Native Americans in the Military - World War II (1939-45)

by Val Niehaus

As most Americans know, the United States entered World War II after the attack on Pearl Harbor on Dec. 7, 1941. The war had actually started in Europe in September of 1939, but it took this event to draw our country into the battle.

Following this attack on a naval base in Hawaii, there was a call to arms across the country. But, no other minority assembled as quickly to the defense of their country as did the Native Americans. When compared to all other groups, Native Americans were the largest contributors per capita to the armed forces with over 10 percent of the population and a third of the able-bodied men between ages 18 and 50 serving during this war. Some tribes had as much as 70 percent participation in the war effort.

As listed on Pearl Harbor Day, there were 5,000 Natives in the military. By the end of this historic war, over 24,000 reservation Natives and another 20,000 off-reservation Natives had served. This was from a total population of about 350,000 as of 1940. In addition, another 40,000 left the reservations to work in the defense industry. It is speculated that by 1945, over 150,000 Native Americans had directly taken part in the war effort by their involvement in the industrial, agricultural, and military aspects. The response of the Native population in this country to the war effort was such that when the Pearl Harbor attack happened, it seemed that it awakened the ancestral “warrior” in many Native Americans. The definition of “warrior” is as follows: 1. a person engaged or experienced in warfare; soldier 2. A person who shows or has shown great vigor, courage, or aggressiveness, as in politics or athletics. (source: dictionary.com) This definition certainly seemed to apply!

It was noted that the Natives were willing to overlook years of disappointments and resentments to defend their own land as more than other ethnicities in the country, they understood the importance of doing so. Their “warrior” history evoked great respect in their military colleagues, and they were integrated into all branches of the service. The Marines in particular had great respect for the “warrior” abilities of the Natives though they distinguished themselves in all branches of the service.

Native Americans served on all fronts during this time and many distinguished medals and honors were awarded them including: Purple Hearts, Distinguished Flying Crosses, Bronze Stars, Silver Stars, Air Medals, Distinguished Service Crosses, and three Congressional Medals of Honor—the highest military award granted in the country. Even though Congress granted Native Americans citizenship a bit over a decade before the war started, in 1924, there were more Natives who voluntarily enlisted for battle than were drafted. As has been repeatedly noted throughout the history of Natives in the military, this again shows that these men and women were ready to step up and battle for their land and country. One source commented that had the general populace volunteered with the same percentage rate as the Natives, the draft wouldn’t have been necessary.

In addition to the large number of men who took part in this war, there were many Native women who served in the armed forces as members of the WAVES (Women Accepted for Volunteer Emergency Service), WACS (Women Army Corps), and Army Nurse Corps. In addition, the women left at home took over many of the roles that the men previously handled becoming farmers, mechanics, lumberjacks, delivery personnel, and whatever other jobs needed to be handled on the home front.

One famous lady, Julia (Nashanany) Reeves, 1st Lieutenant, U.S. Army (42-45/51-52), was a member of the Potawatomi tribe in Crandon, Wis., and a member of the Army Nurse Corps having joined in 1942. She was assigned to one of the first medical units shipped to the Pacific. She ended up transferring to the 231st Station Hospital in Norwich, England, where she was located during the invasion of Normandy. She remained there until the “Victory Over Japan Day”. She then returned to the United States though she subsequently served in a hospital during the Korean War. Very little is known about these brave women who participated during this time of war but research continues to provide more and more information on their personal histories.

