



POTAWATOMI TRAVELING TIMES

VOLUME 19, ISSUE 21

NMĒ BNĒ GISES

SUCKER FISH MONTH

MAY 1, 2014

PTT Tours New Milwaukee Hotel

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Every hotel room will have a spectacular view of downtown Milwaukee or the Menomonee Valley.

by Val Niehaus

PTT was personally invited by Potawatomi Bingo & Casino (PBC) to take part in a tour of the new hotel that is being constructed in Milwaukee, Wis. The hotel is in its final stages of construction—meaning that there is drywall, concrete, pillars, and usable elevators. There is a lot of dust in the air, men and woman in hard hats and protective gear—something that *PTT* also had to wear while going throughout the tour—and obvious ongoing construction underway but at least the end is in sight. As one can see, there is no décor in place and no rooms ready except for the “mock” rooms. But these give one an idea of what the hotel will look like when it is complete.

This tour was specifically arranged for the media as a preview of what is coming, and this was, indeed, a very nice opportunity for each and every one of us who attended. There were about 10 different media corporations that were involved. We all were split up into small groups so we could ask our own specific questions—there was a concerted attempt to personalize this opportunity for each attendee. PBC Facilities Director David Brien first greeted us and gave a brief history of the project itself. He also explained how the new hotel is attached to the casino and how the entire facility is self-contained.

PTT had a great tour guide who assisted us throughout the visit. PBC Public Relations Director Kelly Skindzelewski did a great job in explaining each of the rooms with as much detail as the mind could imagine. Skindzelewski says PBC External

Communications Specialist Kim Mitschke, is the one deserving of the credit for these detailed descriptions as she actually authored very inclusive details about the amenities of the different rooms. *PTT* thanks both of these ladies for such a great tour!

PTT talked with PBC Hotel Director Hassan Abdel-Moneim via e-mail and asked some specific questions about the hotel. When asked about an opening date, Abdel-Moneim advised that it is expected the hotel will officially open in early fall of 2014.

Groundbreaking for this new project took place on July 12, 2012, so all in all the process has been about two years in the making. This is a huge project and to see how fast this hotel has been created is astonishing to all the workers at PBC as well as the general public in the Milwaukee area.

The companies who have been involved in this incredible undertaking include Greenfire Management (Milwaukee, Wis.), which is the actual construction management. The General Contractor is Gilbane Building Company (Milwaukee, Wis.; the

beautiful and modern architecture is that of Cunningham Group Architecture, Inc. (Minneapolis, Minn.); and the Project Consultant is Innovation Project Development (Ocean Springs, Miss.). This hotel definitely gives you that ‘wow’ experience and these companies have been in large part responsible for that result—it’s truly going to be an extraordinary facility.

continued on pg. 12...



This is one of the mock suites.

Military Veterans

Veterans Post 1 - We consider it an honor and privilege to be of service to our Potawatomi community. Membership 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 FCP tribal hall located at 8000 Potawatomi Trail, Crandon. Please join us!

Happy May Birthday to These Elders!

05-01 Marilyn Alloway	05-13 Theresa Johnson
05-07 Wanda Pete	05-19 Nellie Kezick
05-07 Joseph Brown Sr.	05-19 Leland White Sr.
05-09 Donna Weso	05-22 Henry Ritchie II
05-09 Julius Daniels Jr.	05-25 Loretta Snow
05-10 Elizabeth Daniels	05-25 James Thunder Sr.
05-11 Kenneth Alloway Sr.	05-27 Valerie Nah Bah Kah
05-11 Cynthia Tyler	05-29 Gordon Waube
05-12 Arlene Alloway	05-31 Wallace Ritchie

May 2014 FCP Elder Menu*

Thursday, May 1

Boiled Dinner & Ham, Biscuits,
Fresh Fruit Salad

Friday, May 2

Baked Chicken, Mashed Potatoes,
Gravy, California Blend Veggies,
Dinner Roll, Orange

Monday, May 5

Chef Salad w/Ham & Turkey,
Crackers, Dinner Roll, Apple

Tuesday, May 6

Roast Beef & Swiss on Rye,
Parslied Potatoes, Spinach,
Blueberry Muffin

Wednesday, May 7

Sauerkraut Pork Casserole,
Peas & Carrots, Strawberry
Yogurt, Pineapple

Thursday, May 8

Beef Barley Soup, Cheese Sandwich,
Orange, Peanut Butter Cookie

Friday, May 9

Fish Sandwich, Potato Salad,
Coleslaw, Mixed Fresh Fruit Salad

Monday, May 12

Brat Patty on Bun, Baked Beans,
Pasta Salad, Apricots

Tuesday, May 13

Tator Tot Casserole, Mixed
Vegetables, Bread, Watermelon,
Pumpkin Bars

Wednesday, May 14

Chicken & Biscuit Casserole, Bread,
Broccoli, Fruit Cocktail

Thursday, May 15

Pea Soup & Ham, Carrots,
Cornbread Muffin, Oatmeal Cookie

Friday, May 16

Fish, Baked Potato, Coleslaw,
Cauliflower, Dinner Roll, Ice Cream

Monday, May 19

Holiday - No Lunch

Tuesday, May 20

Chicken Breast Sandwich (w/Lettuce
& Tomato), Broccoli Cauliflower
Salad, Peaches, Cranberry Juice

Wednesday, May 21

Pasta Ham Salad, Crackers, Carrot &
Celery Sticks w/Dip, Cherry Yogurt

Thursday, May 22

Mostacolli, Garlic Bread, Tossed
Salad, Corn, Pears

Friday, May 23

Bean Soup, Cornbread,
Fresh Fruit, Chocolate Pudding

Monday, May 26

Holiday - No Lunch

Tuesday, May 27

BBQ Pork Sandwich, Baked Potato,
Broccoli, Apricots, Cottage Cheese,
Nutrigrain® Bar

Wednesday, May 28

Egg Salad Sandwich, Baked Chips,
Cucumber Salad, Peaches,
Blueberry Yogurt

Thursday, May 29

Ham & Broccoli Casserole,
Biscuit, Jello® w/Fruit

Friday, May 30

Chicken Wild Rice Soup,
Watermelon, Cranberry Muffin

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

Armed Forces Day is May 17

Many Americans celebrate Armed Forces Day annually on the third Saturday of May. It is a day to pay tribute to men and women who serve the United States' armed forces. Armed Forces Day is also part of Armed Forces Week, which begins on the second Saturday of May.

On August 31, 1949, Louis Johnson, who was the United States' Secretary of Defense, announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The event stemmed from the armed forces' unification under one department – the Department of Defense. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day, too.

The first Armed Forces Day was celebrated on Saturday, May 20, 1950. The theme for that day was "Teamed for Defense", which expressed the unification of all military forces under one government department. According to the U.S. Department of Defense, the day was designed to expand public understanding of what type of job was performed and the role of the military in civilian life.

Armed Forces Day was a day for the military to show "state-of-the-art" equipment to Americans. It was also a day to honor and acknowledge Americans in the armed forces. Parades, open houses, receptions and air shows were held at the inaugural Armed Forces Day. Armed Forces Day is still celebrated nationwide today and is part of Armed Forces Week.

DNR Seeks Public Comment on Forest County Potawatomi Request for Clean Water Act Authorization

submitted by Brian Weigel, Wisconsin Department of Natural Resources

MADISON (April 16, 2014) - The Forest County Potawatomi Community has applied to the U.S. Environmental Protection Agency for authorization to administer water quality standards under the federal Clean Water Act.

Under sections 303(c), 401 and 518(e) of the act, the approval would allow the tribe to adopt, review and revise water quality standards and to certify that discharges comply with the tribe's standards for surface water on reservation lands within Forest County.

The EPA is reviewing the application and has asked for public comment through the Department of Natural Resources. Comments should be

received via email or postmarked by May 9, 2014.

