



MONTANA STATE UNIVERSITY
NORTHERN

Northern Network News

The Official Newsletter of MSU-Northern - September 16, 2022

MSU-Northern Helps with Havre Community Cleanup



Last Saturday, Sept. 10, some of MSU-Northern's students, faculty, and staff showed their school pride by helping clean up the campus and community. The people who participated received a free T-shirt and enjoyed coffee and rolls in the SUB. Participants were given garbage bags and assigned areas to clean. Lunch was provided by the Havre Chamber of Commerce at the Town Square on 1st Street.

MSU-Northern Kicks Off MPSEOC Tour



MSU-Northern hosted the first college fair of the Montana Post-Secondary Educational Opportunities Council (MPSEOC) three-week tour. Sixty-four colleges were on hand to talk to over 300 students from 11 high schools from across the Hi-Line.

Library Celebrates Constitution Day



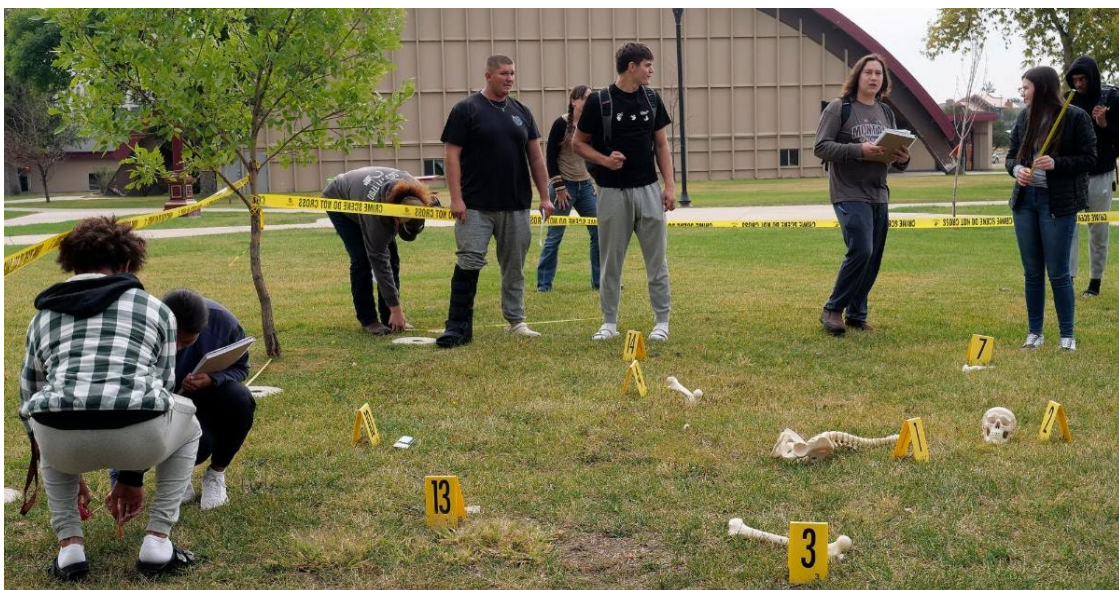
Constitution Day is tomorrow, September 17th. In honor of that event, the library has had a display up to help people learn more about our constitution. So, if you have not checked out the display or received your free pocket edition of the US Constitution, you will want to do that today. While in the library, you can check out their Constitution Day book display or learn more on their Facebook page. They also have a new Constitution Day [LibGuide](#) with audio, video, and handouts that can be printed.

SSS Hosts First Lunch & Learn - Essential Skills for College Classes



This Wednesday the Student Support Services (SSS) department provided an excellent lunch wrap and the opportunity to learn some of the many essential skills that help college students succeed. SSS Advisor, Matt Erdel, was on hand to share how to turn your syllabi into an action plan, and provide some best practices in communicating with professors, and other helpful tips.

Students Learn how to Document a Crime Scene



This week, MSU-Northern's Forensic Science class learned how to accurately measure, sketch, and document a crime scene. This outdoor, mock crime scene set the stage for students to learn the various methods of measuring and recording a crime scene. In the criminal justice world this skill is a critical part of determining what happened at a given crime. Associate Professor Samantha Balemba set out fake body parts, evidence markers, and some caution/crime scene tape in the campus quad so students could learn firsthand how to record a crime scene.

MSU-Northern Hosts NARCAN Training



On Thursday, September 15th, the Hill County Health Department conducted NARCAN trainings on our campus. For those who may be unfamiliar, NARCAN is a prefilled nasal spray form of naloxone treatment that can be used to reverse an overdose from opioids – including heroin, fentanyl, and prescription opioid medications – when given in time. The FREE trainings taught how and when to appropriately administer NARCAN to someone in need.

