

November 2010

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Help shape the future of Montgomery!

When residents were asked in the 2010 resident survey what they perceived as the single most important issue facing the City of Montgomery over the next five years, the answers were:

- Attracting additional businesses and keeping existing businesses
- Fiscal Responsibility
- Traffic
- Maintaining Quality Services without tax increase or increasing costs for services

Overall, the survey said 98 percent of residents are either “very satisfied” or “satisfied” with the quality of life in Montgomery. The satisfaction rate revealed by the survey is extremely favorable by any survey standard; however, City Council and the administration are committed to maintain — and further improve — resident satisfaction.

In order to accomplish that goal, residents and business owners are encouraged to take an active part in shaping the future of the City. Truth is, residents and business owners have always had an important voice in planning. The hope is that more input can be received from a wider group to ensure the City is meeting expectations well into the future.

During the next several months, all members of the community will have opportunities to “Be part of Montgomery’s Tomorrow.”

Through open community meetings and online forums, Montgomery citizens will be able to provide input to questions such as:

“What is the story you tell yourself and others about the great things about Montgomery?”

“What story would you like to tell yourself and others about Montgomery in 2016?”

The open community forums are scheduled for November 4, 6 and 30. The only request is that those planning to attend register so that everyone in attendance can be accommodated. To express interest



Planning Input Sessions

**Thursday Evening
November 4**

7:00 p.m. • Terwilliger Lodge

**Saturday Morning
November 6**

9:00 a.m. • City Hall

**Tuesday Evening
November 30**

7:00 p.m. • Terwilliger Lodge

RSVP to 891-2424 or by visiting Montgomeryohio.org/MontgomeryTomorrow.

in attending one of the sessions, call 891-2424 or visit the City’s website at montgomeryohio.org/MontgomeryTomorrow.

Participation by a wide audience including individual residents, community groups and business owners will ensure that Montgomery can continue to address the heartfelt needs of those who share an interest in the successful future and quality of life of the community.

Citizen input has always been the key

The City of Montgomery has a history of seeking ideas and input from those in the community to ensure the City meets or exceeds expectations well into the future. Every person is valued. Every idea is considered.

As an example, the most recent five year planning cycle resulted in significant park improvements to playing fields, park restrooms and lighting. In the downtown area, input helped define needs for

walkway upgrades, plaza improvement, work on Parrot Alley and development in the Gateway district. Citywide, input helped define needed improvements such as bus shelters, gateway signage and median irrigation, to name a few ideas.

Residents who are not accustomed to public speaking may wish to submit their thoughts in writing or may want to watch for announcements of online forums.

Area water main work “substantially complete”

With fall into full swing, installation of the large diameter water main throughout the City of Montgomery is now substantially complete.

Since work on these Greater Cincinnati Water Works (GCWW) projects began in neighboring Blue Ash in February, more than 17,000 feet of water main has been installed in Montgomery and Blue Ash. The vast majority of construction occurred in Montgomery with more than 14,750 feet — that’s 2.8 miles — installed since construction moved into Montgomery in early June.

During November, work will be limited to filling and testing a 5,000 foot long section of water main between the western end of Jolain Drive and Schoolhouse Lane.

A significant amount of work to finalize various project phases was completed during October including final resurfacing of:

- Montgomery Road between Schoolhouse Lane and Pfeiffer Road
- Delray Drive
- Cooper Road (*limited to the portion in the City of Montgomery*)

City of Montgomery and GCWW staff are working jointly to develop plans for restoration and resurfacing work along the following three roadways that will most likely be resurfaced in spring 2011:

- Jolain Drive
- Tollgate Lane north of

- Jolain Drive
- Schoolhouse Lane east of Tollgate Lane

Residents can access updates on the GCWW project on the City of Montgomery’s website, by becoming a Facebook fan or by following the project on Twitter. Recorded messages regarding construction planned during November are also available by calling the City of Montgomery Construction Hotline at 792-8345.



The Construction Hotline will remain in operation until mid-November, at which time the telephone hotline will be reconfigured to carry road information for inclement weather as the City’s Snow Removal Information hotline.

For additional information contact Public Works Director Bob Nikula at 792-8311.

Flu vaccines recommended

Earlier than ever this year, pharmacies, doctor’s offices and local health departments have rolled out the annual vaccine against influenza.



Influenza poses an enormous risk to older adults and young children. Older men and women are much more likely to suffer potentially deadly complications from influenza, such as pneumonia. While adults over age 65 make up only 15 percent of the population, they account for 65 percent of all hospitalizations and 90 percent of all deaths attributed to flu.

The Center for Disease Control (CDC) recommends that everyone over 6 months of age should get a flu vaccine this year. While the CDC recommends that everyone get a flu vaccine each flu season, it’s especially important for certain high risk groups, including those 50 and older.

The 2010-2011 flu shot will

protect against three prevalent strains of flu, including the 2009 H1N1 virus, according to the CDC. And this season, for the first time, many are

offering a form of that shot specially designed to give people age 65 and older enhanced protection.

Approved by the Food and Drug Administration late last year, the new, more expensive flu vaccine is covered by Medicare Part B. It is hoped — though not yet proven — that this new vaccine will lead to fewer or less serious cases of influenza in older people by boosting immunity even more than the traditional flu shot.

