

Upcoming Events & Activities



January	2nd	Erin's Crystal Ball - MCC Centra	
	6th & 20th	Cooking with Lynn—6pm at Range Riders	
	9th	Boxing Day—Free Rummage 'Sale' 9-4pm at Sacred Heart Social Hall—	519 N. Montana
	21st	Chamber Banquet & Citizen of the Year Awards 6pm Town & Country Club	
	23rd	37th Annual Juried Art Exhibit Opening Reception 1-4pm	WaterWorks Art Museum
	30th	Bobby Burns Celebration - MCC Centra	
	30th	Polar Plunge to benefit MT Special Olympics	
	31st	MC Community Orchestra Concert - CCDHS Auditorium 7pm	
February	5th	Cowtown Beef Breeders Show	
	5th	Live music at Trails Inn: 'Trouble Expected'	
	13th	2nd Annual Wine & Chocolate Tasting - Tongue River Winery	Sponsored by RSVP
	20th	Buckaroo Bash—MCC Centra	
	18-20th	4-C Basketball Tournament	
	28th	2nd Annual Cowboy Poetry Event - Range Riders Museum	
March	3-5th	Southern C Basketball	
	10th	RSVP Soup Supper - Range Riders Museum	
	12th	Opening Reception: ArtWorks 1-4pm at WaterWorks Art Museum	
	19-20th	Cowtown Classic Basketball- MCC Centra	
	26th	Easter Egg Hunt	
	27th	Easter	

Traci Schell Insurance Inc.

**Health Insurance
Questions?
We Have Answers!**

**Health Insurance Individual
Open Enrollment for 2016
November 1, 2015 - January 31, 2016**

*Whatever your situation,
trust the experience and knowledge
of a local licensed agent.*

**Call us for an
appointment
today!**

Independent, Authorized Agent for



An Independent Licensee of the Blue Cross and Blue Shield Association



511 Pleasant St. • Miles City, MT

(406)234-1052

www.tracischellinsurance.com



**TUESDAY,
JANUARY 12, 2016**

“DIATRIBE”

Diabetic Support Group

**For those living with Type 1 and
Type 2 Diabetes and their families**

- Free foot checks by a Registered Nurse
- Guest Speakers
- Connect with others
- Share information
- Reducing Risks
- Healthy Coping
- Problem Solving
- Education
- Navigate the challenging aspects of living with diabetes



**6:00 p.m. at the
Black Iron Grill**

**Hors d' oeuvres
will be served!
Offered FREE of
charge from
oneHealth**

**by our Registered
Dietitian and
Registered Nurse**

- **New ideas for
better balancing
your life while
living with
diabetes**
-

**Join us for this
FREE monthly
meeting!
Everyone is
welcome to
attend!**

ONEHEALTH

210 South Winchester
Miles City, MT 59301
www.onwealthmt.com
For more information,
call: 874-8713

FOR IMMEDIATE RELEASE

From: Mike Gast

Vice President of Communications

Kampgrounds of America Inc.

406-254-7409

mgastkoa@gmail.com



KOA Welcomes New Owners to Miles City KOA

KOA News Service (September 22, 2015) – “I’ve missed 32 Christmases and Thanksgivings,” says Kevin Oster, a former UPS driver and new owner of the Miles City KOA along with his wife, Jeanette. “This park is open seasonally, so that will never happen again.”

Kevin was ready to retire, but didn’t want to spend his time sitting at home. He had dreamed of owning a KOA for many years.

“My wife and I loved to camp and always stayed at KOAs,” he says. “We even stayed there with our families in childhood.”

The couple has spent most of their marriage living in Tennessee, but we were open to moving anywhere in the United States. They traveled to more than 50 campgrounds to evaluate whether one was the right one for them. The search ended when they visited the Miles City KOA.

Just six blocks from downtown, the Miles City KOA offers comfortable pull-through and back-in sites up to 75 feet in length and with full or partial hookups. Cabins and Tent Sites are also popular camping options. Amenities include a swimming pool, bike rentals, and Wi-Fi.

