

POTAWATOMI TRAVELING TIMES

VOLUME 18, ISSUE 7 DGWAK GISES FALL MONTH OCTOBER 1, 2012

Chairman Frank Represents FCP Community at Democratic Convention





FCP Chairman Harold "Gus" Frank represented the Forest County Potawatomi at the Democratic National Convention in Charlotte, N.C.

The Democratic National Convention, held in early September in Charlotte, N.C., was an opportunity for President Barack Obama and other party leaders to share their vision for the country. Forest County Potawatomi's own Chairman Harold "Gus" Frank was able to attend this historic event thanks to the support of the tribal membership. The convention featured exciting keynote speakers and state-specific meetings and activities.

While at the convention, Frank was able to attend important speeches given by First Lady Michelle Obama, former

President Bill Clinton, and of course, President Obama. All of the keynote speeches were inspirational and set the tone for the Democratic Party's goals heading forward.

In addition to seeing many of the important speeches at the convention, Frank was also able to meet with many influential delegates and Wisconsin politicians. This included Congresswomen Gwen Moore (D – Milwaukee) and Congresswoman and U.S. Senate-hopeful Tammy Baldwin (D – Madison). Milwaukee Mayor Tom Barrett was present at the convention as

well. Frank also had the opportunity to interact with many Democratic members of the Wisconsin Legislature.

Frank remarked, "It was an honor to represent the Forest County Potawatomi at the Democratic National Convention. My time in Charlotte was spent meeting with elected officials and talking about the concerns of Indian Country. The convention was a resounding success for the Forest County Potawatomi."

See pg. 2 for article on FCP representation at the Republican National Convention.

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PRSRT STD US POSTAGE PAID WAUPACA, WI

The 2012 Caucus will take place on Monday, Oct. 1, at the FCP Executive Building Auditorium beginning at 7 p.m.

Questionnaires for the candidates will be available at the caucus or they may be picked up at the *PTT* office. Deadline for photos and questionnaires to be included in the Nov. 1 issue is Wednesday, Oct. 17. (This issue should be delivered to local tribal members no later than Saturday, Oct. 27.)

Elections will be held Saturday, Nov. 3, at the FCP Executive Building from 8 a.m. - 7 p.m.

An FCP Community Presence at the Republican National Convention

submitted by George Ermert, Martin Schreiber & Associates

At this year's Republican National Convention in Tampa, Fla., two of the Forest County Potawatomi's own were in the audience. Tribal Vice Chairman and Wisconsin Alternate Delegate James A. Crawford traveled on behalf of the Potawatomi. He was also joined by Kip Ritchie, the Chief Operations Officer of the Potawatomi Community Development Corporation.

While in Tampa, Crawford and Ritchie were able to network and listen to many influential speakers from the Republican Party. Among the most notable to speak were: former Secretary of State Condoleezza Rice, New Jersey Gov. Chris Christie, Wisconsin native and Vice Presidential Nominee Paul Ryan, and Presidential Nominee Mitt Romney. Crawford and the other

Wisconsin delegates also had the privilege of being privately addressed by Rice and Presidential Nominee Mitt Romney's son, Craig Romney.

As an alternate delegate at the 40th Republican Presidential Nominating Convention, Crawford took part in the historic act of nominating Mitt Romney as the Republican Party Nominee for president. One of the many benefits of being a delegate is being able to sit on the floor of the convention, up close to the numerous speakers. In addition to the convention, many state parties host individual state-specific delegate activities and meetings. Crawford was able to speak with the Governor, Republican Senate leader and the Republican Assembly leader during these meetings.

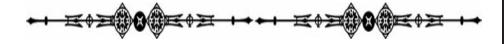
Attending the 2012 Republican



FCP Vice Chairman James A. Crawford who attended the Republican National Convention in Tampa, Florida. Not pictured is Kip Ritchie, Chief Operations Officer of Potawatomi Business Development Corporation, who also attended.

National Convention served as a valuable opportunity for the Forest County Potawatomi Community to be seen and interact with leaders in the Republican Party. Crawford stated, "I greatly appreciate the tribal membership being in a position to send me to such a worthwhile

event. The Forest County Potawatomi Community's presence at the Republican Convention is a crucial aspect in terms of establishing relationships with policymakers and forwarding our policy goals."



October is National Dental Hygiene Month

submitted by FCP Health & Wellness Center Dental Department

What is a dental hygienist?

Dental hygienists are licensed oral health professionals who focus on preventing and treating oral diseases - both to protect teeth and gums and also to protect patients' total health. They are graduates of accredited dental hygiene education programs in colleges and universities and must take a written national board examination and a clinical examination before they are licensed to practice. In addition to treating patients directly, dental hygienists may also work as educators, researchers and administrators.

What does the "RDH" designa-

The "RDH" means Registered Dental Hygienist. The RDH credential identifies a dental hygienist as a licensed oral health professional.

This year's theme for national hygiene month is "Keep them healthy. Keep them clean." Dawn and Pam are your Dental Hygienists at the Health and Wellness Center Dental Department. They want to remind you that oral health means more than just an attractive smile. Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. And, in many cases, the condition of the mouth mirrors the condition of the body as a whole.

In the dental office, the dentist and the dental hygienist work together to meet the oral health needs of patients:

- Patient screening procedures, such as assessment of oral health conditions, review of the health history, oral cancer screening, head and neck inspection, dental charting and taking blood pressure and pulse.
- Taking and developing dental radiographs (X-rays).
- Removing calculus and plaque (hard and soft deposits) from all surfaces of the teeth.
- Applying preventive materials to the teeth (e.g., sealants and fluorides).
- Teaching patients appropriate oral hygiene strategies to maintain oral health (e.g., toothbrushing, flossing and nutritional counseling).
- Counseling patients about good nutrition and its impact on oral health.
- Making impressions of patients' teeth for study casts (models of teeth used by dentists to evaluate patient treatment needs).
- Performing documentation and office management activities.

Have you made your appointment with your dental hygienist? To make an appointment, call (715) 478-4313.

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

CORRECTION: In the story "Ground Blessing Held on Future Pow Wow Site" that appeared in the Sept. 15, 2012 issue of the *Traveling Times*, Patricia Pete was incorrectly listed as a Land Use Committee member when she is not. *PTT*

NOW AVAILABLE

New Stock of Silver & Turquoise Jewelry: Watches, Cuff Bracelets & Rings

Pendleton Accessories: Laptop Sleeves, Tablet Holder, Smart Phone Cases & Much More!

Available September 2012:
"More Than Frybread" DVD



NEW DVD

• The Old Blind Couple An animated DVD based on the story of two elders and a feisty racoon. (Recorded in the Potawatomi language with English translation.)

NEW CD's

- Midnite Express: Walks First
- Young Bear: Keepin' It Old Style
- Bear Creek: Right Now
- Blackfoot Confederacy: Elder's Vision
- Red Bull: Live in Minnesota
- Big River Cree: The Old Way
- Iron Boy: Lead, Follow or Get the Hell Out of the Way



FOREST COUNTY POTAWATOMI
CULTURAL CENTER,
LIBRARY & MUSEUM

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

Open Mon. thru Thurs. 7 a.m. to 5 p.m. Closed Fridays. CLOSED from 12 p.m. to 12:30 p.m. for lunch. CLOSED on federal holidays.

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

Happy October Birthday to These Elders!

10-01 William Shepard

10-02 Sylvia Pemma

10-03 Richard Mexico

10-08 Walker Thunder Jr.

10-09 Betty Polar

10-10 Jayson Jackson

10-11 Paul Tribbett

10-12 Sue Strugalla

10-16 Williamette Brickzin

10-16 Everett Vassar

10-16 Pamela Mejia

10-18 Harvey Frank Sr.

10-20 Neva Roeder

10-21 Agnes Menomin

10-23 Carey Tribbett

10-25 Kristine Beamis-Venegas

10-25 Alan Petonquot

10-27 Peter Pemma Jr.

10-27 Hartford Shegonee

10-27 Diane Peters 10-28 Ray Williams Sr.

