



It is NEVER too late, To CHASE YOUR DREAMS!

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Together We Heal

Our community is in need of healing. Recovery from drugs, alcohol are possible and people are making effort to recover EVERYDAY! This newsletter will help us stay connected, promote healthy lifestyles, inform community on events, and encourage those still struggling.

Please come visit us at the Noojimo'iwewin Center! The Noojimo'iwewin (We Heal) Center is a safe and comfortable place for people to come to socialize, get support in developing and maintaining

recovery, and wellness in a welcoming, accepting atmosphere.

Services provided:

- ◇ Socialization
- ◇ Peer support
- ◇ Cultural Activities
- ◇ Monthly Sober Feasts/Meals
- ◇ Recreation
- ◇ Groups/Talking Circles
- ◇ Job Coaching/Life Skills
- ◇ Helping Finding Medical/ Dental Services
- ◇ Help finding Housing

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Dream Big



 <h2 style="text-align: center;">Noojimo'iwewin Center Activities</h2> <h3 style="text-align: center;">Onaabani-Giizis ~ March 2020</h3> <p style="text-align: center;">37450 Water Tower Rd, Red Cliff Call for more information: 715-779-3508</p> 						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	Open 8 am-4:30pm	Open 8am -8pm	Open 8 am-8 pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 10 am-6:30pm
1 Closed	2 Open 8 am-4:30pm	3 Closed for mtg 8-9:15am	4 Wellbriety 6:00-8:00pm	5 NA 10-12 Back to Basics of Recovery 3-4 pm	6 AA 6:00 pm	7 Painting 1-4 pm
8 Closed	9 Open 8 am-4:30pm	10 Cooking with Ed! 1-4pm New! Al-Anon 6-7pm	11 Wellbriety 6:00-8:00pm	12 NA 10-12 Back to Basics of Recovery 3-4 pm	13 AA 6:00 pm	14 Kids' Spring Crafts 1-4pm
15 Closed	16 Open 8 am-4:30pm	17 Al-Anon 6-7pm	18 Wellbriety 6:00-8:00pm	19 NA 10-12 Back to Basics of Recovery 3-4 pm Sobriety Potluck 5:00 pm	20 AA 6:00 pm	21 Movies & Popcorn 3-6 pm
22 Closed	23 Open 8 am-4:30pm	24 Healing with Music 1-3 pm Al-Anon 6-7pm	25 Closed for meetings 11:30am - 3:15pm Wellbriety 6-8 pm	26 Closed All Day for Staff Training	27 Closed 8-4:30 for Staff Training AA Speaker Meeting 5:30 pm	28 Sharing Circle 3-5 pm
29 Closed	30 Open 8 am-4:30pm	31 Al-Anon 6-7pm	AA = Alcoholics Anonymous Wellbriety = Native 12-step Recovery Meeting NA = Narcotics Anonymous Back to Basics of Recovery-AA 12 Steps Al-Anon—for those who are affected by AODA of loved ones			

Groups/Meetings Available

Al-Anon Tuesdays 6-7pm starting March 10th For those who are affected by a loved one who suffered from AODA

Wellbriety Wednesdays 6-8pm:
The Wellbriety Movement is an interconnected web spreading across our Native Nations carrying the message of cultural knowledge about recovery for individuals, families and communities. The web is a live entity that was born out of the work that White Bison created after the Elders told about a healing time that has come. We start with smudging and a prayer, read the daily meditation, then read from the White Bison book, and choose a topic to discuss.

