



POTAWATOMI TRAVELING TIMES

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Kche Kte Gan - Big Garden

by Val Niehaus

It's that time of year - spring is here. We are all certainly hoping the weather continues to cooperate and that summer is on its way. Not only does spring/summer bring exciting thoughts of swimming and long bike rides, but it's also that time of year when people who love getting their hands dirty can actually play in the dirt. Spring means planting season is near and with that come plans for the start of the "Kche Kte Gan" which is Potawatomi for big garden. The FCP Language & Culture Department is hoping to start preparations for the garden within the next month or so. Billy Daniels Jr., FCP director of Language & Culture, is always very excited to start this project. As with every year, it results in the department being able to give these vegetables to the local elders and the rest of the community.

PTT was able to sit down with Daniels and Brian Franz, FCP Language & Culture teacher/apprentice, for an in-depth conversation about the heirloom seeds that have been in the hands of the department for many, many years. The two said these seeds are passed down through the generations and are as old as when the Native people were first here on this land. Some of those considered heirlooms include the Miami Squash seeds, Hidatsa seed, Stockbridge, Norridge-wock, as well as a few others. Franz said that they don't plant these seeds every year. They are spaced out in different years so that they stay true to themselves and to ensure they don't cross pollinate with something else.

Franz also makes sure he keeps seeds from two years prior so that if a bad season of growing comes along, they will still have seeds so they never lose this strain of plant. He said, "You never know what this weather will do, and you don't want anything like a blight coming in and taking these crops away for good. So, we always keep plenty of seeds to have for future generations."

Daniels explained to PTT how when he was younger, everyone around this area had HUGE gardens. Sometimes they would have four or five, with each being 100 x 100 feet or larger. The harvest from these gardens is what they lived off of in addition to the hunting and fishing. He explained, "My mother would take the ashes from the wood fire and dump them into the garden to help with the growing process. Also, wherever our horses were the year before is where we would place our garden the next year." Daniels explained how they then harvested these plants and stored them in a root cellar during the winter months.

The growing and harvesting seasons were also a very spiritual time for families as everything was coming from Mother Earth. Each time something was planted, harvested, or distributed, there was a prayer or blessing said for that specific event. This is still done to this day. Franz said, "We always say a prayer before planting or even starting the garden; we ask permission to dig and to plant these seeds. We then say another during harvesting and one more for when we take these vegetables to our elders."

Gardening is a tradition that has been passed down for as long as people have lived on this place we call Earth. The harvest feeds our bodies and the gardening process and work feeds our souls. It is an activity that can be done as long as there is the space and the right weather conditions to plant and harvest the many foods we eat. It is nice to know the FCP Language and Culture department is doing their part to provide fresh homegrown vegetables to the community as well as making certain the heirloom seeds are maintained to preserve this heritage for future generations.

**Photos courtesy PTT archives. **When the sign with the garden name was created (as shown in photo), the spelling was incorrect. The spelling in the title is the correct spelling.*



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



Project in Progress: Echelon at Innovation Campus in Wauwatosa

Greenfire Management Services is well underway on the Echelon at Innovation Campus project, which can be seen from highway 45 in Wauwatosa near Froedtert Hospital.



Greenfire's Team Grows

Greenfire Management Services has added several staff members to keep up with the growing demand for their services:



Lynne Fakiroglou
Accountant



Nadine Wiencek
Project Engineer



Federal Contracts Awarded to 2 PFS Subsidiaries



Ft. Leonard Wood, MO: Advancia Corporation received an award notice for the Conservation Law Enforcement

Officer (CLEO) Task Order on the Maneuver Support Center of Excellence IDIQ Contract. IDIQ contracts - or indefinite delivery, indefinite quantity - provide for an indefinite quantity of services during a fixed period of time, according to the U. S. General Services Administration. This \$163,000 Task Order is to provide design and development services for CLEO curriculum material. The period of performance is 12 months.



Arlington, VA: 1Prospect Technologies received an award notice for the Defense Health Agency Military Health Future Group Program Support Services

Contract. This \$11M Contract is to provide a broad range of Advisory and Assistance Services for program management, subject matter, functional and administrative support for the Office of the Joint Medical Chair at National Defense University (NDU). According to NDU's website, the university's mission is to "support the joint warfighter by providing rigorous Joint Professional Military Education to members of the U.S. Armed Forces and select others in order to develop leaders that have the ability to operate and creatively think in an unpredictable and complex world." The period of performance of the contract is one year with four, 1-year options.

*Try to do something that is
brave. That mas is most successful
who is foremost.*

- Jumping Bull,
Hunkpapa Sioux

There's always something new to see on our website!
Remember, the password for the TRIBAL MEMBERS page is FIREKEEPER

TrANS Program Graduation

submitted by Kim Kircher, TrANS Instructor

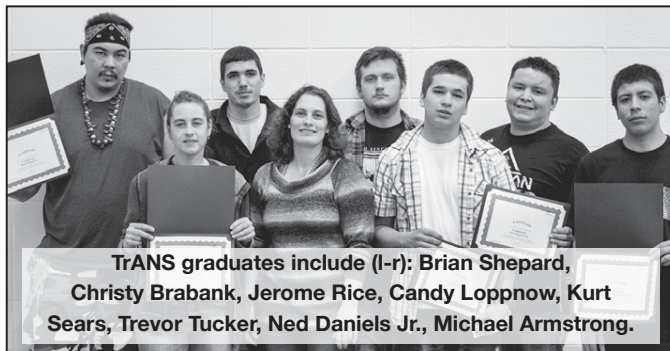
On April 2, the 47th TrANS, (Transportation Alliance for New Solutions) program graduated at the old Tribal Hall in Crandon. There were eight candidates that started the program and eight to finish.

During this six-week, 140-hour class, students were instructed in the following areas: CPR/First-Aid Certification, training to become Flagging Certified nationally, OSHA-10 Training, testing at Nicolet College for the construction trades and at the Department of Motor Vehicles for a temporary CDL license, a field trip to tour Operating Engineers Local 139 in Colona, Wis., toured Plumbers & Steamfitters Training Local 434 in Mosinee, Wis. Both tours included hands-on demonstrations and offered students apprenticeship information.

Several students from the program interviewed for jobs with Fahrner Asphalt on March 14, and within a few days, two students were offered jobs after the class ends.

Thank you to the FCP Family Resource Department, and other departments in that building for allowing us to use the facility during the six-week program. I would like to personally

thank Kerry Fox for making fry bread for the graduation, setting up the TrANS classroom, and everything else she did for our group. I would also like to thank Christie Schmidt and the FCP Economic Support Department for helping in recruiting and making the class possible. I would like to thank the FCP Roads Program Manager Gerald Warrington for recruiting for the program and making it possible for a graduate to do an apprenticeship with the Utilities Department. Also, this program would not be possible if it wasn't for the FCP Administration and Tribal Council for allowing this program to be held on your reservation at your great facilities. Thanks to Tribal Administrator Eugene Shawano for taking time out of his busy schedule to attend the graduation ceremony. And, last but not least, a big thank you for the articles and TrANS information that the *Potawatomi Traveling Times* does for this program. Thanks to Val Niehaus for taking photos at graduation. And thank you to anyone I might have forgotten. The TrANS program doesn't forget the generosity of the Potawatomi tribal community! Migwich!



Gas Line Project in Progress

by Val Niehaus

Forest County Potawatomi has been in the process for about the past five years of trying to begin the installment of a natural gas line to help in the aid of heating their main campus located on Hwy. 8 East and this project is finally underway. Jim Horton, FCP Construction Project Manager, said, "This will enhance the tribe's operation of its facilities with a constant supply of fuel. It's also just all around a great investment for the tribe." It will also save the tribe money in the long run to be able to use this natural gas source for its energy needs.

The two companies who are working together on this project are Wisconsin Public Service and North States Utilities. The actual start of the gas line project was delayed a bit until March

30, due to weather issues. The estimated completion date is mid-June.

The main connection to the gas line is located on Highway 55 north near Pfeiffer's Elk Ranch. Necessary pipelines need to be put in place to lead to the main FCP campus—hence the reason for seeing the utility workers on the side of the highway these past few weeks.

As previously mentioned, this will supply natural gas for heating on the main FCP campus and it is hoped that in the future, this utility will be expanded to the other buildings the tribe utilizes. It is also possible that certain housing areas may be included in the future but that is something that will be considered in the future.

Deadline for the May 15, 2015 issue is Wednesday, April 29, 2015.

Potawatomi Traveling Times
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IMPORTANT: We are no longer accepting checks as a form of payment. Cash, Debit or Credit Cards only.

"DA WE WGE MEK" (GIFT SHOP)
Your Destination for Authentic Native American Gifts

LARGER SELECTION OF BEADS!
We also have a small stock of gems, banding, caps & more for earrings!

