

North Star Mohican Casino Resort Holds Food Drive for Local Food Pantries

Bowler, WI – North Star Mohican Casino Resort collected its first batches of non-perishable food items as part of their Free Play Food Drive and they will be donating it food pantries throughout the area. Every Friday in December, guests 21 and over can bring a non-perishable food item to the Star Club and receive \$5 in Free Play from the casino.

“The response from our guests has been incredible,” said Dave Shubinski, Marketing Director. “We had nearly 1000 guests participate in the first two weeks, and there are simply too many items to count, but we know it is way more than 1000 items!”

Additional donations will be made to the Shawano Food Pantry, the Neighbor’s Place in Wausau, the Stockbridge-Munsee Band of Mohican Indians in Bowler, the Wittenberg food pantry and Paul’s Pantry in Green Bay.

“Helping the less fortunate around the holidays is something that we all feel good about,” said Brian VanEnkenvoort, General Manager. “The response from our guests has been particularly inspiring, because many of them brought in more than one, and one even pulled up her car brought in boxes of food items. We can’t wait to see how much food we can distribute to the local food pantries this holiday
Food continued on page Six:



Bessert New IT Director

Brad Bessert is the Executive Director of Information Technology (IT) for the Stockbridge-Munsee Tribe and is responsible for all aspects of IT throughout the Tribe, including Government programs and services, Health Clinic and Gaming/Hotel operations.

Bessert started on December 2, 2013. He has over 20 years of IT management experience. He managed IT environments for the Forest County Potawatomi, Oneida Nation and Employers Health Insurance/Humana. He also taught telecommunications classes at Fox Valley Technical College. He served four years in the United States Navy on the Destroyer, USS Robert E. Peary, achieved 2nd Class Petty Officer, Radarman/Operations Specialist. He received a Bachelor of Science/Management degree from Silver Lake College in 1989 and Associate Degree, Electronics/Telecommunications from NWTCC in 1986.

His wife Sue served as executive director of Downtown Rhinelander, Inc. and president for the Wisconsin Downtown Action Council and currently volunteers on the ArtStart, Inc. Board of Directors in Rhinelander. A father of two, Brad’s son Ben is a construction project engineer at Whiting-Turner in California. His daughter Holly is a mechanical engineer at Caterpillar. Holly and her husband Alex who also is a mechanical engineer at Caterpillar reside in Peoria, IL. Brad and Sue are proud grandparents of Xander, age 14 months!

Brad loves the outdoors. He is an avid bow hunter and enjoys bowling and golf.

Cooperative Effort Saves Tribe Money

By Susan Savetwith – Mohican News Reporter



The recent renovation of the Pow Wow grounds was accomplished through a cooperative effort between Property & Equipment and the Roads Department. The efforts saved the tribe considerable money and the updates made improve the looks and safety of the arena seating and fencing around the emcee booth.

According to Stockbridge-Munsee Assets Manager, Stacey Schreiber, Tribal Council approved a capital expenditure for FY13 in the amount of \$32,500 to reconstruct the pow-wow bowl. She said The endeavor included

removing the old structures, brushing, tree removal to open up the top row, bringing in fill to level the ground for safety and aesthetics, installing and building retaining walls throughout the bowl with treated lumber, adding an additional row for more seating, building a retaining wall around the speaker stand to prevent erosion and planting grass upon completion.

Schreiber said Property and Equipment and Roads Departments completed this project in a collaborative effort
Park continued on page Six:

Community Helps Family in Need

By Susan Savetwith – Mohican News Reporter



In June of 2013 Sandie Martin was diagnosed with Adenocarcinoma, lung cancer. She travels to the Mayo Clinic in Rochester, MN for her medical care. She was scheduled for lung resection surgery, but because the cancer has spread, she will need to undergo intense radiation and chemotherapy for six weeks beginning at the end of December. After that, her doctors will see if she will be able to have surgery.

Because Sandie was scheduled for surgery, she had to stop taking all her medications that help her with her arthritis. So when they got home from the Mayo Clinic on November 13 her husband, John, with the help of a wheel chair, had to help her get into the house.
Martin continued on page Six:

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Bowler Winter Concert



The 1st & 2nd graders performing a song at the Winter Concert.

Fourth grade students playing their recorders.



3rd & 4th graders joined forces in singing songs at the Winter Concert.

5th & 6th grade students culminating the concert by singing songs.

Jan. 2014	Monday	Tuesday Gr. 5 th -6 th (ASP) 5:30pm-7:30pm	Wednesday CHOICES (ASP)	Thursday Gr. 7 th - 12 th (ASP) 6pm-8pm	Friday	Saturday
			1 Holiday!! Room closed	2 Talking Circle: Hands on craft or activity	3 Punkin off	4 
5	6 Punkin off	7 Anger and violence 	8 Teen CHOICES Preg. Prevention Smart sex choices: HOC	9 media and health	10 Bowler School 1pm-3pm	11
12	13 Linda off Peer Mentor group 6pm-7:30pm Gr. 7-12	14 Reading to the Elders: Community Service	15 Youth CHOICES Ears, eyes, mouth	16 Elderly gift baskets: community service	17 Gresham School 1pm-3pm	18
19 	20 Holiday Room Closed	21 Thinking, Beliefs, and your spirit	22 Cooking class w/Margie: Community Health gr. 5-12	23 Sex Talk: How do the laws relate to me? Advocate visit	24 winter Retreat Date: TBD	25 Winter Retreat Date: TBD 
26 Winter Retreat Date: TBD	27 Peer mentor Group Linda off Gr. 7-12	28 What is shame? How can I replace those thoughts?	29	30 Nursing as a Career: Elena Cox	31	

Please call 715-793-4085 or 715-701-8177 before 5pm if you need a ride to scheduled events. LINDA 1 PM -9 PM MON. - FRI.

