

MOHICAN NEWS

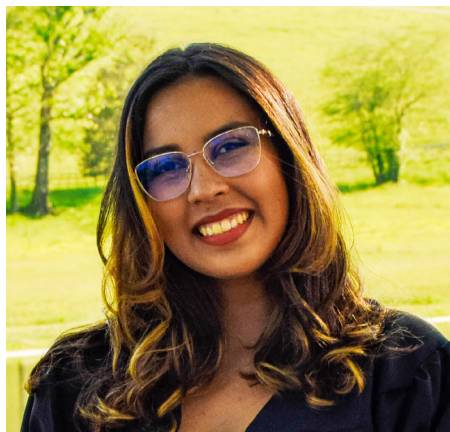
The people of the waters that are never still

Vol. XXX No. 24

N8480 Moh He Con Nuck Road • Bowler, WI 54416

December 15, 2023

Sarah Borges is the new member of the Stockbridge-Munsee THPO office serving as the Lenapehoking Project Planner for a youth fellowship planning project funded by the National Fish & Wildlife Foundation. She administers the grant, tracking program spending, communicating with the other two Nations in the project, meeting grant deliverables, and producing the narrative framework of the Youth Immersion Program.



brother, all living in her hometown in the Amazon region of Brazil. Sarah is a recent graduate of Williams College, where she received her bachelor's degree in economics.

Sarah's family consists of her father, sister, and

Sarah has a longstanding THPO cont on page Ten:

Be on the Lookout – Homes are on the way!



Thomas Kazik - News Reporter Tribal Council approved the purchase of four manufactured homes to be placed in the Taconic subdivision located off County Highway A just west of the Clinic. These were homes were built by North Country homes in Bonduel. The homes will be sold by the tribe through a bid process to tribal members. North Country Homes is

a Wisconsin home builder founded in 1973. They offer modular and manufactured homes for Wisconsin. The North Country Homes Design Center is located at the intersection of Highways 29, 47, & 117 in Bonduel Wisconsin. The homes the tribe purchased from North Country is the Trenton model. This sectional home offers three bedrooms and two
Homes cont on page Six:

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Papscanee Island Listed in the New York Register of Historic Places

By Jeff Bendremer, Ph.D.

The SMC Tribal Historic Preservation Office is proud to announce recently that the New York State Board for Historic Preservation voted unanimously to support the Stockbridge-Munsee Community Tribal Historic Preservation Office's nomination of Papscanee Island as a National Register of Historic Places historic district. Two days later, on Wednesday, November 6th, the paperwork was signed to list Papscanee Island on the New York Register of Historic Places, an important achievement owing to almost two years



Bonney Hartley, SMC Tribal Historic Preservation Manager

of research and writing. This effort has provided much more information on Papscanee Island's history and cultural significance, resulted in a much better

Register cont on pg Six:

2023 Wisconsin Cancer Summit Award



Judy Heubel (left above), Community Health Outreach Director at the clinic was on hand to accept the 2023 Impact Award presented to the Stockbridge Munsee Health and Wellness Center (**Award cont on page four**).

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What's Inside?

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This time of year is a wonderful reminder of how we can overcome any challenge and achieve any goal, but only if we have the right people on our side. As William Arthur Ward once said, “Feeling gratitude and not expressing it is like wrapping a pres-

ent and not giving it”, as we enter a season designed to celebrate thankfulness and blessings, it seems only appropriate to

express our gratitude and appreciation.

Every one of you is unquestionably a big part of why we’ve accomplished so much in the last year. Every day, we count our blessings that we have you as part of our Community and tribal family.

During this holiday season, we want to express our gratitude for you. May your Holiday be filled with love, blessings, and joy. We are immensely thankful for you every day.

Anushiik (Munsee – We are grateful) • Oneewe (Mohican – Thank You),

The Mohican Nation

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.

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Band of Mohican Indians

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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.

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STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

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SMHWC Parking Signs

We have removed the handicap and elder parking signs, just for the winter. The signs have to be removed for plowing purposes and will be returned in the spring.

The parking row closest to the clinic is for handicap

and Elderly parking.

The second row from the clinic is for patient parking. The rows behind that and on the sides are open for patients and employee parking.

Have a great holiday season!

Do you want to present in our homelands

There are frequent requests for tribal members to speak in our eastern homelands—the New York/Massachusetts area—and share about Mohican/Munsee history.

Usually these requests come from historical societies, museums, colleges, or various community groups. They are eager to hear from our tribe and often do not know whom to contact.

We would like to compile a list of community members who may be interested in assisting the tribe in responding to these requests.

If you are interested and have questions please contact Sherry White sherry.white@mohican-nsn.gov. There is a form to fill out on the tribal web site. Go to government/Tribal liaison look for the presenters form.

Please let us know your topic of interest. Some examples might be: beadwork demonstration, traditional foods, traditional plants and medicine Hudson River Valley history, Stockbridge (Mass.) history, Revolutionary War history, role of Women in the tribe, environmental issues, traditional games, music, or our tribe today.

We will compile the information into a Speaker's List to share as requests come up. There is no guarantee by being added to the speaker's list that there will be an opportunity. It is our goal to es-

Please tell us if you tested positive for Covid when making an appointment for Covid. We can treat you over the phone based on home Covid test results.

Legal Notice for Creditors

In the matter of the Estate of:

Terry Rand Chicks (DOD: 10-03-2023)

Case No: 2023 PR 0003

A petition has been filed and accepted for administration of the estate of the decedent, whose date of birth was July 1, 1950 and the date of death was October 3, 2023. the decedent died located in Milwaukee County in the state of Wisconsin, with an address of : 1133 East Pleasant Street, Milwaukee, Wisconsin 53202.