Eighth Annual Suicide Awareness Walk



The Hill County Suicide Awareness Coalition hosted the 8th annual Suicide Awareness Walk on the MSU-Northern campus last night, September 15th, as a way to honor World Suicide Prevention Day. Participants began gathering at the clock tower south of Cowan Hall and Amber Spring, chair of the Hill County Suicide Awareness Coalition, spoke about 988, which began on July 16, 2022. 988 is a three-digit, nationwide phone number that connects directly to the suicide and crisis lifeline. This national network of over 200 crisis centers helps thousands of Americans every day, providing confidential support when individuals are in suicidal crisis or mental health-related distress. Members of the community shared their experiences with suicide. The group went on a gentle 1-mile, handicap accessible, walk on a path around the MSUN campus

Campus Prepares for Festival Days Parade

Several clubs and organizations on campus are buying candy, blowing up balloons, and making their floats in preparation of tomorrow's (Saturday, September 17) Festival Days Parade. All student clubs and organizations are encouraged to create a float for the Festival Days Parade. A trophy will be awarded to the most creative float-- this year's theme is "Find Yourself in Havre." We want to have as many campus groups represented as possible. Every student, staff, and faculty member is invited to walk with Northern in the parade. This is a great way to show your Northern pride and be all N. Lineup

begins at 8:30 a.m. in front of Rod's Drive In. Go through the high school to park.

UPCOMING EVENTS

September 2022 Diversity and Inclusion Dates

September 6, Labor Day: Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September.

September 11, Patriot day: This day remembers those who were injured or killed on September 11, 2001, terrorist attacks in the US.

September 15, International Day of Democracy: The International Day of Democracy provides an opportunity to review the state of democracy in the world.

September 21, International Day of Peace: The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

September 23, National Native American Day: This day is observed annually on the second Monday in October, celebrating the cultures and contributions of the many Native American tribes.

September 25, Rosh Hashanah begins (Jewish): This day is the beginning of the Jewish New Year, a time for reflection in the faith.

September 27, World Tourism Day: This day aims to raise awareness of the importance of tourism in affecting the social, cultural, political, and economic values of the international community.

Friday's are School Spirit Days

Show your Northern Spirit! Wear your Northern gear every Friday and celebrate "We Are Northern."

North 40 Archery Shoot - Sept. 16

North 40 (back of the store) will be hosting an archery shoot for MSUN. The event is limited to 30 students - must sign up at the SUB Front Desk. You will be called and/or texted with a time and more info.

Festival Days – This Weekend – Sept. 16-18

Havre Festival Days - This year's theme is "Find Yourself in Havre."

Among the events scheduled are a market/vendor show at Town Square, a Kiwanis pancake breakfast, the Hi-Line Quilt Guild show, a burger feed & bingo, festival of crafts, the KNMC Rock Lotto, and the 48-hour softball tournament... much more!

Bear Paw Beast Fun Run – Sept. 18

The MSUN Student Engagement Committee, CARE Team, and the Havre Chamber of Commerce have collaborated to create the 1st Annual Bear Paw Beast Fun Run on Sunday, September 18th. A great way to wrap up Festival Days weekend, the Beast Run encourages community members to get their bodies moving, while making a loop around the beautiful Northern campus. "Refueling stations" along the way including donuts, candy bars, and bacon on a stick, will prevent your inner beast from becoming weak. Ensuring that this event is unmistakably "Havre", the start and finish line will also include music from KNMC College Radio, pronto pups from the Havre Lions, and a rehydration station.

The fun run will feature three waves of participants with different motivations. The first wave is for those who take themselves seriously and actually want to run! The second is for those who have never participated in an organized run/event of any kind who will be cheered on and celebrated. And the last wave is for those who just came for the snacks (and the experience). Costumes are encouraged and two trophies will be awarded: the first for the most creative visual representation one's version of "The Bear Paw Beast" and the second to the most creative visual representation of one's "inner beast."

Registration will begin at 10:00 am in the parking lot east of Tilleman Field on the MSUN Campus. Adults 18 and older = \$10, MSUN Students and Kids under 18 = \$5, Families = \$20. All proceeds will be matched by Town Pump (up to \$2500) to support the MSUN Student Food Pantry.

The Student Engagement Committee brings you Week Four of STUDENT WELLNESS!

The activities, events & programming for week 4 focus on the 9 dimensions of wellness as adopted by MSUN Student Health Services: Social(SO), Emotional(EM), Physical(P), Intellectual(I), Occupational(O), Cultural(C), Environmental(EV), Spiritual(SP), and Financial(F).

WELLNESS LUNCH & LEARN WITH THE LIBRARY: Skip Google & Save Time (I, F) - Sept. 19**

12:00-1:00pm, Library Conference Room Host: Belinda Potter, Librarian
Meet your librarian, Belinda Potter, who will show you how to save time by using library resources, rather than just heading straight to Google. You pay for library resources; you may as well learn how to use them!

