



# POTAWATOMI TRAVELING TIMES

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## “Rise Together” Gives Extraordinary Presentation!



Rise Together team members ending their presentation include (l-r): Douglas Darby, Anthony Alvarado and Nadine Machkovech. Not present for photo was team member Brigette Henschel.

by Val Niehaus

Did you know that for every 15 minutes that passes in our day, a life is lost due to addiction? Think about that for a second. This means that by the time you read this article or maybe this entire issue, there will be one to two lives within this nation that are lost because of a disease called addiction.

According to dictionary.com, this is the definition of addiction: “The state of being enslaved to a habit or practice or to something that is psy-

chologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.” Heroin deaths in Milwaukee County increased by 72 percent in 2014 compared to 2013 according to the Milwaukee County medical examiner’s office. Heroin is not the only drug of issue when it comes to addictions as there is a rise in abuse of prescription drugs including sedatives (valium), and stimulants (cocaine). In addition, Wisconsin is known for their sports teams and what comes with that? Alcohol.

As Rise Together group member said, “Drinking is in our culture; it’s a part of what makes Wisconsin.” One last significant is: In this nation, an estimated 20 million Americans aged 12 or older used an illegal drug in the past 30 days. (Source: *National Survey on Drug Use and Health*)

With that introduction about the statistics of how BIG a problem addiction is within this country even within

this state of Wisconsin, let’s get to the real meat of this article. And if while reading this article you don’t feel something, or at least make you think about what your family member or child might be doing when you’re not there, you may want to make an attempt to hear this group of recovery advocates speak in person before it’s too late.

The group being written about is Rise Together. This Wisconsin-based group has a real personal understanding of what it’s like to live in this state. They know the people and the culture in this state.

They are somewhat new to this scene as they only started this group of advocates in 2013. However, since that time, they have been asked to make presentations over 140 times. They have appeared in front of over 25,000 people, with approximately 18,000 of them being students. They have agreed to be a part of over 100 media interviews, and by doing so, have created awareness through both traditional

and social media with an estimated reach of over 18 million impressions in less than 15 months. They have helped save numerous lives by offering strong peer-support. In summation, Rise Together is simply AMAZING!

The group visited both Crandon and Wabeno School Districts, and also the FCP community on Feb. 12-13.

During their time at the school districts, they spoke to middle and high school students. Their presentation to the FCP community was aimed more at what parents can do with their children if they think there is an issue of concern.

PTT was only able to make it to the Crandon Middle School student presentation, but it was apparent this group had a profound effect on those in attendance. Rise Together has a strong message that’s very personal and that gives them credibility.

The group was co-founded by Anthony Alvarado and Douglas Derby, both of which are in long-term recovery. It is also made up of addicts, family/friends of addicts, advocates, and professionals within the community.

*continued on pg. 12...*



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



**GREENFIRE**  
MANAGEMENT SERVICES, LLC

## Greenfire Begins Work on Historic Building in Downtown Milwaukee



Greenfire Management Services recently began work on the build-out of 12,000 square feet of office space on the second floor of the Historic Pritzlaff building at the corner of Plankinton and St. Paul in downtown Milwaukee. The buildout provides an open concept with the existing timber framing exposed and original hard wood floors sanded and refinished. The space will consist of mostly open work stations with glass conference rooms and offices around the perimeter. Total project cost is approximately \$600,000 and will be complete in early May.

## 1Prospect Heightens Technology at Rhinelander High School



John Alloway, Director of Tribal Relations at Potawatomi Business Development Corporation, recently delivered a check to Rhinelander High School to help support the school's technology center.

In 2011, 1Prospect committed to the donation of \$25,000 to the center, paid over 5 years. The center was established to support students and staff as they master skills that encourage effective communication, collaboration and digital age literacy.

*We do not want riches.  
We want peace and love.*

- Red Cloud (Makhpiya-Luta),  
Oglala Sioux, 1870



**1PROSPECT**  
TECHNOLOGIES

## 1Prospect Technologies Receives Accolade for Efforts at Ft. Sam Houston, TX

On January 14, 2015 the employees of Team 1Prospect received certificates in recognition of their support of AMEDDC&S's Distributed Learning Division (DLD). The team at JBSA Ft. Sam Houston was recognized for going above and beyond for its customer and was acknowledged by the DLD Branch Chief, Ms. Karlita Baker-Hall, and her staff.

The \$6.5 million sole source contract at Ft. Sam Houston was awarded to 1Prospect in September and includes providing training and multimedia support to the Academy of Health Sciences, US Army Medical Department Center and School (AMEDDC&S). The wide range of services and products needed support military training throughout the US Army Medical Command (MEDCOM). AMEDDC&S is responsible for training and educating Warrior Medics and developing and equipping leaders to meet the requirements of Full Spectrum Operations. To accomplish this mission, AMEDDC&S must:

- Provide trained and ready Warrior Medics to support worldwide contingency operations;
- Produce concepts, doctrine and organizational structures that meet current and future force requirements;
- Create integrated and relevant training strategies, products and programs and make them available for use;
- Support the Readiness and Managed Care missions of the Military Health System.



**Fall-Risk Assessment**  
*& providing simple safety devices as needed*

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

**TO HELP KEEP OUR ELDERS SAFE IN THEIR HOMES**

TRIBAL ELDERS [and any tribal member with a need for the assessment]

Scheduling in-home assessments for 2015

Contact: Leah Littleton, CHR | (715) 478-4381 | Leah.Littleton@FCPotawatomi-nsn.gov  
 Community Health | (715) 478-4355

## Fall Risk Assessments

submitted by FCP Community Health

The FCP Community Health Department is continuing the Fall-Risk Assessment Program. The program focuses on implementing strategies to prevent or reduce injury in the home. Our focus is on tribal elders age 55 and older, but the program is also open to anyone who may be at risk. The program's goal is to keep at-risk community members safe in their own homes.

During the completion of our community health assessment, it was found that accidental falls were the third most common type of injury amongst the tribal community. Injury prevention is one of the focus areas of our Community Health Improvement Plan, and we are always looking for ways to help reduce and prevent injuries through education, community

programs and policies.