A clinical trial, scheduled to be completed in 2012, is now under way to study that question. Researchers have found that the shot is as safe as other flu vaccines but did, as expected, produce more of the typically mild side effects associated with flu shots, including redness and swelling at the injection site, as well as headache, muscle aches and fever.

The Fluzone High-Dose shot provides protection against the same three virus strains as this year’s regular seasonal flu shot. Those interested in the vaccine are encouraged to discuss



the issue with their doctor to see which flu vaccine is most appropriate.

How to REACH US



City Hall
891-2424

Police Department
(non-emergency)
985-1600

Fire Department
(non-emergency)
985-1633

Service Department
792-8355

Planning/Zoning/
Building
792-8309

Code Enforcement
Action Line
792-8356

Construction Hotline
792-8345

Duke offers FREE CFL bulbs to customers

The energy saved by using Compact Fluorescent Light (CFL) bulbs is significant. A single 75 watt incandescent light bulb burning 12 hours daily costs about \$31 annually in



energy costs. According to the Duke Energy website, the use of a CFL bulb costs as little as \$2 annually, a savings of as much as \$29 per year... and that's for just one lightbulb!

Many families in Montgomery use at least one or two CFL bulbs, but may still have reservations about the new age units. The retail price of a CFL bulb ranges from \$2 to \$4,

which tends to make people buy the cheaper incandescent bulbs. But what if CFL bulbs were offered FREE? Would that make the decision any easier?

Duke Energy is hoping FREE will help motivate Montgomery residents to join the switchover to CFLs. For a time, Duke Energy of Ohio is offering qualified customers up to 15 CFL bulbs free of charge. With a few clicks of a mouse at <http://www.dukeenergy.com/freecfls> or by calling (tollfree) 1-800-943-7585 (option 1 and following the directions) qualified customers can get 15 CFL bulbs shipped directly to

their home free of charge.

According to Duke Energy, Compact Fluorescents are one of the easiest ways to reduce a household electric bill. It's as simple as screwing them into a light socket. This is a great opportunity to try Compact Fluorescents and cut annual energy bills significantly.

City fuel conservation efforts showing measurable successes

In August of 2008 the City of Montgomery began efforts to reduce the overall fuel consumption utilized by City vehicles and equipment. Thanks to the efforts, the City has reduced overall fuel consumption by two percent for each year since the introduction of the fuel

conservation efforts. This initiative was part of an on-going effort to be responsible stewards of the City's financial resources and also was an opportunity for the City to be a part of creating a "greener" environment.

Some of the implementation

steps taken to reduce City fuel consumption were:

- Eliminating unnecessary idling
- Ensuring tires are always properly inflated
- Removing excess items from vehicles that add weight
- Avoiding sudden acceleration and stops by anticipating traffic patterns and adjusting speeds gradually and well in advance
- Consolidating trips by limiting the number of vehicles sent to respond to a call or work area.

In addition, the City of Montgomery has also incorporated two GEMs (Global Electric Motorcars) into its fleet, which are used by City staff for a variety of tasks. Also, a Segway unit is utilized by the Police Department throughout neighborhoods and at City events.

DID YOU KNOW?

Residents asked to break the national trash trend of the holiday season

Once again this year, the City of Montgomery is promoting a "green" holiday season. The national trend is that Americans discard 25 percent more trash between Thanksgiving and New Year's Day amounting to an additional 25 million tons of trash nationwide.

Montgomery is offering these tips in hopes local residents can buck the national trend and significantly reduce holiday waste:

- Send holiday e-cards.
- Don't toss out your leftovers. Send some home with guests or prepare a meal for an elderly person who has trouble making their own.
- Invest in rechargeable batteries and reduce the number of batteries you'll have to throw out next year.
- Reuse old gift bags and bows.
- Bring your own bag when shopping.

Unlimited yard waste collection starts November 1

Don't forget, starting November 1st through December 3rd there will be unlimited pickup of yard waste, including leaves. This pickup will occur on your normal trash day during the weeks specified. In addition, during this time yard waste stickers will not be needed. Do not put yard waste in plastic bags, it must either be placed loose in cans or in paper yard waste bags. Branches must be bundled. Leaves must be placed in cans or paper yard waste bags.

An update on Montgomery's 2011 budget



This month's message by Council Member Todd Steinbrink

As City Council wraps up the budget process for 2011, I thought I would offer an update on our 2010 results and 2011 projections. As the country, state, local businesses and individuals alike have felt the lingering effects of the financial crisis and slow economic recovery, the City has been fortunate to remain in pretty good financial shape overall.

For 2010, revenues have held essentially steady, and the City of Montgomery is on target to meet our budgeted projections. Earlier in the year, the finance committee accepted the recommendation from the administration to reduce the overall budget allocation by \$250,000 in an effort to balance

the budget to 2010 actual revenues. Council ratified this move in April. Expenses have been trimmed so that by year-end, the City will have effectively operated within budget. This has been accomplished without the need to overly contract or cut any major services, or use any of our reserve funds.

