

Miisaninawiind::Namebini-Giizis::February 17-23 2020



Boozhoo and welcome to the Miisaninawiind weekly newsletter!

The Miisaniinawind brings you important news, announcements and updates, designed specifically for the Red Cliff community. But that's not all. The weekly eNewsletter will also provide news about neighboring tribes, communities and broader issues across Indian Country that matter to you.

If you have photos, news or information you'd like to share, please email submissions to communications@redcliff-nsn.gov.

Check our Facebook page <u>HERE</u> and our website <u>HERE</u>. We are working on a new website and can't wait to share it with you!

Want to receive the newsletter each week? Sign up<u>HERE</u>.

<u>Click HERE to view this email as a webpage instead.</u>

Red Cliff News & Updates

Chairman Peterson Testifies in Washington, DC Calls for Increased Police and Roads Department Funding

On February 12, Red Cliff Tribal Chairman Richard Peterson testified before the U.S. House of Representatives Committee on Appropriations, Interior Department Subcommittee in Washington, DC.

Chairman Peterson spoke on the need for increased base-level funding for Tribal police departments and Tribal roads departments.



"We need to depend on that [base-level funding] year in and year out," said Chairman Peterson. "Right now we don't."

Chairman Peterson pointed to the growth of drug problems and increase in Indian Child Welfare cases. Peterson said the current funding from BIA is inadequate and the police department is becoming too stretched.

Recent funding received for the Tribal police department totaled around just \$160K, after requests for over \$500K. Peterson thanked Forest County Potawatomi for funding two new police vehicles, and said it is a travesty to be forced to ask neighboring tribes for this kind of support.

Regarding funding for Tribal roads departments, Peterson described the November storm that brought three feet of snow and shut down the community for five days after all snow removal equipment broke down.

"We were forced to hire private contractors to come in and clear Federal roads," Peterson said. "Again, as I mentioned with the police vehicles, this is a travesty and ultimately a health and safety issue."

Click <u>HERE</u> to access the public hearings and to learn more about the House Committee on Appropriations.

Bayfield County Appeals Court Ruling in Recent Zoning Lawsuit



Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road Bayfield, W1 54814 Phone: 715-779-3700 Fax: 715-779-3704 Email: communications@redcliff-nsn.gov

For Immediate Release

BAYFIELD COUNTY APPEALS COURT RULING IN RECENT ZONING LAWSUIT

February 13, 2020

We are disappointed to learn that Bayfield County has decided to appeal the decision of the U.S. District Court for the Western District of Wisconsin in the zoning lawsuit to the U.S. Court of Appeals for the Seventh Circuit.

The Tribe only initiated this action after all attempts at negotiation had failed, and the Tribe has continually sought to resolve its differences with the County in an amicable manner. The federal district court issued a lengthy opinion in favor of the Tribe in this case after fully considering the merits of the dispute. Rather than accept that decision, Bayfield County has decided to continue its attack upon tribal zoning authority and tribal sovereignty by appealing– all at great cost to the taxpayers of Bayfield County.

In early January, the Red Cliff Band of Lake Superior Chippewa Indians prevailed in its federal lawsuit against Bayfield County who had asserted zoning jurisdiction over Red Cliff Reservation fee simple lands owned by the Tribe and its members. In its 22-page ruling the United States District Court for the Western District of Wisconsin found that the County's assertions of authority over tribal member fee lands were unlawful, holding that the County failed to show necessary Congressional intent that state law would apply in such situations.

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"The Hub of the Chippewa Nation"

AT&T TABLE DAY

FEBRUARY 18TH 2-8 PM LEGENDARY WATERS RESORT AND CASINO

- Switch to AT&T or sign up for new AT&T services
- First Net account sign ups-Bring a current badge/ID CARD/Paycheck stub (if on payroll) from entity of first responder duties
- DIRECTV Services
- Questions / Information / Quotes about AT&T products and services
- If bringing your number from another carrier, bring a bill from your current cell phone provider. No worries if you don't have a bill.
- We will have some phones/accessories on hand. You can order any equipment/accessories we don't have on hand and ship directly to you.





Visit us at att.com or call your local Superior store at 715-395-3060

Council Meeting

There will be a Tribal Council meeting on Tuesday, February 18 at Legendary Waters.

Community Members are invited to attend the regular session at 4:30 PM.

Community Members Needed for Election Board

The Red Cliff Tribal Council is seeking seven community members to serve on the 2020 Election Board. The Election Board will serve both the Primary and General Elections.

The Red Cliff Primary Election is set for May 8. The Red Cliff General Election is scheduled for July 7. If you are interested in serving on the Election Board, please pick up an application at the Tribal Administration Building.

Applications need to be submitted to the front desk of the Administration Office by April 2, 2020 at Noon.

You must be at least 18 years of age, a Red Cliff Tribal Member, and eligible to vote at the Tribal Elections.



For further information, please contact Laura J. Gordon, Tribal Council Secretary at 715-779-3741 ext 2406 or at 715-779-5518.

Voting Day for Wisconsin State Primary Tuesday, February 18

This is your chance to vote for who will represent our area of Wisconsin.

