



POTAWATOMI TRAVELING TIMES

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Winter's End Pow-Wow 2016



New royalty dancing with head dancers (l-r): Head Female Dancer Helena Melchert, Senior Princess Penelope Peters, Junior Princess Precious VanZile, Brave Daniel Shepard, Head Male Dancer Ira Frank.

by Val Niehaus

The 21st Annual FCP Winter's End Pow-Wow took place March 19-20, 2016, at the Crandon High School gym. The event provided an opportunity for people to reconnect with one another after a long winter. The mood during the entire weekend was friendly and family-like, and it was obvious everyone was enjoying themselves.

Emcee for the weekend was Artley Skenandore; Kelvin Notinokey was arena director. Both did an amazing job of keeping an order to events both days.

Head male dancer was Ira Frank; head female dancer was Helena Melchert. Both also did a great job of making sure that all of the dancers were having a good time and that their needs were accommodated. Host drum this year was Stoney Park Singers with co-host drum being Young Firekeepers.

The total number of drums was 12. Other drums included: Lake Delton, Swamp Creek, Buffalo Bay, Wolf River, Savage Creek, Ho-Chunk Station, Medicine River, Wind Eagle, FCPC Young Warriors and Chief Hill.

Specials this year included:

Old Time Women's Fancy: Victoria Hinsdale, first place; Linda Herrera, second place; Sadie Kelly, third place.

Old Time Men's Grass: Jaycee Killspotted, first place; Steve King, second place; Keith Reed, third place.

Women's Switch Dance: Shania Teller, first place.

Men's Switch Dance: Bryant Doud, first place.

The main event that many had been looking forward to was the announcement of 2016 royalty:

Senior Princess - Penelope Peters
Junior Princess - Precious VanZile
Brave - Daniel Shepard

Each of them was beyond ecstatic to receive this honor. Interviews with each follows. *PTT* congratulates all three!

This year's pow-wow was a great one! There was excellent attendance and all had a great time visiting, watching the dancers and enjoying the food and vendors. Many look forward to the coming year and the pow-wows that are to come. Many thanks go out to Stoney Park Singers, Young Firekeepers, Crandon High School and staff!

Royalty Interviews

by Autry Johnson, *PTT* Apprentice

Daniel Shepard's (age 13) Native name is Optigesse. He is the son of Houston and grandchild of Donna Cornell and the late Dennis Shepard. Shepard also attends Crandon Middle School.

Shepard prepared for his newly attained royal status as brave both culturally and physically. He practiced immensely at many other powwows, especially at his aunt's house, dancing so hard he injured his back before dancing. After school on Tuesdays, Shepard attends language classes and also participates in many different ceremonies around the community.

When asked why he wanted to be brave, he answered, "I want to follow my family - my cousin Bambi was brave before, and I like to follow down this path." He also wants to represent the FCP community around Indian Country, expanding his pow-wow friends that he may know. Dancing is something that he really enjoys, keeping in a strong mind that he will always continue down the road of dancing for many years.

Shepard hopes to go far around Indian Country, traveling for pow-wows and spreading a good image of the FCP youth and hoping to give a good influence to the youth around the area also.

Precious VanZile (age seven) is the daughter of tribal council member Heather VanZile and Josh VanZile. Her grandparents are Tammy and Gerald Mann.

VanZile, at such a young age, started to prepare to be princess before. "I practiced dancing to a lot of songs," VanZile stated. "I also attend classes in the Potawatomi language every Monday after school and learn about my other tribal culture by attending Ojibway classes after school on Wednesday," VanZile said. She also tells about how she loves to attend anything cultural and participate in traditional ceremonies, learning a great philosophy of life

from old teachings that she hopes to pass down.

VanZile likes to be a role model for her younger and older family members. She hopes to attend many powwows to represent the Potawatomi community to many others. This year, she hopes to dance at the Gathering of Nations Powwow and many more.

Penelope Peters (age 13), won the 2016 Winter's End Princess, making this her third time being FCP Royalty in the community. Peters is honored to have such a great achievement with many wins under her belt, making her future brighter and showing that she is becoming quite a dancer.

Peters is the daughter of Migwen Shepard and Pierre Peters. Her grandma is Nitty Shepard and great-grandfather is Billy Daniels. Her Indian name is Ni ga na snok - "head lighting".

Peters has danced for many years, preparing her for this new royalty. She has also learned much about her culture and heritage through ceremonies and language classes. She hopes to continue representing the FCP nation in a great way to the people in the community and also because of her love of dancing.

Peters hopes to go to as many pow-wows she can the following year to represent her tribal community in great ways amongst the pow-wow community, to her friends, family, and even people she may not know at pow-wows. She hopes to be a great influence to the youth and wants to inspire many other youth in the community to dance, sing, and experience more ceremonies the native culture has to offer.

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OUR MISSION: Potawatomi Business Development Corporation (PBDC) will generate wealth and improve the quality of life for the Forest County Potawatomi (FCP) Community by making strategic investments, acquisitions and prudent asset management and community development decisions. Resources generated by PBDC and its holdings will help diversify the tribal economy that supports FCP's tribal government and help improve the lives of FCP tribal members. Through trust, support, integrity, and mutual respect, PBDC is committed to building an economic engine that will support FCP for generations to come.



Military Health Future Group Program Support Services



1Prospect Technologies (1Prospect) is entering in the first option year of this \$10M contract award to provide a broad range of Advisory and Assistance Services for program management, subject matter expertise, functional and administrative support for the Office of the Joint Medical Chair at the National Defense University located on Fort McNair, Washington, D.C.

1Prospect's world class Health Futures Group Project Team is led by Jody Callender, Project Manager, with six 1Prospect and two Emerge SG, LLC, employees who continue to facilitate senior federal and military health leadership discussions regarding the future of American healthcare. Our project team continues to be sought out by senior government leadership to augment discussions and develop a holistic view of the future of American healthcare as subject matter experts.

Here are a few laudable accomplishments for the 1Prospect Project Team during the contract base year:

- Hosted the sixth Interagency Health Leaders Roundtable conference, with over 100 participants that consisted of 11 different federal and industry agencies who represented from all four services to include the public service and foreign national health leaders.
- Wrote research paper abstracts that were submitted to the Consortium of Universities for Global Health on the United States Aid in the time of Ebola and the Global Dependence on Chinese-Sourced Active Pharmaceutical Ingredients and were accepted for publication.
- Developed or provided research white papers on additional topics such as the global health early development stages on the effects of the Zika virus.

1Prospect looks forward to another successful contract year for the future of American healthcare and global healthcare developments.



Redhawk Network Security Pushing Beyond Traditional Services

Redhawk Network Security CEO Matt Tirman was recently featured on *TechTarget* discussing cybersecurity services and Managed Service Providers (MSPs) pushing beyond traditional services. Tirman said Redhawk is moving away from reselling products in favor of providing professional services such as security assessment, risk and compliance assessments, and remediation. "MSPs that evolve, add value and truly partner with their clients are the MSPs that will grow and do very well," Tirman said.

Source: Techtarget.com

Project Update: Wgema Campus

Renovations to Wgeththa, formerly Albrecht Hall and Rickner Library, continue in full effect. All underground plumbing and electrical in the basement is complete; concrete has been poured; spray insulation in all attic spaces is installed; metal stud framing is in place in the basement, and nearly complete on the first and second floor; wood floor repairs have begun; and plaster repairs are ongoing. All HVAC equipment has been placed on the roof, and steel framing for HVAC equipment on the roof has been installed.



Plaster repairs on the second floor.



Electrical conduit installed on the third floor attic space.

FCP CARING PLACE

April 2016 Activities Calendar

EVENTS IN THE ACTIVITIES ROOM: Activity room is open daily for activities at the Caring Place. Exercise is every Monday, Wednesday and Friday at 10 a.m.

SPECIAL EVENTS (RSVP REQUIRED):

- April 3: Bingo Carter Casino Outing at 12 p.m. (providing transportation; responsible for own bingo package and food)
- April 6: Shopping (leaving 10 a.m.)
- April 14: Bowling Outing Hodag Lanes (leaving 10:30 a.m., providing transportation and lunch; must pay for own shoe rental/bowling games)
- April 19: Casino Day - Bowler (leaving Stone Lake 9 a.m.)
- April 26: Bingo/Birthday Party at 12:30 p.m.
- April 29: Rouman Cinema (time depends on what movies are playing)



Happy April Birthday to These Elders!

- | | |
|--------------------------|-------------------------|
| 4-1 Velma Waukechon | 4-16 JR Holmes |
| 4-4 Jeanette Towns | 4-17 Judith Kasperek |
| 4-5 Oopie Elayne Shepard | 4-17 Clarence Daniels |
| 4-9 John Mann | 4-18 Stanley Frank |
| 4-9 Ned Daniels Jr. | 4-19 Ora Monegar |
| 4-12 Deanna Olson | 4-20 Carole White |
| 4-13 Eugene Shawano Sr. | 4-20 Paul Kezick |
| 4-14 Karen Ritchie | 4-20 Patricia Shopodock |
| 4-15 Joan Stefonek | 4-20 Jo Anne Jackson |



Deadline for the April 15, 2016 issue is Wednesday, March 30, 2016.