The reserve policy of the City is set at different levels for operating (staffing) and capital improvement (roads, parks, etc.) needs. The policy is to maintain 6 to 12 months of expenses in reserve so that economic disruptions will not immediately impact the City's operations, allowing plenty of time to adjust to changes. Each reserve balance is currently

healthy and above its targeted levels. Having been created over time, they remain intact thanks to each department's disciplined budgeting, and the detailed tracking maintained by the City's finance department.

The City administration and staff across all of the departments have done a remarkable job over the past two years of maintaining the high service levels and infrastructure support, while also tackling the challenge of increasing health care costs, without compromising our fiscal disciplines. As you know, not all municipalities can say the same. The 2011 budget request has been prepared with the same careful approach in both expectations and outlays.

Council, for its part, remains diligent in tracking the growth of revenues and expenses to insure the necessary resources exist to maintain the quality of services and conditions for which our City is recognized.

We are very fortunate to have a team so dedicated to conservative budgeting, creative planning and a strong commitment to reserve balances. Their focus has enabled us to weather the recent downturn. As we continue to face challenging times, it is comforting to know that we are in a unique position financially to continue to meet the needs of our City.

This feature appears regularly, allowing Montgomery's elected officials to communicate directly with residents.

COUNCIL CORNER

Montgomery City Council will meet in its regular monthly business session on November 3 at City Hall. Meetings begin at 7 p.m., with public comment welcomed on each item before Council.

Pending Legislation

- Ordinance to make

appropriations for current expenses and other expenditures of the City of Montgomery during the fiscal year ending December 31, 2011 (2nd Reading)

- Ordinance amending the Traffic Code to increase safety and awareness for

bicycle travel (2nd Reading)

New Legislation

- A resolution authorizing the City Manager to enter into a contract with Management Partners, Inc., for professional services related to the community survey and strategic planning

Recent Council Action

OCTOBER 6 BUSINESS SESSION

Pending Legislation

- Ordinance to make appropriations for current expenses and other expenditures of the City of Montgomery during the fiscal year ending December 31, 2011 (Passed 1st Reading, 7-0)

- Ordinance amending the Traffic Code to increase

safety and awareness for bicycle travel (Passed 1st Reading, 7-0)

Approved Legislation

- Resolution No. 29, 2010 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 (Passed 7-0)

■ Resolution No. 30, 2010

Resolution accepting a bid and authorizing the City Manager to enter into a contract with Bansal Construction, Inc., for the Pfeiffer Road at Storybook Drive Improvement Project (Passed 7-0)

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

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Subscribe to receive the *Montgomery Bulletin* and City Council meeting agendas and instant notice of City Council and special meetings in your email box. Subscribe by clicking on the "Subscribe to Updates Link" at www.montgomeryohio.org. By reading the *Montgomery Bulletin* online, you'll see the publication in full color and get access to the newsletter before it is mailed, days before it is delivered.

What are you missing? Plug in and find out

Think globally, shop locally...

When thinking about unique gifts and treats during the holidays, remember to Shop Montgomery! There are many specialty gift shops and services close to home, with many sharing information at thedistrictonline.com. This website highlights dining deals, unique services, one-of-a-kind gifts and clothing, and much more about the quaint Heritage District. When guests are in town or there's a need to get something wonderful for someone special, go online to see what options there are just a short walk or ride from home.

Click to connect...

Did you know that Nick Clooney will be in town to speak on the "Movies that Changed Us," and there is a Mom's Night Out planned in Montgomery? If you were checking connectmontgomery.org to find out what local organizations have planned to serve, socialize, educate and support the community of Montgomery, you would know more about the groups and activities happening all around town.



A tweet can be sweet...

COSI field trip is on November 12 and a Gingerbread contest is happening. The Montgomery Woman's Club is assisting in decorating the Heritage District with greenery and bows, and the water main project is wrapping up. These are the types of notices available to Facebook fan's wall or that can be "tweeted" to your phone if you were on Montgomery's Facebook or Twitter pages! Get the types of notices and alerts to help plan your commute, your school days off, your weekend



of fun and your opportunities for input. Join Montgomery on Facebook or Twitter. Logon to montgomeryohio.org to make the connection!

SEPTEMBER'S OPEN CITY HALL TOPIC:

Careful with that cell phone!

Should texting and/or talking on a cell phone while driving be regulated? If so, how? The topic was featured in Montgomery's September Open City Hall forum.

Discussion clearly showed that most Montgomery residents recognize that "distracted driving" in any form is dangerous. Although some

Who said there's no free lunch?

The Montgomery Chamber of Commerce and the City of Montgomery brought people out to enjoy the new fountain and plaza redesign with the smell of grilling and the allure of FREE lunch on October 27. Staff and patrons from local businesses, families on a walk or friends out for a day of shopping got to enjoy the sounds of the water falling through the many layers of the fountain and the fall weather with this fun lunchtime event. Watch the *Bulletin* for the next great opportunity to mix and mingle.



communities have enacted specific legislation against "texting while driving" the merits of such laws have not yet shown to be effective.



A recent study by the Highway Loss Data Institute, a sub-group of the Insurance Institute for Highway Safety, recently found that crashes increased in three of the four states studied. These alarming results may be attributable to drivers making an effort to hide their phones and, thus, are doubly distracted.

