# STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans The people of the waters that are never still Vol. XXX N8480 Moh He Con Nuck Road • Bowler, WI 54416 No. 7



AnnMarie Spice is the new Diabetes Nurse Educator. As a tribal and community member she is very excited to work directly with the tribe community and in a professional role. AnnMarie worked for the tribe as a CNA at the Ella Besaw Center as a home health aid. She has volunteered as the Mohican Veterans Princess and as Tribal Americorps in the clinic, family center and surrounding schools. As a Registered Nurse she spent time at Aspirus Wausau Hospital and ThedaCare in Shawano knowledge and gaining experience. Her parents are Diane Burr and James (Jim) Spice, grandparents Sidney Burr and Darlene Rittenhouse. She is looking forward to getting to know the community members that she can help support. Please feel free to reach out to her at annmarie. spice@mohican.com or at 715-793-3008



Briana Terrio is the new Tribal Care Memory Specialist. Briana's main goal is to help educate, advocate and provide resources for community members with Dementia. The goal is to also provide their family and caregivers education and resources for Dementia so that they can provide the best care and support for the family member.

Briana is the wife of Ginny Terrio who is an enrolled member and they have five children CharLee Rose, Ky, Marley, Jaxsyn and Ezra. Briana attended Manchester High School Westunion High School in the southern part of Ohio. Briana became a member of the FFA & FHA. She also played Softball, Soccer and Basketball throughout elementary and high school. Briana has 14 years' experience in Manufacturing, two years' Terrio cont on page Six:

> PRSRT STD PERMIT NO. 135



# Diabetes Nurse Educator | Memory Care Specialist | Baskets donated to Tribe by Stock-

bridge, MA family By Mirabai Dyson, Williams College '24, Stockbridge Munsee Cultural Heritage Intern

In October of 2022, Paul and Lenore Sundberg, longtime Stockbridge, MA residents, picked up a pamphlet titled "Repatriation and You." The pamphlet was produced by the Stockbridge-Munsee Tribal Historic Preservation Program and obtained at the former Mohican Miles exhibit at the Mission House on Main Street in Stockbridge, MA. In it, the Sundbergs found images and descriptions of cultural artifacts traditionally made by



Paul and Lenore Sundberg with the baskets they donated back to the Tribe Stockbridge-Munsee the Community. Reminiscent of several baskets that they bought at two auctions in 1974 and 1975, the Sundbergs compared said

Baskets cont on pg Six:

**Greater Assistance for Elderly** 



Thomas Kazik By Mohican News Reporter Terrio will be working educate together to community the Alzheimer's Disease and other types of Dementia and also helping show the community, families, now they can support their family member going through it.

 Lory Stevens is the Elder Social Worker (ESW) and Lory Stevens and Briana is in place to assist the elders, adult disabled, and community members about in the service area with connecting to needed services. resources or Memory Care Specialist Briana Terrio will provide information and assistance about Alzheimer's

Elderly cont on page Six:

# What's Inside?

Ads pg 14-16 **Elders** pg 4 **Voices** pg 2-3 Health pg 11 **Education** pg 12-13





# **2023 FREE** SPRING CLEANUP



- The Spring Cleanup will occur on two days, with curbside cleanup on Monday and appliance/electronics recycling on Tuesday. Curbside cleanup is open for <u>Bartelme tribal members</u> ONLY. Appliance/Electronics recycling is open to <u>Bartelme AND Red Springs tribal members</u>. Items not allowed in the curbside cleanup will NOT be picked up. Any curbside items not picked up **must be removed** from the end of your driveway and disposed of properly.
- All items collected curbside are <u>NOT RECYCLED</u>, but disposed of in a landfill. Recycling or reusing items by passing them on to others can save landfill space, limit costs and help others. It's encouraged to donate unwanted items if possible.

## **Spring Cleanup Dates**

Curbside Cleanup:

Monday, May 15

Appliance / Electronics Recycling: Tuesday, May 16

# RESIDENTIAL CURBSIDE CLEANUP

BARTELME TRIBAL MEMBERS ONLY

MONDAY, MAY 15TH

Place items curbside beginning Monday, May 8th Have ALL items curbside by 5:00 am Monday, May 15th

### FREE pickup for ONLY the items listed below during Spring Cleanup:

Bed Frames / Head Boards Mattresses / Box Springs Fitness Equipment Large Plastic Toys Bikes

Cabinets Dressers Toilets Grills Sinks

Hard Fiberglass (4ft or less) Carpet Rolls (5ft or less) Chairs / Recliners Couches / Sofas Doors

Items Not Allowed: NO Construction Debris, Hazardous Material, Tires, Appliances

Volume: Total Volume MUST NOT exceed 4 cubic yards per residence (about 4 ft tall x 5 ft long x 5 ft wide in size)

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 of 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.

