



POTAWATOMI TRAVELING TIMES

VOLUME 19, ISSUE 12

ABTE GBBON GISES

HALF THE WINTER MONTH

DECEMBER 15, 2013

In this Issue:



FCP Boxing Club
pg. 12



Native American Art
pgs. 6, 7

Noticespg. 10, 11
Calendarpg. 10
Personalspg. 11

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Your Voice. Your Community.

by Winda Collins

On Nov. 26, 2013, Forest County Potawatomi (FCP) government employees were asked to attend an informational meeting at the Executive Building in Crandon, Wis., regarding the proposed Kenosha casino. On hand to discuss the impacts of such an operation were FCP Chairman Harold "Gus" Frank, FCP Tribal Administrator Eugene Shawano Jr. and George Ermert from Martin Schreiber & Associates.

Frank was first to the podium and gave a brief overview of the proposed project:

- The Menominee Tribe of Wisconsin, along with the Seminole Tribe from Florida, are proposing to build an \$800 million off-reservation casino in Kenosha, Wis.
- Federal law requires the Governor in the state where the casino will be located to concur on the project before it can be developed.
- Governor Walker said that any new casino developments in Wisconsin must: 1. Have community support 2. Not lead to an increase in overall gaming 3. Have consensus of all eleven tribes in Wisconsin.
- Recently, Governor Walker announced that his Administration was taking a more thorough examination of the proposed Kenosha casino and the impacts it will have across Wisconsin.

Frank also spoke at length about the financial ripple effect this casino project would have – not only on Milwaukee but also on Forest County. Schools, businesses, services and families would all be affected.

Ermert was on hand to provide a more detailed overview of the financial impacts and to conduct a question and answer session. What follows is an overview:

- Economic analysts estimate that the total impact on Potawatomi Bingo Casino's (Milwaukee) operations may be up to one-third of its annual revenue.
- Any drop in revenue will have a

significant impact on Forest County as the Milwaukee casino is the main funding source for the tribe's government operations and tribal membership.

• A substantial number of the tribal government jobs in the county could be at risk.

The Forest County Potawatomi are the first and second largest employers in Forest County.

• In addition, jobs could also be lost at Potawatomi Carter Casino Hotel as there would likely be a decrease in discretionary spending for area residents.

• Local Forest County businesses will also suffer as the tribe, employees and tribal members will likely decrease spending to area vendors and businesses and/or spending their dollars outside the county.

• The Potawatomi currently have almost \$40 million in ongoing and projected capital projects for Forest County. However, many of these future projects may be put on hold, or cancelled, if the Kenosha casino is approved leaving less construction for area workers.

• Potential reduction in services at the Potawatomi Health & Wellness

A loss of revenue could directly affect local law enforcement, emergency services and area school districts.

Center on the reservation, which serves not only tribal members, but the community at large.

• The FCPC Foundation could also see a loss of funding,

which in turn could affect future grants that help support Forest County law enforcement, emergency services and area school districts.

After the question and answer session, Chairman Frank took to the podium again and spoke of his recent meeting with Governor Walker. He told him that there are many who still think there's nothing north of Highway 29, and wanted to set the record straight. Frank informed the Governor that FCP government is the largest employer in Forest County, and that Potawatomi Carter Casino Hotel is the second largest. He went on to tell Walker that there are many professional

jobs in Forest County that would be impacted, and that there are young people just starting their careers and families that would be impacted as well.

Frank stated that Walker had made a comment to the effect that he's received scores of emails and letters supporting the Kenosha casino. While speaking to employees, Frank said, "Shame on us." And he's right. The approval of this project will affect the entire state, but more so Milwaukee, Forest County and the surrounding communities. Chairman Frank encouraged those in the audience to write to the Governor, and to speak with others in the community – businesses, organizations, friends and family. Frank further advised those who will

A substantial number of tribal government jobs in the county could be at risk.

voice their opinion to, "Speak from your heart."

Shawano was the last to speak. His comments echoed those of Chairman Frank as he

encouraged those in attendance to contact the Governor, either by letter or email.

If interested in contacting Governor Walker about this proposed project, please use the following guidelines and contact information:

- Be polite. Do not use threatening or offensive language.
- Personalize your call/letter/email: How long have you (or a loved one) worked for FCPC? How long have you lived in Forest County? How will this project impact you, your family, your business?
- Include your home address and contact information.

Office of Governor Scott Walker
115 East Capitol
Madison, WI 53702
Phone: 608-266-1212
Email: govgeneral@wisconsin.gov

Local businesses could see an adverse affect on their bottom lines.

If this project comes to pass, chances are you or someone you care about will be affected in a negative way. It is

important that you let Governor Walker know your opinion. If, as citizens, we do not use our voice, we do not support our community and, therefore, have no right to complain.

Military Veterans

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

REFORMING THE TRIBAL CONSTITUTION

INFORMATIONAL MEETING

STAY INFORMED • GET INVOLVED • OFFER INPUT

(TRIBAL MEMBER ONLY EVENT)

DATE	TIME	LOCATION	ADDRESS
01/13/14	5:30 p.m.	Carter: Potawatomi Carter Hotel	618 WI Hwy 32
01/14/14	5:30 p.m.	Stone Lake: FCP Executive Building (Auditorium)	5416 Everybody's Rd
01/21/14	5:30 p.m.	Weston: Weston Inn and Suites	5810 Schofield Ave
01/23/14	5:30 p.m.	Milwaukee: Potawatomi Bingo Casino (Woodland Dreams Ballroom)	1721 West Canal St

"No matter how wonderful the Constitution may be, unless it is respected by all the government and citizens alike-it will not be of much value." -Hassan Ebrahim, Soul of a Nation



Questions? Comments?
Contact the FCPC Ordinance Department:
Phone: 715-478-7423
E-mail: shanna.ahlf@fcpotawatomi-nsn.gov



A Story of One Man's Struggles to Raise a Family

by Val Niehaus

It was an honor and privilege to sit down the other day and have the opportunity to listen to one of the FCP tribal member elders discuss his personal history and journey through a life of hardship and trials—a life he was able to turn around with his faith and an incredible family. The man I am talking about is Eugene "Gene" Shawano Sr. Gene is a soft-spoken, humble man who had what most of us would think an incredibly difficult childhood and young adulthood and who faced numerous challenges as a result. Despite those often horrific early years, he was able to turn his life around and become a successful man with a large, caring, loving family, and a well-respected position in the community.



Eugene Shawano Sr.

