



## RED CLIFF BAND

of Lake Superior Chippewa



**Miisaninawiind :: Manidoo-Giizis :: Jan 13-19 2020**

[Resources](#)

[Heritage and Culture](#)

[Directory](#)

[Tourism](#)

[Job Opportunities](#)

[Divisions](#)

### This Week In Red Cliff



Boozhoo and welcome to the Miisaninawiind weekly newsletter! Check our Facebook page [HERE](#) and our website [HERE](#). We are working on a new website and can't wait to share it with you!

[Click HERE to view this email as a webpage instead.](#)

## News & Updates

### Red Cliff Prevails in Zoning Authority Lawsuit

On January 9 the U.S. District Court for the Western District of Wisconsin found that Bayfield County's assertions of authority over tribal member fee lands were unlawful. This is an important decision that supports the Tribe's right

to govern its own members within its own territory.

"We cannot allow others to infringe upon our sovereignty," said Tribal Chairman Rick Peterson.

Back in 2018, the tribe asked a federal court to rule that Bayfield County has no right to enforce zoning laws on the tribe's reservation.



Read the full press release [HERE](#).

Click [HERE](#) for the entire 22-page court ruling.

You can learn more about the previously ongoing issue by reading the WPR reports on the 2018 filing of the lawsuit [HERE](#) and most recently [HERE](#).

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## Congressional Candidate Zunker Visits Red Cliff

Tricia Zunker of Ho-Chunk Nation seeks to take the Wisconsin 7th congressional district seat in a special election after the departure of Sean Duffy.

Zunker visited Red Cliff to meet with Tribal Administration regarding the issues facing our community and how she can help us overcome these issues if she were to be elected to Congress.



Zunker expressed the importance of community members getting out to vote in the upcoming primary and special elections. The primary for the special election will be held on Feb. 18, coinciding with the local spring election primaries. The special election will be held on May 12. Tribal Administration will send out information letting community members know how they can vote and make a difference.

Zunker has served as an associate justice for the Ho-Chunk Nation Supreme Court since 2013 and serves as President of the Wausau School Board.

She is the first Native American woman to run for Congress in Wisconsin since Ada Deer lost to Republican Scott Klug in 1992. If elected, Zunker would become Wisconsin's first-ever Native American member of Congress.

Click [HERE](#) to learn more about Tricia Zunker.

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## Marvin Defoe Named Vice Chairman of GLIFWC Voigt Intertribal Task Force



member and Tribal Historic Preservation Manager Marvin Defoe has been elected as Vice Chairman for the Great Lakes Indian Fish & Wildlife Commission's VITF Committee.

John Johnson from Lac du Flambeau was elected Chairman.



The Voigt Intertribal Task Force is composed of ten members plus the chairperson. The VITF recommends policy regarding inland harvest seasons, resource management issues, and budgetary matters to the Board of Commissioners.

The VITF addresses matters that affect the treaty rights of the member tribes in the 1837 and 1842 Treaty ceded territories. The VITF recommends harvest seasons and regulations for each inland season. Those recommendations are then taken to the respective tribal councils for ratification prior to becoming an ordinance.

Click [HERE](#) to visit the VITF website.

Click [HERE](#) to visit the GLIFWC website.

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## Who is Manoomin?

### Importance of Manoomin (wild rice) and the impact of climate change

#### From Indian Country Today:

by Danielle Johnson

The importance of manoomin to Lake Superior Ojibwe goes back to their migration story.

“It’s a plant that helped tell us through prophecies where we need to come because we needed to come to the place where food grows on water,” Montano says, “and that’s really where we settled ourselves after travelling and migrating.”



Manoomin is one of the main foods in the traditional diet for the Ojibwe. It is present at all of their ceremonies, including naming ceremonies, funerals, and first kill feasts for young hunters when they kill their first animal. “It’s a huge part of our identities,” Montano notes.

“The wild rice grown and harvested by the Ojibwe in the Great Lakes region is northern wild rice called *zizania palustris*, but North America also has southern wild rice identified as *zizania aquatica* and Texas wild rice, which is *zizania texana*, a rare and endangered species endemic to Texas.”

