



New Nurse

Briah Pingle is a new Registered Nurse at the Stockbridge-Munsee Health and Wellness Center. She will be responsible for obtaining vital signs, giving immunizations, assessing lab values, and gathering important information to provide quality care to patients. She will also work the triage line to assist patients with prioritizing upcoming appointments.

Briah is recently married and said their plan is to travel for a while and possibly have children in the future.

Pingle graduated from Gresham High School in 2009 and went to NWTTC Green Bay graduating in 2013 from their nursing program. She previously worked at Ministry St. Clare's Hospital of Weston in the ICU Stepdown Unit.

She says she has always had an interest for sports, playing basketball and volleyball while growing up. She says she also enjoys painting old windows, hunting, running, and spending quality time with family.



New Behavioral Health Manager

Lisa Mohawk is the new Behavioral Health Manager & Co-Occurring Therapist at the Stockbridge-Munsee Health and Wellness Center.

She will provide supervision and support to the department and provide intake, assessment, and counseling services for mental health and AODA clients. Mohawk says her goal is to establish roots here and provide positive support and sustainability as she develops new ideas and programs within the Behavioral Health Department.

Mohawk is from the Menominee reservation. Her parents are Jerry and Geraldine (Girl) Nunway. She says she has been married to George (Butch) Mohawk Jr. for seven and a half years; they have six children and five grandchildren.

Lisa graduated from UW-Stevens Point with a Bachelor of Science in Psychology in 2002 and a Master of Arts in Counseling from Lakeland in 2012.

She says she became a Clinical Substance Abuse Counselor in 2010 and a License Professional Counselor in 2015. "I have been certified through the Intoxicated Driver Program-Approved Training course as an assessor and am currently working on my AODA

Mohawk continued on pg Three:

Twenty for Twenty

By Susan Savetwith
Mohican News Reporter

Twenty employees of the North Star Mohican Casino and Resort were recently recognized for 20 years of continuous employment at a dinner held in their honor at the Event Center of the Mohican North Star Casino and Resort.

The dinner included hors d'oeuvres, steak, lobster, and fine deserts. In addition, a special PowerPoint presentation was created with videos sharing congratulations and sometimes humorous stories for each employee from their supervisors and or fellow employees.

Tribal President Shannon Holsey said these employees all brought their own uniqueness but also a commonality to the casino. She said they have shared so much of themselves and helped the tribe grow over the years. "It's amazing how much we've evolved, not just in the building of a new casino but in the expansion of our community that the casino has allowed. Over the years, as the casino grew, services to the community has grown



along with it. From healthcare to employment opportunities," she said. President Holsey said, "These employees shared more than just employment, they share our community, they share their families and their families share them with us. They are more than employees, they are friends, partners, and they are family".

Tribal Council Members were all in attendance and each shared congratulations and thanks to all for their many years of service as employees. In addition, Tribal President, Shannon Holsey,

Twenty continued on pg Seven:

Vikings Recognize Native American Month

By Jeff Vele

The TCF Stadium in Minneapolis was packed for the Packers vs the Vikings on November 22, 2015 when the Packers trounced the Vikings 30-13! The fans were jammed in there – some cheering for the Vikings and some for the Packers; but all were unified in cheering for Indian country as the Vikings recognized November as Native American month!

All 23 tribes located in Minnesota and Wisconsin were represented of at the pregame with the flag presentation. Robert Little of the Mohican Veterans group represented the Stockbridge-Munsee Community and tribal member Roger Miller lended a hand to the Oneida Nation by carrying their flag at the event.

The collective efforts from



many individuals and Tribal governments, especially on short notice, produced an amazing and powerful image. At center field of the stadium each of the

Vikings cont. on page Twelve:

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Warmest Appreciation From Tribal Council



The Stockbridge-Munsee Tribal Council would like to extend our warmest appreciation for our Tribal Membership, Families, Employees and Community. The Holiday Season is a special time of year to remember those who are close to our hearts.

We all need to get the balance right between action and reflection. With so many of life's distractions, it is easy to forget to pause and take stock. When families and friends

come together during the Holiday Season, it's often a time for happy memories and reminiscing. Our thoughts are with those we have loved who are no longer with us. We also must remember those who through doing their duty cannot be at home for the Holiday, such as workers in essential or emergency services and our respective businesses. And especially at this time of year we think of the men and women serving in our armed forces. We are forever grateful

to all those who put themselves at risk to keep us safe. Service and duty are not just the guiding principles; they have an enduring value which spans the generations.

In this past year we have been inspired by the courage and hope we have seen in so many ways in our Community

and around the world. We've seen that it's in hardship that we often find strength from our families; it's in adversity that new friendships are sometimes formed; and it's in a crisis that communities break down barriers and bind together to help one another.

Families, friends and communities often find a source of courage rising up from within. Indeed, sadly, it seems that it is tragedy

that often draws out the most and the best from the human spirit.

The spirit of Community is so evident and can fill us all with hope. Relationships that years ago were once so strained have through forgiveness blossomed into a renewed sense of Community. It is through this lens of history that we should view the conflicts of today, and so give us hope for tomorrow. Of course, family does not necessarily mean blood relatives but often a description of a community, organization or nation, all with a common bond, shared beliefs, mutual values and goals.

It is this which makes the Stockbridge-Munsee Community a family of people in the truest sense, at ease with each other, enjoying our shared history and ready and willing to support our members in the direst of circumstances. We have always looked to the future, with a sense of camaraderie, warmth and mutual respect.

May health, happiness, warmth of home and the love of family and friends greet you each day of the New Year! "Blessed is the season which engages the whole world in a conspiracy of love" ~Hamilton Wright.



The Mohican News is published twice monthly by:

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Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage.

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Mohican News is a member of:
NAJA (Native American Journalist Association)

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

Community Voices

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

Mohican News

N8480 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416
e-mail: mohican.news@mohican.com

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

STOCKBRIDGE-MUNSEE
COMMUNITY
Band of Mohican Indians

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Red Cross asks for blood donations this holiday season

Be part of something meaningful by giving blood

MADISON, Wis. (Dec. 1, 2015) — The American Red Cross encourages eligible donors to end the year with real meaning by donating blood for hospital patients in need.

Holiday activities, severe weather and seasonal illnesses, like the flu, can pull people away from their regular blood donation schedules. This creates a greater need for blood donations this time of year, especially around the winter holidays. To encourage donations, all those who come to donate Dec. 23, 2015, through Jan. 3, 2016, will get a long-sleeve Red Cross T-shirt, while supplies last.

Jamie Czesak made her first blood donation on Dec. 27, 2013. "As I spent Christmas with my family, I realized how lucky I was to have my health and how we never really know when our last Christmas will be. I decided that I would face my fears and do one of the few things I can do to help save someone's life donate blood."

Healthy donors with all blood types are needed, especially those with types AB, O, B negative and A negative. To make an appointment to donate blood, download the free Red Cross Blood Donor App from app stores, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). Donors can now use the Blood Donor App to access their donor card and view vital signs from previous donations.

Upcoming blood donation opportunities:

Brown County, Wisconsin

De Pere
12/22/2015: 12 p.m. - 5:30 p.m.,
Our Lady of Lourdes, 1307
Lourdes Ave.

Green Bay
12/18/2015: 7:30 a.m. - 12:30
p.m., Ramada Plaza Hotel, 2750
Ramada Way

12/21/2015: 12:30 p.m. - 4:30
p.m., Resurrection Church, 333
Hilltop Rd

12/24/2015: 7 a.m. - 12 p.m., St
John the Baptist School, 2561
Glendale Ave.

12/31/2015: 6:30 a.m. - 11:30 a.m.,
Bellin Hospital, 744 S. Webster
Green Bay Blood Donation Center,
2131 Deckner Ave.

Mondays, Tuesdays, Wednesdays,
Thursdays, 1 p.m. - 6 p.m.

