

STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

MOHICAN NEWS

The people of the waters that are never still

Vol. XXVI No. 21

N8480 Moh He Con Nuck Road • Bowler, WI 54416

November 1, 2018

Unique Swearing-In Held After Election



L to R: Tribal Vice-President Matt Putnam, Tribal Council Member Marv “Buttons” Malone, President Shannon Holsey, Tribal Council Member Sterling Schreiber, Tribal Council Member Jeremy Mohawk, and Chief Judge Travis Miller (more about Chief Judge Miller below).

On October 18, 2018 the Stockbridge-Munsee Community held its annual swearing-in for newly elected Tribal Council Members. What made the event unique this year was because first, President Shannon Holsey swore in the new Chief Judge Travis Miller, and then Chief Judge Miller swore in the elected Tribal Council Members. The newly elected Tribal Council Members are Vice President Matt Putnam, Tribal Council Member Marv “Buttons” Malone, Tribal Council Member Jeremy Mohawk, Tribal Council

Member Sterling Schreiber, and Tribal Council Member Craig Kroening Jr. Each of the Tribal Council Members was able to address the community who attended the swear in with a brief speech. Following their speeches were congratulations and handshakes from the community members. “Being a Tribal Council Member is a challenging role, and an important role as we lead our nation and prepare for the next generation,” President Shannon Holsey stated in an email she sent out on October 18, 2018.

Travis Miller Elected to Chief Judge



Travis Miller is an enrolled member of the Stockbridge-Munsee Community and a descendent of the Crow Creek

Sioux Tribe—the son of Robert “Bob” Miller and Sherri Malone. His paternal grandparents are the late William and Lenore Miller; and his maternal grandparents are Sheldon and Joann Malone. He has four children: Biids Miller, Eeshulaandew Miller, Asdzanii Miller, and Nidibah Miller.

Travis was raised on the reservation his entire life and remained there until his mid-twenties. Some of his past employment with the tribe includes being a slot technician and later a surveillance officer at Mohican North Star Casino. In 2010, Travis left to attend college at the Institute of American Indian

Judge continued on page Three:

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Tribal Leaders Attend CMN Investiture



(Left to right): Menominee Legislator Gary Besaw, Menominee Legislator Myrna Warrington, Dr. Trebian, Oneida Nation Chairman Tahasee Hill, Menominee Nation Chairman Douglas Cox, Oneida Nation Councilman Kirby Metoxin, Mohican Nation President Shannon Holsey, Oneida Nation Tribal Vice-Chairman Brandon Stevens.

Dr. Trebian is CMN’s (College of Menominee Nation) first ceremonially invested President. The Investiture ceremony was recently held at the Menominee Nation Five Clans Banquet Hall in Keshena WI. Dr. Trebian was gifted a beaded medallion from

Virginia Nuske Chairperson of the board of trustees, and he wore it proudly around his neck throughout the remainder of the ceremony. The new President will be stepping in for Verna Fowler who retired in 2016.

Fire Safety Open House



By Brett Miller – Mohican News Reporter

The 14th Annual Crime Prevention, and Fire Safety Open House and Parade was held recently at the Public Safety Building. Food, Games, and Prizes were available for the entire community to enjoy. A Smokehouse was there to demonstrate an actual fire. Safety and Awareness booths were set up to educate you about drugs, safe sleep, family services, and

hunter education.

Ham & cheese, or beef & cheese sandwiches and chips were on the menu. You were able to add toppings if you wanted such as lettuce, tomatoes, onions, pickles, and mustard. If you were wanting something sweet cookies were available. A cold drink of water or soda was very refreshing and complimented the food nicely. All the food filled the bellies of the **Safety continued on page Five:**

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Arvid E. Miller Memorial Library Museum Will be Teaching Session Workshop Series



- **6 Saturdays 11 AM – Noon**
- **Facilitators: Yvette Malone, Leah Miller, Molly Miller**

- NOVEMBER 3 Stockbridge-Munsee last treaty 1856 What does it say?**
- NOVEMBER 10 Sovereign – what does that mean, tribal court, citations, tribal law, persona.**
- NOVEMBER 17 How to do research at library, How, to do genealogy.**
- NOVEMBER 24 12 levels of living a Munsee-Mahican Teaching.**
- DECEMBER 1 The “Why” of tribal current tribal enrollment.**
- DECEMBER 8 Final class – discussion on recommended changes for the survival of our people.**

****Earn a certificate of completion if you attend all 6 sessions****

Sign up today!