It is interesting to note that in addition to a strong commitment to their homeland, another strong incentive for Native American involvement in this war was tied to the past. In 1917, the Iroquois declared war on Germany; they never made peace with the country so they actually considered them to still be the enemy. Members of some tribes such as the Navajo were so ready to go to war, they stood in horrible conditions of weather just to sign their draft cards. Some took great offense if they were found not to be fit for duty for medical reasons.

continued on pg. 2...
Native Americans in the Military

Joe Medicine Crow in 2011
photo by Glen Swanson, Smithsonian, The National Museum of the American Indian

...continued from front page

Native Americans had a great understanding of defending one’s land and, as with the other wars discussed in this series, they stepped up to the plate in remarkable numbers to serve their country. Their superiors often commented on the fact that Natives excelled in basic training particularly in marksmanship, bayonet battling, and general endurance in that they were able to endure thirst and food deprivation better than the average recruit. They were superior soldiers. They are one minority that truly “gets” the fundamental concepts of fighting for land, life, property, liberty, and the pursuit of happiness. No Native could better understand this than a man by the name of Joe Medicine Crow.

Crow is a member of the Crow Nation and is also a historian and author; he is the first member of his tribe to go to college and graduate and has also obtained a master’s degree. He is the grandson of White Man Runs Him, a scout for George Armstrong Custer before the Battle of the Little Big Horn. His other Grandfather is a relative Americans in the Military.
God's Changing Seasons  
by Carole White

Snow falls, swirling  
Flakes accumulating
White...soft...cold
Frozen.
~ ~ ~
Spring comes...  
Banks disappear...
Trickles...water running
Somewhere.
Birds gather...sing.
~ ~ ~
Summer days  
Hot...humid...dry
Lush rolling fields
Green...blue skies
Sunshine.
~ ~ ~
Autumn
Leaves changing
rustling...
Beds of beautiful colors
Cool nights
Feathered friends - leaving.

CORRECTION: There was a typo in the above poem as it appeared in the Feb. 1 issue. The word “Prickles” in line seven should have been “Trickles”. PTT apologizes for the error.
Over 125 students, parents, grandparents and friends attended the 4th annual January Family PJ Movie Night at Wabeno Elementary. Movie-goers spread out blankets and pillows on the gym floor and enjoyed the movie *The Emperor's New Groove*, along with popcorn and water, all for $1.

In addition, many students won raffles for fun-filled family activities. While Wabeno Home & School Association (WHSA) purchased most of the raffle items, a big thank you goes to those businesses who donated prizes: Wabeno Bowl (Rusty Harter) and Clara McKenna Aquatic Center (Jeff Neufeld). Other businesses that provided support for this family night were: Potawatomi Carter Casino Hotel (Becky Roy, Brenda Spreeman, Wendy Braun, Darcy Bradley and Frank Shepard) and Antigo Wal-Mart (Austin Krueger and Lori Deissner).

The raffle winners were: Jayse D., Antigo Aquatic Center family swim pass; Summer M., Antigo Aquatic Center family swim pass; Destiny E., Potawatomi Carter Casino Hotel family swim pass; Benny B., Best Western Croandon family swim pass; Sam L., Best Western Croandon family swim pass; Cheyenne H., Wabeno Bowl gift certificate; Ellie L., Wabeno Bowl gift certificate; Hayden D., Ski Brule Gift Voucher; Pfeiffer B., Ski Brule Gift Voucher; Tybertius V., Rouman Cinema gift card; Abby F., Rouman Cinema gift card; Carlin B., Best Western Croandon one night stay.

During the January Family Movie Night, WHSA honored Sugar Vladik with chocolate and a sweatshirt as a thank you to her for support of Home and School family nights. We will miss her, but we wish her all the best in retirement!

The Wabeno Elementary family nights are community and team efforts. We invite you to our next Home and School event which is the Family Open Gym and Game Night at the elementary school on Friday, Feb. 6, from 6 - 7:30 p.m. Hope to see you and your family there!

