

CITY of SHELBY

November 2013 Newsletter



Dear Shelby Residents,

The holiday season is fast approaching and we hope you are doing well. Please remember your hometown merchants during this holiday season. It is their harvest so they can continue to support our community all year long. We are having a busy fall with the Multi-Modal facility, CHS Inc. fertilizer facility and the Ryder Logistics facility construction projects going along smoothly. Weather will determine how fast these projects are completed. All of these projects are creating construction jobs and permanent jobs in our community. Have a safe and joyous holiday season!

Sincerely,

A handwritten signature in black ink that reads "Larry J. Bonderud". The signature is written in a cursive, flowing style.

Larry J. Bonderud, Mayor

Special points of interest:

- Snow Removal
- Assistance Programs
- Shelby History for Christmas
- Shop Shelby
- Chamber Coupon Books
- Recycle Day - November 15th
- Autumn Tree Care
- Community Tree Fund
- Driving Tips for Fall
- Tree of Lights
- Project Activate Toole County
- Civic Center Fall Classes
- Holiday Fitness Fun

We'd like to hear from you!

We constantly receive complaints about traffic delays at the intersection of the viaduct and Main Street. We are studying alternatives to address the problem. The City of Shelby would like to hear from you. Below are 4 alternatives. We would greatly appreciate your thoughts. Please return the survey to Shelby City Hall at your first convenience.

1. Erect a stop light at the intersection of Coyote Pass and Main Street.

Comments: _____

2. Place 3 way stop signs at the intersection of Coyote Pass and Main Street.

Comments: _____

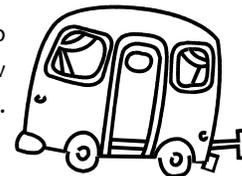
3. Right turn only coming off Coyote Pass onto Main Street.

Comments: _____

4. Leave the intersection as it is.

Comments: _____

Just a reminder that October 31st was the deadline for all trailers, motor homes, RV's, trucks, and pickup campers to be removed from our city streets. We need these type of vehicles off our streets for winter snow plowing and sanding. Our local law enforcement officers will be ticketing these vehicles if they are not removed. Thank you for your cooperation.



Snow Removal



Below you will find the City of Shelby sidewalk snow removal ordinance. To date, we have experienced several slip and falls due to ice and snow accumulations on sidewalks throughout the city. We note that only approximately 30% of the sidewalks in our community are being shoveled in compliance with our ordinance. Most of the slip and falls have been senior citizens and some of the injuries have been extensive.

We ask for everyone's cooperation in shoveling their sidewalks in compliance with our ordinance.

The City of Shelby will enforce the ordinance following the enforcement provisions as follows:

9-4-1 KEEPING SIDEWALKS CLEAR:

A. It shall be the duty of the owner of any premises within the limits of the municipality to keep the sidewalk of and abutting his premises clear of more than one inch of snow, any amount of snow pack, any amount of ice, any amount of slush, any amount of mud, and all other threats to safe foot travel and to prevent the accumulation of same.

B. A property owner shall have twenty-four hours after a snow storm ends to clear the sidewalk of snow greater in depth than one inch.

C. A property owner shall have twenty-four hours after snow pack, ice, slush, mud, or other threats to safe foot travel accumulate to remove the snow pack, ice, slush, mud, or threat.

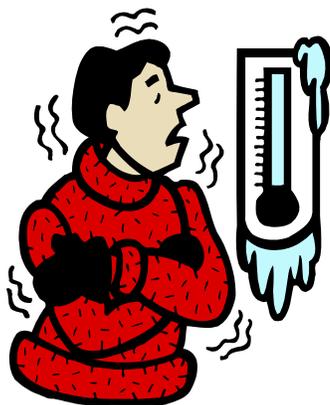
D. In the event that snow or ice cannot be reasonably removed due to possible damage to the sidewalk or it is otherwise largely impractical to remove, the owner shall put on the sidewalk sand or other abrasive material in such an amount and manner to make foot traffic reasonably safe. The owner shall maintain that condition until weather permits the removal of the snow or ice.

