



Forest County Potawatomi's Oldest Elder, Lillian Kelty, Turns 95 on March 29

by Aiyana VanZile

On March 29, 2011, our oldest tribal member, Lillian Kelty, will turn 95 years old. Happy birthday, Lillian!

Kelty was born on March 29, 1916, to Joe (Mekdowse) and Nellie (Geshmokwe) Waubiness. Her mother and father are both full Potawatomi.

Kelty tells the story that was told to her by her parents about when she was born. She said her mother was pregnant with her while her parents were traveling to Arpin, Wis., to help her grandmother, Namcemgokwe, make maple sugar.

Her mother then gave birth to Kelty during the maple sugar harvest. She laughs, "I'm a sugar baby."

Kelty is of the bear clan, and her Indian name is Wabasikwe, meaning Early Morning Fog Woman.

She also mentions that her mother named her Lily Ann, and while she was in boarding school, they changed her name to Lillian. Since then, she has gone by the name Lillian.

Kelty's childhood ranges from listening to her father sing songs to the time she was taken away to boarding school.

She talks about how police came with a cord and used to take away Indian kids. She said the police would come up to the door and take the kids away from their families.

During this time, Kelty lived with her parents in Tomahawk, Wis. She was able to come home during the summer and some holiday vacations.

Kelty didn't graduate because after eight years in the boarding school, her mother didn't want her to go anywhere.

Her mother was scared of losing her again. Kelty wanted to go to Haskell, but her mother wouldn't approve because of all the time she spent away from her family while she was in board-



Our beautiful oldest tribal member, Lillian Kelty (Wabasikwe).

ing school. Her mother told her, "No, I'm not giving you no money and no clothes." So Kelty respected her mother's wishes and remained at home.

Kelty talks about how hard it was to speak English. She said "That's all they wanted to do was make us like the white kids and take our language away." She remembers only knowing the English words, "yes" and "no". Lillian also said that she learned a lot in the boarding school, like cooking, sewing and arithmetic.

Kelty also played basketball while in boarding school. She remembers playing against Minocqua and Woodruff. She remembers when her coach would tell the girls not to play rough, but the white girls were always rough with them. So finally, her coach told them to "go to it." Kelty said when she had the basketball, she held on tight and moved her ball from left to right and knocked all the white girls down. She laughs and said, "That was fun."

Kelty has 22 grandchildren and 92 great grandchildren. She doesn't know how many great-great grandchildren she has because "they keep having babies; I lost track."

Her family here was the Waubiness family. Kelty's relatives that she remembers growing up are George Tuckwab

and Mary (Waubiness) George. Kelty is the only Waubiness left.

Her first husband was Frank Tecumseh. She married Frank when she was around 20 years old. They were married in the courthouse in Crandon, Wis. They only paid five dollars back then to be married.

She and Tecumseh had two children together and then moved to Kansas. Tecumseh hitchhiked on the trains, while she rode on the train with her children, and they met in Kansas.

Tecumseh became sick while they were in Kansas, so she and her children moved back in with her parents in Tomahawk, while he was in the sanitarium. Not long after she received the news that Tecumseh passed on.

She remembers riding in a Model T all night long to Kansas to make it to her husband's funeral.

Years later, Kelty married a Chippewa man named Joe Kelty. They moved to Chicago because Joe was a locomotive fireman. Lillian and Joe had three children together.

She lived in Chicago for 44 years, and of those 44 years, she worked about 30 years as a laborer.

Kelty talks about all the different races of people she got to work with but fondly remembers the Japanese. She says they were good people to her, and on Christmas they always brought her a big chocolate bar.

Kelty likes to work on word-search puzzles and watch television. She enjoys spending time with her family and loves to visit and meet new people.

Happy 95th birthday to our oldest Potawatomi, Lillian Kelty!

IN THIS
FREE
ISSUE



Tribal Member Business
pg. 3



Youth Activities
pg. 7

Calendarpg. 9
Noticespg. 9-11
Personalspg. 11

PSRT STD
US POSTAGE
PAID
WAUPACA, WI
PERMIT NO 47

Milwaukee Construction Veteran Tapped to Lead New Potawatomi-Owned Construction Management Firm

submitted by Pam Kassner, Super Pear Strategies Representative

MILWAUKEE (Feb. 28, 2011) – The Potawatomi Business Development Corporation (PBDC)—the economic diversification arm of the Forest County Potawatomi—announced it has tapped Robert E. Schmitt, former president of Grunau Project Development, to lead its new construction management firm, Greenfire Management Services, LLC (GMS).

“With Bob and his team, GMS has the experience and personnel to help ensure clients receive the highest quality construction on time and within budget,” said Pepi Randolph, CEO of the Potawatomi Business Development Corporation. “PBDC is responding to a need in the marketplace for Native American-owned and operated construction management firms. As we continue to diversify the tribes’ portfolio beyond gaming, we’re excited to be in a position to help create jobs and build Milwaukee.”

GMS will fill a void in the current Milwaukee marketplace. As a tribally-owned minority firm with a seasoned management team and strong bonding capacity, GMS will be attractive to clients needing minority contractor participation as well as federal, state and local government agencies.

“Successful building projects are contingent on outstanding management capabilities and a mindset that unites all team members behind one main purpose – a superior experience,” explained GMS President Robert Schmitt. “And, in a recovering economy, the importance of pre-construction planning will be even more critical. Our senior executives will

be involved in all projects from day one and stay involved until the final close-out.”

Schmitt has nearly 40 years of experience in all phases of the construction process. He worked closely with the tribe during the construction of the initial \$120 million Potawatomi Bingo & Casino, and has been working with PBDC as a consultant on their Concordia Trust Property.

As a minority firm, GMS’s ability to handle large projects with its experienced management team and financial stability will make it unique in the Milwaukee market. Further, the firm will sub-contract all construction work creating meaningful opportunities for minority employees, subcontractors and suppliers.

The firm will serve private owners and developers, public entities, tribes and tribal entities and large construction firms seeking to partner with an established, bondable minority firm. Ideal projects are those that are large, complex and environmentally-focused. GMS will incorporate sustainable practices into all of its functions and services.

The firm is currently providing property management services to the Forest County Potawatomi for the Concordia Trust Property and expects to soon announce several new construction management clients.

GMS’s management team has deep roots in the Milwaukee construction marketplace having developed strong relationships with architects, owners, and developers over the past 40 years. These relationships will prove invaluable

in acquiring new construction contracts.

ABOUT GREENFIRE MANAGEMENT SERVICES, LLC: *GMS is a construction management, property management and owner’s representative firm located in Milwaukee. GMS is a wholly owned company of the Potawatomi Business Development Corporation (PBDC) and is currently in the process of obtaining federal, state, and local certifications as a Native American-owned company. For more information, visit www.greenfirellc.net.*

ABOUT THE POTAWATOMI BUSINESS DEVELOPMENT CORPORATION: *The Potawatomi Business Development Corporation is owned and operated by the Forest County Potawatomi Community of Wisconsin. The corporation seeks to diversify Potawatomi business interests beyond gaming in effort to secure the future of the Potawatomi tribe for the next seven generations and beyond. In addition to Greenfire Management Services, business holdings include: One Prospect Technologies, Advancia Corporation, Advancia Aeronautics, Potawatomi Training, Potawatomi Test & Evaluation and Securio Group. For more information on the PBDC, call Kip Ritchie at 414-727-2041, ext. 6007, or visit our website at www.potawatombdc.com.*

State Law Requires Carbon Monoxide Detectors

submitted by Linda Thomaschefskey, FCP Emergency Management Director

This information is based on Wisconsin Act 158 and Wisconsin Department of Commerce Rules.