POTAWATOMI TRAVELING TIMES

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Elder Menus

APRIL 2016



- | | |
|---|--|
| <p>Monday, April 4
Scalloped Potatoes & Ham,
Spinach, Corn, Peaches</p> <p>Tuesday, April 5
Beef Stew, Biscuits,
Fresh Mixed Fruit</p> <p>Wednesday, April 6
Pork Chops, Stuffing, Carrots,
Broccoli, Orange</p> <p>Thursday, April 7
Baked Chicken Breast on Bun,
Lettuce, Tomato, Baked Beans,
Cauliflower, Apple</p> <p>Friday, April 8
Cream of Asparagus Soup, Ham
& Swiss on Rye, Strawberries</p> <p>Monday, April 11
Chef Salad w/Turkey, Ham,
Tomato, Cucumber, Onions
& Peppers, Cottage Cheese,
Assorted Crackers, Tangerine</p> <p>Tuesday, April 12
Baked Chicken, Mashed
Potatoes, Gravy, California
Blend Vegetable, Dinner Roll,
Orange Sherbet</p> <p>Wednesday, April 13
Cheeseburger Stuffed
Shells, Garlic Breadstick,
Tossed Salad, Corn, Pears</p> <p>Thursday, April 14
Baked Fish, Potato Salad,
Cole Slaw, Watermelon Slice</p> <p>Friday, April 15
French Onion Soup, Roast Beef
Sandwich, Mandarin Oranges</p> <p>Monday, April 18
Baked Ham, Mashed Potatoes,
Gravy, Carrots, Dinner Roll,
Fruit Pizza</p> | <p>Tuesday, April 19
Crab Pasta Salad, Crackers,
Carrot, Celery Sticks, Dip,
Cherry Yogurt</p> <p>Wednesday, April 20
Turkey Sandwich w/Cheese
on Kaiser Roll, Baked Beans,
Dill Pickle, Tomato Wedge,
Applesauce</p> <p>Thursday, April 21
Meatloaf, Baked Potato,
Asparagus, Chocolate
Chip Cookie</p> <p>Friday, April 22
Chicken Dumpling Soup,
Crackers, Peanut Butter
Sandwich, Orange</p> <p>Monday, April 25
BBQ Chicken Wings, Baked
Sweet Potato, Brussels Sprouts,
Oatmeal Cookie</p> <p>Tuesday, April 26
Indian Taco w/Lettuce, Tomato,
Onion, Cheese & Black Olives,
Baked Beans, Grapes</p> <p>Wednesday, April 27, 2016 -
Hot Turkey Sandwich, Mashed
Potato, Peas & Carrots,
Watermelon Slice</p> <p>Thursday, April 28
Chef Salad w/Ham, Tomato,
Cucumber & Egg, Breadstick,
Jello® w/Fruit</p> <p>Friday, April 29
Hamburger Vegetable Soup,
Cheese Sandwich,
Mixed Fresh Fruit</p> <p><i>*Menus subject to change</i></p> |
|---|--|

Message From FCP Veterans Post 1

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



Governor Walker Visits Crandon High School

Highlights Dual Enrollment, Reforms and Savings from Act 10

submitted by Office of the Governor

CRANDON, Wis. (March 15, 2016) – Gov. Scott Walker visited Crandon High School to talk about the importance of education, highlight dual enrollment, and discuss the positive reforms and savings the Crandon School District has seen as a result of 2011 Wisconsin Act 10.

“Wisconsin’s workforce is strong, but one of the things we keep hearing from employers in our state is they have open positions and cannot find skilled workers to fill them,” Governor Walker said. “One of the ways we’re working to bridge the skills gap is by investing in dual enrollment programs, which prepare Wisconsin students for family-supporting jobs in the future by providing them with a quality education today. Dual enrollment programs jump starts our students’ education in their final year of high school, which allows them to enter the workforce and begin their career earlier.”

Crandon High School launched an innovative dual enrollment program for the Spring 2016 semester in partnership with the Nicolet Area Technical College. Twenty-five juniors and seniors at Crandon High School are receiving both high school and college credits for taking the course Principles of Management and Business Marketing. The classes are held at Crandon High School and instruction is provided by Nicolet Area Technical College. This program is an example of how Wisconsin’s high schools and technical college can work together to give students opportunities to earn college credit while still in high school.

In his 2016 State of the State Address, Gov. Walker announced his commitment to invest an additional \$3 million in dual enrollment programs on top of the \$4.6 million already invested as a part of the Wisconsin Fast Forward program. This investment will provide grants for high school students involved in training program partnerships. These partnerships include dual credit academies, work-based learning programs, and pre-apprenticeship models.

While at Crandon High School, Gov. Walker also highlighted some of the positive reforms and savings the

school has seen related to Act 10. After Act 10 was enacted, Crandon High School was able to:

- Allow for the savings of retirement and health costs;
- Provide flexibility to the school board on incentive programs;
- Change insurance plans and save the district around \$250,000 last year;
- Restructure its future pay scale to more adequately reflect revenues as they look at employment needs in comparison to enrollment; and
- Reduce OPEB fund 73 obligations and continue to reduce dollar obligation.

“We faced a significant budget deficit when we first took office, and our immediate goal was to implement common-sense reforms to get Wisconsin’s fiscal house back in order,” Governor Walker said. “The savings and tools included in Act 10 put our taxpayers back in charge and turned a budget deficit into a surplus. These reforms gave local governments and school districts, like the one right here in Crandon, the resources they needed to manage their budgets.”

Over the past five years, the total savings from Act 10 are estimated to be over \$5 billion and pension savings alone exceed \$3 billion for state and local governments. Along with these savings, local governments used the tools included in Act 10 to save on long-term liabilities. These savings not only allowed the state to eliminate a \$3.6 billion deficit, they made it possible to cut property and income taxes by a total of nearly \$5 billion. Today, property taxes on a typical home are lower than they were in 2010 and cumulatively \$1,227 lower than they would have been if the prior trend had continued. Additionally, over four years, a median income family of four has seen \$916 in income tax rate cuts savings.

**Editor’s note: Walker and crew held a listening session at the Laona Community Building immediately following the visit in Crandon. Those invited to attend included county dignitaries, business owners and students. Media, however, was not allowed extended access at that event.*

1) Gov. Walker answers pertinent questions from Crandon Elementary students such as, “Will you be running for president again?”, and, “Is there a substitute governor when you’re not around?”.

2) The Crandon High School construction class students speak to Gov. Walker about the informational tourism kiosk they are building for Hiles Township.

3) Gov. Walker speaks to Crandon High School’s business management class students on the importance of Wisconsin Act 10 and the dual enrollment program that allows high school students to get both high school and college credits.

4) Gov. Walker holds a private listening forum at the Laona Community Building.

photos by Rachel Zaborowski



HWC Staff Learns About Opioid Use

by Val Niehaus

On March 10, 2016, FCP Health & Wellness Center (HWC) hosted a presentation on issues associated with opioid use. Guest speaker Michael Larson has a doctorate in psychology and is employed at Marshfield Clinic in the field of pain management.

Larson spoke in depth to HWC medical and dental providers as well as nursing staff about opioid prescribing - a subject of major significance considering the serious drug epidemic this country is facing.

During the first part of his talk, Larson addressed the major changes in recommendations for opioid prescribing which have resulted from Center for Disease Control's newer guidelines. These guidelines point out that support for use of opioids for chronic pain treatment is limited and that general recommendations are to rarely use chronic opioids for chronic pain. The general field has been moving that way for the past five years. Historically, it had been felt that the actual dose of opioids used for a patient didn't matter as long as the functional improvement the patient experienced outweighed the side effects experienced. There was limited monitoring and oversight; opioids were often used as the only treatment in a pain patient. This contrasts with current guidelines where it is known that dose does matter, and dosage should be limited. Opioids should just be part of a treatment plan for pain patients.

This change is a result of the fact that there is limited support in the literature for using opioids for chronic pain. There are a number of very real risks in their long-term use including actual increased pain due to the opioid, and there can be danger from these drugs when used in the context of other health problems such as COPD and sleep apnea - both very common conditions.

Larson pointed out, "We at Marshfield Clinic have been working on responsible or mindful opioid prescribing for the past five years." With that being said, he presented a graph showing that in the past four years the clinic as a whole has given out 65,000,000 mg fewer opioids. This represents in the north region over 35,000 fewer monthly prescriptions for morphine 30 mg twice daily. This is a huge re-

duction in prescription numbers.

He went on to explain that there are five different types of people that come in for pain management: the legitimate pain person; the chemical copier (a person who needs a chemical to help with everything); the person with pain but also addiction issues; the person with just addiction issues; and the entrepreneur or businessman who is actually a drug diverter. He spent time going through each of these types of people; this discussion provoked a lot of interest and questions from those in attendance. Comments made by staff included, "Answered all my questions about opioid behaviors," and, "Very insightful and one of the best trainings I have been to."

