



POTAWATOMI TRAVELING TIMES

VOLUME 19, ISSUE 19

SIS BAG KTO KE GISES

SUGAR MAKING MONTH

APRIL 1, 2014

19th Annual FCP Winter's End Pow-Wow

In this Issue:



More Winter's End Pow-Wow Photos
pg. 12



by Val Niehaus

The 19th Annual FCP Winter's End Pow-Wow was held March 15-16, 2014, at Crandon High School gymnasium.

Artley Skenandore was emcee; Jeff Keeble was arena director; head male dancer was Travis Thelen and head female dancer was Candace Skenandore.

Host drum was Bear Creek with co-host drum Torpee Creek Singers. Other drums in attendance were Young Fire Keepers, Wolf River, Crazy Boys, Wind Eagle, Ho-wah, Savage Creek, HoChunk Station, Tomahawk Circle, and Young Chiefs.

Special dancers were: Women's Jingle Special - (first place) Dionne Jacobs, (second place) Michelle Reed, and (third place) Roseanne Sanapaw. Men's Grass Special winners were (first place) Darrell Delebreau, (second place) Jerome Sanapaw, (third place) Steve King. Potato Dance Special winners were Megan Tucker and Jessica Webster.

New to the pow-wow this year was the Canary Singers contest. This was strictly for women singers without the help of a drum. There were a total of five women who entered, and the winning singers were (first place) Jessica Webster and (second place) Aimee Marté.

The biggest announcement of the weekend was who won the new royalty spot for the year of 2014. The winners were: Symone Pemma, Junior Princess; Bondesē Frank, Brave; and Joyce Einertson, Senior Princess. Many congratulations to this year's royalty! See more about the royalty in the next issue of *PTT*.

This year's Winter's End Pow-Wow was a great success. Many people had a great time with friends and family, were



FCP Winter's End Royalty (l-r): Junior Princess, Symone Pemma; Brave, Bondesē Frank; Senior Princess Joyce Einertson

able to see a variety of skilled dancers and listen to some outstanding drumming and singing as well. Many thanks to

Crandon School District, FCP Rec Center staff and family members, the pow-wow committee and all who attended!



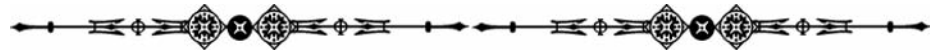
Billy Daniels Jr. enters the gym during Grand Entry.

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- Personalspg. 11
- Pow-wowspg. 11

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Military Veterans

Veterans Post 1 - We consider it an honor and privilege to be of service to our Potawatomi community. Membership is open to all veterans and spouses of Potawatomi tribal members. Meetings take place on the first Monday of each month at 5 p.m. at the old FCP tribal hall located at 8000 Potawatomi Trail, Crandon. Please join us!



Due to the remodeling being done at the Assisted Care Facility, congregate meals will not be served until further notice. Home-delivered meals will be delivered as usual. Call Penny Christianson, Elders Services Coordinator, at (715) 478-4892 with any questions you may have. Many apologies for the inconvenience!

Happy April Birthday to These Elders

04-04 Jeanette Towns	04-17 Clarence Daniels
04-05 Oopie Elayne Shepard	04-18 Stanley Frank
04-09 John Mann	04-19 Ora Monegar
04-13 Eugene Shawano Sr.	04-20 Carole White
04-14 Karen Ritchie	04-20 Paul Kezick
04-15 Joan Stefonek	04-20 Patricia Shopodock
04-16 J.R. Holmes	04-20 Jo Anne Jackson
04-17 Judith Kasperek	



“DA WE WGE MEK” (GIFT SHOP)

Your Destination for Authentic Native American Gifts



Coming this Summer

- New stock of Pendleton merchandise including: Baseball caps, Zip-up Hoodies, Men's Vests, Backpacks and Totes. (Limited quantities, colors and sizes.)

NOW AVAILABLE

- New Fleece Blankets!
Available sizes: King, Full and Baby (Various colors)



FOREST COUNTY POTAWATOMI
CULTURAL CENTER,
LIBRARY & MUSEUM

8130 Mish ko swen Dr.
Crandon

(715) 478-7470

Open Mon. thru Thurs. 7 a.m. to 5 p.m.
CLOSED Fridays.

CLOSED from 12 p.m. to 12:30 p.m. for lunch.
CLOSED on federal holidays.

NEW DVDs DOCUMENTARY

- Gathering of Nations 30th Anniversary

MOVIE

- Tiger Eyes
- Lost in the Barrrens
- The Lesser Blessed

NEW CDs

POWWOW

- Cree Confederation: Picicwin
- 49er's Love Songs
- Wayne Silas Jr.: Infinite Passion
- Bear Creek: Kaagige "Forever"
- Young Spirit: Akameyimoh Baby Boy

TRADITIONAL

- Primeaux & Mike: As It Was In the Beginning & Ever Shall Be
- Guy & Allen: Peyote Canyon
- Machiskinic & Crowe: Life of Happiness

FLUTE

- Darren Thompson:
The Song of the Flower

Attention Tribal Member Homeowners

If you received a loan from the Tribal Housing Department to purchase your home, this is a reminder that when you receive your homeowners insurance bill and/or real estate tax statement to please forward them to the Tribal Housing Department to be paid from your escrow account. If you do not escrow for taxes and insurance, please remember to forward a copy of the paid receipt for your real estate taxes and/or homeowners insurance to ensure you are complying with the loan requirements. Please forward the bills and/or receipts to: FCP Housing, 5460 Kak Yot Lane, Crandon, WI 54520.

Whereabouts Unknown List

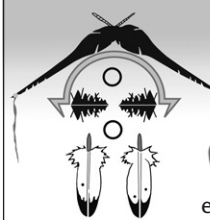
submitted by Dennie Shepard

The people listed below are on a list of "Whereabouts Unknown" found at www.indiantrust.com. If you have information related to someone on this list, please contact Indian Trust Whereabouts Unknown Hotline, (866) 591-2958 or info@indiantrust.com. Call toll free 1 (800) 961-6109 with questions.

Agnes Jim Menomin
Buz Daniels
Carlton R. Stealer
Catherine R. Stealer
Cheryl A. Edwards
Dave Williams Sr.
Delores Y. Kinale
Elizabeth Daniels Eells
Elizabeth Spotted Elk
Eric J. Schmalfus
George Winnishiek
Harvey J. Frank
Immanuel J. Johnson
James L. Labarge
Janelle Shepard
Jeffery W. Johnson

Jeffrey S. Mentz
Josephine J. Williams
Justin Hawpetoss
Lisa Gomez
Lois P. Crowe
Marion E. Spaude
Mark E. Johnson
Mary L. Barber
Melanie L. Chorak
Miya M. Alloway
Morningstar Phillips
Pauline N. Johnson
Ranee White
Renee (Alloway) Houle
Ronald Barney
Samuel P. Hawpetoss Jr.
Shawn D. Leclair
Shebigishgoke Pammoskah
Stanley L. Frank
Veronica L. Frank
Virginia Menoin
Williamette Brickzin
Zedekiah Zarad Smith

Deadline for the April 15, 2014 issue is
Wednesday, April 2, 2014.



Potawatomi Traveling Times

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phone: (715) 478-7437 • fax: (715) 478-7438

email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

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**EPA Reviewing Clean Water Act Administration
Application from the Forest County Potawatomi Community**

The Forest County Potawatomi Community has applied to the U.S. Environmental Protection Agency for authorization to administer water quality standards under sections 303(c), 401 and 518(e) of the Clean Water Act. Approval would allow the tribe to adopt, review and revise water quality standards and to certify that discharges comply with the tribe's standards for surface water on reservation lands within Forest County.

EPA is reviewing the application and has asked the state for comments. Local governments and residents should submit comments on the tribe's assertion of authority to:

Cathy Stepp
Secretary
Wisconsin Department of Natural Resources
101 S. Webster St.
Madison, WI 53702

Comments should be postmarked by April 18. Copies of the application are available at three locations in Crandon:

Lisa Kalata
Forest County Clerk
200 E Madison Ave.

Forest County Potawatomi
Community Tribal Court
5416 Everybody's Road

Forest County Potawatomi Community
Natural Resources Department
5320 Wensaut Lane

Documents are also available at EPA's regional office at 77 W. Jackson Blvd. in Chicago. To visit the Chicago office, contact David Horak at (312) 353-4306 for an appointment, or visit www.epa.gov/region5/water/wqs5/wqstribes.html.

Six Great Reasons to Start Exercising Today!

submitted by Kristin Kuber, FCP Health & Wellness Center Health Educator

You know that exercise is good for you, but do you know how good? Looking for a way to increase energy, lower stress, manage weight and live longer? If so, exercise is for you! Regular exercise benefits everyone, regardless of age, gender or fitness level. Below are six ways that exercise can improve your life!

