

THE LAC COURTE OREILLES ELDERS CORNER

"News by Elders, for Elders, about Elders"

Published the first Wednesday of every month.



SPONSORED BY: LCO ELDER'S ASSOCIATION

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NEWS FROM THE LAC COURTE OREILLES

ELDERS COUNCIL

Darryl Coons, Chair 715/945-2660

Faith Smith, Secretary 715/634-1599

Saturday, November 7, 2015

Daryl Coons, Chair, called the meeting to order at 10 am. Present were Vernon Martin, Marie Kuykendall, Lorrain Smith and Faith Smith, in addition to newly elected members Christine Isham, Mona Ingerson, Tom Carley and Dorothy Sharon, alternate.

Vernon moved to accept the October 2nd minutes, seconded by Lorraine and passed unanimously.

TGB Monitor Reports: There are 600 Native students at Hayward Community Schools. Despite the experiences of some that can be defined as racial conflict, the Native population there continues to grow. Hayward Community Schools is requesting elder volunteers to do storytelling to their students. Organizers of the Water Walk are seeking funds for a major gathering of women in 2016 to raise their conscientiousness about the threats to clean water and to help them better organize to protect this precious resource. The tribe is financially supporting the Veterans' Powwow to be held on November 11th. Amvet members request that organizers of the powwow consult with them during the planning process. There is no approved tribal budget. While the tribe is not in financial crisis, spending should be reduced or eliminated in nonproductive areas, areas which drain limited resources. (note: The tribal budget was finally passed Nov 23rd.)

Boys and Girls Club: Wes, a staff member at the Boys and Girls Club, explained the intergenerational program "Footprints." It began with a showing of "The Seventh Fire," a documentary about spearing and the reaffirmation of the right of the Ojibwe to hunt, fish and gather in ceded territories and included brief presentations from the Tribble brothers. Several service projects are being planned, including raking the leaves at elder residences. On December 14th, 4 to 6 pm, Dennis White will tell stories to young people followed by a meal. Other elders are invited.

Mic Isham and Rose Gokee, who had attended the Water Walk fund raiser, stopped by the Elder Council meeting. The Tribal Operated Waiver program, which would allow Wisconsin Tribes to manage resources to elders and persons with serious disabilities, has been delayed due to bureaucratic malfunctions. This program, when finally approved, will bring thousands of dollars of resources into the homes of elders and persons with disabilities and assure that they will be able to remain in their own homes. Mic recently addressed a cabinet level meet of leadership and stressed the importance of removing any logjams that have

prevented the approval of the Waiver Program as a tribal initiative. He discussed other tribal priorities that make it necessary for him, and other council members, to be away from LCO. One of the Elder Council members questioned the lack of TGB attention to constitutional revision and reorganization of a workable management structure within tribal operations.

The site, theways.org, was mentioned. It is produced by Wisconsin Media Labs and includes several stories related to LCO including Waadookodaading and spearing.

We discussed that many grants which could support local priorities are not received or, sometimes, applied for. It was suggested that we approach the Tribal College to offer professional in-service for program directors to learn about the fund raising/development process.

Elder Center: Mary Wolf reviewed the proposed Tribal Aging Plan in detail.

Faith moved to accept the Tribal Aging Plan, seconded by Lorraine and passed unanimously.

It was mentioned that a staff member at the LCO Health Center who is not disabled parks daily in the parking space in front of the building reserved for persons with disabilities. The Elder Council will send a letter registering our concern that this resource is not restricted to patients with disabilities.

Trip to Mount Pleasant: The plan for our trip to Ziibiwing, the museum and cultural center supported by the Saginaw Chippewa Tribe, and the Little Traverse Band of Odawa was received.

Faith moved the Elder Council members emeritus retain the right to vote after their terms expire, seconded by Marie and passed unanimously.

Marie moved to adjourn the meeting at 1:30, seconded by Vernon and passed unanimously.