9-4-2 FAILURE TO COMPLY: Upon the failure of the owner of any premises to keep the sidewalk abutting his property in compliance with 9-4-2, SMC, the City of Shelby shall have the right to remove such snow, snow pack, ice, slush, mud, and other threats to safe foot travel and assess the cost thereof against the property abutting the sidewalk.

9-4-3 NO NOTICE REQUIRED: The City of Shelby is not required to provide any notice to the owner of the premises abutting a sidewalk before it exercises its rights under 9-4-2, SMC.

ASSISTANCE PROGRAMS

With winter right around the corner the City of Shelby would like to make you aware of the resources available to assist if you are in need.



- **LIEAP- Low Income Energy Assistance Program:** Applications for assistance are available from the North Central Area Agency on Aging. The office is located at 311 So. Virginia, Suite #2 in Conrad. For more information on income guidelines please contact them at **(406) 271-7553** or **1-800-551-3191**.

- **Opportunities Inc. Emergency Resource Services:** Emergency rental assistance is available to those who qualify. For assistance, please call **(406) 216-2300** for appointments.

- **Opportunities Inc. Weatherization Services:** If you qualify for LIEAP assistance, you also qualify for weatherization services. Call **(406) 216-3055** for information regarding this program.

- **Energy Share of Montana:** If you've applied for LIEAP and don't qualify or if you need further assistance with your energy costs you can apply for Energy Share. Contact Opportunities Inc. at **(406) 761-0310**.

Give a piece of Shelby history for Christmas!

Toole County Heritage Audio Tour and Shelby Tour of Historic Main Street Business District

Through the generous support of Humanities Montana and the Montana Main Street Program, the City of Shelby and Champions Park Committee received funding to create a historical audio tour of our city and county with accompanying map and Tour of the Historic Main Street Shelby Business District booklet.

The colorful account of Toole County and Shelby's history in CD form is available through the Shelby Area Chamber of Commerce (434-7184) and Lorette Carter in the office of Shelby Community Development (424-8799) for just \$10.00. Friends and family far and near will love to relive the coming of the railway...the buzz of activity leading to the historic fight...the great importance of homesteading and all the colorful highlights that have made Shelby and Toole County what it is today. Accompanying the CD is a map of the points-of-interest along the way and a tour of our Historic Main Street Business District and the adjacent neighborhoods.

All proceeds go toward the continued development of Champions Park. Give a piece of Shelby history this Christmas and help bring Champions Park to life!



Make Shelby Your Holiday Tradition

The City of Shelby is very fortunate to have a unique, vibrant shopping community. Local businesses have a wonderful selection of products and services; tremendous personal service; and competitive prices. Our charming shops work hard to provide unique products, greet you with a pleasant staff and offer many free services. They support countless student projects and community events. Our local businesses give generously to numerous causes and are the first ones to step up when called on.

Christmas is just around the corner and we hope you will consider shopping Shelby first. Your local merchants are the foundation of a strong community. They are your neighbors and friends.

The annual Christmas Stroll will be held Sunday, December 8th. The day will begin with a holiday movie at the Roxy Theatre at 1:00 pm. The chili feed and visit with Santa will follow with wagon rides and the lighting of the City Park Christmas trees. Music and fun will fill Main Street shops and merchants will have beautiful displays and a great selection of merchandise as we make Shelby our holiday tradition.

Shelby Area Chamber Coupon Books

It's time again for the Shelby Area Chamber Coupon Book. Local businesses have offered tremendous value and savings of well over \$400.00 in discounts, giveaways and special services with 5 new coupons offered in this year's book. Steppin' Up 4-H Club members; Jourdon Heydon at 945-0735 (Explore America) and Trever Cullen 450-3448 (People to People) will be assisting the Chamber in selling the books with 25% of the sales going toward their programs and projects. This is the Chamber's major fundraiser to assist in keeping the office running and working on Chamber activities throughout the year. Please stop in to the Chamber office; call Audie at 434-7184; or contact members of the Steppin' Up 4-H Club, Jourdon or Trever for your coupon book.

With the holidays coming, this is the perfect time to use the savings and services offered in the coupon book and you'll be supporting local businesses, organizations and our local youth.

