



Curtis Redford

Curtis Redford is a new Registered Nurse working with the Triage Line and providers, He recently finished a class to get a anti coagulation certificate so he can start helping the community with anti-coagulation.

Redford is originally from Minnesota and both his brothers still live there. He said both of his parents are deceased. "I've been engaged forever, with no set date. My fiancé Erin has two children which I consider as my own; they are Arianna 21 and Triton 13. We have two dogs, five cats, seven Guinea and a rooster and hen. The dogs and foxes have been thinning the herd," Redford said.

Curtis graduated from Mankato East high school. He received both his associates degrees, Paramedic and Registered Nurse from NTC Wausau. "I'm also state licensed firefighter," Curtis added. He works with Tigerton Ambulance and Tigerton Fire Department and previously worked at St. Clares and a few different long term care facilities. "I used to take down barns to reclaim the lumber before I got into the medical field. And this is why I moved over here, was the barns. Was getting tired of living out of a suitcase. So we decided to move. We love it over here," Curtis said.

Redford says he used to golf, fish, snowmobile, downhill ski but those activities seem to have gone by the wayside when he was in school. He said he hopes he can start those up again. "I play video games with my son, watch movies with the family, go to concerts (as many as time permits - all genre), camp a few times a year and go back to Minnesota to visit as much as possible. "It's kind of been a boring few years. But now I'm done with school. Things will change," Redford said.

Ho-Chunk Update

The Stockbridge-Munsee Tribe has a link on the website called "Wittenberg" that is filled with information about the Ho-Chunk plan to expand their casino and the Stockbridge efforts to fight that expansion. The web address is: <http://www.mohican-nsn.gov/wittenberg-casino-expansion-issue/>

The Mohican News has been trying to clarify the information. We will be addressing the issue in the near future.

The Ho-Chunk continue building and according to information on the Stockbridge site, "The effect will be crippling, forcing severe cuts in essential governmental programs and services to its members and to the region."

In the Key Findings of the Impact Study requested by the Stockbridge Tribe, "Of the eleven tribes in Wisconsin, the Ho-Chunk Nation (Ho Chunk), currently operates 30.6% of all of the gaming machines in the state and 25% of the state's gaming locations. Ho-Chunk casinos generate as much as 33% (or one-third) of the gaming machine revenue in Wisconsin."

In 2012 each of the Ho-Chunk tribe's enrolled members received approximately \$12,000 for the year in per capita payments. In stark contrast, in 2012 each of the Stockbridge members received \$500 total for the year from gambling revenues from the Mohican North Star Casino and Resort.

Over 300 Acres Converted to Stockbridge-Munsee Trust Land

Three hundred and seven acres of land in the township of Bartleme was recently finalized as Indian Trust Land in a package submitted to the Bureau of Indian Affairs called Bartleme II.

Tribal Council Member and Land Management Specialist, Chad Miller, indicated that the original boundaries of the Stockbridge-Munsee reservation contained all of Red Springs and Bartleme, totaling nearly 48,000 acres. He explained that over the years, through various times in tribal history, internal and external conflicts like the Citizen vs. Indian Party division divided the Tribe



(much like the Daws Allotment Act), and split Tribal land up into parcels of individual land owners. **Land continued on page Six:**

Diabetes Luncheon More than Just a Meal



By Susan Savetwith
Mohican News Reporter

Each of the monthly Diabetes Luncheons feature a guest speaker with lunch. Attendees receive a quality lunch featuring healthy food choices and an educational talk that fits with diabetes help or prevention. The March Diabetes Luncheon Speaker was Stockbridge-Munsee Dietitian, Casey Mitchell (pictured), who spoke about Nutrition.

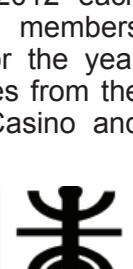
Mitchell started off her talk expressing that there are six nutrients, water, protein, carbohydrates, fats, vitamins and minerals. She said most food and drink contains some or all of those

in different amounts. Mitchell said meals should be planned with servings from all five food groups whenever possible because it helps us eat more of the nutrients we need, and meals and snacks that include several food groups also tend to be more satisfying.

According to Mitchell, a variety of foods are important, because no one food or food group provides all of the nutrients our bodies need to grow and stay healthy. For example, she said bell peppers are a good source of vitamin C, whereas yogurt and cheese provide higher amounts of calcium. Nuts and seeds are good sources of minerals, like magnesium and zinc, but they also contribute protein and healthy fats. She said bananas, which contain a mineral many Americans lack, are known for being a good source of potassium. Asparagus is too, but it also provides a good amount of a B vitamin, called folate, which is important for women of childbearing age. Mitchell said there is some overlap, too. For instance, fruits, vegetables, and whole grains are all great sources of dietary fiber. And she said foods, like fish and chicken, provide protein, but fish are also good sources of heart healthy fats called omega-3s. Fatty types

Diabetes continued on pg Five:

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



What's Inside?

| | | | |
|------------|------------|--------|-------|
| Ads | pg 14-15 | Elders | pg 4 |
| Community | pg 10 | Family | pg 7 |
| Directives | pg 10 & 13 | Health | pg 11 |
| Education | pg 2 & 12 | Voices | pg 3 |





Education, Employment, and Training Division
Stockbridge-Munsee Community
P. O. Box 70
W13447 Camp 14 Road
Bowler Wisconsin 54416
Phone: 715-793-4100 Fax: 715-793-4830



Senior Graduation Participation Application

APPLICANT INFORMATION

| | | | | |
|---|------------|-----------|---------------|--|
| First Name | MI | Last Name | Date of Birth | Parent/Guardian Name and Contact Phone |
| Street Address | | City | State | Zip Code |
| Home Phone | Cell Phone | | Message Phone | |
| Personal Data: | | | | |
| Parent/Guardian's Name as announced at the Senior Banquet: | | | | |
| Name of attending school: _____ Gender: Male <input type="checkbox"/> Female <input type="checkbox"/> | | | | |
| Nick Name/s for senior plaque: _____ | | | | |
| Senior Picture was provided to the Education Office for the Senior plaque: Yes <input type="checkbox"/> No <input type="checkbox"/> | | | | |
| Tribal Affiliation: _____ Enrollment #: _____ | | | | |
| OR Parent/Grandparent Enrollment #: _____ | | | | |

EXTRA CURRICULAR ACTIVITIES, AWARDS, AND ACCOMPLISHMENTS: list all that is applicable for the last four years (Examples: clubs, sports, honor roll, and etc.)

| Activity | Participating Year/s | Activity | Participating Year/s |
|----------|----------------------|----------|----------------------|
| Activity | Participating Year/s | Activity | Participating Year/s |
| Activity | Participating Year/s | Activity | Participating Year/s |
| Activity | Participating Year/s | Activity | Participating Year/s |

CERTIFICATION

I hereby apply to participate in the Stockbridge-Munsee Community Senior Banquet. I certify that the language in this application is true and correct. I authorize the Education Department to process my application and verify the information contained in it. I further release other parties, including schools and governmental programs, to provide requested information to the Stockbridge-Munsee Education Department so it may process my application. I understand that the information I provided on this application will be used to create a senior plaque and may be announced at the Senior banquet. I have received the Senior Banquet Policy and I have read the Senior Banquet Policy. I agree to abide by the program requirements outlined in the Senior Banquet policy in relation to services provided based on this application.

| | | | |
|-----------------------|------|---|------|
| Applicants' Signature | Date | Parent/Guardian Signature (If Applicable) | Date |
|-----------------------|------|---|------|

*****Senior Banquet*****

The annual Senior Banquet is a community celebration of the accomplishments of our high school graduates. The following must apply to be an eligible participant:

1. Student must be an enrolled member of the Stockbridge-Munsee Band of Mohican Indians; or
2. Student must be a member of the community who has a parent or grandparent on the rolls of the Stockbridge-Munsee Band of Mohican Indians and attending Bowler, Gresham, or Shawano Schools.

Eligible Participants whom anticipate graduation must submit a *Senior Graduation Banquet Participation Application* to the S/M Education Department prior to May 15th in order to participate in the Senior Banquet. (Participant applications are available online at www.mohican.com/eetdept under Education, S/M Education Department, and at Bowler and Gresham Schools or at the S/M Education Department Office.)

If the student is in an alternative learning program that student must receive a diploma on/or before their classes scheduled graduation date.

The Education Department will NOT be responsible for any travel expenses accrued by the student and/or their families to attend the banquet.

*****Senior Banquet*****

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:
Susan Savetwith

EDITORIAL BOARD:
Donna Church
Misty Cook
Karen Gardner
Betty Schiel

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

NOTICE - FOREST ROAD CLOSURE EFFECTIVE - Tuesday March 21st, 2017

Hope everyone had a great extended weekend. All forest roads will be closed to motored vehicle traffic until further notice due to spring melting. This closure is in effect to eliminate damage to the valuable forest road system.

