



Potawatomi Traveling Times

VOLUME 16, ISSUE 19

SIS BG KTO KE GISES

SUGAR MAKING MONTH

APRIL 1, 2011

Potawatomi Museum to Feature New Exhibits in Fall 2011

submitted by Michael Alloway Sr., FCP Cultural Center, Library & Museum Director

The Forest County Potawatomi (FCP) Community's tribal museum will undergo refurbishment of exhibits and artifacts rotation with its main diorama to remain with some minor changes. The main diorama is seen as a focal point of our history and notes some similarities of the historic alliance of the Ojibwa, Ottawa and Potawatomi. Audio will incorporate a welcome in the Potawatomi language from a series of hidden speakers and include natural sounds of the environment.

Triad Creative Group, Brookfield, Wis., will assist the FCP Museum in the reconstruction of gallery spaces, adding more interactive exhibits and a variety of colorful displays. Of the more noted is the Simon Kahquados exhibit which includes his soldier's coat, leggings, garters, moccasins and silver arm bands currently in the collections of the Wisconsin Historical Museum, Madison, Wis. Kahquados, recognized as hereditary chief of the Wisconsin Potawatomi, died at the home of William Tahwa near the Rat River (Soperton, Wis.) in 1930. It is with respect and honor that this be included as part of the permanent display as we observe May 18 each year, not only as his day of birth, but the achieve-

ments he made to better our living conditions.

Other upgrades will showcase fully beaded bandolier bags, interactive maps of original homelands and treaties, newer High-Definition (HD) monitors, and video footage of the 2011 Potawatomi Gathering, Music and Dance (pow-wow) and "In the Voices of Our Elders" kiosks.

The museum's inception originated from the ideas of several tribal members who approached tribal leaders in early 1994 to begin documenting and collecting information to be disseminated into a tribal museum and archive. It is through their vision and efforts that the center exists today, providing for the community and membership with informative exhibits, educational workshops, the re-acquaintance of traditional crafts and the continuation of Potawatomi language learning.

A September re-opening is being planned.



Simon Kahquados display

photos by Triad Creative Group

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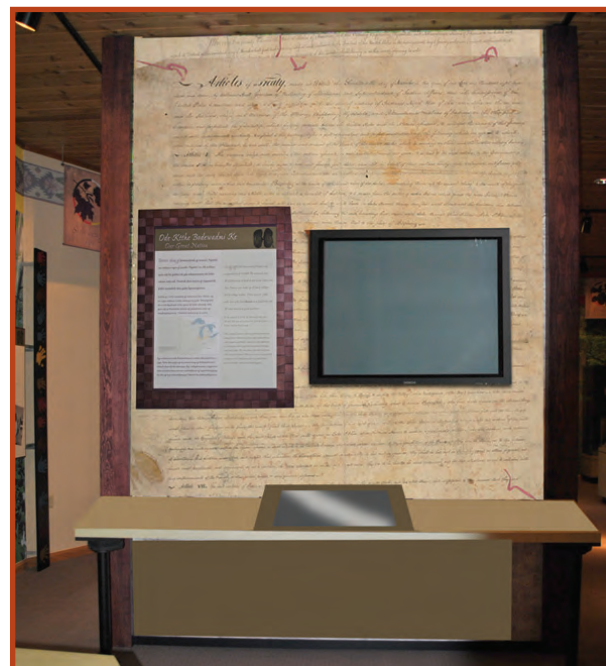


(left) Powwow wall display

(right) Picket wall display

(below left) Treaty wall display

(below right) Veterans area display



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FCP Holds Ground-Breaking Ceremony for Future C-Store

by Aiyana VanZile



(l-r) FCP tribal members Hazel George and Ned Daniels Jr., Tribal Treasurer Joe Daniels, Tribal Administrator Eugene Shawano, Tribal Vice-Chairman James Crawford, Tribal Council Member Tom Boelter and Tribal Council Member John Alloway

On Monday, March 21, 2011, the Forest County Potawatomi held a groundbreaking ceremony for the future site of the new convenience store that will be located on Everybody's Rd.

Ned Daniels Jr. was asked to do the blessing, along with tribal elder Hazel George and tribal treasurer Joe Daniels.

Lunch was provided after the ceremony at the FCP Executive Building for those who attended.

FCP Tribal Administrator Eugene Shawano mentioned that planning for the new convenience store has been in the works for several years. Now that everything is in order and all the approvals are in, the plan will follow through.

On March 22, the contractors started the work and it won't be long before we see major changes on Everybody's Road.

The new convenience store will be through Shell gas station, and there will be a rest area for truckers that will fit nine to 11 trucks.

There will also be a dining area in the convenience store where people can get hot and cold food.

Job applications will be taken and training for new c-store employees will begin in April.

The tribe is looking at a completion date at the end of July 2011.

CWD Raffle Winner Named

submitted by Heather Stricker, FCP Wildlife Resources Director

As part of Forest County Potawatomi's (FCP) Wildlife Resources Program, a Chronic Wasting Disease (CWD) monitoring project was initiated in 2010. FCP community hunters were asked to donate samples from harvested deer to be sent in for CWD testing. To show our appreciation, participating hunters were entered into a raffle drawing each time they brought a sample in.

The raffle grand prize included a red deer European mount and red deer venison, donated by the FCP Red Deer Ranch. This year's raffle winner was Benji Jacobson.

Thanks to all who participated. Watch for next year's program and your chance to participate!



CWD Raffle Winner, Benji Jacobson, with his new red deer European mount.

Minutes from March Meeting

submitted by Post I

On Monday, March 7, 2011, the new Post I board was put into place at the office located at the FCP old tribal hall.

- **Commander:** J.R. Holmes
- **Vice-Commander:** Clarence Daniels
- **Chaplain:** Billy Daniels Jr.
- **Secretary:** Ardin Mielke
- **Treasurer:** Alvin Weso Sr.
- **Board Member One:** Rebekah Mielke
- **Board Member Two:** Billy Daniels Jr.

All were present at the meeting.

It's been unanimously agreed upon to follow our original bylaws. Meetings will be the first Monday of the month at 5 p.m. at the FCP old tribal hall, 8000 Potawatomi Trail, Crandon.

Welcome to these New Employees

Candace Skenandore
Executive Council Secretary
Hire Date: 2/28/11
Contact info: (715) 478-4986
Candace.Skenandore@fcpotawatomi-nsn.gov

Robert Smith
C-Store Assistant Manager
Hire Date: 3/3/11
Contact info: (715) 473-5100
Robert.Smith@fcpotawatomi-nsn.gov

Tiffany Daniels
Administration
Hire Date: 3/7/11
Contact info: (715) 478-4981
Tiffany.Daniels@fcpotawatomi-nsn.gov

Erminia Gonzalez
H & W Medical Records Custodian
Hire Date: 3/7/11
Contact info: (715) 478-4323
Erminia.Gonzalez@fcpotawatomi-nsn.gov

Eve Van Harpen
H & W Dentist
Hire Date: 4/19/11
Contact info: (715) 478-4313
Eve.VanHarpen@fcpotawatomi-nsn.gov

Debra Schrader
C-Store Supervisor
Hire Date: 3/8/11
Contact info: (715) 473-5100
Debbie.Schrader@fcpotawatomi-nsn.gov

Tanya Collins
Elderly CNA
Hire Date: 3/14/11
Contact info: (715) 478-4716

Gary Janka
Emergency Management
Safety Officer
Hire Date: 3/14/11
Contact info: (715) 478-4431
Gary.Janka@fcpotawatomi-nsn.gov

Benjamin Koski
Natural Resources Aquatic Biologist
Hire Date: 3/15/11
Contact info: (715) 478-4436
Ben.Koski@fcpotawatomi-nsn.gov

Happy April Birthday to these Elders!

