



SMHWC Summer Interns:

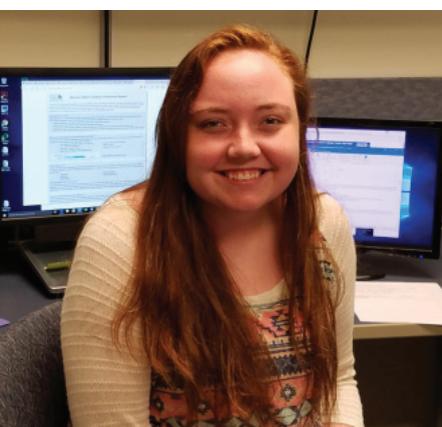


Heidi Garczynski

Heidi is a Stockbridge Munsee tribal member (daughter of Jack & Penny Jashinsky and granddaughter of Ernie & the late Virgil Murphy) enrolled in the Administrative Professional Program at Northeast Technical College with an emphasis on Health Care Communication. Heidi will be entering her final semester this fall and is looking forward to finishing her degree.

She is currently completing her internship at the Stockbridge-Munsee Health and Wellness Center in the Community Health Department. Heidi is currently employed with Saputo in Suamico and is looking forward to a new line of work when she completes her degree.

In her spare time, she enjoys gardening, spending time with her children and grandson. Heidi also likes taking hiking trips enjoying the many waterfalls in Wisconsin and Michigan.

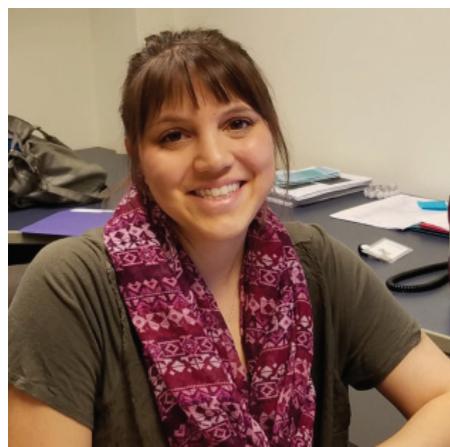


Erin Loughney

This summer Erin is working

as a Community Health Intern working on a Cancer Project and Community Health Assessment. She hails from Green Bay, Wisconsin.

Erin is currently a senior at the University of Nebraska-Lincoln studying microbiology! After graduation, she hopes to attend graduate school and become a certified genetic counselor. She has a younger brother who recently graduated high school. Erin says she loves to watch movies, go to concerts, and hang out with friends and family!



Kaitlin Weissappel

Katie is a Community Health Intern working on a Cancer Project and Community Health Assessment. She will also be helping to start a canning initiative that will have run a few classes in late summer/early fall.

Her maternal grandmother was Oneida and her maternal grandfather was Brotherton (the tribe in which she is enrolled). She grew up in Shawano, Wisconsin and was raised by her mother and her sister.

In May 2015, Katie received her Bachelors of Science in Genetics from the University of Wisconsin-Madison, and is currently in medical school at the University of Illinois College of Medicine.

Kaitlin likes to keep busy and active whether she is working in the ANEW tea emporium in Shawano, or playing a game of tennis, she is always on the go!

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From the Beginning to the End; Stockbridge-Munsee Emphasize Education



By Jeff Vele – Mohican News Editor

The Stockbridge-Munsee Tribe will spend nearly three-quarter of a million dollars on education this fiscal year. From giving our children a “Head Start” to learning; all the way to assisting with funding post-graduate and Doctorate programs (which many other programs do not provide); the Stockbridge-Munsee strive for our people to be successful.

Each year the Mohican News runs pages honoring the Teachers and Graduates from the Community and this year is no different as attested to in the May 1, 2017 issue of the Mohican News. In this

issue we are running the Head Start graduates and High School Graduates, along with those College Graduates who responded to our request for information in the last issue.

President Holsey has made it a priority to be at these Tribal celebrations of education such as the Head Start graduation and Senior Banquet for high school graduates. At the Headstart Graduation President Holsey said, “This school places great value on the community and sense of self, and love, and friendship. Life is not just about reading and writing, its about emphasizing the importance

Education continued on pg Six:

Two Represent Tribe at Health Summit

Anchorage, AK – ‘Tribal leaders, Tribal public health professionals, and community-based service providers gathered in Anchorage for the National Indian Health Board’s (NIHB) 8th Annual Tribal Public Health Summit. Public health has long been a priority for Tribal Nations, and has long been the way many American Indian and Alaskan Native communities take care of one another. The record-setting gathering of over 600 public health advocates occurring this week signifies the long-held, yet growing commitment that Tribal Nations have for building the public health infrastructure, capacity, and wise practices in Indian Country’ (NIHB).

Two continued on page Six:



Judy Heubel (left) and Casey Mitchell represented the Tribe.

What's Inside?

Ads	pg 13-14	Family	pg 12
Color pages	pg 8-11,15	Health	pg 11
Elders	pg 4	Voices	pg 2-3



Why do firefighters run into burning buildings?



When others are running out?
Or Have you ever wanted to: "take on the dragon"?
If you know the answer to this question we are looking for you to join our team.

What is a firefighter? (historically Fireman) is a rescuer extensively trained in firefighting, primarily to extinguish hazardous fire that threaten property and human or natural populations, and to rescue people from dangerous situations, like collapsed or burning buildings or crashed vehicle according to Wikipedia.

