

INDIAN LEAP NEWSLETTER

APRIL SOCIAL

Our April Social was held on April 5th at the VFW in Uncasville, CT. As usual, this year's gathering was a success. There were over 90 members in attendance this year. Frank Cook led with a prayer prior to dinner. There was plenty of food and desert for everybody. Needless to say, nobody went home hungry. A special thanks to Carol Lebitz for coordinating the food and to everybody in the kitchen for preparing the food as it arrived. We owe a great debt of gratitude to Carol and Betty Allard for their effort in coordinating our socials. So when you see Carol or Betty give them a big hug for all of their (and of course their husbands) efforts.



Toni Cook, Ralph Fowler, and Frank Cook making announcements and taking questions from attendees.

After dinner general announcements were made by Frank Cook. The main point that Frank focused on was our ability to raise revenues for the NAM. Currently our only source of revenue is the membership dues, donations, and raffles. However, 90% of the revenue comes from dues. For whatever reason, dues revenue has fallen off. Frank described some ideas the Board of Directors have been considering to augment revenue, including bingo and a "Calendar Raffle". Frank described the "Calendar Raffle", which was a fundraiser used successfully by the Knights of Columbus in New Jersey. After describing the potential for the success of this raffle, the general sense was that this could very well work for the NAM. The only hurdle was to determine what constraints would be made by the State of Connecticut. [Since the social Stu Einhorn and Frank Cook have followed up with the state and were told that a "Calendar Raffle" was NOT an approved form of gaming and

therefore would be considered illegal, even though a number of organizations with in the State are currently running "Calendar Raffles", i.e., the Connecticut Quarter Horse Association Scholarship Fundraiser, Connecticut Crushers Women's Professional Football Team Fundraiser, and the Woodstock Academy Project Graduation Calendar Raffle. However, due to the State's position on "Calendar Raffles," the NAM has decided to not run a "Calendar Raffle" for 2010].

Ralph Fowler and Toni Cook then made statements relative to the Tribe's petition. Ralph is still asking members to write up their life experiences as Native Americans and send them to the office.

Carol Lebitz and Edith Cornish addressed the group to ask that all attendees to future socials show pride in their Native American heritage by wearing regalia, whether a simple ribbon shirt or a traditional chocker or your complete Powwow regalia. They also requested that smudging be provided prior to the start of each social

Once again, Elizabeth Corey organized the raffle tables, which were full of items and yielded many happy winners. There was also a table set up by the Elders Council with raffle items.

As the day came to a close there were a number of people helped clean up, do the dishes, put the tables and chairs away and take out the trash. Thanks to all the helping hands.



Tribal Elders Edith Cornish and Carol Lebitz make suggestion that all members wear regalia to socials as a show of pride.

We look forward to seeing everyone at the next social scheduled for July 19th.

ELDERS COUNCIL NOTEBOOK

The Elders suggested that those attending the socials show their pride in their heritage by wearing some form of regalia, whether a simple ribbon shirt or a traditional choker or your complete Powwow regalia.

The Elders also requested that smudging be provided prior to the start of each social to cleanse any bad feelings, negative thoughts, bad spirits or negative energy.

The Elders' Council has also agreed to make "Friendship Bundles" to have on hand to present to special guests.

MARK YOUR CALENDAR!

*Native American Mohegans' July Social
VFW Hall, Uncasville, July 19, 2009*

Our next Social will be held at the VFW on July 19, 2009, from 12:00-3:00pm. The VFW Hall is located on Raymond Hill Road in Uncasville, CT.

The Elders have suggested that all attendees wear some form of regalia to acknowledge out ethnic heritage. You can wear your complete regalia or simply wear a simple part of your regalia, i.e., ribbon shirt, choker, etc. Smudging will be performed outside before the social.

Please bring a dish to share.

Please come and enjoy the social. It's great to get together with all of our Native American families and friends. Hope to see you there.

Directions: I-395 to exit 79A, CT-2A; take CT-2A East for 0.5 miles to exit 1, CT-32 (Norwich New London Tpk); turn right onto CT-32 and go South for 2 miles to Raymond Hill Rd; turn hard right onto Raymond Hill Rd and go Northwest for 0.2 miles to 97 Raymond Hill.

*Native American Mohegans' Annual Powwow
September 12, 2009
Lebanon Fairgrounds, Mack Road, Lebanon, CT*

This year's Powwow will be held on Saturday, September 12th! The Powwow will not be open to the general public. It is for Tribal members and others invited by the NAM only.

We need volunteers to help with the preparations. If you would like to volunteer, send an email to info@nativeamericanmohegans.com or directly to Dave Lewis at dwlewis@nativeamericanmohegans.com.

With your help we can have a successful Powwow!

