



# Nashauonk Mittark™



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September 2015

DRUM BEAT

IN THE NEWS

DEPARTMENTS

COMMUNITY

## Chairman's Column



Dear Tribal Family,

Can you feel it? I'm talking about the momentous energy emanating in and around our Community & Government Center in Mashpee - a force that we, as a Tribe, have harnessed and translated into an ample array of services, programs, and initiatives that will only increase exponentially once we get land-into-trust and establish a truly sovereign cultural and economic base.

When you take a step back and consider how far we've come in just a few short years, it's amazing what's being done for our people, by our people. This issue of the Mittark will give you a glimpse of what I see happening throughout the Tribe.

Last month, we hosted a Health and Human Services regional meeting that focused on ways to obtain funding, technical assistance and collaborative resources as we extend our reach to provide the support systems necessary for individual tribe members to live holistically healthy lives. And at the end of this month, we are hosting a Community Wellness Input Session that will help us plan for a healthier and happier community - free from the disease of drug and alcohol addiction.

Once again, Low Income Energy Assistance (LIHEAP) program applications will be accepted from October 1 through January 1 to help struggling tribe members pay utility bills through the harsh winter months.

We were also able to offer gainful employment to three tribe members with the hiring of Diane "DiDi" Johnson as a procurement officer, and Elsie Pocknett and Norman "Joey" Dias as maintenance specialists. Please

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## Summer Turtle Camp Explores Culture

The 2015 Wôpanâak Language Reclamation Project (WLRP) Summer Turtle Camp took all of the great pieces that were established in the five previous years the camp had run and found ways to enhance them and make the camp a greater experience for the 45 youth. The 6th Annual Summer Turtle Camp had cultural and language components integrated into all of the activities - and they did a lot - and tapped into resources from other tribal departments and community organizations including collaborating with the Youth Programs Department.

Vice Chairwoman of the Mashpee Wampanoag Tribe and Co-Founder of WLRP Jessie "Little Doe" Baird stopped by to enjoy clambake and capstone presentations from the

summer turtles on Friday, August 14 and felt this was by far the best Summer Turtle Camp. "This camp is a lot like the kids that have attended it year over year; it's learned from past experiences and found ways to improve each year," said Jessie. "We have an amazing staff that are now very comfortable with the curriculum and the culturally-based curriculum model. They've all been doing it for five years now and we're even seeing past students, like Zoe Harris, return now as a teacher. It's very rewarding to see this Camp thrive and grow."

During the capstone presentations held on the last day of camp the summer turtles showed off the many projects they completed over the course of the 3-week camp to their family. As family and friends browsed



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## Mobile Lab Visits Mashpee

On Thursday, August 13 the Environmental Protection Agency (EPA) New England Mobile Lab parked on the shore of Santuit Pond in Mashpee to provide a hands-on water quality program for Mashpee and Aquinnah Wampanoag, Narragansett and North American Indian Center of Boston students. The EPA and the Mashpee Wampanoag Tribe Natural Resources Department (NRD) cohosted the Environmental Practicum and provided the youth with a new perspective on our water resources.

Chuckie Green, assistant director

of Mashpee Wampanoag NRD and Dinalyn Spears, director of Narragansett Tribe NRD, welcomed the group that included the MWT



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## Events Calendar

### New Events

**September 13 – 2:00 p.m. to 4:00 p.m.**  
General Body Meeting, MWTCGC

**September 26 – 11:00 a.m.**  
Ancestors' Day, *Old Indian Meeting House*

**September 29 & 30 – 9:00 to 4:30 p.m.**  
Community Wellness Input Session, MWTCGC

**October 1**  
Rental Subsidy Lottery Opens

**October 1**  
LIHEAP Applications Open

**October 10 – 6:00 p.m.**  
Rumble on the Rez, MWTCGC

**October 17 – noon to 4:00 p.m.**  
Tribal Health Fair, MWTCGC

### 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 – 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

**Wednesdays – 5:30 p.m.**  
Enrollment Committee, MWTCGC

**Wednesdays – 5:30 p.m. to 6:30 p.m.**  
Tribal Health Zumba with Shirley, MWTCGC

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

**Thursdays – 6:30 p.m. to 7:30 p.m.**  
Women's Eastern Blanket Dance Class, MWTCGC. *For more info call Marita Scott at (774) 327-0533*

**Fridays – 5:30 p.m. to 6:30 p.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.*

## Jamaal Branch Inducted into Colgate University Hall of Fame

The 2015 Colgate University Hall of Fame class has been announced and includes tribal member Jamaal Branch. Jamaal won the 2003 Walter Payton Award as the nation's most outstanding player in Division 1-AA and was a consensus All-American selection.

"It's an honor to celebrate the 13 inductees who each have made a significant contribution to their teams, the athletic division and the university," said Colgate University Director of Athletics Victoria Chun. "These former coaches and student-athletes are truly best in class and we are excited to welcome them back to campus."

Jamaal, a tailback on the football team, was the 2003 Player of the Year in both the Patriot League and ECAC after rushing for 2,326 yards that season. He broke NCAA divisional records for carries, rushing touchdowns and 100-yard rushing games as the Colgate Raiders went 15-1 and advanced

to the national championship game. For his career, Jamaal stands second on Colgate's all-time rushing yardage list with 4,106 and he's third in points with 288.

An induction ceremony is set for September 19.