With climate change in action, though, Montano’s job of documenting traditional ecological knowledge, may be more important now than ever. Many environmental conditions, from temperature to sea level, have been changing over the years and will continue to do so in the

future, according to climate change scientists. Wild rice, called manoomin in Ojibwe, meaning good berry, is a culturally-significant plant and food to the Ojibwe, but commission scientists say it is one of many species already beginning to struggle as a result of climate change.

While tribal members and biologists may feel helpless in some areas, traditional ecological knowledge might be able to inform future decisions on manoomin maintenance in the wake of climate change and the many problems it brings.

Click [HERE](#) to read the full story that features a Red Cliff Tribal Member.

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## Michigan Tribal Casinos Can Soon Begin Sports Betting

### Wisconsin still waiting

In December, Michigan Governor Gretchen Whitmer signed sports betting into law. The law will allow for sports betting both online and at commercial and tribal casinos throughout the state. Sports betting is expected to go live in March this year.

Unfortunately this doesn't mean much for Wisconsin tribal casinos. Wisconsin has laws that prohibit sports betting. Wisconsin's government would have to amend or remove those laws before full-scale sports wagering could happen. As of now, Wisconsin does not have any public bills devoted to legalizing sport betting.

Click the links below for more information.

[Wisconsin Sports Betting Information](#)

[All States' Sports Betting Status](#)

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## Recordings Help Bring Native Songs to Life

From Indian Z and YES Magazine

Researchers at Indiana University have been digitally preserving recordings of Native American songs made on fragile wax cylinders more than 100 years ago.

Excerpt from the article:

In the English language, for instance, the written word dominates historical record-keeping. Most indigenous

languages rely instead on oral traditions in which knowledge is transmitted over generations from speaker to listener. Moreover, Schuster's experience reveals finer shades of ethical and moral differences between Native and European settler world view.



Songs and spoken words can have great power for Indigenous peoples, their sanctity and energy can be compromised by randomly making them available to the public. According to Ojibwe linguist and scholar Anton Treuer, culture, world view, and spirituality are embedded in indigenous languages.



“In the Ojibwe language, there is no conceptual way to separate our physical and spiritual forms,” he says. Songs and prayers in the Ojibwe language are thought of as living entities emerging from the soul.

“Although we might successfully record those songs or prayers, they would be stripped of their healing power and energy,” he says.

Click [HERE](#) to read the full article.

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## Indian Child Welfare Act Court Hearing

Oral arguments in a closely-watched Indian Child Welfare Act case will take place on January 22, 2020

From Indian Z:

The case known as Brackeen v. Bernhardt will go before a panel of judges in New Orleans, Louisiana, where the first round of arguments took place earlier this year. The initial hearing resulted in a major victory for the #DefendICWA campaign. A panel of three judges largely upheld the law, which was enacted in 1978 to address the high rates of Indian children being taken from their families without consideration of the impact on their tribal nations.



Over the last 40 years, ICWA has been held up as the "gold standard" in child welfare policy. But state governments run by conservative politicians, along with non-Indians who are trying to adopt, or have already adopted, Indian children claim the law violates the U.S. Constitution because it takes race into account. A federal judge who was nominated by a Republican president and who lacks experience in Indian law and policy stunned tribes and their advocates by agreeing with the race-based premise. Indian Country quickly came together and appealed the disastrous decision to the 5th Circuit.

"This is what we need to do when sovereignty is threatened: to come together," Gil Vigil, a citizen of the Pueblo of Tesuque who serves as president of the National Indian Child Welfare Association, said at the National Congress of American Indians 75th annual convention, where the case was a major topic of discussion. The two organizations are among those leading the ICWA defense.

Click [HERE](#) to read the full article and to learn more.

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## Proposed Code of Law Changes

The Red Cliff Legal Department is proposing a change to Section 55.1.6 "Basis for Establishing the Areas of Special Flood Hazard"

Click [HERE](#) to view the proposal notice.

Contact the Legal Department with any questions at 715-779-3725.  
Feel free to submit your thoughts or comments at the Tribal Administration Building or forward them directly to the Tribal Council.

## Native Report

With Rita Aspinwall & Ernie Stevens

### Season 15 Episode 1

"Come with us and experience the construction of a traditional structure known as a wigwam.

