



Nashauonk Mittark™



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November 2015

DRUM BEAT

IN THE NEWS

DEPARTMENTS

COMMUNITY

Chairman's Column



Dear Tribal Family,

"Nobody on this earth is just here for no reason. Everybody's been put here to do something with your life ... We don't know when our time is going to be up. So don't waste your time not doing what you were born for."

Those are the inspiring words of Indian Country leader Gary Davis - aka Light Foot. He shared that bit of insight with those who attended Rumble on the Rez. They are words that resonate deeply with me as our Tribe is ready to rumble with the disease of addiction, which has touched all of our lives - in one way or another.

Rumble on the Rez featured great fun and exciting entertainment - from boxing to motorcycle stunts. The proceeds from the event, however, will help fund something that's not fun or entertaining. I'm talking about the funding necessary to sustain the various programs and services we have established to combat this scourge of addiction on our community.

I'd like to thank Stanley Dutra and my wife Councilwoman Cheryl Frye-Cromwell for bringing this wonderful event to our tribal community.

It was a powerful, positive event - the most important part of which was the presentation of the 360 Award, given to a member of our community who has been sober for at least one year.

The 360 Award represents the goal of many of our tribal health initiatives. That's why last month we held our 7th Annual Tribal Health Fair that brought together a wide range of health care organizations from Cape Cod and Boston to share health and wellness

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Rumble on the Rez: A Powerful Message

A full house enjoyed an action packed evening with a powerful message of hope and recovery during the annual Rumble on the Rez held at the Mashpee Wampanoag Tribe Community and Government Center on Saturday, October 10. The event, hosted by the Mashpee Wampanoag Tribe and organized by event founder Stanley Dutra and Tribal Council Member Cheryl Frye-Cromwell delivered on it's promise to raise awareness of substance abuse in our community with entertainers and speakers, including former WBU light welterweight champion Micky Ward and Gary "Litefoot" Davis.

Between boxing bouts Gary "Litefoot" spoke to the crowd about the disease of addiction and power of positive thinking. "If you want it bad enough you can overcome it," said Gary "Litefoot." "We need to start thinking about where we are going and not where we are at. We can make the change, but you need to believe in yourself."

Gary "Litefoot" is the president and CEO of the National Center for American Indian Enterprise Development and a rap artist that has toured internationally and released 11 award-winning albums.

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Finding Strength in a Community

If you talk with Tribal Action Plan (TAP) Coordinator Hope Shwom you'll hear a lot about how getting the community engaged is integral to finding a better way to treat the tribal citizens and their families that are struggling with the disease of addiction. Without question the Tribe has devoted a significant amount of resources towards substance abuse treatment and prevention, but linking those resources to individuals and making the programs approachable and in line with individual needs is another story. It's a main reason Hope along with

the Tribal Coordinating Committee (TCC) and Council Member Cheryl Frye-Cromwell organized a two-day Community Wellness Input Session to directly engage, listen to and discuss the issues of substance abuse with members of the community.

"The disease of addiction is being labeled the 'quiet epidemic,' even though it impacts individuals from every socio-economic background and family line," said Cheryl. "When I sat down with the TCC and TAP we knew we wanted to develop a more holistic approach to the issue and to do

(Continued on page 4)

Events Calendar

New Events

November 7 - 5:00 p.m. to 7:00 p.m.
Indigenous' Peoples Candlelight Vigil,
MWTCGC

November 8 - 2:00 p.m. to 4:00 p.m.
General Body Meeting, MWTCGC

November 12 - 5:00 p.m.
"Our Story" Exhibit Opening Reception,
MWTCGC

November 21 - 11:00 a.m.
Native American Thanks Giving, *Old
Indian Meeting House*

November 28 - 4:00 p.m. to 9:00 p.m.
Annual Potluck Social, MWTCGC

December 5
Elders Christmas Party, MWTCGC

December 19 - 9:00 a.m. to 11:00 a.m.
Children's Christmas Party, MWTCGC
(Trip to Edaville Railroad will follow)

Weekly Events

Mondays - 5:30 p.m. to 7:30 p.m.
Youth Boys Basketball, MWTCGC

Tuesdays - 11:30 a.m. to 1:30 p.m.
Elders Lunch & Learn, MWTCGC

Tuesdays - 5:30 p.m.
Enrollment Committee, MWTCGC

Tuesdays - 6:00 p.m. to 8:00 p.m.
Coed Volleyball, MWTCGC

**Wednesdays - 10:00 a.m. to 11:00 a.m.
& 5:30 p.m. to 6:30 p.m.**
Tribal Health Yoga with Virginia and
Kimma, MWTCGC

Thursdays - 11:30 a.m. to 1:30 p.m.
Elders Lunch & Learn, MWTCGC

Fridays - 5:30 p.m. to 6:30 p.m.
Tribal Health Zumba with Shirley,
MWTCGC

Sundays - 10:00 a.m. to 11:00 a.m.
Tribal Health Zumba with Shirley,
MWTCGC

Monthly - 6:00 p.m.
Housing Commission, MWTCGC,
It is held on the third Monday of each month.

Monthly - 6:00 p.m.
Chief's Circle, *Old Indian Meeting House*
It is held the first Tuesday of the month.

Monthly - 5:30 p.m.
Public Safety Commission, MWTCGC,
It is held the third Thursday of the month.

Youth Get a Feel for Law School at Suffolk University

On Saturday, September 26, 2015, Scott Shepherd, Javier Guzman, Brandon Moorison, Anna Hendricks and Kobi Howerton left the tribal building at 9:15 a.m. to head to Suffolk University Law School in Boston to attend a panel discussion to introduce our Native American Youth to the prospect of studying law as a career.

Upon their arrival at 10:50 a.m., the students were led into the foyer of the Suffolk Law School to sign in and get the necessary documents for the presentation. After a brief introduction from the panel, the group watched an interesting and thought-provoking video, "Indian Lawyers: Translators of two worlds."