In any case it is clear that distracted driving is a contributor in many of the fatal auto accidents in the United States. Surveys show a significant increase in crashes for 18-24 year olds, the age group identified as the most likely to text while driving.

For the safety of motorists and pedestrians, please do your part to end distracted driving!

Let your voice be heard!

NOVEMBER'S OPEN CITY HALL TOPIC:

Will you vote? Does your vote really matter?

The U.S. constitution protects the right to vote for citizens. Millions of men and women have fought and hundreds of thousands have died to protect that right, yet the percentage of eligible voters who exercise this right is typically low, especially during mid-term elections.

From 1974 through 2006, voter turnout for mid-term elections averaged about 38%. Some elections are often decided by small margins, sometimes a few votes.

What reasons might prevent you from exercising your right to vote? Do you believe

your vote matters?

Go to montgomeryohio.org and click on the Open City Hall forum to see what residents are saying about voting, why they aren't and what they think. Join in the topic and post comments.

MCLA Class 2011 set to build “community”

The Montgomery Citizens’ Leadership Academy (MCLA) has now been oversubscribed for the fourth year running. Twenty-eight residents will begin in January

MONTGOMERY 6 WORD STORY

Sharon Stengel, a Montgomery resident and leadership academy graduate, has a Six Word Story about Montgomery that celebrates the many parks, sidewalks and beautification elements that make it a happy and homey community.

“A Happy, Homey and Historical Community,” as Sharon puts it, are descriptors that highlight Montgomery. In her words, neighbors helping neighbors and the preserved history of the community are some of the elements that give her a sense of pride. Sharon was both raised in Montgomery and returned here as an adult because of the homey feeling.

Sharon ends her six word story with the word community. Community, being the people, organizations, businesses, and networks that support each other, and create the sense of belonging that is what makes Montgomery special and the place she chooses to call home.

What is your six word story and how do you contribute to that reality here in our community? Don’t miss the opportunity to make your story ring true for years to come by providing your input at the discussion forums scheduled on November 4, 6 or 30 as part of Montgomery Tomorrow. See the front page for details.

to embark on their journey into local “citizenship.”

Since 2008, the Leadership Academy has been turning out citizens eager to make a difference in their community. Now receiving national recognition, MCLA has become a cornerstone of Montgomery’s engagement efforts.

Much of the community building work in the City has utilized the research of the Knight Foundation that has studied engagement efforts in 26 communities, large and small, across the country. The Knight Foundation concluded:

Attitudinal Loyalty
+ **Passion**
Community Citizen
Engagement

Former Mayor continues to be an active part of his community

Each month, the City of Montgomery will recognize a citizen that truly exemplifies excellent service to their community. Montgomery is fortunate to have such a wonderful community in which to live and do business, thanks largely to the many citizens who contribute to the City, their churches and schools, neighborhood, civic and service organizations.

The City of Montgomery would like to recognize Mr. Richard Tuten as its good citizen for the month of November. Mr. Tuten has a long history of community service, not only to the City of Montgomery, but to numerous charitable and service organizations throughout the greater Cincinnati area.

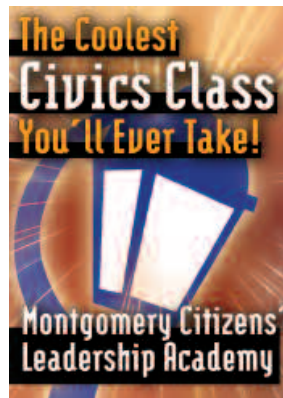
Mr. Tuten’s service to the community has touched many over the years. After retiring from GE, he was recalled by GE and, for a quarter of each of the next six years, was a Loaned Executive with the United Way. He has served on the Development Committee of the

Here is the foundation’s definition of those terms:

Attitudinal Loyalty is the overall contentment of residents with their community, their likelihood to stay in that community and to recommend the community to others.

Passion is the pride and enthusiasm residents have towards their community, its outlook for the future, and their place in it.

Building community comes down to connectivity,



connections between neighbors, organizations and their local government. The 2010 National Civic Health Assessment concluded that, “the most powerful force in American democracy is the connection among citizens.”

Unfortunately in many parts of America, community engagement has atrophied. Research reports that 50 percent of residents don’t know their neighbors. In Montgomery, there is a goal to change that national trend.

If you would like to become more involved in your community, contact Ray Kingsbury, Director of Citizen Engagement, at rkingsbury@ci.montgomery.oh.us or call 792-8359.



Richard Tuten

local Red Cross Chapter; served on the Board of Glad House, a local charity working to improve the lives of children with addicted mothers; served as a docent with the Cincinnati Symphony Orchestra as a part of its Music For Children Program; and still serves on the Development Committee of the Cincinnati Association for the Blind and Visually Impaired, and the Twin Lakes Board of Directors. He also works with a

group of retired GE engineers to repair tape recorders for the Talking Books Program.

With so many commitments, Mr. Tuten still finds time to volunteer at his church. For eleven years he has led a Bible Study at noon on Mondays and team teaches two different adult Sunday school classes.

