



From left, Dean Giacommetti, Howard Gregory, Dorothy Meyer, Dorothy Vaughan and Joe Vaughan were honored at this year's July 3 Concert for their service to our country.

REMEMBERING OUR VETERANS ON VETERANS DAY



Linda Roesch
Vice Mayor

The past month of November gives us several opportunities to pause and reflect on our country and its freedoms. First, there is election day on November 5 when we exercise our right to vote on candidates and issues that will affect us and our governance. Second, there is the Thanksgiving national holiday on November

29, which commemorates the harvest feast first shared between the Plymouth colonists and the Wampanoag Indians. Sandwiched in between these two is Veterans Day, a holiday dedicated to honoring all veterans.

On November 11, we honor all who have served our country in war or peace, dead or alive. Originally known as Armistice Day, it commemorated the end of World War I. Fighting ceased on the eleventh hour of the eleventh day of the eleventh month. After World War II and the Korean War, the legislature changed the name to Veterans Day in 1954. At the end of the sixties, Congress moved the holiday to the fourth Monday in October for a few years, but that created a fair amount of confusion. Many were not happy about the date change. By 1975, the date was moved back to November 11.

Over the years, our Presidents have celebrated veterans with some of the following quotes:

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated."

- George Washington

"Honor to the soldier and sailor everywhere who bravely bears his country's cause. Honor, also to the citizen who cares for his brother in the field and serves as he best can, the same cause."

- Abraham Lincoln

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

"Some people live an entire lifetime and wonder if they have ever made a difference in the world, but the marines don't have that problem."

- Ronald Reagan

Montgomery recognizes the value of military service and the sacrifice it entails. The City has used its July 3 concert to honor veterans (and first responders). This year, as we celebrated Veterans Day, we say thank you, and God bless you to all who have served.

DECEMBER/JANUARY VOLUNTEER OPPORTUNITIES

Holiday in the Village (Adults/teens)

Saturday, Dec. 7, 4:30 - 7:30 pm
Universalist Church at the corner of
Montgomery and Remington Roads

Help Mrs. Claus with holiday crafts.

Holiday Decorating Prep for Storage (Adults)

Tuesday, Jan. 7, 2020, 10:00 a.m.
Rain Date: Wednesday, Jan. 8, 10:00 a.m.
Recreation Annex Building,
10115 Montgomery Road

Help to prepare the holiday
decorations for storage.

For more specific information
about any of these short-term
projects, contact DeAnna Gross
at 513-792-8329 or dgross@montgomeryohio.org.



COUNCIL CORNER

Montgomery City Council met in its regular monthly Work Session on November 20, 2019 at City Hall. Meetings begin at 7:00 p.m., with public comment welcomed on each item before City Council.

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 (3rd Reading)

New Legislation

A Resolution Authorizing the City Manager to enter into a Labor Agreement with the Fraternal Order of Police Ohio Labor Council, Inc. for Wage and Benefits from July 1, 2019 through June 30, 2022

A Resolution Adopting a Five-Year Capital Improvement Program for The City of Montgomery

RECENT COUNCIL ACTION - Approved Legislation

October 23, 2019

ORDINANCE 16 2019

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 **(passed 6-yes, 1-recuse)**

ORDINANCE 17 2019

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 **(passed 6-yes, 1-recuse)**

November 6, 2019

RESOLUTION 36 2018

A Resolution Authorizing the City Manager to Execute a Service Agreement Governing Phase I of the Montgomery Quarter Project **(passed 5-yes, 2-recuse)**

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

HATS OFF . . .

. . . to the myriad of **Montgomery Woman's Club members, Beautification and Tree Commissioners, individual volunteers and Public Works staff members** for their work on the Holiday Decorating Project. This group of dedicated volunteers (and staff) first prepared the many garlands, wreaths and red bows at a "fluffing" workshop. They then spent a morning putting up the greenery and bows, turning downtown Montgomery festive for the holiday season. **A GREAT BIG Winter Cap Off** to the holiday decorating volunteers!



Montgomery Woman's Club members (left) Barbara Goldberg and Vicki Conrad fluff bows.

