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- Rising Sun Daycare
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A Message from the Heart
by Michelle Spaude

Close your eyes and imagine a brightly lit Christmas tree. On the top is a beautiful angel. For many, the Christmas season brings joy, excitement and comfort with the family get-togethers and gift exchanging. For Karl Randall, guest speaker at Wabeno High School on Thursday, Feb. 16, he had other “priorities” at the age of 17 – partying with friends, drugging, drinking and driving.

On Dec. 20, well over 50 years ago, Randall’s vision of his Christmas tree would be carved into his memory forever; it would be the last one he would ever see again.

Because Randall gave into his friend’s plea, he tried to outrun the cops in his car. During the crash, Randall’s right eye caught the dashboard and was in three pieces on the floor; his left eye hit the radio knob and was severely damaged. “I am legally blind,” affirmed Randall. His jaw was busted in 11 different places. He broke every bone in his face, which is now held together by two-and-a-half feet of wire. “I haven’t seen it; you have,” he told the audience. “My friends went home and left me there to die,” he stated.

Randall’s story is sad and tragic. But it was not the first one he told that day. No, instead, he stood on the auditorium stage at Wabeno High School tall and strong, wearing his tinted glasses (unknowingly to many before his story that he could not see). He connected with the student body, telling many stories. At first, he made them laugh. Then, he made them think.

Many of his stories related to drunk-driving accidents: the cheerleading squad from Wisconsin that didn’t make it to the game to cheer, or the football team that did not make it home to celebrate their championship victory. “Every school has a story to tell,” he said. What is Wabeno’s?

It is hard for anyone to get up in front of their peers to talk and share stories. Randall told of a ninth-grade boy who did just that at a conference he attended. The nervous and brave youth was the first to walk on stage. As he turned to face the crowd, there was a tear in his eye. He spoke, “Six months ago, my best friend was killed by a drunk driver. I watched him die.”

“How many youth have ever watched someone die?” asked Randall. “…to hold their hand, kneeling down by them while they take their last breath.” The auditorium was completely silenced. “It’s something that should not happen,” urged Randall. This boy shared his hurt, his pain and his friend that day.

Why does it happen? Randall told of many effects that alcohol and drugs bring to a person, a family and a community. “It brings about sickness, illness and disease. It affects the liver, kidneys, heart.” He continued, “It brings about sickness, illness and heart.”

“Is it...don’t let a dumb decision take it all away.”

Motivational guest speaker Karl Randall, from Baxter, Minn., poses with Forest County Potawatomi Behavioral Health Prevention Specialist Anne Olson at the Wabeno High School auditorium.
FCP Tribal Member to Become Executive Director of the NACA
submitted by Native American Contractors Association

Forest County Potawatomi (FCP) tribal member Kevin Allis, grandson of Harry Ritchie and son of Sharon Ritchie Allis, will become the executive director of the Native American Contractors Association (NACA).

NACA’s mission is to enhance self-determination through preservation and enhancement of government contracting participation based on the unique relationship between Native Americans and the federal government. NACA represents over 200 tribal, Alaska Native corporations, and Native Hawaiian organization government contracting firms across the United States. These businesses collectively employ over 35,000 people with an annual payroll of nearly $3 billion, with operations in all 50 states, several U.S. territories and foreign countries. NACA’s members represent over 675,000 tribal members, Alaska Native shareholders, and Native Hawaiians. NACA’s offices are located in the Embassy of Tribal Nations located on “Embassy Row” in Washington, D.C., along with the offices for the National Congress of American Indians and the Native American Rights Fund.

NACA’s advocacy role is one of its most important activities. As the principal person for the NACA on policies and issues affecting the participation of Alaskan Native Claims Settlement Act corporations, Native Hawaiian organizations, Native American Indian tribes, and tribally-owned enterprises in the federal government marketplace, Allis as the executive director will establish personal contact and maintain a network of contacts and organize proactive meetings with members of Congress, the congressional staff, key federal agencies, related associations, advocacy groups and the national media. Allis will maintain a close liaison with senior level officials in Congress, congressional staff, key federal agencies, associations, advocacy groups and the press, and ensure that NACA members are made aware of changes in federal 8(a) programs and related congressional and administration policies in a timely manner, as they affect NACA members.

In addition, Allis will be responsible for developing and implementing a strategic and annual operating plan and budget, in consultation with the NACA board of directors that will be designed to support NACA’s strategic objectives, recruitment and retention of members, and the development of strategic alliances with other 8(a) groups. This will include increasing NACA’s visibility with the general public, policymakers and its partners.

In addition to serving as the chairman of the board for the Potawatomi Business Development Corporation, Allis has been a practicing attorney in Washington D.C., working for the law firm of PilieroMazza PLLC. His practice has focused on management side labor and employment law and litigation. A large group of his clients have been Native organizations and enterprises. Allis earned his law degree from the University of Baltimore while serving as a Baltimore City police officer. Allis’ undergraduate work was at Louisiana State University in Baton Rouge, La.

Veterans Affairs Takes Lead in Connecting Veterans with Jobs
submitted by Wisconsin Department of Veterans Affairs

(MADISON) – During Governor Scott Walker’s State of the State Address, he announced that the Wisconsin Department of Veterans Affairs (WDVA) is tasked with the number one mission of ensuring employment of Wisconsin veterans.

Last month, tens of thousands of American troops were pulled out of Iraq after United States involvement in Operation Iraqi Freedom for nearly nine years ended.

Now, as thousands of service members return home, there will be an influx of transitioning veterans who will be looking for jobs, schooling, housing, VA health care and adjusting to everyday life back home.

As they return home, they are our newest veterans of the 21st Century – the “9/11 Veterans.”

