



POTAWATOMI TRAVELING TIMES

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Tribal Member Earns Second Master's Degree



University of Arizona- Eller MBA Class of 2014
FCP Tribal Member Crystal Deschinny is pictured in the white circle above.

by Val Niehaus
submitted photos

Crystal Deschinny is a Forest County Potawatomi Community (FCPC) tribal member who sets her goals high and then works hard to achieve them. She just received her second master's degree, an M.B.A. (Masters of Business Administration), an advanced degree sought by individuals who are interested in management and leadership roles in business. The M.B.A. provides an individual with the skills and knowledge necessary to be part of managing, leading, and changing businesses and organizations for the better. The M.B.A. also offers the tools and resources to explore entrepreneurship.

Deschinny is happily married to her husband, Daniel, and together they have a son, Jaiden, who in many

ways has his parents' ambition and determination. Having had to fund both her undergraduate, a Bachelor's of Science in Finance, and first graduate degree, a Master's in American Indian Studies, Deschinny knows what it was like to go without the comforts of material things. At a young age she set her goals extremely high in order to achieve a better life. She did not want to be stuck in a life that had no purpose or meaning and made the effort to educate herself and to learn from her life experiences. This recent accomplishment is the result of years of work to achieve the education she desired. A 2013 Academic Excellence and Community Leadership Award as well as being inducted into the graduate honors society by the University of Arizona, speaks to the degree of hard

work invested in her educational endeavors.

After resigning from her position of seven years at FCPC, Deschinny embarked upon an educational journey which included returning to the university. She earned her M.B.A. from the University of Arizona's - Eller College of Management. This program was a year and a half long and was quite intense. It was not an online course of study but, rather, involved spending every other weekend attending classes in person. She explained that class would start on Friday morning and last all day. At times there were reviews with professors Friday evening and then classes would begin again the next morning and last until Saturday evening. This intense course included all of the same requirements as a full-time M.B.A. And though it seemed like a shorter time period, it actually was not. This particular program required students to have five years of professional working experience. The class included a wide variety of people from different careers such as engineers, doctors, and entrepreneurs. Deschinny said one of the biggest obstacles for her personally with this course of study was the time she had to spend driving to and from home to class - a round trip of about 600 miles. She would make the drive, stay overnight in a hotel for the weekend, and return home after classes. This obviously resulted in her having to be away from her husband and child—something that is always tough for a mother and wife to do. She told *PTT*

that her family's support was absolutely critical in taking this step in her life. Without their encouragement, things may not have gone as well as they did so that she could finish. Her son, Jaiden, was a huge factor in her finishing this degree. Deschinny made it very clear that she wants to be a good example for her son to follow. She wants to show him that if you start something and that something is good for you and gives you a purpose, you must complete that journey and finish strong.

This program is geared towards a wide range of different business techniques, tools and skills and included courses in business law, finance, global concepts, accounting, human capital and contract negotiations.

continued on pg. 12...



Dr. Hope Schau, Associate Dean of Eller Programs, "hooding" Deschinny.



(l-r) Daniel, Jaiden, and Crystal Deschinny

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OUR MISSION: Potawatomi Business Development Corporation (PBDC) will generate wealth and improve the quality of life for the Forest County Potawatomi (FCP) Community by making strategic investments, acquisitions and prudent asset management and community development decisions. Resources generated by PBDC and its holdings will help diversify the tribal economy that supports FCP's tribal government and help improve the lives of FCP tribal members. Through trust, support, integrity, and mutual respect, PBDC is committed to building an economic engine that will support FCP for generations to come.

A View from the Top



GREENFIRE
MANAGEMENT SERVICES, LLC

Greenfire Management Services is busy managing quite a few projects in the Milwaukee area. With some of those projects just wrapping up and others just getting underway, it's always interesting to see the progress from the air. Aerial photos

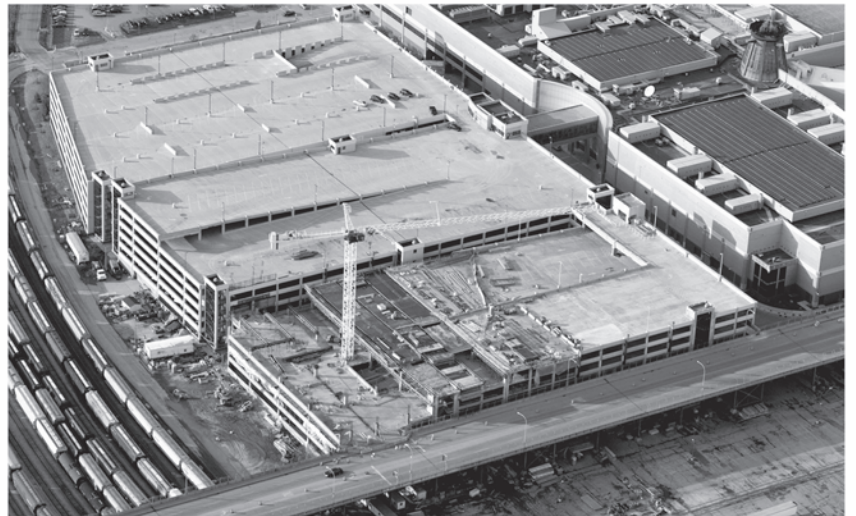
are taken of projects periodically throughout their duration and serve as a great marketing and progress reporting tool for the project team, as well as for the project's owner and developer. Here are some photos that were taken in late December by Rick Ryerson, Greenfire's go-to aerial photographer - or as we like to call him, "The Red Baron". He enjoys taking these photos as much as we like to see them! However, now that winter is upon us, getting the right shot can be difficult - and capturing the photos shown here proved to be a challenge for Rick!