- | | |
|--------------------------|--------------------------|
| 04-04 Ronald Barney | 04-16 J.R. Holmes |
| 04-04 Jeanette Towns | 04-17 Judith Kasperek |
| 04-05 Elayne Shepard | 04-17 Clarence Daniels |
| 04-09 John Mann | 04-19 Ora Monegar |
| 04-11 Joyce Daniels | 04-20 Carole White |
| 04-13 Eugene Shawano Sr. | 04-20 Paul Kezick |
| 04-15 Joan Stefonek | 04-20 Patricia Shopodock |
| 04-20 Jo Anne Jackson | |

Wabeno Kindergarten Registration

submitted by School District of Wabeno

The School District of Wabeno requests all students entering 5-year-old kindergarten in the fall of 2011 to register at the elementary office from April 4 – 8 between the hours of 8 a.m. and 4 p.m.

To be admitted, a child must be 5 years of age on or before September 1 of the year he/she proposes to enter school. Early admission to kindergarten or first grade may be granted only in accordance with established policies.

The School District of Wabeno requests all students entering 4-year-old kindergarten in the fall of 2011 to register at the elementary office from April 4 - 8 between the hours of 8 a.m. and 4 p.m.

To be admitted, a child must be 4 years of age on or before September 1 of the year he/she proposes to enter school. There will be no early admission to the 4-year-old kindergarten program.

When you come to register your child, you must bring the child's birth cer-

tificate and immunization records. There will be registration forms to fill out, and there will be additional information about kindergarten given to you at that time.

***Please note:** Students who are currently attending our 4-year-old kindergarten program are automatically enrolled for next year and do not need to re-register at this time.

The program is offered in our elementary school building. To provide the best program possible with our current transportation available, students will be attending the program two full days per week. The students will be split into two groups, with one group of students attending on Mondays and Tuesdays. The other group will attend on Thursdays and Fridays.

We appreciate you registering your child in a timely manner so that we can ensure that we are staffed properly for the coming school year. Thank you for your help and cooperation.

Welcome to the World!

Kassidy Marie Vandenhoven was born March 9, 2011, weighing 6 lbs., 13 oz. and was 19 in. long. Mother is Kaylynn Samplaski of Crandon, Wis. Father is Alex Vandenhoven of Green Bay, Wis. Grandparents are Danette and Timothy Stecker of Crandon, Wis., Todd and Luane Samplaski of Carter, Wis., and Joe Vandenhoven and Elpidio Garcia of Green Bay, Wis.



Attention Wabeno Elementary Parents!

The Wabeno Elementary School has a policy about teacher requests for the following year. This is part of the student handbook which was sent home in the fall. There is a very important date that is rapidly approaching for parents who are interested in making a request for their son or daughter.

Parent/guardian requests for assignment of students to a specific grade level teacher will be considered. All decisions will be made based on space availability and according to merit and the unique circumstances surrounding each situation. All requests should be made in writing stating the reasons for the request. All requests must be submitted to the building principal by April 15 to be considered. Any request received after this may not receive any consideration. Making a request does not guarantee it will be honored.

Parent/guardian requests for assignment of students to specific teacher will be carefully limited, and a lottery system may be used if more than six requests are made for any grade level teacher. This is to assure an equal opportunity for all students. If you need additional information about the teachers at each grade level or if you have any question about this policy, call Allison Space, elementary principal, at (715) 473-3633.

*"Imagination is more important than knowledge.
Knowledge is limited. Imagination encircles the world."*

-Albert Einstein

**Deadline for the April 15, 2011 issue is
Wednesday, March 30, 2011.**

Potawatomi Traveling Times

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- Princess Kaiulani
- March Point
- Video Letters From Prison: Documentary

NEW RELEASE CDs

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- Kevin Yazzie: Love
- Louie Gonnie: Breathe Deep the Dusk Fall
- Bill Miller: Spirit Wind North
- David & Steve Gordon: Gratitude
- The Boyz: Live in Lapwai
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Sizes Small-2X

Ladies Pink Keeper
of the Fire Fleece:
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Open Mon. thru Thurs. 7 a.m. to 5 p.m.
Closed Fridays. Museum open Saturdays by appointment only.
CLOSED from 12 p.m. to 12:30 p.m. for lunch.

POTAWATOMI CULTURAL CENTER, LIBRARY AND MUSEUM



5460 Everybody's Road, Crandon

715-478-7470

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

New Resource Center Celebrates Grand Opening

submitted by The American Indian Resource Center of Marathon County

On Tuesday, March 15, 2011, The American Indian Resource Center (AIRC) of Marathon County celebrated its official grand opening. Located in Wausau, Wis., AIRC will provide a multitude of services to the American Indian community.

The AIRC seeks to support American Indian people who desire to strengthen their values and culture ties by providing health services, elder programs, education and youth advocacy, cultural awareness programs, and career services. It also believes there is a need to have a better understanding of Native American culture in the community.

Leaders of the Forest County Potawatomi Community were on-hand to help AIRC celebrate its grand opening and to present them with a donation of \$15,000. The AIRC wishes to thank the Forest County Potawatomi Community for its wonderful generosity!

The AIRC's board of directors consists of Director Dylan Prescott, Assistant Director Kelly Knudsen,

Treasurer Joey Daniels, and Secretary Naomi Peters. A brief biography for each is included below.

Director Prescott is a respected member of the Native American community and has worked independently as a Cultural Awareness Presenter and Culture Consultant in Wisconsin since 1996. He was also a home school coordinator for the Central Wisconsin Indian Center from 1996 to 2004 and has led the Standing Eagle Song and Dance Troupe in Wisconsin since 2006.

Assistant Director Knudsen is a former student of UWMC and former business/ads manager and copy editor of *The Forum* newspaper in 2006. She graduated from UW-Stevens Point with a bachelor of arts in English and from North Central Technical College with an associate of applied science in educational interpreting for the deaf. A licensed English teacher, Knudsen was also awarded Student Teacher of the Year by the Wisconsin Council of Teachers of English in 2009 and the UWMC



Those in attendance at the grand opening included (l-r) Joey Daniels, Naomi Peters, Dylan Prescott, Eileen Brown, Scott Daniels and Kelly Knudsen. photo submitted by AIRC

Departmental Distinction Award for English in 2006.

Treasurer Daniels is a former student of UWMC, receiving an associate of arts in human services and a bachelor of arts in communications. She was a student ambassador (2006-07) for the SGA, a board member of the Multicultural Resource Center (2006-08), non-traditional student representative for Student Governing Board (2007-08), and a Faculty Appointments Committee student representative (2008).

Secretary Peters is Menominee and Stockbridge-Munsee and graduated from

UWMC with an associate in arts & sciences emphasizing ethnic studies in 2002 and from UW-Stevens Point with a bachelor of arts in 2009. Currently, she is pursuing her master of arts from St. Mary's University of Minnesota. Peters is a certified tutor/trainer by the Marathon County Literacy Council in Wausau.