1: Exercise controls weight. Exercise can help with weight management and prevent weight gain. Exercise burns calories - the more you do the more you burn. Exercise doesn't have to be done all at one time during the day; it can be broken down into 10 minute increments to make it more manageable. If you prefer unstructured workouts, find ways to get active throughout the day, such as increasing the intensity of household chores or yard work.

2: Exercise fights health conditions and diseases. Exercise increases high-density lipoprotein (HDL), or "good" cholesterol and decreases unhealthy triglycerides (bad fat in the blood), which lowers your risk of heart diseases. Regular physical activity can also help to prevent or manage health conditions like stroke, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

3: Exercise improves mood. Physical activity stimulates various

chemicals in the brain that can cause you to feel happier and more relaxed. When you're active you tend to feel better about your appearance, which increases confidence and self-esteem.

4: Exercise boosts energy. Regular physical activity can improve your muscle strength and endurance. Exercise delivers oxygen and nutrients to your tissues and improves heart and lung function providing you with more energy to go about your other daily activities.

5: Exercise promotes better sleep. Exercise can serve as an aide to sleep by helping you to fall asleep faster and deepening your sleep.

6: Exercise can be fun. Physical activity can be fun! It provides time to unwind, enjoy the outdoors and engage in activities that you enjoy. Physical activity also provides opportunities to spend time with family or friends in a fun social setting.

Regular physical activity benefits your physical and mental health and well-being. Exercise not only lowers your risk for certain health conditions, it also improves mood and self-esteem. Start getting active today. The sooner you start, the sooner you can start reaping the benefits!

Source: www.mayoclinic.com/health/exercise/HQ01676



FCP Health & Wellness Center is looking for that perfect slogan that captures what they do and how they do it to use in a future advertising and marketing campaign. That's where YOU come in! Tribal members, tribal employees, patients and the general public are invited to share their creative ideas in five words or less. Come up with a slogan they can use, and you could win a \$250 Visa gift card. But you have to hurry... deadline for entries is Friday, April 4, at 4 p.m. Judging will be done by a select panel that will not be aware of the creator's identity.

Entrants must follow these guidelines:

- Email entries to times@fcpotawatomi-nsn.gov. Call (715) 478-7437 with questions.
- Deadline for submissions is 4 p.m. on Friday, April 4.
- Submissions should be five words or less.
- Include your name, address, phone number and email address.
- Winner must sign a written release giving FCP Health & Wellness Center rights for use of slogan.

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
8201 Mish ko swen Drive, Crandon, WI
General Information (715) 478-4300 • www.FCPotawatomi.com

YOUR Massage Therapy



Meet our newest team member
ANNA LOPEZ, LMT
MASSAGE THERAPIST

Anna completed her training at the Institute of Massage Therapy in Hancock, Mich., and has been a practicing massage therapist since 2009. Anna provides a variety of massage therapy techniques including Swedish, or therapeutic massage, aroma touch therapy and essential oils. She strives to provide a caring and vibrant session, leaving her clients with a positive experience. Outside of her duties as a massage therapist, Anna's focus is on her family. We are pleased to have her as part of our team.



To schedule an appointment, please call
YOUR Rehabilitation Dept. at 715-478-4344.

SERVICES OFFERED

AODA (715) 478-4370	Dental (715) 478-4313	Optometry (715) 478-4345	Radiology (715) 478-4339
Behavioral Health (715) 478-4332	Lab (715) 478-4339	Pediatrics (715) 478-4339	Rehabilitation (715) 478-4344
Community Health (715) 478-4355	Medical (715) 478-4339	Pharmacy (715) 478-4347	Weekend Walk-In (715) 478-4300

Community "Pop & Read"

Wednesday, April 9, 2014 • Noon - 1 p.m.
FCP Cultural Center, Library & Museum

The FCP Cultural Center, Library & Museum is joining Gte Ga Nēs Preschool and FCP Recreation Center in hosting the 2nd annual Pop & Read event. Please join us at the library to enjoy popcorn and drinks while exploring the many new books we have! Bring your children or come and read to a child.

Sponsored by FCP Cultural Center, Library & Museum,
Gte Ga Nēs Preschool and FCP Recreation Center

What to do Before Severe Weather or a Tornado Approaches

submitted by FCP Emergency Management Department

To begin preparing, you should build an emergency kit and make a family communications plan.

Listen to NOAA Weather Radio, commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.

Be alert to changing weather conditions. Look for approaching storms.

Look for the following danger signs: Dark, often greenish sky, large hail, large, dark, low-lying cloud (particularly if rotating, loud roar, similar to a freight train.

And if you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Build a Kit

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week or longer. Your supplies kit should contain items to help you manage during these outages.

Emergency Supply List

- Prescription medications, glasses.
- Infant formula and diapers.
- Pet food, extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash/traveler's checks and change.
- Emergency reference material such as a first-aid book or information from www.ready.gov.

• Sleeping bag or warm blankets for each person. Consider additional bedding if you live in a cold-weather climate.

• Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes.

• Consider additional clothing if you live in a cold-weather climate.

• Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

• Fire extinguisher.

• Matches in a waterproof container.

• Feminine supplies and personal hygiene items.

• Mess kits, paper cups, plates and plastic utensils, paper towels.

• Paper and pencil.

• Books, games, puzzles or other activities for children.

Make a Plan

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations. Read more about Family Communication during

an emergency.

Ready.gov has made it simple for you to make a family emergency plan.

Download the Family Communication Plan for Parents and Kids (PDF) and fill out the sections before printing it or emailing it to your family and friends.

You should also inquire about emergency plans at places where your family spends time: work, daycare and school, faith organizations, sports events and commuting. If no plans exist, consider volunteering to help create one. Talk to community leaders, your colleagues, neighbors and members of faith or civic organizations about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. Read more about school and workplace plans.

Have a plan for traveling between work and home, and other commonly visited locations, in case of an emergency. Download the Commuter Emergency Plan (PDF).

For additional information, visit Ready.gov.

What Happens if My Kidneys Fail?

submitted by Anne Chrisman, RN, Community Health Diabetes Coordinator

In the last article of the "Diabetes Education Series", we learned about the effects diabetes can have on your kidneys. Diabetes is the number one cause of chronic kidney disease (CKD). In today's article, we will further explore the complication of CKD and what happens when our kidneys fail. People with kidney failure need either dialysis or a kidney transplant. Continue reading to learn what the treatment of dialysis is and what it involves.

One way to treat kidney failure is with dialysis. Dialysis, the more common form of kidney-replacement therapy, is a way of cleaning the blood with an artificial kidney. Two types of dialysis are available. You and your doctor will need to decide what type will work best for you.

1. Hemodialysis. In hemodialysis, an artificial kidney removes waste from the blood. A surgeon must first create an

"access", a place where blood can easily be taken from the body and sent to the artificial kidney for cleaning. The access, usually in the forearm, can be made from the patient's own blood vessels or from a piece of implanted tubing. The access is inside the body and cannot be seen from the outside. Usually, this surgery is done two to three months before dialysis starts so the body has time to heal. During hemodialysis, blood travels through the artificial kidney, where waste products are filtered out, and the clean blood returns to the body. Only about ½ cup of blood is out of your body at any one time.

Hemodialysis must be done two to three days per week and lasts three to five hours each time.

2. Peritoneal dialysis. In peritoneal dialysis, the lining inside your abdomen (the peritoneum) becomes the filter. A soft plastic tube is put into the abdomen by a

surgeon. When the body heals, cleansing fluid (dialysate) is put into the abdomen through this tube. Waste products in the bloodstream pass through the peritoneum into the dialysate. Then the dialysate, along with the waste products is drained off. The two main types of peritoneal dialysis are continuous ambulatory peritoneal dialysis (CAPD) and continuous cycling peritoneal dialysis (CCPD).

• People perform CAPD themselves by attaching a plastic bag filled with cleansing fluid to the tube in the abdomen and raising it to shoulder level. This causes the fluid to run into the abdomen. The bag is then unhooked or rolled up around the waist. In several hours, the fluid is drained out and thrown away. A fresh bag of fluid is then put into the abdomen to begin cleansing again. This is called an "exchange" and takes about 30-45 minutes. It is done four or five times a day. Between exchanges, the person can move around and perform daily activities.

• In CCPD, a machine puts the cleans-

ing fluid into the abdomen and drains it automatically. This is usually done at night during sleep.

CAPD and CCPD may be better treatments than hemodialysis for some people. With daily dialysis, the body does not build up too much fluid. This reduces the stress on the heart and blood vessels. A person is able to eat a more normal diet and have more time for work and travel. Peritoneal dialysis is not for everyone, however. A person must be able to see well and perform each step correctly to prevent infection in the abdomen. Anemia, bone disease, and poor nutrition can occur, just like in hemodialysis. Your doctor will help you decide whether hemodialysis or peritoneal dialysis is right for you. Diabetes control remains important no matter which type of dialysis is chosen.

