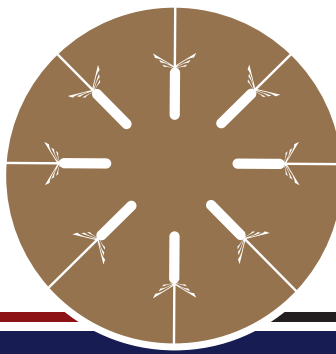




LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - July 2026

Celebrating Our Culture, Our Community, and Our Future

Aanii (Hello),

Summer is one of my favorite times of year because it gives us the opportunity to come together as one community. I want to personally invite each of you to join us for the 15th Annual Little Shell Elders and Veterans Pow-Wow, August 22–23, 2026, at the Little Shell Pow-Wow Arbor on Mount Royal (Hill 57) in Great Falls.

Whether you've attended every year or this will be your first, I hope you'll make plans to celebrate with us.

Our annual pow-wow is more than an event—it's a celebration of who we are as the Little Shell Tribe. It is a time to honor our Elders, recognize our Veterans, celebrate our traditions, and pass our culture on to the next generation. Through song, dance, language, food, and fellowship, we strengthen the bonds that unite us as a people.

For many of our citizens living across Montana and throughout the country, the pow-wow is also a chance to come home. It's an opportunity to reconnect with family and friends, meet new tribal members, and create memories that will last a lifetime. No matter where life has taken us, we will always be connected through our Little Shell community.

This year's celebration will feature grand entries, traditional dancing, drum groups, special dances, and activities for all ages. I encourage everyone to come support our dancers, singers, artists, and vendors whose talents keep our traditions alive. Every handshake, every story shared, and every song sung reminds us that our culture continues to thrive because we choose to come together.

On behalf of the Tribal Council, I want to thank the many volunteers, staff, committee members, dancers, singers, vendors, and sponsors whose hard work makes this gathering possible each year. Your dedication ensures that this tradition continues for future generations.

I look forward to seeing you and your family at the arbor as we celebrate our culture, honor our Elders and Veterans, and enjoy the strength that comes from gathering together as one Little Shell family.

Miigwech (Thank you),
Chairman Gerald Gray

INSIDE

• July Events

• Cultural Corner

• Community Corner

• Wellness Corner



JULY EVENTS

LITTLE SHELL CULTURE CLASS



Connect, Learn, Belong

The Little Shell Culture Club invites youth, families, and community members of all ages to gather, learn, and reconnect with the traditions that shape who we are. Each session offers opportunities to explore traditional dance, drumming, songs, language, and other teachings that reflect the heart of Little Shell identity.

Culture Club is a welcoming space where knowledge is shared across generations and our stories continue to grow. Whether you are beginning your cultural journey or deepening what you already know, you will find encouragement, friendship, and a sense of belonging. Everyone is welcome. Come take part in the movement, the music, and the moments that keep our culture strong.

For updates on dates, times, and locations, please contact the Little Shell Culture Department or follow the Tribe's Facebook page.

Upcoming Dates TBD
Open Sign Up for Youth Rock Climbing team ages 13-17

BINGO



July 2nd & July 23rd
5:30pm to 7:30pm

Come enjoy Community Bingo Nights, an uplifting way to spend time with friends, family, and fellow community members. These evenings offer more than a chance to play bingo as they create space for laughter, conversation, and meaningful connection that strengthens our Little Shell community.

People of all ages are invited to join in, enjoy light refreshments, and take part in a relaxed and friendly atmosphere. Prizes and plenty of good energy are always part of the experience.

Community Bingo Nights highlight the importance of gathering together and supporting one another. We hope to see you there for a night of fun and community spirit.