But, a FF is someone who has a sense of humor, demonstrates a genuine caring attitude towards all people and have an optimistic attitude and believe that the best outcome will occur in emergency situations.

What does a firefighter do? Fire Control (firefighting) consist of depriving a fire of fuel, oxygen, heat and/or the chemical chain reaction, (also known as the four components of the fire tetrahedron) that is necessary to sustain itself; they rescue victims, assist Law Enforcement when needed and assist EMS at car crashes; this also is based on Wikipedia definition. Again, a true FF is someone who can handle critical decision-

making under life-threatening conditions, determine priority and are driven by strong values and ethics along with an awareness to act upon those values and ethics.

What classes are required? Certified Firefighter 1. The 96-hour course is designed to provide the participant the basic knowledge and skills necessary to perform firefighting functions needed to comply with the minimum fire fighter training along with Hazardous Materials Awareness & Operations.

Still not sure, come and hang out with us on one of our training night, we meet every second Tuesday of the month at 4:45 p.m.

Due to the weather situation we had last week we did not get the results or pictures of the Chemon Fishing Derby into this issue of the Mohican News.

Look for them in the July 15, 2017 issue of the paper..
Sorry for any inconvenience,
Jeff Vele

Mohican News Editor

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.

STOCKBRIDGE-MUNSEE
COMMUNITY
Band of Mohican Indians

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Stockbridge-Munsee Community

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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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STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

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Forgotten something?

In May we had 82 missed appointments



Forgetting to cancel your appointment if you no longer need it prevents someone else from being seen.
Please call 715 793-5000 for Medical, Chiropractic and PT

Appointments

715 793-4149 for Dental
715 793-3000 for Behavioral Health

Thank you,
Stockbridge-Munsee Health & Wellness Center

Stockbridge-Munsee Tribal Court

Mohican Nation Stockbridge-Munsee Community

John C. Tepiew IV – PLEASE TAKE NOTICE THAT you are the Respondent in a hearing scheduled:

Date: July 6, 2017
Time: 11 a.m.
Place: Stockbridge-Munsee Tribal Court
N8476 Moh He Con Nuck Road
Bowler, WI 54416
Phone: (715) 793-4872

You may obtain a copy of the pleadings regarding this matter by contacting the Stockbridge-Munsee Tribal Court at the above address and phone number.

Stockbridge-Munsee Tribal Court

Mohican Nation Stockbridge-Munsee Community

STORM W. KILLER – PLEASE TAKE NOTICE THAT you are the Respondent in a hearing scheduled:

Date: July 27, 2017
Time: 10 a.m.
Place: Stockbridge-Munsee Tribal Court
N8476 Moh He Con Nuck Road
Bowler, WI 54416
Phone: (715) 793-4872

You may obtain a copy of the pleadings regarding this matter by contacting the Stockbridge-Munsee Tribal Court at the above address and phone number.



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TIME; 5:30pm-6:30pm

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in the Head Start program. In her free time she enjoyed gardening, doing beadwork, and knitting hats. Her family was always the most important part of her life and she cherished spending time with her children and grandchildren.

Shirley is survived by: six children, Bernard Rudesill, Lillian (David) Beilke, Linda (Tom) Rudesill, Leatha (Raymond) Liebe, Henry (Judy) Rudesill, Jr., and Kenneth (Abbey) Rudesill; 11 grandchildren; eight great grandchildren; and siblings, Kenny Welch, Keith Welch, Kirby (Bonnie) Welch, and Sue (Lee) Miller. She is further survived by numerous nieces, nephews, other relatives, and friends.

Shirley was preceded in death by: her husband, Henry "Hank" Rudesill, Sr.; a grandson Billy; her parents; one of her closest friends, Joyce; and siblings, Sharon, Genevieve, Opal, and Kathleen.

A memorial service for Shirley was held on Friday, June 23, 2017 at the Stockbridge-Munsee Elderly Center. Rev. Scott Ludford officiated. Inurnment will be in Red Springs Cemetery. Visitation was held at the elderly center on Friday until the time of the service. www.swedbergfuneralhome.com

Shirley Mae Rudesill

Shirley Mae Rudesill, age 78, of Gresham, passed away at her home on Saturday, June 17, 2017. Shirley was born in the Town of Red Springs on May 13, 1939, daughter of the late Myron "Pudge" and Lillian (Mohawk) Welch.

On June 22, 1963 Shirley was united in marriage to Henry Rudesill, Henry preceded her in death on February 20, 2017. Shirley worked for the Stockbridge-Munsee Tribe for most of her life including many years as a teacher

On the Trail Home



Vicki L. Stevens "Apumihleexkwee"

Vicki L. Stevens, age 54, of Bowler, passed away on Wednesday, June 7, 2017 at her home. Born on December 10, 1962 in Chicago, she is the daughter of the late Sandra (Richards) Martin and her father, Bernard Bowman and her dad, John Martin. Vicki graduated from Silver Lake College and

worked for the Stockbridge-Munsee Tribe all her life. On June 18, 2009, Vicki was united in marriage to Chris Stevens in Bowler. She was a wonderful teacher and mentor to many. Vicki enjoyed gardening, but more than anything, she loved spending time with her family.

Vicki is survived by: her husband, Chris; five children, Perry, Jeffery (Chaundra), Martin, Raiden, and Jaiyanna; four grandchildren, Aubree, Zavier, Jazzalynn, and Keiannah. She is further survived by her father, Bernard Bowman, her dad, John Martin; and six siblings, Samantha, Benny (Cheri), Anne (Roger), Becky, Bobby, and Beverly.

