

Gifts from the heart

Featuring Empty Stockings:
Holiday wish lists of community
organizations

Independent Record | helenatv.com

WEST MONT



PHOTO PROVIDED

Farm clients and staff enjoy a visit from Santa and Mrs. Claus.

Empowering people with disabilities

West Mont has been caring for Montanans since 1973. We create opportunities that empower people with disabilities. We have 17 facilities in Helena including 13 comfortable group homes and 4 vocational centers. We offer meaningful and fulfilling employment that provides our clients with a sense of accomplishment and gives them the opportunity to earn a paycheck. Additional services include nursing care, respite, and recreational/social activities.

All of the people we serve are low-income and many have no family or family living nearby. Continued budget constraints make it difficult to do extra things. Our clients' "2019 Wish

List" includes the following:

- Men's & women's warm gloves and hats
- Men's and women's socks
- Men's T-Shirts sizes medium to extra-large
- Men's sweat pants in sizes medium-extra-large
- Women's sweat pants in sizes medium-extra-large
- Arts & crafts supplies
- Large piece puzzles and playing cards
- Blank greeting cards
- Scrapbooking supplies
- Music CD's and DVD movies
- Movie passes
- Coffee gift cards
- Haircut gift certificates
- Toothpaste

- Sensodyne Toothpaste
 - Denture cleanser
 - Unscented deodorant/antiperspirant
 - Cetaphil Cleanser and Lotion
 - Unscented men's and women's body wash
 - Shaving cream
 - Poster frames
 - Heavy duty blankets
 - Poster frames
- Gifts may be dropped off at West Mont's main office located at 2708 Bozeman Avenue or to arrange for pick-up of your donation, please contact us at 447-3100. Thank you for your help in making this year's holiday even more special for our clients.

HELENA XPRESS SINGERS



PHOTO PROVIDED

Entertaining the Helena area for 45 years

Helena's Xpress Singers, a local member chorus of the Sweet Adelines International, has been entertaining the Capital City area for 45 years. They perform for non-profit events, conventions, parties and bring singing delight to nursing and retirement homes. The 30 plus member women's chorus, represents Helena at the Sweet Adelines regional competition each year and also produces the popular Xpress Talent Search.

21, has a cash prize of \$1,000 for the top talented singer. Information can be found on their website, HelenaXpressSingers.org and their Facebook Page.

During the Christmas season the vibrant, 4-part harmony a cappella group, invites local women to rehearse and perform with the Xpress Singers as part of their Christmas Chorus. The Xpress Kids Chorus, made up of local children is also organized. The Xpress Singers along with

Guests and the Kids Chorus, perform in the annual Christmas Concert. The 2019 show will be December 14th, at St. Paul's Methodist Church.

The Christmas Concert is a free community family event, and the Xpress Singers appreciate any donations to help defray expenses associated with the show. Xpress Singers' supporters can donate through the website HelenaXpressSingers.org or mail a check to P.O. Box 6664, Helena MT 59604.

FLORENCE CRITTENTON



Providing services to strengthen families

Imagine on this cold winter day a young mother sleeping in her car with her 6-month old son. Or parents that desperately need to get to school and work if they could just find good childcare for their toddler. Imagine for a moment a mother or father struggling with addiction, but too afraid to ask for help for fear of losing their precious baby girl. What do each of these families have in common? With support and care they can and will become flourishing members of our community.

Florence Crittenton provides a wide array of services that strengthen families and build a stronger community. We do this through residential programs, outpatient programs, and community-based early childhood programs. At the core of Florence Crittenton is the belief that understanding the strong role a person's past plays in their present and future is the key to helping families heal, grow and thrive. We focus on the strengths of our families to start the healing and education process, asking "what's right with you," instead of "what's wrong with you." Florence Crittenton believes that real change comes for families when you can work with the entire family, not just a parent or a child. No different than allowing a patient with a physical illness to be surrounded by family and friends for recovery, we believe those facing mental health and substance use challenges should be able to heal surrounded by their support system and their children.

Our programs and services include housing and support for homeless youth and their children, substance use recovery services for families, home visiting programs, as well as high-quality childcare and preschool services. Through these services, and the continued support of this community, we will continue to provide the highest quality of care to our most at-risk families.

The holidays can be an especially difficult time for families that are struggling with multiple challenges and often a past filled with trauma. Your monetary support and in-kind donation of items on this wish list allow us to provide a loving environment, basic necessities, and services that can make lasting change for these families. YOU are giving these families the opportunity to get the help they need to heal, create new traditions, and make the best life possible for their children; and that translates to a healthier community for all of us. Your compassion in action is changing the future!

Current Most Needed Items

Monetary Donations: these donations are imperative to the operation of our high-quality services for families. Monetary donations allow for appropriate staffing levels, providing necessities and access to medical care, continual training for staff, timely maintenance of facilities, support to help children stay with their parents in a safe and loving environment, access to education support, and ongoing growth and development of our programs. Your monetary gifts offer the transformational support these families so desperately need and deserve.

ITEMS

- NEW bath towels, baby towels, washcloths, and shower curtains
- NEW hair brushes
- NEW nursing bras/tanks, sports bras, leggings, underwear and socks
- Winter clothing for infants, toddlers, and adults
- Drinking glasses (short ones)
- Pots and pans
- Alarm clocks
- Night lights
- Or look for one of our Giving Trees around town for specific items for current clients

Gift cards: can be very useful to purchase gas, emergency clothing, groceries, over the counter medications, and other necessities as needed by our young families. Gift cards can also be used to print baby pictures, or for incentives and small gifts for clients on special occasions. Stores frequented are Walmart, Target, TJ Maxx, Hobby Lobby and Costco.

Items we cannot accept due to licensing regulations:

- Car seats, bassinets, baby swings
- Bumpers for cribs
- Used stuffed animals
- Strollers, bouncers and cribs manufactured more than two years ago (before 11/2016)
- Crochet or knit blankets

Donation Guidelines:

For safety reasons, we must unwrap all gifts that arrive wrapped. Please do not wrap your gifts. Our staff and volunteers will wrap all donated presents before the holiday.

Donated items can be dropped off at the north entrance of the Home: 901 N. Harris St, Monday through Friday from 9 a.m. to 5 p.m.

Please visit our website at www.florencecrittenton.org, or contact Deniese Dempsey at deniesed@florencecrittenton.org or 406.442.6950 x204 for donation and end of year giving questions.

INTERMOUNTAIN



Brian Tetrault pets Johnathan, one of Intermountain Therapy Animals’ certified therapy miniature horses, at St. John’s Lutheran Church in Helena.

Healing through healthy relationships

Intermountain’s mission is to “Heal Through Healthy Relationships” — but why?

The importance of safety...

Safety in relationships can look different to each of us.

Safety can look like a healthy relationship nurturing:

- The ability to maintain emotional balance
- The ability to except disappointment and loss
- The willingness to share feelings and seek support

But when safety doesn’t exist...