Where Do I Vote?

Go to myvote.wi.gov Click on "Find My Polling Place" Enter your address. The site will give you the polling place and address.

Most Tribal Members living in Bayfield County will vote at the Russell Town Garage 35900 State Highway 13, Bayfield, WI 54814 Tuesday, February 18, 2020 7.00 AM - 8.00 PM

Be sure to double check your polling place at myvote.wi.gov.

Click <u>HERE</u> for information on what to expect at the polls.

Request for Sealed Bids - ICW Renovation

The Red Cliff Band of Lake Superior Chippewa's Indian Child Welfare Department is requesting sealed bids on the total renovation of a 3 bedroom / 2 bath manufactured home, intended to be used for office space. The building has been purchased and is the property of the Red Cliff Tribe.

Click <u>HERE</u> to view the Request for Sealed Bids with all details.



Bids must be received by February 24, 2020 no later than 4:30 PM.

Contact Joe Defoe or Ashley Peterson with any questions. Joe Defoe – Project Manager <u>joe.defoe@redcliff-nsn.gov</u> Ashley Peterson – Procurement Officer <u>ashley.peterson@redcliff-nsn.gov</u> Phone: 715-779-3700

RCCHA Offers Free Tax Preparation

Need help filing your income taxes?

Red Cliff Chippewa Housing Authority provides free income tax preparation and filing through the Volunteer Income Tax Assistance (VITA) program.

RCCHA Staff Jean Defoe and Tanya Wachsmuth are IRS-certified and provide free basic income tax return preparation with electronic filing to qualified individuals.



Their services are offered by appointment only on Tuesdays and Thursdays through the tax season.

Call 715-779-3744 to make an appointment. Slots are filling fast!

If you've made an appointment and can't attend, please call to let them know.

There are other locations that offer the VITA service in the area. Click <u>HERE</u> to learn more!

Red Cliff Merchandise Available



Draft a Will, Power of Attorney



2020

🔀 WILLS CARAVAN

Brought to you by Wisconsin Judicare, Inc. and Law Students from University of Wisconsin-Madison and Columbia University

Attorneys and Law Students will be at the following location to assist <u>any</u> tribal member who wants to draft a will, powers of attorney, and/or other basic estate planning services for <u>FREE</u>.

Please call ahead to set up an appointment!

RED CLIFF THURSDAY, MARCH 19th

Legendary Waters Conference Room 37600 Onigamiing Drive Bayfield, WI 54814

To set up an appointment please contact

Wisconsin Judicare @ **715-842-1681** and ask to speak with Kendra about the "Wills Caravan"



Red Cliff THPO Offers Video Workshop Get Paid to Interview or be Interviewed!

WORKSHOP

VIDEO RECORDING, INTERVIEWING, EDITING March 13-14 BAYFIELD SCHOOL TECHNOLOGY ROOM TEK TRADITIONAL EQUILOGICAL KNOWLEDGE



RED CLIFF TRIBAL HISTORIC PRESERVATION OFFICE COORDINATORS: MARVIN DEFOE & EDWINA BUFFALO REYES



INSTRUCTORS: DAVID DOERING TECHNOLOGY AND ENGINEERING EDUCATION LORRAINE NORRGARD, PBS PRODUCER/INTERVIEWER ERIC IVERSON CAMERA CLUB TEACHER

THE GOAL OF THIS WORKSHOP WILL BE TO INSTRUCT PARTICIPANTS ON THE BASIC PRINCIPLES & METHODS OF VIDEO RECORDING, INTERVIEWING TECHNIQUES AND PROPER USAGE OF EQUIPMENT

UPON SUCCESSFULLY COMPLETING TRAINING, PARTICIPANT WILL BE ELIGIBLE TO CONDUCT INTERVIEWS WITH COMMUNITY INDIVIDUALS AND RECEIVE \$75 PER INTERVIEW. INTERVIEWEE WILL ALSO RECIVE \$75 OUR GOAL IS TO CONDUCT 50 INTERVIEWS



REGISTRATION OPEN TO ADULTS AND HIGH SCHOOL STUDENTS IF INTERESTED PLEASE CALL AND SIGN UP IF YOU HAVE QUESTIONS PLEASE CALL THPO OFFICE MARVIN DEFOE, EDWINA BUFFALO, OR SANDY GOKEE 715-779-3700

Help the Red Cliff Volunteer Fire Department



Red Cliff and Wellbriety: A Native Way of Healing

It has been shown that 12 Step programs, such as Alcoholics Anonymous (AA) are very effective at helping people get sober, and stay sober, through sharing and listening to others who have experienced addiction and are now in recovery.

Millions of people have been helped in this way. Sometimes, however, people are looking for a program that is closer to their personal culture and spirituality one that speaks a common language of understanding. This is how the Wellbriety Movement came to be. It was designed by and for Native American people who have a different historical experience and different way of understanding than those who developed the AA program.



While the 12 steps in Wellbriety are patterned after AA, they encompass many Native cultural

components, including: Medicine Wheel Teachings, the sacredness of the Circle, Traditional Values (such as humility, cooperation, group emphasis), Wisdom of the Elders, and the equal importance of healing the emotional, mental, physical and spiritual parts of ourselves and our families and communities.

