
INDIAN LEAP NEWSLETTER

ROGER COREY, JR. AND RUTH SWEET RECEIVE THE 2006 "VOLUNTEER OF THE YEAR AWARD"

At the Annual Harvest Gathering that was held on Sunday, November 12, 2006, at the VFW Hall located on Raymond Hill Road in Uncasville, CT. The Annual Native American Mohegans 2006 "Volunteer of the Year Award" was presented to Ruth Sweet and Roger Corey, Jr., for their continued efforts in the support of the Tribe. The presentations were made by last year's recipients, Roger Corey, Sr., and David Lewis.

Tribal Council would like to thank Roger Corey, Jr., and Ruth Sweet for their continued efforts in the support of the tribe.

MARK YOUR CALENDAR!

Winter Social VFW Hall, Uncasville, April 1, 2007

Our annual Winter Social will be held at the VFW on April 1, 2007, from 12:00-4:00pm. The VFW Hall is located on Raymond Hill Road in Uncasville, CT.

Please bring a dish to share.

Please come and enjoy the Winter 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.

Annual University of Connecticut Powwow Gambell Pavilion, Storrs Campus University of Connecticut, March 31, 2007

The 16th Annual Light the Lodge Powwow will be held this year on Saturday March 31, 2007, in the Gambell Pavilion on the Storrs Campus at the University of Connecticut. This very popular event will feature Turtle Drum as the Host drum, and there will dancers, traders and food vendors. Everyone is more than welcome and invited to attend as well as participate!

Doors open at 11 am with grand entry at 12 noon. The event ends at 5pm.

David Morgana
Executive Officer of the Native American Student Group

Native American Mohegans' Annual Intertribal Powwow

September 8/9, 2007

Lebanon Fairgrounds, Mack Road, Lebanon, CT

We need volunteers to help with the preparations. If you would like to volunteer, call the office at (860) 892-1039, or send email to info@nativeamericanmohegans.com.

With your help we can have another successful Powwow!

National Museum of the American Indian National Powwow 2007

Verizon Center, Washington DC, August 10-12, 2007

The National Powwow 2007 will be held on August 10-12, at the Verizon Center in Washington DC. For more information, see their web site at <http://www.americanindian.si.edu/powwow>. If you do go to the powwow, make sure you go to the National Museum of the American Indian while you are in Washington.

**TRIBAL NATIONS RECEIVE SUPPORT FROM LANCE ARMSTRONG FOUNDATION TO
IMPROVE CANCER EDUCATION SERVICES**

The Mashantucket Pequot, Eastern Pequot, and Schaghticoke Tribal Nations received a grant from the Lance Armstrong Foundation to improve cancer education services.

Have you a family member been affected by cancer? Are you willing to share your stories with others in a group setting?

If you and/or your family members are Native Americans, live in Connecticut, are 18 years of age or older, and willing to give 1-2 hours of your time to participate in a group interview, contact Elizabeth Corey at the NAM Tribal Office at (860) 892-1039. Elizabeth will put you on a list and co-ordinate a date and time with the Project Director. The tentative dates are in March. Call Elizabeth for more information and more specifics about time and place.

For anyone who has been diagnosed with cancer (cancer survivor) individual interviews will also be available.

Refreshments will be provided during the interview. Your experiences can make a difference toward improving the health and lives of Connecticut's Native people.

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.

Preventing Falls & Fractures Too!

A fall today may effect your tomorrow. More than 30% of seniors over 65 fall each year. Of the thousands of people who fall each year, over 20 % sustain an injury which may include a fracture. A broken bone may not seem too serious, but statistics show only about ¼ of the people who break a hip return to their previous life-style at

home. Twenty-five percent of seniors (who were previously independent) will still be in a nursing home a year after breaking their hip. It is quite possible you know someone who has fallen and broken a hip. Preventing a fall and keeping your bones strong will help you maintain your independence.

Keeping yourself safe by following this check list will improve and maintain your longevity.