Family Nights are Important at Wabeno Elementary!

submitted by Caroline Coughlin Lampereur, Wabeno Elementary School

Welcome to These New Employees

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Hire Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Megan Gerber, Accounting</td>
<td>Accounting &amp; Financial Analyst</td>
<td>1/05/2015</td>
</tr>
<tr>
<td>Frederick Mathwig, HWC</td>
<td>Physical Therapist</td>
<td>1/06/2015</td>
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<tr>
<td>Carmen Icon Hoyt, Insurance</td>
<td>Administrative Assistant I</td>
<td>1/26/2015</td>
</tr>
<tr>
<td>Samantha Paulson, HWC</td>
<td>Systems Support Trainer</td>
<td>1/05/2015</td>
</tr>
<tr>
<td>Brian Shepard, HWC</td>
<td>Maintenance/Housekeeping</td>
<td>1/20/2015</td>
</tr>
<tr>
<td>Nicholas Doud, Rec Center</td>
<td>Activities Assistant</td>
<td>1/26/2015</td>
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</tbody>
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International Women’s Day Event Planned

International Women’s Day is March 8, 2015. I am in the process of organizing a special day for our tribal women and women in our community. A day of pampering, socializing, fun and much needed recognition of their achievements and accomplishments in life.

Please help with providing any information on all Forest County Potawatomi Native American Indian women and mothers of tribal children regarding background in education, college degrees, trainings and much more.

On this special day, we also want to recognize the women who have served on Executive Council from the past to the present as well as the brave tribal women veterans who have served our country.

As Native American Indian people, we must take this time to honor all of our women - our center of life, strength and foundation. It’s our time to say Migwetch for all you do for us.

Please help me gather information regarding our Forest County Potawatomi tribal women of history to present day, by calling Char White at (715) 478-2115. I don’t want to leave anyone out on this special International Women’s Day.

ATTENTION ATTENTION ATTENTION

From the Insurance Department

TRIBAL MEMBERS

Now is the time to enroll your non-member spouses and dependents over the age of 19 into the Non-Tribal Dependents Health Plan. Don’t miss this opportunity; you have until March 2nd, 2015.

With the new plan updates you can now cover your dependents up to the age of 26.

**A note from the Forest County Potawatomi Insurance Department**

The Non-Tribal Dependent Health Plan has gained recognition as Minimum Essential Coverage (MEC) from the Department of Health & Human Services. The recognition of MEC for the Non-Tribal Dependent Health Plan is retroactive to January 1, 2014 and there will be no tax implications for any of your family members that were covered under the plan during the full year of 2014.

Please call the Forest County Potawatomi Insurance Department at 715-478-7448 for details or an application.
Pacifiers and Oral Health
submitted by FCP Health & Wellness Dental Department

Pacifiers can be great for children, especially during their first six months. In addition to its calming effect, pacifier use in infants can help decrease the risk of sudden infant death syndrome and aid in the development of jaw muscles. Although pacifier use is generally a healthy habit within the first two years of life, continued or improper use may ultimately have a negative impact on your child’s oral and overall health.

Potential pacifier problems
Pacifier use typically is acceptable after an infant is 1 month old and has had sufficient time to develop a healthy breast-feeding habit. However, experts recommend that children stop using pacifiers after age 2, when it becomes more of a habit than a developmental need. Research shows that pacifier use after age 2, when it becomes a habit, is associated with:

- Increased risk of middle ear infection.
- Development of a thumb-sucking habit.
- Misalignment of teeth.
- Dental crossbite and/or open bite.
- Improper growth of the mouth.
- Development of a thumb-sucking habit.
- Poor oral hygiene.
- Dental decay.
- Development of a thumb-sucking habit.

Tips for correct pacifier use
For infants, correct use and care of pacifiers must be considered. Here are a few tips:

- Purchase orthodontically designed pacifiers.
- Clean pacifiers regularly.
- Check frequently for cracks, discoloration, or tears in pacifiers’ rubber. Discard if damaged.
- Replace old pacifiers.
- Wash pacifiers prior to first use.
- Do not tie pacifiers around your infant’s neck.
- Offer pacifiers after and between meals, before naps, or at bedtime.

