



POTAWATOMI TRAVELING TIMES

Volume 20, Issue 19 • SIS BAG KTO KĒ GISES • SUGAR MAKING MONTH • APRIL 1, 2015

Winter's End Pow-Wow 2015



The new Winter's End Royalty: (l-r) Brave Galen Daniels, Junior Princess Allisia Cisneros-Tuckwab, and Senior Princess Jenna Schingeck Jacobson.

by Val Niehaus

The 20th Annual FCP Winter's End Pow-Wow was hosted on March 21-22, 2015, at the Crandon High School gymnasium. There was excellent attendance, and the younger generation had an exceptional turnout. There were many smiling faces and a lot of laughter. After a long winter, this was really nice to see.

This year's host drum was Smokey Town along with co-host drum, the Young Fire Keepers. Other drums in-

cluded Wind Eagle, War Party, HoWah, Lake Delton, Wolf River, HoChunk Station, Tomahawk Circle, Summer Cloud, and Young Eagle Bear.

The emcee was Artley Skenandore, and Jeff Keeble was arena director. The head male dancer was Joshua Jackson; head female dancer was Brenda Shopodock.

Specials included a Hand Drum Contest with the winner being Tyson Webster. The main special dance of the night was the "Switch Dance". This is a fun event where the female and male dancers switch regalia and dance styles. It was very entertaining from what *PTT* hears! There was also a Brave and Princess give-away from the previous royalty.

The announcement of royalty is what many look forward to. After Grand Entry the new Winter's End royalty was announced. This year's Senior Princess went to Jenna Schingeck Jacobson. When asked by *PTT* why she ran for princess, she shared, "Because I wanted to prove that I could do it, and I am very happy with the outcome." Brave went to Galen Daniels who was also happy with his achievement as could be seen by the big smile on his face. Junior

Princess went to Allisia Cisneros-Tuckwab who said, "After three years of competing I am VERY happy with this!" Congratulations to all new royalty. *PTT* looks forward to seeing you all out on the pow-wow trail this year!

Many people of all ages enjoyed themselves and had a great time this year at the Winter's End Pow-Wow. There were a variety of talented dancers to watch, great

drumming/singing to enjoy, and delicious traditional food to be eaten. It was obvious to all present that it was a wonderful social event for the families and many friends in attendance. There was a lot of visiting and smiles all around. Many thanks to FCP Rec Center staff, Crandon School District, the pow-wow committee and to all who attended!



(l-r) Head Female Dancer Brenda Shopodock and Head Male Dancer Joshua Jackson

April Elder Menus

Wednesday, April 1

Pork Roast & Gravy, Parsley
Potatoes, Wax Beans,
Strawberry Shortcake

Thursday, April 2

Baked Fish, Cole Slaw, Baked
Beans, Banana, Dinner Roll

Friday, April 3

Cream of Asparagus Soup,
Shaved Roast Beef & Cheese,
w/Tomato Slices on Onion Bun,
Jello® w/Fruit

Monday, April 6

Cold Tuna on Rye, Multi-Grain
Chips, Celery & Carrot Sticks,
Dip, Radishes, Cucumbers,
Orange, Yogurt

Tuesday, April 7

Beef Stew, Biscuits,
Pineapple, Ice Cream

Wednesday, April 8

Chicken Wings, Sweet Potatoes,
Brussels Sprouts, Mixed Berries

Thursday, April 9

Smoked Salmon w/Dill Sauce,
Baked Potato, Sour Cream,
Watermelon, Carrots, Rye Bread

Friday, April 10

Potato Soup w/Ham, Crackers,
Peanut Butter Sandwich,
Tropical Fruit

Monday, April 13

BBQ on Bun, Baked Potato
w/Sour Cream & Chives,
Asparagus, Grapes,
Nutri-Grain® Bars

Tuesday, April 14

Pork Chops, Rice Pilaf, Beets,
Applesauce, Kiwi

Wednesday, April 15

Indian Taco, Orange Jello®
w/Mandarin Oranges,

Thursday, April 16

Chef Salad (w/Turkey, Ham,
Cheese Tomato, Cucumber, Egg),
Breadstick, Raisin Cookies

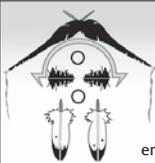
Friday, April 17

Italian Wedding Soup, Bread,
Celery & Carrots, Pineapple

*Milk, juice or coffee
with every meal.*

**Menus subject to change.*

**Deadline for the April 15, 2015 issue
is Wednesday, April 1, 2015, 2014.**



Potawatomi Traveling Times

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FCP Caring Place April Activities Calendar



EVENTS IN THE ACTIVITIES ROOM:
Tuesdays & Thursdays - Exercise at 9 a.m.

SPECIAL EVENTS (RSVP REQUIRED):

April 2: Flambeau Casino Day
April 9: Shopping
April 14: Bingo
April 17: Rouman Cinema

The elders who signed up will take part in the trip to Albuquerque April 21-28. The activity room will be open for others to come in and do activities with our other aide.

LeRoy Larsen Shockto Jr. Thigwes "Lil Thunder"

LeRoy Larsen Shockto Jr. (Thigwes "Lil Thunder"), age 42 of Milwaukee, passed away March 15, 2015, under the care of Horizon Home Care Hospice. LeRoy was born in Rhinelander, Wis., on August 8, 1972, the son of LeRoy L. and Ruth (Menomin) Shockto Sr.

He enjoyed golf, shooting pool, four-wheeling and traveling. He especially enjoyed spending time with his nieces and nephews.

He is survived by his mother and step-father: Ruth and Alvin Weso Sr., of Crandon, Wis; sisters: Francine (Jeremy) Van Zile, Georgianne (James) Einertsen Jr., Theodora Shockto, Agnes (Joseph) Brown Jr., and Mary Jo Shockto (Jason Brown) all of Crandon, Wis; step-sisters: Lisa Weso and Donna Weso of Crandon, Wis., and Pam (Jose) Mejia of Wausau, Wis.; Step-brother: Alvin Weso Jr. of Crandon, Wis.

Preceded in death by his father, LeRoy Shockto Sr.; grandparents, Mary Jane (Alloway) Shockto, Louie Thunder, Theodora Shockto, George Menomin, fiancé, Carlene Rose Smit and great nephew, Asher Shockto.

Visitation was held March 17 at the Lake Lucerne Gospel Chapel, Crandon. Funeral service was held March 18 with Pastor Don Dewing officiating. Interment was at the Potawatomi Tribal Cemetery, Stone Lake. Online condolences may be directed to www.weberhillfuneralhome.com.

Zachary L. Shawano

Zachary L. Shawano, 26, of Crandon, Wis., passed away unexpectedly Friday, March 20, 2015, as a result of a motor vehicle accident. He was born on Nov. 4, 1988, in Rhinelander, Wis., to Eugene Shawano and Dori Zimmerman.

Zach spent his childhood in the Crandon area and at the age of 12 moved to Lawrence, Kan. He graduated from Lawrence High School and then moved to Madison, Wis. There he worked for a public relations firm as a spokesperson for the Forest County Potawatomi. In 2013, he returned to Crandon. On Aug. 2, 2014, Zach married Megan Longanecker in Linden, Wis. He loved playing church softball and golfing. He also enjoyed watching Wisconsin sports: Badgers, Packers, Brewers, and the Bucks when they were winning.