Saturdays, 8 a.m. - noon
*Closed on December 24

*Thursday, 12/31, 8 a.m. - noon

New Franken

12/30/2015: 11 a.m. - 5 p.m., St
Joseph Church, 5996 Cty. Rd. K

Oconto County, Wisconsin

Oconto Falls
12/17/2015: 12:30 p.m. - 4:30
p.m., United Methodist Church,
165 N. Farm Rd.

Shawano County, Wisconsin

Bonduel
12/18/2015: 9 a.m. - 2 p.m.,
Bonduel High School, 400 W.
Green Bay St.

Winnebago County, Wisconsin

Oshkosh
12/23/2015: 11 a.m. - 4 p.m.,
Calvary Lutheran Church, 2580
W. 9th Ave.

12/28/2015: 11:45 a.m. - 5:30 p.m.,
Algoma United Methodist Church,
1174 Algoma Blvd.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients.

A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started, visit redcrossblood.org/RapidPass and follow the instructions on the site.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.

The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).



Correction

Keary Matson, Principal and Administrator for the Gresham School District provided a correction to the article "Raising Cultural Awareness in Local Schools," from the November 15 Mohican News.

Matson indicated the inaccuracy in the article was where it said that "some contents were removed and inspected," and "they realized their mistake at having taken some contents out."

According to Matson, this did not happen. No contents were ever removed from the tobacco pouch. "I was told that there might be a sacred rock in the bag rather than tobacco. If there was a rock, I would not have had to deal with a tobacco issue. Because the bag was not tied shut, I glanced inside to see the tobacco," Matson said. "In hindsight, I know it was wrong to even glance inside the pouch. It was not tied shut, but I realize that the bags are sacred to the individual and should not even be handled. But, no contents were ever removed nor was the bag inspected in front of the student," Matson added.

"Thank you for the nice article. It was refreshing to read an article with a positive tone," Matson said.

I apologize for the misinformation. I hope this correction brings clarity and helps in resolution of any continuing issues with regard to this situation – Jeff Vele, Mohican News Editor

Notice to Creditors

In the matter of the estate of Vaughn LaBelle; case number 2014-PR-0003.

A petition has been filed and accepted for administration of the estate of the decedent, whose date of birth was May 21, 1934 and the date of death was October 13, 2014.

The decedent died domiciled within the original boundaries of the Stockbridge-Munsee Reservation, located in Shawano County in the State of Wisconsin, with an address of: N8911 Moh He Con Nuck Rd, Bowler, WI 54416.

All interested parties have waved notice.

1. The petition was heard at the Stockbridge-Munsee Tribal Court, located in the Tribal Office Building on the Reservation in Bowler, Wisconsin before Judge Candace Des Armo Coury, on July 2, 2015.

2. Creditors' claims must be filed with the Stockbridge-Munsee Clerk of Court on or before January 17, 2016 at 10:15 a.m.

3. This notice shall be published for 90 days.



Mark Doxtater

Mohawk cont from page One: Clinical Supervisor certification," Mohawk added.

While earning her Bachelor's Degree, Mohawk worked at Tomorrow's Children as a resident care worker and unit coordinator and Choices Group Home as a youth care worker and manager.

She worked at Maehnowesekiyah as an Adolescent AODA counselor

for six years, with Great Lakes Inter-Tribal Council for over a year as a Vocational Rehabilitation counselor, and for Lac du Flambeau Tribe for two and a half years as a Co-Occurring Therapist.

Mohawk says she enjoys spending time with family, friends, and her grandbabies. "I also enjoy doing arts and crafts, cooking, baking, traveling, and learning new things," she added.



(Editor's note: The Elderly Stream is published by the Stockbridge-Munsee Elderly program and sent out to Tribal Elders. Since it is not sent to younger Tribal members we are including articles of interest in the Mohican News. Kristy said the Elderly Stream is also available online).

The Indian on the Wall "Not in the Cupboard"

Have you ever looked up and seen the five foot Indian dancing on the west wall of the Pine Hills Banquet Hall? I know how he got up there and what he's made of, he has a history.

Years ago, Doug (Grumpy) Miller's Grandma, Aggist, played piano and lived on the river down from Wilderness Church. She taught him all the old songs he sings now-a-days, he often says, I wish I would have learned to play the piano too. This piano was a player piano, which played piano rolls that made it play music on its own, all you had to do was sit and pump the peddles and the words and music was there to sing. They had boxes of rolls to play, with words or just music.

Doug's Gran passed away October 19, 1992. We lived in Gran's house on weekends and in Milwaukee during the week until we moved back in the early 1970's. We moved to our house at Beaulieu Lake and moved the piano, two large video game machines and a pool table from Julia Williams trailer Restaurant in Mohican Housing area. Now all these large items were located in our basement. Our children loved to play the video games, pool table and piano with rolls even though the piano was out of tune.

After they grew up and left, to make

more room in the basement we were told Tony, a friend of Doug's from Polar, Wisconsin, who said he could use these in his design projects he was working on, he especially liked the wood grain in the piano, he said he would make Doug something out of all these.

Several years later, Tony called to say he had something for Doug, we thought maybe a lamp or a table. We went up to his place and found this large, lighted wall hanging of a dancing Indian man. We planned to have it in our basement rec room but it was too large for that. Doug was in the Development/ Planning job and the Tribe had him turn the Red Springs Casino into a Banquet Hall. He did the booking/managing and setting up for events. That's when he found a place for the dancing Indian above the windows in the entrance/bar area. The plan was to have a mirror on the back bar to reflect the Indian when sitting at the bar. This part never got done. Doug retired right after the Indian was put on the wall – "NOT IN THE CUPBOARD", 2001

We are happy to know that Doug's Gran's piano was made into something beautiful that everyone can see.

Chenda Miller

True Memories of the Good Old Days

Moh He Con Nuck

This story begins at Big Lake. Arvid and I were newlyweds and living in our house (in Aunt Dot's woods) at Big Lake. Our first home was a chicken coop. The one I live in now, was once a barn.

It was 1936 and we listened to the election news at Aunt Wildies on Tuesday night and on Wednesday we moved to our new home. Uncle Ed Putnam had a pickup truck and he moved us with it. I don't think we had much to move. Our house was a warehouse for the Brooks and Ross Logging Camp.

On Monday, Arvid, Grandpa Carl and Uncle Beret came up to the camp and cleared everything out of the building. The floor was covered with tin to keep the rats

out. On Tuesday I came along and scrubbed the floor with lye water. The men put red rosin building paper over the walls and ceiling. Wednesday we moved in. It was November so our first stove was a Wilson Heater the cheapest there was. It was made of tin.

Alfred was one year old.

Arvid and Arthur (Skudunk) worked in Red Springs on the WPA. They left for work before daylight and got home after dark. Here I was in a strange country, Alfred and I, Cleo and three little girls; Violet, Ret, and Evon.

After Thanksgiving more people moved up here. Uncle Ken, Aunt Min and Kermit; Steven and Irene Vele; Corlyss and Cille; Abe and

Agg; and Howard and Gretta.

The men cut kilnwood for \$1.50 a cord that first winter and later CCC-ID came. Civilian Conservation Corp – Indian Division. The pay was about \$40 every two weeks. Sometimes payday didn't get here on Friday, then we had to scrounge for something to eat. We ate a lot of soup and bacon squares in those days.

The kids went to school at Elm Grove (down on A possibly near Brend's house). Someone took them every day on an old truck.

On one of these first days when A.E. was gone to work and no one else was around some men from Tomah came. The speaker talked with me and told me of the good things that they were going to do for us. I had to remember all of this as they left before anyone else came. I called him Santa Claus.

Things started to happen. We got fire protection, Ken Abert from Menominee County became our forester. The men worked building a road through the woods to Morgan.

Arthur and Cleo had three little girls moved in a little ehouse (where Squirt and Tammy live) and on Thanksgiving weekend some more came. Ken Davids, Steve Vele, Vilas Miller (Story of Carl and Dollies Miller. Best house once had to have surgery) and Howard Jacobs.

