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POTAWATOMI TRAVELING TIMES

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Winter's End Powwow 2017



New royalty for Winter's End Powwow: (l-r) Junior Princess Nem Ki Kwē, Senior Princess Sarah Schingeck and Brave Lucas Urijah-Decorah.

by Val Niehaus

On the weekend of March 18-19, 2017, the FCP Powwow Committee hosted the 22nd Annual FCP Winter's End Powwow at the Crandon High School gym.

FCP Vice Chairman Al Milham welcomed everyone at the start of the day and thanked them for coming to this

year's powwow.

The powwow started Saturday afternoon with grand entry at noon, and it carried on into Sunday ending at 5 pm. It was a time to gather with others to visit and catch up, and it offered an opportunity to reconnect with family and friends after a long winter.

Emcee was none other than Artley Skenandore with Keith Smith serving as arena director. Skenandore did a fantastic job as always keeping everyone in the "know" as to what special dance was next, what the food vendors were selling, and other pertinent specifics about what was happening as the day proceeded. Smith kept everyone in line in the dance arena and was there to answer any questions the dancers may have had. Head veteran for this year was Paul Cloud.

This year was handled a bit differently with respect to the head dancers. During each session, new people were chosen to be the head dancers instead of having strictly one set of head dancers for the entire powwow. On Saturday, the head dancers for the first session were Steve King and Dionne Jacobs. Second session that night had Bernie Lemieux as head male dancer and Becky Miller as head female dancer. For the Sunday afternoon session, head male dancer was Darrel Frank with Michelle Reed being head female dancer. All did a great job at a

moment's notice!

Host drum this year was Sharp Shooter with the local drum group Fire Nation as co-host drum. Other drums that were present included Tomahawk Circle, Smokey Town, Lake Delton, Wolf River, Chief Hill, Little Thunder and Swamp Creek. All drums did a great job of keeping the "beat" of the powwow alive so all could dance hard and feel that special rhythm.

Dance specials this year were luck of the draw and spot dances.

The princess and brave contest was held Friday night with a few dancers competing in each category. Winners for the contest were then announced Saturday afternoon with new royalty for Winter's End 2017 being:

Senior Princess: Sarah Schingeck

Junior Princess: Nem Ki Kwē Daniels

Brave: Lucas Urijah-Decorah
New to this year's powwow were two different venues. Apache Danforth, tribal tourism development director, had a stand set up for Native American Tourism of Wisconsin (NATOW) which promotes tourism throughout Indian Country. In addition, Milwaukee Potawatomi Hotel Casino (PHC)

had an internship stand set up to show what was happening within that area of commerce.

This year's powwow had a few changes from previous years but overall it seemed to go smoothly with everyone smiling, laughing, and sharing stories with one another. The dancers danced hard and the amount of tiny tots dancing was great to see — the future of the powwow world.

...more powwow photos on pg. 12

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Grand entry Saturday afternoon



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.



Mine Detection Dog Training

1Prospect Technologies, a subsidiary of PBDC Federal, is the prime contractor for the Ft. Leonard Wood, Mo., U.S. Army Engineer School Counter Explosive Hazards Center (CEHC) Mine Detection Dog (MDD) Instruction contract. This contract provides the technical, tactical, and training support services required to sustain the MDD course. 1Prospect teaches the student and dog teams and ensures they have the ability to perform area clearance, route clearance, casualty extraction and mine-rescue missions in a military-operational environment.



GREENFIRE

Project Update: Stitchweld



The first of four apartment buildings at one of Greenfire’s latest projects, Stitchweld, was recently completed and turned over to the owners! The Stitchweld Apartments are located in Bay View, Wis., a suburb of Milwaukee.

For more photos and information, visit Greenfire’s website: greenfire.com/stitchweld



Redhawk Network Security is Seeking Qualified Candidates

Redhawk Network Security, a subsidiary of Potawatomi Business Development Corporation, is currently recruiting qualified candidates for the following positions at their main office in Bend, Ore.:

- Network Technician
- Senior Level Network Engineer



Happy April Birthday to These Elders!

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

FCP CARING PLACE

April 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):

4/4: Shopping

4/8: Elders Prom, Carter, 5 - 10 p.m.

4/11: Casino Day, Lac du Flambeau, 9 a.m. - 4 p.m.

4/21: Rouman Cinema

4/23: BINGO, Carter Casino, 10 a.m.

4/25: BINGO, Caring Place, 12:30 p.m.


4/28: Rick Springfield, Milwaukee Casino

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 April 15, 2017 issue
is Wednesday, April 5, 2017.*