2009 MEMBERSHIP DUES ARE DUE

Tribal Council would first like to thank all Tribal Members for their financial support through 2008. As a result of your support, we were able to maintain our Tribal Office, publish the quarterly newsletter, pay for the function halls we use for meetings and gatherings, and support the culture club for our children.

Send your dues (\$36) to Toni Cook at the address below and if you do not know where you stand with respect to your dues obligation, call Toni at (781) 944-3580.

Tribal Council continues to offer "Active" Tribal Members an opportunity to purchase a "Lifetime" membership. No more worrying about whether your dues are paid up, no more worrying about future increase in dues.

In order to qualify today, your dues must be paid-up through the end of 2009. Then for a one-time fee of \$150, you can become a “lifetime” member of the Tribe. Just send a simple note requesting a “Lifetime” membership along with a check made out to the Native American Mohegans to:

Mrs. Toni Cook
94 Salem Street
Reading, MA 01867

NATIVE AMERICAN MOHEGAN COMMUNITY NEEDS ASSESSMENT

As a result of the Native American Mohegans Needs Assessment Survey and in an attempt to address some of the issues raised in the survey, we are continuing a regular column in the newsletter of health related programs for those who live in the greater Norwich, CT, area. This column is written and provided by our health services partner, United Community and Family Services. As we have said in the past, if you are interested in finding out more about similar programs in your area, contact the office.

UCFS offers FREE services —
when our community needs them most.

By: Kelcey Johnson, Access to Care Specialist, UCFS

With health insurance costs skyrocketing, accessibility dwindling, and our community losing their health benefits at an alarming rate due to increased unemployment, many people find themselves making the impossible choice between medication and food.

It’s comforting to know that United Community and Family Services (UCFS), with locations throughout southeastern Connecticut, provides a wide range of community and behavioral health services – many of them free of charge — at a time when our friends and neighbors need them most.

If someone you know has lost health insurance coverage as well as their job, or is ignoring basic health needs to meet other household expenses, share with them this listing of free services available from UCFS:

- **FREE INSURANCE ELIGIBILITY SCREENINGS:**

For those individuals who find themselves without health insurance, UCFS’ Community Outreach Services department and Access to Care Coordinators offers free eligibility screenings AND application assistance for state insurance programs like HUSKY, SAGA and Charter Oak.

- **FREE MANAGEMENT SUPPORT FOR CHILDREN WITH SPECIAL NEEDS:**

For children and youth with special healthcare such as childhood diabetes, asthma or autism (real examples would be helpful) needs, the Medical Home program at UCFS provides free care coordination to help children and their families gain access to resources in the community and apply for respite funds.

- **FREE MEDICAL ASSISTANCE AND CASE MANAGEMENT SUPPORT FOR PREGNANT WOMEN AND CHILDREN (up to age 3):**

Through the Healthy Start program at UCFS, uninsured pregnant women and children up to age three can qualify for free primary medical care, medications and referrals to appropriate support resources.

The Community Based Behavioral Health Services department at UCFS offers many assistance programs at no cost to the client. Among these are the Parent Aide Program and Care Coordination for children with mental health issues. The Parent Aide Program provides home-based, strength-focused services to promote stability in the home and empower parents to develop positive parenting skills. The Care Coordination Program is a family driven process that helps families to access and coordinate community resources for a child suffering from mental health issues.

Out in the community, UCFS provides a variety of services to reach those people who have limited access to health care and health information. Free blood pressure screenings are offered periodically, as are free lectures at

senior centers, home care agencies, businesses and social service agencies. UCFS also participates in many health fairs throughout southeastern Connecticut, to reach out to people in their neighborhoods and communities.

Volunteer Services at UCFS is always busy with many different projects to help our underserved friends and neighbors. The Volunteers from the Heart Program provides free transportation to medical appointments, surgeries, treatment and therapy. UCFS volunteers also provide assisted shopping services and friendly visiting services for the elderly, disabled, or anyone who needs a hand. The Helping Hands Thrift Store, staffed by volunteers, stocks gently used clothing, furniture, baby supplies, household items, books and jewelry.

These days, many people are taking on the role of caregiver for an elderly parent or relative. UCFS understands the stress that comes with this responsibility, and has created the Caregiver Support Group specifically to help these individuals. Sponsored by the Eldercare Services department, the Caregiver Support Group meets once a month to address the problems and concerns of those caring for an elderly person. This group is free and open to the public.

UCFS employs a sliding fee scale for medical, dental, and behavioral health services, which means a patient with no insurance may be eligible to discounted services, based on his or her income. With health centers in Norwich and Jewett City and behavioral health services in Norwich, Jewett City, Colchester and New London, you can be confident that there is assistance available in the community where you work and live.