We were all so poor but thankful. Arthur (Skudunk) and Arvid worked with Pa in Red Springs. It was dark when they got home. So it was good when more people moved in. We had electric lights 32 volts run by a generator in the cook shack. Each family contributed for gasoline.

A government man named Mr. Christie came one day. He was from the BIA agency in Tomah and no men at home, so he told me of all the things the government would do for us. Like homes, jobs, and roads.

The men cut kilnwood for \$150 a cord and later the CCC-ID came. Civilian Conservation Corp – Indian Division pay was about \$40 every two weeks. Sometimes pay day wouldn't get here on Friday. Then we really had to scrounge until Monday. Ate lots of soup, and brown squash.

Arvid had the job as clerk of the CCC.

A nurse named Willie Poindexter came one day a week and Dr. Evenson was our doctor. The school was built. The clinic was

in a basement. Dr. Evenson was from Wittenberg.

The Social Service building was built during CCC days in the 30's. We moved to Mohheconnuck in November of 1936.

So the rangers cottage was built in the late 30's. The rangers were Ken Abut; he and wife Amdia, daughter Mattie lived there until war years. Albert was Menominee and moved here from Menominee County.

After the war Bill and Betty Fredenberg lived there for a time.

Dewey Miller and family also lived there; he brought a bride from England. Jim and Drew Davids, Robert Miller Sr. and Pricilla lived for 11 years. Loretta Pecore and Violet.

Then as Tribal Business were growing and more office space was needed, it became a tribal office and later social services. The room partitions have been changed for space many times since the tribe took over. Bathroom was upstairs.

Louis Burr was bus driver (a car) the kids went to school at Elm Drive. At first then we had our school and clinic in the basement. A government teacher had living quarters upstairs and a gym to fancy to play basketball or roller skate. Teacher's name was Can, Ridgewood, and Wilson.

The railroad went thru headquarters to the park. The rails were taken out the year after we were here. We had electricity, but it was a 32 volt battery operated and we took up a collection to pay for the gas. Uncle Ken was in charge of it.

The biggest building was called the cook shack. Howard Jacobs lived in two rooms on the north end. The rest of the building was used for council meetings, baby showers, and on Sunday we had church services. The stone houses were built with WPA labor.

A school was built up where Vicki and Doc live. It had a gym stage, classrooms, kitchen, projector room for movies, and indoor plumbing. We had classes for grades one thru six. Priscilla Miller was the cook for the school. Uncle Rob Miller was the janitor and drove the bus. It had a nice big kitchen and dining room.

There was a clinic in the basement. Dr. Evenson came from Wittenberg one day a week and our nurse was named Willie Poindexter. They dished out Cod Liver Oil and Goiter pills. They were good to us. **Days continued on page Five:**

Days cont from page Four:

We had school programs, dances, talent shows, wedding receptions, and movies and basketball games at this facility for many a year. It got torn down because we couldn't afford its upkeep and the BIA couldn't justify it being there. It was torn down about 1959 or so.

For a long time we had only one phone on the reservation and it was in headquarters in Carl Miller's home.

Then World War II started and we moved away for jobs. Families who had moved went to Sturgeon Bay, Green Bay, Milwaukee, or St. Paul for war jobs.

Sturgeon Bay had ship building. We went to Sturgeon Bay in 1942 and at first lived on the canal. Later we moved to the apartments in town. I had four little kids but after a while I went to work too. If I got a full week in, I'd have \$37.50 or so. I was a shrinker, I did the heating and shrinking of big sheets of steel.

We came home almost every weekend though as Arvid was the

Tribal Chairman and people came in for information all hours of the day. My job was to serve coffee and keep the kids quiet and out of the way.

We moved back home after the war ended and a new era began. The years after the war we called the silent years because termination was hanging over us. Nothing was happening.

There was no land assignment allowed on FSA land and no housing. We silently assigned huge amounts of land to let the government know there was a need for it to be turned over to us. We have the housing projects for that reason. We had to build on tribal land so Richard Miller gave up his assignment and that's where the housing is now.

In 1965 Great Lakes Inter Tribal Council was re-organized and the War on Poverty began. Money became available for Head Start, community workers, elderly feeding which was in the church basement at first, Indian Health Service for wells and septic's and finally housing.



We want to congratulate Bonney and Namgyal on the addition to their family, Norbu Sky! Norbu is a Tibetan name meaning "precious jewel" or "treasure." We look forward to Homelands Updates in the future.

WIEA ANNUAL AWARDS NOMINATING PROCEDURES and CATEGORIES

WIEA Mission Statement
To promote and support education and educationally related opportunities for American Indian people in Wisconsin.

NOMINATIONS:

1. Nominations forms can be obtained on the WIEA web site at www.wiea.org or by contacting:

WIEA Awards Coordinator
Woodrow White
Ho-Chunk Nation – Education Department
800-362-4476

woodrow.white@ho-chunk.com

2. Nominations for Award Categories **must be post marked no later than February 29, 2016**, in accordance with the criteria as listed below.

3. An appointed panel of WIEA members will make up the Award Selection Committee.

CATEGORIES:

I. OUTSTANDING AMERICAN INDIAN STUDENT OF THE YEAR

One award will be given for each of the following categories:

- Pre-K 3rd Grade Student
- 4th 7th Grade Student
- 8th 10th Grade Student
- 11th 12th Grade Student
- Two Year Vocational/Technical Student
- Bachelor Degree--Undergraduate Student
- Graduate Degree--Graduate/Post Graduate Student

CRITERIA.

Explain how the nominee demon-

strates exceptional promise in the following areas:

- Respect for self, other, and the environment
- Personal growth and character
- Academics: grade level/developmentally appropriate
- Sound judgment
- Creativity
- Appreciation for work done well by others
- Cultural knowledge; practice of traditional ways; tribally enrolled
- Gifted and Talented programs

II. OUTSTANDING INDIAN ELDER OF THE YEAR

A Tribal Elder whose leadership, vision, creativity and commitment have contributed substantially to Tribal Education. Nominee must be at least 55 years old.

CRITERIA. Explain how the nominee demonstrates the following:

- Promotes Native American language and culture
- Improves the overall quality of education in the community
- Significantly impacts a school and /or local community
- Assists in implementing multi-ethnic teaching materials
- Is a positive role model for Indian youth and parents
- Demonstrates involvement with young people

III. INDIAN EDUCATOR OF THE YEAR

An enrolled tribal member who by leadership, vision, creativity and commitment, has contributed

to the quality and opportunities in education for American Indian people in Wisconsin.

CRITERIA.

- Explain how the nominee demonstrates the following:
- Establishes innovative educational programs which enhance Indian student education
- Works within the community to create awareness of Indian education
- Significantly impacts the school and local community
- Lobbies for legislation, to improve Indian student service delivery
- Promotes educational equity for students
- Coordinates training for counselors and teachers
- Establishes American Indian Programs and/or instructional materials

IV. RONALD N. SATZ - FRIEND OF INDIAN EDUCATION

A non-Indian person who by leadership, vision and creativity is committed to working with Tribal members for quality formal education and Native American culture and history education.

CRITERIA.

- Explain how the nominee demonstrates the following:
- Develops, publishes or implements accurate historical and cultural curriculum materials
- Establishes innovative educational programs that enhance Indian education
- Designs programs utilizing multi-ethnic teaching materials sensitive to American Indian culture and heritage
- Active in the development of mod-

el programs that deal with sensitizing the general public about Tribal issues and concerns in Wisconsin.

V. INDIAN PARENT(S) OF THE YEAR

Indian parent(s) who serve as dedicated natural role models who are consistently proactive and involved in their children's tribal cultural education, their academic school based education/activities and their tribal community.

CRITERIA.

Explain how the nominee demonstrates the following:

- Shares leadership role in community and education activities
- Serves as a model to other Indian parents and children through participation in community activities
- Active Volunteer in school and community events
- Promotes American Indian culture and heritage throughout the community
- Encourages parents and children to strive for personal excellence

AWARDS:

- Awards will be presented each year at the WIEA Conference Annual Scholarship and Awards Banquet.
- Recipients will be notified by mail prior to the conference.
- Honorable Mention will be given to 2nd place nominees.
- Awarded participants are eligible once per category

For more information on Wisconsin Indian Education Association or Annual Conference information please visit www.wiea.org.