In addition to discussing these different types of patients, Larson emphasized that it was necessary to be careful not to label a person as a drug seeker as this could be a major disservice to a patient if you are not correct...it should only be done if clear and consistent documented evidence indicates that such is the case. It is important to know the difference between a legitimate pain patient and one who is not.

He then went on to discuss the concept of team-based prescribing. This discussion included a focus on the importance of having consistent rules across all providers for each primary care practice group. Larson mentioned, "This will improve your practice satisfaction greatly! It will be difficult work initially but once rolling, will really improve your practice." There then followed a more in-depth conversation with the providers and staff regarding what rules were important, guidelines for setting up these rules as well as implementing them.

Following this discussion with the providers and staff, Larson continued his presentation with a discourse on the various types of urine drug screens used for monitoring chronic pain patients: the purpose of screens, the type of screens that could be ordered, the frequency of screening, and specifics about interpretation of results.

He ended his formal presentation with general comments emphasizing the need to work as a team in managing these patients, again reminding those in attendance of the different



types of patients that may request pain meds. He also mentioned to keep in mind that opioids themselves can be the problem with a patient because they can actually result in increased sensitivity to pain.

At the end of this presentation, Larson spoke about the HOPE Consortium. This stands for Heroin, Opiate Prevention and Education and is a program supported by Wisconsin State Representative John Nygren. The aim is to help battle this epidemic of drug abuse in our state of Wisconsin. The Forest County Potawatomi is one of nearly 20 organizations involved

in this vital initiative to combat the problem with a focus on building on the current resources in the region to treat heroin and opioid addiction.

This was an informative training session as Dr. Larson is a well-known and acclaimed specialist in this area of study and treatment. HWC was fortunate to have had the opportunity to learn from him.

Chris Skaggs, HWC clinical services administrator, commented, "He provided excellent insight to our providers and staff regarding behaviors associated with opioid addictions."

What are opioids? Opioids are medications that relieve pain, reducing the intensity of pain signals reaching the brain areas controlling emotion, which diminishes the effects of a painful stimulus. Medications that fall within this class include hydrocodone (Vicodin), oxycodone (OxyContin, Percocet), morphine (Kadian, Avinza), codeine and related drugs. Hydrocodone products are the most commonly prescribed for a variety of conditions including dental and injury-related pain. Morphine is often used before/after surgical procedures to alleviate severe pain. Codeine is often prescribed for mild pain. In addition to their pain relieving properties, some of these drugs can be used to relieve coughs and severe diarrhea. *Source: www.drugabuse.gov*

Honoring Health, Healing, and Tradition

April is National Autism Awareness Month

Autism affects families in every community. Here are five behaviors which, according to the NICHD, justify further evaluation:

- Does not babble or coo by 12 months
- Does not gesture (point, wave, grasp) by 12 months
- Does not say single words by 16 months
- Does not say two-word phrases on his/her own by 24 months
- Has loss of any language or social skill at any age

If you have concerns with your child's language development, request a speech therapy evaluation from his/her primary care provider, or call (715) 478-4344 for more information. Hours: Monday - Friday, 7 a.m. - 6 p.m.

SERVICES OFFERED

AODA (715) 478-4370	Optometry (715) 478-4345
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Dental (715) 478-4313	Radiology (715) 478-4339
Lab (715) 478-4339	Rehabilitation (715) 478-4344
Medical (715) 478-4339	Weekend Walk-In (715) 478-4300

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

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www.FCPotawatomi.com

Accredited by the ACCREDITATION ASSOCIATION for AMBULATORY HEALTH CARE, INC. a participating member of ASPIRUS NETWORK

Alzheimer's Association Announces April Family Education Programs

Family Programs Open to all at no Charge

submitted by Kathy Davies, Program and Advocacy Director

RHINELANDER, Wis. (March 16, 2016) – The Alzheimer's Association announces several education programs for those who have questions about Alzheimer's disease or related dementias. There is no charge to attend. These workshops are open to families and caregivers and presented by Alzheimer's Association staff and trained representatives. Registration is not required. These programs are made possible, in part, by funds raised through the Walk to End Alzheimer's®.

April offerings include:

Effective Communication Strategies

This program helps families facing Alzheimer's and other types of dementia explore effective communication strategies learning to decode messages

through attitude, tone of voice, facial expression and body language.

Tuesday, April 19, 1–3 p.m., Oneida Senior Center, 100 Keenan Street, Rhineland

Know the 10 Signs: Early Detection Matters

The warning signs of Alzheimer's disease

are often dismissed as side effects of

normal aging. This training shares the 10 warning signs of Alzheimer's disease, separating myth from reality and addressing commonly-held fears.

Wednesday, April 6, 1–2:30 p.m., Sacred Heart Hospital (Spruce room), 401 W. Mohawk Drive, Tomahawk

The Basics: Memory Loss, Dementia and Alzheimer's Disease

This program explores the difference between normal age-related memory changes and more serious memory problems that may require medical attention.

Thursday, April 21, 12:30–2 p.m., Vilas

County Commission on Aging,

521 E. Wall Street, Eagle River

Understanding and Responding to Dementia-related Behavior

This program helps caregivers understand behaviors and determine how to best respond.

Tuesday, April 12, 1–3 p.m.,

Crandon Public Library, 110 W. Polk Street, Crandon

Thursday, April 14, 10 a.m. – 12 p.m., Lac du Flambeau Wellness Center, 129 Old Abe Road, Lac du Flambeau

The Alzheimer's Association is a national non-profit organization whose mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information about Alzheimer's disease and local services visit www.alz.org/gwwi or call the Alzheimer's Association 24/7 Helpline at (800) 272-3900.



April is Sexual Assault Awareness Month

Prevention is Possible

courtesy National Sexual Violence Resource Center

Sexual violence happens in every community and affects people of all genders and ages. The impacts of sexual violence affect individuals, families, communities, and society as a whole. But prevention is possible. Together, we can change the conditions that contribute to sexual violence. You can learn the facts about sexual violence and play an active role in changing misconceptions.

What is sexual violence?

Sexual violence is any type of unwanted sexual contact. This can include words and actions of a sexual nature against a person's will and without their consent. Consent is voluntary, mutual, and can be withdrawn at any time. Reasons someone might not consent include fear, age, illness, disability, and/or influence of alcohol or other drugs. A person may use force, threats, manipulation, or coercion to commit sexual violence. Anyone can experience sexual violence, including children, teens, adults, and elders. Those who sexually abuse can be acquaintances, family members, trusted individuals, or strangers.

Facts about sexual violence:

Sexual violence affects people of all genders, ages, races, religions, incomes, abilities, professions, ethnicities, and sexual orientations. There is a social

context that surrounds sexual violence: oppression and social norms that allow for sexism, racism, and other forms of inequality are all contributing factors.

Nearly one in five women in the United States have experienced rape or attempted rape some time in their lives.

- In the United States, one in 71 men have experienced rape or attempted rape.

- An estimated 32.3 percent of multiracial women, 27.5 percent of American Indian/Alaska Native women, 21.2 percent of non-Hispanic black women, 20.5 percent of non-Hispanic white women, and 13.6 percent of Hispanic women were raped during their lifetimes.

- Nearly one in two women and one in five men have experienced sexual violence victimization other than rape at some point in their lifetime.

Victims often know the person who sexually assaulted them.

People who sexually abuse usually target someone they know — a friend, classmate, neighbor, coworker, or relative.

- Nearly three out of four adolescents (74 percent) who have been sexually assaulted were victimized by someone they knew well. One-fifth (21.1 percent) were committed by a family member.

- In 2005-10, about 55 percent of rape or sexual assault victimizations occurred at or near the victim's home, and another 12 percent occurred at or near the home of a friend, relative, or acquaintance.

Victims are never at fault.

It doesn't matter what someone is wearing or how they are acting, victims are never to blame. A person may use force, threats, manipulation, or coercion to commit sexual violence. An absence of injuries to the victim does not indicate consent.

Rape is often not reported or convicted.

Many victims who do report a rape or sexual assault find that there is no arrest or conviction.

- The majority of sexual assaults, an estimated 63 percent, are never reported to the police.
- The prevalence of false report-

ing cases of sexual violence is low, yet when survivors come forward, many face scrutiny or encounter barriers.

There are many reasons why someone may choose not to report to law enforcement or tell anyone about an experience. Some include:

- Concern about not being believed
- Fear of the attackers getting back at them
- Shame or fear of being blamed
- Pressure from others not to tell
- Distrust of law enforcement
- Belief that there is not enough evidence

Sexual violence is preventable.

We can all help create a culture of empathy, respect, and equity. Prevention starts with challenging victim-blaming and believing survivors when they disclose. In your personal life, you can model supportive relationships and behaviors and speak up when you hear sexist, racist, transphobic, or homophobic comments. Each of us is essential in challenging harmful attitudes and the societal acceptance of rape.