Gene was born and raised right here in Forest County—something he learned after finding his birth certificate at about the age of 16. He was raised on what many may remember as the "Thunder Homestead", which was also the "Thunder School" at one time before he was born. He began our interview by showing me an old photo that was published in the PTT a couple of months back—in October to be exact. After searching and finding the issue he was talking about, he opened it up to an old photo. It was a photograph of the "Thunder Family". The photo was old and blurred. The details of the faces were barely visible, but it was still possible to make out who they were. He was able to identify a number of them. As he named off the individuals he recognized, you could see Gene's memories start to flow back to him. He pointed out his father Fred Shawano, his uncles, his grandfather and grandmother, and other members of the Thunder family. When he reached one certain lady in the picture, he paused for a moment and said, "I believe that was my mother, Jennie Thunder". She was not listed as a name in the photo, but he was certain that was

her. Next to this lady in the photograph was a young boy who couldn't have been more than 3 or 4 years of age. He said with a hint of excitement in his voice, "And that's me, I do believe." Here stood a little boy with a woolen hat and jacket on, clinging tightly to the young lady next to him—his mother.

Gene believes it was about the time that this photo was taken that Jennie Thunder fell ill with tuberculosis. This terrible disease struck many people in those days, and she did not survive. Following her death, this little boy in the woolen hat and jacket went on to live with his grandmother, Mary Thunder. Mary was the matriarch of the household, and she took care of every family member living there. In addition to Gene, the household included her husband, Billy Thunder Sr., her children and her other grandchildren. After the passing of his mother, Gene's father was also stricken with tuberculosis and he was sent to the sanatorium. During this time period, this was often done as treatment for this contagious disease.

continued on pg. 3...

"DA WE WGE MEK" (GIFT SHOP)

Your Destination for Authentic Native American Gifts



NOW AVAILABLE

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- New Pendleton Merchandise
- New stock of Potawatomi Clothing

— 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!



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.

NEW DVD's

- | | |
|--------------------|--------------|
| DOCUMENTARY | MOVIE |
| A Good Day to Die | Smokin' Fish |

NEW CD's

- POWWOW**
- Pelly and Crain: Big & Tall Rock'N the Hall
 - Bearhead Sisters: Our Angels
 - Northern Cree: Loyalty to the Drum
 - Gathering of Nations: GON 30 Celebration
 - Big River Cree: In Harmony Again
 - Young Spirit: Save Me A Lead

TRADITIONAL

- Grandfather Peyote
- Delbert Blackhorse: Friends & Family
- Joe Tohonnie Jr.: Blessing and Crown Dance Songs

If we don't have something you're looking for, let us know.
WE WILL do our best to find it!

Welcome to These New Employees

Jennifer Nery, Maintenance Dept.
Maintenance
Hire date: 11/12/2013

Trinity Shepard, Child Support
Child Support Accounting Specialist
Hire date: 11/18/2013

Kay Mattern, Maintenance Dept
Housekeeping/Maintenance
Hire date: 11/18/2013

Neil Broske, Elderly
Assistant Cook
Hire date: 11/20/2013

Mary Ann Klucarich, HWC
Administrative Asst. II/Quality
Hire date: 11/18/2013

Pam Winkler, Elderly
Assistant Cook
Hire date: 11/20/2013

Job & Title Transfer

Chris Skaggs, HWC
Clinical Services Health Administrator
Hire date: 11/05/2013

Matthew Grambow, Grants/Admin
Grant Writer
Hire date: 11/18/2013

A Story of One Man's Struggles

continued from pg. 2

As was often the case for those who had this disease, he was in the "san" for quite some time. Gene was then basically left to fend for himself. He had no real guidance from much of his family, and he tried to survive the best way he knew how. His grandfather did make the children go to school, as it was the law at that time, so Gene went to Wabeno School around the first grade. He commented to me, "I remember I flunked the first grade because I didn't know the English language very well. I only knew both languages - English and Indian - about 50/50." The law at that time required a student to stay in school until the age of 16, but Gene went only until about the age of 10 or 11—he specifically said until about 5th grade. I asked why he quit so early and he replied, "Education wasn't as important back then as it is now. What was important was physical fitness so you could do manual labor in the jobs you were hired to do, and that way you could then support yourself."

Gene said he then wandered until about the age of 15. At this age, he went up to Three Lakes, Wis., in hopes of finding employment. He was able to find a job and began working at a cranberry marsh. He also worked at local potato farms and cut pulp to make money on which to live. It was not until about 1960 that Gene was able to find employment in what he would say was his permanent job - a job here working for the FCP tribe as a heavy equipment operator. He learned and honed his skills in

operating this equipment through building many of the roads that go throughout the tribal land today.

It was while he was still in the Three Lakes area that Gene met the lady who would become his wife - Eleanor Shockto Shawano. Always interested in how relationships start, I asked him how they met and he replied, "She was just always around hanging out with me. She wouldn't leave my side even after a disagreement we had with her father. After this disagreement, I left and she said I'm coming with you then." Gene said, "She's been true to me as far as putting up with me, and she still does." With a shy smile from Gene, he then told me, "There is no way I will desert her because she was there for me when I needed her the most." As a testament to that sentiment, it should be mentioned Gene and Eleanor will be celebrating their 54th anniversary this coming year.

Returning to his story, though Gene's early life and childhood were more than difficult with a lot of misfortune and tough times, things were even worse when he got a bit older and started drinking. It is interesting that Gene feels the influence of alcohol and drinking on his life were important in eventually turning his life around for the better. It allowed him to develop the life he has today, a life in which he justifiably has great pride. He explained to me that back when he was drinking, "Alcohol became a friend of ours and it helped keep our sanity at times." Gene admitted that he would even go into work intoxicated which he, of course, now knows



Back row (l-r): Fred Shawano (Gene's Father), Billy Thunder Jr., Mrs. Bill Thunder, Marie Thunder (baby), Bill Thunder Sr., Mary (Thunder) Waube, Grace Thunder, Alice Thunder, Margaret Thunder. Front row (l-r): Louie Thunder, Cassie (Thunder) Cornell, Jennie Thunder (Gene's Mother), Eugene Shawano Sr.

was not the right thing to do. But at the time, he did not care what happened to him. He just knew that alcohol was a way to escape from reality and a way to block out anything bad. At the time, he needed that. In 1970, Gene himself was stricken with tuberculosis—the same disease that took his mother and father from him at such a young age. Gene spent six months in the hospital for treatment. Even though this was an extremely tough period for Gene, he feels this time was what turned his life around for the better. He said, "I told myself I was tired of living like this. I was angry and even cursed my Creator out and hollered at him and said 'if you really cared about me you wouldn't of put me in a place like this!'" Gene then said, "That's what tough love is, though." He reminded me that sometimes you need to get that tough love to realize what real love is and what you should really be doing with the gift the Creator gave you and that gift is—life. This trip to the hospital woke Gene up as did the births of his children. Gene would still at times struggle with his old-time friend "alcohol" through the years, but he can proudly say now that he has been sober for 20 years.

As he is able to look back, Gene feels his battles with alcohol likely stemmed from his past. He lost both parental figures early in his life. then he was sent to live with a grandmother who not only had to care for him, but also had many other people for whom she was responsible at the same time. The disease of tuberculosis deprived him of the usual parental guidance that children take for granted today. As a result, Gene was able to roam and had to learn things his own way.