For information call 715-793-4834 or email:
yvette.malone@mohican-nsn.gov
molly.miller@mohican-nsn.gov

North Star Mohican Casino Resort to Hold an Out of This World Halloween Event Featuring Music from Vic Ferrari

October 15, 2018 (Bowler, WI) – North Star Mohican Casino Resort is calling for all ghosts, goblins, aliens and warlocks to attend their annual Out of This World Halloween event on Saturday, October 27th from 7PM - 12:30AM. This event is FREE.

Wear your best paranormal getup and compete to win the annual costume contest. A total of \$6,000 in cash and Free Play prizes are up for grabs, with first place taking home \$1,000 in CASH!

Registration for the contest is from 7PM – 8PM in the east rotunda, in front of the Event Center doors.

The party itself will be from 9PM - 12:30AM! Enjoy your time with other ghoulish creatures and rock out to the sounds of Vic Ferrari.

While the main event is in the evening, the Halloween fun takes place all day long! No tricks about it, simply earn 5 points then visit the Star Club from 8AM - 11:59PM to show off your best out of this world costume to receive your Halloween Star Club treat - \$10 in Free Play!

“Our annual costume contest is always a lot of fun and our guests go all out,” said Michael Bonakdar, General Manager of North Star Mohican Casino Resort. “We are preparing for our first ever Para-Con and so this Out of This World Halloween Event is the perfect way to kick off the festivities.”

While the Halloween event is FREE, tickets for the upcoming Para-Con are on sale now. The three-day weekend pass is \$99, individual ticket prices for Friday and Sunday are \$35 and Saturday tickets are \$75.

Also, don't miss out on the breathtaking Eyes in the Sky event on November 2 at 9:30PM. Participants can work with our UFO experts as we glance in the night to discuss UFO sightings that have happened locally. This presentation will be outdoors so dress appropriately.

To learn more about the Out of This World Halloween event, or any other special events at North Star Mohican Casino Resort, please visit <https://www.northstarcasinoresort.com>

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

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MOHICAN NEWS

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Thank You!

Thank you for your support in the 2018 Tribal Elections. The heartfelt warm messages that I received are appreciated beyond words. I also want to congratulate the 2018 Tribal Council and wish them all well.

Jolene Bowman, Ph.D.
Director of Education,
Employment, and Training

Thank You!

Never are we more aware of how much Friends and Family mean than at the time of bereavement. The greatest comfort during our sorrow was the expressions of sympathy conveyed to us in many ways.

We deeply appreciate everyone's thoughtfulness and we want to thank you from the bottom of our hearts.

Forever in our Hearts!
The Vele Family



Judge cont from page One:

Arts in Santa Fe, New Mexico. There he earned his Bachelor of Arts degree in Indigenous Liberal Studies. In 2015, he began attending the University of New Mexico School of Law where he earned his Juris Doctor. During his time in law school, his experiences include working for DNA People's Legal Services (Navajo Nation), Inherent Rights Agency LLC (Durango, CO), Dixon•Scholl•Carrillo•PA (Albuquerque, NM), and participated in the clinical program with the Southwest Indian Law Clinic (UNM School of Law). "I'm excited to return home after completing my educational goals

and look forward to utilizing my education and experience to best serve our tribal community," stated Travis.

Travis will be stepping in for former Chief Judge Marianne Higgins. Marianne has served on the bench for a total of 11 years with five of those as an Associate Judge, and six years as Chief Judge from 2012-2018 for the Stockbridge Munsee Community. When asked during a brief interview if you can give the new Chief Judge advice what would you want to give him? "If I could give him one piece of advice I'd tell him to follow his heart," stated Higgins.

Thank you to everyone that submitted photos for Community Health's 2019 Wellness Calendar. Many great pictures were submitted and we enjoyed seeing and hearing what wellness means to each of you! Choosing the photos for the calendar was a tough decision. Keep an eye out for the finished wellness calendar in the upcoming months- complete with great pictures taken locally, recipes, and educational wellness tips!



The winning photos that were picked for our calendar were submitted by:

Maggie Bennett, Misty Cook, Starlyn Tourtillott, Ginny Rusch, Kim Schreiber, Linda Kohler, Peggy Lemke, Michelle Miller, Annette Schreiber, and Matt Miller. The winners of the gift cards are: Ginny Rusch, Starlyn Tourtillott, and Peggy Lemke!

Sincerely, Stockbridge-Munsee Diabetes Prevention Program

Home for sale to a Tribal Member ...\$195,000



Do you want a move in ready single story home (no repairs needed) on a quiet dead end road? Home is located at N8075 N Schmidt Lane, Gresham. Serious inquiries call Debbie at 715-853-8424.

