

170 Years - By the Good Graces of the Menominee People

By Jeff Vele – Mohican News Editor

The math is simple: February 11, 2026 - February 11, 1856 = 170 years! One hundred and seventy years ago the Menominee people signed a Treaty with the United States to cede land to the Stockbridge and Munsee people for them to have land on the western portion of the Menominee reservation that was not being inhabited by the Menominee people.

Stockbridge-Munsee President Shannon Holsey

said, “On February 11, 1856, the Menominee Nation demonstrated remarkable generosity by ceding land that allowed the Stockbridge-Munsee people to remain in these homelands rather than being displaced west of the Mississippi. That act of kindness forged a bond of brother and sisterhood that has endured for 170 years—a testament to shared respect, resilience, and unity. Today, we extend our deepest gratitude to the Menominee people for **170 years cont pg Five:**

Looking Ahead to Warmer Days



By Maria Duits, SMC Ag Manager

Just last week, a long time CSA member reached out with a story of the produce from the Tribal Farm. “I recently had a meal of venison tenderloin, beets and squash. I was so happy I could eat a whole meal with nothing bought from the store. The beets were

out of the freezer and the squash out of cold storage, both from the Tribal Farm. At Christmas time we had pickled beets, carrots and dilly beans again thanks to your hard work. The green tomatoes I bought and put in a bag to ripen turned out great. I was eating fresh tomatoes until mid-Dec.

Warmer cont on page 3:



IMPORTANT ANNOUNCEMENT

2026 WINTER FOOD AND UTILITY SECURITY PROGRAM

Dear Tribal Member: Tribal Council authorized a 2026 Winter Food and Utility Security Program to promote the general welfare of Stockbridge-Munsee tribal members due to high food prices and utility costs, particularly during heating seasons. The goal of this Program is to assist eligible SMC Members to maintain their health, well-being, independence, and quality of life despite high food and utility prices.

The 2026 Winter Food and Utility Security Program is intended for the promotion of the general welfare of tribal members and therefore is not lavish or extravagant or compensation for services. It is intended to comply with the IRS income exclusion for tribal general welfare programs (26 U.S.C. 139E) so that it is not considered taxable income.

In order to be eligible for the 2026 Winter Food and Utility Security Program you must be an **Enrolled Stockbridge-Munsee**

tribal member 18 years and older and must submit the application for the Program. Applications will be accepted starting **January 7, 2026**, with an application deadline of **March 31, 2026**. Tribal members will be provided a **\$1,500.00 payment** to be used solely on groceries or utility costs to promote food and utility security during these uncertain economic times. Additional guidance on the implementation of the program, is on the application.

link: <https://lfforms.mohican.com/Forms/GeneralWelfareApp>

No supplemental receipts for expenses are required as applicants can self-certify that they are experiencing impacts. Processing begins as applications are received. Forms are also available for download on the Tribal Website (News and Announcements section) and Community Announcements email.

Food cont on page Two:

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Elders	pg 4		



Food cont from pg One:
*** Please only submit applications once, duplicate applications will slow down the process and require further follow up by the submitter****

portal, download or pick up a form, may call Member Services to request a form be mailed to them. The form must then be mailed back to the Member Services Department.

Application to apply for assistance begin January 7, 2026, with final check disbursement on March 31, 2026. The first mailing of checks will be on Friday, January 30, 2026. Please allow 5-10 business days for your check to be delivered. A returned check listing will be kept with the Tribal Secretary's office and will be contacted based on information provided in the application. Those individuals will be able to pick up their check with a valid ID or POA paperwork. For replacement or lost checks, a waiting period of a 30 days will be required before another is processed by the Finance Department.

Returning printed forms:
The Tribal Office Central Reception Area has been designated at the centralized controlled form drop off area. Forms may also be mailed to Member Services.