The Court hearing will be held on April 18th, 2024 at 11:00 AM at the Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con Nuck Road, Bowler, WI 54416. Creditors Claims must be filed with the Stockbridge-Munsee Clerk of Court on or before April 17, 2024 by 3:00 P.M.

Any objections may be raised at that time.

establish a list of knowledgeable qualified presenters.

Participation is compensated only if the outside agency offers compensation. This is not a tribally funded program



Pictured (L to R): Naomi Miller-Jones US Army, Kathy Denomie, US Navy, Sloan Coyhis, US Marines, Mark Coyhis, US Marines, Roy Martin, US Army, and Rick Church, US Marines

As we close out the end of Native American month and Veterans Day it is important to express our gratitude for our Warrior's who have served both past and present. Native American, Alaska Native, and Native Hawaiian men and women have always been defenders of their lives, lands, and way of life.

We had the privilege to host a few of our Mohican heroes at the celebration of Native Veterans at the Pentagon in November.

The call to serve in the U.S. armed forces has resonated for Native people from the country's founding—long before they were recognized as American citizens—to the present day. At the same time, Native communities have never taken your military service to our country lightly. Native nations pay homage to our warriors as heroes with ceremonies, feasts, and prayers held throughout the year. To the brave

men and women who have served past and present. You are forever in our hearts and minds. Your service and sacrifice will never be forgotten.

Whether they are wearing the uniform today or wore it decades ago, America's veterans have never hesitated to answer a call to duty and defend the principles of freedom, justice, and liberty for all. The true strength of America's military has always been the spirit, valor, and resilience of the American veteran.

We must always remember to honor our veterans as President Jimmy Carter once said, "not only with special ceremonies... but also by committing ourselves anew to the task of ensuring that the freedoms they helped to preserve and the nation they fought to defend will be safe and secure for future generations.

Anushiik/Oneewe,
The Mohican Nation

CORRECTION:

In the last issue of the Mohican News, we listed Dr. Miller's grandparents on her father's side as Roy Miller and Louanna Tousey from Bowler, WI. They should have been included as the late Roy and Louanna (Tousey) Miller and her grandparents on her mother's side are the late Clarence and Hazel Fischer from Marion, WI. Sorry for any confusion or inconvenience.

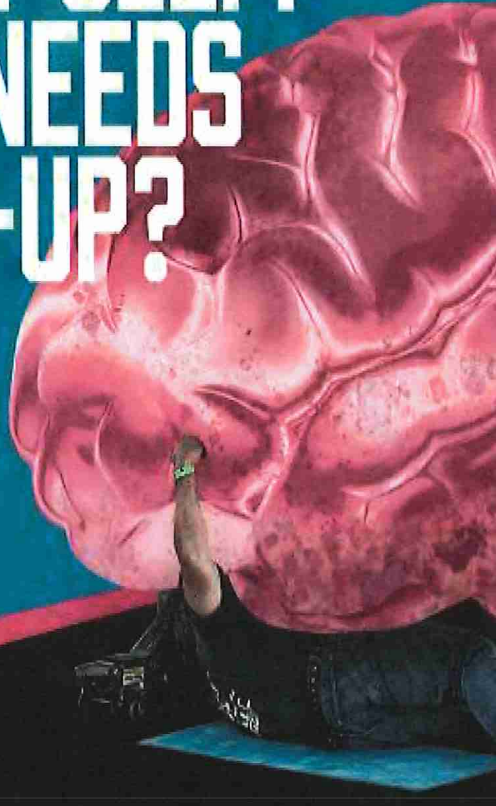


Elders

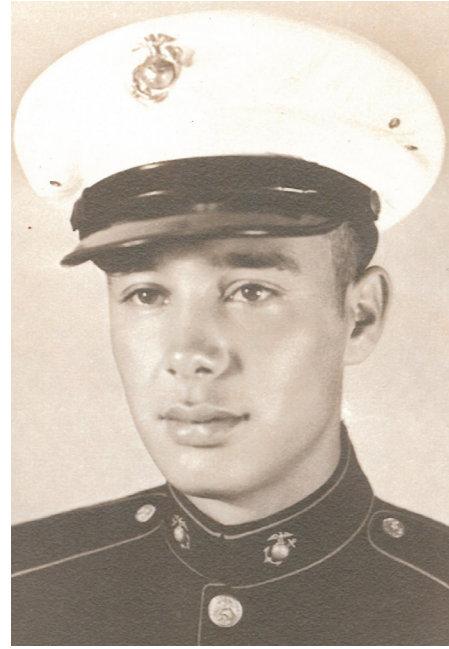
DOES YOUR
MEMORY SEEM
LIKE IT NEEDS
A TUNE-UP?

Schedule a
free memory
screening.

Briana Terrio TDCS
715-793-3035



On the Trail Home



Ira M. Shepard

guard. He was a true outdoorsman and enjoyed hunting, fishing, and doing anything outside.

Ira is survived by sons, Michael (Punkin) Shepard and Tom (Linda) Shepard; numerous grandchildren and great-grandchildren. He is further survived by nieces, nephews, other relatives and friends.

Ira is preceded in death by his wife, Mary; sons, Steve and Jim; siblings, Phyllis, Gordon and Ruth; and parents, Harry and Grace.