Culture is a real source of strength to help people heal and the Wellbriety program was designed based on many conversations with Elders from many tribes. The 12 steps are placed in a circle in Wellbriety, and aligned with the Four Directions and the Natural Laws.

Wellbriety incorporates Native culture and spirituality but is open to anyone, regardless of their cultural heritage. Through discussion of the changes that occurred as a result of colonization, and the subsequent historical and inter generational trauma experienced by Native people, this program can create a better understanding between cultures and a new unity and supportive recovery community as a result.

The book used in Wellbriety is The Red Road to Wellbriety by White Bison, Inc. There are also other books available including a study guide and Meditations with Native American Elders -The Four Seasons by Don L. Coyhis. You can also find out more information online at https://whitebison.org and http://wellbriety.com

Th Noojimo'iwewin Center Wellbriety meetings are open to everyone each Wednesday evening at 6 PM. Please feel free to join us or call for more information: 715-779-3508

Video: Biboon Gabeshiwin Winter Camp

Red Cliff hosted Biboon Gabeshiwin Winter Camp on February 15-16, 2020 at Buffalo Bay Campground and the Red Cliff Library.

The Biboon Gabeshiwin planning team, along with the Tribal Historic Preservation Office, Family-Human Services BFI Program, Native Connections Program, Treaty Natural Resources, and GLIFWC, shared two full days of activities with the area families and children.

Some featured activities included a herring net demo, deer hide mitten making, wood splitting, beading, star legends, and so much more.

THPO Director Marvin Defoe said "."

Watch the video below to see some some highlights and photos from Red Cliff Vice Chairman Nathan Gordon. You can also find more photos on Gordon's Facebook page <u>HERE</u>.

Miigwech to so many people for helping during the weekend and for making Biboon Gabeshiwin Winter Camp a success, and miigwech to Vice Chair Gordon for the photos and video!

Keep an eye out for future THPO events like Snowshoe Making and a Spring Spearing Camp!



Native Connections Youth Advisory Group

Native youth (age 12-24) are invited to join on February 21st at 5:00 pm at the Mishomis Wellness Center to review Red Cliff's Community Readiness Assessment results and provide input on Red Cliff Native Connections Grant programming.

Food, beverages, and stipend provided!

Contact Mark or Shelley to sign up. 715-779-3741 ext 2409, 2405 mgokee@redcliffhealth.org smaday@redcliffhealth.org

Economic Development Summit

Save the Date



Sponsored by

















Chequamegon Bay Area Economic Development Summit

Thursday, April 23 • 9 a.m. – 3 p.m. Northern Great Lakes Visitors Center No cost to register • Lunch will be provided

You're invited to join us for a lively discussion of economic development in the Chequamegon Bay region.

Using the latest research and data specific to the Chequamegon Bay region, we will spend the day learning and discussing some of the pressing issues and opportunities faced by our communities.

Topics

Implications of a Changing Workforce • Regional Economic Overview • Housing • Survey of Area Employers • Economic Evolution & Entrepreneurship in the Chequamegon Bay Area

> Speakers Tessa Conroy, Ph.D. • Steven Deller, Ph.D. Matt Kures, M.S. • Kristin Runge, Ph.D.

Registration Website: https://tinyurl.com/ChequamegonSummit

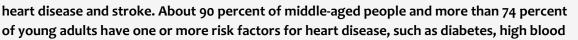


Health & Wellness

Improving Your Heart Health

Did you know heart disease is the leading cause of death in American Indian and Alaska Native (AI/AN) people?

February is Heart Health Month, and is the perfect time to commit to improving heart health, preventing



pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Here are some tips to inspire you to improve your heart health.

Connect with Others, it's good for your Heart!

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Eat heart healthy.

Diet can lower cholesterol and blood pressure and reduce damage to arteries. Eat more fruits and vegetables, decrease the amount of red meat, and choose foods that are low in salt (sodium).

Increase physical activity.

Start with small goals. Even 10 minutes a day can decrease the risk of developing problems. Involve a friend or family member to help stay motivated. Use the stairs and park further away from building entrances whenever possible.

How much is enough? Aim for at least 2½ hours of physical activity each week - that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Try 10 or 15 minutes a few times a day.

<u>Avoid commercial tobacco, the number one preventable risk factor for heart disease.</u> Never start smoking or using oral tobacco. Breathing people's smoke, called secondhand smoke, is dangerous. Thousands of adult *nonsmokers* die of stroke, heart disease, and lung cancer caused by secondhand smoke. If you already smoke or use oral tobacco, talk with your health care provider about ways you can quit. Talk with your children about the dangers of commercial tobacco.

Learning healthy ways to de-stress.

Physical activity, meditation and deep breathing help reduce stress and improve your heart's health.

Improve sleep.

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Remind family and friends to turn off the screen and stick to a regular bedtime. Instead of watching TV before bed, relax by listening to music or reading.

Lifestyle changes can seem overwhelming and frustrating at times. Remember, change doesn't happen overnight; patience, family, friends and perseverance are important. Take time to learn more about risk factors and prevention by talking with your health care provider at your next visit.

