

Vol. XXVI, Issue 22

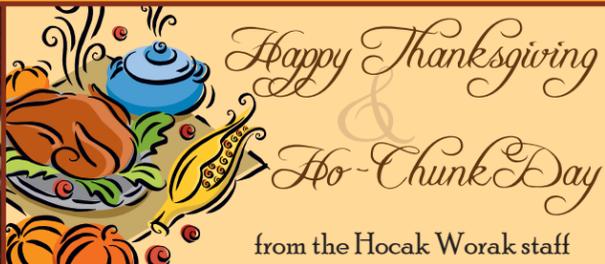
Ca Hikiruxe wira | Deer Mating Moon

November 29, 2013



Jacob Decorah and his Monona Grove team take home Division 3 title

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from the Hocak Worak staff



RedCloud featured in Wisconsin Veterans Museum's Medal of Honor exhibit

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Ho-Chunk Nation Family Healing to Wellness Court receives grant

Sherman Funmaker
Staff Writer

The presentation of the Office of Juvenile Justice and Delinquency Prevention

Grant, for the implementation of the Jackson County Family Treatment and the Ho-Chunk Nation Family Healing to Wellness Courts was presented to the Ho-Chunk Nation and Jackson County at the Jackson County Court House in Black River Falls on November 25th, 2013.

The grant in the amount \$649,875.00 was given to help with the development of this collaborative program. Congressman Ron Kind was on hand to present the check to the Ho-Chunk representatives that included President Jon Greendeer and Vice-President Heather Cloud, with the many that helped with the program and those that made this grant possible in attendance.

Also present for the ceremony was Circuit Court Judge, the Hon. Thomas Lister and Jackson County Board Chairman Dennis Eberhardt, and representing the Ho-Chunk Nation Trial Court, Judges, the Hon.

JoDeen Lowe and the Hon. Amanda WhiteEagle.

Jackson County and the Ho-Chunk Nation were seeking an implementation grant to create two collaborative Family Treatment Courts to expand the already unique joint treatment court model that addresses our native and non-native families' issues through an evidence-based holistic approach.

The goals of the expanded collaboration are to continue and refine alcohol and other drug dependent programs, to address adolescent substance abuse, reduce cost to society by creating good citizens, to more effectively deal with co-occurring disorders which usually accompany addiction and to put forth all of the community-based resources which are part of our Jackson County Collaborative Justice Coordinating Council (JCC²).

This collaboration would ensure that children in need of protection and families in need of services are addressed through early interventions. This new collaborative and coordinated effort by our native and non-native communities also has the principle goal of dramatically reducing out-of-home placements which currently exist in astounding numbers in Jackson County.

Activities that will be implemented by the Family



Ho-Chunk Nation Vice-President Heather Cloud and President Jon Greendeer accept check from Congressman Ron Kind.

Drug Court to achieve the goals of the project will include, but are not limited to comprehensive/holistic family assessments, treatment services, a juvenile counseling program, a parenting skills program, random/frequent drug and alcohol testing, tutoring, case management specific to each family which will include a CASA volunteer, on-going judicial interaction, efforts to create a sense of personal community/trust with sanctions and family rewards/recognition.

Progress will be measured by the number of families served through early "screen-in" interventions,

the percentage of those families gaining access to evidence-based programs and practices; the percentage of participants that successfully complete offered programs, and the resultant success, long-term, in avoiding the need to remove the children to out-of-home placement and the success in shortening the length of time children need to be placed out-of-home.

The Family Treatment Court and Family Healing to Wellness Court will continue to monitor re-offense rates, domestic violence rates and child protective offense occurrences and begin to utilize a specialized management information system to gather data on required performance measures.

Information obtained during any project evaluations related to this project will be used solely for internal improvements and/or to meet OJP's performance measures data reporting requirements.

"To all those that made this possible, it isn't just a good idea it is something that has been in the works for a long time, there were a lot of people that have put in a lot of effort and as you

all know in this day and age the Federal government isn't throwing around this kind of money anywhere, they are trying to do smart investments and community investments for people that are dedicated. This collaborative program here is something that we believe will work in the spirit of what the office of Juvenile Justice stands for

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Want something special placed in the Hocak Worak? Limited space is available so send your request in early. Submissions will be handled on a first come first serve basis.



Ho-Chunk Trial Court Judges the Hon. JoDeen Lowe and the Hon. Amanda WhiteEagle.

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FROM THE OFFICE OF THE PRESIDENT To the Ho-Chunk People:

From NCAI in Tulsa, OK to the Badger Honor flight to Washington D.C., there's been a lot of movement among the Nation's officials and this year, I was fortunate enough to join both events. There's much going on at the national level such as the implementation of VAWA, Baby Veronica, and measures to place a Congressional "fix" on a Supreme Court decision that went awry in Carcieri.

On the home front, we've been directed by our districts to "hold the line" to prevent the incursion of other tribes with intent to game in our markets and our traditional homelands. The Governor has set a requirement in his criteria that ALL tribes must consent but the Nation will NOT concur. If the Governor

holds to his own criteria, his rejection is all but announced since consensus was not garnered by October 22, 2013, the firm deadline he set for the Menominee/Seminole to meet this requirement.

On other important matters, our Legislature has taken positions on matters currently in the state's legislature. The first was AB 297/SB 317, a bill to overwrite/repeal Act 250. Act 250 allows for citizens of school districts with Indian mascots to file a complaint and the burden of proof to rest upon the district through a hearing conducted by the DPI to prove there are no racial or discriminatory elements deriving from the district's mascot. The Legislature directed I speak against these bills. Amendments to those bills are

currently being offered and we anticipate action on them in November.

Hitting close to home is the rampant frac mining industry which has increased over the last couple of years due to advancements made in the fracking industry. The quest is for the unique granules spread out through the southwestern portion of the state. The volume of sand extracted is immeasurable as well as the adverse effects to our environment, roadways, health, and aesthetics. Numbers of Ho-Chunk officials and tribal members visited the Capitol to testify against SB 317, a bill that strips the control from local governments from placing standards to protect their residents.

As you may recall, the Ho-

Chunk Nation flag was placed along the Penokee Range in northern Wisconsin where an iron ore mine site is slated to commence. Our Nation stands opposed to the further destruction of Grandmother Earth and has joined the fight against the mining operations by joining alliances with the Bad River Tribe. Recently, the Nation took part of a grassroots fundraiser and donated food, supplies, service, and were excited to hand-deliver a \$10,000.00 check to the tribe to assist in the legal fund established to fight the mine.

With so much going on, having time for home and family has become even more highly appreciated. I want to thank those individuals who've spent so much time away from your families in



hearings, in meetings, and in workshops to better your government, your communities, and your families. It's been said often but once again, the service we offer is an honored privilege and everything we do is driven by our hearts and hopes of progress for the Ho-Chunk People.

In Good Health,

Maaşuşga
Jon Greendeer
President of the Ho-Chunk Nation

Grant

Continued from Page 2

and I will say that this is a model, it's a living model today and people are lauding the program between Jackson County and the Ho-Chunk Nation, our tribal and non-tribal communities alike, so I want to thank the Congressman and all those that have worked to make this possible" President Jon Greendeer said.

Vice-President Heather Cloud also added that she wanted to thank the courts and all of the hard work that people have put forth in this effort.

"We have worked together with Jackson County in many existing partnerships for the betterment of the Jackson County residents. Today this

dedicated collaboration with Jackson County is at the pinnacle of serving Jackson County families. To be certain, each and every member of the families that will be served by the Family Treatment Courts and Family Wellness Court will surely receive the most effective holistic treatment. We look forward to hearing many success stories that will speak of the goals and success of this vital program for community and family." Vice-President Cloud said.

*Mission Statement of the OJJDP
The Office of Juvenile Justice and
Delinquency Prevention (OJJDP)*

provide national leadership, coordination, and resources to prevent and respond to juvenile delinquency and victimization. OJJDP supports states and communities in their efforts to develop and implement effective and coordinated prevention and intervention programs and to improve the juvenile justice system so that it protects public safety, holds offenders accountable, and provides treatment and rehabilitative services tailored to the needs of juveniles and their families.

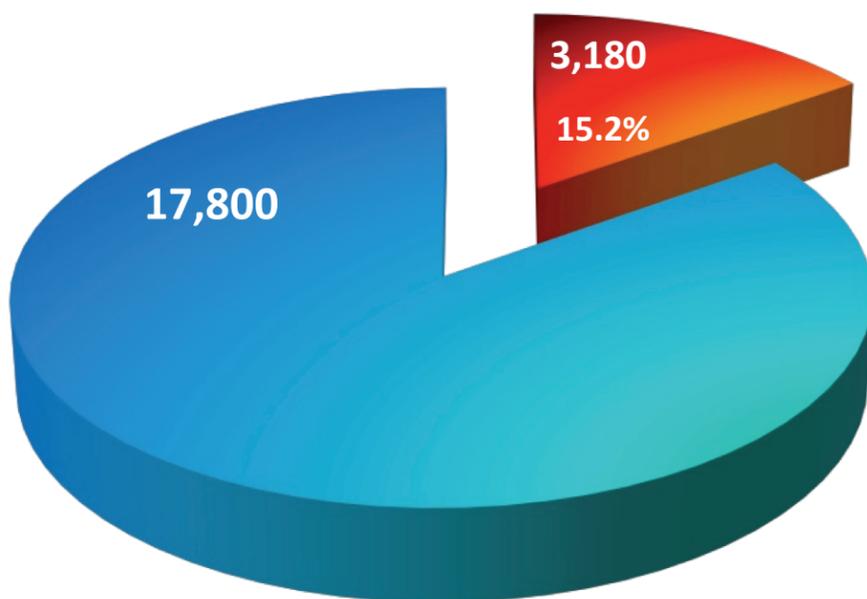
Correction

In the last issue Joyce Warner was called the Language instructor for the Mauston Youth Center. Joyce Warner is not a Ho-Chunk Language Division Teacher. She is one of the Elder Community Work Project – Cultural Ambassadors' placed from the ECWP into Youth Services division to provide Ho-Chunk Culture and language.

She is not a Language Division employee. Calling her a Ho-Chunk language teacher implies that she has had the training, credentials needed to be a Language teacher.

The Hocak Worak staff apologizes for any inconvenience.

