



Recall election results

A Recall Election was held on Saturday December 3, 2016 for four Tribal Council members; Douglas Huck, Joe Miller, Jeremy Mohawk, and JoAnn Schedler.

Of the four members, Joe Miller and Jeremy Mohawk were currently serving on the 2016-2017 Tribal Council. Douglas Huck had lost his seat in the last election and Jo Ann Schedler had resigned on November 15, 2016.

Douglas Huck **206-Yes** 190-No
 Joe Miller **216-Yes** 184-No
 Jeremy Mohawk 189-Yes **209-No**
 JoAnn Schedler 193-Yes **203-No**

As a result of the recall Joe Miller was removed from his Tribal Council seat.

Although Douglas Huck was not on Tribal Council at the time of the recall he is prevented from running for office again for a period of time determined by either the Constitution or the Appellate Court that decided his case.

Jeremy Mohawk will retain his seat on the 2016-2017 Tribal Council.

Jo Ann Schedler is free to run for Tribal Council any time based on the number of affirmative votes she received in the recall election.

A new election will be held in accordance with the Election Ordinance to fill Joe Miller's seat on Tribal Council.

Watch for further updates about the forthcoming election in the Mohican News.

Did My Vote Count?

By Susan Savetwith
 Mohican News Reporter

Did my vote count? If we take a look at the recent election results, we can see just how important it is to get out and vote!

The following information which is public information provided online by Shawano County shows the votes for each party for each office for the townships of Bartleme and Red Springs. Considering there are many eligible voters on the Stockbridge-Munsee rolls and there were a total of 725 voters in Bartleme and Red Springs combined and assuming that members of the Stockbridge-Munsee eligible voters are about 1/3 of the voting population in the area, that would equal 241 votes.

President:
 Trump
 Bartleme-72; Red Springs-189.
 Clinton
 Bartleme-221; Red Springs-219.

US Senate:
 Johnson
 Bartleme-77; Red Springs-188.
 Feingold
 Bartleme-212; Red Springs-220.

US Congress:
 Gallagher
 Bartleme-93; Red Springs-210.
 Nelson
 Bartleme-217; Red Springs-214.

State Senate:
 Cowles
 Bartleme-79; Red Springs-203.
 Powers
 Bartleme-232; Red Springs-214.

State Representative to the Assembly:
 Tauchen
 Bartleme-79; Red Springs-196.
 Switalla
 Bartleme-229; Red Springs-213.

This information does not include offices with only one candidate or candidates with zero votes. Also assuming all tribal members are Democrats, that means Clinton should have received at least 241 votes. It is still your voice, get out the vote.

Standing with Standing Rock Cont.



Stockbridge-Munsee Community proudly flown in support of Standing Rock Tribe and water Pictures courtesy of Sonya Church Neumann

By Jeff Vele - Mohican News Editor

On Sunday December 4, 2016, the US Army Corps of Engineers blocked construction of a key section of the Dakota Access Pipeline, citing a need for an Environmental Impact Study and providing a victory for Native American protesters and thousands of allies who have traveled to North Dakota to protect the water this year.

The Stockbridge-Munsee Community has been in total support of the water protectors and has made several donations including supplies and fire wood. In addition, many Community members have traveled to the are to stand in support and take part in protecting the water. Robert and Kemawin Dess went to Standing Rock at the end

of September. Kemawin said, "The overwhelming feeling of togetherness and love you feel there is unexplainable. When we drove over the hill and saw this small city of longhouses, tipis, campers and tents was amazing. Everyone was cutting wood, hauling water, cooking, and keeping busy. At night, you could hear singing from a sweat, someone playing flute in another camp, the river rippling and coyotes howling in the distance. It was full of prayer and love".

Jerilyn Miller's son Rainer Shooter was out in Standing Rock on two occasions; August 20, 2016 and November 30 until December 3, 2016. Rainer said he was truly moved by the words of a veteran. **Water continued on page Eight:**

Great American Smoke Out Event



By Susan Savetwith
 Mohican News Reporter

The Stockbridge-Munsee Health and Wellness Center's Community Health and Pharmaceutical teams recently hosted a Great American

Smoke Out Event at the Mohican Family Center with guest speaker Clinton Isham, Program Director for the Wisconsin Native American Tobacco Network and a meal of ribs and pulled pork from Bubba's BBQ in Shawano.

Isham started off his presentation stating he was going to speak from a different perspective on commercial tobacco versus traditional tobacco. He said when he introduces himself he tells people he's from the Lac Du Flambeau Lake Superior Chippewa Indians. Isham explained this is the legal term that the state of Wisconsin and other people use for the reservation. He explained that Chippewa and **Isham continued on page Nine:**

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Employees, Tribal Council member Scott Vele and GM Michael Bonakdar (right) congratulated Cheryl Vele

Vele Holds Position in Bingo for 30 Years

Cheryl Vele was recently honored for 30 years of service to Indian Gaming. She has worked in the Bingo Hall for her entire career and has shown steadfast commitment to her job since 1986.

Cheryl said she started as a floor worker at bingo when bingo first started and was held at Tribal Office.