NEW DVDs
MOVIE

- Winter in the Blood
- The Cherokee Word for Water
- Rymes for Young Ghouls

NEW CDs
POWOW

- Southern Boyz: Pops
- The Bearhead Sisters: A Woman's Journey
- A Beautiful Night: Tanner Albers Memorial Round Dance

TRADITIONAL

- Whitehawk & Crow: The Morning Star
- Louie Gonnie: Spirit of the Swirling One

FLUTE

- Tony Duncan: Earth Warrior

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 Open Mon. thru Thurs. 7 a.m. to 5 p.m.
 CLOSED Fridays.
 CLOSED on federal holidays.

If we don't have something you're looking for, let us know. WE WILL do our best to find it!

Calling All Moms, Dads and Caregivers: Antibiotics Aren't Always the Answer

submitted by Kristin Bath, CHES, Health Educator & Accreditation Coordinator

The Centers for Disease Control and Prevention (CDC) wants you to know antibiotics don't treat viruses - never have, and they never will! And, it's not really news. It's a long-documented medical fact. Antibiotics can only treat illnesses caused by bacteria. Colds, the flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses, not bacteria. If your child has a viral infection, antibiotics won't help them feel better or get well sooner. In fact, they can even be harmful.

Taking antibiotics when they are not needed is increasing drug-resistant bacteria, which cause infections that are more difficult, and sometimes even impossible, to cure. Almost all types of bacteria have become less responsive to antibiotic treatment. Drug-resistant bacteria, "superbugs," can quickly spread to family members, school-mates and coworkers, and threaten our communities with illnesses that were once easily treatable. Combatting antibiotic resistance is a priority for CDC with estimates of more than two million resistant infections occurring annually in the United States alone.

When antibiotics are used for viral infections, your child is not getting the best care. A course of antibiotics won't fight the virus, help your child feel better, or lead to a quicker recovery. It may even be harmful. If your child is diagnosed with a viral ill-

ness, ask what you can do to help him feel more comfortable while his immune system does its work. Suggestions might include drinking plenty of fluids, getting a lot of rest, using over-the-counter medications (check first to see what's safe for children), using a cool mist humidifier or gargling with salt water. Do not ask for antibiotics, though.

Prevent drug-resistant bacteria by following the steps below:

- Take the antibiotic exactly as the doctor prescribes. Never skip doses or stop taking an antibiotic early unless your doctor tells you to do so.
- Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Antibiotics treat specific types of infections. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.

For more information about the right way to use antibiotics, contact the FCP Health and Wellness Center at (715) 478-4300 or visit www.cdc.gov/getsmart.

Adapted from the Centers for Disease Control and Prevention "Get Smart About Antibiotics" Matte Article, October 2014: www.cdc.gov/getsmart/week/promotional-materials/press-materials.html

Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	√		NO
Bronchitis/Head Cold*	√		NO
Whooping Cough		√	Yes
Flu	√		NO
Strep Throat		√	Yes
Sore Throat **	√		NO
Fluid in Middle Ear***	√		NO
Urinary Tract Infection		√	Yes

*in otherwise healthy children & adults; **except strep throat; ***otitis media with effusion

FCPC Gte Ga-Nēs Preschool

We are currently recruiting children for the 2015-16 school year. Enrollment is open to children who are 3 years of age by Sept. 1, 2015. For more information, please contact Leslie Howen at (715) 478-7359 or Kathy Berkes at (715) 478-7350.

May is Arthritis Awareness Month Know the Facts

submitted by Kristin Bath, CHES, Health Educator & Accreditation Coordinator

Arthritis is the most common cause of disability in the United States. It's estimated that 52.5 million adults (about one in five) have been diagnosed with arthritis by their doctor. As our population ages, these numbers are expected to increase greatly. Although arthritis is more common among adults 65 years or older, people of all ages (including children) can be affected. Nearly two-thirds of people with arthritis are younger than age 65, and it is more common among women than men. It also happens to be more common among adults who are overweight or obese.

The term arthritis is used to describe more than 100 diseases and conditions that cause inflammation and pain in joints, muscles and tissue. Frequent forms of arthritis include: osteoarthritis (bones become weak and brittle), rheumatoid arthritis (chronic inflammation in small joints in the hands and feet), lupus (immune system attacks its own tissues), fibromyalgia (widespread muscle pain and tenderness) and gout (severe pain, redness and tenderness in the joints).

There are certain factors that increase the risk for arthritis which cannot be controlled, such as getting older, genetics, and being a woman; 60 percent of all people with arthritis are women. However, there are certain lifestyle choices that can lower chances

of developing arthritis:

- Watch your weight. Maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression.
- Be active. Get at least 30 minutes of moderate physical activity at least five days a week. If time is an issue, split activity into 10 minute bouts. Studies have shown that physical activity decreases pain, improves function, and delays disability.
- Avoid smoking and limit alcohol consumption. Both habits weaken the structure of bone.
- Protect your joints. Individuals who experience sports/job related injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis.

If you have arthritis, there are actions that you can take to decrease symptoms and improve your quality of life. Be sure to talk to your doctor as soon as possible if you think you have symptoms. Although there is no cure for most types of arthritis, early diagnosis and appropriate management are important. Your doctor will also help you determine effective self-management strategies that will work for you. For more information, contact the FCP Physical Therapy Department at (715) 478-4344.

References: www.cdc.gov/arthritis/index.htm, www.arthritis.org/index.php

Welcome to These New Employees

Alexandria Montgomery,
Museum
Receptionist
Hire date: 3/23/2015

Javier Dehoyos, Security
Tribal Security Officer
Hire date: 3/30/2015

Tyler Busko, Security
Tribal Security Officer
Hire date: 3/30/2015

Transfer/Title Change
Donna VanZile, Housing
Housing Director
Hire date: 3/23/2015



Child Care Certification Training

Are you interested in becoming a Certified Child Care Provider?

Classes held on May 5, 6, 12, 13, 19, 20 and 21, 2015. Students must attend all days. Cost is \$60 for Forest County residents; \$85 for all others. Materials, text and lunch are included. Pre-registration and pre-payment are required by April 30, 2015. For more information, contact Billie at (715) 478-7358 or Una at (715) 478-4964, Forest County Potawatomi Child Care.

Try This Month's Featured Food: Legumes!

submitted by **Stephanie Mattson, BS, CD, LPN, FCP HWC Nutritionist**

What are legumes? Legumes are a class of vegetable that includes beans (chickpeas or garbanzo beans, kidney, black, Anasazi, navy, pinto, great northern beans, etc.), peas and lentils.

Why would/should I eat legumes? Legumes are one of the most nutritious foods available. Generally, legumes are low in fat, contain no cholesterol, and are high in folate, phosphorus, potassium, iron and magnesium. They are also an excellent source of soluble and insoluble fiber; contain low glycemic index carbohydrates and are gluten free (suitable for people with celiac disease or gluten sensitivity). Legumes also contain phytonutrients. Research has shown legumes can reduce the risk of certain cancers, heart disease and other chronic diseases. A good source of protein, legumes can be a healthy and economical substitute for meat.

How can I include legumes in my diet? Legumes can easily be added to soups, salads, casseroles, made into burgers, blended as hummus, refried and other creative additions to your menu. Most grocery stores carry a wide variety of legumes - dried and canned. If you are choosing canned, select the "no-salt added" or drain and rinse the beans to reduce sodium content. If you are choosing dried beans or peas, they will require soaking to rehydrate them prior to cooking. A pressure cooker can greatly reduce cooking time.

What about the gas? To reduce the effect that legumes often produce, there are several tips to follow. First, make sure the bean is well cooked until soft and tender. Mashing (such as re-fried beans), blending (such as hummus) and/or chewing well can minimize gas. Start with eating small

amounts: one - two tablespoons per day to allow your digestive system to adjust. Gradually increase to ¼ - ½ cup serving. Adding spices (such as cumin, fennel and ginger) can also help reduce gas and bloating.

Stop by the FCP Health & Wellness Center lobby on Wednesday, May 20, from 1-4 p.m., to taste-test vari-

ous veggie dips, and receive recipes and information on garbanzo beans and other legumes. Enter to win prizes. Open to all FCP Community and general public. Please call Community Health at (715) 478-4355 with questions or visit our website for more information at www.fcipotawatomi.com/health/community-health/.

Super Easy Hummus

Ingredients:

- 1 (15 ounce can garbanzo beans, drained, liquid reserved)
- 1 Tablespoon lemon juice
- 1 Tablespoon olive oil
- 1 clove garlic, crushed (1-2 teaspoons minced garlic)
- ½ teaspoon ground cumin
- ½ teaspoon salt

Instructions:

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin and salt in food processor or high quality blender; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved. Use as a dip with a variety of vegetables.

Store in refrigerator.

Recipe adapted from allrecipes.com.

