



POTAWATOMI TRAVELING TIMES

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SIS BAG KTO KE GISES

SUGAR MAKING MONTH

APRIL 15, 2014

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FCP Students Visit Hmong American Peace Academy



FCP high honor/honor students with their new friends from Hmong American Peace Academy. As you can tell by the photo, they all had a great time together.

by Val Niehaus

On April 3, 2014, Forest County Potawatomi (FCP) high honor/honor students, FCP elders, FCP Chairman Gus Frank, FCP Council Members Richard Gougé and James Crawford, FCP Director of Education Tom Boelter, members of FCP Administration and FCP employees had the great honor and privilege of attending a performance at and having a tour of the Hmong American Peace Academy in Milwaukee, Wis.

The Hmong American Peace Academy (HAPA) is a charter school that was started in 2004 with a total of 200 students. It has now grown to 1,200 students enrolled this year, 2014. This school is for Hmong families of the Milwaukee area who are dedicated to teaching children basic values, discipline in their education, and love that every child needs. Along with traditional American teachings, they also stress the importance of their culture and how a person should never lose touch with where he/she came from. They offer many classes ranging from basic mathematics to Hmong language classes.

Chris Her-Xiong, founder/executive director/principal, said, "If we lose our language, we lose ourselves as a whole. Our language is one of the most important assets to who we are."

Her-Xiong is a very proud woman who is devoted to the school she founded. She is so proud of this school that she sends her own children there for their education - something that says a lot if you are a parent. One could go on and on about what a great facility, community, and all around great educational resource this academy is, but it's time to discuss the performance that left everyone with either chills or tears in their eyes after all was said and done.

This performance was incredible! Once everyone was seated in the auditorium and the lights went down, a single female came onstage with a book in her hands titled *Grandma's Treasures Book*. She was portraying a young woman who was perhaps in her twenties talking about her grandmother and how this book held the family's story within it. She moved to the side of the stage and the floodlight moved to focus on a woman with two younger children sitting on each side of her, one who was the younger version of the female who was just offstage, and the other being her younger brother. The focus was now on a grandmother and grandchildren going through the treasure book and listening to the story of where their family came from. She started with the history of the Hmong people and talked about their traditional customs. She also talked about how the Hmong people had to flee China because they would not change their traditional ways.

After this short history lesson, the

grandmother and grandchildren exited off the stage only to have the curtain open onstage to show many HAPA scholars who ranged in age from five to eighteen. They were all dressed in their traditional clothing and were singing a traditional song in Hmong. It was a very colorful and moving performance and incredibly powerful. Following the singing, the lights returned to the grandmother and grandchildren to continue their story.

Grandma picked up where they had left off and further discussed how the Hmong people moved throughout the countryside with some going to Thailand, some to Vietnam, but most settling in Laos. She explained how the Hmong people had many years of living in peace, celebrating traditional customs including various holidays. She talked about these celebrations and some of the specific games that they would play. As an example, she brought up one certain game called the 'ball toss' game.

continued on pg. 12...



HAPA scholars portraying the 'Grandma and Grandchildren'.

Wisconsin Veterans Museum Presents a 50th Anniversary of the Viet Nam War Series Event

The Boys of '67: Charlie Company's War in Vietnam
April 17, 2014 • 7 - 8 p.m.

Conducting the presentation is Dr. Andrew Wiest, distinguished Professor of History and founding director of the Center for the Study of War and Society, The University of Southern Mississippi. Event includes lecture and book signing. There is no cost to attend.

Even though it is often remembered for battles like Khe Sanh or Hamburger Hill, at its heart, Vietnam was a brutal, small unit war. In *The Boys of '67: Charlie Company's War in Vietnam*, Dr. Wiest tells the story of one single company in the Vietnam War from its drafting, through its training, year of combat (in which 25 were killed and 105 were wounded), and reintegration into society. Vietnam irrevocably changed the lives of the men who fought in the war, a transformation that is at the heart of Wiest's study.

Event contact: Kevin Hampton, kevin.hampton@dva.wisconsin.gov, (608) 261-5409.

Wisconsin Veterans Museum
30 W Mifflin Street, Madison, WI 53703
(608) 267-1799

Simple Tips for Preventing Falls as We Age

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

Did you know falls are the leading cause of nonfatal and fatal injuries in older adults? Something as simple as tripping on a rug can lead to fractures, broken bones or head trauma. There are a number of factors that affect balance; some which we can control and others that we cannot. As we age, we lose fat under our skin that supports bones in our feet, which makes us more prone to injuries. Wearing supportive shoes and maintaining the health of our feet can decrease risk for falls. Poor hearing and vision can also contribute to falls. Getting our eyes and ears checked regularly are important preventive measures for preventing falls. Although we can't control the natural changes that occur in our bodies as we age, there are many preventive steps that we can take to lower our risk for falls.

Stay Active

Lack of activity can lead to weak legs, increasing the chances of falling. Fitness programs such as yoga and Tai Chi can increase balance and strength, decreasing fall risk.

Be Aware of Medications

Some medicines and medication combinations can have side effects such as dizziness or drowsiness, which can

increase risk for falls. Have your provider or pharmacist review your medications to help reduce the chance of dangerous side effects and drug interactions.

Monitor Vision

Poor eye sight makes it more difficult to move around safely. Older adults should have their eyes checked annually and wear glasses or contact lenses with the right prescription strength to ensure they are seeing clearly.

Eliminate Fall Hazards at Home

About 50 percent of all falls happen at home. A home safety check or fall risk assessment can help identify potential hazards in your home, such as tripping hazards, clutter and poor lighting.

If you or a loved one is 65 years and older or at a high risk for falls, contact the FCP Community Health Department to schedule a home fall risk assessment at (715) 478-4355. Individuals found to be at risk will be provided with the necessary simple safety devices such as grab bars, non-slip rug backing/tape, toilet risers or other items needed to provide safety in the home environment. For information about fall prevention visit: www.cdc.gov/Features/OlderAmericans/.

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!

April 2014 FCP Elder Menu*

Monday, April 14

Egg Salad Sandwich, Baked Chips, Carrot/Celery Sticks w/Dip, Mixed Berries

Tuesday, April 15

Meatloaf, Baked Potato, Green Beans, Cauliflower, Jello® w/Fruit

Wednesday, April 16

Chicken Wings, Sweet Potato Puffs, Brussel Sprouts, Tropical Fruit

Thursday, April 17

Hot Turkey Sandwich w/Gravy, Asparagus, Corn, Pumpkin Pie

Friday, April 18

Chicken Vegetable Noodle Soup, Dinner Roll, Cranberry Juice, Ice Cream

Monday, April 21

Tuna Sandwich, Sun Chips®, California Blend Vegetables, Fruit Cocktail

Tuesday, April 22

Pork Chops, Baked Potato, Spinach, Glazed Carrots, Applesauce

Wednesday, April 23

Hamburger Gravy, Mashed Potatoes, Green Beans, Corn, Mixed Berries

Thursday, April 24

Baked Chicken Breast on Bun w/Lettuce & Tomato, Cauliflower, Green Beans, Banana Pudding

Friday, April 25

Pasta Ham Salad, Crackers, Carrots & Celery w/Dip, Blueberry Yogurt, Watermelon

Monday, April 28

Roast Beef & Cheese on Rye, Sweet Potato Fries, Mandarin Oranges, Tomato & Cucumber Slices

Tuesday, April 29

Fish Sandwich on Bun, Parslied Potatoes, Asparagus, Blueberry Muffin

Wednesday, April 30

Spaghetti & Meat Sauce, Salad, Cauliflower, Garlic Bread, Plums

*Menus subject to change. Milk, juice or coffee with every meal.