Two weeks ago, the “Wisconsin Working” initiative was rolled out statewide, with emphasis on connecting veterans with jobs. Veterans returning from Iraq and Afghanistan have faced an unemployment rate of between 13 to 15 percent, which is unacceptable. They’ve earned the right to benefits, which include the opportunities of utilizing their skills in the civilian workplace. Military veterans have qualities that every employer is looking for: discipline and work ethic, technical and intellectual skills, reliability and leadership.

The governor’s plan includes steps to better match job seekers with jobs, and WDVA is proactively reaching out to unemployed veterans as well as employers by partnering with other agencies and organizations and coordinating job fairs, information messaging and contacts in the communities.

“I look forward to working with Workforce Development Secretary Reggie Newson and the Employer Support of the Guard and Reserve State Chair Richard Vallin on helping veterans find jobs,” said WDVA Secretary John A. Scocos.

Of additional support to assist in veterans employment is current legislation in process to waive initial certification fees for veterans and to apply military service experience to count towards a professional license. These efforts will remove additional steps for new veterans reintegrating to civilian jobs.

For more information on initiatives the WDVA is working on in partnership with the Wisconsin Department of Workforce Development, other state agencies and the veterans community, go to www.WisVets.com or call toll-free at 1-800-WIS-VETS (947-8387).

State Veterans Affairs Agency Headquarters to Move
submitted by Wisconsin Department of Veterans Affairs

(MADISON) – The Wisconsin Department of Veterans Affairs (WDVA) announced that as of Feb. 11, 2012, the department’s central office divisions and staff relocated within downtown Madison, Wis., from 30 W. Mifflin Street, to the new location of:

201 W. Washington Ave.
(P.O. Box 7843)
Madison, WI 53707-7843.

The WDVA will occupy sections of the third and fourth floors of the Tommy G. Thompson Building. Services to veterans and the public will not be interrupted during the move relocation.

The Wisconsin Veterans Museum and its staff will remain located on the Capitol Square, on the first, second and third floors of the Thirty On the Square Building.

The department website, main phone line, fax numbers and staff phone numbers and email addresses will remain the same.

Information about the department will continue to be available as usual by visiting www.WisVets.com or by calling the main phone line at 1-800-WIS-VETS (947-8387).
From the Chairman’s Desk

Bosho!
I hope everyone had a happy Valentine’s Day!
Although we did not achieve quorum, I would like to thank all tribal members that attended the general council meeting on Saturday, Feb. 11, 2012. There have been a lot of people getting sick due to the weather changes lately, and I hope all of you are taking the precautions to keep yourselves and families healthy this cold season.
The FCP Executive Council has held all regularly scheduled meetings, such as Tuesday’s financial meetings (tribal members are encouraged to attend) and the regular Executive Council meetings.
Within the last two weeks, I trav-

Happy March Birthday to These Elders!

Ralph (Pok-To) Tecumseh

Ralph “Porky” Tecumseh, 73, of Mayetta, Kan., passed away Feb. 11, 2012, at his home. Born Dec. 5, 1938, on the Prairie Band Potawatomi Reservation, he was the son of Frank and Lillian (Waubiness) Tecumseh. He lived most of his life in Mayetta and retired from Prairie Band Casino where he worked as a slot technician since its opening.
He was a member of the Drum Religion, the Prairie Band Potawatomi Nation and served in the U. S. Army. He also was a member of the We-ta-sa Legion Post 410 and played on a traveling basketball team for many years. He married Paula VanTassel, and they later divorced.
Other survivors include his parents: Lillian Tecumseh of Crandon, Wis., and Ron and LaVeda Wahweotten of Hoyt, Kan.; his sons: Frank Tecumseh and wife Melissa of Hoyt, Kan.; Nelson Tecumseh of Topeka, Kan.; Mario Kitchkommie of Mayetta, Kan.; Cody Nozhackum of Hoyt, Kan.; and Lance Wishkeno of Topeka, Kan.; his daughters: Amber Tecumseh and husband Cody Wilson of Mayetta, Kan.; Bernadine Wishkeno of Albuquerque, N.M.; Camilla Chouteau of Topeka, Kan.; Nancy Llamas of Topeka, Kan.; and Audrey Simon of Topeka, Kan.; his sisters: Evelyn Hopkins of Mayetta, Kan.; Yvonne Kelty of Black River Falls, Wis.; and Tina Wahweotten of Mayetta, Kan.; his brothers: Ron Kelty of LaC du Flambeau, Wis.; Jerry Tuckwin of Lawrence, Kan.; Tom Tuckwin of Hoyt, Kan.; Tony Wahweotten of Mayetta, Kan.; Raymond Wahweotten of Delia, Kan.; Mark Lopez of Delia, Kan.; and Chuck Wahweotten of Mayetta, Kan.; and five grandchildren: Mikal, Rose, Hannah, Miles and Nes. He was preceded in death by his father, Frank, and his sister, Rosemond Tecumseh.
Drum services were held Feb. 14, 2012, at the Dancer’s grounds in Mayetta. Burial with military honors took place at Potts Cemetery. To leave a special message for the family, visit www.mercerfuneralhomes.com.

Ask Amanda Column Coming Soon

submitted by Amanda House, FCP Insurance Department

At the beginning of this year, I became an official employee of the Forest County Potawatomi. Through the economic support department, I got a job in the insurance department as a learning experience. Each day, as a full-time employee, is still a learning experience.
My co-workers are so helpful in every way possible; it has helped me adapt quickly in our fast-paced department. Working in the insurance department has made me aware of how little my understanding was about health insurance. It was brought to our attention (as a department), that maybe many tribal members and employees out there have the same questions. In writing this column and updating blogs, I hope to answer many questions, and also get our information out to the people.
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<td>MaryBeth Flagstad</td>
<td>Milwaukee Legal Dept. Attorney</td>
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</tr>
<tr>
<td>Jennifer Lee</td>
<td>Crandon Legal Secretary</td>
<td>(715) 478-4821</td>
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<tr>
<td>Dennis Puzz Jr.</td>
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<td>(414) 847-7750</td>
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<td>Stephen Falk</td>
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*“I think over again my small adventures My fears, those small ones that seemed so big For all the vital things I had to get and reach To live to see the great day that dawns “I think over again my small adventures And the light that fills the world.” -Unknown Inuit*