A community health nurse and community health representative will come to your home and complete an assessment of the home and a fall assessment. If a tribal member is found to be at-risk, the community health department will provide necessary, simple safety devices such as grab bars, non-slip rug backing/tape, toilet risers or other items as needed to provide added safety to the home environment.

If you would like to schedule an assessment, please contact the community health department at (715) 478-4355. You may also contact Leah Littleton, community health representative, at (715) 478-4381 with any questions.

## Caring Place Atrium Gets Much-Needed Facelift

by Val Niehaus

FCP Maintenance employee, Jennifer Neary, has been hard at work for the past couple of months revitalizing the atrium located at the Caring Place. It is now adorned with many different plant varieties such as aloe vera, cactus, rubber plants, and more. Neary is hoping that in the future she can plant

some vegetables for the residents to consume such as tomatoes and cucumbers.

Neary did a great job refreshing the atrium. If you have a chance, stop by to see what plant species are there to enjoy.

**Deadline for the April 1, 2015 issue is Wednesday, March 18, 2015.**

**Potawatomi Traveling Times**

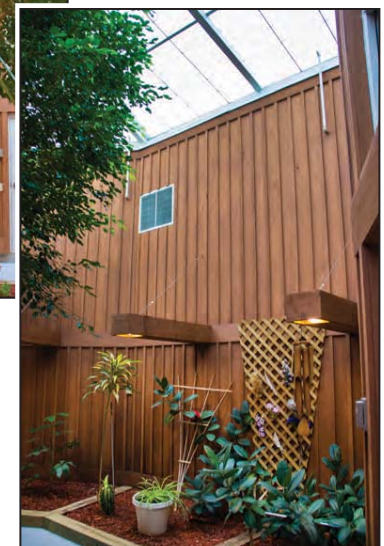
8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520  
 phone: (715) 478-7437 • fax: (715) 478-7438  
 email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

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|--|--|---|
| <p><b>FCP EXECUTIVE COUNCIL</b></p> <p><b>Chairman:</b><br/>HAROLD "GUS" FRANK</p> <p><b>Vice Chairman:</b><br/>HARTFORD SHEGONEE</p> <p><b>Secretary:</b><br/>LORNA SHAWANO</p> <p><b>Treasurer:</b><br/>RICHARD GOUCÉ III</p> <p><b>Council Members:</b><br/>NATE GILPIN<br/>JAMES A. CRAWFORD</p> | <p>Member of the Native American Journalists Association</p> | <p><b>PTT STAFF</b></p> <p><b>Managing Editor:</b><br/>WINDA COLLINS</p> <p><b>Office Manager:</b><br/>MICHELLE SPAUDE</p> <p><b>Reporter/Photographer:</b><br/>VAL NIEHAUS</p> <p><b>Graphic Artists:</b><br/>KRYSTAL STATEZNY<br/>RACHEL ZABOROWSKI</p> |
|--|--|---|

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What a great way to bring the outdoors in...



...without bringing in the cold, wind, rain or snow!

**Delores Pemma-Mann, 70**  
 Nu Nu Kwa (Wind Woman)  
 Dec. 17, 1944 - Feb. 17, 2015

A great and beautiful woman has joined the Great Spirit. A devoted mother and beloved grandmother, she lived her life for her family. Delores had a heart so big you could paint the sky with it. There wasn't a person in need that she wouldn't help.



Delores was a firm believer in the Lord and a creative soul. She wrote poetry often, loved taking pictures of her family and building beautiful collages with them.

Delores is predeceased by her sister Marie and brothers Melvin, Ronald and Max.

She is survived by her brother Peter and sister Rosilind as well as her four sons Paul, David (Jessie), Jon, Marc, 14 grandchildren and partner in life of 37 years, Robert Young.

Delores held a special place in the hearts of all who knew her. She was especially close with all of her nieces and nephews. She passes a great torch and legacy of love on to us.

A special thank you to all of the helping hands involved in her arrangements.

Miigwetch

*FCP Caring Place*  
*March Activities Calendar*



**EVENTS IN THE ACTIVITIES ROOM:**

Tuesdays & Thursdays - Exercise at 9 a.m.

**SPECIAL EVENTS (RSVP REQUIRED):**

March 10: Flambeau Casino Day

March 17: Bingo (catered lunch by Adam)

March 19: Shopping

March 27: Rouman Cinema

**WINTER FUN WEEK MARCH 23-27**

Monday - Jersey Day

Tuesday - Favorite Decade (scrapbooking)

Wednesday - Red Carpet Attire (mani/pedi)

Thursday - Beach Wear (making snow cones)

Friday - Color Day

**••• Attention Tribal Elders •••**

Wisconsin Judicare and Columbia Law School Present the 2015 Indian Wills Caravan. Judicare staff and Columbia Law School and U.W. Law School students will be visiting the following tribal community to assist **ANYONE** who wants to draft a will, a power of attorney, or other basic estate planning documents. This service is **FREE OF CHARGE** and there is no income limit eligibility.

March 30 - 9:30 a.m. to 4:30 p.m., Forest County Potawatomi Executive Building Auditorium, Crandon

Space is limited. Please call Ethel at (715) 478-4779 to make your appointment today.

This program is made possible by funding from the Stockbridge-Munsee Band of Mohican Indians. This is a collaborative project of Wisconsin Judicare Inc., Columbia Law School, and the University of Wisconsin Law School.



**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
- Smokeytown: 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 Gonnie: 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.



Forest County Potawatomi Tribal Child Support Agency (FCP-TSA) would like to help you – employees and tribal members of the FCP Community - with any concerns you may have, to answer all questions, and offer the services of our agency to:

- Work with you and your child support agency to ensure your order is correct under the current guidelines.
- Assist anyone receiving or paying child support by answering questions you may have and provide proper referral services.
- Keep up-to-date information in order to determine appropriate child support obligations and ensure that you remain current in your payments to avoid arrears.

FCPC-TCSA will work with you to achieve the best results and ensure child support for the most important people: your children.

Please be advised that FCPC-TCSA may not provide any legal advice.



# Domestic Abuse and Mental Health

submitted by the Behavioral Health and Domestic Violence Departments

Long winters can lead to depression, anxiety and domestic incidents. Extremely cold temperatures, confinement to the indoors and feeling trapped in the house can bring out depression, anxiety and increase the likelihood of domestic incidents. It is important to recognize the early warning signs when tensions in the home are heightened and take steps to get help. Here are symptoms that could be anxiety or depression. A person with anxiety can experience emotional and physical symptoms such as: headaches, digestive problems, uneasiness, panic attacks, fear, worry, feelings of dread and shortness of breath.