Wisconsin’s new carbon monoxide (CO) law will ensure safe homes with the presence of carbon monoxide alarms. Fire and carbon monoxide prevention starts with education about this new law.

What you need to know:

All single family and two unit homes – new and existing – must install a CO alarm on every floor level, near sleeping areas.

New construction must be hard-wired with a battery back-up. Existing homes may install any type of CO alarms: battery, plug-in, or combination smoke/CO devices.

A carbon monoxide detector required under this section shall bear an Underwriters Laboratories, Inc., listing mark.

The law has been in place since Feb. 1, 2011.

Alarms should be installed in accordance with directions from the manufacturer.

Alarms do not have to be installed in the attic, garage or storage areas of homes.

Test alarms monthly and replace alarms according to manufacturer instructions. Check and replace batteries twice a year. Alarms should never be disconnected or unplugged. Batteries should never be removed for other uses.

Common CO sources in your home: furnaces, stoves and ovens, water heaters, dryers, room space heaters, fireplace and wood stoves and charcoal grills.

Symptoms of CO poisoning include: headache, nausea, fatigue, dizziness and shortness of breath.

Call your local fire department (911) if the alarm sounds and anyone is experiencing “flu-like” systems. The best initial treatment for CO exposure is fresh air, followed by treatment from a physician.

FCP Natural Resources Dept. Announces March 5 Bug Lake Winter Fisheree Winners



photo submitted by Matt Steinbach, FCP Natural Resources Dept. Water Resources program director



photo submitted by Matt Steinbach, FCP Natural Resources Dept. Water Resources program director

Pictured above: Grand prize winner John Alloway points out his place on the Winning Board as he happily stands near his grand prize, an ice auger.

l-r: Jamie Tuckwab took second with a 7 1/4", .164 lbs. perch. Ryon Alloway took the youth division first with a 8", .228 lbs perch. John Alloway took first with a 10 3/8", .505 lbs perch.

Letters to a Teacher

Many students who attended the Kokomo School in the Stone Lake community respected and thought highly of their teacher, George J. Kerr. The Kokomo "family" of students, parents and teacher held a special bond. Several of his students carried on correspondence with Kerr for several years.

Letters, photos and drawings used are in the Kerr family collection and were shared with Norman H. Tribbett. Below is the fifth in a series of letters to be shared in future issues of the *Traveling Times*.

Flandreau, S.D.
Dec. 21, 1938

Dear Mr. Kerr,

I am sorry I did not write any sooner. Hope you forgive me. I'm feeling fine and couldn't be better.

I'm trying out for boxing in the 112 lb. division. Some of the boys fought Tuesday night at Worthington, Minn., and lost only one fight. The other bouts were won by knockouts. I couldn't go because I was 5 lbs. too heavy. Maybe next month I'll get to go.

Our vacation begins Dec. 24 to Jan. 2. School begins on Jan. 3. During this time there's to be dances, shows, parties, skating, hiking and sleigh ride parties. I don't know how they're going on sleigh rides, as there's no snow here.

I am sorry, but I'll have to come to a close. I wish you a Merry X-mas and Happy New Year. Also, have a good time during vacation.

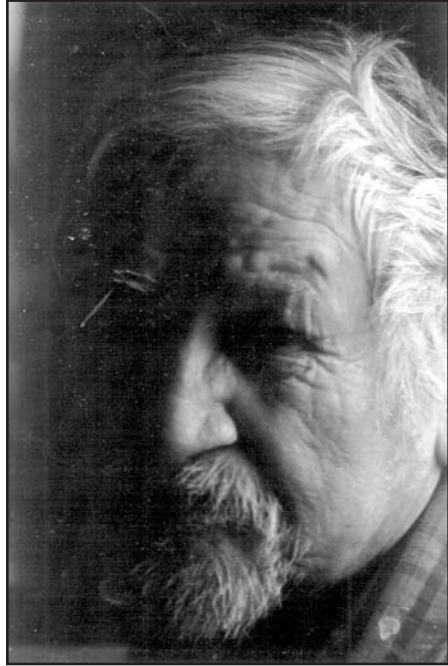
Your friend,

Joe

P.S. More news after the vacation. I'm too involved in the holiday spirit now.

Joe Wewasson

1920 - 1996



This photo of Joe Wewasson was taken at the home of Hazel George in 1994 by Norman Tribbett.

Urban Fab Opens Doors in Crandon

by Aiyana VanZile

FCP tribal member Paul Shegonee is the new owner of The Rack, which is now called Urban Fab, located on 104 W. Madison St., Crandon. Shegonee has been the new owner as of Feb. 11, 2011. This is Shegonee's first business, and he has other business plans in the process.



Paul Shegonee in his new store Urban Fab

Shegonee would like to welcome all Native Americans that may have a clothing line or any accessories to contact him at 715-478-0463.

Shegonee has many ideas in mind on what he would like to offer in his new store like embroidery, different brands of shoes, more children's clothes and a little more for the older crowd.

He is also in the process of renovating the entire building and the apart-

ments that were included in the sale.

Shegonee is offering deals on the inventory that came along with purchase of The Rack. He plans to offer newer South Pole clothing, and is also awaiting the arrival of Gucci, Imperious, and Pelle Pelle lines.

We wish Shegonee luck with his new store!

See page 11 for Urban Fab's ad.

Deadline for the April 1, 2011 issue is
Wednesday, March 16, 2011.



Potawatomi Traveling Times

8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520
phone: (715) 478-7437 • fax: (715) 478-7438

email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

FCP EXECUTIVE COUNCIL

Chairman:

HAROLD "GUS" FRANK

Vice Chairman:

JAMES A. CRAWFORD

Secretary:

LORNA SHAWANO

Treasurer:

JOSEPH DANIELS

Council Members:

JOHN ALLOWAY

TOM BOELTER



Member of the
Native American
Journalists Association

PTT STAFF

Managing Editor:

WINDA COLLINS

Office Manager:

MICHELLE SPAUDE

Reporter/Photographer:

AIYANA VANZILE

Graphic Artists:

AMY KAMPSTRA

KRYSTAL STATEZNY



On Tuesday, March 1, Hoover Thunder stopped by the FCP Elderly assisted living facility to chat with friends over coffee. Pictured from left to right are Willie Shepard, Louie Thunder and Hoover Thunder. What a great photo opportunity! submitted photo

Welcome to these New Employees

James Gumm Jr., Forestry Tech

Hire Date: 1/24/11

Contact info: (715) 473-6034

Jim.Gumm@fcpotawatomi-nsn.gov

Jamie Sears, Security

Hire Date: 2/7/11

Contact info: (715) 478-7229

Lori Hanson, Health & Wellness LPN

Hire Date: 2/14/11

Contact info: (715) 478-4979

Lori.Hanson@fcpotawatomi-nsn.gov

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

Community Winner Announced



The FCP Solid Waste Program would like to announce the first winner of the Recycler of the Month competition. The winner for January 2011, is Danny Alloway. Alloway is pictured receiving his certificate and award of a \$25 gift card at the FCP Natural Resources Department building. submitted photo

Veterans and Military Affairs - Summary of Governor Walker's 2011-2013 Biennial Budget

submitted by Waylon Hurlburt, Senior Policy Advisor of the Office of Governor Scott Walker

The Wisconsin GI tuition and fee reimbursement will be expanded to provide full remission of academic fees for 128 credits or eight semesters, whichever is longer, without regard to the number of credits the veteran student received under federal program benefits. This restores a promise to our veterans.

