Governor Evers’ Safer At Home isolation order to coincide with the Health Director, extend the Council, with the concurrence of The Stockbridge-Munsee Tribal is our Nation’s number one priority. vire. The health and safety of all something bigger than ourselves. we are still one people, part of and renewal and reminds us that time of season is about rebirth the current pandemic crisis. This all have an important role to play in take responsibility from here. We before it’s due time. To dig in and in without needing it to change in to wait with patience and purpose. To appreciate the season, we’re to take a deeper perspective and bigger than us. It has required us has shifted the worlds sometimes an order hereby issued an order directing that persons who live on tribal lands, as well as tribal employees who are on paid leave from work, self-isolate and shelter in place at their home to the extent possible to limit opportunities to transmit the COVID-19 virus to others. This order shall expire as of April 24, 2020. It will be reassessed at least weekly and may be cancelled, re-issued, or modified at any time by action of the Tribal President or Vice-President on behalf of the Tribal Council. In addition to ordering people to isolate as much as possible, the Tribal Council issues a ban on gatherings of more than 10 people within public places on tribal lands. This is not intended to limit gatherings of family members, but people are encouraged to be mindful that family occasions also provide opportunities for virus transmission. When people do gather in a location, social distancing of at least 6 feet should be used. We are resounded in the fact that we have an amazing team who are working diligently on our behalf to keep us apprised of the ever-changing climate this time of uncertainty brings and preparing us for the upcoming challenges it brings to keep us all safe and healthy. We all have a role to play and staying home and limiting your exposure to others will help flatten the curve and reduce everyone’s risk. Threats such as pandemics that evolve in a nonlinear fashion (i.e., they start small but exponentially intensify) are especially tricky to confront because of the challenges Holsey continued on pg Three:
The Stockbridge-Munsee Tribal Council, with the concurrence of the Health Director, hereby issues an order directing that persons who live on tribal lands, as well as tribal employees who are on paid leave from work, self-isolate and shelter in place at their home to the extent possible to limit opportunities to transmit the COVID-19 virus to others.

This order extends the original order with an effective date of March 22, 2020. In recognition of the checkerboard jurisdiction on the Tribe’s reservation and for the convenience of tribal members and employees who live off of tribal lands, the Tribal Council is extending its order through April 24, 2020.

In addition to ordering people to isolate as much as possible, the Tribal Council issues a ban on gatherings of more than 10 people within public places on tribal lands. This is not intended to limit gatherings of family members, but people are encouraged to gather in a location, social distancing of at least 6 feet should be used.

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This order is granted under the Tribal Council’s inherent authority as a native sovereign nation, as well as the authority identified in its Public Health State of Emergency delegation on March 15, 2020, Resolution #044-20, and Chapter 26-A of Stockbridge-Munsee Tribal Law, Communicable Disease, Vaccination, and Quarantine Ordinance.

As part of this order, people are permitted to travel to the extent necessary for medical treatment, for work, or to purchase needed supplies. If possible, people should not travel beyond a 60-mile radius. People must avoid travel to and from areas that are known to be a hotspot for COVID-19 infection. The Tribal Council understands there may be persons who provide critical services that need to travel beyond a 60-mile radius and authorize them on a case-by-case basis.

This order shall expire as of April 24, 2020. It will be reassessed at least weekly and may be cancelled, re-issued, or modified at any time by action of the Tribal President or Vice-President on behalf of the Tribal Council. Shannon Holsey, Tribal President on behalf of the Tribal Council.

S-M Tribal Council Curfew Notification

As an additional way to limit transmission of the COVID-19 and protect our community, the Tribal Council enacts a reservation-wide curfew. This curfew is from 10 PM to 6 AM daily starting on April 10, 2020 and lasting until the end of the tribal Public Health State of Emergency. People who are away from their homes during curfew hours are considered to be trespassing and will be cited for a violation of Section 16.9 (B) of tribal law and subject to a $500 fine.

This curfew supplements the existing limitation on gatherings of 10 or more people established under the self-isolation order. People can still travel for legitimate business purposes or for reasons of safety. Law enforcement, fire department, and EMS personnel are authorized to travel during curfew hours. The curfew also does not prevent travel by persons due to an emergency, such as a health emergency that requires transport to a hospital or if people need to leave a location to ensure the safety of themselves or their children.

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Mawe Ndennangomawak (All my relations)

Each one of us are in a battle right now. Not just against something physical, but something psychological. Both seem to affect our elders and youth much more than the rest of us.

Many of us can laugh, make jokes, or deal with it in our own ways, but we seem to forget those who haven’t developed that ability yet especially the youth. Remember the mental trauma, faith, but many times question very little. We should be careful when talking on the phone, or in front of them our usual ways. Not all kids are comfortable talking about their fears or feelings such as I was as a kid. We had love in our household, however we rarely talked about feelings.

I remember when I was a kid and visiting my aunties house at about four years old. There was a spotlight shining around in the sky and no one knew what for. I remember an uncle or cousin said, “Must be looking for aliens!” I remember sitting there with a lot of panic and fear, but not expressing it. Of course, they were kidding but I took it seriously. I can truly see that happening now with this crisis going on with other children, parents or the community listening to older siblings, or that conspiracy theorist relative who is always talking doom.

This psychological battle doesn’t just lay within children either, there are many adults who deal with high anxiety as well. So, it may be a good idea to talk to your kids and relatives and let them know about it. It is going to be ok! If we all follow directions by washing hands and being precautionous, all will turn out just fine. Even if you have this anxiety, we must do what we can to not allow our panic to get out of control. Our younger generation isn’t terribly scarred by the anxiety, we must do what we can to put out there.

One example is Martial law. I have seen many people putting fear into others about it that many could have bad panic attacks if it becomes a fact. Martial Law is NOT a bad thing! I had to explain it to many people. As I recall, the people would be in charge to help hospitals and the police station make sure we are safe. Every time there is a big crisis there are people who like to go against the system, to loot, steal and commit other crimes. Martial law goes into effect to help keep people safe from such activity and to be sure people follow directions. It does not mean we are all getting hauled off and arrested. This very subject has many people frightened. I welcome it if needed. We need more people to assure others that things will be fine.

