



April 2014
Volume 2, Issue 1

On the Gulch

A Newsletter For and About City of Helena Employees



Employee News

Welcome to:

Our new Recreation & Aquatics Director, **Liz Jones**; and

our new Parks Maintenance-Arborist, **Chris Daly**.

When you see Liz and Chris around, please congratulate and welcome them!

Goodbye and good wishes to **Les Morgan**, retiring in late April after 31 years with the city! You'll be missed, Les.

Congratulations to **Carrie Hahn**,

Administrative Services Division. Carrie was nominated for the Bob Worthington Risk Management Award by MMIA for her efforts in updating the city's property schedules. She spent many hours making sure every piece of property & equipment was listed with MMIA for coverage. She found missing information, undeclared structures and property and more. She credits our city departments for her success, thanking them for working hard to get her the information requested.

Great work, Carrie!

Spring Into Fitness!

Spring is a great time to make a commitment to getting in shape. As the days get longer and warmer, the great outdoors beckons us to come out of hibernation and get active with spring sports and activities.

One of those activities is our "Spring Into Fitness" challenge, beginning April 7. We will be stretching and building muscle, toning bodies and burning calories with the help of CareHere Connect. This 9-week challenge will include presentations by CareHere Exercise Physiologist, Margy Bartley; tracking of your exercise progress; participating in Wellness Challenge Connect Groups; postings from your Exercise Coaches, chances to win prizes, and more! Mostly we'll have fun, learn new fitness techniques and increase physical activity for a healthier YOU!

Details are racing your way soon!

CAPS!

Are you ready to celebrate our city's 150th anniversary? Show your pride in our city by purchasing a 150th Commemorative ball cap!

For just \$5.50 each, you can purchase caps in navy blue, royal blue, or camo. Bring your \$ to Sarah (x8401) in the City Manager's office, or send it through your department's administrative office.

Deadline is April 14th.



Tech Tip #12: Intranet Access Options!

*Ellen Bell

Have you checked out the new employee directory on the City of Helena Intranet site? Go to <http://intranet.helenamt.gov>; enter the same username and password that you sign into your computer every work day and click the Directory link. You'll also find lots of resources from city HR, as well as forms from Public Works and Risk Management.

Did you know that you can access your email and calendar on the Lewis & Clark County website here: <http://gw.lccountymt.gov>?

Your Retain archive is located at <http://retain.lccountymt.gov/RetainServer/Manager>, your FILR access is at <http://filr.lccountymt.gov>, and the county intranet is located at <http://intranet.lccountymt.gov>.

Simply use the same username and password that you login with each day at work. City employees with access to the network and GroupWise can also access training resources on the county intranet.



Want to volunteer for Helena's 2014 Senior All Night Party on June 7th at the Civic Center? Email Valerie Armstrong for details varmstrong@helenamt.gov

Spring Gardening Tips

Deer issues? “Some Native American tribes planted squash around the perimeter of their corn plots to deter deer. Apparently the critters don’t like to walk through it.”

More shade than sun? “Plants, such as cabbage, kale, and lettuces can be worked into more shaded spots.”

See more at:

<http://www.distinctlymontana.com/montana-food/03/03/2013/gardening-tips#sthash.D6zkGQWV.dpuf>

Check out the Farmer’s Almanac for the best dates to start your seeds and to plant the seedlings outside:

<http://www.almanac.com/gardening/planting-dates/MT/Helena>

Want to try “companion planting” where you plan your garden by planting companion plants? For more information, check out: <http://www.companionplanting.net/ListofCompanionPlants.html>.

Growing tomatoes? Make sure you have well-drained soil in a spot that gets lots of sun. Select varieties with short ripening time since our season is short here in Montana. “Tomatoes do well next to beans, peas or other legumes, as these deposit nitrogen, an important nutrient. You can go beyond “next to” in the case of bush beans, which can be planted around and among tomatoes, a practice called intercropping. Basil also makes an excellent companion crop for tomatoes, because it helps repel a number of insects.” A couple of great resources for tomato growing are here:

<http://www.planetnatural.com/tomato-gardening-guru/growing-tomatoes/>,

and here:

<http://msuextension.org/publications/YardandGarden/MT199217AG.pdf>

City Award News

Congratulations to the city Parks & Recreation Department on their Silver Buoy award from the County Health Department for safe & consistent operation of the Last Chance Splash Water Park!



Parks Maintenance employee and certified pool operator, Rod Feistner, accepted the award on behalf of the City from the L&C County Health Department in recognition of efforts for safe and consistent operation of the Last Chance Splash, splash deck. Also pictured here are County Commissioner Andy Hunthausen & Board of Health Chair Kelly Parsley

Honor Guard: Pride in City, State, Country, Culture

*Lt Torey Keltner

“Some of us have been participating in this parade for many years together; it’s definitely become a tradition. I don’t think Chad or I have missed one since we started working here. We’ve been very lucky to be part of the team.”

Lt Torey Keltner

The Helena Police Honor Guard has a long history of participation in the St Patrick’s Day Parade in downtown Helena. They have been leading the parade for many years and proudly display the United States, Irish, Montana and City of Helena flags as they march. Chief Troy McGee strongly supports the Honor Guard; this year the Police Department purchased four new flags from Montana Flag and Pole Co. The City of Helena flag they carry was specially designed and there aren’t many of them around, it is a replica of the one Chief McGee displays in his office.

The Honor Guard participates in events at the State Capitol building, including the state adoption ceremonies attended by Governors Racicot, Martz, Schweitzer and

Bullock. They march in the swearing in of the City Commissioners, the Governor’s Inaugural Ball, Montana Police Memorial, Montana Police Protective Association Conference, the Patriot Day Breakfast, events honoring dignitaries, and funeral proceedings.

The HPD Honor Guard works with other Honor Guards such as the Helena Fire Department, Lewis and Clark County Sheriff’s Department, and the Montana Highway Patrol. Working with other Honor Guards at events encourages positive relations among the organizations. Being a member of these teams shows the pride the officers have in their departments and their community.

Lt Torey Keltner oversees the HPD Honor Guard with assistance from

Cpl Kevin Carlson. Detective Chad Lawrence said that one of his favorite events for the year is the St. Patrick’s Day Parade.

Being a member of an Honor Guard is a privilege for Officers. It’s a chance to share a piece of history each time they attend an event. They laugh and joke around with each other until the event begins, then it is all professionalism and pride as they honor their community and the event. The Honor Guard members who carry the flags on St. Patrick’s Day carry traditions of the city with them. Officers represent their community and see the pride that people in Helena have in their city and in their Police Officers.

For more information, contact Lt Torey Keltner, x8830

COMING SOON: 150th celebration t-shirts, a design exclusively available to City of Helena employees and their families!