgomery Quarter
- Resolution 32 2019 A Resolution Authorizing An Assignment Agreement Between The City Of Montgomery, Ohio, The Montgomery Community Improvement Corporation, And Certain Development Partners Within The Entity Now Known As Gateway Development Partners, LLC

October 2, 2019

- Ordinance 15 2019 An Ordinance Accepting Publicly Dedicated Easement Rights for Stormwater Improvements From Various Property Owners On Jolain Drive
- Resolution 33 2019 A Resolution Authorizing an Intergovernmental Agreement for the Fiscal Year 2020 Between The City and The Hamilton County Transportation Improvement District
- Resolution 34 2019 A Resolution Accepting the Amounts and Rates as Determined by The Budget Commission and Authorizing the Necessary Tax Levies and Certifying Them to The County Auditor
- Resolution 35 2019 A Resolution Authorizing the City Manager to enter into a Contract with Cargill, Inc. pursuant to a Joint Purchasing bid for 2019-2020 De-icing Rock Salt

These pieces of approved legislation can be reviewed on the City's website at www.montgomeryohio.org

Save a life, learn First Aid/CPR



The Montgomery Fire Department is offering an American Heart Association HeartSaver First Aid/CPR certification class on Saturday, Nov. 9, from 10:00 a.m. to 2:00 p.m.

There is a nominal fee of \$25 to cover the cost of materials. For more information or to sign up, please call 513-985-1633.

City seeks donation of official Holiday Tree

The City of Montgomery is looking for a potential holiday tree to be in the downtown heritage district for the upcoming holiday season. If you think you might have the perfect tree, which has outgrown its location on your property, consider donating it to the City for the annual holiday celebration.

Contact Terry Willenbrink at 513-792-8320 or twillenbrink@montgomeryohio.org to donate.

Brighten up your holidays with lower energy cost



During the holiday season, we enjoy creating beautiful light displays. By converting from incandescent bulbs to LEDs, we can continue this tradition and simultaneously save on energy costs and reduce the impact on the environment.

LEDs use less energy and are more efficient in how they use that energy than the traditional incandescent bulbs. LEDs use 95 percent of energy to produce light leaving only 5 percent wasted as heat.

So how do I save?

- An incandescent bulb costs 75 cents per hour. LEDs cost 1/6 of that!
- Incandescent bulbs are only 10 percent efficient because 90 percent of energy that does get made into light dissipates as heat. It's why the bulbs get hot.

- The long operational lifetime span of LEDs means that one LED light bulb can save material and production of 25 incandescent light bulbs.

How are LEDs better for the environment?

- LEDs contain no toxic materials and are 100 percent recyclable. Incandescent bulbs contain mercury and other materials dangerous for the environment.

How are LEDs better to decorate outdoors?

- LED lights are durable. They are resilient to shock and vibrations, which make them great for outdoor lighting as they can handle rough conditions and exposure to weather.
- LED lights are capable of using a low-voltage energy supply. This makes it easy to connect them to an external solar-energy source.

EAC collects stranded holiday lights and extension cords

The City of Montgomery Environmental Advisory Commission will be accepting holiday decoration lights (stranded) and extension cords at its monthly cardboard recycling event starting in November. This Recycling Event occurs on the third Saturday of each month at the Public Works facility, 7315 Cornell Road, from 10:00 a.m. to 1:00 p.m. The addition of these items further supports the City's recycling efforts to reduce the amount of trash going into landfills.



November/December Volunteer Opportunities

Holiday Decorating Workshop (adults/teens/families)

Saturday, Nov. 2, 9:30 a.m. to 11:30 a.m.
Recreation Annex (10115 Montgomery Road)
Help to prepare holiday decorations for display.

Downtown Holiday Decorating (adults)

Monday, Nov. 4, 9:30 a.m. to 12:30 p.m.
Rain Date: Tuesday, Nov. 5, 9:30 a.m.
Meet at the Universalist Church on the corner of Montgomery and Remington Roads.
Help to hang holiday decorations.