Ira M. Shepard, age 91, passed away on Tuesday November 28, 2023. Ira was born on March 10, 1932, in the Town of Red Springs. He was the son of the late Harry and Grace (Yokkum) Shepard. Ira enlisted in the United States Military and served his country proudly in the Marines, Army, and Air Force before receiving his honorable discharge. In March of 1958 he was united in marriage to Mary Tomow. The couple spent 63 wonderful years together before Mary's passing in 2021. Ira worked at North Star Casino for many years as a security

A funeral service for Ira was held on Monday December 4, 2023, at the Swedberg Funeral Home in Shawano with Pastor Paul Johnson officiating. Visitation was held at the funeral home on Monday until the time of the service. Burial will follow at Red Springs Cemetery. Military Honors will be conducted by the Mohican Veterans and the Gresham American Legion Post #390. www.swedbergfuneralhome.com

Wisconsin
Cancer
Collaborative
- 2023 -
IMPACT AWARD
STOCKBRIDGE-MUNSEE
HEALTH & WELLNESS
CENTER

*For Its Significant Impact
on Decreasing the Burden
of Cancer in Wisconsin*

Award cont from pg One: This annual event, held this year in Wisconsin Dells, is sponsored by the Wisconsin Cancer Collaborative. The Wisconsin Cancer Collaborative is a statewide

coalition of organizations working together to reduce the burden of cancer for everyone in Wisconsin. Their mission is to connect members with the tools, support, and knowledge

they need to create healthier communities. The SMHWC was nominated for this award because of the collaborative efforts with the Wisconsin Department of Health Services Radon Program, the Wisconsin Cancer Collaborative and UW Carbone Cancer Center for education and outreach regarding radon education, as well as other cancer awareness efforts. The Community Health department had several community events to

promote radon awareness and distributed many radon testing kits made available by the DHS Radon Program. Radon levels in the community were found to be elevated in approximately 64% of the time and approximately \$30 thousand dollars in funding was secured to complete 25 mitigations for tribal members homes. Radon education and mitigation efforts continue under the Stockbridge Munsee Environmental Department.

The Department of Veterans Affairs announced that all World War II Veterans are now eligible for no-cost VA health care, medical services, and nursing home care.

All WWII Veterans who served between Dec. 7, 1941, and Dec. 31, 1946, are eligible under this expansion, regardless of their length of service or financial status. These Veterans will not have to pay copays, enrollment fees or monthly premiums.

VA is reaching out by phone and mail to encourage WWII Veterans who are not currently enrolled in VA care to apply today. Veterans who enroll may also keep their private providers, Medicare, and most other insurance to meet their health care needs. "These members of Greatest Generation answered the call to serve when our nation – and the world – needed them most. Now, it's our job to serve them in every way that we can," said VA Under Secretary for Health, Dr. Shereef El-nahal. "We are proud to provide world-class, no-cost health care to these heroes at VA, and we encourage all of them to enroll today."

All WWII Veterans are encouraged to enroll in VA health care – the best, most-affordable health care in

America for Veterans. Veterans who are enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans, and VA hospitals have dramatically outperformed non-VA

hospitals in overall quality ratings and patient satisfaction ratings.

Veterans who were not approved for VA health care in the past due to income limits should apply again; income levels no longer apply due to this expansion. VA cannot automati-

cally enroll these Veterans in health care; WWII Veterans must apply for VA health care if they are not currently enrolled.

This expansion is made possible through the Joseph Maxwell Cleland and Robert Joseph Dole Memorial Veterans Benefits and Health Care Improvement Act of 2022 (Cleland-Dole Act), signed in December 2022. To apply for VA health care, visit VA's health care enrollment website, call 1-800-MyVA411 (800-698-2411), or visit your nearest VA medical center or clinic.

More than 600 veterans are eligible to have their disability claims reexamined after VA officials identified

problems with a former doctor's work at the Tomah VA Medical Center.

The U.S. Department of Veterans Affairs first announced in April that the Tomah VA was reaching out to

veterans who had received Neurology Compensation and Pension, or C&P, exams by former VA neurologist

Dr. Mary Jo Lanska. The exam is an administrative review to determine whether an injury or condition is related to a veteran's military service, and the outcome can affect the person's disability benefits.

Minneapolis-based TV station KARE11 started reporting in 2022 that veterans seen by Lanska had their care

and benefits improperly reduced. The VA said in April an initial review of exams performed by Lanska

"determined some of those examinations were considered incomplete." The neurologist was fired by the VA in May.

U.S. Secretary of Veterans Affairs Denis McDonough announced in a press release this month that the



Veterans Corner

Veterans Corner

203 W. Main St
Bowler, WI. 54416

Gregg W. Duffek,
Tribal Veterans Service
Officer

Office: 715-793-4036

gregg.duffek@mohicannsn.gov



department has decided to offer new exams to all 649 veterans who previously had their cases reviewed by Lanska.

The new exams will be used to reevaluate the veterans' original claims, meaning disability benefits will be

backdated to the original claim date. Families of veterans who have died since their original claim will also be

able to have their claims reviewed.

The press release said 292 other veterans also had exams done by Lanska, but either had their original disability claims approved or their exam did not factor into their final benefits decision.

"We apologize to all of the Veterans and families who have been negatively impacted by Dr. Lanska's exams,"

said the VA press release. "In all cases, we encourage these Veterans to come in for their new exams as soon

as possible — and we won't rest until they get the care and benefits that they deserve."

Federal lawmakers from Wisconsin celebrated the decision to provide new exams to almost all the veterans previously seen by Lanska.

Democratic U.S. Sen.

Tammy Baldwin called the news "long overdue justice" in an interview with WPR. She

said the VA's original decision to review a small sample of Lanska's cases fell short.

"It felt like if anything, it was a slap on the wrist and not recognizing that this was a problem that had impacted many veterans, and there was a systematic issue," Baldwin said. "It took a long time for the firing of the doctor who may have misdiagnosed hundreds of cases, and it shouldn't take that long. But you know, we are here now."