Veterans Trust Fund

This budget will ensure the solvency of the Veterans Trust Fund through the biennium by providing funding and giving the Department of Veterans Affairs flexibility to reallocate revenues within the agency.

Revenues earned by the Veterans Home at King are routinely higher than expenditures related to the home, resulting in program revenue balances. The home is projected to have a positive program revenue balance at the end of the FY 2011-13 biennium of over \$13 million. This is largely due to compensation savings resulting from Governor Walker's budget repair bill. This balance is sufficient to provide surplus funds to support the Veterans Trust Fund while still ensuring there is a sufficient balance to support the activities of the home.

Nursing Homes

Provide funding for the Department of Veterans Affairs to build and operate a new veterans home in Chippewa Falls. The department will contract out for the daily operations and staffing of the home. The budget provides statutory language allowing the department to enter into an agreement with a private entity to operate

the home and establishes statutory requirements that ensure proper oversight of the home. A number of other states have chosen to contract for the operations of their veterans homes including Maryland, South Carolina, North Carolina, Utah, Texas and Georgia.

Department of Military Affairs

Provide \$1 million additional funding to WEM from the Petroleum Inspection Fund for local assistance after a state disaster.

Other Veteran Issues:

- Provide additional expenditure authority to increase staffing and maintenance at the Wisconsin Veterans Memorial Cemeteries in order to meet the demand for services.

- Provide expenditure authority and staffing to redevelop exhibit space at the Wisconsin Veterans Museum to create a temporary Civil War exhibit, and to move manuscripts, collections and archival materials to a new preservation storage facility.

- Reorganize and consolidate the Department of Veterans Affairs to provide greater administrative efficiency and improved oversight.

The Governor is committed to introducing a budget that includes only items that have a fiscal impact to state or local governments. Some budget requests from veteran's organizations were non-fiscal policy items and should be passed through the normal legislative process. This will ensure full transparency and accountability.

WDVA Secretary's Column

submitted by Ken Black, WDVA Secretary

I'm excited that word is getting out about an important event for veterans next month. On April 13, the Wisconsin Department of Veterans Affairs (WDVA) will hold a Veterans Capitol Rally, in collaboration with veterans service organizations and advocacy groups.

This rally will provide an opportunity for all veterans' advocates to network with friends and colleagues, as we make our voices heard in support of veterans' issues and meet with members of the Wisconsin State Legislature to acknowledge their efforts on behalf of state veterans.

A day's worth of events is planned, including an initial briefing in the Zeitlin Education Center on the second floor of WDVA Central Office, to talk about legislative priorities. After a lunch program, we'll rally at the State Capitol at noon, showing a solid and positive presence for veterans. Then, groups will attend scheduled meetings with their respective legislators. Late in the day, at around 3 p.m., participants who would like to be encouraged to take part in a social gathering at a downtown Madison restaurant.

It's very important that we have a strong showing to advocate for veterans' pressing needs. The Veterans Trust Fund (VTF), which is the department's primary funding source for state veterans' benefits, programs, and services, is in critical condition, and immediate support is needed to keep our veterans programs running.

It is absolutely imperative that the

VTF remain solvent in order to serve the over 417,000 Wisconsin veterans who have earned and deserve their current benefits and services. With both an aging population of veterans needing long-term care and an increasing number of younger veterans utilizing reintegration services, the WDVA needs continued funding to provide essential services, including assistance for employment, attention to women veterans' issues, housing, health care, transportation and education.

We have a new generation of veterans facing both familiar and unique challenges, such as adapting to everyday life just as veterans have before them. At the same time, these new veterans may deal with the effects of Traumatic Blast Injury, Post-Traumatic Stress Disorder and other unique issues.

The youngest veterans have plans and hopes for the future, and the course we set now will affect their success.

I encourage you and everyone you know to join us at the Veterans Capitol Rally, even if it is solely for the noon rally portion of the day. We have so much to do on behalf of Wisconsin veterans. We're all in this together, and with all of our voices sounding off in unity, we will be heard.

All attendees should register before April 1. To register or for more information, visit www.WisVets.com/Rally or contact WDVA Executive Assistant Max Dulberger at Max.Dulberger@dva.state.wi.us.

"Da we wge mek" (gift shop)

Your Destination For Authentic Native American Gifts

NEW RELEASE DVDs

- Dance Me Outside
- Rez Bomb
- The Legend of Tillamook's Gold
- Older Than America (Featuring Adam Beach)



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

NEW ITEMS

- Adult Long Sleeve "Potawatomi" Tee's (Available in Red, Blue & Black; Sizes: L-3XL)
- Adult "Keeper of the Fire" Logo Winter Hats (Available in Pink, Red, Gold, Royal Blue, White, Black & Gray)
- Infant "Keeper of the Fire" Logo Hats (Available in Pink, Blue, White & Black)
- Infant "Potawatomi" Long Sleeve Onesies (Available in Pink, Blue, Black & White; Sizes Vary Between Newborn and 18 months)
- 2011 Pow-wow Calendars
- 2011 Runway Beauty Native American Women's Calendars
- 2011 Men of the Navajo Nation Calendars

POTAWATOMI CULTURAL CENTER, LIBRARY AND MUSEUM



5460 Everybody's Road, Crandon

715-478-7470

Open Mon. thru Thurs. 7 a.m. to 5 p.m.

Closed Fridays. Museum open Saturdays by appointment only.

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

Did You Know...

Did you know that 35 percent of all living veterans served during the Vietnam War? In 2009, there were:

- 7.6 million Vietnam-era veterans. (1964-1975)
- 4.5 million Gulf War veterans. (August 1990-present)
- 2.7 million veterans of the Korean War. (1950-1953)
- 2.3 million World War II veterans. (1941-1945)
- 47,000 veterans of both the Vietnam and Gulf War eras.

Numbers courtesy of About.com.

March is National Colorectal Cancer Awareness Month

submitted by Elizabeth Reed, FCP Health & Wellness Center Community Health Representative

What is colorectal cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer for short.

It's a killer.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody age 50 or older had regular screening tests, at least one-third of deaths from this cancer could be avoided.

Who can get this?

Both men and women can get colorectal cancer. Colorectal cancer is most often found in people 50 and older. The risk for getting colorectal cancer increases with age.

Are you at risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.

People at high-risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when you should begin screening and how often you should be tested.

Screening saves lives!

If you're 50 or older, getting a screening test for colorectal cancer could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.

• Screening tests can find polyps, so they can be removed before they turn into cancer.

• Screening tests can also find colorectal cancer early. When it is found early, the chance of being cured is good.

You may experience symptoms. Some people with colorectal polyps or colorectal cancer do have symptoms which may include:

- Blood in your stool (bowel movement).
- Pain, aches or cramps in your stomach that happen a lot and you don't know why.
- A change in bowel habits, such as having stools that are narrower than usual.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may also be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

People who have polyps or colorectal cancer sometimes don't have symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

What's the bottom line?

Celebrate today, celebrate this month, celebrate YOUR life. If you are 50 or older, or are experiencing symptoms associated with colorectal cancer, please get screened!

**references taken from the CDC, Colorectal Cancer Alliance*

National Native American HIV/AIDS Awareness Day

submitted by Elizabeth Reed, FCP Health & Wellness Center Community Health Representative

What do you think of when you think of the month of March? Do you think about the lingering snow on the ground and wish for warmer and brighter days? Do you think of spring flowers and green grass slowly coming through to show their beautiful colors across the countryside?