May is Mental Health Awareness Month

submitted by **Di Koch, RN, Behavioral Health Case Manager**

Did you know that 1 in 4 people has a mental illness?

What is a mental illness? The National Alliance on Mental Illness defines it as "a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis."

What does this mean to you? This could likely mean you or someone you know is suffering with some type of mental illness. It could be a family member, neighbor or even a stranger you interact with. Mental illnesses do not just affect the individual suffering from them. Depending on how severe, mental illnesses affect the entire family, every relationship they have, potentially every interaction with another person, as well as their day to day living, life goals, and careers. Children to elders can have a mental illness as well as any gender or race.

What types of mental illnesses are there? There are several different types of mental illnesses. Common ones are depression and anxiety. Others include post-traumatic stress disorder (PTSD), bipolar, schizophrenia, eating disorders, attention deficit disorders (ADD/ADHD), obsessive-compulsive disorder (OCD), borderline personality disorder and many more. Each of these have their own set of symptoms that a person has to have to be diagnosed with a mental illness.

What are the causes for mental illnesses? The National Institutes of Health (NIH), explains the different causes that are known to cause mental illness and include the following:

Biological factors: Genetics, infections, brain defects or injuries, prenatal damage, poor nutrition, substance abuse, and exposure to toxins

Psychological factors: Severe psychological trauma in childhood (emotional, physical, or sexual abuse), neglect, an early important loss such as a parent, and poor ability to relate to others

Environmental factors: Stressors such as death or divorce, dysfunctional family life, low self-esteem, loneliness, changing jobs/schools, and substance abuse by the person's parents

What can be done about it? There are many options to help individuals manage mental illnesses. Mainly a combination of therapy and psychotropic medication management can improve symptoms greatly. If you are caring for or living with an individual with a mental illness, understanding their condition is important and can make a difference towards their mental wellness.

For more information on understanding mental illnesses, contact the FCP Health & Wellness Center Behavioral Health Department at (715) 478-4332.

Did you know that... suicide is the 10th leading cause of death in the United States? It accounts for the loss of more than 38,000 American lives each year, more than double the number of lives lost to homicide. To learn more about mental health, visit www.mentalhealth.gov or contact FCP Behavioral Health Department at (715) 478-4332.

Honoring Health, Healing, and Tradition



**ANNA LOPEZ, LMT
MASSAGE THERAPIST**

Anna completed her training at the Institute of Massage Therapy in Hancock, Mich., and has been a practicing massage therapist since 2009. Anna provides a variety of massage therapy techniques including AromaTouch Technique. She strives to provide a caring and vibrant session, leaving her clients with a positive experience. Outside of her duties as a massage therapist, Anna's focus is on her family. We are pleased to have her as part of our team.

Appointments can be made by calling (715) 478-4344.
Hours:
Tue. & Wed.: 9 a.m. - 4 p.m.
Thur. & Fri.: 9 a.m. - 6 p.m.

SERVICES OFFERED

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| Dental
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**FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER**

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



Everybody's Road Extension and Campus Urbanization/Storm Water Project - Construction to Begin on May 1, 2015

submitted by FCP Roads Program

The Stone Lake campus area will be under construction for the summer of 2015. Designed by Coleman Engineering, the Everybody's Road Extension Project will connect the existing Everybody's Rd. to the subdivision. Included will be walking and ATV trails. This will give a secondary evacuation route out of the campus area in case of an emergency and easier access to the campus for community members who live in the subdivision.

The Campus Urbanization/Storm Water Project, designed by McMahan Associates, will be adding curbs and gutters, resurfacing parking lots and additional manholes and storm water

main that will be collected in a new storm water pond.

Musson Brothers will be the general contractor on this project and have a projected date for completion of Sept. 4, 2015.

We ask that everyone please use caution when entering or exiting the construction area, particularly around equipment and workers.

For any questions or concerns, please contact Gerald Warrington, FCP Roads Program Manager at (715) 478-7392, or Nate Guldán, FCP Land and Natural Resources Division Director, at (715) 478-7205.

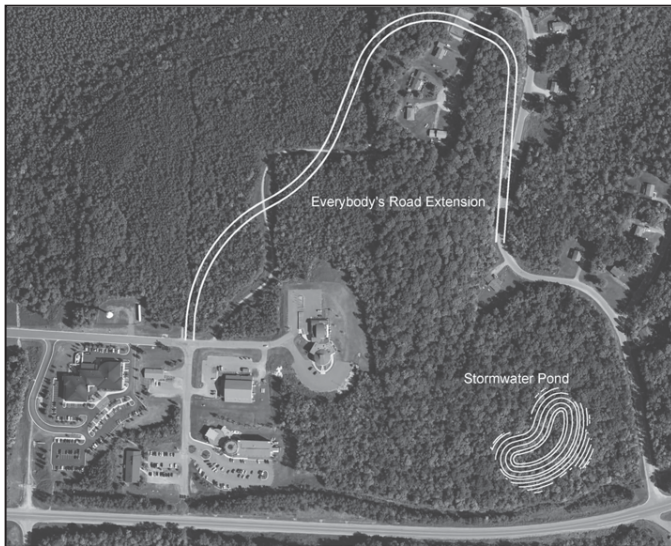


Photo Volunteers Needed

The Potawatomi Traveling Times wants to photograph FCP tribal members and their family for use in various print media/advertising. A family portrait will be given as a thank you to participants.



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

- Come Join Us -

VEGGIE DIP Taste Test - DAY -

Wednesday, May 20, 2015
1 - 4 p.m.

Health & Wellness Center Main Lobby

- Taste a variety of vegetable dips
- Receive recipes and nutrition information

ENTER TO WIN PRIZES

FOREST COUNTY
POTAWATOMI
HEALTH &
WELLNESS CENTER
COMMUNITY HEALTH
8201 Mish Ko Swen Drive, Crandon, WI
(715) 478-4355

Open to all FCP Community and General Public

DOOR PRIZE

Child Abuse Awareness Month Training

Come join us for a two hour continuing education training on Child Abuse.

April 28, 2015
5:30 - 7:30 p.m.

We will be serving dinner at 5:30 p.m.
Family Service Building upper conference room

This training is directed for Child Care, Foster Care and Family Placement providers.

If you are interested attending this training, please call our office at (715) 478-4964 or (715) 478-7358 to sign up by April 23, 2015.

GUEST SPEAKERS: Indian Child Welfare Specialist, Val Loduha, Deanna Collins, Sally Kalkofen and Maline Enders

There is no excuse for abuse!

New Mobile App Helps Parents, Caregivers, Educators Prevent Bullying

submitted by Kristin Bath, CHES, Health Educator & Accreditation Coordinator

Nearly one in five high school students have reported being bullied at school, and almost 15 percent have experienced some form of cyberbullying. Bullying behaviors can start as early as three years old and have serious consequences, with long-term impact on mental health, including substance use, violence, criminal convictions, and suicide.

To address this public health issue, the Substance Abuse and Mental Health Services Administration (SAMHSA) created KnowBullying, a mobile app that helps parents, caregivers, and educators prevent bullying by encouraging conversations with children.

Research shows that children look to their parents and caregivers for

guidance on tough choices, peer pressure, and making decisions. KnowBullying can help you start a dialogue by providing simple conversation starters for talking with your child or teen.

“We all know the benefits of good communication can last a lifetime,” said SAMHSA Administrator Pamela S. Hyde, J.D. “KnowBullying uses evidence-based information and resources to help parents and caregivers foster meaningful interactions with their children, and build self-esteem and coping mechanisms for dealing with adversity.”

Whether your child is being bullied, bullying others, or witnessing bullying, KnowBullying, offers you the tools and information you need to help your child practice healthy behav-

iors. KnowBullying will help you make the most of each opportunity to help your child navigate difficult relationships at school or at home, and help build his or her resilience.

Developed in collaboration with the StopBullying.gov Federal partnership, KnowBullying provides strategies to prevent bullying. It includes warning signs to recognize if a child is affected by bullying, and a reminder feature to help you connect with your child when the time is right. KnowBullying also provides a special section for educators.

KnowBullying is free and available on iPhone® and Android™ devices. More information on how to download the app is available at <http://store.samhsa.gov/apps/bullying>.

SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. To learn more about SAMHSA, visit www.samhsa.gov.

For more information about bullying and other mental health topics contact the FCP Behavioral Health Department at (715) 478-4332.

Reference: http://store.samhsa.gov/apps/knowbullying/tools/?WT.ac=PT_P_20140815_KnowBullying_Partner-Tools

Virtual Tour

by Val Niehaus

On April 15, 2015, FCP Elderly and Azura Memory Care of Wausau, Wis., gathered together at the Best Western Inn & Suites in Crandon for an event unlike any other: the Virtual Dementia Tour.