As we talked, I asked him what traditional activities he is involved with. He responded, "I failed at my traditional ways." He does remember a ceremony called a "Medicine Dance". Other than that, he never really learned many of the traditional practices. He said, "I'm not afraid to say anything about my past. It's educational, and it's not like I'm living that yet. I missed that ship because I could do what I wanted when I wanted."

As our discussion continued, I asked Gene about his religious beliefs. He said, "My religion is my Creator. That's all I

adhere to." He continued, "My proof is what happened to me. Despite all of these things I cried about when I was drinking and wished for and was frustrated with, nothing positive ever happened. After a while, after I sobered up, I wanted a home of my own and a family. I can turn around now and look back and everything I asked for, I now have." What he has and what obviously means the most to him is his large family. Gene is an extremely proud father of all his children and loves each and every one of them very much. His children have further blessed him in return with grandchildren and great-grandchildren. All of these beings, this large family he so wished for earlier in his life, are here because of him and his wife. When talking with Gene, you can see in his eyes and hear in his voice how much this family means to him. His pride is evident and justified. He cannot get over the fact that there he was, that lonely little boy in the woolen hat and jacket in the photo. Though he grew up with no siblings or parents to speak of, now at the age of 74 he has an extremely large and successful family - people he can love and who will love him for the rest of his life. That is what he had prayed for many times over and over again to his Creator, and his family is the proof to him of that Creator.

It is also obvious in talking with Gene that he cares a great deal for his tribe. He was vice chairman, he believes, in the 1980s/1990s. Though he wasn't quite certain of the exact dates, his feelings about his tribe and its importance to him are obvious. He stated, "You must think of your tribe first. We are all in this journey together. Go forward and leave no one behind. Thank our Creator for giving us this success because we can do good things for others, but we should never forget that so we don't start thinking that success is money itself. It is what we can do with that money." The advice he would like to relay to the youth these days is, "Losing sight of your journey can, in turn, make you lose yourself. Think of what you can do with the money you receive because when you are gone, can you take it with you? Succeed and spend it wisely."

continued on pg. 4...

**Deadline for the Jan. 1, 2014 issue is
Wednesday, Dec. 18, 2013.**

Potawatomi Traveling Times

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A Story of One Man's Struggles

continued from pg. 3

He concluded, "If you want to respect your elders, when they tell you something, hear them and listen. Try to practice what you hear. Because they have been there, they know."

He is thankful for the sensitivity, and listening to tribal members, that the FCP Tribal Executive Council has done in the past years. He wanted to make it clear to me that he is very grateful in just naming a few of the FCP Departments that have helped him and his family, such as FCP Health & Wellness, FCP Housing, FCP Elderly Unit and all other departments within the community.

Gene stated, "If you love your kids and want to be around to watch them grow, go ahead and take care of yourself. Enjoy that gift our Creator gave us, which is living and enjoying it and being around as an anchor for your family." He said, "I cannot preach for others to

do what me and my wife are doing, but this is what the Shawano family is going to do. Always tell your children no drugs or alcohol - you don't need that. We didn't need it back then, but that alcohol was kind of our friend so we could live with the poverty situation we were in. Now we don't have that problem and if we do have it, we are creating it ourselves because we aren't making the right choices for that blessing we've gotten so far." He concluded, "Anyone that wants to enjoy life in their later years, take care of yourself. We are trying to be strong and be the anchor of our family. My wife is a very strong woman and determined and that's what helps keep me healthy and going - my family."

In closing, I asked Gene one personal question. I asked if there was anything he would want people to know about him that they don't. He replied, "I'm a loner, but it's not because I don't like people. I just don't care to be around

other people. It's kind of hard for me to say that. I guess when it comes down to it, I'm used to being alone. I'm alone everywhere, but I'm not alone because my Creator is with me all the time so I'm not alone. It stems from my younger years. Back then I was alone. I just kind of muddled through life. I had no guidance. I was told not to discriminate so that's very strong with me now. But, I go back and evaluate myself and say, 'geeze I did a lot of things.' Nobody told me these things. No one told me right or wrong."

One thing that Gene also wanted to make apparent to me is that he would have been the last carrier of the Shawano name. There was no one else bearing this name except for that little boy in the photo he first showed me. He now has seven men that will carry on his namesake - something that is very special and pleasing to him. The Shawano name will carry on long after he is gone.

Sitting down with Gene that day was a very humbling experience. To sit

and listen to someone talk about the struggles of growing up with no one really around to guide him; to hear about the conditions in which he lived, something that is hard for people to understand nowadays when we have everything within our reach. To see him turning it all around to have a successful life and a family larger than I can count on my fingers and toes is quite an amazing accomplishment. It is all the very awe-inspiring story of one man's life. You can see what lies within Gene's heart. It is his belief in his Creator and the family that he was blessed with.

Many thanks to Gene for taking the time to sit down and talk with me. His story is something I will never forget and will carry with me until I am gone. Gene has taught me never to take anything for granted, to always watch out for yourself and your family and to cherish every moment in life because it is a gift.

November Nutrition Note

Sugar, Whole Grains and Trans Fat

submitted by Lisa Miller, RD, FCP Health & Wellness Center Dietitian

Enjoying treats is part of what makes the holiday season special. However, maintaining health is something that can make our life better during the holiday season and throughout the year.

Being aware of the ingredients and nutrition facts in foods and beverages you consume can help you make healthy choices, including cookies. Whether you are receiving a cookie or other baked goods from the FCP Home Delivered Meal or making a batch from scratch at home, use the following information to help you have a healthy diet:

Sugar

Sugar is something that can be enjoyed, but in moderation. It is recommended to limit the amount of sugar in a day to < 32 g per day. The "sugar" on a food label is the added simple sugar in the product. (The "total carbohydrate" on the label includes the flour and sugars). Look at the chart (below) of some traditional holiday cookies. Notice that the sugar content varies, but you could have two of most varieties of cookies in a day and stay within the health guidelines for sugar intake. Note that you would then want to avoid sugar in other foods or beverages, so make wise choices.

These are a few tips for reducing sugar in your cookie recipes:

In most baked goods, you can reduce the amount of sugar by one-half.

Intensify sweetness by adding vanilla, nutmeg or cinnamon.

Source: www.mayoclinic.com/health/healthy-recipes/NU00585

Dried fruits, such as plums, raisins, apples, pears, peaches, apricots, cherries and cranberries provide bursts of sweetness. Cutting each one into very small pieces helps distribute the flavors and sweetness more evenly. (In the same vein, using mini morsels of chocolate rather than the standard-size chips helps guarantee chocolate flavors in every bite.) Overripe fruits, such as bananas, provide a tremendous amount of sweetness, moisture and flavor.

