



CITY OF

**MONTGOMERY**

A CHARMING PAST. A GLOWING FUTURE.



# BULLETIN

OFFICIAL PUBLICATION OF THE CITY OF MONTGOMERY • MARCH 2023

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## NEW OPPORTUNITIES TO CARE FOR OUR COMMUNITY, OUR FAMILY, AND OURSELVES

BY SASHA NAIMAN

Amid day-to-day responsibilities, it is important (but sometimes difficult) to create meaningful opportunities for community engagement, family bonding, and personal well-being. Fortunately, Montgomery offers many wonderful ways to do all three—and sometimes all at once!

Montgomery's new "Family Volunteer Challenge" mixes community service with family fun and personal growth. The Challenge, which lasts until March 31, suggests simple family activities like helping a neighbor, writing supportive notes/cards, or donating goods to a shelter. Everyone can get involved to make a positive difference! My family and I are already working on our Challenge Checklist, which can be downloaded from the City of Montgomery website. See page 11 for more information.

Not only can participants win a Montgomery Pool Pass, but they can also reap some big, scientifically proven benefits. Did you know that researchers from Harvard, University of Texas, Washington University, and other institutions nationwide repeatedly found that volunteering improves physical and mental health? Volunteering is linked with physical effects like lower blood pressure, lower rates of depression, decreased anxiety, and improved sleep quality. Children, even toddlers, increase emotional intelligence, empathy, and key values by volunteering. Studies show that teenagers who volunteer have improved grades and self-esteem, as well as reduced drug use and dropout rates. College students who volunteered regularly had 26% lower risk of binge drinking. For adults over age 55, volunteering increases stamina, memory, and overall health. One study even finds that people who volunteer with altruistic intentions will live longer! Plus, according to researchers from the University of Pennsylvania, giving your time to help others makes you feel like you have *more* time and productivity for yourself—so that you can get the most out of each day.

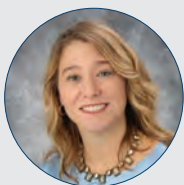
Montgomery also promotes the well-being of its residents and their families by offering regular programming about mental health—including connecting residents to resources within and beyond our community. In early 2023, Montgomery offered a well-attended community presentation about our officers' training to deal with people experiencing mental health crises. On April 15, the City is planning a large mental-health forum, which will bring experts and resources right into our community. Please see page 9 for more information.

I am grateful that the City of Montgomery provides these helpful, concrete ways for residents to extend kindness, patience, and care to our neighbors and family members, as well as to ourselves. There will undoubtedly be more opportunities throughout 2023, with the continued support of our City Administration, staff, and Council. I look forward to participating!

## COUNCIL MEMBERS



**Mayor**  
Craig Margolis



**Vice Mayor**  
Lee Ann Bissmeyer



**Member**  
Mike Cappel



**Member**  
Chris Dobrozsi



**Member**  
Ron Messer



**Member**  
Sasha Naiman



**Member**  
Ken Suer





## COUNCIL CORNER

### FEBRUARY 15, 2023 WORK SESSION

Montgomery City Council met in its regular monthly Work Session on Wednesday, February 15, 2023, at City Hall. Meetings begin at 6:00 p.m., with public comment welcomed on each item before City Council.

#### Pending Legislation

No Pending Legislation

#### New Legislation

**A Resolution** Accepting A Bid And Authorizing The City Manager To Enter Into A Contract With Barrett Paving Materials Inc. For The 2023 Street Resurfacing Program

**A Resolution** Authorizing An Agreement With The Vintage Club Community Association, Inc. To Construct Roadway Improvements Within The Vintage Club Subdivision

**A Resolution** Authorizing The City Manager To Enter Into A Contract With MA Design Services For Professional Landscape Design Services For The Ronald Reagan Highway And Montgomery Road Roundabout

**A Resolution** Authorizing The City Manager To Enter Into A Contract With Landscape Structures, Inc. For The Purchase Of Playground Equipment For Swaim Park

**A Resolution** Authorizing The City Manager To Enter Into A Contract With Playcore Wisconsin Inc. D/B/A Gametime Through Omnia Partners For The Purchase Of Playground Equipment

### RECENT COUNCIL ACTION

#### Approved Legislation

##### February 1, 2023

##### RESOLUTION 5 2023

**A Resolution** Authorizing The City Manager To Contract With Donald J. Schonhardt & Associates, Inc. For Professional Management Consulting Services

##### RESOLUTION 6 2023

**A Resolution** Authorizing The City Manager To Enter Into A Contract With Ela Holding Corporation, D/B/A Turnkey Technology, For A Security Camera System

##### RESOLUTION 7 2023

**A Resolution** Authorizing The City Manager To Enter Into An Agreement With Equitable Financial Life Insurance Company To Provide Financial Advisory Services To City Employees

These pieces of approved legislation can be reviewed on the City's website at [www.montgomeryohio.gov](http://www.montgomeryohio.gov) or contact the office of the Clerk of Council at (513) 792-8314 for full copy of text.

