



POTAWATOMI TRAVELING TIMES

Volume 21, Issue 20 • ZIS BAG KTO KĒ GISES • SUGAR MAKING MONTH • April 15, 2016

Fight Night Comes to Forest County

by Val Niehaus

On Saturday, April 2, 2016, many community members and fans came out to support two FCP tribal members in their boxing careers at the Northwoods Recreation Center in Crandon, Wis. The two tribal members who were taking part in this boxing match were Ira Frank and Mark Daniels Jr.

Opening up for the fights was the drum group Medicine River from Bad River, Wis. They participated in singing the opening song before the fights began and then sang a song for the main event fight for Mark Daniels Jr.

The first fight of the night was Zsolt Daranyi Jr. against Norman McGinn in the 154-pound weight class. This fight lasted all of about two minutes with Daranyi knocking out McGinn in the first round. As was said by the ring announcer, "You will want to keep a close eye on Daranyi's boxing career. He is going to go far in this sport."

The second fight of the night was one that many people in attendance were looking forward to watching: the bout between middleweights Ira Frank, the hometown fighter, and Chris Taylor from Milwaukee. Both men weighed in at 170 but there was a significant difference in age, which resulted in it being very entertaining to say the least. Frank came into the fight very confident and hoping for the win. Some skeptics may have guessed that because Taylor was half the age of Frank, the odds would have been different and favored the younger man. So it was with great surprise to many that Frank went in hard during

the two rounds and even came close to knocking Taylor out in one round. Once Taylor regained his footing and was cleared by the doctor on hand, the fight continued. Frank ended up beating Taylor with a TKO in the second round. The crowd went wild with Frank's win! Frank then gave a quick speech in his native language, Potawatomi, which translated into, "My name is Nan Gi Gwas. I am a boxer and thank you for coming here to watch me. It makes me happy to see all of you and I hope you enjoyed yourself. Thank you again. I love you!" It was apparent that Frank was extremely happy to see his family and friends there to support him in this match. He was understandably very proud to bring home a win for his people.

The main event of the night was also highly anticipated by the crowd: the fight that matched super welterweight Mark Daniels Jr., fighting in his hometown of Crandon, Wis., against Gustavo Rodriguez, from Rockford, Ill. With a crowd-pleasing entrance, Daniels and his crew came into this fight well prepared and ready to win the fight for his people and his community. Each round showed Daniels and Rodriguez both landing some good punches. But the support for Daniels was beyond that of Rodriguez, and the fight ended up with Daniels winning by majority decision! Daniels put on a great show for the community. The intensity of the fight was reflected by the fact that Daniels ended up with a broken hand at the end of the night. That did not stop him from making a very heartfelt speech after his win. He said, "I want to thank all my family and friends for coming out to support me in this fight. It feels great to win at home! I want everyone to know that whatever you do in life, keep pushing for it. Don't let the bad stuff that happens overtake that dream you have and always keep true to yourself!"

The night was entertaining and brought out many community members to socialize and to watch a sport that many do not always get to see live.

PTT congratulates Frank and Daniels on a job well done and wishes them the best of luck in their future matches.



Ira Frank scoping out his competition.



Daniels vs. Rodriguez, a great bout to watch!



Frank celebrating his win of the night.



Daniels showing much happiness.

PRSKT STD
US POSTAGE
PAID
WAUPACA, WI
PERMIT NO 47



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.



Governor Walker Signs Assembly Bill 628 into Law

At a signing event on Tuesday, March 22, hosted by Aurora Sinai Medical Center, Governor Scott Walker signed Assembly Bill 628 into law. This bill provides local control for the city of Milwaukee to suspend, revoke, or refuse to renew the license of a tobacco retailer if the business is knowingly permitting criminal behavior, facilitating drug sales, or permitting or promoting other specified public nuisances on its property. Ultimately, this bill will help save taxpayer resources, reduce crime, and promote economic development in Milwaukee.

"The bill we're signing into law today allows cities like Milwaukee to create a local process to deny or revoke a tobacco products retailer license similar to the process currently in place for alcohol licenses," Governor Walker said. "This allows municipalities to root out the few bad actors that harbor crime and delinquency in their communities, and ultimately helps to reduce crime, improve neighborhood stability, and promote economic development."



Governor Scott Walker, joined by Near West Side Partners and representatives from each of its anchor institutions, signing Assembly Bill 628 into law.

Near West Side Resident Takes Notice of Neighborhood Improvements

Below is an excerpt of a letter written to Near West Side Partners by Michael Stark, a resident of the Near West Side living just two blocks from Wgema Campus:

"As residents of Historic Concordia for 14 years, my wife and I have a deep appreciation for the strengths of our diverse neighborhood and the challenges it faces. While the NWSP and PARC have a long-term vision and strategy for improving our neighborhood, we have already felt the positive impact of their work." The letter goes on to say "the Potawatomi Business Development Corporation's investment in the Wgema Campus, the old Concordia College, breathed life into an important neighborhood asset. A property that otherwise might stand vacant and falling into greater disrepair now shines and welcomes children attending school and employees working for a number of new businesses," Stark says. "As a family committed to living in Concordia, we are pleased with the impact these community partnerships have already made in our lives, and we are confident that both the short and long term goals will be achieved and sustained as a result of the diverse group of participants and the significant resources committed to this effort. We see and feel a new momentum that gives us great optimism about our neighborhood's future, and this optimism itself is of great value to the residents of our community."

Advancia Corporation is Helping to "Protect Grandmother Earth"



Advancia Corporation's contract with the US Army for Conservation Law Enforcement Officer (CLEO) Training is part of a bigger picture which will help to protect wildlife and the environment across the nation.