If an anxious person takes some deep breaths along with some quiet activity away from the rest of the family, these symptoms should resolve. A continuation of these symptoms over more than two weeks would be a warning to seek professional help.

Depression can be described as low energy, low mood, low self-esteem, loss of interest or pleasure in things you once enjoyed and sleep or appetite changes.

Depression that feels hopeless and dark without any energy, making a person unable to feel good about anything, can be another reason to seek professional help. Anyone feeling suicidal or

voicing this thought should seek professional help immediately.

Although anxiety and depression can worsen a domestic abuse incident, it is not the cause for it. Not everyone with depression and anxiety commit acts of violence. People who struggle with anxiety or depression can often have worse symptoms during long winters causing anger to be easily triggered in some cases.

Domestic abuse is a pattern of negative behavior in any relationship that is used to gain or maintain power and control through fear and intimidation. Most times, this behavior includes the threat or use of violence. Domestic abuse can happen to anyone no matter what age, gender, race, ethnicity, sexual orientation or religion. It is often a learned behavior children witness growing up, instilling a belief that controlling another individual is a normal way of life.

Professionals in Behavioral Health and Domestic Violence/Sexual Assault departments are ready and able to help. Please call before the problem gets bigger.

**FCP Behavioral Health**  
(715) 478-4332  
**FCP DV/SA 24-Hour Line**  
(715) 478-7201

# Forest County has Highest Early-Childhood Vaccination Rate for Measles

submitted by Chris Kalata, Emergency Preparedness Coordinator

The Wisconsin Department of Health Services reports Forest County Health Department (FCHD), in conjunction with FCP Health Division and other area health clinics and public health departments, rated number one in the state for childhood vaccinations of measles, mumps, and rubella (MMR) in 24-month-olds from 2010 – 2013, a 91.6 percent average. Florence and Manitowoc counties are right behind with rates above 90 percent.

Vaccinating your children has proven to save lives by protecting them from deadly diseases. Vaccinations not only protect the child receiving the vaccination but will also protect those that are too young to receive the vaccine and those that choose not to be vaccinated. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. Vaccination is very safe and effective. Getting vaccinated against these diseases is a good investment and is available at no cost to FCP tribal families. The FCP Community

Health Department (CHD) works very hard to educate the FCP tribal community on the importance of childhood vaccinations. Their hard work is showing: of the children vaccinated in Forest County, FCP Health Division has worked with FCP CHD, vaccinating 293 children, 106 of which were FCP tribal children. Our Maternal Child Health (MCH) program works with Gte Ga Nēs Preschool and Rising Sun Day Care to ensure staff are educated and parents are informed on the importance of vaccinating their children. Great job to everyone for all your hard work!

FCP CHD provides essential public health services and responds to the healthcare needs of the FCP Community. If you would like to learn more about the programs offered, please call (715) 478-4355, visit [www.fcspotawatomi.com](http://www.fcspotawatomi.com) (click on 'Health' and then 'Health Services'), or visit us in person at the FCP Health & Wellness Center located at 8201 Mish ko swen Dr., Crandon, Wis.

# Protect You and Your Family

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

During National Poison Prevention Week, March 15-21, the public is urged to review the common causes of poisoning and take steps to prevent them. With poisoning being the leading cause of accidental death in the United States, nine out of 10 poisonings occurring in homes, we need to take preventive actions within our own homes. Follow the tips below from the Poison Prevention Week Council to learn what you can do to keep you and your family safe.

Program the Poison Help Line, 1-800-222-1222, into your phone and post the number near your phone. The poison center is open 24/7, every day of the year.

Make sure you have a carbon monoxide detector installed on each level of your home. Campers, hunters and boaters can take battery-operated detectors with them to alert them to dangerous carbon monoxide levels. Carbon monoxide is the leading cause of fatal poisonings.

Store pesticides and other household chemicals and products in their original containers with their original labels. Never store them in bottles, cups or other containers that can be mistaken for a drink.

All household medicines and vitamins should be stored out of sight and out of reach after each use. Storing medications in lock boxes is another action that can be taken to prevent poisoning and prescription drug abuse.

Read the label and follow the instructions on medications every time you take them or give them to a child. Call your healthcare provider or the Poison Help number if you have questions about medication.

Close all household cleaning and laundry product containers right after use and store them out of children's reach.

Use child safety latches on drawers or cabinets if there are young children in your home.

If your house was built before 1978, have your children and home tested for lead.

To learn more about National Poison Prevention Week and what you can do to keep you and your family safe from poisoning, visit the American Association of Poison Control Centers at [www.aapcc.org](http://www.aapcc.org) or [poisonprevention.org](http://poisonprevention.org).

## Honoring Health, Healing, and Tradition

### March is National Nutrition Month 2015\*

The theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

**Services Available to the Public:**

- Medical Nutrition Therapy
- Nutrition Education and Counseling

**Services Available to FCP Tribal Members and FCP Employees:**

- Medical Nutrition Therapy
- Nutrition education and counseling
- Community Health Events and Programs

Appointments can be made by calling (715) 478-4339. Hours: Monday - Friday, 7 a.m. - 6 p.m.



### SERVICES OFFERED

- |  |  |
|--|--|
| <b>AODA</b><br>(715) 478-4370              | <b>Optometry</b><br>(715) 478-4345       |
| <b>Behavioral Health</b><br>(715) 478-4332 | <b>Pediatrics</b><br>(715) 478-4339      |
| <b>Community Health</b><br>(715) 478-4355  | <b>Pharmacy</b><br>(715) 478-4347        |
| <b>Dental</b><br>(715) 478-4313            | <b>Radiology</b><br>(715) 478-4339       |
| <b>Lab</b><br>(715) 478-4339               | <b>Rehabilitation</b><br>(715) 478-4344  |
| <b>Medical</b><br>(715) 478-4339           | <b>Weekend Walk-in</b><br>(715) 478-4300 |



## FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI  
(715) 478-4300 • [www.FCPotawatomi.com](http://www.FCPotawatomi.com)



# Rebels Win Conference

## Gilpin Hits Big Three

by Michelle Spaude

The Wabeno/Laona Rebels boys basketball team ended its regular season as Northern Lakes Conference champs with an unblemished 14-0 record. *Potawatomi Traveling Times* (PTT) would like to acknowledge Forest County Potawatomi community member Michael Gilpin for his contribution to the team.

