



On the Gulch

A Newsletter For and About City of Helena Employees

City of Helena Charitable Giving Campaigns

United Way

United Way's focus "is on education, income and health - the building blocks for a good quality of life."

City employees have the opportunity this month to contribute to United Way or its affiliated local non-profit groups.

You may contribute as little as \$4 from the 2nd paycheck each month, which makes it really easy to participate.

Almost every dollar given to our **local** United Way stays right here in Helena.

Many of the organizations you already support throughout the year are affiliates of our local United Way. You can designate your donation to go to one of those directly through your paycheck.

For more information, contact Michele Shepherd, mshepherd@helenamt.gov or x8323, or visit the United Way website: <http://www.unitedwaylca.org/>

Montana Shares

"Montana Shares is a partnership of Montana-based nonprofit groups devoted to improving the quality of life in communities throughout Montana."

By contributing to the Montana Shares campaign, you are helping a variety of non-profit organizations across Montana.

You may also designate your donation for a specific member organization supported by Montana Shares.

This **state-wide** organization provides support in many ways, including training for non-profit members in volunteer development, technical assistance and networking.

For more information, contact Michele Shepherd, mshepherd@helenamt.gov or x8323, or visit the Montana Shares website: <http://www.montanashares.org/>

All employees who donate to either or both will be entered into drawings for items donated by local businesses.

Employee News

Welcome to Helen Sautter in the Community Development Department!

Helena Civic Center

Check out the calendar of events at the Civic Center, including Manheim Steamroller Christmas concert, the Helena Symphony, and Warren Miller's "Ticket to Ride" Ski Film Adventure. For information and to purchase tickets, visit the Civic Center Website:

<http://www.helenaciviccenter.com/home.html>

Vigilante Bike Park Taking Shape At Centennial Park Amy Teegarden

Helena's first community bike park is taking shape, thanks in part to eager volunteers that shoveled dirt and built fence as part of National Public Lands Day (NPLD) on September 28. NPLD is the nation's largest single-day

volunteer effort for parks and public lands. This year the Parks Department teamed-up with Montana Conservation Corps and the Vigilante Bike Park committee to host a work day at Centennial Park. Volunteers were organized into groups that planted trees, built fence, shoveled and shaped dirt, and picked up trash. In a matter of half a day, 10 trees were planted, a fence was erected around the eastern edge of the bike park, and dirt was hauled and shaped into jumps and berms. By ends day enthusiastic cyclists were making lap after lap on the newly constructed pump

track. Future bike park features will include additional jump lines, dual slalom course, mountain bike skills track and kids pump track. Check out the Facebook page: <https://www.facebook.com/#!/vigilantebikepark> for more info.






Kids FallFest

October 12

Celebrate autumn in Downtown Helena with the Kids FallFest, a free family-friendly event on Saturday, October 12 from 10 a.m. to 2 p.m. in Pioneer Park.



All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.
Martin Luther King, Jr.

Curbside Recycling Options in Helena

Did you know we have two options for curbside recycling in Helena?

Our city offers the blue bag program, collecting aluminum cans, steel cans, newspapers, magazines and office paper (white and pastel) from your home once each month during curbside recycling week. Recycling week begins the first Monday of each month.

You can be added to the recycling pickup route and get blue bags delivered to your home by calling 447-8086.

Helena Recycling also offers curbside recycling in our city.

They accept all plastics (1-7), tin, aluminum, paper and cardboard. They pick up every other week for a monthly fee.

Helena Recycling charges a one-time setup fee for collection bins.

You can contact them at 457-2437, visit their website

<http://www.helenarecycling.com/> or email them at gogreen@helenarecycling.com

Tech Tip #7: Using Tables in Excel

To make sorting and filtering easier, create a table in Excel.

After entering data in a few rows, click on 'insert', then 'table'. Excel will automatically select the rows in which there is data for your table. If your table already has headers, click on the check box 'my table has headers'.

To add rows, click and hold on the bottom right corner of the table and drag the boundary down for the number of rows you wish to add.

The advantage to creating a table within an Excel worksheet is that you can click on the drop-down arrow on any of the headers and sort or filter without damaging the integrity of the rows of data.

In order to sort or filter in a worksheet without a designated table, you must select all of the data or Excel will sort or filter only the column you select, mixing up the data within rows.

For help with Excel, contact Ellen Bell x8360

Easy Oatmeal Muffin Recipe

Preheat oven to 350°

1 cup plain yogurt

1 cup oatmeal (dry oats)

1 stick softened butter

1 egg

1 cup flour

1/2 cup brown sugar

1 tsp. baking powder

1/2 tsp. baking soda

Optional: 2-3 mashed bananas or 1 cup of pumpkin pie filling, dried cranberries, nut pieces, cinnamon, vanilla, nutmeg

Mix together yogurt and oats, let sit for 30 minutes to an hour.

Add to yogurt mixture the softened butter, brown sugar, egg, flour, baking powder, baking soda and a pinch of salt.

Mix in other ingredients as desired, i.e. mashed bananas or pumpkin, dried cranberries or raisins, pecan or walnut pieces.

Pour batter into greased muffin pan and bake at 350° for approximately 50 minutes, or until the tops of the muffins are golden and a toothpick inserted in the center of a muffin comes out clean.