10-28 Yvonne Pete

10-29 Brenda Deanda

10-31 Wesley Tribbett



The Forest County Citizens Fair Committee (FCCFC) received a \$5,000 check from the Forest County Potawatomi Tribe for underprivileged youth in Forest County to attend the county fair. The money also aided for these youth to receive school supplies. Vice Chairman James A. Crawford (right) presented the donation to Cole Kincaid, a member of FCCFC, on Sept. 6, 2012. The fair took place on Sept. 7-9, 2012.

Deadline for the Oct. 15, 2012 issue is Wednesday, Oct. 3, 2012.



FCP EXECUTIVE COUNCIL Chairman:

HAROLD "GUS" FRANK Vice Chairman:

JAMES A. CRAWFORD

Secretary:

LORNA SHAWANO **Treasurer:**

JOSEPH DANIELS **Council Members:** JOHN ALLOWAY

NATE GILPIN



Native American Journalists Association **PTT STAFF**

Managing Editor:

WINDA COLLINS

Office Manager:

MICHELLE SPAUDE

Graphic Artists:

KRYSTAL STATEZNY

JEFFREY KEEBLE JR.

AMY KAMPSTRA

Potawatomi Traveling Times (PTT) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the $\ensuremath{\textit{PTT}}$ 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.

Edward "Ed" Paul Alloway

Edward "Ed" Paul Alloway, Sr., age 60, passed away unexpectedly at his home on Monday, Sept. 3, 2012. Ed was born in Eagle River, Wis., on July 17, 1952, the son of William and Grace (Peters) Alloway.

On March 27, 1971, in Milwaukee, he married Gloria Llanas.

Ed enjoyed riding his motorcycle and going to pow-wows. He loved spending time with his grandchildren, especially his grandsons.

He is survived by his wife, Gloria, Crandon, Wis.; daughters: Dina (Ron) Lemieux, Crandon, Wis.; Tanya Alloway, Milwaukee, Wis.; Josephine Alloway, Crandon, Wis.; Consquela Alloway (Robert Pamonicutt), Crandon, Wis.; and son, Edward (Diana) Alloway, Jr., Crandon, Wis.

He is further survived by sister Donna Conqleton, Eagle River, Wis.; and brothers Kenny (Marilyn) George, Crandon, Wis.; and Kenny (Linda) Alloway, Antigo, Wis.; as well as 22 grandchildren and two great-great-grandchildren and numerous other family and friends.

Preceded in death by his parents, William and Grace; sister, Rose Cinko; brothers, Oliver and Clifford Brenwall.

Visitation and devotions were held on Sept. 6, and services were held on Sept. 7, at the Forest County Potawatomi Cultural Center, Crandon, Wis., with Kelly LaMere officiating. Interment was at the Potawatomi Tribal Cemetery, Crandon, Wis. Online condolences at www.weberhillfuneralhome.com.

DE'zire Princess Marie Snodgrass-Guinn (Gata Gishgok -"Light of Heaven Lady")



DE'zire Princess Marie Snodgrass-Guinn (Gata Gishgok - "Light of Heaven Lady"), age 4 months of Antigo, Wis., passed away unexpected-

ly at St. Joseph Hospital, Marshfield, Wis., on Saturday, Sept. 1, 2012. DE'zire was born in Duluth, Minn., on April 6, 2012.

She is survived by her parents, Tony and Sue Petonquot, Antigo, Wis.; sisters: Migdalia A. Simpson, Rosa Lampereur and Maria G. Alcantar; brothers: Arturo Enrique Simpson, Jr., Sonsear D. Snodgrass-Guinn, Royal L. Snodgrass-Guinn and King M. Snodgrass-Guinn.

Native American services were held on Sept. 5, at noon at the FCP Cultural Center, Crandon, Wis., with Chris Daniels officiating. Interment was at the Potawatomi Tribal Cemetery, Crandon, Wis. Online condolences at www.weberhillfuneralhome.com.

You, my little mama's, will always live on through every smile I see. We have a heart that's so filled with love and memories it will be impossible for anyone

God has taken you because he could see you are so perfect in his every need. He loves you more than anyone I know, and can see you're happier than ever, and you will always be looking at me, so go, little mama's, on your journey and remember, little mama's, you are now free!

FOREST COUNTY POTAWATOMI TRIBAL COURT

IN THE MATTER OF CHANGE OF NAME OF:

NOTICE OF HEARING

Jennesie Sheane Peterson

Case No.: 12-NC-0189

DOB: November 27, 1995

NOTICE IS HEREBY GIVEN that the above-captioned matter shall be heard in the Forest County Potawatomi Tribal Court on the matter of the application of Jennesie Sheane Peterson for permission to change her name and legal designation to Jennesie Sheane Pemma and for the consideration and determination of any further relevant matters. PLEASE TAKE NOTE:

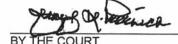
WHEN: 1:00 PM on October 10, 2012 WHERE:

Tribal Courtroom

2nd Floor, FCP Executive Building

5416 Everybody's Road, Crandon, Wisconsin

DATED THIS 29th DAY OF August, 2012



Associate Judge Jeryl L. Perenich **FCP Tribal Court**

October is Domestic Violence Awareness Month

submitted by Nicole Calhoun, FCP Domestic Violence Advocate

Are you able to recognize the signs of domestic violence?

- Have you been hit, kicked, shoved or threatened with violence?
- Do you feel bad about yourself because your partner calls you names, insults you or puts you down?
- Have you submitted to sex acts against your will?
- Must you ask your partner for permission to make everyday decisions?

Domestic violence is the willful intimidation, physical assault, and/or other abusive behavior perpetrated by an intimate partner against another. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. Violence against women is often accompanied by emotionally abusive and controlling behavior. Domestic violence results in physical injury, psychological trauma and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime.

Native American women experience the highest rate of violence of any group in the United States. A report released by the Department of Justice, American Indians and Crime, found that Native American women suffer violent crime at a rate of three and a half times greater than the national average. Also, American Indian women residing on Indian reservations suffer domestic violence and physical assault at rates far exceeding women of other ethnicities and locations. A 2004 Department of Justice report estimates these assault rates to be as much as 50 percent higher than the next most victimized demographic.

Data on crime in Indian country is also lacking. This is partially due to the underreporting of crimes to tribal authorities and partly due to underreporting to the federal authorities.

In a 2006 study, 96 percent of American Indian respondents who have been a victim of rape or sexual assault had experienced other physical abuse as well. In a 2008 CDC study, 39 percent of Native women surveyed identified as victims of intimate partner violence in their lifetime, a rate higher than any other race or ethnicity surveyed.

According to the Bureau of Justice Statistics, U.S. Department of Justice, Office of Justice Programs, at least 70 percent of the violent victimizations experienced by American Indians are committed by persons not of the same race.

Children are also affected by acts of domestic violence. The National Coalition Against Domestic Violence reports that boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults. Also, 30 to 60 percent of perpetrators of intimate partner violence also abuse children in the household.

Domestic violence is one of the most chronically underreported crimes (U.S. Department of Justice).

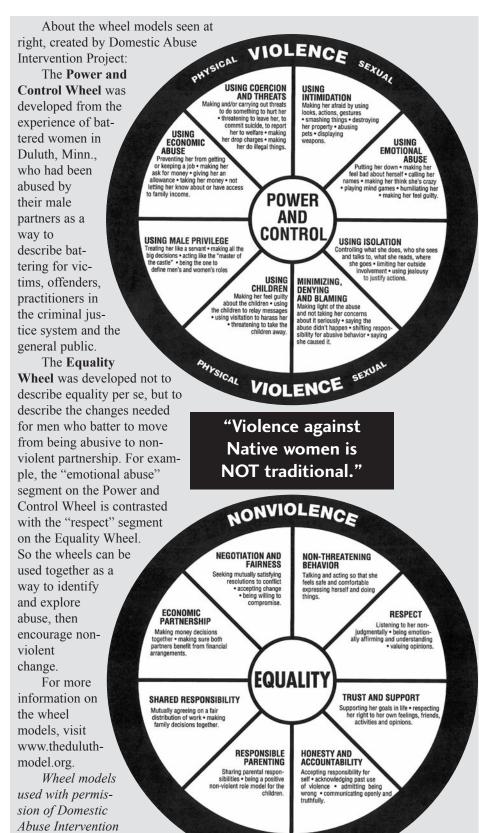
The Forest County Potawatomi Domestic Violence/Sexual Assault Program offers:

- Information on the legal process
- Advocacy and support during the legal process
- Information and referral concerning medical treatment
 - Emotional support
- Assistance with Crime Victim Compensation
 - Community outreach
- Educational programs for schools and churches

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

Other contacts:

- Tri-County Council on Domestic Violence and Sexual Assault Serving Oneida, Forest and Vilas Counties: 1-800-236-1222
- National Domestic Violence Hotline: 1-800-SAFE (7233)
- RAINN: Rape, Abuse & Incest National Network: 1-800-656-HOPE



October is Breast Cancer Awareness Month: Supporting, Honoring, Hoping!