Gilpin, a sophomore and second-year starter for the Rebels, took time at the end of his school day to talk to PTT about the team's successful season. Not only did they win conference, but the Rebels record was 19-2 overall.

When PTT asked Gilpin to talk about the highlights of the season, he quickly replied, "A big achievement we had was beating Wausaukee by two points." For those who may not know, Wausaukee was ranked number two in the state in Division 5 when the Rebels played them. While that may be intimidating to some teams, the Rebels were up for the challenge.

The score was close for the first three quarters with Rebels down by three points at the start of the final quarter 33-36. "They [Wausaukee] went on a streak of nine points with one minute and 30 seconds left," Gilpin recalled. The Rebels stepped up its play and cut the Wausaukee lead to

one point with only 27 seconds remaining. Rebels called a timeout.

In the huddle the coach said, according to Gilpin, "Look for a good shot, drive to the hoop or (as he looked at Gilpin) if the three is open, shoot it."

"We initially tried driving, and they stopped us," Gilpin continued, "So we kicked it back out; I shot and made it [the three] with 12 seconds left." Wausaukee called a timeout. When play resumed, they took a deep three-point shot that hit the backboard. The game was over with much excitement from the Rebels team and fans. It took a team effort to beat a ranked-team like Wausaukee.

Gilpin's off-season training paid off for him on this closely-contested game with the high-pressured, almost last-second shot. "I was confident in myself that if I shot, I would make it," Gilpin answered when PTT asked what his feelings were on taking the shot. This sureness comes from practice - and lots of it. This past



Michael Gilpin (standing second from the left) with his team after defeating Goodman-Pembine on Feb. 10, 2015. photo by Nate Gilpin

spring/summer, he frequently worked out at the Rec Center preparing for the 16U boys basketball North American Indigenous Games (NAIG) while also attending NAIG team practices.

Basketball is Gilpin's favorite sport. "It challenges me and gives me something to work hard at to be better than others," he said. He has been playing it since first grade and gives credit to his older brother, Gabe, for getting him started. "He taught me very early how to dribble and how to shoot." More recently, the brothers play a lot of one-on-one and have

shooting contests. But it's not just the brothers playing at the Rec Center; it's a family affair. "My dad, mom, little brother and sister go, too."

It is a sure bet the Gilpin family will be at the regional game on Friday, March 6, to support their son and the whole team. The Rebels will face the winner of Oconto and Menominee at Laona High School. If the Rebels win, they will play again on Saturday, March 7, at Laona High School.

Good luck to Gilpin and the Rebels team in tournament play!



## Lady Cardinals Advance to Sectionals, Lady Rebels End Season

by Michelle Spaude

In girls basketball tournament action, No. 3-seeded Crandon beat No. 6-seeded Crivitz on Feb. 24, in the first round of regional play 62-35 while No. 1-seeded Wabeno/Laona earned a first-round bye.

In round two of regional play on Feb. 27, Crandon defeated No. 2-seeded Menominee Indian 50-48. Wabeno/Laona was defeated by No. 4-seeded Oconto 43-46.

Crandon faced Oconto in regional finals on Feb. 28, and won 44-32. They now advance to sectionals to play against Marathon at Wausau West

High School on Thursday, March 5.

If the Lady Cards defeat Marathon, then the team plays at Antigo High School against the winner of Algoma and Shiocton for the sectional championship.

PTT would like to congratulate the Forest County Potawatomi tribal members who participate on the Lady Cardinals team: Anike Sulaimon, Tiara Thompson and assistant coach, Brit-tany LaMere.

Good luck to these girls and the Cardinals team at sectionals!

**YOUTH On The Move Activity Program**

**Youth Ages 6-12**

Parents/guardians are welcome to participate in the activity.

Have Fun & Improve Your Health by Moving More!

### FCP 8 Week Youth On the Move Program: Wabeno and Crandon

**Wednesdays:**  
Wabeno Elementary School, 3:15-4:15 p.m.

**Thursdays:**  
Crandon-FCP Rec Center, 3:30-4:30 p.m.

- » March 4, 5 / Snowshoeing
- » March 11, 12 / Snowshoeing
- » March 18, 19 / Jump Rope
- » March 25, 26 / Jump Rope
- » April 1, 2 / Exercises/Dice
- » April 8, 9 / Kickball
- » April 15, 16 / KickBall
- » April 22, 23 / Ticket Day

If school is cancelled/early release due to weather, Youth on the Move Program will be cancelled as well.

To register or if you have any questions, please contact:

Stephanie Mattson  
Community Health Nutritionist  
715-478-4161

Calli Victor  
Community Health Representative  
715-478-4398

Heather Robinson  
Community Health Administrative Assistant  
715-478-4317

- » Pick up at school if requested.
- » Transportation home if requested.
- » Snack and nutrition activity.
- » Wear boots and appropriate winter clothing for snow shoeing.
- » Activity schedule may vary.

# FCPC Winter Fisheree Results

submitted by Matthew Steinbach, Water Resources Program Manager

The Forest County Potawatomi Community Natural Resources Department hosted its Winter Fisheree at Bug and Devil's Lakes on February 21, 2015. Due to the cancellation of the fisheree that had been scheduled for Bug Lake in January, the Natural Resources Department opened up the February event to include both lakes this year. The weather was more cooperative this time around, as there was a welcomed one-day break from the single-digit to even sub-zero high temperatures that prevailed throughout the week prior to the event. The catch rates at both lakes seemed to be lower than in previous years, but that may be due to a slight decline in event participants. It is also possible that the later event date may have played a role in angler success, particularly at Bug Lake.