America Recycles Day - November 15th

The Shelby Recycling Association in partnership with Shelby Elementary School will be celebrating America Recycles Day, Friday November 15th.

As a challenge within Shelby Elementary School, students are asked to bring recyclable paper on the morning of Friday, November 15th. Students will be collecting paper in their classrooms as well as from home. They are asked to bring white paper, newspapers, catalogs, phone books and magazines. The white paper needs to be separate from the rest of the paper as white paper will be put in a separate bin for recycling. The Shelby High School National Honor Society students will be assisting in this recycling project. The elementary grade that brings the largest amount of paper will receive a roller skating party compliments of the City of Shelby.

America Recycles Day is a nation-wide effort which began in 1997 to bring communities together and promote recycling in the United States. The one day is intended to educate and motivate; get our neighbors, friends and community leaders excited about what can be accomplished when we all work together; and to make recycling bigger and better 365 days a year.

Recycle Shelby offers aluminum and tin recycling as well as paper and cardboard. The trailers are all located at the Shelby Recycling site on the north end of Coyote Pass. Our Shelby Recycling Association asks that you follow the guidelines on the signage to keep loads clean for transport to recycling centers. Responsible recycling is a necessity to keep Recycle Shelby operating. The sustainability of recycling in Shelby is dependent on proper disposal of recyclable items.

When you recycle you save precious natural resources, energy, time and money – helping our earth, as well as the economy and our community. Just a little effort on our part can make a world of difference for our community, our country and our world.

Please...REDUCE – REUSE - RECYCLE!

AUTUMN TREE CARE



FALL DOES NOT SIGNAL THE END of the growing season. Rather, it marks the beginning of the next phase of life. Growth is a continuous loop. Many systems are altered with the reduction of daylight, increased moisture, and cooler soil and air temperatures. Leaves are shed to replenish the soil with organic matter. Leaf and flower buds continue to develop. Roots are sloughed and new roots begin to grow under these ideal growing conditions. Many of the pests and diseases are in an inactive state. The timing is perfect.

For the fall project list, it is time to address these areas of concern:

FERTILIZATION – Fertilize trees by amending the soil conditions to support the renewed activity of the root system.

PRUNING – Prune trees and shrubs for the removal of dead or diseased limbs and twigs. With autumn leaf drop, it is easier to see cracks in the wood and structural defects in deciduous trees. Evergreens should have excessive growth removed to minimize breakage in the event of winter storms.

Shelby Community Tree Fund

Give a gift that benefits the community now and for generations to come!



The mission and goal of the City of Shelby Community Forest Management Plan is to provide a strategic approach to sustaining a community forestry program. This strategic approach is intended to provide a foundation for an ongoing program that will result in a healthier and safer community forest which the city believes is built by creating strong partnerships of stewardship within our community.

Over the last 14 years, the city has been recognized as a Tree City USA. As such the city had continually sought to initiate and improve forestry programs that create a healthier tree community. Tree care and maintenance workshops; Arbor Day activities; Master plans for the Roadrunner Recreation Trail and business districts; a utility partnership with Marias River Electric; professional tree care of our parks and public areas ; and teaching our children to be good stewards have long reaching benefits.

We are now looking for your support! The City of Shelby Forestry Program would like to establish a Community Tree Fund. Donations will be placed in a special account for the purpose of purchasing and planting trees annually within Shelby. Park areas where dead and diseased trees have been removed; public areas where tree planting is appropriate; and in business districts to make those areas more walkable and inviting ~ the Community Tree Fund will serve to support and build a strong forestry program that will benefit the community now and for generations to come.

Your small investment can do just that! Contact Lorette Carter at 424-8799 or shbcdc@3rivers.net if you'd like to contribute to the Shelby Community Tree Fund.

Together we can continue to make Shelby a great place to live, work and raise our families.

Safety Driving Tips for the Fall Season

By Suzanne Kane

With hours of daylight decreasing and inclement weather a frequent occurrence, the fall season is a time when drivers need to pay a little more attention to road and traffic conditions and use extra caution while driving.

Here are some safety driving tips that can make the fall season more enjoyable and trouble-free.