We then meet Russell Northrup and his family as they finish building the wigwam.

We also learn what we can do to lead healthier lives and hear from our Elders on this edition of Native Report."



The Native Report is an entertaining, informative magazine style series that celebrates Native American culture and heritage, listens to tribal elders, and talks to some of the most powerful and influential leaders of Indian Country today.

Click [HERE](#) to visit the Native Report website.

## Events

JANUARY

MONDAY13	TUESDAY14	WEDNESDAY15	THURSDAY16
7:15 PM - Boys Varsity Basketball @ Bayfield School	1-4 PM - Knitting Class @ Nooji Center  4:30-8 PM - B&G Activities @ B&G Club  6:30 PM - Girls Varsity Basketball @ Washburn	9-10:30 AM - Elder Library Trip  5-7 PM - Pizza Sampling @ Legendary Waters  5-8 PM - B&G Activities @ B&G Club  6 PM - Wellbriety @Nooji Center	9:30 AM - Elder Corny Day Trip 10 AM - Narcotics Anonymous 12:30 PM - Senior Companion Meeting @ Dining Center Meeting Room  2-3 PM - Men's Group @ Nooji Center  3:30-8 PM - B&G Activities 4:30 PM - Burger Night @ VFW 5 PM - Language Advisory Meeting @ Elderly Feeding
FRIDAY17	SATURDAY18	SUNDAY19	NOTES
10 AM - Monthly Elders Meeting @ Dining Center 11 AM - Blood Drive @ Legendary Waters  5:30 PM - Movie Night @B&G Club  6 PM - Alcoholics Anonymous @Nooji Center  7:15 PM - Girls Varsity Basketball @ Bayfield School	1-8 PM - B&G Activities @ B&G Club  6 PM - Open Mic Night @Nooji Center		Have a Great Week!

[Pizza Sampling](#) [Nooji Calendar](#) [Elderly Calendar](#) [B&G calendar](#)  
[Burger Night](#) [Open Mic Night](#) [Language Advisory Meeting](#) [Blood Drive](#)



# **Red Cliff Motor Vehicle Department Closes at Noon on Monday Jan 13**

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## **Police Commission Meeting**

The Red Cliff Police Commission will hold a public meeting on Tuesday, January 14 at the Red Cliff Tribal Police Department building located at 88385 Pike Road. The meeting will begin at 4:30 pm.

Click [HERE](#) to view the meeting agenda.

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## **Housing Authority Board Meeting**

The Red Cliff Housing Authority will hold a public meeting on Wednesday January 15 at the Red Cliff Elderly Feeding Center. The meeting will begin at 5:00 pm.

Click [HERE](#) to view the meeting agenda.

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## **Red Cliff VFW Burger Night Rewards Card**

The Red Cliff VFW is offering a Burger Night Loyalty Member rewards card.

If you order the specialty sandwich or burger of the month for three months, you'll get the fourth month free.

Visit the Red Cliff Duwayne Soulier Memorial VFW Auxiliary Post 8239 on Bresette Hill Road to pick up your card.

The next VFW Burger and More Night is this Thursday at 4:30 PM. Click [HERE](#) for more information.

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## Health & Wellness

### Recovery -- Understanding Relapse

Understanding relapse is a vital key to remaining alcohol and drug free. Relapse is a process. Relapse starts weeks or even months before the actual physical relapse.

Knowing what triggers relapse is important and learning the skills to deal with these triggers will strengthen your sobriety.

The key to prevention is action, recognition of relapse warning signs, and developing a relapse prevention plan. Once a relapse prevention plan is created, putting it into action creates a strong sobriety. Many people new to recovery who get a support system in place and create a relapse plan tend to stay clean and sober. This is especially true for those who get support while implementing their plan of action.

Early in recovery it is important to attend relapse prevention support groups such as AA/NA, wellbriety meetings, and spiritual ceremonies. Attending these groups and utilizing the resources provided to you as a community member will contribute to abstinence and will help stabilize your recovery efforts.

There are three stages of relapse: Emotional, Mental, and Physical.