Our team of training developers is working with the US Army Military Police School at Fort Leonard Wood, Missouri, to design and develop a CLEO Training Program. The development of the program includes creating the knowledge base required for the course and developing the lessons, presentations, learning exercises/practice scenarios, and examinations. Some of the areas of training include:

- Wildlife Management
- Environmental Investigations and Environmental Law
- Water Pollution and Hazardous Waste
- Game Check Stations and Compliance Checks
- Poaching
- Boat and ATV Safety
- Federal Laws
- US Fish and Wildlife Service Law Enforcement
- Endangered Species
- Wild Land Fires
- Firearms

CLEO's play an important role in keeping a balance in the animal kingdom by enforcing hunting, fishing and trapping laws as well as conservation laws such as the Endangered Species Act and the Migratory Bird Treaty. The training that US Army Military Police Soldiers receive will help them better understand how to execute conservation law enforcement at their various assignments across the nation having a direct effect on protecting our nation's wildlife and environment. Advancia Corporation is proud to be part of the Potawatomi legacy of "Protect Grandmother Earth".

Reference: <http://www.heritageparkway.org/conservation-stories/potawatomi-nations-green-practices/>

MISSING THREADS VIEWING

APRIL 28

11 a.m.
FCP Auditorium
Executive Building

MAY 2

6 p.m.
Holiday Inn Express
& Suites, Wausau

MAY 12

6 p.m.
We Care Community
Building in Carter

*Come for food,
refreshments, and
a chance to win a
giveaway.*

**FEATURING
THE HONORABLE
JUDGE EUGENE WHITE-FISH**

Sponsored by
FCP Indian Child Welfare

Please join us
for the film, followed by a
discussion regarding the
importance of culture, family
preservation, and the availability
of safe and stable homes in our
Native community.



FOREST COUNTY POTAWATOMI
INDIAN CHILD WELFARE
5415 Everybody's Rd.,
Crandon, WI 54520
(715) 478-4812

Potawatomi Leadership Join State Lawmakers to Support New Laws to Combat Heroin and Opiate Abuse

submitted by Reed Dhein and Travis Theisen, Martin Schreiber & Associates

Members of the Forest County Potawatomi (FCP) Executive Council joined Gov. Walker and Wisconsin legislative leaders at Aspirus Hospital in Wausau for the signing of two high profile bills into law. These bills—AB 366 and AB 658—are part of a series of new laws, championed by Rep. John Nygren (R – Marinette), called the Heroin Opiate Prevention and Education agenda, or HOPE.

Following the most recent round of bill signings, the HOPE agenda has resulted in 17 new laws. These laws are part of a comprehensive state effort to combat the growing epidemic of heroin and opiate abuse that is devastating communities across the state and around the country. The heroin and opiate crisis impacts every demographic group in Wisconsin and has put immense strain on already overburdened public services.

According to a 2015 report from the Department of Health Services (DHS), heroin and opiate related overdose deaths have risen sharply since 2008. Today, drug overdose deaths

kill more Wisconsinites annually than motor vehicle accidents.

“Wisconsin, like many other states across the country, is noticing a dangerous trend – an escalating number of cases involving heroin and opioid use, addiction, and overdose,” Gov. Walker said. “The legislation we’re signing into law today as a part of our HOPE tour works to combat this trend by putting in place consistent guidelines and closely monitoring pain management clinics in Wisconsin.”

Tribal leadership has been working to combat this issue. “We know what is going on in our community and are committed to addressing the problems, but we can’t do it alone,” said FCP Chairman Harold “Gus” Frank. This past October, Chairman Frank, Secretary Lorna Shawano, former Executive Council Member James Crawford and Deputy Attorney General Aaron Loomis met with Attorney General Brad Schimel to discuss ways the state and tribe can work together to curb the escalating sale and use of opiates and heroin in Forest County.

*Deadline for the May 1, 2016 issue is
Wednesday, April 20, 2016.*



Standing behind the governor are (l-r) Treasurer Richard Gougé, Chairman Harold “Gus” Frank, and Secretary Lorna Shawano.



POTAWATOMI TRAVELING TIMES

8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520
phone: (715) 478-7437 • fax: (715) 478-7438
email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

**FCP EXECUTIVE
COUNCIL**

Chairman:
HAROLD “GUS” FRANK

Vice Chairman:
HARTFORD SHEGONEE

Secretary:
LORNA SHAWANO

Treasurer:
RICHARD GOUGÉ III

Council Members:
BROOKS BOYD
HEATHER VANZILE



Member of the
Native American
Journalists Association

PTT STAFF

Managing Editor:
WINDA COLLINS

Office Manager:
MICHELLE SPAUDE

Reporter/Photographer:
VAL NIEHAUS

Graphic Artists:
KRYSTAL STATEZNY
RACHEL ZABOROWSKI

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

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!

Free iPhones for FCP Tribal Members

by Krystal Statezny

An informational session will be held on Thursday, April 14, 2016, from 1-2 p.m. in the FCP Executive Building Auditorium for Forest County Potawatomi tribal members, living on the FCP reservation or trust land, who want to receive a free iPhone 3 (while supplies last) through Federal Lifeline Assistance. The phones contain 1,000 FREE minutes of talk or text per month and include long-distance and local calling. Additional talk and text plans are available for purchase if minutes are depleted. North American Local, a telecommunications company permitted to issue the Life-

line Assistance Program, is working directly with FCP to provide the free cellular service to tribal members.

Applicants must bring his/her tribal ID to the informational session where the application process will be explained. Along with FCP IT, a representative from North American Local will be present at the meeting to help tribal members with applications and to answer questions. It will take two to three weeks to receive the phone after the application has been approved. Step-by-step instructions will come with the phone on how to activate it.