Reference: www.ihs.gov

Here's to your Heart Health!

Red Cliff Community Health Center 36745 Aiken Road Red Cliff, WI 54814 715-779-3707 www.redcliffhealth.org

Cancer Support Group

The Red Cliff Community Health Center is offering a monthly Cancer Support Group. The group will typically meet on the third Thursday of every month from 5-7 PM.

Have you been treated for cancer? Do you or a loved one have cancer? Are you a survivor? Do you want someone to listen, share, learn , or support?

You are welcome to join us at the Red Cliff Community Health Center.

Click <u>HERE</u> for the 2020 meeting dates and more information.



Nooji Center Newsletter & Calendar

The Noojimo'iwewin Center has released its February newsletter. Click <u>HERE</u> to read the newsletter and learn about services and events provided to you!

Click <u>HERE</u> to see the February calendar of events for the Noojimo'iwewin Center

Bear Grease Making Workshop

February 19 from 10 am - 2 pm @ Mishomis Wellness Center

Maria Nevala – GLITC VRNA Counselor will be teaching how to make Bear Grease and how it can be used for healing.

Each Participant will learn how to process Bear Grease.

There will be information on the VRNA Program & other programs available

All supplies & Lunch will be provided

To Register with Linda Dunbar call by February 14, 2020 779-3741 × 2403



Only 10 spots Available!

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

Click <u>HERE</u> to visit the Red Cliff Community Health Center website

Would You Like to Save a Life? Health Clinic Offers Free Training and NARCAN Doses

The Red Cliff Community Health Clinic is offering NARCAN training to the community that will prepare you to help save lives.

NARCAN can save lives. This training will teach you what NARCAN is, what an Opioid is, and signs of an overdose. You will learn how to administer NARCAN to someone in need, and what to do after administration of NARCAN.



The Clinic will offer training once a month on the third Wednesday of each month from 3:00 PM to 4:00 PM in the front conference room at the Clinic.

For more information, please contact Bryon Daley at 715-779-3707. Community members that attend the training will receive NARCAN to take with them.

Human & Family Services



THE RED CLIFF DIVISION OF FAMILY AND HUMAN SERVICES IS OFFERING

FREE SCHOOL SUPPLIES

Pick up school supplies for your young scholars! Free for all Red Cliff families!

Weekdays | 8 AM to 4:30 PM 88385 Pike Road, Red Cliff, WI 715-779-3706

Notebooks, pencils, pens, folders, erasers, 3x5 notecards, and USB drives!





Red Cliff Offers Fit Families Program



take steps to improve your family's health

Fit Families will identify health habits they want to improve for their child and/or family

Parents select 1 of 3 common health goals:

- 1 Make Every Bite Count... More Fruits and Vegetables!
- 2 Move More...Watch Less!
- 3 Make Every Sip Count... More Healthy Beverages!

- Your efforts to make health changes will be rewarded by incentives or prizes for your participation! Incentives will be given at enrollment, month 3, month 6, month 9, and month 12.
- A Fit Families Coach will provide monthly contacts by phone, email, or in person, to provide support as you make these lifestyle changes.
- · You will also receive monthly newsletters.

The Fit Families Program is for families with children between 2-4 years of age.

Enrolling now! Contact Mercie Gordon



fit families

water

This institution is an equal opportunity provider and employer. Printing of this poster was funded by USDA's Supplemental Nutrition Assistance Program —SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families Project.

Enrollment will begin towards the end of February.

Click <u>HERE</u> for more information on the Fit Families Program. Click <u>HERE</u> for information on the enrollment procedure.

> Your Fit Families Coach for Red Cliff is Mercie Gordon 88430 Pike Road Bayfield, WI 54814 715-779-3740 mercie.gordon@redcliff-nsn.gov

Zasagasowe-ididiwag Feb 21 & 22 Meeting and Gathering in a Traditional Way



Zasagasowe – ididiwag

Meeting and Gathering in a Traditional Way

Place:		Elderly Feeding Center 37645 New Housing Rd	
2	Date:	Friday February 21, 2020	
1	Time:	6-8 PM	

Grieving and Washing Ceremony

These teachings will be presented by Arnold Kingbird & Darrell Kingird

> *Eparamed by:* Red Cliff Indian Child Welfare Department Red Cliff Family/Human Services

Zasagasowe – ididiwag

Meeting and Gathering in a Traditional Way

Place: Ginanda Gikendaasomin "We Seek to Learn" Red Cliff Library 88455 Pike Rd

Date: Saturday February 22, 2020

Time:

1-3pm Storytelling 4-6pm Grieving and Wash Ceremony

Grieving and Washing Ceremony

Winaboozhoo Storytelling

These teachings will be presented by Darrell Kíngbírd & Donald Applebee & Arnold Kíngbírd

Spanned by: Red Cliff Indian Child Welfare & Family Services

Young Love Matters

The Red Cliff Family Violence Prevention Program brings the Native Nations Young Love Matters movement to Red Cliff.

On February 25th the middle school, high school, and Boys & Girls Club will present videos and workshops in tune with Teen Dating Violence Awareness.