TOBACCO AND CLUTURE CLUB

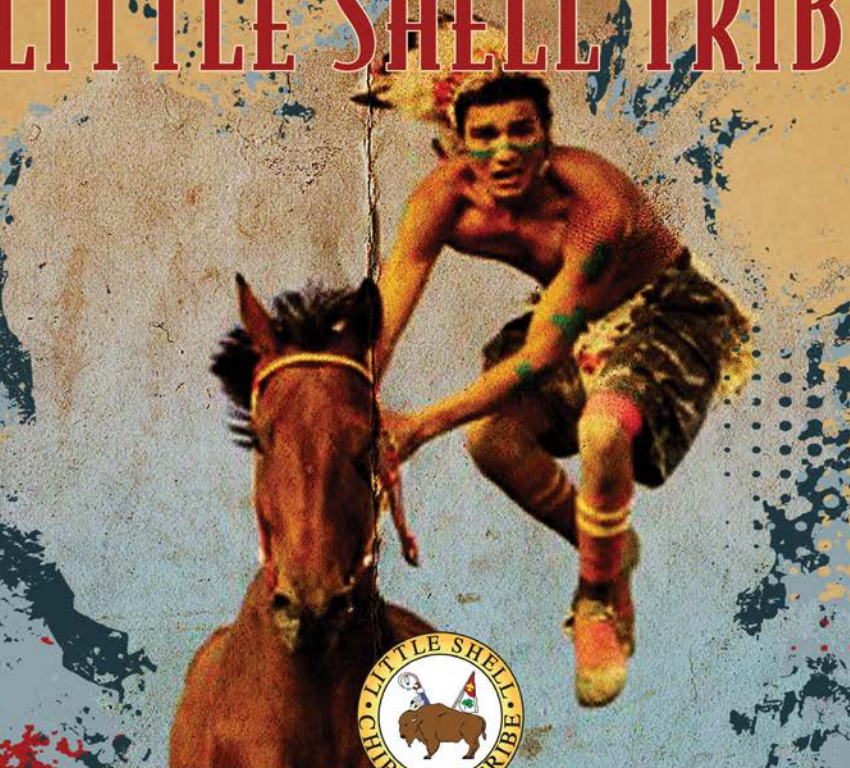


Tobacco and Culture Club at East Middle School offers students a meaningful space to learn, grow, and connect with cultural teachings. Through this program, students explore the difference between commercial tobacco and traditional tobacco, gaining a deeper understanding of health, respect, and the role traditional tobacco holds within our culture.

Along with learning about tobacco harm and prevention, students receive cultural teachings that enrich their education and support a stronger sense of identity and belonging. The club is designed to be engaging, supportive, and empowering for youth as they navigate their cultural and personal development.

Upcoming Dates TBD

HOUSING



1ST ANNUAL LITTLE SHELL TRIBE

INDIAN HORSE RELAY

JULY 25TH & 26TH

Montana Expo Park, Great Falls, MT

Admission \$20 | 5 and under Free

Doors open at 12pm Races at 1pm

Chariot races and Kid's Chariot Races

\$40,000 Total Relay Payout

Featuring Men's Relay Races | Women's Relay Races,
Junior Relay Races | Youth Relay Races | Kid's Relay Races

Limit of 20 teams for Men's Relay and 5 for Women's Relay.

Men's Relay entry fee is \$400 | Women's \$200 | Entry Fees must paid before July 25TH

Contact Iris at 406-399-0447 to enter and for more information

Little Shell Tribal Council will sponsor a Chief's Race to Honor former Tribal Council Members who have passed on

Hosted by Little Shell Tribe of Montana and Accredited by Horse Nations

Expanded Housing Assistance Program

REHABILITATION, REPAIR & MAINTENANCE

- **Program Launch Date: June 23, 2026**
- Reside in **Cascade County**
- Little Shell Tribal Member Must Own or Reside in the Home (**NO AGE RESTRICTION**)
- Low Income Household

Permissible Items:

Site Maintenance

Building Exterior

Roof

Windows & Doors

Interior Walls and Ceilings

Flooring

Security

Kitchen

Bathroom/Laundry

HVAC

Pest Infestations

Structural

Construction for Accessibility

Smoke / CO Detectors

Weatherization

Overcrowding

Please Note:

*Not all requested items may qualify for assistance and will be determined following a site inspection and assessment of the home's condition. **life & health and safety** concerns, guidelines, and availability of funding.*

(406) 315-2400 Office

(406) 315-2401 Fax

LittleShellHousing@lstribe.org

www.montanalittleshelltribe.org

511 Central Ave W.

Great Falls, MT 59404

APPLIANCE REPLACEMENT PROGRAMS





The Tribe is Offering Two Appliance Replacement Programs

HUD Appliance Program

- Reside in **Tribal Service Area: Cascade, Glacier Blaine or Hill Counties in Montana.**
- Little Shell Tribal Member must Own or Reside in the House (**NO AGE RESTRICTION!**)
- Low Income Household

Appliances Offered:


Stove


Hot Water Heater


Washer


Dishwasher


Refrigerator


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


Furnace



ICWA

Hello From the ICWA Department! We are busy here! As part of the ICWA Law, States are required to inquire or investigate if a child is an Indian child. We currently have 29 open cases, in 4 different states. The majority of our cases are in Montana and the majority of those are in Cascade County.