Slow down. The faster you drive, especially on wet, slippery roads, the longer it takes to stop your vehicle. Doubling the speed of your car can nearly quadruple the amount of time required to stop safely.

Buckle up. Most drivers do this automatically, but there are times when this safe driving practice is forgotten in the haste to accomplish errands, get home or to a destination. The fact is that a seatbelt is your best primary protection against injury in a sudden stop, emergency maneuver or vehicle crash. Always buckle up and make sure your passengers do likewise.

Put the phone down. Driving down a deserted road or the highway with little traffic might seem boring and there's that call or text you want to make. Don't. Studies have shown that talking on a cell phone, even hands-free, is a driver distraction. Your mind isn't on driving when you're discussing sports, what to eat for dinner, the kids' latest escapades or just chatting in general. If you have to make or take a call or text, pull over to a safe location, park and then proceed to talk/text.

Give a hoot--watch out for wildlife. According to the AAA, collisions with animals resulted in 2,083 fatal crashes and 2,194 fatalities between 2001-2011 nationwide. To avoid a collision with deer and other wildlife, says the AAA, follow these precautions: scan the road and shoulders ahead of you; use high beam headlights if there's no oncoming traffic; if a collision can't be avoided, apply brakes firmly and remain in your lane; be extra cautious at dawn/dusk; slow down and be extra cautious when traveling areas with high and active wildlife population, always wear a seat belt and stay awake, sober and alert.

Use your headlights. If your vehicle doesn't have daytime running lights, turn on your headlights at dawn and dusk. Other drivers need to be able to see you and vice-versa. Using your headlights when the light is dim or fading also helps you identify hazards in the road, pedestrians, animals and other conditions you might not otherwise see until it's too late.

Make adjustments for fewer hours of daylight. Be on the lookout for children playing, at bus stops in the morning and afternoon, people walking dogs, pedestrians, runners, power walkers, joggers and bicyclists.

Pay attention to weather forecasts. If a storm is expected, be prepared for quickly changing road conditions. Heavy winds mean dust blowing across the road surfaces, which makes it more difficult to see potholes and other road hazards. As temperatures drop, frost often forms on roadways, causing hazardous driving. Drive slowly and break gently on overpasses and bridges, which tend to frost over quicker than other road surfaces. Watch out for areas where black ice forms.

Bottom line: Fall is a beautiful time of the year, but it can present challenging driving conditions. Use common sense and extra caution to ensure everyone's safety.





Toole County Health Foundation ~ 4th Annual "Tree of Lights"

The Tree of Lights event is an opportunity to celebrate the life of a family member, friend, or member of the Armed Services.

Contact the Toole County Health Foundation (434-3246), and submit their name and a tag will be hung on a tree displayed in the waiting room at Marias Healthcare.

Join us for the official tree lighting on Monday, December 9th at 7 pm at Marias Healthcare, for a special night of music by Strings and Things and reading of the names.

Donations may be made in their honor or memory to the Foundation, but are not required. Donors are welcome to select a specific fundraising project or allow the foundation to use in a project of their choice.

More information can be found at www.toolecountyhf.org

Your Generosity...enhancing healthcare in our area.

Project Activate Toole County

THE PROBLEM~ *Physical frailty is a leading cause of premature disability and death among older adults and it's preventable!*

THE SOLUTION ~ *Physical activity can prevent physical frailty!*

A group of dedicated medical professionals, local government staff and interested citizens have been working diligently on Project Activate - Toole County. Project Activate is a program designed to activate an ageless attitude, inspire daily physical activity and engage and encourage a more active lifestyle among our residents.

