Two Decades of Progress

PBC Set to Celebrate its 20th Anniversary in 2011

submitted by Ryan Amundson, PBC External Communications Manager

1991, Milwaukee’s Menomonee Valley looked much different than it does now. A shell of what it once represented – the epicenter of industry and commerce in the region – the Valley was a blighted and overlooked area of the city.

Times have changed in large part because of the Forest County Potawatomi (FCP) and their largest enterprise – Potawatomi Bingo Casino (PBC).

In 2011, the casino celebrates its 20th anniversary. In that time, the casino and tribe have helped spur progress in Menomonee Valley, the region and throughout the state in a number of ways. That progress will be celebrated throughout the year.

Rewind 20 years. In January 1991, preparations were being made to open Potawatomi Bingo – a first-of-its-kind enterprise in Milwaukee. For the better part of a decade, the building sat as an island in the Menomonee Valley, not much more than a pole building with room for 2,000 excited bingo players. What no one knew at the time was the significant impact the business would have on the entertainment, economic and cultural landscape in southeastern Wisconsin.

That bingo hall has changed dramatically in the course of 20 years. In 2000, it transformed into a 250,000-square-foot casino – complete with a diverse gaming floor, three restaurants and a state-of-the-art theater. In 2006, ground was broken on a 500,000-square-foot, $240 million expansion. Opened in the summer of 2008, the expanded casino now offers many more gaming, dining and entertainment options.

PBC has not only made its mark on the entertainment scene, but has also served as an economic engine for the city and state. It has provided family-supporting jobs to thousands of area residents, both directly and indirectly. With 6 million annual visitors, PBC serves as a huge cog in the area’s tourism mix. Additionally, revenue sharing with the city of Milwaukee, Milwaukee County and state of Wisconsin has provided hundreds of millions of dollars to fund vital services to residents.

Some of the most vulnerable area residents have been touched further by the generosity of the tribe, the casino and its guests. Miracle on Canal Street recently surpassed $10 million in total contributions to area children’s charities since its inception in 1994. Outside the casino walls, PBC has consistently served as support for many mainstays that make Milwaukee an enjoyable place to live. The Milwaukee Brewers, Milwaukee Bucks, Summerfest and the Wisconsin State Fair are just a few of the entities the casino has lent its resources to over the years.

In only two decades, PBC has grown from four walls and seating for 2,000 bingo players to one of the largest casinos in the Midwest. While there’s much to be proud of, imagine what the casino can achieve in the next 20 years!
Potawatomi to Expand Broadband Access in Northern Wisconsin

submitted by George Ermert, Martin Schreiber & Associates

(CRANDON, Wis.) The Forest County Potawatomi Community is installing a broadband Internet system on its Forest County Wisconsin reservation lands that will allow tribal members living on the reservation and local residents living near the reservation access to broadband Internet.

The completed network will have the ability to deliver broadband Internet to nearly 200 households with the capability to deliver speeds up to 1.5 megabytes (MB). Presently, broadband options are limited and most tribal members only have access to dial-up Internet or no Internet access at all.

To provide the new broadband access, several 180-foot radio towers will be constructed. System installation began in October 2010 and is expected to be complete by July 2011. Once completed, the system will also allow local residents living near the reservation the ability to purchase broadband Internet service that was not previously available. In the future, the system may be expanded to serve a greater part of Forest County and other areas of Northern Wisconsin.

“From expanding educational options to helping families keep in touch with others, having this system will allow tribal members and local residents to have better access to information which can improve their quality of life,” said Potawatomi Tribal Chairman, Harold “Gus” Frank.

The broadband Internet system will be constructed by One Prospect Technologies in collaboration with SonicNet. One Prospect Technologies estimates that it will hire five additional employees in order to build and serve the expanded broadband network.

One Prospect Technologies is a tribal company based in Crandon, Wis., that serves both tribal nations and commercial markets in Wisconsin. The company provides IT services including basic computing networks, installation of IP phones and wireless networks, and remote monitoring multi-campuses over a wide area network and large geographic area. More information on One Prospect Technologies can be found at www.oneprospect.com.

SonicNet is the largest wireless Internet service provider in Vilas, Oneida, Florence and Forest Counties (Wisconsin), as well as a large portion of Dickinson County (Michigan). The company manages and maintains a series of towers and access points to provide both business and residential service. SonicNet is a local, women/minority owned business. More information on SonicNet can be found at www.sonicnet.us.

Wisconsin Governor Scott Walker Re-Affirms Commitment to Tribal Sovereignty and Indian Country

submitted by George Ermert, Martin Schreiber & Associates

Newly elected Wisconsin Governor Scott Walker recently re-affirmed his commitment to Wisconsin’s sovereign nations by emphasizing the importance of continuing government-to-government communication.

In December, Walker invited the members of the Great Lakes Inter-Tribal Council (GLITC) to meet with him in Madison. During the meeting, Walker stressed the importance of maintaining communication with Wisconsin’s 11 sovereign nations and said that he would be continuing the government-to-government consultation process initiated by Governor Jim Doyle.

These remarks mirror what Walker said in August when he met with GLITC prior to his election as Wisconsin Governor.