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

Fall-Risk Assessment

& providing simple safety devices as needed

TO HELP KEEP OUR ELDERS SAFE IN THEIR HOMES

TRIBAL ELDERS 65 & OLDER
[or if the need is there]
To schedule your assessment,
call (715) 478-4355.
[with Andrew Kelly, physical therapist]

Juanita M. Michaels "Bde Ga A Snok"

Juanita M. Michaels "Bde Ga A Snok" formerly of Wabeno, passed away peacefully on April 3, 2014, at the age of 79, at the Lakewood Assisted Living. Juanita was born on May 5, 1934, in Hayward, Wis., the daughter of the late George Tuckwab Sr. and the late Ella Shepard.

She enjoyed spending time with family, taking rides in the summer and traveling. She especially enjoyed being around her loved ones. She will be greatly missed.

Juanita is survived by her daughter: Monica Michaels, Wabeno, Wis.; sisters: Arlene Alloway and Debbie Tuckwab, both of Crandon, Wis.; and brother: Wayne Tuckwab, Wabeno, Wis. Further survived by numerous nieces and nephews.

She is preceded in death by parents: George and Ella; grandson: Dustin McGeshick; companion: James Devine Sr.; sisters: Marlene Tuckwab, Marcella Crawford, Ellen Tuckwab; and brothers: Calvin Tuckwab, Stuart Tuckwab and Don Tuckwab.

Visitation was held April 6, 2014; funeral services were April 7, 2014, both at Lake Lucerne Gospel Chapel, Crandon, Wis., with Pastor Don Dewing officiating. Interment was at the Potawatomi Tribal Cemetery, Crandon. Online condolences www.weberhillfuneralhome.com.

The Elderly Department and Indian Child Welfare have started a new program:

Grandparents Raising Grandchildren

The program was started as a way for grandparents to get together to discuss ideas and issues and to aid in finding helpful information and resources they may need.

We will meet once a month from 11 a.m. to 2 p.m. at the Assisted Care Facility located at 5456 Kak Yot Lane in Crandon. Come have lunch and visit with other grandparents raising grandchildren.

The next meeting is Thursday, April 17. Please call (715) 478-4892 or 4812 to RSVP.



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.

Welcome to These New Employees

Ronald Lemieux, Security

Security Officer

Hire date: 1/30/2014

Tansey Smith, Natural Resources

Sustainability Coordinator

Hire date: 2/10/2014

James Seymour, HWC AODA

Adolescent/Adult AODA Counselor

Hire date: 2/24/2014

Christopher Luter, IT Admin.

IT Director

Hire date: 2/24/2014

Gerald Warrington, Utilities

Roads Program Manager

Hire date: 2/24/2014

Andrea Storm, HWC

Clinical Data Analyst

Hire date: 3/10/2014

David Meloney Jr., Maintenance

Maintenance/Housekeeping

Hire date: 3/10/2014

Charles Bixler, Maintenance

Maintenance/Housekeeping

Hire date: 3/17/2014

**Deadline for the May 1, 2014 issue is
Wednesday, April 16, 2014.**

"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 Barrens
- The Lesser Blessed

NEW CDs POWWOW

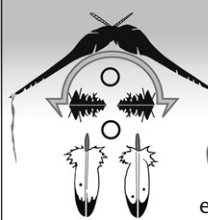
- Cree Confederation: Piciciwin
- 49er's Love Songs
- Wayne Silas Jr.: Infinite Passion
- Bear Creek: Kaagige "Forever"
- Young Spirit: Akameyimoh Baby Boy

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



Potawatomi Traveling Times

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Lightning Safety

Lightning Kills... Play it Safe!

submitted by Linda Thomaschefskey, FCP Emergency Management Director

- All thunderstorms produce lightning and are dangerous.
- Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.
- If you hear thunder, you are in danger! Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- Have a lightning safety plan. Designate a safe location before the event starts. Have specific guidelines for suspending the activity so that everyone has time to reach safety.
- Prior to a practice or outdoor event, check the latest forecast. If thunderstorms are expected, consider postponing activities early to avoid being caught in a dangerous situation.
- If you hear thunder, suspend your activity immediately and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Avoid sheds, open shelters, dugouts, bleachers and grandstands. Do not crouch or lay down – continue moving to a place of shelter.
- If boating or swimming, get to land and find shelter.
- Do not resume activities until 30 minutes have passed since the last thunder was heard.



Lightning Myths and Truths

Myth: If it is not raining, there is no danger from lightning.

Truth: Lightning can strike outside of rain.

Myth: Rubber soles of shoes or rubber tires on a vehicle will protect you from lightning.

Truth: Rubber-soled shoes and rubber tires provide NO protection from lightning. The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.

Myth: People struck by lightning carry an electric charge and should not be touched.

Truth: Lightning-strike victims carry no charge and should be attended to immediately.

Myth: "Heat lightning" occurs after every hot summer day and poses no threat.

Truth: Heat lightning is a term used to describe lightning from a thunderstorm too far away for thunder to be heard.

Note: CPR and first-aid classes should be taken by anyone involved in coaching or other youth outdoor activities.

Weird Weather Facts

as found at eHow.com

Lightning

Even though lightning usually strikes in long bolts, there have been multiple cases reported of it taking the form of balls. Known as ball lightning, these fiery orbs can glow in multiple colors from white to red to blue. They often sizzle loud enough for the human ear to detect. Don't get too close if you see one - they carry the same voltage as regular lightning and can do a lot of damage.

Snow

The largest snowflake measured on record was from Fort Keogh, Mont. It fell from the sky on Jan. 28, 1887, and measured in at 15 inches across and eight inches thick. Another strange snow occurrence has taken place since the 1800s in several locales from Greenland to the Sierra Nevada Mountains: pink snow. Snow can appear streaked with pink, or mountainsides may have a light red hue. Scientists have determined the phenomenon is caused by red algae that live only in cold climates.

Rainfall

The city with the world's highest annual rainfall is Cherrapunji, India, at an average of 450 inches a year. The lowest average annual rainfall has been recorded in Arica, Chile, a town that receives only about 0.03 inches of rain

each year. Holt, Mo., and Kilauea, Hawaii, both experienced the most rain in one hour: 12 inches of rain fell in each location on June 22, 1947, and Jan. 24 to 25, 1956, respectively. The Indian Ocean island of Réunion received 73.62 inches of rain in the town of Cilos within 24 hours from March 15 to 16, 1952.