In a 12 month period, the Ho-Chunk Nation's Health Department scheduled nearly 21,000 appointments. But 15.2 percent of them were not kept, costing about \$2.4 million in excess costs and lost revenue.



No-shows are costly. Based on average revenue per encounter, each no-show represents about \$755.00 in lost revenue that would normally go to help cover the cost of care.

- No-shows
- Kept appointments

Note--a "no-show" is when a person has a scheduled appointment and is unable to keep it but does not call to cancel the appointment time, preventing another person from being able to use the appointment.

If you have an appointment you are unable to keep, please call and cancel it as soon as possible--even after hours; follow the automated menu and just leave a message. We'll do our best to make a new appointment that works for you and we may be able to provide an appointment to someone else.

Pinagigi!

Ho-Chunk Health Care Center: (715) 284-9851 Toll free 888-685-4422

House of Wellness: (608) 355-1240 Toll free: 888-552-7889



Rock Your Mocs 2013; House of Wellness style

Sherman Funmaker
Staff Writer

There were only a few Moc-rockers that came out on the National Rock Your Mocs Day, November 15, 2013 at the House of Wellness in Baraboo, but the ones that showed up wore them proud.

Coinciding with Native American Heritage Month in the U.S., the social media campaign started by New Mexico student Jessica "Jaylyn" Atsye. Since then it has gone global.

The 21-year-old Laguna Pueblo member says the idea

was simple — to set aside one day each year to wear moccasins to celebrate the cultures of Native Americans and other indigenous people.

"When someone asks you, 'What do your shoes represent?' or 'What's the story behind your moccasins?' there can be endless descriptions," she said. "They show who you are. They're an identifier. They can bring unity." Atsye said.

Observers say the Rock Your Mocs campaign is helping to fuel a resurgence of Native American pride.



The Tribal Office Building (above photo) and House of Wellness (below) staff showing off their Mocs.



Amy DeLong, Stephanie Mueller and Kiana Beaudin rocking their Mocs.



Are you in ship shape for snow shoveling?

Kathleen Clemons, Exercise Physiologist / Diabetes Educator

Winter is approaching fast. Heavy snowfall covers our driveways and walk ways which need clearing for safety purposes. Many people have the luxury of snowthrowers but some don't. Manual snow shoveling may be your only option. So the question is, are you in shape to shovel?

A classic study done in 1995 studied the effects of manual snow shoveling on 10 healthy, untrained (non-exercising) men. They first had

these men perform a maximal treadmill stress test to observe the responses of their heart rate (HR) and blood pressure (BP). On another occasion, they had the men clear two 50 foot long tracts of heavy, wet snow using a light weight plastic shovel for one tract and a snow thrower for the other. The snow was about 2 inches deep. Here is what they found:

After only 2 minutes of shoveling, the HR in many of the men, exceeded the upper limit of aerobic training. A common training program

has the upper limit set at 85% of HR max. Max heart rate is the fastest your heart beats (they got this number from the treadmill test) and you workout at a percentage of that, anywhere from 40-85%. Two subjects with the lowest fitness reached 107 and 112% of their max HR meaning, the heart rates were much higher shoveling than on the max treadmill test. In contrast, the one subject who was somewhat fit, consistently stayed below the 85% max heart rate. Also, blood pressure was higher in the shoveling compared to the treadmill tests. The automated snow throwers fared much better. Heart rate, BP and exertion were much less compared to the shoveling.

So what is the bottom line: Heavy snow shoveling can cause great increases in the HR and BP. Inactive people, especially those at risk for

or with established heart disease, are cautioned regarding the excessive demands on the heart with this activity. So does this mean you let the snow build up and don't come out of your house until Spring? No, it means "Get in Shape For Shoveling!" Walk, stationary bike, run, etc., 3-5 times a week for 30 minutes to get that heart in better shape. Start lifting weights to build strength so the heavy snow is easier to lift, meaning less stress on the body and heart. In addition, do a light warm up before you shovel. March in place, move your arms. This allows your body to get ready for the hard work you will be doing. A warm up is always a part of any program of physical exertion. Always check with an MD before starting an exercise program. Talk to your Exercise Physiologist to set you up on an appropriate program.

Most important, if you do shovel and experience chest pain, pressure in your chest, pain in your arms (usually the left but not always), pain radiating to your neck, jaw, shoulder blades, nausea, dizziness or profuse sweating, STOP what you are doing and call 911, you could be having a heart attack.

Excess cardiac deaths have been reported after heavy snowfalls. This is in part due to the increased demands on the heart from clearing snow on sidewalks and driveways. Don't be a statistic, get in shape for shoveling. Finally, if you have diabetes, make sure you have enough blood sugar on board for this strenuous activity and carry glucose tablets with you in case you feel low.

Source: *Cardiac Demands of Heavy Snow Shoveling*, JAMA, March 15, 1995, Volume 273, No. 11.



Attention: The Next Deadline of the Hocak Worak will be Dec. 6th which will be published on Dec. 13th. Please contact Enrollment at ext. 1015 if you have a change of address or would like to be placed on the mailing list.

The Hocak Worak is a periodical published twice monthly by the Ho-Chunk Nation. Editorials and articles appearing in the Hocak Worak are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Hocak Worak staff or the Ho-Chunk Nation.

The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content.

The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material.

Submissions deadlines for the Hocak Worak are by 4:30 PM. We cannot guarantee the publication of submissions meeting these deadlines if the space is not available. No part of this publication may be produced without express written consent from the Editor.

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STAFF WRITERSherman Funmaker
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The Hocak Worak is a member of:
The Native American Journalist Association

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Jacob Decorah and his Monona Grove team take home Division 3 title

Sherman Funmaker
Staff Writer

Even after being down by 17 points and losing fumbles in Greendale territory in the Division 3 title game at Camp Randall in Madison on this sunny but cold Friday, the Monona Grove High School Silver Eagles didn't get down or give up.

Earlier this year they were down 17-6 to defending Division 3 champion Waukesha Catholic Memorial in the state quarterfinals, the Silver Eagles had learned to embrace adversity and pulled out a big win that day that helped them get to this title game.

"We all kept our heads high," said senior quarterback Tyler Blang. "We were push-

ing the ball down the field, we were getting into the red zone and we knew we could score on them. We just had to finish our drives."

On their final opportunity, Monona Grove finally finished. Senior tailback Brock Offerdahl's 1-yard plunge with 53 seconds remaining helped Monona Grove erase a 17-0 deficit to beat Greendale, 21-17, in the WIAA Division 3 championship.

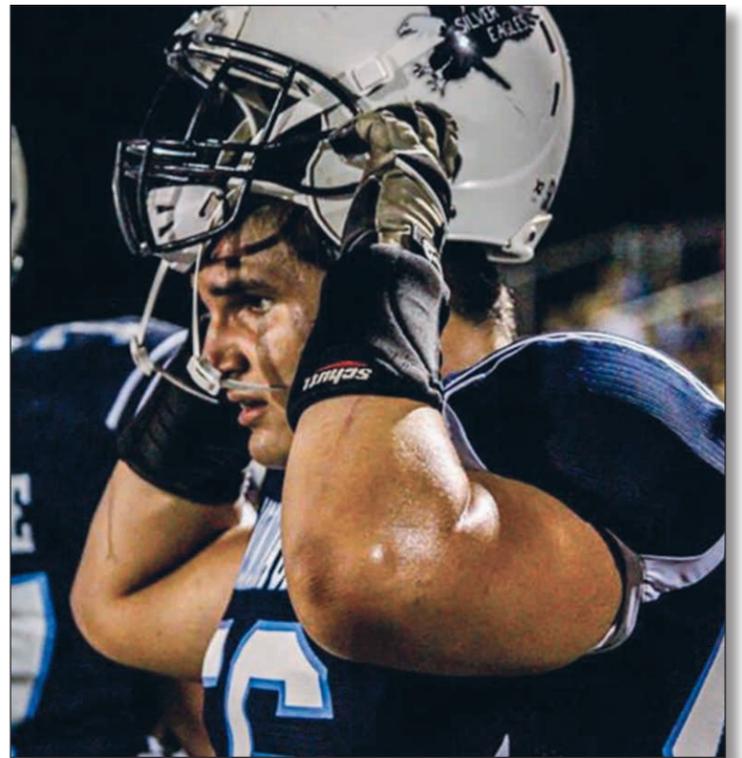
Ho-Chunk tribal member and standout senior Jacob Decorah finished his high school career on a winning note. The multi-talented Decorah, who has been playing football since age 6, and fellow teammates celebrated this

win with friends, families and fans of the school of about 1000 which is located in nearby Monona, WI.

According to Jacobs's mother, Nadine Bailey, Jacob wasn't all that pleased with the move to Monona at first back when he was a freshman in high school. She said they were in Black River Falls for a short time and also lived in Tomah for a while before settling in Monona because of her job. Also, she wanted him to be where he could play in a good football program and so she settled with Monona Grove high school.

"He was kind of mad at me for moving him again and so when he got to school and got into the football program the coaches and kids asked him what his nickname was...he was a bit angry and in a good old-fashioned Ho-Chunk humorous way he said 'dega'. So the coaches and the team and his friends called him 'dega'. It is so hilarious to hear his teammates and coaches and teachers to call him 'dega.' They will be cheering for him on the sidelines and stuff, 'c'mon dega' it is so funny to hear the whole team and the students yelling that" She laughed.

The 6'4" 278 lb. "dega" had arrived and began his high school football career in a place where he eventu-



Jacob Decorah, all-conference lineman for Monona Grove High School.

ally would be named Badger South all-conference and all-region for his center and lineman talents.

"He is a great kid and good in school. He plans to go to the University of Wisconsin, Madison when he graduates. We also are looking at White-water. His teachers and coaches are very impressed with him and have commented say-

ing, 'whatever you are doing with him, keep it up' and so we are just very proud of our son" Nadine added.

Jacob is the son of Ashley Decorah and Nadine Bailey. Nadine adds to the "dega" story with this final laugh.

"The kids will say to me, 'are you degas's mom?' and I laugh and say 'he isn't my dega'" she said.



Jacob celebrates a win with parents Ashley Decorah and Nadine Bailey.

Newly elected Nekoosa Youth Council gets sworn in

Sherman Funmaker
Staff Writer

On Wednesday November 13, 2013, the newly elected Youth Council officers were sworn in at the monthly area meeting at the Nekoosa Community Center. According to Nekoosa Youth Center teacher Kathleen Roberts, this is the first such group to be formed for the area youth.