Azura Memory Care is a trusted provider of innovative memory care services and programs. From home-like settings to transformational programming, their Wisconsin memory care communities provide a safe and nurturing place for those with Alzheimer's disease and dementia.* There are 11 locations of Azura in Wisconsin alone, and they offer quality care to those suffering from this unexplainable disease.

The Virtual Dementia Tour puts you literally into the feet of someone dealing with a memory disease such as

Alzheimer's or other types of dementia. It is a simulated experience for people who are interested in the disease or who are involved in providing care for someone stricken with this malady.

PTT was able to experience this virtual tour first-hand. It certainly allowed a person to experience the sense of frustration and confusion that people with memory problems live with every day! The tour lasted a total of 10 minutes and those 10 minutes were extremely noisy, anxious, confusing, uncomfortable and unpleasant. The tour is the result of an extensive study of dementia patients in an effort to get a realistic idea of the sensations and issues they deal with.

Paula Gibson, Azura director of Community and Business Relations and one of only forty certified Virtual Dementia Tour trainers in the world, told PTT, “My grandfather suffered from dementia for 10 years. You are just going in for 10 minutes, so just think of what this feeling would be

like for someone who lived with this for 10 years.”

Before starting the tour, you are given insoles for your feet to stimulate the feeling of neuropathy - extremely poky and uncomfortable. Shuffling definitely made the discomfort more tolerable. You are also asked to wear special glasses that are blinding on the sides and only show a tunnel vision view, ear phones that simulate the constant chaotic sounds that are ever present in the background for these patients, and gloves that change the sensation in your fingers and poke you every time you touch something that make things very difficult to grip. You are led into a room and given a list of simple tasks to accomplish. You are then left on your own to do as best you can, all while trying to remember what to do; trying to see and feel what you are doing while being barraged with constant confusing and distracting noise.

This tour had to be experienced to

truly get a feeling for what these unfortunate patients deal with. If you have never done this tour and have the opportunity to do so, it is very well worth the 10 minutes it takes. It will give you a better understanding of the world people with memory problems have to deal with every minute of every day.

FCP Elder Services Coordinator Penny Christianson was extremely happy with the entire day and said, “Alzheimer's disease touches everyone in some way. The turnout was a huge success and I am hoping on planning more events related to Alzheimer's disease and dementia in the future. Thanks to all the people who helped make this a success.”

If you would like more information about Azura Memory Care for yourself or a family member, you can visit their website at www.azuramemory.com.

*Source: www.azuramemory.com

Rising Sun News

submitted by Mary Fatla, Rising Sun Daycare

The children had a chance to check out the process of how maple syrup is made at Zis Ba Kto Kan (or sugar camp). They were very interested in the process and they each got to have a taste of the syrup as it was being cooked. They loved the sweet taste! They had a chance to see what it's like before it's ready for the pancakes.

On Wednesday, April 1, the children and staff held their annual Easter egg hunt. The children invited their parents to join them for the event. Being that it was somewhat of a nice day, the Easter Bunny was able to hide the eggs outside. The children gathered

up their eggs and turned them in to their teacher to receive their prize. The children colored eggs and decorated their Easter baskets for the event. There was a wonderful turnout of parents and family members. The cook from Rising Sun put out great snacks and refreshments for the families to enjoy.

We are looking forward to the art show which we are planning to hold sometime in May. The teachers have been saving some of the children's art work to put on display. We are noticing that our children really are talented and we would love to show it off.



(above) Jordy Shepard and Hunter VanZile waiting for a taste of the syrup.



(above right) Waleli Frank helping Waylon Frank find his eggs.



(right) Cameron Tuckwab and his big brother finding his eggs.



FCP Tribal Member Makes Professional Debut

submitted by Jay Kemp, Marketing Agent

On Saturday, April 4, from Green Bay, Rough House Promotions brought professional boxing back to Titledtown. It was a six-bout card with plenty of local flavor.

The fight of the night was the co-main event - the Super Welterweight bout where Forest County Potawatomi's Mark Daniels Jr., (Sagjewe Gises - "Rising Sun") made his much anticipated professional debut in convincing fashion! In front of the 700+ in attendance, Daniels took a strong body attack to Eli Smith.

Daniels' plan was to attack the body, targeting the liver. His pinpoint accuracy, mixing his heavy head shots, put Smith to the canvas three times in the first round. Somehow surviving the brutal first round bell, Smith came out with some aggression at the start of the second round, but Daniels countered with youthful quickness. Back on the body attack, the ref jumped in to stop

the fight at 2:27 in the second round. Smith was unable to mount enough fight to continue.

Daniels was emotional following the win, not just for his impressive showing. He represented his Native American tribe with honor, dignity and heart. His discipline is like very few. That discipline was tested during recent training when he lost a cousin in an accident. With huge family and heritage support, Daniels kept bangin' for Saturday night. His motivation is selfless, as he strives for others, as well as his heritage's values and virtues. Advocacy for the fight against cancer was a prominent focus. This kid has such a driving force behind him.

I spoke to Daniels and his team following the show and was moved by his story and dedication. His Native American name, Sagjewe Gises describes him perfectly: Rising Sun.

A Warrior's Dream Comes True

by Mariah Rachal

On Saturday April 4, 2015, FCP tribal member Mark Daniels Jr., (Sagjewe Gises or "Rising Sun") made his debut as a professional boxer at the Riverside Ballroom in Green Bay, Wis. An outstanding fight was given from the debut fighter and his opponent, Eli Smith of Hannahville, Mich.

Daniels made the comment, "I would like everybody to believe in chasing their dreams, even when it's hard and we grow up and are given responsibilities and have to act like adults, but a dream is our heart wanting to shine as a child still."

Family and friends came to support him for his first debut fight and was on the edge of their seats the first round. Once it came to the second round, none of the family could stay in their seats and everyone was yelling and cheering him on. One after another, Daniels laid strong punches on his opponent attacking his body. With 2:27, Smith was unable to continue, the ref called it and Daniels was announced the winner by T.K.O. Family

and friends jumped out of their seats and threw their hands in the air with excitement. Daniels became emotional knowing how much hard work and dedication he put into this.

I had asked him what he would like his people and his community to know, and this was his reply: "I want everybody to be strong and do what their heart calls them to do. We were all created to do something great, we just have to listen to our hearts and not be afraid to do what we truly want. People are afraid to do things different because of the world we live in today, where everybody is judged or put down for being different. That's what should make us individuals. Doing the same thing as everybody else is what is killing our dreams and motivation. It's robbing us of our happiness and potential, and our dreams are carried with us to our graves. I want everybody to live those dreams out instead of just thinking about them. Think about it, if not me, who? If not now, when?"



Daniels in his corner getting some pointers from his coaches.



(above) Daniels at the start of the match... ready for a great fight!



Proud family members (l-r): Mark Daniels Sr., Mark Daniels Jr., Carole Daniels.



(left) Daniels right after his win. You can feel the happiness and pride.



(right) Daniels with his entourage after the win.

all photos by Val Niehaus



Thursday, April 30
— 6 p.m. —
FCP Museum and Cultural
Center lower level

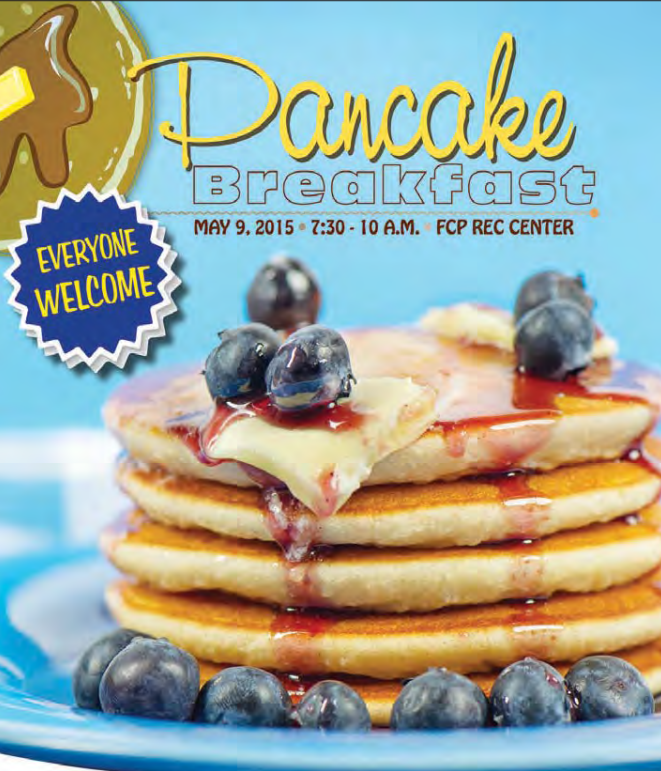
IT'S TIME AGAIN FOR
THE QUARTERLY...

Sobriety Feast

We will have a speaker. There will be door prizes, but you must attend the entire event to be eligible for the door prizes.
Please bring a traditional dish to pass.

If you have any questions about this event, please call (715) 478-4370.