She moved up to Cashier and then Tallies before a new steel pole building was erected at the current casino site without any other gaming, only bingo.

Then the first casino was built and the Indus Room was where bingo was held.

The current casino was built and the new bingo hall is where Cheryl

continues to work.

She is now an ICT (Inventory Control Technician). "I guess I'm a lifer, so this is where I'll be till I retire," Vele said.

Cheryl said she's seen many people come and go over the years and met many great people.

In honor of her anniversary, they

had several large cakes and invited all employees to come down and celebrate with Cheryl.

She received a \$300 gift card (she said she was going to buy herself a new tv), and a basket from the Star Club with a scarf, a sweatshirt, soap, and some candy in it.

In addition, Ernie Stevens, the Chairman of the National Indian Gaming Association, presented her with a beautiful Pendleton blanket and a book about bingo.

Michael Bonakdar, General Manager of the North Star Mohican Casino and Resort, commented on Cheryl's commitment to excellence indicating she's gone above and beyond for so many years.

"It's a great example for our team to follow. You're amazing Cheryl. We appreciate your dedication and hard work," Bonakdar said.

NOTICE:

The Mohican News has instituted a separate email for news submissions to help alleviate issues of information not getting into the paper. Please use the following email when submitting items for the Mohican News: mohicannews.submissions@nsn.gov and Thank you!

Express your thoughts and opinions. Let your voice be heard. We welcome your letters to the Editor and the Community.

Community Voices

Letters of opinion can be dropped off at Mohican News in the Tribal Offices or can be mailed to:

Mohican News

N8480 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416
e-mail: mohican.news@mohican.com

Please type your letters or print clearly and include your signature, address, and daytime phone number. Letters must be 500 words or less. All letters are subject to editing and may require confirmation. Some may be rejected due to inappropriate content as deemed by our editorial board. The views of our readers are not necessarily the views of the Mohican News, its staff, or the Stockbridge-Munsee Tribe.

STOCKBRIDGE-MUNSEE
COMMUNITY
Band of Mohican Indians

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Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage.

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CORRECTION

(Editor's Note: In the last Special Recall issue of the Mohican people had the opportunity to post a notice to voters. Jo Ann Schedler sent the notice below in to me via email to be included in that paper. I, Jeff Vele, did not get her notice in that issue. Below is her notice for that paper and my apology for not getting it into the paper.

There were some extenuating circumstances which I have included, however, the most important issue is that I take responsibility for my mistakes! I am TRULY sorry for any problems this has caused Jo Ann. I think her character was borne out in the recall vote). Jeff Vele, Editor - Mohican News

Recall Vote Comment for December 3, 2016

By Jo Ann Schedler

In 2005 I was the chair of the Membership committee that recommended to Tribal Council in the minutes of August 17th, 2005 to enroll four members of the Murphy family. This was recommended after several other meetings that year and after reviewing the information from both the Murphy family and the Enrollment office staff. The Council did not take up that recommendation until 2006. Tribal Council on a vote of 3 to 3 with the chairman voting no denied our Committee's recommendation to enroll.

I have taken an oath to uphold our constitution which I did by consistently voting for what I believe is the truth.

Anushiik, Jo Ann Schedler

(Jeff Vele apology to Jo Ann):

Jo Ann,
I am writing to you to offer you my most sincere apology for neglecting to get your information into the last paper. If you would prefer, I will write this apology out in the form of a letter and mail it to you! I will also include it in the next issue of the paper with your statement.

I am truly sorry for this oversight.

There was absolutely nothing purposeful in my mistake. I take great pride in my work here at the Mohican News and would never do anything to jeopardize the integrity of the paper or our staff.

I was under a great weight on Monday! Your letter came in at 12:17 and Misty Cook walked in about the same time for a Board meeting we were having at 12:30. I was talking with her for a moment and then Joe's statement came in at 12:30 and I placed his into the folder for insertion in the paper. In the meantime, your statement was marked as read and the black highlight dropped off so I did not notice it.

At 1:00 I checked if there were any more letters that came into the email (and were marked black from being unread). I then worked by myself the rest of the day putting the paper together and getting it to the printer. There was no one else in the office that day to see the email or assist with the paper.

I realize the importance of getting your information out to the readers and, again, I would never do something like this on purpose. We have had our differences but that is in the past for me.

Sincerely,
Jeff Vele
Editor-Mohican News



To my Fellow Community Members

If there is a "silver lining" to this whole matter, it is that issues that have been smoldering for years have come to the surface, enrollment being the main issue, if there were any better time for enrollment reform, I cannot think of any. Now we will have to come together in the best interest of this community and figure out what enrollment reform means.

For years I have questioned, "why the secrecy" if the last 2 1/2 months have shown anything, open public records, history withheld, blood lines recognized for some but used to deny other, inconsistent application processes, confidential meeting minutes, deliberations in closed session, hand written notations on family trees, one would question, who's hand writing? All have contributed to the dissension that has surrounded enrollment for years. Reform begins when past practices change. And the lack of Enrollment Department Policy and Procedure is probably the main reason we have had such inconsistency. Audits have found this an issue years ago.