## ADMINISTRATION



**City Manager**  
Brian Riblet



**Assistant City Manager**  
Tracy Henao



**Clerk of Council**  
Connie Gaylor

**Emergency**  
911

**Non-Emergency**  
• Police Dept.  
513-985-1600

• Fire Dept.  
513-985-1633

**Public Works**  
513-792-8355

**Planning/Zoning/  
Building**  
513-792-8309

**City Hall**  
513-891-2424

## MONTGOMERY WELCOMES LISA LORENZ, RECREATION SPECIALIST

Lisa began working for the City as a seasonal employee in the summer of 2019. She returned in the summer of 2022 and was hired full-time in December. Before working for the City, she taught Spanish for fifteen years at Nativity and Sacred Heart Schools. Lisa holds a bachelor's degree in International Relations from The Ohio State University and is working toward a master's degree in Educational Leadership from Xavier University.



Lisa and her husband, Mike, have been married for 27 years. Their son is a music teacher, and their daughter is starting her own business. Lisa loves to travel and read, preferably on a beach.

Lisa looks forward to assisting in the planning and execution of City events.

## MCLA TAKES YOU BEHIND THE SCENES OF THE CITY

Have you ever wondered what it's like to serve on Montgomery City Council? Or wanted to climb aboard a piece of equipment at our Public Works Facility? You'll get to do both in the Montgomery Citizens' Leadership Academy.

During this 10-week class, we'll take you behind the scenes of the City. The class of 2023 has spent time getting to know each other. Our class has visited Sycamore High School, Bethesda North Hospital, and toured our Public Works Facility. We've also learned about Twin Lakes and City Hall.



We're registering for MCLA Class of 2024. Students must be Montgomery residents or work in the City. To apply, go to [montgomeryohio.gov](http://montgomeryohio.gov) or contact Amy Frederick at [afrederick@montgomeryohio.gov](mailto:afrederick@montgomeryohio.gov) or call 513-792-8358.

## WE LOVE OUR VOLUNTEERS!

Mark your calendar for these volunteer opportunities:

### Basket Planting

**Tuesday, April 4 at 9:00 a.m.**  
**Public Works (7315 Cornell Rd)**

Do you have Spring fever? Are you ready to start playing in the garden? Help plant the flower baskets that decorate Montgomery City Streets. Baskets will be stored in our greenhouse until the plants mature and the weather turns warm. Watch your baskets come alive with an abundance of flowers as they grace the city streets.



### Beautification Day

**Saturday, May 13 from**  
**9:00 AM to 11:00 AM**

Help plant flower beds along the main thoroughfares and parks of Montgomery. This is a great activity for groups, families and individuals.

For more information or to sign up, visit [www.montgomeryohio.gov/volunteer](http://www.montgomeryohio.gov/volunteer) or contact Wendy Grethel [wgrethel@montgomeryohio.gov](mailto:wgrethel@montgomeryohio.gov) or 513-891-2424.





## COOPER ROAD BRIDGE CONSTRUCTION AND CLOSURE BEGINS IN MARCH

The Ohio Department of Transportation (ODOT) will perform construction work on the Cooper Road Bridge, which crosses over I-71. The work includes replacing the bridge parapet walls and fencing.

**Construction is scheduled to begin this month and will require the complete closure of the bridge for approximately 10 to 12 weeks** to perform the work. The bridge is expected to re-open June 1st. During the closure, traffic will be detoured south to Cross County Highway via Montgomery Road (on the east side of the bridge) and Kenwood Road (on the west side of the bridge). We appreciate your patience during this project. We know the closure creates an inconvenience for those who use this bridge.



## CONSTRUCTION UPDATE: PFEIFFER RD AND DEERFIELD RD ROUNDABOUT

As many of you know, construction is underway at the Pfeiffer Road and Deerfield Road intersection, converting the four-way stop to a single-lane roundabout. In 2022, construction mainly consisted of utility work, including installing a new Duke Energy gas main and Greater Cincinnati Water Works water main.

Barrett Paving, the contractor for the project, was also able to complete "Phase 1" of the project, which consisted of storm sewer installation and adding temporary asphalt pavement to the south side of Pfeiffer Road and the west side of Deerfield Road.

**Construction is scheduled to resume this month, and the completion date is August 2023.**

The upcoming construction timeframe for the remainder of the work is as follows:

**March - April** Construction of the roundabout on the northeast corner of the intersection.

**April - May** Construction of the roundabout on the northwest corner of the intersection.

**May - July** Construction of the roundabout on the southwest and southeast corners of the intersection. This phase will involve the closure of Deerfield Road south of the intersection for approximately six weeks. Traffic south of the intersection will detour to Montgomery Road.

**July - August** Final construction activities and transition of the intersection from a four-way stop to a single-lane roundabout.



