



POTAWATOMI TRAVELING TIMES

Volume 22, Issue 2 • ABTE NI BNE GISES • HALF THE SUMMER MONTH • July 15, 2016

Summer Day Camp 2016 Begins

by Val Niehaus

Summer Day Camp (SDC) is in full swing again for this year. Starting the week of June 21-23, 2016, the FCP Education Department, along with the helping hands of other departments on the FCP campus, have been busy keeping the youth motivated in learning new skills and ideas each day.

The day camp program is geared towards youth ages 7-11, and each Tuesday, Wednesday and Thursday through July 28. The day begins at 9 a.m. and ends at 2 p.m.

SDC continues to focus on the Seven Sacred Teachings: Respect, Love, Courage, Honesty, Humility, Truth and Wisdom. They do this with activities that include field trips, fieldwork, community health information, and cultural demonstrations. The youngsters also interact with youth at the education department and with employees at several other FCP departments.

Each week starts off with an FCP elder speaking to the youth about the teachings they will learn throughout their time in SDC. Once the elder is done speaking, the day continues into the activities that will be done.

There are four different groups of youth that rotate between the different departments during the week. At the end of each week, field trips are planned and can include a ropes course in Rhinelander, Wis., and Raptor Education Group, Inc. (REGI), a rehabilitation center in Antigo, Wis. Besides these two facilities, a trip to the city beach on Lake Metonga is always a good choice. If the weather isn't cooperating, the movies are a last resort.

SDC is a great resource for the youth during the summer. Not only does it teach the sacred teachings, it helps the youth stay in touch with one another while the school year is not in session.



Playing a game before getting the day started.



Spending time with FCP Natural Resources and learning what turtles eat. photo by Autry Johnson



Playing a bit of floor hockey at Family Resources.



Learning about the sacred teaching of "courage".



Learning about the birch tree. photo by Autry Johnson



Scavenger hunt time with Natural Resources.

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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.



FCPC Career Exploration Event

PBDC participated in the first ever Forest County Potawatomi Career Exploration Event June 14-16 at Potawatomi Hotel & Casino. Students had the opportunity to meet leaders from the tribe's many business and government entities, including leadership from PBDC and each subsidiary company, and

explore employment and internship opportunities. The event was a huge success, and we look forward to interacting with the students more and participating in the development of their futures!



Ernest Coleman, Director of Operations - PBDC Federal; Meg Haizlip, VP Human Resources - PBDC Federal; Matt Tirman, President - Redhawk; and Stacy England, Director of Operations - Data Holdings gave students an overview of each PBDC subsidiary, answered questions, and discussed resume building and the do's and don'ts of the interview process.



Stacy England, Data Holdings Director of Operations, showed students the data center's transformer yard during their tour of Data Holdings. Data Holdings, America's only sovereign data center, is a purpose-built facility with a focus on efficiency, which allows clients to operate efficiently and at a lower cost than competing facilities.



Greenfire Management Services gave students a tour of one of their current projects, River House Apartments, located along the Milwaukee River. This \$35 million development will contain 450 upscale residential units within four, 4-story buildings that will sit over two levels of underground parking. Each building will feature a large resort courtyard that opens to a river walk with access to the water.



PBDC CEO, Tom Devine, talked with students about who PBDC is, what our mission is, and the variety of businesses PBDC manages.

Tribal Member Accepts New Position

by Val Niehaus

Nate Gilpin has accepted a new position at Potawatomi Carter Casino Hotel (PCCH) as its new Assistant General Manager. He started on June 27, 2016.

Gilpin's prior experience as a Forest County Potawatomi Council Member as well as Chairman of the Gaming

Commission provides a great background into this position he is taking. PCCH commented, "We look forward to working with him and the knowledge he will bring as we continue to move forward and grow together in the future."



Deadline for the August 1, 2016 issue is Wednesday, July 20, 2016.

Council Members Discuss Issues that Affect Indian Country

submitted by George Ermert, Martin Schreiber & Associates

Chairman Harold "Gus" Frank and Executive Council Member Heather VanZile recently attended an event with Senator Tammy Baldwin (D – Wis.) where they had the opportunity to discuss issues important to Indian Country and the Potawatomi, such as the Tribal Labor Sovereignty Act. The Tribal Labor Sovereignty Act would give corrective guidance to the National Labor Relations Board (NLRB) and support tribal sovereignty by allowing tribes to be treated just like other governments.



(l-r) FCP Chairman Harold "Gus" Frank, Senator Tammy Baldwin, and Council Member Heather VanZile

Congressman Duffy Responds to 'War Whooping' Comments

submitted by George Ermert, Martin Schreiber & Associates

During a recent meeting with Chairman Harold "Gus" Frank and members of the Executive Council, Wisconsin 7th District Congressman Sean Duffy (R – Wausau) was made aware of some derogatory and racist remarks made by a Boston-area talk show host during a recent political rally. In response, Congressman Duffy released the following statement:

"Howie Carr's recent 'war whooping' during a political rally is unbecoming and an insult to Native Americans and to me. There should be no room in our political discourse for that kind of behavior. Our American family is better than that and I hope he apologizes for it.

"I am also troubled by the incident that Mr. Carr so inappropriately mocked in his speech. It is no laughing matter that Senator Elizabeth Warren, a woman who is clearly not of Native American descent, posed as a Cherokee to the hiring committee and her colleagues at Harvard University. There are tribal rules and regulations

establishing membership to a Native American tribe and Senator Warren's claim to be Native American based on "high cheek bones" was both deceitful and insulting.