She was preceded in death by: one son, Jonathan; her mom, Sandra Martin; and one brother, Brian.

Traditional services for Vicki were held on Saturday, June 10, 2017 at the Stevens' residence, W14097 Baum Lane in Bowler. Visitation was held at the Stevens' residence.

Swedberg Funeral Home is assisting the family with the arrangements.

www.swedbergfuneralhome.com

Fruit & Vegetable of the Month: Lettuce

Nutrition in Lettuce and Leafy Greens

Lettuce or leafy greens come in many varieties, depths of color, and various nutrition levels. For example, romaine lettuce is more nutrient dense and has more health benefits than iceberg lettuce. Health benefits include:

- Low calorie content and almost no fat: lettuce has only 12 calories for 1 cup serving
- High in Fiber: lettuce helps keep you full longer along with fiber helping to decrease cholesterol as it removes bile salts and when they are replaced naturally in the body they break down cholesterol
- Helps with Sleep: the white fluid found when you cut or break lettuce is called lactucarium, this has relaxing and sleep inducing properties
- Eases Anxiety: lettuce has long been used as an ancient medicinal medicine for anxiety and new studies are showing when lettuce extracts were given raid brain activity was reduced therefore inhibiting anxiety
- Rich Source of Vitamin K: vitamin K is important for maintaining bone mass by promoting bone cell growth.



Healthy Turkey & Cucumber Lettuce Wrap

Ingredients:

- 4 leaves iceberg lettuce
- 4 slices roast turkey
- 1/2 cucumber, sliced
- 1 c. humus
- Sprinkle of paprika

Directions:

- Top lettuce leaf with a slice of turkey, cucumber, humus, and paprika.
- Then as if it were a sandwich, wrap it up with another piece of lettuce.
- Repeat to make 4 wraps

Selection and Storage

When buying or picking lettuce choose the leaves that are crispy looking and with bright color. Avoid purchasing leaves with spots or discoloration when possible.

Wash romaine and loose-leaf lettuces and drain water off before storing in the refrigerator, butterhead does not need to be cleaned before storing.

Pack them in a plastic bag or keep in the refrigerator. Romaine with stay fresh for up to a week but other varieties with loose-leaf-type such as butterhead will only last for two to three days.



Verlie B. Wolters

Verlie B. Wolters, age 79 of Greenville, Wisconsin passed away on June 11, 2017 in Appleton. Verlie was born on August 3, 1937 to George and Priscilla (Beilke) Church in Shawano. She was a 1955 graduate of Riverside High School in Milwaukee. On August 5, 1961, she married Ronald Wolters in Milwaukee, Wisconsin. She retired from Parkview Health Center in Oshkosh where she had worked as a computer operator.

Verlie was a very generous

person, she loved working on her garden, growing flowers, reading and scrapbooking. She was also a history buff and enjoyed shopping for antiques and doing puzzles of all kinds.

She will be sadly missed by her husband Ronald, two children: Steve (Jeanette) Wolters of Mahopac, New York and Gail (Doug) Woller of Delaware, Ohio, four grandchildren: Max and Zoe Wolters and Patrick and Ashley Woller as well as three brothers and many nieces, nephews and other relatives and friends.

She was preceded in death by her parents and two sisters.

There was a gathering in celebration of Verlie's life on Saturday, June 17, 2017 at Brewster Village, 3300 W Brewster Street in Appleton, Wisconsin. There was also a Memorial Service on Saturday at Brewster Village.

Interment will be at the Stockbridge-Munsee Indian Burial Grounds. For more information and to express condolences, please visit www.wichmannfuneralhomes.com.



STOCKBRIDGE-MUNSEE COMMUNITY BOWLER, WISCONSIN REQUEST FOR PROPOSALS CURATION FACILITY DEVELOPMENT SERVICES June 15, 2017

I. INTRODUCTION

The Stockbridge-Munsee Community ("Owner" or "Tribe"), a federally-recognized Indian Tribe, is seeking proposals from qualified firms/individual to draft archeological curation policies, procedures (including fee table), and recommendations for the Historic Preservation Office's existing facility to meet industry standards. This will involve on-site assessment and cataloguing of the existing collection, which includes archeological materials and paper records.

II. SCHEDULE

Sealed proposals for the services requested in this RFP will be received until Friday, June 30th, 2016 at 4:30 p.m., Central Time. Proposals must be identified as being "Proposal for Stockbridge-Munsee Historic Preservation Office" on the outside of the envelope. Proposals may not be transmitted via telephone, fax or email. Proposals shall be delivered to the:

Stockbridge-Munsee Tribal Secretary
N8476 Moh He Con Nuck Rd
PO Box 70
Bowler, WI. 54416
Telephone: 715-793-4387

(All questions regarding the proposal submission should be sent to Jerilyn Johnson at 715-793-4387.)

The Owner reserves the right to conduct interviews and anticipates that the successful proposer will be selected by July 5, 2017.

The successful firm/individual will be expected to complete an assessment that will consist of a formal report to the Stockbridge-Munsee Tribal Council that addresses and makes recommendations on the following items:

III. PROJECT AND SCOPE OF SERVICES

The Tribe has a Historic Preservation program which has offices both on the reservation and a satellite office in Troy, New York. The main function of the Historic Preservation program is to carry out consultation work pursuant to the National Historic Preservation Act (NHPA) Section 106 in order to protect Mohican and Munsee cultural sites. The Troy, New York office has a temporary curation facility which houses a limited amount of archeological materials. These artifacts are from Section 106 projects that have occurred in the tribe's cultural areas of interest in the Northeast—areas within New York State, New Jersey, Massachusetts, Pennsylvania and Vermont—that are required to be curated in a suitable facility close to the site. The Tribe has a desire to curate more of its own cultural materials from these projects, with the ability to then loan them to the Tribe's Wisconsin facilities as desired.