The above timeframe is approximate and might change based on weather and other factors. Two-way traffic on Pfeiffer Road and Deerfield Road will be maintained except as mentioned above and when the final surface course of asphalt is placed towards the end of the project. Traffic delays are expected during construction, so please take an alternate route. We appreciate your patience during this important project!

For more information about the roundabout, please visit the City's website [www.montgomeryohio.org/pfeiffer-roundabout-information/](http://www.montgomeryohio.org/pfeiffer-roundabout-information/).

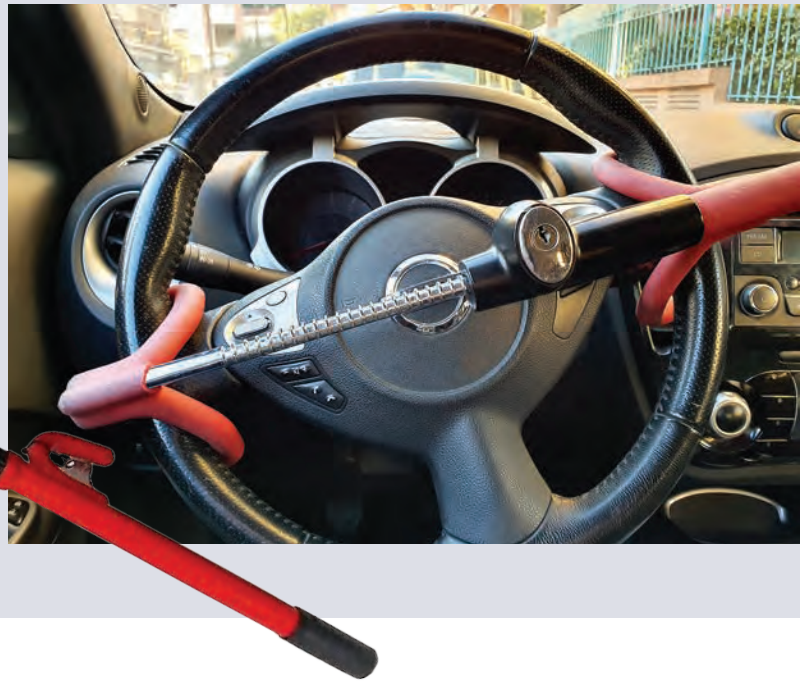
Regular updates will be provided on the City's website as work progresses. For additional information on the roundabout project or the Cooper Road Bridge project, please contact Gary Heitkamp, Public Works Director, at 513-792-8321.

## POLICE DEPARTMENT OFFERS STEERING WHEEL LOCKS

Over the last several months, there has been a nationwide increase in motor vehicle thefts, specifically Hyundais and Kias. Certain models that were manufactured before November 2021 do not have immobilizers installed. If your Hyundai or Kia uses a physical key (not a key fob), these models are at greater risk of theft.

Because of this situation, The Montgomery Police Department has partnered with Hyundai Motor America to provide steering wheel locks free of charge. If you would like a free steering wheel lock, please stop by the Montgomery Safety Center to pick one up. We have a limited supply, and once they are gone, we will not get more.

Even if you don't own one of these affected models, we recommend not leaving valuables in your vehicles, and please don't leave your key fob in your car.



## SENIORS AND TODAY'S TECHNOLOGY

*By Twin Lakes Senior Living Community*

About 70% of seniors are connected to the internet and use their phones, tablets, or laptops to access it. What might surprise you is this is roughly the same percentage of younger adults. As many Baby Boomers enter their senior years, their willingness to use technology is only increasing.

Software developers are considering the characteristics of older adults to promote better user experiences during the design process of websites and applications. This may include larger text and buttons for optimal presentation. Color vision also commonly declines with age, and some may have trouble distinguishing certain colors and need higher levels of contrast. With these added features, there are a number of ways seniors can use technology to make their retirement even easier.

In today's world, many families do not live nearby and may only see each other during the holidays. With applications

such as Zoom, FaceTime, and Facebook Messenger it's easier for families to connect throughout the year from a distance. For those who find themselves living in rural areas or unable to drive themselves, they have the opportunity to take advantage of telehealth appointments to avoid a long commute or feeling stressed about asking someone to take them. On the other hand, seniors who are able to transport themselves can take advantage of GPS applications like Waze or Google Maps.

Technology is all around us and will continue to advance over time. Take advantage of the benefits technology has to offer for your retirement!



## SWIM TEAM REGISTRATION BEGINS IN MARCH

One of the best summer traditions in Montgomery is the Montgomery Makos summer swim team. The team welcomes swimmers, ages 5-18, of all levels and abilities to join as the season focuses on technique, teamwork, and having fun!

Sign-ups for returning families will start on March 1 and open to the community on March 16.

The team will practice daily and have weekly meets against teams in the Tri-County Swim League before concluding the season at Championships. It's a ton of fun for everyone!

We look forward to seeing everyone at the pool this summer!

