



PAY DAY NEWS
ITEMS OF INTEREST TO AMBERLEY VILLAGE EMPLOYEES

Scot Lahrmer, Village Manager
August 28, 2013

Labor Day is Monday, September 2 and Village offices will be closed in observance of this day. For those with kids in school, Labor Day is the symbolic end of summer. In reality, it's a holiday to honor working people like you.



Thanks to Officer Chris Fritch for coordinating our part of the Annual Ice Cream Social. Amy Rubenstein organized the event and relied heavily on Chris and others to create a very successful ice cream social.

Chris is pictured here with his wife, Sherry, and youngest son, Parker.

Village Council approved a 3% pay increase for employees. This action occurred after the Compensation and Benefits Committee committed to reviewing employee compensation at their June 5 meeting setting a deadline of September 1. During a July 30 committee meeting, the employees made a presentation to Compensation and Benefits. The Committee recommended the 3% pay increase be retroactive to April 1 and committed to next year's review before March 10, 2014 in order to have any salary action in place for April 1, 2014. Retroactive checks are included today separately from your bi-weekly pay. Enjoy your two paychecks!

Employee Celebrations

September Birthdays

Victoria Clark	September 3
Mike Koenig	September 8
Rebecca Frankenhoff	September 30

September Anniversaries

Mark Roeseler	September 21	(13 Years)
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Employee Spotlight with Mark Monahan

Mark Monahan joined the Village in 2005 as a Police Officer and Firefighter. His very first job was as a bus boy at Funky's Cantina in Kenwood.

What he likes most about his job is that no two days are exactly alike. His favorite quote is, "Everything you've ever wanted is on the other side of fear," by George Adair.

Mark enjoys snow skiing (pictured here at Lake Tahoe), softball and spending time with his family. His favorite vacation spot is Hilton Head, SC. His favorite Cincinnati attraction is Riverbend.

What he likes best about working for Amberley is the opportunity to be both a police officer and firefighter; it's nice to be able to change your hat.



Mark Robbins was the winner of two tickets donated by Council member Warren to the Bengals pre-season game on August 17.

On Wednesday August 21st, a sunrise raffle was held at the North Site with the Maintenance

Department for 4 tickets to an upcoming Reds game. As you may be able to infer from the photo, Tony Chesney was the lucky winner. Sadly, it looks like Ryan Monahan will not be one of the three fortunate dates Tony will escort to the game. Congratulations Tony and GO REDS!



Health Tip

One of the American Diabetes Association recommendations to control your cholesterol is to exercise most days of the week. Brisk walking for 30 minutes per day is a good goal. Walking and other, more moderate physical activities are good for your heart, too. In fact, one study suggests that walks of any duration may help reduce heart disease risk. For the study, British researchers recruited 56 sedentary people between ages 40 and 66, then divided them into three groups. One group took a long, 20- to 40-minute walk each day; another group walked for 10 to 15 minutes twice a day; and the third group took 5- to 10-minute walks three times a day. Over the 18 weeks of the study, the once-a-day walkers saw their LDL cholesterol drop by 8.3%; the twice-a-day walkers by 5.8%. The researchers concluded that walks of any length can be beneficial, as long as they're done at a moderate intensity—that is, a brisk pace at which you can still carry on a conversation. If you're not into walking, any form of aerobic exercise—running, bicycling, swimming, whatever gets your heart pumping—can help lower heart disease risk. Whichever activity you choose, be sure you're doing it for 30 minutes at least 5 days a week.

High Holy Days

Our Police Department is involved with off-duty details of upcoming holidays next month. They are typically referred to as High Holy Days. Rosh Hashanah begins the evening of Wednesday, September 4 and ends the evening of Friday, September 6. Rosh Hashanah is the Jewish New Year and is the first of the High Holy Days. The day is believed to be the anniversary of the creation of Adam and Eve, the first man and woman, and their first actions toward the realization of mankind's role in God's world. Yom Kippur begins Friday, September 13 and ends Saturday evening. This is also known as the Day of Atonement and the holiest day of the year. You will see our officers and other departments assisting in traffic details for both holidays as needed.

Council Action

- Resolution 2013-21, Resolution Authorizing the Village Manager to Enter into a Contract with the City of Cincinnati for Furnishing Salt for Snow and Ice Control Purposes
- Ordinance 2013-13, Ordinance Fixing Compensation to Village Employees
- Ordinance 2013-14, Ordinance Establishing #801 Unclaimed Monies Agency Fund
- Resolution No. 2013-22, Resolution Approving Contract with the Sycamore Township JEDZ Kenwood-Southwest Joint Economic Development Zone Board for Income Tax Administration, Collection, and Enforcement
- Resolution No. 2013-23, Resolution Requesting the Hamilton County Auditor to Place Liens Against a Property for Nuisance Abatement Expenses Incurred by the Village.

The next Village Council meeting is Monday, September 9.