# APPLIANCE & ELECTRONICS RECYCLING

## BARTELME AND RED SPRINGS TRIBAL MEMBERS

**Tuesday, May 16<sup>th</sup> from 8:00**am - 4:00pm

Place Appliances and Electronics into Appropriate Dumpsters at P&E and Roads Department

## APPLIANCE RECYCLING

Appliances WITHOUT Freon:

FREE

Stoves • Dishwashers • Compactors • Water Heaters • Washers • Dryers

Appliances\_WITH Freon:

\$15.00 Each

Refrigerators • Freezers • Air Conditioners • Water Coolers • Dehumidifiers

\*Fee for appliances with freon can be paid at the Finance Department\*

## **ELECTRONICS RECYCLING**

Computer Accessories Computer Monitors **Computer Towers** Computer Parts Type Writers

DVDs / VCRs / Blu Ray Players Holiday Light Up Decorations Fax / Copiers / Scanners Radios / Stereos Microwaves

Mobile Phones Telephones Televisions Laptops Printers



Stockbridge-Munsee Environmental Department • 715-793-4819 Harter's Fox Valley Disposal • 888-804-8556



STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohican Indians

PUBLISHER: Stockbridge-Munsee Community

> **EDITOR:** Jeff Vele

STAFF REPORTER: Thomas Kazik II

**EDITORIAL BOARD:** Rolanda Bierman Kim Taylor Rose Strege

The *Mohican News* is published twice monthly by:

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N8480 Moh He Con Nuck Road Bowler, WI 54416

Telephone: 715-793-4389

Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage. A one-year subscription rate is \$12.00 for 24 issues. Send check

or money order to Mohican News. Mohican News is a member of: NAJA (Native American Journalist

STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

# MOHICAN NEWS

**Enrolled Tribal members: FREE** 

NAME		
ADDRESS		
CITY	STATE ZIP _	
COMPANY		

# SUBSCRIBE TODAY!

The voice of the Stockbridge-Munsee Community 24 issues a year

Non-enrolled: \$12.00 per year

PLEASE CHECK:

- □ NEW SUBSCRIBER, EN-**ROLLED MEMBER**
- NEW SUBSCRIBER,
- □ NON-ENROLLED MEMBER
- RENEWAL ADDRESS CHANGE

MAIL TO: Mohican News PO Box 70 Bowler, WI 54416

Voice: 715-793-4389 Fax: 715-793-1307 mohican.news@mohican.com

## Attention Tribal Hunters

The current Fish and the tie. presented after a 30-day the lead bullet ban, that please 3 to 2 with abstentions. Council 2 abstentions, then the 54416 by April 7<sup>th</sup>

Wildlife ordinance, Ch21, At the March 7<sup>th</sup> council has a provision under meeting, I requested that Big Game, that bans lead the ordinance pertaining to bullets, only copper bullets the lead bullet ban be remay be used. This provision posted for 30 days, giving took affect January 1 of this hunters an additional time year. At a previous council period to make written meeting, a revision was comment on the ban. If vou are either in favor of posting period to rescind lifting the ban, or opposed, written submit revision was voted down comment to the Tribal Secretary, 2 for, 2 opposed, and Box 70, Bowler Wisconsin, President voted no to break Ann-nii-shik Joe Miller

**Veterans Corner** 

203 W. Main St Bowler, WI. 54416

Gregg W. Duffek, **Tribal Veterans Service** Officer

Office: 715-793-4036 gregg.duffek@mohican-

nsn.gov



715-793-4036

Veteran Notices by Gregg Duffek can be found on page Ten of this issue of the Mohican News

# House for Sale to Tribal Member



W12805 Cty Highway A

Almost 5 acres of land; Sold as is: \$147,000

Three-bedroom, one bath, heater, central air. Attic was insulated in 2022. appointment for viewing. Upper level laundry;

new furnace, new water Call or text Kelly Doxtater 715-584-7982

# John Welch Band (Tribal member from Door County) Country/Rock

Come out and enjoy the good music, dance and have a good time!

The band will be at these locations in our area:

April 21, 2023 Ye Old Saloon, Tigerton 7-11 pm

April 22, 2023 Ho Chunk Casino, Wittenberg 8-12 am

May 13, 2023 Jungles Bar, Gresham 7-11 pm

Jungles Bar, Gresham 7-11 pm June 24, 2023

October 6&7 Mohican North Star Casino 9-12 am

## Civil Summons

Sheila Miller and Timothy petitioned Miller have Kassandra Miller in the matter of:

A.M.M. DOB: 7/29/2011 A.M.M. DOB 12/28/2012 C.A.P. DOB: 02/02/2018

YOU ARE **HEREBY** NOTIFIED THAT a civl complaint/petition has been filed against you in this office.

YOU ARE INSTRUCTED TO FILE A WRITTEN ANSWER to he complaint/ petition twenty within (20) days of the date this summons and attached complaint were served upon you. the answer must be filed with the tribal court at the:

Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con Nuck Road, Bowler, WI 54416,

and a copy must be delivered or sent to the Petiotioner or his/her attorney.

IF YOU FAIL TO ANSWER the complaint with the Twenty (20) days of the date you were served, a JUDGMENT may be entered, and the plaintiff asked for in the complaint.

# Legal Notice for Intent to Change Name

Cole Matthew Rickert has petitioned Samantha Bessert for a name change in the matter of A.E.B from Ava Elaine Rose Bessert to Ava Elaine Rose Rickert.

The Court hearing will be held on Friday, April 28th, 2019 at 9:30 AM at the Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con Nuck Road, Bowler, WI 54416. Any objections may be raised at that time.

# Legal Notice for Intent to Change Name

Raini Moede has petitioned the Leonard Fields in the matter of R.S.F for a name change from

Raini Skye Fields to Raini Skye Moede.

The Court hearing will be held on Friday, April 28th, 2023 at 9:00 AM at the Stockbridge-Munsee Community Tribal Court, N8476 Moh He Con Nuck Road, Bowler, WI 54416. may be awarded the relief I Any objections may be raised at that time.



