



New Facilities Manager

Les Slater is the new Facilities Manager for the Stockbridge-Munsee Community. He's responsible for implementation, operation and monitoring of designated property and building maintenance systems, securing key systems and central fleet systems.

Slater and his wife, Hope, have two children, a daughter, Hanna and a son, Austin. "And we have a devil cat, Randy," Slater added. Les is a graduate of Bowler High School and has taken several educational courses including Human Development for Supervisors, at the College of Menominee Nation, Management and Organizational Skills, Vehicle Maintenance, and hands on HVAC and Electrical workshops.

Slater has worked for the Stockbridge-Munsee Community since 2001 as a Maintenance Worker and Interim Facilities Manager. Prior to that, he worked at Pine Hills as a Groundskeeper/Interim Superintendent, and at North Star Casino as a Blackjack Dealer/Step up Supervisor. Les says he enjoys fishing, hunting and camping with his family.

Home Loans Available

By Susan Savetwith
Mohican News Reporter

Home loans are now being offered at the Mohican Loan Department. Up until January 1, the Mohican Loan Department only offered student loans up to \$5,000, and personal and business loans up to \$150,000. However, they now have the funding, policies and procedures in place for loans to purchase, construct, improve or refinance homes.

According to Mohican Loan Department Manager, Tanya Miller, the interest rate will be at 3.5% and credit score and debt ratio will be utilized for approval. Loans must be for homes inside the exterior boundaries of the 1856 reservation and have to be used as the primary residence. Miller said the applications and policies are available online and are always available outside their office in the Administration Building. "Or you can give us a call, and we'll mail them out to you," Miller added.

The Mohican Loan Department has two staff members, Manager, Tanya Miller and Kemawin Dess.

Tanya Miller is the Loan Manager. She's responsible for the overall daily operation of the Mohican Loan Department to provide loans to enrolled members of the Stockbridge-Munsee Community.

Miller has four children, ages 21, 19, 14, and 12; two are in college and two are in high school. Tanya has a Bachelor of Science in Exercise Fitness and was previously Fitness Director for the Mohican Family Center for over four years. She also has a Master's degree in Program Management and Organizational Behavior.

She says she was the Fitness Assistant at the Family Center for a year before becoming the Loan Manager. She's been the Loan Manager for five years. Miller says she loves attending her children's sporting events, hunting and fishing and watching Packers and Brewers on TV.

National Propane Shortage

By Susan Savetwith
Mohican News Reporter

The Nationwide shortage of propane that has folks scrambling to keep warm is said to be attributed to a colder than normal winter, the shutdown of a key supply pipeline earlier in the season and heavy use of propane by farmers to dry grain this past fall. The shortage is also said to be compounded by DOT regulations limiting driving hours for trucks carrying propane.

Conserving propane is a big priority within the Stockbridge-Munsee Community. President Wally Miller sent out an email to all employees asking for cooperation in taking conservation measures. He advised, "All building thermostats will be programmed from Monday through Friday 7 a.m. to 5 p.m. 65 degrees and decreasing to 60 degrees the remainder of the time." Miller encouraged employees to dress in layers and wear warm clothing. "I know that if we work together, we can get through this," Miller said.



President Wally Miller took the initiative to reduce the Tribe's consumption of LP gas by ordering the lowering of thermostats in Tribal buildings.

The Manager of the Mohican LP Gas, Candy Miller, sent out an email encouraging folks to "conserve" at home as well. The letter indicates Mohican LP gas was recently notified their cost for LP continued on page Six:

Mohican Family Center is a Library?



By Susan Savetwith
Mohican News Reporter

The Stockbridge-Munsee Mohican Family Center is now a library, or better stated, it houses a library. The Family Center recently received an addition; a "Little Free Library." The community was invited to the ribbon cutting/unveiling and a meal was served to commemorate the occasion.

Little Free Libraries are "popping up" everywhere. They look like birdhouses and they don't require

library cards or late fines, don't insist that patrons whisper or stay quiet, and don't mind if you do not return a book. One of these libraries was installed at the Family Center. After the ribbon cutting and unveiling of the library, children gathered around to help stock it with books and were encouraged to borrow books as well.

The Library was donated by the College of Menominee Nation and was presented through the efforts of Steven Davids, Stockbridge-Munsee Library continued on page Six:

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Why Vote in the Upcoming Secretarial Election?

The list of individuals who registered and will be eligible to vote in the upcoming (February 25, 2014) Secretarial election numbers **166 members** as of 1-31-14. There are at least **434 members**, as determined by enrollment, who are eligible to register to vote. This election is one of the most important elections in the history of our Tribe.

We are voting on changing 2 Articles in our Constitution (Article IV & Article VIII): If approved there will be four major changes:

1) **Remove the Bureau of Indian Affairs (BIA)** from approving any amendment we (Tribal members) want to make in our Constitution. As a result of removing the BIA, we remove their rules that we are bound by and have been living under in our present Constitution since 1937.

2) **Lowering the 30% requirement to vote in an election to 20%** in the same article because all 1,392 members will be allowed to vote no matter where they live. Currently 30% is 131 of 434 members on the reservation needed to sign a petition and needed to vote on an amendment. If changed to 20% with 1,392 members we need at least 279 members to sign a petition and to vote

3) Change the **voting age from 21 to 18 years old** to vote in all future tribal elections. If you're old enough to fight for your country, you should be old enough to vote.

4) **Include voting by non-resident tribal members in future elections amending the Constitution.** The Stockbridge-Munsee Constitution is the law that determines who is a Tribal Member; therefore all members should be able to vote in any amendments to our laws just as we all vote for Tribal Council members.

Article VIII- Amendment, would read:

ARTICLE VIII- AMENDMENTS

This Constitution and By-Laws may be amended by a majority vote of tribal members 18 years of age or older; Provided that at least 20 per cent of those entitled to vote shall vote in such election; the Tribal Council is required to call an election on any proposed amendment upon the receipt of a petition signed by not less than 20 per cent of the voters of the Stockbridge-Munsee Community.

Why continued on page Three:

Secretarial Election Rebuttal

I think we all recognize pork barrel politics when we see them. I talked to a guy that blamed the BIA for the secretarial election that will be on February 25. He thought it to be another government scheme against the tribe. The government political system is known for using pork barrel manipulation to advance controversial issues through deliberate misconceptions using less controversial or popular issues to mask or distract from unpopular issues or suggested changes proposed.

Most of all information provided on proposed constitution amendments have been drafted and provided by the Stockbridge-Munsee Constitution Committee. The last revision update was a committee response to a letter received from the BIA (May 16, 2013) to offer technical comments and assistance on the proposed constitutional amendments provided by the committee (see Mohican News July 1, 2013). I seldom find myself in accord with the BIA policies or actions, however, I think that the BIA comments are of genuine concern and insight to the Tribe. Based on conditions not expected, that have been less than positive from similar actions of other tribes, the BIA comments suggest that some voters will not understand the long term effects of

the proposed amendments. The committee response says the BIA reflects a lack of understanding the condition on the reservation. Contending that changes are a step toward independence and self-sufficiency, as the Tribe has shown with the recent election dispute, it can resolve contentious disputes peacefully and effectively on its own. The Stockbridge-Munsee people have been free of Federal administrative processes for most of their existence they say. Apparently the committee has forgotten Tribal history when contentious issues involving the Indian and Citizen Party within the Tribe caused division that could have destroyed the Tribe and a few more recent incidents that caused prolonged Tribal upheaval and extensive unpleasant dissension and discord. The committee has said the amendments, if passed, will improve the constitution and are in the best interest of all Stockbridge-Munsee Tribal Members. They encourage a vote in support of the proposed amendments.

I was happy to finally see counter opinion and other perspectives presented. See: Mohican News December 1, 2013. This article notes the danger present in an all-encompassing document
Rebuttal cont on page Three:

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

Community Voices

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

Mohican News

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

e-mail: mohican.news@mohican.com

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

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COMMUNITY

Band of Mohican Indians

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Thank You

On behalf of family, please accept our sincere thanks for the [card, gift, flowers, or financial contribution] you sent in memory of Thomas A. Rudesill, Jr. It is only the generosity of good friends like you that has brought us through this difficult time.