Sources: American Diabetes Association; NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Julie Burt Earns Certification in Breast Sonography

submitted by FCP Health & Wellness Center Radiology Department

Julie Burt, RT. (R) (M) (BS) (ARRT) with the Forest County Potawatomi (FCP) Health Division radiology department was recently certified in Breast Sonography by the American Registry of Radiologic Technologists (ARRT). In earning this credential, she adds the initials "(BS) (ARRT)" after her name. The FCP Health & Wellness Center anticipates bringing breast ultrasound technology to the clinic by the end of March.

Burt was a graduate of St. Joseph's School of Radiologic Technology in Marshfield, Wis., in 1985. Since that time, she has developed experience in several additional imaging modalities to include mammography and general sonography. Burt has worked for the FCP Health

Division radiology department since April 2001 as a Radiologic Technologist/Mammographer/Sonographer, receiving her certification in mammography in 2002. She completed a rigorous two-year mentorship with Aspirus Wausau Hospital - Breast Imaging Center in November 2013 where she completed her clinical requirements. She is very active in several organizations to include the American Society of Radiologic Technologists, the Wisconsin Society of Radiologic Technologists where she held a four-year term on the executive board, and the Society of Diagnostic Medical Sonographers.

ARRT's credential assures patients that registered technologists who conduct

medical imaging, interventional procedures, and radiation therapy have completed the prescribed educational preparation, passed the appropriate exam, and pledged to abide by stringent ethics requirements — all of which assist them in delivering safe and effective patient care. ARRT ensures their continuing education and ongoing ethics compliance by requiring annual registration of certificates.

The American Registry of Radiologic Technologists (ARRT) promotes high standards of patient care by recognizing qualified individuals in medical imaging, interventional procedures, and radiation therapy. Headquartered in St. Paul, Minn., it tests, certifies, and annually registers more than 300,000 radiologic technologists across the United States.

Forest County Potawatomi Community Gte Ga Nēs Preschool

Gte Ga Nēs is currently recruiting children for the 2014-15 school year. Enrollment is open to children who are three years of age by Sept. 1, 2014.

For more information, please contact Leslie Howen at (715) 478-7359 or Kathy Berkes at (715) 478-7350.



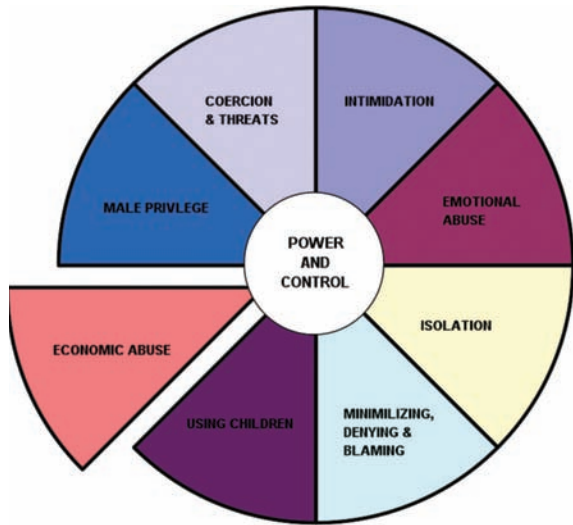
The Power and Control in an Abusive Relationship

submitted by FCPC DV/SA Department

Physical and sexual violence is a powerful controlling aspect of many lives. This is the sixth of eight articles brought to you by the FCPC DV/SA program breaking down the Power and Control Wheel (see inset).

The sixth spoke in the wheel is “using economic abuse”. This is where the victim is controlled by not allowing them to have or keep a job. The abuser requires the victim to rely solely upon him for money. Giving them an allowance and taking any extra money away from them. In addition, he may not allow the victim to have access to or know anything about the family finances. These behaviors are meant to instill fear into the victim.

If you recognize these behaviors in your relationship, you should be aware



that battering is one form of domestic or intimate partner violence. It is characterized by the pattern of actions that an individual uses to intentionally control or dominate his intimate partner. That is why

the words “power and control” are in the center of the wheel. A batterer systematically uses threats, intimidation and coercion to instill fear in his partner. These behaviors are the spokes of the wheel. Physical and sexual violence holds it all together—

this violence is the rim of the wheel.

The FCPC Domestic Violence / Sexual Assault department is here for you. We can offer you the resources needed to protect you and guide you in your journey through this tenuous time in your life. We can be reached at (715) 478-4991.

White Bison Presentation Held at Crandon High School

by Val Niehaus

On March 12, 2014, Brooks Boyd, FCP Native American Cultural Liaison, and Ira Frank, member of the FCP Health Advisory Board, were invited to Crandon High School to present a White Bison presentation to the Native American Studies class which is made up of juniors and seniors. Both Boyd and Frank are certified through the White Bison Movement to hold these presentations when asked. As seen in past PTT issues from Boyd, White Bison is a non-profit organization that is for Native Americans who are on the road to Wellbriety, and it teaches them how to heal from historical trauma.

The topic of discussion for the students was the issue of Native American

historical trauma stemming from the Boarding School Era. Many students did not know much about the history of the Boarding School Era. Through this presentation, they learned a great deal about what Native Americans have gone through in the past. They can now apply this information to the other lessons they learn in history class.

Boyd would like to thank the Crandon School for giving him and Frank the opportunity to teach the students about this subject. He states, “I feel like this type of knowledge is very empowering - especially being able to instill this into the young minds of these high school students.”



(l-r) Brooks Boyd, FCP Native American Cultural Liaison, and Ira Frank, member of the FCP Health Advisory Board

Best Practices

Beginning April 1, 2014

INSURANCE CARD

NAME: JOHN DOE
 ID: 0000001
 GROUP: ID
 DIV: GOV
 Claims Administrator
 PO Box 0001 • Wooville, OH 30256
 For claim and eligibility questions call: 100-000

FCPHWC is implementing the following Best Practices effective April 1, 2014:

Patients are required to pay their **co-payments** at the time of service for **every** appointment

Patients are required to bring their actual **insurance card/cards** to **every** appointment

Questions? Contact Barb Tallier at (715) 478-4312

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

Allowing the Receptionist/Registrar to review and make a copy of the patient's insurance card(s) at the time of service ensures the patient's claim is submitted to the correct insurance payer(s). Paying co-payments at the time of service reduces the cost of sending statements for payment of co-payment amounts patients already know they must remit based on their individual insurance plans. Patients may find their co-payment amount listed on their insurance card. If they do not have their insurance card, this is a great time to call their insurance carrier and request a card and bring it to each appointment.

AODA Open House

April 22, 2014 AODA Department
 10:30 a.m. - 5 p.m. 5519 Wejmogek Ct.

Community members are invited to attend AODA's open house to discuss community needs and future planning. Blessing and song takes place at 10:30 a.m. Meet AODA staff, have a snack and a chat. We want to hear from and help each and every family and individual, so please stop in! Bring your concerns and your ideas. There will be gift bags for the youth and a giveaway at the end of the day. If you need a ride or just have questions, please call (715) 478-4370.

AODA Staff:
 Director - Jeff Keeble
 Administrative Assistant - Anne Olson
 AODA Counselors - Brian Waugh, Debra Neddo, James Seymour
 Recovery Coaches - Peggy Victor, Brian Schingek, Richard Anaya Jr., Denise Smith-LaBine
 Maintenance - Jan Kadlec

We hope to see you there!

Community Honor Roll Students

submitted by Sarah Thomaschefskey, FCP Guidance Counselor

Crandon Middle/High School
Aaleyah Alloway, 6th grade; Grace Alloway, 6th grade; Isaiah Alloway, 6th grade; Isreal Alloway, 8th grade; Micasslyn Crawford, 7th grade; Maskwankot Daniels, 7th grade; Fred

Shawano, 6th grade; Breed Shepard Jr., 6th grade; Madison Soman, 6th grade; Albe Thunder, 6th grade; Sylindria Thunder, 7th grade; Dawson Van Zile, 6th grade; Amberlyn Jacobson, 11th grade; Mindy McPherson, 10th grade; Autry

Johnson, 9th grade; Anike Suliamon, 10th grade

Wabeno Middle/High School
Chance Mann, 7th grade; Todd Samplaski II, 7th grade; Jennifer Shopodock, 7th grade; Kyle Harris, 9th grade; Sage Milligan, 9th grade; Brandon Phalen, 9th grade; Monique Tuckwab, 10th grade; Presley Keeble, 10th grade;

Kordell Vanzile, 10th grade; Samantha Vogel, 10th grade; Joel Pemma, 11th grade; Delphine Frank, 12th grade; Alexis Harris, 12th grade; Miranda Vogel, 12th grade; Melissa Waube, 12th grade

Jacob Shapiro Elementary School - Oshkosh

Echo Prescott, 5th grade

What's Going On in Carter?

submitted by Frank Shepard, PCCH General Manager

We are in full swing of our hotel renovation! The west wing has been closed since Feb. 17 along with our pool, exercise room and party room. Sixty guest rooms have been out of commission and will be opened up the first part of April. The Springs Restaurant will also be going through a facelift during this time. We will, however, be serving limited menus for breakfasts and lunches in a room connected to The Springs.

