



POTAWATOMI TRAVELING TIMES

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ABTE GBBON GISES

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100-Year Land Ownership for FCP

submitted by FCP Education & Culture

At one time, the Potawatomi people occupied and controlled approximately 30 million acres in the Great Lakes area. Starting in the early 1800s, Potawatomi lands were ceded to the U.S. Government. Sometime around 1833, after the Treaty of Chicago, most of our people were forcibly removed from the last of their lands east of the Mississippi. Refusing to be removed, some of the Potawatomi fled north and for many years lived on the lands of Northeastern Wisconsin.

In the hearts of all Potawatomi, there is a fire that represents our spirit and illuminates a purpose for our existence. Our Spirit's devotion leads us through our life's journey. Our existence fulfills a need for our current surroundings and to keep things in balance. It is this balance that provides the opportunity for all life forms to exist in harmony. This is who we are, and it is told by many. It is why we were made to exist as indigenous people.

Around 1890, our leadership, alongside a religious affiliate, felt a need for permanent stability. After many years of hiding in the woods, it was time to find a place we could call our home. Our leaders worked to set up homesteads. In 1903, President of Council Charles Kisheck, Secretary of Council John Thunder, Council R.O. Beck, and Reverend Erik Morstad followed their illuminating paths that began to establish the reservation, which is currently known as the Forest County Potawatomi Community.

Our leader's spirits then led them through the journey of petitioning the U.S. Senate and House of Representatives. They asked for consideration of their claims for proportionate shares of the tribal annuities, interest on trust funds and other monies and estate of the "Pottowautomie Nation of Indians" (as spelled in actual document).

With the precise purpose of our existence, they laid out the facts showing a right to recover said claims. Along with earlier treaties and laws, they factually demonstrated our claims by the need of their current surroundings.

This dedicated effort to keep things in balance took up to 10 years to identify progress. Never giving up, the leadership, along with the Potawatomi Community, had persevered by keeping faith through prayer and communication. The Creator, taking care of those things that were meant to be, removed negativity and delivered positive new growth.

A hundred years ago on June 30, 1913, that balance was found by starting a new beginning and ensuring opportunity for all life forms to exist in harmony. The Congressional Act - 38 Stat.77, authorized the U.S. Secretary of Interior to expend the sum of \$150,000 for the purchase of land to the Potawatomi. The title of land was to be taken in trust by the U.S. Government for the use and benefit of the tribe.



(l-r) Charlie "Musko" Tecumseh, Manyan and Mary Wensaut (little girl), 1925, Potawatomi Tribe

photo taken by Huron H. Smith; photo courtesy of the FCP Cultural Center, Library and Museum and the Milwaukee Public Museum.

This is a big part of how our people survived for all these years. "Our people never gave up; they always respected the spirits and each day gave thanks to the Creator," said FCP elder Billy Daniels Jr. So, today, we must continue to follow our ways by giving thanks to our Creator and to honor those spirits that have guided us to pave the way for what we have today. A celebration is being planned for the 100-year appropriation of funding that started the purchasing of land toward what is now known as the Forest County Potawatomi Community.

Timeline of Potawatomi History

In the beginning, the Neshnabek (original people) settled along the shores of the great salt water (Atlantic Ocean), near the mouth of the St. Lawrence River.

1,000 Years Ago — Movement began towards the Great Lakes.

1500s — Near Saulte Ste. Marie, the Neshnabek split into three groups - the Ojibwe (Keepers of the Faith), the Odawa (Keepers of the Trade), and the Bodewadmi (Keepers of the Fire). This relationship is known as the Three Fires

Confederacy. The Potawatomi moved towards Southwestern Michigan.

1634 — First encounter with Europeans: the French explorer Jean Nicolet visits the Potawatomi near Red Banks (Green Bay, Wis.).

17th and 18th Century — As strong allies of Nouvelle France, the Potawatomi control the fur trade in the Western Great Lakes.

1789-1867 — In 43 treaties, the Potawatomi were forced by the U.S. Government to cede all their lands between Wisconsin and Ohio.

In the 1833 Chicago Treaty, the largest land cession contained five million acres.

1838 — After the signing of the 1833 treaty, most Potawatomi were forcibly removed west. This march became known as the "Potawatomi Trail of Death".

1851 — Simon Kahquados, last known chief of the Wisconsin Potawatomi, is born at Black Earth Village in Kewaunee County.

continued on pg. 2...

Helping Our Community

submitted by FCP Foundation

For generations, the Forest County Potawatomi (FCP) have relied on the environment to survive. This reliance on Mother Earth instilled the conviction in the Potawatomi people of taking only what one needs and giving back what one can. The FCP Foundation arises from this conviction.

Guided by the Potawatomi heritage, the mission of the FCP Foundation is to fight poverty, promote economic opportunity, strengthen communities and provide an example of responsible citizen-

ship by assisting charitable organizations. To date, the FCP Foundation has contributed over \$30 million to charitable causes in the greater Milwaukee area and Forest County. The FCP Foundation areas of focus for giving are: arts and crafts, civic and community, economic development, education, elderly and veterans, environment, health and human services, Native American, and youth development.

In 2011, the FCP Foundation awarded grants to over 150 different organiza-

tions. In order to be selected, there are specific areas of criteria that are considered: the organization must understand the mission and focus of the FCP Foundation, demonstrate the ability to accomplish a stated proposal, have strong leadership, provide a Board of Directors profile, show a history of organization, financial stability, quality of performance, have the ability to leverage other funds and practice harmony with the environment. The foundation does not fund individual or political causes/candidates/campaigns, fundraising events, general operating or capital projects/expenses, groups or organizations that re-grant the funds to other organizations or institutions and church-

es or religious organizations with the exception of programs that benefit the community. Applications are submitted at least five months prior to the beginning of the programs or projects to allow for proper review. The applications are accepted by using the online application process, and the applicant must be a 501C (3) non-profit organization.

The FCP recognize the importance of using what one needs and giving away what one can. They have lived by these words for many generations, even as their people struggled with poverty that made life very difficult. The FCP Foundation hopes to continue this legacy for years to come.

100-Year Land Ownership

...continued from pg. 1

1890s — The Rev. Eric Morstad assists several strolling Potawatomi families near Wabeno, Wis., homesteads under the Indian Homestead Act of 1884.

1907 — W.M. Wooster, B.I.A. special agent, conducts census and reports 1,972 Wisconsin Potawatomi Indians.

1913 — Through the efforts of Charles Kishek and Rev. Eric Morstad, 11,786 acres of land is purchased using treaty monies.

1924 — Native Americans are granted U.S. citizenship by act of Congress.

1930 — Simon Kahquados, said to be the last known chief of the Wisconsin Potawatomi, dies at the home of William Tahwa near Blackwell at the age of 75.

1934 — The Indian Reorganization Act or Wheeler-Howard Act is signed into law.

1937 — The Potawatomi Tribe is reorganized under the Act of 1934 and officially become the Forest County Potawatomi Community (FCPC).

1938 — Ben Ellick becomes first Tribal Chairman.

1975 — Lois Crowe becomes first ever woman to serve as Tribal Chairperson.

1976 — Historic Dance Bowl at Devils Lake completed.

1981 — Wisconsin Potawatomi receive payment for treaty cession of 1833.

1988 — FCP lands granted "reservation" status. National Indian Gaming Act (N.I.G.A.) passed.

1990 — 15.6 acres of land purchased in Milwaukee's Menominee Valley.

1992 — FCP and State of Wisconsin sign gaming compact agreement.

1994 — First Potawatomi Nation Gathering in Canada.

Tribal court established on reservation.

1995 — 320 acres of former dairy land purchased in Blackwell for Red Deer Ranch operation.

FCP Health and Wellness Center opens.

Kim Wensaut, tribal member, establishes first tribal newspaper, *Potawatomi Traveling Times*, a bi-monthly newspaper about the events of the Forest County Potawatomi Community.

1997 — FCP Youth Recreation Center opens.

2002 — FCP Tribal Museum officially opens with permanent exhibit entitled

People of the Three Fires.

2003 — The FCP and Sokaogan Chippewa communities purchase former proposed Crandon mine site ending 20+ years of controversy.

2005 — A four-tribe alliance of the Potawatomi, Oneida, San Manuel Band of Mission Indians and Viejas Band of Southern California build a partnership venture and open the Residence Inn in Washington, D.C.

2006 — Expansion of Potawatomi Carter Casino Hotel complete (formerly the Northern Lights Casino), which was the largest construction project ever in Forest County, and added about 100 jobs.

Doors were opened to the new FCP Executive Building, which now houses the Executive Council and many of the tribe's departments.

2007 — Museum expansion complete adding a library, additional space for offices and a larger gift shop area.

2008 — USEPA approves Class I re-designation through issuing of final Implementation Plan for re-designation, effective May 29, 2008.

Potawatomi Bingo Casino expansion complete adding 500,000 sq. ft. of entertainment space, a six-story parking structure with connecting bridge, two new restaurants, additional slot machines and table games.

2011 — Potawatomi Stone Lake C-Store opens in Crandon, Wis.

2012 — Concordia Trust Property Campus, Milwaukee, renovations are underway to place the tribe's off-reservation offices in vacant buildings.

Data Holdings, LLC, groundbreaking started to construct a multi-tenant wholesale data center.

Potawatomi Bingo Casino broke ground on its hotel, which will be connected to the casino, generating hundreds of new jobs and millions in additional revenue for the area.

**Information through 2005 obtained from FCP Cultural Center, Library & Museum's website.*

The old home of FCP tribal member Louie Spaude, and the original allotment of his great-grandfather, Dan Keshick. It was built in the 1930s through the Wisconsin Public Assistance Act, and was located east of Wabeno, Wis. Spaude resided there until 1957.

Mr. Charles Kisheck, Chief Wisconsin Potawatomi Indians, Wausaukee, WI

My Friend:

The Office has received your letter of October 26, 1913, in which you ask what steps have been taken to purchase lands for you and your people in accordance with the Indian Appropriation Act approved June 30, 1913.

On September 22, 1913, Thomas W. Hines was appointed a special commissioner for the purchase of lands for your people, and on September 23 was instructed to proceed to Carter, Wisconsin, and such other places as might be absolutely necessary, for the purpose of investigating and recommending proper lands to be purchased in accordance with the provisions of the law mentioned.

Commissioner Hines was very carefully advised as to the conditions existing among your people residing in Michigan and Wisconsin, and was instructed to visit the principal groups of Indian located in the said states and obtain from them an expression of their views and wishes. He was also asked to ascertain their exact conditions, in order that he might report what lands would be best suited to their respective needs. Further, it was suggested that he consult with Rev. Erik O. Morstad and with the Superintendent of the Carter School to the end that he might be fully informed of their views before going among your people.

