

RESIDENTS OF THE MONTH

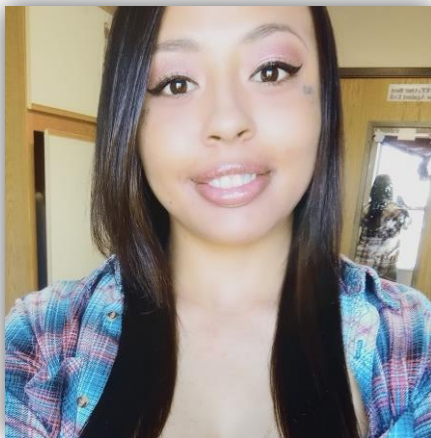
East Campus

Nominator states: Resident Hayes has been at the Center since June 2022 and has done an outstanding program. He completes his obligations without incident and is always ready to say a kind word or help someone. He attends additional groups, outside of the Center, and is building a strong support system to assist in his release. He was injured at his work, but barely missed any time. He continues to struggle with the injury and attends physical therapy and regular appointments with his primary care giver. Mr. Hayes welcomes everyone with a smile and warm salutations. He has additional medical issues he is coping with, but continues to remain strong. He has recently been accepted into the Center's Honors Program and remains a positive influence around the Center.



Frank Hayes

Women's Center



Nominator states: Christina Temple is doing very well. She received her HiSET here at the Center. She has kept a positive and strong determination to handle difficult issues. Her consistency in doing this has been able to turn around situations that were hopeless into happy results. She is a happy person and shows concern for others.

Christina Temple

Nominator states: Mr. Clark ran a great Inmate Worker program and has continued to maintain a level of excellence to date. He has received zero write ups. He was accepted into the Honor Program on April 4, 2023. He has worked hard to complete his programming and only has 2 workshops left to have that complete. He has paid off all his fines and fees, and has worked to clear up his record so he can test and get his license which he has scheduled for next month. Mr. Clark has always maintained a positive attitude and managed his requirements for his program with perfection.

West Campus



Billy Clark

What is the Soul of an Artist?



At the Center we are privileged to come into contact with a myriad of artists. May it be Poets, Story Tellers, Writers, Cultural Beaders, Painters, or Sketchers. Art is in the very soul of anyone who creates something to bring joy to others.

ARTISTS MAKE A VISUAL RECORD OF THE PEOPLE, PLACES, AND EVENTS OF THEIR TIME AND PLACE. ...

ARTISTS HELP US TO SEE THE WORLD IN NEW OR INNOVATIVE WAYS. ...



Sandra Bearchum

ARTISTS MAKE FUNCTIONAL OBJECTS AND STRUCTURES (BUILDINGS) MORE PLEASURABLE AND ELEVATE THEM OR IMBUE THEM WITH MEANING.

They Have Passion. "I personally feel that painting is just as much a necessity as eating and breathing," says painter Lola Gil. ...

They Have the Desire to Grow. ...

They Are Flexible. ...

They Try New Things. ...

They Are Dedicated. ...

They Are Self-Critical. ...

They Are Vulnerable. ...

They are Timeless.....

They Persevere.



Great Falls Custom Car Show

Check out unique, custom, and antique vehicles at the Great Falls Custom Car Show! Vote for your favorites in categories like Best Display, Most Original, Rat Rod, Modern Muscle, and more,

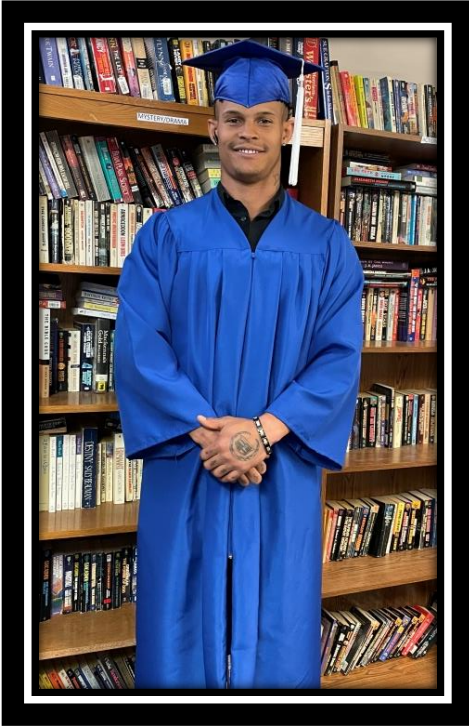
Friday & Saturday, May 19 and May 20 – 10 AM to 10 PM

ADMISSION ~ \$5.00 PER ADULT

KIDS 12 & UNDER ARE FREE WHEN ACCOMPANIED BY A PAYING ADULT

Montana ExpoPark | 400 3rd Street NW, Great Falls, Montana

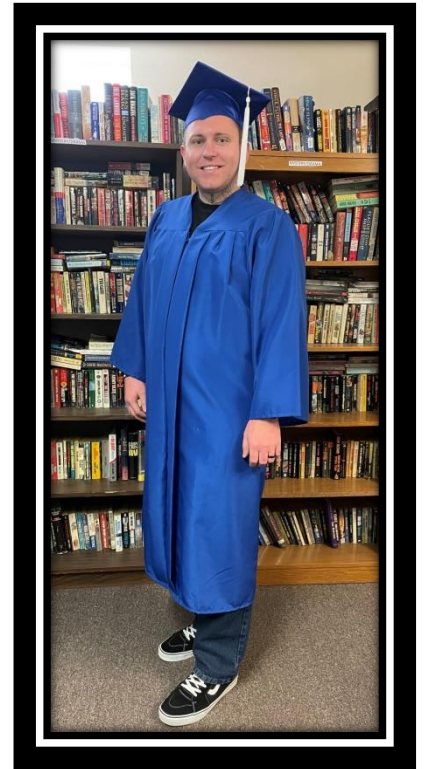
Higher Education



Devin Braulick

Congratulations to these two inmate workers for earning their HiSETS!