'Tanks for Playing' – Carter Club members will have the chance to earn and redeem same-day base points for gas: \$20 gas for 1,000 same-day base points earned and redeemed, and \$50 gas for 2,000 same-day base points earned and redeemed.

'Crazy Cash' - Every Tuesday (except April 15), Carter Club members can enter into a drawing for \$100 cash every half hour! Each Carter Club member can receive one free entry into the drawings each day. Additional entries can be earned: 100 same-day base points for 10 entries, or redeem 200 points for 10 entries. Drawings held from 10 a.m. to 8 p.m. Limit of five wins per day.

Join us on Tuesday, April 15, for '1040EZ'. Carter Club members can earn 100 same-day base points or redeem 200 points for 10 entries into the 1040EZ drawings. Every hour from 11 a.m. to 6 p.m., one winner will be chosen to win \$1,040 in cash. Limit two wins per day. There will be light snacks available to our guests on the floor from 9 to 10 a.m., 2 to 3 p.m. and 7 and 8 p.m.

Every Wednesday is 'Wacky Wednesday' - Carter Club members will have the chance to win \$100 cash in our Wacky Wednesday hot seat drawings. Drawings will take place every 15 minutes from 5 to 10 p.m. To be eligible for hot seat drawings, Carter Club members must be actively playing with a minimum of 25 points on their card for the day of the promotion.

'New York Strip Thursdays' - Seniors can earn 100 same-day base points and get a \$5 off coupon for a New York strip dinner at The Flames Sports Bar & Grill or

The Springs Restaurant. If you would like your meal free, just earn 250 same-day base points. Those that are not seniors can earn 200 same-day base points and get a \$5 off coupon for the New York strip dinner at The Flames Sports Bar & Grill or The Springs Restaurant, or earn 450 same-day base points and get a free New York strip dinner.

'Livin' it up at 50' - Every Thursday, all club members over 50 years of age will receive a free entry into the drawing at the Carter Club booth. One winner will be drawn every hour from 11 a.m. to 7 p.m. for \$100 cash. For every 250 points earned, guests will receive 10 free entries. Guests are allowed to win twice each day.

On Saturday, April 26, we will be 'Gearing Up For Summer' - Carter Club members will have three different ways to earn entries to win one of two prizes: a 2014 Kawasaki Terxy LE or \$15,000 in cash! From 7 a.m. on April 1, to 10:50 p.m. on April 26, guests can earn 250 same-day base points for 10 entries, or may redeem 250 points for 10 entries. There will be two bins available; guests choose which bin to put their entries in. Leading up to the 11 p.m. drawing time, there will be 30 \$100 cash drawings for an additional \$3,000 in prizes. Drawings begin at 3:30 p.m.:

- Table Games players will earn 10 bonus entries for every consecutive hour of table games play.

- Bingo players will earn 10 bonus entries for every early bird package purchased.

- There will be entry multipliers on April 4, 11, 18 and 20. Wolf Card holders will get two times the entries, Bear Card holders will receive three times the entries, and Eagle Card holders will receive five times the entries.

- New members to the Carter Club will receive 10 entries into the drawing the day their account is opened.

'Slot Mania' in April - We are all set for an exciting month filled with some fun, fast-paced slot tournaments. Our new TournEvent series of machines brings a whole new experience to slot tournaments:

On Monday, April 7, 14 and 28, tournaments start at 2:45 p.m. Every Wednesday in April there will be two slot tournaments. We aren't done yet! On Saturday, April 5, 12 and 19, tournaments will also be held here. Stop in at the Carter Club or visit cartercasino.com for full details.

BINGO!

- Come on in and check out our 30 Class II Slot Machines... they are fun to play!

- Every Wednesday is 'Double Bubble' - First ball out determines 'doubler'; bingo on the doubler letter and pay-out doubles. Regular games only; entry pack \$15; additional packs \$5.

- Wednesday, April 30, is our '\$500 Cash Drawing'. One lucky winner will win \$500 cash! Earn entries for each admission pack purchased during the month. Limit one entry per person per day.

- Thursdays are 'Budget Bingo' - \$10 admission packs; \$5 additional packs. Regular games paying \$150; specials paying \$200.

- The fun continues! On the first and third Friday this month (Apr. 4, 18), we will be playing 'Finally \$500 Fridays'. Buy-in \$35: 25 games including five games paying \$250; 10 games paying \$500. Each guest will receive \$25 in Potawatomi Play (limit one \$25 Potawatomi Play per guest per session).

- 'Fun Day Friday' is on Friday, April 11. Early birds at 5:30 p.m.; regular games at 6 p.m. \$15 entry pack; \$5 additional packs. Four games will include a mystery prize along with the game payout:

- Game 11 pays \$150 plus a prize.
- Game 13 pays \$150 plus a prize.

- Game 18 pays \$150 plus a prize.
- Game 25 pays \$100 or \$200 plus a prize.

- Friday (April 25) is 'Monitor Bingo'. Early birds at 5:30 p.m.; regular games at 6 p.m. After a regular bingo is won, if your ball is on the monitor, you win \$50. Hot ball excluded from monitor win. Entry packs \$15; additional packs \$5.

- Looking for something fun to do on Friday nights? On Friday, April 25, come and play 'Cosmic Bingo'. We will be having a 'baseball' theme. Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. to midnight. \$12 packs include nine games paying \$100, one game paying a prize, and the last game paying \$1,000. Consolation prize \$250. Free beer and snacks offered.

- On Saturday, April 5, 12 and 19, join us for 'Table Buddies'. When a regular game is won, a guest sitting at the same table as the winner will receive a \$10 bingo return certificate. Limit six guests per table, including winner. \$15 packs, \$5 extra packs. Return certificates are valid at any session.

- Saturday, April 26, we will be having a 'Mini Bash'. This will be a longer session; \$20 admission, \$10 extra packs. Drawings for free play and return certificates. Mini buffet included with admission pack purchase.

- Sunday is 'Odd Ball Bingo' - On regular games, bingo on an odd number and receive extra \$50! Admission packs \$15; extra packs \$5.

- Happy Birthday to you! Play bingo during the month of your birthday and receive a \$10 return comp and a free dauber. One return comp per person.

Carter Packages

Package A - \$80 64 cards, two of all specials
Package B - \$120 90 cards, three of all specials
Package C - \$160 120 cards, four of all specials

* Carter Packages do not include 'Early Birds' or 'Pick 8'

Finally Friday Packages

Package 1 - \$110 18 cards, one of all specials
Package 2 - \$150 24 cards, two of all specials
Package 3 - \$185 30 cards, three of all specials

* Finally \$500 packages do not include 'Early Birds' or 'Pick 8'

PBC Name Change Coming

submitted by Ryan Amundson, PBC External Communications Manager

MILWAUKEE (March 19, 2014) – Potawatomi Bingo Casino will change the name and logo of its Menomonee Valley entertainment complex to Potawatomi Hotel & Casino. The change will take place this summer and recognizes the addition of lodging into its array of entertainment and hospitality offerings.

This marks the first time the property has changed its name in more than two decades. It began in 1991 as Potawatomi

Bingo and changed to Potawatomi Bingo Casino in 1993 when it expanded its gaming offerings.

The new logo was designed by the in-house creative team at the Casino.

"Changing the property's name to Potawatomi Hotel & Casino marks an exciting new chapter in the storied evolution of our business," said Mike Goodrich, general manager. "In 23 years, the Potawatomi name has become known for

premier entertainment here in Milwaukee. As an established brand, we felt it was important to retain a name that people know and recognize."

"The new name also makes it clear what we offer," Goodrich added. "This will be very important as we attract new visitors from outside the area."

Potawatomi Bingo Casino broke ground on its \$150 million, 381-room hotel on July 12, 2012. The 18-story hotel features floor-to-ceiling windows with stunning views of Milwaukee, a full-service casual restaurant, lobby bar, exercise area and more than 10,000 feet of additional meeting space. The hotel will offi-

cially open this fall.

In addition, a third parking structure with more than 1,300 parking stalls will be built east of the casino's existing parking structures.

"We are looking forward to opening our beautiful new hotel to our guests and providing them with a level of guest service that sets a new standard in Milwaukee," said Goodrich.

The Forest County Potawatomi, owners of Potawatomi Bingo Casino, are the "Keepers of the Fire". The flame in the casino's logo reflects the history of the tribe.

Internship Opportunity: “Sovereign Reflections”

submitted by FCP Gaming Commission

The key to the future of the Forest County Potawatomi (FCP) Community is, without doubt, its children. The youth will inherit the responsibilities that directly affect the tribe's ability to profit from its gaming, which is essential to the tribe's ongoing self-sufficiency. A gaming enterprise (e.g. casino) would face very serious problems without effective regulation. It is important that all tribal members, including the youth, understand the significance of regulation in protecting tribal assets and reputation.