Rain

There have been occasions when frogs have fallen from the sky. Fish and small water animals have been seen raining down from the heavens as well. The cause has been identified as waterspouts or tornadoes over water that pick up the creatures and drop them in another location. Similar to the aforementioned pink snow, red rain also has been witnessed, usually around Africa, caused by red dust carried by the wind from the Sahara desert.

Hail

Spain experienced a giant hailstorm in January 2000 when giant ice chunks dropped from a seemingly cloudless sky. For 10 days, the country was accosted by hail that crushed car hoods and windshields, seriously injuring anyone who got in the way. More than 15 basketball-sized hailstones were discovered in the onslaught, the largest weighting in at 2.25 pounds.

green earth-friendly choices

Earth Day 2014

prizes raffles

Tuesday, April 22

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

FOREST COUNTY POTAWATOMI LAND & NATURAL RESOURCES

AIR QUALITY Awareness Week

AIR POLLUTION April 27th - May 3rd

Doing Your Part to Keep the Air Clean

Causes asthma, heart problems and other serious health issues.	Pollutes the water and poisons fish and other wildlife.	Damages plants and weakens their medicine.
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AT HOME

- ✓ Turn off lights, appliances and electronics - use less electricity
- ✓ If you burn wood, burn dry seasoned wood
- ✓ Unplug chargers when not in use
- ✓ Reduce, reuse and recycle
- ✓ Hang your clothes out to dry
- ✓ Compost, don't burn and don't ever burn garbage
- ✓ Turn down your water heater and insulate it
- ✓ Install LED or compact florescent light bulbs
- ✓ Reduce the use of smaller engines for yard work or recreation

IN YOUR CAR

- ✓ **TURN OFF YOUR CAR - IDLING ENGINES EMIT UNNECESSARY POLLUTION**
- ✓ **WALK OR RIDE MORE AND DRIVE YOUR VEHICLE LESS**
- ✓ **COMBINE ALL OF YOUR ERRANDS INTO ONE TRIP**
- ✓ **CONSIDER DRIVING A SMALLER, MORE EFFICIENT CAR**
- ✓ **ON HOT SUMMER DAYS, REFUEL YOUR CAR AT NIGHT**
- ✓ **TIGHTEN DOWN YOUR GAS CAP**
- ✓ **MAINTAIN YOUR VEHICLE AND KEEP TIRES INFLATED**
- ✓ **UNLOAD EXCESS WEIGHT IN THE TRUNK**
- ✓ **CARPPOOL**

FOREST COUNTY POTAWATOMI LAND & NATURAL RESOURCES

April is Alcohol Awareness Month

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

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) sponsors NCADD Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

This April, NCADD highlights the important public health issue of underage drinking, a problem with devastating individual, family and community consequences. This year's theme, "Help for Today, Hope for Tomorrow," encourages individuals to increase awareness and seek help for alcohol-related problems.

Alcohol use by young people is extremely dangerous - both to themselves and to society and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors. Annually, over 6,500 people under the age of 21 die from alcohol-related accidents and thousands more are injured. Additionally:

- Alcohol is the number one drug of

choice for America's young people and is more likely to kill young people than all illegal drugs combined.

- Each day, 7,000 kids in the United States under the age of 16 take their first drink.
- Those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.
- More than 1,700 college students in the U.S. are killed each year - about 4.65 a day - as a result of alcohol-related injuries.
- 25 percent of U.S. children are

exposed to alcohol-use disorders in their family.

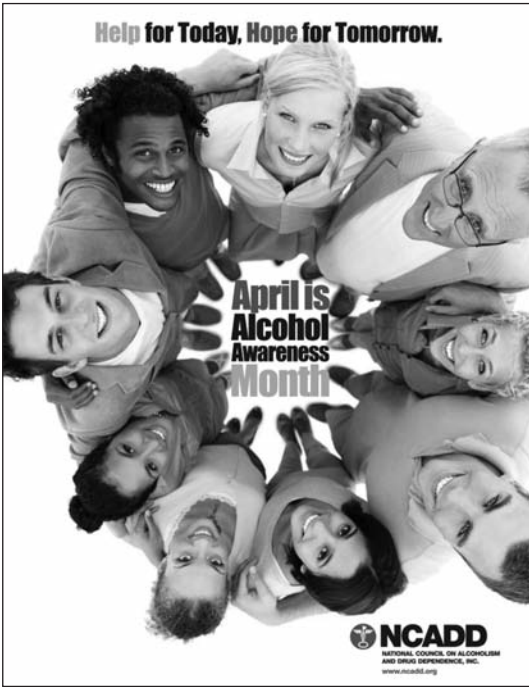
- Underage alcohol-use costs the nation an estimated \$62 billion annually.

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people.

"Underage drinking is a complex issue," says Greg Muth, chairperson of the NCADD Board of Directors, "one that can only be solved through a sustained and cooperative effort. As a nation, we need to wake up to the reality that for some, alcoholism and addiction develop at a young age and that intervention, treatment, and recovery support are essential for them and their families," says Muth. "We can't afford to wait any longer."

NCADD Alcohol Awareness Month raises awareness while encouraging people to make healthy and safe choices when it comes to the use of alcohol. For additional information about NCADD, underage drinking and NCADD Alcohol Awareness Month, visit the NCADD website at: www.ncadd.org.

Press release adapted from the National Council on Alcoholism and Drug Dependence, Inc. www.ncadd.org/index.php/for-the-media/press-releases-a-news-articles



BMI: What Is It and Why Does It Matter?

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

For many of us who are not in the health field, the term BMI may be somewhat foreign or confusing to us. During our routine visits our provider may tell us our BMI, but often times we leave the room wondering what that number even means.

BMI stands for Body Mass Index. It is a screening tool used to measure overweight and obesity based on your height and weight. Although BMI is only an estimate of body fat, it can give you an idea of your risk for certain diseases and conditions caused by increased weight. The higher your BMI, the greater your risk for heart disease, stroke, type 2 diabetes, sleeping difficulties, gallstones and certain types of cancer.

Although BMI can be a helpful screening tool, there are also limitations. For example, a BMI measurement may overestimate body fat in athletes with a more muscular build. It may also underestimate body fat in older individuals who have lost muscle mass.

If your BMI falls in the overweight or obese categories, small lifestyle changes can make a big difference. Modifying your diet to include healthy choices, decreasing portion sizes, increasing physical activity and decreasing sedentary time can help you reach a healthier weight. If you have questions regarding your BMI or would like to know what you can do to lower it, talk to your health care provider.

Use the table to determine what BMI category you fall in based on your height and weight. Note: height is in inches (ex: 5 feet = 60 inches).