The AIRC is located at 319 4th St. in Wausau, Wis., inside the St. Paul's United Church of Christ Community Center building (next to The Intermission) and can be reached by phone at (715) 845-9754 or by email at info@indiancenterwausau.org.

April is Alcohol Awareness Month: The Signs and Symptoms of Alcoholism

submitted by Brian Waugh, FCP Health & Wellness AODA Counselor

Alcoholism is a chronic disease, which may often be fatal. People with this disease cannot control their drinking habits even when it becomes a serious harm for their health, social status and family life. The exact cause of alcoholism is yet unknown. Researchers show that psychological, genetic and social factors influence the development of this disease.

Alcoholism is a type of drug dependence with both physical and psychological indications.

Anyone can be an alcoholic. He/she can be any age, profession, ethnic group or social class.

Alcoholism is associated with denial; the person believes that he/she is in control of the situation. The recognition of the problem is the first step to the treatment; therefore, understanding and accepting the symptoms are crucial. Alcoholism is a serious disease, and it is best cured if treated in its early stages.

Symptoms of alcoholism are:

- Making excuses to drink.
- Lack of control over drinking - an

alcoholic may not drink for months or years, but when they do, they have difficulty stopping.

- Excessive alcohol consumption.
- Denial of drinking problems.
- Tolerance to the effects of alcohol

(an alcoholic person is able to consume a great amount of alcohol, before showing any signs of drinking).

- Feeling annoyed when criticized about drinking.

- Keeping and hiding alcohol in unlikely places.

- Drinking first thing in the morning to avoid hangover.

- Showing aggressive behavior while drinking.

- Driving under the

influence of alcohol.

- Solitary drinking.
- Unexplained mood swings.
- Missing work.
- Losing interest in social activities.
- May experience paranoia, unnatural fears or contemplate suicide.
- Neglect of physical appearance.
- Impaired memory, forgetting what happened during drinking episodes.

- Depression.
- Difficulty with thinking clearly, confusion.
- Irritability.
- Eating disorders, poor diet and/or sleeping disorders.

- Anxiety.
- Abdominal pain.
- Nausea.
- Vomiting.
- Redness and

enlarged capillaries in the face (red eyes, puffy face).

- Weakness and numbness in the arms or legs.

Alcohol also affects other body parts. Liver disease - hepatic cirrhosis - may develop. The damaged liver becomes unable to remove toxins from the blood. Alcohol consumption during pregnancy can result in Fetal Alcohol Syndrome.

Vitamins cannot be absorbed properly. Deficiency of vitamin B12 (thiamine) causes loss of memory and abnormal coordination, which can be fatal if left untreated. Also, due to iron and folic acid deficiency, anemia can occur.

Large doses of alcohol can raise blood pressure and cause heart problems. Other health problems that may result from alcoholism are cardiovascular damage, pancreatic disease, neurological disorders, clotting disorders, weak immunity to infections, low blood sugar, high blood fat content and sexual dysfunction.

Combing alcohol with antidepressant and anti-anxiety medications can cause: increased risk of overdose, increased feelings of depression or hopelessness, and suicide in adolescents.

Source: NIAAA; *Harmful Interactions: Mixing Alcohol with Medicines*, 2007

Symptoms may vary from person to person. If a person has these symptoms, a physical examination is necessary. The physical examination includes Chem 20, a toxicology screen and liver function test. Alcoholism may also change the test results of urine,

uric acid, osmolality, serum magnesium, ketones, eosinophil count, or ALP (alkaline phosphatase) isoenzyme.

Alcoholism is not a weakness or a sign of poor character. It is a dangerous disease that can be fatal. Alcoholism has a good recovery rate with treatment and the support of loved ones.

For more information, contact the FCP Behavioral Health Department at (715) 478-4332.



Dog Bites

submitted by FCP Health & Wellness Center Community Health Department

The FCP Health & Wellness Center Community Health Department has been involved with several incidents involving dog bites to children. We work with the Forest County Health Department to investigate the incident and make recommendations to the families of the children involved and the dog owner.

What do you need to know if your cat or dog bites someone?

Wisconsin state law (SS 95.21) requires that any dog or cat, which bites a person, be taken to a veterinarian within 24 hours to be examined for rabies, and quarantined for not less than 10 days so it can be observed for signs of rabies.

Requirements of the quarantine include two additional veterinarian examinations. Due to the risk of vaccine failure, animals that are current on rabies immunizations still need to be quarantined and receive veterinarian examinations. If the animal is free of symptoms, it may be quarantined on the premises of the owner. Animals that are not current with rabies immunization must be quarantined at an isolation facility at the owner's expense.

Rabies is a viral disease of the central nervous system. It is usually transmitted through the saliva of an infected animal's bite, and is invariably fatal once symptoms appear. A healthy-looking dog or cat could be in the infectious phase of the disease without showing any symptoms. In these cases, the animal will develop recognizable signs of rabies in a few days, and usually dies within seven days.

The 10-day quarantine period ensures the dog or cat remains available so it can be observed for signs of rabies. If the animal remains well during the 10 days, it indicates it did not have the rabies virus in its saliva at the time of the bite. Therefore, the bite victim does not have to receive an expensive and unpleasant series of shots to prevent rabies. If the animal is euthanized before the 10-day observation period is complete, the brain can be tested for the rabies virus.

All animal bites (domestic or wild) should be reported to law enforcement or the local health department to ensure the biting animal is observed or tested for rabies. The victim's physician should be notified for evaluation to determine if treatment is necessary regardless of whether or not the animal is available for rabies observation or testing. When an animal bite victim visits the emergency room or doctors office, the medical staff treating the victim are required by law to report the bite to the local law enforcement agency.

The Forest County Health Department and the FCP Community Health Department encourage pet owners to vaccinate their pets to prevent them from getting rabies. Be aware that an owner who fails to comply with quarantine requirements, according to State statutes 95.21(10)(b), may be fined \$100 - \$1,000 or sentenced to 60 days imprisonment or both.

For more information on rabies and animal bites, contact the FCP Community Health Department at (715) 478-4355 or Forest County Health Department at (715) 478-3371, or visit www.dhs.wisconsin.gov/factsheets/rabies.htm, or www.cdc.gov/rabies.

Ways to help prevent dog bites:

- Never leave a young child alone with a pet. They often don't know how to be gentle with the pet, which can cause the pet to get irritated and bite.
- Do not try to separate fighting animals. You may get bit in the process.
- Avoid sick animals and/or animals that you don't know whether or not they are vaccinated.
- Leave animals alone while they are eating. Animals are often very protective of their food.
- Keep pets on a leash when in public.
- Select your family pet carefully and be sure to keep your pet's vaccinations (shots) up-to-date.

Source: <http://familydoctor.org>

Staying Active with Arthritis

submitted by FCP Health & Wellness Center

On June 2, 2011, from 1 p.m. to 4 p.m., the FCP Health & Wellness Center, in conjunction with the National Arthritis Foundation, will present its 4th annual Open Public Forum. This year's theme will be 'Staying Active with Arthritis'.

The focus will be on the benefits of physical activity and exercise as a part of your everyday life. Often people think that if there were ever a reason not to be physically active, arthritis pain would seem to be that reason. Research has shown the opposite.

