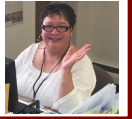


November 21, 2016

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Editor's Corner by Cathie Cichosz



Welcome to the 2016-17 academic year, which is shaping up to be a great one. We recently welcomed Stacy Thacker to our department. Check out her article with news of her assigned schools on the following page.

Due to budget constraints, our newsletter will be sent out only via email. Please make sure that your email address is correct at your child(ren)'s school as that will be what we rely on to get the newsletter to you. If you are reading this as a community member or other member and would like to receive our newsletters, please [contact me](#) and I will place your name on our email contact list.

I am the Native American Specialist for Hawthorne Elementary, Cold Springs Elementary, and Jefferson Preschool. This year each specialist assigned to an elementary school will continue the K-2 Read Aloud Program for Indian Education for All. This program was created by Kate Beals, Ahka (Grandmother in Inupiat), who retired last year. Kate is really missed by all the students who had the opportunity to be a part of her Read Aloud Program.

The books I have read for our Read Aloud Program are:

⇒ *The Buffalo and the Boat* by Kayo Bad Heart Bull

⇒ *Coyote and the Sky: How the Sun, Moon, and Stars Began* by Emmett "Shkeme" Garcia

⇒ *Beardream* by Will Hobbs

⇒ *Through the Eyes of the Eagle* by Georgia Perez

I also showed and explained videos of the different types of Native American dances and taught the kids how to round dance, just in time to attend our Halloween Round dance.

Congratulations to the newly-elected members of our Parent Advisory Committee: Rebecca Bearcub Goddard, Moses YellowRobe III, and Mariah Maxine Hawley. Be sure to check out our [webpage](#) and join our [Facebook](#) page. Both are great resources for information about our department, upcoming events, community activities and other news.

Our Title VII grant's name has been changed to Title VI. We are in the process of changing all our documents.

Please feel free to contact me anytime via email, ccichosz@mcps.k12.mt.us or call (406)728-2400, ext. 1064.

Thank you for your continued support.

Welcome Back Students and Families!

Mission:
*Help Native American students achieve academically,
 culturally, and socially to graduate and become successful
 lifelong learners.*

2016-17 Staff Contact Information and School Assignments

Name	Title	Phone 728-2400	Email	Assigned Schools
Karen Allen	Executive Regional Director/Indian Ed. Dept. Supervisor	Ext. 1074	kallen@mcps.k12.mt.us	
Jake Arrowtop	Native American Specialist	Ext. 1049	jarrowtop@mcps.k12.mt.us	Big Sky High School, Lewis & Clark, Lowell, & Paxson Elementaries
Cathie Cichosz	Native American Specialist	Ext. 1064	ccichosz@mcps.k12.mt.us	Jefferson Pre-school, Cold Springs and Hawthorne Elementaries
Melissa Hammett	Hellgate and Sentinel High School Native American Studies Teacher/Title VI Native American Specialist	Ext. 1028	mshammett@mcps.k12.mt.us	Hellgate High School and Sentinel High School (teacher)
Ray Kingfisher	Native American Specialist	Ext. 1047	rdkingfisher@mcps.k12.mt.us	CS Porter, Meadow Hill, & Washington Middle Schools, Sentinel High School, & Seeley Swan High School
Stacy Thacker	Native American Specialist	Ext. 1068	sthacker@mcps.k12.mt.us	Chief Charlo, Franklin, Rattlesnake, and Russell Elementaries
Glenda Weasel	Title VI/Native American Specialist/Data Support Staff	Ext. 1063	gfwasel@mcps.k12.mt.us	Willard Alternative High School

