



STEM Mentoring Leadership Training



During the summer of 2014 Flathead Reservation 4-H Mentor Program, in partnership with Friends Forever Mentoring, led a two-day leadership camp for teen mentors. During the school year, the mentoring program supports 70 mentor/mentee matches and leadership trainings occur. This two-day advanced leadership training provided learning opportunities to support and advance mentoring skills for mentors through a variety of Science, Technology, Engineering and Math (STEM) activities. STEM activities

were designed by Steve Spangler to strengthen leadership through science.

One activity helped demonstrate to mentors the number of positive interactions it may take to build trust with their mentee. Building trust is much like cohesive water bonds where positive and negative forces come together and are strengthened through the bond. Mentors worked with the cohesive bonds of water by counting the drops of water they could fit on the head of a penny. Every relationship we build is different



One mentor counts her drops of water on the head of a penny.

and for each mentor there is a different number of drops of water, or interactions with a mentee, to build a strong relationship. When the penny “overflows” a trusting relationship has been built. Depending on the condition of the penny’s surface (the mentee’s life experiences) anywhere from 35 to over 100 drops were recorded.



Mentors enjoy rafting on the Flathead River.

The first day of formal training and mentor team building was followed by a well-deserved evening of food and social time. On the second day of team building, Flathead River Raft Company picked up all the participants for rafting and a closing pizza dinner.

Welcome to Flathead Reservation



The Flathead Reservation is comprised of the Bitterroot Salish, the Pend d’Oreille and Kootenai tribes. Aboriginal territory exceeded 20 million acres in present day Idaho, British Columbia and Wyoming. In the 1855 Treaty of Hellgate, the Tribes reserved for their use what is now known as the Flathead Reservation. The reserved lands consist of 1.317 million acres in northwest Montana. The Flathead Reservation overlaps four counties: Missoula, Lake, Sanders and Flathead.

A People of Vision

“Our stories teach us that we must always work for a time when there will be no evil, no racial prejudice, no pollution, when once again everything will be clean and beautiful for the eye to behold—a time when spiritual, physical, mental and social values are interconnected to form a complete circle.”

Salish Culture Committee

Our mission is to protect, preserve, perpetuate and enhance the language, culture and traditional lifestyles of the Kootenai people.

Kootenai Culture Committee

Agriculture & Natural Resources

Youth Ag Loans

Youth who wish to begin building an agriculture-based business can apply for loans through the Montana Department of Agriculture or Farm Service Agency while completing requirements in 4-H for their projects. This year, on the Flathead Reservation, five youth received youth ag loans for purchasing livestock and learning to grow their herd. Youth are required to work through a 4-H livestock workbooks, keep track of receipts and disbursements, and receive livestock quality assurance education.

Hot Springs School Garden

One Master Gardener volunteer worked with the Hot Springs school district and Sanders County 4-H leaders planning for a school garden and taught children weekly about gardening during the afterschool hours. Children learned about soils, water, planting seeds and growing produce. Volunteers used the Jr. Master Gardener curriculum to teach children in a fun and exciting program while gaining hands-on experience.



Golf Course. Parents who attended the once a month Family Night Out events expressed their appreciation for strengthening the children's tie to their local culture and natural resources.

River Honoring

Honoring the People and the River—The Flathead River is the heart of the homelands of the Salish, Kootenai and Pend d'Oreille Indians. Youth of all ages attended the annual River Honoring, where they learned how countless generations camped, gathered medicinal and food plants from its banks, fished its waters and used its travel corridor as a place of solace.



Youth participate in revegetating a stream bank during the River Honoring.

Wildlife Biology Club

Pablo Elementary School, MSU Extension Flathead Reservation and CSKT Natural Resources and Wildlife Department partnered to create the 4-H Wildlife Biology Club. Every Tuesday afternoon during school months you can find Pablo Elementary teachers and students who participate in the club, avidly engaged with Stephanie Gillin, CKST Wildlife Biologist. Gillin presents hands-on 4-H activities that encourage all involved to think about and care for reservation wildlife. Gillin teaches about a variety of wildlife on the reservation, their names in Salish, identification of paw prints. A favorite lesson of the club was all about our reservations bat species and the benefits they bring to the human population. This particular lesson was extended over a period of weeks and concluded with the children building and installing two bat houses (or otherwise known as an artificial roost) at the Silver Fox

Learning to protect the river's many wonders for people and wildlife was just one of the many education stations available to participants at the River Honoring. This year over 200 youth and 40 adults participated in and learned about riparian health at the Flathead Reservation Extension station. By comparing two streams on the river trailer, youth were able to recognize poor management practices and witness how different management practices affect turbidity within the stream.

