



Planting Trees on the Reservation

by Michelle Spaude

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Tree-planting is a highly recognized Arbor Day event. It is traditionally celebrated the last Friday in April. On or around this day (weather permitting), people are encouraged to plant trees.

As part of an approved resolution in 2009, the Forest County Potawatomi (FCP) Forestry Department started site preparation for tree planting in Section 16, T34N, R16E during the third week in April 2011. This forest development is referred to as an *ecosystem restoration project*. As stated in the proposal: "Through tribal member contacts and interaction as well as research on cultural and historical use of tree species by Potawatomi tribal members, species specific management goals have been identified and will be incorporated into the updated Forest County Potawatomi Forest Management plan in 2009/2010." A copy of the entire "Trees of the Potawatomi Forest" can be reviewed by contacting FCP Forestry Department Forester Al Murray at (715) 473-6034. The document's summary identifies specific tree species with cultural and tribal concerns which will be benefitted through the projects.

Forestry justification for this project is to re-introduce the seed sources on portions of the area for future generations. Red oak, white pine, white birch and aspen show excellent growth but do require an intense disturbance for regeneration to become established. Historically, they were regenerated through high winds. However, due to the aspen clear cut harvest in 2007, it essentially led to the elimination of the red oak, white pine and white birch seed

sources from the land.

During the week of May 9, FCP forestry department worked hard to re-introduce these species to the area and hand-planted over five thousand trees. On May 16, *Potawatomi Traveling Times* visited the site as the workers continued planting.

Driving approximately eight miles out of Wabeno, Wis.,

to the reservation on County Hwy C, an un-named gravel road turns to the left. As FCP Forester Murray drove into the woods, he pointed to the right and said, "This is the red oak and on the left is the white pine." Another area had both red oak and white pine planted together. Further down the road, areas had trees planted that had site preparation while others didn't. "We're experimenting with that," he said. "We'll see which trees do better."

One of Murray's biggest challenges was finding the best soil types for the different tree species.

One thing helping Murray and his crew out with the tree-planting process was the purchase of a skid steer with a front-attachment mulcher. Tribal member and FCP Forestry Aid Don Gilligan demonstrated the quick functionality of clearing out a big row of brush in a matter of minutes. In the past, this type of work would have



Don Gilligan (front) and Al Murray plant two-year-old white birch seedlings; Gilligan digs the hole, and Murray follows behind planting the trees.

been contracted out, said Murray. Now it can be done in-house and eventually pay for itself. The tribe did receive Bureau of Indian Affairs funding to help with the tree-planting process.

All the new plantings are perpendicular to the gravel road. This was purposely done. "We lose many trees to deer," he said. Being right off the road, "it will be perfect shining spots for the tribal deer hunters," he explained.

Murray cautions tribal members to keep from driving in the newly-planted areas! A lot of time and money has been invested into the plantings. Over time, the future generations will be rewarded. Murray said he told Gilligan, "Your great-grandson will be hunting under the trees you planted!"



The Bobcat with a front mulcher attachment, driven by Don Gilligan, instantly does the job of clearing an area to plant trees.



FCP Forester Al Murray shows PTT one of many oak seedlings planted on top of a hill. As the trees mature, acorns will roll down it (behind Murray) to help regenerate this species.

FCP hosts “Share the Care Conference”

by Aiyana VanZile

On May 3-4, the Forest County Potawatomi (FCP) hosted the 2011 Share the Care Cancer Conference. Share the Care is an annual event that informs and educates Native people about cancer. This year’s conference was held at the Potawatomi Carter Casino Hotel in Carter, Wis.

The conference had many speakers ranging from doctors, nurses, caregivers and volunteers.

The hostess of the conference was FCP tribal member and cancer survivor, Crystal Johnson-Deschinny.

Speakers of the conference spoke about what cancer is and the types of cancer there are.

The most common type of cancer that affects Natives is colon cancer.

This conference offered education, support and guidance to those who have cancer, who survived cancer or who is a caretaker of someone who has cancer.

There was also a Pink Shawl presentation by the Pink Shawl Initiative. The Pink Shawl Initiative is a non-profit

organization dedicated to raising awareness and educating Native women about breast cancer.

There is also a Junior Pink Shawl group, which is dedicated to teaching younger girls along with their mothers about breast cancer while having fun nights.

The conference also had a special time put aside for everyone to listen to cancer survivors tell their personal stories. The stories ranged from denial to the fear of dying and then to the miracle of surviving.

Survivors gave a lot of recognition to their caretakers for their hard work and dedication in helping them overcome this deadly disease.

Along with FCP, the sponsors of the event were: The American Cancer Society, Ho-Chunk Nation, Oneida Nation of Wisconsin, Wisconsin Native American Tobacco Network, Wisconsin Pink Shawl Initiative, Spirit of Eagles-UW Carbone Cancer Center, and Wisconsin Well Woman Program.



Cancer Survivor Panel: (front, l-r) Earl and Bernice (caregiver) Blackdeer, (back, l-r) Crystal Johnson-Deschinny, Patrice Johns and Sandy Slowicki

photo by Amy Kampstra

Tribal Elder Retires

by Aiyana VanZile



(l-r) Angela Moe, FCP chairman’s assistant and daughter of Marie Gilligan; Gilligan, FCP retiree; and Lena Shawano, FCP executive council assistant, pose after Gilligan was presented with a Pendleton blanket.

FCP tribal elder Marie Gilligan retired after eight years as the documents manager for the Forest County Potawatomi (FCP) Insurance Department.

The Insurance Department put on a small and special celebration for Gilligan on May 12, 2011. All FCP employees were invited to say their farewells to Gilligan by joining her for refreshments.

Gilligan said that she started off in

the Insurance Department helping with office tasks during her lunch break when the department first started. Gilligan has watched the department grow and take on new and exciting opportunities as a tribal business over the years.

Gilligan’s future plans are to take care of some cleaning in the house and to get out and travel.

Congratulations and best wishes to Marie Gilligan on her retirement!

Health and Wellness Center Moves to Virtualized Server

submitted by Brad Bessert, FCP IT Director

Forest County Potawatomi Health and Wellness Center moves to Virtualized Server!

The Forest County Potawatomi (FCP) Health and Wellness Center has recently made the transition to server virtualization, which is a method of running multiple independent systems on a single physical computer.

Some of the advantages of the virtualized server are saving money by reducing the number of servers to run business applications, which means savings on hardware costs. The new server also saves on power and cooling requirements, so less energy is consumed which results in conservation of our earth’s resources.

If we experience a hardware failure, it is no longer necessary to rebuild server applications or even operating systems separately, because they exist elsewhere and can be brought back online

much more quickly. We can now plan for improved disaster recovery.

Virtual servers can easily be replicated so a replicated HIS system can be used for testing of new software without affecting the production environment.

The actual moving of our healthcare systems to a virtualized server was complex and required the collaboration of many vendors - all who play a part in providing quality service to our patients. Lab, Radiology, Pharmacy, Dental, Billing and many other departments have specialized software that connect to our Health Information system.

This project was a joint effort between the Health and Wellness staff, One Prospect, Indian Health Services Technical support and many others. Cooperation and a good working relationship between all parties was essential to the success of this exciting project.

Gises Thunder, Proprietor



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“To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival.”

-Wendell Berry

Happy June Birthday to these Elders!

06-01 Denise Mulder	06-23 Michael Patterson
06-04 Mary Ritchie	06-23 James Crawford Sr.
06-12 Viola Sakiestewa	06-23 Ruth Weso
06-15 Linda Spaude	06-24 Carol Coyle
06-18 Clifford Vigue	06-25 Carolyn Bell
06-23 Margaret Shepard	06-29 Georgina Rank

United Tribes of Forest County Drawing Winner

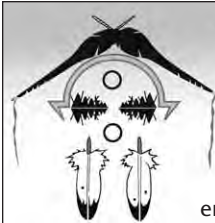


Barbara Zastrow (center), Elcho, Wis., was the winner of the *United Tribes of Forest County* December - May survey drawing of a one-night stay at Potawatomi Carter Casino Hotel and Mole Lake Casino Lodge & Conference Center.

Presenting the certificates to Zastrow are Carmen Brady (left), Mole Lake Hotel manager, and Yvonne Kincaid (right), Potawatomi Carter Casino Hotel manager.

photo submitted by Potawatomi Carter Casino Hotel

**Deadline for the June 15, 2011 issue is
Wednesday, June 1, 2011.**



Potawatomi Traveling Times

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Welcome to the World!

Amiracle Love Alloway was born on May 6, 2011, weighing 5 lbs., 9.9 oz., and was 18 ¾ in. long.

Amiracle is the daughter of Destinee Alloway of Crandon, Wis.

Grandparents are William and Cassandra Alloway of Crandon, Wis.

Great-grandparents are Arlene Alloway of Crandon, Wis., and Tom Kegel of Siren, Wis.

Congratulations to Destinee and her family on their new arrival!



Welcome to these New Employees

Laura Orlowski, Milwaukee Legal Secretary/Paralegal

Hire Date: 4/22/11

Contact info: (414)847-7760

Laura.Orlowski@fcpotawatomi-nsn.gov

Michelle Stoffregen, Health & Wellness Data Analyst (transfer)

Hire Date: 4/26/11

Contact info: (715) 478-4359

Michelle.Stoffregen@fcpotawatomi-nsn.gov

Linda Boney-Geiter, Health & Wellness Staff Nurse (transfer to the medical clinic with the care team of Dr. Mraz)

Hire Date: 5/2/11

Contact info: (715) 478-4432

Linda.Boney-Geiter@fcpotawatomi-nsn.gov

Una Ross, Child Care Office Manager (transfer)

Hire Date: 5/2/11

Contact info: (715) 478-4964

Unad.Ross@fcpotawatomi-nsn.gov

Roger Sisson Jr., Health & Wellness Counselor

Hire Date: 5/3/11

Contact info: (715) 478-4307

Roger.Sisson@fcpotawatomi-nsn.gov

Tricia Brewer, Child Support Administrative Assistant

Hire Date: 5/9/11

Contact info: (715) 478-7260

Tricia.Brewer@fcpotawatomi-nsn.gov

Craig Kircher, Health & Wellness Groundskeeper (part-time)

Hire Date: 5/17/11

Contact info: (715) 478-4369

Howard Bichler, Legal Attorney - Crandon Office

Hire Date: 5/17/11

Contact info: (715) 478-4955

Howard.Bichler@fcpotawatomi-nsn.gov

**AA Meetings held every Monday
in the lower conference room of the
FCP Health & Wellness Center
beginning at 6 p.m.
Any questions, contact
Jeff K. at (715) 889-0035.**

Many thanks...

A big Mi Gwetch to everybody for pulling together and cleaning up the Cultural Center over the last few weeks. This is the way it used to be, the way I remember it, and it's good to see tradition coming back into our funerals and community events. It is very much appreciated!

Ken Thunder

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Career Awareness Day a Success

by Winda Collins

(CRANDON, Wis.) After many weeks of planning, the 2011 Career Awareness Day was finally underway. In its third year, the event, sponsored by Forward Service Corporation in collaboration with the Forest County Potawatomi (FCP), took place on Wednesday, May 4.

Approximately 150 sophomore students from the Crandon, Elcho, Laona and Wabeno school districts were transported to the auditorium at the FCP Executive Building where their day began with finding their mentor and career interest group.

After brief but warm greetings by both FCP Tribal Administrator Eugene Shawano and FCP Executive Council Chairman Harold "Gus" Frank, it was on to the real business of the day.