Body Mass Index Table																																				
Normal						Overweight					Obese									Extreme Obesity																
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

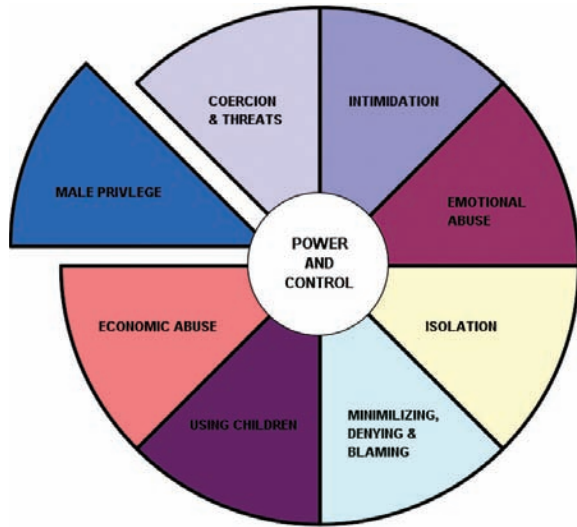


The Power and Control in an Abusive Relationship

submitted by FCPC DV/SA Department

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

The seventh spoke in the wheel is "Using the Male Privilege." By doing so, he defines the male and female roles in "his" household. He may treat the victim like a servant and declare himself the "Master of the Castle." He alone makes all the big decisions and leaves the details for the victim to figure out. These behaviors are meant to instill fear into the victim. If you recognize these behaviors in your relationship, you should be aware that they may be a part of a larger problem.



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 DV/SA 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.

What is Peripheral Neuropathy?

submitted by Anne Chrisman, RN, Community Health Diabetes Coordinator

Peripheral neuropathy is nerve damage in the arms and legs. Feet and legs are likely to be affected before hands and arms. Many people with diabetes have signs of neuropathy that a doctor could note but feel no symptoms themselves. Symptoms of peripheral neuropathy are often worse at night and may include:

- Numbness or insensitivity to pain or temperature
- A tingling, burning, or prickling sensation
- Sharp pains or cramps
- Extreme sensitivity to touch
- Loss of balance and coordination

Peripheral neuropathy may also cause muscle weakness and loss of reflexes, especially at the ankle, leading to changes in the way a person walks. Foot deformities, such as hammertoes and the collapse of the mid-foot, may occur. Blisters and sores may appear on numb areas of the foot because pressure or injury goes unnoticed. If an infection occurs and is not treated promptly, the infection may spread to the bone, and the foot may then have to be amputated. Many amputations are preventable if minor problems are caught and treated in time.

Your health care provider should look at your feet at each office visit to check for injuries, sores, blisters or other problems. As a reminder, take off your

shoes and socks when you're in the exam room. Have a complete foot exam once a year. If you already have foot problems, have your feet checked more often. A complete foot exam includes a check of the skin on your feet, your foot muscles and bones, and your blood flow. Your provider will also check for numbness in your feet by touching your foot with a monofilament. It looks like a stiff piece of nylon fishing line or a bristle in a hairbrush. Other ways to check your nerves include using a tuning fork. It may be touched to your foot to see if you can feel it moving.

To treat nerve damage, you will need to keep your blood glucose levels in your target range, manage your pain and protect your feet. Many people get depressed when they have nerve damage and may need medication for depression as well as counseling.

Medications to relieve pain and reduce burning, numbness and tingling are available. Some of these are known for their use in other conditions but they still seem to help those with nerve damage.

Speak with your doctor to find out what treatments are best for you.

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



Open to Tribal Women, Native American Women and Tribally affiliated, affected by Domestic Violence and/or Sexual Assault

Women's Healing Circle

Tuesdays | 1:30-2:30 | Family Resource Center
Begins April 8th

FOREST COUNTY POTAWATOMI DV/SA Department

3rd Annual Abuse Awareness Workshop

Wednesday, April 23, 2014
1 - 3:30 p.m.
Family Resource Center
8000 Potawatomi Trail, Crandon
Contact ICW with questions: (715) 478-4812

April is CHILD ABUSE & SEXUAL ASSAULT AWARENESS MONTH

FOREST COUNTY POTAWATOMI INDIAN CHILD WELFARE DV/SA Department

Speakers, Resources, Give-Aways and Refreshments Provided

11 Facts About Child Abuse

1. Approximately five children die every day because of child abuse.
2. One out of three girls and one out of five boys will be sexually abused before they reach age 18.
3. Ninety percent of child sexual abuse victims know the perpetrator in some way; 68 percent are abused by a family member.
4. Most children become victims of abuse and neglect at 18 months or younger.
5. In 2010, 1,537 children died of abuse or neglect: 79.4 percent were under the age of four and 47.7 percent were under the age of one.
6. Boys (48.5 percent) and girls (51.2 percent) become victims at nearly the same rate.
7. Approximately 3.6 million cases of child abuse are reported every year in the United States.
8. Abused and neglected children are 11 times more likely to engage in criminal behavior as an adult.
9. About 80 percent of 21-year-olds who were abused as children met criteria for at least one psychological disorder.
10. Fourteen percent of all men and 36 percent of all women in prison were abused as children.
11. Abused children are less likely to practice safe sex, putting them at greater risk for STIs. They're also 25 percent more likely to experience teen pregnancy.

source: www.dosomething.org

New EHR and Billing System Coming to HWC May 2014

submitted by Michelle Dewing, Health Information Manager

New electronic health record (EHR), Athena, will be implemented at the FCP Health and Wellness Center (HWC) beginning May 20, 2014. There are several reasons why organizations including ours decide to upgrade EHRs. The HWC chose to upgrade to Athena because they are one of the top EHRs in the health care industry. Athena enables enhanced patient focus for clinicians, increased access for patients via a patient portal, improved communication, enhanced patient safety and overall better patient care. One of the key features of the Athena software is that the workflows and content are driven by best practices. The HWC will now be using proven best practices that have been successfully implemented at similar clinics across the United States.

What patients can expect for changes include:

- Automated customizable notifications of appointments, lab results and other notices via phone, text, and/or email with the patient's consent.
- Secure access to the Patient Portal which is an internet site for patients to

access portions of their medical record, sign forms, request appointments, pay bills, communicate with health care teams and manage various other clinic related items. Athena has the #1 ranked Patient Portal!

- Quicker, more efficient billing processes that will reduce time patients have spent waiting to receive a bill for services.

- A stream-lined check-in process with an additional check-out process to collect needed items such as forms and insurance cards. Note: **All patients will be expected to bring insurance cards and applicable copays at every visit.**

- Enhanced patient-centered care during visits as collecting, documenting, and communicating data will be more efficient and effective.

Your patience is appreciated during this transition time, and we hope that you as the patient experience the benefits we intend. For questions regarding how this new electronic health record will affect you, contact Michelle Dewing, Health Information Manager, at (715) 478-4353.

Sponsored by the Community Health Department's Wisconsin Well Woman Program.



WOMEN'S EASY CARDIO & STRENGTH TRAINING EXERCISE PROGRAM II

APRIL 22 - MAY 29, 2014

Tuesdays & Thursdays

5:30 - 6:30 p.m.

FCP Rec Center

Instructor:

MISHEL ISON

Participants will:

- Learn new exercises that can be incorporated into daily life.
- Receive a variety of exercise equipment.
- Set goals and track progress throughout the program.
- Obtain weekly breast cancer education.

