



POTAWATOMI TRAVELING TIMES

VOLUME 19, ISSUE 3

MIN KĒ GISES

BLUEBERRY MONTH

AUGUST 1, 2013

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Historic Area Building Once Served as Indian Reservation School



photo by Presley Keeble

submitted by **Norman Henry Tribbett and Delyn Ritchie**

Near the edge of the old community center along the wood line sits a small building. That building, from historical records, was built by an early logging firm. The federal government purchased the property in 1915 for the Forest County Potawatomi community. This was the Tuckwab family home since 1945. Several individuals of the Tuckwab family recall memories of the home. Before 1945, the home served as tribal housing, and from the spring of 1934 to 1942, as the one-roomed reservation school, Kokomo. The following are the Kokomo School attendance records for that 1934 - 1942 period.

Attendance Record

Term - September 3, 1934

Verol Ritchie, Billy Alloway, Ned Daniels, Ruth Ritchie, Fred Shawano, Joe Wewason, Mabel Alloway, Fred Saphensis, Julia Alloway, Annie Alloway, Jennie Alloway, Mary Jane Alloway, Mary Daniels, Andrew Johnson, Josephine Johnson, Henry Ritchie, Helen Shawano, Francis Wewason, Arlene George, Thelma Johnson

Term – September 1935

Billy Alloway, Joe Wewason, Ned Daniels, Fred Shawano, Ruth Ritchie, Milton Saphensis, Fred Saphensis, John Whitefish, Theodore Shockto, Mabel Alloway, Andrew Whitefish, Julius Daniels, Julia Alloway, Jennie Alloway, Annie Alloway, Helen Shawano, Henry Ritchie, Mary Jane Alloway, Andrew Johnson, Alfreda Sharria, Thelma Johnson, Arlene George, Wallace

Ritchie, Mary Daniels, Harry Shawano, Johnnie Alloway

Term – September 7, 1936

Verol Ritchie, Ned Daniels, Joe Wewason, Billy Alloway, Theodore Shockto, John Whitefish, Mabel Alloway, Andrew Whitefish, Julius Daniels, Annie Alloway, Jennie Alloway, Julia Alloway, Henry Ritchie, Helen Shawano, Mary Jane Alloway, Wallace Ritchie, Arlene George, Harry Shawano, Mary Daniels, Johnnie Alloway, John Tobias, Herman Alloway, Mary Alloway, Viola Sundo, Florence Daniels, Marie Burdell, Alice May Johnson, Linda Lou Barney

Term – August 30, 1937

Ned Daniels, Billy Alloway, Joe Wewason, Theodore Shockto, John Whitefish, Raymond Wewason, Henry Ritchie, Francis Wewason, Jennie Alloway, Annie Alloway, Andrew Whitefish, Julius Daniels, Mary Jane Alloway, Arlene George, Wallace Ritchie, Mary Daniels, Linda Lou Barney, John Tobias, Charley Wabnum, Johnnie Alloway, Mary Alloway, Alice May Johnson, Viola Sunco, Nellie Alloway, Betty Ritchie, Herman Alloway, Marie Burdell, Florence Daniels, Sammie Alloway

Term – August 29, 1938

Raymond Wewason, Fred Saphensis, Theodore Shockto, John Whitefish, Annie Alloway, Jennie Alloway, Henry Ritchie, Francis Wewason, Andrew Whitefish, Julius Daniels, Mary Jane Alloway, Mary Daniels, Arlene George, John Tobias, Johnnie Alloway, Mary Alloway, Alice Johnson, Viola Sunco, Wallace Ritchie, Linda Lou Barney, Betty Ritchie, Florence Daniels, Marie

Burdell, Bobby Ritchie, Sammie Alloway, Anita Johns, Loretta Saphensis, Nellie Alloway

Term – September 5, 1939

Julius Daniels, Jennie Alloway, Annie Alloway, Henry Ritchie, Francis Wewason, Mary Jane Alloway, Mary Daniels, Arlene George, John Tobias, Johnnie Alloway, Mary Alloway, Alice Johnson, Viola Sunco, Wallace Ritchie, Patricia Pierce, Betty Ritchie, Linda Barney, Florence Daniels, Loretta Saphensis, Nellie Alloway, Sammie Alloway, Bobbie Ritchie, Herman Alloway, Ronald Barney, Anita Johns, Vincent Johns, Lewis Johnson

Term – August 26, 1940

Henry Ritchie, Francis Wewason, Francis Burdell, Mary Daniels, Arlene George, Mary Jane Alloway, John Tobias, Alice May Johnson, Viola Sunco, Mary Alloway, Wallace Ritchie, Johnnie Alloway, Florence Daniels, Linda Barney, Patricia Pierce, Betty Ritchie, Jennie Maskewit, Bobbie Ritchie, Sammie Alloway, Nellie Alloway, Marie Burdell, Lewis Johnson, Ronald Barney, Archie Burdell, Vincent Johns, Herman Alloway, Juanita Tuckwab, Clarice Ritchie, Stella Alloway, Billy Daniels

Term – September 2, 1941

Francis Burdell, Mary Daniels, Arlene George, John Tobias, Wallace Ritchie, Alice Mae Johnson, John Alloway, Viola Sunco, Mary Alloway, Linda Lou Barney, Florence Daniels, Ronald Barney, Sammie Alloway, Nellie Alloway, Jennie Maskewit, Herman Alloway, Clarice Ritchie, Juanita Tuckwab, Billy Daniels, Belle Mae Wabensum, Vincent Johns, Anita Johns, Stella Alloway, Elizabeth Daniels

GED Requirements to Change

submitted by FCP Education and Culture Department

Graduating from high school is a significant step in reaching your education goals. The Forest County Potawatomi Education and Culture Department would like to assist you within reaching your goals.

In the past, a General Equivalency Diploma (GED) has been an option for students to achieve at minimum a high school equivalent education. This option is typically the final option for completing a K-12 education. The GED option, however, is changing.

On December 5, 2013, the current GED version will expire. This means that all current test scores will expire, if the GED test is not completed in entirety. If you are currently working on your GED, it is strongly recommended that you complete all necessary tests prior to that date.

Beginning January 2, 2014, the new GED version will entail tougher requirements for completion. Wisconsin Department of Public Instruction has

changed the exam to include Common Core State Standards and to provide documentation of high school completion and college and career readiness. What does this mean? This means that the GED requirements will be more in line and almost as strict as the requirements necessary for a regular high school diploma.

FCP Education and Culture is dedicated to your child's educational success and career readiness. All students are encouraged to pursue their high school degree by simply staying enrolled within their current K-12 programming.

If you or your child are currently working on obtaining your GED, please contact FCP Education and Culture for continued assistance to ensure the requirements are met prior to the expiration of current GED requirements.

Should you have any additional questions or concerns, please feel free to contact Tom Boelter at (715) 478-7386 or Tom.Boelter@fcpotawatomi-nsn.gov.

Parents, Grandparents, Guardians of Enrolled Native American Students in the Wabeno School System

Wabeno Indian Education Committee Meeting
Potawatomi Carter Casino Hotel
August 13, 2013 • 6 p.m.

There is a vacancy on the board. If you would like to be a part of the JOM/Education Committee, please attend this meeting. Elections will be taken at this time.