A special thank you to the ladies at the Ella Besaw center, you made Dad feel so welcome and at home; Reverend Melinda Shriner for a wonderful service; the Church of the Wilderness ladies aide for

all the good food; Carmen and Lorraine for helping with the meal; and all the family and friends who came to say good-bye.

We want to express a special thank you to the Mohican Veterans, Menominee Veterans, and the Oneida Veterans- you gave Dad the sendoff he wanted. He expressed to us a year ago that he wanted a military funeral and you made it happen for him. We cannot thank you enough for your thoughtfulness and your service. Family of Thomas A. Rudesill, Jr.

Why accept something you believe may be wrong?

We should not be manipulated into accepting something we believe is wrong just to get something we believe is right.

I read Chad Miller's December 1, 2013 article and it makes sense. It was well thought out and presented very well.

I asked the question, would it have been possible for us to vote on the issues separately. The answer is yes. The BIA sets up the election according to the way the petition was submitted. If the petition was submitted with the issues separated, we would vote on each issue separately.

I believed a lot of people thought this was not going to get this far. I believe that some issues or input was not presented and that some may have been ignored.

If we really need a new constitution,

I contend we vote "No" on this one and then find out what issues we want to present, and submit them in a manner where we can vote on them separately. Who knows there may be other issues to present.

To say passing this constitution will reinforce or help our sovereignty is an overstatement. There is no degree of sovereignty. Accepting this constitution will not make us more sovereign. And declining it will not take away from our sovereignty.

Question! Does anyone wonder why the Lac Du Flambeau Chippewa's constitution change was declined? They voted down the removal of the Federal Government's process to amend their constitution on January 14, 2014.

Mel Miller

Why cont from page Two: Article IV-Section 5 would read:

ARTICLE IV-Section 5

Any member of the Community who is 18 years of age or over shall be entitled to vote in any election at which he or she presents himself or herself at the polls on election day during the official voting hours.

Stockbridge-Munsee Constitution Committee

Editor's Note:

There was a recent inquiry as to why Mohican News does not print Stockbridge-Munsee Community Employment ads. The reason is, these ads tend open and close before the paper would reach our readers. For example, recently, a couple jobs were posted on January 28 and 30 and would close (no longer take applications) February 12 and 14. The paper is printed on February 13 and would not be on the stands until February 15, 2014.

Sorry for any inconvenience!

Rebuttal cont from page Two: that would prevent distinction of individual issue choice, stating support of voting age change but loss of local control and relieving the BIA of some trust responsibilities is not acceptable. The voting age issue seems to be the agreement extended that could lead to a yes vote in changing the constitution. This will impose all other amended conditions as well, that could impact our limited Tribal benefits and resources. I think a young person 18 years of age often sees an opportunity without thought or concern of what could become a compromise to the Tribe in the future. This is a generality as some young people are as thoughtful and responsible at 18 as at 21. Most studies agree that the general age of mature thinking occurs at age 21 - 25 years and beyond, we've all been there.

I fear the approval of 18 year old voting rights could establish an unnecessary liability to the Tribe. I urge responsible enrolled members 18 years and older to vote NO in the secretarial election.

Doug Miller
Over 21



THURSDAY, December 5, 2013 STOCKBRIDGE-MUNSEE CONSTITUTION MEETING MINUTES 5:00 PM - TRIBAL OFFICE

Attendance: Wayne Malone, Sr, Chairman, Bob Little, Vice Chairman, Elaine Jacobi, Secretary and JoAnn Schedler. Short meeting due to weather conditions and others that could not make meeting.

Meeting called to order at 5:15 by Chairman Wayne Malone.

1. Approve Minutes: Motion by JoAnn to approve minutes of November 21, 2013 with correction on date, to read Nov. 21, 2013, not October 21, motion 2nd by Bob, all in favor, motion carried.

2. Report: Secretarial Election Board: Election Board member Bob Little gave report and update on timeline for Secretarial Election coming up soon. He will be e-mailing out information from meeting attended in Ashland along with Tammy Pecore, election board members. Packets will be mailed out starting January 10th, 2014, deadline to get registration form back is January 30, 2014. Need to get articles and information in "Mohican News". Absentee ballots will be allowed but must submit form to get absentee ballot mailed out to those that are unable to attend polling place because of illness, or physical ability, or temporary absence from the reservation. Bob shared with Committee a sample ballot that will be coming with packets. Any individual whose name does not appear on the official registered voter list can claim the right to vote by presenting a written claim to the Chairman of the Election Board. All claims and challenges must be

presented to the Election Board Chairman before 12:00 noon on Thursday, February 13, 2014. The Election Board shall meet on February 14, to pass on any claim or challenge. The Election Board decision shall be final.

3. Stockbridge-Munsee Secretarial Amendments- Letter, Elaine and Eleanor Elaine and Eleanor will be working on articles and information for the S/M Community Network, Facebook and the S/M Constitution Website. This will be another way to reach the people as not possible to get all articles in the "Mohican News" The Committee will also be working on letters to community in "Mohican News". Dates and Deadlines for the Mohican News was reviewed and JoAnn and Wayne will be working on letters out to community regarding the upcoming election. A date for a forum to answer questions and debate, will be set up at the Elderly Center or wherever can be arranged. Shawn Stevens suggested a forum and video taping done to help community understand this complex election. Many do not understand everything involved like the Committee that has been researching and learning for many years.

4. Open Agenda. Next meeting will be decided at a later date to finalize and make arrangements and prepare for open meeting for public.

Meeting adjourned at 6:25.

Elaine Jacobi, Secretary

Warm Fund

Some of you may be familiar with Keep Wisconsin Warm Fund, but I was not. I followed up with DOA on the Keep Wisconsin Warm Fund that had increased their level of support to include those up to 80% of the State Median Income (SMI). When KWWF is at its normal level of 60% of SMI, it provides supplemental assistance to the Wisconsin Home Energy Assistance Program (WHEAP). With the increase to 80% SMI, and while funds are available, KWWF may provide a one-time payment of up to \$600 to purchase propane. I think this is a step in the direction you were asking about to assist the lower middle class that was just above the 60%

SMI. Your citizens can call 1-800-891-WARM (9276) or go to <http://www.kwwf.org/State-Office-Map> to find the local office.

Pat Patrick J. O'Connor Director, Bureau of Response and Recovery Wisconsin Emergency Management 608-242-3204 (O)

Conservation Wardens Miller & Schreiber have moved their offices to the safety building. They will have the same phone number (715) 793-4364.



Elder Wisdom

Community Writers: You are Needed!

The Mohican Writer's Circle formed last year with the goal to nurture writers in the community. The group will 1) Serve as Mentors to any Tribal members and descendants who want to write their thoughts, stories or Mohican history. The focus is intended to be on our youth; but anyone who is interested in writing is welcomed. 2) Help and support each other with constructive feedback on our own writing. 3) Share ideas for future writing projects for the community.

There have already been several accomplishments from participants in the group. Misty Cook produced the "Medicine Generations" book, and JoAnn Schedler's chapter in "American Indians in the Civil War" was published. One member, Cathy Caldwell, has shared perspective from her experience teaching Native Literature courses. Several other participants such as Judy (Putnam) Hartley, Starlyn Tourtillott and Mark Shaw have written original poetry and stories and benefitted from work shopping them with the Mohican Writer's Circle for the feedback. At last

year's Indian Summer Festival, the group also organized a meeting with renowned writer Patty Loew. She shared her tips on potential publishers in the region and other advice as a lifelong writer.

Future plans for 2014 include the publishing of a community literary magazine, holding poetry reading events, and a campfire storytelling experience.

You are invited to join the next Mohican Writer's Circle gathering! Even if you have never written or don't consider yourself a writer, please come. It is a "safe space" and is warmly open to all.

The next meeting will be held at the Mohican Veterans Lodge at W12790 County A on Monday, March 17 from 3-6 p.m. This is the Stockbridge Day tribal holiday. It will start with poetry writing exercises, followed by sharing any written works that participants bring, and close with door prizes, beverages, and snacks at 5 p.m.

Contact JoAnn Schedler at (715) 787-4788 or schedler@frontiernet.net with questions.