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

October is nationally recognized as Breast Cancer Awareness Month. This month serves as a reminder of the tremendous impact that breast cancer can have on us, our loved ones, families and communities. It also encourages women to become proactive in their health by receiving mammograms and other necessary annual screenings. Early detection is key to successful treatment and survival!

With the exception of skin cancer, breast cancer is the most commonly

diagnosed cancer among women in the United States. Today, about 1 in 8 women will develop breast cancer in their lifetime. The American Cancer Society estimates that in 2012, about 226,870 women will be diagnosed with breast cancer and about 39,510 will die from breast cancer. Although breast cancer is much more common in women, men can also get breast cancer. Men account for about one percent of all breast cancer cases in the United States.

Breast cancer is a major cause of

cancer deaths in American Indian and Alaska Native women. Northern Plains American Indian women have the second highest breast cancer mortality rates in Indian Health Service areas. Even though Native women typically have lower breast cancer rates than white women, they are more likely than white women to be diagnosed at a later stage, when the cancer is more advanced and harder to treat

Project, 202 East Superior

Street, Duluth, Minn., 55802.

The American Cancer Society recommends that women ages 20-39 have a clinical breast exam at least every three years and conduct regular breast self-exams. Women 40 years and older should have a yearly mammogram, a clinical breast exam and conduct regular breast self-exams. Mammograms are the single most effective early detection method and can identify cancer years before symptoms develop in the breast.

Spread the word about breast cancer this month and throughout the year. Support the women in your life and encourage regular breast cancer screenings. You could help save a life!

Join us on October 23, from 3-6 pm to learn more about breast cancer, participate in an arts and crafts activity, eat food and win prizes. The event is open to Tribal members and their families. Also, the HWC Radiology Department offers an incentive to all women who receive a mammogram through their department.

References:

NONVIOLEN

http://women.webmd.com; www. cancer.org; www.komen.org; www.womenshealth.gov/minority-health/americanindians/

NOAA Weather Radio Project

submitted by FCP Emergency Management Department

The project to distribute over 700 NOAA Weather Radios to elders and all tribal homes is complete. If any tribal member moved or relocated and we did not deliver a radio to your home, please contact us at (715) 478-4431.

In addition to delivering the NOAA Weather Radios to all tribal homes, the Forest County Potawatomi (FCP) **Emergency Management department** participated in a cooperative effort with Teresa Erler of the Forest County

Emergency Management Department to distribute the radios to the elderly throughout Forest County. We met with the elders at numerous meal sites and distributed the radios, along with printed brochures to help everyone be better prepared for all types of weather-related hazards. One important message discussed at every meal site was for everyone to have non-perishable food, water and medications set aside to cover their family's needs for at least three days.

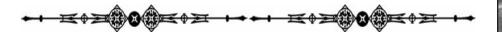
What if Today was the Day Before a Disaster?

submitted by Linda Thomaschefsky, FCP Emergency Management Director

Preparing for emergency events like tornadoes and winter storms requires individuals and families to be self-reliant and ready to face days without utilities such as electricity, water and phone service, access to local businesses such as gas stations and grocery stores, and other needed services. Preparing can start with three important steps:

- Getting an emergency supply kit.
- Making a plan for what to do in an emergency.
- Being informed about emergencies that could happen and identify sources of information that will be helpful before, during and after an emergency.

For more information, go to the Ready Wisconsin website at readywisconsin.wi.gov.





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

YOUR Community. YOUR **Pediatric** Care. YOUR Center.



The FCP Health & Wellness Center is your Medical Home, meaning that your children are a part of a concept of care that is centered around getting to know them and their needs. You choose a primary care physician and Care Team and will be an active participant in the decisions and plans regarding your children. Your family is also included in patient care decisions, treatment and education as you direct. Let us help you make good health choices and decisions.

ASPIRUS

To schedule an appointment, please call YOUR Pediatric Department at 715-478-4339.

OTHER SERVICES OFFERED

Behavioral Health

(715) 478-4332

Community Health

(715) 478-4355

Dental (715) 478-4313

(715) 478-4339

Optometry

(715) 478-4345

Pharmacy (715) 478-4347 Radiology (715) 478-4339

Rehabilitation Services

(715) 478-4344

Weekend Walk-In (715) 478-4300

Open House and Equipment Training Event Invitation

submitted by FCP Emergency Management Department

The FCP Emergency Management department, located at the corner of Jaeger Road and Potawatomi Trail, would like to invite all FCP community members to our 2012 Fall Open House from noon to 4 p.m. on October 11. Lunch and refreshments will be provid-

Our department has acquired a computer-based, refillable fire extinguisher training system and would like the opportunity to spend some time with all community members to demonstrate this equipment to all who are interested. The

system utilizes rechargeable fire extinguishers that operate on water and compressed air so they cost pennies to recharge and are very eco-friendly.

As a participant, you will get the opportunity to put out real flames in a controlled environment. You may practice with the fire extinguisher as often as you like until you are comfortable with the equipment and the process of putting out flames. Please join us for lunch bring your family and friends because all are welcome to participate!



FCP Family Service employee Flora Tracey (above) is shown in the process of putting out the flames in record time using the Bullex fire extinguisher training system. photo by Krystal Statezny

Business and Professional Development Training Series Workforce & Economic Development

Managing Conflict & Taking Control of Stress: Thursday, Sept 27, 2012, 2 - 4 p.m. OR 5 - 7 p.m., FCP Cultural Center, Library & Museum lower level, 8130 Mish ko swen Drive, Crandon

Conflict and stress are a fact of life – especially in today's workplace. Learn to manage conflict and take control of stress on the job before it takes control of you. You'll leave this session with an awareness of how you react to stress and how your reactions affect you and others in your workplace and the skills to practice a low-stress

Time Management: Monday, Oct. 1, 2012, 2 p.m. - 4 p.m. OR 5 p.m. - 7 p.m., FCP Executive Building Auditorium, 5416 Everybody's Road, Crandon

In this workshop participants will be challenged to make changes in their daily schedule that increase productivity while improving personal and professional efficien-

Franklin Covey's Leadership Foundations: Tuesday, Oct. 2, 2012, 8 a.m. – 5 p.m., FCP Executive Building Auditorium, 5416 Everybody's Road, Crandon

With an introduction to the 4 Imperatives of Great Leaders, high-potential individontributors and informal leaders gain skills that will help them make a greater contribution as they grow with the organization. This is an intensive one-day workshop which will require PRE-REGISTRATION. If interested, please contact Michelle Madl at (715) 365-4492 or mmadl@nicoletcollege.edu by Sept. 25, 2012.

Who Put a Lizard in My Lasagna? Wednesday, Oct. 3, 2012, 2 p.m. - 4 p.m. OR 5 p.m. - 7 p.m., FCP Executive Building Auditorium, 5416 Everybody's Road, Crandon

Learn four key principles to having a happier and more positive work environment and life. This program is a powerful reminder that one of the core elements of great service is a positive attitude that will focus on helping the participants develop a mind set to be creative, remember what's important, go above and beyond, and have fun!

To receive detailed program or registration information, please contact Michelle Madl @ Nicolet College (800) 544-3039, ext. 4492, (715)365-4492 or email at mmadl@nicoletcollege.edu.