The Native Nations Young Love Matters movement features Star Nayea, an Ojibway National Native Youth/Teen Prevention Advocate and Native Grammy Recording Artist.

Click <u>HERE</u> for more details.

Education

Northern Wisconsin Outdoor Scholarship Open to Youth and Adults

The spring 2020 round of applications for the Northern Wisconsin Outdoor Experiential Education Scholarship is now open.

This scholarship is designed to help youth (and adults!) of the Chequamegon Bay area participate in outdoor educational programs through programs like Outward Bound, Wilderness Inquiry or Northland College.



DULUTH SUPERIOR AREA COMMUNITY FOUNDATION

Apply by April 1st!

This scholarship pays up to \$1000 to Chequamegon Bay area residents.

Follow the link above to find out more or contact the Duluth Superior Area Community Foundation at 218-726-0232.

Click <u>HERE</u> for the flyer!

Ojibwe Phrase of the Week

Sandy Gokee, Anishinaabe Language and Cultural Coordinator for the Red Cliff Band of Lake Superior Chippewa, shares a message about managing sickness in the Ojibwe Phrase of the Week for February 17, 2020.

Click <u>HERE</u> 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



Bayfield School Winter Gala

Do you need a fun night out? Do you like good food and lively music? Come help our band students get to San Francisco! Please contact Mr. Borchers for more information. rborchers@bayfield.k12.wi.us or (715)779-3201 ext. 221 THE BAYFIELD HIGH SCHOOL BAND PRESENTS ITS



2020 Winter Gala \$\$\$

A FUNDRAISER FOR OUR TRIP TO SAN FRANCISCO IN MAY

DINNER WILL BE PROVIDED BY THE FAT RADISH THERE WILL ALSO BE MUSICAL PERFORMANCES FEATURING THE TALENTS OF THE BAYFIELD HIGH SCHOOL BAND LIZ WOODWORTH & THE LORDS OF BALTIMORE

TICKETS

IN ADVANCE -> \$45/COUPLE OR \$30/SINGLE AT THE DOOR -> \$50/COUPLE OR \$35/SINGLE

FEBRUARY 29TH, 2020

DOORS OPEN AT 5:00 P.M. DINNER'S SERVED AT 6:00 P.M.

AT THE BAYFIELD PAVILION

Click <u>HERE</u> to visit the School District of Bayfield website. Click <u>HERE</u> to view the Bayfield School bulletin.

Early Childhood Center





For further information, please call (715) 779-5030 and refer to: Jenn, Ext. 2561 OR Jamie, Ext. 2527

Boys and Girls Club of Gitchigami

Planet Fitness Scholarship



Planet Fitness Judgement Free Generation Scholarship

ATTENTION HIGH SCHOOL SENIORS

Planet Fitness is offering \$5,000 scholarships to thirty deserving teens who model the judgement free, pro-kindness, and anti-bullying values for which Planet Fitness and Boys & Girls Clubs of America collectively stand. Stop by or call the Boys & Girls Club of Gitchigami for more info! Paige Moilanen 715-779-3722



Youth of the Month: Quintin Bresette

By the Boys and Girls Club Staff

Quintin is 12 years old and goes to Bayfield School. His favorite sport is basketball, his favorite team is the Chicago Bulls.

Quintin's favorite color is red. His favorite movie is Uncle Drew, and he likes to play basketball during his free time.

We asked Quintin if he could go anywhere in the World where would it be? Quintin said Los Angeles California. We asked what his favorite food is, he said Pizza!

Quintin's best friend is Richard, and chickens are his favorite animal.

When Quintin grows up, he wants to play in the NBA.

Lastly, we asked Quintin what his two favorite things about the Boys & Girls Club are: 1) Basketball, 2) Food!



B&G February Calendar

The Boys & Girls Club have announced their calendar of events for February! Click <u>HERE</u> to see what activities they have going on this month.

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

GREAT FUTURES START HERE.



Gitchigami

Gichiayaa'aag - Elderly Services

Library Trip

Wednesday, February 19 9:00-10:30 AM

Corny Day Trip

Thursday, February 20 Leaving at 9:30 AM

Monthly Elders Meeting

Friday, February 21 Meeting at the Dining Center 10-11:30 AM

If interested in attending any of these events, please feel free to call Elderly Program a few days before scheduled event at 715-209-6892 or 715-779-3746

Click <u>HERE</u> for the entire Elderly Activity Menu for February

Elderly February Meal Menu

Click <u>HERE</u> for the Elderly Food Menu for February

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

Click <u>HERE</u> for the Elderly Nutrition Program Information.

Click <u>HERE</u> for the Gichiayaa'aag website.

Treaty Natural Resources

Styrofoam - What's the Deal?

By Linda Nguyen, Environmental Director

What do throw-away coffee cups, soup bowls, and trays all have in common? None of them can be recycled at the Red Cliff Transfer Station.

Some commercial mailing houses may accept packing peanuts, but for the most part, community recycling centers do not accept throwaway foam food containers.