He will, under his instructions, give immediate attention to such of the Wisconsin Potawatomes as are homeless and in urgent need of having lands purchased for them; and the cases of such of your people have homesteads upon which you are living will be looked into with the view to purchasing lands for them after the homeless members of the tribe shall have been provided for.

It is thought that, by the time this letter reaches you, you will have been fully informed by Mr. Hines in the matter, and it may be that he will call upon you before visiting the other groups. Of this I cannot say positively, as the plan that he is to follow has been left largely to his judgment and discretion. However, should he do so, I would be glad to have you tell him fully what is your opinion is best for the various groups of your people. Of course, he will have to be governed by the provisions in the law providing the money for the purchase of the lands, and will not be able to make any changes of the conditions as therein set out.

The Office has confidence in your integrity, and hopes that you will act in entire harmony with Commissioner Hines. I believe also that you will, so far as you know, do what is best to aid him in selecting lands as homes for your people where they can be given adequate protection from the evils of the liquor traffic, be provided with school facilities, proper medical attention, and where they may eventually become self-supporting.

Your Friend,

C.F. Hauke, Second Assistant Commissioner of Indian Affairs



Photo courtesy of FCP Education & Culture Director Thomas Boelter. Information provided by Louie Spaude.

Potawatomi C-Stores Connected to Trails

submitted by FCP Forestry

The Forest County Potawatomi (FCP) has appointed a motorized recreational trail coordinator to work with area clubs and trail coordinators to improve access to and from tribal businesses and housing areas.

Through cooperation with the Town of Lincoln, the Forest County Forestry Department and the Forest County Board, a new trail segment was established, which is currently operable across county and tribal lands in the Town of Lincoln to connect the new Potawatomi Stone Lake Convenience Store with the 100 Mile Snow Safari Trail #9. This route is also open to ATVs in the summer months with access to and from both the Wolf River and Nicolet State Trail corridors.

The FCP Community owns two Shell Gasoline C-Stores that connect to the 100 Mile Snow Safari Trail. The Stone Lake C-Store is located three miles east of Crandon Wis., off Hwy. 8, 5326 Fire Keeper Rd., and the Carter C-Store is located at the South end of the trail in Carter, Wis., at 617 Hwy. 8, across from the Potawatomi Carter Casino Hotel.

The Stone Lake store is open seven days a week, from 6 a.m., to 10 p.m., with 24-hour pay at the pumps available. The Stone Lake store offers free electrical hook ups across the street for overnight RV/vehicle parking, and ample free daytime parking as well. The

Carter store is open 24/7 and offers free daytime parking.

Both stores have ethanol-free premium and winter blended diesel fuels. Each store has a self-serve smoke shop with low discounted cigarette and tobacco prices; coupons are welcome! In addition to on-site ATMs, patrons can satisfy their hunger with specials from the delis, or with grab/go groceries, beverages and snack items.

Signage of these snowmobile and ATV routes will be completed by the FCP with maintenance provided through cooperation of the Forest County ATV Association and the 100 Mile Snow Safari. The Carter C-Store can be found as #70 on the Forest County ATV map and #83 on the Forest County snowmobile map. The Stone Lake C-Store can be found as #21 on the Forest County ATV map and #44 on the Forest County snowmobile map.

Forest County provides hundreds of miles of trails and routes for ATV and snowmobile users. Please use the following sites for trail maps and additional information:

- Forest County ATV Association: www.foreaccounting.com
- 100 Mile Snow Safari: www.100milesnowsafari.org
- Forest County Chamber of Commerce: www.visitforestcounty.com
- Forest County Forestry and Parks: www.forestcountywi.com/forestry

2nd Annual FCPC Big Buck Contest Results

submitted by Heather Stricker, FCP Wildlife Resources Program Director

Congratulations to our first place winner, Chris Daniels, with a 10-point buck. The buck weighed in at 149 lbs. (field dressed), with a spread of 16 3/4 inches.

Second place goes to Frank Shepard Sr., with a 9-point buck weighing in at 175 lbs., and a spread of 15 5/8 inches.

In third place is Edward Alloway with an 8-point buck, weighing 142 lbs., with a 14 3/4 inch spread.

It was a close race this year, and we look forward to next year. Congratulations to all successful hunters! Winners can come to the FCP Natural Resources office to claim their prize.



Chris Daniels and his 10-point buck

**Deadline for the Dec. 15, 2012 issue is
Wednesday, Nov 28, 2012.**

Potawatomi Traveling Times

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Welcome to These New Employees

Thomas Gerold, Maintenance
Hire date: 10/23/2012

**Maline Enders, Title Change
ICW Preservation Worker**
Change date: 10/29/2012

**Angela Schmidt, ICW
Case Worker**
Hire date: 11/5/2012
Contact info: (715) 478-4818
Angela.Schmidt@fcpotawatomi-nsn.gov

**Brenda Martin, Elderly
CNA 1st Shift**
Hire date: 11/13/2012

**Rebekah Kostelny, Elderly
CNA 3rd Shift**
Hire date: 11/13/2012

**Jeffrey Frye, Stone Lake C-Store
Food Service Helper**
Hire date: 11/13/2012

**Brooks Boyd, Job Title/Transfer
Domestic Violence Advocate
Family Service Division**
Change date: 11/13/2012
Contact info: (715) 478-4894
brooksa.boyd@fcpotawatomi-nsn.gov

**Phoua Vang Xiong, Elderly
CNA**
Hire date: 11/20/2012

FCP Elder: Billy Daniels Jr.

In his own words as told to Abbey Thompson - Part I

I was born in November 1932, here at the reservation in Stone Lake. I grew up here, too. I grew up with my culture in an extended family. Language and culture was taught to me. Our grandfather lived with us. My father and uncle talked Indian every day, so it was the only language I knew. Every family lived that way on the reservation; it was the way things were.

We had our little school here called Kokomo School that went up to eighth grade. We had a white teacher. I only knew the Potawatomi language when I went, and learned English at the school. I went there for two years, for first and second grade. In 1944, we were moved to the school in Crandon. We had a lot of problems with prejudice there. There were fights almost every day until they got to know us.

We had horses and big gardens. The government gave us tools (plow, hay rake). We always had chickens and hogs. Butchering time was in the spring and fall. I remember some older people who couldn't hunt or work in the garden and needed food. We would give them food and they would take home a big pack.

Root cellars were dug into the side of the hill. They were made of split cedar with dirt on top. There was a chimney from the inside to outside. In the summer the cellar was cool and in the winter it was warm.

In spring, the whole family went berry picking. Mother would can everything and we kept it in the root cellar. She would dry meat and pumpkins in the woodstove. We never went hungry; we had plenty of food.

In the summertime, we would go fishing. We would eat porcupine. They eat hemlock bark; if you didn't boil them enough (two or three times), it wouldn't take the taste out. We had plenty of rabbits. You hardly see them anymore, and you don't see porcupines either.

All we needed from the store was sugar, bread, coffee, tea and maybe salt and pepper. We never locked our door. My mom would make a big breakfast and cover it up on the table, and leave the door unlocked. Later, someone would come eat, cover the food up and leave. We trusted people. Now we can't trust our own kind.

When I was a teenager we hunted deer. I dreamt of hunting and in the dream I would see a deer. I would point at the deer and pull the trigger. The shell wouldn't go off... I dreamt that four times. I asked my dad and he said that I shouldn't hunt deer anymore. It happened to me again - I dreamt that I was walking and a big deer was standing there with his head on the other side of the tree. I aimed at it, waiting for it to turn around. He finally did, and his head wasn't a deer's - it was beautiful black-haired lady. I remembered my father told me not to hunt. I remembered what he said, so I just quit hunting after that.

When we spoke our language at school, the teacher told us, "Don't use that here; you use what we teach you (English)." So, we learned English, and when we used it at home, our father and

grandfather told us not to use the white language. We were stuck in between - couldn't use Indian at school and couldn't use English at home.

My father never went to school. My uncle, Jim Daniels, went to the boarding school in Lac du Flambeau in the 1920s. He didn't like it; he talked about it. He said it was like being in the army.

They came after the kids on the reservation. They didn't ask the parents or tell them they were taking them; they just picked the kids up. They would put them in a car and drive off. They had to learn English; you were disciplined for speaking Indian. The kids all wore the same kind of clothes and cut their hair short. You had to march to eat, march to your classroom. On weekends, you had to march to church whether you were a Christian or not.

My uncle used to tell me about the bad things about that school. The Potawatomi ceremonies and ways were forbidden. But he kept his ways. He kept his language.

I quit school in 1952 after I finished the eighth grade. I didn't like it so I quit. I went into the service when I was 16. They said I was too young, but they couldn't find a birth certificate because I was born at home. They used one of my brother's birth certificates - he was two years older than me - and that's how I got in.

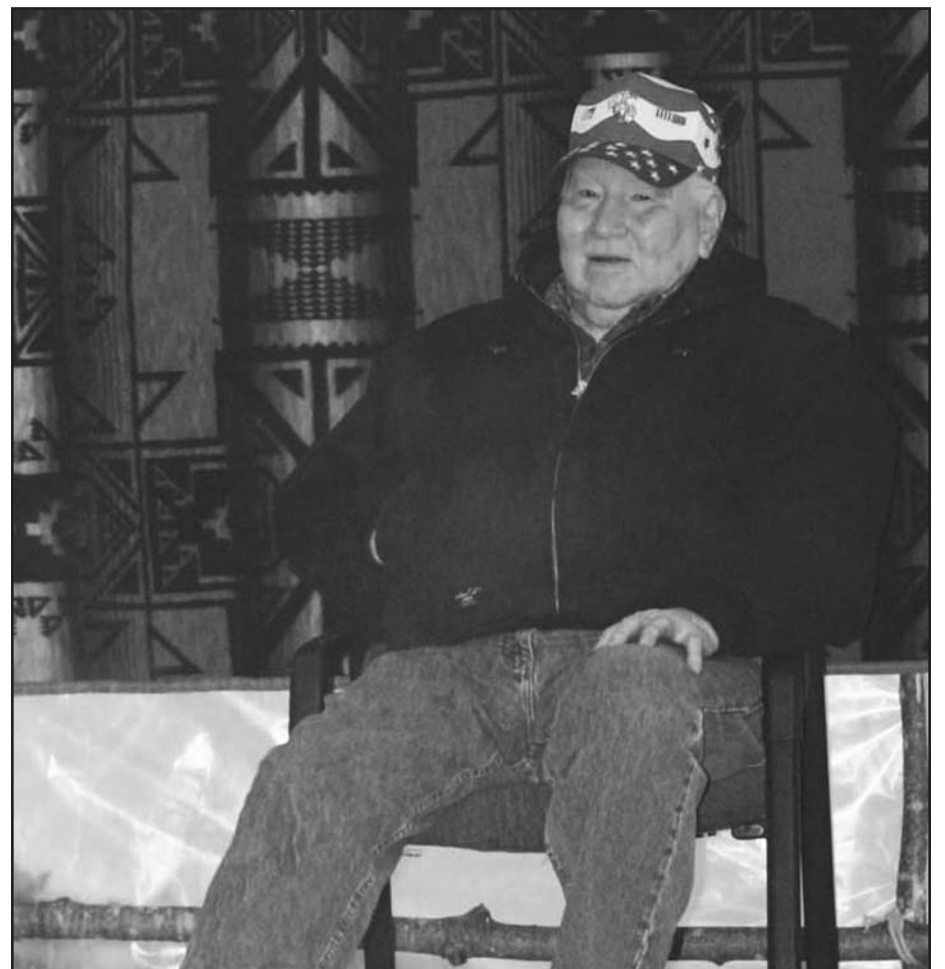
I finished boot camp and came home for 18 days. I went back for more training in California. I hurt my knee and stayed in the hospital for three months. I couldn't walk. They shipped me to Milwaukee in a hospital plane. I laid there for a month and a half. I could finally walk and got a medical discharge and they sent me home. When I got back home, I went to work in the woods, cutting timber. I used to do seasonal work like picking cherries and potatoes until I got old enough and started getting jobs with the tribe.