Help is available.

Local sexual assault centers can provide help. In crisis situations, contact (800) 656-4673. For more information, visit www.nsvrc.org.



Student Spotlight

submitted by Mary Mattson, FCP Education Counselor/Mentor

Crandon freshman Micasslyn Crawford should not only be recognized for her honor standing in academics but also for her accomplishments in the sports world. This past fall, Crawford ran cross-country for the Cardinals and was the fastest girl on the team. When comparing her time with the whole team against her fellow male teammates, she still ranked fourth overall! At the start of the season, Crawford ran with a time of about 23 minutes for the standard 5K, or 3.1-mile race. As the season progressed, she was able to improve her time to 21 minutes flat. Due to her quick times, she was able to place at every meet, varying from 7th to 11th place, which is very impressive considering the number of girls she ran against. She even received the first-place medal at the Crandon meet. When the season came to a close, Crawford had made it to sectionals, won Cardinal runner of the year and an MVP award, and earned a varsity letter. After cross-country was finished, she played the post position for the Cardinal JV basketball team. Crawford was the 'jumper' for tip off at the beginning of the games and averaged 13-15 points per game this past season. Her highest scoring game was 24

points! Currently, Crawford is practicing her pitching for the upcoming softball season for Crandon. Keep up the good work Micasslyn!

Crandon Public Library held the Elementary and Middle School Art Show during the month of March. Within the four boards that were filled with projects, it should be recognized that Aaleyah Alloway, Andrew Daniels, Breed Shepard Jr., Cadence Phillips, Dawson VanZile, Hailey Jo Brown, Isaiah Alloway, Lily VanZile, Madison Soman, Tehya VanZile, Zurielle VanZile and Zakk Soman created pieces that were selected to make the show. Aaleyah, Breed and Isaiah made colorful beaded bracelets, Tehya assembled a vibrant orange and teal paper dreamcatcher, Zurielle had a colorful drawing and Cadence put together a wintry woods scene of a squirrel and acorns. Some of the projects were for the holiday season such as Hailey's painting of a snowman, Andrew's Christmas tree painting and Lily's project of different colored Christmas lights. Other pieces displayed the artist themselves. Two of the students created not-so-typical self-portraits. Dawson's painted portrait catches attention with his red and blue eyes that pop out and contrasting skin that has an off-green hue to it.



For her unique portrait, Madison outlined the different colors of herself with colored pencil, which made numerous shapes, then shaded those same shapes with mixing different colors giving the drawing a colorful 3D effect. Last but not least, a table displayed pieces that could not be hung. Among them was Zakk's creative green fish with blue and orange scales that was baring its teeth. All in all, the artwork was fun to look at. Great job everyone!

(top left) Tehya VanZile's paper dreamcatcher.
(top right) Cadence Phillips' wintry woods scene.
(above) Zurielle VanZile's colorful drawing.

YOUTH On The Move Activity Program

Youth Ages 6-12

Have Fun & Improve Your Health by Moving More!

FCP 7 Week Youth On the Move Program:
Laona, Wabeno, and Crandon

Wednesdays:
We Care Building (Carter): 3:15 - 4:15 p.m.
Laona School: 3:15 - 4:15 p.m.

Thursdays:
FCP Rec Center (Crandon): 3:30 - 4:30 p.m.

To register or if you have any questions, please contact:

Stephanie Mattson
Community Health Nutritionist
715-478-4161

Calli Victor
Community Health Representative
715-478-4398

Steve Sekel
Activities Assistant
715-478-7424

website: cmh.FCPotawatomi.com

- » March 9 / Snowshoeing
- » March 16 / Snowshoeing
- » March 23 / Soccer
- » April 6 / Baseball
- » April 13 / Dodge Ball
- » April 20 / Kick Ball
- » April 27 / Ticket Night

- » March 10 / Snowshoeing
- » March 17 / Snowshoeing
- » March 24 / Soccer
- » April 7 / Baseball
- » April 14 / Dodge Ball
- » April 21 / Kick Ball
- » April 28 / Ticket Night

- » Pick up at school if requested.
- » Transportation home if requested.
- » Snack and nutrition activity.
- » Wear boots and appropriate winter clothing for snowshoeing.
- » Activity schedule may vary.

If school is cancelled/early release due to weather, Youth on the Move Program will be cancelled as well. Please dress accordingly for weather.

PLEASE JOIN US FOR A

BABY SHOWER

You are invited

Community Baby Shower
Wednesday, April 20
4:30-6:30 p.m.
CRANDON COMMUNITY BUILDING
601 WEST WASHINGTON STREET, CRANDON

We welcome all expecting mothers and caregivers.
(Pregnant or with baby under one year of age)

Come to

- ♥ Find out about community resources
- ♥ To help you parent your new baby
- ♥ Hear about dental health for ALL family members
- ♥ Questions and answers regarding all pregnancy and postpartum
- ♥ Enjoy meeting new people

Many prizes and gifts!! • Light Supper Provided

Meet Other Parents • Moms & Dads Welcome

Get to know community resource people

Have fun!

Annual Art Show Held

by Val Niehaus

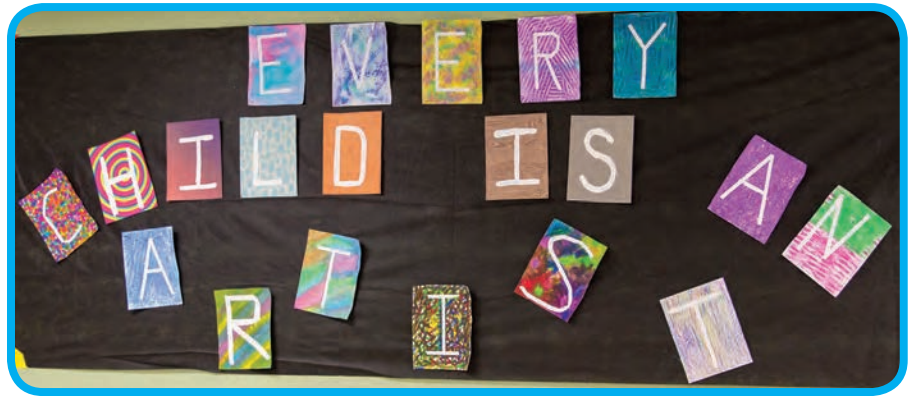
Gte Ga Nēš celebrated its annual art show March 16, 2016. This is a wonderful event for family and community to attend because you can see these young, budding artists show off their masterpieces and talents. The night was filled with colorful displays and activities for the children and families to enjoy.

Each of the teaching rooms was set up with different forms of art allowing everyone an opportunity to participate in a craft. One room was the 'traditional room' where you could sit down with your child and do some sewing and beadwork. The second and most popular place to visit

was the 'classical room'. In this room the children could sit down and paint with watercolors. The third place to visit was the poetry room where each child could read a 'written' form of art.

The kitchen staff of Gte Ga Nēš contributed to the theme by providing many finger foods in the form of artwork. Many bright fruits and veggies came into play, and there were even some sculpted pieces of food for visitors and participants to eat.

The evening was a great success, one where art and culture came together with friends and family.



Art is learning,
art is fun!



What's Going On in Carter

submitted by Frank Shepard, PCCH General Manager

'It's Raining Cash' on Saturday, April 16! Seventeen Carter Club members will have the chance to protect themselves from April showers by picking an umbrella to see how much cash they can win. Twelve Carter Club members will be selected, two each hour, to pick an umbrella card for their chance of winning some cash: Five - \$200; Six - \$250 and one - \$500 in cash from 4 – 10 p.m. Limit of two wins per person, per drawing from 4 – 10 p.m. At 11 p.m., five Carter Club members will be selected to go on stage to pick their prize. Prizes are: \$1,000, \$1,500, \$2,000, \$2,500 and \$5,000. Limit of one additional win per person at 11 p.m. Just earn 250 same-day base points for 10 entries or redeem 250 points for 10 entries. Carter Club members will start earning entries on March 28, at 7 a.m.

- Bingo players will receive 10 bonus entries for every early bird or intermission package purchased between March 28 and April 14.
- Table games players will earn 10 bonus entries for every hour of consecutive play at the tables between March 28 and April 14.
- Ten free entries to new members of Carter Club the day they open an account.
- Entry multipliers based on tier status will be available April 15.
- Music will be provided by DJ – Dunn Entertainment on the Casino Stage from 8 p.m. – midnight.

'April Fool's Day Drawing' - On Friday, April 1, five \$1,000 winners will be randomly picked between 6 and 10 p.m. This is no joke! Carter Club members can earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries. Entries will be available at the Carter Club booth from 7 a.m. to 9:50 p.m., or in the Eagle's Lounge during hours of operation. Limit one win per person. One bin will be provided the day of the drawing.

'1040EZ' will appropriately be celebrated on Friday, April 15! Let us help you take the pain out of tax day. Carter Club members can earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries. Drawings will start at 5 p.m. and continue until 10 p.m. There will be eight winners selected, each taking home \$1,040. One win per person for this promotion. Music provided by Renegade Band (Country) on the casino stage from 8 p.m. – midnight.