Due to the cancellation of the first fisheree, the Natural Resources Department decided to award a grand prize for the biggest fish that was caught at each lake rather than just the biggest fish of the day. This change seemed to be well received. George Tuckwab III caught the largest fish from Devils Lake, a 13 3/8" largemouth

bass, which also happened to be the largest fish of the day. John Alloway received the second grand prize as he caught a 13 3/8" largemouth bass in Bug Lake that actually weighed more than the Devil's Lake fish despite being 1/2" shorter. George Tuckwab IV rounded out the adult bass category by earning third place. Ryon Alloway caught the largest bluegill of the day, while Matt Kitchell and Jamie Tuckwab placed 2nd and 3rd in that category, respectively. Jason Brown caught two brook trout at Bug Lake and was the only adult angler to catch a trout, earning him 1st and 2nd place in that category. Ryon Alloway also took home 1st prize in the crappie category with a very nice 11 3/8" fish, while Jamie Tuckwab earned both 2nd and 3rd place in that category.

Unfortunately, the youth turnout for the event was poorer than usual. However, the youth anglers that did participate had some luck pulling a few fish through the ice. Per usual, Hunter Tuckwab had a very successful fisheree as he took home all three of the prizes in the youth black crappie category and also earned first place in the youth largemouth bass category. The only

other award that was distributed in the youth division was to Patrick Daniels Jr. who caught a brook trout on Bug Lake that measured 10 3/8" earning him 1st place in that category. No northern pike or yellow perch were caught in either division and no bluegill or pumpkinseed sunfish were caught during the event in the youth division.

Cash prizes were awarded to all adult contestants, while gift cards to Smith Sport & Hobby were awarded to all youth contestants. 1st place winners received \$50, while 2nd place winners received \$30, and 3rd place winners received \$20 in each category. George Tuckwab III caught the largest fish of the day so he was given the option to choose between the two grand prizes and he selected the \$500 Smith Sport & Hobby gift card, while John Al-

| Adult                            |         |              |
|----------------------------------|---------|--------------|
| <b>Largemouth Bass</b>           |         |              |
| George Tuckwab III               | 13 3/8" | 15.2 oz.     |
| John Alloway                     | 13 3/8" | 1 lb. .5 oz. |
| George Tuckwab IV                | 13 3/8" | 11.5 oz.     |
| <b>Bluegill/Pumpkinseed</b>      |         |              |
| Ryon Alloway                     | 8 3/4"  | 7.6 oz.      |
| Matt Kitchell                    | 7 1/4"  | 4.9 oz.      |
| Jamie Tuckwab                    | 6 1/4"  | 2.5 oz.      |
| <b>Black Crappie</b>             |         |              |
| Ryon Alloway                     | 11 3/8" | 13.6 oz.     |
| Jamie Tuckwab                    | 9 3/4"  | 8.7 oz.      |
| Jamie Tuckwab                    | 9 3/8"  | 8.5 oz.      |
| <b>Rainbow Trout/Brook Trout</b> |         |              |
| Jason Brown                      | 10 3/4" | 5.2 oz.      |
| Jason Brown                      | 10 1/2" | 5.6 oz.      |
| Youth                            |         |              |
| <b>Largemouth Bass</b>           |         |              |
| Hunter Tuckwab                   | 12 3/8" | 11.4 oz.     |
| <b>Rainbow Trout/Brook Trout</b> |         |              |
| Patrick Daniels Jr.              | 10 3/8" | 6.1 oz.      |
| <b>Black Crappie</b>             |         |              |
| Hunter Tuckwab                   | 10 3/8" | 10.2 oz.     |
| Hunter Tuckwab                   | 9 1/2"  | 8.1 oz.      |
| Hunter Tuckwab                   | 9 3/8"  | 9.2 oz.      |

loway received a new 8" Jiffy Propane Auger for winning the second grand prize.

The 2015 Bug Lake summer fisheree will likely be scheduled in early to mid-August. Please keep an eye out for an event flyer as summer approaches. We hope to see everyone there.



1. Nick Shepard displaying his bait selection for the camera.
2. Hunter Tuckwab (left) and George Tuckwab IV (right) holding each of their father's prize winning fish after registration.
3. Jason and Larsen Brown (left to right) watching and jigging their lines in their ice shelter.
4. Aaron Bulmer waiting in anticipation for a fish to grab his bait.
5. All of the prize winners from the adult division pose for a group picture.
6. The Bug Lake anglers take a break from fishing to eat some chili and fry bread around a toasty fire.



## Forestry Department has a Productive Fiscal Year: Northeastern Wisconsin Forest Improvement Collaborative

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 Cleeman; and Wildfire and Fuels Manager/Forestry Technician, Jim Gumm. The department is located in the FCP Natural Resources Building at 5320 Wensaut Lane, Crandon, Wis.

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

### Northeast Wisconsin Forest Improvement Collaborative

NEWFIC is a collaborative of groups with a mission to develop and promote solutions that balance local community needs with ecological principles and resource management on the eastern portion of the Chequamegon-Nicolet National Forest, also known as the Nicolet land base. The future vision of the eastern portion of the Chequamegon-Nicolet National Forest is that of a healthy forest landscape which retains natural resources quality and quantity while providing for the needs of local communities. NEWFIC efforts will sustain and support a working forest landscape to preserve recreational opportunities and ecosystem services such as water quality, soil protection, air filtration and wildlife habitat, while also

providing a reliable raw material supply to forest industries that benefit vibrant local communities and schools.

Throughout FY14 the tribal forestry department has been an integral part of NEWFIC including being a primary driver of the collaborative, hosting monthly meetings, establishing agendas, and organizing work of the group. Forestry staff has been involved with this collaborative to influence forest management and economic development that is created by active forest management across property boundaries and across the landscape.

Forest health and forest threats do not recognize property boundaries. In the last 10 years, the Nicolet National Forest has only accomplished 53 percent of its planned forest management activity. This reduced management has resulted in reduced forest health on National forest lands which puts tribal forest land at higher risk of loss from insects and disease. Reductions in national forest timber has also had a negative impact on local timber markets, and these markets are critical to economical management of tribal forests.

Contacts gained and maintained through NEWFIC provide the forestry department with increased ability to work with outside entities on issues ranging from access to tribal lands and potential property acquisitions. The tribal forestry program has gained large support and recognition at the national level by participation in NEWFIC.

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 [al.murray@fcpotawatomi-nsn.gov](mailto:al.murray@fcpotawatomi-nsn.gov).