Memorial Brick Forms

Deadline set for March 1, 2014 (or ASAP) to have Memorial Brick Forms in for 8th Rededication on May 26, 2014 (Memorial Day). Maximum limit of 20 characters including spaces per line. Deadline is needed so bricks can be made and installed by Memorial Day. Dedication Ceremony will be 2 p.m. at the Stockbridge-Munsee Community Veterans Memorial (W12790 Cty. Rd. A, Bowler) on Memorial Day.

"Can be any Veteran living or deceased." Forms can be mailed to Robert Little or dropped off at Robert Little's office at the Casino in inter-office mail. Forms are available online at Mohican.com, Mohican Veterans link or contact Robert Little at 715 787-2535.

The headings on the six lines on the Memorial Brick Form below are suggested information only. Fill out one form per memorial.

Purchaser's Name:

Address:

Phone #:

Individual must be a Veteran and not Dishonorably Discharged.

Suggest calling Veteran Service Officer at 715-526-9183 in Shawano for DD-214 information.

Memorial Brick information:

Maximum limit 20 characters per line:

Suggested information as follows:

Veterans Name: _____

Branch of Service and Campaign: _____

Dates of Service: _____

Unit Served With: _____

Veteran Group Name (Mohican Veterans, American Legion, etc): _____

Community and State from: _____

Price per 8" x 8" brick: \$90.00 Brick lettering is epoxy filled, lifetime warranty.

Make check payable to:

Mohican Veterans

Mail check and forms to:

Mohican Veterans

c/o Robert Little

N8595 Big Lake Road

Gresham WI 54128

On the Trail Home



Occum B. Isham

Occum Brave Isham, age 58 of Milwaukee, passed away Tuesday, January 28, 2014 in Tennessee. Born on June 19, 1955 in Shawano, he was the son of Patricia D. Miller and the late Clarence Isham. Although Occum lived most of his life in the Milwaukee area, he last made his home in Puerto Rico where he spent time enjoying the tropics. During the 1970's, Occum served in the United States Navy as a supervisor of Telecommunications-Military Intelligence aboard the USS Independence CV-62. His working career as an engineer included employment with WI Electric, Briggs & Stratton and Rockwell Automation. Besides living in Nova Scotia, Canada, Occum's travels included visits to Italy, Spain, Germany, Switzerland, London England and Israel with his

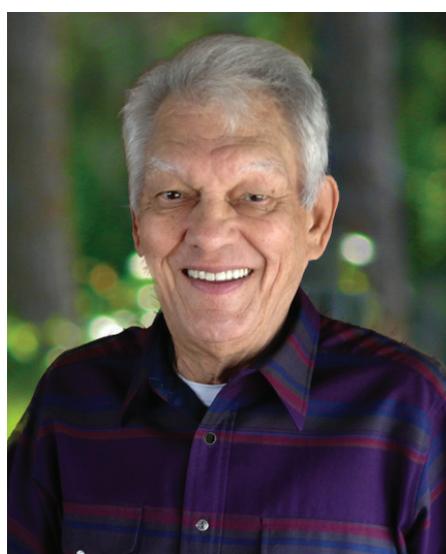
mother as well as Hawaii, Tahiti, Bora Bora, Monaco and several places in the United States.

Occum is survived by: his mother, Patricia D. Miller of Milwaukee; his former wife, Heather Isham; 5 sisters, Charlicia (Thomas) Lane, Birchilai, KeminaLee, NanPeiLyn and Ashle Jane Glover; and a brother, Charles L. Glover IV. Occum is further survived by numerous nieces, nephews, cousins and good friends.

Occum was preceded in death by his step-father, Charles L. Glover, III.

A 12 day fire was kindled at the Molly & Lloyd Miller residence and continued until the time of the funeral. A Parish Wake Service was held at the Lutheran Church of the Wilderness. A traditional family feast with the Red River Singers followed. Traditional services were held on Saturday with Alton Sonny Smart officiating. Funeral services and a Celebration of Brave's Life followed with the Rev. Melinda Shriner officiating. A Grave Site Gathering was at the Stockbridge Indian Burial Grounds in the Town of Bartelme with Military Rites conducted by the Mohican Veterans and the Gresham American Legion Post #390. An Honor Song by the Schodack Singers followed.

Swedberg Funeral Home in Shawano assisted the family with the arrangements. www.swedbergfuneralhome.com



Albert C. Miller

Albert C. Miller, 81, passed away Monday, January 27, 2014 in an Arlington hospital.

Interment for Albert and Patricia Miller was held at the Dallas Fort Worth National Cemetery.

In lieu of flowers, donations in Albert's memory may be made to the Mohican Veteran's Association, P.O. Box 70; Bowler, WI. 54416.

Albert, known as Charlie growing up, was born February 2, 1932 in Red Springs Wisconsin. He served in the USAF from

1951 to 1959 and in the Wyoming Army Guard in 1980 as a military policeman. He loved working with his hands and found his niche working as a mechanic. He was the owner of Miller's Transmission in Marshfield, Wisconsin for several years before accepting a position with United Airlines to work on their large ground vehicles. His favorite pass-time was watching old westerns and rooting for his favorite teams, the Green Bay Packers and Denver Broncos.

He was preceded in death by his wife, Pat; parents, Robert L. and Edith M. Miller; sister, Darlene; brother, Sherman and his foster parents, Melvin and Christine Bodga.

Survivors: son, Douglas Miller of Tucson, AZ; stepsons, Art Buecher of Arlington, TX and Doug Buecher of Denver, CO; stepdaughter, Kim Page of Arlington, TX; brothers, Robert B. Miller of Gresham, WI and Robert Miller, Jr. of Oneida, WI; sister, Ilajeane Pomeroy of Rockwall, TX; sister-in-law Marilyn Miller of Bowler, WI; 4 step grandchildren, 3 step great-grandchildren and numerous nieces, nephews and other relatives.



Misty's Traditional Medicines



Gifting Cont. from last Issue:

for this book. It seems like every time I talk to someone, they have a new piece of information that I haven't heard about the Medicines. With all of the details, it helped complete this book. It has amazed me by how much information that people still have regarding Medicines. When I would go to interview someone, they would say that I could interview them, but they didn't remember anything. After we started going through all of the Medicines, they would say, oh yeah, I remember my grandmother using that one or my mother using that one. This happened with everyone I talked to reiterating that the commonalities between all of these interviews make these Medicines our Medicines that were used amongst our people through oral history.

Traditionally, these Medicines were passed down orally, but with colonization, Mission Schools, and all of the other injustices towards our people throughout history, much of this knowledge was lost forcing us to try to salvage what we do have left. I believe this information should be passed down orally and will do my best to make sure that happens. There is a true beauty in learning about these Medicines face-to-face and that is why our people passed information down this way. It provides a time for people to learn by asking the questions they have to get a true understanding. I also feel that we need to preserve this information in writing because our community has been forced to change to a more American way of doing things and a book will get the information out to more people. So with doing both, the Medicines will be preserved.

In addition, we collected interviews of family members, tribal members, tribal elders, scoured the QUINA'A MONTH'A Tribal Newsletters, consulted with the Stockbridge-Munsee Environmental, Forestry and Conservation Departments, and researched the Arvid E. Miller Memorial Library Museum archives.

HOW TO PREPARE AND USE THE MEDICINES-WCHAPIHKAL

In the Native Way, learning the Medicines takes time. It will take

an entire year to really see how these Medicines grow, find them, gather them, dry them, process them for storage, make them, use them, dosages, and the many aspects of the Medicines. It may not work out the first year so it will take another year to try again. This is the Native Way. When I first started, my goal was to learn one Medicine a year. #6, also known as wild bergamot was my first Medicine that I gathered and tried to dry. I picked the wrong one, dried it in the sun and it got all brown and wilted. I had to wait another year to try again.

Learning Medicines definitely teaches patience because with the growing seasons always being different and in constant change, the Medicines need to always be checked on to see how they are growing and guesstimating when they are going to be fully ready to gather. This can only be done by getting out there and watching the Medicines grow.

The following Medicines are a list that Ella Besaw talked about through Dave Besaw's recollection of the Medicines that she knew. Also included are the Medicines that my Grandma Mary used and talked about. Dave and I compiled the following Medicines, their care, harvesting and their ways to use them so they can be used by future generations.

MEDICINE GUIDE

Apples

Native word, Aapulushak
For an upset stomach, peel any kind of apple, scrape off small pieces with a spoon and eat them. This will help soothe an upset stomach. Eat a few teaspoons full to ease the stomach. My Grandma Mary always did this.