**DA WGE MEK (GIFT SHOP)**

**YOUR DESTINATION FOR AUTHENTIC NATIVE AMERICAN GIFTS**

**AVAILABLE MID-MARCH**

- NEW Stock of Pendleton Blankets & Baby Pendletons
- NEW DVD’S
  - On The Trail of The Hollywood Indian: Reel Injun
  - Tatanka Means: Tall, Indian and All Somehow
  - The 49 Laughs Comedy Show
- NEW CD’s
  - Northern Cree: Drum Boy
  - He Sapa Wacipi Na Oskate: 2011
  - Nakoa Heavyrunner and Morin: Medicine Line
  - Cherokee National Youth Choir: For Our Future

**COMING SOON**

Available June 2012:
- “More Than Frybread” DVD

**8130 Mish ko swen Dr., Crandon**

715-478-7470

Open Mon. thru Thurs. 7 a.m. to 5 p.m.
Closed Fridays. CLOSED from 12 p.m. to 12:30 p.m. for lunch. CLOSED on federal holidays.

**March 2012 Pow Wow Trail**

March 2-4: 9th Thundering Spirit
Renninger’s Twin Markets, Mount Dora, Fla.
(352) 636-4271 or (352) 589-0045
www.thunderingspiritfamily.com
email: thunderingspiritfam@yahoo.com
Host Drum: Meme‘z Boyz, Family Drum Singers

March 24: 19th Nemki Fundraiser
South Elgin Lions Club, South Elgin, Ill.
(815) 879-0117
email: nemki@inl.com

March 10-11: 21st Winter Pow Wow Wisconsin State Fair Park, West Allis, Wis.
(414) 604-1000
www.indiansummer.org • email: indiansummer@wi.rr.com

March 10-12: Indian Education American Indian Magnet School, St. Paul, Minn.
www.indianeducation.spps.org

March 17-18: 17th Annual Winter’s End Crandon High School, Crandon, Wis.
(715) 478-7420
email: briant@fcpotawatomi-nsn.gov (see pg. 12)
Host Drum: Black Lodge

(906) 227-1397
www.nmu.edu/nativelanguages • email: nasa@nmu.edu

March 24: 23rd The Woodlands & High Plains Bison Sports Arena, Fargo, N.D.
(701) 477-4272
www.ndsu.edu/multicultural • email: steilejo@mnstate.edu

March 24: Northland College
Northland College Campus, Ashland, Wis.
(715) 682-1204 or (715) 682-1240
www.cmich.edu/powwow • email: nemki@inil.com

March 24-25: 23rd Central Michigan University McQuirr Arena, Mount Pleasant, Mich.
(989) 774-2508
www.cmich.edu/powwow • email: nemki@inil.com

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Hire Date: 1/31/12
Contact info: (414) 292-3613
Mary.Schultz@fcpotawatomi-nsn.gov

Samantha Smith, Museum
Tribal Librarian
Hire Date: 2/13/12
Contact info: (715) 478-4841
Samantha.Smith@fcpotawatomi-nsn.gov

Yvonne Domke, Health & Wellness Accounts Receivable Clerk II
Transfer Date: 2/13/12
Contact info: (715) 478-4350
Yvonne.Domke@fcpotawatomi-nsn.gov (department transfer)

Michelle Burki, Health & Wellness CMA-LPN
Hire Date: 2/14/12
Contact info: (715) 478-4339
Michelle.Burki@fcpotawatomi-nsn.gov

Peter Sharrow, Health & Wellness Pharmacy Director
Hire Date: 2/14/12
Contact info: (715) 478-4346
Peter.Sharrow@fcpotawatomi-nsn.gov

John Ensley Jr., Health & Wellness Housekeeping/Maintenance
Hire Date: 2/14/12
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www.indiansummer.org • email: indiansummer@wi.rr.com

March 10-11: 35th Great Lakes Indian Culture Assoc.
(810) 630-1727
email: jcobbler68@aol.com
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A Sweet Time

by Krystal Statezny

What’s sweeter on Valentine’s Day than getting together with all of your friends to dance the night away? Ok, well maybe not the whole night, but part of it anyway. The kids who attended the FCP NEW Directions Program’s Valentine’s Day party at the Family Resource Center on Feb. 14, 2012, danced, played games, ate a delicious meal and won prizes. NEW Directions Coordinator Alshoni Daniels thanks all those who came and those who helped with the event.

Children play a fun game of “over and under”.

Sarah Jacobson (l) and Richard Alloway (r) make paper flowers out of tissue paper with Lynn Johnson, FCP Sexual Assault Coordinator (not pictured). Johnson presented information about Teen Dating Violence Awareness and Prevention Month to the attendees.

Simple Tips Make It Easy to ‘Get Your Plate in Shape’

press release submitted by Lisa Miller, R.D., C.D., FCP Health & Wellness Center

During National Nutrition Month® and beyond, the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to include healthy foods from all food groups through this year’s theme: “Get Your Plate in Shape.”

• Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
• At least twice a week, make fish and seafood the protein on your plate.
• Keep meat and poultry portions lean and limit to three ounces per meal.
• Cut back on sodium and empty calories from solid fats and added sugars.
• Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees.
• Choose 100-percent fruit juice.

Giancoli recommends cooking more often at home, where you are in control of what is in your food. “And don’t forget that exercise and healthful eating are crucial to maintaining a healthy lifestyle,” Giancoli says. “Choose activities you enjoy like going for a walk with your family, joining a sports team, dancing or playing with your children. If you don’t have a full 30 minutes, carve out 10 minutes, three times a day. Every bit adds up, and health benefits increase the more active you are.”