Community Elders Receive Gifts

submitted by FCP Language & Culture Department

FCP Language & Culture Department apprentices Aimee Anwash and Jamie Tuckwab continue their cultural education by hand gathering and binding sage as gifts for community elders that were delivered along with homemade maple syrup the first week in September.



(above I-r) Jamie Tuckwab, FCP Language and Culture apprentice and FCP elder Arlene Alloway

(below I-r) FCP elder Hartford Shegonee and Aimee Anwash, FCP Language and Culture apprentice submitted photos







YOU'RE INVITED!

What: Breast Cancer Awareness Event

When: Tuesday, Oct. 23, 2012

Where: FCPHWC - Lower Conference Room

3 - 6 p.m.Time:

Attendees Will Have the Opportunity to:

- · Participate in an arts & crafts activity
- · Learn about breast cancer basics & prevention
- EAT FOOD & WIN PRIZES!!!

Limited Supply of Breast Cancer Awareness Items-Given Away at a First Come, First Serve Basis!

Wear Pink, Be Entered In A Drawing!

Questions? Contact Kristin Kuber, Health Educator, 715-478-4382.

Thanks to the Potawatomi Carter Casino & Hotel for their donations toward Breast Cancer Awareness efforts in the FCP Community!



and haven't received a yearly mammogram, schedule an appointment today!

Receive a Breast Cancer Awareness Gift when you receive a mammogram!

Courtesy of the Radiology Department and Community Health Department

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FOREST COUNTY POTAWATOMI **HEALTH & WELLNESS CENTER**

8201 Mish ko swen Drive, Crandon, WI 54520 • (715) 478-4339





Invites Native Youth, K-12th Grade, To Creatively Share What Their Heritage Means To Them

Deadline is Nov. 14, 2012



Submissions Of: Poetry, Paintings, Drawings, Pottery or Beading, And Other Artwork Will Be Accepted

Submitted works will be part of a local display in December 2012, may appear in an upcoming sue of PTT, may be used in other **FCP** publications or appear in other local newspapers.



Projects may be dropped off at or mailed to the PTT Office, located at: 8000 Potawatomi Trail, PO Box 340, Crandon, WI 54520 (Hrs.: Mon. - Thur. 7 a.m. - 5 p.m.), or emailed to: times@fcpotawatomi-nsn.gov. Call (715) 478-7437, stop in or e-mail us for a registration form.



COMPETITION POW WOW

SPECIALS

"OLD TIME" WOMEN'S SCRUB SPECIAL (Ages 13 and Older)

\$3,000 in prize money, pays 4 places

MEN'S WOODLANDS STYLE SPECIAL

(Ages 13 and Older)

\$4,500 in prize money, pays 6 places

An additional \$1,500 has been added to this special by Chairman Gus Frank.

GRAND ENTRY TIMES

Friday, October 19 Saturday, October 20 Sunday, October 21 Doors Open at 3 p.m. Doors Open at 10 a.m. Doors Open at 10 a.m. Grand Entry at 6 p.m. Grand Entries at 1 and 7 p.m. Grand Entry at Noon

FREE ADMISSION & FREE PARKING



For more Pow Wow information, visit HuntingMoonPowWow.com

or call 414-847-7320 or 1-800-PAYSBIG ext. 7320.

Native American craft vendors, contact Colleen Moore at 414-847-7833 or cmoore@paysbig.com for more details.

> 1721 WEST CANAL STREET • MILWAUKEE, WI 53233 1-800-PAYSBIG • PAYSBIG.COM ©2012 FOREST COUNTY POTAWATOMI COMMUNITY, WISCONSIN



BINGO · CASINO

What's Going On in Carter?

submitted by Cheryl Waube, PCCH General Manager

Fall Cash Harvest! Carter Club members will have the chance to win their share of \$30,000 on the first three Fridays and Saturdays in October by earning 250 same-day base points for 10 entries or redeeming 250 points for 10 entries. Drawings will be held each hour starting at 7 p.m. until 10 p.m. New Carter Club members will receive 10 free entries into the drawing that night. There will be eight winners per night.

'Pick a Treat' will happen every Tuesday and Wednesday in October. Guests can earn and redeem 600 points to pick a cookie jar, each containing a treat inside for the guest. Treats will be Potawatomi Play and cash; limit five per day per guest. Yes, you do get to keep the cookie jar!

Stop in every Wednesday and enjoy a freshly-baked cookie distributed at 10 a.m., 2 p.m. and 4 p.m. while supplies

If you love prime rib, Thursday is your day! Seniors can earn 100 sameday base points to receive a \$5 off coupon for our delicious prime rib dinner at The Flames Sports Bar & Grill or The Springs Restaurant. If you would like your meal free, just earn 250 sameday base points! Those that are not seniors can earn 200 same-day base points to get a \$5 off coupon for the prime rib dinner at The Flames Sports Bar & Grill or The Springs Restaurant, or earn 450 same-day base points for a free prime rib dinner!

Livin' it up at 50! Every Thursday, all club members over 50 years of age will receive a free entry into the drawing at the Carter Club booth. One winner will be drawn every hour from 11 a.m. to 7 p.m. for \$100. For every 250 points earned, receive 10 free entries into the drawings. Guests are allowed to win twice each day.

If you are a table games player, you can earn entries while playing the tables for a chance to win an 'Ice Castle Fish House'. The lucky winner will be drawn on Saturday, Dec. 1, at 11 p.m. Promotion starts on Monday, Oct. 1, and ends with the final drawing on Dec. 1. Carter Club table games members will have two opportunities to earn entries for this promotion: They may earn entries by time played and bonus entries for hands dealt. For every hour of play, Carter Club table games members will earn 10 entries. Entries will be awarded for a full hour of play only and will earn 10 bonus entries for hands dealt on Sundays and Wednesdays. Here's how you can win:

- Blackjack Same suit blackjack
- Let it Ride & Three Card Poker Any payout on the progressive \$1 bet
 - Craps Any hard way win
- Roulette Any straight up win on 0 or 00

There will be a \$100 cash drawing leading up to the 11 p.m. drawing on Dec. 1. Two winners will be selected at 1 p.m., 3 p.m., 5 p.m., 7 p.m. and 9 p.m. for \$100 each!

BINGO

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

All October long, for every pack purchased, earn an entry for the ATV drawing to be held in November.

It's \$200 Tuesdays - \$20 packs include a 6-on for 15 regular games paying \$150 cash and \$50 free slot play. For each pack purchased, receive \$5 in free slot play.

Every Wednesday, join us for 'Paper Must Win Wednesdays' - \$15 packs with \$5 extra packs. During all regular games, if an electronic bingo unit wins, the game will continue on for a paper win of \$50. Regular games pay \$100.

Thursdays are Odd Ball Bingo! Win on an odd number and win \$50 extra on regular games. Packs are \$15/\$5; regular games pay \$100.

Take a friend to breakfast on Thursday, Oct. 11, and Thursday, Oct. 25, and come to our Matinee Mini Bash. Breakfast served from 9 - 11:30 a.m., and games begin at noon. Regular games pay \$125; specials pay \$300; last game pays \$1,199 or consolation of \$500. Entry pack is \$20 – all extra packs only \$10.

Friday, Oct. 12, is FREE bingo! Come to our regular session and get a free 6-on for the regular games - no other purchase necessary. All additional packs cost \$5. Also, specials and hot ball are played at regular cost. Early birds start at 5:30 p.m. and regular games start at 6 p.m.

The fun continues! On the first and third Friday this month, we will be playing 'Finally \$500 Fridays'. Buy-in is \$35. All regular games pay \$500! And for every buy-in, guests will get \$15 in free slot play.

Every Friday (except first and third Friday) is Value Night. Entry packs cost \$10; all additional packs cost \$5; 75 cards in machine for \$45 (\$70 value); 100 cards in machine for \$60 (\$90 value); and 120 cards in machine for \$80 (\$110 value). Regular games pay \$100.

Looking for something fun to do on Friday nights? Come and play Cosmic Bingo. Packs cost \$12; machine special – 30 card for \$30 with nine games paying \$100; one game paying a prize to be named, last game paying \$250. Free beer and drink specials offered. Admissions open at 9:30 p.m. with games starting at 10:30 p.m. Regular bingo session will begin at 6 p.m. on Cosmic Bingo days.