This home manufactured in 2004 is handicap accessible. Living area is 1859 sq. ft. with a 2 1/2 stall attached garage. Land assignment is 5 beautiful, well maintained acres: includes shed, enormous heated shop with large door access, large storage area and many amenities. The barn (30'x40') is set up for 3 horses and an indoor pen for small animals. Barn has running water and electricity, including electrical

outlet for campers. House has newer flooring and has been freshly painted. Window treatments are included.

3 bedrooms
2 full baths

Open concept with vaulted ceilings: including kitchen, dining area with built in buffet, family room with gas fireplace, small office and living room.

Central Air
Appliances included: stainless steel refrigerator, built in microwave and dishwasher, stove, washer and dryer.

Island and pantry in Kitchen, raised snack bar with bar stools
Master suite has oasis tub, shower and large walk in closet.



Wisconsin Judicare, Inc. Elder Outreach:

Wisconsin Judicare is coming to the Stockbridge-Munsee Tribe! Through the Native American Elder Outreach Program, our attorneys can assist elder tribal members with medical insurance issues! One of our helpful staff attorneys will be present at the following date and time:

Stockbridge-Munsee Elderly Building
N8651 Maple Wood Street, Bowler, WI 54416
Wednesday, November 28th, 2018, 11:00 a.m. to 2:00 p.m.

Come talk with one of our staff attorneys!

Just come to the Stockbridge-Munsee Meal Site, and talk with one of our attorneys. In addition to our helpful staff, there will be educational materials available for elders to pick up.

We look forward to seeing you there!

Legal Notice for Intent to Change Name

Leonard Earl Miller has petitioned the Stockbridge-Munsee Tribal Court for a name change from Leonard Earl Miller/ Leonard Earl Welch Jr. to Leonard Earl Welch Sr.

The Court hearing will be held on Friday, November 16th, 2018 at 9:45 AM at the Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con Nuck Road, Bowler, WI 54416.

Any objections may be raised at that time.



Legal Notice for Intent to Change Name

Quinn Oryon Johnson has petitioned the Stockbridge-Munsee Tribal Court for a name change from Quinn Oryon Johnson to Quinn Orion Burr.

The Court hearing will be held on Friday, November 16th, 2018 at 9:30 AM at the Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con Nuck Road, Bowler, WI 54416.

Any objections may be raised at that time.





On the Trail Home



Cheryl L. Jacobs

Cheryl L. Jacobs, age 67 of Keshena, passed away peacefully on Thursday, October 18, 2018, at ThedaCare Medical Center-Neenah surrounded by her loved ones.

Cheryl, also known as Dee-Dee, was born January 4, 1951 in Chicago, Illinois. She relocated to Keshena where she worked for many years at Maenowesekiyah Wellness Center, and was also a teacher at Menominee Indian Head Start. Recently retired,

she enjoyed seeing and helping everyone in the community. Cheryl was well known for her love of music, shopping, delicious cooking, watching hummingbirds, and her utmost generosity.

Survivors include her loving husband, Wayne Malone, Sr.; her children Robert Jacobs, Angalee Jacobs, Destiny Malone, and Lena Malone; siblings Ardelle Malone, Darlene Jacobs, Jeanette Jacobs, William "Bill" Jacobs, Valerie Jacobs, Luane Neosh, Aaron Bear, and Michael Bear; nine grandchildren and 12 great-grandchildren; and many wonderful nieces, nephews, and cousins.

Traditional Native American services for Cheryl L. Jacobs were held on Sunday, October 21, 2018 at the Red Springs Town Hall, W10208 E. Town Hall Road, Gresham, Wisconsin. Interment is in the Red Springs Cemetery.

Mickelson Funeral & Cremation Service of Shawano assisted the family with arrangements. Please share online condolences at www.mickelsonfs.com.

2018 – Duck Pluck Raffle



Judy Raddant holding the first-place winning ticket.

The Gresham Scholarship Fund (GSF) Annual Duck Pluck was a grand success! All 1500 tickets were sold and some winners donated their winnings back to the fund for a nice gain to the GSF endowment fund.

Judy Raddant stopped by the Old Feed Mill on Pleasant Street in Gresham to enjoy the Miles of Art festivities. She showed up just in time to do the drawing of the five winning Duck Pluck raffle tickets. Winners were: 1st Place

-- Paige Dreier (donated \$500 back to GSF), Second Place -- Aric Quinney, Third Place -- GSF -- donated by Bob & Maribeth Klopke, Fourth Place -- GSF -- donated by Nettie's Diner, Fifth Place -- GSF -- donated by Deb Schroeder-Fischer and Marsha Schroeder. But the biggest winners are the Gresham graduates who are awarded a \$1,750 scholarship if they apply and have a "C" or better average. GSF thanks all who invested in Raffle Tickets!