Racing Season Comes to a Close

submitted by Agnes Brown

Tribal members Janiece and Joseph "Joey" Brown III had a successful snocross season. Both raced in the ISOC Nationals and the Great Northern Snocross Series (GNSS). The ISOC Nationals the kids raced in were held in Duluth, Minn., Fargo, N.D., Shakopee, Minn., and Lake Geneva, Wis. For the GNSS, the family traveled to Turtle Lake, Wis., Plymouth, Wis., Weyauwega, Wis., and Westby, Wis.

Janiece rode in the Pro Am Women's and the Sports Lite class in the Nationals and the GNSS. She took 4th place in overall points in the Pro Women's with GNSS. She was 25th place in the Nationals, and 12th place in Minnesota Regionals. Janiece did a very good job this year!

Joey rode in the Junior 14-15 and the Sports Lite class in the GNSS and the Nationals. (This was Joey's first year racing since he raced in the 120cc class in the Winter Thunder Challenge.) He took 2nd place in the GNSS Junior 14-15 class overall points. Joey also rode in the Battle of Wisconsin Snocross State Championship sponsored by International Snowmobile Racing, Inc., taking 3rd place in the junior 14-15 class. Our family traveled to Plymouth and participated in the Classic Race of Champions sponsored by Budweiser and Millennium Technologies. Joey took 2nd place and received a plaque and trophy.

Joseph Brown Jr. also raced one race in Plymouth, taking 2nd in the Pro 40+ class. Agnes Brown raced in the Mother's race in Westby. All we can say is she did not take last! At the banquet, the mothers who participated in the race received the gift of a picture on their child's sled and a cold/hot pack because most mothers were pretty sore. We wanted the children to know we supported them in their sport by participating. It doesn't matter if you win or not as long as you have fun!

Each year, Regional Series pick the top five racer in each class to participate in the Sundown Showdown, which takes place Friday night at the

Grand Finale in Lake Geneva. We are proud to say Janiece and Joey were in the top five and participated in the race. Congratulations racers!

Brown Brothers Racing would like to thank many people:

- Grandma and Grandma Weso for their encouragement and for helping us many weekends with sponsorship.
- FCP for sponsorship for the GNSS races.
- K2 Pro Signs for the beautiful artwork and designs they made for our truck and sleds; also for their quick work each week, especially for the sweatshirts made in one day.
- Jason Headson from Headson Performance – without him we would not have made it to races weekly. Jason does an awesome job in our sleds!
- Grandma and Grandpa Brown for encouragement and who also sponsored races.
- Jason Brown and Mary Shockto for encouragement and help at the national and regional races.
- To the Great Northern Snocross Series family who made us feel very welcome and who always wanted to lend a hand if we needed help with the sleds. Since it was our first year there and barely knew anyone, they made us a part of their snocross family.

We also thank all of the family and friends who supported us throughout the season, the ones that came to races and cheered on, or who watched the broadcast at Nationals and who gave my children encouragement each week.

Our family would help any family who might want to get their children into snocross racing. Also, we are hoping to add another 120cc racer to the team next year!

(l-r) Janiece Brown, Joseph Brown Jr. and Joseph "Joey" Brown III holding their awards. photo by Autry Johnson



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.

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.

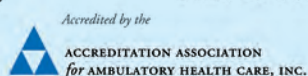
SERVICES OFFERED

AODA (715) 478-4370	Optometry (715) 478-4345
Behavioral Health (715) 478-4332	Pediatrics (715) 478-4339
Community Health (715) 478-4355	Pharmacy (715) 478-4347
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

8201 Mish ko swen Drive, Crandon, WI
General Information: (715) 478-4300
www.FCPotawatomi.com



Student Spotlight

submitted by Mary Mattson, FCP Education Counselor/Mentor

Laona seniors Mason Wamego and Gage Tallier can be found back stage with the rest of the Laona-Wabeno Drama Club.

Wamego has an additional third year of experience under his belt compared to Tallier, helping with the performances of *Saved by the Bell* and *Everything is Awesome* as a part of the stage crew. For this year's performance of *Twelve Nights*, Wamego was promoted to stage chief, which came with great responsibility. Some of the tasks he was involved in were: helping with design, making sure props were made and that they were where they needed to be on stage, and ensuring that the stage crew were doing their parts properly.

A main portion of Tallier's time was taken up by making props for the performances. For *Twelve Nights*, one of the props Tallier made was the Midnight Runner, the ship in the play.

Wamego explained that on a short day, practice could run from three to four hours but on a long day, that could mean being in the



Mason Wamego

auditorium until 9:30 at night. He said he loves it though, because it gave him the opportunity to bond with Wabeno students. One of Wamego's favorite memories in the club was watching the initial attempts at a full run through of the play, which was always a fun time. Now that drama is done for the year, one of the next things on Wamego's list is to accept a Teen Character award that he was nominated for. Great job guys!





FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH



April Luncheon

DIABETES PROGRAM

WEDNESDAY, APRIL 27, 12–1:30 P.M.
HWC LOWER LARGE CONFERENCE ROOM
Open to FCP Tribal Members with diabetes and their guest

LUNCH, EDUCATION & DRAWING FOR PRIZES

RSVP Appreciated:

Cathy Chitko
(715) 478-4367

Anne Chrisman
(715) 478-4383

Lisa Miller
(715) 478-4320

cmh.FCPotawatomi.com


Check out the [Registration form](#) at cmh.FCPotawatomi.com



Topics:

NATIONAL FOOT HEALTH AWARENESS MONTH

DIABETES SELF-MANAGEMENT EDUCATION



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

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

VEGETABLE-OF-THE-MONTH

Asparagus



Asparagus has powerful health benefits.