The tribal panel consisted of four Native Youth Law Students Elizabeth Coronado, Chukchansi Indian from California; Elizabeth Reese, Pueblo of Nambe, Ester Labrado; North Fork Rancheria Mono Indian from California Matthew Gonnella; Onondaga Nation and Suffolk Law Professors Lorie Graham and Nicole Friederichs. The panel discussion gave our students insight into the life of a law student, the challenges and successes.

During the lunch break, members of the panel sat with the youth to further discuss and make connections of interest.

The seminar continued with a mini law class where the group examined two law cases; Worcester v. Georgia and Navajo Nation v. United States Forest Service. The students were exposed to an authentic law class experience, which bolstered their interest.

The session ended with the discussion of the admissions process and preparing for the LSAT exam. This truly was a wonderful seminar which inspired and offered our tribal students an insight into the career of law. Younger students shared that they enjoyed the format because every stage of law school student life was represented on the panel. They felt they got a good idea of what pressures there are on first year law students and what the excitement is like for advanced students. Thank you to undergraduate student Brandon Moorison, and ninth graders, Anna Hendricks and Kobi Howerton for attending and Javier Guzman for your assistance.

Youth Council Elect New Officers and Representatives for 2015-2016

The Mashpee Wampanoag Youth Council held its officer elections during the September 29 meeting at the Mashpee Wampanoag Tribe Community and Government Center. At the meeting tribal youth elected Ciara Jackson as Chairwoman; Autumn Jackson as Vice Chairwoman; Abigail Peters as Co-Secretary; Alyssa Harris as Co-Secretary; and Kobi Howerton as Treasurer. In addition, Chenoa Peters and Scotty Reels were elected as the female and male representatives for the Mashpee Wampanoag Youth Council.

The Mashpee Wampanoag Youth Council meetings are open to all Mashpee Wampanoag youth between the ages of 13 and 20 years old. In order to become a member of

the Youth Council, youth need to attend 3 consecutive meetings and then be approved by seated Youth Council members.

Congratulations to the newly elected officers and to all of our youth that participated in the process.



Do You Have News to Share in the Mittark?

Do you have Tribal news to share? We want to hear from you. All Tribal Members are encouraged to submit news to be included in the Nashauonk Mittark. Please contact Trish Keliinui at trish.keliinui@mwtribe.com.

NRD Save Species from Endangered List

On Thanks to the diligent work of the Natural Resources Department (NRD) of the Mashpee Wampanoag Tribe, the New England Cottontail rabbit will not have to be placed on the endangered species list. The NRD has been very active in the protection of habitat for the only indigenous rabbit to New England, the New England Cottontail. Due to the efforts of NRD and those of the department's partners on September 11, 2015 the New England cottontail was officially delisted as a candidate species. Over the past century the rabbit's habitat has been greatly

reduced due to construction and development.

The efforts to bring the New England Cottontail population back and restore its young forest habitat involved an unprecedented six-state partnership and the tribe's NRD. To celebrate this occasion, the NRD was invited to take part in a celebration on September 11 in New Hampshire along with Secretary of the Interior Sally Jewell, federal, state and local partners that have supported the efforts of our Tribe.



Left to right: Chuckie Green, (interim) NRD Director, Sally Jewell, Secretary of Interior, Tony Perry, NRD Field Assistant celebrating the New England Cottontail

Annual Social on November 28



On Saturday, November 28 the sounds of an intertribal social - complete with drumming, singing, round dancing and the hum of good conversation - mixed with the smell of home cooked dishes will fair the Mashpee Wampanoag Tribe Community and Government Center as the Tribe will be hosting its annual social. The social will be held from 4:00 p.m. to 9:00 p.m. in the gymnasium and is open to all tribal citizens, family, friends and neighboring tribes. If you are interested in a vendor table, drumming or would like more information about the social, please contact Tribal Council Member Cheryl Frye-Cromwell at cfrye-cromwell@mw-tribe.com or at (774)-238-0628.

Chairman's Column *(continued)*

best-practices with a focus on "stomping the substance." The health fair, of course, was infused with our culture and traditions, including drumming and dancing, which, I believe, can provide something that can redirect unhealthy habits into a life-affirming and empowering activity.

In fact, a holistic approach to health that includes Traditional Medicine is at the very heart of how our Health Services Unit has sought to integrate Traditional Healing into behavioral health treatment. Tribal Citizens seeking what some refer to as living the "Red Road" and others refer to as "Ceremony" can now be connected to a Traditional Healer, Medicine Man or Clan Mother to administer Traditional Healing practices through our Health Services Unit.

More good work is coming out of our Tribal Action Pan (TAP) Department, which co-hosted with the Tribal Coordinating Committee a two-day Community Wellness Input forum to discuss drug and alcohol abuse at the end of September. TAP, led by Department Coordinator Hope Shwom, is determined to improve the resources for substance abuse prevention and support. The whole idea was to use these input sessions to hear from Tribal Citizens as TAP de-

velops a comprehensive strategic plan.

All of these efforts are helping individuals in our community to eventually do "what you (they) born for," in the words of Light Foot.

But this only scratches the surface really. We are also cultivating young leaders to find solutions and advocate for change. That's why Little Miss Wampanoag Daycia Frye and Skyla Jones attended the 6th Annual Native Youth Health Summit in Washington, DC last month hosted by the National Indian Health Board.

At a separate Health and Human Services Region One meeting held in the nation's capital at the same time as the Youth Summit, our Tribe was well represented. Attendees included Councilwoman and Government Health Liaison Cheryl-Frye Cromwell, Vice Chairwoman Jessie "Little Doe" Baird, Secretary of Labor and Workforce Development Rachel Kaprielian, Federal/Tribal Liaison Paul Jacobson, Regional Manager for the Health Resource and Services Administration Kathryn Powers, and Child Welfare Specialist Nancy Pickett.

As you can see, there is a lot of good work going on in our community to meet not only the health needs of our Tribe,

but also, crucially, to provide mechanisms of support for those dealing with the disease of drug or alcohol addiction.