ELDER CENTER NEWS

MARY WOLF, DIRECTOR (715) 957-0027

TERRANCE MANUELITO, BENEFITS COORDINATOR (715) 957-0077

CAROL HAMBLIN, ADRS (715) 957-0076

CLARA JALOWITZ, NUTRITION PROGRAM (715) 865-3379

Elder Center Procedures Regarding Trips for Elders

The LCO Elder Center is fortunate to be able to offer transportation for elders to attend events of interest in the region. However, these funds are limited so it is important to plan carefully and to limit expenses to the extent possible. Currently, the transportation fund is managed by the Manager of the Nutrition Program, Clara Jalowitz.

The following guidelines are intended to regulate how the transportation fund is used:

- Any proposed trips must be approved by the Manager of the Nutrition Program at least two (2) weeks prior to the planned event;

- Funds must be available within the travel budget;
- Only one van may be used to attend an event unless the number of elder participants exceeds ten (10) persons;
- Overnight stays are limited by funds available in the budget and travel that exceeds 125 miles, one way;
- Room rentals will be made for two (2) persons per room;
- Meals and other expenses are the responsibility of the traveler;
- The Elder Center van or other vehicle used must be in good operating condition and insurance coverage up to date;
- The driver(s) utilized for trips must be approved in advance by the Manager of the Nutrition Program; and
- All planned trips will be advertised among the elder population.

Editor's note: There are other policies developed. There are attached to the end of the Newsletter. There are still some functions of the computer I do not know how to operate.

LCO Ogichidaa Memorial

Faith Smith

The Elder Council received a small grant to plan for and install an exhibit honoring LCO veterans and to establish a more accurate record of veterans going back as far as we are able. A part of our planning involves visiting other museums that highlight the accomplishments of tribal veterans. First on our list was the Ziiibiwing Center of Anishnabe Culture and Lifeways in Mt. Pleasant, MI. Ziiibiwing was established in 2004 by the Saginaw Chippewa Tribe "to provide a culturally relevant educational experience through its award-winning Diba Jimooyung (Telling Our Story) permanent exhibit, changing exhibits, research center, Ojibwe language immersion room, gift shop and meeting rooms."

Ziiibiwing also provides direction to a tribal historic preservation office and tribal repatriation efforts. A large native jewelry store located within the tribal casino is also under the management of Ziiibiwing.

Eleven elders traveled to Mt. Pleasant November 12, 13 and 14 to gather information and learn more about Ziiibiwing. The staff, including Director Shannon Martin, assisted with our tour and gave us an amazing opportunity to appreciate the importance of a long term tribal commitment to share stories from a uniquely Ojibwe perspective; and we were able to experience high quality representations that reflect the history, culture and current conditions of a tribal community with beauty, sensitivity and knowledge. Stories of the people from our origins to contemporary times are shared through the Seven Prophecies. Presentations about Saginaw Chippewa veterans and students during the boarding school era were particularly moving.

The tribe provides an annual financial allocation to Ziibiwing, which is supplemented by fund raising by museum staff.

While in Mt. Pleasant, we also visited Andahwod Senior Care, a 40-bed tribally operated residence for tribal elders and persons with disabilities who have varying ability levels from constant care to minor assistance. In the center of the building, there is a rotunda with a large fountain which serves as an open dining area for residents and for persons from the community who purchase lunch at a low cost. Gayle Ruhl, Director of Andahwod, provided important information about the maintenance of such a facility.

Our last stop before returning to LCO, was in Petoskey, home to the Little Traverse Band of Odawa. We visited with tribal members and learned about their efforts to revitalize indigenous language use and cultural understanding.

CONSTITUTION REVISION

Mona Ingerson

There have been no further comments on the Preamble revision. Here are the changes that will become the Constitution Revision:

CURRENT PREAMBLE IN THE LCO CONSTITUTION:

We, the members of the Lac Courte Oreilles Band of Lake Superior Chippewa Indians of Wisconsin, in order to secure the advantages of local self-government for ourselves and our children and to organize for our common welfare, do hereby establish this constitution and bylaws.

PROPOSED REVISED PREAMBLE:

We the Anishanaabe of Odaawaa-zaaga'iganing, also known as the Lac Courte Oreilles Band, a Band of the Lake Superior Chippewa Indians, establish this Constitution and Bylaws.

We establish and adopt this constitution to govern the affairs of our Nation, to exercise our inherent right of self-governance, to up-hold our treaty rights, to safeguard our traditions, to sustain our culture and promote the general welfare of all our citizens.

