Baskets donated to Tribe by Stockbridge, 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

the Stockbridge-Munsee 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

By Thomas Kazik – Mohican News Reporter

Lory Stevens and Briana Terrio will be working together to educate the community about Alzheimer's Disease and other types of Dementia and also helping show the community, families, how they can support their family member going through it.

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 to needed resources or services. Memory Care Specialist Briana Terrio will provide information and assistance about Alzheimer’s

Elderly cont on page Six:

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AnnMarie Spice is the new Diabetes Nurse Educator. As a tribal and community member she is very excited to work directly with the tribe and community 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 gaining knowledge and 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 Memory Care 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 and 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:

By Thomas Kazik – Mohican News Reporter

Lory Stevens and Briana Terrio will be working together to educate the community about Alzheimer's Disease and other types of Dementia and also helping show the community, families, how they can support their family member going through it.

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Elderly cont on page Six:
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 Bartelme tribal members only. Appliance/Electronics recycling is open to Bartelme AND Red Springs tribal members. 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 NOT RECYCLED, 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.

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
Washing Machines
Dryers
Refrigerators
Freezers
Carpet Rolls (5 ft or less)
Hard Fiberglass (4 ft or less)
Couches / Sofas
Doors
Hard Fiberglass (4 ft or less)
Couches / Sofas
Doors
Items Not Allowed: NO Construction Debris, Hazardous Material, Tires, Appliances or Electronics

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 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 Mohicans

MOHICAN NEWS
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The Mohican News is published twice monthly by:

Stockbridge-Munsee Community
PO Box 70
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 Journalists Association).
Attention Tribal Hunters

The current Fish and Wildlife ordinance, Ch21, has a provision under Big Game, that bans lead bullets, only copper bullets may be used. This provision took effect January 1 of this year. At a previous council meeting, a revision was presented after a 30-day posting period to rescind the lead bullet ban, that revision was voted down 3 to 2 with abstentions. 2 for, 2 opposed, and 2 abstentions, then the President voted no to break the tie. At the March 7th council meeting, I requested that the ordinance pertaining to the lead bullet ban be reposted for 30 days, giving hunters an additional time period to make written comment on the ban. If you are either in favor of lifting the ban, or opposed, please submit written comment to the Tribal Council Secretary, PO Box 70, Bowler Wisconsin, 54416 by April 7th.

Ann-ni-shik Joe Miller

House for Sale to Tribal Member

W12805 Cty Highway A
Three-bedroom, one bath, new furnace, new water heater, central air. Attic was insulated in 2022. Upper level laundry; Almost 5 acres of land; Sold as is: $147,000

Call or text Kelly Doxtater at 715-584-7982 for appointment for viewing.

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
June 24, 2023 Jungles Bar, Gresham 7-11 pm
October 6&7 Mohican North Star Casino 9-12 am

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

Civil Summons

Sheila Miller and Timothy Miller have petitioned 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 civil complaint/petition has been filed against you in this office.

YOU ARE INSTRUCTED TO FILE A WRITTEN ANSWER to he complaint/petition within twenty (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 Petitioner 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 may be awarded the relief asked for in the complaint.

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. 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) Metozenx, Arlene (Steve) Wheelock; his brother-in-law’s Bill (Lisa) Welch and Ervin (Marlene) John; his niece Rose (Nate) Streege; his nephews Mark Coyhis and Sloane (Kasha) Coyhis; his great-nephews Devon and Anthony Streege; his grandchildren, Robert Petrich, Joey Petrich, Kimberly Petrich, Xavier Montez, Derek Bowman, Paul Bowman and Ella Coyhis; and his 4 great-grandchildren. 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 Forestry Department (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.
CSA Sign-Up

We are excited to start thinking about our favorite day of the week... CSA & Farm Market WEDNESDAYS! We have 60 memberships available again this year, on a first-come basis... so don’t delay! We will keep your information for our wait-list if spots become available. Membership forms and more information is 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 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, beans, zucchini, and peas... but with every week more color is added and the boxes get heavier with tomatoes, beets, carrots, broccoli, squash and more! We grow 30 varieties of produce, and they each make it into the CSA box at some point. Various throughout the season, we buy from local producers to fill your box with extra 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 you are responsible for bringing your own throughout the season so we can help reduce unnecessary plastic 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. CSA Pick-Up & Farm Market will be at From the 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???
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 produce that can be donated to the Elderly Center, Head Start and other community resources. We are planning a Food Hub & Market Building at the farm, which is where From the Earth’s central location will be in the future. It’s beautiful at the farm and we want to share it with you!

