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# *Wishing You A Happy and Healthy Holiday Season*

FROM ALL OF US AT AMERICAN INDIAN COUNCIL

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Monday officially marked the start of the winter season and the knowledge that **longer periods of daylight are ahead!** We are looking forward to more light both literally and figurative; an end to the pandemic, healing and renewal for those struggling with alcohol and substance use, and peaceful communities filled with love and care for one another.

American Indian Council is here to support you on your ***journey to wellness, once choice, one step, one day at a time.*** We can't wait until we are able to join together in-person again. Meanwhile, please join us for our virtual opportunities for connection. We ask that you **RSVP in advance** so we can be sure that you are connected with the right technology. Our programs are open to American Indians and individuals living in American Indian households. Current support programs include:

#### **Wellness Circles**

Mondays 6:30pm - 7:30pm

#### **Brotherhood**

Tuesdays 7:00pm - 8:00pm

#### **Women's Empowerment**

Wednesdays 7:00pm - 8:00pm



#### **Contact Us For More Info:**

**American Indian Council  
on Alcoholism, Inc.**

414-930-9210  
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## **AMERICAN INDIAN COUNCIL SUPPORTS NYE SOBRIETY VARIETY SHOW**



Watch the Milwaukee **New Year's Eve Sobriety Variety show** live online and you could win a sobriety swag bag filled with gifts from American Indian Council.

# Ho-Chunk Nation

## People of The Sacred Voice

The oral tradition of the Ho-Chunk, or Ho-Chungra as they describe themselves, states that they "have always been here."

The Ho-Chunk believe they originated at Moga-Shooch (Red Banks), near the present day south shore of Green Bay. They have traditional lands that span through Wisconsin, Minnesota, Iowa, Missouri and Illinois.

There are many stories from the Ho-Chunk throughout history that describe attempts to remove them to lands in the West. However, many would resist or return to their homelands in Wisconsin.

### SOURCES:

<https://ho-chunknation.com/>

Loew, P. (2001). Indian nations of Wisconsin: Histories of endurance and renewal. Madison: Wisconsin Historical Society Press.



*Why do flamingos stand on one leg?*

*If they lifted the other leg they'd fall over!*