The River Honoring is an annual educational opportunity for students to spend the day learning about natural resource programs in place throughout the Flathead Reservation and how they too can protect soil, water, fisheries and wildlife while using these resources for hunting, fishing, gathering wild berries and recreating.

Family and Consumer Sciences



Supplemental Nutrition Assistance Program

Supplemental Nutrition Assistance Program Education (SNAP-Ed) addresses Montana's goals for increasing food security and healthier food choices. Using evidence based curriculum, nutrition educators in 15 counties and seven Native American Reservations across Montana teach low-income families and individuals to better utilize their benefits so they do not run out of money for food prior to the end of the month. Participants also learn to choose foods with maximum nutrition at the lowest cost. Impact

and data outcome show the curriculum is working to improve food insecurity and nutrition in Montana and it will continue to improve as we work with key partnerships making changes at the policy, systems and environment level.

On the Flathead Reservation SNAP-Ed Educator Ginger Pitts taught a series of lessons to 1032 youth in 51 classrooms.

Ginger Pitts, SNAP Educator, teaches a third grade vegetable lesson at Pablo Elementary.

Students in first, third and fifth grades receive six lessons about eating healthy and staying physically active. A large percentage of students reported drinking less soda and other sugary drinks following SNAP lessons. There were many students who increased their consumption of fruits and vegetables. A fifth grade student says, "My family was eating out a lot and I shared the newsletter with my mom and now we are eating at home more."

Both adult participants and youth in the schools are encouraged to choose a variety of foods from the five food groups on My Plate, emphasizing fruits and vegetables, whole grains and low fat dairy foods. They are also taught basic food safety as well as physical activity. This year 88 adults participated in SNAP-Ed classes in various locations. Many adults reported making healthy changes to their diet as well as increasing their physical activity.

- A father of preschoolers who completed the series of SNAP-Ed lessons walked through our adult classroom,

held up a container of cut vegetables and said, "This is what we snack on now, we completely stopped eating out and we've started exercising together." He was so proud of the changes his family made.

- A young mother says she didn't know she shouldn't thaw meat at room temperature or allow food to sit at room temperature. During the classes she says she has learned to be much more aware of food safety and is practicing food safety with her children.
- A man with small children says, "I loved learning how to read labels, and how to tell if grain foods are whole grains. I feel like I've gained so much knowledge from these classes. I'm really glad my wife and I got to take them together. We are taking the time to cook at home and because of that we are eating less processed food."
- A mom from a Working Innovations adult class says, "I have changed the way I eat because of these classes. I now fill my plate half full of salad before taking my main course and I try to make my plate a rainbow of veggies, especially for my children."

SNAP Participants Learn to Preserve Farm Fresh Produce

USDA defines food security as access to safe, healthy, nutritious food at all times during the year by all members of the family. In Lake County/Flathead Reservation 76 percent of residents eat less than the recommended servings of fruits and vegetables. Gaining access and finding safe ways to preserve locally grown produce can support many low income adults throughout the year.



SNAP participants may use their SNAP dollars at the market. (Photo: Distinctly Montana)

MSU Flathead Reservation Extension partnered with the Polson Farmers Market and Montana Campus Compact

Family and Consumer Sciences

AmeriCorps Farm-to-Institution VISTA, housed at Lake County Community Development, to further their grant dollars and provide food preservation lessons to SNAP recipients shopping at the Polson Farmers Market. With funding from Town Pump, the Confederated Salish Kootenai Tribes Resource Development and Total Screen Design, the Polson Farmers Market SNAP shoppers were able to extend their SNAP dollars and receive a series of canning classes to provide them the knowledge to both increase their consumption of locally grown fruits and vegetables and support the farmers growing the food.



SNAP participants learn to load a hot water bath canner.

Participants learned about canning, freezing and drying local produce. Building their knowledge, participants learned the importance of fresh produce acidity level, what foods they could process in a hot water bath and how to make an altitude adjustment. During the series of classes participants returned to share what foods they were preserving from week to week. Each participant also received a Ball canning book for beginners. Individuals have returned to MSU Flathead Reservation Extension for more information to expand on what they learned in class.