POTAWATOMI TRAVELING TIMES

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Elder Menus

APRIL 2017

Monday, 4/3 Ham & Swiss on Rye, Cold Baked Beans, Tomato & Cucumber Slices, Pears, Peanut Butter Cookie	Monday, 4/17 Closed For Holiday
Tuesday, 4/4 Pork Roast, Mashed Potatoes, Gravy, Broccoli, Wax Beans, Jello® w/Fruit	Tuesday, 4/18 Chef Salad, Cottage Cheese, Assorted Crackers, Mixed Fresh Fruit
Wednesday, 4/5 Turkey Stuffing Casserole, California Blend Vegetables, Pumpkin Bars, Orange Juice	Wednesday, 4/19 Baked Ham, Mashed Potatoes, Gravy, Cauliflower, Wheat Dinner Roll, Strawberry Pretzel Dessert
Thursday, 4/6 Spaghetti w/Meat Sauce, Tossed Salad, Garlic Bread, Corn, Peaches	Thursday, 4/20 Chili, Fry Bread, Side Salad, Apple
Friday, 4/7 Bean Soup w/Celery, Onion, Carrots & Ham, Peanut Butter Sandwich, Crackers, Fruit Cocktail	Friday, 4/21 Fish, Potato Salad, Cole Slaw, Dinner Roll, Pears
Monday, 4/10 Roast Beef Sandwich, Baked Beans, Dill Pickle, Tomato Wedge, Apple	Monday, 4/24 Salisbury Steak, Mashed Potatoes, Carrots, Fruit Cocktail
Tuesday, 4/11 Tuna Casserole, Mixed Vegetables, Buttered Bread, Banana Pudding w/Banana	Tuesday, 4/25 Chicken Pot Pie, Cranberry Sauce, Ice Cream
Wednesday, 4/12 Hamburger Gravy, Mashed Potatoes, Asparagus, Kiwi, Pistachio Torte	Wednesday, 4/26 BBQ Pork Ribs, Baked Potato, Wax & Green Beans, Fruit Juice, Jello® Cake
Thursday, 4/13 Fish Sandwich, Baked Sweet Potato, Peas, Jello® w/Mandarin Oranges	Thursday, 4/27 Cold Pasta Salad, Carrot & Celery Sticks w/Dip, Cherry Tomatoes, Sun Chips, Apricots
Friday, 4/14 Chicken Dumpling Soup, Cheese Sandwich, Mixed Berries, Yogurt	Friday, 4/28 Beef Barley Soup, Cheese Sandwich, Blueberry Yogurt, Chocolate Torte

*Menus subject to change.



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Every Day in School Matters

submitted by FCP Education Department

Truancy is an issue that occurs every day in schools across the nation. In an effort to minimize truancy within our community, Forest County Potawatomi developed its own Truancy Ordinance.

The purpose of the Truancy Ordinance is to require school attendance for all tribal member children who are school-aged and attend a primary or secondary school. According to the ordinance, “Child” or “Children” means all Native American children between the ages of five and 17, who live on tribal lands, and all children who are enrolled tribal members or are eligible-to-be-enrolled between the ages of five and 17, who live on or off tribal lands or the reservation and who attend primary or secondary school. (4) “Truant” or “Truancy” means being absent for all or part of one (1) or more regularly scheduled school day(s) without an acceptable excuse pursuant to school policy.’ (6) This ordinance is the law and is not meant to be punitive to the student or parent. It shows the seriousness in which the tribe considers truancy and was implemented in the hopes of assisting our students to succeed.

The legislative history for the Forest County Potawatomi Truancy Ordinance began in 2008 with a recommendation from the Ordinance Department and was approved by Executive Council. The ordinance was pulled for revision in 2010, and then again recommended by the Ordinance Department, approved by Executive Council and General Council in 2015. A listing of exact dates can be found on the last page of the ordinance.

Links will be provided at the end of this article.

In order to carry out the FCP Truancy Ordinance, a Truancy Prevention Specialist (TPS) was hired to track the attendance of tribal children and assist families in avoiding further issues with truancy. If the school determines the excuse for a child’s absenteeism is unacceptable, the TPS enters the data provided by the school. Each school district has an attendance policy provided in the student handbook, explaining the procedure for reporting absences and what is considered an unexcused absence. The TPS then takes the appropriate steps, which may include calling the parents to remind them to call the school with an explanation of why the student was absent, making referrals, and attending truancy hearings in Tribal Court. In the case of multiple absent days, calling the school to explain the excuse may help to avoid a referral. When dates are not excused, a referral is sent via the postal service. Once the referral goes to Tribal Court, the Tribal Judge determines whether the penalty shall be monetary, in the form of work duty, or some other order. The penalties are imposed per offense, not per person.

In addition, the TPS also works with a Family Services ICW prevention worker to help students and/or families identify the cause of the absences. Family Services then makes additional referrals to provide any tribal services, including education support.

Through studies and data collection, it has been determined there is a direct link between attendance and student

success. If absenteeism becomes an issue early in the education process, it increases the likelihood of lack of teacher effectiveness, negative behaviors, low achievement, and high school dropout rates. If absenteeism starts in kindergarten, for example, it has a direct impact on first grade attendance and achievement outcomes. This perpetuates the problem, which has been seen to increase every school year. Whether an absence is excused or unexcused, the student misses out on vital instruction and support, which causes the student to struggle and, often times, fail.

The Forest County Potawatomi tribe values education and proof of this was when the ordinance passed General Council. They believe that attending school regularly promotes success with our students. We, as a community, must

support our students and their families and show them the importance of education. Education is a tool for every individual to enhance his/her own future.

Two options to view the FCP Truancy Ordinance are:

- On FCPNet (employees only): Go to the Administration tab, click on ordinance and scroll down. It will be listed on the bottom right-hand side of the page.

- On our website at www.fcpotawatomi.gov: Go to the Government tab, click on Code Laws and scroll down to Title III: Family and click on Truancy 3-5.

For more information on truancy and absenteeism, visit the following links: <https://dpi.wi.gov/> and <http://www.attendanceworks.org/>

Questions ? Please contact FCP Education Department at (715) 478-7355.

FCP Community Health Assessment

submitted by Melanie Tatge, CHES, Community Health

The FCP Community Health Department is conducting its second Community Health Assessment. The aim of this assessment is to identify the major needs and concerns of the FCP Community so the Community Health Department and others can better serve YOU. (The assessment made its debut at the Winter’s End Powwow, March 18 – 19.)

Two assessments are being provided to the community: youth ages 12 – 17 and adult ages 18+. These assessments

provide the Community Health Department insight into the strengths of the tribe, as well as areas that need more attention. YOUR VOICE MATTERS! With your help and participation, we can gain a better understanding of the tribe’s needs and improve the health and wellness of the community and future generations to come.