Proper pacifier cleaning
The shape and materials of pacifiers make them susceptible to colonization by bacterial organisms, including Staphylococcus, which causes staph infections. To prevent the spread of bacteria and disease, clean your child’s pacifiers at least once a day. They can be cleaned using mild soap and water. When cleaning pacifiers, make sure to remove all excess water from the nipple, where it can collect and cause bacterial growth. Also, pacifiers that are dishwasher safe can be cleaned easily in the dishwasher; just follow the instructions on the pacifier package.

Saying goodbye to the pacifier
For some infants, giving up the pacifier can be difficult, especially if they become emotionally attached to the habit. Parents looking to wean their children from the pacifier can begin by offering other alternatives, including:

- Rocking motions, singing, or music before naps or at bedtime.
- Activities and games.
- Toys.

To further help break the pacifier habit, parents also can:

- Limit pacifier use gradually over time.
- Reduce pacifier satisfaction by piercing the pacifier’s nipple.
- Dip the pacifier in a safe but undesirable flavor, such as white vinegar.
- Go “cold turkey” and refuse to offer the pacifier.

Potential problems
Some studies also suggest that eating dark berries, like cherries, blueberries and blackberries can improve memory and promote brain health. Since this month is Berry and National Pancake Month, try making this tasty and nutritious recipe in your home.

Fruit of the Month: Berries
submitted by Stephanie Mattson, B.S., C.D., L.P.N./Nutritionist – Community Health Department/Employee Health

Berries come in a variety of shapes, colors and flavors. Despite their many differences, they do have one thing in common – they are great for your health! Berries contain fiber which not only promotes heart health, but also helps you feel fuller, longer. Berries contain a wide array of antioxidants and phytochemicals which protect your body against inflammation and free radicals, molecules that damage cells and organs. Antioxidants and phytochemicals are found in fruits and vegetables and are believed to prevent certain types of cancers, diseases and promote overall health.

Some studies also suggest that eating dark berries, like cherries, blueberries and blackberries can improve memory and promote brain health.

Whole Wheat Blueberry Pancake Recipe

Ingredients:
2 cups whole wheat pastry flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
¼ teaspoon fine sea salt
1 cup unsweetened plain almond milk, soy milk or rice milk
2 tablespoons honey
1 teaspoon pure vanilla extract
1 ½ cup fresh or frozen blueberries

Directions:
In a large bowl, whisk together flour, baking powder, cinnamon and salt. In a separate medium bowl, whisk together almond milk, ½ to ¾ cup water (or additional almond milk), honey and vanilla until blended. Pour milk mixture into flour mixture and stir until evenly combined. Set batter aside to rest for 10 minutes (the batter will be very thick).

Heat a cast-iron griddle or non-stick skillet over medium heat until hot. Stir blueberries into batter. Ladle about ¼ cup batter onto the griddle and cook about two minutes or until bottoms are golden. Flip and cook one to two minutes longer, until pancakes are cooked through.

Nutritional Information Per Serving:
Serving size: about 3 pancakes, 290 calories (15 from fat), 2g total fat, 0g saturated fat, 0mg cholesterol, 350mg sodium, 62g carbohydrate (10g dietary fiber, 1g sugar), 7g protein.

www.wholefoodsmarket.com/recipe/whole-wheat-blueberry-pancakes

February is National Children’s Dental Health Month
The theme this year is “Defeat Monster Mouth.” Have you ever noticed “dragon breath” on your child? The good news is there are ways to help you and your child “Defeat Monster Mouth.”

- Brush twice a day for two minutes each time.
- Floss once a day.
- Visit your dental hygienist and dentist at least twice a year.
- Eat healthy foods and snacks.
- Use fluoride supplements.

Tooth decay and gum disease can be prevented when the habit is broken while the child is young and while the teeth are still developing. For your child’s first dental exam, call your dental team at the Potawatomi Health and Wellness Dental Department at (715) 478-4313 to schedule your child’s dental checkup.