Keeping Food Safe for Montanans



In January, 2015, the Montana Rule for Retail Food Establishments went into affect and included the 2013 Federal Food Code with some modifications and additions to protect the safety of food for all of Montana and those who visit the Big Sky Country. To support this effort, MSU Flathead Reservation Extension office partnered with the Confederated Salish and Kootenai Tribes sanitarian, and both Lake County and Lincoln County Environmental Health offices to help serve the need to license Montana food establishments throughout 2015.

Ten eight-hour ServSafe classes were attended by over 250 participants representing a wide variety of individuals interested in keeping food safe, including volunteers, head start, culinary students, coffee shops, churches, K-12 schools, gas stations, lounges and other establishments serving food in their community. The most important things participants said they gained from this class was controlling time and temperature, preventing cross contamination and learning about food safety management systems. Participants indicated they had more knowledge to control the safety of food. Comments from participants:

- *“I am more aware of food safety and can teach others.”*
- One volunteer made a very good point when he said he had *“a stronger, more comprehensive appreciation for the detail of food service.”*
- An owner said *“The most important thing I have learned is the knowledge I need to run a clean, healthy business.”*
- An employee said she learned more and felt she could help ensure fellow employees would follow food safety guidelines.

Communities Rich in Food Safety

In 2015 an Ohio church was devastated with a botulism outbreak from home canned potatoes in a potato salad served at a potluck. This news flash created concern locally and spurred a need for more education among small groups.

As a prevention measure, many nonfood establishments reached out to Extension seeking greater knowledge to keep families and friends safe at local potlucks, in the classroom, church bazaars, funerals, wakes and food pantries or volunteer kitchens. Community members attending a potluck is not regulated through the 2013 Food Code but with more community members becoming educated and sharing that knowledge, awareness increases. Entities such as Shepherd’s Table, a local collaboration of churches to feed low income families, are reaching out to gain more information to keep food safe for friends and family within their own churches.

While food safety was the primary concern for many hosting a food safety class, groups found by completing a food safety class and receiving a certificate, their group also benefited by receiving a reduction in insurance premiums. MSU Flathead Reservation Extension has helped fill this need for small groups with two and four-hour food safety classes. Individuals attending a two-hour food safety class receive a certificate of attendance while individuals attending a four-hour food safety class can receive a four hour ServSafe food handler certification.

4-H Youth Development



Flathead Reservation 4-H National Mentoring Program



Flathead Reservation Extension 4-H began its mentoring program in 2012 with the first mentoring site located at the Boys and Girls Club (BCG) of the Flathead Reservation and Lake County in Ronan. Additional sites have included the Boys and Girls Club in Polson, Pablo Elementary School and Ronan Middle School.

Flathead Reservation is one of three Montana 4-H Center for Youth Development 4-H National Mentoring Program (formerly the Youth and Families with a Promise). The National 4-H Center and the U.S. Department of Justice provide funding for 4-H mentoring programs nationwide. The mission of 4-H mentoring is to increase the developmental assets of youth, ages 9-14, and their families. This includes youth mentoring, involvement in 4-H and family activities.



Above and Below: Mentors and their mentees engage in activities during school hours.

During the past mentoring year 154 youth participated in a 12 month 4-H National Mentoring Program. Mentees are grades kindergarten through sixth and recommended to the mentoring program by a school counselor if they struggle with academic, social, and/or emotional competencies. Mentors are local high school students who complete an application and a review/approval process before being matched with their mentee. Both mentees and mentors participate in individual and group trainings expanding their knowledge



and skills in appropriate relationship building. Mentors and mentees are matched in a one-on-one relationship. Seventy-seven matches met weekly for lunch and skill building games.



A monthly 4-H club meeting is held along with a monthly Family Night Out event. The evening starts with mentors and mentees during the afterschool hours where they engage in 4-H activities and after families arrive everyone



Family Night Out activities.

enjoys a complementary supper and continued social activities. Families are encouraged to participate in a family strengthening activity.

During the last Program Outcome Evaluation, mentees showed a competency increase average of 92% in academics, 89% in social skills, and 86% in emotional skills.