# On the Trail Home



Jyles "Weegie" Bowman

Jyles "Weegie" Bowman, age 73, passed away Monday March 13, 2023. Jyles was born on April 10, 1949, to the late Lyle and Rose (Creapeau) Bowman

in Keshena, WI. Jyles was united in marriage to Joan Welch on October 17, 1987, at the Morgan Assembly of God Church in Gresham. He is a member of the Stockbridge-Munsee Tribe. Weegie loved the Morgan Creek Band, he was the bass player. He was also a proud member of the Mohican Veterans. Since retirement from the North Star Casino, he enjoyed fixing up old vehicles and spending time with his family.

He is survived by his wife of 35 years, Joan; his children Paul, Reyna, Morning Star, Sha'rae, and Christinee "Boo"; his sister Donna (Brian) Coyhis; his sister-

in-law's Debra John, Bev (Alan) Miller, Shirl (John) Metoxen, Arlene (Steve) Wheelock; his brother-inlaw's Bill (Lisa) Welch and Ervin (Marlené) John; his niece Rose (Nate) Strege; his nephews Mark Coyhis (Kasha) Sloane and Coyhis; his great-nephews Devon and Anthony Strege: his grandchildren, Robert Joey Petrich. Petrich, Kimberly Petrich, Xavier Montez, Derek Bowman, Paul Bowman and Ella Coyhis; and his 4 greatgrandchildren. He is further survived by numerous nieces, nephews, other relatives and friends.

He is proceeded in death by his parents Lyle and Rose; his sister Eva Bowman; his sister-in-law Hilda John; his brother-in-law's Frank John, Soloman "Butch" John, and Tim John; his daughter Lisa Petrich; and great-nephew Avery Coyhis. A private funeral service with be held at a later date.

# NOTICE

FOREST ROAD CLOSURE

**EFFECTIVE** 

Monday March 27, 2023 At NOON

All forest roads will be closed to motored vehicle traffic until further notice due to spring melting. This closure is in effect to eliminate damage to the valuable forest road system. If use of a specific forest road is needed for the maple sap collection. a free use permit may be obtained from the Department Forestry (715-793-4368).Once the frost leaves the ground and the roads dry sufficiently, the roads will be re-opened. Watch for a posting. Thank you for your cooperation.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						All meals 1 served with milk, juice, coffee, & milk
2	Sloppy Joe Coleslaw Potato Chips Cookie	Salmon Patty 4 Roasted Red Potato Island Veggies Applesauce	Potato Soup 5 Bolgona Spread on Wheat Pudding w/ Fruit	Beef Lasagna 6 Green & Wax Bean Wheat Garlic Bread Peach Cobbler	Biscuit & 7 Sausage Gravy Eggs Banana Orange Juice	8
	Bratwurst on 10 Wheat Bun Mac & Cheese Peas & Carrots Fruit Cocktail	Mexican Stuffed <sup>11</sup> Shells Sweet Corn Mini Iceberg Salad Sugar Cookie	Tomato Basil 12 Ham & Swiss Creamy Cucumbers Pudding	Lemon Rosemary 13 Chicken Spring Veggies Brown Rice Banana Muffin	Hard Boiled Egg 14 Bacon Hashbrowns Wheat Bread Fruit Juice Apple	15
16	Cheeseburger 17 Broccoli Salad Red Beets Butterscotch Pudding	Chicken Pot Pie <sup>18</sup> Steamed Veggies Wheat Roll Brownie	Chili w/ Pasta 19 Mushroom Swiss Grill Cheese Pecan Pie	20 Chicken Cordon Bleu Broccoli Cauliflower Buttered Pasta Wheat Roll Fruit Muffin	Ham Cheese 21 Omelete Waffles w/Mixed Berries Yogurt & Fruit	*Menu <sup>22</sup> subject to change
23	Pepperoni, 24 Sausage Pizza Italian 3 beans Wheat Roll Ice Cream	Soft Beef Tacos <sup>25</sup> Refried Beans Spanich Rice Churro	26 Northern & Red Bean Soup BLT on Wheat Bread Mini Cherry Cheesecake	Ham Slice 27 Mix Veggies Mashed Potatoes Wheat Bread Cake	Eggs 28 Sausage Spinach Peanut Butter Wheat Bread	29

CSA Sign-Up thinking about our favorite of the week... day CSA Farm Market WEDNESDAYS! We have 60 memberships available again this year, on a firstcome basis... so don't delay! We will keep your if spots become available. information is more available at our shiny, updated website: WWW. mohicanag.com/csa. You are also welcome to pick up a paper copy of the membership form at the CSA Pick-Up & Farm Land Office.

Community Supported Agriculture (CSA) is a crop share program where a box of vegetables is picked at our farm and set aside for you every week, for 15 weeks, during the growing season. Having committed members allows us to plan our crops, use sustainable practices to reduce waste, and provide vegetables at the peak of freshness. 2023 is our fourth year offering a CSA program at Keek-Oche / From the Earth Farm!

Boxes start out green and light with lettuce, radish, cucumber, green onions, zucchini, beans, and peas... but with every week more color is added and the boxes get heavier with resources. tomatoes, beets, carrots, broccoli, squash and more! produce, and they each buy from local producers it with you! to fill your box with extra

Available Now! We are excited to start goodies that we aren't able to produce at the farm like strawberries, apples, and mushrooms!

