

Montgomery Bulletin

CITY OF MONTGOMERY



Yard waste pick up starts Oct. 31

In 2015, Montgomery City Council approved a three-week expansion of the current Unlimited Yard Waste Collection program conducted through Rumpke, increasing the service period from five weeks to eight weeks. The City will also provide collections during the first three Saturdays in January to coincide with the Christmas tree and wreath collections.

The new unlimited yard waste collection program will start on Monday, Oct. 31.

Guidelines

- Leaves need to be placed in regular 30-gallon trash cans, paper leaf bags or yard waste totes (available through Rumpke).
- There is a 75 lb. weight limit on the 30-gallon cans/totes used for yard waste. Once temperatures fall below freezing, all waste must go into bags as the moisture causes the cans/totes to freeze. The totes cannot be emptied if they are more than 75 lb.
- Loosely place yard waste in trash cans or in paper yard waste bags available at grocery or hardware stores. Yard waste totes must be labeled as yard waste. Yard waste placed in unmarked totes will NOT be picked up.
- Place yard waste on the opposite side of the driveway from regular trash and leave the lids off the cans. No plastic bags will be picked up.
- Brush should be bundled in sizes up to 4 feet in length and 2 feet in diameter and fastened with cotton twine. The bundles have a 50 lb. weight limit.
- Limbs need to be cut into 4-foot lengths and no larger than 6 inches in diameter.
- All limbs have to be in a can or a bundle. They cannot be placed on the ground. Limbs are only permitted to reach 1 foot above the height of the can.

The schedule will be available on the City website, with updates on the City's social media channels. If there is a schedule change, a Code Red telephone message may be delivered. During unlimited collection, yard waste stickers are not required. For more details, please refer to the City's website, montgomeryohio.org, or call 891-2424.

Harvest Moon



Saturday, Oct. 8 from 5:00 to 8:00 p.m. at Swaim Park

Don't miss a great fall festival with plenty of fun for the whole family. Roast s'mores on the fire* and enjoy a hayride around the park. Kids can make a free craft, enjoy a pony ride*, get their faces painted*, see a juggling show and participate in sack races and archery games. Kids can also explore a smokehouse and a firetruck. Sweet Maize Kettle Corn will be back again this year selling their fall-favorite Kettle Corn. New this year, Pit to Plate will serve up cones, mac and cheese and their chicken and pork barbeque. Don't forget to also save room for dessert. Funnel Vision will be selling gourmet funnel cakes. Historic tours of Wilder Swaim House will be given by the Montgomery Historic Preservation Association. Come celebrate the autumn season at beautiful Swaim Park.

***There is a fee for s'mores, pony rides and face painting.**



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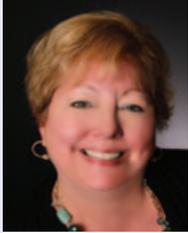
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Mayors Roundtable Discussion garners laughs, reflections



by Gerri Harbison

I was both honored and humbled to participate in a recent Mayors Roundtable Discussion. Former Montgomery mayors from across the years gathered together to spend time reminiscing about our terms as mayor. Sometimes only another mayor can understand the feelings and pressures faced while sitting in the “big chair”. It is a very small club but one I am very proud to be a part of!

Our city charter directs that we operate under the Council-Manager form of government. City Council sets the policy and the City Manager oversees the day to day operations of the community. Council appoints the mayor from amongst the current council members. The mayor is the spokesperson for the council and runs the meetings, amongst many other local and regional duties.

All former mayors from recent years were invited to attend. While some could not make it and some have gone on to the “mayor’s court in the sky”, it was great to share stories and historical moments with Ivan Silverman, Dick Tuten, Gary Blomberg, Ken Suer and Todd Steinbrink. There was lots of talking and laughter and none of the bickering and inflated egos that some communities deal with at times. The session was videotaped by Waycross Community Media

and will be available to view on our website in the near future. The last history book written about Montgomery was created for the Bicentennial Celebration in 1995. Staff and members of Montgomery Historical Preservation Association (MHPA) have kept notes and documented information from 1996 through 2012 but no



formal book has been written in the last 20 years. Any authors out there who may be interested in volunteering your time and talents: we would love to talk with you!!