Holiday in the Village (adults/teens)

Saturday, December 7, 4:30 - 7:30 p.m.
Universalist Church at the corner of Montgomery and Remington Roads.
Help Mrs. Claus with holiday crafts.

For more specific information about any of these volunteer opportunities or to get on the volunteer rosters, contact Volunteer Coordinator DeAnna Gross at 513-792-8329 or dgross@montgomeryohio.org.

Smoke alarms save lives



Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. If there is a fire in your home, smoke spreads fast, and you need smoke alarms to give you time to get out.

Here's what you need to know!

- A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home.
- Smoke alarms should be interconnected. When one sounds, they all sound.
- Large homes may need extra smoke alarms.
- Test your smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions yet mitigate false alarms.
- When a smoke alarm sounds, get outside, and stay outside.
- Replace all smoke alarms in your home every 10 years.
- Smoke alarms were not present in two out of every five (40 percent) home fire deaths.

- In fires in which the smoke alarms were present but did not operate, more than two of every five (43 percent) of the smoke alarms had missing or disconnected batteries.
- Dead batteries cause 25 percent of smoke alarm failures.

Testing smoke alarms is just as important as having working smoke alarms.

- Test smoke alarms at least once a month using the test button.
- Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.
- Follow manufacturer's instructions for cleaning smoke alarms to keep them working well.
- Smoke alarms with non-replaceable 10-year batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- Smoke alarms with any other type of battery need a new battery at least once a year. If that alarm chirps, warning the battery is low, replace the battery right away.

Follow these tips to prevent home fires. For more information on smoke alarms, contact the Montgomery Fire Department at 513-985-1633.

Fall Property Maintenance Tips

Prepare your property for a cold spell this winter. Here are a few tips from the community development department and the City's tree arborists to maintain and prepare your property this late fall into early winter.

Tree and Shrub Care

Trees and shrubs should get one inch of water a week through the fall months until the ground is frozen. Use your garden hose at half throttle and lay on the trunk for roughly an hour.

Gutters and Downspouts

Be sure to clean out gutters and downspouts of any leaves or debris. This is also a good time to inspect the gutters and downspouts for any damage.

Exterior Faucets

Help protect your pipes from freezing by shutting off water to exterior faucets and be sure to drain and store any outside hoses.

Seal Gaps

With colder weather nearing, be sure to walk the perimeter of your house and seal any gaps to help prevent critters from getting inside to keep warm.

Check Driveways and Walkways

Ensure all driveways and walkways are in good repair prior to the first snowfall to make shoveling a little easier. Also, now is a good time to make sure stairs and railing are in good shape.

Annual report available online

The 2018 City of Montgomery Annual Report is posted on the City's website, montgomeryohio.org. Presented in a web-based format, this online publication has many responsive features including interactive charts, making it a much more engaging tool for web visitors.

Those who would prefer a paper copy of the report may call the Montgomery City Hall at 513-891-2424 to request a copy.

Solicitors... do you know who's knocking?

Who needs a permit to solicit door to door? The simple rule of thumb is this; If they are selling a product or service, they need a City of Montgomery Solicitor's Permit. If they are canvassing for a cause or seeking donations, they do not need a permit.

However, in all cases the solicitor must;

- Display a photo ID
- Operate between 8:00 a.m. and 9:00 p.m.
- Adhere to the current No Knock List and No Solicitor Signs



If a solicitor is under 18, they must be accompanied by a parent, guardian, or supervising adult with photo ID.

"NO SOLICITORS" signs are available at the Montgomery Police Department

These are examples of commercial solicitors that do need a permit:

- Girls Scouts selling or taking cookie orders.
- Roofers or tree trimmers soliciting services.
- Students selling items like coupon books.

Challenge all solicitors to show their permit at your door. If they cannot display a permit, politely decline their request and call the police department at 513-985-1600.