LENORE MON. & FRI. 11-7 PM

TUES-THURS. 1 - 9 PM

UNLESS OTHERWISE NOTED ON THIS CALENDAR

Court Closed

The Stockbridge Munsee Tribal Court will be closed for a clerk of court out of town meeting on Friday, January 10, 2014. We will open on Monday January 13 at our regular time. Any cases need to be filed by the 9th of January or will have to wait until Monday, January 13, 2014. Thank you,

Wayne J. Malone Sr.
Stockbridge-Munsee Tribal Court

Happy Holidays - Enjoy the Season

Happy Holidays from the staff at Pine Hills! We would like to thank everyone for another great season and we look forward to seeing you for dinner or brunch throughout the winter!

We will be open for dinner on Friday and Saturday Evenings from 4:30 until 9:00 and on Sunday's for brunch from 10:00 to 2:00. Stop in and enjoy our updated dinner menu and wine list!

We will also be open on New Years Eve from 4:30 to 9:00 serving a prime rib buffet as well as our regular menu and some special creations. To make a reservation call 715-787-3778.

Once again we want to wish you and your families a Happy Holiday Season and a Safe and Happy New Year!!

Wills Caravan

The Judicare Wills Clinic will coming here in mid-March, 2014.

JUDICARE WILL CLINIC-Starlyn Tourtillott, Staff Attorney

Motion by Terrie K. Terrio to approve the Judicare request to host the Wills Clinic at the Stockbridge-Munsee Reservation and to approve a donation of 7-8 casino hotel rooms for two nights for use by Judicare Wills Clinic volunteers and to approve a donation out of the Tribal Donation Fund. Seconded by Shannon Holsey. Motion carried.

Thank You

Our family has suffered an incredible loss with the fire that burned our home to the ground. It is with sincere heartfelt gratitude that we thank each and every one of you who came to our aid with donations of all kinds.

There are many of you who donated items to us and we have no way of knowing who you are, but we want you to know that we appreciate everything everyone has done, and continues to do, for us.

You have reminded us how lucky we are to be a part of such a loving, caring, and generous community!

Eternally Grateful,

John and Sandie Martin



Food Distribution Program Changes

There have been some changes made to the program as of 10/01/13.

The new changes are: income increase, elimination of household resources (this includes per caps), income deduction for Medicare Part B Medical Insurance and Part D Prescription Drug Coverage premiums to include other monthly

medical expenses in excess of \$35.00 for households with elderly and or disabled members and the last change is income deduction for shelter and utility expenses of \$400.00.

If you have any question please call the Food Distribution Program at 715-793-4941.
Jill Duffek-FDP

Tribal Veteran Service Officer

All Veterans,

Are you aware of all the benefits you are entitled to?

Let me help you with any question you might have regarding your VA benefits.

Please ask your Tribal Veteran

Service Officer, Robert Little. If I don't know the answer I will find someone at the Veterans Administration who can help you regarding your benefits as a veteran.

Thanks,

Robert D Little



Stockbridge-Munsee Family Service

Wishing the S/M Community a Happy and Healthy New Year! Thank you S/M Community for being a part of Family Services program in 2013 and we are looking forward to serving you and your families in 2014.

Kori Price: Family Services Manager, Phone: 715-793-4780
Jan RedCloud: Client Services Adocate, Phone: 715-793-4863 or Cell # 715-881-0488



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Legal Notice Of Court Date

Leslie Lynne Bowman has petitioned the Stockbridge-Munsee Tribal Court for a name change from: Kadence Joelle O'Kimosh to: Kadence Joelle Bowman-O'Kimosh.

The Court hearing will be held on Friday, February 21, 2014 at the Stockbridge-Munsee Community

Denise G. Alger and Kandy K. Betker are the daughters of the late enrolled member, Gerald Duane Alger.

Your paper is so wonderfully written and newsy. I enjoy it so much. So I decided to send each of our girls a subscription for Christmas and 2014.

Thank you so much; I miss my beloved husband very much. His ministry still goes on.
Delores L. "Sue" Alger



Tribal Court, N8476 Moh He Con Nuck Rd, Bowler, WI 54416.
Time of hearing will be 10 a.m. Any objections may be raised at that time.

"To make 2014 your year, keep it simple:

- 1 Count your blessings first
- 2 Whatever you did last year, Do it better
- 3 Go step by step, One day at a time.
- 4 Create/make your own opportunities.
- 5 Believe in your abilities at all times,
- 6 Quitting is not an option. Keep Going.
- 7 Finish what you started"



Elder Wisdom

IMPORTANT INFORMATION PLEASE READ

NOTICE TO ALL FIRST AND SECOND GENERATION DESCENDANTS WHO ARE ELIGIBLE FOR CONTRACT HEALTH SERVICES

At this time, we must inform all Second Generation Descendants that as of January 15, 2014 you will not be eligible for Contract Health Services for the remainder of the 2014 Fiscal Year.

The fiscal year runs from October 1 thru Sept. 30th of each year.

As we have announced in the past, Contract Health Services funds, which are federal funds used to pay for medical services that cannot be provided at the Stockbridge-Munsee Health & Wellness Center, are limited. CHS funds usually deplete within the first few months of each fiscal year.

Enrolled, First Generation and Second Generation Descendants of the Stockbridge-Munsee Tribe are eligible for **CHS** funds.

Once the CHS funds are depleted we continue to pay for medical expenses using **Tribal Funds**.

First and second Generation Descendants are not eligible for payment using Tribal Funds.

First Generation Descendants will continue to be eligible for services if they have been identified as being a Priority I services, which means in danger of losing your life, limbs or sight.

Payments for authorized referrals for dates of service prior to April 1, 2013 will still be covered by CHS, only if the services were authorized for payment.

If you receive bills after January 15, 2014 and if they are for services prior to January 20, 2014 they will still be eligible for payment by Contract Health, if they have been authorized for payment.

Please make sure to submit ALL your bills to the CHS staff at the SMHWC for review.

Contact Guida Welch (715-793-5011) or Delwar Mian (715-793-4144) with concerns or questions related to this subject.