It was amazing to chat about all that has happened throughout the years! What struck me most was how much each mayor and council accomplished with great staff resources, laying the groundwork for the next incoming council and mayor. Under the leadership of my comrades, Montgomery has benefited greatly as it sits today, poised to move forward into our next chapter with the Gateway Redevelopment Area. Sincere appreciation and deep gratitude to these mayors and all the mayors who have served Montgomery!

Don't allow distracted driving to cause an accident



Almost everyone who drives a car has seen another driver distracted by a cell phone but when you're the one using your phone, do you realize the distracted driver is you?

New technologies in vehicles are causing drivers to become more distracted behind the wheel than ever before. In a recent study by the National Highway Traffic Safety Administration (NHTSA), 53 percent of drivers responded that if manufacturers put “touch” screens and hands free technology in vehicles, they must be safe. But in fact, these technologies distract drivers even longer after the call has ended. These items are about technology not safety.

Think about this – try to have a phone conversation while reading a book at the same time – yes, it's nearly impossible. Both driving and cell phone conversations require a great deal of thought. When doing them at the same time, unfortunately, the brain is unable to do either well. While driving, this conflict often results in crashes due to delayed braking times, not seeing traffic signals change or noticing the movements of other vehicles.

According to the NHTSA, drivers who use a hand-held device are four times more likely to get into a car accident than drivers who pay attention to the road ahead. Individuals who text message while driving are 23 times more likely to get into an accident. Put everything down or aside and pay attention to the driving environment. It's the single most important thing drivers can do today to reduce the risk of getting into a car accident.



Council Corner

September 21, 2016 Work Session

Montgomery City Council met in its regular monthly Work Session on September 21, 2016 at City Hall. Meetings begin at 7:00 p.m., with public comment welcomed on each item before City Council.

Pending Legislation

There is no pending legislation at this time

New Legislation

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

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, 2017

A Resolution Authorizing the City Manager to Extend a Contract with SwimSafe Pool Management, Inc. For Professional Services Related to the Operation and Management of the Montgomery Municipal Pool for the 2017 and 2018 seasons.

A Resolution Authorizing an Agreement with The Ohio Department of Transportation for Bridge Inspection Services

RECENT COUNCIL ACTION

Approved Legislation

August 24, 2016

Resolution No 22 2016 A Resolution Accepting Annexation Plat to Annex Property from Symmes Township into the City of Montgomery, Ohio

September 7, 2016

Resolution No 23 2016 A Resolution Authorizing the City Manager to Enter into a Contract with Humana Health Plan of Ohio to Provide Medical Coverage and Life Insurance for Full-Time Employees

Resolution No 24 2016 A Resolution Authorizing the City Manager to Enter into A Contract with Dental Care Plus, to Provide Dental Insurance Coverage for Full-Time Employees

Resolution No 25 2016 A Resolution Authorizing Internet Auction of Surplus Personal Property Through Govdeals.Com

Resolution No 26 2016 A Resolution Authorizing the City Manager to Enter into A Labor Agreement with The Fraternal Order of Police Ohio Labor Council, Inc. For Wages and Benefits from July 1, 2016 Through June 30, 2019

Resolution No 27 2016 A Resolution Establishing City Contributions for Health Care Benefits

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

Volunteers needed to help promote the arts

The City is looking for individuals to make the commitment to be 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.

Arts Commission

Members foster and promote the visual and performing arts within the city. Programs and events include the Photo Contest, Live at

the Uni Concert Series, July 3 Patriotic Concert, a public art project and a kids' art program. One seat is currently open.

Meetings are scheduled on the first Monday of each month at 5:00 p.m.

For further information and/or to apply for the above position, contact DeAnna Gross at 792-8329 or dgross@ci.montgomery.oh.us.



It's Your Business, Montgomery Good News About Montgomery Businesses

Legacy Builders Group establishes new business home in Montgomery

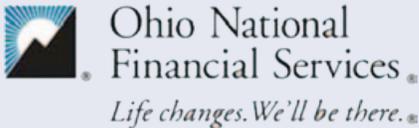


Legacy Builders Group has now made their new business home in Montgomery at 7789 Cooper Road. Legacy Builders Group has been

actively serving clients in Montgomery for nearly 15 years.