Visit [montgomeryohio.gov](http://montgomeryohio.gov) for more details.



35<sup>th</sup> Annual **EXPOSURE:**



# MONTGOMERY Photography Competition



## Exhibition

Terwilliger Lodge, Montgomery Ohio

Sat, April 1 from 12-4

Sun, April 2 from 1-3

## Awards Presentation

Sun, Apr-2

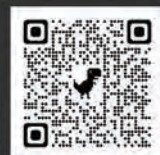
## Judges:

Emily Bauman *Cincinnati Art Museum*

H. Michael Sanders *UC Blue Ash*

**Adult & Student  
Entries Accepted  
March 1-22**

For Competition rules  
& requirements  
[montgomeryohio.gov](http://montgomeryohio.gov)



## TAX TIME TIDBITS

It's almost Tax Time. Here are a few important "bits" of information to ensure that your City of Montgomery tax return is filed timely and completely.

### Returns due: Tuesday April 18, 2023

#### Can I file electronically?

Electronic filing is not available for this tax season; however, please take advantage of the Secure Email portal on our website at [www.montgomeryohio.gov](http://www.montgomeryohio.gov). Completed returns, along with supporting documents can be sent securely; and your return will be considered "submitted" on the date the email is received in the Tax Office.

#### What forms do you need?

- Montgomery tax form
- Copies of all W-2 forms
- Federal 1040, page 1
- Copies of the following Federal Schedules (if applicable): Schedule 1, Schedule C, Schedule E, Form 4797, Schedule F.

#### I need help!

Our staff will be happy to prepare your Montgomery return at no cost and no appointment is necessary. Simply bring copies of your Federal return and all W-2

forms to the Tax Office, or send through the Secure Email portal. Staff will prepare your return and contact you when finished.

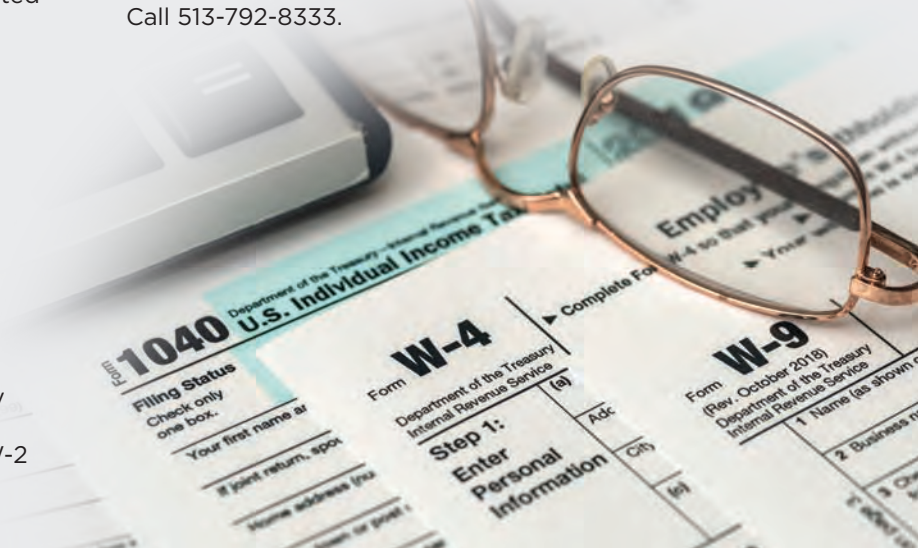
#### When is the tax office open?

Monday-Friday from 8:00 a.m. to 4:30 p.m.

Beginning April 1st from 7:30 a.m. to 5:00 p.m.

#### How do I get a Montgomery form?

Forms and instructions are available on the Tax Office page at: [www.montgomeryohio.gov](http://www.montgomeryohio.gov). Questions? Call 513-792-8333.



## YOUTH SUMMER CAMPS| 2023

<b>LEGO ROBOTICS</b>  SWAIM PARK LODGE  AGES 5-14  <b>JUNE 5-9</b>	<b>LEGO STOP MOTION ANIMATION</b>  SWAIM PARK LODGE  AGES 7-14  <b>JUNE 12-16</b>	<b>PICKLEBALL</b>  DULLE PARK COURTS  AGES 5-12  <b>June 20-23</b>	<b>LEGO ROBOTICS</b>  SWAIM PARK LODGE  AGES 5-14  <b>JUNE 26-30</b>	<b>FLAG FOOTBALL</b>  WELLER PARK  AGES 5-12  <b>JUNE 27-30</b>	<b>MOTION GRAPHICS</b>  SWAIM PARK LODGE  AGES 12-16  <b>JULY 10-14</b>
<b>SOCCER</b>  WELLER PARK  AGES 5-12  <b>JULY 18-21</b>	<b>ROBLOX</b>  SWAIM PARK LODGE  AGES 6-14  <b>JULY 24-28</b>	<b>BASKETBALL</b>  WELLER PARK  AGES 5-12  <b>JULY 25-28</b>	<b>PAINTING, DRAWING AND CLAY</b> SWAIM LODGE  AGES 6-12  <b>JULY 31-AUG 4</b>	<b>REGISTRATION BEGINS MARCH 1</b>  VISIT <a href="http://MONTGOMERYOHIO.GOV">MONTGOMERYOHIO.GOV</a> FOR DETAILS AND TO REGISTER  FOR QUESTIONS CALL LISA LORENZ AT 513 792-8317	