Comments can be emailed to DNRPotawatomiTAScomments@wisconsin.org. Written comments may be mailed to Brian Weigel, Wisconsin Department of Natural Resources, 101 S. Webster St., P.O. Box 7921, Madison, WI 53707.

Copies of the application are available on EPA's website at the following link, www.epa.gov/region5/water/wqs5/fcpc.html, or by contacting David Horak at (312) 353-4306.

For more information, contact Brian Weigel at (608) 266-9277.

Are you about to graduate from high school, technical school or college?

Let the world know that you're one step closer to making your dreams come true by putting a notice in the *Traveling Times*!

Deadlines for graduation notices are:

May 15 issue - Wednesday, April 30
June 1 issue - Wednesday, May 14

Graduate questionnaires are available at the PTT office located at 8000 Potawatomi Trail. Photos and questionnaires may be dropped off at our office or sent via email at times@fcpotawatomi-nsn.gov. If you don't have a photo, call us at (715) 478-7437 to set up a time to have one taken.

Potawatomi Language Classes

for FCP Community and Members

Location: Cultural Center, Library & Museum

Days: Every Tuesday & Wednesday

Time: 10 a.m. to 12 p.m.

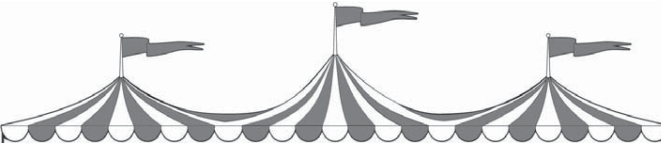
Call (715) 478-7478 for more information.

Volunteers Needed

The *Potawatomi Traveling Times* wants to photograph FCP tribal/community members of all ages for use in various print media/advertising.



Volunteers can call us at (715) 478-7437, email: times@fcpotawatomi-nsn.gov, or stop at our office: 8000 Potawatomi Trail, Crandon, WI 54520



Save the Date!!! May 29th
Wabeno Elementary
3rd Annual Family Carnival Night
"Affordable Family Fun"

May 29th (Rain Date June 4th), 5 - 8 pm at the Wabeno Elementary School Grounds

NEW THIS YEAR! ★ Buckaneer Inflatable Ship AND ★ Bungee Trampoline
 PLUS: ★ Rock Climbing Wall ★ Giant Slide ★ Dunk Tank
 ★ Games ★ Fun Food ★ 50/50 Raffle ★ Look for Details in this paper and Follow us on Facebook at Wabeno Area Elementary School to keep updated



WABENO SENIOR CLASS HOSTS INDIAN TACO DINNER

The Wabeno Senior Class is hosting an Indian Taco Dinner on April 29th in the High School Cafeteria. Dinner will be served from 3:30 p.m.-6:30 p.m. Prices are as follows: ages 9 & under - \$3.00; ages 10 & up - \$6.00. The meal will also include your choice of beverage and dessert. All proceeds will be used to fund the Senior class trip to Los Angeles. The Indian Taco Dinner will be held on the same night as the Junior High basketball game. Hope to see you there!



If You Hide It, They Will Come

submitted by Gary T. Pemrich, FCP Sexual Assault/Domestic Violence Advocate

The FCP Domestic Violence/ Sexual Assault (DV/SA) Department is sponsoring a Spring geocaching hunt. The program will be presented to the CHOICES youth group. They'll be taught what a geocache is, how to hide a geocache, and how to find a geocache. The group will build their own caches, hide them in the community, and then challenge each other and community members to find them. For those of you who do not

However, because there were so few caches in the world, many would-be participants discovered they didn't have a cache listed nearby. Many wondered whether anyone would bother looking for a cache if they hid one in their area.



The growing community chanted the mantra, "If you hide it, they will come" to the newer players. After some reassurances, pioneers of the hobby started placing caches just to see whether people would go find them. They did.

know what geocaching is, watch for further articles in the next few issues of the *Traveling Times* as we will be explaining it to you.

Through word of mouth, press articles, and even accidental cache discoveries, more and more people have become involved in geocaching. First started by technology and GPS enthusiasts, the ranks of geocachers now include couples, families and groups from all walks of life. The excitement of the hunt appeals to both the inner (and outer) child. Today, you can do a search on just about anywhere in the world and be able to walk, bike or drive to a nearby hidden cache.

FCP DV/SA department will use this treasure hunt as a family activity, which can grow healthy relationships between adults and children.

In the May 15 issue, we will talk about the origins of geocaching.

Slashdot, a popular online magazine for techies, reported the new activity on Sept. 25, 2000, introducing a larger group of technology professionals to the activity. The *New York Times* picked up the story and featured it in its "Circuits" section in October, starting a domino effect of articles written in magazines, newspapers and other media outlets around the world. *CNN* even did a segment in December 2000 to profile the new hobby.

Based on excerpts from: *The Complete Idiot's Guide to Geocaching*, Second Edition.

Logo courtesy www.bing.com/images/search?q=Geocaching+Clip+Art&Form



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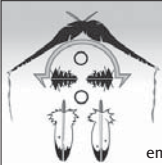
- Visual Art
- Traditional Art
- Living in MN, ND, SD, WI
- Enrolled member of Native Nation located in these 4 states

NATIVE ARTS & CULTURES FOUNDATION

www.nativeartsandcultures.org



Deadline for the May 15, 2014 issue is Wednesday, April 16, 2014.



Potawatomi Traveling Times

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

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 VAL NIEHAUS

Graphic Artists:
 KRYSTAL STATEZNY
 RACHEL ZABOROWSKI

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Cyberbullying: What Parents Can Do to Prevent It

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

For many parents, the term cyberbullying is a relatively new concept. Long gone are the days of kids being able to escape from bullying by being in the comfort of their own home.

Cyberbullying is the new era of bullying. It is done through cell phones, computers, tablets, social media sites, chat rooms and websites. Examples of cyberbullying include mean text messages, rumors sent by email or posted on social media sites or embarrassing pictures, videos, websites or fake profiles.

Cyberbullying is unique because it can occur 24/7. It can also be difficult to determine the source of the bullying as many sites allow pictures or messages to be posted anonymously. Not to mention, once these messages have been sent or videos and photos have been posted, it is

extremely difficult to permanently delete them.

Whether bullying is done in person or virtually, the effects remain similar. Children that are bullied are more likely to use alcohol and drugs, skip school, receive poor grades, have lower self-esteem and experience more health problems.

As a parent, one of the most important things that you can do to prevent cyberbullying is to know what your children are doing online and establish clear rules about technology use in your home. Follow the tips below to help prevent cyberbullying.

- Talk to your kids regularly about cyberbullying and other online issues. Encourage them to tell you if they, or someone they know, is being cyberbul-

lied. Let them know that if they confide in you they won't be at risk for losing their phone or computer.

- Let your kids know that you may look at their online activities or phones if you have concerns. Let them know this is part of you being a responsible parent.

- Install parental control filtering software or monitoring programs to monitor your child's online behavior; however, don't only rely on these tools.

- Have an idea of what your kids are doing online and on their phones. Learn about the sites and devices they use.

- Ask your children for their passwords. Tell them that you will only use them during an emergency.

- Have a friend or a family member follow your child on a social media site. Have them contact you if there are any concerns.

- Establish rules about appropriate use of computers, cell phones, and other technology. Be clear on the sites they can visit. Lead by example; show them

how to be safe online.

- Educate your kids about what is safe and smart to post online. Tell them not to post anything that could hurt or embarrass themselves or others. Let them know that once something is sent or posted they have no control of where it goes and who can see it.

- Encourage kids to think about who will see the information, photos or videos they post online. Would they want a stranger to see it? Parents? Real friends? Friends of friends?