Remember When

On the Trail Home



Janell S. Tourtillott

Janell Sue Tourtillott, age 55 of Keshena, passed away Monday, December 16, 2013 at the University of WI Hospital in Madison. Born on June 6, 1958 in Keshena, she was the daughter of the late Frank and Evangeline (Nunway) Dodge. Janell lived most of her life on the Menominee Indian Reservation. Her Indian name, given to her by Art Shegonee, was Waupekenay meaning "White Eagle Woman." On June 7, 1975 she was united in marriage to Miles A. Tourtillott, Sr. in Neopit. Janell was a diehard Green Bay Packer fan and enjoyed reading, doing crossword puzzles, playing on her Kindle, riding in the woods, playing cards, playing at the casino, cooking, spoiling her grandchildren and spending time

with her family, especially with all her children on family game nights. Janell was a member of the St. Anthony's Catholic Church in Neopit.

Janell is survived by: her husband, Miles, Sr.; 7 children, Leslie (Richard Torres) Tourtillott, Miles (Rose Mary) Tourtillott, Jr., Rebecca (James) Miesbauer, Bernard (Rachel) Tourtillott, Colleen (Carlos Fernandez) Tourtillott, Lacylee (Melvin, Jr.) Kaquatosh, Bret (Lydi Vele) Dodge; 15 grandchildren, Le'chelle, Kyleigh, Alecia, Alice, Miles III, Ladaelyn, Gabriel, Na-Shay-la, Makayla, Emalee, Mackenzie, Jodeci, Kai, Melvin III, Mark, and a grandson on the way; an honorary grandson, Baby Cornell; God children, Alecia Waupoose, Lauri Sanapaw, Danielle Zhuckkahosee; and 4 siblings, Allan (April) Dodge, Annette (Ernest) Wahsquonaikeshik, Donnie (Beverly) Dodge, Sr. and Roberta (Gary) Boivin.

Janell was preceded in death by: her parents; 6 brothers; and 2 sisters.

Funeral services were held December 21, 2013 at the St. Anthony's Catholic Church in Neopit with the Rev. David McElroy officiating. Visitation was held at the family residence on Saturday. A parish wake service was held on Friday at the residence. Swedberg Funeral Home in Shawano assisted the family with the arrangements. www.swedbergfuneralhome.com

Terrie Terrio submitted this recipe for raised pancakes that her mom always made. Try it, it just might make you "remember when."

Mom's Raised Pancake recipe:

- 1 package active dry yeast
- ¼ cup warm water (105° to 115°)
- 1 ¼ cups lukewarm milk (scalded then cooled)
- 2 tablespoons sugar
- 1 teaspoon salt
- 3 eggs
- ¼ cup butter or margarine, softened
- 2 cups all-Purpose flour

In a large bowl, dissolve yeast in warm water. Add remaining ingredients; beat until smooth. Cover; let rise in warm place 1 ½ hours. Stir down batter. Cover again; refrigerate 8 to 12 hours.

Stir down batter. Pour batter from ¼ measuring cup onto hot lightly greased griddle. Turn pancakes as soon as they are puffed and full of bubbles-but before the bubbles break. Flip pancakes over to other side until golden brown.



Misty's Traditional Medicines



ELLA BESAW

Ella Besaw continued:

My mother would help Ella with what Ella needed and drove her to run errands and visit her friends. I, of course, would go along. Growing up with my family, it was common practice to hear my family talking about Medicines, gathering plants, picking natural foods like leaks and morel mushrooms, cooking, and eating them. Not until I had my daughter in 2006 did I take the time to learn more about the Medicines. It was a lot of fun to learn more about the Medicines from Dave.

Ella lived with her mother until age seventeen when she first married and had seven children. They lived in Morgan Siding near Gresham, Wisconsin and Neopit, Wisconsin until her husband passed away.

Ella then moved back to the Stockbridge reservation, remarried and had four children including Dave Besaw. The Besaw Family lived in Milwaukee where Ella and her husband cared for ten foster children. Ella's husband had a stroke and the Besaw family moved back to the Stockbridge reservation. That is when Ella began gathering a lot of Medicines again. Ella bought her sister Mary's home on River Road near the Red River and lived there until Ella passed. Her rent was \$3.00 a month when the Besaw Family moved there.

During Ella's life, many students came to Ella to learn more about Medicines for their college classes. Many Native people came to Ella to learn about natural medicines and remedies for their use because she was so well known for her knowledge of over one hundred herbs and plants. Ella also



BOUND MEDICINES HANGING TO DRY

taught students at the local school about the Medicines.



Dave Besaw standing next to a black cherry tree. The bark is used as one of our Medicines

DAVE BESAW

David Leo Besaw, Ella's youngest son started learning about Medicines when he was ten years old by helping his mother gather plants as she went to all of her patches. He learned one Medicine the first year, two the second year and eventually all of the Medicines. He said that he never publicly talked about the Medicines until after his mother Ella passed away. Dave grew up wanting to be a minister, but his path changed. He worked with the Indian Health Service, first in Rhinelander, Wisconsin and then back home on the Stockbridge reservation when our tribe built the first clinic. He had always been in the health and healing areas because of his his-

tory with Native Medicines. He helped the Stockbridge clinic grow as Director of the Health Center where he worked for almost twenty years. Within this time period he also served on the Tribal Council as Vice President and as a Council Member. He was forced to retire, however, because of his rheumatoid arthritis. After retirement, Dave was still called upon to present on Native American traditional Medicines for the Stockbridge Tribe, neighboring Tribes, health centers and schools. Many people came to Dave for his Medicines and to be treated by him. Dave often told me that he wanted me to take care of his Medicines after he passed away so I went to his house the day after his funeral in 2011 and I was surprised by how many Medicines that Dave had. I was previously aware of some Medicine in his basement and in his kitchen cupboards. After Dave's funeral, I learned that Dave had Medicines drying in closets, bedrooms and everywhere in the house. We kept on finding more and more Medicines throughout the house. When I was finished loading the Medicines into my car, my car was entirely full of Medicines. It was amazing because I did not realize how many people had gathered all of those Medicines for him.

When Dave passed away, it was a big shock to me because his death was unexpected. I thought we would still have more time to study the Medicines together. But that is not how it worked out; making it even more important that we

learned the amount that we did in such a short time period while Dave was alive.