Saturday, Oct. 6, and Saturday, Oct. 20, is 'Value Night'. Entry packs will cost \$10 and all additional packs will cost \$5;) cards in machine for \$45 (\$70 value); 100 cards in machine for \$60 (\$90 value); and 120 cards in machine for \$80 (\$110 value). Regular games pay \$100.

Saturday, Oct. 13, is our Jackpot Session! Winners of the jackpot game over the last three months receive a free entry pack for the session and also a

Big Winner at Potawatomi Carter Casino Hotel

submitted by Darcy Bradley, PCCH Acting Marketing Director



Carter, Wis. (August 29, 2012) - Brenda P., Wabeno, won big in Carter on August 29! She hit the progressive on one of the newer slot machines on the floor for a whopping \$252,289.91! The staff at Potawatomi Carter Casino Hotel (PCCH) would like to congratulate Brenda on her big win!

PCCH is owned and operated by the Forest County Potawatomi. Located on Highway 32 in Carter, Wis., the casino offers plenty of gaming opportunities with slots, bingo and table games. The hotel and conference center provide a getaway for guests where they can truly enjoy the casino's natural surroundings. Open 24/7, PCCH truly makes the Northwoods even greater.

guest pass for one person to come with them. Session starts at 7 p.m.; all additional packs cost \$20.

Saturday, Oct. 27, is our Halloween Bash! Packs cost \$20; games pay \$150. Three specials pay \$500"; last game pays \$10,000 or consolation of \$1,199. Food and entertainment from 2 – 5 p.m.; games begin at 5 p.m. Costume contest and prizes for customers playing bingo: 1st Place - \$400; 2nd Place - \$200; 3rd Place - \$100; 4th Place - \$50.

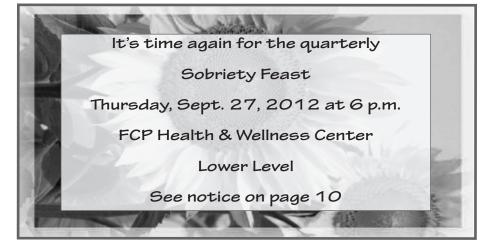
On Sunday, Oct. 28, come celebrate your birthday with us. Anyone with an October birthday will receive a free 6-on entry pack. Also, come in on the day of your birthday and daub that number all day for free. For example: If your birthday is Oct. 11. and you come to Bingo on Oct. 11, for each of the regular games you get to daub 'B11' before it is called (not during special sessions).

Sundays are Double Promo Day! Earn double entries to all month promotions. \$15/\$5 packs; regular games pay

During the month, put your 'non-winning' pull tabs in the drawing bin and on Sunday, Oct. 21, we will draw two tickets for a gaming package including bingo return coupons, blackjack match play and free slot play.

Monthly Cash Drawing: Every session when you purchase an entry pack, you will be entered in the monthly drawing. Drawing for \$500 will be held on Wednesday, Oct. 31.

NEW Roulette Game Bonus! It is played the same as Hot Ball with a little bit of a twist. It will cost \$1 for the bonus ball; it will start on B1, and at every session except Cosmic Bingo, it will advance one number to win on until O75. At the next session after O75, it will become a MUST WIN prize so whoever wins this game on the 76th session, will win the bonus amount.



National "Every Native Vote Counts" Campaign Launched

submitted by National Congress of American Indians

Washington, D.C. - The National Congress of American Indians (NCAI) launched a national grassroots media campaign alongside leading national Native media organizations to encourage Native people to register to vote and participate in the 2012 national election. The new campaign titled "Every Native Vote Counts" is part of the organization's ongoing non-partisan voter outreach effort, Native Vote. With a goal of turning out the largest Native vote in history in 2012, NCAI reached out to members of the media to participate in the campaign and hopes these critical partners are joined by many more in the coming weeks.

"Turning out the largest Native vote in history requires all of Indian Country working together, and the Native media will play a critical role in reaching our goal. These Native media partners are volunteering the air waves – radio and television, the print media and the web to send Indian Country an important message, 'Every Native Vote Counts'," said Jefferson Keel, President of NCAI, the nation's oldest, largest, and most representative American Indian and Alaska Native advocacy organization. "We are excited that so many Native media outlets have stepped forward to support this national effort. This message should be part of every community gathering between now and November 6, 2012."

Native Vote has produced over a

dozen Public Service Announcements (PSAs) available in video and audio for download, broadcast and online sharing available at NativeVote.org. Additionally, there are a range of materials that can be printed and distributed in communities. The PSA videos and radio spots feature messages from tribal citizens, mothers and fathers, veterans, elders, tribal leaders, celebrities and athletes.

The national grassroots media campaign is also helping to register Native voters online. Participating websites will provide voters with the ability to register using Native Vote's partner tools. Through a new partnership with Turbo Vote, Native Vote is making it easy for voters to register to vote online at http://nativevote.turbovote.org — a tool which makes registering to vote as easy as ordering a DVD from Netflix. Turbo Vote delivers voter registration materials to an individual's home with a pre-stamped envelope.

Native vote has partnered with the following national Native media organizations and companies to promote civic participation and voter registration among Native people. Initial Native media partners participating in the "Every Native Vote Counts" campaign include:

First Nations Experience - FNX Television, a member of the World Indigenous Broadcast Network, is the first general public, multimedia venture in the United States. The channel is the result of a shared vision between the San Manuel Band of Mission Indians and PBS. Through Native-produced and/or themed documentaries, dramatic series and arts programming, the FNX Channel illustrates the lives and cultures of Native American and indigenous people around the world. Visit www.fnx.org.

Koahnic Broadcast Corporation (KBC) is a nonprofit, Alaska Native governed and operated media center located in Anchorage, Alaska. KBC's national programming is a selection of radio programming that is broadcast by public and tribal radio stations across the country. KBC's national programming includes National Native News, Native America Calling, Earthsongs, Stories of Our People, and Native Word of the Day. KNBA 90.3 FM, is the first Native radio station located in an urban market. Visit www.kbna.org.

Native American Public
Telecommunications, Inc. (NAPT),
shares Native stories with the world
through support of the creation, promotion
and distribution of Native media. Founded
in 1977, through various media (Public
Television, Public Radio and the Internet)
NAPT brings awareness of Indian and
Alaska Native issues. All aspects of our
programs encourage the involvement of
young people to learn more about careers
in the media - to be the next generation of
storytellers. NAPT is located at the
University of Nebraska-Lincoln. Visit
www.nativetelecom.org.

Native American Times, is an independent national American Indian newspaper based in Oklahoma and publishes content on the web. Visit www.nativetimes. com.

NativeNewsNetwork.com, is a national online American Indian news website and community. Visit www. nativenewsnetwork.com.

Native Public Media is a non-profit organization, with a mission to promote healthy, engaged and independent Native communities through media access, control and ownership. Visit www.nativepublicmedia.org.

Native Sun News is a leading Native owned weekly newspaper published out of Rapid City, S.D. Visit www.nsweekly.com.

Tribal newspapers, radio stations, television stations, online destinations and other media outlets are encouraged to join the effort by disseminating the campaign's PSAs and encouraging voter registration via social media, television, radio and print publications.

To sign up to participate and download content, partners are urged to go to the following location: www.nativevote. org/page/media-campaign.

About Native Vote

Native Vote is a national non-partisan effort of the National Congress of American Indians (NCAI). Native Vote works with community organizers, non-profits, urban Indian centers, tribal governments, and regional organizations to create a strong and permanent infrastructure for election training that highlights voter registration, election protection policies, and voter education. NCAI has been working to protect the Native vote since the organization was founded in1944. Learn more about Native Vote online at www.nativevote.org.

For more information on voting, please see pg. 12.

Final Determination on Brothertown Indian Nation Petition Issued

submitted by U.S. Department of the Interior

WASHINGTON, D.C. – Acting Assistant Secretary – Indian Affairs Donald E. "Del" Laverdure issued a final determination on a petition for federal acknowledgment, declining to acknowledge the Brothertown Indian Nation (Brothertown) as an Indian tribe under federal law. Brothertown is located in Wisconsin and first submitted its petition in 1980.