If interested in learning more, completing an assessment or being part of a focus group, contact the Community Health Department at (715) 478-4355.

Milwaukee County Court Welcomes FCP Wellness Court

submitted by FCP Tribal Court

On Thursday, March 2, 2017, Forest County Potawatomi (FCP) Tribal Court judges and staff spent the day touring and visiting the Milwaukee County Courthouse. The visit was part of the ongoing education and communication that has been occurring between state and tribal courts.

“I’m grateful to Chief Judge Maxine White,” Chief Judge White-Fish said. “We can learn from each other.”

The day started at 9 a.m. in the Chief Judge’s office. Various court officials including Milwaukee County judges and clerks greeted the FCP judges and staff and provided an overview of their jobs and responsibilities.

After the introductions, choices were offered for observation: criminal, civil, children’s, family, drug court, guardianships, small claims and probate. Due to the opening of the Forest County Wellness Court, several FCP judges and staff observed Milwaukee’s Drug Court.

Lunch was provided at Chief Judge White’s office. During lunch, other Milwaukee County judges joined FCP judges and staff. Stories and experiences were shared.

After lunch, the observations continued. The clerks toured the massive Milwaukee County Clerk operations. Some staff returned to the Drug Court while others observed a criminal court devoted to domestic violence cases.

The Milwaukee County Court System is very large. Milwaukee County has 47 full-time judges and about 20 full-time court commissioners. The caseloads are massive, including 37,000 small claims cases per year.

The Milwaukee County Drug Court had 63 participants with room for up to 80. Rather than incarcerating individuals, Drug Court provides intense supervision and treatment in an attempt to bring offenders into recovery.

At the close of the day, all parties



(l-r) Chief Judge Maxine White, Chief Judge White-Fish, Wellness Court Coordinator Valerie Loduha, Judge Christian Daniels

reconvened and discussed what they had seen.

“Our doors are always open,” Chief Judge White said. “We’ll definitely be back,” Chief Judge White-Fish responded.

Participating in the trip were Judges: Eugene White-Fish, Christian Daniels and Jeryl Perenich; Clerks: Tina Bushong and Tara Kress; Wellness Court Coordinator Valerie Loduha, and Tribal Court Advisor Paul Stenzel.

National Public Health Week 2017 - Healthy Nation 2030

submitted by Melanie Tatge, CHES, Community Health

Healthy – to some this may be a person wearing a small pant size, eating the recommended amount of fruits and vegetables, and exercising every day. However, to achieve optimal wellness one should not focus solely on physical activity and nutrition, but their social, intellectual, spiritual, cultural, emotional, environmental, occupational aspects of wellness, too. Your health and wellness can be defined by you and what you think being well is. Ask yourself, what does being well mean to you? Is it eating a healthy breakfast to start your day, getting the recommended amount of sleep, walking during your lunch breaks at work, dancing at powwows, or attending a sweat lodge? You know your body better than anyone. By defining what wellness means to you, you're taking small steps to be a healthier you.

Public health helps promote health and wellness. What is public health? It is having access to healthy meats and produce at your grocery stores, lighted sidewalks, enjoying drinkable water, running 5Ks or marathons, healthcare, car seats, any and all of the Forest County Potawatomi (FCP) Community Health Department programs available. That is public health. According to the Center for Disease Control and Prevention (2017), public health is defined as, “the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease, injury prevention, and detection and control of infectious disease.” In one word public health is PREVENTION. Public health aims to create and sustain healthier lives for you and your family now and for generations to come.

Every year, the American Public Health Association and Center for Disease Control and Prevention celebrate health and well-

ness the first week of April (3 – 9, 2017) in recognition of National Public Health Week. The goal of this week is to celebrate all that public health does and challenge communities across the country to take steps to become the healthiest nation by 2030.

The FCP Community Health Department is joining the celebration by hosting a weeklong challenge with various events throughout the week. Join the FCP Community Health Department this week as they host events and health challenges to become a healthier you!

Mish ko swen Health Challenge: Make National Public Health Week your time to focus on your health and wellness. Check the FCP Community Health Department website (www.cmh.fcipotawatomi.com) for more details on the daily health challenge and incentives offered.

Monday, April 3: Aim to eat five fruits and/or vegetables today. Stop by the Health & Wellness Center lobby between 12 – 1 p.m. or 5 – 6 p.m. to pick up a healthy snack.

Tuesday, April 4: The average American adult spends eight hours per day in front of a screen. Take that time and do something for your health. Try to limit your screen time to two hours. Stop by the FCP Community Health Department to pick a game you can play with your family. Quantity of games is limited.

Wednesday, April 5: Challenge your heart today by getting the recommended amount of physical activity based on American Heart Association recommendations (60 minutes for youth and 30 minutes for adults). Need a place to walk? The FCP Rehab Department's walking track is open to the community during the following hours: 6 – 7 a.m., 12 – 1 p.m., and 5 – 6 p.m.

Monday through Friday, and 8 a.m. – 2 p.m. Saturdays. Stop by the Rehab Department during these hours to walk and receive a free pedometer.

Thursday, April 6: Say no to sugary beverages today and opt for water. Stop by the FCP Community Health Department to get your very own water bottle.

Friday, April 7: Focus on your personal wellness today by challenging yourself to take an emotional break. Focus on your spirituality by taking a nature walk or playing a game of cribbage. Treat yourself to “you” time. Stop by the Health & Wellness Center for a stress ball, word searches, and other games.