Republican U.S. Rep. Derrick Van Orden said in a statement he was encouraged by McDonough's decision, calling the care veterans received from Lanska "inexcusable and disgraceful."

"While this is a positive step, I remain adamant on ensuring that every veteran or their survivor is receiving

the highest level of communication and clarity possible on this issue," Van Orden said in the statement.

"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."

Register cont from One:

understanding of traditional Mohican lifeways, shed light on early Mohican-Dutch relations and enhance the tribe's efforts to preserve and protect this important place. Bonney Hartley, SMC Tribal Historic Preservation Manager stated, "The listing of Papscanee Island as a Historic District has been a long-term goal of the Tribe's Historic Preservation Program to better elevate and raise significance of the often-overlooked Mohican history. We are so pleased to reach this milestone and, in doing, speak up for our ancestors and our cultural heritage."

About one hundred and thirty-five acres, or a third of the newly listed Papscanee Island Historic District, is owned by the Stockbridge-Munsee Community and is open to the public as the Papscanee Island Nature Preserve. It is located south of Albany, NY in the Muhheacannituck or Hudson River; one of the last unspoiled stretches of riverside in the greater Albany region. Dr. Jeff Bendremer, SMC Tribal Historic Preservation Officer and author of the nomination, said, "The Papscanee Island nomination is a rare example of a historic property qualifying for listing under all four criteria and retains extraordinary levels of preservation, numerous significant archaeological sites, and a largely intact historic landscape. Over a thousand years of Mohican history is embedded in the land at Papscanee Island. The vote, and Papscanee Island's listing on the New York Register, is a testament the influential Mohican Sachem Papsickene, to generations of Mohican ancestors that lived, labored and revered the land, greeted

Henry Hudson in 1609, set the tenor for Dutch-Native relations in the middle Hudson Valley for generations, and finally returned to reclaim the island, the history, and role as stewards of the land."

The Tribal Historic Preservation Office received a National Park Service Underrepresented Communities grant to undertake the arduous nomination process and so considerable effort was made, led by Sherry White, to include member perspectives in finish product. In fact, 26 quotes from members were featured in the nomination which made this product uniquely Mohican. The New York State Board for Historic Preservation members were very complimentary during the committee's proceedings and made special mention of the way that tribal member's perspectives were included. In recognition of this important work, numerous letters of support were received including from: the Deputy Commissioner for the State of New York Historic Preservation; New York Archaeological Council; Scenic Hudson, Inc.; Rensselaer Plateau Alliance; Superintendent of the Roosevelt-Vanderbilt-Van Buren National Historic Sites; The New Netherland Research Center; New York State Museum; East Greenbush Town Supervisor; Delaware Nation; Delaware Tribe, and the Staats Family, the descendants of the last remaining Dutch house on Papscanee Island.

The Tribe's nomination, despite this overwhelming show of support, faced local landowner opposition. The decision on officially listing the district in the National Register of Historic Places, or finding it "eligible" for the National Register, now

lies with the National Park Service. To learn more about Papscanee Island and the National Register process, join Dr. Jeffrey Bendremer, Stockbridge-Munsee Community Tribal Historic Preservation Officer, on March 13, 2024, 11:00 AM EST, at the link below: <https://williams.zoom.us/j/9471117360>

Homes cont from pg One:

bathrooms in a roughly 1,200 square foot home. The Tribe paid for the earthwork to be done for these homes through the American Rescue Plan Act (ARPA) funds. The earthwork included leveling the ground, the concrete slab for the house to sit on, the hookups for the electric, water and sewer, as well as a driveway. The buyer will not be responsible to pay for the earthwork that was done. The idea from council to use the ARPA came from the need for affordable housing in the community. Offsetting the cost of the infrastructure/earthwork could save the buyer lots of money.

The tribe is looking to sell these houses at an affordable rate for tribal members. These homes are going to be sold through a bid process with more information coming in the future. **With this being a bidding process,**

it is highly recommended to have financing pre-approved to those interested in the homes.

The following comes from the President/Tribal Council "it is well known and documented that Native Americans in tribal areas have some of the worst housing needs in the United States. The issue of safe and affordable housing for tribal members has been in a crisis state for decades, if not centuries. According to a study from the Department of Housing and Urban Development (HUD), approximately 16% of Native populations live with overcrowding, compared with the national average of 2%.

Our indigenous values impel us often times to care for one another under the same roof, regardless of the situation. The Tribe declared a housing crisis over a year ago and is pleased to announce we are going to begin several different housing initiatives in the coming months of varying types, from modular homes, duplexes, elder housing, and apartment buildings. In addition, we will be building a 5-year housing, land and infrastructure plan to address the ongoing housing needs and will have roundtable discussions with the Community to identify the needs to address this critical and ongoing crisis".



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- Nurturing Native student leaders via the AICCW Scholarship Program and recognizing and celebrating Native business success.

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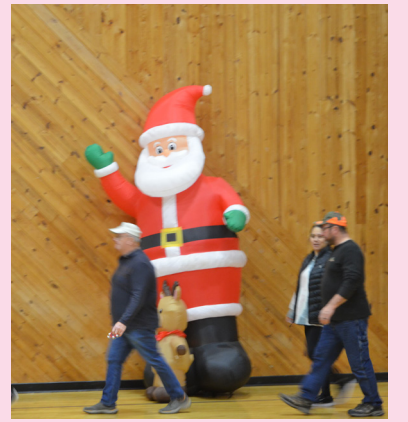


COLLABORATORS



FACC and AICCW unite with a firm purpose to empower Native entrepreneurs in Wisconsin, forging a robust support network that propels businesses toward sustainable growth. Our synergistic approaches amplify our collective impact, paving the way for a brighter economic horizon in Wisconsin Indian Country.