Source: <http://recipes.howstuffworks.com/low-sugar-baking-tips.htm>

Trans or Hydrogenated Fat

If you haven't heard, or need a reminder, trans fat or hydrogenated fat is the only food or ingredient that you should completely avoid. Trans fat is listed on the label, but even if it says 0 g, check the ingredient list for "hydrogenated, partially hydrogenated or shortening" and avoid these products. Using canola oil for many baked goods works well, but a trans fat-free margarine or a butter/canola oil blend also work great in baked goods including cookies.

Flour

If your recipe calls for bleached white flour, you can make some very

small changes to create a healthier cookie or other baked good. Start with switching from bleached to unbleached flour. Then try adding some whole wheat flour. You can usually add up to half whole wheat without affecting taste or texture, but increasing nutrition. You may also consider substituting some of the white flour with millet (flour), oat (flour), or other grain. Work toward more whole grain throughout your diet.

Also, sodium content in cookies is approximately 50-100 mg per cookie, another reason for eating cookies in mod-

eration. Another nutrition fact you may be interested in is that each cookie has approximately 1-2 g protein.

Please remember food safety as related to the FCP Home Delivered Meal: The fourth of the Four Basic Steps of Food Safety at Home is to: Chill - Put food in the fridge right away. Two-Hour Rule - Put foods in the fridge or freezer within two hours after cooking or buying from the store. Do this within one hour if it is 90 degrees or hotter outside.

Source: <http://www.fda.gov/forconsumers/byaudience/forwomen/ucm11852>



December 2013 FCP Elder Menu*

Monday, Dec. 9

BBQ on Bun, Baked Potato, Asparagus, Carrots, NutriGrain® Bar, Juice

Tuesday, Dec. 10

Beef Tips over Noodles, Green Beans, Squash, Tropical Fruit

Wednesday, Dec. 11

Lasagna, Tossed Salad, Garlic Bread, Pears, Brownie

Thursday, Dec. 12

Chicken Wings, Bread, Parslied Potatoes, Peas & Carrots, Pineapple, Juice

Friday, Dec. 13

Fish Sandwich, French Fries, Coleslaw, Apples, Peanut Butter Cookie

Monday, Dec. 16

Cheesburger on Bun, Tomato Slices, Green Beans, Squash, Apricots

Tuesday, Dec. 17

Lasagna, Salad, Corn, Pineapple

Wednesday, Dec. 18

Liver & Onions, Mashed Potatoes, Gravy, Brussel Sprouts, Melon

Thursday, Dec. 19

Pork Chop Suey, Rice, Egg Roll, Carrots, Applesauce

Friday, Dec. 20

Chicken Patty on Bun, Broccoli, Yams, Orange Juice

Monday, Dec. 23

Riblets on Bun, Tator Tots, Corn, Fruit, Oatmeal Cookie

Tuesday, Dec. 24

Baked Chicken, Baked Potato, Dinner Roll, Spinach, Carrots, Tropical Fruit

Wednesday, Dec. 25

Closed for Holiday

Thursday, Dec. 26

Cheesburger on Bun (w/Tomato, Pickle), Chips, Baked Beans, California Blend Vegetables, Plums

Friday, Dec. 27

Tomato Rice Soup, Cheese Sandwich, Pears, Cranberry Juice

*Menus subject to change.

Milk, juice or coffee with every meal.

Cookie	Calories	Total Fat	Saturated Fat	Carbs	Sugars
Frosted Sugar	192	6	4	31	13
Peanut Butter	95	5	2.5	11	7
Gingerbread Men	151	4	2	27	18
Meringue	63	0	0	15	15
Spritz	100	5.5	3	11	4

Nutrition information obtained from: www.fitsugar.com/Calories-Christmas-Cookies-20735680?image_nid=20735680

Hypoglycemia vs Hyperglycemia

submitted by Cathy Chitko, FCP Health & Wellness Center Assistant Diabetes Coordinator

What is hypoglycemia?

Hypoglycemia is the medical term for low blood sugar. In general, a blood sugar reading of under 70 mg/dL is too low.

Signs and symptoms of low blood sugar are nervousness, anxiousness, dizziness, light headedness, shakiness, sweatiness, hunger, weakness, tiredness, confusion, headache, fast heartbeat and blurred vision.

What should you do if you experience any of these symptoms?

Check your blood sugar immediately. If your blood sugar is less than 60-70 mg/dL, treat. A low sugar level can quickly drop if you do not treat it. A very low sugar level can cause confusion, unconsciousness, seizures, even death, and is a medical emergency. Play it safe - if you feel as though your blood sugar is low but you are unable to test,

treat. Treat by drinking or eating something that contains 10-15 grams of carbohydrate such as: 4 ounces (½ cup) fruit juice/regular soda or three to four glucose tabs. Wait 15 minutes and recheck your blood sugar. If your blood sugar is not above 70 mg/dL, retreat with another 10-15 grams of carbohydrate and recheck in 15 minutes. Repeat treating and rechecking until your blood sugar is over 70 mg/dL. Eat a snack or meal within 30 minutes to keep your blood sugar in a safe range.

What causes hypoglycemia?

Low blood sugar is usually caused by eating less than usual, skipping or delaying a meal, being more active than usual or taking too much diabetes medication.

What is hyperglycemia?

Hyperglycemia is the medical term for high blood sugar or when there is too

much sugar in your blood. For most people, blood sugar levels of over 140 mg/dL before meals are too high. Talk to your health provider to determine the range that is best for you.

When your blood sugar is too high, you may experience these signs and symptoms: dry mouth, thirst, frequent urination, dry skin, hunger, sleepiness, blurred vision, infections/injuries that are slow to heal or unexplained weight loss. Some people with type 2 diabetes may not feel signs of high blood sugar until their blood glucose is higher than 300 mg/dL. These people are more likely to have dehydration. Dehydration can be serious if not treated right away. If you experience any of these symptoms, check your blood and follow your diabetes care plan. If your sugar is very high, you may experience stomach pain, nausea and/or vomiting. This is a medical emergency, seek medical attention immediately.

Causes of high blood sugar can be: not enough diabetes medication, side effects of other medications, eating more

than usual, being less active than usual, changes in hormone levels, such as during menstrual period, being sick or under stress.

I feel fine. Why should I worry about high blood sugars?

Over time, high blood glucose can damage body organs. Please view upcoming articles about diabetes complications for more in depth explanations.

How can hyperglycemia and hypoglycemia be avoided?

Do your best to be consistent:

- Do not delay or skip meals.
- Eat snacks and meals at approximately the same times every day.
- Eat approximately the same number of carbohydrates at various meal-times.
- Plan physical activity at the same time(s) of day, lengths of time and intensity level.
- Take your medications the same time(s) each day.

For more information visit:

www.diabetes.org or www.cdc.gov/diabetes/consumer/index.htm.

The Whole Tooth: Bruxism

submitted by FCP Health & Wellness Center Dental Department

Is work or school stressing you out? You may be taking it out on your teeth through a condition called bruxism. Bruxism is characterized by the grinding of the teeth and is typically accompanied by the clenching of the jaw. Bruxism is a habitual behavior as well as a sleep disorder. Untreated bruxism can lead to other health problems, damage to the teeth and gums, and even temporomandibular joint disorder (TMJ). Bruxism can have numerous causes, such as bite problems, stress, medical conditions, or certain medications.

