



CITY OF GILLETTE

Administration
P.O. Box 3003 • Gillette, Wyoming 82717-3003
Phone (307) 686-5203
www.gillettewy.gov

MEMORANDUM

TO: Mayor and Members of the City Council
FROM: J. Carter Napier, City Administrator *JCN*
RE: General Information
DATE: October 2, 2015

The following meetings are scheduled for the week of **October 3 – October 9:**

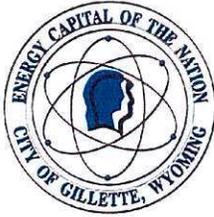
Tuesday, October 6th

- **6:00 p.m. City Council Pre-Meeting, agenda attached**
 - CCJP Fire Board and ECED 2015 3rd Quarter Update
 - Madison Update – Levi Jensen
 - Executive Session
 - City Hall – 3rd Floor Conference Room
 - Dinner served at 5:30 p.m.
- **7:00 p.m. City Council Meeting**
 - City Hall – 2nd Floor Community Room

1. Attached please find the current monthly **calendar** for **October**.
2. Attached please find a **legal notice** regarding a **public hearing** on **October 6, 2015** to **receive public input** and to **discuss** the **proposals** submitted for the **available retail liquor license**.
3. Attached please find a **letter** from **Field Operations Branch Manager Marcelo Calle** with the **Office of Surface Mining Reclamation and Enforcement** regarding an **environmental assessment** for the **Belle Ayr Mine**.
4. Attached please find a **memorandum** from **Development Services Director Hamilton** regarding **residential fire suppression contractor's license/proposed 2015 code updates**.
5. Attached please find a **letter** from **American Public Power Association** regarding the **100 Years of Utility Service**.
6. Attached please find a **letter** from **Lurean Garcia** regarding **Urban Chickens**.
7. Attached please find a **letter** from **Tracee Kerr** regarding **Urban Chickens**.
8. Attached please find an **email** addressed to **Chief Hloucal** from **Jody M McGee** regarding the **K9 demonstration** on **September 27, 2015** at **Kmart**.
9. Attached please find the **Campbell County Fire Department Newsletter** dated **October 2015**.
10. Attached please find the **Utilities Department 3rd Quarter Update** provided by **Utilities Director Glover**.
11. Attached please find an **update** from **WAM** dated **September 30, 2015** on **local, state, and national issues**.

12. Attached please find an **invite** to the **Energy Capital Economic Development's Quarterly Breakfast** on **October 8, 2015** beginning at **7:00 a.m.**

JCN/ale



CITY OF GILLETTE

Administrative Services Department

City Clerk Division

Karlene Abelseth, City Clerk/Print Shop

P.O. Box 3003 • Gillette, Wyoming 82717-3003

Phone (307) 686-5210 • Fax (307) 686-4810

www.gillettewy.gov

Pre-Meeting – 6:00 p.m.
City Hall – 3rd Floor Conference Room
Tuesday, October 6, 2015
Dinner Served at 5:30 p.m.

Pre-Meeting Topic(s):

- Campbell County Joint Powers Fire Board 3rd Quarter Update
- Energy Capital Economic Development (ECED) 3rd Quarter Update
- Madison Update – Levi Jensen
- Review October 6th Agenda
- Executive Session

October 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Years of Service Luncheon W/City Administrator Doug Ninas, AS 10 Yrs Trevor Kay, AS 15 Yrs Lori King, UT 15 Yrs 12 PM 3rd Fl	6 City Council Pre-Meeting CCJP Fire Board & ECED 2015 3rd Qtr Updates Madison Update - Levi Jensen 6PM - 3rd Fl City Council Meeting 7PM - Chambers	7 100th Year for Utilities All Employee Noon Luncheon at Citv West	8	9	10
11	12 Columbus Day City Offices Open	13 City Council Special Meeting Discussion of Visitor's Center Executive Session Personnel and Confidential Information 6PM - 3rd Fl	14	15	16 Boss' Day	17
18	19	20 City Council Pre-Meeting Bennor Estates Emergency Water Discussion Cam-Plex 2015 3rd Quarter Update 6PM - 3rd Fl City Council Meeting 7PM - Chambers	21	22 Senior Center Luncheon 12PM	23	24 NEWY Municipal Leaders Regional Meeting 8:30AM - Gillette City Hall 3rd Floor Conference Room
25	26	27 City Council Work Session CANCELLED	28	29	30	1st Annual Boo-Fest Happy Halloween! 

ADDITIONAL INFORMATION:



United States Department of the Interior



OFFICE OF SURFACE MINING RECLAMATION AND ENFORCEMENT

Western Region Office
1999 Broadway, Suite 3320
Denver, CO 80202-3050

September 18, 2015

Dear Interested Public Land User,

The U.S. Department of the Interior (DOI), Office of Surface Mining Reclamation and Enforcement (OSMRE), Western Region Office will prepare an environmental assessment (EA) for the Belle Ayr Mine North Tract Federal mining plan modification (the Project). The Project was officially proposed by Alpha Coal West (ACW), a subsidiary of Alpha Natural Resources, Inc., on October 20, 2014. In accordance with the Mineral Leasing Act of 1920 (MLA), The DOI Assistant Secretary for Land and Minerals Management (ASLM) must approve the Project before any mining and reclamation can occur on lands containing leased Federal coal. The Belle Ayr Coal Mine is located in Campbell County, Wyoming, approximately 10 miles south-southeast of Gillette. The Project is located on Federal coal leases administered by the Bureau of Land Management (BLM) Casper Field Office and located within and adjacent to the Belle Ayr Mine's permit area, approved in accordance with the Surface Mining Control and Reclamation Act.

The lease and sale of the Federal coal included in the Belle Ayr North LBA (WYW161248) was originally evaluated in the 2009 South Gillette Area Coal Lease Applications Environmental Impact Statement (EIS). The coal was offered for sale in a sealed-bid, competitive lease process on July 13, 2011. Following determination by BLM that the highest bid at the sale met or exceeded the fair market value of the coal within the tract, the bid submitted by BTU Western Resources Inc. was accepted. The lease was subsequently transferred from BTU Western Resources to Alpha Wyoming Land Company, a subsidiary of Alpha Natural Resources, Inc., in July of 2012. The coal would be mined using conventional surface-mining methods and shipped from an onsite railroad loading facility to various sites within the United States. On June 11, 2014, the Wyoming Department of Environmental Quality (WDEQ)/Land Quality Division (LQD) approved ACW's application to amend the Mine Permit No. 214-T8 to include approximately 976 acres of the Federal coal lease area within the existing and approved Belle Ayr Mine permit boundary. On January 28, 2015, ACW submitted an application to WDEQ/LQD to amend Mine Permit No. 214-T8 to include the remainder (approximately 695 acres) of the Belle Ayr North Tract.

OSMRE is preparing this EA to evaluate the environmental impacts resulting from the Project, pursuant to the requirements of the National Environmental Policy Act of 1969 (NEPA). Under the currently approved State mine permit approved in 2013, mining operations have disturbed 12,091 acres and the proposed modification would add approximately 1,478 acres of disturbance. Since 2010, the annual production rate has ranged from a high of about 25.8 million tons (mmt) in 2010 to a low of

about 14.4 mmt in 2014. Due to the uncertainty in determining the demand for coal, the EA will be prepared assuming that the average annual production rate would be 22.5 million tons per year (mmtpy). Based on remaining coal reserves and the estimated future production rate; mining at the Belle Ayr Mine would be completed in approximately 3 years if the Project is not approved. The amount of Federal coal to be added at this mine as a result of the Project is approximately 221.7 mmt of which, approximately 218.2 mmt would be mineable. The approval would extend the life of mine by approximately 9 years.

This EA will disclose the potential for direct, indirect and cumulative impacts to the environment from the Project. Further, this EA will update, clarify, and provide new and additional environmental information for the Project. Through the EA process, OSMRE will determine whether or not there are significant environmental impacts. If a finding of no significant impact is reached, the OSMRE Director will make a recommendation to the DOI's ASLM on the proposed Federal mining plan modification and the ASLM will approve, approve with conditions, or disapprove the Federal mining plan modification, as required under the MLA. If the EA identifies significant impacts, an EIS will be prepared.