If use of a specific forest road is needed for the maple sap collection, a free use permit may be obtained from the Forestry Department (715-793-4368). Once the frost leaves the ground and the roads dry sufficiently, the roads will be re-opened. Watch for a posting. Thank you for your cooperation!

College of Menominee Nation's Earth Week Celebration April 17-22, 2017

A week-long celebration in honor of Earth Day will begin on Monday, April 17, at the College of Menominee Nation, Keshena and Green Bay/Oneida, with campus cleanups, and end on Saturday, April 22, with a free community event in Keshena. The theme for the week is Our Community, Our World, Our Future: Environmental and Climate Literacy in Action. The activities taking place will all share this theme and build increased capacity for civic engagement within the CMN, Menominee and surrounding communities to address issues of sustainability.

A variety of activities will take place each day to bring increased awareness of the history of Earth Day and the idea of community organizing. The daily events include an Earth Day play, Menominee 4-H event, community organizing training, UW-Extension gardening workshops, and a small film festival.

On Monday, April 17, students and staff at both Keshena and Green Bay/Oneida campuses are encouraged to participate in a clean up to restore the campus lands to their natural beauty. Also scheduled for Monday night is an Earth Day play presented by CMN faculty member Ryan Winn's theater production students.

A group from College of Menominee Nation will travel to Madison for the Nelson Institute Earth Day Conference on Tuesday. The Sustainable Development Institute has received scholarships from the conference organizers to send interested students and staff. The Menominee 4-H club will hold an Earth Day themed event Tuesday night.

On Wednesday and Thursday, CMN faculty member Dr. Dennis Vickers and AmeriCorps VISTA volunteer Greg Gauthier will present about the history of Earth Day and regional climate change issues on both campuses. Rebecca Edler, Sustainability Education

Coordinator, will be presenting the results of the 2015-2016 campus greenhouse gas emissions report and recycling program updates. In the evening on both days there will be Wellstone training sessions provided by CMN administrators Chad Waukechon and Brian Kowalkowski on community organizing. Jennifer Gauthier, UW-Extension, will hold a gardening workshop on the Keshena campus.

A small film festival on Friday will feature local stories, fiction as well as non-fiction. The featured films were produced by local youth as part of the Sustainability Leadership Cohort and other community organizations.

The community is invited to attend a celebration on Saturday, April 22, at the Keshena campus. The event will begin at 9 a.m. and end at 1 p.m. Activities include a session of the Back Forty Mine Educational Forum's Speaking Tour with a special awards ceremony, the Learning Path ECOthon, informational tables, presentations, and hands-on activity stations for children as well as adults. The ECOthon will introduce phenology and tree identification to participants as they walk along the learning path. The S. Verna Fowler Academic Library will be showing a movie; *Dr. Seuss's The Lorax*. All participants will be receiving a passport which they can use to collect a minimum number of stamps by visiting stations throughout the campus. Those who complete their passport are eligible to receive a prize.

If you are interested in setting up an informational or vendor table at the Saturday celebration, please contact Rebecca Edler at (715)799-3043 or by email redler@menominee.edu.

A complete list of activities with times and locations will be available at <http://sustainabledevelopmentinstitute.org/>.



ATTENTION TEACHERS

If you have a degree in Education, are working in Education, and a Stockbridge-Munsee enrolled member please provide the S/M Education office with your name and contact information by **Friday, March 31st** to P.O. Box 70, W13447 Camp 14 Road, Bowler WI 54416 or email the information to jolene.bowman@mohican-nsn.gov.

If you have any questions please contact Jolene Bowman, Director of Education, Employment, and Training at (715) 793-4060.

Legal Notice for Intent to Change Name

Angela Marie Waupochick has petitioned the Stockbridge-Munsee Tribal Court for a name change from Leander Iverson Moon to Leander Iverson Loud Bear.

Nuck Road, Bowler, WI 54416.

Any Objections may be raised at that time.



The Court hearing will be held on Friday, March 24, 2017 at 10 a.m. At the Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con

AVAILABLE BENEFITS

- ▶ Medical
- ▶ Dental
- ▶ Life Insurance
- ▶ Disability
- ▶ Paid Time Off
- ▶ 401k
- ▶ Paid Lunch Break
- ▶ Free Uniform
- ▶ & Much More!

FOR MORE INFO

Simply Call:
MAUREN
CHRISTENSEN
715-787-3110

Or, Go Online:
[Mohican.com/
CasinoEmployment](http://Mohican.com/CasinoEmployment)

WHERE WINNERS WORK

APPLY TODAY FOR THESE JOB OPENINGS:

- Facility Engineer/Commercial Appliance Repair & Maintenance
- Table Games Dealers
- Table Games Floor Supervisors
- Line Cook



I-29 & LEOPOLDS RD | JUST S. MIL. NORTH



Elder Wisdom

Elders in the know.....

Greetings Everyone!

We would like to know and hear from you, your memories of attending the Stockbridge Day School that was located on the Reservation. We would like to hear from all of you who are still with us. Please write down your stories, or those you have heard from family and friends. Share and have someone (your spouse, child, grandchild or friend) write it down for you as you reminisce!

I have been told that Robert Miller was the janitor and Aunt Saw (Priscilla Miller?) the cook and who the first teachers were. Also, that families lived in the school and I listened to stories of talent shows, dances, playing in the gym and "hauntings".

From the Position Paper: Stockbridge-Munsee Community and Title VII; Working Copy (Author unknown).

In 1940 the Stockbridge Day School opened on the Reservation. The

structure, large and modern also served as a community building.

Following World War II, the trend in Bureau of Indian Affairs education was to integrate Indian children into public schools and subsidize their education through the State Department of Public Instruction. Many Indian parents also felt that integration would be helpful for their children's development.

In 1947 the Stockbridge Day School closed. The students, as well as most of the contents of the building, were transferred to the Bowler Public Schools.

Thus, twenty-seven years of bussing later, the Bowler School district was judged to be eligible for Emergency School Aid Act Title VII funds. These funds are available because, in the words of the act itself, "the process of eliminating or preventing minority group isolation and improving the quality of education for all children often involves the expenditure of additional funds to which local educational agencies do not have access" (SSA Title VII, SEC.702a).

(Reg) Madsen and Alice (Jim) Eclactor. She is further survived by her nieces and nephews; and brothers and sisters-in-law: Elizabeth (John) Dennison, Charlene Kasee, Cecil (Minetta) Smith, Rose (Harvey) Thompson, Valarie (Jerry) LaPlant, David Smith, Michael Smith, Selma Smith, Malpahis (Jenny) Smith, Jr, Earl Smith, and Verda (Kim) House. Candy was preceded in death by her husband Melvin; father Gordon, Sr; brother Gordon, Jr; and her brothers and sisters-in-law: Judith Ann Smith, Terry Smith, Jerry Smith, and Joan Smith.

Visitation was held on Monday, March 13, 2017 with Oneida Hymn Singers and a service with Vicar Rodger Patience officiating. Please visit www.ryanfh.com to send condolences to Candy's family. In lieu of flowers a memorial will be established.

The family would like to thank aunt Shirley, Uncle Duck, Melanie, Heather, Sammie and friend; uncle David; aunt Verda; and Randy & Geraldine Parker for being there to help the last few days.

Frances "Candy" Smith

Frances M. "Candy" Smith, 66, of Oneida, passed away unexpectedly at home on Monday, March 8, 2017. She was born February 5, 1951 in Keshena, WI to Gordon and Elda (Nunway) Dickie. On October 7, 1995 Candy married Melvin Smith at Holy Apostle Episcopal Church. He preceded her in death on April 6, 1997.

Candy was an LPN for the Oneida Health Center for many years. She enjoyed playing darts with her dart team, volunteering for K-runs, but above all else she loved being with her family especially her grandchildren.

Candy is survived by her daughter Shannon Hernandez and her children: Daniel E. Hernandez, Natasha Zamora-Hernandez, Homero Hernandez, and Airen Sanchez; son James Smith; and daughter Samantha Smith and her children: Emmett, Everett, Priscilla, and Elliott; her mother Elda Dickie; and her sisters Shirley Dickie, Pauline

On the Trail Home



Sonja R. Moede

Sonja Rae Moede, age 62, of Gresham, passed away on Saturday, March 11, 2017 in Wausau.

Sonja was born in Shawano on September 30, 1954, the daughter of the late Ford and Mabel (Conrad) Johnson.

After graduating from Gresham High School in 1972, she attended college.

On June 30, 1974, Sonja was united in marriage to Allen "Wump" Moede in Gresham. Wump preceded her in death on September 13, 2000.

She worked at the Mohican North Star Casino for 20 years and is a member of Immanuel Mohican Lutheran Church and American Legion Auxiliary. Sonja enjoyed crocheting, knitting and hosting all the Moede family gatherings.

Sonja is survived by: her children, Mikah "Ba" (Natasha Zazoba) Moede and Misti (fiancé Josh Krause) Moede; three grandchildren, Austin, Arianna and Braiden; and one brother, Ford (Connie Olson) Johnson, Jr.

She was preceded in death by her husband, Wump and her parents.

