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Prairie Band Potawatomi News

August 2005 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

PBP News receives national media award at Native American Journalists Association conference

The Prairie Band Potawatomi News was honored with a General Excellence award for a monthly newspaper at the 2005 Native American Journalists Association (NAJA) Media Awards banquet held in Lincoln, Neb. on August 13.

The NAJA Media Awards honors and recognizes the best in Native American reporting and writing in the United States, Canada and Latin America. Well known editor of News from Indian Country and former NAJA president Paul DeMain, emceed the banquet.

The PBP News received third place. First place went to The Confederated Umatilla Journal, Pendleton, Ore. and second place went to the Cherokee Phoenix, Tahlequah, Okla.

General Excellence awards were awarded in the print, online, radio and television category and are selected from Native American owned media outlets and organizations that are at least 50 percent Native American owned, managed or controlled.

After the awards were announced DeMain said, "Well, there you have it. The best of the best in Indian Country."

Coeditors Mary Young and Suzanne Heck submitted four different issues of the PBP News that were published in 2004 and submitted them to NAJA for judging in April. They learned about winning an award during the banquet on Saturday.

NAJA held its 21st Annual Convention titled "A Free Press; a Free People" from August 10-13 in Lincoln, Neb.

"Well, there you have it. The best of the best in Indian Country."

-Paul DeMain

Both Young and Heck attended the conference that included several sessions on the responsibilities of a free press and cultural considerations and protocols.

One special session featured Floyd Jourdain, Chairman of the Red Lake Chippewa Nation who spoke about the treatment of his people by the media during the recent school shooting incident that occurred on his reservation in Minnesota last spring.

NAJA is based in Vermillion, S.D. and is designed to serve and empower Native journalists through programs and actions that promote Native cultures. One of its goals is to educate and unify its membership through journalism programs that promote diversity. It is also dedicated to defending a free press and the right to free speech and expression in mainstream media. Another goal of the organization is to encourage both mainstream and tribal media in striving for the highest standards of professionalism.



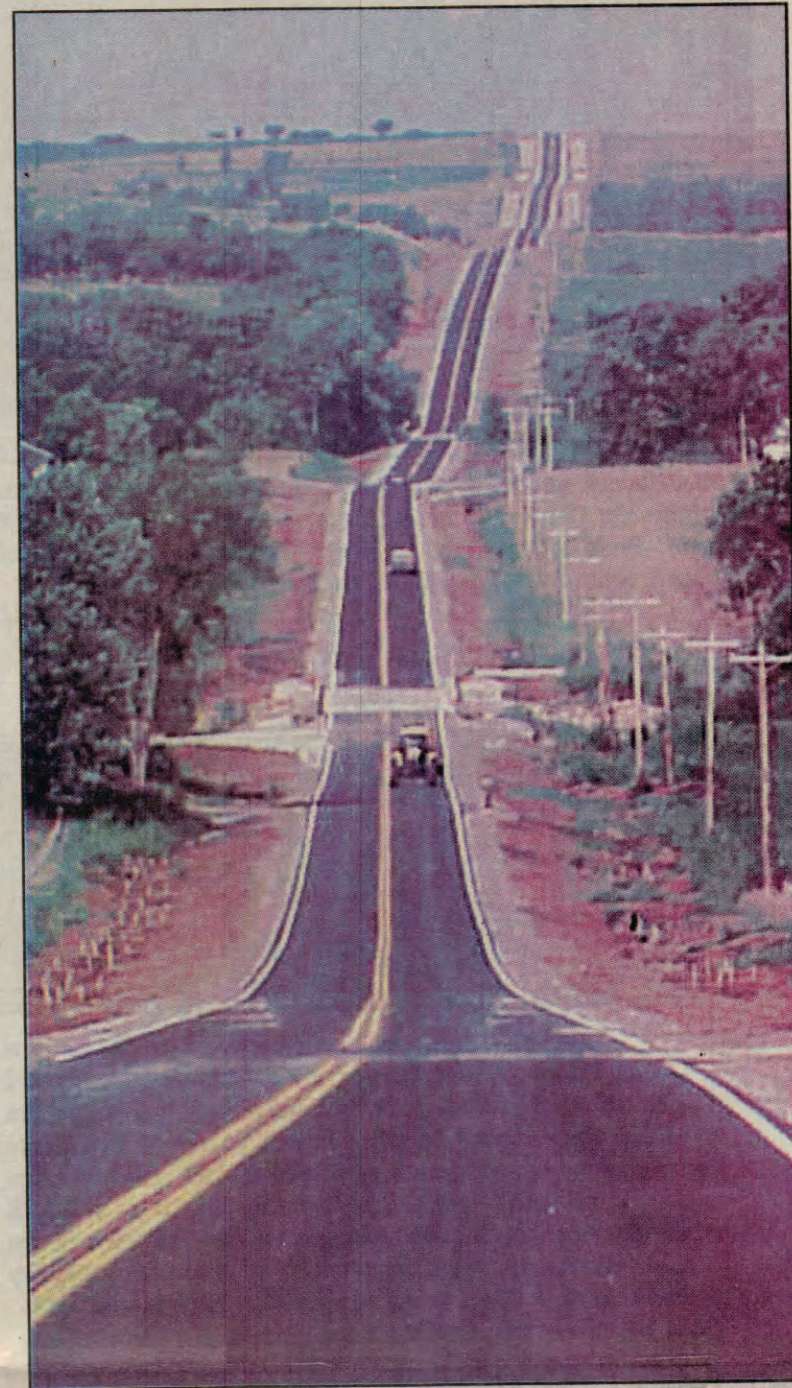
Coeditors of the PBP News from left to right are Mary Young and Suzanne Heck. (Photo by Rey Kitchkumme)

As a sovereign nation we shall strive to provide an environment of improved well-being for our people including education, health, safety, and welfare while valuing our culture, traditions, and all resources.

-Tribal Vision Statement

The PBP can be proud that six more miles of paved roadway has now been completed on the reservation. This photo is of 158 Road facing west of K Road. The photo shows just one of the many projects that the PBP Road & Bridge Department has been working on this summer. For a full account of what Road & Bridge has been up to see Director Tim Ramirez and Admin. Ass't Angie Bell's report inside this issue.

(Photo submitted by Tim Ramirez and Angie Bell)



PBP buys two local propane businesses

By Suzanne Heck

In its continuing effort of becoming a self-sufficient nation the Prairie Band Potawatomi (PBP) announced this week that it has purchased two local propane businesses that will be combined into one company called Mayetta Oil.

The business will operate out of the former Mayetta Oil building that is located on 162 Rd in Mayetta that was owned by Jim and Karla Grau. The other propane business was also located in Mayetta.

The two companies, Mayetta Oil and the Holton/Mayetta propane division of Jackson Farmers, Inc. were transferred to the PBP in a closing held at the Tribal Chambers on August 22. PBP Chairman Zach Pahmahmie and PBP Attorney Teri Barr represented the Nation at the closing.

Zach Pahmahmie said, "Both of these businesses have a long and respected reputation for service and fairness to their customers. The Nation will continue to honor their reputation and hopes to continue to serve all propane users in Northeast Kansas."

The new PBP company plans to honor all the pricing and contracts for propane that were previously arranged with customers at the two former companies prior to the ownership change. However, due to upward trends in prices on propane from crude oil and natural gas, customers are encouraged to contact the new business at 785-966-2721 as early as possible to protect



Chairman Zach Pahmahmie and Attorney Teri Barr at the closing.

(Photo by Mary Young)

their propane supply and to lock in their price for the upcoming winter season.

As part of its Economic Development plan the Nation has developed the PBP Utility Corporation, Inc. as a means of organizing the present and future tribally-owned utilities.

Open for business!

Mayetta Oil Company
13487 162 Rd
Mayetta, KS
66509
Ph: 785-966-2721

PBP owned & operated



Prairie Band to present motor vehicle case when U.S. Supreme Court convenes

By Suzanne Heck

The Prairie Band Potawatomi Nation will go before the United States Supreme Court on October 3 to argue for their right to keep Kansas from levying fuel taxes that it sells on its reservation.

It will also be the first day that the Court is back in session with a new U.S. Supreme Court judge since Sandra Day O'Connor resigned last summer.

The oral arguments will not be presented by PBP Attorney David Prager but instead by Ian Gershengorn of Jenner and Block, a law firm from Chicago. They are considered experts in this particular area of law and have worked with the PBP before.

Attorney Prager and members of the Tribal Council are planning to be at the hearings in Washington, D.C.

Prager said that the legal team had two moot

court sessions planned to go over the arguments and that he believed they will be well prepared when the time comes.

The case is highly significant because it will decide the extent of sovereign authority of Indian tribes across the country. The PBP have had several briefs filed on their behalf from other tribes and larger Indian groups like the National Congress of the American Indian (NCAI).

Likewise, several states have filed briefs in support of Kansas and are arguing that state sovereignty should override that of tribal nations.

The motor fuel tax issue is over whether the state may tax non-Indian companies whose businesses are located off the reservation and distribute fuel to tribal operators located on the reservation.

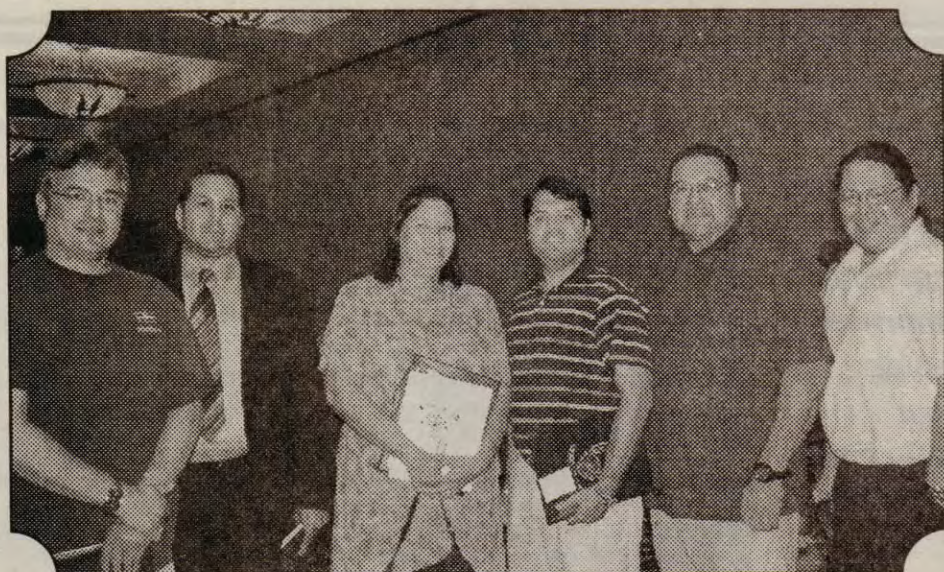
The State of Kansas won the first district court case in 1999 and the PBP appealed. PBP won in 10th Circuit Court of Appeals in Denver and now the State of Kansas has sued. The U.S. Supreme Court will make the final decision on October 3.



This Road & Bridge crew were seen placing speed limit signs on the new stretch of 158 Rd recently. From left to right are Alan "Boney" Pahmahmie, Wahpi Hale, Elliot "Wah" Masquat, and Tim Wahweotten.



Tribal Council & Gaming Commission News



Tribal Council stopped to pose for the News after welcoming participants to the Pathways for Our Future Early Education Conference on August 8 at Harrah's Casino. From left to right are Rey Kitchkumme, Zach Pahmahmie, Jackie Mitchell, Ryan Dyer, Steve Ortiz and James Wabaunsee.

(Photo by Mary Young)



Note:

For meeting minutes (if available) or other information concerning Tribal Council call the Government Center at 877-715-6789 and ask for any Tribal Council member or Laverne Hale at 785-966-4014 in the Tribal Council Secretary's office.



Jona Rupnicki (l) and Tom Tuckwin (r) have completed a National Indian Gaming Association Certification course for Gaming Commissioners. The three part series consisted of many different topics like Jurisdiction and Authority and Promulgating Regulation among others. Jona reported that it was a great opportunity to explore and visit with many other Tribes throughout Indian Country and she found it most rewarding to be able to share information with others. "It is an important part of developing ourselves and building stronger regulations throughout Indian gaming," she said. "By becoming a stronger Nation it also builds upon our sovereignty which is a significant piece of the puzzle for our generations to come."

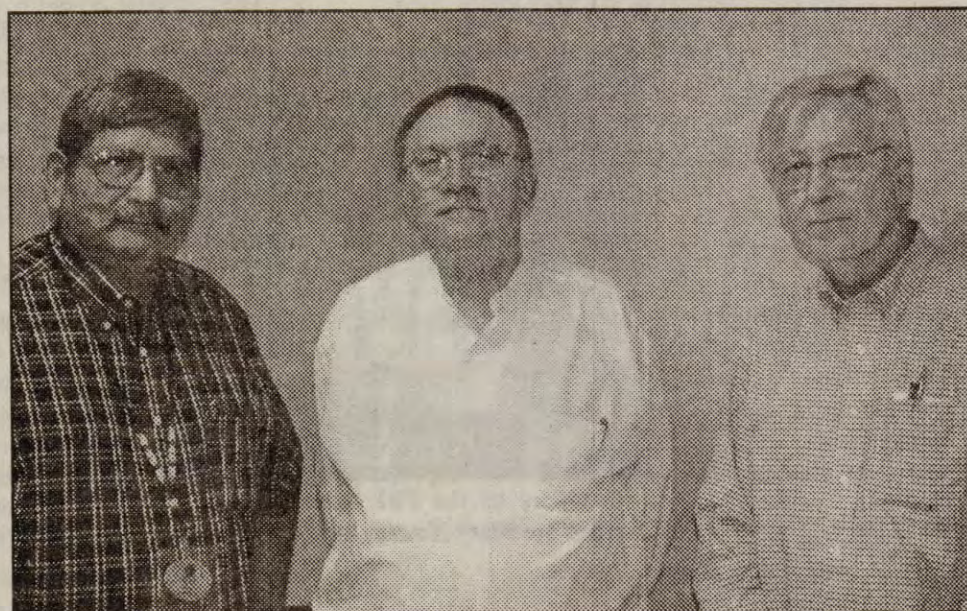


Above Tribal Council recently took a tour of the new 15-unit Prairie Village Garden Apartments that are located south of the Firekeepers Elder Center. Left to right is Jim Potter, Ryan Dyer, Jackie Mitchell, Steve Ortiz, James Wabaunsee, and Director of Housing Jack Kitchkumme.

