



Inwewin

"Our Voice" Newspaper

FREE!

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A Publication of the Lac du Flambeau Band of Lake Superior Chippewa Indians

Carry the Cure Coming to Lac du Flambeau

On December 9th, the Savings Lives Community Partnership, through a federal partnership with SAMHSA (Substance Abuse and Mental Health Services Administration), will present Carry the Cure, a community based discussion and workshop on suicide prevention.

Why is this important to our community? Here are some startling facts from the Suicide Prevention Resource Center's (SPRC) American Indians/Alaska Natives report fact sheet:

- The suicide rate for American Indians/Alaska Natives of all ages is significantly higher than the overall U.S. rate.

- Suicide is the eighth leading cause of death for American Indians/Alaska Natives of all ages, and the second leading cause of death among youth ages 10-24.

- Lifetime rates of suicidal ideation (thoughts)

were significantly higher among youth raised on reservations (32.6%) compared to youth raised in urban areas (21%).

- Despite the general decline in suicide rates as the American Indians/Alaska Natives population ages, a 2013 CDC study found that American Indians/Alaska Natives men and women ages 35-64 had a greater percentage increase in suicide rates between 1999 and 2010 than any other racial/ethnic group.

- Based on data from a national survey in 2011, 13.1% of American Indians/Alaska Natives ages 18 and older reported having serious thoughts of suicide in the past year – compared to 3.7% of adults in the total U.S. population. This rate represents a very significant increase over the previous years since 2008.

- In a Canadian study of data from the British Columbia Coroner's Office, Tribes with no suicides had more indicators of cultural continuity. Cultural continuity was defined as having infrastructure such as the presence of cultural facilities, sovereignty, and the provision of services with the community (such as education, health care, child and family services).

- Commitment to Tribal cultural spirituality is significantly associated with a reduction in suicide attempts. People with a high level of cultural spiritual



orientation have a reduced prevalence of suicide compared with those with low levels of cultural spiritual orientation.

- Two studies of Native American youth from the Midwest found that those who had a strong ethnic/cultural identity were better able to cope with acculturative stress, and less likely to have suicidal thoughts.

- Attempts to eliminate American Indians/Alaska Natives culture – such as forced relocation, removal of children who were sent to boarding schools, prohibition of the practice of Native language and cultural traditions, and outlawing of traditional religious practices – have affected multiple generations of American Indians/Alaska Natives people and contribute

to high rates of suicide among them. Alaskan Native Tribal Members with greater adaptation to the mainstream culture reported increased psychosocial stress, less happiness, and greater use of drugs or alcohol to cope with the stress of navigating the differences between two cultures.

- American Indians/Alaska Natives youth are 2.5 times more likely to experience trauma than non-American Indians/Alaska Natives youth. Much of this trauma involves victimization from non-American Indians/Alaska Natives perpetrators or family violence and abuse.

- Only 10% to 35% of American Indian adolescents and young adults use professional health services during a suicidal episode. There are many reasons for not seeking help. In one study, youth reported that internal factors, such as embarrassment, not realizing they had a problem, a belief that nobody could help, and self-reliance affected their decision not to seek help. Many American Indians/Alaska Natives people do not trust mental health professionals because they see mental health services as part of white culture and not sensitive to their culture.

These statistics hit close to home, and the Savings Lives Community Partnership was formed to address this issue in our community. The community alliance was formed last November from a group of concerned community members and professionals who are affiliated with health and human services, education, law enforcement, public health, probation and collaborative partner agencies. "Many of our young people struggle with the challenges of today, and we want to ensure that we as a community can support them through these difficult times," said Ryan Champagne, Lac du Flambeau's State of Emergency Facilitator.

In a Canadian study, preliminary evaluative data and Inuit (Alaskan Natives) community member narratives indicated that community control in designing and

carrying out suicide prevention programming "can be effective towards preventing suicide." Recognizing the value of involving the community, the Savings Lives Community Partnership, along with our federal partnership through SAMHSA, is hosting **Carry the Cure**. The community discussion and workshops will be held on December 9, December 10 and December 11th.

On December 9th, the community is invited to a day-long workshop focusing on creating a sense of belonging and increasing suicide prevention skills. Community participation is vital to healing our community, and preventing the loss of family, friends and loved ones. The evening finale is a free concert by Broken Walls at the Lake of the Torches Convention Center.

December 10th is a day-long workshop for Saving Lives Partnership and Tribal staff. December 11th will offer two workshops for students at Lac du Flambeau Public School.

For more information on Carry the Cure, contact Ryan Champagne, State of Emergency Facilitator, at (715) 588-4369.

Through the honoring of native ways, the Suicide Prevention Resource Center is dedicated to being a link between local communities, best practices, and new developments for building and enhancing local capacity for future generations to come. For more information on prevention resources, please visit the website <http://www.sprc.org>.

Family Circles

The Lac du Flambeau Family Circles AODA (Alcohol and Other Drug Abuse) Program produced a Family Curriculum designed to "give families a cultural understanding of traditional child-rearing practices, instruction and practice of Ojibwe Indian culture, values and lifestyles, Ojibwe language, alcohol and other drug abuse prevention education, self-esteem building, healthy lifestyle practices, coping skills building, and positive peer support."

"By providing instruction in language, traditional cultural practices, and history, the culture of the people will be preserved, thereby restoring pride in the identity of the Anishinabe. It is our belief that traditional culture offers healthy alternatives to unhealthy acculturated behavior, ideals, values, morals and knowledge. Indian people have been exposed to years of acculturation that have left in its wake a damaged cultural self-esteem and self-concept, and feelings of apathy and helplessness. The way Indian families act in their relationships is directly related to self-perceptions, values, self-esteem and self-awareness. Changing these feelings and behaviors involves changing one's self." (Acculturation is defined as the process of cultural change and psychological change that results following meeting between cultures.)

Inwewin continues to share excerpts from the Family Circles AODA Prevention Program Family Curriculum Manual:

In healthy families, healthy family roles are clearly identified and understood. The parents' primary role is to model positive behaviors. Parents model how to be a man or a woman, how to be husband or wife, a father or mother,



how to be in healthy intimate relationship, how to be a functional human being, and how to have good boundaries. Fourteen rules for positive family function include:

1. Family members respect one another as individuals.
2. Family members respect each other's values.
3. Five freedoms are practiced. Family members can freely express their perceptions, feels, thoughts, desires, ideas and fantasies.

The five freedoms allow us the freedom to:

- See, hear and perceive what is here and now.
- Think what one thinks rather than what one should think.
- Feel what one feels rather than one should feel.
- Want, desire and choose what one wants rather than what one should want.
- Follow one's own path rather than playing a rigid role or always playing it safe.

4. Relationships are equal and balanced.

5. Family members can get their needs met.

6. Communication is direct.

7. Parents do what they say with no double standards.

8. Family members encourage one another to be themselves.

9. Family roles are chosen and are flexible.

10. Atmosphere is fun and spontaneous.

11. Family problems are recognized, talked about and resolved.

12. The rules are clear and fair.

13. Mistakes are forgiven and viewed as learning tools.

14. Parents know themselves, recognize their own strengths as well as their mistakes and shortcomings.

We learn to use the resources within our community and our families, which are there to help ease or reduce the burden and stress created as a result of our need to survive. These resources become a "buffer zone" for us. If we learn to use the resources within our buffer zone, the burden and stress is eased and we avoid a crisis. If the resources we rely on for our buffer zone are weak or limited in number, then the chances of the stress situations or conditions which cause stress becoming a crisis are greatly increased.