Jamaal with family members after receiving the Walter Payton Award in 2003

## Rumble on the Rez Set for October 10

**R**umble on the Rez, the popular boxing event and fundraiser for drug prevention, is returning on Saturday, October 10. The charity boxing event will be held at the Mashpee Wampanoag Tribe Community and Government Center and will start at 6:00 p.m. Tickets are \$15 and may be purchased in advance at the Mashpee Wampanoag Tribe Community and Government Center and at Rocky's Gym in Falmouth.

In addition to the boxing, Rumble on the Rez will have information on substance abuse and seeking help to battle the disease of addiction. There will also be a presentation of the 360 Award – an award given to a member of the community that has been sober for at least one year.

If you would like more information, would like to nominate somebody for the 360 Award or are interested in becoming a sponsor, please contact Stanley Dutra at (781) 217-1005 or Councilwoman Cheryl Frye-Cromwell at (774) 238-0628 or email [cfrye-cromwell@mwtribe.com](mailto:cfrye-cromwell@mwtribe.com). Additional information, in-

cluding the fight card will be posted online at [www.mashpeewampanoagtribe.com](http://www.mashpeewampanoagtribe.com) or [www.facebook.com/mwtribe](http://www.facebook.com/mwtribe).



## 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 Nashaonk Mittark. Please contact Melissa Hill at [mhill@mwtribe.com](mailto:mhill@mwtribe.com).

## Free Money Smart Workshop: Building a Tribal Economy

**O**n Sunday, August 30 and Monday, August 31 new and aspiring entrepreneurs from Mashpee and Aquinnah Wampanoag Tribes attended the free Native American Money Smart Workshop, gaining valuable tools for building a successful business. The two-day workshop was hosted by the Mashpee Wampanoag Tribe Employment and Training Department and facilitated by the Red Winds, a management-consulting firm contracted by SBA to run a series of small business workshops.

The Money Smart workshop provided curriculum developed jointly by the FDIC and SBA. The entrepreneurs tackled ten phases over the two days including the basics for organizing and managing a business. The workshop serves as a foundation for more advanced training and technical assistance – supporting these entrepreneurs as their businesses thrive and grow.

“We’ve now hosted several workshops for small businesses and entrepreneurs and it’s definitely been well received from

members of the community looking to build businesses and contribute to a vibrant tribal economy,” said Director of Employment and Training Yvonne Marie Tobey. “It’s amazing the native business opportunities these entrepreneurs are looking to establish. I’m so glad we are able to support them and encourage their dreams.”

In addition to the topics covered in the workshop, attendees were also given access to free webinars on small business subjects and a technical assistance program to help them build a strong business foundation. Red Wind also provides free follow-up technical assistance and is working with the Employment and Training Department to identify future workshop topics and dates.

The Employment and Training Department staff are dedicated to providing its clients with the tools they need to become self-sufficient and self-reliant through gainful employment. The department accomplishes this by partnering with the Cape and Islands Workforce investment board and the Career

Opportunities program. In addition, The department assists adults with obtaining basic skills instruction and GED preparation. For more information about the Employment and Training Department and its programs, please visit [www.mashpeewampanoagtribe.com](http://www.mashpeewampanoagtribe.com) or call the department at (508) 477-0208 x170.



## Save the Date for 7<sup>th</sup> Annual Tribal Health Fair



The date for the 7<sup>th</sup> Annual Tribal Health Fair has been set for Saturday, October 17 from 12:00 to 4:00 p.m. The annual event brings a wide range of health care organizations from Cape Cod and Boston to share Health and wellness prevention with our community. The Tribal Health Departments focus this year will be on substance abuse awareness. This will be a great opportunity to educate each other and our families on this epidemic that has affected most families both near and far. There will be great speakers, raffles and entertainment for the entire family.

The Tribal Health Fair is organized and hosted by the Tribal Health Services Department. You may also contact Tribal Health Support Services Coordinator Kimberly Frye at (508) 477-0208 x142 or [kfrye@mwtribe.com](mailto:kfrye@mwtribe.com) for more information about the event.

## Chairman’s Column *(continued)*

join me in welcoming them.

Yet, even as many of us may be focused on our efforts to develop a world-class destination resort casino in Taunton, we have not turned a blind eye to other non-gaming economic development matters, as is evident by our Employment and Training Department hosting a “Money Smart for Small Businesses” workshop at the end of August. The two-day program provided valuable insight into integral aspects of running tribal businesses and the various financial know-how tribal entrepreneurs need to turn their business dreams into a reality – from credit reporting and banking services to tax planning and risk management.

Neither have we overlooked the vital importance of supporting the educational aspirations of our youth. Last month we wrapped up our 5th annual Native Scholars summer program at UMass Amherst. Thanks to George “Chuckie” Green, several of our tribal youth interested in learning about the science of water quality had the unique opportunity to sample, and test the waters of Santuit Pond in a U.S. Environmental Protection Agency mobile lab!

Meanwhile, Turtle Camp opened the way for many of our children to participate in cultural and language-based activities over the course of the summer, culminating in our little campers planting seeds

in our Turtle Camp Garden, and enjoying a clambake on the last day of camp. It’s a life-altering camp experience, which was largely paid for with grant money, alleviating many parents from having to foot financially-draining camp fees associated with camps outside of our tribal community.

I believe this energy that sustains us is granted to us by our Creator through the lives of our ancestors, which is why I am asking anyone who reads this and is able to make it to come out and join us for our 6th Annual Ancestors’ Day.