IT IS LOADED WITH NUTRIENTS: Asparagus is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. Asparagus is packed with antioxidants, ranking among the top fruits and vegetables for its ability to neutralize cell-damaging free radicals (which may help slow the aging process according to preliminary research). The most common type of asparagus is green, but you might see white and purple too. No matter what type you choose, asparagus is tasty and can be cooked several different ways or enjoyed raw in a salad.

Look for sturdy spears with tight heads. The cut ends should not look desiccated or woody. Fresh asparagus should snap when bent.


PREP: Trim of ends

BRAISE: Place a large skillet over high heat. Add asparagus, ½ cup of water and a slice of lemon. Cover and bring to simmer, cook until tender, about five minutes.

GRILL: Preheat grill, lightly oil rack. Place asparagus over direct heat, medium heat; cook until browned, turning occasionally, about six minutes.

MICROWAVE: Place asparagus on a glass platter or pie pan; add ¼ cup water, drizzle with 1 teaspoon extra-virgin olive oil, and cover tightly. Microwave on high until tender, about three minutes.

ROAST: Preheat oven to 500 degrees. Spread asparagus on a baking sheet or in a pan large enough to hold in single layer. Coat with 2 teaspoons extra-virgin olive oil. Roast, turning once halfway through cooking, until tender wilted and browned, about 10 minutes.



- » 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.

For more information on asparagus and other nutrition topics, contact Lisa Miller, RDN, CD or Stephanie Mattson, CD, LPN in Community Health at (715) 478-4355 or check out our website at cmh.FCPotawatomi.com for more information.

Department Spotlight: FCP Indian Child Welfare

by Val Niehaus

The FCP Indian Child Welfare (ICW) program has been making its mark lately in the FCP community with some significant accomplishments. Not only has ICW been successful in keeping tribal children close to the FCP community when out of home placement is necessary, but it has also been working hard to increase community awareness regarding programming and other important services offered through the department.

Another valuable service implemented in 2014 by ICW is the Coordinated Services Team (CST) that offers coordinated services to children involved in two or more systems of care who are enrolled, eligible to be enrolled, or tribally affiliated. CST Program Coordinator Sally Kalkofen said, "We are excited about the additional support of CST in working with tribal families."

ICW offers intensive reunification services to families with tribally enrolled or eligible-to-be-enrolled children. Their primary goal is to keep tribal families together as much as possible. ICW also offers prevention of out-of-home services. In this case, either a parent or a child must be enrolled or eligible.

Foster care and family placement services are offered to any interested and qualified individuals and/or families wishing to be a placement for children.

Most families that are involved with the child welfare/child protective services (CPS) system will also be working with ICW. One of ICW's major roles is to help eliminate safety risks that exist in the home or within the family, with hopes for reunification when the conditions that justified removal no longer exist. Children who are enrolled or who are eligible for

FCP tribal enrollment fall under the jurisdiction of ICW and FCP Tribal Court.

ICW also offers family prevention services to tribal families. The department provides a prevention worker who can offer supportive services to help work out problems they may be struggling with before the court's intervention is required.

Tribal families and community members who would like to offer foster care to tribal children can obtain licensing through working with ICW as they deal with the Foster Care/Family Placement licensing programs. It should be noted that foster placements do not need to be Native American to qualify; having connections to the community is all that is required.

As part of the FCP Family Services Division, ICW strives to uphold the division confidentiality policy as well as the confidentially

and privacy requirements as laid out in the FCP Children's Code.

Deanna Collins, ICW placement specialist, states, "ICW wishes to increase the amount of community involvement, specifically in the regard to foster care and family placements. ICW will be working with Chief Judge White-Fish on the recruitment of additional homes for Native children. We will also continue to promote the safety, stability, and well-being of all tribal children as our primary goal."

For more information regarding the department or its services, ICW can be reached at (715) 478-4812 or in person at the Family Services building located at 5415 Everybody's Rd., Crandon, WI, 54520.

Happy Earth Day






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

LOW & DISCOUNT
Carton PRICES

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

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

Leadercast

The World's Largest One-Day Leadership Event

Chris Baréz-Brown
Author & Creativity Guru

Steve Wozniak
Co-Founder of Apple

Kat Cole
Group President of Focus Brands

Andy Stanley
Leadership Author & Communicator

James Brown
Network Broadcaster, CBS Sports & News

Nick Saban
Head Football Coach at The University of Alabama

Dr. Henry Cloud
Leadership Expert, Psychologist, & Best-Selling Author

Rorka Denver
Navy SEAL, Communicator & Author

2016 Host
Tripp Crosby
Comedian & Director

May 6, 2016

ARCHITECTS OF TOMORROW

Visionary leaders have the ability to see a preferred future, operate in the present, and utilize the resources around them to architect a clear path to a new destination. Join us on May 6, 2016, to be equipped with insights and tools that will enhance your capabilities as a visionary leader.

Leadercast.com

JOIN US AT
POTAWATOMI
CARTER
CASINO • HOTEL

May 6, 2016 7:30 a.m. Registration
8:00 a.m. - 3:30 p.m. (lunch provided)
Early Bird Rate: \$89 (through April 22, 2016)
Standard Rate: \$99
Register online at: Leadercast.com (host location Wabeno, WI)
For additional information please contact:
Tamar Vollmar: 715-473-6766 or tvollmar@cartercasino.com

Dear FCP Tribal Member,

First, let me introduce myself. My name is Kevin Makuck. I am your current forest manager.