Also, styrofoam does not decompose in the environment under normal circumstances. Much like



plastic, styrofoam is made from a polystyrene-based petroleum product that is not biodegradable. Plastic takes <u>hundreds of years</u> to decompose, and styrofoam takes much longer because it is a stronger form of plastic, while it can also release hazardous toxins into the environment.

When it is littered in the environment, turtles and fish can mistake it for food, and can lead to death.

How do we reduce styrofoam litter in the environment and landfills? Some cities like New York City, Seattle, Minneapolis, and San Francisco have banned styrofoam!

Here at Red Cliff, we can reduce styrofoam litter by reducing our usage of it. Some ways include:

-Take your own containers to restaurants for any leftovers.

-Hold off on purchasing single-use cups, plates and bowls. Instead, use reusable cups, plates, and bowls.

-Avoid using non-recyclable packaging for mailings

-If you have to use single-use, use plant based or compostable materials.

Some restaurants in the area, like Maggie's, uses these!

I challenge each and every one of you to help clean up and protect our natural resources!

Click <u>HERE</u> to view the Treaty Natural Resources Division Winter Newsletter!

Events

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20
		7 AM - 8 PM - WI Primary Voting Day 2-8 PM - AT&T Table Day @Legendary Waters	9-10:30 AM - Elderly Library Trip 10 AM - 2 PM - Bear Grease Making @Mishomis Wellness Center	9 AM - ECC Winter Gathering 9:30 AM - Elderly Corny Day Trip 10 AM - Narcotics Anonymous @Nooji Center
M		4:30 PM - Council Meeting @Legendary Waters 5 PM - Winter Feast Sobriety Potluck @Nooji Center 5-8 PM - B&G Activities	5-8 PM - B&G Activities @ B&G Club 6 PM - Wellbriety @Nooji Center 8 PM - Legendary Idol Karaoke @Legendary Waters	3-4 PM - Basics of Recovery @Nooji Center 3:30-8 PM - B&G Activities 4:30 PM - VFW Burger Night @Red Cliff VFW 5 PM - Cancer Support Group @Health Clinic
	FRIDAY 21	SATURDAY 22	SUNDAY 23	NOTES
	10-11:30 AM - Elders Meeting @Dining Center 4:30 PM - Movie Night @B&& Club 5 PM - Youth Advisory Group @Mishomis House 6 PM - Alcoholics Anonymous @Nogi Center	1 PM - Zasagasowe - ididiwag @Red Cliff Library 1-4 PM - Cookies & Cocoa @Nooji Center 1-8 PM - B&G Activities		
	6 PM - Zasagasowe - ididiwag @Elderly Feeding			

Nooji Calendar Elderly Calendar B&G calendar

Bayfield School Calendar

See Legendary Waters Section Below for Events

Legendary Waters Resort & Casino

Legendary Idol Audition: February 19



Annual Dart Tournament



Winners Brackst will be Best of 5 of Race to 3. Final coint to see who goes first. Loser of the coin flip chooses the game. Games will alternate between 501 and Cricket. In the event that there is a tie, the teams will flip a coin for the didde. Winner of the didde gets to choose whether they want to go first or which game they want to play. If the winner of the didde chooses the game, the loser of didde starts the game. If the winner of the didde chooses to go first, then the loser of the didde chooses the game to be played. Player entry fee will be 510 per player with 100% of that being given to pot to be distributed as price money. The teams that are in the Loser's Brackst will played. The last game in the team event of a tie will be the same as in the winner's bracket. Saget to share or conclustors bear has any LOSC

www.LegendaryWaters.com | (800) 226-8478 Toll Free | 3 Miles North of Bayfield on Highway 13

New Deals and Promotions



Click <u>HERE</u> to visit the Legendary Waters Resort and Casino website.

Business Spotlight: Rustic Makwa Den & Wolftrack Guides

Looking for a winter adventure off the beaten path? Rustic Makwa Den and Wolftrack Guides offer several breathtaking snowshoe and ice cave tours on Lake Superior's South Shore.

Owned and operated by Tribal Members Travis Barningham and Troy Gordon, along with tour guide Jon Michels, they offer amazing hidden places they've discovered over lifetimes of exploring the woods and waters of the Apostle Islands and Bayfield area.



With Barningham growing up in Red Cliff and Michels' 30+ years working as a geologist and natural resource specialist, they offer incredible knowledge and history of the landscape, while also ensuring a safe atmosphere for their tour guests.

"I believe our trips are shared experiences," said Michels. "I believe no matter how many times someone walks the same path, each journey can be seen with a new awareness. As a guide I hope to help you develop your own insight and awareness."

Barningham enjoys guiding in order to create an impact on clients' lives.

"When you leave, I hope you carry a strong memory of the beauty, peace, and spirit of this place," said Barningham. "As a Tribal Member, I can access areas unavailable to the general public."

With several tour options already available for booking on their websites, they are currently developing more tour options. You can explore deep, old growth forest and track wolves, otters, or pine marten, and experience panoramic views of Gitchi Gami and the Apostle Islands.

Rustic Makwa Den also transitions to kayak tours in the summertime.

