



MONTANA STATE UNIVERSITY
NORTHERN

Northern Network News

The Official Newsletter of MSU-Northern - January 20, 2023

Student Involvement Fair



This Tuesday (Jan. 17), MSU-Northern had the opportunity to participate in the 2nd Annual MSUN Community Involvement Fair which was held in the MSU-Northern SUB Ballroom. The event featured many campus clubs and community groups that are available to students. This event also served as a way for students to celebrate and remember Martin Luther King, Jr.

Chi Alpha Club Wins at S.A.L.T.



Eight MSU-Northern students traveled to Dillon, Montana, this past weekend to take part in the Student Activist Leadership Training (S.A.L.T.) conference sponsored by Chi Alpha Campus Ministries. This conference is a four-day event that combines Chi Alpha clubs from Montana, Idaho, Wyoming, and Utah. Around two hundred students attended the weekend. It is very helpful for students of Northern to see Chi Alpha on a larger scale. Stuart Jenks won the Chi Alpha Chalice by competing against a representative from each campus. He won three contests, which included dancing, a strength/balance game, and a trivia game. Chi Alpha is an interdenominational Christian club that seeks to build community on campuses across the United States through events and personal connections. The Chi Alpha club meets every Thursday at 7:30 in the Red Room.

Pictured above are the people who attended S.A.L.T. (right to left): Olivia Fletes, Jared Currier, Cameron Spon, Kalem Stephens, Stuart Jenks, Logan Marcott, Tyler Boyce – Director, Jason Rice, and Wyatt Smith.

MSU-Northern Attended the Havre Chamber Annual Meeting



Administrators from MSU-Northern attended the 113th Annual Meeting/Luncheon of the Havre Area Chamber of Commerce on Wednesday, January 18. The current board members were introduced and they shared some of the highlights from last year and their plans to grow and improve the chamber activities in 2023. The keynote speaker was Amber Hofstad, the CEO of Windrift Hill in Conrad, Montana. She shared the inspirational story of her family's business, which started with her mother Deena's dream of owning her own business. Deena Maier, who was an occupational therapist, saw people struggling with skin problems that medications didn't seem to help. She did some research and discovered that goat's milk was considered a great natural therapy for dry skin. She bought three goats and began making goat's milk soap in her kitchen. From that humble beginning they have grown to over 60 goats that are hand milked twice a day and produce soaps, oils, lotions and lip balms that ship all over the world.

[Click here... to learn more about this amazing business.](#)

Helgeson Talks about the Plains Indians



Yesterday (Jan. 19) Kenneth “Tuffy” Helgeson shared an oral history of the Plains Indians for Dr. Olson’s Intro to Humanities class. Kenneth “Tuffy” Helgeson was born and raised in Lodgepole, Montana. His parents were Gene and Nancy Helgeson. Along with his parents, his grandmother, Dora First Chief Helgeson, who is the great, great granddaughter of Chief Nosey, raised him. Growing up he learned the Nakoda language and about the culture of the Assiniboine people. He shared amazing stories about his life and the history of the Plains Indians.

[Click here... to watch his presentation](#)

Wabtec’s Legacy of Supporting MSU-Northern



Wabtec, a spinoff of GE’s transportation division, has roots that run deep at MSU-Northern. Throughout the years, they’ve shown Northern support through the hiring of graduates, generous donations to programs, scholarship and

internship offerings, and more. Though Wabtec spun off from GE relatively recently in 2019, their connections to Northern go back much further.

[Read more...](#)

ANNOUNCEMENTS

Scholarship Application Deadline - Feb 3

To learn what types of aid are available, how to apply for financial aid, and gain access to the scholarship application forms.

[Click here...](#)

Important Deadlines

Feb 20st (Monday) Presidents Day Holiday (no classes, offices closed)

Mar 2th (Thursday) Midterm grades due to Registrar's Office by Noon

Mar 13th-17th Spring Break Week (No classes, offices open)

UPCOMING EVENTS

Downhill Skiing – Jan. 21

The outdoor activity for next week is downhill skiing. MSUN students are invited to experience a day at Bear Paw Ski Bowl on Saturday, January 21. ASMSUN Student Activity fees will cover the cost of lift tickets and equipment rentals. Students must present their MSUN Student ID at Bear Paw Winter Sports to rent equipment and to receive a lift ticket at Bear Paw Ski Bowl. Beginners interested in receiving lessons MUST sign up at the SUB front desk. Times and transportation details will be provided to those who sign up.