Zach is survived by his wife, Megan, and son, Homer of Crandon; father, Eugene (Michelle Johnson) of Crandon; mother, Dori (Jim Tibbits) Zimmerman of Fort Myers, Fla., a sister, Abigail Shawano of Lawrence, Kan.; a brother, Oliver Shawano of Lawrence, Kan. He is further survived by step sisters: Kaylee McGeshick of Appleton, Wis., and Taylor Smith of Crandon; a step-brother: Kody Smith of Appleton; sisters-in-law: Gina Currier of Louisville, Ky., Kristen Rice of Minneapolis, Minn., and brothers-in-law: Dakota Kahn and Tyler Kahn of Lawrence, Kan., as well as paternal grandparents Eugene (Eleanor) Shawano of Crandon and maternal grandparents Milton (Rita) Zimmerman of Linden, Wis.

Visitation for Zach was held March 24, 2015, at the Lake Lucerne Gospel Chapel; services were held on March 25, with Rev. Don Dewing officiating. Weber-Hill Funeral Home assisted the family with arrangements. Online condolences may be left for the family at www.weberhillfuneralhome.com.

Local Tribal Youth Honored

by Val Niehaus

On March 9, 2015, seven FCP tribal youth were honored for being nominated for the YMCA Teen Character Award at Holiday Acres in Rhinelander, Wis. The YMCA Teen Character Award highlights those teens with strong moral character, as well as leadership and service dedicated to strengthening their families, schools, and communities.

Tom Boelter, FCP division director of Education, said, "We (Education Department) are proud of these students that are making good deci-

sions and setting themselves up for a strong future."

Nominators for the teens are people who work with them on a daily basis such as mentors, teachers, and coaches. They look for teens that are caring, honest, responsible and respectful in their communities. The FCP tribal teens who received this award were Israel Alloway, Tristan Alloway, Alyza Ford, Mindy McPherson, Jenna Schingeck Jacobson, Tiara Thompson, and Kordell VanZile.

Congratulations to all the teens and best of luck in your future!



Two of those honored were (l-r) Jenna Schingeck Jacobson and Mindy McPherson.

Congrats to these students for making the second quarter Honor Roll:

Crandon High School
Junior - **Mindy McPherson**
South Park Middle School (Oshkosh)
6th Grade - **Echo Prescott**

Keep up the good work!

Wabeno Elementary Family Night

submitted by Caroline Coughlin Lampereur

Wabeno Home and School Association sponsored a Family Open Gym and Game Night in February. During this event, students and families were able to bowl, jump rope, play basketball, football, volleyball, or visit with friends in the gym. There was an assortment of board games set up in the school library as well. Snacks were a nice break during the activities. Bottled water was provided by Antigo Wal-Mart, and Una Ross, Chris Volk and Gwen Craanen provided sweet treats. There were laughter and smiles all around. It was a fun way to spend a Wisconsin winter evening!

During the February parent teacher conferences, Wabeno Home and School Association provided raffles for students and families who attended. Each grade level was awarded two prizes. The two prizes were a family swimming pass to the Clara

McKenna Aquatic Center in Antigo and \$5 worth of tickets for the June Family Carnival Night.

The student raffle winners for the family swimming passes were Breana Kitchell, Leeland Gotzler, Westin Bohl, Elise Harris, Sam Landwehr, Abby Stoffregen, Jesse Prasser and Emily Christianson. The student raffle winners for Family Carnival Night tickets were Carter Towne, Conner Harris, Kelsy Steldt, Bluesky Meshigaud, Brian Austin, Hailey Krueger, and Trista Weiss. Thank you to the families that attended the conferences.

The next school event was the Family Literacy Night and Cake Walk on Tuesday, March 17. Dinner was provided with a literacy activity followed by the cake walk. We invite you to be a part of our events and to bring a friend!

Graduate



Alexandria Konaha

Parents: Mike and Peggy Konaha
Grandparents: Kenneth Johnson
Graduated From: Weekend Dental Assistant School (WDAS)

Special Achievements: Highest Overall Clinical Grade, Focus on X-Rays; Advance Concepts Course: CPR Certified.

In WDAS I was provided with a quality classroom learning experience and hands-on learning in a real dental setting. Our instructors provided us with clinical training and experience in many areas that you will encounter as a dental assistant such as: four-handed dentistry, impressions and model trimming (my favorite), sterilization procedures, OSHA requirements, dental terminology and materials, dental and oral anatomy, dental charting, needle and syringe set up and handling, and

suctioning and tissue retraction, and much more.

Also, two more requirements we had to finish were going to a dental practice of our choice and job shadow for a day or half the day. I went to the Health and Wellness Center. They were very friendly and welcoming. The second requirement was to make a resumé for a dental assistant job. The instructors were very helpful in giving advice on how to make an outstanding resumé.

One of my biggest challenges was the drive to Appleton at 5 a.m. for ten consecutive Saturdays and missing out on some family activities with my children.

Overall, I really enjoyed this course and would recommend it to anyone looking to help people, better themselves or who like to meet new people. The class is fun and inviting and you will not regret it.

If anyone is interested in Weekend Dental Assistant School, they have a website you can look up: www.weekenddentalassistant.com.

As for the future, I plan to move to Appleton and get a part-time job as a dental assistant and go back to school for more learning. My passion is to become a nurse.

I would like to thank my family and friends for the support they have given me to start and finish this course at WDAS and helping out with watching my children; and to the FCP Education Department for making this possible.

Virtual Dementia Tour

Wednesday, April 15, 2015, Best Western Inn, Crandon, Wis.

There will be an Alzheimer's Association representative available to answer questions; books and brochures will be available to participants. Please allow 20-30 minutes for the tour. The event is FREE and OPEN to all community members.

Please RSVP by April 13, 2015, by contacting Penny Christianson, Elder Services Coord., at (715) 478-4892.

Rough House Promotions Presents:
GREEN BAY FIGHT NIGHT
Pro-Boxing Debut
MARK DANIELS JR.

Saturday, April 4, 2015 (Doors Open @ 7 p.m.)
Riverside Ballroom: 1560 Main Street
Green Bay, WI 54302
For tickets please call (920) 544-5238 or visit www.roughhousepromotionsllc.com

Buzzer-Beater Shot Advances Rebels in Second Round Regionals, Lose in Regional Final

by Michelle Spaude

Wabeno/Laona Rebels basketball player Michael Gilpin swished a three-pointer at literally the last second of the game to defeat the Menominee Eagles 36-33 and win the second round of regional play on Friday, March 6, after a first-round bye on Tuesday, March 3.

The game was played at Laona High School, and fans from both sides filled the gymnasium with loud team spirit!

It was a nip-and-tuck game as each team played hard to keep the lead. With under a minute to play, the Eagles were ahead. They were passing the ball back and forth trying to take time off the clock. With an open man underneath the basket,

the pass went to the Eagles player. Luckily for the Rebels, he missed the shot. The Rebels got the rebound, drove to the hoop and got fouled. Senior Austin Andrews made one of two free throws to tie up the game; Rebels retained possession of the ball.