Jingle Bell Walk



Slow-Cooker Burrito Bowls

One of the best things about this recipe, aside from how easy it is to make, is the way all the flavors and ingredients mingle during cooking. The chicken cooks in a tomato-rich, cumin-spiked broth, which then gets absorbed by the rice later on. Every bite ends up deeply seasoned and fragrant with spices.



INGREDIENTS

- 1 to 1 1/2 pounds boneless skinless chicken breasts, chicken thighs, or a mix
- 1 (14.5-ounce) can diced tomatoes
- 1 cup low-sodium chicken broth, plus more as needed
- 2 teaspoons chili powder
- 2 teaspoons salt
- 1 teaspoon ground cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup uncooked brown rice
- 1 cup frozen corn kernels
- Optional toppings: shredded cheese, chopped cilantro, sour cream, diced avocado, salsa, hot sauce, diced green onions, shredded lettuce

INSTRUCTIONS

1. Combine the chicken, diced tomatoes and their juices, chicken broth, chili powder, salt, and cumin in a 2 1/2- to 3 1/2-quart slow cooker. Make sure the chicken is covered with liquid, adding additional broth as needed. Cover and cook on the LOW setting for 3 to 4 hours.
2. Uncover and stir in the beans, rice, and corn. Cover and continue cooking on the LOW setting for 3 to 4 hours more. Check the rice periodically in the last hour of cooking, stirring once or twice to make sure the rice cooks evenly and adding more chicken broth if the mixture seems dry. Cooking is done when the rice is tender – if the rice is done but there is still liquid left in the slow cooker, uncover and cook on the HIGH setting to let the liquid evaporate.
3. Use 2 forks to shred the chicken into bite-sized pieces. You can do this either in the slow cooker itself and then mix it into the rice, or you can transfer the chicken to a clean cutting board if you prefer to keep it separate. Taste and stir in more salt or other seasonings as needed. Serve burrito bowls with a selection of toppings.

MUNSEE WORD SEARCH

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- KWUNEEWII PIISKE NIIPAAHUM – LONG NIGHT MOON; WIINEEW – IT IS SNOWING
- KOON – SNOW; LOOWAN – WINTER; LOOWANEWUNG – NORTH STAR (NORTH)
- ALAANGWEEW – STAR; TAKWIIPWAAKAN – FEAST; MIILTUWAAKAN – GIFT
- KULUSHMISH MIHTUKW – CHRISTMAS TREE; XAASH ATOHWAK – EIGHT DEER
- WAXKIITAAKW – TOP OF THE ROOF; EHULINGWAHTEEK – CHIMMNEY PIPE
- MEELI KULUSHMISH – MERRY CHRISTMAS; WAAPIHTOONAYEEW – WHITE BEARD
- WAAPOHKWEEW – WHITE HAIR; XWASKWCHIIMOOTAYEEW – HAVE A BIG BELLY
- KOONII LUNUW – SNOWMAN



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- ❖ All expenses paid!

There is no cost to participants. Per Diem will be provided for the in-person session. All costs are funded through the National Park Foundation and participating Tribal Nations.

JOIN US AT WEST CHESTER UNIVERSITY FOR A 4-WEEK CULTURAL RESOURCES TRAINING AND CERTIFICATION COURSE!

This accredited course is based upon the Register of Professional Archaeologists (RPA) recommendations and will prepare participants for Secretary of Interior Certification. Participants will engage in 2 weeks of online coursework, and 2 weeks of on-site instruction within the Delaware Watershed.

Participants will learn:

- Tribal Laws and Policies,
- Cultural Research Techniques,
- Archaeological Field Methods

All participants will earn 4 college credits and 3 individuals will be provided apprenticeship opportunities with the National Park Service and their local Tribal Historic Preservation Offices.

For more information contact Susan Bachor, Tribal Historic Preservation Officer, at (539) 529-1671 or sbachor@delawaretribe.org.

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.

STOCKBRIDGE - MUNSEE COMMUNITY FAMILY SERVICES DEPARTMENT PRESENTS

REZWALDS HOUSE DECORATION CONTEST

JUDGING AND TOUR THE LIGHTS WILL BE DECEMBER 20TH.

1ST, 2ND, AND 3RD PLACE WINNERS WILL BE CHOSEN.

MUST BE SIGNED UP BY: 4:30PM FRIDAY DECEMBER 14TH

More Information & Sign Up :

Kori Price 715-793-4905 LaKeisha Williams 715-793-4906
kori.price@mohican-nsn.com lakeisha.williams@mohican-nsn.com



Community

THPO cont from pg One: commitment to education. She co-founded Impacta Jovem, an educational initiative aimed at providing opportunities for public school students in Brazil. During her time on the project, she taught English and Math, coordinated an online tutoring program for an average of 100 per semester, and advised low-income students on the college admissions process. That opportunity allowed her to connect with multiple social impact initiatives across Latin America, and provided valuable exposure to recruiting, managing projects, and supervising. The all-volunteer initiative lasted 5 years and is estimated to have benefited 600 youth nationwide.

During her college years, Sarah engaged in internship opportunities that helped her to acquire a range of professional experiences. She worked with the Talent Management team at the National Urban League, where she gained expertise

in designing training programs, facilitating workshops, conducting research, crafting recommendations, and preparing presentations. At Fixa Rwanda, her role as a Marketing Intern allowed her the freedom to explore a new field, fostering creativity in projects involving writing, designing, creating brand guidelines, and proposing solutions for the startup's communication challenges.