And the work continues the Tribal Coordinating Committee will be hosting a Candlelight Vigil on November 7 at the Community and Government Center to call further attention to the devastating impact substance abuse is having on our community and also to remember loved ones that have passed because drug addiction.

All of this work is vital if we, as Light Foot said, are going to live according to the wisdom that "nobody on this earth is just here for no reason. Everybody's been put here to do something with (our) life ... We don't know when our time is going to be up. So don't waste your time not doing what you were born for."

Let's all work individually and collectively together to do what we were born to do!

Kutâputunumuw,
Cedric Cromwell
Qaqemashq (Running Bear)

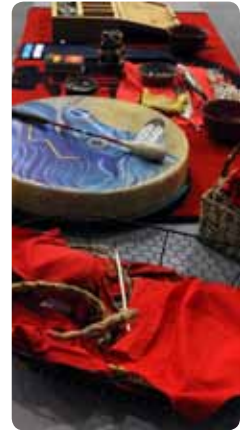
Community Input Session Finds Strength in Community *(continued)*

that we needed help from the community. We needed to hear what they needed, what the road blocks were and find opportunities to get individuals and families into treatment. I'm happy to say we accomplished those goals."

Hope along with the TCC were overwhelmed with the response and open communication that took place at the Community Wellness Input Session which was held on September 29th and September 30th with a strategic planning forum on September 31st. "We had a great response to the Input Session and the activities developed by the facilitators definitely got the community engaged and ready to share," said Hope. "It was important that everyone felt comfortable in the session so that we could all learn from each other. I think we all walked out after the second day with a new look on the disease of addiction and how we need to approach it."

The two-day Community Wellness Input Session was facilitated by the Substance Abuse and Mental Health Services and included culturally-based icebreakers and group discussions that went all the way from the creation of our people to current issues holding our community back and opportunities under the Tribal Law and Order Act (TLOA) and TAP. Participants in the session included representatives from Mashpee leadership, tribal citizens, tribal council members, Mashpee Wampanoag Tribe program staff and the Commonwealth of Massachusetts.

During the input session community members expressed hope that all future prevention efforts will be based on community strengths and use traditional healing modalities. The group found hope in the strength of the community; describing the tribal community as kind, organized, fair, objective, experienced, good listeners, good communicators, passionate, caring, artistic, visionary, outspoken, genuine, loyal, good intuition, reliable, creative, insightful, forgiving, happy, mediation, smart, wisdom, patient, prayer/spiritual, empathetic, vulnerable, resilient and dedicated.



The participants also found hope in the tribal community because it is healthy, rich in cultural knowledge, unity, peace, healthy family relations, vibrant youth, sober, self-sustaining, daily ceremony practice, traditional values, healing, strong use of "OUR" language, resolution of difference's, stop working against each other, honesty, healthy babies, healthy families, sustainable jobs, many social wellness gatherings, togetherness, oneness, successful, self-sufficient, happy, wellbriety, laughter and ceremonies.

The community shared many challenges incurred through historical traumas and recent current losses throughout the community. The themes of loss included loss of culture, self and identity, land, traditional customs, and loss of elders, family members, friendships, and values. The community discussed the impact of deaths by suicide, overdose of heroin, the impact of prescription drug abuse (opiate abuse).

The next step is to put these knowledge into an actionable plan...something the Tribal Coordinating committee has already started. The Tribal Action Plan will be a community wellness strategy with the following five strategic goals that will bring systemic changes to the Tribe to address alcohol and substance abuse issues. These specific five goals came directly from the two day input

session. The Tribal Coordinating Committee that oversees the Tribal Action Plan is diligently working on finishing the logic model to identify the strategies for the Tribe to accomplish these hefty community goals.

Goals:

1. Ongoing wellness & healing for all tribal citizens
2. Expand Youth and Families Prevention and Intervention services
3. Economic development for prevention and wellness for all phases of life development
4. Strengthen Tribal Education
5. Development of affordable housing, home ownership assistance and the development of "wellness starts in the home" initiative

Once completed the Tribal Action Plan will be brought to Tribal Council for a vote and if passed will then be submitted to the Office on Indian Alcohol and Substance Abuse where it will enact the Federal government to assist in helping the Tribe accomplish their TAP through technical assistance and grant funding opportunities.

For more information about TAP, the TCC or substance abuse programs, please contact Tribal Action Plan Coordinator Hope Shwom at (508) 477-0208 x121 or at hshwom@mwtribe.com.



Candlelight Vigil on November 7



On Saturday, November 7, tribal citizens, members of the surrounding communities and neighboring tribes will join the Mashpee Wampanoag Tribe and the Tribal Coordinating Committee for the Indigenous Peoples' Candlelight Vigil in memory of Native Americans that have lost the fight to and those suffering from the disease of addiction. The Indigenous Peoples' Candlelight Vigil will be held at the Community and Government Center on Great Neck Road South in Mashpee from 5:00 p.m. to 7:00 p.m. with time for reflection, prayer and discussion. All are welcome to attend and place a candle for any indigenous person they knew that lost their life to addiction.

Vice Chairwoman of the Mashpee Wampanoag Tribal Council Jessie "Little Doe" Baird hopes this event can raise awareness of the disease. "Too many families have and continue to be effected by this epidemic," said Jessie. "We're striving to bring light to the issue and open the doors to recovery by eliminating the prejudice that has followed the disease of addiction; a disease that shows no prejudice to any walk of life or background. With the removal of shame comes the hope for survival and we have a lot of hope for everyone in our community."

It's the hope of Vice Chairwoman Baird along with the Tribal Coordinating Committee and the Tribal Action Plan Department that have organized the event to remember the lives of those that have passed on and open the doors to recovery for those currently struggling. Ultimately, by eliminating the prejudice around the disease, the tragic loss of life from drug and alcohol related deaths will diminish. The memory of our children, our relatives and our friends, who have passed, will live on in our hearts, forever honored and memorialized.