In the final determination on the Brothertown petition, the acting Assistant Secretary determined that the group previously had a relationship with the United States but had its tribal status terminated by an 1839 Act of Congress. The Department's regulations prohibit the Assistant Secretary from acknowledging a petitioning group where Congress previously terminated the tribal status of that group. Only Congress may restore the tribal status of Brothertown and its government-to-government relationship with the United States.

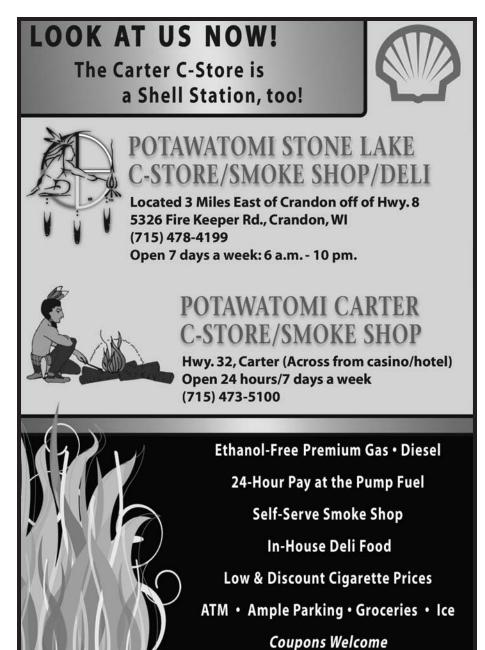
"This decision was made after a careful review of the facts in the record," Laverdure said. "As our regulations prohibit us from acknowledging Brothertown through the Department's process, only Congress can restore the tribal status of Brothertown under federal law."

The Department's regulations require a petitioning group to satisfy seven mandatory criteria, including a requirement that the group had not previously been the subject of legislation terminating their tribal status or prohibiting a relationship with the United States. In this case, Brothertown could not overcome this requirement. Because Brothertown could not satisfy one of the seven mandatory criteria for federal acknowledgment, the Department did not look to the other criteria in making its final determination.

This determination will become final and effective 90 days after its publication as a notice in the Federal Register unless the petitioner or any interested party requests reconsideration with the Interior Board of Indian Appeals (IBIA) within that time period.

The Assistant Secretary – Indian Affairs has responsibility for fulfilling the Interior Department's trust responsibilities and promoting self-determination on behalf of the 566 federally-recognized American Indian and Alaska Native tribal governments. The Assistant Secretary also oversees the Bureau of Indian Affairs, which is responsible for providing services to approximately 1.9 million individual American Indians and Alaska Natives from the federally-recognized tribes, and the Office of Federal Acknowledgment, which administers the federal acknowledgment process.

Copies of the final determination and Federal Register notice will be posted on the Department of the Interior website at www.bia.gov.



CULTURE

Neshnabemwen - The Potawatomi language has endured through the passage of time. At one time, it is said that we all spoke the same language. Later on, we started speaking different languages and forming tribes based on who was able to understand each other.

The Bodewadmi, Ojibwe and Odawa were all one tribe and spoke the same language. As the differences in the language grew, they each formed a separate entity. However, they maintained a close bond and formed the "Council of the Three Fires" to deal with any issues that might affect them. The Three Fires signified the alliance between the three, while their individual fires proclaimed their own identity.

Beginning learners on Monday evenings: 5 - 7 p.m. - FCP Cultural Center, Library and Museum: (715) 478-7478.

EDUCATION

Crandon Indian Education Committee -

Monthly meetings are normally held the first Wednesday of each month at 5 p.m. at Health & Wellness Center. Contact these committee members with questions or concerns:

Margaret Konaha - Chairperson (715) 478-7347 (work) **Hazel George - Member** (715) 478-5612 (home) Shari Alloway - Member (715) 478-7224 (work) **Brenda Cornell - Secretary**

(715) 478-4308 (work) **Guadalupe Cisneros - Member** (715) 478-7478 (work)

Myra VanZile - Home School Coordinator

(715) 478-6175 (home) (715) 478-3723, Crandon School VANZILEMYR@crandon.K12.wi.us

Wabeno Indian Education Committee - Meetings are held every second Tuesday of the month at 6 p.m. at Potawatomi Carter Casino Hotel.

EVENTS

Family Night -

FCP Language and Culture presents a family night within the third week of each month. Watch for flyers or call (715) 478-4430 or 7376.

Get Fit & Stay Active -

FCP tribal members, their immediate families and FCP employees can use recreation and fitness equipment at We Care in Carter, Wis., Monday-Friday, noon - 8 p.m.*

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

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

FCP Tribal Member Diabetic Diabetes Luncheon -

Topic: TBD Speakers: TBD

Date/Time: TENTATIVE Oct. 22, 2012, noon

Location: Health & Wellness Center lower conference room.

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

EVENTS

September Sobriety Feast for FCP Community Members

Thursday, Sept. 27, 6 p.m., at the FCP Health & Wellness Center lower level.

Breast Cancer Awareness Event -Tuesday, Oct. 23, 3 - 6 p.m. at the Health & Wellness Center.

See flyer on pg. 6.

Balancing Your Life & Diabetes /

By appointment • Diabetes Education Room, Health & Wellness Center

Diabetes Education:

Monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting

Sparks Weight Management Program: Physical Activity & Nutrition

S - Support (weekly participation encouraged); P - Program; A - Get Active, Stay Active; **R** - Reap the Rewards: Feel Better, Be Healthier; K - Know the Basics of Good Nutrition; S - Stay Focused on Being Healthy

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



HEALTH

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

AA Meetings - Lost Marbles

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

Wellbriety - 12 Step Meeting

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

Women's Healing Talking Circle -

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

Do You Feel Like No One Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Help is only one touch or a phone call away.

Crisis Line: 1 (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week)

Kids in Need: 1 (800) 622-9120 The Get-2-Gether Peer Support Drop-In Center: (715) 369-3871 Run-Away Hotline: 1 (800) 621-4000 1 (800) 273-TALK; TTY: 1 (800) 799-4TTY or visit suicidehotlines.com.

OPPORTUNITIES

Eagle's Wing Foster Care Recruitment: Take a Child Under Your

FCP is in need for Native American foster homes to keep FCP children in their community and connected to their traditions, language and culture. Protecting our children is priority, preserving our families is tradition. Stop in at the FCP Indian Child Welfare department in the Family Services building (5415 Everybody's Road, Crandon). Call (715) 478-4812.

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

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



SERVICES OFFERED

Employment Skills Program

FCP Economic Support has an employment skills program for tribal members with resources/tools to help them overcome employment barriers. We are here to coach and encourage individuals to recognize their skills and to find occupations related to those skills and interests. If you would like more information, please stop by FCP Economic Support or call (715) 478-7206.

SERVICES OFFERED

Resource Room — New Location

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

- Turbo Typing interactive, fun practice available to increase your hand/eye coordination and typing speed.
- Quick Skills hands-on, self-paced to learn and enhance your computer skills of Microsoft programs such as Word, PowerPoint, Excel and Access.
- WinWay Résumé Deluxe it's easy to develop a résumé with more than 14,000 ready-to-use templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the auditor will evaluate your résumé
- · WisCareers Website career exploration guide and opportunities on computer programs. Complete a variety of assessments based on interests, work values, career skills and workplace skills; help coordinate your work values into an exciting career; check out a variety of technical schools and colleges; use a guided program to set up your portfolio.

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



MISH KO SWEN STRONG/HEALTHY



Saturday, Sept. 29, 2012

REGISTRATION TIME:

EVENT START TIME:

LOCATION:

Start point and registration at the FCP We Care building in Carter, WI.

FCP tribal members, employees and their family members of any



Registration for the 5K course (3.1 miles) will be available onsite from 9:30-10:15 a.m. the day of the event. However, an incentive gift is only guaranteed if you pre-register by Sept. 7.

There will be PRIZES, a SNACK and LIGHT LUNCH!