OSMRE is soliciting public comments on the Project. Your comments will help to determine the issues and alternatives that will be evaluated in the environmental analysis. You are invited to direct these comments to:

ATTN: Belle Ayr North Tract EA
C/O Lauren Mitchell
Western Region Office, Office of Surface Mining Reclamation and Enforcement
1999 Broadway, Suite 3320
Denver, CO 80202-3050

Comments may also be emailed to: OSM-NEPA-WY@osmre.gov. Comments should be received or postmarked no later than October 10, 2015 in order to be considered during the preparation of the EA. Comments received, including names and addresses of those who comment, will be considered part of the public record for this Project and will be available for public inspection. Additional information regarding this Project may be obtained from Lauren Mitchell, telephone number (303) 293-5028. When available, the EA and other supporting documentation will be posted at: <http://www.wrcc.osmre.gov/initiatives/belleAyrMine.shtm>

Sincerely,



Marcelo Calle, Manager
Field Operations Branch



CITY OF GILLETTE

Engineering & Development Services
Building Inspection Division
P.O. Box 3003 • Gillette, Wyoming 82717-3003
Phone 307.686.5260
www.gillettewy.gov

MEMORANDUM

To: Mayor & City Council
Carter Napier, City Administrator

From: Dustin Hamilton, P.E., Development Services Director 
Ken Rogers, Chief Building Official 

Date: September 29, 2015

Re: Residential Fire Suppression Contractor's License/Proposed 2015 Code Updates

City staff has been working to make the necessary preparations to adopt the 2015 International Code Council (ICC) Building Codes and local amendments for Gillette. On October 6, 2015, the City Council will be considering the first reading of Ordinance of the 2015 Code Updates and modifications to Chapter 5 of the Gillette City Code. The Board of Examiners has reviewed the proposed code changes and unanimously (by all members present at the September 8, 2015 meeting) recommended adoption of the proposed 2015 Building Codes and local amendments as presented.

The Building Inspection Division has recommended that Gillette continue to repeal, by local exception, Section R313.2 of the International Residential Code which requires Residential Fire Suppression Systems for one and two family dwellings, thus eliminating the requirement in Gillette. Since 2009, Section R313.1 of the International Residential Code has also required Residential Fire Suppression Systems for townhouses. A townhouse consists of a single-family dwelling unit constructed in a group of three (3) or more attached units. The City Building Division continues to recommend that the requirement for Residential Fire Suppression Systems be followed for townhouses as has been the case since the 2009 Code Adoptions.

The City has had the requirement for a Residential Fire Suppression System for townhouses on the books for several years, however, has not had a corresponding Contractor's License category for a plumber to install the systems. The Residential Fire Suppression Systems can be installed by a plumber as the system is a component of the main cold water plumbing loop. The International Code Council has a test and corresponding certification for plumbers to obtain to be able to install such systems. Staff recommends that a category for a Residential Fire Suppression License be created to allow for a plumber to install such a system.

Staff has had an inquiry from a developer who is considering a townhouse project/development and the creation of this license category will assist to bring the project to fruition in cost effective and timely fashion. Should additional questions arise regarding the proposed code updates, staff will be available at the October 6, 2015 Pre-Meeting/Council Meeting to answer them.



September 28, 2015

Kendall Glover
Director of Utilities
City of Gillette
PO Box 3003
Gillette, WY 82717

Dear Mr. Glover:

I am pleased to present an APPA Century Award to the City of Gillette Electric Utility. The APPA Century Award was established in 1987 to recognize public power systems that have given 100 years of service to their consumers and their communities.

I hope this award will serve to remind everyone that Gillette has reached this milestone. This remarkable achievement is a source of pride not only to all those associated with the utility and the community, but to all of public power.

Enclosed is a sample news release that you may wish to use in publicizing your award. If you have questions or would like assistance, contact APPA's Communications Department at 202/467-2900. I am also copying members of APPA's Board of Directors and Membership Committee in case you would be interested in inviting them to a formal presentation.

Please accept my warmest congratulations.

Sincerely,

A handwritten signature in black ink that reads 'Sue Kelly'.

Sue Kelly
President & CEO

SK/TPS/MV

cc: Lori King, Electrical Engineering Designer, City of Gillette
Larry LaMaack, Executive Director, Wyoming Municipal Power Agency
Jacqueline Sargent, General Manager/CEO, Platte River Power Authority

9/17/15

City Hall
Attn: Mayor & Council
PO Box 3003
Gillette, Wyoming 82717

Dear Mayor,

I am writing to you in support of Urban Chickens and with disappointment over the proceedings of the council meeting of September 8, 2015. This meeting did not feel like a democratic process, as stated in your website description of the city council responsibilities. The majority voice was not heard or given fair acknowledgement despite being the majority in attendance and the representation of 200+ citizens. We are a reasonable group and are open to finding a compromise that both potential chicken owners and their concerned opposition can agree on. The Sept 8th meeting did not appear to encourage such a compromise, but felt as if the council is not interested in hearing the concerns of Gillette citizens.

The local & sustainable food movement, specifically urban chickens, is a trend all over the U.S. and we plan to continue our efforts to bring this to Gillette. We hope that you can be open to further discussion on this issue as we will continue to gain more support locally.

Sincerely,

A handwritten signature in cursive script that reads "Lureah Garcia". The signature is written in black ink and is positioned above the printed name.

Lureah Garcia

Advocate for Gillette Urban Chickens & Member of Yes Chickens

9/17/15

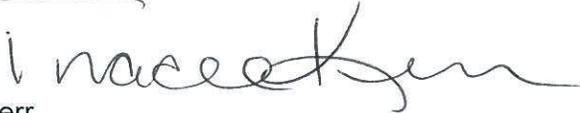
City Hall
Attn: Mayor & Council
PO Box 3003
Gillette, Wyoming 82717

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Sincerely,

A handwritten signature in black ink, appearing to read "Tracee Kerr". The signature is written in a cursive style with a long horizontal flourish extending to the right.

Tracee Kerr
Advocate for Gillette Urban Chickens & Member of Yes Chickens

----- Forwarded message -----

From: **Jody McGee** <JMM06@ccgov.net>
Date: Mon, Sep 28, 2015 at 11:23 AM
Subject: K9-Demo
To: Chief Jim Hloucal <JimH@gillettewy.gov>
Cc: Kevin McGrath <KJM05@ccgov.net>

Chief Hloucal

Yesterday I had the good fortune to be at KMart while Officer Roesner and K9-Chase were there for a citizen demonstration. Officer Roesner was very engaging with the 2 boys who were also enjoying the demo and asking questions. Officer Roesner gave the best demo possible with the small area he was given. I enjoyed meeting Chase and learning more about the K-9 program. So kudos to your department and the City of Gillette.

In the future the officer and his K-9 need more room.

Jody M McGee
Legal Assistant to Angela Dougherty
Campbell County Attorney's Office
500 S. Gillette Ave - Ste B200
Gillette, WY 82716
307-682-4310



Campbell County Fire Department Newsletter

Issue 25 October 2015

Editors: Admin Staff

Table of Contents

Birthdays	Pg 2
Anniversaries	Pg 2
Calendar	Pg 2
LODD	Pg 3
Spotlight: Weibel	Pg 4
John Paul II	Pg 6
Station 13	Pg 7
Air Conserv. Training	Pg 8
MDA	Pg 9
Fire Response	Pg 10
Recipe	Pg 11
Tailboard Talk	Pg 12
Contest	Pg 16
Fund Raising	Pg 17
Kids Page	Pg 18



October 2015 Anniversaries!

Bill Macy	10/8	40	Years
Ron Holmes	10/1	29	Years
Michael Holmes	10/1	20	Years
JR Fox	10/26	18	Years
Ryan Fox	10/26	18	Years
Rori Coates	10/1	16	Years
Darrin Trottier	10/13	15	Years
Levi Mellott	10/29	11	Years
Travis Starks	10/18	8	Years
George White	10/16	7	Years
David Hottell	10/5	6	Years
Alyssa Thar	10/6	6	Years
Richard Cafee	10/7	6	Years
Shawna Mellott	10/8	6	Years
Chris Chafee	10/13	6	Years
Tim Colombatto	10/14	6	Years
Eric Saunders	10/19	6	Years
John Sullivan	10/26	6	Years
Donna Crippen	10/25	5	Years
Lindsay Wood	10/16	3	Years

October 2015 Birthdays!