The FCP Gaming Commission is committed to providing effective regulation to the casinos owned and operated by the tribe. Because the Gaming Comm-

ission recognizes the significant role that its youth has to the future of the tribe, the Gaming Commission is excited to continue its successful “Sovereign Reflections” internship program.

Sovereign Reflections offers learning opportunities to enrolled members of the tribe. The internship program is designed to reflect the importance of self-regulating the tribe's gaming enterprises in order to preserve sovereignty. With the underlying goal of developing the “ownership” role further, an intern will gain valuable professional experience and foster leadership skills through the program.

The internship is not easy, but it is fun and rewarding. An intern will experience

the day-to-day operations of the Gaming Commission. The program, which will last about eight weeks, will provide exceptional insight into the vital role of gaming regulators. An intern will meet the Gaming Commissioners and see firsthand surveillance, investigations, auditing and compliance. The intern will be evaluated on his/her experience and will be able to use the experience as a résumé-builder.

To date, four graduates have been hired full-time by the Gaming Commission, serving the tribe in integral positions such as Director of Internal Audit, Compliance Officer and Surveillance Operator. Two graduates, Chad Frank and Kristie DeHoyos, now

serve as appointed Gaming Commission officers.

An applicant for the internship program must be an enrolled member of the FCP Community, at least age 18 and have successfully attained, or be actively pursuing, a high school diploma or its equivalent (e.g. GED). He or she must have valid identification.

The next intern start date will be July 7, 2014, and ends on or about August 29, 2014. Applications are due no later than May 16, 2014.

To find out more about the program, to request an application or for more information, please contact Jason Corbin at (414) 847-7679 or jcorbin@paysbig.com.

The Cybersecurity Challenge for Indian Gaming

by John Pelley, President Redhawk Network Security, LLC (as published in the March 2014 issue of Indian Gaming)

Indian gaming has rapidly evolving digital gaming and business systems. The growth of these systems has created a high volume of sensitive payment and player data, making Indian gaming an attractive target for cyber criminals. In addition to growing external threats, turnover in casino personnel creates the potential for insider data theft. Restaurants, lodging and other tribal businesses accepting credit cards require compliance with the Payment Card Industry (PCI). Many casinos have good administrative, physical and technical controls in place to protect themselves, but may lack the testing and reporting needed to ensure controls are actually working. The modern gaming systems environment requires a proactive tribal security program that includes regular testing by the Tribal Gaming Authority (TGA) and third party specialists.

High profile security breaches and escalating cybersecurity threats clearly demonstrate why cybersecurity concerns have influenced the gaming industry and regulatory compliance oversight. Cyber criminals collaborate on malicious software for gaming, payment and currency conversion and money laundering. The gaming industry has mandatory internal control standards, regardless if it's governed by the National Indian Gaming Commission (NIGC) Minimum Internal Control Standards (MICS), or by the Indian Gaming Regulatory Act (IGRA). In addition, there are even tighter compliance requirements for the PCI. All of the complexities of this information security environment have created the need for increased security testing and reporting.

Testing and Controls

Casinos need to constantly improve their security posture to achieve peace of mind and to maintain industry and regulatory compliance. A strong security posture will also reinforce the goal to self-regulate the gaming industry, as much as possible. The key to independence from regulatory agencies is a solid information security program with testing to document strong security.

Testing is one of the keys to improving a casino's security posture and will support internal staff in maintaining the tribal security program. The role of the TGA is supported in many casinos by a TGA Information Technology (IT) Systems Agent that provides oversight of the security program for the TGA. Testing

will support the role of the TGA IT Systems Agent in assuring IT gaming compliance.

Testing also provides the ongoing compliance documentation needed for regulatory authorities.

Many tribes outsource IT functions including server, network and IT security support. Testing provides assurance that outsourced vendors are delivering services to meet contracted service level agreements and also meeting expectations for security configurations.

Ethical hackers and expert IT auditors perform third party independent security testing and create the documentation to assure the tribal facility and network meet or exceed regulations. The Tribal Gaming Authority should consider the following actions and controls to support the tribal information security program:

- PCI Data Security Standard Testing – PCI requires third party testing in support of self-assessment activities. Key testing includes:
 - External penetration testing and scanning
 - Web application penetration testing
 - Wireless security assessments
- NIGC MICS/Tribal MICS IT Risk Assessments and Audits – Testing in support of the Minimum Internal Control Standards includes:

Risk Assessment: The risk assessment process focuses on important assets and identifies gaps in controls compared to gaming industry and best practice guidelines. A risk assessment analyzes threats, vulnerabilities, likelihood, business impact, residual risk and sufficiency of controls to mitigate risks.

IT Security Audit: The IT security audit involves analysis of procedure documentation, technical controls, personnel interviews, physical security reviews and any other elements that affect the effectiveness of an information security program. The audit validates that existing controls adhere to the organization's risk assessment, best practice standards and any applicable regulatory compliance requirements.

In addition to testing, two key fundamental controls will help to protect tribal sensitive information by limiting exposure to unauthorized access:

- Segmented Networks - Reduce the exposure of sensitive data with segmentation. Segmentation will also improve per-

formance because traffic in each segment is localized.

- Encrypted Data - Protect data at the folder level on servers and on backups of critical data. Encryption will protect the backups from unauthorized access, use and ensure data privacy. Data encryption can be applied for both data-in-transit and data-at-rest.

Information security is an important safeguard that will protect the tribal organization's bottom line from expanding threats in cybersecurity. Developing a strong security program will help tribal organizations achieve peace of mind and independency.

Being proactive rather than reactive will best prepare the tribal organization for expanding threats, increasing NIGC MICS IT requirements and more complex gaming systems. The best offense for today's cybersecurity threats is a solid information security program supported by regular testing to validate security controls are working.

John Pelley is President of Redhawk Network Security, LLC, a 100 percent tribal owned business. He can be reached by calling (541) 382-4360 ext. 102 or email at john@redhawksecurity.com.

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FCPC's Biogas Facility Brings Renewable Energy to Region

by Charles Opferman

The Forest County Potawatomi Community (FCPC) committed themselves towards achieving energy sovereignty when they built a two megawatt renewable energy plant powered with biogas created by anaerobic digestion. The digesters operate on liquid (pumpable) food waste. This feedstock comes from Potawatomi Bingo Casino as well as byproducts of local and regional food processing resources.

Potawatomi elders, culture, and traditions confirm a duty to protect and enhance environmental resources, both on and near the reservation and throughout the world. Development of this plant was mission driven, not as a response to regulatory or economic issues, and benefits both the tribe and regional community. It is also a significant step in FCPC's reduction of its carbon footprint. This project offsets a portion of the electricity that the FCPC utilizes and does so with non-polluting renewable resources.

Much of the feedstock processed by the plant was slated for land application, which has the potential for runoff issues and microbial degradation which releases significant amounts of methane gas. Methane has twenty times the impact as a greenhouse gas compared to carbon dioxide. This plant abates that methane release and offsets the need for coal fired electricity generation. Methymercury pollution from coal fired electricity production and climate change from greenhouse gasses affect the Potawatomi directly, as well as the world at large. The Wisconsin community benefits by having material diverted from landfill and recovered into energy. Food processors and their contractors benefit from a competitive disposal option, reducing trucking and other costs.

In 2010, FCPC obtained \$2.6M of competitive funding through the U.S. Department of Energy's (DOE) Community Renewable Energy Deployment program, which underwrote the initial development of this project.

Challenges for the project included permitting, siting, timing, funding, and ownership entity selection.

Permitting proved to be one of the largest challenges to starting the project. FCPC attempted to get ahead of the process with an application for a construction air permit prior to hiring the design/build team. Subsequent layout revisions rendered the initial application sufficiently inaccurate and the entire process, including public comment period, had to be repeated.

The project is located west of the Potawatomi Bingo Casino between an employee parking lot and a storm water retention basin. The project was built on 90 feet of fill in a former tamarack swamp. Located within the Menomonee River Valley, the water table is five feet below grade at river/Lake Michigan level. Surrounded by active rail yards and an employee parking lot, access and execution required close coordination.

Work on site started in October 2012. The \$20 million project consists of a 15,236 sq. ft. building housing two enclosed unloading bays, an on-site lab and office, process equipment rooms, and two 1.0 megawatt engine generators. The plant has a biological odor control system to capture and abate any malodorous fumes released within the plant or process equipment. The project has five feedstock tanks to sort supply, an equalization tank to mix and hold supply, two 1.3 million gallon anaerobic digesters, and a membrane filtration system to keep active "bugs" and undigested feedstock within the digesters. The plant is designed to process 132,000 gallons of liquid a day, or about 20 tankers.

Biogas is piped from the digesters through gas treatment that filters, cleans and compresses the gas for the engine generators. The two megawatts they generate is enough electricity to power about 1,600 average homes. Heat for process and plant use is recovered from the engine cooling systems and exhaust. The digester tanks are maintained at

98°F to sustain the microbial colonies at optimum temperature. Excess heat from the plant will be piped under a separate project to Potawatomi Bingo Casino to offset domestic water heating requirements. The plant delivered electricity to the grid in October of 2013.