Legacy Builders Group is a design-build firm specializing in design, renovations and additions to existing homes. The company's principals, Chris Otte and Bill Haussler, bring a broad, yet focused, expertise to the company.

To learn more, visit the firm's website at designbuildremodel.com.



Happy Anniversary!

Congratulations to Ohio National Financial Services for celebrating 20 years this August in the City of Montgomery and celebrating 109 years in business on September 9.

Saltbox style unusual for southwest Ohio

While driving down Cooper Road or stopping in at Hanamiya, 7795 Cooper Road, take a minute to look at the two saltboxes. The saltbox style is an unusual example of New England building tradition in southwest Ohio, and it is remarkable that the saltboxes remain in the city.

A saltbox is a building with a long, pitched roof that slopes down to the back, which has just one story in the back and two stories in the front. The style of architecture gets its name from its resemblance to salt boxes that were once kept on the back of stoves.

Both of these buildings were built in the early 1800s and are Montgomery Landmarks as well as being on the National Register of Historic Places. 7789 Cooper Road is now home to Legacy Builders Group.



Montgomery welcomes newest employee



Tonya Burnett recently joined the City of Montgomery as the assistant finance director/tax commissioner.

Burnett comes to the City of Montgomery with 25 years of finance and tax experience, having had her own tax preparation business for nearly 20 years. Her prior work experience includes being the budget manager for the Butler County Commissioners and fiscal officer for her local township. She also has more than three years' experience in Civica CMI finance/tax software where she most recently worked.

"Tonya is a valued addition to the finance department and the City's management team. She brings many years of income tax and governmental accounting experience to the City of Montgomery. The City of Montgomery will greatly benefit from her careful management of our resources," said Finance Director Katie Smiddy.

Burnett has a bachelor's degree in business management from the University of Phoenix, as well as an associate degree in accounting.

She is married, has two adult children and five grandchildren. She enjoys reading, walking and any outdoor activity.

EAC Catch Basin Labeling Project Underway



The City of Montgomery Environmental Advisory Commission (EAC) held its first of a series of Catch Basin Labeling days on Saturday, Aug. 13. John Nelson, public relations specialist with the Hamilton County Soil and Water Conservation District, began with an informative presentation explaining storm water runoff and possible pollution sources that threaten area creeks and ultimately the Little Miami River.

This educational presentation gave the volunteers a better understanding of why posting the labels was important to the prevention of the dumping of hazardous materials into the storm water drains. The 27 volunteers and staff replaced more than 200 catch basin labels in the northern part of the city, completing the neighborhoods of Terwilliger's Run, Tanagerwoods, The Reserves, Montgomery Woods and Storybook Acres.

The City of Montgomery and the EAC would like to thank the following volunteers for their time and efforts:

Dee Cohen
Drew Dobyns
Steve Dobyns
Casey Formal

Vlan Greinwalk
Brent Heist
Eric Heist
Ethan Heist

David Howard
Margaret Joering
Banwari Mittal
John Nelson

Max Ryerson
Gigi Sayre
Martin Sayre
Jim Whiteside

Matt Whiteside
Thomas Whiteside
Betty Will
Greg Wilkins

In addition, thank you to City Council member Mike Cappel and to EAC members for their dedication to this project: Laith Alfaqih, Mark Laskovics, Carol Suer and Mary Ann Folz.

Volunteer opportunities

Harvest Moon Festival

(Adults/teens/families/minimum age-14)

Saturday, Oct. 8, 4:30 to 8:00 p.m.

Swaim Park (corner of Cooper & Zig Zag Roads)

Participate in this fun, family event by assisting with old-fashioned games and children's crafts.

Holiday Decorating Workshop



(Adults/teens/
families)

Saturday, Nov. 5,
9:30 a.m.

Recreation Annex
(10115 Montgomery
Road) Help to prepare
holiday decorations
for display.

Downtown Holiday Decorating

(Adults)

Monday, Nov. 7, 9:30 a.m. to noon

Rain date: Tuesday, Nov. 8

Meet at the Universalist Church at the corner of Montgomery and Remington Roads.