When a child is exposed to harmful relationships involving ABUSE, NEGLECT, or INSTABILITY, safety leaves and often takes hope with it.

These types of relationships create:

- Emotional imbalance
- An inability to except disappointment and loss
- An unwillingness to share feelings and seek support

So why do we heal through healthy relationships?

We form healthy relationships to bring back safety...

When you have safety, you can find hope.

Urgent needs

Items most frequently requested across all of our programs:

- Pencils
- Glue sticks
- Acrylic paint
- Paint brushes
- Colored paper
- Crayons, colored pencils, markers
- Coloring books
- Arts and crafts supplies of all kinds
- Play-Doh
- Activity kits - e.g. science, crafts, jewelry
- Jigsaw puzzles
- Legos
- Juvenile book series - e.g. Percy Jackson and the Olympians, Big Nate, Diary of a Wimpy Kid
- Water bottles
- Cones
- Kickballs
- Sleds
- Snow pants
- Helmets
- Knee, elbow, and wrist pads
- Baby dolls, range of ethnicities
- Doll house accessories
- Superhero action figures
- Hot Wheels cars
- Ungame (therapy game)
- Flash cards - all math functions
- Decks of cards
 - Card games
 - Uno Attack
 - Spot It
 - Go Fish
 - Memory
 - Board games:
 - Chutes and Ladders
 - Candy Land
- Hand fidgets (no spinners, please)
- Oral-sensory chews
- TheraPutty
- Weighted blankets
- Bean bag chairs with removable covers
- Birthday and holiday wrapping paper
- Birthday party and holiday supplies and decorations
- Gift cards: e.g. Target, Hobby Lobby, Walmart, Great Clips, Dairy Queen, Pizza Hut
- Activity passes: e.g. movie theatre, bowling lanes, Flippin’ Family Fun, ski passes and rental
- Sorry!
- Trouble
- Boggle
- Aggravation
- Checkers
- Chess
- Mancala
- Monopoly
- Kerplunk

CHRISTMAS GIVING TREE



Bringing holiday cheer to children in Helena area

Good Samaritan Ministries and the Cathedral of St. Helena have been teaming up for more than 15 years to provide Christmas cheer to more than 350 children in our Helena area. Please help us bring the miracle of Christmas to children from infancy to age 15. We are collecting new, unwrapped toys or other items for the age groups at the following locations until December 8th.

- Lasso The Moon
- FastSigns
- Vanilla Bean
- Planet Gyro
- Capital City Health
- L&C City/County Building
- Leslie’s Hallmark (both locations)
- Shellie’s Country Café (both locations)

Registration: We welcome anyone who may need toy assistance for their children this Christmas Season. Come to the Good Samaritan Thrift Store, 3067 N. Montana Ave. to register for toys. Bring a photo ID for the adult and Social Security cards for the entire household. No appointment necessary. Applications are being taken now until Dec. 11th Monday-Friday, 9 a.m. -3 p.m.

Distribution will be on December 14th in the basement of the Cathedral (Brondel Center) 530 N. Ewing. It will be a fun and festive atmosphere where the “shopping” parent will be given the opportunity to select toys, books (4 – 5 per child from the Maria Goebel Memorial Library), board games, etc. for children up to 15.

Follow us on Facebook (facebook.com/christmasgivingtree.csh) for updates on the latest news and information about our project!

For more information, call Kathy Surbrugg at 406-442-5825.

HELENA AREA COMMUNITY FOUNDATION

Supporting nonprofits through giving

Helena Area Community Foundation’s holiday wish list is simple. We are looking for individuals who care deeply about the future of Helena — and who recognize that by supporting their local community foundation, they are supporting all of the nonprofits they care about — forever.

HACF leads collaboration and investment for compassionate, safe, healthy, and resilient communities. We inspire people to make a difference by encouraging a spirit of giving to provide resources that benefit present and future generations. In 2019, HACF granted \$25,0000 to local nonprofits. Supporting HACF now ensures that nonprofits in the Helena Area will have the resources they need, now and forever.

WILD ABOUT CATS RESCUE AND SANCTUARY

Saving the lives of cats and kittens

Wild About Cats Rescue and Sanctuary (WACRS) is a non-profit organization based near Clancy, Montana. We are 100% volunteer operated.

WACRS has saved the lives of hundreds of cats and kittens. We accept cats from owners that are moving or can no longer care for them. We also rescue cats that have been abandoned or abused. It is our goal to give them forever homes with owners who will love and care for them.

While the cats are in our care they are spayed/neutered and given their first shots. There is an adoption fee upon approved application.

If you are unable to care for or choose not to keep the cat you may return it because we have a lifetime commitment to our cats.

In addition to adopting cats as pets we also provide trap/spay and neuter/return (TNR) service for feral cats which includes rabies shots. We humanely trap colonies of feral cats and then return them to their colony. We also have semi-feral cats available to those that seek to adopt barn cats.

Applications for adoption are also available at the Petco in Helena. We gladly accept donations which may be sent to WACRS,

PO Box 7866, Helena MT 59604-7866.

For the holidays (and any other time of year!) we are seeking:

- cat bedding
- non-clumping cat litter
- cat food (dry and canned)
- kitten food (dry and canned)
- KMR (kitten formula)
- cat trees
- scratching posts/pads
- carriers/crates
- houses
- toys of all sorts
- donations for spay/neutering, vaccines and medical care

We thank all of our supporters, new and old, and those who share our Facebook posts! Our website is wildaboutcatsmontana.org and we can be found on Facebook at facebook.com/WildAboutCats. Thank you in advance for any donations!



HELENA YOUTH HOMES

Giving area youth a place to call home

Helena Youth Homes serves close to 80 teens every year through our shelter, the Margaret Stuart Youth Home, and our therapeutic group home, the Jan Shaw Home for Girls. We also serve over 100 children and family members through our Dan Fox Family Care Program, which recruits and trains therapeutic foster families and provides support and outpatient therapy.

With so many youth in our care, we are often in the market to replace worn items. We always have a need for (and would greatly appreciate): new bathroom items, including towels and washcloths, toiletries, bath mats and cleaning supplies; new kitchen items, including large nonstick skillets, utensils, silverware, and Tupperware; and new twin-size bedding sets (sheets and blankets) and pillows.

Art supplies, puzzles, and games are always welcome.

For the youth who come to us with the clothes on their back (and not much else), gift cards to Target or Wal-Mart would allow them to purchase new clothes. We would also like eight pairs of snow pants and gloves for our annual ski trip.

In order to create a special holiday for our youth in group homes and foster care, we ask that each child fills out a wish list, consisting of a few items under \$40. It is our sincere hope that the community of Helena will assist in fulfilling these wish lists.