A memorial service was held on Thursday, March 16, 2017 at the Many Trails Banquet Hall located at N9498 Big Lake Road with Rev. Steve Conrad officiating.

Inurnment will be in the Red Springs Cemetery. Visitation was held on Thursday at the banquet hall from 1:00 pm until the time of the service. Swedberg Funeral Home is assisting the family with the arrangements.

Diabetes cont from page One:
of fish are one of the few food sources of vitamin D - another nutrient many people are lacking. (Eggs are also a good source of protein and vitamin D.)

“We don’t have time to discuss all the possible food combinations and the nutrients they provide, but hopefully this gives you an idea as to why eating a variety of them is important,” Mitchell said.

Mitchell discussed the “MyPlate,” diagram which represents the five food groups and the portion size for each, (Fruits, Vegetables, Grains, Protein, and Dairy). She said it acts as a reminder that everything we eat and drink matters. Mitchell said because each one of us has unique food likes and dislikes and our nutrient needs can be different depending on our age, gender, activity, and health the MyPlate and the Dietary Guidelines recommend that we eat a variety of foods from all of the food groups but also within each food group. “This is especially important within the vegetable group, since many Americans don’t eat enough or they tend to eat the same kinds,” Mitchell explained. She said there are weekly recommendations for the following vegetable subgroups: dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, and other vegetables.

Mitchell talked about how to increase the variety of vegetables each week. She said all vegetables are important, and it is recommended that we eat some every day. Mitchell indicated children require one and one half cups of vegetables per day; girls and boys up to the age of 18 should eat two to three cups daily; and the amount for most adults is the same, two to three cups every day. She said surveys in the U.S. indicate that most people, no matter their age, fall short, and the most commonly eaten vegetables are potatoes and tomatoes. According to Mitchell, these two vegetables aren’t bad, but she said a lot of times they are made with added sugars, salt, and fat. “Plus, if those are the only two vegetables eaten regularly, then we’re missing out on the nutrients the other subgroups of vegetables provide,” Mitchell added.

Mitchell said dark green vegetables are a great source of vitamin K, which is important for blood clotting and bone health; red and orange veggies provide nutrients that help keep our eyes healthy; beans and peas are not only considered vegetables, but they can also be good sources of plant-based protein. She said it isn’t necessary to eat all of these

sub-groups each and every day but recommended several servings be included every week. Mitchell explained the recommended serving size for each vegetable subgroup are different and also differ depending on your age and gender because boys and girls have different calorie needs, as do men and women. Mitchell explained that these are general recommendations and individuals who are more active or have health conditions might have different calorie and nutrient needs.

“It’s also important to keep in mind that all forms of vegetables are encouraged. Most people think only fresh vegetables matter, but the truth is canned, frozen, and 100% vegetable juice also count as servings,” Mitchell said. How the vegetables are prepared is equally important.

According to Mitchell all vegetables start out healthy but she said adding ingredients like sauces or seasonings can add extra calories, salt, and saturated fat. She explained that frozen and canned varieties might also have added sugars or salt. “Look for words on the label that indicate No Salt Added, Low Sodium, or Reduced in Sodium,” she said.

Mitchell talked about the grains food group saying most people meet the recommended amount daily, but the recommendation to make half our grains whole grains is a goal many are not meeting. She said there are two types of grains: whole grains and refined grains. Whole grains are foods like whole wheat bread, brown rice, and oatmeal. She said there are many health benefits associated with eating whole grains such as; they are higher in dietary fiber, which helps keep us regular and may reduce the risk of heart disease; whole grains also provide other important nutrients, like the B-vitamins and some minerals.

Mitchell said like the other food groups, we should vary our protein sources. She said lean sources of protein are recommended, and examples of these include fish and seafood, beans and peas, eggs, soy products, nuts, nut butters, seeds, and lean meats, like top sirloin, pork tenderloin and skinless poultry, which includes turkey and chicken.

According to Mitchell, many Americans get enough protein on a regular basis.

The last MyPlate food group Mitchell talked about was dairy. She explained this group includes milk, yogurt, and cheese which are all good sources of calcium, a mineral we need for strong bones

and teeth.

Here are some simple ways to incorporate variety in the different food groups on MyPlate: These are just a few examples of ways to vary your veggies:

- Plan meals to include different colored vegetables throughout the week.
- Remember to choose vegetables from each of those subgroups (i.e., dark green, red and orange, beans and peas, starchy, and other)
- Experiment with different vegetables when preparing healthy soups and salads.
- Make a point to buy different vegetables, depending on what is in season. Chances are they will be more affordable, too.

These are a few ways to increase variety of fruits:

- Pack a variety of different colored fruits as snacks.
- Whole fruits, such as apples, bananas, and oranges are really convenient, but individually packaged and already cut up fruit works, too. Just be sure to look for ones with 100% fruit juice and no added sugars.
- Try new recipes that call for fruits, such as a mixed salad with sliced apples or pears. You can also add fruit, like berries and bananas, to oatmeal, muffins and even pancake batter.
- Enjoy fruit in place of sweets for dessert more often.

These are a few examples of how to vary your grains, while increasing your intake of whole grain sources:

- Try preparing a whole grain that is new to you, such as brown rice instead of white.
- You can also experiment with other grains, like wild rice or quinoa.
- A number of rice blends are available today, too. Or you can make your own, only the cooking times will likely be different.
- Switch to a whole grain bread or wrap for sandwiches – there are so many different varieties available today to choose from. Just be sure to look for a whole grain flour of some type listed as the first ingredient (as opposed to an enriched one).
- Another option is to look for ready-to-eat cereals, and even snacks, that are made with whole grain flours.
- You can also add whole grain

flour to muffins, quick breads, and batters to make pancakes or waffles. (Up to half of the amount of flour that is called for in a recipe can be substituted with a whole grain flour. The amount of leavening may need to be adjusted, though.)

MyPlate recommends that we “choose a variety of lean proteins from both plant and animal sources”. That’s definitely one way to help “Vary Your Protein Routine”. One way to vary your protein routine is to:

- Substitute plant-based proteins in recipes, such as a mixture of beans in chili.
- You can make the recipes without any meat or substitute some of the beans in place of some of the meat, if you’d like.
- Another option is to try meatless dishes when you eat out.
- Many different cuisines offer foods made with beans and lentils.
- Another way to vary your protein routine is to: Experiment with seafood by grilling or baking fish in place of some other protein food for dinner two times per week.

Variety also applies to the dairy group, but choosing low-fat and fat-free versions of dairy foods and drinks is important, too. Two ways to vary your dairy are:

- By sweetening plain low-fat yogurt with different types of fruits or whole grain cereals.
- This combination makes for a tasty treat, and if you portion it out in advance, then it becomes a convenient breakfast on-the-go or a healthy snack.
- You can also make smoothies with fruit and fat-free milk or yogurt on other days.

These are a few more examples of how to vary your dairy:

- Use cheese as a garnish by sprinkling a small amount on top of dishes, like soups, stews, and casseroles.
- Look for lower fat and reduced fat options when possible, such as part-skim mozzarella.
- For recipes that call for higher fat cheeses, try using a smaller amount. For example, extra sharp Cheddar has a stronger flavor, so you don’t need to use as much.
- Try making or buying dips that use low-fat yogurt or ricotta or cottage cheeses. It’s a great way to eat more veggies and makes for a tasty, healthy snack.

Land cont from page One:
 It was during these troubling times, much of the land was sold, bartered, lost to taxation, or in some cases swindled away.

"Fortunately, through earnings from Indian gaming, we have been able to regain some of the lands that were lost in the past," Miller said. According to Miller, the tribe currently has ownership of nearly half the original acreage in various plots throughout the Townships of Red Springs and Bartelme. Some of this land is still considered "fee land." Fee land is when a tribe purchases land and gains legal title under specific statutory authority. This basically means the tribe pays taxes on the land and is subject to laws or restrictions of the town, county and state. Miller

said, "Getting the land into trust helps protect the land from being lost again."

Miller said the process of getting land into trust is long and arduous. He said first the land is acquired and an application is prepared and submitted to the BIA. The BIA reviews the applications and the land. Once they approve the application, it can be appealed by local governments. In the past, the whole land to trust process from beginning to when the land is officially put into trust has taken up to 12 years. "The Bartelme II package was approved in nine years, so I'd like to hope the process is getting smoother," Miller added.

Miller also indicated there are

more lands that have applications in various stages of the process. He said there is a "Bartelme/Red Springs" package with more than 200 acres that is expected to be approved for trust later this year. In addition, he said there are over 25 individual applications for properties covering roughly 1,000 acres of land that are also in the process.

"I take pride in my part of restoring our original lands and hope that future generations can look back and see the good in what the Tribe has accomplished with our current resources. Putting land into trust is a long process that will ensure future generations of this community have the land and the assets provided by it for years and years to come," Miller said.