Thank you, WIEC Committee:
Ruth Pemma, Chairperson; Patsy Shepard, Secretary; Bertha Pemma, Member; Renee Gust, Member; Cheryl Pemma, Member

WDNR Certified Hunter/Bow Hunter Education Class

There will be a Hunter/Bow Hunter Education class held at the Forest County Potawatomi Recreation Center, 5442 Everybody's Road, Crandon, Wis. Anyone born on or after January 1, 1973, must have completed a hunter education course and show the certificate to purchase any hunting license in Wisconsin.

The hunter education course instills in students the knowledge and skills needed to be a responsible and safe hunter. The WDNR encourages all 12-year-olds to take the course and anyone else that has not yet been certified above that age.

The course will be offered from noon - 4:30 p.m. for hunter education from August 19 - 23, 2013. The cost for each class is \$10. Anyone interested in taking the class should contact Brian Tupper, hunter/bow hunter education instructor, at (715) 478-7420.

Traveling Times Staff Members Win Journalism Awards

Two Potawatomi Traveling Times (PTT) employees were presented with awards this month from the Native American Journalists Association (NAJA).

Jeffrey Keeble, FCP tribal member and PTT employee, was awarded five: 1st and 2nd place in the Best Sports Photo category for "Pensive Golfer" and "Get Me the Ball" respectively; 3rd place in the Best Sports

Story category for "FCP Youth Makes it to Sectionals"; 1st place in the Bi-Monthly Best Feature Photo category for "Fancy Shawl Dancer" and 1st place in the Bi-Monthly Best News Photo category for "Head Dancer".

Winda Collins, PTT editor, took 2nd and 3rd place in the Associate Best Coverage of Native Americans for "Elena's Legacy" and "Learning Life's Lessons" respectively.



photo by Presley Keeble

(l-r) PTT Graphic Designer Jeffrey Keeble Jr. and PTT Editor Winda Collins are pictured holding the awards presented to them this month from the Native American Journalists Association.

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DOCUMENTARY

- Up Heartbreak Hill

MOVIE

- California Indian

NEW DVD'S

DOCUMENTARY

- The Hub: the Complete 1st Season

NEW CD'S

POWWOW

- Ladies Night 2: The Ladies of Onion Lake
- Tha Tribe: Stoic
- Whitefish Bay Singers: Est. 1970
- Blackstone: This Beautiful Dance
- Big Bear: Honoring Past & Present Songmakers
- Young Bear: Here We come

FLUTE

- Nakai & Clipman: Awakening the Fire

TRADITIONAL

- Brian Stoner: With Love & Faith We Pray Vol. 3
- Lance Crowe: Spiritual Happiness

ATTENTION!

Due to an unexpected high demand and low supply of Pendletons this past year, we're unable to take any special orders until further notice. We apologize for any inconvenience!



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715-478-7470

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CLOSED from 12 p.m. to 12:30 p.m. for lunch.
CLOSED on federal holidays.

IF WE DON'T HAVE SOMETHING YOU'RE LOOKING FOR, LET US KNOW. WE WILL DO OUR BEST TO FIND IT!

**Happy August Birthday
to These Elders!**

- | | |
|-----------------------|-------------------------|
| 08-01 Alvin Weso Jr. | 08-15 Harold Frank |
| 08-03 Bertie Pemma | 08-18 Clarence Vigue |
| 08-07 Winslow Mexico | 08-20 Walter B. Shepard |
| 08-09 Sharon Hurkmans | 08-20 Warren Genett |
| 08-14 Michael Reeves | 08-21 Robert Ritchie |
| 08-15 Jeanette George | 08-21 John Jackson |

Welcome to These New Employees

**Calli Victor, Elderly
Certified Nursing Assistant**
Hire date: 7/01/2013
Contact info: Calli.Victor@fcpotawatomi-nsn.gov

**Doreen Strehlow, HWC
Optometric Technician**
Hire date: 7/08/2013
Contact info: Doreen.Strehlow@fcpotawatomi-nsn.gov

**Anne Foster, Elderly
Aging & Disability Resource Specialist**
Hire date: 7/01/2013
Contact info: Anne.Foster@fcpotawatomi-nsn.gov

**Joseph Davis, Child Support
Software Developer/Analyst**
Hire date: 7/08/2013
Contact info: (715) 478-4946
Joseph.Davis@fcpotawatomi-nsn.gov

**Bobbi Jo Bissonette, HWC
Family Nurse Practitioner**
Hire date: 7/01/2013
Contact info: (715) 478-4351
BobbiJo.Bissonette@fcpotawatomi-nsn.gov

**Malora Walentowski, Elderly
Housekeeping/Maintenance**
Hire date: 7/09/2013
Contact info: Malora.Walentowski@fcpotawatomi-nsn.gov

**Joshua Lewis, Elderly
Certified Nursing Assistant**
Hire date: 7/01/2013
Contact info: Joshua.Lewis@fcpotawatomi-nsn.gov

**Connie Bath, Elderly
Housekeeping/Maintenance**
Hire date: 7/15/2013
Contact info: Connie.Bath@fcpotawatomi-nsn.gov

**Michelle Burki, HWC
CHN/Maternal Child Health Specialist**
Hire date: 7/01/2013
Contact info: (715) 478-4321
Michelle.Burki@fcpotawatomi-nsn.gov

**Jeff Votis, Utilities
Utility Operator**
Hire date: 7/15/2013



**Deadline for the Aug. 15, 2013 issue is
Wednesday, July 31, 2013.**



Potawatomi Traveling Times

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NATE GILPIN



Member of the
Native American
Journalists Association

PTT STAFF

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Office Manager:
MICHELLE SPAUDE

Reporter/Photographer:
VALERIE NIEHAUS

Graphic Artists:
KRYSTAL STATEZNY
JEFFREY KEEBLE JR.

Potawatomi Traveling Times (PTT) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the *PTT* are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the *PTT* staff or the FCP Nation. *PTT* encourages the submission of Letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The *PTT* reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the *PTT* and will not assume any responsibility for unsolicited material nor will the *PTT* guarantee publication upon submission. *PTT* will not guarantee publication of materials submitted past deadlines posted in the *PTT*. No part of this publication may be reproduced without the written consent of the Editor.

New Employees cont.