Recently held was the Veterans Arts and Craft Fair. There were a handful of people who had a booth set up displaying their Arts and Crafts. There were corn husk dolls made by Karen Gardner, a book by Rick Church titled White Doe, dog bandanas, dream catchers, ribbon shirts and doll ornaments, paintings and cards, and food. The people were very pleasant and they each had very unique items for sale. Pictures on center page of this issue).

A New Name & New Choices on the Menu at North Star Mohican Casino Resort!

October 23, 2018 (Bowler, WI) – North Star Mohican Casino Resort is excited to announce the opening of Embers Grill! Formerly known as The Longhouse, the expanded menu at the new Embers Grill will provide delicious entrées along with the mouthwatering favorites that North Star guests have come to expect.

The enhanced menu at Embers Grill is packed with tempting new choices!

The new selection includes items like...

- Fire-Roasted Sandwiches
 - Embers Burger: This mouth-watering burger is made with Black Angus Beef and a Brat Patty topped with cheddar cheese, bacon, beer-braised onions and whole grain mustard served on a pretzel roll. \$11.95
 - Smoked Chicken Salad Sandwich: This savory selection comes with diced smoked chicken mixed with caramelized pecans, grapes, onions, and celery topped with choice of cheese on grilled Vienna bread. \$9.95
- Main Course Entrées (Entrée menu items come with choice of soup or salad bar.)
 - BBQ Smoked Ribs: ½ Rack \$14.95 Full Rack \$22.95 Tender house-smoked BBQ ribs with choice of potato and vegetable of the day.
 - Strip Kabobs: \$14.95 Strips of NY Steak with bacon weaved on a skewer served with rice pilaf and grilled vegetables.



Blackened Shrimp Skewers: \$12.95
6 Seasoned and Grilled Jumbo Argentinean Red Shrimp served with rice pilaf and grilled vegetables.
"Our Food & Beverage Team carefully selected each new menu item. These items are sure to get our guests talking and coming back for more," said Michael Bonakdar, General Manager of North Star Mohican Casino Resort. "The Embers Grill offers an enhanced dining experience for those looking for a quality meal at an affordable price. Hungry yet? Bring a friend and come try the new menu items at the newly named Embers Grill! To learn more about North Star Mohican Casino Resort, please visit: <https://www.northstarcasinosort.com>

◦ November 2018

Fruit & Vegetable of the Month
Cranberries

▶ DUE TO THEIR SHARP AND SOUR TASTE, CRANBERRIES ARE RARELY EATEN RAW

▶ THE MOST COMMON FORM OF CONSUMPTION IS IN JUICE, THIS IS OFTEN BLENDED WITH OTHER FRUITS

▶ THEY ARE RELATED TO BLUEBERRIES AND LINGONBERRIES

MOST COMMONLY SEEN AT THE THANKSGIVING TABLE, THESE FRUIT CAN BE ENJOYED THROUGHOUT THE YEAR

Behind the bog...

In its natural habitat, the cranberry plant grows vigorously in acidic sandy bogs, all across the temperate and cooler parts of Northern states in the United States. Cranberry season generally lasts from October until December. The fruit is small, round, red color berry. The berries are indeed containing numerous health benefiting chemical substances that may offer protection from tooth cavities, urinary tract infection, and inflammatory diseases.

Delicious, tart cranberries hold significantly high amounts of phenolic flavonoid phytochemicals. Scientific studies have shown that consumption of berries have potential health benefits against cancer, aging and neurological diseases, inflammation, diabetes, and bacterial infections.

Antioxidant pigments are largely concentrated in berries that feature deep red skin. Discard any wet, mottled berries as they tend to spread the mold to rest of the stock. While fresh, as well as dry berries carry good level of antioxidants, bottled cranberry drinks and cranberry cocktails with added sugars may actually devoid of them. Fresh berries can be stored inside the refrigerator for several days. Sort out any discolored, soft, shriveled or sticky fruits before storing. They have a very short shelf life if kept at room temperature.



Dried Cranberry Breakfast Mix

- 1 c rolled oats
- 1 c bran
- ½ c chopped pecans
- ½ c chopped almonds
- ½ c shredded coconut
- ½ c chopped dried apricots
- 1 c dried cranberries
- 1 c puffed rice

Combine all ingredients; toss well to combine. Store in airtight container. Serve with milk, yogurt or fresh fruit.

Safety cont from page One: hungry community.