March is not only a month for new beginnings and change but a month to show your support and awareness for the ever increasing fight against HIV/AIDS. Many people are uncomfortable talking about HIV and AIDS, but progress in the fight against it depends on our knowing the basic facts about transmission.

There are two days this month that are dedicated to increasing awareness of this epidemic. The first was March 10, marking National Women and Girls HIV/AIDS Awareness Day; and the second being March 20, marking not only the first day of Spring, but National Native American HIV/AIDS Awareness Day.

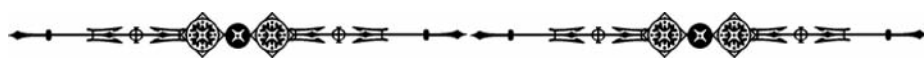
You may be asking yourself, why are these the only two days that are important for awareness? Truth be told, they aren't. Every day of awareness is an important day. These just happen to be two days of

this month that were designated to be even more aware.

National Women and Girls HIV/AIDS Awareness Day is a nationwide observance that encourages people to take action in the fight against HIV/AIDS and raise awareness of its impact on women and girls. The number of women living with HIV has tripled in the last two decades. The statistics are alarming. Every 35 minutes a woman tests positive for HIV in the U.S. Today, about one in four Americans living with HIV are women.

National Native American HIV/AIDS Awareness Days is an observance day held to provide an opportunity to raise awareness of the risks of the disease to Native people and communities. Although Alaskan Natives and American Indians represent roughly one percent of the U.S. population, there is a high sufferance of health disparities, including HIV/AIDS. American Indians have the third highest rate of new HIV infections.

Raising awareness about HIV/AIDS is only the first step. Spread the word, not the disease! Take time for you and those you love. Get tested!



Flood Safety Awareness Week

submitted by Linda Thomaschfsky, FCP Emergency Management Department Director

Spring brings many simple pleasures: warming temperatures, longer days and green grass. Spring can also bring fast melting snow and heavy rainfall, sparking the potential of flooding.

Governor Scott Walker has declared March 14-18, 2011, as Flood Safety Awareness Week in Wisconsin. It is a perfect time to make sure you and your family are prepared for potential flooding.

In the past 10 years, Wisconsin has experienced eight federally declared flood disasters. For example, in June 2008, severe flooding throughout the state led to disaster declarations in 30 counties with more than \$93 million distributed in federal disaster aid.

The risk of flooding is higher if you are in a low-lying area, near water or downstream from a dam or where the surrounding geography has been changed by development. But, as we've seen across Wisconsin over the last several years, flooding can happen anywhere. In fact, about 25 percent of all flood insurance claims come from floods that happen in low or moderate flood risk areas. So, what should you do?

- Make a plan. Your family may not be together when a flood hits, so it's important to know how you will contact

one another, how you will meet up in a safe place, and what you will do in case of an emergency.

• **Get a kit.** An emergency kit can be your life line after an emergency. It should sustain yourself and your family for up to three days. For flood prone areas, keeping your important documents in a sealed, airtight container will keep them safe from water damage.


• **Know the risk.** One of the most important steps of being prepared is to find out if your home is at risk for flooding. You don't have to live near a river or stream to experience flooding.

• **Protect your property.** Less than one percent of households in Wisconsin have flood insurance. Without flood insurance, whether you are renting or own the home or business, you are responsible for the losses. Also, there is a 30-day waiting period from date of purchase before your policy goes into effect. That's why now is the time to purchase flood insurance. Go to www.floodsmart.gov for more information.


For more information on how to make a plan, get a kit, know the risk and buy flood insurance, visit <http://readywisconsin.wi.gov>.

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER

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




YOUR Community.
YOUR Medical Care.
YOUR Center.



OB/GYN SERVICES & PEDIATRIC CARE UNDER ONE ROOF


As your home grows, the Health & Wellness Center (HWC) will support your medical needs. Through all pregnancy and child development stages, the HWC links you to a network of providers, like our OB/GYN team and pediatric care providers, who offer pre and post care for you and your child. We look forward to helping your family grow.

a participating member of



OTHER SERVICES OFFERED

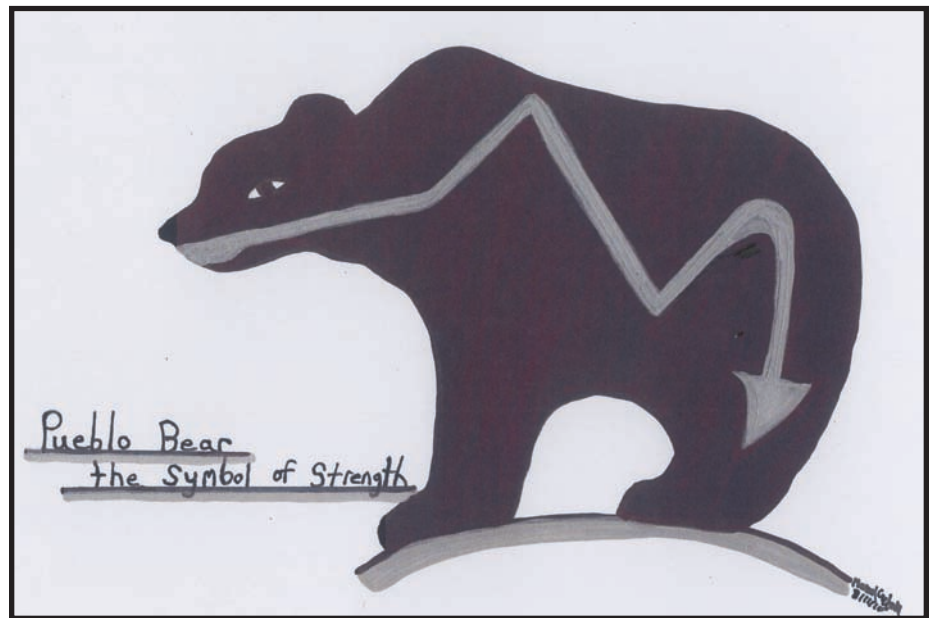
<p>Behavioral Health (715) 478-4332</p> <p>Community Health (715) 478-4355</p> <p>Dental (715) 478-4313</p>	<p>Lab (715) 478-4339</p> <p>Optometry (715) 478-4345</p> <p>Pharmacy (715) 478-4347</p>	<p>Radiology (715) 478-4339</p> <p>Rehabilitation Services (715) 478-4344</p>
--	---	---



"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

The original art on this page was created and submitted by Maria Crawford, age 15, daughter of FCP tribal member Jeff Crawford.



To the Forest County Potawatomi Community
For almost two years, FCP youth aged 8-18 have attended the Waging Words of Wisdom group in conjunction with the Walking 4 Directions program. As the coordinator for this group, I am very impressed with the progress I have seen with so many of the members.
Addressing topics of bullying, fear, shame, alcohol and drug abuse, rules and consequences and peer pressure are never easy topics for anyone to explore. However, the youth have done a "gold medal" job in a variety of ways. They are beginning to have the ability to apply customs and traditions to their daily living, along with using the tools they have learned to help them with inner strength.
Focus is placed on P.I.E.S., an acronym that stands for physical, intellectual, emotional and spiritual strengths that lead to positive self esteem and serenity. Again, the youth have excelled in these areas. I am very proud and honored to see the positive changes in our cherished future leaders.
Congratulations to the youth! They are the future of the Forest County Potawatomi reservation.
Sincerely,
Brian D. Learned, FCP Domestic Violence Shelter house manager

Youth on the Move - Snowshoeing



photo submitted by Lisa Miller

Above: The CHOICES program merge with Youth on the Move for Snowshoeing in Carter



photo by Aiyana VanZile

Youth on the Move Snowshoeing start at the Rec Center

Beading and Regalia-Making Classes



photo submitted by Charlene Daniels

Above: Dominick Daniels shows off his bracelet he made in the beading and regalia classes offered by Charlene Daniels.



photo submitted by Charlene Daniels

Above: Gloria Lemieux and Elijah Daniels make key chains in the beading and regalia-making class.