It has always been my philosophy to include not exclude, if I remember my history that has always been what this community was about. I think that was what

kept this tribe together for the past 200 or so years. Eastern tribes banding together to form one, others being "adopted" into the tribe as members, no matter what their "blood Line", and yes, no matter what their ethnicity.

This matter has torn apart families, friendships, stained relations and set this community back. Anti-social media is not the place to air differences, "Face to Face" is. Although questionable means and misrepresentations were used to influence people to sign and vote, I must accept my fate. I will continue to support this community, defend what I believe in, assist others with their concerns and attend council meetings, as we all should, and provide productive solutions and suggestion to the council that needs us now more than ever. Oh yes, I can be equally useful sitting in the audience as seated at the table.

I have my pride, my integrity, and my honesty, and my dignity, and no one, other than myself can ever take that away from me, I thank the community for the support you have shown me over the years and I hope I can rebuild that confidence again.

An-nii-shik JOE

ATTENTION!

Design Contest:

Logo for "Native Breastfeeding Coalition of Wisconsin"

The Great Lakes Inter-Tribal Council's program **Breastfeeding: The Traditional Way** is looking for original designs to be used by the newly formed "Native Breastfeeding Coalition of Wisconsin". The logo will be used throughout the State of Wisconsin for all Tribes to promote and support breastfeeding in our Tribal Communities. The theme should reflect that breastfeeding is normal, natural, and the healthiest, most traditional way to nourish our babies. Culturally appropriate designs may be in color or black and white.

This design contest is open to all Tribal Members and Descendants from any of the 11 Tribes in the State of Wisconsin, both youth and adults. The chosen design will reward the artist with a \$50 Visa Gift Card and a Certificate of Appreciation.

Original designs must be submitted:

- on an 8 x 11 white sheet of paper
- as a finished product (as close as possible)
- by January 15, 2017 to:
Great Lakes Inter-Tribal Council
Breastfeeding: The Traditional Way
PO Box 9
Lac du Flambeau, WI 54538

Designs submitted will be reviewed and chosen by Coalition Members; slight modifications may be discussed for final design. Winning design artist(s) will be required to sign a "Design Assignment Agreement" which "transfers, conveys, assigns and delivers to the Coalition all rights, interests and title in the Design."

Questions - Call Jennifer at Great Lakes Inter-Tribal Council 715-588-1091

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Elder Wisdom



Thank you Evelyn

St. Elizabeth Hospital would like to highlight the work anniversary of Evelyn Decker, who is an enrolled Stockbridge-Munsee Tribal member and works at St. Elizabeth Hospital.

Evelyn Decker celebrated her 35th Anniversary working for St. Elizabeth Hospital, Appleton, WI. Evelyn has worked as a Health Unit Clerk and Patient Biller.

She excels at all she does and is a vital part of St. Elizabeth Hospital. We are blessed to have Evelyn as part of our team.

Tribal Council Directives

On Monday November 28th, 2016, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at the time the following motion were approved.

Tribal Council Members present: Shannon Holsey, Janet Miller, Joe Miller, Jeremy Mohawk, Chad Miller, and Sterling Schreiber. Jolene Bowman (prior commitment).

APPROVAL OF AGENDA- Add: Personnel Issue to Executive Session

Motion by Janet Miller to approve the agenda with the addition. Seconded by Jeremy Mohawk. Motion carried.

COOPERATIVE LAW ENFORCEMENT AGREEMENT- Jim Hoffman/Bridget

Motion by Jeremy Mohawk for approve of resolution 007-17, now therefore be it resolved, the Tribal Council authorizes the Tribal President, or Vice-President in her absence, to execute the 2017 cooperative Tribal/County law enforcement agreement between Shawano County and Stockbridge-Munsee Community. The Tribal Council further requests, along with Shawano County, funding from the State of Wisconsin for the year beginning January 1, 2017 pursuant to the provisions of Section 165.90, Wis. Stat. The Tribal Council finally requests that the County transfer such funds to the Tribe, who will administer the aid received. Seconded by Janet Miller. Motion carried.

LITIGATION PLAN-Bridget Swanke

Motion by Joe Miller to authorize a letter for the President's signature, as requested by legal and the

Tribe's Historic Preservation, for the purposes of stating the Tribe's position on the matter that was presented and that it be sent to the Tribal Leadership of the other affected Tribes and the government agency proposing this action. Seconded by Jeremy Mohawk. Motion carried.

SIGNATORY RESOLUTION- Motion by Jeremy Mohawk to adopt resolution 008-17, now therefore be it resolved, that effective immediately until further notice the following named persons have signatory powers for disbursement of funds for the Stockbridge-Munsee Community; President Shannon Holsey, Vice President Jolene Bowman and Tribal Treasurer Janet B. Miller. Seconded by Chad Miller. Motion carried.

EXECUTIVE SESSION: Request for Legal Representative and Personnel Issue

Motion by Janet Miller to go into Executive Session. Seconded by Sterling Schreiber. Motion carried at 10:51 PM.

