

GOOD HEALTH & WELLNESS IN INDIAN COUNTRY NEWSLETTER



Spring 2018

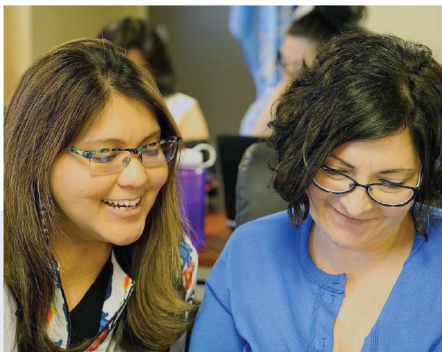
COMMUNITY ACTION SPOTLIGHT

INDIGENOUS STORYTELLING IN INDIAN COUNTRY

The April 5-6th was Indigenous Storytelling in Indian Country training workshop. This year's workshop participants enhanced their social media skills by creating issue advocacy campaigns utilizing digital storytelling and online organizing. Participants received hands on experience with digital filmmaking and video editing by University of Montana indigenous film experts, Brent Bluehouse & Laura Lovo. Jaynie Parrish, social media expert and professor at University of North Dakota, and Hunter Old Elk, local social media champion, shared tips on discovering hidden gems in scholarly articles and how to appropriately operate social media pages with cultural authenticity.



Digital Storytelling. Brent is explaining the camera equipment to a student. (Left to Right) Melissa Friday (No. Arapaho), Cameron Bishop (Eastern Shoshone), Crystal Benton (Little Shell), and Brent Bluehouse (Navajo).



Digital Storytelling. Jaynie is teaching a student how to create an Instagram account. (Left to Right) Jaynie Parrish (Navajo Nation) and Jess Hegstrom (E Helena Public School).

Hunter works for the Plains Indian Museum at the Buffalo Bill Center of the West in Cody, Wyoming.



Digital Storytelling. Hunter Old Elk (Crow)

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Tobacco Policy

On April 4 – 6, 2018 GHWIC hosted the **Keeping Up with The Times Part II: Smoke Free Policy in Indian Country & Indigenous Storytelling in a Digital Age Training**.

April 4th was the **Smoke Free Policy in Indian Country Training**. It was an information packed day that focused on reclaiming traditional tobacco, commercial tobacco policy sharing, community mobilizing, policy practice, and policy evaluation in Native Societies. The trainers were Lori New Breast and CoCo Villaluz. Lori is a Pikuni/Blackfeet Consultant, and was instrumental in the passing of the Blackfeet Tribal Smoke Free Policy. CoCo (Hidatsa, Assiniboine, and Chomorro) is a Senior Community Development Manager with ClearWay Minnesota.



Tobacco Training. Two trainers taking a photo break. (Left to Right) Lori New Breast (Pikuni/Blackfeet), Ka'Anuhe (Baby), CoCo Villaluz (Hidatsa/Assiniboine/Chomorro). Photo courtesy of Jaynie Parrish, Parrish Digital.



Tobacco Team Building

Resource Links:

Social Media - Disability Friendly

A resource for making each of your social media platforms as disability friendly as possible.

<https://accessibility.umn.edu/tutorials/accessible-social-media>



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

Tips for Digital Organizing:

Tip #1: Know Your Audience

Tip #2: Use Online Tools Wisely

Tip #3: Never Make a Mistake...Seriously

Tip #4: Make Your Campaign Compelling,
and Drive Action

Tip #5: Track Your Success

GOOD HEALTH & WELLNESS



Sarah Hall (Health Literacy Coordinator/AmeriCorps VISTA)

GREETINGS FROM THE NEWEST MEMBER OF THE GHWIC TEAM!

RTMLC recently received a new AmeriCorps VISTA volunteer. Sarah Hall joined the team in January 2018 as the Health Literacy Coordinator for the year. Raised in a military family, and having lived in too many places to pick just one to call “home”, Sarah completed her Bachelor of Arts, double majoring in Anthropology and English Literature, from Missouri State University in 2013. She then went on to receive a Masters of Arts in Medical Anthropology from the University of Colorado, Denver, in 2015. After university, she went abroad, first working as an English teacher at a private school in Thailand, then serving with Peace Corps in the small Southern African country of Lesotho. It was while she was in Lesotho that she was interviewed for the AmeriCorps position with GHWIC, and was offered the job, despite the trouble with spotty phone service and the noise of a storm on a tin roof for the duration of the interview. She is delighted to add Montana to her list of homes and to be working towards making health and healthcare more accessible to all.