Eric Race	10/1
George White	10/1
Logan Tomer	10/5
Ron Holmes	10/9
Sam Clikeman	10/11
Stefanie Brown	10/12
David King	10/21
Mario Gaytan	10/23
JR Fox	10/26
Ryan Fox	10/26
Kevin Collins	10/29

**THE DEADLINE
FOR
NOVEMBER'S
NEWSLETTER
ARTICLES IS:**

**October 26, 2015
@ 5:00p.m.
dcrippen@ccfire.us**

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Countywide</i>	2	3
4	5 <i>Hazmat</i>	6 <i>Wellness</i>	7	8 <i>Countywide</i>	9	10
11	12 <i>Columbus Day</i>	13 <i>Chief's Meeting</i>	14 <i>Board Meeting</i>	15 <i>Station/ Battalion</i>	16	17
18	19 <i>Cadet Training</i>	20 <i>Captain's Meeting</i>	21	22 <i>Business Meeting</i>	23	24
25	26 <i>Cadre Meeting</i>	27	28	29	30	31 <i>Halloween</i>



LINE OF DUTY DEATHS:

2015 Year to date: 63

Location	Name	Age	Cause of death
Salisbury, NC	Lt. Chris Phillips	41	Heart Attack
St. Paul, MN	FF/Paramedic Shane Clifton	38	Heart Attack
Lansing, MI	FF Dennis Rodeman	35	Struck by POV
Burnet, TX	FF/Paramedic Daniel Hampton	35	Ambulance Crash
Bergen, NY	Asst. Chief Barry Miller	50	Ambulance Crash

QUOTE OF THE MONTH:



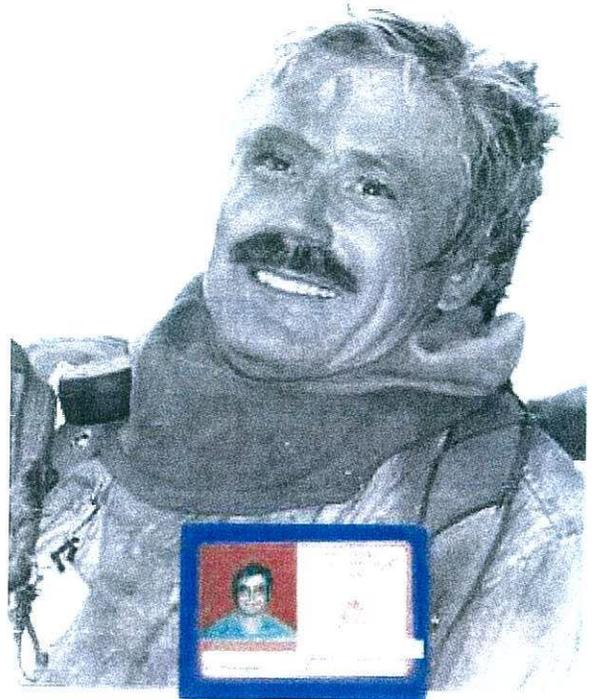
Spotlight: Phil Weibel

Phil Weibel, F 14

Where are you from? I was born in Iowa and raised on a farm, until age 15. We moved to Denver, and the rest of my upbringing was in the 'Big City'.

Which secondary (*high*) school did you attend? I was graduated from South High. In my senior year, I attended a vocational school for the first ½ day, learning the machinist's trade. Afternoon classes were typical academics. That machinists training proved to be very beneficial to me during my working life.

Do you have any post-secondary education? I attended college, working towards a Fire Science degree. I changed employers during that time; went onto a rotating work schedule; which interfered with my finishing and getting the degree. I also completed an industrial maintenance apprenticeship, and a vocational school for Heating/Ventilation/Air Conditioning (HVAC). I also entered trainings and became an EMT in Colorado and also in Wyoming.



When and why did you move to Gillette? Claire, the kids and I moved from the Denver area, to Gillette in 1977. Denver's a nice city, Colorado's a beautiful state. I couldn't talk all the people there into leaving, so we left. Too many people; no elbow room.

We came during the beginning of the coal boom. The boom brought many, many people, like ourselves. Young and energetic. Strange thing is, all of those people have gotten older and less energetic. We love it here; this is our 'Home'.

What company do you work for and what is your primary Job? When we moved here, I already had a job offer, at Pacific Power & Light (PP&L), as a Plant Mechanic. I worked there for 21 years in various facets: Mechanic, Safety Coordinator, Maintenance Supervisor, and Maintenance Planner. I'm now working across the fence from PP&L, for 13 years, at Black Hills Power and Light, as a Control Board Operator. I sit at a console, with several mice and monitors in front of me, and do my best to keep the lights on, for you. If they go out, it may be my fault.

I should be retired, but I'm planning to work for a couple more years. Maybe!

Why and when did you decide to become a firefighter? I'm just a big kid at heart; have never grown up. I'm still chasing fire engines and dreaming 'of the big one'.

As for who's inspired me: It's all the active people in the fire service that I've worked with over the years and those I continue to work with. I consider us to be brothers/sisters and family.

How long have you Volunteered with CCFD? I've been a volunteer here, for going onto 35 years.

Previous to that I served on the Arvada (Colorado) Volunteer Fire Department for 5 years.

Is there a particular aspect of firefighting that you enjoy more than others? These days, I enjoy both structural and wildland firefighting. I don't run into burning buildings anymore; I wisely gave that up a few years ago. I can get you to the fire and I can get water to the nozzle.

Phil Weibel Continued

I also still enjoy working at the wildland fires and passing on firefighting techniques for killing the fire, while conserving water.

I've kind of grown out of enjoying the medical calls.

Do you have a significant other and/or children? Claire and I were married in 1971, going onto 45 years ago. She's still my sweetheart and the love of my life. She has and still does avidly support me in fire department and all of my other endeavors. I wish I could say that I've done the same, for her interests.

We have 3 children; all are married, with families of their own. All 3 moved to the Minneapolis/St. Paul area and then found their then future spouses, all of which are native to that area. When we travel to visit, we get to see all of them.

They have given us 8 grands. The older ones are now into school sports. We enjoy them greatly, when they visit this way or we visit their way. Also, Skype is a wonderful thing.

Favorite...

Tool? Fire engine

Sports team? CCHS teams

Food? Yes, too much

Beverage? Sam Adams Boston Lager

Movie? Older westerns

Color? Glacier water blue

Is there anything else you would like to share with us? ALWAYS REMEMBER: If/when you are married, and/or have a family, the fire service should NOT be your top priority.

There will always be fire calls; Make sure you will always have your family.

If you look around at the 'Gray Hairs', most still have supportive families. That's not by accident.

ALSO: Those 'Gray Hairs' learned to fight fires/emergencies before the advent of all the high tech gear we have today. They know some techniques that can save your bacon, when conditions go south. When they share, you might want to listen and maybe learn something that's not in your fire manuals.

AND ONE LAST THOUGHT: If you're not actively participating in this department's calls, activities, assignments and volunteer positions, you're missing out on the real camaraderie that you and your family could enjoy and treasure. True camaraderie doesn't come easy, it takes time, work and honesty.

Happy trails,

Phil

1st Grade class from St. John Paul II

The 1st grade class from St. John Paul II came into the station on September 11th to give thanks to all firefighters.



Station 13 Open House

On the sunny afternoon of September 12 members of Station 13 held an Open House. Cookies and drinks were offered to visitors as well as fire safety and Pub Ed materials. In addition, the ladder truck was set up near the station, and several kids and adults were invited to ride in the bucket. The Volunteer Recruiter was also on hand answering questions and handing out application packets. Several area residents visited the station, and this event resulted in one new Volunteer Firefighter applicant for Station 13.