16th Annual Forest County Potawatomi

Winter's End POW WOW

**Saturday & Sunday
March 19 & 20, 2011**

Wabeno High School Gymnasium, Wabeno, WI, Hwy. 32

••••• **Grand Entry:** •••••

Saturday 1 & 7 p.m. • Sunday 1 p.m.

••••• **Saturday & Sunday Feast:** 5 p.m. •••••

••••• **10 Pre-Registered Drums Only** •••••

No Walk-Ins • No Drum Hopping

Must have at least 5 Singers Per Drum

Vendors: Contact Brian Tupper at 715-478-7420

••••• **Only Native American Crafts & Vendors** •••••

Limited Space

••••• **MC:** Artley Skenandore •••••

••••• **Arena Director:** Nathan Morris •••••

••••• **Head Male Dancer:** Jonathan Johnson •••••

••••• **Head Female Dancer:** Anitra Pemma •••••

HOST DRUM: NORTHERN CREE

SPECIAL:

- 1) Men's Traditional
- 2) Men's Grass —

1st: \$500; 2nd: \$400; 3rd: \$300; 4th: \$200

- 3) Womens "Old Time Scrub"
- 4) Youth Hand Drum Special
- 5) Clown Dance Special

12 Years and Up, Saturday Night Session

RAFFLES • HONORARIUMS • GIVEAWAYS • NO Alcohol or Drugs • Not Responsible for Lost or Stolen Items

**Princess, Jr. Princess,
and Brave Contest**

Friday, March 18, 2011, 7 p.m.

Must be DESCENDANTS of Forest County Potawatomi

Contact Ruth Pemma at (715) 889-1334

•••••

For Hotel Info, Contact

Stephany Shepard (715) 478-4433

To Whom It May Concern:

My name is Charlene (Doots) Daniels, and I work for the Behavioral Health Department of the FCP Health & Wellness Center. My job title is FCP Youth Prevention Specialist-in-training. My room is located in the gym of the old tribal hall. I also have a co-worker who works along with me, Anne Olson.

We will be providing beading and regalia-making classes to youth and adults in our community, along with a story/lesson/reading/survey. We will be using creative ways to build protective factors and lower risk factors in our youth and adults that lead to binge drinking and underage drinking in our community and local area. The overall goal is to create a different norm and/or change the culture of drinking in Wisconsin, starting with our community.

Also, we have been aware of our youth attending after-school tutoring and, of course, we encourage and support those who attend the program. So as to better serve our youth, the beading and regalia classes will be held from 4:30 to 6 p.m.

See calendar of events on page 9 for dates, times and locations. If you have any questions about the program, please feel free to call me at (715) 478-4195. If I am away from my desk, please leave your name and number. I will return your call as soon as possible.

We look forward to working with all of our youth in the community, as well as the adults.

Thank you and yours truly,
Charlene Daniels

American Dietetic Association Encourages Everyone to Eat Right with Color

Press Release by American Dietetic Association

As trends continue to indicate Americans are interested in improving their diets and leading more healthful lifestyles, the American Dietetic Association (ADA) reminds everyone that an easy way to focus on eating better is to "Eat Right with Color," which is this year's theme of National Nutrition Month®. Each March, ADA focuses attention on returning to the basics of healthy eating. This year's National Nutrition Month theme encourages consumers to remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day.

"The American Dietetic Association is committed to improving the nation's health, and one of the ways we do this is by providing science-based nutrition information to consumers in a way that's easy to understand and apply to their everyday lives," said registered dietitian and ADA President Judith C. Rodriguez. "National Nutrition Month offers a great opportunity to focus people's attention on a universal theme that cuts through the clutter of information and gets back to the principles of a healthful diet."

Initiated in 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. Additionally, to commemorate the dedication of registered dietitians as advocates for advancing the nutritional status of Americans and people around

the world, the second Wednesday of March has been designated "Registered Dietitian Day." This year marks the fourth annual Registered Dietitian Day.

The recently released 2010 Dietary Guidelines for Americans recommend an increased focus on a plant-based diet. This combined with including lean meats, fish and poultry, and low-fat milk and dairy products, creates a rainbow of colors on the plate that serve as the foundation for a healthful eating plan.

"The dietary guidelines provide a great base for directing the eating patterns of Americans. The expertise of registered dietitians can translate the guidelines into easy, actionable and personal information that can be used to develop a healthful eating plan that is right for the individual," Rodriguez said. "ADA encourages all Americans to take time during National Nutrition Month to look at their eating patterns and begin to make the small improvements that, over time, add up to significant health benefits."

As part of this public education campaign, ADA's National Nutrition Month website www.eatright.org/nnm includes a variety of helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Eat Right with Color" theme.

For more information visit, www.eatright.org.

"Sovereign Reflections" Internship Opportunity Offered

submitted by Jason L. Corbin, FCP Gaming Compliance Officer

The key to the future of the Forest County Potawatomi Community is, without doubt, its children. The youth will inherit the responsibilities that directly affect the tribe's ability to profit from its gaming, which is essential to the tribe's ongoing self-sufficiency. A casino could face very serious problems without effective regulation. It is important that the youth understand the significance of regulation in protecting its tribe's assets and reputation.

The Forest County Potawatomi Gaming Commission is committed to providing effective regulation to the casinos owned and operated by the tribe. And, because the Gaming Commission recognizes the significant role that its youth has to the future of the tribe, they are excited to announce the onset of "Sovereign Reflections," its internship program.

Sovereign Reflections offers learning opportunities to enrolled members of the tribe. The internship program is designed to reflect the importance of self-regulating the tribe's gaming enterprises in order to preserve sovereignty. With the underlying goal of developing the "ownership" role further, the intern will gain valuable professional experience and foster leader-

ship skills through the internship.

The internship is not easy, but is fun and rewarding. An intern will experience the day-to-day operations of the Gaming Commission. The program, which will last about eight weeks, will provide exceptional insight into the vital role of gaming regulators. An intern will meet the Gaming Commissioners and see first-hand surveillance, investigations, auditing and compliance. The intern will be evaluated on his/her experience, and will be able to use the experience as a résumé-builder.

An applicant for internship must be an enrolled member of the Forest County Potawatomi Community of Wisconsin, at least age 18, and have successfully attained a high school diploma or its equivalent (e.g. GED). He or she must have valid identification. In order for the applicant to access the highly sensitive areas of the tribe's casinos, he or she must meet the stringent criteria to qualify for a temporary gaming license.

The next intern start date will be June 1, 2011. Applications are due no later than April 15, 2011.

For an application, or for more information, please call (414) 847-7694.

Domestic Violence Open Forum

submitted by Carol Lee Saffioti-Hughes, Wabeno Public Library Director

An open meeting will be held on March 23, 2011, to discuss the need for awareness of domestic violence and assault at 7 p.m., at the Wabeno Town Hall building. The meeting is co-sponsored by the Wabeno Public Library, Tri-County Council on Domestic Violence/Sexual Assault, The Forest County Potawatomi Domestic Violence Shelter and the Wabeno Police Department. This meeting is open for all the public concerned about these issues in our homes, our families and our community.