David Border



Compliance Officer **Steve Rogers** (pictured back left) received his Master's degree in Clinical Mental Health counseling from the University of Providence. He also has a Bachelor's in Psychology.

Associate Professor Jared Roberts had this to say about Steve at his pinning ceremony: *Steven exemplifies the disposition of curiosity. Steven's eagerness to know, discover, and generate is evident in his energy, excitement, humor, and spontaneity. Just check out some of the titles he puts on his weekly discussion posts! Steven is an active participant in class. His supportive and affirmative style is evident in his cohort. His curiosity is also directed inward as is evident with his ability to be vulnerable with his life experiences. As a learning example, he enacts a practitioner's scholar identity.*

Congratulations to Compliance Officer **Alice Boyle** for graduating from Great Falls College MSU with an Associate of Applied Science in Accounting. Alice said she's been kind of trying to get her degree her whole life but raising kids and working got in the way. With her kids all grown, she decided to buckle down when COVID started, and it paid off!



Billy Clark – Honors Member



Billy Clark, new Honors member, is also the Resident of the Month, and that's just the beginning. Billy is ready to engage in life. Not a perfect life but also not a life in hiding. Life as it is: messy; wonderful; scary; filled with problems and possibilities, joys and sadness. When life offers him something nice, such as a bowling pass with fellow Honors member Dana, Billy is going to take it. Billy is no longer seeking cover. He is taking the advice of his girlfriend who explicitly told him: "Stop hiding in your room."

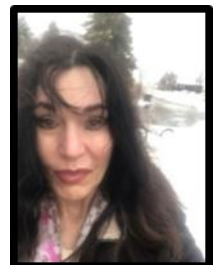
One of the incongruities about incarceration is that the system may be done with the person, but the person may not be done with the system. The "long reach of the law" isn't just locating a most wanted at a traffic stop. It's also how the system burrows into a person's mind, where it nests and can create a mental and physical safety zone. When Billy's girlfriend told him to stop hiding in his room, she was referencing more than to just go outside. She was clearly telling Billy to continue to free himself from the gravitational pull of being in prison.

Billy knows this to be true. He spent over 20 years using prison as his "safety net". Ten years ago Billy said, "I would have never made it out of this program – not even close." He was heavy into the mix and institutionalized, fueled by big time drug use and tormented by mental demons. His only recourse, so he thought at the time, was to put himself in a "safe place." Billy described his safe place as being imprisoned at a Wyoming super lock up. "I was happy and relieved to be back being incarcerated. Actually I loved it, because the extreme conditions helped my mental state. It helped 'my crazy'."

But then Billy had a personal revelation that started to gain a foothold. Yes, all his issues were real, but did they make him unique and special? Did his personal pain mean that the world revolved around him? What if – really, what if- all of what he was going through was just life? And what if this life, his life, could be lived in society? Did he have to keep willing himself to be locked up? Billy approached this concept cautiously and his resolve gained traction. "Society is not for everyone, but it is better than the alternative". Billy was ready.

Help appears, or more accurately, help is noticed, when a person is ready. At CCP, Billy started to work with a counselor who showed him how to use gratitude as a powerful tool to help him heal, calm and reset his mind, since Billy experienced extreme ups and downs as a coping method for trauma. Billy's black out anger, his addictions and his prison safety zones were an echo chamber that kept him trapped and kept him agitated. The first thing his counselor did was to have Billy write down ten things he was grateful for. Okay, easy enough, this assignment would be a breeze. But easy doesn't do much. The next assignment was to list ten more things Billy was grateful for, but these had to be ten different things. Billy had to continue doing his gratitude list each day for 6 weeks – each day a unique list. By the third week, Billy said, "I began to realize there was more good than bad." Moving into weeks four, five and six, Billy said he would literally spend hours in thought creating his gratitude list, using his imagination, drawing things from deep in his soul, and re-examining everyday things and people surrounding him.

NEWS BY SHEENA JARVEY



Billy Clark - Honors Member – continued

By Sheena Jarvey

All the bad and all the negative didn't disappear, but they were challenged and balanced by all the positives, by all the joys and the inexplicable richness of life.

In his new life, Billy is receiving insight and love from his girlfriend, who clearly understands Billy. When asked, Billy said that his girlfriend loves him for being, "kind and wise." Billy's kindness is undeniable. He does have that rather rare persona that radiates kindness. And what does Billy love about his girlfriend? Billy was clear. "She is bold and soft at the same time. I love her boldness. I never feel judged by her."

Time, gratitude and understanding are also healing the relationship with the other woman in his life – his mom. There were rough times, but he and his mom are in the process of reconciliation and understanding. His mom, who is now healthier herself, continually, "lights a fire under me and tells me to just do it and give it my all." They talk weekly and are looking forward to taking family camping trips. But not all family relationships can be healed and, by necessity and practicality, Billy has cut some family from his life. He is very okay with this decision as it keeps his mind clear and focused, free of dynamics that he has no control over.

Billy now takes a healthy pride in himself and his ability to transform his life. He keeps moving forward by asking himself an essential question, "Why do you keep holding yourself back?" Billy will always have to manage his anger, but he now has resources and strength to do this. It is a part of his life he is willing to accept. He is done with numbing his feelings, for as Billy noted, "There is nothing weak about being in touch with your emotions."