I went to school for four and a half years in Milwaukee as part of a language project, from 1971 to 75. I finished and got a job in Milwaukee with the "WE Indians Program". I was working with schools - I would have something for students to do like beadwork or anything on Indian culture.

In 1979, I got a job with the State in their CESA (Cooperative Educational Service Agency) program. I was stationed in Eau Claire. There were two of us and we divided the state; I worked in the western part. I would go visit schools where Indian kids attended and draw up a program to help keep the Indian kids in school. Then, I would take the plans to Madison and the state would send someone to the school to put in a program for the Indian children based on what I sent.

When my job fizzled out in 1982, I moved back home. I was jobless for a week and then I started work for the tribe at the TRAILS program. My first job with the tribe was a state job. I had to write my budget and send it to Madison. They would send the money to the tribe.

I worked as an alcohol counselor for two years. In 1989, a lady from



This photo of Billy Daniels Jr., was taken earlier this year at a Winter Stories event sponsored by the FCP Language & Culture department.

Milwaukee created a job in the Language and Culture program and I still work here today. The job hasn't changed very much. I'm teaching the language and the culture. I teach only what I know. I was taught a whole lot of things like performing ceremonies, wedding and naming ceremonies.

I'm in the Big Drum; I do a lot of ceremonies for the Menominee, people in Wisconsin Rapids, Flambeau, and here at home. I'm a speaker at Big Drum ceremonies for those tribes. I sometimes work with first speakers from Hannahville (Mich). I travel a lot.

There's a group of Potawatomi coming here from Pokagon, Mich., to learn the language. In October, we worked with the Potawatomi from the Prairie Band of Mayeta, Kan., to help them record their language. I'm also working with a group and we're writing a Potawatomi dictionary - they say it will take about five years to finish. Jim Thunder is doing the traditional writing for it. My program is doing the revised writing so children can learn.

Learning English wasn't too hard. "Learning Indian is harder," I tell the kids in my classes. In second and third grade, they have to learn 30 words a week. In Potawatomi, they learn maybe four words if they had class every day. That's the hard part - my students already know English, and it makes it harder for them to learn Indian.

We don't just teach language. We teach the culture, and whatever goes with the language.

My father was a lodge person. He wrote down a lot about the medicines. That's where the medicines come from, the medicine lodge. I still use some of the medicines for colds and different kinds of cuts.

All this new money and the "per cap" can be a good thing, but our

younger people don't use it the way they're supposed to. The younger ones use their money to buy bad stuff like dope. I know of three people who lost their new possessions they bought. They didn't use it right. They should invest it in something else. They should keep the money from their kids until they're done with college. When I was young, we didn't have TVs, computers. When you work hard, you appreciate things.

I think this money was something that was given to us for a reason. We have to think about our elders... they're the ones who got us this far. They're the ones we have to think about. Even after they pass away, we still have to do things for them like the ghost feast. We have to use the things they taught us. Some of us Indians stick to what we're supposed to do. That's what gets us through every day.

I used to work for some white farmers. On Sundays, they went to church. They asked if I wanted to go to church, I said, "NO, I have my own religion." The farmer had beer in his basement. After they came back from church they would drink that beer. Mamogosnan is watching us every day. After we leave this earth we go to another place.

I don't like to see our younger ones and our people go toward Christianity. It's not the way of their Potawatomi ancestors. We have to use our ceremonies because that's who we are. They used to tell me that a lot of our people are going the other way. I was told if you go that way and leave this earth, you go where you're not supposed to go. You're a lost soul... your spirit just hangs around the earth. Those are the ghosts you see; they don't get to go where the Indians go.

(Look for "Billy Daniels Jr., Part II" in the January 1 issue of the *Potawatomi Traveling Times*.)

Memories of Survival: LDF Boarding School

by Abbey Thompson

Throughout history, conquerors learned the best way to create a new culture in their own image is to start with the assimilation of young children. The United States government used this method in the late 1800s when it was still struggling with its mission to end Native tribes' control of their own lands. Beginning in the late 1800s, U.S. and Canadian authorities took Native children from their homes and attempted to educate, and sometimes beat, their identity out of them as part of a new plan to solve the "Indian problem".

The first federally-sanctioned boarding school was opened in 1892 - the Carlisle Industrial Training School in Pennsylvania. By 1920, there were nearly 500 Indian boarding schools in the United States; 25 were off-reservation schools. More than 100,000 children were forced to attend.

A government boarding school was constructed in Lac du Flambeau on the peninsula between Long Interlachen, Pokegama and Flambeau Lake in 1895. What happened there during the time it operated (1895-1932) was not only a reflection of a systematic attack on tribal culture and language across the United States, it had profound effects on families and the communities of students who attended, that are still visible today.

The school opened in 1895 as a pre-vocational industrial school for grades one through six. Driving past the refurbished building on the side of Highway

47 just north of downtown Lac du Flambeau, it's hard to imagine this structure was once part of a thriving school with buildings and grounds stretching for acres. The building and few nearby structures are the only visual reminder of that era in history.

At age five, tribal children were taken from their homes, and from the only lifestyle and language they knew, and separated from their families for most of the year. Parents attempting to hide their children were disallowed their government

food or money rations, or threatened at gunpoint.

Students came from the Potawatomi, Red Cliff, Mole Lake, Menominee and Bad River tribes of northern Wisconsin.

Bureau of Indian Affairs (BIA) schools operated with small budgets. Students did hard labor to raise money for staff salaries and some were leased during the summers to work as housekeepers. In addition to supplying income, the hard labor prepared children to take their place in outside society - on the bottom rung of the social ladder. Literally imprisoned in the school, children experienced a devastating array of abuses.

Rigid Atmosphere

The atmosphere at the school resembled military life. The staff of gov-

ernment agents, teachers, matrons and strict disciplinarians often had military backgrounds.

Upon arrival, their hair was cut short and they were issued simple cotton uniforms. Students slept in dorms lined with simple beds. Mornings were spent cleaning and doing chores. (Primary students spent more hours each day in school-related activities). After the noon meal came school lessons until 4:30 p.m. Dinner followed and military drill exercises occupied the hours before bedtime. There were very few exceptions to this routine.

Students were allowed more play time on weekends, and an occasional assembly or library time. Mass and church activities were always a part of Sundays.

"Kill the Indian in him, and save the man..." - US Army Capt. Richard Pratt, founder of the Carlisle Boarding School (Pennsylvania), 1892.

Students caught speaking their language were severely punished. The

boarding school effectively created a generation of people who no longer spoke their first language.

Language

Physical hardship was merely the backdrop to the assault on Native culture. Eliminating Native languages - considered an obstacle to the "accultura-

tion" process - was a top priority. Traditional ways were practiced in "secret" back home on reservation lands. Many traditions were recorded in writing, from oral storytelling, but Native languages came dangerously close to being lost.

With the help of elders and a few fluent language speakers, there has been a great effort since the 1990s to preserve Native languages. The FCP Language and Culture Department is working on a Potawatomi language dictionary, and so is the Menominee tribe. The same is happening on other reservations in the United States and Canada. Middle-aged people and elders are fluent, and younger children are using their native language more often.

The language gap created by the boarding school era closes as time passes. Billy Daniels Jr., FCP language teacher and elder, said, "As long as we keep speaking our first language, we will improve as a tribe. If we lose our language, we lose our identity and sovereignty."

Although there is disagreement in Native communities about how to approach the past, most agree that the first step is documentation. It is crucial that this history be shared.

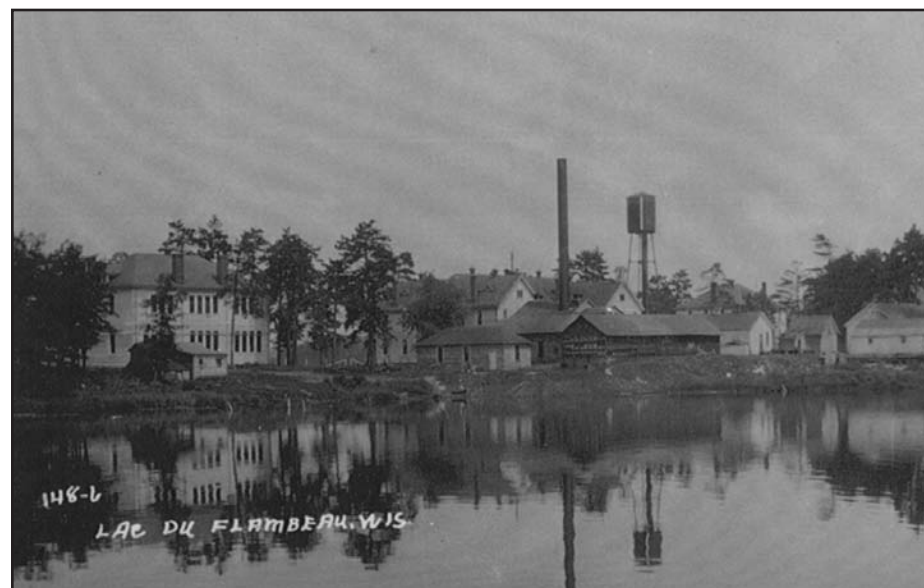
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(above) The boy's dorm building; the last of three remaining original structures. The structural integrity and architecture remained intact over the past 117 years. Since the school closed, the building has served many functions including a BIA office building, a homeless shelter, and alternative high school before sitting vacant. The building is being renovated and upon completion will serve as a regional museum, educational facility and cultural center.