The ICWA Department is assisting three parents with completing their required parenting class. If anyone is interested, please contact us!

The ICWA Department is working with a Court Improvement Team that has The Department of Health and Human Services, Attorneys, Judges, Tribes, and support from The State. The purpose of this team is to improve how we are dealing with Child cases here in Montana. We are hoping to get an ICWA Court in Cascade County at some point. There are positive changes being made due to this team.

If you know any Little Shell family that may be close to having involvement with Child Protection Services please encourage them to reach out for help. Please encourage them to reach out to the ICWA Department to help find resources.

I try to be a resource myself.

I am trying to gather culturally relevant information and materials so that LST Children who are placed in non- LST foster care can maintain a connection to their culture. If anyone has ideas, or point me in the right direction, call me - Edith ColmanICWA Caseworker

ENROLLMENT



HEALTH

MEET SOME OF OUR NEW TEAM

Community Health Worker Rena Glasgow

I'm excited to join Little Shell Health Clinic as the new Community Health Worker, bringing with me a background rich in hands-on healthcare experience. I'm originally from Yuma, Arizona, and began my academic journey in Southern Oregon before relocating to Montana with my family, drawn by our shared love of the outdoors and a desire to put down roots in a place that supports our goals. I'm currently a Pre-RN student at Great Falls College, continuing to build on my healthcare foundation.

After years of experience in acute care settings, I saw firsthand the broader needs of the communities I served and felt called to step into community health work, where I can support families before health concerns become emergencies. Right now, I'm spearheading a community baby shower to distribute essential maternal and baby supplies to expecting parents — an event designed to celebrate new life while highlighting the importance of healthy families. Outside of work, you can usually find me hiking or fishing with my family, enjoying the very outdoors that brought us to Montana.