Meet Jackie Congedo, a Diversity and Inclusion Committee member



The City of Montgomery, like most American communities, is growing and diversifying. Presently, Sycamore Community Schools has a student population representing 54 nationalities and 41 spoken languages, making it one of the most culturally diverse systems in the state. Approximately 10 percent of Montgomery residents are cultural minorities. City council and administration believe the infusion of various cultures, faiths, and customs enriches social and civic life and is a positive development for the community.

Jackie Congedo is the Director of the Jewish Community Relations Council, the public affairs arm of the Jewish Federation of Cincinnati, which works to ensure Jewish security by building a more just society for all people. Before her work in Cincinnati's Jewish community, Jackie spent eight years as a broadcast journalist, working for stations in Washington, D.C.; Lexington, Kentucky; and here in Cincinnati, Ohio. Jackie and her family are proud new Montgomery residents.

a. Why is it important for you to participate in the Montgomery Diversity and Inclusion Committee?

I grew up in an interfaith home, so understanding multiple backgrounds and paths was core to my family. My Jewish and Italian ancestors also came to this country many years ago, looking for better lives, and they were embraced by their neighbors. The Montgomery Diversity and Inclusion Committee has a wonderful opportunity to model the best of inclusive practices and to celebrate the differences among us. I feel honored and privileged to help lead this important work, which will make our city a stronger, more vibrant place.

b. Why are Diversity and Inclusion important to the community?

Diversity is about all of us, and it takes all of us. As a society, we are only as secure as the least secure or least welcome among us. Diversity starts with ourselves, by examining our own implicit biases, being intentional about getting to know people who are different from ourselves, and being deliberate about sharing our own differences with others. If our community is not intentional about this work, it will not happen. This is why the Diversity and Inclusion Committee is so important. We have a lot to learn from each other, and we have a tremendous opportunity to develop our community into a place that is richer because of its diverse fabric.

There is always room for your involvement – join a commission

The City is looking for individuals to commit to being more involved in the leadership of their community. The following City Commission might be the place to do so. The initial step in getting involved is to attend an upcoming meeting of the commission to learn more about their project work and to meet the current members.

Environmental Advisory Commission

Members provide education and information to the public and are a resource for the City on yard waste, recycling, stormwater

management, water resources management, air pollution control, noise pollution control, soil and landscape protection, and protection of flora and fauna. Commission members assist with adopt-a-spot, cardboard recycling, the Community-Wide Garage Sale, One-Stop-Drop, and educational programs. Meetings are held on the second Tuesday of each month at 5:00 p.m. *There are no special qualifications required to volunteer for any Montgomery board or commission.*

For further information and to apply for the above position, contact DeAnna Gross, volunteer coordinator, at 513-792-8329 or dgross@montgomeryohio.org.

Welcome these new Montgomery employees

Shawn Cooper recently joined the Community and Information Services Department as a customer service representative. She started her position on Aug. 19. Shawn has worked in local government for over 10 years. She previously worked for the West Chester Township Fire Department, and the building department for the City of Warner Robins, Georgia. Shawn loves college football and spending her spare time with her husband, Chris, and two sons, Tyler and Ryan.



Shawn Cooper



Laura Braun

Laura Braun is the newest member of the finance team. Laura began her employment as a finance specialist on July 15. Laura has a bachelor's degree in social psychology and a master's degree in education. Laura has considerable work experience, including processing payroll, accounts receivable, accounts payable, and managing credit accounts. Laura resides in Delhi Township with her husband, Jeff, and their two children. Laura is thrilled to be working for the City of Montgomery and thankful for the opportunity to serve the residents and businesses of the community.

Amy Smith recently joined the police department as a police clerk. She started her position on April 25. Amy has a diverse background in both customer service and law enforcement. Amy worked as a Cincinnati police officer for seven years and as a dispatcher for Sharonville Police Department for two years as well as a manager in a high-volume restaurant. In her spare time, she enjoys riding her horses, running, and hiking with her two dogs.