The State-Tribal Consultation Initiative, created by Governor Doyle, establishes a framework to allow state agencies to interact with Wisconsin’s tribes. Whenever the agencies consider programs or initiatives that would affect tribes, they share this information with them. Conversely, whenever tribes have an issue with the state, the Initiative establishes processes through which these can be shared with state government.

The process allows for improved communication and builds a stronger government-to-government relationship between the State of Wisconsin and the 11 tribes.
Health and Wellness Center Measures the Health of Native American Patients

submitted by Linda Helmick, FCP Health & Wellness Center Health Administrator

In an effort to assure the Forest County Potawatomi Health and Wellness Center (HWC) is providing quality care to our patients, we participate in the Government Performance and Results Act (GPRA) reporting annually. We “benchmark” our patient data with other tribes across the nation. The data described in this article is specific to our Native American patients that we serve and covers data from 2010. A variety of areas are addressed that include diabetes management, prevention screening, immunizations, and tobacco cessation. On the whole, the Native American patients who receive service at HWC appear to have chronic disease that is better controlled and tend to participate in prevention screening more readily than Native Americans seeking service at other tribal and Indian Health Service (IHS) clinics/hospitals across the country.

HWC Native American patients as a whole had grouped average scores which were better than the IHS national average. Examples of this pattern include: Percent of patients diagnosed with diabetes (HWC 10.4 percent; national 12 percent); patients with poor blood sugar control (HWC 4.8 percent; national 18 percent); patients with ideal blood sugar control (HWC 42.1 percent; national 32 percent); and patients with blood pressure under control (HWC 42.8 percent; national 38 percent).

Prevention screening plays a large role in catching disease or problems early. HWC Native American patients fared better than average in these areas as well. Participation rates for the following area of prevention were noted to be: pap screens (HWC 61.5 percent; national 59 percent); mammography (HWC 60.7 percent; national 60.5 percent; national 53 percent); prenatal HIV screening (HWC 91.2 percent; national 78 percent); and depression screening (HWC 60.5 percent; national 52 percent).

One area that was identified as below average compared to nationally was in adult immunizations for those Native Americans age 65 years or older. HWC Native American patients were below the national average for flu shots (HWC 52.8 percent; national 62 percent); pneumococcal shots (HWC 70.3 percent; national 84 percent); These prevention measures sometimes face resistance due to the belief that the shot itself results in illness. Although medical studies indicate this to not be true, many people have firm beliefs around this matter. Hopefully, by continuing to educate our patients, we can see changes in personal choice around this area in future years.

HWC practices a Medical Home model which works to assure our patients are connected with a personal “care team”. This approach helps the patient in that chronic disease is more consistently managed and prevention screenings happen on a timelier basis. If a patient is not connected with a usual care team, these areas are often disjointed or missed.

It is the goal of HWC in 2011 to more fully integrate the other clinical services available to patients at the center to provide a more in-depth medical home. By working together, patients and the clinical providers they interact with can achieve better health results for the patients.

To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our mind strong and clear: Water surrounds the lotus flower, but does not wet its petals.

- Buddha
Healthy Snacks for Parents and Special Needs Kids

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

Healthy snacking is an important part of a person’s diet at any age. A healthy, balanced diet generally includes whole grains, a variety of fruits and vegetables, lean meats, non-fat dairy, and sources of healthy fats. It is ideal to have nutritious snacks or “mini meals” that fit into a balanced diet. Some special needs present challenges for snacking that can be related to weight (needing extra calories when having such conditions as cerebral palsy or cystic fibrosis, or needing calorie control for conditions such as prader willi or other high-weight conditions), texture and swallowing, gluten or other allergens or sensitivities. You can get more specific information regarding special needs diet from your diettian. The following are tips for snacking that may help your family.

Keep healthy snacks stocked in the house and in a lunch bag or purse when you travel. (Do not keep unhealthy snacks stocked!) Some examples of healthy snacks include:

Whole grains: whole grain crackers, whole grain chips baked or fried in canola oil, whole grain bread or toast, low or no sugar cereals, granola bars, popcorn (only for persons over 4 yrs., and with no medically-related choking risks).

Fruit: apples, oranges, bananas, grapes, berries, kiwi, pineapple, etc.

Raisins or other dried fruit travel well. Canned fruit in its own juice, fresh or freeze-dried without added sugar, are all good choices.

Vegetables: Cut carrots, cucumbers, red/green/orange bell peppers, cherry tomatoes, broccoli, cauliflower, frozen peas, etc. Fresh or frozen vegetables are better choices (canned has added sodium). Put vegetables out to snack on when preparing a meal. This is the best time to ensure the vegetables will be eaten.

Make it fun. Set up whole grain crackers and low or non-fat cheese or mini sandwiches to look like a checkerboard during a game night. Sprinkle popcorn with edible glitter, colored sugar, or cinnamon and sugar for a hint of sweetness. Arrange a variety of colors of fruits and vegetables in the shape of a rainbow. See http://familyfun.go.com/recipes-cooking-with-kids/making-food-fun-for-ideas.

Make it easy. Make your own, make it healthy – combine yogurt and fruit in a blender for a healthy smoothie; freeze the extras for a grab-and-go snack.