- ? Free floors of clutter & make sure area rugs are flat and secure
- ? Make sure stairwells have handrails on both sides and are well lit
- ? Wear supportive shoes or slippers with a non-skid base
- ? Use grab bars and non-slip mats in bathrooms
- ? Keep a flashlight near bed and use a night light
- ? Use a “reach stick” (found at a medical supply or hardware store) or a large based sturdy step-stool
- ? Contemplate an “alert button” (found under medical alarms services in the yellow pages) to be worn as a bracelet or necklace in case of emergencies
- ? Keep a phone near your bed and consider a cordless phone so you won’t have to rush if it rings
- ? Use a cane or walker for confidence
- ? Wear rubber-soled, low-heeled shoes
- ? Hold onto handrails when descending stairs
- ? Stay away from “Wet Floors”
- ? Be careful on highly polished floors
- ? Walk on grass when sidewalks are slippery
- ? Minimize alcohol consumption
- ? Stand slowly after sitting or lying down
- ? Keep room temperature between 65° & 70° F
- ? Diabetes, heart disease, thyroid disease, & nervous system disorders can affect balance

If you should slip or have an altered body position the aging process will slow your ability to react and regain balance. Keeping the following tips in mind will help to maintain healthy balance.

- ? Exercise (*weight bearing*) to increase coordination and decrease weakness
- ? Practice balance exercises regularly; i.e. *holding the back of a chair and standing on one foot; hold on to the kitchen counter, and stand on you toes for 5 second intervals.*
- ? Have annual vision exams & change glasses when necessary(*with new prescriptions*)
- ? Practice using new bi-focal glasses before outings
- ? Include regular hearing evaluations with check-ups
- ? Review all medications and treatment plans with your MD; the following could effect your balance.
 - Blood pressure pills

- Heart medicines
- Water pills (diuretics)
- Muscle relaxers
- Sleeping pills

In addition to the force of a body falling and hitting the floor, bones can break because they're brittle. Greater than 90% of hip fractures are related to osteoporosis. Osteoporosis takes place when bones become porous and fragile. The best way to prevent & improve weak bones is to see your doctor. Talk with your doctor about possibly having a bone density scan and taking medications that slow bone loss. In addition to preventing falls, following these suggestions coupled with the advice of your doctor will help to make you strong:

- ? Consume 1,200+ mg of calcium/day
 - Calcium rich items include- non-fat milk, non-fat yogurt, white kidney beans, kale, & almonds
- ? Take in 400-600 IU of vitamin D/day
 - Buy items enriched with vitamin D (*milk*) or enjoy 10 minutes of sun-light each day to absorb up to 400 IU of vitamin D

Because falls and accidents rarely "just happen" following these easy steps will help to keep you safe and enjoying your current life-style. Reducing your risk for falling and keeping yourself strong and safe is important and every age.

Rosemary Kamireddy, BSN, RN
Community Liaison
United Community & Family Services

NAM PARTNERS WITH THE INDIAN AND COLONIAL RESEARCH CENTER

The Native American Mohegans and the Indian and Colonial Research Center (ICRC) have partnered in a project to archive some of the critical documents that are stored at the center. To date, 3500 documents have been scanned into a collection on CD that will provide backup of originals and will allow researcher to search the collection and display any one of these documents on a computer.

The ICRC is a non-profit resource center in Old Mystic, Connecticut located in the former Mystic National Bank, built in 1856. The ICRC contains the works of Mrs. Eva Lutz Butler, a noted historian and anthropologist who collected a wide range of Indian, colonial, and genealogical materials for the better part of fifty years. Volunteers and docents have divided Mrs. Butler's work into colonial, state/local/court records, Indian and genealogy notebooks. There are thousands of documents that Eva collected throughout her years as an avid historian.

The ICRC also provides access to many books on Connecticut and local history, colonial history and Native American history. The books range from polar expeditions undertaken with the assistance of Inuits to colonial cuisine.

The center also contains display cases containing pottery, baskets, beadwork and textiles fashioned by Native Americans from the Eastern Woodlands and Southwestern United States. In addition there are cases filled with dozens of stone tools, projectile points, and vintage books of various origins. The old bank vault contains all of our colonial manuscripts and many glass plate negatives, including the work of Mystic resident Elmer Waite.

LAWMAKERS ADDRESS PROBLEMS FACING
AMERICAN INDIANS

The Hill, January 31, 2007

by Kelly McCormack

Senate Indian Affairs Committee Chairman Byron Dorgan (D-N.D.), Sen. Daniel Akaka (D-Hawaii) and former Sen. Ben Nighthorse Campbell (R-Colo.) spoke Thursday about problems facing American Indians at a breakfast co-sponsored by the National Congress of American Indians (NCAI) and The Hill.

“We have a lot of work to do,” Dorgan said. “We have Third World conditions in a number of Indian reservations in areas of housing, health and education. We need to address these issues.”