**Breastfeeding:
 The Traditional Way**
 The Native Breastfeeding Coalition of Wisconsin has chosen their logo.

"Breastfeeding is a normal, natural and the healthiest way to nourish our young. Unfortunately, it is not the norm in our culture where plastic bottles and powdered formula have a higher rate of incidence than breastfeeding" Jennifer reports. The Tribes in the state are seeking to change the perception that bottles are easier and equal to breastmilk.

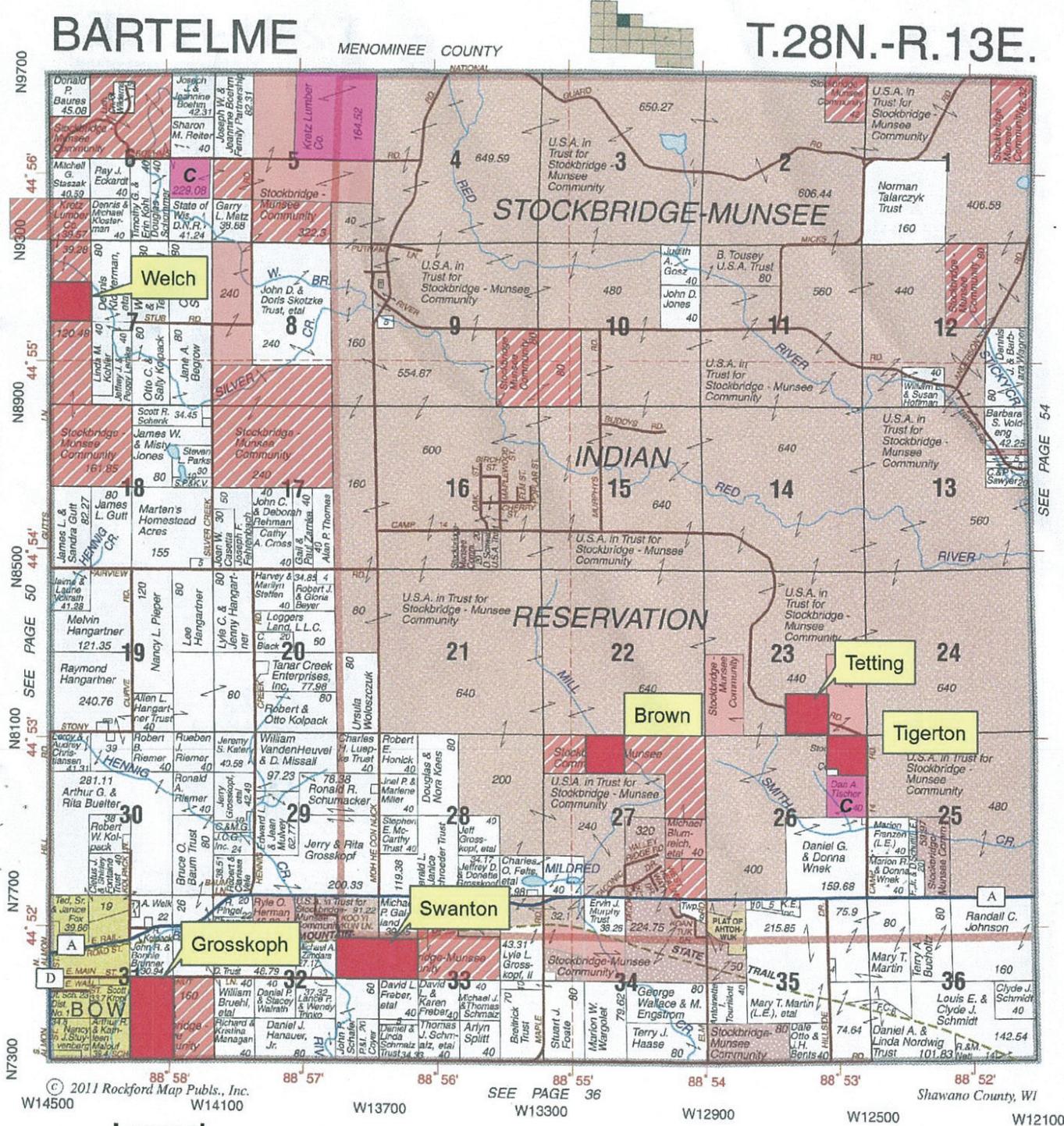
According to Dr. James McKenna, from Notre Dame University, who recently spoke at the Wisconsin Association of Lactation Consultants Conference in Oshkosh, "Breastmilk is always the right temperature, always the right amount, and changes for needs of your baby. If your baby becomes sick, your breastmilk will produce the antibodies your baby needs.

There is evidence that your body will produce different breastmilk if you have a boy than if you have a girl. It is truly the most perfect food." Through his studies, he also learned that the white matter of the brain is significantly higher in breastfed babies versus those formula fed.

There were eight logo design submissions from five Tribes and Danielle's design was chosen to represent the breastfeeding coalition. She was very excited to learn that her artwork was chosen. Second place went to Kelly Martinson from Lac Courte Oreilles. Third place went to Edward Wiggins from Bad River. One submission from Diane Baldwin, a Tribal Member of Oneida Nation, will be used as a poster. Diane was happy to have the coalition use her artwork for a poster, "It's such an important issue to bring awareness to young mothers. What a better way to do this than visual effects!"

Her poster design features breastfeeding mothers from three species: human, deer, and bison. The next Native Breastfeeding Coalition of Wisconsin meeting is on April 25 in HoChunk Nation. For information, please contact Jennifer Ledferd at 715-588-1091 or jledferd@glitc.org **See images of the winning designs on pg 9.**

**Stockbridge Munsee Community
 Bartelme II Trust Application
 (310 acres)**



Legend
 Tribal Fee Land
 Tribal Forest Crop
 Tribal Managed Forest



Printed by SM Land Management Dept.
 Reproduced with Permission of Rockford Map Publishing Inc. Rockford, Illinois 2007
 Updated July 2016



Poster design

* NOTE: C denotes closed Managed Forest

Bowler School Spring pow-wow

May 12, 2017
1:00 to 3:00 pm

Drums:
Wolf River
Medicine Bear

MC: Harold Katchenago

AD: Jeff Vele

Head Dancers: TBA

Color Guard:
Mohican Veterans

Native Food Concessions
by the Bowler Culture Club



2017 Summer Youth Work Experience Program

Stockbridge-Munsee Employment & Training Program

When: Summer Youth will start **June 19** and end by **August 18, 2017**

Where: Stockbridge-Munsee Community

Who is Eligible: Stockbridge-Munsee enrolled youth who are between the ages of 14-18. Also, direct descendants may participate if their established residency for the 16/17 school year was within the townships of Bartleme or Red Springs, excluding Middle Village and including Bowler and Gresham. **ALL STUDENTS** must submit last report card received with home address on it, with application for it to be considered complete. If new to the program you **MUST** submit proof of enrollment or descendant verification

DOB: must be 14 years of age on or before **June 15, 2017 (NO EXCEPTIONS)**

Activities: Skill-building Workshops, Community Services and Work Experience components

Applications available: S/M Education Office, Harold Katchenago at Bowler School and Nancy Buetner at Gresham School or online at <http://www.mohican.com/eet-applications-forms-policies/>.

Deadline: Completed applications **must be dated** as received by program staff no later than **Wednesday May 3, 2017 at 3:00 p.m. NO EXCEPTIONS**



W13447 Camp 14 Road
P.O. Box 70
Bowler, WI 54416

Phone: 715-793-4582 or 715-793-4100
Fax: 715-793-4830
miranda.vele@mohican-nsn.gov

Education, Employment, and Training for Adult Learners

W13447 Camp 14 Road
Bowler WI 54416

Phone: 715-793-4582
Fax: 715-793-4830

Hours of Operation: Monday – Friday 8am to 4:30pm

****WORKSHOP INFORMATION LOCATED ON THE BACK. WORKSHOPS CAN BE TAILORED TO MEET YOUR NEEDS. CALL AHEAD (715)793-4582 AND SET UP A WORKSHOP THAT FITS YOUR SCHEDULE****



APRIL 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|--|---|---|---|---|----------|
| | | | | | | 1 |
| | 3 Computer Lab 9am-11am & 1pm-4pm Menominee Vocational Rehabilitation 8:30am – 11:30am | 4 Computer Lab 9am-11am & 1pm-4pm | 5 **Work Shops** 9am-11am & 1pm-4pm | 6 Computer Lab 9am-11am & 1pm-4pm | 7 **Work Shops** 9am-11am & 1pm-4pm | 8 |
| 9 | 10 **Work Shops** 9am-11am & 1pm-4pm | 11 Computer Lab 9am-11am & 1pm-4pm | 12 **Work Shops** 9am-11am & 1pm-4pm | 13 Computer Lab 9am-11am & 1pm-4pm | 14 **Work Shops** 9am-11am <i>Good Friday</i> | 15 |
| 16 Happy Easter | 17 **Work Shops** 9am-11am & 1pm-4pm | 18 Computer Lab 9am-11am & 1pm-4pm | 19 **Work Shops** 9am-11am & 1pm-4pm | 20 Computer Lab 9am-11am & 1pm-4pm | 21 **Work Shops** 9am-11am & 1pm-4pm | 22 |
| 23/30 | 24 **Work Shops** 9am-11am & 1pm-4pm | 25 Computer Lab 9am-11am & 1pm-4pm | 26 **Work Shops** 9am-11am & 1pm-4pm | 27 Computer Lab 9am-11am & 1pm-4pm | 28 **Work Shops** 9am-11am & 1pm-4pm | |



“Happy 10th Birthday Cienna Rae”
Love Mommy, Daddy & Baby Bert.