When Sarah has free time, she enjoys biking, choir singing, playing with her two cats, attending concerts, and visiting museums. She also loves arts and crafts – making collages, birthday cards, personalized keychains, and so on. She nourishes an interest in linguistics and loves translating between her first language (Portuguese) and English. She has translated for immigrant centers, church speakers, and for family and friends. She also loves being outdoors, especially in the fall season.

CMN Teacher Education Program Receives Funding for Growing Head Start Teachers' Capacity, Confidence, and Culturally Responsiveness in the Classroom

The grant assists Tribal Colleges and Universities (TCU) in establishing or enhancing partnerships with American Indian Alaska Native Head Start and Early Head Start programs

KESHENA, WI-The College of Menominee Nation (CMN), in partnership with Menominee Early Childhood Services-Head Start/Early Head Start on the Menominee

Reservation, Stockbridge-Munsee - Electa Quinney Head Start on the Stockbridge-Munsee Band of Mohican Reservation, and Oneida Head Start Centers on the Oneida Reservation received funding for a new project titled, "Growing Head Start Teachers' Capacity, Confidence, and Culturally Responsiveness in the Classroom."

Funding cont on page 13:

Bree's Closet Donations

In the spirit of the holidays, with a generous and open heart, the staff of the Stockbridge Munsee Health and Wellness Center are collecting donations of personal care items to benefit "Bree's Closet" a local organization that provides support to those in need without provisions. Bree's Closet is a program was started in memory of a young woman from our community who left us too soon, but her family is carrying her spirit forward with her passion to help those in need.

During previous charitable campaigns, members of the public have asked to be included, so we wanted to let everyone know that this is happening at the clinic if you care to participate.

Items will be collected in the atrium of the clinic through December 21st. Below is a list of items we are specifically looking for, but any donations are gladly accepted. We will also have a lock box for cash donations, should you be inclined.

Soap

Children's body wash, Adult shampoo, Women's deodorant, Children's underwear (new), Toothpaste / toothbrush, Ladies underwear (new), Children's body wash, Hair conditioner, Feminine hygiene products, Men's underwear (new), Children's shampoo, Men's deodorant, Women's socks (any size), Face wash, Adult body wash, Children's socks (any size), Hair brush / comb or hair ties, Men's socks (any size)

Pajamas for both children and adults has been another ask, if you would like to donate those.

Wishing holiday blessings to all,

Staff of the Stockbridge Munsee Health & Wellness Center



Mohican honor guard following the National Anthem at the 2023 Ball of the Badges Awards Banquet at the casino. (Photo provided by Don Krueger)

Clinic / Ella B updates for December 2023

Covid / Flu

- 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.
- FDA extended the expiration dates on at home covid tests. Please see the signage at the front desk of the clinic to determine the new expiration date or go to the FDA website: <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>

Staff

- Welcome Dr. Avari Miller as our new Chiropractor. Dr. Miller started November 6th. Call 715-793-5000 for an appointment.

Ella B New Building

- The Tribe is recruiting, especially fill-in and part time care attendants. Vacancies will be posted on the Tribe's web page - <https://www.mohican.com/services/careers/tribal-employment/>
- The new building is anticipated to be open April 2024.

Clinic Updates

- The clinic was profitable in FY 2023.
- Pharmacy continues 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 Wis-

consin 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 clinic flooring contractor will be back on-site December 18. Once tile work is completed, the flooring company will begin work in rooms.
- The parking lot is finished for the year including new lights for the parking lot. Bayland will be placing a top coat in spring of 2024.
- The tribal elder parking and handicap signage was removed to allow for better snow removal. The signage will put back up in spring. The front row of parking is still reserved for either handicap or tribal elder parking.
- The clinics pharmacy runner is back in operation.

Clinic community events (flyers will be distributed)

- Community Health staff will be participating in the SMC Resource Fair at the Elderly Center on January 25, 2024 from 11-2.
- We will continue our **Make & Take** nutrition education program in 2024. Please watch for flyers and sign up for recipes that interest you!
- We will be planning lunch hour snowshoeing again this year on Tuesday and Thursday starting at the clinic garage, just as soon as we get a good base of snow.
- Be on the look out for flyers for our annual Candle Light Snowshoe Walk in February.
- Keep your eye on the website and flyers for upcoming activities and educational opportunities coming your way.



On the First day of Christmas- remember to Check and clean the Chimney if needed.

On the Second day of Christmas-Remember to use only outdoors light when decorating the outside of your home.

On the Third day of Christmas-Remember to use safe ladder practices when hanging lights.

On the Fourth day of Christmas-Remember to use proper lifting technics when carrying the decorations from the basement and attic.

On the Fifth day of Christmas-My true love said to me- TURN OFF ALL INDOOR AND OUT DOORS LIGHTS BEFORE GOING TO BED.

On the Sixth Day of Christmas-When using Candles to decorate your home; make sure they are away from flammable surfaces, out of reach of children and pets, and to blow them out when I leave the room.

On the Seventh day of Christmas- Is a good day to test all smoke alarms and Carbon Monoxide detectors and to have a working fire extinguisher.

On the Eighth day of Christmas-Never leave cooking food unattended.

On the Ninth day of Christmas-When setting up the tree to not place it next to a heat source such as a heater or close to a fire place.

On the Tenth day of Christmas-to make sure you have not overloaded the electric circuits or extension cords.

On the Eleventh day of Christmas- Make sure all sidewalks and steps were deiced to prevent slips and falls.

On the Twelfth day of Christmas-With all the safety Precautions in place; sit down with Family and Friends and had as Safe and Merry Christmas.

From all of us at Public Safety, Have a Safe and Happy Holidays

Guarding Against the Winter Slump Recognizing and Combatting Seasonal Affective Disorder

“Women are actually four times as likely to develop this as compared to men.”