The constitution reflects our vision to honor our relationships with all of creation, to protect and strengthen our assets for future generations, and maintain a good quality for life for the present.

When this constitution is adopted by the citizens, it shall supersede all the previously adopted and approved constitutions) the adoption date of 8/19/1966 and revision dates will be listed).

Come join us to help with the revision. We meet the second Tuesday of the month at 2:00 p.m. in the Tribal Office Conference room.

LCO ELDERS ASSOCIATION MEETING

Mona Ingerson

Our November meeting was preparing for the Veterans Pow Wow. Bakery sign up list was passed around and raffle packets handed out. The raffle packets are in preparation for our Elders Christmas Party. We had two speakers this time. Our first speaker was Darryl Coons. He spoke about the need for us to have our own Ambulance Service. Winter and Radisson are having problems getting staff to respond. Darryl was in Hayward when he heard a call for an ambulance to go to his parents' house. This happened twice and both times, he was able to get to his parents' house before the ambulance. We were informed that the Elder Center does not have a Difibulator or an oxygen tank.

Donald Day was our second speaker. He is here to do a Reassessment on the college. He was asked to come in and offer ideas for improvement.

November birthdays were recognized. Shirley W. won the \$10 Early Bird and Mona won the \$14 50x50. We adjourned at 11:55.

NUTRITIONAL MOMENT

A quick meal for those busy days

Ricotta-Spinach Pasta

Serves 4

9 ounces spaghetti noodles	2/3 rd cup ricotta cheese
1 teaspoon grated lemon peel	3/4 th teaspoon salt, divided
½ teaspoon pepper	3 tablespoons oil
1 ½ cups diced red bell pepper	1/3 rd cup chopped walnuts
4 garlic cloves, thinly sliced	1 tablespoon lemon juice
3 cups fresh spinach	

Cook spaghetti according to package directions. Drain, reserving ½ cup pasta water. Combine ricotta, lemon peel, ¼ teaspoon salt and pepper. Heat half the oil in a large skillet over medium heat. Add bell pepper, sauté 2 minutes. Add ½ teaspoon salt, walnuts and garlic, sauté 2 minutes. Stir in rest of oil and juice. Add pasta, pasta water and spinach, cook until spinach wilts. Top with ricotta mixture.

Calories 407, fat 205g, protein 15g, carbs 43g, fiber 4g, chol 59mg.



MINO DIBISHKAA
HAPPY BIRTHDAY WISHES!
BEST WISHES FROM THE LCO ELDER'S ASSOCIATION!

Michael Fleming 12/01, Donald Gordon 12/05, Mildred Creed 12/08, Shirley Isham 12/11, Adrian Nickence 12/14, John Trepanier 12/14, Frank Martin 12/15, Dulcie Wolf 12/15, Elaine Corbine 12/17, Jacqueline Quaderer 12/19, Marie Kuykendall 12/21, Shirley LaSieur 12/21, Luann Gokey 12/22, Phillip Martin 12/22, John Quagon 12/22, Jerome DeMarr 12/23, Harold Robertson 12/24, Larry Barber 12/25, Doris Nayquonabe 12/30,
A belated birthday wish to Rusty Barber 11/27, Although not an elder, we wish Mic Isham a happy birthday 12/29.

ANNOUNCEMENTS

There will be a Christmas Bazaar & Bake Sale at St. Francis Solanus Hall on Friday, December 4th from 10:00 a.m. to 3:00 p.m. Lunch is available. Vendors are welcome. \$10 per table: Call 715/865-3662.

The Elders Christmas Party is on December 13th from 12:00 noon to 4:00p.m. All Elders 55 and older are invited. This party is hosted by the LCO Elders Association.

The Elders Center has arranged some shopping trips as requested.

Wednesday, 12/2 at 1:00 p.m. to Hayward	Tuesday, 12/8 at 9:00 a.m. to Eau Claire
Saturday, 12/5 at 10:00 a.m. to Rice Lake	Friday, 12/11 at 10:00 a.m. to Rice Lake
Monday, 12/7 at 10:00 a.m. to Hayward	Monday, 12/21 at 12:00 noon to Hayward

Lunch and snacks are on your own.