Past participants should bring their previously issued equipment

Women that haven't participated in the previous program should schedule a Fitness Assessment with FCP HWC Physical Therapy prior to April 22. (715) 478-4344

To register, contact
KRISTIN KUMER,
Health Educator
(715) 478-4382

LEAH LITTLETON,
CHR
(715) 478-4381

Let's Get FIT & HEALTHY

Open to Forest County Potawatomi Tribal Women.
Class size is limited.

Best Practices

Beginning April 1, 2014



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



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.



FOREST COUNTY POTAWATOMI

HEALTH & WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI

General Information (715) 478-4300 • www.FCPotawatomi.com

YOUR Massage Therapy



Treat yourself to a gift of health. Massage therapy can do wonders for your body, both physically and mentally.

Experience the benefits:

- Relief of muscle tension and joint soreness
- Reduce stress and anxiety
- Improve flexibility and circulation
- Remove toxins
- Unites mind, body and spirit

Available to Everyone:

Thursday's only
7:30 a.m. - 4:30 p.m.

GIFT CERTIFICATES AVAILABLE



**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

PBC to Generate Renewable Energy From Food Waste

submitted by Kim Mitschke, PBC External Communications Specialist

RACINE, Wis. (March 27, 2014) – Two Wisconsin organizations, Potawatomi Bingo Casino (PBC) and InSinkErator®, have partnered to highlight the new Grind2Energy™ organics recycling system that converts food waste into renewable energy. The project marks the first time in Wisconsin the system will be utilized in a high-volume production kitchen. The system offers potential for other major businesses, professional sport venues, commercial food operators and municipal leaders to engage in this socially responsible process.

InSinkErator, the world's largest manufacturer of food waste disposers, installed the Grind2Energy organics recycling system at the casino in January. The system currently diverts three and a half tons of casino food waste away from landfills each week for conversion into renewable energy, specifically electricity, at the Forest County Potawatomi Community's recently opened anaerobic digestion facility. Using the Grind2Energy system, the casino estimates it will divert enough food waste annually to power a single-family home for nearly five years.

"We are constantly looking for ways to reduce our impact on the environment and the Grind2Energy system presents Potawatomi Bingo Casino with an exciting opportunity to be on the forefront of waste recycling and sustainability efforts in Wisconsin," said Peter Gebauer, Executive Chef at Potawatomi Bingo Casino. "We reached our projected goals early in the process and are evaluating opportunities to expand our growth with this system."

In the United States, the average commercial kitchen produces more than 4,000 pounds of food waste each week.

Traditionally, that waste is sent to a landfill where the food scraps emit methane - a potent greenhouse gas that traps heat in the atmosphere and is a major contributor to global warming. To reduce this harmful impact on the environment, many states, local municipalities and companies are eliminating organic waste from landfills and requiring source-separating and diversion of organic waste to either composting or anaerobic digestion facilities.

As an alternative to landfills, the Grind2Energy organics recycling system converts food waste into a liquid slurry that is then stored in an on-site storage tank. Requiring no supervision, the "slurry" is then vacuumed from the tank and transported to a nearby anaerobic digestion (AD) facility. The methane released from the food waste is captured and transformed into renewable energy such as electricity, natural gas or even compressed natural gas, which can be used as vehicle fuel. This efficient, turnkey solution also eliminates decaying food and its odor at the facility, resulting in improved sanitation, as well as prevention, or elimination, of pests.

This new technology and other topics related to more sustainable solutions for food waste management were discussed when InSinkErator partnered with the FCP Community and WasteCap

Resource Solutions, a Milwaukee based non-profit focused on landfill diversion, to host a Wisconsin Waste Recovery forum, held at PBC in downtown Milwaukee recently.



"As a Wisconsin-based business, we were especially excited to partner with two other locally-based organizations, WasteCap and Potawatomi Bingo Casino, to encourage responsible food waste management in our state," said Tim Ferry, president of InSinkErator.

"With many businesses seeking new ways to handle food waste and divert it from landfills, our goal is to provide them with a turn-key solution that is both sustainable and cost-effective."

"With food waste being one of the largest sole contributors to our landfills, WasteCap felt there was a need for awareness in food waste recovery. That is how we got the idea to create this forum and partner with InSinkErator and the Forest County Potawatomi Community," said Justin Dall'Osto, project manager at WasteCap Resource Solutions.

With the number of state-wide food waste bans increasing, more commercial food waste-generating facilities are interested in responsible recycling and disposal. The InSinkErator Grind2Energy and Potawatomi Bingo Casino partnership demonstrates how an organic recycling

system can offer a new cost-effective, sustainable option that drives a company's sustainability goals and environmental welfare.

Potawatomi Bingo Casino
PBC is one of two casinos owned and operated by the Forest County Potawatomi Community. PBC operates one of the largest food operations in Wisconsin, serving meals to more than three million guests annually. It has implemented industry-leading standards and progressive training to ensure environmental sustainability and foodservice safety. Gebauer is the 2013 Wisconsin Restaurant Association Chef of the Year and the President of the American Culinary Federation Chefs of Milwaukee. For more information about PBC, call toll-free, 1 (800) PAYS-BIG or visit www.paysbig.com.

InSinkErator
Headquartered in Racine, Wis., InSinkErator, a business of Emerson (NYSE: EMR), is the world's largest manufacturer of food waste disposers and instant hot water dispensers for home and commercial use. For more information about InSinkErator products, call 1 (800) 558-5700 or visit the company's website at www.insinkerator.com.

WasteCap Resource Solutions
WasteCap Resource Solutions is a Milwaukee based non-profit that has been focusing on landfill diversion over the past 13 years. With the goal of transforming waste into resources, WasteCap helps partnering businesses reduce production costs through its services, training courses and advocacy programs. For more information, please contact WasteCap Resource Solutions at (414) 961-1100 or visit www.wastecap.org.

"Sovereign Reflections" Interns Visit FCP Community

by Val Niehaus

On March 25, 2014, the FCP Community was host to two new interns who are about to finish a FCP Gaming Commission internship program called "Sovereign Reflections".

Sovereign Reflections is an eight-week program for enrolled tribal members who want to learn more about the importance of self-regulating the tribe's gaming enterprises in order to preserve sovereignty.

After completing the program, the intern will be evaluated on his/her experience and will be able to use this experience on a résumé when applying for a job. This internship program was started in 2004-05 and has had 25 interns proceed to the final stages of the program. Four of the interns who have previously gone through this program have successful jobs working for the Gaming Commission.

Gaming Commission Human Resource Manager Jason Corbin and Human Resource Generalist Deanne Harder accompanied the two visiting

interns, Jessica Rychtik and Jennifer Milligan. Both are very happy they enrolled in this program and are hoping to get a full-time job opportunity with the Gaming Commission or somewhere within the tribe.

They stopped by for a visit here at PTT and were very friendly and personable. Milligan actually spent some time recollecting her time in the old Tribal Hall as a youth growing up in this area and emphasized how much this building and the people in it meant to her. She was very excited to see how the tribe has progressed - once being housed in a single building and now having an entire campus of buildings to serve the various needs of the community.