A color and design contest took place and each of the teams colored a police officer, or a fire fighter. 1st place was Tessa Paiser family with a police officer named "Officer Jax." 2nd place went to Tashina Williams family, and 3rd went to Michael Merckes family. Truck pulling was a tough event. Teams of adults and children stood in front of a truck and held onto a strap and pulled the truck a short distance and the team with the fastest time won. A firefighter helped each team by being closest to the truck for safety reasons. 1st place went to Tully Kroening, Michael Merckes, and Danion S. 2nd place went to Jayce D, Leslie S, and VI Azzolina. 3rd place went to Brandi Spencer, Teah Kroening, and Kailyn.

The Rock, Paper, Scissors tournament was very competitive. All ages participated. There were very small children competing against adults. It was funny, entertaining, exciting, and it turned out great. 1st place went to Weengeetah Mohawk, age 12. 2nd place went to Tanya Malone, age Adult. 3rd place went to LeAnthony Pecore Sr., age Adult, and he had to beat out a four-year-old child in a playoff for 3rd place. 4th place went to Pierce Peters, age four.

Bingo is always a favorite game to play at local events and gatherings. There were 10 games played with prizes given to each

winner. There were also three large door prizes that were given away during Stand Up Bingo. Two wooden Adirondeck chairs to Isley Welch, One Patio Table and Two chairs to Vi Azzolina, and one Outside Double Seat Swing Set to Jill Duffek.

The Wizard of Oz was this year's theme for the Parade. If you dressed as one of the characters from the movie you were eligible for prizes. Best dressed kid, and banner winners were 1st place winner was J'leeiah Dickenson, age three. 2nd place went to Tully Kroening, age 12. 3rd place went to BriArri Kroening, age six. Best dressed adult, and banner winner was Jill Duffek. Best Wizard of Oz bike winner was Nicholas Merckes. Best Wizard of Oz float winner was Vi Azzolina.

The Smokehouse was there with fireman to show you how to exit a fire in a safe and efficient manner. Mike Penass spoke of how to take precautions around the cooking stove area, and to make sure all pot and pan handles are turned away from a walk way. Craig Kroening Jr. was very knowledgeable on how to exit from a second floor of a building, and how to feel the doors to see if it was safe to use as an exit. Once you were made aware of these things Mike and Craig ran a live simulation of a fire using smoke machines and escorted everyone out safe and sound. (Lorraine Welch contributed to this article).

Stockbridge Munsee Community



Electa Quinney Head Start

Head Start Corner

Continuing Electa Quinney's Educational Vision for a Bright Future



Calendar of Events

- **November 5th & 19th:** **Book Study 5:00-6:00 Head Start Center**
- **November 16th:** **Parent/Teacher Conferences**
- **November 21st:** **Thanksgiving Luncheon**

RECIPE

NO BAKE FALL PLAY DOH

- 2 Cups Flour
- 2 TBSP Oil (Vegetable or Baby Oil work well)
- 2 TBSP Cream of Tartar
- 1-1.5 Cups Boiling Water (Mom's & Dad's Help with This!)
- Food Coloring

Have a Safe and Happy Thanksgiving!

Brittany, Carmen, Dee, Diane, Ginny,
Leslie, Oleya & Teniesha
Your Electa Quinney Head Start Team

Electa Quinney Head Start is an equal opportunity provider.

Parent Reminder:

While we, as adults look forward to those Halloween Thrillers that are on TV this time of year, your preschooler still has a hard time separating what is real and what is fantasy.

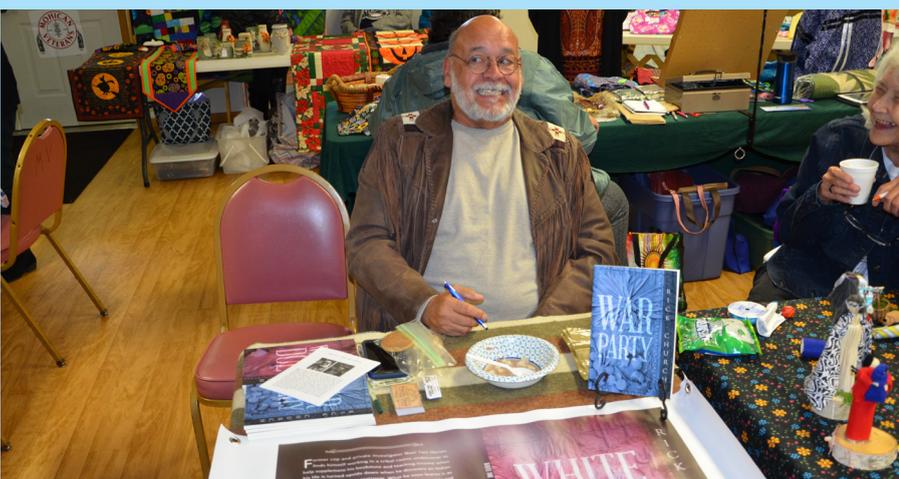
In most cases the characters we find thrilling (ex. Chuckie, Freddy Krueger, IT and Jason...to name a few); children find threatening and frightening.