Connecting to Community Through Service

By Susan Savetwith
Mohican News Reporter

Several Tribal Council Members delivered Thanksgiving meals to community elders to ensure their needs were being met over the holiday. President Holsey, and Council Members, Huck, Mohawk and Vele along with their families and friends delivered over 35 meals to elders as a special way of connecting with community.

President Holsey said, "It is the desire of this council to be more community oriented, have conversations, and make ourselves more available to the community."

According to Holsey, North Star Mohican Casino and Resort prepared and packaged the meals and they also donated them. "We are especially appreciative of the generosity of North Star Mohican Casino Resort, and their desire to make sure they're reinvesting in the community as well," President Holsey said.

Holsey said of her experience, "We got so much more than what we gave. In making memories and helping us recognize the smaller things can be more important. It made the holiday so much more meaningful to me. President John F. Kennedy framed it best when

he stated "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them".

"Over the Christmas and New Year holidays, we plan to serve meals to elders again and all members of Tribal Council plan to take a turn and enjoy some time with our elders," Holsey said. According to President Holsey, Tribal Council plans on doing more of these type of community service related activities and have a larger presence in the community.

Council Member Huck commented on delivering the meal to elders saying it was a very enjoyable

way to spend part of Thanksgiving Day. "It brightened my day," Huck said. Council Member Vele said he would always rather share service with others than receive service. "It's just a part of my job as a member of Tribal Council," Vele said. Council Member Mohawk indicated the event was great. "I think we've been missing the council to community aspect for a while. It was great to see the elders and the smiles on their faces. They were so thankful we were out doing this," he said. Mohawk also said he would love it if Tribal Council could continue to connect with the community whenever they can.

Donna Hogerhuis to Assist Tribe with Museum Efforts

The community was recently visited by tribal member Donna Hogerhuis who was here to assist in the research of a new cultural center for the Tribe. Your help is needed by participating in the survey featured here!

Donna currently works for the Muckleshoot Tribe in Washington State. She has developed their archives, reference library, artifact and archaeological collections as well as exhibits for the past 16 years. "While my work for the Muckleshoot is rewarding, it is really an honor to work for my Tribe" said Donna. "I have travelled back and forth through the years, researching our history in Wisconsin, New York and Massachusetts. On this trip, I spent numerous hours talking to everyone and gathering information, people have been very helpful. It feels like coming home."

Donna is the daughter of Ramona Putnam, granddaughter of Thelma (Davids) & Stephen Putnam. "I am also related to the Miller, Bennett, Quinney lines and have a small archive on almost all the family names of our Tribe. Our history is pretty incredible."

Donna has a Masters in Museum Studies from the University of Washington. Prior to her work with the Muckleshoot Tribe she worked as the manager/programmer for a satellite campus for the Green River Community College in Washington State.

From 2010 to 2014 she was elected as Mayor of the Town of Wilkeson, her home town. "I like to get involved, my family says it's hard to keep my hand down." Donna said with a chuckle.

Stockbridge-Munsee Tribe Museum Survey

The Tribal Council is reviewing the possibilities of a new or updated museum if funding becomes available. We want to hear from you! All Tribal members and community residents welcome to comment. Names are optional (but needed for drawing). Please return/mail to Deb John, Tribal Administrator Asst, PO Box 70, Bowler, WI 54416 or email PDF to -deb.john@mohican-nsn.gov.

Name: _____ Phone # (for drawing) _____
Age _____ Male _____ Female _____

Choose One:
 Tribal Member
 Tribal Descendant
 Married to a Tribal Member
 Not Stockbridge- Munsee

Choose One:
Reside on Reservation _____
Reside in -State Zip code _____

Choose One:
 Employed by Tribe
 Employed outside of Tribe
 Retired
 Student
 Other

How well do you know the history of the Tribe?
 Very well
 Average
 Not very well
 Not at all

What do you feel this community could support?
 Lunch Deli
 Family Restaurant
 Coffee/ Espresso Bar
 Gift Store
 Marketing for Artists
 Expanded Library
 Other, write in _____

How often have you visit the Tribe's museum/archives per year?
 Regularly
 Several Times
 Once
 I have never visited the museum

If the museum offered additional cultural programs what would you like to attend?
 history lectures/conference
 wildlife or outdoor programs
 basketry
 genealogy classes
 art classes
 quill or beadwork
 Story time for youngsters
 Evening entertainment
Other: _____

Do you see yourself coming to visit if a cultural center is offered? How often?
 Yes
 No
_____ times per week _____ times per month _____ times per year

What do you like/dislike about the Tribe's museum/archives? (Attach comments on extra sheet if necessary) _____

What topics do you feel the museum exhibits should cover? _____

One survey per person! Please mail or deliver by January 15, 2016 to be counted.

Raised Garden Boxes Made for Elders



Left to Right: Frank Azzolina, Tribal Council Member Joe Miller and Joe Azzolina with some of the boxes constructed to make gardening a bit easier for elders.

This past summer, the council received and approved a funding request from the Elder Program and MFC, for a raised garden box project. The Elder Program solicited interest, and they were able to construct 12 boxes that are distributed throughout the community. The boxes measure

6ft x 3ft and 24 inches high and have a seating platform.

Next spring the boxes will be filled with 1/2 sand gravel and 1/2 black dirt, compost, mulch mixture in time for the planting season. It is anticipated that interest will grow and more raised garden beds/



boxes will be constructed.

The community is supporting garden operations as a part of our "Food Sovereignty" initiative where we encourage individuals and programs to "Grow you own". It is amazing how much can be grown in a small space. You may have seen the project inside the Family Center and what can be produced. Roughly every 4 weeks we can supply several bags of leaf lettuce to other programs in the community. It is hoped that by next spring the community has more garden space available and eventually we are operating larger, commercial operations that can feed our entire community. With all the agricultural lands we have available, there is no reason not to.

Thanks for your interest, and support, JOE

Twenty cont from page One:

personally presented each with a certificate and gift. Employees will also receive a jacket made just for them.

The 20 year anniversary employees are: Keith Alft, Table Games; Barbara Beckingham, Count Team; Lisa Blom, Human Resources; Donna Bucholtz, Food and Beverage; Donald Capion, Table Games; Kevin Diels, Maintenance; Roxanne Fischer, Marketing; Richard Gardner, Slots; Linda Grenz, Slots; Carl Gutt, Maintenance; Michelle Holzer, Maintenance; Joyce Jeske, Maintenance; Linda Kerneen, Maintenance; Nancy Kriesel, Cage; Connie Nelson, Cage; Richard Neumeier, Food and Beverage; Jill Radtke, Food and Beverage; Gordon Reif, Security; Sandra Ritter, Hotel; Patti Zeinert, Food and Beverage.