Help to hang holiday decorations.

For more specific information about any of these opportunities, contact DeAnna Gross at 792-8329 or dgross@ci.montgomery.oh.us.

EAC to hold second catch basin labeling day

The City of Montgomery's Environmental Advisory Commission, in conjunction with the Hamilton County Soil and Water Conservation District, is seeking volunteers to help with a storm inlet / catch basin labeling project that consists of attaching labels to catch basins throughout the city advising "no dumping, drains to waterway". This second labeling day will be held on Saturday, Nov. 5, and will be managed by the Hamilton County Soil and Water Conservation District. Interested volunteers are asked to contact DeAnna Gross, volunteer coordinator, at (513) 792-8329 or email dgross@ci.montgomery.oh.us. Rain Date to be determined.



Serve the community by volunteering on Making a Difference Day



Community Groups from across Montgomery will commit to a variety of volunteer activities for Connect Montgomery's Making a Difference Day on Saturday, Oct. 22.

The civic collaborative Connect Montgomery organizes the annual event to highlight the importance of service to others. Participants are encouraged to focus their efforts on causes about which they are passionate and share their talents, skills and time.

Here is a sample list of organizations that have identified their service projects. If anyone is looking for a volunteer opportunity with any of these projects, sign-ups are on the Connect Montgomery website at connectmontgomery.org.

- Ascension Lutheran Church: Collections for NEEDS Pantry, located at 8341 Kenwood Road. Collecting donations of cereal and canned fruit and vegetables. Contact Dee Cohen at dsc@isoc.net to donate.
- Twin Lakes Senior Living Community: Writing letters to troops in Afghanistan. Contact Nancy Schwandner: nancy.schwandner@lec.org.
- Rotary Club of Northeast Cincinnati: Cleaning up Little Miami River on Oct. 15 from 9:00 a.m. to 1:00 p.m. Contact Dave Hershberger to volunteer: dave@prestige-travel.com or 513-793-6586.
- St. Barnabas Episcopal Church: Third-grade reading level book drive for Assistance League of Cincinnati. Members of the community are welcome to bring their donated third-grade reading level books to St. Barnabas Episcopal Church, 10345 Montgomery Road, Montgomery, between 10:00 a.m. and noon on Saturday, Oct. 22. Members of the Assistance League of Greater Cincinnati will collect those donated books and distribute to area school districts.

Those who would like to donate to this drive but cannot drop them off on Oct. 22 may contact John Nolan at newserjohn@aol.com to arrange for an earlier drop-off date.

- Montgomery Assembly of God, Rotary Club of Northeast Cincinnati, Sycamore High School National Honor Society and City of Montgomery: Volunteer at Matthew 25 Ministries, 11060 Kenwood Road, from 9:00 to 11:00 a.m. to sort and prepare supplies for disaster relief. To reserve a spot, contact Faith Lynch: flynch@ci.montgomery.oh.us.
- Operation Give Back: Receiving collections of items for food pantry, school supplies, donations for annual Holiday Store at their location, 10891 Millington Court, during an open house from 10:00 a.m. to 2:00 p.m. on Oct. 22. They will provide a tour of the facility at this time. Contact Operation Give Back: 489-2023 or office@ogiveback.com.
- Sycamore Junior High School Builders Club: Fall leaf raking for area residents on Oct. 22. Anyone needing their lawn raked should contact Ms. Reece at the Sycamore Junior High at 686-1760 ext 2581.
- New Church of Montgomery: Volunteer at A Child's Hope International/Hands Against Hunger. Volunteers pack four ingredients into Hands Against Hunger food packets to prevent malnutrition and hunger. Volunteer at The Hope Factory at 2430 E. Kemper Road, Cincinnati. Sign up on connectmontgomery.org.
- Montgomery's Welcome Letter writing group and St. Barnabas Episcopal Church will volunteer at Crayons to Computers to sort and make school supplies. This group is filled.



Document Destruction Day set for Oct. 15

In an effort to help reduce identity theft, promote recycling and provide a way for residents to dispose of sensitive documents, the City of Montgomery's Environmental Advisory Commission and Royal Document Destruction will be hosting a free community document shredding event on Saturday, Oct. 15 at the Montgomery Public Works facility at 7315 Cornell Road from 10:00 a.m. to 1:00 p.m.