Narcotics Anonymous Thursdays 10am-12pm: OPEN meeting- Topic meeting

Back to Basics AA 12 Steps Thursdays 3pm

Alcoholics Anonymous Fridays 6pm:
OPEN meeting- Topic Meeting

You were Created for SUCH A TIME AS THIS! By: Sonia Reyes-Buffalo

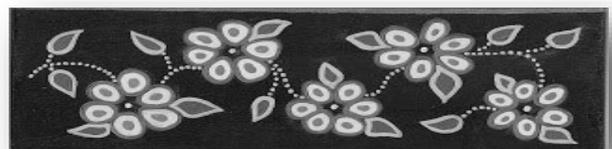
You are full of amazing gifts from the Creator, I love calling God the Creator because that's exactly what he did when he made you in your mothers' womb. He literally took you and wove you into a beautiful masterpiece. Delicately you have been put together with gentleness and tender love. To believe you are worthless is a lie, the Creator doesn't make mistakes and your life is proof of it. Maybe because of the past hurts, traumas, and wounds you have a hard time believing that. But today when you read this, I want you to do you BEST at believing the TRUTH and disagreeing with the lies your mind has thought. Everyone has thoughts like these lies, "I am not good enough, I have to try hard to be loved, I am a failure, nothing I do is good enough, I wish I was never born" ALL LIES! You were destined to be something great, when the Creator thought of you in the beginning of time you were loved, his eyes gazed upon your life and he thought this one here, is so beautiful and is destined to do great. The Creator didn't screw up when he made you.

See we live in a world that does its absolute best to chew us up and spit us out, that's why we see so many Natives addicted to meth, alcohol, heroin, nicotine, etc. Or why our race is at the top of every horrible statistic out there; there was an opposite force working against the divine plan for your life the moment you were born in the world, maybe even while in the womb. But time and time again the human race has done the impossible with the help of the Creator. We have individually and as a working functioning team

created and established one of the greatest countries in the world. We are all blessed beyond measure and all have equal opportunity to live a fulfilling and satisfying life. The Creator designed us so specifically to naturally be good at things that we are born with. We are intended for bigger purposes than ourselves, and its time to rise up in those purposes aligning ourselves with the Creators GREAT PLAN for our lives. If he designed us how can we not think he doesn't have a plan for his design?

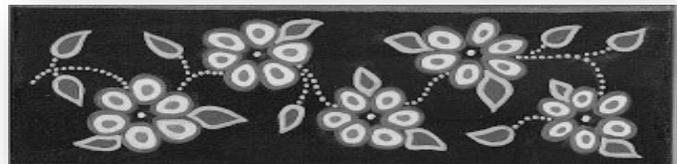
Moving forward, what should we do? Where do we start? How do we get the support we need?

I believe moving forward is forgiving the past, holding on to bitterness and hate towards those of the past will prevent you from your full potential because those pains will hold you back from functioning to your max benefit. Moving forward is difficult, you may have to look at yourself in a real way that may not be easy, but you can trust me when I say that you are more than worth the fight! You are an overcomer and there are many people out there who would go the extra mile to help you with what you need to be done. Whether you get to treatment, get counseling, discipleship, overcome physical barriers, financial barriers, and or health care conditions. Places like the Noojimo'iwewin Center want to help you believe in yourself again and we will do our best here to support you in your walk!



Inspiring Stories of Indian Entrepreneurship

Christopher Hicks, 29, enrolled member of the Red Cliff Band of Lake Superior Chippewa. Aug. 14, 2017, Hicks started Ogitchiidaa Fight Promotions, and was at the time the youngest combat sport promoter in the State of Wisconsin. His Partner Danielle Maulson, works as the match maker for the LLC, who is enrolled in the Lac Du Flambeau Band of Lake Superior Chippewa. Together they have hosted 77 bouts and are the only Tribal privately owned business in Wisconsin. His biggest advice is, *“be resourceful and use your creative imagination. The best thing you can do is work with the things you have, not the things you wish for because you’ll be waiting forever. When you fail take it as a lesson and find out why you failed. Turning negatives into positives is a part of humble growth not just for your business, but for your life.”*



Inspiring Stories of Indian Entrepreneurship By: Sonia Reyes-Buffalo

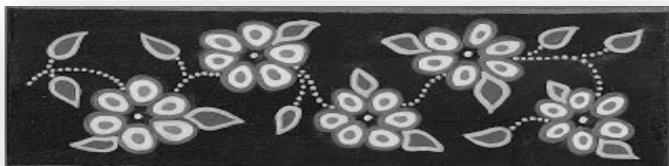
Here are some more amazing local and non-local Indian Entrepreneurs who can motivate you to chase your dreams.