- Talk to your kids about the importance of not sharing their passwords. Tell them that when a person knows your password they can do anything they want while using your online accounts or phone, with or without your permission.

For more information about cyberbullying visit: www.stopbullying.gov/cyberbullying/what-is-it/index.html.

Diabetes and Your Heart

submitted by Cathy Chitko, FCP Health & Wellness Center Assistant Diabetes Coordinator

Hey, wait just a minute, diabetes doesn't have anything to do with my heart. Diabetes has something to do with the pancreas, right?

You may recall in a previous diabetes article, this writer simplistically stated, diabetes is too much sugar in the blood. And, anywhere your blood goes in your body can be affected by diabetes or high blood sugar. Blood goes everywhere in your body, including your heart. In fact, there is something called diabetic heart disease or DHD. This term refers to heart disease that develops in people who have type 1 or type 2 diabetes.

Why is diabetic heart disease different than just having both diabetes and heart disease?

Well, diabetes affects heart disease in three ways:

1) Diabetes is a serious risk factor for heart disease just as smoking, hypertension and high blood cholesterol are. Someone with diabetes has the same risk for heart attack and dying from heart disease as someone who has already had heart attacks. Or put another way, if you are male and have diabetes, your risk for

heart attacks, heart disease and/or blood vessel disease is double. And ladies, it's triple for you.

2) Diabetes in combination with other risk factors such as being overweight or obese causes harmful physical changes to the heart raising the risk of heart disease.

3) Diabetes increases the risk of earlier, more severe heart disease and less success when using certain treatments for heart disease. The higher your blood sugar level is, the higher your risk of DHD.

How can I tell if I have diabetic heart disease?

It is not always possible to tell if you have DHD. If you have type 2 diabetes, diabetes-related nerve damage may cause a loss of feeling, causing chest pressure/pain and other signs and symptoms of heart disease to go unnoticed. This makes following your diabetes treatment plan and seeing your healthcare provider as recommended very important.

How can I prevent diabetic heart disease?

Reduce or eliminate risk factors for

DHD. Risk factors for DHD can be divided into two categories: risk factors you can control and those you cannot. For instance, you cannot control your age, gender or a family history of heart disease, but you can quit smoking, control your diabetes, control high blood pressure, control high cholesterol, manage stress, eat healthy, be physically active and maintain a healthy weight. Too hard to do? Pick one or two to work on. At least there is something you can do; you have options.

Controlling/managing these risk factors should be nothing new to you. These are the basics of good health and prevention for many chronic diseases. You don't have to do it alone. Your healthcare provider at your medical home can help. Call today!

Source: *National Heart, Lung and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services*



Coming this Summer

- New stock of Pendleton merchandise including: Baseball caps, Zip-up Hoodies, Men's Vests, Backpacks and Totes. (Limited quantities, colors and sizes.)

NOW AVAILABLE

- New Fleece Blankets! Available sizes: King, Full and Baby (Various colors)



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CLOSED from 12 p.m. to 12:30 p.m. for lunch.
CLOSED on federal holidays.

NEW DVDS DOCUMENTARY

- Gathering of Nations 30th Anniversary

MOVIE

- Tiger Eyes
- Lost in the Barrrens
- The Lesser Blessed

NEW CDs POWWOW

- Cree Confederation: Picicwiw
- 49er's Love Songs
- Wayne Silas Jr.: Infinite Passion
- Bear Creek: Kaagige "Forever"
- Young Spirit: Akameyimoh Baby Boy

TRADITIONAL

- Primeaux & Mike: As It Was In the Beginning & Ever Shall Be
- Guy & Allen: Peyote Canyon
- Machiskinic & Crowe: Life of Happiness

FLUTE

- Darren Thompson:
The Song of the Flower

Did you know...

1. About one third of all people with diabetes do not know they have the disease.
2. Type 2 diabetes often does not have any symptoms.
3. Only about five percent of all people with diabetes have type 1 diabetes.
4. If you are at risk, type 2 diabetes can be prevented with moderate weight loss (10–15 pounds) and 30 minutes of moderate physical activity (such as brisk walking) each day.
5. A meal plan for a person with diabetes isn't very different than that which is recommended for people without diabetes.
6. Diabetes is the leading cause of blindness in working-age adults.
7. People with diabetes are twice as likely to develop heart disease than someone without diabetes.
8. Good control of diabetes significantly reduces the risk of developing complications and prevents complications from getting worse.
9. Bariatric surgery can reduce the symptoms of diabetes in obese people.
10. Diabetes costs \$174 billion annually, including \$116 billion in direct medical expenses.

Courtesy www.joslin.org/info/10_Things_You_Might_Not_Know_About_Diabetes

Invasive Species on FCPC Lands

submitted by Allison Shaw, FCPC Natural Resources Department

What are invasive species and why should we care?

Invasive species are plants and animals from other parts of the world (usually Asia or Europe) that have been brought here either purposely or accidentally and have grown out of control in the absence of the species that normally eat them or compete with them in their home country. They are a major threat to our natural resources for the following reasons:

- Invasive species can ruin fish and wildlife habitat, reducing hunting and fishing opportunities.
- Many form dense thickets, making it harder to get to your favorite fishing, hunting, gathering and four-wheeling areas.
- Invasive plants push out valuable native plants that tribal members use for cultural purposes.
- Some invasive plants release chemicals into the soil that prevent trees and flowers from growing.
- Some invasive plants cause health problems, for example painful blisters or an increase in the ticks that carry Lyme disease.
- Some invasive species kill trees, interfere with forest regrowth, reduce timber value, or make logging more dangerous.
- All spread rapidly - once they take over, it's often too late to stop them!

Invasive Species Education

We have secured a grant from USDA Animal and Plant Health Inspection Service (APHIS) for outreach and education about invasive species to tribal members (especially youth) and the general public. We need everyone's help to slow the spread of invasives and report infestations for treatment. To protect FCPC lands

and waters from invasive species, we also plan to educate other local landowners to reduce the chance that invasives will take over their lands and spread onto FCPC lands.

We are planning to feature an invasive species in each edition of the *Traveling Times* to ask folks to keep an eye out for them and let us know if you find any so that we can treat them. We are kicking off this series of "Forest County's Most Wanted" invasive species with garlic mustard. After such a long harsh winter, we are eagerly awaiting spring and the beautiful wildflowers it brings. Unfortunately, spring also brings invasive garlic mustard—see the adjacent "Wanted" graphic for more information.

FCPC Invasive Species Crew

The 2013 FCPC Invasive Species Crew (Dave Van Zile, Mandi Daniels, and Trinton Menomin) mapped invasive plants on roads crisscrossing approximately 14,800 acres of FCPC lands. We are about to hire the 2014 season crew that will continue mapping invasive plants and start treating them. FCPC tribal members 16 years of age and older are eligible. Please watch for the posting on the FCP website, www.fcspotawatomi.com/jobs/, for more information and to apply!

Invasives mapping allows the FCPC Natural Resources Department to determine which species are priorities for control. For example, some species (e.g. many thistles) are not a priority because they have been here long enough to develop Potawatomi uses and have already spread too much to control.

Invasive Species Control

This year we hope to start using invasive plant control methods with the least



(above) Garlic mustard in its infant stage.



(above) Garlic mustard in its adult stage and (below) gone wild.



Hey, did you know that *invasive species* can put a damper on:

- Gathering food and medicines?
- Hunting and fishing?
- Outdoor recreation?
- Logging?

Don't just stand there!
Come to the **Land & Natural Resources Building (EPA)** on
WEDNESDAY, MAY 21
FROM 12 P.M. TO 12:30 P.M.

to learn what you can do to keep invasive plants from ruining these traditions that are so important to us.