For more information on fulfilling a child’s wish list, or to donate an item requested by our group homes, please contact Colleen Rivers, Program Manager, at 449-3038 or crivers@youthhomesmt.org. We are grateful for your support! Together, we fulfill our mission “to help every youth feel safe, have a sense of belonging and find a place to call home.” Thank you, Helena!

CASA OF LEWIS & CLARK AND BROADWATER COUNTIES

Advocating for children in the court system

This year to date, we have served 178 children. A majority of these children are 0 to 5 years old. Each year during the holiday season, I’m always reminded of how compassionate our community is for the generous support you give to help the children in foster care. We would like to thank the Helena community for participating in Empty Stockings in previous years. Your donations make it possible for families in need to celebrate during the holidays.

There are nearly 4,000 Montana children in foster care who have experienced abuse or neglect. Instead of playing with neighbors and making happy family memories, they are attending court hearings, adjusting to new foster homes and transitioning to new schools. That is a heavy burden for a child to carry.

With a court-appointed special advocate (CASA) volunteer dedicated to their case, our community’s most vulnerable children have someone by their side. Each volunteer is appointed by the judge to advocate for the child’s best interest. They stay with each case until it is closed and the child is in a safe, permanent home.

Our volunteers work with legal and child welfare professionals, educators and service providers to ensure that judges have all the information they need to make the most well-informed decisions for each child. Our best-interest advocacy is driven by the guiding principle that children grow and develop best with their family of origin, if that can be safely achieved. Most of the children we work with are in foster care, but some are with their family of origin. We are “the eyes & the ears” of the court and are trained volunteer advocates who provide all activities necessary to promote the health, safety and welfare of children. CASA has 59 active volunteers and over 200 children in the system.

This year, Co-Executive Directors, Kendra Proue & Pamela Young are asking for the community to help foster families with the holidays by donating a gift card which will be used to purchase food, necessities, clothing and toys. Gift card donations will be given to the child’s appointed CASA to shop for or with the child they serve. Any amount donated helps in a big way and we greatly appreciate your support!

For more information please call our office at 457-0797, e-mail Pamela Young at pyoung@helenacasa.org or Erin Gilmore, Program Coordinator at egilmore@helenacasa.org.

MONTANA LEARNING CENTER

Providing scientific adventures for students

Because of you, more students than ever had scientific adventures at the Montana Learning Center in 2019. More than 325 youngsters experienced summer camps ranging in topics from Crime Scene Investigation to Space Quest at both the Center's unique lakeside environment and in Yellowstone National Park. It has also been a record year for our adult programs, with 80 teachers participating in 6 workshops. These science and math educators take their enthusiasm for what they learn to classrooms throughout Montana.

For the first time, campers and adults experienced the wonder of the night sky and learned about astronomy at the largest public telescope in Montana, located on our campus. Students observed the Moon, galaxies, nebulae, and star clusters, and they also had the opportunity to safely observe the sun. The new observatory is also open to families, groups, and individuals from the general public who are interested in exploring the universe.

Supporters like you help make the Montana Learning Center an ideal location for new programs. As you may know, we now have an exciting partnership with NASA. The Center was one of 14 institutions nationwide chosen as regional hubs for the Apollo 50th Next Giant Leap Student Challenge. Thirty high school

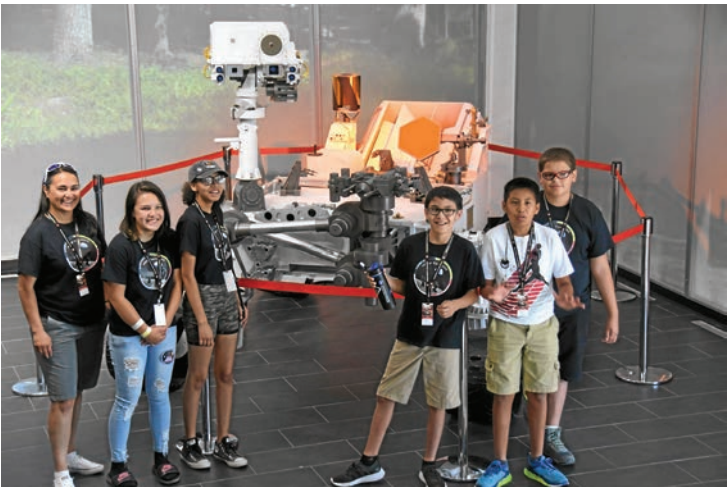


PHOTO PROVIDED

Browning students were the top-scoring Native American team in Montana and the winner of the Judges' Choice Award.

and middle school teams from across Montana were able to stay at the camp and use the dorms and classroom spaces throughout the Challenge.

Teams were from rural Montana and represented the diversity of the state. More girls than boys participated in the NASA science competition, and all of them gained more than science knowledge. One student said, "I learned how to work with teammates better than I ever have before. I improved my programming skills, learned how to operate a drone, and even how to manage my time." The winning teams from each division had

the trip of a lifetime, traveling to NASA centers in California, Texas and Florida.

The team from Browning, Montana was the highest-scoring Native American team, taking home the Judges' Choice Award. Because of their hard work and creativity, the Browning Moon Dancers won a trip to Pasadena, California. Team members say they were proud to represent the Blackfeet Nation to the science community.

While in California in mid-August, the Moon Dancers toured the Griffith Observatory and the California Science Center. They had a special tour of the NASA Jet

Propulsion Laboratory, a facility that creates space rovers. Since many of them had never seen the Pacific Ocean, they were very excited to take a special trip to the coast and wade in the waves.

We have again been selected by NASA to host the ROADS on Mars Student Challenge for Montana. We expect to have a larger turnout than last year. The grand prize will be an all-expense paid trip to watch the Mars 2020 Rover launch into outer space from the Kennedy Space Center.

For summer 2020, we plan to expand our summer learning camps for kids from 20 camps to 26 camps over an eight-week period. We are currently looking to continuing offering camps like Montana Treasures and Explore the Universe, while introducing robotics camps to engage a wider audience.

Your past support and involvement is very much appreciated. Your help is needed now to keep programs for students and teachers affordable and relevant to the ever-changing world of science.

Please make a contribution today at <http://www.montana-learning.org>. Thanks to friends like you, campers and students in special programs like the NASA Apollo Next Giant Leap Student Challenge will continue to have out-of-this-world experiences that will shape their future.

LEWIS & CLARK LITERACY COUNCIL

Help your neighbors learn English

Help your neighbors learn to read and speak English!

The Lewis & Clark Literacy Council is a 501c(3) non-profit that provides free English & literacy lessons for adults in Helena. Through our small group classes and dedicated group of volunteer literacy tutors, we connect adult learners with individual lessons and support reaching their own goals.

Our students are each unique, and your donations help provide them with individual instruction and personalized learning plans. They are a single-mom, working for her high school diploma so she can go to college and set an example for her children; a business professional starting a new life after leaving a country disrupted by political unrest; a parent learning English so she can participate in activities at her child's school.