**Kyle Huglen, IT Dept.
IT Technician I**
Hire date: 7/15/2013
Contact info: Kyle.Huglen@fcpotawatomi-nsn.gov

**William (Bill) Connor, IT Dept.
Systems Administrator I**
Hire date: 7/15/2013
Contact info: Bill.Connor@fcpotawatomi-nsn.gov

**Ryan Reynolds, IT Dept.
IT Technician II**
Hire date: 7/15/2013
Contact info: Ryan.Reynolds@fcpotawatomi-nsn.gov

**Mark Olson, IT Dept.
IT Technician II**
Hire date: 7/15/2013
Contact info: Mark.Olson@fcpotawatomi-nsn.gov

**Ellen Borgan, IT Dept.
Application Analyst**
Hire date: 7/15/2013
Contact info: Ellen.Borgan@fcpotawatomi-nsn.gov

**Jesse Seymour, IT Dept.
IT Technician II**
Hire date: 7/15/2013
Contact info: Jesse.Seymour@fcpotawatomi-nsn.gov

**Matt Moore, IT Dept.
IT Technician I**
Hire date: 7/15/2013
Contact info: Matt.Moore@fcpotawatomi-nsn.gov

**Chris Woodall, IT Dept.
Systems Administrator I**
Hire date: 7/15/2013
Contact info: Chris.Woodall@fcpotawatomi-nsn.gov

**Shelly Kyska, IT Dept.
Health Care Application Analyst**
Hire date: 7/15/2013
Contact info: Shelly.Kyska@fcpotawatomi-nsn.gov

**Jake Houg, IT Dept.
Systems Administrator I**
Hire date: 7/15/2013
Contact info: Jake.Houg@fcpotawatomi-nsn.gov

**Richard Mahlerwein, IT Dept.
Systems Administrator II**
Hire date: 7/15/2013
Contact info: Richard.Mahlerwein@fcpotawatomi-nsn.gov

**Eric Byers, IT Dept.
Network Administrator I**
Hire date: 7/15/2013
Contact info: Eric.Byers@fcpotawatomi-nsn.gov

**Sarah Adler, IT Dept.
Senior Application Analyst Liason**
Hire date: 7/15/2013
Contact info: Sarah.Adler@fcpotawatomi-nsn.gov

**Raymond Keeper, IT Dept.
IT Technician II**
Hire date: 7/15/2013
Contact info: Raymond.Keeper@fcpotawatomi-nsn.gov

**Bill Ewan, IT Dept.
IT Technician I**
Hire date: 7/15/2013
Contact info: Bill.Ewan@fcpotawatomi-nsn.gov

**Joshua Thums, IT Dept.
Network Administrator II**
Hire date: 7/15/2013
Contact info: Joshua.Thums@fcpotawatomi-nsn.gov

**Marci Franz, IT Dept.
Executive Assistant/Project Manager**
Hire date: 7/15/2013
Contact info: Marci.Franz@fcpotawatomi-nsn.gov

**Mary French, IT Dept.
Support Center Supervisor**
Hire date: 7/15/2013
Contact info: Mary.French@fcpotawatomi-nsn.gov

**Luke Schulta, IT Dept.
IT Technician II**
Hire date: 7/15/2013
Contact info: Luke.Schulta@fcpotawatomi-nsn.gov

Job Transfers/Title Change
**Teresa Gilpin, HWC
Accounts Receivable Assistant**
Hire date: 7/15/2013
contact info: Teresa.Gilpin@fcpotawatomi-nsn.gov

**Jenifer O'Brien, IT Dept.
Cabling Specialist**
Hire date: 7/15/2013
Contact info: Jenifer.O'Brien@fcpotawatomi-nsn.gov

Name Changes
• Heather Bixler to Heather Queen
Child Support Department
• Amy Jobelius to Amy Schuett
Purchasing Department

CORRECTION

In the story "Groundbreaking and Blessing Ceremony Held" as it appeared in the July 15, 2013 issue of the *PTT*, it was incorrectly stated that Rising Sun Daycare was part of the new building project. *PTT* apologizes for any misunderstanding this may have caused.

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 FCP tribal hall located at 8000 Potawatomi Trail, Crandon. Please join us!

Traditional Expedition Camp

submitted by FCP Family Resource Center

The FCP Family Resource Center team hosted a traditional expedition camp for community youth on July 16 - 17. Team members Brooks Boyd and Joe Chaney headed up the adventure. The camp was focused toward a selected group of teen males who have been active with the Wellbriety curriculum

offered by the Family Resource Center team and held on tribal land located on the Campbell farm west of Crandon.

The campsite was located near the borderline of tribal and state land on the north end. This was a one-night camp geared toward utilizing the natural elements of what Mother Earth has to offer

from a number of different aspects. This meant there were NO sleeping bags or tents allowed. As they reached the campsite, the young men started off with a prayer. Soon after, they proceeded to build their own shelter to sleep in and gathered wood throughout the day for the fire. A survival camp-type setting was the theme. The next day, the boys wrapped up camp and went to Lake Metonga to go swimming. There, they were greeted by other members of the

Family Resource Center team, Kerry Fox and Flora Tracey. They provided the crew with barbecue ribs and chicken as a meal to fill them up before going home.

The idea of this experience was to get them into the natural elements and to discuss the responsibilities of being a man in regard to respect, honesty and moral values. A great experience and memory for these young men!



(top left) The youth were able to make a great campfire!
 (top center) Brevin Boyd, Albert Jacobson and Joe Chaney prepare dinner.
 (bottom center and above) The group enjoyed hiking through all Mother Nature has to offer.
 (bottom left) Brooks Boyd lounges in his chosen spot for the night.



Area Youth Dance at Lac du Flambeau Pow-wow

submitted by Una Ross

FCP tribal member Waleli Frank (right) recently won the Lac du Flambeau outgoing princess dance-off. In the second photo (far right), Darlaina Boyd, Waleli Frank and Echo Prescott bared the heat dancing to 21 registered drums. The first two days were good; the last day of the pow-wow really got hot. It was a good pow-wow. Wado-Migwech



“What is life? It is the flash of a firefly in the night.
 It is the breath of a buffalo in the wintertime.
 It is the little shadow which runs across the grass and loses itself in the sunset.”
 -Crowfoot, Blackfoot warrior and orator



Love and Support Makes Breastfeeding Work

submitted by Kristin Kuber, FCP Health & Wellness Center Health Educator

Every year, August 1-7, is recognized as World Breastfeeding Week. This observance week reminds us of the importance of breastfeeding for the health of our babies and encourages us to support breastfeeding in our homes, workplaces and communities.

Breastfeeding creates a special bond between mothers, babies and families that lasts a lifetime. Breast milk has everything that a baby needs. It has all the nutrients needed for proper growth and development. Breast milk is easier for a baby to digest and is always clean and at the right temperature.

Breastfeeding has been linked to:

- Stronger immune systems
- Less diarrhea and constipation
- Fewer colds and ear infections
- Better vision
- Higher IQ
- Less illness overall and less hospitalization
- Lower rates of Sudden Infant Death Syndrome (SIDS)

The benefits of breastfeeding continue into childhood and on to adulthood by lowering chances for allergies, respiratory illness, obesity, diabetes and certain types of cancer.

Breastfeeding is healthy for moms

too. Breastfeeding helps shrink the uterus to pre-pregnancy size, promotes healthy weight loss, helps moms bond with their babies, releases relaxation hormones and lowers risk for osteoporosis as well as breast and ovarian cancer.

In order for women and babies to be successful in their breastfeeding, they need support from their family, friends and community. Be there for moms when they are feeling tired or discouraged and express how proud you are of them for giving their baby a healthy start. Encourage breastfeeding in the community; it is not something to be shy or embarrassed about. Breastfeeding is an act of love that helps set children up for a lifetime of good health.

For more information visit:

www.nal.usda.gov/wicworks/Learning_Center/support_bond.html,
www.marchofdimes.com/baby/breastfeeding-is-best.aspx or www.healthychildren.org/english/ages-stages/baby/breastfeeding/Pages/default.aspx.

If you have questions about breastfeeding, please contact the FCP Community Health Department at (715) 478-4355. We have several staff members certified and experienced to help.