"Our tribal communities continue to face many challenges. What they need from all of us, especially our nation's leaders, is our respect and cooperation to expand opportunity and create more jobs so they can build their American dream."

Since being elected to Congress in 2010, Rep. Duffy has been a steadfast supporter of issues important to Indian Country. In 2013, Duffy joined with Democrats and voted to reauthorize the Violence Against Women Act, which provides more protections for Native Americans who are victims of domestic violence. Most recently, Duffy was a co-sponsor of the Tribal Labor Sovereignty Act which would help strengthen tribal sovereignty by allowing tribal governments to be treated in the same manner as other forms of government for labor issues.



POTAWATOMI TRAVELING TIMES

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Message From FCP Veterans Post 1

We consider it an honor and a privilege to be of service to the Potawatomi community. Membership in FCP Veterans Post 1 is open to all veterans and spouses of Potawatomi tribal members. Meetings take place on the first Monday of each month at 5 p.m. at the old tribal hall located at 8000 Potawatomi Trail in Crandon. Please join us!

Tree Planting Made Possible by ATC Grant

submitted by Kevin Makuck, FCP Forestry Department

Forest County Potawatomi Community was awarded a \$1,000 grant on Dec. 18, 2015, from American Transmission Company (ATC) for its community planting program. The program helps beautify communities, along with the numerous benefits of urban trees: cleaning the air, reducing storm water runoff, heating and

cooling savings just to mention a few. ATC benefits from the program, too, by having trees planted in compatible places to increase transmission line safety and reliability.

The trees were planted recently at the pow-wow grounds in Carter by FCP Forestry department staff, tribal youth, and beautification crew.



Elders Visit New Zoo

submitted by FCP Caring Place

On June 22, 2016, FCP elders from Caring Place had the chance to go to the New Zoo in Green Bay, Wis. Jason Townsend commented, "It was

a very nice day and warm! We ended up staying about 3.5 hours and also enjoyed a lunch there."



(l-r) Marion Waube, Agnes Menomin, Jess Cook, Cassie Cornell, Julie Hansen, Wallace Ritchie, Suzette Smith, Alice Ritchie, Jason Townsend and Arnol Wensaut

Supreme Court Justices Visit Tribal Courts

submitted by FCP Tribal Court

On Tuesday, June 28, 2016, the Forest County Potawatomi (FCP) Tribal Court hosted two Wisconsin Supreme Court Justices: the Honorable Rebecca Bradley and the Honorable Michael Gableman. Both spent about half a day observing court, meeting with the judges, and visiting the tribe's museum.

"We are very honored to have hosted the Justices," Chief Judge Eugene White-Fish said. "People always learn when they come here, and today was no different."

Judge White-Fish and the Justices discussed issues of mutual interest, including the many things in common between state and tribal courts such as the challenges of dealing with drug-addicted individuals.

Vice Chairman Al Milham and three members of the FCP Legal Department joined the judges for lunch. Everyone enjoyed delicious cream of chicken wild rice soup and fry bread.

Justice Gableman was finishing up his tour of Wisconsin Tribal Courts during which he visited 10 out of the 11 tribal courts. Chief Justice Roggensack prompted the tour by appointing Justice Gableman as the liaison to tribal courts as a part of the review of Wis. Stat. sec. 801.54. This statute permits state court judges to transfer cases from state court to Tribal Court. On June 21, 2016, the Wisconsin Supreme Court renewed the transfer rule by a vote of 5-2.

"The vote was historic and ensures the continued cooperation between the two judicial systems and the continued effort to serve all people," Judge White-Fish said.

Justice Bradley's presence was an unexpected but pleasant surprise. Justice Bradley recently joined the court when she was appointed to the Court in October 2015 after the death of Justice Crooks. She then was elected to a 10-year term this past April.



(l-r) Chief Judge Eugene White-Fish, Supreme Court Justice Rebecca Bradley and Supreme Court Justice Michael Gableman.

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Fruit/Vegetable of the Month: Berries

submitted by Community Health

Where to Find: The abundance of fresh ripe berries is one of the pleasures of summer. The roadsides are filled with signs to let you know where the wild berries will be. Keep an eye on the blossoms and you will know where to go picking these delicious treats mid-to-late summer. Take a hike in the woods or become a roadside harvester. Raspberry, blackberry, blueberry, gooseberry and other edible berries are indigenous to the Northwoods. Your local grocery store will also have a variety of berries available throughout the summer. Stock up and store extra in your freezer to enjoy year round. Pastemagazine.com reminds us that, "Native Americans taught settlers how to prepare various dishes with berries, including drying them for preserving and combining with meat. (www.pastemagazine.com/articles/2015/07/7-wildand-wonderful-indigenousamerican-fruits.html)



Nutrition Information: 3/4 cup = 1 carb choice (15g carbohydrate); 25 percent of your Vitamin C intake; 0 fat; dietary fiber. Because of the flavonoids, eating berries on a regular basis may help with learning and improve memory, boost heart health and may reduce risk of certain types of cancer. Berries are a rich source of antioxidants that can help reduce inflammation.

Storage: Remember to treat fresh berries gently after purchase. If not using them immediately, store them for up to two days in the refrigerator. Rinse the berries briefly in a colander before use. Let dry in the colander or on a layer of paper towels.