2016-2017 Title VI

Indian Education Parent Advisory Committee

New membership as of November 2016

Name	Title	Email
Dustin Monroe	President	dmonroe406@gmail.com
Suzette LaPlant	Vice President	suzette.laplant@umontana.edu
Matt Bell	Teacher Representative and Secretary	mattbell23@gmail.com
Kim McLean	Parent Representative and Treasurer	mrskimmclean@yahoo.com
Rebecca Bearcub Goddard	Parent Representative	rebecca_bearcub_goddard@yahoo.com
Mariah Maxwell-Hawley	Parent Representative	mmaxwell-hawley@mcps.k12.mt.us
Moses Yellow Robe III	Parent Representative	
Two Student Representatives		

Chewing the Grass with Stacy by Stacy Thacker



Yá'át'ééh

My name is Stacy Thacker, I'm a member of the Navajo tribe and the new Native American Specialist for the MCPS Indian Education Dept. The schools I'll be at are as follows; Chief Charlo, Russell, Rattlesnake and Franklin Elementary schools. My schedule is still in the process of being set up with Franklin and Rattlesnake schools but on Mondays I'll be at Chief Charlo Elementary and on Tuesdays I'll be at Russell Elementary.

I grew up on the Navajo Nation in Navajo, N.M. I moved to Missoula in 2011 to attend the University of Montana where I received my BA in Journalism. Before moving to Montana I worked as a substitute teacher for the Window Rock School District in Fort Defiance, AZ. My work consisted of working with students in grades k-12. I also spent a year working with a Life Skills class.

During my time on the Navajo Nation and in Missoula, I worked at various newspapers across the country as a journalist with a focus in Native American issues and providing under represented communities a voice. I worked at the Navajo Times, my tribal paper, the Montgomery Advertiser in Alabama, the St. Cloud Times in Minnesota, the Associated Press in Chicago and the Lewiston Tribune in Idaho.

In the past weeks I've been job shadowing my co-workers, the other Native American Specialists, to see how they work with their students and what activities they do with students. I've seen how the students open up and get excited to see their Native American Specialist when they walk into the room. I look forward to getting into my assigned schools and start building relationships with the students. I also look forward to meeting the parents and becoming a part of the Missoula community again.

Sincerely,

Stacy Thacker

Contact information:

Indian Education Department B2—Missoula County Public Schools—215 S. 6th St. West—Missoula, MT 59801

(406) 728-2400 ext. 1068

2016-17 EVENT CALENDAR

EVENT	DATE	TIME	LOCATION
Winter Gathering	Friday, December 9, 2016	6:00-8:00 PM	Russell Elementary
Open Gym/Drumming	Sundays, January 8-February 26, 2017	1:00-3:00 PM	CS Porter Middle School
Native Youth Powwow	Saturday, April 1, 2017	Grand Entry 1:00 and 7:00 PM	Sentinel High School
Missoula Native Youth Conference-Collaboration with Montana Indian Education Association	Thursday & Friday, April 20 & 21, 2017	To be announced	University of Montana UC Center
Senior Dinner	Wednesday, May 24, 2017	6:00-8:00 PM	DoubleTree Inn
End of the Year BBQ	Friday, June 2, 2017	3:00-6:00 PM	McCormick Park



WHEN:

**Sunday, November 20,
2016**

2:00 PM

WHERE:

Salvation Army Community
Center: 355 Russell Street, Missoula

All community members are
welcome to attend.

**REFRESHMENTS WILL BE
PROVIDED**

*Not Intended for Children under 13.
Must be accompanied by an Adult.*

For more information contact Lily Gervais at
829-9515

“The Sun as My Witness”

Performance by
Kevin Kicking Woman



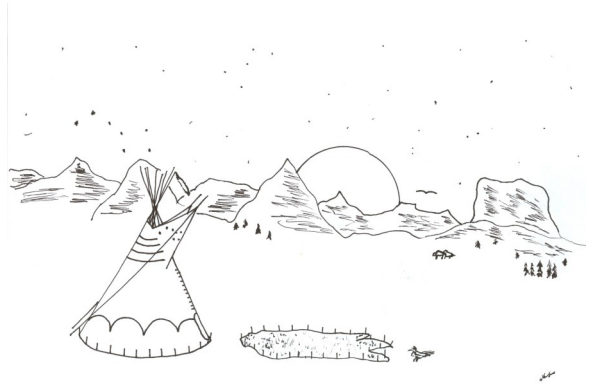
Kevin Kicking Woman performs an original play about a young man's journey growing up on the Blackfeet Indian Reservation. The one-man show features the personal journey through life, bringing a message of hope and endurance in the face of unimaginable hurt and trust. His performances are followed by a talk-back, a discussion he facilitates on the difficult subjects of his stories.