Students were divided into two groups: Group A would commence job shadowing with their mentor(s), while Group B would visit a cultural exhibition at the FCP Library, Museum and Cultural Center. After a delicious lunch prepared and served by the culinary staff from Potawatomi Carter Casino Hotel, the groups and their activities would switch. During the day, both groups had the opportunity to speak with representatives from colleges and technical schools about post-high school education options.

The career choices the students were able to choose from were quite varied and ranged from ecologist, physician, teacher and police officer to accountant, forester, carpenter and mechanic - and everything in between.

Students were then allowed to

spend time "shadowing" FCP employees who fell within their career choice. For example, students who chose graphic design, photography or journalism were transported to the *Potawatomi Traveling Times (PTT)* offices where they were given an overview of the paper and the multitude of projects that the *PTT* staff produces. Then it was off to work!

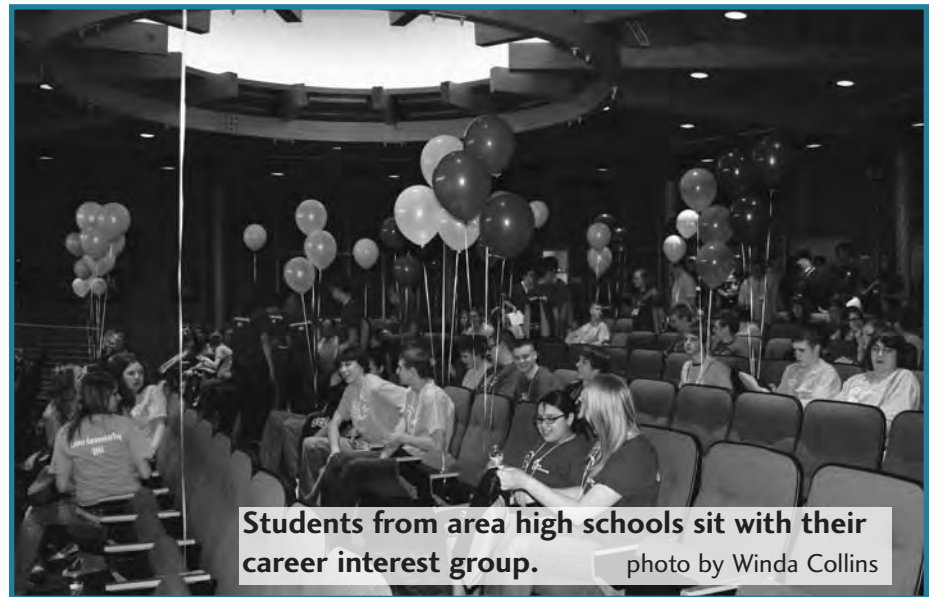
Those interested in the graphic arts were able to design their own CD case using the latest software. Those interested in journalism had the opportunity to write a short article on the career day event to be proofed by the editor.

Professional want-to-be photographers were able to take and download photos using *PTT's* digital equipment. All the students visiting the *PTT* office were given a binder to keep that contained helpful information to aid them in their career choice.

It wouldn't be at all surprising to one day see many of the best and brightest of the attendees return to Forest County, bringing with them their acquired knowledge and skills.

We wish all the students success in whatever area of study or work they choose!

Forward Service Corporation was formed in 1979 as a private, 501(c)3 nonprofit corporation providing employment, training and support services that spark a transformation in the lives of those they serve. Their slate of services provides adults and youth a bridge to education and employment opportunities, and businesses a bridge to a qualified and skilled workforce.



Students from area high schools sit with their career interest group. photo by Winda Collins



(above) Laona H. S. student Nikki Babich practices taking photos with a digital camera while catching a few rays.

photo by Megan Milan, Laona H. S. student

(below) Crandon H. S. student Aaron Flannery writes a short article about the career awareness event.

photo by Sammi Weid, Crandon H. S. student



FCP Language and Culture Department Holds Annual Community Pancake Breakfast

by Aiyana VanZile

The FCP Language and Culture Department held its annual community pancake breakfast on May 17, 2011, at the FCP Recreation Center.

This is its eighth year of giving back to the community by holding a breakfast for everyone to taste the syrup that they have prepared.

There were over 300 guests this year ranging from community elders to employees and the students from Gte Ga Nēs Preschool.

FCP Language and Culture Department would like to extend its thanks to the cooks, Ruth and Clement Fox, and their assistants who prepared the delicious breakfast of scrambled eggs, potatoes, bacon, sausage, fresh fruit and pancakes. Of course, delicious syrup was prepared from start to finish by the FCP Language and Culture Department.

The Language and Culture Department has now started to distribute the maple syrup to FCP elders.

Be on the look-out for the glass canning jars filled with the real Potawatomi maple syrup.

Gte Ga Nēs Preschool came to enjoy the yummy pancakes.



Tribal elders Ed Alloway (l) and Eugene White-Fish (r) head up the line.



New ICW Prevention Specialist

by Aiyana VanZile

Marilynn Alloway is the new FCP Indian Child Welfare Prevention Specialist. Alloway had worked as a Domestic Violence Advocate in FCP Community Health before taking this new position.

Alloway is looking forward to working with families in this VOLUNTARY-Strength based program with the focus on keeping children in their homes through family assessments of strengths and needs.

To learn more about this new program, please feel free to call Alloway at (715) 478-4812 from Monday through Thursday between 7 a.m. and 5 p.m.



Marilynn Alloway

CHOICES Youth Stay Busy

submitted by CHOICES Program

CHOICES youth stayed busy in April and May with a variety of educational activities.

Be sure to keep up-to-date on June

activities by checking out the CHOICES calendar listed on page 13 of this issue.

Contact Miss Lori at (715) 478-4198 if interested in participating.



During the "Be Kind to Mother Earth" event, youth made beautiful flower pots for their own mothers.



Youth dance the evening away disco style at the HIV Awareness 80s Dance event.



Youth make yummy, colorful treats during the educational culinary events.

Congratulations to the Gte Ga Nēs Graduates of 2011!

submitted by Gte Ga Nēs Preschool

The Gte Ga Nēs staff would like to thank the FCP Recreation Center, One Prospect, the *Traveling Times*, veterans, Earth Day and dancers. Also, thank you to Betsy Popp for doing the framework for the class picture and to JR Holmes for his words of wisdom.

A very special thank you goes to Eleanor Shawano. She surprised us with

hats and gowns this year, which we plan on using for the next coming years. To Eleanor: we deeply appreciate your interest and the love you have for our program and children.

Remember - nothing is more important to your child than your love!

Everyone have a great summer!



(back l-r) Geronimo Shepard, Zachariah Weso, Mikael Weso, Symone Pemma, Jeremiah Alloway, Harmony Shockto, Isaac Frank and Lovey Lakehouse
 (middle l-r) Allisia Tuckwab, Sarah Gougé, Preston VanZile, Basilio Milham, Waylon Montgomery, Liliana VanZile and Korbin VanZile
 (front l-r) Seagram Stevens, Destiny Engels, Demitrick Bulmer, Cheyenne Pamoncutt, Jory Daniels, Simone Daniels and Ryana Alloway
 (insert) Brayden Madl

photos by PTT staff

Workshop Opens Door to Youth Requested Events

submitted by CHOICES Program

A Healthy Teen Relationships workshop was held Saturday, May 14, at the Stone Lake Chapel. It was truly a positive experience for all who attended! This workshop focused on healthy choices for youth by becoming comfortable with who they are before moving into a relationship.

Multiple speakers and activities took place throughout the day, detailing several choices and events youth may face in their futures and providing them with information and education to make good choices.

Youth have requested extended workshops involving ATODA training with Mick Ashbeck and the K-9 unit, Discovery Dating Game with Missy Anderson, and a follow-up workshop on STDs and birth control with Di Koch. Be sure to watch for upcoming events!

Ahshoni Daniels with N.E.W. Directions and Lori Murphy with CHOICES presented the workshop on Saturday along with much help from the FCP Community Health Department, tribal members and others.



Community youth learn about a variety of important issues that concern today's teens.

Gte Ga Nēs Preschool and Rising Sun Daycare host Pinewood Derby and Carnival

by Aiyana VanZile



(l) Matthew Mann, Symone Pemma and Korbin VanZile excitedly watch their derby cars come down the track.



(r) Korbin VanZile enjoys his cotton candy.



Phoenix Holmes



Pinewood Derby winners (l-r): Liliana VanZile, 3rd place; Harmony Shockto, 1st place; and Mikael Weso, 2nd place

Cradle Board and Hand Drum-Making Class

by Aiyana VanZile

For the past few weeks, FCP Education Department Director D.J. Smith hosted a cradle board and hand drum-making class. Taking place at the FCP Recreation Building, the class met Monday through Friday from 5 - 8 p.m.

The instructor was Brian Poupart from Lac du Flambeau, Wis.

Some of the materials used were elk and deer hide, maple rings and cedar octagons.



Posing with their handiwork are (back row l-r) Nick Shepard, Nathan Morris, Alan Wescott, Sag Smith, David Shepard and Aaron Bulmer. In the front row (l-r) are Eric Mitchell, D.J. Smith and instructor Brian Poupart.

Electronic Recycling News

submitted by FCP Solid Waste Program

The FCP Solid Waste Program has been recycling electronic scrap such as computers, televisions and other electronics for quite some time now. The electronic scrap is taken to vendors who specialize in recycling these items to prevent them from going into landfills. Tribal members living on the reservation can drop off their electronic scrap at Solid Waste, and the staff will properly recycle it.

Electronics are quickly becoming America's fastest-growing trash product, and they are taking up huge amounts of landfill space. Recycling your electronic scrap is important because they contain valuable materials that can be recycled and reused. These materials include plastics, steel, glass and precious metals like gold and copper. Many devices also contain dangerous materials such as lead, mercury, cadmium, chromium and chemical flame retardants. If disposed of improperly, these materials can enter the environment where they may affect human and environmental health.

A new statewide electronics recycling law, passed in Oct. 2009, is creat-

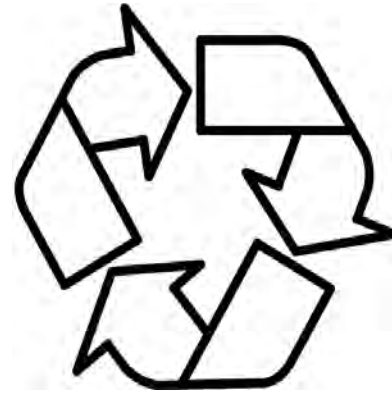
ing new recycling opportunities for Wisconsin households and schools. The law also bans many electronics from Wisconsin landfills and incinerators, which started Sept. 1, 2010.

The E-Cycle Wisconsin program, created under the law by the Department of Natural Resources (DNR), provides more electronics recycling options in many parts of the state.

After Sept. 1, 2010, no one in Wisconsin may put items such as TVs, computers, printers and cell phones in the trash. Electronics are resources that are too valuable to waste, and we can help both our economy and the

environment by recycling them.

As mentioned previously, tribal members living on the reservation can drop off their electronic scrap at FCP Solid Waste. Tribal members not living on the reservation should contact the FCP Solid Waste Program at (715) 478-7330 or visit the Wisconsin Department of Natural Resources website at <http://dnr.wi.gov/ecyclewisconsin> to find a collection site where they can recycle their electronic scrap.



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CLOSED from 12 p.m. to 12:30 p.m. for lunch*

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(Keeper of the Fire)

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

June: It's All About Men's Health

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

June is National Men's Health Month and is sponsored by the Men's Health Network. The purpose of Men's Health Month is to increase awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives everyone an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

On average, men are less healthy and have a shorter life expectancy than women. In 1920, women outlived men by an average of one year. Today, that difference is more than five years. Part of the reason for this health gap is that generally men:

- Don't take care of themselves as well as women do.
- Are more likely than women to engage in unhealthy behavior.