PLANNING

IT'S YOUR BUSINESS, MONTGOMERY!

YOUR YOGA CONNECTIONS RELOCATES TO EXPANDED SPACE

Your Yoga Connections Yoga Studio has relocated into an expanded space in Montgomery. The new location is 9210 Montgomery Road. Personalized Yoga Therapy, small classes in a variety of styles, and private instruction are offered by appointment.

Yoga Therapy is unique in that it provides you individualized instruction to help bring your whole body into balance by combining physical movement, balance, breathwork, and meditation.

Small classes are also offered that

allow you to experience the benefits of yoga in a small comfortable setting with lots of personalized attention from an experienced instructor. All props are also provided.



Deanna Broberg (owner/instructor, M.Ed., E- RYT, C-IAYT) is offering a free consultation/intake session through February 2020. This is a great opportunity to determine if Your Yoga Connections is a good fit for you.

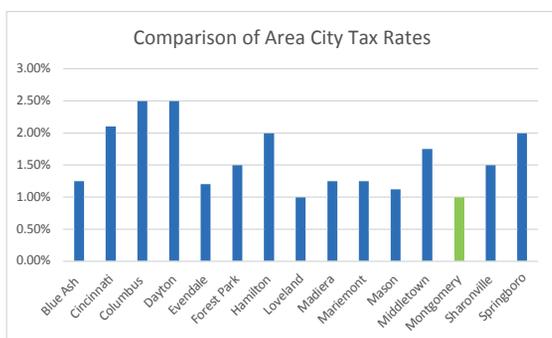
Holiday gift cards are also available. For more information, visit youryogaconnections.com or call or text 513-476-6985.

DID YOU KNOW?

DID YOU KNOW?

The City of Montgomery's one percent earnings tax became effective in January 1972. With many years of careful money management and fiscal responsibility, the City has been able to keep the tax rate and allowable credit at one percent. Surrounding cities such as Blue Ash, Sharonville, Amberley Village, and Springdale all have tax rates higher than one percent.

Montgomery allows resident taxpayers a full one percent credit on wages taxed by the city where they are employed, while some localities allow no credit for tax paid to other cities. Residents of these cities pay tax both where they work and where they live.



GIVE THE GIFTS OF TIME AND LEADERSHIP

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, City-wide garage sale, One-Stop-Drop, and educational programs. Meetings are held 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.

BE SMART WITH SMARTPHONES

Everyone has misplaced their cell phones at one time or another and felt the panic while they retraced their steps. According to recent surveys, the cell phone has become the single most important material possession that most people own. It is also one of the most valuable possessions people own and makes it very attractive to would-be criminals. Many new cell phones cost more than \$1,000, and the accessories are expensive, too.

Thefts involving phones are typically a crime of opportunity. Criminals look for that time when a person is distracted or separated from their phone. Distractions can happen at the gym, school, hospital, grocery store, or workplace.

Tips to avoid theft

- Conceal your device from would-be thieves.
- Never allow a stranger to borrow your phone.
- Don't wear white earbuds, because thieves know you probably have an iPhone.
- Don't talk or text on your device when walking in public.
- Mark your device and battery, so it is traceable.
- Install GPS tracking software on the phone.
- Use the password-protection software to lock your phone.
- Keep records of your phone's make, model and serial number.

In addition to the theft of cell phones, a new trend called SIM swapping is occurring nationwide. That's when a criminal calls your cellular provider claiming they are you. The criminal then says your phone was lost or damaged, and they need a new phone assigned to your number. The new phone will be under their control, and they will

begin receiving all the text messages, data, and phone calls. The phone you have will go silent and cease to work. The criminal can then open new cellular accounts or attempt to gain entry to business or bank accounts.

Cell phone takeovers can be aided using multi-factor authentication. Financial institutions often verify logins by texting you through the phone number they have on record, which is now going to the criminal's phone.

Tips to avoid SIM swapping

- Protect your identity by not giving out personal information over the phone, through emails, or text messages. (This is what criminals use to fool the cellular provider.)
- Set up a PIN or password on your cellular account.
- If targeted by a criminal, then contact your cellular provider immediately to take back your account.
- Check your credit report and financial accounts for unauthorized charges.