To serve everybody efficiently, there will be a maximum of three boxes (copy paper size or similar) per person in line, and an individual must be present. Volunteers will be available to assist. Typical paper products to shred include phone records, books, receipts, files, file folders, checks, medical claims, bank statements, old credit cards, invoices and any papers with your personal information. Paper must be removed from binders; however, paper clips and staples do not have to be removed.

Materials will be shredded onsite and a certification of destruction will be available upon request. 100 percent of the paper is recycled.

Prevention is key to safeguard homes, businesses from fire

Since National Fire Prevention Week is Oct. 9-15, here are a few safety tips to keep in mind:

- Ensure a working smoke detector is on every level of the home.
- Press the test button monthly to make sure the alarm is working properly.
- If a detector has a replaceable battery, change it. "Change your clock, change your battery". Daylight Saving Time ends Sunday, Nov. 6, and that is an ideal time to change alarm batteries.
- Practice fire drills at home, school and, hopefully, work. Make sure windows can be opened and there are at least two distinct exit routes from every area of a home or building.
- Avoid using light duty power extension cords as permanent wiring.
- To extend an electrical outlet, use a power strip with a surge protector and make sure the power cord is not worn or can be stepped on.
- Don't leave candles unattended. Extinguish them when leaving a room.
- Purchase a small ABC dry chemical portable extinguisher for the home and learn how to use it to extinguish small fires.

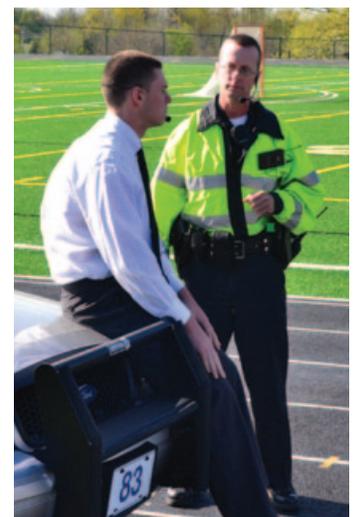
If a building is on fire, occupants should remember to crawl low under smoke. The best visibility and coolest air is down low. Before opening doors, use the back of a hand to check closed doors for heat. Close doors after exiting to slow down the spread of fire to adjoining rooms. If trapped, do not panic, but get to the nearest window to summon for assistance.

When purchasing a smoke detector, remember there are two types of technology that are in use: photo electric and ionization. For the quickest notification and for safety purposes, a photo electric detector is highly recommended. A fire detector that uses both sensing technologies is also highly recommended.

Residents with questions on detectors or any other aspect of fire safety, should call the Montgomery Fire Department at 985-1633.

Montgomery First Responder Appreciation Day breakfast planned

Area residents are encouraged to stop by the Montgomery Safety Center, 10150 Montgomery Road, on Friday, Oct. 7 between 7:00 a.m. and 9:00 a.m. to enjoy breakfast and share their appreciation with Montgomery's first responders.



Leadership Academy, community partners celebrate 10th year



The Montgomery Citizens' Leadership Academy, in 2017, will be celebrating its tenth year of transforming residents into citizens. It has been an excellent vehicle to identify and engage new community leadership.

From its creation in 2008, the Montgomery Citizens' Leadership Academy (MCLA) has viewed local government as a "subset" of the larger community. Neighborhoods, businesses, schools, religious institutions and others are all equally important. That is why MCLA calls on community partners, such as Ohio National Financial Services, Sycamore Community Schools, Bethesda North Hospital and Twin Lakes Senior Living Community, to share their stories with the participants.

The City, with these partners, seeks to provide a well-rounded experience for those wishing to "look behind the curtain" of the Montgomery community.

With MCLA now celebrating its tenth year in 2017, it is important to recognize the critical role these partners play in the success of the Academy. Most leadership academies sponsored by cities across the country provide a lecture style overview of local government services. A city staff member will stand up in front of a group of residents and share the importance and effectiveness of the services they provide. Many times, it is only designed to persuade the participants that local government is a value for their money.