Amy Smith

Stay Alert during winter weather

When winter weather is predicted, keep your family safe by following these safety tips.

- Build an emergency kit for each place you spend time. Keep supplies at home, work, and in the car.
- Power outages are common during a winter storm. If you use a generator, keep it outside and away from windows and doors.
- Have a carbon monoxide alarm at home, especially if using a generator!
- Winter storms can last anywhere from a few hours to a few days. Stay indoors and dress in warm layers. Don't forget mittens, a hat and a scarf.
- Check on your neighbors – especially if they are elderly or have access or functional needs.

- Prepare your home to keep out the cold with insulation, caulk, and weather stripping.
- Sign up for Alert Hamilton County weather alerts and emergency information at alerthc.org.



Be sure to always be aware, prepared, and notified so not caught off guard by severe weather. Sign up for *Alert Hamilton County* to receive weather updates and emergency information via text, call, and email. To sign up for *Alert Hamilton County*, you must also be signed up for *Smart911*, a life-saving technology that allows you to give vital information to 9-1-1 dispatch before an emergency. Sign up today at alerthc.org.

Source: Hamilton County Emergency Management and Homeland Security Agency

Unlimited Yard waste collection starts Nov. 4

Unlimited Yard Waste Collection will begin on Monday, Nov. 4, and will end on Dec. 27, 2019. Also, the City will provide collections during the first three Saturdays in January to coincide with the Christmas tree and wreath collection.

Guidelines

- Place leaves in regular 30-gallon trash cans, paper leaf bags or yard waste totes (available through Rumpke).
- 30-gallon yard waste cans/totes have a 75 lb weight limit. Once temperatures fall below freezing, all waste must go into bags as the moisture causes the cans/totes to freeze.
- Loosely place yard waste in trash cans or paper yard waste bags. Label yard waste totes as yard waste. Yard waste placed in unmarked totes will NOT be picked up.
- Place yard waste on the opposite side of your driveway from your trash and leave the lids off the cans. No plastic bags will be picked up.

- Bundle brush in 4 foot by 2 foot bundles fastened with cotton twine. The weight limit is 50 lb.
- Cut limbs into 4-foot lengths and no larger than 6 inches in diameter.
- Place all limbs in a can or a bundle. Limbs should not reach more than 1 foot above the height of the can.

If there is a schedule change, a CodeRed telephone message may be delivered.

During unlimited collection, yard waste stickers are not required.

If you have questions, please refer to the City's website, montgomeryohio.org, or call 513-891-2424.

Holiday in the Village

Saturday, December 7, 5–7:30 p.m.

North Pole Workshop

Historic Universalist Church, Montgomery & Remington Rd.

Enjoy horse drawn carriage rides, visit Santa, create a craft at Mrs. Claus' workshop and enjoy hot chocolate.

Visit montgomeryohio.org

The future's so bright, I gotta wear shades

Twin Lakes Davies Center

Enjoy holiday music for all ages, crafts for kids, cookies and punch. Visit **Twin Lakes** on [facebook](https://www.facebook.com/twinlakes) or lec.org

Winter Wonderland

Bethesda North Hospital, Front Lobby & Second Floor

Don't miss the holiday model train displays, music, fun winter themed activities and entertainers. Enjoy refreshments and a free gift for the children. Special sales in the Bethesda North Gift Shop.

Victorian Holiday Village

Ohio National Financial Services *open until 8:30 p.m.

Explore the glittering Victorian Holiday Village and miniature-sized Ohio National Financial Services post office, St. Nick's workshop and other Victorian-inspired houses. Free photos with St. Nick (one per family) and free cocoa, free cookies and more. No pets, please. All guests are asked to bring a nonperishable food item (no glass containers) to be donated to the Freestore Foodbank.

Due to the outdoor terrain and gravel path, the Village is not wheelchair or stroller accessible.