As part of National Nutrition Month, the Academy of Nutrition and Dietetics’ National Nutrition Month website includes helpful tips, recipes, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the “Get Your Plate in Shape” theme.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org.

CCR Team Meetings set for 2012

submitted by Lynn M. Johnson, MSW, CAPSW, FCP Bakakwsen i Shkwadem (The Door is Open)

The Combined Community Response (CCR) team has not met in a few months, but although we haven’t met, the work in domestic violence and sexual assault continues.

With the New Year come new opportunities and challenges. Funding has been drastically cut in most of our programs and budgets, and we have all been asked to do more with less. Now more than ever, we need to pool our resources to work together as a community to stop domestic violence and sexual assault. Let’s make 2012 the year we take the shame out of being a victim.

Please join MarySue Engebretson (from Tri-County Council) and I on the fourth Tuesday of the month. We will provide a light breakfast and meet in the Crandon Courthouse boardroom from 8:30 to 9:30 a.m. Please feel free to contact me at (715) 478-4991 or Lynn.Johnson@fcpotawatomi-nsn.gov with questions.

The meeting dates are as follows: Feb. 28, Mar. 27, Apr. 24, May 22, June 26, July 24, Aug. 28, Sept. 25, Oct. 23 and Nov. 27.

Premium Quality

• Made-to-order sandwiches and daily breakfast & lunch specials!
• Hot & cold sandwiches ready-made, grab-n-go, or custom-made for you
• Homemade items daily
• Finger foods always available including: Bosco Sticks, cheese curds, mini tacos & much more
• Dine-in or take-out
• Food served daily: 6 a.m. - 9 p.m.
• Featuring carry out: Brokehush Chicken: 4 pc. — $5.99, 8 pc. — $10.99,
• 2 lb. fries — $5.49. Call-in orders welcome.

POTAWATOMI STONE LAKE C-STORE
5326 Fire Keeper Rd. • Crandon, WI 54520 • (715) 478-4199
Open 7 days a week: 6 a.m. - 10 p.m.
Welcoming 1-Year-Olds to the FCP Health & Wellness Center Dental Department

submitted by Dr. Eve Van Harpen, D.O., FCP Health & Wellness Center

February is National Children’s Dental Health Month and at the FCP Health & Wellness Center Dental Department, we are looking to start off oral health on the right foot – and early!

The American Dental Association and the American Academy of Pediatric Dentistry have adopted policies stating that a child’s first visit to the dentist:

• Should occur within six months of the eruption of their first tooth and,

• No later than age 1.

Early childhood dental exams have been shown to decrease dental problems that occur throughout childhood, adolescence and into adulthood.

The first dental exam is meant to be fun and introduce dentistry in a non-scary way. The dental team at the Health & Wellness Center wants to address any potential problems early but loves to see parents and kids leave smiling.

A typical infant exam starts with a knee-to-knee exam. Here, the dentist will look for plaque, swelling and cavities. If baby is cooperative, the dentist may do a quick cleaning. This is a great time to talk about nutrition, bottle and pacifier use and brushing habits. The dentist may also ask about sibling’s or parent’s oral health.

If everything at the exam looks good, the doctor may decide to see your child every 3-6 months. If any cavities or problems are diagnosed, a decision will be made to either treat your child at the Health & Wellness Center, or to refer them to a pedodontist. A pedodontist is a general dentist who has had 2-3 more years of schooling and specializes in treating children.

It is important to know that baby teeth matter for proper facial development, nourishment, speech and self-esteem. Pain from cavities or dental infections can cause pain that may not be easily identified. A quick, painless infant exam may rule out any problems.

We look forward to seeing many new, young faces here at the dental department. We have four full-time dentists, two hygienists, and a great staff to help or answer any questions you might have.

Call today to set up your early infant exam at (715) 478-4313.

Payton Walentowski holds her new toothbrush.

Dr. Eve Van Harpen (l) conducts a knee-to-knee exam on Payton Walentowski with the help of mommy.

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Health

House for Sale

429 Thayer Street, Rhinelander, WI

• 703 sq. ft.
• 1 story
• 1-car detached garage
• 2 bedrooms
• 1 bath
• Gas fireplace

For Sale by Forest County Potawatomi Community Housing Department

For more information, please contact: Casey Sponable, 715-478-7402, or Ashley Jaeger, 715-478-7286
March Toward Increased HIV/AIDS Awareness and Prevention
submitted by Kristin Kuber, FCP Health & Wellness Center Health Educator

March has two observance days devoted to HIV/AIDS awareness; therefore, it is important for the community to increase their understanding of HIV/AIDS and recognize the impact that it has had on the Native American population.

- March 10 – National Women and Girls HIV/AIDS Awareness Day
- March 20 - National Native HIV/AIDS Awareness Day

HIV stands for Human Immunodeficiency Virus, which is a chronic condition that destroys the immune system, weakening the body’s ability to fight off infections and certain cancers. AIDS stands for Acquired Immunodeficiency Syndrome and is the last and most serious stage of HIV infection. When a person has AIDS, the body’s immune system is too weak to defend against infections and cancer.

Individuals can become infected by having sex with someone who has HIV, sharing needles with someone who is infected, or being exposed to HIV as a baby, either during pregnancy, delivery or breastfeeding.

Anyone can become infected with HIV/AIDS regardless of race or ethnicity; however, Native Americans tend to have higher rates.

- Native Americans have a 40 percent higher rate of AIDS and HIV infection as compared to the white population.
- Native American men have a 40 percent higher AIDS rate as compared to white men.
- Native American women have twice the AIDS rate, and are 3.4 times more likely to die from AIDS, as compared to white women.

(Statistics taken from the U.S. Department of Health & Human Services Office of Minority Health)

Native American HIV/AIDS rates could easily be lowered if more people focused on prevention. So what can you do to prevent HIV?