Air Conservation Training



Station 3 raising money for MDA



Fire in Nickelsons Area



Fire Response



CCFD (Tom Laubach) and BLM personnel reloading a SEAT with retardant for the Bear Gulch Fire

Tree torching on the Davis



Wyoming State Forestry Division "Smokebusters" getting ready to work the Davis Fire

RECIPE OF THE MONTH:

CHOPPED THAI CHICKEN SALAD

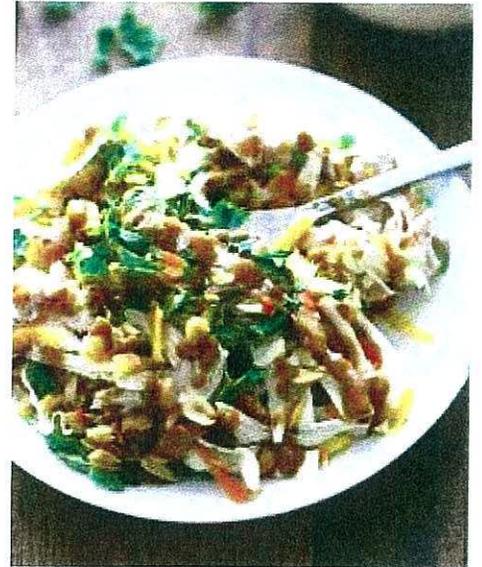
INGREDIENTS

Salad

- 2 boneless skinless chicken breasts
- 1 small head green or white cabbage (2 cups shredded)
- 1 large carrot (1½ cups shredded)
- 1 green papaya (1½ cups shredded)
- ½ cup fresh cilantro
- ½ cup green onions
- ½ cup chopped peanuts

Dressing

- 2 cloves garlic
- 3 bird's eye chili peppers (sub ½ teaspoon minced hot pepper)
- 2 tablespoons soy sauce
- 2 tablespoons vinegar
- 2 tablespoons sugar
- 1 tablespoon fresh lime juice
- 1 tablespoon oil
- ½ teaspoon fish sauce
- ¼ cup peanut butter
- ¼ cup water



INSTRUCTIONS

1. Bring a large pot of water to boil. Add the chicken breasts, cover, and cook for 15-20 minutes. When the chicken is done, remove from heat, drain water, let cool, and shred with two forks.
2. Chop the cabbage into very thin pieces, like it would be for coleslaw. I did this by rolling up several leaves together and making thin vertical slices across the roll and then chopping them once horizontally. Peel and grate the carrots. Cut off the skin, remove the seeds, and grate the papaya. Roughly chop the cilantro and green onions. Toss the chicken and vegetables in a large bowl and keep chilled.
3. Mince the garlic and chili peppers. Place garlic and peppers in a small mixing bowl with the soy sauce, vinegar, sugar, lime juice, oil, and fish sauce. Whisk until smooth. Add the peanut butter and water and whisk again until smooth and creamy.
4. Toss the salad with the dressing. Add the crushed peanuts. Serve chilled. Leftovers can be stored in the fridge for up to one day. For best results, keep the leftover salad and dressing separate until ready to serve.

Tailboard Talk

Health and Wellness Tailboard Talk

CCFD Wellness Committee/ by Andrew Rutigliano

One late morning, while working as a lifeguard at the Rec Center, I was sitting on the lazy river side of the pool. While sitting, I was approached by the typical clientele during that shift: someone retired who is looking for a good cardio workout that's easy on their joints. This person was an adult male, looked to be about mid-50s but in decent shape. He asked me a few questions about the way water walking works, what equipment he's allowed to use, which direction he's allowed to walk, if he's allowed to tread water in the lap pool, etc. I answered all of his questions and then made some small talk after he did a few laps in the lazy river. He began talking about how working out used to be a huge part of his life and how he was looking to get back into shape now that he has more time on his hands, even though he seemed a little ashamed that he was walking in the lazy river with the older ladies. I gave the obligatory "something is better than nothing" comment and he agreed. He then gave me shock I wasn't ready for, revealing that his true age was 85!

This guy was in great shape, skin didn't look a day over a healthy 50 year old's skin, everything about him seemed contrary to his age. He knew how shocked I was by my reaction and began to explain that he was a dietician for 40 years. This guy explained how much your diet affects your aging process, as well as fighting common diseases and keeps you healthy in general. He said he almost completely cut all meat out of his diet and eats a lot of vegetables, including making kale smoothies every day. I told him there was no way I could do away with meat, and he said not many people can, nor would they want to. However, just balancing everything out goes a long, long ways. By using a vast assortment of meats instead of just beef, and increasing the fruits and vegetables, you can greatly improve your health and slow the aging process. In the paragraphs below, I've included information he shared with me and some stuff I found online.

Fruits and vegetables:

Most fruits and vegetables are very low in fat and calories, so are helpful for controlling your weight. Eating lots of fruits and vegetables as part of a healthy diet can reduce the risk of several diseases including stroke, type 2 diabetes, heart disease, high blood pressure and perhaps some forms of cancer. People get confused with fruits because of their sugar content. Yes, fruits have sugars. However, don't confuse the natural sugars in fruits and vegetables with the unnatural, refined/extracted sugars (aka fructose). Fruits and vegetables have the necessary fiber to help your body digest those natural sugars, which is in contrast to refined (or extracted) sugars found in candy. With all of those natural sugars being surrounded by water, fiber and the more dense fruit, it's almost impossible to eat so much fruit that it has a negative impact on your health. Note I said almost...everything in moderation.

Tailboard Talk Continued

Carbohydrates (carbs):

A lot of people cringe when they hear carbs because they associate it with adding inches to your waistline. However, natural carbs are good, and very important. Carbs are your body's main energy source. We get carbs from the fruits, vegetables, pastas, grains and beans we eat. The carbs found naturally are great for your body. It's the processed carbs that get you. Carbs such as white rice, white bread, white pasta, sugary cereals...seeing the trend here? Whole grain pastas, brown rice, whole grain bread, fruits and vegetables are great for you because they are natural and surrounded in that fiber (plus, you can't taste the difference between white or whole grain noodles in your spaghetti). There are only 3 substances our bodies draw energy from (in the form of calories): Carbs, Fat and Protein. When the body is running hard, say when you're working out or working on a fire, it primarily draws its energy from the calories found in carbs. If your body doesn't have enough carbs to provide that energy, it will switch to burning fat and protein. While you may think this is a good way to burn off fat, please remember that protein burns off more readily than fat. That means your muscles are a secondary food source for the body, BEFORE the fat. Fat is your body's last resource for energy. So keep up on those carbs (again, in moderation).

Meats:

Ah, what everyone LOVES!!! This is what our meals are usually planned around. "We have beef, what should we make tonight?" Obviously, meats are important to our diet, as they provide the necessary proteins to repair and rebuild muscle. Everyone needs protein, even vegetarians. They just turn to alternative food sources, such as nuts and dairy for their protein intake. There are probably more *opinions* on the right sources of protein than there are sources of protein. Again, the key here is variety and moderation. Too much of a good thing (steak) is a bad thing. We've all heard the stories, "My grandpa ate 10 plates of bacon a day for 120 years..." those people are certainly the exception and not the rule. While meat is the main part of our meals, it's important to switch it up.

Red meats, when eaten too much, can cause adverse health effects. A chemical called carnitine found in red meats has been proven to harden and clog your blood vessels. This places you at an increased risk for cardiovascular disease. In addition to crummy heart health, too much red meat increases your chances of developing type 2 diabetes. Red meat is also normally higher in the bad fats than other meats. It's still great to eat red meat, but it should be consumed in lower quantities-about 3 days/week. A great alternative to using ground beef is using ground turkey. Don't knock it until you try it (unless you're afraid to try new things...then go ahead, be sheltered)! When used in meals such as spaghetti or tacos where the meat is seasoned, you can't tell the difference in taste.

Chicken and turkey are two pretty common meats used in our meals. The white meat in these two yard birds are a far healthier choice for our hearts and usually have more protein than red meats, pound for pound. These meats are lower in the saturated fats and are usually less processed than a lot of red meats. Instead of steak fajitas, try chicken. Grilling tonight? Boom, chicken breast. Spaghetti? Bam, turkey burger. With a lot of your recipes that involve red meat, there's probably a yard bird you can use instead

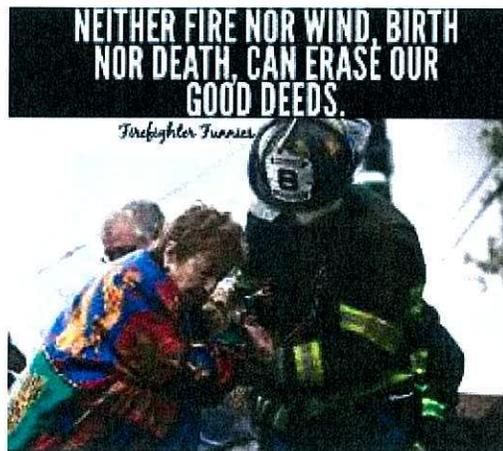
Tailboard Talk Continued

But, if you want the really good stuff for your body, you can't beat **fish!** Fish, such as salmon and tuna, have low saturated fats and are high in Omega-3s. What are Omega-3s? I'm glad you asked. Omega-3s are essential fatty acids found in certain types of fish. They are great for your heart and blood vessels, found to reduce the risk of heart disease by 36%. They protect against cardiac rhythm disturbances, lower your blood pressure and heart rate, improve blood vessel function and lower your triglycerides. The American Heart Association recommends 2 servings per week of fish high in Omega-3 fatty acids.

