Maine Youth Action Network hosted their annual Youth Leadership Conference for young people in grades 7-12. The conference was held in Bangor on March 29th & 30th. Youth from each of the tribal communities attended the conference.

The above photos are trees the youth created that represent what they believe are the talents and skills sets needed from every member of a community in order for it to succeed. It's great to see Culture/Traditions is the root of one of the trees!

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What's New to Wabanaki Public Health

Location:
324 Main Street
Old Town, ME 04468

Mailing Address:
PO Box 299
Old Town, ME 04468

New staff:
Andrea Sockabasin, Youth Prevention Health Coordinator
Esther Mitchell, Tobacco Prevention Coordinator
John Dennis, Youth Engagement Coordinator
Nicole Altvater, Substance Use Disorder Prevention Coord.
Saige Purser, Substance Use Disorder Prevention Coord.

Check us out online!

Facebook: WabanakiPublicHealth
Twitter: wphsm2015
Instagram: wabanakipublichealth

For more information please visit www.cdc.gov

DON'T MISS OUT! Wabanaki Public Health Newsletter is going paperless. Please contact us to sign up for our e-newsletter.

Nicole Altvater: naltvater.wph@gmail.com
Saige Purser: spurser.wph@gmail.com
Spring Time = Maple Syrup Time

Did you know?

◊ Native Americans were the first to make maple syrup - the tree was cut with an axe to collect the sap and the sap was cooked down to syrup in bark/wooden containers with hot rocks.

◊ Maple syrup is the oldest crop in America.

◊ Maple syrup contains up to 24 different antioxidants with the darker varieties on the higher end of the count.

When to harvest?

When the snow melts away from the trees.

Words to remember:

Mahqan - sap of sugar maple or anything sweet (Passamaquoddy-Maliseet)
Máhkʷαn - maple sugar (Penobscot)
Sismo’qonapu - maple sap, sugar water (for babies), maple syrup (Mi’gmaq)

Mrs. John Mink collecting maple sap with bark baskets, Mille Lacs.
Creator: Kenneth M. Wright Studios
Photograph Collection, 1925
Collections Online
Minnesota Historical Society
Location No. E97.32M p12 Negative No. 5000-A
April is Sexual Assault Awareness Month!

STATISTICS

- More than 4 in 5 American Indian and Alaska Native adults have experienced some form of violence in their lifetimes (84.3 percent of women, 81.6 percent of men).
- Both women and men were more likely to have experienced violence at least once by people who were not American Indian or Alaska Native than to have experienced violence by people who were.
- Sexual violence: 56.1 percent of women and 27.5 percent of men reported experiencing sexual violence.
- Intimate partner violence: 55.5 percent of women and 43.2 percent of men reported experiencing intimate partner violence.
- Stalking: 48.8 percent of women and 18.6 percent of men reported experiencing stalking.

Source - Violence against American Indian and Alaska Native Women and Men 2010 Findings from the National Intimate Partner and Sexual Violence Survey

WHICH CULTURE DO YOU WANT TO LIVE IN?

When someone you care about tells you they’ve been sexually assaulted or abused, it can be a lot to handle. A supportive reaction can make all the difference, but that doesn’t mean it comes easy. Encouraging words and phrases can avoid judgment and show support for the survivor.

- “It’s not your fault.” Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.
- “I believe you.” It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned that they won’t be believed, or worried they’ll be blamed. Leave any “why” questions or investigations to the experts—your job is to support this person. Be careful not to interpret calmness as a sign that the event did not occur—everyone responds differently. The best thing you can do is to believe them.
- “You are not alone.” Remind the survivor that you are there for them and willing to listen to their story. Remind them there are other people in their life who care and that there are service providers who will be able to support them as they recover from the experience.

Penobscot Nation Domestic Violence and Sexual Assault Advocacy Center provides support for victims and survivors of domestic and sexual violence. This also includes teen dating violence and elder abuse. Our advocacy center does not discriminate on the basis of race, ethnicity, national origin, religion, sexual orientation, gender expression, age, physical or mental ability.