"What makes this a very special occasion, almost mon-

umental - the swearing-in ceremony at Area III's meeting, is a reflection of the youths' energy, enthusiasm and intent to rebuild and continue to increase Chak Hah Chee Youth Council's momentum. The youth attended/participated on their level, at the General Council meeting in October. Each student was given the task of reading the Constitution and expressing what it means, the students spoke



Starting from left to right- Camery Collins, Joe Smith, (back) Cheyenne Prescott-Wesley, NYLC Teacher & Co-Council Advisor Kathleen Roberts, Emily Prescott, Avery Lockman, Honey Dakota, and Summer Dick working on a banner to represent their Youth Council; Chak Hah Chee Youth Council in Nekoosa.



Nekoosa Youth Council newly elected officers President Cheyenne Prescott-Wesley, Vice-President Joe Smith, Treasurer Camery Collins, Home School Coordinator John Dick and Secretary Summer Dick.

to tribal members attending General Council and interviewed important members of General Council, such as President Greendeer and the General Council's chairman. Toward the conclusion of General Council, these students met for discussion and review of whom and how they interviewed others and what they learned from this experience." Roberts said.

These Youth Councils are a way for our youth to gain a better understanding of the Ho Chunk government, laws, and guidelines set for its people.

It is a learning tool for student's to experience setting goals, working together as a "governing body," and understanding Roberts Rules of Order for conducting formal meetings, voting and passing legislation (on their level) for

activities and events and other important items that bring them together as a significant, core assembly of students/youth.

The youth group voted in the following officers, President Cheyenne Prescott-Wesley, Vice-president Joseph Smith, Secretary Summer Dick and Treasurer Camery Collins.

2nd Annual Youth and Family College Expo

The Youth and Family College Expo, is about engaging youth with college awareness, motivating the youth, and exposing them to the variety of academic programs that exist. A signature approach of the Expo is to create new avenues of college awareness by providing students with hands-on learning. We also invite parents to participate in separate workshops that will inform them on ways they can help prepare their children for college.

The event features over 10 college institutions and a speaker to set the stage for the day. It will include booths featuring college academic programs staffed by faculty and current college students for a day of exploration through demonstrations, simulations, and competitions. Colleges from both Wisconsin and Minnesota will be present.

Who: 3rd-12th grade STUDENTS & FAMILIES

Date: Saturday, December 14th, 2013

Hours: 12:00 p.m. to 4 p.m. (Registration begins @ 11:00 am)

Location: Ho-Chunk Tribal Office, Black River Falls, WI

Schedule		
11:00-12:30 pm	Registration & Lunch	
12:30 PM	Intro & Event Overview	
	<i>Youth</i>	<i>Adults</i>
12:45 PM	Speaker	Essentials of Pre-College
1:30 PM	Workstation 1	Life Skills & Peace of Mind
2:00 PM	Workstation 2	Break
2:30 PM	Workstation 3	Johnson O'Malley
3:00 PM	Workstation 4	Education Staff Panel-Scenarios
3:30 PM	Prizes/Closing	

Preview of the 2nd Annual Youth and Family College Expo

Police Academy

Have you ever put your friend in handcuffs before? If the answer is no, this might be the session for you! Chippewa Valley Technical College is offering a great opportunity for the youth to learn what it takes to be a police officer. During this session, students will gain some insight into the multiple functions law enforcement professionals perform on a daily basis. The students learn about laws, enforcement practices and procedures, and other applicable information that can affect them in their community.

Nursing

Join the University of Wisconsin-Eau Claire to discover the career of Nursing. This session will offer hands-on experience in nursing using lifelike simulation models. Youth will be able to talk to current college students to learn more about opportunities in the nursing profession.

American Indian/Minority Health

Have you shown an interest in a career in health care? Join the University of Minnesota in a fun and educational opportunity for students to learn about the exciting medical field. This session is designed to encourage the student's passion for health care. Explore and discover the vast wonders of life inside the hospital and the determination and dedication necessary to do the jobs.

Entrepreneurship

Improve your business skills! The University of Wisconsin-Madison will be exposing youth to entrepreneurship as a practical career option. This workstation will introduce students to the concept of managing a business and what it takes to make a business work. Students will learn the basics of starting and developing a business.

Veterinary

Madison Technical College invites youth who have a passion for animals and veterinary medicine. The session includes many hands-on activities involving live animals. Participants will learn about veterinary tools, x-rays, and important issues like recognizing an animal's behavioral cues and proper approach.

STEM

This session is for youth that are ready for the next step in exploring Science, Technology, Engineering and Mathematics (S.T.E.M.) This learning experience will focus on those subjects in order to help youth understand today's growing industries and tomorrow's high demand of skilled individuals in these fields. University of Wisconsin-Oshkosh will have science projects focusing on "Renewal Solar Energy" using a water-splitting activity. Another science project titled "Juice from Juice", using berries, will measure voltage with lights on and off.

Athletic Training

Winona State University is offering a learning experience for all students interested in the field of athletic training and sports medicine. The session will focus on lab experiences in taping techniques and athletic health care clinical skills.

Natural Resources

Ready. Set. Explore! Students will have lots of fun as they discover the wildlife, forests, and water around you. Find out what tiny animals live in ponds, while receiving instruction by resource professionals who will share their knowledge and expertise.

Apparel Design

University of Wisconsin-Stout is thrilled to offer activities for youth that allow them to take their passion for fashion to the next level. This session will feature current college students presenting topics that will be fun and educational for the young fashion enthusiast. This is perfect if you're looking to involve yourself in fashion illustration instruction, sketching and garment rendering.

2-Yr College

As one of the 13 campuses of the two-year UW College campuses, UW-Marshfield is pleased to welcome you to a

quality precollege learning experience. This institution is an affordable and accessible option and also a great stepping stone for students looking to earn a bachelor degree. Kids will have the chance to explore some of the wonderful activities they have to offer, and become excited about going to college.

Preparing for College: the Parent's Perspective

Part A: The Essentials of Pre-College

It's great that your children already know they want to go to college, but now that you know, how will you help them get there? In this workshop we will give you an overview on what you can expect to come up during the proceedings so that you can be prepared with answers about visiting colleges, taking ACT/SAT exams, applying to schools, and of course how to pay for their education.

Part B: Life Skills & Peace of Mind

This workshop will go beyond academics offering parents information to help their child make going to college a positive and productive experience. Students who can handle everyday tasks, from laundry to banking, tend to

survive college easier. You can expect to learn about the necessary skills to teach your child in order to make college an enjoyable experience. These skills are in the areas of daily living, money management, and communication.

Johnson O'Malley

This training session will introduce you to the Johnson O'Malley program. You will learn about how you can become involved in the discussion and efforts of educational matters for Native American students within your community.

Education Resources Panel Discussion

Hear from staff from the HCN Education Department, Title VII Program, and Johnson O'Malley about scenarios parents may encounter and can overcome in order to put their children on track to attend college. Parents will also take with them successful strategies and tips from this session for their children's educational journey.

For further information about the event, please contact:

Jordan Kappen at (715) 284-4915 or Jordan.kappen@ho-chunk.com

Yes, it's back!

Sponsored by: The Ho-Chunk Nation:
Education Department, Youth Services & Family Services Program

The 2nd Annual

Youth and Family College Expo



Saturday,
December 14, 2013
12pm-4pm
Ho-Chunk Nation
Tribal Office
Building
Registration begins at
11 am

Win great prizes!

Attention parents!
New and especially for you:

*Preparing for College:
the Parent's Perspective*

Learn about the application process, FAFSA, scholarships & grants, and get answers to your questions!

Lunch will be provided!

College workshops for Students Grades 3-12

Topics include:

- Veterinary Technician
- Athletic Training
- Criminal Justice
- Apparel Design
- Entrepreneurship
- Natural Resources
- Nursing
- And more!

Contact Recruitment & Pre-College Advisors Jordan Kappen or MicahMarie McCann with any questions: 800-362-4476

Convening Culture Keepers meet at the House of Wellness in Baraboo

Sherman Funmaker
Staff Writer

In early November the meeting of the Convening Culture Keepers met at the Nation's House of Wellness for this year's annual gathering that has been going since 2010.

According to Omar Poler, the University of Wisconsin's Associate Outreach Specialist at the School of Library and Information Studies, this is the seventh such mini-conferences that the group puts on for the University's library and museum study students.

Convening Culture Keepers is a series of professional development and networking mini-conferences for tribal librarians, archivists, and museum curators serving American Indian communities in Wisconsin. Sponsored by the UW-Madison School of Library and Information Studies-Continuing Education Services (SLIS-CES) and endorsed by Great Lakes Inter-Tribal Council, Inc., the biannual gatherings seek to provide culturally-relevant trainings and create enduring professional networks between tribal and non-tribal cultural institutions.

To date, SLIS-CES and its tribal partners have hosted gatherings at Oneida Nation,

Lac Courte Oreilles (LCO) Ojibwe Community College, and College of Menominee Nation. The mini-conferences are funded by grants from the Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment and Morgridge Center for Public Service.

The group has been working with Wisconsin tribes since 2008 including the Wisconsin Dells Youth and Learning Center's collection of books and learning materials since 2011.

The purpose of the group is to not only help UW students learn library and museum studies but to lend a hand to state tribes to establish, train and maintain tribal libraries and museum projects now and in the future.

"Libraries in general are moving away from just books now, I think it is important for tribes, and for our native students to realize and recognize the difference between what tribes are doing now and a sort of more conventional cookie cutter library. It is more than just a shelf of books. It can be a way to help document and archive the tribe's cultures, traditions and history," Poler said.

Students and attendees took part in a tour of local Ho-Chunk historical sites and

on the first evening of the conference were treated to a Native-themed buffet provided by Ho-Chunk gardener and cook, Rhonda Funmaker.

Funmaker is a traditional Ho-Chunk tribal member that specializes in organic gardening, natural cooking and preserving such foods as corn, squash, beans, berries, buffalo, and breads.

Rhonda is dedicated to promoting and protecting knowledge of traditional Ho-Chunk ways passed on to her by earlier generations. Rhonda does workshops which identify the plants that we can eat as food and how they are incorporated in Woodland Indian artwork, as well as new workshops that deal with jewelry, Woodland design, and solar cooking.

The Ho-Chunk Nation members have talked about a museum or a cultural center but something solid hasn't been put into play as of today.

