



Pokagon Apprentices Invest Four Years into Learning the Potawatomi Language



Apprentices with FCP Elder Jim Thunder. Carla Collins (left) and Kyle Malott (right)

by Val Niehaus

In 2013, Forest County Potawatomi (FCP) and Pokagon Band of Potawatomi collaborated on an apprenticeship called Potawatomi Master Apprentice Language Program. The idea behind this program was to choose two apprentices from the Pokagon community to come and reside in Crandon, Wis., to learn the Potawatomi language from fluent speakers

in the FCP community. The thought was that after spending some time learning the language, they could then return to the Pokagon community with this new knowledge. This idea came from Jim Thunder Sr., who voiced his thoughts to the Pokagon tribal council, and after discussing the idea, they funded the project.

Carla Collins and Kyle Malott, both from Dowagiac, Mich., and both Pokagon, were the individuals chosen to take on this venture. To be accepted into the program they had to have their applications reviewed and then pass a written exam. Collins and Malott received the highest scores on this exam.

The original plan was to have Collins and Malott here for two years, but if anyone knows the difficulty involved in learning a second language, it's easy to realize that it can take much longer. With two different extensions from the Pokagon Band, both apprentices were able to stay here until their term is up this year.

Along with other students who are interested in learning their language so as to preserve it for future generations, the apprentices attend classes a couple of times a week with Thunder. Collins says, "Within our community we don't have any fluent speakers left. So, to learn the language, we had to come to where the fluent speakers are. Jim took us under his wing and has been going above and beyond in helping us. For the first two years, we predominantly worked with Mary Jane (Thunder).

Now, for the last two, it is with Jim."

PTT asked both apprentices when their apprenticeship was ending. Malott said, "I am done in March. I then plan to go back home where I am contracted to teach for five years." Collins mentioned, "The whole goal of this was to learn as much as possible from Jim. We then will go back to our community and teach our own apprentices as much as we can. Then everything will trickle down from there." Collins said she is done at the end of June.

Collins and Malott have adjusted well these past few years. Collins says, "The whole community has been really good to us and has made us feel comfortable. Mike Alloway has helped us feel very comfortable here at the museum and along with Jim, they both made us feel very welcomed." Thunder says, "These two are doing very well and I am very confident in what they have learned and in their ability to teach others."

Collins' and Malott's days are pretty busy. They study intensively and listen to tape recorded lessons from class to hear the language. Attending class is of key importance also. Collins says, "Kyle and I practice quite a bit with each other. We also have a beginner class we attend and then later an afternoon class. I also speak the language at home with my kids." Malott says the biggest struggle is just getting everything memorized correctly and being able to say it back the correct way. Thunder says, "You can't just learn the language

by going to class. You have to put a lot of your own time into it."

In addition to the classes, both apprentices also accompany Jim if he needs to travel to other bands to help them with the language. They have traveled to Hannahville and to the Prairie Band Potawatomi. Helping and learning from Thunder during these times is very instrumental to their own education.

Preserving the Potawatomi language is extremely important for all tribal members. As has been said, "If you lose your language, you lose your existence." This is a very serious threat to the Potawatomi people and with this program in place, it is hoped that the odds of this happening are lowered. With the dedication and persistence of both Collins and Malott, let's hope this fear becomes just a distant memory of what could have happened had these two individuals not found the means to learn this almost extinct language.

It is also of great importance to the tribe to see the people attending classes at the FCP Cultural Center, Library & Museum. Hopefully, more individuals will consider putting in the time to learn their language.

As for the apprentices, we wish them both the best of luck in the future as they pursue their plans to teach others and to make certain that this language is preserved for future generations.

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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.



Wgema Campus Featured in “Around the Corner with John McGivern”

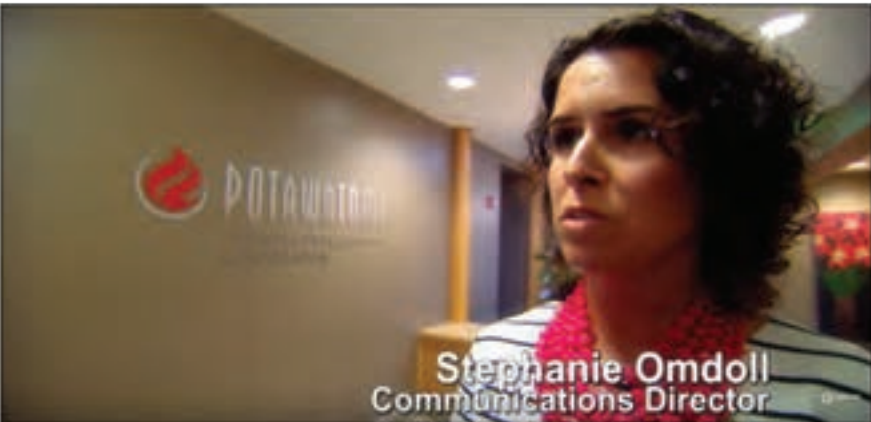


Over this past summer, John McGivern and the crew from MPTV’s “Around the Corner with John McGivern” visited Wgema Campus to talk with FCP Chairman Gus Frank and PBDC CAO Stephanie Omdoll about the Tribe’s investment in Milwaukee’s Near West Side. This episode aired on MPTV on Thursday, Jan. 12.

To view the full episode, visit the news page of PBDC’s website: potawatombdc.com/news



Chairman Frank discussing the history of Wgema Campus and the continued renovation and revitalization of the historic buildings taking place on campus.



PBDC CAO Stephanie Omdoll explaining FCP’s economic diversification business operations and giving a brief overview of PBDC’s subsidiary companies.



The Redhawk Team Enjoying the First Snowfall of the Year in Bend, Ore.



GREENFIRE

River House Apartments - Now Accepting Leases!



Phase one of the River House Apartments is nearing completion! Visit the projects page of Greenfire’s website to view our latest progress photos: greenfire.com/projects

Happy February Birthday to These Elders!

- 2-4 Asthasia Delgado

2-8 Frances Shepard

2-11 Lance Reeves

2-11 Kirk Ritchie

2-14 Mary Jane Thunder

2-16 Louella McGeshick

2-16 Ruth Pemma

2-18 Darrell Genett
- 2-19 Walter Johnson Sr.

2-19 Wayne Tuckwab

2-23 Franklin Ritchie

2-23 Brenda Shopodock

2-26 Russell C. Butzer Sr.

2-26 Howard Crawford Jr.

2-28 Beverly Crawford

2-28 Mark Kuhn

FCP CARING PLACE February 2017 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):
- 2/7: Casino Day
 - 2/12: Disney on Ice
 - 2/15: Shopping
 - 2/24: Rouman Cinema
 - 2/26: Bingo Carter Casino @ 10
 - 2/28: Birthday Bingo @ 12:30

Judicare is Coming

Judicare is coming to the community sometime in March 2017. Judicare will work with you to create a legal WILL that is fully executed, witnessed and notarized. Look for more info to follow in the next few weeks. Contact Penny Christianson, the Caring Place, at (715) 478-4892 with any questions you might have.



POTAWATOMI TRAVELING TIMES

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Elder Menus FEBRUARY 2017



Wednesday, 2/1
Chef Salad w/Turkey,
Ham, Cheese, Tomato, Cucumbers
& Egg, Breadstick, Raisins

Thursday, 2/2
Lasagna, Garlic Bread,
Green Beans, Tossed Salad,
Mandarin Oranges

Friday, 2/3
Cream of Broccoli Soup,
Chicken Salad Sandwich, Crackers,
Grapes, Chocolate Pudding

Monday, 2/6
Egg Salad Sandwich, Tomato
Wedges, Baked Beans, Banana,
Strawberry Yogurt

Tuesday, 2/7
Cheeseburger Stuffed Shells,
Tossed Salad, Garlic Breadstick,
Corn, Pears

Wednesday, 2/8
Chicken Patty on Bun, Broccoli
Cauliflower Salad, Pineapple,
Cranberry Juice

Thursday, 2/9
Hominy Beef Soup, Biscuit,
Peaches, Cheese Stick

Friday, 2/10
Fish, Cole Slaw, Baked Potato,
Rye Bread, Pineapple

Monday, 2/13
Sub Sandwich w/Ham, Turkey,
Lettuce & Tomato, Pickle,
Baked Sun Chips, Apple

Tuesday, 2/14
Pork Chop Suey, Rice,
Egg Roll, Strawberries

Wednesday, 2/15
Italian Chicken Breast,
Parmesan Noodles, Squash,
Salad, Cantaloupe

Thursday, 2/16
Mushroom Swiss Burger,
Baked Sweet Potato,
Spinach, Pears

Friday, 2/17
Pea Soup w/Ham, Carrots &
Onion, Biscuit, Orange Juice,
Chocolate Chip Cookie

Monday, 2/20
No Lunch – Closed For Holiday

Tuesday, 2/21
Beef Stew, Biscuits,
Cottage Cheese, Pineapple

Wednesday, 2/22
BBQ on Bun, Baked Beans, Beets,
Apples, V-8® Juice

Thursday, 2/23
Turkey, Mashed Potatoes,
Gravy, California Blend Vegetables,
Dinner Roll, Pumpkin Pie

Friday, 2/24
Wild Rice & Beef Soup, Frybread,
Jello® w/Fruit, V8® Juice

Monday, 2/27
Mostaccioli, Garlic Bread,
Tossed Salad, Corn, Pears

Tuesday, 2/28
Mushroom & Gravy-Smothered
Meatballs, Mashed Garlic
Potatoes, Green Beans, Dinner
Roll, Sweet Potato Pie

*Menus subject to change.

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!

Deadline for the Feb. 15, 2017 issue
is Wednesday, Feb. 1, 2017.

FCP Foundation Announces New Scholarship Program

submitted by FCP Foundation

MILWAUKEE (Jan. 17, 2017) - Forest County Potawatomi (FCP) Foundation announced that it has created a scholarship program for Wisconsin residents enrolled in a high school vocational/technical program, one of Wisconsin's technical colleges, or an accredited Wisconsin University/College. A total of \$475,000 in scholarships will be awarded annually.

Since 1999, the FCP Foundation has been supporting communities by assisting and enabling their efforts towards self-improvement. The FCP Scholarship Program was created to continue to support communities by addressing the need for more affordable education and training in order to build a more educated and skilled workforce.