After visiting the PTT office, they were able to talk with employees from Family Resource and see what programs they had to offer people within the community. From there, they went to the main campus of the FCP tribal community and were able to meet and talk with employees. Overall, they enjoyed their



Visitors from the FCP Gaming Commission included (l-r): Human Resource Generalist Deanne Harder, Intern Jessica Rychtik, Intern Jennifer Milligan and Human Resource Manager Jason Corbin.

experience with the internship and can't wait to see what the future holds for them. PTT wish them the best of luck!

For more information on the

Sovereign Reflections internship opportunity, contact Jason Corbin at (414) 847-7669 or jcorbin@paysbig.com.

First Transfer from Land Buy-Back Program to Cobell Education Fund Announced

submitted by U.S. Department of the Interior

WASHINGTON, D.C. (April 2, 2014) – The Department of the Interior announced that quarterly transfers of funds to the Cobell Education Scholarship Fund are set to begin this week with a first transfer of nearly \$580,000 to the American Indian College Fund. The Scholarship Fund was authorized by the historic Cobell Settlement, approved in November 2012, to provide financial assistance through annual scholarships to American Indian and Alaska Native students wishing to pursue post-secondary education and training.

“The Scholarship Fund is an important tool to help students across Indian Country pursue higher education opportunities imperative to their success in the workplace and to the creation of the next generation of Indian leaders,” said Interior Solicitor Hilary Tompkins, who helped negotiate the Cobell Settlement on behalf of the Department. “While there was much debate in the settlement negotiations, there was no debate among the parties that we must do something to support Indian students in their aspirations and dreams.”

The Scholarship Fund is funded in part by the Land Buy-Back Program for Tribal Nations (Buy-Back Program). The Buy-Back Program was created to implement the land consolidation component of the Cobell Settlement, which provided \$1.9 billion to purchase fractionated interests in trust or restricted land from willing landowners. Consolidated interests are transferred to tribal government ownership for uses benefiting the reservation community and tribal members.

Interior will contribute up to \$60 million from Buy-Back Program sales to the Scholarship Fund based on a formula in the Cobell Settlement that sets aside a certain amount of funding depending on the value of the fractionated interest sold. These contributions do not reduce the amount that an owner will receive for voluntarily consolidating their interests.

The American Indian College Fund (College Fund), headquartered in Denver, Colo., will administer the Scholarship Fund and has extensive experience in providing students the resources to succeed in tribal

colleges and technical and vocational certifications as well as traditional undergraduate and graduate programs. A five-member Board of Trustees is responsible for the oversight and supervision of the College Fund's administration of the Scholarship Fund and for developing and adopting a charter outlining its role and responsibilities. The College Fund is working with the Cobell Board of Trustees to stand up its operation in concert with this first transfer of funds. Twenty percent of the Fund's portfolio will be directed to support graduate students through the American Indian Graduate Center in Albuquerque, N.M.

Cheryl Crazy Bull, President and CEO of the College Fund, shared that the Cobell Scholarship Program will help meet the tremendous financial need for educational support for American Indian and Alaska Native students across the country, many of whom live in poverty. “We are honored to remember the vision of Elouise Cobell that the Cobell Scholarship Fund would be used to lift up tribal students and their families,” she said.

More information about the Cobell Scholarship Program and how interested students can apply can be found at the American Indian College Fund website, www.college-fund.org/Cobell.

This first transfer of funds follows recent land purchases from willing sellers at the Pine Ridge and Rosebud Reservations. More than \$100 million in purchase offers are currently pending for landowners with fractional interests at Pine Ridge. Owners must accept and return current purchase offers for fractionated lands on Pine Ridge by May 2, 2014. Landowners can contact their local Fiduciary Trust Officer or call the Trust Beneficiary Call Center at (888) 678-6836 with questions about their purchase offers. More information is also available at www.doi.gov/buybackprogram/landowners.

Participation in the Buy-Back Program does not impact a landowner's ability to receive individual settlement payments from the Cobell Settlement. Cobell Settlement payments are being handled separately by the Garden City Group, (800) 961-6109.

President's Budget Proposal for Tribal Programs on the Rise, but is it Enough?

submitted by United States Senate Committee on Indian Affairs

U.S. SENATE (March 26, 2014) –The U.S. Senate Committee on Indian Affairs heard testimony about the critical importance of supporting tribal nations. In its oversight hearing on the Administration's budget for the coming fiscal year, Committee Chairman Jon Tester (D-MT) said he was encouraged by the proposed increases while acknowledging that these are difficult financial times.

“Tribes have not recovered from sequestration that resulted in across-the-board cuts to all federal programs that tribes are reliant upon. Nowhere was this more impactful than to the Indian Health Services, where due to sequestration, continuing resolutions, and the 16 day government shutdown - healthcare to Indian people was jeopardized,” said Tester.

The President's FY 2015 budget request for the Department of the Interior Indian Affairs programs totals \$2.6 billion, which is \$33.6 million more than this year. The IHS budget request for 2015 is \$4.6 billion, an increase of \$200 million over the current level.

The Committee heard testimony from Assistant Secretary of Indian Affairs, Kevin Washburn and Acting Director of the Indian Health Service (IHS), Dr. Yvette Roubideaux. Tribal leaders representing the National Congress of American Indians and the National Indian Health Board also testified.

“Despite the budgetary constraints we face, there are some positive highlights in the President's fiscal year 2015 budget request. The Committee is pleased that the Administration finally understands its legal obligation to fully fund Contract Support Costs for the both the Indian Health Service and Bureau of Indian Affairs,” Tester said. “I am particularly encouraged by the \$11 million increase for social services and job training to support an initiative to provide a comprehensive and integrated approach to address the problems of violence, poverty, and substance abuse.”

Aaron Payment, the National Congress of American Indians (NCAI) Midwest Vice President and Chairman of the Sault Tribe of

Chippewa Indians, noted that critical programs are still not reaching adequate levels. “Shrinking resources due to sequestration and the Budget Control Act have adversely affected tribes' ability to meet the needs of their communities. An honorable budget for Indian Country will empower tribes so they can provide their people with good health care, quality education, decent and adequate housing, and public safety,” Payment noted.

Commenting on funding for health programs Payment said, “NCAI appreciates that the IHS has finally seen some of the most significant budget increases in decades with a historical increase of 32 percent during the past six years. Yet, funding for Indian health care services and programs still falls significantly short of what is required to bring health parity to Indian health in line with other federal healthcare programs.”

On education, Payment noted, “Of the over 600,000 American Indian/Alaska Native students in pre-kindergarten through grade 12, most attend public schools. But many of

these schools do not have a reliable tax base and disproportionately rely on Impact Aid funding, which makes up for the lack of funding on and near reservations and military bases.” Payment expressed concern that Native students still do not have the same education outcomes as their peers.

Andrew Joseph Jr. the Chairman of the Northwest Portland Area Indian Health Board, spoke about the critical need for adequate health care funding. “Clearly, more must be done to alleviate these health risks for our people and to fulfill the trust obligations to American Indians and Alaska Natives,” Joseph Jr. said. “Despite the historic increases that Congress has given to the IHS budget over the last several years, funding discrepancies unambiguously remain. The First People of this nation should not be last when it comes to health.”