- Five ways to enjoy berries!**
- Mix 1/2 cup fresh blueberries into your oatmeal and cook just a little longer.
 - Freeze strawberries and blend with plain Greek yogurt and banana, with a splash of milk.



Invitation to the Forest County Potawatomi Community



FCP Emergency Management Department is in the process of updating the Hazard Mitigation Plan (HMP) from 2012 to 2017. We invite all interested community members to please join us on July 19, from 2 to 4 p.m., at our office located at 5130 Jaeger Road. We encourage the community to learn more about the updated HMP as it is being drafted. The purpose of

this meeting is to allow every opportunity for community members to voice their opinions and keep you informed regarding this very important project. If you have questions or comments, please contact FCP Emergency Management Department at mike.baker@fcpotawatomi-nsn.gov or (715) 478-4431.

- Add raspberries to the top of mixed greens with feta, pecans and a light raspberry vinaigrette dressing.
- Mix gooseberries in a blender with a splash of water. Strain, chill and enjoy. No sugar needed!
- Blackberry muffins - see recipe below.

Blackberry Muffins

Prep time: 15 minutes
Cook time: 25 minutes

Servings: 6 each

Muffin ingredients:

- 2 cups all-purpose flour
- 3/4 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- Grated zest of 1/2 lemon
- 1/4 tsp. salt
- 1 egg, beaten
- 5 Tbs. unsalted butter, melted
- 1 cup buttermilk
- 2 cups fresh blackberries or 2 1/2 cups frozen unsweetened blackberries, unthawed

Topping ingredients:

- 1/3 cup sugar
- 3 Tbs. all-purpose flour
- Grated zest of 1/2 lemon
- 2 Tbs. unsalted butter, melted
- 1/3 cup pecans, finely chopped

Directions:

Preheat oven to 375°F. Grease 12 standard muffin cups with butter or



butter-flavored nonstick cooking spray. To make the topping, in a small bowl, stir together the sugar, flour and lemon zest. Stir in the melted butter until the mixture is crumbly. Add the pecans and stir to combine. Set aside.

To make the muffins, stir together the flour, sugar, baking powder, baking soda, cinnamon, lemon zest and salt in a bowl. Make a well in the center and add the egg, melted butter and buttermilk. Stir just until evenly moistened. The batter will be slightly lumpy. Sprinkle with the blackberries and gently fold in with a large rubber spatula just until evenly distributed, no more than a few strokes. Take care not to break up the fruit. Do not over mix.

Spoon the batter into the prepared muffin cups, filling each to a bit above the rim of the cup. Top each muffin with the topping, dividing it evenly. The sugar will melt and produce a glaze effect.

Bake until the muffins are golden, dry and springy to the touch, and a toothpick inserted into the center comes out clean, 25 to 30 minutes. Transfer the pan to a wire rack.

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

Honoring Health, Healing, and Tradition

Eye Injury and Prevention Month

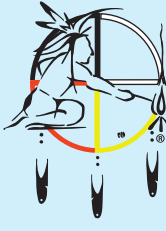
July is Eye Injury and Prevention Month. In a month of festive fireworks and summer activities, here are a few tips to help get you through safely:

- Use sunglasses to help prevent unsafe ultraviolet rays from the sun
- Use safety glasses when lighting or handling fireworks
- Use safety glasses when working on outdoor projects
- Cover your eyes when applying bug spray or sunscreen (and wash your hands)

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The Benefits of Bike Riding

submitted by **Melanie Tatge, MPH, CHES, Community Health Public Health Educator/Accreditation Coordinator**

With summer quickly underway, it is important to make the most of one's summer with outdoor recreation. Bike riding offers a perfect balance of cardio and strength training for individuals of all ages. With a multitude of beautiful trails in the area, bike riding should be one of the activities on your summer bucket list.

The American College of Sports Medicine recommends that all healthy adults aged 18 to 65 years old should be partaking in a moderately intensive aerobic physical activity for 30 minutes at least five days a week. An easy way to achieve this goal is by riding to and from school, local parks, a friend's house, or work



each day. By partaking in a 30-minute aerobic activity five days a week, one is greatly reducing his/her risk of cardiovascular disease. The Center for Disease Control acknowledges that individuals who regularly participate in physical activities, like biking, are more likely to lose or maintain their current weight. Not only does bike riding help reduce one's risk of cardiovascular disease, but it also provides an activity for all ages.

Bike riding is considered a low impact activity, which means it causes less strains and injuries than most other activities. Individuals of all ages can utilize this sport as an aerobic activity due to its low impact. The American College of Sports Medicine has found bike riding to provide minimal stress to one's hip, knee, and ankle joints. Bike riding allows individuals who otherwise would be sedentary to actively participate in a healthy activity.

Safety is, of course, an important concern when one participates in a physical activity. The most important safety measure one can take while riding a bike is to wear a helmet. According to Safe Kids Worldwide, bike helmets reduce head injuries by 85 percent. With such a significant reduction in injuries, no one should be riding a bike this summer without a properly-fitted bike helmet. Here are four quick and easy steps from the National Highway Traffic Safety Administration to ensure your helmet is fitting properly:

• **Fit:** Make sure your helmet is snug. Most helmets have sizing pads or

a fit rig that can be adjusted.

• **Position:** Your helmet should sit level on your head and low on your forehead. It is recommended your helmet sit one or two finger-widths above your eyebrows.

• **Side Straps:** Adjust straps to form a "V" under and slightly in front of your ears.