Calming Anti-stress Tea

Sip a cup of soothing stress relieving tea

- 2 parts chamomile flower
- 2 parts oat seed and/or oat straw
- 1 part lemon balm leaf
- 1 part catnip

Steep 5 to 20 minutes depending on how strong you prefer.

Salmon Cornmeal Cakes

Makes 4 servings

- 1 can of wild salmon (14.75oz is standard, but size varies),
- 1 tbsp chia seeds (or 1 egg),
- 1/3 cup yellow cornmeal,
- Sunflower or avocado oil (or light olive oil),
- 2.5 tbsp of water

1. Mix chia seeds and water in a small bowl and set them aside for 7 minutes, to gel;
2. After the 7 minutes, mix salmon (with liquid drained) with gelled chia seeds and cornmeal. Mix with clean hands;
3. Form patties by hand, making circles about 2½ inches in diameter and ½ inch thick. Press the mixture together firmly enough so the patty stays together;
4. Fry patties on medium heat using oil for five minutes or until golden brown. Flip and brown the other side. Serve warm.

Indigikitchen, on Facebook and Youtube, and Indigikitchen.com



UPCOMING EVENTS

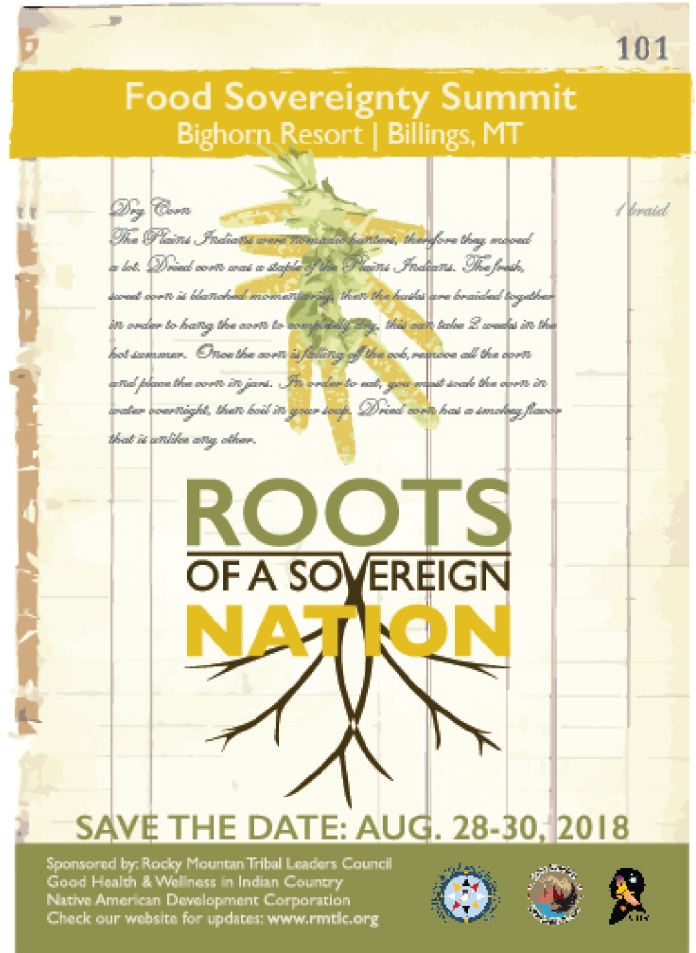


BREASTFEEDING MOM'S TRAINING

SAVE THE DATE: JUNE 18-20, 2018

With Expert Trainer Camie Jae Goldhammer
(Sisseton-Wahpeton Sioux)

If you have any questions, or would like to be involved please contact Sonya Bigleggins at sonya.bigleggins@rmtlc.org.



ROOTS OF A SOVEREIGN NATION FOOD SOVEREIGNTY SUMMIT

Bighorn Resort, Billings, MT

SAVE THE DATE: AUGUST 28-30, 2018

Check our website for updates: www.rmtlc.org

Social Media: Let's Stay In Touch!



Facebook: facebook.com/RMTLC



Instagram: Instagram.com/RockyMountainTLC



Twitter: twitter.com/RMTLC

CONTACTS



GHWC PROJECT CONTACTS:

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|-------------------------------|--------------------|--|
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