# MONTGOMERY TO HOST FIRST MENTAL HEALTH FAIR



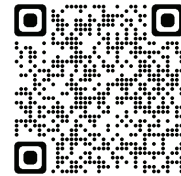
In partnership with Twin Lakes Life Enriching Communities, Sycamore Community Schools, and Bethesda/TriHealth, the City is hosting a Mental Health Fair on Saturday, April 15, from 9:00 a.m. to noon at the Twin Lakes Davies Center located at 9840 Montgomery Road.

## The Fair features the following speakers and topics:

- Beyond Your Valley - *Grief and Loss*
- Black Sheep Performance - *Physical Wellness and Mental Wellness*
- Hotel California By the Sea - *Substance Abuse and Addictions*
- Montgomery Police - *Crisis Intervention Training*
- National Alliance on Mental Illness (NAMI) - *Access to Care*
- 1N5 - *Suicide Prevention*
- Sycamore Schools/Cincinnati Children's Hospital - *Youth Anxiety/Depression*
- TriHealth - *Behavioral Health and Mental Services*
- Twin Lakes/Alzheimer's Association - *Elder Care and Dementia*

Representatives from these organizations and a host of other area clinicians, treatment centers, and mental health organizations will be on hand to answer your questions and share information.

For more information and to register for the event, please visit the City's website at [www.montgomeryohio.gov/mental-health/](http://www.montgomeryohio.gov/mental-health/) or scan the QR Code.



Scan to Learn More



## WINTER 2022 SEASONS OF BEAUTY AWARD WINNER

The City of Montgomery Beautification and Tree Commission has awarded the 2022 Winter *Seasons of Beauty* award to William and Patricia Matulewicz.

The family has called Montgomery home since 1987, when they moved here from Montgomery, New York. They love being a part of the Montgomery, Ohio, community.

The Matulewicz home was well-appointed for the winter and holiday seasons, with decorations that accented the home's natural landscaping. Evergreens that flank the front of the house were decorated in silver and red ornaments and complemented by white window boxes and white planters of evergreen cuttings in the same vibrant colors. Large red bows were hung on the planters as well as a larger wreath that was lit



during the evening hours and prominently displayed between two large windows along the front sidewalk. The owners decorate the home themselves each year, and the holiday decorations often include additional items, including a manger scene.



The *Seasons of Beauty* award recognizes homes and businesses in Montgomery with special front yards, window boxes, and planters that peak during certain seasons as well as those homes and businesses with decorative features that celebrate the "season" or holiday.

Nominate your home or neighbor's home by emailing a photo and short description to [aaronkellenberger@gmail.com](mailto:aaronkellenberger@gmail.com). The spring award winner will be selected in April and will be announced in the May Montgomery Bulletin.

## BEAUTIFICATION AND TREE COMMISSION IS LOOKING FOR GARDENS!

Do you have a gorgeous garden? We'd love to see it!

Montgomery's Beautification and Tree Commission is looking for a wide range of gardens – traditional, unique, well-established, or newly planted.

We would love to have your home on our garden tour. The tour is scheduled for Sunday, June 25, from 2:00 - 6:00 p.m. The Garden Tour features six to eight neighborhood gardens. Admission is free.

Contact Darla Hall ([darlahall16@gmail.com](mailto:darlahall16@gmail.com)) if you are interested in having your garden on tour this summer. More details about attending the garden tour will follow in upcoming Bulletins.

## SPRING IS JUST AROUND THE CORNER. HERE ARE SOME TIPS ON FERTILIZING

As winter fades and spring is in the air, our thoughts turn to the great outdoors, our lawns, and gardens! Along with green grass and blooming gardens come some reminders and tips about fertilization.

- Apply the recommended amount – more is not better.
- Don't overwater your lawn after fertilizing.
- Avoid applying close to ponds or streams.

- Sweep excess fertilizer from sidewalks, driveways, and streets and use it on your lawn.
- Plant native plants, shrubs, and trees that reduce the amount of fertilizer needed.

Fertilizer runoff is a serious environmental concern that negatively impacts our wildlife and water supplies. Please use fertilizer responsibly.