Drop Off:
Stockbridge Munsee Tribal Office Central Reception Member Services
N8476 MohHeConNuck Rd
Bowler, WI 54416

Mail:
Member Services
P.O. Box 70
Bowler, WI 54416
Tribal members living off reservation/out of state, who cannot access the

Questions? 793-4111
For general information or check inquiries: Contact Member Services at (715) 793-4111
Respectfully,
Shannon Holsey
Tribal President

HEALTHY Heart DAY
2026
a healthy heart is the main source of your strength

ON WEDNESDAY, FEBRUARY 11TH FROM 10AM-2PM
WE WILL BE HAVING A HEALTHY HEART DAY EVENT AT THE SMHC IN THE LOWER-LEVEL CONFERENCE ROOM. THIS EVENT WILL INCLUDE INFORMATIONAL BOOTHS, CHAIR MESSAGES, HEART HEALTHY SNACKS, AND PRIZES!

Blood Sugar & Blood Pressure screenings

Questions? Contact Vi Azzolina at 715.793.3018

Stockbridge-Munsee COMMUNITY HEALTH DEPARTMENT

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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William Martin

Please consider signing up for the Editorial Board.

The Mohican News is published twice monthly by:

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STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

MOHICAN NEWS

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“The magic in new beginnings is truly the most powerful of them all.” – Josiyah Martin

As we step into a New Year, we celebrate the incredible dedication and resilience you’ve shown on behalf of our Nation. Your hard work and commitment create a foundation for progress and hope, and together we will continue to build a future filled with strength and opportunity.

May this year bring you and your loved one’s joy, health, and prosperity. Thank you for being an essential part of our journey—here’s to new beginnings and shared success in the year ahead!

The Mohican Nation

Anúshiik (Munsee – We are grateful) **Oneewe** (Mohican – Thank You)



Warmer from page One: I did have to freeze some for the future because I had too many ripe at once. I thought that was pretty cool that they lasted so long, they reminded me of you guys and summer! Now I will be using up all the frozen, canned produce and still fresh squash for the remainder of winter. So very cool. I am looking forward to warmer days at the garden.”

These are the reasons we stay motivated all year long! Here at the SMC Ag Dept, our most frequent question is “What do you do all winter?” We are quick to respond with “So much!” We start next year’s planning before the summer is even over. By mid-December, we had our fields designed, planned, and seed ordered. Our Farm Supervisor, Chris Rosenthal is working on irrigation plans and beekeeping. Thanks to extra help from our winter

intern, Cierra Bernarde, we are finishing up processing Traditional food/seeds, taking inventory, getting organized, and ready for seed starting. Our Traditional Foods Supervisor, Leonard Welch has been working diligently creating an inventory of all gifted and repatriated Traditional Seeds for a database project with Cultural Affairs and UW-Madison.

Of course, we are ready to get our hands dirty again, but this winter has been a doozy already with our new building construction underway. We are welcoming the much needed “office time” to plan for 2026 CSA, increased planting, better irrigation, and perennial establishment. Before we know it, we will be starting seeds again. Every day gets us one step closer to getting farm produce back on your table.



Veterans Corner

203 W. Main St
Bowler, WI. 54416

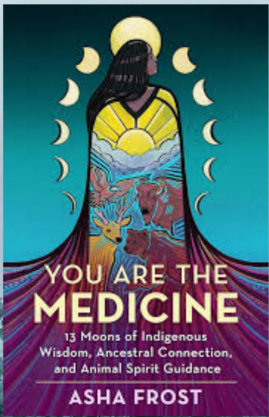
Gregg W. Duffek,
Tribal Veterans Service
Officer
Office: 715-793-4036
gregg.duffek@mohican-nsn.gov



715-793-4036






Family Literacy Event
with Kim Hoffman
Ol Way Healing and Gifts

Reserve your book today:
Diane Burr 715-793-4353
diane.burr@mohican-nsn.gov



Meditation and Book Discussion 4:30pm-6:30pm

February 2-Konkapot
March 2-Konkapot
April 2-Konkapot




On the Trail Home



Yvette Lynn Malone

heart. She loved people and would do anything to help someone in need; she was always putting others before herself. Her home was filled with laughter, warmth, and the certainty she would always be there. Yvette was the rock of her family—a loving, fierce mother, devoted wife, cherished grandmother (Gaga), auntie, and sister. Her grandchildren held a special place in her heart, and Yvette showered them with love and guidance. She will be remembered for her love and compassion.