- Get informed. It’s important to stay up-to-date on current HIV/AIDS information and learn what you can do to either prevent or treat HIV/AIDS.
- Get tested, and keep getting tested. Always know your status. HIV tests are available at the FCP Health and Wellness Center. You can also visit www.hivtest.org or http://www.arcw.org to find testing sites in your area.
- Use condoms correctly and consistently. Stop in the Community Health Department and ask for a brown bag. Condoms are FREE to tribal members and their families.
- Talk to someone. Decrease the stigma by sharing what you know about HIV.

HIV infection is preventable. By increasing your knowledge and taking small precautions, you can protect yourself from HIV. If you have questions about what you can do to prevent HIV or think that you might have been infected, talk to your health care provider or visit: http://aids.gov/; http://minority-health.hhs.gov/; http://www.cdc.gov/Features/NativeHIVAIDS/.

Be sure to stop by the Community Health Department’s HIV/AIDS Awareness Booth at the Winter’s End Pow Wow on March 17-18. (See pg. 12 for pow wow location/times). Learn more about HIV/AIDS, play trivia and win prizes!

News From Rising Sun Daycare
submitted by Mary Fatla, Rising Sun Daycare Teacher

The children at Rising Sun Daycare invited their parents to join them for lunch on Valentine’s Day. The parents were able to enjoy visiting with other parents and staff, as well as having lunch with their children. It was a nice break, and everyone seemed to have fun. After lunch, each child presented his/her parent with a Valentine’s Day balloon and exchanged Valentine’s with the other children. It was a very exciting, fun-filled day!

FCP Tribal Members, Their Immediate Families and FCP Employees: Get Fit & Stay Active at the Carter We Care Facility Today!

Carter We Care Now Has Two Rooms Designated for Fitness & Recreation Activities!

THE FITNESS & RECREATION ROOMS WILL BE OPEN:
Monday - Friday Noon - 8 p.m.

Employees of the FCP Recreation Center will staff both rooms.

EXERCISE EQUIPMENT:
- Treadmills
- Elliptical Machines
- Dumbbells
- Medicine Balls
- Resistance Bands
- Jump Ropes
- Stability Balls
- Yoga/Stretching Mats

RECREATION EQUIPMENT:
- Pool Table
- Foosball Table
- Bumper Pool
- Table Hockey
- Dart Board
- More to Come!

If you have questions, contact Brian Tapper at 715-478-7400.

“Leaders are like eagles. They don’t flock. You find them... one at a time.”
-Anonymous
What’s Going On in Carter?
submitted by Cheryl Waube, PCCH General Manager

Join us for the whole month of March in celebration of our 20th anniversary! We want to dedicate this month to all of our guests and want you to ‘Treasure the Times’ with us! Check out our treasure chest, and see if you could be the lucky winner to drive home in a brand new, shiny, black 2012 BMW Series 5!

Here’s how you can get your lucky entry into the bin: Earn and/or redeem 250 points for 10 entries any day of the week; earn double entries on Fridays. If you are a table games player, get certain combinations every Wednesday and Friday to receive 10 free entries. If you like bingo, for every bingo won and for every early bird pack purchase between March 25-31, we will give you 10 entries. New members will receive 10 entries free the day you join our player’s club.

Most importantly: Be here on March 31, at 11 p.m. for the drawing! Five winners will be drawn. One guest will take the car home, and the other four winners will receive $500 cash as a consolation prize.

But, wait... there’s more! Here’s a list of the exciting entertainment we have in store for you:

- **Saturday, March 3:** Westside Band on the casino stage, 8 p.m. – midnight.
- **Saturday, March 10:** Boogie and the Yo Yo on the casino stage, 8 p.m. – midnight.
- **Saturday, March 17:** BBI Band on the casino stage, 8 p.m. – midnight.
- **Saturday, March 24:** JP & the Cats on the casino stage, 8 p.m. – midnight.
- **Friday, March 30:** Electric Avenue on the casino stage, 9 p.m. – 1 a.m.
- **Friday, March 30:** Bob & the Beachcombers in the Willow Room, 9 – 11 p.m.

- **Saturday, March 31:** Electric Avenue on the casino stage, 9 p.m. – 1 a.m.
- **Saturday, March 31:** Vic Ferrari in the Willow Room, 7 – 10:30 p.m.
- **Saturday, March 31:** 11 p.m., CAR GIVEAWAY

One of the best attributes of our casino is our award-winning Carter Club. If you are a Carter Club member and know of someone that isn’t, bring them in; we’ll reward you both in our Refer a Friend program. You’ll receive $5 in Potawatomi Play, and they will, too. Everyone’s a winner! We also welcome you to participate in our go green efforts. Text GOGREEN to 91011, and bring the text message to the Carter Club booth to receive $5 on your card. If you don’t like to text, provide us with a valid email address, and you will receive the $5 on your Carter Club card.

Stop in every Wednesday and enjoy a fresh-baked cookie, distributed at 10 a.m., 2 p.m., and 4 p.m. (while supplies last). If you love prime rib, Thursday is your day! Earn 100 same-day base points and get a $5 off coupon for our delicious prime rib dinner 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.

Livin’ it up at 50! Every Thursday, all club members over 50 years of age receive ten free entries 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. For every 250 points earned, you will receive ten free entries into the drawings.

Jackpot Drawing will be on Friday, March 9, when $1,000 will be drawn. If you win, you will be entered in the monthly drawing. Prizes will be given away at last corresponding session of the month – drawing will be on March 31.

**New Security Assistant Director at PBC Named**
submitted by Ryan Amundson, PBC External Communications Manager

MILWAUKEE (Feb. 13, 2012) – Potawatomi Bingo Casino (PBC) recently named Jeremy Lyrenmann assistant director of security.

In his new position, Lyrenmann will assist in the protection of assets, property, patrons and employees of the casino. A member of the Little River Band of Ottawa Indians, Lyrenmann brings a wealth of security experience to his position. Since joining PBC in 2001, he has served as a training officer, shift supervisor, and most recently, as security shift manager. He has 17 years of customer service experience, with more than 10 years of security experience.