The photo to the right shows Ryan Dyer (l) with Jack Kitchkumme (r) who was looking at the new walking trail that surrounds the apartment complex. There is also a community center recreation area in the complex that has a jacuzzi area.

To be eligible for the units you must be an enrolled senior tribal member 55 and over and meet Low Income Housing Tax Credit (LIHTC) guidelines.

Tour of Prairie Village Apartments



Gary Mitchell, left, took time out from his duties as Chairman of the Gaming Commission to visit with Bob Sanderson and Dan Littlefield of the American Native Press Archives which are located at the University of Arkansas at Little Rock. The Archives received a charitable contribution from the PBP and the two men stopped by to visit Gary and other government staff on the day they were here.

(Photo by Mary Young)

Entrepreneur Spotlight on Tracy Stanhoff

President and Creative Director

AD PRO

5842 Mc Fadden Avenue, Suite E
Huntington Beach, CA 92649

(714) 898-6364

tracy@adproweb.com



AD PRO is a firm that specializes in advertising and graphic design services. AD PRO is known for implementing strategic marketing programs and graphic designs via in-house manufacturing processes to include: convention exhibits and graphics; silkscreen and heat transfer imprinting; advertising specialty products; printing services; signage and web design.

Ms. Stanhoff is the president of the American Indian Chamber of Commerce of California and the president of the American Indian National Chamber of Commerce. Some of her accomplishments are as follows:

- In 1998, Ms. Stanhoff was named the Native American Entrepreneur of the Year in 1998 by *Minorities in Business Magazine*.
- In 2000, she was named Indian Business Owner of the Year from the National Center for American Indian Enterprise Development.
- AD PRO has been awarded the Class I Supplier of the Year award by the Southern California Minority Business Development Council in 2001 and 2005.
- Star Supplier American Honda Motor Co., Coca-cola Enterprises and Southern California Gas Company.



Update from AICCK

American Indian Chamber
of Commerce in Kansas

Meetings

September 15 at 7:30 p.m.

at

Citizen Potawatomi Center
806 Nishnabe Trail
Rossville, KS 66533

Guest speaker to be announced.

For more information or directions contact Janelle at (785) 845-7919 or email at jnlmurk@hotmail.com.

Tips for business success

With all the choices in your community how can a small business compete and survive? You need to have reasons for the consumer to come to your business, rather than a larger chain. Here are some ideas to make your business most preferred.

- Better customer service**—with a smaller staff and the owner present more often, service should be a step above the competition.
- Informed sales staff**—because the training is better, the staff in a smaller business should have more merchandise knowledge.
- Owners on premises**—customers love to meet and talk to the top person in a business.
- Every sale is important**—a smaller business needs every sale and every customer so that need is usually conveyed across the counter. Problems and questions are handled so that the customer is satisfied and will return again.
- Customer education**—with a more informed staff, they can advise a customer how to do a project, color schemes, describe features of products, and answer questions after the sale.

Highlights from the 2005 parade held during the Jackson County Fair



Harrah's employees are seen decorating their float for the JACO Fair parade held on July 27 in Holton.



Rocky Bentley's truck seen in these two photos was used to pull the D'Neil Professional Salon and massage therapist Deborah Gutierrez-Hunter's float in the parade. As seen in the larger photo, he honored the U.S. servicemen by listing their names on placards.





WABAUNSEE

by Jim Potter

I've had some difficulty deciding on how this article should be written. I would like to write a series of informational pieces, as my project research is still ongoing. The man in the picture below is an individual who holds a personal interest as he does for many other members of our Nation who are his descendants. Much has been written about Wabaunsee from his lifetime to the present during my lifetime.

Wabaunsee was born in or about 1765 in northwestern Indiana. He was very active in our Nation's affairs during his life and was known to be a leader among our people. He was involved in negotiating the Treaty of 1833, which moved our people from Illinois to lands bordering the Missouri River that was later to become the state of Iowa, as well as other treaties involving the welfare of our people. I first learned about him from my family oral histories being passed through the generations and from the frequent mentioning of his name to and from others. Often one would hear the phrase "he was one of the leaders of our people a long time ago." Other accounts of his life were unknown to me other than being told that he died and was laid to rest somewhere in Iowa. In my research I have found documented accounts of his death reported to have occurred about 1848 when he was approximately 83 years old.

It wasn't until several years ago, when my wife Pat and I were passing through Iowa on our way back from Wisconsin that we stumbled onto a State Park that was named in dedication to this man as one of our ancestral leaders. Driving down a two-lane highway, south of Council Bluffs, along the road was a State Highway sign that gave directions and distance to Wabaunsee State Park. We became so intrigued with this discovery that we took the time to divert from our path home to go see this park. Upon arriving at the park we saw some bluffs that made up a natural phenomenon known as Loess Hills. The area was beautiful and offered a great lookout place to view the surrounding lands. While in the park we encountered a park ranger who shared with us the research he had gathered about Wabaunsee, where

the approximate location of his burial place was, and where the Potawatomi people had relocated to in the area of Iowa after our forced removal from our ancestral lands in Illinois.

The location of Wabaunsee's burial site was just known to me at this time as some place in Mills County Iowa. Around two months ago, by fate or mere coincidence I was contacted by David Dyke of Tabor, Iowa. When Mr. Dyke made his call to our Government Center he called our main number and asked the receptionist to speak with somebody about "Chief Wabaunsee's burial site." At the time the receptionist was only able to take a message as all Tribal Council (TC) members were in a meeting. Whether I happened to be the first TC member to pass the receptionist desk that particular day or if it was just fate I was handed the message from Mr. Dyke.

In contacting Mr. Dyke I learned that he was calling on behalf of an elderly gentleman named Bill Blackburn who had knowledge of Wabaunsee's burial site location. Mr. Dyke explained that Mr. Blackburn wanted to know what the Prairie Band Potawatomi Nation wanted to do about the burial site to protect it from exploitation yet maintain its location for historical purposes. It was at that time I decided that someone should go to this place and investigate what these two men were concerned about. I made my request to Council to this effect and was granted permission to do so. Scheduling time away from the office was somewhat of a dilemma, but I knew I could arrange a route through Iowa on my way to the Gathering in Michigan and also on the way back to Kansas. I contacted Mr. Dyke and explained my plans to him and dates were established for when we would meet. Tabor, Iowa is a small community about 30 to 40 minutes away from Nebraska City. It is located in Fremont County, Iowa just over the Iowa/ Nebraska border. En route to Tabor traveling on Highway 29 I began to realize how much Wabaunsee was part of this community. As per Mr. Dyke's directions my wife Pat and I turned off of the highway onto another highway named Wabaunsee Avenue.

Wabaunsee Avenue was actually a stretch of county highway that leads to Tabor and passed

on through before becoming an unpaved country road that continued on to a distance unknown to me.

After arriving in Tabor we were greeted by a mural that was painted on the entire side of a building with one of the figures in the mural being a rendering of Wabaunsee. We then went to Mr. Dyke's residence, made our introductions and commented on the mural. Mr. Dyke informed us that there were more places and things that were named after Wabaunsee in both Fremont and Mills County. We jumped in our vehicles and drove to the town of Malvern, in Mills County, which is approximately 15 minutes from Tabor. It was in Malvern that we made the acquaintance of Mr. Blackburn. In conversation over lunch with Mr. Blackburn and Mr. Dyke we learned that not only was there a Wabaunsee Avenue, but a Wabaunsee Loop which is a scenic highway/roadway which connects Wabaunsee Avenue to another County Highway, a Wabaunsee Creek, Wabaunsee Hills, a Wabaunsee Lake, which was actually a flood plain of the Missouri River, and a Wabaunsee Church. Before the day was out we got to tour and visit each one of these places. The point of our stop in Iowa occurred on our last stop of the day, which was to visit the final resting place of Wabaunsee. The location of this site is approximately 10 to 12 miles northwest of Tabor near the creek named after him. The site exists on private property owned by a Mrs. Anne Stoysich. Mrs. Stoysich has a very nice brick house located approximately 100 yards from the gravesite. In addition, Mrs. Stoysich raises horses, which she uses for her own recreational riding hobby. She was very gracious in allowing us to visit the gravesite, but also expressed her wish to not have the property disturbed or turned into a place for tourists to visit. She did state that other Tribal Members were welcome to come to the site and pay their respects, but with advance arranged notice with her.

While at the grave side of Wabaunsee, my wife and I asked the individuals that had accompanied us there to please excuse themselves and leave us alone while we paid our respects in our own traditional manner, which they complied

with. The grave appears to have been originally covered with large rocks, but no marker of any type. Also, at some later time, someone had built a short rough fence made of native 2X4's around the grave. In more modern methods and in a more current time a historical group in the area has placed a marker at the grave made of a large red rock, machined flat on one side with Wabaunsee's name, date of birth and death engraved into it. I don't have words to explain the feeling I had while there. In my mind's eye I could almost envision the village that had once existed in the meadow that was at the bottom of the bank that lead down to the creek. The way non-Indian history details the area at the time of Wabaunsee's life was the existence of a two-room log cabin that was built by the government for him near the creek and a village of 300 of our people living in the meadow. I know and feel it isn't appropriate to take pictures of a gravesite, although I did take pictures of the area from a distance that would be the approximate location of the village site and a marker that is located some distance from the burial site identifying Wabaunsee's gravesite as being in the area.

I plan to continue my research on this project and have begun to acquire much historically valuable information. I want to express my gratitude to our Genealogy Department for assisting me with this project and encourage our membership to contact Mrs. Gonzales or Mrs. Abrams in acquiring information about your family lineage. Many of our current day families have descended from the man known in Iowa as Chief Wabonsie. Wabaunsee had an amazing life and left a legacy that all of our people should be proud of. As I mentioned previously, I plan to submit additional writings for publication as my research continues. I hope you have found this article enjoyable to read and possibly useful to you in your life.

Article and photos submitted by Jim Potter
"Wabaunsee" who is a Tribal Council Member

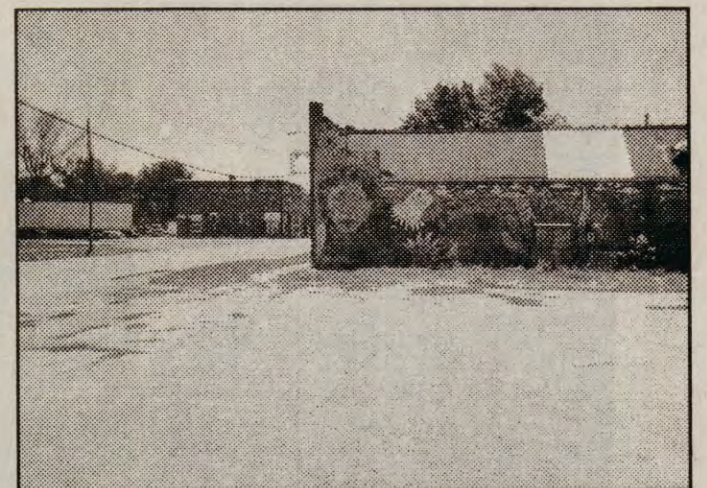
Retracing the legacy of Wabaunsee on the way to this year's Gathering



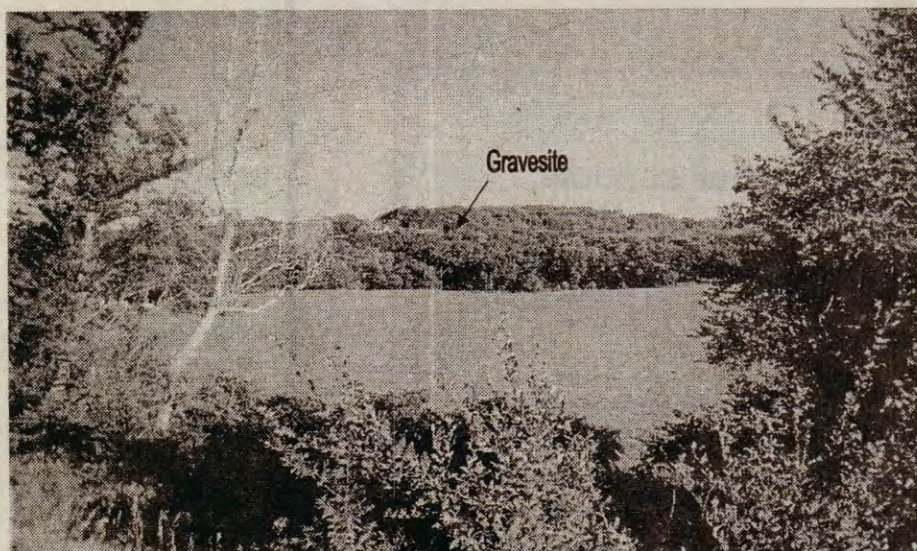
Artist's rendering of Wabaunsee



The photos above were taken in Tabor, Iowa and show Jim Potter on Wabaunsee Avenue in the left photo and a mural that had a rendering of Wabaunsee on the side of a building in the photo to the right.



The photo directly below shows the approximate location of the village and at the top of the hill the location of the gravesite.



Marker identifying gravesite in the area.



The image below is a geological map identifying the location of the gravesite.





Education News

Hurry and sign up now for distance education college courses this fall through the PBP Education Department

Courses taught through Haskell Indian Nations University

- English Composition 1
- Human Relations
- American Indian Poetry
- Introduction to Algebra
- Business Tech Writing
- Vision Quest
- Western Civilization
- Introduction to Sociology
- College Algebra

Classes available through the Distance Education Learning Lab located at 15492 K Rd, Mayetta, KS 66509

Contact Frances Wabaunsee in Education at 785-966-2153



Above is the Distance Education Learning Lab building located at 15492 K Road where the online classes are held.

Tips for Success with Online Learning

by Leah Woodke, United Tribes Technical College (UTTC)
On-Line/Distance Education Director

Discussion Room- One of UTTC's requirements for online coursework is participation in the Discussion Room. Each learner is required to answer the instructor's questions as well as respond to another learner's.

TIP: Look at the question posted by your instructor early in the week. Try to respond by the middle of the week. If everyone has posted an answer by midweek, you'll have a chance to think about which one you want to respond to. Try to respond to someone's answer that no one else has responded to. That way, no one is left out of the conversation.

Time Management- Online courses are not held at a designated time or place. They can be easy to ignore.

TIP: If you schedule a fixed time to do your online coursework, you'll be more likely to keep up. The key is to stick to the schedule you create. Since the amount of time you can spend on a computer may be limited, you may want to print out your assignments. Timely Communication-Your instructor can communicate with you almost anytime. It's one of the great benefits of using computers.

TIP: Check your email at least once per day. It's the most efficient and effective way for your instructor to communicate with you. Some information may be time sensitive.