Convening Culture Keepers will be extending UW-Madison School of Library and Information Studies' educational initiatives to include tribal communities and LIS students from throughout Michigan, Minnesota, and Wisconsin in the near future.

For more information check tlamproject.org starting August 1 for updates and blog



The University of Wisconsin's Associate Outreach Specialist at the School of Library and Information Studies, Omar Poler and Janice Rice, Ho-Chunk member and Public Service Librarian at the University of Wisconsin.

posts from Omar and the students as they document the project. If you'd like to learn

more about the project, please contact Omar at (608) 890-3817 or poler@wisc.edu.

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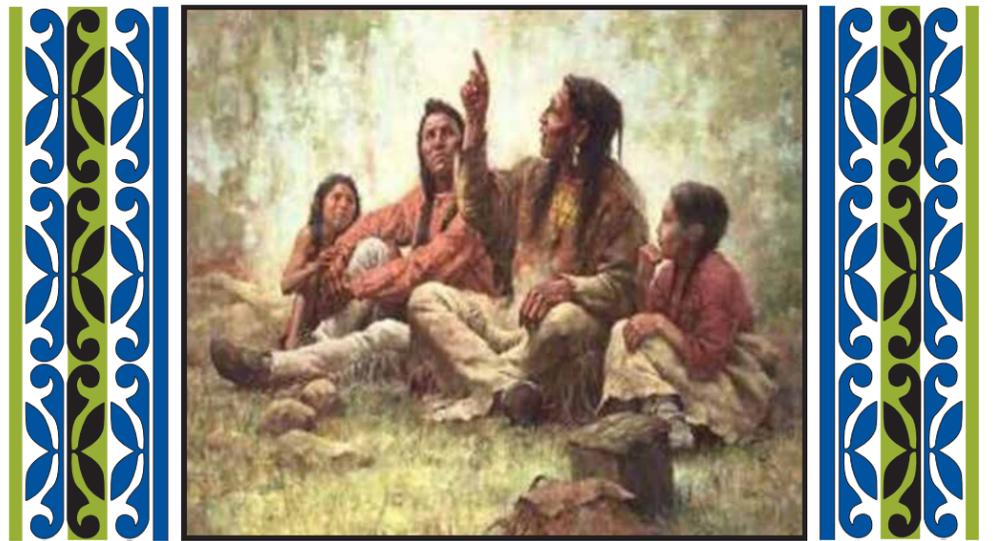
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December 11th, 2013

4:30-8:30pm

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ELDERS AND YOUTH (Ages 3rd grade and up) ;
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Family Service Program- 715- 284-2622 ext.5114

Organized by : Community Coordinated Awareness Team (CCAT)
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A Tribe Called Red makes a stop in Ho-Chunk country

Marlon WhiteEagle
Editor

On November 7, 2013, A Tribe Called Red, a DJ producer trio from Ottawa, Ontario, Canada, made a stop at the University of Wisconsin Madison's venue, The Sett at Union South. A Tribe Called Red is DJ NDN (Ian Campeau), DJ Shub (Dan General), and Bear Witness. Together, they are making an international impact in the electronic music scene.

The show was presented by WUD Music, and cosponsored by The Environmental Studies Department, The International Studies Department, The American Indian Studies Program, Office of Multicultural Arts Initiatives, The Great Lakes Indian Law Center, Tribal Libraries Archives and Museums (The School of Library and Information Sciences), The Havens Center, Alpha Pi Omega, the ITA Tribal Technology Institute, and the Indigenous Law Students Association.

The group's name, A Tribe Called Red, is one word different from the innovative and iconic hip hop group, A Tribe Called Quest. Like A Tribe Called Quest, A Tribe Called Red is innovative with their mixture of electronic music and First Nations traditional music. A Tribe Called Red samples powwow music drums and singing along with electronic dance tracks. DJ NDN said, "We started by just showcasing aboriginal talent; there are aboriginal DJs. Afterwards, we were told we started something, or we opened up a can of worms that can't be closed. We have a duty to keep it going."

The group's style and message have influenced the likes of Kanye West and other parts of pop culture. On West's latest album, Yeezus, his first single, Black Skinhead, samples a powwow singer like voice a la A Tribe Called Red. DJ Shub said, "When people ask, we say we influenced him. It's good to know he heard our

music."

On the group's website (www.atribecalledred.com) is MicroFilm: A Tribe Called Red, where Bear Witness explains his video work. He said, "We see the image of aboriginal people in popular culture. We can take it and make it your own. It is something that is damaging, or detrimental, to your community you make it your own. You take the power out of it. Any cultural group that has gone through genocide, or that have gone through centuries of oppression, humor is the only thing that keeps you going."

Today, Kanye West is out making the Confederate flag his symbol, or trying to make it his own. It's the same message Bear Witness shares in the Microfilm. West is out on his Yeezus World tour, with none other than A Tribe Called Quest.

Another example of the group's influence is the Kmart "gifting out" commercials. Where they show their customers stuck in frenzy after they received great saving shopping at Kmart. A Tribe Called Red cuts and loops aboriginal images from pop culture movies, cartoons, and TV shows and synchronizes them to their music.

Bear Witness video work hits home and sticks in the minds of those who see it. He used images from movies like Dead Man, Back to the Future, and TV shows like the Sopranos.

Overall, A Tribe Called Red mission is to make people dance. Bear Witness said, "Our shows are urban aboriginals' social dance or gatherings, just like a powwow. People come to meet old friends and make new ones." On the music itself, DJ NDN said, "Electronic and powwow music are both dance music. Tempo-wise, moombahton and crowd hops are the same."

The group is out promoting their two albums. Their first album, the self titled A Tribe Called Red, was released in 2012. And their second



A Tribe Called Red take the stage at The Sett at UW Madison's Union South.



A Tribe Called Red poses for a photo during a pre-show interview. Pictured (L to R) Bear Witness, DJ Shub, and DJ NDN.

album, Nation II Nation, was released this year. DJ Shub said, "The first album was a compilation of prior songs were released online. Nation II Nation contains specific material. We had deadlines with this album. There were different motivations with our producer, Tribal Spirit. We fed off the Idle No More movement." DJ NDN added, "We were getting the female singers and the acappella singing we were looking for."

When asked what they enjoy most about their success DJ Shub said, "The travel is the biggest thing. Getting to meet everyone is great. I used to think we are only Six Nations." DJ NDN enjoys "the soapbox they have regarding aboriginal issues. We tweeted about wearing headdresses at our

shows. Some festival banned headdresses." Bear Witness said, "There's always something exciting going on. We don't always catch up."

The group said they don't have a specific message, but rather doing this, or us being aboriginal is the message.

A Tribe Called Red is on their third trip to Europe for a tour through the early part of December. They are looking forward to the holidays to take a break and work on some new music. They'll be back on tour in February; making stops in Chicago on Valentine's Day and in Minneapolis the day after. They will be at the South by Southwest festival March 12-15, 2014.

For more details and info on upcoming shows visit www.atribecalledred.com/tour.



Bear Witness handles video work and helps DJ Shub and DJ NDN on A Tribe Called Red's rise to success.



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(Live In Freedom Everyday)

Join us monthly
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Meetings to be held monthly as scheduled



Where: House of Wellness
Behavioral Health Conference Room

When: Saturday, December 14, 2013

Time: 12:00 a.m. — 2:00 P.M.

Contact: Stephanie WhiteEagle
(608) 355-1240 ext. 5568

Topic: Coping with Christmas Stress

Activity: Christmas Gathering for HOW L.I.F.E. group

(Dates are subject to change)



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I believe in the person I want to become.

RedCloud featured in Wisconsin Veterans Museum's Medal of Honor Exhibit

Marlon WhiteEagle
Editor

On Wednesday, November 3, 2012, the Wisconsin Veterans Museum opened its Medal of Honor Exhibit, which features Ho-Chunk tribal member, Corporal Mitchell RedCloud Jr., along with three other Congressional Medal of Honor recipients from Wisconsin. Mitchell RedCloud Jr.'s daughter, Annita RedCloud, helped unveil the Medal of Honor exhibit along with family members of Staff Sergeant Gerald Endl, Technical Sergeant Beauford Anderson, and Second Lieutenant Jerome Sudut.

Annita RedCloud was joined by her daughters Tris Harris and Cori Blaschke, and her grandchildren, Mitchell Link and Trsitian YellowCloud, and Kai Blaschke on this special day. Michael Telzrow, the Director of the Wisconsin Veterans Museum, gave an introduction, welcome, opening remarks, and introduced the family members who would help unveil the new exhibit.

The four Medals of Honor were enclosed in an air tight, square glass display case.

Each side displayed the medals along with the name, rank, military division, place of birth, date of issue (of award), place (where award was won), and the date (it occurred).

The Citation reads as follows:

Cpl. RedCloud, Company E., distinguished himself by conspicuous gallantry and intrepidity above and beyond the call of duty in action against the enemy. From his position on the point of a ridge immediately in front of the company command post he was the first to detect the approach of the Chinese Communist forces and give the alarm as the enemy charged from a brush-covered area less than 100 feet from him. Springing up he delivered devastating pointblank automatic rifle fire into the advancing enemy. His accurate and intense fire checked this assault and gained time for the company to consolidate its defense. With utter fearlessness he maintained his firing position until severely wounded by enemy fire. Refusing assistance he pulled himself to his feet and wrapping his arm around a tree continued his



Corporal Mitchell Red Cloud, Jr.
Company E, 19th Infantry Regiment, 24th Infantry Division

"Corporal Mitchell Red Cloud's story deserves to be told, and told again, so that soldiers now and in the future can draw inspiration from his example..."

Colonel Hank Dodge
Commander of U.S. Army Garrison Red Cloud

A seasoned veteran of WWII, Red Cloud's experience on the battlefield saved Company E from being overrun early in the morning of November 5, 1950, in North Korea. A star filled sky provided the backdrop to a deadly enemy encounter. Within a cold fox hole in a forward listening post, he watched the enemy emerge from the brush ahead. He began firing into his attackers, alerting his comrades to the surprise. The advancing Chinese troops returned fire, wounding Red Cloud eight times. Refusing to abandon his post, he climbed out of his fox hole and propped himself against a tree, then ordered his men to retreat while provided cover fire. Red Cloud died at his post and was recovered the next morning.



New exhibit of Mitchell RedCloud Jr. at the Wisconsin Veterans Museum.