Dave Anderson, Famous Dave's, "member of Choctaw/Chippewa Indian Tribes, Famous Dave's have over 170 restaurants in operation, and Anderson, through various business ventures, is responsible for creating 200,000 jobs over the years. Mr. Anderson is an enrolled member of the Lac Courte Oreilles Band of Lake Superior Chippewa"

<https://www.legalzoom.com/articles/native-american-entrepreneurs>

Gary and Carmen Davis, "A husband-wife entrepreneurial team with a string of business ventures to their credit (Red Vinyl Records, Litefoot Enterprises, Native Style Clothing and Davis Strategy Group being a partial list). The couple are also proud Native Americans – he's Cherokee; she, Makah – who aim to strengthen the profile and success of entrepreneurs building businesses across Indian Country."

<https://www.entrepreneur.com/article/317622>



April Tinhorn 43, "Born and raised on Hualapai reservation near the Grand Canyon in Arizona. He owns and runs her own consulting firm—Tinhorn Consulting LLC— that focuses and helps clients, who many are Native Americans, develop their business websites and improve their image."

Reanna Aquino, 38, "A Pueblo business leader from New Mexico. She is a quintessential business leader who has literally risen throughout the ranks of her company Tsay Corporation, starting as a secretary and ending up now as president of Tsay Professional Services."

Jessica Mehta, 36, "A Cherokee entrepreneur from Oregon.. After traveling overseas after university, she decided to try professional editing and writing as a job in Costa Rica. From there, she discovered that she could make a six-figure salary in those services. After returning to Oregon, in 2013, she founded her company, MehtaFor. After starting her business, she produced four books of poetry, two novels, and one book about professional writing."

https://fcpp.org/wp-content/uploads/FC-PS217_IndigeneousEntrep_SP0418_F1.pdf

YES, I HAVE A DREAM! By: Ed Metellica

What if, all the goals you set for yourself are not attained by a certain age, does that mean you should quit? What do you do if you haven't achieved all that you set out to? Does that mean you are a failure and should just give up and disappear? What do you do besides worry, become frustrated and lose your self-confidence?

Unfortunately, life doesn't always go the way we want it to. Many of us won't achieve everything the way we planned it and might even have to start over later in life in spite of our well laid out plans.

Life has a way of turning things upside down for us when we least expect it.

The good news is no matter where you are in life you have a chance to start over. It is never too late to achieve your dreams. Your age should never be a stumbling block in the way of you going after what you want.

You must realize that wherever you are in your life, that is where you should be. If you are 20, 30, 40, 50 or above, you are where you should be in life, and your goals are still yours for the taking. Never forget that your dreams are yours and no one else's. If you never achieve your dreams no one else can for you and they always will be there unachieved. Therefore, it is right there waiting for you to achieve.

Everything you have been through in your life has led you to where you are now for you to get where you need to be. Every high, every low and in between all led you to this very moment.

You are at a crossroad in your life, and you need to make a move; it is just a matter of taking one step at a time in the right direction. Whatever age you are currently is the right age you need to be, to be able to succeed. You must remember we all mature at different ages and, therefore, achieving our goals are the same.

Your age doesn't matter if you want to make a change for the better.

Start by asking yourself one simple question right now. What is it I want to achieve in my life? Once you have answered that question, you then need to find out how to get there and put the things in place to take you there.