Let your kids choose. Teach them to read labels. Example: Have them pick a cereal with 6g of added sugar or less, or 3g of fiber or more.

Keep portion control in mind. Put snacks in individual serving containers. Do not eat from a large open bag!

Snack when you need to - to avoid hunger and for nutrition - because you are bored and not as a reward.

Please call Lisa Miller, RD, at (715) 478-4320 with any questions.

Di Koch (above) and Elizabeth Reed (below) will lead the first cancer support group session on January 25. PTT photos

Cancer Support Group Begins

by Michelle Spauda

Are you a cancer patient or cancer survivor? Do you feel the need to talk with others who can relate to what you are going through or went through? If so, plan to attend the first Cancer Support Group on Tuesday, Jan. 25, at the Forest County Potawatomi (FCP) Cultural Center, Library and Museum in the lower level at 4 p.m.

Di Koch, FCP Community Health Nurse/Behavioral Health case manager, and Elizabeth Reed, FCP Community Health representative, will be the facilitators at the first meeting. According to Koch, “The first discussion group will have our ears to what they need.” Future cancer support sessions will be based upon the feedback stated at the January meeting.

Given statistics by Koch that one out of two men and one out of three women have the lifetime probability of having cancer or having a family member with cancer is astounding. “We saw a need by community members,” responded Koch, when asked why the cancer support group was starting. “We will enable them to come and make it what they need,” she added. It’s important to have a place made up of people with common interests so cancer patients/survivors (or family members/friends of cancer patients/survivors) can get confirmation that the feelings they have are normal – they are not alone.

Koch said their program can provide resources, gather information and obtain guest speakers, as needed. The initial goal is to learn from each other how to cope with cancer and survive. The frequency of meetings, group size and meeting places will be decided as the group progresses.

“How can we [to the January 25 FCP meeting],” said Koch, “family members, caregivers… any adult suffering in any way [cancer-related].”

If you know of an FCP cancer patient/survivor community member or family member, please encourage them to attend this newly-formed support group. It may be just what they need to maintain a positive outlook on life to get through each and every day.

For more information on this event, please contact Di Koch at (715) 478-4961 or Elizabeth Reed at (715) 478-4421.

Carbon Monoxide Precautions

Now that the winter season is upon us, we will be using our heating systems to heat our homes and businesses. If we use natural gas, wood, oil or liquid propane for heating or cooking purposes, or both, we have to keep in mind the risk of carbon monoxide.

Carbon monoxide is a byproduct of combustion of these fuels. In a properly operating and vented heating system, any carbon monoxide produced is expelled to the outside air. However, if the venting system, whether chimney or direct venting system, is blocked completely or partially, carbon monoxide can be released into our buildings.

Carbon monoxide has a 200 times greater acceptance in our red blood cells than oxygen. Therefore, carbon monoxide can displace oxygen in our red blood cells and cause asphyxiation resulting in death.

Possible early symptoms of carbon monoxide exposure include flu-like symptoms, fatigue, headache, nausea, difficulty concentrating or blurred vision. If you or family members experience such symptoms, carbon monoxide may be the cause. It is essential to see a physician if you have these symptoms and suspect carbon monoxide poisoning.

Immediate treatment consists of removing yourself or the affected person from the area of concern. Oxygen is the treatment of choice immediately for carbon monoxide poisoning. Removing oneself or the victim to an unaffected area allows the intake of oxygen.

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Carbon monoxide is also produced by the engines of our vehicles. Warming up a car in a garage can be a risky undertaking and is not recommended. Carbon monoxide is also produced by the gas engines that power snowmobiles, snowblowers, chainsaws, lawnmowers and other similarly powered devices.

Snowblowers, chainsaws, lawnmowers and other similarly powered devices. These machines should not be operated in enclosed spaces. Backup electrical generators also produce carbon monoxide and their installation and use require careful attention to proper ventilation.

Carbon monoxide is an odorless, colorless and tasteless gas. We cannot detect the presence of carbon monoxide in our homes without the use of carbon monoxide detectors. These detectors are available at most hardware, home building supply and general merchandise stores. They usually operate by being plugged into a wall outlet. Most models also provide for a backup 9-volt battery.

It is recommended that a carbon monoxide detector be placed on each floor of a residence in order for its alarm to be heard by anyone inside. It is also important to review escape routes and plans with family members prior to an incident occurring.

In addition to obtaining and properly installing carbon monoxide detectors, it is also recommended that prior to each heating season, the homeowner have his/her furnace, boiler, fireplace or wood stove checked to make sure that its vent or chimney has no blockages which could result in the accumulation of carbon monoxide within the home. This will also reduce the chances of a chimney fire due to soot and creosote build up.

Several simple precautions can help to assure the comfort and safety of your family during the heating season.

The We Care facility in Carter is closed until further notice for all FCP Community Health events. Any inquiries should be directed to Lorrie Shepard at (715) 478-4341.
Our Coordinated Community Response

submitted by FCP Bakakwesi Shkwadem *Door is Open* Domestic Violence Shelter

One of the successful intervention efforts to address domestic violence that is becoming more common throughout the state and in particular Forest County, is referred to as a Coordinated Community Response (CCR). Our CCR Team brings together the Forest County Sheriff’s Department, Crandon, Laona and Wabeno Police Departments, the District Attorney and Forest County Court that respond to domestic violence.