Please join your community for this powerful candlelight vigil on November 7...together we can make a difference. A second candlelight vigil in partnership with Recovering Champions to memorialize all people (native and non native) that have lost their life to addiction will be held in the spring.

"Our" Story to be on Display at Community and Government Center



"Our" Story: 400 Years of Wampanoag History debuted last year with Captured 1614, a traveling exhibit telling the true story of 27 Wampanoag men kidnapped to be sold as slaves four centuries ago. On Thursday, November 12 the next theme of "Our" Story, Messenger Runner, will be unveiled in the lobby of the Mashpee Wampanoag Tribe Community and Government Center. A reception will be held on the 12th at 5:00 p.m.

The new graphic panels and video will be added to the existing multi-media exhibit that has been a popular display in various locations throughout southeastern New England since last November.

The new theme will feature a map of Wampanoag territory in the 17th century as well as a life size messenger image. A short

video of the messenger, portrayed by Mashpee Wampanoag tribal member Attaquin Weeden will also be part of the exhibit and based on previews is certain to be a viral sensation.

"Our" Story will remain on display at the community and government center through January 8, 2016. The exhibit funded by Plymouth 400 Inc. features Wampanoag performers and is researched, written and produced under the direction of Wampanoag producers, SmokeSignals, with complete editorial control over images and written content.

Plymouth 400 is committed to funding new themes each year in November through the 2020 to assure the Wampanoag voice is not overlooked as the nation observes a commemoration of the 400th anniversary of the arrival of the Mayflower.

Native American Thanks Giving on November 21

Tribal citizens in regalia along with family and friends from the community will gather at the Old Indian Meeting House on Saturday, November 21 for the 6th Annual Native American Thanks Giving. The annual celebration will start at 11:00 a.m. with an opening ceremony and the Prayers of Thanks Giving. It's a wonderful event to bring the community together and to take a moment and reflect on how far we have come and all that we have to be thankful for.

The celebration is open to all tribal citizens, family and friends - the Old Indian Meeting House Committee will be opening the doors to anybody that would like to share. Following the ceremony at the Old Indian Meeting House there will be reception with native food and native crafts at the Mashpee Wampanoag Tribe Community

and Government Center.

The annual celebration is organized and hosted by the Old Indian Meeting House Committee. Please join the committee on November 21 as we gather together to give thanks.



Update from the Elders Department

This year has been extremely busy for our Elders as they attended many events and programs. The Elders attended the press conference in Taunton announcing that we had land-in-trust. The department also celebrated their 4th Award Ceremony, took 53 elders out to brunch at the Coonamessett Inn, and hosted a Mother's Day lunch with over 100 in attendance.

The Elders Department is also here to help when an elder is in need. So far this year, the department has serviced 67 elders in need in areas ranging from hardships, transportation, basic needs, advocating, and assistance finding outside help in areas that we could not assist with.

We had a basketball fundraiser in March to help cover some of our expenses and are currently working on several other fundraisers.

We are working on several events and programs. Please watch your mail for more information. We are trying to complete many of these events/programs before the end of the year, but some may not occur until next spring. Some of these upcoming events will include:

- » Tax Preparations
- » Classes on Preparing a Will, and Probate
- » Counseling on Loss (Grief Counseling)
- » The types of help out there when faced with loss or medical news
- » Elder Abuse - the signs, definitions, who to turn to, and what happens when

reported

- » Game nights/days
- » Classes on beading and regalia making (help with making your regalia)
- » Dinner and a Movie days and nights at the Community Center
- » Family night - Social night
- » Exchange days with other elders from other Tribes (Elders Day)
- » Winter Preparation - invite E-Prep and Roads and Reservation to talk about what we need to prepare ourselves for winter and who will qualify for plowing and shoveling.
- » Housing programs - Reverse Mortgage Program, Foreclosures, and Rehab options for those that do and do not qualify under our Housing Department.



Elders Celebrate at Awards Ceremony



The Elders Department hosted the 4th annual Award Ceremony on Saturday, September 26, to celebrate and honor all of the group work our Elders are doing. 198 elders and invited guests came out for the event. Elders received nominations for six awards and this year's winners (in no particular order) were Pauline Peters, Wayne Jackson, Melinda Costa, Marcella Furey, Vickie Wakanabo, and Rita Gonsalves. The award winners and guests enjoyed a wonderful reception and clambake done cookout style and good entertainment (each award winner was allowed to bring four guests to the dinner).

As in past years, this event also gives us an opportunity to honor our elders that turn 90 with an Elders' blanket. We honored two wonderful elders that not only reached the beautiful age of 90, but also have served this community for almost all of their life with pride - Ellen Hendricks and Lawrence Frye, Sr.

Share a Recipe in the "Elders' Cookbook" and support a great fundraiser

We already know you are an amazing cook and everyone enjoys your special dishes, now consider passing your cooking legacy along to the next generation through the Elders' Cookbook. Help make the Elders Department cookbook a success and bring us your recipes. The cookbook is a fundraiser for the Elders Department and they need your support to keep producing the events and programs our elders deserve.

The elders are creating a cookbook and would like to have as many recipes, anecdotes, and home remedies as possible! If you would like to submit a recipe or note for the book, please stop by the Elders Department at the Community and Government Center to pick up a form. You may also call Joanne Frye at (508) 477-0208 for more information. We would like to collect all recipes by the middle of December so that we can

have this ready by the first of the year. If you would like to pre order the Elders' Cookbook, we will be taking orders for the book by the end of November.

Please help the elders reach their goal to create a 100-page recipe book with 200 recipes, anecdotes, and home remedies. Submissions can be your own, a family member's, a friend's, etc. We are also looking for some old Mashpee pictures of the town, Tribal Members, and events. ("Mashpee Will Shine" Cookbook)

Save the Date for 2 Holiday Events

Elders Christmas Party on December 5

The Elders Department will be hosting its annual Christmas Party on Saturday, December 5 at the Mashpee Wampanoag Tribe Community and Government Center. Please save the date and look out for additional information about the event in the mail.