Try to save viewing time for when your children are not around.

Look for enjoyable Halloween activities to do together while they're around (pumpkin painting, raking leaves or making no cook fall play doh.)



VETERANS ARTS & CRAFT FAIR



Congratulations to Devon Randall Stregre on earning the title to become a United States Marine! After 13 weeks of training Devon graduated from MCRD Base in San Diego California on October 13th, 2018. Devon is the son of Rose & Nathan Stregre, Grandson of Brian & Donna Coyhis, and Randall Bowman, and nephew of Mark Coyhis, Sloane & Kasha Coyhis, Weegie & Joan Bowman, and Eva Bowman. We are very proud of you Devon! Semper Fi! Love, Mom & Dad

14TH ANNUAL CRIME PREVENTION AND FIRE SAFETY PARADE





November

Skill Building Workshops

Event Descriptions:

Great opportunity to look at personal goals as they relate to Education & Employment. Learn how to create attainable short term and long-term goals. You can work with a skills assessment tool to see what direction would be successful for you. Work together as a team to decide how to begin the process of your Educational or Employment goals. Join us in learning more about local Apprenticeship Programs and how they relate to us and our community.



Where: Stockbridge-Munsee Education Building

Address: W13347 Camp 14 Rd. Bowler, WI

Gain information about how the **WIOA Program** may be able to assist you with reaching Education & Employment goals.

Contact Information: Mondays, Wednesdays, and Fridays

Lenore Punkin Shepard at 715-793-3036

Tuesdays and Thursdays Miranda Vele at 715-793-4582.

Workshop Dates

WIOA Information Session

Date: Nov. 2nd

Time: 1:30pm – 3:00pm

Apprenticeship Event

Date: Nov. 14th, 2018

Time: 10:30pm to 3:00pm

Location: Mohican Family Center

Education & Employment Goal Setting

Date: Nov. 7th, 2018

Time: 9:30am – 11:00am

Date: Nov. 16th

Time: 1:30pm – 3:00pm

Overcoming Barriers to Success

Date: Nov. 19th

Time: 9:30am – 11:00am

Date: Nov. 28th, 2018

Time: 1:30pm – 3:00p

November: Diabetes Awareness Month, Lifestyle as Prevention

November is National Diabetes Awareness Month. When we discuss awareness, prevention seems to come trotting right alongside. After all, if we want to be aware of the disease then we also want to prevent it for ourselves and our families.

Prevention can come in many forms, these can include regular testing for diabetes, physical activity most days of the week, and eating a mindful and well-balanced diet. So, just living an overall healthy lifestyle, something all of us should be doing daily.

What you eat is just as important as how much you eat. Following healthy portion sizes can be a great way to monitor your intake of carbohydrates, protein and fiber.

An easy way to know how much your eating is by using the plate method. Using a basic 9" plate draw an imaginary line down the middle and across the plate creating four sections.

Fill half of the plate with non-starchy vegetables and fruit (fruit can also be on the side and two servings of vegetables can fill half the plate.

Non-starchy vegetables are lettuce, carrots, broccoli, cauliflower, etc. and starchy vegetables are potatoes, sweet potatoes, corn, peas. In one of the smaller sections put your grains or starchy vegetables such as bread, rice, pasta, potatoes, etc. This is usually 1/3 - 1/2 cup serving.

The last smaller section is for your protein, this can be fish, chicken, lean beef, eggs, beans, etc. About a 3 oz portion per meal is adequate. You can add a serving of dairy on the side as well, focus on low fat dairy products to avoid extra fat in your diet.

You can also apply this plate method when shopping for your food. Shopping can be a very tempting experience with all the bright ads and packaging, aisles full of treats and sweets, and feeling of hunger depending on when you are shopping. When you look at your cart remember the plate method.

Half of your food items should be fruits and non-starchy vegetables. Then a quarter can be lean

proteins and another quarter whole grains and starchy vegetables. An occasional treat is fine too, just watch that the treats are not most of the cart.

Sticking to the outside of the store can be helpful, this is where the fresh foods and lean products tend to be.

First make a loop around the outside of the store to get your fresh product, lean proteins, low fat dairy products and then move to the necessary inside aisles to fill in any last items.

There is no need to venture down every aisle, this can help avoid tempting items all together.