Sponsored by Missoula Urban Indian Health Center
In Conjunction with Building a Resilient Missoula Activities

TSA NII TA PII WA (What's happening) by Ray Kingfisher

Oki Niiksookowaaksi:

Well well well... here we are, people, rounding out 2016. The new school year has gotten off to a very fast start. So far we have had Native American Heritage Week, Indigenous Peoples Day, The Big Read Event, and the Halloween Round Dance, which were all successful events for us and the community. The Title VI (new name for our grant) Parent Advisory Committee has welcomed new members to the table. These members have jumped right in and helped with each event. We also welcomed a new team member, Ms. Stacy Thacker, who will be working with elementary students. We started off the academic year, as of October, with a full crew.



In the schools...sheesh...where to begin. Dana Kingfisher from the Missoula Urban Indian Health Center (MUIHC) has been attending the middle school lunch gatherings, teaching tobacco/alcohol prevention. Students seem to enjoy being involved in each lesson, BUT, they *love* the incentives she brings, such as socks, backpacks, and/or gift cards, which are given out for participation and attendance. Overall, I see students learning the prevention message and passing it on to their peers and families.

At CS Porter Middle School, we have also taken on an after-school curriculum called Student Trauma and Resiliency (STAR). This curriculum is geared for students to learn about how to talk about their problems, emotions, and dealing with them by speaking to someone. Lily Gervais (licensed counselor) of the MUIHC presented this curriculum. Students were very eager to talk and we had some good stories about what is happening with them in their schools and in their lives. Some of these issues were tough to hear, however, they are real issues in our community and schools. It was a great to see how Lily used her expertise to help students remain positive.

I was asked earlier in the summer if I would like to have a Southeast Asian Professional Fellow from the University of Montana job shadow me at MCPS. I agreed to do so and was glad that I did. It has been a very eye-opening and remarkable experience. Over the past month, I was job shadowed by Zet Nan from the country of Myanmar/Burma. Zet was very interested in Native Americans and the Indian Education Department. I showed Zet my interactions with the Native American students and visited with him many times about what I do to help our young people in school.

I think the history of Native Americans, where we are today, and where we are going has shown Zet and myself, that we are catching up in the world. No longer are we sitting aside and not taking a stand for our wellbeing. These young people are showing us that they are going to be great and will compete for all that is out there.

There is one thing that Zet said that stands out. "I watched the students as we entered each building. The employees and students all took notice that you were there in the school. They acknowledged you with a good morning, a head nod and/or hand wave. The students immediately came up to talk to you, letting you know that they would attend lunch club. They are lucky to have you there to help them."

I think I am the lucky one! What a great experience.

The Teacher's Corner by Matt Bell



Hello,

My name is Matt Bell and I am a teacher at Big Sky High School and the Willard Alternative High School Program. My family and I are from the Fort Belknap (Nakoda and Aaniiih) reservation, so I love Montana (especially the High Line)! I went to college at the University of Montana where I received a degree in English teaching and Native American studies.