Sugars, Fast Food, etc.

Obviously, you know the advice that's going to be given here. And for good reason. The processed, simple sugars used in all of this is absolutely harsh on your body. These simple sugars add that fat to your belly, waistline, hips, arms, etc. More importantly, it has been proven by multiple studies that **CANCER LOVES SUGAR!!** That reason alone should be enough to cut back a bit. 3 cans of Coke a day? Try cutting back to 2, then eventually one. Have a sweet tooth? Yeah, me too. But try scratching that itch with some fruit rather than candy. Fast food? I know people's schedules are crammed and it's the easiest choice, but there are healthy options out there. There's a reason Subway has passed McDonald's in being the largest fast food chain in America and in the world. People are realizing how bad fast food is for your body and are trying to make healthier choices.

Obviously, no one can make all of these changes overnight. It takes time and a conscious effort to want a change in your life. But this is one area that a lot of people forget or neglect when they're trying to be healthier. Most people hit the gym for 30-60 minutes a day and expect to see huge change, whether they're looking for muscle gains or weight loss. However, it probably won't happen unless your diet is in line with your goals. I've heard more than once that your goals are 25% working out and 75% diet. Hopefully this gives you some ideas as to how to improve the biggest influence in your fitness goals; your diet.

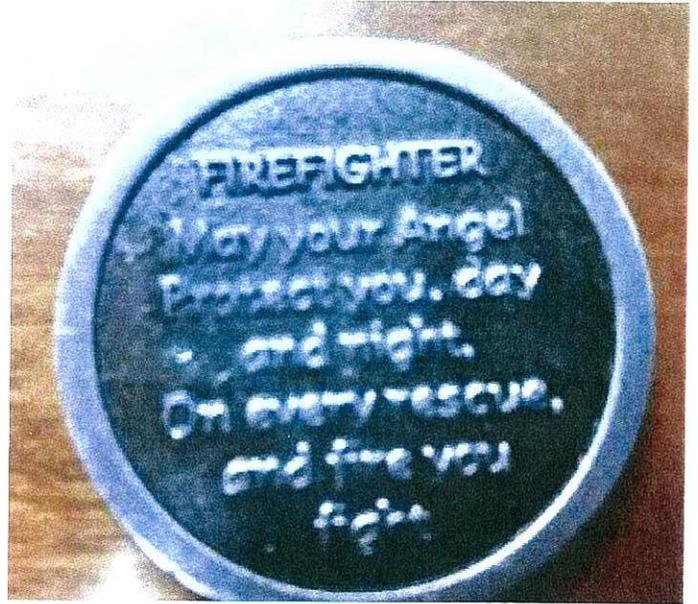


Contest

I have two coins to give away that a very nice couple brought in and wanted two firefighters to have. So in order to do it fair I thought we would just do a contest. So the first two to answer with the correct answers will get a coin.



Firefighter Angel



"Firefighter: May your Angel Protect you, day and night, On every rescue, and fire you fight"

You are at 4,365' in elevation, you have a dry bulb temperature of 88 degrees (F) and a wet bulb of 61 degrees (F), what is your dew point ?

You are at 8,220' in elevation, you have a dry bulb temperature of 84 degrees (F) and a wet bulb of 58 degrees (F), what is your relative humidity?

Fund Raising Update

The fund raising has begun! So far we have raised **\$20,525.57** (which includes the Mayors Art Council Contribution) ! We still need to raise \$38,974.43

We are still working on the cookbooks.

If you have any fund raising ideas, please let us know. Thank you!



We have sold 141 T-shirts so far. Come by Station one and get yours \$20/each

SPONSORS NEEDED!

Campbell County Fire Department is looking for sponsors to Help keep "Forced Entry" statue here at Station One. Our sponsors will have their name added to a plaque that will sit by the statue for years to come and for everyone to see!

If interested or need more information please contact:

Campbell County Fire Department
106 Rohan Ave
Gillette, WY 82716
307-682-5319 or
cdcrpoen@ccfdre.us



Central City Garage
5207-5498



Custom Garage
5204-1099



"Forced Entry"
Ruth Weisheit, Artist
Loveland, Colorado



Clark Plaque
51-200 and above

We are still looking for sponsors!

Did you know if you have a donation of \$250 or more, your name will be on a plaque right beside the statue? What a great opportunity to make your mark on the department for years to come!

Autumn Scramble

Can you unscramble the Autumn words below?

1. vhtsear

2. aveesl

3. cesowrrac

4. lowlye

5. binrefo

6. prae

7. aker

8. racon

9. isrqeulr

10. alppe

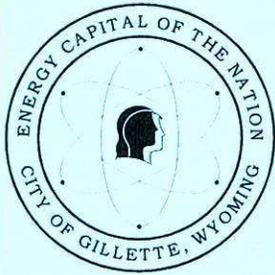
11. nagreo

12. lfal

13. rde

14. owbrn





Utilities Department

3RD QUARTER 2015

Madison Project Status Update

07EN58 Gillette Madison Pipeline Contracts

Contract 4b, c, d, f (Wyodak to Moorcroft/Pine Ridge)

- 42-inch pipeline from a new blending station at Wyodak to Moorcroft and disinfection facility to chlorine monitoring facility.
 - ◆ Approximately 78,500 lineal feet of 42" PVC pipe is now installed. Three crews (from Wyodak -> east and from Moorcroft -> west) are now working on the project.
 - ◆ All pipe is installed in the Pine Ridge area.
- New distribution line from the chlorine monitoring station to the Madison Pump Station to serve existing Pine Ridge customers is now in service.



SJ Louis installing 42" steel pipe in the Pine Ridge area along Highway 14/16

07EN58 Gillette Madison Pipeline Facilities Contracts

Contract 05 (New Donkey Creek Pump Station)

- Record Steel and Construction, Inc. (RSCI) began construction on the Donkey Creek Pump Station on April 15, 2015. They are projected to complete the project in the Spring 2016.
- Work to date has been dominated by the placement of drilled shafts. The contractor has encountered difficulty in maintaining the hole while drilling operations are underway. However, all the drilled shafts are now in place and the contractor is now moving forward with the grade beams that will support the building floor.



Pouring concrete for pump station drilled shaft

Contract 07 (Pine Ridge Disinfection Facility)

- COP Wyoming began construction of the Pine Ridge disinfection facility on March 16, 2015. The project is on schedule for completion in the Spring of 2016.
- Much of the exterior building work is now complete, including the disinfection facility masonry and the vehicle storage building steel. Various large equipment is now on-site as well, including the tanks and generator.



Disinfection facility exterior work nearing completion

Contract 2a (Three New Production Wells)

- The project is fully designed and out for bid. A pre-bid meeting was held on September 24th. Bids will be opened in October with an anticipated Council award date of October 20th.

12UT05 Regional Extensions

- Redpoint Contractors began construction of the first phase of the District Extension projects on June 8, 2015. They have made the connection to the new 24" pipeline near the Z1-R5 tank and are now installing 12" PVC pipe. We anticipate partial completion of the project (for the ability to serve Bennor Estates) by December 31, 2015, and final completion in the Spring of 2016.
- Sixteen water districts have now signed water service agreements. Seven of these districts will be served by this phase of the project (Cook Road, Bennor, Overbrook, South Fork, Rafter D, Spring Hill Ranch and Antelope Valley).

Future Regional Extensions

- The City of Gillette will submit a grant application for the next phase of regional extension projects. A total of twenty water districts have signed water service agreements. Service will be provided to eight districts in the priority one project (12UT05) and seven for the next phase, which will complete the extensions on the Eight Mile Line and the Meadow Springs Line.

