

# NOVEMBER 2016

First Snow Moon  
Shayeewi koon niipaahum



Family Services After School & Teen Prevention



I'm Chemon Rudesill and I'm a tutor at the Family Center. I graduated high school last year. I've worked as a CNA and love to help people.

My favorite subject is math. If anyone needs help they are always welcome to come to me. My hours will be at the Family Center:  
3:30 to 7:30 P.M.  
Monday - Friday



## S-M Tutors 2016 - 17

My name is Skylar Hill. My parents are Jay Hill and Cheryl Pieper. I have been at this job since August of 2012. I have fun helping the kids with their homework after school at the MFC. My hobbies are playing video games, watching TV, movies, and reading books.

I enjoy being a nerdy tutor. I will be working Monday - Friday  
Bowler High School 7<sup>th</sup>-12<sup>th</sup>



I will be from 12:30 to 3:30 P.M. in grade Math Classes.

I will be providing tutoring services at the Mohican Family Center. I begin at 3:30 and work until 5:30 P.M. here.



Hi my name is Violet Azzolina. I have been selected as a new tutor for Family Services. I am a Veteran of the U.S Army. My experience includes tutoring, coordinating and cooking for youth in grades K-12 for the Ho-Chunk community over the last two years.

I'm thrilled and excited to be working with S-M Family Services as a tutor. I will be at Bowler School from 11:30 A.M. - 3:30 P.M. working with youth in grades 4-7. I will also be in the tutor room at MFC from 3:45 - 4:30 P.M.



All Tutors can be reached at:  
# (715) 793-4906  
upstairs @ MFC.

# Importance of having a personal bank account



## Employment – Direct Deposit

Direct Deposit means that you give permission for a person, company, or organization to deposit money into your bank account. Examples of the uses for direct deposits include: Government Benefits such as the Ontario Disability Support Program, pay cheques, and tax refunds. Direct Deposits are very convenient, as it saves you time from going into the bank, or visiting a bank machine in order to cash a cheque.

## Cashing Checks

Sometimes it is not possible to use a direct deposit. When this is not possible, it is likely you will receive a physical cheque instead. If you have your own bank account, you will be able to deposit the cheque and then take the money out. If you do not have your own account, and you need your money right away, you will be forced to go to a cash advance company (e.g. Money Mart). A cash advance company will loan you the money until they get the money from your bank account. They will charge you a fee to do this. Using a cash advance company means that you will lose a large portion of your money to pay for the convenience of having your cheque cashed quickly. Your bank, on the other hand, will allow you to keep more of your money.

## Creating a budget that works for you

When you have your own bank account you have access to your money when you need it. Yet, sometimes people have difficulty managing their money. If you have trouble with budgeting, there are many options that will allow for you to control your money better.



## Reputation

Establishing a good reputation with your bank is very important. What is meant by “a good reputation” is that you do not spend too much money if you do not have it. It also means that if you need to borrow money from a bank or any other institution, you have shown you can pay that money back.

## Accessibility and Safety

Having your own bank account also means you can access your money from multiple locations, without having to carry a lot of cash. As technology gets better, the use of electronic banking machines and computers to do banking and buying is becoming more common. Having your own bank account allows any time access to your money through ATM machines or through Point of Sale machines (e.g. Interac). Having your own bank account means that you will not have to carry a lot of cash; as a result, it is less likely your money will get lost or stolen.



Website [ConnectAbility.ca](http://ConnectAbility.ca)

## Food Allergens

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions and may even be life threatening.

There is no cure for food allergies. Strict avoidance of food allergens- and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences.