ELDERS' BIRTHDAYS

Happy Birthday and Best Wishes to our Elders celebrating December birthdays:

Joyce Wright 12/5
 Debra Peterson 12/6
 Thomas Maulson 12/7
 Sarah LaBarge 12/7
 Lenard Gauthier 12/8
 Edward Thompson 12/8
 Elizabeth LaBarge 12/9
 Robert Carufel 12/10
 Bruce Peterson 12/11
 Bernard Doud 12/13
 Dixie Baker 12/14
 Charles Gauthier 12/16
 Diana Sero 12/17
 Christine Carufel-Aguilar 12/18

George Maloney 12/21
 Thomas Wayman 12/21
 Donna Churchill 12/21
 Ervin Ness 12/22
 Richard Rasmussen 12/22
 Linda Williams 12/23
 Rosetta Schuman 12/24
 Suzanne Ree 12/28
 Marilyn Beaupre 12/28
 Dorothy Thoms 12/29
 Hazel Graveen 12/29
 Lauranne Poupart 12/29
 Dorothy Gardner 12/30
 Rosalie Panches 12/31

Christmas Events

• Pictures With Santa on Friday, December 5th from 12:30 to 3:30 pm at the Economic Support Office.

• Santa will be visiting the Ruby's Pantry distribution on Monday, December 8th from 2:00 to 5:00 pm.

• Lakeland Union High School presents Carols in the Commons "Seasons of Sound" in the LUHS Commons on December 8th at 7:00 pm, featuring the LUHS Treble Choir, the Concert Choir, the Thunder and Lightning Choir and the Culinary Arts program. Music, food and season's greetings for all. Suggested donation is \$3.00.

• Christmas for Kids at the Multi-Purpose Building on Saturday, December 13th from 11:00 am to 2:00 pm. Santa and Mrs. Claus will be

there! Activities include free wagon rides, hot dogs, hot chocolate, a cake walk and raffles. For more information, contact Susie Poupart at (715) 614-2592.

• Lac du Flambeau Public School Christmas Concerts will be held as follows: Pre-K through 1st Grade on December 16th at 1:00 pm; 2nd through 4th Grade on 7:00 pm; and 5th through 8th Grade on December 17th at 7:00 pm.

• The Lac du Flambeau Public School CLC Holiday Session starts Monday, December 1st, and ends Thursday, December 18th – with the exception of Thursday, December 11th, which is Parent/Teacher Conferences. All CLC activities will have a holiday focus.

ELDERS SPEAK: Marge "Grandma" Greene

Many know "Grandma Greene" from her work in the Lac du Flambeau community. Whether it's volunteering at the Lac du Flambeau Public School, helping out at a community event or serving as a senior companion, she always seems to be where the action is. "I've volunteered at the school for about the last 14 or 15 years. At one point when we were doing the 'Warrior Challenge' awards, people at the school told me they were going to get me a cot because I was there so much," said Grandma Greene.

Born at home in Lac du Flambeau in 1941 to parents Marion Beson and Frank Wildcat, Marjorie Wildcat grew up like many other Lac du Flambeau Elders - with no running water or electricity, and very much living off the land. "We didn't have much, but who knew? We had everything we needed. We had the security of being a family and community," she fondly recalls. "We picked berries, beans and potatoes. I remember we used to go every spring over near Boulder Junction and my dad would do maple syrup. My parents would build a lodge right there in the woods and set up camp. We would stay out there until the sap was done running - until he was done making the syrup," she says.

Emotions wash over her face as she thinks back on a time of youthful innocence. "We used to go sledding down by the Indian Bowl. Back then, we called it 'slamming'. In the winter, we would take a big piece of cardboard, plastic or even a garbage bag, and then run and jump on it and would go sliding fast down the hill," she recalls. "Then we'd get right back up, carry our cardboard or plastic back up the hill, and do it all over again," she says.

Grandma Greene remembers the smell of fresh baked bread wafting throughout her childhood home. "You would almost always smell bread, rolls or biscuits. My mom always had something baking," she says. She also recalls living off the land. "We were always eating rabbits, deer and porcupine - although I wouldn't eat rabbit. I would always picture those little animals and couldn't eat them. I would eat the rabbit soup but couldn't eat the meat," she says.

At 18 she moved to Chicago, where she met her future husband at the American Indian Center. "I met Bill at the Indian Center. We had three boys and lived near Wrigley Field," she shares. "Bill worked in sheet metal and heating and air-conditioning. That was his trade," she says. They raised their family there until returning to Lac du Flambeau in 1978 to care for her mother.

It was at that time that she had begun working at various senior living facilities throughout the area. It was also during that time she discovered her love of helping others. "I got a job working as a health

aid professional at Woodland Manor," she says.

Soon after returning to Lac du Flambeau, a series of unfortunate events unfolded that would test even the most resilient individual. A nearly fatal car accident involving her and her son Jim would throw her life into despair. While on the way home from Springsted, Wisconsin, where she had gone to pick up a puppy for her sons, she and son Jim were involved in a fiery, one-car crash on a seldom traveled road. Both she and Jim were thrown from the vehicle after crashing into a huge boulder. Upon impact, the car burned. Had they both been wearing their seatbelts, she is certain they both would have been killed. "The Sheriff in Iron County at that time came to the hospital to see me. He said that we were lucky that we didn't have our seatbelts on because he was sure we would have died," she says.

Jim had minor injuries but for Marge, the road to recovery would be a long and painful journey. Her injuries were life threatening. She spent nearly a week in a coma before regaining consciousness. Doctors didn't believe she would live. After the initial shock of the accident wore off, another set-back was presented to her. The injuries to her legs were so severe doctors performed multiple surgeries to try to save them. "After several surgeries to take skin and bone grafts, they doctor told me I would never walk again," she says, recalling the horrific pain and anguish of the ordeal.

After spending nine months in the hospital, another roadblock presented itself. "Because of my injuries and my insurance, I couldn't stay in the hospital any longer. So they moved me to the very place that I worked," she says emotionally. "That was incredibly hard for me. I was used to helping people, and now I was dependent on people to help me," she says. It was during this time that she says a deep depression started to set in. "I didn't want to be around anyone. I couldn't walk, and it was very hard for me," she continues.

Although it would have been easy for her to give up, her grit and determination would not let her down. "I remember going to physical therapy and how painful it was for me. I did want to give up but one day when I was at physical therapy, they were helping me walk. I had to hold on to the rails. I couldn't believe it. That I walked, even after the doctors told me I would never walk again."

Just when things were starting to look up for Marge another tragedy struck. "I lost my husband Bill in 1985," she somberly shares. "I thought, 'what else can



happen'? I had already been through so much," she says.

She then went back to school, and in 1987 earned her GED. "I went to Nicolet in Rhinelander and received my GED," she says proudly. Soon after, she enrolled in college and began attending full-time at the University of Wisconsin-Stout in Menominee.

Just when things seemed to be settling down, tragedy struck again. While living in an apartment near the college, she received a phone call that had she been standing, would have floored her. "I got a call one night from my sister-in-law Nora Wildcat. She told me that my house was on fire and that I should come home," she says. Fortunately, only the top-level of her home burned and much of her property was salvaged.

"It was then that I decided that I wanted to give back in a big way to others. I had been given so many chances and opportunities in life that I wanted to help others. I have seen the work of the Creator and his amazing grace, and just want to give back to others. I am so blessed to be able to help others and I hope people can begin to realize the gifts we all have," she says emphatically.

Today Grandma Greene is a fixture in the community. She has also become involved with the AGLOW organization, which is an international ministry with the mission of spreading the word of God, regardless of race, creed, color or religious denomination. She not only works with Tribal youth at the school, she also serves as an Elder Companion to Tribal Elders in the community. She has traveled the world helping in various causes, and continues to be a leading person in the Lac du Flambeau community. Her love and compassion for others is an incredible tribute to her own desire to make the community and world she lives in a better place.

Question: Where were you born?

Answer: "I was born at home in Lac du Flambeau. I was delivered by a midwife. That's what they had in those days. There were no hospitals or clinics here."

Question: Who were your parents?