It will be held at 11 am at the Old Indian Meetinghouse on September 26th. This annual day of remembrance, first organized by Stanley Dutra, is to celebrate and honor our family and friends who have passed into the Spirit World. Immediately following the service there will be a potluck. The Old Indian Meetinghouse Committee will have flower bulbs available to plant at the gravesites of our ancestors.

It will be a wonderful time for us to touch the land and plant the seeds of labor and love that will help carry us forward into the next generation.

Kutâputunumuw,

Cedric Cromwell  
Qaqemashq (*Running Bear*)

## Mobile Lab Educates Youth on Water Quality *(continued)*



Education Department and Mashpee students Dyani Bynum, Makhai Pells and Kendall Rose and Narragansett students Illeana Lamphere and Laurel Spears to Mashpee and provided a brief introduction on the local water quality issues. Shortly after the welcome the students were able to roll up their sleeves, head out on the boat and start gathering live samples from the pond. The students collected 21 samples from all over the pond.

After collecting the samples the youth brought them back to the EPA Mobile Lab and received a crash course in analyzing water samples. After analysis the students were able to conclude that the water quality was fairly healthy and safe for swimming. This was a significant improvement in the water quality over the previous year when the pond was closed to swimming. Additional nutrition samples were sent out for additional

analysis and are expected back sometime in September.

Chuckie Green attributes the improvement in the water quality to a study conducted by NRD and collaboration with the town. "NRD conducted a study and found that 78% of the algae that was negatively impacting the water quality was coming from sediment on the pond bottom," said Chuckie. "Prior to our study nobody understood where the problem stemmed from. Once we knew where the problem was coming from we were able to work with the town to get solar circulators installed that keep the water flowing and stop algae from blooming."

Santuit Pond is a shallow, 172-acre warm water pond with a maximum depth of 9 feet and an average depth of 5 feet. The bottom is predominantly sand overlain with muck, with some areas of gravel and rubble. The pond is groundwater fed and forms the headwaters of the Santuit River (also known



as Cotuit River). Aquatic vegetation is very abundant, although much of it is submerged. The 3.4 miles of shoreline are moderately developed with homes and cranberry bogs and generally steep and wooded.

The Mashpee Wampanoag Natural Resources Department oversees the development of a comprehensive plan to establish an illegal dumping prevention and monitoring program in the Mashpee Wildlife Refuge and on tribal lands. In addition, the department provides training and employment opportunities to tribal members in the environmental and natural resources field and is committed to continuing our role as stewards of our ancestral lands.

For more information about the MWT Natural Resources Department, please send an email to Assistant Director Chuckie Green at [cgreen@mwtribe.com](mailto:cgreen@mwtribe.com).



## Principles of Peacemaking: Love (WÂMÔS8ÔK)

The following article is about "Love" which is a key in the Peacemaking Process. Our friend Patrick Wilson who is a Peacemaker with the Little River Band of Ottawa Indians wrote a great article about "Love" and has given us permission to present it to our own Tribal Members. We hope this article will touch hearts and open them to one of the healing components of life.

Love, is one of the most complex emotions that we can experience. Young and old, male and female, we all at one time or another will experience the strongest feelings we can have. As soon as human beings could speak they have tried to explain love through poems, stories, and songs. They have tried to put the emotion of love into words; they even tried to capture love in pictures and movies. This way of expressing the emotion of love, pales by comparison to the actual love we feel for our mothers, the first time a mother holds her new born child, and the feeling of a new

interpersonal relationship. These are different ways of expressing love, each have their own set of norms. However each is just as intense as the other. As Anishinaabek, it is the love for all things that keeps us going and guides us to make the right ethical choices.

"Love: to know love is to know peace: Feel and give absolute kindness for all things around you. To love yourself is to live at peace with the creator and in harmony with all creation. Love is to feel and give complete kindness for all things around you. Love is based upon affection, respect, kindness, unselfish loyalty, devotion and concern. Love your brother and sister and share with them. Love cannot be demanded...it must be earned and given freely from the goodness of your heart."

In Peacemaking, love can speed up the healing process; it can bring the two participants together by bringing forward feelings of affection, respect, kindness, unselfish

loyalty, devotion and concern for one another. If you have love between the two parties, this is a good place to start. The Peacemakers can guide the participants to understand Love in a way that they are thinking about the good of everyone this will create an environment where an agreement can be reached.



## Tales of Cape Cod Seeking Tribal Committee Members

The Mashpee Wampanoag Tribe along with the Tales of Cape Cod in Barnstable is in need of three dedicated Tribal Members. We are formulating a Land Guardianship Committee, to care and oversee the Iyanough grave site on 6A Barnstable. The committee will be responsible for preparing and submitting recommendations to the Tales of Cape Cod, for its approval, at least once a year regarding plans for the guardianship, maintenance, preservation and use of the property. The property consists of seven acres along the Old Kings Highway which is considered the last campsite of our Great Chief of Cummaquid.

Any interested members please submit a brief letter of interest to Francie Dottin at 483 Great Neck Rd South, Mashpee Ma, 02649 or [fdottin@mwtribe.com](mailto:fdottin@mwtribe.com) as soon as possible.

## Tribe Hires New Procurement Officer

The Mashpee Wampanoag Tribe is pleased to announce Diane "DiDi" Johnson has been hired as the new Procurement Officer. Diane comes to our organization with over 25 years of retail and banking managerial experience. As a District Supervisor she led several new store openings in various locations across the East Coast. She brings both inventory management and vendor relations expertise, as well as several years working in the financial industry as a Branch Manager.