• **Buckles:** Make sure to center the left buckle under the chin. Most helmets have straps that can be lengthened or shortened for ease of adjustment. Once buckle is centered, tighten chin strap until snug; no more than one to two fingers should fit under the strap.

In addition to a bike helmet, there are a few safety

checks to keep in mind before bike riding this summer:

• Check to make sure your tires are at the correct air pressure. Air pressure is often lost in tires over the course of the winter and may need to be refilled to prevent injury.

• Check your bike chain to ensure it is not overly rusted and sits snugly on one's crank wheel.

• Check your derailleur and brakes. The derailleur is responsible for a bike's shifting and becomes important when going up and down hills. Examine the cables to and from the derailleur and brake pads to ensure no frays exist. Test one's bikes shifting and stopping abilities over a short distance before taking one's bike on a long trip.

Whether it is on local trails or commuting to work, keep these safety measures in mind to have a safe and enjoyable ride on your bike this summer!

Sources: "Bike and Helmet Safety Policy Brief." *SafeKids. Children's National Health System, n.d. Web. 13 June 2016.* Erica Marken. "Just You and the Bike." *ACSM Certification. American College of Sports Medicine, 23 October 2013. Web. 13 June 2016.* "Physical Activity and Health." *CDC. Centers for Disease Control and Prevention, 04 June 2015. Web. 13 June 2016.* "Physical Activity and Public Health Guidelines Frequently Asked Questions and Fact Sheet." *ACSM. American College of Sports Medicine, n.d. Web. 13 June 2016.* "Fitting Your Bike Helmet." *National Highway Traffic Safety Administration, April, 2012. Web. 14 June 2016.*

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POTAWATOMI TRAVELING TIMES

Father's Day Event a Success

submitted by Mary Fatla, Rising Sun Daycare Director

A Father's Day event was held at Rising Sun Daycare for the fathers and their families. To start the event, a picnic lunch was served with burgers, brats, hot dogs and all the fixings.

Afterward, PAL's Praise Puppets treated those in attendance to a fun and educational performance. Topics of the show included: 'Don't Go Out Alone', 'Call 911', 'Think Before You Say It', 'Don't Be Cruel', 'Stop, Drop and Roll', and 'The Safety Dance'. The

children were able to meet the puppets after the show, to touch them and give them hugs. It was exciting! One of the children was so interested in them that a comment was made that they would make a great puppeteer. The children truly seemed to love the show, and we hope they learned a few things while having fun.

We had a great turnout! Thank you, parents, for taking an interest in your children and their future.



2016 FCPC Summer Fishereee

Date: August 6, 2016
Time: 8:00 am - 3:00 pm
Where: Bug & Devil's Lakes

Adult Division (Age 15 & Older)
1st, 2nd, & 3rd Place will receive cash prizes

Youth Division (Age 14 & Under)
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***Grand Prize will be awarded to the largest fish caught (Prizes will be awarded by length; In event of a tie, weight will be the tiebreaker)**



Categories:

1. Bass
2. Trout
3. Northern Pike
4. Crappie
5. Sunfish
6. Perch



The fishereee is open to all Tribal Members and their families. Lunch and beverages will be provided.

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ATTENTION FCP TRIBAL MEMBERS

Due to the outdated capacity of the WiFi infrastructure on the FCP reservation and the high cost of having it upgraded, Executive Council has authorized the discontinuance of free WiFi service. Those wanting Internet access can sign up for DSL service through either Frontier (for the Stone Lake area) or CenturyLink (for the Blackwell, Wabeno, Laona areas).

For those living in the Stone Lake area, you may contact Frontier directly at (715) 478-3760.

For those living in Blackwell, Wabeno, or Laona, tribal members have two options: 1) Call CenturyLink at (800) 850-5252 to speak with a live representative that will assist in finding the services and packages that best suit your needs. Use promo code ETEISAN. 2) Go to CenturyLink.com to place an order online using the same promo code (ETEISAN) in the referrer space during the order process.

New Kids on the Block: 2016 Gaming Commission Interns

submitted by Veronica Ergeson, Development Specialist HR, FCP Gaming Commission / photos by Clarissa Friday

This summer, the Gaming Commission's (GC) Internship (not to be confused with the equally awesome Potawatomi Hotel Casino internship) has gotten off to a strong start. Because the commission regulates both Potawatomi Hotel Casino and Potawatomi Carter Casino Hotel, GC interns get a great understanding of what an incredible responsibility it is for the tribe to own and operate a gaming enterprise. Interns have had a very busy schedule from day one (June 6), chalked full of assignments, meetings and department tours. In the spirit of their week two assignments, they wrote articles and had a photo shoot with the GC licensing division's administration assistant and FCP tribal member, Clarissa Friday. (Which turned out to be a blast; thank you, Clarissa!) Get to know the 2016 GC interns and stay tuned to learn what the remaining eight weeks hold in store for them.

Bozho! My name is **Amber Daniels**. The internship has been a great



opportunity for me to use my business leadership skills. After earning an associate degree in business administration, I worked for corporate AT&T for quite some time. But, now I see that my true calling is to be an active tribal member.

During week one, I visited the compliance division, where I met with wonderful staff and witnessed the duties that go into keeping the tribe's compact in good standing with the state. Each slot machine is extensively tracked using a system called IRIS, which holds all of the information needed to monitor and track the use of each slot machine. I find it fascinating how each machine has a serial number and certain codes on it which can detect any discrepancies. The inside of the slot machine looked nothing like what I had imagined. I figured they were filled with monitors, but I saw how empty they are in reality.