Beaumont Place Apartments - Whitefish Bay



Echelon at Innovation Campus - Wauwatosa



Potawatomi Hotel & Casino Parking - Milwaukee



Paper Box Lofts - Milwaukee



New Parking at Wgema Campus - Milwaukee

There's always something new to see on our website!
Remember, the password for the TRIBAL MEMBERS page is FIREKEEPER

Message From FCP Veterans Post 1

Our primary goal is to honor all military veterans and their families. The FCP Veterans Post 1 is committed to serving and supporting our veterans and their families; to aid FCP and native veterans in both conventional and traditional values; to help guide, assist and refer our veterans to other venues when necessary.

The Color Guard will continue to take part in Veteran's funerals and other ceremonies and hope to add rifles and an electronic bugle to our equipment. The Color Guard participates in grand entries at pow-wows and other events around Wisconsin and surrounding states to promote the Forest County Potawatomi Community and to show support for other tribal nations.

FCP Caring Place
January Activities Calendar



EVENTS IN THE ACTIVITIES ROOM:
Tuesdays & Thursdays - Exercise at 9 a.m.
SPECIAL EVENTS (RSVP REQUIRED):
Jan. 16: Rouman Cinema
Jan. 21: LDF Casino
Jan. 27: Shopping



War Veterans Wanted

PTT is looking for FCP veterans who are willing to share their experience in the military. As a compliment to the series "Native Americans in the Military", it's our hope to include personal stories, quotes and photos beginning with WWI. We are also interested in those who served in WWII, Korea, Vietnam and other more recent conflicts.

If interested and comfortable with sharing your experiences, please contact Val Niehaus at (715) 478-7498 or Valerie.Niehaus@fcpotawatomi-nsn.gov.

The Elderly Department and Indian Child Welfare Present:
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 Caring Place located at 5456 Kak Yot Lane in Crandon. Come have lunch and visit with other grandparents raising grandchildren. Please call (715) 478-4892 or 4812 to RSVP.



Deadline for the Feb. 1, 2015 issue
is Wednesday, Jan. 14, 2015.

IMPORTANT: We are no longer accepting checks as a form of payment. Cash, Debit or Credit Cards only.

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ATTENTION: The DVD Smoke Signals is now out of print. We are unable to order more copies and have a very limited stock available.

- NEW DVD's**
DOCUMENTARY
- Indian Relay
 - Medicine Game
 - Racing the Rez
 - Urban Rez

- MOVIE**
- Jimmy P.
 - Warrior's Heart

- COMEDY**
- Tatanka Means: Red Friday

- NEW CD's**
POWWOW
- No. Cree & Wild Band of Comanches: Breaking Boundaries
 - Smokeytown: 40th Anniversary
 - Young Bear: Live
 - Northern Cree: Ewipihcihk Round Dance Songs

- TRADITIONAL**
- Brian Stoner: Peyote Songs
 - Songs of the Native American Church
 - Grandfather Peyote: Creators Gift
 - Louie Gonnig: Spiraling, Ascending with Prayer

- FLUTE**
- Marina Raye: Return to Innocence Duncan & Yazzie: Singing Lights



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Potawatomi Traveling Times

8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520
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Forestry Department has a Productive Fiscal Year - Part Two

submitted by Al Murray, FCP Tribal Forest Manager

The tribal Forestry and Land Services Department consists of the Tribal Forest Manager, Al Murray; Tribal Forester, Kevin Makuck; Community Forest Coordinator/Service and Contract Supervisor, Scott Cleereman and the Wildfire and Fuels Manager/Forestry Technician, Jim Gumm. The department is located in the FCP Natural Resources Building at 5320 Wensaut Lane, Crandon, Wis.

The forestry department is focused on seven separate priorities. These program priorities include: timber management, forest development, forest inventory, forest protection and monitoring, the Tribal Assistance Program, the Northeast Wisconsin Forest Improvement Collaborative, and the Forest Resource Coordinating Committee. This article focuses on the Tribal Assistance Requests portion of the Forestry Department.

Tribal Assistance Requests

Since 2009, the Forestry Department has provided assistance to tribal members in the removal of trees, which created hazards around their homes. This assistance was also provided to tribal buildings and facilities.

In 2010, the forestry department increased its capabilities through equipment purchases, which allowed the forestry department to complete tree clearing for tribal construction projects; this tree clearing allowed the forestry department to capture the timber value of the clearing rather than losing this value to contractors.

In 2011, this service was expanded to meet requests from individual tribal members with Forestry offering tree, brush and stump removal near tribal homes. Wood chips, pulpwood, bolt

wood, saw logs and firewood from these projects are marketed by the Forestry Department, and income generated is deposited as income to off-set Forestry Department costs for providing services.

In fiscal year (FY)14, Forestry completed 17 projects for individual tribal members ranging from small tree removals to large lot clearing to firewood sale and delivery. These projects included the following:

- Stump grinding for tribal member Joe Shepard.
- Brush removal and stump grinding for tribal member Courtney Kircher.
- Snowplowing of sugar camp for tribal member Jason Spaude - cultural maintenance.
- Stump grinding and tree removal for tribal elder Norman Tribbett.
- Stump and brush removal and hauling for tribal member Clayton Alloway.
- Brush chipping and removal and wood movement for home lot for tribal member Michael Gilligan.
- Brush removal and chipping for tribal member Evan Shepard.
- Wood chip delivery for landscaping for tribal elder Phil Shopodock.
- Tree and brush removal and brush chipping for tribal member James Crawford Jr.
- Wood chip delivery for landscaping to tribal member Melissa Gorham.
- Tree and brush removal for tribal elder Joe Brown.
- Tree and brush removal for tribal member Ned Daniels Jr.
- Home lot clearing for tribal member Shanze Shepard.
- Tree, brush and rock removal for

tribal member Nick Shepard.