Children's Christmas Party on December 19

The Elders Department will be sponsoring the Children's Christmas Party and are looking for donations towards the event, such as food & drinks, wrapping supplies, and volunteers. The event will be on December 19th from 9:00 a.m. to 11:00 a.m., and the Theme will be, "Breakfast with Santa and His Elves."

Food Pantry Update

The Food Pantry is in its second year on the ground floor of the Community and Government Center and by all measures these past two years have been a success! Even with all of our success we did have to make a change to our guidelines. We were informed that our CSBG grant, which covers almost the entire Food Pantry budget, mandates that our clients must meet income guidelines in order for service. You must now furnish one month's worth of income for all household members over 18 and fall below 60% of the state median income.

This additional step has not caused any major loss of clients and we've worked hard to help our clients with the new forms. About 90% of our prior clients still qualify under the new guidelines. These new guidelines should not make any major impact on the holiday Turkey and Ham giveaways this year. Pantry Clients will receive their turkey and regular monthly foods. Other Tribal Members will be given the Turkey only, which will come from donated funds. Turkeys will be distributed around the week of the 16th to the 20th of November. Watch you mail for more info!

Holiday Turkeys at Food Pantry November 16 to November 20

To help families supplement the rising cost of turkey and other poultry this holiday season, the Food Pantry at the Mashpee Wampanoag Tribe will be distributing turkeys starting Monday, November 16 and continuing to Friday, November 20. According to the U.S. Department of Agriculture, there is a shortage of turkeys and chickens this year due to the bird flu. The report says the price of turkey is expected to jump 19% from last year. The Food Pantry is aware of the rising cost of grocery bills and continuing to work hard to ensure our tribal citizens do not go without this holiday season.



Elders Trip to Wildwoods, NJ includes 50's Weekend

The Elders Department organized a trip for 53 elders to Wildwoods, NJ, and they had a great time! The group attended a 50's Record Hop that had a live band playing for the dance. Some of our elders dressed in the 50's style outfits! Saturday they attended the 50's Street Fair where there was a live band, vendors, antique car show, and you could take a stroll on the boardwalk. On Saturday evening, everyone went to Atlantic City (no big winners - LOL). Sunday, we had breakfast at the Doo Wop Diner on the Boardwalk before heading home.



News and Updates from the Emergency Preparedness Department

The Mashpee Wampanoag Tribe Emergency Preparedness (E-Prep) are looking for volunteers to assist our Tribal Community when needed in the event of an Emergency. There will be ongoing training provided to each Community Emergency Response Team (CERT) member. With winter right around the corner and the threat of severe storms still looming, we are looking for the CERT volunteers to begin attending some upcoming meetings and trainings to ensure readiness. If you would like any information on how you could become a MWT CERT volunteer please contact: AnnMarie.Askew@mwtribe.com or at (774) 836-2952.

In addition, Through the efforts of MWT E-Prep, Nelson Andrews Jr and Ann Marie Askew, the Tribal Emergency Response Task Force (TERTF) was approved by The Tribal Council. The TERTF is composed of members from each Tribal Department to ensure readiness in the event of a disaster. Mashpee Wampanoag Tribe Specific depart-

ments are required in order to coordinate and prepare with each other.

"Our main focus is to keep in line with the Tribe's over arching goal, which is to protect tribal people, property, staff and visitors, and resources from harm and reduce damages in the event of a human-caused or natural disaster."

On another front, the department is in collaboration with the Commonwealth of Massachusetts have setup what is known as the Health and Homeland Alert Network (HHAN). This is an Alert and Notification system that will be utilized to notify the members of our Tribal Community of an Emergency and/or important updates based on a scale from Minor to Severe. This will come through as an email and/or phone call.

We are able to add up to (3) Email addresses and (3) phone numbers for each Tribal Member. We will be conducting the first TEST Alert Notifications this month.

Please provide your contact informa-

tion, name, email addresses and phone numbers to either: Nelson.Andrews@mwtribe.com or AnnMarie.Askew@mwtribe.com.



Emergency Prep. members Nelson Andrews Jr and Ann Marie Askew delivering supplies a few days before the track of Hurricane Joaquin shifted.



Emergency Prep sharing tips and information with the neighboring communities.



Improving Health and Human Services Care

As our Tribe expands health and human services programs, Tribal Administrator David ThunderEagle along with Tribal Council Members Cheryl Frye-Cromwell and Yvonne Avant are leading an effort to integrate existing services into a system that will more efficiently and effectively deliver care.

Beginning this month, everything from child care and emergency services to Indian Child Welfare and Tribal Health programs will be consolidated into a new Health and Human Services Department.

"It's a model of providing social services in the broadest sense through a case management system," David explained. "Case-management teams will be able to better direct clients to the services they need."

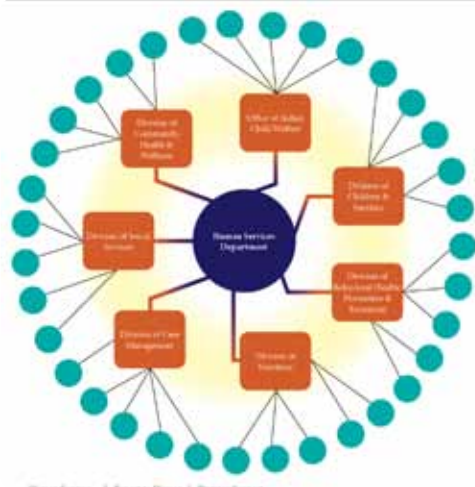
David said he was in the final stages of hiring a director to oversee the new department. And if the budget allows, he also hopes to hire four new case managers to deal specifically with child welfare cases, emergency services, and homelessness prevention, as well as a case manager who would be solely focused on overseeing substance abuse prevention efforts.

The goal, David said, was to "establish life-long changes and not just put Band-Aids on problems. It's moving from intervention to prevention. It's also a more focused

approach that can synchronize the delivery of services."