**Watch Out For... Earthworms**

**DESCRIPTION:**

- ▶ "Earthworms" includes nightcrawlers, leaf worms, and angle worms
- ▶ Native to Europe and Asia
- ▶ None of the earthworms living here now are native to the Great Lakes area

**IMPACT:**

- ▶ Senamesh (sugar maple) and other trees are disappearing from earthworm-infested forests
- ▶ Earthworms eat up all the leaves on the forest floor. Without this leaf layer, tree seedlings and other plants struggle to grow.

**WHAT YOU CAN DO:**

- ▶ Throw your nightcrawlers in the trash when you're done fishing, not the woods or your yard
- ▶ Don't dump soil, mulch, or compost in the woods
- ▶ Buy local mulch
- ▶ ATVs, trucks, and other vehicles – when out in the woods, clean out tire treads, wheel wells, truck bed, under the vehicle, and any other place mud can collect before going to another area or heading home

Photo Credits: Joseph Berger, Bugwood.com; Robert Lee, Bugwood.com

Many tree seedlings can't grow in the leafless, barren ground left by earthworms

## MILITARY VETERANS

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

**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)  
Open 24 hours/7 days a week • (715) 473-5100

GIFT CERTIFICATES AVAILABLE

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



# Award-Winning Artist Sings About ‘Unspeakable’ Topics in Renditions of the Soul

submitted by Danielle Yancey

National award-winning artist, Kelly Jackson, is releasing her new album, *Renditions of the Soul*, on March 7, 2015.

Sure to gain admiration for its unique flare and remarkable production, *Renditions of the Soul* is a collection that addresses topics of sexual violence, addiction and most importantly, the ability to thrive, build and empower each other, no matter the obstacles that challenge our lives.

Jackson says, “In the words of my sisters, ‘Know your worth and settle for nothing less!’”

Jackson’s music offers a sense of empowerment while recognizing the unique struggles of indigenous populations.

To celebrate the release, Jackson is hosting a benefit concert for the Lac du Flambeau Youth Build program and the Lac du Flambeau Domestic Abuse Center at the Lake of the Torches Resort Casino, Lac du Flambeau, Wis.

Kelly Jackson and her seven-piece band will decorate the stage of Lake of the Torches Resort Casino Ballroom on March 7, from 7 - 11 p.m.

Tickets are available at [www.kelly-jackson.net](http://www.kelly-jackson.net) for \$5 - \$15 and will be

available on-site.

In addition, Jackson will play a benefit concert showcasing *Rendition of the Soul* for the American Indian Cancer Foundation event: Music for Life, Love and Hope at the House of Blues in Las Vegas, Nev., March 10, 2015, at the Mandalay Bay.

Jackson is a member of the Lac du Flambeau Band of Lake Superior Chippewa Indians from Lac du Flambeau, Wis. Her genre is Native Americana, having roots in folk, jazz, country, and rock all infused with native influences such as drums, shakers, bells and the majestic sound of the native flute. She composes rhythms and harmonies that compliment her native roots and the lyrical messages that invoke healing, self-empowerment and cultural reflection. She strives to include other indigenous artists in her non-profit work.

Jackson has shared the stage with the Indigo Girls for their championing of environmental preservation. Her music celebrates and supports women’s personal and professional development in addition to supporting the American Indian Cancer Foundation. She was one



of *Brava Magazine’s* Women to Watch in 2014 for her non-profit work and empowering musical collections.

Jackson earned a Native American Music Award for her album, *Spirit of a Woman*, for best Americana Album of the Year and was nominated in four

other categories including Best Female Artist of the Year.

For more information or bookings please contact Danielle Yancey at [dyanceyROS@gmail.com](mailto:dyanceyROS@gmail.com).

20TH ANNUAL FOREST COUNTY POTAWATOMI

## Winter's End Pow Wow

March 21-22, 2015

Crandon High School  
Hwy. 8 W, Crandon, WI

Host Drum: **SMOKEY TOWN**  
Co-Host Drum: **YOUNG FIRE KEEPERS**  
*Invited Drums Only*

Head Male Dancer: **JOSHUA JACKSON**  
Head Female Dancer: **BRENDA SHOPODOCK**

*Grand Entry*  
Saturday: 1 & 7 p.m. • Sunday: 1 p.m.

*Saturday & Sunday Feast: 5 p.m.*

*Specials*  
Youth Dance Special, Hand Drum, Switch Dance

Vendors, Please Phone  
715.478.7420 for Reservation

*Hotels*  
Mole Lake Lodge: 715.478.3200  
Best Western: 715.478.1196

RAFFLES • HONORARIUMS  
NO Alcohol or Drugs  
*Not Responsible for Lost or Stolen Items*

**Admission: \$7.00**

**PRINCESS & BRAVE CONTEST**  
Friday, March 20, 2015 • 5 p.m.  
Contact: Ruth Pemma — 715.473.4112  
Must be DESCENDANTS of Forest County Potawatomi

Indian Summer Festival

FAMILIES WELCOME

## 24th Annual Winter POW WOW

SATURDAY, MARCH 14  
11 am till 10 pm  
Grand entries: 1 pm and 7 pm

SUNDAY, MARCH 15  
Prayer service 10 am  
11 am till 6 pm Grand entry: 1 pm

**Marketplace and Traditional Foods**

Emcee: Johnny Logan  
Host Drum: Savage Creek

Arena Director: Brian Jackson  
Head Veteran: Melissa Doud

Special - Men's and Women's  
Woodland Old Style

**WISCONSIN STATE FAIR PARK**  
Products Pavilion, 640 South 84th Street, West Allis

**ADMISSION \$8**  
elder 60+ \$6, under 12 free

[www.indiansummer.org](http://www.indiansummer.org)

To Sponsor a Special, Contact Joy Maisells at 414 430-6843.

Like us: Indian Summer Festival

# 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.

## EVENTS

**Youth on the Move Youth Activity Program** - Eight-week program for Wabeno and Crandon. Includes snow shoeing, jump rope, kick ball and other activities. See flyer on pg. 6.

**Cabbage Taste Test Day** - Tuesday, March 17, 1 - 4 p.m., HWC main lobby. Sample coleslaw recipes, receive recipes and health info., enter to win prizes.

**FCP Diabetes Program Luncheon** - Wednesday, March 25, noon - 1:30 p.m., HWC. RSVP appreciated at (715) 478-4355. Open to FCP tribal members with diabetes and their guest.