This week, the Senate Indian Affairs Committee is set to hold a hearing to discuss the nomination of Carl Artman as assistant secretary of the Indian Affairs Bureau, Dorgan said. The committee will focus on healthcare, law enforcement and other issues that spring from a “trust responsibility” between the U.S. government and the Indian peoples.

This year could mark changes for Indian peoples, Campbell said.

“Rubber really hits the road for this year,” Campbell said. “As you know, for the last couple of years, I think we were really sidetracked,” he added, referring to disgraced lobbyist Jack Abramoff, who exploited four Indian tribes for millions of dollars.

“Things that are really important to us, like education and housing and nutrition and jobs and the whole agenda went that way for us,” Campbell said, motioning toward the window. “And very frankly, its wise of Sen. Dorgan [to bring] it back. Those are very important issues.”

Campbell, who served as committee chairman from 1997 to 2001 and again from 2003 to 2004, said American Indians have not had adequate political power.

“We haven’t had the political muscle in the U.S. Congress to make sure that our voice is heard more and get things through that will benefit our people,” Campbell said. However, he said, “That’s changing.”

“We have very strong leadership,” Campbell continued. “We’re on the move and we’re going to make sure we stay on the move.”

Dorgan will be holding a “series of listening sessions across the country” at which he will meet Indian tribes and representatives to listen to their concerns and “try to understand the agenda of the committee that I shall now chair.”

His first listening session was scheduled to take place last weekend in Minnesota.

Akaka, a member of the committee, welcomed Dorgan as chairman.

“Byron Dorgan, present chairman of the committee, follows a group of leaders through the years that really brought this committee along. Ben Nighthorse Campbell was one of them,” Akaka said. “I look forward to working with [Sen. Dorgan] — we’ll have a great committee again.”

NCAI Executive Director Jacqueline Johnson and Ietan Consulting Managing Partner Wilson Pipestem also joined in the discussion, which was moderated by The Hill’s editor-at-large, Albert Eisele.

“It’s a special honor and significant responsibility to be able to chair a committee in Congress that deals with our special relationship with Indian people and Indian tribes: the first American people,” Dorgan concluded.

SENATE COMMITTEE TO CONSIDER BIA
NOMINATION

IndianZ.com, January 29, 2007

The stalled nomination of Carl Artman to head the Bureau of Indian Affairs will be revived this week in an attempt to fill the long-vacated position.

Artman, a member of the Oneida Nation of Wisconsin, was nominated for the assistant secretary post back in August. That was nearly 18 months after Dave Anderson, Bush’s first BIA nominee, resigned.

Aware of the leadership void, the Senate Indian Affairs Committee quickly advanced the nomination after a short hearing in September 2006. But an unrelated partisan dispute kept the full Senate from confirming Artman before the end of the 109th Congress.

Four months later, the committee -- now under Democratic control -- will reconsider Artman at a hearing this Thursday. Sen. Byron Dorgan (D-North

Dakota), the new chairman of the panel, intends to call a vote that same day.

"It is just wrong that the Bureau of Indian Affairs has not had permanent leadership for nearly two years," Dorgan said last week. "I'm going to push this nomination so we can get to work and begin solving problems."

The proceeding will be the committee's first official hearing of the 110th Congress. Dorgan has held two business meetings in the past two weeks to organize the panel, which now has eight Democratic members and seven Republican ones.

The committee is likely to approve Artman, who currently serves as assistant solicitor for Indian affairs within the Interior Department. Tribal leaders and the National Congress of American Indians, the largest inter-tribal organization, have supported the nomination.

Artman comes to the job with significant experience in land-into-trust, gaming, sovereignty, land claims, business, taxation and other issues. He has worked for his tribe as its chief counsel and as its lobbyist in Washington, D.C.

"Carl has great skills and broad diversity of experience upon which to call in the exercise of duties as the assistant secretary," said Kathy Hughes, the vice chairwoman of the Oneida Nation, said last September.

That experience has prompted Artman to recuse himself from issues affecting his tribe, a standard practice, but also to other tribes of the Haudenosaunee, or Iroquois Confederacy. He said he will not make decisions on land claims or land-into-trust matters affecting land in New York, the ancestral home of the Oneida and the other Iroquois tribes.

The issue was the only serious question posed to Artman during his hearing last September. His tribe is trying to reassert sovereignty in New York and wants to open a casino there.