She is a long time resident of Mashpee; a graduate of Falmouth High School and has raised three children in our Mashpee community. Diane has been an active Powwow Committee member for several years and is excited to have the opportunity of full time employment working with our Tribal Family.

## Indian Museum Receives IMLS Grant

The Mashpee Wampanoag Indian Museum received a Native American/ Native Hawaiian Museum Services Award from the Institute of Museum and Library Services (IMLS). The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 35,000 museums. The IMLS Grant runs from August 2015 through October 2016 to conduct a tribal museum collections inventory audit and an assessment that will lead to the creation of a collection management system. A professional Collections Manager will be hired as a contractor to set up our cataloging system and train a tribal member.

The tribal trainee will learn each step of the process enacted throughout the grant period including digital photography of the collections. If there are any tribal members who are interested in being trained in Museum Collections Management please stay tuned for the job posting that will be posted on the Tribe's website.

Ramona Peters, historic preservation officer at the Mashpee Wampanoag Tribe, hopes to bring our museum up to the level of receiving American Alliance of Museums accreditation. "Accreditation will offer high profile, peer-based validation of our museum's operations and impact. Accreditation will increase our museum's credibility and value to funders, policy makers, insurers, community and peers," said Ramona.

Bolstering the museum's professional standards will enable the museum to pursue travelling exhibit loans and gift opportunities to build on the Tribe's museum collection. Establishing a modernized collection management system will also allow exhibit



development to be far more efficient. Being able to share our history and culture with the public is very important to the tribe. The tribal museum is the Tribe's primary point of contact with the public. It's very important to develop exhibits that reveal interesting elements of both our past and present.

Tribal Administrator David ThunderEagle was excited to see this needed funding coming in to support our Museum. "This is a testament to the good work taking place at the Tribe and will certainly make it easier for the Museum to continue educating the community. Congratulations to Senior Planner Danielle Hill and Historic Preservations Officer Ramon Peters on their good work preparing the application and then successfully being awarded the grant."

## 6<sup>th</sup> Annual Ancestors' Day on September 26

Over six years ago Tribal Member Stanley Dutra launched an annual event, Ancestors' Day, to remember, celebrate and honor our family and friends that have passed on to the spirit world. The Old Indian Meeting House Committee is honored to continue the event with the 6th Annual Ancestors' Day being held on Saturday, September 26 starting at 11:00 a.m. at the Old Indian Meeting House.

The day will open with a service at 11:00 a.m. Immediately following the service there will be a potluck. Tribal Members and family will also have plenty of time to spend with their ancestors, cleaning up grave sites and sharing stories. The Old Indian Meeting House Committee will have a variety of

bulbs available for planting in honor of our ancestors.



## Turtle Camp Leaves its Mark with a Garden *(continued)*



the collection of work it was clear each project had a strong connection to the kids' traditions, culture and language as Mashpee Wampanoag. There was a quilt that each summer turtle contributed to, paintings with captions in Wôpanâak, and local food harvested by the kids. The summer turtles also made a short presentation in Wôpanâak and showed off their language immersion zone where only Wôpanâak is spoken.

In addition, the 2015 WLRP Summer Turtle Camp also left an everlasting reminder of their class with a new Turtle Garden located at Maushop Farm. The Turtle Garden includes a new greenhouse that was constructed with funding from a Running Strong for American Indian Youth Grant secured by the Youth Programs Department. The summer turtles learned to germinate seeds, when to move them into the greenhouse and how to replant

them outside in the new Turtle Garden.

"It was important that we taught the summer turtles about making healthy food choices and how to grow foods that are native to this area," said Jennifer Weston, WLRP charter developer and language department director. "The Turtle Garden was a great tool for teaching the kids about traditional foods and keeping everyone connected. I know the kids and staff are planning tend the garden throughout the season and a few kids have even started their own gardens at home."

Other highlights from camp included trips to the Mashpee Wampanoag Indian Museum, Heritage Museum and Gardens, Coonamessett Farm, a fishing trip with the Natural Resources Commission and of course no summer would be complete without a trip to Dairy Queen. The summer turtles also enjoyed visits



from the Historic Preservation Team, held daily language lessons and learned how to make sassafras tea.

WLRP Summer Turtle Camp is almost entirely funded by grants secured by WLRP Project Administrator Judi Urquhart. Thanks to her good work parents are only responsible for a small tuition that covers the cost of food.

For more information about WLRP, the Language Department or Summer Turtle Camp, please contact Language Department Director Jennifer Weston at [jweston@mwtribe.com](mailto:jweston@mwtribe.com) or visit [www.wlrp.org](http://www.wlrp.org) or [www.mashpee-wampanoagtribe.com](http://www.mashpee-wampanoagtribe.com).

## Junior Counselors and Greenhouse Supported by Grant



When departments at the Community and Government Center come together around a shared priority - like better serving our youth - great things happen. It was this type of collaboration between the Youth Programs Department and Language Department that allowed two seasoned language students Zoe Harris and Danna "Dee Dee" Jackson to find summer work as Junior Counselors

at this year's Wôpanâak Language Reclamation Project (WLRP) Summer Turtle Camp and the construction of a new greenhouse for Turtle Garden. The result was an improved camping experience with hands-on learning about growing healthy, local foods from seed for our youth and a higher counselor to student ratio.