Dealing with Technical Issues- Some technical difficulties cannot be avoided. Hackers and others continually try to bring down the Internet and attack servers. Sometimes your computer will give you a "time out" if you're inactive too long. Don't let technical issues cause the loss of information.

TIP: To avoid frustration save your work. Copy the assignments from your course and paste them into a word processing document like Word or AppleWorks. Then save it to disk or to your computer's hard drive. Type your answers into that document and save it. When you're ready to post your answers, all you need to do is to copy them from the document and paste them into the appropriate areas online. This works for the journal, lesson questions, and the discussion board.

"Help, I'm Failing. I Can't Catch Up!" - We've all procrastinated in our lifetime. What do you do when you fall behind? Some quit. Some complain. Others make excuses.

TIP: Strong learners bear down and work hard to get caught up. They start by contacting their instructor for guidance and help. Another person they consult is the Online Learner Support Coordinator. And they turn to a friend for help and encouragement. They don't give up. Don't panic; work it through. You'll be glad you did. Of course, the best scenario is to keep up with coursework and meet the deadlines.

(Reprinted with permission by the author)

United Tribes Technical College is accredited and offers several courses and five associate degree programs online.

2005-2006 PBP Education Committee

Arlene Wahwasuck, Chairperson

Dan Dyer

Mary Mitchell

Dominick Ortiz

Mary Wilson



Verna Wahweotten completes Truck Driving School



From left to right is Rey Kitchkumme with Verna Wahweotten in a photo taken outside of the Stone Building earlier this year. Verna recently completed Truck Driving School through Fort Scott Community College and earned all A's in her coursework. She plans to become a commercial driver for trucklines in the future.

(Photo by Mary Young)

Carol Shopteese developing training

Carol A. Shopteese, LMSW, worked in collaboration with the University of Kansas School of Social Work and the State of Kansas Social and Rehabilitation Services (SRS) to develop an Indian Child Welfare Act (ICWA) training, which she hopes will be utilized to train social work students at KU and SRS social workers in the near future. Carol has contracted with the KU School of Social Work and Kansas SRS to provide a pilot training project next year and to further develop the ICWA curriculum. She is very excited that the State of Kansas has realized how very important it is for their workers to know and understand ICWA. Carol is honored to assist in developing the State training and curriculum, which will be culturally relevant.

Carol's passion has been ICWA since she returned to Haskell to complete her degree in 1996 and in 2001 she began her social work career. She

provided ICWA trainings throughout the State for Kansas Legal Services and participated in the ICWA panel for the Native American Law Symposium sponsored by the Iowa Tribe of Kansas and Nebraska in 2004.

Carol served as the ICW Worker and ICW/Foster Care social worker for PBP Social Services from 2001-2004. She currently serves the Sac and Fox Nation of Missouri in Kansas and Nebraska as the ICW/Independent Living Program Director, which has allowed her to expand her administrative and managerial skills. She completed her Master's degree in Social Work in 2004 and is pursuing a second Masters degree in Business Administration at Baker University. Carol plans to graduate in June 2006.

Any ideas for the ICWA curriculum, please contact Carol at shopteese@rainbowtel.net or 785-486-3861.

Early Childhood Education Center hosts three-day "Fanning the Embers" Pathways to our Future Conference

Approximately 200 people who wanted to learn more about childcare were expected to register on the first day of the "Fanning the Embers" Conference sponsored by the PBP Early Childhood Education Center held August 8-10 at Harrah's Prairie Band Casino.

Opening ceremonies included the posting of colors by We-Ta-Se, a perform-

ance by the Royal Valley Native American Dance Club and Little Solider Singers, and a welcome from the Tribal Council.

The conference included keynote speakers and breakout sessions on a variety of topics like Methamphetamine Awareness Education and Introduction to Infant Message.

Left to right is Josie Pahmahmie, Reina Rodriguez and Norma Shipshee who were ready to take conference attendees on a tour of the Benno-tteh Wigwam on the first day of the conference.



Support your schools

•Be a Title VII Tutor for the Prairie Band Potawatomi. Call Anita Evans, 785-986-6251.

•Lifetime Senior Citizen's passes available to all citizens 65 yrs or over. Stop by Royal Valley High School in Hoyt or the District Office in Mayetta to receive a complimentary pass for all Royal Valley home games and activities. Post season or tournament games excluded.

For more information about dates and activities: www.rv337.com

PBP Headstart classes began August 22
Royal Valley Schools began August 17

Newspaper Information

Mailing address:

P O Box 116
Mayetta, KS
66509-0116

Physical location:

15434 K Road
Mayetta, KS

(located in the SW Corner of the We-Ta-Se building)

Telephone:

(785) 966-2461

Fax:

(785) 966-2867

Co-editors:

Mary L. Young
maryy@pbpnation.org

Suzanne Heck
Suzanneh@pbpnation.org



Prairie Band Potawatomi News

The *Prairie Band Potawatomi News* is a monthly newspaper of the Prairie Band Potawatomi Nation. Opinions expressed in this newspaper do not necessarily reflect the opinions of the Prairie Band Potawatomi News staff, the Tribal Council, Gaming Commission or the Nation.

The *Prairie Band Potawatomi News* encourages and welcomes letters, editorials, articles and photos from its readers. This publication reserves the right to reject, edit or condense items submitted. We request your submissions by the 15th of each month. Submit items by email (as an attachment) or disk in Microsoft Word or stop by the News office with your information.

Anonymous letters will NOT be printed or accepted.

Please include your name, address, and telephone number where we can contact you should we need to verify information.

Photos submitted with news article will be returned after publication. Please print name on back of photo to ensure accuracy. Please include a stamped self-addressed envelope with the photo.

To contact the PBP Tribal Government:

16281 Q Road
Mayetta, KS 66509

Toll free: 1-877-715-6789
Or call (785) 966-4000



Boys and Girls Club Update

Road trip to Great Wolf Lodge



The group above was waiting to board the bus that would eventually take them to the Great Wolf Lodge in Kansas City on August 8.

special thanks to Coleen Green and the Boys & Girls Club staff for contributing to this section.



Kids were having the time of their lives at the Boys & Girls Club on August 5 during their celebration of National Kid's Day. The photos at right and above show kids in action during the event. Games included putt putt golf, Frisbee toss, face painting, speed stackers contest, picture contest, hot dog eating contest, fishing pond, necklace making, Barbie dolls, match box cars, dodge ball tournament, NBA Live tournament, darts, and Bouncy Boxing.

National Kids Day celebrated on August 5



After-School Program

The Boys & Girls Club of the Prairie Band Potawatomi Nation is set to open the after-school program on September 6, 2005.

After-School Hours:

Monday - Friday
Jr. Youth: 4 - 6 p.m.
Sr. Youth: 6 - 8 p.m.

After-school programs are:

- Character and Leadership Development
- Teen Supreme-Keystone Clubs
- Youth of the Month, Youth of the Year
- Education and Career Development
- Project Learn
- Power Hour
- The Ultimate Journey
- Club ZOOM
- Career Exploration
- Mentoring program
- Health and Life Skills
- SMART Moves
- SMART Girls
- The Arts
- Regalia Sessions
- Youth Drum Group
- Image Makers
- Recreation and Fitness
- Recreation
- Club Games
- Daily Challenges
- Fitness Authority
- Aquatics
- Open Swim
- Lap Swim
- Water Aerobics
- Special Programs
- The Diversity Initiative
- Club Tech



September

Activity Calendar						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Staff Training CLUB CLOSED	2 Staff Training CLUB CLOSED	3
4	5 Labor Day CLUB CLOSED	6 Club Re-Opens After-school Hours Jr. Youth 4-6 p.m. Sr. Youth 6-8 p.m. Monday-Friday	7 Board of Directors Meeting 5:30 p.m.	8 Youth Pow-Wow Meeting 5:00 p.m.	9	10
11	12	13	14	15	16	17
18	19	20	21 Family Night Dinner & Bingo 6:00 p.m.	22 Fund Raiser Harrah's Employee Taco Feed CLUB CLOSED	23 American Indian Day CLUB CLOSED	24 Youth Pow-Wow Prairie Peoples Park
25	26	27	28	29	30 Fund Raiser Golf Tournament Shawnee Country Country Club 9 a.m. CLUB CLOSED	

2005



Volunteers Needed

The Boys & Girls Club of the Prairie Band Potawatomi Nation is seeking enthusiastic and committed volunteers. Come on in and help make a difference in our children's lives. All potential volunteers must complete an application and consent to a background check. Contact Coleen Green or Kumos Hubbard at 785-966-3031 for more information on becoming a treasured volunteer!

Water aerobics class for elders taught during summer at Boys & Girls Club pool



Angela Barnoskie, a Health Educator Specialist for KU Medical Center, taught water aerobics last June and July to the swimmers above. (Photo by Mary Young)



First Nations Golf Association Conducts All Indian National Open Championship and Pro/Am Tournament

Carlton, Minnesota -The First Nations Golf Association (FNGA) conducted a National Open Golf Championship for native people at the Fond du Lac Nations Black Bear Hotel, Casino and Golf Course.

The Championship was kicked off by a 5k run/walk to benefit diabetes research. Twenty-five runners and twenty-seven walkers participated. Kevin Price of Phoenix, AZ won the 5K run.

Before the Championship got underway a Junior Golf Clinic was given to 30 junior golfers from around the Fond du Lac reservation. Sixteen of those junior golfers went on to caddy in the Golf Championship for the tournament participants.

The very tight Black Bear golf course was a formidable opponent as Rocky Fox of Alberta, Canada won the National Open Championship. Rocky shot scores of 75-72-70=217. Second place went to Miles Maillet of Bishop, CA with scores of 78-70-70=218.

Prairie Band Potawatomi member Steve McDonald finished 5th with scores of 78-75-72=225. Thirty-six players shared in the \$30,000 prize purse.

A Pro/Am golf tournament was held next with over 24 teams of sponsors and vendors participating. Each team drew a pro golfer at the parings party, which was emceed by native comedian John Burnstick. The ProAm led by Lon Burr won. Lon Burr's brother Dennis Burr was honored at the tournament banquet for his accomplishments in golf and his tournament wins including the first ever Indian Open Championship that was held in 1972. Jon Beaver, of Saskatchewan, Canada who shot scores of 73-68=141, won the professional portion of the ProAm event. Steve McDonald took fifth with scores of 73-71=144.

Steve is also a Board Member of the First Nations Golf Association a non-profit organization dedicated to promoting both amateur and professional golf tournaments across the nation, in an All Indian Tour format. The FNGA also provides a golf handicapping service and is prominent in the development and success of native junior golfers.

2006 North American Indigenous Games

July 2 - 9, 2006
in
Denver
and
Colorado Springs,
Colorado.

For more information
about participating on
Team Kansas,
please contact:
Steve McDonald - Chef
de Mission of Kansas,
Commissioner of Golf -
785.640.6902

Golf Tips From PGA Professional Steve McDonald

How to Hit a Crisp Iron

Whether you're playing an iron shot to a green or just laying up to a particular point on the golf course, it is important to hit iron shots with solid, crisp contact. Here are a few tips to achieve this important part of the game.

- Employ a great grip. There's no reason all of us should not be able to hold the club like a touring professional.
- Use great golfing posture. Bent from the waist, slightly flexed in the knees, slight tilting of the spine away from the target, standing tall to the ball.
- Play the ball in the correct position in relationship to your feet. Short irons in the middle of your stance, 6,5,4,3 irons progressively moving forward in your stance slightly.
- Double-check your alignment. Feet, hips, shoulders and eyes should be parallel to your intended target ball flight line. Aim the clubface first, squarely to your target and then set/aim/square your feet and body to the clubface.
- Allow the body to rotate correctly on both the back swing and follow through, this will give you the proper weight distribution and weight shift you need to make solid contact.
- Swing the arms back and up on the back swing and down, forward and through on the down and forward swing.
- Hitting down on the ball as your weight has been shifted to your forward leg and foot will ensure a solid, crisp strike of the ball and what is called a "post divot". A post divot is when you strike the ball first and take the divot on the target side of the ball.
- Always swing to a balanced follow through position.
- Good luck with your iron play and always remember to keep the ball in the "short grass".



War effort hitting home: area National Guard soldiers headed to Iraq

By Suzanne Heck

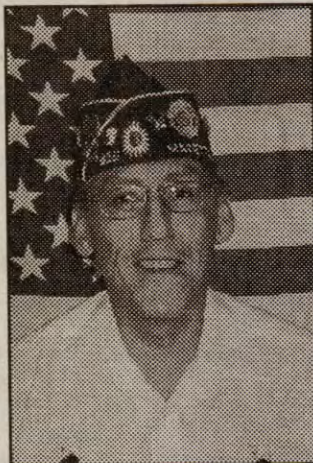
Three Indian men who are soldiers in the local national guard have been called into active duty in the armed services.

Robert Jackson and Charles Wakole have already left for active duty and Sonny Shoptese is scheduled to leave very soon. All three men are expected to leave for Iraq this fall after they receive preparation training in the states.

Shoptese is from Topeka and a member of the Army National Guard 2nd 137 Infantry Battalion based in Lawrence. He will head to Fort Sill, Oklahoma on September 6 for military training before heading to Iraq. This is the first time he has been called into active service in his 18 years with the National Guard.

When asked how he felt about being called into duty he said, "I'm not scared but I am a little bit nervous but at the same time I'm looking forward to serving as well."

Sonny received his bachelor's degree in Criminal Justice from Washburn University this spring. He is also a We-Ta-Se American Legion Post #410 member. He and his family reside in Topeka.



Sonny Shoptese is a member of We-Ta-Se and has participated in the Color Guard activities.

(Photo provided by We-Ta-Se)



Sonny Shoptese is seen above standing next to a Bradley Fighting vehicle that was on display during the Farewell Ceremony for his deployment group held on July 3 in Kansas City, Kan.

(Photo submitted by Sonny Shoptese)

Sonny participated in a group departure ceremony on July 3 in Kansas City with approximately 500 other soldiers who are scheduled to leave this fall. Although there is no guaranteed time frame when he will return he expects to be gone at least a year.

Robert Jackson and Charles Wakole left the Holton area on July 18. They are members of the approximately 150 soldiers in the 1st Battalion, 127th Field Artillery Battalion that were honored in a group departure ceremony held on July 1 in Topeka.



Before he left for active duty, Robert Jackson, on the far right, walked with his grandmother, Cecilia "Meeks" Jackson who was honored as an elder at the PBP Pow-Wow held in June. To Meek's right is Pam-saht Jackson.