Eagles played hard defense and caused the Rebels to call a timeout with 10 seconds left. The play, according to Gilpin, was set up for Andrews to drive to the hoop. If he got stopped, then he was to kick it out to Gilpin. As Andrews drove to the hoop, he got tripped up by an Eagles player and hit the ball to Gilpin. "I picked the ball up and shot the three with my de-

fender closing in on me," recalled Gilpin. "Right before the ball got to the rim, the buzzer went off." Gilpin cramped up, fell and watched the ball go in – twick!

Rebel fans jumped to their feet cheering as they swarmed to the floor to congratulate Gilpin and his team. Big smiles, high-fives and lots of hugs were observed. Eagle players and fans were stunned and saddened at the defeat, rightfully so as either team could have won that night.

Gilpin commented, "It was a good game played by both teams no matter who played better at the end. It was a really fun game to play in and awesome that I got to shoot the last shot that beat the buzzer and won the game. I would like to thank all the fans and everyone that watched us play and cheered us on throughout the year and especially our last two games."

He continued, "I would also like to thank the coaches and all my teammates for giving me and everyone else an awesome year of Rebel basketball. Also thank my parents and my family and brother for

helping me when I was younger and getting me into basketball and making me the player I have become. Also to my older brother, Gabe, for working with me and making me better."

Saturday night's regional final game had the No. 1-seeded Rebels facing No. 2-seeded Crivitz on March 7 at Laona High School. Standing-room only, supporters from both sides brought intense energy into the gymnasium. What a great atmosphere to play a basketball game!

Crivitz Wolverines beat the Rebels earlier in the season; the Rebels wanted to even the score this night. However, the Wolverines proved to be too tough for them as they led the scoring in the first three quarters. Rebels out-scored the Wolverines in the last quarter, but it wasn't enough as Crivitz won 44-36. The season came to an end for the Wabeno/Laona Rebels with an impressive 20-3 record.

(Michael Gilpin is the son of Teresa and FCP tribal member Nate Gilpin.)

Parenting Done Right

submitted by Rebecca Jennings, FCP Education Behavioral Specialist

There are many rewards to working in the FCP Education Department. One of the most rewarding experiences is when a parent asks for help in furthering the education of his child. Recently, one such instance occurred for me.

Chad Frank came into our office asking for assistance in working with his son, Waylon, who was two years old at the time. After some conversation, Chad mentioned that he sits with his older children

after school as they work on their homework. Waylon joins them and really wants to do what they are doing. Chad is not interested in some type of technological materials, which is often what parents turn to for their tech-savvy children. He decided that "old school" workbooks would be a good start for Waylon so he could work next to his siblings. I was able to provide him with a number of workbooks appropriate for Waylon's age and interests.

**"There is no school equal to a decent home and no teacher equal to a virtuous parent."
-Mahatma Gandhi**

Chad's desire to educate his son and his subsequent action provide a great role model for the community as we all work toward seeing our youth succeed in their education and, ultimately, in their life's endeavors.



Chad Frank and his son, Waylon.
submitted photo

Tribal Youth Excels in Snocross Series

submitted by the Joe Brown Family



Tribal member Janiece Brown, daughter of Joe "Huggy" and Agnes Brown, had an excellent year in the GLX Snocross and AMSoil Snocross Series.

Janiece is 14 years old and started racing at the age of 7, riding the 120 Champ class, Amateur 14+ and a new class she got moved up to: Pro Am Women. She is a member of the Great Lakes Snocross (GLX) located in Wauconda, Ill., and also a member of the AMSoil Championship Snocross.

GLX races took place each weekend starting Dec. 26, 2014, and ending on March 7. GLX is a regional division for the AMSoil Championship Snocross. This non-profit organization is a gateway to riding with the national pro riders, providing a safe environment for racers while teaching them the do's and don'ts of racing. Riders from here have moved on to the nationals and worked their way to the pros: Ross Martin, Kody Kamm and Tyler Adams, just to name a few. The family picked this region because the people there are treated like one big family that help with anything you may need - even if you are competing against them. We would like to say a BIG thank you to Dennis Whiton and Kevin Lind who helped the most.

The family traveled more than five hours one way for races each weekend. The weekend after the races they have an award ceremony in which they hand out plaques. All together, Janiece received 10 plaques. At the awards banquet on March 8, Janiece took 2nd place in Pro Am Women's and 3rd place in Junior 14-15 class (this class was all boys).

Janiece started her year with the Nationals in Shakopee, Minn., at Canterbury Park. She raced the Junior 14015 for Nationals and for Minnesota regionals. She took 4th place, giving her confidence for the rest of the year. The family also traveled to Mt. Pleasant, Mich., Feb. 27-28. She did not place in Amateur 14+, and she blew her sled before she got to race in the Pro Am Women's. Janiece also raced recently in Lake Geneva, Wis., at the Grand Geneva Ski Resort. She raced approximately three days and nine races per day. She raced the Amateur 14+, Junior 14-15 (all boys) and National Pro Am Women's. On that Friday, she placed 5th in her National Pro Am Women heat 1. On her first practice, she tumbled down the big hill and bruised her wrist, upon which she needed to see medical staff. That did not stop her - she got it wrapped and continued to finish the whole weekend.

Janiece and her family have a lot of thanks to many people: her Mom and Dad for doing everything they could do to get her sled ready, for traveling each weekend, and for all the praise after each race; the FCP Executive Council who helped with

her membership fees and supporting each weekend with her Junior 14-15 class; her brother Gregory Bradley for getting her a sled (500 Arctic Cat Sno Pro); her Dad and Uncle Jason Brown for getting her the Arctic Cat 600 Sno Pro (which she used for Amateur 14+ and Pro Am Women's); Jeffery Keeble for doing her sled wraps (and at such a short notice); Jason Headson-Headson Performance (who fixed her sled a.s.a.p. after she blew it in Mt. Pleasant and got it ready before her national race in Lake Geneva); Grandma and Grandpa Ruth and Alvin Weso who sponsored her races financially and the praise each week; Grandma and Grandpa Joe and Jacki Brown for sponsoring races and for helping financially with sled repairs and the praise; her father and Uncle Jason who were on-the-go non-stop all weekend in Lake Geneva (for sled repairs, staging and the encouragement at the starting line); all the people from GLX and the AMSoil Snocross who helped her when her sled blew.

Janiece would also like to thank all her family, aunts, uncles, cousins, grandparents, and friends who cheered her on and gave her encouragement throughout the year! She is also thanking her Uncle LeRoy "Shob" Shockto Jr., who gave her encouragement and wanted to draw a picture on one of her plaques but who passed away on her last race day in Lake Geneva, March 15, 2015.

Join Us in Celebrating National Public Health Week, April 6-12

submitted by Kristin Bath, CHES, FCP Community Health

During the week of April 6-12, 2015, the FCP Community Health Department is celebrating National Public Health Week. This week is sponsored by the American Public Health Association (APHA) and focuses on recognizing the contributions of public health and highlighting issues that are important to improving our nation.