Billy's job at Big O Tires is one of the many things he is grateful for and he speaks with admiration for the dedication and work ethic of his bosses, who have run the business for four generations.

Prior to starting his work day, Billy does his morning gratitude list. (Yes, he continues to do this, as it is essential for his well-being). While he has breakfast and coffee, he spends time contemplating his day. Being in nature is another way he keeps himself balanced and capable. Yet, still, when Billy gets stressed he acknowledges, "Sometimes prison still seems like an option, but then I remember that what I am going through is just life. My aggravations don't matter that much, I just need to keep going."

Billy is content with not only his ability to keep going, but also, "I think a lot about having a chance to do something different", and this makes him very happy. Billy will start his own business in the near future. His girlfriend continually provides love, support, understanding and a no nonsense reality check when he needs it.

Billy concluded our interview with some final thoughts about applying for Honors. "Why did I apply for Honors? Because I wanted something new, I wanted out of my comfort zone and to have a better life. Now, I'm taking pride in doing good."

We are very proud of Billy. His personal change is inspirational. His description of his in-depth gratitude list is a powerful tool that all of us can use to improve our lives. We wish him success and happiness as he continues with his new life.

Catching Some Sunshine



Steven Raining Bird, Irving Spotted Eagle, Jamel Scott



Leonard Hilton, Tyreik Diserly, Travis Granger



Greg Mims & Jamel Scott



Thomas Walker, Slade Clawson
Edward Duncan



Jacob Savage



John Smith



Thomas Walker



Richard Sangret & Travis Granger

Dana Baese - Honors Member

By Brenda Demers



Dana Baese is elated about the path he is on. He is on the road to making a career of being an audio engineer by combining his musical talent with his electrical skills.

As most elementary students do, Dana started learning to play an instrument in the 5th grade. And, Dana being Dana, couldn't just stop at one instrument. He learned to play the drums, trumpet, saxophone and piano. After high school he studied music at Clark College in Vancouver, Washington, and then returned to Missoula and graduated with a bachelor's degree in audio engineering at the U of M.

Dana told me that he has produced 3 digital albums using a keyboard and synthesizer, and they can be found under the name *Lecture* on Sound Cloud.

He commented that he has worked on sound and lighting set ups at music festivals and well-known venues in Missoula such as the Wilma, Top Hat, and Kettle House Amphitheater.

Dana describes himself as a people person who is "super boisterous." He said he is doing well here because he wants to change and he wants to succeed. "I had a great life until I made a couple of stupid decisions. I'm ready to conform and make a change and grow up. I'm 34 and realizing I'm not getting any younger. I'm ready to start my career and get back to life and be happy and healthy. At this point I'm just focused on being the best me." Then I asked him for some advice for others here, and he said, "**Just remember you aren't getting any younger. Don't dwell on the past. You can make yourself a bright future.**"

When Dana found out he was an extended stay resident and would be here for a year, he shared that it was overwhelming at first and he was a little upset. But Dana didn't balk. In addition to holding a full time job he has volunteered to help around the center and asked to be put in every programming group that could possibly help him. Thus far he has completed 7 groups and is currently taking 1. Amidst all that, Dana keeps up with his CD program requirements and mental health counseling. Dana also makes time for recreation. As an Honors member, he uses his passes to go to the library, fishing, and bowling.

In nominating Dana for the April Resident of the Month, his CTS stated, "He has paid off his reinstatement fee and got his driver's license. He is very organized and keeps up with all aspects of what is due each week. To top it off he always has a cheerful attitude and appears to be in a great mental state and tries to encourage the people around him with his good attitude."

A second nominator stated, "He is a very positive and authentic person. He sees his center stay not as a negative, but rather as an opportunity to strengthen and solidify his skills. He volunteers to participate in groups and participates openly and honestly. He is a genuine person looking towards his future, at the same time maximizing the opportunities that are available to him. Dana presents as a person at peace with himself and his journey. His optimistic and pleasant personality makes a nice and notable difference in the life at West Campus."



One of Dana's album covers

Dana Baese – Honors Member - continued

By Brenda Demers



Dana in the mountains where he loves to be

After Dana’s arrival here at pre-release, he obtained a job as a cook at a restaurant. It was hectic and stressful due to being shorthanded. He stuck with it for 7 months until an opportunity to work for an electrical company presented itself. He gained permission to change jobs and put in his 2 week notice. Dana explained that being an electrician requires a lot more math than one would think. You need 4 credits in math just to apply for the apprentice program. He will be going to Helena to take a 5 hour test on reading comprehension and math.

Dana closed our interview with something wonderful that happened to him at his job at Enterprise Electric. Out of the blue his co-workers bought him the electrical tools required for the job. When he wondered how he could every repay them, they simply told him to pay it forward. Dana exclaimed, “I was blown away and it was the highlight of my week!”

Making History and Creating a Better Life



Tanner Wagner is the first GFPRC resident to take the newly implemented Commercial Driver’s License training course Great Falls College MSU offers. Tanner completed the course and has passed the written testing!

The course is 2 ½ weeks of hybrid of classroom time and online instruction. Students utilize the truck simulator to prepare them for real life behind the wheel. The college partners with companies so the student can complete the required hours of driving time required prior to taking the driving part of the testing. That same employer has the option of retaining the student as an employee.

Pre-requisites to the course include providing a motor vehicle driving record, a background check, a drug test, and a DOT physical.

When Tanner releases from the pre-release, he is all set to go to Sidney and complete his driving time and work for an employer that performs jobs in the oil fields.