Mr. Tuten served four years on the Montgomery Planning Commission and 12 years on the Montgomery City Council, where he presided as mayor for two years.

Congratulations and thank you to our local hero, Dick Tuten, for his contributions to the community and the entire greater Cincinnati region!

Thanks to all of our citizens who do so much for our Montgomery community! If you have a deserving good citizen of Montgomery that should be recognized, contact Amber Morris, Community Engagement Director, at amorris@ci.montgomery.oh.us or call 792-8317.



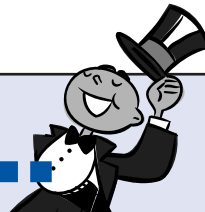
Students representing the Bing Yang Performing Arts Center demonstrated a Chinese dance in colorful costumes at the event. Featured from left to right: Sophia Liu, Shawnee Elementary; Judi Hu, Mason Heights Elementary; Sydney Lovro, Maple Dale Elementary; and Annie Zhang, Western Row Elementary.

City's International Reception celebrates community diversity

Community members representing 13 different countries attended the October 3 International Reception hosted by the Sister Cities Commission in Terwilliger Lodge. A diverse variety of ethnic food was

shared by the guests for the International Buffet while two Montgomery residents, Anne Cappel and Nilma Ottoni, made crepes on site for the guests.

Hats Off...



to the team of "Adopt a Bed" volunteers that has "dug in" to keep the flowerbeds in our park and green spaces weeded throughout the growing season. Their efforts have provided additional "helping hands" for the Public Works Department staff to help ensure attractive and healthy plantings.

A grateful THANK YOU is extended to the following community members:

Ron & Barb Baker; Staci Bradley; Ginny Erickson; Helen Grimes; Darla Hall; Jane Hohn; Meg Keim; Linda Kraemer; Lee Levy, Project Chair; John & Cathy Mercurio and family; Lynda Roesch and Jacquie and Dean Webb

We apologize for the error...

In the Hats off... article in the October issue of the *Montgomery Bulletin*, Steve Lohrer was not acknowledged in the list of volunteers that are serving on the "Meet and Greet" Committee that drafts hand written notes of welcome to our new residents. Steve has played a leadership role on this committee and we appreciate his time and dedication to this project.

Time to deck the town

Once again, members of the Montgomery Woman's Club and the Beautification and Tree Commission will generously share their time to coordinate the annual holiday decorating project in the Heritage District. Many more volunteers, however, are needed to create the festive holiday streetscape that has become a Montgomery tradition.

The first stage of the decorating project is scheduled for Saturday, November 13. Volunteers will meet at 9:30 am in the Annex Building (10115 Montgomery Road) to prepare the decorations for displaying. The project entails "fluffing" the wreaths and attaching the bows. Hundreds of decorations will be spruced up in just a few

hours, thanks to a great team effort.

On Monday, November 15, (rain date-Tuesday, November 16), an army of volunteers will meet between 9:30-10 am at the Universalist Church for specific instructions and to pick up the wreaths and garlands to hang in the Heritage District. The streetscape should be completely trimmed in festive attire by noon. Parking will be available in the City parking lot off Shelly Lane.

If you can share a few hours of time for either stage of this highly visible project, please contact Joyce Yock, Volunteer Coordinator, at 792-8329.

November Volunteer Opportunities

- Clerical Assistant**
 Flexible Scheduling
 Monday - Friday • 8:00 am - 4:30 pm
 City Hall
Sort and file meeting minutes and agendas in binders
- Data Entry Recorder**
 Flexible schedule
 Monday - Friday; 8:00 am - 4:30 pm
 City Hall
Record data from outdoor City Hall memorial brick display; create data spreadsheet
- Holiday Decorating Workshop** (see story above)
 Saturday, November 13, 9:30 am
 Annex Building
 10115 Montgomery Road
- Holiday Decorating Day** (see story above)
 Monday, November 15 • 9:30 am
 Tuesday, November 16 • 9:30 am (Rain Date)
 Universalist Church
- Public Works Department Cardboard Recycling Drop-off** (Adults, Teens & Families)
 Saturday, November 20 • 10:00 am - 1:00 pm
 7315 Cornell Road
Assist the staff by removing cardboard from vehicles
- Holiday in the Village** (Adults, Teens)
 Saturday, December 4 • 4:30-8:30 pm
 Universalist Church
Assist with holiday crafts and manage game booths for the younger children, make and serve popcorn and hot chocolate at this family holiday event



For more specific information about any of these short term projects, contact Joyce Yock at 792-8329.

The City and staff benefit from Wellness effort

The City of Montgomery has offered a Wellness Program to its employees since 2002. The program originally developed from labor negotiations with the Fraternal Order of Police (FOP). Members of the City's management team and the FOP bargaining unit were challenged to arrive at creative solutions to improve the City's ability to manage its health care costs. The Wellness Program is one of those creative solutions, and — since its inception — has become a model program for wellness programs across the country. The City's Wellness Program is unique in that it challenges employees to participate in a comprehensive wellness regimen, including activities in the areas of Preventative, Physical Participation, Educational and Team Activities.