- Tree and brush removal for tribal member Chief Soman.
 - Firewood sale and delivery to tribal elder Jim Alloway.
 - Firewood sale and delivery to tribal elder Richard Mexico.
- In addition to the tribal member requests, the Forestry Department completed 22 projects assisting tribal departments and tribal projects with projects including the following:
- Shed removal from daycare construction site.
 - Tree clearing for housing garage construction.
 - Clearing of trees, marketing of wood and brush removal for daycare construction site.
 - Lumber and debris pick-up near old tribal center.
 - Removal of brush along Firekeeper Road.
 - Stump grinding at county courthouse - county request approved.
 - Clearing of trees, marketing of wood and stump removal for Section 14 road project.
 - Hazard tree removal for Domestic Violence.
 - Rock removal and trail maintenance for ATV trail to Stone Lake C-Store.
 - Removal of trail ride billboard.
 - Delivery of firewood for Cloud Lake Campground.
 - Location of and guidance for cedar tee-pee poles for Native American Church.
 - Clearing of trees and marketing of wood for Everybody's Road extension project.
 - Tree and brush removal for Just Another Road project.

- Wood chip delivery for Devil's Lake walking trail project
- Tree clearing, brush chipping, tree planting for Stone Lake Cemetery project.
- Removal of brush and delivery of firewood for tribal Sugarbush.
- Clearing of trees and marketing of wood for administration complex stormwater retention pond.
- Tree removal, brush chipping and stump removal for Devil's Lake boat landing project.
- Tree clearing and brush chipping for Health and Wellness expansion project.
- Tree harvesting, stumping, and stump placement for Swan Creek trout habitat project.
- Leveling and planting of native seed on skid trails and roads in Section 14.

Completion of these projects generated income in the amount of \$38,135.07 that was deposited into tribal accounts from wood and wood chip sales. Work completed also resulted in an estimated \$197,800 in savings resulting from reductions in contractor payments for the services provided.

The amount and timing of assistance that the Forestry and Land Services can provide is limited by timing, season, and tribal process policies. The Forestry Department is developing a listing of assistance projects for spring and summer of 2015 now. If you have any questions pertaining to the Tribal Forestry and Land Services Program, please contact Al Murray, Forest Manager, at (715) 478-4973 or by e-mail at al.murray@fcpotawatomi-nsn.gov.

Tips for Parents: Responding to Bullying

submitted by Kristin Bath, CHES, Health Educator/Public Health Accreditation Coordinator – Community Health Department

According to the U.S. Department of Health and Human Services, research shows that when adults respond quickly and consistently to bullying, it can stop bullying behaviors over time. Follow the steps below to learn what you can do to prevent bullying and protect your kids.

What to do:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

What not to do:

- Don't ignore it. Don't think kids can work it out without adult help.
 - Don't immediately try to sort out the facts.
 - Don't force other kids to say publicly what they saw.
 - Don't question the children involved in front of other kids.
 - Don't talk to the kids involved together, only separately.
 - Don't make the kids involved apologize or patch up relations on the spot.
- Contact law enforcement or emergency medical services if:**
- A weapon is involved.
 - There are threats of serious physical injury.

- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal

act, such as robbery or extortion—using force to get money, property, or services.

Reference: www.stopbullying.gov/respond/on-the-spot/index.html

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 Forest County Potawatomi Housing, 5460 Kak Yot Lane, Crandon, WI 54520.

Get the Facts: Cervical Health Awareness

submitted by Kristin Bath, CHES, Health Educator/Public Health Accreditation Coordinator - Community Health Department

January is recognized as Cervical Health Awareness Month. It is an opportunity to raise awareness about how women can protect themselves from human papillomavirus (HPV) and cervical cancer.

HPV is the most common sexually-transmitted disease and happens to be a major cause of cervical cancer. The virus is passed from one person to another during sex. At least half of sexually-active people will have HPV at some point in their lives.

There are many types of HPV viruses; however, only certain types cause cervical cancer. As a matter of fact, two types of HPV are responsible for 70 percent of all cervical cancer. Most women's bodies are able to fight off HPV infections. However, in some women, HPV can cause normal cells

in the cervix to turn into cancer. It is estimated that each year about 12,000 women in the United States are diagnosed with cervical cancer. Cervical cancer affects women of all ages, but it is most common in women over 30 years old.

The good news is that cervical cancer is preventable. There are a number of precautions that can be taken to decrease the risk for developing cervical cancer.

Early detection of abnormal cell changes through routine Pap tests is important. Your provider can find and treat abnormal cells before they turn into cancer. The Pap test is one of the most reliable and effective cancer screening tests available.

In addition to the Pap test, the HPV test may also be used to screen

women aged 30 years and older. The HPV test checks the cervix for the types of HPV that can cause abnormal cells and cervical cancer.

The HPV vaccine is also available. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is given in a series of three shots. The vaccine is recommended for 11- and 12-year-old girls, but can be given to girls beginning at age 9. It is also recommended for girls and women ages 13 through 26 who did not get any or all of the shots when they were younger. The HPV vaccine is not just for females; it is also recommended for males ages 9

through 26. It is best to be vaccinated before the first sexual contact.

You can prevent cervical cancer by taking the following precautions:

- See your provider regularly for a Pap test that can find cervical precancerous cells.
- Follow up with your provider if your Pap test results are not normal.
- Use condoms during sex.
- Limit your number of sexual partners.
- Don't smoke.