Male students in uniform.



(above) From Long Interlachen Lake; in its heyday the Boarding School had many buildings with a variety of functions. The school also had fields where crops were farmed.

(left) Two female students in "proper" classroom attire.

All photos courtesy of LDF Historic Preservation Office.

Memories of Survival

...continued from pg. 5

Consequences Seen Today

As a result of the strict conditions at the boarding schools - in the years since their closing - abuse became entrenched in Native communities as many victims became abusers. Substance abuse, suicide and hopelessness have dealt repeated blows to the traditional social structure of Native communities.

Traditionally, women generally held high status and domestic violence was non-existent. Today, such abuses have reached epidemic proportions. Alcoholism in Native communities is currently six times higher than the national average. Researchers have established links between these figures and the legacy of boarding schools.

There are some positive consequences attributed to the LDF Boarding School. Some families sent their children to the school knowing that they would be fed, clothed, receive medical care and a basic education. Some of the students continued with their education at universities and became professionals. Others learned trades, and most did learn how to exist in mainstream society. Survival, in all forms, became second nature.

Healing

Efforts by the Lac du Flambeau Tribal Historic Preservation Office, with the ultimate goal of transforming the remaining boys dormitory building into a museum, archival storage and traditional education facility, draw comments from community members ranging from positive to negative. Tribal elders who were interviewed about the old school were supportive of preserving the dorm as a symbol of survival through a harsh era.

While this project is broad in its scope, its success could be critical to the healing of generations of descendants of students who attended the school. It

could set into motion events beginning with viewing the past abuse as human rights violations perpetrated by outside forces, instead of being an issue of individual failings and community dysfunction.

For descendants of former students, overcoming the silence and the stigma of abuse could lead to personal breakthroughs. Tribes are fighting back against the theft of their language, culture, and of their livelihood.

This is a list of students compiled from the archives of the Lac du Flambeau Boarding School. The names are spelled as they were recorded in the original documents (1895-1932). We apologize if any students were not listed.

Potawatomi students were from the towns of Stone Lake, Blackwell, Carter, Soperton, Mole Lake, Crandon, Wabeno, McCord, Bark River (Mich.), Townsend and Laona:

Albert Alloway, Charles Alloway, Emma Alloway, Huffman Alloway, Jack Alloway, Mabel Alloway, Jane (Ida) Barney, Bill Barney, William Ben, Genevive Bills, Josephine Bills, Nellie Bills, Vivian Bills, Louis Bills, Albert Cook, Billie Cook, Emma Cook, Jesse Cook, John Cook, Mary Cook, Leo Crawford, Louis Crawford, James Daniels, Mikkelly Daniels, Mary Daubon, James Dobon, Cecelia DeHart, Myrtle DeHart, Ben Ellick, Joe Ellick, Charlie Fox, Grace George, Joseph George, Joseph Jack, Charles Jacobson, Ernest C. Jacobson, Ethel Jacobson, John Jacobson, Virginia Jacobson, Silver Joe, Madeline Johnson, Paul Johnson, Joseph Johnson, Lillian Kelty, Mabel Keshick, Jim Keshick, Dora Keshick, John Kinne, James Kinne, Mabel Kinne, Mary Kinne, Thomas Kitchdume, Evelyn Mann, Mary Mann, Jack Manomin, Herbert Meshigaud, Stephen Meshigaud, Isaac Meshigaud, Thelma

Michigan, Dewey Mulray, Margaret Nedeau, Edward Ottawa, James Pamaska, William Pamaska, Helen Pemma, Henry Pemma, Mack Pemma, Peter Pemma, Fred Pemma, Isaiah Petanaquot, Wellington Petanaquot, Annie Shawano, Bill Shawano, Gilbert Shegonee, Wilbert She-kone-nee, Dan Shepard, Nelson C. Shepard, Nelson C. Sheppo, Emeline L. Sheppo, Daniel H. Sheppo, Emiline Sheperd, Amos Shopwadig, John Shuckto, Dan Smith, John Smith, Henry Smith, Fred Spoon, John Sunko, William Tecumseh, Jesse Thomas, Percy Thunder, Ira Thunder, George Tuckwab, Gus Tuckwab, Mary Tuckwab, Millie Quatosa, Pearl Wabbe, Willie Wabbe, Sam Wabbe, John Wabiness, Jim Wabiness, Charles Walker, John Waubegay, Scott Waubegay, Louis Waubanom, Evelyn Wewasson, Leo Wewasson, Louisa Wewasson, Isabel Whitefish, Josephine Whitefish, Maggie Whitefish, Martha Whitefish, Paddy Whitefish, Stella Whitefish, Charlie Williams, David Williams, Eva Williams, Alice Young, Rebecca Young, Reuben Young.



Unidentified student, circa 1910.



The main school building, circa 1900.



Older male students and an un-named teacher. Most of the staff, including teachers, disciplinarians, doctors and matrons, were also housed on the school campus. Students resided at the school for most of the year.



Female students in exercise uniforms. Older students were expected to assist the staff with keeping younger students "in order".

Understanding Native American Heritage Day

submitted by Ernest L. Stevens Jr., National Indian Gaming Association Chairman

This day provides us the opportunity to share history as we know it as given to us not by the pages in history, but through the voices of our grandparents, elders and ancestors.

Created in 2009 by our friends in Congress, the United States recognizes the day after Thanksgiving, as Native American Heritage Day.

This is a day that provides the appreciation of the contributions, culture and unique commonalities that we share as Native people of this Nation. Native American Heritage Day provides us the opportunity to share history as we know it as given to us not by the pages in history, but a more accurate depiction found rightly in the voices of our grandparents, elders and ancestors.

Today, there are 566 federally recognized tribes and still many that are fighting for their rightful place in American society. This is only a handful in comparison to the multitudes that once thrived in this land before a United States of America. Millions of lives were lost in what followed, and we must always remember what tribal nations gave up throughout the formation of America.

This is a time for us as individuals to share with our loved ones the stories that were given to us and share them with our younger generations so that our stories may never be lost. This gives us a chance to connect our children with our culture and what makes our families so strong. This full story is not found on television, a download or a search online.

The full story of our heritage that we cherish so much is found within our Native communities, and I challenge us all to bring that rich heritage to America. The concept of community was always sacred for Native Americans because the needs of the community outweighed the needs of the individual. It was common to do things with others in mind, whether it was food, labor or knowledge.

The influence and ingenuity of Indian Country encompassed many areas: mathematics, agriculture, government, architecture, guerilla warfare and much more. These are strengths that we have shared with our European settlers since they have arrived, and throughout the establishment of this country, our contributions have continued. American Indians have provided sustenance, shelter, knowledge and our lives to this country and that must never be forgotten.

We must never shy away from the opportunity to be educators on the realities of our Peoples and our contributions to this society, which continue to transform the world. Our Creation Stories and our understanding of Emergence share a unique commonality; and that is we rise above and confront the challenges that lie in front of us.

This gives me hope that we will continue to utilize our historical strengths and our perseverance to keep America moving forward!

We are proud nations, and Indian country is appreciative all of our work that we have done with all communities,

Native and non-Native, to make this day a day of heritage for us all.

About Native American Heritage Day

In 2008, President George W. Bush signed into law legislation introduced by Congressman Joe Baca, to designate the Friday after Thanksgiving as Native American Heritage Day. The Native American Heritage Day Bill was supported by the National Indian Gaming Association (NIGA) and 184 federally recognized tribes as a day to pay tribute to Native Americans for their many contributions to the United States. To learn more about Native American Heritage Day and Native American Heritage Month, go to <http://www.aianheritagemonth.org>

Notables:

James E. Billie (1944-) - Under the leadership of Chairman James E. Billie, the Seminole Tribe opened the first high-stakes bingo hall in Florida. This was followed by a series of court battles leading to a final decision by the United States Supreme Court on Oct. 5, 1981. The court ruled in favor of the Seminoles affirming their right to operate their bingo hall.

Jim Thorpe (1888-1953) - American athlete, born near Prague, Okla. Thorpe was probably the greatest all-round male athlete the United States has ever produced.

Wilma Mankiller (1945-2010) - As the powerful, visionary first woman Principal Chief of the Cherokee Nation, Wilma Mankiller was responsible for 139,000 people and a \$69 million budget.

LaDonna Harris (1931-) - LaDonna Harris, Comanche, Okla., has worked for decades on behalf of Indian tribes, civil rights, and world peace.

Maria TallChief (1925-) - Born Elizabeth Marie Tall Chief to an Osage Nation father, she became an eventually well-known ballerina.

Ben Nighthorse Campbell (1933-) - The only American Indian in Congress, Senator Ben Nighthorse Campbell is also a Northern Cheyenne chief.

Ira Hayes (1923-1955) - Ira Hayes, a Pima, was a noted World War II hero. Although he had a normal childhood on his reservation, his life changed dramatically when war broke out and he joined the Marine Corps. On Feb. 23, 1945, to signal the end of control, Hayes and five other's raised the U.S. flag atop Mount Auribuchi on the island of Iwo Jima.

Red Cloud (1822-1909) - Perhaps one of the most capable warriors from the Oglala Lakota (Sioux) tribesmen ever faced by the U.S. military, Makhpiya Luta, his Sioux name, led his people in what is known as Red Cloud's War.

Crazy Horse (1840-1877) - With a name in his tribe, Lakota: Thasuka Witko, that literally means "His-Horse-is-Crazy", this Native American was actually born with the name: Cha-O-Ha meaning in Lakotan, "In the Wilderness", and he was often called Curly due to his hair.

Visit the Native Youth Heritage Display located at *Potawatomi Traveling Times*

8000 Potawatomi Trail, Crandon, WI

Includes original pieces of artwork created by local tribal youth grades K-12, in honor of Indian Heritage Month, that express "What my Native heritage means to me."

Dec. 5, 2012 - Jan. 3, 2013

A reception with refreshments to honor participants and their families will be held at the PTT office on Jan. 3, 2013, at 4 p.m.

Regular Hours: Monday - Thursday, 7 a.m. - 5 p.m.