The funding that covered the two Junior Counselors' salaries and the construction of the Turtle Garden greenhouse located at Maushop Farm was secured by the Youth Programs Department through a Running Strong for American Indian Youth Grant. As a result Zoe and Dee Dee worked closely with kids in the summer camp run by the Language Department and elders were able to teach our youth gardening and harvesting techniques.

"I knew immediately that the Language Department's Summer Turtle Camp was the best recipient for the Running Strong

for American Indian Youth Grant," said Director of Youth Programs Tracy Kelley. "Our focus is on finding opportunities to support our youth in the most efficient and effective way possible. In this case it meant the Youth Department doing the legwork on a grant and the Language Department putting the funds into action. In the end we both achieved our goal."

Running Strong for American Indian Youth is a nonprofit that's committed to providing support for programs that help American Indian people meet their immediate survival needs while implementing and supporting programs designed to create opportunities for self-sufficiency and self-esteem. You can learn more about this organization at [www.indianyouth.org](http://www.indianyouth.org).

For more information about the Youth Department, please contact Director of Youth Programs Tracy Kelley at (508) 477-0208 x150 or at [tracy.kelley@mwtribe.com](mailto:tracy.kelley@mwtribe.com).

## Health & Human Services Meeting

Over the past few years access for Tribal Member to health services has improved tremendously - full-service health and dental clinics, mental health services and a Tribal Health Office - but that has not stopped Tribal Council Member and Government Health Liaison Cheryl Frye-Cromwell from looking for ways to further improve these services. That was the topic of discussion at the Health and Human Services Region One Meeting hosted by the Tribe on Thursday, August 6.

The regional meeting provided an opportunity to bring major players in the areas of health and human services to the same table and find opportunities to collaborate and improve services. Attendees included Councilwoman Cheryl Frye-Cromwell, Chairman Cedric 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, Regional Manager at the Substance Abuse Mental Health Service Administration Kathryn Powers, Child Welfare Specialist at the Administration for Children and Families Nancy Pickett along with representatives from the Office of Assistant Secretary of Health and the Office of Civil Rights.

"We're at a point with our health and human services where we can now start looking for opportunities enhance the services offered - we're about breaking down

barriers and silos that can hold our programs back," said Cheryl. "It was important that we brought this group together and discussed the challenges and opportunities our Tribe will face as we continue to grow."

The meeting focused heavily on the Tribe's socio-economic needs, challenges and how the region on Health and Human Services agencies can assist and guide the Tribe. Specifically, the group discussed obtaining funding, technical assistance, collaborative resources and a variety of other means that will improve the Tribe's capacity to serve the needs of the community.

"It was clear everyone around the room understood the importance of strengthening partnerships and creating successful collaborations to build off the unique services each group offers," said Cheryl. "We now have to keep the lines of communication open and keep pushing for ways to improve every single day."

## Youth Attending Health Summit

Little Miss Wampanoag Daycia Frye and Skyla Jones will join 28 other youth from around Indian Country at the 6th Annual Native Youth Health Summit in Washington, DC. The summit is hosted by the National Indian Health Board (NIHB) and will focus on developing the capacity of Native youth to engage in Indian health solutions, tell their personal story and advocate for changes important to their communities.

"I'm so glad NIHB accepted Daycia and Skyla's applications for the summit," said Director of Youth Programs Tracy Kelley. "NIHB only accepted 30 youth from Indian Country to attend. To see two of our youth attending this year is just wonderful. It shows me that our youth are dedicated to the health and wellness of our people."

The Youth Summit will feature sessions with the Senate Committee on Indian Affairs, White House officials, national Native organizations and youth Native professionals working and living in Washington, DC. It's a goal of NIHB to present youth with key opportunities for relationship- and skill-building so they can return home feeling empowered, connected to other Native youth and equipped to advocate for equitable policies and programs for American and Alaska Natives.

## About Psychotherapy

### What is psychotherapy?

Psychotherapy is a way to treat people with behavioral health problems or concerns in a safe, supportive and private environment.

### Benefits of psychotherapy:

- » Allows you to talk openly about your problems or concerns with someone who is neutral, objective, and non judgmental
- » Psychotherapy is "two-way," and is based on a relationship between you and your therapist
- » Teaches you ways to better deal with stress and unhealthy thoughts and behaviors
- » Helps you better understand and manage your symptoms
- » Focuses on specific goals you want to achieve
- » Helps you develop habits for living a happier, healthier and balanced lifestyle

### Psychotherapy can assist with:

Self-Exploration; Life Transitions; Stress Management; Anger Management; Relationship Problems; Family Conflicts; Coping Skills; Communication Skills; Grief/Loss; Traumatic Experiences; Addictive Disorders; Symptom Management ; and Overall Health and Wellness

### Myths and truth about psychotherapy:

**Myth:** Only crazy people go to therapy.

**Truth:** Untrue. People from all walks of life seek psychotherapy for a range of reasons in everyday life.

**Myth:** Talking to family and friends is just as effective as going to psychotherapy.

**Truth:** Support from family and friends are very important. However, psychotherapists have years of specialized education, training and experience that make them experts in understanding & treating complex problems.

**Myth:** I can get better on my own by trying

hard & keeping a positive attitude.

**Truth:** Being in psychotherapy does not mean you have failed at solving your problems; there could be a biological component to some disorders, which makes it difficult to heal yourself.

**Myth:** You will need to stay in psychotherapy for many years.

**Truth:** Everyone moves at a different pace. The goal is not to keep you in therapy forever but to empower you to function better on your own.

