

LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - August 2025

Aanii (Hello) to my fellow Little Shell tribal members!

The Little Shell Tribal Council is excited to see many of our relatives and friends this month at our annual Little Shell Veterans' and Elders' Powwow being held August 23-24th, 2025. Our annual Powwow is such a joyous time as we welcome all those that have come from near and far to be together in a good way.

During the month of July, the Tribal Council has been working hard a number of accomplishments. On July 1, the Tribe reached a significant milestone by assuming the operation of the Little Shell Tribal Clinic. Tribal Council leadership also travelled to Washington, D.C. to meet with Senator Daines, Senator Sheehy, Rep. Downing, Rep. Zinke, and Acting Assistant Secretary-Indian Affairs Davis. This trip was very productive as we discussed key issues impacting the Little Shell Tribe including healthcare, housing, and public safety.

The Tribal Council welcomed U.S. Department of Interior leadership from Washington, D.C. to our Great Falls tribal headquarters. During this very important meeting, the Tribal Council was able to have an in-depth discussion with Acting Assistant Secretary-Indian Affairs Davis, Deputy Bureau Director Bart Stevens, and Principal Director of Justice Services and Law Enforcement Charlie Addington. The Tribal Council discussed the Tribe's important programming, tribal member needs, and we provided a tour of the Tribe including our Little Shell Tribal Health Clinic and the sites of our future Ceremonial Center and Good Medicine housing community.

The Tribal Council will remain steadfast with tireless work in order to ensure we continue to grow our great tribal nation. There is so much more work to be done and we are excited to see the growth of our Tribe's programming and services. The Tribal Council prays for safe travel for all those traveling this summer. We hope to see many of you at the end of the month at our Powwow.

Miigwech (Thank you),
Chairman Gerald Gray



AUGUST

AUGUST 6

SPORTS PHYSICAL DAY!

We will be hosting a Sports Physical Day on Tuesday, August 6 at the Little Shell Clinic for youth needing physicals ahead of the upcoming school year and sports season.

Appointments are required to ensure everyone is seen in a timely manner. Please call the clinic to schedule your spot. More details will be shared on our Little Shell Tribal Health Facebook page. Let's get our youth ready to play, strong and healthy for the season ahead.

AUGUST 17

EARRING CLASS

The beaded earrings class with Tanya Werner, a talented Little Shell citizen, filled up fast and we are not surprised. Noel worked her magic to coordinate this creative workshop happening Thursday, August 17.

If you did not snag a spot this time, no worries. More beadwork and cultural workshops are in the works. Keep your eyes on our Facebook page for future classes. You will want to grab your seat early next time.

AUGUST 9

MEAT AND GREET 10am - 12pm

Meat and food will be passed out to our citizens.

AUGUST



SACRED CIRCLE FOR YOUTH

Get ready, Sacred Circle is back this August for youth ages 11 to 18. Sarah and Noel are cooking up something special, and this time, we're teaming up with the Elder's Society for a sweetgrass braiding session that brings generations together. It's all about connection, culture, and having a good time.

We'll dive into healthy habits that support both body and mind, all wrapped in fun, hands-on activities. Because strong roots start young, and wellness should be as fun as it is meaningful.

For more info, reach out to Sarah at 406-315-2400 ext 133 or Noel at 406-315-2400 ext 110. And be sure to follow the Little Shell Tribal Health Facebook page for updates—you won't want to miss it.



AUGUST 7



FRY BREAD CHRONICLES- LITTLE SHELL HISTORY WITH JESSICA

Join us for another evening of Fry Bread Chronicles with Jessica Gerlett and Noel on Thursday, August 7th from 5:30 to 7:00 PM at the Elder's Center, 1529 Stuckey Road in Great Falls.

Come for the food, stay for the stories. Each session offers a deeper look into the rich and complex history of the Little Shell Tribe, shared in a way that nourishes both the mind and the spirit. Whether it is your first time or you are a regular, all are welcome as we continue learning and connecting together.