Mr. Dennis Zack is the new American Indian Student Services Coordinator in the Campus Center for Equity and Diversity. Mr. Zack grew up on the Stockbridge-Munsee Indian Reservation and is a first generation college student.

Mr. Zack received his B.S. in Human Development with a minor in American Indian Studies from UW Green Bay and is currently completing his M.A. in Counseling with an emphasis on Higher Education at Lakeland University.



In Loving Memory of
Doug Lesperance

What we would give to
clasp your hand
His dear kind face to see
To hear his voice, to see his smile
As in the days that used to be

Sadly missed by his Mother & Sister.



NATIVE AMERICAN HIP HOP

WEDNESDAY, APRIL 19, 2017
7PM / TITAN UNDERGROUND

FEATURING ARTISTS **FRANK WALN**
GARY D **THE SAMSOCHÉ**
THOMAS X **SAMPSON**



AMERICAN INDIAN
STUDENT SERVICES

RUB REEVE
UNION

UNIVERSITY OF WISCONSIN
reeve union
Bringing campus to life.



UNIVERSITY OF
WISCONSIN
OSHKOSH

MFC ~ ASP ~ Teens ~ Family Services

We're on FaceBook!

S-M Family Services @ MFC
 Kori Price, FS Mgr.
 N8605 Oak St. Bowler, WI 54416

Phone: #715-793-4905
 kori.price@mohican-nsn.gov

Tutors: #715-793-4906

After School Room #715-793-4085

Educational Programming
 and
 Direct Services



Mother's Milk- The Creator's Gift

The Native Breastfeeding Coalition of Wisconsin has chosen their logo. Danielle Topping from Red Cliff Band of Lake Superior Chippewa Indians is the winner for the Logo Design Contest. Her design was chosen at the last Native Breastfeeding Coalition of Wisconsin meeting hosted by Lac Courte Oreilles. "This was a tough competition. There was some very beautiful artwork submitted" said Jennifer Ledferd, Program Coordinator for Breastfeeding: The Traditional Way. Her program, through Great Lakes Inter-Tribal Council and proudly sponsored by W.K. Kellogg Foundation, was instrumental in the formation of the Native Breastfeeding Coalition of Wisconsin. Nine out of the 11 Tribes in the State of Wisconsin are actively participating in the coalition with the mission to strengthen and encourage the traditional practice of breastfeeding to improve the lives of women babies and families for generations to come. The coalition's vision is that all Native Communities support breastmilk as the first food to nourish mind, body, and spirit.



2nd Place



3rd Place



Community

What Can We Learn from the Tiny House Phenomenon?

By Nathaniel Sillin

You may not have seen one in your neighborhood yet, but the tiny house phenomenon has spread across the country. For some, the move is driven by a desire to downsize and live a minimalistic lifestyle. Others see it as a way to decrease their impact on the environment.

Economics are often a large part of the equation. Buying and maintaining a tiny home is relatively inexpensive, and the savings can help many people on their path towards financial freedom.

Tiny-home living (often shortened to tiny living) isn't for everyone. However, tiny living requires ingenuity and resourcefulness and we can all learn something from those who choose tiny.

Freedom from debt is priceless.

Living within one's means is a foundational belief to many within the tiny living community. Between labor and materials, a tiny home could cost about \$20,000 to \$60,000 to build.

By contrast, the U.S. Census Bureau found the median sale price for a new home in December 2016 was \$322,500.

The relatively low price gives you a chance to own a tiny home without having a mortgage that'll take three decades to pay off. The ongoing savings in the form of lower utility, tax and maintenance bills also make it easier to pay off non-housing debts, such as student loans, and live a debt-free life.

That being said, you can live in a larger home and still look for ways to lower your monthly expenses and fight lifestyle inflation (spending more as you make more money). A common tip is to allocate half of your next raise or bonus to your savings or use it to pay down debts. But why not challenge yourself and use your entire raise or bonus to build your net worth?

Make room for things that are important.

Moving into a tiny home can require major downsizing, but some view that as a feature rather than a disadvantage. It's not about getting rid of things that aren't absolutely necessary, after all sometimes "unnecessary" decorations turn a house into a

home. Rather, from furniture to clothing, you have to decide what's important to you and leave the rest behind.

It's easy to fill a large home with clutter and then attempt to clean every spring. Perhaps a better approach would be to take a tiny-home mindset to the store with you. Don't get bogged down by asking yourself if you can live without something – you can live without many things – instead, try to only spend money on things that add meaning and joy to your life.

You have more space than meets the eye. Watch a tour of a tiny home, and you'll see that great organization skills and original storage ideas are a must. Tables turn into benches and chairs double as shelves – everything seems to have at least two purposes.

How could a little imagination transform your home? Might a new shelving system and selling items that aren't important to you anymore give you more room? Inventiveness and thinking outside the box are keys to making the most of what you have.

High-quality products are worth the investment. Many tiny-home owners are keenly aware of the waste they're putting back into the world. Some even choose to live in a tiny home because it'll reduce their ecological footprint. The savings that come from tiny living and this approach to life often lead to investments in long-lasting products rather than cheaper alternatives.

Quality over quantity is certainly a worthwhile mentality to adopt. Put it into practice by looking for companies that offer lifetime warranties on their products. You might be surprised to find that from socks to power tools there are dozens of manufacturers that uphold this promise.

How will you make use of these lessons? Simple living and conscious buying aren't exclusive traits of tiny-home owners. Regardless of the size of your home, you may find that incorporating these principles and practices save you time and money. Two valuable resources that should never be wasted.

George Putz Memorial 2017 Student Writing Contest Entry Deadline Approaching

The deadline for the George Putz Memorial Student Writing Contest is March 31, 2017.

There is no entry fee and the contest is open to all students in Shawano and Menominee counties, along with home schooled children in three grade groups: 1-4, 5-8, and 9-12.

Students in each grade group compete against other writers in their age group in three categories for the children to express themselves: fiction, nonfiction and poetry. There is no limit to the number of entries each student can submit.

Judges for the contest are from outside of Shawano and Menominee Counties. Most of the judges are writers. Recognition includes 1st, 2nd, or 3rd place in each cate-

gory, along with cash prizes. Honorable mentions are also handed out and winning students will receive a Certificate of Achievement as a reward for their time and work.

This year's winners will be recognized on the Shawano Area Writers' website www.shawanoareawriters.org. Students can go there around the middle of April to see if they have won an award. The Shawano Area Writers will strive to get the names of the winning students to their schools so they can attend the awards ceremony at the Mielke Arts Center.

Contest rules are posted on our website, along with entry forms. Students may send their entry via the internet or by mail. If you have questions call John Mutter, Jr., at 715-524-4520.



Tribal Council Directives

On Tuesday, March 7, 2017, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at the time the following motion were made:

Tribal Council Members present: Shannon Holsey, Jolene Bowman, Janet Miller, Jeremy Mohawk, Chad Miller, Sterling Schreiber and Scott R. Vele

APPROVAL OF AGENDA- Motion by Jolene Bowman to approve the Regular Tribal Council Meeting agenda of Tuesday, March 7, 2017. Seconded by Scott R. Vele. Motion carried.

MEETING MINUTES- Motion by Scott R. Vele to approve the Regular Tribal Council meeting minutes of Tuesday, February 21, 2017, with the correction to the bottom of the page and the Special Tribal Council Meeting minutes of Monday, February 27, 2017. Seconded by Sterling Schreiber. Motion carried.

TRIBAL FINANCIALS-Amanda Stevens, CFO Motion by Jeremy Mohawk to approve the October and November Tribal Financials and approve January for posting. Seconded by Scott R. Vele. Motion carried.

FY2017 CAPITAL REVIEW-Amanda Stevens No action taken at this time, a Special Tribal Council will be scheduled next week.

GRESHAM SCHOLARSHIP FUND-Robert Klopke Motion by Scott R. Vele to authorize the Tribal Treasurer to

take monies out of donations for the 16th Annual Gresham Dollars for Scholars banquet, which is a table sponsorship as outlined. Seconded by Jeremy Mohawk. Motion carried.

WIEA DONATION-Jolene Bowman, Director of Education, Employment and Training Motion by Jeremy Mohawk to approve a donation for the 2017 Wisconsin Indian Education Association Conference. Seconded by Scott R. Vele.

Roll Call: Sterling yes, Chad yes, Jolene abstain, Janet yes, Jeremy yes and Scott yes. Motion carried.