Article by Elaine Cohen, EAC member





# Spotlight

## ON MONTGOMERY BUSINESSES

### KITCHEN SOCIAL IS COMING TO MONTGOMERY QUARTER

Kitchen Social is opening its first Cincinnati-area location at Montgomery Quarter. Kitchen Social is a modern-day tavern with familiar cuisines, such as burgers and pizza, with additions like tacos, Szechuan noodles, and tempura shrimp bowls, to name a few. The first location is in Columbus at the Polaris mall, which opened in November 2019. The location won Best New Restaurant in Columbus in 2019 and Best Overall Restaurant in 2020.

"The price point was designed to make it accessible to people who want to eat there once a week or more," said Kitchen Social Co-Owner Brian O'Malley.

The restaurant is expected to open in September 2023 and will have indoor and outdoor dining. Kitchen Social will be a great addition to the community and a terrific



place for friends and families to dine and experience the uniqueness and energy of the Montgomery area.

The Montgomery Quarter is a premier mixed-use development that in addition to restaurants

Bru Burger, Livery, Kozue, and Kitchen Social, features upscale menswear retailer Hellman's, Fifth Third Private Bank, a boutique hotel, additional office, retail and restaurant space as well as luxury apartments. The new mixed-use neighborhood will complement the Heritage District, provide vitality to the area, and will serve as a spectacular gateway into the city that will enhance the entire community for current and future residents, businesses, and visitors.

For more information, contact Tracy Henao, Assistant City Manager at [thenao@montgomeryohio.gov](mailto:thenao@montgomeryohio.gov) or 513-792-8312.

### THE MONTGOMERY FAMILY VOLUNTEER CHALLENGE ENDS MARCH 31

One month is left to complete the challenges for the Montgomery Family Volunteer Challenge and enter to win a family pass to the Montgomery Community Pool. We hope you are enjoying working on our challenges as a family.

Complete six activities for one entry into the pool pass drawing. Families that complete nine activities will receive two entries. Send a completed challenge card and pictures of your family working together to Wendy Grethel at [wgrethel@montgomeryohio.gov](mailto:wgrethel@montgomeryohio.gov).

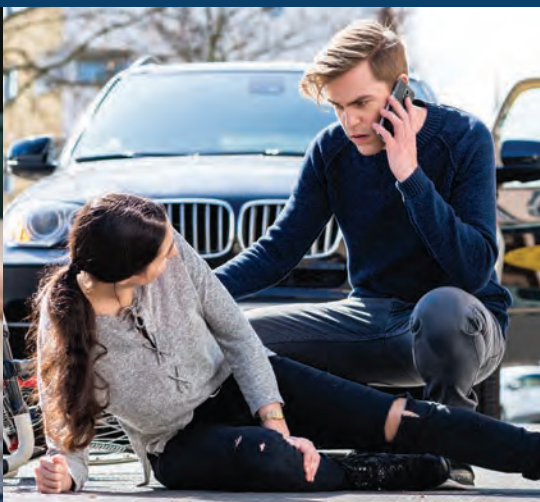
We will draw the winning family's name on Monday, April 3.

For more information about the challenge, scan the QR code or listen to the Montgomery Insider podcast, Episode 5 at [www.montgomeryohio.gov/montgomery-insider-podcast/](http://www.montgomeryohio.gov/montgomery-insider-podcast/).



Scan to Learn More





## HANDLING MEDICAL EMERGENCIES – WHEN TO CALL 911

It's important to know what to do in a medical emergency—it can save a life. One of the first questions to ask is whether the situation you are dealing with is truly an emergency that requires a trip to the emergency department. According to the American College of Emergency Physicians, these are all warning signs of a medical emergency:

- Bleeding that will not stop
- Breathing problems (difficulty breathing, shortness of breath)
- Chest pain or pressure
- Choking
- Coughing up or vomiting blood
- Fainting or loss of consciousness
- Any loss of movement of your leg, arm or face
- Any loss of coordination or problems with balance
- Thoughts of suicide
- Head or spine injury
- Severe or persistent vomiting or diarrhea
- Sudden injury due to a motor vehicle accident, burns or smoke inhalation, near drowning, deep or large wound, etc.
- Sudden, severe pain anywhere in the body
- Sudden dizziness, weakness, or change in vision
- Swallowing a poisonous substance
- Upper abdominal pain or pressure
- Change in mental status (such as unusual behavior, confusion, difficulty arousing)

### Call 911 if the person you are helping:

- Is unconscious, gasping for air or not breathing, experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other symptoms that require immediate medical attention
- Could be injured if they are moved (such as if they have been in a motor vehicle accident or have a neck injury)

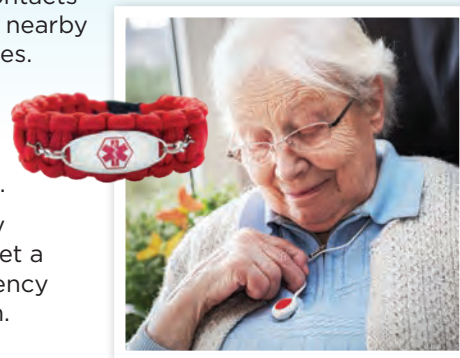
Call 911 if you are experiencing a medical emergency and are alone. Do not drive yourself to the hospital if you are having severe chest pain or severe bleeding, if you think you might faint or if your vision is impaired.