I want to let you know about the Wisconsin DNR 2016 Urban Forestry Grant that FCP Forestry recently received. FCP received this same grant in 2008. As part of this grant, FCP Forestry will be completing hazard tree assessments on all tribal government buildings. FCP Forestry will also perform hazard tree assessments for tribal members. The assessment will consist of evaluating trees on a ranking system. This will identify trees that are a risk to tribal members and their property (houses, cars, etc.).

If hazard trees are identified, tribal members will be consulted on options. These may include:

- Leaving the tree if requested
- Removal of the tree by FCP Forestry
- Pruning the hazardous portion of tree
- Contracting with a tree service on removals that are beyond FCP Forestry's capabilities

Trees will also be assessed for Emerald Ash Borer (EAB). With recent detections in Oneida County, it is important to monitor for infestations. Ash trees may be treated with injections if deemed appropriate.

Assessment of possible tree plantings would also be done at the same time if requested by tribal members participating in the assessment. This will allow FCP Forestry to save the tribe money by completing assessments and removals in a systematic fashion. This will save time by coordinating removals in blocks or areas, reducing the amount of time and money to move equipment and personnel.

Please contact me with any questions or concerns you may have at (715) 478-4975.



Plastics: Rinse & Recycle

PUT OUT WITH YOUR GARBAGE: Plastics numbered 1-7

Bottles
Jugs
Jars
Tubs
Lids
Cups
Cookie trays

! Bottles with pump or spray tops: Recycle the bottle only. Throw away the top.

Plastic bags & wrap

Plastic shopping bags
Bread bags
Bubble wrap
Zip-close bags
Plastic outer packaging (from paper towels, toilet paper, etc.)

DROP OFF AT

Walmart Copps Pick 'n Save

FOREST COUNTY POTAWATOMI SOLID WASTE

5315 Ritchie Ln
Crandon

715-478-7330
715-478-7222

earth day

Thursday, April 21

9:00 am - 3:00 pm

Stone Lake C-Store

Plant **sage** and **sweetgrass** in pots to take home - **FREE!**

Image credit: Sarah Joy

The Importance of Native American Tribes and Their Lands to Conservation Recognized with Nearly \$5 Million in Wildlife Grants

submitted by Christina Meister, U.S. Fish & Wildlife Service

(March 25, 2016) - The U.S. Fish and Wildlife Service announced nearly \$5 million in Tribal Wildlife Grants to Native American and Alaska Native tribes in 16 states. The awards will support 29 fish and wildlife conservation projects that benefit a wide range of wildlife and habitat, including species of Native American cultural or traditional importance and species that are not hunted or fished.

"Tribal lands protect some of North America's most important remaining blocks of wildlife habitat, encompassing more than 100 million acres of land home to hundreds of native species," said Service Director Dan Ashe. "The Tribal Wildlife Grants Program helps us work in partnership with federally-recognized tribes, state wildlife agencies and other federal government agencies to restore and sustain important habitat to benefit all Americans for generations to come."

Since its inception in 2003, the competitive Tribal Wildlife Grants program has awarded more than \$72 million to Native American and Alaska Native tribes, providing support for more than 420 conservation projects. The funds have also provided technical and financial assistance for development and implementation of projects that benefit fish and wildlife and their habitats, including non-game species.

The grants have enabled tribes to develop increased management capacity, improve and enhance relationships with conservation partners, address cultural and environmental priorities and help train the next generation of conservationists by engaging tribal students interested in fisheries, wildlife and related fields of study. Some grants have been awarded to support recovery efforts for federally-listed threatened and endangered species.

For example, Tribal Wildlife Grants funding has gone to help the Red Lake and White Earth Bands of Chippewa Indians reestablish the once abundant and culturally important lake sturgeon to the Red River of the North Watershed in Minnesota for the first time in nearly 60 years. Grant awards in 2006, 2009 and 2012 helped the tribes develop a sturgeon management plan and to stock thousands of sturgeon in Red Lake. The reintroduction program, implemented in partnership with the Service and the Minnesota Department of Natural Resources, has been a tremendous success, with lake

sturgeon now being caught throughout the lake basin.

In Alaska, grant awards in 2014 and 2015 helped the Native Village of Tyonek develop a watershed action plan and replace a culvert on Old Tyonek Creek that opened up more than 10 miles of stream habitat for salmon.

And in the Southwest, Tribal Wildlife Grants have helped multiple tribes conserve bald and golden eagles, while maintaining their traditional religious practices. The Iowa Tribe of Oklahoma was the first Tribal Wildlife Grant recipient and today houses 45 bald and golden non-releasable eagles. The tribe has also rehabilitated 17 eagles and released them back into the wild. The Citizen Potawatomi Nation of Oklahoma also received grant funding to build an aviary, which currently houses 14 non-releasable eagles.

Finally, the Navajo Nation used grant funding to build an aviary, which is scheduled to open this summer. The aviaries allow the tribes to care for eagles and rehabilitate those that can be released into the wild, while collecting naturally molted feathers for religious and cultural use.

The grants are provided exclusively to federally-recognized Indian tribal governments, and are made possible under the Related Agencies Appropriations Act of 2002 through the State and Tribal Wildlife Grants Program. Proposals for the 2017 grant cycle will open May 2, and are due Sept. 2, 2016.

For additional information about Native American conservation projects and the Tribal Wildlife Grants application process, visit www.fws.gov/nativeamerican/grants.html or www.grants.gov/.

The U.S. Fish and Wildlife Service works with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. For more information, visit www.fws.gov, or connect with us through any of these social media channels: Facebook, Twitter, Flickr, YouTube.