EVERY TUESDAY

EVERYONE EXERCISE GROUP ON TUESDAYS AT 5:30PM

Our Tuesday evening exercise group keeps going strong every week at 5:30 PM. While the sun's still shining, we're gathering at Gibson Park to move, stretch, and breathe in the fresh air. This space is open to anyone ready to get active, feel good, and build community.

For many Native families, chronic conditions like diabetes, high blood pressure, and heart disease have left lasting marks. But we carry the wisdom of our ancestors, who knew that movement is medicine. Every step, every stretch, every breath is a way to honor our bodies and our traditions. It's not just about physical health, it's about clearing the mind, lifting the spirit, and reconnecting. So come out, move with intention, laugh a little, and feel stronger together.



AUGUST

EVERY WEDNESDAY

ELDER'S EXERCISE GROUP WEDNESDAYS AT ELDER'S CENTER 10AM – 11AM

We are continuing to support elder wellness with weekly exercise classes every Wednesday at 10:00 AM at the Elder's Center, held just before lunch. These chair-based sessions focus on strength, balance, and gentle stretching, all tailored to meet the needs of our elders. Noel also recently completed leadership training for the Staying Active and Independent for Life (SAIL) program and are working to launch it as a 12 week workshop offered twice a week. More details will be shared soon as we finalize the schedule. Stronger, healthier days are ahead.



AUGUST 23 & 24

DENTAL UNIT

Mark your calendars. The Little Shell Powwow is set for August 23 and 24, and we are thrilled to bring back the mobile dental unit for on-site services. This is a great opportunity to receive dental care in a comfortable, accessible setting while enjoying one of our most celebrated community gatherings.

Dental health is a vital part of our overall well-being, yet it is often overlooked. Regular cleanings and preventative care can help avoid long-term issues and support a healthier life. Whether it has been a while since your last visit or you just want to stay on top of your oral health, this is a perfect chance to get checked and taken care of.

To sign up for services, please contact Noel or Kasey at 406-315-2400. Spots may fill quickly, so be sure to reach out soon. We look forward to seeing you at the powwow, come celebrate culture, community, and health with us.



EVENTS



**2025 LITTLE SHELL
ELDERS and VETERANS
POWWOW
AUGUST 23RD & 24TH**

Little Shell Powwow Arbor
Mount Royal/Hill 57 • 3300 6th St NW
Grand Entry: Saturday 1pm and 7pm • Sunday: 1pm

Host Drum: Haystack
Announcer(s): Tommy Christian, Thomas Limberhand, Vince Short
Arena Director: Tim Eashapple | Head Dance Judge: Sugar Short
Drum Keeper: Leland Lukin | Flag Bearer: Richard Langan
Head Woman Dancer: Rae Croff | Head Man Dancer: Royce Jarvey
Sound: Powwow Network

DANCE CATEGORIES
Men's Categories: Traditional, Grass, Chicken, Fancy
Women's Categories: Traditional, Jingle, Fancy
Golden Age Men and Women \$500 \$300 \$200 | Senior Men and Women \$500 \$300 \$200
Junior Men and Women \$300 \$200 \$100 | Teen Boys and Girls \$200 \$150 \$100
Boys and Girls \$100 \$75 \$50 | Tiny Tots –rewarded each session
Drum Day Pay – \$100 per session - First 10 Drums signed up

SPECIALS
Jigging Contest – Mens and Womens \$300 \$200 \$100
Bob Haddock Mens and Women Veterans Special \$250 \$150 \$100
Loud Thunder Memorial Highway Give-A-Way



In case of rain North Junior High School 2601 8th St NE | For more information call Allisa 406-868-7980 | Vendor Information Tent Jo 406-564-2807
Camping onsite – No campfires or open flames | Absolutely NO Drugs, Alcohol or Firearms
The Little Shell Tribe and the Powwow Committee is not responsible for lost, stolen, or damaged property or short-funded travelers.

