

Wisconsin Equal Justice Fund to Honor Northern Wisconsin's Judge David D. Raasch at the 2023 Howard B. Eisenberg Lifetime Achievement Award Dinner



Photo credit: Amanda R.R. Mayer

Wausau, WI – Judicare Legal Aid, a Wausau-based nonprofit organization dedicated to providing free civil legal help to those who cannot otherwise afford it, is proud to announce one of the honorees for the esteemed 2023 Howard B. Eisenberg Lifetime Achievement Award Dinner have long-standing ties to Judicare Legal Aid and Northern Wisconsin. This year's dinner took place at The Madison Club on November 4. This year, the Wisconsin Equal Justice Fund (WEJF) recognized Judicare's Board Chairman Judge David D. Raasch
Honor cont on page 12:



Lilly Wisnepske (pictured with her daughter Riverlee) is the new Community Health Representative (CHR) at the Stockbridge – Munsee Health and Wellness Center. She is currently in training to work with WIC, a program to aid women, infants, and children with their nutritional needs. "This is a very important program in our community so I strive to be able to provide this service the way we have here at the clinic for years previous" Lilly says.

Lilly comes from a long line of Miller's branching out far beyond her great grandparents Betty (Glenore) and Jack
Lilly cont on page Three:

In Celebration of No Tobacco Day



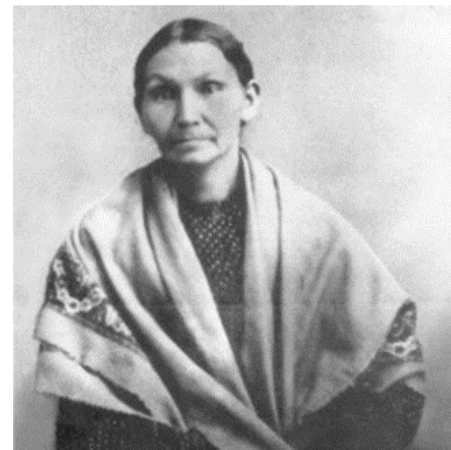
Library/Museum Medicine Wheel Garden. Front: Sage Back Left to Right: Sweetgrass, Tobacco, Cedar.

SMC-Cultural Affairs Department like to take this opportunity to share in the hopes that it may be helpful for our

The Cultural Affairs Department often receives community inquiries about the Four Sacred Medicines. On Pow-Wow Weekend the Library/Museum opened a mini-exhibit about the Four Sacred Medicines that will be a permanent feature in the gallery. In celebration of No Tobacco Day, Cultural Affairs would

tribe's youth, parents, or families in search of the meaning of this medicinal plant that continues to be a foundational medicine for many tribal nations, including our own. Tobacco is the first plant that the Creator gave to Native people. It is the main activator of all the
Sacred cont on page 13:

Electa Quinney Day



November First is the start of Native American Heritage Month, but for the Stockbridge people

it means a little more. November first is also recognized as Electa Quinney Day in Wisconsin. Senate Joint Resolution 27 was introduced on April 30th 2019 authored by Senator Cowles and Representative Mary Felzkowski and was passed with the support of the Stockbridge-Munsee Community, and adopted October Eighth 2019. Electa Quinney was the first female teacher and
Electa cont on page 13:

PRSRST STD
 US POSTAGE PAID
 SHAWANO, WI
 PERMIT NO. 135



What's Inside?

Ads	pg 14-16	Health	pg 2
Education	pg 8	Vets Corner	pg 5
Elders	pg 4	Voices	pg 3



Clinic updates for November 2023

Covid

- The clinic has at-home covid tests and masks (including N-95 masks) available at no cost.
- Flu shots and covid booster vaccinations are available at the clinic. If you wish to get a covid booster shot, call 715-793-5000 to schedule an appointment.
- Community Health completed flu and covid vaccinations at the elderly center. They gave out 49 vaccinations at the October event.

Clinic Staff

- Dr. Tom Wargo, our chiropractor, will be retiring. His last day will be December 1, 2023. The Tribe hired Dr. Avari Miller as our new Chiropractor. Dr. Miller will be starting November 6th.

Ella B New Building

- The Tribe is recruiting. Vacancies will be posted on the Tribe's web page - <https://www.mohican.com/services/careers/tribal-employment/>

[com/services/careers/tribal-employment/](https://www.mohican.com/services/careers/tribal-employment/)

- The new building is anticipated to be open April 1st 2024.
- Parking lot construction is finishing. We hope the rain will stop for long enough to finish paving and paint parking lines. The paving is scheduled to be completed by early November if the weather cooperates.
- Tribal Council approved the program statement for the new facility. **A copy is on page Eleven of this newspaper.**

Administrative Updates

- The clinic implemented a 105L lease. This lease requires IHS to pay the Tribe rent for the Clinic building because the building is used to offer health care services. The lease agreement provides the Tribe \$1.4 million dollars a year, this is approximately \$1.2 million more than the stan-

dard M&I funding method.

- Pharmacy began implementing the 340B program from HRSA. This is a pharmacy program to allow the clinic to purchase medications at a reduced rate because we are a FQHC (Federally qualified Health Center). The clinic expects this program to save the Tribe between \$300,000 and \$500,000 each year.
- The Clinic and Tribe continue to work with Wisconsin and CMS to implement a Medicaid All Inclusive Rate that will increase Medicaid revenue from prescriptions filled at the Clinic. Wisconsin plans to request a state plan amendment from CMS to approve this request. The State Plan Amendment is scheduled to be presented to CMS in December of 2023.
- The clinic is working with IHS and our contracted flooring company to replace the clinic floors.

The company is working on finishing the tile work in our hallways. Once tile work is completed, the flooring company will begin work in rooms.

- The clinic will re-open the drive-up pharmacy pickup once the parking lot is completed.

Clinic community events (fliers will be distributed)

- November is Diabetes Awareness Month and we will be offering blood glucose and blood pressure screenings at various tribal buildings throughout the month.
- Nov 4th Annual Turkey Trot @ Mohican Family Center starting at 9am
- Nov 16th Great American Smoke Out lunch @ MFC at noon – speaker Lindsey from pharmacy – lunch provided with Primal Eats
- Dec 6th will be our Annual Jingle Bell Walk at the MFC after work

Express your thoughts and opinions. Let your voice be heard. We welcome your letters to the Editor and the Community.

Community Voices

Letters of opinion can be dropped off at Mohican News in the Tribal Offices or can be mailed to:

Mohican News

N8480 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416

e-mail: mohican.news@mohican.com

Please type your letters or print clearly and include your signature, address, and daytime phone number. Letters must be 500 words or less. All letters are subject to editing and may require confirmation. Some may be rejected due to inappropriate content as deemed by our editorial board. The views of our readers are not necessarily the views of the Mohican News, its staff, or the Stockbridge-Munsee Tribe.

STOCKBRIDGE-MUNSEE
COMMUNITY
Band of Mohican Indians

PUBLISHER:
Stockbridge-Munsee Community

EDITOR:
Jeff Vele

STAFF REPORTER:
Thomas Kazik II

EDITORIAL BOARD:
Rolanda Bierman
Diane Burr
Rose Strege
Kim Taylor

The *Mohican News* is published twice monthly by:

Stockbridge-Munsee Community
PO Box 70
N8480 Moh He Con Nuck Road
Bowler, WI 54416
Telephone: 715-793-4389

Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage.

A one-year subscription rate is \$12.00 for 24 issues. Send check or money order to *Mohican News*.