Motion by Janet Miller to come out of Executive Session. Seconded by Sterling Schreiber. Motion carried at 11:47 AM.

Motion by Janet Miller seek outside counsel for the body of the Tribal Council on clarification dealing with the constitution and the election ordinance. Seconded by Joe Miller. (Clarification: requesting representation for the Council as a governing body). Motion carried.

ADJOURNMENT- Motion by Joe Miller to adjourn. Seconded by Chad Miller. Motion carried at 11:47 AM.

On the Trail Home

Martin M. Sybeldon

Martin M. "Marty" Sybeldon was called to his eternal rest on Saturday, December 3, 2016 in Appleton. He was born to the late Edwin and Rosetta (Murray) Sybeldon in Bessemer, Michigan.

He graduated from J.E. Murphy High School in Hurley, WI in 1962. Marty served in the United States Army from 1963 to 1966 and was stationed in Korea.

He was united in marriage on March 2, 1968 to Carol Stremski in Superior, Wisconsin.

He graduated from the University of Wisconsin - Superior in 1970.

Marty taught physical education, health and driver's education in the Bowler School District from 1970 -1999. Marty loved his students and especially enjoyed seeing them after retirement and hearing their success stories. He made many lifelong friends through teaching.

In addition to his teaching career, he spent many years coaching and officiating various sports.

He enjoyed vacationing at the Cove, spending time with his children, grandchildren, family members and friends, and of course, his loyal dog, Whiskey.

He also loved the Packers, Brewers



and the Badgers and attended many games. Christmas was an exciting time for him, as he always made it a tradition to decorate his house with many lights.

He is survived by: his wife, Carol; his three daughters, JoAnn (Carlos) Lane of Rockford, IL, Kari (William) Hahn of Bowler, and Kelly (David) Carlson also of Bowler; five grandchildren, David, Julia, Daniella, Felicia and Avery; one sister, Rita (John) Anderson of Santa Barbara, California; one brother, Edwin (Monica) Sybeldon of Mercer, WI; sisters-in-law, Gloria Fillion of Beloit, WI and Phyllis (Dan) Slade of Borrego Springs, CA; as well as several nieces, nephews and friends,

F.R.E.S.H. Project

Shawano, WI, December 6, 2016 Great progress is being made so that everyone in our region can get the food they need. The FRESH Project recently completed a consumer survey the area's residents, expanded its leadership group, and hosted events that will help groups make positive change throughout the community.

The FRESH Project is a coalition of county departments, local tribes, churches, and other community groups and individuals, working to make sure everyone has access to a healthy, adequate and culturally appropriate diet. FRESH stands for Food, Resources, Education, Security, and Health, and the organization has been making great strides over the last few months.

The Project recently completed a survey of households in Shawano County, asking whether people are able to get enough food, what kinds of food they are eating, where they're getting their food, and other similar topics. 751 households returned the survey, far exceeding the original goal of



THE F.R.E.S.H. PROJECT

FOOD • RESOURCES • EDUCATION • SECURITY • HEALTH

350.

The FRESH Project also just expanded its leadership team, welcoming farmers, people from the religious community, and additional tribal and county representatives.

Finally, the Project hosted a workshop on having a positive, permanent impact on the community by changing policies, systems, and environment, as well as a presentation on local food systems. Each event was attended by dozens of people from throughout our area.

In early 2017, The FRESH Project will finish creating an action plan for addressing the challenges of food access in our communities, and the implementation of that plan will start right away. If you'd like to help out, please call the Project staff at 715-524-2321.

December 2016

K-3rd GR. ASP ACTIVITIES CALENDAR

LAI LONNIE #793-4085

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Leadership "Be the change you want to see in the world." ~Ghandi <small>Source: zagandesign/Depositphotos</small>	Life skills	Leadership	1 Role Play Fun We have Skills presentation	2 Santa Parade Shawano 3:45 – 8:00 P.M. Limit 8 youth	3
4	5 Guess the Leader 1. Chosen person ("outsider") leaves the room. 2. Team chooses leader. 3. Team follows actions of leader. 4. Outsider enters and identifies leader.	6 SNAP ED presentation 1 st - 3 rd grades	7 Presentation: Soar Teachingideas.co.uk Bowler School Pow Wow @ MFC 5 PM	8 Work out Strong Feelings Emoji Game	9 Making Christmas ornaments 	10
11	12 Ask who knows & then show 	13 SNAP ED presentation Kindergarten	14 <u>Teambuilding</u> Snowman Slam Gingerbread Counting	15 Teams make supersand 4 c. sand 2 c. cornstarch 2 c. water Cook over low heat until thickens. Let cool	16 Conflict Resolution presentation Climb Every Mountain! Make a Mountain Model Using supersand	17
18	19 Be a Good Example 	20 How to succeed Change flashlight batteries Threading & unthreading bolts Hammering nails	21 Marshmallow Challenge <u>Conflict resolution</u>	22 Make your own flour dough 1/2 c. flour 1/2 c. salt 1/3 c. water Let dry 3 days	23 Closed	24 Closed 
25 Merry Christmas 	26 Closed	27 Lunch & Movie Field Trip 11:30 – 4:30 PM  Limit 8 youth	28 ASP room open 1 – 6 pm Activites: board games, gym, music and/or a craft/ cooking project	29 Lunch & Movie Field Trip 11:30 – 4:30 PM  Limit 8 youth	30	31 CLOSED REOPEN on January 3 rd , 2017