- Are less likely to have health insurance.
- Are more likely to work in dangerous occupations.
- Are less likely than women to adopt preventive health.
- Are less likely to seek medical attention when they need it.

As a result, men die younger and in larger numbers of heart disease, diabetes, stroke, cancer, and many other diseases. More than half of premature deaths among men are preventable, along with about 60 percent of chronic diseases and most injuries and accidents.

By encouraging men to take charge of their own preventative care, you can

"There is a silent health crisis in America... it's a fact that, on average, American men live sicker and die younger than American women."

-Dr. David Gremillion, Men's Health Network

help protect their health. Following the healthy lifestyle recommendations below can help men take steps towards better health:

- Eat a varied diet, full of fruits, vegetables, whole grains and low-fat foods.
- Limit cholesterol intake and avoid saturated fats.
- Participate in moderate exercise for 30 minutes, five times/week or vigorous exercise for 20 minutes, three times/week.
- Maintain a healthy weight.
- Protect yourself from the sun.
- Drink at least eight eight-ounce glasses of water per day.
- Limit alcohol to two drinks per day.
- Don't smoke and minimize your exposure to second-hand smoke.

- See your doctor regularly.
- Know your family history and discuss it with your doctor.
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.
- Practice safe sex.
- Wear a seatbelt whenever you're in the car and a helmet when on a motorcycle or bicycle.
- Manage your stress.
- Get help if you need it.

Remember that men's health issues don't affect only men; they have a significant impact on everyone around them. For more information talk to your health care provider or visit www.men-shealthmonth.org.

Reference: *Men's Health Network. (2008). Blueprint for Men's Health: Guide to a Healthy Lifestyle (2nd ed.). Washington, DC: Armin Brott and the Blueprint for Men's Health Advisory Board.*

Tick Season is Here Again: Protect Yourself!

submitted by Kristin Kuber, FCP Health and Wellness Center Community Health Educator

According to the media release issued by the Wisconsin Department of Health Services on May 5, 2011, Lyme disease cases increased 35 percent in 2010, and state health officials are urging people to take precautions against tick bites as warm spring weather triggers more "blacklegged" or "deer" tick activity. Infected blacklegged ticks can carry Lyme disease and other tick-borne diseases including anaplasmosis, ehrlichiosis, and babesiosis.

Lyme disease cases totaled 3,495 in 2010 compared with 2,587 cases in 2009, according to Dr. Henry Anderson, State Health Officer.

Early symptoms of Lyme disease may occur three days to 30 days after the bite of an infected tick, which can include a red bulls-eye rash called erythema migrans (EM), fever and chills, fatigue, headache, muscle and joint pain, and swollen lymph nodes. In some people, the EM rash may not occur. The disease can be easily treated with antibiotics when detected early. However, if left untreated, Lyme disease can result in debilitating arthritis, and serious heart and nervous system complications.

"Everyone should take precautions against bites from blacklegged ticks, especially between May and August when people are more likely to be exposed," said Anderson. "It's important for people to check themselves for ticks as soon as possible when they come indoors."

People can take steps to avoid tick bites and reduce the chance of getting Lyme disease:

- Avoid wooded and bushy areas with high grass and leaf litter since ticks prefer these areas. Stay to the center of a trail to avoid contact with grass and brush.

• Use effective tick repellants and apply according to the label instructions. The U.S. Centers for Disease Control and Prevention recommends that adults use repellants with 20-30 percent DEET on exposed skin and clothing to prevent tick bites. Repellants that contain permethrin can also be applied to clothing.

• Wear clothes that will help shield you from ticks. Long-sleeved shirts and long pants are best. Tuck your pants into the top of your socks or boots, to create a "tick barrier." Light-colored clothing makes ticks easier to spot.

• Landscape homes and recreational areas to reduce the number of ticks by creating tick-safe zones using woodchips or gravel along the border between lawn and wooded area. Continue to remove leaf litter and clear tall grass and brush around the house throughout the summer.

• Check frequently for ticks and remove them promptly. Blacklegged ticks are small and may be difficult to find, so tick checks must be done on all parts of the body carefully and thoroughly. Pay special attention to areas where ticks tend to hide, such as the head, scalp, and body folds (armpit, behind the knee, groin).

• Remove attached ticks slowly and gently, using a pair of thin-bladed tweezers applied as close to the skin as possible. Folk remedies like petroleum jelly, nail polish remover, or burning matches are not safe or effective ways to remove ticks.

• Protect pets from tick bites by checking dogs or cats for ticks before allowing them inside. While a vaccine can prevent Lyme disease in pets, it will not stop the animal from carrying infected ticks into the home. Speak to a veterinarian about topical tick repellant avail-

able for pets.

If you suspect that you or someone you know may have Lyme disease, contact your health care provider immediately. For any other questions contact the FCP Health and Wellness Center Community Health Department at (715) 478-4355.


For more information visit:

<http://www.dhs.wisconsin.gov/communcable/TickBorne/LymeDisease/index.htm>


Source: WI Department of Health and Human Services <http://www.dhs.wisconsin.gov/News/PressReleases/2011/050511.htm>

**FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER**

5409 Everybody's Road, Crandon, WI
General Information (715) 478-4300 • www.fcpotawatomi.com




**YOUR Community.
YOUR Optometry Care.
YOUR Center.**



At the Forest County Potawatomi Health & Wellness Center, we know that your eyes can be a window to your health. By looking into your eyes, your optometrist can tell a lot about your general health. Damages from diseases can often be detected during an eye exam, and your optometrist can work with other members of your health Care Team to provide coordinated care.

To schedule an appointment, please call your
Optometry Department
at 715-478-4345.

OTHER SERVICES OFFERED

Behavioral Health (715) 478-4332	Lab (715) 478-4339	Radiology (715) 478-4339
Community Health (715) 478-4355	Medical (715) 478-4339	Rehabilitation Services (715) 478-4344
Dental (715) 478-4313	Pharmacy (715) 478-4347	

"Water is life's mater and matrix, mother and medium.
There is no life without water."
- Albert Szent-Gyorgyi

Breed Shepard Jr. is State Tournament Champ

by Michelle Spaude

Ten-year-old FCP tribal member Breed Shepard Jr. dominated in his weight class at the Wisconsin Wrestling Federation (WWF) Greco-Roman and Freestyle State competitions in Wisconsin Rapids, Wis., the weekend of April 30-May 1, 2011. He came home with a first-place trophy in each category!

This isn't the first time Shepard came home a winner this year. He also took first place at the Menasha Annual Tournament of Champs. Wrestlers can only compete at this tournament if they earned a first place in another tournament during the season. Shepard qualified and became the *Champ of Champions*. In addition, he took this tournament last year; therefore, he has bragging rights of a back-to-back champion!

Shepard also earned a respectable fifth-place finish at the WWF State Folkstyle Tournament in Madison, Wis., March 25-26, 2011. He was a repeat contender, having placed third last year.

Winning championships and qualifying for state competitions doesn't happen overnight. Shepard has put in his youthful time working out and fine-tuning his wrestling moves. When *PTT* asked why he likes this sport, Shepard responded, "It is in my blood. My dad and uncles wrestled, and my grandpa was a Marine."

Since kindergarten, this has been Shepard's hobby and, more recently, his life. This year, Shepard joined the Full Tilt team based out of Elcho, Wis., where he attends practices. This incorporated new wrestling styles (Greco-Roman and Freestyle) and allowed him to enter more competitions than what was offered for just folkstyle. "I want to thank Ben Ison and Pete Johnson from the Full Tilt team," said Shepard.

According to Shepard's mother, Deanna, this team has been in existence

for six years; coach Johnson told her that Shepard is the youngest member and only one to win a first place finish! Shepard is currently undefeated in the Greco-Roman and Freestyle categories.

His folkstyle record this year was a very honorable 48-5; last year 47-2. With exposure to new wrestling styles, does Shepard have a favorite? "It's hard to choose," he said. He really likes them all. Folkstyle is a more-controlled wrestling whereas the other ones are aggressive throws. Also, with Greco-Roman, it is upper-body wrestling; one cannot grab the legs.

Besides practicing with the Full Tilt team, Shepard also spends many days at home working out. "His dad and his grandpa have been his coach since day one," said Deanna. They invested in a

wrestling mat and a throwing dummy in their basement. They lift weights, do cardio and workout videos, and practice wrestling moves. Father Breed Sr. was a well-known Crandon High School wrestler in his day, having been a sectional-qualifier his senior year.

"Breed listens to his dad," said Deanna, who has the practices and meets mapped out. "They have a game plan between the two of them and their own communication system," she added.

Traveling to all these tournaments has been something the family looks forward to just about every weekend during the season. It's a family affair; the siblings get into it, also. Sister Colleen is the cheerleader, and brother Geronimo intently watches his older brother as he will be old enough next year to start his wrestling career.

Grandpa Dennis is also a big supporter of Shepard. "He is always there for me at all the tournaments he could be... I love him," stated Shepard. Wrestling has been an important skill to learn in Dennis' family. "I sent all my boys to wrestle," he said. "I trained them

"My dad showed me how to wrestle."

Breed Shepard Jr.

home working out. "His dad and his grandpa have been his coach since day one," said Deanna. They invested in a



Breed Shepard Jr. is shown above wearing his hat full of pins. Each pin represents every single time he pinned his opponent in wrestling. He has "way over 100 pins" so not all of them were able to make it on the hat! He wears his 2011 State Folkstyle t-shirt and stands by his memorable trophies from this year.

and taught them," he continued, not only for the sport but for survival (if someone chose to mess with them). Dennis is very proud and did not mince words when he talked about Shepard's recent win. "This kid is good...he kicked #S@!"

By participating in wrestling, it has taught Shepard self-pride and self-discipline. "He walks on the mat like a man, and he walks off the mat as a man," said Deanna. Whether he wins or not, he knows to keep his chin up. "He's our champ no matter what," she explained. "He makes us proud every day," she smiled.

Does Shepard get nervous for the wrestling meets? "Not really," he replied. Staying focused is his key. "I learned my lesson last year when I lost my focus," he said. When he walks out on the mat, the only thing he thinks of is "winning". Friend or foe, girl or boy, he does not take it easy on anyone. "He is serious when he is out there," Deanna convinced *PTT*.

"He lives up to his name," proclaimed grandpa Dennis, who gave Shepard his Indian name, *Gawsat*, which means *hunter*. Being focused on your prey (opponent), anticipating their next move, and going for the kill (win) is what Shepard is about. At the young age of seven, he killed his first deer. "I almost did at the age of five," bragged

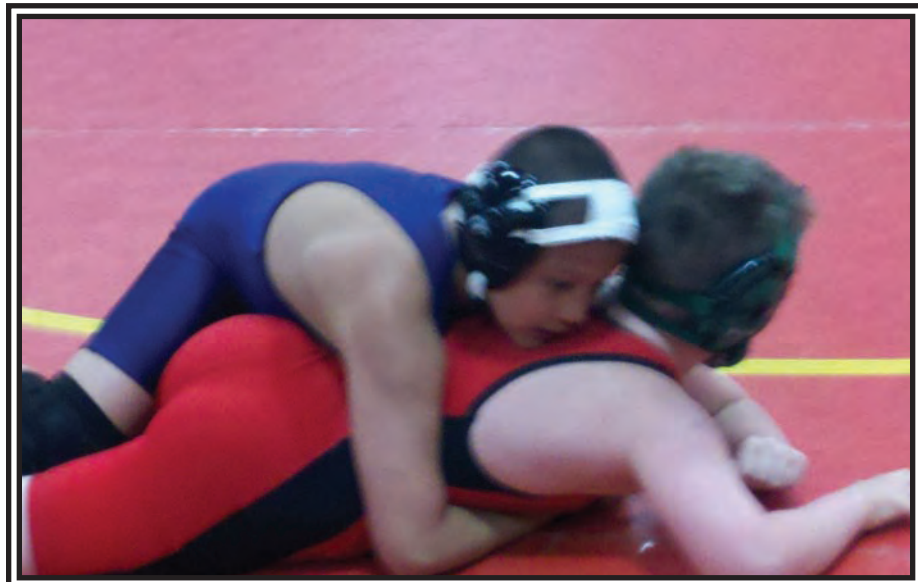
Shepard, but the deer got away. He frequently hunts with his dad and is a "squirrel slayer", laughed his mom.