SPONSORED BY:

FCP Health & Wellness Center's Community Health & Diabetes Programs

Heather Laabs Robinson: 478-4317 · Cathy Chitko: 478-4367

Theresa Marvin: 478-4383 · Lisa Miller: 478-4320



OCTOBER 2012 CALENDAR OF EVENTS

Community Health

- \bullet Influenza Vaccine Clinic- HWC: Oct. 2, 9, 16, 23, 30, 10 a.m. noon and 2 p.m. 4 p.m.
- Infant Nutrition Program- HWC: Oct. 2.8 a.m. 4 p.m.
- Influenza Vaccine Clinic- Carter We Care Facility: Oct. 3, 10, 17, 24, 31, 1 p.m. 4 p.m.
- Infant Nutrition Program & Women, Infants and Children (WIC) Carter We Care Facility: Oct. 4, 8 a.m. 3 p.m.
- Women, Infants and Children (WIC) HWC: Oct. 9, 8 a.m. 4 p.m.
- Diabetic Luncheon HWC: TENTATIVE Oct. 22, noon 1 p.m.
- Breast Cancer Awareness Event HWC: Oct. 23, 3 6 p.m. (see flyer on pg. 6)
- Carter We Care Facility Staffing:

Mondays - Theresa Marvin, Lisa Miller (15 & 29)

Tuesdays - Leah Littleton

Wednesdays – Jodie Harris, Cathy Chitko

Thursdays - Yvonne Robles

FCP Family Resource Center

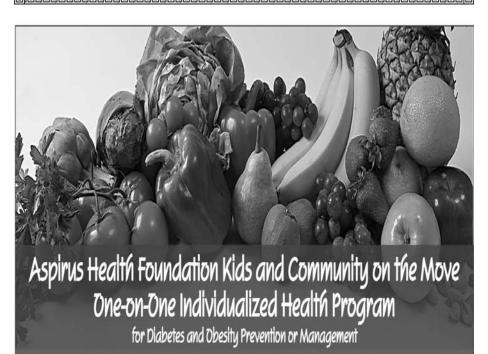
- Healthy Relationships: Mondays, Oct. 1, 8, 15, 22, 29, 1 3 p.m.
- Play Shoppe: Tuesdays, Oct. 2, 9, 16, 23, 30, 11 a.m. 1 p.m.
- Life Skills Group: Wednesdays, Oct. 10, 31, 1-3 p.m., Zumba offered on Oct. 3, 17, 31.
- Positive Indian Parenting: Thursdays, Oct. 4, 11, 18, 25, 10 a.m. noon
 Call (715) 478-4837 for details on programs. OPEN registration for Nurturing Fathers!

N.E.W. Directions/CHOICES Program

- Group I Youngsters: Tuesdays, Oct. 2, 9, 16, 23, 30, 3:30 6:30 p.m.
- Group II Youth: Wednesdays, Oct. 3, 10, 17, 24, 31, 3:30 6:30 p.m.
- Group III Teens: Thursdays, Oct. 4, 11, 18, 25, 3:30 6:30 p.m. All events are at the FCP Family Resource Center unless otherwise specified. Youth needing a ride, please call Judy Poler at (715) 478-4941 or (715) 889-0723; or Joe Chaney at (715) 478-4839. For more information, call Ahshoni Daniels at (715) 478-4316 or (715) 889-3333.

Recreation Department

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



July 1, 2012 through June 30, 2013 Contact Registered Dietitian Lisa Miller at 715-478-4320,



FCP Health and Wellness Center, or 715-478-4339 for an appointment. Start today!

The program involves:

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

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

"Goals can provide motivation, persistence and desire. Most significant accomplishments are riddled with obstacles, struggles, and failures. It is estimated that Thomas Edison failed over one thousand times before he finally

discovered a way to make the light bulb work. It is very rare for something important to be accomplished successfully on the very first try.

Goals can help you establish priorities. Goals and the missions, visions, and dreams that inspire them, provide a natural framework to help you identify and establish your priorities and make the 'right' choices based on the long-term view of what is most important to you.

Goals can provide a roadmap to take you from where you are to where you want to be. A well crafted strategy with an accompanying set of intermediate goals provides a framework to reach far away targets. One of the best ways to deal with large or seemingly 'impossible' tasks is to break them up into a series of intermediate achievable steps and get to work on each piece. As Brian Tracy likes to say, 'By the yard it's hard, but inch by inch it's a cinch!""

October 2012 FCP Elder Menu*

Monday, Oct. 1 Baked Chicken, Stuffing, Gravy, Brussel Sprouts, Carrots, Dinner Roll, Pears

Tuesday, Oct. 2
Beef Stir Fry, Rice, Egg Roll,
Pineapple, Orange Juice

Wednesday, Oct. 3 Baked Ham, Mashed Potatoes, Green Bean Casserole, Dinner, Blueberry Muffin

Thursday, Oct. 4
Fish, Parslied Potatoes, Coleslaw,
Cottage Cheese, Dinner Roll,
Strawberry Nutrigrain® Bar

Friday, Oct. 5
Potato, Soup, Sub Sandwich
(w/Lettuce and Tomato),
Banana Pudding, Apple Juice

Monday, Oct. 8
Sauerkraut & Pork, Mashed Potatoes,
Asparagus, Cauliflower, Apricots

Tuesday, Oct. 9
Meatloaf, Baked Potato, California
Blend Vegetables, Dinner Roll,
Mandarin Oranges

Wednesday, Oct. 10
Chicken Filet on Bun,
Baby Red Potatoes, Peas & Carrots,
Tropical Fruit

Thursday, Oct. 11
Bean Soup & Ham, Carrots,
Cornbread, Chocolate Cake,
Blueberry Yogurt

Friday, Oct. 12
Fish Sandwich, Baked Beans,
Coleslaw, Mixed Berries

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

• • • PERSONALS • •



Happy 7th
Birthday on
Oct. 12, 2012,
to my Ka-Da
Bulmer
on his
special day.
I love you,
Ka-Da B.
From,
Grandma

Happy Birthday to my beautiful daughter, Nibisaseqwe (Mary Jane Soman Daniels), on Sept. 22, and to my Bigg Son, Shopegeshek (Austin Ned Daniels), on Oct. 8. You two both make me wicked proud and are my ultimate source of happiness. I love you both more than you will ever know... Mom

Happy Birthday, Leah LaRock, 9/18. We love you, crazy girl! Love, all your girlz in FoCo Congratulations to
Penelope Jane Peters
on being Junior Princess
at Mno Keno Ma Ge Wen.
We love you!
Auntie Mack, Fran & Maddy B.

Congratulations to Natalic Day Webster on her win at Indian Summer Fest Dance! I love you!

Congratulations to my son,
Jack, who is a senior this year!
Love you son, Mom

Happy Belated Birthday to my grandson, Storm, who turned 6 on Sept. 8. Love, Grandma Beas HAPPY BIRTHDAY, AUNTIE 'FLO GO'. LOVE, MJEEZY AND BROWNIE

A shout out to all the young ladies out there: My son, Seagram, is out... so stay away from him!

Ha ha!! Ma Beas

Congratulations to my 3-year-old grandkids who started school this year! Lots of luck, Grandma Beas

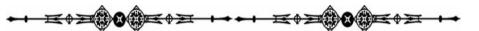
CONGRATULATIONS TO MY BABY GIRL, LYNN DANIELS.

I AM SO VERY PROUD OF YOU FOR GETTING YOUR HIGH SCHOOL DIPLOMA! I AM SO GLAD YOU DECIDED TO GO ON TO COLLEGE.

I HOPE YOU ACHIEVE WHATEVER YOU SET YOUR MIND TO,

CUZ LOOK WHAT YOU DID WITH THIS!

I LOVE YOU SO MUCH, MOMMY



Use YOUR Native Voice and Vote on Election Day, Nov. 6

Why YOU should vote:

• To speak your mind:

Your vote is your voice. It tells elected officials how you feel about education, healthcare, social security and other important issues. This is true at every level - not just every four years during the presidential race!