(Photo by Mary Young)

Several members of their family and Potawatomi tribal members, attended the ceremony.

The 127th Battalion are now in Fort Lewis, Washington where they are receiving additional training. They are scheduled to be gone for up to sixteen months.

Monday Night Quilters in Holton support departing National Guard unit

A group of women from the Holton area called The Monday Night Quilters sewed symbolic quilts and banners to honor area soldiers before the men and women left for active duty.

The women created a large quilt and appliqued 28 stars to represent each soldier from the Holton unit. In addition, the quilters created 152 Blue Star service banners which were given to all the soldiers who were mobilized through BTRY C 1st BN 127th FA National Guard Unit for Operation Iraqi Freedom.

The Blue Star Service banners, which are historical in nature, were first designed for World War I and were created to symbolize a child who is in the service. Their purpose is for families to display them in the windows of homes for their loved one or ones who are in the armed forces. Widely used during World War I and II they were not as widely embraced during the Korean and Vietnam wars. However, since 911 occurred, the American Legion is trying to rekindle the spirit of military pride by bringing the banners back.

The large star quilt was displayed in a special exhibit during the Jackson County Fair and is in the process of being moved to the Holton National Guard where it will be permanently displayed.

(Special thanks to Ida Nadeau for contributing to this article)



The photo above shows local soldiers from the Holton area holding their Blue Star Service banners they each received during the Farewell Ceremony in Topeka on June 18. Left to right are Charles Wakole, Bobbie Slocum, Jeremiah Bentley and Robert Jackson. The photo to the right shows some of the Monday Night Quilters in front of the larger quilt.



The photo at left shows from left to right Peggy and Alyxis Hankerson, from Holton, and Ida Nadeau who attended the departure ceremony in Topeka for the Holton soldiers.

The photo at right shows some of the soldiers who were honored.



Sonny Shoptese (r) stopped in recently to visit with Jim Darnall, liaison and post commander of We-Ta-Se (l) at the We-Ta-Se office on K Road.

(Photo by Suzanne Heck)

**Good
luck to
all of
our
soldiers!**



Robert Jackson (l) and Charles Wakole (r) in their dress uniforms.

(Photo provided by We-Ta-Se)

Francis Shoptese selected We-Ta-Se American Legion Post #410 Senior Liaison

On August 15 Francis Shoptese began working as the senior liaison for We-Ta-Se. He has been an active member of the post and is a member of the Color Guard.

The photos to the right and below show Francis at some of the Kansas Lewis & Clark Bicentennial events that We-Ta-Se participated in last year.



Above center is Francis taking a break after the Kaw Point ceremony in Kansas City, Kan.



Francis is seen here hamming it up with the mascot at a press conference at the Great Wolf Lodge in Kansas City, Kan. that kicked off the Kansas Lewis & Clark events last year.



We-Ta-Se flying the flag!



Left photo: The We-Ta-Se Color Guard participated in a groundbreaking ceremony for the new flag pavilion at Overland Station in Topeka on July 28. The PBP gave a large donation last year through the charitable contributions program to help fund the pavilion.

Right photo: New flag poles were erected in front of the PBP Government Center recently and a flag ceremony was held on August 17. We-Ta-Se members B.J. Darnall (left), Jim Darnall (center) and Francis Shoptese (right) are seen participating in the event. On the far right is PBP EMS/Fire Chief David Price.

(Photos by Mary Young)





Scene on the rez



Ada Levier's back yard in Prairie Village helps make the community a special place to be.



A sense of place and pride in home can be seen throughout the rez



Parr Recovery House gets spruced up



Several of the residents helped construct the new deck

Improvements have been made recently to the outside of Parr Recovery House which is a home for male residents. The photo above shows a staircase, and outside upper deck that was recently reconstructed on the home's front side. The gazebo in the photo at right has also been built since the home was purchased in 2003. It was placed in back of the house so that the men can enjoy being outdoors in a nice environment once in a while.



Rickie and Celeste Murphy have been renovating their home located on 158 Rd. They have also been doing some landscaping and gardening as seen in the photo to the right. They moved to their new home in November.



Department of Planning and Environmental Protection's Steve Duryea helps other departments with their mapping needs

By Suzanne Heck

Steve Duryea fills many hats in his position with the PBP Planning and Environmental Protection (EP) Department and his work has had an impact on several other departments within the Nation's government.

Steve came on board for the PBP in 2004 and is the Global Positioning System (GPS)/Geographic Information Systems (GIS) technician. In short, his job consists of using computer and satellite technology to make maps of the reservation that pinpoint various places and field data on the reservation. The GPS/GIS system has proved extremely useful to various departments within the Nation's government.

For example, Steve was able to assist the Fire/EMS Department by mapping the extent of their prescribed burns and he was able to measure total acreages burned on the reservation.

Another example is his assistance with the Department of Land Management. Ann DeCoteau, Realty Branch Manager said that the mapping services that Steve provides has been invaluable to their program.

"When we purchase and add tracts to our land holdings Steve can have a map of it by the end of the day," Ann said. "He is efficient and it has saved the PBP money and time from having to outsource these services."

In addition to being the GPS/GIS technician, Steve also manages the Planning/EP Department's composting program and serves as a building official for the

Tribe. He also sits on the Tribal Emergency Response Committee (TERC) team for the Nation and has mapped and inventoried all the storm shelters on the reservation using the GPS/GIS equipment.

Steve will go national next week as he has been asked to speak about tribal composting and managing casino waste at the National Recycling Coalition's 24th Annual Congress & Exposition to be held in Minneapolis.

Known as a jack-of-all trades, he also assists the News when needed with his desk-top publishing skills and he has a talent for refinishing wood items which proved helpful when the We-Ta-Se Color Guard needed to refurbish some of their ceremonial weapons.

Steve has a bachelor's degree in Agribusiness from Texas A & M. Before he



Above: Steve uses equipment that can print large maps and other documents in his work in the Department of Planning office.

came to the PBP, he worked for the Kansas Rural Water Association and served in the Coast Guard.



The photo at left is of Steve operating a piece of equipment that is used in the composting program. He is seen here mixing a windrow of digested sludge and ground wood hay mix.

Department of Planning
and Environmental Protection
15434 K Rd
Mayetta, Kansas 66509
Phone: 785-966-2946

CLEAN UP THE RESERVATION

Abandoned Vehicles

For \$50.00 surrender your abandoned vehicle if you live on the reservation and live in a mutual help or low rent HUD home. Call 966-2946 to make arrangements for removal but before we do you will be asked to fill out an "Abandoned Vehicle Removal Permission" form.

FREE RADON TESTING FOR YOUR HOME

This free service is available to all members of the community. Testing procedures are simple and convenient and require only a small canister to be placed in the home for seven days. EPA staff will drop off and pick up your radon detection canister.

PLEASE SEPARATE YOUR GREASE!

Please have a separate kitchen grease disposal plan and don't pour it down the sink or into the sanitary water lines. We have enough grease to deal with at our Wastewater Treatment Plant and grease can cause problems in your home septic tank systems as well.

WE RECYCLE ITEMS BELOW SO CALL TODAY

- cardboard
- aluminum cans
- newspaper
- white paper
- mixed paper
- steel scrap
- aluminum scrap
- steel cans
- plastic



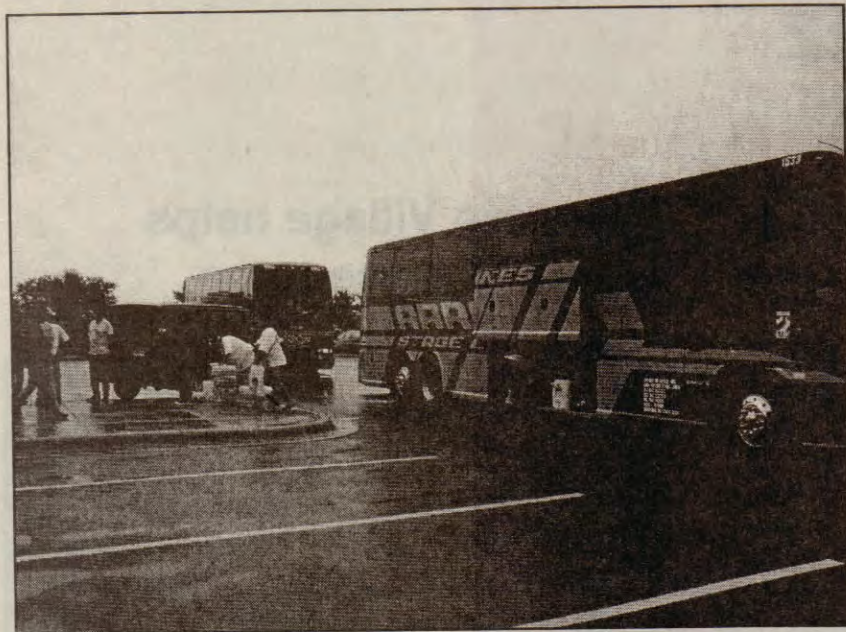
2005 Gathering

Prairie Band Potawatomi News

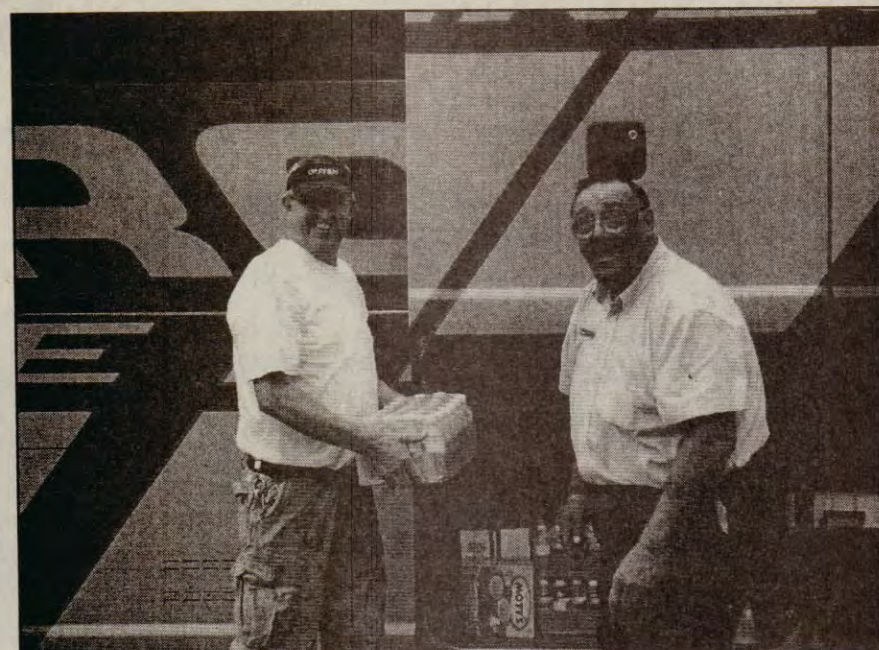
The journey begins

Follow Your Dreams:
We've Come Full
Circle

2005 Gathering



Passengers are loading the bus with the help of PBP employees.



Aaron Hale and the bus driver are seen loading the bus with supplies.



Cheryl Walker and Vice Chair Rey Kitchkumme load the bus with mbish.

Photos
by
Mary Young
and
Suzanne Heck



Arlene Lingo waves as she boards the bus.



In the rain, the buses are seen leaving Holton.



About the Gathering

Submitted by Council Member Jackie Mitchell

The Huron Band Potawatomi Gathering was again a wonderful experience. Seeing old friends and meeting new ones. Our Tribal members were seen having a wonderful time visiting, dancing, learning new crafts and being with our brothers and sisters from the other bands of Potawatomi.

Council Members Zach, Jim, Ryan and I were able to attend and represent our council at the council meetings. Representatives from all the bands met together to discuss issues that were important to each of us and to make plans for the next gathering at the Pokagon Reservation. One of the most important discussions was with the bands that are trying to get gaming on their reservations. The tribes discussed how gaming dollars enabled the tribes to obtain educational goals and objectives. Gus Frank, Tribal Chair for the Forest County Potawatomi, advised about the pitfalls of gaming including tribal membership dependency on gaming revenue that caused children to quit school, to have social problems like drug and alcohol use, and members not wanting to work.

I think that gaming has been the avenue for our tribe to be able to take care of our reservation and to help our membership with basic needs including housing, education and health needs. The reservation is continually cared for including caring for the land and the road system. It has enabled us to take care of our children and our elders. It has provided educational assistance for our children and allowed teen and adult members to advance their degrees. There are other benefits too numerous to list. I think that we should all be grateful for all that we have and be thankful to our creator for taking care of us and giving us all that we have.

Zach and buffalo crew, Alan Pahmahmie, Tim Wahweotten and Billy Jim, Jr, presented the Huron Band with a mounted buffalo head at the giveaway. This was symbolic of our friendship and kinship. Everyone at the gathering felt very special and excited about us being able to share from our buffalo program.

Another special event was the passing of the princess crown. Tribal Member Tamara "Tomi" Pahmahmie represented the bands this year in a very respectful manner. A very special honor song was held for the outgoing princess that honored Tomi, her family and all tribal members. Thank you Tomi for representing our tribe by being the gathering princess. You did a great job.

It is my pleasure to serve as a tribal council member and if you have any questions about any tribal business please call me at (877) 715-6789 or (785) 966-4016 or email me at jackiem@pbpnation.org.



< 1

1. Zach Pahmahmie, PBPN Chair
2. Dianna Payne and Hedy Noland
3. Jim Potter, Council Member and Patti
4. Linda and Ralph Tecumseh
5. Maxine Ramirez and Linda Tecumseh (middle row)



A special thanks
to
Jackie Mitchell
Maxine Ramirez
for contributing photos of the gathering.

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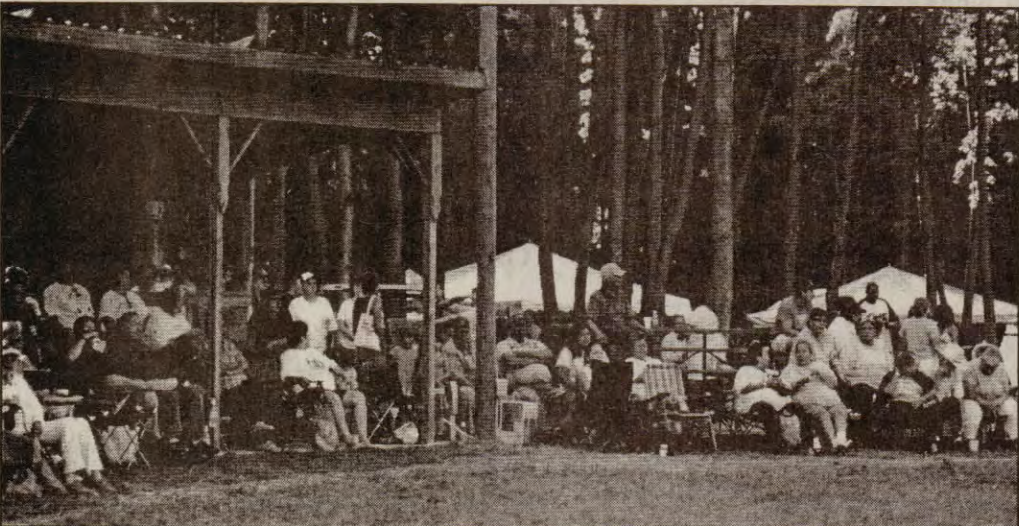
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All veterans from the seven Potawatomi Bands are honored at left.