Often, domestic violence has early warning signals, but it is often extremely difficult to reach out to someone in need, or to get help for one's self. Here is a list of some of the topics to be covered:

- Warning signs
- Need for confidentiality
- Officer involvement
- Statistics
- How to make that first step

Tri-County Council on Domestic Violence/Sexual Assault promotes non-violence as a life choice and provides a safe environment for persons in crisis. The agency believes the use of violence and other forms of power and control is unacceptable. It advocates and educates to stop the cycle of violence, and supports those it serves to discover choices, build self-confidence, and regain dignity through services that draw on individual strengths and community resources.

There has been a need for a more

local forum for discussion for community members who may not have access to transportation to attend countywide meetings. The public library is often a neutral place where people come for information and to talk about their situations, but the library is not equipped for counseling. However, we are an information source, and an important link in a small community to services that may be more regionalized.

Those organizations involved are pleased to be a part of a process that will help community members better understand the warning signals, encourage and support victims, and know what resources and courses of action are available. Even if only one or two persons attend, the meeting will be deemed a success. Feedback from community members in regards to the need for local support services is an important part of the process!

The meeting is free and refreshments will be available. The meeting is expected to last approximately 90 minutes, but will depend on the number of participants and their input. The Wabeno Town Hall is located at 4473 North Branch St., Wabeno, and may be accessed from the parking lot door that evening.

For more information, contact the Wabeno Library at (715) 473-4131, or the Tri-County Council on Domestic Violence and Sexual Assault at (715) 478-3780. The 24 hour crisis hotline is 1 (800) 236-1222.

Great Service With A Friendly Smile!


**Potawatomi
Convenience Store
SMOKE SHOP**

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

<p>ICE CREAM SHOP:</p> <p>Floats • Malts • Sundaes Single/Double Cones Hand Dipped Waffle Cones</p>	<p>FINGER FOODS:</p> <p>French Fries Chicken Tenders Combo Baskets To Go</p>
--	---

**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

**MARCH 2011
CALENDAR OF EVENTS**

FCP Family Resource Center

- *Healthy Relationships*: No March classes!
- *Play Shoppe*: Tuesdays 11 a.m. - 12:30 p.m. No class on 3/22!
- *Life Skills Group*: Wednesdays 1-3 p.m. No class on 3/23!
- *Positive Indian Parenting*: Thursdays 10 a.m. - Noon. No class on 3/24!
- *Trans Program Class*: coming in June.

Call (715) 478-7262 for details on programs.

Recreation Department

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

N.E.W. Directions (formerly 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 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.

Beadwork: Mondays - 4:30 - 6 p.m. (March 14, 21, 28)
Words of Wisdom: Tuesdays - 4:30 to 5:30 p.m., with dinner after (March 1, 8, 15, 22, 29)
N.E.W. Dir. Ed.: Thursdays - 4:30 - 6 p.m. (March 17, 24, 31)

Beading & Regalia Making Classes

Mondays: 4:30 - 6 p.m. (March 14, 21, 28)
Tuesdays: Office open 7 a.m. - 5 p.m.
Wednesdays: Adults at 9 a.m. - noon (March 16, 23, 30)
 Ages 13-18 at 4:30 - 6 p.m. (March 16, 23, 30)
Thursdays: Ages 7-18 at Carter We Care, 4:30 - 6 p.m. (March 17, 24, 31)

CHOICES Program

Crandon High School: Mondays - 9 - 11 a.m. or as needed
Healthy Living/Youth on the Move: Mondays - 4:30 - 6 p.m. at Rec/We Care; transport provided (March 14, 21, 28)
Fun with Food Culinary Night: Tuesdays - 5 - 7 p.m. at Rec (March 22) limited transportation
Dinner & Movie: Tuesdays - 4:45 - 7 p.m. at Exec. Bldg. (March 15, 29) limited transportation
Generations: Wednesdays - 4 - 7 p.m. at YMCA (March 16, 23, 30) - transport available, MUST sign up
Wabeno High School: Thursdays - 9 - 11 a.m. or as needed
Powwow: March 19 & 20 - Watch for flyers!

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.

**Technology and Reality in Sexual Assault:
A Two-Part Training**

**Open to the Public • April 7: 9 a.m. – 3 p.m.
FCP Executive Building Auditorium**

9 a.m. – Noon: “Safety & Strategic Technology” with Stephen Montagna, Wisconsin Coalition Against Sexual Assault (WCASA) violence prevention communications coordinator

Noon – 1 p.m.: Lunch

1 p.m. – 3 p.m.: “Sexual Assault 101” with Lynn Johnson, M.S.W., FCP Domestic Violence Shelter sexual assault coordinator, and Mary Sue Engebretson, Tri-County Council on Domestic Violence & Sexual Assault advocate

Questions? Call Johnson at 715-478-4991.

This event is sponsored by the FCP Bakakswen i Shkwadem *Door is Open* Domestic Violence Shelter and Tri-County Council On Domestic Violence & Sexual Assault.

**Health Promotion Disease Prevention
Youth on the Move
WALKING PROGRAM**

Have Fun & Improve Your Health by Moving More!

To register or if you have questions, please contact:
 Lisa Miller, H&W Center Dietitian, (715) 478-4320, or Becky Meinert, Community Health LPN, (715) 478-4366.

Start time 4:30 p.m. Light snack provided. Physical activity 4:45 - 5:30 p.m.

Two-Mile Mondays in Carter:		Three K Thursdays at Rec Center:	
Mar. 14	#2 Pedometer	Mar. 3	#2 Pedometer
Mar. 21	#3 Snowshoeing	Mar. 17	#3 Snowshoeing
Mar. 28	#4 Minute to Win It Games	Mar. 24	#4 Minute to Win It Games
Apr. 4	#5 Walk Video	Mar. 31	#5 Walk Video
Apr. 11	#6 PAK games/activities	Apr. 7	#6 PAK games/activities
Apr. 18	#7 Poker Run	Apr. 14	#7 Poker Run
May 2	#8 Final Pedometer	Apr. 21	#8 Final Pedometer

March 2011 FCP Elder Menu*

<p><u>Monday, March 14</u> Fish Filet on a Bun, Boiled Red Potatoes, Green Beans, Peaches</p> <p><u>Tuesday, March 15</u> Hamburger Gravy, Mashed Potatoes, Corn, California Blend, Mandarin Oranges</p> <p><u>Wednesday, March 16</u> Egg Salad on Croissant, Chips, Carrots & Celery Sticks, Peanut Butter Cookies</p> <p><u>Thursday, March 17</u> Baked Chicken, Stuffing, Brussel Sprouts, Carrots, Roll, Pineapple</p> <p><u>Friday, March 18</u> Hot Tuna Casserole, Broccoli, Bread, Brownie, Applesauce</p>	<p><u>Monday, March 21</u> Kielbasa, Sauerkraut, Mashed Potatoes, Cream Corn, Fruit Cocktail</p> <p><u>Tuesday, March 22</u> Indian Tacos, Chocolate Cake</p> <p><u>Wednesday, March 23</u> Beef Stew over Biscuits, Jello with Fruit</p> <p><u>Thursday, March 24</u> Pork Chop, Rice Pilaf, Spinach, Beets, Cookie</p> <p><u>Friday, March 25</u> Tomato Rice Soup, Egg Salad Sandwich, Plums</p>	<p><u>Monday, March 28</u> Tater Tot Casserole, Green Beans, Carrots, Ice Cream</p> <p><u>Tuesday, March 29</u> Beef Tips over Noodles, Peas & Carrots, Mandarin Oranges</p> <p><u>Wednesday, March 30</u> Spaghetti & Meatballs, Tossed Salad, Corn, Garlic Bread, Pears</p> <p><u>Thursday, March 31</u> Chicken Wrap, Cottage Cheese, Sweet Potato, Blueberry Muffin</p> <p><u>Friday, April 1</u> Riblet on a Bun, French Fries, Baked Beans, Peaches</p>
--	---	---

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

It's Time for the Quarterly...