Mohican News is a member of:
NAJA (Native American Journalist Association)

STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

MOHICAN NEWS

Enrolled Tribal members: FREE

SUBSCRIBE TODAY!

The voice of the Stockbridge-Munsee Community
24 issues a year

Non-enrolled: \$12.00 per year

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
COMPANY _____

PLEASE CHECK:

- NEW SUBSCRIBER, ENROLLED MEMBER
- NEW SUBSCRIBER, NON-ENROLLED MEMBER
- RENEWAL
- ADDRESS CHANGE

MAIL TO:
Mohican News
PO Box 70
Bowler, WI 54416

Voice: 715-793-4389

Fax: 715-793-1307

mohican.news@mohican.com

Proud and Determined

I'd like to tell you about an event that took place ten years ago this month at Lutheran Church of the Wilderness. It was the launch event for my self-published book, Proud and Determined: A History of the Stockbridge Mohicans, 1734-2014. Excerpts of the book had appeared in Mohican News prior to the launch party to advertise it. I brought a cake. Shawn Stevens' drum group was not only there, but their sound produced the kind of excitement that anybody would be deeply grateful for. Having never written a book before, and not thinking of myself as a celebrity, I was surprised when people started asking me to sign the books they were buying. I don't remember how many books I sold that evening, but it was more than I had available, probably more than one hundred books, which I felt had me off to a successful start as an author.

Instead of a great starting point, that book launch party was a high point. While I put together a good slide show which I delivered at a few public libraries here in Wisconsin, those events didn't have the kind of enthusiasm or "street cred" that was provided by Shawn Stevens' drum group. While the Amazon website allowed me to sell books over the internet, I got fewer online reviews, and, as a result, fewer sales than I had hoped for. Worse than that, though, in November of 2013, within a week or two of the book launch event, my friend John Martin's house burned down. Along with most of John and Sandy Martin's worldly possessions, their dog died in that fire.

Thanks to John Martin,

the back cover of Proud and Determined features authentic silver jewelry. As you may have guessed, I'm referring to John's father's creation, the Many Trails symbol. I would be remiss if I didn't also point out that the front cover depicts John's daughter in Pow-wow regalia (if I was writing for a white audience I would say she was his step-daughter). Sadly, Vicki Bowman Stevens and her mother, Sandy Martin, both walked on to the spirit world in the last ten years.

I have looked around for another historical project but never found one. Looking back ten years later, I understand now - more than I did then - that most Indians really don't want Non-Indians nosing into the history of their people. But, at the same time, I should also say that quite a few Stockbridge Mohicans not only welcomed my work, but also helped me out one way or another. Unfortunately, not all of them are around anymore.

Proud and Determined is now a free e-book for those who have a Kindle. To all others, the e-book costs \$3.99. My blog, Algonkian Church History has been neglected by me for a long time, but is still available on the net for those who are willing to search for tribal history.

Jeff Siemers

If you are still interested in getting the flu vaccination please contact Occupational Health. They can be reached at the following:

Peggy- 715-787-2547
Michelle-715-793-5105

Please remember to call first!

To The Stockbridge-Munsee Community,

I am honored and humbled by the trust and confidence you have seen fit to place in me as one of your Tribal Council Representatives. I pledge to do my best every day to not betray such trust and confidence and remain focused on serving the best interests of the Tribe.

I pledge to work cooperatively to give our community a powerful voice wherever and

whenever representation of the Stockbridge-Munsee Community is needed and necessary.

I pledge to carry out my duties, responsibilities, and conduct myself in a manner so that those who voted for me can take pride in having done so, and those who did not are pleasantly surprised.

Thank you for the opportunity to serve-
Terrance (Moonie) Miller

Lilly cont from page One:

(Leonard) Miller. Her grandparents Debbie and Terry Miller raised her mother Erin Miller-Wisniewski here alongside her aunt Melanie Exferd (Miller) who also works at the clinic. "I have many other relatives here as well." Lilly says. She is the niece of Cindy and John Miller as well as the late Mary Miller and Emmeretta Miller. Lilly and her fiancé Cody Fehrman have started their own family in the nearby village of Tilleda. There they are raising their beautiful baby daughter Riverlee Mae Fehrman, named after a beloved friend, the late BriAnne Mae Goss.

After graduating from Bowler High School, Lilly began her career in agriculture. She owned her own business working with horses and cattle but decided to further her education and experience. After a short-lived career in the bovine genetics industry, Lilly had a change of heart. "After having my daughter, I decided the agriculture workforce wasn't for me." Lilly said. "I needed to do something more, I needed to help people." She developed a strong passion for servicing the community and jumped on the opportunity to make it her career. "I hope to especially serve

our younger community members, especially pregnant women, infants and children up through young adulthood," she says.

Outside of work Lilly has a few different hobbies and interests, from fishing and bow hunting, to working on her collection of project classic cars and antique tractors. But the most significant hobby of hers will always be making music. From a very young age Lilly had a great passion for music, many of you may remember her singing in events at Bowler school, the casino, and various other venues with her classmate and fellow community member Isley Welch. A catastrophic injury to her hand in 2021 threw a serious wrench into her guitar playing career. Nearly losing 2 of her fingers, it seemed impossible to ever play again. She is now rehabilitating and working on her abilities with the hopes of continuing her pursuit as a musician. She, along with a few of her musician friends will hopefully be able to showcase their talents at Lilly and Cody's wedding this upcoming summer.

Lilly said, "Thank you for choosing me and giving me this opportunity. I hope to be of great service to our community for many years to come."



The parking lot pavement project is finished for the year. Parking lot lights will be installed the next few weeks with limited impact to parking.

The first row of parking nearest the Clinic entrance is reserved for patient parking, but patients are welcomed to park in any open spot except handicap and Tribal Elder parking unless they meet those requirements.

The Clinic will resume pharmacy pickup at the front of the Clinic.

Thanks for your patience during the construction.

Mohican Writer's Circle has just completed a three week series of writing classes with several participants. They all decided they would like to expand this class and invite all Elders to come and join at the Eunice Stick Gathering Place.

This is an opportunity to get "your story" down on paper. This next round will include a book titled "The Story of my Life" that prompts writing by introducing topics to get your thoughts down on paper.

Please sign up for this group starting November 8 and 22nd.

The group will continue every other Wednesday and assist you with this process. Exciting times ahead!

Personal loan application and policy changes

By Thomas Kazik – Mohican News Reporter October 24th the tribal council approved the revised personal loan policy. The purpose of the personal loan is to provide enrolled tribal members with unsecured loans for personal use through the Mohican Personal Loan Program. One of the major adjustments was that the maximum loan amount was raised from 5,000 dollars to 10,000 dollars.

Some of the eligibility criteria for the loan are as follows: applicant must be an enrolled member of the Stockbridge-Munsee Community who is at least 18 years of age. Applicant must be employed or have allowable income for a minimum of one year and verification of income.

Applicants debt ratio must be 40% or less. Applicant must have a credit rating of 640 or more. Applicant must demonstrate the ability to repay the loan. Applicant must not have an existing account in arrears with the department.