EDUCATION BOARD REQUEST-Roberta Carrington No action taken at this time, the item will be placed on the Special Meeting agenda next week.

Motion by Janet Miller to go along with the recommendation of Roberta Carrington, to revise the handbook, the Academic Requirements section, deleting the words, profession doctoral. Seconded by Jeremy Mohawk

Roll Call: Sterling yes, Chad yes, Jolene abstain, Janet yes, Jeremy yes and Scott yes. Motion carried.

NEW CASINO POSITION-Evan Mills, Executive Director of HR Motion by Scott R. Vele to go along with the recommendation of the General Manager and the Executive Director of Human Resources to post for the Senior Executive Chef, as presented. Seconded by Janet Miller.

Roll Call: Sterling no, Chad no, Jolene no, Janet abstain, Jeremy no and Scott yes. Motion defeated. **Directives cont on pg Thirteen:**

April 2017

Fruit & Vegetable of the Month: Rhubarb

Nutritional Value & Health Benefits

There are several different varieties of rhubarb grown all over the world and used in a variety of cooking preparations. One characteristic consistent with all rhubarb is the toxicity of the leaves and roots. The rhubarb leaves contain high amounts of oxalic acid, a toxic and potentially deadly poison, only the stems are edible.

Rhubarb is one of the least calorie vegetables. Nonetheless, it holds some vital phytonutrients such as dietary fiber, polyphenolic antioxidants, minerals, and vitamins. Further, its petioles contain no saturated fats or cholesterol.

Red color stems carry more vitamin-A than the green varieties. These compounds convert into vitamin-A inside the human body and deliver same protective effects of vitamin-A. Vitamin-A is a powerful natural antioxidant which is required by the body for maintaining the integrity of skin and mucosa. It is also an essential vitamin for healthy eyesight. Research studies suggest that natural foods rich in vitamin-A may help protect from lung and oral cavity cancers.

Its stalks also contain healthy levels of minerals like iron, copper, calcium, potassium, and phosphorus. However, most of these minerals do not absorb into the body as they undergo chelation into insoluble complexes by oxalic acid, which then excreted out.

Preparation

Rhubarb is great for sauces, preserves, jellies and jams, syrups, sorbet, pies, tarts, puddings, muffins, or frozen sweets.

Strawberry Rhubarb Yogurt Pops



Ingredients:

1 lb. strawberries, hulled & minced
¾ c. fresh orange juice
¼ tsp. kosher salt
3 stalks rhubarb, trimmed & minced
4 oz. plain 2% Greek yogurt
½ c. honey

Instructions:

Bring strawberries, juice, salt, and rhubarb to a simmer in a 4-qt. saucepan; cook until fruit begins to break down, 3-4 minutes. Let cool and, using a slotted spoon, transfer ½ cup fruit to a bowl. Transfer remaining fruit mixture to a blender; add yogurt and honey and puree until smooth. Stir in reserved fruit; divide mixture between individual ice-pop molds or cups. Freeze 1 hour, then insert a popsicle stick into each mold; freeze until pops are solid, about 3 hours more. To release ice pops from molds, briefly run bottom of the molds under warm water.



10 Tips: Make Better Beverage Choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

- 1. Drink water** Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- 2. How much water is enough?** Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.
- 3. A thrifty option** Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
- 4. Manage your calories** Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages — drinking water can help you manage your calories.
- 5. Kid-friendly drink zone** Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup,

and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

- 6. Don't forget your dairy**** When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.
- 7. Enjoy your beverage** When water just won't do — enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.
- 8. Water on the go** Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- 9. Check the facts** Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices
- 10. Compare what you drink** Food-A-Pedia, an online feature available on the SuperTracker website, can help you compare calories, added sugars, and fats in your favorite beverages.

Provided by USDA.

IT'S THAT TIME OF YEAR AGAIN TO GET YOUR CATS/DOGS VACCINATED!

WHERE: S/M HEALTH & WELLNESS CENTER (GARAGE)

DATE: June 3, 2017

TIME: 11:00 am-12:30 pm

K-9/Dog Prices

Rabies- \$ 17

Distemper- \$20

Bordetella- \$16

Lyme Vaccination- \$27

Feline/Cat Prices

Rabies- \$17

Distemper- \$20

Feline Leukemia-\$20

PLEASE MAKE SURE YOU CLEAN UP AFTER YOUR FURRY ANIMALS—THANK YOU

Please Make Checks payable to:

Birnamwood Veterinary Clinic

*Services provided by: Dr. Wendy from Birnamwood Veterinary Clinic

Any questions please call Julie Burr-CHR at 715.793.5013

***** VACCINATION IS FOR CATS AND DOGS Only*****

Revised

For those of you that have missed out on Babysitter Training!!

Here is your opportunity to jump on board and get trained.

WHERE: S/M HEALTH & WELLNESS CENTER (LOWER LEVEL CONFERENCE ROOM)
WHEN: JUNE 9, 2017
START TIME: 9 O'CLOCK AM

LIMIT OF 12 STUDENTS PER CLASS
MUST BE AT LEAST 11 YEARS OF AGE TO PARTICIPATE

CAN SIGN UP BY CONTACTING Julie Burr-CHR at (715) 793-5013



Education

Education, Employment, and Training

College Internship

What: The College Internship is a **paid** program that gives undergraduate students practical work experience while gaining skills and building networks with potential employers and professionals in their fields.

When: Internship Program will start **June 5th, 2017** and end **August 11th, 2017**.

Where: Stockbridge Munsee Community

Who is Eligible: Stockbridge-Munsee enrolled members who are enrolled full-time in an accredited/certified institution are eligible to apply for an internship placement. Applicants must have **a major declared or be accepted into a program**, have a minimum grade-point average of 2.6 in their major, and they must be at %50 completion in their program. All applicants **MUST** submit proof of Stockbridge-Munsee enrollment, proof they are enrolled in classes for the upcoming semester, and provide a grade report from the most recent completed semester.

Applications available: Stockbridge-Munsee Education Office

Deadline: Completed applications **must be dated** as received by program staff no later than **Wednesday May 3, 2017 at 3:00 p.m. NO EXCEPTIONS!!** The Internship placements are limited and held on a first come first serve basis. Any applications missing required materials **WILL NOT** be considered if the deadline has passed.



W13447 Camp 14 Road
P.O. Box 70
Bowler, WI 54416

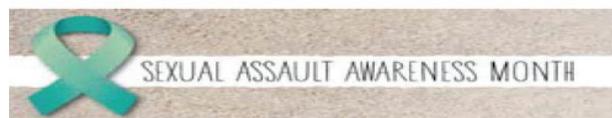
Phone: 715-793-4582 or 715-793-4100
Fax: 715-793-4830
miranda.vele@mohican-nsn.gov



FAMILY SERVICES PROGRAM

DENIM DAYS!

Wear jeans with a purpose, support survivors and educate yourself and others about sexual assault



USDA
United States Department of Agriculture

10
tips
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

- 1 Drink water**
Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.
- 2 How much water is enough?**
Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.
- 3 A thrifty option**
Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
- 4 Manage your calories**
Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.
- 5 Kid-friendly drink zone**
Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.
- 6 Don't forget your dairy****
Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.
- 7 Enjoy your beverage**
When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.
- 8 Water on the go**
Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- 9 Check the facts**
Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.
- 10 Compare what you drink**
Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Work Shop Description

****WORKSHOPS CAN BE TAILORED TO MEET YOUR NEEDS. CALL AHEAD (715)793-4582 AND SET UP A WORKSHOP TIME THAT FITS YOUR SCHEDULE****

Computer Lab: This time is open to the public for independent use of the computers for Education or Job/Career related activities.

Application Assistance: Time to kick off the dust from that old application and revive it. Using this program will provide assistance, no matter your skill level, in creating an appealing job application.

Basic Computers: Were you born in the age where a mouse was a rodent that hid in your house to keep warm? Join us in a program centered on building basic computer skills, keyboarding skills and building knowledge of the technological age.

Financial Aid: A program to assist with FAFSA, financial aid, scholarships, and planning for an Educational Future.

Scholarship Informational: Need help paying for school but don't know where to start? This program will provide access to information important to applying for internal, local and national scholarships.

Career Cruising: Do you like your job but want to build a career? Do you know where to start? This program will provide access to explore careers, take assessments on abilities as well as interests and provides information on employment trends and schools.

Job Search: Tired of the job you're currently in? Would you prefer to be employed where your job isn't really work? Join us in a program that will walk you through the job search process, including introductions to resume building and the do's and don'ts of the interview process.

Interview Stream: A web-based mock interview program to assist you in preparation for upcoming interviews for internships, jobs, or graduate or professional school admission. It is a simple, fun and Effective way to refine and master your interviewing skills.

Work Certified: A program that teaches basic business ethics, interpersonal skills and workplace behavior.