Honoring Health, Healing, and Tradition
February is National Children’s Dental Health Month

Services Offered:
- ACOA
- Behavioral Health
- Community Health
- Dental
- Lab
- Medical

Appointments can be made by calling (715) 478-4313. Hours: Monday - Friday, 7:30 a.m. - 4:30 p.m.

Forest County Potawatomi Health & Wellness Center
8201 Mish ko wern Drive, Crandon, WI
General Information (715) 478-4300 • www.FCpotawatomi.com
Local Youth Basketball 2014-15

Undefeated Lady Rebels Take on the Lady Cardinals

by Val Niehaus

Friday, Jan. 23, 2015, was a “pack the gym” night at Crandon High School as a crowd gathered to watch the Laona/Wabeno Rebels girls’ basketball team take on the Crandon Cardinals girls’ team. With the gym slowly but surely filling up after the JV game, two groups of high school girls representing the three communities came out onto the floor for their 20 minutes of warm up before the game. As the crowd was seated and friends and families were greeted, nearby a drum group by the name of Sweet Grass was preparing for what may have been a first-time-in-history event at Crandon High School: the drumming of the Flag Song before the varsity game commenced. All stood at attention while this group of men sang their hearts out for the entire crowd to hear. With such great acoustics in the gymnasium, some couldn’t help but move to the beat of the drum. After this song was finished, very generous applause arose from fans throughout the gym and a similar response followed the presentation of the National Anthem. It was a powerful beginning to a game!

Following this moving opening, the Lady Rebels were ready to take on the Lady Cardinals. The game was competitive and the scoring was close throughout. During the first half of the game, the score was either tied or one team was a few points ahead or behind, with the lead changing frequently. Everyone in attendance was intent on watching every move and emotions were high. Halftime then came - and as we all know from watching sports, that break time can either be good or bad for a team and its momentum. In this case, things remained pretty equal in the third quarter. But once that fourth quarter rolled around, the Lady Rebels stepped up its game. They brought whatever energy they had left into play and ended up beating the Lady Cardinals 42-33.

Both teams have some extremely talented athletes, and they really did give their all in this well-matched competition. The result was that the spectators were treated to an excellent game!

PTT had a great time watching these young girls battle for the win and had an even better time having multiple opportunities to snap a few shots of them in action.

The Lady Rebels face another undefeated (at time of print) opponent when they take on Menominee in Wabeno on Feb. 10. Good luck ladies!

It should be noted that Brittany LaMere is an assistant coach for the Lady Cardinals and Waleli Frank is a manager for the Lady Rebels.
Rebels Play Against the Crandon Cardinals

by Val Niehaus

Jan. 30, 2015, was the game date of a much anticipated rivalry between the Laona/Wabeno Rebels boys’ basketball team and the Crandon Cardinal boys’ basketball team. This was a significant game for both teams considering that the Rebels had been undefeated in their conference this season - they clearly wanted to continue their winning streak.

For the Cardinals, a win against an unbeaten conference team would be a real morale booster. Let’s just say that the entire group of spectators was extremely involved in the game between these two athletic teams. The game started out much like the girls’ game had a week before. Donald Keeble, a work participant under the FCP Education Program, had the idea to open the games with a drum ceremony while singing the Flag Song. He had gone to both schools to talk with the superintendents and other personnel in charge. With the “ok” from everyone, Keeble, along with the help of Brooks Boyd, FCP Native American Cultural Liaison, was able to arrange to bring a drum group into each game. The group’s name again is Sweet Grass. With the participation of other schools along with the members of the group, they are hoping to make this an ongoing experience and cultural interaction within the communities.

Back to the game! It was an exciting one with both teams showing that they had plenty of talent. Both sides of the court showed that they were pretty evenly matched. The score was close and often tied throughout most of the game. At the end of the fourth quarter, the Rebels pulled ahead and were able to continue their standing as an undefeated conference team with a final score of 61-55.