The loan process is as follows: complete the loan application and pay the application fee (25 dollars). Copies of two most recent pay stubs indication year to date earnings. If self-employed, submit a copy of the previous years tax records, including all forms and schedule. A copy of benefit statements when Social Security, SSI, or pension benefits are a source of income. Additional information that the loan department may deem necessary. Once

On the Trail Home



Bruce M. Tousey

Bruce M. Tousey, age 59, of Bowler, passed away on Tuesday October 24, 2023, in Appleton, Wisconsin. Bruce was born on March 24, 1964, in Tigerton to Dewey and Bette (Rudesill) Tousey. He lived all of his life on the Stockbridge Munsee Reservation. In 1990, Bruce started working for North Star Casino as a security guard until medical retirement. On January 1, 2009, he received the gift of a kidney that allowed him to enjoy life again. Bruce liked watching movies, listening to music, traveling the states and most of all, he enjoyed talking with people.

Bruce is survived by his three brothers, Paul (Joan) Tousey of Cary, Illinois,

Dewey (Jennifer) Tousey of Birnamwood, Wisconsin and Steven (Deanna Mead) Tousey of Wittenberg Wisconsin. He is further survived by numerous nieces, nephews, other relatives and friends.

Bruce is preceded in death by his parents, Dewey and Bette; sister, Janet in infancy, paternal grandparents, Mason and Dulcie Tousey; maternal grandparents, Thomas Rudesill and Imelda Summers; and numerous aunts and uncles.

A memorial service for Bruce was held on Saturday November 4, 2023, at Church of the Wilderness with Rev. Paul Johnson officiating. Visitation was held on Saturday at the church from 9:30 am until the time of service. Inurnment will be held at the Stockbridge-Munsee Indian Burial Ground.

The family would like to thank all the medical personnel that have been a part of Bruce's life. A special thank you goes out to Darlene Heins and Lester Rickert for all their help.

www.swedbergfuneralhome.com

the loan department has received the application and all material to, it will be forwarded to the Loan Review Panel for consideration in a timely fashion. All required information must be submitted within 30 days or a new application must be completed.

The applicant shall be notified of the loan review panel's decision within five days of the loan department receiving the loan review

panel's decision. Closing the loan, the loan manager will prepare the documents and coordinate with the legal department to make sure the following are in place: a promissory note and security agreement, a marital property statement, a payroll deduction agreement, and any other such document that may be needed. Loan funds will then be disbursed to the borrower following the loan closing.

The Women's Operational Military Exposure Network

The War-Related Illness and Injury Study Center in Palo Alto, CA, formed the Women's Operational Military Exposure Network (WOMEN) with a mission to combine a comprehensive clinical care program with cutting-edge research to assess and study the effects of military exposure on women who served. WOMEN's vision is to enhance, educate and promote women Veterans' health by continually asking questions, studying possibilities with proven research techniques, and disseminating findings to scientific and Veteran communities.

Although WOMEN has a strong interest in post-9/11 women Veterans as well as Gulf War era Veterans, it serves women Veterans from all eras. The WOMEN team acknowledges that although women were not authorized to serve in combat during the Vietnam War, most women were exposed to the same trauma and combat environment as their male peers. As it related to Vietnam-era women, WOMEN is conducting research on menopause and its effect on cognition, especially in the setting of previous traumatic brain injury, and an examination of military exposures and the potential effect on their children's health.

VA holds annual Military Environmental Exposures Training Conference

VA's Health Outcomes Military Exposures (HOME) is committed to educating health care providers about military environmental exposures and their impact on health. As a part of this effort, HOME held its annual Military

Environmental Exposures Training Conference July 11-13th, 2023, in St. Louis, MO. This conference provided essential training for VA staff to develop and sustain skills needed to evaluate Veterans with military environmental exposure concerns. Attendees included VA health care providers and staff who care for Veterans with exposure concerns, including environmental health clinicians and coordinators, primary care physicians and other health care providers.

At the conference, attendees received up-to-date information on the requirements and best practices for implementing and conducting military environmental exposure assessments and environmental health registry exams, such as the exam for the Agent Orange Registry. Additionally, attendees were provided with an overview of the PACT Act, the toxic exposure screen, and the roles and responsibilities of environmental health coordinators and clinicians. This year, all attendees were required to complete the VA/American College of Preventive Medicine's Military Environmental Exposures Level 1 Certification and obtain an Individual Longitudinal Exposure Record account prior to attending the conference. The certification provided foundational knowledge to effectively identify and treat military environmental exposures that are of concern to Veterans.

The conference included lectures, case studies, breakout sessions, scientific poster displays, and a comprehensive question-and-answer session to test the knowledge of attendees.



Veterans Corner

Veterans Corner

203 W. Main St
Bowler, WI. 54416

Gregg W. Duffek,
Tribal Veterans Service
Officer

Office: 715-793-4036
gregg.duffek@mohican-nsn.gov



715-793-4036

Obtaining a Veterans ID in Wisconsin

Being a veteran can bring perks such as exclusive discounts and special services from businesses, but very often obtaining these perks requires showing proof of service. One way to prove veteran status is to present a discharge paper (form DD214), which all veterans receive when separating from the military. However, carrying this document around is both impractical and an identity-theft risk. Luckily, in Wisconsin there are several options to obtain an identification card that provides proof of military service.

These options are:

- 1) Requesting the State of Wisconsin Department of Motor Vehicles (DMV), put a veteran identifier (the word Veteran) on driver's license/state ID card.
- 2) Applying online at vets.gov for a U.S. Department of Veterans Affairs (VA) issued Veterans Identification Card (VIC).
- 3) Enrolling in the VA Health Care System.

For Wisconsin residents, option one is probably the quickest and easiest option with few eligibility requirements (requirements are: two years active duty during peacetime or 90 days during wartime, and an honorable discharge). It also has the added ben-

efit of eliminating the need to carry a second/separate ID. Before a veteran goes to the DVM to get the veteran identifier on their driver license or state ID card they need to verify eligibility with the Wisconsin Department of Veterans Affairs. They can do this by contacting the Veterans Benefits Resource Center at: 1-800-WIS-VETS or by contacting the local County or Tribal Veteran Service Officer.

In the Stockbridge-Munsee Tribal Community this is Gregg W. Duffek at: 715-793-4036, located at 203 W. Main St Bowler, WI. 54416.

After establishing VA eligibility, veterans can go to the Wisconsin DMV to get the identifier put on their license. If renewing a license there is no extra charge but there is a fee if requesting a replacement outside of the renewal dates. Remember to take a certified birth certificate with you to the DMV.

"This project [is being] [was] supported, in whole or in part, by federal award number [SLFRP0135FAIN] awarded to [the Wisconsin Department of Veterans Affairs via the Wisconsin Department of Administration] by the U.S. Department of the Treasury."



Photo: Courtesy of Powerlands

The Smithsonian's National Museum of the American Indian celebrates American Indian Heritage Month with its [online Native Cinema Showcase](#) Nov. 17–24. This year's showcase highlights films of Indigenous perseverance that inspire, uplift and triumph against adversity—stories that prevail against the judicial system, generational trauma and cultural appropriation through love and complex relationships, self-worth and humor.

The showcase provides a unique forum for engagement with Native filmmakers from Indigenous communities throughout the Western Hemisphere and Arctic. This year's program includes a total of 35 films (six features and 29 shorts), representing 22 nations in six countries: U.S., Canada, Australia, New Zealand, Mexico and Colombia.

All films are free to watch and are available for streaming, worldwide and on demand, with the exception of *The Legend of Molly Johnson*, *Powerlands* and *We Are Still Here*, which are limited to viewing in the United States. This program is funded in part by the [San Manuel Band of Mission Indians](#).