U.S. Fish and Wildlife Service 2016 Tribal Wildlife Grant Awards

Alaska:

- Native Village of Buckland (\$200,000), Tribal Beluga Management and Youth Education

- Hydaburg Cooperative Association (\$136,935), Prince of Wales Wolf

Population Study

- Native Village of Napaimute (\$75,114), In-Season Fisheries Assessment

- Chickaloon Native Village (\$179,574), Matanuska Watershed Juvenile Salmon Research Project, Phase I

Arizona:

- Hopi Tribe (\$200,000), Ecology of Golden Eagles on the Hopi Lands in 2017

- Pasque Yaqui Tribe of Arizona (\$200,000), Our River, Our Lives: Stabilizing & Recovering Threatened and Endangered Native Fish Species in the Upper Rio Yaqui Basin

California:

- Hoopa Valley Tribe (\$200,000), Potential Impacts of Trespass Marijuana Cultivation on Tribal and Public Lands to Fishers, Spotted Owls, Mountain Lions and the Forest Environment

- Bear River Band Rohnerville Rancheria (\$159,209), Salt River Ecosystem Restoration Project

- Washoe Tribe of Nevada and California (\$50,000), Meeks Meadow Restoration

Colorado:

- Southern Ute Indian Tribe (\$86,836), New Mexico Meadow Jumping Mouse Genetics, Habitat Associations and Behavior on the Southern Ute Indian Reservation

Idaho:

- Nez Perce Tribe (\$200,000), Condors in Hells Canyon: An Assessment of Habitat and Threats to Successful Reintroduction

Florida:

- Seminole Tribe of Florida (\$200,000), Seminole Tribe of Florida Tribal Wildlife Program

Maine:

- Houlton Band of Maliseet Indians (\$197,148), Aquatic Habitat Restoration Program: Phase IV - Implementing and Planning In-Stream Restoration

- Passamaquoddy Tribe - Pleasant Point Reservation (\$196,240), Tracking Alewife Population Changes in the St. Croix Watershed, Maine

Michigan:

- Saginaw Chippewa (\$199,431), Building Tribal Capacity to Manage Resources for the Next Seven Generations

Minnesota:

- Red Lake Band (\$199,431), Evaluation, Rehabilitation, and Tribal

Youth Education of Lake Sturgeon in the Headwaters of the Largest Tributary to the Red River of the North in the United States

Mississippi:

- Mississippi Band of Choctaw Indians (\$200,000), Wild Pig Control

Montana:

- Blackfoot Tribe (\$200,000), Keeping Aquatic Invasive Species out of Blackfoot Waters

- Crow Nation (\$200,000), Crow Nation Black-Footed Ferret Reintroduction

- Northern Cheyenne Tribe (\$199,875), Wildlife Management Plan & Traditional Environmental Knowledge Hunter Education Courses

Nevada:

- Summit Lake Paiute Tribe (\$200,000), A Strategy to Promote Conservation of Greater Sage Grouse on Homelands of the Summit Lake Paiute Tribe, Northwestern Nevada

New Mexico:

- Pueblo of Santa Ana (\$199,968), Wildlife Conservation on the Pueblo of Santa Ana Through Enforcement, Knowledge, and Habitat Enhancement

Oregon:

- Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians (\$96,635), Tenmile Lakes Basin Lamprey Conservation Project

- The Klamath Tribes (\$200,000), Klamath Reservation Forest Habitat Restoration and Ecosystem Resiliency Project: Phase 2

- Confederated Tribes of Grand Ronde (\$124,240), Oak Habitat Restoration at Rattlesnake Butte Wildlife Area

Washington:

- Lower Elwha Klallam Tribe (\$187,325), Lamprey Re-colonization of the Elwha River Post Dam Removal

- Sauk-Suiattle Indian Tribe (\$187,400), Mountain Goat Status in the North Cascades: Population Dynamics, Habitat Selection and Seasonal Movement Patterns in a Changing Climate

- Muckleshoot Indian Tribe (\$168,563), White River Black Bear Study

Wisconsin:

- **Forest County Potawatomi (\$131,795), Conservation of Myotis Species in and Around Tribal Lands**

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 suicidhotlines.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.

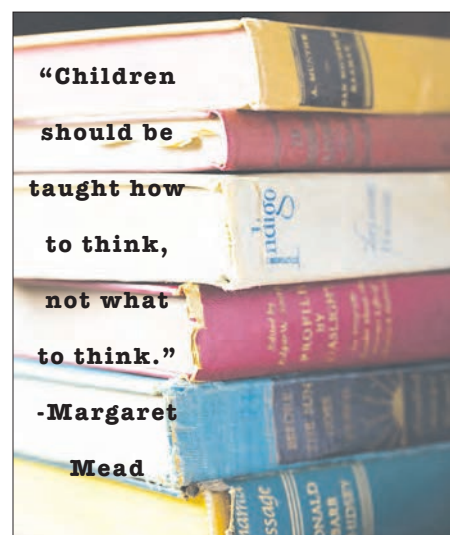
EDUCATION

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 12 - WIC: HWC 8 a.m. - 4 p.m.
- April 20 - Community Baby Shower: Crandon Community Building, 4:30 - 6:30 p.m.
- 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 5.

Family Resource Center

- Healthy Relationships: Mondays, April 11, 18, 25, 10 a.m. to noon.
- FRC/CHOICES: Mondays, April 11, 18, 25, 3:30 - 5 p.m.
- Play Shoppe: Tuesdays, April 12, 19, 26, 11:30 a.m. - 12:30 p.m.
- Circle of Sisters: Wednesdays, April 13, 20, 27, 1 - 3 p.m.
- PIP: Thursdays, April 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 11, 18, 25, 3:30 - 5 p.m.
 - Youth 13 - 17: Tuesdays, April 12, 19, 26, 3:30 - 5:30 p.m.
 - Youth 7 - 9: Wednesdays, April 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.