Yvette Lynn Malone, age 60, of Bowler passed away on Friday, January 2, 2026, in Shawano, leaving behind a legacy of strength, love, and countless cherished memories. Yvette was born on March 4, 1965, in Milwaukee to the late Robert “Dick” Lasher and Eva Evon Malone. Yvette was united in marriage to Randeon Granquist September 20, 1989. She was a member of Stockbridge Bible Church. Yvette was the enrollment office specialist for the tribe. She had a deep love for creativity and tradition, finding joy in sewing, beading, and crafting things by hand. Halloween was one of Yvette’s favorite times of year, a season she embraced with enthusiasm and warmth. Sundays were special to her, as she faithfully attended church and drew strength from her faith. Yvette also took great pride in her traditional tribal ways, honoring her heritage and passing those values and beauty on to those around her.

Yvette is survived by her loving husband, Randeon Granquist; children, Tony (Maunee) Granquist, Eva Granquist, Desaray (Kurtis Sr.) Granquist, and Leanna (Christopher) Granquist; grandchildren- Melaina, Maiyah, Cordell, Kora, Kane, Lucas, Keanu, Treyvon, Kayniah, Kurtis Jr., Taidyn, Muxkw, Yvette, Meexchaw, and Cleo; sister, Clorissa (Robert) Vele; brother, Marv Malone; and nieces and nephews, Brett, Todd, Robert, Tanya, Crystal, and Melody.

Yvette is preceded in death by her parents; sister-in-law, Charlene; and niece, Evon.

A funeral service was held Wednesday, January 7, 2026, at Stockbridge Munsee Bible Church in Bowler with Pastor Ed Zook officiating. Visitation was held there from noon until the time of service.

Above all, Yvette was known for her kindness and caring



February 6th, 2026 National Wear RED Day

For American Heart Month.

**NATIONAL WEAR RED DAY IS ALMOST HERE!
GRAB YOUR FRIENDS AND GET RED-Y.**

Why wear red? We want to raise awareness about heart disease. Many cardiac events can be prevented with education and lifestyle changes. On Friday, February 6th, 9am-11am we will be having screenings in the atrium of the SMHWC.

Snap a picture when you're red-y and send it to violet.azzolina@mohican.com or stop by the atrium February 6th for a chance to win a prize!



Chiropractors are commonly known to help patients with back problems. While many clients of chiropractors are people with back problems, chiropractors claim to be able to ease all kind of health conditions. They do this by manipulating and adjusting the spine. Chiropractors believe that if the spinal column is in the correct position and moving freely, then the nerves in the spine may function at their best, which in turn allows other bodily systems to function at their best.

pain, sciatica, hip-leg-ankle and foot pain. Patients are also seen on a preventive maintenance basis, pain control for chronic back problems, and stress relief. Children also treat with chiropractors to help with ear infections and colic, as a few examples. Chiropractors do not prescribe drugs or do surgery – they work with the bodies healing potential that is in each and every one of us. More on Chiropractic in future articles.

Therefore, chiropractors may treat a variety of conditions, including: neck-shoulder-arm and wrist

If you have any questions on how Chiropractic can help you – please call the clinic for an appointment – Dr. Haley McHugh

170 Years from page One: their unwavering friendship and for the strength of this relationship that continues to guide us.”

That Treaty is taken from the web and included in its entirety below (the misspelling is in the document and is left as is to ensure the direct quote): Whereas a treaty was entered into at Stockbridge, in the State of Wisconsin, on the fifth of the present month, between the United States of America on the one part, and the Stockbridge and Munsee tribes of Indians on the other, stipulating that a new home shall be furnished to the said Stockbridge and Munsee Indians, near the south line of the Menomonee reservation; and

Whereas the United States desire to locate said Stockbridges and Munsees near the said line in the western part of the said reservation, on lands on which no permanent settlements have been made by the Menomonees; and

Whereas there is no objection on the part of the Menomonees to the location of the Stockbridges and Munsees in their neighborhood, therefore this agreement and convention has been entered into.

Title
Articles of agreement made and concluded at Keshena, State of Wisconsin, on the eleventh day of February, in the year of our Lord eighteen hundred and fifty-six, between Francis Huebschmann, commissioner on the part of the United States, and the Menomonee tribe of Indians, assembled in general council.

ARTICLE 1.

Cession of land to the United States.