*SUBJECT TO CHANGE

December

2016

ASP GRADES 4-6

Team Leader: Monique Tyndall Mon-Fri 11:30-7:30 PM #715-793-4085

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Archery w/MFC: 4:00 Conflict Resolution Presentation: 4:30 PM	2 Culture/Free Day Felt Moccasin Game Arts & Crafts Activity Part 1	3
4	5 Alcohol Prevention Cool Spot Games: Biology & Chemistry	6 Alcohol Prevention Cool Spot Games: Too Much, Too Soon, T	7 Positive Action "Using what I've got" Pow Wow-BPS Fun Days	8 Life Skills w/Diane 4:30-5:00	9 Field Trip: Movies @ Shawano 3 PM Pick-Up @ BPS	10
11	12 Tobacco Prevention Video: Tobacco Addiction Story	13 Tobacco Prevention Video: Stop Smoking Prank	14 Positive Action "How I get attention now"	15 Teambuilding Minefield Game	16 Culture/Free Day Felt Moccasin Game Arts & Crafts Activity Part 2	17
18	19 Drug Prevention Real News About Drugs: Inhalants Part 1	20 Drug Prevention Real News About Drugs: Inhalants Part 2	21 Positive Action "My special qualities"	22 Life Skills w/Diane 4:30-5:00	23 CLOSED FOR HOLIDAY	24 X-MAS EVE
25 X-MAS DAY	26 Rx Drug Prevention Real News About Drugs: Prescription for Pain Part 1	27 Rx Drug Prevention Real News About Drugs: Prescription for Pain Part 2	28 Positive Action "Ways I can get attention by just being me"	29 Life Skills Coping Strategies	30 CLOSED FOR HOLIDAY	31

20 Year Anniversary Celebration



Monica Pak, Slot Supervisor, Key Person, & Change Person



Daniel Behm, Count Team



Larry Curtis, Cage Vault Manager, Custodian, Supervisor, Inerim Maintenance Manager, Maint. Supervisor, Slot Tech, Count Team Supervisor, Kitchen Floater, Food and Beverage Supervisor, Bar Department, & Kitchen Floater



Becky Hale, Table Games Dealer, Black Jack Dealer, and Change person



Denise Buchberger, Security Officer & Change Person



Sonja Moede, Bar Tender, and Bar Floater



Debra Wolf, Housekeeper



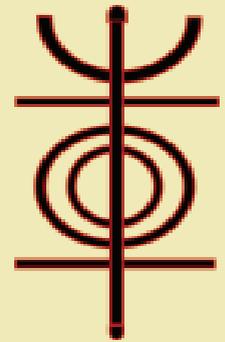
Sandy Erickson, Key Person, and Change Person



Lori Wilhelm, Cage Cashier, Cage/Vault Supervisor, and Cage Cashier



Cheryl Bestul, Reservation Agent, Count Team, Security Officer, and Cashier



Providers

- Lisa Mohawk, LPC, CSAC, CS/IT, IDP/AT
- Jeff Langlois, MS, PCTL
- Joanne Torres, MA, CSAC, ICS, PCTL

“To be yourself in a world that is constantly trying to make you something else, is the greatest accomplishment”

Intoxicated Driver Program

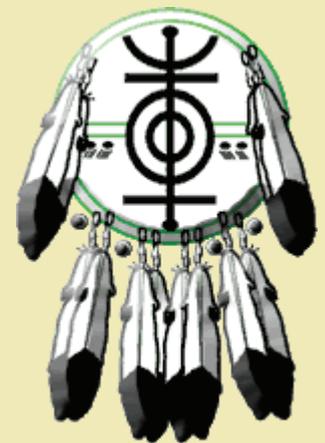
Stockbridge-Munsee Health and Wellness Center
W12802 County Hwy A
PO Box 86
Bowler, WI 54416
Phone: 715-793-3000
Fax: 715-793-1312

Stockbridge-Munsee Health and Wellness Center



Assessment Scheduling And Fee Information

The Intoxicated Driver Assessment is required under Wisconsin state law after a conviction for OWI in order to get your driver's license back. The Stockbridge-Munsee Health and Wellness Center is certified to provide this assessment as part of your Intoxicated Driver Program. Follow the instructions below to begin your recovery:



Eligibility for Services

According to 2013 Wisconsin Act 246, any member or the relative of a member of a federally recognized American Indian tribe or band may receive an assessment from an approved tribal treatment facility.

If you have any questions regarding your eligibility, you may contact our facility at 715-793-3000.