MISTY COOK (DAVIDS)

My mother is Jermain (Burr) Davids and my father is Roland "Buddy" Davids. My maternal Grandparents are Mary (Gardner) Burr and Louis Burr, Sr. My paternal grandparents are Lila (Miller) Davids-Hiller and Earl "Dudley" Davids.

I was born in August of 1974 and grew up on the Stockbridge-Munsee Band of Mohican Indians Reservation and lived there until I went to college at age 18. I graduated from the University of Wisconsin-Green Bay with a Bachelors of Arts in Communication Processes and a Minor in American Indian Studies. After graduation, I worked at the University of Wisconsin-Green Bay as a Multicultural Advisor in the American Intercultural Center and assisted Native American students going to college. While working at the University of Wisconsin-Green Bay, I earned a Masters in Management Degree writing my professional project based on integrating Native American talking circles into the workplace. This project helped me realize that I needed to write about my own Tribe because there is not much written by our own people.

I then worked for my Tribe as the Education and Cultural Affairs Director where I recognized even more that we needed written information by our own people. Writing was something that I always wanted to do, but didn't quite narrow down a topic yet to write on.

When our daughter was born I decided to stay home to be with her. Thanks to my husband, Chris Cook, this was the best decision of my life because I got to spend a **Misty to be cont next issue:**



EmCee stand at the Many Trails Park prior to the renovations which took place in 2013.

Park continued from page One: within seven weeks. She indicated they began the day after the pow-wow ended and kept pushing through until completion. "Their hard work and diligence paid off, and the reconstructed pow-wow bowl looks amazing," Schreiber complimented.

She said many long work days went into this effort and she witnessed the pride and teamwork of those involved.

Schreiber said while they were doing the revamp existing deficiencies at the pow-wow grounds were identified and solutions were discussed.

Schreiber said due to the project coming so under budget she brought a proposal to Tribal Council to improve the lighting of the bowl and update the electricity of the vendor stations using the remaining dollars from the capital expenditure line item.

On September 17, 2013, Tribal Council approved earmarking the remaining \$17,625 to be used in these additional improvements.

According to Schreiber, the bids

were awarded to two different vendors to maximize savings and totaled \$15,965.

She said the improvements will be completed in May 2014 and the final touches including new paint on the steel roofs and landscaping will be completed by Property and Equipment and Roads Departments in June 2014.

Schreiber gave credit to the following individuals who made this project a reality:

- Willy Miller,
- Les Slater Jr.,
- Joey Gardner,
- Craig B. Kroening,
- Joe Blum,
- Ron Blum,
- Dudley Welch,
- Bernard Rudesill,
- Leonard (Mr. Bingo) Welch,
- Anthony Azzolina,
- Mike Mohawk Sr.,
- Joe Miller,
- Clifton Pecore,
- Leonard (Lenny) Welch Jr.,
- Vince Grignon,
- Tom Kazik,
- Paul Koll,
- Laura Moede,
- Brandy Moede,
- Thunder Smith, and
- Tiger Smith.



EmCee stand at the Many Trails Park after the renovations which took place in 2013.



Martin cont from page One:

That night, after getting the fire going in the woodstove and getting everyone settled in for bed, John Martin says he woke up around 1:30 a.m. smelling smoke strongly. He said he went downstairs and saw a giant fireball on top of the woodstove.

Martin said he turned to go get his wife but was being overcome by smoke so he went to the door to get air and then returned to head down the hall to find his wife in her room. But once again he had to turn back and get air. This time when he headed down the hall he met his wife in the hall way and took her hand to lead her out of the house.

He said on his way out the door he grabbed a couple of jackets and the phone. They were on the front porch heading away from the house as he called 911 and something popped and the phone went dead. He said they were 3/4 the way down the porch when the house just exploded in flames.

Martin said when they were walking down the porch, Sandie asked him, "Where is Karma?" and he said he just told her, she's gone, she's dead. (Their dog, Karma, was a brindle Great Dane) Martin says his wife was adamant that Karma was not dead; she said, "She's not; she was helping me get out before you met me in the hallway. When I took your hand, I let her go and she moved away." "Shells in my gun case started popping so I

got my wife situated behind a tree with the jackets covering her and I headed back to the house to find the dog," Martin said. Martin says Karma was inside the back door dead.

If it were not for Karma helping Sandie get out of the bedroom, John may not have been able to reach her because of the smoke. "That dog is a hero," John said.

Martin says since the fire there has been a fantastic amount of love and care coming from the community. "Whether it be money, clothing, or just hugs, I could begin to say thank you enough," Martin said. He explained that it's been a really trying time for us with Sandie's cancer and then the fire. He said it's an emotional rollercoaster.

Their daughter, Vicki Stevens and her husband have taken the couple in and she talked about the treatments and the fire. She said everything with the house is on hold. We're just trying to get Sandie healthy. "One day at a time, one step at a time, one breath at a time, we'll get through this," Stevens said.

There will be a fundraiser on January 18th at 2 p.m. at the Pine Hills A Frame. In addition, there is a bank account at Associated Bank in the names of Vicki Stevens, Samantha Grant, Kathy Sprague-Waters for anyone wishing to make donations to help this family that lost everything.

Food cont from page One:

If you would like to participate in the food drive, simply donate a non-perishable and unexpired food items at the Star Club, in the North Star Mohican Casino Front entrance. Each donating participant will then receive \$5 in free play for use on the gaming floor.

Known as the «Midwest's Friendliest Casino,» North Star Mohican Casino Resort was recently named the "Best Casino

of Wisconsin" and offers 1,200 gaming machines, bingo, Texas Hold'em Poker, Blackjack, Let-it-Ride, 3-Card Poker, Roulette, Craps and Ultimate Texas Hold'em, in addition to its four restaurants, 130-room upscale hotel, golf course, spa and meeting space. Proudly owned and operated by the Stockbridge-Munsee Band of Mohican Indians, North Star Mohican Casino Resort is located between Green Bay and Wausau just off Hwy 29 on County Road A between the Villages of Gresham and Bowler in Shawano County.