Feature Films

[Aitamaako'tamisskapi Natosi](#): Before the Sun (Canada, 2023, 89 min.) Director: Banchi Hanuse (Nuxalk Nation)

[L'Inhumain](#) (Canada, 2021, 85 min.)

Director: Jason Brennan
For mature audiences: Contains violence.

[The Legend of Molly Johnson](#) (Australia, 2021, 109 min.)

Director: Leah Turcell (Goa-Gungari-Wakka Wakka Murri)
For mature audiences: Historical trauma. Viewing of this film is restricted to the United States.

[Powerlands](#) (USA, 2022, 75 min.)

Director: Ivey-Camille Manybeads Tso (Navajo)
Viewing of this film is restricted to the United States. Open captioning provided.

[Rosie](#) (Canada, 2022, 92 min.)

Director: Gail Maurice (Cree/Métis)
Open captioning provided.

[We Are Still Here](#) (Australia/New Zealand, 2022, 90 min.)

Directors: Beck Cole (Luritja), Chantelle Burgoyne (Samoan), Danielle MacLean (Warumungu/Luritja), Dena Curtis (Warumungu/Warlpiri/Arrernte), Mario Gaoa (Samoan), Miki Magasiva (Samoan), Renae Maihi (Ngāti Whakaue/Ngāpuhi), Richard Curtis (Ngāti Rongomai/Ngāti Pikiao), Tim Worrall (Ngāi Tūhoe), Tracey Rigney (Wotjobaluk/Ngarrindjeri)
For mature audiences. Contains violence, historical trauma, and coarse language. Viewing of this film is restricted to the United States. Open captioning

provided.

Shorts Programs

[Connections Shorts Program](#) (Program running time: 92 min.)

A collection of short films that explore the unique complexities of the relationships we form within ourselves and with other people.

[Future-Focused Shorts Program](#) (Program running time: 52 min.)

Family-friendly short films that are fun for kids of all ages.

[Inside Out Shorts Program](#) (Program running time: 81 min.)

Unique short stories that defy the norms through true crime, supernatural elements and humorous twists on cultural appropriation.

[Pacifika Shorts Program](#) (Program running time: 57 min.)

Shorts from the Pacific Islands.

About the Museum

In partnership with Native peoples and their allies, the National Museum of the American Indian fosters a richer shared human experience through a more informed understanding of Native peoples. The museum strives toward equity and social justice for the Native peoples of the Western Hemisphere through education, inspiration and empowerment. Through two locations, it features exhibitions and programs in New York City and the National Mall in Washington, D.C. For additional information, including hours and directions, visit [AmericanIndian.si.edu](#). Follow the museum via social media on [Facebook](#), [Twitter](#) and [Instagram](#).

STOCKBRIDGE-MUNSEE
COMMUNITY
2ND ANNUAL
**HOLIDAY
CRAFT & RUMMAGE
SALE**

SATURDAY NOVEMBER 25TH
9:00AM-2:00PM

@MOHICAN FAMILY CENTER
N8605 OAK ST BOWLER, WI 54416

VENDORS WANTED

NO COST TO RESERVE YOUR SPACE!
LIMITED TABLES!

Vendors contact LaKeisha or Kori by 4:30pm
November 9th to reserve your space.

For more information contact:
Kori Price 715-793-4905
LaKeisha Williams 715-793-4906

“November is Diabetes Awareness Month!”



-What to Know about Diabetes-

Finding out you have prediabetes or diabetes is the first step to controlling it

What is Diabetes?

Your body takes sugar from the food we eat (carbohydrates) and turns it into energy using a hormone called insulin. With type 2 diabetes, your body doesn't produce enough insulin and/or isn't able to effectively use the insulin. This causes the sugar to build up in the blood, causing type 2 diabetes.

Risk Factors

- Being overweight
- Family history of diabetes
- Being of American Indian, African American, Asian American, or Hispanic descent
- High blood pressure
- High cholesterol
- Physical inactivity
- History of gestational diabetes or having a baby larger than 9 lbs
- Being over age 45

Signs and Symptoms of Diabetes

- Increased thirst
- Fatigue
- Unexplained weight loss
- Blurred vision
- Increased hunger
- Increased urination
- Sores that don't heal

Ways to Prevent or Delay Diabetes

- **BE PHYSICALLY ACTIVE**
Aim for 30 minutes a day, 5 days a week
Pick activities you enjoy
- **CHOOSE HEALTHY FOODS**
Eat well-balanced meals, including vegetables, whole grains, and fruits
- **CHOOSE HEALTHY SNACKS**
Eats fruits, veggies, low-fat cheese, nuts
- **GET ACTIVE THROUGHOUT THE DAY**
Park farther away from the entrance, take the stairs, walk in place during commercials
- **EAT SMALLER PORTIONS**

“If you have any questions, feel free to contact our Diabetes Educator, AnnMarie Spice RN at the SMHWC at (715) 793-3008.”

SMC FAMILY SERVICES PRESENTS

UNO WITH UNCLES

JOIN US ON MONDAY TO CELEBRATE YOUR UNCLE OR ANOTHER SPECIAL GUY IN YOUR LIFE! STAY TUNED FOR MONTHLY VARIATIONS WITH DIFFERENT THEMES.

MONDAY NOVEMBER 13TH, 2023
STARTS AT 6PM
MOHICAN FAMILY CENTER

MORE INFORMATION & SIGN UP :
Events Coordinator | LaKeisha Williams
715-793-4906 | lakeisha.williams@mohican-nsn.com

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.



APPLY NOW!
Spring 2024

Last day to apply and register:
Friday, December 15, 2023

Visit menominee.edu for program information



Paid Advertisement

16 NOVEMBER
2023
Stockbridge-Munsee
NO TOBACCO DAY

Start with one day, we are here to support you!

DATE: NOVEMBER 16TH, 2023
TIME: 12:00PM
LOCATION: MOHICAN FAMILY CENTER
N8605 OAK ST. BOWLER WI, 54416
SPEAKER: LINDSEY JANOWSKI, PharmD STOCKBRIDGE-MUNSEE PHARMACIST

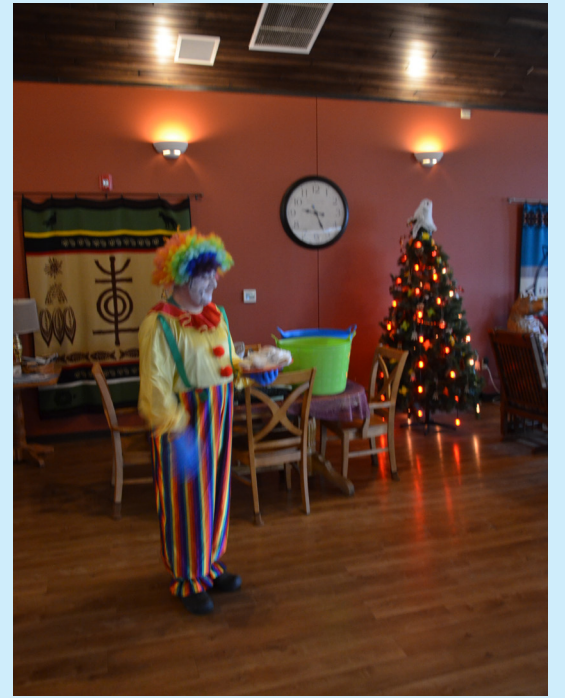
Lindsey is a trained Tobacco Cessation Specialist whose goal is to offer a safe place to discuss smoking, how it impacts your life and what it means to you. Join us as she helps us discover new ways to reduce harm or give up tobacco all together.