For more information on HPV and cervical cancer, visit www.ncccoonline.org/ and www.cdc.gov/cancer/cervical/.vcxv



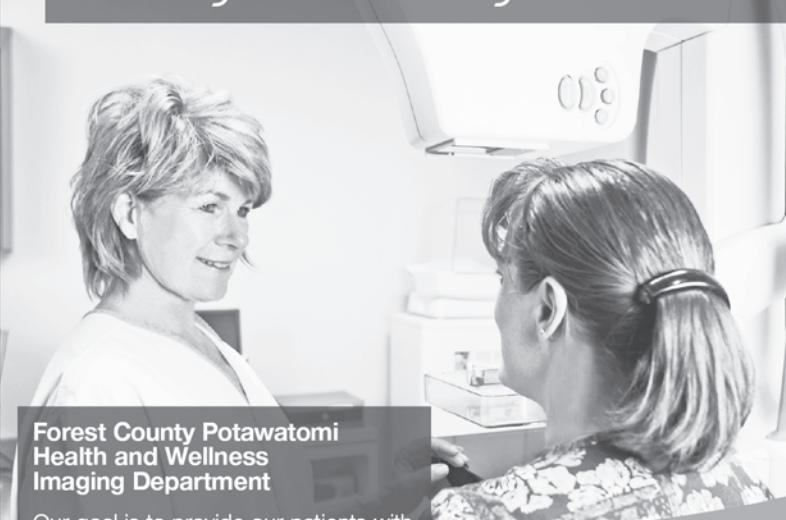
"As a father, physician and nurse, I have a special place in my heart for children, and I know the brief window of opportunity we have to teach them simple lessons that can lead to a lifetime of good health."
-Richard Carmona

It's Not Too Late to Get Your Flu Shot!

Haven't gotten your flu shot yet? Good news, you still have time. Flu activity typically peaks in the United States between December and February. The Centers for Disease Control and Prevention recommend a yearly flu vaccine for everyone six months and older. The seasonal flu vaccine is the most effective way to prevent influenza, a contagious respiratory illness that can cause mild to severe illness, and at times, can lead to death. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the main flu viruses that research suggests will cause the most illness during the upcoming flu season.

Call the FCP Health & Wellness Center at (715) 478-4300 to schedule your flu vaccine today!

Honoring Health, Healing, and Tradition



Forest County Potawatomi Health and Wellness Imaging Department

Our goal is to provide our patients with accurate radiology, mammography, and ultrasound exams in a timely manner and with an expedited result. We offer services for tribal and non-tribal members from providers at the Health & Wellness Center and from other facilities. If you are seeing a provider from a different facility, we will complete your exam(s) with a faxed order from your provider.

Appointments can be made by calling (715) 478-4339. Hours: Monday - Friday, 7:30 a.m. - 5:30 p.m.

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Community Health (715) 478-4355	Pharmacy (715) 478-4347
Dental (715) 478-4313	Radiology (715) 478-4339
Lab (715) 478-4339	Rehabilitation (715) 478-4344
Medical (715) 478-4339	Weekend Walk-In (715) 478-4300



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2014: The Year in Review!





Know the Warning Signs of Alcohol and Drug Abuse

submitted by FCP AODA Department

Bosho,

We know the holidays are here, and we would like to help educate family members on the warning signs of alcohol or other drug abuse. Do you suspect that your child is abusing alcohol or using drugs? Are you worried? Have you noticed some changes with your child? As a parent, it is normal to be concerned. Listen to your intuitive voice and read on!

How are parents affected?

Before we discuss what you need to look for if you are concerned about your child - including the signs and symptoms of alcohol and drug use - we need to talk about how you have been affected by their alcohol and drug use. Your ability to be helpful depends on how much you understand about alcohol and drugs as well as how you have been affected by their alcohol and drug use. In fact, the most important thing you can do to help your son or daughter is to commit to getting help and support for yourself!

To better understand how you have been affected, and to find out if you need some help, please feel free to call us at (715) 478-4370.

Warning signs indicating that your teen is abusing alcohol or other drugs:

- Changes in appetite or sleep pat-

terns. This could be characterized by a marked increase or decrease in either or both. For example, individuals abusing amphetamines may show a diminished need for sleep and food. Those abusing marijuana may sleep more and have an increased appetite. These effects may vary depending upon the drug being abused.

- Deterioration of physical appearance. Typical teenagers are very concerned about the way they look to peers and friends and may be very specific about clothing, makeup and overall hygiene. Individuals abusing substances often start to focus less on their physical appearance as their substance use increases.

- Withdrawal from social or important activities. You may notice your teen stops showing interest in things he or she once found pleasurable. For example, they may start missing school or participate less in sporting events or other social activities. They may also stop attending family functions or gatherings such as church because their drug use has become more important, or they may be embarrassed and try to hide their use from others.

- Unexplained need for money or secretive about spending habits. Individuals abusing drugs may begin asking for money without a clear reason. Gen-

erally, an abuser will not ask for very large amounts, but rather small amounts over periods of time. They may also become more secretive about spending habits. For example, he or she may claim to need more for something than they actually need and pocket the extra money.

- Sudden change in friends or locations. The abuser's friends or hangout spots may change. For example, a teen may start hanging out with a different crowd of friends. You may notice where they hang out may change as well. They may suddenly think their old friends are no longer "cool". They also may start to break curfew or lie about where they are hanging out.

- Increased interpersonal or legal problems. Individuals abusing substances may start having more interpersonal problems, i.e., increased arguments with parents, friends, or other authority figures. They may begin to get in legal trouble for shoplifting or other crimes and cited for possession or underage drinking.