This year's theme is "Making the United States the Healthiest Nation in One Generation - by 2030". Improving the health of the nation starts with you and making sure that you are promoting health in your household and community. Follow the tips below for a safe and healthy life.

Eat Healthy. Fill your plate with a variety of fruits and vegetables, whole grains, low fat dairy and lean protein. Decrease portion sizes. Avoid foods high in fat, sugar and sodium. Make water your beverage of choice.

Get active. Adults should strive for 30 minutes of physical activity, five days a week. Kids should be active 60 minutes a day. Find an activity that you enjoy. Make physical activity a family affair. Choose a variety of aerobic exercises such as walking, biking or swimming. Incorporate strength and flexibility exercises into your daily physical activity routines.

Avoid commercial tobacco. If you currently smoke or use chewing tobacco, ask your provider about tobacco cessation options or take advantage of the FCP Community Health Department's Tobacco Cessation Incentive Program.

Drink in moderation. Limit your alcohol intake to two drinks a day for men and one drink a day for women. Seek professional help if you feel like you are unable to control your drinking.

Protect yourself. Always wear a helmet when bicycling or using an ATV or motorcycle. Wear a seat belt every time you ride in a vehicle. Use sunscreen and insect repellent when outdoors.

Manage stress. Take time to relax. Balance work, home, and play. Strive for seven to nine hours of sleep a night; kids should get more. Get support from your family, friends and medical professionals if you need it. Everyone needs help from time-to-time.

Practice safe sex. Use condoms correctly and consistently. Get tested for STIs regularly; always know your status. Stop in the FCP Community Health Department and ask for a brown bag. Condoms are FREE to tribal members and their families.

Make prevention a priority. Many health conditions are preventable and can be detected early through regular checkups with your provider. Talk to your provider about screenings and tests that you may be due for.

Stay up-to-date on immunizations. Immunizations are extremely important, not only for your health, but for the health of the community. Immunizations protect individuals from harmful, even deadly diseases that can spread easily. Talk to your provider to see if your child is up-to-date on childhood immunizations and what immunizations you may be due for.

In honor of National Public Health Week, the FCP Community Health Department invites you to submit pictures to show us how you are practicing healthy behaviors in your household and community. Be sure to include the names of the individuals in the pictures. These will be displayed in the Community Health Department during April and May. Pictures can be dropped off in the department, sent to kristin.bath@fcpotawatomi-nsn.gov or mailed to FCP Community Health Department, Attention Kristin Bath, PO Box 396, Cranston WI, 54501.

For more information about National Public Health Week and what you can do to get involved visit: www.nphw.org/.

FCP Community Health Department Receives Funding to Prepare for National Accreditation

submitted by Lorrie Shepard, HWC Community Health Outreach Director

The FCP Community Health Department has been awarded \$10,500 to support its progress in meeting the requirements of the Public Health Accreditation Board (PHAB), the first and only voluntary national accreditation program for public health departments. The FCP Community Health Department is one of five Tribes to receive this funding through the Tribal Accreditation Support Initiative (ASI) administered by the National Indian Health Board (NIHB).

This is the first year for the Tribal ASI, and as such the initiative is serving as a pilot project to seek out promising practices to support Tribes in the efforts to achieve public health accreditation. Funding for the Tribal ASI is provided by the Centers for Disease Control and Prevention Office for State, Tribal, Local, and Territorial Support (CDC).

"This funding opportunity will provide us with the resources needed to move forward in our goals to become an accredited agency and also allow us to better serve our community by enhancing the quality of our work," said Kristin Bath, Health Educator/Public Health Accreditation Coordinator.

The FCP Community Health Department received funding under the general categories of (2) addressing PHAB documentation requirements not currently met and (4) contributing to payment of PHAB accreditation fees. The department will use the grant to update and complete a departmental Workforce Development Plan, a Quality Improvement and Performance Management Plan and to pay part of the PHAB application fees.

The FCP Community Health Department is grateful to have received the Accreditation Support Initiative funding from the CDC and NACCHO because

we believe the funds will help us improve our performance, achieve our strategic goals, and continue making progress to build better health outcomes for the people in our community.

More information, including a full list of tribal awardees, can be found at www.nihb.org/public_health/tribal_accreditation_support_initiative.php. For more information about the FCP Community Health Department, please contact Lorrie Shepard at (715) 478-4341.

About the FCP Community Health Department

The purpose of the Forest County Potawatomi Community Health Department is to provide essential public health services and respond to the healthcare needs of the Forest County Potawatomi Community.

About the National Indian Health Board

Founded in 1972, NIHB is a 501(c)3 not for profit, charitable organization providing health care advocacy services, facilitating Tribal budget consultation and providing timely information, and other services to all Tribal governments. NIHB also conducts research, provides policy analysis, program assessment and development, national and regional meeting planning, training, technical assistance, program and project management. NIHB presents the Tribal perspective while monitoring, reporting on and responding to federal legislation and regulations. It also serves as conduit to open opportunities for the advancement of American Indian and Alaska Native health care with other national and international organizations, foundations corporations and others in its quest to build support for, and advance, Indian health care issues.

• Child Care Certification Training •

Are you interested in becoming a Certified Child Care Provider?



Classes are held on May 5, 6, 12, 13, 19, 20 and 21, 2015. Students must attend all days. Cost is \$60 for Forest County residents; \$85 for all others. Materials, text and lunch are included. Pre-registration and pre-payment are required by April 30, 2015. For more information, contact Billie (715) 478-7358 or Una (715) 478-4964 at Forest County Potawatomi Child Care.

Welcome to These New Employees

Travis Thorbahn, Elderly Driver
Hire Date: 2/09/2015

Danel Ann Venrooy, Elderly Activities Aide
Hire Date: 2/23/2015

Jessica Wiltzius, C-Store Clerk (Carter)
Hire Date: 2/03/2015

Daniel Becker, HWC Director Revenue Cycle Mgmt.
Hire Date: 3/02/2015

Christopher Phillips, C-Store Clerk (Carter)
Hire Date: 2/09/2015

Valerie Hay, HWC Pediatrician
Hire Date: 3/02/2015

Anna Lopez, HWC Massage Therapist
Hire Date: 3/02/2015

Forestry Department has a Productive Fiscal Year

Forest Resource Coordination Committee

submitted by Al Murray, FCP Tribal Forest Manager

The FCP 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 Cleerman; 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 included 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 Resource Coordination Committee portion of the Forestry Department.

Forest Resources Coordinating Committee

On Dec. 12, 2012, the Tribal Forest Manager was appointed to the Forest Resources Coordinating Committee (FRCC). The purpose of the

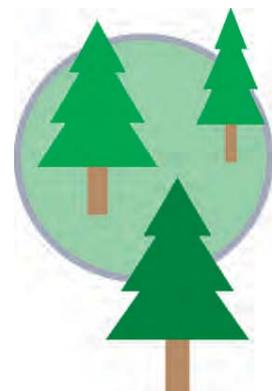
committee is to provide direction and coordination of actions within the Department of Agriculture, and coordination with state agencies and the private sector, to effectively address the national priorities for private forest conservation, including tribal forest lands. The Tribal Forest Manager has been an active member of this national committee including representing tribes at two annual meetings in Washington, D.C., and on monthly conference calls.