Answer: "My mom was Marion Beson. My father was Frank Wildcat. My dad was Ben Jackson, he raised me from when I was about two years old."

Question: Who were your grandparents?

Answer: "My grandma was Julia Beson and my grandpa was Bill Skye. He lived in the Old Village at the end of the road where Ken Doud's house was."

Question: Did you live in Lac du

Flambeau your entire life?

Answer: "No, I moved away when I was 18. Oh, I couldn't wait to leave. I moved to Chicago and lived there until we moved back in 1978."

I met my husband Bill (William) Greene down there at the Indian Center. He was from LCO (Lac Courte Oreilles). All three of my boys were born down there. I loved the city. For a while, I never wanted to come back. We had so much fun down there. We went to Pow-wows and different activities at the Indian Center. Our house was on Addison Street near the stadium, Wrigley Field. The boys used to have lemonade stands all the time, selling lemonade to all the people who would go to the baseball games. Jim used to go to the games and he hung around the stadium so much that they ended up giving him some of the bases.

"I had to come home to take care of my mom. When we finally sold our house, I remember telling my husband, 'no, I'm not signing any papers.' It was really hard to leave because my husband had fixed up the house and I had everything just the way I wanted it."

Question: What was it like growing up in Lac du Flambeau?

Answer: "It was different back then. Everyone trusted everyone else. If an adult saw a kid doing something wrong, they would correct them. Growing up, we didn't have much, but who knew? We had enough. We had the security of being a family. There was just more of a community feeling. You never locked your doors because you trusted your neighbors and other people in town. We looked out for each other. It was just a different time back then."

When I was little, in the spring time we used to go over by Boulder Junction that way and my dad would set up a maple sugar camp. My parents would make a lodge (wigwam) and we would stay there until they were done making maple syrup and sugar. I remember picking berries, beans and potatoes. My mom would can the berries or do whatever with them. "We definitely lived off the land."

Question: What is your hope for the Lac du Flambeau Community?

Answer: "I would really like to see people come together as family. 'Nindawemaaginag' which means 'all my relations.' I hope people will step outside of themselves and help each other. I wish people to be kind to each other. Our heart is to be opened to each other. Let's respect one another and our children. I really want to see more activities for the kids and young people. I want us to get back our sense of community because that will make us strong again. My faith in the Creator has brought me through many trials and I am thankful to be here for my people," said Grandma Greene.

The Saving Lives Partnership Presents

Carry The Cure

A Community Discussion and Workshops on Suicide Prevention

December 9 through December 11, 2014
In Lac du Flambeau

The Saving Lives Partnership invites the community to participate in the Carry The Cure discussions and workshops to *SAVE LIVES IN OUR COMMUNITY*,

- Build Youth Awareness for Suicide Prevention
- Increase Community Engagement and Support for Suicide Prevention Planning
- Develop a Community Tribal Action Plan for Suicide Prevention and Response

Did You Know -

Suicide rates for Native American males were 5.2 times greater than rates for black males, and 3.6 times greater than white males.

Suicide rates for Native American females was 4.7 times greater than black females, and 3.4 times greater than white females.



Schedule of Activities

December 9th - *Community Welcome!*

- Creating a Sense of Belonging at LOTC from 8:30 to Noon
- Increasing Suicide Prevention Skills at LOTC from 1:00 to 4:30 pm
- FREE CONCERT by Broken Walls at LOTC. Doors open at 6:00. Concert from 7:00 to 8:30 pm

December 10th - *For SLCP and LDF Staff*

- Saving Lives Community Partnership Strategic Planning Session at the PCHC Conference Room from 8:30 am to Noon
- Identifying Our Strengths and Readiness continued; Setting Up a Community-wide Suicide Surveillance System at the PCHC Conference Room from 1:00 to 4:30 pm

December 11th - *For LDF Students*

- Building Awareness and Youth Outreach at LDF Public School. Session #1 from 10:00 to 11:30 am. Session #2 from 1:00 to 2:30 pm.

Tribal Council Election Results

The Tribe held a special election on Wednesday, November 12th to determine who would be appointed to fill the vacant Tribal Council seat.

According to the Lac du Flambeau Tribal Constitution, the Council must appoint a successor to fill any vacant Tribal Council seat. While there are no specific timeframes or procedures spelled out in the constitution when filling a vacant seat, the Council resolved to put the vacant seat up for an election.

The Council seat became vacant when newly elected Tribal President Henry "Butch" St. Germaine resigned the position in October prior to taking the oath of office.

Four candidates were on the ballot from the October election and vied for the open seat - Racquel Zortman-Bell, Jerome "Brooks" BigJohn, Carl Edwards and Melinda Young.

The election results are as follows: Racquel Zortman-Bell - 97 votes, Jerome "Brooks" BigJohn - 159 votes, Carl Edwards - 67 votes and Melinda Young - 133 votes.

Brooks BigJohn received the most votes in the special election, and was sworn in at the Tribal Council Meeting on Friday, November 14th. Brooks will serve the remaining term of the seat, which is up for election next October.

New Tribal Members

The Lac du Flambeau Band of Lake Superior Chippewa Indians proudly welcomes our newest Tribal Members:

- Rosswell Allen
- Isaac Austin
- Aliana Brisk
- James Balber-Buekholtz
- Lelly Burnett
- Kathryn Chandler
- Blaine Chapman
- Heavenly Chapman
- Kaiden Chapman
- Makayla Chapman
- Ernest Christenson
- Destiny Deverney
- Sophie Hrabik
- Jerome Isham, Jr.
- Miikawaadezii Jackson
- Calvin Johnson
- Brooklynn LaBarge
- Quinn Link
- Onikah Martin
- Josmarie Means
- Jomaris Means
- Kamden Miller
- Nathan Miller
- Clarice Mitchell
- Jax Mitchell
- Tessa Philemon
- Benedict Smith, Jr.
- Ryan St. Germaine, Jr.
- Charles Theobald
- Payton Valliere
- Marcus Williams
- Daniel Wiggins, III
- Marcella Wiggins
- Shelley Wiggins
- Scarlett Wolff

Clayton's Cause

To some, allergies can sometimes be nothing more than watery eyes or a case of the sniffles - nothing more than a minor inconvenience. To others, allergies can present a life-threatening danger. In worst case scenarios, they can cause reactions that lead to death. Nearly 20 percent of Americans suffer from allergies. Allergies occur when your immune system reacts to a foreign substance - such as pollen from trees or plants, venom from a bee sting or dander from a pet. These things can trigger an uncomfortable reaction if your body is allergic to them. Your immune system produces substances known as antibodies to defend against these foreign substances. Antibodies protect your body from unwanted invaders that could make you ill or cause an infection.

When a person has allergies, their immune system makes antibodies that identify a particular substance allergen as harmful, even though it very well may not be. When a person comes into contact with the allergen, their immune system's reaction can inflame their skin, airways, sinuses or even their digestive system.

The severity of allergies varies greatly from person to person. Reactions can range from a minor irritation to anaphylaxis, which is a potentially life-threatening situation. While most allergies cannot be cured, a number of treatments have been developed to help relieve allergy symptoms. Symptoms depend on the substance involved. Most commonly, specific allergies to foods and insect stings have the potential to trigger anaphylaxis. Anaphylaxis is a life-threatening medical emergency that can cause your body to go into shock. Signs and symptoms of anaphylaxis include loss of consciousness, a drop in blood pressure, severe shortness of breath/labored breathing due to swelling of the throat and airways, severe skin rashes, lightheadedness, extremely rapid or weak pulse and nausea and vomiting.

While many who suffer from allergies pay little attention to their slight discomfort, others on the opposite end of the spectrum must closely monitor them. This was the case for 11-year-old Lac du Flambeau Tribal Member Clayton Buckholtz. Clayton is the son of Tribal Members Melvin Buckholtz and Mallory Hanson, and on September 13th, a severe allergic reaction caused his untimely passing.

