

LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - Chairmans Corner July 2024

Aanii (Hello)!

Niibin (Summer) – this is the time when many families are enjoying the outdoors and traveling. Whether it is spending time at the lake, appreciating time outside, or going on a long road trip, I hope that everyone is enjoying these beautiful summer days and months. The Little Shell Tribal Council has been working hard these past few months on implementing current programming and the development of new projects.

The Tribal Council is very excited to announce the development of the Little Shell Tribe's very first housing community near Hill 57 in Great Falls, Montana. This is an amazing new step for our tribal community. Our Little Shell ancestors, upon leaving our original homelands, continually fought with the federal government to provide our Tribe with recognition and lands that we can call home. Upon our federal recognition in December 2019, the Tribal Council has worked tirelessly to secure lands for the development of our very own housing community. The Tribal Council recognized the need for affordable housing especially for low-income families, the elderly, and veterans. The Tribal Council has therefore prioritized the development and construction of housing.

The Tribal Council is starting the process of creating a master plan. The vision of this housing community is to develop a variety of family housing including single-family units, townhomes, and ADA-accessible housing. In addition, the project will also provide community amenities including a park and a community garden. The goal is to start construction in early 2025.

This housing community will provide a new foundational base for many Little Shell tribal member families. Further, the housing development will also provide tribal members with a positive sense of community. The Little Shell Tribal Council is excited to continue to build up our great tribal nation.

Miigwech (Thank you), Chairman Gerald Gray

INSIDE:

• July Events

• Wellness Corner

• Cultural Corner

• Community Corner



JULY EVENTS



JULY 27 | 10am - 12pm

BENEFITS FOR COMMUNITY SAFETY

We will be collaborating with CCHD and Benefits for a community safety event. Free car seat check-up and installation safety event.

- ✓ Bike helmets
- ✓ Car seat checks and installations
- ✓ Safety items and educational material
- ✓ Sweet treats and more!

Located at the Benefits Women and Children's Center parking lot at 2720 10th Ave South.
Call 406-791-9299 for more information.



JULY 19 | 2pm - 4pm

TRADITIONAL HERBS AND MEDICINE SESSION

Terryn from Butte Native Wellness Center will be presenting the monthly Traditional Herbs and Medicine session. Offered in person at the Elder's Center 1529 Stuckey Road or virtually, and the link to join will be posted on our Facebook page.

UPCOMING EVENTS

ANNUAL LITTLE SHELL Veteran's and Elder's POW WOW

AUGUST 24-25, 2024

LITTLE SHELL POWWOW ARBOR - MOUNT ROYAL / HILL 57+ GREAT FALLS, MONTANA
(IN CASE OF RAIN: PARIS GIBSON EDUCATION CENTER 2400 CENTRAL AVE)



Saturday 24th + 9am Moc Walk + 10am Pipe Ceremony + Noon 1st Grand Entry
5pm Elder's Feed + 6pm 2nd Grand Entry Sunday 25th + Noon Grand Entry

MC: Don Racine + Arena Director: Clarence Comes at Night

Head Drum: Eagle Whistle + Head Male Dancer: Elliott LaMere + Head Female Dancer: Tawny Trottier Cale

Elders Dance Special Sponsored by Bob Haddock Payout \$1000 + 1st \$500 + 2nd \$300 + 3rd \$200

Golden Age (60+) Men's: 1st \$300 2nd \$200 3rd \$100
Senior Men Adult (35-59): Traditional / Fast-Fancy / Grass / Chicken 1st \$300 2nd \$200 3rd \$100
Junior Men Adult (18-34): Traditional / Fast-Fancy / Grass / Chicken 1st \$200 2nd \$150 3rd \$100
Teen Boys (13-17): Traditional / Fast-Fancy / Grass / Chicken 1st \$150 2nd \$125 3rd \$75
Boys (7-12): Traditional / Fast-Fancy / Grass / Chicken 1st \$100 2nd \$75 3rd \$50

Golden Age (60+) Women's: 1st \$300 2nd \$200 3rd \$100
Senior Women Adult (35-59): Traditional / Fast-Fancy / Grass / Chicken 1st \$300 2nd \$200 3rd \$100
Junior Women Adult (18-34): Traditional / Fast-Fancy / Grass / Chicken 1st \$200 2nd \$150 3rd \$100
Teen Girls (13-17): Traditional / Fast-Fancy / Grass / Chicken 1st \$150 2nd \$125 3rd \$75
Girls (7-12): Traditional / Fast-Fancy / Grass / Chicken 1st \$100 2nd \$75 3rd \$50

Vendor spaces available • 50/50 and Star Quilt Raffle tickets available for purchase

For more information: call Alisa at 406-868-7980 • Bring Your Own Chairs • Little Shell Tribe Pow Wow Committee is not responsible for any lost or damaged property

No Firearms, Alcohol or Drugs Allowed

CULTURAL CORNER



BUFFALO

STRONG

Youth having fun making bird feeders.