In addition to consolidating existing services into one department, even as those services expand, David said, tribal officials are in the process of looking for new space to house the various service providers under one roof.

That will likely require finding new office space in the town of Mashpee outside of the Community & Government Center, he said. However, he said, the location for offices of a Health and Human Services Department has yet to be selected.



Health Services to Visit New Bedford Office on December 16

Do you live in the New Bedford area and want to see a member of The Mashpee Wampanoag Health Service Unit? If yes, then you will be happy to know The Mashpee Wampanoag Health Service Unit will be at the New Bedford Office located at 1913 Purchase Street on Wednesday, December 16 from 10:00 a.m. to 2:00 p.m. Staff from various departments within the unit will be on hand providing dental screenings, flu shots, behavioral health services, blood pressure screenings and nutritional information sessions.

If you would like more information about this special visit to the Tribe's New Bedford Office or any of the services provided by The Mashpee Wampanoag Health Service Unit, please call the clinic at (508) 477-6967.

Wôpanâak Language Immersion School Plans to Open for Preschool

Thanks to some creative partnerships and community resource management out of the Wôpanâak Language Reclamation Project (WLRP), parents may have a new preschool to choose from next fall. WLRP in partnership with the Mashpee Wampanoag Tribe's Childcare Program and the Early Childhood Education Teacher Certification Program offered by the Montessori Academy for Teacher Training have developed a program that will allow the Wôpanâak language immersion school to open next year for preschool, followed by kindergarten in 2017.

While WLRP has been focusing on a state charter application, it has also moved forward with an independent plan to open a Montessori Immersion Preschool in the fall of 2016.

"This preschool ensures that we are faithful to our original mission and vision while providing the option of an excellent early childhood education in the language that can be funded via state and federal childcare vouchers. This allows affordability

and access for all," said Jessie Baird, WLRP's volunteer linguistic director and tribal council liaison to the Mashpee Wampanoag Language Department.

Two WLRP linguists-in-residence, Siobhan Brown and Tia Pocknett, are currently enrolled in the intensive certification program at the Montessori Academy of Cape Cod, with funding support from the Tribe's Childcare Program. This initiative, developed by Childcare Program Manager Marcy Hendricks and Montessori Academy Director Roseanne Amaru, enables WLRP to get back on track with plans to open a Wôpanâak language immersion school in 2016.

The school will initially open a new classroom for preschool Wampanoag tribal students, likely on-site at the existing Montessori Academy of Cape Cod in North Falmouth, which is a state-licensed daycare facility. Both Pocknett and Brown will be able to implement their required practicum hours as they complete Montessori teacher certification under the direction of Amaru. Ama-

ru's team presently serves approximately 20 preschool and Kindergarten students, so this partnership will enable Montessori Academy of Cape Cod to add approximately 14 new tribal preschool students, while also supporting the training of new Montessori instructors.

WLRP successfully completed a three-year language grant with the Administration for Native Americans on September 30th to prepare language teachers and lesson plans to open an immersion school in fall 2016.

For more information about the forthcoming Montessori immersion preschool and Kindergarten, contact Language Director Jennifer Weston at jweston@mw-tribe.com or at (508) 477-0208 ext.168 or visit wlrp.org

For information on Tribal Childcare Program vouchers please contact Marcy Hendricks at MaHendricks@mwtribe.com



OSHA Training Held for Community

An unlikely partnership between the Mashpee Wampanoag Tribe, a federally recognized tribe of roughly 2,000 citizens located on Cape Cod in Massachusetts, and the Eastern Tribal Technical Assistance Program at Michigan Technological University has resulted in a highly successful professional training program tailored to the needs of the community. The long distance relationship between the tribal nation and the university is helping citizens of the Tribe along with members of the surrounding community attend free training programs required for the growing construction field.

Most recently the two organizations worked together to host a two-day Occupational Safety and Health Administration (OSHA) training program on September 3 and 4 in Mashpee. The free, 10-hour training program focused on prevention of safety and health hazards in the workplace and provided information needed to identify and correct hazards they may encounter in a construction zone. Many employers and state contractors require construction workers to have completed the OSHA training program.

Yvonne Tobey, director of employment and training at the Mashpee Wampanoag

Tribe, is excited with the initial success of the program and potential for growth. "We're constantly taking a pulse of the current employment market and the career goals of the tribal citizens and then developing programs that meet those needs," said Yvonne. "We have a growing population of tribal citizens looking to either enter the construction field or needed recertification in OSHA training and because of that the training program was extremely well received and needed to keep them moving forward in their career path."

At the completion of the training program participants received a DOL-OSHA course completion card. And certainly just as important it helps to keep them safe at the workplace.

Amanda Kerttu from the Eastern Tribal Technical Assistance Program is now looking for opportunities to develop additional programs for the Tribe. "We we're very excited to hear the initial training program was such a huge success," said Amanda. "We're now working closely with Yvonne and her staff at the Tribe to schedule more training... and hopefully make the trip to Cape Cod to attend as well."

Fall Safety Tips from Housing

Fall is a wonderful time of year. The leaves are changing, the kids are back to school, there's football to watch, apples to pick, pumpkins to carve and the weather is especially pleasant-lower humidity and better sleeping temperatures. What's not to love?

But fall does have its share of hazards so here are some tips:

Safety Awareness:

Fall can often times bring with it rainy weather, and heavy rains can be a common occurrence. Floodwaters: never drive through floodwaters! All it takes is 6 inches of moving water to make you fall. And keep children and pets from playing in floodwater.

Fallen leaves can gather on roadways and when they become wet, they can create very slick conditions and cover important road markings. Children often play in leaf piles so be alert! Never drive through a pile of leaves.

Reduced Visibility, with the days getting shorter, can make driving in the fall a challenge. Many people walk along the side of the road at dusk and they can be difficult to see. School is also in session so kids are out playing. Morning tend to be foggy. Additionally, fall is a time when wildlife is more active and on the move so just slow down.