Most people with bruxism are not aware of the condition, and only approx-

imately 5 percent develop symptoms (such as jaw pain and headaches) that require treatment. In many cases, a sleeping partner or parent will notice the bruxism before the person experiencing the problem is even aware of it. The noise resulting from bruxism can be quite loud. Bruxism can result in abnormal wear patterns on the top surfaces of teeth, unusually sensitive teeth, notching of the teeth at the gumlines, as well as severe damage to the teeth, including fractures. Bruxism also is a significant cause of tooth loss, gum recession, and loosening of the teeth.

The symptoms of bruxism vary and

can include anxiety, stress, and tension; depression; earache; eating disorders; headache; insomnia; and a sore or painful jaw. If left untreated, bruxism eventually shortens and blunts the teeth being ground and can lead to facial muscle pain and TMJ. In severe chronic cases, it can lead to arthritis of the temporomandibular joints. The patient often becomes aware of the condition during a routine dental examination. Your dentist will be able to recognize the signs of

bruxism during a dental exam and may even suggest further analysis of your bruxism, such as recommending an overnight stay at a sleep laboratory.

There is not always a definitive cure for bruxism, but the signs and symptoms can be reduced or eliminated through dental treatment. Treatments can include mouthguards, bite adjustments, biofeedback devices, and repair of damaged teeth. Do you have questions about bruxism? Talk to your FCP dentist.



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

YOUR Community.
YOUR Laboratory Care.
YOUR Center.



Whether you need routine or specialty laboratory testing, we are here for you. We will perform lab testing with a signed order from your provider. The laboratory opens at 7 a.m. for your convenience.

Services Available:

- Routine Laboratory Testing
- Specialty Laboratory Testing

Available to Everyone:

- Tribal Members
- General Public
- FCP Employees

To schedule an appointment, please call FCP Health & Wellness Center at 715-478-4339.

SERVICES OFFERED

AODA (715) 478-4370	Dental (715) 478-4313	Optometry (715) 478-4345	Radiology (715) 478-4339
Behavioral Health (715) 478-4332	Lab (715) 478-4339	Pediatrics (715) 478-4339	Rehabilitation Services (715) 478-4344
Community Health (715) 478-4355	Medical (715) 478-4339	Pharmacy (715) 478-4347	Weekend Walk-In (715) 478-4300

Accredited by the
ACCREDITATION ASSOCIATION
OF AMBULATORY HEALTH CARE, INC.

a participating member of
**ASPIRUS
NETWORK**

Forest County Potawatomi Community Christmas Party



Friday, Dec. 20

Potawatomi Carter
Casino Hotel
5 p.m. Dinner
6 - 9 p.m. Santa Claus
and Family Drawings

Tribal Members and Community Members Only

Local Youth Create Art in Honor of Native American Heritage Month



Kaylee McGeshick (age 16), Crandon High School
Title: Key chain



Isabella Daniels (age 10)
Forest County Potawatomi
Grade 5, Crandon Elementary
(project completed on personal time)
Title: Sema Bag (leather bag)
Why did you create this project?
A gift for someone.



Bish Bene Shi Kwe Daniels (age 14), Forest County Potawatomi
Grade 8, Crandon Middle School
Title: Beaded Bracelet
Why did you create this project? Class assignment.

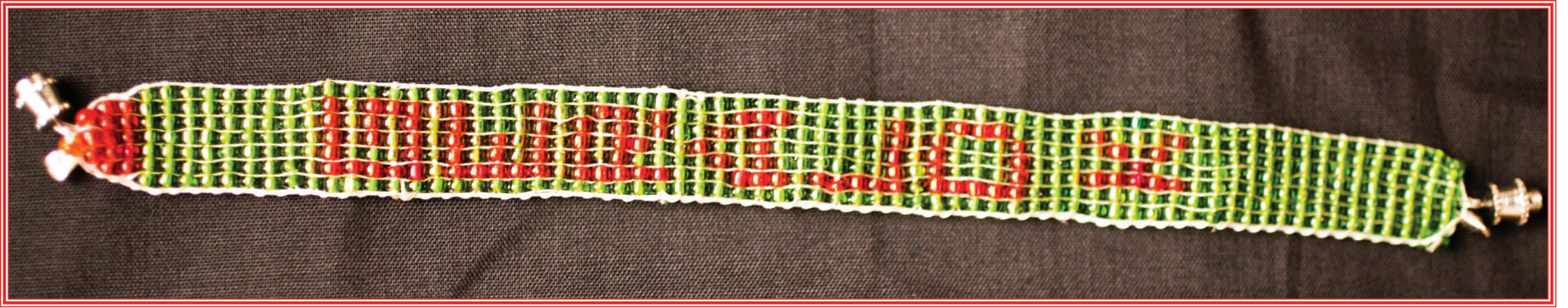


Aaleyah Alloway (age 11), Forest County Potawatomi
Grade 6, Crandon Middle School (project completed on personal time)
Title: The Good Dream
Why did you create this project?
A dream catcher means to bring good dreams to you.



Lashay Christenson (age 13), Sokaogon Chippewa Community
Grade: 8, Crandon Middle School
Title: Abstract Self-Portrait
Why did you create this project? Class assignment.

For information on where and when to view art work, see notice on pg. 11



Gerald Kegley (age 13), Sokaogon Chippewa Community
Grade 8, Crandon Middle School
Title: Beaded Bracelet With Name

Why did you create this project? Class assignment. What does your heritage mean to you? Being with friends.



Autumn Lyons (age 16), Sokaogon Chippewa Community
Grade 10, Crandon High School
Title: Ojibwa Pendant (daisy chain)

Why did you create this project? Class assignment.
What does your heritage mean to you?
My heritage means a lot to me.



Marcus Daniels (age 17), Forest County Potawatomi
Grade 12, Crandon High School
Title: Bison

Why did you create this project? Class project.
What does your heritage mean to you?
My heritage means a lot to me. The spiritual ways and family ways
make me feel courageous and strong.



Patricia Powless, age 12, Forest County Potawatomi
Grade 7, Crandon Middle School
Title: Madwawayosin

Why did you create this project? Class assignment.
What does your heritage mean to you? My heritage is very important to me – it is my way of life. It is who I am.



Angel DeVerney "Kch nodno Kur" (age 16),
Forest County Potawatomi
Grade 11, Crandon High School
Title: Dream Catcher

Why did you create this project? I've created this because I wanted everyone to see something kind of different. I want my artwork/beading to be VERY unique.
What does your heritage mean to you? My heritage is my life! My tribe is what makes ME! And, I'm proud to be Native American.