"The development of a strong and well-educated workforce is of paramount importance to our community and the state of Wisconsin," said FCP Chairman Harold "Gus" Frank. "We are proud to provide these scholarships to help students continue their education and ensure that Wisconsin's workforce remains robust and capable."

Three different scholarship opportunities will be available to Wisconsin residents:

- \$1,000 Chief Simon Kahquados Scholarship (25 scholarships available) - Available to full-time Wisconsin high school students seeking to enroll in a

Wisconsin technical/trade/vocational school program hosted by a high school. Awardees receive a \$1,000 scholarship and a one-time \$100 stipend.

- \$5,000 Delores Pemma Scholarship (25 scholarships available) - Available to Wisconsin residents enrolled in a full or part-time associate degree program at an accredited Wisconsin university/college/technical college. Awardees receive a \$5,000 scholarship and a one-time \$300 stipend.

- \$10,000 Lois Crowe Scholarship (30 scholarships available) - Available to graduating Wisconsin high school seniors enrolled in a full-time bachelor's degree program at an accredited Wisconsin university/college. Awardees receive a \$10,000 scholarship and a one-time \$500 stipend.

Scholarship applications are now available on the FCP Foundation website at www.fcpotawatomi.com/government/foundation/. Applications must be received by March 30, 2017. Scholarships will be awarded in May 2017.

Since 1999, the Forest County Potawatomi Foundation has contributed more than \$40 million to charitable causes across Wisconsin. The mission of the Foundation is to fight poverty, promote economic opportunity, strengthen communities and provide an example of responsible citizenship by assisting charitable organizations.

Appreciation for 26 Years

by Val Niehaus, photos by Linda Skallerud

On Jan. 20, 2017, an "Appreciation of 26 Years of Service as Tribal Secretary" dinner was held for Lorna Shawano at the Potawatomi Carter Casino Hotel. Gus Frank and Al Milham wanted to show their appreciation to Shawano for her dedication to the FCP tribe for the past 26 years with an intimate gathering of close friends and family.

Shawano has seen many changes throughout the 26 years she served as tribal secretary; she has also been a part of many huge accomplishments the tribe has fought for.

Frank said, "Lorna was here for six years before I became chairman for this tribe, so it was an honor to come in and work with her. I then had the privilege of working with her for the next 20 years. In my eyes, she will always be my secretary."

Milham also made the comment, "Lorna was truly dedicated to our community and 26 years speaks for itself. Our tribe has grown tremendously in that

time and I am very happy she was a part of it."

There were several speakers who spoke on behalf of Shawano family members who have passed. These included Francine VanZile, Ruthie Pemma and Eugene Shawano Jr. To hear these individuals speak on behalf of family members who are no longer here to speak for themselves was very moving and heartfelt.

In closing, Eugene Shawano Sr. also spoke on behalf of his daughter and shared a very animated telling of the "Blackwell Hill Story". He had people on the edge of their seats and laughing hysterically.

Shawano had this to say: "I would like to thank my friends and family who came; it means the world to me. I would also like to thank Al and Gus for hosting this party and thanks to all who have supported me in the past. I want to wish Jim [Crawford] good luck in his future and I really appreciate everything!"



Lorna and her dad sharing a special moment.



Lorrie and Frank Shepard showing off one of the gifts for the night.



Gus Frank (left) and Al Milham (right) sharing their appreciation towards Lorna and also some good memories.

Welcome to These New Employees

Jenna Otterholt (LTE), HWC Health Coach Hire date: 12/5/16	Chelsey Ninham-Thomas, SL C-Store C-Store Clerk Hire date: 12/21/16
Daniel Becker (LTE), HWC Business Office Analyst Hire date: 12/5/16	Bernadette Konaha, HWC In-Home Care/Personal Case Worker Hire date: 12/27/16
Peter Johnson (LTE), Utilities Maintenance/Groundskeeping Hire date: 12/6/16	James Nosal, HWC Physician Hire date: 1/1/17
Ned Daniels III (LTE), Utilities Roads Maintenance Hire date: 12/12/16	Danielle Ziolkowski, LNR Administrative Assistant II Hire date: 1/3/17
Jill Wilson (LTE), HWC Behavioral Health Registered Nurse Hire date: 12/12/16	Celeste Schuppler, LNR Education & Monitoring Technician Hire date: 1/3/17
Charles Opferman, Milw. Legal VP of Operations Hire date: 12/12/16	Sharon Woodall, SL C-Store Food Service Helper Hire date: 1/3/17

Diabetes and You: Manage Your ABCs!

submitted by Anne Chrisman, RN, Community Health

February is National Heart Awareness Month. Many people with diabetes do not realize that having diabetes increases their chances of having a heart attack or stroke. Research has shown that people with diabetes can lower their risk for heart disease and other heart problems by managing the ABCs of diabetes. Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol—also known as the ABCs of diabetes. Teach your family about your diabetes and the ABCs so they can help you, too.

- A1c: The goal set for many people is less than 7 percent for this blood test, but your doctor might set different goals for you.
- Blood pressure: High blood pressure causes heart disease. The goal is less than

140/90 mmHg for most people, but your doctor might set different goals for you.

- Cholesterol: LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask what your cholesterol numbers should be.
- Don’t smoke: Call 1-800-QUIT-NOW (1-800-784-8669) for support, or call Community Health at (715) 478-4355 for smoking cessation counseling and products.

Sources: www.cdc.gov/diabetes/ndep/pdfs/toolkits/working-together/152-all-medicines-matter.pdf; www.niddk.nih.gov/health-information/health-communication-programs/ndep/partnership-community-outreach/campaigns/diabetes-heart-health/Pages/default.aspx

Free

Foot and Nail Care Clinic

Thursday February 16, 2017

10 a.m. – 3 p.m.

Health & Wellness Center Community Health

OPEN TO FCP TRIBAL MEMBERS

No Appointment Needed

First-Come First-Serve Basis

Foot and nail care services are provided in a relaxing environment by registered nurses certified in foot and nail care and wound treatment.

Services Available

Medical Pedicure

Nail Cutting

Cracked Heels

Ingrown Toe Nails

Thick Nail Debridement

Podiatry Referral

Foot Assessment

Calluses And Corns

FOR MORE INFORMATION OR QUESTIONS, PLEASE CONTACT ANNE CHRISMAN, RN: (715) 478-4383, OR SARA CLEEREMAN, RN: (715) 478-4889 CMH.FCPOTAWATOMI.COM

Foot & Nail Care Tips

- Keep your feet clean by washing them every day in warm soapy water, but don't soak them, as this might destroy your skin's natural oils.
- Dry your feet thoroughly, especially between the toes which is where fungal infections such as athlete's foot can develop.
- If your skin is dry, apply moisturizing cream all over the foot, except for between the toes. Gently remove hard skin and calluses with a pumice stone or foot file.
- Trim your toenails regularly using proper nail clippers. Cut straight across to avoid ingrown toenails.

Source: www.nhs.uk/Livewell/foothealth/Pages/Healthyfeet.aspx

FOR A HEALTHIER COMMUNITY, WE NEED YOU!

2017 COMMUNITY HEALTH ASSESSMENT COMING SOON!

The Forest County Potawatomi Community Health Department is preparing to conduct its second Community Health Assessment in 2017. The aim of the assessment is to identify major needs and concerns of the Forest County Potawatomi Community, so the Community Health Department and others can better serve YOU. Your voice matters; with your help and participation, we can help improve the health and wellness of the community and future generations to come!

Interested in helping? Watch out for more information on:

• Focus Groups

• Community Health Assessment Survey

More information coming soon! Questions or concerns, please contact the FCP Community Health Department, or Melanie Tatge, MPH, CHES, at (715) 478-4355. cmh.fcpotawatomi.com

Honoring Health, Healing, and Tradition

February is National Children's Dental Health Month

The theme this year is "Defeat Monster Mouth". Have you ever noticed "dragon breath" on your child? The good news is there are ways to help you and your child "Defeat Monster Mouth":

• Brush two times a day for two minutes each time.

• Floss once a day.

• Visit your dental hygienist and dentist at least twice a year.

• Eat healthy foods and snacks.

• Use fluoride supplements.

SERVICES OFFERED

AODA (715) 478-4370

Behavioral Health (715) 478-4332

Community Health (715) 478-4355

Dental (715) 478-4313

Lab (715) 478-4339

Medical (715) 478-4339

Optometry (715) 478-4345

Pediatrics (715) 478-4339

Pharmacy (715) 478-4347

Imaging (715) 478-4339

Rehabilitation (715) 478-4344

Weekend Walk-In (715) 478-4300

Appointments can be made by calling (715) 478-4313.

Hours: Monday - Friday, 7:30 a.m. - 5:30 p.m.

Open to the Public

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI

General: (715) 478-4300 • www.FCPotawatomi.com

a participating member of

ASPIRUS NETWORK

Macaroni at Midnight: Speaker Shares Story at Sobriety Feast

submitted by Melanie Tatge, CHES, Community Health

Each year, there are approximately 88,000 deaths as a result of alcohol abuse and 75,702 drug and opioid deaths as a result of overdoses in the United States. According to the 2015 National Survey on Drug Use and Health, 175 million people have used alcohol within the past year; more than 36 million have used marijuana; 12.5 million have misused prescription medications; and 300,000 reported using heroin. American Indian/Alaska Native populations have the highest prevalence of substance abuse across the country compared to other races/ethnicities: 22.9 percent have used illicit drugs within the past year and 51.4

percent met the criteria for a substance use disorder. However, substance abuse and addiction can be overcome. On Jan. 12, 2017, Forest County Potawatomi (FCP) AODA Services held its annual Sobriety Feast in the Executive Auditorium and Rec Center. This feast is a celebration to honor individuals who have completed or are currently on the path to sobriety. FCP AODA Services, Community Health, Education Department and Health Division invited Dr. Don Bartlette to share his story on the impact of substance use and abuse can have on one's life and the cycle it can bring.