• To make them listen:

Your vote is your loudspeaker. When we turn out to vote, you can bet that the politicians know it – and you can be sure, when we all crank up that loudspeaker, they'll pay attention to what we have to say

• For our children:

Our children can't vote, so we have to do it for them. That's how we make our views known about schools, safety, the environment and other issues that will affect our children's future.

• For our community:

Do you ever wonder why one neighborhood gets passed over for the things it needs while other neighborhoods seem to get it all? One big reason is voting. When we vote, we get results we can see right where we live.

• For yourself:

It's no fun to sit on the sidelines and complain. To win the game, you have to be in it. Voting puts you in the game that counts most of all – democracy.

• To honor our history:

As long as this country has existed, there have been people who didn't want us to vote. Today, there are still people who don't want you to vote. And it's your turn to stand up and vote to preserve and honor those who went before us.

• To control our future:

Elected officials make decisions that affect our daily lives. From homeland security to social security, the individuals we vote for will make decisions about our quality of life.

• To stop something:

Voting lets you stop complaining about things in your community. It puts you in the driver's seat instead of the back of the bus.

• To start something:

Voting gets to be habit-forming and can be contagious, too. Once you get out and vote, it'll feel so good that you'll want to do it again and again. Pretty soon your kids and neighbors will want some of what you've got, and from there on, the rest will be history.

• To win:

In every election year, some races are decided by just a handful of votes. Those who vote demand respect. When we vote, we win.

The most often heard excuse for not voting in an election is, "My one little vote

won't make a difference." Yet, history is full of instances proving the enormous power of one single vote:

- In 1645, one vote gave Oliver Cromwell control of England.
- In 1845, just one vote brought Texas nto the Union.
- In 1868, just one vote saved President Andrew Johnson from impeachment.
- In 1876, just one vote made Rutherford B. Hayes president of the U.S.
- In 1923, just one vote gave Adolf Hitler leadership of the Nazi party.
- In 1889, by a one-vote margin, Washington was admitted to statehood with the union.
- In 1890, by a one-vote margin, Idaho became a state.
- In 1941, the Selective Service Act (the draft) was saved by a one-vote margin just weeks before Pearl Harbor was attacked.

Source: www.muscogeenationnsn.gov/nativevote.asp

First-time voter info:

How to Register to Vote

As of Jan. 1, 2006, all municipalities in Wisconsin require voter registration prior to a person being allowed to vote. The federal "Help American Vote Act of 2002" requires any person registering to vote to supply his or her Wisconsin Department of Transportation-issued driver's license number. Electors who have not been issued a Wisconsin driver license must provide the last four digits of their Social Security Number OR their Wisconsin state ID card number. If the elector does not have a current valid Wisconsin driver's license, Wisconsin state ID card, or Social Security Number, the applicant may indicate this by filling in the appropriate circle on the registration form. (Box 2 on GAB-131) The registration cannot be processed until the elector provides this information.

If the voter has a current, valid Wisconsin driver's license but does not know the number and did not bring it to the polling place, poll workers must allow the voter to vote by provisional ballot. (Note: the voter cannot use the last four digits of their Social Security number if he or she has been issued a Wisconsin driver's license). The provisional ballot will not be counted until the voter either: a) brings his or her driver's license number to his or her polling place before the polls close at 8 p.m. on Election Day; or b) transmits (via fax, email, telephone call or personal visit) his or her driver's license number to the municipal clerk before 4 p.m. on the Friday after the election.

Anyone wishing to vote in the state of Wisconsin has three options to register:

• By Mail: Download the Application for Voter Registration GAB-131 (by visiting http://gab.wi.gov), complete the form and mail it into the municipal clerk's office. The application must be postmarked no later than the 20th day (3rd Wednesday) before the election.

Please note: State and federal law now requires that any first-time voter submitting a registration application by mail provide a copy of an acceptable identifying document that provides proof of residence. (A "first-time voter" is an individual who has not voted in an election in Wisconsin.) Acceptable forms of proof of residence are outlined below. Please note that first-time voters registering by mail may not use a residential lease as proof of residence. The copy of the form of proof of residence must be included when submitting the registration application. If a copy of proof of residence is not included, the elector will be required to supply it before being issued a ballot at the polling place or before being issued an absentee ballot in the municipal clerk's office.

- In Person: Register in the municipal clerk's office up to 5 p.m. or the close of business, whichever is later, on the Friday before the election. Note: After the by mail deadline, an elector registering in person in the clerk's office is required to present acceptable proof of residence as outlined below.
- At the Polling Place on Election
 Day: If you wish to register to vote at your
 polling place, you must bring proof that
 you reside at your present location. For
 purposes of voter registration, acceptable
 forms of proof of residence must include:
 A current and complete name, including
 both the given and family name; and a current and complete residential address,
 including a numbered street address, if any,
 and the name of a municipality.

Note: Proof of residency is required for voter registration and must be current and valid. The purpose of the proof of residency document is to establish the voter's current address, not to prove that the voter complies with the 28 consecutive day residency requirement. The voter's sworn statement on the registration form that they meet the 28-day requirement shall be presumed to be true unless the inspector or a challenger has first-hand knowledge sufficient to question the certification.

Photo ID Not Required

Two separate judges, on March 6 and March 12, 2012, have issued injunctions preventing the Government Accountability Board from enforcing photo ID requirements in 2011 Act 23. The Wisconsin Department of Justice has appealed those injunctions. Until they are resolved, no photo ID is required to receive a ballot.

Proof of Residence

The following constitute acceptable Proof-of-Residence if the document contains your current name and address and is valid on Election Day (unless otherwise indicated):

- A current and valid Wisconsin driver's license.
- A current and valid Wisconsin identification card
- Any other official identification card or license issued by a Wisconsin governmental body or unit.
- Any identification card issued by an employer in the normal course of business and bearing a photo of the card holder, but not including a business card.
- A real estate tax bill or receipt for the current year or the year preceding the date of the election.
- A residential lease which is effective for a period that includes election day (NOT for first-time voters registering by mail).
- A university, college or technical institute identification card (must include photo), ONLY if the bearer provides a fee receipt dated within the last nine months or the institution provides a certified housing list to the municipal clerk.
- A gas, electric or telephone service statement (utility bill) for the period commencing not earlier than 90 days before election day.
 - Bank statement.
 - · Paycheck.
- A check or other document issued by a unit of government.

<u>Updating Voter Registration</u> <u>Information</u>

If you move your residence or change your name, you are required to update your voter registration information. This is done by filling out form GAB-131 and sending it to your local municipal clerk's office.

Public Information and Confidentiality

Information in your voter registration record, except your date of birth, driver's license number, the last four digits of your Social Security Number, and any special accommodation needs for persons with disabilities, are considered public information in Wisconsin, and may be obtained by anyone making a voter data request. Electors who are victims of domestic abuse, sexual assault or stalking have the option to be listed confidentially on poll lists, and their information will not be released through voter data requests.

To check your registration status, find your polling place and learn who your elected representatives are, visit https://vpa.wi.gov.

Source: http://gab.wi.gov/elections-voting/voters/registration-voting

Election Day Nov. 6, 2012, Forest County Polling Locations

Town of Alvin
Wards 1 & 2
Alvin Town Hall

Town of Argonne Wards 1 & 2 Argonne Town Hall

Town of Armstrong Creek
Ward 1
Armstrong Creek Community Ctr.

<u>Town of Blackwell</u> Ward 1 Blackwell Town Hall Town of Caswell
Ward 1
Cavour Town Hall

Town of Crandon
Wards 1 & 2
Crandon Town Hall

City of Crandon Wards 1, 2, 3 & 4 Crandon Community Building

Town of Freedom Ward 1 Freedom Town Hall <u>Town of Hiles</u> Ward 1 Hiles Town Hall

Town of Lincoln Wards 1, 2 & 3 Lincoln Town Hall

Town of Nashville Ward 2 Pickerel Fire Station

Town of Nashville Wards 1, 3 & 4 Nashville Town Hall Town of Popple River
Ward 1
Popple River Town Hall

Town of Ross
Ward 1
Ross Town Hall

Town of Wabeno Wards 1, 2, 3, 4 & 5 Wabeno Town Hall

Polls will be open 7 a.m. to 8 p.m. Source http://www.co.forest.wi.gov/