Sponsored by:
FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
AODA SERVICES



Pancake Breakfast

EVERYONE WELCOME

MAY 9, 2015 • 7:30 - 10 A.M. • FCP REC CENTER

- Pancakes ▪ Maple Syrup ▪ Sausage ▪ Bacon
- Scrambled Eggs ▪ Oatmeal ▪ Fresh Fruit
- Coffee ▪ Juice ▪ Milk

Sponsored by
FOREST COUNTY POTAWATOMI
LANGUAGE & CULTURE

TRADITIONAL
MEDICINE
WILL BE HERE

Friday & Saturday, April 17-18, 2015
Friday & Saturday, May 8-9, 2015

How to Schedule
Appointments

- » Appointments are generally 30 minutes and can be made by calling the Forest County Potawatomi Health and Wellness Center at (715) 478-4300.
- » Patients can self-refer or be referred by their Health and Wellness Center provider.
- » Women on their moon should not make an appointment during this time. The traditional medicine practitioner asks that you schedule appointments within two days before or after this time.
- » Follow up appointments will be scheduled by the Traditional Medicine Assistant at the time of your visit.

WHAT TO BRING

- » In the traditional way, please bring your Sema (tobacco) to each visit with the Traditional Medicine Practitioner.

HONORING HEALTH,
HEALING AND TRADITION

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
(715) 478-4300

DUSTIN MCGESHICK MEMORIAL
1st Annual



★ CO-ED SOFTBALL ★ TOURNAMENT

\$150 entry fee
10 Team Limit
(First Come, First Serve)

- 1st Prize - \$700
- 2nd Prize - \$500
- 3rd Prize - \$300

June 13 & 14, 2015
Arlyn Alloway Ballfield
Stone Lake

Entry Contact
Monica Michaels:
(715) 889-4040 or (715) 478-4924
Jackie Crawford:
(715) 889-4241 or (715) 478-7204



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.

Beading Group -

Open to all community members ages 13 and up from 5 - 8 p.m. in lower level of museum on Tuesdays. RSVP required.

EDUCATION

Crandon Indian Education Committee - Monthly meetings held the first Wednesday of each month, 5 p.m. at HWC. Contact these committee members with questions or concerns:

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

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

Shari Alloway - Member
Number not available at time of print.

Brenda Cornell - Secretary
(715) 649-3936

Guadalupe Cisneros - Member
Number not available at time of print.

Myra VanZile - Home School Coord.
(715) 478-6175 (home)

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

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

EVENTS

Community Baby Shower - April 29, 2015, 4:30 - 6:30 p.m., Crandon Community Building. Prizes, food, valuable resources! For more information, contact UWExtension Office at (715) 528-5490.

Traditional Medicine - May 8-9, 2015 at HWC. Appointments are generally 30 minutes and can be made by calling HWC at (715) 478-4300. Patients can self refer or be referred by HWC provider. Women on their moon should not make their appointment at that time. Please schedule appointment two days before or after this time. Follow-up appointments will be scheduled by the traditional medicine assistant at time of your visit. In the traditional way, please bring your Sema to each visit.

Dustin McGeshick 1st Annual Co-Ed Softball Tourney - June 13-14, 2015, see flyer on pg. 9 for details.

Mishko swen - Strong/Healthy 5K - June 13, 2015. Registration and starting point at Rec Center. Registration from 9:30 - 10:15 a.m. Event starts at 10:30 a.m. Prizes, snack, light lunch. Timing system available. Call (715) 478-4317/4383/4320 for more information.

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.

Al-Anon Meetings - Wednesdays, 5:19 Kak Yot Lane, Crandon, 5:30 p.m. Why: Al-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

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.

MAY CALENDAR OF EVENTS

Community Health

- May 5, 7, Infant Nutrition Program (HWC): 8 a.m. - 4 p.m. Note: The Infant Nutrition program is at the HWC twice because of the We Care remodeling project.
- May 12, WIC (HWC): 8 a.m. - 4 p.m.
- May 20, Veggie Dip Taste Test (HWC): 1 - 4 p.m.
- May 28, QPR Suicide Prevention Training (HWC): 1:30 - 3 p.m.
- May 5 - June 11, Women's Cardio & Strength Classes (Rec Center): Tuesdays & Thursdays, 5:30 - 6:30 p.m.

FCP Family Resource Center

- Play Shoppe: Tuesdays, May 5, 12, 19, 26, 11:30 a.m. - 12:30 p.m.
- Women's Healing Circle: Tuesdays, May 5, 13, 19, 26, 3 p.m.
- Life Skills Group: Wednesdays, May 6, 13, 20, 27, 1 - 3 p.m.
- Positive Indian Parenting: Thursdays, May 7, 14, 21, 28, 10 a.m. - noon.
- 2nd Annual Native American Responsible Fatherhood Day: Date TBA - watch for flyers! Call (715) 478-4837 with questions about any programs.

CHOICES Program

- Life Skills with FRC (10-12): Mondays, May 4, 11, 18, 25, 3:30 - 5 p.m.
 - Fitness & Healthy Living (13-17): Tuesdays, May 5, 12, 19, 26, 3:30 - 6 p.m.
 - Team Building (7-9): Wednesdays, 6, 13, 20, 27, 3:30 - 5 p.m.
- CHOICES program will be picking up the youth from school.

Recreation Department

- Get Fit & Stay Active - fitness equipment available 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.

Carter Casino Hotel Donates to Local Diabetes Programs

submitted by Jeff Mayer, PCCH Marketing Coordinator

CARTER, Wis. (April 7, 2015) - Potawatomi Carter Casino Hotel (PCCH), the premier gaming destination in Northern Wisconsin, is pleased to announce donations to Forest County Potawatomi (FCP) Health & Wellness Center (HWC) and the Forest County Health Department.

PCCH held its fourth annual golf outing on Aug. 1, 2014, and was able to raise funds for local diabetes programs. Four person teams participated

in the golf outing at Nicolet Country Club. The participants were treated to wonderful food, a beautiful summer day, and the opportunity to win numerous prizes donated from vendors and local businesses.

"Each year our golf outings continue to grow. With the support of our vendors and community members, we are able to have a very successful outing," stated PCCH General Manager Frank Shepard.

Shepard went on to say, "Diabetes is a very serious disease and I am very pleased that we are able to donate to two very important programs right here in Forest County."

With increased involvement from vendors and members of the community, PCCH was able to make two donations to local diabetes programs that eclipsed the donations from the previous year. The FCP Health & Wellness Center and the Forest County Health

Department each received a check for \$3,758.50.

According to 2015 statistics from the Wisconsin Department of Health Services, diabetes affects over 475,000 adults and 4,500 children and adolescents in the state. As well as causing serious health-related implications, diabetes is also economically costly. The direct and indirect costs of diabetes in Wisconsin total an estimated \$6.15 billion annually.



Cathy Chitko (l), FCP HWC assistant diabetes coordinator and Anne Chrisman (r), FCP HWC diabetes coordinator pose with Frank Shepard, PCCH general manager.



Jill Krueger, head of the Forest County Health Department, was on-hand to accept the donation from Frank Shepard, PCCH general manager.



FCP Receives Donation from First American Bankcard, Inc.

submitted by Ryan Amundson, PHC External Communications Manager

MILWAUKEE (April 9, 2015) – First American Bankcard, Inc., which provides cash access services to Potawatomi Hotel & Casino (PHC), donated \$125,000 to the Forest County Potawatomi (FCP) Education Fund during an event at the Milwaukee property on Thursday, April 9.

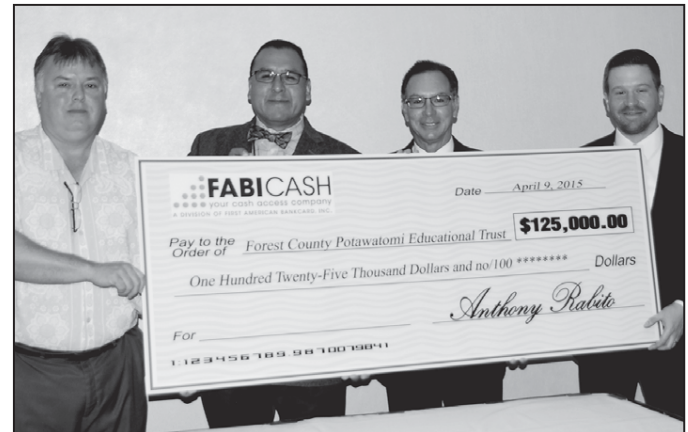
"We believe in focusing in on the future of our children, which starts with education," said Anthony Rabito, Jr., president and CEO of First American Bankcard. "It opens up more doors. It makes our kids better. It teaches them to start something, overcome hurdles and complete a task."

Tom Boelter, director of the FCP Education Department, and Mike Goodrich, general manager of PHC, were on-hand to accept the donation. Boelter said these funds will go a long way in helping tribal children succeed and sustaining the tribe.