Prevention Specialist Elizabeth (Beth) Patacsil

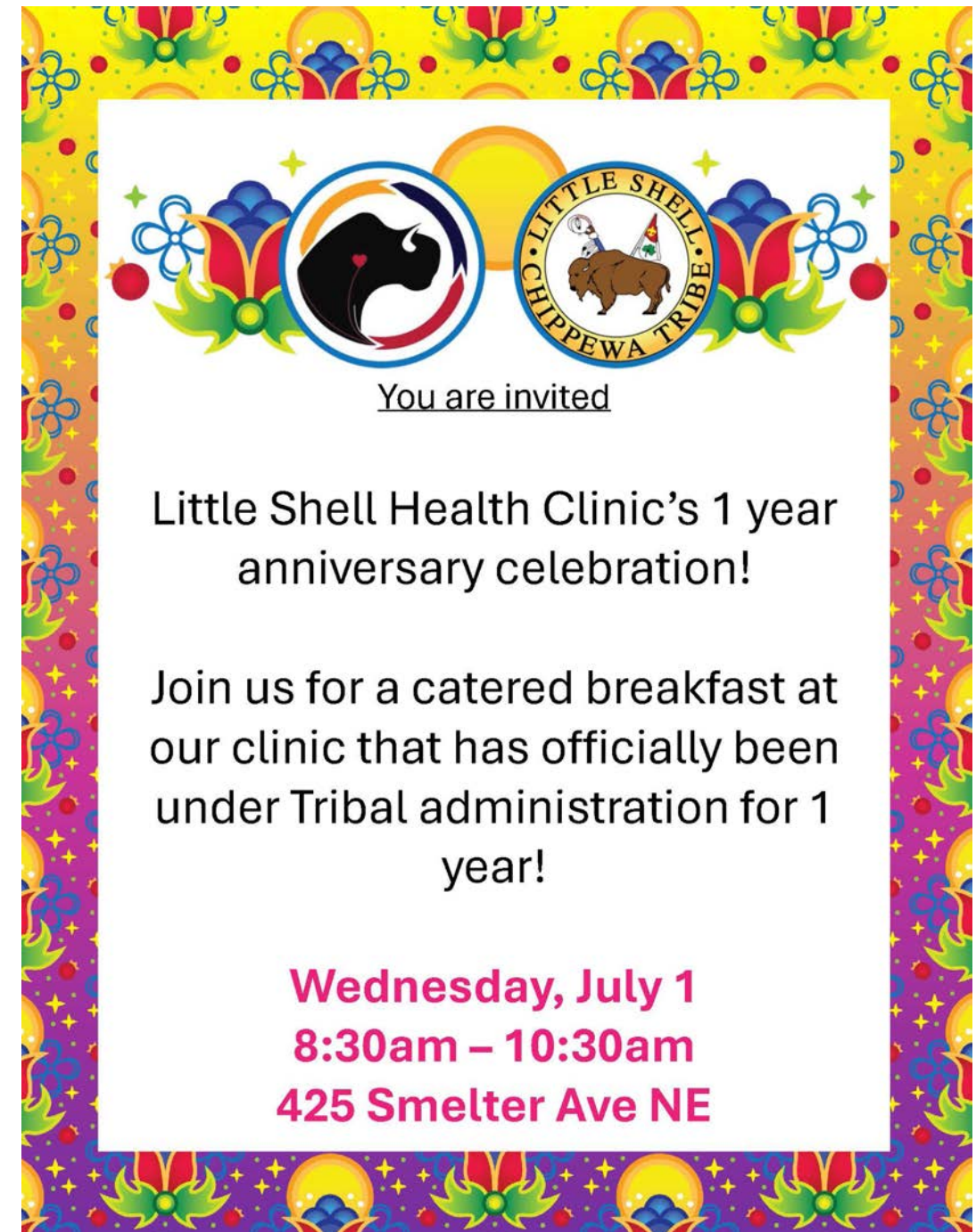
My name is Elizabeth(Beth) Patacsil. I am the Prevention Specialist, which I am honored to join the Little Shell Tribal Clinic. With a heart for service and a steadfast commitment to improving the lives of individuals, families, and communities. I believe that every person deserves the opportunity to heal, grow, and build a future with hope, regardless of the challenges they have faced.

Driven by a passion for community wellness, I am developing innovative outreach initiatives that promote prevention, education, and connection. One of my first community projects will be hosting an informational outreach booth at the Rocky Boy Powwow from July 31 through August 2, 2026; where I will share valuable resources focused on mental health, substance use prevention, and overall wellbeing.

There are multiple projects in development. But I am also leading the development of a reentry support initiative for individuals transitioning from prison or jail back into their communities. This project aims to bridge the gap between incarceration and independence by connecting participants with employment opportunities during prerelease, mental health and prevention services, and community resources.

By helping individuals restore hope and overcome barriers. I hope to empower them to create lasting change for themselves and future generations.

I am very excited to serve alongside the Little Shell Tribal Clinic team, and I am committed to fostering partnerships that strengthen communities through compassion, cultural connection, education, and opportunity. I believe that meaningful change begins when people are met with dignity, encouragement, and the resources they need to thrive.



**A BIG THANK YOU FOR ALL WHO CAME THIS YEAR! WE HAD
A GREAT TURNOUT WE CAN'T WAIT TO DO IT AGAIN!!!**

- YOUR HEALTHCARE TEAM

FOOD DISTRIBUTION



JULY IS GET WALKING MONTH! LET'S MOVE, LITTLE SHELL!

July is the perfect time to go outside and get walking! With Montana's beautiful summer weather, longer days, and sunshine, it's a great opportunity to enjoy our natural surroundings while improving your health. Whether you're walking around your neighborhood, in a local park, or just taking laps around the yard—every step counts.

Why walk?

- Boosts your energy and mood
- Supports heart health and joint flexibility
- Helps manage weight and blood sugar
- It's free, low-impact, and can be done anywhere!

Walk your way to wellness—and don't forget nutrition!

Staying active works best when paired with healthy eating. The FDPIR program provides nutritious foods like:

- Lean meats
- Whole grains
- Fresh and frozen fruits and vegetables
- Low-fat dairy and healthy shelf-stable staples

Simple tip for summer:

Take a walk in the cooler parts of the early morning or evening—to avoid the midday heat. Afterward, enjoy a light meal made with FDPIR items like a turkey wrap with whole wheat tortillas, a veggie salad, or fresh fruit and yogurt.