What does the future hold for this strong, natural wrestler? "I want him to go all the way," said Grandpa Dennis. Not only to wrestle through high school and win state, but to also be an inspiration to the youth behind him. He is a good role model, and it shows other youth what can be accomplished with hard work. "He can go anywhere with it," stated Deanna.

Shepard wants to wrestle for the Wisconsin Badgers – that is his goal. His role model is Andrew Howe who won an NCAA championship. "He's a pretty good wrestler," warned Shepard.

To be competing at Howe's level, Shepard has his work cut out for him – more wrestling tournaments! He and his family don't hesitate to sign up. The bags will be packed for the Northern Plains Kids & Cadet Regional Championships at Wisconsin Dells on June 16-18, 2011. Shepard will be wrestling Freestyle and Greco-Roman against wrestlers from seven different states. If all goes well, the next step is the National Tournament held in Farmington, Utah, on June 27-29, 2011. "We'll do everything we can to get him there," said Deanna.

Good luck, Breed!



Breed Shepard is shown above on top of his opponent after flipping him at the Freestyle State Tournament in Wisconsin Rapids on May 1, 2011.

submitted photo

2011 Graduates



KeeAnna I. Armstrong

Parents: Mike and Martha Armstrong, Carter, Wis.

Grandparents: Eunice White, Carter, Wis., Hartford Shegonee, Blackwell, Wis., William Armstrong, Indianapolis, Ind.

Name and location of school: Flandreau Indian School, Flandreau, S.D.

Activities involved in: track and field, Junior R.O.T.C.

Honors/awards/special achievements: honor roll and honor dorm all year

Traditional/cultural activities: Native American beading

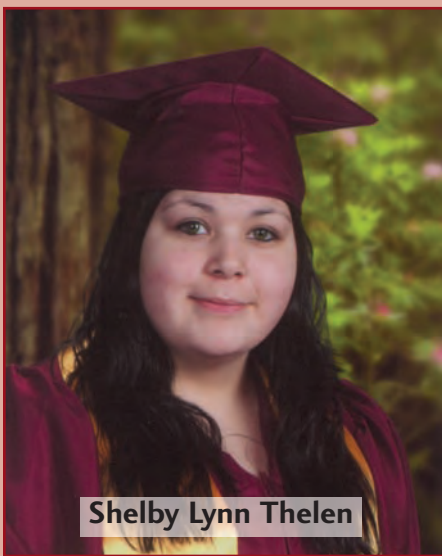
Biggest challenges during school: being away from family for months at a time and maintaining good grades

Words of advice to younger students: "Stay in school and keep your grades up, because it will all be worth it in the end."

Future plans after graduation: thinking about the service or Fox Valley Technical College in Appleton, Wis.

Other comments: "Thank you to my mom and dad for pushing me to come out here to Flandreau to graduate like they did."

Congratulations, KeeAnna!



Shelby Lynn Thelen

Parents: Brenda and Phil Shopodock, Carter, Wis., Jesse Thelen, Green Bay, Wis.

Grandparents: Charles and Joan Thelen, West Bend, Wis.

Name and location of school: Flandreau Indian School, Flandreau, S.D.

Activities involved in: volleyball, beading club

Honors/awards/special achievements: honor roll (twice) and R.O.T.C.

Traditional/cultural activities: beading class and sweat lodges

Biggest challenges during school: staying busy and keeping focused on good grades

Words of advice to younger students: "Stay in school. A high school diploma is very important to your future."

Future plans after graduation: attending cosmetology school beginning in July in Appleton, Wis.

Congratulations, Shelby!

FCP Community Youth to Participate in Indigenous Games

photo by Tony Insenhoff/Classic Collage



Maria Crawford

Maria Crawford is a member of the 16U USIG girls softball team who began playing t-ball in kindergarten.

Besides the Indigenous Games, "I play on my high school varsity team in the spring and with a select club team in the summer." She confesses to spending a lot of time in the batting cage when she was younger.

A tenth grader at Kettle Moraine High School, Crawford is on the honor roll and is a recipient of the Dick Ohm Merit Award.

Her parents are Jeff and Mary Beth Crawford; grandparents are Gladys Crawford and Terry and Marcy Heinen.

Presley Keeble is a member of the 14U USIG girls basketball team. She chose this sport because it is her favorite one. "I love it," she smiled. Keeble has been playing the game since she was in

third grade. She has played on many three-on-threes, the Potawatomi Thunderbirds team and her junior high school team this past fall.

Keeble has been preparing for this event by working on her shooting drills with her dad and brothers. She has attended practices at many different reservations, including Lac du Flambeau, Red Cliff, Wisconsin Dells, Oneida and Keshena. During practice the team focuses on dribbling and shooting drills as well as scrimmaging each other.

Her reaction to making the team was of surprise, but she is "very happy" that she's on it. She even knows several Lac du Flambeau girls on the team from the powwow trail.

Keeble is a seventh-grade honor roll student at Wabeno High School and a

photo by Michelle Spaude



Presley Keeble

fancy shawl dancer. She is the daughter of Jeff and Betty Jo Keeble, Carter; granddaughter of Bertie Pemma, Carter; and granddaughter of Pete Pemma, Stone Lake community.

Tammy Mann is a member of the 16U USIG girls basketball team. "My family is really big into basketball, and my sister [Gerry] encouraged me to get into it," was Mann's reason for trying out for the basketball team. She has been playing the sport since sixth grade.

Mann goes to open gyms when she can and also practices outside her house and at the park. She works on her dribbling and shooting.

Practices with her teammates have been about every other week. She has traveled to Wisconsin Dells, Lac du Flambeau, Oneida and Menominee. She already knew several of her teammates

photo by Michelle Spaude



Tammy Mann

which made her comfortable right from the start. However, Mann stated, "There were a lot of really good girls that tried out." She considers herself "lucky to get on".

Mann is a tenth-grader at Wabeno High School and is a member of the Forest County Potawatomi N.E.W. program. She also takes Potawatomi language classes.

Tammy and Gerry Mann of Lac du Flambeau are her parents and Rosalind Kendrick, Carter; Alfred Pauliot, Lac du Flambeau; and Mary Mann, Lac du Flambeau, are her grandparents.

More USIG athletes will be featured in the June 15, 2011, issue of the Traveling Times. More information regarding USIG events, schedules and venues may be found on pages 10, 11 and 12, or visit milwaukee2011.com.



The U.S. Indigenous Games take place July 10 - 14, 2011. Tentative schedules for sporting events are listed below, with a list of venues to the right. Venue maps appear on the following two pages. For more information, visit www.milwaukee2011.com. See page 9 for information on Forest County Potawatomi youth who will be competing at the games with Team Wisconsin.