Clayton suffered from one of the most common and dangerous forms of food allergies - a nut allergy. With proper diagnosis and aftercare, allergies can be successfully managed. According to Clayton's dad Melvin, his doctor Dr. Adrienne Laverdure, and others at the Peter Christensen Health Center (PCHC) who knew Clayton, this was precisely the case for him. "Clayton was really smart when it came to his medications. He was keenly aware of what his allergies were - knew what he could and couldn't eat," said Dr. Laverdure, who spoke recently at an allergy workshop held at Peter Christensen Health Center. "He was very educated to his condition. He knew how to use his Epi-Pen (epinephrine auto-injector) in the case of an emergency - if he had to use it, he knew how," added Dr. Laverdure.

Clayton's story could be anyone's. At about six months of age, he was diagnosed with an allergy to nuts. Being acutely aware of the risks, his parents and doctors

CLAYTON'S CAUSE

Be Aware of:

1. What your allergies are
2. How to use your EpiPen
3. If your EpiPen is expired or not

1
Form FICIT around EpiPen and PULL OFF BLUE SAFETY RELEASE

2
Place orange end HARD into outer thigh so it 'CLICKS' and HOLD for 10 seconds.

took every precaution to minimize his exposure to the allergen. As with others who deal with allergies, ongoing monitoring and testing revealed that his tolerance to certain types of nuts had increased and doctors eventually cleared him to eat peanuts. "He was cleared of his peanut allergy a few years ago," said his father Melvin. "The doctors said it was ok for him to eat them." It is not uncommon for a person to outgrow a food allergy and this is what happened with Clayton. "He had been eating peanuts for a while with no adverse reactions," said Melvin.

Unfortunately, according to Dr. Laverdure, Clayton unwittingly ingested peanuts that had been mixed with cashews, to which he was still allergic. "Since peanuts are from the ground and cashews are from a tree, it caused him to go into anaphylactic shock," said Dr. Laverdure. "For some reason, after three epi-pen shots, he still didn't make it," added Dr. Laverdure.

A workshop was organized by Dr. Laverdure's daughter, Veronica Laverdure, a Lakeland High School senior and PCHC Health Care Intern. Through a coordinated effort between Veronica, Clayton's parents, Dr. Laverdure and others at PCHC, the workshop was held on November 6th as part of a community-wide allergy awareness campaign.

The campaign, aptly named "Clayton's Cause" in memory of Clayton, was the brainchild of Dr. Laverdure. With the help of her daughter Veronica and other staff at PCHC, she is hopeful something good can come from something so painful. "I talked to Clayton's mom and asked permission to share some of these things because I feel there needs to be more education," continued Dr. Laverdure. "In Clayton's passing, it made me realize just how much more we can be doing to address these risks." According to Dr. Laverdure, at the tender age of 11, Clayton was incredibly knowledgeable about his allergies and even assisted in reminding his health care providers about the possible dangers of cross-reactions when taking more than one medication at a time.

Veronica has taken on the project and hopes that by bringing awareness to the serious nature of allergies, other potential tragedies can be averted. Her work with the campaign has included developing educational posters and written material, organizing workshops and presenting at them, and using social media to spread the word on the dangers allergies present.

"My mom brought the idea to me and asked me if I would put it together," said Veronica. "It really started off with making just the poster, and then it evolved into checking people's charts to make sure they were updated, making sure that if people had allergic reactions they were documented properly, and even calling people who had allergies to follow up," said Veronica.

Regardless of your allergy, education is the key to preventing life-threatening allergic reactions. Everything from watching what you eat to making sure your Epi-Pen is up-to-date can potentially save a life. Everyone involved in "Clayton's Cause" agrees that understanding your allergies and properly managing them is the best defense. "It happened within minutes of him eating the cashews," said Melvin of his son's passing. "The biggest thing about this is to know your allergies. Be aware of them," he added.

All involved want "Clayton's Cause" to bring education, and ultimately life, to those who may be at risk of a severe allergic reaction. For more information, please call PCHC at (715) 588-3371 or email Veronica Laverdure at veronica_greene@msn.com.

Inwewin is a monthly publication of the Lac du Flambeau Band of Lake Superior Chippewa Indians. Articles and information appearing in *Inwewin* are the responsibility of the authors, and do not necessarily reflect the opinion or attitude of *Inwewin* staff or the LDF Tribe.

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Deadline for submission is the second Monday of each month.

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HEALTH EQUITY, UNIVERSITY OF
WISCONSIN-MADISON

Many academics and health care professionals readily accept that culture is essential to the provision of effective health care, particularly within historically marginalized and underserved communities. This is perhaps most evident in indigenous communities, where intact complexes of traditional healing coexist alongside Western medicine. Although cultural sensitivity is recognized as vital in establishing successful university-community partnerships, initiatives, and programs, full inclusion of indigenous and traditional knowledge and knowledge production within Western-oriented universities remains a challenge. Too often, cultural experts are relegated to giving a fundamentally Western project a name in the local language or crafting a logo using traditional design elements. For those of us with backgrounds in Indigenous Studies, traditional knowledge, cultural worldview, and belief systems, it's disappointing to see the "throw some feathers on it" approach used to masquerade a fundamentally Western initiative in scope, pretense, and aim. While recognizing cultural differences is a meaningful first step, our interest lies in improving community health and wellness in ways that do not weaken—and in fact strengthen—cultural worldview, heritage, and indigenous epistemologies. In some Native communities, these concerns have given rise to cultural-based programs designed to remedy complex social problems—including health disparities—through the strengthening of cultural identity.

The great Northwoods that surrounds Lake Superior, with its deep forests and vast inland waterways, is a distinct cultural region in the Upper Midwest. Soils are generally too poor to support profitable agriculture, and hunting, fishing, trapping, and harvesting wild plants and berries have continued as a means of informal economy for many of the region's longtime inhabitants. I have worked extensively in northern Wisconsin with members of the Lac du Flambeau Band of Lake Superior Chippewa Indians—art-

ists, woodsmen, hunters, fishermen, and cultural leaders—for about five years, and these partnerships have increasingly turned toward building culturally-based programming for Native youth in order to sustain and grow traditional culture and lifeways in the community. As these informal efforts have formalized, we now have sustained and institutional connections between Lac du Flambeau's ENVISION Program (which uses indigenous methodologies to guide at-risk youth back onto the good path) and Ojibwe Language and Culture Program and UW-Madison's Collaborative Center for Health Equity, Department of Comparative Literature and Folklore Studies, Art Department, American Indian Studies Program, the Center for the Study of Upper Midwestern Cultures, and the Wisconsin Humanities Council. Each of these partners and individuals involved has enthusiastically consented to the promotion and publication of our collaborative work (including this column).

Like many indigenous communities, the Lac du Flambeau Band of Lake Superior Chippewa Indians is in the midst of a cultural renaissance. Traditional food harvesting, arts and crafts, song and dance, and religious practice are blossoming in the community again. Every year the community breaks new barriers, bringing back games like snowsnake throwing and traditional lacrosse (neither played for over a century), and re-learning how to build winter lodges (a sophisticated structure lost centuries ago). It is in this spirit that we formed a partnership between Lac du Flambeau and the University of Wisconsin-Madison (UW) in 2013 to improve the health of young people, strengthen cultural identity, reinforce indigenous knowledge production, and secure the art of birchbark canoe building for future generations.

You may view videos on Wisconsin Public TV and YouTube: <http://video.wptv.org/video/2365153162/>; <http://www.youtube.com/watch?v=73QJbTTK8Rk&app>; See also UW website: http://esume.wisc.edu/exhibit/Canoe/LdFCanoe_index.html.