In the photo at right, a veteran from each of the Bands carry an eagle staff.



Above: Gathering participants wait for the grand entry to begin.

12th Annual Potawatomi Gathering hosted by Nottawaseppi Huron Band of Potawatomi July 28-31, 2005



In the photo above are members of the Mitchell family, Gary, Jackie, and Voncile and Marge Abney taking a break.



Alan Pahmahmie is seen here presenting a buffalo head from PBP to Laura Spur, Huron tribal chair (far left) and other unidentified gathering participants.

*A special thanks to
Brenda Darnall
Carol De Witt
and
Rose Hale
for contributing photos of
the gathering.*



With his back to the camera is Ryan Dyer, treasurer, presenting a cedar box to Huron Chair Laura Spur as PBP Chair, Zach Pahmahmie, on the far right, looks on.

Gathering Events



The above photo shows a youth in the broad jump event.

The below photos show some of the events that took place at the gathering.

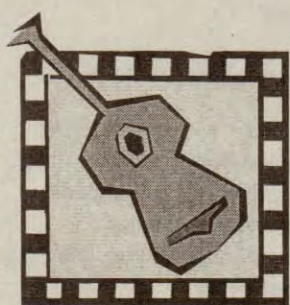
2006 Gathering Princess



Sarah Ballew, Pokagon Band, was crowned the 2006 Gathering Princess. Sarah is also a descendant of the Huron and Gun Lake Bands.



The above photo shows a youth pitching a softball.



**Pokagon Band
to host the next
Gathering**



Joe Reilly of Kalamazoo, Mich. was the Thursday entertainment. He performed a blues number called "Pow wow Love Blues."



Driver Virginia Anewishki is seen here giving Andy Mitchell, Delores Abrams, and Babe Bell a guided tour of the wetlands area.

**Approximately
1,500
attended this year's
gathering.**



The above photo shows participants walking around the track.





Medicare Prescription Drug Program

by John Holtz

Soon, a new Medicare Prescription Drug program will take effect. The new program will give you a choice of prescription plans that offer various types of coverage. This article, which is the first in a series of articles about this important new program, will provide an overview and information on obtaining financial assistance so that you can get extra help to pay for the new Medicare Prescription Drug Program.

Beginning January 1, 2006, new Medicare prescription drug plans will be available to people with Medicare. Insurance companies and other private companies will work with Medicare to offer these drug plans. They will negotiate discounts on drug prices. These plans are different from the Medicare-approved drug discount cards, which phase out by May 15, 2006, or when your enrollment in a Medicare prescription drug plan takes effect, if earlier.

Medicare prescription drug plans provide insurance coverage for prescription drugs. Like other insurance, if you join you will pay a monthly premium (generally around \$35 in 2006) and pay a share of the cost of your prescriptions. Costs will vary depending on the drug plan you choose and your level of income.

Drug plans may vary in what prescription drugs are covered, how much you have to pay, and which pharmacies you can use. All drug plans will have to provide at least a standard level of coverage, which Medicare will set. However, some plans might offer more coverage and additional drugs for a higher monthly premium. When you join a drug plan, it is important for you to choose one that meets your prescription drug needs.

Key program dates include:

- July 2005, people with limited income and resources can start applying for financial help with prescription drug coverage.

- October 2005, people with Medicare will receive the "Medicare and You 2006" handbook in the mail. The handbook will provide detailed information about Medicare prescription drug plans in your area.
- November 15, 2005, people with Medicare can sign up for a Medicare prescription drug plan to help lower their drug costs.
- January 2006, Medicare prescription drug coverage begins for those who have enrolled.
- May 15, 2006, end of Initial Enrollment Period. To pay a lower premium, most people need to enroll by May 15.

Financial Assistance

Financial assistance is available for those with limited incomes. Social Security and the Centers for Medicare & Medicaid Services are working together to get you extra financial help with your prescription drug costs. To determine if you could be eligible for this extra help, Social Security will need to know your income and the value of your savings, investments, and real estate (other than your home). You may qualify for extra financial help if you have:

- Limited income (below \$14,355 for an individual or \$19,245 for a married couple living together). Even if your annual income is higher, you still may be able to get some help with your monthly premiums, annual deductibles and prescription copayments. Some examples where your income may be higher include if you or your spouse:
 - Support other family members who live with you;
 - Have earnings from work

You may apply for financial assistance online at www.socialsecurity.gov. You may also learn about the Medicare prescription drug program at 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov.

Prairie Band Potawatomi Nation Staff Assistance

You may also obtain friendly, hands on assistance by working with your Health Center staff in the Benefits/Managed Care office. Health

Center staff members who can assist you include: Rubina Eteeyan, Benefits/Managed Care Supervisor, 1-866-694-6728 extension 226 or Laurie Valdivia, Managed Care Coordinator, 1-866-694-6728 extension 225. Assistance is also available by contacting the Community Health Representatives staff members Robyn Edwards and Mary Lewis at 785-966-2221 or Social Services staff members, Kathy Slimmer at 785-966-2932 extension 232 or Dawn Masqua at 785-966-2932 extension 227.

In addition, staff from the Health Center, Community Health Representative, and Social Services are tentatively scheduled to be available at the Elder Center from noon to 2:00 PM every Tuesday beginning September 6th to provide additional information regarding the new Medicare Prescription Drug Program and to provide help in completing the Financial Assistance Application.

Why it is important to enroll in the Medicare Prescription Benefit Program

Pharmacy benefits are included in direct services provided by the Prairie Band Potawatomi Family Health Center (PBPFC), so why should you enroll in the Medicare Program? Actually there are several reasons to enroll in the Medicare prescription drug program such as

- The PBPFC has a limited pharmacy formulary, it is possible that not all of your prescriptions can be filled at our pharmacy; this is particularly true for little used or more expensive drugs.
- People who are now eligible for Medicare must enroll in the Medicare Prescription Drug Program by May 15, 2006 or a 1% premium penalty per month will be charged.
- You may be eligible for financial assistance and obtain benefits for free or at a greatly reduced cost.
- If you have coverage from the Medicare Prescription Drug Program and receive prescription drugs at the Health Center, the Health Center can bill Medicare for your prescription and there would be no co-pay costs to you for your prescription.
- Your Health Center will spend approximately \$420,000 for prescription drugs in

2006. Your enrollment in the Medicare Prescription Drug Program will allow your Health Center to be reimbursed for your pharmacy usage and provide funding to expand services at your Health Center.

Remember: Staying physically active on a regular, permanent basis can help prevent or delay certain diseases & disabilities.

Upcoming health conferences, symposiums, workshops

**Minority Health Conference
October 25—26, 2005
(time and place to be announced)**

Contact:
Nettie Grant Sikyta
Native American Liaison
Office of Minority Health and Human Services

Email:
Nettiegrantsikyta@charter.net

2nd Annual American Indian Symposium

**Surviving Disparities:
Embracing Community Wellness**

**November 7—8, 2005
(time and place to be announced)**

Keynote Speaker:
Billy Mills
Contact:
Jerry W. Briscoe
**Director of Research & Services
Coordinator
(800) 546-4898**

Cholesterol and Your Health

Submitted by Terry L Harter MD
Prairie Band Potawatomi Family Health Center
P. O. Box 190, 510 Kansas Avenue,
Holton, KS 66436
(866) 694-6728

What is cholesterol and what does it do? Cholesterol is a very complicated form of fat. Only mammals produce cholesterol, but all plants and animals produce fat. Fat or oil is nature's way of storing excess energy. Lipids are a fancy way to say fat. In plants fat is frequently stored in seeds for reproduction. In animals fat is frequently stored under the skin for insulation and future energy needs. Fat is our natural defense against famine and starvation. Fortunately very few of us face either famine or starvation. Unfortunately our bodies also store some excess fat inside our arteries as well as in our internal organs.

The arteries in our bodies are the pathways we use to provide the parts of our bodies with air, water, and nutrition. Excess fats, especially cholesterol, can block that path. When our bodies receive more nutrition than they need; they store that excess energy in a variety of ways. Some bodies add the excess energy to their weight, others try to convert the excess energy to sugar and develop sugar diabetes, while others will block their own arteries with globules of fat. Most of us fall into all three categories. If we eat too much, we get fat, we have high blood sugars, and we have high levels of fat in our blood.

Our bodies do not like to have high levels of fat or sugar in the blood. We can get rid of high levels of sugar through our kidneys (not good) but we cannot get rid of high levels of fat. Instead our bodies try to find a way to get rid of excess fat by putting it somewhere. Sometimes our bodies deposit this excess fat under our skin, other times in our internal organs (again not good), or into our arteries (very bad). When we put fat into our arteries we block the paths of life.

We can currently measure four basic categories of fat in the blood. Triglycerides are a simple form of fat. Cholesterol is a complex form of fat that is difficult for our bodies to get rid of. Low Density Lipoproteins (LDL) are sticky globules of fat which accumulate in the walls of our arteries and cause blockages. High Density Lipoproteins (HDL) are neatly packaged bundles of fat that our bodies use to remove deposits of fat from the arteries. For these reasons LDL is frequently referred to as bad cholesterol and HDL is considered good cholesterol.

The level of fat in our blood is primarily determined by our heredity, our diet, and our activity level. Some families have very high cholesterol despite good diets while other families have low levels of cholesterol despite not so good diets. Most of us fall somewhere in between. The types and quantities of food we eat are the major determinant controlling our cholesterol levels. Foods which are high in cholesterol and saturated fat (meat, dairy products, and cooking oils) raise the levels while foods

that are low in fat and high in fiber (fruits, vegetables, and whole grains) tend to lower cholesterol levels. Exercise helps burn off excess fat and improves the flow of blood through the arteries.

The recommended level for cholesterol is 200 mg/dl, the lower the better. The recommended level for LDL is below 130 and ideally below 70. For HDL, the higher the number the better. Do you know what your cholesterol levels are? Come on by the PBP Family Health Center and we will find out. You might be in for a pleasant surprise or an eye opener. Either way it is never too soon to know your cholesterol numbers and keep them low.

His position requires someone who lives within the city limits of Holton. Carpenter was first elected to the hospital board of trustees in 1989, and he has continuously served on the hospital board.

Carpenter is director of pharmacy at the PBP Health and Wellness Clinic.

Rural Health Resources (RHR) reappoints board member

(Excerpts reprinted by permission of Sandra M. Siebert, Holton Recorder)

Mike Carpenter was reappointed to the board.



Recipe Corner

By Mary Young

Nutritional cookbooks and magazine articles abound with information concerning diets, fat and cholesterol to the high risk patient. The high risk patient is one who already has cardiovascular disease, diabetes, or hypertension. The best advice is to consult your physician and nutritionist. The following recipes are the courtesy of the American Diabetes Association. For more information, check out their website: <http://www.diabetes.org>.

Fresh Herb Omelet

- 1 tbsp. olive oil
- 1 c. diced red pepper
- 1 c. mushrooms, fresh sliced
- 1 c. scallions, sliced
- 2 ea. garlic clove, minced
- 4 slices whole wheat bread, crusts removed
- 1 c. low-fat cottage cheese
- 4 ea. eggs
- 8 ea. egg whites
- 3/4 c. evaporated (fat-free) skim milk
- 1 tbsp. minced fresh basil
- 1 tbsp. minced fresh rosemary
- 2 tsp. minced fresh chives
- 1 tbsp. Minced fresh parsley
- 1 pinch fresh ground pepper and salt to taste

Preheat the oven to 350°. Heat the oil in a skillet over medium high heat. Sauté the pepper, mushrooms, and scallions for 6 minutes. Add the garlic and sauté for more minutes.

Place the bread slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the bread. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set.

15 Minute Chicken Rice & Broccoli Dinner

- 1 tbsp. oil
- 4 ea. boneless chicken breast halves
- 1 can condensed reduced-sodium cream of chicken soup
- 1-1/2 c. water
- 2 c. Minute White Rice, uncooked
- 2 c. fresh broccoli florets
- Heat oil in large nonstick skillet on medium-high heat. Add chicken; cook 4 minutes on each side or until cooked through. Remove from skillet.

Add soup and water to skillet. Bring to boil. Stir in rice and broccoli. Top with chicken;

cover. Cook on low heat 5 minutes. Note: Increase oil to 2 tbsp. If using a regular skillet.

Chicken and Zucchini Stew

- 1 ea. 18 oz. can tomatoes
- 1 c. low-fat, low-sodium chicken broth
- 1 ea. small green pepper, coarsely chopped
- 2 ea. garlic cloves, minced
- 2 ea. medium zucchini, coarsely chopped
- 1 ea. fresh ground pepper and salt to taste
- 2 tsp. minced fresh basil
- 1-1/2 lb. boneless, skinless chicken breasts, cooked and cubed into 2-inch pieces

Drain the liquid from the tomatoes into a saucepan. Chop the tomatoes and set aside. Add the broth, green pepper, and garlic to the tomato liquid. Bring to a boil, reduce heat to medium, and cook for 10 minutes.

Add the reserved tomatoes, zucchini, pepper, salt, and basil. Simmer until zucchini is tender, about 10 minutes. Reduce heat to low and add the chicken. Cook for 45 minutes.

Eggplant Ricotta Bake

- 3 ea. eggplant
- 1-1/2 chopped onion
- 1-1/2 tsp. clove garlic, minced
- 2 c. low-fat ricotta cheese
- 1-1/2 c. mozzarella cheese, part skim, grated
- 3/4 c. wheat germ
- 1 tsp. oregano
- 1 tsp. basil
- 3 ea. large fresh tomatoes, sliced

Spray cookie sheet with nonstick cooking spray. Slice the eggplant into 1/3-inch circles. Place on cookie sheet. Put a few grains of salt on each slice.