*For holiday office closure info, please call ahead at (715) 478-7437



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**POTAWATOMI
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www.FCPotawatomi.com

What's New at the Library?

submitted by Samantha Smith, FCP Tribal Librarian

How We Saw the World
by C.J. Taylor

Lay-up and Longshots
by Joseph Bruchac

Circle of Wonder: A Native American Christmas Story
by N. Scott Momaday

A Coyote Solstice Tale
by Thomas King

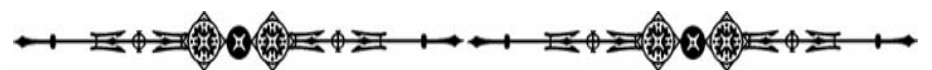
The Great Ball Game: A Muskogee Story
by Joseph Bruchac

Chief Sarah: Sarah Winnemucca's Right for Indian Rights
by Dorothy N. Morrison

Fire Along the Sky: A Novel of America
by Robert Moss

Older Than America, DVD

Black Cloud: The Will of a Warrior, DVD



Native American Youth Use Art to Express “What My Heritage Means to Me”

by PTT Staff

In honor of November as American Indian Heritage Month, the *Potawatomi Traveling Times (PTT)* asked all Native American youth in grades K-12 to create projects that expressed, “What my heritage means to me.”

A total of 19 Native American students submitted artwork that consisted of different mediums ranging from pencil, acrylic paints, marker, beadwork, wood and pottery.

Submitted works are part of a heritage display from Dec. 5, 2012 - Jan. 3,

2013, at the *PTT* office located at 8000 Potawatomi Trail, Crandon, Wis. Normal business hours are Monday - Thursday from 7 a.m. - 5 p.m., but please call ahead for holiday office closure: (715) 478-7437.

A reception with refreshments to honor participants and their families will be held on Thursday, Jan. 3, 2013, at 4 p.m., at the *PTT* office.

The *PTT* would like to thank all the students for participating and creating pieces of art that give a meaning of what

their Native Heritage means to them.

A special thanks to all the FCP departments for helping get the word out to the youth: to Lois Hoppe, Crandon Elementary School art teacher; Mark Mackowski, Crandon High School art teacher; Native American coordinators and tutors at all schools; Crandon and Wabeno Indian Education Boards; and to the parents of the students, area classroom teachers, area school support staff and family members for encouragement.

Once the youth see their work in the

newspaper and on display, they will feel the pride of their culture and heritage.

This will encourage our youth to continue to use their talents to enrich our culture and traditions.

Congratulations to all the very talented Native American youth that we have right here in arm’s reach. Thank you for sharing your talent with us. It’s been a pleasure to our eyes to see such talented and beautiful work. Migwetch!



Isabella Daniels, age 9, Forest County Potawatomi
Title of project: “Isabella’s Awesome Potawatomi Village”
What does your heritage mean to you?: “My heritage makes me who I am.”



Tana VanZile, age 10, Sokaogon Chippewa Community
Title of project: “Fancy Dancer”
Why did you create this project?: “Because I like to dance at pow wows.”
What does your heritage mean to you?: My heritage means a lot to me because it teaches me about dancing.”



Albe Thunder, age 10, Menominee Indian Tribe
Title of project: “Spirit of the Wolf”
What does your heritage mean to you?: “It means a lot to me. It’s a lot of fun because you can learn how to draw.”



Zatrina McGeshick, age 13, Sokaogon Chippewa
Title of project: “Beaded Necklace”
What does your heritage mean to you?: “I created this project to share my heritage. I grew up seeing my aunt bead, and it seemed very fun and interesting to me. I decided to try it, and I liked it. Then at school, we started doing beadwork, and I explained to Mr. Mackowski that I already did (these) things, so he advanced me into making this wonderful necklace.”



Grace Alloway, age 10, Forest County Potawatomi
Title of project: “Journey of my Heart”
What does your heritage mean to you?: “It helps me learn more about myself.”



Isaiah Alloway, age 10, Forest County Potawatomi
Title of project: "Eagle Eye"
Why did you create this project?:
 "Because my Uncle Tim loves eagles."



Jennifer Daniels, age 11, Forest County Potawatomi
Title of project: "Horse of the Whisper of the Wind"
What does your heritage mean to you?: "My heritage is a really fun life that I had when I was a baby. I met new people that are really friendly."



Aaleyah Alloway, age 10, Forest County Potawatomi
Title of project: "Hand of my Heart"
Why did you create this project?: "My uncle, Tim Alloway, died and he made me a picture of a beaver."



Kaylee McGeshick (with help from Mko Daniels), age 15, Sokaogon Chippewa
Title of project: "Beaded Key Chain"



Mko Daniels, age 17, Forest County Potawatomi
Title of project: "Lazy Stitch Beaded Moccasins"
What does your heritage mean to you?: "My heritage is everything – it identifies who I am and gives me many life teachings."



Miranda DeVerney, age 11, Forest County Potawatomi
Title of project: "Nature"
What does your heritage mean to you?: "Everything, and the reason why I created my project is that now everyone can see how talented us kids are."



Nellie Soldier, age 10, Sokaogon Chippewa
Title of project: "Life Flight"
Why did you create this project?: "My picture is an eagle, and I'm eagle clan."
What does your heritage mean to you?: "My heritage makes me and my family proud."



Keanu Yazzie, age 9, Dine (Navajo)
Title of project: "Ma'iitsoh (wolf)"
Why did you create this project?: "To support the wolf culture of the Navajo (hunters should be respected)."
What does your heritage mean to you?: "Heritage is cultural traditions that I learn from my parents, grandparents and family. It is who I am."



Navada Peterson, age 10, Sokaogon Chippewa
Title of project: "Life Imprint"
What does your heritage mean to you?: "I am proud to be Native American, and I want to learn more about my clan and my culture."



Kaitlyn McGeshick, age 11, Forest County Potawatomi
Title of project: "Earth and Sky"
What does your heritage mean to you?: "The project is a pot, and it represents my clan."

Children and Abuse

submitted by FCP Domestic Violence/Sexual Assault Program

Domestic violence affects children, even if they're just witnesses. Children who are exposed to violence in the home are denied their right to a safe and stable home environment. They need trusted adults to turn to for help and comfort and services that will help them cope with their experiences. Far more must be done to protect these children and to prevent domestic violence from happening in the first place.

Infants and small children who are exposed to violence in the home experience so much added emotional stress that it can harm the development of their brains and impair cognitive and sensory growth. Behavior changes can include excessive irritability, sleep problems, emotional distress, fear of being alone, immature behavior, and problems with toilet training and language development.

Some studies suggest social development is also damaged. Some children lose the ability to feel empathy for others. Many studies have noted that children from violent homes exhibit signs of more aggressive behavior, such as bullying, and are up to three times more likely to be involved in fighting.

Children who grow up with violence in the home learn early and power-

ful lessons about the use of violence in interpersonal relationships to dominate others and might even be encouraged in doing so.

- Research shows that 80 to 90 percent of children living in homes where there is domestic violence are aware of the violence.

- A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next.

- Male children who witness the abuse of mothers by fathers are more likely to become men who batter in adulthood than those male children from homes free of violence.

- Studies show that child abuse occurs in 30-60 percent of family violence cases that involve families with children.

- Each year, an estimated 3 to 10 million children witness assaults against a parent by an intimate partner.

Nurturing children from abusive homes can bring healing to their lives. In giving love and care to children, it is important for a parent to reflect these essentials:

Trust and Respect

Acknowledge children's right to have their own feelings, friends, activi-

ties and opinions. Promote independence, allow for privacy and respect their feelings. Believe in them.

Provide Emotional Security

Provide healthy food, safe shelter and appropriate clothing. Teach personal hygiene and nutrition. Monitor safety. Maintain a family routine.

Provide Discipline

Be consistent; ensure that rules are appropriate to age and development of the child. Be clear about limits and expectations. Use discipline to give instruction, not to punish.

Give Time

Participate in your children's lives, in their activities, school, sports, special events, celebrations and friends. Include your children in your activities.

Encourage and Support

Encourage children to follow their interests. Let children disagree with you. Recognize improvement. Teach new skills. Let them make mistakes.

Give Affection

Express verbal and physical affec-

tion. Be affectionate when your children are physically or emotionally hurt.

Children need to learn that domestic violence is wrong and learn non-violent methods of resolving conflicts. They must hear it re-affirmed that domestic violence is wrong. They have to see alternative role models in order to grow up with a positive idea of the future.

Children who are exposed to violence in the home need to know that things can change and that violence in the home can end. They need hope for the future.

Violence has no place in a child's life. We are here to help - Forest County Potawatomi Domestic Violence/Sexual Assault Program

For questions, concerns, or just someone to talk to, call (715) 478-7201 (24-hour hotline), or call or text (715) 889-4428.

SERVICES ARE FREE AND CONFIDENTIAL.

Holidays a Time for Reflection and Thanksgiving

submitted by FCP Domestic Violence/Sexual Assault Program

CRANDON, Wis. - Families across Forest County will soon gather to celebrate Christmas. Families affected by domestic violence face difficult challenges, but hopefully will take it as an opportunity to reflect and be thankful for the support they have received and for the possibilities of new beginnings.

"The holidays for those who are survivors of domestic violence or sexual assault is a day of mixed emotions," said Lynn Johnson, Program Manager. Victims and children we serve would surely choose safe living and celebrating this holiday in peace over disharmony in the home. Victims and survivors appreciate the support they have received from our program and the opportunity to spend time in harmony with others.

The Forest County Potawatomi (FCP) Domestic Abuse/Sexual Assault Program offers support and advocacy along with other assistance to families who are survivors of domestic violence or sexual assault.

The Wisconsin Coalition Against Domestic Violence (WCADV), which is the statewide voice for victims of domestic violence, estimates that approximately 500 children in Wisconsin will celebrate the holidays at a domestic violence shelter. In all cases, the children are accompanying their parent who is a victim of domestic violence.

Johnson hopes this holiday season will be a positive one for the clients of the FCP Domestic Abuse/Sexual

Violence Program. "Our clients have been through so much," said Johnson. "We want Christmas to be a peaceful day and a time to take stock of how far our clients have come and mark hope for better tomorrows."

There have been recent local and statewide efforts to ensure domestic violence shelters can offer meals this holiday and year-round. For example, WCADV recently partnered with DECA, a student organization that prepares emerging leaders and entrepreneurs in marketing, finance, hospitality and management, to collect over 1,700 food items that have been distributed to shelters around the state.

"Domestic violence has been at the forefront of our state's attention this month," said Patti Seger, executive director of WCADV. "As we gather with our families, there is much to remember. We should be thankful for the survivors of domestic violence or sexual assault who have had the courage and strength to create better lives for themselves and their children, thereby ultimately creating stronger communities in our state. We should also be thankful for the over 70 domestic abuse victim service providers that work every day to protect victims and make Wisconsin a safer place."

The FCP Domestic Abuse/Sexual Violence Program knows its life-changing and life-saving work is only possible with the help of the community.