Baking Soda

Native Word, Soti
Mix one tablespoon of Baking Soda with a little water to make a paste and this can be used to put on any kind of insect bite including bee stings. Also, an equal part mixture of castor oil and baking soda can be used to put on insect bites.

Beef (Raw)

Native word, Kooyeewakw-meaning any kind of Beef.

This is good for a black eye. First, pound up the beef a little and lay it

on the black eye. It will draw the blood out.

NUMBER SIX - BERGAMOT



Bergamot (Wild)
Photo taken in mid-July

Our people call this Medicine "#6 or number six." Native Word-Wteehaskwal

#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 ail 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 lighting 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 and placed in a glass mason jar. I place the #6 into a paper bag, break it 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.

Blackberry Cont. next issue:

LP continued from page One:
fuel almost tripled over last year. It said there is still pre-purchased propane coming, but it will be coming to an end.

She encouraged customers to do what they can to conserve fuel by lowering temperatures in homes (supplement with electric heat, wood or pellets, if at all possible). Candy Miller said Mohican LP Gas is conserving LP for current customers and are not taking any new cash customers at this time. She also indicated they have been contacted by other LP services to sell fuel, but have refused to do so. "Please check your tank percentages and notify us when the tank hits 20% and we will try to schedule accordingly," Candy Miller said.

Another concern out there is price gouging and contractual disputes. Sandy Chalmers at the Department of Agriculture, Trade and Consumer Protection (DATCP) encourages residents to send all price gouging complaints and especially contractual disputes (such as- the customer locked in at one price and now the propane company will not honor that price) to the Consumer Complaint Hotline 800-422-7128. Or follow this link: http://datcp.wi.gov/Consumer/Consumer_Complaints/Online_Complaint_Form/index.aspx to fill out a complaint form online.

In addition to what we are doing locally, Governor Scott Walker has instructed the Department of Administration's Division of Energy Services to release an additional \$7 million in energy assistance benefits and issued a state of emergency putting the National Guard on standby to set up warming shelters and go door to door if need be. He has also issued executive orders to allow truckers that deliver propane to Wisconsin to drive longer hours – while doing so safely. In addition

he said the State Department of Transportation has authorized a weight limit relief order for vehicles transporting energy in the state to increase the amount of propane carried in a single trip.

Call the non-emergency number of your local sheriff's department if you need the location of a local warming shelter or other local resources. As always, call 911 for an emergency.

Check on friends, neighbors and loved ones to ensure everyone has a warm place to stay.

To apply for heating assistance through the WHEAP program, go to www.homeenergyplus.wi.gov. Your local agency will determine eligibility for heating benefits based upon your household income, size, and the home's heating costs. If you are eligible, the WHEAP program will make a payment directly to your fuel supplier towards the cost of your propane. These benefits are available through May 15, 2014. Your local agency will also determine if you are eligible for Crisis Benefits. In the Stockbridge-Munsee Community please contact Anita Matson at 715-793-4862 for assistance.

If you leave your home for an extended period, turn off the water and drain your pipes to ensure the pipes do not freeze in your absence.

If you need assistance with your pet, please call your local warming shelter/human services agency as some warming shelters also offer pet shelter.

Please donate to the Keep Wisconsin Warm Fund (KWWF) to help those impacted by the crisis. Credit card donations accepted: Online at www.kwwf.org/donate. By phone at 608-333-0809.



A youngster cuts the ribbon on the Lending Library as Mary Windmiller of the CMN Technical Education Department looks on.

Library cont from page One:
Munsee Director of Economic Support and Antoinette Davids, Dea Bisley and Mary Windmiller who are staff members of the Technical Education Department of the College of Menominee Nation.

According to Mary Windmiller, Todd Bol of Hudson, Wisconsin built what would eventually be called the first "Little Free Library" as a memorial tribute to his mother in 2009 and Rick Brooks of Madison, Wisconsin put together the ideas and strategies that led to other Little Free Libraries being installed in Minneapolis, Madison and other communities. "But many of the people most responsible for the success of this movement are the early adopters of the idea who purchased Libraries made by Bol and others for their front yards," Windmiller explained. She said they became the stewards of the tangible and intangible parts of the Little Free Library mission, "to promote a sense of community, reading for children and literacy

for adults and libraries around the world." She said some stewards build the Libraries that serve their communities; they fill them with books, protect and promote them, and come up with new ways to share the goodwill generated by these neighborhood book exchanges.

Windmiller says the benefits of Little Free Libraries for the community are that neighbors and passers-by interact more than they have in years. She says community members value the free-wheeling exchange of books, especially because they are often surprised by the variety and quality of the collections. "They like giving as much as, or perhaps even more than, taking books," Windmiller said. According to Windmiller, the vast majority of public and school librarians fully support the concept and role of Little Free Libraries as outreach and in reach tools for library success. "Children, youth and adults of all ages and backgrounds can share in the give and take," Windmiller said.

Stockbridge-Munsee Community Committees and Boards

By Susan Savetwith
Mohican News Reporter
The Stockbridge-Munsee Community has 16 committees and boards made up of appointed volunteers from within the community. On page Ten is a calendar of when they regularly meet and a listed below is who currently serves on these committees and boards. There are also some committees or boards that have vacancies, we will list available positions as well.

In future issues, we will highlight different committees or boards and give an overview of what they do or current issues they are working on.

CHILD PROTECTION BOARD

- Bev Miller
- Jessica Boyd
- Mary Miller
- Melissa Penass
- Nathalee Kristiansen

EDITORIAL BOARD

- Betty Schiel
- JoAnn Schedler
- Misty Cook
- Two Vacancies

EDUCATION BOARD

- Alpha Creapeau
- Carolie Miller
- Jeff DePerry/So Happy Davids
- Jeff Welch
- River Otradovec
- Roberta Carrington
- Susan Miller

Trace Miller
Vacancy

ELDERLY STEERING COMMITTEE

- Betty Schiel
- Floyd Williams
- Margaret Lesperance
- Muriel Sereda
- Quinton Bowman
- Two Vacancies

ELECTION BOARD

- Antoinette Tourtillott
- Crystal Malone
- Denise Pommer (Alternate)
- Donna Jean Church
- Melissa Welch
- Regina Putnam
- Stacey Schreiber

ENROLLMENT COMMITTEE

- Harold Bowman

Jayne Pecore
Mary Miller
Melissa Penass
Nathalee Kristiansen
Tara Miller
Vacancy

FAMILY CENTER BOARD

- Annette Schreiber
- Dawn Espinoza
- Misty Cook
- Saralee Jagermann
- Thomas Kazik II

FISH AND GAME BOARD

- Alpha Creapeau
- Bert Davids
- Brian Goss
- Chad Miller
- Darcy Malone
- Gerald Miller
- Jeff Pecore

Boards cont on page Ten:



February is Teen Dating Sexual Assault Prevention & Awareness Month

Answer the questions below yes or no and see if you have warning signs of abuse in your relationship

How are you treating Your Partner?

1. Does your partner call you names, embarrass you make you feel stupid?
2. Does your partner question you; whereabouts, who you talk to, why you want to be with friends or family?
3. Does your partner ask if or check your pager to see if other people call you?
4. Are you afraid or scarred of your partner? Do they make excuses for mistreating you?
5. Is the person you're dating really nice sometimes and rally mean at other times?
6. When there are fights does your partner blame you say you provoked them, claim you know about their short temper, or they have anger problems and they couldn't help it?
7. Do they tell you that you are "making too big a deal" out of things or dismiss you when you try to talk about things?
8. Do you feel pushed or forced into having sex?
9. Does this person make promises to change and apologizes and after a time repeats their behavior?

If you answered "Yes" to some of the above questions you may be in an abusive relationship.



Feeding deer banned in Shawano and Waupaca counties

http://dnr.wi.gov/news/BreakingNews_Lookup.asp?id=3092

MADISON - The baiting and feeding of white-tailed deer is now banned in Waupaca and Shawano counties, the state Department of Natural Resources reports.

The ban, required by state law, went into effect today. The action was spurred by the discovery of a CWD-positive white-tailed deer in November on a privately owned captive deer farm in Marathon County. Implementation was delayed to avoid interference with deer hunting during the ongoing 2013 deer season at the time of discovery.