WELLNESS CORNER

WELLNESS CORNER




FENTANYL INFORMATION



WHAT IS FENTANYL?

- It is a synthetic opioid that is 50-100 times stronger than morphine.
- Pharmaceutical fentanyl was developed for pain management treatment of cancer patients, applied in a patch on the skin.
- It is also diverted for misuse and for abuse.
- Can be used for intense, short-term high, temporary feelings of euphoria.



STREET NAMES

- Apace
- China Girl
- China Town
- China White
- Great Bear
- He-Man
- Poison
- Tango & Cash



OVERDOSE SYMPTOMS

- Unconsciousness
- Changes in pupillary size
- Cold and clammy skin
- Cyanosis
- Coma
- Respiratory failure
- Death









STATISTICS

- Over 150 people die every day from overdoses
- It is 50x stronger than heroin
- It is 100x stronger than morphine

Rocky Mountain Tribal Leaders Council
Created by: Divya Narala
Information gathered by Divya Narala & Deborah Jones



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Rocky Mountain Tribal Leaders Council

July 22, 2020

HEART DISEASE

The heart has its reasons which reason knows not.

What is heart disease


- Heart and blood vessel disease (also called heart disease) includes range of conditions, many related to atherosclerosis.

Primary contributors

- Two primary contributing mechanisms to heart disease are inflammation and oxidative damage.

Risk factors for HD


- Smoking, including second-hand smoke
- Processed foods, trans fats
- Untreated hypertension (high blood pressure)
- Stress
- Sleep deprivation has the same effect on the immune system as physical stress or illness. Lack of sleep is linked to ↑ risk of atherosclerosis.
- Lack of exercise
- Obesity