The Whole Tooth: What is an Oral Piercing?

submitted by FCP Health & Wellness Center Dental Department

Body piercing is a popular form of self-expression. Oral piercings or tongue splitting may look cool, but they can be dangerous to your health. That's because your mouth contains millions of bacteria, and infection and swelling often occur with mouth piercings. For instance, your mouth and tongue could swell so much that you close off your airway or you could possibly choke if part of the jewelry breaks off in your mouth. Fractured teeth are a common problem for people with an oral piercing. People chip teeth on the piercing while eating, sleeping, talking or by chewing on the jewelry. It is possible for the fracture to go deep into your tooth, which may require a root canal or extraction. We have seen so many cracks and fractures in teeth caused by clicking, tapping or rubbing the jewelry on them that it has gotten its own name - "the wrecking ball fracture".

Oral piercing could also lead to more serious infections, like hepatitis or endocarditis.

Here is some advice for those who already have an oral piercing.

It takes three to four weeks for an oral piercing to heal. Unless complications occur, you will be able to remove the jewelry for short periods of time without the hole closing. The piercer will place a larger, starter "barbell" in your tongue to give it enough room to heal when your tongue swells. If you decide to keep the piercing, after the swelling goes down, get a smaller barbell which will be less likely to get in the way of your teeth and more difficult for you to chew on. Use an antiseptic

mouthwash after every meal and brush the jewelry the same as you would your teeth. The dental professionals at FCP Health and Wellness (HWC) suggest removing the jewelry to protect your teeth every time you eat or sleep.

Try to avoid clicking the jewelry against teeth and avoid stress on the piercing. Be gentle and aware of the jewelry's movement when talking and chewing. Check the tightness of your jewelry periodically (with clean hands). This can help prevent you from swallowing or choking if the jewelry becomes dislodged.

Oral piercing and tongue jewelry place athletes at risk for serious medical and dental consequences. Athletes are more likely than most people to develop infections because of the increased blood flow and breathing rate involved in vigorous exercise, as well as

the increased chance of bleeding from a contact injury. Damage to teeth by tongue jewelry is another danger intensified by participating in contact sports. Mixing tongue jewelry and a mouthguard is a particularly bad combination. The jewelry may interfere with the mouthguard and cause increased salivary flow and gagging or inhibit breathing or speech. Remove the tongue jewelry - not the mouthguard - for a safer and better athletic performance.

Don't pierce on a whim. The piercing will be an added responsibility to your life, requiring constant attention and upkeep. Talk to your HWC dentist for more information.



Tribal Employment Skills Program Helps FCP Gaming Facilities Fill Positions

submitted by FCP Economic Support

Three full-time positions in FCP gaming facilities may be filled with help from the Tribal Employment Skills Program.

These positions are: Compliance Officer (entry level), Surveillance Operator, and Internal Investigator I/Background Investigator (Internal/Background Investigations Departments).

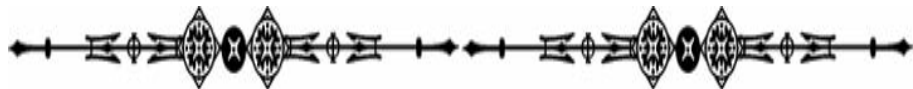
Interested tribal members who are able to obtain a temporary gaming license would be placed in the Tribal Employment Skills program for up to three months.

"The first requirement would be that individuals would complete an application, attend an assessment appointment and complete necessary paperwork with FCP Economic Support," said Christie Schmidt, eco-

nomie support worker. After successful completion of the three-month training with Gaming, they could potentially obtain employment in these positions.

Some of these jobs would be in Carter and some would be in Milwaukee. Interested tribal members are asked to call the FCP Economic Support office for information at (715) 478-7206.

These opportunities could assist tribal members in obtaining employment with the tribe. The assigned Economic Support worker identifies any barriers and provides job training in the career field of interest. The program encourages applicants to develop workforce skills by engaging in work-related activities.



2013 Bug Lake Winter Fishere

Date: January 5, 2013
Time: 9:00 am - 3:00 pm
Where: Bug Lake

Adult Division (Age 15 & Older)
1st, 2nd & 3rd Place will receive cash prizes

Youth Division (Age 14 & Under)
1st, 2nd & 3rd Place will receive gift certificates

*Grand Prize will be awarded to the largest fish caught (Prizes will be awarded according to length, in event of a tie, weight will be the tiebreaker)



Categories:

1. Bass
2. Trout
3. Northern Pike
4. Crappie
5. Sunfish
6. Perch



The fishere is open to all Tribal Members and their families. Lunch and beverages will be provided.

Please Register by Wednesday, January 2, 2013
To Register Call the Natural Resources Department at 478-7222

"DA WE WGE MEK" (GIFT SHOP) YOUR DESTINATION FOR AUTHENTIC NATIVE AMERICAN GIFTS

NOW AVAILABLE

- 2013 Pow wow Calendars
- 2013 Youth Pow wow Calendars
- New Stock of Potawatomi Clothing**
- Toddler, Youth & Adult Hoodies
- Women's Fleece
- Men's Soft Shell Jackets

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!



NEW DVD'S

- More Than Frybread
- Crooked Arrows
- Hank Williams: First Nation
- 49 Laughs Comedy Tour: LIVE



NEW CD'S

- The Boyz: Established 1989
- Smokeytown: All for One
- Nako Heavyrunner: All the Good Things
- Brule: Hidden Heritage



COMING SOON
Turquoise Soul Jewelry



FOREST COUNTY POTAWATOMI CULTURAL CENTER, LIBRARY & MUSEUM

8130 Mish ko swen Dr., Crandon
715-478-7470

Open Mon. thru Thurs. 7 a.m. to 5 p.m.
Closed Fridays. CLOSED 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!

HOLIDAY SCHEDULE

Both stores: Closed Christmas Eve at 3 p.m.;
Closed Christmas Day; Open at 7 a.m. on Dec. 26.
OPEN ON NEW YEAR'S (AS USUAL!)



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



FOREST COUNTY POTAWATOMI COMMUNITY CHRISTMAS PARTY

FRIDAY DECEMBER 14TH

POTAWATOMI CARTER CASINO HOTEL

5:00 DINNER

6:00—9:00 SANTA CLAUS

TRIBAL MEMBERS AND COMMUNITY MEMBERS ONLY

Nutrition: Why? And Try!

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

Nutrition is such an important part of health. That is why it is important to continue to learn about nutrition and try things that will improve your health. Each month, the *Traveling Times* will highlight a nutrition topic, talk about why it is important and provide a few ideas to try. Since we are headed into the holidays where there may be (again) an abundance of treats, try this... chocolate.

WHY would a dietitian recommend chocolate for people to include in their diet? In addition to its taste and satisfying qualities, there are many health benefits to dark chocolate. Some benefits include flavonoids and antioxidants that protect our cells from damage. It can help reduced the risk for heart disease, lower risk of stroke, and may help lower blood pressure. The darker the chocolate, the better. Eat less-processed chocolate that contains at least 70 percent cocoa (or cacao). Watch out for added sugar and unhealthy fats. A healthy daily dose of dark chocolate

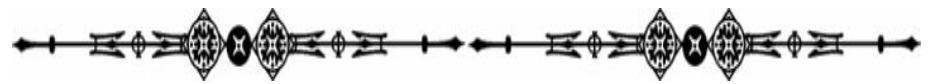
does not mean over-indulging; dark chocolate is still high in fat and calories.

TRY: If you are currently not eating any chocolate, try 10g of dark chocolate (approximately 1 tablespoon). If you are currently eating too much chocolate, try 10g of dark chocolate (approximately 1 tablespoon). If you trying to reduce your blood pressure, try 10g of dark chocolate or about 1 tablespoon of unsweetened cocoa powder (added to milk or water for a rich hot cocoa) each day.

If you need some tips on getting started or have questions regarding amounts of chocolate, fat or sugar content, call Lisa Miller, RD, at (715) 478-4320.

Links: <http://www.everydayhealth.com/diet-and-nutrition-pictures/delicious-reasons-to-eat-dark-chocolate.aspx#/slide-1>

<http://www.livestrong.com/article/493552-does-hot-cocoa-lower-high-blood-pressure/>



Wabeno Jr/Sr High School 2012 – 13 1st Quarter Honor Roll

Highest Honors 4.00 GPA

Seniors: Brielle Bodoh, Alyssa Mangold, Hali Nygard, Kacy Piontek, Stephanie Prasser, Megan Tarlton, Miranda Tarlton

Juniors: Savannah Hennessy-Luther, Christy Mattern, Miranda Vogel

Sophomores: Suzannah Diamond, Holly Spaude

Freshmen: Ryan Brauer, Alexis Christianson, Alissa Gill, Courtney Schaefer

8th Grade: Lindsey Dinkelman

7th Grade: Emma Barfknecht, Hannah Christianson, Tyler Harris

High Honors 3.50 – 3.99 GPA

Seniors: Lydia Bath, Annie Champine, Nicholas Chickey, Haley Christianson, Cody Delfosse, Tanner Exferd, Stone Koenig, Joseph Kroll, Breanna McLaughlin, Frederick Mermuys, Jeremy Norris, Brandon Oberleitner, Alisa Piontek, Tyler Piontek, Kayla Ponton, Robert Rocole, Ty Saunders, Brandon Sefcik, Andrew Shepard, Amanda Stefanski, Gloriann Waube

Juniors: Andrew Boor, Jared Demmith, Samantha Exferd, Delphine Frank, Mesa Geiter, Alexis Harris, Jordan Higgins, John Klementz V, Tokio Kobayashi, Jacob Pakulski, Australiana Peterson, Hunter St. Peter, Melissa Waube

Sophomores: Austin Andrews, Zachary Burki, Justin Cassidy, Cecelia Harrison, Autumn Huettl, Jacob Kroll, John Mangold

Freshmen: Abigail Ashbeck, Kaitlyn Ashbeck, Teagen Bodoh, Tanesha Burba-Pospichal, Nacie Calarco, Claire Carpenter, Brian Connor Jr., Zachary Dinkelman, Mandi Jameson, Presley Keeble, Maxwell Milkie, Samantha Vogel, Alex Webb

8th Grade: Hope Barfknecht, Rachel Calarco, Cooper Chrisman, Dylan Garrison, Michael Gilpin, Jasmine Hanson, Ashlyn Hooper, Lake Koenig, Olivia Kralovetz, Brandon Moravec, Allisen Novak, Margaret Warrner

7th Grade: Kassidy Ashbeck, Courtney Brooks, Caitlin Cassidy, Margaret Chickey, Ellena Donaldson, Dylan Houts, Hailee Powers

Honor Roll 3.00 – 3.49 GPA

Seniors: Lei Vaughna Aaron, Lamadeline Costanza, Keith Fryar, Stacy Roy, Jonathon Smits

Juniors: Paula Doyle, Ryan LaFond, Lukas Tallier, Danielle Vanden Heuvel

Sophomores: Austin Bauer, Abby Borchardt, Jamison Fricke, Danette Huettl, Anton Kerscher, Samantha Lake, Kyle Merschorf, Desiree Meyer, Trentyn Meyers, Kurt Pence, Levi Stoffregen, Jenna Valek, Toni Valek, Orville Wamego

Freshmen: Devon Ewald, Noah Exferd, Tressa Lange, Hannah Lytle, Ian McKenna, Blake Roberts, Jordan Schuhart, Audra Tarlton

8th Grade: Allison Bartels, Samantha Bath, Sheila Deverney, Rae-Jean Frank, Tyler Holiday, Spencer Huettl, Donnie Renard, Casey Riebe, Jenna Skarlupka, Kelly Spaude

7th Grade: Brenden Dorner, Tanner Dorner, Hannah Eernisse, Evan Eggert, Michael Kerscher, Mckenzy Mischo, William Rabe

FOREST COUNTY POTAWATOMI

HEALTH & WELLNESS CENTER

8201 Mish ko swen Dr., Crandon, WI

General Information (715) 478-4300 • www.fcpotawatomi.com



YOUR Community.
YOUR Rehabilitation Care.
YOUR Center.