"It's extremely important to set up the environment where the spirit can be successful," Boelter said. "Our goal is to enhance and stimulate the cognitive development of tribal children from birth."

Boelter added that gifts such as these help drive momentum in the academic success Forest County Potawatomi children have been showing. He said over the past four years, the tribe has seen an increase from eight to 140 of students attending college. In last year's high school graduating class, all but one student chose to attend college. This is in addition to increased educational opportunities for the tribe's youngest children, including the construction of a new day care center.

First America Bankcard, Inc. has contributed more than \$1.5 million to Native American partners since 1996.



Tom Boelter (l), director of the Forest County Potawatomi Education Department, and Mike Goodrich (second from left), general manager of Potawatomi Hotel & Casino, accept a \$125,000 donation from representatives of First American Bankcard, Inc.



What's Going On in Carter?

submitted by Frank Shepard, PCCH General Manager

Every Tuesday in May, guests have a chance to 'Double It Up'. At 3 p.m., one winner will be drawn to win \$25. If the winner is present and collects the prize, the prize amount doubles at 4 p.m. to \$50; 5 p.m. to \$100; 6 p.m. to \$200; 7 p.m. to \$400; 8 p.m. to \$800; and at 9 p.m. to \$1,600! Anytime a name is called and there is no winner, the amount does not double; it starts over at \$25 and builds up again until the 9 p.m. drawing is completed. Each time a winner does not show up, a new name will be called for that hour. Carter Club members can earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries. Entries are available from the time the booth opens until 8:50 p.m. There will be a limit of two wins per person per day.

Living' it up at 50 - Every Thursday, all Carter 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, guests will receive 10 free entries into the drawings. Guests are allowed to win twice each day. Also, seniors can earn 100 same-day base points and get a \$5 off coupon at The Flames Sports Bar & Grill or The Springs Restaurant, or if you would like your meal free, just earn 250 same-day base points! Those that are not seniors can earn 200 same-day base points and get 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!

Guests can start earning entries on April 27, for our 'Summer Kick Off'. Carter Club members can earn 250 same-day base points for 10 entries or redeem 250 points for 10 entries. On Friday, May 22, Saturday, May 23, and Sunday, May 24, we will be giving away \$40,000 in cash! Drawings will take place each day between 6 and 10 p.m. The entries will stay in the bin until the promotion is over. There will be 50 winners over the three days: 17 on Sunday.

Bingo players will receive 10 bonus entries for every early bird or intermission package purchased between April 27 and May 24.

Table games players will earn 10 bonus entries for every hour of consecutive play at the tables from April 27 to May 24.

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

Tier entry multiplier dates Sunday, May 3, 10 and 17, and Wednesdays, May 6, 13 and 20, 2015.

Carter Club Members with Golden Eagle status receive 6X entries on multiplier dates; Eagles receive 5X, Thunderbirds receive 3X; Cranes, Loons and Carter Club Members earn 2X entries.

Home Run Celebration - For our Carter Club members who purchase an aluminum pint Miller Lite or Miller Genuine Draft can receive a free entry into the Home Run Celebration drawings. There are three sets of tickets (winner does not need to be present to win).

Set 1: Brewers vs. Washington Nationals - Sunday, June 13, 3:10 p.m. Entries start April 13 through May 25. Drawing will take place at the Carter Club booth on May 25, at 4:30 p.m.

Set 2: Brewers vs. Pittsburgh Pirates - Saturday, July 18, 6:10 p.m. Entries start May 26 through July 18. Drawing will take place at the Carter Club booth on June 27 at 7:30 p.m.

Set 3: Brewers vs. Philadelphia Phillies - Saturday, August 15, 6:10 p.m. Entries start July 19 through August 1. Drawing will take place at the Carter Club booth on Aug. 1, at 7:30 p.m.

Slot Mania Tournaments will continue on Mondays, May 4, 11, 18, and Friday, May 8. Mondays will begin at 2:45 p.m. and on Friday will begin at 7:30 p.m. Guests can qualify on Mondays from 7 a.m. to 2 p.m. and on Friday from 7 a.m. to 6:30 p.m. To qualify, guests must earn and redeem 50 same-day base points. Redeem 100 points from their comp rewards balance or buy-in of \$10 per seat. Guest will be registered as soon as qualifications are met.

Stop in at our Carter Club booth for a schedule of events for our Memorial Day Tournament on Monday, May 25.

1st Place: \$1,200 plus 50 percent of buy-in, 2nd Place: \$1,000 plus 20 percent of buy-in, 3rd Place: \$900 plus 10 percent of buy-in, 4th Place: \$500, 5th Place: \$400, 6th Place: \$300, 7th Place: \$250, 8th Place: \$200, 9th Place: \$150, 10th Place: \$100

B I N G O!

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

BIGGER BETTER BINGO - Will be played on all days except where noted.

Bigger Payouts! Regular games pay \$150; specials pay \$200. Better Admission! New paper package deals. Bingo! Carter - it's the place to be for bingo!

May's Electronic Special: Purchase Carter Combo 3 or 4 and receive Carter Combo 1 for only \$20 (\$60 value).

Every Wednesday and Sunday in

May join us for Hi Five Session. All packs are \$5. Bingo on any number ending in '5' and receive '5X' the payout! Played on regular games only. Hotball will be excluded from multiplier.

Bounce Back! Guests who play bingo on Wednesdays in May will receive \$5 towards their bingo purchase on Thursday. Valid next day only.

Fridays in May: Finally \$500 Fridays - May 1 and 22

Early Birds at 5:30 p.m. Regular games at 6 p.m. \$35 packs; 25 regular games including five games paying \$250 and 10 games paying \$500! Guests receive \$25 in Potawatomi Play with the purchase of admission pack. Limit one Potawatomi Play per session.

Cosmic Bingo: Friday, May 29, baseball theme. Admissions opens at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. - midnight. \$12 packs include eight games paying \$100; one game paying a prize; last game pays \$1,000 - consolation \$250. Dress in the theme for your chance to win Potawatomi Play. Free beer and popcorn!

Saturdays in May: May Birthday Session: Saturday, May 2. Carter Club members with May birthdays will receive a free 6-on paper pack with their paid admission. Birthday cake will be served.

Armed Forces Day Celebration: Saturday, May 16. Veterans and active duty soldiers will receive a free 6-on paper pack and a wristband with their paid admission. Must show proof at time of purchase. If a veteran or active duty soldier gets bingo on any regular game, we will double the payout. Free popcorn and cake for everyone!

Mini Bash: Saturday, May 23 - Longer session; \$20 admission packs; \$10 extra packs. Prize drawings held throughout the session. Mini buffet included with admission pack purchase.

Matinee Session, Saturday, May 30 - Admissions opens at 11:30 am; early-birds start at 1 p.m.; regular session starts at 1:30 p.m. No evening session.

Sundays in May: Mother's Day, Sunday, May 10 - Guests receive an entry with admission purchase for a chance to win one of two \$100 department store gift cards. Must be a Carter Club member.

\$500 Cash Drawing, Sunday, May 31 - One lucky winner will win \$500 cash! Winner drawn during regular session; must be present and playing bingo to win. Earn entries for each admission pack purchased during the month. Limit one entry per person per day.

Electronic Buy-In Options

Carter Combo 1 - \$60, 30 cards, one Jackpot Game, one Roulette, one Game of the Month, one Dbl. Daub Coverall, one Dbl. Daub Feather, one Winner Take All, one Triangle Game, 10 Odd # Coverall, 10 Bonanza

Carter Combo 2 - \$80, 60 cards, two Jackpot Game, two Roulette, two Games of the Month, two Dbl. Daub Coverall, two Dbl. Daub Feather, two Winner Take All, two Triangle Game, 20 Odd # Coverall, 20 Bonanza

Carter Combo 3 - \$120, 90 cards, three Jackpot Game, three Roulette, three Games of the Month, three Dbl. Daub Coverall, three Dbl. Daub Feather, three Winner Take All, three Triangle Game, 30 Odd # Coverall, 30 Bonanza

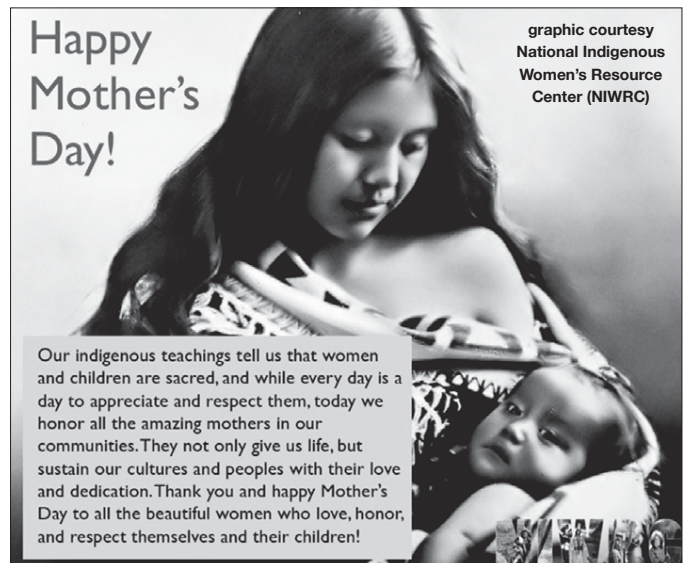
Carter Combo 4 (Best Value) - \$160, 130 cards, four Jackpot Game, four Roulette, four Games of the Month, four Dbl. Daub Coverall, four Dbl. Daub Feather, four Winner Take All, four Triangle Game, 40 Odd # Coverall, 40 Bonanza

Electronic packages include all games except Earlybirds, Pick 8 and Hotballs.