At a time when we are all feeling the pain of the recent economic downturn in our country, UCFS wants our friends and neighbors to know that help is still available, and in many cases it is free. UCFS' mission is to improve the health and well-being of the community, and the agency will continue to provide high-quality health care and community resources no matter what path the economy takes in the future.

To learn more about any of these services, please contact:

Yolanda Bowes, Supervisor of Community Outreach Services (860) 822-4222
(Access to Care, Healthy Start, Medical Home Care Coordination Program)

Jocelyn Mead Coffin, Supervisor of BHS Care Coordination (860) 822-4176
(Care Coordination for children with mental health issues)

Rosemary Hall, Parent Aide Coordinator (860) 822-4295
(Parent Aide program)

Rosemary Kamireddy, Community Liaison (860) 892-7042 ex.712
(Blood pressure screenings, health fairs)

Lori Rygielski, Coordinator of Volunteer Services (860) 822-4227
(Volunteer Services, Volunteers from the Heart)

Amy Merchant, RN, Supervisor at Ross Adult Day Center (860) 889-1252
(Caregiver Support Group)

U.S. FISH & WILDLIFE SERVICE EAGLE CAM



A bald eagle nest located along the Potomac River is the focus of this live Web cam maintained by the U.S. Fish and Wildlife

Service. The nest at

Shepherdstown, WV, is on the grounds of the USFWS National Conservation Training Center, on the historic river upstream from Washington, D.C. The nest has been active now for four seasons, fledging several juvenile bald eagles. A large international community viewing the bald eagle Web cam has developed as a result of the presence of the nesting pair. Eagle cam fans are currently celebrating the hatching of a new eaglet. Check the cam regularly and see what's for dinner and how the new family is fairing.

The eaglet is now a maturing adolescent who will probably be trying its wings in short order. One of the more interesting moments is when one of the parents swoops in with a fresh fish for breakfast.

Check out the eagle cam here:

<http://www.myoutdoortv.com/explore-the-u.s./eagle-cam.html>

Here is another site contributed by Catherine Foster. It is the Eagle Cam at Duke Farms in Hillsborough, NJ:

<http://www.dukefarms.org/page.asp?pageId=565>

EchoHawk confirmed to lead BIA
by Rob Capriccioso
Indian Country Today, May 23, 2009

WASHINGTON – The full Senate voted May 19 to confirm Larry EchoHawk, 60, as assistant secretary of Indian affairs at the Department of the Interior.

In the job he will lead an agency that serves approximately 1.7 million American Indians and Alaska Natives and manages millions of acres in

tribal trusts. It is viewed by many as a difficult position – one that has long been rife with challenges involving the balance of federal and tribal interests.

The post has been vacant for more than half of the last eight years.

The Senate Committee on Indian Affairs previously approved President Barack Obama's nomination of EchoHawk by a substantial margin. Obama's nod came in April.

Few senators took umbrage with EchoHawk's abilities. In committee, Sen. Tom Coburn, R-Okla., voted against him for reasons he did not explain, while Sen. John McCain, R-Ariz., expressed concerns regarding his positions on Indian gaming. Still, McCain did not vote against the nominee.

EchoHawk's previous Indian gaming stances had also raised alarm bells for some in Indian country.

Detractors noted that when EchoHawk served as Idaho's attorney general from 1991 to 1995 – the first American Indian in U.S. history elected as a state attorney general – he called on the governor to change the language of state legislation so the state no longer would have a legal obligation under the Indian Gaming Regulatory Act to negotiate for Class III gaming with Idaho's tribes.

The criticism did not gain steam in Congress.

Some tribal leaders have said they are confident that EchoHawk, a member of the Pawnee Tribe of Oklahoma, will be supportive of tribal interests.

Alonzo Coby, chairman of the Fort Hall Business Council for the Shoshone Bannock Tribes, has exemplified the hope that many tribal leaders have for EchoHawk.

Coby testified during the confirmation hearing that he believed EchoHawk would advance tribal sovereignty and economic self-sufficiency. EchoHawk previously worked in a legal capacity for the tribe.

EchoHawk's boss at the Interior now becomes Secretary Ken Salazar. The two have long been friends.

Salazar was quick to offer praise for the Senate's confirmation. "I want to thank the Senate for

expeditiously approving Larry EchoHawk's confirmation," he said in a statement issued May 20.

"He is a seasoned executive with an extensive background in government, Indian law and public policy. As Interior's assistant secretary for Indian affairs, he will help the department meet its goals of empowering American Indian and Alaska Native communities and supporting the nation's economic recovery."

Prior to his new role, EchoHawk had been a law professor at Brigham Young University where he completed his undergraduate studies in 1970.

He received a law degree in 1973 from the University of Utah law school, and he and members of his family have long been viewed as strong advocates for Indian country.