Anaerobic digestion is the same process that takes place in the human gut. This plant completes the digestion process with the breakdown of carbohydrates (sugars/starches), proteins (meat and complex dairy and vegetable) and lipids (fats) into a methane and carbon dioxide mixture (biogas). Solids are extracted from the membrane and reduced to cake consistency in a centrifuge. FCPC is still looking to market the solids to a local soil amendment business.

Additional funding for the project came from a Focus on Energy Incentive. Focus on Energy is Wisconsin utilities' statewide energy efficiency and renewable resource program. In addition, FCPC is in the final stages of securing a Section 1603 Grant under the American Recovery and Reinvestment Act (ARRA). Section 1603 of ARRA promoted the development of renewable energy resources. A taxable ownership entity, FCPC Renewable Generation, LLC, was established to obtain a grant under this program in lieu of having to monetize tax credits. This allowed FCPC to benefit from this program without having to surrender ownership control to an outside developer or losing significant value of the tax incentives in trans-

actional costs in sale of the tax credits. Initial application and purchase of the engine generators took place prior to the end of 2011 to safe harbor for Section 1603.

Revenue for the plant comes from electricity sales and from tipping fees. The local utility, WE Energies, uses this energy to help fulfill its renewable energy portfolio requirements under State of Wisconsin Public Service Commission tariffs. Tipping fees are paid by the material generators and/or their haulers for processing their material. The plant continues FCPC's diversification of its economic base and control of its economic destiny.

The design/builder was Miron Construction Co. Inc. of Neenah, Wis. Symbiont Science, Engineering and Construction, Inc. of West Allis, Wis., served as the engineer of record.

Biothane, LLC of Pennsauken, NJ, a Veolia Water Solutions company was the process engineer and technology provider. Greenfire Management Services, LLC, a business owned by FCPC, served as the Owner's representative. Natural Systems Utilities, LLC, is the operator.

Charles Opferman, AIA is owner's representative at Greenfire Management Services, LLC, a construction management, owner representation and property management firm wholly owned by the Forest County Potawatomi. He can be reached by calling (414) 290-9400 or email copferman@greenfirellc.net.

A Big Thank You!

submitted by Shanna Ahlfs, FCP Ordinance Department

The FCPC Ordinance Department would like to say THANK YOU to the tribal membership for your input on the Tribal Constitution!

Because of the great feedback, the survey has been extended to May 1, 2014. So, if you still have questions on the Tribal Constitution, the survey or the reform process, the Ordinance Department is here to help.

We will be holding informational meetings to help you with whatever you need. You may also stop by to turn in your survey or fill one out. Dates and times are listed below:

April 14, 2 p.m. • Carter - We Care Building

April 15, 2 p.m. • Stone Lake - FCP Executive Building Auditorium

April 22, 1 p.m. • Milwaukee - PBC Woodland Dreams Ballroom Salon D

April 29 • 2 p.m. • Weston - Weston Inn & Suites

What does reforming the Tribal Constitution mean for Forest County Potawatomi? That depends on the tribal membership, but some of the possibilities include:

- Establishment of districts with an elected representative from each area.
- Creation of the three branches of government (separation of power).

The Ordinance Department will be available to take your comments and suggestions for the reformed Tribal Constitution at each of the above locations. Please contact us with any of your questions or concerns. We may be reached by phone at (715) 478-7423, by email at shanna.ahlfs@fcpotawatomi-nsn.gov or in person at 7870 Love Knot Lane, Crandon (Stone Lake), Wis.

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prizes raffles

Earth Day 2014

Tuesday, April 22

9:00-3:00 p.m. | 4:30-6:30 p.m.
Health & Wellness lobby | Carter casino lobby

FOREST COUNTY POTAWATOMI NATURAL RESOURCES

The Fallen Document

(Part one of three)

A fictional story written and submitted by CRT & SJD

"We hold these truths to be self-evident: that all men are created equal, that they are endowed by their Creator with certain inalienable rights, among these are life, liberty, and the pursuit of happiness."

-Thomas Jefferson, Third United States President

As snow blows through the northern Wisconsin pine trees on an early morning, Alex awakes from sleep. Turning on the television, Alex prepares for the afternoon by sitting to watch the news. Just as he begins to listen and pay attention, the show gets canceled following a loud, ringing alert. An emergency message from a White House correspondent begins at the bottom of the screen of every television in the United States of America.

"Good morning America, on this Saturday, December 13, 2014. Due to rising riots in multiple major U.S. cities, like the Ukraine and Venezuela, now the United States is starting to see the chaos in its own backyard. President Barack Obama has enacted the March 16, 2012, Executive Order 13603 - The National Defense Resources Preparedness Order - due to the rising chaos inside of the country domestically. A few weeks ago, SNAP, or the Supplemental Nutrition Assistance Program, made their final cut on benefits for low-income families in the program, falling to a detrimental low. The inflation of the dollar hit within hours of other countries pulling out of the dollar; stocks began to rise and fall making it impossible for people to buy things essential. Within just 24 hours, rioters and looters began taking to the streets. We advise you stay in your home and protect your belongings until help arrives.

"Executive Order 13603 is the law ordering every American to hand in their hoards of food, water, metal, transportation, livestock resources, plant health resources, respect to all forms of energy, health and human services, materials, and facilities including construction materials in order to control national emergencies. At your local United States Post Office, all men over the age of 18 through 49 MUST report with your Selective Service cards. Any whom refuse to do so results in arrest or imprisonment under federal law. Materials acquired under section 303 of the Act, 50 U.S.C. App. 2093, that exceed the needs of the programs under the Act may be transferred to the National Defense Stockpile, if, in the judgment of the Secretary of Defense as the National Defense Stockpile Manager, such transfers are in the public's interest.

"By December 16, 2014, Executive Order 11921 allows the Federal Emergency Preparedness Agency to develop plans to establish control over the mechanisms of production and distribution of energy sources, wages, salaries, credit and the flow of money in U.S. financial institution in any undefined national emergency. When a state of emergency is declared by the President,

the country is divided into 16 districts and the Constitution is suspended. Congress cannot review the action for six months. Curfew time limits will be issued for the public; citizens must obey the new time limit law or fines up to \$500 or imprisonment under federal law.

"Thank you for your participation. Your United States government thanks you and welcomes you to your new government," ends the message at the bottom of the screen.

As Alex looks at the house clock, the time states 10:22 a.m. The noon bell was going off, but at a constant ringing as if towns were alerting the public. Grabbing his keys, Alex runs to his truck and starts to town through the snow and cold wind of the December morning day. As he gets over the hill, Alex begins to see large numbers of military trucks and tanks. The town's local food stores were closed, prohibited to sell or even open to the public. Food stores were beginning to go crazy from all the scared, looting citizens. Shelves became empty - medication off the shelves, food missing. The state of emergency has been detrimental to everybody in the country. All food distributed to the public now must come from the local government food distribution centers for every local town and city in every district.

As Alex comes to a stop, flares on the road light the sparkling white snow a crimson red. At an enclosed gate covered with barbed wire fencing, a military personnel walks to the window and quickly explains the procedure to him.

"Excuse me, sir, can I see your license? For every 35 miles in District 4, all citizens driving a vehicle must show valid identification."

As Alex reaches for his wallet, he notices Black Hawk choppers ranging in the teens flying above the trees. "Can I ask what is going on?" replied Alex out of curiosity.

"The Commander in Chief issued a state of emergency for the United States, suspending the Constitution and placing all the fifty two states into districts allowing Martial Law to reeducate the citizens. Any other questions? Where are you headed?" followed the Lieutenant.

"I'm only headed to find some food and look for my elderly mother," answered Alex.

"Well, sir, you better get to going where you need to go. As for food, all people in charge of their household must go to their local food distribution center in their district at noon, Mondays and Thursdays during the weekdays. Have you registered at the post office? I hear in a couple more weeks all men in the United States are being drafted for training."

"Yes, sir," quickly stated Alex.

"Well, be on your way," lastly said the man.

As he drives on down the road, Alex turns towards his mother's house. He notices militarized police tanks in the yards of other homeowners asking for something Alex quite didn't understand.

Having all wheel drive, he moves through thick, fresh, fluffy snow making his own trail into his mother's yard. Tank tracks fill the yard with large indents, leaving notice of their presence. Alex realizes his own family must have been visited by the militarized men in green suits.

"Oh, thank God you made it here, Alex," said his mother with a frantic stare. "I'm very worried, Alex. In a few more days the Executive Order 11000 is allowing the government to mobilize American civilians into work brigades under government supervision. I got some sort of identification number handed to me. I didn't even see my friend Betty to ask her what is going on because they began loading people into trucks and taking them to our town's old train station. Where are they going? I don't even know," finished his mother.

"At our local Jeff Daze Super Market, shelves were empty with no food in sight. So much I began seeing teenagers fighting over water and bread. I got this large lump on the side of my head because a little girl pushed me over because she thought I was going to take her dog food," said his mother.