You can help make their dreams a reality with a gift this holiday season. In our classroom we need: spiral notebooks, classroom chairs, a globe, English learner textbooks, sets of non-fiction early reading books, and iPads or tablets. Contact Mary DuVernay at LCLiteracy@gmail.com to make a donation or visit www.LCLiteracy.org/give to donate online.

PEERS UNLIMITED

Social experiences for those with and without disabilities

PEERS Unlimited (Partners Ensuring Equal Rights and Supports) was started 27 years ago by a group of local parents who believed that their children, who had disabilities, deserved to have the same opportunities to live life as those children without disabilities. Since that time, it has grown into a small non-profit that provides social interaction experiences between persons with and without disabilities. Each event serves 75-150 persons with disabilities, and they are open to the community and outlying areas. Summer camp is attended by people from all over the state. We hold between 45 and 50 events a year. The cost of events depends on where they are held, the cost of food, prizes and entertainment and we strive to ensure that events are free for our participants.

For some individuals PEERS Social Club events are the only outings where they can hang with friends they may rarely see, meet new friends, have the opportunity to experience their community (sporting events, museums, wildlife, camp), try new things (Karaoke, dancing, fashion shows) and enhance knowledge of ways they can make a difference in their community by volunteering. PEERS volunteers and 1 part-time staff welcome new participants and have created trusting relationships with regular participants which creates a sense of safety in any environment.

In future years we hope to expand our services to include SKILD (Skills and Knowledge for Individuals Living with Disabilities), a program to teach social, relational, and foundational education skills for adults with disabilities. Expanding job skills and employability, social interaction skills that will assist in being more active and successful in our community,

and healthy relationship skills so they may have a more satisfying life with friends and family.

Our Mission

PEERS Unlimited aims to educate persons with and without disabilities, so they may learn to live, love, laugh and grow side by side as equal contributing members of their community.

Wish List for PEERS

- Volunteer(s) to help with Facebook, email, and social media marketing
 - Volunteers to assist with grant writing and /or fundraising
 - Monetary donations to pay for food, entertainment, and other costs of weekly events
 - Monetary donations to pay for camp costs and camp scholarships
 - Monetary funds to purchase or rent location for SKILD program
 - Monetary funds to purchase computers, assistive technology, and school supplies
 - Items to use for Bingo prizes- movies, books, CDs, games, puzzles, household items
 - Use of space that will comfortably hold up to 200 people for events
 - People to spread the word about our organization
- To find out more, or for a calendar of events visit our website at www.peersunlimited.org.
- Donations can be sent to:
PEERS, Unlimited
PO Box 173
Helena MT 59624
- For more information, to drop off donations, or to volunteer please contact:
- Paul Kindt, Executive Director, pakindt@bresnan.net, 439-5487
 - Shannon Champagne, Coordinator, shanathome@outlook.com, 439-3035

THE FRIENDSHIP CENTER

Supporting and housing victims of domestic and sexual violence

The Friendship Center (TFC) provides safe shelter and a broad range of support services to victims of domestic and sexual violence and their families. All of our services are free, confidential and available 24 hours a day, 7 days a week. This year, we are on track to serve more than 500 unique and known individuals at TFC, and many more through our anonymous hotline. Through September 30th, we had already provided 7,773 nights of safe shelter to men, women, and children who are fleeing violence. Forced to leave precious personal items, household goods, and essentials behind, victims of abuse often come to TFC with literally nothing but the clothes they are wearing.

We work with people who come to us in a time of great need. Our small but mighty staff provide a multitude of free and confidential services including group therapy, in-person crisis counseling and safety planning, assistance with Orders of Protection and court accompaniments, and accompanying victims of domestic and sexual violence to medical exams.

Here at The Friendship Center, we do everything we can to help clients be safe, strong and independent, but it depends on community support to help provide many of the day-to-day necessities that families need.

Many of the women living in our shelter are job hunting, have numerous appointments, children to take to school, and



need to travel to and from other community resources. Gift cards for fuel are always needed and would be very much appreciated. As we are helping struggling families with items that cannot be purchased with public assistance, we always need toilet tissue, Kleenex, paper towels, laundry baskets, laundry soap and dryer sheets, feminine hygiene products, baby diapers and wipes, baby formula, dish soap, trash bags of all sizes, and cleaning supplies. We also need of winter boots for adults and children.

Due to their financial circumstances, our families have very few opportunities to have fun together. We always are able to use movie passes and gift certificates for local restaurants for family outings. The Friendship Center staff and the families we serve are all deeply grateful for your generosity and kindness!

For more information about The Friendship Center, and how you can make a difference in the lives of families suffering the impact of domestic and sexual abuse, please visit our website at www.thefriendship-center.org.

Current needs

- Gift cards for food
- Gas cards
- Movie passes, pizza and local restaurant gift certificates
- NEW women's underwear, bras, socks, sweatpants, and hoodies
- Toilet paper
- Garbage bags both 33 gallon and 13 gallon
- Size 5 Diapers
- Shampoo, conditioner (small bottles but bigger than travel size) and deodorants
- NEW hairbrushes and razors
- Laundry supplies, dryer sheets and detergents
- Slightly used furniture, table/chairs, dressers
- Pots and pans, mixing bowls, toasters, microwaves, and forks
- Trash cans and cleaning supplies, including multi-purpose, bathroom cleaner, and furniture polish
- Reusable shopping bags
- Kid-friendly dishes
- New bed pillows
- New(er) full size sheets, full blankets and comforters. Twin and full allergy mattress covers.
- New in package "Straight Talk" Phone kits and minutes

Help Feed Children, Families, Seniors and Veterans



Please make a gift today!

YES! I WANT TO HELP FEED PEOPLE!

Enclosed is my tax-deductible gift of \$ _____

Donations by check may be mailed to:
PO Box 943, Helena MT 59624
Or call (406) 443-3663 x104

Name _____

Address _____

City _____

State/Zip _____

Phone _____

Or donate online: **www.HelenaFoodShare.org**

Thank You

ROCKY MOUNTAIN DEVELOPMENT COUNCIL

Improving quality of life for individuals and families

Each year during the Holiday season, those of us at Rocky Mountain Development Council, Inc. (Rocky) are reminded how awesome and generous the Helena area community is to those in need. Thank you for all you have done for Rocky, its programs, and most importantly, our program participants.

Rocky strives to improve quality of life and promote self-sufficiency for individuals and families.

Things like the following happen at Rocky every day: Area IV Agency on Aging just served an elderly woman who was a victim of theft from her caregivers. Working with the caring Rocky staff, she is well on her way to coming out of a serious temporary financial crisis. Grandpa Carl, part of the Foster Grandparent Program, tells us that if he could put a price on the number of hugs he has received in five years as a Foster Grandparent, he would be a millionaire.