If you have any questions, please contact the Montgomery Police Department at 513-985-1600.



CANDLE WITH CARE

Candles may be pretty to look at, but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot away from anything that can burn.
- Use candle holders that are sturdy and will not tip over easily.
- Put candle holders on an uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.

- Never use a candle if medical oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.
- Never leave a child alone in a room with a burning candle.
- Keep matches and lighters up high and out of children's reach in a locked cabinet.

Did you know?

- December is the peak month for home candle fires.
- More than one-third of home candle fires started in the bedroom.
- Three of every five candle fires start when things that can burn are too close to the candle.

Think about using flameless candles in your home. There are many LED flameless candles one can buy that look like real candles, but are less messy and safer.

CONGRATULATIONS TO SEASONS OF BEAUTY AWARD WINNER

The City of Montgomery Beautification and Tree Commission has awarded the 2019 Fall Seasons of Beauty award to Clinton and Diana Studt.

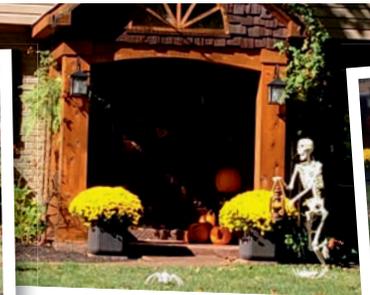
The Studt home was adorned with fall foliage and decorations for Halloween. Beautiful flower boxes were planted with alternating yellow and orange mums that were highlighted by strands of orange lights. Oversized yellow mums flanked the front entranceway and cornhusks added a great fall touch to

the post of a yard light. To capture the spirit of Halloween, a family of skeletons, including a dog, could be found greeting visitors at the front door, climbing a tree, and pushing a wheelbarrow across the front yard. The entire yard celebrated the arrival of fall and a special whimsical “treat” for Halloween.

The Seasons of Beauty award recognizes homes in Montgomery with special front yards, window

boxes, and planters that peak during certain seasons as well as those homes 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. The winter award winner will be selected in January/February and will be announced in the March Montgomery Bulletin.



MAKE THE HOLIDAYS FESTIVE, RECYCLE!

The holiday season brings wonderful things – family and friends’ gatherings, shared meals, and exchanging gifts. Along with all of this is extra trash and recycling opportunities. Here are some tips and suggestions for an environmentally friendly holiday season.

Practice these recycling do’s and don’ts this holiday season.

Wrapping paper

If it’s decorated with glitter or foil, either reuse it or put it in your trash. Rumpke cannot recycle it. Rumpke also cannot recycle bows and ribbons. Reuse this year, store for next year, or pop it into the trash.

Batteries

Please remember to take your batteries to the appropriate drop-off facility. Lithium-Ion rechargeable batteries, those found in cell phones, laptops, and tablets, may cause fires in Rumpke’s recycling and trash trucks. If you’re wondering how to dispose of them, HamiltonCountyRecycles.org is a great, informative

website. Choose batteries as your material search and learn how to dispose of your batteries properly. Please help keep Rumpke employees safe!

String lights

Do not place string lights in your curbside recycling. They will get caught in the plant’s machines and cause stoppages. The City of Montgomery Environmental Advisory Commission will take your string lights at our Cardboard Recycling Event, to be held on Dec. 14 or Jan. 18. These monthly events are held on the third Saturday of every month, from 10:00 a.m. to 1:00 p.m. at the Public Works facility, 7315 Cornell Road.

Here are some eco-friendly wrapping ideas:

- Reusable fabric or bags.
- Kitchen gift? Use tea towels as your wrap!
- Shred magazine pages for colorful box filling.
- Use maps of a favorite city or park can be fun as a personalized gift wrap.



EAC COLLECTS STRANDED HOLIDAY LIGHTS, EXTENSION CORDS

The City of Montgomery Environmental Advisory Commission is expanding its monthly recycling collection for the months of December and January to include the collection of holiday decoration lights (stranded) and extension cords. Bring these items on either Dec. 14 or

Jan. 18 to the Public Works facility, 7315 Cornell Road, from 10:00 a.m. to 1:00 p.m. for recycling.