Panic in any scenario never helps! I for one do believe we will come out just fine, but I do worry about the psychological scares we unknowingly put on our kids and other folks with anxiety issues. So being in this position, I worry about our family that if we follow directions, all will be fine. remember to love and laugh each day! I’ve already asked people not to spout conspiracy theories in front of my kids for it does nothing but make them worry about something there is no control over. If we are going to keep our community united, we need to start with our family’s first then outward.

This goes for our community members as well; we need more people bringing forth hope and light. All this panic makes people feel like we need help. We need to be sure they and the fam is taken care of. This is an effect of the Dawes act that split up our communal living and put us on separate lands to make us only worry about ourselves. That is not how we survived tens of thousands of years. Looking out for one another is how we have lasted so long!

For those in fear of what may happen to them and their family, I will stand up and assure you as long as I have a warm place to sleep, and food in my cupboards, you will go without eating. No matter if were cool or had riffs in the past, we will all get through this! Our community needs to hear this from more people! We need the warriors to reassure our people that they will have others to help! If you’re hungry I’ll feed you, if you need toilet paper, I got a lot in my cupboards, and if you need the warriors to reassure our loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassure your loved ones and community. Be sure to reassur...
**Fun and Educational Online Programs!**
Heather Bruegl
Director of Cultural Affairs

This has been an extremely difficult time for everyone in the community and here in our Cultural Affairs department, we want to make sure that you have access to learning for yourself and your children while everyone is at home.

While you can't actually leave your home right now to visit the many museums that there are, there are plenty of museums that are offering great online virtual tours for free that you can do in the safety of your own home. Some of these museums where you can take these free virtual tours include the Smithsonian's Museum of Natural History, the Detroit Institute of Arts, the Museum of Modern Art and the National Museum of the American Air Force. These are just a few and there are many more. You can do a quick Google search and find many more museums that are offering free virtual tours. Even the Louvre Museum in Paris is offering free virtual tours!

But it isn't just museums that are getting in on the action. Zoos are offering you free online tours! Around 3 pm each day, 2 pm Central time you can check out the Cincinnati Zoo on their Facebook page and watch their daily home safari. The San Diego Zoo has a plethora of live animal cameras that will allow you switch between koala bears, polar bears and tigers! And the National Aquarium will allow you to ‘walk’ through tropical waters and then icy tundra's in this virtual tour. And these are just a few zoos that you can 'visit'!

Libraries are also stepping up during this difficult time. Many libraries are ramping up their presence online as well. Many libraries are hosting story time via their social media and also including activities online for children to do. The Shawano County Library is hosting virtual programming via their Facebook page while they are currently closed.

Music is also a great way to relieve stress and there are many organizations that are offering free online concerts. The Boston Pops will begin livestreaming concerts starting April 5th at 3 pm, 2 pm Central Standard time. The Metropolitan Opera is also stream operas each evening. In addition to these offerings, you can check out your favorite artists via their social media for free livestreams of concerts you can watch from the safety of your home.

We know that these are challenging times and things seem bleak. But if history has taught us anything, we are resilient and we come out of this stronger than before. We are here for you and if you have any questions about cultural or educational resources during this time, please email at heather.bruegl@mohican-nsn.gov.

**On Aupaumut**

What a world we live in. It’s easy to be desensitized to the marvels of technology, but imagine for a moment the ability of a president to make a statement and be heard around the globe almost instantly. The Stone Age changed the world economy and technology forever. And now we have instant access to almost unlimited information. We can talk to each other at the speed of light. We are in the information age, and once again the world is changing. In minutes we get updated on every case of COVID-19 that pops up in our community. We can see the numbers as the numbers come in, and stay informed on how the outbreak progresses.

For Natives, the world changed most drastically when our world collided with the West. They brought with them “guns, germs, and steel” (a term from the title of a great documentary I encourage everyone to watch or read while in quarantine). Most of Europe was already carving up the American continents and bickering over who gets what by the time George Washington came around, but he is perhaps a good historical milestone in the unfolding of manifest destiny.

Right there in the midst of all this and working with Washington was my great, great, great, great, great grand father Captain Hendrick Aupaumut. When I first sparked an interest in Native American history, I encountered Tecumseh. A much younger full of piss and vinegar, loved his aggressive approach to American colonialism. Unite the tribes and beat our oppressors off this continent! Of course he was working with the British, but like I said I was young and perhaps not too insightful. I had this model of a great warrior in my head; this leader who can unite us against a common enemy. I didn’t want that challenged much.

Then one day I receive my family lineage in the mail from some mysterious source (probably my Aunt Eunice). I was amazed that I can trace my ancestry back to the time of Washington, and even more flabbergasted that there’s a historical figure so far down that line! I began delving into the life of Hendrick Aupaumut.

My initial response was disappointment. I discovered that he was very much allied with Washington and America, even to the point of fighting against Tecumseh’s initiative. He was educated in European ways and traditions, educated by Protestant Missionaries. He was also sent to war and served honorably in the Revolutionary War (even receiving a captain’s sword from Washington himself), but when it came to how our tribe would survive on this new devastated continent….he was all about assimilation. That seemed to me to be a stark contrast to the legacy of Tecumseh in the wrong direction.

Then as I was reading his letters, I read something heartbreaking. In a letter he wrote to a Mohigan Reverend by the name of Samson Occom, he expressed a defeated sentiment:

> "...we did not expect — when we look back, and Consider, what poor progress the Religion of Jesus Christ, has made amongst the Natives of this Continent notwithstanding the great pains, that have taken with them in some Places the Indians appeared well and promising, but soon decay. also now it looks very dark upon us, what helps from Friends are gone — and we are now brought to look about [and consider of our Situation and we believe] that this will be the last. that God will make a trial with us—... God will leave us to our own destruction and other considerations induce us — to believe that God does require from our own hands — to contrive — and to try to begin to support and maintain Religion among us..."

Using an old style of writing it takes a minute to digest, but once I grasped what he meant my perspective changed entirely.

Aupaumut was solely concerned with the survival of his people. Many of the letters we have available today glean insight into the tremendous difficulties he experienced as we traveled the many trials to our home now. He was displaced, desperate, betrayed, and frustrated. In a letter to Thomas Jefferson he writes:

> “What we have stated above has induced us to lay our Case before you—as your Children—We know you are wise—and that your laws are Just—& Strong—We like wise believe that you will not see us when it is in your power to Assist us—For we are now Small—& very poor—We have no Sure habitation—We are about in the Same Situation (at least in some cases) Your Ancestors were—when they first found our ancestors—But you are now Great—Very Great—You reached almost to the Heavens in Eminence—You are powerful—You Claim nearly whole of this Country—And other riches—Father—We earnestly request you to cast an eye of pity on us—to help us—to give us such a writing that would prevent the evil consequences—We have Stated above—Or such other measures as you in your wisdom may point out to that effect..."