According to the National Arthritis Foundation, properly designed activities may not only decrease your arthritis pain, but may also increase your flexibility and overall fitness. Some of the benefits of regular activity and exercise include:

- Decreased pain
 - Increased muscle strength and endurance
 - Improved balance
 - Increased bone strength/quality
 - Reduced risk of falls
- Our experienced physical therapy

staff will provide some helpful tips on how to start getting physically active by doing the things you enjoy such as walking, fishing, gardening, golfing and cooking.

For those who can't manage outdoor activities, there will be information on other low impact exercise such as aquatics.

Our pharmacist will discuss medication options and our registered dietician will discuss eating the right foods to stay healthy and active.

This year, there will be a special presentation by Kathy Ziembo, APNP, clinical nurse specialist from the Aspirus Endocrinology Clinic. The format will be full of discussion, personal accounts, and information to help manage and stay active while living with arthritis.

There will be handouts, door prizes and snacks throughout the presentations.


Presentations will be held in the lower conference room of the FCP Health & Wellness Center.

Admission is free, but please call (715) 478-4344 to reserve a spot as seating will be limited.


Did you know that losing 10 pounds of excess weight decreases stress on your knees by 40 pounds?

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER

5409 Everybody's Road, Crandon, WI
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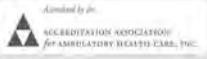
As your home grows, the Health & Wellness Center (HWC) will support your medical needs. Through all pregnancy and child development stages, the HWC links you to a network of providers, like our OB/GYN team and pediatric care providers, who offer pre and post care for you and your child. We look forward to helping your family grow.

a participating member of



OTHER SERVICES OFFERED

Behavioral Health (715) 478-4332	Lab (715) 478-4339	Radiology (715) 478-4339
Community Health (715) 478-4355	Optometry (715) 478-4345	Rehabilitation Services (715) 478-4344
Dental (715) 478-4313	Pharmacy (715) 478-4347	



Technology and Reality in Sexual Assault: A Two-Part Training

Open to the Public • April 7: 9 a.m. – 3 p.m.

FCP Executive Building Auditorium

See article on page 8.

9 a.m. – Noon: "Safety & Strategic Technology" with Stephen Montagna, Wisconsin Coalition Against Sexual Assault (WCASA) violence prevention communications coordinator

Noon – 1 p.m.: Lunch

1 p.m. – 3 p.m.: "Sexual Assault 101" with Lynn Johnson, M.S.W., FCP Domestic Violence Shelter sexual assault coordinator, and MarySue Engebretson, Tri-County Council on Domestic Violence & Sexual Assault advocate

Questions? Call Johnson at 715-478-4991.

This event is sponsored by the FCP Bakakswen i Shkwadem *Door is Open* Domestic Violence Shelter and Tri-County Council On Domestic Violence & Sexual Assault.

Gte Ga Nēs and Rising Sun Daycare Art Show



Lovey Lakehouse shows off her art piece.

by Aiyana VanZile

Gte Ga Nēs Preschool and Rising Sun Daycare held an art show on March 17, 2011.

The preschool students and daycare children collected their work that they have completed since the beginning of the school year.

The art was put on display for parents, grandparents and guests to come and see how talented these little ones are.



(above) House Germ Art by Cheyenne Pamoncutt, Gte Ga Nēs Preschool



(above) Ryana Alloway's display of Scat the Cat



Rising Sun Daycare's display of paper mâché art

(right) A large wall display of the preschooler's art work. Beautiful job!



Winter's End Powwow 2011

by Aiyana VanZile



Grand Entry on Saturday, March 19: Looks like we're running out of room!



Head Dancers, Heather Pauliot (fancy shawl) and Johnathan Johnson (grass dancer)



(right) Tribal member Abtegishek Alloway, fancy feather

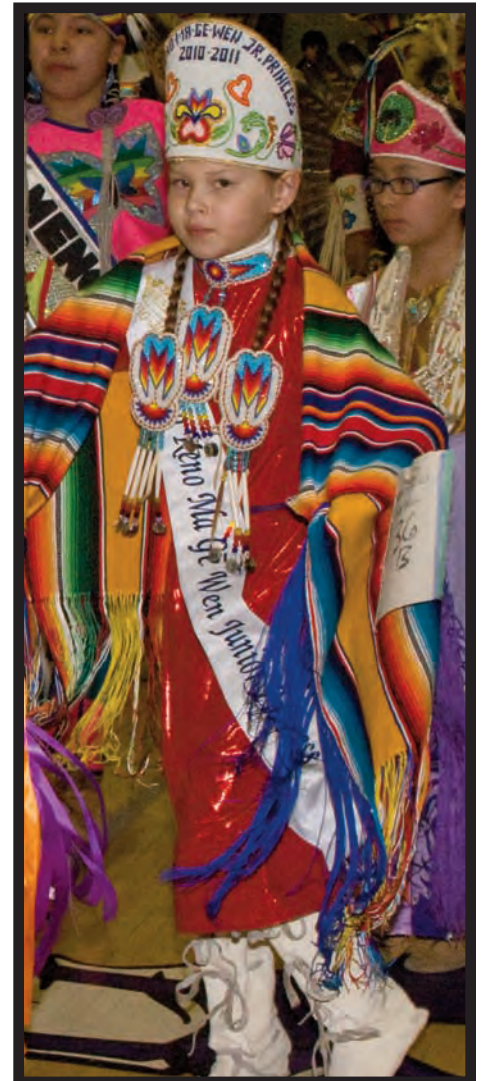


(above l-r) Tammy Mann, 2011 Sr. Winter's End Princess; Darlaina Boyd, 2011 Winter's End Princess; and Brevin Boyd, 2011 Winter's End Brave. Congratulations to our new FCP Winter's End Powwow royalty!

(below) Tribal member Nick Shepard, traditional dancer



Grand Entry Leaders kick the event off in the Wabeno High School Gym.



Isabella Daniels, 2010-2011 Meno Keno Jr. Princess

Technology and Reality in Sexual Assault: Two-Part Training

submitted by Forest County Potawatomi Domestic Violence Shelter

On April 7, 2011, the public is invited to attend a free, two-part training titled, "Technology and Reality in Sexual Assault". The training will be held at the Forest County Potawatomi (FCP) Executive Building auditorium located at 5416 Everybody's Rd., in Crandon, Wis.

This event is brought to you by the FCP Domestic Violence Shelter and Tri-County Council On Domestic Violence & Sexual Assault (TCC).

The morning session from 9 a.m. to noon, "Safety & Strategic Technology", will be presented by Stephen Montagna, Wisconsin Coalition Against Sexual Assault (WCASA) violence prevention communications coordinator.

Technology helps victims and their children successfully flee violent batterers, stalkers and rapists. But what millions don't realize are the dangerous and potentially lethal sides of various technologies in the hands of abusers and perpetrators. "Safe & Strategic Technology Training" addresses how technology impacts the safety, privacy and accessibility rights of victims by:

- Educating victims, their advocates and the general public on ways to use

technology strategically to help find safety and escape domestic violence, dating violence, sexual violence, stalking and abuse.

- Training law enforcement, social services, coordinated community response teams and others on how to hold perpetrators accountable for misusing technology to impersonate, harass, stalk, surveil and threaten.