Preparedness:

Fire Safety. When we "fall back" is the time when everyone should replace the batteries in smoke alarms and carbon monoxide detectors. It's also a good idea to have a working fire extinguisher in the house.

Fireplaces. Hire a chimney sweep to clean out your chimney of debris, nests, etc. before your light your first fire.

Heating System Checkup. Be sure to change the air filter in your furnace and check its efficiency before the cold weather begins. Summer humidity will add bacteria, mold and mildew to your dusty household air filter. Wash the old filter and leave it to dry in the sun.

Clean Gutters. It is best to inspect and clean the gutters a few times during the fall, especially if there are many leafy trees around your house. If gutters remain clogged, water will spill over them and onto the ground next to the foundation which may cause damage to the roof and foundation. Gutters and downspouts should be kept clean and should direct water away from the foundation, as well as from walkways and driveways, so that they do not become slippery or icy.

Fall Weather safety Tips-Farmers' Almanac. Presented by: Brenda P. Fernandez, Housing Department Assistant.

Relationship Tips

- » Communication – practice face to face open communication with each-other – emotional bonds and security in a relationship is not based on social media, texting or emails.
- » Do not keep secrets from each-other - Secrets can quickly and easily destroy relationships.
- » Keep confidence - personal issues discussed between you and your partner should not be discussed with others.
- » Say what you mean and do what you say – keep your promises, this goes a long way in establishing trust.
- » Say you are sorry when your partner is wronged by you - Be sincere. Be accountable for your wrongdoing.
- » Demonstrate empathy – try to understand where the other person is coming from. Empathy helps in building an emotional bond which increases the trust level with each-other.
- » Practice forgiveness - let things go after discussing it with your partner.
- » Spend time and do things together – this fosters growth and trust in one's relationship.
- » Practice Integrity - keep in mind that it is not just how you are with your partner, but how you are with others. Your partner is observing you. Are you dishonest with others? If so, your partner may be thinking you will demonstrate the same behaviors with him/her.

For more information contact the Mashpee Wampanoag Health Service Unit - Behavioral Health (508) 477-6967 and schedule an appointment to speak with Clinical Therapists Nadine Phillips-Smart or PumukQien Collins

Open Seat on Enrollment Committee

The Enrollment Committee is seeking a dedicated tribal citizen interested in helping to oversee our enrollment process. Presently there is one seat open on the Enrollment Committee. If you are interested in serving on the committee, please send a letter of interest to Francie Dottin, executive administrative assistant to the chairman, at fdottin@mwtribe.com.

The Enrollment Committee and the Enrollment Department are committed to the scrutiny of our tribal roll and by all accounts hold our membership's information in the highest confidentiality.

Family Fun and Culture at Granny Squannit Day

The Mashpee Wampanoag Youth Programs Department along with the Mashpee Wampanoag Youth Council and Youth Council Liaison Robert Dias organized a special day of culture and family fun at the annual Granny Squannit Day on Saturday, October 24.

Tracy Kelley, director of youth programs, was happy to see the community come together for this event. "Our Youth Council did an amazing job managing this event. They managed the resources they had and tapped into the resources from other departments and local businesses to enhance this year's event. I'm proud of the way this group engaged other areas of the community to get them involved with the planning" said Tracy. "The Youth Council along with everyone involved were committed to throwing an amazing party for our kids and it shows in the results."

The Youth Council received a tremendous amount of support from parents who assisted with gathering supplies. In addition the event was supported by Greg Joseph from the Public Works Department who helped on his own time with picking up supplies, unloading pumpkins and driving the kids on a spooky hayride; Ciara Jackson, Mashpee Wampanoag Youth Council Chair, and members of the Youth Council provided food services; and lo-

cal pizza and sub shop Dino's donated pizza. In addition to the food, candy and hayrides the kids stayed busy decorating pumpkins, jumping around in the bouncy house, competing in potato sack races and a donut eating contest and showing off their costumes at the Halloween party.

After the sun went down the youth headed out for the annual Granny Squannit Walk. The youth - along with a few brave chaperones - made their way down the path to our ceremonial grounds avoiding a few spooky scarers that would pop out of the woods randomly. At the ceremonial grounds, the group was greeted by Granny Squannit - portrayed by Eleanor "Toodie" Coombs - who was sitting by a fire in a wetu. The youth all huddled around the fire and listened to traditional stories.

The legend of Granny Squannit has been passed down from generation to generation through stories that remind our youth the importance of behaving well and listening to their elders.

If you are interested in learning more about the Youth Council or about youth events, please contact Director of Youth Programs Tracy Kelley at tracy.kelley@mwtribe.com or at (508) 477-0208 x150.



7th Annual Tribal Health Fair: Stomping the Substance

The 7th Annual Tribal Health Fair was held on Saturday, October 17 at the Mashpee Wampanoag Tribe Community and Government Center. The annual event brought a wide range of health professionals and health care organizations from the region. In keeping with this year's them of "Stomping the Substance" representatives from the Herren Project were also in attendance to speak with visitors.

Chris Herren, retired basketball player, founded the Herren Project after overdosing from heroin in June of 2008. The organization now provides assistance in taking the first steps toward recovery and a

life of sobriety, educational programs and resources to increase awareness on the signs of addiction and bring hope for a better tomorrow.

In addition to the Herren Project, visitors were able to see representatives from Indian Health Services and Tribal Health Services to discuss the many services available right at the Community and Government Center.

Tribal Health Services, who organized the event, also folded in many traditional components to the fair with drumming, dancing and traditional food.



Humility (AHAHPÂÔK)

In this issue of the Mittark we will be focusing on Humility. Pat Wilson of the Little River Band of Ottawa Indians wrote a short article on humility and he has given us permission to print it for our tribal members. Most Indian Tribes hold humility in high regard and it has always been part of Indian culture especially for Leaders of Indian people who are held in high regard but lived as equals with their tribal family.