Bust of Mitchell RedCloud Jr. on display at the Wisconsin Veterans Museum.

deadly fire again, until he was fatally wounded. This heroic act stopped the enemy from overrunning his company's position and gained time for reorganization and evacuation of the wounded. Cpl. RedCloud's dauntless courage and gallant self-sacrifice reflects the highest credit upon himself and upholds the esteemed traditions of the U.S. Army.

A bust of Mitchell RedCloud Jr. is also on display near the Medal of Honor exhibit. A reception was held after the unveiling.

Telzrow said the museum is planning a more extensive display for RedCloud's Medal of Honor and bust to be exhibited in the spring of 2014.



Tris Harris, Trsitian YellowCloud, Mitchell Link, Annita RedCloud, Cori Blaschke, and Kai Blaschke flank the Mitchell RedCloud Jr. Medal of Honor exhibit.

Sgt. Respicio returns to Ho-Chunk Gaming Black River Falls

Tris Harris
Senior Manager-Public Relations

Ho-Chunk Gaming Black River Falls (HCG BRF) held a "Welcome Home" celebration for Sgt. Nicholas Respicio who had been called to active duty a year ago, leaving his position as a Security Officer. Upon leaving for active duty, Sgt. Respicio nominated HCG BRF for the WI. Employer Support of Guard and Reserve's "Above and Beyond" award and subsequently, they were selected as a recipient of this award and accepted it in April, 2013.

Sgt. Respicio was a new employee when he was called to active duty and therefore was not guaranteed his job would be there when he returned. The Casino's Executive Manager, Greg Garvin, said "assuring Sgt. Respicio that his position would be waiting for him when he got back was an easy decision considering what he and every other Service man and woman do for our Country." He went on to say that "we do our best to find ways to help support and pay tribute to our military members."

At the Welcome Home ceremony, Nicholas said a few words, giving thanks to all of the HCG BRF Management for not only allowing him to return to his position, but for taking care of his family while he was away, giving them the Nation's employee and holiday benefits and for all of the support he has received. Director of Security, Mark Thundercloud along with Greg Garvin both spoke about the gratitude that all of the staff at the Casino had for Nicholas and how much they were all anticipating his return. Nicholas was given a Pendleton blanket for his service and fellow staff member Butch Baker made an eagle feather wood plaque with coins imbedded in it from the Ho-Chunk Nation, the ESGR and the Armed Forces.

HCG BRF currently has 2 military fundraisers taking place, the employees are collecting items to be sent to deployed soldiers through Operation Homefront and the other is through the upcoming BlackHawk/Jared Blake concert where \$5 of each ticket sold will go towards the VFW's Unmet



(L-R): Robert Reider-Director of Marketing, Mark Thundercloud-Security Director, Sgt. Nicholas Respicio-Security Officer and Greg Garvin, Executive Manager.

Needs program which provides financial support for the families of deployed military men and women. HCG BRF also helped with the fund-

ing to send close to 100 WWII and Korean Veterans on the Badger Honor Flight on Oct. 19th.

Warriors of Stillness Pain Management program presented by House of Wellness staff

Sherman Funmaker
Staff Writer

In October of this year, during the 9th Annual Mental Health and Substance Abuse Services Training Conference that was held at the Kalahari Resort in Wisconsin Dells several staff members from the House of Wellness presented what was called the "Warriors of Stillness" program to attendees of this training conference.

Davis Nelson Ph.D., LPC, SAC, from the Ho-Chunk Nation, Amy DeLong, MD, MPH, also from the Ho-Chunk Nation Department of Health, CDR Ted L. Hall Pharmacy Director, BCPP, R. Ph. and Felcon Miller, Ho-Chunk tribal member were all on hand to speak to the crowd of about 50 fellow substance abuse workers that came from all over the state.

This presentation is an overview of the Ho-Chunk Behavioral Health's Pain Management Program called "Warriors of Stillness." This program is designed to assist participants in managing their chronic pain with more natural healing practices, such as



Davis Nelson Ph.D., LPC, SAC spoke to behavioral workers about this program and treatments.

Mindfulness, Warrior Qigong and lots of Smiles.

The goal is to not only manage chronic pain more naturally but to reduce the use of pain medications as the only means of pain relief. You will also get a brief overview of the difference between Eastern and Western medicine and how the two can be integrated

into serving your clientele.

This program is designed to assist in managing chronic pain and leading a healthy and vital lifestyle that is free from suffering.

It provides an overview and practice in the art or mindful meditation, gentle mind-body exercises, and self exploration. These practices have been clinically proven and time-tested in helping people manage chronic pain and the suffering that goes with it.

Dr. Amy DeLong and Pharmacy Director Ted Hall were also on hand to talk about the effects of pain and what can be done to help eliminate pain and the negative effects of pain.

Transmission of Pain:

The initial physiological changes that take place within the body after a painful episode are concerned with the transmission of pain. The four basic principles that are involved are:

- Transduction: this process involves changing a noxious stimulus in the sensory nerve endings into a nerve impulse. Nociceptors (primary afferent neurones) are nerve endings



Davis Nelson Ph.D., LPC, SAC, from the Ho-Chunk Nation, Amy DeLong, MD, MPH, also from the Ho-Chunk Nation Department of Health, CDR Ted L. Hall Pharmacy Director, BCPP, R. Ph. and Felcon Miller, tribal member, who spoke about her experience with this pain management and how it helped her with injuries.

- Transmission: the movement of impulses from the site of transduction to the brain. Transmission occurs in three stages: from the Nociceptors fibres to the spinal cord, from the spinal cord to the brain stem and thalamus, and finally from the thalamus to the cortex. For the pain stimulus to be changed to an impulse and move from the periphery to the spinal cord, an action potential must be created; that is, the movement of sodium and potassium ions from the extracellular fluid to the intracellular fluid, and vice versa. Transmission occurs in C fibres and A delta fibres and neurotransmitters are needed at each synapse to continue the pain impulse across the synaptic cleft;

- Perception: the process involved in recognizing, defining and responding to pain. It is a result of neural activity and is where pain becomes a conscious experience. Perception takes place predominantly in the cortex, but the limbic system and reticular systems are also involved;

- Modulation: this involves the activation of descending pathways that exert inhibitory effects on pain transmission.

Descending fibres release substances such as endogenous opioids, serotonin, noradrenaline, gamma-aminobutyric acid, and neurotensin that have the capacity to inhibit the transmission of noxious stimuli and produce analgesia (McCaffery and Pasero, 1999).

In essence, being a Warrior of Stillness is about cultivating attention. There is only one way to cultivate attention: take a simple activity that requires attention, but not much intellectual effort, and do it again and again. Whenever attention lapses bring it back to the task and continue.

It is like driving a car. Your attention is to the road, and when it lapses too long on the scenery, you must bring it back to the road and repeat until you have reached your destination.

In Warriors of Stillness we use breathe as the road. Your thoughts, feelings and physical perceptions are the scenery.

Your destination is what you determine.

Mindful mediation can be summed up in this one simple principle:

"Return to what is already

here...and rest"

This principle is applied in three ways:

To our physical posture: Gentle mind-body exercises of the Chinese Qigong, or Energy Exercises, are utilized to create a healthy flow of energy, called Qi (Chee), and is a symbol of the intention of practice to be stable and present.

To the way we breathe: Using the breath with attention involves letting the body do the breathing, letting go of emotional constraints and bodily tensions.

To the way we direct the mind: When the mind wanders away from the breath we simply return it to the breath...and rest. This is not about maintaining focus on the breath, but simply placing attention to it, resting, and doing it over and over again.

Conference Sponsors:
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Tellurian, Rogers Memorial Hospital and
University of Wisconsin-Stevens Point Continuing Education

Deer hunters to use precautions to avoid tick bites

Submitted by Jennifer Miller, State of Wisconsin Department of Health Services

Deer hunting season is upon us in Wisconsin and the state Department of Health Services (DHS) is urging hunters to be aware of blacklegged ticks, also known as deer ticks, when they are out in heavily wooded areas.

While the risk of acquiring a tickborne illness is highest from spring through summer when ticks are most active, people should still be concerned about tick activity into late autumn, especially if the weather is warm. Recent tick surveillance conducted by the University of Wisconsin-Madison found significantly larger populations of ticks in the north, central, and eastern regions of Wisconsin during

2013.

To date, there have been five tickborne diseases identified in Wisconsin that occur following bites of blacklegged ticks. These diseases include Lyme disease, anaplasmosis, ehrlichiosis, babesiosis, and Powassan virus disease. While Lyme disease is the tickborne illness most people are aware of, during 2012 DHS received over 600 reports of non-Lyme disease tickborne illnesses. Tickborne illnesses can result in mild symptoms that require out-patient treatment to severe infections that require hospitalization, or if left untreated can lead to long term health issues or even death.

"Everyone should take precautions to prevent tick bites when they spend time outdoors, and this is especially true for hunters in the woods,"

said Dr. Henry Anderson, State Health Officer. The key to preventing tickborne diseases is to avoid tick bites, and to find and remove ticks promptly, Anderson noted.

The following steps can help deer hunters prevent tick bites and reduce the chance of getting tickborne diseases:

- Use effective tick repellents and apply according to the label instructions. The Centers for Disease Control and Prevention (CDC) recommends using repellents with 20% DEET on exposed skin and clothing to prevent tick bites, but users should take special care to avoid spraying in the hands, eyes and mouth. Repellents that contain permethrin can also be applied to clothing.

- Wear clothes that will help shield you from ticks. Long-

sleeved shirts and long pants are best. Tuck pants into the top of socks or boots to create a "tick barrier." Light-colored clothing makes ticks easier to spot. The dark colored ticks will also show up well against blaze orange hunting clothing.

- Check your body frequently for ticks, and remove them promptly. Blacklegged ticks are small and may be difficult to find, so careful and thorough tick checks must be done on all parts of the body. It is important to pay special attention to areas where ticks tend to hide, such as the head, scalp, and body folds (armpit, behind the knee, groin). Take a shower or a bath as soon as possible to remove any ticks that may still be crawling on you.

- Remove attached ticks slowly and gently, using a



pair of thin-bladed tweezers applied as close to the skin as possible. Folk remedies like petroleum jelly, nail polish remover, or burning matches are not safe or effective ways to remove ticks.