The City began this program with the dual goals of positively impacting the City's health care costs while improving the health of its employees. To date, the City's experience on meeting both of these objectives has been positive. Since the program's launch, more than half of its full-time employees have actively participated in the program. This participation has resulted in a number of changes in the health and wellness of the employees.

Several positive outcomes for participants have been tracked since 2007:

- employees with cholesterol levels greater than 200 decreased from 44% to 8%
- employees with blood pressure levels greater than 140/90 decreased from 62% to 17%
- employees consuming a high fat diet decreased from 36% to 8%
- employees with less than three days of low aerobic

exercise decreased from 44% to 13%

- employees using tobacco (all forms) decreased from 30% to 17%.

In pursuing the goal of impacting the City's health care costs from 2001 to 2009 (*the life of Wellness Program*), the City's health care premiums have been substantially lower than other greater Cincinnati area municipalities. In the years 2003 to 2008, the City experienced premium increases of 5.74%, versus the 13.29% realized in the greater

Cincinnati region.

While there are a number of other factors in addition to the City's work on wellness which have contributed to the City's positive experience in managing health care costs, the City's experience with its Wellness Program has clearly contributed to the cost savings.

As the City continues its work with wellness programming, it will continue to pursue its joint goals of positively influencing health care costs

while helping employees achieve their personal health goals.

The City of Montgomery is currently conducting an in-depth assessment of its performance associated with the program, although all of these data are not yet available. Based upon the review of the initial data, it is fair to say that the City is achieving its goals established for the program. When complete, the results of this study will be made available in City communications.

Get to know your parks

Dulle Park – fun in the fall

Dulle Park was purchased from the Ben Dulle family by the City of Montgomery in 1989. This land along Sycamore Creek was purchased to provide ball fields for Montgomery residents. The Ben Dulle house was rebuilt into Terwilliger Lodge and is available for rental. Sycamore Creek is one of the best features of the park with an adjacent paved path, shelter, and playground. The creek is especially enjoyed by elementary-aged residents who enjoy searching for fossils.



With the arrival of fall weather, it is time to visit the parks and enjoy the change in seasons. Consider walking at Dulle Park along the perimeter path which is approximately one half mile. Dulle Park is connected to the Pioneer Park and the rest of Montgomery by sidewalks providing a safe walk for all ages. Wooded areas can be enjoyed near the shelter at Dulle

Park following the creek and also near the tennis courts. A variety of trees from Sugar Maple, Oak, Ash, Sassafras, Buckeye, to Pine, Fir and Spruces line the paths.

The Park is used widely by Montgomery's youth. During the fall young runners condition for school cross

country meets. Runners come to Dulle Park to run the big hill near the shelter. This hill's step slope provides good practice for runners.

In addition to running, youth Ultimate Frisbee teams also practice at Dulle Park during the fall months. The basketball and tennis courts are often busy now that the weather is cooler. The basketball court was newly resurfaced during the spring along with replacement of a drinking fountain nearby.

Dulle Park is great fun in the fall for groups and individuals to enjoy.

Recreation Programs

HIGHLIGHTS OF OFFERINGS FROM MONTGOMERY RECREATION

Register for these and other programs online at www.montgomeryohio.org or at City Hall, 10101 Montgomery Road

School's Out Trip to COSI (Center of Science and Industry) Ages 5-9 Friday, November 12 9 am - 5 pm

(Minimum of 15 needed by Nov 7)

Meet at (and return to) the Swaim Lodge at Swaim Park/lower level parking lot and we will travel on a bus to COSI located in Columbus.

Discover fun! We will explore the exhibits at COSI which is rated the #1 science center in the country by Parents Magazine. Exhibitions at COSI include ocean, space, big science, gadgets, progress and life. We will explore the exhibits from 11 a.m to - 12:15 p.m., eat lunch (bring a brown bag lunch with your child) and then investigate more from 12:45 - 3 p.m. We will travel back to Swaim Lodge. *Min 15/Max40. Cost \$45.*

Visit montgomeryohio.org to register or for more information. **Volunteer chaperones needed!**
Call 792-8329.



FIT IS IT

Getting & Staying Moving during the Holidays! Fitness Class Incentive

For the November 9 to December 30 session, to motivate participants to stay active during the holidays, participants who attend 100% of the **20/20/20** and **Pilates** exercise classes will receive a free green *Get Moving Montgomery* t-shirt and \$5 off the next session (January 11 to March 3, 2011) session. For residents planning to travel during the holidays and will miss a class, another opportunity to participate in a different incentive program will be offered during the March and April session (*details coming soon*).

NEW!