~ December 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	14 Alcohol Don't need alcohol to feel happy Elementary Christmas Program at School	15 Tobacco Company Pressure Tactics	16 Drugs and the Brain How we communicate Transmitter - receptor	17 POSITIVE ACTION Think Then Do, To Own Something New! Jobs to earn \$	18 Santa Workshop Cultural crafts & Games	19
20	21 Alcohol Learning to measure understanding why too much is dangerous	22 Game Help without running into any trouble with tobacco	23 K-3rd grade ROOM OPENS AT 12:30 PM Closes 5:45 P.M.	24 CLOSED 	25 CLOSED	26
27 NO SCHOOL THIS WEEK	28 K-3rd grade ROOM OPEN 12:30 - 5:45 P.M. Regalia Sewing Cultural opportunity	29 K-3rd grade ROOM OPENS 12:30 - 5:45 P.M. Collage & Hot Glue Gun Crafts Peer relations	30 K-3rd grade ROOM OPEN 12:30 - 5:45 P.M. Baking Cookies Music & Karaoke Communication skill building	31 CLOSED Happy New Year		

December 2015 After School Program 4th-6th grade # 793-4085

Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	14 Defining Prejudice and intolerance	15 What is stereotype	16 What's the big deal?	17 Positive Action student Activity booklet the moun- tain of Success	18 free Friday Free craft, sports & reading	19
20	21 Hate can lead to violence	22 calm, cool and control	23 No school swimming at Wittenberg pool	24 Holiday	25 Holiday	26
27	28 Why I should avoid gangs?	29 calm cool and In control	30 not in my house	31 Holiday	Holiday	

Twenty Years of Service at the Mohican North Star Casino & Resort



Linda Kerneen, Maintenance



Richard Gardner, Slots



Jill Radke, Food & Beverage



Connie Nelson, Cage



Kevin Diels, Maintenance



Donna Bucholtz, Food & Beverage



Linda Grenz, Slots



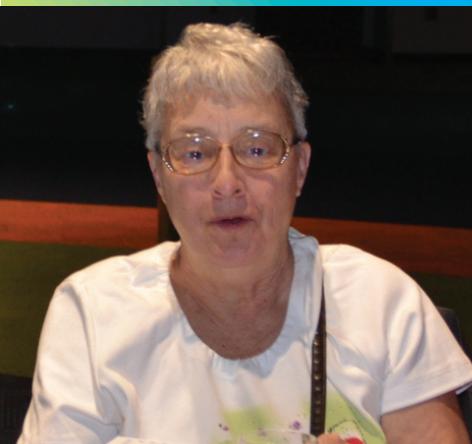
Keith Alft, Table Games



Michelle Holzer, Maintenance



Barbara Beckingham, Count Team



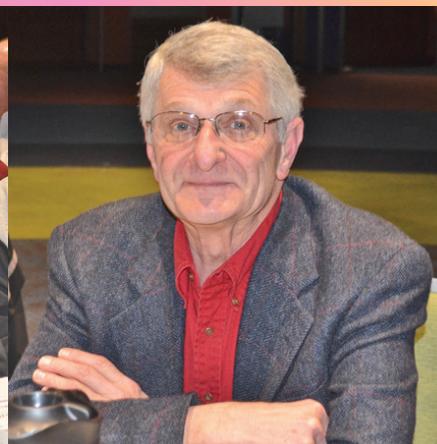
Joyce Jeske, Maintenance



Patti Zeinert, Food & Beverage



Richard Neumeier, Food & Beverage



Donald Capion, Table Games



Carl Gutt, Maintenance



Roxanne Fischer, Marketing



Sandra Ritter, Hotel

Gordon Reif, Nancy Kriegle, & Lisa Blom are not pictured.



The DeNasha Family poses with Todd Rapsin & his daughter from DuPage County



Tynea Johnson posed with Rudolph & Frosty

Holiday Cheer brought to the community children by Members of the Dupage County Illinois Veterans US Marine Corps, who have been bringing "Toys for Tots" to the community for eight years, along with Stockbridge-Munsee Community Family Services Program .



LaiLionne Kosowski poses with the Claus's & elves from the Family Services Team..



Tribal President , Shannon Holsey got in on the Christmas Spirit

Special Christmas Performance with Kenny Rogers

Sacred Heart Choir & youth from Sacred Heart School in Shawano performed at the Event Center of the Mohican North Star Casino & Resort along with Kenny Rogers.



Maddie Krueger, Awan Weso, Emma Grace Nelson, Alynn Fowler-Doxtator, & Tristan Miller.



The History of Diabetes



Whitney Schreiber, RN, BSN and Diabetes Nurse Educator at the Stockbridge-Munsee Health and Wellness Center recently did a presentation on the history of Diabetes. She presented the information in a PowerPoint format. Here is what she presented as taken from the medium:

- 1550 B.C.
- Egyptian physician Hesy-Ra documents on papyrus a patient with frequent urination
- Ancient Hindu writings stated that there was a mysterious disease where patients appeared to waste away and ants were attracted to their urine. They called the disease madhumeha or "honey urine."
- Treatment was a mixture of: water from the bird pond, elderberry, fibers from the asit plant, milk, beer, cucumber flower, and green dates.
- First Century A.D.
- A Greek, Aretaeus, named the disease "diabetes" (Greek word for siphon).
- He noticed that people that developed the disease did not live very long and that even though they ate and drank, they could not gain weight.
- Early Treatment for Diabetes
- Treatment: oil of roses, dates, raw quinces, gruel.
- Even up to as late as the 17th century, doctors prescribed jelly of viper's flesh, broken red coral, sweet almonds, fresh flowers of blind nettles.
- 1670
- An English physician, Thomas Willis, added the word Mellitus (Latin word for honey) to Diabetes due to the sweet taste of urine
- How do you think Dr. Willis knew that the urine was sweet?
- "Water tasters" were employed
- Late 1700's
- In, 1776, Dobson observes that for some people, diabetes is fatal in less than 5 weeks but for others, it's a lifelong condition.
- This is the first time that a distinction between type 1 and

type 2 diabetes was made

- In 1797, Rollo noticing that sugar in the urine increases after eating starchy foods. High fat and high protein was recommended.
- What are starchy foods?

Types of Diabetes

- Type 1 Diabetes typically occurs in childhood and comes on very suddenly. People with type 1 diabetes require insulin to survive because their bodies are no longer making insulin.
- Type 2 diabetes is most common and happens when your body does not use insulin properly. At first your pancreas will make up for the resistance by producing extra insulin, but eventually it isn't able to keep up. This results in high blood sugar.
- Gestational Diabetes occurs in pregnant women when their bodies are not able to make as much insulin as what is needed for pregnancy. Glucose builds up in the blood, which is harmful to mom and baby. Babies born to mothers who had gestational diabetes tend to be large. Other problems for the baby can be: low blood glucose levels at birth, breathing problems, shoulder injury during birth, and increased risk for obesity and type 2 diabetes themselves as adults.

1800's

- Physicians continued to experiment with different diabetes treatments
- In 1850, a French physician, Priorry, advised his patients with diabetes to eat large quantities of sugar.
- A French physician, Bouchardat, notices the disappearance of sugar in the urine of his patients with diabetes during the food rationing in Paris during the Franco-Prussian War.
- In 1889, Minkowski and Von Mering remove the pancreas from a dog and discover that diabetes develops.

Early 1900's Treatment of Diabetes

- The oat cure- 8 ounces of oatmeal mixed with 8 ounces of butter daily (eaten every 2 hours)
- Milk diet
- Potato Diet
- Opium
- 1916- Hospital patients with diabetes received only whiskey mixed with black coffee every two hours from 7:00 am-7:00 pm until sugar in the urine disappears. Then a strict diet follows.

The Miracle of Insulin

- In 1921, A Canadian physician, Frederick Banting, and his assistant Charles Best, kept a severely diabetic dog alive for 70 days by injecting it with a concoction of canine pancreas extract.
- The first person to be administered insulin was a 14 year-old named Leonard



Thompson, who was dying in Toronto. This insulin was created using ox insulin.

- Insulin continued to be perfected and came commercially available by 1923 in the U.S. This insulin was derived from ground up pancreas' of cows and pigs.

How is blood sugar tested today?

- 1925 Home Blood Urine Testing
- Eight drops of urine is mixed in a test tube with Benedict's solution (provided from the doctor).
- The tube is boiled in hot water for five minutes
- The solution turns color indicating how much sugar is in the urine: greenish (light sugar), yellow (moderate), red/orange (heavy).

1950's – 1960's

- The first oral pills to help lower blood sugar are introduced in 1955.
- Urine test strips are developed for patients to use in the home.
- 1961- The first single use syringe was developed
- 1964- The first test strips for testing blood sugar are introduced.
- 1966- The first pancreas transplant was performed.