**SOBRIETY
FEAST**

**Thursday, March 24 • 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 prizes. Please bring a traditional dish to pass.

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

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.

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 member(s) ages 7 and up.

Classes are taught by Charlene "Doots" Daniels. Please check calendar of events on page 9 for dates, times, locations, and age range of classes.

Due to limited quantities, participants must bring their own fabric and hide. 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

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.



"To forgive is to set a prisoner free and discover the prisoner was you."
-Unknown

EDUCATION

Academic Success Learning Lab
Nicolet HSED/GED spring semester classes started 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 Nicolet College Academic Success Learning Lab is open 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: Microsoft Word Essentials 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. beginning on March 15, at the FCP Cultural Center, Library and Museum classroom. **Registration was required by March 8.**

Course Objectives:

- Create a basic document by using Microsoft Word.
- Edit documents by locating and modifying text.
- Format text.
- Format paragraphs.
- Add tables to a document.
- Add graphic elements to a document.
- Control a document's page setup and its overall appearance.
- Proof documents to make them more accurate.

Hosted by the FCP Economic Support Department. Call Stephany Shepard at (715) 478-4433 if you have any questions.



EVENTS

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.

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. Sponsored by FCP Domestic Violence Outreach.

HIV/AIDS Awareness Dance - 80s Theme

This event, planned for April, is for FCP tribal community members. There will be food, trivia, prizes and, of course, 80s music. Call Elizabeth Reed if you have any questions: 715-478-4381. Also, watch for the updated notice with the date, time and location of the event in the April 1 issue of the *Potawatomi Traveling Times*.

"Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action. If one lets fear or hate or anger take possession of the mind, they become self-forged chains."
-Helen Douglas

EVENTS

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.



HEALTH

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'll be no meeting.

For more information, call (715) 478-4325 or 4332.

Do You Feel Like No One

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

Crisis Line: 1 (888) 299-1188

(Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week)

Kids in Need: 1 (800) 622-9120

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

Run-Away Hotline: 1 (800) 621-4000

1 (800) 273-TALK; TTY: 1 (800) 799-4TTY

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 - 7 p.m. Contacts: Carol (715) 482-5012 or Ahshoni (715) 220-8777.

AA Meetings - Lost Marbles

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

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 Miss Lori at (715) 478-4198.

HEALTH

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.



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.

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 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 will contribute to the understanding of carnivore populations on FCPC land, while ensuring minimal waste of the FCPC sek si (deer) resource. Please bring carcass donations to the Natural Resources building, 5320 Wensaut Ln., Crandon. Business hours are Monday - Thursday, 7 a.m. - 5 p.m.

OPPORTUNITIES

Volunteers Needed - for FCP Bakakwsen i Shkwadem, *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.

"He who cannot forgive breaks the bridge over which he himself must pass."
-George Herbert

LIFE SKILLS CLASS • JUNE 2011

FCP Family Resource Center

Start on the road to a career in construction with TrANS who offers a FREE 120-hour Road Construction Training Program. Training includes: OSHA-10 Instruction, Flagging Certification, CPR/First Aid Certification, Job Placement Assistance, Apprenticeship Opportunities and much more.

Contact Rick Alloway at (715) 478-7262 for more information or to sign-up by May. Native Americans, women and minorities are encouraged to apply!

THANK YOU...

The family of Donovan Shepard would like to give a big thank you to all that helped us get through the difficult days after Donovan's death.

His death was totally unexpected, as he was doing so well.

First of all, thank you, Executive Council, in helping us prepare Donovan for rehab at Clearview. We worked as fast as we could, but he passed away the day before his transfer.

Thank you to Weber-Hill for their kind words and kindness.

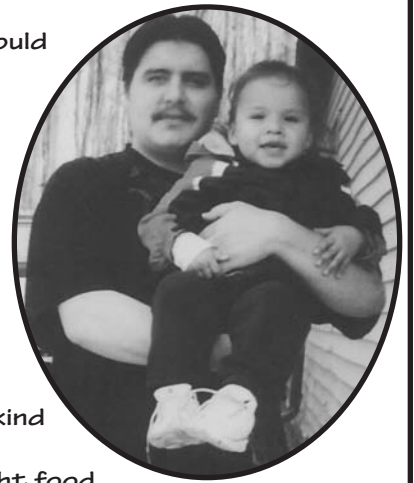
Many thanks to those who brought food and supplies needed. The meals were awesome; thanks to Bertie Pemma and her daughters. Donovan's favorite foods were served.

Thank you: Pastor Don Dewing for his message; my brother, Dennis, for the song; the grave diggers; pall bearers; and firekeepers; and those who sent flowers and cards. The way everyone stepped in and took part was amazing.

Family and friends can't be replaced. We hope that you will always feel welcome to visit at Donovan's home. The coffee pot is always on. Thank you again.

Sincerely,

Patsy Shepard, mom; Frank, Dan, Tom, Nathan, Bronson, brothers; Diane, Malinda, Luane, Veronica, sisters



With honor, we acknowledge our parents,
Harvey and Carol (George) White

on their
50th Wedding Anniversary

on March 25th.

Thanks for who you are - great parents!
From, Kevin and Tiffany White



*This was read at
Donovan's funeral. For those
of you who didn't hear this, I
want to share it with you.*

I want to thank my family and friends for all the love and support you have shown. I am not alone in my loss.

For the past three months, Donovan had a peaceful nature. He was coming out of his coma in stages. He did not reach the stage of anger or knowing what happened to him. He got to the point of knowing who we were, smiling at his recognition, smiling at a joke, playing thumb wars, changing channels on the TV. And, he even caught a tennis ball with his right hand several times. He wrote, "Hi, Mom," on a paper. He also wrote his last name in cursive. Tessa had asked him, "If you could talk, uncle, what will you tell your family?" And he wrote, "I love and miss you all." He was making progress, and we noticed every week that we saw him.

I will miss my son tremendously, but knowing he is with his Heavenly Father, his dad and Lamar makes it a little easier. Death was not in God's plan; the devil had a hand in that.

We all know what led up to where we are today. Please don't take this lightly. A lot of you have narrowly missed death or serious injury because of drinking. I know this is a touchy subject, but I had to say that. Alcohol took my son - no getting around it. I love you all, and I want you to be safe, be happy; hug your children, moms and dads.

Donovan will be missed. Remember him for his silly acts, beautiful smile and tender heart. Keep us in your prayers, and we will be praying for all of you.

I told Donovan on Saturday that I was going to wear the necklace he gave me, so the next time he sees me he could touch it. I usually wear a cross, and he would touch the cross with his fingers. This necklace I am wearing says, "Mom" and I am proud to say, "Donovan, I am your mom."

I love you my son, and I will miss you now and forever.

Love,
Mom



Happy Belated Birthday
to little brother,
Dylan
"Standingeagle"
Prescott
on March 6th.
From brother Billy Ray,
Katherine & Gizhgo

Happy Birthday
to big sister,
Peggy Konaha,
on March 17.
We love you!
From brother Billy Ray,
Katherine & Gizhgo

"THE RACK" IS NOW:



UNDER NEW OWNERSHIP: PAUL SHEGONEE

**FEATURING:
YOUNG ADULT APPAREL**

**Shady, South Pole, Tribal Gear, Warrior
Wear, K-Swiss Shoes, RocaWear and More!**

ARRIVING SOON:
GUCCI pellepelle
IMPERIOUS

715-478-0463

104 W. Madison St. • Crandon, WI 54520

See the article about Paul Shegonee and Urban Fab on page 3 of this issue.