For certain medical emergencies, such as a heart attack or stroke, taking an ambulance is safer because paramedics can deliver life-saving care on the way to the hospital.

**Note:** If you are not sure whether the situation is truly an emergency, call 911, and let the dispatcher decide whether you need emergency help. The 911 dispatcher will be able to tell you what to do until help arrives, such as providing step-by-step instructions to help someone who needs CPR or first aid, or who is choking.

### To prepare yourself and your family for an emergency, here are steps to take:

- Know where the closest emergency department is and the fastest way to get there.
- Post emergency phone numbers by the phone, such as the poison control center, your doctors' phone numbers, and contacts for neighbors or nearby friends or relatives.
- If you have a chronic medical condition, wear a medical ID tag.
- If you are elderly and live alone, get a personal emergency response system.





## KNOW YOUR NEIGHBOR SERIES: CINCO DE MAYO AND CARNIVAL

Join us on Thursday, March 30 at 6:00 p.m. at Terwilliger Lodge to learn the history of “Cinco de Mayo”, how it became a celebrated holiday. Also, Learn about the origins of Carnival and its history in the Americas.



- Do you know what is celebrated on May 5th and in which countries?
- Learn the history of “Cinco de Mayo”, how it became a celebrated holiday. Find out its traditions and how it is celebrated both in Mexico and the US.
- Contrary to the general belief, it is **not** Mexican Independence Day!
- Discover where it is celebrated in Cincinnati.



- Do you know what Carnival or Mardi Gras is and in which countries it is celebrated?
- Learn about the origins of Carnival and its history in the Americas.
- See Brazilian floats at the “Sambodromo” of Rio de Janeiro.
- Find out the importance of Carnival for Brazil's economy.

Register at [www.montgomeryohio.gov/know-your-neighbor-series/](http://www.montgomeryohio.gov/know-your-neighbor-series/)

Know Your Neighbor, hosted by the City of Montgomery Diversity and Inclusion Commission, is a community education series on the diverse cultures of Montgomery residents. The lecture and discussion series covers a range of timely human relations and cultural topics.



Scan to Learn More

## B&T TALK: FROM THE CONTAINER TO THE KITCHEN

*“If it grows in the ground, it’ll grow in a pot and maybe even better!”*

**Join the Beautification and Tree Commission’s B&T Talk:  
From the Container to the Kitchen, Wednesday, April 19,  
at Terwilliger Lodge at 7:00 p.m.**

Join herbal expert, food writer, and media personality Rita Heikenfeld along with Natorp’s ‘yardening’ expert, and 55 WKRC “In the Garden” Radio Host Ron Wilson for our session on Container Gardening. We will talk about how to grow plants and herbs in containers successfully. Plus, “yardening” tips and answering your questions!

Admission is free! Space is limited to 75 people.





## YOUNG ARTIST CONCERTO COMPETITION CONCERT

On Sunday, March 5, 2023 at 7:00 PM, the Blue Ash/Montgomery Symphony Orchestra will present "From the Top XI", featuring winners of the Jack and Lucille Wonnell Memorial Young Artist Concerto Competition, with Suzanne Bona, heard on WGUC. The Orchestra will also play additional works. The concert will take place at St. Barnabas Episcopal Church, 10345 Montgomery Road in Montgomery.



### Food Waste & Composting Seminar

Join Hamilton County R3Source for an exciting program teaching the basics of food reuse and composting.

Attendees will learn how to turn vegetable scraps into stock, when to compost food scraps, and how compost works.

Free!  
Register at  
[montgomeryohio.gov](http://montgomeryohio.gov)

**APRIL 26TH, 2023**

6:30 P.M. - 8:00 P.M.

Swaim Lodge  
7650 Cooper Rd. Montgomery, OH 45242



**Questions  
Tony Staubach**

Food Waste Diversion Coordinator  
[tony.staubach@hamilton-co.org](mailto:tony.staubach@hamilton-co.org)

## SPONSORSHIP OPPORTUNITIES



Hometown Americana community events help make Montgomery truly unique.

Many sponsorship opportunities are available to organizations of any size.

Businesses interested in 2023 sponsorship opportunities may contact Julie Machon at [jmachon@montgomeryohio.gov](mailto:jmachon@montgomeryohio.gov) or at 513-792-8316.





## GROUP FITNESS

Registration for **2023 - Session B** of fitness classes is open. Please visit the fitness page at [montgomeryohio.gov](http://montgomeryohio.gov) for class descriptions, important information and registration.

Please contact City Hall by calling 513-891-2424 with any questions you may have.