The Healing Journey: Dealing with Grief and the Impact of Substance Abuse on those You Love event: Wednesday, April 5, 6 - 9 p.m. at the FCP Cultural Center, Library & Museum in the lower level. Join community members as they share their stories of how substance abuse has impacted their lives and how they handle the grief of losing a loved one. A light meal will be provided.

Tobacco Pouch Making event: Friday, April 7, 12 - 6 p.m. at the FCP Cultural Center, Library & Museum in the lower level.

Devil's Lake Nature Walk: Saturday, April 8, 10:30 a.m. - 2 p.m. at Devil's Lake. Join the FCP Community Health Department as they kick-off the “Walking the Powwow Trail Challenge” by walking around Devil's Lake. Participate in a scavenger hunt

for facts as you walk. A light lunch will be provided.

Walking the Powwow Trail Challenge: Kick-off at the Devil's Lake Nature Walk. Join the challenge to see how many miles or steps you can walk this summer! Use your pedometers, Fitbit, and other exercise devices to monitor and track your steps. The powwows across the state of Wisconsin will serve as markers, starting at the Winter's End Powwow and ending at the Indian Summer Festival in Milwaukee which will be a total of 1,920.9 miles or 4,057,152 steps! All participants will receive a free “Walking the Powwow Trail Challenge” t-shirt. The individual who walks to or has the most steps to get them to the most powwows wins a prize. For more details, please see the National Public Health Week flyer.

For additional information or questions, contact Melanie Tatge, FCP Community Health educator at (715) 478-4382.

References:
Center for Disease Control and Prevention. (2017). What is Public Health? Retrieved from <http://www.cdcfoundation.org/content/what-public-health>
American Public Health Association. (2017). National Public Health Week. Retrieved from <http://www.nphw.org/>
The Henry J. Kaiser Family Foundation. (2009). Get Active, Be Healthy! Retrieved from <http://www.health.state.mn.us/divs/hpcd/chp/cdrrobesity/pdfdocs/screentimetoolkit.pdf>



FILM Project Update

by Val Niehaus

In conjunction with the FILM Grant story featured in the March 1, 2017, edition, this article is an update to what has been happening since that article was printed.

Dave Herkert, FILM coordinator — level 3 technician, has been diligently preparing and pursuing the steps necessary to advance this project.

Herkert has visited all three school districts: Crandon, Wabeno, and Laona, in hopes of finding students interested in this proposal. He had hopes of finding 10 interested students, but Herkert actually had 25 students sign up for this project. This was a great turnout!

Along with planning, the FILM Advisory Board has met twice to talk about different ideas and to have some questions answered. There is a lot to take in and to cover for the creative process of something this large in scope. It is necessary to have as many meetings as needed to cover all of the pertinent topics involved.

One exciting event that will be taking place this summer and which is involved with the FILM program will involve eight to ten FCP tribal youth who will participate in help-

ing with the Mad Dog and Merrill Midwest Grillin' cooking show. This show is about two men who are internationally-recognized and who are self-proclaimed “Grillologists”. They travel around the country and perform in front of live audiences while grilling up some tasty foods. The youth will be helping with the production of the show, from filming to assisting in all other needs from behind-the-scenes to give them exposure to all that is involved in such a program.

The first official class with the youth will be happening in the beginning of April. Hopefully, the young people will bring forth some great ideas to pursue as the program unfolds. Again, it should be stressed that the ideas that will be developing from this program will be the ideas of the youth themselves. Shows like the one discussed above are just activities that will allow them to get their feet wet from behind the camera. The official end result will be what they as a group choose to do for the final project.

Right now, this program is right on track, and hopefully, it will continue to grow as the months go by and more ideas come into play.



Honoring Health, Healing, and Tradition

Welcome Grant Packard, Doctor of Chiropractic!

Please join us in welcoming our newest member of the Rehab Services, Grant Packard. As a Doctor of Chiropractic, Dr. Packard has a background in conservative management of musculoskeletal conditions with a focus in chiropractic rehabilitation. Dr. Packard commonly treats spinal and extremity-related conditions with an emphasis on soft tissue management. He has experience providing functional exercise/rehabilitation in conjunction to traditional chiropractic care to help maximize patient outcomes. He enjoys practicing in a rural healthcare setting and thoroughly enjoys living in the northwoods! Dr. Packard is now seeing new patients.

Appointments can be made by calling (715) 478-4344. Hours: Mon. - Fri., 7 a.m. - 5 p.m. Open to the Public



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Night of the Arts

by Val Niehaus

The 4th Annual Night of the Arts was held at the Crandon School on the evening of March 6, 2017. The event is hosted by the middle/high school students and their instructors who all lend a helping hand where needed.

On entering the school that night, spectators were first greeted in the lobby area of the school by displays and demonstrations by various art media students. There were students demonstrating their talents and techniques with making pottery, oil painting, beadwork, and there were even students drawing with oil pastels. Also located in this area was a musical student who played a graffiti-decorated piano like it was second nature to him. Culinary students wandered the commons area with trays of hors d'oeuvre for guests to try which were quite tasty.

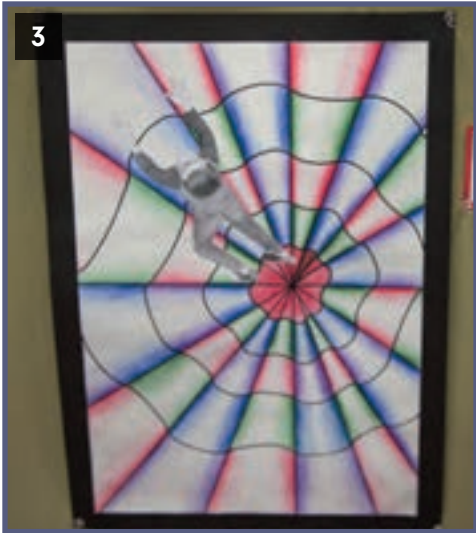
Moving into the auditorium, attendees were able to enjoy performances by various musicians including vocal solos and duets, piano solos, and musical theater. Moving on to the band room, instrumental performances could be enjoyed from the musically-inclined students with everything from solos to ensembles with various students and instruments. A number of students took part in multiple performances.