Pageant Ambassador Attends Veterans Day Services

by Val Niehaus

FCP tribal member Isabella Daniels has been State Ambassador for Wisconsin in the National American Miss Pageant program for three years. Her role in this position includes involvement in various community service activities. As part of this program, Daniels attends local events to show her support of the community. On Nov. 11, she took part in the Veterans Day services alongside our local veterans.

In addition, Daniels participates in other community service activities that have included baking cookies for the Forest County Sheriffs Department, Forest County Rescue Squad and the Forest County Fire Department as well as involvement with both the summer and winter end powwows. In addition to these activities, this year she has taken on the project of making scarves for disadvantaged families.



(l-r) Ron Eveland, Isabella Daniels, Billy Daniels Jr.

Traditional Dancing Takes Place at Crandon Elementary

by Val Niehaus

During the week of Nov. 18-22, FCP tribal community youth helped with teaching a traditional Native American dance class in association with Mr. Watts, Crandon School District's physical education teacher. The four children involved in this activity with the kindergarten and 1st grade students were Daniel Shepard, Isabella Daniels, Nevaeh Fox and Keanu Yazzie. Mr. Watts was extremely grateful for the help and guidance of these four young students in teaching his students traditional Native American dance steps.

The last day of the class, other tribal youth participated in a demonstration of

dancing. With Billy Daniels Jr. and Brian Franz doing the drumming, they showed the children how experienced dancers perform. Many of the children really enjoyed the experience of learning to dance and watching the performance. This particularly was the case for those who have never seen Native American dancing. I asked one of the young teachers how the younger children did and she said, "They did well for just learning!"

We'll hope they practice and are able to take part in future similar dance experiences at the school.

Photo at left: back row (l-r) Isabella Daniels, Daniel Shepard, Keanu Yazzie, Vincent Amundson. Front Row (l-r) Bambi Shepard, A Shen Nee McGeshick, Colleen Shepard, Gabby Ackley, Sitting at drum Billy Daniels Jr. and Brian Franz

Holiday Decoration Safety Tips

submitted by Linda Thomaschfsky, FCP Emergency Management Director

Trees:

• When purchasing an artificial tree, look for the Label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

• When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from the branches and do not break when bent between your fingers. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

• When setting up a tree at home, place it away from fireplaces and radiators, because heated rooms dry live trees out rapidly. Be sure to keep stand filled with water. Place the tree out of the way of traffic and do not block doorways or exits.

Lights:

• Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards. Use only lights that have fused plugs.

• Check each set of lights, new and old, for broken or cracked socket, frayed or bare wires, or loose connection, and throw out damaged sets. Always replace burned-out bulbs promptly with the same wattage bulbs.

• Use no more than three standard-size sets of lights per single extension cord. Make sure the extension cord is rated for the intended use.

• Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

• Before using outdoor lights, check

Gte Ga Nēs News

submitted by Beth Wandsnider

Nov. 12 was another Gte Ga Nēs Preschool night. We try to make the night fun for all! We started with a turkey dinner and pumpkin pies. All the children received a book called "Good Night, Gorilla". As I read the story, the children and parents were able to follow along. The book is almost a "wordless" book that will charm everyone who is young at heart. It is the type of book that children go back to again and again as they grow and discover something new in it each time. One of the funniest things about the book is how this little mouse drags a banana tied to a string throughout the whole story. This gave us the idea to make the fun snack Ants on a Banana Bus.

The monthly shape for November was a turkey feather. The children and parents decorate the shape at home and return it to preschool to make a beautiful turkey.

Best wishes for your holiday season from Gte Ga Nēs Preschool staff!

Top right: Olivia Nunway and son, Edward Alloway

Bottom right: Wynter Montgomery and mom, Alex Konaha



labels to be sure they have been certified for outdoor use.

• Stay away from power or feeder lines leading to your home.

• Use only insulated staples to hold lights in place, not nails or tacks; or, run string of lights through hooks (available at hardware stores).

• Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

• Use caution when removing outdoor holiday lights; do not pull or tug on lights.

• Outdoor holiday lights should be plugged into circuits protected by ground fault circuit interrupters.

Decorations:

• Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or non-lead metals.

• Never use lighted candles on or near the tree. Always use non-flammable holders, and place candles where they will not be knocked down/over.

• In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep decorations with small removable parts out of the reach of children to avoid the child from swallowing or inhaling small pieces. Avoid decorations that resemble candy or food that may tempt a child to eat them.

• Wear gloves to avoid skin and eye irritation while decorating with spun glass "angel hair".

• Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Fireplaces:

• Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

• Use caution with "fire salts" which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.

Historic Agreement to Spur Investment, Economic Activity

submitted by U.S. Department of the Interior

SHAWNEE, Okla. – As part of President Obama’s commitment to self-determination of tribal nations, Secretary of the Interior Sally Jewell and Assistant Secretary of Indian Affairs Kevin K. Washburn joined Citizen Potawatomi Nation Chairman John Barrett to formally approve tribal leasing regulations that will help spur investment and commercial development on the nation’s trust lands in central Oklahoma.

“The Citizen Potawatomi Nation now has the authority to decide how it wants to do business on its lands, making it easier for families to do things like buy and build houses or open businesses in the communities where they have lived for generations,” said Secretary Jewell, who also serves as chair of the White House Council on Native American Affairs. “Today’s action encourages economic development on Indian lands, generating investment, new jobs and revenues. I applaud Chairman Barrett and Vice-Chairman Linda Capps for their leadership on this initiative and look forward to working with other tribes across the nation to maintain tribal sovereignty and promote tribal self-determination and self-government.”

The signing ceremony comes on the heels of the 2013 White House Tribal Nations Conference, when leaders from all 566 federally recognized tribes are invited to Washington, D.C., to interact directly with the President and senior cabinet and administration officials. The conference – the fifth for the Obama Administration – continues to build on the President’s commitment to strengthen the government-to-government relationship with Indian Country.

The Helping Expedite and Advance

Responsible Tribal Homeownership Act (HEARTH Act), signed by President Obama in July 2012, restores the authority of federally recognized tribes to develop and implement their own laws governing the long-term leasing of Indian lands for residential, business and other purposes. Upon one-time approval of these tribal regulations by the Department of the Interior, tribes have the authority to process land leases without Bureau of Indian Affairs (BIA) approval, greatly expediting the approval of leases for homes and small businesses in Indian Country.

“We are thankful to Secretary Jewell, Assistant Secretary Washburn and their team at the Department of Interior for their efforts in implementing the HEARTH Act and approving the Citizen Potawatomi Nation business leasing regulations,” said Chairman Barrett. “This is a step in the right direction for tribal self-governance and will empower tribal governments to take greater control of their land. CPN has created a thriving economy of retail and tourism developments, and we look forward to working with other businesses to spur business and commercial development in Oklahoma.”

The Citizen Potawatomi Nation, a traditionally Algonquian-speaking Eastern Woodlands tribe, has more than 30,000 enrolled tribal members, of whom more than 10,000 live in the state of Oklahoma.