The Menomonee tribe of Indians cede to the United

States a tract of land, not to exceed two townships in extent, to be selected in the western part of their present reservation on its south line, and not containing any permanent settlements made by any of their number, for the purpose of locating thereon the Stockbridge and Munsee Indians, and such others of the New York Indians as the United States may desire to remove to the said location within two years from the ratification hereof.

ARTICLE 2.

Payment for said cession.

The United States agree to pay for the said cession, in case the said New York Indians will be located on the said lands, at the rate of sixty cents per acre; and it is hereby stipulated, that the monies so to be paid shall be expended in a like manner, to promote the improvement of the Menomonees, as is stipulated by the third article of the treaty of May twelfth, eighteen hundred and fifty-four, for the expenditure of the forty thousand dollars which had been set aside for their removal and subsistence, west of the Mississippi, by the treaty of October eighteenth, eighteen hundred and forty-eight.

ARTICLE 3.

To promote the welfare and the improvement of the said Menomonees, and friendly relations between them and the citizens of the United States, it is further stipulated—

Laws may be made for the affairs of the Menominees.

1. That in case this agreement and the treaties made previously with the Menomonees should prove insufficient, from causes which cannot now be [be] foreseen, to effect the said objects, the President of the United States may, by and with the advice and consent of the Senate,

adopt such policy in the management of the affairs of the Menomonees as in his judgment may be most beneficial to them; or Congress may, hereafter, make such provision by law as experience shall prove to be necessary.

Suppression of use of ardent spirits.

2. That the Menomonees will suppress the use of ardent spirits among their people, and resist, by all prudent means, its introduction in their settlements.

Annuities may be paid semiannually or quarterly.

3. That the President of the United States, if deemed by him conducive to the welfare of the Menomonees, may cause their annuity monies to be paid to them in semi-annual or quarterly instalments.

Right of way of roads.

4. That all roads and highways, laid out by authority of law, shall have right of way through the lands of the said Indians on the same terms as are provided by law for their location through lands of citizens of the United States.

ARTICLE 4.

This instrument shall be binding upon the contracting parties whenever the same shall be ratified by the President and Senate of the United States.

In testimony whereof, the said Francis Huebschmann, commissioner as aforesaid, and the chiefs and headmen of the said Menomonee tribe, in presence and with the consent of the warriors and young men of the said tribe, assembled in general council, have hereunto set their hands and seals at the place and on the day and year hereinbefore written. Francis Huebschmann, Commissioner on the part of the United States.

Osh-kosh, his x mark

Naw-no-ha-toke, his x

mark.

Mah-mah-ke-wet, his x mark

Ko-man-e-kim, his x mark

Shaw-puy-tuck, his x mark

Oken-a-po-wet, his x mark.

Way-taw-say, his x mark.

Naw-kaw-chis-ka, his x

mark.

Ah-kamote, his x mark.

Py-aw-wah-say, his x mark

Way-aich-kiew, his x mark.

Ay-oh-sha, his x mark.

Mo-sha-hart, his x mark.

Wa-pa-massaew, his x

mark.

Signed and sealed in presence of—

Benja Hunkins, Indian agent.

Talbot Pricket, United States interpreter.

Theodore Koven, secretary to commissioner

John Wiley.

H. L. Murny.

Benjamin Rice.

John Werdchaff.

Stephen Canfield.

Thomas Heaton.

The weblink below will take you to a webpage with the treaty.

<https://treaties.okstate.edu/treaties/treaty-with-the-menominee-1856-0755#:~:text=The%20Menomonee%20tribe%20of%20Indians%20cede%20to%20the%20United%20States,years%20from%20the%20ratification%20hereof.>

The Stockbridge and Munsee peoples were scheduled to be located West of the Mississippi with all indigenous peoples of this country.

Thanks to the Menominee people, this is as far West as we were moved. If you are from the Stockbridge-Munsee Community maybe you can recognize the Menominee people for their generosity and give them a shout out of thanks on February 11, each and every year.