Visit [facebook.com/ohnational](https://www.facebook.com/ohnational)

Tree Lighting 5 p.m.
Downtown
Montgomery,
Neuilly Plaisance Fountain

Park and ride on the
SANTA SHUTTLE with stops
at all 4 locations!


CITY OF
MONTGOMERY
Corner of Montgomery and Remington
Rd, Across from Montgomery Inn


Bethesda North
TriHealth Hospital
10500 Montgomery Rd
Front Lobby, Second Floor


Ohio National
Financial Services®
Life changes. We'll be there.®
One Financial Way


Twin Lakes
A LIFE ENRICHING COMMUNITY
The Choice in Wellness Lifestyle.
9840 Montgomery Rd

City of Montgomery Recreation and Events



BREAKFAST

with

SANTA

**SATURDAY
DECEMBER**

14

**8:30 AM
10:30 AM**

Terwilliger Lodge in Dulle Park

10530 Deerfield Road, Montgomery, Ohio 45242

\$5 Per Person

or

\$20 Family Rate

All you can eat pancakes served by City of Montgomery employee volunteers.

Benefiting the Holiday Family Fund to support local families in need.

Festival of Trees

You are invited to decorate an artificial 4 foot tree in this fun contest!

Four \$50 prizes awarded plus, a \$100 Best in the Village prize awarded!

Trees will be displayed at one of four Holiday in the Village locations during the Holiday in the Village event on Dec 7.

Entry form due NOV 18 and available at montgomeryohio.org.

Call 513.792.8316 for more information.



Presented by:



Blue Ash Montgomery Symphony Orchestra Kindel Memorial Holiday Concert

Sunday, Dec. 1, 7:00 p.m.,
Montgomery Assembly of God, 7950 Pfeiffer Road.

This year's theme will be "Christmas Managerie." The Kindel Memorial Holiday Concert has become the traditional beginning of the holiday season for Blue Ash and Montgomery residents. All Blue Ash/Montgomery Symphony Orchestra concerts are free to the public!

2019 COLORING CONTEST

Contest runs Nov. 1-22

Let your creativity show. Go wild with markers, crayons, glitter, sequins or whatever an imaginative child can think of with this coloring contest. Kids can use any available materials that can be joined with paper.

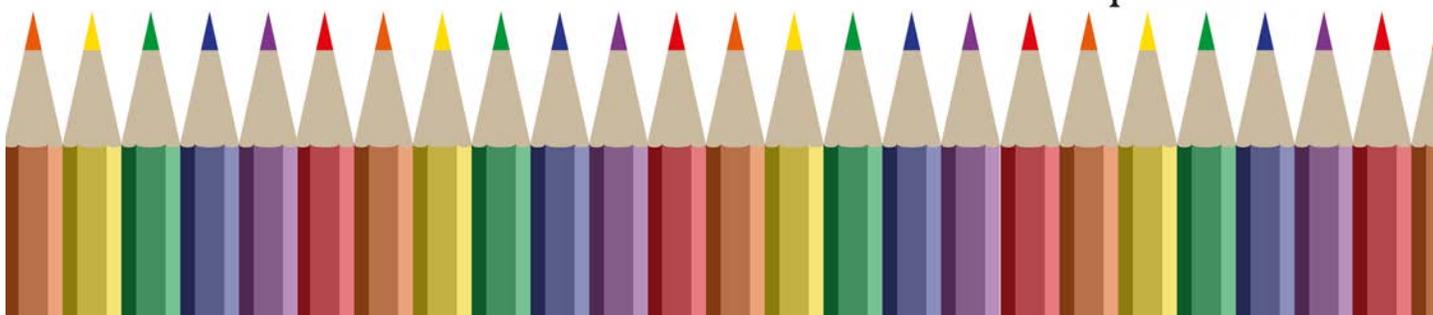
Winners will be chosen in the following grades: preschool, kindergarten, first-second grade, third-fourth grade and fifth-sixth grade.