We provide you with an insulated, reusable bag the first week and ask that is you are responsible for bringing your own throughout the information for our wait-list season so we can help reduce unnecessary plastic Membership forms and use. Each week, we have recipes available to help inspire cooking with new flavors, how to use multiple items in your box in one meal, or tips and tricks on preserving your produce.

> Earth Farm in 2023!!! WHY, YOU ASK???

In order to keep the farm growing as efficiently as possible, we are having the CSA pick-up and farm stand at the farm starting this year! Why you might ask???

Market will be at From the

The farm staff will gain 1.5 days each week by not transporting produce to the Land Office which we will use to tend to the gardens to grow even more food than ever!

Your produce will stay fresher since we will be able to keep it refrigerated. There will be less waste of producethatcanbedonated to the Elderly Center, Head Start and other community

We are planning a Food Hub & Market Building at We grow 30 varieties of the farm, which is where From the Earth's central make it into the CSA box location will be in the at some point. Variously future. It's beautiful at the throughout the season, we farm and we want to share

# Stockbridge-Munsee Police Department

On Saturday April 22, 2023 Stockbridge-Munsee Police Department will be hosting another Drug Take Back Day Event. The event will be from 10a-2p at the Public Safety Building. If you are unable to make it on that day and would still like to drop off prescription medications please contact me at (715)793-4394.





Safely dispose of all unwanted, unneeded or expired medications. Participants may dispose of solid,

non-liquid medication(s) by removing the medication from its container and disposing of it directly into a disposal box or into a clear sealable plastic bag. Blister packages are acceptable without the medications being removed. Liquids, creams and sprays must be in their original packaging.

HTTP://DOSEOFREALITYWI.GOV

**Baskets cont from One:** baskets with the images in the pamphlet. After determining that there was a high likelihood that the baskets belonged to the Stockbridge-Munsee Community, they contacted Bonney Hartley, the Tribe's Historic Preservation Manager in Williamstown. Hartley confirmed that the baskets were representative of the style of the Tribe's works and were of interest to the Tribe. Of the four baskets examined, one was viewed as most likely crafted by the Tribe. Although unable to declare with full certainty the origins of the other three, as basket techniques were frequently shared between tribes. the Tribe's Arvid E. Miller Memorial Library Museum was interested in receiving all of the baskets, since they are representative of the Tribe's style and can be useful for learning. The baskets were transferred back into the possession of the Stockbridge-Munsee Community and will now be examined through photogrammetry technology at Williams College through a partnership with the Tribe's Cultural Affairs Department. Then they will be brought to the Tribe's

Through the years, many of the Stockbridge-Munsee Community's cultural ar-

Terrio cont from pg One: experience in Recruiting and five years' experience in Healthcare working with residents suffering with Dementia.

obtained She has Dementia Care Specialist certification. CBRF Administrator License as well as all four CBRF certifications.

Ohio. She comes from a where she can help.

tifacts have been bought and sold across the auction market. Through a governmental process called NAGPRA (Native American Graves Protection and Repatriation Act), the Tribe is able to repatriate cultural artifacts that are held by federally funded institutions. However, when it comes to items that are in the possession of private owners, there exists standardized no process through which to return these items to the Tribe. Thus, the reunion of privately-owned artifacts with their rightful owners and makers relies on the awareness and goodwill of the private owners.

Repatriation is a key focus of the Tribe's current work. In recent years, many cultural artifacts including but not limited to pipes, a pair of moccasins, a pair of leggings, and pieces of pottery have been returned to the Tribe. Once back in the hands of the Stockbridge-Munsee Community, these items are able to become valuable educational tools for members of the Tribe as they learn about and connect with Mohican history. As the Sundbergs stated in reflecting upon the repatriation process, "We are happy that our baskets will have a new life with the Tribe, their rightful owners."

long line of caregivers and has worked with the elderly since her early 20's. She moved to Milwaukee Wi in 2007 and met her wife Ginny in 2018. She loves spending time camping her and fishing with her wife and five children ranging in age from 25 to seven. She loves tending to her chickens and she is a great cook. Her passion is working with the elderly Briana "Bree" was born and she can't wait to meet and raised in southern all of our people and see | Briana will also provide

**Elderly cont from pg One:** Disease and other types of Dementia. While they transition Brianna into the memory care/Memory Café position, Brianna will be assisting Lory with Elders who need memory care assistance. Lory will be helping Brianna transition with the elders she will be working with. As a team they are working to create a safe work relationship/ environment. They will also be assisting with elderly trips, activities and working to build trust with elders they serve. Their main goal is working together to give elders the best service and resources that suit each elder individually.

As new the Memory Care Specialist Briana provide information Will about with assistance and Alzheimer's Disease other and types of Dementia to individuals, family caregivers, ADRC employees and volunteers, and the community at large.

Briana will also provide community development, support groups and a list of physicians who provide the best services for those who are living with Dementia or who are experiencing signs of Dementia and would like to be screened for Dementia. Briana will be working closely with a representative from the Alzheimer's Association so that she can stay up to date with new developments of Alzheimer's and other types of Dementia, receive new and improved resources for our community and further education on Dementia so that she can provide the best training and resources for our community, ADRC staff, caregivers and family members.

education on Sundowning

and training on how to recognize and respond to challenging behaviors. Briana's direct number is direct number 715-793-3035 and she is also available to make home visits.