Need help getting started with FDPIR?

We're here for you! Visit us at the Little Shell Distribution Warehouse at 1301 Stuckey Rd or give us a call at 406-315-2400 Ext 130 to learn more and apply.

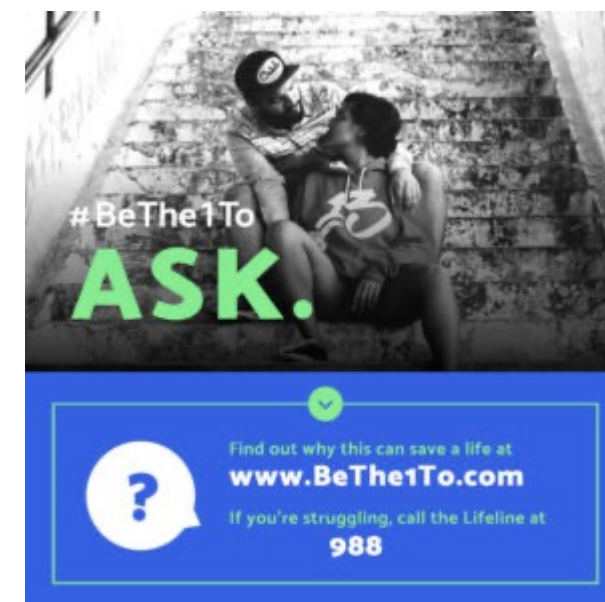
Walk a little more, eat a little better, and feel a whole lot healthier this July!

Come and see us at 1301 Stuckey Rd. | 406-315-2400 Ext 130

MEANTAL HEALTH

HOW AND WHY THE 5 STEPS CAN HELP HOW THE 5 STEPS CAN HELP SOMEONE WHO IS SUICIDAL

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.



ASK

How – Asking the question “Are you thinking about suicide?” communicates that you're open to speaking about suicide in a non-judgmental and supportive way. Asking in this direct, unbiased manner, can open the door for effective dialogue about their emotional pain and can allow everyone involved to see what next steps need to be taken. Other questions you can ask include, “How do you hurt?” and “How can I help?” Do not ever promise to keep their thoughts of suicide a secret.

The flip side of the “Ask” step is to “Listen.” Make sure you take their answers seriously and not to ignore them, especially if they indicate they are experiencing thoughts of suicide. Listening to their reasons for being in such emotional pain, as well as listening for any potential reasons they want to continue to stay alive, are both incredibly important when they are telling you what's going on. Help them focus on their reasons for living and avoid trying to impose your reasons for them to stay alive.

Why – Studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts. In fact, studies suggest the opposite: findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal ideation.

BE THERE

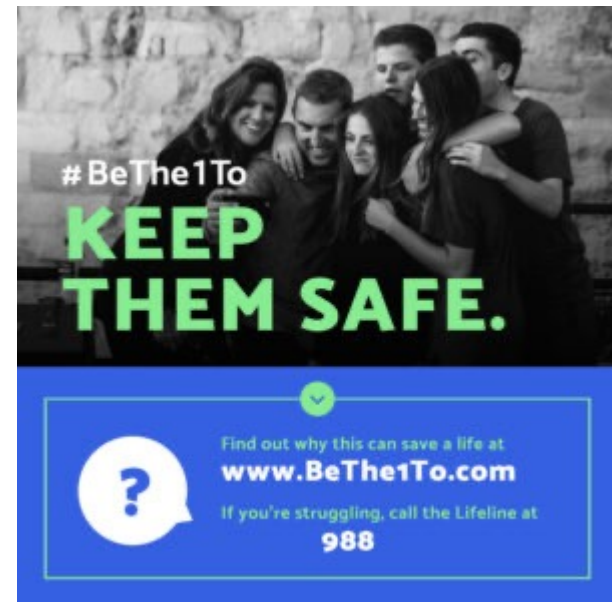
How – This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk. An important aspect of this step is to make sure you follow through with the ways in which you say you'll be able to support the person – do not commit to anything you are not willing or able to accomplish. If you are unable to be physically present with someone with thoughts of suicide, talk with them to develop some ideas for others who might be able to help as well (again, only others who are willing, able, and appropriate to be there). Listening is again very important during this step – find out what and who they believe will be the most effective sources of help.