Tester, who also serves on the Appropriations Committee pledges to fight for increased resources for underfunded programs.

2014 Tribal College Awards Announced

submitted by U.S. Department of the Interior

Washington, D.C. (March 25, 2014) - NASA's Minority University Research and Education Project (MUREP) has awarded approximately \$2 million in new cooperative agreements to three tribal colleges and universities (TCUs).

These new agreements provide opportunities for TCU students, faculty and staff to engage in NASA-related science, technology, engineering and mathematics activities.

The awards, made through the NASA Tribal College and University Experiential Learning Opportunity (ELO) program, has a three-year performance period and range in value from \$512,700 to \$783,000. The agreements will assist these tribal colleges and their partners in the creation of experiential learning opportunities for students.

The selected institutions for 2014 are:

- Haskell Indian Nations University, Lawrence, Kan.
- Southwest Indian Polytechnic Institute, Albuquerque, N.M.

- Chief Dull Knife College, Lame Deer, Mont.

The winning proposals offer innovative methods, approaches and concepts to make appropriate use of current NASA-unique engineering and scientific resources. There also is a strong emphasis on engaging students and educators at the elementary, secondary and undergraduate levels.

NASA's Goddard Space Flight Center in Greenbelt, Md., manages and administers TCU-ELO activity. TCU-ELO supports NASA's goal of engaging tribal community in the critical STEM disciplines and focuses on inspiring the next generation of explorers.

For a list of selected organizations and project descriptions, click on “Selected Proposals” and see the entry for “2013-2014 NASA Tribal College and University Experiential Learning Opportunity (TCU-ELO)” at: <http://inspires.nasaprs.com>. For information about NASA's education programs, visit: www.nasa.gov/education.

• P E R S O N A L S •

GeKegobwe Kwe &
Nibnegobwe Kwe



Happy Birthday
to the baby girls.
Love you!
Mama, Daddy,
sisters, brother
& nephews



May 1st
Happy
Birthday
Bella Rein

March 26th
Happy Belated
Birthday
Briya Annette



Love you
From: aunties, uncles &
cousins



NOTICES

CULTURE

Neshnabemwen - 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 through 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 résumé, 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 Résumé Deluxe - it's easy to develop a résumé 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 résumé.

- 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.

**POTAWATOMI
CARTER
CASINO • HOTEL**



JOB POSTINGS

P.T. Hotel Front Desk Clerk

Reports to: Hotel Guest Services Supervisor

Posting Date: April 3, 2014

Closing Date: UNTIL FILLED

Purpose

Responsible for all aspects of the daily activities of the Hotel Front Desk, reservations and Gift Shop. Consistently provide excellent guest service by greeting and communicating with all guests in a professional, prompt, and courteous manner.

• • • • •

P.T. Hotel Room Attendant

Main Supervisor: Guest Room Supervisor

Posting Date: April 3, 2014

Closing Date: UNTIL FILLED

Purpose

Be responsible for providing a clean, friendly and enjoyable experience for the guests of the facility.

Complete job descriptions available at www.cartercasino.com.

**Submit applications/résumés to:
Jean Kluss, Human Resources Manager**

TRIBAL/NATIVE AMERICAN PREFERENCE APPLIES

"Others are affected by what I am, and say, and do. So that a single act of mine may spread and spread in widening circles, through a nation or humanity. Through my vice I intensify the taint of vice throughout the universe. Through my misery I make multitudes sad. On the other hand, every development of my virtue makes me an ampler blessing to my race. Every new truth that I gain makes me a brighter light to humanity."

-William Ellery Channing



WEDNESDAY, APRIL 30, 2014

2 SESSIONS: 1 p.m. & 5 p.m.

LOCATION:

First session at Tribal Hall, Family Resource Center in Gym
Second session at Family Service Conference Room

One-on-one financial counseling session starting at 2:30 p.m. Call (715) 478-4433 to schedule (in Family Service Conference Room).

LEARN HOW TO CUT COSTS AND BE A SMART CONSUMER IN THE AREAS OF:

- 🔥 Learn about options available to pay down debt
- 🔥 How to deal with collection agencies
- 🔥 Know your consumer credit rights
- 🔥 How to dispute errors on your credit report

Dangers of predatory lending
**ONE-ON-ONE COUNSELING SESSION
IN BETWEEN WORKSHOPS**

Make sure to register for your session
by calling (715) 478-4433

PRESENTER:

Dana M. Berger
Certified Consumer Credit Counselor



Financial Information & Service Center
Personal Solutions for Solving Financial Problems

FISC / CCCS of Northeastern WI

805 W Fulton
Waupaca, WI 54981
(715) 942-1599

Fax (715) 942-0472
www.fisc-cccs.org<http://www.fisc-cccs.org/

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R esource
S kills

**PLEASE WATCH FOR
UPCOMING WORKSHOPS EVERY MONTH**

APRIL 2014 CALENDAR OF EVENTS

Community Health

- Infant Massage Class (HWC): Wednesday, April 16, 1:30 p.m.
- Community Baby Shower (Crandon Community Bldg.): April 30, 4:30 - 6:30 p.m. Find more info. in notices on page 10.
- Youth on the Move Walking Program: Apr. 14 - 23, 3:30 - 4:30 p.m., Mondays at the Rec Center and Wednesdays at Carter We Care.

FCP Family Resource Center

- Healthy Relationships (parent/child activities): Mondays, April 14, 21, 28, 1 - 3 p.m.
 - Play Shoppe: Tuesdays, 15 (Easter Theme), 22 (Earth Day), 29 (Physical Activity), 11 a.m. - 12:30 p.m.
 - Life Skills Group: Wednesdays, 16 (Sex Trafficking), 23 (Child Abuse w/ICWA), 30 (Debt Management w/Dana Berger), 1-3 p.m.
 - Positive Indian Parenting: Thursdays, 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 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 15, 22, 29, 3 - 5 p.m.
 - Group II - Youth: Wednesdays, April 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.



**FOREST COUNTY POTAWATOMI
5K FITNESS EVENT**

**MISH KO SWEN
STRONG/HEALTHY**

Saturday, June 7, 2014

Registration time {9:30 - 10:15 a.m.}
Event start time {10:30 a.m.}

LOCATION: Starting point and registration at FCP We Care Facility, 612 State Hwy 32 S, Wabeno
WHO: FCP Tribal Members, Employees and their Family Members, as well as individuals eligible for the Alternative Care Program
DESCRIPTION: Registration for the 5K course (3.1 miles) will be available onsite from 9:30-10:15 a.m. the day of the event. T-shirts only guaranteed to those who pre-register by May 22.
There will be PRIZES, a SNACK and LIGHT LUNCH!
SPONSORED BY: FCP Health & Wellness Center's Community Health Department
CONTACTS:
Heather Robinson: 478-4317
Kristin Kuber: 478-4382
Lisa Miller: 478-4320

Timing System Available

**POTAWATOMI STONE LAKE
C-STORE/SMOKE SHOP/DELI**

Located 3 Miles East of Crandon off of Hwy. 8
5326 Fire Keeper Rd., Crandon, WI (715) 478-4199
Open 7 days a week: 6 a.m. - 10 pm.