Lory Stevens is the Elder Social Worker (ESW) and is in place to assist the elders, adult disabled, and community members in the service area with connecting needed to resources or services.

ESW İS a supportive resource and can provide management case those in need of continued Elder Social services. Worker can assist with the tasks elder may need to complete like Paperwork. ESW assists coordinating the Memory Café, calling BINGO, assisting with a craft group, going shopping with the elders, and many more activities. ESW is in place as an identity that can provide wellness checks. If someone suspects any type of abuse or neglect this can be confidentially reported to the Elder Social ESW will make Worker. the initial investigation and if warranted will report to the appropriate outside department. Elder Social Worker can meet with you with a few options. First, you can meet you in Lory's office at the Konkapot Lodge location. Secondly, Elderly Center the "Eunice Stick Gathering Place".

Lastly, Lory can come to your home if you wish to meet there. ESW is in place, not to be intrusive; but there if you need assistance or services. Lastly, the ESW assist with numerous situations, so please call (715) 793-5619, Lory is here for you.

The Sustainable Development Institute is Hosting a Free Informational Luncheon About Energy Workshops at the Sustainable Devel-Solar Energy

Are you hungry to learn more about Solar Energy? The Sustainable Development Institute has the event for you! SDI will be hosting a Solar Information luncheon on April 25th. The luncheon is open to all and will take place in the College of Menominee Nation's Cultural Learning Center from 12:00 PM to 2:00 PM. Attendees will have the opportunity to ask Solar Energy experts all their burning questions regarding solar installations. like:

"What do I need to install a solar energy system on my home?"

"What are the benefits of solar energy?"

"How can I install solar power within my budget?" And more!

You can register online at this link or at the event: https://bit.ly/SDI\_SOLAR LUNCH. For more information please contact Rebecca Edler, SDI's Sustainability Coordinator, at redler@ menominee.edu or (715) 799-6226 ext. (3043).

College of Menominee Nation Will Offer Solar opment Institute.

Are you interested in learning more about solar energy systems while getting paid for it? The College Menominee Nation's (CMN) Sustainable Development Institute (SDI) will host a week-long solar energy workshop from April 24th through April 28th, 2023. The workshop will be taught by solar experts from Indigenized Energy (IE). IE will provide instruction on installation, maintenance, and operations of a solar grid. These workshop sessions will cover safety, solar power basics, solar energy efficiency, and more. The workshop series is designed so that you can attend individual sessions or the entire series.

To sign up for the workshop, please complete the following registration: https://bit.

ly/SDI SOLAR WORK-SHOPS. Workshop sessions include classroom and hands-on learning on the installation site at SDI, with lunch being provided each day. This workshop series will be limited to the first 20 participants who register. After attending the workshop, participants will gain an understanding of solar energy systems and a certificate of participation. A maximum \$450 stipend is available for attending the full workshop series.

This project is funded by GRID Alternatives and the Menominee Indian Tribe of Wisconsin. For further information contact Rebecca Edler, SDI's Sustainability Coordinator, at redler@ menominee.edu or (715) 799-6226 ext. (3043).



VOTE

for the 7th generation

APRIL 4 The Wisconsin Supreme Court

election is on the ballot.

conservationvoices.org/vote





For more information, visit www.cdc.gov

# Mohican Family Center Community Event



























# **Getting the most out of your GI Bill®**

Welcome to the March issue of your GI Bill Student newsletter! As we transition from winter and prepare for spring, VA is excited to share the latest news about your GI Bill benefits. For many, spring classes are in session. We encourage you to keep up the good work as you continue to pursue your educational goals. Don't forget to celebrate all accomplishments, big or small. Whether it is finishing an assignment or polishing your resume, we applaud your effort to grow and learn!

March is Women's History Month. This month and throughout the year, VA celebrates the accomplishments of women Veterans and Service members. Through their courage and accomplishments, women continue to make an impact during and after their military service. Learn more about the impact of women Veterans and how the VA supports them, through the Center for Women Veterans.

If you find this edition of the newsletter valuable, we hope that you will share it with other Veterans and GI Bill beneficiaries! Be sure to follow us on Facebook, and make sure you add Veteransbenefits@messages.va.gov to your contacts list to so that you don't miss important updates from us.

## Login.gov

Login.gov is a secure sign in service that can be used by USAIOBS Veterans to access their VA educational benefits on VA.gov. With just two pieces of information needed to securely sign in, Login.gov provides Veterans with easy access to their certificate of eligibility, payment information, verification of school enrollment and many other educational benefits tools.



Check out this VA News blog to learn more information about this simple sign-in solution.

## Women in STEM



Nomen Veterans continue to make positive strides in education, career and entrepreneurship, with many turning to Science, Technology, Engineering and Math (STEM) fields for their career choices.

you are currently studying an eligible STEM field, you may be eligible for the Edith Nourse Rogers STEM Scholarship, which provides up to nine months or \$30,000, whichever occurs first in benefits once your Post-9/11 GI Bill benefits run out.

For more information about STEM options for women Veterans, check out this VA News blog.

Free educational and career counseling

If you're eligible for VA education benefits, then you're also eligible for Personalized Career Planning and Guidance, a free benefit that provides:



- Career counseling to help you decide which
- civilian or military jobs you want Educational counseling to help you find a training program or field of
- Academic and adjustment counseling to help you address issues or barriers that get in the way of your success
- Resume support and goal planning

Visit our website to learn more and apply!