I really appreciate being able to share my knowledge and love of Native American studies at Big Sky. In addition, at Willard I teach various classes including a culinary class known as 'Native Eats' where we work with foods from the Americas. So with that, here is a recipe perfect for the holidays:

Sweet Potato Casserole

Ingredients

For the sweet potatoes:

- 3 c (1 29-oz can) sweet potatoes, drained OR 3 sweet potatoes, peeled and sliced 1/4"
- 1 medium to large carrot, peeled and sliced 1/4"
- 1/2 c melted butter
- 1/3 c milk
- 3/4 c sugar
- 1 t vanilla
- 2 eggs, beaten
- Salt to taste

For the topping:

- 5 T melted butter
- 2/3 c sugar
- 2/3 c flour
- 1 c pecan pieces

Instructions: Preheat the oven to 350 degrees. Mash the sweet potatoes and add the melted butter, milk, sugar, vanilla, beaten eggs, and a pinch of salt. Stir until incorporated. Pour into a shallow baking dish or a cast iron skillet. Combine the butter, brown sugar, flour, and pecan pieces in a small bowl, using your fingers to create moist crumbs. Sprinkle generously over the casserole. Bake for 25-35 minutes, until the edges pull away from the side of the pan and the top is golden brown. Let stand for the mixture to cool and solidify a little bit before serving.

Notes:

- ◇ Sweet potatoes are indigenous to Central and South America.
- ◇ Cooking with cast iron is a great way to add iron to your diet!
- ◇ There are a number of gluten-free flours that can be substituted.
- ◇ Also, adding cranberries or maple syrup as a topping at the end can be a good way to add sweetness without adding more sugar.

HAPPY HOLIDAYS!

TITLE VI PARENT ADVISORY COMMITTEE 2016-17 NEEDS ASSESSMENT SURVEY

What do you feel are the most important needs of the Indian students in Missoula County Public Schools? Please indicate your thoughts by circling the number..

- | | |
|--|----------------------------|
| 1. Increase school readiness | 6. School attendance rate |
| 2. Integration of Indian specific content into curriculum | 7. School dropout rate |
| 3. Academic achievement | 8. Graduation rate |
| 4. Knowledge of cultural identity and awareness | 9. Career readiness skills |
| 5. Enhance problem solving and cognitive skill development | 10. College enrollment |

Other suggestions: _____

Rank the three most important needs:

Please check the category(ies) that describe you (check all that apply):

Native American ____ Yes ____ No ____

____ Parent/Guardian

____ Middle School Student

____ Community Member

____ Elementary School Student

____ High School Student

____ Missoula County Public Schools District Employee

What do you think is working well in the Missoula County Public Schools Indian Education Department?

Are there areas that you would like to see addressed by the school district or services that you would like to see offered by the Indian Education Department?

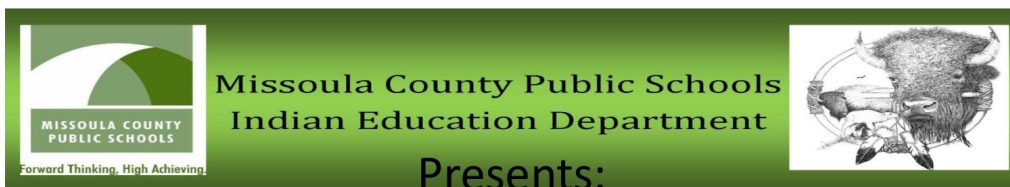
Please drop this by or mail to:

Missoula County Public Schools

Indian Ed. Department B2

215 S. 6th Street West





Missoula County Public Schools
Indian Education Department



Presents:

2016 WINTER GATHERING ROUND DANCE

WHEN: DECEMBER 9, 2016

TIME: 5:30PM—8:30PM

WHERE: RUSSELL ELEMENTARY, 3216 RUSSELL, MISSOULA, MT 59801

CONTACTS: RAY KINGFISHER 728-2400 X1047

GLEND A WEASEL X1063

CATHIE CICHOSZ X1064

JAKE ARROWTOP X1049



TURKEY, HAM AND POTATO/STUFFING DINNER

“COMMUNITY POTLUCK FEED”