Bake for 15 minutes at 350 degrees F. Saute onions and garlic until soft. Combine the cheeses.

Combine wheat germ and spices. Coat a large baking pan with nonstick cooking spray. Layer ingredients this way: eggplant, wheat germ, cheese, tomato, eggplant, tomato, wheat germ. Cover pan. Bake at 350 degrees F. for 30 minutes.

Uncover and bake five minutes. Serve warm. Reheats beautifully in the microwave oven.

Please submit your favorite recipes to the PBP News. Be sure to include your name, telephone number and/or address in case we have any questions. Until next issue, Recipe Corner would like to say wis-ne-men!



PBP Family Health Center Staff

Front row: Laury Shopteese, RN.
Second row: Steven Stevenson, M.D., Tim Mendez, Environmental Technician, and Laura Thackery, LPN.
Third row: Laurie Valdivia, Managed Care Coordinator, Judy Bryant, RN Nursing Supervisor, Rubina Eteeyan, Benefits Coordinator & Managed Care Supervisor, Thomasine Pahmahmie, Medical Records Clerk, and Loree Brooks, Reimbursement Specialist.
Back row: Richard Pruiksmā, M.D., Mike Carpenter, RPh, Terry Harter, M.D., and John Holtz, Clinic Administrator.

Not shown: Sebe Masquat, RN.



Rhonda Schneider, Medical Records Supervisor



Laura Thackery, LPN



Rubina Eteeyan, Benefits Coordinator & Managed Care Supervisor



Nancy Davidson, Medical Records Clerk



Terry Smalley, Administrative Assistant

Here's some information on the Environmental Health & Engineering office in Holton

Submitted by David A. Hogner, Environmental Health Officer Project Officer, Holton OEH&E Field Station

Within the Office of Environmental Health & Engineering (OEH&E), Oklahoma City Area Indian Health Service, there are two divisions, the Division of Environmental Health Services and the Division of Sanitation Facilities Construction.

The goal of the Division of Environmental Health Services is to protect the health and prevent disease among American Indians through the development and implementation of a comprehensive environmental health program. This objective is met through an assessment of current environmental conditions, identification of hazards and risks, utilization of available resources, development of program priorities with tribal input, establish specific program activities with attainable goals, provision of technical assistance to the Indian people concerning environmental health matters, and evaluation of the effectiveness of the environmental health program.

Our job is to provide a comprehensive environmental health program to tribes and tribal organizations to effectively address environmental health and safety concerns affecting public health. This type of program is based on a consultative environmental health approach. One of our primary activities using this type of approach is surveying facilities and programs. While it is true that we have no enforcement authority over tribes and tribal facilities, we do have a responsibility to accurately and completely identify deficiencies in operations or physical facilities, and to provide sound recommendations to both the program managers and the appropriate tribal officials in order for them to make informed decisions.

Under the authority of P.L. 86-121, the Division of Sanitation Facilities Construction is engaged in a program to assist American Indian families with the construction of sanitation fa-

cilities, which include water supply and sewage disposal facilities.

In order to become a participant on a P.L. 86-121 construction project, you must complete an application and provide certain supporting documents for review by the Division of Sanitation Facilities Construction.

You must be a member of a federally recognized Indian tribe, band, or group and provide documented proof of this membership and you must have the sponsorship of one of the local tribes with the Indian Health Service area in which you reside.

You must own the property on which your home is located and provide to the Indian Health Service a copy of the deed, title, or contract for sale. If you are building a new home or moving a home or mobile home to a site, the site must be evaluated by the Indian Health Service and found to be suitable for the provision of sanitation facilities.

If we can assist you with an environmental health issue or you need assistance in completing an application for water supply or sewage disposal facilities, or if you have questions regarding your eligibility, please contact the Office of Environmental Health and Engineering below:

Holton OEH&E Field Station
Indian Health Services
P. O. Box 349
Holton, Kansas 66436
Telephone: (785) 364-4164



David A. Hogner and Barb Tims



Fried Bread Man

In this August issue of the *Prairie Band Potawatomi News*, the four children, Joe Fast Elk, Mary Swift Bird, Linda Sitting Arrow, and Andrew (Kebaswēn) were talking about the things they did during the summer and how soon school would begin. The children always looked forward to this time of the year because this was the time to go and shop for new school clothes and remember all the things they did during the summer. Lying in the grass, Nēmosh and Fred, Kebaswēn's two pet dogs, listened to the conversations and occasionally looked up at the children. Mary and Linda thought "The Bad News Bears" movie was excellent while Joe and Kebaswēn talked about their hunting and fishing.

Kebaswēn started to laugh. He began to share how he and Joe tried to train Fred on how to hunt for jackrabbits (wabošoyēk) and tree a squirrel (sēngo). Kebaswēn explained further, "Beagles hunt cottontails (mshweyēk) but not squirrels (sēngoyēk)." While telling his story, Kebaswēn laughed harder and said, "When Fred went to smell a wounded sēngo it bit him on his nose!" Right then Fred gave a squeaky yelp, which sounded funny to both Joe and Kebaswēn. Fred looked bewildered at the children, as if to say, "That sēngo had sharp teeth and surprised me."

Joe and Kebaswēn both started the fire. Once the fire was started, Linda and Mary placed logs around it to sit on. They also brought refreshments to be served later. The setting was very peaceful as the night sounds started coming on and the sun slowly began to set. The chirp of the cricket and the song of the dove filled the night as the fire's flame glowed a bright orange and the red coals pulsed to a dance of their own below the twinkling stars. This was a special time for the children as they made their tobacco offering and became silent to pray together.

During this time of silence, a warm comforting fog came in and engulfed the four children, and Nēmosh and Fred. Fried Bread Man walked out of the cloud and with a smile he greeted the children and shook each of their hands. He then began to pet Nēmosh and Fred. Time stood still as Fried Bread Man knelt down in

front of Fred. "How are you my friend?" asked Fried Bread Man.

"I feel much better and don't feel as lonely," said Fred.

Time resumed to the present as Fried Bread Man spoke to the children, "Has anything new happened this summer?"

"The heat and humidity was so high it made us tired and we missed first place at the last powwow we attended," said Mary.

"It was a great experience for me because I met so many kids our age and made friends with them," said Linda.

"How was your summer Joe and Andrew?" asked Fried Bread Man.

"We played in little league baseball and went hunting and fishing," said Joe.

Kebaswēn said, "I enjoyed planting and taking care of our family garden. We gave most of the harvest to the elders and it felt so good to be thanked by them."

"Yes, and one elderly lady gave us homemade biscuits and jam for no reason," said Joe. Then Joe smiled and said, "Nēmosh and Fred begged us to give them a bite."

"We helped our mothers can this month. We canned green beans, milkweeds, and dried corn and squash," said Mary.

"We were told to sing in our language and think good thoughts as we helped with the canning," said Linda.

"What a summer! It sounds like you had a good time and learned a lot too," said Fried Bread Man. "I would like to share something with you this evening. Soon you will be starting school and be traveling by bus. Please remember to do a tobacco offering whenever you get the chance. And remind your parents to keep a small amount of tobacco in their car. This will ensure the Creator will watch and take care of you on your journey. There are times adults feel lonesome for lost loved ones, or feel sad. Please remind them to put out their tobacco, this will offer them comfort. Remember to love one another as your brother or sister."

This concludes the August issue of Fried Bread Man. Have a good month.





PBPN Road and Bridge Report: Big Projects, Safety Enhancements

Submitted by PBPRB Director Tim Ramirez and
Admin. Assist. Angie Bell

Construction season is in full swing, winding down on the big items. General road maintenance is a never-ending job. The leaves are turning and mornings are getting cool. Mid-July to mid-August was pretty dry so a lot of work got done. When reading last month's paper it was a good one, showing projects, but not ours. I thought I would sit down and tell you all what R&B has been doing. I owe it to the men and equipment we spent general fund money on, the paper showed the hired contractors. The big one 158 Phase II was a BIA Project from the start designed in 1992. Right of Way (R/W) was acquired in 1999 for Triple Phase power lines the six mile length of the project, leading to the new Senior Center, but the Road Construction R/W was all obtained so the poles would not be moved. This early R/W quickened the whole project, 6 miles of fence was done, electric was out of the way, only phone and water lines. BIA funding became available but not enough, R/W on other roads were and are still hard to get. So their tribal funds were shifted to this project to do the whole job 52/48, 2.3 The contract is BIA 638 and Subcontractor HAMM Construction. There is 490,000 yds. of excavation 6 RCB (Reinforced Concrete Box) culverts 2 extensions. Numerous crossroad and driveway tubes. Fly ash sub-base and 5" asphalt. Design speed is 55-mph and for sight safety distance. This project goes from the center of the reservation at K Rd to E Rd, the Delia/Soldier Road. Road 158 is FAS (federal aid secondary) 321 and E Road is FAS 315. The west mile of this project is off the Reservation. Funding and inventory mirror what qualifies to the next or higher functioning classification. A sad note of this project, HAMM Co. had a mechanic killed on the job west of F Rd. He was crushed by a D-6 Dozer Track during a repair.

BIA Bridge 256 Crow Creek 158 & H.4 timing and funding was everything with this one. This one puts the icing on the cake. It is a part of 158 Phase II west with 100% BIA funding.



The photo at left shows one of the new bridges that the Road and Bridge Department constructed this year. This bridge is located at 158 and H.4 and is a part of the 158 Phase II west project.

Photo submitted by Tim Ramirez and Angie Bell



Located at H.4 & 158 Crow Creek, during wet seasons with the old set low bridge, it was a 1/10-mile flood plan. Knowing this would happen on the new road, funding was sought by R&B. The sufficiency rating was 79.3, anything over 70 by guidelines is not funded. The application year, five people drowned on the Kansas Turnpike, a drafted letter signed by the Chairman stating the safety of Indian people and the fact a similar accident happened to a PBP member, Jack McKinney, on 182 road convinced Federal Highway to approve the project. So driving on 158 west at Crow Creek the bridge is yet another enhancement BIA 638 Bridge by PBP R&B.

Tribal Bridge PBP #22 is done and located at 174 & N, 1/4 mile west, a tributary to Little Soldier. This project replaced an old narrow RCB. Failing and built with square rebar, so you know its old. R/W for the detour and utility moves, power & phone went smooth with the fee landowners. The structure is steel, pre-fab concrete slab deck with the elevation shots of the projected 06 hill cuts and blacktop of 174 witchaway road. Designed in 1982 by the BIA, redesigned in 04/05 by PBP at this structure the road got raised 4 feet. All the fill came from the 150 & J intersection cut, vibratory sheepfooted compaction. A 75-foot retaining wall was built just west of the new bridge where the creek meandered back to the road slope. A lot of extra R/W and an army corps of engineers permit to re-channel would have been applied for and held us up a couple years, to be denied. For a slope to hold, it has to be minimal 3:1, a 20 ft. drop would have moved the creek 60 ft. thus the sheet piling retaining wall. The pressure of the compacted backfill called for two dead man to hold it up. They were two 30 ft. 42" I-beams with two layers of 2" steel bars high and low, backfilled set back 30 ft into the road (see photo). The wall was then topped with a guardrail.

Roads 150 & J safety enhancement is a 7000 yard hill cut all four directions. It was always a hazard to school busses, bull haulers and the traveling public. It is steep east and west with no sight safety. Designed by B&G who did Phase II 158 with BIA IRR (Indian Reservation Roads) capacity building funds. The 7,000-

yard was put to good use, the 174 tribal bridge, and backfill of the tubes south of the boxcar on 134, and to more fill on the ongoing fill at the second ball field at the old ball park. This volume equals 466 loads of 10 wheel dump trucks (see photo) with a mix of belly dumps call it 500. All loaded with track hoe, wheel hoe, & track loaders, and its done and rocked, ready for school bus season, so go check these spots out.

The Pedestrian Bike Trail is back on the front burner. After 20 months an agreement was reached with BIA Regional Office Anadarko and the State of Kansas K-DOT. Ten percent of the funds a state receives from Federal Highway in D.C. must be used for transportation enhancements like this project. We applied for one and were denied. When we reapplied stating Indian Tribes are eligible we got ranked 16 out of 42, 24 funded. What took so long was the Federal Statute that said we were eligible did not say how a state pays an Indian Tribe. We wanted all along to do this with R&B Tribal equipment 638 Contract.

All BIA 12 regions nationwide this was never done before. A Tribe spending a states share of federal highway enhancement funds. Legal findings KDOT lawyers, Federal Highway Legal, BIA Washington D.C. office, states of Wisconsin, Washington, North Dakota, New Mexico, and Michigan, no help. BIA solicitor's office Tulsa, BIA office said we could apply to Kansas DBE Disadvantaged Business Enterprise. I told them we are not disadvantaged and are eligible under Federal Statute as an Indian Tribe and will stand tall. Now as of July 20th an agreement signed by BIA Anadarko Region Road Engineer, the Kansas Secretary of State Transportation Engineer states KDOT will transfer funds to BIA for PBP to 638 project. It is now in final design. Thanks go out to Tribal Council for supporting resolutions and funding from general revenue to make this possible with good equipment and great manpower, many which are Tribal Members.

Road and Bridge at a glance

By Tim Ramirez & Angie Bell

- 158 West Phase II is all but completed within and under the allowed construction days; \$2.3 million: 52 % BIA, 48% PBPN. 6 miles of 55mph black top.
- 158 and H.4 BIA Bridge #256. 132 ft. 6 inches deck Crow Creek is complete; \$519,000.00.
- Tribal Bridge PBP B#22. 25 ft. deck 28' 6" wide is complete. A 75 ft. retaining wall associated with this project is also done; 174 and N 1/4 mile west.
- 150 and J intersection hill cut is 99% complete. Road rocked for east and west traffic; 7,000 excess yards of excavation.
- President signed into law \$244.1 billion SAFETEA-LU (Safe Accountable, Flexible, Efficient Transportation Equity Act; a Legacy for users) with guaranteed funding for highways, highway safety and public transportation. The Nation's largest surface transportation investment in our history. Within this bill, Indian Reservation Roads (IRR) and BIA Bridges are getting increased funding and wording that benefits Indian Tribes Nationwide including PBP.
- After a 20-month, agreement is reached with BIA and K-DOT to 638 BIA Contract Pedestrian and Bike Trail Phase II & III, \$437,647.00.

Letters to the Editor

Editor's note: Tom Wabnum submitted this letter to the News for reprint. It is addressed to Senator Tim Johnson, South Dakota.

