



Issue #18 | July, 2024

# Butte Native Wellness Letter

Empowering our community by providing high-quality healthcare that honors ancestral wisdom, culture, and tradition.



## Moving Mountains Award



On June 10, Butte Native Wellness Center was presented with a Moving Mountain Awards by the non-profit Butte Cares. Community leaders of all ages were honored for their work advocating for a safe, healthy, inclusive, and drug-free Butte, Montana. U.S. Senators Steve Daines and Jon Tester and Governor Greg Gianforte all provided statements in support of Butte Cares and their Moving Mountains initiative that were read aloud during the ceremony. We at BNWC are grateful for the recognition of our efforts to build a safe, healthy, and drug-free community. This achievement wouldn't have been possible without our dedicated team and supportive community partners. Furthermore, we congratulate our Cultural Specialist, Terryn Williamson, who earned her own award for her work in substance-use prevention, recovery, and traditional medicine; we are grateful to have her as part of our team and community.

## Team Update



### **Sheila Bartmess** - *Licensed Clinical Professional Counselor*

BNWC welcomes Sheila Bartmess to the team! Sheila earned a Masters of Science from Montana State University, and a Bachelors of Science from the University of Montana. She has worked in education as a school counselor for over twenty years and as a counselor in the clinical setting for two years. She is passionate about enhancing one's mental health and life by being "your best self". In her down time, she loves spending time with her family, especially recreating in the outdoors, music, and crocheting. Sheila works with individuals of all ages, specializing in trauma, mental health enhancement and relationships. She is taking appointments on Mondays and Tuesdays, 9am - 12pm and 1-4pm. Call us at 406-782-0461 to make an appointment.

## This Month in Indigenous History

- **July 1968** - The American Indian Movement (better known as AIM) was established in response to police brutality and racial profiling.
- **July 15, 1978** - "The Longest Walk" protest march began starting at Alcatraz Island, CA, all the way to Washington D.C to protect tribal lands and water rights. Numbers grew to 30,000 marchers.
- **July 27, 1806** - Two Blackfeet teenagers were killed on the Two Medicine River after an encounter with the Lewis & Clark Expedition. The boys were trying to steal their guns and a fight broke out, leading to the two deaths. This site is now known as the Two Medicine Fight Site.

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## Heart-Healthy Eating : Types of Fat

- **Saturated fats** raise cholesterol levels, which is a risk for heart disease. Saturated fats are found in animal products and tropical oils. These fats are solid at room temperature, and include:
  - Animal Fats (e.g. beef, pork, sausage, bacon)
  - Dairy (e.g. butter, whole milk, cheese)
  - Tropical Oils (e.g. coconut, palm oil)
- **Unsaturated fats** can help lower LDL (bad) cholesterol and provide nutrition. They come from plant oils and fatty fish. Unsaturated fats are liquid at room temperature, and include:
  - Fatty Fish (e.g. salmon, sardines)
  - Nuts and Seeds
  - Liquid Oils (e.g. olive, canola, peanut, corn)

Source: [ihf.gov/diabetes](https://www.ihf.gov/diabetes)

## AISES Rocket Launch

The Montana Tech chapter of the American Indian Science and Engineering Society (AISES) celebrated a successful year. The club participated in a number of competitions, most notably the First Nations Launch High-Power Rocket Competition in Kenosha, Wisconsin, where they successfully launched a rocket. The club has made some amazing strides over the last year, and BNWC is excited to continue to support them. AISES is currently recruiting members, noting that members do not need to be Native American to participate in the club. To learn more about joining AISES, email [aíses@mtech.edu](mailto:aíses@mtech.edu).



## MARK YOUR CALENDAR

**Every Monday** : Men's Wellbriety Talking Circle, 2-4pm @ BNWC

**Every Tuesday** : Women's Wellbriety Talking Circle, 2-4pm @ BNWC

**Every Thursday** : Teen Summer Program, 3-5pm @ BNWC

**Every Thursday** : Indigenous Meal Kit Pick-Up at BNWC, 9-12pm and 1-4pm @ BNWC; **ending July 25th**

**Every Thursday** : Beading workshop, 10am-12pm @ BNWC

**Every Friday** : Beading workshop, 1-3pm; every third Friday (July 19th), beading is at 10am-12pm @ BNWC

**Tuesday, July 9th**: Drumming Circle, 6pm @ BNWC

**Wednesday, July 17th**: Diabetes Support Group, 6pm @ BNWC

**Friday, July 19th**: Traditional Medicine Presentation, 2-4pm @ Online via Microsoft Teams: <https://bit.ly/3SHfHMK>

**Tuesday, July 23rd**: Supper & Stories, 6pm @ BNWC

## Butte Pride

Butte Native Wellness Center is proud to sponsor Butte Pride, taking place on Saturday, July 6th at the Original Mine Yard from 4-9pm. The event promises a vibrant celebration with live music, food trucks, booths from local vendors, and an exciting raffle. Join us for an evening of fun and community spirit. We hope to see you there!

## Folk Festival

BNWC is excited to be a sponsor at the upcoming Montana Folk Festival supporting Jamie Fox, a talented Métis fiddler of the Aaniiih and Nakoda tribes of Montana. The festival, held from July 12-14 in Butte, will also feature the First Peoples' Market, showcasing exceptional work by Native American artists and craftspeople. Additionally, don't miss the First Peoples' Fashion Show on Saturday, July 13, from 5-6pm at the Original Mine Yard, featuring contemporary designs by five Montana Indigenous designers. Join us in celebrating Native American culture and artistry.

## Garden Volunteers

Join us in tending to our community garden bed at the Park Street Community Garden! By volunteering, you'll help us grow fresh produce, cultivate native plants, and create a beautiful, educational space for everyone to enjoy. Whether you're an experienced gardener or just starting out, your contribution will make a difference.

Volunteer opportunities include planting, watering, weeding, mulching, garden maintenance, harvesting and distributing. Sign up today and be a part of our garden community! Register: <https://bit.ly/3XzGaQE>