Lyrenmann lives in Grafton, Wis., with his wife and daughter. He enjoys outdoor activities, including paintball, archery, camping, hunting and sports.

**First American Bankcard, Inc., Donates $25,000 for Native American Indian Education**
submitted by Kelly Skindzelewski, PBC Interim Public Relations Director

MILWAUKEE - First American Bankcard, Inc. (FABI), announced its $25,000 donation to the Forest County Potawatomi (FCP) tribe’s education fund. President and CEO of FABI, Anthony Rabito, presented the check to FCP’s Vice Chairman James A. Crawford and Potawatomi Bingo Casino (PBC) General Manager, Mike Goodrich. The ceremony took place in the Tribal Room at PBC.

Rabito, who has been involved in Indian gaming since 1996, felt his company should give back to his Native American casino partners. “I couldn’t think of a better way than sending young men and women to college who otherwise could not have gone. In a competitive world, an education is priceless.”

First American Bankcard, Inc., is the nation’s number one provider of cash services including ATMs, Credit/Debit Card Cash Advance and Check Guarantee Services. The company is located in New Orleans.

**Gaming**

For every early bird pack purchased between March 25-31, we will give you 10 entries for the 2012 BMW Car Giveaway!

- **Wednesday, March 28:** Paper must win; if machine wins, paper will continue for full additional payout.
- **Thursday, March 29:** If you win on an ‘odd’ number ball, receive 2x the payout.
- **Friday, March 30:** Triple payouts at Partner in Crime session

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submitted by Cheryl Waube, PCCH General Manager

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2013 Budget Request Maintains Commitment to Indian Country
submitted by Office of the Assistant Secretary - Indian Affairs

WASHINGTON – President Obama’s Fiscal Year 2013 budget request for Indian Affairs, which includes the Bureau of Indian Affairs (BIA) and the Bureau of Indian Education (BIE), is $3.5 billion – a $4.6 million decrease below the FY 2012 enacted level. The proposed budget maintains the President’s commitment to meeting the government’s responsibilities to the 566 federally-recognized American Indian and Alaska Native tribes, while holding the line on fiscal responsibility and improving government efficiency.

“The budget request maintains President Obama’s commitment to strengthening tribal nations by making targeted increases in Indian Affairs programs that support tribal self-determination in managing BIA-funded programs, increase public safety in tribal communities by strengthening police capabilities, improve the administration of tribal land, mineral, timber and other trust resources, and advance Indian education,” said Assistant Secretary-Indian Affairs Larry Echo Hawk. “Indian Affairs is sensitive to the need for achieving greater results at a lower cost, and the proposed budget reflects the tough choices that will make us more cost efficient in carrying out our missions.”

Strengthening Tribal Nations Initiative

The Strengthening Tribal Nations Initiative is a comprehensive, multi-year effort to advance the President’s commitments to American Indians and Alaska Natives to improve conditions throughout Indian Country. The FY 2013 budget request continues the initiative, which was the result of meetings with tribal leaders in 2009, 2010, and 2011. The request includes $43.8 million in targeted program increases for this initiative in the areas of Advancing Nation-to-Nation Relationships (+$12.3 million), Protecting Indian Country (+$11 million), Improving Trust Land Management (+$15.4 million) and Advancing Indian Education (+$5.2 million).

Advancing Nation-to-Nation Relationships

Under Advancing Nation-to-Nation Relationships, the FY 2013 budget request for Contract Support for BIA is $228 million – an $8.8 million increase over the FY 2012 enacted level. Contract Support enables a tribe operating BIA-funded programs to meet administrative costs without decreasing program funds. It is a key factor in the decision a tribe makes to assume responsibility for operating a federal program and is considered by many tribes as their top priority. The budget includes an increase of $3.5 million for Indian Land and Water Claim Settlements including funds to continue work on the Navajo-Gallup Water Supply Project.

Protecting Indian Country

The FY 2013 budget request for BIA Law Enforcement is $335.9 million with targeted increases of $1 million over the 2012 enacted level for Law Enforcement Operations, Detention Center Operations and Tribal Courts. The proposed budget for Law Enforcement Operations builds on increases from previous years with a $3.5 million increase from 2012, for a total of $189.7 million, for Criminal Investigations and Police Services to enable BIA to continue its recruitment and hiring efforts for law enforcement officers and detention center staff, including veterans.

The request includes $88.2 million for Detention Code Operations, a program increase of $6.5 million, for staffing, training and equipment to increase capacity to hold and process detainees and to fund operations at newly constructed detention facilities operating in 2012 and 2013.

The request includes $24.6 million for Tribal Courts, an increase of $1.0 million above the 2012 enacted level, to support the enhanced capabilities gained by tribal courts in the Tribal Law and Order Act of 2009.

The funding also supports the expansion of a successful pilot program launched in 2010 to reduce crime on four reservations with high violent crime rates. The targeted, intensive community-safety pilot program resulted in a combined reduction in violent crime of 35 percent – far exceeding goals and expectations. Two additional reservations with high crime rates will be added to this initiative in 2012.

Improving Trust Land Management

The BIA’s trust programs assist federally-recognized tribes in the management, development and protection of Indian trust and federal land and natural resources. The request includes $24.6 million for BIA Land and Water Resource Management (-$2.1 million) as the program focuses on evaluating for effectiveness. The budget request also includes $7.8 million, a program increase of $3.4 million, for the Navajo-Gallup Water Supply Project, and $1 million for other smaller Indian land and water settlements.

Achieving Better Results at a Lower Cost

In accordance with President Obama’s February 2011 memorandum to Federal agencies entitled “Administrative Flexibility, Lower Costs, and Better Results for State, Local and Tribal Governments,” the FY 2013 budget request includes reductions and identifies efficiencies that can be achieved through horizontal consolidation, cost-cutting, realignments and program decreases. The request proposes to achieve better results at a lower cost through:

Improved Management (+$19.7 million) includes measures taken, and those anticipated in consultation with tribes to ensure that programmatic reductions are addressed, to significantly reduce Indian Affairs program administrative costs.