- *It is important that you set up an appointment within 72 hours of your court appearance. The OWI assessment must be completed within 14 days of the court order.
- *If it has been awhile since your OWI conviction, you can still set up an appointment.
- *For the assessment, you will meet with an alcohol and drug abuse counselor, who is certified by the State of Wisconsin, to complete the Intoxicated Driver Assessment.
- *The assessment and the Driver Safety Plan process ordinarily takes about two hours, although in some cases a second visit may be necessary to complete the assessment.
- *A Driver Safety Plan will be developed for you based on the assessment results. We will then offer services which will fulfill your Intoxicated Driver Program requirements.

You are responsible for paying the assessment fee (or any other fees) **in full BEFORE scheduling any appointment.** You must give a 24-hour notice if unable to make appointment or you will be charged a no show/late/cancellation fee. If you are more than 10 minutes late, you will be considered a late/cancellation. You are responsible for paying all fees in order to reschedule any further appointments. The following are costs associated with the assessment:

OWI assessment	\$200.00
No show	100.00
Late/cancellation	25.00



L to R- Griff Baker (grandson of Bruce, son of Sonya), Bruce Church (grandfather), Sonya Church Neumann (daughter of Bruce), Dewey Church (son of Bruce). Sonya said, "We traveled out to Standing Rock to bring supplies to the medic tents because my father was a medic in Vietnam and I was a CNA at one time. My brother was in the Navy and my son makes medical equipment at his job so it seemed appropriate. We went to show solidarity, and lend support to the camp, totally unaware that we would each leave with our hearts and minds touched by the creator. We all remarked after leaving that if the camp site was sacred before, it is doubly so now. There is powerful medicine in that earth. A great hurt felt by our family for many years was healed before we left; we all felt "whole" and "well", and we will never forget it".

Water cont from page One:

who spoke to him and relayed the following: 'Standing Rock Vietnam vet (recipient of a Purple Heart) that spoke at the camp when I was there was "The land cannot be healed until the red man is restored". Powerful quote in my opinion. He also went on to say that, "The very laws that the US government used against us, we are using against them and that's how we will win this war to reclaim our land back".'

Rainer Shooter was back in the camp from November 30 until December 3. He said, "It was my second time out and it was just as powerful as the first time I was there. People from all over showed up; simply asking how they could help. Electricians, construction workers, plumbers, and home builders showed up saying they got laid off for the winter and are here to help in any way possible. I helped in construction for the veteran's tents and helped build the walls for the school they are building for all of the little ones in camp. It was incredible to hear where everyone came from".

Most moving among the reports coming out of North Dakota are the words of Dave Archambault, II, Chairman of the Standing Rock Sioux Tribe:

Victory! Thanks for Standing With Standing Rock

"Yesterday we were notified that the U.S. Army Corps of Engineers will not grant the easement to cross Lake Oahe for the Dakota Access pipeline. Instead, they will prepare an Environmental Impact Statement regarding alternative routes for the pipeline. This action strongly vindicates what the Standing Rock Sioux Tribe has been saying all along – that we all have a responsibility to protect our

waters for future generations.

This is an historic moment. For centuries, the Standing Rock Sioux Tribe, and tribes across the country, have faced fundamental injustice at the hands of the federal government - which time and again took our lands and tried to destroy our way of life. Our Treaties and our human rights were ignored, our interests in protecting lands and waters were considered unimportant, and our voices were not heard.

It was this shared history that led Tribes to come together as never before to seek the protection of our waters against the threat of the Dakota Access pipeline. With peace and prayer, indigenous people from hundreds of Tribes said: our future is too important. We can no longer be ignored. The goal was to protect these sacred waters, and to do so in the name of our children.

And, with yesterday's decision, it is clear that our voices have at long last been heard.

Yesterday's decision demonstrates that, despite all the challenges that Tribes face and all of the terrible wrongs the federal government has committed in dealing with us over the years, justice for Indian people still remains possible. My thanks to the Obama Administration, and particularly to Assistant Secretary Darcy, for upholding the law and doing the right thing.

Yesterday's decision belongs in large measure to the thousands of courageous people who put their lives on hold to stand with Standing Rock in support of a basic principle -- that water is life. At Standing Rock, our youth played an important role in spreading our message and I am so proud of

Tribal Veteran Service Officer

Robert Little, TVSO, please contact me by cellphone: 715 853-3356 or leave message at Veteran Lodge 715 793-4944 located at W12790 Cty Hwy A, Bowler, WI 54416. If you need immediate assistance contact the Assistant TVSO, Roger Miller at 715 793-5070.

I'll try to be at Mohican Veterans Lodge from 9 a.m. to Noon Monday through Thursday. It is best to call and set-up an appointment to go over your benefits as a veteran because I might be off on training or other veteran's affairs such as driving the DAV van, taking veterans to their doctor appointments in Milwaukee, Appleton or Green Bay for all of Shawano County. I can help with the benefits you are entitled to such as:

- Benefit Claims & Appeals, Pension, Education, GI Bill or other grants, Homeless issues, Suicidal Guidance, Death Benefits, VA Home Loans "still in legal at the present time" Employment Issues, and Cemeteries for Veterans

SHEET PAN FAJITAS

Yields 5-6
15 min Prep Time
10 min Cook Time
25 min Total Time

Ingredients

- 1 pounds boneless, skinless chicken breasts, cut into strips
- ½ red bell peppers, sliced
- ½ yellow bell pepper, sliced
- 1 medium yellow onion, sliced
- 1 (1-ounce) packet fajita seasoning
- 2 tablespoons vegetable oil
- 1 (10-count) package flour tortillas (6-inch diameter)
- Toppings: sour cream, guacamole, cilantro, lime wedges, etc.