Take Steps to Prevent Type 2 Diabetes

submitted by Kristin Kuber, FCP Health & Wellness Center Health Educator

Have you been recently diagnosed with pre-diabetes or think that you may be at risk for developing diabetes in the future? Follow these simple steps to lower your risk. Small steps can make a big difference!

1. Maintain a healthy weight.

Being overweight or obese is the leading risk factor for diabetes. An unhealthy weight also increases risk for heart disease, stroke, high blood pressure and high cholesterol. Losing just 10-15 pounds can make a difference.

2. Be more active. Strive for 30 minutes of physical activity, five days a week. Stay active throughout the day by walking to the store or taking the stairs at work. Choose a variety of aerobic exercises such as walking, biking or swimming. Incorporate strength and flexibility exercises into your daily physical activity routines. Split up the 30 minutes of physical activity into 10 minute increments to make it more manageable.

3. Build a healthier plate. Choose more fruits, vegetables, fish, lean meats,

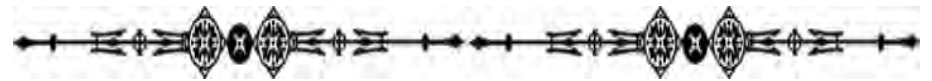
whole grains and low fat dairy products. Avoid foods that are high in fat, sugar and sodium. Watch portion sizes. Make water your beverage of choice.

Research studies have shown that people can delay and possibly prevent type 2 diabetes by losing a small amount of weight (5-7 percent of total body weight) through 30 minutes of physical activity five days a week and healthier eating. For example, a 200 pound individual would only have to lose 10 -14 pounds to significantly decrease the risk for diabetes.

Maintaining a healthy weight, exercising regularly and eating healthy not only help to prevent type 2 diabetes, these healthy behaviors can also prevent a wide array of major illnesses and chronic conditions. Small steps can make a big difference. Get started today on your path towards better health!

For more information visit: www.diabetes.org or www.cdc.gov/diabetes/consumer/index.htm.

Check the August 15 issue to learn about the warning signs of diabetes.



Attention Tribal Members & Immediate Families:



Interested in Condoms?

Please stop at any of the Community Health offices (lower level), and ask for a **BROWN BAG.**


Condoms prevent unplanned pregnancies, HIV/AIDS and other sexually-transmitted infections.



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH
8201 Mish ko swen Dr., Crandon, WI 54520

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a participating member of
ASPIRUS NETWORK

Summer Youth Workers of 2013

by Presley Keeble



Name: Monique June Tuckwab
Age: 16
Where are you from? Stone Lake, Wis.
What Program do you work for? C-Store kitchen.
Do you like your job? It's alright.
What is the best part of your job? Making money!
What did you gain from your job? Cooking better.



Name: Brevin Boyd
Age: 13
Where are you from? Stone Lake, Wis.
What program do you work for? Beautification.
Do you like your job? Fooshyze.
What is the best part of your job? Grass.
What did you gain from your job? Learning.



Name: Adrienne Sue Phillips
Age: 13
Where are you from? Crandon, Wis.
What program do you work for? Beautification
Do you like your job? Not really.
What is the best part of your job? Breaks.
What did you gain from your job? Nothing I know of yet.



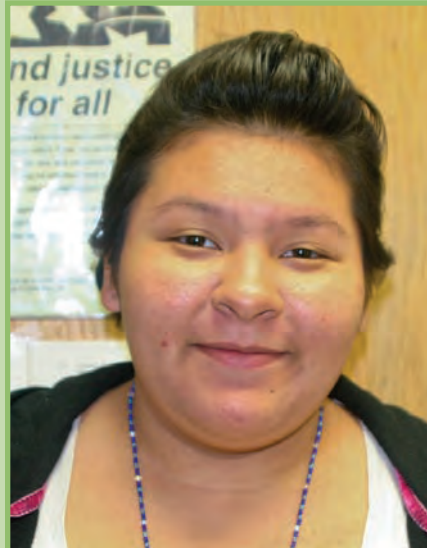
Name: Israel Alloway
Age: 13
Where are you from? Stone Lake, Wis.
What program do you work for? Beautification.
Do you like your job? Yeah.
What is the best part of your job? Mowing.
What did you gain from your job? Knowledge, smartness and carefulness.



Name: Reddman Lemieux
Age: 13
Where are you from? Stone Lake, Wis.
What program do you work for? Summer youth.
Do you like your job? Yes
What is the best part of your job? Staging bags.
What did you gain from your job? Working fast.



Name: Sage Milligan
Age: 14
Where are you from? Crandon, Wis.
What program do you work for? Beautification.
Do you like your job? Kind of.
What is the best part of your job? Going outside.
What did you gain from your job? I don't know.



Name: Gloria Marie Lemieux
Age: 14
Where are you from? Crandon, Wis.
What program do you work for? Sack lunches.
Do you like your job? Yes.
What is the best part of your job? I don't know.
What did you gain from your job? Nothing.



Name: Victor Soman
Age: 14
Where are you from? Stone Lake, Wis.
What program do you work for? Beautification.
Do you like your job? Yes
What is the best part of your job? Clocking out at 3.
What did you gain from your job? Weight.

WORK, LEARN, EARN!



Name: Mitchell George
Age: 13
Where are you from? Green Bay, Wis.
What program do you work for? Summer youth.
Do you like your job? Yes.
What is the best part of your job?—
 Make things.
What did you gain from your job? Make things.



Name: Danielle Josephine Smith
Age: 15
Where are you from? Blackwell, Wis.
What program do you work for? Administration.
Do you like your job? Yes
What is the best part of your job? Talking to Candace and learning new things.
What did you gain from your job? Not to be so shy when meeting new people.



Name: Tanya Labarge
Age: 14
Where are you from? Carter, Wis.
What program do you work for? Beautification.
Do you like your job? Kind of.
What is the best part of your job? I don't know.
What did you gain from your job? Nothing.



Name: Kordell VanZile
Age: 15
Where are you from? Wabeno, Wis.
What program do you work for? Beautification.
Do you like your job? Maybe.
What is the best part of your job? Going outside.
What did you gain from your job? Cutting grass.



Name: Autry James Johnson
Age: 14
Where are you from? Argonne, Wis.
What program do you work for? – Stone Lake C-Store.
Do you like your job? No, but sometimes yes.
What is the best part of your job? Actually being allowed inside.
What did you gain from your job? Picking up rocks and sweeping.



Name: Blake Andrew Adler
Age: 16
Where are you from? Crandon, Wis.
What program do you work for? Stone Lake C-store.
Do you like your job? No, we do all of the jobs nobody wants to do.
What is the best part of your job? When I actually get to come inside.
What did you gain from your job? Sweep parking lots, picking up rocks.

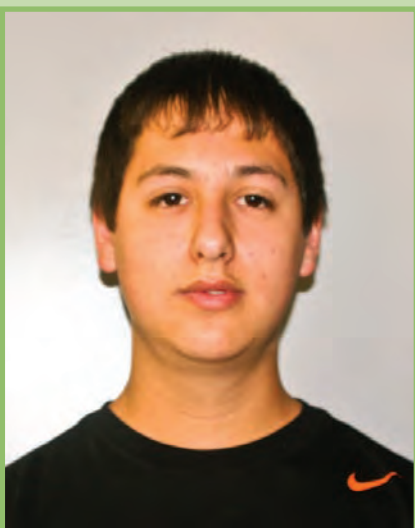


Name: Annie Phillips
Age: 15
Where are you from? Wabeno, Wis.
What program do you work for? Stone Lake C-Store kitchen.
Do you like your job? It's alright.
What is the best part of your job? Nothing.
What did you gain from your job?– Chorus.