Your providers in the Rehabilitation Services Department realize that complete and individual physical and speech therapy increases your chance of recovery. We work together with other members of your Care Team to provide coordinated services with a specific plan to suit your needs and goals – no matter your age.

To schedule an appointment, please call your Rehabilitation Services Dept. at 715-478-4344.

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FOR AMBULATORY HEALTH CARE, INC.

OTHER SERVICES OFFERED

Behavioral Health
(715) 478-4332

Community Health
(715) 478-4355

Dental
(715) 478-4313

Lab
(715) 478-4339

Medical
(715) 478-4339

Optometry
(715) 478-4345

Pharmacy
(715) 478-4347

Radiology
(715) 478-4339

Weekend Walk-In
(715) 478-4300

FCP Tribal Member Honored by Milwaukee Business Journal

submitted by Kelly Skindzelewski, PBC Relations Director

Jeff Crawford, attorney general for Forest County Potawatomi, was honored by the Milwaukee Business Journal as a Top Corporate Counsel winner. He was one of only 11 Milwaukee-area attorneys saluted for making a difference within their organizations, the legal profession and in their communities. The new event recognizes the important work corporate attorneys do in making southeast Wisconsin firms successful.



(l-r) FCP Attorney Jeff Crawford and Milwaukee Business Journal Editor Mark Kass

Crawford accepted the recognition during a special lunch and spoke briefly about the important work he has done for the tribe. FCP Executive Council members, Milwaukee casino leadership

and legal department staff were part of the large audience that celebrated in Crawford's selection as being one of the best corporate counselors for a private organization.

Free Monthly Business Counseling

submitted by Forest County Economic Development Partnership

CRANDON, Wis. - Forest County Economic Development Partnership (FCEDP) and Green Bay-Small Business Development Center offer a free business counseling service every month in Crandon, Wis., for people wanting to start a business, expand a business or improve their business operations. Business counselor Chuck Brys will be available by appointment to meet with you at no charge for confidential business counseling on Thursday, December 13 at the Forest County Courthouse in Crandon. Typical counseling sessions may focus on business

planning, marketing, sales and business management, analyzing financial statements and developing personnel policies. If you have already received counseling or are operating a business that was supported by counseling in the past and wish to touch base on your progress, you are also encouraged to set an appointment.

To set up a counseling session or for more information, please call FCEDP at (715) 784-6069 or send an email to director@forestcountywibusiness.com. The monthly service is limited to four sessions, so sign up early to



Business Planning Guide Developed by FCEDP

submitted by Forest County Economic Development Partnership

Forest County—The Business Assistance Center at Forest County Economic Development Partnership (FCEDP) has prepared a new resource for people seeking to start a new business. "Planning Your New Business: A Guide to Getting Started" is now available.

"One of our Executive Committee members, Cara Kulhanek, inspired the idea of creating a guide to answer many of the questions encountered by anyone

wading through the many steps to launch a new business," stated FCEDP Executive Director Jim Schuessler. "We are working toward making FCEDP's Business Assistance Center a one-stop shop for people seeking to start a business, take over an existing business or for current owners to expand their current business and this is another step toward that goal," added FCEDP Treasurer Thad Yeager.

FCEDP will be launching a new

revolving loan fund with support provided by CoVantage Credit Union and Laona State Bank. The planning guides will initially be available at any Forest County office for these financial institutions as well as at the FCEDP Business Assistance Center at 116 South Lake Avenue in Crandon, Wis. An electronic copy of the guide can be found on the FCEDP web site, www.forestcountywibus-iness.com.

The FCEDP Revolving Loan Fund

is intended to help stimulate job creation and asset development in Forest County. The fund will help provide gap financing and accompany financing through local lenders. This fund is expected to become available by the end of the year.



DNR Secretary Stepp's Statement on Confirmation GLIFWC Order Allowing Night Hunting of Deer in Ceded Territory

submitted by Wisconsin Department of Natural Resources

You may have heard about potential shining – or night hunting of deer – by tribal members in the Ceded Territory (roughly the northern third of Wisconsin). I want to give you an overview from the State's perspective.

DNR does not approve of this action and does not believe it is within the authority of the Great Lakes Indian Fish and Wildlife Commission (GLIFWC). Working in conjunction with the Wisconsin Department of Justice, the State filed suit on Nov. 28, seeking a federal court order requiring the tribes to comply with the court's prohibition on deer shining, and confirming the State's right to enforce the State shining law against tribal hunters in the Ceded Territory, roughly the northern third of the state.

Why? We have concerns about the short amount of time to notify the public, the circumvention of court oversight and past rulings on night hunting for deer, and public safety.

We understand that the tribes contend they should be allowed to hunt deer at night because a recently adopted state law permits the night hunting of wolves. We believe that this is essentially the same argument the tribes unsuccessfully

asserted in federal court in the 1989 "deer trial" when they argued that State's provision for night hunting coyotes should allow them to hunt deer at night. After a week-long trial, the court concluded that deer shining was much more dangerous to public safety than the nighttime hunting of predators like coyotes, and so Judge Barbara Crabb rejected the tribes' challenge to the State's deer shining law. We believe that the State's legalization of night hunting of wolves, another predator species, changes nothing in this respect.

Importantly, even if it were legal for the tribes to hunt deer at night – which we believe it is not – we believe GLIFWC acted with too little notice and too little consultation with the State. We have not been able to discuss many safety aspects. And we need time to be sure that people using public lands with no expectation of night deer hunting are aware of any such changes. The GLIFWC order would have night hunting of deer start Nov. 26.

DNR has diligently and in good faith implemented numerous enhanced tribal resource harvesting opportunities, including updating and increasing harvest limits for tribal harvest of a host of

species; honoring self-regulation for gathering forest products on State lands; agreeing to alternative monitoring of walleye harvest to save creel clerk expenses; youth hunt mentoring; improving mapping of the Ceded Territory in Wisconsin; and responsive and flexible state park hunting opportunities mechanism – all of which have operated almost exclusively for the tribes' benefit. I'm proud of that record, and I believe our actions of the past give us strong credibility in addressing this issue.

I contacted GLIFWC Executive Administrator Jim Zorn and the Tribal Chairs, and respectfully asked the tribes to refrain from implementing night deer hunting. And I asked that tribal members not go out shining until the federal court rules on our motion.

I assured Administrator Zorn of our continuing commitment to the court-approved process for negotiating changes to our past agreements on regulatory matters. I let him know we are hopeful this does not put the tribes and State with odds with each other.

But I also informed him that it is DNR's job to honor court decisions and directives, and to enforce the laws that

are in place at this time, and we will do so. In the meantime, I ask that all of us – tribal members, governmental agencies, and the public – work together to manage court-affirmed hunting and gathering rights in a safe and legal manner.

Statement from Department of Natural Resources Secretary Cathy Stepp on the November 28th federal court conference concerning Chippewa Tribal night hunting of deer:

"This afternoon, Judge Barbara Crabb of the Western District Federal Court ruled that the State may enforce state shining laws against any Chippewa tribal member hunting deer at night within the Ceded Territory (roughly the northern third of the state) until the preliminary injunction hearing scheduled for Dec. 12, and further order of the court. Chippewa tribal members have been prohibited from night hunting/shining deer since 1990 in line with a 1989 federal court decision.

"The State is pleased that shining will be prohibited until such time as we can adequately address these issues within the appropriate court setting. We will continue to try to work with the tribes to resolve this issue."

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.

FCP Tribal Member Diabetics: Diabetes Luncheon -

Topic: Christmas Party

Date/Time: Dec. 18, 2012, noon

Location: Potawatomi Carter Casino Hotel

RSVP required: Theresa Marvin, RN, CDE, (715) 478-4383, or Cathy Chitko, (715) 478-4367.

EVENTS

American Indian Heritage Month Artwork Display

In honor of November as Native American Heritage Month, *PTT* invited Native American area youth (grades K-12) to creatively share what their heritage means to them. Submissions will be on display starting Dec. 5, 2012, at the *PTT* office at 8000 Potawatomi Trail, Crandon, WI 54520 (regular hours*: Mon. - Thurs.: 7 a.m. - 5 p.m.). A reception with refreshments to honor participants and their families will be held at the *PTT* office on Jan. 3, 2013, at 4 p.m. For more information (and holiday hours*) call 715-478-7437.

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 Theresa Marvin, RN, CDE, at (715) 478-4383, Lisa Miller, RD, CD, at (715) 478-4320, or Cathy Chitko at (715) 478-4367.

HEALTH

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.

Women's Healing Talking Circle -

Thursdays at 6 p.m., lower level of the FCP Cultural Center, Library & Museum. Contact Peggy at (715) 478-4335 or (715) 889-9041 or Deb at (715) 478-4933 or (239) 834-8854.

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 their community and connected to their 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.

Flea & Craft Market: Nashville Town Hall (HWY 55/Cty Rd. B, Crandon, Wis.)

Every Wednesday features a variety of items, such as: antiques, jewelry, hand-crocheted items, handmade soaps, oils, baked goods, wood crafts. Vendors welcome; call Linda Radtke, (715) 484-7271, for more information and hours.

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.



Tribal Employment Skills Program

The tribal employment skills program is administered by the Economic Support Department and is for tribal members living in Forest County and/or surrounding areas for accessibility to job sites.

The tribal employment skills program offers a benefit to tribal members to provide a fresh perspective to tribal businesses through a work experience. This work experience can help the tribal community by showing your talents and interests to tribal businesses. It is an opportunity to make an impression and explore area of tribal government before entering into full-time employment.

If you are unsure about the work experience, we can work to address concerns you may have regarding the work experience and/or employment.