The Buffalo Strong program continues to serve Native teens in our community through healthy lifestyle activities and peer support.



Native Youth leaving their mark behind.



Collaborative Efforts with Rocky Boy Clinic provides education to our indigenous communities.



Buffalo Strong 8wk graduation



DOMESTIC VIOLENCE

WHAT DOES SAFETY MEAN?

To survivors of domestic violence or sexual assault, safety means freedom from violence or abuse. But what does safety mean to people facing issues in addition to violence, such as alcohol or drug addiction, mental health concerns, disabilities or social oppression? Here are some examples of what people may need, in addition to freedom from violence, in order to feel safe:

For a person in recovery from substance abuse or addiction: Having a network of people who support recovery and sobriety. Being in an environment free of constant triggers or pressure to drink alcohol or use illicit drugs.

For a person with mental health concerns: Being able to talk about one's feelings and issues, or one's own view of reality, without fear of being discounted or acquiring yet another label. If on medication, having a reliable source of affordable refills, so one doesn't have to worry about running out.

For a person with disabilities: Full accessibility to any needed services. Freedom from bullying or exploitation. Being taken seriously rather than discounted. Being seen as a full-fledged human being capable of making one's own decisions.

For a person who has experienced societal abuse or oppression: Being in an environment where diversity is respected. Freedom from being bullied, discounted or discriminated against because of one's race, sexual orientation or other difference. Freedom to talk about one's feelings, issues or view of reality without being stereotyped.

For a person facing intergenerational grief/historical trauma: Having one's own customs, values and beliefs respected and honored. Freedom to practice one's own customs or hold one's own values and beliefs without pressure to conform to the dominant culture.

For a person living in poverty: A reliable source of income, either from employment or public assistance. Knowing that one can access enough resources to meet basic needs.

For a person who is homeless: A place to keep one's belongings without fear of them getting stolen. A place to sleep without fear of arrest or of being harassed. Privacy for such things as taking a shower or changing clothes.

For a person being exploited by the commercial sex industry: Being able to talk about what's going on in one's life without fear of arrest or stigma. Being able to choose where one works, or with whom to have a sexual relationship. Freedom from exploitation.

For a person who is or has been incarcerated: Freedom to come and go from one's place of residence without constant monitoring. The ability to discuss problems or challenges without fear of "getting violated" (an interesting turn of phrase that means getting sent back to jail or prison for violating probation or parole).

WELLNESS CORNER



DOMESTIC VIOLENCE

Intimate Partner Violence

Gender-based institutionalized system of over-lapping continuous violent tactics used to maintain power & control



IPV/Battering: the purposeful use of a system of multiple, continuous tactics to maintain power and control over another. This intentional violence results from and is supported by unnatural, misogynistic, sexist societal and cultural belief systems. IPV/Battering is a crime against individuals, families and communities.

WELLNESS CORNER



LITTLE SHELL
TRIBAL HEALTH

**FIND OUT IF YOU
ARE ELIGIBLE
FOR MEDICAID**

**FRIDAY JULY 19TH
3 PM - 6 PM**

WE CAN HELP WITH RE-ENROLLMENT
Free in-person assistance enrolling or re-enrolling
1500 Chowen Springs Loop - Community Center

MORE INFO:
406.315.2400 ext 132
k.schindele@lstribes.org



WELLNESS CORNER



HARM REDUCTION

Harm reduction saves lives by preventing disease spread, reducing overdose deaths, and removing stigma around seeking help. These tools improve community health, cut emergency visits, lower health costs, and save lives. **Learn more: 406-315-2400 ext. 127.**

XYLAZINE IS HERE!

Xylazine exposure is continuing to increase as a lacing agent for people who use drugs. We have test kits available for this as well as Fentanyl test kits and Naloxone.

LaVonne is available to provide education and training for overdose prevention and harm reduction.