Support the City’s recycling efforts to reduce the amount of trash going into landfills. Please do not forget to bring cardboard for recycling as well.

CITY HOSTED MONTGOMERY QUARTER GROUNDBREAKING

The City hosted a groundbreaking on Oct. 24 to kick off the long-awaited Montgomery Quarter project.

Montgomery Quarter is comprised of approximately 21.5 acres on the east side of Montgomery Road at the terminus of the Ronald Reagan Cross County Highway. The City has been working with a private development team, Gateway Partners Montgomery, LLC, to create a new mixed-use neighborhood that complements the Heritage District and expands the City's tax base.

Phase 1 of the project includes plans for a boutique hotel, office, retail and restaurant space, and luxury, lifestyle apartments. The Planning

Commission approved a Final Development Plan for Phase 1A of the Montgomery Quarter project on Oct. 7 to allow for site preparation, including utility relocation, grading, installation of the stormwater detention, and the installation of the road network. Site preparation is the first step in the construction process and is expected to begin in early 2020. The Planning Commission will review more detailed information, including building size, height, and architecture, as the project progresses.



For more information on this project, contact Tracy Roblero, assistant city manager and acting community development director, at troblero@montgomeryohio.org or 513-792-8312.

RUMPKE PROVIDES CURBSIDE PICK UP FOR LARGE ITEMS

Do you have items to dispose of that will not fit in your trash cart?

Rumpke provides a weekly special item collection each Thursday just for these types of items. Remember these items before you call Rumpke to schedule this special pick up.

- Television sets cannot exceed 32 inches for curbside pick up.
- Any mattress or upholstered furniture must be completely sealed (all sides and top and bottom) in disposable plastic for removal.

- Freon-containing appliances require special handling procedures before pick up. Please complete a refrigerant recovery statement and contact Rumpke for more details.
- According to federal law, Rumpke is not permitted to accept batteries, tires, liquids, combustible materials, or any items identified as hazardous.
- Bulky materials, including drywall, concrete, bricks, dirt, or rocks are not acceptable.

- Drums, barrels, yard, and household containers are not acceptable trash containers and will be assumed trash if placed at the curb.

To schedule a large item pickup, please call Rumpke at 513-742-2900.

Please be sure to place yard waste bags at the edge of your lawn, and not in the street or gutter as this causes the bags to get wet and freeze. If you have a large number of bags, please group them two or three rows deep rather than placing them in a single file row across the front of your lawn. This helps the Rumpke crew gather the bags more quickly and efficiently.

UNLIMITED YARD WASTE CONTINUES

Holiday greenery pick up begins January 4

Yard waste pick up will resume on January 4 when it will be collected along with holiday greenery for the first three Saturdays in January.

Rumpke will collect all greenery and any remaining yard waste on one of the following three Saturday dates: **Saturday January 4th, 11th, and 18th.**

Christmas trees, wreaths, and swags can be placed at the curb along with yard waste and must be free of all plastic, flocking, tinsel, decorations, and wires. Wreaths or swags that have wires for support will have to be disposed of through regular trash.

Yard waste bags will not be required to have a yard waste sticker attached to them. Please place all waste at the curb on Friday evening before the Saturday pick-up.

If the meteorologists call for freezing weather, all yard waste must be placed in paper bags.

Regular yard waste collection will resume the first week in March.

LARGE ITEM PICK-UP

KINDEL MEMORIAL HOLIDAY CONCERT

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

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



IMPROV AT THE UNI IS BACK

Join in a night of laughter and surprises as the Montgomery Arts Commission presents the eighth annual Improv at the Uni, performed by the Improv Aves group from Sycamore High School.

This night of hilarity takes place on Friday, Feb. 7, at 7:00 p.m. in the Universalist Church in downtown Montgomery.

The show will feature approximately 10 student actors experienced in the art of improvisation and who perform skits in a spontaneous manner (similar to the show "Whose Line Is It Anyway") using random suggestions from the audience. Since this is a school-approved and school-sponsored group, the performance will be appropriate for all ages.