Tidbits from Robin



Robin Castle
Licensed Clinical Professional Counselor
455-9333 robin@gfprc.org

Are you a Taker, Giver, or a Matcher?

- **Takers.** Takers are self-focused and only help others strategically, when the benefits to themselves outweigh the personal costs. In the words of Adam Grant: “Takers have a distinctive signature: they like to get more than they give. They tilt reciprocity in their own favor, putting their own interests ahead of others’ needs.”
- **Givers.** On the other hand, givers will help whenever the benefits to others exceed the personal costs. As Adam Grant explains: “In the workplace, givers are a relatively rare breed. They tilt reciprocity in the other direction, preferring to give more than they get. Whereas takers tend to be self-focused, evaluating what other people can offer them, givers are other-focused, paying more attention to what other people need from them.”
- **Matchers.** Finally, matchers strive to preserve an equal balance between giving and getting. “Matchers operate on the principle of fairness: when they help others, they protect themselves by seeking reciprocity. If you’re a matcher, you believe in tit for tat, and your relationships are governed by even exchanges of favors.”

Manipulators are ...

1. **Emotionally Abusive:** They are unpredictable with their spouts of anger and are known to lash out fortuitously. They are short-tempered and you never know what frame of mind they will be in. You’ll find yourself playing the victim of their abusive ways, but you’ve become so habituated to it that you don’t even think twice.
2. **You’re apologizing for things you didn’t do.** After an argument, you’re the one always doing the apologizing. A manipulator is sufficient at placing the blame on anyone else besides themselves. In fact, they are so good at it that they will have you almost certain that you’re the problem.
3. **You’re putting in all the work.** You are tasked with doing all of the “dirty work” in the relationship, i.e. making plans, texting, and calling.
4. **Charming:** A manipulator knows how to use their charm to get what they want. They know exactly what to do and what to say to keep you hooked.
5. **Not Dependable.** You are unable to rely on them from the very beginning. A manipulator will be inconsistent and often times noticeably distant. They know how to portray themselves as being reliable in order to keep you around, but strictly on their terms. They are incapable of communicating properly, but it’s your fault for not knowing about the plans they never told you about.
6. **Crave Control.** The control is always in their hands because they need to feel dominant. They are the one who will decide where the relationship is going. It’s their way of the highway, and you’re just along for the ride. Control means power, and a manipulator thrives off of both.
7. **Change isn’t an option.** They might alter their ways a tiny bit in order to please you, but they perpetually go back to their old ways once you are satisfied. A manipulator cannot change because they don’t want to change. They don’t see anything immoral about their actions, and they’ll wheedle you into believing the same.

Frank Hayes - Honors Member



Welcome to new Honors member, Frank Hayes, who is also the Resident of the Month. Frank is hitting a big milestone birthday soon and he is ready. As of this writing he is 17 months sober and enjoying the moment. Frank smiled when he stated, "God gave me one last chance and I'm taking advantage of it."

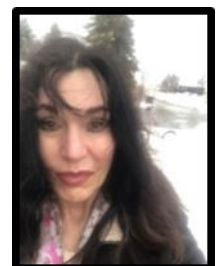
When he first arrived at the Pre Release, however, Frank was definitely not enjoying the moment. He was totally against his placement as an extended stay resident, as he didn't want to be here, didn't want to do the program and didn't see the point. Then everything changed and Frank found himself in a state of mind he would never have envisioned when he first arrived.

The first thing that changed came early in his stay. Frank was still in his resentful phase, when he and East Campus CO Liz happened to strike up a conversation. Staff CO Liz told Frank about Set Free Ministries. Set Free altered Frank's world and took him in the direction he needed to be. As Frank told me, "I'm so happy she did. This changed my life." Frank took to Set Free right away, no hesitation, no barriers. At Set Free, no judgmental looks greeted Frank, just acceptance, understanding, hugs and handshakes, and the commonality of addiction and incarceration. Frank had found his church home.

Frank has also made a good friend at Set Free, who runs the church sober house. Paul, Frank's little brother, was murdered 10 years ago. Although Frank will always struggle with Paul's death and the unknowns, he does find it comforting that his new church friend is also named Paul. One of the many inexplicable ways God works in Frank's life.

The stability of his present life is a relief from the uncertainty of years of drinking and jail. In a relatable story, Frank said when he first drank the alcohol eased his mind and numbed the pain of deaths and trauma. It was the perfect solution until it wasn't. Frank said that in his late 30s the alcohol became an unwelcome necessity and drinking to forget just became drinking. Despite nightly alcohol poisoning, where he would puke the next day until he could get more alcohol in his system, he wouldn't stop. But neither could he go on living that way. It was his girlfriend's daughter who called his PO. "This saved my life. I needed help."

Now Frank continually seeks out help. On Monday nights, after his current therapy group is over, Frank will again attend anger management and recovery groups at his church. He is leaving no stone unturned in his journey to regain his life and is working hard for both better mental and spiritual health. As he noted, "You can't let things stew inside or you will never get over them. I do know now there is a better life out there for me and, with God's help, I will create this good life." Frank continued, "God has a plan for me. My way doesn't work, but His does and He can. I can hear God now. Before, the devil had the alcohol in me." And being sober – it is OK? "I love it. I feel way better. I'm not in a fog".