1990's to present

- Insulin continues to be improved
- More than 300 types (70 animal insulins, 80 chemically modified, 150 biosynthetic)
- Insulin pumps are available for use and continue to improve
- The next oral pill, metformin was developed in 1995
- New discoveries are made regarding the role of gut hormones in insulin secretion
- New medications developed frequently from 1997-2013

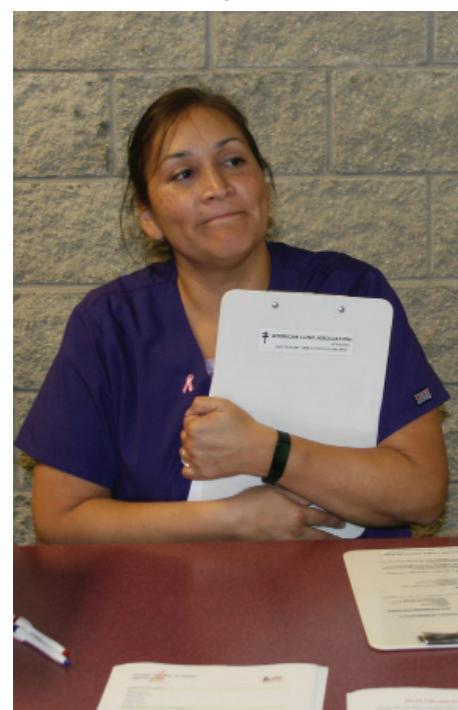
The Latest and Greatest

- Medication Advancements
- Oral pills
- Non-insulin injectables
- Insulins
- Inhalable
- Patches
- Needleless Glucometers
- Artificial pancreas
- New Research
- Diet during pregnancy affects kids later in life
- Gastric bypass
- Diabetes Prevention

- Make Healthy Food Choices
- Choose more fruits, veggies, whole grains
- Cut back on soda, candy, junk food, desserts
- Cut back on high-fat foods and fried foods
- Be Active
- Aim for at least 30 minutes (60 minutes for kids), 5 days a week
- Get Tested for Diabetes
- See your doctor at least yearly

References:

- American Diabetes Association: History of Diabetes <http://www.diabetes.org/research-and-practice/student-resources/history-of-diabetes.html>
- American Diabetes Association: A Brief History of the Development of Diabetes Medications <http://spectrum.diabetesjournals.org/content/27/2/82.full>
- Diabetes History by Dawn Swidorski <http://www.defeatdiabetes.org/diabetes-history/>
- Diabetes Treatment History Timeline <https://worldhistoryproject.org/topics/diabetes-treatment-history>
- National Institutes of Health: The History of Diabetes Mellitus <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3749019/>
- Diabetes Health: The History of Diabetes by Melissa Sattley <https://www.diabeteshealth.com/the-history-of-diabetes-5/>



Diabetes Basics Class schedule for Wittenberg

Its great way to increase your knowledge and control your diabetes!

Beginning January 13th at 1:30 p.m.

All classes will be held at Wittenberg TAU W17956-Witt-Burn Townline Road Wittenberg WI

January 13: 1:30 p.m. – 3:30 p.m. – Introduction, what is diabetes, diabetes treatment, physical activity.

January 27: 1:30 p.m. – 3:30 p.m. – Food plan and carbohydrate counting.

February 10: 1:30 p.m. - 3:30 p.m. – Hypoglycemia and hyperglycemia, sick day management, diabetes success plan, food plan and alcohol, physical activity.

March 9: 1:30 p.m. - 3:30 p.m. – Managing and preventing complications with physical activity, chair exercise.

April 13: 1:30 p.m. - 3:30 p.m. – Diabetes changes over time, staying healthy for a lifetime, healthy feet, healthy heart, risk factors and heart health, blood

fats and heart health, secrets of success.

May 11: 1:30 p.m. - 3:30 p.m. – Ups and downs of diabetes management, is your treatment plan working, managing stress, when life gets in the way, more on healthy eating, weight loss, keeping active, staying in charge of your diabetes.

June 8: 1:30 p.m. - 3:30 p.m. – Diabetes conversation maps.

Due to the length of the classes, make-ups will not be feasible. Please try to mark the classes in your schedule ahead of time.

An appointment must be completed before class so please contact us early for this appointment. Lab work may also need to be completed – it must have been done within 3 months of the start date of the class.

Please contact Rachel Montana if you are interested in this program @ 715-284-9851, ext 5039 or Wittenberg Community Health Nurse Judy @ 715-253-2382

Walking

Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more.

A regular walking program can also:

- Improve your cholesterol profile
- [Lower blood pressure](#)
- [Increase your energy](#) and stamina
- Boost “couch potato” bone strength
- [Prevent weight gain](#)

American Heart Association recommends that adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week. **Even short 10 minute activity sessions can be added up over the week to reach this goal.** If you would benefit from lowering your blood pressure or cholesterol, aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week. You could do this by walking 2 miles briskly (about 4 miles/hr.). If that's too fast, choose a more comfortable pace.

Get ready

All you need to get started are comfortable clothes and supportive shoes. Layer loose clothing, keeping in mind that brisk exercise elevates the body's temperature.

Shoes designed for walking or running are best. Make sure you have a little wiggle room between your longest toe (1/2") and the end of the shoe. Avoid cotton socks since they retain moisture and can promote blisters.

Work on your technique

- **Begin with short distances.** Start with a stroll that feels comfortable (perhaps 5-10 minutes) and gradually increase your time or distance each week by 10-20 percent by adding a few minutes or blocks. If it's easier on your joints and your schedule to take a couple of 10- to 20-minute walks instead of one long walk, do it!
- **Focus on posture.** Keep your head lifted, tummy pulled in and shoulders relaxed. Swing your arms naturally. Avoid carrying hand weights since they put extra stress on your elbows and shoulders. Don't over stride. Select a comfortable, natural step length. If you want to move faster, pull your back leg through more quickly.
- **Breathe deeply.** If you can't talk or catch your breath while walking, slow down. At first, forget about walking speed. Just get out there and walk!

Pick up the pace

To warm up, walk at an easy tempo for the first several minutes. Then gradually adopt a more purposeful



SHARPS DISPOSAL DROP OFF SITE

The Stockbridge Munsee Health & Wellness Center is a drop off site for sharps waste such as used needles, and lancets. The health center is glad to assist with the safe handling and disposal of your sharps waste. It is important to your safety and others that before sharps waste is brought to the health center for disposal, that you know how it must be contained prior to, so we can accept it.

Before sharps waste is brought to the health center and before it can be accepted it must:

1. Be placed and stored in a rigid closed heavy duty laundry detergent bottle. This bottle must not be compromised in anyway where it would expose the contents.
2. Containers must not overfilled and be filled no more than ¾ full.
3. Container must be labeled with the words written on it “SHARPS” and “DO NOT RE-CYCLE”
4. Cover on the container must be intact and closed tightly.

The health center cannot accept containers that are not safe for storing used needles and syringes. These types of containers can be poked through easily and are not safe for storing this type of waste.

Unsafe containers that cannot be accepted are as follows:

- Paper Boxes,
- Plastic or Paper Bags,
- Glass or Plastic Jugs or Containers,

pace. A good way to add variety is to incorporate some brisk intervals. For example, walk one block fast, two blocks slow and repeat several times. Gradually add more fast intervals with shorter recovery periods. Concentrate on increasing your speed while maintaining good posture.

Walking hills is a great way to tone your legs. Using Nordic walking poles can help your burn more calories and give you better posture and overall muscle endurance. Treadmill walking, while not as scenic, can be convenient during bad weather.

The end of your walk is an ideal time to stretch since your body is warmed up. Stretch your hamstrings and calves as well as your chest, shoulders and back. Hold each stretch for 15 to 30

- Baskets,
- Milk Jugs and Juice Containers,
- Bleach or other Cleaning Solution Bottles,
- Coffee Cans or other cans,
- Container without its cover,
- Containers where duct taped is replacing a missing cover or damaged surface

When used sharps are brought to the health center where do I take them first?

- Check in first with a registration clerk and let them know you are here to drop off sharps waste. Do not leave sharps waste with registration or give them to another clinic employee. Instead stay with your sharps waste and wait for the Registration Clerk to confirm they have contacted a Maintenance or Housekeeping staff to assist you further. You will then be directed to go back outside the main entrance to take your sharps waste to the shipping/receiving overhead doors at the west end of building, where someone will meet you and receive your sharps waste.