June 27, 2005

Dear Senator Johnson:

UNDERFUNDING IS TERMINATION BY APPROPRIATION. UNDERFUNDING IS A BREACH OF TRUST. WITHOUT A SPECIFIC INDIAN TRUST POLICY, THE FEDERAL GOVERNMENT WILL ALWAYS BE IN A BREACH OF TRUST NO MATTER WHAT TRUST REFORM DOCUMENT THEY CREATE AND WILL NEVER BE IN COMPLIANCE WITH THEIR FIDUCIARY TRUST RESPONSIBILITY.

Last year, you were supplied with information that was strong enough for your office to request a GAO investigation on the Office of Special Trustee for American Indians' appropriated funds. See your memo of May 3, 2004 to Honorable David M Walker, Comptroller General, OST's investigation request. OST's appropriated funds have never been audited. I would like to know of its status since I was one who supplied this information. I am a firm believer of accountability, strong federal government and a better United States of all people. But when taxpayers aren't asked to use their funds to cover up for centuries of federal mismanagement, than the people have to know.

I am once again giving you indicator information that reflects what Judge Lamberth calls "gross mismanagement in its purest form". An email from and OST employee who was hired as an auditor in OST's Office of Trust Review and Audit gave this message to OST Albuquerque employees a farewell message upon retirement. What is really bothersome is mostly the non lemming like non-Indians, whom they hire now, are the ones that will give such notice. They see what OST is doing to Indian employees and OST's trust reform mission but it affects them as well and it disappoints them because it is a federal government program and nothing is being done to correct it. The federal employee grievance system is costly, timely, favors the status quo managers and targets witnesses of the complainant.

Your request of May 3, 2004 is to investigate performance awards, OST contracting practices, budget and financial irregularities and general mismanagement. The OST employees email May 31, 2005, (more than a year later) is also stating contracting problems and

possible fraud, unfair performance awards, communication problems, hostile work environment between middle management and OST senior management, personnel management favoritism, distrust, spying, discrimination in parking space, misdirection, and general mismanagement on a daily basis.

His message reflects mismanagement issues but the part about "supplying the Contractors with their 'deliverable'" so they can substantiate their billing" could be common practice for OST. Another is "Providing work to 'Contractors' and being accountable to them, rather than vice versa" is supporting a pretend shell on this organization. There are many OST contracts because DOI is squeezing programs out of BIA going into the OST's front door and outsourcing them right out the back door. That is why they will not appoint an Assistant Secretary - Indian Affairs and instead have the DOI Secretary's Associate Deputy as Acting AS-IA handle the BIA program dismantling to OST. OST has a full compliment of employees and budget and yet the majority of work is outsourced to non-Indian contractors. OST is fast becoming a regular House of Cards. In the meantime, the

National Congress of American Indians and Inter Tribal Monitoring Association demands are that they sunset OST in their prepared Settlement Legislation proposal dated June 20, 2005. In this time of need, want and woe, how come OIG in their November 10, 2004 one page investigation report didn't report any such actions?

You also have before you a March 27, 2004 a memo "Expediting Office of Special Counsel Investigation of Whistleblower complaints in OST and initiating an audit of OST by GAO." A May 17, 2004 memo with supplemental documents for the OST GAO investigation request. A copy of a February 24, 2004 memo to Keith Harper providing overview of Whistleblower complaints. What is the status of those complaints?

Shortly thereafter, in the November 10, 2004 OIG memo, it states "The investigation was predicated upon a series of complaints forwarded from the General Accountability Office (GAO) in April 2004." I hope this OIG 'clean bill of wealth' and 'the complainant did not properly understand the budgeting and accounting process utilized by OST' report is not in essence GAO's response but please let me know if it is.

I am an IIM Accountholder (plaintiff), former budget analyst for BIA, former OST employee (former defendant), former Budget Analyst of BIA, former budget analyst for OST and former Management Analyst for Office of Trust Records, Prairie Band Potawatomi Tribal member and former Tribal Council Member. The Cobell lawsuit is important to me because my reservation was allotted in 1861 and 1887. My Nation and family have lived through many hardships, loss of land and money, destruction of culture and language, custom and tradition while under the protection of the United States. The Courts of this Country said that we shouldn't have in their Court orders and opinions.

It has been a national disgrace since 1492, a breach of trust since 1887, intended failure since the Reform Act of 1994, a national embarrassment of contempt of court charges on the United States Federal Government since 1999, fraud on the Courts of this land since 2002, covert politics, bipartisan, snake oil type remedies and trust fix attempts and now forced into a discounted Settlement Proposal from Indian Country in 2005. It is widely known that OST is an expensive political patsy for the continued cover up for legal theft of Indian land and money. The federal government has failed us you and the citizens of this country. For Indian Country, it's just another broken promise.

Regardless of Party but for the sake of the Party in Control, Congressional Leaders like yourself and others on other congressional committees can bring this injustice to closure. On March 9, 2004 Senator McCain said: "Maybe we ought to have GAO look at the whole situation and see what the deal is and what the options are," said McCain, the chairman of the Senate Indian Affairs Committee. "It's a pretty big task." If the Senator is serious then there is one important category not mentioned in the Johnson request to GAO was to interview all OST and BIA employees associated with regular and trust reform business. The truth will set you free.

Please provide me a status report of the OST investigation and when it will be finalized. If I can be of any assistance you may contact me at 505.298.5649.

Your humble servant,
Thomas M. Wabnum
200 Sharon Drive, NE
Albuquerque, New Mexico 87123

The Language Conference

My sister, nieces and I attended the language conference held at Harrah's on June 7-9. We were thoroughly impressed by the work and dedication the presenters at the conference displayed. Most of these people are young adults who are determined to find a way to teach the language and preserve it for the future generations. There were several approaches to the learning process but the overall message we received was SPEAK IT - no matter how well you write it or read it, if no one HEARS it, it can still be lost, and the language is what makes us who we are - it sets us aside.

Since I did not grow up speaking the language I felt like it was too late for me to bother learning it now. I came away from the conference with so much information and other resources, that I felt encouraged and hopeful. (My sister says I'd better learn it to help her talk to her daughters!) Well, I can now holler at my sons to shut the door, or come to eat and say I love you in Potawatomi. They grin and roll their eyes, but they're hearing the language!

There was a suggestion that the next conference be held prior to or in conjunction with next years' Gathering. I think that is a wonderful idea to save expenses and time but also add another purpose to our gathering as a nation.

P.S. An extra "thanks" to the Harrah's staff that helped during the conference. The meals were outstanding and our every need was met during the time we spent there. Monte, our waiter, made us feel like we were queens for the day!

Migwech
Dianna Payne





Firekeepers Elder Center

2nd Annual Jack & Jill 8-Ball Tournament

1 Man, 1 Lady - Alternate Shots
\$20.00 Per Team

At Elders Center - 15732 K Road, Mayetta
Saturday, October 8, 2005 - 9:00 a.m. until done
Ages 21 and older - Enter early
Deadline: Tuesday, October 4, 2005

Double Elimination - Race to Two - Winners Bracket
Losers Bracket - Do or Bye Bye

1st - \$140.00 2nd - \$100.00 3rd - \$80.00
Based on 16 entered teams/Adjusted if less

Contact: Nona @ 966-0040
Joy @ 966-0041
Curtis @ 966-0040

Meals/Concession by Elders Center
Breakfast fundraiser starts @ 8:00 a.m.

SPORTSMANSHIP IS AN ABSOLUTE MUST!
(HOUSE RULES APPLY)

Scholarship announcement

The Sharon McClane Scholarship is still available until
September 30. Please call 785-986-6564 for information.

Tribal member Alan Anderson Dior Show Artist

Submitted by: Sharon Anderson Bosse

Alan Anderson has always been fascinated by the transforming powers of makeup. From soft, natural looks to dramatic evening looks to the fantasy creations seen on the fashion runways, Alan loves using makeup to enhance the beauty of each of his clients.

Alan learned how to highlight a woman's beauty early on, beginning in high school where he did stage makeup for the theater. Since then he has worked with some of the most talented makeup artists in the country at runway shows. Alan has also been featured in print publications and has appeared as a guest lecturer in Beauty Seminars.

Recently, Alan was trained by Dior Celebrity Makeup Artist, Pati Dubroff. Pati, one of Hollywood's most sought-after makeup artists, has created red-carpet looks for such famous faces as Naomi Watts, Gwyneth Paltrow, Drew Barrymore and Liv Tyler. Her expertise and imagination are also prized by top fashion photographers and can be seen on the pages of Vogue, W, Harper's Bazaar, Elle and Vanity Fair.

As a Dior Show Artist, Alan looks forward to sharing the tips he has learned along the way, so that he can help each woman who sits in his chair look her absolute best. "The aspect of the business that I love most is working one-on-one with clients. Sharing beauty and fashion trends, along with tips on how to make them work, is a wonderful way to help every woman discover her own personal beauty."

Alan is an enrolled tribal member and graduated from Royal Valley High School in 1986 and Kansas State University in 1995. In college he majored in Apparel and Textile Marketing and he is a licensed cosmetologist.



Pow-Wow Coming Up Sept. 24

Want to be on the PBP Pow-Wow
Committee?

Call Rebekah Potts at
966-3024



August
is the
Ripening Moon
or
Nibne Kisès



Soldier wants pen-pal
To Whom It May Concern

I am Native American (Cheyenne and Potawatomi). I am in the U.S. Army deployed in Iraq for a year. I would like to have some native pen-pals to write. I am a Sergeant from Colorado. Thanks for your help.

Sgt(P) Roy W. Matsapto
HHT 2/3 ACR
Camp Sykes
APO AE 09379



Area Churches

By Mary Young

Baptist

Bethany Baptist Church

821 New York Ave., Holton, KS
(785) 364-4379

David Noland, Youth Sunday School Teacher
David preaches the 5th Sunday of months.

Prairie Band Baptist Outreach

P. O. Box 206
Holton, KS 66436
(785) 364-4259

Pastor Terry Paine

Catholic

Our Lady of the Snows Parish

5971 - 166th Rd, Mayetta

Our Lady of Snows is on-line with a web page on history, calendar of events, mass schedule, photo gallery, and other important information. Please take a few minutes to visit our web page at <http://www.pbpindiantribe.com/snow/index.html> or go to the tribal web site home page and click on Our Lady of Snows icon. We would be glad to answer any questions about our parish.

Methodist

Pottawatomi United Methodist
On O Rd. between 142 and 150 Rd.

Rev. Howard Sudduth

Sunday: 9:45 am - Sunday School
10:30 am - Worship Service

Pentecostal

Potawatomi Pentecostal Church

4-1/2 mi. west of mi. marker 134

Sunday: 10 am - Sunday School
10:45 am - Worship service
7 pm - Evening Worship

With a thankful heart

Psalm 100, A Psalm of praise (KJV)

MAKE A joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.



SUPPORT GROUPS

Topeka Area

AA (Alcoholics Anonymous) - For people who have a desire to stop drinking. For meeting schedule and times in the Topeka area: 354-3888

Native American AA Meeting - 8:00 p.m. Friday, SW 135 Buchanan.

Recovering Women's Group - 5:30 p.m. Monday, 725 Buchanan ring bell. Non smoking, closed.

Gamblers Anonymous - For people seeking help for problem gambling, 7:00 p.m. Wednesday at St. Francis Hospital, 1700 S.W. 7th, 2nd floor, meeting room 6: 862-6666; 7:00 p.m. Friday at St. Francis Hospital, 2nd floor, meeting room 9: 862-6666; and 7:00 p.m. Wednesdays at Westminster Presbyterian Church, 1275 S.W. Boswell: (785) 339-3583.

Mayetta Area and Vicinity

Open AA Meeting, 7 p.m. to ?? Wednesday, We Ta Se Building, 15434 K Road.

Alateen, 5-6 p.m. Monday, at the We Ta Se Building, 15434 K Road.

AA Meeting 7:30 p.m. every Thursday and Sunday at St. Francis Xavier Church basement.

PARR Ranch—Open meeting, at 7:00 pm Monday, 18367—182 Rd.

Women's NA Meeting— 6:00 pm Friday at the We Ta Se building, 15434 K Road.

Kickapoo AA meeting— at the Kickapoo Senior Citizen Building at Friday at 8:00 p.m.

Holton AA Meeting - at First Christian Church, 5th & Wisconsin, Thursday at 7:00 p.m. 966-2178, 364-4479.

Holton AA Meeting—at EUM Church (1 block south of post office—enter south door), Wednesday at 7:00 pm.

Lawrence Area

Circle of Hope AA Meeting every Wednesday at 7 pm, Haskell Campus, Winnemucca Hall (south of the campus).



Prairie Band Potawatomi Nation

TOLL-FREE NUMBERS

The following are the toll-free numbers that are available to the various departments at PBP.

Government Center

(877) 715-6789

Alcohol & Drug

(866) 966-2411

Boys & Girls Club

(866) 727-6242

Family Violence Prevention

(866)966-0173

Health & Wellness Clinic

(866) 694 6728

FAX (785) 364 3691

Pharmacy

(866) 727 6330

Managed Care (CHS)

(800) 441-6021

Housing

(866) 966-2756

Human Resources

(866)694-3937

Per Capita

(866) 277-3722

Social Services

(888) 966-2932

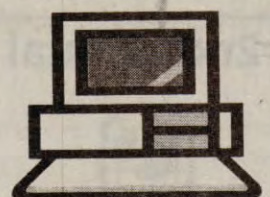
Tribal Court

(866) 966-2242

Transit Program

(785) 966-2995 or 966-3024 or

(877) 727-6743



Web Site Addresses of Interest

PBPN Website

Links to Human Resource Dept., Tribal Court, Education Dept., Calendar of Events and the Boys & Girls Club
<http://www.pbpnation.org>

Prairie Band Potawatomi
[HTTP://WWW.PBPIndianTribe.Com](http://WWW.PBPIndianTribe.Com)
Family histories, photographs, etc.

Administration on Aging
Programs & Resources for Native American Elders
<http://www.aoa.gov/AIN/default.htm>

Forest County Potawatomi
<http://www.fcspotawatomi.com>

www.nativebiz.com

1-800-MEDICARE
www.medicare.gov

MEDICAID
[Http://cms.hhs.gov/medicaid/](http://cms.hhs.gov/medicaid/)

Native American Internet
Resource
<http://indianz.com>

We Ta Se Logo Contest By September 24th Winning Design—\$150.00

All designs must be delivered to:
We Ta Se office
15434 K Road
Mayetta, KS 66509



Community Notices

PBPN Economic Development Department

What: Community Meeting

When: Tuesday, September 13, 2005
6 PM - 8 PM

Where: Fire Keepers Elder Center, 15372 K Road
Mayetta, Kansas 66509

The purpose of this meeting is to share information about the PBPN Wind Energy Feasibility Study that will be presented by Ryan Jacobson and Terry Meyer who are professional engineers with Black and Veatch Engineering, Overland Park, Kan.