Support can be a big help when you are focusing on your health. Getting help from friends, family and co-workers can mean the difference between achieving and maintaining your goals and throwing them out the window.

Healthy eating is important for everyone, not just people with diabetes or trying to prevent it. Ask your family and friends for support especially when meal planning or at special occasions, the holidays are right around the corner and can be a challenging time when watching your eating habits. Teach your support circle about healthy eating and what you're doing!

While November gives us the opportunity to discuss diabetes and prevention we need to think about preventing and managing diabetes every month.

This means maintaining a healthy diet full of fiber, fruits and vegetables, lean protein, and lower carbohydrate foods. Living an overall healthy lifestyle by participating in regular physical activity, at least 150 minutes per week.

Finally, having regular visits with your health care professionals such as physicians, dietitians, and diabetes nurse, and being checked throughout the year for diabetes.

These are the areas we have control over in our lives, so working to make positive improvements in these areas can lead to successful health overall.




National Apprenticeship Week!!
November 12th—November 17th

Come celebrate and learn about local Apprenticeship opportunities!!

Apprenticeship Speakers & Booth Information Event

Date: Wednesday, November 14th, 2018
Time: 10:30am to 3:00pm
Location: Mohican Family Center

Open to Youth and Adults!!

Things I will learn: What is it? How does it relate to me? Can I gain College credits this way? What programs are available in my area?
How do I get started?
Can the WIOA Program assist me with this?

Information contact: Punkin Lenore Shepard on Mon, Wed, & Fri. between the hours of 8am—4:30pm at 715-793-3036 or Miranda Vele on Tue & Thurs at 715-793-4582.
Hope to see you there!!

SPONSORED BY :STOCKBRIDGE-MUNSEE EDUCATION, EMPLOYMENT & TRAINING PROGRAM/MOHICAN JOB CENTER & STOCKBRIDGE-MUNSEEE YOUTH SERVICES/ ADULT SERVICES/FAMILY SERVICES PROGRAMS

SCARY LIFE SAVING NUMBERS

1 blood donation can help save the lives of **3** people

Every 2 seconds someone in the U.S. needs blood

 American Red Cross

American Red Cross Blood Drive

North Star Mohican Casino Resort

Orion Event Center
W12180 Co. Rd. A
Bowler, WI 54416

Wednesday October 31, 2018
1 PM to 6 PM

Guests who donate receive \$10 in Free Play
Employees who donate receive \$10 for the EDR

To make an appointment call 1-800-RED-CROSS (1-800-733-2767)
or visit redcrossblood.org and enter sponsor code: North Star

Bring a photo ID or your blood donor card or two other forms of ID.




Apprenticeship Informational Event

Wednesday, November 14 th , 2018	
10:30am to 11:15	Registration & Networking
Informational Information Agenda	
11:15am to 11:45am	Youth Presentation: Opportunities & Benefits
11:45 to Noon	Break
Noon to 12:30pm	Adult Presentation: Opportunities & Benefits
12:30pm to 1:00pm	Lunch Break: Lunch provided
1:00pm to 3:00pm	Open Booth Time: Great time to see information, ask questions and pick-up contact information
Closing Time	
3:00pm to 3:15pm	Clean-up and exit building; Thank you all for participating & attending
	Please do not forget to drop off your event evaluation form before you leave. You will receive entry into the drawing to win a gift basket.
	Event sponsored & supported by the Stockbridge-Munsee Education, Employment & Training Program/Mohican Job Center of Wisconsin and the Stockbridge-Munsee Youth Services/Adult Services/Family Services Program



A Million Reasons to See Broadway Hit Rock n' Roll Musical, Million Dollar Quartet, at North Star Mohican Casino Resort

October 17, 2018 (Bowler, WI) – Come see Broadway's hit rock n' roll musical inspired by the true story and work of four music legends Elvis Presley, Jerry Lee Lewis, Carl Perkins and Johnny Cash on January 19th! This show celebrates the "Mount Rushmore of Music" and transcends the audience to the days of yesteryear! See and hear it for yourself! Tickets are on sale now!

Like all great folklore, there may be a few variations to the story, however, at some point in December of 1956, Carl Perkins and Jerry Lee Lewis gathered to record some music. They were later joined that evening by Elvis Presley and Johnny Cash. This impromptu jam session created music that one newspaper wrote, "could sell a million!" Shortly after that article, the group was known as The Million Dollar Quartet. The effects of this one-time spontaneous event created a dynamic and lasting mark on musical history, and Million Dollar Quartet is a result.

"Million Dollar Quartet is a creative and spectacular display of musical storytelling," said Michael Bonakdar, General Manager of North Star Mohican Casino Resort. "We are thrilled to honor the four artists that inspired this talented traveling show!"