Financial Literacy: A workshop to help build skills and knowledge that will allow an individual to make informed and effective decisions with all of their financial resources

Menominee Vocational Rehabilitation: This program provides services to Native Americans with disabilities in order to obtain or retain employment. Services provided to Vocational Rehabilitation Program consumers are custom designed to fit each individual's needs and employment goals.

Adult Literacy: Building Academic Skills, and TABE Assessment;

- Building Academic Skills:** Assistance with college course work and preparation for accuplacer testing used as college entrance exams; and
- TABE Assessment:** Testing to provide a solid foundation for effectively assessing the skills and knowledge of adult learners. The tests combine to provide a flexible system of diagnostic assessments and instructional materials to meet the diverse needs of today's growing adult education market.



**Directives cont from page Ten:
HR SCREENING & INTERVIEW
PROCESS-Evan Mills, Executive
Director of HR and Bev Miller,
HR Manager**

Motion by Jolene Bowman to approve the HR recommendations regarding the HR Screening and Interview process as presented. Seconded by Jeremy Mohawk.

Roll Call: Sterling no, Chad yes, Jolene yes, Janet yes, Jeremy yes and Scott no. Motion carried.

**EAP POLICY LANGUAGE
ENHANCEMENT-Evan Mills,
Executive Director of HR**

Motion by Jolene Bowman to approve the HR recommendation regarding the EAP Policy Language Enhancement, as presented. Seconded by Janet Miller.

Roll Call: Sterling yes, Chad yes, Jolene yes, Janet yes, Jeremy no and Scott yes. Motion carried.

**ACTING EMPLOYEES POLICY
ALIGNMENT- Evan Mills,
Executive Director of HR**

Motion by Jolene Bowman to approve the Acting Employee/Policy Alignment as presented by the HR recommendation. Seconded by Chad Miller.

Roll Call: Sterling yes, Chad yes, Jolene yes, Janet yes, Jeremy abstain and Scott yes. Motion carried.

**CELL PHONE POLICY AND
STIPEND RECOMMENDATIONS-
Mary Thao, CIO**

Motion by Jeremy Mohawk to deny of the \$60.00 stipend and maintain the \$30.00 a month stipend. Seconded by Janet Miller. Motion carried.

Motion by Jolene Bowman to approve the Cell Phone Policy revisions with the change of stipend to \$30.00, as presented. Seconded by Jeremy Mohawk. Motion carried.

**POLICE AND FIRE COMMISSION
POLICIES-Annette Schreiber,
Board Member, James Hoffman,
Chief of Police and Bridget
Swanke, Senior Counsel**

Motion by Scott R. Vele to accept the recommendation of the Police and Fire Commission to institute policy number 502, Vehicle Removal and Towing and policy number 703, Use of Audio/Visual Equipment, as presented. Seconded by Janet Miller. Motion carried.

**2017 STATE TITLE III GRANT-
Kristy Malone, Elderly Services
Manager**

Motion by Jolene Bowman to approve budget modification #1 for Elderly Services, for the Tribal President's signature, for the 2017 Wisconsin State Title III Grant, as administered through the Greater WI Agency on Aging Resources, Inc. (GWAAR). Seconded by Jeremy Mohawk.

Motion maker amends motion changing: Tribal President's signature to Tribal Treasurer's signature. Second concurs.

Motion carried.

**CAMP 14 ROAD HOME-Linda
Mohawk-Katchenago, Tribal
Administrator and Stacey
Schreiber, Director of Public
Works**

Motion by Sterling Schreiber regarding the Camp 14 home, option 1, complete the rehab work, move ahead with the contract and use the dwelling for transitional housing. Seconded by Janet Miller.

Roll Call: Sterling yes, Chad yes, Jolene yes, Janet yes, Jeremy yes and Scott no. Motion carried.

**REPATRIATION DEPARTMENT-
Linda Katchenago, Tribal
Administrator**

No action taken at this time, the item will be considered at the Special Meeting next week.

**BOARD/COMMITTEE MEETING
MINUTES-John Williams, Board
Member**

Motion by Scott R. Vele to go along with the Land Committee's recommendation for approval of the application for assignment of Tribal Land for: Rhonona Vasquez, which reads: S1/2 NW1/4 SW1/4 SW1/4 of Section 9 T.28N-R13E Bartelme, except 1 chain strip along the South line. Approx. 4 acres or less. Seconded by Janet Miller. Motion carried.

**B O A R D / C O M M I T T E E
S E L E C T I O N -**

Motion by Scott R. Vele to appoint Ron Blum to the Family Center Board. Seconded by Janet Miller. Motion carried.

**-OPEN SESSION-
EXECUTIVE SESSION-**

Motion by Scott R. Vele to go into Executive Session. Seconded by Chad Miller. Motion carried at 7:36 PM.

Motion by Scott R. Vele to come out of Executive Session. Seconded by Jeremy Mohawk. Motion carried at 8:17 PM.

While in Executive Session discussion was on a gaming waiver, contract and land consortium.

Motion by Scott R. Vele to go along with the Gaming Commission's recommendation to approve the waiver for applicant W17.1 and approve resolution, for President's signature, which is 027-17, as discussed in Executive Session. Seconded by Jolene Bowman.

Roll Call: Sterling no, Chad yes, Jolene yes, Janet yes, Jeremy yes and Scott yes. Motion carried.

ADJOURNMENT-

Motion by Scott R. Vele to adjourn. Seconded by Janet Miller. Motion carried at 8:18 PM.

**On Tuesday, March 14, 2017,
the Stockbridge-Munsee Tribal
Council held a Special Council
Meeting and at the time the
following motion were made:**

**Tribal Council Members
present:** Shannon Holsey, Jolene Bowman, Janet Miller, Chad Miller, Sterling Schreiber and Scott R.

Vele

**APPROVAL OF AGENDA-
Strike: EPA items (Angela W.)**

Motion by Scott R. Vele to approve the Special Tribal Council, Tuesday, March 14, 2017, agenda, with the deletions of the Wetland and Competitive Bid Policy and to add in Executive Session a personnel update. Seconded by Janet Miller. Motion carried.

**FY2017 CAPITAL REVIEW-
Amanda Stevens**

**Housing Lawn Mower-Randy
Young, Director of Community
Housing**

Motion by Scott R. Vele to have purchasing bid out the needed mowers for Housing and any other department besides Pine Hills, for a commercial bidding package, not specific to any name brand. Seconded by Sterling Schreiber.

Roll Call: Sterling yes, Chad yes, Jolene no, Janet yes and Scott yes. Motion carried.

**Family Center-John Miller,
Family Center Manager**

Motion by Scott R. Vele to deny previously approved capital expense for the Family Center's wall for the gym. Seconded by Sterling Schreiber.

Roll Call: Sterling yes, Chad no, Jolene yes, Janet yes and Scott yes. Motion carried.

**Dump Truck-Willy Miller, Roads
Manager**

Motion by Jolene Bowman to continue to support of the dump truck with trades, within in the allocated amount. Seconded by Chad Miller. Motion carried.

**Fire Department-Jim Hoffman,
Chief of Police**

Motion by Scott R. Vele to remove the thermal imaging camera expenditure of \$7000.00 and the multi-gas detector of \$4000.00, until further notice and investigation of grants by the grants writer and other departments working together to attempt to bring these costs in the parameter of other means than tribal contribution. Motion dies for a lack of second.

Motion by Scott R. Vele to approve the increase for the fire and rescue department capital expenditure of \$2300.00 for the four Self Contained Breathing Apparatuses and to deduct the multi-gas detector, until further investigation of all purchasing power. Seconded by Janet Miller. Motion carried.

Motion by Jolene Bowman to include the thermal imaging camera in the amount of \$7000.00, as originally allocated. Seconded by Janet Miller.

Roll Call: Sterling yes, Chad yes, Jolene yes, Janet yes and Scott no. Motion carried.

MIS-Mary Thao, CIO

Copiers next agenda
Motion by Scott R. Vele to accept the revised capital expenditures for IT, which is to remove the cell phone booster, the \$30,000.00 from the website rebranding and \$100,000.00 from copier/printer

replacement, as presented by CIO, Mary Thao. Seconded by Janet Miller. Motion carried.

**Pine Hills-Lloyd Young, General
Manager**

Motion by Scott R. Vele to authorize the Pine Hills staff to continue with the purchases of the two capital items, the 5-cylinder mower and the tri-plex mower as requested. Seconded by Chad Miller. Motion carried.

GARDEN PROJECT-Joe Miller

Ag agenda and money? Clearing trees? (Chad started an impact review, should be back at the end of the month (process) Unallocated like last year? Strategic plan activities under food sovereignty Plan-placed into the budget and proper staff being involved. Motion by Jolene Bowman to approve the 2017 Garden Project and to include Indirect Cost where applicable and pending a successful impact review and the money to come from Strategic Plan Activity under Food Sovereignty. Seconded by Janet Miller.

Roll Call: Sterling no (nothing against the project, it just the process was not followed), Chad yes, Jolene yes, Janet yes and Scott yes. Motion carried.