RSVP to Cami Miller at 715-793-5064

*Your health, your choice:
say No to tobacco!*

Stockbridge-Munsee Community Health Department

Headstart Trick or Treating



New Tribal Council 2023-2024



Sara Putnam



Shannon Holsey



Craig Kroening Jr.



Terrance Miller



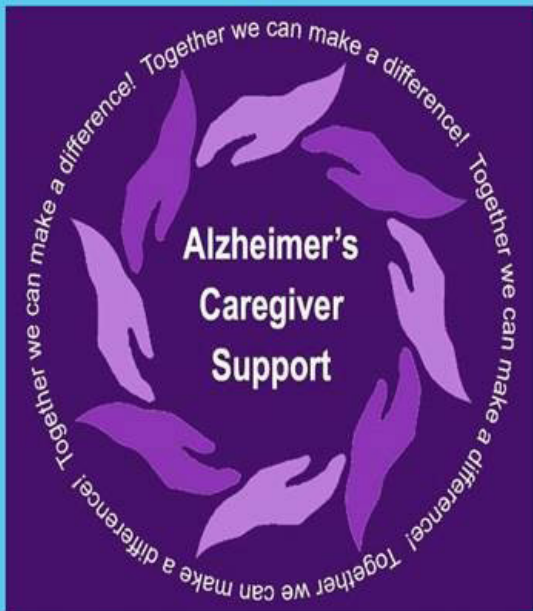
Ella Kazik



Shawn Moede



Willy Miller



Are you Caring for someone who is living with Alzheimer's/Memory Loss or other types of Dementia? Do you sometimes feel overwhelmed and alone when caring for that person? Are you a close family member to someone living with Alzheimer's/Memory Loss or other types of Dementia and you are looking for answers, support and education on how to help that loved one?

If you answered yes to any of the questions then this Caregiver Support group will help you. We will be meeting at the Konkapot Lodge Wednesday November 8th 5pm-6pm and Wednesday November 22nd 5pm-6pm. Refreshments and light snacks will be provided as well as our new Dementia Library section that will have books on dementia. For more information please contact Briana Terrio at 715-793-3035 or Briana.terrio@mohican-nsn.gov



Help us continue the tradition of caring for our Elders.

Want to help make a difference in someone's life, while working in a friendly, professional and supportive environment? The Ella Besaw Center has openings for caring and compassionate team members.

Available Positions:

- 16 Attendants (caregivers) with full time, fill-in and part time hours available
- Attendants **DO NOT** need to be CNA certified, training on site.
- Licensed Practical Nurse
- Facility Cooks
- Environmental Service Worker (Housekeeper)
- Maintenance Worker

Benefits:

- 15.5 Paid holidays
- Medical, Dental and vision insurance.
- 401(k) with a 3% match
- Life Insurance
- Additional Benefits

Benefits are based on employment status. Please check with the Stockbridge-Munsee HR department to see what benefits you would be eligible for.

Where to apply?

Beginning October 1, 2023 you can apply for the above positions by visiting <https://www.mohican.com/services/careers/tribal-employment/>

NEW BUILDING OPENING THIS SPRING!


The Stockbridge-Munsee Community operates as an equal opportunity employer. Except Indian Preference is given in accordance with the Tribal Employment Preference Ordinance.


Contact :
+715-793-4530
for more information


Help Reduce Chloride in Tribal Waters

Most road salt and household deicers are comprised of chloride salts. These have been used for decades with great results at keeping roads and sidewalks ice free and safe for travel. The ions found in these salt molecules separate and disrupt bonds in the water molecules, effectively lowering the freezing temperature. The problem comes when the resulting chloride ions run off target and eventually make their way to waterbodies and wetlands. Chloride contamination can be toxic to many types of aquatic organisms including fish, amphibians, mollusks, insects, and plants. Runoff of deicers have also been shown to increase the risk of oxygen depletions and harmful algae blooms in surface waters. Chloride can negatively affect the fish and insect community structure, diversity, and productivity, even at low levels.

The SMC Ecology Department is encouraging Stockbridge-Munsee Community members to checkout hand sprayers and chloride-free deicer for the winter season...for FREE! There are 20 sprayers available for checkout on a first come first serve basis at the SMC Environmental Building (N7689 Koan Tuk Drive, Bowler, WI 54416). These units can be used for the winter season and returned the following spring. A short training on the use of the product will be given at the time of checkout. Any garden-type sprayer can be used, so feel free to contact the SMC Ecology Department for chloride-free deicer and product training. Please contact Alex Brauer (Hydrologist) or Josh Jensen (Water Resource Technician) at the SMC Ecology Department for more information. They can be reach at water@mohican-nsn.gov or 715-793-4818. Please call or email prior to coming out to the SMC Environmental Building.


 **Eco friendly:** the ONLY Green Seal Certified ice melt on the market.


 **No mess:** won't track salt inside!

 **Safer for buildings:** reduced damage to metals and concrete.


 **Better in extreme cold:** works at temps as low as -63°F/-53°C



 **Safe for pets:** doesn't burn paws and certified safe for pets.

 **Fast:** starts working immediately

 **Safe for lawns and plants:** won't dehydrate soil.

 **Costs less:** Melt more per gallon with Entry.

MEMORY CAFE

Memory Cafés are held for those who are living with memory loss and any type of Dementia. These cafés are to help those people interact in a social setting as well as helping with brain stimulation. People who attend these memory cafés are able to bring a caregiver or family members along with them. If you would like to learn more about the Memory Café or would like to refer someone to the Memory Program please call Briana Terrio at 715-793-3035

Stockbridge Munsee Community Ella Besaw Center Program Statement

This Program Statement is intended to provide a brief description of our facility and operations as well as comply with the requirements for such program statements under Section DHS 83.06, Wis. Admin. Code.

Who We Are

- The Stockbridge-Munsee Community is a federally recognized Indian tribe that owns and operates the Ella Besaw Center as part of its healthcare operations in conjunction with its Stockbridge-Munsee Health and Wellness Center facility.
- The Licensee, the Ella Besaw Center, is a Wisconsin licensed community based residential facility.
- The Administrator is Megan Moede. The assistant manager, who is in charge when the administrator is away, is Elisa Curry. When both the administrator and assistant manager are off-site, the senior qualified resident care staff member will be in charge at the facility and a member of management will be available by telephone.
- We are a culturally Native American facility. With our traditions, Elders come first and we are dedicated to the dignity of human life. Respecting and recognizing the cultural, physical, emotional, and spiritual parts making up an individual is central to the delivery of service. We believe that through promoting cultural values our spirits are valued.

Staffing

- Trained resident care staff will be present 24-hours a day, 7-days per week.

There will be at least 4 awake staff from 6am-10pm and 2 awake staff overnight from 10pm-6am while residents are present.

- Additional staff will be added as dictated by resident needs to accomplish individualized program goals and safety.
- Licensed nursing staff are available during normal business hours. As the Ella Besaw Center is operated in conjunction with the Stockbridge-Munsee Health and Wellness Center, medical staff from that facility are also available to provide needed on-site support during business hours.