- Advocating for strong local, state, national and international policies and practices that ensure the safety, privacy and civil rights of all victims and survivors. (Visit <http://nnedv.org/projects/safetynet.html>)

Montagna is an actor/director, multi-media consultant, and anti-violence activist. Montagna had an essay published in *Just Sex: Students Rewrite the Rules on Sex, Violence, Activism, and Equality*. He has been involved with Men Stopping Rape, Inc., and has presented at workshops, including UW-Madison, Edgewood College, and countless others. For seven years, Montagna worked as the media specialist at the UW-Center for Women's Health Research, one of 20 National Centers of Excellence in women's health funded by

the U.S. Dept. of Health and Human Services Office on Women's Health.

From noon to 1 p.m. a light lunch will be provided.

The afternoon session, titled "Sexual Assault 101", will be from 1 to 3 p.m. Topics covered will be:

- What is considered sexual assault
- Victim dynamics
- Native American communities
- Child sexual assault
- Intimate partner violence
- The bystander theory
- Stalking and strangulation
- Who are the perpetrators?
- Law and law enforcement
- Who can you call?

Presenters will be Lynn Johnson, MSW, FCP Domestic Violence Shelter sexual assault coordinator, and MarySue Engebretson, TCC advocate.

Johnson has a master's degree in social work from UW-Oshkosh. She has worked as an advocate and therapist serving sexual assault victims for the last five years. She is currently working with the FCP Domestic Violence Shelter as the sexual assault coordinator serving all of Forest County.

Engebretson has been with TCC for

six years. She has received her certificates in Basic and Advanced Advocacy from the Wisconsin Coalition Against Domestic Violence as well as certificates from Wisconsin Coalition Against Sexual Assault in Sexual Assault Advocacy and Expert Witness Training.

As the Forest County Outreach Coordinator for TCC, Engebretson has worked extensively with the City of Crandon Police Department, Forest County Sheriff's Department, Forest County District Attorney's Office, Forest County Department of Social Services, the Forest County Judge's Office, and both the Potawatomi and Sokaogon communities to establish working relationships that connect victims and survivors of abuse and assault with the agencies that can best assist them.

Registration is not required. For further information, please contact Johnson at (715) 478-4991 or Lynn.Johnson@fcpotawatomi-nsn.gov.

This project is supported by Grant # 2009-EG-S6-0028 Office of Violence Against Women Recovery Act Grant.

Youth Get Creative in Culinary Class

submitted by Lori Murphy, CHOICES Program Director

CHOICES youth designed fruit pieces as part of continuing education in Culinary Art/Entrepreneur skills, and reflection of February's "Have a Heart" campaign, which consisted of:

- Kindness and positive behavior (do kind things, say kind things)
- Keep your heart healthy (eat right and exercise; Red Heart - American Heart Association)

- Ask me, "Why?" (purple heart on your sleeve representing Teen Dating Violence Awareness - Love is Respect)

CHOICES will be continuing the Healthy Living/Culinary program throughout April. A list of CHOICES weekly activities is listed in the youth event section of the calendar on page 9.

Contact Lori Murphy for further information at (715) 478-4198.



FCP youth (l-r): Monique Tuckwab, Mindy McPherson, Darlaina Boyd and Mariya Tuckwab pose with their fruity creations. Good job, girls!

"You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves."

-Saint Francis de Sales

Potawatomi Convenience Store SMOKE SHOP



*Great Service With
A Friendly Smile!*

617 Hwy 32 • Carter, WI (Across from Potawatomi Carter Casino Hotel)

ICE CREAM SHOP:

Floats • Malts • Sundaes
Single/Double Cones
Hand Dipped Waffle Cones

FINGER FOODS:

French Fries
Chicken Tenders
Combo Baskets To Go

Low Discount Prices
On Name Brand &
Generic Cigarettes

Gasoline
Diesel
Motor Oil
Ice
Groceries
Fresh Popcorn
Bakery
Hot Dogs
Soda

OPEN 24 HOURS,
7 DAYS A WEEK



715-473-5100 • Coupons Welcome • Ample Parking

What's Going on in Carter?

submitted by Cheryl Waube, PCCH General Manager

April is the month Potawatomi Carter Casino Hotel (PCCH) is going GREEN!

Earn entries every day by earning 250 same-day base points for 10 entries or redeeming 500 points from your comp rewards balance for 20 entries. Want to earn your entries faster? Step into the wind tunnel on Tuesdays and Thursdays and catch as many entries as you can and up to \$500 in cash. Sundays are double entry days.

Who says money doesn't grow on trees? It does in Carter! Play to pick a tree on Saturdays, and see if your tree has up to \$1,000 in cash growing on it or if takes you straight to the Lexus CT200h giveaway finalists' stage on April 29 or 30 when we give away the cars at 11 p.m. Make your escape to Carter this month and drive home in a brand new Lexus CT200h. It's good to be green! (Both Lexus CT200h hybrid cars supplied by Bergstrom of Appleton, Wis.)

Want to watch your Milwaukee Brewer's live and in person? Stop by on Tuesdays for your chance to win tickets, courtesy of MillerCoors. Drawings will be at 6 p.m.

The first 250 guests who visit our Carter Club Booth on Wednesdays will receive a free gift while supplies last and to top it off, enjoy our fresh-baked cookies, which are distributed at 10 a.m., 2 p.m., 4 p.m. and 7 p.m.

Blackjack anyone? Join us every Wednesday for a Blackjack Tournament! Entry fee is \$30 with a minimum of 12 players and a maximum of 42. Registration starts at 5 p.m. at the Carter Club Desk and tournament starts at 7 p.m. Players will draw for their seat assignment when registering. It's a 100 percent payout!

If you love prime rib, Thursday is the day we serve it up! Guests can earn 200 same-day base points and get a \$5 off coupon for our delicious prime rib dinner

at The Flames Sports Bar & Grill or The Springs Restaurant, or if you would like your meal free, just earn 450 same-day base points! Thursday is also Senior's Day. Guests 55 years and over will get an entry into a drawing where they could win \$100. Only one entry per person. Five winners will be drawn at 1 p.m., and five winners drawn at 6 p.m. Must be present to win.

Are you looking for a place to escape for dinner? Try our Friday Night Out Package. You'll enjoy a two for one dinner (Surf & Turf) for \$11.95, plus each receives \$5 in Potawatomi Play! (Must be present). Coupons will be given with the dinner bill and can be redeemed at the Carter Club Booth. Substitutions are allowed if the entrée is \$11.95 or more. The difference must be paid and cannot be combined with any other offer, including the VIP Perks offers. There is no 'to go' option; it has to be two people. This offer starts at 4 p.m. every Friday in April.

Friday, April 15 is 'Tax Day'. Don't forget to file your tax return and then head to Carter. Earn 150 points to get \$15 in Potawatomi Play. One Potawatomi Play per guest and only valid on this day.

If you are a bingo player, here is what we have in store for you:

Every Wednesday join us for 'Wii Love Wednesday'. Packs are \$15 with \$5 extra packs. First 20 guests that purchase two admission packs will be eligible to participate in Wii Bowling. For every pin that is knocked down, receive a return coupon for your next visit. For example: If you knock down 9 pins, receive a coupon for \$9. Strikes are worth \$22 and spares are worth \$11.