**REVISIONS TO SENIOR
BANQUET POLICY-Roberta
Carrington**

Motion by Scott R. Vele to approve the request of Roberta Carrington, Chairperson of the Stockbridge-Munsee Education Board, to the revisions to the Senior Banquet Policy, which removes the words, "Red Springs and Bartelme." Seconded by Janet Miller.

Motion maker amends motion to include: removing "student must live within the Townships of Red Springs and Bartelme." Motion maker withdraws motion. Second concurs. Motion withdrawn.

Motion by Scott R. Vele to accept the recommendation of the Stockbridge-Munsee Education Board, which their direction is being presented by the Chairperson, Roberta Carrington, to remove the words, "student must live within the Townships of Bartelme and Red Springs." Seconded by Sterling Schreiber.

Roll Call: Sterling yes, Chad yes, Jolene yes, Janet no (not due to the wording, because of the overall), Scott yes. Motion carried.

**REPATRIATION DEPARTMENT-
Linda Mohawk Katchenago**

No action at this time.

EXECUTIVE SESSION-

Motion by Scott R. Vele to go into Executive Session. Seconded by Janet Miller. Motion carried at 10:34 PM.

Motion Scott R. Vele to come out of Executive Session. Seconded by Sterling Schreiber. Motion carried at 10:57 AM.

ADJOURNMENT-

Motion by Scott R. Vele to adjourn. Seconded by Jolene Bowman. Motion carried at 10:57 AM.

TRIBAL LIFELINE

Discounted Wireless Service for Qualified Customers **PLUS PLANS**

Cellcom believes it is more important than ever to stay connected. Cellcom offers affordable and reliable wireless service through Lifeline. Lifeline is a federally subsidized wireless program. If you participate in certain government assistance programs, you may be eligible.

Lifeline customers can now use their monthly discount towards basic devices, smartphones or mobile broadband.

- Basic Phone Plan \$10/mo.**
 Unlimited talk, unlimited text and 75 mb of data
- Smartphone Plan** Starting at \$20/mo.
 Unlimited talk, unlimited text and data
- Mobile Broadband** Starting at \$10/mo.

FREE ACTIVATION on all plans a \$25 value

Cellcom Build For You™

To learn more about Lifeline, or to request an application, stop by any Cellcom retail location or call 1-800-236-9055.

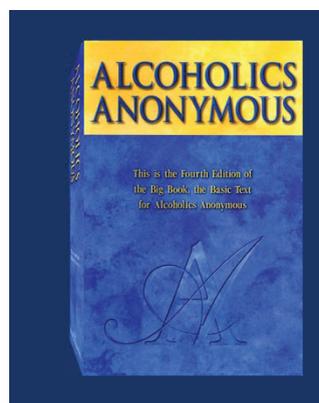
Additional time of service required. Applicants must be 18 years old, have a physical address and participate in at least one federal program accessed on the Lifeline application. Service not available in all areas. Participation may vary by state. Lifeline discounts and eligibility must be verified annually. Taxes, fees and charges vary and are subject to change without notice. See retail location or www.cellcom.com/lifeline for details. Some plans may require a 1 GB of data and Mobile Broadband plans begin with 1 GB of data; additional data is available for an additional charge. Other restrictions apply. See store for details.

New AA meeting

Stockbridge Bible Church

(Corner of Camp 14 and Maplewood)
N8606 Maplewood St
Bowler, WI 54416

Sundays At 7:00pm
 Next meeting December 11, 2016



Little House Portables Septic Service

- * Septic Tanks
- * Holding Tanks
- * Grease Traps
- * Dry Wells
- * Jetting & Steaming of sewer pipes
- * Inspections and Evaluations



Residential, Commercial
24-Hour Emergency
715-787-4464

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.

www.perrethomesinc.com

Kensington
 1,173 sq. ft.
 3 bed – 2 bath

Only **\$49,995**
Closeout Model

CUSTOM BUILDERS SINCE 1946

**1100 VELP AVE.
 GREEN BAY, WI**
 TOLL FREE (866) 433-1442

Vele Construction

"No job too big or too small"

Jeff Vele, Sr.
 W13593 Putnam Lane
 Bowler, WI 54416

715-793-4648
 (Texts preferred)

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

Excellent work and reasonable rates! Fully Insured!

MOHICAN LP GAS CO.

715-793-4832
 Bowler, WI

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

- 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



**GRESHAM
AUTO BODY LLC**

321 Main Street • Gresham • 715-787-3370

We would like to thank you for your business and remind you, by State law, you can take your vehicle to the shop of your choice with only one estimate. We offer a discount to all tribal members and free rentals on insurance claims.

Proudly employing tribal members for fifteen years.

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"
Open your account today!

Each Depositor Insured to at least \$250,000

FDIC

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

Stockbridge-Munsee Family 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

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

Need to talk or need support
please Call: Client Services Ad-
vocate :



Hot Food:
Sandwiches
Pizza Slices
Hot Dogs
Tornados

Hours
6 AM - 12 AM
Daily

We feature
Skinz 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

Do you struggle hearing on a regular telephone?

Apply NOW for one of our FREE* phones and enjoy better communication TODAY!



Quattro 4.0



CSC500



CR200



A700BUN



A1600BT

Contact Paul Klocko
Americans For Better Hearing Foundation (ABHF)
(P) 715.241.6940
(E) pklocko@dwave.net



ClearSounds
Better Sound in Every Ear



AMERICANS FOR BETTER HEARING FOUNDATION

*Equipment eligible for purchase is made available through Wisconsin Telecommunications Equipment Purchase Program and paid for by the Wisconsin Universal Service Fund. The Program serves eligible or qualified individuals with certain telecommunications-related special needs.
*ABHF is a 501(c)(3) nonprofit organization
©2016 ClearSounds Communications, Inc. All rights reserved. ClearSounds, the logo design, SoundPrint, Communications Amplified, Moving Beyond the Sound Barrier, Better Sound in Every Ear, ClearTV, Doctor's Choice, SoundWizard, Quattro, DM2, QLink, QLinkTV, QLinkConnect, iSound, iConnect, Hear How Good Life Can Be, iCreations, and ClearBoom as well as the trade dress of the products are trademarks or registered trademarks of ClearSounds Communications, Inc.



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



FDIC
EQUAL OPPORTUNITY LENDER
NMLS# 440202

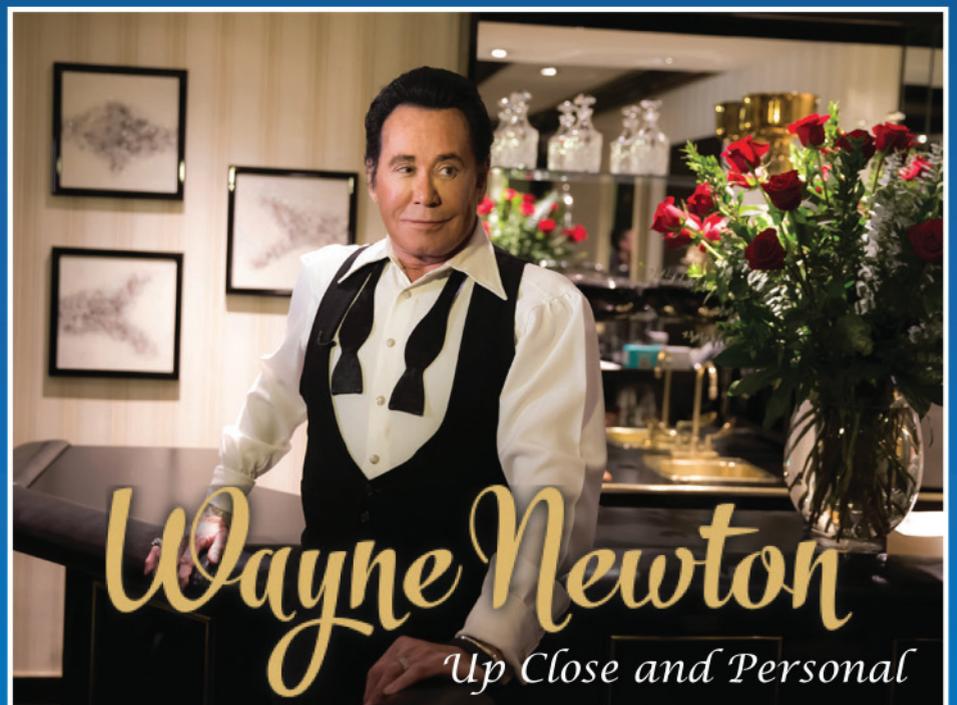
April 5
Show 8 PM
Foreigner
Celebrates 40 Years!
"The Flame Still Burns"
Tickets: \$75 • 21 or older



April 21
Show 8:30 PM
Billy Bob Thornton & The Boxmasters
Tickets: \$45 • 21 or older



May 5
Show 8:30 PM
Wayne Newton
Up Close and Personal
Tickets: \$35 • 21 or older



slots • table games • bingo • big name entertainment • golf • hotel

800.775.CASH • NORTHSTARCASINORESORT.COM