2014 Elder Christmas Party



Claudia & Muncie Jacobs



Marion Robinson



Judy Heubel



Arlene Creapeau



Loretta Pecore & Venny Taylor



Darlene Rittenhouse & Teri Vigue



Rosella Schaaf & Nelda Jacobs



Marvel Miller & Wilma Demain



Lee Pyatskowitz & Ruth Gudinas



Vaughn LaBelle & Kim Vele



Doug Percy & Paul Miller



Jim Taylor & Tammy Pecore



Verna Johnson Miller



Rosetta Ramirez



William Martin



Mary Miller



Anita Miller



Vincent Malone



Santa & LeShon Grignon



Clifford Church & Karrie Wieto



Shirley & David LaShay



Wayne & Bess Hetzer



Dewey & Jackie Church



Colin Lawe & Connie



Paul & Sharon Janty



Jan & Wayne Martin



Lola & Ivan Wadzinski



John & Laurie Welch



Yvonne Haberli & Merrill Little



Robert & Georgja Burr



Leona & Al Vele



John & Dee Williams



Ernie Murphy & Helen Beyer



Rena White & Irene Dickinson



Donna & Ed Moore



Peggy Drephal, Vicki & Richard Dalve



Jermain & Woody Davids



Leah, Molly & Sheila



Leroy Stick



Jeannie Church



Gretta Jacobs



Leona Bowman



Jan Redcloud



Violet Miller



Dooner Johnson



Nathalee Kristiansen



Margaret Lesperance



Penny Jashinsky



Stephanie Bowman & Prena Wollenhaup



Antoinette Tourtillott & Carol Vele



Michael Gardner & Karen Gardner



Matt Powless & Lloyd Fredenberg



Pat & Bill Burr



Katie Lewis & Doug Miller



Manny Bowman & Harold Bowman



Deb & Marv Tousey



Pam & Roger Miller



Mark & Simone Doxtater



Shirley & John Metoxen



Rhonda Bowman & Robert Vickers



Robert & Debbie Doxtator



Vaughn LaBelle & Kelly Doxtater



Manny & Shirley Bowman



Joan & Roger Rosenow



Lynn Miller & KC



Willy Sullivan & Robert Welch



Diane Welch & Dolly Sullivan



Sherry McCowan & Bert Moede



Lorraine & Lynne Welch



Willy Miller & Roger Malone



William & Wilma Doxtator



Elaine Jacobi & Yvonne Gleason



Margie Reimer & Danny McDaniels



Edward & Carol Price



Dave Ramirez



Bingo Welch & Kathryn Robinson



Deb & Harold Bowman



Joanne & Bruce Davids



Laura Moede



Pauline McCarten & Betty Schiel



Lee Gerber & Betty Groh



Molly Welch & Bill Gleason



Clarence Chicks & Susan Chicks-Wojciechowski



Adrian & Jeanie Vele



Bonnie & Kirby Welch



Jerry & Audrey Frank



Betty & Donald Bjorklund



Bear & Vicki Jacobs



Jerry & Jody Butler



LouAnn Jacobs & Milford Mohawk



Ron & Juanita Tourtillott



Kelly & Tony Brown



Connie & Walter Smith



Ivan & Nettie Annis



Joe & Vicki Bruns



Bernard & Betty Bowman



Beverly & Gerrold Glisch



Chenda Miller



Fran Miller



Audrey Williams



Floyd Williams



Beverly Robinson



Eunice Stick



Kim Schreiber-Duffek



Barry Duffek



Bob Miller



Ellen Schreiber

Being Healthy Throughout the Year

How many of you have made a New Year's resolution to get healthier? Are eating better and exercising are part of the plan? If your goal is to become healthier, it's important that you avoid these common health and fitness errors.

Skipping meals: Breakfast jump starts your metabolism. Avoiding lunch or dinner can cause calorie-loading late at night, when your body is slowing down. Eat sensibly, with three balanced meals and a couple small snacks (if needed). It will provide your body with fuel throughout the day and help you maintain a healthy body weight.

Eating huge snacks: Keep snacks to between 150 and 200 calories. Large snacks may cause weight gain.

Relying on Packaged Foods: Although packaged meals can be calorie-controlled, encourage only occasional use of processed foods. Instead, eat more whole foods- those that are as close to the way nature made them.

Dining Out Instead of Cooking at Home: Learn how to whip up

simple and healthful meals. Dining out offers large portions and many temptations to overeat.

Believing that the gym is only place to exercise: Get moving wherever you are – physical activity counts anywhere. A bout of 10 minutes of stretch bands or 20 push-ups or even squats while you wash dishes – it all counts in the long run.

Skimping on sleep: Shut-eye is such an important part of your health routine. Aim for at least 7-9 hours every night.

Focusing on the scale: Skip the daily weigh in. Instead, focus on how your clothes fit. You can also measure the inches on your waistline instead of the pounds on the scale.

Trying to be perfect: There is no such thing. Health comes from the choices you make every day. Giving yourself permission to enjoy a small treat 2-3 times a week can help you maintain a balance of healthy eating most of the time.



Be Mindful of Your Heart During Holiday Party Season

Heart Doctor: A Lot of Misinformation on the Internet

Tim Morrissey
MADISON, Wis. - You can do your heart a favor or you can do it a disservice during the long holiday party season. Using common sense while grazing the cholesterol-laden holiday buffet is advised by Dr. Patrick McBride, UW-Health cardiologist and family medicine professor. He said it is easy to do your homework in advance on the Internet.

"If people look on www.heart.org - the American Heart Association website - there's great information there from the new guidelines about how to manage cholesterol. Most people can do this with healthy eating and regular exercise," he said.

According to the American Heart Association, high cholesterol is one of the major risk factors leading to heart disease, heart attack and stroke. And high cholesterol does not produce symptoms until significant damage has been done. Blood testing is the only way to find out cholesterol levels. McBride said the tests are quick, easy and simple.

He also has a general rule about drinking at holiday parties.

"I always say to people to try to limit yourself to one or two drinks in a social occasion. More than that is really not good for the heart. It raises blood pressure, it raises triglycerides, it's not helpful at all."

Because high cholesterol levels can run in families, the American Heart Association recommends getting a blood test and taking responsibility for managing cholesterol levels with healthy lifestyle choices and a sound medical treatment plan.