The committee established and presented its initial recommendations to the Secretary of Agriculture in April 2014 including the following:

- Formally align USDA programs with state priorities to maximize conservation values and ensure programs target localized needs.
- Maintain federal and state technical assistance and conservation programs that engage all woodland owners and especially those not yet active in forest management and conservation.
- Establish and provide funding for additional programs that assist in

the local delivery of tools, approaches, and other services for engaging woodland owners and tracking progress and impacts over time.

- Provide access by USDA and the Department of Interior to federal disaster and emergency funding for wildfire response and suppression costs.
- Prioritize USDA investments in private forest landowner programs that promote forest health and resiliency.
- Provide full support for core forest inventory programs at USDA used to identify potential threats including insect and disease outbreaks, invasive plants, or fire.
- Continue to invest in landscape-scale conservation and management programs to foster collaboration, cooperation and resiliency across landscapes.
- Increase coordination and collaboration among regulatory and land management agencies at all levels and internally to leverage existing programs and resources, as well as state and regional plans to support landscape scale conservation and management.
- Maintain and enhance programs



that develop and expand market research and infrastructure opportunities for private forest landowners.

The tribal forestry program maintains high level communications and provides service to tribes across the country by participation in the FRCC.

If you have any questions pertaining to the FCP Tribal Forestry and Land Services Program, please contact Al Murray, FCP Forest Manager, at (715) 478-4973 or by e-mail at al.murray@fcpotawatomi-nsn.gov.

MISH KO SWEN
STRONG/HEALTHY

Saturday, June 13, 2015

LOCATION: Starting point and registration at FCP Recreation Center, 5442 Everybody's Road, Crandon, Wis., 54520.

WHO: FCP tribal members, employees, and their family members, as well as individuals eligible for the alternative care program.

DESCRIPTION: Registration for the 5K course (3.1 miles) will be available onsite from 9:30-10:15 a.m. You may also preregister prior to the event. Forms are available in the Community Health Department.

Shirts only guaranteed to those who pre-register by May 29. There will be PRIZES, a SNACK and LIGHT LUNCH!

Registration time (9:30 - 10:15 a.m.)
Event start time (10:30 a.m.)

Contacts:
Heather Robinson: (715) 478-4317
Kristin Bath: (715) 478-4382
Lisa Miller: (715) 478-4320

Timing System Available

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

Wednesday, April 22, 2015
Health & Wellness Center lobby
9 a.m. - 3 p.m.

EARTH Day
2015

We All Share the Air

GAMES, PRIZES AND RAFFLES

Local Courts Awarded Grant

submitted by Tara Kress, Deputy Clerk of Court

The Forest County Potawatomi (FCP) Tribal Court is pleased to announce that the FCP Tribal Court and the Forest County Circuit Court have received a \$366,000 grant to plan and implement a joint Wellness Court. The three-year grant allows tribal, county and state staff to design, establish and begin operating a Wellness Court.

While the specifics will be developed during the grant, in general, Wellness Court participants will be alcohol- or drug-addicted individuals convicted of a non-violent crime. The individuals will have been convicted in state court. They will then have the option to participate in the Wellness Court. The Wellness Court will be open to tribal members and non-Indians who volunteer. If an individual does not wish to enter Wellness Court, he or she will be subject to regular criminal sentencing in state court such as incarceration, probation and fines.

The Wellness Court will be based on the problem-solving court principles. Problem-solving courts represent a fundamental change in philosophy of how a court operates. They have proven successful and have greatly expanded in the United States over the last 25 years.

Historically, criminal courts often simply processed a criminal defendant by convicting and then punishing. In the area of drug addiction, there is agreement and evidence that treatment is more effective than punishment.

In the Wellness Court, convicted defendants voluntarily enter the program. For the next 18 to 36 months, they receive intense treatment and supervision from a team. Wellness Court is not adversarial but based on a team approach. The team includes the state and tribal judges, state and tribal prosecutors, state public defender, treatment providers and Wisconsin Department of Corrections probation officer.

Wellness Court participants receive treatment and incentives to meet specific treatment goals. When the goals are met, the participant advances. When the rules of the program are violated, consequences may be imposed.

Under the proposed timeline, the major step is hiring the Wellness Court coordinator. The Court expects this to happen by the end of March 2015, and the Wellness Court is expected to begin operation sometime in 2017.

Athena Patient Portal

Log on today!

THE PORTAL ALLOWS YOU TO SEE YOUR HEALTH INFORMATION ONLINE.

- Review appointment details
- Request prescription refills
- View lab results
- Make payments
- Exchange secure messages with your provider — all from your computer or mobile device.

Questions about setting up your account? Ask your care team, talk with medical reception or stop by the information desk.

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

Honoring Health, Healing, and Tradition

ANNA LOPEZ, LMT
MASSAGE THERAPIST

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

Appointments can be made by calling (715) 478-4344.
Hours:
Tue. & Wed.: 9 a.m. - 4 p.m.
Thur. & Fri.: 9 a.m. - 6 p.m.

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

SERVICES OFFERED

AODA (715) 478-4370	Optometry (715) 478-4345
Behavioral Health (715) 478-4332	Pediatrics (715) 478-4339
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

ASPIRUS NETWORK

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

"DA WE WGE MEK" (GIFT SHOP)

Your Destination for Authentic Native American Gifts

LARGER SELECTION OF BEADS!

We also have a small stock of gems, banding, caps & more for earrings!

NEW DVDs DOCUMENTARY

- Indian Relay
- Medicine Game
- Racing the Rez
- Urban Rez

MOVIE

- Jimmy P.
- Warrior's Heart

COMEDY

- Tatanka Means: Red Friday

NEW CDs POWWOW

- No. Cree & Wild Band of Comanches: Breaking Boundaries
- Smoketown: 40th Anniversary
- Young Bear: Live
- Northern Cree: Ewipihchik Round Dance Songs

TRADITIONAL

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

FLUTE

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

FOREST COUNTY POTAWATOMI CULTURAL CENTER, LIBRARY & MUSEUM
8130 Mish ko swen Dr. Crandon
(715) 478-7470

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

What's Going On in Carter

submitted by Frank Shepard, PCCH General Manager

Start earning entries on Monday, March 30, so you can participate in Carter Casino's Extra Inning Game. Earn 250 same-day base points for 10 entries, or redeem 250 points for 10 entries. Ten Carter Club members will have the chance to win cash prizes in our 'Extra Inning' at 11 p.m. on April 18 on the casino stage. Using the punch board, we will stuff the holes with baseballs. Each ball will have an amount on it or an 'X' for strike. Each winner will have the opportunity to punch five holes on the board and each will punch in the order in which they are chosen from the bin. Once all five holes have been punched, the dollar amount of the balls will be totaled. The winner will receive that amount of cash. Strikes are 0, but if a guest punches five strikes, a \$500 consolation prize will be awarded to the player.

Smaller drawings will take place between 4 and 10 p.m., when 14 winners will be chosen. Each of those winners will have the chance to pick a baseball for an undisclosed amount. If a strike is chosen, they will receive \$25 cash for participating. Dollar amounts for the small drawings will be \$50, \$75, \$100.