Thank you so much for being conscious of the need to properly dispose of used sharps in a safer manner.

For questions regarding the safe handling of sharps waste please give the Safety Manager at Stockbridge Munsee Health & Wellness Center a call at (715) 793-4144 or send an email to bonnie.welch@mohican.com

seconds.

Track your progress. Although experts recommend walking at least 30 minutes a day, there are no hard and fast rules. Walking 60 minutes/day and brisk intervals will help you burn more calories.

Fit walking into your schedule whenever you can. That may mean three 10-minute walks over the course of a day. The best schedule is one that keeps you walking and keeps you fit!

Seralee Jagemann
Community Health Representative
Diabetes Education/ Nutrition Education/ Farmer Market
Stockbridge-Munsee Health & Wellness Center
W12802 County Highway A
Bowler, WI 54416

Education

Vikings cont from page One:

flag bearers stepped forward and presented a unified, visual image of their independent sovereignty.

Overall, they simultaneously demonstrated a collective and unified harmony as tribes was a humbling and powerful moment. The pride displayed by each of the flag bearers could be felt. One of the organizers, Jessica Ryan, said, "We have so much to be proud of in Indian Country, it was really nice to be able to share that with others in such a good and public way".

Following the presentation of the Tribal flags, the Lakota Women Warriors presented the American and military flags, while Peggy Flanagan sang the National Anthem. A huge surprise for all was the pair of fighter jets that flew over just as she reached the end of the Anthem. Half-time was filled with the sounds of Redbone Singers and Dancers, with Jerry Dearly was the emcee.



Mohican Veteran Roger Miller carried the Oneida Flag.

Americans Average of \$2,746 Spent on Lunch

By Nathaniel Sillin

If you want to uncover new ways to save money, think about what you spend on lunch every day.

Visa's 2015 survey, intended to call consumers' attention to opportunities to save and budget in their discretionary spending, reports that the average American consumer spends roughly \$53 a week or \$2,746 per year on lunch. For meals out, that's an average of \$20 per week or \$1,043 per year. Additionally, Americans eat lunch out an average of nearly twice a week and spend more than \$11 per outing compared with only \$6.30 a day preparing their own.

Who are the biggest spenders on average in the lunch-out crowd? The survey shows that men outspend women by a whopping 60 percent. Men pay an average of \$24.93 each week on meals out, while women dole out \$15.56 by comparison. As for the biggest spenders, the survey found that 1 percent of diners spend \$50 or more lunching out for an average of more than \$9,000 spent a year. Meanwhile, 32 percent of respondents reported they don't buy lunch out at all.

Additionally, students eat out most often and spend the most with a weekly average of \$27.47; retirees spend the least at \$13.92. One worrisome number is that unemployed Americans purchase lunch out more than once a week on average, spending over \$15 weekly.

The most popular spot to eat lunch in America is at home, according to the Visa survey. Forty-two percent of American consumers report that they typically eat lunch at home. The second most popular location to eat lunch? Work. While 53 percent of office workers report they eat lunch at work, 26 percent say they do so right at their desks. As for regional preference, Southerners lead the nation in frequency of lunches out and overall amount spent on lunch. The average southern resident spends \$1,240 a year on lunches out and an overall \$2,953 between lunches out and those made at home. Northeasterners came in second with highest amount spent on lunch - \$1,001. Midwesterners followed at \$896 and Americans in the western states at \$866 spent.

To help Americans monitor their spending on the midday meal, Visa Inc. has developed a new free Lunch Tracker iOS app (<https://itunes.apple.com/us/app/lunch-tracker-1.0/id1049899081?mt=8>) that calculates monthly and annual spend and helps you adjust your spending habits to save money. Users can take the 30-Day Challenge to start saving, learn cost-cutting tips and share photos of meals with family and friends.

Bottom line: Small choices can have a big impact on your wallet. Adjusting and tracking your lunch spending habits can be a surprisingly large source of savings.

Gresham School News



With hunting season just ending, Gresham School had three little visitors out by their playground. Some of our kids in the hallways spotted three little deer outside. December 1st was a pretty exciting day for the elementary kids.

Varsity boys played a scrimmage against Bowler and Menominee Indian on Monday, November 23. They played hard and they only lost by three points.

On Tuesday, November 24, our Varsity boys' basketball team played Crandon at Gresham with a win of 63-37. Tuesday, December 1, our JV and Varsity boys' basketball team traveled to Wisconsin Valley Lutheran High School. Everyone played really hard, and we came home with the JV victory of 43-35, and Varsity won 65-34. Both tTeams played a hard game.

On Tuesday, December 1, our Varsity girls' basketball team played Tigerton in Gresham at 7pm. Although they failed to win the game, they gave it their all.

This rest of the week is busy for the boys' basketball team. On Thursday, December 4, our Middle School boys' basketball will play Bowler at Gresham at 4pm. Our JV and Varsity teams will travel to Wild Rose Hilqh School.

The JV boys will play at 6pm and the Varsity game will follow and play at 7:30 pm. Then Friday, our JV and Varsity teams will play Wild Rose again, but this time at home. Our JV game starts at 6pm, and the Varsity team will play at 7:30.

Last week on November 24, was a pretty fun day for the students at Gresham's School. For two weeks, Taylor Hoffman was going around collecting money for pie throwing. The kids paid one dollar to throw a pie at Amanda, Mr. Wild, Mr. Haight, Mr. Zobeck, River Otradovec, Beau Hoffman, Kayli Posselt, Sydney Jensen, Eric Schmidt, and even herself. The money that we raised went to a program called Christmas is for Caring.

This program is to help out families in the area who won't have such a good Christmas. We raised over \$100. We are still accepting donations for this program. If you are interested in donating, please contact Mr. Zobeck at 715-787-3211 ext. 333.

Drunken Driving In Wisconsin: "It's About Changing This Culture"

Tim Morrissey

MILWAUKEE, Wis. - State Sen. Chris Larson says Wisconsin's "woefully inadequate" drunken-driving laws are the most lenient in the nation.

While state law now regards a first-time drunken-driving offense as a misdemeanor, a bill sponsored by Larson, D-Milwaukee, would force an immediate consequence on all first-time offenses.

"Any time somebody is convicted of drunk driving, which is if somebody has a blood alcohol level above .08," Larson said, "they would have an ignition interlock device, or IID, installed on their vehicle and any vehicle that they drive."

According to Mothers Against Drunk Driving, Wisconsin continues to top the national charts with the highest rate of drunken driving.

Larson said the use of ignition interlock devices has been shown to be successful in other states in changing offenders' behavior.

For years, however, the Tavern League of Wisconsin has been one of the most effective lobbying forces against changing the state's drunken-driving laws.

Drinking and driving, some say, is ingrained in Wisconsin culture, but Larson said the political landscape is beginning to change. For now, first-offense drunken driving would remain a misdemeanor, but Larson said that may change in the near future.

"There's nothing wrong with going out and having a few drinks and having a good time; it's just don't do something that's going to end a life or alter your life or other people's lives around you," he said. "So, hopefully, the law will change, but in the meantime just plan ahead: There's taxicabs, there's the bus, there's Uber, or you can pick a designated driver. It's about changing this culture."

According to MADD, first-time offenders are estimated to have driven under the influence at least 80 times before a first conviction.



On Tuesday, December 1, 2015, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following actions were taken on the motions:

Tribal Council Members present: Shannon Holsey, Douglas William Huck, Janet Miller, Joe Miller, Jeremy Mohawk, JoAnn Schedler and Scott R. Vele

APPROVAL OF AGENDA- Motion by Joe Miller to approve the Regular Tribal Council Meeting agenda, Tuesday, December 1, 2015, as amended. Seconded by Scott R. Vele.