Frank Hayes - Honors Member - continued

By Sheena Jarvey

Frank is also actively involved in Center programming. In our first Untangling Relationships group, Frank wasted no time in opening up about needing to re-connect with his dad. They had been painfully estranged for a number of years and Frank knew he had to be the one to make the first move. The group was immediately helpful and encouraging. One group member told him, "Pick up the phone, brother, it's not heavy." Frank gave the group his word that he would do what he knew to be right, no matter the outcome. Being a man of his word, Frank, pushing anxiety aside, did make the call. Why? "I couldn't let the group down and I knew I needed to re-connect with my dad." It turned out well and they made gains in beginning deep emotional healing. Earlier in his life, Frank and his mom and step-dad had cleared land and built a home in Alaska, in an area north of Anchorage. He said this was an amazing way to grow up and plans to retire in Alaska. Frank wants his dad to join him there, which is even more happiness to look forward to.

Having solid employment is another way in which his life is coming together. Frank thoroughly enjoys his job at Bison Ford, where he is in charge of keeping the cars in the lot in top shape and ready for their test drives. Staff takes notice of his excellent work ethics and he is now a valued part of the team.

Frank went from program opposition to finding opportunities and value in his Pre-Release stay. He was thoughtful when asked to offer his advice to others for creating a successful program, especially given his initial resistance.

"It's not easy being here, but it's easy to get out of here the right way, if you do the right things. Acceptance is the key. Once you accept, you can do whatever it is. This can be a positive place if you let it."

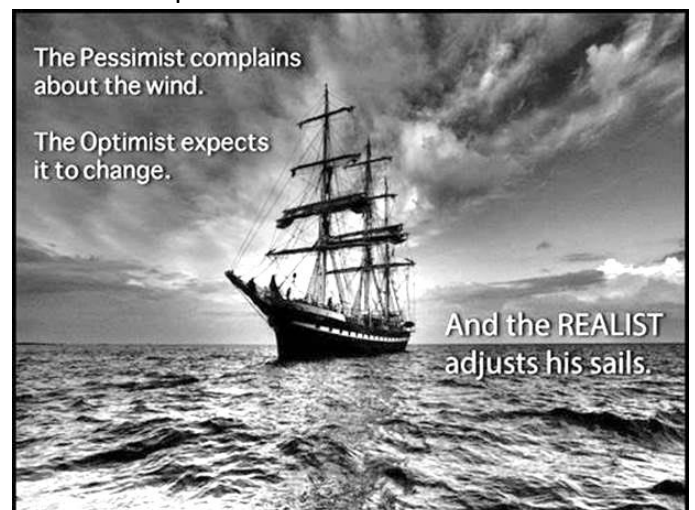
Then Frank broke down a plan for success in succinct four points:

Be here Be sober Go to work Change your life

There is a special sort of grace which is reserved for those who persevere in rough times, including rough times of their own making. Frank is now the recipient of this grace and he is appreciative. He is living according to God's plan for him and knows, "God is watching out for me." Frank also knows this grace needs to be generously shared. He volunteers at Set Free and gives his advice, time and labor freely. As he put it, speaking of life in general, "The point is to help and be kind and God will provide."

Frank is grateful for the many folks who have helped along the way and will continue to be there for him. To these people, Frank wanted to share his gratitude, "Thank you for everything, it's been a great journey. I will remember it forever."

Our thanks to Frank for sharing his insights and his story. We are very proud of Frank and happy that the next phase of his life will truly be a great journey.





NURSE'S STATION



Heidi Hunter, RN

Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these healthy habits for spring.



Move More, Sit Less

Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



TIP



Make half your plate fruits and vegetables and half your grains whole grains.



Choose Your Drinks Wisely

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

Adults need at least 7 hours of sleep per night.

DID YOU KNOW?



Children aged 6 to 12 need 9–12 hours of sleep per night.
Teens 13 to 18 need 8–10 hours of sleep per night.



Be Sun Safe



Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

TIP

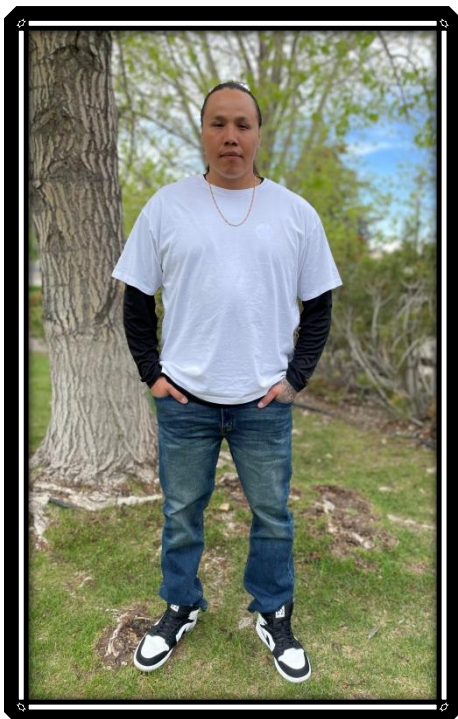


Wear sunglasses that block both UVA and UVB rays for the best protection.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Nicholas Guardipee's grandma and auntie did the best she could raising him. He was a free spirit that didn't want to be tethered down. His family finally realized that and gave up on chasing after him to bring him back home. His family warned, "If you want to run around with your friends and drink and ruin your life, go ahead." And so he did. Nick found himself in and out of juvenile detention, graduating to jail, state prison, and on to federal prison. Nick said he went through the Montana Youth Challenge program three times and also spent time at the Sac and Fox Nation juvenile detention program in Oklahoma.

Maybe the free spirit in Nick has something to do with the special connection he has with horses. At the age of 15 he was sent to live with his auntie and uncle who owned a large herd. Nick commented, "Horses are pretty special to me." He described how horses comforted him during those dark times in his life when he was down and out. At one point Nick and Jake crossed paths. Jake was a horse no one could tame. Nick connected with Jake and worked his magic. He broke and trained the horse. He commented, "It made me feel good and it surprised

everybody." You see, Nick wasn't known around the town of Browning to be a horseman, only as a drug dealer and a hood.