We have also had caring citizens in the county, community leaders and faith leaders, among others, to address the issue of domestic violence within our community.

The purpose of a CCR Team is to develop a climate within the community where victims are safe and batterers are held accountable. CCR is not the sole responsibility of the domestic violence service providers, but of the whole community! That’s why we are issuing an invitation to those who care to join the CCR Team of Forest County, which originated in February 2009.

Listed below are a few system-changing outcomes reported by several successful teams in other Wisconsin counties as a result of developing a CCR Team:

- Participation of victim advocates in “ride alongs” with law enforcement.
- Tracking and monitoring of the perpetrators through the criminal justice system.
- Revision and distribution of Strangulation Checklist for law enforcement.
- Creation of a questionnaire for law enforcement to better aid prosecution with evidence-based prosecution.
- Addition of first responders (EMTs) to the team’s membership.
- Development of a felony domestic violence court docket.
- Presentation of community awareness programs, like this newspaper article.
- Development of an Emergency Room Policy.
- Fundraiser to purchase equipment for prosecution.
- Participation of the judge in a CCR team meeting with an agreement to meet bi-annually to problem solve and discuss gaps in services.

Please let us know if you’re interested in joining our CCR Team or if you have other ideas that you may have. We meet once a month on Thursday mornings at the Forest County Courthouse at 8:30 a.m. We provide breakfast for our partners. Soon, I will be sending our partners the year’s schedule for meetings. The first meeting of 2011 will be on January 20 at the Forest County main boardroom.

Thank you and we look forward to hearing from you.

Terrri Burl
Domestic Violence Advocate
FCP Bakakwesi Shkwadem
*Door is Open* Domestic Violence Shelter
P.O. Box 186
Crandon, WI 54520
(715) 478-7273 or
(715) 478-7201 - 24/7 DV Hotline

Tis’ the Season to Be Thankful...
submitted by FCP Bakakwesi Shkwadem *Door is Open* Domestic Violence Shelter

The Forest County Potawatomi Bakakwesi Shkwadem *Door is Open* Domestic Violence (DV) Shelter would like to thank the following tribal community members, tribal departments, county networks and other concerned individuals and companies for all of their help over the last year, 2010.

Without their aid and support, the FCP Domestic Violence Shelter could not have been able to operate effectively for victims of domestic violence in need. Kudos to you all!

Donors of FCP Domestic Violence Shelter – Migwetch to the many donors of the shelter for donating needed food, clothing, toys, furniture and many other items too numerous to mention.

Forest County Sheriff’s Department and Crandon Police Department - Thank you for your time and energy so that the shelter can run effectively.

Family Resource Center - Thank you for your invaluable training on parenting and other issues that affect the social and family life of families in the tribal community.

Walking 4 Directions - Thank you to this program for inspiring youth with encouragement and desire to do better things in their lives.

Emergency Management - Thank you to the director and her staff for helping the shelter develop emergency procedures in case of disaster. Thank you for providing CERT and other training to the employees of the shelter.

Information Technology Department (IT) - Thank you for all of your assistance in helping us to navigate the information highway.

Forest County Public Schools - Thank you for your insight and input as it relates to the problems that are faced by the youth in our community’s schools, and also for providing assistance on how best to tackle the ever growing problems that youth face today in 21st century America.

Family Services Network of Forest County and Forest County Community Coalition - These are two groups that are committed to meeting and networking with social service professionals in order to best help all families in the county.

Gravitter Plumbing & Heating - Thank you to Gravitter for maintaining the shelter’s heating and cooling system and for showing the staff at the shelter how to maintain the systems.

American Indians Against Abuse, Wisconsin Coalition Against Domestic Violence, Wisconsin Coalition Against Sexual Assault - Thank you for all of your support, training, speakers and legal expertise!

With Warm Regards,
FCP *Bakakwesi i Shkwadem* Domestic Violence Shelter
Ann Frankmaker
Megan Stahl
Terrri Burl
Brian Learned

Resole to be Ready in 2011
submitted by Linda Thomaschefsky, FCP Emergency Management Department Director

You’re probably making New Year’s resolutions right now. Spend more time with the family, lose 10 pounds, exercise more and reduce debt are resolutions that appear on many of our lists. But this is also a great time to consider how you would keep your family safe in an emergency. I’m asking you to do three simple things: get an emergency supply kit, make a family emergency plan and be informed about emergencies that could happen.

Americans who make New Year’s resolutions will go about 1 time in 10, according to the Journal of Clinical Psychology. Winter storms, tornadoes, flooding – no matter what Mother Nature has in store, preparing ahead of time can help to protect against her nastier surprises, speed recovery and reduce losses – not to mention regrets.

Free preparedness resources, such as a Family Emergency Plan template and an Emergency Supply Kit Checklist are just a click away at http://readywisconsin.wi.gov or www.ready.gov.