The family has only owned the KOA since July, but they already have big plans for the future. “For now, we’re working on the dog run and creating Patio campsites. After that, we’ll do landscaping,” says Kevin. “There are other, much bigger plans in the works.”

Located at 1 Palmer Street, the Miles City KOA is one of 485 open-to-the-public KOA campgrounds in the Kampgrounds of America system in the U.S. and Canada. It is open April through October.

For more information, please phone 406-232-3991 or visit www.koa.com. Reservations may be made online or by calling 800-562-3909.

Kampgrounds of America is celebrating its 53rd Anniversary in 2015. KOA was born on the banks of the Yellowstone River in Billings, Montana in 1962.

Do you have skills to share?

**MCC Community Outreach
Is looking for instructors to teach community
related courses.**

**Woodworking
Cooking
Sewing/Knitting
Computer knowledge
Crafts
Music
Genealogy
Legal
Technology
Auto Care
Business
Horticulture
Health**

**Anything worthy of enhancing one's
knowledge.**

**Please contact Carolyn Kimball @
406-874-6164**



OPERATION BOSSLIFT

Take the ride of a lifetime



Montana Employer Support of the Guard and Reserve invites you to hop aboard a Montana Army National Guard UH-60 Black Hawk or CH-47 Chinook.

This once -in-a-lifetime opportunity, a “boss lift”, educates employers about the mission of the Montana Guard and Reserve. Employers will have a behind-the-scenes glimpse of the efforts Montana Guard and Reserve employees put forth each time they put on a uniform to serve. During the boss lift, employers will receive mission briefings, an ESGR overview, and participate in a training mission. Learn how vital the Guard and Reserve is to the defense of our nation and how employer support makes it all work.

FY 2016 Operation Boss Lift Weekday Flight Locations:

22 March Dillon 19 April Havre 28 June Miles City

Exact times to be determined.

You will be notified once flights are confirmed.

Boss lift rules:

- Limited seating first come, first served.
- Flights are assigned you do not choose.
- Employer has not previously attended a Boss Lift
- One boss nomination for each Montana Guard and Reserve member
- Must be 18 years of age or older
- Reserve component nominator does not fly

Please fill out the registration form and email or call information into: Parker Sullivan Montana ESGR
Program Support Technician parker.f.sullivan.ctr@mail.mil
Phone: 406-791-0895



Montana ESGR is an agency of the Department of Defense seeking to develop and promote a culture in which all American employers support and value the military service of their employees. We recognize outstanding support, increase awareness of the Uniformed Services Employment Reemployment Rights Act, and resolve conflicts through mediation. Montana ESGR is also a resource for connecting Reserve Component members with opportunities for employment with employers like you.





FY 2016 MONTANA ESGR OPERATION BOSSLIFT
FORM FOR BOSS LIFT AT LOCATION

For Office use only
FLIGHT 1 2
CHINOOK
BLACK HAWK
___ Confirmed
___ In Database
___ SSN Last 4

CIRCLE ONE: YOU ARE ABLE TO ATTEND:

22 March Dillon 19 April Havre 28 June Miles City

PLEASE NOTE: One Nomination per Reserve Component Member/Attendee Must be 18
One Boss Per Business/No Repeat Attendees/No Spouses or Children/Nominations
1st Come, 1st Served/Limited Seating

Flights may be cancelled due to mission requirements, weather or forest fires

PRIVACY ACT STATEMENT AUTHORITY: 5 USC §701, 37 USC 404-427, and EO 9397

Principal purpose(s): Used for reviewing, approving, and accounting, and distributing for official travel. SSN is used to maintain a numerical identification system for individual claims.

Routine use(s): To substantiate claims for reimbursement for official travel.

Disclosure: Voluntary, however, failure to furnish information requested may result in total or partial denial of amount claimed.