### Group Fitness Class Schedule 2023 - Session B

Day	Class Name	Dates of Session	No Class (Spring Break)	Session Length	Time of Class	Res.	Non-Res.
Mon.	Mixed Level Yoga	3/13 - 5/8	20-Mar	8 classes	9:30-10:30 a.m.	\$40	\$45
Mon.	Chair Yoga	3/13 - 5/8	20-Mar	8 classes	11:00 a.m.-12:00 p.m.	\$40	\$45
Tue.	Cardio Strength and Stretched	3/14 - 5/9	21-Mar	8 classes	9:00-10:00 a.m.	\$40	\$45
Tue.	Tai Chi	3/14 - 5/9	21-Mar	8 classes	10:20-11:20 a.m.	\$80	\$90
Tue.	Pilates	3/14 - 5/9	21-Mar	8 classes	6:00-7:00 p.m.	\$40	\$45
Wed.	Mixed Level Yoga	3/15 - 5/10	22-Mar	8 classes	9:30-10:30 a.m.	\$40	\$45
Wed.	Beginner Level Yoga	3/15 - 5/10	22-Mar	8 classes	11:00-12:00 a.m.	\$40	\$45
Wed.	Bootcamp	3/15 - 5/10	22-Mar	8 classes	6:00-7:00 p.m.	\$40	\$45
Thur.	Cardio Strength and Stretched	3/16 - 5/11	23-Mar	8 classes	9:00-10:00 a.m.	\$40	\$45
Thur.	Pilates	3/16 - 5/11	23-Mar	8 classes	6:00-7:00 p.m.	\$40	\$45

## RESTORATIVE YOGA CLASS – NEW!

**March session is full** – Details to come about a possible future session

Restorative Yoga, or Urban Zen Integrative Therapy,™ is a holistic approach to addressing symptoms many people face daily, such as pain, anxiety, insomnia, exhaustion, digestive issues, and stress. This approach works by layering supporting resting poses, gentle mindful movements, body and breath-based meditation, aromatherapy, and Reiki. Urban Zen is a completely restorative practice suited for anyone. It is about daily self-care, helping to promote a sense of well-being and inner peace.

This class is taught by Linda Becker, E-RYT 500, C-IAYT, Urban Zen Integrative Therapist. She also teaches our popular Chair Yoga class at the Annex.

Linda's passion is to make the practices of yoga accessible to everyone. She has taught all types of yoga in many different settings for over 15 years. She has taught in yoga

studios, community centers, assisted living, rehab facilities, and hospice. Linda owned a yoga studio where she trained other yoga teachers. She is also a Reiki Master Teacher and trained in essential oil therapy.

We were pleasantly surprised by the overwhelming interest in our Restorative Yoga Class. We are talking with the instructor about a future session. Stay tuned for more details.



For questions, please contact Julie Machon, Recreation Director, at 513-792-8316 or [jmachon@montgomeryohio.gov](mailto:jmachon@montgomeryohio.gov).



10101 Montgomery Road  
Montgomery, Ohio 45242



**Know Your Neighbor**

*Cinco de Mayo & Carnival*

**Thursday, March 30**  
**Terwilliger Lodge 7 pm**  
Register at [montgomeryohio.gov](http://montgomeryohio.gov)



**Emergency**  
911  
**Non-Emergency**  
• **Police Dept.**  
513-985-1600  
• **Fire Dept.**  
513-985-1633

**Public Works**  
513-792-8355  
**Planning/Zoning/  
Building**  
513-792-8309  
**City Hall**  
513-891-2424

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CINCINNATI, OH

## MARCH 2023 EVENTS

All event dates are subject to change or cancellation. Check the website and social media for the most up-to-date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Pool Memberships go on sale Park Shelter Reservations open Council Business Session, City Hall, 6:00 p.m.	2	3	4
5 BAMSO Spring Concert, St. Barnabas Church, 7:00 p.m.	6 Yard Waste Collection Resumes Beautification and Tree Commission, Public Works, 9:00 a.m. Planning Commission, City Hall, 7:00 p.m.	7	8 Landmarks Commission, City Hall, 7:00 p.m.	9 Parks and Recreation Commission, City Hall, 6:30 p.m.	10	11
12 Daylight Saving Time begins, spring ahead one hour Change batteries in smoke detector	13	14 Environmental Advisory Commission, City Hall, 5:00 p.m.	15	16	17	18 Cardboard Recycling, 7315 Cornell Road, 10:00 a.m. – 1:00 p.m.
19	20 Planning Commission, City Hall, 7:00 p.m.	21 Sister Cities Commission, City Hall, 6:30 p.m.	22 Photo Contest entries due Council Work Session, City Hall, 6:00 p.m.	23	24	25
26	27 Arts Commission, City Hall, 5:00 p.m.	28 Diversity and Inclusion Commission, City Hall, 4:00 p.m. Board of Zoning Appeals, City Hall, 7:00 p.m.	29	30 Know your Neighbor. Terwilliger Lodge, 7:00 p.m.	31 Montgomery Family Volunteer Challenge Ends	