The show begins at 7:00 p.m. and will last approximately an hour and 15 minutes with no intermission and is free and open to the public. Reservations, however, are required since seating in the church is limited. The Universalist Church is located at the corner of Montgomery and Remington Roads.

Call Montgomery City Hall at 513-891-2424 or go online at montgomeryohio.org to reserve a seat.

JOIN US FOR HOLIDAY LIVE AT THE UNI

Holiday Live at the Uni - The Cincinnati Christmas Carolers
Sunday, Dec. 15, 4:00 p.m. Universalist Church

The Montgomery Arts Commission presents the Holiday Live at the Uni concert on Dec. 15 at 4:00 p.m. Do not miss the holiday cheer and exhilarating vocals of The Cincinnati Christmas Carolers. Two members of their group were former CCM students and have over 30 years of experience.

The concert takes place in Montgomery's historic Universalist Church located at the corner of Montgomery and Remington Roads, in the center of Montgomery's Heritage District.

The show lasts about 45 minutes. Admission is free, but the Arts Commission suggests a donation of \$5.00 per adult at the door to help defray the costs of the event. Reservations are required, as seating is limited. Visit montgomeryohio.org to make reservations.

The Holiday Live at the Uni concert is sponsored by Mayor Chris Dobroszi and his wife, Michelle.



The Cincinnati Christmas Carolers

Holiday in the Village

Saturday, December 7, 5–7:30 p.m.

North Pole Workshop

Historic Universalist Church, Montgomery & Remington Rd.

Sponsored by:

Mary O'Driscoll Trust, Robinson Sotheby's International Realty

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/ohionational](https://www.facebook.com/ohionational)

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

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



Corner of Montgomery and Remington Rd, Across from Montgomery Inn



10500 Montgomery Rd
Front Lobby, Second Floor



Ohio National
Financial Services®

Life changes. We'll be there.®

One Financial Way



9840 Montgomery Rd

Montgomery Park Explorer

Montgomery Tree Explorer

Enjoy the Montgomery Park Explorer and the Montgomery Tree Explorer programs together as a family. These free programs include 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




JOIN PENG ZU QI GONG WITH HONG YANG

Join us as we explore Peng Zu Qi Gong during a special weekend workshop.

This ancient imperial qi gong set is a powerful way to gather energy and heal the body, leading to better health and a tranquil state of mind. It is easy to learn and perfect for tai chi participants wanting to improve their relaxation and skill. This workshop is open to beginners and more advanced practitioners. This workshop is led by Master Trainer Ralph Dehner and guest instructor Hong Yang. Hong Yang grew up in China in Yang Village and started her formal Tai Chi and Qi Gong training at the age of 5. Hong is a seven-time International champion in Tai Chi Forms, Sword, and Push-Hands. She is also a Ph.D. candidate in Yi Ching Philosophy.

This workshop will be held at the Recreation Annex on March 20-22, 2020. Cost is \$225 per person through January 4 and \$250 per person starting January 5. Please visit montgomeryohio.org for more details and to register.

Please note: This is a skill-builder workshop that is intended to teach qi gong for self-care only and does not certify participants to teach.



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.

Matthew 25 Ministries Share in the spirit of the season and help others by bringing non-perishable food items for Matthew 25 Ministries.





FITNESS

Experience updated group exercise equipment and classes. All equipment needed for classes is provided.

Registration for 2020 - Session A of fitness classes is open. Please visit the fitness page at montgomeryohio.org for class descriptions, important information and registration.

Please contact Sarah Fink, recreation specialist, by emailing sfink@montgomeryohio.org and by calling 513-792-8317 with any questions you may have.