Happy Mother's Day!

graphic courtesy
National Indigenous
Women's Resource
Center (NIWRC)

Our indigenous teachings tell us that women and children are sacred, and while every day is a day to appreciate and respect them, today we honor all the amazing mothers in our communities. They not only give us life, but sustain our cultures and peoples with their love and dedication. Thank you and happy Mother's Day to all the beautiful women who love, honor, and respect themselves and their children!



Native Arts and Cultures Foundation Announces Artist Open Call

submitted by Amy M. Echo-Hawk, Native Arts and Cultures Foundation

(VANCOUVER, Wash.) – Artists residing in North Dakota, South Dakota, Minnesota or Wisconsin who are creating visual or traditional arts and are enrolled members of Native Nations located in these states are invited to apply for the 2015 Native Arts and Cultures Foundation (NACF) Regional Artist Fellowship. The fellowship award includes support ranging up to \$20,000 per artist to allow them to create powerful new works that transform communities.

“The NACF fellowship was an amazing gift that has allowed me to take a breath and begin focusing on the non-utilitarian aspect of my work,” said Kevin Pourier (Oglala), 2014 NACF Regional Artist Fellowship recipient in the traditional arts category.

Open Call 2015 NACF Regional Artist Fellowship

Artists may apply online beginning April 9 at <http://your.culture-grants.org> and submissions must be completed by 5 p.m. (Pacific Time) on

Monday, June 15. For more information about fellowship criteria, please visit www.nativeartsandcultures.org or for specific assistance in applying contact NACF Program Associate, Wendy Red Star, Monday - Friday, 9 a.m. to 5 p.m. Pacific Time: by phone (360) 314-2421, or email at wendy@nativeartsandcultures.org.

Last year's 2014 NACF Regional Fellowship awards went to: Delina White, Traditional Art, Leech Lake Band of Ojibwe from Minn.; Star Wal-lowing Bull, Visual Art, Minnesota Chippewa; Kevin Pourier, Traditional Art, Oglala of South Dakota; and Jennifer Stevens, Traditional Art, Oneida of Wisconsin. To view the compelling works of these artists, and other artists and projects funded by NACF, visit: www.nativeartsandcultures.org. The 2015 Regional Artist Fellowship awards will be announced in Fall 2015.

*About the Foundation
The Native Arts and Cultures*

Foundation (NACF) is a national Native-led nonprofit dedicated to supporting American Indian, Alaska Native and Native Hawaiian arts and cultures through grant making and cultural programming. With contributions from Na-

tive Nations, art patrons and foundation partners, NACF has supported more than 125 Native artists and organizations in more than 24 states. To learn more or to donate, please visit: www.nativeartsandcultures.org.



Aspen Institute Co-Hosts Convening with Philanthropies on Native American Youth

submitted by Erin Bailey, Center for Native American Youth

Washington, D.C. - On April 8, the Center for Native American Youth (CNAY) at the Aspen Institute and the White House co-hosted a convening of philanthropies, nonprofits, and thought leaders. The convening included remarks from the First Lady Michelle Obama and small group discussions among high level government officials including four members of the President's Cabinet. The goal of the event was to discuss Generation Indigenous (Gen-I), a national initiative launched by President Obama in December focused on removing the barriers that stand between Native youth, and make the case for increased investments in the lives of the most vulnerable population in this country.

“The lives of Native American youth are largely invisible to most American citizens,” remarked Walter Isaacson, Aspen Institute president and CEO. “The purpose of this convening is to raise their level of awareness by bringing together influential thought leaders, White House and Administration officials, and philanthropists to find ways to invest in the needs of this all but forgotten population.”

During her remarks, First Lady Michelle Obama, highlighted the Generation Indigenous initiative and the need for national partners to get engaged. “We all need to work together to invest deeply – and for the long-term – in these young people,” re-

marked the First Lady. “These kids have so much promise – and we need to ensure that they have every tool, every opportunity they need to fulfill that promise.”

From the President's Cabinet, U.S. Secretary of the Interior Sally Jewell, U.S. Secretary of Education Arne Duncan, U.S. Secretary of Agriculture Tom Vilsack, and U.S. Small Business Administrator Maria Contreras-Sweet spoke in smaller group discussions with the philanthropies, nonprofits, and partner organizations about public and private sector investments. The discussions focused on priority needs of Native youth including education, health, social services, juvenile justice, housing, and economic development.

“The fact is Native children do not have the equitable access to resources and opportunity,” said former Senator Byron Dorgan, founder and chairman of CNAY. “I believe we have far too long left Native American children behind and I am proud of the work the Center for Native American Youth is doing with the First Lady and the White House to change and improve lives.”

Dr. William C. Bell, president and CEO of Casey Family Programs, a national foundation based in Seattle, Washington, that works to decrease the need for foster care and ensure that supportive communities nurture the safety, success and hope of every child,

emphasized the importance of the convening and Gen-I. “The fact is that the programs that serve Native youth are some of the most under-resourced and we must work together - public and private sectors - to ensure that Native American children have equal opportunities to succeed.”

As a part of Gen-I, CNAY has partnered with the White House and Department of the Interior, to launch a National Native Youth Network to expand resources and connections for Native youth and the programs that serve them. Casey Family Programs helped support CNAY's role in the April 8 convening at the White House. In addition, the Bush Foundation contributed \$100,000 and Nike, Inc. has made a two-year commitment through the N7 program that includes \$200,000 in funding to support youth sports and physical activity in tribal communities. Additional support has come from Novo Nordisk Inc., Alfred P. Sloan Foundation, and AMERIND Risk Management Corporation.

As a part of CNAY's commitment to Gen-I, several youth were included in the event. Rory Wheeler, a 16 year-old from the Seneca Nation of Indians who attended, commented, “It is inspiring to have the First Lady committed to making a difference for us Native youth,” said Wheeler. “Together, we're working to promote hope in Indian Country.”

To learn more about Gen-I, visit www.genindigenous.com.

Center for Native American Youth is dedicated to improving the health, safety and overall well-being of Native American youth through communication, policy development and advocacy. Founded by former US Senator Byron Dorgan in February 2011, CNAY is a policy program within the Aspen Institute, headquartered in Washington, DC. CNAY works to strengthen and create new connections as well as exchange resources and best practices that address the challenges facing Native youth, with a special emphasis on suicide prevention. Visit CNAY's website for a comprehensive list of resources available to young Native Americans, tribes and the general public. For more information, visit www.cnay.org

The Aspen Institute is an educational and policy studies organization based in Washington, DC. Its mission is to foster leadership based on enduring values and to provide a nonpartisan venue for dealing with critical issues. The Institute is based in Washington, DC; Aspen, Colorado; and on the Wye River on Maryland's Eastern Shore. It also has offices in New York City and an international network of partners. For more information, visit www.aspeninstitute.org.

Interior Makes Largest Transfer to Date to Cobell Education Scholarship Fund

submitted by Jessica Kershaw, U.S. Department of the Interior

WASHINGTON, D.C. — The Department of the Interior announced it has transferred more than \$12 million to the Cobell Education Scholarship Fund, bringing the total amount transferred so far to \$17 million. Authorized by the historic Cobell Settlement, and funded in part by the Land Buy-Back Program for Tribal Nations (Buy-Back Program), the Scholarship Fund provides financial assistance through scholarships to American Indian and Alaska Native students wishing to pursue post-secondary and graduate education and training.

“With every transfer to the Scholarship Fund, we are making valuable investments in the training and education that Native students need to succeed in today’s world,” said Interior Deputy Secretary Michael L. Connor. “This program is a lasting tribute to Elouise Cobell, whose vision, leadership and concern for tribal students and their families has created a living legacy for future generations of tribal leaders.”

“The Department is thrilled that the Cobell Scholarship Fund is growing quickly so that Native students can pursue their academic dreams to go to college or graduate school,” said Hilary Tompkins, Solicitor of the Department of the Interior and one of the lead negotiators of the Cobell Settlement. “The expertise, abilities and skills these students gain can help to advance self-determination and shape future leaders in Indian Country.”