'Slot Mania Tournaments' will be played on Monday, April 4, starting at 2:45 p.m.; Friday, April 8, starting at 7:30 p.m. and again on Monday, April 18, starting at 2:45 p.m.

'Summer Cash Bash' - Start earning entries on Monday, April 18, for our Summer Cash Bash on May 27, 28, and 29. Carter Club members can earn 250 same-day base points for 10 entries or redeem 250 points for 10 entries. During the three-day promotion, \$40,000 cash will be given away using the punchboard. All three days, drawings will take place between 6 and 10 p.m. The entries will stay in the bin until the promotion is over. There will be 17 winners on Friday; 17 winners on Saturday; and 16 winners on Sunday with a total of 50 winners over the three days.

- Bingo players will receive 10 bonus entries for every early bird package purchased between April 18 and May 26.
- Table games players will earn 10 bonus entries for every hour of consecutive play at the tables from April 18 to May 26.
- Ten free entries to new members of Carter Club the day they open an account.
- Tier multipliers will be offered Wednesdays in May: 4, 11, 18, 25, and Mother's Day, May 8.
- Cash prizes are in the following amounts: Eight \$300; 11 \$500; nine \$700; eight \$750; three \$1,000; two \$1,250; two \$1,500 and two \$2,000.
- The five prizes that will double will be in the amounts of one \$500; two \$700; one \$750, and one \$1,000.

BINGO!
Come in, check us out, be prepared to have some fun!

April's Electronic Special: Purchase Carter Combo Package 3 or 4 and receive Carter Combo 1 for only \$20 (\$60 Value). Offer valid at all sessions excluding \$500 Fridays, Black Light Bingo & Bashes.

Wednesdays in April:
Double Bubble, Wednesdays, April 6, 13, 20 and 27. All packs \$15; \$5 extra packs. Regular games pay \$100; specials pay \$150. The first ball out during the regular session will determine the 'doubler'. Bingo on any 'doubler' letter and receive double payout.

Thursdays in April:
'Two Peas in a Pod', Thursdays, April 7, 14, 21 and 28. All packs \$15; \$5 extra packs. For every regular game bingo, there will be a name drawn to receive a \$10 bingo return coupon. Regular games pay \$150; specials pay \$200. Entry given with entry pack purchase. Limit one per person.

Fridays in April:
'\$500 Fridays', April 1, 15. Early birds at 5:30 p.m.; regular games at 6 p.m. \$35 packs; five regular games paying \$250; 10 games paying \$500; specials pay \$150. Guests receive \$25

in Potawatomi Play with the purchase of admission pack. Limit one Potawatomi Play per session.

'Add Em Up Bingo', Fridays, April 8, 22 and 29. All packs \$15, \$5 extra packs. The numbers in the winning pattern will be added up to give the regular game payout. Specials pay \$150.

'Black Light Bingo', Friday, April 29; jungle themed! Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. – midnight; free beer. \$12 packs and machine specials. Games paying \$100; one game paying a prize; last game pays \$1,000 – consolation \$250. Costume contest prizes: 1st Place - \$100 cash; 2nd Place - \$75 Potawatomi Play; 3rd Place: \$50 Potawatomi Play.

Saturdays in April:
'Budget Bingo', Saturdays, April 2, 9, 16, 23 and 30. Packs \$5; regular games pay \$150; specials pay \$200.

'Birthday Session', Saturday, April

2. Carter Club members with April birthdays will receive a free 6-on paper pack with their paid admission. Birthday cake will be served.

'Mini Bash', Saturday, April 16. \$20 packs; \$10 extra packs. Regular games paying \$200; one special paying \$300; four specials paying \$400; one paying \$750. Mini buffet and free beer included with paid admission. Prize drawings throughout the session.

'\$500 Cash Drawing', Saturday, April 30. One lucky winner will win \$500 cash! Winner drawn during regular session. Must be present and playing bingo to win. Earn entries for each admission pack purchased during the month. Limit one entry per person per day.

Sundays in April:
'Dollar Days', Sundays, April 3, 10, 17 and 24. Spend \$50, purchase a 9-on Paper Pack for \$1. Regular games pay \$100; specials pay \$150.

Electronic Buy-In Options

Carter Combo 1 - \$60, 30 Cards, One Jackpot Game, One Roulette, One Game of the Month, One DbL Daub Coverall, One DbL Daub Feather, One Winner Take All, One Triangle Game, 10 Odd # Coverall, 10 Bonanza

Carter Combo 2 - \$80, 60 Cards, Two Jackpot Game, Two Roulette, Two Games of the Month, Two DbL Daub Coverall, Two DbL Daub Feather, Two Winner Take All, Two Triangle Games, 20 Odd # Coverall, 20 Bonanza

Carter Combo 3 - \$120, 90 Cards, Three Jackpot Games, Three Roulette, Three Games of the Month, Three DbL Daub Coverall, Three DbL Daub Feather, Three Winner Take All, Three Triangle Games, 30 Odd # Coverall, 30 Bonanza

Carter Combo 4 (Best Value) - \$160, 130 Cards, Four Jackpot Games, Four Roulette, Four Games of the Month, Four DbL Daub Coverall, Four DbL Daub Feather, Four Winner Take All, Four Triangle Games, 40 Odd # Coverall, 40 Bonanza

Electronic Packages Include All Games Except Earlybirds, Pick 8 And Hotballs.

Welcome to These New Employees

Melonie Pitts, Child Care

Child Care Teacher
Hire date: 2/16/16

Phoua Vang Xiong, Insurance

Customer Service Specialist
Hire date: 2/22/16

Mary Mattson, Education

Mentor/Counselor
Hire date: 3/7/16

Anna Roberts, Stone Lake C-Store

Food Service Helper
Hire date: 3/15/16

Transfers/Title Changes

Michelle Deverney, HWC
Quality Improvement Admin Asst. II
Hire date: 2/22/16

Rebecca Danielczak, Stone Lake C-Store

C-Store Manager
Hire date: 3/7/16

Lisa Allred, HWC

Credentialing Coordinator
Hire date: 3/7/16

Potawatomi Hotel & Casino Celebrates 25 Years in Milwaukee's Menomonee Valley

submitted by Ryan Amundson, PHC External Communications Manager

MILWAUKEE (March 1, 2016) – The day was March 7, 1991. It was a cold, late-winter Thursday in Milwaukee when a new era in entertainment was born in the city's long-neglected Menomonee Valley. On that day, Potawatomi Bingo opened its doors to the public for the first time.

No more than a pole barn with seating for 2,500, it was the first time guests of the fledgling bingo hall would have the opportunity to take part in high-stakes gaming. A quarter-century later, Potawatomi Hotel & Casino (PHC) has become Wisconsin's most visited entertainment destination with more than 6 million annual guests.

The property celebrated its silver anniversary with guests, its thousands of team members and the community during March, and will continue into the summer.

"From where we began, as a small bingo hall in a long-forgotten Menomonee Valley, to where we are now, Wisconsin's No. 1 entertainment destination, is remarkable," said Mike Goodrich, PHC general manager. "Both the Forest County Potawatomi and Potawatomi Hotel & Casino have literally millions of people to thank for our sustained success."

The casino gave back to the community in a number of different

ways during the month. On March 8, during a community celebration to commemorate its anniversary, the property announced a meaningful gift to a local charitable organization: a \$25,000 donation to Milwaukee's Walnut Way Conservation Corp.

Walnut Way was chosen because of its commitment to making the community safer, providing increased access to fresh and healthy foods, fostering an environment of academic achievement, and positively impacting the local business economy.

The \$25,000 gift will help support Walnut Way's Growing Youth Leadership program which engages teens in intensive urban agriculture education, leadership development and job training. The teens will grow a wide range of chemical-free vegetables to sell at local farmer's markets and participate in weekly learning labs and community service projects.

"Milwaukee, and the region as a whole, has given us so much. We're more than happy to give back, especially to those in our central city doing the hard work to keep their neighborhoods safe and thriving economically," said Goodrich. "Both the tribe and our property place a high priority on building a strong community."

For the past 25 years, Potawatomi Hotel & Casino has made it a prior-

ity to give back to the community, especially to organizations which focus their attention on its area's youth.

Also during March, PHC team members were in the community volunteering with a number of area charitable organizations, including:

- Safe & Sound (vacant lot cleanup)
- River Revitalization Foundation (planting, trail maintenance, invasive species removal)
- Hunger Task Force (food sorting)
- Mequon Nature Preserve (barn restoration)
- Urban Ecology Center (seeding, planting, trail maintenance)

PHC was also celebrating its anniversary with guests. On March 7, guests were invited to the casino's Woodland Dreams Ballroom for birthday cake and a free commemorative t-shirt.