"The challenges facing American Indians and Alaska Natives are great," EchoHawk testified during his confirmation hearing. "I remember the many times that I have been in Indian reservation communities. In my mind's eye, I can see the faces of people; people that I love and care for that suffered the affects of poverty. I would see it as my responsibility to do everything I can to see that every American Indian and Alaska Native receive an opportunity for a quality education and a good job and economic prosperity."

Interior officials said a swearing-in ceremony for EchoHawk is yet to be scheduled, but is expected in short order.

Europeans, the life styles, the cultures – indeed, the very existence – of Indians have been under siege.

Yet despite the historic impact of the white newcomers, Indians of many tribes have survived their long ordeal. Today they retain much of their traditional culture – the legacy that defines them. Indeed, not only have Indians survived, they have reasserted their deepest values and have renewed their pride, and these victories give this book a theme and a reason for being.

The story begins in the earliest days of European exploration and settlement in the New World, as the white man shattered the lives of native peoples through conquest, trade, epidemics, and the introduction and spread of the horse and gun. It continues into the Colonial Era, as the various tribes became embroiled in conflicts among the French, English, and Spanish. Throughout the expansionist era of Manifest Destiny, pioneers and Presidents conspired to take Indian lands, as well-intentioned reformers and missionaries mounted crusades to assimilate the Indians into Christian culture.

Today, more than ever, Indians straddle two societies, as this rapidly growing minority increases its landholdings, builds a professional class, and experiences a cultural resurgence that has caught the interest of the American public ...

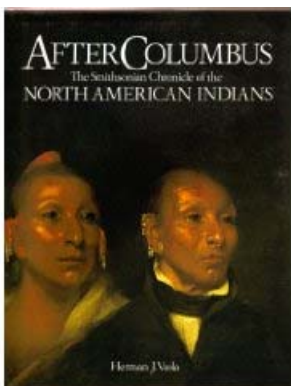
Introduction by George Horse Capture

BOOK REVIEW

AFTER COLUMBUS

The Smithsonian Chronicle of the North American Indian

By Herman J. Viola



For Native Americans whose history in this hemisphere stretches back perhaps as much as 20,000 years, the 500th anniversary of Columbus' voyage of discovery will not be a time of celebration. Since the arrival of Columbus and the

TRADITION !

NATIVE AMERICAN BEADWORK

Originally, Native American beads were carved from natural materials like shells, coral, turquoise and other stones, copper and silver, wood, amber, ivory, and animal bones, horns, and teeth. Glass beads were not used until the colonists brought them from Europe 500 years ago, but like horses, they quickly became part of American Indian culture. Today glass beads, particularly fine seed beads, are the primary materials for traditional beaders of many tribes. There are as many different Native American beading traditions, designs, styles and stitches as there are tribes and nations. Plains Indian beadwork is best known, with its intricate peyote stitch beading and bone hairpipe chokers, but there are many kinds of beadwork traditions throughout North America, from the wampum belts of the eastern Indians to the dentalium strands of the west coast Indians, from the

floral beadwork of the northern Indians to the shell and turquoise heishi beads of the southwest Indians, and everything in between. Beads were a common trade item since ancient times, so it wasn't surprising to see abalone shells from the west coast in Cherokee beadwork or quahog wampum from the east coast in Chippewa beadwork, even before the Europeans arrived and forced disparate tribes into closer contact with each other.

As a great generalization, native beadwork can be grouped into beaded leather (usually clothing, moccasins, or containers) and beaded strands (usually used for jewelry, but sometimes also as ornamental covering to wrap around a gourd or other ceremonial or art object) For beaded leather arts, Indian craftspeople sew the beads onto a leather backing (or cloth, today). Each bead may be sewn on individually, or they may be attached in loops or rows of beads (as in the classic Plains Indian "lazy stitch" style.) To make beaded strands, a craftsperson stitches the beads together into strings or a mesh using sinew, thread or wire. Normally this is done by hand, but some tribes used bow looms to make belts or rectangular strips of beadwork. Beading strands and beading onto leather are both very complicated, time-consuming and delicate tasks which require many years of practice to do well.

ANNOUNCEMENTS

Marie (Fowler) Rosado would like to announce that her son, Ryan, has finished his sophomore year at UNCW and will be studying in Spain this summer. Congratulations and "buena suerte" with your studies in Spain.

Andrew Blackstone graduated from Messiah College on May 16, 2009. Andrew and his wife, Tiffany, are expecting a son in August. Congratulations.

(If you have any announcements you would like printed in the next newsletter, send them to the office at 77 East Town Street, Norwich, CT, 06360, or call (860) 892-1039 or email to:

info@nativeamericanmohegans.com.

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