This works for me:

1. Write down my dream
2. Set a flexible time table
3. Tell someone who's important to me
4. Make up consequences for myself
5. Make up rewards for myself
6. I avoid comparing myself to others, it is my dream
7. I leave the past in the past
I forgive myself for past mistakes

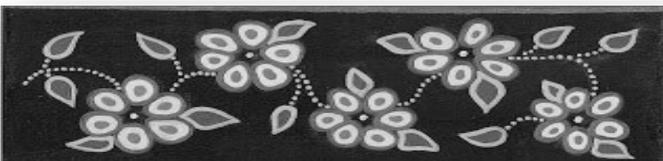


Can we Stop and Prevent Drug and Alcohol Abuse? By: Sonia Reyes-Buffalo

Native Americans and Alcohol

- Native Americans die from alcoholism at a rate that is 510 percent higher than other ethnic groups.
- Native Americans are the most likely ethnic group (12.1 percent) to be “heavy drinkers,” defined as having five or more drinks on the same occasion.
- Native Americans are also the most likely group to be binge drinkers (29.6 percent)
- Native Americans, both male and female, have the highest prevalence of weekly heavy drinking.
- Native Americans are the most likely ethnic group (16.4 percent) to report early onset of drinking – that is, drinking before the age of 15.
- Multiple studies show that Native Americans are at increased risk for alcohol-related traumas such as domestic violence, rape and assault.
- Fetal alcohol spectrum disorder rates are higher among Native Americans than the national average.
- Overall, 11.7 percent of Native American deaths are alcohol-related.

(Source: National Institute on Alcohol Abuse and Alcoholism)



The answer is YES!

This will take community involvement, strategic planning, individual pledges, and intensive treatment options. Drug and Alcohol Abuse are symptoms of deeper issues that effect our inner being. If we could come to a place where we want the healing, we could overcome the battles of alcohol and drug abuse.

The thing is that this is a community effort and people who are struggling need more then just, AODA services, they need healthy support and people who will love them through their mess. When so and so is struggling do we help them or talk about them badly. Nobody knows that he or she was molested or raped when they were little, or he or she cannot handle the pain of grief they experience from loosing their loved ones. Nobody should be put to shame when they are dealing with trauma the best way they know how.

So what will it take?

Our community departments need your help! We need healthy people who want to support those who are struggling! You can get involved by coming to the Mishomis House and Noojimo'iwewin Center to drop in and say hello or donate different things to help support some of the efforts we both make as a team to combat the AODA issues we face. As a WHOLE we can use the UNITY as a strong force against the evil that plagues our loved ones. Please, if you have ideas or want to be apart of this beautiful movement in Red Cliff we would love to hear from you! And, of course, if you are dealing with loved ones or are yourself dealing with AODA related problems, let us help. Miigwech!

Walleye Recipes!

Spearing Season is almost upon us! Here are some new ways to cook your catch!

Baked Walleye

Ingredients

- 3/4 cup chopped onion
- 3/4 cup chopped green pepper
- 3/4 cup chopped celery
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon seasoned salt
- 1 cup reduced-sodium V8 juice
- 1 pound walleye fillets

Directions

1. In a small saucepan, bring the first eight ingredients to a boil. Reduce heat; simmer, uncovered, until vegetables are crisp-tender, stirring occasionally.
2. Place fish in a greased 13x9-in. baking dish. Pour vegetable mixture over the fish. Cover and bake at 350° for 15-20 minutes or until fish flakes easily with a fork.

Nutrition Facts

1 each: 137 calories, 1g fat (0 saturated fat), 82mg cholesterol, 314mg sodium, 9g carbohydrate (0 sugars, 0 fiber), 22g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 vegetable.