TENTATIVE SCHEDULES

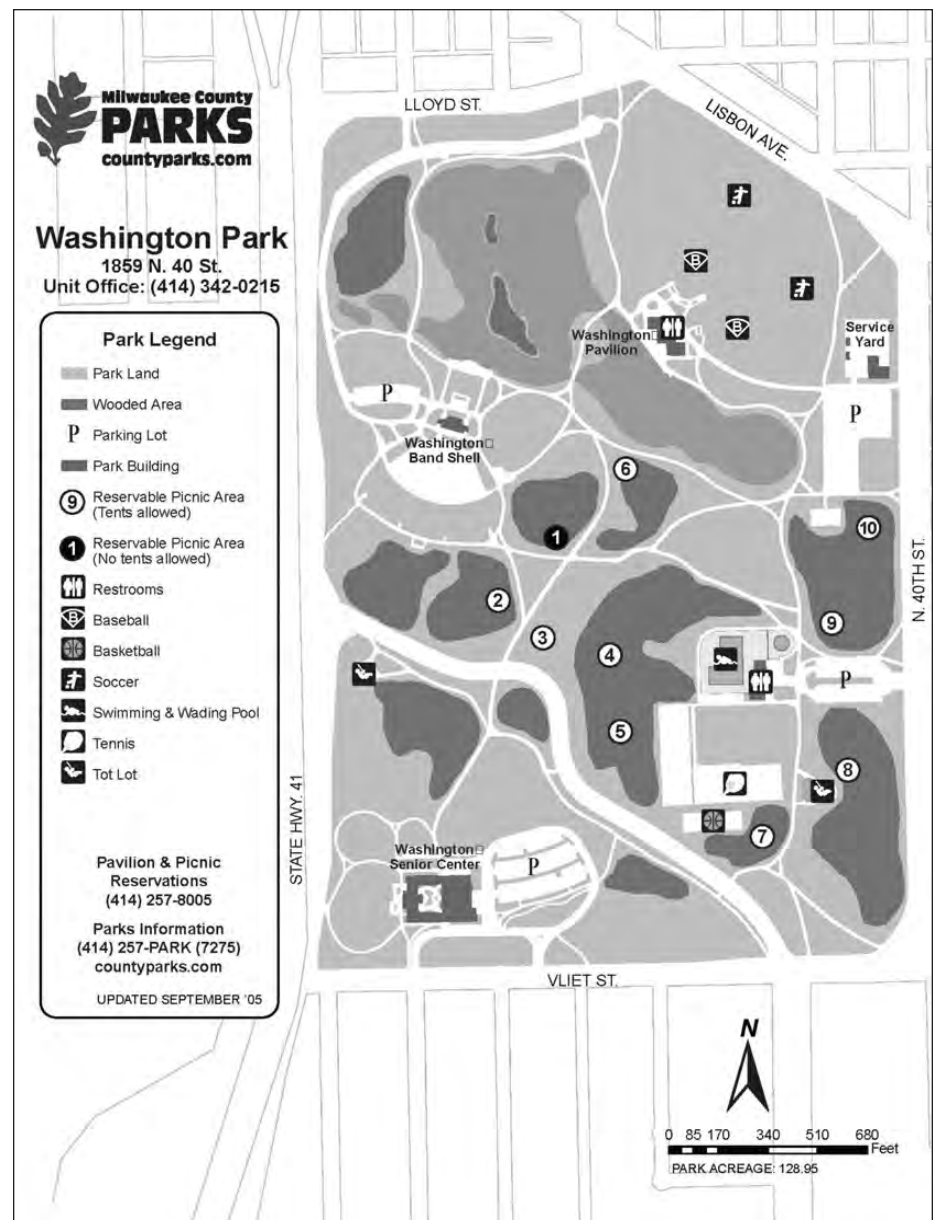
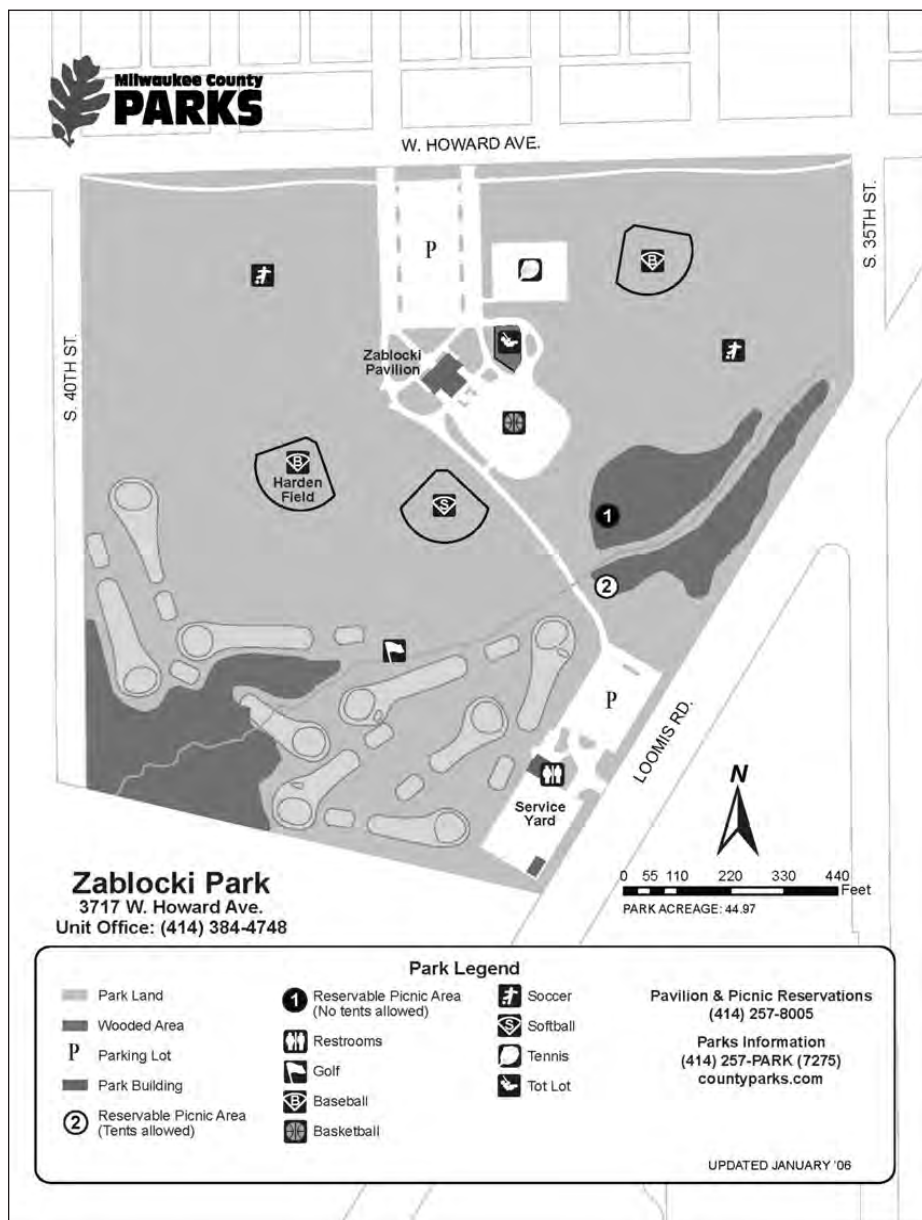
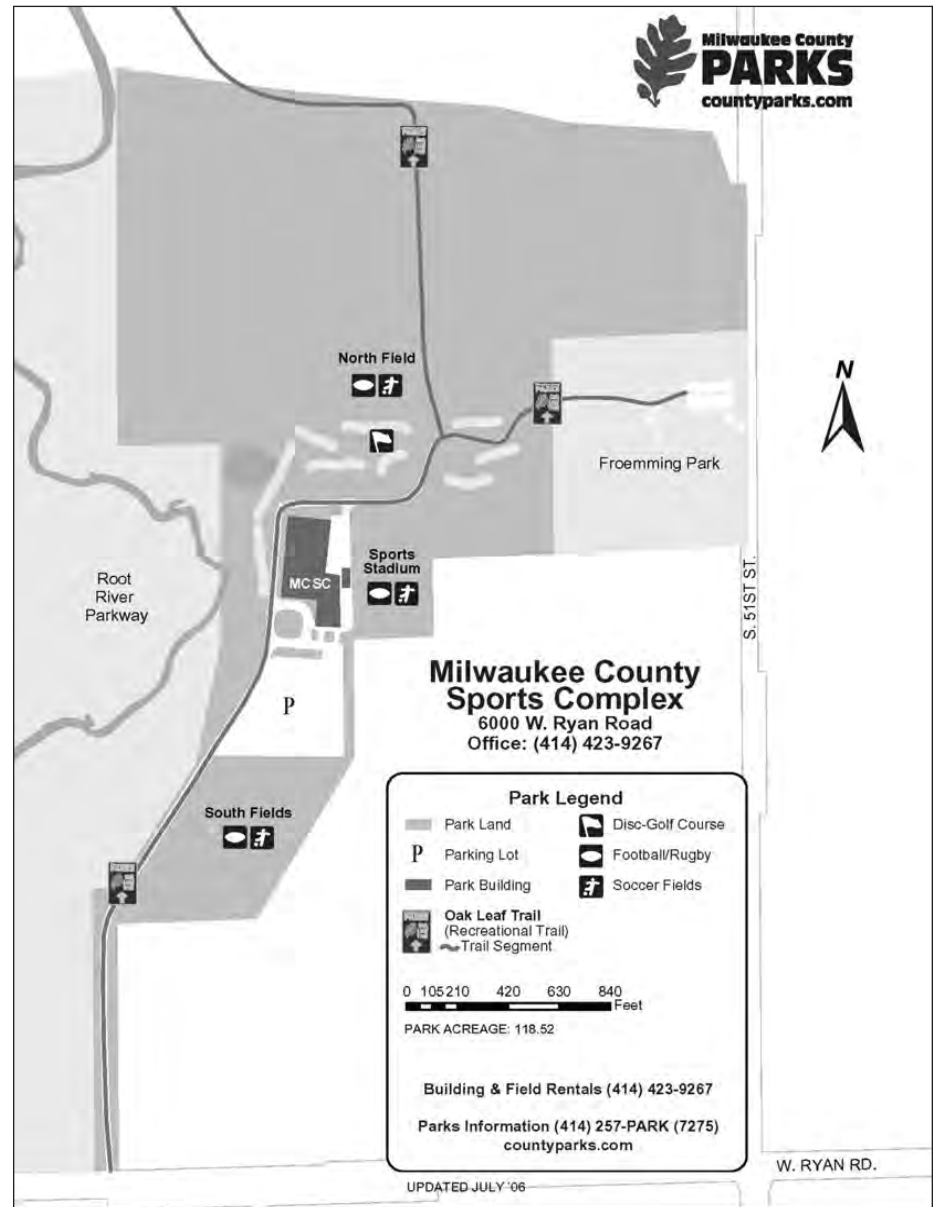
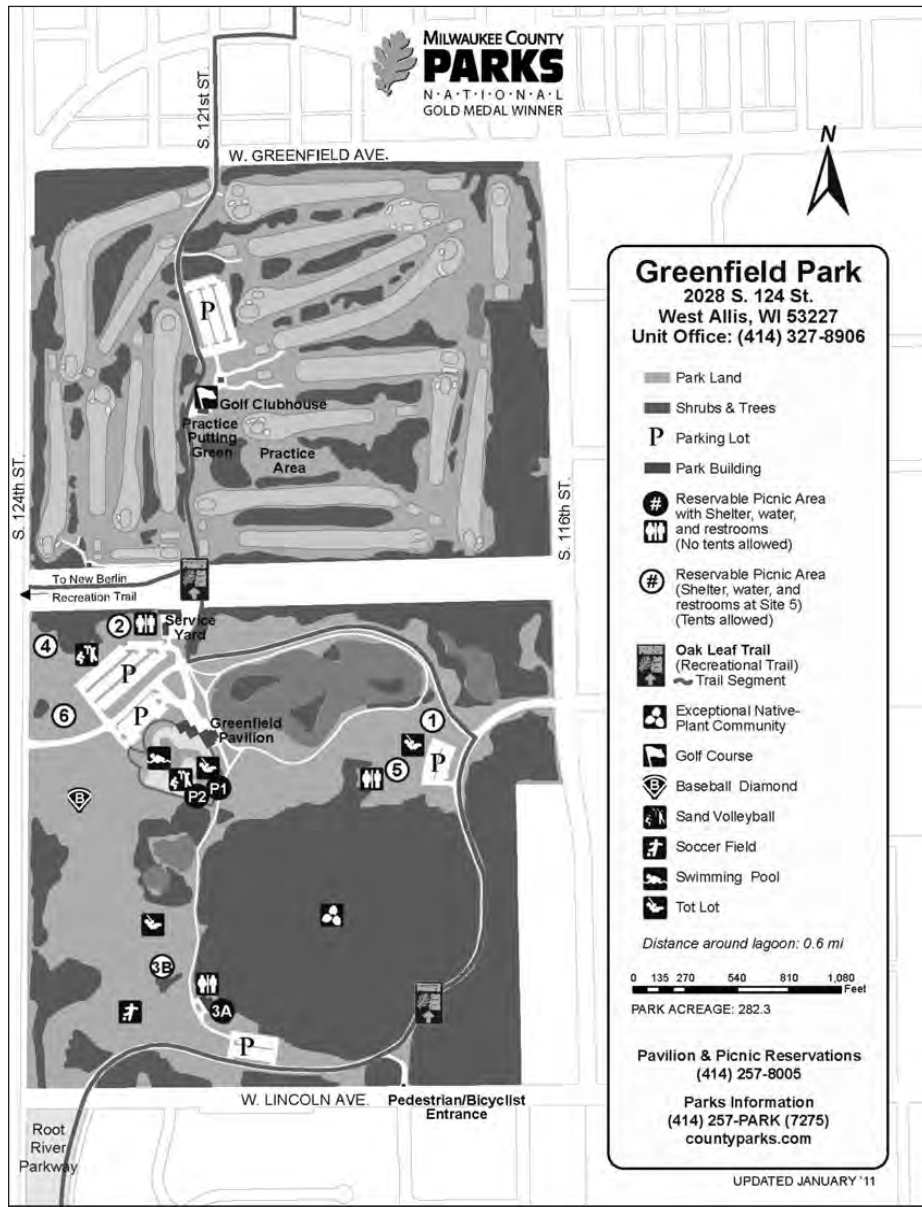
Event	Dates	Start Time	End Time
Archery	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Baseball	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Basketball	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
	Thursday, July 14, 2011	10:00 AM	5:00 PM
Billiards	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Boxing	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	TBD	TBD
Canoeing	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	TBD	TBD
Dodgeball	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Golf	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Lacrosse	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
	Thursday, July 14, 2011	10:00 AM	5:00 PM
Martial Arts	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Shotgun Shooting	Wednesday, July 13, 2011	10:00 AM	5:00 PM
	Thursday, July 14, 2011	TBD	TBD
Soccer	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
	Thursday, July 14, 2011	10:00 AM	5:00 PM
Softball	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
	Thursday, July 14, 2011	10:00 AM	5:00 PM
Swimming	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	TBD	TBD
Table Tennis	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	TBD	TBD
Track & Field	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	TBD	TBD
Track - CC	Wednesday, July 13, 2011	10:00 AM	5:00 PM
Volleyball	Monday, July 11, 2011	10:00 AM	5:00 PM
	Tuesday, July 12, 2011	10:00 AM	5:00 PM
	Wednesday, July 13, 2011	10:00 AM	5:00 PM
	Thursday, July 14, 2011	10:00 AM	5:00 PM
Wrestling	Tuesday, July 12, 2011	10:00 AM	5:00 PM