Shawano and Waupaca counties are within a 10-mile radius of the Marathon County property on which this CWD-positive captive deer was found. State law requires that counties within a 10-mile radius of a game farm or free-ranging CWD-positive are included in the baiting and feeding prohibition.

The baiting and feeding of deer is now banned in 35 of Wisconsin's 72 counties.

"We understand that this may be disappointing news to some who use bait for deer hunting or are feeding deer for enjoyment or

because they are seeking to help them through this winter," said Jeff Pritzl, DNR wildlife supervisor for northeast Wisconsin.

"Supplemental winter feeding of deer unnecessarily increases the risk of spreading CWD and other diseases by concentrating deer activity at one spot. Long-term herd health is important to preserving our great hunting tradition. It is a foundation of tourism and vital to local businesses. This outweighs any possible benefit to individual deer or deer watchers provided by feeding."

For more information search the DNR website for "[baiting and feeding regulations](#)."

Individuals can still feed birds and small mammals provided the feeding devices are at a sufficient height or are otherwise designed to prevent access by deer and the feeding device is within 50 yards of a human dwelling. This ban does not affect the use of bait for hunting bear or training bear dogs.

Learn more about CWD at knowcwd.com or go to the DNR website dnr.wi.gov search the keyword "[CWD](#)."

A map of affected counties and rule specifics are on the department's Web site.

Spring Planting is Near: Join the Arbor Day Foundation in February and Receive 10 Free Blue Spruce Trees

Joining the Arbor Day Foundation is an ideal way to get in the mood for spring planting. Anyone from Wisconsin who joins the Foundation in February 2014 will receive 10 free Colorado blue spruce trees to plant when the weather turns warm.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

"The blue-green hue and distinctive shape of Colorado blue spruce trees will help beautify Wisconsin for many years to come," said John Rosenow, founder and chief executive of the Arbor Day Foundation. "The trees will also add to the proud heritage of Wisconsin's existing Tree City USA communities."

The Tree City USA program has supported community forestry throughout the country for more than 35 years. The trees will be shipped postpaid at the right time for planting, between March 1 and May 31, with enclosed planting instructions. The 6- to 12-inch trees are guaranteed to grow,



or they will be replaced free of charge.

Members also receive a subscription to the Foundation's colorful bimonthly publication, *Arbor Day*, and *The Tree Book*, which contains information about planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE COLORADO BLUE SPRUCE TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by February 28, 2014, or visit arborday.org/february.

ROOM CLOSED
5:45 - 6:45 p.m. - Staff Supper Break

2 - 6 grade Arrival 8 p.m.
Saturday Pick-up 7:45 a.m.

Friday, February 28, 2014

K-1st grade LATE NIGHT

After School Program Rm.

DROP OFF 7 p.m.
PICK-UP 9 p.m.

"Making Good Decisions"
Game Night

Snacks & Prizes

Want More Info?
Call #793-4085
Lai Lonnie & Linda

Please wear winter gear.
Permission slip required.
Parents must pick-up youth.



4TH ANNUAL Winter welcome POW WOW

FEBRUARY 22, 2014

~ FIVE CLANS BALLROOM ~



FIRST GRAND ENTRY
1:00 PM DANCING TILL 5:00 PM
SECOND GRAND ENTRY
7:00 PM DANCING TILL 10:00 PM

MASTERS OF CEREMONIES **Joey Besaw & Joey Awonohopay**

ARENA DIRECTOR **Gary Besaw**

HEAD DANCERS
**Pam Boivin
Stewart Boivin**

HEAD VETERAN DANCER
**Mike "Mackie"
Pamonicutt**

HOST DRUM **Smokeytown Singers**

INVITED DRUMS
Badger Singers • MoTown • Chief Hill

MENOMINEE LOCAL DRUMS
Wolf River • Wind Eagle

Sorry - due to space limitations of venue only invited and local drums will be able to participate

DANCER HONORARIUMS
Adults - \$10 Cash per session • Teens (13-17) - \$5.00 Cash per session
Payment made after each session
12 and Under - \$5.00 Cash for afternoon session only
Payment made after first session

CHAMPION DANCERS OF THE DAY - ONE CHOSEN IN EACH ADULT CATEGORY
\$25 CASH & \$25 Free2Play PRIZE

~ **NEW THIS YEAR** ~

Adult and Youth Hand Drum Contest
Adult Contest Sponsored by Pam & Stewart Boivin



MENOMINEE CASINO RESORT

N277 Hwy. 47/55 • Keshena, WI

800-343-7778 • MenomineeCasinoResort.com

All Menominee Casino Resort promotions require you to be a Players' Club member, membership is FREE. See Guest Services for complete information. Menominee Casino Resort reserves the right to alter or cancel any promotion or event at any time without notice.



**Food & Beverage Sales
Craft Stands**

supper meal will be on your own



POW WOW HOTEL SPECIAL

RATE \$79⁹⁹
UP TO 4 ADULTS PER ROOM

USE GROUP NAME
GUEST

INCLUDES
\$10 Free2Play and
\$3 Breakfast Credit
PER ADULT

RESERVE BY FEB. 15 FOR THIS RATE

1-800-343-7778, EXT. 5716 or 5717

~ **CRAFT VENDORS WANTED** ~
Cost: \$30 per table. Please contact
Rachel at 715.799.3600 ext. 5692
to reserve your space.



Bowler School Activities



Kindergarten students in Mrs. Wolf's class at Bowler Elementary recently making pinatas as part of a unit that dealt with fiestas, or parties.



Students in Mrs. Steinburg's 1st & 2nd grade class recently showcased their theatrical skills to an overflow crowd of family and friends at Bowler Elementary. Left: 2nd grade students performed a Readers' Theatre by reading "The Ugly Duckling." They included, from left, Lillian Welch, Kelissa Malone, William Thix and Enae-maehkiw-hsaeh Kinepoway. Middle and Right: 1st grade students performed the play, "The Little Red Hen."



Nutrition and Fitness Family Night held recently at Bowler School. The event featured a presentation on Skype from an expert in the field of nutrition as well as fun activities for students, including dancing and making nutritious snacks.

Top Left: Nakota Kosbab helps make a nutritious snack at the event. The students received additional assistance from teacher Donna Lehman and Principal Kim Ninabuck. Top Right: Lexus Fuller, making a nutritious snack.



Bowler School Spelling Bee winners from each grade. They are, front row from left, Kade Hartleben, 7th; Keegan Pingel, 6th; Ragen Koenamann, 8th; Isley Welch, 5th; Asa Doxtator, 4th; and Alexis Williams, 4th. Back row from left, Destiny Bowman, 7th; Ira Rudesill, 6th; Desahn Welch, 6th; Brianne Rosenow, 8th; Adin Brei, 5th; Logan Thix, 5th; and Dominic Koster, 4th.



Employee of the Month for the month of November at North Star Mohican Casino Resort:
Marilyn Maus, Food & Beverage Department
Thomas Hafner, Cage/Vault Department



Two winners from the Geography Bee competition for grades 4-8 held recently at Bowler School. The winner was Jazmyne Brown, a 7th grader, while Ira Rudesill, a 6th grader, took runner-up honors. Jazmyne will now take a written test to see if she qualifies for the state competition later in the school year.



Community

Weather “Triple Whammy” ready to strike State agencies team up to warn residents of dangerous cold and snow

(MADISON)– Wisconsin residents needed to be ready for three major winter weather events impacting the state recently. Wind, snow and cold created dangerous conditions in the last couple of weeks.

Unfortunately there have already been four probable cold weather-related deaths in Wisconsin this year (one each in Ashland, Milwaukee, Marquette and Barron counties).

Wisconsin along with the Dept. of Agriculture, Trade and Consumer Protection (DATCP) and Health Services (DHS) are teaming up to warn people about the potential for bitter weather and precautions you and your family should take to keep safe.

Forecast – The National Weather Service says travel will be difficult whenever a front moves through the state. With winds that could reach 20-30 mph gusting to 40 mph in Wisconsin; and combine this with snow and existing snow already on the ground roads become very slick and limited visibility is definitely a possibility.

Health Risks – With these bitter temperatures, beware of hypothermia and frostbite.

Frostbite can occur on exposed skin in less than 10 minutes. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, ear tips and tip of the nose.