Rocky – a Community Action Agency (CAA) that primarily serves Lewis & Clark, Jefferson, and Broadwater Counties in Montana – was established in 1965, a year after federal authorizing legislation. CAAs are distinctive in that they routinely have more than one program that addresses community needs, which is true of Rocky. Our programs include Affordable Housing, Area IV Agency on Aging, Energy Services, Head Start, Rocky Mountain Preschool Center, Senior Corps, and Senior Nutrition and Transportation.

Rocky's wish list for this holiday



THOM BRIDGE, INDEPENDENT RECORD

A team of volunteers works to spruce up Elmer Osborne's house during the 2019 Spirit of Service event sponsored by the Rocky Mountain Development Council.

day season includes:

Agency IV Agency on Aging appreciates both cash and gift card donations that enable the program to purchase specific items for low-income individuals in nursing homes and other clients.

Energy Services could use blankets, gloves, and hats for those experiencing heat emergencies.

Head Start needs:

- Snow boots (children's sizes 8-13)
- Waterproof mittens (preschool size)
- Snow pants (children's sizes 4T,

- 5T, 5/6)
- Underwear (children's sizes 4T, 5T, 6)
- Socks (children's sizes 4T, 5T, 6)
- Sweatpants (neutral colors sizes 3T, 4T, 5T, 5/6)

Meals on Wheels participants would love mugs with cocoa or tea, notecards and stamps, candy, and crafts, and personal care items. Our staff could use snow cleats for use in delivering meals.

Cash donations made to an individual program, or all of Rocky, would also be very much appreciated.

Happy Holidays from the Rocky Family to yours.

GIRLS THRIVE

Empowering girls through sports, activities

Girls Thrive (GT) is a Helena-based, volunteer-operated, nonprofit organization that is dedicated to encouraging girls to thrive! We are on a mission to inspire girls to empower themselves through a variety of sports and educational activities designed to improve self-confidence, self-esteem, and positive body image.

GT currently offers three sessions throughout the year to girls between 6-12th grade; eight-week sessions in the fall and spring and a four-week session in the winter. Core sports in the fall and spring are mountain biking and running, and a cross-training day is provided for girls to experience a variety of other activities such as, yoga, swimming, and rock climbing. A mission-focused educational activity is also planned for each day ranging from a plethora of topics including, but not limited to: body image, leadership, communication, resilience, diabetes prevention, tobacco prevention, respect, and active listening.

Research demonstrates that by 14 years-old, girls drop out of sports at two times the rate of boys for reasons including: lack of access, changing bodies, and lack of positive role models. Additionally, 70% of girls nationally believe they are not good enough or do not measure up in some way, including their appearance, academics, and relationships with



family and friends. GT bridges that gap for a diverse array of girls with varying abilities and encourages them to stay active, despite the many challenges encountered that steer them away from sports.

This giving season, give the gift of self-empowerment and confidence to many Helena-area girls through a tax-deductible, year-end gift to GT. As a 100% volunteer-operated organization, all donations directly benefit the girls. This year, GT positively impacted the lives of 41 girls and registration has been selling out within 24 hours!

The need for this program is evident; monetary donations put towards scholarships (\$110 per girl for Fall & Spring Sessions &

\$85 per girl for Winter Session) to ensure program participation for girls in need is a constant. Curriculum and equipment maintenance and needs, are also ever growing.

With your help, we can inspire more girls to empower themselves for brighter and stronger futures. Gifts can be made through our website: www.girlsthrive.com or checks made payable to Girls Thrive, PO Box 1771, Helena, MT 59624. If you would like to be added to our holiday card mailing list, please email our Director, Blair Haseman: Blair@girlsthrive.com.

Thank you for helping our girls to THRIVE!

FAMILY PROMISE OF GREATER HELENA

Providing a safe alternative for families

Loss of employment, devastating illness, natural disaster – any number of circumstances can overtake a family, leaving them without appropriate, healthy housing. Family Promise of Greater Helena offers an alternative that allows a family get the help they need to move forward. Our community partners are local houses of worship that open their doors to provide a comfortable, safe space to sleep with privacy and a healthy meal so that families can stay together. Each morning, our guests return to our Day Center where families get ready for work or school, prepare meals, do laundry, use the internet or work with Family Promise staff.

Each family prepares their own plan and sets their own weekly goals to reach sustainable independence. Most families are able to obtain and sustain housing in just eight to twelve weeks. We are part of a community of people – including almost 1000 volunteers – who bring together the resources and connections to provide each family with a pathway to healthy housing and a better life.

Family Promise of Greater Helena first began serving families in May of 2011. In the last 18 months, we have helped 15 families become sustainably independent and provided emergency direct aid to an-

other 24 families. The program is based on a 30-year old model first created in response to situational homelessness. Family Promise is now a network of almost 240 affiliates across the country including those in Billings, Bozeman, Great Falls, Missoula and Helena.

To learn more or to refer a family, call us a 465-9467. The administrative office is open Monday-Friday from 9 AM to 5 PM. The address is P.O. Box 939, Helena, MT.

Wish list

- Warm blankets
- Pillows
- Children's books
- Office chair
- Area rugs
- Bathroom rugs
- Shower curtain
- Pak N Play
- Children's puzzles
- Games for ages 3 to 10
- Family Games
- School-age children's toys
- Large folding foam playmat
- Towel sets
- Gift certificates at family restaurants
- Gift certificates for Exploration Works
- Gift certificates for movies
- Gift certificates for haircuts/beauty shops
- Gas cards
- Photo frames



THOM BRIDGE, INDEPENDENT RECORD

From left, DanDan Carlson, Lucian Archambault and Alex Bixby play with toys on Christmas Eve 2015 at the Family Promise house in Helena.

THE JULIUS FOUNDATION

Improving the lives of the desperately poor

The Julius Foundation is a charitable non-profit organization that was incorporated in Helena in 2014 to assist a visiting priest from Uganda, Africa in his work to improve the conditions of the people in rural areas near Kampala. Fr. Julius Bwowe is a pastor in the Diocese of Kampala comprised of 60,000 residents where extreme poverty is rampant. Fr. Julius has been visiting the Helena community since 2006 and throughout his summer visits, friends have learned of the many needs of his parishes. Among the many needs of education, health care, food, and transportation, clean water is the top priority.

The Julius Foundation is partnering with the Engineers Without Borders (EWB) program at Carroll College to install a clean and safe water system in the village of Kawango. An EWB team

of students, faculty, and professional mentors have been traveling to Uganda yearly since May, 2016 to provide accessible drinking water to Holy Trinity School and the surrounding community. Fr. Julius sees education as the means to eliminate poverty, so additions to Holy Trinity School have been added, but many more are still needed such as electricity, dorms, kitchen facility, latrines, and land purchase for agriculture.

As you consider organizations for your Christmas charitable giving, The Julius Foundation is a most worthy cause as it helps the desperately poor who are striving to improve their circumstances. A tax exempt donation to The Julius Foundation will benefit many where Fr. Julius says "The Need is So Great". Visit www.thejuliusfoundation.org to learn more or donate.