A. Review current Historic Preservation Office curation conditions and needs

- Working with current Historical Preservation Office employees, Bonney Hartley, Gladys Jacobs, the Historical Preservation Committee and the Tribal Administrator, Linda Mohawk-Katchenago to gather all necessary information and gain insight.

B) Draft Curation Policies:

- Review existing draft Curation policy manual and revise based on industry standards in order to establish a Curation Policies that will:
 1. Safeguard artifacts
 2. Meet all regulatory requirements such as Secretary of Interior standards for Curation of Archeological Collections (36 CFR 79.9)
 3. Include a fee table for this curation service

C) Draft a Standard Operations Manual

- Identify industry standards regarding curation and incorporate into a Standard Operation Procedure Manual (SOP):
 - i. To include procedural standards where the staff's activities will:
 1. Safeguard artifacts
 2. Properly archive/code artifacts
 3. Establish lexicon for adding paper records into Past Perfect software

D) Preliminary Cost Estimates

- Include recommendations on additional funding sources

E) Timeline

- Recommend a timeline for implementing changes identified in the assessment.

It is anticipated that the firm/individual selected will be required, at minimum, to make site visits and conduct interviews with appropriate personnel to derive a final set of policies and SOP.

IV. PROPOSAL REQUIREMENTS

At a minimum, proposals must contain the following information:

1. Company/individual history.
2. Identify the bidder's qualifications to provide the proposed services.
3. Identify experience with public or private curation facility assessments, particularly noting any relevant tribal curation experience
4. Identify experience in completing policy, procedure and fee tables.
5. Describe the process proposed to provide these services.
6. Examples of work in the in the past five (5) years in curation, policy, procedure development.
7. Identify the timeline to complete services including proposed time required to be on-site in the Troy, New York facility
8. Describe methods to be used to ensure that the project will be completed on time and within budget.
9. State the total fee for these services and specify proposed reimbursable costs in detail.
10. Identify key personnel and the areas of responsibility for each including the Owner's contact and any on-site personnel.
11. Provide at least 3 client references, which we may contact.
12. Identify any deviations from this RFP.

Any proposals not including the proposal requirements listed above will be deemed non-responsive and will be subject to rejection. Questions concerning this RFP shall be forwarded in writing, by fax or mail to the Stockbridge-Munsee Tribal Administrator, N8476 Moh He con Nuck Rd, Bowler, WI. 54416, Office: 715-793-1307.

V. ADDITIONAL INFORMATION

The successful bidder will be selected in accordance with Tribal bid policies. This RFP does not commit the Tribe to award a contract or pay any costs associated with the preparation and presentation of a proposal. The Tribe reserves the right to revise the selection process and in its sole discretion, to accept or reject any or all responses to this RFP. The Tribe may negotiate with or request additional information from any or all considered contractors. The Tribe may waive informalities or irregularities in a proposal. The Tribe reserves the right to reject any or all proposals and to choose the proposal deemed the most advantages to the Tribe.

The successful bidder will be required to enter into a written contract with the Tribe. The successful bidder will be required to obtain and maintain all appropriate insurances, including errors and omissions, general liability, vehicle and worker compensation coverage's. The successful bidder must not engage in discriminatory conduct and will not be a barred contractor under the Tribal or federal contracting requirements. The successful bidder will work closely with the Management Team and designated staff during all phases of the project.

Additionally, the successful bidder will provide a written timeframe to complete the work.

Language and Culture Camp Cook Needed

The Stockbridge-Munsee Language and Culture Committee is seeking bids for an individual or individuals to cook during our Language and Culture Camp. Some shopping may be required. Dates of the camp are August 7th, 8th and 9th. Menu and food supplies will be provided.

Candidates will be asked to prepare large meals – up to 100 individuals for lunch and supper on August 7th and 8th and also a large breakfast on the 9th and a box lunch on the 9th.

Please submit bids prior to 4pm on Friday July 21nd to:

Anushiik

Education cont from page One: of love and friendship, and its very much evidenced here. It is something these young people will be able to take as a lifetime skill, and having that sense of community and having that sense of family.”

One of the people who worked to facilitate the Senior Banquet and is very familiar with the inner workings of the Education Department and the Tribe’s emphasis on education is Stockbridge-Munsee Vice-President and Director of Education, Employment, and Training Jolene Bowman, Ph.D. Dr. Bowman said, “The tribe supports higher education by funding student grant awards, which are administered through the Education Office. This funding serves to help students be successful in higher education to their degree completion and beyond. In addition, it serves as one of many means of Nation Building to sustain our tribal nation through adversity in this century and the centuries to come.”