VENUES	
ARCHERY 3D	West Allis Bowmen 11601 W. 6 Mile Rd Franksville, WI 53126
BASEBALL	Wisconsin Lutheran College: Outdoor Athletic Complex 10200 W. Watertown Plank Rd Milwaukee WI, 53226
BASEBALL	Zablocki Park 3717 W. Howard Ave Greenfield, WI 53221
BASKETBALL	Wisconsin Lutheran College 8800 West Bluemound Rd Milwaukee, WI 53226
	West Allis Central 8516 W. Lincoln Ave Milwaukee, WI 53227
BILLIARDS	State Fair Park 640 S 84th St Milwaukee, WI 53214
BOXING	TBD
CANOEING	Washington Park 1859 N 40th St Milwaukee, WI 53208
DODGEBALL	State Fair Park 640 S 84th St Milwaukee, WI 53214
GOLF	Greenfield Park Golf Course 12035 W Greenfield Ave West Allis, Wisconsin 53214
LACROSSE	Gun Club Field Park
MARTIAL ARTS	TBD
SHOTGUN SHOOTING	Wern Valley Sportsman Club 536w29657 Wern Way Waukesha, WI 53189-9591
SOCCER	Wisconsin Lutheran College: Outdoor Athletic Complex 10200 W. Watertown Plank Rd Milwaukee WI, 53226
	Zablocki Park 3717 W. Howard Ave Greenfield, WI 53221
SOFTBALL	Wisconsin Lutheran College: Outdoor Athletic Complex 10200 W. Watertown Plank Rd Milwaukee WI, 53226
SWIMMING	Zablocki Park 3717 W. Howard Ave Greenfield, WI 53221
	Schroeder Aquatic Center 9240 North Green Bay Rd Brown Deer, WI 53209
TABLE TENNIS	State Fair Park 640 S 84th St Milwaukee, WI 53214
TRACK & FIELD	Wisconsin Lutheran College: Outdoor Athletic Complex 10200 W. Watertown Plank Rd Milwaukee WI, 53226
TRACK & FIELD – CROSS COUNTRY	Greenfield Park 2028 S. 124 th St West Allis, WI 53227
VOLLEYBALL	Milwaukee County Sports Complex 6000 W. Ryan Rd Franklin, WI 53132
WRESTLING	West Allis Central 8516 W. Lincoln Ave Milwaukee, WI 53227

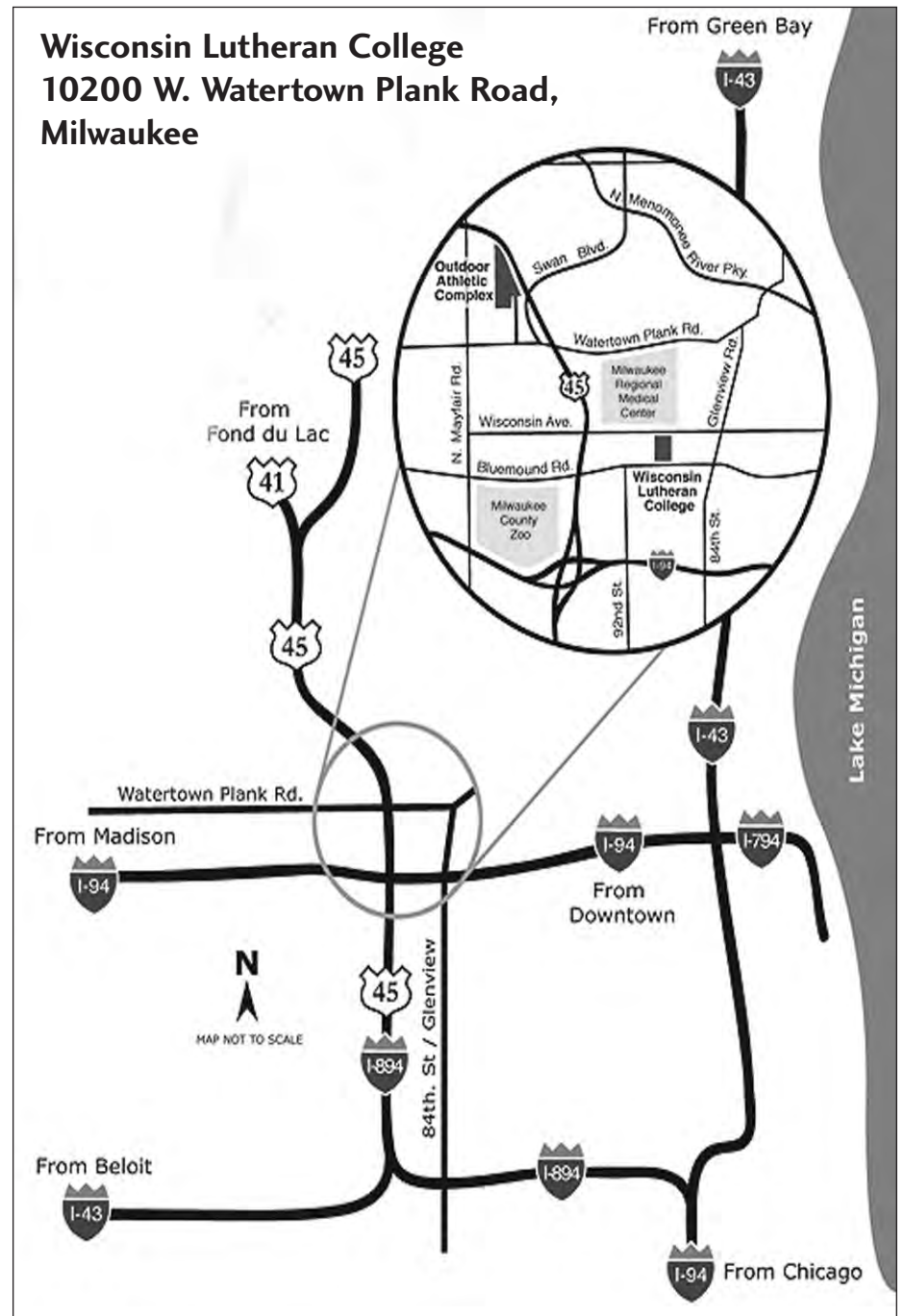
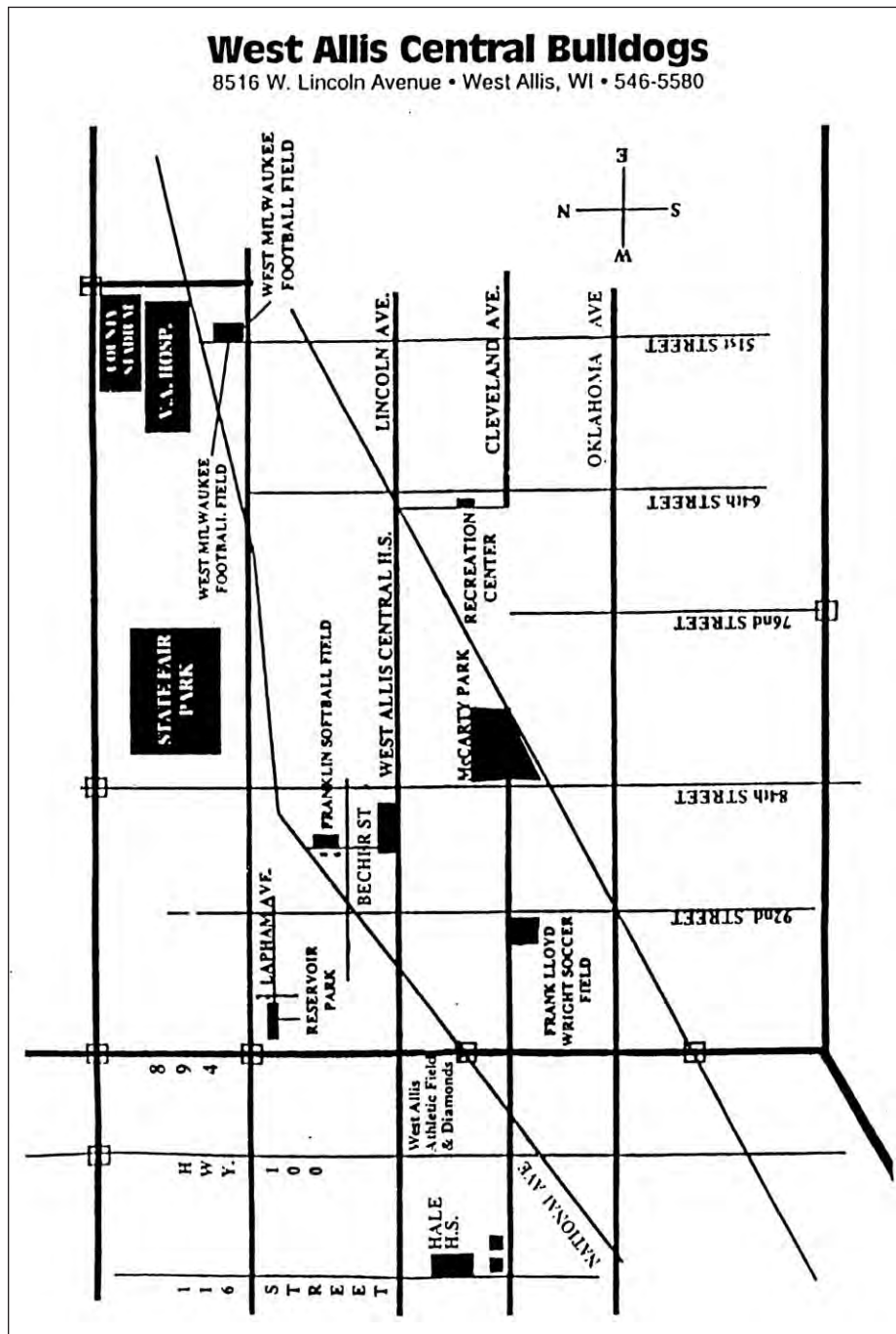


*All schedules and venues are subject to change. If you have any questions regarding USIG, please contact the FCP Recreation Department at (715) 478-7420.

USIG Venues continued



USIG Venues continued



What's Going On in Carter?

submitted by Cheryl Waube, PCCH General Manager

There will be a lot of exciting things going on in Carter during the month of June. Whether it's bingo, table games or slots, we have something for everyone.

We now have 20 Class II slot machines located outside of our bingo hall! This means guests who are 18 years and older can come in and try their luck. Unfortunately, if you are under 21 years of age, you are limited to only playing on those 20 machines.

The first 250 guests who visit our Carter Club desk on Wednesdays will receive a free bonus gift while supplies last, plus you'll enjoy our fresh-baked cookies that are distributed at 10 a.m., 2 p.m., 4 p.m. and 7 p.m.

The fun continues in our Blackjack Tournaments every Wednesday with a \$30 entry fee. We are limited to 42 players. Registration is at the Carter Club from 5:30 – 6:30 p.m. and the tournament starts at 7 p.m.

If you love prime rib, Thursday is your day! Guests can earn 200 same-day base points and get a \$5 off coupon for our delicious prime rib dinner at The Flames Sports Bar & Grill or The Springs Restaurant. If you would like your meal free, just earn 450 same-day base points! Thursday is also Seniors Day. Guests 55 years and over will get an entry into a drawing where they'll win \$100. Only one entry per person. Five winners will be drawn at 1 p.m. and five winners drawn at 6 p.m. Must be present to win.

During Saturday's Summertime Cash Bash, five guests will win \$1000 cash and a tub full of useful things for summertime! Guests will receive 10 entries for 250 same-day base points or receive 20 entries when they redeem 500 points from their comp rewards balance. Drawings will be held every Saturday at 6 p.m., 7 p.m., 8 p.m., 9 p.m. and 10 p.m.

Remember to mark your calendar for Saturday, June 4. Country singer David Ball will be performing in the Willow Room at 8 p.m. Tickets are on sale for \$20 each, and all seats will be general admission. Guests may bring their ticket stub to the Carter Club booth the day of the event for \$10 in Potawatomi Play on their card.