Open to Tribal members and FCPC employees

Photo credits (Left to Right): James H. Miller, USDA Forest Service • Eric Coombs, Oregon Department of Agriculture

environmental impact (e.g. pulling, digging, cutting) and changing to stronger treatments (e.g. herbicide use targeted at specific plants, not sprayed all over the place) later if needed. We plan to start controlling invasives in less culturally sensitive areas (e.g. farms, roadsides) as we monitor impacts to determine whether there are any methods that could be appropriate for more sensitive areas (e.g. home-steads, gathering grounds, dance circles, etc.); there may not be any.

We recently met with Bill Daniels Jr., members of the Elders Committee, and Health & Wellness representatives attending the committee meeting to discuss the threats that invasives pose to our native ecosystems and our sustainable use of the land and waters, and how to best address these threats. The Elders Committee members plan to discuss this information with

other elders to get their input on invasive species management. We need guidelines for what species can be controlled, with what methods, in what areas during what times of year, to ensure that FCPC cultural and natural resources are protected from harm. In addition to these general guidelines, with the exception of non-invasive treatments like cutting, we will list our plans for specific control actions in the *Traveling Times* to give tribal members a chance to contact us with any concerns we should address, and then submit plans to the Cultural Review Board and conduct an Environmental Review. We look forward to working with elders, other interested tribal members, the Tribal Historic Preservation Officer and the Cultural Review Board as we develop our invasive species management program.

The Power and Control in an Abusive Relationship

submitted by FCP DV/SA Department

Physical and sexual violence is a powerful controlling aspect of many of our lives. This is the eighth article brought to you by the FCPC DV/SA program breaking down the Power and Control Wheel pictured below.

The eighth spoke in the wheel is "Using coercion and threats." The abuser may make and carry out threats to do something to hurt the victim. He may threaten to leave them or to commit suicide or report them to welfare authorities. He may threaten and make them do illegal things, which furthers his intent to control them. These behaviors are meant to instill fear into the victim. If you recognize these behaviors in your relationship, you should be aware that they may be a part of a larger problem.



Battering is one form of domestic or intimate partner violence. It is characterized by the pattern of actions that an individual uses to intentionally control or dominate his intimate partner. That is why the words "power and control" are in the center of the wheel. A batterer systematically uses threats, intimidation and coercion to instill fear in his partner. These behaviors are the spokes of the wheel. Physical and sexual violence holds it all together—this violence is the rim of the wheel.

The FCPC Domestic Violence – Sexual Assault Division is here for you. We can offer you the resources needed to protect you and guide you in your journey through this tenuous time in your life. We can be reached at (715) 478-4991.

Lions Club Holds Annual Honors Banquet

by Winda Collins

The Wabeno Lions Club held its 39th Annual Student Honors Banquet at Potawatomi Carter Casino Hotel on April 7, 2014. The purpose of the annual event is to recognize those students who excel in a particular area of study. This year's recipients were:

Girl's Physical Education
Alexis Harris (Senior), daughter of Jeremy and Yvonne Domke and Richie Harris

Boy's Physical Education
Lukas Tallier (Senior), son of Patrick Tallier

Technology Education
Jordan Higgins (Senior), son of Joseph and Linda Higgins

English
Miranda Vogel (Senior), daughter of Ted and Renee Gust

Physical Science
Hunter St. Peter (Senior), son of Mike and Brenda St. Peter

Art
A.J. Mischo (Sophomore), son of Tammy Exferd and Jay Mischo

Social Studies
Jared Demmith (Senior), son of Don and Pam Demmith

Foreign Language
Savannah Hennessy-Luther (Senior), daughter of Marcy Hennessy-Luther

Mathematics
Zack Burki (Junior), son of Ed and Michelle Burki

Business Education
Christy Mattern (Senior), daughter of Lee and Lori Mattern
Vocal Music
Sarah Jennings (Sophomore), daughter of Lee and Rebecca Jennings
Family and Consumer Education
Jenna Pemma (Senior), daughter of Mike and Tricia Pemma
Advance Placement/Online Coursework

Andrew Boor (Senior), son of Jason and Michelle Boor

Those in attendance included students, parents and family members, school faculty and staff, school board members, Lions Club members and guest speakers.

Not only were the students treated to a delicious dinner, their positive attributes – both academic and personal – were shared with those in attendance before being presented with a certificate. It was impossible not to be impressed by the glowing remarks made by each presenter about the students. For example, English teacher Elizabeth Coulliard said of Senior Miranda Vogel, "Her brilliance is rare and precious. She is a leader by example." According to Vogel's grandmother, FCP tribal member Oopie Shepard, this is her fourth year to receive an honors certificate.

PTT congratulates all the recipients, encourages them to keep their eyes on the prize and urges seniors to continue their education!



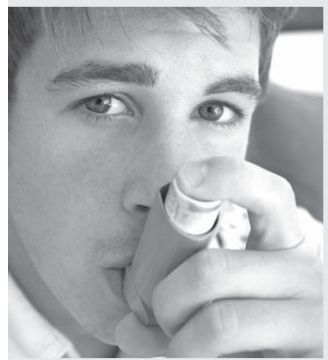
Wabeno English teacher Liz Coulliard (l) holds her hand out to Senior Miranda Vogel after an eloquent tribute to the student.

"There are some things you can't learn at any university, except for one: The University of Life. The only college where everyone is a permanent student."
-Unknown



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER
8201 Mish ko swen Drive, Crandon, WI
General Information (715) 478-4300 • www.FCPotawatomi.com

YOUR Community.
YOUR Medical Care.
YOUR Center.



May is National Asthma and Allergy Awareness Month. The FCP Health & Wellness Center reminds individuals to see their provider if they are experiencing repeated episodes of wheezing, breathlessness, chest tightness and nighttime or early morning coughing as these can all be signs of asthma.

Individuals who suffer from allergies often experience more symptoms during the spring, including itchy eyes and skin, sneezing, nasal congestion, wheezing, and rash. If your allergy symptoms become unmanageable, talk to your primary care provider to determine possible treatment options.

Remember that with the help of your provider you can control your asthma and allergies.

To schedule an appointment, please call YOUR Medical Department at 715-478-4300.

ASPIRUS NETWORK
a participating member of
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LABORATORY ASSOCIATION
FOR AMBULATORY HEALTH CARE, INC.

SERVICES OFFERED			
AODA (715) 478-4370	Dental (715) 478-4313	Optometry (715) 478-4345	Radiology (715) 478-4339
Behavioral Health (715) 478-4332	Lab (715) 478-4339	Pediatrics (715) 478-4339	Rehabilitation (715) 478-4344
Community Health (715) 478-4355	Medical (715) 478-4339	Pharmacy (715) 478-4347	Weekend Walk-In (715) 478-4300

Rising Sun Daycare

submitted by Mary Fatla, Rising Sun Daycare Director

Well, it has been one long and cold winter for the children at Rising Sun. Although there hasn't been much time outside, the children did get a lot of use out of the multipurpose room for running and playing to wear off some of the extra energy children have. We also would blow up the bouncy house and let them jump, jump, jump! We are looking forward to having some nice weather so we can get the outside playground ready for summer fun.

The center had an art exhibit on April 7 so the children could show off some of their artistic talents. There was a great turnout for the exhibit. Many parents and grandparents came to see the children's art, and since it was a long winter, there were a lot of displays. Thank you, parents, for being interested in what your children are doing at daycare!

Jennifer Nery had her husband bring in a few farm animals for the children to see - they were so excited! They brought in a baby goat, chicken and a bunny. The children had a chance to pet the animals and hold them if they wanted. Molly VanZile was very sad when they took the bunny away.



We are so busy, but we are having a lot of fun. We colored eggs for Easter and had an Easter egg hunt; the parents were asked to join us for the event. Each child received a basket of goodies from the Bunny! Parents and family had a chance to visit while enjoying snacks and refreshments.