Holsey also spoke at the Senior Banquet for those graduating high school. The President reminded the young people to be thankful to their parents for the love and support they provide for the children. “Today is a day that marks a significant milestone and we’re all here to celebrate that, but you are not only graduating academically. You are also going to graduate in your life personally and you are going to develop what you will become. You will become parents. You will become grandparents. You are our future, and that is why you have so many people here this evening supporting you. You are our succession plan and we are extremely invested in your future, and we want you to know how much we care and support you,” added Holsey

Muriel Sereda was chosen to be Elder of the Year and was honored at the Senior banquet. Emcee Roberta Carrington gave an eloquent introduction of this year’s recipient. She said, This years Elder of the Year...“Lived throughout our reservation or in Morgan Siding. Her mother passed away when she was a young lady and she knew she had to stay at school in order to find a job and take care of herself. She stayed in the area until she was old enough to fly out of the coop and go out into the big world, and that she did. This elder worked at the same company for 30 years before retiring and moving back to our area again. She has always encouraged her own children and others in the community to get an education and learn how to take care of themselves. She was known as an excellent seamstress. She has done various things for numurous people in our community. These things include

making curtains, wedding dresses, bridesmaid dresses, native american regalia, blankets, and much more. We honor this elder for her generosity, love, and care shown to this community. Although she was retired when she moved back home to this area she still volunteered to help take care of other elders living at the Ella Besaw Center, those at the elderly services program, and for activities at the Mohican Family Center. She has purchased and donated gifts, backpacks, and coats for our children. She loves working, helping elders and children, and giving back to our community. She volunteers before even having to be asked to help. Tonight the class of 2017 are proud to honor Muriel Sereda.” Muriel was quite taken aback by the honor and emotionally received a blanket and other gifts to recongize the honor bestowed upon her.

We are listing those graduates and the degree and/or college whose information that was available to us at the time of print:

Lucille Burr, BS in Early Childhood Education (honors), College of the Menominee Nation

Randi Grant (AA, Computer Science), College of the Menominee Nation

Nikole L. Webster (AA, Early Childhood Education, College of the Menominee Nation

Adam Joseph Schulz (Natural Resources (honors), College of the Menominee Nation

Tony Granquist, Master of Business Administration, Southern New Hampshire University

Joshua Bennett, Technical Diploma in Truck Driving, Fox Valley Technical College

Andi Weber, BA in Indigenous & American Indian Studies, Haskell Indian Nations University

BriAnne Goss, Master of Social Work, University of Wisconsin-Green Bay

Devin Gumm, Interactive Web Management, University of Wisconsin-Oshkosh

Tashina Williams, Master, Marquette University

Jennifer Sparks, Associate, Northeast Wisconsin Technical College

Thunder Smith, Associate, Northeast Wisconsin Technical College

Asa Doxtator, Technical Diploma in Welding, College of the Menominee Nation

Fancy Vele, Associate in Landscape and Horticulture Certificate in Entrepreneurship (highest honors), Northeast Wisconsin Technical College

Dr. Wendee Dianne Gardner, MPH, DPT, Doctor of Physical Therapy, University of Wisconsin - Madison

BriAnne Mae Ahwaapeesiit Goss, Master degree in Social Work, University of Wisconsin – Green Bay (honors). BriAnne graduated along with becoming a member

of Phi Alpha Honor Society and received the study abroad sash from her time in Mexico.

President Holsey ended by saying, “On behalf of the Tribal Council, I wish, I want to extend not only our congratulations, but our gratitude and we want you to know that today doesn’t mark an ending, but a new beginning, because education is a lifetime process and we’re here to support you throughout your life. Congratulations class of 2017 and welcome everyone.”



Two continued from page One: Two representatives from the Stockbridge Munsee Community Health Department – Casey Mitchell and Judy Heubel – were lucky enough to be chosen to present at this conference. With all costs of the trip being covered by the Bemidji Area Diabetes program, it was a rare opportunity to showcase our community and programs on a national stage. Of the hundreds of Special Diabetes Programs for Indians (SDPI), less than 25 were chosen to do poster presentations at this conference. Information was presented on our “Make & Take” program, which has met with good success within our community. The program offers individuals a chance to try new or modified recipes while promoting nutrition education in a fun and interactive way. Individuals sign up and get to learn improved methods of food preparation then end up having a dish to take home

and try. “I was happy that there was lots of interest in our program at the presentation. Overall It was an awesome experience, to learn from and network with such a diverse number of Native communities, all at one time. The conference gathered national leaders to come together and share their knowledge” according to Judy Heubel, Community Health Outreach Director and SDPI Project Director. “It was interesting to learn what other tribes are doing around the nation and gave us helpful insight for future programming ideas to bring back to the Stockbridge-Munsee Community. It was a unique and valuable experience to take part in and I am hoping to apply the information learned within the community.” Casey Mitchell, Registered Dietitian Stockbridge Munsee Community Health



The FRESH Project, in Shawano County, is looking to hire two part-time independent contractor positions:

Program Coordinator

Contractor fees: \$23.00/hour, max of 25 hours per week

Program Assistant

Contractor fees: \$14.50/hour, max of 15 hours per week

To apply, or view qualifications and experience required, please view positions online at: www.thefreshproject.org or www.indeed.com (search for The FRESH Project in Shawano)

Congratulations 2017 Graduates!



Fancy Vele, Associate in Landscape and Horticulture Certificate in Entrepreneurship (highest honors), Northeast Wisconsin Technical College



Devin Gumm, Interactive Web Management, University of Wisconsin-Oshkosh. Pictured with Dad's parents, Donald & Sue Gumm on left and his grandpa Ralph Gardner on right.



Dr. Wendee Dianne Gardner, MPH, DPT
Graduated with a Doctor of Physical Therapy from the University of Wisconsin - Madison in May 2017.