Bartlette is an internationally-claimed, full-time speaker who captivated audiences for over 40 years sharing his story. As seen on his website, Bartlette's autobiographical profile, "Macaroni at Midnight," shares his life growing up as a Chippewa Indian with emotional, speech and physical disabilities in an environment of poverty, violence, juvenile delinquency, homelessness, child abuse, racism, and alcoholism. His story inspired those in attendance and has helped people across the world see how one can overcome hardships and survive a multi-cultural world. If you feel you may have alcohol or

substance abuse concerns, please contact FCP AODA Services at (715) 478-4370 for more information on groups, programs and services they provide. *Reference: Dr. Don Bartlette. (2016). Dr. Don Bartlette. Retrieved from www.don-bartlette.com/ U.S. Department of Health & Human Services. (2016). Facing Addiction in America: The Surgeon General's report on Alcohol, Drugs, and Health. Retrieved from https://addiction.surgeongeneral.gov/surgeon-general-report.pdf; Wisconsin Department of Health Services and University of Wisconsin Population Health Institute. (2016). Wisconsin Epidemiological Profile on Alcohol and Other Drugs, 2016.*

• • Attention ATV and Snowmobile Users • •



For your safety, please do not ride across the ice on the new storm water pond east of the Executive Building on the corner of Highway 8 and Kwe da kik Lane. This pond was designed to hold runoff from nearby buildings, roads, and parking lots. This means there is occasionally water flowing into and out of it, and in that water there is salt and other treatments used to melt ice. As a result, ice on the pond may not be as thick and sturdy as area lakes and ponds. We strongly caution against going on that ice.

Migweth, FCP Natural Resources Department



women's exercise program

Every Monday and Wednesday
5:30-6:30 p.m.
@ the FCP Recreation Center

tabata style workout

Beginning Jan. 23 - March 1, 2017

Instructor/ Mishel Ison
(RYT, CTA, Y12SR, 2ND DAN BLACK BELT)

OPEN TO FCP TRIBAL WOMEN

Sign up or direct questions to Community Health at:
(715) 478-4381, Leah.Littleton@fcpotawatomi-nsn.gov
or www.ches.fcpotawatomi-nsn.gov

devil's lake

2017 winter fisheree

Saturday, Feb. 18 | 9 a.m. - 3 p.m.

FOREST COUNTY POTAWATOMI NATURAL RESOURCES

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

open to all tribal members and their families

CATEGORIES:
BASS, CRAPPIE, BLUEGILL, PERCH

PRIZES AWARDED for
1st, 2nd, and 3rd
in each category for both adults (15 and older) and youth

GRAND PRIZE will be awarded for the longest fish caught, adult and youth combined (weight will be used in the event of a tie)

SNOWSHOEING & SCAVENGER HUNT - INCENTIVES FOR PARTICIPANTS:

BONFIRE WITH WEENIE ROAST AND S'MORES

LUNCH AND DRINKS PROVIDED

Fruit/Vegetable of the Month: Tomatoes

submitted by Lisa Miller, RDN, CD, Community Health

FUN FACTS:

- There are more than 4,000 varieties of tomatoes.
- According to the U.S. Department of Agriculture, Americans eat more than 22 pounds of tomatoes every year. More than half of this amount is eaten in the form of tomato sauce and ketchup – watch out for added sugar.
- Health Benefits: Fresh tomatoes can help to lower cholesterol, LDL cholesterol and triglycerides. Tomatoes are a good source of lycopene, vitamin C, beta-carotene, vitamin E and manganese.

TOMATO TIPS: PURCHASING

Go local if possible. The less the tomatoes have to travel, the more likely they were picked ripe. Vine-ripened tomatoes are preferred, since tomatoes kept on the vine are allowed to ripen longer and become more flavorful.

SELECTING

Choose tomatoes that are firm, glossy, smooth, plump, heavy for their size, and free of bruises. Avoid tomatoes that are overly ripe and soft. Fragrance is a better indicator of a good tomato than color. Smell the stem end. The stem should retain the garden aroma of the plant itself – if it doesn't, your tomato will lack flavor.

In the winter when fresh tomatoes may not be available, substitute good-quality canned Italian plum tomatoes in cooked dishes. Choose “no salt added” where available and add your

own iodized salt. Cook for 10 minutes to reduce the liquid and enhance the taste.

STORING

• Never refrigerate fresh tomatoes! Cold temperatures make the flesh of a tomato pulpy and destroys the flavor. Store tomatoes at room temperature stem-end down. This prevents air from entering and moisture from exiting, prolonging shelf life.

How to Ripen Green Tomatoes

To ripen, place green tomatoes in a brown paper bag and place in a dark spot for three or four days, depending on the degree of greenness. The bag will trap the fruit's ethylene gas and encourage ripening. Do not put tomatoes in the sun to ripen – this softens them.

Freezing Tomatoes

The simplest way to preserve tomatoes is to freeze them whole. Just rinse them, spread them out on a cookie sheet, and freeze overnight. When frozen, put

them in a freezer bag and return to the freezer. To use, remove from bag and thaw. When thawed, slip the skins off, and use in your favorite recipes.

Puree

Peel the tomatoes, purée them in a blender, and then strain them through cheesecloth or a coffee filter to drain off the excess tomato water (this can be used in soups). Freeze the pulp in ice cube trays. When frozen, store the cubes in a freezer bag.

Oven Roasted Tomatoes

Roast halved tomatoes with olive oil and herbs before freezing.

SERVING

Tomatoes are extremely versatile. They can be added to almost any soup or salad. Make your own salsa and serve over whole grain chips. Try the easy tomato sauce over spiralized vegetable noodles.



For more information on tomatoes and other nutrition topics, contact Lisa Miller, RDN, CD or Stephanie Mattson, CD, LPN at (715) 478-4355. cmhFCPotawatomi.com

INGREDIENTS

- 8 medium tomatoes
- 1 garlic clove, minced
- ½ cup basil leaves

EASY TOMATO SAUCE

- 2 Tbsp olive oil
- ½ tsp sea salt

DIRECTIONS:

- STEP 1: Place 7 of the tomatoes, olive oil, garlic, salt and basil in blender. Purée on high until creamy.
 - STEP 2: Chop the remaining tomato.
 - STEP 3: In a medium saucepan on medium heat, combine ingredients; heat thoroughly. Reduce heat and simmer 15 minutes more, until rich and thick.
- Serve. Yield: 4-6 servings
(recipe adapted from www.food.com and www.allrecipes.com)

The Importance of Exercise

Exercise is so much more than just burning calories and diet plans. In fact, regular physical activity helps your body function better:

- Exercise helps reduce the risk of heart disease, diabetes, diseases, etc.
- Exercise improves your chances of living longer and healthier.
- Exercise helps protect you from developing heart disease, stroke (or its precursors), high blood pressure, etc.
- Exercise may help protect you from developing certain cancer.
- Exercise helps prevent type 2 diabetes and metabolic syndrome.
- Exercise helps prevent the bone loss (known as osteoporosis).
- Exercise reduces the risk of falling; improves cognitive function.

• Exercise relieves symptoms of depression/anxiety and improves mood.

• Exercise prevents weight gain, promotes weight loss (when combined with a lower-calorie diet), and helps keep weight off.

• Exercise improves heart, lung and muscle fitness.

• Exercise improves sleep.

Easy ways to get moving:

• Get up and walk for at least five minutes every hour, especially if you



have a sedentary job.

• Start and end your day with movement, whether it be stretching, walking or doing yoga.

• Do what you love: Tennis, swimming, dancing, jump rope, basketball, weights,

running, walking, whatever! Don't limit yourself by some “standard” of proper exercise. Just move.

• Start finding ways to get the things done on your “to do” list by adding movement to it. Fold your laundry

while doing some basic stretches, make that phone call while you walk in the park, carry home the groceries for that mile.

The importance of exercise is not just a physical one; there's also a mental and emotional component that make finding time for dedicated moving essential to good health. It's important to find time to do things you enjoy that get your body moving. Our bodies were designed to move, so start now!

Always consult your health care provider before starting any new exercise or nutrition regimen.

Source: www.thankyourbody.com. Information contained in this article used with permission.

What's Going on in Carter?

submitted by Frank Shepard, PCCH General Manager

Ground Hog Day - Thursday, Feb. 2, Carter Club members will have a chance to find a ground hog to win cash prizes. Just earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries. One winner will be selected every hour between 10 a.m. and 7 p.m. Open up the ground hog den. If you find a ground hog, you win a cash prize. If the den is empty, a consolation prize of \$100 will be awarded. (There will be no Livin' It Up at 50 Drawings this day).

Live on us for a Year! - Carter Club
members started earning entries on Jan. 1, for the Feb. 11, 2017, \$50,000 'It's on us for a Year' drawing. Just earn 250 same-day base points or redeem 250 points for 10 entries. Drawings will be held at 11 p.m. for the larger cash prizes. Forty-nine winners will be selected to win one of the many cash prizes. Selection of prizes at 11 p.m. will be randomly done. Visit us at the Carter Club booth for further details.

Deal Me a Heart - Tuesday, Feb. 14, Carter Club members will have the chance to earn entries into the drawing. Just earn 100 same-day base points or redeem 200 points for 10 entries. One winner will be selected each hour between 5 and 8 p.m. Guests will automatically be awarded a \$200 cash prize. If they want to earn the bonus, they randomly select a card from the deck of cards. If the card is a heart, the guest will win an additional \$100 times the number appearing on the card. For example: a two of hearts will earn an additional \$200; a four of hearts will earn an additional \$400. A full deck of cards will be used for this promotion with the jokers and face cards removed.

President's Day - Monday, Feb. 20, Carter Club members will have the chance to win cash. Every hour from noon to 7 p.m., one winner will be selected. Just earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries. Guest will spin the wheel to determine the prize amount they have won.

Flashback Friday - Feb. 24, we are bringing back a favorite promotion from March 2006. The Flashback Friday will be 'Tuesday Night Mystery'. Carter Club members can earn 100 same-day points or redeem 200 points for 10 entries. One winner will be selected each hour between 6 and 10 p.m. for a total of five winners. Each winner will choose a letter from the letter board to reveal his/her prize. Limit of one win per person for this promotion.

Sweet Grand Drawing - Monday, Feb. 27, Carter Club members can earn entries by earning 100 same-day base points or redeeming 200 points for 10 entries. A drawing for \$1,000 will be held at 1, 3, 6 and 8 p.m. There will be two bins on the floor; guests may choose into which bin they want to put their entries. After the 3 p.m. drawing, one bin will remain on the floor until the last drawing is complete. Cookies will be served on the

floor at 10 a.m., 2 p.m., and 7 p.m. for all of our guests to enjoy!

Mardi Gras - Tuesday, Feb. 28, we are starting off the Mardi Gras Season! Carter Club members will have the opportunity to earn their Mardi Gras Beads while they play. Each strand of beads contains a prize – every strand is a winner! Prizes can be obtained at the booth during the hours of 7 a.m. and 10 p.m. or until the beads are gone. For every 200 points earned and redeemed, one strand of beads will be given to the guest. Limit five strands per person.