- 1) Levi and Everleigh Shepard play in the snow inside!
- 2) Drake Kircher plays in the bouncy house.
- 3) Molly Vanzile holds a bunny.
- 4) Waylon Frank pets the goat.
- 5) Brittany Vanzile colors eggs.



Gte Ga Nēs Annual Art Show



The Annual Art Show was held April 7 and remained on display until April 11. The youth did a fantastic job. Gte Ga Nēs staff thanks all those who took the time to stop by!



Play Shoppe Celebrates Easter

by Val Niehaus

On April 15, Family Resources held its Easter Play Shoppe and invited Gte Ga Nēs children to join them. The decorations in the old tribal hall gym were fantastic - it actually looked like it was spring!

Children's activities included decorating Easter cookies, making your own 'bunny ears' and, of course, the traditional Easter egg hunt. The highlight of the egg hunt was an appearance by the fuzzy guy himself. Many of the children

were eager to hop up on his lap for a photo, though others were a bit more apprehensive about it.

As usual at such an event, there was wonderful food enjoyed by all, with treats that were as bright and cheerful as the room itself. It was truly a welcome taste of spring as we continue in what seems an endless winter.

Thanks to all of the staff at Family Resources and Play Shoppe for making the children's day a bit brighter!



What's Going On in Carter?

submitted by Frank Shepard, PCCH General Manager

We are in full swing of our hotel renovation. Our West Wing of the Hotel is now complete, and we are now renovating the North Wing. We are very excited to show off our new rooms to you! Our pool, exercise room and party room are still under construction. The Springs Restaurant will also be going through a facelift very soon. We will, however, be serving limited menus for breakfast and lunch in a room connected to The Springs.

Hot Seats every Tuesday - Carter Club members will have the chance to be a hot seat winner in one of the 21 hot seat drawings from 9 a.m. to 7 p.m. Carter Club members must have their card in and actively be playing with a minimum of 25 points on their card. Winners will be selected at random times throughout the promotion.

Every Wednesday is Wacky Wednesday! Carter Club members will have the chance to win \$100 cash in our Wacky Wednesday hot seat drawings that will take place every 15 minutes from 5 to 10 p.m. To be eligible for hot seat drawings, Carter Club members must be actively playing with a minimum of 25 points on their card for the day of the promotion.

Thursday Dinner - Seniors can earn 100 same-day base points to receive a \$5 off coupon for dinner at The Flames Sports Bar & Grill or The Springs Restaurant. If you would like your meal free, just earn 250 same-day base points. Non-seniors can earn 200 same-day base points to receive a \$5 off coupon for a dinner at The Flames Sports Bar & Grill or The Springs Restaurant or earn 450 same-day base points and get a free dinner.

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

Mother's Day Promotion - On Saturday, May 10, earn 100 same-day

base points for 10 entries or redeem 200 points for 10 entries into the Mother's Day cash drawings. Drawings will start at 6 p.m. and end at 10 p.m. for a total of 20 winners during the evening. We will have an assortment of house plants, hanging baskets and outside perennials for guests to choose from. Each one of the flowers will have a ticket with a cash amount attached to it. The guest will get the cash prize and the flower of his/her choice to take home. There will be a limit of two wins per person for this promotion.

Summer Kick Off Celebration Grabbin' the Cash: on Friday, May 23, Saturday, May 24, and Sunday, May 25. Guests can start earning entries on Monday, April 28. 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 in cash will be given away! All three days, drawings will take place between 7 and 11 p.m. Entries will stay in the bin until the promotion is over. There will be a total of 50 winners for the three days: 17 on Friday, 17 on Saturday and 16 on Sunday.

- Table games players will earn 10 bonus entries for every consecutive hour of table games play.

- Bingo players will earn 10 bonus entries for every early bird package purchased.

- There will be entry multipliers on Saturday, May 3, Friday, May 16, Saturday, May 17 and Sunday, May 18. Wolf Card holders will get two times the entries; Bear Card holders will receive three times the entries, and Eagle Card holders will receive five times the entries.

- New members to the Carter Club will receive 10 entries into the drawing the day their account is opened.

Slot Mania continues this month! On Monday, May 5, 12 and 19, slot tournaments will start at 2:45 p.m. Qualifying time is from 11 a.m. to 2 p.m. with three ways to qualify for entry. Carter Club members must have \$40 in credited play during the qualifying time. Carter Club members can redeem 4,000

points from their comp reward balance or earn and redeem 3,000 same-day base points. A guest may qualify once each way for a total of three entries each Monday of the tournament. There will be eight sessions of 10 players each for a total of 80 participants. Each session will be a three-minute time period. Payouts for this tournament are found in the Monday Slot Mania Tournament Plan.

Summer Days Slot Tournament - Each Wednesday in May there will be two slot tournaments. Stop in at the Carter Club for all the details.

BINGO!

Every Wednesday is 'Double Bubble'. First ball out determines doubler. Bingo on the doubler letter and payout doubles; regular games only. Entry pack \$15; additional packs \$5.

Thursdays are Budget Bingo - \$10 admission packs; \$5 additional packs. Regular games paying \$150; specials \$200.

The fun continues! On the first and third Fridays this month (May 2, 16), we will be playing 'Finally \$500 Fridays'. Buy-in \$35; 25 games including five games paying \$250 and 10 games paying \$500! Each guest will receive \$25 in Potawatomi Play (limit one \$25 per guest per session).

Fun Day Fridays, May 9, 23 and 30. Early birds at 5:30 p.m., regular games at 6 p.m. \$15 entry pack; \$5 additional packs. Four games will include a mystery prize along with the game payout:

- Game 11 pays \$150 plus a prize.
- Game 13 pays \$150 plus a prize.
- Game 18 pays \$150 plus a prize.
- Game 25 pays \$100 or \$200 plus a prize.

Looking for something fun to do on Friday night? On Friday, May 30, come and play Cosmic Bingo with a racing theme. Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. to midnight. \$12 packs include nine games paying \$100; one game paying a prize, the last game paying \$1,000; and consolation prize \$250. Free beer and snacks provided.

Table Buddies - Join us on Saturday, May 3, 10, 17 and 31. When a regular game is won, guest sitting at the same table as the winner will receive a \$10 bingo return certificate. Limit six guests per table, including winner. \$15 packs; \$5 extra packs. Return certificates are valid at any session.

Saturday, May 24, we will be having a Mini Bash. This will be a longer session. \$20 admission; \$10 extra packs with drawings for free play and return certificates. Mini buffet included with admission pack purchase.

Saturday, May 31, is our cash drawing when one lucky winner will win \$500. Earn entries for each admission pack purchased during the month. Limit one entry per person per day.

Sunday is Odd Ball Bingo - On regular games, bingo on an odd number and receive an extra \$50. admission packs \$15; extra packs \$5.

Sunday, May 11, is Bring Mom to Bingo on Mother's Day! All ladies receive a flower at admissions (while supplies last). Admissions opens at 11:30 a.m.; early birds at 1 p.m.

Happy Birthday to you! Play bingo during the month of your birthday and receive a \$10 return comp and a free dauber. One return comp per person.

Carter Packages

Package A - \$80 64 cards, two of all specials
 Package B - \$120 90 cards, three of all specials
 Package C - \$160 120 cards, four of all specials

* Carter Packages do not include 'Early Birds' or 'Pick 8'

Finally Friday Packages

Package 1 - \$110 18 cards, one of all specials
 Package 2 - \$150 24 cards, two of all specials
 Package 3 - \$185 30 cards, three of all specials

* Finally \$500 packages do not include 'Early Birds' or 'Pick 8'

Blue Collar Comedy Tour Legend Bill Engvall to Perform First Show in Casino's Expo Center

submitted by Kelly Skindzelewski, PBC Public Relations Director

MILWAUKEE (April 11, 2014) - Nationally touring stand-up comedian Bill Engvall will perform the first show in Potawatomi Bingo Casino's Expo Center at 8 p.m. on Wednesday, May 28.