### Top 8 Food Allergens:

- Fish
- Shellfish
- Eggs
- Milk
- Wheat
- Peanuts
- Tree Nuts
- Soy beans

For more information visit: [fns.usda.gov/cns/guidance/default.htm](http://fns.usda.gov/cns/guidance/default.htm)

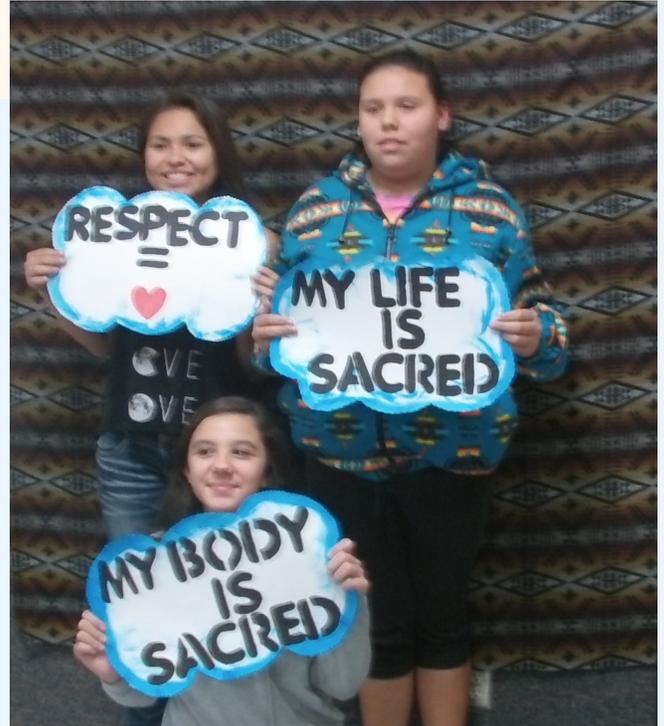


# Fall Cleaning Checklist

1. Clean the Dirty Carpets
2. Clean out the Attic
3. Clean Dirty Ceiling Fans & Light Fixtures
4. Clean Dusty Light Bulbs
5. Clean the Draperies
6. Clean the Oven/Range
7. Clean out the Refrigerator & Freezer
8. Shine your Silver 🤗
9. Vacuum under the Furniture and Rugs
10. Clean out the Gutters

For more information visit: [Mrs. Clean website](#)

“My house was clean, then the kids woke up.”  
THE END.



Liani, Louise & Heavyn's message for the prevention banner.



Connor and Ecerwv



Bertina



Tatum



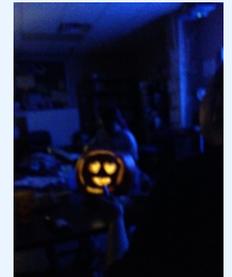
Tatum, Monique and Lillian working together on Mohican moccasins.



4th–12th grade youth are learning to make moccasins.

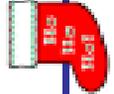
They plan to “Rock their Moc’s” on November 15<sup>th</sup> in celebration of Native American Heritage Month!

These two groups are also teaming up again. They are making an important banner to convey drug and domestic violence prevention messages to display in our community.