Name: Alex McGeshick
Age: 15
Where are you from? Crandon, Wis.
What program do you work for? Cultural Center, Library & Museum, receptionist/staff support/maintenance
Do you like your job? It's good.
What is the best part of your job? Picking weeds.
What did you gain from your job? Responsibility.

**WORK,
 LEARN,
 EARN!**




Name: George Tuckwab
Age: 17
Where are you from? Where the Earth meets the sky.
What program do you work for? Utilities.
Do you like your job? Yes.
What is the best part of job? Fixing vehicles.
What did you gain from your job? Learning how to fix basic car changes.



Name: Mikiya Alloway
Age: 14
Where are you from? Stone Lake, Wis.
What program do you work for? Library
Do you like your job? Yes.
What is the best part of your job? Scanning and stocking books.
What did you gain from your job? How to work the Destiny Administrator.

Open to Tribal Members, their Families and Individuals eligible for the Alternative Care Program



**Affordable Care Act (ACA)
 Community Forum**

When: Tuesday, August 27, 2013
Time: 6:00 - 8:00 PM
Where: Health & Wellness Center (Lower Conference Room)
Presenter: Sandy Campbell, HWC Health Funding Specialist

Come Join Us

- Learn about the Affordable Care Act and how it may affect you, your loved ones and community.
- Participate in an Q & A Session.
- Obtain resources that assist you with the application and navigation process.

Indian Tacos & Prizes!!
 \$100 Walmart Gift Card, \$100 Stone Lake C-Store Gift Certificate, \$50 Subway Gift Card, \$50 Tricia's Treasures Gift Card

Space is limited. Contact Kristin Kuber at 715-478-4382 to R.S.V.P or if you have any questions.

What's Going On in Carter?

submitted by Frank Shepard, PCCH General Manager

Would you like to win your share of \$40,000? 'Grabbin' the Cash' will give Carter Club members the chance to earn entries into the drawing throughout the month of August until Sept. 1. All you have to do is earn 200 same-day base points for 10 entries or redeem 200 points for 10 entries. On Friday, Sept. 6, and Saturday, Sept. 7, Carter Club members will have the chance to punch out a spot of the 'Grabbin' the Cash' punch-board to see how much cash they will be taking with them. Each night, drawings will start at 7 p.m. and end at 11 p.m. Each night, lucky Carter Club members will get their chance to take home a share of up to \$40,000! New members to Carter Club can receive 10 free entries into the drawing.

Tier Entry Multiplier: Aug. 30, 31 and Sept. 1 for 'Grabbin' the Cash' on September 7:

- Two times entries – Wolf Card Holder
- Three times entries – Bear Card Holder
- Five times entries – Eagle Card Holder

Bingo players can receive a certificate for 10 free bonus entries with every early bird package purchased from Aug. 1 to Sept. 7.

Table games will be giving 10 bonus entries for specific hands dealt on Wednesdays and Sundays from Aug. 1 to Sept. 4.

- Blackjack – same suit blackjack
- Craps – any win on a hard way bet
- Roulette – straight up win on zero or double zero
- Three Card Poker – a straight or higher
- Let it Ride – a straight or higher on the three-card bonus

Tuesdays and Wednesdays will be 'Crazy Cash'. From 10 a.m. to 8 p.m., we will choose one winner every 30 minutes; if your name is drawn and you are here, we will give you \$100 cash! If you are a Carter Club member, we will give you one free entry each day. If you would like more chances to win, for every 50 points earned or redeemed we will give you 10 additional entries.

Do you like ribs? Then join us for 'Rib Riot Thursday'! Seniors earn 100 same-day base points and get a \$5 off coupon for our rib dinner at The Flames Sports Bar & Grill or The Springs Restaurant. If you would like your meal free, just earn 250 same-day base points. Those that are not seniors can earn 200 same-day base points and get a \$5 off coupon for the rib dinner at The Flames Sports Bar & Grill or The Springs Restaurant, or earn 450 same-day base points and get a free rib dinner.

'Livin' it up at 50'! Every Thursday, all club members over 50 years of age will receive a free entry into the drawing at the Carter Club booth. One winner will be drawn every hour from 11 a.m. to 7 p.m. for \$100 cash. For every 250 points earned, you will receive 10 free entries into the drawings. Guests are allowed to win twice each day.

BINGO!

- For every early bird purchased from Aug. 1 to Sept. 7, receive 10 entries for the casino's 'Grabbin' the Cash' promotion on Sept. 6 and 7.
- Come on in and check out our 30 Class II slot machines. They are new and fun to play!
- Every Wednesday is 'Double Bubble'. First ball out determines 'Doubler'. Bingo on the doubler letter and payout doubles; regular games only. Entry pack \$15; additional packs \$5.
- Thursdays – '\$200 Thursday'. Regular games pay \$150 in cash and \$50 in Potawatomi Play.
- The fun continues! On the first and third Friday this month (Aug. 2 and 16), we will be playing 'Finally \$500 Fridays'. Buy-in \$35; 25 regular games including five games paying \$250 and 10 games paying \$500! Each guest will receive \$25 in Potawatomi Play. (Limit one \$25 Potawatomi Play per guest per session.)
- Friday (Aug. 9 and 23) is 'Monitor Bingo'. Early birds at 5:30 p.m. Regular games at 6 p.m. After a regular bingo is won, if your ball is on the monitor you win \$50. Hot Ball excluded from monitor win. Entry packs cost \$15; all additional packs cost \$5.
- Looking for something fun to do on Friday nights? On Friday, Aug. 23, come and play 'Cosmic Bingo'. We will be having a football theme, so wear your favorite team's jersey! Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. - midnight. \$12 Packs include nine games paying \$100; one game paying a prize and the last game paying \$1,000; consolation prize \$250. Free beer and snacks.
- Every Saturday is 'BOGO!' Buy an admission pack for \$15 and get one free!
- Happy Birthday to you! Play bingo during the month of your birthday and receive a \$10 return comp and a free dauber. One return comp per person.
- 'Wheel Spin Multiplier Sunday'. Packs cost \$15; all additional packs are just \$5. After every regular game, winner/winners will spin wheel to win up to three times the amount of regular game payout (excluding progressive games; pays either jackpot or consolation).
- Saturday, August 31 – 'End of Month Cash Drawing'. Receive one entry for each entry pack purchased. Drawing is for \$500. Limit one entry per person per day.

Carter Packages

- Package A - \$80
- Package B - \$120
- Package C - \$160

- 64 Cards – 2 of all Specials
- 90 Cards – 3 of all Specials
- 120 Cards – 4 of all Specials

Please note that the packages do not include 'Early Birds' or 'Pick 8'.

Rescheduled!!

Forest County Potawatomi
5K FITNESS EVENT

Participate in the 5K Fitness Event
Celebrate Men's Health
Ēm Da Gwa To Wad Ode Ē She Mno Bma Tse Wat Ne Nwek

Friday, August 23, 2013

REGISTRATION TIME: 9:30 - 10:15 a.m. **EVENT START TIME:** 10:30 a.m.