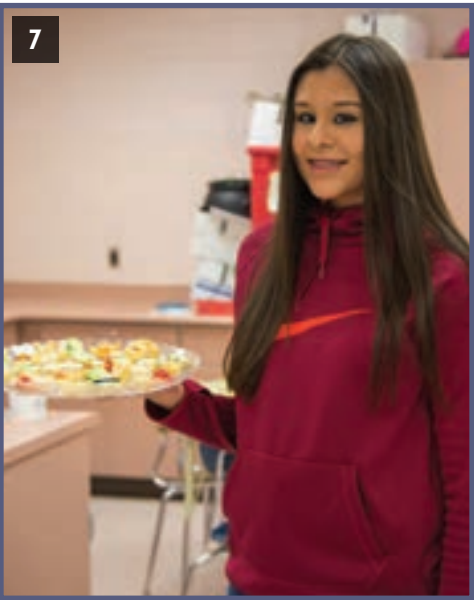
In a separate wing of the school, there were two rooms that accommodated the forensics portion of the night. Students

presented different speeches and readings as well as plays/skits. Some of these were solo presentations while others involved pairs of students or small groups.

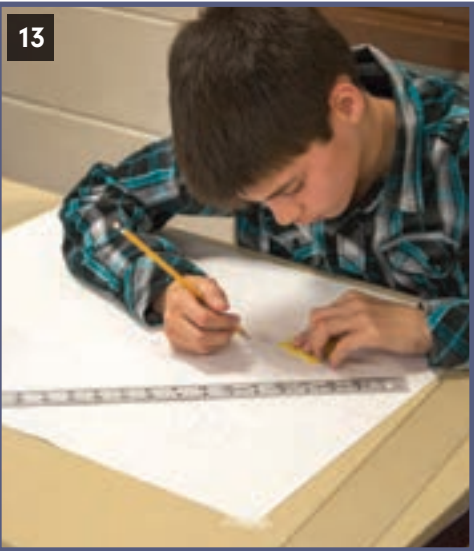
- FCP participants were:
- Israel Alloway:** Painting Demonstration
 - Ryon Alloway:** Pottery Throwing Demonstration
 - Santos Alloway:** Drawing
 - Serena Alloway:** Sculpture
 - Darlaina Boyd:** Forensics/Painting
 - Janiece Brown:** Culinary Arts
 - Bisher Daniels:** Culinary Arts
 - Dion Daniels:** Beadwork/Drawing
 - Gizhgo Daniels:** Flute Double Duet
 - Jennifer Daniels:** Beadwork
 - Khia Marvin:** Singing
 - Renn Marvin:** Perspective Drawing
 - Hailey Seidler:** Culinary Arts
 - Tehya VanZile:** Drawing

This night has become a very popular and well-attended school activity, which showcases the many talents of the students in the Crandon School District. It is really impressive to see the variety of abilities these young people have and how they have been able to perfect their abilities through the classes available. The event is very well-coordinated and offers a wonderful evening of entertainment for families and community members.





1. Khia Marvin, vocal duet
2. Santos Alloway, self-portrait
3. Dion Daniels, "Op-Art"
4. Darlaina Boyd, "Trolls" forensics
5. Tehya VanZile, "Fish"
6. Tehya VanZile, "Zentangle"
7. Hailey Seidler, serving hors d'oeuvres
8. Israel Alloway, working on new painting
9. Darlaina Boyd, "Ledger Art"
10. Serena Alloway, "Dude in Black Hoodie"
11. Gizhgo Daniels, flute double duet
12. Ryon Alloway, demonstrating pottery wheel
13. Renn Marvin, demonstrating perspective art
14. Dion Daniels, "Ring"



Story Time with Billy D

by Val Niehaus



Wabeno language students: (l-r) Todd Samplaski, Jennifer Wilson, Kelly Spaude, Billy Daniels Jr., Dalilha Bulmer, Trina Leonard and Onkot Frank

On Feb. 22 and March 2, 2017, Billy Daniels Jr. visited the Wabeno High School language class to share with the students stories of the past and present.

Donald Keeble, FCP language apprentice, is the instructor for this class and invited Daniels to visit the class so the students could listen to one of their elders speak about these long, treasured stories. *PTT* was able to sit in on the March 2 class with the three students participating that day. The other students had been able to listen to Daniels earlier on Feb. 22.

Daniels first shared a story about the different nationalities and how the creation of Indians came to pass. There was much talk about Mamwēgosnan (God) and the connection that Natives have with Him and Mother Earth.

Another story was about the city of Milwaukee and how it received its name. Daniels spoke of the fort that was located there and of it being overtaken by the Potawatomi's. In conjunction with this discussion, he also brought up the story of the game Lacrosse and explained how the Natives were the ones who had originated this game. He spoke from a personal standpoint about traveling to Milwaukee with his parents and relatives to get supplies when he was still a young boy. He spent considerable time discussing this city and the history associated with it.

He spoke a lot about his family — in particular, his father — and relived stories of being a young boy in the winter and summer months and all they had to do to survive. The entire family lived together with this including mom, dad, siblings, uncles, aunts, and other extended family members. Everyone took part in the work of the household and had their own job to do whether it was cooking, gathering, hunting, canning or taking care of the young ones. The family worked together as a team in a manner different than is seen today where individual families live each in their own household.