Emergencies will happen, but taking action now can help us minimize the impact they will have on our lives. Prepare ahead of time. Contingency plans with one family can spread throughout a neighborhood, and every prepared community frees up emergency responders to take care of those who are in dire need. Preparedness is a shared responsibility; resolve to be ready in 2011.

Without their help over the last year, 2010.

Domestic Violence Shelter

Thank you to the staff of the Health & Wellness Center for the use of their conference rooms for the many programs that the shelter sponsored to educate the community about domestic violence and sexual abuse. This includes the education at Abuses and CHOICES programs for their collaboration with the Forest County CCR.

Potawatomi Traveling Times -
LOOKING BACK INTO 2010

layout by Aiyana VanZile
LOOKING BACK INTO 2010
Recreation Department Holds Bingo Day
by Aiyana VanZile

On Tuesday Dec. 28, the FCP Recreation Department held a day of bingo for the Potawatomi Community youth and their families.

Some of the bingo prizes were iTunes gift cards, Wal-Mart gift cards, tip ups, ice fishing poles and many others.

The Forest County Potawatomi Recreation Department put together a week full of activities for the community during the youth’s Christmas vacation.

On Monday, Dec. 27, the Rec Department took the youth and their families bowling. On Tuesday, Dec. 28, they played bingo at the Rec Center, and on Thursday, Dec. 29, they enjoyed a day at the movies in Rhinelander, Wis.

Play Shoppe Celebrates Christmas AND New Year’s
by Kerry Fox, FCP Family Resource Center Parenting Specialist, and Amy Kampstra

On Dec. 21, a Christmas-themed Play Shoppe (a.k.a. Winter Wonderland) was held by the Family Resource Center (FRC) in the FCP old tribal hall. There was cookie decorating and several crafts for the children (ages 5 and under) and their families: 40 people in total attended. Popular crafts were: decorating Christmas stockings; decorating photo frames (for children to put their photos with Santa and Mrs. Clause in); and Christmas ornament-making.

Right: Adonis (left) and Sarah Johnson and Styly Holmes were kept quite busy at the crafts table.
Photo by Krystal Statezny

Card-Making
by Jeffrey Keeble

On Dec. 21, Flora Tracey came to the old tribal hall to show off her wonderful talents of Christmas card-making. Here are some awesome pictures of tribal members making there own unique cards.

Below: Halfway into the ride, riders visit a bonfire. Mom-to-be Alberta warms up at the bonfire with hot chocolate.
Photo by Kerry Fox

Above: On Dec. 28, the Family Resource Center Play Shoppe headed to Rocking W Stables in Eagle River, Wis., to celebrate New Year’s. Fifteen Play Shoppe participants enjoyed a horse-drawn wagon ride through a picturesque Northwoods forest. Pictured above is Stacey White and her son, Owen.
Photo by Kerry Fox

The FRC would like to thank: Missy Shepard and her daughter, Carley Flanery, for helping out; Tyrone Victor for being such a sweet Santa; Buddy Pater, Walking 4 Directions; and Michael C. George, for their assistance as well. Lastly, thanks to the families for coming and making a special memory...

Photo by Kerry Fox
Engaging Native American Students

by Katherine Unger, The Wildlife Society Development Editor/Science Writer

The Wildlife Society’s (TWS) recent 17th Annual Conference in Snowbird, Utah, marked the fifth year of Society grant programs established to encourage Native American students to attend annual conferences to meet with wildlife professionals and potentially further their careers. It is also to assess the impact of these grant programs—designed to address the need for greater diversity in the wildlife profession.

In 2006, TWS and its Native Peoples’ Working Group launched the Native American Travel Grant Program, which offered funding to U.S. or Canadian students affiliated with Native American, First Nations or indigenous tribes to attend the TWS Annual Conference. “To solve the difficult challenges before us in wildlife management and conservation, we need a diversity of perspectives and ideas,” says TWS Executive Director Michael Hutchins. “We can’t do that without attracting a diversity of individuals, including Native American students.”

To qualify for the grants, applicants had to provide information about their academic record and submit an essay describing how attending the conference would advance their careers and their contributions to the wildlife profession. From 2006 to 2008, successful applicants received grants totaling $1,500 each to help defray the costs of registration, travel, lodging, and meals at the conferences held in Anchorage, Tucson, and Miami.

Prior to the 2009 conference in Monterey, Calif., working group members joined TWS staff to develop a broader program in collaboration with the U.S. Fish and Wildlife Service (FWS), U.S. Department of Agriculture-Animal Plant and Health Inspection Service (USDA-APHIS), U.S. Forest Service, Native American Fish and Wildlife Society, some Native American tribes, and others. Together, they created the Native American Professional Development Program, which not only offers financial support, but also gives participants a one-year membership in TWS and in the Native Peoples’ Wildlife Management Working Group.

In Monterey, 12 grantees also were assigned mentors, received a special reception with TWS and tribal wildlife leaders, and attended the working group’s meeting and a variety of other professional development events, including a resume workshop and a student-professional mixer.

Since these grant programs began, 59 students have applied and 32 have received grants totaling $48,000. Each grantee has a different story to tell about the experience. What follows is a sampling of their thoughts and insights, which may benefit future grant recipients and inspire others to apply.