MCLA is fortunate to partner with these local institutions, which sometimes give participants the first opportunity to go in "behind the scenes" and learn more about their organizations. Community partners work to create an opportunity in which the participants will learn more about the schools, the hospital, the senior living community or the financial institution but also learn about the people who run those organizations. These partners take great pride in providing a hospitable experience for their guests, and MCLA is proud to partner with them on this dynamic experience for the City's most engaged citizens.

To learn more about the Montgomery Citizens' Leadership Academy, visit the City's website, montgomeryohio.org, or call Ray Kingsbury, director of citizen engagement, at 792-8359.

City of Montgomery Recreation and Events

Thank you for a great summer camp season



The City recreation staff would like to thank all of the participants and families for helping to make a fun and successful summer camp season. Over the summer, participants, ages 3 to 15, enjoyed camps with topics such as painting and drawing, tennis, technology, sports, 3D printing and more. We look forward to another fun-filled summer next year.

The 2017 summer camp lineup will be posted to the youth programs page on montgomeryohio.org in February 2017.

School's Out Paintball Trip!



Oct. 28 (register by Oct. 21; signed waiver required), 9:00 a.m. to 5:00 p.m. Ages 10-14

Participants will meet and return to the Swaim Park small shelter, located at the upper-level parking lot on Cooper Road at 7650 Cooper Road. Participants will travel by bus to Paintball Country located in Hamilton. Kids can experience the thrill of paintball with team paintball games in the morning from 10:00 a.m. to 12:30 p.m., break for a pizza lunch followed by more paintball. There will also be a variety of other activities at Paintball Country, if time allows.

Cost covers all paintball equipment, other activities and a pizza lunch (min 15/max 40). Cost is \$56. For more information and to register, please visit montgomeryohio.org or call City Hall at 891-2424.

Coloring Contest

Ages 2-14, Entries Accepted Nov. 1-18

Let creativity show. Go wild with markers, crayons, glitter, sequins or whatever a child's imagination can think of with this coloring contest. Kids can use any available materials that can be joined with paper. Coloring Contest entries will be displayed at the Holiday in the Village event in the Universalist Church on Dec. 3. Starting Nov. 1, download the coloring contest sheet at montgomeryohio.org or pick up at City Hall. Deadline is Nov. 18.

Return the coloring contest sheet by 5:00 p.m. on Nov. 18 to City Hall to be included in the display. Categories are: Most Creative, Best Use of Color and Overall Skill. One entry per child. Winners will be chosen in the following age groups 2-4, 5-6, 7-8, 9-10, 11-14. Holiday in the Village is on Dec. 3: Winners in each of the age groups will be notified in advance of the event and will be awarded a prize during the tree-lighting ceremony at the Holiday in the Village event. The grand prize winner will also be notified in advance and will flip the switch to light the tree at the tree-lighting ceremony at 5:00 p.m. on Dec. 3.

Where in Montgomery is Terry?

The City's September Bulletin featured City Arborist and Parks Supervisor Terry Willenbrink standing near a specific tree in one of the City's parks. Terry was located in Weller Park. This 20-acre



Montgomery park is located in the northeast portion of the city. Weller Park is considered Montgomery's sports park with three ballfields, three soccer fields, two basketball courts, four tennis courts and two sand volleyball courts. Weller Park also features a playground located just off of a pavilion and a 0.75-mile walking trail.

Terry is standing with an American Beech. This tree has the capability of growing 50 to 70 feet tall, and the trunk of the tree can reach up to 13 feet in diameter. The American Beech can live to be 300 years old and has a thin smooth gray colored bark. This tree produces beechnuts, which can be roasted and eaten. The beechnuts have also been known to be used as a coffee substitute. The leaves and bark are also used to make dyes. This tree is perfect for parks and golf courses.

Winner to be announced!

Thank you to all who have entered the "Where in Montgomery is Terry?" contest. All who entered were placed in a drawing to have a tree planted in their honor at one of the City of Montgomery parks. The winner will be announced at the annual Harvest Moon fall festival on Saturday, Oct. 8 at 6:30 p.m. by the fireplace in the large shelter. The contest is sponsored by the City of Montgomery Parks and Recreation Commission.