HEF for the Holidays!

Looking for the perfect gift this holiday?

Support education and honor your child's teacher, friends, family, or anyone you love or appreciate with a donation in their names to the Helena Education Foundation.

★ Gift certificate download available

★ Tax deductible ★ Secure website



hefmt.org



FOUNDATION FOR ANIMALS

Promoting the welfare of animals

The Foundation For Animals (FFA) was established in 1989 as the Mikal Kellner Foundation For Animals. The name was shortened to the Foundation For Animals in 2006 but the mission remains the same: To assist well-managed projects that promote animal welfare, prevent animal suffering, and provide needed improvements for animals, both domestic and wild.

FFA's emergency funds program has helped many low-income pet owners in our community with emergency veterinary care expenses. For those pet owners who need fi-

nancial assistance with the cost of altering their pets to prevent unwanted litters, FFA has helped fund local spay/neuter clinics and has an ongoing spay/neuter voucher program. FFA is one of several pet assistance programs in the Helena area and donations are always needed to help keep our neediest pets healthy and in their forever homes.

Donations to the Foundation For Animals also benefit wildlife. FFA is a long-time advocate for Montana Fish, Wildlife & Parks' wildlife rehabilitation center adjacent to Spring Meadow Lake State Park in Helena. Through Foundation

grants, FFA has contributed to many improvements at the center. Visit FFA's new website www.foundationforanimals.org to view what your donations have already accomplished. Videos include views of eagle releases, a flight barn that was added to provide indoor flight exercise for injured raptors, and a much-viewed clip of bear cubs enjoying their outdoor jungle gyms.

Conservation education is also part of FFA's mission as it directly affects Montana wildlife. Under the leadership of the Helena National Forest, Montana Discovery Foundation and

Montana Fish, Wildlife & Parks, FFA participates as one of the sponsors of the "Adopt-A-Species" conservation studies program in Helena area elementary schools. For over 20 years, this program has encouraged children to become future stewards of Montana wildlife and wildlife habitat.

FFA is dedicated to assisting programs that benefit animals. To receive the Foundation's annual report newsletter, email FFA@mkfa@mt.net. Donations are welcome though PayPal or may be mailed to Foundation For Animals, PO Box 389, Helena, MT 59624.

HELENA EDUCATION FOUNDATION

Great schools are everyone's business

"To see the excitement in the high school students is uplifting, to see the satisfaction and appreciation from the teachers is breathtaking and inspiring. There is no more important evening in Helena than the Celebration of Excellence when we think about the impact the evening has on everyone in that ballroom."—Rick and Jane Hays

Because of the generosity of the Helena community, we at the Helena Education Foundation deliver programs that inspire, support and honor the innovation and aspirations of educators and all students. We now have 3 new, state-of-the-art elemen-

tary schools, each designed to provide unique learning spaces throughout the campuses. This is a brand-new way of thinking about educating our kids and these new learning environments will inspire new and creative ways of teaching and learning within all of our schools.

At the Foundation, we are excited about the heightened level of innovation these new learning spaces will inspire among our teachers, and we are eager to support it.

For example, our Great Ideas Grants program provides funds directly to teachers for special classroom projects and other

hands-on learning opportunities. These projects fund the tools and materials for teachers' new ideas for reaching students in unique and effective ways. Also, your support will enable us to organize Issues Institutes – special in-school and community-wide programs about current and emerging issues that affect youth and families in Helena. Through past Issues Institutes, donors have brought state and national experts to Helena to address topics suggested by educators and principals such as teen suicide and drug addiction, and presentations that teach science with a fresh perspective and inspire

youth to set goals and keep their promises.

It is such an exciting time for students in Helena. We are thrilled with our 3 new elementary schools and all the promise they hold for taking education in Helena to the next level.

Please help us to continue and build upon our successful programs by making a year-end donation at Helena Education Foundation/P.O. Box 792/Helena MT 59624 or safely online at hefmont.org/donate. We all want the best for our students, our schools and our Helena community. Please donate today and help us build bright futures for us all.

HOLTER HEALING ARTS PROGRAM

Bring the healing powers of art into our community

In 2014 the Holter Museum of Art created a healing arts program for the benefit and well-being of our community. Over the past few years, we have observed that viewing and creating art play an important role in mental, physical, emotional, and spiritual health. We have seen countless benefits within our current programs and believe that the presence of art in the medical community has the amazing power to heal and shape the patient-care experience in local medical facilities. Research shows that art provides a positive diversion, inspires hope, and contributes to an atmosphere of healing and restoration.

Art has the ability to help individuals transcend and even transform their sense of self in the face of disease or physical discomfort. During art making, people often shift away from the presence of illness in their lives, momentarily forgetting that they are sick or disabled and awaken to experiences other than illness. Patients observe that they can often rise above illness, overcome pain, and get past fears and anxieties.

For the past year, the Holter and St. Peter's Health have partnered to create a program to bring the healing arts into the medical community. The Holter Healing Arts Program provides patients and their families the opportunity to experience art with hands-on projects as well as art displayed gallery-style throughout the hospital.

The program, which is free to all who want to use it, currently consists of three components: The Holter Art Cart, Maker Stations and a Mini Museum. The Art Cart is a mobile art studio that contains all of the supplies necessary for creating art in a variety of mediums. The cart is currently housed on the oncology floor and in the Cancer Treatment Center, supervised by an artist who works directly with patients who

are receiving treatment. Maker Stations are tables set up in small designated areas within the waiting rooms that contain all of the art materials needed to participate in self-directed art projects. The Mini Museum features work from a different local artist each month, displayed in a designated area of the hospital.

The response to this program has been overwhelming. We are already witnessing the healing power of art and the impact on the patients and their families at St. Peter's Health. This holiday season we are looking for support to help our program continue to provide this service to those in need. Specifically, we are looking for:

- Volunteers! It takes an army to reach as many people as possible in the hospital and need all the help we can get. Even if you are not artistically inclined, we would love to put you to work!
- Supporting funds! A number of departments within St. Peter's Health want this service to be offered to their patients. Expansion into different areas of the hospital and into the community requires funding to assist our Healing Arts team in the creation of additional Art Carts, Maker Stations, and other training required for each medical department.
- A piano or other instruments: Our Healing Arts program also has the opportunity to include music in our services! Either through local musicians or other volunteers playing music, patients can have the opportunity to relax and experience a calmer atmosphere.

Please contact Kelley Crevier at the Holter Museum at 406-442-6400 x102 about your donation today! Please mail donations to our museum at 12 E. Lawrence St. Helena, MT. To volunteer, contact Nicole at nicolek@holtermuseum.org. Together, we can bring the healing powers of art into our community.

ANGEL FUND



Helena students who have benefited from the Angel Fund.