Brown Bag Lecture: The Metabolic Effects Related to 4-Weeks of High-Intensity Interval Training – Jan. 24

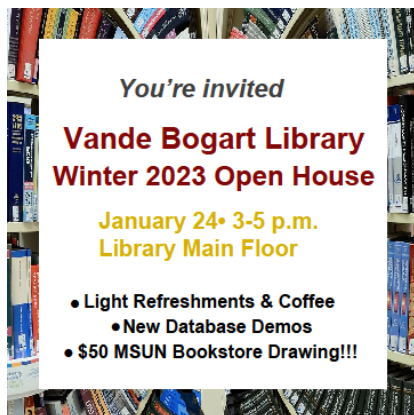
MSU-Northern will open its Spring 2023 Brown Bag Lecture Series on Tuesday, January 24, with a presentation by Dr. Chad Spangler, Associate Professor of Integrated Health Sciences. The event will be held from noon to 1:00 pm in Hagener Science 101 (“The Pit”) and is open to the public.

In his presentation, “The Metabolic Effects Related to 4-Weeks of High-Intensity Interval Training: A Pre-season with the Lights Basketball Team,” Dr. Spangler will demonstrate the value of sport-specific fitness assessment. He will discuss the results and experience related to a recent evaluation of the Northern Lights’ pre-season conditioning program. Attendees will see the results of the evaluation and learn about the assessment capabilities at MSU-Northern.



Sack lunches are provided but limited, so attendees are encouraged to RSVP by Friday, January 20th, at <https://www.msun.edu/otle/brownbag.aspx> or by calling 406-265-3775.

[Read more...](#)



Library Open House – Jan. 24

You are invited to attend the Vande Bogart Library Winter 2023 Open House on January 24 from 3-5 p.m. on the main floor of the campus library. This is your chance to celebrate the new-year and the new semester with the library and learn more about our new databases!

- Anatomy TV
- Digital Theatre Plus

- Kanopy
- LinkedIn (tentatively)

Light refreshments and coffee will be served. There will be a \$50 MSUN Bookstore drawing for those who attend.

Introduction to Snowshoeing – Jan. 25

Wednesday, January 25, from 4 to 5 PM.

The workshop will serve as an introduction to snowshoeing for those who have never tried or are just learning. Experienced students are also welcome to join! Interested students should meet on the hill to the north of the SUB. Limited equipment will be available from ASMSUN Recreation. Stay tuned for a snow hike later this semester!

MSUN Spring 2023 Career Fair – Feb. 9



Come to the Career Fair on Thursday, February 9 in the Armory Gym from 9am-12 noon

Thank you to our Sponsors:

Modern Machinery Company & Wärtsilä North America
CHR Solutions, Manhattan Plumbing & Wabtec Corporation

MSUN Career Center reminds students and alumni to attend the Spring 2023 Career Fair on Thursday, Feb. 9. Stop by the Armory Gymnasium between 9am – 12noon to network with potential employers, learn about job opportunities in your area, and share your resume.

How to prepare and what to expect:

- Log into your Career Express account today to review which employers are attending and their plans for interviews after the Fair.
- Use Career Express to research companies and their open positions.

- Come to the Fair with your questions. Employers are eager to connect with you.
- Have your resume polished up and ready to hand out.
- Some companies will be interviewing after the Career Fair. Sign up ahead of time on Career Express or directly with employers at the Career Fair.
- Dress appropriately – particularly if you plan to interview with a company after the Fair. Make your first impression a good one!

Remember, many of these companies have traveled a long way to be here in Havre and they are eager to visit with you. Please take the time to stop by each table.