Currently, the BIA's duties are being handled by Jim Cason, a non-Indian who serves as associate deputy secretary at Interior. The number two-in-command is Mike Olsen, a former Congressional aide who is also non-Indian.

BOOK REVIEW

THE NATIVE AMERICANS

An Illustrated History

By Turner Publishing

*Companion to the Turner Broadcasting Presentation
"The Native Americans, Behind the Legends, Beyond the
Myths"*

Dispossessed of their ancestral homelands by successive invasions of Europeans, the first real Americans have long been cloaked in a veil of myth and legend that has hidden from us the true richness and diversity of Indian civilizations and cultures. This newly unfolding legacy represents an unparalleled body of untapped wisdom, which even now provides fresh perspectives on very modern problems. The astonishing reality of Indian history, presented here for the first time from the perspective of native Americans, will deepen our understanding of what it really means to be an American.

The Archaeological history of the native peoples of the Americas goes back more than 30,000 years. By the time Columbus landed in this "New" World, it was a very *old* world that already had seen entire civilizations rise and fall through the centuries. These linked continents were by then populated by some 75,000,000 people who spoke 2,000 distinct languages and had developed a rich diversity of separate cultures, all joined in trade by a venerable network that covered the entire northern continent.

Here, in a fresh look at the Americas, is a view of the "new" world's magnificent sweep of history through the eyes of its original inhabitants. It is an inspiring story of their amazing adaptability to a challenging land, especially in the past five hundred years when native Americans were forced to cope with the introduction into their environment of the most rapacious predator they had ever faced: white European invaders.

Spanning a thousand generations, from the time Ice Age man first set foot on this continent to the present, and beautifully written by five well-known authorities on Indian history and culture, this volume is lavishly illustrated with photographs, maps, and the work of both historic and contemporary artists.

TRADITION !

History of the Tomahawk Pipe

Perhaps the most ubiquitous symbol associated with Native Americans is the tomahawk. However, few people are aware of the multiformity of its history as well as its physical characteristics.

The term "tomahawk" is a derivation of the Algonquian words "tamahak" or "tamahakan". The earliest definitions of these words (early 1600's) applied to stone-headed implements used as tools and weapons. Subsequent references involved all manner of striking weapons; wood clubs, stone-headed axes, metal trade hatchets, etc. As the years passed a tomahawk was thought of as any Indian-owned hatchet-type instrument. That association changed somewhat as white frontiersmen (traders, trappers, explorers) came to rely on the tomahawk as standard equipment.

The popular perception of a tomahawk has become that of a lightweight (one lb. or less) metal head on a wood handle. With the exception of a relative few made by Indian blacksmiths, tomahawks were manufactured on a large scale in Europe or created by individual makers in America. Some were crafted in a most elaborate manner, with fancy engraving and pewter or silver inlaid blades and handles, for presentation to important chiefs in order to commemorate treaties and seal friendships. The majority of them, though, were personalized by their owners. Vastly different methods or adornment abounded - according to materials available and the customs and styles of the time and region. Hafts were polished smooth, carved, scalloped, inlaid, branded with hot files, tacked, wrapped with copper or brass wire, covered with rawhide, leather or cloth, stained,

painted and hung with every type of ornament imaginable.

Metals used (in rough chronological order) were solid iron, iron with a welded steel bit (cutting edge), brass with steel bit and lastly, solid brass (which diminished its usefulness as a wood-chopping tool). The end of the head opposite the cutting edge provided a place for a spike, hammer poll, or most ingeniously, a pipe bowl.

With a smoking pipe bowl and a drilled or hollowed handle, the pipe tomahawk became the most popular "hawk" of them all. It developed as a trade good by Euro-Americans for trade with native peoples. Iroquois men traded furs for these sought-after tomahawks. Ornate examples were presented at treaty signings as diplomatic gifts to Indian leaders, who carried them as a sign of their prestige. It was at once a weapon and symbol of peace for over 200 years and was carried, scepter-like, in the majority of photographic portraits of prominent Indian chiefs.

ANNOUNCEMENTS

Grandmother Virginia Carey, would like to thank all of those who helped get her home and those who helped get her into her apartment, with a special thanks to Maggie for letting her stay with her.

Kristen and Franco Musto would like to announce the birth of their son, Marco Richard Musto, born on July 13, 2006.

(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.

Native American Mohegans, Inc.
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