April is National Distracted Driving Awareness Month

Last year in Wisconsin, 94 people were killed in distracted driving crashes. A hairbrush, a hamburger and a cellphone—all are harmless except when you're behind the wheel of a vehicle.

"When drivers comb their hair while looking in the rear view mirror, eat a meal, or text message while driving, they are in fact distracted and in danger of causing a crash or failing to avoid one," says David Pabst, director of the Wisconsin Department of Transportation (WisDOT) Bureau of Transportation Safety. "Trying to multi-task while driving is a recipe for disaster."

To remind people that they must give driving their undivided attention, Congress has designated April as National Distracted Driving Awareness Month.

"The dangers of distracted driving, also known as inattentive driving, are not exaggerated and are a growing threat to everyone on the road. Last year in Wisconsin, 94 people were killed in crashes in which at least one driver was listed as driving inattentively. In addition, 10,615 people were injured in distracted driving crashes

in 2015," Pabst reports. "That's an increase from 2014 when 72 people were killed and 9,704 were injured."

To help motivate people to pay attention behind the wheel, WisDOT has produced new TV, radio and online messages that creatively highlight how distracted driving is entirely preventable. The video messages, featuring a new super-villain known as the "Distractor," also will be available on WisDOT's Facebook and Twitter.

In addition, WisDOT will continue to display messages warning about the dangers of distracted driving on electronic signs on major highways.

Although many actions are distractions while driving, significant public and legislative attention has been focused on talking and texting on cell phones. Wisconsin law prohibits texting while driving, and drivers with an instruction permit or probationary license, which includes many teenagers, are prohibited from using a cell phone while driving except in an emergency.

For more information, contact David Pabst, director of the Bureau of Transportation Safety, at (608) 709-0055 or at david.pabst@dot.wi.gov.

Source: <http://wisconsin.gov>

Think Before You Drink

The Wisconsin Department of Health Services (DHS) urges all state residents to take time to self-examine their drinking habits. April is Alcohol Awareness Month, a national observance to increase understanding of alcohol use problems, treatment, and recovery.

"Alcohol is the most commonly abused drug in Wisconsin," said DHS Secretary Kitty Rhoades. "This is a good time to take a minute and think about the effect alcohol has on your life – on your relationships, your job, and your health. If you decide it's time to change, there is help available."

One way to identify usage patterns that may reflect problems with alcohol is to take this quiz, known as the CAGE Questionnaire. There are four questions.

- Have you ever felt you could cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning ("eye-opener") to steady nerves or get rid of a hangover?

Individuals who answer yes to one or more of these questions should assess the impact alcohol use is hav-

ing on their life. Talk to a health professional if you have questions or concerns, or if you want to quit, and need help. The federal government's Dietary Guidelines for Americans state if alcohol is consumed, it should be in moderation – up to one drink per day for women and up to two drinks per day for men. Individuals under the age of 21, and those who are or may be pregnant, should not drink at all. People using prescription medication or under the care of a physician should check with their doctor about any use of alcohol.

Excessive drinking is associated with increased risk for vehicle crashes, injuries, high blood pressure, stroke, suicide, and some types of cancer, according to the National Institute of Alcohol Abuse and Alcoholism.

Support is available for those who want to stop drinking or reduce their use. Call (800) 662-HELP or visit the DHS online healthy living resources library for more information.

Follow DHS on Twitter (link is external) during April Alcohol Awareness Month for more information on the health and social problems caused by drinking too much.

Source: www.dhs.wisconsin.gov/



**POTAWATOMI STONE LAKE C-STORE/
SMOKE SHOP/DELI**
Located 3 Miles East of Crandon off of Hwy. 8
5326 Fire Keeper Rd., Crandon, WI (715) 478-4199
Open 7 days a week: 6 a.m. - 10 p.m.

April showers
BRING
May flowers

Chicken & Biscuit
2 PC, 3 PC & 4 PC
(White and/or Dark)

Family Chicken
Combo Meals Available

Chicken
8 PC, 12 PC, 16 PC & 25 PC
(White and/or Dark)

**Krispy
Krunchy
Chicken**

This program is at our Crandon location only.

Gift Certificates Available

Ethanol-Free Premium Gas • Blended Diesel • 24-Hour Pay-at-the-Pump Fuel
In-House Deli Food • Coupons Welcome • Self-Serve Smoke Shop
Low & Discount Carton Prices • Ample Parking • Groceries • ATM • Ice

(715) 478-7470 | www.FCPotawatomi.com

"DA WE WGE MEK"
(GIFT SHOP)

**YOUR DESTINATION FOR AUTHENTIC
NATIVE AMERICAN GIFTS**

Men's & Women's T-shirts • Unisex Adult Hooded Sweatshirts
Youth: T-shirts & Hooded Sweatshirts • Beading Supplies • Sister Sky Products
Homemade Soaps from "Sacred Feather Traders" • Pendleton Items
Local Beadwork and Crafts • Leaning Tree Greeting Cards
Pow Wow Calendars • Keeper of the Fire Logo Decals
Potawatomi Dictionary • Documentaries • DVDs and CDs

IMPORTANT: WE ARE NO LONGER ACCEPTING CHECKS AS A FORM OF PAYMENT. CASH, DEBIT OR CREDIT CARDS ONLY.

Open Mon. thru Thurs. 17 a.m. to 5 p.m.
CLOSED Fridays and on federal holidays.



**FIRST COUNTY POTAWATOMI
CULTURAL CENTER,
LIBRARY & MUSEUM**
8130 Mish ko swen Dr.,
Crandon, WI 54520







April is Stress Awareness Month

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The Fight or Flight Response

The sympathetic stress response is a survival mechanism that is hard-wired into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other

hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in

control. This may take some practice, but it pays off in peace of mind.

- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day—even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started: Take a walk, read a book, go for a run, have a cup of tea, play a sport, spend time with a friend or loved one, meditate, do yoga.

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Source: www.fob.hhs.gov/calendar/stress.html



Col. Mathews Becomes Wisconsin Army National Guard's First Female Officer when Promoted to Rank of Brigadier General

submitted by Great Lakes Inter-Tribal Council, Inc.

MADISON, Wis. (April 4, 2016) - Wisconsin Army National Guard Col. Joane Mathews made history when Gov. Scott Walker, commander-in-chief of the Wisconsin National Guard, promoted her to brigadier general, making her the first female general in the Wisconsin Army National Guard.

Firsts aren't new to Mathews, a member of the Lac du Flambeau Band of Lake Superior Chippewa Indians; she's been breaking glass ceilings her entire 29-year military career. She was also the Wisconsin Army National Guard's first female Army chief of staff, the first female brigade commander, the first female commander of the 1st Battalion, 147th Aviation Regiment, and the state's first non-medical female colonel. Not only has Mathews

succeeded in a military environment once dominated by men, she overcame humble beginnings on a Wisconsin Indian reservation en route to prominence in the Wisconsin National Guard.

Mathews admitted to experiencing a flood of emotions concerning her new role. "I have several family members who have served well before me, and I am especially proud to carry on the legacy of military service my father had started," she said.

"I am also sad that he can't be here to see me pin on this rank, as he had been to almost every other promotion in my career. "I am hopeful to be a positive role model for other female service members," Mathews continued, "I'm anxious to begin this new chapter in my life, and excited – to serve in

such a capacity is quite an honor."

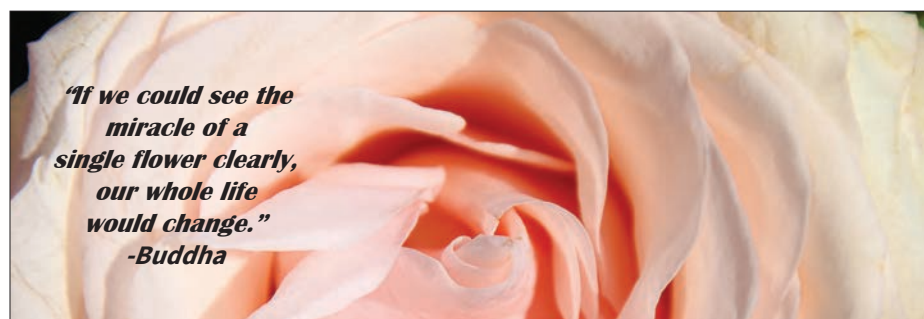
"We are proud of Col. Mathews and congratulate her on her many accomplishments. She is an excellent role model for Native Americans. We wish her much success in all of her endeavors," said Mike Allen, Executive Director.

Mathews graduated from Lakeland Union High School, Minocqua, Wis. She holds a bachelor of arts degree in Aviation Administration from the University of North Dakota, Grand Forks; a master's degree in Military Management from Touro University; and a master's degree in Strategic Studies from the U.S. Army War College. Her military education includes Army Aviation Officer Basic and Advanced Courses, Combined Arms and Services Staff School, Command and General

Staff College, and the U.S. Army War College. She has also completed the initial Entry Rotary Wing Course, Helicopter Instructor Course, and Maintenance Test Plot Course.

Col. Mathews's awards include the Legion of Merit with one Bronze Oak Leaf Cluster, the Meritorious Service Medal with two Bronze Oak Leaf Clusters, the Army Commendation Medal with two Bronze Oak Leaf Clusters, the Army Achievement Medal, the Senior Army Aviator Badge, and the Army Superior Unit Award.

Col. Mathews is employed full-time as the Director of Human Resources for the Department of Military Affairs. She lives in Sun Prairie, Wis., with her husband, Ric, and daughters, Shannon and Lindsey.



PERSONALS

Happy Birthday

Carole White - April 20, 2016 and Harvey White - April 27, 2016

From, Your family and friends in Michigan

Community Easter Party!

by Val Niehaus

The FCP Recreation department held its annual Easter Party on March 25, 2016, at the recreation building. The event was filled with games, prizes, Easter baskets, and food. With quite a few in attendance, it was a family-friendly party that of course was centered on the children who were there. No matter your age, it was certain that you would have fun and perhaps even win a couple of prizes.

The festivities started out with the games, which were arranged accordingly to age. These included the “push the egg with your nose” game; the “potato sack jumping” game; and to top it all off, the “smash the egg on the head” game. This involves smashing an egg on the head to see who ends up getting the raw one and for some reason, is the most anticipated game and the highlight of the party activities.

After the games and prizes were

given out, Council Member Brooks Boyd said a blessing for the food and to the people there in attendance. He stated, “It’s great to see so many community members here today to celebrate this holiday and to spend time with one another. Let’s enjoy this day and the food that these ladies prepared for us! Migwetch!” With that everyone dug into the ham, wild rice casserole, mac and cheese, and all the other fixings that go along with Easter dinner.

At the end of the party the bike raffle took place and that left quite a few people happy with a new set of wheels to pedal during the summer. All of the children present were able to take home an Easter basket filled with goodies. In all, the recreation department did a great job of providing a fun-filled morning for the families of the community.

Getting registered for prizes!



Family time!



Oh!!! There goes that egg!! Good to see a council member participating in the game.



Bondesé was a bit in shock by the looks of it!



Getting her nose into it.



Jayla Frank doing well in the “egg roll” game, thanks to Dad.



Hopping down the bunny trail.



Cameron Tuckwab showing off his muscles!