Fitness Class Schedule 2020 - Session A

Day	Class Name	Dates of Session	Session Length	Time of Class	Res.	Non-Res.
Mon.	Mixed Level Yoga	1/13 - 3/2	8 classes	9:30-10:30 a.m.	\$40	\$45
Mon.	Chair Yoga	1/13 - 3/2	8 classes	11:15 a.m. -12:15 p.m.	\$40	\$45
Tue.	Cardio Strength and Stretched *	1/14 - 3/3	8 classes	9:00-10:00 a.m.	\$40	\$45
Tue.	Tai Chi	1/14 - 3/3	8 classes	10:20-11:20 a.m.	\$80	\$90
Tue.	Pilates	1/14 - 3/3	8 classes	6:00-7:00 p.m.	\$40	\$45
Wed.	Beginner Level Yoga	1/15 - 3/4	8 classes	9:30-10:30 a.m.	\$40	\$45
Wed.	Chair Yoga	1/15 - 3/4	8 classes	11:15 a.m. -12:15 p.m.	\$40	\$45
Thur.	Cardio Strength and Stretched *	1/16 - 3/5	8 classes	9:00-10:00 a.m.	\$40	\$45
Thur.	Pilates	1/16 - 3/5	8 classes	6:00-7:00 p.m.	\$40	\$45

* Cardio Strength and Stretched (formally known as 20/20/20 - same great class, new name!)

The Recreation Annex building will be closed December 23 - January 10 due to the holidays, holiday decorating, and annual maintenance. We hope you have a wonderful holiday season and look forward to seeing you in 2020.

MEET TAI CHI INSTRUCTOR RALPH DEHNER

Ralph Dehner has been studying tai chi and other martial arts all his adult life, and teaching beginning in the 1990s. Dehner is an experienced teacher and trainer, balancing traditional tai chi curriculum with encouraging step-by-step instruction that builds confidence and success for students just beginning and those with many years of tai chi experience. He is also a certified occupational therapy practitioner and brings the healing benefits of tai chi and qi gong to medical and therapeutic settings, working with patients and training allied health professionals to use tai chi and qi gong as part of their practice.

Dehner has been a Master Trainer for Dr. Paul Lam's internationally known Tai Chi for Health programs since 2005 and has trained many certified instructors in

programs such as Tai Chi for Arthritis, Tai Chi for Diabetes, and Tai Chi for Rehabilitation. He teaches workshops on the therapeutic use of Tai Chi throughout the United States.

Dehner has also studied qi gong with Master Wang Jiwu and received a lineage to teach Crane Flying Qi Gong in 1997. He has taught qi gong in medical and wellness centers across greater Cincinnati and Northern Kentucky. As a passionate promoter of tai chi and qi gong, Dehner has been a keynote speaker and a frequent presenter at state and regional conferences, including the International Tai Chi for Health Conference in Seoul, South Korea. In addition to tai chi and qi gong, Ralph is a Reiki Master Teacher. Experience the benefits of Tai Chi! Join Ralph and register for your tai chi class today!

DECEMBER FITNESS TIP

Running in cold weather is NOT dangerous. Just make sure to dress appropriately for the temperature.





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

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

PRESORTED
STANDARD
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PERMIT #2417
CINCINNATI, OH



DECEMBER 2019 EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BAMSO Holiday Concert Montgomery Assembly of God Church 7950 Pfeiffer Road 7:00 p.m.	2 Planning Commission City Hall 7:30 p.m.	3	4 Council Business Session City Hall 7:00 p.m.	5	6	7 Holiday in the Village Historic Downtown Montgomery 5:00-7:30 p.m.
8	9	10 Arts Commission Universalist Church 5:00 p.m. Environmental Advisory Commission City Hall 5:00 p.m.	11 Landmarks Commission City Hall 7:00 p.m.	12	13	14 Breakfast with Santa Terwilliger Lodge 8:30-10:30 a.m.
15	16 Planning Commission City Hall 7:30 p.m.	17 Sister Cities Commission City Hall 6:30 p.m.	18 Council Work Session City Hall 7:00 p.m.	19	20 Sycamore Community Schools No School	21 Holiday Lights and Cardboard Recycling 7315 Cornell Road 10:00 a.m. – 1:00 p.m.
22	23 Board of Zoning Appeals City Hall 7:00 p.m. Sycamore Community Schools No School, winter break begins	24 City offices closed, trash pickup as usual	25 Christmas Day City offices closed, trash pickup delayed one day	26	27 Unlimited Yard Waste Collection ends	28
29	30	31 New Year's Eve				