For more information about the tickborne infections listed above, visit: <http://www.dhs.wisconsin.gov/communicable/TickBorne/index.htm>

For information on insect repellents: <http://cfpub.epa.gov/oppref/insect/>

8th Annual Keeping Hope Alive Wellness Conference held at WCG-WD

Sherman Funmaker
Staff Writer

On Tuesday, November 19, and Wednesday the 20th 2013 Ho-Chunk Gaming Wisconsin Dells hosted the 8th Annual Keeping Hope Alive Wellness Conference.

Like the seven conferences held before, the two day event is a gathering of health professionals that have come to present talks, presentations and demonstrations that are designed to bring awareness to the many health concerns that affect the lives of the Ho-Chunk people.

The event started early each morning with walks, aerobics

and yoga for those that wanted to start the day with some exercise and breakfast.

Ho-Chunk Gaming's Steve Garvin emceed the event that hosted several hundred tribal members and staff.

According to one of the organizers, Ho-Chunk Nations Health and Wellness Coordinator, Karena Thundercloud, the event was considered another successful event.

"The comments we got were all very positive and we had a lot of help from the diabetes team and staff. Every presentation had evaluations that were filled out by participants and with those we look

over to see what worked and what we need to focus more on. Each year we try to have a theme that is addressed during the conference and this year we thought it good to focus on diabetes effect on the patient's feet. It is a very serious problem and we want those in attendance to know about and to be aware of. I would like to thank the help of all, the emcee Steve Garvin and the Nations drum group that kept us entertained." Thundercloud said.

The presenter and their presentations were as follows;

John P. Porcari, Ph.D., RCEP, FACSM, FAACVPR

John Porcari is a Professor in the Department of Exercise and Sport Science at the University of Wisconsin-La Crosse. He teaches courses in exercise testing and prescription, cardiovascular physiology, electrocardiography, and statistics. Additionally, he is Program Director of the Clinical Exercise Physiology graduate program and Executive Director of the La Crosse Exercise and Health Program, the University's on-campus fitness program. John is a Fellow of both the American College of Sports Medicine (ACSM) and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and was the President of AACVPR in 2003. He was awarded a Distinguished Service Award from AACVPR in 1995 and won the AACVPR Award of Excellence in 2010.

Diabetes Burnout Part One and Two -

Kathy Braaten, RD, CD, CDE, CLS

Kathleen Clemons, MS, RCEP, CDE

Do you ever get tired of trying to eat right and exercise, checking your blood sugar or taking your medications? You are not alone in this journey. Come and learn realistic tips for dealing with these important parts of your diabetes self-management program and how you can overcome diabetes burnout.

Hot Topics for Men -
Chris Frederick, BS, CES, AHFS, EIM-III



Dave Nelson-Keeping a Positive Attitude.

Getting stronger. Weight Loss. Conditioning. Feeling energetic. These are a few of the many topics that interest men in particular when it comes to fitness and living well. This session will cover those topics and more in depth to provide information that is useful every day to become a healthier, happier you. The tips presented will be useful for everyone, with an emphasis on the issues men are most commonly concerned about – including ample time for discussion.

"The Most Shocking Facts Regarding Diabetes" -
Christine Swanson, RN BSN Nurse Educator

Enjoy a hair raising session to learn fun and shocking facts regarding diabetes. It will be an interactive session filled with laughs, fun, and new outlooks on diabetes that will surely make you go, "Ohh!"

Mindful Eating Breakout Session -
Jessica Jennings, RD, CD, CLC

Come to the Mindful Eating breakout session and learn the difference between physical and emotional hunger. Move closer to achieving

your health goals by gaining insight on ways to avoid over-eating and eating out of boredom. You'll also get the chance to participate in a mindful eating activity at the end of this session.

Aromatherapy for Relaxation -
Shawn Nadeau, RN, BSN, CLC

Learn about aromatherapy and how essential oils can help with relaxation and well-being. Join us in making your own essential oil spray for relaxation and wellness.

Keeping a Positive Attitude -
David Nelson, PhD

Most of us are aware that keeping a positive mental attitude is important for our well-being, and we also know, that at times it can be rather difficult to stay positive. The secret to maintaining a positive mental attitude knows how to use the different parts of your mind. All too often we are using the wrong part of the mind to try and stay positive. In this session, you will learn what parts of the mind to actually use to keep yourself positive, even in the midst of frustration and stress. And, it is actually fun!



John P. Porcari, Ph.D., RCEP, FACSM, FAACVPR



Foot Complications and Surgical Intervention -
Dr. Kham Vay Ung.



Diabetes Burnout Part One and Two -
Kathy Braaten, RD, CD, CDE, CLS
Kathleen Clemons, MS, RCEP, CDE

General Council agrees on 'malfeasance' definition, Legislature doesn't

Ken Luchterhand
Staff Writer

One topic that comes up at the General Council meeting every year is the removal of elected officials.

What makes the whole process more challenging is the fact that any removal is hinged on the word "malfeasance."

Because the word hasn't been defined, it made any removal attempt confusing and without any guidelines. Therefore, people would attempt to remove someone from office without just cause, but rather on personal feelings which may or may not have any merit.

On Sept. 28, 2013, Carol Rockman brought a definition of "malfeasance" before the General Council, which was meeting at the Ho-Chunk Convention Center in Baraboo.

The resolution to adopt the definition was approved by a vote of 756 to adopt, 309 to reject, and 223 abstentions at the General Council session.

A pertinent section of General Council Resolution 9-28-13-12 reads as follows:

WHEREAS, the General Council previously lacked guidance and lacked any constitutional protected removal and recall procedures that ensued that the due process clause guaranteed in the Ho-Chunk Constitution Article X, Section 1 (a)(8) shall be absolutely protected and applicable at General Council proceedings as the liberty and property rights that serve the governmental interests must be protected;

... NOW THEREFORE BE IT RESOLVED that the General Council hereby mandates that the definition of malfeasance must be in place along with a burden of proof of a clear and convincing evidentiary standard and that such definition shall from this day forward, provide consistency and stability for the General Council to make its decisions as a tribunal when removal and recall actions are placed before it for consideration.

Since the resolution was passed by the General Council, an acknowledgement of the resolution was placed before the Ho-Chunk Nation Legislature.

The Legislature passed a separate resolution to take no action on the malfeasance General Council resolution, based on an opinion from an unnamed attorney for the General Council Agency dated October 5, 2013.

However, because the legislative resolution states "no action taken," the General Council resolution defining malfeasance remains in effect.

Ho-Chunk Nation Legislature Resolution 11-05-13K reads:

Whereas, the attorney for the General Council Agency issued an opinion dated October 5, 2013, on all resolutions adopted by the General Council on September 28, 2013, including Resolution 9/28/13-12.

Ho-Chunk Nation Legislature Resolution 11-05-13K further stated:

Whereas, in the opinion of the General Council agency,

General Council Resolution 9/28/13-12 may be contrary to the HCN Supreme Court decision in George Lewis v. HCN Election Board, Case No. SU 06-07 (March 12, 2007) and, further, that this resolution will need additional clarification regarding its scope and application to General Council removal proceedings.

The Legislature resolution passed 8-0 with one abstention at its meeting on November 5, 2013.

Rockman is troubled by the actions of the Legislature. The General Council Agency is not authorized to override policy decisions voted upon by the General Council, she said.

"The attorney making that statement isn't the attorney for the General Council branch of government. He is the attorney for the General Council Agency," Rockman said.

"The definition of 'malfeasance' was taken directly from that court case (George Lewis v HCN Election Board SU 06-07 March 12, 2007)," Rockman said.

That definition in the court case reads as follows:

As appropriately pointed out by the plaintiffs, malfeasance has a commonly understood meaning. According to Webster's Third International Dictionary Unabridged (1986) "malfeasance" is:

Wrongdoing, Misconduct. The doing by a public officer under color of authority of his office of something that is unwarranted, that he has contracted not to do and that is legally unjustified and positively wrongful or contrary to law.

According to Black's Law

Dictionary "malfeasance" is:

Evil; ill conduct. A commission of some act which is positively unlawful. The doing of an act which is wholly wrongful and unlawful. The doing of an act which a person ought not to do at all or the unjust performance of some act which the party had no right, or which he had contracted to do. Black's Law Dictionary p. 956 (6th Ed. 1990).

The Ho-Chunk Nation Attorney General is tasked with providing legal opinions for the General Council resolutions. The opinions state whether the General Council resolutions are constitutional or unconstitutional or if they fall within another branch of government, Rockman said.

Attorney General Corbine wrote in a statement on 2013 General Council actions, dated September 28, 2013:

09-28-2013-12 Resolution, To Develop a Binding Policy that Defines Malfeasance and Mandates that the Ho-Chunk Constitution Be Absolutely Adhered (To) (sic)

Article IV, Section 3 states that "The General Council retains the power to set policy for the Nation. This resolution clearly deals with setting a policy. The current practice as set out by the Nation's Courts define malfeasance as "whatever the General Council says it is" and therefore this resolution would be in line with the current order as well except that there now exists an actual definition and a standard of review before an individual can bring a removal action under Article IX of the Constitution. This resolution does not expressly state that this definition and procedure be placed in the Ho-Chunk

Nation Constitution. This resolution does not expressly call for a Secretarial Election but does not prohibit it. If the definition and call for due process procedures are not placed in the Constitution, there is nothing that prohibits the General Council from changing this policy at a future General Council meeting. The fact that the word "binding" is used in the resolution does make it seem as though placing the definition within the Constitution may be the best way to ensure the policy is "binding." Again, however, it should be noted that the resolution does not call for a Secretarial Election. Further, the fact that General Council can set policy means that this resolution became binding on the General Council passage.

There were 1,288 votes cast, and the resolution was PASSED by a vote of 756 Yes or Accept, 309 No or Reject, and 223 Abstain.

Because a resolution, according to Black's Law Dictionary, formally expresses the sense, will, or action, a policy must be created which will direct how the resolution will exercise the course of action mandating a fair and just legal standard for malfeasance. The intent of this formal policy is to avoid any unguided and questionable removals of Ho-Chunk elected officials, Rockman said.

Rockman refers to the Constitution of the Ho-Chunk Nation, Article IV – General Council, Section 3: Powers Retained by the General Council. In subsection (a), it states: "The General Council retains the power to set policy for the Nation."

Correction

In the last issue of the Hocak Worak the Commander of the American Legion Post 556 Joe WhiteEagle was incorrectly named Joe Decorah, our apologies to any parties that may have been inconvenienced.