Please print legibly and fill in all requested information Required for Flights

Your Formal Name:

Social Security Number Last 4 digits only:xxx-xx-_____

Business Name:

Title:

Address:

City: State: MT

Zip:

Work Phone

Work Email:

Home Address (Physical Address for Emergency Purposes):

City:

State: MT

Zip:

Cell

Home Email Address:

Medical Conditions/Prescriptions/Allergies/ Special Diet: N/A or _____

US Citizen? Please circle: YES NO

EMERGENCY CONTACT INFORMATION

Emergency Contact:

Relationship: Spouse Friend Relative Other _____

Phone:

This section to be filled out by Reserve Component Members if nominating their employer

Information needed for information of boss attendance and if contact with boss cannot be made

Reserve Component Member: _____

Rank and Name: _____ Branch of Service _____

Unit _____ Commander's Name: _____

Unit Address _____ City: _____ State: _____ Zip: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Work Phone () _____ Home Phone () _____

Work Email: _____

Return completed form by email or call: Montana ESGR Parker Sullivan Program Support Technician Email: parker.f.sullivan.ctr@mail.mil
Phone: 406-791-0895 Email confirmations will be sent following receipt of the completed registration form.

Social Media Marketing

Instructor: Mike Mintz

January 12, 2016 -Tuesday

6:00 pm - 8:00 pm

MCC, Room 106

Cost: \$20



Contact: Carolyn Kimball @ 874-6164

Swing into good health in 2016!

Are you ready to make a change? Making permanent lifestyle changes can be a hard. With Holy Rosary's award-winning Healthy Lifestyle's program, you will find the support you need from trained experts.

Classes begin in January & you will receive..

16-week core program in Miles City

- ◆ weight loss & lifestyle goal setting
- ◆ 1:1 personal lifestyle coaches
- ◆ weekly educational sessions guiding goal attainment
- ◆ diet & physical activity recommendations from trained experts
- ◆ guided exercise activities available at least twice weekly
- ◆ many free resources & prizes to assist & encourage your success

6 months of follow-up curriculum

- ◆ ongoing meetings with personal lifestyles coach
- ◆ add'l assistance & tracking of lifestyle goals
- ◆ activities to keep on track & working toward long-term lifestyle changes

AND MUCH MORE!

Special Corporate Pricing

- ◆ 3 or more - \$90 each
- ◆ 5 or more - \$80 each
- ◆ 10 or more - \$75 each



Call 233-4067 for more details about our January class!

This project is funded, in part or in whole, under a contract between the MT Dept. of Public Health & Human Services and the Holy Rosary Healthcare Foundation. The statements herein do not necessarily reflect the opinion of the department.

When's The Last Time You Had A Financial Check-up?



With the new year in full swing now is the time to get a financial physical and get your financial life back in shape. This is the year! Yes, you can make 2016 the year you alter your financial life to help better your financial future.

- Begin asset utilization strategies for retirement.
- Maximizing your employee benefits & qualified plan.
- Look at your income source, your expenses and your debt.
- Manage the money you make on your way to financial freedom.
- Check your Beneficiaries.
- Tax Preparation on Gains-Losses.
- Leaving your employer? What to do next.
- Implement or refine an investment strategy.
- Prepare for Long-term care funding strategies.
- Maybe you should pay your debt first, maybe not.



Marte Randall Angel Sanchez Deanna Baker
Jim Cusimano Robin Cusimano Sandy Cameron Jamie Ogolin



2404 Main Street Miles City, MT 59301
406-234-3194

Visit our website at: www.bigskyfinancialica.com

Investment Centers of America, Inc. (ICA), member FINRA/SIPC and a Registered Investment Advisor is not affiliated with Big Sky Financial, The Bank of Baker, Community First Credit Union or any financial institution. Securities, advisory services and insurance products offered through ICA and affiliated insurance agencies are *not insured by the FDIC, NCUA or any other Federal Government agency *not a deposit or other obligation of, or guaranteed by any bank or their affiliates *subject to risks including the possible loss of principal amount invested. ICA does not offer tax or legal advice.



Miles City Area Community Fund: Investing In Our Community

On November 23, 2015, community members representing a dozen area businesses and nonprofit organizations established the Miles City Area Community Fund (MCACF). This is a new opportunity for donors to give to a permanent endowment fund and benefit the Miles City area for generations to come. As gifts are added to the permanent endowment fund, the investment income earned will be available to compliment current fundraising efforts of eligible tax exempt organizations through future grant applications.