Celebrating 25 Years - Potawatomi
Carter Casino Hotel is celebrating 25 YEARS of gaming this year. To kick off the celebration, Carter Club members will have 25 chances every Wednesday in February to win cash prizes. For every 100 points earned or 200 points redeemed, members will get 10 entries into the drawing. Drawings will be held from 9 a.m. to 8 p.m. every Wednesday at random times. Each winner will win \$100. (Limit two wins per person for this drawing.) Two bins will be available for the guests: one for drawings 9 a.m. to 2:59 p.m. with 12 winners being selected. The second bin will be available 3 to 8 p.m. with 13 winners being selected.

Livin' It Up at 50 - Every Thursday (except Feb. 2), all Carter Club members 50 and over will receive a free entry into the drawing at Carter Club booth. One winner will be drawn every hour from 11 a.m. to 7 p.m. for \$100 cash. For every 250 points earned, the guest will receive 10 free entries into the drawings. Guests are allowed to win twice each day. Seniors earn 100 same-day base points get a \$5 coupon off a dinner, or earn 250 same-day base points receive a coupon for an \$11.95 value. Those that are not seniors can earn 200 same-day base points to get a \$5 off coupon for the dinner at The Flames or The Springs Restaurant. Earn 450 same-day base points for a coupon for an \$11.95 value. (There will be no Livin' It Up at 50 drawings on Thursday, Feb. 2 due to the Ground Hog Day drawing, but guests may still earn points for dinner.)

B I N G O!

Come in, check us out, be prepared to have some fun with bigger, better package deals along with higher payouts. And the *Intermission Wheel Spin* is back!

Regular Program: All packs are \$5. Regular games pay \$100; specials pay \$150, progressives pay \$125; last game pays \$500.

Fridays in February:

\$500 Fridays - Friday, Feb. 3 and 17. Packs are \$35. Five regular games paying \$250; 10 games paying \$500, and specials pay \$150. Guests receive \$25 in Potawatomi Play with the purchase of admission pack. Limit one Potawatomi Play per session. Purchase Package 3 or 4 get Package 1 for \$50!

Black Light Bingo - Friday, Feb. 24.

Football theme! Admissions opens at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. – midnight with free beer. Packs \$12 and machine specials. Games pay \$100; one game pays 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 February:

Bash - Saturday, Feb. 11. \$20/10 packs. Regular games pay \$175; one special pays \$300; three specials paying \$400 and the last game paying \$600! Free beer and food with admission pack purchase.

Paper 'Only' Session - Saturday, Feb.
18. Packs \$10. Regular games pay \$75;
progressive pays \$100; specials pay \$125;
last game pays \$500! *No coupons will be
accepted for this session.*

Electronic 'Only' Session - Saturday, Feb. 25. Package buy-in \$60 (limit three). Buy-in includes all of the games played (45 cards each) with 29 regular games paying \$125; last game paying \$500. No Early Birds or Progressives (excluding Hot Balls) will be played. Faster-paced calling for more excitement! *No coupons will be accepted for this session.*

Sundays in February:

\$500 Cash Drawing - Sunday, Feb. 26.
One lucky winner will receive \$500 cash!
Must be present and playing bingo to
win. Earn entries for each admission pack
purchased throughout the month. Limit
one entry per person per day.

February Birthdays:

Come and play bingo with a birthday in February and receive a free pack along with a complimentary dauber of your choice (Valid at regular session only.)

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.

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Harjo and Johnson Join the Native Arts and Cultures Foundation Board of Directors

submitted by PR Newswire Association LLC

VANCOUVER, Wash. (Jan. 18, 2017) - The Native Arts and Cultures Foundation (NACF) announced that it has added Valorie Johnson, a consultant, lifelong human rights activist and former program officer at the W. K. Kellogg Foundation, and Joy Harjo, an award-winning poet, author and musician and one of NACF's founding board members, to serve on the national non-profit's board of directors.

Valorie Johnson (Seneca-Cayuga-Eastern Cherokee) began her career as a human rights executive with the National Education Association in Washington, D.C. After earning her doctorate in educational administration, her career encompassed leading roles in public service including as director of Native American Affairs for the State of Michigan's department of social services, counseling

at the Institute of American Indians Arts in Santa Fe and the Kamehameha Schools in Hawaii. Over nearly 24 years, her program portfolio at W. K. Kellogg focused mainly on grassroots community organizations and educational institutions across the nation and leadership in the Native American Higher Education Initiative as well as the Minority-Serving Institutions' Leadership Development.

Johnson has also served on several boards, such as, the Americans for Indian Opportunity, the Smithsonian National Museum of the American Indian and the Nokomis Learning Center. "It gives me great joy to have been selected to join NACF's Board of Directors," said Johnson. "I am honored and excited to lend my experience in philanthropy and my lifetime work and advocacy with and for Native communities to serve this

outstanding organization. I wholeheartedly support NACF's powerful mission to promote and support Native artists and Native cultures, and look forward to participating in furthering the organization's reach and efforts."

Joy Harjo (Mvskoke Nation) holds the John C. Hodges Chair of Excellence at the University of Tennessee in Knoxville and is a co-founder of the Mvskoke Arts Association. She has written eight books of poetry and received the prestigious Academy of American Poets Wallace Stevens award in 2015 and the Guggenheim Fellowship for Creative Arts in 2014 for her achievements.

Harjo received the PEN USA Literary Award in Creative Non Fiction for a memoir, Crazy Brave, and is the author of two award-winning children's books, several screenplays, two plays, and an

anthology of North American Native Women's writing. She has also produced and performed on several award-winning CDs of original music. "I am pleased to announce my return to the NACF Board," Harjo stated. "It is almost ten years since we incorporated, to fulfill a dream brought forth from many generations of native artists and supporters from all over the country. What a gift to have been part of that dynamic team to get it started, and to see how far NACF has come from those early years. Many communities and artists have been renewed by the support of NACF. I am honored to return to continue serving this fine legacy of Native arts and cultures support and look forward to the next chapter."

Settlement for Cleanup of Abandoned Uranium Mines Announced

submitted by U.S. Department of Justice

WASHINGTON, D.C. (Jan. 17, 2017) – The United States and the Navajo Nation have entered into a settlement agreement with two affiliated subsidiaries of Freeport-McMoRan, Inc. for the cleanup of 94 abandoned uranium mines on the Navajo Nation. Under the settlement valued at over \$600 million, Cyprus Amax Minerals Company and Western Nuclear, Inc., will perform the work and the United States will contribute approximately half of the costs. The settlement terms are outlined in a proposed consent decree filed in federal court in Phoenix, Ariz. With this settlement, funds are now committed to begin the cleanup process at over 200 abandoned uranium mines on the Navajo Nation.

The work to be conducted is subject to oversight of the U.S. Environmental Protection Agency (EPA), in collaboration with the Navajo Nation Environmental Protection Agency.

"This remarkable settlement will result in significant environmental restoration on Navajo lands and will help build a healthier future for the Navajo people," said Assistant Attorney General John C. Cruden for the Justice Department's Environment and Natural Resources Division. "We appreciate the extraordinary commitment by Freeport's affiliated subsidiaries to clean up 94 mines, and to achieve this settlement without litigation. The Justice Department is always ready

to work cooperatively with the Navajo Nation and responsible private parties to address the legacy of uranium mining on Navajo lands."

"This historic settlement will clean up almost twenty percent of the abandoned mines on the Navajo Nation," said Acting Regional Administrator, Alexis Strauss for the EPA Pacific Southwest. "Cleaning up the uranium contamination continues to be a top environmental priority for our Regional office."

The Navajo Nation encompasses more than 27,000 square miles within Utah, New Mexico and Arizona in the Four Corners area. The unique geology of the region makes the Navajo Nation rich in uranium, a radioactive ore in high demand after the development of atomic power and weapons at the close of World War II. Many private entities, including Cyprus Amax (a successor-in-interest to Vanadium Corporation of America and Climax Uranium Company) and Western Nuclear, mined approximately 30 million tons of uranium ore on or near the Navajo Nation between 1944 and 1986. The federal government, through the Atomic Energy Commission (AEC), was the sole purchaser of uranium until 1966, when commercial sales of uranium began. The AEC continued to purchase ore until 1970. The last uranium mine on the Navajo Nation shut down in 1986.

Many Navajo people worked in and

near the mines, often living and raising families in close proximity to the mines and mills where ore was processed. Since 2008, federal agencies - including EPA, the Department of Energy, the Bureau of Indian Affairs, the Department of the Interior, the Nuclear Regulatory Commission and the Indian Health Service - have collaborated to address uranium contamination on the Navajo Nation. The federal government has invested more than \$130 million to address the legacy of abandoned uranium mines on Navajo lands. EPA has also compiled a list of 46 "priority mines" for cleanup and performed stabilization or cleanup work at nine of those mines. Further, EPA's cleanup efforts have generated over 100 jobs for Navajo citizens and work for several Navajo-owned businesses. The settlement announced includes 10 priority mines and is expected to create many jobs for Navajo workers.

This settlement agreement resolves the claims of the United States on behalf of EPA against Cyprus Amax and Western Nuclear; of the Navajo Nation against the United States, and against Cyprus Amax and Western Nuclear; and of Cyprus Amax and Western Nuclear against the United States. Cyprus Amax and Western Nuclear agree to perform removal site evaluations, engineering evaluations and cost analysis, and cleanups at the 94 mines. In return for that commitment,

the United States, on behalf of the Department of the Interior and the Department of Energy, agrees to place \$335 million into a trust account to help fund the cleanup.

In April 2014, the Justice Department and EPA announced in a separate matter that approximately \$985 million of a multi-billion dollar settlement of litigation against subsidiaries of Anadarko Petroleum Corp. will be paid to EPA to fund the clean-up of approximately 50 abandoned uranium mines in and around the Navajo Nation, where radioactive waste remains from Kerr-McGee mining operations. EPA commenced field work with the proceeds from this settlement last year. In addition, the United States previously entered into two settlement agreements with the Navajo Nation to fund cleanups at 16 priority mines and investigations at an additional 30 mines for which no viable responsible private party has been identified.