Nick participates in Indian Relays every chance he gets. For those of you that have witnessed one, it is a testament to the natural and true horsemen Native Americans are as they effortlessly ride bareback at lightning speeds. It was at an Indian Relay on the Crow Reservation that Nick caught the eye of a man that offered him a trip to New Zealand in 2017 to participate in a cross country horse race. When I asked Nick how it made him feel to be recognized, he responded, "It made me feel warm, and when I got back a lot of people were jealous."

I find Nick to have a kind, optimistic personality. He is soft spoken and mellow. He said that he always has his guard up though because he is too kind sometimes and people take that as a weakness.

While an inmate worker, Nick had a lot of medical issues resulting in some incident reports, a stint in jail, and a program restart. Having a positive outlook got him through it. He commented, "I can't dwell on it; it's already done. Everything happens for a reason. There was a reason why I was supposed to go to jail, sit there, and come back when I did. It's not the path I wanted, but it worked out." When Nick returned from jail he watched some highlights from America's Got Talent. Something that stood out and stuck with him was what a singer with a 2% chance of surviving her cancer diagnosis said. **'You can't wait until life isn't hard anymore to decide to be happy.'** Then and there Nick told himself he might as well do a 180, and he did just that.



The 2017 cross country horse race in New Zealand that Nick rode in

Inmate Worker Completes Program and Transfers to Resident - continued

By Brenda Demers

Nick found a job working in the great outdoors where his heart is. He also likes to bead, draw, and play video games. I asked why he watches America's Got Talent, and his response was, "It gives me inspiration. People are not what they actually seem. I like seeing people that are uplifted by doubt or turmoil or are being bullied. It makes me realize that my life really wasn't as hard as I thought it was. I have a life right now that people would love to have. I started calling my Auntie and Uncle Mom and Dad about 3 years ago. They have always been there for me; I've never been there for them. If it wasn't for my mom I wouldn't be the horseman I am today; and if it wasn't for my dad I wouldn't have the work ethics I have today. I probably wouldn't be in pre-release; I'd be in jail or prison. Growing up I knew the skills to work, but I just didn't want to use them.



Drinking and using and selling drugs were my life. It took me almost 18 years to figure that out. I got a pretty good head on my shoulders now. I made it here a year."

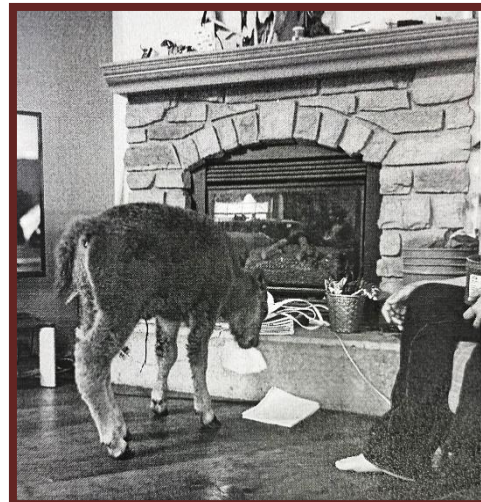
Nick's advice: **"The past is the past, tomorrow will always be there, but today is the present. Look out for number 1 and don't step on number 2 getting there. Take care of yourself and make sure you're doing good and that your well-being is where it needs to be. Don't hurt or intimidate others."**

Nick and his sister helping his nephew ride their buffalo, named li-nn-ii, which means buffalo in the Blackfeet language

Congratulations, Nick, we are proud of the turnaround you've made!



Nick's dad with Miley the Moose



li-nn-ii the baby buffalo was bottle fed and got to come inside the house

Education Center Schedule for the Month of May 2023

Special Note: HiSET testing is conducted on Tuesdays, and TABE testing on Mondays and Wednesdays at GFCMSU. Ed Center hours will be adjusted pending resident registration for testing day and time.

Friday 5/12:

Ed. Center Hours 1200 – 1700
Computer Learning 1800 - 2000

Monday 5/15:

Ed. Center Hours 1030 – 1200 and 1300 – 1700
Ed. Coordinator Visit to East Campus 0830 – 1000

Tuesday 5/16:

Ed. Center Hours 0800 – 1200 and 1300 – 1700

Wednesday 5/17:

Ed. Center Hours 1030 - 1200 and 1530 - 1700
Ed. Coord. Visit to Women's Campus 0830 - 1000
New Resident Orien., Ed. Center 1300 – 1330
Computer Learning, Ed. Center 1330 - 1530

Thursday 5/18:

Ed. Center Hours 1100 – 1200 and 1300 - 1500
Computer Learning, Ed. Center 0830 - 1030
Future Build Advisory Mtg @ GFCMSU 1500 - 1600

Friday 5/19:

Ed. Center Hours 1200 -1700
Computer Learning in the Ed. Center 1800 - 2000

Monday 5/22:

Ed. Center Hours 1030 – 1200 and 1300 - 1700
Ed. Coord. visit to Women's Campus 0830 - 1000

Tuesday 5/23:

Ed. Center Hours 0800 – 1200 and 1300 – 1700

Wednesday 5/24:

Ed. Center Hours 1030 – 1200 and 1530 - 1700
Ed. Coord. Visit to East Campus 0830 - 1000
New Resident Orien., Ed. Center 1300 – 1330
Computer Learning in the Ed. Center 1330 - 1530

Thursday 5/25:

Ed. Center Hours 1100 – 1200 and 1530 - 1700
Computer Learning, Ed. Center 0830 – 1030
Staff Meeting 1400 - 1500