Daniels then ended his visit with the story about why tobacco is so important to many Natives. This is a story that many youth hear multiple times during their childhood, but it is a story of great significance so to hear it repeated is important to assure it being passed down through the generations.

Listening to Daniels tell these stories makes one realize the significance of the Potawatomi language and heritage. Many of these stories are not written down so it is extremely important that someone remembers them and passes them down to the young people. Once an elder has gone on to the next life, it is imperative that there be someone who can share them so this part of the tribal heritage is not lost for future generations.



At Story Time, Billy Daniels Jr. was also able to tell winter stories on March 16, 2017, at the FCP Cultural Center Library & Museum. Many stories were the same as the ones told in Wabeno.

Community Member Reaches Milestone

Congratulations to Joseph Alloway on obtaining his General Equivalency Diploma on March 9, 2017. Alloway worked closely with the Economic Support and CHOICES departments in finishing this achievement. Good job!



Youth on the Move Starts for the Year

by Val Niehaus



Base kick for Zoey!

It is that time of year again when the FCP Community Health Department offers physical activities for FCP community youth to participate in. The program started on Feb. 28, and will continue through April 27.

The locations where these will be held are at the FCP Recreation Center (Crandon), We Care Building (Carter) and Laona Elementary School (Laona). Many different activities are centered around getting the youth moving and

having fun while doing so.

PTT was able to make it to the Crandon location to watch a fierce game of kickball, but there are also many other sport activities that will be played during this time period, both indoors and out.

If you or your child are interested in participating, call the FCP Community Health Department at (715) 478-4382 for details.



Kickball in a dress and flats takes some mad skill. Way to show them how it's done, Zuri!

Reflections: Me and My Grama’s Mess

submitted by Veronica Ergeson (Mann/Pemma)



Noden Kwe — bringing some art with a little reflection your way. I am 30, a writer/ artists, taco-connoisseur and inspiration-enthusiast living in Milwaukee with my dog, Zeek.

One thing that is super amazing about art is that in its purest form, it is sovereignty. It is identity, self-efficiency, and execution. Nothing feels more gross to me than creating something that just isn’t my style. Yet, in life sometimes, authenticity of this caliber requires growth and acceptance. Sharing art birthed out of these spaces requires, for me, a bit of courage and vulnerability. I was a little stressed out about what I wanted to submit [to PTT] for April. I had three poems written and a rather large portrait painted, but I just wasn’t feelin’ it.

As I snuggled into my chair to write and figure my life out, a song came on that reminded me of a sketch I did in January of this year. I replicated the sketch on canvas, but I ended up liking the sketch so much

better, because it’s plain, simple and I can feel the emotion through the colors a tiny bit more.

A snippet of context and back-story for the piece that feels pertinent:

I have been in recovery from an eating disorder for *pssshhhT*, years now. I’ll say this about eating disorders: they are not what people often think they are. They are not about being emaciated or noticeably thin. First and foremost, they are an anxiety disorder/ mental health issue. An eating disorder is in an attempt to control emotions through various types of numbing — pretty standard addiction-based behavior. Recovery is really the same as it is for most forms of addiction with the caveat that you cannot take the substance — food — out of the equation. Eating disorders are no fun zones that parallel other forms of addiction, and this happens to be part of my story.

It was a cold, January day. The new year was fresh, but my mental health was not. I sat on the concrete floor of my mother’s apartment sketching a self-portrait with some brand new copic markers. Words fail me in times of emotional distress, so I try to speak via color, shapes and images. In my right mind, I could see that I was feeling the effects of cyclical addiction. That old nemesis addiction; it has this incredible ability to turn my internal mirror, the way I see myself, into



Piece - a sketch, marker and pen on paper

a poison. A kryptonian-like substance that renders me powerless before my own sense of self.

So, again, it was a cold January day, and I was feeling all the feels of the kryptonian poison. As I sketched, I began feeling sadness for the approaching anniversary of my grandmother’s passing. I felt like I was letting her down in some way. I knew this wasn’t the case, but as I continued coloring on the sharp edge of what appeared to be the frame of a mirror with my reflection, a song, “Your Mess is Mine”, by Vance Joy, came on.

Spotify magic - tears flood.
“You can tell me what YOU see, but I WILL chose what I believe.
Hold on darling,

This Body is yours,
This Body is yours and mine.
Now hold on my darling,
This Mess was yours,
Now your mess is mine.”

My heart had been aching for that vibrant source of love that filled my life with so much beauty and here it was reminding me to relax and teaching me that the ancestors are a part of me and that I am part of them. This struggle wasn’t mine alone; the ancestors were in it with me. I realized in this moment, that my body is also the ancestor’s body, and my mess is also the ancestors’ mess in a way. I don’t have to do it alone, and I am not doing it alone. It hurt. I cried. I laughed. And now I share this.

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YOUTH

On The

Move

Activity Program

Youth Ages 6-12

Have Fun & Improve Your Health by Moving More!

2017 FCP Youth on the Move Program:

Tuesdays:

FCP Rec Center, Crandon — 3:30 - 4:30 p.m.

Feb. 28, March 7, March 14, March 21, April 4, April 11, April 18, April 25

Thursdays:

We Care Building, Carter — 3:30 - 4:30 p.m.

March 2, March 9, March 16, March 23, March 30, April 6, April 13, April 27

Laona Elementary School, Laona — 3:30 - 4:30 p.m.