Instructions

1. Preheat your oven to 425° Fahrenheit. Place the chicken, bell peppers, and onions on a rimmed half-sheet pans.
2. In a small bowl, whisk together the fajita seasoning and vegetable oil. Drizzle the mixture over the sheet pan. Toss the chicken and vegetables until well coated in seasoning.
3. Place sheet pan in the preheated oven. Roast for 30 minutes or until chicken cooked through.
4. Turn on the oven's broiler. Broil the fajitas, checking and stirring every 60-90 seconds, until charred to your liking (about 3-5 minutes total).
5. Serve with flour tortillas and choice of toppings.

Notes

Wrap the tortillas in foil and place in the warm oven after the fajitas are done broiling. After about 5 minutes, they should be warm and ready to eat!

what they have been able to accomplish.

But Standing Rock could not have come this far alone. Hundreds of tribes came together in a display of tribal unity not seen in hundreds of years. And many thousands of indigenous people from around the world have prayed with us and made us stronger. I am grateful to each of you. And, as we turn a page with yesterday's decision, I look forward to working with many of you as you return to your home communities to protect your lands and waters, and the sovereignty of your tribes.

My thanks to all of our allies, here and around the world, each of whom contributed to this effort. I want to give a special mention to the veterans who have come to Standing Rock in recent days. I am sure that the strength of your

message in support of Standing Rock, and the rights of the Water Protectors, had a powerful impact as the Army made its decision. I appreciate all you have done.

While today is a great day, there is still much that needs to be done to protect Tribal rights and ensure justice for indigenous people everywhere. Using peace and prayer as our guideposts, and with the teachings of our elders and with inspiration from our youth, I believe there is much we can accomplish for the future".

While the water protectors celebrate a victory now, many say they will not leave until the pipeline is fully stopped from going through the area. A transition spokesman said President-elect Donald Trump will review the Dakota Access Pipeline when he takes office.

Isham continued from pg One:
Ojibwa were just misinterpretations of their original name, Anishinaabeg and said it means from the land where people first came.

He said Chippewa and Ojibwa got kind of stuck in the English language to describe his people, but the proper way to describe where he comes from is Anishinaabeg. "I always talk about this so that people understand how different alterations in our culture have kind of taken place from the time when settlers first came here all the way up to this point," Isham said.

Isham talked about consequences due to those alterations explaining that there are literally thousands of different examples of like them in the news, we see it in different symbols, ideologies like seven generations brand which talks about preserving the future for the next seven generations. "Where do you think they got that idea," he asked.

He said there are examples all over the place and if one looks it can be seen how pieces of our culture were taken and misappropriated. Isham said cultural appropriation or misappropriation is when one culture takes a piece or pieces of another culture and uses it slightly differently than the original culture. "it's a way of explaining the unintended consequences that happen to either culture when this occurs," Isham said.

According to Isham, it's like the use of tribal symbols, or the foods that changed for Native Americans, and he said the same thing happened with Tobacco. "It was taken and modified until it has become what it is today," he said.

Isham used the example of an Indian Taco. He said he loves talking about the Indian taco because when he went to school at UW Green Bay and the intertribal council student group decided to do a fund raiser and sell Indian tacos he wanted them to make a poster and call it North American Assimilation Bread. He said they made the poster and it provided information about the consequences that took place that modified the food system for Native Americans and what happened with the health implications that this change made for native people.

Isham said for the longest time he was really upset about that system change, he said his perspective on that food change got him upset because it harmed a lot of natives. "We have the highest rate of diabetes," he explained.

But he said a professor said it's important to see the resiliency within that food and explained the native people were put out into a barren land and given, basically nothing. They were given flour, oil, and sugar and didn't know any of these products or what to do with them but created something that they could survive off of so there's a story of resiliency. "With everything there's a story of resiliency even with tobacco. How we use it in ceremonies how we continue to use it traditionally," he explained.

He spoke about early tobacco use, how settlers first saw tobacco and how it was first modified. He talked about how when Europeans first saw tobacco and how it was used. "At first it was taboo but then some people saw a medicinal use for it and it was brought to Europe to treat cancer. He said they started to grow it in royal gardens and it became something only royalty could have. It also was hybridized so that the nicotine was stronger and the new plants were now genetically different than the ones that were originally used.

Another thing Isham mentioned is that when Europeans came to Wisconsin and they pushed the natives out of their territories and pushed them away from original tobacco beds and access to seeds and natural growing areas.

He talked about boarding schools that took children and men away from their families to help erase their memories of traditional ways. "This included tobacco use as a sacred ceremony that people used to grow tobacco and use it," Isham said.