Office Location – 2 Down Street, Indian Island, Maine.
Benefits of Physical Activity

1) Reduces your risk of Type 2 Diabetes
2) Strengthens your bones and muscles
3) Improves your mental health and your mood
4) Reduces your risk of cardiovascular disease
5) Boosts energy levels
6) Promotes better sleep

WPH wants to congratulate all of the participants for their dedication to improving their health. Great job!

In October 2016, Amy Joseph, Fitness Room Attendant at the Maliseet Fitness Center in Houlton started its first “Biggest Loser Maliseet Style Community Challenge.” The objective was to have a team of two, for support, so they could help each other through their weaknesses and to utilize their own tribal Fitness Center. The “BIGGEST” challenge was sticking to the program during the holidays. Unfortunately, some participants stopped participating during that trying time.

“Even though the challenge is over I’m going to continue with this weight loss journey I’ve started. I’ve changed my eating habits and once the weather decides what it wants to do and warm up I’m going walking with my granddaughter.”

- Betty Joseph, 68, HBMI Head Start Bus Driver.

There was a monetary entry fee for each team that went towards the winning prize and a second place prize. Tribal council had generously donated $150 to the winning team as an incentive.

The winning Team for the 2016 – 2017 Biggest Loser Maliseet Style Community Challenge were Valerie Polchies and Crystal Tucker. With a combined starting weight of: 399.8 and a combined losing weight of 371.0 making them “THE BIGGEST LOSERS!” and winning the grand prize of $160.00!

The second place winner is Crystal Tucker with the starting %, BMI, and weight of 205.3 and finishing %, BMI, and weight of 182.4 giving her a loss of 22.8 making her the second place winner with a prize of $50!

Look for a spring challenge coming soon!!
Participating is easy!

Take a photograph of yourself holding a sign with your personal message about why substance use prevention or mental health is important to you.

Submit your photos to WPH through e-mail at naltvater.wph@gmail.com and we will feature your photo during prevention week.

WPH is participating in the “I Choose” project as part of National Prevention Week in May! The project is an easy way to make a difference by being a positive example and inspiring others.

“I choose to be healthy: spiritually healthy, physically healthy, mentally healthy, and emotionally healthy!”
- John Dennis, Youth Engagement Coordinator

“I choose prevention in our communities to help everyone’s quality of life!”
- Saige Purser, SUD Prevention Coordinator

“I choose love always”
- Esther Sappier, Tobacco Prevention Coordinator
How and where should I store prescription medication?

Do you store your prescription opioids (or narcotics) and other medications in the medicine cabinet in your bathroom? You’re not alone – it’s a common practice, but storing your medications in an easily accessible place means they’re available for children, teens, or others to find and abuse.

Store them out of sight!

Keeping your prescription painkillers secure and out of sight can prevent them from falling into the hands of someone who wants to abuse them. It can also prevent someone in your house from accidentally taking the wrong medication. And when there are children and teens in the house, it’s best to keep them out of sight and out of reach.

Lock them up!

Storing your prescription painkillers and other medications in a lockbox, safe, or locked medicine cabinet is one of the most effective ways to prevent abuse or accidental use. Many companies offer lockable medication storage options.

Safely dispose of them!

Unused medications are a disaster waiting to be found. That’s why it’s vital to safely dispose of unneeded and expired prescriptions. There are safe Drug Take Back disposal sites available throughout the State of Maine.

Find out about more locations online or by asking your local police department.

http://doseofrealitymaine.org/

Prescription Medication Safe Disposal Locations near you.

Pleasant Point Police Dept.
40 Warrior Rd.
Sipayik, ME

Indian Township Police Dept.
443 US - 1
Indian Township, ME

Penobscot Nation Police Department
25 Wabanaki Way
Indian Island, ME

Houlton Police Department
97 Military St.
Houlton, ME

Presque Isle Police Dept.
43 North St. #2
Presque Isle, ME
What is Alcohol?