#### Emotional relapse

Going through post-acute withdrawal can trigger relapse. Withdrawal symptoms can be difficult to overcome. Some withdrawal symptoms include anxiety, nausea, physical weakness or illness, mood swings, irritability and difficulty sleeping. These symptoms can





become very uncomfortable and can cause a return to using in order to alleviate the symptoms.

Another common trigger is poor self care. After making the decision to quit drinking or using drugs, you may experience stressful situations. These could include financial distress, relationship stress, encounters with using friends and family, and familiar using environments. Poor eating and sleeping habits could also be harmful. All of these can contribute to unhealthy coping skills and lead to relapse.

Often in early recovery we may tend to isolate ourselves in order to stay away from using. We may also feel a lot of guilt or shame about our using behaviors. Perhaps we have burned many bridges with family and friends and now we feel alone. We may have used drugs and alcohol to deal with our emotions or trauma. The loneliness, guilt, remorse, emotional trauma, and lack of support from family and friends can lead us back to using.

Another trigger is pride and overconfidence. This includes thinking you don't have a drug or alcohol problem, or believing that it's behind you. Often we feel that we can do it on our own and we refuse to ask for help, or we avoid attending meetings and other sober support activities.

It is important that you recognize being in emotional relapse and that you take better care of yourself. Getting adequate amounts of rest, eating healthy, learning to deal with emotions in a healthier way, developing some form of relaxation techniques, talking to your support system, and attending meetings or ceremonies will all help in preventing relapse.

### Mental Relapse

In mental relapse, part of you wants to use but another part of you doesn't. You may start to think about people, places and things you used with while glamorizing your past. You may begin to rationalize that it was "not that bad." You may think you are strong enough to go hang out with using friends or places. If you find yourself thinking or fantasizing about using, or you're minimizing the consequences of your using behaviors, this can very quickly lead to you planning your relapse!

### Physical Relapse

It doesn't take long for the physical relapse to occur if you have not utilized the techniques mentioned earlier. It is hard to stop the process of relapse at this point.

The key to prevention is action, recognition of relapse warning signs and putting your relapse prevention plan in action. Focus on your wellness and what steps you need to take. In the Red Cliff community there are many resources to help anyone in need of support in their recovery efforts.

Mishomis Wellness Center (MWC) offers relapse prevention and wellness groups on a weekly basis and individual AODA counseling services are available. The groups provide opportunities to develop a relapse prevention plan, develop healthy coping and self-care skills and builds support with others who are on their wellness journey.

The Relapse Prevention & Wellness group offers relapse prevention and wellness practices, and meets every Tuesday for six weeks beginning January 14.

Click [HERE](#) for more information and what to expect from this group.

The Relapse Prevention group focuses specifically on relapse prevention and meets every other Thursday beginning January 16.

Click [HERE](#) for more information and what to expect from the group meetings.

The Comprehensive Community Services (CCS) program can help support and develop a plan

of care to assist with furthering support services, and other areas of wellness for themselves and family. Noojimo'iwewin Drop In Center offers daily opportunities for sober activities. This includes support meetings, talking circles, cooking opportunities, sober social activities and peer support.

Don't feel you are alone. We can help you and your family in your journey of wellness and recovery from addiction.

For further information, please call Linda Dunbar, PSIT at 715-779-3741 – extension 2403.

Source: The Addiction Recovery Skills workbook by Suzette Glasner-Edwards, PHD

For other Health Center information or general questions call: 715-779-3707 or  
Email [RCHealthCenter@redcliffhealth.org](mailto:RCHealthCenter@redcliffhealth.org)

Click [HERE](#) to visit the Red Cliff Community Health Center website

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## Red Cliff AODA Reduction Team Logo Contest

The Red Cliff AODA REduction Team is seeking applications for the creation of a log for their team. Submissions must be submitted by January 15 to Sonia Reyes-Buffalo at the Community Health Center.

The mission of the Red Cliff AODA Reduction Team is to collaborate and work together as a team to prevent alcohol and other drug use among our Tribe, reduce the violent impacts alcohol and other drug abuse has on our Tribe, and to promote well-being through education and encouragement for healthier alternatives to substance abuse.

Click [HERE](#) for details and logo requirements.