**POTAWATOMI CARTER
C-STORE/SMOKE SHOP**

Hwy. 32, Carter (Across from casino/hotel)
Open 24 hours/7 days a week • (715) 473-5100

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2014 FCP Winter's End Pow-Wow Royalty

by Val Niehaus

Senior Princess: Joyce Einertson was presented this year with the honor of being FCP Winter's End Pow-wow Senior Princess. Einertson, age 14, is an eighth grader at Wabeno Junior High School.

She has been dancing since the age of five and was extremely happy in being granted the privilege of being this year's Senior Princess. She is also honored to wear her traditional regalia, which was made by Corenna Whitecloud. This is just one piece of regalia (seen at right) out of many others she wears.

Outside of school and dancing at pow-wows, Einertson enjoys the outdoors, hanging out with her friends, playing volleyball and softball, and watching football.

She was very honored to be selected for this year's Senior Princess because in all these years of dancing she has never been elected for this position. After so many years of dancing she has reached a goal she has sought after in her life. As



princess Einertson plans to attend as many pow-wows as she can, including Green Bay, Bayfield, Keshena, the Gathering and Mno Keno Ma Gē Wen.

at Wabeno Elementary School.

Frank has been dancing since the age of one and a half and is honored that his uncle Jaroam Sanapaw made the regalia he now wears with pride.

In his free time away from dancing and his studies, Frank enjoys playing with dinosaurs and learning about them. He is an avid "Lord of the Rings" fan and is enjoying the new "Hobbit" prequels along with this series. He enjoys fishing, practicing his bow shooting, wrestling, and, of course, pow-wow dancing.

He believes that while competing for Brave he is able to carry on his traditions - traditions he is very proud of. His future plans while being Brave are to keep good grades, to be respectful and helpful to others, and to attend as many pow-wows as possible. Those pow-wows include: Strawberry Moon, Menominee Veterans, Red Cliff, Mno Keno Ma Gē Wen, Ho Chunk, Hannahville and Indian Summer.



Brave: Bondesē Frank was selected as FCP Winter's End Pow-wow Brave, and he is extremely proud of this honor. Frank, age nine, is a third grade student

Junior Princess: Symone Pemma was announced as this year's FCP Winter's End Pow-wow Junior Princess - she was beyond happy with tears of joy! Pemma, age eight, is a second grade student at Wabeno Elementary School.

Pemma started dancing at the age of three and has enjoyed it every year since then. Her Auntie T has been a great supporter and made her lateachia and Sharon Cloud made her appliqué.

In Pemma's time away from school she enjoys playing basketball, loves to venture outdoors and play, enjoys her electronics (PS3/Tablet), and of course, she loves being able to dance at pow-wows.

She has always dreamt of being a Potawatomi princess someday. Now that she has finally reached that goal, she is very proud of her accomplishment. She is extremely happy she gets to represent her tribe at pow-wows and be very proud to be Forest County Potawatomi.

Her plans while being FCP Princess this year is to help out the elders within the community. She wants to treat everyone fair and with respect, and she would enjoy being able to speak in front of peo-



ple at the pow-wows. She plans on attending pow-wows in Keshena, Milwaukee, Carter, and one in Canada with her Auntie; she hopes to make it to as many as she can.

Hmong American Peace Academy

...continued from pg. 1

This was a traditional game the Hmong people played on the first day of the New Year. It was a means for single men and women to get to know one another in anticipation of possible marriage if they were suited to one another. They would play this game for hours upon hours while singing to one another and getting to know each other. The grandmother described to the children how she had, in fact, met the grandchildren's grandfather during such an event. Once again, these performers exited the stage as the curtain opened to show another singing performance by the HAPA scholars. This was another traditional song that I'm assuming portrayed how the single males and females would sing to one another during the 'ball toss' game.

After this song, the grandmother again returned with the children to center stage and told them about a time that many people who are reading this may remember: the Vietnam War. She talked about this war and how the Americans asked the Hmong people to protect the borders of Laos and become its allies. She talked about how the children's grandfather was recruited by General Vang Pao, a Hmong guerrilla leader. After years of battle, we all know how this war ended. The grandmother went on to tell the children how the Hmong people then had to flee again because of the loss in the Vietnam War. She described the feelings, sounds and sights of fleeing a war-torn area. She described to the children how, while running through the jungle pregnant with her daughter, she lost her husband, their grandfather, within the smoke and noise.

The curtain again opened to the HAPA scholars dressed in black, three playing an acoustic guitar, and one single dancer in the middle of the stage portraying the emotions within the song called *Safe and Sound*. It seemed to be a perfect song for the mood that had now settled upon the audience in the auditorium.

Grandma went on to tell how they finally crossed the river and made it to Thailand where they went into the refugee camps. She talked about how she finally was able to go to the United States when some people were willing to sponsor her. Her gratitude to these people was obvious and she described how grateful she was for all they taught her and showed her as she learned to live in a new country. More than anything, she described how much she appreciated being able to receive the education she wanted and deserved. Once again, this performer exited to the side

while the HAPA scholars came out to sing one more song. This was a 'thank you' song to the people here in America who helped the Hmong people be able to live lives of peace and happiness in this country.

The ending of the story had the girl that we first saw with the book - the older version of the granddaughter - again return to the stage. She summed the presentation up in a very powerful manner saying, "This treasure book was Grandma's story; not only her story, but my story as well. Grandpa fought for freedom; Grandma fought to stay alive for our family; our leaders fought for peace and justice. Many people have lost their lives, sacrificed for love, and gave all that they have."

This performance by the HAPA scholars was incredibly powerful and moving for all who were in attendance. There wasn't one person in the audience who could not relate to this story in some way or another, and that made it all seem very personal. Some could relate it to their own family's past history; others could relate it to present-day situations.

The FCP students were honored to be able to attend this performance and were impressed by what youth their own ages could show to an audience of strangers.

Following this incredible performance, the FCP students were able to enjoy a traditional Hmong meal with some of the performers. Hopefully, some lifelong acquaintances have been made. Not only did they get to sit down and eat with them, but they were also able to shadow them in some of their classes, do some workshops together so that each student would get to know one another, and were able to sit down and discuss their lives and traditions. The youth all felt that they had many similarities within their past and present-day lives. There was a lot of laughter, smiling and stories from every student involved.

The FCP students who met these amazing students at HAPA are hoping that one day they can come to Forest County to perform for the community. They, in turn, are hoping they can hold a mini pow-wow for them to show them their culture. HAPA students are looking more than forward to doing that, so keep your eye out later on for this. It truly was a remarkable experience for all who attended.

If you would like to find out more information about Hmong American Peace Academy, visit www.myhapa.org. You may see what Her-Xiong, her community, and staff have done for these students and continue to do.



HAPA scholars playing flutes during a traditional song.