Mission: "To provide opportunities for charitable giving and to enhance the quality of life in the area for present and future generations"

The purpose of the Miles City Area Community Fund is to create a new funding source that includes a permanent endowment for the area "to provide long-term financial support of the charitable, educational, cultural or scientific regional nonprofit organizations", whose services "enhance

the quality of life for present and future generations living, working and playing in the Miles City area which includes the relief of poverty, the advancement of education, promotion of health, the promotion of a governmental purpose, or any other purpose the achievement of which is beneficial to the community".

Steering committee members donated the \$500 required to start the permanent endowment fund in addition to other funds and in-kind resources for start-up operations. Members include Sylvia Danforth, Sandra Anderson, Jaynee Parsons, LeAnn Harrison, Caroline Fleming, Ken Holmlund, John Laney, Kent Williams, and Patti Phillips and others.

To kick-start MCACF's fundraising, John Tooke, board member from the L.P. and Teresa Anderson Foundation presented a \$5,000 dollar-to-dollar matching grant.

Our first goal is to build the endowment principle to \$25,000 by December 31, 2015 to be able to start the first grant distribution in 2017.

To help the fund reach its goal, you or your business may make a qualifying charitable contribution* with checks payable to "MCACF/BCF. Please send your donation to **Miles City Area Community Fund/BCF, PO Box 1632, Miles City, MT 59301**. Questions may be emailed to milescityareacommunityfund@gmail.com.

The Miles City Area Community Fund is also a qualified endowment for the Montana Endowment Tax Credit of 40%.* For more information, go to: <http://www.mtnonprofit.org/EndowFAQ/>

The Miles City Area Community Fund is administered by Billings Community Foundation (BCF) in a permanent endowment fund and a receipt will be mailed to the donor for tax purposes.

***Please consult your professional legal, financial, or tax advisor to take advantage of tax credits and deductions to be sure your gift qualifies.**



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"Your trees deserve professional care!"

Owned and operated by Ryan Schaff, Montana Tree Service is licensed and insured, specializing in all phases of Tree Trimming and Removal, plus Gutter Cleaning Services. Ryan has the only Insulated Boom Truck in Miles City, for trimming around power lines.

Big or Small—We do it all!"

Southeastern Montana Tobacco Use Prevention Program

would like to wish you a

Happy, Healthy and Prosperous New Year

2016

This project is funded (in part or in whole) under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department. www.tobaccofree.mt.gov



2016 NEW YEARS REASONS TO QUIT TOBACCO

1. For your Health
2. For your Heart
3. For your Family
4. For your Pocket Book
5. For your Partner
6. For your Teeth
7. For your Lungs
8. For your Friends
9. For your Furniture
10. For **YOURSELF**

MONTANA TOBACCO



"This project is funded (in part or in whole) under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department."

www.tobaccofree.mt.gov



2016 HEALTH FAIR

Most Popular Health Screenings

(cholesterol, heart, diabetes, prostate, colon cancer, thyroid, blood count, liver, kidney, blood sugar, & more)

Lowest Prices of the Year!

Screenings will be available as follows:

- February 2-5, 7:00-10:00 am – *HRH Clinic Lobby*
- February 9-12, 7:00-10:00 am – *HRH Clinic Lobby*
- February 13, 8:00-10:00 am – *HRH Laboratory*

From 10:00 am to 5:00 pm each day, health screenings will be available in the HRH Laboratory.

Complete details and registration forms available at <http://bit.ly/healthfair16>.

Social Dance

Instructor: Stan Taylor

January 20 – February 24

7:00-9:00 p.m. - Wednesdays

\$25.00 per person or \$45.00 a couple

Join your friends and neighbors in learning the skills to dance today's popular western dances such as: waltz, polka, jitterbug and two-step.

Class meets at the Drop-in-Center.

You do not need to sign up with a partner.

Contact: Carolyn Kimball @ 406-874-6164



Register Your Team Today



**Shape Up
montana**

changing the shape of our state

Team Wellness Program
February 1 - May 1

shapeupmontana.org