- Change in personality or attitude. This one can be a little tricky. Given the raging hormones of teenagers, personality and attitudes can change regularly. In someone abusing substances, this will look a little differently. The mood swings would be unlike typical teenage attitudes. Depending on the substance being abused, you may begin to notice marked hyperactivity or extreme happiness followed by a "crash" where the mood becomes just the opposite. The individual may appear very

lethargic or more irritable than usual. Thinking and behaviors may become irrational and unpredictable.

- Neglecting responsibilities. If your teen is normally very responsible and there is a change in that behavior, this may be a sign. Substance abuse often begins to take precedence over other things that were once deemed important. As a result, responsibilities are often neglected and the teen becomes more and more irresponsible over time.

- Using despite knowing it is dangerous. Most teens are very aware of the negative effects and possible consequences of substance use. If your teen is using despite this knowledge, this is a sign of abuse.

If you notice any of these signs, it may be time to talk to someone – starting with your teen. Approach them in a non-confrontational, non-threatening manner. Remember, the object of the conversation is to get them to talk to you, not for them to shut down.

If you suspect drug use, even if you think it's just a little, start talking. If you realize your teen does have a substance abuse issue, don't be afraid to seek help. Drug use is typically an "escape" for teens. It's important to seek help for the drug use, but more important, to find the cause of it.

Substance abuse is something that can and likely will get worse over time. Be proactive and remember that a short conversation could be the one thing that keeps your teen from full-blown addiction.

Vegetable of the Month: Kohlrabi

submitted by Stephanie Mattson, B.S., C.D., L.P.N., Nutritionist, Community Health Department/Employee Health Program

You've probably spotted knobby purple or green kohlrabi at the farmers market and wondered what the heck this odd-shaped thing with the weird name is! Well, it's a fantastically versatile vegetable with a taste and texture somewhere between cabbage and broccoli stems.

It's time for kohlrabi to step up and take a more prominent place in our cooking.

How do you prep kohlrabi?

While the kohlrabi bulbs are what you'll usually see being sold, don't pass up an opportunity to pick them up if you see the greens still attached — they're delicious and can be eaten raw in salad if they're young and tender, or sautéed or steamed like mustard greens.

Kohlrabi needs little prep, but you should always peel off the tough outermost layer of the bulb with a vegetable peeler first.

How should I eat kohlrabi?

Kohlrabi is found in a lot of Indian cooking, so it naturally does well with traditional Indian spices. One note of caution: the mild flavor of kohlrabi can

get lost if mixed with too many other vegetables or seasonings, so simple preparations where the kohlrabi can take center stage is oftentimes ideal. Here are five great ways to eat kohlrabi:

1. Raw

When raw, kohlrabi is slightly crunchy and mildly spicy, like radishes mixed with turnip. You can toss them in a salad, make a slaw out of grated kohlrabi, or eat them on their own with a drizzle of olive oil and a sprinkling of sea salt.

2. In Soup

While kohlrabi can be thrown into a basic chunky vegetable soup, it is particularly good in a creamy, pureed soup with mild spices so that the sweet kohlrabi flavor can really shine through. Kohlrabi can also be added to recipes for cream of potato, cream of broccoli, and even cream of mushroom soup.

3. Made Into Fritters

This is a great way to get kids to eat their kohlrabi. Shred it and mix with an egg and a few tablespoons of flour or bread crumbs. Heat oil or butter in a flat skillet, drop on small mounds, and

flatten slightly with the back of your spatula. Turn after a few minutes, and serve when both sides are crispy.

4. Roasted

Like most other vegetables, when roasted in the oven, the outside of the kohlrabi caramelizes, and the flavor sweetens and mellows. Kohlrabi goes well with other roasted veggies like eggplant and potatoes for a hearty side dish.

5. Steamed

This is kind of a cheat-suggestion because kohlrabi can be used in literally anything once steamed. Steamed kohlrabi can be added to frittatas, stir-fries, and pasta dishes. There are even recipes for stuffing steamed kohlrabi into empanadas and calzones.

Source: www.thekitchen.com

Kohlrabi and Carrots Recipe

Ingredients:

1 medium kohlrabi, peeled, chopped into ¾ inch cubes (about 2 cups)
4 large carrots, cut into ¾ inch chunks to match the kohlrabi
¼ teaspoon nutmeg
1 tablespoon butter (optional)
salt and pepper

Directions:

Cover the kohlrabi and carrots with lightly salted water and boil until quite tender (about 15-20 minutes). Drain. Lightly mash. Leave a lot of texture; don't try to make them smooth like mashed potatoes. Add nutmeg and butter. Serve.

Makes 4 Servings



Oneida Honor Man Who Called for Genocide of Sioux Nation

received by Newsfinder from AP, Dec. 28, 2014 - by Ernestine Chasing Hawk (copyright permission Native Sun News)

When politicians and celebrities make offensive remarks about Indians, Indian history and Indian policy, I usually just laugh at their ignorance and say, "Don't worry, the Indians will get 'em," and they usually do.

But when the misstep comes from someone we count on to protect our dignity, our voice, our rights as Indian people, when there's been a betrayal of the duty we've entrusted to them, I must speak.

The Oneida Nation, owners of *Indian Country Today* "proudly" announced this week their plan to open a casino called the "Yellow Brick Road" that pays "homage" to Frank Baum, author of "Wonderful Wizard of Oz."

Baum, in 1890, just days after Lala Tatanka Iyotaka, (grandfather Sitting Bull) was brutality gunned down by a Federal officer, scribed the following in the Aberdeen Pioneer:

"The proud spirit of the original owners of these vast prairies inherited through centuries of fierce and bloody wars for their possession, lingered last in the bosom of Sitting Bull. With his fall the nobility of the Redskin is extinguished, and what few are left are a pack of whining curs who lick the hand that smites them."

