



On the Gulch

A Newsletter For and About
City of Helena Employees



Islands Installed to Clean Our Storm Water

Our water superintendent and water staff are always looking for creative ways to save money AND improve and protect our environment.

The newest additions to that effort are the installation of **Biohaven Floating Islands** in our storm water detention ponds behind K-mart.

According to the manufacturer's website, the islands are "...designed around the same principles as a wetland: utilizing the natural processes of plants and microbes to improve water quality. BioHavens are man-made floating islands. Similar to wetlands,

they create a habitat for plant and microbial species. Some benefits listed on the website (<http://www.biohavenenvironmental.com/technology.php>):

- ◆ Environmentally friendly with the use of no chemicals or operational energy
- ◆ The capacity to simultaneously treat multiple pollutants (nitrate, phosphate, ammonia, organic carbon, algae, heavy metals, suspended solids, etc.)
- ◆ No construction requirements or use of existing land for facilities or wetlands

◆ Aesthetic and recreational improvements to the community and the environment (water clarity, odor control; parks, multi-use facilities)

◆ Cost-effective; a fraction of the cost of both constructed wetlands and brick and mortar waste water treatment plants (in terms of construction, deployment, and maintenance/operations)

Questions? Contact our water utility maintenance division, Janice Long x8567



Employee News

Congratulations to:

Michael Kent from SSD,
on your retirement.
You'll be missed!

Summer in Montana - Plenty of Activities!

Alive@5 each Wednesday, Farmer's Market each Saturday, plus activities through our L&C Library, try geocaching, biking, hiking, the list is endless! Check out the calendar at HelenaEvents.net



What Vegetable is THAT?

And how should I eat it?

Jicama (pronounced hih-cam-ah) is a root in the bean family that was originally harvested in Mexico.

It has a very mild flavor and the texture of an Asian pear. It is a versatile food that can be served raw or cooked.

Peel the root with a sharp potato peeler or paring knife before eating it.

It can be added in strips, chunks or shredded to salads, coleslaw, stir fry, generally any dish where you might find water chestnuts or chopped apples.

According to the Food-Facts website, jicama is an excellent source of fiber and vitamin C. For more information, click here: <http://foodfacts.mercola.com/jicama.html>

Summer Programs Through City Parks & Recreation

You will not believe the options for recreation in the city this season!

Tennis: 2 three-week sessions are offered,

June 16-27 & July 7-11 and
July 14—August 1st

Lessons are available for students from Kindergarten to adults. There are introductory lessons and sessions for more advanced players.

Click here for details:

http://www.helenamt.gov/fileadmin/user_upload/City_Parks/Tennis2014.pdf

Swimming: 4 two-week sessions

Lessons are available for all ages. Go to the Last Chance Splash website for more information:

<http://www.lastchancesplash.com/lessons.html>

Golf: Youth golf camp session will be June 17-20. Visit the Bill Roberts Golf Course website for information:

http://www.billrobertsgolf.com/first_tee/

Swing & Splash Camps: Golf & Swim, or Tennis & Swim for grades 5 - 8. More information:

<http://www.helenamt.gov/parks/recreation-activities/swing-splash-camp.html>

There are all kinds of other activities across the city!

Don't miss the new pump track, climbing rock, playground and exercise equipment now available at Centennial Park!

For information about upcoming mountain bike clinics, visit Bike Helena at

<http://www.bikehelena.com/>

Not a sports kind of person?

Check out our extensive hiking trails!

<http://www.helenamt.gov/parks/open-lands-and-trails.html>

Click on Helena Area Trails to view the map. Scroll in to see details and plan your hike.



Customer Service Tip: Feelings are valid

If you've ever had experience with a three year old, you know that life is full of disappointment when you're three. Every idea you have at that age is Earth-shattering. Get a scrape on the knee? Weep. Don't get the toy you wanted in your Happy Meal? Sob. Lose your favorite blanket? No recovery. They seem like small things to adults, but to a child these things have deep meaning.

We all have perceptions that shape us. Because we don't see things the same way, we must be conscious that perceptions are as important - or more important - than intention. You don't intend to be insulting; if someone perceives your actions or words as insulting, your intention doesn't matter.

What to do? Acknowledge the hurt feelings. Ask what was hurtful and apologize, then explain your intention. Never dismiss a person's feelings, no matter how silly they may seem to you. It is a quick way to escalate an argument and can damage a relationship. **Remember:** Perception matters.

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!