"Are you all right, mom? Are you sure you will be fine? Let me take a look at you," followed Alex.

"I'm fine," replied his mother.

"What I'm about to tell you, I don't want you to say anything to anyone - not even your own sister. This has to do with our lives and the safety for you and me because everybody has their own to worry about. Over the last couple of years I have been preparing for food shortages throughout the country. I began telling you and the rest of our family that something like this would happen in real life and we'll live to see it. People began to call me crazy, looking down at me, and thought I was a liar. Anybody with a brain and the time to sit and pay attention to what is going in real life. I noticed it's not all about cars, trucks and material things in life that completes it. It's all about family and the right to protect your own family. I began doing research about possible shortages and chaos in large countries. They tell you what they want because they don't want you to worry or what could happen. I buried and stored five years worth of dry frozen food, mom. All you will need is water and that'll save our lives," said Alex.

"I'm so sorry Alex. I never really wanted to believe in what you were saying to me; I had gotten the thought if something to that effect would be on a large scale like this one it would have had happened already. My reliance on the monthly checks and not preparing was ignorant, son, and I'm sorry for not listening you. So, what now, Alex? Wait for the military to round us up or are we waiting to have looters to come in our home and steal our food while hurting us?" frantically exclaimed his mother.

"No, we stay and fight back! I know there's a larger group who prepares for this sort of thing... the things you see on T.V. sometimes," finished Alex.

Alex went to his truck while letting his mother know he'd be right back to board up the inside of the house. The

propane needed to be checked and wood must be hauled for warmth. People had begun going feral as close to the wild monkeys in jungles.

Alex took to the city in his truck close to his mother's home noticing black clouds of fluffy smoke filling the thin layer of the sky above the city. Protesters filled the sides of the street while militarized police fought back, pushing the crowds in a large game of tug of war. Men who couldn't feed their families had metal truck doors strapped to their chests; people were wearing biker helmets for protection while rubber bullets flew through the smoky dense air around the chaos. Rocks were being thrown because of the loss of food while looting in pharmacies were taking place.

There had been a large school bus rammed into the side of the food market; windows had been smashed out and huge balls of fire rolled from out of the sides spreading to the building. Little children armored from head to toe with little bike helmets, snowmobile helmets, while grabbing everything from bats to stones. Elderly, children, young adults fighting back the police while families pushed the large number of militarized police back and forth in town square, confused and no knowledge of the matter. People had been rushing into their local churches for food while others rushed to their own underground bunkers for food.

Alex stared into the large pit of people, only to see something out of a scary movie. Lost in thought, he looked to the orange sky and saw a small airplane almost like a drone flying over the city very low. Walking down the messy street, Alex saw a lady being pushed to the ground and fighting someone trying to steal her purse. Alex ran to the woman's help, pushing him into a pile of boards siding with large stones. Too many police managing the city having no time to help the poor woman, the city was chaos and the protesters had owned the city.

Alex for a long time had thought something like this would overcome the country. Warning his family for years, Alex had begun preparing and hoarding food so he wouldn't have to rely on the government for perishable items. He thought if a family of four relied on perishable items and had no food, imagine forty-million people with no food for the coming month. Millions would starve and would begin fighting each other over who eats and who doesn't. People would get scared while panicking frantically because no one took anyone serious about the possibility of a collapse in society. People would be so unprepared while uneducated. He thought to himself, anyone can survive with the right knowledge and preparation.

"Sir, let me see your hands, sir, sir," asked a militarized police officer.

"I didn't do anything wrong!" replied Alex. Alex looked to the woods, in his mind measuring the distance he would have to run in order for him to get away and be free. Running for his life, Alex heads for the woods running over glass, trash, and anything that stood in his way.

To be continued...

NOTICES

CULTURE

Neshnabewen - The Potawatomi language has endured through the passage of time. At one time, it is said that we all spoke the same language. Later on, we started speaking different languages and forming tribes based on who was able to understand each other.

The Bodewadmi, Ojibwe and Odawa were all one tribe and spoke the same language. As the differences in the language grew, they each formed a separate entity. However, they maintained a close bond and formed the "Council of the Three Fires" to deal with any issues that might affect them. The Three Fires signified the alliance between the three, while their individual fires proclaimed their own identity.

Beginning learners on Monday evenings: 5 - 7 p.m. - FCP Cultural Center, Library and Museum: (715) 478-7478.

EDUCATION

Crandon Indian Education Committee -

Monthly meetings are normally held the first Wednesday of each month at 5 p.m. at Health & Wellness Center. Contact these committee members with questions or concerns:

Margaret Konaha - Chairperson

(715) 478-7347 (work)

Hazel George - Member

(715) 478-5612 (home)

Shari Alloway - Member

(715) 478-7224 (work)

Brenda Cornell - Secretary

(715) 649-3936

Guadalupe Cisneros - Member

(715) 478-7478 (work)

Myra VanZile - Home School Coordinator

(715) 478-6175 (home)

(715) 478-3723, Crandon School

VANZILEMYR@crandon.K12.wi.us

Wabeno Indian Education

Committee - Meetings are held every second Tuesday of the month at 6 p.m. at Potawatomi Carter Casino Hotel.

EVENTS

Community Baby Shower -

April 30, 4:30 - 6:30 p.m., Crandon Community Building. Come to: find community resources to help parents and baby, hear about dental health for all family members, ask questions/find answers about all pregnancy and post partum. Call (715) 478-3371 for more information.

Get Fit & Stay Active -

FCP tribal members, their immediate families and FCP employees can use recreation and fitness equipment at We Care in Carter, Wis., Monday, Tuesday, Thursday and Friday, 7 a.m. to 8 p.m. Hours for the Rec Center in Stone Lake are Monday through Friday, 7 a.m. - 8 p.m.

Employees of the FCP Rec Center will staff both rooms. Contact Brian Tupper at (715) 478-7420 with questions.

*Hours subject to change depending on scheduled Rec Center activities.

Infant Massage -

Five-week session to learn infant massage. Benefits for baby includes: feeling loved and secure, boosts immune system, relaxation, stimulates circulation, improves digestion, helps muscle tone, coordination, increases body awareness.

Wednesdays, March 26 - April 16, 1:30 p.m. Earn 50 nest point each class; all five classes are required. Light snack and refreshments provided. Class size limited; call Shelly to register at (715) 478-4321.

EVENTS

Smoking Cessation Incentive

Program - Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHRs to determine a quit plan, kit filled with items that aid in the quitting process, educational materials and products, plus a reward upon completion of third smoking cessation appointment.

To learn more about the program or to schedule an appointment, contact Sara Cleereman, R.N., at (715) 478-4889.

Sparks Weight Management

Program -

By appointment. S - Support; P - Program; A - Get Active, Stay Active; R - Reap the Rewards: feel better, be healthier; K - Know the basics of good nutrition; S - Stay focused on being healthy. Please call Lisa Miller, RD, CD, at (715) 478-4320.

Diabetes Education -

By appointment. Including blood glucose monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting. Please call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.



HEALTH

Al-Anon Meetings - Wednesdays, 5519 Kak Yot Lane, Crandon, 5:30 p.m. Why: Al-Anon is primarily for those who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavior problems. When you come into this room you are no longer alone, but among others who have experienced similar problems. We will respect your confidence and anonymity, as we know you will respect ours. Please call (715) 478-4933 for more information.

AA Meetings - Lost Marbles

Saturdays at 9 a.m., Wabeno Fire Dept. Contact Donald at (715) 889-6709 or Ryan at (715) 850-1265 for more information.

Wellbriety - 12 Step Meeting

Held every Monday at 6 p.m. in the lower level of the FCP Cultural Center, Library & Museum. ANYONE who is in recovery and searching for a sober way of living is more than welcome to attend! If you have any questions, contact Brooks Boyd at (715) 889-4902 or FCP Health & Wellness Center Behavioral Health at (715) 478-4332.

Do You Feel Like No One

Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Help is only one touch or a phone call away.

Crisis Line: 1 (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); **Kids in Need:** 1 (800) 622-9120; **The Get-2-Gether Peer Support Drop-In Center:** (715) 369-3871; **Run-Away Hotline:** 1 (800) 621-4000; 1 (800) 273-TALK; TTY: 1 (800) 799-4TTY or visit suicide-hotlines.com.



HEALTH

FCP Domestic Violence / Sexual Assault Program -

The FCP Domestic Violence Sexual Assault Program is available 24/7. Crisis phone line is (715) 478-7201. Office hours are Monday - Thursday, 7 a.m. - 5 p.m., or as needed for crisis intervention. Office phone numbers are (715) 478-4991 or (715) 478-7203 with confidential voice mail.

Work cell phone numbers are checked periodically after hours and holidays: (715) 889-3037 or (715) 889-0278. All services are free and confidential.

We are able to provide services to FCP enrolled members and tribally-affiliated members who have experienced past or present DV/SA. We will assist other victims in finding appropriate resources to meet their needs to the best of our abilities.