Limit your time outside. If you see these signs, seek medical care immediately!

Signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness in adults and children.

In infants, symptoms can include bright red or cold skin and very low energy. If you notice anyone exhibiting any of the symptoms of hypothermia, seek medical care immediately!

If you must work outside wear proper clothing for cold, wet, and windy conditions.

If possible, use the buddy system; work in pairs so that one worker can recognize danger signs.

Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) and alcohol.

Remember, people face increased risks when they take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.

Carbon Monoxide Danger - Carbon monoxide is the leading cause of accidental poisoning deaths in the United States. Breathing carbon monoxide displaces the oxygen in the blood and can cause death within minutes at high levels. Symptoms of overexposure to carbon monoxide are often mistaken for the flu and include headaches,

fatigue, dizziness, shortness of breath/chest pain, nausea/vomiting, and confusion. If you or someone you know experience any of these symptoms, or your carbon monoxide detector sounds an alarm, seek shelter elsewhere immediately and call 911.

“No doubt furnaces, fireplaces, wood stoves, and other home heating devices will be working overtime during these extremely cold temperatures and that can increase the risk for carbon monoxide poisoning,” said Karen

Weather cont on page Eleven:

Boards cont from page Six:

FORESTRY COMMITTEE

Angela Loudbear
Beau Miller
Jeff Vele, Sr.
Larry Moede, Sr.
Leonard Welch, Sr.
Randall Wollenhau
Vacancy

HEALTH BOARD

Betty Schiel
Kristy Malone
Penny Jashinsky
Vera “Judy” Heubel
Vacancy

HOUSING BOARD

Harold Bowman
Jeff Welch
Jeryl Johnson
Jody Hartwig
Vacancy

INVESTMENT COMMITTEE

Claude “Jeff” Bowman
David Shubinski
Geraldine Sanapaw
Steven Davids

LAND COMMITTEE

Carmen Cornelius
Daniel Q. Miller
Larry Moede, Sr.
Mary Miller
Stacey Schreiber

LANGUAGE AND CULTURE COMMITTEE

Diane Burr
Jeff Welch
Leonard Welch, Jr.
Vacancy
Vacancy

POW WOW COMMITTEE

Amanda Bowman
JoAnn Schedler
Robert Little
Vacancy

REPATRIATION COMMITTEE

Antoinette Tourillott
Betty Schiel
JoAnn Schedler
Lorraine Welch
Misty Cook

Committee & Board Meetings Calendar

	Mon	Tue	Wed	Thu	Fri
First Week	Language & Culture 6 p.m. Family Center	Elderly Steering 10 a.m. Elderly Center Tribal Council 5 p.m.	Forestry 5 p.m.	Newspaper submission deadline 4 p.m. Editorial Board 1:15 p.m. Housing Board 12 p.m.	
Second Week		Gaming Commission 1:30 p.m. Gaming Commission Conference Room	*TC Agenda Items Due by 4:30 p.m. CORE Planning 10 a.m. Joint Staff 1:15 p.m. Fish & Game Board 5 p.m. MFC Board 5:30 p.m.	Historical 10 a.m. Library/Museum	
Third Week		Tribal Council 5 p.m.	Child Protection Board 4:30 p.m.	Land 4:30 p.m. Land & Enrollment Newspaper submission deadline 4 pm.	
Fourth Week	Health Board 1:15 p.m. Clinic		*TC Agenda Items Due by 4:30 p.m. Edc. Board – 5 p.m.	Enrollment 4:30 p.m. Land & Enrollment	

Are You Ready To Be A Parent?

How ready are you? In every way, financially (According to the USDA, the average cost of raising a child is over \$200,000) emotionally, physically, if you want your baby to have the best start in life, you'd better be ready. A child will use up every reserve you have in the course of its care so that if you're not prepared and not in a situation to replenish those reserves, you will be worn out before your baby's first birthday. Keep in mind that certain types of birth control, such as condoms, can prevent STI's. Think! Be Smart! Be prepared!

For more information: cdc.gov/teenpregnancy
Slogans courtesy of: thecandiesfoundation.org , beyoubehealthy.org



Have you been diagnosed with "CRONIC OBSTRUCTIVE PULMONARY DISEASE"? Also known as (COPD)?

Do you have any other issues affecting your breathing like ASTHMA?

There is now a support group called AIR-IT-UP BETTER BREATHERS available for individuals with BREATHING ISSUES.

Shawano Medical Center, Cardio Pulmonary Department along with ThedaCare at Home, and Erickson Home Medical have teamed together to help folks with breathing issues start an educational/support group that meets on a monthly basis.

The meetings are very informal and will have presentations and

speakers on various subjects that are of interest to the group. At this time the group has up to 21 attendees at the meetings.

The speaker for February will be Dr. Michael F. Maguire, MD., S.C., from Fox Valley Pulmonary Medicine, LLC. The February meeting will be TUESDAY – February 25th at 1:00 PM at SHAWANO MEDICAL CENTER in the CEDAR ROOM.

Just ask at the front desk for directions they will be happy to help you.

If any questions please contact Mary Lapp, ThedaCare at Home, 715-524-1504 or Kathy Kilboy, SMC, 715-526-2111 or Terra Gretzinger 715-823-2106.

Weather cont from page Ten:
McKeown, State Health Officer.

Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or an unventilated garage. Any heating system that burns fuel will produce carbon monoxide. Never run a car in an enclosed space. If a vehicle is running, you must have a door open to the outside. Generators should be run a safe distance from the home. Never run a generator in the home or garage, or right next to windows or doors. Make sure you have a working carbon monoxide detector.

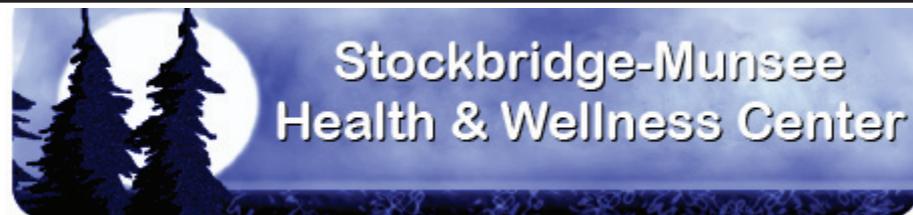
Warming sites are available for those seeking relief from the extreme cold. For a complete list of centers go to: <http://readywisconsin.wi.gov>.

Pet Precautions - While our pets might seem to have built-in, warm winter coats, they too are sensitive to the elements. It is recommended to bring them indoors during this

bitter weather. Dogs and cats can get frost bitten ears, nose and feet if left outside during bitter cold weather. Chemicals used to melt snow and ice can also irritate pets' paws - be sure to keep anti-freeze, salt and other poisons away from pets.

Cats sometimes crawl under cars and into the engine compartment, seeking shelter and warmth. Bang on the hood before starting the car on cold days to startle sleeping animals. And remember, just as cars heat to oven temperature in summer, they can be equally deadly in winter when they turn into freezers. Don't leave your pet alone in a vehicle. It may freeze to death.

Livestock Precautions - Animals can suffer from hypothermia, frostbite and other cold weather injuries. Harsh conditions weaken their immune systems and open the door to illness. Calves and swine are especially susceptible to cold. Make sure animals have



News From the Occupational Health Nurse

GRAPEFRUIT!

A nutraceutical is a food or part of a food that allegedly provides medicinal or health benefits, including the prevention and treatment of disease. Grapefruit juice has been touted as containing many compounds that can reduce hardening of the arteries (atherosclerosis) and even the risk of cancer. Grapefruit juice can, therefore, be justifiably referred to as a classic nutraceutical. However, for many people taking certain medications, grapefruit juice might actually better be termed a "nutrapollutical!"

It turns out that grapefruit juice can directly or indirectly interact in important ways with a number of medications.

Grapefruit juice blocks a special enzyme in the wall of the intestine that prevents many drugs from being absorbed into the body. When that enzyme is blocked, it is easier for those medications to pass from the gut into the body, raising the blood levels of these drugs. Abnormally high levels of some drugs can be dangerous and can lead to toxic side effects.

The grapefruit juice-drug interaction can lead to unpredictable and hazardous levels of certain important drugs.