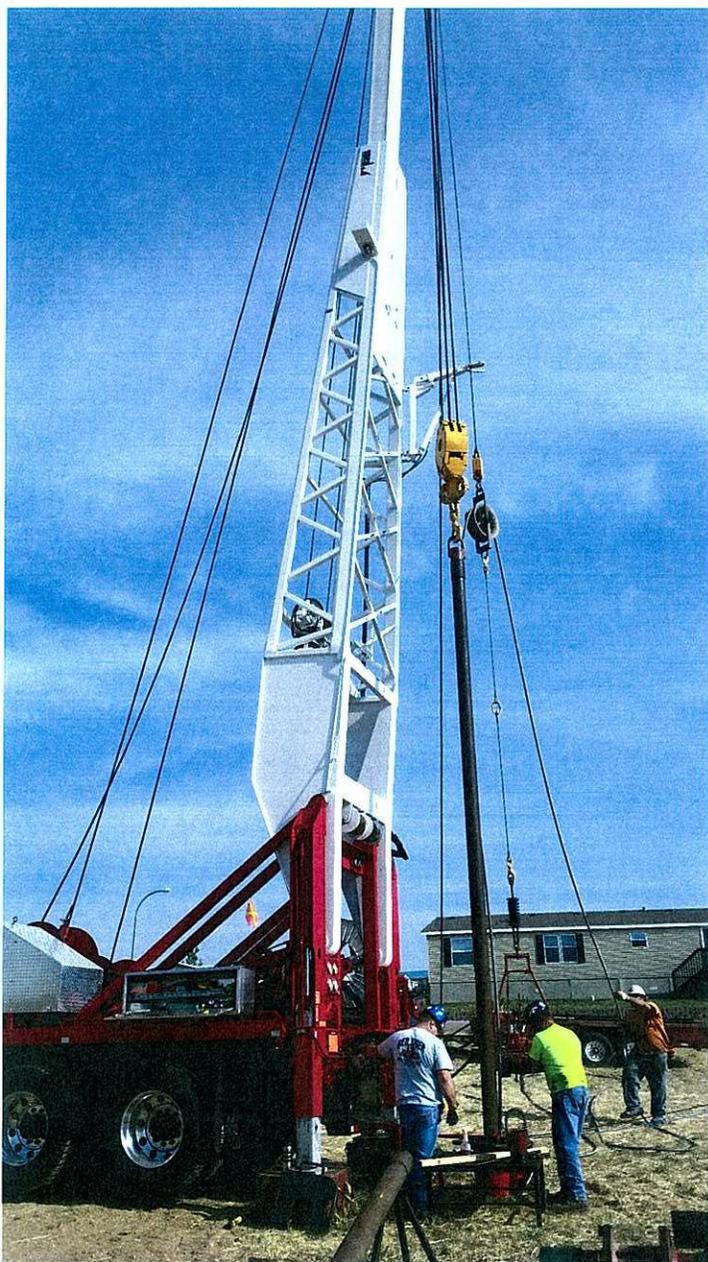
INSIDE THIS ISSUE:

Water Division	2
Electrical Services Division	3
Wastewater	4
Utility Engineering Division	5
Wholesale Power	6
Electrical Engineering/SCADA Divisions	7
Employee Happenings	8

Water Division

Operations Crew

During the last three months we produced 43.48 million gallons of water which is more than last year at this time. Our yearly tank cleaning was completed and operators upgraded and rebuilt the chlorine system at Madison. In July, EPA conducted a three-day sanitary survey review of our water system. Before they left, they commented how well our system is operated and maintained and wished they had recorded the review for future training purposes. Soft Well #20 failed in July and was rehabilitated in August, as well as re-setting Booster Pump #1 at Pump Station 1. The rest of the quarter was spent on annual HAZMAT training and routine tasks including mowing, weekly bacte samples and various maintenance needed at different sites.



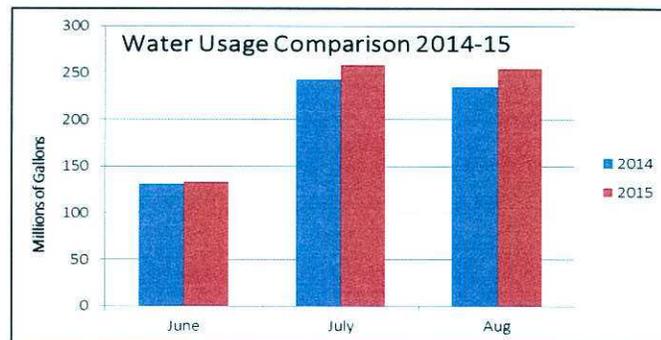
Soft Well #20 being rehabilitated

Preventative Maintenance and Distribution Crews

During the last quarter we started to work on annual hydrant training and testing of 601 hydrants to be serviced. WACHS Inc., came in and inspected/exercised 1000 valves in the Southeast section of town. Crews assisted various contractors with numerous water outages and breaks along with day-to-day trouble calls averaging 30-40 a month. Preventative Maintenance and Distribution crews began rotating to cross-train and allow more seasoned operators to coach and mentor newer ones. Crews performed 1,696 locates and 287 on/off this last quarter, in addition to flushing the entire system. During the course of flushing we discovered and took care of 120 system hydrants that needed to be repaired, replaced or raised. Crews also installed curb stops and coil pits while responding to planned outages and leaks.

Proactive Pipe/Valve Replacement

With an additional operator on staff, we have completed **seven miles of leak detection** and **excavated and separated two common curb stops** in town.



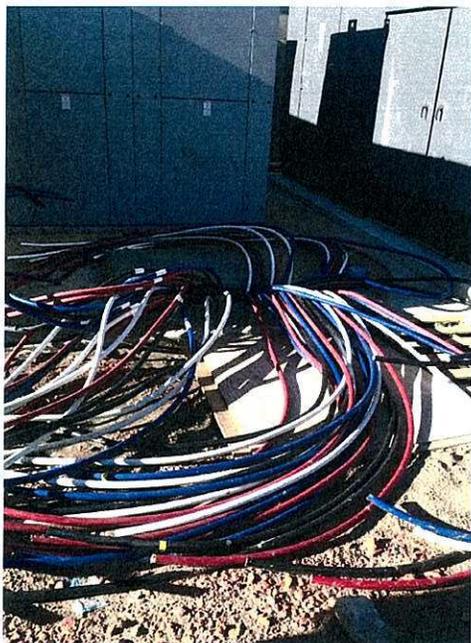
Electrical Division

Install New Infrastructure:

Legacy Ridge Phase III, Stocktrail School, Pioneer Manor

System Upgrades:

Market Frontage Road, re-route 69kV line along Boxelder Road, Enzi Drive Upgrade



Pioneer Manor before



Pioneer Manor after

Southern Industrial Annexation: Phase I completed on July 24. Out of 270 meters, 53 have been converted. Work continues at the new Swanson Substation. We expect energization early next quarter.

Proactive Cable Replacement:

Westhills Loop: 3 runs (1135’); Links Lane: 2 runs (850’); Sequoia Drive: 2 runs (1750’); FY15-16 total cable replaced: 3735’.

LED Conversion:

135 street lights were converted.

Outages:

Six outages total: Three outages due to high winds and trees in the powerline; two outages due to pigeons in the powerline; one outage when a padmount transformer failed.

TROUBLE CREW	
Assists Customer/Contractor	295
Locates	1570
New Services	53
Trouble Calls	9
Outages	6

METER TECHNICIAN	
Changed Residential Meters	40
Changed Commercial Meters	40
Shut Offs	370



New LED lighting—Junior Football

Wastewater Division

This quarter had several changes for Wastewater. Mark Paxton retired and Bob Molder accepted his vacated position as Wastewater Services Manager. Brandon Price is now the new Foreman of Wastewater Maintenance Operations and Matt Jacobs, Senior Wastewater Operator, took over Brandon's position in the Lab.



Steve Oliver and Wayne Ryther preparing the aeration basin for painting

Maintenance

- ◆ Replaced aeration baffles
- ◆ Repaired boiler 1201
- ◆ Downed second half of plant for painting
- ◆ Completed painting project
- ◆ Repaired north primary clarifier valves
- ◆ Rebuilt gas safety room flame arresters
- ◆ Inspected primary clarifiers for one year warranty
- ◆ Replaced suction check valves at 3rd and Gurley lift station



SpectraShield lining manholes

Operations

- ◆ Attended Bloodborne Pathogens
- ◆ Installed three banks of ultraviolet (UV) lamps
- ◆ Attended Wedeco training/trouble shooting on UV system

Collection

- ◆ Cleaned sewer lines as routine yearly maintenance
- ◆ TV'd sewer lines as routine yearly maintenance
- ◆ Inspected newly constructed areas
- ◆ Lined manholes (SpectraShield)

Yard Waste

- ◆ Ran out of biosolids and compost in June
- ◆ Biosolids compost was available end of August



Utility Engineering Division



Storm sewer installation in the alley between 6th and 7th

15UT02 (Wastewater Treatment Facility Aeration Basin & Final Clarifier Painting):

Carr Coatings has met substantial completion on August 13, 2015. Anticipated final completion, once the north final clarifier gets its gear box cleaned by the factory representative, will be on or before October 12, 2015.