Seek help in an environment that honors you, your culture and the significance of that culture to your mental health. Mashpee Wampanoag Health Service Unit - Behavioral Health (508-477-6967), Clinical Therapists Nadine Phillips-Smart and PumiQien Collins.

## TERO and Housing Department Working Together for You

**U**nexpected expenses, like having to replace a roof, can be crippling to a family. Thankfully when this happened to a Tribal Member the Housing Department and Tribal Employment Rights Office (TERO) were able to put two programs into action to help the family while also finding work for a tribal member. The Housing Department approved a homeowner's request to have her roof replaced under the Housing Department's Housing and Urban Development (HUD) grant program and TERO hiring hall referred Melvin Coombs, Jr. to the contractor and helped to secure him work.

While TERO prefers to find native owned businesses to fill these contracts, it is still a positive to help a tribal member find gainful employment. The roofing project did go out for bid for contractors in hopes that a qualified Tribally owned business would step forward. Unfortunately, no Tribal Member owned business or Native American business responded to the solicitation so the successful bidder for the project was non-Native. When a Native business is unable to participate, the TERO ordinance guidelines require the contractor to provide a compliance plan that will include maximum hiring opportunities and

training for Tribal employees.

Rich Villani, President and owner of Villani Construction, wrote to Housing Department Assistant Director Melissa Phillips: "Dear Melissa, I wanted to take a moment to let you know what a pleasure it was to have Melvin Coombs, Jr. working with us. He proved to be hardworking, ambitious and friendly. We look forward to working with him again as he was a true asset to the company. Thank you. Sincerely, Richard Villani"

"We celebrate the 'win-win' in this success story as not only did our Tribal member get a new roof, but the Housing Department, the TERO office and the contractor all worked together to employ our Tribal member," said Mashpee Wampanoag Housing Department Director Deirdre Lopes. "And, as a result of his success, Melvin was offered additional work by the contractor."

TERO Officer Angela Shwom may be reached at [AShwom@mwtribe.com](mailto:AShwom@mwtribe.com) or (508) 477-0208 x 118 and Assistant Housing Director Melissa Phillips may be reached at [melisaphillips@mwtribe.com](mailto:melisaphillips@mwtribe.com) or (508) 477-0208 x106.



## Housing Department Updates

The online housing assistance application, available online at [www.mashpeewampanoagtribe.com](http://www.mashpeewampanoagtribe.com), has streamlined the process for requesting and receiving support. Housing Director Deirdre Lopes and her team are happy with the results and being able to link families in need with the programs and services they need. And the numbers below of those that have been assisted year to date back up the department's statement.

### Rental Assistance

12 participants  
allocating \$18,000.00

### Closing Costs

2 participants  
allocating \$10,000.00

### Foreclosure prevention

2 participants  
allocating \$ 8,000.00

### Eviction Prevention

8 participants  
allocating \$16,000.00

### Rental Subsidy

14 participants  
allocating \$50,400.00

Don't forget to visit the Mashpee Wampanoag Housing Department online to complete your application. It's fast, safe, secure and user friendly. All program service guidelines and required documents are available on the housing website for your convenience. For more information about the Housing Department and services it provides or to recommend a training workshop, please contact the Housing Department Assistant Brenda Fernandez at (508) 477-0208 x104 or email her at [bfernandez@mwtribe.com](mailto:bfernandez@mwtribe.com).

## Rental Lottery Opens October 1

The Housing Department will open a new Rental Subsidy Lottery on October 1. Applications for the lottery will be accepted started on October 1. Please visit the housing department on the Tribe's website at [www.mashpeewampanoagtribe.com](http://www.mashpeewampanoagtribe.com) for more information. The Rental Subsidy Lottery provides needed support to a limited number of families.

The Mashpee Wampanoag Tribe Housing Department is here to provide safe affordable housing to eligible tribal members, and other Native Americans who reside in the Tribes service area. It is the departments mission to provide housing assistance and opportunities specific to the needs of the Native Americans living with the Wampanoag community by offering eligible members the choice to remain in existing housing or return to quality housing on ancestral lands - a place appointed to us by our Creator, and to encourage self-determination and economic independence for all Native Americans.



## Free Creating a Budget Workshop

**M**anaging finances and living within a budget is something most people could use a little help with. That's why the Mashpee Wampanoag Housing Department has joined up with the Housing Assistance Corporation on Cape Cod to offer Tribal Members a free budget workshop on Wednesday, November 4 from 5:30 p.m. to 8:30 p.m. at the Mashpee Wampanoag Tribe Community and Government Center.

Creating a Budget Workshop is a 3-hour course that will walk attendees through the process of creating a budget for yourself and your household. Some of the points that will be covered include what to include in a budget, when to make adjustments, how a budget can benefit your household and how it will assist you in meeting your financial goals. There will also be time to meet with instructors and evaluate your budget and dis-



cuss what type of budget works best for your unique situation.

Space is limited to 25 participants and it is strongly recommended that you RSVP early. To RSVP or to receive more information about the workshop, please contact Housing Department Assistant Brenda Fernandez at (508) 477-0208 x104 or email Brenda at [bfernandez@mwtribe.com](mailto:bfernandez@mwtribe.com).

## LIHEAP Applications Open October 1

**S**tarting November 1 (applications can be submitted starting October 1), home energy assistance will be available for eligible Tribal Families in need of assistance paying their home heating bill. If you are unable to pay your energy bill, your home may not be safe and you may be at risk of serious illness or injury. Please do not wait until you've run out of fuel or your heat has been turned off.