Baum continues, "The Whites, by law of conquest, by justice of civilization, are masters of the American con-

continent, and the best safety of the frontier settlements will be secured by the total annihilation of the few remaining Indians. Why not annihilation? Their glory has fled, their spirit broken, their manhood effaced; better that they die than live the miserable wretches that they are."

What followed was a brutal attack on my people, the Mnicoujou and Hunkpapa Lakota who had sojourned south after grandfather Sitting Bull was killed, seeking refuge with Makpiya Luta (Red Cloud).

Following the brutal massacre of more than 300 of our relatives, Baum, inciting the masses to genocide, wrote, "The Pioneer has before declared that our only safety depends upon the total extirmination [sic] of the Indians. Having wronged them for centuries, we had better, in order to protect our civilization, follow it up by one more wrong and wipe these untamed and untamable creatures from the face of the earth."

Every year, during the holiday season, my relatives from the north "pay homage" to our ancestors who were massacred at Wounded Knee. They start the 280-mile trek at Sitting Bull's camp along the Grand River where I spent time as a young girl with my unci Cecelia One Bull, daughter of One Bull, Sitting Bull's nephew.

Among the riders who begin this annual journey are my nephew, Ron His Horse is Thunder, former Chairman of the Standing Rock Sioux Tribe, and his tiyospaye (family), my uncle, Dana Dupris and his crew from Cheyenne River, and our spiritual leader, Chief Arvol Looking Horse, keeper of the sacred Canunpa, and his tiyospaye at Green Grass.

And the trek is no "Yellow Brick Road" as this year they are enduring freezing rain, blinding snow and blistering cold winds in their commitment to "pay homage" to our ancestors who lost their lives along Wounded Knee Creek more than a century ago.

The grandfather of my children, Two Shields, who is known as Blue Arm, who along with his sister were the lone survivors of their family. Their mother and father along with seven siblings were among the dead at Wounded Knee. The pair, along with other survivors, made their way back to the place that is named for them Takini, which means "to die and come back" or "survivors", of the Wounded Knee Massacre.

Takini is located on the Cheyenne River Indian Reservation in Ziebach County, which according to the 2010 U.S. Census, is the poorest county in the United States.

On Dec. 29, a group led by the

former Chairman of the Cheyenne River Sioux Tribe, Joseph Brings Plenty, began a journey on foot starting at the massacre site that retraces the steps of the survivors who made their way home, along the Cheyenne River, back to Takini.

The historical trauma of what happened more than a century ago still haunts my people and the economic impact still lingers. Congress passed the Sioux Depredations Act of 1891 to compensate the so-called "innocent victims" of the 1890 Massacre and the Ghost Dance troubles for their losses, which included white people and the churches. Everyone but my people, the Mnicoujou and Hunkpapa who were the victims of the 1890 Massacre, were compensated. (For a list of those who were compensated see Mario Gonzalez book, "Politics on Hallowed Ground".)

Having said all that, I cannot understate the betrayal I feel from the announcement that the Oneida are building the "Yellow Brick Road Casino" to "pay homage to L. Frank Baum" that is projected to open in the spring of 2015. How can they be so ignorant of history and traitors to their own race?

Would the Jews build a casino to honor Adolph Hitler?

Ride Remembers Hangings of Dakota Indians in 1862

by Fritz Busch, *The Journal* (an AP Member Exchange Feature)

JUDSON, Minn. (Dec. 26, 2014) - The faint hiss of a waterfall could be heard Christmas Day on the Minnesota River bottom road as dozens of horseback riders quietly rode toward the Rick Brown farm just east of Judson.

"Happy holidays," said a rider smiling, greeting a number of people on foot who escorted them to a nearby pasture.

Brown said the riders and their entourage, who commemorate the hanging of 38 Dakota Indians on Dec. 26, 1862, in Mankato, have visited his farm every Christmas Day for the past few years, no matter how cold or snowy the weather is.

Thanks to the volunteer efforts of Kristi Debban, Julie Haas, LuAnn Marti and Gloria Desantiago, the riders and those in their support vehicles were given bags of candy, sandwiches and hot cocoa while their horses were given water. A number of businesses donated to the cause.

After learning about this year's ride recently, Debban led the support group by organizing food preparation efforts early Thursday at First United Methodist Church in New Ulm.

"I've always wanted to be a part of this. Now it's finally happening. Once I started talking to people about it, it came together. I'm so glad we did this," Debban told *The Journal of New Ulm*. She added that she was driven by her Native American ancestry to become involved with the two-week, 330-mile ride from Lower Brule, S.D., to Mankato, Minn.

Tim LaBatte of Peever, South Dakota, rode a horse in the first row of the entourage, wearing a bright red coat and staff with a red feather.

"The weather is nice here now, but there were places in South Dakota where it was so icy and windy, horses slipped, fell and slid down ditches," LaBatte said. "I'm riding my fourth horse now. I brought five horses to ride."

The entourage included a number of horse trailers pulled by diesel pickup trucks that led or trailed the horseback riders who followed highways more often in South Dakota and secondary roads in Minnesota.

LaBatte said he'd taken part in a number of memorial rides in the past. In his younger days, he ran part of the route.

Errol Medicine of Wakpala, S.D., drove a pickup truck with family members as passengers.

"I almost missed the turn (to the Brown farm) until I saw a bald eagle flying over it," Medicine said.

"They didn't expect us to feed them, but we had enough food," Debban said. "Thanks to everyone who helped... people need to know that the end of the (U.S.-Dakota War) and Mankato hangings weren't the end of this story."