Thunder Smith, Associate, Northeast Wisconsin Technical College. Pictured far left with his father, Blake Smith

Tashina Williams, Master of Arts in Communications with an emphasis in Digital Communication Strategies, Marquette University. Pictured near left with her grandma Lorraine Welch and her daughter, Kenna Davids.

Randi Grant, Computer Science at College of Menominee Nation. Pictured below.

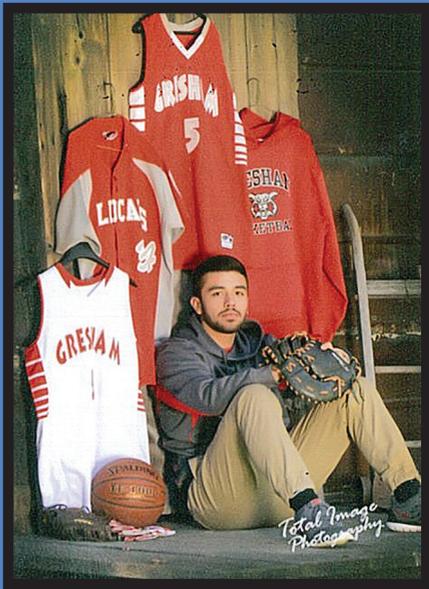


BriAnne Ahwaapeesit graduated from University of Wisconsin - Green Bay with a Master degree in Social Work. BriAnne graduated with honors along with becoming a member of Phi Alpha Honor Society and proudly wearing the study abroad sash from her time in Mexico. Thank you to the Stockbridge Munsee Community for their continued support through her years of education and the soup fundraiser held this past winter for her study abroad trip.

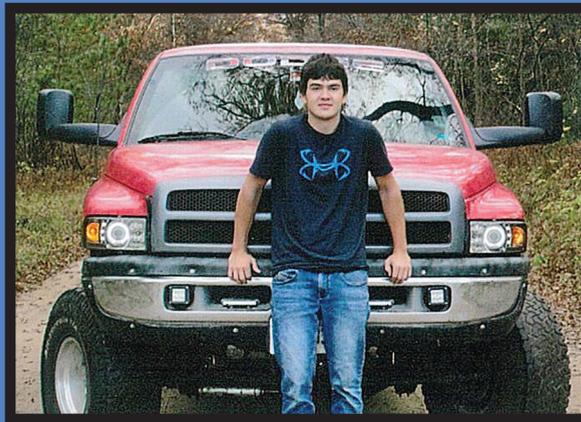


Mae Goss graduated from University of Wisconsin - Green Bay with a Master degree in Social Work. Mae graduated with honors along with becoming a member of Phi Alpha Honor Society and proudly wearing the study abroad sash from her time in Mexico. Thank you to the Stockbridge Munsee Community for their continued support through her years of education and the soup fundraiser held this past winter for her study abroad trip.