March 2, March 9, March 16, March 23, April 6, April 13, April 20, April 27

* Youth on the move will not be held during Spring Break on the following days:

CRANDON: Tuesday, March 28; WABENO: Thursday, April 20; LAONA: Thursday, March 30

» WEEK 1 - Snowshoeing

» WEEK 2 - Snowshoeing

» WEEK 3 - Kickball

» WEEK 4 - Color Tag

» WEEK 5 / Capture the Flag

» WEEK 6 / Flag Football

» WEEK 7 / Jump-Rope Games

» WEEK 8 / Ticket Night

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

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

cmh.FCPotawatomi.com

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

Melanie Tatge

Public Health Educator

715-478-4382

Calli Victor

CHR

715-478-4398

Pick up at school if requested

Transportation available

Snack and nutrition activity

Wear boots and appropriate winter clothing for snowshoeing

Activity schedule may vary

What's Going on in Carter?

submitted by Frank Shepard, PCCH General Manager

Summer Cash Bash, May 26-28, 2017 - Start earning entries Monday, April 17. Carter Club members can earn 250 same-day base points for 10 entries or redeem 250 points for 10 entries. During the three-day promotion, \$40,000 cash will be given away using the punchboard. All three days, the drawings take place 6 to 10 p.m. The entries will stay in the bin until the promotion is over. There will be 17 winners on Friday, 17 on Saturday, and 16 on Sunday, for a total of 50 winners over the three days.

- Bingo players will receive 10 bonus entries for every Early Bird package purchased between April 17 and May 25.

- Table games players will earn 10 bonus entries for every hour of consecutive play at the tables from April 17 and May 25.

- Ten free entries to new members of the Carter Club the day they open an account.

- Tier multipliers will be offered April 19, 26, and May 2, 9, 14, and 16.

- Cash prizes are in the following amounts: (8) \$300; (11) \$500; (9) \$700; (8) \$750; (3) \$1,000; (2) \$1,250; (2) \$1,500; (2) \$2,000.

- The five prizes on the 'double' prize cards will be: (1) \$500 = \$1,000; (2) \$700 = \$1,400; (1) \$750 = \$1,500; and (1) \$1,000 = \$2,000.

- Entries will no longer be issued after 9:30 p.m. for these drawings.

- All entries must be in the bin 25 minutes prior to posted ending time of the promotion on Sunday, May 28.

- Random drawings: entries will be issued until 30 minutes prior to posted end time of promotion. All entries must be in the bin 30 minutes prior to posted end time of promotion. All entries must be in the bin 25 minutes before the final drawing.

Flash Back Friday Luck of the Draw (Tuesday Night Mysteries), Friday, April 7, 2017 - Join us as we take a step back in time to revisit one of our old promotions. Carter Club members can earn or redeem 50 points for one entry into the drawing. Earn one additional entry for every 50 points earned or redeemed. Drawings will take place from 6 to 10 p.m. Two differ-

ent winners will be drawn each hour to come to the booth and draw a chip from the container to see what they have won: \$50, \$75, \$100, \$150, \$200 and \$250.

To add a bonus element, there will be one chip labeled 'doubler'. If the winner first picks the doubler chip, they will then select another chip from the container with a dollar amount on it. Doubled amounts could equal \$100, \$150, \$200, \$300, \$400 or \$500. Total of 10 winners.

Hourly drawing: entries will be issued until 10 minutes before the last drawing time. All entries must be in the bin one minute before the final drawing.

April Fools Day Drawings, Saturday, April 1, 2017 - PCCH wants to have a little fun on April Fools Day! Carter Club members can earn or redeem 200 points for 10 entries for their chance to win up to \$1,000. Two winners will be drawn each hour from 6 to 10 p.m. When a winner is drawn, they will choose one of 10 laminated cards that will be face down on the desk to turn over. There will be a picture of a joker and a dollar amount on the front. The winner will open the card to reveal a multiplier of up to 20 times. The amount on the front of the card will be multiplied by the number inside the card: \$50 x 10 = \$500; (2) \$50 x 20 = \$1,000; (4) \$75 x 10 = \$750; (2) \$100 x 10 = \$1,000. Hourly drawing: entries will be issued until 10 minutes before the last drawing time. All entries must be in the bin one minute before the final drawing.

1040 EZ Drawings, Saturday, April 15 - Let PCCH help take the sting out of tax day. Carter Club members can earn 200 points or redeem 200 points for 10 entries for their chance to win cash prizes. From 4 to 10 p.m. on Saturday, April 15, a total of 20 winners will be drawn randomly to win \$1,040 each. Limit of two wins per person. Start earning entries for this drawing on March 27. Tier entry multipliers will be available on Wednesday, April 5, 12, and Friday, April 14.

Sweet Surprise Saturday, April 29 - Carter Club members can come to the booth to receive a free gift starting at 7 a.m. until 10 p.m. or until supplies are gone.

BINGO!

Come in, check us out, be prepared to have some fun with bigger, better package deals along with higher payouts! Inter-mission wheel spin is back.

Regular Program:

All packs are \$5. Regular games pay \$125; specials pay \$150 and progressives pay \$125. Last game pays \$250 or \$500 in 52 numbers or less.

Thursdays in April:

Paper 'Only' Session, Thursday, April 13 - \$10 packs; regular games pay \$75; progressive pays \$100 and specials pay \$125. Last game pays \$500! *No coupons will be accepted for this session.*

Fridays in April:

\$500 Fridays, April 7, 21 - \$35 packs; five regular games pay \$250; 10 games pay \$500; 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, April 28 - Movie Star Theme! Admissions opens at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. to midnight; 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 April:

Electronic 'Only' Session, April 15 - \$60 package buy-in - limit three. Buy-in includes all of the games played (45 cards each). Twenty-nine regular games pay \$125; last game pays \$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.*

Bash, April 29 - \$20/10 packs; regular games pay \$175; one special pays \$300; three specials pay \$400 and the last game pays \$600! Free beer and food with admission pack purchase.