The proposed consent decree, lodged in the U.S. District Court for the District of Arizona, is subject to a 30-day public comment period and approval by the federal court. Information about submitting a public comment is available at: www.justice.gov/enrd/consent-decrees

Banks Financing Dakota Access Pipeline Decline Meeting with Tribal Leaders

submitted by Indigenous Environmental Network

STANDING ROCK, N.D. (Jan. 15, 2017) – For the last six weeks, a global coalition has been pressuring banks providing project loans to the Dakota Access Pipeline to renegotiate or cancel their loans. In December, the Standing Rock Sioux Tribe and other Indigenous leaders requested that each of these banks meet with tribal representatives to hear their concerns. The deadline for banks to respond to the tribe’s meeting request was Jan. 10, and as of this statement, four banks have declined: BayernLB, BNP Paribas, Mizuho Bank, and Suntrust. Six banks have not responded at all: Bank of Tokyo-Mitsubishi UFJ, BBVA Compass, ICBC, Intesa Sanpaolo, Natixis, and Sumitomo Mitsui Banking Corporation. Seven banks have met or agreed to meet with the tribe and its allies: Citi, Crédit Agricole, DNB, ING, Société Générale, TD, and Wells Fargo.

In response, organizers are escalating their pressure on banks that refuse to engage. The Indigenous coalition at Standing Rock has a running billboard in Times Square asking millions of people to #DefundDAPL. Organizers continue a drumbeat of protests and bank occupations, along with brand-damaging campaigns that have already led to the closure of thousands of accounts worth a self-reported \$46,314,727.18.

Protests have increased in fervor and frequency over the last few weeks, including multiple occupations of Wells Fargo, US Bank and Citibank branches, as well as a daring banner drop during a nationally televised Vikings/Bears NFL game at US Bank Stadium in protest of their bankrolling of DAPL project sponsors Sunoco Logistics and Energy Transfer Partners.

Backed by hundreds of thousands of online signatures and commitments to #DefundDAPL, organizers from more than 25 grassroots groups vowed the campaign will continue and intensify in the coming weeks, building up to a planned “global week of action” unless all 17 of the banks act. The ask for the banks is to discontinue loan disbursements in consultation with Native leaders until outstanding issues are resolved, and Free, Prior and Informed Consent from Indigenous peoples is upheld.

Standing Rock Sioux Tribal Chairman Dave Archambault II, said: “We are

pleased that some of the banks behind DAPL are willing to engage Standing Rock Sioux leadership, but maintain that all 17 should not be helping a company who deliberately ignores our concerns. We call on the remaining banks to agree to a meeting with the tribe. We know that they have heard Energy Transfer Partners’ side of the story, and they need to hear our perspective as well.”

Ladonna Bravebull Allard, Sacred Stone Camp, said: “I want the banks to know that the power of their investment comes from the people, and the people are saying we have the right to water, and we will stand for the water. Stop investing in destruction of the earth.”

Tara Houska, National Campaigns Director, Honor the Earth, said: “This movement has shown again and again that the power and strength of the people is incredible. Banks need our dollars to make their investments. We can and must hold these financial backers accountable for supporting destruction of our shared planet and futures. Move past dated fuels and justly transition to a green economy.”

Eryn Wise, International Indigenous Youth Council, said: “What began as a protection of the earth has now become a reclamation of power. We are demanding that our interests as a prospering people be put before banks and their investments. We hold in our hands the ability to encourage divestment to the point of fruition and we will not back down.”

Dallas Goldtooth, Keep it in the Ground Organizer, Indigenous Environmental Network, said: “As a movement to stop this dirty Bakken oil pipeline, we are demonstrating the inherent power of organized communities and mobilized citizens. We are showing Big Oil and government leaders that we know the power of our capital, and as such we collectively choose to invest in life and water, not death and oil. As first peoples of the land and in defense of our Indigenous rights, we will continue to rise, resist, self-determine and divest until the Dakota Access pipeline is nothing but the defeated aspirations of a Energy Transfer Partners’ dream.”

Judith LeBlanc, Director, Native Organizers Alliance, said: “The Standing Rock Sioux Tribe has a spiritual obligation to protect the Missouri River for all. The best way for the banks to meet their

obligation to protect their investor’s interest is to meet with the Tribal leadership. Mother Earth and all of our ancestors deserve the opportunity for an exchange on our shared moral obligations to protect Mother Earth for generations to come.”

Sara Nelson, Executive Director, Romero Institute and the Lakota People’s Law Project, said: “We are moving our financial accounts from Wells Fargo to a local bank that does not invest in companies who violate Indigenous rights and environmental impact requirements, and will not endanger clean water for millions of people. We want our money used to support positive solutions for our children’s future, not to float big companies who send oil overseas, make the American people pay for inevitable spills, and generate profits for banks and billion dollar global companies.”

Leila Salazar López, Executive Director, Amazon Watch said: “From Standing Rock to the Amazon, Indigenous peoples are defending their territories and providing a model for a fossil free world. It’s time banks listen to Indigenous peoples and their allies in our call to Keep It In The Ground.”

Lindsey Allen, Executive Director, Rainforest Action Network, said: “Investing in a project of Energy Transfer Partners, a company that has abused Indigenous and human rights, was a big mistake. These banks now have a chance to fix it by meeting with the Standing Rock Sioux, and upholding Free, Prior and Informed Consent from Indigenous peoples.”

Dr. Gabriela Lemus, President of Progressive Congress Action Fund, said: “No bank should support poisoning communities’ land and water; yet, too many banks still have investments in Energy Transfer Partners and the Dakota Access Pipeline. We call on these banks to divest completely. Families’ lives are at risk, and that should always take priority over profits. All banks have a responsibility not only to their shareholders and customers, but to the communities that are impacted by their investments. Don’t keep funding this dangerous project.”

Todd Larsen, Executive Co-Director of Green America, said: “Banks need to end investments that harm the rights and lives of Indigenous peoples. We call on all banks to divest entirely from the Dakota

Access Pipeline. Until these banks do so, all Americans should divest their money from any bank providing financing to this ruinous pipeline.”

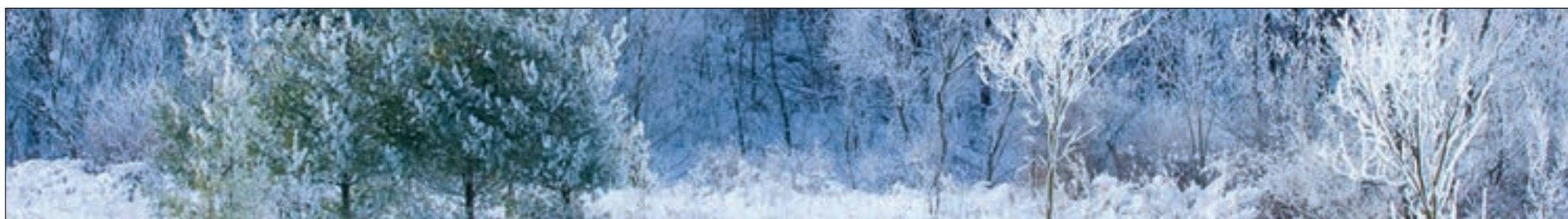
Erich Pica, President, Friends of the Earth U.S., said: “The voices of Indigenous peoples have been ignored for too long – by the U.S. government, corporations and big banks. By not acknowledging Indigenous peoples, or outright refusing to meet with them, these ten banks are perpetuating a pattern of colonialism and failing to respect Indigenous peoples’ rights to Free, Prior and Informed Consent.”

Johan Frijns, Director of BankTrack, said: “The Dakota Access Pipeline project is supposed to be in compliance with the Equator Principles, and therefore guarantee Indigenous peoples’ rights to be properly consulted. The refusal of leading EP banks to meet with the Sioux Tribe not only makes a complete mockery of that commitment, but also poses a severe risk to the very credibility of the Equator Principles.”

Vanessa Green, Director of DivestInvest Individual, said: “DAPL is simply the wrong kind of investment, and people don’t want their money behind it. With government mandates to scale up clean energy investments, a market increasingly supportive of a low carbon future, and unprecedented consumer and investor interest in moving money into climate and community solutions, the question now is which banks will lose the most in this historic energy transition.”

Mary Sweeters, Arctic Campaigner with Greenpeace USA, said: “People across the world have pledged their solidarity with the Indigenous communities who reject this dirty pipeline and the threat it poses to the water and climate. The banks must choose whether they want to continue to invest their money in yesterday or listen to the millions of people who stand with Standing Rock.”

Lena Moffitt, Sierra Club Beyond Dirty Fuels Director, said, “People power can, does, and will continue to prevail over corporate polluters. The people will not stop until the banks financing these operations invest in our clean air and water — not fossil fuels.”



Secretary Jewell, Tribal Leaders Mark Enactment of Four Additional Water Rights Settlements for Indian Country

submitted by the U.S. Department of the Interior

WASHINGTON, D.C. (Jan. 13, 2017) – As part of President Obama’s historic commitment to empowering tribal nations, U.S. Secretary of the Interior Sally Jewell and Interior Deputy Secretary Michael L. Connor joined tribal leaders to celebrate four landmark water rights settlements that will resolve contention among tribes and neighboring communities over water rights and improve the quality of life for tribal communities and their non-Indian neighbors.

The settlements, negotiated during the past eight years, were ratified and approved in December 2016 under the Water Infrastructure Improvements for the Nation Act. The legislation authorized \$422 million in funding to the Blackfeet Tribe of Montana to provide clean drinking water and other water-related infrastructure projects that will improve the health, safety and welfare of the tribe. More than \$28 million was authorized for the Pechanga Band of Luiseño Mission Indians, located in southern California, enabling them to gain secure water supplies. The legislation secured for the Choctaw and Chickasaw Nations of Oklahoma the right to use and benefit from water resources within their historic treaty territories without any federal funding. Finally, the five San Luis Rey Bands of southern California settlement legislation finalized and effectuated a settlement originally enacted in 1988 and did not require additional funding.

“With these four agreements, the Obama Administration has completed a dozen landmark Indian water rights settlements – more than any previous administration – that put an end to complex and litigious water rights controversies for 20 tribes in New Mexico, Arizona, Montana, California and Nevada,” Secretary Jewell said. “The celebration marks not only these incredible accomplishments, but the start of a new journey working together to implement these hard-won settlements.”

The total \$3 billion in funding authorized for Indian water rights settlements during the current Administration represents a major commitment to help provide safe drinking water and support economic development activities, including hydroelectric power, agriculture improvement and water marketing.