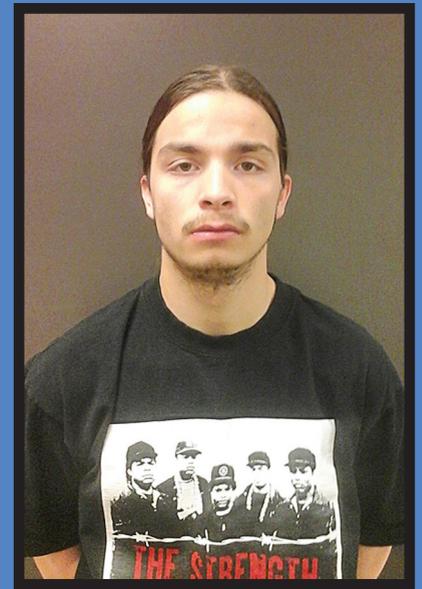
Congratulations to Stockbridge-Munsee



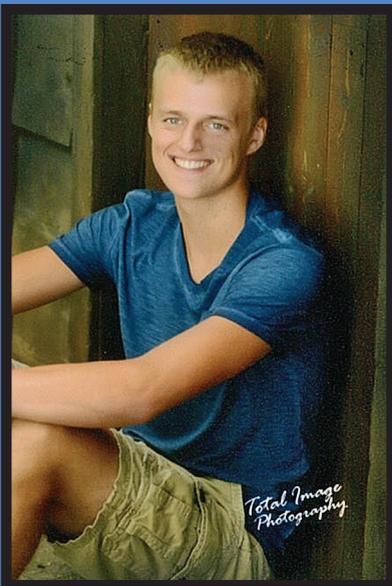
Ray E. Creapeau - Gresham



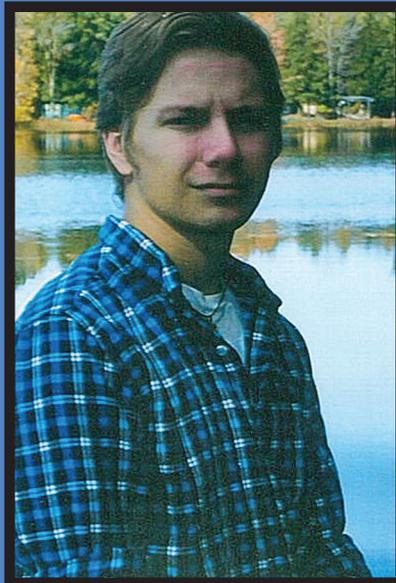
Brendan T. Chapman-Jacobs - Shawano



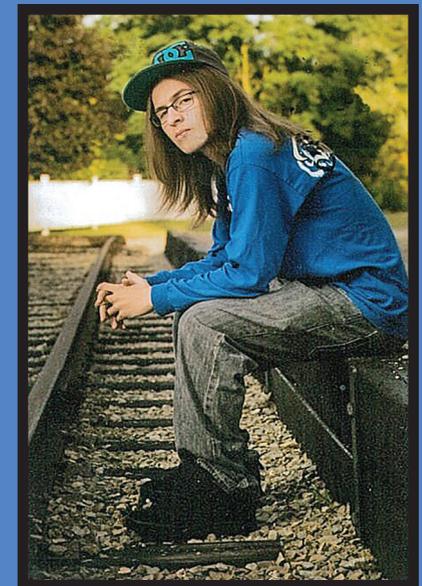
Riley M. Mohawk - Bowler



Derek L. Bowman - Gresham



Randall J. Chicks - Gresham



Nathaniel H. Bowman - Gresham



Lexus A. Liebe - Shawano

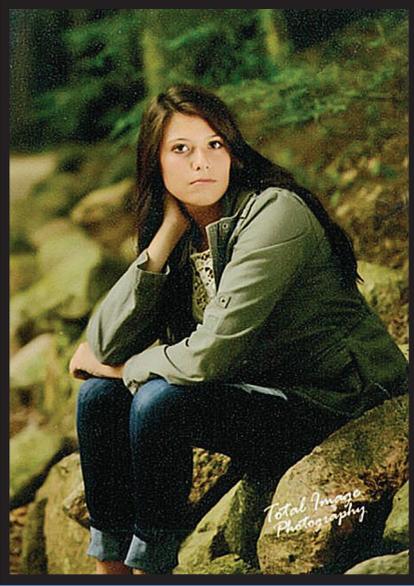


Tatum DePerry - Shawano

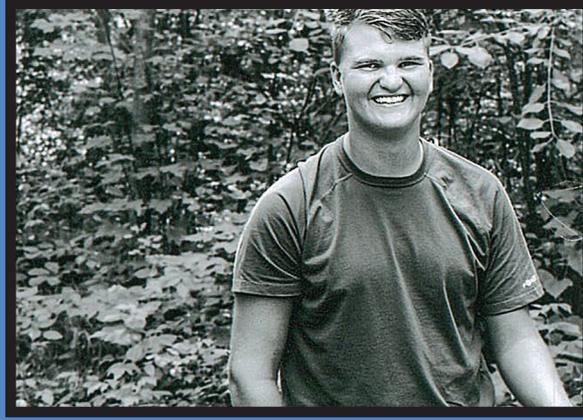


Joseph J. Church - Bowler

Class of 2017



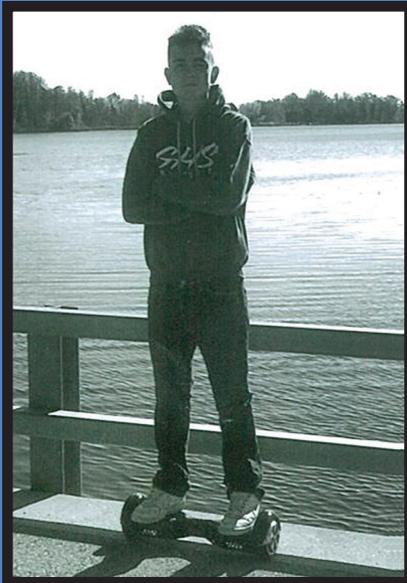
Kayli J. Posselt - Gresham



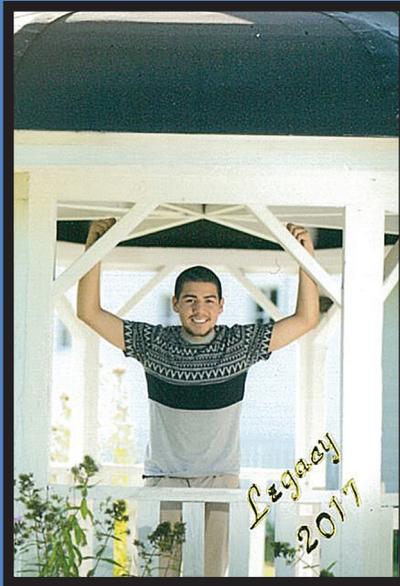
Austin M. Welk - Gresham



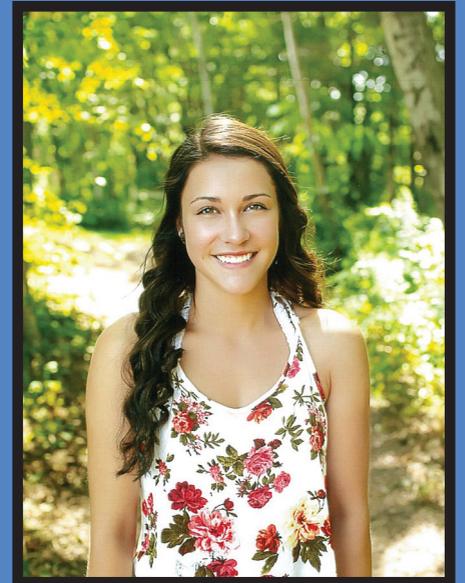
Peqtahseh J. Dess - Bowler



Austin A. Moede - Gresham



Legacy D. Skenandore - Gresham



Saychia L. Wayka - Bowler



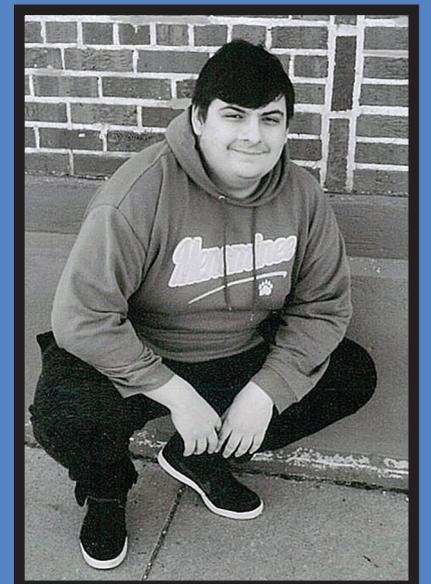
Quin O. Burr - Shawano



Barbara J. Boivin - Bowler



Schuyler D. Davids - Bowler



Kennedy R. Skidmore - Gresham





Sports Physical Days at SMHWC

Parents and Athletes: There will appointment times blocked every Monday in the month of July for WIAA physicals.

Please plan ahead! Any spots not filled the Friday before will be given for acute illnesses and other

medical needs.

WIAA Physicals will not be triaged. Make your child's **appointment today for July** by calling (715)793-5000 and ensure your athlete does not miss important practices and/or games!

Cancer Clear & Simple

Bowler, Wis. - We have all been affected in some way by cancer, however, the word 'cancer' doesn't need to leave you feeling scared or confused.

The *Cancer Clear & Simple* (CC&S) workshop will give you a basic understanding of what cancer is, the risk factors leading to cancer and other chronic diseases, and prevention strategies. You will learn how to use cancer screenings as a tool for early detection.

Stockbridge Munsee Community Health will present *Cancer Clear & Simple* at the new Elderly Services building on July 6th, July 13th & July 20th. This 3-session program

will deliver meaningful information for any interested individuals.

This workshop will include engaging activities and useful handouts. *Cancer Clear & Simple* is an educational program that is part of a partnership between UW Carbone Cancer Center's Cancer Health Disparities Initiative (CHDI) and UW-Extension.

The Stockbridge Munsee Community Health is proud to be offering this informational program.

To learn more about this program or register for the *Cancer Clear & Simple* program, contact: Julie Burr, CHR at 715-793-5013 or Julie.burr@mohican.com.



Protect Your Older Loved One from a Fall

Did you know that 1 in 3 older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

· Balance and gait
As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.

· Vision
In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see. New research suggests hearing loss also can contribute to the risk of falling.

· Medications
Some prescriptions and over-the-counter medications can cause dizziness, dehydration, or interactions with each other that can lead to a fall.

· Environment
Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.

· Chronic conditions
More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain or multiple medications. 2013 National Council on Aging. www.ncoa.org