## Are you eligible for the GI Bill tutoring benefit?



If you're having trouble in a required subject and need a tutor, you can be reimbursed by the GI Bill for up to \$100 a month and a maximum of \$1,200. You're eligible if you're attending at more than half-time. Full-time for an undergraduate student is typically 12 credit hours, while it will vary for graduate students. Find more information

including how to apply on our website. https://www.va.gov/education/about-gi-billbenefits/how-to-use-benefits/tutor-assistance/

## Avoid delayed payments or debts: enrollment FAQs

Have questions about enrollment? Read these FAQs to make sure you don't have any delayed payments or debts this term! They include:

- How can I be sure I'll be able to use my
- Can I attend school while waiting for VA to make
- How will my benefits be charged for my education or training? What happens if I need to change classes or training?
- What if I fail a class or training?
- What if I need to Change schools or programs?
- What if I need a copy of my Certificate of Eligibility/award letter?

# Day

Friday March 29, 2019, Laos. It resulted in several across the United States, million deaths, most of commemorative events like whom were Vietnamese wreath-laying ceremonies, Vietnam include the Veterans Memorial Washington DC, veteran medical facilities, and military cemeteries.

was first observed as a one-Barack Obama issued a proclamation calling on "all Americans to observe this day with appropriate ceremonies, programs, and activities."

day was introduced as an annual whom were killed. event in 2017 of 2017.

Lasting from 1955 engulfed the Southeast vietnam-war-veterans-day

Vietnam War Veterans Asian country of Vietnam as well as its neighboring countries, Cambodia and civilians.

speeches, and luncheons The conflict began during are held to mark the the 1950s when the struggle occasion. Typical venues between the country's communist northern part in and the anti-communist war south escalated. United States began its military involvement to back Vietnam War Veterans Day the South's effort to quell the communist onslaught, time occasion on March which, at the height of 29, 2012, when President the Cold War, was feared to promote the spread communist ideology and influence worldwide. During the war, about 500,000 US troops were dispatched to Southeast then Asia, about 58,000

when The conflict ended in 1975 President Donald Trump with the fall of Saigon and signed the Vietnam War the victory of North Vietnam. Veterans Recognition Act The information in this article was found here @ to https://www.timeanddate. 1975, the Vietnam war com/holidays/us/national-

# ATTN: PATIENTS OF STOCKBRIDGE-MUNSEE HEALTH & WELLNESS CENTER

APPOINTMENT PROVIDER AND ER VISITS NEED TO BE CALLED IN TO THE REFERRAL DEPARTMENT PRIOR TO ALL VISITS TO ENSURE ANY MEDICATIONS WILL BE FILLED.

**Referrals Phone Numbers:** (715) 793-5077 OR (715) 793-4102 ER LINE (877) 898-4154

# **Eat Right**

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



# Eating Right and Reduce Food Waste

GO FURTHER with FOOD by incorporating these food, nutrition and physical activity tips



People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days.

It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the grops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home.

A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

## **Get Creative with Leftovers**

Transform meals into soups, salads or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week
- Or simply brown bag the leftovers for lunch.

# April is National Cancer Control Month

proclaimed April as National is one Cancer Control to raising awareness for provide early treatment. prevention cancer treatment throughout the screened cancers include: US. For many years, the • Breast Cancer: death tolls from cancer have steadily declined, due in part to better education and heightened • Cervical Cancer: awareness about how to prevent certain types of cancer, recognize the signs and symptoms of cancer, and how to seek proper • Colon treatment.

Prevention

Since 1938, the President Among the many methods of the United States has of prevention, screening of the Month. effective ways to detect This month is dedicated pre-cancerous cells and and Some of the most easily

- screening includes yearly mammograms for women ages 40 and older
- screening includes Pap tests at least every 3 years for women ages 21 and older
- Rectal and Cancer: screening includes yearly



colonoscopies for men and women age 50 and

In addition to screening, vaccinations are available to help treat and prevent or even death. certain types of cancers. These cancer vaccinations work to prevent specific infectious agents cause or contribute to the development of cancer. Following are approved cancer vaccines:

- Guardasil Ceravix: these vaccines are designed to protect women against certain strains of the cancer causing human papilloma virus (HPV)
- Hepatitis B Vaccine: this three-shot series given to children is designed protect both men and women against the Hepatitis B virus, which can cause liver cancer
- Provenge: approved by the FDA in 2010, this vaccine helps to treat metastatic prostate cancer

Other clinical trials are being performed to help develop additional vaccines to treat more types of cancer.

In conjunction with medical prevention. the most effective way to prevent some types of cancer involve these simple lifestyle changes:

- Don't use tobacco prod-
- Drink alcohol in moderation
- Eat a healthy diet
- Be physically active
- Avoid overexposure to UV rays
- Practice safe sex

Although cancer is one of the leading causes of death in the US, it is also one of the most easily

preventable. Making an effort to protect your body and utilizing the available resources can help prevent a future cancer diagnosis,

Source National Cancer Institute



МҮТН	FACTS
Muscle strength and flexibility can't be regained.	While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Becoming active now will benefit you in many ways including protection from falls.
Taking medication doesn't increase my risk of falling.	Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes cause dizziness or make you sleepy. Be careful when starting a new medication and talk to your provider about potential side effects.
I don't need to get my vision checked every year.	Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more that twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update eyeglasses as needed.
Using a walker or cane will make me more dependent.	Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. A Physical Therapist can fit the walker or cane to you and instruct you in its safe use.
I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to	Fall prevention is a team effort.  Bring it up with your doctor, family, and anyone else who is in a position to help. They want to

Information provided by National Council On Aging

alarm them, and I want to keep

my independence.

help you maintain your mobility

and reduce your risk of falling.