WAUSAU, Wis. – As the seasons shift and the days grow shorter, many individuals find themselves grappling with more than just a change in weather. Seasonal Affective Disorder (SAD), often referred to as the “winter blues,” can cast a cloud

Slump cont on page 12:



Slump cont from pg 11: over their well-being. Understanding how to identify and effectively handle the condition is crucial, particularly for people living in the upper Midwest this time of year.

SAD is a form of depression that follows a seasonal pattern, most commonly emerging during fall and winter. "SAD is a depressive disorder that tends to only recur with certain seasons, and it tends to happen in the fall and winter when sunlight hours tend to shorten," explains Volodymyr Manko, MD, Aspirus Hospitalist. "Demographically, we see it more often in our younger patients as well as our female patients.

Women are actually four times as likely to develop this as compared to men, though it really can affect anyone."

The science behind SAD is rooted in the interplay between light exposure and our body's internal clock.

According to the National Institute of Mental Health (NIMH), reduced exposure to natural sunlight can disrupt our circadian rhythms and impact the production of serotonin and melatonin – neurotransmitters that regulate mood and sleep.

Dr. Manko notes that the symptoms of SAD often mirror those of major depressive disorder:

- **Low Mood:** Prolonged feelings of sadness, hopelessness and irritability

- **Fatigue:** Increased tiredness and a struggle to maintain energy levels
- **Appetite Changes:** Cravings for carbohydrates, weight gain or increased appetite
- **Social Withdrawal:** A tendency to isolate oneself and avoid social interactions
- **Concentration Difficulties:** Trouble with focus, memory and decision-making

Diagnosing SAD involves a thorough evaluation of symptoms, medical history and ruling out other conditions. "Early diagnosis is crucial," says Dr. Manko. "So if you or somebody you know experiences recurrent symptoms of sadness that appear to be seasonal, you should reach out to your primary care provider immediately."

A variety of treatment recommendations may be made, depending on severity. Treatment options encompass a range of approaches from light therapy, psychotherapy (or talk therapy), medication and vitamin D. Additionally, Dr. Manko recommends a well-balanced lifestyle, including time outdoors when the weather is mild, regular physical activity, a healthy diet and social engagement.

With the right strategies, SAD can be managed effectively, enabling individuals to reclaim their joy and resilience even in the face of seasonal challenges. Talk with your primary care provider to discuss the best course of action for your healing.

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We stand for your future

Section 184 loans increase homeownership opportunities

Buying a home is the largest purchase you will ever make, but it isn't always an easy process. You not only have to find the right place for your family but also determine how you are going to pay for it.

Tribal members have an extra tool at their disposal when looking to buy a home — the U.S. Department of Housing and Urban Development (HUD) Section 184 Indian Housing Loan Program.

Congress established the Section 184 loan program in 1992 to eliminate some of the barriers between Native Americans and home ownership.

The Section 184 loan is a 15- or 30-year fixed-rate mortgage with regular monthly payments including escrow, which is money collected throughout the year that homeowners use to pay their property taxes and homeowners' insurance. The loan features a low down payment with flexible underwriting and no mortgage insurance requirement.

Owning a home has multiple financial benefits including building equity, creating a strong credit history, and bringing stability to your housing situation.

Enrolled members of most federally recognized tribes, may be eligible for the Section 184 loans, which can be used for:

- Buying an existing home
- Home improvements
- New construction

Refinancing

While Section 184 loans provide a great opportunity for potential homeowners, it is still important to make sure your finances are in the best condition possible when you meet with a lender.

Start with the following steps:

- Begin saving for a down payment
- Stay current with existing payments
- Avoid taking on additional debt
- Get a free copy of your credit report at annualcreditreport.com to clear up any issues

Working with a qualified lender will let you know how much you can spend on your new home.

Due to the unique way Section 184 loans are set up, only certain lenders, including Bay Bank, can originate these loans through HUD. Contact Bay Bank to apply for a preapproval at 920-490-7600 or visit our website at baybankgb.com.

Section 184 loans have made it possible for thousands of Native Americans across the country to purchase homes. For more information on Section 184 loans, visit baybankgb.com or contact your nearest branch.

Tanya Krueger is vice president at Bay Bank. She can be reached at tanya.krueger@baybankgb.com.

Organizations Help Native-owned Businesses Differently

(Hales Corners, WI) — The American Indian Chamber of Commerce of Wisconsin (AICCW) and the First American Capital Corporation (FACC) are sister organizations — affiliated through bylaws — both working to promote and support economic and business development within the Native Nations communities and among tribal members in Wisconsin.

FACC and AICCW have a shared history. The chamber created FACC as its Revolving Loan Fund more than 20 years ago, but that's where the mission connection ends.

Today, the two organizations are separate nonprofits and conduct their work very differently.

Here's a closer look at both groups and what they do:

AICCW

AICCW serves as the chamber of commerce for Native-owned businesses and Tribal Enterprises across the state, offering targeted services to Indigenous entrepreneurs, as well as Tribal businesses. AICCW advocates for, provides access to, and delivers economic development resources, tools and networks to Wisconsin's Native Nations and development professionals.

Chamber members have access to a range of resources from financial products and services to networking opportunities with community business leaders. AICCW also helps businesses grow through the facilitation of economic development seminars that provide best practices, direction and support for business development opportunities.

The AICCW serves as a disadvantaged business enterprise (DBE) stakeholder representative on the Wisconsin Department of Transportation Advisory Committee (Trans-AC) and I-41 DBE Stakeholder Advisory Committee. It also works with the Economic Development Association (EDA), Wisconsin Procurement Institute and Great Lakes Inter-Tribal Council to collaborate on the delivery of the Wisconsin Tribal Economic Development Resources Toolbox events. Visit www.aiccw.org to learn more.