Categories are: **Most Creative, Best Use of Color and Overall Skill.**

Starting Nov. 1, coloring sheets will be available to download at montgomeryohio.org or for pick up at City Hall.



MONTGOMERY



Montgomery Park Explorer

Montgomery Tree Explorer

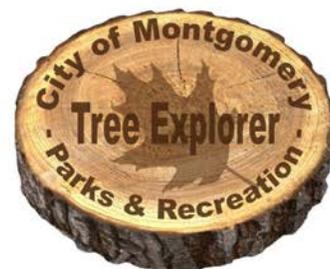
Enjoy the Montgomery Park Explorer and the Montgomery Tree Explorer programs together as a family. These free programs includes workbooks for ages 2 to 5 and ages 6 and up. The workbooks provide participants with a variety of activities that will engage them in learning about local Montgomery parks and trees in a fun and active way.

Pick up workbooks at City Hall or download at montgomeryohio.org

Once completed, participants can turn in the workbooks any time, Monday through Friday, from 7:30 a.m. to 5:00 p.m. at Montgomery City Hall, 10101 Montgomery Road.

A member of the City recreation team will review the workbook and follow up with the participant. Completed workbooks will be given back to the participant to keep along with a certificate and patch.

For more information on these free programs, contact Sarah Fink, Recreation Specialist at 513-792-8317



FITNESS

Experience updated group exercise equipment and classes. All equipment needed for classes is provided. Registration for **2019 - Session F** of fitness classes is open. For more information and to register, visit montgomeryohio.org



Fitness Class Schedule 2019 - Session F

Day	Class Name	Dates of Session	No Class	Session Length	Time of Class	Res.	Non-Res.
Mon	Mixed Level Yoga	10/21 - 12/16	11/4	8 classes	9:30-10:30 a.m.	\$40	\$45
Mon	Chair Yoga	10/21 - 12/16	11/4	8 classes	11:15 am-12:15 p.m.	\$40	\$45
Tues	20/20/20	10/22 - 12/17	11/5	8 classes	9:00-10:00 a.m.	\$40	\$45
Tues	Tai Chi	10/22 - 12/17	11/5	8 classes	10:20-11:20 a.m.	\$80	\$90
Tues	Pilates	10/22 - 12/17	11/5	8 classes	6:00-7:00 p.m.	\$40	\$45
Wed	Beginner Level Yoga	10/23 - 12/18	11/6	8 classes	9:30-10:30 a.m.	\$40	\$45
Wed	Chair Yoga	10/23 - 12/18	11/6	8 classes	11:15 a.m.-12:15 p.m.	\$40	\$45
Thurs	20/20/20	10/24 - 12/19	10/31, 11/7, 11/28	6 classes	9:00-10:00 a.m.	\$30*	\$35*
Thurs	Pilates	10/24 - 12/19	10/31, 11/7, 11/28	6 classes	6:00-7:00 p.m.	\$30*	\$35*

*Adjustment of prices is based on number of classes that are occurring within the session.

Description of Classes

Chair Yoga Yoga is a practice that can be modified to support anyone at any stage of life, and it is never too late to begin! This class makes yoga accessible to advancing seniors and to students with arthritis, injuries or other movement limitations. Each student will have a chair to assist with balance for simple standing poses. Students will also do many postures seated in the chair and will spend plenty of time on breathwork and guided relaxation.

20/20/20 This class offers light to moderate cardiovascular exercises, light strength training and light stretching for 20 minutes each.

Beginner Level Yoga This class is for those who are ready to try yoga for the first time or who just prefer to practice at a slower and gentler pace. Participants will take plenty of time to really learn form and alignment of traditional yoga poses while also building strength and flexibility with bodyweight exercises.