Friday 5/26:

Ed. Center Hours 1200 – 1300
Life Skills – **Resume Building Strategies**
East Campus Classroom 1300
West Campus Ed. Center 1400
Women's Center Great Room 1800
Cap & Gown Ceremony for HiSET Grads
Expo Park 1600 – 1730

Monday 5/29:

Holiday – MEMORIAL DAY

Tuesday 5/30:

Ed. Center Hours 0800 – 1200 and 1300 – 1700

Tuesday 5/31:

Ed. Center Hours 0800 – 1200 and 1530 – 1700
New Resident Orien., Ed. Center 1300 – 1330
Computer Learning, Ed. Center 1330 - 1530



By Allen Heisler,
Education Coordinator

Education Center Schedule for the Month of March 2023 - continued

Special Notes:

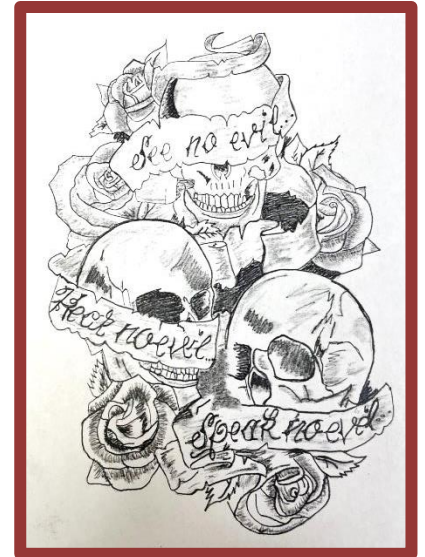
- 1) If you need any assistance prepping for, beginning, continuing, or completing the HiSet, please contact Allen Heisler - Education Coordinator to schedule with Great Falls College MSU, and discuss the necessary steps.
- 2) The above schedule is not all inclusive and is subject to change. If you need to use the education center, or discuss anything with the education coordinator, please call 406-455-9346 or stop in to schedule availability.
- 3) The Life Skills sessions will be conducted in the following locations unless otherwise noted.
West Campus: The Ed. Center or the Downstairs Classroom/Counselor Conf. Room
East Campus: Downstairs Class Room Women's Center: The Great Room
- 4) If you wish to discuss any post-secondary options for pursuing college courses, training, etc. please feel free to contact Allen Heisler - Education Coordinator. 406 - 455 - 9346.
- 5) Computer based learning opportunities are available to all residents through the Ed. Department. This includes everything from Hiset preparation, to online courses, as well as career exploration and pathways. Interested individuals should visit the Ed. Center, or contact the Ed. Coordinator for more information.
- 6) Life Long Learning through the Great Falls College MSU offers many opportunities to participate in courses ranging from wood and metal working, to finance, computers, wellness, cooking, business, etc... These courses vary in days and times as well as cost. Interested individuals should contact the Ed. Coordinator for course availability. Also, the Life Long Learning Scholarship is available to help fund the cost of these courses. Applications are available through the Ed. Center.

Computer Learning Hours for the Education Center

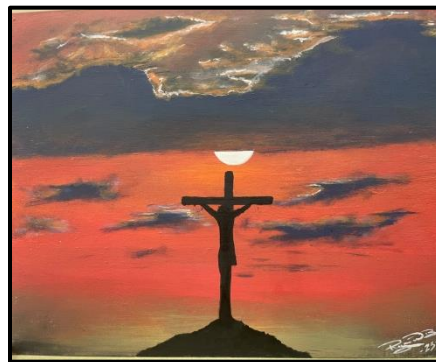
- Any resident wanting to begin/or continue their computer learning experience using the platforms of:
 1. ***ED READY – HiSet Test Preparation***
 2. ***ED – X – Free Online Courses***
 3. ***ED2GO – Paid Online Courses***
 4. ***MCIS – Career Pathway Exploration and Employment Marketability***
 5. ***KEYBOARDING – Skill Development***
 6. ***RESUME/COVERLETTER – Creation/or Clean Up***
- Please note the following days and times of availability, and schedule accordingly.
Wednesday: 1330 – 1530
Thursday: 0830 – 1030
Friday: 1800 – 2000
- Special scheduling consideration may be given if prior arrangements have been approved by the Ed. Coordinator. Please contact the Ed. Coordinator for further details.

Now That's Talent!

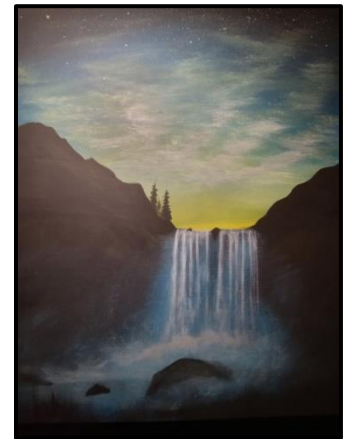
Drawing by Delvene Eagleman



Erin Seidler's rock art adorns the Women's Center entryway



Paintings by Ryan Windy Boy



Residents: You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact Brenda. Any suggestions are also appreciated.



PRE-RELEASE PRESS

Editor: Brenda Demers



TRANSITION CENTER
GREAT FALLS PRE-RELEASE SERVICES INC.



Congratulations to CO **Shawna Paranteau** for reaching her 10 year anniversary working here and becoming a member of the Red Jacket Club!