These are some medications with which grapefruit juice should NOT be consumed unless advised by a doctor:

- Statins (cholesterol-lowering drugs): lovastatin (Mevacor), atorvastatin (Lipitor), simvastatin (Zocor, Vytorin)
- Antihistamines: Ebastine
- Calcium channel blockers (blood pressure drugs): felodipine (Nitrendipine, Plendil), nifedipine (Adalat, Procardia)
- Psychiatric drugs: buspirone (Buspar), triazolam (Halcion), carbamazepine (Tegretol), diazepam (Valium), midazolam (Versed), sertraline (Zoloft)
- Immune suppressants: cyclosporine (Neoral), (tacrolimus) Prograf
- Pain medications: Methadone
- Impotence drug (erectile dysfunction): sildenafil (Viagra)
- Ant-HIV medication: saquinavir (Invirase)
- Antiarrhythmics: amiodarone (Cordarone)

Alternatives exist for many of these drugs. If abandoning grapefruit juice is not an option, discuss the possibility of using an alternative with your doctor. And when you are starting a new medication, it is always a good idea to ask your doctor or pharmacist about any potential interactions between the new medication and foods, supplements, or other drugs you are already taking.

<http://www.rxlist.com/grapefruit-page3/supplements.htm>

Princess Vele, RN
Occupational Health Nurse
Stockbridge-Munsee Community

a place to get out of the wind, even if it is just a windbreak or a three-sided shelter. Also provide dry bedding to protect them from frostbite. Animals also burn extra calories to keep warm in severe cold. They also need access to fresh water – not frozen streams or snow. Stock tank heaters and frost-proof watering devices will ensure that livestock get enough to drink.

"Livestock owners need to provide extra nutrition, plenty of good bedding, and protection from winds and moisture," says state humane veterinarian Dr. Yvonne Bellay. "Calves often have undetected pneumonia that kills quickly when the temperature drops. Be particularly careful with animals that have recently been brought here from a warmer climate or that have been indoors and are now outdoors. If they're

not acclimated, they'll suffer more winter illness."

On the road - If you are traveling make sure you have a winter emergency kit in your vehicle. Items to include in the kit are candles and matches, a flashlight, pocket knife, snacks, a cell phone adapter, a blanket and extra clothing. Call 511 or go to www.511wi.gov for the latest Wisconsin road conditions before traveling especially on Friday.

For additional information go to:

<http://www.dhs.wisconsin.gov>
<http://datcp.wi.gov/>
<http://readywisconsin.wi.gov>

Roger E. Miller, Stockbridge-Munsee Community Preparedness Coordinator



Education



Food Drive

Bowler Elementary students recently donated nearly 800 items to local food pantries as part of

the school's Super Bowl Canned Food Drive Challenge. The winning classes were Miss Brown's 6th-grade class and Miss Knueppel's 3rd/4th-grade class. High school students helped to put the items into a pair of unique snowmen. The high school students creating this masterpiece in the elementary office as part of their sculpture class were, from left, Cheyenne Grant, Lauren Putnam, Bryton Kratwell, Katelan Little and Jordan Boswell. Missing was Tristan Kazik.

Senior Banquet

The annual Senior Banquet is a community celebration of the accomplishments of our high school graduates. To be included in this celebration the following must apply:

1. Student must be an enrolled member of the Stockbridge-Munsee Band of Mohican Indians or;
2. Community Member who has a parent or grandparent on the rolls of the Stockbridge-Munsee Band of Mohican Indians living within the townships of Bartleme or Red Springs, attending Bowler, Gresham, or

- Shawano Schools..
3. Students who wish to participate must submit a biographical form to the S/M Education Department by **April 1st**. (Biographical forms are available online at www.mohican-nsn.gov under Education, S/M Education Department, and at Bowler and Gresham Schools)
 4. If the student is in an alternative learning program that student must receive a diploma on/or before their classes scheduled graduation date.
 5. The Education Department will NOT be responsible for any travel expenses accrued by the student and/or their families to attend the banquet.

Stockbridge-Munsee Education Department
W13447 Camp 14 Road
PO Box 70
Bowler, WI 54416

2014 Senior Graduation Banquet Biographical Form

Please provide the following information, signatures, and dates:

Student's Name: _____
 Date of Birth: _____ Gender: Male/Female
 Parent/Guardian's Name: _____
 Mailing Address: _____
 Home Phone Number: _____
 Parent/Guardian's Work Phone Number: _____
 Student's Enrollment Number: _____
 (If Applicable)
 Parent's Enrollment Number: _____
 Student's Signature: _____
 Date: _____
 Parent/Guardian's Signature: _____
 Date: _____

Kindergarten - 6th Grade Counselor

Dear Families,
Please know that I am here to serve you and your children, if there is anything I can do to support you through the academic process please feel free to contact me @ (715) 793-4122. I am located in room 360 at the elementary level. I assist Native American students and families with IEP meetings,

Academic concerns, career goals, enrichment opportunities, behaviors, and attendance issues.
Your Counselor, *Mrs. Pebbles*
Pebbles L. Peterson, MSW MAC
Native American Counselor
Stockbridge Munsee Education Department
Bowler School K-6th grade

Gresham Scholarship Fund

13th Annual Banquet

Saturday March 29th, 2014

The Woodland Restaurant ~ Gresham, Wisconsin

Time: 4:30 p.m. Reception and Raffle Ticket Sales
6:00 p.m. Dinner
Program: Sally Buettner Davis - Gresham HS Graduate (Class of 1952)

Please check one of the following:

- Table Sponsorship (\$675 total includes \$300 for table of eight and \$375 for sponsorship). Sponsorships received by March 15th will be listed in the program.
- \$300 Table of eight
- \$65 per Couple
- \$35 Single
- \$25 I would like to sponsor a graduate's banquet meal.
- I am unable to attend but would like to make a donation of \$ _____

Name: _____
 Company: _____
 Mailing Address: _____
 Telephone: _____ E-Mail: _____

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Tribal Council Directives

On Tuesday, January 21, 2014, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following actions were taken on the motions:
APPROVAL OF AGENDA-Add: Resolution: Transfer for Blumreich Property
 Motion by Shannon Holsey to approve the revised Regular Tribal Council Meeting agenda of Tuesday, January 21, 2014. Seconded by William A. Miller. Motion carried.
TRIBAL FINANCIALS: Sept., Oct. and Nov-Amanda Stevens, Administrator of Finance
 Motion by Shannon Holsey to approve September and October

2013 Tribal Financials as presented. Seconded by Jeremy Mohawk. Motion carried.
 Motion by Gregory L. Miller to post November 2014 Tribal Financials. Seconded by Shannon Holsey. Motion carried.
RESOLUTION: Blumreich Property-Amanda Stevens, Administrator of Finance
 Motion by Shannon Holsey to adopt resolution 017-14, whereas, the BMO Harris Land Investment account policy ("Policy") was approved by the Tribal Council on October 5, 2010 and was amended on July 6, 2011 to include investments for economic
Directives cont on pg Thirteen:

Directives cont from pg Twelve: development, energy efficiency and renewable energy projects; whereas, The Tribal Council desires to transfer funds from the BMO Harris Land, Economic Development, Energy Efficiency and Renewable Energy Investment Account to the BMO Harris General Checking account to cover the purchase price and closing costs of acquiring the 40 acre Blumreich Property. Now therefore be it resolved, the Stockbridge-Munsee Tribal Council hereby authorizes the Tribal Treasurer and appropriate staff to transfer monies from the BMO Harris Land, Economic Development, Energy Efficiency and Renewable Energy Investment Account to the M&I General Checking account. Seconded by Joe Miller. Motion carried.

RESOLUTION: Coca Cola Contract-Rob Hendricks, Business Development Specialist

No action taken at this time, the contract will be sent back to legal to see if the waiver can be negotiated out of the contract.

VITA SITE FUNDING REQUEST-Linda Mohawk Katchenago, Tribal Administrator

Motion by Shannon Holsey to approve monies to provide VITA Coordinators for the tax season of 2014, out of unallocated funds. Seconded by William A. Miller. Motion carried.

BUDGET MODIFICATION: IRMP-Linda Mohawk Katchenago, Tribal Administrator

Motion by Shannon Holsey to approve budget modification #1 for the IRMP Program, reducing designated line items and placing funds into the contractual line item. Seconded by William A. Miller. Motion carried.