Sundays in April:

Easter Sunday, April 16 - Complimentary dauber for all bingo guests. Three lucky winners will receive \$25 gas, \$25 cash and \$25 in bingo play.

\$500 Cash Drawing, April 30 - 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.

April Birthdays:

Come play bingo with a birthday in April and receive a free pack along with a complimentary dauber of your choice. Only valid at regular session.

New Machine Specials:

\$10 machine minimum - new packages available! More bingo for your dollar!



Devil's Lake

2017 SUMMER INTERNSHIP PROGRAM

We are looking for enrolled FCP tribal members who are ready to learn about the importance of the FCP Gaming Commission. If this interests you and you have a high school diploma or GED (or equivalent), apply for the internship program today!

- ❖ Application deadline: **April 21, 2017**
- ❖ Internship dates: **June 5 - July 28, 2017**

Please contact
Courtney Kadolph,
 Development Specialist,
 to get an application at:
(414) 847-7718
ckadolph@paysbig.com
www.fcpgc.com

NOTICES /

CALENDAR

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 Wejmo gek 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.



April 2017 Calendar of Events

Community Health

- 4/4 - Infant Nutrition: (HWC) 8 a.m. - 4 p.m.
- 4/5 - The Healing Journey Event: (FCP Museum, Lower Level) 6 p.m. - 9 p.m.
- 4/6 - Infant Nutrition/WIC: (Carter We-Care) 1 p.m. - 4 p.m.
- 4/11 - WIC: (HWC) 8 a.m. - 4 p.m.
- 4/26 - Diabetes Luncheon: (HWC) Noon - 1:30 p.m.
- Women's Exercise Program (Kickboxing) - through April 19
- Through 4/27 - Youth on the Move Program. *See flyer on pg. 9*

National Public Health Week Events

- 4/3-7 - Health Challenge Kick-Off
- 4/7 - Tobacco Pouch Making: FCP Museum, Lower Level, Noon - 6 p.m.
- 4/8 - Devil's Lake Nature Walk: 10:30 a.m. - 2 p.m.

Family Resource Center

- Healthy Relationships: Mondays (3, 24), 10 a.m. - Noon.
- Play Shoppe: Tuesdays (4, 11, 18, 25)
- Circle of Sisters: Wednesday (5), 1 - 3 p.m.
- FRC Girls 10-17: Wednesdays (5, 12, 19, 26), 3:30 - 5 p.m.
- Community Women's Talking Circle: Thursday, (20), 1 p.m.
- PIP: Thursdays (6, 13, 20, 27), 10 a.m. - Noon.
- Life Skills Class: Wednesday (19)
- 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 (3, 10, 24), 3:30 - 5 p.m.
- Youth 13 - 17: Tuesdays (4, 11, 18, 25), 3:30 - 5 p.m.
- Youth 7 - 9: Wednesdays (5, 12, 19, 26), 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.

Recreation Department

- After-School Program: We Care, Mondays, 3:30 - 5:30 p.m.
- Women's Exercise Program (Kickboxing): Rec Center, Mondays/Wednesdays, 5:30 - 6:30 p.m. through April 19.
- Open Gym: Wabeno Elementary, Wednesdays (5, 12, 26), 3:30 - 5 p.m.
- After-School Program: Rec Center, Wednesdays (5, 12, 26), 3:30 - 5 p.m.
- Open Gym: Rec Center, Monday - Friday, 7 a.m. - 8 p.m.
- Carter We Care: Monday - Friday, 7 a.m. - 8 p.m.

>>Stone Lake Rec and Carter We Care closed Monday, 4/17<<

- Bowling in Rhinelander: April 18, 1 - 3 p.m.
- Bingo & Activities: Rec Center, April 19, starting at noon
- Funset Boulevard in Appleton: April 20, 11 a.m. - 3 p.m.
- Movies in Rhinelander: April 21, leaving at 3 p.m.

PERSONALS

Welcome to the World!

Leon Alexander Keeble was born on Feb. 21, 2017, weighing 8 lb., 3 oz., and was 20.5 in. long. Parents are Jeffrey Keeble Jr. & Lizz Peterson. Grandparents are Betty Jo and Jeff Keeble, Wabeno, Wis., and Mercede Smith, Black Creek, Wis. Great-Grandparents are: Dave Keeble (deceased); Pete Pemma, Crandon, Wis., Yvonne Smith (deceased); Margaret Borth, Appleton, Wis.; Bertha Pemma, (deceased); and Leon Smith (deceased).

Winter’s End Powwow Continued



The stoic faces of the Traditional Men dancers.



Grandfather and Great-Granddaughter enjoying a dance together.



Tiny Tots bring the most smiles to the crowd.



Ira Frank floating in mid-air.



Local drum group Fire Nation keeping the beat for the dancers.



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When You Buy Two
Monster® Ultra 16 oz.

*Offer available for qualifying products which may vary by location. Offer valid with Fuel Rewards Network™ Card for a limited time, while supplies last. Fuel Rewards® savings earned through the Shell® Fuel Rewards® program expire on the last day of the month following the month in which they were earned. Other restrictions may apply. See brochure inside for details. The Shell® Fuel Rewards® program is part of the Fuel Rewards Network™ which is administered by Excentus Corporation.

F3 FUEL REWARDS.

Valid 4/1/17 - 6/30/17



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C-STORE/SMOKE SHOP/DELI

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(715) 478-4199
Open 7 days a week: 5 a.m. to midnight



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