Letters. Snail mail. Even slower when the mail is delivered by horse. I wonder how long it took for his correspondence to reach its destination. Weeks? Months? Did Jefferson ever write back? I'm no historian, but if he did I'd sure be interested in hearing what he said.

Imagine watching your tribe shrink, from thousands to a few hundred. Imagine fighting side by side with the country you soon have to beg for help. Imagine being home and having to play to the government "Please father, our people have no place to go." Imagine waiting for a response for months or years and receiving nothing. I would be so militant under those circumstances. I'd probably be writing letters too. And, I might start wondering why God has blessed the colonizers and cursed us.

Jefferson didn't have the Aupaumut...
Aupaumut cont from page Four:

ability to make statements that would be immediately heard across the world. And, of course, he was a remarkable writer. His thoughts could be weighed for however long he liked before he set them to paper. The only exposure to the president you would have on the frontier would be what you read or heard here and there. And what might actually be confused or spread across the country.

I wonder what Aupaumut would say were he here now. Look Hendrick! There’s Trump, today’s Great Father. Listen for yourself to what he is saying to this nation of 327 Million (I wonder if he had any concept of millions). Look Hendrick! Our tribe has a home! And a Casino! And a clinic! (I bet he would understand a casino better than millions) Look Hendrick! This is your grandson. He’s really smart. Doesn’t he look white? Yea, we’re all pretty much blended now. Look Hendrick, Coronavirus is breaking out. It’s nothing like the smallpox, but our ability to spread knowledge so quickly may contain the outbreak. We may even be able to find a cure. We will discover, we will know about it as soon as it comes out.

As I read his letters I feel a connection through time. My Grandfather wrote this. His DNA is inside of me right now. In a way it feels as if I am reading something an earlier version of me wrote.

It would be great fun to show him the world, for sure. But I would have so many questions for him, as well. What do you think about enrollment? Do we change rolls policy? What happens if our tribe is abolished? Do we need the government to exist? Do we focus on sustainability? Do we return to our traditions that existed before America, or is it better to modernize?

I’d ask all these questions over crab legs and wild rice. I bet he never had crab legs dipped in melted butter.

As he polished off the last spoonful and dipped the final dip, I’d end the conversation by letting him know he didn’t fail us. We are still here. Not only are we still here, but also are doing pretty well. We argue amongst each other as we always have, and as we always will. But we are a family. We have a place. We have a home. We even have a voice.

Thanks Grandpa.

Matthew Bennett

Economic Support

The Economic Support Department will continue to provide all services to clients by e-mail or phone. We currently have bins by the drop box at the Admin Building with paper applications for the clients to fill out and put in the drop box once completed. The client can then call and let us know they put their application in the drop box, the application will be picked up and the application will be completed. Currently the drop box is checked once per day or when a client calls to let us know they put something in the drop box. Economic Support will continue to provide services. Please call 715-881-2888, or you can e-mail Crystal Malone crystal.malone@mothicannsn.gov or Rose Strege rose.strege@mothicannsn.gov to apply for the following programs, to report changes to your case, or for any questions you may have.

- Wisconsin Home Energy Assistance Program - WHEAP • http://www.homeenergyplus.wi.org, e-mail, or call to set up an appointment
- Child Care Assistance - W-2 CC, CCDF, and Tribal Child Care Assistance e-mail, or call to set up an appointment
- Temporary Assistance for Needy Families – TANF e-mail, or call to set up an appointment
- General Assistance – GA, e-mail, or call to set up an appointment

There is also a locked drop box at the Admin Building for clients that is checked daily. Clients can drop off any verifications or paper applications in that drop box.

S-MFoodDistribution

The Food Distribution is keeping normal pick up days with some new guidelines put in place. The clients are very understanding about this. The new guidelines are put in place for their safety as well as for ours. We are keeping in touch with the Federal side of the program for some guidance also, by phone conferences once a week.

Jill Dufek-FDP Supervisor

Eunice Stick Elderly Gathering Place

Currently closed to the Public until further notice

If you need our services, please call FIRST, DO NOT come in.

This COVID 19 Pandemic has us taking measures to keep everyone as safe as possible. Please be patient. We understand that this is a frustrating time. Our ELDERS are important to us and precautions are being taken very seriously.

If you need our services, please call FIRST, DO NOT come in. (715) 793-4236

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Please be patient. We understand that this is a frustrating time. Our ELDERS are important to us and precautions are being taken very seriously.

We are here to serve the Elders in the community as best we can. However; services are limited to those that live within our service area.

Services currently available are as follows:

- Home delivered meals to those who are 55 years+/ Disabled 40 years+.
- Please call to let us know if you would like to be added to our delivery list during this “Safer at Home” order which will go through April 24th at this time.
- We have 3 delivery drivers who will deliver meals to help expedite the added demand.
- “Elderly Benefit Specialist- William “Bill” Terrio can be reached to assist you with Social Security, Medicare, and any benefit questions you may have.
- In person services will cease until “Safer at Home” is lifted.
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Jill Dufek-FDP Supervisor

Child Support

Operational Status update during COVID-19 Pandemic

Friday, April 03, 2020

We have 4 staff working on alternate days, Monday thru Thursdays 8am to 4:30 pm. We have received many calls about payment delays if laid off or furloughed. We encourage Non-Custodial Parents with Court Ordered payment obligations to file an Unemployment claim promptly to allow the Child Support system to withhold Child Support. We will keep support going to the families and children of our Community.

Staff have been directed to update all cases to ensure we have accurate unemployment agencies listed to avoid delays in processing payments. Mail has ceased so most of the letters we have ready to send out regarding case actions will be delayed during this time.

We have approval from the Wisconsin Bureau of Child Support and the Federal Office of Child Support to make Agency level considerations on a case by case basis to stop liens and apply leniency to cases in a hardship status.

We will be here for questions and all calls will be responded to. 715-793-4036.