Dietary components crucial to heart health

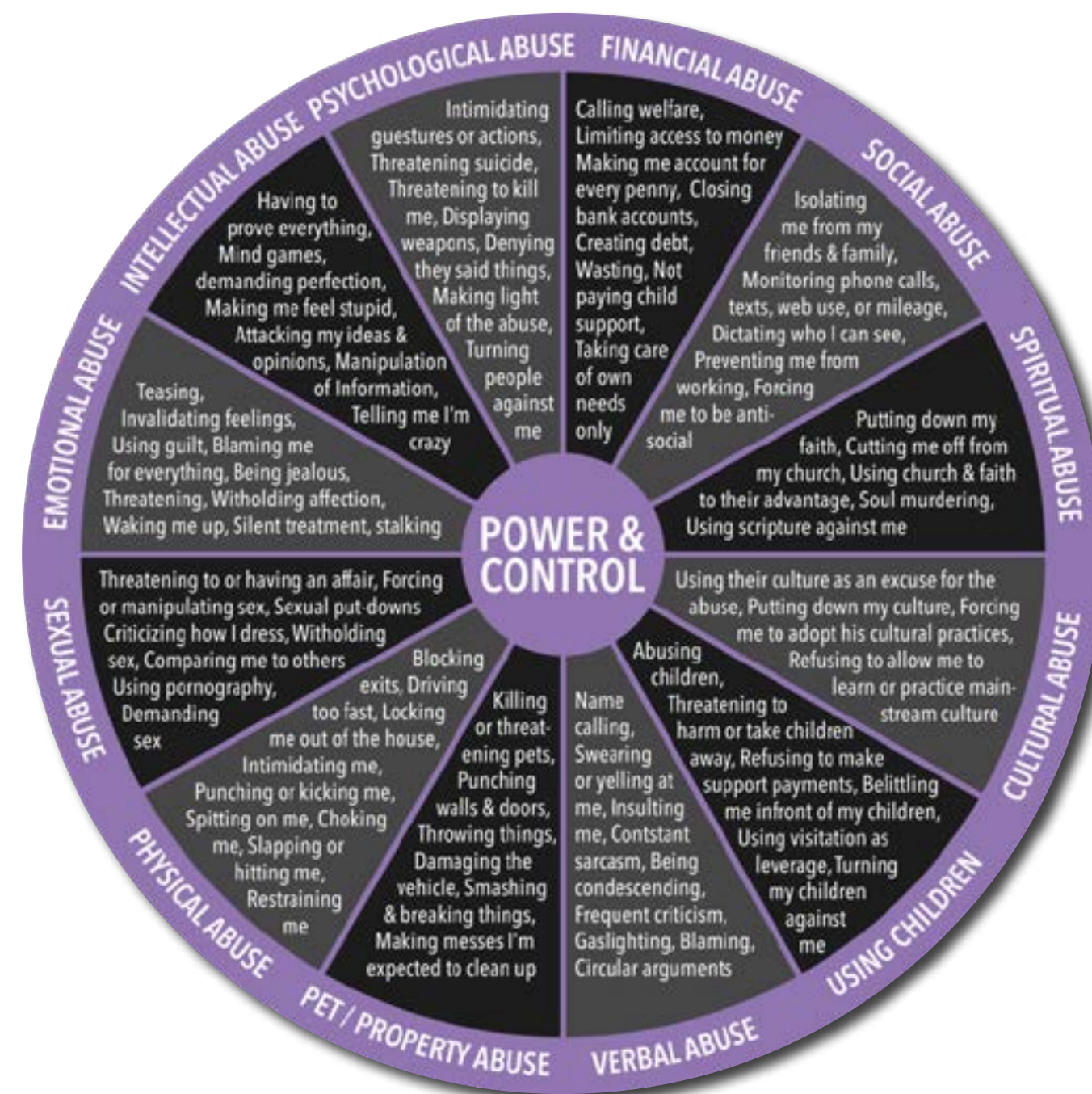
- Sulfur: Role in detoxification and heart health. Found in cruciferous vegetables, meats, eggs, seafood, garlic, onions.
- Vitamin K2 (MK-7): Low levels of vitamin K2 ↑ risk of arterial calcification and heart disease.
- Omega-3 (O3) fats: Found in cold-water fatty fish. They ↓ the risk of a fatal and nonfatal heart attack, stroke, cardiac arrhythmias, and death. O3 fats taken after heart attack improve odds of survival. They also lower triacylglycerides.
- Vitamin C: Neutralizes free radicals that damage the lining of arteries. Low vitamin C causes arteries to become brittle and to rupture. Atherosclerosis disproportionately struck patients with inadequate levels of vitamin C.
- Lysine and proline: Work with vitamin C to produce collagen needed for strong blood vessels.
- Other nutrients for heart health: CoQ10, carnitine, vitamin D, E, B3 (niacin), magnesium.

Curated by Barbara Entl, MD



WELLNESS CORNER

WELLNESS CORNER



COMMUNITY CORNER

HEALTH AND FOOD DISTRIBUTION TEAM

FDPIR Nutrition Corner – August 2025 How to Read a Food Label: A Guide to Healthier Choices
At the Little Shell Food Distribution Program, our mission is to provide nutritious foods and education to support the health of our tribal community. This month, we're focusing on something you see every day — the food label — and how understanding it can help you and your family make better food choices.

WHY FOOD LABELS MATTER

The latest Dietary Guidelines remind us to focus on our overall eating patterns, not just individual foods. Reading labels can help you spot hidden sugars, excess salt, and artificial ingredients, and guide you toward real, nourishing foods that support long-term health.

LABEL TIPS YOU CAN TRUST:

✓ INGREDIENTS LIST

- Listed from most to least — first = the main ingredient.
- Choose items with whole foods and familiar ingredients.
- Watch out for multiple forms of sugar (like corn syrup, cane juice, fructose).

✓ ADDED SUGAR

- Most Americans eat over 22 teaspoons per day!
- Aim for 6–9 teaspoons max (1 tsp = 4 grams).
- Added sugars now have their own line on most labels.