Are You Ready for Winter?

"Get an emergency kit in your car. It could save your life"

Submitted by State Of Wisconsin Department of Military Affairs, Division of Emergency Management

Governor Scott Walker has declared November 4-8, 2013 as Winter Awareness Week in Wisconsin. The annual campaign, sponsored by Wisconsin Emergency Management (WEM), its ReadyWisconsin preparedness



Carry a winter storm survival kit in the back seat of your vehicle (in case your trunk jams or is frozen shut).

program and NOAA's National Weather Service (NWS), is to remind people to be prepared for winter conditions that could threaten their safety.

"The number one thing to do: make sure you have an emergency supply kit in your car – it could save your life," says Brian Satula, Wisconsin Emergency Management Administrator

ReadyWisconsin will air Television and Radio Public Service Announcements in November, urging viewers and listeners to keep an emergency kit in their vehicles. Starting November 1st, Wisconsin residents can sign up for a chance to win a winter survival kit on the ReadyWisconsin website: readywisconsin.wi.gov.

Winter storms are considered deceptive killers because most deaths are

indirectly related to the storm. For example, in the last five years Wisconsin has averaged 50,000 motor vehicle crashes during winter months. An average of 45 people are killed and more than 5,000 injured on icy or snow-covered roads.

Carbon monoxide poisoning is also a danger. According to the Centers for Disease Control, carbon monoxide is the leading cause of accidental poisoning deaths in the United States, with more than 20,000 people visiting the emergency room and nearly 500 killed each year from overexposure to the gas.

Now is the time to winterize your car and home, gather items for an emergency kit in your car, and make sure you have a NOAA Weather Radio with fresh batteries. Additional winter weather tips and how to put



Few of us will forget the Groundhog Day Blizzard of 2011. Parts of the state had snowfall totals between 12 and 33 inches. Schools and businesses closed and thousands heeded the warning to stay home in the near-paralyzing event.

together a winter emergency kit are available at the ReadyWisconsin website (readywisconsin.wi.gov). In addition, there are numerous

winter storm maps and a history of Wisconsin's winter weather produced by the National Weather Service.

Ho-Chunk Nation donations benefit Twin Cities area members

Ken Luchterhand
Staff Writer

Four checks were provided by the Ho-Chunk Nation to Twin Cities organizations that benefit Ho-Chunk members.

The check presentations were given on Thursday, October 17.

The checks were given to Women of Nation's Shelter, Division of Indian Works – Minneapolis, Division of Indian Works – St. Paul, and The Elders Lodge.

District 5 Ho-Chunk Legislators Matt Mullen, Robert TwoBears and Forrest Whiterabbit and Kathyeen Lone Tree-Whiterabbit provided the checks to the organizations.

"As a People, we care about all our communities, and all our members, this was the first time we were able to honor some of these non-profit organizations that help our members in the Twin Cities area in their times of need," wrote District 5 Ho-Chunk Legislator Kathyeen Lone Tree-Whiterabbit.

"The nominations for these non-profits came from our area members because they wanted to give back to them for all of their help," she wrote. "That's why we tried to have the tribal member who made the nomination present in each of the check presentation photos, the areas were ably represented by Chairperson Mr. Paul Fox in each of the check presentations."

The Division of Indian Works - Greater Minneapolis Council of Churches is represented by board member Attorney Patina Park.

"Thank you for the honor of your donation. DIW has a long history of support from the Ho-Chunk Nation and we are grateful for your friendship. We will apply the donation towards our programming that helps our community from infant to elder," Park said.

The Department of Indian Works - St. Paul Area Council of Churches is represented by Food Shelf and Referral Coordinator Becky Harstad.

"Sincere thanks for contributing to the Department of Indian Works – St. Paul," Harstad said. "The donation will directly go to feeding St. Paul's tribal people. It truly matters and makes a difference for relieving food scarcity. Miigwech."

The Elders Lodge, an independent living community in St. Paul that provides affordable, service-enriched housing for low-income seniors ages 62 and older represented by Board member Louise Ittner. The original Elders Lodge Mission was to create a home where elders could share their wisdom and spiritual traditions with the community.

"I am very honored to accept the donation of \$2,500 for the Elders Lodge," Ittner said. "There is always a need



The Ho-Chunk Nation presents a donation to the Women of Nation's Shelter in the Twin Cities area for helping members in their times of need.

for funds for repair and upkeep. I know we all appreciate and are grateful for the Ho-Chunk donation."

The Women of Nations is represented by Executive Director Della Plume. Women of Nations is one of Minnesota's largest havens from domestic abuse for Native women and children. They provide holistic, culturally sensitive and responsive healing to all

who come to them seeking refuge.

"On behalf of the Women of Nations, we thank the Ho-Chunk Nation for this donation," Plume said. "It will help many women and children."

Also, Collin Price and Michelle Ramberg of the OOP were very kindly provided a sheet cake with the Great Seal of the Ho-Chunk Nation to

commemorate the event, as well as the prop checks produced for the photo opportunities, Lone Tree-Whiterabbit wrote.

Event coordination was provided by District 5 Legislative Aide Muggs Garvin and the St. Paul Branch Office staff Steve Bell and former staffer Stephanie Yellowbank.



The Elders Lodge



Division of Indian Works – Minneapolis



Division of Indian Works – St. Paul

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Mind
Body
Spirit

Black River Falls Women's Talking Circle

A comfortable place to explore new ideas and perspectives.

December 10, 2013

ACTIVITY: Continuing Project - Sewing / Shawl Making

TOPIC: Setting and Reaching Goals

All supplies and materials will be provided

All women are welcome.

H

WHEN: Tuesday, December 10th

TIME: 5 P.M. - 7 P.M.

WHERE: Tribal Office Building
W 9812 Airport Road
Black River Falls, WI

CONTACT: Hera Lonetree-Rindahl/Facilitator
(715) 284-9851 ext. 5012

This group meets monthly on the third Tuesday of each month. Subject to change due to scheduling conflicts.

Take control of your life.

Sponsored by the Domestic Abuse Division
HCN Department of Social Services
808 Red Iron Road
Black River Falls, WI 54615
(715) 284-2622
Domestic Abuse Hotline: (877) 847-8689



NEW HORIZONS:

Enhancing Partnerships & Creating Opportunities
Annual Tribal Transportation Conference
 Lake of the Torches Resort Casino
 510 Old Abe Rd., Lac du Flambeau, WI
 December 11-12, 2012

The Wisconsin Department of Transportation (WisDOT), Office of Business Opportunity & Equity Compliance, Tribal Affairs along with the College of Menominee Nation present this year's Wisconsin Tribal Transportation Conference. It's an opportunity for state, tribal, federal and transportation construction professionals to come together and increase their knowledge of governmental and transportation initiatives of the 11 tribes of Wisconsin and WisDOT.

Sessions included: WisDOT tribal initiatives, transportation safety, cultural resources and preservation, and an overview of WisDOT and Bureau of Indian Affairs construction project opportunities.

Register under <https://wtcc-2013-registration.eventbrite.com> until December 2. Or contact WisDOT Tribal Liaison **Kelly Jackson** at (608) 266-3761.



District One Community Center

Elder Social

Date: Thursday, December 19, 2013

Time: 10:00 AM

Place: District One Community Center

Bingo

Lunch

Feel free to bring a prize

55 and Older

Need More information?

Contact Derris or Melissa at
 715-284-0905



Come and join the fun!



NATIONAL
SUICIDE
PREVENTION
LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

Do me a favor...
Stay.

Ho-Chunk Wa ruc hiweni Food Distribution 2014 Tailgate Distribution Dates

		NIZRA	PACCINAK	AHU CO	CEX HACI	
	CLOSED FOR	Wis Dells	Wittenberg	Tomah	Nekoosa	
	INVENTORY	Wednesday	Wednesday	Wednesday	Wednesday	CLOSED for Holidays
JANUARY	31st	8th	15th	22nd	29th	New Year's Eve & New Year's Day
FEBRUARY	28th	5th	12th	19th	26th	
MARCH	31st	5th	12th	19th	26th	
APRIL	30th	2nd	9th	16th	23rd	Good Friday, Easter
MAY	30th	7th	14th	21st	28th	Memorial Day
JUNE	30th	4th	11th	18th	25th	
JULY	31st	2nd	9th	16th	23rd	4th of July
AUGUST	29th	6th	13th	20th	27th	
SEPTEMBER	30th	3rd	10th	17th	24th	Labor Day
OCTOBER	31st	1st	8th	15th	22nd	
NOVEMBER	28th	5th	12th	19th	25th	Veterans Day, Thanksgiving, Ho-Chunk Day
DECEMBER	30th	3rd	10th	17th	23rd	Christmas Eve & Christmas Day

*Participants can apply for food at any location.

*Fastest service is generally at the warehouse.

*Located behind the Executive Offices and Ho-Chunk Health Care Center

HOURS Mon-Fri 8:00 am - 3:45 pm *Closed 11:45 - 1:00pm for lunch & restocking
Closed EVERY Wednesday for Tailgates -See schedule above

TELEPHONE 1(800)284-9466 x5038 or (715)284-7461 x5038

FAX (715)284-5620

E-MAIL Andrew.Rave@ho-chunk.com

HO-CHUNK NATION FOOD DISTRIBUTION PROGRAM

P.O. BOX 202, N6562 LUMER JACK GUY ROAD, BLACK RIVER FALLS WI 54615

<http://www.fns.usda.gov/fdd/programs/fdpi/>

MEETING NOTICE

DISTRICT 1 BLACK RIVER FALLS AREA MEETING

7:00 p.m. • Wednesday December 4, 2013

Tribal Office Building
W9814 Airport Rd., Black River Falls WI 54615

Notice of Vacancy and Deadline For Districts to Nominate One (1) Election Board Delegate and One (1) Election Board Alternate

Districts		Number of Election Board Delegate	Alternate
District 2:	Baraboo	1	1
	LaCrosse	1	1
	Madison	1	1
	Tomah	1	1
District 4:			
	Milwaukee	1	1
Total		5	5

TERMS: All Election Board members shall serve terms of two (2) years. Election Board members may serve more than one term.

NOMINATIONS: Nominations for one (1) Election Board Delegate and one (1) Election Board Alternate to represent each District must be voted upon during your District's December monthly meeting.