I also noticed the ads on some machines and how they are used to attract players. In marketing, there's an interesting process of how to approve certain promotions. For example, every promotion needs to meet standard criteria before they are approved to go public. Observing all of these procedures gave me a dose of reality about what to expect for the remaining seven weeks here.

We're learning about gaming, but we also are learning the history of tribal gaming and why it is important to tribal sovereignty. At this point, my goal is to develop a career working for the tribe so that I can pour my hard work and

ethics back into our community.

Connecting all of the dots kind of gave me a new outlook on life and where I'm headed. After growing up off reservation in a city lifestyle, I am willing to share the history that I am learning about with my family. I am eager to learn more about the history of the Gaming Commission and the evolution of gaming. I am very excited to successfully complete this internship, while meeting great new people.

Hello to all of my Native family.



My name is **Steven J. Genett**, and I am the youngest son of Yvonne (Tucker) Genett. (Hi, mom). Her mother is the late Josephine Crawford. Josephine met my grandpa (Raphael Tucker) working in the logging camps back in the early 1900s. After marriage, they settled down in Keshena or "the playground" where I remember digging worms and fishing with my grandfather. After the fish were cleaned and fried by grandma, they would have my aunts, uncles and

cousins over to eat. Then it was time for cards: usually two-card rummy for a penny a point. I guess gambling is in my blood.

These games would go on until the wee hours of the morning or until grandpa had everyone's money. My grandmother was pretty quiet until someone crossed her (usually one of us grandkids), and then you had better run for cover. Other than that, you would be hard-pressed to find a sweeter and kinder person full of that Native humor. I grew up visiting with my grandparents, but have lived off "rez" for my 47 winters. I take great pride in our heritage and I want to do something for our future generations, which is why I responded to the ad in the *Traveling Times* for the internship.

I have been in Milwaukee for one week learning about the responsibilities we have to make our casinos run according to the compact and Commission standards. I have witnessed a shipment of playing cards arrive from a vendor. It is amazing to see all that goes into maintaining their integrity, from the breaking of the seal on the truck doors to the final inventory and storage until pulled for play. These things make for a very transparent operation.

I still have seven more weeks to go, but it is already clear to me why we are a leader in the Indian gaming industry. Workin' for the man is a bummer, but working for us is rewarding.

Updates to Improve Land-into-Trust and Reservation Proclamation Processes Announced

submitted by Office of the Assistant Secretary – Indian Affairs

WASHINGTON, D.C. – Acting Assistant Secretary – Indian Affairs Lawrence S. Roberts announced that the Bureau of Indian Affairs (BIA) has improved its Fee-to-Trust Handbook to reduce the processing time for requests from federally-recognized tribes to have land taken into trust for their benefit and proclamations that declare the lands are part of their tribal reservations. Under the revised guidance, these requests may now be submitted simultaneously.

"After hearing from tribal leaders, we have taken another step in reducing lengthy and burdensome processes that hinder tribal governments in more fully utilizing their lands for the betterment of their people," Roberts said. "The BIA's revisions to its Fee-to-Trust Handbook provide tribes with greater flexibility in submitting land-into-trust and reservation proclamation requests

while reducing the time spent to process them."

"This effort is part of President Obama's commitment to work with tribal leaders to restore tribal homelands," Roberts continued. "Since 2009, we have restored 416,000 acres to tribal ownership and we anticipate reaching the Administration's goal of restoring half a million acres."

The Handbook revisions include allowing a tribal government to combine its applications for requesting a land parcel be put into trust status (from fee simple ownership) and having a reservation proclamation issued for it. Previously, a requesting tribe would have to wait until the land is in trust before submitting a reservation proclamation request. The revised Handbook also provides guidance to BIA employees for processing simultaneous fee-to-trust and reservation proclamation requests.

The revisions also provide guidance on processing reservation proclamations where land has already been acquired in trust. A proclamation will not be finalized until the underlying land parcel has been taken into trust. The revised sections are 3.4.1 and 3.4.2 of the Handbook.

The Assistant Secretary – Indian Affairs can issue reservation proclamations under authority delegated by the Secretary of the Interior and in accordance with the Act of June 18, 1934 (48Stat. 984; 25 USC 467). Lands proclaimed reservations are for the exclusive use of Indians who are entitled to reside on them by enrollment or tribal membership. The BIA publishes reservation proclamations in the Federal Register.

The Acting Assistant Secretary – Indian Affairs oversees the BIA, which is headed by a director who is responsible for managing day-to-day operations

through four offices – Indian Services, Justice Services, Trust Services and Field Operations. These offices directly administer or fund tribally-based infrastructure, law enforcement, social services (including child welfare), tribal governance, natural and energy resources, and trust management programs for the nation's federally-recognized American Indian and Alaska Native tribes and villages through 12 regional offices and 81 agencies.

The Office of Trust Services Division of Real Estate Services administers the fee-to-trust regulations at 25 CFR Part 151 and reservation proclamations under the Act of June 18, 1934 (48Stat. 984; 25 USC 467). For more information about the Division of Real Estate Services, visit www.indianaffairs.gov/WhoWeAre/BIA/OTS/RealEstate/index.htm.