City of Montgomery Arts and Entertainment

Live at the Uni! Concert series sold out



Presented by Twin Lakes Senior Living Community

Montgomery's popular concert series, *Live at the Uni!*, returns to the Universalist Church this fall for its seventh season. All shows are currently sold out.

Each performance has a wait list. For those who have reserved seats but find they are unable to attend, please call Montgomery City Hall at 891-2424 as soon as possible to release those seats to those on the wait list.

For those who did reserve a seat, *No Promises Vocal Band*, Cincinnati's professional a cappella male octet, will open the Live at the Uni concert series on Monday, Oct. 10, with a program of jazz, Motown, classical and adult contemporary hits. The series continues on Monday, Oct. 24, when Frank Proto and Tim Berens present virtuosic duets for string bass and guitar in original arrangements.

International jazz vocalist Mandy Gaines rocks the house on Monday, Nov. 7, with an hour of refreshing, soulful, powerful and exciting interpretations of jazz, pop, R&B and soul classics. All programs start at 7:00 p.m.

Concerts are held in downtown Montgomery's historic Universalist Church event space, located at the corner of Montgomery and Remington Roads. Shows last about an hour, and seating is by general admission. Goodwill donations by cash or check are collected at the door to help defray the expenses associated with the organization of this highly popular, community-wide event.

This year's presenting sponsor is Twin Lakes Senior Living Community. Post-concert receptions continue across the street at Montgomery Inn, 9440 Montgomery Road, where participants can express their appreciation to the performers and meet with fellow music lovers to enjoy complimentary hors d'oeuvres and a cash bar.



The Live at the Uni concert series is sponsored by the Montgomery Arts Commission.



Tim Berens



Frank Proto



No Promises Vocal Band



Mandy Gaines

FITNESS

Kids Yoga and Fitness Program

For children in kindergarten through fourth grade, this class will teach students about the benefits of yoga and general fitness. Children will be learning bodyweight exercises and yoga postures that promote strength, flexibility and postural awareness. They will also learn breathing exercises, relaxation and meditation techniques to help students learn to manage stress and develop a deeper awareness of self and others. The class promises to be fun.

Class will run on Wednesdays for four weeks at the Recreation Annex Building. All equipment is provided for this program. Cost is \$40 residents and \$45 non-residents per session.

- Wednesdays, Sept. 28 – Oct. 19 (from 4:00 to 5:00 p.m.)
- Wednesdays, Oct. 26 – Nov. 16 (from 4:00 to 5:00 p.m.)

NOTE: Class is scheduled from 4:00 to 5:00 p.m. Don't worry about difficulty getting students there promptly at 4:00 after Sycamore Community Schools dismiss at 3:45p.m. The class will start with some simple warm-ups from 4:00 to 4:15 p.m. while waiting for everyone to arrive. Please consider carpooling with other students from school or neighborhood.

For more information and to register, please visit montgomeryohio.org or call City Hall at 891-2424.

Experience new group exercise equipment and classes. Registration for the next session of fitness classes is open. For more information and to register, visit montgomeryohio.org or call City Hall at 891-2424. All equipment needed for classes is provided.



Fitness Class Schedule

Day	Class Name	Dates of Session	No Class	Session Length	Time of Class	Resident	Non-Resident
Monday	Mixed Level Yoga	11/21-1/16	2-Jan	8 classes	9:30-10:30 a.m.	\$40	\$45
Monday	Meditation	11/21-1/16	2-Jan	8 classes	10:35-11:00 a.m.	\$20	\$25
Monday	Chair Yoga	11/21-1/16	2-Jan	8 classes	11:15 a.m. -12:15 p.m.	\$40	\$45
Monday	Step	11/21-1/16	2-Jan	8 classes	6:15-7:15 p.m.	\$40	\$45
Tuesday	20/20/20	10/25-12/20	8-Nov	8 classes	9:00-10:00 a.m.	\$40	\$45
Tuesday	Tai Chi	10/25-1/10	8-Nov and 3-Jan	10 classes	10:20-11:20 a.m.	\$100	\$110
Tuesday	Pilates	10/25-12/20	8-Nov	8 classes	6:00-7:00 p.m.	\$40	\$45
Wednesday	Beginner Level Yoga	11/23-1/18	4-Jan	8 classes	9:30-10:30 a.m.	\$40	\$45
Wednesday	Tai Chi	11/9-1/18	4-Jan	10 classes	6:15-7:15 p.m.	\$100	\$110
Thursday	20/20/20	10/27-12/22	24-Nov	8 classes	9:00-10:00 a.m.	\$40	\$45
Thursday	Pilates	10/27-12/22	24-Nov	8 classes	6:00-7:00 p.m.	\$40	\$45