Ella Besaw Center

The Ella Besaw Center is working hard to keep our residents safe. All staff are monitored for symptoms of COVID-19 at the door. They wipe down anything they are bringing into the facility with disinfectant wipes and their temperatures are checked before starting their shift. The front door to the building at least every shift. Vendors leave deliveries on the front porch and anyone who needs to come in to do anything in the building are required to wear a mask and gloves.

We are following the requirements for long-term care facilities recommended by the Department of Health and the CDC. Right now, those recommendations include no visitors (except in special circumstances), no communal dining and no large group activities. We are doing our best to keep our residents active through in-room activities, 1 on 1 attention, puzzles/game packets, small group activities such as Wii bowling and of course social distancing bingo.

We are doing our best and willing to help you all stay close with your loved ones any way that we can. Please send cards, letters and call as much as possible. We also have the availability to Skype and as possible. We can even Dept continued on page Six:
Greetings Valued North Star Mohican Casino Resort Guest

The health and safety of all team members, guests, and the community are of top priority amid continuing COVID-19 concerns. With direction from our Tribal Council, North Star Mohican Casino Resort (NSMCR) will be extending the temporary closure date tentatively to after April 24th, 2020.

We remain committed in providing the friendliest service and the cleanest facility for everyone to enjoy. We will continue to work with the Stockbridge-Munsee Tribal Council to closely monitor all pertinent health and safety guidelines and take appropriate action as needed.

All information regarding reopening NSMCR will be provided as it becomes available.

As a courtesy, hotel reservations booked during this time period will automatically be cancelled.

All third party booking sites have been notified of the temporary closure and reservations will continue to be held through phone. Any collaboration with the county child welfare agencies also by phone, unless there is an immediate child safety issue.

Tribal Social Worker
Miranda Vele: please reach out at phone 715-881-0355 or email (miranda.vele@mohican-nsn.gov) if there are services you may need. Feel free to reach out even if it’s just to have a conversation.

Keeping social distancing in mind, the Tribal Family Social Worker is continuing case management services during this time but redefining services available as needed. Along with being informed of the situation it’s just as important to ensure your mental health is doing well. Call your family and keep in communication with those you saw regularly. If needed reach out to the Tribal Family Social Worker.

The Tribal Family Social Worker is using technology (phone and email) to keep in collaboration with all Human Service departments when needed. Clients in need of services are communicated through phone or text and because in person communication is unavailable, video chats and phone calls are being used. The tribal family social worker continues to collaborate with the ICW manager and case management services are completed through phone and email.

Case management services

In order to protect the health and safety of the citizens of Wisconsin, we are taking proactive measures by suspending all DNR burning permits until further notice.

MADISON, Wis. - Spring in Wisconsin has the highest fire risk with the No. 1 cause of wildfires being debris burning. Wildfires pose a serious threat to public safety, property and our natural resources. People cause over 98% of all wildfires in Wisconsin.

Due to the COVID-19 Safer at Home order, we are taking proactive measures by suspending all Department of Natural Resources burning permits until further notice to protect the health and safety of Wisconsinites.

All burning of debris in barrels, burning of debris piles on the ground, grass or wooded areas is prohibited at this time.

Most debris fires occur in the spring after the snow-cover melts and before vegetation greening. Spring is when people are outside doing yard clean-up and then choosing to burn leaves, brush and pine needles.

Burning permits are required by the Wisconsin DNR in many parts of the state to conduct legal and responsible burning in the outdoors. Burning permits are also required by the Wisconsin DNR in DNR forest fire protection areas to conduct burning of legal materials when the ground is not completely snow-covered.

DNR burning permits do not apply within incorporated cities and villages. These municipalities oftentimes can and do create their own burning permit requirements. In addition, some townships may choose to be much more restrictive than state law and may not allow burning at any time.

To check and see if you can burn in your county or if the burning band has been lifted, Call 1-800-WIS-BURN (947-2876) after 11:00.

All DNR Burning Permits Suspended in WI.
MEDICINE GENERATIONS Author Misty Cook to Share Pertinent Medicine Recipes

Stockbridge Munsee member Misty Cook generously shares excerpts of her book Medicine Generations: Natural Native American Medicines Traditional to the Stockbridge-Munsee Band of Mohicans Tribe. In MEDICINE GENERATIONS, Natural Native American Medicines Traditional to the Stockbridge-Munsee Band of Mohicans Indian Tribe, author Misty Cook (Davids) has documented through oral tradition 58 Native American herbal Medicines that have been told through stories in her family within the tribe. Beginning with the history of these Medicines through her family tree of Wolf Clan Medicine people, this book is a guide to how to use and prepare these Medicines. Color photos of these plants and trees in full bloom are included as well as a detailed description of them and complete directions for the use of these Medicines for healing and health maintenance.

Gathering Mullein

This Medicine grows tall to about five feet. It is a light green color with furry leaves and a yellow flower on the top. It grows all over the reservation. Just the mullein leaves are gathered in August. The gathered leaves can either be bound together and hung to dry or laid out to dry for about three months.

Preservation

The mullein can then be broken up into smaller pieces and preserved in a glass jar for use throughout the year.

NUMBER SIX - BERGAMOT

Bergamot (Wild) Photo taken in mid-July

Our people call this Medicine “# 6 or number six.” Native Word - Weeheaskwil

# 6 is the most commonly used Medicine amongst our people still today. There are many people who gather it and use it all year-round. Most everyone that I talked to about Medicines from our tribe mentioned #6.

Finding this Medicine

This Medicine can be found all throughout Red Springs Township near Gresham and to a lesser degree on the reservation. #6 has green leaves with purple flowers and grows about three feet high in fields.

Usage

It is good for any kind of cold, flu, aching bones, pneumonia, high fever and/or the chills, and many things that all you. Dave Besaw said, “It will make you feel better and take the aches and pains out of you.” #6 has aspirin priorities in it making it good for pain relief. You take #6, go to bed, and cover up. When you wake up, you will be feeling better.”

# 6 can also be smoked by lightening one end of a four inch piece of the stem and inhaling the other end with the mouth as the hollow inside of the stem lets the smoke come through. Smoking the stem is really good for clearing out the sinuses because as the smoke passes through the lungs and nasal passages, it helps clear them out. For this purpose, this can be used up to three times per day until symptoms subside. These stems are broken off from the plant and can also be stored in a jar for use throughout the year.