The Low Income Home Energy Assistance Program (LIHEAP) may be able to help keep you and your family safe and healthy. Applications for LIHEAP are being accepted from October 1 to January 1.

### What is LIHEAP?

LIHEAP is a federally funded program that helps low-income households with their home heating bills. LIHEAP is here to help you stay warm in the winter and reducing the risk of health and safety problems, such as illness, fire and eviction.

### Who is Eligible?

- » Those who meet the State and/or Tribal Income Guidelines
- » Elderly within the guidelines
- » Veteran within the guidelines
- » Family with child under five years old within the guidelines
- » Unemployed and within guidelines
- » Heat is not included within your rent and you meet the guidelines

### What Information do You Need to Apply?

- » Recent copy of your primary heating/

utility bill

- » Recent payroll stub for everyone in household 18 years of age and over (income will be calculated on a yearly net income basis)
- » Documentation showing Social Security, unemployment, pension fund, disability, self-employment (1099), businesses owned companies
- » Final Utility Termination Notice (Shut-off notice)
- » Proof of present address, mortgage bill/deed, lease, property tax bill
- » Proof of total members living in your household (school records, tax records, etc.)
- » Proof of citizenship (Green Card), Tribal ID for all household members

For more information or to apply, please contact Shakira Askew at (508) 477-0208 x159 or at [shakira.askew@mwtribe.com](mailto:shakira.askew@mwtribe.com).



## Safety Tips from the Housing Department

Cooking safety tips from Housing Department Assistant Brenda Fernandez and the National Fire Protection Association (NFPA).

You may not have known this, but the leading cause of fires in the kitchen is unattended cooking. Most cooking fires in the home involve the stovetop. Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

Keep anything that can catch fire--oven mitts, wooden utensils, food packaging, towels or curtains--away from you stovetop.

If you have a cooking fire you need to get out of the kitchen and call 911. When you leave, close the door behind you to help contain the fire.

Please remember to cook with caution and if you are sleepy or have consumed alcohol don't use the stove or stovetop.

## Two Open Seats on Election Committee

The Election Committee is looking for two dedicated tribal members to assist with the election process. Presently there are two seats open on the Election 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](mailto:fdottin@mwtribe.com).

## 6<sup>th</sup> Annual Quahog Day Held on July 24

**W**ampanoag youth and their families spent the day digging for quahogs and carrying on their shell fishing traditions at the tribe's 6th annual Quahog Day. The day opened at the Community and Government Center field at 10:00 a.m. on Friday, July 24 before they walked as a group to Ockway Bay where the activities took place.

Like past years, Quahog Day offered Tribal youth the chance to learn about the Wampanoag shell fishing tradition, including

proper harvesting techniques and care for the natural environment. Tribal youth also learned how to prepare Quahogs for eating and about the many traditional uses for Quahog shells.

Following this event, a family cook-out for all participants was held on the Community and Government Center field. The annual event was co-sponsored by the Natural Resource Department and the Youth Programs Department.



## Native Tribal Scholars: Inspiring the Next Generation

**O**n Friday, August 7 the Native Tribal Scholars (NTS) Summer Residential Program wrapped up its 2015 session with the annual Family Day. The NTS program is run by the Mashpee Wampanoag Tribe Education Department and for the first time was located on the beautiful Amherst College campus. The intensive program allows the students to gain social, leadership and academic skills in a college atmosphere.

The NTS Summer Residential Program is a six-week program that provides rigorous academic preparation from 7:00 a.m. to 10:30 p.m. with day and evening classes and study halls. The program focuses on native content giving the students a strong understanding of key pieces of Native American history, including important treaty dates and becoming familiar with Native American authors. Students participated in daily cultural workshops and activities designed to facilitate a successful transition from high school to college. The program is modeled from the highly successful nationally recognized Upward Bound Program and is funded by the Mashpee Wampanoag Tribe.

“We’re inspiring the next generation and asking them to push themselves and achieve new goals,” said Education Department Director at the Mashpee Wampanoag Tribe Renée Lopes-Pocknett. “We ask a lot out



of the students each year – both academically and socially – and in return they gain a world of confidence in their ability to succeed.”

NTS serves roughly 60 Native American students from federally or state recognized tribes in Indian Country. All of the students are between 9th and 12th grade and must be considering attending college after graduating from high school.

While NTS is well known for its summer program it continues to support the students throughout the year with academic and cultural activities. Activities include tutoring and college preparatory support, SAT/PSAT test preparation, college visits, and a variety of culturally based activities. Students also come

together during annual spring and winter retreats.

For more information about NTS please contact the Mashpee Wampanoag Tribe Education Department at (508) 477-0208.



## Two-Day Session to Discuss Drug and Alcohol Abuse

Tribal Action Plan (TAP) Committee is determined to improve upon the resources, prevention and support available to Tribal Members and their families battling alcohol and substance abuse. To keep moving towards the end goal, Tribal Action Plan will be hosting a Community Wellness Input Session on Tuesday, September 29 and Wednesday, September 30 at the Mashpee Wampanoag Tribe Community and Government Center from 9:00 a.m. to 4:30 p.m. The two-day session is open to all Tribal Members and their families. Breakfast and lunch will be served both days.