The drug and alcohol-free memorial ride is an attempt to reconcile the events following the U.S. - Dakota

War of 1862 in which a commission of U.S. military officers was created to hold trials for 303 Dakota prisoners accused of war crimes.

President Abraham Lincoln reviewed the trial records and commuted the death sentences of 264 prisoners but allowed the public execution by hanging of 38 men on Dec. 26, 1862, in Mankato.

At least two Sioux leaders, Little Six and Medicine Bottle, escaped to Canada but were later captured and returned to Fort Snelling where they were hanged in 1865.

The ride, which was to culminate in a ceremony in Mankato, focuses on prayer and presentations on community healing, overcoming meth addiction, the sacred relationship between horses and their relatives and genealogy.



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.

Every Tuesday & Wednesday 10 a.m. - 12 p.m., for FCPC and members, FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Culture Class every Thursday, 3:30 - 4:30 p.m. Transportation for youth provided.

Beading Group -

Open to all community members ages 13 and up from 5 - 8 p.m. in lower level of museum on Tuesdays. RSVP required.

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
*number not available at time of print

Brenda Cornell - Secretary
(715) 649-3936

Guadalupe Cisneros - Member
*number not available at time of print

Myra VanZile - Home School Coord.
(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.

ATTENTION FCP TRIBAL MEMBERS:

If you were unable to attend the FCPC Christmas party on Dec. 19 and have not picked up or received your Christmas presents, please stop by the FCPC Recreation Center anytime between 7 a.m. and 8 p.m., Monday - Friday to do so. Call (715) 478-7420 with any questions you have.

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

Women's Healing Circle -

Tuesdays, 1:30 - 2:30 p.m., Family Resource Center. Open to Native American women. Sponsored by FCP DV/SA Dept.

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 [suicidehotlines.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

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.



JANUARY 2015 CALENDAR

FCP Community Health

- Jan. 13: WIC (HWC) 8 a.m. - 4 p.m.
- Jan. 20: CPR for MCH families (HWC) 9 a.m. - 1 p.m.
- Jan. 27 - March 5: Women's Exercise Classes (Rec Center - Kickboxing) Tuesdays & Thursdays 5:30 - 6:30 p.m.

FCP Family Resource Center

- Healthy Relationships (parent/child activities): Mondays, Jan. 12, 26, 1 - 3 p.m.
- Play Shoppe: Tuesdays, Jan. 13, 20, 27, 11 a.m. - 12:30 p.m.
- Life Skills Group: Wednesdays, Jan. 14, 21, 28, 1 - 3 p.m.
- Positive Indian Parenting: Thursdays, Jan. 8, 15, 22, 29, 10 a.m. - noon.
Call (715) 478-4837 with questions about any programs.

N.E.W. Directions/CHOICES Program

- Group II (ages 10, 11, 12): Mondays, Jan. 12, 26, 3:15 - 5 p.m.
- Group III (teens): Tuesdays, Jan. 13, 20, 27, 3:15 - 6 p.m.
- Group 1 (ages 7, 8, 9): Wednesdays, Jan. 14, 21, 28, 3:15 - 5 p.m.
Transportation provided from Crandon School. Contact Joe Chaney at (715) 478-4839 with questions or concerns.

Recreation Department

- Open gym now available noon - 8 p.m. on Saturdays.
- Get Fit & Stay Active - fitness equipment available at We Care in Carter Monday, Tuesday, Thursday and Friday, 7 a.m. - 8 p.m. and at Rec Center Monday - Friday, 7 a.m. - 8 p.m. Open to FCP tribal members, their immediate families and FCP employees. Hours subject to change based on scheduled activities.
- For information on Rec Center activities, call (715) 478-7420.



Community Youth with a 3.0 GPA or Higher

submitted by FCP Education Department

Crandon High School

Mindy McPherson (Junior)
Anike Sulaimon (Junior)
Isreal Alloway (Freshman)
Ryon Alloway (Freshman)

Crandon Middle School

Micasslyn Crawford (8th)
Maskwankot Daniels (8th)
Kaitlyn McGeshick (8th)
Sylindria Thunder (8th)
Aaleyah Alloway (7th)
Grace Alloway (7th)
Fred Shawano (7th)
Breed Shepard Jr. (7th)
Juanita Alloway (6th)
Gizhgo Daniels (6th)
Isabella Daniels (6th)
Josephine Daniels (6th)
Cassidy Frank (6th)
Daniel Shepard (6th)
Malakhi VanZile (6th)

Wabeno High School

Danette Huettl (Senior)
Holly Spaude (Senior)
Presley Keeble (Junior)
Tressa Lange (Junior)
Monique Tuckwab (Junior)
Kordell VanZile (Junior)
Samantha Vogel (Junior)
Rae Jean Frank (Sophomore)
Michael Gilpin (Sophomore)
Brandon Phalen (Sophomore)
Kelly Spaude (Sophomore)

Wabeno Middle School

Trina Leonard (8th)
Olivia Pemma (8th)
Jennifer Shopodock (8th)
Waleli Frank

Keep up the good work!

PERSONALS

Welcome to the World, Baby!

Lydia-Rae Jean Krusensterna was born at 4:50 p.m. on Dec. 15, 2014, weighing 7 lbs., 8 oz. and 21 1/2" long.

Parents are Cassandra Krusensterna and Harley Stands. Grandparents are Sylvia Krusensterna, Angel Alloway and Mike Krusensterna, all of Crandon, Wis.