I have been told that # 6 got the name because it is good for healing six different things, but I have not found out what those six different things are. It is also the sixth Medicine that was found by our people.

Preparation

Make this tea strong by steeping it with about two tablespoons of #6 to one cup of water, but if it tastes too peppery, dilute it until it tastes right for you. For a fever, it can be taken cold to quench thirst. Dave said, “#6 cured Ella of pneumonia several times during her life when her symptoms included a terrible cough in her lungs and a fever. #6 should be taken right when a sore throat is coming on. It will either help prevent the cold or reduce the symptoms and length of the cold.”

Dosage

Drink up to three cups per day until feeling better.

Gathering, Preservation and Storage

This Medicine can be dried to preserve it all year. The best time to gather this Medicine is in the summer months of late July and early August when the light purple flowers are perfectly intact. It lasts about one week at this stage so it is best to pick it as soon as the flowers are all open. This is picked by gathering the entire stem and flower at the base of the plant. Pick about thirty of them to use throughout the winter. Tie the bases together in a bunch with a cotton based string and hang them to dry out of direct sunlight. When they are completely dry, in about two months, they can be stored hanging or broken up into small pieces right in the bag and then pour the contents into the jar. This is less wasteful because we want to make sure we use the entire plant that we gathered.

SUMAC

Mullein Photo taken in August

Usage

This Medicine is good for colds, sore throats, and will bring up phlegm. It is also good for asthma and problems with the lungs. It can also be smoked in a pipe to clear out lungs and sinuses by filling a corn cob pipe with the mullein, smoking it and inhaling the Medicine into the lungs and exhaling it through the nose. This can be done twice a day until the condition is better.

Preparation

The tea is steeped for fifteen minutes by pouring one cup of boiling water over a tablespoon of mullein and drinking a cup three times a day. This tea can be refrigerated for two weeks.

Preservation

The mullein can be stored in a jar for use throughout the year. Make this tea strong by steeping it with about two tablespoons of #6 to one cup of water, but if it tastes too peppery, dilute it until it tastes right for you. For a fever, it can be taken cold to quench thirst. Dave said, “#6 cured Ella of pneumonia several times during her life when her symptoms included a terrible cough in her lungs and a fever. #6 should be taken right when a sore throat is coming on. It will either help prevent the cold or reduce the symptoms and length of the cold.”

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Cough Syrup

By adding a handful of sugar, maple syrup, or honey, a cough syrup can be made from the tea as well. Take one tablespoon of this cough syrup as needed. When making the syrup, keep boiling the tea down, add preferred sweetener like local honey, maple syrup, or sugar to your taste and boil it down until it becomes very thick. The consistency is thicker than the cough syrup of today. Take one tablespoon as needed. This cough syrup can be stored in the refrigerator for up to a week.

Refreshing Drink

The red cone can also be used to make a refreshing drink by mixing one red cone in one gallon of cold water, and adding sugar, maple syrup or honey to sweeten it to preference. This drink can be stored in the refrigerator for a week.

Gathering

Sumac grows very quickly and abundantly around the reservation. The red bulbs are gathered after the first frost and can just be snapped off at that time. These cannot be used before the first frost when they are green because they are poisonous at that time. Also, after the first frost is a great time of the year to pick them because there are no bugs in them. The frost makes them turn red and they stay red all throughout the winter.

Preservation

Store them in a mesh or paper bag so they will be well dried for use throughout the year. They mold easily so store them in airtight, reusable bag. They should be kept in a cool, dry place and can be stored outside even in the freezing weather. This will help prevent them from getting moldy.

(Editor’s Note: We want to thank Misty Cook for providing us with these medicinal recipes to help with coughs and colds and things).
Thank You Teachers on May 5, 2020

John Annis
9-12th Grade Special Education Learning Disabilities Teacher at Ozaukee High School in Fredonia, Wisconsin. He has forty years in education.

Lucille Burr
Native American education at the Bowler School District, Shawano School District, and Boys and Girls Club of Shawano. She has three years in Education.

Dr. Alphia M. Creapeau
Adjunct Faculty at the College of Menominee Nation in Keshena, Wisconsin. She has thirty plus years in education.

Sohappy Davids
LST (Learning Support Teacher)/Math Interventionist (Grades K-5) and Native American Advocate at Pulaski Community School. She has fourteen years in education.

Karleen (Gardner) Gumm
4th Grade Reading Teacher at Northern Ozaukee School District in Fredonia, Wisconsin. She has twenty-five years in education.

Janet (Henning) Kalpinski
Special Education Teacher at Wauwatosa West High School in Wauwatosa, Wisconsin. She has twenty-four years in education.

Brigetta Miller
Associate Professor (Ethnic Studies & Music Education) at Lawrence University in Appleton, WI. Among other responsibilities, she is involved in the College Horizons Scholars Program, faculty mentor for Graduate School Exploratory Fellowship (GSEF), and faculty advisor for LUNA (Lawrence University Native Americans) student organization. She has thirty-one (24 university & 7 public school) years in education.

Valerie Miller
8th grade English Teacher, co-teaching a STEM English 8th grade class, and a 8th grade girls' basketball coach at Kuna Middle School in Kuna, Idaho. She has sixteen years in Education.

Patricia (Metzger) Wickert
Title-One High School Reading Study Strategies Teacher for Learning Exchange at St. Joan Antida High School in Milwaukee, Wisconsin. She has twenty-two years in education.

“Teaching is the greatest act of optimism.”

Colleen Wilcox, author

Remote learning for all is our new normal amongst the COVID-19 pandemic. This temporary learning style is not new to some but is new to others and students are missing their teachers as everyone is practicing social distance behavior and staying home. Preparation efforts related to COVID-19 has required academia to work within rapidly changing circumstances which create a variety to serve. In addition to providing school lunches, access and support to learning materials while addressing the specific learning needs of students with disabilities because learning never stops. Families continue adjusting plans and responses including those from the Stockbridge-Munsee National Teacher Appreciation in this special Tuesday, May 5th.

Education During COVID-19

Janet (Henning) Kalpinski
Special Education Teacher at Wauwatosa West High School in Wauwatosa, Wisconsin. She has twenty-four years in education.