NEXT WEEK'S CALENDAR

Friday, January 20

Lights Wrestling @ Missouri Valley Collegiate

Saturday, January 21

Downhill Skiing – Bear Paw Ski Bowl

Lights Wrestling @ Missouri Valley Collegiate

Skylight Basketball @ Rocky Mountain College - 2:00 PM

Lights Basketball @ Rocky Mountain College 4:00 PM

Tuesday, January 24

Brown Bag Lecture – The Pit - 12 - 1:00 PM

Library Open House - 3 - 5:00 PM

Wednesday, January 25

Introduction to Snowshoeing – 4 – 5:00 PM

Thursday, January 26

University Advisory Council meeting - 4:00 - 5:00 PM

Skylight Basketball vs UM-Western - 5:00 PM

Lights Basketball vs UM-Western - 7:00 PM

Saturday, January 21

Lights Wrestling @ Tyler Plummer Classic

Skylight Basketball vs Montana Tech - 2:00 PM

Lights Basketball vs Montana Tech - 4:00 PM

MSU-NORTHERN

TidBit

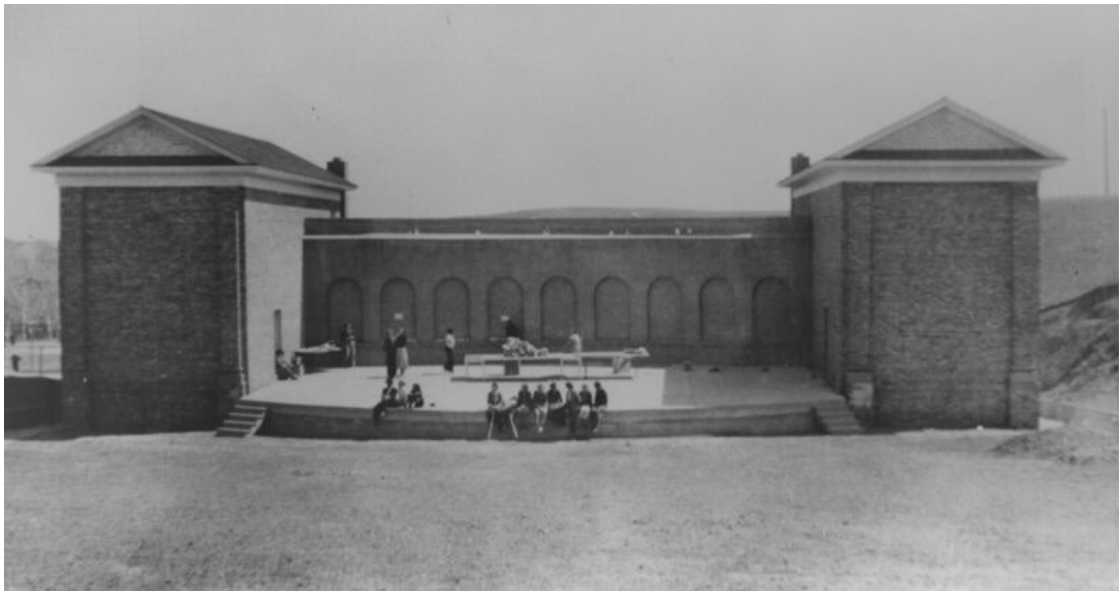
By: William Lanier

(#381) MSU-Northern Time Machine

One of Northern's hidden gems is the link to the Archives & Special Collections on the Vande Bogart Library page on the MSU-Northern website. From here one can access the Montana Memory Project and view old NoMoCo (and Northern Light) school papers, old Northern catalogs and the Northerner. The Northerner is the Annual or the Yearbook that was published from 1953 until 2007.

Going back to the first Northerner [Northerner 1953 | Montana Memory Project \(mtmemory.org\)](https://mtmemory.org)

One can get a visual glimpse of Northern's past. Here is a picture of Pershing Hall that was in the 1953 Northerner.



Looking back at that very first Northerner you can see that there were three college basketball teams. The first team is the men's varsity basketball team.



The next team is noted as the Dims. The Northerner states, "The up and coming varsity Lights are these boys tabbed as the Dims."



The last team, is the girls' team, and they were referred to as the Bulbs!



As the 1953 Northerner stated, the Bulbs “have only one game during the year and that’s against the varsity Lights.” The final score was 29-19 with the Lights outlasting the Bulbs. In order to make the game fair, the Lights used boxing gloves as a handicap.

To see more of Northern’s history click on the following link!

[Home - Archival Collections - LibGuides at Montana State University-Northern \(msun.edu\)](#)

Please continue to check back for more NNN TidBits! If you see anything that you would like me to highlight, please send it to me at wjlanier1963@yahoo.com

Visit our website

Montana State University-Northern | 406-265-3700 | www.msun.edu

STAY CONNECTED



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