The performance will mark the first time the casino uses its 30,000-square-foot Expo Center as an entertainment venue. The 1,500-seat venue will feature reserved seating, beverage service and easy access to free parking in the casino's six-story structure.

Engvall is known largely for his

redneck sketch comedy as part of the Blue Collar Comedy group. Most recently, Engvall served as the host of the Game Show Network's LINGO game show and was a finalist on the 17th season of Dancing with the Stars.

Tickets went on sale April 18 and are available for \$65, \$55 and \$45 at the Northern Lights Theater box office. Call (414) 847-7922 or www.paysbig.com for ticket availability. Tickets are also available at Ticketmaster.com or by calling (800) 745-3000. Must be 21 and over.



"A word to the wise ain't necessary; it's the stupid ones that need the advice."
-Bill Cosby

"Behind every great man is a woman rolling her eyes."
-Jim Carrey

"When you are courting a nice girl an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That's relativity."
-Albert Einstein

"A day without sunshine is like, you know, night."
Steve Martin

"As a child my family's menu consisted of two choices: take it or leave it."
-Buddy Hackett

Traditions Through Dance

by Val Niehaus

Pow-wows have been a tradition in Forest County for many generations. Pow-wows are Native American's way of gathering, visiting with one another, making new friendships and maintaining old ones. They are a way of keeping one's traditions and heritage alive for future generations to celebrate and enjoy.

Pow-wows are usually centered on the changing of the seasons. In the state of Wisconsin, however, many of them are held during the summer season so that one can dance within the elements of nature. You can find out where many of the pow-wows are held by going to www.powwows.com.

The pow-wow committee is the major organizer of the event. They are responsible for finding a location, hiring the head staff, advertising the pow-wow, and arranging for the vendors who will be there for food and merchandise.

Staff at the pow-wow is very important to make sure everything runs smoothly and safely for the dancers, families, and spectators. The staff usually consists of an arena director who is the person in charge during the pow-wow. The Master of Ceremonies (MC) is the voice of the pow-wow; it is he who keeps the singers, dancers, and general public informed as to what is going on. He also is responsible for informing people of the etiquette that applies during the pow-wow. The head dancers are the male and female dancers who lead the other dancers in the arena once grand entry is started. Host drum and drum groups are the life and music of the pow-wow. The drumming sound resembles that of a heartbeat! The Host Drum is the drum group responsible for actually providing the music for the dancers at the pow-wow. The other drum groups also provide music for the dancers, but the main pur-

pose in having so many other drums is that they serve to represent nearly every tribe that is at the pow-wow dancing.

The setup at a pow-wow is generally a large circle that is called the dance arena. Outside of the dance arena is the MC's table and close to that table is an area for the host drum to be seated. The rest of the area outside of the actual dance arena is for families and spectators to watch the dancers. The vendors and food booths are also set up outside of this main circle. Within the center of the circle, there are the different drum groups. They are positioned so the dancers can dance around them.

There is a definite etiquette that applies at any pow-wow. Many of the actual specifics of etiquette can vary from one geographic region to another, but there are a few absolutes that apply to any pow-wow you attend. When the eagle staff and flags are brought in you must stand to show your respect. You may then be seated once those are retired from the arena. It is important to remember that a dancer's clothing is called "regalia" and should never be called a "costume". Regalia should never be touched without the permission of the owner who is wearing it. There are also special rules which apply to the "drums", and these should not be touched or played by anyone who is not a member of the drum group. Photography may or may not be acceptable depending on the event or the individual dancer. It is usually best to ask the dancer if it is ok to take his or her photo. These are just a few general tips to keep in mind if you are able to attend a pow-wow. Always remember that if you have doubts about anything as far as what is appropriate and allowed or what is not, you can always ask the arena director.

The dances are the most amazing and colorful part of the pow-wow, and it is the opportunity to watch these that makes the pow-wow worth attending. There are various types of dances performed, and these different dances are part of the traditions of the Native American culture. Many of these dances are handed down from tribes that have been here for generations. The most common is the intertribal, where the drum sings and anyone who wants to can come and dance. A few others are the round dance, crowd hop, and sneak up. Men's dances within the local area include traditional dance, fancy dance and grass dance. On occasion you will see what is called the clown dance, a very entertaining sight to witness. Women's dances are traditional dance, fancy shawl and jingle dress. Within each of these dances the regalia is specified for that dance.


Regalia is the clothing that the dancer wears. It, too, can show tradition and the heritage unique to each of the dancers who wear it. Many pieces of the regalia are handed down through generations, but others are made in the modern day for that specific dancer. They can also be purchased from various vendors at the pow-wows. This clothing is generally very colorful and may be some of the most beautiful clothing you will ever see. It can be made of a variety of materials and may include deer hide, tiny beads, feathers and different types of cloth of variable colors. If you have never had the opportunity to see a piece of regalia in

person, you may want to consider attending a pow-wow when you have the opportunity to experience this beauty firsthand.

The opening of the pow-wow is what starts off the entire event for the day. This is called grand entry. During grand entry the eagle staff leads, followed by the flags, then by all the dancers who will be dancing during the pow-wow that day. If military veterans or active duty soldiers are present, they often carry the flags and eagle staffs. The dancers are led by the head dancers with the remaining dancers coming in behind them.

Once the grand entry has entered, a prayer is offered and the eagle staff/flags are retired. The event is then ready to proceed with dancing until night comes.


Pow-wows represent a true connection to one's heritage and traditions, and they are something in which Native Americans take considerable and justifiable pride. If you ever have the opportunity to attend one, you should make every effort to do so as it is something you will not regret. It is a wonderful event to watch; however, anyone is invited to participate whether it is dancing, perusing the vendors' merchandise, indulging in the great food—much of which is unique and traditional—or just enjoying an atmosphere that is unique to this culture. It is certain that if you attend one, it will not be the last. You will be back again!



*Potawatomi
Language &
Culture Class*

BEGIN ON
APRIL 3, 2014
WILL BE HELD FROM 3:30-4:30 p.m.

Transportation for youth will be available.
Snack will be provided.
Classes will continue every Thursday from 3:30-4:30 p.m., and will be held in the lower level of the Museum.
If local school districts are closed, class will be cancelled. No expense for the class, and no RSVP required.
Open to all Potawatomi Students.



May Pow-Wow Trail

<p>May 3 41st A.I.R.O. UWSP - Berg Gym Stevens Point, Wis. (715) 346-3576 washupowwow.media.agokee@uwsp.edu</p>	<p>May 16-18 19th Tunica-Biloxi* Pow-wow Grounds Marksville, La. (800) 946-1946 www.tunicapowwow.org Host Drum: Buffalo Boy Singers & Sizzotail Singers</p>
<p>May 9-11 43rd Stanford* Eucalyptus Grove Palo Alto, Ca. (650) 723-4078 or 725-6944 chairs@stanfordpowwow.org stanfordpowwow.org</p>	<p>May 23-25 Leech Lake Memorial Next to Palace Casino Cass Lake Minn. (218) 335-8200 Rod.Northbird@palacecasino.com hotel.com</p>
<p>May 9-10 Haskell Commencement* Pow-Wow Grounds on Campus Lawrence, Kan. (785) 830-2780 www.haskell.edu</p>	<p>May 23-24 33rd UCR* UCR Campus Riverside, Ca. (951) 827-3850 ucr.nana@yahoo.com www.nasp.ucr.edu</p>
<p>May 10-11 25th Cherokee County Indian Festival & Mother's Day* Boling Park Canton, Ga. (770) 735-6275 rollingthunder34@gmail.com www.rthunder.com</p>	<p>May 23-26 Southern Ute Beardance* Sky Ute Fair Grounds Ignacio, Colo. (970) 563-0100 www.southernute-nsn.gov</p>
<p>May 16-18 25th Veterans of the Menominee Nation Gathering of Warriors Woodland Bowl Keshena, Wis. (715) 851-4748 westmartin@new.rr.com Host Drum: Smokey Town</p>	<p>May 26-26 15th Memorial Pow-wow Grounds Rice Lake, Minn. (218) 368-1163 or 533-0475</p>

* denotes contest pow-wow

NOTICES

CULTURE

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

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

Every Tuesday & Wednesday 10 a.m. - 12 p.m., for FCPC and members, 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.