15UT03 (2014 Water Main Replacement):

Powder River Construction (PRC) is currently installing water and sanitary sewer mains in Circle Drive from Veterans Drive to Prairieview Drive. Anticipated substantial completion on October 20, 2015.



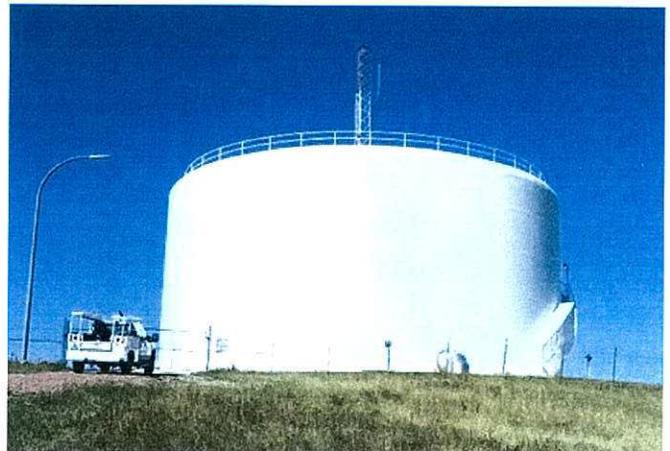
Utility work on Circle Drive

15UT01 (2014 Sanitary Sewer Main Replacement):

Hot Iron is currently working on installation of the sanitary sewer in the alley between 6th and 7th from Hwy. 59 to Green Avenue. Anticipated substantial completion of the project is October 29, 2015.



Wastewater Treatment Facility final clarifier



Z1-R4 Southern Drive tank at final completion

15UT04 (Water Tank Rehabilitation/Z1-R4 Southern Drive Tank):

Berendse & Sons Painting, Inc. (BSP) of Wyoming, LLC, has completed the exterior coating of the tank and the project was accepted by City Council on August 4, 2015.

Electrical Engineering Division

Wholesale Power

Wygen III:

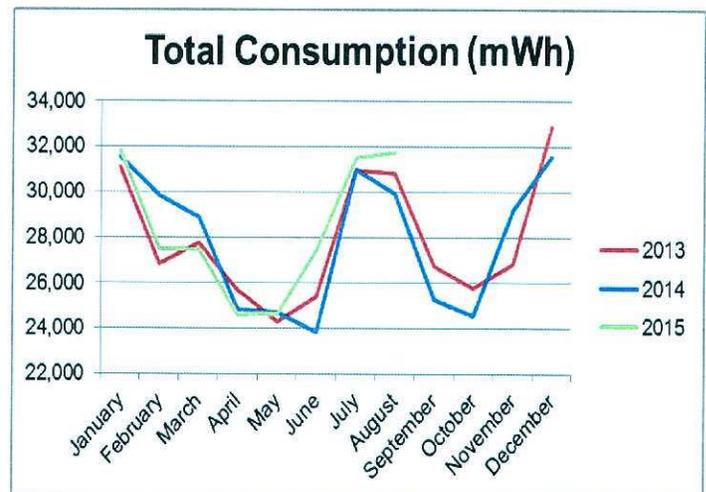
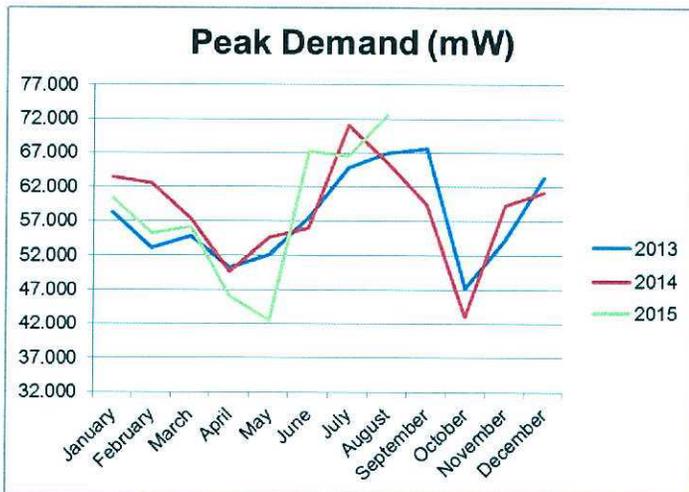
Gillette Share of Wygen III – June 2015	16,166 MWh
Gillette Share of Wygen III – July 2015	17,049 MWh
Gillette Share of Wygen III – Aug 2015	16,600 MWh

Year to Date Forced Outage	=	1.09%
Year to Date Planned Outage	=	2.9%
Year to Date Availability	=	95.98%

CT II:

Economy Energy Purchased by Black Hills – June 2015	6,620 MWh
Economy Energy Purchased by Black Hills – July 2015	8,912 MWh
Economy Energy Purchased by Black Hills – Aug 2015	11,913 MWh

Staff Initiatives:



Staff will begin the process of soliciting proposals for a 5-year peaking power contract in the fourth quarter.

Staff is working on SQL database reporting in order to automate much of the information that we receive on a day to day basis on our electrical system. This will allow for more custom reporting options in the future.

Electrical Engineering Division (Cont.)

3rd Quarter Accomplishments	
City Electrical Project Designs	4
City Electrical Project Inspections	131
Developer Project Designs	11
Developer Project Inspections	38
Assist Developers/Contractors	155
Projects Mapped	27
ePlans Reviews	29
Fiber Projects	4
Service Drop Requests-Residential	34
Service Drop Requests-Commercial	7

A few of the major City Electrical projects that Electrical Engineering (EE) assisted with design/inspections consist of the **Enzi Drive Upgrade, Feeder 21 Phase III Overhead to Underground, Feeder 23 Extension to Gillette Avenue, continuing on the Southern Industrial Annexation area and Swanson Substation.** For the Developer projects, EE worked on designs/inspections for **Farmer's Co-op, Gillette College Dorm, Gillette College Education & Activity Center, Marriott, La Quinta, Ruby Tuesday, and the South Campus Upgrades.**

Electrical Engineering has added Wholesale Power Tracking, File Structure, and the Broadband Study. EE continues to update the electrical system map and equipment tracking. In addition, EE has been assisting the SCADA Division with support on their control drawings as well as the Finance Division with budget and project reports.

SCADA Division

In addition to routine corrective and preventative maintenance, the SCADA group worked on the following projects:

Wastewater Division:

- ◇ Continued developing new SCADA alarm screens for the Wastewater Treatment Facility
- ◇ Continued developing iFIX Historian
- ◇ Moved 2 VFD's for the primary sludge pumps
- ◇ Working on the new Winn911 alarm dialer
- ◇ Attended UV system training

Water Division:

- ◇ Continued developing iFIX Historian
- ◇ Upgraded iFIX PC's at the water pump stations
- ◇ Worked on the new Winn911 alarm dialer
- ◇ Installing card readers at the Madison well sites
- ◇ Building the control panels for three of the regional water projects
- ◇ Built the control panels for Donkey Creek Pump Station 2
- ◇ Built the control panels for disinfection facility at Pine Ridge

Electrical Services Division:

- ◇ Continued developing iFIX Historian
- ◇ Worked on the new Winn911 alarm dialer
- ◇ Installed control wiring for the North Swanson Substation

IT Fiber:

- ◇ Assisted IT with an antenna at the Energy Capital Sports Complex

SCADA:

- ◇ Assisted Rick Eddy with railroad crossing lights

Employee Happenings



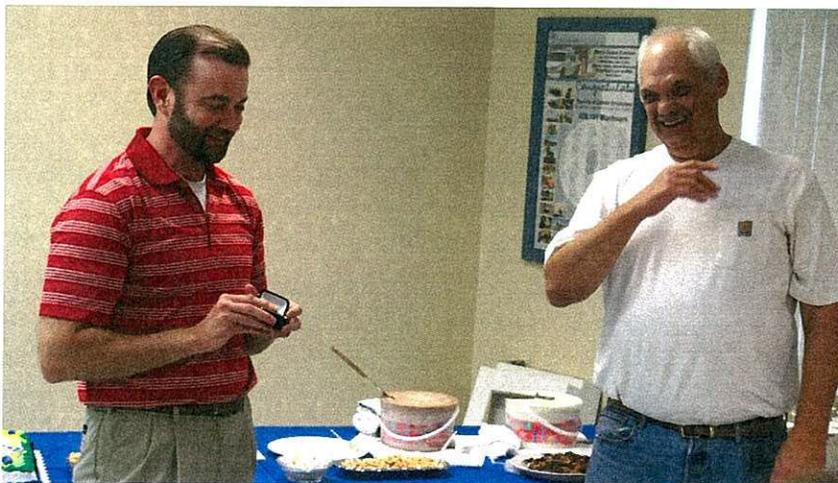
Eric Anderson, Electrical Services, obtained his Journeyman's License. Congratulations Eric!