→ Summer Mentoring Activities

The 4-H National Mentoring Program changes during the summer months on the Flathead Reservation. Many families focus on traditional cultural activities during the summer months. Summer is the heart of the Pow Wow

4-H Youth Development



season and families of mentors and mentees are not available for weekly face-to-face mentoring. During the end of the school year mentors prepared postcards and packages ahead of the summer season. These items were collected by



4-H youth participate in a summertime game during Family Day Out activities.

MSU Flathead Reservation Extension and mailed out twice a month to the mentees. These mailings helped keep matches in contact and worked towards strengthening their relationship during their summer vacation. Additional contact time is made available each month. A Family Day Out provides mentors, mentees and their families an opportunity to stay in contact. Local summer feeding programs provide lunch and breakfast to any who attended the monthly activity. During the Family Day Out participants took part indoors by creating arts and crafts and outdoors by working on team building skills.

→ Buddy Bags for Children

Five young ladies from the Ronan Boys and Girls 4-H club developed a committee, the RHCK, meaning the Respectful, Honoring, Caring and Kind committee. They created a “Buddy Bag” for officers to give children involved in traumatic situations. The bags needed to be soft



Tribal Police accept the buddy bags from the Native American Studies Club (Picture: Adriana Fehrs)

like a blanket. As one girl put it “*The kids are scared, they don’t know what’s going on. They need something to cuddle with.*” Gerri Hall, a 4-H volunteer, designed, measured, cut and sewed the Buddy Bags. The girls also voted on putting a stuffed animal, a coloring book and crayons inside each bag. These young ladies used all the elements of “Head, Heart, Hands and Health” in creating and designing their project. The girls started their buddy bags in 2014 and finished their bags in 2015. They presented their buddy bags to Tribal Police in February.

→ Linking Youth to Agriculture and Environmental Practices using STEM Technologies

Montana 4-H Center for Youth Development applied for and received funding on behalf of Two Eagle River School (TERS) and MSU Flathead Reservation Extension to support TERS goals to keep youth engaged in science fields with technologies that will help advance their interest in future careers that will support the Confederated Salish and Kootenai Tribes. The grant supports adding a new technology each year as youth grow in understanding and use of each technology.

The 2014-2015 school year was a year of engagement and brainstorming technologies for the eighth grade science class at TERS. MSU 4-H Youth Development, Flathead Reservation Extension, CSKT Tribal Wildlife and TERS outlined projects to engage and excite eighth grade students. Students were trained on IPAD video production technologies and movie making. Youth each developed their own video and learned to add text and music to their initial video productions.



MSU Student Jared works with TERS students to produce movies using iPad technology.

Flathead Reservation Extension

Confederated Salish and Kootenai Tribes

The Confederated Salish and Kootenai Tribes Tribal Council provides annual space support for the Flathead Reservation Extension Program and authorization for many grant supported Extension programs including: Supplemental Nutrition Assistance Program (SNAP) for adults and youth on the Flathead Reservation and the National 4-H Center Mentoring Grant.



Tribal Council Members (continued):

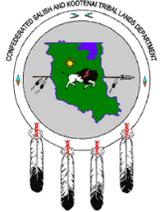
Terry L. Pitts, Dixon
Leonard Gray, Hot Springs
Shelly Fyant, Arlee
Lloyd Irvine, Pablo
Patty Stevens, St. Ignatius
Ron Trahan, St. Ignatius

Tribal Council Members:

Vernon Finley, **Chairman**, Polson
Carole Lankford, **Vice-Chair**, Ronan
Len TwoTeeth, **Treasurer**, Elmo
James "Bing" Matt, **Secretary**, Arlee

Tribal Lands Department

CSKT Tribal Lands Department sponsors the MSU Extension Flathead Reservation office by providing functional office space for Extension personnel as well as educational space throughout the Flathead Reservation. Tribal Lands Department provides guidance for Extension programs.



Contact Us



EXTENSION

Flathead Reservation

www.msuextension.org

Montana State University Extension is an ADA/EO/AA Veteran's Preference Employer and provider of educational outreach.



Rene Kittle
Agriculture Extension Agent; 4-H Youth Development



Brenda Richey
Program Assistant & 4-H Mentoring Program Manager



Ginger Pitts
SNAP-Ed Nutrition Educator

Flathead Reservation Extension

701-B 1st Street East
Polson, MT 59860

Phone (406) 675-2700 ext. 7378

(406) 275-2756

Fax (406) 883-1491