Many people manage their cholesterol levels with the help of a kind of drug known as a statin. McBride said some people have the wrong idea about statins.

"A lot of people have false concerns about statins. There's a lot of misinformation on the Internet about them. But in our evidence search - we looked at over 5,000 articles about them - they proved to be highly safe and very effective," he said.

McBride recommended only relying on information from credible sources, such as the American Heart Association. More information is available at www.heart.org



Prescription Drug Abuse Awareness Meeting

**Thursday, January 16th
@ 5:00 p.m.**

Health Center Conference Room

Please come join the Health Center for an informative town hall meeting to discuss the problem of prescription drug abuse in our community.

Topics include:

- The problem facing our community, what solutions the Health Center can implement to help manage the issue.
- The implementation of the controlled substance policy and what it means for the Community.
- How shared accountability between the clinic and patient can improve pain symptom management.
- How a better quality of life can be achieved with less pain medication.
- Question and answer session to follow presentation.

**Food and Prizes Galore!
Supplied by
Stockbridge-Munsee
Health and Wellness Center**

Safety in the Work Place

The Occupational Health Department has put together a new incentive for employees being safe at work.

All Casino and Tribal workers that have not had an injury within a three month period will be put in a drawing that will take place quarterly throughout the year.

There will be 5 winners picked each quarter and they will receive a certificate and a basket with a few goodies in it.

Then there will be a yearly drawing of all the employees that stayed safe through the entire year.

Our very first 5 winners were picked for being safe during the months of September, October and November.

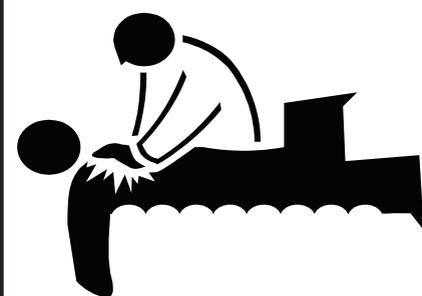
The winners are:

- Gregory Bunker
- Leslie Fermanich
- Robert E. Miller
- Antonia Schoenrock
- Kelly Wamboldt



January WIC
7th - Cert day
8th - Check day

16th - Back-up day



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Family

Having low self esteem

Although it can be normal for kids to occasionally feel bad about themselves, if it happens regularly, you should try and build up your child's self-esteem and seek help from your doctor or Behavioral health professional, especially if you think that your child might also have depression.



- quickly quit activities as soon as he starts to have a problem or get frustrated
- lie or cheat to win games
- act in a controlling or bossy way
- say things like "I am a loser, I am so stupid, I always make mistakes"
- make excuses when things don't go well, like it is the teacher's fault that he failed a quiz
- get very concerned about what other people think of him
- act like the "class clown" to cover up when he feels insecure
- think that he is too short, tall, skinny, fat, ugly, etc.
- get easily influenced by negative peer pressure, such as skipping school, stealing, smoking, etc.
- frequently feel helpless and waits for other people to bail him out when he has problems
- think of his feelings as being less important than those of others



According to the [National Mental Health Information Center](#), things that you (or your child) can do to raise self-esteem can include:

- Get something done that you have been putting off
- Do things that make use of your own special talents and abilities
- Spend time with people who make you feel good about yourself
- Make your meals a special time
- Take advantage of opportunities to learn something new or improve your skills
- Do something nice for another person
- Make it a point to treat yourself well every day

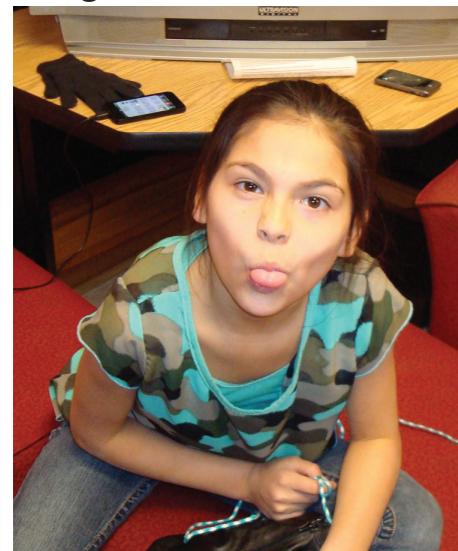


It can also be helpful to change negative thoughts about yourself to positive ones, avoid using negative words, and develop positive affirmations.

Community Kids "Getting to Know You"



Niidushiinzi **Wylee Dodge**. I am 9 years old and I like to play video games, dance at the pow-wow's and play all sports. Niinoojiiyayii Mohican Nation. My parents are Kylee and Stormy Dodge. My grandparents are Fran Miller and Preston Dodge. Doug and Chenda Miller and the late Robert "Sonny Man" and Bertina Dodge are my great grandparents. My favorite color is orange, aalunjaapamukwat. I like the ASP because all my friends are here.



Niidushiinzi **Tynea Johnson**. My age is 11 years old. Niinoojiiyayii Stockbridge-Munsee and Menominee. My parents are Jerilyn and Scott Johnson. Amber and Romy Johnson and Skip and Mabel Miller are my grandparents. Purple is my favorite color. I really like to play sports, sing and dance. In the ASP I like it when we do crafts and go on field trips.

My name is **Andrew LaChapelle**. I am 16 years old and am from Stockbridge.

My mom is Tammy LaChapelle. Rhonda and Willey Sullivan are my grandparents.

My favorite color is green. I like to have fun and I think the ASP is fun!



After School – Out of School: Support Services

Safe place to go available to youth 5 years old – 5th grade
Planned activities & a snack; Prevention education about tobacco, alcohol, & illegal drugs; Homework help; Reading is encouraged; Trained staff; Family support; Visits - Mentoring; Outreach & School Liaison; Referrals - to community programs.