An important symbol of the Anishinaabe way of life, the birchbark canoe—or *wiigwaasi-jimaan*—was crucial in the harvest of fish, wild rice, and game, and was an essential tool of transport along



the vast inland waterways of the Lake Superior Region. Representing a pinnacle of Anishinaabe art and technology, these canoes represent one's deep knowledge of the environment and one's mastery of dozens of artistic crafts and techniques. Today, there are only three Native canoe-builders in Wisconsin: Wayne Valliere and Leon Valliere (brothers from Lac du Flambeau), and one of their teachers Marvin DeFoe (Red Cliff) (See Wisconsin Public TV video clip at <http://video.wptv.org/video/2365153162/>). While many want to learn the craft, it requires a large time commitment. One canoe takes two months of heavy work to build, and the process takes years to master.

In partnership, our team developed a program to teach birchbark canoe building to youth in the aforementioned ENVISION program. Together we harvested natural materials in the summer in northern Wisconsin. The materials were transported to Madison, and the canoe was constructed in the Art Department and documented by a team of folklorists. Wayne Valliere, our master artist, and the ENVISION youth were present on site on a rotating basis. Documentation was curated for a WordPress blog (<http://wiigwaasijimaan.wordpress.com/>) and Facebook page (<http://www.facebook.com/pages/Wiigwaasi-Jimaan-These-Canoes-Carry-Culture/398037316986232>), which kept a growing community (on- and off-campus) informed about the progress of this project. Following the canoe's com-

pletion, ceremonial launches were held in Madison and Lac du Flambeau. In Lac du Flambeau, an all-school assembly was held, and students portaged the canoe over a mile to a nearby lake. The UW purchased the canoe as a symbol of commitment to working with the tribes, and—since canoes are not supposed to hang on walls—it allows the canoe to be used by Native student organizations.

While the canoe's construction involves much artistry, craftsmanship, math, and physics, the harvest of the natural materials (birchbark for the hull, cedar for the gunwales and ribs, spruce roots for lashings and stitching, and pine pitch for waterproofing) is perhaps the most important part of the process. Each material is harvested traditionally, in a manner that maximizes sustainable use. Hundreds of trees must be tested to find suitable materials, and this means walking in the deep woods, at distances up to ten miles daily, carrying heavy gear, and packing out heavy rolls of bark or quartered cedar logs on the shoulder. This work continues for about a month, and in the woods, teaching is continuously happening. Youth learn cultural history, learn about the relationship Anishinaabe people maintain with many of the forest's plants, and learn the proper ceremonies used while harvesting. On one instance, while struggling to find suitable birchbark, we were driving in the woods, and four otters crossed our path. The otters, who like canoeists traverse both waters and land with



grace, were showing us bark. We followed them into the woods, only to find a forest full of beautiful canoe bark. Bringing youth into this context allows us to spend time teaching the young people about otter, and how to understand how they speak to the Anishinaabe.

As a health and wellness program, the impacts of "Wiigwaasi-Jimaan" far exceed the physical exercise and novelty of working on a traditional canoe. Birch-bark canoes are a prestige object, notoriously difficult to construct. Building a canoe is an act of empowering reclamation and revitalization for students. The complexity of the task also develops positive and strong inter-generational social relationships. Moreover, the project reinforces indigenous concepts of health. Traditional teachings tell that healthful living involves balancing all four directions of the Medicine Wheel. Wayne Valliere explains:

It's healthy for the four sides of self, the four directions of the Medicine Wheel: body, mind, emotions, and spirit. It's good for the body: it's good physical exercise in the woods and building the canoe. You get in good shape building a canoe with all that purposeful exercise. It's good for the mind: there's all the math and physics of building a canoe. Lots of problem solving. For the emotions: canoe building and working outside make people happy. And canoe building brings people together in friendship. And for the spirit: you're out in the bush, offering tobacco, talking to all kinds of spirits. It's good for your spirit in that way.

The four materials of the canoe are the four colors of the Medicine Wheel, and healing occurs as these materials come together: whether the physical exertion in the woods and the isometries involved in its construction; whether the building of healthy social relationships, the achievement of difficult goals, and the reclamation of identity; whether the problem solving required in the canoe's construction and the learning of cultural history; or whether the participation in ceremonies, the offering of tobacco, and the learning of sacred stories and songs.

Cities that house research universities and rural (and particularly indigenous) communities can have significant cultural and socioeconomic differences. And best practices for improving health and wellness will naturally differ in these different communities. In Native communities, building programs rooted in indigenous methodologies can be particularly effective means of holistic care that strengthen identity and empower young people through cultural revitalization. Such programs embrace the needs of the community, support indigenous knowledge production, reinforce cultural worldview, and ultimately systemically improve the health outcomes in Native communities. Yet in any rural community, creating fulfilling, emotionally-satisfying, and culturally-based programs that make full use of rural resources (forests, waters, wild foods), shared values (connection to place, extended families), and cultural history (food harvesting, traditional crafts) offer better opportunities for life-long, purposeful exercise and healthy lifestyles that will have greater impact on community health over time.

An earlier version of this story was shared in Community Psychologist.

Notice

The Tribal Council has updated the job posting for the Interim Auditor, and directed the HR Department to accept applications until midnight on November 30, 2014. The job posting may be found on the Tribe's website at www.ldftribe.com, under "Employment." If you have any questions, please contact Turquoise at (715) 588-4265.



Rally Against the Washington Redskins

SUBMITTED BY PATRICIA SHEPARD "GIZHIGOKWE"

On November 2nd, thousands of people from all over the country descended upon the TCF Tribal Nations Plaza in Minneapolis at the University of Minnesota. The gathering was hosted by the Shakopee Mdewakanton Sioux Community to rally against the Washington Redskins. The plaza exhibits and celebrates Minnesota's Native American Nations of the 11 Indian tribes in Minnesota.

Marches from the Northrop Theatre and the American Indian OIC were led by women and children, and moved to the TCF Stadium accompanied by the thunderous sounds of traditional drumming and singing.

Due to the size of the gathering, performances were held on multiple stages. At the main stage, as each speaker walked to the podium, the rally supporters applauded and screamed out in support of the speaker's repeated requests to chant "change the name" and "not your mascot." Speakers directed rally supporters' attention to the TCF Stadium and spoke directly to Washington Redskins owner Dan Snyder. Many of the speakers addressed racism in sports teams and society as a whole, and of the work that will continue until all racist mascots are removed from professional sports teams.

The NBA, NFL and the NHL, along with colleges and high schools, still allow the use of racially demeaning and unacceptable team names. Musical performances by Larry Long, Mitch Walking Elk and Doreen Day were all met with deafening applause. The Anishinaabekweg sang a beautiful traditional honor song for the women who led the marches to the TCF stadium.

Speakers included:

- Larry Long, Singer/Songwriter, Community Celebration of Place
- Prayer; David Glass introduces MC
- Susan Allen, Minnesota House Representative
- SMSC Business Council to Welcome Everyone
- Brandon Brenner, Representative, Bois Forte Band
- Betty McCollum, U.S. Representative
- Jon Greendeer, President, Ho-Chunk Nation

- Melanie Benjamin, Chief Executive, Mille Laes Band of Ojibway
- Erma Vizenor, Chairwoman, White Earth Band of Chippewa
- Clyde Bellecourt, National Coalition Against Racism in Sports and Media
- Charlene Teters, National Coalition Against Racism in Sports and Media
- Betsy Hodges, Mayor, Minneapolis
- Karen Clark, Minnesota House Representative
- Mitch Walking Elk, Singer/Songwriter
- Ray Halbritter, Nation Representative, Oneida Nation, New York
- Vanessa Goodthunder, American Indian Student Cultural Center
- Doreen Day and Ojibwe Women Singers
- Patricia Shepard, Idle No More-Minnesota
- Henry Boucha, National Coalition Against Racism in Sports and Media
- Winona LaDuke, Honor the Earth
- Bill Means, International Indian Treaty Council
- Spike Moss, NAACP Minneapolis
- Peter McLaughlin, Commissioner, Hennepin County
- Joey Browner, National Coalition Against Racism in Sports and Media
- Dick Gregory Comedian, Activist
- Jesse Ventura Former Governor of Minnesota
- Ernie Stevens Jr./Brandon Stevens, Oneida Tribe of Indians of Wisconsin
- Simon Moya-Smith, Contributor at CNN and Indian Country Today
- Tara Houska, Not Your Mascots
- Keith Ellison, U.S. Representative
- Amanda Blackhorse
- Native Expressions Drum and Dance Troupe
- Aztec Dancers

Community organizers including Robert DeJarlait provided presentations and entertainment. National and international media were at in attendance. It was a Day of Victory!