Motion maker amends motion adding: Swearing In of Conservation Warden, and striking the Resolution: Annual Funding Agreement and the Bid Waiver & Capital Request items. Second concurs. Motion carried.

TRIBAL COUNCIL TRAVEL REPORT(S)-

President Holsey- Recently traveled to Red Cliff, to meet their Chairman Bryan Bainbridge. Introducing herself as a new leader and also we toured their health facility, which is fantastic, it is brand new. We also looked at some of their other business entities and administrative offices and we look forward to working on some

projects with them.

RESOLUTION: 401k Custodian Agreement-Rob Orcutt, General Counsel

Motion by Joe Miller to adopt resolution 015-16, now therefore be it resolved, by the Tribal Council that the Tribal Council confirms selection of Alliance Benefit Group, Bronfman E.L. Rothschild and Charles Schwab Bank ("Schwab") as service providers for the 401(k) plans; resolved further, that Charles Schwab Bank shall be and hereby engaged as the new asset custodian for the 401(k) Plans, effective as soon as reasonably possible; resolved further, that the Stockbridge-Munsee Community Tribal Council hereby expressly and unequivocally grants a limited waiver of sovereign immunity of the Tribe for the sole purpose of enforcing the terms of the Directed Employee Benefit Custody Agreement between the Tribe and Schwab; provided, however, that such waiver shall not be assignable or transferrable by Schwab without the express consent of the Tribal Council at the time of any such assignment transfer. Seconded by Janet Miller.

Roll Call: Scott no, Doug yes, JoAnn yes, Janet yes, Jeremy no and Joe yes. Motion carried.

SWEARING IN: Beau Miller,

Conservation Warden as Tribal Police Officer

Officer Miller is the first Tribal Police Officer sworn in since the Tribe received recognition as their own Police Department.

CHAPTER 61/62: Marriage/Dissolution of Marriage-Rob Orcutt, General Counsel

Motion by Scott R. Vele to post Chapter 61 and 62 for comment. Seconded by Jeremy Mohawk. Motion carried.

CELL PHONE CONTRACT CHANGES-Jason Hietpas and Shane Golnick, MIS

Motion by Jeremy Mohawk to approve combining Cellcom Contracts for the Tribe and Casino, with management responsibility on the MIS Department. Seconded by Joe Miller. Motion carried.

GARTNER SERVICE PROPOSAL- Jason Hietpas and Shane Golnick, MIS

No action taken at this time, more information is needed on the proposal.

SECTION 106 AGREEMENTS-Bonney Hartley, Historic Preservation Department

Motion by Joe Miller to approve for signature the following agreements, number one, Programmatic Agreement Sawmill Creek Pilot Mitigation Bank Project with the Army Corp of Engineers, Staten Island New York, number two, Memorandum of Understanding, Massachusetts DOT for section 106 consultation and number three, Programmatic Agreement for USDA Massachusetts Natural Resources Conservation Service, section 106 consultation. Seconded by Scott R. Vele. Motion carried.

HEADSTART: Promise to Work Agreement-Delores Meek, Head Start Manager

Motion by Scott R. Vele to make no changes to the current Promise to Work Agreement as presented by Miss D of the Head Start Program, to ensure that it stays at the minimum of three years requirement for contractual obligations on the my promise to work agreement. Seconded by Jeremy Mohawk. Motion carried.

PUBLIC TRANSPORTATION INFO-Linda Mohawk-Katchenago, Tribal Administrator

Informational item.

REMOVAL OF CCBP & PROPOSED REVISIONS TO PW MANUAL-Stacey Schreiber, Public Works

No action taken at this time on the revisions to the Public Works Manual, the item will be brought back once a workgroup is established.

Motion by Jeremy Mohawk to remove the Competitive Construction Bid Policy from the Public Works Department Policies and Procedures Manual and reinstating the former Competitive

Construction Bid Policy from 2004. Seconded by Douglas William Huck. Motion carried.

BID AWARD RECOMMENDATION- Stacey Schreiber, Public Works

Motion by JoAnn Schedler to go along Stacey Schreiber, the Public Works Director and award the MBR Improvements, Engineering Bid to McMahon and payment to come out of the grant funded line item, 279-00-53315-7520-9-00. Seconded by Jeremy Mohawk.

Motion maker withdraws her motion. Second concurs. Motion withdrawn.

Motion by Scott R. Vele to go along with the Stacey Schreiber's recommendation to award the bid to McMahon, Engineering Bid contract not to exceed a set amount, as outlined. Seconded by Janet Miller.

Roll Call: Scott yes, Doug abstain, JoAnn no, Janet yes, Jeremy yes and Joe abstain. Motion carried.

2016 American Indian Veteran's Service Grant/TVSO Appointment-JoAnn Schedler, Council Member

Motion by Joe Miller to approve the 2016 American Indian Veteran's Service Grant and to reappoint Robert Little, as the Tribal Veteran's Service Officer, part-time status. Seconded by Jeremy Mohawk.

Roll Call: Scott yes, Doug yes, JoAnn yes, Janet abstain, Jeremy yes and Joe yes. Motion carried.

EXECUTIVE SESSION-

Motion by Scott R. Vele to go into Executive Session. Seconded by Jeremy Mohawk. Motion carried at 6:26 PM.

Motion by Scott R. Vele to come out of Executive Session. Seconded by Jeremy Mohawk. Motion carried at 7:04 PM.

-OPEN SESSION- EXECUTIVE SESSION Continued-

Motion by Scott R. Vele to authorize housing to assist the following case number, 3EDAP-EL, which allows housing to move them into immediate housing for a term not to exceed 90 days, that this case be allowed to become eligible for Elderly Hardship immediately. Seconded by Douglas William Huck.

Roll Call: Scott yes, Doug yes, JoAnn yes, Janet yes, Jeremy abstain and Joe yes. Motion carried.

Motion by Douglas William Huck to authorize Legal Department to settle a legal matter with the Department of Labor in case number 15-1264D, in accordance with the terms discussed in executive session. Seconded by Scott R. Vele. Motion carried.

ADJOURNMENT-

Motion by Scott R. Vele to adjourn. Seconded by Jeremy Mohawk. Motion carried at 7:44 PM.

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Buffet Only Noon-8PM \$13.95
Buffet includes ham, prime rib, duck

WIN \$10,000 AT 1 AM

3PM-5PM: COMPLIMENTARY BUFFET
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5PM-11PM: LONGHOUSE NEW YEAR'S EVE BUFFET
carved prime rib, lobster tails, crab legs, peel and eat shrimp, bbq ribs, lemon cream chicken, bacon wrapped scallops with a fresh aioli, mini beef tenderloin with melted bleu cheese & more! Reservations required. \$29.95

4PM-9PM: THE GROOVE NEW YEAR'S EVE BUFFET
french bread pizzas, sandwich station, beef sliders, wings \$10.95

9PM-1AM: FREE MUSIC
Oil Can Harry performing a variety of music in the Event Center from 9pm to 1am

1AM: \$10,000 DRAWING
Earn 25 same day points and get an entry into the drawing.

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Sales 4:00 pm • Early Birds 5:30 pm
Regular Session 6:00 pm

Club Bingo Fridays

Sales 9:20 pm
Games begin 10 pm

Sunday Session

Sales 12:00 pm • Warm-ups 1:00 pm
Early Birds 1:30 pm • Regular 2:00 pm



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\$5/\$10/\$15 Packs, \$15/\$30/\$45 Machines, \$50/\$125/\$250 Payouts

MONDAYS

\$10 Packs, Extra \$5, \$30 Machines, \$125 Payout

WEDNESDAYS

\$5/\$10/\$15 Packs, \$25 Machines, \$150 Payout

DEC 30 - We Match Wednesday Bingo

FRIDAYS

\$5 Packs, \$15/ \$30/ \$45 Machines, \$50/\$125/\$250 Payouts
Early Bird \$500 Payouts

NO BINGO CHRISTMAS DAY

Themes

DEC 4 - Snowman

DEC 11 - Elf

DEC 18 - Santa/ Mrs. Claus

DEC 25 - NO BINGO



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