BUDGET MODIFICATION: Mohican News-Linda Mohawk Katchenago

Motion by Gregory L. Miller to increase the Mohican News line item 1000511056500900 Stipends for FY2014. Seconded by Jeremy Mohawk.

Motion maker amends motion to include: as the result of the policy changing from three members to five members. Second concurs. Motion carried.

JOB DESCRIPTION: Co-CAC-Delwar Mian, Health Center Director and Brad Bessert, IT Executive Director

Motion by Joe Miller to approve the position description as presented by Health Center Director for the Co-Clinical Applications Coordinator/Report Specialist. Seconded by Gregory L. Miller. Motion carried.

GM'S MONTHLY REPORTS, CASINO FINANCIALS & BINGO FINANCIALS-Brian VanEnkenvoort, General Manager and Tammy Wyrobeck, CFO

Motion by Joe Miller to accept the Casino Monthly GM's Report for September 2013, Bingo Financials September 2013, Casino Financials September 2013, the Casino Monthly GM's Report for October 2013, Bingo Financials October 2013, Casino Financials October 2013 and the Casino Monthly GM's Report for November 2013, Bingo Financials November 2013, Casino Financials November 2013. Seconded by Jeremy Mohawk. Motion carried.

MOHICAN BOXING CLUB-Stacey Schreiber, Asset's Office Manager

Motion by Shannon Holsey to go along with Stacey Schreiber, Asset's Office Manager's recommendation and revert the Mohican Boxing Club and designate it for P&E cold storage. Seconded by Jeremy Mohawk. Motion carried.

RESOLUTION: TIP PLAN-Willy Miller, Roads Manager

Motion by Gregory L. Miller to adopt resolution 018-17, therefore be it resolved, The Tribal Council of the Stockbridge-Munsee Community, having recognized these proposed construction priorities and TIP within the I.R.R. Inventory as being BIA/Tribal needs, requests that the Bureau of Indian Affairs to immediately incorporate these road construction priorities into the planning and administration of the Bureau of Indian Affairs Roads Program for budgeting, engineering/design, construction and maintenance assistance. Seconded by Jeremy Mohawk. Motion carried.

LAND MINUTES-Carmen Cornelius, Land Committee

Motion by Joe Miller to accept the recommendation of the Land Committee and approve the land assignment for Eureka Jacobs Rollins, which reads: starting from NW corner of the W 1/2, NW1/4, NW1/4, NE1/4 then East along centerline of Cty Hwy A 250 ft to P.O.B. then South 660 ft, East 330 ft, North 660 ft, West 330 ft, back to P.O.B. of Section 33 t28N R13 E, approximately 5 acres more or less. Seconded by Gregory L. Miller. Motion carried.

SECRETARIAL ELECTION DISCUSSION-

Notifications for the Secretarial Election – not receiving them.

EXECUTIVE SESSION- Motion by Shannon Holsey to go into Executive Session. Seconded by Gregory L. Miller. Motion carried at 5:44 PM.

Motion by Shannon Holsey to come out of Executive Session. Seconded by William A. Miller. Motion carried at 6:25 PM

While in Executive Session discussion was held on an audit report, a court case, a discussion over Taylor Woodstone, a land offer and the enrollment minutes and an Human Resource issue. Motion by Shannon Holsey to

authorize legal to negotiate land purchase RS001, as outlined in Executive Session. Seconded by Jeremy Mohawk. Motion carried.

Motion by Shannon Holsey to go along with the Enrollment Committee's recommendation and relinquish membership to Lyn Ninham. Seconded by Gregory L. Miller. Motion carried.

Motion by Joe Miller to go along with the recommendation of Human Resources on a hire as discussed in Executive Session. Seconded by Shannon Holsey.

Motion maker amends motion to add: Limited Term Employee. Second concurs. Motion carried.

-OPEN SESSION-ADJOURNMENT-

Motion Joe Miller to adjourn. Seconded by Shannon Holsey. Motion carried at 6:28 PM.

On Tuesday, February 4, 2014, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following actions were taken on the motions:

APPROVAL OF AGENDA-Strike: Casino Project Low Voltage Wiring and Settlement Offer in Executives Session

Motion by Joe Miller to approve the Regular Tribal Council Meeting, Tuesday, February 4, 2014, with the addition of a personnel issue in Executive Session. Motion dies for a lack of second.

Motion by Shannon Holsey to approve the Regular Tribal Council Meeting, Tuesday, February 4, 2014, with striking of the Casino Project and the Settlement Offer. Seconded by Jeremy Mohawk.

Roll Call: Shan yes, Jeremy yes and Joe no. Motion carried.

UW MADISON REQUEST: Permission to Conduct Survey-Beau Miller, Conservation

Motion by Joe Miller to authorize the Department of Forestry and Wildlife Ecology University of Wisconsin Madison to conduct a snowshoe hare study here on the Stockbridge-Munsee Indian Lands, in conjunction with the Conservation Department and our Wildlife Biologist. Seconded by Shannon Holsey.

Motion maker amends motion to include: at the conclusion of the study the results will be furnished to the Stockbridge-Munsee Community. Second concurs. Motion carried.

GM'S MONTHLY REPORT FOR DECEMBER 2013-Brian VanEnkenvoort, GM and Tammy Wyrobeck, CFO

Motion by Joe Miller to accept the Casino Monthly GM's Report for December 2013, Bingo Financials for December 2013, Casino Financials for December 2013 and the recommendation for the floor panels as presented by Mr. Van Enkenvoort, GM. Seconded by Jeremy Mohawk. Motion carried.

SHAWANO COUNTY SNOWMOBILE REQUEST-Chad Miller, Land Management

Motion by Joe Miller to accept the request of the Shawano County Snowmobile Association and approve the agreement pending legal's final review. Seconded by Shannon Holsey. Motion carried.

REQUEST TO PRESENT COMPREHENSIVE PLAN-Luke Hennigan, Hydrologist

Motion by Joe Miller to approve the request of RA Smith National, Tom Mortensen, to approve the use of the Tribe's Comprehensive Development Plan presentations and classroom materials specific to the Taconic North and South Development. Seconded by Jeremy Mohawk. Motion carried.

RESCIND JANUARY MOTION FOR IRMP-Linda Mohawk Katchenago

Motion by Shannon Holsey to rescind the IRMP Budget from 01/21/2014 budget mod #1. Seconded by William A. Miller. Motion carried.

2014 ARDC BUDGET-Kristy Malone

STATE TITLE III- Motion by Shannon Holsey to approve the 2014 ARDC Budget, which fiscal year runs from January to December of 2014. Seconded by William A. Miller. Motion carried.

Motion by Shannon Holsey to approve the 2014 Wisconsin State Title III Grant, as administered through the Greater Wisconsin Agency on Aging Resources and for the budget mod forms attached to be signed by the President or Vice President. Seconded by William A. Miller. Motion carried.

Motion by Joe Miller to accept the Regular Forestry Committee Meeting minutes of December 4, 2013. Seconded by William A. Miller. Motion carried.

EXECUTIVE SESSION-

Motion by Shannon Holsey to go into Executive Session. Seconded by Jeremy Mohawk. Motion carried at 5:28 PM.

Motion by Shannon Holsey to come out of Executive Session. Seconded by William A. Miller. Motion carried at 5:33 PM.

While in Executive Session discussion was held on a Human Resource Issue and a Gaming Waiver.

Motion by Shannon Holsey to grant the negotiation request as discussed in Executive Session. Seconded by Jeremy Mohawk. Motion carried.

Motion by Shannon Holsey to adopt resolution number 020-14, granting a gaming waiver to applicant number 14.1W. Seconded by Jeremy Mohawk. Motion carried.

ADJOURNMENT-

Motion by William A. Miller to adjourn. Seconded by Shannon Holsey. Motion carried at 5:36 PM.

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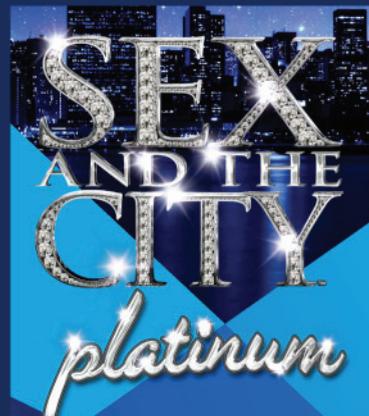


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