Brigetta Miller
Associate Professor (Ethnic Studies & Music Education) at Lawrence University in Appleton, WI. Among other responsibilities, she is involved in the College Horizons Scholars Program, faculty mentor for Graduate School Exploratory Fellowship (GSEF), and faculty advisor for LUNA (Lawrence University Native Americans) student organization. She has thirty-one (24 university & 7 public school) years in education.

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“Teaching is the greatest act of optimism.”

Colleen Wilcox, author
COVID-19
Flatten the Curve
Only WE Can Protect Ourselves

PROTECT THE PEOPLE YOU LOVE

"WE ARE ALL HELD ACCOUNTABLE FOR THE WELL-BEING OF OUR FAMILY."
- 23 YR OLD, TWO GREY HILLS

#KeepYourFamilyHome
A message from the College of the Menominee Nation Interim President Christopher Caldwell

Posoh mawaw new weyak. I am writing this in hope that you who are part of our tribal communities and neighbors far and wide are safe and weathering the COVID-19 crisis with patience and strength. I also want to assure you that our College of Menominee Nation is operational and functional, and continuing to serve its students in all ways possible.

Over the past month, all who work at the College have been rallying to institute ways for our students to continue making progress in their courses while doing all possible to protect their health. CMN leadership is continually monitoring and adjusting operations according to what we hear from tribal, federal, and state leaders, and medical authorities.

This effort began with increased sanitation on our campuses and advised social distance among workers; it moved quickly to requiring on March 16 that all student instruction be online. That directive now extends until the end of spring semester. We are fortunate that several years ago the College invested in distance and interactive classroom technology. Because CMN faculty members have considerable experience using distance-learning modes for instruction and communicating with students online, we have had less of a ramp-up curve than some institutions. Almost all CMN students are thoroughly familiar with online lectures, research, group projects, tests and feedback.

We have been working to assure that CMN students who were in areas without adequate internet and/or lack computer hardware at home are offered PCs from the College, provided hot spots where they can safely get internet service, or accommodated in other ways. The commitment is that no student who wishes to continue the semester’s work is left behind.

Similarly, students in classes that require hands-on experience are being given extensions to complete their work when the crisis abates. For students studying here in Keshena and Green Bay/Oneida, financial aid, student scholarship awards, internship employment, grant stipends and other sources of support are continually being reviewed to be sure funds are maintained to those who need them the most. Our national public policy group, the American Indian Higher Education Consortium, has been advocating on behalf of CMN and other tribal colleges and universities to assure that student financial aid and regulations of the U.S. Department of Education and other agencies do not penalize students for these unexpected interruptions in their education.

Except for a few key employees, all who are employed at the College are handling their regular duties online or on reassignment at home as directed by their supervisors. I am communicating this to both our workers and students with email and video updates and with faculty and staff via video conferencing that lets us interactively talk with each other. This is not ideal, but we are very quickly learning how to work together effectively in this new reality. Some of these sessions are available on the College’s website and Facebook, if you are interested.

My message to our communities is that your College may be sheltering in place, but it is not shuttered in any way. Essential services to students continue. We are making plans for summer and fall course offerings in expectation and hope that the COVID-19 crisis is past. Applications are being accepted online. Financial aid requests are being processed. The Wisconsin Vocational Rehabilitation Center and Menominee Job Center are accessible by phone for unemployment application assistance and individual support programs, respectively.

I admire the way CMN students and employees have adjusted to the changing situation and rallied to continue the spring semester’s work and prepare for the future. I am proud of the cooperation and mutual support shown in a time when all are concerned about their health and that of family members. Now are times for reflection on our lives and steps in life. When our communities are once more open and ready to re-engage, I invite you to call upon the College of Menominee Nation for further education, a start on a new career path, technical training, skill assessments, or other support. In the meantime, we are making ourselves as available as possible at CMN via email and website to answer information and advising.

Christopher Caldwell
Interim President, College of Menominee Nation, Keshena and Green Bay.
CMN website: www.menominee.edu

Talking to Children About COVID-19

Facing a health emergency can bring up feelings of stress, uncertainty, and confusion, especially for young children. While we don’t want to overload them with scary information, we can try to answer their questions honestly. There are simple ways to talk about COVID-19 with young children, and we can always offer further support.

Explain that COVID-19 is a virus. It is so small it’s invisible, and it can make some people sick. But there are ways to protect ourselves and others (we can wash our hands with soap and water for 20 seconds, say hello in new ways such as waving from afar, sneeze or cough into the bend of our arm, stay indoors, and keep a safe distance of six feet from other people).

You Might Also: And...
• Ask children what they’ve heard about COVID-19. This will help them understand that this is not just for adults. Let them know that they need right now. Answer simply and honestly and provide as much reassurance as you can, assuring them that you know how to keep your family safer.
• Ask them how they feel. Let them know that their feelings are okay and that many other people everywhere are feeling those feelings, too. Use words to share your own feelings (anxious, worried, sad, and so on). Be prepared to answer the same question more than once; repeating the same question may be how your child expresses concerns.
• Notice and focus on any kindness or cooperation you see around you, no matter how small. Point out that in every tough situation, there are always people helping.
• Remind children that this situation (and the feelings we’re having) will not last forever, and that this experience can make him/her, and your whole family, stronger.

Be aware of your own feelings. It’s normal to feel helpless when you can’t protect your child from changing circumstances; keep in mind that children respond to and learn from your reactions. It’s okay to take a moment to think about how to respond before answering. It’s also okay to say you don’t know and that you can find out the answers together. It’s important to be honest with your child so you don’t tarnish their trust.

• Listen to your child. Take the time to listen closely to what question they are asking. Remember, less information is best: they want their question answered but giving them more information than they are ready for or can handle is overwhelming and may raise more unintended questions and fears.
• Trust your instincts. You know your child best. Children of different ages will have different questions and needs, and a wide range of reactions is normal.
• Respect children’s concerns. If they tell you they’re afraid of something, don’t dismiss their fears.

Smoking Increases COVID-19 Severity Risk

The top health advice to avoid getting SARS-CoV-2, originally known as COVID-19, is still distancing, washing your hands thoroughly, avoiding touching your face, and other actions recommended upon good medical guidance. Unfortunately, the virus is extremely contagious and there are now enough cases to alarmed and the risk factors for developing severe respiratory symptoms of the virus after it is acquired. Several of these risk factors - cardiovascular disease, impaired immune system and diabetes – are associated with smoking cigarettes. Vaping has also led to lung damage, which makes the lungs more vulnerable.