**FCP Women's Power Yoga Class - Rec Center** - March 17 - April 23, Tuesdays and Thursdays, 5:30 - 6:30 p.m. For more info, contact Leah Littleton or Kristin Bath at (715) 478-4355.

**Healthy Pregnancies Event** - Thursday, April 22, 1 - 3 p.m., FCP Rec Center. Make tobacco pouches and learn about their cultural significance. Also learn about the consequences of substance abuse during pregnancy. Bring a dish. Call (715) 478-4355 to RSVP.

## 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, 5:519 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.

## MARCH 2015 CALENDAR OF EVENTS

### Community Health

- March 10, WIC (HWC): 8 a.m. - 4 p.m.
- March 31, CPR (HWC): 5 p.m. - 7:30 p.m.

### FCP Family Resource Center

- Men's Creating a Process of Change: Mondays, March 9, 16, 23, 30, 1 - 3 p.m.
- Play Shoppe: Tuesdays, March 10, 17, 24, 31, 11 a.m. - noon
- Women's Healing Circle: Tuesdays, March 10, 17, 24, 31, 1:30 p.m.
- Life Skills Group: Wednesdays, March 11, 18, 25, 1 - 3 p.m.
- Positive Indian Parenting: Thursdays, March 12, 19, 26, 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, March 9, 16, 23, 30, 3:30 - 5 p.m.
  - White Bison Group (13-17): Tuesdays, March 10, 17, 24, 31, 3:30 - 6 p.m.
  - Team Building (7-9): Wednesdays, March 11, 18, 25, 3:30 - 5 p.m.
- 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. - 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.

# Pow-Wow Trail March 2015

**March 13**  
**Indian Education**  
American Indian Magnet School  
St. Paul, Minn.  
(651) 293-5191  
www.indianeducation.spps.org

**March 13-15**  
**Apache Gold\***  
Apache Gold Casino Resort  
San Carlos, Ariz.  
(800) 272-2438 ext. 3624  
or (928) 475-7632  
garrel.jordan@agcr.us  
www.apache-gold-casino.com

**March 14-15**  
**17th Cherish the Children**  
Central H.S., St. Paul, Minn.  
(651) 227-4184  
adycenter.org

**March 14-15**  
**24th Indian Summer  
Festival Winter**  
Wis. State Fair Park  
West Allis, Wis.  
(414) 229-5880/(414) 604-1000  
indiansummer@wi.rr.com  
www.indiansummer.org

**March 21-22**  
**26th Central Michigan Univ.\***  
McGuirk Arena  
Mount Pleasant, Mich.  
(989) 774-2508  
nap@cmich.edu  
www.cmich.edu/powwow

**March 21-22**  
**20th Winter's End Pow-Wow\***  
Crandon High School  
Crandon, Wis.  
(715) 478-7420  
briant@fcpotawatomi-nsn.gov

**March 21**  
**Native Nations Ziigwan**  
Superior Middle School  
Superior, Wis.  
(715) 394-8720 ext. 217

**March 21**  
**41st Northland College**  
Kendrigan Gymnasium,  
Northland Campus  
Ashland, Wis.  
(715) 682-1204/(715) 682-1240  
www.northland.edu/naicc

**March 28-29**  
**28th T.R.A.I.L.S.**  
Crandon High School  
Crandon, Wis.  
(715) 478-5115  
missi.vanzile@scc-nsn.gov

**March 28**  
**7th Augsburg College**  
Melby Hall Gymnasium  
Minneapolis, Minn.  
(612) 330-1144  
simonj@augsborg.edu

**March 28**  
**31st Circle of Nations  
Indigenous Association\***  
Univ. of Minnesota  
Morris, Minn.  
(320) 589-6097  
ummnia@morris.umn.edu  
studentorgs.morris.umn.edu/  
cni/powwow.htm

**March 28**  
**26th The Woodlands  
& High Plains**  
Concordia College  
Moorhead, Minn.  
(218) 299-4519  
www.slu@cord.edu

**March 28**  
**Circle of Generations Monthly**  
Minneapolis American  
Indian Center  
Minneapolis, Minn.  
(612) 879-1785  
mdesjarlait@maicnet.org  
www.facebook.com/  
CircleOfGenerations

**March 28-29**  
**Honoring Veterans**  
Candeaska Community Center  
Fort Totten, N.D.  
(701) 381-9753



*\*Denotes Contest Pow-Wow*

## • • • PERSONALS • • •

Happy Birthday March 26,  
Nibnegobwe Kwe.  
Love you!  
From, mom & dad, sisters,  
brother & nephews

Happy Belated  
1st Birthday,  
Dorian Bird.  
Love you!  
From, Bella & Briya



Happy 4th Birthday March 26,  
Briya Annette Tahwa-Thompson.  
Love you!  
From, Aunties, Uncles & Cousins



**Congratulations to Hunter Tuckwab  
(aka Potawatomi Anaconda)  
for taking first place in Antigo!**

## Rise Together

...continued from pg. 1

It is really difficult to convey in writing the stories they told. To really feel what these people have been through in their lives and appreciate where they are now, it's necessary to hear them speak and feel their emotions as they detail their histories. This is just a summary of what each one faced in his/her lifetime. *PTT* and the students heard from these four people one at a time and many could relate to the stories they told.

Douglas Darby got up to say that though he wasn't the jock or the honor student who excelled at sports or academics, he felt he excelled at getting "high". He quotes, "I knew I could do drugs better than the rest of them...going 'pro' in addiction was the goal." He spoke of his background growing up in Seattle with his father, who also had an addiction problem. This fact led to Darby's mother moving her family back to Wisconsin. Darby promised that when this move happened, he would never turn out like his father. Well, as time goes on, life grabs hold of us and a person can become blind to what is really happening. Darby ended up facing some serious prison time due to his addiction after robbing a drugstore for prescription drugs. Luckily, someone was watching out for him, and through the grace of a "one-more-chance" judge, Darby was able to serve a shorter sentence. This awakened him to the reality of what had happened in his past and where it had taken him. He is now the co-founder of the Rise Together organization.