Realignment (+$1.3 million) includes an increase to reflect the transfer of the Indian Arts and Crafts Board from the Office of the Secretary to Indian Affairs, which would oversee the implementation of the Indian Arts and Crafts Act of 1990, as amended.

Program Reductions in funding for:

• Law Enforcement Special Initiatives (-$2.6 million) reflecting reduced participation on collaborative activities such as intelligence sharing.

• Information Resources Technology (-$6.1 million) due to standardization and consolidation of IT infrastructure.

• The Indian Student Equalization Program (ISEP) (-$4.5 million) to reflect a slight decline in student population.

• Replacement School Construction (-$17.5 million) which focuses on addressing improving conditions of existing school facilities.

• The Indian Guaranteed Loan Program (-$2.1 million) while being evaluated for effectiveness.

Indian Affairs’ responsibility to the federally-recognized American Indian and Alaska Native tribes is rooted in Article I, Section 8, of the U.S. Constitution, treaties and federal law. It is responsible for the management, development and protection of Indian trust land and natural resources, providing for public safety and justice in Indian Country, and promoting tribal self-determination and self-governance. Through the implementation of an Indian Country framework that emphasizes the transfer of economic, educational and governmental responsibilities from federal to tribal governments, Indian Affairs operates two post-secondary and adult education, including a focus on critical safety and security issues at school facilities to ensure instructional environments are safe and nurturing for students, and an educational reform effort to increase student academic achievement in Bureau of Indian Education funded schools. The FY 2013 budget request for the Bureau of Indian Education is $796.1 million, an increase of $653,000 above the 2012 enacted level, with targeted increases for:

• Tribal Grant Support Costs (+$2.0 million) to help Tribes operating BIE-funded schools cover administrative and indirect costs. As with Contract Support, to the extent that funding for this program is comparable, funding for this program is a top priority for Tribes.

• Tribal Colleges and Universities (+$2.5 million) to support efforts to assist in the economic development of tribal communities as they offer resources and facilities to teach community members workplace skills and to support tribal plans for development.

• Scholarships (+$710,000) for the BIE’s Scholarships and Adult Education program and Special Higher Education Scholarships program to help adults obtain a GED, provide job skills training, and provide financial aid for Indian post-secondary and graduate students pursuing degrees in professions that meet the needs of tribal communities.

Indian Land and Water Claim Settlements

The FY 2013 budget request of $363.6 million for BIA Land and Water Claim Settlements will fund agreements and settlements to help deliver clean drinking water to Indian communities and provide certainty to water users across the West. The investments include:

• The seventh and final payment for the Nez Perce/Snake River Water Rights Settlement ($9.5 million).

• The fourth of five payments for the Shoshone-Paiute Tribes of the Duck Valley Reservation Settlement ($12 million).
CERT Refresher Training - March 22, 2012, 8 a.m. - 4:30 p.m., at FCP Rec Center. Tribal members are encouraged to participate. If interested, please call Joy at (715) 478-4428 (no later than March 14). Lunch will be provided.

March Sobriety Feast for FCP Community Members
Sponsored by FCP Health & Wellness Center Behavioral Health. See notice on pg. 11. Zamba Class
See Calendar of Events on pg. 11. Balancing Your Life & Diabetes / SPARKS
By appointment • Diabetes Education Room, Health & Wellness Center Diabetes Education:
• Monitoring, making healthy changes, psychosomatic, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting.

SParks Weight Management Program: Physical Activity & Nutrition Education:
• S - Support (weekly participation encouraged); 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.


Are you interested in becoming regularly certified to operate a child care business in your home? You are invited to attend a Child Care Certification Class. This course meets the State of Wisconsin requirements for regular certification. Topics include: the business of child care, child development, developmentally appropriate activities, child guidance, health and safety, child abuse and neglect, Sudden Infant Death Syndrome and Shaken Baby Syndrome prevention.

Note: 24 hours of in-class time is required to complete this course. Classes are held March 28-29 and April 5, 2012, at FCP Family Services Building located at 5415 Everybody’s Rd, Crandon.

March 2012 FCP Elder Menu*
Health Promotion Disease Prevention
Youth on the Move
WALKING PROGRAM
for Youth Ages 5-18
Have Fun and Improve YOUR Health by Moving More!

Start time*: 4:30 p.m. - Light snack provided
Physical activity*: 4:45-5:30 p.m. *Activity schedule may vary

Mondays in Carter**:
Feb. 27: #1 Snowshoeing
Mar. 5: #2 Pedometer
Mar. 12: #3 Snowshoeing
Mar. 19: #4 Minute to Win It Games
Mar. 26: #5 Walk Video
Apr. 16: #6 PAK Games/Activities
Apr. 23: #7 Poker Run
Apr. 30: #8 Final Pedometer

** Must be a minimum of five people in Carter or session will be canceled.

If you have not PRE-REGISTERED, please call Heather (Laabs) Robinson or Lisa Miller: Heather, office assistant, 715-478-4317.

Wabeno Music Department Seeking Volunteers!

Friday, March 16, marks a big day in the music schedule of Wabeno High School. On that day, the school will host the Northern Lakes Conference Solo and Ensembles Festival. In order to make this event a successful and memorable experience for the students, many volunteers are needed to act as room chairmen and office workers. People who can help for the day or half-day would be very helpful, but even those who can spare a couple of hours would be greatly appreciated. If you would like to hear some awesome musical performances from around the conference and are willing to help out, please contact Mary Ellen Keller at the high school at (715) 473-5122 or MKeller@wabeno.k12.wi.us. Please let her know by March 10 so that she has time to set a workable schedule for the volunteers.