Our Facility

- Ella Besaw Center is a one-story facility with zero entry walk-outs that was constructed in 2023-2024. It has communal spaces for dining and gathering, a designated smoking area, two rooms designated as tornado shelters, and an outdoor space with raised garden beds, a patio area, and beautiful woods with tall trees and various wildlife.
- The Ella Besaw Center is adjacent to the Stockbridge-Munsee Health and Wellness Center.
- The Ella Besaw Center has capacity for 28 residents with 24 single rooms, 2 double occupancy rooms, and 2 hospice rooms.
- The Ella Besaw Center is classified as a large Class C semi-ambulatory (CS) facility.

Our Residents

- We provide personal care to assist persons who are age 55 or older with the activities of daily living. We are capable of providing limited nursing care for our residents (generally less than 3 hours/week). Residents should be ambulatory or semi-

ambulatory and mentally capable of responding to a fire alarm by exiting the facility without help or verbal or physical prompting.

- The primary client group served by our facility are persons with functional impairments that commonly accompany advanced age.
- In addition, we can serve persons who are diagnosed as terminally ill so long as they are otherwise appropriate for the level of care that we provide and their care will not have a negative impact on other residents.

Our Program Goals and Services

- Our mission is to provide a safe, supportive home atmosphere for our residents so they can thrive as they continue their life's journey while maintaining their dignity, independence, and cultural values.
- Our Program Goals are as follows.
 - *Quality Care*: To provide exceptional care that enhances the overall well-being of our residents, ensuring their safety, health, and comfort.
 - *Person-Centered Approach*: To balance our services to the preferences and needs of each resident, fostering a sense of purpose and sovereignty. Develop and implement personalized care plans for each resident, detailing their preferences, needs, and goals.
 - *Safety and Security*: To maintain a secure and hazard-free environment, adhering to all safety regulations and guidelines.
 - *Professional Development and Qualified Staff*: Employ trained and compassionate staff members who provide the highest standard of care. To continuously train and educate our staff members, equipping them with

the skills and knowledge necessary to deliver high-quality care.

- *Effective Communication*: To establish open lines of communication with residents, families, and healthcare professionals, promoting transparency and collaboration in care planning.
 - *Resident Dignity*: To uphold residents' dignity, privacy, and rights in all aspects of their care and daily living.
 - *Documentation and Compliance*: Keep accurate records of care provided, incidents, and resident progress, adhering to all regulatory documentation requirements.
 - *Resident Rights*: Uphold residents' rights to autonomy, privacy, and decision-making, fostering a sense of empowerment.
 - We endeavor to provide services consistent with the needs of our residents including the following:
 - General services for residents, including meals, supervision, information and referral services, leisure time activities, and arranging medical transportation.
 - Resident-specific services, including personal care, health monitoring, assistance with independent living skills, behavior management, and communication skills.
 - Individualized service planning.
 - Limited nursing care.
 - Medication assistance and administration.
 - Enrichment activities that cater to resident interests and promote physical, mental, and emotional well-being.
 - Community engagement activities through partnerships, events, and outreach activities that enrich resident lives.
 - These services are
- Ella B cont on page 12:**

Ella B cont from page 7:

- provided to support successful community inclusion, maximum independence, promote individual choices, and enhance the quality of life for residents.
- While we generally do not directly provide hospice services, we have rooms designated for these services to be provided through a licensed hospice provider.

Limitations

- We use individualized assessments both prior to admission and periodically throughout residency to ensure that residents are appropriate for the level of care that we can provide and that they will not have a negative impact on other residents.
- As a general matter, the following persons are not eligible for services through The Ella Besaw Center.
 - Persons who have an ambulatory or cognitive status that is incompatible with our license. This includes persons who are not mentally or physically capable of performing activities of daily living and persons who are not ambulatory or semi-ambulatory.
 - Persons who are less than 55 years of age.
 - Persons who are destructive of property or self or who are physically or mentally abusive to others.
 - Persons who have physical, mental, psychiatric or social needs that are not compatible our client group(s).
 - Persons who need more than 3 hours of nursing care per week; except, residents who have a temporary condition needing more than 3 hours of nursing care per week for no more than 30 days.
 - Persons needing 24-hour

- supervision.
 - Persons needing a skilled nursing facility or care above intermediate level nursing care.
 - Persons who require a chemical or physical restraint except as authorized for an emergency under Wisconsin law (See, Section 50.09 (1) (k), Wis. Stats).
 - Persons who are incapacitated, as defined under Section 50.06 (1), Wis. Stats., unless the person has a health care agent under a valid and properly activated power of attorney for health care or a court appointed guardian.
 - Persons who have been found incompetent under applicable law and do not have a court-ordered protective placement.
 - Persons with the following communicable diseases: Tuberculosis (TB) and an active bed bug infestation.
 - Persons with open/active criminal cases or recent history of violent crime(s).
 - Persons with chronic personal care needs that cannot be met by our staff.
 - Persons with a substance use disorder will be required to sign a contract stating that they will refrain from alcohol and substance use while a resident.

Respite Care Services

- Respite care services are when a person needs a temporary placement for care, treatment, or services as established by their primary care provider.
- Persons who are otherwise appropriate for the level of care that we provide may be eligible for respite care for a period of up to 14 consecutive days.
- A screening process is used to verify that persons accepted for respite

Honor cont from pg One:

(retired) with the Howard B. Eisenberg Lifetime Achievement Award.

Judge David D. Raasch has dedicated over five decades of his life to the legal system in Wisconsin.

Judge Raasch, an enrolled member of the Stockbridge-Munsee Band of Mohican Indians, has played a vital role in developing and growing the expertise of Wisconsin's tribal judges through his involvement in the Wisconsin Tribal Judges Association, Tribal Law and Order Act Advisory Committee, the Tribal Law and Policy Institute, and more.

His extensive career includes serving as a sheriff's deputy, clerk of municipal court, chief judge of the Stockbridge-Munsee Tribal Court, and peacemaking advisor and trainer.

Judge Raasch currently serves as the Vice President of the Board of Directors for the Tribal Law and Policy Institute in West Hollywood, CA, and holds the esteemed position of Board Chairman for Judicare Legal Aid in Wisconsin. He has been an unwavering advocate for and board member of Judicare for over a decade and has served as Chairperson since 2017.

"We are excited to be able to shed some light on wonderful members of Judicare's driving force – our Board of Director. "Judge Raasch has been instrumental on driving our board to ensure quality services for all of our clients, in-

cluding Wisconsin's Native populations. He has been a tireless advocate for increasing Judicare's reach to increase access to justice across our service area," says Richlen.

Since 1966, Judicare Legal Aid (JLA) has been committed to pursuing equal justice for all. JLA is a nonprofit organization providing free civil legal assistance to individuals who cannot afford it across Wisconsin's northern 33 counties and Native Americans statewide. Our mission encompasses educating clients about their rights, advocating on their behalf, and offering essential services based on individual needs. Established in 1966 as Wisconsin Judicare, we have a rich history of active participation in significant Wisconsin cases involving tribal sovereignty and treaty rights issues, extending legal services to Wisconsin's tribal courts.

About Wisconsin Equal Justice Fund:

The Wisconsin Equal Justice Fund (WEJF) is a 501(c)(3) nonprofit organization based in Madison that raises funds to support three of the largest pro bono civil legal aid organizations in the state: Legal Action of Wisconsin, Wisconsin Judicare, and Disability Rights Wisconsin.

WEJF's Board of Directors consists of 29 attorneys from private law firms and in-house legal departments across Wisconsin.

Since its inception in 1997, WEJF has raised over \$7 million to help these organizations address civil legal problems such as domestic violence, housing and homelessness, and barriers to employment for Wisconsin's poorest citizens.

care are programmatically compatible with the covered client group(s).