DID YOU KNOW

If you slice an apple and then put a rubber band around it to keep it together, the apple won't turn brown. Put a rubber band around the canister at the level of where the flour or sugar is, then you will know at a glance how much you have left. Did your broom get all out of shape? Soak it in water and then wrap a few rubber bands around it and stand it up with the bristles up off the floor. When dry, the broom will be in better shape.

NOTEWORTHY

Mona Ingerson

I want to offer a special thank you and recognition to the College Administrative staff for the exceptional job they did in selecting the gifts for the Give Away for Elders during the Feast of Thanksgiving. The gifts were thoughtful and useful and there was a wide variety.

I was happy that we were able to have our annual Veterans Pow Wow. There was some concern that there was not enough money to finance the event. It would be interesting to know how much the school made toward replenishing funds for next year. From what I could see, everyone was having a good time. Two children were hurt and I know of one elder who was not able to attend. Don't know if children getting hurt can be avoided, but I feel that the issue of the Elder not being able to attend can be corrected. Here is what I was told: The Elder came to the school in time for the 1:00 p.m. Grand Entry. It was pouring rain. The Elder drove around looking for a parking space, found a space in the back near the Boys and Girls club. The Elder ran through the downpour headed to the door. The door was locked. The Elder, now soaking wet, turned around and went home – no Pow Wow this year. The Elder saw two other cars also looking for parking. Could someone or two, perhaps security, be designated as car parkers for Elders and those who are disabled? Could all doors be open and staffed; especially those close to parking?

Speaking of Pow Wows; here is another happening of interest. I was one of those who went on the Mt. Pleasant trip. At the stop in Petoskey, I talked with some people who told me about their very first Pow Wow to honor their veterans. A small group thought to have a Pow Wow to honor their veterans. They put the word out. Through community help and involvement, the group made their plans. They expected maybe about 50 people. A little over 200 attended. The community brought potluck and everyone was fed. The young people provided the drums. The theme used was to honor those veterans of the past and those currently serving. There was no money for payments but the TGB provided gas vouchers in lieu of cash payments. I think the Spirits were pleased. They place no value on money but great value on people coming together to share.

JOKES & INTERESTING TALES & STORIES

Why do many supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave vault doors open and then chain the pens to the counters?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

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EVER WONDER...

Why the sun lightens our hair, but darkens our skin?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do 'practice'?

Why is lemon juice made with artificial flavoring, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

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I am a Seenager. (Senior teenager)

I have everything that I ever wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance (pensions).

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the Beer & Wine Store.

The people I hang around with are not scared of getting pregnant - or getting someone pregnant.

And I don't have acne.

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Exercises for Over 55's

Stand on a comfortable surface. With 5lb potato sack in each hand, extend your arms horizontally and hold for one minute, then relax. Each da you'll find that you can hold this position a little longer.

After two weeks, move up to 10 lb potato sacks. After a month, try 50 lb potato sacks. Eventually, you will be able to lift 100 lb sacks in each hand, holding your arms straight for one minute.

After you feel confident at this level....put a potato in each sack.

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I had a dream that I was walking around in a shirt with stalks of corn all over it and somebody asked me, 'what are you wearing?' I said it was a Crop Top! I laughed so hard that I woke up.

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DATES TO REMEMBER:

December 4 – Sober Friday 6:30 p.m.-9 p.m. Tribal Office

December 5 – Elders Council 10 a.m. Lodge Loft

- **Shopping 10 a.m. Rice Lake**

December 7 – Shopping 10 a.m. Hayward

December 8 – Shopping 9 a.m. Eau Claire

December 11 – Shopping 11 a.m. Rice Lake

DECEMBER 13 – CHRISTMAS PARTY FOR ELDERS HOSTED BY LCO ELDERS ASSOCIATION 12N-4 P.M. CONVENTION CENTER

December 14 – Story Telling 4 p.m. College

December 21 – Shopping 12 n Hayward

Tribal Office Holiday Closings: December 24, 25 and 28.

December 31 for ½ day and January 1, 2016

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There is no dancing at the Casino Lounge scheduled for December

SEE YOU NEXT MONTH 😊