Keep up the great work, fellas!
Forestry Department has a Productive Fiscal Year:

Forest Inventory

submitted by Al Murray, FCP Tribal Forest Manager

The Tribal Forestry and Land Services Department consists of the 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 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 Forest Inventory portion of the Forestry Department.

Forest Inventory

Tribal forest lands are split into compartments which identify specific areas of tribal ownership and stands which are forest areas within a compartment which have different forest characteristics such as tree species composition, tree size based upon tree market product classes and tree density based upon basal area or regeneration stems per acre.

Tribal forestry has three separate inventory programs to monitor the forest across the tribal ownership. These inventory programs include stand examination, photo point inventory, and the continuous forest inventory. Each inventory has a separate use.

Forest Inventory - Stand Exam

Stand exam is utilized for the tracking of specific stand conditions such as tree size classes, tree density and conditions of specific areas. Stand exam is completed on a 10-year rotation with a goal of revisiting each forest stand each 10 years, placement of sample plots on a one per stand or one plot per each 10 acres of the stand and measurement of stand specific data on a medium quality scale. Although a 10-year rotation is the goal, FCPC is only in its second phase of gathering information since the 1980s. In FY 2014, forestry completed stand exam data on 307 individual stands encompassing 7,680 acres. In addition to review, forestry completed GIS mapping and remapping of 117 individual stands encompassing 2,358 acres.

Forest Inventory - Photo Point

Photo point inventory was established by the forestry department in 2010. This inventory establishes photos at locations of 10 percent of all stand exam plots or at least one photo within each forest stand. These photo points will allow for visual monitoring of forest stand conditions and also provide for photo evidence of forest changes across time. The photos will also provide for a way to visually describe proposed forest management to tribal members, tribal administration and Executive Council. In the future, forestry will provide an interactive map which will allow for designating a point on the map and direct connection to a photo to show what that area looks like on the ground. To date, 205 photo points have been established. In FY14, forestry completed photo points on 121 points with 484 photos placed in the file and 121 locational maps established on file.

Forest Inventory - Continuous Forest Inventory

Continuous Forest Inventory (CFI) is a detailed inventory utilized to track forest growth as well as forest decline. This inventory consists of accurate re-measurement of specific plots with numbered trees across the reservation. Many people may have seen trees marked with blue numbers and aluminum tags in areas across the reservation; these numbers mark the CFI trees that are measured. A series of 70 CFI plots were established in the 1950s and 1960s and those have been re-measured on 10-year intervals since then. CFI data is used to determine sustainable harvest levels based upon growth. Sustainable harvest levels allow for harvesting that is slightly less than the forest growth rates across all tribal lands. The last re-measurement of CFI data was completed in 2008. Forestry is awaiting BIA review of the data collected in 2008. No CFI data was collected in FY14.

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.
Prairie Band Potawatomi Nation Mourns the Passing of Tribal Leader Gary E. Mitchell

submitted by Suzanne Heck

MAYETTA, Kan. (Jan. 23, 2015) - One of the Prairie Band Potawatomi Nation’s (PBPN) greatest tribal leaders, Gary E. Mitchell, 63, passed away surrounded by his family in Topeka.

Mitchell was serving as the chairman of the PBPN, Gaming Commission at the time of his death and had been chairing the Gaming Commission off and on since 1997. Prior to that, he had been elected to serve on the Tribal Council as chairman, vice chairman, and treasurer for a total of 18 years of elected service. Academically, he possessed a bachelor’s degree in political science from Washburn University and a master’s degree in history from Baker University.

Liana Onnen, PBPN Tribal Council chairperson, said: “He was a good man and a well-respected member of the community. He understood the importance of preserving the culture, traditions and history of the Prairie Band Potawatomi people in a deeply profound way. He also took an active role in that preservation through not only his writings, but the way he lived his life. Gary served his people and his community through elected office for many years and his passing is a great loss for our people and for all the lives he touched. We offer prayers of support for his family during this time and will remember Gary fondly and with great respect.”