Call Sonia Reyes-Buffalo with any questions at 715-779-3508.

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## Red Cliff Health Services Sponsor Blood Drive

**January 17th!**

Join us at Legendary Waters Resort & Casino Event Center any time  
between 11 a.m. and 4 p.m.

Every two seconds someone in the U.S. needs blood.

Click [HERE](#) for more information

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## Nooji Center Open Mic Night





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## Sliding into Recovery & Wellness

January 28th!

Join us at Mt. Valhalla for some fun in the snow!

We will be sliding and snow shoeing. Transportation is provided!

Click [HERE](#) for more information

## Education

**Winter Camp Set for February 15-16**

RED CLIFF BAND OF LAKE SUPERIOR CHIPPEWAS

# BIBOON GABESHIWIN

WINTER CAMP

SAVE THE DATE

## FEBRUARY 15-16, 2020

Buffalo Bay Campgrounds & Red Cliff Library

Herring Net Setting Demo | Star Legend Teachings w/Abe Sutherland | Baaga'adowewin |  
Snowshoe Hike | Animal Tracking | Buckskin Mitten Making w/Mary Moose (\$20 registration fee  
to cover supplies -seats limited!) | Winter Cooking Demos and much more.  
Family focused event! | Food, prizes & FUN!

MORE INFORMATION TO FOLLOW!



## Library Will Close Early January 16

### Ginanda Gikendaasomin

"We Seek to Learn" Library

Located at the Red Cliff Tribal Admin Building, 88485 Pike Rd., Red Cliff, WI.

The Library will CLOSE at 5:00 p.m. on  
Thursday, January 16th, 2020.

We will be attending the Language Advisory  
Committee Meeting (5-8) at the Elderly site.

Hope to see you there!

Sorry for any inconvenience,  
Kathy Barri, Library Assistant  
715-779-3766. [kathy.barri@redcliff-nsn.gov](mailto:kathy.barri@redcliff-nsn.gov)





# Language Advisory Group Meeting



## Ojibwe Language Advisory Group Meeting Notice

When: Thursday, January 16, 2020

Where: Red Cliff Elderly Feeding

Time: 5:00 P.M.

### Opening Pot Luck Feast

Discussion on strategies and focus areas for our community's  
5-Year Ojibwe Language Plan

**\*\* This meeting is open for all community members \*\***  
**to attend and give input.**

Any questions- Please contact: Sandy Gokee (715)779-3700 x.4261  
sandy.gokee@redcliff-nsn.gov

Red Cliff Tribal Historic Preservation Office- Anishinaabe Language and Culture

*Ojibwemodaa endaaso giizhik!*

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## Red Cliff Offers GED Classes

Red Cliff offers GED classes through Lac Courte Oreilles Ojibwe College!

Classes begin January 21, 2020

Click [HERE](#) for more information

You can call 715-779-3761 and ask for the Cabin

email Laura at lbrambilla@lco.edu

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## Ojibwe Phrase of the Week

Sandy Gokee, Anishinaabe Language and Cultural Coordinator for the Red Cliff Band of Lake Superior Chippewa, shares an important message about getting outside when you're feeling sad in the Ojibwe Phrase of the Week for January 13, 2020. This can be extremely helpful during the winter months!

Click [HERE](#) to learn more on the Red Cliff

Heritage and Culture site.

Have a suggestion for next week's phrase?  
Email [sandy.gokee@redcliff-nsn.gov](mailto:sandy.gokee@redcliff-nsn.gov)



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## Bayfield School

### Bayfield School presents Superintendent Coffee Chats

The School District of Bayfield encourages positive, open, and interactive communication with parents, families, and community members. The Coffee Chats provide an opportunity for you to share your thoughts and hear information about the School District of Bayfield. Please join Bayfield Superintendent Jeffrey Gordon for coffee and conversation on the following dates and locations.

January 21, 2020 @ Bayfield Public Library -- 10 AM

January 22, 2020 @ Legendary Waters Resort Trails Meeting Room -- 10 AM

January 23, 2020 @ Madeline Island Public Library -- 10 AM

Click [HERE](#) to visit the School District of Bayfield website.