Darby is an inspirational speaker to the youth who listened attentively as he shared his story and offered advice based on his personal history. Needless to say, his story is much more complex and detailed than this brief summary can show. It truly is necessary to hear him speak in person to fully appreciate where he once was and where he is now.

Another presenter was a special woman who came to the stage with a story that no one in that audience will ever forget. While introducing this woman, Darby said, "Out of all of our stories you will hear, this is the one that you NEED to listen to and to give total respect to this lady who is speaking." Her name is Bridgette Henschel, a recovery coach and administrative assistant for Rise Together. She's also the mother of a young

lady by the name of Amalia. Before Henschel started talking about Amalia's story, she paused, held up a small engraved box and said, "Amalia is here with me because I know that she wants to be here to show you kids what drugs can do to you." As she did this, the entire crowd fell silent; tears were rolling down the cheeks of some of the youth. You see, Henschel had lost her sweet baby girl to a heroin overdose, which is any parent's worst nightmare. Being the strong woman and mother Henschel is, and hoping it would make a difference to someone else's child, she told Amalia's story to everyone as only one who has experienced such tragedy can do. Again, to hear Amalia's story, you must hear this strong and brave mother speak of her daughter as only a mother could.

Following that emotional and heart-breaking story of a mother losing a daughter after trying a specific drug just once, Rise Together had the crowd's attention. It was now Anthony Alvarado's turn.

Alvarado began his sharing by stating that his story was a bit different compared to Darby's and Henschel's as he went on to say, "My dad was the first one to shoot me up and my mom was the first one I did a line of coke with." Whoa! This powerful story was indeed a bit different than the others but still hit home with many different people in the audience. Anthony didn't go into depth about all of the troubles that drugs took him through - suffice it to say they were significant. He tackled his story by focusing on how he realized what he was doing to himself, and most importantly, to his own children.

He began by asking the audience, "How many of you know someone who does drugs?" Hands went up. "Are drugs a problem in your community?" Hands would go up a bit more this time. "Drugs a problem in your school?" Hands would go up with at least three quarters of the audience raising their hand. Then came the question that silenced the room and touched home with people: "Who knows someone who has died from an overdose?" Instead of hands being raised, he asked those people to stand. Almost the entire auditorium rose to their feet.

Alvarado explained how addiction can take hold of you, a family member or a friend and pull you to the ground so bad that all you want to do is just lay in the dirt

and not get back up. He explained how people who have an addiction can't see how it blinds them; they can't see what they are doing to the people around them. He went on to say how everything he had known was gone. He was living in his truck and had no family left because he had burned that bridge. His friends were few and far between - if they were really his friends at all. The relationship with his partner was down the gutter, and he was concerned about who could take his children to watch them as he would go out to get high.

Despite all of this, he emphasized that no matter what happens, you can get through it. He saw addiction at home; he saw things children should not see. "Fear allows you to stay in that horrible place," said Alvarado. At 24-years-old, he said that love was one of the most powerful things that helped him. His son was three-years-old at the time. And through his son's love and kindness, he was able to save Alvarado's life. He said, "At my deepest and darkest time in life, my son came up, sat on my lap, picked up my head and said, 'Dad I love you—don't die.'" That love from a three-year-old boy - who had no idea what drugs were much less what they do to you - still loved the man sitting there on the couch who had no other hope. This awakened something within Alvarado, allowing him to go on and tell his story. To not be afraid to talk about what addiction can do to a person, a family, or a community.

To hear more of Alvarado's story or to talk with him if his story sounds like yours, you can find this group online at [www.waillrisetogether.org](http://www.waillrisetogether.org). This site will also list dates where the Rise Together group will be appearing next so that you have the opportunity to hear them in person. And maybe one day, if you or someone you know needs help, you have a place to turn.

The last to speak was the newest member of the team, Nadine Machkovech, a recovery coach and Rise Together street team coordinator for Wisconsin. She found recovery long before most people do. She actually found it before she was legally allowed to walk into a bar!

Machkovech grew up with a pretty normal life and was interested in sports and friends just like any high school student. She had siblings and came from a divorced home, which is also not especially unusual in

this day and age. Despite this relatively normal life, she felt there was something missing. It was this feeling that led her to the road of alcohol. She said, "It would fill that hole that I felt."

Things weren't good at home or her sister was doing better things than she was, or school just felt like too much pressure—there was always a reason. She would turn to drinking to numb that feeling of maybe not "fitting in" or thinking she wasn't worth the time. Her sister gave her the opportunity to get out of her hometown and to get clean and sober. After becoming clean with her sister's help, Machkovech ended up losing one of her best friends to a heroin overdose. That's when it really hit her and she felt, "Why was he taken and not me?" She then realized that she had a purpose in life and a chance to go out and be a part of something bigger than addiction. Machkovech then met Alvarado and Darby and immediately became involved in the Rise organization. She wanted to be part of helping people her age or younger realize that this is a problem for young people and that we all need to stand up and fight against it!

As mentioned before, this group is based in Wisconsin so they know what it's like to live in the state of "beer, brats and sports teams." As one member said, "It is in our culture here in Wisconsin to drink and party." But that mindset can lead to a dangerous path of addiction and even death. Rise Together is a group focused on education about addiction and recovery and is anxious to share its personal histories with others who want and need help. They are a group of people who have "been there, done that" and are not a group who will sit and judge a person based on their habits or addictions. They are here to help in any way possible and are extremely easy to talk with.

If you have further interest in the group, their stories, their methods, or the subject of addiction, please consider looking at their website. There are also many links and recruiting information if you would like to become part of their team as a street team member.

They are also in a coalition with Wisconsin United We C.A.N., a non-profit organization that supports, educates, and advocates for families living with addiction. As they said at the end of their presentation, "Together we rise. Alone we fall!"



(above) Anthony Alvarado asking specific questions to the youth about drugs in their community.

**Mission**  
RISE TOGETHER is about bringing a face and voice to recovery by sharing stories, building advocacy, and mobilizing the recovery community. We aim to bring hope to the addicts that struggle every day and help prevent our youth from going down the same path of suffering.



(right) Crandon Middle School youth rushing the stage to talk to or give a hug to the group from Rise Together. Or simply hug one another after this emotional presentation.



(above) Brigitte Henschel, finished with the story about her daughter, Amalia (see on screen), getting a huge support hug from Douglas Darby.