- Respite care services are only be available if there is capacity to accommodate the person at the facility and the care will not have a negative impact on permanent residents.

Electa cont from pg One: the first public school teacher in Wisconsin. She taught in a school that was open to Native Americans as well as children of nearby European settlers and missionaries. This school was the first public school in Wisconsin as it was open to students of all backgrounds and did not charge students an enrollment fee.

Electa
"Wuhwehweeemeew"
Quinney, 1802-1885,
was born in Stockbridge,
Massachusetts and
educated in boarding

schools in New York and Connecticut. When the Stockbridge-Munsee Community was removed to a reservation in Wisconsin, she left a teaching position in New York to move with the Tribe. In 1828, shortly after she arrived in Wisconsin, she began teaching in Wisconsin. She taught in a one-room school located by what is now Kaukauna teaching 40-50 students at a time.

PBS story can be found at: <https://pbswisconsineducation.org/bio/electa-quinney/>

CALL FOR INDIGENOUS ARTISTS AND DESIGNERS

Jacob's Pillow is seeking Indigenous artists based in Turtle Island to collaborate on specific project areas as part of the creation of a new Doris Duke Theatre on our campus in what is now known as Becket, Massachusetts. The original Doris Duke Theatre was destroyed by fire in November of 2020 and the Pillow is now building a reimagined theater working with Mecanoo Architects, Marvel Designs, Charcoalblue, and Jeffrey Gibson. Engagement with Indigenous people is an important part of the Pillow's efforts to decolonize the organization and to connect with the land on which we dance.

Working with the collaborative design team and Jacob's Pillow program staff, selected artists will act as consultants for the development and creation of the following three areas:

- Medicinal Garden – The garden is part of the user's entry experience to the reimagined Doris Duke Theatre as you approach the building from the east. The area welcomes proposals that take into consideration planting design, maintenance, and user ex-

perience.

- Fire Pit – An area for gatherings and celebrations centered around fire, located on the east of the building adjacent to the medicinal garden. The area welcomes proposals that take into consideration utilization of materials local to the site, seating, tables and a central area for fire.

- Commissioned work of Visual Art – An artwork which seeks to bring a contemporary Indigenous voice to the entrance lobby, as installed or affixed to a wall. The area welcomes proposals that take into consideration the importance of Indigenous artists and community members.

Application Deadline: November 30, 2023 at midnight EST. Join us for an **Application Webinar on November 15, 2023 at 6pm EST!**

This online webinar, offered via Zoom, will review the application process and provide contextual information about the reimagined Doris Duke Theatre. Participants will also have an opportunity to ask questions about the process and project. This session will be recorded and made available afterwards.



Sacred cont from pg One: plant spirits. Three other plants, sage, cedar and sweetgrass, follow tobacco, and together they are referred to as the four sacred medicines. The four sacred medicines are used in everyday life and in ceremonies.

Traditional people say that tobacco is always first. It is used as an offering for everything and in every ceremony. "Always through tobacco," the saying goes. Traditional tobacco was given to us so that we can communicate with the spirit world. It opens up the door to allow that communication to take place.

When we make an offering of tobacco, we communicate our thoughts and feelings through the tobacco as we pray for ourselves, our family, relatives and others. Tobacco has a special relationship to other plants: it is said to be the main activator of all the plant spirits. It is like the key to the ignition of a car. When you use it, all things begin to happen.

Tobacco is always offered before picking medicines, hunting, or fishing. When you offer tobacco to a plant and explain why you are there, that plant will let all the plants in the area know why you are coming to pick them. When you seek the help and advice of an Elder, Leader, or Community Member and give your offering of tobacco, they know that a request may be made as tobacco

shows your good-hearted intention and commitment. We express our gratitude for the help the spirits give us through our offering of tobacco. It is put down as an offering of thanks to the ancestors and the natural world. Traditional people make an offering of tobacco each day when the sun comes up. Traditional tobacco is still grown in some communities. For example, traditional Native and Lenape Tobacco varieties are planted and grown in the Library/Museum's Medicine Garden with the help of various Stockbridge-Munsee Community Members who donate seedlings. The Library/Museum ensures that only one variety of tobacco is planted during a single growing season to prevent cross-pollination and save the seeds for future plantings or gifting. Every year at the Mohican Pow Wow, Stockbridge-Munsee Community Members donate dried tobacco for the community and visitors from neighboring tribal nations to take home so that they will also have chemical-free tobacco to use for their prayers and gifting.

Resources: Library/Museum Four Sacred Medicines Exhibit & Medicine Wheel Garden, The Mishomis Book, Braiding Sweetgrass, Ontario Aboriginal Healing and Wellness Strategy.

For more information go to: <https://www.jacobspillow.org/call-for-indigenous-artists-and-designers/>



Menominee Vocational Rehabilitation Program

**Need help securing employment?
Vocational Rehabilitation might be Right for you!**

To be eligible for VR assistance you need to meet the following requirements:

- Enrolled member of a federally or state recognized Native American tribe
- Have a physical or mental impairment that results in a substantial impediment to employment
- Reside on the Menominee Reservation or within 30 miles
- Require VR services to prepare for, secure, retain, regain or advance in employment



We have successfully placed our consumers for work at the Menominee Casino Resort, Maehnowesekiyah, Food Distribution, Sr. Verna Fowler Library, Headstart, Community Technology Center, Tribal Conservation, Historic Preservation, just to name a few. It's our job to help our consumers find a job.

Stop in and see us at CMN or any of our off-site locations (Stockbridge-Education Department 1st Monday of the month, Shawano; 2nd Monday of the month, Maehnowesekiyah; 3rd Monday of the month, and Neopit- Menominee Tribal Enterprises; 3rd Tuesday of the month).

Call or visit in person or online today to begin your referral application process



Vocational Rehabilitation- GM 111 (800) 567-2344 ext. 3203
N172 Hwy. 47/55 (715) 799-5600 ext. 3203
Keshena, WI 54135 Monday- Friday (8:00 am-4:30pm)

Duffek & Sons Construction, LLC



Home Additions-Siding-Steel Roofing-Garages-
Sheds-Sidewalks-Patios-Bathrooms-Kitchens-
Decks-Porches-Ramps-Fences



Garden Tilling-Grading Gravel and Yards-
Spreading Dirt- Cutting/Planting Trees/
Bushes-Digging Post Holes- Wood Splitter
Rental

Snow Plowing Services

715-216-5624

Native American Veteran Owned Business

First National Bank



Bowler
Bowler - Wisconsin - 54416
(715) 793-5200
Bowler, WI and Tigerton, WI



Safety. Soundness. Strength.
Our basic mission

As your community bank, our basic mission is to provide you with a safe place to keep your money, a good place to have it grow, and a trusted place to borrow it. This has never changed. It never will.

Strength. Safety. Soundness. We will never forget our basic mission. We will never forget our commitment to you!

"Here to Serve All Your Banking Needs"

Each Depositor Insured to at least \$250,000

Open your account today!

FDIC

**Hours: Monday - Friday 9:00 AM - 4:30 PM
Saturday 9:00 AM - 11:30 AM**

Welder Dan's Fabrication & Repair

Welding carbon steel and specialty metals.

Portable Welding

715-551-9285 Antigo, WI



Veale Construction

Lifetime guarantee!