On Thursdays 'Paper Must Win'. All packs are \$22 with \$5 extra packs. If an electronic wins first, the game will continue on for a 'paper' win. A consolation prize for the paper wins \$25 cash. If a 'paper' wins first, then the game is over and there will be no consolation prize.

Every Friday is \$8 Partner in Crime (P.I.C.). Receive one entry ticket for every entry pack purchased. For every regular game bingo win, a P.I.C. name (entry ticket) will be drawn from the bin to win \$25 in cash. In case of multiple winners, prize for game payout and P.I.C. will be split by number of winners. Last game of the night pays 80 percent and \$50 for P.I.C. No coupons or discounts will be accepted.

Saturdays, all packs are \$15 with \$5 extra packs.

Sunday Wheel Spin: Packs cost \$15 and extra packs cost \$5. When player purchases entry packs, they will receive a drawing card. At intermission we will draw five names to 'Spin the Wheel'. Prizes will be cosmic bingo packs, return coupons ranging from \$5 to \$20, bingo mugs, and cash prizes ranging from \$10 to \$25.

On Friday, April 8, join in the fun and play Cosmic Bingo. All packs are \$100, which includes six games paying \$50, three games paying prizes. Prizes include gas cards and a Kindle E-reader. The last game of the evening pays out \$200. Cosmic Bingo starts at 11 p.m. and admission booth opens at 10:30 p.m.

On Saturday, April 9, we will be holding our Jackpot Session. The Jackpot Session is for winners of this quarter's

Jackpot Game only. Everyone attending this session must have a certificate or a guest pass. A short regular session will start at 1 p.m. Admission booth opens at 12 noon. The Jackpot Session will begin at 6:30 p.m. Admissions opens at 5 p.m. for the Jackpot Session.

Birthday Bingo: If it is your birthday in April, come in and get your birthday number daubed free all night on all regular games. Not allowed for any progression games or specials.

Don't forget to check us out on our website at www.cartercasino.com, or better yet, become a fan of ours on Facebook! Here is how easy it is to become a fan:

- Log on to the Internet.
- Type in: www.facebook.com.
- If you are new to Facebook, you will need to sign up for an account.
- After you fill in the information, click on 'sign-up'.
- In the search box type "Potawatomi Carter Casino Hotel".
- There will be a button that says 'become a fan'.
- Click on this button and you are now a fan and you keep up on all the casino's events.

**APRIL 2011
CALENDAR OF EVENTS**

FCP Family Resource Center

- **Healthy Relationships:**
- **Play Shoppe:** Tuesdays 11 a.m. - 12:30 p.m.
- **Life Skills Group:** Wednesdays 1-3 p.m.
- **Positive Indian Parenting:** Thursdays 10 a.m. - Noon
- **Trans Program Class:** June 6 (call Rick to sign up by May)
Call (715) 478-7262 for details on programs.

Recreation Department

Call the Rec Center at (715) 478-7420
for info on open gym hours or April events.

N.E.W. Directions (formerly Walking 4 Directions)

All programs are at the tribal hall, 8000 Potawatomi Trail, unless specified otherwise. All activities are open to all FCP community members. If your child would like to participate, or if you want to volunteer, please call (715) 478-4613. Monday - Thursday pick-up is at 3:45 p.m. Activities start at 4:30 p.m.

Beadwork: Mondays - 4:30 - 6 p.m. (April 4, 11, 18, 25)
Words of Wisdom: Tuesdays - 4:30 to 5:30 p.m., with dinner after (April 5, 12, 19, 26)
N.E.W. Dir. Ed.: Thursdays - 4:30 - 6 p.m. (April 7, 14, 21, 28)

Beading & Regalia Making Classes

Mondays: 4:30 - 6 p.m. (April 4, 11, 18, 25)
Tuesdays: Office open 7 a.m. - 5 p.m.
Wednesdays: Adults at 9 a.m. - noon (April 6, 13, 20, 27)
Ages 13-18 at 4:30 - 6 p.m. (April 6, 13, 20, 27)
Thursdays: Ages 7-18 at Carter We Care, 4:30 - 6 p.m. (April 7, 14, 21, 28)

CHOICES Program

Crandon High School: Mondays - 9 - 11 a.m. or as needed
Healthy Living/Youth on the Move: Mondays - 4:30 - 6 p.m. at Rec/We Care; transport provided (April 4, 11, 18, 25)
Fun with Food Culinary Night: Tuesdays - 5 - 7 p.m. at Rec (April 12, 26) limited transportation
Dinner & Movie: Tuesdays - 4:45 - 7 p.m. at Exec. Bldg. (April 5, 19) limited transportation
Generations: Wednesdays - 4 - 7 p.m. at YMCA (April 6, 13, 20, 27) - transport available, MUST sign up
Wabeno High School: Thursdays - 9 - 11 a.m. or as needed

CHOICES program events occasionally change. Be sure to watch for special events. A snack or dinner will be served on Tuesday and Wednesday evenings. Parental permission is required. NEST points given for all CHOICES activities and events. For more information, contact Lori Murphy at (715) 478-4198.

Powwow Trail

April 2 • Lawrence H.S. Native American Club
Lawrence H.S. East Gym, Lawrence, Kansas
(785) 330-1447

<http://sites.google.com/site/lhsnaclub/lhs-spring-pow-wow>
email: lhsnaclub@gmail.com

April 9-10 • 37th Duluth Anishinaabe
Field House UMD, Duluth, Minn.
(218) 726-8141
or (218) 590-8405

April 9-10 • 35th LaCrosse Three Rivers
UW-LaCrosse Mitchell Hall, LaCrosse, Wis.
(608) 397-5229
email: marsha.smith1@gmail.com

April 16 • Honoring Education
McPhee Gymnasium, Eau Claire, Wis.
(715) 836-3367
www.uwec.edu/multicultural
email: whiteol@uwec.edu

April 23 • MATC Strong in Spirit, Rich in Tradition
Madison Area Technical College
Truax Campus, Madison, Wis.
(608) 246-6458
<http://matcmadison.edu/pow-wow>
email: dcr@matcmadison.edu

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.

Beginning learners on Monday evenings: 5 - 7 p.m. - FCP Cultural Center, Library and Museum: (715) 478-7478.

Regalia-Making Classes Offered

The FCP Health and Wellness AODA Youth Prevention Program, sponsored by the Behavioral Health Department, is offering beading and regalia-making classes for youth and family member(s) ages 7 and up.

Classes are taught by Charlene "Doots" Daniels. Please check calendar of events on page 9 for dates, times, locations, and age range of classes.

Due to limited quantities, participants must bring their own fabric and hide. The program can provide beads, needles, sewing machines and assistance. If interested, or if you have questions, please contact Daniels at (715) 478-4195.

EDUCATION

Crandon Education Committee

Monthly meetings held the first Wednesday of the month at 5 p.m., upper level of the FCP Cultural Center, Library and Museum. Contact these committee members with questions or concerns:

Sonya Milham - Chairperson

(715) 473-6410 (home)

Hazel George - Vice-Chairperson

(715) 478-5612 (home)

Shari Alloway - Treasurer

(715) 478-7224 (work)

Shari.Alloway@fcpotawatomi-nsn.gov

Margaret Konaha - Board Member

(715) 478-7347 (work)

Margaret.Konaha@fcpotawatomi-nsn.gov

Myra VanZile - Home School

Coordinator

(715) 478-6175 (home)

(715) 478-3723, Crandon School

VANZILEMYR@crandon.k12.wi.us

WIEC - Meetings are held every second Tuesday of the month at 6 p.m. at Potawatomi Carter Casino Hotel.