The District's meeting minutes must include each District's nomination for Election Board Delegate and Election Board Alternate. The minutes must be received at the Election Board Office no later than

4:00 PM – FRIDAY, December 20, 2013

HO-CHUNK NATION ELECTION BOARD OFFICE

206 S. Roosevelt Road

P.O. Box 756

Black River Falls, WI. 54615

715/284-8900 • 800/890-0583 • 715/284-8600 Fax

Notice Of Election Board Chairperson Position

If you are interested in applying for the position please send or fax your resume to the Election Board Office prior to December 20, 2013 deadline at 4:30 PM. This position is for 2 years and will end December 2015.

The Election Board members will meet to review the resumes submitted to the Election Board office on December 21, 2013.

If you have questions please contact the Election Board office.

Election Board
206 S. Roosevelt Road, P.O. Box 756
Black River Falls, WI. 54615
715/284-8900 • 715-284-8600 FAX •
800/890-0583

Ho-Chunk Area Golf Association Meeting

December 7, 2013

Nekoosa at the Rainbow Grille

Start time 10:00 am

We'll be getting ready for our next year's season. Bring your golf dates, and issues for the agenda



donations welcome

The Black River Falls High School Youth Council is taking donations for Pine Ridge and Rosebud reservations in South Dakota. They are looking for clothes both children and adults, hygiene supplies, diapers, lines, towels, blankets, winter gear. We also want new and gently used toys for the children for Christmas. We will be setting up boxes in various places.

They also would like to provide a meal for the people on these reservations one night. These items can be dropped off at the Youth Services office located in District 1 Community Center. The dates of collection are from now until December 18th 2013. We will be driving out to deliver these items on December 19th.

Youth Council members are Izaak Ortiz, Cyrus Ortiz, Lucas Stacy, Gary Garvin, Desiree Rave, and Celia Lonetree.



Class of 1963 reunites in Mauston



The Mauston High School Class of 1963 "Golden" class reunion took place on Saturday, October 12, at the Castle Rock Golf Course located on Welch Prairie Road just north of Mauston. Tribal Elder Parmenton Decorah was on hand with 29 other fellow classmates to celebrate this milestone. Classmates came from as far away as California, Florida, Michigan, Minnesota and Oklahoma.



Congrats to newly elected BRF Youth Council. (L-R): Greg Blackdeer (HCN Legislator), Izaak Ortiz (Legislator), Cyrus Ortiz (President), Lucas Stacy (Legislator), Gary Garvin (Legislator), Celia Lonetree (Vice President), Desiree Rave (Secretary), and Lori Pettibone (HCN Legislator).



Sid Lewis (Ho-Chunk/Pima) pictured with Ira Hayes' (Pima) family members at the family's home in Bapchule, Arizona. Pictured are Joe Hayes (Ira's father), Sid Lewis, Kenneth Hayes (Ira's brother), Nancy Hayes (Ira's mother), Nancy Lewis (Sid's Grandma), and an unknown child.

Sid remembered visiting the family after reading the Badger Honor Flight article, and seeing the photo of the Marine Corps Memorial, which includes Ira Hayes among the six flag raisers atop Mount Suribachi. He remembered a family member being excited to meet him because they knew there was a little Pima boy "from up that way." He also recalled the Andrew Blackhawk American Legion Post 129 participating in the Ira Hayes parade at the reservation in 1995.

W Mind
O Body
M Spirit
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December continuing sewing projects.

Learning to Set Goals
Learning to Sew



Women from all areas are welcome to attend

Join us Tuesday

We will continue working with you on your sewing project each month until you're able to complete it, either on your own or in class.

POTLUCK
Please bring a dish to pass

All materials will be supplied
Some sewing machines will be available during class

TOPIC: Goal Setting

ACTIVITY: Making Dress Pattern

WHEN: Tuesday 12/3/2013

WHERE: HCN Community Center
Chakh Ha Chee Lane
Nekoosa, WI 54457

TIME: 5 P.M. - 7 P.M. (open ended)

CONTACT: Melanie White
(715) 851 - 1967



Sponsored by the Domestic Abuse Division
HCN Department of Social Services
808 Red Iron Road
Black River Falls, WI 54615
(715) 284-2622



Domestic Abuse Hotline: (877) 847-8689

MEETING NOTICE DISTRICT 2

BARABOO AREA MEETING

Monday, December 2, 2013 - 6:00 p.m.
House of Wellness S2845 White Eagle Rd

LA CROSSE AREA MEETING

Monday, December 9, 2013 - 7:00 p.m.
LAX Branch Office 724 Main St

TOMAH AREA MEETING

Tuesday, December 10, 2013 - 6:00 p.m.
Blue Wing Community Bldg

MADISON AREA MEETING

Wednesday, December 11, 2013 - 6:00 pm
Madison Branch Office 1320 Mendota St

Ho-Chunk tribal member earns honors in Marine Corps bootcamp

Marlon WhiteEagle Editor

On August 30, 2013 tribal member, Jamie Mueller, earned the title United States Marine at Marine Corps Recruit Depot Parris Island in Parris Island, South Carolina. Mueller graduated as Company Honor Guard. She is the daughter of Richard Louis "Lou" Mueller and Stephanie (Swallow) Mueller. Mueller graduated from Waukesha West High School in 2009 and earned a volleyball scholarship to Southern Illinois University Edwardsville. After learning college wasn't her "cup of tea", she went on to attend classes, work, and coach at the Inferno Volleyball Club in Pewaukee, Wisconsin. She decided to join the Marine Corps in the fall of 2012. Stephanie Mueller said, "Jamie has been a part of athletics since she was 6 yrs old. She has always excelled as an athlete. She enjoyed soccer for years but she only played for fun. She was a natural at softball without even practicing but had a passion for game of volleyball. Jamie played club volleyball for the Temecula Vipers Volleyball Club, Laguna Beach Volleyball Club, Wisconsin Juniors Volleyball Club and Milwaukee Sting Volleyball club. I believe the commitment she had to all of her teams, wheth-

er it was the Waukesha West softball or volleyball teams, or the club volleyball teams, she learned commitment to her teams and teammates. She has always played club soccer and softball. She has always been a reluctant leader. But for the most part, teammates have always relied and respected Jamie. We, her parents, have always been proud of Jamie for all of her accomplishments; not only in athletics, but with her education." Mueller scored very high (96 of 99) on the ASVAB test. Stephanie Mueller said, "She could have gone into any branch but she chose the Marines because of her family." On her dad's side of the family, Mueller is the third generation to serve in the Marines. Her dad, Lou, and her grandfather, Gerard Howard Mueller, were Marines. Two of her tegas, Troy and Tyrone Swallow, served in the Marines Corps. Swallow continued, "Richard was a computer programmer. From 1986-1990, he and Troy were friends and co-workers stationed at the Marine Corps' finance center in Kansas City. That's how I met Lou, through haga." Mueller enter Marine Corps boot camp on June 3, and graduated as Company Honor Guard on August 30. Stephanie Mueller said, "She said she got a lot of

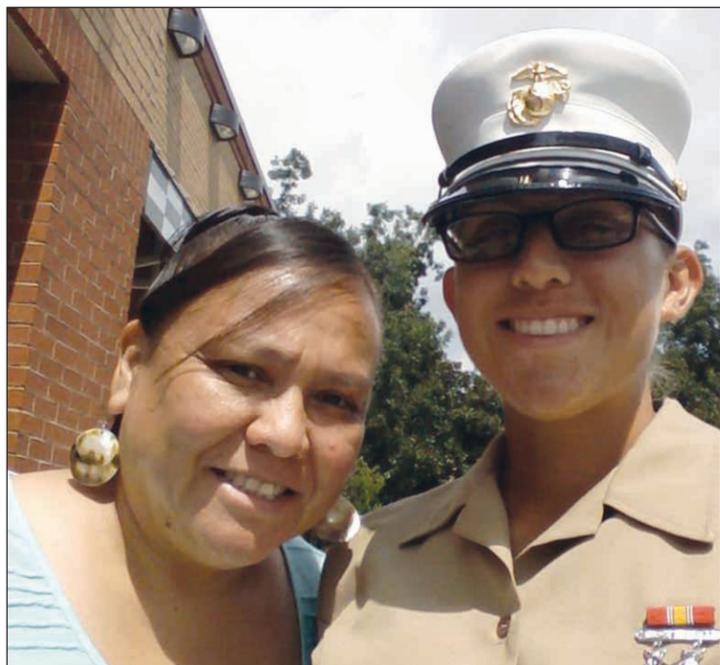
disrespect from some of the other recruits as honor guard, but there were always other recruits to back her up. She explained it was a lot of stress and there was a lot of lack of sleep. But she did awesome!" Stephanie Mueller said, "She received such wonderful accolades from the Drill Instructors and Recruiter. Her recruiters name is (Sgt.) Angie Chavarria, based out of Waukesha; she got a free trip to see Jamie graduate because Jamie did so well. There are so many high expectations for Jamie and she always tries hard to do her best." Mueller continued, "She graduated combat training on my birthday, October 8, at Camp Gieger on Marine Corps base Camp Lejeune in Jacksonville, North Carolina. She was one of the four nominated to graduate with honors but did not get it. She said it was a learning experience for her and it makes her want to try harder." Mueller will be based in Monterey, California attending school for two years beginning in November 2013. Swallow said, "She said there is a 95% chance she'll be based in Hawaii. Her father says 'That's how you join the Marines!'"



PFC Mueller graduated Company Honor Guard and earned a promotion and plaque from the Marine Corps Association.



PFC Mueller marching at her graduation with the Company guidon.



Stephanie Mueller and her daughter, Jamie Mueller, at Marine Corps Recruit Depot Parris Island

WOMEN'S SUPPORTING WOMEN

DECEMBER MEETING

Stories of women's roles in the past.

ATTENBERG



ALL WOMEN ARE WELCOME TO JOIN OUR MONTHLY WOMEN'S TALKING CIRCLE

TIME: 6-7 P.M.

WHEN: Tuesday, December 10, 2013
(Scheduled early due to the holidays)

WHERE: Pac Cinak
Wittenberg, WI

CONTACT: 715-851-1812
715-793-4863
Jan Red Cloud

Meeting on the last Tuesday each month

(Dates subject to change)



Strength in Unity



Sponsored by: the Ho-Chunk Nation Department of Social Services
 Domestic Violence Program