Lake of the Torches Resort Casino recently offered special recognition to two associates who helped save the life of a guest. Pictured, left to right, are Security Manager Wayne Pavelka, Security Supervisor Gary Maulson, acting Officer in Charge Joe Schmidt, Facility Administrator Phil Poitra, Executive Facility Administrator Robert Schuman and Chief Executive Officer Bill Guelcher.

Lake of the Torches Associates Recognized For Response to Medical Emergency

A team of Lake of the Torches Resort Casino associates' quick response helped in saving the life of a guest who experienced cardiac arrest in the casino on Sunday, October 5th.

The lifesaving efforts began when Guest Services associate Tamara Bukovic noticed the guest becoming ill and quickly called security for assistance. Responding staff determined that the guest did not have a pulse and was not breathing.

Facility Administrator Phil Poitra, acting Security Officer in Charge Joe Schmidt and another guest immediately started CPR on the guest. During this time, an associate called 911 and the casino security surveillance officer maintained communication between the associates working on the individual and the responding Lac du Flambeau

Ambulance crew. Poitra, Schmidt and an officer from the Lac du Flambeau Tribal Police deployed and used an Automated External Defibrillator (AED) on the guest.

The guest was immediately transported to Howard Young Medical Center by Lac du Flambeau Ambulance and later flown via helicopter to Marshfield for advanced care. Doctors at the hospital said that the immediate care received before arriving at the hospital was a major factor in saving the guest's life.

"I commend both Phil and Joe for their critical roles in saving this guest's life. The teamwork and professionalism displayed by Lake of the Torches associates along with the Lac du Flambeau Ambulance and the Tribal Police Department was extraordinary," said Chief Executive Officer Bill Guelcher.

Ruby's Pantry Supports Our Community – and Needs Your Help

On the second Monday of each month, Ruby's Pantry holds a food distribution at the Bingo Hall from 2:00 to 5:00 pm. When the doors close, the giving doesn't stop.

Following the August 11th distribution, Friends of the LdF Community/Ruby's Pantry donated 1,371 pounds of food to the Lakeland Food Pantry. The Abinojiiyag Youth Center received snacks and beverages. Loaves of bread were donated to the Senior Center, and the Food Distribution Center received items. In September, following the Ruby's Pantry distribution, food items were donated to the Youth Center, and 1,600 pounds of food was taken to the Lakeland Food Pantry. In October, items were donated to the Domestic Abuse program and 3,469

pounds of food was donated to the Lakeland Food Pantry.

Each month, community volunteers assist the Economic Support Office's efforts to bring Ruby's Pantry to Lac du Flambeau. At least 40 volunteers are needed each month to hold the food distribution. Thanks to the generosity of volunteers, more than 100 people have received food items each month at the Ruby's distribution.

"Ruby's provides an additional resource to put food on your table with dignity. There are no income criteria, and it's open to everyone. It's local, so no gas money needed. The 6-8 pizzas you receive alone are worth the \$20 donation," said Gloria Cobb, coordinator of the monthly Ruby's food distribution.



In order to continue to bring Ruby's Pantry to Lac du Flambeau, volunteers are needed. The next food distribution is scheduled for Monday, December 8th. Can you spare two to three hours to assist in distributing food items to community members? Volunteers may go through the food line before or after their shift. The \$20 donation applies to everyone.

To volunteer, please contact Gloria at (715) 588-4281, or via email at gcobb@ldftribe.com.

Gikendaasowin Education & Workforce Development Center Receives Two Grants

The Gikendaasowin Education & Workforce Development Center is partnering with the Ho-Chunk Nation, the Menominee Indian Tribe of Wisconsin, the Oneida Tribe of Indians of Wisconsin, and the Stockbridge-Munsee Community in cooperation with the University of Wisconsin-Madison to develop a program designed to guide young Tribal Members toward health care careers.

UW-Madison and the five Tribes received a \$975,000 federal grant from the U.S. Department of Health and Human Services and the Indian Health Service. That grant was directed to the Native American Center for Health Professions at the university's medical school, and will be used to recruit, train and nurture Tribal Members along three main paths: expanding recruiting efforts for promising pre-college students, boosting enrollment of American Indians in science, engineering and math at UW-Madison, and matching graduates of the program with in-class and extracurricular opportunities specific to American Indian health. "We are identifying specific areas that we want to groom Tribal Members for, and then bring them home to work in the community," explained Joni Theobald, Director of Education for the Lac du Flambeau Band.

The Tribal partners will also collaborate with current university student enrichment programs such as the Pre-College Enrichment Opportunity Program for Learning Excellence (PEOPLE) program and the Tribal Technology Institute.

The Gikendaasowin Education & Workforce Development Center also received a grant from the Department of Workforce Development to train Tribal Members for work readiness. Gikendaasowin partnered with Lake of the Torches Resort Casino and the Lac du Flambeau Tribe's Human Resources department for a \$97,212 grant that will offer an intensive work ready program for disabled Tribal Members.

The curriculum will focus on employability skills including how to complete an application, creating a resume, and include orientations that will enhance Tribal Member's ability to enter into positions ready to work. "The program will initially focus on Reception and Hospitality, but we believe this model can be replicated and used in other areas for entry level positions," said Theobald. The grant will also provide for job shadowing and job coaching.

"Almost 30% of our adult population has some sort of disability. This grant allows us to build a sustainable plan that will provide employment for Tribal Members. It's also providing education for our HR Department by insuring the job descriptions and the job applicants are compatible," added Theobald.

Work on the curriculum will begin immediately with an anticipated program launch in early 2015.

Department of Transportation Awards

In October, the Oneida Nation hosted the 2014 Wisconsin Tribal Transportation Conference. The Conference was coordinated by the Wisconsin Department of Transportation's (WisDOT) Tribal Affairs Program.

Two people from Lac du Flambeau were honored for their work with WisDOT. Former Tribal President Tom Maulson was honored "for providing exemplary contributions and services to building and enhancing partnerships with the Wisconsin Department of Transportation and Wisconsin Tribal communities, and for his commitments to all tribal communities for supporting the tribal labor efforts and establishing working Tribal/State relationships by utilizing the Lac du Flambeau Tribe to pilot and launch many tribal transportation programs," said Kelly Jackson, WisDOT Statewide Tribal Liaison.

Brandon Thoms, Director of Public Relations for the Tribe, accepted the award on President Maulson's behalf. Maulson was unable to attend the awards banquet. Upon returning from the Conference, Thoms presented President Maulson the award.

Emerson Coy was honored for "providing exemplary contributions and services to building and enhancing partnerships with the Wisconsin Department of Transportation and Wisconsin Tribal communities, and for his long standing commitment to the Inter-Tribal Task Force and advocacy of the labor program," continued Jackson.

Congratulations and Chi Miiigwitch to Tom and Emerson for your efforts on behalf of Lac du Flambeau, all of Wisconsin's Tribes, and for your efforts in working with the Wisconsin Department of Transportation.



LDF Transit Now Offering Saturday Service

LDF Transit has expanded its service to now include Saturdays. Four routes are being offered to Woodruff, beginning at 8:30 am and continuing until 3:00 pm.