Tai Chi Often called a moving meditation, Tai Chi has its roots in martial arts. The movements are practiced slowly and smoothly with attention to proper posture and breathing. Tai Chi is easy to learn, effective and safe; it increases flexibility, muscle strength, heart/lung activity, aligns posture, improves balance, and integrates the mind and body.

Mixed Level Yoga In this class participants can explore physical posture and energetic alignment in traditional yoga poses. Participants can also build strength and flexibility through bodyweight exercises. Modifications will be offered to make sure everyone gets just what he or she needs. Prior yoga experience is recommended.

Pilates This class is geared towards using core body muscles to get effective results in the midsection. Participants will work on lengthening the spine, proper alignment and posture, and a strong center.

Three tips to safely exercise at night

For those who like to run, bike, or walk outdoors, it's important to take extra safety precautions. At this time of year, sunset creeps up sooner and sooner. The end of daylight saving time on Nov. 3 brings darkness earlier each day. Darkness increases the likelihood of accident or injury while working out. One is less visible to others, and vision is restricted.

Here are three tips to help maximize your safety and minimize your risk of injury while exercising in the dark.

- 1. Move in the Right Direction:** Bike with traffic and run against traffic. This rule of thumb applies to all times of the day. Running against the flow of traffic allows people to watch everything coming their way—cars, buses, bikes, etc. Runners with their back to an oncoming swerving vehicle do not have a chance to react. Use a sidewalk for running or walking, stay out of the street, and out of the way of traffic. Unlike running, bike speeds of 10 mph and faster create a dangerously short reaction time for drivers headed in the opposite direction. So, ride with the flow of traffic, it is the law.
- 2. Be Reflective:** Reflective clothing and gear help cyclists, runners, and walkers stand out.
- 3. Brighten the Day:** Keep clothing bright and in contrast to the surrounding environment to ensure high visibility.

Montgomery Bulletin



10101 Montgomery Road
Montgomery, Ohio 45242

Mayor

Chris Dobrozsi

Vice Mayor

Lynda Roesch

Council Members

Lee Ann Bissmeyer
Mike Cappel
Gerri Harbison
Craig Margolis
Ken Suer

Clerk of Council

Connie Gaylor

City Manager

Brian Riblet



HOW TO REACH US



City Hall
891-2424

Police Department
(non-emergency)
985-1600

Public Works
792-8355

Fire Department
(non-emergency)
985-1633

**Planning/Zoning/
Building**
792-8309

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Montgomery Bulletin November Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Kids' Winter Coloring Contest begins online Holiday Decorating Workshop, Recreation Annex 9:30 a.m.
3 Daylight saving time ends-fall back one hour. Change your smoke alarm battery. Unlimited yard waste collection begins on Nov. 4	4 Beautification and Tree Commission Public Works 9:00 a.m. Holiday Decorating Universalist Church 9:30 a.m. Arts Commission Universalist Church 5:00 p.m. Planning Commission City Hall 7:30 p.m.	5 Election Day Holiday Decorating (Rain Date), Universalist Church 9:30 a.m.	6 Council Business Session City Hall 7:00 p.m.	7	8	9 CPR/First Aid certification class Montgomery Safety Center 10:00 a.m.-2:00 p.m.
10	11 Veterans Day	12 Environmental Advisory Commission City Hall 5:00 p.m.	13 Landmarks Commission City Hall 7:00 p.m.	14	15	16 Cardboard Recycling 7315 Cornell Road 10:00 a.m.-1:00 p.m.
17	18 Planning Commission City Hall 7:30 p.m.	19 Sister Cities Commission City Hall 6:30 p.m.	20 City Council Work Session City Hall 7:00 p.m.	21	22	23 Kids' Winter Coloring Contest Entry Deadline City Hall 5:00 p.m.
24	25	26 Board of Zoning Appeals City Hall 7:00 p.m.	27 Sycamore Community Schools Thanksgiving Break Begins	28 Thanksgiving Day City offices closed trash pick-up as usual	29	30 City offices closed trash pick-up as usual