EDUCATION

Crandon Indian Education Committee -

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

Margaret Konaha - Chairperson
(715) 478-7347 (work)

Hazel George - Member
(715) 478-5612 (home)

Shari Alloway - Member
(715) 478-7224 (work)

Brenda Cornell - Secretary
(715) 649-3936

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

Myra VanZile - Home School Coordinator

(715) 478-6175 (home)

(715) 478-3723, Crandon School
VANZILEMYR@crandon.k12.wi.us

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

EVENTS

Women's Easy Cardio & Strength Training II -

Tuesdays & Thursdays through May 29, 5:30 to 6:30 p.m. at Rec Center. Learn new exercises, receive equipment (*past participants should bring their previously issued equipment), set goals, track progress, learn about breast cancer. Women who haven't participated in the program should schedule a fitness assessment with the FCP Health & Wellness Center Physical Therapy. Call (715) 478-4382 or 4381 with questions.

Financial Class -

Presented by Dana Berger on Wednesday, April 30. Two sessions: 1 p.m. at Family Resource Center gym; 5 p.m. at Family Service conference room. Learn about paying down debt, consumer credit rights, disputing on your credit report and how to deal with collection agencies.

Mish ko swen 5K -

Saturday, June 7 at Carter We Care facility. Registration time 9:30 - 10:15 a.m. Event start 10:30 a.m. Registration will be available onsite but you may pre-register by calling Heather at (715) 478-4317, Kristin at (715) 478-4382 or Lisa at (715) 478-4320. T-shirts only guaranteed to those who register by May 22. There will be prizes, a snack and light lunch. Timing system available.

EVENTS

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

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

Sparks Weight Management Program -

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

Diabetes Education -

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



HEALTH

Women's Healing Circle -

Tuesdays, 1:30 - 2:30 p.m., Family Resource Center. Open to Native American women. Sponsored by FCP DV/SA Dept.

AI-Anon Meetings - Wednesdays, 5519 Kak Yot Lane, Crandon, 5:30 p.m. Why: AI-Anon is primarily for those who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavior problems. When you come into this room you are no longer alone, but among others who have experienced similar problems. We will respect your confidence and anonymity, as we know you will respect ours. Please call (715) 478-4933 for more information.

AA Meetings - Lost Marbles

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

Wellbriety - 12 Step Meeting

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

Do You Feel Like No One

Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, [please get help!](#) Help is only one touch or a phone call away.

Crisis Line: 1 (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); **Kids in Need:** 1 (800) 622-9120; **The Get-2-Gether Peer Support Drop-In Center:** (715) 369-3871; **Run-Away Hotline:** 1 (800) 621-4000; 1 (800) 273-TALK; TTY: 1 (800) 799-4TTY or visit [suicide-hotlines.com](#).

HEALTH

FCP Domestic Violence / Sexual Assault Program -

The FCP Domestic Violence Sexual Assault Program is available 24/7. Crisis phone line is (715) 478-7201. Office hours are Monday - Thursday, 7 a.m. - 5 p.m., or as needed for crisis intervention. Office phone numbers are (715) 478-4991 or (715) 478-7203 with confidential voice mail.

Work cell phone numbers are checked periodically after hours and holidays: (715) 889-3037 or (715) 889-0278. All services are free and confidential.

We are able to provide services to FCP enrolled members and tribally-affiliated members who have experienced past or present DV/SA. We will assist other victims in finding appropriate resources to meet their needs to the best of our abilities.

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.

Resource Room — New Location

Now located in the Family Resource Center (Old Tribal Hall), the room has four computers that are open to the community. *continued in next column...*

SERVICES OFFERED

...continued from previous column

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 2014 CALENDAR OF EVENTS

Community Health

- Infant Nutrition (HWC): Tuesday, May 6, 8 a.m. - 4 p.m.
- Infant Nutrition/WIC (Carter): Thursday, May 1, 8 a.m. - 4 p.m.
- WIC (HWC): Tuesday, May 13, 8 a.m. - 4 p.m.
- Women's Easy Cardio & Strength Training Exercise Program II; see notice on pg. 10.
- MCH/HOC Event: Thursday, May 8, 3 - 4 p.m.

FCP Family Resource Center

- Healthy Relationships (parent/child activities): Mondays, May 5, 12, 19, 26, 1 - 3 p.m.
 - Play Shoppe: Tuesdays, May 6 (Mother's Day), 13 (Read With Me), 20 Physical Activity, 27 (Music Garden), 11 a.m. - 12:30 p.m.
 - Life Skills Group: Wednesdays, May 7 (Zumba@), 14 (Feeding Your Family For Less), 21 (Rec Center), 28 Sugar Blues w/Christie, 1-3 p.m.
 - Positive Indian Parenting: Thursdays, May 1 (Lessons of the Storyteller), 8 (Lessons of the Cradleboard), 15 (Harmony in Childrearing), 22 (Traditional Behavior Management), 19 (Lessons of Mother Nature), 10 a.m. - noon.
- Call (715) 478-4837 with questions about any programs.

N.E.W. Directions/CHOICES Program

- CHOICES (ages 13-17): Mondays, May 5, 12 (Is my relationship ready? Am I?), 19, 26, 3 - 5 p.m., White Bison Curriculum, DV Education. Group III teens will be picked up from school.
 - N.E.W. Directions:
 - Group I Youngsters: Tuesdays, May 6, 13, 20 (Ready, Set Go w/FRC staff), 27, 3:30 - 5 p.m.
 - Group II - Youth: Wednesdays, May 7, 14, 21, 28 (Decisions, Decisions, Decisions), 3:30 - 5 p.m.
- All events are at the FCP Family Resource Center unless otherwise specified. Youth will be picked up from school. For more info, call Judy Poler (715) 478-4941 or Joe Chaney (715) 478-4859.

Recreation Department

- Open gym now available noon - 8 p.m. on Saturdays.
- Get Fit & Stay Active - fitness equipment available at We Care in Carter Monday, Tuesday, Thursday and Friday, 7 a.m. - 8 p.m. and at Rec Center Monday - Friday, 7 a.m. - 8 p.m. Open to FCP tribal members, their immediate families and FCP employees. Hours subject to change based on scheduled activities.
- For information on Rec Center activities, call (715) 478-7420.



Statement on 2014 Walleye Declarations by Chippewa Tribes

submitted by DNR Office of Communications

MADISON (April 21, 2014) - In response to annual tribal walleye harvest declarations from the Chippewa tribes for waters in the Ceded Territory covering the northern third of Wisconsin, DNR Secretary Cathy Stepp has issued the following statement:

"Responding to Chippewa tribal declarations, the DNR is obligated to establish a one-walleye daily bag limit for anglers on 173 lakes in northern Wisconsin to ensure a vibrant long-term walleye fishery. Once the

spring spearing season concludes, the DNR expects the number of lakes that are set at a one-bag limit will be significantly reduced as has been past practice.

"In the years to come, the DNR anticipates less user conflict. As the Governor noted in his State of the State address, all Wisconsinites love walleye. Through the Wisconsin Walleye Initiative, the DNR and partners are making tremendous investments into stocking efforts and habitat improvements that will produce more fish in years to

come. We are also pleased that the Natural Resource Board approved our scope statement in April, which will allow us the opportunity to explore management initiatives based on the latest science.