Alcohol (ethanol or ethyl alcohol) is the ingredient found in beer, wine and spirits that causes drunkenness. When people drink alcohol, it’s absorbed into their bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all bodily functions. Alcohol blocks some of the messages trying to get to the brain. This alters a person’s perceptions, emotions, movement, vision, and hearing.

Maine Alcoholics Anonymous. Call the helpline and talk to an AA member

1-800-737-6237

April is Alcohol Awareness Month

Consequences of Underage Drinking

◊ A person is four times more likely to develop alcohol dependence if they begin drinking as a young teen compared to those that wait until adulthood to drink.

◊ During adolescence significant changes occur in the body, including the formation of new networks in the brain. Alcohol use during this time may affect brain development.

Activities to Do Instead of Drinking

1) Exercise - hike, run, do yoga, canoe, go for a walk, etc.

2) Catch a movie with a friend

3) Journal your day and/or your thoughts

4) Cook or bake your favorite dish

5) Drum and sing

6) Learn about your ancestry

Ways you can contribute:

- Bring awareness to the recovery and treatment options in your community
- Find ways to help reduce the stigma of alcoholism in your community, it can start with you.
Upcoming Events

Lunch with Launch
Featuring Passamaquoddy Peaceful Relations
Tuesday April 11th, 2017 12- 1 PM
Tribal Court Room, 136 County Road, Sipayik, ME
Questions or if you need a ride call 853-5159

Women’s Night - Garden Project
Tuesday April 11th, 2017 5 PM
Tribal Court Room, 136 County Road, Sipayik, ME

20th Annual Spring Social
Saturday, April 15th 11 AM – 5 PM
Anah Shriners Building 1404 Broadway, Bangor
Come see WPH at our display table!

National Take-Back Initiative April 29th
Bring your unused medication to your local safe disposal location
10 AM - 2 PM

6th Annual Tribal Career & College Expo Event
Thursday May 4, 2017 5:00 pm - 8:00 pm - Social
Friday May 5, 2017 from 8:30 am - 2:00 pm - Expo
WCCC College, 1 College Drive, Calais, Maine.

WaYS Spring 2017 Mini Camp
May 5th-7th
Location TBD

Is there an event happening in your community?
We want to use this newsletter as a way of connecting our Wabanaki Nation. If you have an event or something happening in your community that you would like to share, we would love to hear from you. We are happy to receive your information by phone, e-mail or mail.
Maple-Balsamic Vinaigrette

Ingredients
- 1/2 cup balsamic vinegar
- 1/4 cup maple syrup
- 2 tsp Dijon mustard
- 1 cup extra-virgin olive oil
- salt and pepper to taste

Directions
Place vinegar, maple syrup, Dijon mustard, salt, and pepper into a blender. Pulse to combine, then add the olive oil in a steady stream with the motor running.

Servings: 14
Ready in: 10 min

Contact Us
For more information about our newsletter please contact us at:

Wabanaki Public Health
PO Box 299
Old Town, ME 04468

(207) 817-0425

Email:
Nicole Altvater: naltvater.wph@gmail.com
Or
Saige Purser: spurser.wph@gmail.com

Cedar is often connected to the south direction. Cedar is both a protection and purification medicine. Cedar baths are helpful in comforting and healing the body. Cedar tea is pretty delicious too!

Honoring Our Elders
Elders are first and foremost teachers and role models. They are important in the teaching process, from baby to adult and beyond.

It is vital that we respect and honor our Elders they are keepers of tradition, guardians of culture, wise people…. the teachers.

If there is an Elder in your community you would like to recognize for the contributions they make to their community, please send us a photo along with a few words about them and their good work. We will select one Elder per issue to recognize.

You can e-mail your Elder or Youth nominees to: Nicole at naltvater.wph@gmail.com or mail them to PO Box 299, Old Town, ME 04468