Rey Kitchkumme, who is on the Gaming Commission and had also worked with Mitchell on the Tribal Council, said: “On behalf of everyone who worked under his chairmanship, the Gaming Commission is deeply saddened by his loss. He honored our Nation through service with tremendous passion and integrity. He was a good friend, mentor, co-worker and boss. His intelligence, wit, guidance, and graciousness will be forever remembered. His love for the Tribe, traditional ways, and his family were evident in everything that he did. Our thoughts, prayers and deepest sympathy are with the Mitchell family at this difficult time.”

During his tenure with the Nation, Mitchell was a driving force when the Tribal-State gaming compact was legislated in the 1990s and a casino was built on the Prairie Band reservation. Now known as the Prairie Band Casino & Resort (formerly Harrah’s Prairie Band Casino), Mitchell was active in all phases of bringing gaming to the PBPN and overseeing the casino’s woodlands design.

In addition, Mitchell was a lifelong reservation resident and dedicated to ensuring that his people’s traditions and language were maintained. He was a Potawatomi speaker and often gave invocations at powwows and other events. He was the tribe’s historian and wrote many historical narratives that appeared in books and magazines. Among his other accomplishments was being the founder of the Potawatomi News, the Nation’s newspaper that has been circulated to the tribal member-ship since 2000.

Funeral arrangements have been made with Mercer Funeral Home in Holton and can be found at www.mercerfuneralhomes.com.
Neshabemwen - 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 Bodewadjmi, 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 symbolized the alliance between the three, while their individual fires proclaimed their own identity.

Every Tuesday & Wednesday 10 a.m. - 12 p.m., for FCPC members, FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Cultural Center, Library and Museum. ANYONE who is in recovery and searching for a sober way of life, or those who care about someone who is in recovery, are welcome. Contact Boyd at (715) 889-4902 or FCP Health & Wellness Center Behavioral Health at (715) 478-1265.

As promised in the Feb. 1 issue, here are the standings from the Laona School’s Rebel Rumble Youth Invitational Wrestling Tournament held on Jan. 15, 2015, here are the standings:

- Brady Shepard (52-54) 3rd
- Deegan Kircher (43-55) 2nd
- Giovanniito Shepard (125-160) 4th
- Levi Shepard (60-63) 4th
- Frank Shepard (85-90) 3rd

**NOTES**

**CULTURE**

Smoking Cessation Incentive Program - Open to FCPC 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 three 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 oral setting. Please call Anne Christine, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

**EVENTS**

**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., Wabenso Fire Dept. Contact Donald (715) 889-6709 or Ryan at (715) 889-1265 for more information.

Wellbricity - 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 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) 621-4400; 1 (800) 273-TALK TTVD-1 (800) 799-4TTY or visit suicide-hotlines.com.

**SERVICES OFFERED**

**EDUCATION**

Rebel Rumble Youth Invitational Wrestling Tournament Results

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- Giovanniito Shepard (125-160) 4th
- Levi Shepard (60-63) 4th
- Frank Shepard (85-90) 3rd
February 2015 Calendar of Events

Community Health

• Feb. 12, Hike & Healthy Eating (HWC): 10 a.m. - noon. See Event notices at left for more info.
• Women’s Exercise Program (Rec Center): Tuesdays & Thursdays, 5:30 - 6:30 p.m.
  Beginner kickboxing Jan. 27 - March 5, Power Yoga March 17 - Apr. 23, Cardio/Strength Training May 5 - June 11

FCP Family Resource Center

• New men’s group “Creating a Process of Change”: Feb. 9, 23, 1 - 3 p.m.
• Play Shoppe: Tuesdays, Feb. 10, 17, 24, 11 a.m. - noon
• Women’s Healing Circle: Tuesdays, Feb. 10, 17, 24, beginning at 1:30 p.m.
• Life Skills Group: Wednesdays, Feb. 11, 18, 25, 1 - 3 p.m.
• Positive Indian Parenting: Thursdays, Feb. 12, 19, 26, 10 a.m. - noon.
• 2nd Annual Native American Responsible Fatherhood Day: Date TBA - watch for flyers!