More Actions Taken to Address the Opioid and Heroin Epidemic

submitted by the White House, Office of the Press Secretary

(July 6, 2016) - As Congress moves to conference on legislation related to the prescription opioid and heroin epidemic, the Obama Administration is taking additional actions to expand access to treatment, strengthen prescription drug monitoring, enable safe disposal of unneeded drugs, and accelerate research on pain and opioid misuse and overdose.

The President has made clear that addressing this epidemic is a priority for his Administration. While federal agencies have been using their authority to take every available action they can, Congress needs to take action on what is most urgently needed now – additional funding to make lifesaving treatment available to everyone who seeks it. The President has called for \$1.1 billion in new funding.

Every day that passes without Congressional action to provide these additional resources is a missed opportunity to get treatment to those who want it, help prevent overdoses, and support communities across the country impacted by this epidemic. Recovery from opioid and other substance use disorders is possible, and many Americans are able to recover because they get the treatment and care they need. But too many still are not able to get treatment. That's why the President has called on Congress to provide the resources needed to ensure that every American with an opioid use disorder who wants treatment can get it and start the road to recovery.

Expanding Access to Treatment: The Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration, is issuing a final rule to increase from 100 to 275 the number of patients that qualified physicians who prescribe buprenor-

phine for opioid use disorders can treat. Providers, policymakers, advocates, and experts have pointed to the current 100 patient limit for buprenorphine prescribing as a barrier to opioid use disorder treatment. The rule aims to increase access to medication-assisted treatment and associated behavioral health supports for tens of thousands of people with opioid use disorders, while preventing diversion.

Improving Prescription Drug Monitoring by Federal Prescribers:

- Indian Health Service

While many Indian Health Service (IHS) clinicians already utilize Prescription Drug Monitoring Programs (PDMPs), IHS will now require its opioid prescribers and pharmacists to check their state PDMP databases prior to prescribing or dispensing any opioid for more than seven days. The new policy is effective immediately for more than 1,200 IHS clinicians working in IHS federally-operated facilities who are authorized to prescribe opioids. Checking a PDMP before prescribing helps to improve appropriate pain management care, identify patients who may have an opioid use disorder, and prevent diversion of drugs. This policy builds on other IHS efforts to address the opioid epidemic. In December, IHS announced that it would provide hundreds of Bureau of Indian Affairs law enforcement officers with the lifesaving opioid overdose-reversal drug naloxone and train them how to use it.

- Department of Veterans Affairs

As part of its efforts to prevent and treat opioid use disorder among veterans, VA is releasing a new policy for its health care providers who prescribe controlled substances that requires them (or where allowed their delegate) in most cases to check state PDMPs

prior to deciding to prescribe a new controlled substance to determine if a patient is receiving opioids or other controlled substances from another provider, and document that in the electronic patient record. These checks will occur at a minimum once a year and/or when clinically indicated for each renewal or continuation of therapy. VA provides health care services to approximately 8.3 million veterans at 150 medical centers, nearly 1,400 community-based outpatient clinics, community living centers, vet centers and domiciliaries.

- Department of Defense (DOD)

By the end of November 2016, DOD will have conducted an evaluation of its prescription drug monitoring program to assess its ability to capture community providers and use of cash transitions, identify any gaps in comprehensive use of prescription drug monitoring strategies, and make recommendations for closing those gaps.

Advancing Prescriber Education:

One of the ways HHS is working to stem the over prescribing of opioids is by providing prescribers with access to the tools and education they need to make informed decisions. HHS is releasing a Request for Information that seeks provider, consumer and other public comments on current HHS prescriber education and training programs and proposals for potential future activities through programs such as Medicare.

Encouraging Safe Pain Management Approaches:

HHS continues to work to better educate providers and patients about safe pain management. Health care providers have expressed concern that scores on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey pain management questions are tied to Medicare payments to hospitals, even though those payments currently have a very limited connection to the survey's pain management questions. However, to prevent any potential confusion on the part of providers, the Centers for Medicare and Medicaid Services (CMS) is proposing to remove the HCAHPS survey pain management questions from the hospital scoring calculation. This means that hospitals would continue to use the questions to survey patients about their in-patient pain management experience, but these questions would not affect the level of payment hospitals receive.

Accelerating Research on Pain and Opioid Misuse and Overdose:

HHS is launching more than a dozen new scientific studies on opioid abuse and pain treatment to help fill knowledge gaps and further improve the Administration's ability to fight this epidemic. As part of this announcement, the Department will release a report and inventory on the opioid abuse and pain treatment research being conducted or funded by its agencies in order to provide policy-makers, researchers, and other stakeholders with the full scope of HHS activities in this area.

Expanding Telemedicine in Rural America:

The Department of Agriculture announced nearly \$1.4 million for five Distance Learning and Telemedicine (DLT) grant awards to Kentucky, Tennessee and Virginia to help rural areas address the opioid epidemic. USDA plans to announce funding for additional DLT projects this summer. In addition to DLT investments, USDA Rural Development has funded rural hospitals and health care clinics from its Community Facilities and Business and Industry Guaranteed Loan Programs. These projects provide communities with much-needed services to help address health care, including overdose and opioid use disorder.

Safely Disposing of Unneeded Prescription Opioids:

The Drug Enforcement Administration (DEA) has announced it will hold its 12th National Prescription Drug Take-Back Day on Saturday, Oct. 22, providing a safe, convenient, and responsible way of disposing of unneeded prescription drugs. More than 6.4 million pounds of medication have been collected over the last 11 Take Back Days. Local communities and some pharmacies are also establishing ongoing drug take-back programs.