“It’s important that we give everyone an opportunity to be heard,” said Hope Shwom TAP Coordinator. “Drug and Alcohol abuse is an issue that impacts the entire community and the programs and services we implement need to reflect those needs in the community. Other Tribe’s have seen real success when the community is involved and interventions are culturally tailored...I

think we can do the same.”

The Community Wellness Input Session is being co-hosted by the MWT Tribal Action Plan and the Substance Abuse and Mental Health Services Administration (SAMHSA). Dr. Clayton Small and Seprieno Locario from SAMSHA will facilitate the two-day session and have extensive experience in this area.

Discussion will focus around how we can build a sustainable and healthy tribal community. Input throughout the session will help to provide necessary community voice for the tribe to develop a comprehensive strategic plan to address the alcohol and substance abuse issues that we are facing. Together we can make the difference.

If you would like to attend, please RSVP to Tribal Action Plan Coordinator Hope Shwom at (508) 477-0208 x121 or at hshwom@mwtribe.com. Space is limited and attendees are strongly encouraged to RSVP as soon as possible.

## Mashpee Police Tip of the Month

In conjunction with the Drug Enforcement Administration, the Mashpee Police Department along with other state and local law enforcement agencies will be participating in a nationwide one day collaborative prescription drug take back day in order to remove potentially dangerous controlled substances from home.

Mashpee Police Department has a pill kiosk located within the MPD lobby area 24/7. Please drop off any unwanted pills anytime and the Mashpee Police Department will see that the pills are disposed of properly.

Any questions please contact Special Officer and Advocate Tara Carline at 508-539-1480 ext 7253

## UMass Boston and Suffolk Hold Discussion with Native Peoples

**T**he Mashpee Wampanoag Tribe will host UMass Boston's Institute for New England Native American Studies (INENAS) and Suffolk University Law School's Indigenous Peoples Rights Clinic on Saturday, October 3 from 4:00 p.m. to 6:00 p.m. at the Tribe's Government and Community Center. The discussion and listening session is part of a year-long, statewide project, Massachusetts Native Peoples and the Social Contract: A Reassessment for Out Times.

Supported by a grant from Mass Humanities, the two organizations will host four roundtable discussions and listening sessions in areas of the state with substantial Native American populations.

The goal is to bring Native peoples' voices to the forefront, engaging Natives in Massachusetts in looking at the past, the present, and the future through the lens of the

social contract between the state and Native peoples whose homelands are within the borders of the state, and discussing issues affecting tribal citizens and the communities.

In conjunction with tribal leaders from tribal communities, INENAS Director Cedric Woods and Nicole Friederichs, director of the Indigenous Peoples Rights Clinic, will lead the roundtable discussions and moderate the listening sessions in Worcester, Boston, Mashpee, and Amherst.

All are welcome to attend these important events; there will be an opportunity for those present to share their thoughts.

The four roundtable discussions will be held:

**Worcester Public Library** - August 29,  
2-4 p.m.

**Mashpee Wampanoag Tribe Community and Government Center**, October 3, 4-6 p.m.

**UMass Amherst, Commonwealth Honors College Events Hall, Rm. 160**,  
November 5, 6-8 p.m.

**North American Indian Center of Boston**,  
March 11, noon-2 p.m.



Stay informed of Tribal updates and notices  
[facebook.com/mwtribe](https://facebook.com/mwtribe)

## ICWA: Protecting Our Next Generation



*Child in photo is not affiliated with ICWA programs*

The Mashpee Wampanoag Tribe Indian Child Welfare Act (ICWA) Department is looking for Tribal Members that are interested in becoming a foster parent. The ICWA Department is in desperate need of individuals to step forward and give our next generation the warm, loving and safe home they deserve.

Please contact Catherine Hendricks ICWA Director for more info at (508) 477-0208 x 144 at (774) 255-0119 or at [catherinehendricks@mwtribe.com](mailto:catherinehendricks@mwtribe.com).

The MWT ICWA Department is located in the Community and Government Center at 483 Great Neck Road South, Mashpee, MA 02649.

## Advisory Committee

**T**he Title VI Tribal Nutrition program for Elders is seeking an five (5) member advisory committee to advise the program director of the Title VI Nutrition Program.

Committee members will be responsible for:

- » giving expert advice, ideas and diverse opinions on current and future programs and services
- » program policies and procedures
- » program budget
- » facilitate interagency collaborations and partnerships
- » stimulate awareness of elder issues and other needed resources

Terms will be one year from date of appointment with an opportunity to be re-appointed every year.

Deadline for Letter of Interest submissions: October 6<sup>th</sup>, 2015. Please send letters to Donald Peters, Title VI Program Director, at [dpeters@mwtribe.com](mailto:dpeters@mwtribe.com).

## Maintenance Team

The Mashpee Wampanoag Tribe is pleased to announce Elsie Pocknett and Norman "Joey" Dias have been hired as the new Maintenance Specialists.

Norman joins the Maintenance department after successfully completing the WIA department's Trainee Program. Coming from a background in construction he has lent his talents working on several parts of the Government Center and IHS buildings.

Elsie, youngest daughter of the late Chief Vernon "Sly Fox" Pocknett and Bernadine Pocknett, comes to us with many years of experience all throughout Cape Cod Hospital facilities. Elsie's credentials include Haz-Mat Safety courses, OSHA 10, and CPR certification. Prior to Federal Recognition, Elsie could be found landscaping our tribal grounds.

We are excited to welcome these dedicated, hard-working tribal members to the Government Center staff!