Celebrating 30 years changing lives in Helena

Each year during the holiday season, I am reminded how generously the Helena community helps those children in our public schools with their compassion, kindness and financial support! Angel Fund is a nonprofit 501(c)(3) Corporation making a difference for children in need. Angel Fund began 30 years ago at one school helping a few students with winter coats and field trip fees. This little nonprofit has currently helped (this fall) almost 800 students with school clothes, shoes, winter outerwear, supplies and other varied school items needed to be successful in the classroom! We are honored to be a part of their "success story" each year changing lives for the better!

Angel Fund also awards Montana post-secondary scholarships to qualifying seniors at Access to Success, CHS, HHS and PAL based on financial need, academic success and a commitment to "pay it forward." Along with our generous sponsors, Angel Fund awarded 25 graduates a Montana \$1,000-\$2,000 Scholarship this fall so they can begin a new chapter in higher education towards a brighter future!

"Stuff the Bus" is an annual school supply drive coordinated by Angel Fund whereby local churches, businesses state agencies and Helena citizens

give generously to help 1,300 local children with a new backpack full of supplies! We help not only Helena children, but students in the smaller school districts surrounding Helena. We thank you for all the supplies and filling the bus this past summer!!!

The Helena Police Department, Attorney General's Office and Angel Fund coordinate Running for Montana's Future Program." Resource Officers purchase proper athletic shoes for students in need. To date, almost 700 pair of shoes have been purchased!

How to Donate: Please visit our website www.angelfund-helena.org or donations can be mailed to: Angel Fund, P.O. Box 7436, Helena, MT 59604. Thank you for your continued financial support! Your "Empty Stockings" monetary donations are needed and extremely appreciated! Together, we are changing lives and sincerely appreciate your dedication and loyalty to this nonprofit! All kids want to fit in with their peers. Having proper school supplies, new clothing and shoes encourages attendance and an enthusiastic attitude to learn. The human spirit continues to be healthy and strong because of your generosity each year and believing in the work of Angels! Thank you!

PAD FOR PAWS FOUNDATION

Keeping pets and owners together

The Pad for Paws Foundation is an all-volunteer organization whose mission is "keeping pets and their people together".

We assist low-income pet owners in our community who are temporarily struggling to feed their beloved pets.

We provide pet food, pet supplies, and help pay for emergency veterinary care to ease pet suffering.

We assist low-income, senior citizens, military veterans, physically and mentally challenged, and those with service and therapy animals.

With Pad for Paws supplying the pet's food, it frees up some of the family's finances so they can pay for rent, utilities, car gas, and the other costs of daily life.

We need any brand of dry dog and cat food and dog treats, which can be dropped off at our donation bins at the entrances of Petco or Albertsons-North Montana. Cash donations are also welcome and can be mailed to P.O. Box 287, Helena, MT 59624 or through Paypal at our website www.padforpaws.org.

Follow us on Facebook for more information.

MONTANA LIVING HISTORY PROGRAM

Perpetuating the skills of a frontier past

The Montana Living History Program is a nonprofit organization founded in 2005. Our mission is to perpetuate the historic skills of our frontier past and to teach, through re-enactment and preservation, an understanding of our rich, Western heritage.

Our volunteers travel throughout Montana, exhibiting old-time skills like blacksmithing, chuck wagon cooking and depiction of frontier life in old-west Montana. We also participate in the preservation of historic Montana buildings.

A Christmas donation from you would allow us to continue our worthy endeavors. Most helpful would be:

- Coal or charcoal for blacksmithing exhibits
- Fuel cards for traveling to events
- Grocery cards for chuckwagon cooking supplies and for feeding our volunteers while at events
- Native American Beading Supplies for teaching children native skills

SHODAIR CHILDREN'S HOSPITAL

Mental health and genetic services for families

Shodair Children's Hospital is a non-profit organization dedicated to caring for Montana families through mental health and genetic services. Shodair serves children with mental health needs between the ages of 3 and 18 and genetic services for people of all ages. Last year Shodair served 1,800 patients from across the state with 99% from Montana. And, because no family should have to worry about the cost to help their loved one, we don't turn anyone away because of financial constraints.

The Shodair teams work hard to send patients home for the holidays but it's not always possible, therefore donations are needed to provide children in the facility with a special Christmas and donations are welcome. Some suggestions are: Christmas stockings, PJ sets, coloring books, hats, gloves, puzzles, games, Legos, wrapping paper, origami, and socks.

MONTANA PLAYWRIGHTS NETWORK

Promoting the philosophy and practice of story

During its "gypsy" phase, the Montana Playwrights Network (MPN) had previously utilized a variety of spaces to house its events in the greater Helena area. Over time, MPN came to realize that many other local performing artists and arts organizations had also experienced a need for an appropriately equipped and available performing arts facility.

To solve this dilemma, MPN's Board of Directors decided to create the Helena Avenue Theatre to

house its own events and to also make it available to the performing arts community, businesses, individuals and organizations to use for theatre productions, music and dance concerts, conferences, presentations, and other special events.

To fully equip the facility, MPN needs to purchase stage draperies; stage lighting and sound equipment; a control system; and, a communication system for technical coordination. In grat-

itude for their generosity, MPN will create a prominent display that highlights the names of individuals or organizations in the lobby or theatre who contribute funds for this endeavor. To make a donation, please go to our website, www.Montanaplaywrights.org, or for more information, email: montanaplaywrights@gmail.com.

The Montana Playwrights Network (MPN) is a 501 ©(3) nonprofit organization incorporated

in Montana. MPN was formed to provide a forum focusing on story as expressed through a variety of formats, including but not limited to playwriting, storytelling, poetry, history, non-fiction, essays, and memoirs. MPN connects writers, storytellers, teachers, performers, theatre companies, libraries, book clubs, and businesses interested in the philosophy and practice of Story as a way to build communities across Montana.

HELENA FOOD SHARE

No one should go hungry

When the doors to Helena Food Share open to a line of customers, we welcome our neighbors facing the realities of hunger. The reality is the young man who came into the Lewis Street pantry during his lunch break. He admitted, “I haven’t eaten anything in two days.” It’s the young couple with four kids who suddenly found themselves without income due to a job layoff who said, “We don’t know what we would do without Helena Food Share until we get back on our feet.” Or, the child taking extra food from the school cafeteria so he and his two brothers would have something to eat over the weekend. The reality is seniors living on fixed incomes who cannot afford fresh food. The reality is families surprised by emergencies or unexpected medical bills. There are many reasons why people in our community are at risk of hunger.

Thankfully, generous people in our community make it possible for people facing situations like those above to put food on their tables by coming to Helena Food Share’s pantry in Helena and East Helena. Because of people like you, Helena Food Share is



THOM BRIDGE, INDEPENDENT RECORD

Helena Food Share volunteers Donovan Haddix, left, and Bob Levitan load turkeys into a truck outside the Lewis and Clark Library as part of the 2017 Turkey Challenge food drive.

there when our neighbors who are hungry need food. Through providing children weekend food through the Kid Pack program, supplementing seniors’ diets with fresh food, supplying emergency food snacks to those in immediate need, and distributing a variety of groceries at our food pantry each week day, our neighbors know they can get help when they need it, no matter what. Thank you.