Improving Housing Support for Americans in Recovery:

The Department of Housing and Urban Development, in partnership with the U.S. Interagency Council on Homelessness and HHS, is identifying best practices to support individuals using medication-assisted treatment in programs funded through HUD's Homelessness Assistance Grants to promote replication of best practices throughout the country. HUD also will work with its Continuums of Care partners to help individuals with prescription opioid or heroin use disorders and use housing to support recovery.

Language Class

The FCP Language Department would like to invite children, adults, families, and community members to Potawatomi language classes this summer. It is a comfortable environment to start learning how to speak Potawatomi and a great way to support your language.

When & Where:

Mondays at the FCP Museum: 11 a.m. – 12 p.m.
Wednesdays at the We Care Center: 3 – 4 p.m.

Light refreshments will be provided.

For more information, feel free to contact the FCP Language Department at (715) 478-4173.

Partnership With Native Americans Receives \$258,000 Grant From Walmart Foundation

submitted by PR Newswire Association LLC

ADDISON, Texas (July 5, 2016 / PRNewswire/) - Partnership With Native Americans (PWNA) announced a grant received in the amount of \$258,000 from the Walmart Foundation. The grant will help fund programs that support nutrition and healthier living on the reservations PWNA assists across the country. Partnership With Native Americans, a 501c3 nonprofit organization, provides consistent aid and services for Native Americans with the highest needs in the United States.

The grant will be used to address the critical needs of Native Americans who suffer from the highest poverty rates, yet receive less than one percent of the nation's charitable giving. Funds will support enhanced food distribution, nutritional education, community garden projects, cooking and canning training and provide a mobile nutrition and training unit for tribal communities in the Southwest region where PWNA currently provides other services.

"The Walmart Foundation's grant will allow PWNA to further champion improved health and nutrition for people living in the remote and often isolated tribal communities we serve," said PWNA President and CEO Robbi Rice Dietrich. "Our hope is to create healthier, more nutritious food options and support Native American partner programs working toward long-term self-sustainability."

PWNA sought the grant from the Walmart Foundation to advance a variety of essential nutrition services that will help improve health through higher quality foods and training. The funding

will support – and expand – existing services offered by PWNA through its regional offices in Phoenix and Rapid City, S.D. PWNA transports food and supplies from these locations to tribal communities in the Northern Plains and Southwest regions of the country, every week, and funds community investment projects to increase food sovereignty.

Specifically, PWNA will use the Walmart Foundation grant to:

- Provide thousands of children nutritious snack and juice service through food pantries.
- Distribute emergency food supplies for thousands of people through food pantries.
- Provide fresh produce distributions at eight Elder Nutrition Centers.
- Support 10 community garden projects and provide garden training.
- Conduct canning and healthy cooking training in 15 communities.
- Equip a mobile nutrition and training unit for use in Southwest communities.

PWNA has the critical assets, infrastructure and capacity to address nutritional projects in partnership with tribal communities, including a culturally relevant approach, distribution system, established network of reservation program partners, industry collaborators, in-kind donors and a reporting system for results measurement. For instance, PWNA supports community garden projects to promote food sustainability, health and nutrition, and to encourage Native American gardeners, farmers, ranchers, healthcare professionals, educators, and other professionals in commu-

nity-based programs to submit proposals for health and nutrition projects that can have a sustainable impact in their local communities.

"We expect to increase availability of healthier food options through this grant by providing additional resources and funds to support new and existing community gardens," said Dietrich. "By working through food pantries and other partners, we hope to learn more about the community assets and resources available to sustain these projects beyond the life of the grant period."

"The Walmart Foundation is pleased to support the efforts of PWNA to improve the diets in Native communities and increase the knowledge and availability of healthy foods," said Carol May, Program Manager for the Walmart Foundation. "Helping improve the health of Native peoples through better nutrition is something with which we are proud to help PWNA."

Many of the Native American youth and the elderly who live in communities served by PWNA reside in food deserts. This contributes to poor diets, health issues and lack of awareness of proper

nutrition and food choices. The Walmart Foundation grant will encourage and empower Native American elders, children and families to improve their nutrition and eating habits. For more information follow up on Facebook, Twitter and LinkedIn, or visit our website www.nativepartnership.org.

About Partnership With Native Americans

Partnership With Native Americans (PWNA) is a nonprofit organization committed to championing hope for a brighter future for Native Americans living on remote, geographically isolated and often impoverished reservations. The organization collaborates with its reservation partners to provide immediate relief and support long-term solutions for strong, self-sufficient Native American communities. Established in 1990, PWNA works through its grassroots partnerships and distribution network to improve the lives of 250,000 Native Americans each year. For more information follow up on Facebook, Twitter and LinkedIn, or visit our website www.nativepartnership.org.



PERSONALS



Happy belated 8th birthday, Bryson Daniels! Love, Uncle Marcus & Auntie Holly



Happy 7th birthday, Tatianna McGeshick! Love, Uncle Marcus & Auntie Holly



Happy 5th birthday, Treyden Daniels! Love, Uncle Marcus & Auntie Holly





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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. Language classes offered every Tuesday & Wednesday, 10 a.m. - 12 p.m., for FCPC and members at the FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Culture Class every Thursday, 3:30 - 4:30 p.m. Transportation for youth provided.



PROGRAMS

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

To learn more about the program or to schedule an appointment, contact Sara 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.