Sobriety Feast
Thursday, March 29, 2012, at 6 p.m.
FCP HEALTH & WELLNESS CENTER Lower Level

Hop into our Spring Sobriety Feast!

We will have a speaker.
There will be door prizes, but you must attend the entire event to be eligible for the door prizes.
Please bring a traditional dish to pass.

If you have any questions about this event, please call 715-478-4359.

Sponsored by FCP HEALTH & WELLNESS CENTER BEHAVIORAL HEALTH staff

Wisconsin Judicare Presents:
The 2012 Indian Wills Caravan
Judicare staff and students from Columbia Law School will be at the following locations to assist any tribal member who wants to draft a will, powers of attorney, or other basic estate planning services for free.

Oneida Reservation, Norbert Hill Center
March 12 • 10 a.m. - 5 p.m.

Forest County Potawatomi Community, Executive Building, Crandon, Wis.
March 13 • 10 a.m. - 5 p.m.

Stockbridge-Munsee Community, Mohican Northstar Casino Poker Room
March 14 • 10 a.m. - 4 p.m.

Black River Falls, Wis., Ho-Chunk Nation Tribal Office Building
March 15 • 10 a.m. - 5 p.m.

Wisconsin Dells, House of Wellness
March 16 • 10 a.m. - 5 p.m.

For more information, contact Wisconsin Judicare at 1 (800) 472-1638.

Come Join the Zumba® Party!
Now being offered during Life Skills Group
(Wednesdays, 1-3 p.m.) at the Family Resource Center

Are you looking for an aerobic workout that is simple to learn? Do you want to burn 500-1,000 calories within one hour? Then Zumba® might be worth a try! Zumba®, a Latin-inspired dance-fitness program, covers a range of dance styles: mambo, cumbia, merengue, cha-cha and, sometimes, belly dancing and hiphop!

But don’t let the party-like atmosphere of Zumba® fool you! The dance moves are fun, but you use almost every muscle of your body as you shimmy, shake and stomp your way fit! So come on over, and give it a try – hope to see you here!

Call Kerry for more information: (715) 478-4837.

March 2012 Calendar of Events
Community Health Department

- Zumba® - Crandon: Wednesdays, Mar. 7, 14, from 5:15-6:15 p.m. at Family Resource Center. Open to FCP tribal members, community members & employees.
- Zumba® - Carter: Thursdays, Mar. 1, 8, 15, from 6-7 p.m. at Potawatomi Carter Casino Hotel conference area. Open to FCP tribal members, community members & employees.
- Diabetic Luncheon: Tuesdays, Feb. 28, from noon - 1 p.m. at Health & Wellness Center. See pg. 10 for more info.
- Physical Activity & Stress Event: Tuesdays, Feb. 28 from 5 - 6 p.m. at Health & Wellness Center. Snowshoeing - RSVP to Kristin (715) 478-4562.
- Youth Walking Program-Crandon: SNOWSHOEING - Monday, Feb. 27, from 4:30-5:30 p.m. at We Care. See notice on this page.
- Youth Walking Program-Carter: SNOWSHOEING - Wednesday, Feb. 29, from 4:30-5:30 p.m. at Rec Center. See notice on this page.
- Call (715) 478-4555 with questions regarding activities.

FCP Family Resource Center

- Healthy Relationships: Mondays, Mar. 5, 12, 19, 26 from 1 - 3 p.m.
- Play Shoppe: Tuesdays, Mar. 6, 13, 20, 27 from 11 a.m. - 12:30 p.m., and 1 - 2:30 p.m.
- Life Skills Group: Wednesdays, Mar. 7, 14, 21, 28, from 1-3 p.m. Come join the Zumba® party now being offered during Life Skills!
- Positive Indian Parenting: Thursdays, Mar. 1, 8, 15, 22, 29 from 10 a.m. - Noon Call (715) 478-7262 for details on programs. OPEN registration for Nurturing Fathers!

N.E.W. Directions

- Group I - Girls - Youngsters: Mondays, Mar. 5, 12, 19, 26, from 4:30 - 6:30 p.m.
- Group II - Boys - Youngsters: Tuesdays, Mar. 6, 13, 20, 27, from 4:30 - 6:30 p.m.
- Group III - Teens: Thursdays, Mar. 1, 8, 15, 22, 29, from 5:30 - 8 p.m.

All events are at the FCP Family Resource Center unless otherwise specified. Program coming to Carter We Care Center soon. Youth needing a ride, please call Judy Rider at (715) 478-4941 or (715) 889-0723.

Recreation Department

Call (715) 478-7420 for info on open gym hours or events.
Winter's End Pow Wow

17th Annual Forest County Potawatomi

Saturday & Sunday • March 17 & 18, 2012

Crandon High School Gym, Hwy. 8 W, Crandon, WI

Grand Entry: Saturday: 1 & 7 p.m / Sunday: 1 p.m.
Saturday & Sunday Feast: 5 p.m.

Princess, Jr. Princess, and Brave Contest
Friday, March 16, 2012
7 p.m.
Must be DESCENDANTS of Forest County Potawatomi

Contact: Ruth Pemma
(715) 889-1334

Host Drum:
BLACK LODGE

Head Female Dancer:
DONNA VANZILE

Head Male Dancer:
NICKOLAS SHEPARD

Invited Drum:
SMOKEY TOWN

MC: Artley Skenandore

Arena Director: Nathan Morris

CLOWN DANCE SPECIAL
MEN’S & WOMEN’S
TRADITIONAL: Awarding 4 Places

Saturday Intermission
Hand Drum Contest
Open to All Hand Drum Contestants • Awarding 2 Places

10 Pre-Registered Drums Only
No Walk-Ins • No Drum Hopping
Must have at least 5 Singers Per Drum

Vendors Contact Brian Tupper at (715) 478-7420

Only Native American Crafts & Vendors

Hotels: Moie Lake Lodge: (715) 478-3200
Best Western: (715) 478-1196

PUBLIC WELCOME

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