Connecting with Professionals

Seahna Blount of the Yurok and Karuk tribes in California won one of the first travel grants to attend the conference in Anchorage in 2006. “It allowed me to participate in an organization where I might not have been as comfortable or able to navigate without others with similar backgrounds,” she says.

Now a graduate student at the University of Arizona studying how to use the traditional ecological knowledge of the Yurok Tribe to design wildlife monitoring protocols, Blount has grown comfortable among the professionals of TWS.

At the 2010 conference in Snowbird, she gave a plenary talk on increasing diversity in the wildlife profession. “It was a pleasant surprise when so many people approached me afterwards to say how much they liked my speech,” says Blount. A member of the Mohican tribe of Connecticut, Gregory Chapman attended his first TWS conference after winning a grant to the Monterey conference in 2009. There, he had the opportunity to meet Rick Wadleigh, a retired Native American liaison for USDA-APHIS who was assigned as Chapman’s professional mentor. “Rick helped show me around and made sure I went to the meetings and lectures that interested me,” Chapman says. He also got to speak one-on-one with employers, including representatives from FWS and the Army Corps of Engineers. This experience ultimately gave a boost to his career. When he interviewed for a position with the Mohegan tribe, Chapman says his interviewer asked about the conference and seemed interested when Chapman described his experience. “I think it helped me get the job,” says Chapman, who now works in records retention for his tribe.

Connecting with Native Students

The opportunity to attend meetings of TWS and the Native Peoples’ Wildlife Management Working Group can be especially significant for program participants. Grantees tend to dive right in, sharing their perspectives with other group members and on how to handle a management challenge in one tribe, for example, can inform another, says Isaac Cadiente, a Tlingit tribal member from Alaska who won grants to attend the 2008 and 2009 conferences while he was an undergraduate at Colorado’s Fort Lewis College. “It was inspiring to see all the other people representing their nations,” he says. “Some people were talking about buffalo, [but their challenges] related to the salmon for us here in Alaska.”

Dan Howard of the Cherokee Nation of Oklahoma, now an assistant biology professor at Augustana College in South Dakota, says that interacting with the members of the working group at the Anchorage conference was one of the most valuable parts of his experience. He was impressed with the focus on specific programs, including the grant program of which he was a part, to make Native American students and professionals feel wanted and welcome. “I always hear back from TWS as a great model that other societies should seek to emulate,” he says.

Grant Career Advancement

For many students, a conversation or experience at a conference translates into a step forward in their careers. In 2006, for example, Meadow Kouffeld, a recipient, Don Duca, exceeds these criteria. A member of the maintenance department, Duca’s hard work and can-do attitude made him stand out this year. Whether he was performing his job duties or outside shoveling, he never turned down a request to help out a fellow team member.

Duca was chosen out of approximately 80 team members, all of whom had been nominated for either the “Above and Beyond” or “Guest Service” awards. Congratulations, Don! Your dedication to your job, fellow team members and Potawatomi Carter Casino Hotel is something to be admired.
CULTURE

Stories in the Moon of the Bear (Mko Gises)
A gathering on story-telling, learning and more will be held on February 8, 9, 10, 2011, at Potawatomi Carter Casino Hotel.

For more information call the FCP Cultural Center, Library & Museum at (715) 478-7474 or (800) 960-5479 ext. 7474.

Neshnabemwen - The Potawatomi language has endured through the passage of time. At one time, it is said that all we 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, each tribe formed a separate entity. However, they maintained a close bond and formed the “Council of the Three Fries” to deal with any issues that might affect them. The Three Fries symbolized the alliance between the three, while their individual fires proclaimed their own identity.

Beginning Learners on Monday Evenings: 5 - 7 p.m. - Potawatomi Cultural Center, Library and Museum: (715) 478-7478.

Regalia-Making Classes Offered
The FCP Health and Wellness AODA Youth Prevention Program, sponsored by the Behavioral Health Department, is offering beading and regalia-making classes for youth and family members (ages) 10 and up.

Classes are taught by Charlene “Doots” Daniels who is available during the following times:
• Monday: 7 a.m. - 5 p.m.
• Tuesday: 7 a.m. - 5 p.m.
• Wednesday: noon - 5 p.m.
• Thursday: noon - 5 p.m.
• Friday: 7 a.m. - 5 p.m.

Due to limited quantities, participants must bring their own fabric and beads. The program can provide beads, needles, sewing machines and assistance. If interested, or if you have questions, please contact Daniels at (715) 478-4195.

EDUCATION

WIEC - Meetings are held every 2nd Tuesday of the month at 6 p.m. at Potawatomi Carter Casino Hotel.

Academic Success Learning Lab
Nicollet HS/EDGED spring semester classes will start on Thursday, Jan. 20, 2011, and will run every Tuesday and Thursday from 9 a.m. - 1:30 p.m. at the FCP Cultural Center, Library and Museum Lower Level Classroom #010.

The Nicollet College Academic Success Learning Lab is open here in the Forest County Potawatomi community to help you. An instructor is available to assist adult students in getting their high school diploma or just brush-up on skills.

Call Christie Schmidt at (715) 478-7206 or Daniel Smith at (715) 478-7355 if you have any questions.