Recreation Department - Get Fit & Stay Active - fitness equipment available at Rec Center Monday through 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.

HEALTH

Wellbriety - AA Meetings (#7169331 Area 74) every Monday at 6 p.m. in the lower level of the FCP Cultural Center, Library & Museum. Walking in a good way...a sober way. Anyone who is in recovery and searching for a sober way of living is more than welcome to attend! If you have any questions, contact Brooks Boyd at (715) 889-3530 or Isaiah Phillips at (715) 889-4945.

She gish get (New Day) AA Meeting - Fridays, 2 p.m., 5519 Wej mo gek Court, Crandon. Contact info: (715) 478-4370. Call if you need a ride.

Do You Feel Like No One Understands You? You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Crisis Line: (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); Kids in Need: (800) 622-9120; The Get-2-Gether Peer Support Drop-In Center: (715) 369-3871; Run-Away Hotline: (800) 621-4000; (800) 273-TALK; TTY: (800) 799-4TTY or visit suicidehotlines.com.

NA Meetings "The Good Life" - Tuesdays, AODA Building, 5519 Wej mo gek Court (use back door entrance), 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

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.
 Myra VanZile - Youth Education Services Liaison

Myra.VanZile@fcpotawatomi-nsn.gov
Wabeno Indian Education Committee - Meetings held every second Tuesday of each month, 6 p.m., at Potawatomi Carter Casino Hotel.



SERVICES OFFERED

Employment Skills Program
 FCP Economic Support has an employment skills program for tribal members with resources/tools to help them overcome employment barriers. We are here to coach and encourage individuals to recognize their skills and to find occupations related to those skills and interests. This program can assist in:

- A direct connection between DMV to obtain, reinstate and/or find out what is needed in driver's license reinstatement.
- Résumé development and résumé critiquing.
- Mock interviews.
- Work experience within tribal entities.
- Job-seeking skills and employment guidance/mentoring.

Resource Room — we now have two locations within the Family Resource Center (Old Tribal Hall). The room has four computers that are open to the community, and there are two computers located at the Family Service Building in the upper level.

These computers are equipped with the following software to assist in improving your job skills, completing or updating your résumé, brushing up on computer and typing skills, and for completing correspondence.

continued in next column...

SERVICES OFFERED

• 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.



July 2016 Calendar of Events

Community Health

- July 19, MCH Honoring Our Families Event: HWC, 12 - 1:30 p.m.
- July 20, Diabetes Luncheon: HWC, 12 - 1:30 p.m.
- July 26, Mish ko swen Toddler Program: HWC, 1 - 3 p.m.

Family Resource Center

- Healthy Relationships: Mondays, July 18, 25, 10 a.m. to noon.
- FRC/CHOICES: Mondays, July 18, 25, time TBA
- Play Shoppe: Tuesdays, July 19, 26, 11:30 a.m. - 12:30 p.m.
- Community Women's Talking Circle, July 20, 1 p.m.
- Circle of Sisters: Wednesdays, July 27, 1 - 3 p.m.
- PIP: Thursdays, July 21, 28, 10 a.m. - noon.
- Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour sessions; one-on-one sessions.

Child care is available for all classes except Play Shoppe, which is a parent/child interaction activity. Please RSVP if child care is needed. Call (715) 478-4837 with questions about any programs.

CHOICES Program

- Youth 10 - 12: Mondays, July 18, 25, time TBA
 - Youth 13 - 17: Tuesdays, July 19, 26, time TBA
 - Youth 7 - 9: Wednesdays, July 20, 27, time TBA
- Call (715) 478-4839 for more info.



Summer Day Camp Fun!



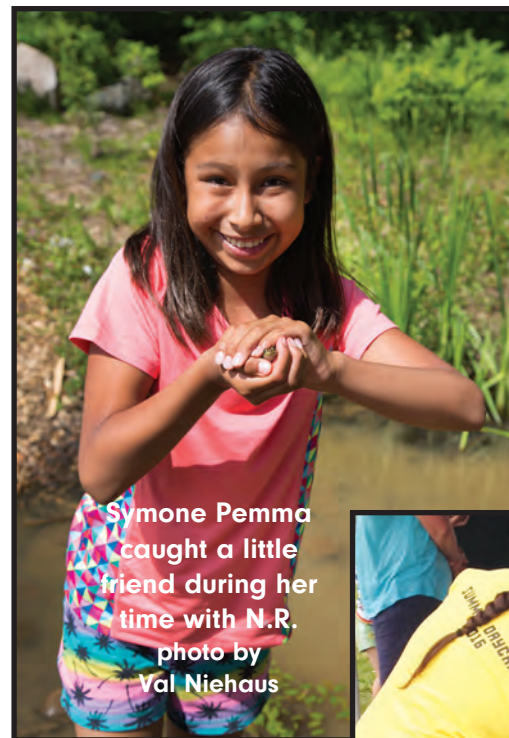
Cousins work side-by-side on their eagle craft. photo by Val Niehaus



Listening to ways to prevent "bullying" from Community Health staff. photo by Val Niehaus



While in Antigo, this group visits the Langlade County Historical Museum. photo by Rebecca Jennings



Symone Pemma caught a little friend during her time with N.R. photo by Val Niehaus



A visit to REGI in Antigo is always informative and entertaining. photo by Rebecca Jennings



Time for some fun at Camp Five in Laona. photos by Sarah Thomaschfsky



Youth enjoying games at the Education Department. photo by Val Niehaus