# April Career Building Workshops

This month's skill building workshops hosted by the Tribal Information Center focus on not just finding your next job, but getting into a career!

For information on finding that job offer, join us in talking about Job Search Issues. For those looking to create a resume, join us in Building (or building-Up) Your Resume - this is a perfect workshop for those with an existing resume they would like to make current with today's resume trends.



A proud partner of the

American Job Center

network

### Join us in-person: Stockbridge-Munsee Tribal Information Center W12635 County Rd A. Bowler, WI

With questions, please contact: Emily Lukacs - Career Advisor Emily.lukacs@mohican-nsn.gov 715-793-4353

Mohican American io D. Center a groud partner of the American io D. Center Network under Bay Area Wondforce Development Board is an equal poportunity employer and service provider. We will provide equal poportunity to all persons regardeds of age, color, national origin, Cittership Status, physical or medical disability, race, religion, creed, gender, ree, sexual orientation, gender identity and/or expression, genetic information, marial sitaus, status with regard to public assistance, verterna sitaus, or any other characteristic protected by federa; alter or local law. If you have disability and need essistance with this information, please dail 7-3-1 for Wisconsin Rebly Service. Please contact the Division of Employment and training at 888-758-9066 and press 6 to request information.

### **Menominee DVR**

First Monday of the mont

April 3<sup>rd</sup>

10:00 AM - 12:00 PM

Specializing in addressing and solving barriers as well as working on employment options for individuals

Feel free to make an appointment or stop

### Job Search Issues

**April 4<sup>th</sup>** 10:00 am - 11:00 am

April 13<sup>th</sup>

### Building (or Building-Up) Your Resume

April 6<sup>th</sup> :00 pm - 2:00 pm

April 18<sup>th</sup>

Workshops can

Contact Emily to set up an individualized workshop at time that fits your schedule!

# 2023 Summer Youth Program

Stockbridge-Munsee Education and Career Services

<u>Purpose</u>: Summer Youth is a program developed to build work-ready skills in Tribal Youth. Interested individuals will take part in workshops to prepare them with identifying strengths as well as learning life skills. On-the-job experience provides opportunities to practice self-reliance, responsibility, and gain important employment-skills that will guide them into future careers.

When: Programming begins June 20th & ends August 18th, 2023

Where: Stockbridge-Munsee Community

<u>Who is Eligible</u>: Enrolled Stockbridge-Munsee youth, ages of 14-18 as of June 15. Direct descendants may participate, pending available space, if their established residency for the 2022-23 school year is within the townships of Bartelme or Red Springs, excluding Middle Village and including Bowler and Gresham.

<u>Applications</u>: can be found at the Tribal Information Center (now located at Konkapot), at Bowler School (see Abby Behnke), at Gresham School (see Nancy Buettner), or online: https://mohican.com/ecs-applications-forms-policies/

<u>Deadline</u>: Completed applications must be certified with arrival date and time, and received by Friday, May 12th at 3:30 PM. Late applications will not be considered. <u>Applications must be submitted to Emily Lukacs at Konkapot</u>. Please call or email with any questions!



W12635 County Rd A P.O. Box 70 Bowler, WI 54416 Ph: 715 - 793 - 4353 Fax: 715 - 253 - 2436 emily.lukacs@mohican-nsn.gov

# **Education and Career Services**

PO Box 70 - W12635 County Road A Bowler, WI 54416 Phone: 715-793-4353

Tribal Information Center Hours of Operation: Mon- Fri // 9:00 AM - 11:30 AM & 1:30 PM - 4:00 PM

A proud partner of the



SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3 Renominee Vocation Rehabilitation Program  10:00 am - 12:00 pm	Workshop: Job Search Issues 10-11 AM	5	Workshop: Building Your Resume 1-2 PM	7 Good Friday Closed at Noon	8
9 Happy	10	11	12	Workshop: Job Search Issues 1-2 PM	14	15
16	17	Workshop: Building Your Resume 10-11 AM	19	20	21	22
30	24	25	26	27	SA SAME	29

## Grace Meredith Yoccum Shepard

Grace Meredith Yoccum (1891-1960) was an enrolled member the of Stockbridge-Munsee Community. Her Mohican name was Moween or "Black Bear," fitting for a woman about six feet tall.

The daughter of Adrian Yoccum and Lena May Antone, she had one sister, Erma. Among her ancestors were Moses and Abraham Yoccum, the signers of treaties for the tribe at New Stockbridge, NY, in the 1820s, and members of the Sprague, Antone, Chicks, Miller, Pye and Calvin families. In the Chicks line, she was a descendant of Jacob Cheeksaunkun, cited in the book "The Mahicans of Stockbridge" by Patrick Frazier as an effective leader in the French & Indian War. In the Calvin line, her ancestors included Benjamin S. Calvin, who was educated at Princeton University and served under George Washington in the American Revolution.