Keep your eyes and ears open as there are some new and exciting changes coming! Call (715) 478-4837 with questions about any programs.

CHOICES Program

• Life Skills (ages 10-12): Mondays, Feb. 9, 23, 3:30 - 5 p.m.
• White Bison Group (ages 13-17): Tuesdays, Feb. 10, 17, 24, 3:30 - 6 p.m.
• Team Building (ages 7-9): Wednesdays, Feb. 11, 18, 25, 3:30 - 5 p.m.

The CHOICES program will be picking up the youth from school.

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 - Friday, 7 a.m. - 9 a.m. (unless otherwise noted) 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.

Congratulations to Hunter Tuckwab, a.k.a. Potawatomi Anaconda, on his first place wins in Laona and Crandon.

Proud of you son! Love, Dad

For the second year in a row, Jaiden Deschinny took first place in his school’s computer science division and is off to the district-wide science fair. With a display titled “Robots - A Way of the Future” and a working robot he assembled, he will show how his robot can help, communicate, and work with people and for people. The working robot will blend the culture, language and technology with the help of his laptop, experiences as a kid on the reservation and knowledge of the language. All original exhibits are required to blend the various science areas such as Behavioral/ Soci Sci, Biology, Chemistry, Env Sci, Phy Sci, and Computer Sci with the language and culture. Jaiden is a 6th grader at Tsehootsooi Intermediate Learning Center in Ft. Defiance, Ariz.

Good Luck Jaiden! Nerds Rule!!!

I would like to wish my fiancé Hunter Tuckwab a happy 20th birthday. I thank you for everything you have done for me! I love you and I hope you have a good day! You deserve it! Love, your fiancé, Colleen Rae

I would like to wish the world’s best dad a Happy birthday! I love you dad. Love, your son, Zayden Tommy.

Pitching horseshoes with my big brother. That’s him on the right! Happy 60th Birthday, Bro!

Women and minority men & women encouraged to apply.

Requirements: 18 years of age or older and the following:
• Valid Driver’s License
• Reliable Transportation
• Minimum 6th grade reading and math
• Physical ability to be constantly active
• Ability to exert 100 pounds of force occasionally
• Ability to go to work every day and on time

For more information call (715) 478-7420 or e-mail kilesher@focorp.org

Classes: 9 a.m. - 3 p.m., Monday - Thursday, Feb. 23 to April 2. There are openings. Applicants must have a valid driver’s license and able to obtain CDL temps by the end of the 6-week program.

Free Class

Would You Like to Start your Career in the Road Construction Industry? Transportation Alliance for New Solutions

Women and minority men & women encouraged to apply.

Classes take place at 8000 Potawatomi Trail, Crandon.
A Tale of Two Tribal Members: One Behind the Camera, One in Front

submitted by FCP tribal member Clarissa Friday

Keeble presented to approximately 100 five-year-old kindergarten students. During the presentation, he asked the children questions to engage them and to give them a chance to answer. By asking them questions, he was able to educate them about the Forest County Potawatomi and about the regalia he wore during part of his presentation. He passed around a number of different regalia items for the children to touch and view, which included his medallion. At the end of the presentation he played a song and encouraged the youth to get up and dance with him. It was an interesting and fun event for all involved.

Donald Keeble bends over to ask questions of some of the youth in attendance.

One little boy is able to see, touch and wear Donald Keeble’s beaded medallion.

Two of the youth in attendance had the opportunity to dance with Donald...judging from their facial expressions, they were having a ball!