We are also happy to announce that beginning in June, weekend entertainment is back! Every Friday and Saturday night from 8 p.m. – midnight we will have a variety of entertainment on our casino stage.

On Sunday, June 19, we will be celebrating Father's Day with a clip-on cap light for the first 750 guests that come to the Carter Club booth.

If you are a bingo player, we are pumping up the fun and prizes:

- If you are 18 years of age or older, come in to play bingo and also try out our 20 Class II slot machines located directly outside of the bingo hall!

- Every Wednesday join us for 'Wii Love Wednesday'. Packs are \$15 with \$5 extra packs. First 20 guests that purchase two admission packs will be eligible to participate in Wii Bowling. For every pin knocked down, you will receive a return coupon for your next visit. For example: If you knock down nine pins, you receive a coupon for \$9. Strikes are worth \$22, and spares are worth \$11.

- On Thursdays and Saturdays we will be doing 'Levels'.

- Paper buy-in \$10 for Level 1; 6-On, Payout \$100

- Paper buy-in \$20 for Level 2; 6-On, Payout \$200

- Computer buy-in \$20 for Level 1; 12-On; Payout \$100

- Computer buy-in \$40 for Level 2; 12-On; Payout \$200

- Computer buy-in \$30 for Level 3; 6-On Level 1 and 6-On Level 2

- We have exciting news for everyone! On the FIRST Friday of the month, we will be playing 'Finally \$500 Fridays'. Buy-in is \$35, and all regular games pay \$500. Yes, \$500! And for every buy-in, guests will get \$15 in free slot play!

- Every Friday (except 1st Friday) bring your 'Partner in Crime' (P.I.C.)! Packs are \$10. Get drawing card for every entry pack purchased. Then, after every game, we pick a name out of someone's partner in crime to receive \$50.

- Sunday Wheel Spin: Packs cost \$15 and extra packs cost \$5. After game number 13, we will randomly draw five names to spin the wheel. Prizes consist of cash, bingo return coupons or even the mystery prize.

- On Friday, June 10, join in the fun and play cosmic bingo. All packs are \$10 which includes six games paying \$50; prizes and the last game of the evening pays out \$200. Admission booth opens at 10 p.m. and cosmic bingo starts at 11 p.m.

- On Saturday, June 18, we are having a party just for you! It is going to be a Beach Party Bash! Regular game payouts of \$150; three \$500 specials with the last game paying \$1,000, and a chance of winning \$5,000 for the last game! Entry packs are \$40 with additional packs at \$25. Entry packs include bingo, meal and entertainment.

Don't forget to check us out on our website at www.cartercasino.com.

Carter Casino Gives Away Two Lexus Hybrids

submitted by Darcy Bradley, PCCH Public Relations Manager

CARTER, Wis. (April 29-30, 2011) - With gas prices fluctuating close to \$4 per gallon, who wouldn't want their name called to win a Lexus Hybrid which averages 40 to 45 miles per gallon?

On Friday, April 29, Potawatomi Carter Casino Hotel (PCCH) was set to give away the first Lexus CT200h Hybrid in the Carter's Going Green promotion. Six pre-qualified guests were anxiously awaiting the 11 o'clock hour when the drawing was going to be held. Then four more names were drawn, and all took to the stage. On the stage, there were 10 automobile coolers, nine of which had cards with \$500 and one with the Lexus car! After a short moment, the winner jumped for joy! Kristine W., Silver Cliff, couldn't believe it, she had won the car!

While waiting for the other qualifiers to pick their coolers, Kristine had her first choice in mind, with a back-up just in case. As she watched a guest take her first choice she "settled" for the second, which happened to be the winning cooler. As she pulled the card from the cooler, Kristine was shocked. "I couldn't believe it," she explained. "The car was definitely needed. My husband's

car has over 350,000 miles on it." When asked what she thought about her car, "I LOVE IT! It's elegantly sporty!" "I really appreciate it. Thank you to Potawatomi Carter Casino Hotel and General Manager, Cheryl Waube, for everything!" Kristine stated.

Saturday night set up the same way. Once all 10 qualifiers were on the stage, the winner was determined. Joyce M., Townsend, was the lucky winner! Joyce was also present on Friday night when she watched her husband and son on stage, as they were also pre-qualified. On Saturday, Joyce explained to her son that she was going to take the cooler that he had the night before, joking all day that she was going to win the car. "He's usually the lucky one in the family," Joyce stated. Well, luck was on her side that night. As she looked at her card in the cooler, she looked to her family in the crowd and stared at them awhile. Joyce then finally pulled the winning card from the cooler for all to see! "Every day I shake my head; I just can't believe it. This is really fantastic."

PCCH would like to again congratulate Kristine and Joyce on their big wins and also the eighteen \$500 winners!

June 2011 FCP Elder Menu*

Monday, May 30

Closed for
Memorial Day Holiday

Tuesday, May 31

Lasagna, Tossed Salad, Garlic Bread, Corn, Pears, Brownies

Wednesday, June 1

Boiled Dinner, Roll, Mandarin Oranges, Peanut Butter Cookie

Thursday, June 2

Philly Cheese Steak,
Baked Chips, Sliced Tomatoes,
Carrot & Celery Sticks,
Apricots

Friday, June 3

Beef Vegetable Soup,
Peanut Butter Sandwich,
Oatmeal Cookie

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

Monday, June 6

Chef Salad, Roll, Assorted Crackers, Mandarin Oranges

Tuesday, June 7

Brat Patty on a Bun, Broccoli,
Parslied Potatoes,
Fresh Mixed Fruit,
Apple Juice

Wednesday, June 8

Chicken Wrap w/Onion,
Tomato, Lettuce & Cheese,
Cottage Cheese, Sweet Potato
Fries, Blueberry Muffin

Thursday, June 9

Salisbury Steak & Gravy,
Mashed Potatoes, Peas &
Carrots, Watermelon, Juice

Friday, June 10

Bean Soup & Ham, Cornbread,
Fresh Fruit, Yogurt

Microsoft PowerPoint Computer Classes for FCP tribal-affiliated or FCP tribal members:

Instructed by One Prospect, classes will be held every Tuesday for four weeks, from 2 - 4 p.m. at the FCP Cultural Center, Library & Museum classroom.

Power Point Essentials (June 7, 14, 21 & 28)

(Registration is required by May 31.)

- Create a presentation • Format text on slides
- Add graphical objects to a presentation • Modify objects on slides
- Add tables to a presentation • Add charts to a presentation
- Prepare to deliver a presentation

Classes are hosted by the FCP Economic Support Department. Call (715) 478-4433 to register or if you have any questions.

Powwow Trail

June 3-5

21st LCO Ojibwe School
Powwow Grounds
Hayward, Wis.
(715) 634-8924
www.lcoschools.bia.edu

June 17-18

Honor the Firekeeper
Eastview School, Dunn Field
Lake Geneva, Wis.
(708) 715-5042
(262) 549-0482
(734) 552-4244
lakegeneva-powwow.org

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 Education Committee

Monthly meetings held the first Wednesday of the month at 5 p.m., upper level of the FCP Cultural Center, Library and Museum. Contact these committee members with questions or concerns:

Sonya Milham - Chairperson
(715) 473-6410 (home)

Hazel George - Vice-Chairperson
(715) 478-5612 (home)

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

Shari.Alloway@fcpotawatomi-nsn.gov

Margaret Konaha - Board Member
(715) 478-7347 (work)

Margaret.Konaha@fcpotawatomi-nsn.gov

Myra VanZile - Home School Coordinator

(715) 478-6175 (home)

(715) 478-3723, Crandon School
VANZILEMYR@crandon.K12.wi.us

WIEC - Meetings are held every second Tuesday of the month at 6 p.m. at Potawatomi Carter Casino Hotel.

Academic Success Learning Lab
Nicolet HSED/GED/Academic

Refresher classes at Forest County Potawatomi are done for the spring, but summer classes will start on June 7 through July on Tuesdays and Thursdays, 9 a.m. until noon. Put it on your calendar!

Call Christie Schmidt for more info at (715) 478-7206, or drop in at the FCP Library, Museum and Cultural Center lower level during class.

Make 2011 the year you get your diploma!

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 are on the first Monday of each month at 5 p.m. at the FCP old tribal hall, 8000 Potawatomi Trail, Crandon.



EVENTS

The Women's Warrior Society

Meetings will be held the fourth Tuesday of the month. For more information, please contact Marilyn Alloway at (715) 478-4967. Sponsored by FCP Domestic Violence Outreach.

Hungry Soul Soup Kitchen

Open at the Laona First Presbyterian Church (located U.S. Hwy. 8, Laona) the last Sunday of every month, 3-5 p.m. Free and open to everyone.

Balancing Your Life & Diabetes/ SPARKS

Wednesdays, 10 a.m. - 12 p.m., 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 at (715) 478-4383, Lisa Miller at (715) 478-4320 or Cathy Chitko at (715) 478-4367.



OPPORTUNITIES

Eagle's Wing Foster Care

Recruitment: Take a Child Under Your Wing

Forest County Potawatomi (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 Service building (5415 Everybody's Road, Crandon). Call (715) 478-4812 for more information.

Volunteers Needed - for FCP Bakakwsen i Shkwadem, *The Door is Open* Domestic Violence Program. We need caring, compassionate people who want to support Anishnabe people. If interested, please call (715) 478-7201 (24-hour hotline). Thank you kindly!

Why volunteer? Make an impact, get satisfaction, help others, develop yourself, utilize time and learn.



HEALTH

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.

AA Meetings - New location!

Wednesdays at 7 p.m., CoVantage Credit Union lower level, Crandon

Crandon AA - Thursday Night Big Book Study, lower level Crandon Library 9 - 7 p.m. Contacts: Carol (715) 482-5012 or Ahshoni (715) 220-8777.

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.

Families Anonymous 12 Step Meetings

FCP Health & Wellness Center upper level group room, Thursdays, Noon - 1 p.m. Participants are welcome to bring a brown bag lunch. If clinic is closed there will be no meeting. For more information, call (715) 478-4325 or 4332.

Family Services CHOICES

Program: Make Good Choices

All FCP community youth from ages 9-18 are invited to sign-up or re-register for the program. You must be registered to attend CHOICES events. Please contact Lori at (715) 478-4198.

A reminder from the FCP

Insurance Department:

The tribal member and tribal member dependent medical plans are always to pay after all other medical plans, including but not limited to employer medical plans, Medicaid, and Medicare.

Please call Janet at (715) 478-7448 for details.

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. If you would like more information, please stop by FCP Economic Support or call (715) 478-7292.

Resource Room

Located in the Family Service Building, the first floor 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.

- 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. Please stop by and see us at the Family Service Building or call us at (715) 478-4433.



4th Annual Open Public Forum: Staying Active with Arthritis - FCP Health & Wellness Center, in conjunction with the National Arthritis Foundation June 2, 2011, from 1 p.m. to 4 p.m.

The focus will be on the benefits of physical activity and exercise as a part of your everyday life. Our experienced physical therapy staff will provide some helpful tips on how to start getting physically active. Our pharmacist will discuss medication options. Our registered dietician will discuss eating the right foods to stay healthy and active. There will be a special presentation by Kathy Ziembo, APNP, clinical nurse specialist from the Aspirus Endocrinology Clinic. The format will be full of discussion, personal accounts, and information to help manage and stay active while living with arthritis. There will be handouts, door prizes and snacks. Presentations will be held in the lower conference room of the FCP Health & Wellness Center.

Admission is free, but please call (715) 478-4344 to reserve a spot as seating will be limited.