***VOLUNTEERS FOR COOKS AND SERVERS NEEDED**

MC'S KEVIN KICKINGWOMAN AND RAYMOND KINGFISHER

• ROUND DANCE, SINGING/DRUMMING, VISITING, LAUGHING, SMILING, TEASING

****ALL SINGERS ARE WELCOME!! PLEASE CONTACT DANA KINGFISHER 829-9515**

• OWL DANCE SPECIAL— 1, 2 PRIZE

• POTATO DANCE SPECIAL— 1, 2 PRIZE

• MUSICAL CHAIRS— 1, 2 Prize

• FACE PAINTING, COOKIE DECORATING, ORNAMENT MAKING

• FIRST 60 KIDS WILL RECEIVE A GIFT

• VENDORS AND INFORMATION

• CAKE WALKS, DOOR PRIZES, 50/50 AND RAFFLE FUNDRAISERS

• ALL DONATIONS ARE WELCOME.

• SINGERS!!!! COME ON OUT, DON'T BE SHY, COME SING, LEARN TO SING, GET INVOLVED

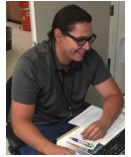


AMERICAN INDIAN
Commercial Tobacco Quit Line
1 (855) 372-0037
MTAmericanIndianQuitLine.com



****Poster is subject to change 11/3/2016—12/9/2016**

Jake's Place by Jake Arrowtop



Oki!

My name is Jake Arrowtop and I am a member of the Blackfeet nation. I am a Native American Specialist for Missoula County Public Schools and assigned to four schools within the district; Paxson Elementary, Lewis and Clark Elementary, Lowell Elementary, and Big Sky High School.

I host Native American lunch clubs in all my assigned elementary schools. We focus on cultural activities like stories, crafts, traditional games, and language games. I've also been fortunate to participate in the Read Aloud program with Kindergarten through Grade 2. I bring a story from a Montana tribe and provide background information. It's an opportunity to reinforce where the Montana tribes are, who they are, as well as provide a different perspective in order to highlight the diversity among tribal nations.

At Big Sky High School, I meet regularly with Native American students and they recognize me as an additional resource. I have a room during lunch time for the Big Sky Native students to stop by and visit. It has been a valuable space in order to touch base with students. The lunch group at Big Sky has shown great initiative by volunteering for the community events. I am grateful for their support.

I very much enjoy my time in all of my schools. Please feel free to contact me at any time if you have any concerns or questions.

Jake Arrowtop

Native American Specialist

(406) 728-2400 ext. 1049

jcarrowtop@mcps.k12.mt.us


The 2016 Halloween Round Dance at Chief Charlo elementary was a spooky good time! We had a record of 350 students, parents, staff, and community members in attendance.

It was great to see all the young people dressed up as zombies, ninjas, and princesses. They formed a line that curved out the door as they waited for the spaghetti feed. Thank you to all who brought numerous dishes to contribute to the pot luck. Not one were-wolf went hungry.


Student volunteers decorated and managed the haunted hallway. This hallway was the main source of screams and laughter all evening long. Informational tables lined the gym with numerous crafts and activities as singers sang some wicked roundy songs. There was the ever-popular cake walk that might have been a world record for length. The Missoula Urban Indian Health Center provided tobacco prevention information as well as flu shots.

Our event was incredibly successful. It is always good to visit with our students, families, and community members. Thank you to all the Title VI Parent Advisory Committee members, community members, and students that volunteered their time decorating, serving, and cleaning. Special thanks to Dana Kingfisher from the Missoula Urban Indian Health Center for all her hard work and support!