20/20/20 Cardio/Strength/Stretch

Tuesdays & Thursdays • November 9 to December 30 (15 classes/No class on Thanksgiving Day, November 25) • **9-10 am • Annex Building**
(register online or at City Hall by November 2)

Designed to meet the needs of Baby Boomers, this class offers light cardiovascular exercises, light strength training, and light stretching for 20 minutes each. The instructor has experience teaching people over 50 and will teach to your fitness level, taking into account common physical concerns and the value of gaining and maintaining muscle strength. Some equipment provided. *Min 12/Max 25. Cost \$60 resident/\$65 non-resident*



PILATES

Tuesdays & Thursdays • November 9 to December 30 (15 classes/No class on Thanksgiving Day, November 25) • **6-7pm • Annex Building**
(register online or at City Hall by November 2)

This innovative Pilates class is geared towards using core body muscles: abdominal, obliques, back, and gluteals, to get effective



results in your mid-section. 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 give you a slimmer profile. Classes taught by Tri-Health certified instructor. Some equipment provided. *Min 12/Max 25. Cost \$60 resident/\$65 non-resident.*

Kick it UP a Notch

With Taekwondo Lessons

Mondays & Wednesdays • 6:30-7:30 pm • Annex Building (Register at the class or at City Hall)

Emphasis is placed on self-defense, kicking, stretching and promotion to the next belt. This is a year-round course for all ages interested in Taekwondo Korean Karate. Try something new to get in shape! The teacher works with each individual to advance skills at a pace that is challenging and comfortable. Register at the class or at City Hall. *Cost \$35 residents/\$40 non-resident per month.*



Holiday in the Village

Saturday, December 4



The City of Montgomery will sparkle even brighter this holiday season as the annual Holiday in the Village event returns Saturday, December 4. Four locations share in the cheer of the holiday season and you may travel on the free holiday shuttle to visit them all.

Beginning at 5 p.m. in the Downtown Montgomery Historic District, Santa will announce the winners of the Winter Coloring Contest and give away prizes. Santa will introduce the winning child who will light the Montgomery Christmas tree and the streetscape along Montgomery Road. Then, the winner and his/her family will ride with Santa in a carriage to Universalist Church.

Join us until 8 p.m. at Universalist Church where kids can visit with Santa, create their own winter craft with Mrs. Claus, enjoy "reindeer rides", participate in fun games like "Sock the Grinch" and "snowball toss" and enjoy free hot chocolate and popcorn. Also enjoy festive entertainment at the Church as well as free horse drawn wagon rides that leave from the Church and travel through downtown. Sponsored by the Little Red Gift Shop!

From 5 to 8:30 p.m., do not miss Ohio National's glittering Victorian Holiday Village decorated with thousands of lights, child-sized houses featuring holiday scenes, a miniature train and cheery elves. Kids can walk into and enjoy the miniature sized Ohio National post office, St. Nick's workshop and other Victorian Houses. Free photos with St. Nick and free cocoa, cookies and goodies for the little ones will be available.

From 5 to 8 p.m., Bethesda North will feature holiday model train displays, fun penguin themed activities, entertainers, hot cider and cookies and a free gift. The Light Up a Life program sells strands of holiday lights to recognize or memorialize those you hold dear with a light shining in their honor. Plenty of parking is available on site to take advantage of the free holiday shuttle to circulate among the other celebrations that evening.

From 5-8 p.m., Twin Lakes will host a Holiday Celebration where you can enjoy the gingerbread houses that are on display from the gingerbread contest, a free craft activity for the children, treats to snack on and live music. The Twin Lakes parking lot is also open for your convenient use of the free holiday shuttle.

While you visit each location you will see decorated trees from the Festival of Trees entries and be sure to vote for your favorite tree. Join us for these festivities and share the spirit of the holiday season. For more information visit www.montgomeryohio.org or call 513-891-2424.



Ohio National
Financial Services



THE
LITTLE
RED
GIFT
SHOP
7925 Remington Rd



Bethesda North Hospital



Twin Lakes
A LIFE LINK COMMUNITY
The Choice in Northern Ohio

Breakfast with Santa

Saturday, December 11
8:30 – 10:30 am
Terwilliger Lodge

Bring the whole family down to Dulle Park to share a pancake breakfast with Santa. All-you-can-eat pancakes will be served by the Montgomery Fire Department for \$5/person (family rate of \$20). Bring your wish list to share with Mr. Claus himself (be sure to have your free picture taken with the jolly old elf!) All proceeds benefit the Holiday Family Fund that supports local families in need with gifts and toys shared in the generosity of the holiday spirit. Get your tickets at the door. We invite you to share in the spirit of the season and to help others by bringing food items for the FreeStore Foodbank.



Gingerbread House Contest

Get your fun sugary, confection juices flowing and enter our first Gingerbread Decorating Contest. The entire display must be made of edible materials. Show your creativity. Gingerbread “houses” can also be barns, doghouses, lighthouses and other imaginative dwellings. Your entry will be judged on Friday, December 3, by a culinary expert from Haute Chocolate and the Holiday in the Village team. The winner will receive a \$150 prize package from Haute Chocolate! Entries will be displayed at Twin Lakes and viewed during the Holiday in the Village event on December 4. Entry form is due November 15. This event and the Festival of Trees are sponsored by the City of Montgomery, Ohio National Financial Services, Twin Lakes Life Enriching Communities and Bethesda North Hospital. Details, rules and entry forms are online at montgomeryohio.org.

Gingerbread House Contest

Festival of Trees Contest

You are invited to unleash your creativity and decorate an artificial tree (3-4 feet high) in the theme of your choice. Enter as a group, family, business or as an individual. It's not too early to start thinking of your creative theme and decorations! Your tree will be displayed at one of four locations during our Holiday in the Village event on December 4. Trees are judged by people's choice at the Holiday in the Village event. The top four trees, the highest voted tree from each location, will be entered into a drawing and one tree entry will be randomly drawn to receive a \$150 prize package from the Little Red Gift Shop! Entry form is due by November 8.