WELLNESS LUNCH & LEARN: Curiosity & Cultural Humility (C, SO, I) - Sept 20**

12:10pm, SUB Ballroom - Host: Margaret Campbell, MSUN Office of Diversity Tools for connection, learning, and understanding. Join Dr. Swasti Bhattacharyya, with faculty, staff, and students to learn and discuss how cultural humility can be a pedagogical tool to increase capacity to better understand colleagues, students, and yourself. Bring your lunch.

YOGA ON THE LAWN Sept. 20**

4:00pm, Cowan Hall Courtyard - Host: Mel Skoyen, MSUN Alumni Foundation Yoga instructor, Andrea Laumeyer, will lead students and staff in an outdoor session. Yoga has proven benefits in nearly every dimension of wellness: physical, emotional, spiritual, cultural, social (if you're with others), environmental (when you're outdoors), intellectual (if you're learning something new), and financial (when it's free!). Please bring your own mat.

AMERICAN RED CROSS BLOOD DRIVE (P, SP) - Sept. 21**

10:00am - 2:30pm, SUB Ballroom

A strong blood supply is always needed in preparedness for emergencies. Those who donate Sept. 1-30 are entered to win a VIP NASCAR experience. Schedule an appointment to donate using the Red Cross Blood Donor App, by visiting www.redcrossblood.org RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-2767).

WELLNESS LUNCH & LEARN: Think Twice: How to use your refund wisely? (F,I) – Sept. 21

12:00pm, (location TBD) Host: Sandy Johnsrud, Financial Aid
Decisions you make today affect your future. Refunds aren't free money; with interest your post-graduation loan payments might make you think twice! Explore smarter uses for your refunds to help your present, as well as your future. Learn more about the FAFSA process opening October 1st.

WELLNESS LUNCH & LEARN: Adopt a Plant (EM,P,EV) – Sept. 22

12:00-1:00, SUB - Host: Lindsey Bennett, Office of Teaching & Learning Excellence

Have community members will provide various easy-to-grow houseplant cuttings for students to plant and enjoy. Plants (and the act of gardening) have been shown to reduce stress, induce calmness, and restore energy. Students can stop by between noon and 1:00 to choose and pot cuttings to take with them.

HERE'S THE SCOOP ON MANAGING STRESS & ANXIETY WITH YOUR 5 SENSES (SO,EM,P,I,SP) - Sept. 22**

7:00pm, SUB - Host: Anonda Goes Ahead, Residential Life

Join campus counselor, Amber Spring, in learning ways to use your 5 senses (sight, smell, taste, sound and touch) and relaxed breathing to manage stress.

AMERICAN INDIAN HERITAGE DAY (C,I,SP) Sept. 23**

time TBD

Celebrated the 4th Friday of every September, this day provides an opportunity for the state of Montana to celebrate, learn and share Native American traditions, cultures, and backgrounds. At MSUN, Sweet Grass Society begins the celebration with a Tipi Raising event on the campus lawn. Additional events will be celebrated next week during American Indian Heritage Week, which correlates with Diversity Awareness and Appreciation Week for the Student Engagement Committee.

STUDENT WELLNESS FAIR - Sept. 23

9:00am-1:00pm, SUB Ballroom - Host: Amber Spring, Student Health Services
Learn more about wellness resources both on campus and in your community, as well as local vendors providing health and wellness services. Giveaways & chances to win prizes. If you are interested in registering your business, agency or organization, please go to this registration form:

<https://forms.gle/YMYUmbEPJYMNjAZX7>

MUS Summit on College Student Mental Health – Sept. 20-22

The MUS summit on college student mental health, “Enriching Community Mental Health & Wellbeing,” will convene at MSU-Billings September 20-22,

2022. The summit is FREE and open to students, faculty, administrators, mental health providers, wellness practitioners, and community members.

The overarching goal of the summit is to ignite conversations about student mental health and wellbeing from a more expansive, public-health-oriented perspective and to discuss how positive mental health and wellbeing can be integrated into every part of campus life. To that end, the speakers, trainings, and workshops will speak to broad audiences across higher ed., including administrators, faculty, students, providers and practitioners, mental health workforce development drivers, and more.

MSUN Student Health Services counselor, Amber Spring, will participate in the opening panel discussion, "College Student Mental Health and Well-being in Montana: Creating more Expansive Cultures of Care." Spring will discuss the utilization of a community mental health model and clinical care on college campuses. She will also offer her experience and insight on the opportunities and unique challenges of providing clinical care in rural areas and smaller institutions.