There is enough agreement among top experts on the relationship between conditions caused by cigarette smoking and SARS-CoV-2 severity that the Centers for Disease Control (CDC) and World Health Organization (WHO) have issued related warnings.

Preliminary data reported in the New England Journal of Medicine, one of the most respected publications in medical research, reported that smokers are 2.4 times more likely to develop severe complications.

Whether you’re exposed to SARS-CoV-2 or not, the CDC estimated before this outbreak that an average of 1,300 people in the U.S. die every day due to smoking-related illnesses.

The good news is that you can reap the health benefits of quitting quickly, according to U.S. Surgeon General reports.

20 minutes after quitting: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

Quoted continued on page Eleven:
The SMHWC will be open to provide services

Pharmacy
Pharmacy is open and continues to provide medications to our community. Medical staff and pharmacy are coordinating to have medications refilled if appropriate. This cannot apply to controlled substances.

Patients who only need to pick up medications should call pharmacy at 715-793-5027. Call ahead of time, prescriptions will be delivered to your car in our parking lot so you do not have to come into the clinic. Medical transport is delivering medications to Elderly.

Dental
Dental is only seeing patients who have a dental emergency such as severe tooth pain or swelling. Patients who need an urgent dental exam should call dental at 715-793-5019. We may use a separate entrance for the exam.

Behavior Health
For urgent needs, or if you have a scheduled appointment, please call Behavior Health registration at 715-793-3000. Behavior Health will offer counseling sessions via telephone.

Purchase Referred Care - (PRC)
If you need to deliver paperwork for Purchase Referred Care, MAIL the paperwork, do not come in the clinic. Address the envelope to PRC SMHWC, PO BOX 86 Bowler WI, 54416.

For all referral visits or PRC questions, please call 715-793-5011. PRC can approve and fax referrals to outside vendors.

Every day the spread of the virus changes. The clinic is changing our processes as needed to continue to provide safe and reliable medical care.

These changes may not seem to make sense at first. These changes may cause frustration. Please know that all the changes are to keep our community safe.

Thank you for following guidance to keep our community safe

Attention:
Anyone in need of Women, Infants and Children (WIC) services should call Cheri Nemec at Great Lakes Inter-Tribal Center @ 715-588-1020 until the time our regular WIC staff returns. Sorry for any inconvenience.
Cheri is able to assist new participants who might be in need of WIC now due to layoffs and furloughs.

The clinic wants to keep you updated about what we are doing to respond to the Coronavirus Pandemic. We have four major goals as we respond to the spread of this threat to the Mohican Nation:

1. To do everything possible to stop the spread of the virus.
2. To tend those at greatest risk of getting very sick from the virus.
3. To continue to provide other medical needs safely.
4. To provide accurate information about the virus.

To accomplish these goals, we are changing many of the ways the clinic operates. The most important way to stop the virus is for people not to be together in close contact. The clinic changed how services are provided to lower the chances of spread through close contact with others.

Please help us better serve you and keep everyone safe by doing the following:

If you are NOT sick, don’t come to the clinic.
If you have concerns, call the triage line at 715-793-5087 or 715-793-5088. Do not come to the clinic without calling. If calls become overwhelming, we will need to take steps to create special phone numbers.
Patients with other acute medical problems such as injuries, heart problems, or breathing problems will continue to be evaluated. Call the triage line at 715-793-5087 or 715-793-5088.
Stay at home and avoid unnecessary travel. Practice social distancing. Wash your hands.

Medical
If you have concerns, call the triage line at 715-793-5087 or 715-793-5088. Do not come to the clinic without calling. If calls become overwhelming, we will need to take steps to create special phone numbers.
If triage instructs you to come to the clinic, they will also provide instructions on which entrance to use. Any person with respiratory symptoms will be directed to wait in their car until they can be escorted through a separate entrance. Triage will provide instructions where to park.
If a medical provider determines you are severely ill, arrangements will be made to have you transported to a nearby hospital for further evaluation and treatment. If you are not severely ill, you will be sent home and you will be on ISOLATION which means you cannot leave home. Medical staff will tell you how long you must remain in isolation.

What the clinic is doing to keep everyone safe:
The clinic is taking extra steps to keep everyone in our community safe.
First, the clinic is screening anyone who enters the building, including employees, for signs of coronavirus. Clinic employees who have signs of illness are being evaluated by our physicians, and if needed, will be sent home for a 7- or 14-day self-isolation period to avoid bringing the illness to the clinic and to others. All essential employees at the clinic have been trained on respiratory protection and fit tested for N-95 masks. Staff have also been trained on how and when to use personal protective equipment. Staff are observed for proper PPE usage frequently.

Clinic staff have greatly increased cleaning and disinfecting throughout the building. The clinic uses an EPA approved hospital grade disinfectant that is proven to kill coronavirus and most other bacteria and viruses.

Environmental Protection workers are diligently cleaning frequently touched areas such as door handles, counter tops, and hand rails.
The Clinic Safety Manager teamed up with Occupational Health Staff to provide employee training and education on cleaning/disinfecting and other infection control practices including hand washing.
The clinic is coordinating ordering of personal protection items such as masks, gloves, disinfectant, and hand sanitizer. At this time, these items are not always available through normal vendors.
The clinic is looking into options to expand telehealth as a way to keep everyone safe and further limit the possibility of spreading this virus.
The clinic is working closely with local hospitals to ensure we have options to care for our community in case there is a large outbreak locally.

Quit cont from page Ten:
12 hours after quitting: The carbon monoxide level in your blood begins to drop to normal.
24 hours after quitting: Your chance of a heart attack decreases.
2 weeks to 3 months after quitting: Your circulation and lung function improve.
1 to 9 months after quitting: Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability of the lungs to replace infection.
1 year after quitting: The excess risk of coronary heart disease is half that of a tobacco user.
5-15 years after quitting: Your risk of a heart attack decreases.
10 years after quitting: The lung cancer death rate is about half that of a continuing tobacco user. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, stomach, pancreas decrease.
15 years after quitting: The risk of coronary heart disease falls to that of a non-smoker’s. The American Lung Association (ALA) offers these tips to quit smoking:
Identify your smoking triggers. You may be more apt to light up when you’re out with friends or on a long commute to or from the workplace. Working from home could help you see how much you light up.