The property also featured gaming and dining promotions during March and beyond. Through June 30, the casino will feature Reel Random jackpots on its gaming floor. Slot machine players will have the chance to randomly

win a variety of cash and slot credit prizes regardless of the reel combination or the amount wagered. Prizes range from \$25 to \$25,000. Winners do not need to be Fire Keeper's Club members.

Additionally, restaurants on property featured 25th anniversary specials throughout March. Those specials included: \$25 entrée specials at Dream Dance Steak; a \$25 three-course dinner at Locavore; two for \$25 entrée specials at the Fire Pit Sports Bar & Grill, RuYi and Wild Earth; and two buffets for \$25 at The Buffet Tuesday and Thursday evenings and for Sunday brunch with a Fire Keeper's Club card.

About Potawatomi Hotel & Casino
Set in the heart of Milwaukee, Potawatomi Hotel & Casino is Wisconsin's premier entertainment destination, offering guests the best in gaming, dining and entertainment. The property features a luxurious 381-room hotel, the intimate 500-seat Northern Lights Theater and more than 60,000 square feet of event space. To discover more, visit www.paysbig.com.





**POTAWATOMI
CARTER C-STORE/
SMOKE SHOP**
Hwy. 32, Carter (Across from casino/hotel)
(715) 473-5100
Open 24 hours/7 days a week

**LOW & DISCOUNT
PRICES on Name Brand
and Generic Cigarettes**

Ethanol-Free
Premium Gasoline
Diesel • Motor Oil

Soda • Groceries • Ice
Fresh Popcorn • Bakery
Hot Dogs • Floats • Malts
Sundaes • Waffle Cones
Single/Double Cone
Hand-Dipped




FINGER FOODS
French Fries, Chicken
Tenders & Combo
Baskets To Go

**Are you interested in becoming
a certified child care provider?**



**2016 Dates for Child Care
Certification Class:**

April 27, 28 • May 10, 11, 12 • May 18, 19
Must attend all seven days.

Cost: \$60 - Forest County Residents
\$80 - Other County Residents

Materials, text and lunch included. Preregistration and prepayment are required by April 21, 2016. To register, call Billie at (715) 478-7358 or Una at (715) 478-4964.

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. Language classes offered every Tuesday & Wednesday, 10 a.m. - 12 p.m., for FCPC and members at the FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Culture Class every Thursday, 3:30 - 4:30 p.m. Transportation for youth provided.

PROGRAMS

Smoking Cessation Incentive Program - Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHRs to determine a quit plan, kit filled with items that aid in the quitting process, educational materials and products, plus a reward upon completion of third smoking cessation appointment.

To learn more about the program or to schedule an appointment, contact Sara Cleereman, R.N., at (715) 478-4889.

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

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

Recreation Department - Get Fit & Stay Active - fitness equipment available at Rec Center Monday through Friday, 7 a.m. - 8 p.m. Open to FCP tribal members, their immediate families and FCP employees. Hours subject to change based on scheduled activities. For information on Rec Center activities, call (715) 478-7420.

HEALTH

Wellbriety - AA Meetings (#7169331 Area 74) every Monday at 6 p.m. in the lower level of the FCP Cultural Center, Library & Museum. Walking in a good way...a sober way. 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) 889-3530 or Isaiah Phillips at (715) 889-4945.

She gish get (New Day) AA Meeting - Fridays, 2 p.m., 5519 Wej mo gek Court, Crandon. Contact info: (715) 478-4370. Call if you need a ride.

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

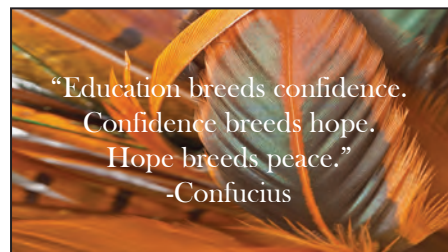
NA Meetings "The Good Life" - Tuesdays, AODA Building, 5519 Wej mo gek Court (use back door entrance), 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

EDUCATION

Crandon Indian Education Committee - Monthly meetings held the first Wednesday of each month, 5 p.m., at HWC. 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
Number not available at time of print.
Myra VanZile - Youth Education Services Liaison

Myra.VanZile@fcpotawatomi-nsn.gov
Wabeno Indian Education Committee - Meetings held every second Tuesday of each month, 6 p.m., at Potawatomi Carter Casino Hotel.



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. This program can assist in:

- A direct connection between DMV to obtain, reinstate and/or find out what is needed in driver's license reinstatement.
- Résumé development and résumé critiquing.
- Mock interviews.
- Work experience within tribal entities.
- Job-seeking skills and employment guidance/mentoring.

Resource Room — we now have two locations within the Family Resource Center (Old Tribal Hall). The room has four computers that are open to the community, and there are two computers located at the Family Service Building in the upper level.

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.

continued in next column...

SERVICES OFFERED

• 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.



April 2016 Calendar of Events

Community Health

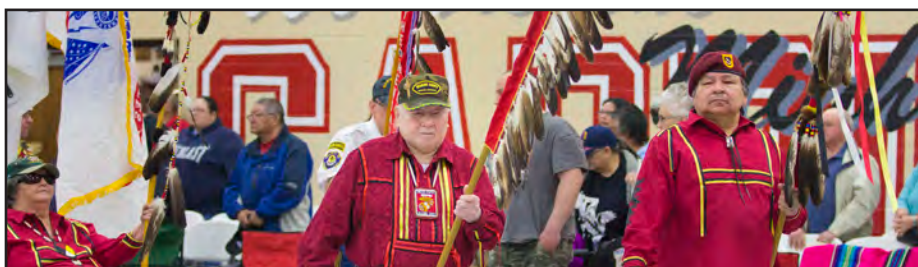
- April 5 - Infant Nutrition: HWC, 8 a.m. - 4 p.m.
- April 7 - Infant Nutrition/WIC, We Care, 1 - 4 p.m.
- April 12, WIC, HWC 8 a.m. - 4 p.m.
- April 20 - Community Baby Shower: see flyer on page 7.
- April 27 - Diabetes Luncheon: HWC, noon - 1:30 p.m.
- April 28 - Blood Drive, HWC, noon - 4 p.m.
- April 5 - 28 (Tuesdays/Thursdays) Self-Defense/Martial Arts Classes: Rec Center 5:35 - 6:35 p.m.
- April Youth on the Move: See flyer on page 7.

Family Resource Center

- Healthy Relationships: Mondays, April 4, 11, 18, 25, 10 a.m. to noon.
 - FRC/CHOICES: Mondays, April 4, 11, 18, 25, 3:30 - 5 p.m.
 - Play Shoppe: Tuesdays, April 5, 12, 19, 26, 11:30 a.m. - 12:30 p.m.
 - Circle of Sisters: Wednesdays, April 6, 13, 20, 27, 1 - 3 p.m.
 - PIP: Thursdays, April 7, 14, 21, 28, 10 a.m. - noon.
 - Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour sessions; one-on-one sessions.
- Child care is available for all classes except Play Shoppe, which is a parent/child interaction activity. Please RSVP if child care is needed. Call (715) 478-4837 with questions about any programs.

CHOICES Program

- Youth 10 - 12: Mondays, April 4, 11, 18, 25, 3:30 - 5 p.m.
 - Youth 13 - 17: Tuesdays, April 5, 12, 19, 26, 3:30 - 5:30 p.m.
 - Youth 7 - 9: Wednesdays, April 6, 13, 20, 27, 3:30 - 5:30 p.m.
- Youth will be picked up at Crandon school at 3 p.m. and will be dropped off at home between 5 and 5:30 p.m. Call (715) 478-4839 for more info.



Indian Country Brings New Tour Products, Businesses to World's Leading Travel Tradeshow

submitted by Rachel Cromer, AIANTA

Berlin, Germany (March 16, 2016) – The American Indian Alaska Native Tourism Association (AIANTA) along with tribal nations and businesses from across the country, have concluded their eighth consecutive year showcasing Indian Country tourism at ITB Berlin, one of the world's largest travel tradeshows, this year taking place March 9-13.

New lodges, tours, exhibits and programs from the Navajo Nation, Monument Valley Simpson's Trailhandler Tours, the Chickasaw Nation of Oklahoma, OPOS Tours and Travel and Keepers of the Sacred Tradition of Pipemakers were highlighted at AIANTA's award winning ITB pavilion, drawing in media attention and consumer interest from around the globe.

"Europeans, particularly Germans, are interested in our culture, but few know just how much native heritage there is to see across the entire USA," said Camille Ferguson, AIANTA executive director. "And on consumer days we also get to showcase our traditional regalia and dance," she added.

Attracting additional consumer attention to the United States, and especially Native America, AIANTA hosted weekend performances, where participants showcased their regalia and danced to the beat of a Navajo song and drum beat.

Anyone walking by the ITB pavilion was also able to explore AIANTA's new consumer-facing website, NativeAmerica.Travel on a 60" screen. The new site connects tribes directly to travelers, and gives all 567 federally recognized tribes a chance to tell the world their stories, in their own words. Most ITB visitors were drawn to the experiences section of the site, which offers trip ideas and an interactive map that allows users to choose particular activities, or areas, and assists users in planning a trip to Indian Country.