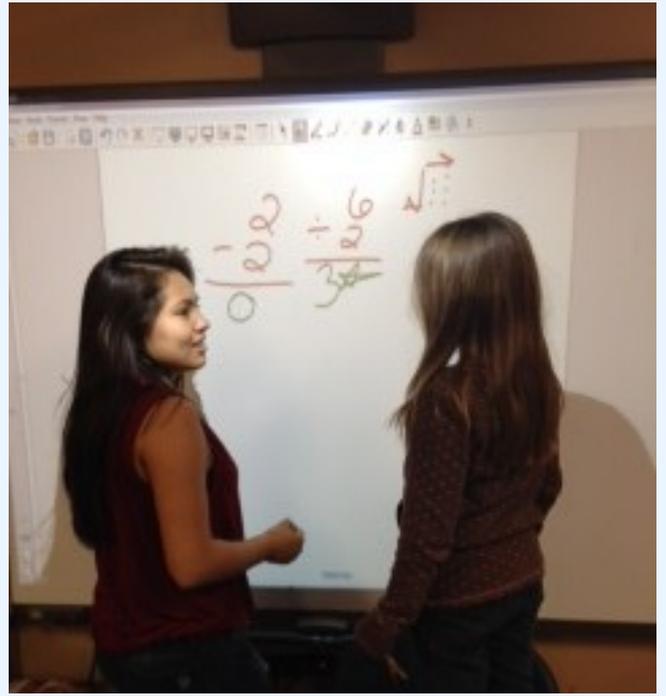
# NOVEMBER 2016 ASP ACTIVITIES K – 3RD

# 793-4085 Lai Lonnie

	leadership	leadership	life skills	cultural curriculum	Interactive role play	atoh ~ deer
	<p>1</p>  <p>Be the kind of leader that you would follow.</p>	<p>1</p> <p>Designs used in beadwork Colors in the language</p>	<p>2</p> <p>Shoopeeakal Moccasin Making step by step</p>	<p>3</p> <p>We Give Thanks to Mother Earth Lacing craft</p>	<p>4</p> <p>Make homemade pie crust</p>	
6	<p>7</p> <p>Learn a Grandparents poem to share</p>	<p>8</p> <p>Respect for extended families</p>	<p>9</p> <p>Braiding corn husks</p> 	<p>10</p> <p>Sharing with our elders</p>	<p>11</p> <p><b>CLOSED</b> Honor Veterans</p>	<p>12</p> 
13	<p>14</p> <p>First snow moon A time to hunt Collect pine cones</p>	<p>15</p> <p>Tutors will be here for the ASP youth No Late Nights 15-17th GYM DAY</p>	<p>Tutors will be here for the youth</p> <p>ASP Staff at Training "Children Come First Conference"</p>	<p>17</p> <p>Tutors will be here for the youth</p> <p>ASP Staff at Training "Children Come First Conference"</p>	<p>18</p> <p>Team Building K-3<sup>rd</sup> grade Pizza Party Bounce House (TBD) Parent Pick-Up 6:30 PM</p>	<p>19</p> <p>Community Children's Christmas Party Noon - 4 P.M. <b>POT LUCK</b></p> 
20	<p>21</p> <p>Learn to make natural dyes Onion skin – yellow Beets – red Walnut shells - brown</p>	<p>22</p> <p>Using natural dyes Part 2 Dye corn husks/cotton</p>	<p>23</p> <p>Make Butter Serve with Homemade pumpkin muffins</p>	<p>Happy Thanksgiving puleew ~ turkey</p> 	<p>25</p> <p>No school Closed</p>	
27	<p>28</p> <p>Mentoring Make a stick frame</p>	<p>29</p> <p>Talking Circle Bully Presentation</p> 				

\*subject to change

# BUSY LIVES



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# November

Native American Heritage Month



2016

ASP GRADES 4-6

Monique Tyndall Mon-Fri 11:30-7:30 PM

#715-793-4085

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
			Life's Big Questions: "Who Am I?" Pt. 1 Words that Describe Me	Life Skills ID My Strengths Pt. 1 Intro & People Bingo	Culture/Free Day Rock Your Mocs-Mohican Moccasin Class	
6	7	8	9	10	11	12
Alcohol Prevention Health Impacts: Alcohol vs. Non-Alcoholic Indigenous Drinks Pt. 1	Alcohol Prevention Health Impacts: Alcohol vs. Non-Alcoholic Indigenous Drinks Pt. 1	Life's Big Questions: "Who Am I?" Pt. 2 Could my Self-Concept Be Stronger, Healthier, & More Positive?	Life's Big Questions: "Who Am I?" Pt. 3 w/Chemon Do I Think About My Thoughts & Actions or Just Let Them Happen?	Field Trip: Minuteman Workshop @ Keshena 5:30-8:30 PM	<b>Veterans Day</b> Closed	
13	14	15	16	17	18	19
Tobacco Prevention Burning a Hole in Your Wallet Pt. 1	Chemon covering: Tobacco Prevention Burning a Hole in Your Wallet Pt. 2 <b>Rock Your Mocs Day</b>	(Monique @ training T, W, TH)	Life's Big Questions: "Who Am I?" Pt. 3 w/Chemon Do I Think About My Thoughts & Actions or Just Let Them Happen?	Life Skills SNAP Ed. Presentation with Dianne Burr	<b>Late Night Pizza Party</b> (Need a ride home) Parent Activity w/Natasha (Parent Volunteer)	Community Children's Christmas Party Noon - 4 PM <b>POTLUCK</b> @ MFC
20	21	22	23	24	25	26
Drug Prevention Peer Pressure Situations Pt. 1	Drug Prevention Peer Pressure Situations Pt. 2	Life's Big Questions: "Who Am I?" Pt. 4 Who do I Want to be? What Life do I Want?	Life's Big Questions: "Who Am I?" Pt. 4 Who do I Want to be? What Life do I Want?	<b>Thanksgiving Holiday Closed</b>	<b>Thanksgiving Holiday Closed</b>	
27	28	29				
Rx Drug Prevention Over the Counter Drugs	Rx Drug Prevention Dangers of Abusing Medications		<b>UNITE</b> ALGATINIST MULLUMINI			