Academic Success Learning Lab

Nicolet HSED/GED spring semester classes began Thursday, Jan. 20, and will run every Tuesday and Thursday from 9 a.m. - 1:30 p.m. at the FCP Cultural Center, Library and Museum lower level classroom #010.

The lab is open in the FCP community to help you. A Nicolet college instructor is available to help anyone who wants to complete their HSED/GED or work on basic skills like reading, math or language/grammar. This is a free, drop-in program. Those interested are welcome to drop in anytime during posted hours and may stay as long as they like.

continued in next column...

EDUCATION

Academic Success Learning Lab

...continued

Call John Brueggemann, instructor, at (715) 478-4904 or Christie Schmidt at (715) 478-7206 if you have any questions.

EVENTS

Community Health's Diabetic Luncheon

Date/Time: March 29, noon

Location: FCP Health and Wellness Center

"Physical Activity": Lisa Zant-Fritz
Menu: Pork loin, baked beans, salad and dessert

HIV/AIDS Awareness Dance - 80s Theme

This event, planned for April (TBA), is for FCP tribal community members. There will be food, trivia, prizes and, of course, 80s music. Call Elizabeth Reed at (715) 478-4381.

Hungry Soul Soup Kitchen

Open at the Laona First Presbyterian Church (located U.S. Hwy. 8, Laona) the last Sunday of every month, 3-5 p.m. Free and open to everyone.

The Women's Warrior Society

Meetings will be held the fourth Tuesday of the month. For more information, please contact Marilyn Alloway at (715) 478-4317. Sponsored by FCP Domestic Violence Outreach.

Balancing Your Life & Diabetes/ SPARKS

Wednesdays, 10 a.m. - 12 p.m., Diabetes Education Room, Health & Wellness Center

Diabetes Education:

Monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting.

Sparks Weight Management

Program: Physical Activity & Nutrition Education:

S - Support (weekly participation encouraged)

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 Theresa Marvin at (715) 478-4383, Lisa Miller at (715) 478-4320 or Cathy Chitko at (715) 478-4367.

HEALTH

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

suicidehotlines.com

AA Meetings - New location!

Wednesdays at 7 p.m., CoVantage Credit Union lower level, Crandon

Crandon AA - Thursday Night Big Book Study, lower level Crandon Library - 7 p.m. Contacts: Carol (715) 482-5012 or Ahshoni (715) 220-8777.

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.

Families Anonymous 12 Step Meetings

FCP Health & Wellness Center upper level group room, Thursdays, Noon - 1 p.m. Participants are welcome to bring a brown bag lunch. If clinic is closed there'll be no meeting. For more information, call (715) 478-4325 or 4332.

Family Services CHOICES

Program: Make Good Choices

All FCP community youth from ages 9-18 are invited to sign-up or re-register for the program. You must be registered to attend CHOICES events. Please contact Miss Lori at (715) 478-4198.

A reminder from the FCP

Insurance Department:

The tribal member and tribal member dependent medical plans are always to pay after all other medical plans, including but not limited to employer medical plans, Medicaid, and Medicare.

Please call Janet at (715) 478-7448 for details.



FOR SALE

by the Forest County Potawatomi Community:

- 2003 Ford Ranger - \$500 (to be sold as is)
- 1984 Chevrolet 20-Passenger School Bus - \$500 (to be sold as is)

For more information contact:

Property Manager: Richard Mexico, 715-478-7269

Vehicle Maintenance: Mike Collins, 715-478-7397

Fleet Manager: Wade Deverney, 715-478-4940

Only certified checks or money orders will be accepted.



FOREST COUNTY
POTAWATOMI
Keeper of the Fire

SERVICES OFFERED

Employment Skills Program

FCP Economic Support has an employment skills program for tribal members with resources/tools to help you 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.

If you would like more information, please stop by FCP Economic Support or call at (715) 478-7292.

Computer Classes

Please watch for upcoming computer classes instructed by One Prospect and in collaboration with FCP Economic Support. For questions, please call (715) 478-7206 or (715) 478-4433.

Resource Room

Located in the Family Service Building, the first floor has four computers that are open to the community. 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-résumé templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the résumé 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. Please stop by and see us at the Family Service Building or call us at (715) 478-4433.

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 are on the first Monday of each month at 5 p.m. at the FCP old tribal hall, 8000 Potawatomi Trail, Crandon.

OPPORTUNITIES

Volunteers Needed - for FCP

Bakakwsen i Shkwadem, *The Door is Open* Domestic Violence Shelter. We need caring, compassionate people who want to support Anishnabe people. If interested, please call (715) 478-7201 (24-hour hotline). Thank you kindly!

Why volunteer? Make an impact, get satisfaction, help others, develop yourself, utilize time and learn.

April 2011 FCP Elder Menu*

- | | |
|--|---|
| <p><u>Monday, April 4</u>
Beef Pasties w/Vegetables,
Gravy, Corn, Plums</p> <p><u>Tuesday, April 5</u>
Cream of Chicken over Biscuits,
Peas & Carrots, Jello w/Fruit
Cocktail</p> <p><u>Wednesday, April 6</u>
Turkey, Mashed Potatoes,
Gravy, Beets, Dinner Roll,
Apricots</p> <p><u>Thursday, April 7</u>
Fish on a Bun, Baked Chips,
California Blend, Pineapple</p> <p><u>Friday, April 8</u>
Pea Soup, Garlic Biscuit,
Yogurt</p> | <p><u>Monday, April 11</u>
BBQ Riblet on a Bun, Baked
Beans, Green Beans,
Applesauce</p> <p><u>Tuesday, April 12</u>
Scalloped Potatoes w/Ham,
Asparagus, Bread, Juice</p> <p><u>Wednesday, April 13</u>
Spanish Rice, Stewed Tomatoes,
Roll, Prunes</p> <p><u>Thursday, April 14</u>
Beef Barley Soup, Cheese
Sandwich, Pears</p> <p><u>Friday, April 15</u>
Pork Chop Suey over Rice,
Egg Roll, Apple Sauce</p> |
|--|---|
- *Meals are subject to change. Milk, juice or coffee with every meal.*

Health Promotion Disease Prevention Youth on the Move WALKING PROGRAM

Have Fun & Improve Your Health by Moving More!

To register or if you have questions, please contact:
Lisa Miller, H&W Center Dietitian, (715) 478-4320, or Becky Meinert,
Community Health LPN, (715) 478-4366.

Start time 4:30 p.m. Light snack provided. Physical activity 4:45 - 5:30 p.m.

Two-Mile Mondays in Carter:		Three K Thursdays at Rec Center:	
Mar. 28	#4 Minute to Win It Games	Mar. 31	#5 Walk Video
Apr. 4	#5 Walk Video	Apr. 7	#6 PAK games/activities
Apr. 11	#6 PAK games/activities	Apr. 14	#7 Poker Run
Apr. 18	#7 Poker Run	Apr. 21	#8 Final Pedometer
May 2	#8 Final Pedometer		

I would like to wish my dad,
Alvin Weso Sr.,
a Happy Birthday on March 27.
From, Alvin Weso Jr.