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.

Lt. Mary Creapeau
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 museum.

Through the years, many of the Stockbridge-Munsee Community’s cultural artifacts 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 no standardized 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 mocassins, 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 Sundbergers stated in reflecting upon the repatriation process, “We are happy that our baskets will have a new life with the Tribe, their rightful owners.”

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

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

Briana “Bree” was born and raised in southern Ohio. She comes from a 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 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 and she can’t wait to meet all of our people and see where she can help.

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 the new Memory Care Specialist Briana will provide information and assistance about Alzheimer’s Disease and other 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.

Briana will also provide 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 to needed resources or services.

ESW is a supportive resource and can provide case management for those in need of continued services. Elder Social Worker can assist with tasks the elders may need to complete like paperwork. ESW assists with 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 Worker. ESW will make 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, at the Elderly Center “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.
College of Menominee Nation Will Offer Solar Energy Workshops at the Sustainable Development Institute.

Are you interested in learning more about solar energy systems while getting paid for it? The College of 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_WORKSHOPS. 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).
PROTECT
your circle of life

PREVENT CANCER
vaccinate your children against HPV at age 10

PREVENT COVID-19
vaccinations are safe for all ages

PREVENT PAIN
vaccinate against shingles at age 50

For more information, visit www.cdc.gov
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 so that you don’t miss important updates from us.

Vietnam War Veterans Day

Friday March 29, 2019, across the United States, commemorative events like wreath-laying ceremonies, speeches, and luncheons are held to mark the occasion. Typical venues include the Vietnam Veterans Memorial in Washington DC, war veteran medical facilities, and military cemeteries. Vietnam War Veterans Day was first observed as a one-time occasion on March 29, 2012, when President Barack Obama issued a proclamation calling on “all Americans to observe this day with appropriate programs, ceremonies, and activities.”

Vietnam War veterans were killed. The conflict ended in 1975 with the fall of Saigon and the anti-communist south escalated. The United States began its military involvement to back the South’s effort to quell the communist onslaught, which, at the height of the Cold War, was feared to promote the spread of communist ideology and influence worldwide. During the war, about 500,000 US troops were dispatched to Southeast Asia, about 58,000 of whom were Vietnamese civilians. The conflict began during the 1950s when the struggle between the country’s communist northern part and the anti-communist south escalated. The United States began its military involvement to back the South’s effort to quell the communist onslaught, which, at the height of the Cold War, was feared to promote the spread of communist ideology and influence worldwide. During the war, about 500,000 US troops were dispatched to Southeast Asia, about 58,000 of whom were killed. The conflict ended in 1975 with the fall of Saigon and the victory of North Vietnam. The information in this article was found here @ https://www.timeanddate.com/holidays/us/national-vietnam-war-veterans-day

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 benefits?
• Can I attend school while waiting for VA to make the payment?
• 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?

Women in STEM

Women 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. If 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 study
• 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-bill-benefits/how-to-use-benefits/tutor-assistance/
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 crops 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 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 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

Since 1938, the President of the United States has proclaimed April as National Cancer Control Month. This month is dedicated to raising awareness for cancer prevention and treatment throughout the US. For many years, the death tolls from cancer have steadily declined, due in part to better education and heightened awareness about how to prevent certain types of cancer, recognize the signs and symptoms of cancer, and how to seek proper treatment.

Prevention

Colon and Rectal Cancer:
- screening includes yearly colonoscopies for men and women age 50 and older

Breast Cancer:
- screening includes yearly mammograms for women ages 40 and older

Cervical Cancer:
- screening includes Pap tests at least every 3 years for women ages 21 and older

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 products
- 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, or even death.

Source National Cancer Institute

MYTH FACTS: Older Adult Falls

MYTH

FACTS

Muscle strength and flexibility can’t be regained.

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 standing up quickly 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 than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update eyeglasses as needed.

Walking aids are very important in helping many older adults maintain or improve their mobility.

Inactivity is more 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.

Using a walker or cane can make me more dependent.

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 alarm them, and I want to keep my independence.

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 help you maintain your mobility and reduce your risk of falling.

Information provided by National Council On Aging
**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 or 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.

**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

**Education and Career Services**

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

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<td>Workshop: Job Search Issues 10-11 AM</td>
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<td>Workshop: Building Your Resume 10-11 AM</td>
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For information in an alternate format, including translated to another language.