Click [HERE](#) for Bayfield School Bulletin.

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## ECC Announces Storytelling Night





## Business Spotlight: Pat Kruse

### BIRCHBARK & QUILLWORK ARTIST & CULTURE TEACHER

Pat Kruse is a Red Cliff tribal member, and a descendant of the Mille Lacs Band of Ojibwe, Onamia, Minnesota.

Kruse is an accomplished and awarding winning Ojibwe birchbark & quillwork artist & culture teacher. Pat has spent his life maintaining traditional Ojibwe basketry and teaching workshops to all people willing to learn.

"I create art to honor my ancestors," says Kruse.

His art is in collections and at various locations, which include: Sherry Leedy Contemporary Art: Kansas City, MO; Plains Art Museum-Fargo, ND; Tweed Museum of Art, University of Minnesota-Duluth, MN; Minnesota Historical Society-St. Paul, MN; Red Cliff Band of Lake Superior Chippewas, Legendary Waters Resort and Casino-Red Cliff, WI; Grand Casino Mille Lacs, Onamia, MN; Mayo Clinic-Rochester, MN; and Science Museum of Minnesota-St Paul, MN.



In 2015-2016 Kruse was chosen for Native Artist In Residence, Minnesota Historical Society; St.

Paul, MN; 2016 Native Arts and Culture Foundation Fellowship, Native Arts and Culture Foundation; Vancouver, WA

In 2018, Pat was one of eight accomplished artists awarded the [Native Arts and Cultures Foundation Mentor Artist Fellowship](#).

Click [HERE](#) to visit his website.

## Boys and Girls Club of Gitchigami

The Boys & Girls Club have announced their calendar of events for January! Click [HERE](#) to see what activities they have going on this month.

Click [HERE](#) to learn more about the B&G Club of Gitchigami and some of the program offerings.

**GREAT FUTURES START [HERE](#).**



**BOYS & GIRLS CLUBS**  
OF THE RED CLIFF BAND OF  
LAKE SUPERIOR CHIPPEWA

Gitchigami

Contact Youth Director Paige Moilanen at 715-779-3722 with any questions.

## Gichiayaa'aag - Elderly Services

**Do you know about the services provided to you as an elder?**

Contact Elderly Services for more information:  
Elderly Dining Site: 715-779-3746 ext. 3511  
Office Phone: 715-779-3706 ext. 5018

Click [HERE](#) for the Elderly Nutrition Program Information.

Click [HERE](#) for the Gichiayaa'aag website.

## Treaty Natural Resources

**Check out some useful winter phrases from the TNR Newsletter**



# BIBOON

It is Winter

GICHI-MANIDOO-GIIZIS

*Great Spirit Moon*

NAMEBINI-GIIZIS

*Sucker Moon*

ONAABANI-GIIZIS

*Hard Crust on the Snow Moon*

WAABIZHESHI

*A marten*

OJIIG

*A fisher*

WABOOZ

*A snowshoe hare*

NOOKIZIGWAA

*There is soft ice*

MAMAANGIPON

*There are big snowflakes*

ISHPAAGONAGAA

*It is deep snow*

AAGIME

*S/he snowshoes*



Click [HERE](#) to view the entire Treaty Natural Resources Division Winter Newsletter!

## New Employee

Mary Thomas joins the Red Cliff Community Health Center as a Pharmacy Technician.

Mary is from Red Cliff and has worked as the Inventory Controller for Menards in Superior the last three years.

She moved back to Red Cliff in June to take the next step into her future. This includes settling down, being close to family, reestablishing friendships, and spending time with her godson and his sister. This past summer Mary worked at Gale Force Coffee and The Keeper of the Light.

Mary enjoys writing, reading, and watching horror movies.

Aaniin Mary!



## January Birthdays

Be sure to wish these members a happy birthday this month!  
Click [HERE](#) to view the Tribal Member January Birthdays



### Community Updates

Follow the link below to see announcements for upcoming events!

[View the announcements](#)

Red Cliff Tribal Administration Office  
88455 Pike Road  
Bayfield, Wi. 54814  
715-779-3700  
[redcliff-nsn.gov](http://redcliff-nsn.gov)

[Contact Us](#)



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