“Increased economic opportunity is the best way to raise the standards of living for tribal members. Today’s formal approval of leasing regulations for the Citizen Potawatomi Nation will pave the way for just that,” said Congressman

Tom Cole, who attended the ceremony and was a cosponsor of the HEARTH Act. “This is not only beneficial for tribal governments, but the entire state of Oklahoma will feel the positive impact of increased economic activity. I am grateful to Secretary Jewell, Assistant Secretary Washburn and the Interior Department for their tireless efforts in helping tribes use their own lands.”

The signing, which took place at the Potawatomi National Cultural Heritage Center in Shawnee, is the sixth tribal leasing ordinance approved by the Department of the Interior under the HEARTH Act. Previous pacts were signed with the Federated Indians of Graton Rancheria (February 1, 2013); Pueblo of Sandia (March 14, 2013); Pokagon Band of Potawatomi Indians (April 11, 2013); Ak-Chin Indian Community (November 10, 2013); and Santa Rosa Band of Cahuilla Indians (November 10, 2013). Additional tribal leasing authority applications are under review.

The ceremony comes almost a year after Interior issued new regulations to complement the HEARTH Act by streamlining the department’s leasing approval process. The final regulations,

issued November 27, 2012, capped the overhaul of antiquated BIA regulations for leasing 56 million surface acres that the federal government holds in trust for Indian tribes and individuals.

The new regulations fundamentally change the way the BIA does business, providing clarity by identifying specific processes – with enforceable timelines – through which the BIA must review leases. The regulation also establishes separate, simplified processes for residential, business, and renewable energy development, rather than using a “one-size fits all” approach that treats a lease for a single family home the same as a lease for a large wind energy project.

“The very essence of self-determination is that it should be the tribe that decides how its lands may be used for the good of its members, and that is what the HEARTH Act and Interior’s comprehensive reform of Indian land leasing regulations does,” said Assistant Secretary Washburn. “These parallel efforts have a real impact for individuals and families who want to own a home or build a business. These initiatives help strengthen self-reliance and secure the well-being of future generations.”

Code Talkers To Be Honored With Congressional Gold Medals

submitted by National Congress of American Indian

Washington, D.C. (Nov. 20, 2013) – Native American Code Talkers played a significant role in Allied victories during the major campaigns of World War I and World War II. While Navajo Code Talkers have been acknowledged and awarded Congressional Gold Medals for their service, what is not known widely is the extensive participation for these purposes by Native Code Talkers from dozens of tribes.

These courageous warriors were honored with presentation of Congressional Medals for their valor and service to this nation. The National Congress of American Indians (NCAI) joins the nation in honoring these daring and humble warriors who played a critical role in preserving and protecting this country, our freedoms, and our way of life.

Code Talkers from various tribal nations served as highly classified specialists on dangerous battlegrounds. These soldiers were so valuable to the war effort that their commanding officers were ordered to kill the Code

Talkers in the event of imminent or actual capture. The Code Talkers were aware of this added risk to their lives and continued to face that threat every day in action.

The Congressional Gold Medal is awarded as the “highest expression of national appreciation for distinguished achievements and contributions” made by an individual or institution. Other recipients include: George Washington, Thomas Edison, Jonas E. Salk, Rosa Parks, and Navajo Code Talkers. Thirty-three tribes were recognized in the ceremony and the families of deceased Code Talkers will be honored with silver medals.

NCAI is extremely proud to have contributed to the effort to recognize these distinguished men and wish to express appreciation to tribal leaders, tribal community veterans, and the congressional sponsors with whom we have worked for many years to accomplish this long overdue recognition for these war heroes.







Merry Christmas

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 CARTER
C-STORE/SMOKE SHOP**

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



**POTAWATOMI STONE LAKE
C-STORE/SMOKE SHOP/DELI**

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



GIFT CERTIFICATES AVAILABLE

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

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) 649-3936

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

Diabetes Christmas Party - Potawatomi Carter Casino Hotel, Dec. 17. For more details, call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

Elderly Nutrition Group Event - Monday, Dec. 9, 2:30 - 4 p.m., at Assisted Living. Play nutrition bingo while learning about healthy eating. Open to tribal elders, Assisted Living residents and meal participants.

To RSVP or ask questions, contact Penny Christianson at (715) 478-4892.

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, Tuesday, Thursday and Friday, 7 a.m. to 3 p.m. Beginning Sept. 3, hours will be 7 a.m. - 8 p.m.

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

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

EVENTS

Sparks Weight Management Program -

By appointment. S - Support; P - Program; A - Get Active, Stay Active; R - Reap the Rewards: feel better, be healthier; K - Know the basics of good nutrition; S - Stay focused on being healthy. Please call Lisa Miller, RD, CD, at (715) 478-4320.

Diabetes Education -

By appointment. Including blood glucose monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting. Please call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

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.

HEALTH

Al-Anon Meetings - Wednesdays, 5519 Kak Yot Lane, Crandon, 5:30 p.m. Why: Al-Anon is primarily for those who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavior problems. When you come into this room you are no longer alone, but among others who have experienced similar problems. We will respect your confidence and anonymity, as we know you will respect ours. Please call (715) 478-4933 for more information.

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

AA Meetings - Lost Marbles

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

Wellbriety - 12 Step Meeting

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

Do You Feel Like No One

Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Help is only one touch or a phone call away.

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

HEALTH

FCP Domestic Violence / Sexual Assault Program -

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

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

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

SERVICES OFFERED

Employment Skills Program

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

Resource Room — New Location

Now located in the Family Resource Center (Old Tribal Hall), the room has four computers that are open to the community. These computers are equipped with the following software to assist in improving your job skills, completing or updating your résumé, brushing up on computer and typing skills, and for completing correspondence.

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

continued next column...

SERVICES OFFERED

Resource Room ...continued

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

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

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

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



DECEMBER 2013 CALENDAR OF EVENTS

Community Health

- Infant Nutrition (HWC) - Dec. 10
- Diabetes Christmas Party (Potawatomi Carter Casino Hotel) - Dec. 17 (see notice on pg. 11)

FCP Family Resource Center

- Healthy Relationships: Mondays, Dec. 9, 16, 23, 30, 1 - 3 p.m.
 - Play Shoppe: Tuesdays, Dec. 10, 17, 11 a.m. - 1 p.m.
 - Life Skills Group: Wednesdays, Dec. 11, 18, 1-3 p.m.
 - Positive Indian Parenting: Thursdays, Dec. 12, 19, 26, 10 a.m. - noon
- Call (715) 478-4837 with questions about any programs.