For tickets to this show, and to learn more about the other entertainment options offered at North Star Mohican Casino Resort, please visit

Arvid E. Miller Memorial Library Museum

Will be open 8:00 am to 4:30 pm



(open at noon)



Every day

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Email: yvette.malone@mohican-nsn.gov

Native American Tourism of Wisconsin



NATOW is an inter-tribal consortium that was launched as a state wide initiative in 1994 by GLITC (Great Lakes Inter-Tribal Council). The mission of NATOW is to promote tourism featuring Native American heritage and culture. Tourism provides an excellent tactic for Tribes to diversify their economies, while telling the true story concerning their history and culture. Tourism is also one of the ways that Tribes can be self-sufficient and boost their economies. NATOW is comprised of representatives from each Tribe, who converge bi-monthly to discuss its strategic tourism plan. NATOW has grown significantly over the last few years, becoming a recognized force in Wisconsin at gatherings, festivals, and events. All efforts are coordinated by their own Director, Chairperson, and the executive board members who report directly to the GLITC Board of Directors.

Native American Tourism of Wisconsin is made up of 11 sovereign Tribal nations: Bad River Ojibwe, Forest County Potawatomi, Ho Chunk, Lac Courte Oreilles Band of Ojibwe, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Nation, Mole Lake Sokaogan Chippewa, Oneida Nation, Red Cliff Band of Ojibwe, St. Croix Band of Ojibwe, Stockbridge-Munsee Band of Mohicans. Each Tribe is a sovereign nation that abides by its own Constitution.



Native American Tourism Of Wisconsin
The Official Guide to Native American Communities in Wisconsin
www.natow.org

To Learn more about NATOW or submit an event- Please visit NATOW's Webpage

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2018 Div. of Community Housing workshops

- Oct. 13 Fires Safety/Open House At Fire Dept. Community Event
 - Oct. 17 Elder Tenant Fire Safety 10:00 AM
- All sessions start at 4:45 p.m. with light lunch Speaker 5:00pm at the Housing Office unless designated elsewhere above
- Open to the Public

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

Locations in: 7019 W. Stewart Ave., Wausau, WI 54401
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We fully and actively support equal opportunity for all people, regardless of race, color, religion, sex, national origin, or disability.

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NOVEMBER 2-4

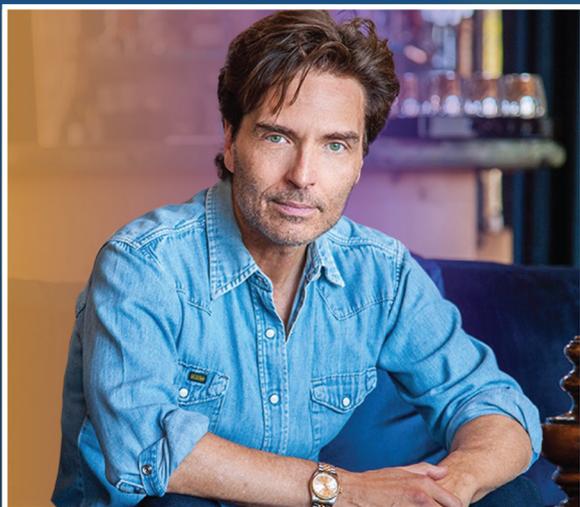
Tickets are \$35/\$75/\$99

Premiere Guest Speaker:
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from the tv show

GHOST HUNTERS



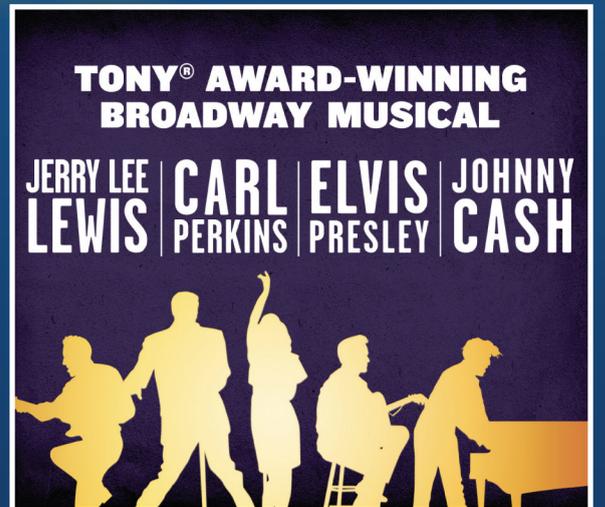
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December 21



**Million Dollar
Quartet**
January 19

For more information, please visit our website



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