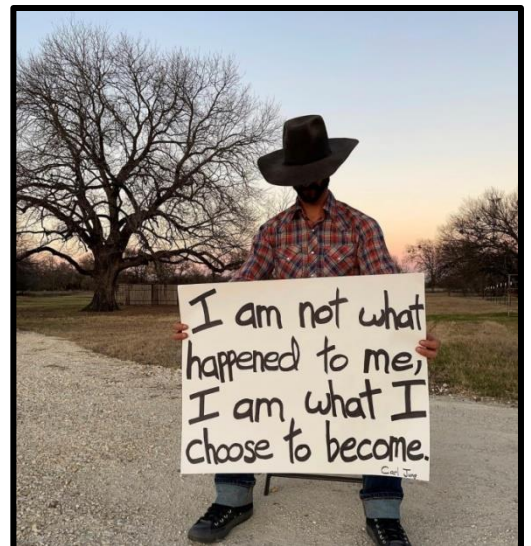
East Campus Mascots **Brandon Childers** and **Matt West**



The beautiful Iris at the Women's Center coming to life after a long winter's nap



LAC **Robert Kemp** went turkey hunting



Your Answers to the Questions of the Month

Using Boy Scout Juice to light a campfire is?

Lighter Fluid Gas/Diesel

Christy Atakenu: Gas, of course!

Delvene Eagleman: Lighter Fluid

Jesica Pedersen: Gas

Jim Kist: Lighter Fluid

Joe Marten: Gas

Kat Bennet: Diesel

Keith Ricketts: Lighter Fluid

Ray McClelland: Lighter Fluid

Steven Griffith: Both are cheating

The one person I respect the most is . . .

Christy Atakenu: My Oldest Brother

Delvene Eagleman: My Elders and Higher Upper

Jesica Pedersen: My Mom

Keith Ricketts: Jesus Christ

Ray McClelland: Winston Churchill

Sheyenne Grenier: My Father

Steven Griffith: My Momma

JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER

I DIDN'T KNOW THAT

At the same time the English language was going through a massive expansion in the 1400's the fashion for collectively naming hunting animals was picked up by literate classes outside of the nobility. Over the next century the practice became a phenomenon and gave us hundreds of new terms of vengery including:



Jeff Barnhart



A murder of crows. Crows also called hovers, mobs, muster, parcel, parliament and storytelling when in a group.

So why a murder of crows? The most likely explanation is that the crow received its collective noun because of its behavior as well as its perceived characteristics.

Crows are scavengers and will feed on carrion as well as take small animals, such as lambs, eggs and baby birds. Historically crows and other corvids would have been seen near battlefields, medieval hospitals, cemeteries, or the gallows waiting for a chance to pick over dead bodies. This association with death resulted in the development of superstitions and folklore around crows and other corvids.

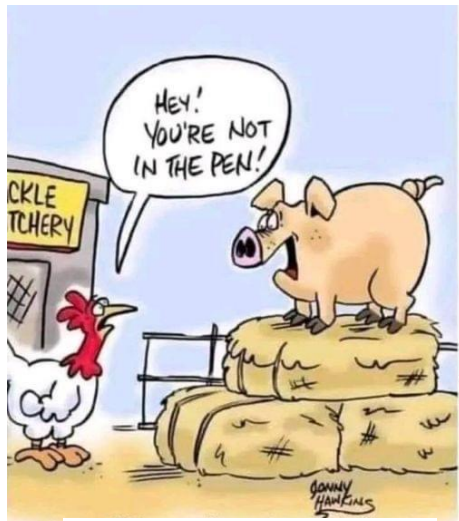
AND THEN WE HAVE A **knot** of toads, A **drove** of donkeys, A **shrewdness ot troop** of apes, A **gaggle** of geese which is also known as a wedge when they are flying or a plump when they are on the water, A **school** of fish – which actually is derived from the English word **shoal**, or even a **Pod** of dolphins, a **colony** of ants, a **pride** of lion's or a **skulk** of foxes or **quiver** of snakes to name a few.

The Egerton Manuscript and The Book of St. Albans, both dating from the mid-1400s, list many of the terms still in use today such as:

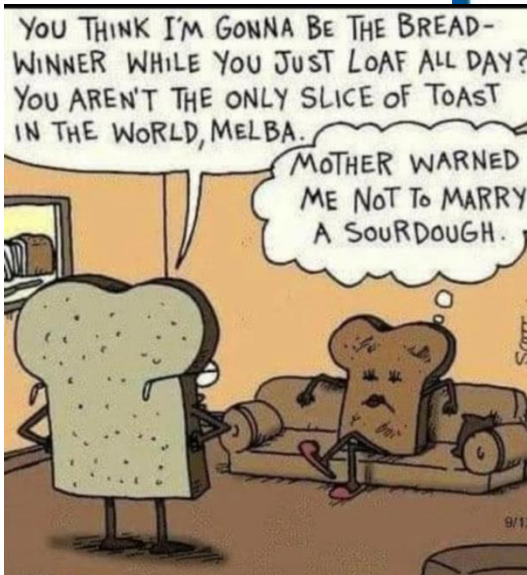
A charm of goldfinches – which comes from the French word for “song”, but finches can also come as **trembling, troubling, drum or trimming.**

BE SAFE AND HAVE A HAPPY SUMMER

FUN & GAMES



"I know - I'm out on bale!"



Memorial Day

WORD SEARCH

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE
- HALF MAST
- HEROES
- HOLIDAY
- HONOR
- MAY
- MEMORIAL
- OBSERVANCE
- PATRIOTIC



REMEMBRANCE

VETERANS

SACRIFICE

WAR

SALUTE

SERVICE

SOLDIERS

TAPS



© 2015 puzzlem-to-print.com

My wife asked if she could have a little peace and quiet while she cooked dinner... So I took the battery out of the smoke alarm!