Basic Computer Classes
Instructed by One Prospect, several classes will be held every Tuesday from 2 - 4 p.m., at the FCP Cultural Center, Library & Museum classroom.

Topics include:
• Start up/exit computer system
• Create, identify, use icons, menus, windows
• Begin applications and create documents
• Understand printing options
• Ability to use CDs, DVDs, etc.
• Copy documents from hard-drive to disk (and reverse)
• Create, name, rename folders/subdirectories
• Open, work with multiple applications simultaneously
• Open, save/place documents in folders and subfolders
• Connect to the Internet
• Understand and use E-mail: compose, edit, revise, send, read, respond, forward, attach files

Hosted by the FCP Economic Support Department. Registration required. Call Stephany Shepard, at (715) 478-4433, to register or if you have any questions.

EVENTS

Cancer Support
Jan. 25 - 4 p.m., at the FCP Cultural Center, Library & Museum lower level.

The Community Health Department is starting a cancer support group for Forest County Potawatomi tribal members and their families. Please attend our first support group session, and share your ideas for future cancer support sessions. Drinks and refreshments served. For details, contact Di Koehn, CNH/BNH Case Manager, (715) 478-4961; and Elizabeth Reed, CHR, (715) 478-4421.

Devil’s Lake Winter Fisheree
Saturday, Feb. 5, 9 a.m. - 3 p.m.

Adult Division (age 15 & older) receive cash prizes for 1st, 2nd and 3rd place. Youth Division (age 14 & under) receive gift certificates for 1st, 2nd and 3rd place. Grand prize awarded to the largest fish caught. Prizes awarded according to length. In the event of a tie, weight will be the tiebreaker.

Categories include bass, crappie, sunfish and perch. Open to all tribal members and their families, lunches and beverages provided. For more information, please register by Friday, Feb. 2, by calling the FCP Natural Resources Dept. at (715) 478-7222.

Bug Lake Fisheree is tentatively scheduled for March 5, 2011.

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 Language Department on Lois Crowe Dr.

OPPORTUNITIES

Volunteers Needed - for FCP Bakakwens in Shikwadam. “The Door is Open” Domestic Violence Shelter. 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.

SERVICES OFFERED

Employment Skills Program
FCP Economic Support has an employment skills program for tribal members with resources/tools to help you 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 at (715) 478-7292.

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 help! Get help is only one touch or a phone call away.

Crisis Line
A - Get Active, Stay Active
R - Reap the Rewards
K - Keep the Basics of Good Nutrition
S - Stay Focused on Being Healthy

Please call Theresa at (715) 478-4317.

The Women’s Warrior Society
Meetings will be held the fourth Tuesday of the month. For more information, please contact Marilyn Alloway at (715) 478-4317. Sponsore by FCP Domestic Violence Outreach.

MISC.

Notice to FCPC Hunters: The Forest County Potawatomi Community Wildlife Resources Program is accepting deer carcasses (partial or whole) from hunter harvests or road-kill. FCPC Natural Resources will soon launch a carnivore monitoring program and would like to utilize any inedible or unused white-tailed deer parts as a component of this study. Participation in this program is not mandatory, but it is an opportunity to provide information on the understanding of carnivore populations on FCPC land, while ensuring minimal waste of the FCPC suksi (deer) resource.

Please consider no donation of the FCPC Natural Resources Building at 5320 Wausau Lane, Crandon. Business hours are Mon. - Thu. from 7 a.m. to 5 p.m.

16th Annual Forest County Potawatomi Winter’s End Pow Wow
March 19-20, 2011, Wabeno High School Gym, Hwy. 32, Wabeno, WI

Enceans: Artley Skenandore Attean; Head Male Dancer: Jonathan Johnson
Head Female Dancer: Anitra Pemma
Host Drum: Northern Cree

For more information on hours, drums or vendors, contact Brian Tupper at (715) 478-7420; on Princess Drum contact Ruth Pemma at (715) 889-1334; on hotel, contact Stephanie Shepard at (715) 478-4433.

No alcohol or drugs!
**January 2011 FCP Elder Menu***

- **Monday, Jan. 17**
  - Veal Patty on Spaghetti w/Sauce, Corn, Green Beans, Mandarin Oranges, Bread

- **Tuesday, Jan. 18**
  - Meat Loaf, Baked Potato, Carrots, Pineapple, Bread

- **Wednesday, Jan. 19**
  - Ham Noodle Casserole w/Corn & Broccoli, Applesauce, Bread

- **Thursday, Jan. 20**
  - BBQ on Bun, Baked Chips, Baked Beans, Beets, Juice

- **Friday, Jan. 21**
  - Homey Soup, Biscuit, Pears

- **Monday, Jan. 24**
  - Brat Patty on Bun, Green Beans, Cottage Cheese, Pickle Slice

- **Tuesday, Jan. 25**
  - Hamburger Veggie Hot Dish, Jello w/Pear, Rolls

- **Wednesday, Jan. 26**
  - Beef Roast, Mashed Potatoes & Gravy, Corn, Fruit Cocktail, Bread

- **Thursday, Jan. 27**
  - Fish, Rosemary Potatoes, Coleslaw, Peaches

- **Friday, Jan. 28**
  - Lentil Bean Soup, Meat Sandwich, Pineapple

*Meals are subject to change.