Surveys to be Conducted in June

The FCP Natural Resources Wildlife Department will be conducting door-to-door tribal member surveys during the month of June to assess the effectiveness of the Chronic Wasting Disease (CWD) program and other wildlife-related programs.

Wildlife Department staff will be visiting community members in the Stone Lake area during the first two weeks in June, and then in the Carter area throughout the second and third weeks in June. The survey is voluntary, consisting of nine questions and should only take a few minutes of your time. Participation in this survey will help inform the Wildlife Department of how to better serve the needs of the FCP Community and address concerns related to tribal wildlife resources.

If you have any questions, please contact the FCP Natural Resources Department at (715) 478-7222.

**Child Care Development Fund (CCDF)
Public Hearings**

Wednesday, June 22, 2011

- First Meeting: Noon at Potawatomi Carter Casino Hotel Boardroom
 - Second Meeting: 5 p.m., Family Services Building, Crandon
- Call (715) 478-7358 with questions regarding these hearings.
Held by FCP Child Care

It's Time Again for the Quarterly...

Sobriety Feast

Thursday, June 30, 2011, at 6 p.m.

FCP HEALTH & WELLNESS CENTER Lower Level

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

If you have any questions about this event, please call (715) 478-4371/4325.

JUNE 2011 CALENDAR OF EVENTS

FCP Family Resource Center

- *Healthy Relationships*: Mondays, 1 - 3 p.m.
 - *Play Shoppe*: Tuesdays, 11 a.m. - 12:30 p.m.
 - *Life Skills Group*: Wednesdays, 1-3 p.m.
 - *Positive Indian Parenting*: Thursdays, 10 a.m. - Noon
 - *Trans Program Class*: June 6 (call Rick to sign up by May)
- Call (715) 478-7262 for details on programs.

Recreation Department

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

N.E.W. Directions

All programs are at the tribal hall, 8000 Potawatomi Trail, unless specified otherwise. All activities are open to all FCP community members. If your child would like to participate, or if you want to volunteer, please call (715) 478-4613. Monday - Thursday pick-up is at 3:45 p.m. Activities start at 4:30 p.m.

Swimming Lessons: Mondays & Fridays, YMCA - pick ups 3:30, drop offs 8 p.m. (June 10, 13, 17, 20, 24, 27)

Education: Thursdays, 1 - 3 p.m., except June 2 which is 4:30 - 6 p.m. (June 2, 9, 16, 23, 30)

Mini Golf: Rhinelander - Tuesday, June 14 (pick ups at noon)

Go Carting: Eagle River - Tuesday, June 28 (pick ups at noon; drop offs at 6 p.m.)

Office open 1/2 day on Wednesdays due to swimming lessons.

CHOICES Program

Healthy Living/Gardening Club: Mondays - 4 - 6 p.m. (June 6) and 1 - 6 p.m. in Carter (June 20, 27)

Fun with Food Culinary Night: Tuesdays, 5 - 7 p.m. (June 7, 14, 21, 28) Lower Conference Room - limited transportation

Generations: Wednesdays, 4 - 7 p.m. (June 1, 8, 29) YMCA - limited space, transport available, MUST sign up

Special Events:

Langlade Speedway (June 24)

5K Walk Fitness Event at Health & Wellness (June 25)

CHOICES program events occasionally change. Be sure to watch for special events. A snack or dinner will be served on Tuesday and Wednesday evenings. Parental permission is required. NEST points given for all CHOICES activities and events. For more information, contact Lori Murphy at (715) 478-4198.



**MISHKOZEN
STRONG/HEALTHY**

Saturday, June 25, 2011

TIME:
10 a.m.

LOCATION:
FCP Health & Wellness Center Lobby

WHO:
FCP tribal members, employees, and their family members



DESCRIPTION:
The 5K course (3.1 miles) will begin at the FCP Health & Wellness Center and include the trail as well as Everybody's Road. Water stations will be available. Parking will be directed to the old and new FCP Executive parking lots. Registration is available onsite from 9:00-9:30 a.m. the day of the event. However, an incentive gift is only guaranteed if you pre-register by June 16.

A snack will be served with several door prizes! Must participate to win.

SPONSORED BY:
FCP Health & Wellness Center's Community Health & Diabetes Programs

CONTACTS:
Cathy Chitko - 478-4367 • Theresa Marvin - 478-4383 • Lisa Miller - 478-4320

Congrats to Evelyn & Little Bear on their marriage - May 17.
From, Pork, Gary & Family

HAPPY BIRTHDAY, VANESSA, AND HAPPY BIRTHDAY, BOY, JUNE 3.
FROM, PORK, GARY & FAMILY

Wishing my one and only Robert, a very, very Happy Father's Day! I love you more than anything. I hope your day is perfect! Love you, Consuela

Congratulations to Ian Waubanasum for being Junior Prom King 2011! Love you very much, Mom

Happy Father's Day, Gary!
Love, Pork

Happy Father's Day to all the fathers in my family.
From, Pork & Gary

Happy Birthday, Vanessa & Boy.
From, Evelyn & Little Bear

Happy Father's Day, Gary.
From, Booga Booga

Happy Father's Day to our dad, Al, Jr.
From, Pork, Cliff & William

Happy Belated Birthday, Grandma.
From, Maurice & Baby Jay

HAPPY BELATED BIRTHDAY TO MY MOM - MAY 13.
FROM, PORK & FAMILY

Happy Belated Mother's Day to all mothers in my family.
From, Pork & Gary

We would like to tell our daddy Happy Father's Day! We love you very much. Love, your girls, Selena, Serena, Shania and Cheyenne

Happy Father's Day Daddy-O.
Luv, Bubbio

I would like to send a HUGE Happy Father's Day to my dad! Thank you for everything you do for me! Love, Baby Meat Pie Love you whole bunches!

I want to wish my hillbilly brotha a very Happy Father's Day. With love from, CC



I would like to wish my lil big brotha, Pesh-Kno, a Happy Father's Day. Love, Consuela

I WOULD LIKE TO WISH MY BROTHER-IN-LAW, RON, A HAPPY FATHER'S DAY. LOVE, CONSUELA

Happy Belated Birthday Dad! Love, Aaleyah, Israel and Carla

Happy Belated Birthday to our Uncle Cam on May 24. From, the "Killer B's" Bella & Briya

I would like to wish my beautiful baby daughter, Alexziana Little Sky Stevens, a very Happy Belated Birthday on May 22nd. I love you my "little kitty" and it isn't much longer before daddy will be home to take care of you and your brother. Pretty soon, my baby. Stay strong for daddy. I love you, Lexi. Love, "Poppa"

Caring, Sharing and Quilts



Seven beautifully-handcrafted quilts were donated to the FCP Domestic Violence Program.

by Winda Collins

Once in a great while it's possible to take a step back in time to when hard work, generosity of spirit, and the notion of homemade was commonplace in society. May 11, 2011, was one such step.

On that day, Barbara Tribbett, wife of FCP tribal member Carey Tribbett, paid a visit to the FCP Bakakwsen i Shkwadem *The Door is Open* Domestic Violence Program. Alberta Hatmaker, program director, and Megan Stahl, administrative assistant, began the visit by giving Tribbett a tour of the facility. Hatmaker also took the time to share what the program can provide for those who need its services and what her hopes and dreams are for its future.

Now it was Tribbett's turn to share. She had come bearing gifts for the program - seven gifts, to be exact - handmade quilts created from the heart.

When listening to Tribbett express the why and how of quilting, it quickly became obvious that, for her, it's a labor of love. "When the garden is done, I'm already making plans for the winter." Winter, of course, being prime quilt-making time.

For Tribbett, half the fun of any quilting project is picking out fabrics. These days, she says that's not such an easy task, as she must sometimes rely on the Internet to find what she wants, most especially Native American designs.

As with any artist or hobbyist, quilters are forever looking for new ideas and are eager to learn about their craft. Tribbett is no exception. She explained how in years past, one could sometimes tell by the design elements used in a quilt as to the tribal affiliation of its creator. She went on to say that, although most think of quilters as being female, there are certain tribal cultures

in which the men were responsible for this task.

Not only have quilts been a form of artistic expression and physical comfort for Americans for many years, they may have played an important role in the history of our country as well. Tribbett relayed the story of how quilts were used during the slavery era of the early 19th century by the Underground Railroad. An escaped slave could tell whether or not a home was a safe haven simply by the direction a quilt was hung on the laundry line or fence.

As to Tribbett's creations, she does the shopping, designing, cutting, stitching and binding of her pieces, but there is one step she lets someone else do. That step is the "meandering" stitch that holds the batting in place between the two layers of fabric. An elaborate and expensive machine at a shop in Elcho, Wis., takes care of this step for her quite nicely.

Each quilt is personalized with a message sewn right in. One quilt, created with a young sports enthusiast in mind in brilliant shades of orange and blue with patches depicting basketballs, footballs, soccer balls and baseballs, bears the message, "Play hard." Each quilt is also signed and dated, and each is machine washable for ease of care.

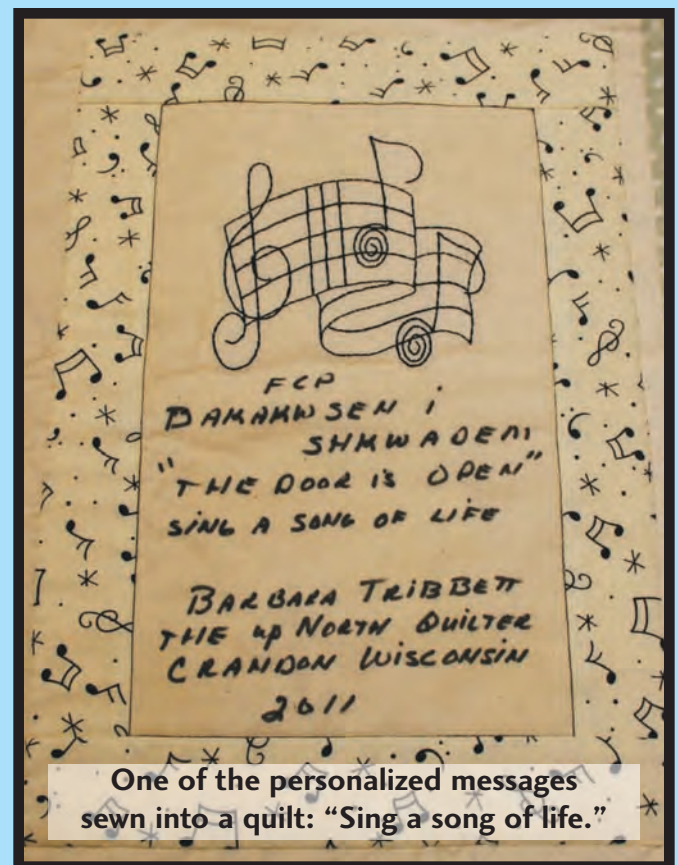
While Tribbett could be asking a tidy sum for her unique creations, she much prefers to make them for friends and acquaintances and for good causes such as benefit raffles and the Domestic Violence Program when the mood strikes her.

Tribbett did express her wish that the quilts stay at the program, where they are sure to lend a sense of home and comfort to the surroundings and to those who will spend time there.

Hatmaker was very pleased with

the donation, saying, "We are really happy to have the quilts. They are amazing and very beautiful!" Hatmaker went on to thank Tribbett, giving her a warm, sincere hug for her thoughtful generosity.

This truly was a day of women sharing their hearts... one with sincere hopes and dreams for better care for the community; the other sharing her quilted creations to help provide the comforts of home. The community is fortunate to have them both.



One of the personalized messages sewn into a quilt: "Sing a song of life."



(l-r) Program Director Alberta Hatmaker; quilter and donator, Barbara Tribbett; Program Administrative Assistant Megan Stahl