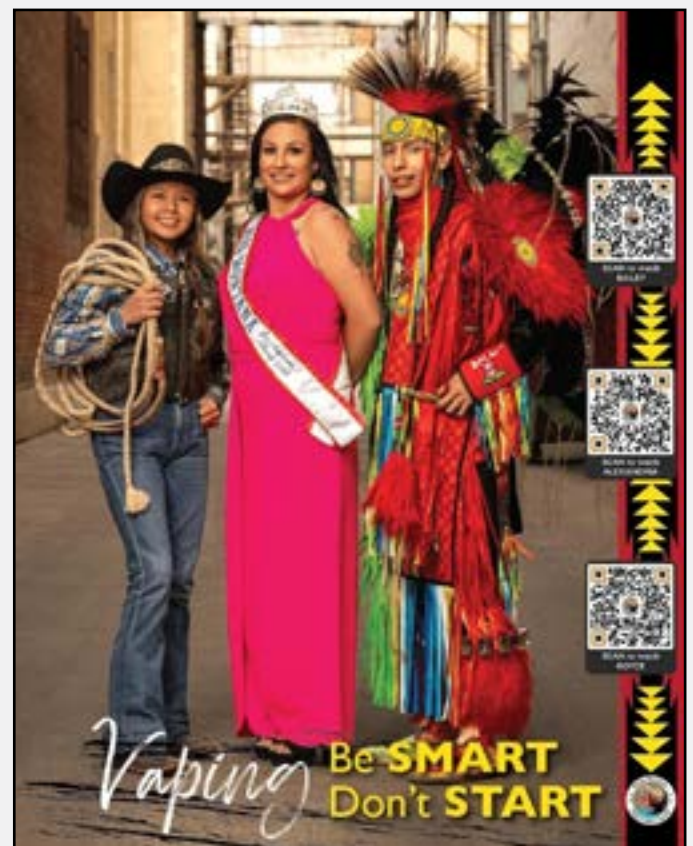


AMERICAN INDIAN
Commercial Tobacco Quit Line

1-855-5AI-QUIT

MTAmericanIndianQuitLine.com

MY LIFE
MY QUITTM
mylifemyquit.com
1-855-891-9989



COMMUNITY CORNER



LITTLE SHELL FDPIR PROGRAM



Every Child Deserves a Full Plate: The Reality of Childhood Hunger

In a world of abundance, it's heartbreaking that millions of children go to bed hungry every night. Childhood hunger is a pressing issue that affects every corner of the globe, and it's crucial that we take action to address it.

The Stark Reality

Global Hunger - Over 150 million children under the age of five are stunted due to chronic malnutrition (UNICEF).

Food Insecurity in the U.S.

In 2021, about 10.5% of U.S. households were food insecure, meaning they lacked access to enough food for an active, healthy life for all members (USDA).

Impact on Education

Hunger can severely affect a child's ability to learn. Hungry children are more likely to have lower academic achievements and higher dropout rates.

The Effects of Childhood Hunger

- 1. Physical Health:** Malnutrition can lead to weakened immune systems, making children more susceptible to illnesses.
- 2. Cognitive Development:** Chronic hunger can impair a child's cognitive development, affecting their ability to concentrate and learn.
- 3. Emotional Well-being:** The stress and anxiety of not knowing where the next meal will come from can take a toll on a child's mental health.

What Can Be Done

Support Local Food Banks: Donate or volunteer at local food banks to help provide meals to families in need.

Advocate for Policy Changes: Support policies that aim to reduce poverty and improve access to nutritious food for all children.

Educate and Raise Awareness: Spread the word about childhood hunger and its impact on our communities.

No child should have to face the world on an empty stomach. Together, we can make a difference and ensure that every child has the nourishment they need to thrive.

COMMUNITY CORNER



Little Shell Tribe
of Chippewa Indians

APPLIANCE REPLACEMENT PROGRAMS



The Tribe is Offering Two Appliance Replacement Programs

HUD Appliance Program

- Open to Little Shell tribal homeowners **living in the Tribal Service Area of Cascade, Blaine, Hill, or Glacier Counties.**
- Little Shell **Elders 62 years+**
- Appliances replaced if not energy efficient
- Low Income Household
- Funding for program is not limited

Appliances Offered:



Pembina Appliance Program

- Open to Little Shell tribal homeowners **living in Montana**
- Little Shell **Elders 62 years+** or Members with **long-term disability**
- Appliances replaced only if not working or member does not have the appliance
- Low Income Household
- Funding for program is limited

Appliances Offered:



GET IN TOUCH

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