To Those We Lost In 2025



"Jeano" Gloria Bruette
3/16/1950-1/11/2025



Mary Pecore
7/31/1976-1/21/2025



Ellen Schrieber
6/7/1936-2/1/2025



Sherry R, McCowan
6/2/1947-2/24/2025



Vincent A. LeMieux
9/21/1983-4/3/2025



Delbert A. "Joe" Moon
11/23/1954-4/26/2025



Sharon Davids
2/1/1956-7/17/2025



Ivan Wadzinski
8/23/1933-7/25/2025



Janet Martin
5/29/1939-8/4/2025



Michael A. Bowman
12/21/1980-8/22/2025

To Those We Lost In 2025



Jean "Jeanna" Davids
9/2/2025



Linda C. Stitt
9/19/2025



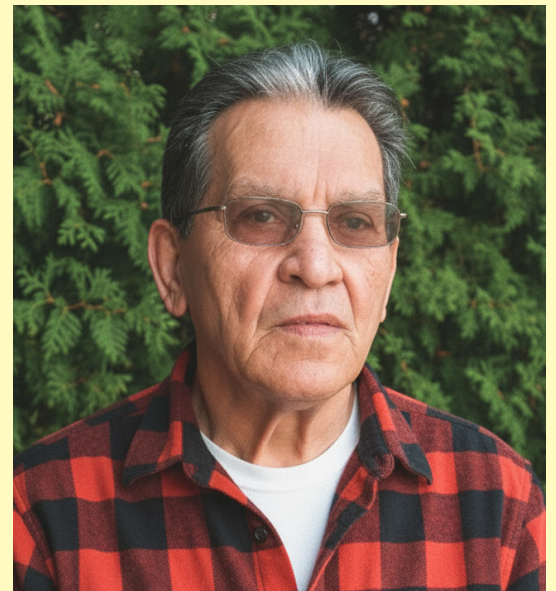
Burdette Bill Burr
11/18/1939-10/4/2025



Kenneth D "Kenny" Lash
10/7/2025



LeLand Carrol
10/20/2025



Peter J. Bowman
11/19/1946-11/1/2025



Leonard "Mr. Bingo" Welch
1/21/1938-11/4/2025



Larry P. Madden
4/10/1956-11/19/2025



Keith Rudesill
1/18/1934-11/25/2025

The names and pictures shown are a collection of the Obituaries shared throughout the 2025 year by the Mo-
hican News. If anyone was forgotten we apologize.

GERD Symptoms Go Beyond Heartburn: Here's What to Watch For

Aspirus Health surgeon explains lesser-known signs and long-term treatment options for GERD

"GERD is more than just heartburn; it's a structural issue. In many cases, surgery is the only way to truly fix it."

PORTAGE, Wis. – Gastroesophageal reflux disease, or GERD, affects millions of Americans every year, yet it often goes undiagnosed or inadequately treated. Dr. Joshua Pogorelec, a general surgeon with Aspirus Health, says common misconceptions around symptoms and treatment options are preventing people from getting the help they need, especially when surgery could offer long-term relief. GERD occurs when a faulty valve at the base of the esophagus allows stomach acid and food contents to flow back upward, leading to symptoms like heartburn, chronic cough, difficulty swallowing, or even changes in voice. While many patients initially try lifestyle or dietary changes, Dr. Pogorelec emphasizes that GERD is often a structural issue, not just a matter of diet.

"Many people believe that if they don't have heartburn, they can't have GERD. That's simply not true," said Dr. Pogorelec, general surgeon with Aspirus Health. "Reflux can present in many forms, and just treating symptoms with medication doesn't address the root cause."

For a long-term solution, we often need to recreate the valve through minimally invasive surgery."

Initial treatment plans often include avoiding common triggers like caffeine, alcohol, nicotine, and large meals. Weight loss, eating smaller portions more frequently, and sleeping with the head elevated are also recommended strategies. Over the counter and prescription medications may offer temporary relief, but Dr. Pogorelec stresses they often only mask the problem rather than fix it. When conservative measures fall short, Aspirus Health offers minimally invasive surgical options. These procedures typically require only an overnight hospital stay and are designed to reconstruct the faulty valve, preventing acid from flowing back into the esophagus.

"We want patients to know they're not stuck managing symptoms forever," Dr. Pogorelec added. "There's a path to potentially curing the disease, not just covering it up."