Bingo players will receive 10 bonus entries for every early bird package and intermission package purchased from March 30 - April 18.

Table games players will earn 10 bonus entries for every one hour of consecutive play at the tables from March 30 - April 17.

Plus, 10 free entries to new members of Carter Club the day they open an account.

Tier multipliers will be offered April 1, 5, 8, 15 and 17.

Strike Out! Every Tuesday, guests will be chosen to select up to three baseballs from a container; guest will select one ball at a time. If they pick a baseball with a strike, they win \$25. If they pick balls with dollar amounts on them, they take home the cash. Just earn 100 same-day base points for 10 entries, or redeem 200 points for 10 entries. There will be a total of 20 winners chosen at random times throughout the day between 9 a.m. and 9 p.m. Limit of two wins per person per day. The bin will be emptied after the 3 p.m. drawing.

1040EZ - On Wednesday, April 15, we would love to help you take the pain out of tax day! Carter Club members can earn 100 same-day base points for 10 entries, or redeem 200 points for 10 entries. Drawings take place from 9 a.m. until 9 p.m., with eight winners selected at random times during the day to take home \$1,040 each time! Maximum of one win per person.

Livin' it up at 50 - Every Thursday, all Carter Club members over 50 years of age will receive a free entry into the drawing at the Carter Club booth. One winner will be drawn every hour from

11 a.m. to 7 p.m. for \$100 cash. For every 250 points earned, you will receive 10 free entries into the drawings. Guests are allowed to win twice each day.

Also, seniors can earn 100 same-day base points and get a \$5 off coupon at The Flames Sports Bar & Grill or The Springs Restaurant, or if you would like your meal free, just earn 250 same-day base points. Those that are not seniors can earn 200 same-day base points and get a \$5 off coupon for a dinner at The Flames Sports Bar & Grill or The Springs Restaurant or earn 450 same-day base points and get a free dinner.

Start earning entries on April 27, for our Summer Kick Off. Carter Club members can earn 250 same-day base points for 10 entries, or redeem 250 points for 10 entries. On Friday, May 22, Saturday, May 23 and Sunday, May 24, we will be giving away \$40,000 in cash! Drawings will take place each day from 7 to 11 p.m. The entries will stay in the bin until the promotion is over with 50 winners over the three days.

Bingo players will receive 10 bonus entries for every early bird package or intermission package purchased between April 17 and May 24.

Table games players will earn 10 bonus entries for every hour of consecutive play at the tables from April 27 to May 24.

Plus, 10 free entries to new members of Carter Club the day they open an account.

Tier entry multiplier dates: April 3, 10 and 17; and May 6, 13 and 20.

Stop in at our Carter Club booth for a schedule of events for our Slot Mania Tournaments this month!

BINGO!

Come in, check us out and be prepared to have some fun!

BIGGER BETTER BINGO will be played on all days except where noted.

Bigger Payouts: Regular games pay \$150; specials pay \$200.

Better Admission: New paper package deals.

Bingo! Carter: It's the place to be for bingo!

Manager's Special: Double your package for free!

Purchase electronic Carter Combo Package 3 or 4 and we will double the package for FREE! (Available during the Bigger, Better, Bingo session only.)

Every Wednesday and Sunday in April, join us for the Hi Five session. All packs are \$5. Bingo on any number ending in '5' and receive '5X' the payout! Played on regular games only. Hotball will be excluded from multiplier.

Thursday, April 30, will be our cash drawing when one lucky winner will win \$500 in cash. Winner will be drawn during the regular session; must be present and playing bingo to win.

The fun continues! On Friday, April 3 and 17, we will be playing Finally

\$500 Fridays. Buy-in for \$35 with 25 games including five games paying \$250 and 10 games paying \$500! Each guest will receive \$25 in Potawatomi Play with admission pack purchase. Limit one \$25 Potawatomi Play per guest per session.

Come in on Friday, April 24, and play Cosmic Bingo. The theme for April is Luau. Come dressed in the theme for your chance to win Potawatomi Play! Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ Doc Gary plays from 10 p.m. to midnight. \$12 packs include eight games paying \$100; one game paying a prize and the last game paying \$1,000, or a consolation prize of \$250. Free beer and popcorn will be served.

Happy Birthday to you! On Saturday, April 4, come celebrate your April birthday and receive a free 6-on paper pack with your paid admission. Birthday cake will be served!

Saturday, April 18, we will be holding a mini bash. This will be a longer session with \$20 admission packs and \$10 extra packs. Prize drawings will be held throughout the session. A mini buffet is included with admission pack purchase.

Sunday, April 5, is Easter. We will be drawing eight lucky names during this session to win an Easter basket full of goodies! Must be a Carter Club member to be eligible.

Electronic Buy-In Options

Carter Combo 1 - \$60, 30 cards, one Jackpot Game, one Roulette, one Game of the Month, one Dbl. Daub Coverall, one Dbl. Daub Feather, one Winner Take All, one Triangle Game, 10 Odd # Coverall, 10 Bonanza

Carter Combo 2 - \$80, 60 cards, two Jackpot Game, two Roulette, two Games of the Month, two Dbl. Daub Coverall, two Dbl. Daub Feather, two Winner Take All, two Triangle Game, 20 Odd # Coverall, 20 Bonanza

Carter Combo 3 - \$120, 90 cards, three Jackpot Game, three Roulette, three Games of the Month, three Dbl. Daub Coverall, three Dbl. Daub Feather, three Winner Take All, three Triangle Game, 30 Odd # Coverall, 30 Bonanza

Carter Combo 4 (Best Value) - \$160, 130 cards, four Jackpot Game, four Roulette, four Games of the Month, four Dbl. Daub Coverall, four Dbl. Daub Feather, four Winner Take All, four Triangle Game, 40 Odd # Coverall, 40 Bonanza

Electronic packages include all games except Earlybirds, Pick 8 and Hotballs.



POTAWATOMI STONE LAKE C-STORE/SMOKE SHOP/DELI

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



POTAWATOMI CARTER C-STORE/SMOKE SHOP

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

GIFT CERTIFICATES AVAILABLE

- Ethanol-Free Premium Gas • Blended Diesel • 24-Hour Pay-at-the-Pump Fuel
- In-House Deli Food • Coupons Welcome • Self-Serve Smoke Shop • Low & Discount Cigarette Prices • Ample Parking • Groceries • ATM • Ice

Lighting a Path, Blazing a Trail: A New Kind of Internship

submitted by Veronica Ergeson, FCP Gaming Commission Intern

Interning with the Gaming Commission was an experience that has impacted the rest of my life. My goal was simple: to understand the 'who, what, when, where and why' of the Gaming Commission's existence. Jamie Kellicut, Compliance Officer and Internship Coordinator, led this year's revamped program with conviction and compassionate leadership. It was easy to feel inspired by her passion for our success. Interning with the Gaming Commission reawakened my heart for tribal people and equipped me with the vision to live out my purpose.

The first week was a whirlwind introduction to the gaming industry, corporate lifestyle and ethics in regulation. As a class, we tackled understanding business skills from corporate dress to executing a successful job interview. While a wide range of topics on interpersonal skills were also covered, cultural diversity was critical in connecting us as a group.