“The settlements, which have been a top priority of this Administration, represent the culmination of generations of hard work and dedication by the tribes and their neighbors,” said Deputy Secretary Connor. “Each of the settlements had widespread local and bipartisan congressional support, and implementing the agreements will bring much needed investments to Indian Country, help

stabilize water supplies in various communities, and improve water resources management for all concerned, including non-Indian communities.”

The Blackfeet settlement reflects decades of struggle and commitment by the tribe – and negotiations with the state of Montana – to quantify and secure a tribal water right of more than 800,000 acre-feet while protecting the rights of existing water users. The settlement includes funding for the tribe to develop and manage its water resources.

The Pechanga settlement, which will partially settle litigation filed by the United States in 1951, was achieved only after a long and arduous struggle. The Pechanga Band negotiated the settlement with its neighbors, the Rancho California Water District, Eastern Municipal Water District and the Metropolitan Water District. The band has tirelessly pursued the quantification of its water rights and engaged its neighbors in a multi-year process of building mutual trust and understanding. The resulting settlement benefits all of the parties, securing adequate water supplies for tribal members and encouraging cooperative water resources management among all parties.

The Choctaw and Chickasaw settlement in Oklahoma – the first Indian water settlement to be finalized in that state – reflects a unique and collaborative approach to water management in the Nations’ historic treaty territories. It will advance a collaborative approach to water management and help achieve water security for the state of Oklahoma and the Choctaw and Chickasaw Nations. The settlement includes important protections for the Nations’ future and existing water rights, conserves water resources and provides for cooperation in the regulation of water use.

The San Luis Rey settlement allows full implementation of amendments to the 1988 San Luis Rey Indian Water Rights Settlement Act that benefits the La Jolla, Rincon, San Pasqual, Pauma and Pala Bands of Mission Indians in southern California. The agreement allows the five bands and the local parties to realize the full benefits of the 1988 Act, including: expressly recognizing the continuing federal reserved water rights of the bands; addressing the fair allocation of water among the bands; protecting the water rights of allottees; waiving all past claims the bands may have against the United States regarding water rights and breach of trust relating to water rights; and allowing the bands to access a trust fund established in 1988 that has now grown to approximately \$60 million.

“These settlements recognize tribal stakeholders’ reserved rights to one of

their most precious assets and offer the most efficient way of providing vital water supplies to both tribal and non-Indian communities,” said Interior Principal Deputy Assistant Secretary – Indian Affairs Lawrence S. Roberts. “Under the Obama Administration, Indian water rights settlements are a visible example of the federal trust responsibility to federally-recognized tribes and of federal policies that promote tribal sovereignty, self-determination and economic self-sufficiency. I congratulate all of the parties to these settlements for their leadership in achieving these settlements.”

The eight other settlements enacted during the Obama Administration were:

- Navajo-Gallup Water Supply Project and Navajo Nation Water Rights Settlement
- Shoshone-Paiute Tribes of the Duck Valley Reservation Water Rights Settlement
- Crow Tribe Water Rights Settlement
- White Mountain Apache Tribe Water Rights Settlement
- Aamodt Litigation Settlement
- Taos Pueblo Indian Water Rights Settlement
- Bill Williams River Water Rights

Settlement (Hualapai Tribe)


- Pyramid Lake Paiute Tribe – Fish Springs Ranch Settlement

Thoughtful Indian water rights settlements benefit taxpayers when balanced against the potential consequences and costs of continued litigation over Indian water rights claims. Settlements also offer the most efficient way to provide much-needed water supplies to tribal communities in fulfillment of basic federal trust responsibility to American Indians and federal policy promoting tribal sovereignty, self-determination and economic self-sufficiency.

Settlements are especially important given the need for water on many Indian reservations and throughout the West and the uncertainty regarding its availability due to drought, climate change, and increasing demands for this scarce resource. Settlements resolve long-standing claims to water; provide reliability with respect to supplies; facilitate the development of much-needed infrastructure; improve environmental and health conditions on reservations; and promote collaboration between tribes, states and local communities.

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Interior Approves Application

submitted by Office of the Assistant Secretary – Indian Affairs

WASHINGTON, D.C. (Jan. 13, 2017) - Principal Deputy Assistant Secretary – Indian Affairs Lawrence S. Roberts, who leads the Office of the Assistant Secretary – Indian Affairs, announced the Department’s decision to place a 1.08-acre land parcel owned by the Craig Tribal Association, a federally-recognized tribe headquartered in the city of Craig, Alaska, into federal Indian trust status. The decision is the first under the Department’s revised rule for taking tribal land into trust in Alaska.

“The journey to this decision has been a long one. The federally-recognized tribes in Alaska have the same opportunity as those in the lower 48 states to maintain a permanent homeland for themselves,” Roberts said. “The decision to place the Craig Tribal Association’s land into trust reflects the policies of tribal self-determination and self-governance through the restoration of tribal homelands that will benefit its current and future generations of tribal members. I congratulate the Craig Tribal Association leadership on their achievement. I also commend the state of Alaska and the city of Craig for their comments on the land-into-trust application. Their approach, much like other state and local governments, is another important example of tribes, states and local governments working together in a government-to-government relationship to address concerns so that they may better serve their collective communities.”

Congress amended the Indian Reor-

ganization Act (IRA) in 1936 so that, among other things, tribes in Alaska would be treated similarly to tribes in the lower 48 states. For decades afterward, the Department accepted lands into trust for a few Alaska tribes. However, in 1980 the Department changed course and did not allow Alaska tribes to submit applications – a regulatory prohibition that became known as the “Alaska exception” to the Department’s land-into-trust regulations. That misguided approach was corrected under the Obama Administration with the promulgation of a revised rule that removed the Alaska exception.

“The elimination of the ‘Alaska exception’ to the Bureau of Indian Affairs’ land-into-trust regulations has rectified an error that has for far too long treated Alaska tribes differently in the restoration of tribal homelands,” said BIA Director Weldon “Bruce” Loudermilk. “I want to thank the Office of Trust Services staff in the BIA’s Alaska regional office and the staff across the Department for their hard work on this complex matter. I also want to add my congratulations to the Craig Tribal Association leaders on the restoration of a small part of their homeland.”

Craig Tribal Association is organized under the IRA with a constitution and by-laws approved by the Secretary of the Interior on July 13, 1938, and ratified by its members on Oct. 8, 1938. The Association is included on the Federal Register notice of Indian Entities Recognized and Eligible To Receive Services From the United States Bureau of Indian Affairs,

the official list of all federally recognized tribes published annually by the BIA.

Craig Tribal Association members and their ancestors, who are primarily Tlingit Shangukeidi and Haida Kaigani, have utilized the areas in and around what is now the city of Craig as their traditional homeland since time immemorial. Craig, or Shaanseet as it is known by the tribe, was historically a seasonal herring roe and fish camp site for the Tlingit Shangukeidi and Haida Kaigani. In 1908, a cannery and cold storage facility was established in present day Craig with help from the local Haida people.

After purchasing the property from an individual landowner in 1996, the Association began development and construction of its community building. Prior to the tribe’s ownership, the property was undeveloped forested land with no permanent structures. It now uses the property for government offices and leases space that generates funds to support tribal services.

Although the property can still be used by the tribe for its government offices, community service programs, and other tribal needs, the land-into-trust decision does not make the parcel eligible for gaming under federal law. And, while providing the community with another partner in the form of the BIA to promote safety and law enforcement, the land’s new status does not in any way impact the state of Alaska’s law enforcement authority under Public Law 280. The decision also does not impact valid existing rights-of-way or easements on the property, nor does it impact the subsurface mineral owner’s rights.

The Secretary of the Interior is au-

thorized by the IRA to acquire land into trust for federally-recognized American Indian and Alaska Native tribes. Lands held in federal Indian trust status, which cannot be sold, alienated or transferred to non-Indians or non-Natives, benefit their tribal owners who are eligible for federal program assistance for business development, housing, and environmental and cultural protection. Typical uses of trust land include governmental operations, cultural activities, agricultural/forestry projects, housing, economic development, social and community services, and health care and educational facilities.

The Obama Administration is committed to the restoration of tribal homelands. When Secretary Jewell took office, she set a goal to restore at least 500,000 acres of land into trust for tribes by the end of the Administration. To date, Indian Affairs has processed more than 2,265 individual trust applications and restored more than 570,799 acres of land into trust since 2009.

The Principal Deputy Assistant Secretary – Indian Affairs oversees the BIA, whose offices directly administer or fund tribally-based infrastructure, economic development, law enforcement and justice, social services (including child welfare), tribal governance, and trust land and natural and energy resources management programs for the nation’s federally-recognized American Indian and Alaska Native tribes. The Bureau carries out its responsibilities in the management of federal Indian trust lands, which includes the land-into-trust process, through the Office of Trust Services.

Udall Offers Amendment to Protect Health Care for Indian Country

submitted by the Office of Senator Tom Udall

WASHINGTON, D.C. (Jan. 11, 2017) - U.S. Senator Tom Udall, vice chairman of the Senate Committee on Indian Affairs, will offer an amendment to protect against cuts to health care for Indian Country as a result of the Republican effort to repeal the Affordable Care Act (ACA) and roll back Medicaid funding.

Among the many serious problems with repealing the ACA are that it would result in severe cuts to Medicaid and have a serious impact on the Indian Health Service (IHS). Udall opposes repealing the ACA, and his amendment would protect health care for Indian Country by effectively exempting the IHS and other tribal health providers from Medicaid cuts if Republicans succeed in repeal.

The measure will be voted on as part of the so-called “vote-a-rama” as the Senate debates numerous amendments in the effort to dismantle the ACA. It is cosponsored by Senators Martin Heinrich (N.M.), Maria Cantwell (Wash.), Al Franken (Minn.), Heidi Heitkamp

(N.D.), Patty Murray (Wash.), Brian Schatz (Hawaii), Jon Tester (Mont.), and Ron Wyden (Ore.). The amendment is also supported by the National Congress of American Indians, the National Indian Health Board, and the National Council of Urban Indian Health.

“The Medicaid expansion under the Affordable Care Act has helped to fulfill our federal government’s trust responsibility to provide health care to tribes,” Udall said. “Any reduction in federal payments to the Indian health system would jeopardize the lives and well-being of American Indians and Alaska Natives, as most health care facilities that serve Native Americans are already woefully underfunded. The Medicaid expansion has enabled IHS to provide critical, life-saving services like surgeries and preventative care, and attempts to strip away these services from Tribal communities by repealing the Affordable Care Act are unconscionable. My amendment is essential for protecting the health care of American Indians and Alaska Natives

against reckless repeal efforts.”