Transit stops include Walgreens, Howard Young Medical Center, Marshfield Clinic, Trig's, Walmart, Lakeland Union High School and Save More Marketplace.

LDF Transit also provides service within Lac du Flambeau and the extended area. Weekly routes begin at 5:30 am and continue until 6:30 pm. For more information on rates and route times, please call 855-LDF-RIDE (855-533-7433).



Meet a Representative See a Movie!



Anu Family Services, Lac du Flambeau/Indian Child Welfare, and Vilas County Department of Social Services, in conjunction with Conway Theatres, are sponsoring a family based movie event.

WHERE: Lakeland Cinema in Woodruff

WHEN: Saturday, November 29th

TIME: 1:00 to 4:00 pm.

Participants will receive one Free Movie/Popcorn Combo Ticket (per person) - a \$5.00 value. Tickets can be used that day, or for future movies offered at the Lakeland Cinema or Vilas Cinema in Eagle River. Movies showing during this promotional period are: **Mockingjay Part 1, Penguins of Madagascar, Big Hero 6, Horrible Bosses, Intestellar and Dumb and Dumber 2.**

We are hoping to locate individuals in the Lac du Flambeau and Vilas County areas who are interested in learning more about foster care and what it takes to provide a home for a child in need.

**For more information contact,
Dave Newman at (715) 369-3380**

PRESIDENT'S CORNER

I would like to begin my very first President's report by saying a "Chi Miigwitch" (Big Thank You) to all of the Tribal Members who supported and believed in me. For those who did not vote for me, I want to say that I will work just as hard for you and your family. I am extremely optimistic about the opportunities we have as a Tribe to make our community a greater place to live than it already is. I am also hopeful that we can come together as a community and strengthen our relationships. One of my main goals is to bring our Tribe back together as we should be - as family. We have gone through some very difficult times over the years and those trials are what make us stronger. I'm asking that we use some of our strength to reconnect with each other and help each other to heal. I am so proud of our People and proud to have been chosen to represent our Tribe. It has been truly humbling, and I look forward to working to make our Tribe the best we can be.

Before I go any further, I want to recognize former President Tom Maulson. Tom is a man who has done so much for our Tribe. I could not begin to list all the amazing things he has helped our People to accomplish over the years. He has been there from the start on many of the important issues that affect us, such as Treaty Rights, gaming, business development and judicial/law enforcement. His leadership has helped to create organizations like the Voigt Inter-Tribal Task Force, the Great Lakes Indian Fish and Wildlife Commission, and the Great Lakes Inter-Tribal Council, to name a few. The impact his vision has had on our People will not be forgotten. I look forward to continuing to work with Tom and I know he will continue to do a great job representing the People of Lac du Flambeau. I also want to thank outgoing Council Member Gus Theobald for the work he has done on behalf of the Tribe over the last two years. I saw how much Gus cares about the community, and that was reflected in everything he did.

Looking forward, I want to congratulate our new Tribal Council Members: Jamie Allen, Chuck Burgess, and John Johnson, Sr. I also congratulate Brooks Big John on his election to the Council seat I resigned prior to taking office. I am excited to see what we can accomplish working together. It takes a great deal of sacrifice and commitment to serve as a government official, and I have a tremendous amount of confidence in our entire Tribal Council.

One of my main goals as newly elected President of our great Tribe is to bring the community together. We have all seen some very difficult times over the years. I believe our quality of life here on the Reservation has improved. We have made some incredible strides in business, health care and socially in our community. However, there are many things that we need to continue to work on. First and foremost, I would like to ask our Tribal Membership to work together. I appeal to our community to strengthen our personal relationships. We do have many issues to deal with and if we work together, we can

make a better future for ourselves, our children and our grandchildren. Our community needs a lot of healing. Whether it's helping your neighbor, volunteering at the school or just stopping to visit with an Elder, we can all make an incredible difference in the lives of others. Let's get back to a strong sense of community.

Another area I would like to see our government focus on is providing opportunities for our young adults and working families. We have made great improvements to the services we provide to our Elders and young children, but the younger generation also needs assistance. Housing is at a premium. Our Reservation suffers from a shortage of reliable housing. We aren't unique in this struggle; other Tribal communities are also facing similar challenges in offering affordable housing to their Membership. Likewise, in order for our young adults and working families to succeed, they must have quality jobs. I want to make sure any person, especially young adults, has the tools and ability to work. If we are going to be successful as a Tribe, our young adults and working families should have decent paying jobs. Starting out in life isn't easy in this day and age, and the Tribe shouldn't necessarily be viewed as a social program but as a Tribal government. We have a duty to serve our populations, and part of that is to look out for the best interest of our People. I would like to see more of our young adults employed and working for a family supporting wage. I am hopeful we can make advancements in housing, education, training and employment so that our young families have the opportunity to achieve their goals and dreams - without having to leave their community.

Serving on the Council these last few years and now as President, I have seen and understand the issues we are facing. I believe one of the greatest assets we have is our culture and traditions. We all know that drugs, alcohol and chemical abuse are symptoms of bigger issues, but in and of themselves are painful to deal with. There isn't one family that hasn't been affected by drugs or alcohol abuse. One way I see us combating these issues is our culture. Our culture is who we are, whether its Big Drum ceremonies, hunting, fishing or working on our traditional crafts, some of the best prevention is right before us. We have language and beading classes, hunting courses and Pow-wows happening all the time. Let's get our children and young people into these types of activities, and help them to flourish.

Again, I want to say that I am honored to have been chosen to represent our Tribe and I look eagerly forward to working to better the lives of our People. Remember that we are all family and have the power to help each other be the best we can be. Let's get back to the simple things like friendship, family and community. We can do great things by working together.

Respectfully,

President Henry "Butch" St. Germaine

Zaagiibagaa Healing to Wellness Court Celebrates First Graduation

On November 13th, the Zaagiibagaa Healing to Wellness Court recognized the first person to complete all phases of the Tribe's alternative court program at a graduation ceremony was held at Lake of the Torches Convention Center.

Zaagiibagaa Healing to Wellness Court participant Louis LaBarge, III was presented with a Certificate of Completion for successfully navigating the program and achieving the required goals. The evening's celebration saw an incredible show of community support for the program's first graduate.

Family and friends who came to support LaBarge were joined by community members and the entire Zaagiibagaa Wellness Court team including Chief Tribal Judge Gary Smith, Associate Judge Shannon Cobe, LdF Tribal Council Members Alice Soulier and Betty Jo Graveen, Vilas County Circuit Court Judge Neal Nielsen, Vilas County District Attorney Al Moustakis, Probation and Parole Agent Tim VanDerbrook, Public Defenders Courtney Jolin and Mary Burns, AODA Counselor Ken Ninham and Wellness Court Caseworker Lynette Soulier. The recognition also brought out Vilas County Supervisors Al Bauman, Ery Tiechmiller and Raequel Zortman-Bell.

Officials from the federal government's Substance Abuse and Mental Health Services Administration (SAMHSA) were in attendance to witness LaBarge's success, explore possible funding, and future Wellness Court collaboration opportunities. The Tribe was awarded a \$380,000 grant in October to assist youth who are involved with underage drinking and related issues. The two year project will aide in the creation of a Youth Healing to Wellness Court where youth can receive specialized support for alcohol and other drug abuse (AODA), mental health issues or other co-occurring symptoms while avoiding hefty fines or detention.

To qualify for the participation in the Zaagiibagaa Court, an individual must first be convicted and sentenced in Vilas County Circuit Court for a non-violent drug or alcohol related crime, and then be



referred to the program by Judge Nielsen and D.A. Moustakis. "There are four phases a client must complete before successfully graduating from the program. Mr. LaBarge not only completed them, but he was a model peer for others in the Wellness Court," said Judge Gary Smith. "Louis took an active role in his recovery and has become a leader within the program," added Judge Smith.