“Humility comes from knowing who you are, and not having to point it out to everyone. Because there will be no need for you to speak, for others will know and tell your story. In other words humility comes from being modest, respectful, and not putting yourself above anyone. Humility balances pride, arrogance, and self-importance. In the non-traditional world, humility is often used in the following words, meekness subservience, passiveness, and inferiority. Using humility in this way is a foreign concept to Indian people.”

ple.”

When I think of humility an image of my Great Great Grandmother comes to mind. When I was about 6 or 7 years old, my mother took us, me and my brothers and sisters to visit her. She was a tiny lady, and her two sons took care of her. Her first language was Anishinaabemowin, and in her best English and with a soft and gentle voice she told us a story about how an Eagle, someday soon will fly to the moon and land on it. This happened in 1962, or in '63. It wasn't until 1969 that, like so many Americans, we heard the words of Commander Neil Alden Armstrong saying the now famous words, “Houston, Tranquility Base here. The Eagle has landed.” She told us the story in such a way and we didn't question it. To this very day I am still humbled by her wisdom, in telling us that story.

In Peacemaking “Humility” comes to us in two ways. The first way we experience humility is by knowing that not all problems

or issues can be fixed. Second, as Peacemakers we guide the participant to understand being respectful and not putting themselves above others, is a step towards being humble. When the participant is being humble they are ready to hear the other person's side of the issue. This is yet another way to open the door towards healing and reaching an agreement.



Tribal Court Awarded 3 Grants

Tribal Court has been awarded three different grants this year. The first grant awarded was the Health & Human Services Tribal Court Improvement Program (HHS TCIP). This is a 3 year grant to assess and improve the court process of child welfare cases. The award was \$300,000.00. The overall goal for this project is to develop the capacity of the Mashpee Wampanoag Tribal Court's ability to effectively handle child custody proceedings (including foster care, guardianship and adoption), family preservation, family reunification, and which provides safeguards for the engagement of the entire family. To meet this goal, the Tribe has five objectives:

1. Assess the current integrated structure of the Tribal Court, Tribal Human Services Department, and the ICWA Department and other Mashpee Tribal services programs in relation to creating an effective system.
2. Research other tribal approaches and systems to managing and adjudicating child welfare cases and identify which aspects would best suit our customs, culture and needs;
3. Develop and implement an action plan based on assessment and research which ensures for children's safety, permanence and well-being;
4. Train judges and relevant staff on child welfare issues, systems, social services, etc., and

5. Hear and increase the number (over time) of child welfare cases docketed and adjudicated by the Tribal District Court.

The second grant awarded was the Department of Justice Coordinated Tribal Assistance Solicitation (DOJ CTAS). This is also a 3 year grant that will provide funding for development of laws to protect tribal members and tribal property. The award was \$290,078.00. The development of laws will allow Tribal Court to handle civil disputes within our own jurisdiction but with the creation of laws that are culturally appropriate, we can begin to use traditional judicial practices now and for our future generations. Part of our self-determination as a tribal community is the ability to govern our people, property, and lands rather than relying on the courts outside our community to handle these items.

The third grant awarded was the second year non-competitive Administration for Native Americans Social and Economic Development Strategies (ANA SEDS). This is a 1 year grant to fully develop the Peacemaker Court. The award was \$75,211.00 which includes a 20% match from the Tribe. The project goal is to fully develop and implement a Mashpee Wampanoag Tribal Peacemaking Court with a culturally-specific Peacemaking model to better serve the Mashpee Wampanoag people as a traditional alternative to dispute resolution with a pool of 12 Peacemakers.

Success Story from Housing Department



The Housing Department wants to extend their congratulations to another tribal member: James Rossignol on the purchase of his new home. Through his hard work and due diligence he was able to purchase this beautiful home for him and his girls. The proud father of four daughters is pictured in front of their new home they can call their own! What a great way to end the year and begin the school year for him and his girls! Hard work pays off!

Mashpee Housing Department Housing Hours:

- Monday: Walk-Ins 12:00 - 4:00
- Tuesday: Walk-Ins 9:00 - 12:00
- Wednesday: Appointments Only
- Thursday: Walk-Ins 9:00 - 12:00
- Friday: Appointments Only



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COMMUNITY



Rumble on the Rez

(continued)

In addition to Gary "Litefoot", entertainment included a full card of boxing matches, special guest appearances by Kevin McBride and Mickey Ward, performances by Saylna Rae and BMagic & Tani along with music from DJ Frye and Nelson Stunts Crew.

Event founder and organizer Stanley Dutra is pleased to spread the message of substance abuse and treatment. "I'm glad to bring this event back home and share the message of recovery and hope with my Tribe," said Stanley. "I created this event as a way to bring the discussion of substance abuse to the front and I think it's working. We bring boxers from all over the country - all native - and we're going to keep fighting to stop drug addiction."



Christmas Craft Fair to Benefit Alice May Lopez Memorial Fund

The Alice May Lopez Memorial Statue Fundraising Committee will be hosting the 2nd Annual Christmas Craft Fair on Saturday, December 12 from 10:00 a.m. to 3:00 p.m. at the Mashpee Wampanoag Tribe Community and Government Center. The annual event brings vendors together with holiday shoppers allowing people to find those special gifts you can only get from a local artist.

All vendors are welcome to attend and display items for sale. Vendor applications are due November 29 and may be picked up at the Community and Government Center front desk. You may also reserve your vendor space by sending notice to Carol Lopez at 139 Great Neck Road North, Mashpee, MA 02649.

The vendor fee is \$30 for an 8' table, \$60 for two 8' tables and \$75 for four 8' tables. The tables and chairs will be provided to all vendors, however, vendors will need to bring their own table cover.

All funds raised from the vendor fees will benefit the Alice May Lopez Statue Memorial Fund. The committee is raising \$100,000 to create a life-sized bronze statue in memorial of Alice May Lopez who passed away unexpectedly at the age of 49 in 2011. Alice was the founder and first director of the Mashpee Wampanoag Tribe's Housing Department.