Happy Birthday,
(RW) Randy White,
on April 20th.
Have a good one!
Love, Bren, AJ, Tiff, Cayla & Soph

Healthy Teen Relationships Workshop COMING SOON! Watch for flyers!

Open to FCP Youth 9-17 (A Parental Release will be Required)

- **Contacts •**
- W4D: Ahshoni, (715) 478-4316
- DV Community Outreach: Marilyn, (715) 478-4317
- CHOICES: Lori, (715) 478-4198

Are You Interested in Starting a Child Care Business in Your Home?

Join us for three-days of training that will contain the following:

- Fundamentals of Family Child Care • Shaken Baby Syndrome Prevention Curriculum • Quality Child Care/YoungStar Information Program Development • Child Abuse and Neglect • Child Guidance Sudden Infant Death Syndrome • Transitions, Program Activities Health, Safety and Nutrition Routines

When: Tuesday, April 12, and Tuesday and Wednesday, April 18 & 19, 2011 (participants must attend all 3 days)

Where: Forest County Potawatomi Family Services Building, 5415 Everybody's Road in Crandon, Wis. (call Billie Leach for directions)

Time: 8 a.m. to 4:30 p.m. each day (25 hours of classroom training)

Cost: \$35 for tribal members and Forest County residents (materials included); \$65 for participants outside of Forest County (materials included)

To Register: Call Billie Leach at Forest County Potawatomi Child Care Program at (715) 478-7358 or email her at BillieJo.Leach@fcpotawatomi-nsn.gov.

All registrations are due by Thursday, April 7, 2011.

For further information concerning class content, please contact Robin Mainhardt at Northwest Connection Family Resources by phone at (715) 369-9255 or by email at nwchild5@charter.net.



"THE RACK" IS NOW:



UNDER NEW OWNERSHIP: PAUL SHEGONEE

FEATURING: YOUNG ADULT APPAREL

Shady, South Pole, Tribal Gear, Warrior Wear, K-Swiss Shoes, RocaWear and More!



715-478-0463

104 W. Madison St. • Crandon, WI 54520

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul."

-John Muir

Tree Tapping Time

Students Learn a Tradition

by Michelle Spaude

Day One - Tree tapping

As the Forest County Potawatomi (FCP) Gte Ga Nē's preschool children were told to get their coats, boots, hats and mittens on, Ms. Katie (Collins) instructed, "You're not going to be playing outside; you're going to be watching Brian..." It didn't take long for the children to line up by the door, waiting to escape the classroom setting and get some fresh air on March 16 - a bright, warm, sunny day!

The first maple trees were tapped with the Gte Ga Nē's students, one classroom at a time. Brian Franz and Brooks Boyd, Forest County Potawatomi Language & Culture apprentices, gathered the students and teachers around a maple tree and explained the process.

"I want everyone to listen," stated Franz. "This tree is a living thing...we always put down our tobacco (sema) to make an offering to them." Franz explained to the preschoolers how the sema is asking for permission to drill a hole into the tree to use the sap. This is the Indian way. He compared it to other events, such as hunting, fishing, gardening and ricing - always put your tobacco down first to make an offering, before taking from Mother Earth.

As Boyd drilled a hole into the tree, Franz would ask the children how to say different words in Potawatomi, like "hammer", "tree", "fire", "bucket" and "sap". Once the hole was drilled, Franz explained why the hole needed to be cleaned out and a spout inserted. On this day, the sap dripped out of the spout as soon as it was hammered into it. A bucket was quickly hung on the spout. Each of the youth couldn't wait to see it drip into the bucket. "I can't see," and "I wanna see," were comments heard from the group. "Let the ladies come to the front to see," Franz politely said to the young boys.

After everyone had a chance to view the sap dripping into the bucket, Boyd put a lid on the top. He secured it with a large rubber band so nothing would get into the sap. "Do not open this by yourself," Franz cautioned the children. "Wait for the teachers to help you," he encouraged. Franz explained how important it was not to spill any sap on the ground and not to waste what the tree was going to give.

As the little ones headed back into their classrooms, Franz and Boyd appeared fulfilled - a daily Potawatomi language lesson taught to the children and a tradition passed on; the children seemed to soak it all in like a sponge! Both looked forward to the next day doing the same thing, except this time it would be with high school students.

Day 2 - Tree tapping

On March 17, it was hands-on learning for the high school students. While the preschool children were able to watch and observe the tradition of tapping a tree, the high school students

had to do it themselves.

The six youth that experienced this tradition were from the Potawatomi Language Class that is offered as a credit to Wabeno High School students. They were Alan Wescott, 11th grade; Tammy Mann, 10th grade; Gloriann Waube, 10th grade; Ian Waubanasum, 11th grade, Mike Armstrong, 9th grade; and Carl Gerdeen, 10th grade.

Upon arriving at the sugar camp, the students listened as FCP Language & Culture Director Bill Daniels Jr. said a prayer by the fire in Potawatomi. He then explained the prayer to them.

The students walked back to the sugar camp, which is farther back into the woods from previous years. "This is a major upgrade from what we had last year," Boyd smiled. As Boyd and Franz explained the shelter conditions in recent years - tarps falling down, wind issues, heat loss, smoke in the eyes - the excitement showed through them as they stood in the much bigger, steel-made structure this year.

Franz pointed to the new exhaust fan that was installed, which will help get rid of the steam. He also pointed to the new, longer boiling pan. "This will increase the efficiency of the boiling time and decrease wood consumption," he said.

After the process was explained of how to make syrup, the students had to now go tap the trees to get the main (only) ingredient - sap!

Everyone got a chance, more than once - drilling, hammering in the spout and putting on the five-gallon bucket with a lid and rubber band. "It's not how hard you push, let the drill do the work," Franz suggested to Waube as she started her hole in the tree. After drilling, it's important to keep the hole cleaned out so it doesn't plug up the spout. "Blow it out," he said. "Pick a dead stick up to help clean the hole out," he added.

Other tree tapping tips Franz gave the students were to drill at an angle so the sap can flow out and never to drill to the heart of the tree. He also advised

not to tap trees less than 14 inches in diameter.

Potawatomi words and phrases were used throughout the time in the woods. Franz questioned in Potawatomi, and the students answered in Potawatomi!

The sap was not dripping as much as the day before. The nighttime freeze and morning sun were absent on this day.

Will it be a good maple syrup season? Only time will tell. Last year, the first trees tapped by the FCP Language & Culture program occurred on March 8. So far, according to Franz, "It's been a really good thaw." The slow meltdown helps the ground to thaw which, in turn, helps the sap to run.

If you are looking to taste this year's maple syrup, then come to the annual FCP community pancake breakfast. Watch for future notices - day and time are yet to be determined.



The students watch as Brooks Boyd drills a hole in the tree to start the process of collecting sap.



The group intently listens to Brian Franz as he points to the drilled hole, explaining how the sap will come out.



Boyd inserts the spout into the tree.



The bucket is hung, and sap is already flowing into it!



Waube (l) watches her cousin, Mann, as she drills a hole into the maple tree.



Standing in front of the newly-built sugar camp (l-r): Brian Franz, Carl Gerdeen, Ian Waubanasum, Gloriann Waube, Tammy Mann, Mike Armstrong Jr. and Alan Wescott.