**Specialized in addressing and solving job search issues as well as creating job employment options for individuals with disabilities.**
Feel free to make an appointment or stop by Konkapot and join us in-person!

**Job Search Issues**
April 4th:
10:00 am - 11:00 am
April 12th:
1:00 pm - 2:00 pm

**Building (or Building-Up) Your Resume**
April 6th:
1:00 pm - 2:00 pm
April 18th:
10:00 am - 11:00 am

**Menominee DVR**
First Monday of the month
April 3rd:
10:00 am - 12:00 pm

Specially trained in addressing and solving job search issues as well as creating job employment options for individuals with disabilities.

**Applications must be submitted to Emily Lukacs at Konkapot, or online:**
https://mohican.com/ecs-applications-forms-policies/

**Who is Eligible:**
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 Buttolph or Red Springs, excluding Middle Village and including Bowler and Gresham.

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

**Where:** Stockbridge-Munsee Community

**Purpose:** 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.

**Applications:** 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/

**Deadline:** 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. Applications must be submitted to Emily Lukacs at Konkapot. Please call or email with any questions! 

**Contact Emily Lukacs**
Ph: 715-793-4353
Fax: 715-253-2436
emily.lukacs@mohican-nsn.gov
Grace Meredith Yoccum Shepard

Grace Meredith Yoccum (1891-1960) was an enrolled member of the 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 Cheeksaukun, 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.

In 1915, Grace Meredithe 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 (1922-present). She lived most of her life in Red Springs.

Her grandson remembers Julia as an energetic, dynamic and cheerful woman, who showered him with love and approval. Children in the Stockbridge-Munsee Community experienced 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 program and her relationship with the children, who called her “Grandma,” was featured in an article in the Mohican News.

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 and Marianne Higgins to honor their grandmother, Grace Yoccum Shepard, and his grandmother, Julia Sunderland. It is open to enrolled Stockbridge-Munsee members and to their children who are originally or currently from Red Springs and Bartelime townships, including 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 complete 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:
1. This application or request form (715-793-4100) Kim Taylor
2. A copy of your latest official transcript (no grade reports).
3. 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 late applications will be accepted.

Complete applications will be scored as follows:
GPA: 4.0-3.75 equals 50 pts
3.74-3.5 equals 45 pts
3.99-3.75 equals 30 pts
2.99-2.75 equals 25 pts
2.99-2.75 equals 20 pts
3.49-3.25 equals 15 pts
3.49-3.25 equals 10 pts

The maximum essay score is 40 pts.
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, retrain or advance in employment

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

Steps in and leave our an OMR or any of our satellite locations / Stockbridge Education Department 1st Monday of the month, Shawano; 2nd Monday of the month, Oshkosh; 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.

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Arvid E. Miller Memorial Library Museum

Is a great place to do research, check out a book or just come and have a cup of coffee?

We have two (2) data bases filled with Archival Stockbridge-Munsee Tribal History

- Photos
- Archival documents
- Books for check out and for sale
- Giftshop
- Museum
- Meeting Place

Come visit us today!

Open Monday through Friday
8:00-4:30 pm
Want to visit on weekend? give us a call:
715-793-4834

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
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Call or visit in person or online today to begin your referral application process.
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(715) 793-5200
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Our basic mission
As your community bank, our basic mission is to provide you with a safe place to keep your money, a good place to have it grow, and a trusted place to borrow it. This has never changed. It never will. Strength. Safety. Soundness. We will never forget our basic mission. We will never forget our commitment to you!
“Here to Serve All Your Banking Needs”
Open your account today!
Hours: Monday - Friday 9:00 AM - 4:30 PM
Saturday 9:00 AM - 11:30 AM

Stockbridge-Munsee Family Family Services/Domestic Abuse
ABUSE AFFECTS THE WHOLE COMMUNITY
• Supportive Advocacy 715-793-4863 or 715-881-0488
• Emergency Transportation to Shelter or 715-793-4780
• Restraining Order Assistance
• Abuse Education
• Information and Referral
• Community Education
• Education Planning
• Forecasing
Statewide Shelter Hot Line 800-236-7660
Need to talk or need support please Call: Client Services Advocate:
N8476 Moh He Con Nuck Rd P.O. 70
Bowler, WI 54416

Mohican Apparel
W12140 County Highway A Bowler, WI 54416
715-787-4070
Gas, Meds, Dry Goods

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