2019 Wish List:

- Bags of stuffing
- Cranberries
- Green Beans
- Yams/Sweet potatoes

- Pumpkin
- Evaporated milk
- Canned broth
- Boxed Jell-O or pudding

You can drop off food donations at our Lewis Street pantry – 1616 Lewis Street, between 8:30 and 4 p.m., Monday through Friday.

If you would like to make a financial gift, you can do so on line on our secure donation page: <https://helenafoodshare.org/general-donation-form/>. You can also donate by mail: P.O. Box 943/Helena, MT/59624.

If you are hungry and in need of food, please call 406-443-3663 and someone will help you.

GROWING FRIENDS OF HELENA

Planting trees and bushes in Helena

Growing Friends of Helena is a Helena non-profit whose sole purpose is to plant trees and bushes throughout the Helena area, and we need money donations throughout the year as well as occasional donations of physical labor during the spring and fall times of the year when we plant.

Since 1990, we have planted over \$300,000 worth of trees in the Helena Community and Valley, effectively adding beauty, shade, cooler temperatures, and clean air to our local living environment. Our projects most recently have been substantial plantings at our schools, helping the city and residential/business developments with



street boulevard plantings, in our parks, at Habitat For Humanity houses, and we accept requests for plantings from throughout the area. We rely solely on local donations with almost 100% of our funds going to local nurseries to purchase mostly trees that are

carefully chosen to thrive in our area. Our only administrative expenses are also spent locally on insurance to ensure liability protection and to keep our members and prospective members aware of our contributions.

Please consider joining our efforts in the form of becoming a member through any affordable monetary contribution, helping us when we plant, or remembering us as you plan your finances and consider the tax advantages of planned giving.

You may reach us on our Facebook page (Growing Friends of Helena), our email (growingfriends@gmail.com), mail us (PO Box 709, 59624-0709), or call 406-443-1054.

THE PLACER PANTRY

Providing personal care items to those in need

The Placer Pantry was opened in 2012 in the basement of YWCA Helena. Prior to the YWCA remodel in 2015, the pantry moved to a room located within the Good Samaritan Thrift Store. The Placer Pantry is a place where those in need may “shop” for personal care items once a month at no cost. The pantry is funded and staffed by: GFWC Helena Woman’s Club and Soroptimist International of Helena. The Placer Pantry is open on Tuesdays from 4:30 – 5:30 and on Saturday from 10 – 11. During the first nine months of 2019, the Placer Pantry served over 800



families and distributed over 12,000 personal care items.

The Placer Pantry is in need of unopened, full sized personal care items such as: bar soap; shampoo; conditioner; deodorant; pads; tampons; toothpaste; tooth brushes; lotion; razors; shaving cream; toilet paper;

laundry soap and dish soap. Product donations may be dropped off at Dinners Done Right, 1212 Cedar St. Monetary donations are also appreciated so we may purchase products as needed. Monetary donations may be sent to: GFWC Helena Woman’s Club, PO Box 6663, Helena, MT 59604.

LEAGUE OF WOMEN VOTERS

Encouraging women’s involvement in politics

The League of Women Voters, borne of the suffragette movement, is a nation-wide organization that formed nearly 100 years ago, shortly after women won the right to vote. Because, prior to this, women had not been allowed to vote or to get involved in politics, the League was formed to

encourage women’s involvement in shaping public policy, advocacy, running for office, and voting. From its inception, the League of Women Voters has been and continues to be non-partisan. It is dedicated to being inclusive and diverse regardless of party affiliation, sex, race, ethnicity, religion,

sexual orientation, or any other difference.

To cover the costs of 1) celebrating the 100 year anniversary of the League of Women Voters, 2) registering voters, and 3) educating the public on issues related to elections, please consider donating to the Helena League of Women Voters.

HELENA CHAMBER SINGERS

Performing quality choral music from around the world

The Helena Chamber Singers consist of singers in the greater Helena area who are dedicated to rehearsing and performing quality choral music from around the world that represents a variety of musical periods and styles, and is distinguished for its artistic excellence.

The reasons for the choir’s existence are to:

1. Develop artistry and musicianship in its members and in so doing provide an expressive and meaningful outlet for them.
2. Present concerts that are a means of enjoyment and contemplation for its audiences.
3. Sing in such an artistic and vocally appropriate way that the music will up-

lift and touch the hearts of its audiences as well as its members.

In order to achieve these goals, the Helena Chamber Singers are committed to weekly rehearsals that involve intensive and detailed work on high-quality choral music, with concentration on vocal tone quality (vowel uniformity and integrity), pitch accuracy, rhythmic precision, melodic contour, the dynamic nuance, and clear textural expression (enunciation). Musical expressivity is a highly-desired outcome of their weekly rehearsals.

“My goal as the director of the Helena Chamber Singers is to help the singers develop their artistic potential. This means helping the

choir become more sensitive to the quality of the sound it makes, to the rising and falling nature of melody, to the powerful and exciting force of rhythm, and to the harmonic structure of music. I believe that musical expression is also an integral and necessary part of the choral experience in order to achieve the stated goals of the choir,” said Dr. Steve Michelson, conductor of the Helena Chamber Singers.

Inquiries regarding HCS membership should be directed to Dr. Michelson at 459-8259 or skmichelson46@gmail.com. For information regarding the Helena Chamber Singers, go to their website at www.helenachambersingers.com.

HELENA MIDDLE SCHOOL PTO

Supporting students, teachers and the HMS community

The Helena Middle School Parent Teacher Student Organization strives to support students, teachers and our school community by fostering an enriching, accepting, and inspiring learning environment, as well as extracurricular opportunities.

At this time of year school supplies from the “Stuff the Bus” campaign are running low. There’s still a lot of learning to do and school supplies are always needed.

Wish list items

- Loose leaf paper
- Spiral notebooks
- Composition books
- Pencils



GARY MARSHALL, BMGPHOTOS.COM

- Pens
- Erasers
- Colored pencils
- Trapper keeper binders
- Printer paper
- Watercolor and Origami paper
- New or gently used Young

Adult books
■ Personal hygiene supplies
Donations can be dropped off at the following address:
Helena Middle School
1025 N. Rodney St
Helena MT 59601

 **Big Brothers Big Sisters.**
OF HELENA & GREAT FALLS

WANTED

Knock Knock Joke Teller

Immediate openings for person
or persons who enjoy being
corny, silly or self-effacing just to
get a laugh.

Ideal candidates will also be able to
balance light-hearted moments with
questions about schoolwork, serious
crushes, and hopes and dreams.

2 hours/week to start. If you can be
yourself, you can be a mentor.

Be a Defender of Potential.
Be a Big Brother or Big Sister.

Find more info at bbbs-helena.org