For more information on the summit, including registration, please go to: <https://www.msubillings.edu/enriching-community/>

NEXT WEEK'S CALENDAR

Today, Friday, September 16

- Havre Festival Days
- MSUN Rodeo @ Dawson Community College
- Skylights Volleyball @ Preseason-Frontier Conference Tournament - 9:00 am
- Friends of the Library Book Sale - 9:00 am-8:00 pm, Havre-Hill County Library
- Hi-Line Guild Quilt Show - 12:00-6:00 pm, Holiday Village Mall
- 48-hour Softball Tournament - 6:00 pm, Memorial Field
- Havre High School Football vs. Billings Central - 6:00 pm, Blue Pony Stadium
- North 40 Archery Shoot

Saturday, September 17

- Havre Festival Days
- SkyLights Volleyball @ Preseason-Frontier Conference Tournament - 9:00 am
- Constitution Day
- 48-hour Softball Tournament - Memorial Field

- Kiwanis Pancake Breakfast - 7:00 am-12:00 pm, Havre Eagles Club
- Friends of the Library Book Sale - 9:00 am-8:00 pm, Havre-Hill County Library
- Parade Float Judging - 9:15 am, Havre H.S. Parking Lot
- Festival Days Parade - 10:00am, South 5th Ave to 3rd Street & 3rd Avenue
- Lights Football vs UM-Western - 1:00 pm
- KNMC Rock Lotto - 2:00-9:00 pm, Town Square
- Wyldman Rodeo - 6:00pm, Great Northern Fairgrounds
- Milk River Band - 8:00pm, Havre Eagles Club
- Havre Trap Club Moonlight Shoot - 8:00pm, Havre Trap Club
- Street Dance, featuring Plowed Under - 9:00pm, PJ's on Main Street

Sunday, September 18

- Bear Paw Beast Fun Run – 10:00 am (see above for details)

Monday, September 19

- MSUN Golf @ Carroll Invitational – Helena
- Lunch and Learn: Skip Google & Save Time – noon, Library Conference Room

Tuesday, September 20

- MSUN Golf @ Carroll Invitational - Helena
- Lunch and Learn: Curiosity & Cultural Humility - 12:10 pm, SUB Ballroom
- Yoga on the Lawn - 4:00pm, Cowan Hall Courtyard

Wednesday, September 21

- Red Cross Blood Drive – 10 am-3:30 pm - SUB Ballroom
- Lunch and Learn: Think Twice: How to use your refund wisely? 12:00pm, (TBD)

Thursday, September 22

- Lunch and Learn: Adopt a Plant - 12:00-1:00, SUB
- The Scoop on Managing Stress & Anxiety with your 5 Senses - 7:00pm, SUB

Friday, September 23

- Fall Deferred Payment Schedule: 50% Due
- American Indian Heritage Day – time, TBD
- Student Wellness Fair - 9:00am-1:00pm, SUB Ballroom
- MSUN Rodeo - 7:00 pm, Great Northern Fairgrounds
- SkyLights Volleyball @ Rocky Mountain College - 7:00 pm

Saturday, September 24

- MSUN Cross Country @ UM Open
- Lights Football @ Rocky Mountain College - 1:00 PM
- MSUN Rodeo - 7:00pm, Great Northern Fairgrounds

Sunday, September 25

- Choose your own Adventure – Take selfies and receive a ticket

MSU-NORTHERN

TidBit

By: William Lanier

“Dean” Cynthia Bryson (#370)

While attending Northern from 1982-87, there were many staff members at Northern that influenced me. The two that had the biggest impact on me personally were Father Jack Bogacz and Cynthia “Dean” Bryson. Even though they both left Northern more than 35 years ago, their impact has been profound. I have considered both to be close friends.



With “Dean” Bryson passing away on August 22nd, I thought it would be a great time to relive the impact that she had on Northern and the Northern community. “Dean” Bryson retired from Northern in 1987 and remained in Havre and was very active in the community. She was a member of the Van Orsdel Methodist Church, Northern Montana Healthcare, and the Hi-Line Therapeutic Riding Association (HILTRA) to name a few. She has been a steadfast contributor to the Northern Rodeo Team and to Northern students for many years.

Al Garver (MSU-Northern Alumni foundation Executive Director) stated, “Cynthia Bryson’s dedication to Northern students and the rodeo program is reflected in her generous endowments to the MSU-Northern Foundation. Before her passing, her rodeo endowment had grown to \$70,000 and her academic scholarship fund had grown to \$26,000. Her final estate fully funded the rodeo endowment at \$100,000 and her academic scholarship endowment at nearly \$300,000. Her quiet and determined generosity will bless Northern students for the next hundred years or more.” This is just one example of the legacy that “Dean” Bryson left behind.

[Read more...](#)

Visit our website

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