



July 2014
Volume 2, Issue 4

On the Gulch

A Newsletter For and About City of Helena Employees



2014 Centennial Park FUN Run or Walk **Kari DesRosier**

Employee News

Welcome to:

Robin Hall, Building Division;

Jeff Rankin, 911 Dispatch;

Chanel Blackwell, 911 Dispatch; and

Ken Harris, 911 Dispatch

When you see our newly hired employees, please welcome them!

On Thursday, May 29th, City and County employees participated in the first employee FUN Run or Walk event. The event was sponsored jointly by the City and County wellness programs and was a 2-mile race at the beautiful Centennial Park.

Although employees participated for different reasons, it was clear everyone understood the benefits of being physically active.

Participating with friends and co-

workers was an added bonus!

We got such good feedback it looks like we'll be doing one again next year.

Thanks to Morgan Maynard-Dixon, Liz Jones, Steve Larson and Maggie Brownlee for their help in organizing the run/walk!

Top Male Runner: Pat Marron

Top Male Walker: Andy Hunthausen

Top Female Runner: Ashley Maxwell

Top Female Walker: Michele Shepherd

**Government Tuesday
Brewers Baseball \$3
admission for government
employees and their families!
Bring your city ID or pay stub!**

Tech Tip:

Now that the transition to Retain Archiving is complete and we've had time to adjust to new ways of managing our GroupWise mailboxes, ITS is preparing to return the Maximum Storage Limit to 100 MB.

If your Mailbox Size (check status bar at the bottom of your GroupWise window) is 45% or more, it will equal 90% or more when the change takes place. You will see a popup message that says you hit the limit, you will continue to receive messages, but you cannot send messages.

Once Retain has archived your mailbox, sent items and cabinet folders, you can delete all email that is older than 5 days – either manually or by setting your options to auto-delete after a set number of days. Call Ellen at 447-8360 if you have questions about GroupWise and/or Retain.



Participants: Pat Marron, Aaron Douglas, Ashley Maxwell, Paul Witham, Janice Long, Art Pembroke, Beth Norberg, Jennifer McBroom, Don Clark, Mike Swingley, Paul Spengler, Michele Shepherd, Jolene Helgerson, Heather Baker, Carrie Hahn, Andy Hunthausen, Misty Edwards, Frosty Linjanen, Craig Marr, Sarah Elkins, Karen Lane, & Katie Wagner.

Distracted Driving Fines - Up to \$105 July 1st!

July is the month for big events in Helena!

Mark your calendar for these special events:

July 14th - Monument to the Discovery of Gold Dedication

July 16th - Helena's 150th Celebration Alive@5

July 19th - Chalk Up Helena & Symphony Under the Stars, Free Swim Day at Last Chance Splash (sponsored by Jackson Orthodontics)

July 24 - 26 - Last Chance Stampede Rodeo & Fair

July 31 - Mountain View Park dedication and celebration with music and activities from 5 - 8 pm

Find more information about events related to Helena's 150th anniversary at helenamt150.com



Yams -

A great source of protein



Did you know that yams are a great source of non-animal protein?

Here are two ways to add them to your meal:

Slice into 1/2 inch disks. Put the slices on a medium heat grill or griddle, coat with olive oil and sprinkle with garlic salt. Flip when nicely browned, about 10 minutes. Cook till the disks are tender, use a fork to test. Serve with rice and grilled vegetables.

Add to vegetable skewers and serve with rice:

Cut yams into 1/2 inch cubes, place in covered microwave dish with water and cook till slightly tender. Add to vegetable skewers and grill with olive oil & garlic salt.

Congratulations! City of Helena Employees Make A Difference - Again!

City employees recently received recognition for a variety of great work!

Fire Chief Sean Logan and engineer Les Morgan (retired in May) received Historic Preservation Awards in May.

Chief Logan received an award for his efforts in restoring the fire tower and preservation of Helena Fire Department artifacts. He is currently working to digitize our city's historic meeting minutes from the beginning of our charter in 1881. You can find those minutes on the Montana Memory Project website: <http://montanamemory.org/>, search for Helena city council minutes.

Les Morgan retired after more than 30 years with the city. He received a Herb Jacobson Lifetime Achievement Award for his preservation of City Engineering documents and other city historic materials.

Corporal Berkeley Conrad received a [Lifesaving award](#) for his off-duty actions that saved the lives of two fishermen whose boat had capsized in Lake Helena.

Morgan Maynard-Dixon, our benefits specialist, received a nomination for an award through MMIA for her work on our wellness programs for city employees. Congratulations!

**Have an idea for an article you'd like to see here? A recipe to share?
Something you'd like to learn more about? Send ideas to citynewsletter@helenamt.gov!**