Lydia-Rae Jean Krusensterna

2014 Graduate

Frankie Derfus, descendant (mother and grandfather enrolled) - mother: Jenny Spaude, Wabeno, Wis.; father: Tom Derfus, Townsend, Wis.; grandparents: Louis and Diane Spaude, Wabeno, Wis.; and Mary Prausa, Townsend, Wis.

Name of school graduating from: Silver Lake College Manitowoc, Wis., with a bachelors of arts in English (creative writing) with a minor in psychology.

Activities involved in while at school: Manager, volleyball; "Silver Reflections" (school's literary magazine); "Bright-Eyed and Bookish" (school's English blog); Look Ahead Lakers (college prep day for local underprivileged 5th graders; I led a poem writing workshop).

Honors/awards, special achievements during school: I had a few poems published in "Silver Reflections" and I was chosen as a writer for "Bright-Eyed and Bookish".

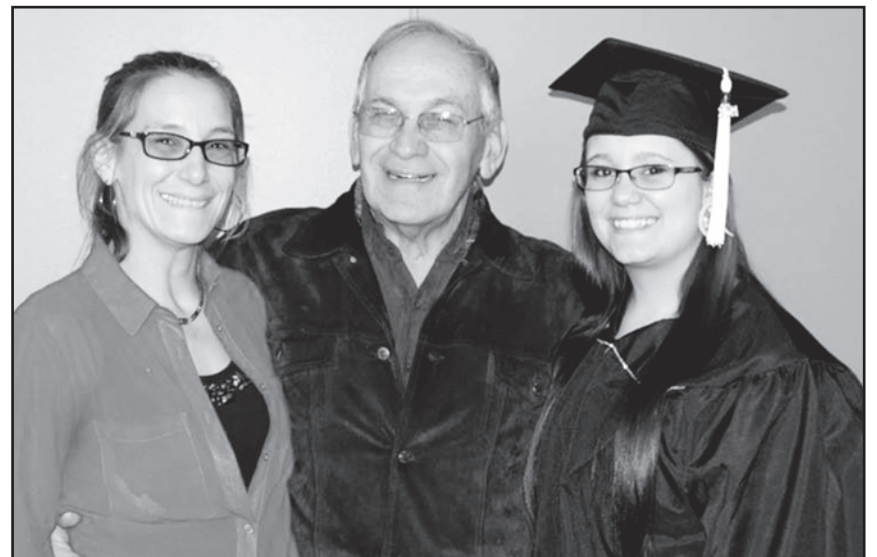
Traditional/cultural activities: Beading

Biggest challenges during school: Completing online classes while raising a toddler.

Words of advice to younger students: Stay focused! Don't take all your gen-eds at once or you'll get bored and careless. Mix in some of your major/minor requirements.

Plans after graduation: I would love to work for the *Potawatomi Traveling Times*! But in the long run, I think I would really love to write children's books and young adult novels!

Comments: I feel like actually finishing with a bachelors degree is such a rarity these days that having one makes you that much more attractive and employable, so I strongly encourage everyone to get a degree in something they love.



(l-r) Mother Jenny Spaude, grandfather Louie Spaude, graduate Frankie Derfus



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2015

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Wednesday 9 am - 1 pm

Call to schedule an appointment: 715.478.4904

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Tribal Member Earns Second Master's Degree

...continued from front page

Getting accepted into this program was also quite complicated; it involved a number of steps resulting in an application process that took almost an entire year.

Deschinny was in a program that was male-dominated, which served as an incentive to prove that a female student could complete this intense course of study and graduate. She was also the only tribally-affiliated student; that, too, was a strong incentive for her to accomplish her goal of graduating.


On discussing the program with her, it is interesting that the focus was not only on how things are run within the United States, but it also involved an international component. Deschinny had the opportunity to visit 10 global businesses in Brazil. Within this class the statement, "global, local, global" means in order to run a more successful global business you must understand local business - and apply those lessons globally. This was strictly formatted around learning how other countries run businesses and learning to appreciate why they are so successful in running businesses in this country. Two of the 10 companies visited were Buscapé, the Brazilian competitor to Google, and Agência Tudo, a hip and trendy marketing ad firm. Deschinny enjoyed each and every step she took while involved in the program including learning new ideas, en-

joying her classmates, and everything involved in reaching this goal. As she says, "Education is a way to move forward," and in the context of tribes, is "...a way to get one step closer in pursuing tribal sovereignty." This accomplishment is proof of that.

Deschinny has accomplished many different things and achieved many different objectives in her life. She is a seven-time marathon runner, wife, mother, and fundraiser. She is an inspiration for many to look up to, and on her journey she has fought with many demons including a successful battle with cancer. Never once considering cancer was a reason or excuse to quit, Deschinny viewed cancer as the means to live, try harder, and look forward to tomorrow. She has overcome many obstacles and has achieved many personal and family goals. She is the type of woman who will always keep pursuing new and exciting experiences in her lifetime and does not seem to ever want to give up. She says, "You should always have something to look forward to as otherwise you lose your sense of life, being, and yourself."

One saying that she lives by sums up who she is and what she strives for: "There is no finish line." Before she crosses one finish line, she is always looking for another.

Deschinny is the daughter of Walter Johnson, FCPC tribal member, and Eleanor Johnson, Ho-Chunk Nation.



Please

Answer
the Call


Patient satisfaction matters!

Beginning January 1, 2015, you may receive a phone call from **Professional Research Consultants, Inc.** asking you to participate in an anonymous survey about your patient experience at the Health & Wellness Center.

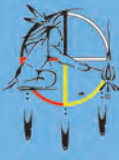
We hope you will take the time to answer the call and share your honest opinions.

Why answer the call?

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- Obtain smoking cessation educational materials and nicotine replacement products throughout the program.
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