“The expansion of Medicaid, as a result of the Affordable Care Act, has made a tremendous impact in New Mexico and across Indian Country. If Republicans go forward with their ‘Repeal and Run’ maneuver, Native Americans who have some of the greatest barriers to consistent access to preventative and emergency medical care would pay the price,” Heinrich said. “I continue to hear from New Mexicans about how access to health care coverage has helped their families and even saved their lives. I am proud to join Senator Udall in this effort to stand up for our tribal communities who depend on this lifesaving coverage.”

The IHS is a federally-funded health care system that serves as a primary source of health care for American Indians and Alaska Natives. Yet, the IHS is persistently and severely underfunded, with current federal funding covering less than half of the operational costs of IHS care facilities, and IHS spending per patient less than 38 percent of the

national average. As a result of inadequate federal support for IHS, a large percentage of tribal members rely on Medicaid to fulfill their health care needs – including 132,000 tribal members who are enrolled in Medicaid in New Mexico. The expansion of Medicaid under the ACA has provided the IHS, tribes, tribal organizations, and urban Indian organizations with crucial revenue to support expanded access to care across Indian Country.

In a letter to Udall, the All Pueblo Council of Governors, which represents all 19 New Mexico Pueblos, strongly opposed any attempt to roll back the Medicaid expansion and repeal the historic protections of the ACA. As chairman of the All Pueblo Council of Governors E. Paul Torres Wrote, “Pueblo leaders are concerned that a number of the ACA-related proposals would sunset Medicaid expansion, which has provided desperately-needed funding to supplement inadequate Indian Health Service budgets.”

Secretary Directs Continued Work on Crucial Colorado River Basin Water Agreements

submitted by US Department of the Interior

WASHINGTON, D.C. (Jan. 18, 2017) – U.S. Secretary of the Interior Sally Jewell issued a Secretarial Order directing the Department of the Interior and its bureaus to continue collaborative efforts to finalize important drought contingency actions designed to reduce the risk of water shortages in the Upper and Lower Colorado River Basins and build on recent progress to complete “Minute 32X” – a long-term Colorado River bi-national cooperative agreement with Mexico.

“I am proud of the tremendous progress we have made over the last eight years to work with our basin states, tribal and Mexican partners to address water resource challenges in the Colorado River Basin,” said Secretary Jewell. “With water from the Colorado River supporting the life and livelihood for an estimated 40 million people, it is absolutely critical for the Department of the Interior to continue to build on this progress and finalize these agreements.”

“The Department of the Interior has worked tirelessly with its partners to come to agreements to ensure that all the basin stakeholders move forward with coordinated plans to address the increasing challenges facing all Colorado River communities,” said Deputy Secretary Michael L. Connor. “This Secretarial Order ensures that Interior will continue to provide essential support for critical actions and paves the way to help carry these important agreements across the finish line.”

The Order describes hydrologic conditions in the basin and ongoing challenges associated with a 17-year period of

historic drought and an ongoing deficit of available water compared to demands. Although water stored in reservoirs in the Colorado River Basin has protected the Basin from crisis during the current drought, those reservoirs are now at near-historic lows; basin-wide reservoir storage ended water year 2016 at just 51 percent of total capacity. In 2016, the lower basin narrowly avoided a shortage declaration, which would trigger mandatory cuts to water deliveries from Lake Mead. Although recent precipitation brought some relief to northern California, there has been no measurable improvement in the Colorado River System.

In addition to drought contingency actions and updating the water agreement with Mexico, the agreements referenced in the Secretarial Order will maintain significant hydropower production and associated financial support for critical environmental programs, and they will help protect Indian treaty rights and recognized water rights.

The Secretarial Order provides direction for Interior, particularly the Bureau of Reclamation, to continue work with the basin states, Indian tribes in the Colorado River Basin and Mexico to finalize these agreements during the first half of 2017. It calls for three actions:

1. Finalizing the Drought Contingency Plan. The order directs Reclamation to work with and support the efforts of the seven basin states and key principals of several water management agencies to finalize a Drought Contingency Plan that includes federal operations of Lower Basin facilities and proposed water conservation actions. Reclamation

will participate in remaining negotiations and actions that are required to finalize agreements and provide information in support of any legislation that might be necessary to implement the final agreement.

2. Investing to Support Drought Contingency Actions. In connection with the order, Reclamation Commissioner Estevan López executed an agreement with Gov. Stephen Roe Lewis of the Gila River Indian Community to provide the community with \$6 million for water conservation in fiscal year 2017 funding to acquire system water consistent with the drought plan to protect levels in Lake Mead. This agreement between Reclamation and the Community also sets the stage for future drought contingency planning to occur within Arizona.

On the agreement, Gov. Stephen Lewis stated, “Our agreement with the Department of the Interior is an essential step toward a plan for comprehensively addressing Arizona’s pressing drought problem. The Community is working hard to try and create a framework that will work for all in the State and is pleased with this very successful first step in that right direction. We want to thank the Commissioner of Reclamation, Estevan López, and his entire team for their tireless efforts and we very much appreciate our cooperation with them. This is just the beginning, but it an essential first step, which hopefully will keep the momentum going in the days and weeks ahead.”

In addition, under the order, Reclamation will continue to invest in drought contingency actions such as the recent

Salton Sea Memorandum of Understanding with the State of California. Interior also amended its current Memorandum of Understanding with the State of California to provide greater certainty on mitigation actions over the next decade.

3. Completing Minute 32X Negotiations with Mexico. The order directs Reclamation to continue to work with the International Boundary and Water Commission, the Republic of Mexico, the basin states and non-governmental organizations to finalize the bi-national cooperative agreement with Mexico – “Minute 32X.”

Over the past twenty years, collaboration between Interior and its bureaus along with American Indian tribes, the seven Colorado River basin states - Arizona, California, Colorado, Nevada, New Mexico, Utah, and Wyoming - and others has resulted in significant success in collaboratively addressing water resource challenges across the basin. The order includes information on these important successes, while highlighting the need for prompt action to respond to historic drought conditions and the increasing risk to water supplies in the basin from climate change and other factors.

These successes include the Minute agreements Numbers 316 through 319 with Mexico; a historic 12 Indian water rights settlements totaling \$3 billion in funding; historic water conservation agreements adopted in 2014 and a Memorandum of Understanding to strengthen coordination of management activities to benefit the Salton Sea.

Inclusion of Updated CSC Policy into Indian Affairs Manual Announced

submitted by Office of the Assistant Secretary – Indian Affairs

WASHINGTON, D.C. (Jan. 18, 2017) – Principal Deputy Assistant Secretary – Indian Affairs Lawrence S. Roberts issued an updated Contract Support Costs (CSC) Policy for the Indian Affairs Manual (IAM). The updated Policy reflects extensive tribal consultation and the work of the Bureau of Indian Affairs’ (BIA) CSC Workgroup, which is comprised of tribal and federal experts.

The updated policy provides for the full payment of CSC and helps ensure that the payment of CSC is accurate, timely, and meets 100 percent of a tribe’s CSC need as calculated under the policy. The policy also simplifies and streamlines CSC calculation to expedite payment.

“The updated Contract Support Costs Policy was driven by our strong commitment to tribal self-determination and self-governance,” Roberts said. “The

policy will ensure that tribes contracting or compacting to administer Indian Affairs programs and services receive the amount of CSC that the Indian Self-Determination and Education Assistance Act requires. “I want to thank the tribal representatives and federal staff of the CSC Workgroup for their multi-year effort to collaboratively draft the policy, review tribal comments on the policy, and incorporate tribal input in the final version of the updated policy.”

This is the first update to the CSC Policy since it was initially issued in May of 2006. The Supreme Court’s decision in *Salazar v. Ramah Navajo Chapter* and the Administration’s commitment to fully fund CSC necessitated significant revisions. The update repeals the 2006 approach of equitable distribution of insufficient CSC funds to reflect the

modern approach of fully funding CSC.

Many of the key components of the updated policy involve the calculation and payment of CSC. After hearing from tribal leaders about the burdens of increased employee health insurance premiums, increased facilities support costs, and additional administrative expenses, direct CSC will now be calculated as 18 percent of tribal budgeted salary costs, not including fringe, of section 106(a)(1) programs. In addition, the policy provides a simplified method for calculating indirect CSC for smaller tribes that do not meet the single-audit threshold for funding and do not have an approved IDC rate that is four or fewer years old. These provisions will provide administrative and financial relief to tribes that will ensure they are not forced to use program funding to cover administrative costs.

Incorporating the updated policy into the Indian Affairs Manual respects tribal requests to provide clear policy. To view the updated CSC Policy, along with other parts of the Indian Affairs Manual, visit the Indian Affairs website at www.indianaffairs.gov/WhatWeDo/Knowledge/Directives/IAM/index.htm.

The Principal Deputy Assistant Secretary – Indian Affairs oversees the BIA which directly administers or funds tribally-based infrastructure, economic and workforce development, law enforcement and justice, social services (including child welfare), tribal governance, and trust land and natural and energy resources management programs for the nation’s federally-recognized American Indian and Alaska Native tribes.

President Appoints First Two Members to Serve on Commission

submitted by Press@Heitkamp.senate.com

WASHINGTON, D.C. (Jan. 18, 2017) – U.S. Senators Heidi Heitkamp (D-ND) and Lisa Murkowski (R-AK) announced that the first two members to the Alyce Spotted Bear and Walter Soboleff Commission on Native Children – created by their legislation that was recently signed into law – were appointed by the president.

Signed into law in October, Heitkamp and Murkowski's bipartisan bill will create a new Commission to address the challenges facing Native children – including poverty, substance abuse, and domestic violence – and offer real solutions to address them. McDonald and Fineday will serve as two members of the 11-member Commission, which will be comprised of individuals specializing in juvenile justice, social work, as well as mental and physical health.

Russ McDonald serves as the current president of the United Tribes Technical College in Bismarck. He previously served as the chairman of Spirit Lake Tribe in North Dakota, as well as the vice president of academic affairs at Cankdeska Cikana Community College (CCCC). Anita Fineday is the managing director of Indian Child Welfare Program for the Casey Family Programs and previously served as the chief judge for the White Earth Tribal Nation in Minnesota for 14 years. She also previously served as an associate judge for the Leech Lake Band of Ojibwe and the Grand Portage Band of Chippewa.