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**January 2011 Calendar of Events**

**FCP Family Resource Center**

- **Healthy Relationships**: Mondays 1 p.m. - 3 p.m.  
  Adults only - call Kerry at (715) 478-4837.

- **Play Shoppe**: Tuesdays 11 a.m. - 12:30 p.m. (for children birth to 5)

- **Life Skills Group**: Wednesdays 1-3 p.m.

- **Positive Indian Parenting**: Thursdays 10 a.m. - Noon.

Call (715) 478-7262 for more information on programs or events.

Watch for Strengthening Families - coming soon!

**Recreation Department**

Call the Rec. Center at (715) 478-7420 for info on open gym hours or January events.

**Walking 4 Directions**

All programs are at the tribal hall, 8000 Potawatomi Trail, unless specified otherwise. All activities are open to all community members. If your child would like to participate or you can volunteer, please call (715) 889-1568. Monday - Thursday pick-up is at 3:45 p.m. Activities start at 4:30 p.m. No transportation for Friday activities.

**Words of Wisdom**: Tuesdays - 4:30 to 5:30 p.m. with dinner after (Jan 11, 18, 25)

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**Great Service With A Friendly Smile!**

**Potawatomi Convenience Store**

**SMOKE SHOP**

617 Hwy 32 • Carter, WI (Across from Potawatomi Carter Casino Hotel)

**ICE CREAM SHOP**

- Floats • Malts • Sundaes
- French Fries
- Single/Double Cones
- Chicken Tenders
- Hand Dipped Waffle Cones
- Combo Baskets To Go

**FINGER FOODS**

- Low Discount Prices On Name Brand & Generic Cigarettes
- Gasoline • Diesel • Motor Oil
- Ice • Groceries • Fresh Popcorn
- Bakery • Hot Dogs • Soda

**Open 24 Hours, 7 Days a Week**

715-473-5100 • Coupons Welcome • Ample Parking

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“Yesterday is but a dream, and tomorrow is only a vision. But today, well lived, makes every yesterday a dream of happiness, and every tomorrow a vision of hope. Look well, therefore, to this day, for it is life, the very life of life.”

- The Samskrit

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Happy first birthday to our twins... our beautiful little girl, Stori Lyn Fox, and our handsome little man, Lakota Ray Fox, on Jan. 15th. We love you so much. It’s already been a year that you brought joy and happiness to our family. Where did the time go? Love you!

Mommy & Daddy
(Ruth & Clement Fox)
Brandon & Pagelyn

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When you find peace within yourself, you become the kind of person who can live at peace with others.”
- Peace Pilgrim

“Peace is not something you wish for; it’s something you make, something you do, something you are, and something you give away.”
- Robert Fulghum

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Happy Birthday to my dad, Don Cornell, on Jan. 26th. Love you dad. Thanks for being part of my life. Your daughter, Ruth
Turn Your Engine Off!

when idling more than 10 seconds – out of traffic

How Idling Affects:

The Environment

- Climate change is real - ice caps are melting, polar bears are drowning, tropical reefs are dying
- Green House Gases, such as carbon dioxide, result from burning of fossil fuels and trap heat inside the earth’s atmosphere
- We MUST do EVERYTHING possible NOW to slow warming and return to normal global temperatures – turning off your engine is one BIG step.
- CO2 emissions from vehicles account for 1/3 of green house gases that cause global warming
- Idling can consume 1/4 to 1 gallon of gasoline per hour.
- 1 gallon of gasoline produces nearly 2 pounds (1.94) of carbon dioxide and other green house gases!

Your Savings

- Idling gets 0 miles per gallon.
- You will save more gas by turning the engine off and restarting it again if you expect to idle for more than 30 seconds.
- Idling wastes more fuel than restarting the engine.
- Idling is not an effective way to warm up your engine even in cold weather. The best way to do this is to drive the vehicle. No matter how efficient your car is, unnecessary idling wastes fuel, costs you money and pollutes the air.
- Frequent restarting has little impact on engine components like the battery and the starter motor. Component wear caused by restarting the engine is estimated to add $10 per year to the cost of driving, money that will likely be recovered several times over in fuel savings from reduced idling.
- Excessive idling can actually damage your engine components, including cylinders, spark plugs, and exhaust systems.
- The bottom line is that over 30 seconds of idling uses more fuel than restarting the engine.

What You Can Do

- Turn off your engine when running into the grocery store, post office or conducting other errands. Such errands almost always take longer than 10 seconds.
- Try parking your car and going into restaurants, banks, etc., instead of idling in drive-up lanes.
- By avoiding long idles you will prevent pollution and help slow global warming.
- Combine trips and errands.
- Leave your car at home and carpool, walk or ride a bike.

Visit these websites for additional information on how you can help:
http://epa.gov/climatechange/
http://cleanairwisconsin.org
http://www.epa.gov/climatechange/wydc/calculator/nd_calculator.html
http://www.nrdc.org/globalWarming/

Forest County Potawatomi
Keeper of the Fire

FCP Natural Resources Department