✓ FIBER

- Needed for heart health, digestion, and lowering cholesterol.
- Go for 25–30 grams/day from fruits, veggies, whole grains, and beans.
- Watch for synthetic fiber in processed foods — stick to the real stuff.

✓ SODIUM (SALT)

- Too much sodium raises blood pressure.
- Look at the % Daily Value: <5% = Low >20% = High
- Try to stay under 2,300 mg per day and cook from scratch when possible.

BOTTOM LINE

If you wouldn't cook with it at home, think twice before eating it. Look for labels with simple, whole ingredients — and skip the ones with a long list of chemicals you can't pronounce. Choosing real foods is one of the best ways to support your health and your family's well-being.

LITTLE SHELL FDPIR IS HERE FOR YOU!

We provide healthy food options, recipes, and support to help our tribal community thrive. Visit us at 1301 Stuckey Rd, Great Falls, MT or contact us for more nutrition tips and resources.

COMMUNITY CORNER

ICWA TEAM



The Little Shell ICWA is working both locally and in other states to ensure that ICWA is being provided for all LST Citizens!

The ICWA Department is looking to assist Little Shell Citizens in becoming licensed foster parents so our children can stay within their culture. We are in the planning process of a recruiting event! This will be held in July so please stay tuned for the details.

There is such a need to keep our children in our culture. Please contact the ICWA Department to help us understand the barriers so we can work on getting them out of the way!

What considerations should be made in an ICWA case? When handling an ICWA case, state or private agency caseworkers must:

- Provide active efforts to prevent removal of the child from the home and, when removal is necessary, provide services that strengthen the family so the child can be safely returned home
- Identify a placement that aligns with ICWA's placement preferences
- Notify the child's tribe and parents promptly about state court proceedings
- Actively involve the tribal nation, parents, and extended family in case planning and decisions

The caseworker should clearly explain a parent's rights under ICWA, while also assisting them in advocating for their rights and the best interests of their children.

<https://www.nicwa.org/what-is-icwa/#:~:text=What%20considerations%20should,of%20their%20children>

<https://www.nicwa.org>

CONTACT US

If anyone would like more information on ICWA please feel free to (406) 315-2400 ext. 120.

COMMUNITY CORNER

COMMUNITY HEALTH ASSESSMENT



We are currently conducting a Community Health Assessment to better understand the needs, priorities, and experiences of our Little Shell citizens. Our recent focus group meeting was a success, with thoughtful conversations and meaningful feedback about the health clinic and the future of healthcare for our tribe.

But we are not stopping there. Your voice matters, and we want to hear from as many community members as possible. Whether you live in Great Falls or elsewhere, you can help shape the direction of our health programs by taking just a few minutes to complete our survey.

Your input will directly guide how we plan, improve, and invest in services that support the health and well-being of the Little Shell people. Please take the survey and share it with friends and family. Together, we can build a healthier future.

Take the survey here: <https://www.surveymonkey.com/r/L93GJCB>

APPLIANCE REPLACEMENT PROGRAMS

The Tribe is Offering Two Appliance Replacement Programs

The Tribal Council is excited to announce the HUD Appliance Program is expanding its programming to include both older and adult tribal homeowners. The HUD Appliance Program is now open to ALL tribal members that own a home or have a spouse/parent that own a home in Cascade County. We will expand to the remaining service area counties by this fall. Visit our website to apply starting July 8, 2025.

HUD Appliance Program

- Reside in **Cascade County**.
- Little Shell Tribal Member must own or have spouse/parent that own the home.
- Low Income Household

Appliances Offered:

- Stove
- Refrigerator
- Freezer
- Dishwasher
- Microwave
- Washer
- Dryer

Pembina Appliance Program

- Reside anywhere in **Montana**.
- Little Shell Tribal Member **Elders 62 years+** or Members with a **Long-Term Disability**
- Low Income Household

Appliances Offered:

- Stove
- Refrigerator
- Freezer
- Dishwasher
- Microwave
- Washer
- Dryer

GET IN TOUCH:

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