Visit the Rustic Makwa Den and Wolftrack Guides websites to learn more and book an epic snowshoe ice cave tour at rusticmakwaden.com and wolftrackguides.com.

They are also on Facebook (Apostle Islands Rustic Makwa Den @RUSTICMAKWADEN and Wolftrack Guides Snowshoe Adventures @icecavesbayfield) and Instagram (rustic.makwa.den and Wolftrack.guides).

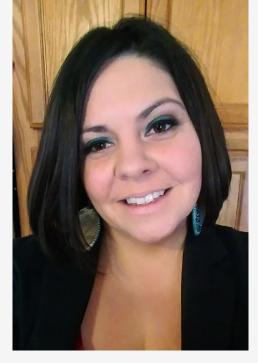
New Employee

Amanda Peterson, Doula and Home Visitor

Amanda Peterson-Teschner has recently joined our team here at the Red Cliff Community Health Clinic. She is our new Doula in the ZHV family partner program. She has attended births in the community and became Certified with D.O.N.A while pregnant with her 3rd child. She also holds a degree in Early Childhood Education and was a teacher at the Red Cliff ECC. Amanda also owned a certified in-home daycare in her past.

Amanda is a Red Cliff tribal member raised here on the shores of Lake Superior. She and her husband are now raising 5 children here as well. Culture and traditional values are important to her and her family.

She is excited to be here to support the families expecting, help with the ceremony of birth, and post-partum. As a doula Amanda will attend weekly visits with the mother, travel to where the family would like to birth, and resume post-partum care for the baby and baby's family. If you or someone you



know is interested in having extra support through their pregnancy and/or post-partum Amanda would love to join their birth team.

Amanda can be reached here at the Red Cliff Community Health Center.

(715)779-3707 ext. 2235

apeterson@redcliffhealth.com

February Birthdays

Be sure to wish these members a happy birthday this month! Click <u>HERE</u> to view the Tribal Member February Birthdays

News Across Indian Country

Bayfield County Wild Podcast

It may be cold in the winter, but that makes it nice for everything ice!



Join us to hear about ice fishing and the natural wonders of the Apostle Islands Ice Caves on this episode of Bayfield County Wild.

Available wherever you get your podcasts (iTunes, Spotify, etc.) or view the show notes and listen online at <u>www.travelbayfieldcounty.com/podcast</u>.

LCO Joins Other Tribes in Submitting Comments on Hemp Final Rule

By Joe Morey LCO News Editor

Lac Courte Oreilles joined multiple tribes who issued comments to the United States Department of Agriculture (USDA) regarding the Interim Final Rule for the 2018 Farm Bill and hemp production plans. The main concerns of the Tribes include testing requirements, disposal of hemp that exceeds THC levels and tribal sovereignty when dealing with USDA.



The Interim Final Rule requires that hemp crops which test higher than the acceptable level of tetrahydrocannabinol (THC) which is .3% be collected for destruction by an authorized person under the Controlled Substances Act, or a duly authorized officer.

The tribes objected to this rule with the Rosebud Sioux Tribe stating, "Only a western culture would create a rule whereby a valuable item must be destroyed in whole rather than simply using it for another equally useful and unoffensive purpose."

LCO Tribal Governing Board member Tweed Shuman told the USDA rather than destruction, tribes, as sovereign nations and primary regulators over hemp within tribal jurisdictions, should have the opportunity to dispose of these crops in other ways so long as they are used for non-consumptive and non-commercial purposes.

"Arguably, there is enough leeway in the language in the statute to allow for alternative methods of disposing of hemp plants that exceed the allowable THC level," Shuman said. "Hemp plants could still be 'disposed' of by being used for research or farm usage or through another remediation measure. In this way, plants will not be sold by a producer as hemp, and will not end up in a hemp product.

"Each time a producer is required to destroy a lot of crops, the producers loses out on the profits that would be made off of the sale of that lot. It seems logical that it would take some time for producers to be able to ensure continuity with hemp THC levels, so newer producers may suffer higher rates of hemp crop destruction. This has the potential for putting a producer out of business pretty quickly. Tribes, like LCO, who are just entering the industry likely will not have the financial backing to lose a majority of their crops in the first growing season and then continue on."

Shuman said with an alternative to destruction of the crops, there would be an opportunity to mitigate these losses.

"For example, hemp has the ability to withstand and accumulate the toxins from contaminated soils, leading it to be beneficial to brownfield cleanups," Shuman noted. "Additionally, universities may find it useful to study the cannabis plant regardless of THC level for research purposes. If remediation was an alternative to destruction, LCO and other producers may have the opportunity to sell non-conforming hemp crops for these nonconsumptive purposes and make back a small portion of the loss from not distributing the plants into the market."

The Interim Final Rule requires that laboratory testing for the THC level of hemp crops be conducted in a laboratory certified by the U.S. Drug Enforcement Administration (DEA). The rule requires crops to be certified below a 0.3% the THC threshold within 15 days of harvest and would require Tribes to quickly shuttle samples to federal labs which are located some distance away, for example, in Wisconsin, the nearest labs are two located in Milwaukee.