“Every child in North Dakota and in remote towns across this country deserves the opportunity to succeed – but for so many Native young people, the struggle to overcome overwhelming obstacles often eclipses that opportunity,” said Heitkamp. “Native children deserve a fighting chance. My bill to create a Commission on Native Children, which became law, will address challenges with poverty, abuse, and so much more that

they and their communities face, and it's why I'm thrilled with the president's appointment of the first two members to the Commission. I know Russ and Anita understand and have seen the deep scars too many Native children and communities bear, and I encourage more members to soon be appointed so the Commission can begin its important work of helping Native children thrive.”

“I thank this administration for continuing the momentum on the Native children's commission that Senator Heitkamp and I established. I look forward to working with Senate leadership to continue nominating qualified individuals to support Native American children across the nation,” said Murkowski. “I simply cannot understate the importance of supporting our Native children, and this commission helps us with that mission.”

“Senator Heitkamp's Commission on Native Children Act is critical to understanding the available resources available to help address barriers that tribal communities face in child protection,” said McDonald. “Senator Heitkamp sees and understands the huge need among all tribal nations to strengthen the coordination of social services, law enforcement, and judicial systems for the benefit of our children and future generations. By addressing these issues comprehensively through a Commission, as her bill which is now law will do, we cannot only tackle persistent challenges like recognizing tribal jurisdiction within interagency agreements and sustainable models of care, but also convene all available resources needed to make the safety of children within their home communities is a reality. I'm honored to be appointed to this Commission and hope this work improves the ability of federal, state, local, and tribal programs to serve Native children.”

“Too often the poor outcomes that exist for American Indian and Alaska Native children in this country, especially

those in foster care, are forgotten – but with this new Commission that Senator Heitkamp worked to create, we can take a great step toward changing those outcomes,” said Fineday. “It's an honor to be chosen for this position and I look forward to working on this Commission to improve the lives of future generations of Native children.”

Heitkamp and Murkowski's bill creating a Commission on Native Children will identify the complex challenges facing Native children in North Dakota, Alaska, and across the United States by conducting an intensive study on these issues – including high rates of poverty, staggering unemployment, child abuse, domestic violence, crime, substance abuse, and dire economic opportunities – and making recommendations on how to make sure Native children get the protections, as well as economic and educational tools they need to thrive.

The president appoints three members to the Commission, as do each U.S. Senate Majority Leader and Speaker of the U.S. House of Representatives. The Senate and House Minority Leaders get to appoint one member each to the commission. The Commission will also be advised by a Native Advisory Committee and a subcommittee made up of Native young people from each Bureau of Indian Affairs service area.

The Alyce Spotted Bear and Walter Soboleff Commission on Native Children, named for the former Chairwoman of Mandan, Hidatsa & Arikara Nation in North Dakota, and Alaska Native Elder and statesman, respectively, has been widely praised by a cross-section of tribal leaders and organizations from North Dakota, Alaska, and around the country. It has also been lauded by former Chairman of the Senate Committee on Indian Affairs Byron Dorgan, the National Congress of American Indians, and the National Indian Education Association,

among others.

Background: Conditions for young people in Indian Country are tragic. For example:

- More than one in three American Indian and Alaska Native children live in poverty.

- Suicide rates for Native children ages 15-24 years old are 2.5 times the national average and is the second-leading cause of death in that age group.

- While the overall rate of child mortality in the United States has decreased since 2000, the rate for Native children has increased 15 percent.

- At 67 percent, American Indian and Alaska Native students had the lowest four-year high school graduation rate of any racial or ethnic group in the 2011-2012 school year.

- 60 percent of American Indian schools do not have adequate high-speed internet or digital technology to meet the requirements of college and career ready standards.

Tribal governments face numerous obstacles in responding to the needs of Native children. Existing programmatic rules and the volume of resources required to access grant opportunities stymie efforts of tribes to tackle these issues. At the same time, federal agencies lack clear guidance about the direction that should be taken to best address the needs of Native children to fulfill our trust responsibility to tribal nations.

To help reverse these impacts, the Commission on Native Children will conduct a comprehensive study on the programs, grants, and supports available for Native children, both at government agencies and on the ground in Native communities, with the goal of developing a sustainable system that delivers wrap-around services to Native children. Then, the 11-member Commission will issue a report to address a series of challenges currently facing Native children.

Methamphetamine Prevention Program for Native Youth Announced

submitted by Office of the Assistant Secretary – Indian Affairs

WASHINGTON, D.C. (Jan. 19, 2017) – As part of President Obama's Generation Indigenous (“Gen-I”) initiative to remove barriers to success for Native American youth, Principal Deputy Assistant Secretary – Indian Affairs Lawrence S. Roberts announced that the Bureau of Indian Affairs (BIA) and the Bureau of Indian Education (BIE) joined with their federal partners last month to launch the Culture and Meth Don't Mix program, a multi-agency methamphetamine prevention initiative for Native youth.

The program is the result of collaboration under the Gen-I initiative between

the White House Council on Native American Affairs, which is chaired by Interior Secretary Sally Jewell, the BIA's Office of Justice Services, BIE, and the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services. Its aim is to be a culturally appropriate approach for meth prevention among Native American youth through community and interagency involvement. The program also reflects the Interior Department's intent to uphold the United States' trust responsibility to the federally-recognized tribes.

The program was initially rolled out

in December 2016 with Indian Affairs, BIA and BIE officials and leaders from seven tribes: The Lower Brule Sioux Tribe and Oglala Sioux Tribe in South Dakota, the White Earth Band of the Minnesota Chippewa Tribe, the Northern Cheyenne Tribe in Montana, and the Penobscot Nation and the Passamaquoddy Tribe's Pleasant Point and Indian Township communities in Maine.

The program also includes a speaker series to be held in selected BIE schools that will discuss the implications and health issues involved with methamphetamine use. Speakers will include BIA law enforcement officials who will explain the

legal implications of meth use, a SAMHSA-recommended health professional to describe how meth affects personal health, and a representative from the tribal community to address meth's impact on its culture and people.

For more information on Office of Justice Services' mission and programs, visit www.indianaffairs.gov/WhoWeAre/BIA/OJS/index.htm.

For more information on the work and scope of the Bureau of Indian Education, visit www.bie.edu.

For more information on SAMHSA's tribal affairs efforts, visit www.samhsa.gov/tribal-affairs.

NOTICES

CULTURE

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.

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.

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 Wejmogek Court, 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

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 Cleerman, R.N., at (715) 478-4889.

SPARKS Weight Mgmt. 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.

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.

- 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.



February 2017
Calendar of Events

Community Health

- 2/3 - Childbirth Education Class: HWC, 9:30 a.m. – 4 p.m.
- 2/7 - Infant Nutrition: HWC, 8 a.m. – 4 p.m.
- 2/9 - Infant Nutrition/WIC: We Care Building, 1 p.m. – 4 p.m.
- 2/18 - Devil's Lake Fisheree: See flyer on pg. 6.
- Women's Exercise Program: Rec Center, Mondays & Wednesdays, 5:30 - 6:30 p.m. See flyer on pg. 4.

Family Resource Center

- Healthy Relationships: Mondays, Feb. 6, 13, 20, 27, 10 a.m. - noon.
 - FRC/CHOICES: Mondays, Feb. 6, 13, 20, 27, 3:30 - 5 p.m.
 - Play Shoppe: Contact FRC for dates and times.
 - Circle of Sisters: Wednesdays, Feb. 1, 8, 15, 22, 1 - 3 p.m.
 - FRC Girls 10-17: Wednesdays, Feb. 1, 8, 15, 22, 3:30 - 5 p.m.
 - Community Women's Talking Circle: Thursday, Feb. 16, 1 p.m.
 - PIP: Thursdays, Feb. 2, 9, 16, 23, 10 a.m. - noon.
 - Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour, 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, Feb. 6, 13, 20, 27, 3:30 - 5 p.m.
 - Youth 13 - 17: Tuesdays, Feb. 7, 14, 21, 28, 3:30 - 5 p.m.
 - Youth 7 - 9: Wednesdays, Feb. 1, 8, 15, 22, 3:30 - 5 p.m.
- Youth will be picked up from Crandon school at 3 p.m. and delivered home between 5 and 6 p.m. Call (715) 478-4839 for more info.



Bug Lake Winter Fisheree

submitted by Jenni Mabrier, Environmental Education Coordinator

Saturday, Jan. 14, was a calm, sunny day, making pleasant conditions for a day of ice fishing. When in the sunlight, it even felt warm. The beautiful weather must have made the fish feel relaxed and cozy because after an exciting start, there weren't many biting at the Bug Lake Winter Fisheree.

Joe Shepard set the pace at the start, bringing up an impressive 33 1/2" long northern pike. He didn't keep his lead for long when, not 20 minutes later, Jason Spaude came up carrying a 38 1/2" pike tipping the scale at more than 14 pounds!

After the initial excitement, fishing action settled down. In addition to northern pike, some people were able to entice a few perch and pumpkinseed onto their lines. Even though it wasn't the busiest day of fishing, it was still a beautiful winter day to spend outside. And we always love seeing grandparents, parents, children, and friends sharing in this outdoor tradition.

Migweth to everyone who came and we hope to see you at Devil's Lake on Feb. 18.

Fisheree Results

Adult Division	
Northern Pike	
Jason Spaude	38 1/2", 14 lbs. 12 oz.
Joe Shepard	33 1/2", 10 lbs. 12 oz.
Jason Spaude	25 7/8", 3 lbs. 12 oz.
Pumpkinseed	
Helena Melchert	7 1/4", 4.8 oz.
Helena Melchert	7 1/8", 5.0 oz.
Jason Spaude	6 3/4", 4.1 oz.
Yellow Perch	
Ryon Alloway	8 1/2", 4.2 oz.

Youth Division	
Northern Pike	
Hunter VanZile	31 1/4", 8 lbs. 4 oz.
Jordy Shepard	24 5/8", 3 lbs. 4 oz.
Larsen Brown	16 1/2", 12.3 oz.
Yellow Perch	
Hunter VanZile	5 1/4", 0.6 oz.

(top right) Let the fishing begin!
(middle right l-r) Ben Koski (holding Hunter's first prize pike), Hunter VanZile, Jordy Shepard, and Larsen Brown.
(bottom right r-l) Ben Koski, FCP Biologist – Aquatic Sciences, helps Jason Spaude hold up his grand prize fish.
(below) Jason Spaude and Helena Melchert, big winners of the day!

