February is American Heart Month!

Research has shown that having social support and personal networks makes getting regular physical activity, eating healthy, losing weight, and quitting smoking easier. During American Heart Month, assemble your squad and use #OurHearts to share how you’re working together to be heart healthy. Learn more about heart disease here.

In This Issue

pg. 2, 3  Kehkikemuwakon - Snowshoes | Rising Eagles Project
pg. 4, 5  Moccasin Workshop | Tips to be Commercial Tobacco Free
pg. 6, 7  Event: Basket Workshop | Event: Mid-Winter Activities
pg. 8, 9  Event: Bark Panel Workshop | Event: Wabanaki Spring Social
Snowshoes

Snowshoes were essential for Wabanaki people traveling during the winter. Many different styles of snowshoes are found amongst Native American tribes. Wabanaki snowshoes are 3x as long as they are wide. The tails are five or more inches long and the toes are round or square and never turn up. Different styles and decorations are often seen in the framework and babiche work and were specific to the snowshoe maker or family lineages. Wabanaki snowshoes were known for their superb craftsmanship and durability which led them to becoming very popular amongst Europeans after initial contact.

**Snowshoe Construction**

**Lacing**  
also called 'babiche' is traditionally untanned caribou, moose, or deer hide.

**Framework**  
made from brown/white ash or yellow/white birch.

**Long tails**  
provide additional stability in deep snow.

**Wide footing**  
Distributes a person's weight over a broader surface to lessen sinking.

To learn more about snowshoes check out the resources below:

- Snowshoes: A gift from Gluskabe
- Gifts From Gluskabe: Maine Indian Art Forms
- Mi'kmaq Snowshoes
The Sipayik Action Team offers culture and adventure in their Rising Eagles Project!

The Rising Eagles Project is a Wabanaki culture and adventure sports based program that strives to provide substance use prevention to sixth grade students. Students from Beatrice Rafferty School have thus far participated in rock climbing and learned about Wabanaki legends and values. The youth will be learning about Koluskap stories coupled with snowshoe trips and activities during the winter season. The collaboration includes caring individuals from the Sipayik community (SAT), Beatrice Rafferty School, Washington County Community College's Outdoor Adventure Program, the Pleasant Point Health Center, and Wabanaki Public Health. Woliwon to all of the organizers for creating opportunities for the youth at Sipayik! Your work does not go unnoticed.

EVENTS

Swimming at the Y: Open Swim - Mondays 5-6 pm and Water Aerobics - Wednesdays 5-6 pm, Old Town YMCA

Feb. 6 - Balsam Medicine Workshop w/ Leslie, Fredda, and WaYS, Sipayik Youth and Rec 3-5 pm

Feb. 7 & 14 - WPH Art Classes with the Maliseet Youth Department, 4 - 5:30 pm

Feb. 8 - Valentine's Family Dance, 6-8 pm, Penobscot Youth Department

Feb. 8-10 - Mid-Winter Longhouse Gathering at St. Thomas University

Feb. 14 - Lunch & Learn, Naloxone Training, 12 pm Penobscot Nation Tribal Court

Feb. 17 - Community Meeting with Tribal Leadership, Sipayik Bingo Hall, 2-6 pm

Feb. 18 - World’s Oldest Field Recordings with Donald Soctomah and Dwayne Tomah, Abbe Museum, 4:30-5:30 pm

Feb. 20 - WPH Nutrition Class with Indian Township Tribal Youth Center, 4:30 pm

Feb. 27 - Open Court Night, Healing Ourselves, Healing Our Communities, 5 pm Penobscot Nation Tribal Court

April 13 - Wabanaki Spring Social, 11am - 5 pm, Anah Shriners Building, Bangor, ME
Moccasin Making Workshop in the Maliseet Community!

Wabanaki Public Health in collaboration with the Maliseet Youth Department and Maliseet Boys & Girls Club held a moccasin making workshop with Maliseet Youth. The youth worked with local cultural teachers to learn the process of measuring, cutting, and decorating leather moccasins. It's so great to see the community come together to teach the youth about traditional practices. Kuli-kisehtultipa psi-te wen! (Good job everyone!)

Winter Games Youth Gathering

February 19 - 21, 2019
Penobscot Nation Sockalexis Arena
Organized by the Penobscot Nation Youth Program

This gathering is an inter-tribal event with activities for local and visiting youth including cultural teachings, a community potluck and social, interactive and fun presentations by local tribal organizations, sports, outdoor fun, and so much more!

Contact your local Youth Director for more information.
Be Commercial Tobacco-free in 2019!

'Commercial tobacco' is the term used for the tobacco found in cigarettes, cigars, chew, snuff, and e-cigs. It is different from traditional tobacco which is the sacred tobacco used in ceremony.