As part of Aspirus Health's ongoing commitment to providing high-quality, patient-centered care, the team is encouraging early consultation for those experiencing persistent reflux symptoms, whether heartburn is present.

Using Over-the-Counter Medications Safely During Cold and Flu Season

"Even when a medication is approved for children, the directions are different from how an adult would take it."

WAUSAU, Wis. – The return to work, school, and regular routines after the holidays can bring an uptick in cold and flu

symptoms. As people reach for over-the-counter (OTC) medications, Aspirus Pharmacy Resident Kenneth Yuk is reminding the community to use them safely by reviewing labels carefully.

"People often grab multiple cold and flu products

without realizing they contain the same active ingredients," Yuk said. "That is how accidental overdosing happens, especially when you are trying to treat several symptoms at once."

Choosing the right product starts with understanding your symptoms. Cold and flu issues can look different from person to person, and Yuk recommends selecting medications that match what you are experiencing. Several products may appear to target different issues but still rely on similar active ingredients. Reviewing the "Drug Facts" label helps prevent taking more than intended or combining medications that overlap.

This attention to detail is especially important for families with children. Kids typically experience six to eight colds per year, according to the Centers

for Disease Control and Prevention (CDC). Because those illnesses can happen close together during the winter, Yuk encourages parents to follow age restrictions and dosing instructions every time they use an OTC product.

"Even when a medication is approved for children, the directions are different from how an adult would take it," Yuk said. "Checking the label every time makes a big difference."

Cold and flu symptoms usually improve within a few days, but Yuk recommends contacting a health care provider if a fever is very high, if symptoms last more than one week, or if a rash develops after taking medication. Understanding when to seek care ensures symptoms are evaluated by the most appropriate professional.

Move More, Stay Strong: How Physical Activity Helps You Stay Independent

Want to keep doing what you love—gardening, walking, dancing, or just moving with confidence? Staying active is key to building strength, improving balance, and reducing fall risk!

Even small amounts help keep muscles strong, joints flexible, and bones healthy. The Physical Activity Guidelines for older adults recommends:

- Strength exercises **at least 2 days a week** targeting major muscle groups.
- **150 minutes** of moderate activity (like brisk walking) **or 75 minutes** of vigorous activity weekly.
- **Regular** balance training.



As you get stronger and steadier, everyday tasks like standing up or climbing stairs become easier. Keep challenging yourself by holding balance poses longer, reducing support safely, adding light weights, or doing more reps.

The goal is to keep your body ready for life—stronger and balanced to stay on your feet and enjoy what you love.



January is Radon Action Month

Radon is an odorless, colorless, tasteless, naturally occurring radioactive gas that can harm you and your family. Radon can be found in any type of building; the only way to know if your home has high radon levels is to **TEST!**

#1 cause of lung cancer among non-smokers and **#2** cause of lung cancer overall

1 in 10 homes in Wisconsin have high radon levels and **2 out of 3** homes in our area have high radon levels

10x risk of lung cancer among smokers compared to people who have never smoked with the same radon exposure

EPA estimates **21,000** radon related lung cancer deaths occur each year; that's more than drunk driving, home fires, and drowning

The EPA recommends mitigation for homes with radon levels over 4.0 pCi/L

4.0 pCi/L = 200 chest x-rays per year OR 8 cigarettes per day

8.0 pCi/L = 400 chest x-rays per year OR 16 cigarettes per day

20 pCi/L = 1,000 chest x-rays per year OR 40 cigarettes per day

Free test kits are available for Tribal Members through the Environmental Department, contact the Environmental Department to have your home tested!



Stockbridge-Munsee Environmental
Department • 715-793-4819



FEBRUARY 2026

MAKE & TAKE Beefy Taco Soup

Participants must have access to internet as the Make & Take will be done virtually, sessions will be pre-Recorded and sent out via email prior to pick up. Ingredients must be picked up on Wednesday, February 18th, at the SMHWC from 11:45am -1:15pm. Sign up is February 2nd-6th. We will be drawing names for the virtual Make & Take. We will contact you on Monday, February 9th if your name has been chosen.