# ROCK YOUR MOC'S EVENT

November is Native American Heritage Month. In honor of that, on November 15, 2016 stand together as Native people across the world by wearing your moccasins.



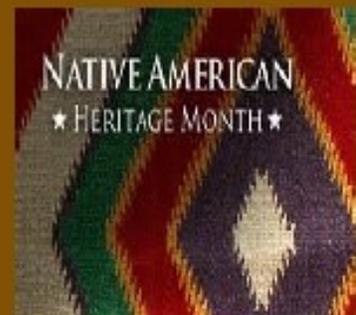
Join us on  
November 15, 2016

At the Mohican  
Family Center

Noon to 1pm

Activities, light  
lunch

And door prizes



FOR MORE  
INFORMATION

Contact:  
Kori Price

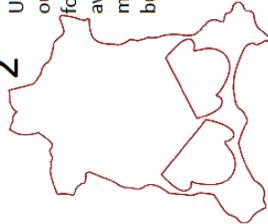
(715)-793-4905  
Kori.price@mohican-  
nsn.gov

# MOHICAN MOCCASINS

BY M. TINDALL 2015

2

Use your pattern to trace & cut out moccasins from one of the following type of tanned hides available to us today: deer, elk, moose, or buffalo



3

With single-ply sinew and a size 6 glovers needle, use a loose running/basting stitch 1/4" from the edge of your moccasin as pictured. Pull both ends of your thread to create a gathered/puckered effect. Tie the two ends of thread together to connect left & right sides of the center seam area together



T

Basting/Pucker Stitch

4

Use a water tight stitch all the way up to create the center seam of the moccasin. Start from the toe of the moccasin, sewing and securing the gathered pucker and seaming up the center. You may want to stop 1" before the cuff so that they can easily be slipped on. A leather tie can be sewn onto each side under the cuff.



Water Tight Stitch

1

Approximate pattern of Mohican Pucker Toe Center Seam Moccasins. Cut out & fold in half and trace cuff on to left site. To Make your own custom sized moccasin pattern: Trace foot print onto paper. To get the correct length of your pattern: add 3/4" to the T (toe) and another 3/4" to the H (heel). To get the correct width of your pattern: use a tape measure to measure the circumference of the widest & highest (usually where you tie your shoe laces when wearing sneakers). Add 1/2" to your foot circumference to get the correct width of your pattern.



Mohican (Mohican) Moccasin.  
Object ID: 205618. Exchange with Mrs. William V. Mason and Miss Catherine Van Corliant Matthews. Date of title transfer from Mason & Van Corliant Matthews to NMAI: 1942.

The Mohican Moccasin Pattern was constructed from a study of Mohican objects in the Smithsonian Institution-National Museum of the American Indian's ethnographic collection. The research project was conducted by tribal member, Monique Tyndall during her extended internship at NMAI. Using sewing and pattern construction skills she learned from her grandmother, Evelyn Magee-Bowman; a pair of Mohican Moccasins like the one pictured above were recreated. This is just one example of Mohican Moccasins in the NMAI collection. Of all the Mohican Moccasins studied, each one possesses varying implementation of techniques and styles. This particular moccasin is decorated with porcupine quillwork with beaded borders. Navy blue silk ribbon is sewn on top of the leather cuff and secured with beaded edging to give the moccasin a finished look. The center seam-puckered toe moccasin is said to be one of the older forms of Mohican Moccasins, pre-dating the vamp and pucker-toe moccasin. Creating the pucker and heel can be difficult for those making moccasins for the first time, so this pattern has been updated for beginners in hopes that it will encourage more community members to make their own moccasins.