LOCATION: Start point and registration at FCP Health & Wellness Center, 8201 Mish ko swen Drive, Crandon

WHO: FCP Tribal Members, Employees and their Family Members of any age

DESCRIPTION: Registration for the 5K course (3.1 miles) will be available onsite from 9:30-10:15 a.m. the day of the event. T-shirts only guaranteed to those who pre-register by AUGUST 9, 2013.

There will be **PRIZES, a SNACK and LIGHT LUNCH!**

SPONSORED BY: FCP Health & Wellness Center's Community Health Department

CONTACTS: Heather Laabs Robinson: 478-4317 • Kristin Kuber: 478-4382

TIMING SYSTEM

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 pm.

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
- Low & Discount Cigarette Prices
- Ample Parking • Groceries
- ATM • Ice
- Coupons Welcome
- In-House Deli Food

NAJA launches Native Health News Alliance

submitted by Native American Journalists Association

NORMAN, Okla. — The Native American Journalists Association (NAJA), headquartered in Norman, Okla., announced a partnership with the Native Health News Alliance (NHNA), which aims to provide greater, improved coverage of health issues across Indian Country.

The project is funded by a \$157,537 grant from the W. K. Kellogg Foundation located in Battle Creek, Mich., June 1, 2013 through May 31, 2014.

Www.NativeHealthNews.com will serve as a health information cooperative for American Indian media. Any journalist covering Native health can create a username to login, contribute and share their stories.

The website was developed in February 2012 through collaboration between NAJA members Teresa Trumbly Lamsam (Osage) and Rhonda LeValdo (Acoma Pueblo), who recognized a need for enhanced coverage of health issues facing their own Native communities.

Reporting kiosks will be a primary NHNA feature, offering journalists reliable, pre-packaged background information on a health issue of particular concern to indigenous communities. Native journalists will be encouraged to localize the issue and then share their stories with the larger community through the NHNA cooperative.

NAJA will contract with freelance journalists to create the first news kiosks on breastfeeding and oral health. The kiosks will include a series of reports that include text, informational graphics, images and video reports as appropriate.

Lamsam, associate professor at the University of Nebraska Omaha, serves as NHNA board president and executive editor.

“When the tragedy of disease is so prominent within your own families and communities, you either give in to it or you find that spark of resiliency,” Lamsam said. “I chose to dig deep and find that spark and that’s when it happened. What I started seeing around me were the stories of wellness, even among those who were struggling the hardest with health.”

LeValdo and Lamsam initially recruited fellow American Indian journalists and launched a citizen wellness blog, Wellbound Storytellers (WBS), in May 2012 to share their unique fitness journeys.

“Our original idea was the WBS would be a blog for Native journalists to get real about their health and become role models in their communities,” Lamsam said. “But, we had such an interest from other Natives, that we opened it up to the non-journalists as well.”

Eventually, the idea for WBS served as the model for a web-based virtual reporting assistant for Native media outlets. NAJA members can now expand

their Native health news content by utilizing NHNA resources as an information base and cooperative network for the coverage of shared American Indian health issues.

“Through the website, our goal is to not only provide assistance to resource-strapped Native media but also to provide the avenue for Native American journalists to become the national media leaders in setting the news agenda for health in Indian Country,” Lamsam said.

LeValdo, Haskell Indian Nations University media instructor and NAJA board president, said she hopes NHNA will have a positive impact on the welfare of Indian Country and Native media by providing another opportunity for members to tell their own stories.

“NAJA now has an opportunity to provide content for use by national media outlets while also helping tribal communities by sharing information beneficial to them. We are excited to work with our NAJA members in this endeavor,” LeValdo said.

About NAJA:

NAJA serves and empowers Native journalists through programs and actions designed to enrich journalism and promote Native cultures. NAJA recognizes Native Americans as distinct peoples based on tradition and culture. In this spirit, NAJA educates and unifies its membership through journalism programs that promote diversity and defends challenges to free press, speech and expression.

NAJA is committed to increasing the representation of Native journalists in mainstream media. NAJA encourages both mainstream and tribal media to attain the highest standards of professionalism, ethics and responsibility.

For more information, visit www.nativehealthnews.com or www.NAJA.com.

About the W. K. Kellogg Foundation:

The W.K. Kellogg Foundation (WKKF), founded in 1930 as an independent, private foundation by breakfast cereal pioneer, Will Keith Kellogg, is among the largest philanthropic foundations in the United States. Guided by the belief that all children should have an equal opportunity to thrive, WKKF works with communities to create conditions for vulnerable children so they can realize their full potential in school, work and life.

The Kellogg Foundation is based in Battle Creek, Mich., and works throughout the United States and internationally, as well as with sovereign tribes. Special emphasis is paid to priority places where there are high concentrations of poverty and where children face significant barriers to success. WKKF priority places in the U.S. are in Michigan, Mississippi, New Mexico and New Orleans; and internationally, are in Mexico and Haiti. For more information, visit www.wkkf.org.

August Powwow Trail

Aug. 2-4
47th Menominee Nation*
Woodland Bowl
Keshena, Wis.
(715) 799-5114 x1267
email: bninham@mitw.org

Aug. 3-5
53rd Wikwemikong*
Thunderbird Park
Manitoulin Island, Ontario, Can.
(705) 859-2385
www.wikwemikongheritage.org
email: brian@wikwemikongheritage.org

Aug. 3-4
16th Bear Mountain*
Harriman State Park
Stony Point, New York
(718) 686-9297
www.redhawkcouncil.org
email: native@redhawkcouncil.org

Aug. 3-4
33rd Paumanauke*
Babylon Town Hall
Lindenhurst, New York
(917) 415-5139
www.babylonarts.com

Aug. 9-11
30th Lac Vieux Desert
Old Indian Village
Watersmeet, Mich.
(906) 358-0138
email: negunee@yahoo.com

Aug. 9-11
Powwow Of Champions*
The Mabee Center
7777 South Lewis
Tulsa, Okla.
(918) 378-4494 or (918) 978-4898
www.iicot.org
email: iicot@cox.net

Aug. 10-11
22nd Odawa Homecoming*
LTBB Pow-wow Grounds
Harbor Springs, Mich.
(231) 242-1427
www.odawahomecoming.com
email: avandecar@ltbbodawan.gov

Aug. 10-12
Nesika Illakee*
Pauline Ricks Memorial Grds
Siletz, Ore.
(800) 922-1399 ext. 1230
www.ctsi.nsn.us
email: angelar@ctsi.nsn.us

* Denotes contest pow-wow

Aug. 16-18
47th Mille Lacs
Iskigamizigan Pow-wow Grounds
Mille Lacs, Minn.
(320) 532-7517
email: carla.bigbear@millelacs-band.com

Aug. 16-18
Shakopee Mdewakanton*
Pow-wow Grounds
Prior Lake, Minn.
(952) 445-8900 or (952) 496-6160
www.shakopeedakota.org or
www.mysticlake.com

Aug. 17-18
20th Mno Keno Ma Gē Wen
Carter Ball Field
Carter, Wis.
(715) 478-4430 or (715) 478-7374

Aug. 17-18
Mohegan Wigwam*
Fort Shantok
Uncasville, Conn.
(860) 862-6277 or 800-mohegan

Aug. 23-25
Skopabsh*
Tribal Grounds
Auburn, Wash.
(253) 939-3311
email: wendy.lloyd@muckleshoot-health.com

Aug. 23-25
21st Spirit Of Wovoka Days*
Joe Parr Sports Complex
Yerington, Nev.
(775) 463-2350 or (775) 230-8383
email: dkeats1@reno.gannett.com

Aug. 29 - Sept. 2
Choctaw Nation Labor Day Festival*
Choctaw Capitol
Tushkahoma, Oklahoma
(580) 924-8280
www.choctawnation.com

Aug. 30 - Sept. 1
Wii Gitchi Ni Mi Dim*
Next to Palace Casino
Cass Lake, Minn.
(218) 308-3120 (Rod)
or (218) 308-3680 (LaVonne)

Aug. 31 - Sept. 1
28th Kee Boon Mein Kaa*
Rodgers Lake Arena
Dowagiac, Mich.
(269) 462-4325
www.pokagonpowwow.com
email: pokagonpowwow@pokagonband.nsn.gov

Did you know...