[Wwww.allrecipes.com](http://www.allrecipes.com)

Baked Walleye with Sweet Peppers and Onions

- 1 small onion, halved and thinly sliced
- 2 tablespoons olive oil
- 1 green bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon crumbled dry oregano
- 4 leaves fresh basil, thinly sliced
- 4 (6- to 8-ounce) walleye fillets
- 1 cup broth
- 3 tablespoons tomato sauce

Directions

1. Preheat the oven to 350 degrees and oil a shallow 3-quart baking dish. Meanwhile, in a large skillet, saute' the onions in oil for about 5 minutes on medium heat.
2. Add peppers, garlic, salt, pepper and herbs, cooking uncovered until the peppers are nearly tender.
3. Place the fillets in the prepared dish, spoon the mixture over the fish, and pour in the vermouth and tomato sauce.
4. Cover the fish with buttered wax paper and bring to a simmer for 1 to 2 minutes. Then place the fish in the oven for 6 minutes.
5. Push the pepper mixture aside and bake the fillets 3 more minutes.
6. Transfer fish and vegetables to a serving platter and keep them warm. Drain the cooking juice into a small saucepan and cook to reduce by half. Spoon the sauce over the fish before serving.



Kid's

Spring Crafts



Snacks!

at the

Fun!

Noojimo'iwewin Center!

All are welcome!

**Children must be accompanied
by a parent or caregiver.**



Saturday March 14, 2020 1:00 - 4:00pm

37450 Water Tower Rd. Red Cliff



Please call 715-779-3508 for more info.



Noojimo'iwewin (We Heal) Center

“South of the Border”

Sobriety



Potluck Supper



Co-sponsored by



Everyone is welcome!

Thursday March 19, 2020 at 5:00pm



37450 Water Tower Rd. Red Cliff
For more info please call: 715-779-3508



NOOJIMO'IWUWIN CENTER
WEEKLY ACTIVITIES

Monday: Open 8am-4:30pm

Tuesday: Al-Anon Meeting 6pm

Wednesday: Wellbriety Meeting 6pm

Thursday: Narcotics Anonymous Meeting 10am

Friday: Alcoholics Anonymous Meeting 6pm

Saturday: Various Activities 1pm-4pm

Sunday: Closed

Mishomis Wellness Center Calendar



RED CLIFF MISHOMIS WELLNESS CENTER

Onaabani Giizis / Hard Crust on
Snow Moon
MARCH 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 MWC Staff Mtg. @ 8:30 a.m. Building Strengths Grp. 1-4	5 BHS Student 9-11:30 a.m.	6	7
Daylight Saving Time Spring Ahead 8	 FULL MOON 9	10 Relapse Grp. 10-12	11 Building Strengths Grp 1-4	12	13	14
15	16	 Relapse Grp. 10-12 17	18 Building Strengths Grp. 1-4	19 BHS Students 9-11:30 a.m.	 100th First Day of Spring SPRING 20	21
22	23	24 Relapse Grp. 10-12	25 Building Strengths Grp 1-4	26	27	28
29	30	31 Relapse Grp. 10-12		<u>DVR IS HERE EVERY OTHER WEEK</u>		

VRNA Program will be here every Wednesday from 10 a.m. to 12:00 p.m. in the Lower Level Conference Room

Mishomis Wellness Center is Open Monday through Friday 8:00am-4:30pm
If you want to be apart of any group or activity please call ahead of time
(715)779-3741

How can we help?

Here at the Noojimo'iwewin Center we want to be available to help you with your needs and find the resources you need to sustain sobriety and a healthy lifestyle.

REASONS WE ARE HERE

- When you get out of the hospital, treatment, halfway house, or jail, our door is open.
 - We have been there and we can relate.
 - Peer to Peer recovery works!
- To help recovering addicts and alcoholics feel at home and feel safe.
 - We are available when others are not.
- To help those in recovery re-engage and get involved with our community and help the next alcoholic or addict get recovery.
- When you don't have anything to do come and be here, we have great things to keep you busy!
 - Build new relationships/friends!
- We want to show you life can still be fun without drugs and alcohol!
- We want our community to volunteer and let us help you keep motivated and on track!
- You are valued and loved here, we also need your help creating something beautiful.
 - We have 12-Step and recovery groups available!

Noojimo'iwewin *We Heal*

**If you have any questions or concerns please
call us at (715)779-3707**

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**Or call the Noojimo'wewin Directly at
(715)779-3508**

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