He said in boarding schools, they were taught not to use tobacco for prayer and how to pray in another way. "How to offer for the creator in different ways so they could be detached from that traditional tobacco use," Isham stated.

Tobacco companies are very strategic and us still being separated from the traditional tobacco. Some of the bigger pow wows have tobacco companies funding them.

Tobacco companies fund rodeos, they cooperate with casinos making sure casinos allow smoking and making sure we continue to smoke by making tax rates stay the same so people continue to come to casinos to buy cigarettes I mean millions of dollars

The ribs, pulled pork, beans, and slaw meal and fellowship following the presentation was a welcome repose.



This Holiday Season, Eat Mindful, Not Mindless

From the American Heart Association

It's the holidays and for most Americans, that means eating – lots of eating – followed by weight gain and a New Year's resolution to lose weight.

But why not take a healthier approach to what we eat during this holiday season and beyond?

According to a recent website survey, about 18 percent of people say it's hard for them to eat healthy because they don't want to stop eating their favorite foods. The good news is you don't have to. You can still enjoy your favorite occasional indulgences, but in moderation. It's all about being mindful of what you eat.

Mindless Eating

Mindless eating is consuming food just because it's there. It's eating while distracted – watching TV, working at a computer or texting on our smartphones. It's eating for emotional comfort instead of for hunger. Simply put, it's not paying attention to what we eat which can lead to being overweight and even obesity.

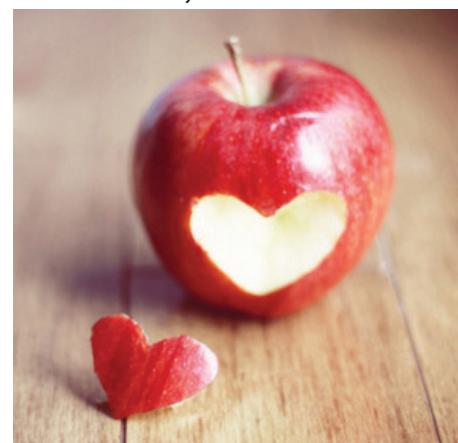
"Mindless eating has always been an issue," said Riska Platt, M.S., a registered dietitian and certified nutritionist for the Cardiac Rehabilitation Center at Mt. Sinai Medical Center in New York. "The key to mindful eating is awareness. Just by paying more attention to what you eat, you're more likely to make beneficial changes."

Awareness

When you pay attention to what you're eating, you can make small changes that make a big difference. Here are some tips toward a more mindful approach:

Control portions. Especially during the holidays, know that you'll have more opportunities to eat festive snacks and desserts. You don't have to deprive yourself, just eat smaller portions and less often.

Eat when you're hungry. Just because the clock says noon doesn't mean you have to eat. If you're not hungry, wait until you are – just don't wait until you're famished because you might overeat. Also, don't eat just because the food is available. Learn more about why you might



be eating when not hungry.

Plan. Prepare healthy snacks throughout the day. If you tend to get hungry between meals, bring along a 200-calorie, whole grain, high-fiber snack. Fiber keeps you feeling full longer. Learn how a little planning helps your heart, and your budget.

Slow down. Enjoy each bite and put your fork down while chewing, then take a drink between each bite. This gives your body enough time to trigger your brain that you are satisfied (not necessarily full).

Pay attention. Do not eat in front of the TV or computer, or while standing in the kitchen or talking on the phone. When you do these things, you're more likely to lose track of how much you've eaten.

Use technology. As we continue to become increasingly distracted by modern technology, our focus on health can fall to the back burner. But it doesn't have to be that way. "We can actually use our smartphones and other electronic devices to help us," said Platt, a volunteer with the American Heart Association. "There are now apps that manage food records, count calories, help you track what you eat and even provide guidance on healthy food choices at the grocery store and restaurants."

Keep a food diary. Write down everything you eat, look at it, then identify why you ate it – was it hunger, stress, boredom? Then look for areas you can make adjustments and incorporate healthy changes. "Keeping a food diary is really key to awareness," Platt said. "Most people are surprised at all they've consumed when they review what they've eaten."

Ready to get started? Download this food diary. Eating healthier is easier than you think!

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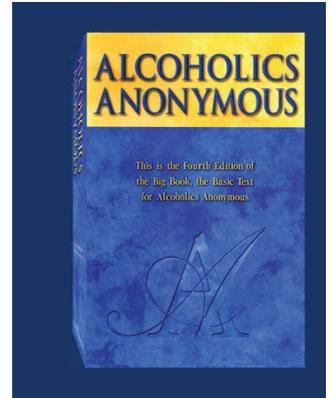
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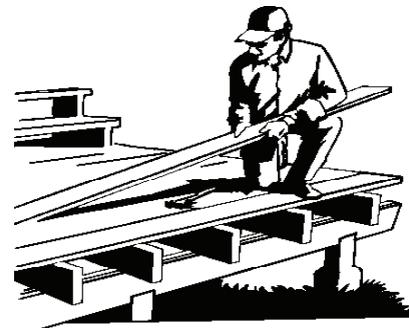
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