- Peanuts contain over 25 percent protein and are rich in heart-healthy monounsaturated fat, making them a perfect snack.
- Dark chocolate possesses antioxidant properties not found in the more popular milk chocolate or white chocolate.
- Pulling off one of the leaves of a pineapple can indicate its level of ripeness. If the leaf pulls off the fruit easily, the pineapple should be ripe enough to eat.
- Approximately 70 percent of the earth's land mass is covered by water but only a little over 1 percent of this water is suitable for drinking.
- Vitamin D is nicknamed the 'Sunshine Vitamin' because the production of this vitamin in the human body comes from ultraviolet light via the sun.

*source: <http://insidefitnessmag.com/?p=3064>

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.

Beginning learners on Monday evenings: 5 - 7 p.m. - FCP Cultural Center, Library and Museum: (715) 478-7478.

EDUCATION

Crandon Indian Education Committee -

Monthly meetings are normally held the first Wednesday of each month at 5 p.m. at Health & Wellness Center. Contact these committee members with questions or concerns:

Margaret Konaha - Chairperson
(715) 478-7347 (work)

Hazel George - Member
(715) 478-5612 (home)

Shari Alloway - Member
(715) 478-7224 (work)

Brenda Cornell - Secretary
(715) 478-4308 (work)

Guadalupe Cisneros - Member
(715) 478-7478 (work)

Myra VanZile - Home School Coordinator

(715) 478-6175 (home)

(715) 478-3723, Crandon School
VANZILEMYR@crandon.k12.wi.us

Wabeno Indian Education Committee - Meetings are held every second Tuesday of the month at 6 p.m. at Potawatomi Carter Casino Hotel.

EVENTS

Family Night -

FCP Language and Culture presents a family night within the third week of each month. Watch for flyers or call (715) 478-4430 or 7376.

Get Fit & Stay Active -

FCP tribal members, their immediate families and FCP employees can use recreation and fitness equipment at We Care in Carter, Wis., Monday-Friday, noon - 8 p.m.*

Employees of the FCP Rec Center will staff both rooms. Contact Brian Tupper at (715) 478-7420 with questions.

*Hours subject to change depending on scheduled Rec Center activities.



EVENTS

Balancing Your Life & Diabetes/SPARKS -

By appointment • Diabetes Education Room, Health & Wellness Center

Diabetes Education:

Monitoring, making healthy changes, psychosocial, 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

Please call Lisa Miller, RD, CD, at (715) 478-4320, or Cathy Chitko at (715) 478-4367.



HEALTH

Al-Anon Meetings - Wednesdays, 5519 Kak Yot Lane, Crandon, 5:30 p.m. Why: Al-Anon is primarily for those who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavior problems. When you come into this room you are no longer alone, but among others who have experienced similar problems. We will respect your confidence and anonymity, as we know you will respect ours.

Please call (715) 478-4933 for more information.

Crandon AA - Thursday Night Big Book Study, lower level Crandon Library 7 - 9 p.m. Contact: Paulette at (715) 902-0672.

AA Meetings - Lost Marbles

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

Wellbriety - 12 Step Meeting

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

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

Crisis Line: 1 (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week)

Kids in Need: 1 (800) 622-9120

The Get-2-Gether Peer Support Drop-In Center: (715) 369-3871

Run-Away Hotline: 1 (800) 621-4000
1 (800) 273-TALK; TTY: 1 (800) 799-4TTY or visit suicidehotlines.com.



OPPORTUNITIES

Eagle's Wing Foster Care Recruitment: Take a Child Under Your Wing

FCP is in need for Native American foster homes to keep FCP children in its community and connected to its traditions, language and culture. Protecting our children is priority, preserving our families is tradition. Stop in at the FCP Indian Child Welfare department in the Family Services building (5415 Everybody's Road, Crandon). Call (715) 478-4812.

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. 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 (*continued*):

SERVICES OFFERED

• 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.



Important Information on FCP DV/SA Program

The Forest County Potawatomi Domestic Violence Sexual Assault (FCP DV/SA) Program is available 24/7. Crisis phone line is (715) 478-7201. Office hours are Monday - Thursday from 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 and work cell phone numbers that are checked periodically after hours and holidays: (715) 889-3037 or (715) 889-0278. All services are free and confidential.

Here are ways we can help individuals meeting FCP DV/SA client criteria: 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.

- Confidential advocacy - we can assist with your goal setting, safety plans or listening as you decide what you want to happen.
- Information on the legal process regarding a restraining order.
- Advocacy and support during the legal process.
- Emotional support.
- Assistance with crime victim compensation.
- Community outreach.
- Education on DV/SA to community as asked for.
- Assistance with finding emergency shelter/housing. We can assist with several options depending on your needs.
- Referrals and community resources.
- Transportation to court, appointments and daily living needs.

Amazing Anatomy

- The heart is the strongest muscle in the body.
- The largest muscle in your body is located in your rear end.
- The human neck has the same number of vertebrae as a giraffe's neck.
- There are 22 bones in the human skull.
- The human skull is 80 percent water.
- The average human head weighs about 8 pounds.
- Your heart is just a bit bigger than your fist.
- The heart pumps 36,000 gallons of blood a day.
- The smallest bone in the body is in your ear.
- The femur (thigh bone) is the biggest bone in the body.

*source: www.healthnews.com

AUGUST 2013 CALENDAR OF EVENTS

Community Health

- INP/WIC - Carter We Care: Aug. 1, 8 a.m. - 3 p.m.
- INP/WIC - HWC: Aug. 6, 8 a.m. - 4 p.m.
- WIC - HWC: Aug 13, 8 a.m. - 4 p.m.
- 5K *Rescheduled* - HWC: Aug. 23, Registration at 9:30 a.m.; event start 10:30 a.m.
- Affordable Health Care Act Community Forum - HWC (lower conference room): Aug. 27, 6 - 8 p.m.

FCP Family Resource Center

- Healthy Relationships: Mondays, Aug. 5, 12, 19, 26, 1 - 3 p.m.
 - Play Shoppe: Tuesdays, Aug. 6, 13, 20, 27, 11 a.m. - 1 p.m.
 - Life Skills Group: Wednesdays, Aug. 7, 14, 21, 28, 1-3 p.m.
 - Positive Indian Parenting: Thursdays, Aug. 1, 8, 15, 22, 29, 10 a.m. - noon
- Call (715) 478-4837 for details on programs. OPEN registration for Nurturing Fathers!