Travel and tourism is one of America's largest industries, accounting for \$927.9 billion spent directly by domestic and international travelers last year. These trends are also visible, in Indian Country, where visitation by overseas travelers grew by nearly one million from 2007 to 2014. According to the Department of Commerce, National Travel & Tourism Office, of the 35 million total overseas visitors to the United States in 2014, a record 1.65 million visited Indian Country (5 percent).

Germany continues to be a top market for tourism to the United States and to American Indian and cul-

tural destinations, and it is important that Indian Country remains a strong presence in the consistently growing market.

Each year while in Berlin, the Tribes and tribal entities attending the show with AIANTA also participate in a high school outreach program, in which tribal representatives visit a local high school in Berlin to educate international students about their American Indian culture. This year, delegates from the Navajo Nation, the Chickasaw Nation, Monument Valley, and Keepers of the Sacred Tradition of Pipemakers spoke with 90 ninth- and tenth-grade students as a part of the MEET US program of the American Embassy in Germany.

Led by AIANTA Board President Sherry L. Rupert, of Paiute and Washoe heritage from Nevada, and AIANTA Executive Director Camille Ferguson, Tlingit native from Sitka, Alaska, the tribal delegation attending ITB 2016 included:

- The Navajo Nation Hospitality Enterprise returned to ITB this year to announce a new venture they have entered with the National Park Service. The tribe has undertaken a major renovation of the Sacred Canyon Lodge inside the towering, historical walls of the mighty Canyon de Chelly. Renamed the Thunderbird Lodge, the 69-room property is the only place to stay inside the enchanting canyon walls, and the early spring reopening offers visitors completely modernized rooms, a restaurant, trading post and the starting point for vehicle tours of the national monument.

- Chickasaw Country represents 13 counties in south-central Oklahoma and offers historical and modern attractions for visitors. The Chickasaw Cultural Center, the largest tribal cultural center in the United States, offers daily cultural demonstrations, exhibits and an amphitheater for Native singing, stomp dance demonstrations and concerts. The Center's theater shows films focused on Native American culture and tradition. Visitors can also experience the Traditional Village, which is a recreation of a historical Native American village. Recently, the Cultural Center added a beautiful butterfly garden to the facility, which allows the monarch butterfly population a location to stop and feed along their winter and spring migrations.

- The Keepers of the Sacred Tradition of Pipemakers believe in preserving their tribal arts and culture by educating their own people and sharing it with the world. They are based

near the home of the Great Pipestone Quarries of Minnesota, a place where tribal people have come to obtain the famous red stone for their prayer pipes for more than 1,000 years. The Pipe-makers annual pow wow and culture camp are open to the public as is the new Pipestone Heritage Fest each July, where woodworking, bead making, basket making, hide tanning and many other arts and crafts are showcased.

- Inside Monument Valley, Navajo people who know every crevasse, crater and canyon in their motherland lead Monument Valley Simpson's Trailhandler Tours. Simpson's native guides take visitors through this land of petroglyphs, pictographs, ancient dwellings and magical landscapes in open-air safari-like Jeep tours or on foot. There are also opportunities to enjoy a traditional Navajo dinner and spend the night inside a Hogan, an igloo-like structure created for centuries out of juniper logs and red desert dirt.

- First-time AIANTA exhibitor OPOS (Our People Our Story) Tours also comes from Minnesota and offers

visitors rare looks into native culture. Their tours, all lead by local guides, feature a look at indigenous lands, language, food and history as seen through the eyes of the many generations who have lived on their lands. Travelers witness scenes and listen to messages OPOS has created with respected elders, tribal and spiritual leaders and community members. OPOS tours are primarily in the Midwest but do range across the USA and as far away as Hawaii.

About AIANTA: AIANTA is a nonprofit association of Native American tribes and tribal businesses organized in 1999 to advance Indian Country tourism. The Association is made up of member tribes from six regions: Eastern, Plains, Midwest, Southwest, Pacific, and Alaska. The purpose of the Association is to serve as the voice and resource for its constituents in advancing tourism, assist tribes in creating infrastructure and capacity, provide technical assistance, training and educational resources to tribes, tribal organizations and tribal members.

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NCAI and Native American Rights Fund on President Obama's Nomination of Chief Judge Merrick Garland to the Supreme Court of the United States

courtesy ncaipress@ncai.org

(March 16, 2016) – “President Obama took an important step by nominating Merrick Garland to the Supreme Court,” said Brian Cladoosby, President of the National Congress of American Indians (NCAI). “Supreme Court Justices are responsible for legal decisions affecting the lives of all Americans, and we strongly urge the Senate to move quickly to fulfill its constitutional duty by holding confirmation hearings.

“American Indian and Alaska Native sovereign Nations are affected by the federal courts to a greater degree than almost any other group in the country. For Native people, many issues of daily life are matters of federal law. As the confirmation process advances, tribal leaders will be doing their job and taking a close look at the record of Judge Garland.

In February, NCAI's Executive Committee passed a resolution calling

on President Obama and the U.S. Senate to move expeditiously to fulfill their constitutional responsibilities to fill the current vacancy on the Supreme Court so that the important work of the Court can continue without interruption, and urged the Senate Judiciary Committee to include in its confirmation proceedings a public discussion of the U.S. Constitution and its relationship to tribal self-government.”

John Echohawk, Executive Director of the Native American Rights Fund (NARF), offered the following assessment: “Chief Judge Garland appears to have a very limited record on Indian law issues. We do know he voted against Indian interests in *San Manuel v. National Labor Relations Board*, a 2007 decision by the D.C. Circuit, which held that the National Labor Relations Act (NLRA) applies to tribally-owned businesses located on Indi-

an reservations. This decision has led to continuing litigation by the NLRB (National Labor Relations Board) against Indian tribes, and the possibility of labor strikes that would cripple tribal governmental functions. For 70 years, the NLRA had been consistently interpreted to exempt all government entities from coverage, including Indian tribes. The *San Manuel* decision truly undermined the ability of Indian tribes to be politically self-governing and economically self-sufficient.”

NCAI President Cladoosby concluded: “It is critical that the next Supreme Court Justice recognize and uphold tribal sovereignty, treaty rights, and the federal trust responsibility. We urge the Senate to move forward with the process, to hold hearings, and to consider the record of Judge Garland.”

About The National Congress of American Indians: Founded in 1944, the National Congress of American In-

dians 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.

About The Native American Rights Fund: The Native American Rights Fund is a non-profit organization that has been protecting the legal and sovereign rights of tribes and Native people within the American legal system for 45 years. NARF is headquartered in Boulder, Colo., with offices in Anchorage, Alaska, and Washington, D.C. For more information visit www.narf.org.

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Building Stronger Families in Indian Country

by Mallory Black / Native Health News Alliance

SAN DIEGO - Joseph Mathews was raised on the Morongo Indian Reservation in Southern California. The son of unemployed parents who both struggled with substance abuse, he learned to navigate life alone as best he could.

By 18, he decided to leave the reservation to join the military. Sixteen years later, he returned with his family, ready to start over. "It was a tough experience for me, but the fact is that I am Native and I love my community, history and culture," said Mathews, a 36-year-old father of three. "Now I'm able to use my life experiences, hiccups and successes as examples."

He talks of the stories he shares in the weekly parenting classes he leads for the Morongo Tribal TANF (Temporary Assistance for Needy Families) Program. As its family advocate supervisor, he assists fathers in becoming leaders of their families and how to better communicate with their spouses and children.

Mathews is a certified facilitator of a 12-session course called *Fatherhood is Sacred*, a program grounded in Native American teachings created by the Native-led nonprofit organization, Native American Fatherhood and Families Association, based in Arizona.

"It holds up a mirror and asks us to look at ourselves," he said of the course. "I remember this one time when my son told me he thought I was being a total jerk. I was being mean and cranky, but I worked hard and did everything I thought I needed to do to take care of my family."

"The program," he said, "made me realize that, well, I wasn't giving [my family] my time."

Heeding the Call

There's been an increasing focus on stabilizing and strengthening families in Indian Country. President Barack Obama's proposed \$2.9 billion fiscal year 2017 budget for Indian Affairs ramped up investments to promote family stability by \$21 million—a \$17.4 million increase over the previous year. If approved by Congress this fall, the increase would fund a range of agencies including human and social services, public safety and tribal courts.

Over the past two years, federal policy has demonstrated commitment to the issue, most notably with the Tiwahe Initiative, a multi-year federal effort to improve tribal family well-be-

ing by addressing high rates of poverty, child abuse, incarceration, violence and substance abuse.

Each year, the U.S. Department of Health and Human Services' Administration on Children, Youth and Families directs an average of \$647 million in grants to tribes for child welfare resources, such as Tribal TANF programs, head start, child support and the Administration for Native Americans, among others.

Amber Ebarb (Tlingit), the National Congress of American Indians Budget and Policy analyst, said if approved, the budget increases are substantial.