During the second week we were introduced to the White Bison Project when we watched a video called "The Wellbriety, Journey to Forgiveness". The video explains a vision that elders received about tribal people entering into a time of healing from the historical trauma that has scarred past and current generations. I found much rest and comfort in learning that I am part of a journey that has been forged by

the elders. This awareness is a generous gift that I receive warmly. The responsibility of being a tribal leader truly motivates me.

Week two also encompassed presentations by each department of the Gaming Commission. After watching each presentation, Compliance felt like the right department for me to choose for a four-week in-depth training. Towards the end of week two, we traveled up north to tour PCCH, the Executive Building and the Museum and Cultural Center.

My compliance education was as specific as the mechanics, percentages and shipping of slots and as vast as the influence that the youth of America had on the Vietnam War. Interning during the State Audit in Milwaukee and Carter afforded me a great deal of hands-on experience. This was my crash course in how the Tribal MICs, the NIGC and IGRA are relevant to each department in the Gaming Commission and our enterprise as a whole. Self-regulating a business that has a history of corruption is a tremendous responsibility. Witnessing the respect that the State Auditors had for the Tribe's commitment to transparency was a very proud moment for me. The Compliance department's passion for a job well done is a reflection of their fearless leader, Manager James Schreiber, his heart for tribal people

and his aptitude for ethics.

Four weeks into the program my grandmother became very ill. The seventh week of the internship, her journey in this earthly life ended and her new one with the Creator began. I am forever grateful that the Gaming Commission was part of my life during such sorrow. Finishing the internship gave me stability in the midst of chaotic times. I especially treasure the openness that Jamie and the Commissioners had as they rearranged the schedule and added three additional days to the program for me. Jamie's grace is forever a part of my healing during that time.

The Gaming Commission exists because elders with great vision built a business that would lift us from poverty and restore opportunities to future generations. The Gaming Commission exists to protect the assets and reputation of the tribe; furthermore, it exists to care for the peace and prosperity of all tribal people. Dedicated individuals with a great deal of understanding work hard every day to protect the livelihood of our people. I value the time and energy that each person invested in my experience. I owe a great deal of my personal development during this time to their open kindness.

As the elders in the White Bison project have spoken, the healing time



Veronica Ergeson

has come. The internship was an opportunity to bury harmful preconditioned ideas of myself. I genuinely enjoyed my time as an intern. I was afraid as anyone is to try something new. I met amazing people and laughed a lot. I was encouraged to be bold and ask questions. An essay is only a starting point to express what a program like this has done for me. I am dedicated to living out what I have learned in honor of all who have gone before me and in hopes of all who will come after me.

Miigwetch, Nu Nu Kwa

Spring Brings New Opportunities

submitted by Jamie Kellicut, FCP Gaming Commission Compliance Officer

With spring right around the corner we are sensing a time of growth. Much of that growth is within each and every one of us. It is in the opportunities that are presented to us on a daily basis. One of those opportunities that are offered to tribal members is the Forest County Potawatomi Gaming Commission's Internship Mentorship Program.

We are gearing up for a brand new season of learning and a new set of interns to begin their journey of experiences within regulation and beyond. You may be our next Gaming Commission intern! If you are hungry to experience something new within the tribe, our Internship Mentorship Program may be exactly what you are looking for.

The program is an eight-week long interactive experience. The interns will start with a two-week prep class that discusses numerous topics that lead to

cultural, personal, social and professional growth. From there the interns choose a department to explore for the next four weeks. During this time the interns learn the details of how the department they choose runs. The program ends with another two weeks of personal discovery. This includes writing a mission statement and plan for the intern's future.

We are seeking enrolled Potawatomi Tribal members who are at least 18 years old, hold a valid driver's license, are responsible, hold ethics in high regard and are ready to learn as much as they possibly can. Applications are being accepted for the July 2015 internship program. All applications are due by April 24, 2015.

For more information or an application for the internship program, contact Jamie Kellicut at jkellicut@paysbig.com or (414) 847-7703.



(top right l-r) Zhaangwewekamigookwe - Jamie Kellicut, Compliance Officer, and Nu Nu Kwa - Veronica Ergeson, January 2015 Gaming Commission Intern. (bottom right l-r) Participants of the January 2015 Internship Mentorship Program: Veronica Ergeson (intern), Jamie Kellicut (program coordinator), Sonya Milham (mentee), Thomasina Aguirre (mentee and recently appointed as Gaming Commissioner), and Clarissa Friday (intern). photos by Clarissa Friday

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 held the first Wednesday of each month, 5 p.m. at HWC. 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 held every second Tuesday of each month, 6 p.m. at Potawatomi Carter Casino Hotel.



"We must protect the forests for our children, grandchildren and children yet to be born. We must protect the forests for those who can't speak for themselves such as the birds, animals, fish and trees."
-Qwatsinas (Hereditary Chief Edward Moody), Nuxalk Nation

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, 5:59 - 6:59 p.m., Kak Yot Lane, Crandon, 5:30 p.m. Why: Al-Anon is primarily for those who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavior problems. When you come into this room you are no longer alone, but among others who have experienced similar problems. We will respect your confidence and anonymity, as we know you will respect ours. Please call (715) 478-4933 for more information.

AA Meetings - Lost Marbles

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

Wellbriety - 12 Step Meeting

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

Do You Feel Like No One Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, [please get help!](#) Help is only one touch or a phone call away.

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

HEALTH

FCP Domestic Violence / Sexual Assault Program -

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

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

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

SERVICES OFFERED

Employment Skills Program

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

Resource Room — New Location

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

SERVICES OFFERED

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

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

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

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

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

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

APRIL CALENDAR OF EVENTS

Community Health

- April 2, Infant Nutrition/WIC (We Care): 1 - 4 p.m.
- April 2, Healthy Pregnancies (Rec Center): 1 - 3 p.m.
- April 7, Infant Nutrition (HWC): 8 a.m. - 4 p.m.
- April 14, WIC (HWC): 8 a.m. - 4 p.m.
- April 21, Child Development Day (HWC): 1 - 4 p.m.
- Women's Exercise Classes (yoga) @ Rec Center Tuesdays & Thursdays, 5:30 - 6:30 p.m.
- Youth on the Move, Wednesdays @ Wabeno School, 3:15 - 4:15 p.m., Thursdays @ Rec Center, 3:30 - 4:30 p.m.

FCP Family Resource Center

- Men's Creating a Process of Change: Mondays, April 13, 20, 27, 1 - 3 p.m.
- Play Shoppe: Tuesdays, April 7, 14, 21, 28, 11 a.m. - noon
- Women's Healing Circle: Tuesdays, April 7, 14, 21, 28, 1:30 p.m.
- Life Skills Group: Wednesdays, April 1, 8, 15, 22, 29, 1 - 3 p.m.
- Positive Indian Parenting: Thursdays, April 2, 9, 16, 23, 30, 10 a.m. - noon.
- 2nd Annual Native American Responsible Fatherhood Day: Date TBA - watch for flyers! Call (715) 478-4837 with questions about any programs.