-Jake Arrowtop



Missoula County Public Schools
Indian Education Department



spooky Scary Halloween Rounddance


Where: Chief Charlo Elementary
5600 Longview Drive Missoula, MT

When: October 28, 2016 6-8pm

Community Potluck—Main Dish Provided



ALL HAND DRUM Singers Welcome

*Contact Dana Kingfisher
At 829-9515



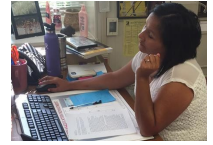
- Round dancing
- Singing
- Dance Contest
- *Costume Contest
- *Prizes provided by MUIHC

Information and Vendor Tables:
Contact Jake Arrowtop to
Request Table



Questions? Contact Jake Arrowtop at 406-728-2400 Ext. 1049 —jcarrowtop@mcps.k12.mt.us

Smoke Signals by Melissa Hammett



My name is Melissa Hammett. I am a Native American Specialist and the newest Native American Studies teacher at Hellgate High School. I am an enrolled member of the Blackfeet Nation from Browning Montana. Hellgate High School has the highest Native American student population at MCPS.

Currently, my main goal is to be more familiar with the students and increase awareness of my presence at Hellgate. So far my goal of making connections with students and staff is working.

At Hellgate High School, I host club meetings every Wednesday during lunch in room 240. The students decided on a club name: "Native American Honoring Society." We have a Facebook page, [Hellgate High School Native Students](#). If you are a parent or a student of Hellgate, please join this page. It is a great way to share information or news with parents and students.

The Native American Studies class that I teach at Hellgate is called NAS: Business Concepts of Montana Tribes. This class is offered every semester and is a CTE practical arts course or can be an elective course if students already have the practical arts class. In my class I focus on Montana tribes and reservations and the Essential Understandings. The class is introduced to business concepts starting off with the Montana trading system, Colonization, Comparing American Indian and European Economic Systems, Native American Trade Routes and the Barter Economy, and Indian Economic Development. There is potential for students to start projects if they decide to continue the class a second semester.

Each one of us in the MCPS Indian Education Department, as a Native American Specialists, brings something different and special to our program, but our ultimate goals are basically the same: for Native American students in the Missoula County Public Schools to be successful academically.

Dana Kingfisher Missoula Urban Indian Health Center Upcoming Events for MUIHC ASA/Tobacco Program

Gathering of Generations for Good Medicine:

Beading & Sewing Series 6-8 p.m.

Nov. 21st Currents Aquatic Center

Nov. 28th Payne Family Native American Center

Dec. 5th & 12th Payne Family Native American Center

Sweat Series, Fort Missoula water tower:

Dec. 4th 12-2 p.m.

Prevention Education Series in the schools:

Willard High School

Washington Middle School

For more information, contact Dana Kingfisher

At 406-829-9515



On this page and the next, the Missoula Urban Indian Health Center shows flyers for upcoming health events. Information below clarifies UPDATED dates, times, and locations, which may be different from the flyers):

Fall 2016 Special Nutrition Classes (see flyer)

Buffalo Hunt, December 2-4th to Lame Deer, Northern Cheyenne Reservation

Dry meat cutting, December 21st, place and time TBA

Pemmican making, December 28th, place and time TBA

FREE Flu shots

- December 6th, at MUIHC 4-6pm
- MCPS Indian Education Department's Winter Gathering on 12/9, 6-8pm

One Stitch at a Time, 6-8pm, University of Montana - Payne Family Native American Center

- November 28th
- December 5th
- December 12th

Group Fitness from 6pm-7pm

- November 29th, Council Groves Community Center
- December 1st, 6th, 8th, 13th, 20th, 22nd, 27th, 29th at Council Groves Community Center
- November 17th and December 15th will be held at MUIHC group room

In collaboration with MUIHC, NACOE, APHA-ASP, IPHARM:

Before it's too late...

Protect Our Circle

Get the 2016-2017 Flu Vaccine!

Free*

6 months of age through adult

*to MUIHC registered American Indian/Alaska Natives, 1st, or 2nd degree descendants & their families, or uninsured/underinsured non-AI/AN.