The Scholarship Fund is administered by the American Indian Graduate Center (AIGC) located in Albuquerque, N.M. The five-member Cobell Board is responsible for the oversight and supervision of the activities of the fund’s administering organization. Interested applicants should consult the AIGC website at AIGCS.org.

The Cobell Scholarship Fund is overseen by the Cobell Board of Trustees. Alex Pearl, the chairman of the Cobell Board, said, “This is meant to be a perpetual fund so that Indian students will be able to attend college and receive Cobell Scholarship Funds long after we’re gone. The transfer that the Interior Department is making today will nearly triple the size of the Scholarship Fund precisely when the board is in the process of deciding what funds can be made available for scholarships for the upcoming academic year beginning this fall.” Pearl went on to say, “The board is now working with the American Indian Graduate Center to determine the eligibility criteria, but one thing is certain - as required by statute, Cobell Scholarship Funds will be available only to

American Indian and Alaska Native students.”

“We at AIGC are eager to establish a working relationship with the Cobell Board of Trustees and to fund applicants for the Cobell Scholarship Program. We are hoping to begin funding with this fall’s term. The provision of a scholarship program in conjunction with the Cobell Settlement was an inspired idea, and we are pleased to have been selected to administer the program,” said Sam Deloria, director of the American Indian Graduate Center.

Interior makes quarterly transfers to the Scholarship Fund as a result of Buy-Back Program sales, up to a total of \$60 million. The amount contributed is based on a formula set forth in the Cobell Settlement that sets aside a certain amount of funding depending on the value of the fractionated interests sold. These contributions do not reduce the amount that an owner will receive for voluntarily consolidating their interests. Thus far, the Buy-Back Program has paid more than \$360 million to individual landowners and restored the equivalent of almost 570,000 acres of land to tribal governments.

The Buy-Back Program was created to implement the land consolidation component of the Cobell Settlement, which provided \$1.9 billion to purchase fractionated interests in trust or restricted land from willing landowners. Consolidated interests are transferred to tribal government ownership for uses benefiting the reservation community and tribal members.

Turk Cobell, the President of the Cobell Board, stated that, “Applications for scholarships for the fall semester will be made available shortly online through the American Indian Graduate Center.”

Buy-Back Program offers are currently pending for fractional interest owners at the Umatilla Indian Reservation (deadline: April 13), Pine Ridge Indian Reservation (deadline: April 20), and Rosebud Indian Reservation (deadline: May 16).

Landowners can contact the Trust Beneficiary Call Center at (888) 678-6836 to update their contact information, ask questions about their land or purchase offers, and learn about the financial implications of consolidating land. Individuals can also visit their local Office of the Special Trustee for American Indians (OST) or Bureau of Indian Affairs (BIA) office, or find more information at www.doi.gov/buybackprogram/landowners in order to make informed decisions about their land.

Pow-Wow Trail May 2015

May 1-3
Lumbee Dance of the Spring Moon*
Southeastern Agricultural Center
Lumberton, N.C.
(910) 521-7861 or
(910) 522-2190
mlocklear@lumbee Tribe.com
www.lumbee Tribe.com

May 1-3
30th Edmonds Community College*
Seaview Gym
Lynnwood, Wash.
(425) 640-1076
tmurphy@edcc.edu
www.edcc.edu/pow-wow/

May 2
4th Powwow for Hope
Bass Camp Facility
Minneapolis, Minn.
(612) 314-4848
powwow@aicaf.org
www.powwowforhope.org

May 3
42nd A.I.R.O.
UWSP - Berg Gym
Stevens Point, Wis.
(715) 346-3576
agokee@uwsp.edu

May 4-5
3rd University of Calif. San Diego*
Warren Field
San Diego, Calif.
(858) 863-7349
ucsdpowwow@gmail.com
<http://nativeamericanstudentalliance.ucsd.edu>

May 8-10
44th Stanford*
Eucalyptus Grove
Palo Alto, Calif.
(650) 723-4078 or
(650) 725-6944
www.powwow.stanford.edu

May 8-9
Haskell Commencement*
Pow-wow Grounds on Campus
Lawrence, Kan.
(785) 830-2780
www.haskell.edu

May 9-10
26th Cherokee Cty. Indian Fest*
Boling Park
Canton, Ga.
(770) 735-6275
rollingthunder34@gmail.com
www.rthunder.com

May 15-17
26th Gathering of Warriors
Woodland Bowl
Keshena, Wis.
(715) 851-4748
westmartin@new.rr.com

May 15-17
Armed Forces
Jay R. Shelton Ball Park
Wadesboro, N.C.
(336) 618-0561

May 16
Miss/Jr Miss Indian OK Honor*
MVSOKOKE Dome
Okmulgee, Okla.
(918) 954-1336

May 16-17
6th Lawrence County History
Fest & Powwow
Bedford North Lawrence HS
Bedford, Ind.
(812) 279-2335
lchistoryfest_powwow@yahoo.com

May 16-17
14th Spring Woodland
Southwind Park
Bellefontaine, Ohio
(937) 592-9592
unitedremnantband@yahoo.com
www.zaneshawneecaverns.net

May 16-17
20th Tunica-Biloxi*
Earl J. Barbry Sr. Conv. Center
Marksville, La.
(800) 946-1946
avosar@paragoncasinoresort.com
www.tunicapowwow.org

May 16
6th Honoring Our Warriors
580 S. Navajo Route 6830
Birdsprings, Ariz.
(928) 587-4852
curley.jason@hotmail.com
www.facebook.com/
Annual.BirdspringsGourdDance

May 23-24
6th Native Woodland
Hall-Fawcett Park
Zanesfield, Ohio
(937) 592-2412 or
(937) 441-1565
loganhillshomestead.com/
gathering.html

May 23-25
10th Seven Clans*
7 Clans Casino
Thief River Falls, Minn.
(218) 556-7566
www.sevenclanscasino.com

May 25
20th Memorial Day Powwow
Mille Lacs Indian Museum
Onamia, Minn.
(320) 532-3632
bradley.sam@mnhs.org
www.mnhs.org/millelacs

*Denotes Contest
Pow-Wow

Tribal Member Owned: K2Pro Signs

by Val Niehaus

Jeffrey Keeble, FCP Tribal Member, K2Pro Signs partner, along with Craig Kircher, K2Pro Signs partner, just celebrated the first year anniversary of their business. It has taken off very well and they couldn't be happier!

K2Pro Signs is a graphic design imaging company that specializes in vinyl canvas printing, vehicle wraps, window stickers, signs and banners, photo printing, decals, plaques, and trailer wraps. They are available for any personal graphic need you may have or for a business you may be promoting.

Keeble and Kircher seem to have been friends for a lifetime, but they have really only known one another for the past three years. It is amazing to see these two men work together because they both have a mutual love for this business that they have started together and are driven to succeed.

Keeble has an Associate's Degree in Graphic Design, whereas Kircher is more about the "business" part of the company. However, both lend a hand to the creative aspect of the business. Kircher also has an artistic flare about him, and he is definitely more of the risk-taker. Keeble makes sure everything is conformed to what they have to do and is a little more cautionary. Kircher may be a bit more comfortable with business decisions considering his background in vinyl work and having his own business in the past. Keeble says, "I think, 'Should we do this — should I do this?', while Craig is telling me, 'Go for it!'" Keeble says, "Thank God for him because he is the backbone to this business."

K2Pro signs has been very lucky this past year despite not having any formal marketing in place. They have

created some vinyl pieces for larger companies such as Crandon International Off-Road Raceway and Ponsee North America, Inc. They have also had many local jobs from reputable businesses in Northeastern Wisconsin, and their products have also reached other states including Michigan, Missouri, and Colorado. Their main marketing comes from word-of-mouth and from social media. You can contact them at K2Prosigns@gmail.com or give them a call at (715) 902-0256 or (715) 889-2128.

Future plans include getting a larger space for their work area which will be taking place in the near future. Kircher is beyond excited at the thought of having more space to work and a visible storefront, which will hopefully lead to having more customers. He says, "We are always mov-

ing forward. We want to continue with what we are doing here, but we also have many big plans for the coming years." They will expand more in the design area, but are also thinking of expanding into t-shirt printing as well. Keeble also added, "Not only are we doing this for the business part of it, but we want to show the younger generation that things can happen in a positive way. We want to be good role models for the upcoming youth to look up to. This business and working with customers takes up your whole day, so you don't have time to get into trouble."

PTT wants to thank K2Pro Signs for taking the time out of their hectic day to sit down and talk with us about this business, and we want to wish them much happiness and prosperity in their future!

A sample of the workmanship of K2Pro Signs.

Skidder photo courtesy of Ponsee North America, Inc.
Other photos submitted by K2Pro Signs.