Happy 2nd Birthday
to
Precious Skye DeVerney
on March 7th.
Love you baby girl!
Love, Dad, Mom,
Angel, Miranda
and Michael



Happy
Birthday,
"Horn".
- Teets and Doots

Happy Birthday,
"Nokey".
We love you!
- Teets and Doots

NCAI Announces Indian Country Leadership Awards

submitted by Thom Wallace, National Congress of American Indians

WASHINGTON, D.C. – The National Congress of American Indians (NCAI) has announced the recipients of the organization's prestigious Indian Country Leadership Awards. Senator Daniel Akaka (D – HI), Chairman of the Senate Committee on Indian Affairs, Associate Attorney General Tom Perrelli, the Annie E. Casey Foundation, and long-time tribal leader and advocate Billy Frank Jr., will be honored by the organization for outstanding contributions to Indian Country. Wilma Mankiller, the first female chief of the Cherokee Nation who passed away in 2010, will be recognized posthumously among the 2011 recipients.

"Unwavering leadership is an important quality of a hero in Indian Country; each of the awardees have proven their commitment through actions, changing Indian Country for generations to come," said Jefferson Keel, president of NCAI and lieutenant governor of the Chickasaw Nation in Oklahoma.

NCAI, the nation's oldest, largest, and most representative American Indian and Alaska Native organization, will present the awards during an evening award reception held in conjunction with its Executive Council Winter Session in Washington, D.C.

Congressional Leadership Award - Senator Daniel Akaka of Hawaii

Senator Akaka is the only indigenous member of the Senate, and has served as a member of the Senate Committee on Indian Affairs since 1991 and demonstrated long-standing interest in supporting tribal self-determination and honoring federal trust and treaty responsibilities to Indian tribes. Chairman Akaka has been the lead sponsor of the Native Hawaiian Reorganization Act, which would restore self-government to the indigenous people of Hawaii. This year, he has become Chairman of the Senate Committee on Indian Affairs by virtue of his seniority and long-standing commitment to Indian issues.

Native American Leadership Award - Billy Frank, Jr.

Billy Frank, Jr. is a peerless advocate of tribal treaty rights and natural resources. In the 1960s and 70s, Frank was arrested more than 50 times defending the tribes' established treaty rights to fish, hunt and gather shellfish. His courage resulted in "The Boldt Decision", a federal case re-affirming tribal rights and establishing tribes in western Washington as co-managers of salmon resources. As the long-time chairman of the Northwest Indian

Fisheries Commission, he continues to advocate tirelessly for the protection of American Indian and Alaska Native natural resources for the benefit of all peoples.

Governmental Leadership Award - Associate Attorney General Tom Perrelli

Associate Attorney General Tom Perrelli has made public safety in Indian Country a priority since day one. His commitment has resulted in concrete improvements in law and policy, including: enactment of the Tribal Law & Order Act, institution of a streamlined DOJ tribal grant solicitation, creation of a new federal/tribal domestic violence prosecution task force, creation of the Tribal Nations Advisory Council, and the hiring of additional assistant U.S. attorneys to prosecute crime in Indian country across the nation.

Public Sector Leadership Award - Annie E. Casey Foundation

The Annie E. Casey Foundation has worked many years to support American Indian and Alaska Native families through grant-making and direct services. The Foundation has been a leader in the philanthropic community, providing critical resources to support programs and initiatives for Native children. The investments of the Annie E. Casey

Foundation have filled an important gap in providing critical data on Native children and supporting Native institutions that inform effective policy making at the national, state and tribal level.

Special Recognition Award - Wilma Mankiller

In honor of the outstanding contribution of Wilma Pearl Mankiller to Indian Country and tribal relations with other sovereign nations, the National Congress of American Indians will name its fellowship program in honor of her legacy. It will be henceforth known as the "Wilma Mankiller Fellowship Program for Tribal Policy and Governance".

Founded in 1944, the National Congress of American Indians is the oldest, largest and most representative American Indian and Alaska Native organization in the country. NCAI advocates on behalf of tribal governments and communities, promoting strong tribal-federal government-to-government policies, and promoting a better understanding among the general public regarding American Indian and Alaska Native governments, people and rights. For more information, visit www.ncai.org.

Office of Tribal Relations Seeks Comments from Tribes on Consultation Plan

submitted by USDA Office of Communications

WASHINGTON, Feb. 28, 2011 — USDA's Office of Tribal Relations is continuing to solicit comments on a draft department-wide policy that will guide future consultation and collaboration efforts. The policy will guide all USDA agencies as they work with the tribes.

"President Obama has personally demonstrated his commitment to the tribes, and the draft consultation policy

underscores our intention to work hand in hand with tribal members on a government-to-government basis," said Janie Hipp, senior advisor to the Secretary for Tribal Affairs. "We shared the draft document with the tribes earlier this year and are asking that all comments be provided to us by March 25, so that we can finalize this critical document."

In a letter to tribal leaders dated

Jan. 25, Agriculture Secretary Tom Vilsack stated that his "focus is to create a policy that moves USDA toward better practices regarding future consultations and to promote policy development within the Department that includes collaboration and consultation from tribes." The letter notes that while the Department has received input from the tribes as a result of outreach, additional input is welcome.

To read more about the plan, see www.usda.gov/documents/ConsultationPlan.pdf or email tribalconsultation@usda.gov. Comments may be submitted by email, or by mail to: Janie Hipp, Senior Advisor for Tribal Relations, 1400 Independence Ave. SW, Suite 500A, Washington, D.C., 20250.

Indian Arts and Crafts Board and U.S. Patent and Trademark Office Release New Intellectual Property Protection Brochure

submitted by U.S. Department of Interior News

WASHINGTON, DC— The Indian Arts and Crafts Board (IACB), an agency of the U.S. Department of the Interior, has released a new intellectual property rights protection brochure, created in collaboration with the United States Patent and Trademark Office (USPTO), and entitled Introduction to Intellectual Property for American Indian and Alaskan Native Artists.

The brochure provides an introduction to the various intellectual property rights protections – trademarks, copyright, design patents, trade secrets - afforded to American Indian and

Alaskan Native artists and artisans. Intellectual property protection is important to every business, including American Indian and Alaskan Native artists, and this brochure will help teach artists and artisans how they can protect their intellectual property, economic livelihood and cultural heritage.

If you would like copies of the brochure, they can be obtained by calling the IACB toll free at 1-888-278-3253, or through email at iacb@ios.doi.gov. The brochure can also be viewed on the IACB's website at www.iacb.doi.gov.

The IACB, a federal agency under the U.S. Department of the Interior, was established by Congress in 1935. Its dual mission is to promote authentic Native American art and craftwork of members of federally recognized tribes, as well as to implement and enforce the Indian Arts and Crafts Act, which makes it illegal to fraudulently market art and craftwork as Indian-made when it is not made by an Indian as defined by the Act.

The USPTO is a federal agency within the U.S. Department of Commerce and, as its principal mis-

sions, grants patents, registers trademarks and provides advice to the Administration on the full range of intellectual property issues, including copyright and enforcement as well as patent and trademark issues. Through its Global Intellectual Property Academy (GIPA), the USPTO provides training to U.S. small businesses on intellectual property issues, including outreach to American Indian and Alaskan Native artists in cooperation with the IACB.