Description of Classes

20/20/20 - Designed to meet the needs of Baby Boomers, this class offers light to moderate cardiovascular exercises, light strength training and light stretching for 20 minutes each.

Pilates - This class is geared toward using core body muscles (abdominal, obliques, back and gluteal muscles) to get effective results in the midsection. This workout gets results in all the problem places by working on lengthening of the spine, proper alignment and posture, and a strong center to create a slimmer profile.

Step - Using basic step choreography, this class incorporates old school aerobics mixed with current and modern moves and music. The benefits of step aerobics are proven to strengthen and tone muscle groups, while burning calories and improving coordination.

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 is intended to make yoga accessible to advancing seniors and to students with arthritis, injuries or other movement limitations and challenges. Each student will have a chair to assist with balance for some simple standing poses. We will also do many postures seated in the chair and will spend plenty of time on breathwork and guided relaxation.

Mixed Level Yoga - Explore physical posture and energetic alignment in traditional yoga poses and also build strength and flexibility through bodyweight exercises, such as planks, pushups and squats. Modifications will be offered to make sure everyone gets just what he or she needs, so all levels of yoga enthusiasts are welcome, but some prior yoga experience is recommended. Class will begin with a brief centering and end with savasana.

Meditation - Scientific studies continue to confirm the amazing health benefits of meditation. In this class, we will be learning the basics of meditation, including posture, breathing exercises and various meditation techniques. Ideally, our time together will support you in beginning your own daily meditation practice at home. Each class will include a brief introduction followed by at least 10-20 minutes of silent seated meditation.

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.

Montgomery Bulletin



10101 Montgomery Road
Montgomery, Ohio 45242

Mayor

Chris Dobrozsi

Vice Mayor

Lynda Roesch

Council Members

Mike Cappel

Ann Combs

Gerri Harbison

Craig Margolis

Ken Suer

Clerk of Council

Connie Gaylor

City Manager

Wayne Davis



HOW TO REACH US



City Hall
891-2424

Police Department
(non-emergency)
985-1600

Fire Department
(non-emergency)
985-1633

Public Works
792-8355

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

**Code Enforcement
Action Line**
792-8356

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Montgomery Bulletin October Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Rosh Hashanah Fall Brush Collection for Residents with Thursday Trash Pickup	4	5 Council Business Session, City Hall, 7:00 p.m.	6	7	8 Harvest Moon Festival, Swaim Park, 5:00-8:00 p.m.
9 International Reception Terwilliger Lodge, 5:00-7:00 p.m.	10 Columbus Day Beautification and Tree Commission, Public Works, 9:00 a.m. Arts Commission, City Hall, 5:00 p.m. Planning Commission, City Hall, 7:30 p.m. Fall Brush Collection for Residents with Friday Trash Pickup	11	12 National Fire Prevention Week Yom Kippur	13	14	15 Shredding Event and Cardboard Recycling, 7315 Cornell Road, 10:00 a.m.-1:00 p.m.
16	17 Sycamore Community Schools Closed	18 Sister Cities Commission, City Hall, 6:30 p.m.	19 Council Work Session, City Hall, 7:00 p.m. Landmarks Commission, Safety Center, 7:00 p.m.	20	21	22
23	24 Planning Commission, City Hall, 7:30 p.m.	25	26	27	28	29
30	31 Trick or Treat, 6:00-8:00 p.m., rain or shine Unlimited Yardwaste Collection Begins	Board of Zoning Appeals, City Hall, 7:00 p.m.			Sycamore Community Schools Closed (K-8 only) School's Out Paintball Trip, Swaim Park, 9:00 a.m.-5:00 p.m.	