Why – Being there for someone with thoughts of suicide is life-saving. Increasing someone’s connectedness to others and limiting their isolation (both in the short and long-term) has shown to be a protective factor against suicide. Thomas Joiner’s Interpersonal-Psychological Theory of Suicide highlights connectedness as one of its main components – specifically, a low sense of belonging. When someone experiences this state, paired with perceived burdensomeness (arguably tied to “connectedness” through isolating behaviors and lack of a sense of purpose) and acquired capability (a lowered fear of death and habituated experiences of violence), their risk can become severely elevated.

In the Three-Step Theory (or more commonly known as the Ideation-to-Action Framework), David Klonsky and Alexis May also theorize that “connectedness” is a key protective factor, not only against suicide as a whole, but in terms of the escalation of thoughts of suicide to action. Their research has also shown connectedness acts as a buffer against hopelessness and psychological pain.

By “being there,” we have a chance to alleviate or eliminate some of these significant factors.



HELP KEEP THEM SAFE

How – First of all, it’s good for everyone to be on the same page. After the “Ask” step, and you’ve determined suicide is indeed being talked about, it’s important to find out a few things to establish immediate safety. Have they already done anything to try to kill themselves before talking with you? Does the person experiencing thoughts of suicide know how they would kill themselves? Do they have a specific, detailed plan? What’s the timing for their plan? What sort of access do they have to their planned method?

Why – Knowing the answers to each of these questions can tell us a lot about the imminence and severity of danger the person is in. For instance, the more steps and pieces of a plan that are in place, the higher their severity of risk and their capability to enact their plan might be. Or if they have immediate access to a firearm and are very serious about attempting suicide, then extra steps (like calling for emergency help or driving them to an emergency department) might be necessary. The Lifeline can always act as a resource during these moments as well if you aren’t entirely sure what to do next.

The Harvard T.H. Chan School of Public Health notes that reducing a suicidal person’s access to highly lethal means (or chosen method for a suicide attempt) is an important part of suicide prevention. A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline. Research also shows that “method substitution” or choosing an alternate method when the original method is restricted, frequently does not happen. The myth “If someone really wants to kill themselves, they’ll find a way to do it” often does not hold true if appropriate safety measures are put into place. The Help Keep Them Safe step is really about showing support for someone during the times when they have thoughts of suicide by putting time and distance between the person and their chosen method, especially methods that have shown higher lethality (like firearms and medications).



HELP THEM CONNECT

How – Helping someone with thoughts of suicide connect with ongoing supports (like the 988 Lifeline) can help them establish a safety net for those moments they find themselves in a crisis. Additional components of a safety net might be connecting them with supports and resources in their communities. Explore some of these possible supports with them – are they currently seeing a mental health professional? Have they in the past? Is this an option for them currently? Are there other mental health resources in the community that can effectively help?

One way to start helping them find ways to connect is to work with them to develop a safety plan. This can include ways for them identify if they start to experience significant, severe thoughts of suicide along with what to do in those crisis moments. A safety plan can also include a list of individuals to contact when a crisis occurs.

Why – Impact of Applied Suicide Intervention Skills Training on the National Suicide Prevention Lifeline found that individuals that called the National Suicide Prevention Lifeline were

significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by the end of calls handled by Applied Suicide Intervention Skills Training-trained counselors. These improvements were linked to ASIST-related counselor interventions, including listening without judgment, exploring reasons for living and creating a network of support.



FOLLOW UP

How – After your initial contact with a person experiencing thoughts of suicide, and after you’ve connected them with the immediate support systems they need, make sure to follow-up with them to see how they’re doing. Leave a message, send a text, or give them a call. The follow-up step is a great time to check in with them to see if there is more you are capable of helping with or if there are things you’ve said you would do and haven’t yet had the chance to get done for the person.

Why – This type of contact can continue to increase their feelings of connectedness and share your ongoing support. There is evidence that even a simple form of reaching out, like sending a caring postcard, can potentially reduce their risk for suicide.

Studies have shown a reduction in the number of deaths by suicide when following up was involved with high risk populations after they were discharge from acute care

services. Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention. Please visit our Follow-Up Matters page for more.