"It's a good approach to investing in Native families and reflects what the administration is hearing from tribal leaders about what's really important in Indian Country: addressing child abuse, substance abuse and violent crime," she explained. "We would like to address improving economic development, but at the moment, these priorities are reflecting the real crises in Indian Country."

The crisis of broken Native American families has systemic roots, according to Dr. Sarah Kastelic (Alutiiq), executive director of the National Indian Child Welfare Association, where in cases of child welfare, Native families are far less likely to be offered preventative services by the courts.

"Native families are treated differently by state courts and child welfare systems than non-Native families," Kastelic said. "Even today, Native children are four times more likely than white children to be removed from their homes at their first encounter with the courts."

The Benefits of Family

Research shows that parents and family stability are crucial to child well-being. Dr. Holly Schindler, an early childhood development and family studies researcher at the University of Washington, said children's relationships with parents and other adults has long-term effects on their self-confidence, language skills, and emotional and social development.

Particularly in Native communities, Kastelic said that culture provides a protective factor for children and youth, pointing to research that shows cultural identity and community involvement results in greater academic success and lower alcohol and drug use.

"Knowing who you are and where you come from grounds your identity and helps you feel part of something bigger than yourself," she explained. "You have a sense of belonging."

In contrast, research by the Harvard Center on the Developing Child looked at the effect that limited family interaction has on a child's developing brain. According to the Center, neglect increases a child's risk for emotional, cognitive and behavioral disorders.

Similarly, a report by the Robert Wood Johnson Foundation found children in foster care are at an increased risk of psychiatric problems, impaired neurodevelopment, suicide and early death.

More mental health effects can be found in children who are raised in poverty — where about a quarter of Native American families live below the poverty line. Researchers at the University of Wisconsin-Madison found children from low-income families lagged in brain development, specifically the brain regions that regulate attention and behavior.

Tapping into Resources

Increasing access to family and parenting courses represents one of the many ways tribes hope to strengthen vulnerable families in their communities.

More than 180 tribes and Canada First Nations have worked with the Native American Fatherhood and Families Association to certify facilitators in its programs. Out of 71 existing Tribal TANF programs nationwide, 19 have certified facilitators in NAFFA's curriculum.

Albert Pooley, Navajo/Hopi, a former social worker and NAFFA founder, said while most parenting programs focus on mothers, they have a vested interest in developing Native American fathers.

"Our program differs because we say fathers are not the problem—they are the solutions to the problem and the challenges that face our people," said Pooley, who wrote the curriculum. "There really is a need to get fathers directly involved in the lives of their families in a positive way."

Schindler agreed that there's growing research to confirm that fathers' responsive parenting makes major contributions to children's health and development. In today's world, the father's role is being redefined to include

sensitive, supportive and nurturing parenting.

"More specifically, we now know that warm and responsive interactions between fathers and their children uniquely contribute to children's social-emotional, executive function, cognitive and language skills," Schindler said.

Back to Ancestral Roots

Over the years, NAFFA's parenting courses have extended beyond the father role. Seven years ago, Katie Whipple, Namlaki, Wailaki and Wintun and member of the Round Valley Indian Tribes, first learned of the program after her husband was certified.

Now, she facilitates two related courses—*Motherhood is Sacred* and *Linking Generations by Strengthening Relationships*—as the Washoe Native TANF Program Coordinator for families in the Bay Area.

"I'm very passionate about this program because it takes us back to what our ancestors taught their children and the way that they taught their children," Whipple said. She continues to use the program's teachings—which focus on spirituality, choice, teaching, wisdom and service—with her family at home.

Working with her team, she remembers one parent who enrolled in the parenting courses on his own; she said he came to them broken and was ready to give up.

"Since then he's completely turned his life around," Whipple said of the father of two. "I always tell him, 'Just keep doing what you're doing. The growth we have seen in you in the last two years is amazing.'"

But achieving stable and strong families in Indian Country will continue to require a complex approach—an effort that Kastelic said needs persistent focus and support to address its roots.

"The overwhelming majority of incidents of child abuse and neglect in Indian Country are neglect, not abuse," she said. "We definitely need more resources to strengthen families."

© Native Health News Alliance

This story was produced with support from the Annie E. Casey Foundation as part of a series focusing on child and youth welfare in Native America.

Pow-Wow Trail

April 2016

April 2
3rd Lawrence H.S. Native American Club
 Lawrence H.S. East Gym
 Lawrence, Kan.
 (785) 330-1447

April 2-3
17th Tutxinmepu*
 UI Kibbie Dome
 Moscow, Idaho
 (208) 885-4237
 natives@uidaho.edu
 uidaho.edu/nativeamericancenter

April 2
WIEA
 Indian Community School
 Franklin, Wis.
 joylogan@uwm.edu
 www.wiea.org

April 9
3rd Circle of Nations Association*
 University of Minnesota
 Morris P.E. Center
 Morris, Minn.

(320) 589-6097 or 589-6095
 ummcnia@morris.umn.edu
 studentorgs.morris.umn.edu/
 cnia/powwow.htm

April 9-10
San Juan College*
 McGee Park/Sun Ray Casino
 Farmington, N.M.
 (505) 566-3321
 nac@sanjuancollege.edu
 www.sanjuancollege.edu/nac

April 9-10
UW-Madison Spring*
 UW-Madison
 Madison, Wis.
 (608) 265-3420
 nboyd3@wisc.edu

April 9-10
38th First Nations University Canada*
 Brandt Center, Evraz Place
 Regina, Saskatchewan
 (306) 790-5950 ext. 2108
 rmissens@firstnationsuniversity.ca

April 9
44th UC-Davis*
 East & West Quad
 UC Davis
 Davis, Calif.
 (530) 752-4287

ppretell@ucdavis.edu
 http://ccc.ucdavis.edu/
 nativeamerican.html

April 15-16
52nd Hozhoni Days*
 Fort Lewis College
 Durango, Colo.
 (970) 247-7222
 bilinski_y@fortlewis.edu
 www.fortlewis.edu

April 15-17
Rock Creek*
 Longhouse
 Goldendale, Wash.
 (541) 993-1528 or (509) 823-3564

April 15-17
51st Haliwa-Saponi*
 Haliwa-Saponi Tribal School
 Pow-Wow Grounds
 Warrenton, N.C.
 (252) 586-4017
 www.Haliwa-saponi.com

April 16
22nd University of Iowa*
 University Recreation Building
 Iowa City, Iowa
 (319) 335-8298
 nasa@uiowa.edu
 http://powwow.uiowa.edu

April 16
33rd Pow-Wow of Life
 Jenison Field House
 East Lansing, Mich.
 (517) 353-7745

April 16
11th Azalea*
 Muskogee Civic Center
 Muskogee, Okla.
 (680) 481-1350
 or (918) 230-4734

April 16-17
24th NCIPA Spring Contest*
 Northside Aztlan Community Center
 Fort Collins, Colo.
 (970) 498-0290
 ncipa@fortnet.org
 www.fortnet.org/PowWow

April 22-24
46th Time Out Wacipi*
 Hyslop Sports Center
 Grand Forks, N.D.
 (701) 777-4291
 www.und.edu/org/undia

April 22-24
30th ASU Spring Competition*
 ASU Band Practice Field
 Tempe, Ariz.
 (480) 965-5224
 asupowwow@gmail.com
 http://powwow.asu.edu

April 22-24
Meherrin-Chowanoke*
 Ahoskie Rec Complex
 Ahoskie, N.C.
 (252) 301-6081
 meherrinchowanoke
 powwow@gmail.com
 www.meherrin-chowanoke.com

April 23
19th UW-Green Bay
 Kress Events Center
 Green Bay, Wis.
 (920) 465-2720

April 23-24
12th Big Spring*
 Dorothy Colliseum
 Big Spring, Texas
 (432) 263-3255
 powwowbigspring@suddenlink.net

April 23
MATC
 MATC Truax Campus
 Madison, Wis.
 (608) 246-6458
 dcr@madisoncollege.edu
 madisoncollege.edu/pow-wow

April 28-30
33rd Gathering of Nations*
 The PIT
 Albuquerque, N.M.
 (505) 836-2810
 www.gatheringofnations.com

April 29-30
39th Sweetgrass Society*
 Montana State University
 Northern Gym
 Havre, Mont.
 (406) 945-3637
 sweetgrass.rep@yahoo.com
 msun.edu/stuorgs/sgs/powwow.aspx

April 29 – May 1
Lumbee Dance of the Spring Moon*
 Southeastern Agricultural Center
 Lumberton, N.C.
 (910) 521-7861 or 522-2190
 mllocklear@lumbeetribe.com
 www.lumbeetribe.com

April 30 – May 1
23rd Seven Arrows*
 Student Union Ballroom
 Boise, Idaho
 (208) 426-5950
 mss@soisestate.edu
 http://mss.boisestate.edu

*Denotes Contest Pow-Wow



Winter's End Pow-Wow 2016