FACC

FACC is driven to help Wisconsin entrepreneurs and small business owners succeed using its Revolving Loan Fund and providing technical assistance services to its clients. The organization delivers professional guidance to help you navigate through financial options so you can secure the resources you need, allowing you to focus on what you do best — run your business.

A professional, yet approachable partner, FACC is a trusted source committed to its clients' success. The tagline of "We honor your business" reflects the respect and reverence the organization has for all aspects of its clients' business operations.

FACC looks beyond traditional lending, working closely with the Small Business Administration (SBA) to provide funding to small business owners and entrepreneurs through its Community Advantage loan — even when they are not approved for conventional financing — and its Microloan program, which provides loans up to \$50,000 to help launch /ex-

pand small businesses.

FACC was the first Native-owned CDFI in the nation to offer SBA Microloans. The FACC was also the first certified Native Community Development Financial Institution (NCDFI) in Wisconsin which allows FACC to provide accessible and affordable business loans statewide. Also, FACC became a designated Wisconsin Economic Development Corp. Key Strategic Partner in 2018, which empowers FACC to deliver state resources to Wisconsin Tribes and Tribal members. Beyond serving as a funding resource, FACC provides its clients with one-to-one technical assistance, ranging from helping to create a business plan to becoming a certified government contractor. While the FACC is deeply engaged in Native

business lending, we are honored to serve others in our eligible markets as well. To us, it's more than a loan — we are providing a personal investment in your future.

FACC is more than a financial partner. We are the voice of a friend, a colleague or a family member who provides honest, impactful advice that results in increased opportunities for your business.

FACC provides "boots on the ground" assistance to help entrepreneurs and small businesses succeed. Our understanding of tribal processes makes us a valuable partner on your journey as we help you navigate challenges and capitalize upon opportunities.

Learn more at faccwi.org.

Funding cont from pg 10:

The funding comes from the Administration for Children and Families, the Office of Head Start for \$2.9 million and will cover a five-year period. The purpose of this competitive grant is for TCU's to establish or enhance partnerships with Head Start programs that effectively increase the number of qualified education staff working in American Indian Alaska Native Head Start and Early Head Start programs.

Dr. Kelli Chelberg, Assistant Professor in the Teacher Education Department, stated, "We are so excited about this opportunity to partner with the Head Start Centers on the Menominee, Oneida, and Stockbridge-Munsee reservations to support and grow the number of culturally responsive and qualified teachers to work with our youngest learners.

We know more now than ever the importance of early learning and teachers on the growth and development of young children." The goal of "Growing Head Start Teachers' Capacity, Confidence, and Culturally Responsiveness in the Classroom" will be to provide education, professional development, and financial support for teachers, assistant teachers, and potential new teachers to complete their Childhood Development Associates (CDA) Credential, associate degree in early childhood, and/or Bachelor of Science degree in 4K-9th grade education. CMN will aim to train highly qualified, culturally responsive teachers to fill positions in the local Head Start Early Childhood Centers beginning in January 2024 and continue to build on their capacity through May 2028.



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
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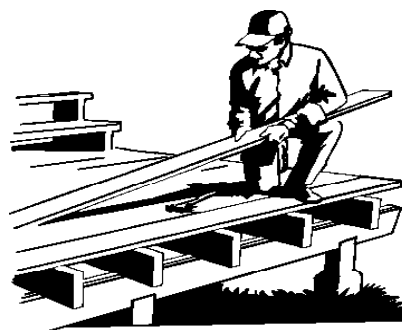
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CALL FOR ART

Koonumunthe / Koolamansi, Curator Tamara Aupaumut is looking for Stockbridge-Munsee Mohican artists to submit pieces for a Fall 2024 exhibition *“People of the Waters That Are Never Still: A Celebration of Mohican Art and Culture”* in collaboration with the Albany Institute of History and Art (AIHA) in Albany, NY. Theme:

Art must be relevant to the five traditional senses (sight, smell, taste, touch, hearing), but also the less traditional senses (intuition or extra sensory perception, magnetoreception associated with mostly animal/bird relatives, time). A wide variety of contemporary art is welcome, including – traditional art forms, painting, drawing, photography, sculpture, ceramics, poetry, filmmaking/videography, sound installations, musical instruments, regalia, etc. Please submit up to five pieces for consideration. Send images of the work labeled with the title. Include a list of submissions with the title, medium, size. Feel free to share a short description of the work. To be eligible you must be Stockbridge-Munsee Mohican, either enrolled or recognized as a descendant. Work must

be original; created by you. Work must be available by July 2024. Projected exhibition dates are: Sept 14-Dec 31, 2024 Art will not be listed for sale. If someone inquires about purchasing a piece the AIHA will put the collector in contact with you. I will gladly assist you if you would like help with pricing or negotiations.

Please email all submissions with subject ART CALL to: mohicanartcall@gmail.com All submissions need to be received no later than March 4, 2024. I will confirm receipt of all submissions. Please let me know if you have questions! I’m happy to help if you want to brainstorm, bounce ideas off of me, or are looking for some direction.

Oneewe/Anushiik SMC Cultural Affairs is pleased to extend our support for the collaborative project with Curator Tamara Aupaumut and the Albany Institute of History and Art (AIHA) in Albany, NY as it provides opportunities for emerging and established artists from the Stockbridge-Munsee Community to share their contemporary experiences and perspectives as Mohican peoples through various mediums of cultural expression.

- Monique Tyndall, Director of Cultural Affairs

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