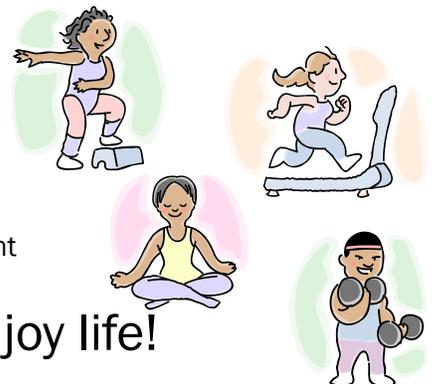
International wellness speaker and Project Activate creator, Kay Van Norman came to Shelby speaking to residents about this pilot project- the only one of its kind in Montana. The Project Activate committee is now following up with activity ideas and resources for the benefit of our residents. Weekly activity sheets are available through the Shelby Senior Center & Meals on Wheels Program; City of Shelby; Marias Medical Center; Marias Heritage Center; Toole County Health Department; Toole County Extension Office; and in the Shelby Promoter. They hope you will take advantage of these activity resources in focusing on prevention - building strength and muscle through physical activity. If you would like a weekly activity sheet mailed or sent via e-mail, please contact Lorette Carter at 424-8799 or shbcdc@3rivers.net.

In addition, a Low Impact class is offered twice a week at the Shelby Civic Center. Classes are held Tuesdays and Thursdays at 10:00am for only \$4.00 per session or \$25.00 per month. Classes are also offered at the Manor complex. Please contact Nayda Puffer at 434-5661 for details. Bring your sneakers and join in the fun while you gain strength and resilience!

Project Activate Toole County could not have happened without the wonderful support of its sponsors. Thank you to the following contributors:

Bear Paw Credit Union
City of Shelby
KSEN Radio
Marias Heritage Center
Marias Medical Center
Montana Municipal Interlocal Authority
Northtown Drug

Shelby Promoter
State Farm Insurance
Dr. Svennungsen & Dr. Menge
Toole County Commissioners
Toole County Extension Office
Toole County Health Department
Comfort Inn-Shelby



Be healthy....stay healthy...enjoy life!



Civic Center Fall Classes

HOURS: Monday - Friday 9am to 9pm

669 Park Ave • 434-5114



HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM 9:00	Yoga	Yoga	Yoga	30 Minute Ab Class	Yoga
10:00		Low Impact & Toning		Low Impact & Toning	
PM 12:00	Weight Room Lower Body	Stations	Kickboxing	Weight Room Upper Body	Spinning
4:00	Weight Room Lower Body	Stations	Kickboxing	Weight Room Upper Body	
5:00	Zumba/Core	Stations	Kickboxing	Spinning Boot Camp	



5 Ways to Enjoy 10 Minutes of Holiday Fitness Fun

Physical activity is even more important during the holidays than other times of the year. Being active helps relieve holiday stress and helps balance out the usual increase in holiday calories. To maintain fitness levels and emotional wellbeing, enjoy at least three 10-minute activity breaks a day – preferably with family or friends.

*** Take a brisk 10-minute stroll with a loved one.**

Something as simple as a 10-minute walk can make all the difference in your physical and mental state. A brisk walk around the block at work or around your neighborhood can improve your mood and kick-start your metabolism in just a few simple steps. For extra holiday fun, invite someone you've been missing!

*** Play a child's favorite active game for 10 minutes.**

It's often said that holidays are "all about the children." What better way to be active than to have festive fun with one or more young people! Children often have extra energy to burn during the holidays and even serious adults can enjoy some sledding, get tied up in a game of Twister®, or toss around a Koosh® ball.

*** Dance for 10 minutes to your favorite holiday tunes.**

You could "Rock around the Christmas Tree" and just go "Walkin' in a Winter Wonderland." Use music to pick up the pace when you are walking or working outside with headphones – or cleaning up the house for a holiday gathering. For the best holiday break of all, take a spin on the dance floor with your sweetie.

*** Walk for 10 minutes between stores.**

You can even fit fitness into a busy shopping day. Take a 10-minute 'breather' between each store on your list. Enjoy a quick lap around the perimeter of the mall or a walk around a couple of downtown blocks. You'll have more energy -- and you just might make more reasonable spending decisions too!

*** Take a 10-minute stretch break at home or work.**

Holiday tension can take a toll on backs, shoulders, and jaws. A quick break can relieve physical and mental stress. Check these sites for gentle moves that can be done anywhere you need a stretch: www.lib.msu.edu/ergomsubstretch.htm and www.will-harris.com/yogaeveryday_yoga.html



CITY OF

SHELBY

M O N T A N A

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www.shelbymt.com

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