N.E.W. Directions/CHOICES Program

- CHOICES (ages 13-17): Mondays, Dec. 9, 16, 23, 30, 3 - 5 p.m., White Bison Curriculum, DV Education. Group III teens will be picked up from school.
 - N.E.W. Directions:
 - Group I Youngsters: Tuesdays, Dec. 10, 17, 3 - 5 p.m.
 - Group II - Youth: Wednesdays, Dec. 11, 18, 3 - 5 p.m.
- All events are at the FCP Family Resource Center unless otherwise specified. Youth will be picked up from school. For more info, call Judy Poler (715) 478-4941, Joe Chaney (715) 478-4839 or Ahshoni Daniels (715) 478-4316.

Recreation Department

- Open gym now available noon - 8 p.m. on Saturdays.
- See Get Fit & Stay Active information in notices on this page.
- For information on Rec Center activities, call (715) 478-7420.

2014 Bug Lake Winter Fishereee

Date: January 11, 2014
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 fishereee is open to all Tribal Members and their families.
 Lunch and beverages will be provided.

Please Register by Wednesday, January 8, 2014
 To Register Call the Natural Resources Department at 478-7222

Coming in
 January 2014

POTAWATOMI CALENDARS

FOREST COUNTY POTAWATOMI
 CULTURAL CENTER,
 LIBRARY & MUSEUM

Visit the Native Youth Heritage Display

December 5, 2013 - January 9, 2014

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

Located at and sponsored by

POTAWATOMI TRAVELING TIMES
 8000 Potawatomi Trail, Crandon, WI
 (715) 478-7437 • FCPotawatomi.com
 Hours: Mon. - Thur., 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. 9, 2014 at 4 p.m.



FOREST COUNTY POTAWATOMI
 HEALTH & WELLNESS CENTER
 COMMUNITY HEALTH
Open to FCP tribal members with diabetes

Tuesday, December 17th,
 12 pm - 2 pm

THE SPRINGS RESTAURANT
 at the Potawatomi Carter Casino Hotel

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• PERSONALS •



Congratulations to 5th grader, Jaiden Deschinny, for earning top grades and being one of the highest scorers on the standardized state exams at Tsehootsooi Dine Bi'Olta Immersion School! Great job for completing a second college class applicable toward a four-year undergraduate degree and for sitting in on graduate level statistics! Nerds rock! XOXO, Mom & Dad

Competition in Wisconsin Rapids

by Val Niehaus

On Nov, 16, 2013, *PTT* had the chance to go down to Wisconsin Rapids to watch the FCP Boxing Club in one of the many bouts they participate in during the season. I have never had the chance to experience a live boxing match. Let me tell you, from someone who has never felt the emotion or energy involved in this sport, if you have never attended a match you should plan to do so while you still have the opportunity. I walked in not knowing what to expect and ended up having a great time watching the boxers and also maneuvering myself to get the perfect photo. I assure you that being a photographer at one of these events is a fight in itself as you try to make sure you have all of the settings correct on your camera and then position yourself to attempt to get that dream shot of sweat flying off the opponent after a blow to the head. Needless to say, I wasn't able to quite get positioned to snap one of these great sport shots. Hopefully, with time and luck and the opportunity to watch future matches, I am hoping to get that perfect shot all of us photographers dream about. Well enough about the photography aspect of this sport and on to the event itself.

FCP Boxing Club added a new member to its group since the last time *PTT* had the opportunity to cover one of its events. The newest member is Richard Allen. Allen came from the Lac Du Flambeau area to join the FCP Boxing Club.

Allen was the first member to fight.

At age 23 and weighing in at 180 pounds, he went up against an 18-year-old who weighed in at 196 pounds. As he climbed into the ring, Allen's demeanor became totally serious as he laid eyes on his competitor. As they stared each other down while waiting for the fight to begin, you could see in both of these young men's faces that they were here to claim a win. Throughout the match of two-minute rounds, Allen's competitor put up a good fight. When the end bell rang, you could see that Allen obviously had this one in the bag. With the referee taking both men's arms, you just anticipated who the winner would be - Allen!

Up next was Marcus Daniels who at age 17 is the youngest of the FCP Boxing Club. Daniels was matched against a 22-year-old who weighed in at 164, and Daniels, at 167, had just a few pounds over him. The bout began with Daniels getting some good punches in, and I do believe he scored some points. You will have to forgive some of my reporting technique within this article while writing about these bouts since I have no understanding of how the points are given. I just know that if they get a good punch in somewhere on the body, that is a good thing. As I was saying, Daniels landed many punches to his competitor. When all came down to the end, it appeared that his competitor beat him on a points level. I thought Daniels should have been the winner considering the amount of times he came into con-

tact with his competitor, and I actually think many in the audience were surprised with the outcome of this match.

Next up was William Alloway, and let me tell you what a match this was! Alloway at age 18 and weighing in at 232 went up against a 36-year-old man who weighed in at 228. I thought to myself, 'Oh, this is such an age difference that it's easy to see who will walk away with this.' As the match began, Alloway ducked and weaved getting many good punches in, which was just reinforcing my feeling about who would win. But once the match got into the third round, Alloway's competitor pulled all of his energy out and came out ahead. Being the great sportsman he is, Alloway congratulated his opponent on his win and the amazing fight they had. What a rush it was to watch two men with such an age difference and to see how well they fought one another. Alloway was actually awarded the Sportsmanship Award at the end of the night, which was well deserved considering the respect and praise he gave to his opponent after the fight he had. It truly was an exciting match, and I have a new understanding of the reason why people love watching this sport.

Last up for the night and the Main Event was Mark Daniels Jr. Weighing in at 161 at the age of 23, Daniels went up against a 32-year-old man who weighed in at 169. Daniels' opponent was obviously a hometown favorite from the Wisconsin Rapids Boxing Club. This match was the one everyone had been waiting all evening to watch, and you could feel it in the air once these two men took to the ring. The match started

out with both boxers getting a feel for each other. Both were bobbing and weaving with a few good punches thrown. Once round two began, you could see it was getting a bit more serious between these two fighters. Both continued to get many jabs into one another, but you could gradually see the energy of the Rapids boxer overtake that of Daniels. Daniels gave it his all. In the end, the boxer from Rapids was awarded the win - much to the approval of the hometown crowd and his boxing club.

What a great night it was to experience something new. I had a great time watching the matches as well as taking photos and trying my best to capture that one fantastic photo. But once I got back home, I can understand that 'one' photo isn't just going to come easily. I realized it's similar to what a novice boxer may think - that 'one' first one isn't going to come easily. It takes experience, practice and dedication to get those winning shots or poses - just like it takes to win those matches. The men who boxed did a great job in my opinion and they made my time there worthwhile. I am very happy I could be involved with this match and have the opportunity to take some great photos of it. I will look forward to the next competition I can be involved with and hope to learn more about a sport that in many ways parallels other aspects of life. Perhaps one of the fighters will win that important match - and perhaps I will have the chance to get that prize photo all photographers dream about.



Richard Allen (l) connecting to his opponent with a left hook.



Marcus Daniels (l) anticipating the punch.



William Alloway (l) giving an upper cut.



Mark Daniels Jr. (r) giving his opponent a powerful blow to the head.