Mer-1915, Grace edith married Harry David Shepard, and they had four children: Phyllis (1917-1927); Ruth Meredith (Peters) (1919-2018); Gordon David Shepard (1921-2006); and Ira Matthew Shepard (1932-present). She lived most of her life in Red Springs.

Her grandson and granddaughter remember her as soft-spoken and gentle, with an inner strength. She loved the Friday Night Fights on television and would enthusiastically urge her favorites to score a knockout. When upset with walk the perimeter of their 40 acres, and by the time she returned would be singing and carrying wild-

flowers she had picked. A special memory is the fragrance and flavor of her ■ she let her grandchildren, gins, slather with butter straight from the oven.

She died April 9, 1960, and is buried in the Red Springs Cemetery.

## Julia Helena Boushka Sunderland

1984) began a connection community when her only child, Mary Lois (1919-2019), met enrolled mem- ▮ ber Gordon David Shepard at a wartime USO event while he was stationed at Fort Leonard Wood, MO. They married in 1943.

Clarence Julia married Sunderland in 1912 and ■ they operated a general store and post office in the hamlet of Delhi, IL, and ∎ were prominent in the Delhi Baptist Church.

Her grandson remembers namic and cheerful woman, who showered him with love and approval. Children in the Stockbridge-Munsee Community experienced I that when she came to live there to be near her daughter and son-in-law, who had returned in 1977 to found the Stockbridge Bible Church. At age 94, **■** she was still assisting in the tribal Head Start pro- ■ gram and her relationship with the children, who ' called her "Grandma," was I featured in an article in the Mohican News.

her husband, she would She died at age 96 and was returned to her longtime home in Jersey County, IL, for burial.

# The Grace Meredith Yoccum Shepard and Julia Sunderland Scholarship Application

This scholarship was established by Terry L. Shepard homemade bread, which I and Marianne Higgins to honor their grandmother, Grace Yoccum Shepard, and his grandmother, Julia Sunderincluding enrolled mem- land. It is open to enrolled Stockbridge-Munsee memcurrent chief judge of the from Red Springs and Date | Springs and Date | from Red Springs and Bartelme townships, including tribal court Marianne Hig- Bowler and Gresham. A grant of \$1750 is available to ■ full-time college students (12+ credits) and high school graduates who have been accepted by a four-year college when they attend full-time.

> Preference will be given to students in good standing with financial need whom the scholarship will help com-■ plete a degree. Secondary preference will be given to students pursuing a degree in fields useful to the Stockbridge-Munsee community, such as education, the environment, health, law, journalism or social work.

To apply send:

- Julia Sunderland (1886- 1. This application or request form (715-793-4100) Kim Taylor
- to the Stockbridge-Munsee 2. A copy of your latest official transcript (no grade reports).
  - Incoming college students, a copy of your college acceptance letter.
  - 4. A short, typed personal essay focusing on how the scholarship will help you obtain a degree and how you will apply your education.
  - 5. Must provide a copy of class schedule for the fall term of the current year.

Send to: Stockbridge-Munsee Education Yoccum-Sunderland Scholarship

P.O. Box 70 Bowler, WI 54416

Deadline: Complete applications must be received by July 28, 2023 at 3:00 p.m. No faxes, incomplete, or I late applications will be accepted.

Julia as an energetic, dy- 

■ Complete applications will be scored as follows:

GPA: 4.0-3.75 equals 50 pts

3.24-3.0 equals 35 pts

3.74-3.5 equals 45 pts

2.99-2.75 equals 30 pts

3.49-3.25 equals 40 pts

The maximum essay score is 40 pts.

First Name	MI	Last Name	Phone Number		
Street Address		State	Zip Code		
Declared Major/ Minor	College/	College/ University Address	College/University Phone #		
Expected Graduation Date	checked b	dicate what grade level you will be in for semester below: nan □ Sophomore □ Junior □ Senior			
Check one:					
☐ S/M Enrolled Direct Descendant			□ S/M		
Enrollment #:					
Parent's Name:					
Parent's Enrollment #:					



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Call or visit in person or online today to begin your referral application process



Vocational Rehabilitation- GM 111 N172 Hwy. 47/55

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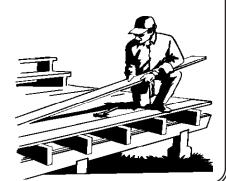
W13593 Putnam Lane Bowler, WI 54416

715-793-4648

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- Restraining Order Assistance
- **Abuse Education**
- Information and Referral
- **Community Education**
- **Education Planning**
- Forecasting

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715-793-4863 or 715-881-0488 or 715-793-4780

Statewide Shelter Hot Line 800-236-7660

National Dom. Abuse Hot Line: 799-7233

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

# 800-787-3224/800-

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April 17, 2023

10:00 a.m. - 2:00 p.m.

Wisconsin Operating Engineers Training Site | W11584 State Hwy 21, Coloma, WI 54930

The Operating Engineers Local 139 invite Wisconsin tribal community, students, educators, administrators and counselors to join us for a day at the Coloma Training Center. Externship Day is an ideal opportunity to get out of the classroom, meet industry professionals and learn about the high-demand career path of an Operating Engineer. Lunch will be provided.

\*Space limited to 140 registrants per day

## Watch us grow!

Modified format to accommodate construction for the expansion of the training center.



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To register or ask questions, contact Laura Cataldo at laura.cataldo@bakertilly.com or (608) 616 2835



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