After School Program Grades K-4 Activities & Lessons

◀ Dec 2013		~ January 2014 ~					Feb 2014 ▶
	Mon	Tue	Wed	Thu	Fri		
	Lai Lonnie 10 am- 6 PM Linda 1-9 M-F Pun'kin 11-7 M/F & 1-9 T-Th K-1 st grade every Monday	2 nd – 4 th grade every Tuesday	1 <i>Happy New Year To You!</i> <i>Holiday – CLOSED</i>	2 Open Room Computers & Games Reading Fun	3 <i>LS PTO</i> Free Gym, Movie Pop Corn	4	
5	6 <i>LS PTO</i> Being a helper	7 What is positive –vs. negative feedback? Pg.4 Channing Bette-Self Esteem	8 Stick Art Crafts	9 Open Room Computers & Games Reading Fun	10 <i>LR PTO</i> Free Gym, Movie Pop Corn	11	
12	13 <i>LR PTO</i> I am good at ____.	14 Taking an inside look at you! Pg.5	15 Puffy Painting	16 <i>LS 10-6 Prevention mtg Shawano</i> Open Room Computers & Games Reading Fun	<i>Early Release Day</i> <i>*Let's try to go sledding</i> 1:30-3:30 P.M. Details: TBD	18	

What's Happening at CMN

Students and faculty of Tech Ed have been very busy over the fall semester. From wiring outlets, building Little Free Libraries, producing Power Point projects, or creating metal art, students at College of Menominee Nation gain a very hands-on approach to their degree choice.

Not only do our students receive the foundation needed to be a successful employee, they are given the chance to test their creativity and expand their horizons.

CMN Tech Ed programs prepare students for a career in Electricity, Sustainable Residential Building, Office Technician and Welding in 9 months. If you have an interest or know someone who as an interest in the trades area, WHY WAIT? CMN is your community college. Please call 715-799-6226 ext. 3159 for more information.



Chris Von Deck, a student in our Welding program, displaying his spark plug flower sculpture. Creativity and skill working hand in hand.



On Thursday, December 19th, 2013, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following motions were made, carried, defeated or died.

APPROVAL OF AGENDA-

ADD: Amanda Bowman in Executive Session
Trinity Mechanical
Head start Grant

STRIKE: Escrow Loan Request
Sunweavers Vitamin D Study
Presentation

Motion by Joe Miller to approve the Regular Tribal Council Meeting agenda of Tuesday, December 17th, 2013 as amended. Seconded by Terrie K. Terrio. Motion carried.

TRIBAL FINANCIALS FOR AUGUST, SEPTEMBER AND OCTOBER-Amanda Stevens, Director of Finance

Motion by Terrie K. Terrio to approve August 2013 financials and post September fiscal year 2013 and October 2014 fiscal year financials. Seconded by William A. Miller. Motion carried.

FY 2013 ANNUAL PERFORMANCE REPORT-Lori Robinson, Accountant/Administrative Assistant

Motion by Terrie K. Terrio to approve the FY2013 Annual Performance Report for the Housing. Seconded by William A. Miller. Motion carried.

FY 2014 ELDERLY TRANSPORTATION GRANT APP-Steven Davids, Director of

Economic Support

Motion by Terrie K. Terrio to approve the 2014 Elderly Transportation. Seconded by Joe Miller. Motion carried.

HEADSTART GRANT-Delores Meek, Head start Director

Motion by Terrie K. Terrio to approve the contract grant application for Head start FY 2014 and 2015. Seconded by Jeremy Mohawk. Motion carried.

AGRICULTURAL LEASE BIDS-Chad Miller, Land Management

Motion by Joe Miller to award the bid for the agricultural lease in Red Springs to Travis Andrus as presented by Chad Miller from the Land Department. Seconded by William A. Miller. Motion carried.

WETLAND RESTORATION/RAIL BED REMOVAL PROJECT MODIFICATION-Luke Hennigan, Hydrologist

Motion by Joe Miller to approve the modified work plan and budget for the Fish and Wildlife Service for the wetland restoration and rail bed removal project. Seconded by Jeremy Mohawk. Motion carried.

CONSERVATION BID RECOMMENDATION-Beau Miller, Conservation Warden

Motion by Joe Miller to accept the recommendation of the Conservation Department for the purchase of an ATV and snowmobile as a result of year end money received from the bureau. Seconded by Jeremy Mohawk.

Motion maker amends motion to add: 2013 Ski-Doo Tundra 600 for

a set amount and for a set amount for the 2014 Can-Am 650. Second concurs. Motion carried.

FY2013 GAMIND AUDIT-Ken Davids, Gaming Commissioner; Janet Miller, Gaming Commissioner; Brian VanEnkenvoort, General Manager and Tammy WYROBECK, Financial Manager

Motion by Terrie K. Terrio to accept the Fiscal Year 2013 Gaming Audit. Seconded by William A. Miller. Motion carried.

LAND COMMITTEE MEETING MINUTES-Larry Moede, Sr. and Carmen Cornelius, Committee Members

Motion by Joe Miller to along with recommendation of the Land Committee for the relinquishment of Betty Schiel 2.5 acres in favor Sandra Blaha. Seconded by Shannon Holsey. Motion carried.

Motion by Joe Miller to accept the recommendation of the Land Committee and approve the land assignment application of Sandra Schiel-Blaha, which reads N 1/2, N 1/2, SE 1/4, SE 1/4, SW 1/4, of Section 10.T.28N-R.13E. Seconded by Shannon Holsey. Motion carried.

Motion by Terrie K. Terrio to accept the Land Committee's recommendation to accept the land assignment application of Jeffery Vele, Jr which reads W 1/2, W 1/2, E 1/2, NW 1/4 of Section 4.T.28N.R.13E. Seconded by Shannon Holsey. Motion carried.

DESIGNATING TRIBE'S SELF INSURED PLAN PAYOR OF LAST RESORT-Rob Orcutt, Lead Attorney

Motion by Shannon Holsey to adopt resolution 012-13, now therefore be it resolved, the Tribal Council hereby provides written authorization that the Stockbridge-Munsee Community's tribally-funded self-insured health plan shall be the payor of last resort to extent permitted to do so under federal law and consistent with its health plan document. Be it further resolved that this authorization shall be effective as of January 1, 2014 and shall have a period of one (1) year. Be it finally resolved, this authorization may be revoked at any time by the Tribal Council of the Stockbridge-Munsee Community. Seconded by William A. Miller. Motion carried.