Winter Coloring Contest

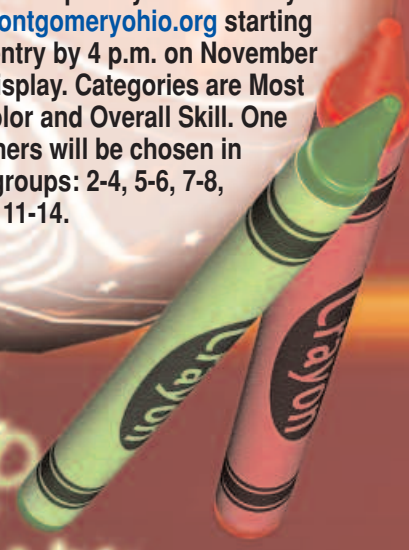
Ages 2-14 • November 8-24

Go wild with the markers, crayons, glitter, sequins or whatever your child's imagination can think of with our winter coloring contest! Kids can put crayons or any available materials to paper! Entries will be displayed at the Holiday in the Village event in the Universalist Church on December 4 from 5 to 8 p.m. Prize winners in each of the age groups will be announced before the tree lighting ceremony during Holiday in the Village and top winners in each category will receive a prize. Pick up entry forms at City Hall or download the flyer at montgomeryohio.org starting November 8. Return your entry by 4 p.m. on November 24 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.

Light Up Montgomery

Is your child interested in adding twinkle to the town by lighting the Montgomery Christmas Tree and the streetscape along Montgomery Road this December? If so, enter your child's name online at montgomeryohio.org from November 1 through November 17. One child between the ages of 3-12 will be randomly selected to flip the switch to light the tree during the Holiday in the Village Tree Lighting Ceremony on Saturday, December 4, at 5pm at downtown Montgomery. Your family will ride with Santa after the tree lighting ceremony to the Universalist Church where other fun, festive activities will be held. The winner will be notified and posted on the City of Montgomery website by November 19.

Light Up Montgomery



10101 Montgomery Road
Montgomery, Ohio 45242

Mayor
Gerri Harbison

Vice Mayor
Ken Suer

Council Members
Chris Dobrozsi
Barry Joffe
Craig Margolis
Lynda Roesch
Todd Steinbrink

Clerk of Council
Susan Hamm

City Manager
Cheryl A. Hilvert



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PERMIT #2417

All Around Town

Donation sought for official Christmas tree

The City of Montgomery is looking for a potential Christmas tree to be displayed in the downtown area for the upcoming holiday season.

Residents who have a tree that has outgrown its location may consider donating it to the City for the annual holiday celebration. Contact Terry Willenbrink at 792-8355 or twillenbrink@ci.montgomery.oh.us.

Community Document Shredding Event a Huge Success!

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

hosted a FREE community document shredding event on Saturday, October 9. More than 12,500 pounds of shredded paper — that's more than six tons! — was collected and will be recycled.

What's a tree worth? Check the value here

Have you ever wondered what your trees are worth? Not merely their value for the beauty they provide, but also their real value in dollars and cents? You may want to check out the free, national Tree Benefit Calculator by visiting www.treebenefits.com.

In addition to providing a value for individual trees, the calculator assesses the amount of rainwater intercepted by the tree; the amount of kilowatt hours of energy conserved and the amount of atmospheric carbon dioxide the tree reduces each year.

COMMUNITY MEETINGS AND EVENTS

NOVEMBER • NOVEMBER • NOVEMBER • NOVEMBER

1	Unlimited Yard Waste pickup begins		
1	Arts Commission	City Hall	5 pm
1	Planning Commission	City Hall	7:30 pm
1	Light Up Montgomery registration begins	online	
2	Election Day		
3	Council Business Session	City Hall	7 pm
7	Daylight Savings Time Ends — Fall Back One Hour		
8	Beautification and Tree Commission	City Hall	9 am
8	Winter Coloring Contest Begins	City Hall and online	
9	Environmental Advisory Commission	City Hall	4:30 pm
10	Landmarks Commission	City Hall	7 pm
11	Veteran's Day/City Hall open (trash pickup as usual)		
12	School's Out Trip to COSI	Swaim Lodge	9 am - 5 pm
13	Holiday Decorating Workshop	Annex	9:30 am
15	Planning Commission	City Hall	7:30 pm
15	Downtown Holiday Decorating	Universalist Church	9:30 - 10 am
16	Downtown Holiday Decorating rain date	Universalist Church	9:30 - 10 am
17	Light Up Montgomery registration ends	online	
17	Council Work Session	City Hall	7 pm
20	Cardboard Recycling	7315 Cornell Road	10 am - 1 pm
23	Board of Zoning Appeals	City Hall	7 pm
24	Sycamore Schools Thanksgiving Break Begins		
24	Kids' Winter Coloring Contest Ends	City Hall	5 pm
25	Thanksgiving/City Offices closed (trash pick up as usual)		
26	City Offices closed (trash pick up as usual)		