2pm - 4pm UM PFNAC** • Oct. 11 th MUIHC** 4pm-6pm • Nov. 1 st & 16 th • Dec. 6 th		Wednesdays UM PFNAC** 1200pm - 2pm: • Oct. 19 th • Nov. 2 nd
---	---	---

Special Flu Shootout Community Days:

- 10/22/16 @ Partnership Health Center 8am-2pm
- 10/28/16 @ Chief Charlo Elementary School 6-8pm
- 12/9/16 @ Russell Elementary School 6-8pm

**University of Montana locations: Payne Family Native American Center (PFNAC) in rotunda & Skaggs School of Pharmacy in 1st Floor Lobby

For more information contact Missoula Urban Indian Health Center:
830 W. Central Ave, Missoula, MT 59801, (406) 829-9515 ext. 102



Fall 2016 One Stitch At A Time For Healthy Lifestyles



Culture night for all youth and families!

All youth 12 and under need to be accompanied by an adult.

Crafts, sewing, beading, etc.

Healthy Topic Discussions by Community Professionals

Monday @ 6pm-8pm

Dates remaining: Nov. 28, Dec. 5, Dec. 12, 2016

University of Montana Campus -Payne Family Native American Center

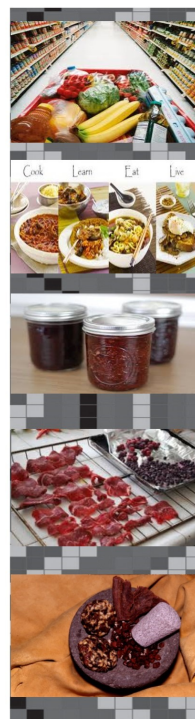
Dinner: main dish provided, side dish potluck style

For more information contact:

Missoula Urban Indian Health Center | 830 West Central Avenue, Missoula, MT 59801

Fax: (406) 829-9519 | Email: nightsun@muihc.org | Questions: (406) 829-9515

Sponsored by: Avon Outreach Worker Montana Cancer Screening Program and MUIHC



Fall 2016 Special Nutrition Classes

- Food Preservation/Jam
Kelly Moore
- Grocery Tour/Meal Prep.
Registered Dietician
- Cooking demo/take-n-bake— Registered Dietician
- Dry meat cutting— QJ
- Pemmican making— QJ

Time: 5pm-8pm

Dates: Oct. 21, 25, Nov. 15, Dec. 21 & 28 -2016

Location: TBA

For more information contact:

Missoula Urban Indian Health Center |

830 West Central Avenue, Missoula, MT 59801

Fax: (406) 829-9519 | Email: nightsun@muihc.org |

Questions: (406) 829-9515





STARTING DATE:

SEPTEMBER 12, 2016

Group Fitness Classes

Cardio
Sit and Be fit
Abs/Core and More
Kim Williams Walk/ M Hike
Speed & Agility



Every Mon. & Wed.
September 12-29, 2016
The Payne Family Native
American Center @
University Of Montana
from: 500pm to 6:00pm

Every Tues. and Thurs.
Oct. 4th—Dec. 28th, 2016
Council Groves Community
Center from 6 pm to 7pm

Hand weights, yoga mats,
and snacks provided

Contact
Trilanda Norunner
for further information

Missoula Urban Indian
Health Center
830 W. Central Ave
Missoula, MT 59801
(406) 829-9515
www.muihc.org

Buffalo Hunt

Fall 2016 Special
Nutrition Education
Class

December 2-4, 2016

Depart Friday @ 11:00 AM

Return Sunday @ 8:00 PM

Event Location: Lame Deer, Northern Cheyenne Reservation



Missoula Urban Indian Health Center
830 W. Central
(406) 829-9515
www.muihc.org

Come with us to the Northern Cheyenne Reservation and learn from tribal representatives about traditional ways to harvest and butcher a buffalo. This is a three day event open to Missoula Urban Indian Health Center registered clients ages 18+. Class size is limited 15 participants.

For more information please contact Q.J Means or Starlite Night Gun.

Missoula Urban Indian Health Center
Ph. (406) 829-9515
Email: snightgun@muihc.org
qmeans@muihc.org