This program also offers the following services:

- Career Assessment - guide on what area would be best for you based on your interest and skills.

- Academic Success Center - basic computer, math or writing assistance to achieve your high school equivalency diploma and/or brush up on general academic areas to prepare for secondary education/employment.

- Resumé writing guide - resume templates, websites to help in designing resume, paper and cover letter examples.

- Quick Skills - hands-on training to learn and enhance your computer skills in Microsoft Programs such as Word, Powerpoint, Excel and Access.

- Job Seeking Skills - tips on applying for employment, addressing some barriers.

- Mock Interviews - practice run for interview.

- Also advantages/incentives after work experience placement.

Please stop in and check it out. If you have any questions or interest in the program, please call Rick Alloway at (715) 478-7262 or Christie Schmidt at (715) 478-7206.

HAPPY NEW YEAR!

The N.E.W. Directions & CHOICES Programs will be taking community youth ages 12 - 17 to Rouman Cinema's New Year's Eve Party on Monday, Dec. 31. Event includes dance, movies, pizza, refreshments, door prizes and party favors. You must reserve a spot, so contact Ahshoni Daniels at (715) 478-4316.

DECEMBER 2012 CALENDAR OF EVENTS

Community Health

- WIC - HWC: Dec. 11, 7 a.m. - 4 p.m.
- Diabetic Luncheon - PCCH: Dec. 18, noon - 1 p.m. (see notice on pg. 14)
- Carter We Care Facility Staffing:
Mondays – Theresa Marvin, Lisa Miller
Tuesdays - Leah Littleton
Wednesdays – Jodie Harris, Cathy Chitko
Thursdays – Yvonne Robles

FCP Family Resource Center

- Healthy Relationships: Mondays, Dec. 10, 17, 24, 1 - 3 p.m.
- Play Shoppe: Tuesdays, Dec. 11, 18, 11 a.m. - 1 p.m.
- Life Skills Group: Wednesdays, Dec. 12, 19, 26, 1-3 p.m., Zumba offered on Dec. 19.
- Positive Indian Parenting: Thursdays, Dec. 13, 20, 27, 10 a.m. - noon
Call (715) 478-4837 for details on programs. OPEN registration for Nurturing Fathers!

N.E.W. Directions/CHOICES Program

- Group I Youngsters: Tuesdays, Dec. 11, 18, 3:30 - 6:30 p.m.
 - Group II - Youth: Wednesdays, Dec. 12, 19, 26, 3:30 - 6:30 p.m.
 - Group III - Teens: Thursdays, Nov. Dec. 13, 20, 27, 3:30 - 6:30 p.m.
- All events are at the FCP Family Resource Center unless otherwise specified. Youth needing a ride, please call Judy Poler at (715) 478-4941 or (715) 889-0723; or Joe Chaney at (715) 478-4839. For more information, call Ahshoni Daniels at (715) 478-4316 or (715) 889-3333.

Recreation Department

Call (715) 478-7420 for info on open gym hours or events.



Kids and Community on the Move One-on-One Individualized Health Program

Grant Funding Provided by the Aspirus Health Foundation

Today through June 30, 2013

Contact Registered Dietitian Lisa Miller at 715-478-4320, FCP Health and Wellness Center, or 715-478-4339 for an appointment. Start today!

Why set a goal? The benefits of goal making include:
<http://www.timethoughts.com/goalsetting/WhySetGoals.htm>

- Goals can provide motivation, persistence and desire.
- Goals can help you establish priorities.
- Goals can provide a roadmap to take you from where you are to where you want to be.

The program involves:

1. Drop in or make an appointment with the dietitian.
2. Set a goal for improving nutrition, increasing physical activity and/or achieving a healthy weight.
3. Receive education related to your goal.
4. Achieve your goal and receive an incentive to continue to live a healthier life.



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER



ASPIRUS™
HEALTH
FOUNDATION
Passion for excellence. Compassion for people.

December 2012 FCP Elder Menu*

<u>Monday, Dec. 17</u> Chicken Wings, Boiled Parslied Potatoes, Peas & Carrots, Peaches, Blueberry Muffin	<u>Monday, Dec. 24</u> No Lunch
<u>Tuesday, Dec. 18</u> Spaghetti & Meatballs, Garlic Bread, Corn, Tossed Salad, Cupcake	<u>Tuesday, Dec. 25</u> No Lunch
<u>Wednesday, Dec. 19</u> Egg Salad on Croissant, Baked Chips, Carrot & Celery Sticks w/Dip, Jello® w/Fruit Cocktail	<u>Wednesday, Dec. 26</u> Chef Salad, Cottage Cheese, Crackers, Ice Cream
<u>Thursday, Dec. 20</u> Baked Ham, Mashed Potatoes, Gravy, Green Beans, Carrots, Apple Pie	<u>Thursday, Dec. 27</u> Pork Roast, Baked Potato, Corn, Asparagus, Apricots, Ice Cream
<u>Friday, Dec. 21</u> Boiled Dinner, Dinner Roll, Mandarin Oranges	<u>Friday, Dec. 28</u> Beef Vegetable Soup, Cheese Sandwich, Cranberry Juice, Pears

*Menus subject to change. Milk, juice or coffee with every meal.

Come Join the Zumba® Party!

Now being offered during Life Skills Group (Wednesdays, Dec. 19 at 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.

December 15th
Happy Birthday Chad!
From the Waymans

Happy belated birthday to Aimee Anwash!
Love you lots, Nikki, Kendra, Skylar and Robert

Happy belated birthday to Jackie Crawford! We love you and appreciate all you do for us.
Love, Nikki, Kendra, Skylar & Robert

Happy 1st Birthday, Sister.
Love, Shaunde & baby Gary

PERSONALS

Happy Belated 1st Birthday to our lil girl on Nov. 29, 2012.

Momma - my lil princess;
Dadda - my suga lips;
Big Brother Maurice - my beautiful baby girl;
Lil Brother Jay Thunder - my baby



Alisa Marie Johnson-Williams

Happy Birthday, uncle.
Love, Baby Jay, Alisa & Maurice

Happy Belated Birthday to my baby bro on 12/8/12.
Love, your sister

MERRY CHRISTMAS & HAPPY NEW YEAR TO OUR WHOLE, ENTIRE FAMILY.
LOVE, (GARY) PORK & FAMILY

Happy 1st Birthday to my granddaughter.
Love, Gramma Theresa

Happy 1st B-day, my lil punktress.
Love, Uncle William & Uncle Cliffie

HAPPY B-DAY PORKCHOP,
LOVE, GRANDPA AL

Happy Birthday to my babe Mouse/Mike on December 12th!
Love, your babe Shannon.

Happy 8th Birthday to my son/brother, Logan Wamego, on December 25th.
Love, Mom, Mike, Cheyenne and Philly

Winter Driving

Plan your travels and check the latest weather reports to avoid the storm. You can find out the latest road conditions by visiting the Wisconsin Department of Transportation travel info website at www.511wi.gov or by calling 511.

It is also important to check and winterize your vehicles before the winter season begins. Keep your gas tank at least half full to avoid ice in the tank and fuel lines. Carry a winter emergency kit in your vehicle that includes:

- * Blankets or sleeping bags
- * Flashlight with extra batteries
- * First-Aid Kit
- * Shovel, tools, booster cables and windshield scraper
- * High-calorie non-perishable food
- * Cell phone adapter
- * Sand or cat litter to use for traction

Winter Weather Facts

- * In the last five years, Wisconsin has averaged 56,000 motor vehicle crashes during the winter months when roads are covered with ice, snow or slush.
- * On average, 55 people are killed and 6,000 injured each winter season in accidents when roads are ice, snow or slush covered.
- * Many crashes are caused by "driving too fast for current conditions." Also, when the first blast of winter arrives, motorists often need to "re-learn" how to drive in slippery conditions.

WI Department of Transportation
National Weather Service

Be Prepared

Some of the dangers associated with winter storms include loss of heat, power and telephone service and a shortage of supplies. To help protect your family, now is the time to put together a home emergency supply kit. Here are some items to include:

- * Flashlights and extra batteries
- * Battery-powered NOAA Weather Radio and a commercial radio
- * Non-perishable food that requires no cooking and bottled water
- * First-aid supplies
- * Fire extinguisher, smoke detector and carbon monoxide detector
- * Extra medications and baby items
- * If you have an emergency heating source such as a fireplace or space heater -- make sure you have proper ventilation.
- * Make sure pets have plenty of food, water and shelter

For additional information, contact your county or tribal emergency management office. Winter safety tips can also be found at the following websites:

www.weather.gov
readywisconsin.wi.gov

Follow us on Facebook and Twitter:
www.facebook.com/readywisconsin
www.twitter.com/readywisconsin

Wisconsin's Winter Awareness Week is coordinated by the National Weather Service, Wisconsin Emergency Management and county and tribal emergency management offices.



Be Ready For Winter

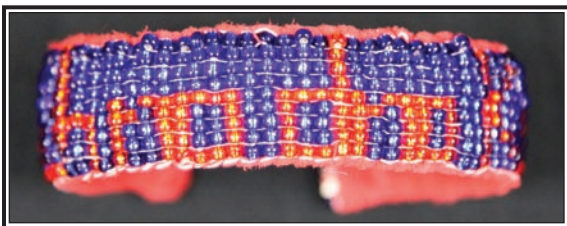


“What My Heritage Means to Me” continued from page 9



Sylindria Thunder, age 12, Menominee Indian Tribe
Title of project: “White Buffalo”

What does your heritage mean to you?: “My heritage is a special loving thing. My heritage means everything to me.”



Angel DeVerney, age 15, Forest County Potawatomi
Title of project: “Kch dno no kwē (Strong Wind Lady)”
Why did you create this project?: “I’ve created this bracelet for my regalia for pow wows.”
What does your heritage mean to you?: My heritage mean a lot to me knowing my background and my language.”



Carlie Quade, age 15, Sokaogon Chippewa Community
Why did you create this project?: “I used some of the colors of the medicine wheel.”



Zandrea McGeshick, age 10, Sokaogon Chippewa
Title of project: “Why I Give A Hoot”
What does your heritage mean to you?: “It lets me know where my families came from.”

COLORING CONTEST

The FCP Child Care Program is conducting a coloring contest for FCP Daycare Providers and FCP Foster Care Homes.

The coloring contest runs from Dec. 3 until Dec. 14. Please turn in your child’s coloring sheets by Dec. 14.

Judging will take place on Dec. 17, for first, second and third places in three age categories:
0 – 3, 4 – 8 and 9 – 12 years.

Contest winners and their art will appear in the Jan. 1, issue of the *Potawatomi Traveling Times*.

For more information, contact Una Ross at (715) 478-4964.