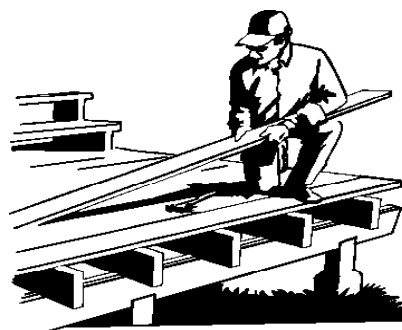
Jeff Veale, Sr.

W13593 Putnam Lane
Bowler, WI 54416

715-793-4648
(Text or leave message)

Decks, doors, windows,
flooring, siding and soffit,
bathroom remodeling,
plumbing repairs.

Excellent work and reasonable rates! Fully Insured!



Continued Progress in All Minority Communities Van Ert Electric Company, Inc.

Locations in: 7019 W. Stewart Ave., Wausau, WI 54401
(715) 845-4308
2000 Progress Way, Kaukauna, WI 54130
(920) 766-3888
1250 Carter Drive, Kingsford, MI 49802
(906) 776-1122

We fully and actively support equal opportunity for all people, regardless of race, color, religion, sex, national origin, or disability.

We've Got Gas... and more...

**MOHICAN
LP GAS CO.**

715-793-4832
Bowler, WI



• Service up to 25 miles from Bowler

• 24 Hour Emergency Service

715-793-4832

• Residential and Business Accounts

• Wisconsin Energy Assistance Vendor

W13817 County Highway A P.O. Box 70 Bowler, WI 54416

For more information please visit www.mohican.com



Design & Price Yours at UpNorthSheds.com

715-437-0654



Free Delivery – 10 Year Service Warranty – Limited Lifetime Workmanship

Design and Price @ upnorthsheds.com – (715) 437-0654

Stockbridge-Munsee Family Services/Domestic Abuse

ABUSE EFFECTS THE WHOLE COMMUNITY

- Supportive Advocacy
- Emergency Transportation to Shelter
- Restraining Order Assistance
- Abuse Education
- Information and Referral
- Community Education
- Education Planning
- Forecasting

715-793-4863
or 715-881-0488
or 715-793-4780

Statewide Shelter Hot Line
800-236-7660

National Dom. Abuse Hot Line:
800-787-3224/800-799-7233

Need to talk or need support please Call: Client Services Advocate :

N8476 Moh He Con Nuck Rd
P.O. 70
Bowler, WI 54416

New Project to Assist Teens with Mental Health and Substance Abuse

The project, *Building Menominee Teen Resilience*, aims to give teens tools for success

KESHENA, WI- The College of Menominee Nation's (CMN) Department of Continuing Education is announcing a new project titled Building Menominee Teen Resilience. The project is funded by the U.S. Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) Children, Youth, and Families At Risk (CY-FAR) with the objective that teens involved will demonstrate knowledge, skills, attitudes and behavior necessary for fulfilling and contributing lives and will span five years.

In addition to everyday adolescent issues, young people in Tribal communities have to deal with historic trauma passed down through generations. Building Menominee Teen Resilience will put tools in the hands of the service providers, but it will also put them in the hands of the teens that go through this project therefore they can assist their peers in preventing overdoses and suicides. Participants will be aged 13-18, focusing primarily on 15-18 to receive the training so they can

mentor the younger participants as they age out.

The program will be a three pronged approach utilizing *Teen Mental Health First Aid* (an established curriculum from the National Council for Mental Wellbeing), *Discovery Dating* (a culturally, evidence-informed curriculum facilitated by Wise Women Gathering Place, a local non-profit), and *Trauma Informed Care*. The community sites for which this will take place will be the College of Menominee Nation in Keshena and the Woodland Boys and Girls Club in Neopit, in partnership with Maehnowesekiyah Wellness Center, Menominee/County Nation UW-Division of Extension, Menominee Indian School District, Students

Against Destructive Decisions (SADD), Menominee Tribal Clinic, Menominee Youth Services, Maehnowesekiyah Wellness Center.

Building Menominee Teen Resilience is expected to provide services in spring. If you are interested in participating, please contact Matilda Peters at mpeters@menominee.edu.

Naturally Better Soap



TRIBAL SUN SOAP

Indigenous Soap Made With What Mother Earth Provides



tribalsunsoap.com

Purchase Inside The NorthStar Casino

Fall Scents

- Almond Spice
- Autumn's Harvest
- Caffeinated Caribou
- Native Spice



TRIBAL SUN SOAP

Indigenous Soap Made With What Mother Earth Provides



tribalsunsoap.com

Purchase Inside The NorthStar Casino

Hot Fresh Fried Chicken To Go

Little Star Convenience Store

Hot Food, Weekly Deli Specials, Car Wash, Firewood.

Hours
6 AM - 12 AM
Daily

Mohican Apparel

Gift Certificates
Pine Hills To Go

Pop, Chips, Candy & Nuts

W12140 County Highway A
Bowler, WI 54416
715-787-4070

Gas, Meds, Dry Goods



Community Banking
the Way it Should Be.

Bay Bank is proud to bring
the dream of homeownership to Indian Country with the
Section 184 Indian Home Loan Program

If you are an enrolled member of a federally recognized tribe or an Alaskan Native you may be eligible for the Section 184 loan program.

Program Highlights

- ✓ Purchase, Refinance or New Construction
- ✓ Financing available on fee simple, tribal trust and individual trust land
- ✓ Low Minimum Down Payment
 - Loans \$50,000 or under 1.25% down
 - Loans over \$50,000 2.25% down
- ✓ No Private Mortgage Insurance (PMI) required
- ✓ 15, 20, or 30 Fixed Rate Mortgage
- ✓ No maximum income limits
- ✓ Flexible underwriting
- ✓ No minimum credit score

Contact a lender today!

920-490-7600

Apply online at:
www.baybankgb.com



Office of Native American Programs

2555 Packerland Drive • P.O. Box 10855 • Green Bay, WI 54307



NMLS# 440202

THE ORION

EVENT CENTER



FREE FOR Fall

BATTLE OTHERS TO WIN YOUR SHARE OF
\$100,000

IN CASH AND FREE PLAY IN OUR FREE FOR FALL BRAWL!

10 WINNERS WILL WIN **\$5,000** IN CASH
AND **\$5,000** IN FREE PLAY

IT'S GOING TO BE A FREE FOR FALL!

Receive 1 entry for every 25 points earned.
Earn 3x entries on Saturdays.
Drawing on Saturday, November 25 at 9pm
Kiosk check in starting at 6pm



THE BOB & TOM SHOW

COMEDY TOUR

NOVEMBER 17

SECOND 10:30pm SHOW ADDED

TICKETS: \$20 • 21 AND OLDER



Wayne Newton

DECEMBER 16 • 8 PM

TICKETS: \$40/\$50/\$60

21 AND OLDER

Come Celebrate
New Year's Eve With



bellacain

Sun., Dec. 31
9pm - 1am
FREE SHOW
21 AND OLDER



JANUARY 27th Tickets: \$80/\$90

I LOVE THE 90'S TOUR

FEATURING:
ROB BASE ALL 4 ONE
TONE LOC
COLOR ME BADD

GAMING | HOTEL | GOLF | DINING | ENTERTAINMENT | EVENTS | CONVENTION CENTER | RETAIL | RV PARK

WHERE THE STARS ALIGN

Bowler, WI
1.800.952.0195
northstarcasinoresort.com

North Star
MOHICAN CASINO • RESORT