Did you know?

Smoking commercial tobacco harms almost every part of your body. It causes heart disease, stroke, lung disease, bone disease, cancer, and death. Lung cancer is one of the big causes of death in American Indians. Commercial tobacco contains over 7,000 chemicals and cancer-causing agents. Smoking commercial tobacco counts for over 1,100 deaths per day. Tribal members have some of the highest smoking rates in the United States.

Let 2019 be the year you quit using commercial tobacco. For more information click below:

Maine Tobacco Helpline  
Smoke-Free Home Pledge  
Center for Tobacco Independence
Basketry Workshop followed by supper and a social!

Saturday, February 23, 2019
10 AM - Basket Workshop
5 PM - Potluck Supper & Social

Waponahki Museum
59 Passamaquoddy Road, Sipayik, ME

The Waponahki Museum and Resource Center will be collaborating with Wabanaki Public Health on an all day basketry workshop. There will be an ash pounding demonstration by Gabriel Frey and splitting, gauging, and shaving of ash demonstrations by Gal Frey, Terran Moore, and Brenda Moore-Mitchell. Participants will learn the processing of ash in order to craft their own basket!

Lunch will be provided for participants. Basket assembly will begin after lunch with four basket making classes occurring at once. This workshop is first come first served. Please arrive by 10 am to sign up to make a basket with an artist.

There will be a pot luck supper at 5 pm, followed by a social with Little Eagles and Spirit Circle Drum groups. Please bring your favorite dish to share!

“It’s important to know what goes into making a basket. This tradition helps the basket maker to appreciate the work, detail and even love going into each piece. It’s a spiritual connection that keeps you connected to who we are as Wabanaki people, our family heritage and livelihood. This workshop not only brings the materials, but the connection to the earth as we are earth dwellers-Skicin.”

Future basketry classes will have a fee attached to them in order to be self sufficient. This will be at the discretion of the artist and may or may not include our non-Wabanaki friends.

For questions please call 207-853-4500

Woliwon, Brenda Moore-Mitchell, Waponahki Museum Projects Director
Friday February 22nd

10am-2pm @ Sockalexis Arena
  agehkímmwóqanál (teachings)
  Flint Knapping - Chris Sockalexis
  Ash Bookmarks - Jennifer Neptune
  Art Project - James Francis Sr.
  Hearts, Snowflakes, and Stories - Carol Dana
  Bowl & Dice Game / Artic Game Challenges - Gabe Paul
  Sled Rides - Saul Dana

4pm-5:30pm @ Sockalexis Arena
  mitsolādin (there is a feast)
  Potluck Supper

6:00pm @ the Pond
  ginkedeh (the fire is big)
  Bonfire Social - ice skating - hot cocoa

**this is a chem-free event**

Activities are for all ages
Every day is a good day to be in Wabanahkik

Questions? Please contact the Cultural & Historic Preservation Department
Penobscot Nation
Bark Panel Workshop

FEB
20-21st
1pm-4pm

Come join us for a 2-day birch bark panel workshop led by Artist Gina Brooks from St. Mary's First Nation! Open to all youth ages 5-18

Hosted by the Maliseet Boys and Girls Club in collaboration with:

For more information contact:
Zeke Crofton-Macdonald
zcroftonmacdonald@wabanakipublichealth.org
22nd Annual Wabanaki Spring Social

Saturday, April 13th, 2019 11am - 5pm

Please bring a non-perishable food item to donate to the Indian Island Food Pantry.

Mawkwa’ti’k - Unity

Anah Shriners Building
1404 Broadway • Bangor, Maine

Bring your FAVORITE DISH to share at the potluck.

Bring Your FRY BREAD and be entered into a Prize Drawing!

Bring YOUR OWN plate, utensils and cup to be entered into a Prize Drawing!

Vendor Inquiries?
Call Donna Brown at 207-322-6604

Wabanaki Health & Wellness Looks Forward to Seeing All Our Relations!
Wild Rice Hamburgers

**Ingredients:**
1 lb ground beef
2 cups cooked wild rice
2 cloves minced garlic (optional)
1 Tbsp fresh chopped or dried thyme, oregano, and/or rosemary
Salt and freshly ground black pepper, to taste

**Instructions:**
Thoroughly mix the wild rice, ground beef and optional ingredients, if desired, in a large bowl until the texture is consistent.

Form into patties and grill or cook, and then serve like a standard hamburger.

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The Newsletter is sent out on a bi-monthly basis. You can sign up for the Newsletter [here](#) or on our [facebook page](#).

**Follow us on Social Media!**

Facebook: WabanakiPublicHealth
Instagram: wabanakipublichealth
Twitter: wphsm2015

Send your newsletter submissions to:
naltvater@wabanakipublichealth.org

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