"We are confident that our long-term efforts will yield less fluctuation and more consistency with bag limits while still effectively managing and protecting the resource for all to enjoy."

The full list of walleye bag limits by county and lake is available at dnr.wi.gov/

topic/fishing/ceded/baglimits.html.

Wisconsin Department of Natural Resources:

Newsroom: dnr.wi.gov/ Search 'News'; flickr: www.flickr.com/people/widnr/; twitter: www.twitter.com/WIDNR; facebook: www.facebook.com/WIDNR; youtube: www.youtube.com/WIDNRTV

Challenges/Opportunities for Native Children In Public Schools Reviewed

submitted by U.S. Senate Committee on Indian Affairs

U.S. SENATE – The U.S. Senate Committee on Indian Affairs held the second in a series of oversight hearings focused on Indian education. The hearing was dedicated to the educational needs of Native American students in public schools.

"Many leaders and advocates for Indian education know that a quality education system can help lift communities out of poverty and alleviate many of the symptoms associated with poverty," said Chairman Jon Tester (D-MT). "There are some inspiring successes in culturally relevant public education for Native students. We need to find ways to duplicate those programs across Indian Country."

The goal of today's hearing was to gather information so the Committee can make policy decisions to improve the quality of education for Native Americans and ensure they have the tools they need to graduate from high school.

William Mendoza, Executive Director of the White House Initiative on American Indian/Alaska Native Education said,

"Looking at the high school graduation rates and drop-out rates for 2011, we see American Indian and Alaska Native students dropout at a rate that is nearly twice that of all students. In fact, Native students account for the highest dropout rate of any racial or ethnic population."

Mandy Smoker Broaddus of the Montana Office of Public Instruction said, "The achievement gap in Montana and across this country is very real, and the solutions are multi-dimensional and complex. We need better approaches to realize stronger, healthier, more stable and better educated families and communities. Policy and regulations need to take in to consideration the unique relationship American Indian tribes have with the federal government as sovereign nations, and as such their children in public schools are impacted by policies and regulations that fail to be culturally responsive and culturally sensitive."

The hearing also focused on providing public schools the funding they need in a timely fashion.

It is estimated that between 90 and 95 percent of all Indian students in the United States attend public schools which are funded by the Impact Aid Program.

Approximately 1,350 public school districts nationwide receive Impact Aid payments.

The draconian budget cuts known as "sequestration" forced a 5.2 percent cut to Impact Aid funding as well as delayed payments to school districts last fiscal year. A bipartisan budget agreement, supported by Chairman Tester, ended sequestration in December.

The Committee heard compelling testimony about how delays in Impact Aid payments are putting a strain on public school systems that educate Native students.

Brent D. Gish, Executive Director, of the National Indian Impacted Schools Association said, "Faced with a reduction in Impact Aid funding, our districts sought ways to absorb the loss in funding in a variety of ways including increasing class size; deferring facility maintenance; reducing instructional staff; reducing support staff;

reducing course offering including culturally relevant classes; reducing technology replacement and expanded student usage."

The superintendent of a school district within the Tohono O'odham Nation of Sells, Arizona discussed ways to succeed with limited resources.

Dr. Alberto Siqueiros School Superintendent of the Baboquivari Unified School District said, "We believe that a community with high expectations will result in a quality educational system. These efforts will positively impact the health and wellness, economic prosperity, and quality of life of the Tohono O'odham for generations to come."


Chairman Tester vowed to continue pushing for productive changes in Native education to help equip Native youth, educators and communities with the tools necessary to succeed. He asked for further review of successful programs that could be implemented in other areas of Indian Country.

Mmmmm... Pancakes!

Join the
FCP Language &
Culture Department
for its annual
pancake breakfast.

Where: Rec Center
When: May 14, 2014
Time: 8 - 11 a.m.

Everyone
is welcome!



• PERSONALS •

Honey Bee,
I was smilin'
to myself
today. Was
taken back
to dim days.
Just hopin'
all is well
for you.
Always,
Blue Sky



Happy Belated Birthday,
Carol White (Mom),
April 20, 2014, from
your family in Michigan.

Harvey White Jr. (Dad)
Happy Birthday
April 27, 2014.

**A SPECIAL
THANK YOU TO
EUGENE SHAWANO!
KARITA SHEGONEE**



SUPER SUNDAY
Sunday, May 18th

MAY 2014 Events!
18th - Super Sunday
19th - Maniac Monday
20th - Two for Tuesday
21st - Shell Wheeler Dealer Wed
22nd - Turn the Shell Wheel Thurs
23rd - Fantastic Friday
24th - Saturday Spectacular

- Daily Poker Chip Pick 10 a.m. - 5 p.m.
- Free Cappuccino or Coffee and a cookie

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

PTT Tours New Milwaukee Hotel

...continued from pg. 1

This hotel will include 381 rooms with the most amazing views of Milwaukee you will ever see! The hotel features floor-to-ceiling windows in every room allowing an indescribable overview of the city. Of the 381 rooms, 364 will be the standard room design. These will include 205 king rooms and 159 double queen rooms. Eighteen of these rooms will be ADA compliant, in addition to 20 hearing-impaired rooms. There are different combinations of ADA/hearing-impaired rooms among the standard format and suite rooms. All

standard rooms are an average of 350 sq. feet. The top three floors contain 16 suites with optional adjoining guest rooms, in addition to one presidential suite, which can be found on the very top floor. All of the suites are approximately 800 sq. feet and these include two basic room layouts. The square footage of the presidential suite is not known at this time.

Along with the amazing views from each room, there is a full-service casual restaurant, lobby bar, coffee bar, fitness room and more than 10,000 feet of additional meeting space. A third parking

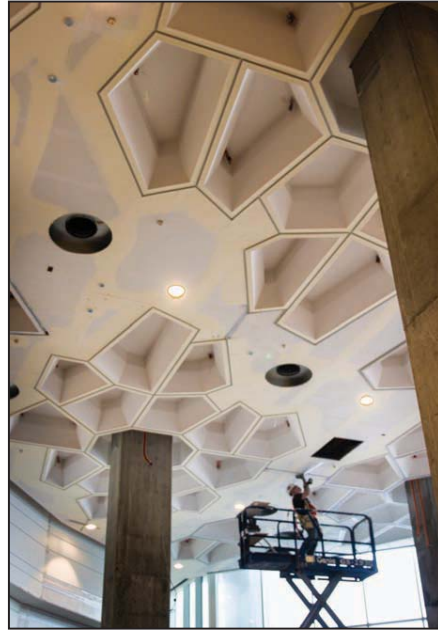
structure with more than 1,300 parking stalls is being built east of the current parking structure.

There will also be an astounding sales and catering team at PBC. There is more than 60,000 square feet of catering space and this can accommodate 10-2,000 patrons. If there are any special events or weddings coming up in your future, you would be advised to book them now. PBC Sales & Catering Operations Manager Kaelyn Cervero says they are already booking many events that are going to be held within this area so dates are already filling up—even though the facility is not yet finished.

PTT was amazed both by the hotel facility as well as the staff who were involved with arranging the tours. Everything was very well thought out, well coordinated, and all questions and comments were taken into consideration. The hotel will be an amazing addition to the PBC community and the surrounding area of Milwaukee. Patrons will be able to have an incredible experience in beautifully-appointed rooms that offer an astounding view of the city while allowing them to enjoy the casino and attached restaurants—all under one roof. PTT thanks PBC again for inviting us down for a preview of this incredible facility!



'Mock' standard bathroom



Unfinished ceiling in entrance of hotel



'Mock' hallway



'Mock' dining area in suite



'Mock' wet bar in standard bedroom



Unfinished meeting area - look at that view!



'Mock' standard bedroom



Unfinished main entrance in to hotel