CHOICES Program

- Life Skills (10-12): Mondays, April 13, 20, 27, 3:30 - 5 p.m.
 - White Bison Group (13-17): Tuesdays, April 7, 14, 21, 28, 3:30 - 6 p.m.
 - Team Building (7-9): Wednesdays, April 1, 8, 15, 22, 29, 3:30 - 5 p.m.
- CHOICES program will be picking up the youth from school.

Recreation Department

- Get Fit & Stay Active - fitness equipment available at We Care in Carter Monday - Friday, 7 a.m. - 8 p.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.

• • PERSONALS • •



Congratulations,
Hunter Tuckwab,
on your win in
Rhinelanders!
Love, Dad

Happy Birthday,
Carole White,
April 20th.
From, Your Family
in Iron River, Mich.

Happy 54th
Wedding Anniversary
March 25, 2015, to
Harvey and Carole White.
From, your children

Happy Birthday,
Gramma Velma.
We love you
a whole bunch!
Lady Jane, Niigan,
Emma

Happy Birthday,
Stosh Frank,
on April 18th,
to the coolest, bad-
dest, smoothest Uncle ever!!
Much love always and
forever, all your nieces
and nephews!!!



Happy Birthday,
Harley Rose,
my first "Baby Girl".
Love you always
and forever more!!
XOXO Auntie Krystal

Happy Birthday,
Velma,
on April 1st.
Love, your children:
Giiweyah, Wabaske,
Nodenukgwek

Happy Day
April 27, 2015,
Harvey White,
on your birthday.
From, Asalia White

**Happy Birthday,
StanLee.
From, Martin**



Pow-Wow Trail
April 2015

April 2
2nd Lawrence High School*
Native American Club
Lawrence High School East Gym
Lawrence, Kan.
(785) 330-1447

April 11-12
UW-Madison Spring*
UW-Madison
Madison, Wis.
(608) 265-3420
nboyd3@wisc.edu
www.facebook.com/uwaisas

April 17-19
Rock Creek*
Longhouse
Goldendale, Wash.
(541) 993-1528
or (509) 823-3564

April 23-25
32nd Gathering of Nations*
The PIT
Albuquerque, N.M.
(505) 836-2810

April 4
25th Washington University*
in St. Louis
Student Activity Center
St. Louis, Mo.
(314) 935-4510
washupowwow.media
@gmail.com
www.buder.wustl.edu

April 11
21st University of Iowa*
University Recreation Building
Iowa City, Iowa
(319) 335-8298
nasa@uiowa.edu
http://powwow.uiowa.edu

April 17-19
50th Haliwa-Saponi*
Haliwa-Saponi Tribal School
Pow-wow Grounds
Warrenton, N.C.
(252) 586-4017
www.Haliwa-saponi.com

April 24-26
Meherrin-Chowanoke
Ahoskie Recreational Complex
Ahoskie, N.C.
(252) 301-6081
meherrinchowanokepowwow
@gmail.com
www.meherrin-chowanoke.com

April 4-5
43rd Dance for Mother Earth*
Skyline High School
Ann Arbor, Mich.
(989) 400-3255
danceformotherearth
@gmail.com
www.powwow.umich.edu

April 11
43rd UC-Davis
East & West Quad - UC Davis*
Davis, Calif.
(530) 752-4287
ppretell@ucdavis.edu
www.ucdavis.edu/
powwow.html

April 17-18
47th Kyiyo*
Adams Center
Missoula, Mont.
(406) 243-0211 ext. 5831
kyiyo@yahoo.com
www.umt.edu/kyiyo/
powwow.htm

April 25
18th UW-GB
Kress Events Center
Green Bay, Wis.
(920) 465-2720

April 4-5
22nd Seven Arrows*
Student Union Ballroom
Boise, Idaho
(208) 426-5950
mss@boisestate.edu
www.mss.boisestate.edu

April 17-19
45th Time Out Wacipi*
Hyslop Sports Center
Grand Forks, N.D.
(701) 777-4291
www.und.edu/org.undia

April 18
32nd Powwow of Life
Jenison Field House
East Lansing, Mich.
(517) 353-7745

April 24-25
38th Sweetgrass Society*
Montana State University -
Northern Gym
Havre, Montana
(406) 945-3637
sweetgrass.rep@yahoo.com
msun.edu/stuorgs/sgs/
powwow.aspx

April 10
WIEA
Indian Community School
Franklin, Wis.
joylogan@uwm.edu
www.wiea.org

April 17-18
51st Hozhoni Days*
Fort Lewis College
Durango, Colo.
(970) 247-7222
bilinski_y@fortlewis.edu
www.fortlewis.edu

April 18
10th Azalea*
Muskogee Civic Center
Muskogee, Okla.
(680) 481-1350
or (918) 230-4734

April 25-26
11th Big Spring*
Dorothy Colliseum
Big Spring, Texas
(432) 263-3255
powwowbigspring
@suddenlink.net

April 11-12
40th American Indian Council*
Brick Breden Field House
Bozeman, Mont.
(406) 994-4880
richard.white5@montana.edu

April 17-19
29th ASU Spring Competition*
ASU Band Practice Field
Tempe, Ariz.
(480) 965-5224
asupowwow@gmail.com
http://powwow.asu.edu

April 18-19
23rd NCIPA Spring Contest*
Northside Aztlan Community Center
Fort Collins, Colo.
(970) 498-0290
ncipa@fortnet.org
www.fortnet.org/PowWow

April 26
MATC
MATC - Truax Campus
Madison, Wis.
(608) 246-6458
dcr@madisoncollege.edu
madisoncollege.edu/pow-wow

April 20
Menominee (NAMA'O)
Sturgeon Feast
Menominee Indian H.S.
Keshena, Wis.
(715) 799-5258

April 28
20th Indian Education Day
Osseo Jr. High School
Osseo, Minn.
(763) 315-9795
statelyr@district279.org

*Denotes Contest Pow-Wow

Winter's End Pow-Wow 2015



Galen Daniels (r) with uncle Donald Keeble, both happy with Galen's Brave win.



(above) Brother and sister duo showing their skills: (l) Richard Gouge and (r) Krystal Wayman.



Happy to see Aurry Johnson back dancing after his trip abroad!



Daniel Shepard feeling the beat.



Darlaina Boyd dancing on air.



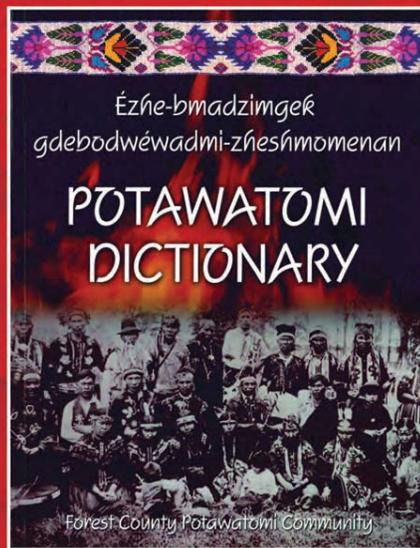
Meno Keno Ma Gē Wen Junior Princess, Penelope Peters, representing her tribe.



Edward Alloway Jr. jamming to some drum beats.



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