SERVICES OFFERED

Employment Skills Program

FCP Economic Support has an employment skills program for tribal members with resources/tools to help them overcome employment barriers. We are here to coach and encourage individuals to recognize their skills and to find occupations related to those skills and interests.

Resource Room — New Location

Now located in the Family Resource Center (Old Tribal Hall), the room has four computers that are open to the community.

continued in next column...

SERVICES OFFERED

...continued from previous column

These computers are equipped with the following software to assist in improving your job skills, completing or updating your resumé, brushing up on computer and typing skills, and for completing correspondence.

- Turbo Typing - interactive, fun practice available to increase your hand/eye coordination and typing speed.

- Quick Skills - hands-on, self-paced to learn and enhance your computer skills of Microsoft programs such as Word, PowerPoint, Excel and Access.

- WinWay Resumé Deluxe - it's easy to develop a resumé with more than 14,000 ready-to-use templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the auditor will evaluate your resumé.

- WisCareers Website - career exploration guide and opportunities on computer programs. Complete a variety of assessments based on interests, work values, career skills and workplace skills; help coordinate your work values into an exciting career; check out a variety of technical schools and colleges; use a guided program to set up your portfolio.

The FCP Economic Support staff is also available to assist with any of these computer programs. For additional assistance, please contact us at (715) 478-7206, 7292, or 7295.

ATTENTION ALL Forest County Potawatomi Tribal Members

What are your thoughts about having a **Taxi Service** in the Forest County area to take you to the places you need to go?

Let us know where you would most likely travel, what times you would most likely travel and what your thoughts are? The more input we have the better the services will be.



**Thank you
and hope
to hear from
you soon.**

Contact Danielle Fatla at the Land & Natural Resources Division Office at 715/478-4192.



APRIL 2014 CALENDAR OF EVENTS

Community Health

- Infant Nutrition (HWC): April 1, 7:30 a.m. - 4 p.m.
- Infant Nutrition/WIC (Carter): April 3, 1 - 3 p.m.
- WIC (HWC): April 8, 7:30 a.m. - 4 p.m.
- Infant Massage Class (HWC): Wednesdays, March 26 - April 16, 1:30 p.m. Find more info. in notices on this page.
- Community Baby Shower (Crandon Community Bldg.): April 30, 4:30 - 6:30 p.m. Find more info. in notices on this page.
- Youth on the Move Walking Program: March 31 - Apr. 23, 3:30 - 4:30 p.m., Mondays at the Rec Center and Wednesdays at Carter We Care.
- Cardio & Strength Training Program (Executive Building lower level): March 25 - Apr. 10, 5:30 - 6:30 p.m. Tuesdays and Thursdays.

FCP Family Resource Center

- Healthy Relationships (parent/child activities): Mondays, April 7, 14, 21, 28, 1 - 3 p.m.
 - Play Shoppe: Tuesdays, April 1 (Read With Me), 8 (Music Garden), 15 (Easter Theme), 22 (Earth Day), 29 (Physical Activity), 11 a.m. - 12:30 p.m.
 - Life Skills Group: Wednesdays, April 2 (Zumba@ Party), 9 (Tornado Awareness w/Emergency Management), 16 (Sex Trafficking), 23 (Child Abuse w/ICWA), 30 (Debt Management w/Dana Berger), 1-3 p.m.
 - Positive Indian Parenting: Thursdays, April 3 (Lessons of the Cradleboard), 10 (Harmony in Child Rearing), 17 (Traditional Behavior Management), 24 (Lessons of Mother Nature), 10 a.m. - noon.
- Call (715) 478-4837 with questions about any programs.

N.E.W. Directions/CHOICES Program

- CHOICES (ages 13-17): Mondays, April 7 (Understanding Sexual Assault & Date Rape w/FRC Staff), 14, 21, 28, 3 - 5 p.m., White Bison Curriculum, DV Education. Group III teens will be picked up from school.
- N.E.W. Directions:
- Group I Youngsters: Tuesdays, April 1, 8, 15, 22, 29, 3 - 5 p.m.
 - Group II - Youth: Wednesdays, April 2, 9, 16 (What is Sexual Harassment? w/ FRC Staff), 23 (What is Denim Day? w/FRC Staff), 30, 3 - 5 p.m.
- All events are at the FCP Family Resource Center unless otherwise specified. Youth will be picked up from school. For more info, call Judy Poler (715) 478-4941 or Joe Chaney (715) 478-4839.

Recreation Department

- Open gym now available noon - 8 p.m. on Saturdays.
- See Get Fit & Stay Active information in notices on page 10.
- For information on Rec Center activities, call (715) 478-7420.

PERSONALS

TO SON, MIKEY.
HAPPY 23RD BIRTHDAY
ON APRIL 5.
LOVE, DAD

*Happy Belated Birthday
to Shannon, Mary & Mitchell
on March 31.
Love, Dad, Mouse*

**Mom and Dad: Happy Anniversary
March 25, 2014, from Harvey III
and Sue in Green Bay, Wis.**

**Happy 53rd Wedding Anniversary
Harvey and Carol White
on March 25, 2014.
From, your family**



Happy Sweet 16 to my "precious" baby girl, Anike, on 4/10/14. I am so proud of you... you make my heart sing with JOY. "LALA MAMA"



Congratulations to my son, Hunter Tuckwab (a.k.a. Potawatomi Anaconda), on his first place win in Merrill, Suring, Rhineland and Seymour. Keep up all the hard work and I'm very proud of you son! Love, Dad

April Pow-Wow Trail

**April 5
24th Washington University
in St. Louis***

Washington University Field House, St. Louis, Mo. (314) 935-4510
washupowwow.media@gmail.com
buder.wustl.edu
Host Drum: AC Woodland

**April 5-6
UW-Madison Spring***
UW-Madison, Madison, Wis. (608) 265-3420
aisas@ls.wisc.edu
www.facebook.com/uwaisas

**April 5
30th Circle of Nations Indigenous Association***

University of Minnesota, Morris P.E. Center Morris, Minn. (320) 589-6097
ummcnia@morris.umn.edu
studentorgs.morris.umn.edu/cnia/powwow.htm

**April 5-6
42nd Dance for Mother Earth***

Eastern Michigan University Ypsilanti, Mich. (989) 400-3255
danceformotherearth@gmail.com
www.umich.edu/~powwow/

**April 5-6
Big Spring***

Dorothy Coliseum Big Spring, Texas (432) 263-3255
powwowbogspring@suddenlink.net

**April 11-12
39th American Indian Council***
Brick Breden Field House Bozeman, Mont. (406) 994-4880
scott.zander@montana.edu
www.montana.edu/wwwnas

**April 11-12
San Juan College***
McGee Park/Sun Ray Casino Farmington, New Mexico (505) 566-3321
nac@sanjuancollege.edu
www.sanjuancollege.edu/nac
host Drum: Young Spirit & Buck Wild

**April 11-13
31st Black Hills State Univ.***
Young Field House Spearfish, North Dakota (605) 642-6578
victoria.sprague@bhsu.edu

**April 26
MATC***
MATC - Truax Campus Madison, Wis. (608) 246-6458
dcr@madisoncollege.edu
madisoncollege.edu
Host Drum: Pipestone

*denotes contest pow-wow

**April 11-13
44th Time Out Wacipi**
Hyslop Sports Center Grand Forks, North Dakota (701) 777-4291
www.und.edu/org/undia
Host Drum: Elk Soldier

**April 12-13
21st University of Iowa***
University Recreation Building Iowa City, Iowa (319) 335-8298
studorg-aisa@uiowa.edu
http://powwow.uiowa.edu
Host Drum: Meskwaki Nation

**April 12-13
50th Hozhoni Days***
Fort Lewis College Durango, Colo. (970) 247-7222
bilinski_y@fortlewis.edu

**April 18-20
ASU Spring Competition***
ASU Band Practice Field Tempe, Ariz. (480) 965-5224

**April 18-20
Rock Creek***
Longhouse Goldendale, Wash. (541) 993-1528

**April 19
42nd UC-Davis***
East & West Quad - UC-Davis Davis, Calif. (530) 752-4287
ppretell@ucdavis.edu
ccc.ucdavis.edu
Host Drum: Red Horse

**April 24-26
31st Gathering of Nations***
The PIT Albuquerque, New Mexico (505) 836-2810
www.gatheringofnations.com

**April 25
19th Enumclaw***
High School Gym Enumclaw, Wash. (360) 802-7689
cathy_calvert@enumclaw.wednet.edu

**April 25
Circle of Generations Monthly**
Minneapolis American Indian Ctr. Minneapolis, Minn. (612) 879-1785
mdesjarlait@maicnet.org
www.facebook.com/CircleOfGenerations

FCP Winters End Pow-Wow 2014



Junior Princess Symone Pemma



Senior Princess Joyce Einertson



Brave Bondesē Frank



Head male dancer Travis Thelen
Head female dancer Candace Skenandore