SELECTION OF (1) FISH AND GAME BOARD MEMBER-

Motion by Joe Miller to appoint Brian Goss to the Fish and Game Board. Seconded by William A. Miller. Motion carried.

SELECTION OF (1) CHILD PROTECTION BOARD MEMBER-

Motion by Terrie K. Terrio to appoint Beverly Miller to the Child Protection Board. Seconded by Shannon Holsey. Motion carried.

SECTION OF (2) ELDERLY STEERING COMMITTEE MEMBER-

Motion by Joe Miller to appoint Betty Schiel and Floyd Williams to the Elderly Steering Committee. Seconded by Shannon Holsey. Motion carried.

SELECTION OF POW WOW COMMITTEE MEMBERS-

Motion by Shannon Holsey to appoint Amanda Bowman, JoAnn Schedler and Robert Little to the Fiscal Year 2014 Pow Wow Committee. Seconded by Jeremy Mohawk. Motion carried.

OUT OF STATE TRAVEL REQUEST:

Nation Indian Gaming Association-Shannon Holsey, Council Member

Motion by Joe Miller to authorize Tribal Council representation at the Winter Legislative Summit for NIGA. Seconded by William A. Miller. Motion carried.

EXECUTIVE SESSION-

Motion by Shannon Holsey to go into Executive Session. Seconded by Jeremy Mohawk. Motion carried at 5:24 PM.

Motion by Shannon Holsey to come out of Executive Session. Seconded by William A. Miller. Motion carried at 5:47 PM.

While in Executive Session discussion was held on Audit Report, OSHA Compliance Report and a Tribal Member Request.

TRINITY MECHANICAL-Dave and Maggie Brawner, Owner's Representative

Motion by Shannon Holsey to approve AIA document G802 to modify the cost for CanAm steel truss provider and add an amount. Seconded by Joe Miller.

Motion by Joe Miller to approve request for proposal for Surveillance Security Systems for the event center Phase IV and the request for proposal for Low Voltage wiring for the event center Phase IV as presented pending Legal approval. Seconded by Shannon Holsey. Motion carried.

Motion by Shannon Holsey to approve AIA document G802, Amendment to the Professional Services for the use of the facilities stock of carpet and add a set amount. Seconded by Terrie K. Terrio. Motion carried.

Motion by Shannon Holsey to the recommended carpet layout for cost savings and not using the terrazzo on perimeter floor and entry area of the event center. Seconded by Jeremy Mohawk. Motion carried.

DESIGNATING TRIBE'S SELF INSURED PLAN PAYOR OF LAST RESORT-Rob Orcutt, Lead Attorney

Motion by Shannon Holsey to approve the Schedule o Benefits PPO Network Plan as presented by Legal. Seconded by Terrie K. Terrio. Motion carried.

ADJOURNMENT-

Motion by Joe Miller to adjourn. Seconded by Shannon Holsey. Motion carried at 5:59 PM.

Section 184 Indian Housing Loan Guarantee Program Available at BAY BANK

Homeownership in Indian Country

In 1992, Congress established the Section 184 Indian Housing Loan Guarantee Program. The program was designed to offer homeownership and housing rehabilitation opportunities for eligible Native American individuals, families, tribes, and Tribally Designated Housing Entities. (Including Indian Housing Authorities) on their native lands and within and approved Indian area as defined in HUD P.I.H. Notice 2004-19.



Member
FDIC

Section 184 Program Highlights

* Nationwide program on trust land, allotted trust, or fee simple land. In Wisconsin, Tribal Members may obtain financing through the 184 Program for properties located on or off the Reservation.

- * Refinancing available
- * Purchase and rehabs
- * New construction including manufactured homes
- * Low down payment
- * No maximum income limits
- * Flexible underwriting
- * 1% guarantee fee at closing can be financed into loan
- * No private mortgage insurance required
- * Up to 30 year fixed rate financing at conventional rates!

Any Native American or Alaskan Native that is a member of a federally recognized tribe or an Alaskan village is eligible for a Section 184 loan. To obtain additional information or to apply for a Section 184 loan, please contact a mortgage specialist at Bay Bank. Apply online at: <https://baybankgb.mtgloanapp.com>

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All Colors: XS | S | M | L | XL | XXL
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- EZAWAY System ®
- Easy care
- 96% polyester/4% spandex bonded with 100% polyester anti-pill fleece, 3-layer performance stretch soft shell with 8,000mm waterproofness, 800g breathability, 8.8oz./yd 2 /300gsm, 190T polyester taffeta lining quilted to 100gsm insulation in body and 80gsm insulation in hood and sleeves.

All Colors: S | M | L | XL | XXL | 3XL | 4XL | 5XL
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LADIES' COTTON POLYESTER FLEECE ZIP JACKET 78642

- Spandex enhanced rib waistband, collar, cuffs and pocket welts
- Preshrunk and double washed with softener for an ultra soft feel
- Contrast cover stitch details
- Contrast twill tape inside neckline
- Contrast cord edge knit tape along center front opening
- Front patch pockets
- Easy care
- 80% cotton 20% polyester fleece, 9.2oz./yd 2 /310gsm

All Colors: XS | S | M | L | XL | XXL | 3XL
MSRP (blank) \$51.90

MEN'S COTTON POLYESTER FLEECE ZIP JACKET 88642

- Spandex enhanced rib waistband, collar, cuffs and pocket welts
- Preshrunk and double washed with softener for an ultra soft feel
- Contrast cover stitch details
- Contrast twill tape inside neckline
- Contrast cord edge knit tape along center front opening
- Front patch pockets
- Easy care
- 80% cotton 20% polyester fleece, 9.2oz./yd 2 /310gsm

All Colors: S | M | L | XL | XXL | 3XL
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TUESDAYS



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WEDNESDAYS



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THURSDAYS



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8am - midnight

\$13 FRIDAY CRAB LEG BUFFET 4PM-10PM

FRIDAYS



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\$11 SAT. GREAT AMERICAN STEAK OUT 4PM-10PM

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Turn your entry into the Star Club by 9pm.
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