5 PLAYS FOR MEN to Stay at the Top of Their Game

We will protect this heart:
Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart – make fruits and vegetables half of your plate.

Bro, you don't even have to lift:
Getting just 30 minutes of exercise each day can help you live longer and healthier.

Preventive maintenance:
Getting regular check-ups can catch small problems before they become big problems.

Quitting time:
Smoking causes cancer, heart disease, stroke, and... a greater risk of erectile dysfunction.

Hey man, you good?
Life can get tough, and talking things through with a mental health professional can help. Find more info at minorityhealth.hhs.gov.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1 Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2 Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.



3 Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



Environmental Office Welcomes Wildlife



By Greg Bunker
A robin began a nest on the axil housing of a tractor of the Forestry Department. It kept up even after the tractor was moved a short distance. When the tractor needed to be put into service, the nest was placed on another piece of equipment used by the Environmental Department. The robin had laid one egg, then abandoned the nest. We then noticed



a Kingbird took over the nest, laid four eggs and is now incubating all five eggs, her four and the robin egg. We will let you know the results. It is not an ideal situation for a nest, in the sun and rain, but we will not move the vehicle till there is a resolution of the fate of the nest, eggs and/or young.



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Summer Wellness Camp
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- ⇒ Water balloon volleyball
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- ⇒ Nutrition relay games
- ⇒ Interactive meals
- ⇒ Diabetes Bingo
- ⇒ Nature walks

Questions call Whitney Schreiber 715-793-3008 or
Casey Mitchell 715-793-5006

Youth Registration

Name: _____

Phone Number: _____

Age: _____

Emergency Contact: _____

t-shirt size: _____

July 25th & 26th

8:00-4:30



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

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

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800-236-7660

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Happy 7th Birthday Baby Bert, Love Mom, Dad and CC.



Gresham Collom graduated from the University Whitewater with a Masters in Higher Education and Leadership. This fall Gresham will be attending University of Tennessee studying Higher Education to earn his Phd.

Don't Forget Welch/Williams Family Reunion

When: July 15, 2017

Where: Kuckuk Park Shawano

Time: 1 p.m. to ? Dinner: Around 4 p.m.

Please bring a dish to pass and your own drinks and any memorabilia of the Welch and Williams you would like to share with all of the families.

Bring your own lawn chairs.



I want to thank Kayla Pecore for her initiative and enthusiasm as our Summer Youth worker this year! She is a great asset to the News!!!



Cheech & Chong

July 14 • 7:30 PM

Tickets: \$60 • 21 or older



Billy Ray Cyrus

July 28 • 8:30 PM

Tickets: \$35 • 21 or older



Gene Simmons of KISS

August 12 • 8 PM

Tickets: \$85 • 21 or older



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