5

Use water tight stitch to sew side a to side b, then Sew side c to side d to form the heel. Proceed to sew up the back of the moccasin all the way up to the edge of the cuff. Fold cuff over and your moccasin is complete. You may now decorate with bead, quill, or ribbonwork.



What You'll Need:

Single-Ply Sinew



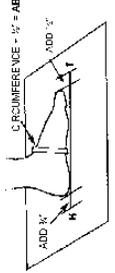
Size 6 Glovers Needle



Leather Scissors



Tanned Deer, Elk, Moose or Buffalo Hide

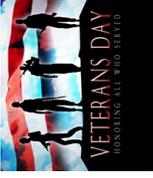


I am  
THANKFUL  
For...



# November 2016

Linda's 7th- 12th Grade Group  
 12:30pm to 8:30pm Monday- Friday  
 (715)-793-4906  
 Linda.rudesill@mohican-nsn.gov

		1	Alcohol Prevention Lesson	2	Alcohol Prevention Lesson	3	Positive Action Self Concept Part 2	4	Cultural Day Linda School Visit	5	
6	7	8	Tobacco Prevention Lesson Tobacco Prevention Lesson Conflict Resolution Lesson	9	HIV/AIDS and Teen Pregnancy Lesson	10	Team Building Group Start Rock your Mocs Project	11	Holiday Offices Closed Veterans Day	12	
13	14	15	Illicit Drugs Lesson <b>Kindness Day</b>   Linda out on Training <b>Rock your Moc's Celebration</b>	16	Linda out on training	17	Linda out on training <b>World Peace Day</b>	18	Cultural Day Linda School Visit	19	<b>9th Annual Community Children's Christmas Party</b> Noon to 4pm 
20	21	22	Prescription Drug Lesson Prescription Drug Lesson	23	Field Trip  Thanksgiving Break Begins - No School	24	Holiday Offices Closed TURKEY DAY!! Thanksgiving Break	25	Holiday Offices Closed Thanksgiving Break	26	
27	28	29	Independent Living Skills  HIV/AIDS Lesson	30	Peer Relation Lesson						



Dear families of our children,

Anushiik for sharing your children with us. We strive to make their time with us special. This month loved exploring the woods, picking apples, chasing leaves, visiting a museum, participating in a parade, and learning to do or try something new. If you would like to volunteer to come in and share a life lesson with them please let us know.





**DuPage County Marines and S-M Family Services Program  
Cordially Invites You to our**

**9<sup>th</sup> Annual  
Community Children's  
Christmas Party**

**November 19, 2016  
Noon - 4:00 P.M.**

at the Mexican Family Center

**Pot Luck Lunch**



**earn an extra ticket**

**for door prizes when you bring your pot luck dish**



**INFORMATIONAL BOOTHS**

**Craft Tables for all ages**

**Door Prize drawings for adults and teens**

**Ugly Sweater Contest for 11years old and older**

**Youth ages 0 to 10 years old will receive a gift from Santa**

**For more information, please contact FSP program**

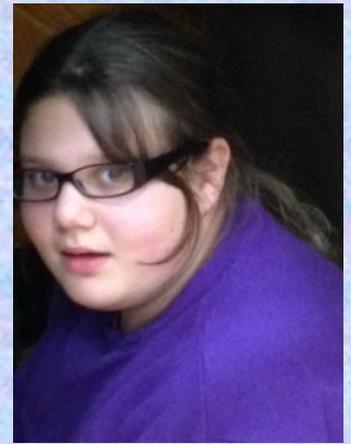
**(715) 793-4905 or (715)-793-4085**



IT TAKES  
COURAGE TO  
GROW UP AND  
BECOME WHO  
YOU REALLY ARE

-e.e. cummings

goodreads





**CONGRATULATIONS and Anushiik**  
for donating your prizes to buy pizza, soda and  
ice cream for our Nov. 18th "Late Night!"



We do our best to offer them drug-free activities. Everything from learning to make mocs, museum trips, trick or treating at the library to exploring other areas.