Stay connected. Hangouts are going virtual, which is the perfect time to connect with others that are quitting smoking. Join ALA’s online support community and join the Quitline Quitters.
You can also contact WNATN at fb.me/WNATN for culturally tailored support in your community or visit the American Indian Commercial Tobacco Program at https://americanindianquitlog.org/ or by calling 1-855-372-0037.
Anushik/Onwee Hebel WNATN Representative.
SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.

**FACT 2**
Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 3**
For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

**FACT 4**
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5**
You can help stop COVID-19 by knowing the signs and symptoms:

- **Fever**
- **Cough**
- **Shortness of breath**
- Seek medical advice if you:
- **Develop symptoms**
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

College’s ONLINE Earth Day Celebration Theme Is Our Mother Earth - Kohkomaehsahkamekonaw

The College of Menominee Nation (CMN) is celebrating the 50th Anniversary of Earth Day from Monday through Friday, April 20 to 24, with events coordinated by CMN’s Sustainable Development Institute (SDI).

As part of the week, SDI invites others who are observing Earth Day to share their pictures on the CMN-SDI Facebook Page: CMN Sustainable Development Institute.

CMN-SDI is also promoting other online activities that can be accessed by anyone at any time: S. Verna Fowler Academic Library/Menominee Public Library website: www.menominee.edu/library. Library Facebook page: www.facebook.com/CMNlibrary. Library email library@menominee.edu for more information.

Monday, April 20
12:30 p.m. Story Time Live: Stories for Mother Earth
3 p.m. Library Maker Monday on Facebook Live: Jellyfish in a Bottle

Tuesday, April 21
12:30 p.m. Story Time Live: Stories for Mother Earth
3 p.m. Library Try It Tuesday: Care for the Earth on Facebook Live

Wednesday, April 22
12:30 p.m. Story Time Live: Stories for Mother Earth
2 p.m. Panel: Alternative Energy, Emma Ardington, Kelly Jackson, Greg Hitch

Thursday, April 23
12:30 p.m. Story Time Live: Stories for Mother Earth
3 p.m. Escape Room Challenge - Library zoom meet-up

Members of the CMN-SDI Earth Day 2020 planning committee are CMN staff and students: Darla Asenbrener, Rebecca Edler, Mani Boyd, Deserea Wilber, Emma Anderson, Jasmine Neosh, Laura Robinson

10 Traditional Foods for Immune System Support

In one elderberry study, symptoms of 60 people cleared up 4 days before those who took a placebo.

Elderberry
Used in ceremonies and as medicine, tea of simmered branches is used to treat fevers, chest colds and flu.

Cedar
Sweet potatoes are rich in beta caro, a carotenoid that converts into immune booster vitamin A.

Sage
Sage contains over 160 distinct polyphenols, which are plant-based chemical compounds that act as antioxidants in your body.

Beans
Maple syrup is a good source of both zinc and manganese, which are key in strengthening the immune system.

Sweet Potato
Fatty fish like salmon are loaded with zinc and omega-3 fatty acids.

Mushroom
Full of antioxidants and vitamin C, strawberries are excellent for fighting free radicals.
Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don’t have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you’re setting an example for your children to follow.

WAYS TO PREVENT ILLNESS- How you can do your part

Daily cleaning and disinfecting frequently touched surfaces and items (tables, countertops, desks, light switches, handles and drawers of desks and file cabinets, doorknobs, keyboards, phones, touchscreens, pens, pencils).

Differences between cleaning and disinfecting

- Cleaning is the removal of germs and dirt from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

- Disinfecting uses chemicals to kill germs on surfaces.

Always clean your surfaces before disinfecting.

Use soap and water to clean surfaces first. To disinfect, you can use common household disinfectants. Make sure to use disinfectants appropriate for the surface and always read the directions to ensure you are properly using the product.

You can also use a bleach solution as an alternative to store bought disinfectants.

Bleach solution: 5 tbs bleach per 1 gallon of water OR 4 tsp bleach per 1 quart of water

Never mix household bleach with ammonia or any other cleaner

Do not use expired bleach

If you are sick, please stay home. Do not go to a clinic or hospital without calling in advance.

Symptoms to watch for

Fever 100 degrees or higher (orally)

Dry cough

Shortness of breath

Sore throat

Please read the attached recommendations on Handwashing and Hand Sanitizer Use from the CDC

If you have any questions, please feel free to contact any one of us.

Bonnie Welch- 793-5047 Peggy Benes- 787-2547 Joleen Kroening- 793-5105

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Attention Tribal Members

The 2020 Census is upon us. Native Americans feel like they don’t count. And they might not be wrong — we are the most undercounted group on the U.S. census, which means they get significantly less of much needed funding from crucial federal programs, scant improvements on reservation infrastructure and health care, and even the loss of political representation.

Our method or (TEA) Type of Enumeration of being counted will be through a mail form or online

The Census is a keystone of our representative government. It measures the population so that seats in the US House of Representatives can be correctly divided among the states. It also is used in redistricting to draw the lines that link representatives to their constituents for the next ten years. Past undercounts of Native populations have deprived hundreds of thousands of Native Americans of their voice in government. Over $1.5 trillion of federal money is allocated across the country each year based on census data, according to new research from George Washington University is tied to the census. The government calculates each geographic area’s level of education, income/poverty, and more to determine their funding level. Census numbers provide the base figures used in these formulas. This process determines the amount of funding provided to communities like ours for programs like health care, infrastructure, housing, and education.

Our constitution requires that every person in the United States be counted—it is the basis of equal representation. However certain populations typically are undercounted, especially minorities, people in poverty, people living in non-traditional homes, people who speak a different language than English, and youth. One quarter of Native Americans live in areas described by the census as ‘hard to count. But, ultimately, the burden of getting an accurate count largely falls on the undercounted communities themselves. An inaccurate count has far-reaching effects most-often carried by our most vulnerable citizens. “Being counted is an exercise of our tribal sovereignty.” “if we aren’t going to be counted, how are they going to live up to fulfilling treaty rights?” Accurate census data provides crucial information for research and planning purposes, directing fair funding allotments for the federal programs that are vital to rural and Native American populations and enabling the enforcement of federal nondiscrimination laws. Most respectfully, The Stockbridge-Munsee Community
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