Contact Violet Azzolina, Community Health Representative to sign up!
PHONE: 715.793.3018
EMAIL: VIOLET.AZZOLINA@MOHICAN.COM

ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

CROCK POT CHICKEN POT PIE YIELD: 6 SERVINGS



INGREDIENTS

- 2 lbs boneless, skinless chicken breasts, or thighs
- 2 (10.5 oz) cans cream of chicken soup
- 1 (10.5 oz) can cream of celery soup
- 12 oz frozen mixed vegetables
- 2 teaspoons garlic powder, divided
- 2 teaspoons onion powder, divided
- 2 teaspoons black pepper, divided
- 1 (16.3 oz) can homestyle biscuits, or homemade drop biscuits

INSTRUCTIONS

1. Spray crockpot liner with non-stick spray. Lay chicken breasts in the bottom of the crockpot and season with 1 teaspoon of each: garlic powder, onion powder and black pepper.
2. Cover chicken breast with cream of chicken soup and cream of celery soup.
3. Spread mixed frozen vegetables over the soup. Sprinkle the remaining 1 teaspoon of garlic powder, onion powder, and pepper, over the top of the vegetables.
4. Place lid on the crockpot and cook on low for 6 to 8 hours or on high for 4 to 6 hours, until chicken is cooked through and easily shredded.
5. 15 to 20 minutes before serving, bake the biscuits according to the package directions.
6. A few minutes before the biscuits are ready, use 2 forks to shred the chicken. Stir until the chicken is covered in the gravy and vegetables.
7. Serve with a warm biscuit on the top/side or cut the biscuits in half and top with chicken pot pie.

FEBRUARY 2026 MAKE & TAKE Beefy Taco Soup

INGREDIENTS

- 1 LB LEAN GROUND BEEF
- 1 BELL PEPPER, CHOPPED
- 1 SMALL ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 (14.5 OZ) CAN DICED TOMATOES
- 2 CUPS BEEF BROTH
- 1 TBSP TACO SEASONING
- ½ TSP CUMIN
- SALT AND PEPPER TO TASTE
- OPTIONAL TOPPINGS: SOUR CREAM, SHREDDED CHEESE, JALAPEÑOS, AVOCADO



INSTRUCTIONS

1. BROWN GROUND BEEF IN A LARGE POT OVER MEDIUM HEAT. DRAIN EXCESS FAT IF NEEDED.
2. ADD BELL PEPPER, ONION, AND GARLIC. SAUTÉ UNTIL SOFTENED, ABOUT 5 MINUTES.
3. STIR IN TOMATOES, BROTH, TACO SEASONING, CUMIN, SALT, AND PEPPER.
4. SIMMER FOR 15-20 MINUTES UNTIL FLAVORS BLEND.
5. SERVE HOT WITH A DOLLOP OF SOUR CREAM AND YOUR FAVORITE TOPPINGS.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



Menominee Vocational Rehabilitation Program

**Need help securing employment?
Vocational Rehabilitation might be Right for you!**

To be eligible for VR assistance you need to meet the following requirements:

- Enrolled member of a federally or state recognized Native American tribe
- Have a physical or mental impairment that results in a substantial impediment to employment
- Reside on the Menominee Reservation or within 30 miles
- Require VR services to prepare for, secure, retain, regain or advance in employment



We have successfully placed our consumers for work at the Menominee Casino Resort, Maehnowesekiyah, Food Distribution, Sr. Verna Fowler Library, Headstart, Community Technology Center, Tribal Conservation, Historic Preservation, just to name a few. It's our job to help our consumers find a job.

Stop in and see us at CMN or any of our off-site locations (Stockbridge-Education Department 1st Monday of the month, Shawano; 2nd Monday of the month, Maehnowesekiyah; 3rd Monday of the month, and Neopit- Menominee Tribal Enterprises; 3rd Tuesday of the month).

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



Vocational Rehabilitation- GM 111 (800) 567-2344 ext. 3203
N172 Hwy. 47/55 (715) 799-5600 ext. 3203
Keshena, WI 54135 Monday- Friday (8:00 am-4:30pm)

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- Community Education
- Education Planning
- Forecasting

Need to talk or need support please Call: Client Services Advocate : N8476 Moh He Con Nuck Rd P.O. 70 Bowler, WI 54416

GED/HSED at Konkapot NTC
W12635 County Road A, Bowler, WI
715-793-4353



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