The Ute Mountain Tribe stated, "The idea of limiting a nationwide legal commercial industry to a few dozen already overburdened and backlogged DEA labs is baffling, represents a substantial chokepoint in hemp production, and frankly sets the stage for many hemp producers to fail under the proposed regulatory framework."

Shuman remarked in his comments, "The requirement to utilize DEA certified laboratories will result in a higher cost to LCO and other tribes. State producers have a larger availability of planting locations since they utilize fee lands within the state, comprising the majority of the state. There is a stronger likelihood that a DEA certified laboratory will be located near metro centers, like Milwaukee, and that state producers are located a shorter distance from these areas. In contrast, tribes are confined to the boundaries of the reservation under tribal plans, keeping the production location to remote areas. If tribes had the ability to utilize other laboratories that were not DEA certified for the testing of hemp crops, there would likely be more laboratories available and closer to rural areas like LCO's reservation. This would decrease the time and resources tribes would need to expend just to transport the hemp crops to a laboratory for testing.

Shuman also commented about LCO losing the 2019 growing season because, although the Farm Bill was passed in December of 2019, the Interim Final Rule was not published until October 31, 2019.

"While the USDA worked to ensure that tribes and states would have the opportunity to submit regulatory plans for approval in time for the 2020 planting season, the 2019 planting season was lost," Shuman said. "During this time, some states produced hemp outside of the USDA framework and licensed growers under state laws. Further, while many states took advantage of the opportunity to produce hemp under the authorities of the 2014 Farm Bill, tribes did not have the same autonomous opportunity. To participate in the production of hemp under the 2014 Farm Bill, tribes had to partner with a state institution of higher education or department of agriculture in order to be eligible. These nuances in the law led to tribes essentially being left behind in the hemp industry and now seek to enter the hemp industry on unequal footing. Many tribes, like LCO, have yet to begin the production of hemp as we follow the protocols laid out in the 2018 Farm Bill and the regulations and guidance produced by the USDA."

Regarding sovereignty, Shuman stated, "While the USDA works to advance a final rule to replace the Interim Final Rule, it is important to remember that tribes are sovereign nations and should not be left behind or disadvantaged in a federally implemented economic development opportunity. This is especially important because of the unique relationship between tribes and the federal government whereby the federal government owes a trust responsibility to Indian tribes. This relationship dates back to the start of this country, is recognized through the U.S. Constitution and decades of Supreme Court precedent, and grounded in the premise that tribes are sovereign bodies and domestic dependent nations under the trust of the federal government. Thus, the federal government, through its agencies, should work to ensure that opportunities are provided for tribes, and that tribes are not left behind."

Shuman added further consultation is necessary to ensure there is adequate time to collect feedback from the Tribes as the hemp regulations are important to shaping the outcome of the USDA's hemp production program and will clearly have an effect on tribal producers.

"In summary, we respectfully ask the USDA to consider the unique attributes of tribal sovereignty when finalizing the Industrial Hemp Interim Final Rule. If tribes are really to take on the primary regulatory authority of hemp production on the reservation, there should be flexibility within the hemp provisions to allow tribes to truly exercise this authority and end up on even footing with states in the production of hemp," Shuman concluded.

Menominee Tribe Swears in New Legislature: Joan Delabreau Voted as Chairwoman

(Menominee Indian Reservation, WI) – The newly elected members of the Menominee Tribal Legislature, the governing body of the Menominee Nation, were sworn into office on Sunday, February 9, 2020 during the Annual Swearing in and Organizational meeting, and Joan Delabreau was voted in as Chairwoman of the Menominee Tribe.

With a January election, voters chose Ronald Corn Sr., Gena Kakkak, and Ron Waukau Sr. to fill three tribal legislator seats. The oath of office was administered to the newly elected officials. They join the current members of the Menominee Tribal Legislature: Gary Besaw, Douglas Cox, Joan Delabreau, Pershing Frechette, Gunnar Peters, and Myrna Warrington. Corn returns as an incumbent member of the 9 member governing body, and Kakkak and Waukau will serve their first term on the Tribal Legislature.

The Menominee Tribal Legislature is organized to include a Chairperson, Vice-Chairperson, and a Secretary. In accordance with the Tribe's Constitution, the Tribal Legislature voted in new officers. Joan Delabreau as Chairperson, Douglas Cox as Vice Chairperson, and Pershing Frechette as Secretary.

Delabreau will serve as Tribal Chairperson for the next year. She has previously served as Tribal Chairperson and most recently as Vice Chairperson. She has been serving on the Tribal Legislature for the past 8 years, and served previous terms on the Tribal Legislature.

Menominee Tribal Legislature members serve three year terms. Every year, three are up for re-election. Tribal Legislature Offices of Chairperson, Vice Chairperson, and Secretary are selected every year at the February 9 Swearing In and Organizational Meeting.

Native Report

With Rita Aspinwall & Ernie Stevens

On this edition of Native Report: We visit a coffeeshop developed by a group of Elders in Northern Wisconsin.

We meet Richard Smith and his sister Bertha Christensen, both of whom served in the military during World War II.

And we interview actor Gary Farmer. We also learn something new about healthy living 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 <u>HERE</u> to visit the Native Report website.