N.E.W. Directions/CHOICES Program

- DV Advocate/CHOICES (ages 13-17): Mondays, Aug. 5, 12, 19, 26, 3:30 - 5 p.m., Cooking Skills, DV Education. Youth will be picked up from home.

N.E.W. Directions:

- Group I Youngsters: Tuesdays, Aug. 6, 13, 20, 27, 3:30 - 6:30 p.m.
- Group II - Youth: Wednesdays, Aug. 7, 14, 21, 28, 3:30 - 6:30 p.m.
- Group III - Teens: Thursdays, Aug. 1, 8, 15, 22, 29, 3:30 - 6:30 p.m.

All events are at the FCP Family Resource Center unless otherwise specified. Now that school is out, youth will be picked up from home. For more info, call Judy Poler (715) 478-4941, Joe Chaney (715) 478-4839, Brooks Boyd (715) 478-4894 or Ahshoni Daniels (715) 478-4316.

Recreation Department

- Open gym now available noon - 8 p.m. on Saturdays.
- 2014 North American Indigenous games "Team Wisconsin" second try out date is Aug. 10 at Lakeland Union High School (Minocqua) and LDF Middle School at 10 a.m. for all sports. Contact Brian Tupper with questions or for details; or go to Facebook "Team Wisconsin 2014".
- For information on Rec Center activities, call (715) 478-7420.

August 2013 FCP Elder Menu*

Monday, July 29
Chicken Wings, Parslied Potatoes, Peas & Carrots, Mandarin Oranges

Tuesday, July 30
Ham & Turkey Sub Sandwich (Lettuce, Tomato), Potato Salad, Baked Beans, Jello® w/Fruit

Wednesday, July 31
Roast Beef, Mashed Potatoes, Gravy, Corn, Green Beans, Chocolate Chip Cookie

Thursday, Aug. 1
Baked Chicken, Stuffing, Brussel Sprouts, Carrots, Dinner Roll, Pineapple

Friday, Aug. 2
Hamburger Vegetable Soup, Cheese Sandwich, Blueberry Muffin

Monday, Aug. 5
Ham & Turkey Sub Sandwich (Lettuce, Tomato, Cheese), Cucumber Slices, Sun Chips®, Chocolate Pudding

Tuesday, Aug. 6
Salisbury Steak, Mashed Potatoes, Carrots, Fruit Cocktail

Wednesday, Aug. 7
Battered Fish, Potato Salad, Baked Beans, Dinner, Applesauce

Thursday, Aug. 8
Lasagna, Garlic Bread, Corn, Tossed Salad, Banana Pudding

Friday, Aug. 9
Chicken Dumpling Soup, Cheese Sandwich, Peaches
**Menus subject to change. Milk, juice or coffee with every meal.*

PERSONALS

Aww... my big baby already sixteen. The years sure did fly by! Happy Birthday, son, and many more. I love you, Momma

HAPPY BIRTHDAY, BROTHER. FROM, JAY, ALISA AND EVIN

Happy Birthday. Love, your stepdad Gary

Happy birthday to my husband, Ward DeVerney Sr., on Aug. 4th Love you and thank you for everything you do. Love Michelle, Angel, Miranda, Michael, Precious and TaKalya

Miss you tons, Gregory Otis DeVerney. Never forgot - love you bunches! 06/07/07-08/01/07 Love Dad, Mom, brothers and sisters.

Happy Birthday, Cassidy McKorkle. Love you, Effie & Bill

Happy 1st Birthday, Grandson! From, Grandma Theresa

Happy Birthday, Cassidy McKorkle. Thank you for everything you do! Love you, Dalton, Jessica, Travis, Elizabeth and Evelyn



Wishing our Sonny Boy a Happy 16th Birthday on July 30. Mom & Dad

HAPPY BIRTHDAY TO OUR COUSIN! FROM, MAURICE, JAY, ALISA AND BABY EVIN

Happy Birthday Grandpa! From, Maurice, Jay Thunder, Alisa, Evin and Alvin IV.

Happy Birthday, Auntie Judy, on August 1. From, Pork and family

Happy Birthday to my sisters, Sonya & Evelyn. From, Pork

Happy Birthday to our father, Alvin C. Weso Jr., on August 1. Love, Pork, Will & Cliffie

ON JULY 30, WISHING MY NEPHEW, ALVIN C. WESO IV, HAPPY 1ST BIRTHDAY!

Happy July Birthdays to:

- Justin Shepard
- Frank Shepard Sr.
- Ashley Shepard
- Andrew Shepard
- Mason Wamego
- Lisa Mermuys
- Darren Soman
- Bobbi Olds
- Love you all!
- Gram & Mom Patsy

Happy Birthday (Al) (Dad isn't it Dad 101)



8TH ANNUAL RAYMOND STEALER MEMORIAL CO-ED SOFTBALL TOURNAMENT

AUGUST 24-25, 2013

**ARLYN ALLOWAY BALLFIELD
IN STONE LAKE**

Entry Contact: Una Ross - (715) 889-3811
Sweatshirt-T-Shirt Orders: Jackie Crawford
(715) 478-7204 or (715) 889-4241
\$100.00 ENTRY FEE (10 TEAM LIMIT)

FIRST COME, FIRST SERVE

1st Place: \$500.00

2nd Place: \$300.00

3rd Place: \$200.00

Trophies will be awarded to 1st, 2nd and 3rd

CONCESSIONS:

Buff's Snack Shack will be available again this year!

RAFFLES



FOREST COUNTY
POTAWATOMI
Keeper of the Fire

20TH ANNUAL

GIVEAWAY

MENO KENO MA GE WEN TRADITIONAL POW-WOW

AUGUST 16 - 18, 2013

FCP GATHERING GROUNDS - GRAND OPENING!

CARTER, WI (Next to Casino)

FEAST: Saturday 5 P.M. **BREAKFAST:** Sunday: 8 - 10 A.M.

Drums Welcome (No Drum Hopping) • Pow-Wow Committee Raffles Only

IMPROVED CAMPING AVAILABLE (Water/Electric Sites/Showers)

PUBLIC WELCOME

For More information Call: 715-478-7374 or 478-4430

ARENA DIRECTOR

Rick VanZile

HOST DRUM

Eyabay

VENDORS

First Come,
First Serve

M.C.

Joey Awonohpay

INVITED DRUMS

Smokey Town

Ditibasin

Wind Eagle

Torpee Creek

Standing Stone

HONORARIUMS

FOR WALK-IN

DRUMS &

DANCERS

GRAND ENTRIES

Sat.: 1 & 7 P.M

Sun.: 1 P.M.

HEAD DANCERS

David Cleveland

Michelle Reed

Lunch after the Pow-Wow for everyone

Absolutely NO Drugs or Alcohol on Grounds. Not responsible for theft or damage and loss of property.

JR. & SR. PRINCESS CONTESTS:

Fri., August 16 • 5 p.m.

Ages 6-12: Jr. Princess • Ages 13-18: Sr. Princess

Held at the powwow grounds. Must be in full regalia.

Tribal members & descendants only.