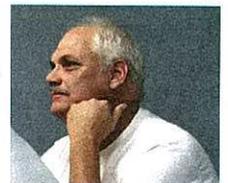
Travis Cruse, SCADA Electrician, received the 2nd Quarter P.R.I.D.E. Award. Congratulations Travis!



Bruce Hammond, Wastewater, celebrated his 35 years of service with the Wastewater Treatment Facility. Congratulations Bruce!



Mark Paxton, renown Artist/Philosopher, retired after 30 years of service to the City's Wastewater Treatment Facility!





Afton Evans <aftone@gillettewy.gov>

Word from WAM

1 message

Wyoming Association of Municipalities <kwaldner@wyomuni.org>

Wed, Sep 30, 2015 at 5:00 AM

Reply-To: kwaldner@wyomuni.org

To: aftone@gillettewy.gov



Wyoming
Association of
Municipalities

Building Strong Communities

Word from WAM!



SLIB Meeting

Thursday, October 1, 2015

8:00 am - 12:00 pm

Herschler Building, Room 1699

[See Agenda](#)

Will consider \$15 million in grant requests for 19 Wyoming Business Ready Community grant requests.

Don't stop when you are tired. STOP when your DONE!

What has WAM's Executive Director been up to?

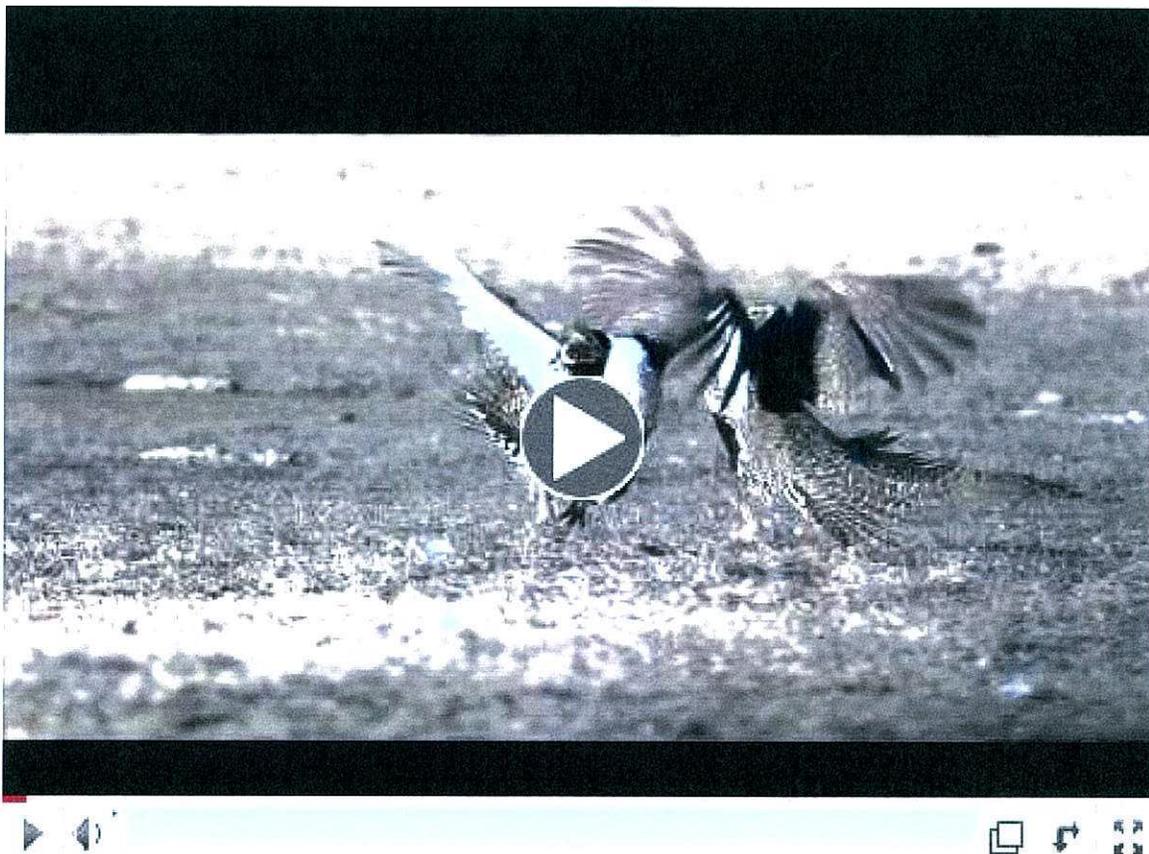
Shelley has been a blur this past month! She has been busy attending Interim Meetings, WAM Region and Board Meetings, working on ad-hoc committees and talking to organizations like Cheyenne's United Way Emerging Leaders and Wyoming Association of County Officers. This week she is at another interim committee meeting, Joint Travel, Recreation and Wildlife in Jackson. It is WAM's mission to advocate for cities' and towns' common interest and provide educational opportunities for its members. Shelley fosters this and is always available to answer questions or to just chat about ideas and concerns. It is our job to represent our members' interests and to stay well-informed about matters that impact YOU!



Greater Sage Grouse not Listed

The state of Wyoming should be proud of its partnership role in this unprecedented decision by the U.S. Department of the Interior regarding the Greater Sage Grouse. Governor Matt Mead praised the U.S. Fish and Wildlife Service's announcement that the Greater Sage Grouse will not be listed under the Endangered Species Act.

"I am pleased that the U.S. Fish and Wildlife Service made the right decision. This is the result of Wyoming and other Western states taking a proactive approach to the Greater sage-grouse - working with industry, agriculture and conservation groups and the federal government," Governor Mead said. "Today's decision recognizes Wyoming and other western states were successful. We can continue to create jobs and share our natural resources with the rest of the nation while the Greater sage-grouse thrives. I thank the Sage Grouse Implementation Team and the many others involved for their service and dedication to this important issue."



Great Sage-grouse Conservation Announcement

What Senator Enzi is saying about a government shutdown...



Senator Enzi is sharing news that you may not be hearing in the main stream. He writes on his forum, "President Obama and the minority leadership in the Senate have taken the position that unless they get dramatically increased funding for what they want, they won't allow consideration any of the individual bills that fund the government. That's a disservice to the country and their fellow Democrats who worked diligently with Republicans to pass spending bills through Senate committees." [\(Read more\)](#)

Wyoming Trivia

Where does Wyoming rank in coal production among the states?

Last week's answer:

Q: Where is the largest coal mine in the United States?

A: The North Antelope Rochelle Mine, located near Wright is the largest. Three of the world's 10 biggest coal mines by reserve are located in the Powder River Basin in Wyoming.

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Wyoming Association of Municipalities | 315 West 27 Street | Cheyenne | WY | 82001



ADMN ADMN <admngillette@gillette.wy.gov>

Have you RSVP'd for the Quarterly Breakfast?

1 message

Phil Christopherson <info@energycapital.com>
Reply-To: info@energycapital.com
To: admngillette@gillette.wy.gov

Tue, Sep 22, 2015 at 11:20 AM



Economic Development

Have you RSVP'd for Energy Capital Economic Development's Quarterly Breakfast sponsored and hosted by [Gillette College](#) on October 8th? Spots are filling fast, call Mary at 307-686-2603 or email mary@EnergyCapitalEd.com to reserve your spot.

Join fellow colleagues for an opportunity to learn what Energy Capital Economic Development has been working on the previous quarter, hear the forecast of the state of the economy and how it's impacting local businesses, and a chance to network with fellow community members.

This event is free to the public thanks to our sponsor, Gillette College. The breakfast is located in the **Gillette College Commons Area**. Space is limited so we ask that you RSVP by Monday, September 28th by emailing Mary@EnergyCapitalEd.com or calling Mary at 307-686-2603.



Energy
CAPITAL

Economic Development

Quarterly Breakfast
October 8, 2015 7:00am
Sponsored by Gillette College
Hosted in Gillette College Commons Area
RSVP Required to Mary@EnergyCapitalED.com



Gillette College
A Division of Western Massachusetts College of Applied and Professional Studies

Warm Regards,

Phil Christopherson



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