The Court holds participants accountable to the court, themselves and the community. A main focus of the Court is to incorporate culturally guiding principles while restoring an individual's values through a holistic, non-punitive approach. People selected to participate in the Court receive a combination of substance abuse treatment, education and supervision from the Wellness Court team.

Judge Smith indicated LaBarge's enthusiasm and commitment to bettering himself not only set the bar for others in the program, it allowed him to become influential among his peers. "I think watching Louis grow, seeing him become a better father and community member was incredibly rewarding for all of us," said Judge Smith. "This is a success for the entire community because it demonstrates the Wellness Court process works and is a valuable asset," continued Judge Smith.

The Zaagiibagaa Healing to Wellness Court currently serves seven active participants and plans on graduating the next class within the next six months.

Tomahawk Circle Crowned Hunting Moon Pow-wow Youth Champions

For people familiar with the Lac du Flambeau Community, the name "Tomahawk Circle" is often used as a quick reference to the street by that name. The term is also associated with the housing development aptly named "Tomahawk Circle." Both the street and the housing development are well known landmarks within the local community - but thanks to a group of young men, the name has gone national.

Earlier this fall, the Tomahawk Circle Singers took to the Pow-wow trail and won the 10th Annual Hunting Moon Pow-wow singing championship in Milwaukee, Wisconsin. The win wasn't the first for the group; they have brought home a number of awards for their singing ability and are becoming quite popular at Hunting Moon. In 2012, the group took first place in the youth singing contest at the Hunting Moon Pow-wow, and in 2013 served as host drum. They have placed within the top three of numerous singing contests at Pow-wow competitions across the country. In doing so, they have made a name for not only themselves but the neighborhood and Reservation from which they originate.

Tomahawk Circle has been in existence formally since 2006, but individually have all been singing their entire lives. A majority of the members are related by blood, with the core group being first cousins. The group proudly pays homage to Tomahawk Circle's founding member and Cousin Giishick Pyawasit. Although Giishick was raised on the Menominee Reservation, the family's closeness allowed for his influence to reach his Lac du Flambeau roots. Giishick's mother is LdF Member Doris Mitchell and his father is Myron Pyawasit from the Menominee Nation.

It's no coincidence that the Tomahawk Circle are champion singers, considering Myron is founder and lead singer of the legendary Smokey Town Singers. Even though Giishick has since passed to the Spirit World, his influence on the group remains and his spirit lives on through each song.

Growing up on the Lac du Flambeau Indian Reservation has offered the group a strong cultural foundation. This shows in their ability to remain humble in light of their early success. Sharing the spotlight with some of the best, most popular drum groups around could make even the most experienced adult singer's head swell. Not so with Tomahawk Circle. The most astute Pow-wow veteran anywhere will tell you drum groups such as Smokey Town, Midnight Express, Iron Boy, Southern Boys, Battle River and War Club are some of the best, most well-known singers around. And in just a few short years, Tomahawk Circle has gained the respect of these groups and others. The new-found celebrity and popularity Tomahawk Circle has enjoyed hasn't diminished their humility. "We like to sing because it's just something we do. We've been around it our whole lives," says member Eric Allen. The group breaks out in laughter as Member Desmond Graveen proudly shares how they started sing-



Tomahawk Circle is: Eric Allen (14), Wilbur Mooshkina Mitchel (13), Derick Isham (12), Desmon Graveen (16), Trey Graveen (15), Henri Valliere and Anakwad Elm (18), Ellisa (17) and Lillith Schuman (15). Not pictured are Uncle and senior mentor Billy Mitchell and Cousin and junior mentor William Mitchell, Jr.

ing. "We started singing using ladles and kennels," says Desmond. This type of modesty and humor is indicative of who they are - Ojibwe.

The incredible amount of talent and diversity the group has demonstrated is shown in how the workload is shared among them. Typically drum groups have one lead singer - the person who starts or "leads" each song and sings every solo. In most instances, the lead singer of a drum group is the person with the strongest, loudest voice. Not so for Tomahawk Circle says adult mentor Billy Mitchell. "All of these boys sing lead," said Mitchell. "In each song, each one of them takes the lead," he continued. This speaks to the level of raw talent and confidence the group has in themselves and each other.

When asked about some of the places they have traveled, whether it's to sing at a traditional Pow-wow or compete in a singing contest, the consensus response is, "Everywhere." Among the places they have been to sing includes: Salamanca, New York, Rocky Boy, Montana, Mayetta, Kansas and Sisseton, South Dakota, to name just a few.

Contest Pow-wows can sometimes be incredibly fierce competition, with prizes well into the thousands of dollars. Most of the prize money the group has won is invested back into the group to cover travel and lodging expenses or equipment for the upkeep of their drum. If, after taking care of their expenses there happen to be a few dollars left over, they may occasionally buy themselves what any other young person would want: a video game, new kicks or even a phone card. They approach their participation at Pow-wows very much like a business, knowing that the

cost of the next trip may easily reach \$1,000 or more.

From a cultural perspective, the members say they sing because it's part of who they are - that and because it's something they love to do. Each of their families has been involved in the Big Drum Society and has deep roots within the Lac du Flambeau community. When asked why they sing, each member shared their own unique perspective: "For the people," says Eric Allen. "Cuz we love it. It's like our medicine you know," says Desmond Graveen. "For our Reservation," says Trey Graveen. "It's who we are," says Isham. "It's a family tradition," says Mooshkina Mitchell.

When asked if they had ever been interviewed before, the group responds with a collective, "no." It's almost poetic that Lac du Flambeau's very own *Inwewin* should be the group's first interview.

As for the future, the group plans to make their debut CD soon. The recording will be their first official release, which they plan to market. Along with the recording, they plan to continue traveling the Pow-wow circuit and just being who they are - respectful, good, young people.

Regardless of winning championships, recording CD's or traveling the world, the Tomahawk Circle Singers have already attained a level of achievement and success that would make any parent proud. In a larger sense, they have assumed the role of youth ambassadors and have represented their families and community in a way that makes the entire Tribe proud. These young people from Tomahawk Circle have put themselves, and Lac du Flambeau, on the map.

Want to increase energy, decrease fatigue, reduce pain, improve mood and sharpen memory?

Exercise has long been recognized as critical for maintaining a healthy heart, weight, and keeping bones and muscles strong. But there are many other benefits including boosting mood, strengthening your brain and fighting depression. Exercise can also increase willpower, and may help you make additional positive lifestyle changes including eating less, spending less, smoking less, reducing stress and having less of a temper.

Sounds great, right? So, why isn't everyone doing it? "Well, I have heard many excuses, and some of them pretty good ones," says Laura Stoffel, personal trainer and practical nurse. "Bottom-line, exercise takes effort and time. It is not always easy to get started and stay motivated, but I can help."

Laura Stoffel is working with Elder Services, Community Health and the Employee Wellness programs to provide personal training, exercise therapy and health coaching to the Lac du Flambeau community.

Easy Pace Exercise, a free fitness class held on Mondays and Wednesdays from 12:10 pm to 1:00 pm in the Wellness Center Fitness Studio, is an option for those who like a group setting. The class is designed to help participants move more freely, build stamina, improve balance, reduce pain and increase general strength.

Through the Tribal Elder's "Let's Get Moving" campaign, Laura can provide individualized and small group training sessions in the home, at the Wellness Center, and in other locations in the community. "The

good news is that it is never too late to start exercising. You will feel the benefits soon after you begin," says Stoffel. "The bad news is that you will kick yourself for not starting earlier."

Laura has more than 20 years in the fitness industry. She has been recognized as a fitness leader in the Northwoods community and has been featured on NBC News, Outdoor Wisconsin and in the Lakeland Times. She is a Certified Personal Fitness Trainer, holds a Bachelor of Arts Degree and a Practical Nursing degree from Nicolet Area Technical College. For more information or to schedule an appointment, contact Laura at (715) 892-2866.

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