Agenda

- Introductions by John Schilling, Tribal Business CEO
- Explanation of the wind energy project's four tasks
- Discuss timing of when the four tasks will take place
- Discuss where the wind energy meteorological test towers will be placed

If the wind energy feasibility study proves to be successful, the PBPN will be able to supply electricity to meet the reservation's needs. During times when the wind is inadequate and electricity cannot be produced, we will have to rely upon the public utility suppliers.

- Ryan Jacobson and Terry Meyer

3rd Annual Community Fall Festival Clowns, musicians, Indian tacos, fun and fellowship

Date: September 17, 2005
Place: Prairie People's Park
Time: 4 p.m. - ?

Contact: Barb Dillner, 785-986-6543
Sponsored by: community churches

Come watch the Firekeepers Elder Center Co-Rec Softball Tournament

September 9,10,11

Games begin
at 7:30 p.m.
on Friday
until finished

PBP Ball Park
150 Rd
Mayetta, KS



For more
information call
Curtis 966-0040
or
Thedi 966-0053

Need to get rid of some old Christmas decorations?

The PBP
Pow-Wow Committee
wants them to create decorated
wreaths, trees and other
holiday items to be sold at a silent
auction that will be held this year
instead of the
Holiday Craft Fair

Call Rebekah Potts,
785-966-3024

or
email: rpotts@pbpnation.org

September

"2005"

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Labor Day	Beef Spaghetti Green Beans Tossed Garden Salad Garlic French Bread	Roast Turkey Slice w/ Mash Potato & Gravy Steamed Brussels Sprout Wheat Bread	Baked Chicken Cream & Chive Potato Peas / Dinner Roll Tossed Garden Salad	Salmon Loaf Wild Rice Stuffing Cabbage & Carrots Sliced Wheat Bread
Beef Salisbury Steak Mash Potato & Gravy Spinach / T.Salad Wheat Bread	Grilled Chicken Sandwich Broccoli Normandy Tomato Soup & Crackers Diced Fruit Salad	Baked Pork Chop Scalloped Potato Succotash Salad / Dinner Roll	Happy B-Day Dinner Indian Taco	Baked Fish Sandwich w/ Lettuce & Tomato Cream of Broccoli Soup Crackers / Orange
Turkey Rice Casserole Mixed Vegetables Chef Salad/Cot.Cheese Biscuit	Meatloaf Potato & Gravy Green Bean Casserole Dinner Roll	Chicken Dumplings Peas Tossed Garden Salad Biscuits	Baked Ham Sweet Potato Casserole Green Beans Dinner Roll	Tuna Noodle Casserole Peas and Carrots Tossed Garden Salad Biscuit
Philly Cheese Steak Baked Fries Onion Soup/ Crackers Tossed Garden Salad	Beef Goulash Green Bean Carrots Spinach Salad Garlic Toast	Honey Lemon Chicken Brown Rice Steamed Broccoli Dinner Roll	Sliced Pork Tenderloin Mash Potato & Gravy Mixed Vegetables Dinner Roll	Closed Native American Indian Day Tuna Salad Sandwich Navy Bean Soup Garden Salad Cheese & Crackers

**Potawatomi
Fire Keepers
Elder Center**

Native Seniors 50+ Free
Adults \$3.50
Children \$2.00

Lunch Hours 11:30-12:30
Menu Subject to Change

2nd annual Wahweotten get-together and cookout

September 17, 2005
2:00 p.m.-8:00 p.m.
PBP Park



Bring family, spouses and friends and any dish that you enjoy.

PBP government offices will be closed

September 5- Labor Day
September 23-American Indian Day

For job listings go to
[www. PBPNation.org/hr](http://www.PBPNation.org/hr)

PC Computers available to tribal members 50 years and over

If you are a tribal member 50 years of age or over you are eligible to apply for a refurbished Pentium III computer. Computers come equipped with a tower, monitor, keyboard and mouse and run on the Windows 2000 operating system.

Fill out the application below and send it in to the IT Department at 16281 Q Rd, Mayetta, KS 66509 between August 31, 2005 and September 15, 2005.

A limited number of computers are available. Applicants will be selected by a random drawing if applications exceed number of computers available.

Call Ben Joslin at 785-966-4084 for details.

PC's for Elders Program Application

First Name: _____
Last Name: _____
Address: _____
Home Phone: () _____
Date of Birth: _____

Please check one of the following

- ☐ I will pick up in person
☐ I accept all freight charges from
FedEx to my residence.



Prairie Band Potawatomi Economic Development Department

Small Business Development Center Notice of Interest In Loans for Small Business Development

Name _____

Address _____

Telephone _____

Email Address _____

According to the Housing Urban Development guidelines, only low to median income PBPN members are eligible to make application for the small business development loan program. Please know that each state's federal guidelines for low to median incomes vary. List all of your family members as well as your own.

Due to each applicant having to comply with low to median income guidelines, all income must be verified by submitting the 2004 federal 1040 tax filing.

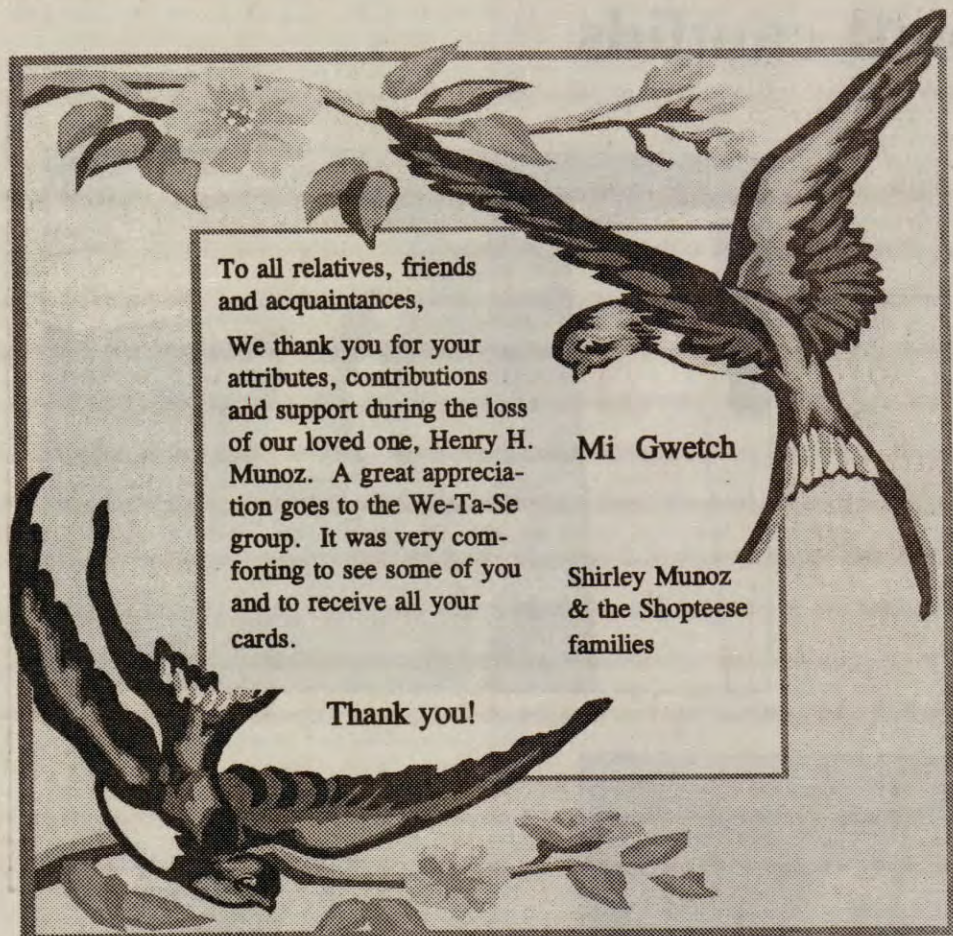
State the business that you wish to start:

Please verify by signing your name and the date that you are aware that each applicant will need to complete a business plan according to a four-week self-learning module and submit household income information such as described above.

Signature _____

Please know that these must be re-paid to the Prairie Band Potawatomi Nation as noted with the contract. Cut this form out and send it to:

Economic Development Center
Small Business Development Center
PBPN Government Center
16281 Q Road
Mayetta, KS
785-966-4047



To all relatives, friends and acquaintances,
We thank you for your attributes, contributions and support during the loss of our loved one, Henry H. Munoz. A great appreciation goes to the We-Ta-Se group. It was very comforting to see some of you and to receive all your cards.

Mi Gwetch

Shirley Munoz & the Shopteese families

Thank you!

Ganiṭṭēk

(those who are born)

Welcome
Baby
Jaylyn Rose Mary
&
Congratulations
Jessica Lee



Love,
your sister, LaRosa Knoxsah

Newsmakers

Proud
to be a
Potawatomi



Landri James

Crowned Kickapoo Tribal Princess
Kickapoo Pow-Wow Days
July 15-17, 2005

mother: Laverne Biggoose
father: Lloyd James



Chaz Shopteese, 10

Congratulations on graduating
from Mars Academy at the
Cosmosphere in Hutchinson, Kansas

from his mom,
Sandra Shopteese and grandparents,
Frank & Portia Shopteese



Melissa Shinogee, 17

Congratulations on receiving the
highest Girl Scout Gold Award in
Lawrence, Kan. on August 10



Proud mother, Patti Wakole
&
Grandmother, Marilyn
Hale-Wakolee



Tara Mitchell, 16, won
the free throw contest for
youth at the Gathering.
She scored nine out of 10
shots and won a trophy.
She also played in the 3
on 3 basketball tourney
and the team won first
place to win another trophy.



Congratulations
Ian Jess Barber
Wabaunsee High School graduate

From left to right are Ian Jess Barber with his
grandmother, June Barber and Aunt Emily Aitkens.

Photo submitted by Jackie Haynes, Paxico.

Ttiwenmo eginigȳn (Happy day you were born)

Kanibwēṭṭēk
(the one's that stood up together)

Happy Birthday, Julia



Julia Kabance, 95, with Sarah Patterson, 93 at
the Firekeepers Elder Center on August 11.
Photo submitted by Delores Abrams

Happy Birthday
Na Nis Qua

Love,
Grandma



Kamboṭṭēk
(Those who died)

Donald D. Anderson



Donald D. Anderson, 66, Topeka, died July 28, 2005, at a Topeka care center. He was born April 23, 1939, at Depew, Okla., the son of Samuel J. and Nannie M. Taylor Anderson. He attended school at Depew, Okla., Corona, Calif., Roundrock, Texas, and Mayetta. Donald worked at Thompson Hardware Store in Topeka and later at Goodyear Tire and Rubber Company. He served in the U.S. Army from 1961 to 1963, stationed at Fort Riley. After his discharge, he returned to work at Goodyear for a short time until he became disabled. He attended the Methodist Church and was a member of Rubber Workers Local 307. He married Diana Dooley in 1967. They divorced in 1969. He married Barbara Nolan in 1971. They divorced in 1973. Survivors include four brothers, Jim Anderson and Freddie Anderson, both of Prague, Okla., Charles Anderson, Riverside, California, and David Anderson, Houston, Texas; five sisters, Verna Ramage, Hoyt, Kathryn Donn, Puyallup, Washington, Glenda Grant, Hoyt, Betty Holt, Holton and Mary Stickman, Everett, Washington; and numerous nieces and nephews. He was preceded in death by his parents; a brother, Robert Anderson; and two sisters, Maggie Frances Anderson, who died at birth, and Jacquita Ann Anderson, who died in infancy. Funeral services will be held at 2 p.m. Aug. 3 at Chapel Oaks Funeral Home in Hoyt. Burial with military honors by We-Ta-Se American Legion Post #410 will follow in Hoyt Cemetery. Mr. Anderson will lie in state after 9 a.m. Aug. 2 at the funeral home, where visitation will be held from 7 p.m. to 8:30 p.m. Memorial contributions may be made to the Donald D. Anderson Memorial Fund, to be used for residents at Brighton Place West, sent in care of Chapel Oaks Funeral Home, 100 Apache Drive, Hoyt, KS 66440. Online condolences may be made at www.chapeloaksfuneralhome.com

(Courtesy of Holton Recorder, 8-1-2005)



Happy 11th
Birthday
Dustin Ross

With all our love,
Jesse, Tammy,
Ashley,
Mom & Dad



Congratulations
to
Amanda Nioce
&
Michael Barbosa
on their marriage
July 9, 2005.

Love,
Mom, Dad, Tricia,
Grandma, and Aunt Vestina

James L. Boushie

James L. Boushie, 58, Albuquerque, N.M., formerly of Topeka, died Aug. 14, 2005, at an Albuquerque hospital. He was born Sept. 18, 1946, in Topeka, the son of Ben and Velma Shopteese Boushie. Mr. Boushie served in the U.S. Army during the Vietnam War. He later worked as an accounting technician. He was a member of the Prairie Band Potawatomi Nation. Survivors include his wife, Geraldine Velarde-Boushie, Albuquerque; two sons, James Alkire, in Minnesota, and Brandon James Boushie and daughter Noelle, Gowanda, N.Y.; and a daughter, Sarah Lynn Boushie and son James Douglas Joepeck, Green Bay, Wis. A rosary will be recited at 7 p.m. Aug. 17 with visitation to follow at Mercer Funeral Home in Holton. Graveside services with military honors will be held at 11 a.m. Aug. 18 at Shipshew Cemetery west of Mayetta (Courtesy of Holton Recorder 8-17-2005)

Thomas E. Mikseni Shopteese

Thomas E. Mikseni Shopteese, 68, Topeka, died Aug. 1, 2005. He was born Jan. 21, 1937, in Mayetta, the son of Francis P. and Mary Mzhickteno Shopteese. He graduated from Haskell High School and Institute and Washburn University. Mr. Shopteese was retired from the State Department of Corrections. He was the Director of Substance Abuse for the Prairie Band Potawatomi Nation. He was a member of the Prairie Band Potawatomi Nation. He married Stella P. Curry in Miami, Okla. She died in November 1987. Survivors include a son, Russell Shopteese and his fiancée, Michelle Dunlap, both of Topeka; and several nieces and nephews. Funeral services will be held at 10:30 a.m. Aug. 4 at Mercer Funeral Home in Holton. A rosary will be recited at 6:30 p.m. Aug. 3, with a visitation to follow at the funeral home. Burial will be in the Shipshew Cemetery west of Mayetta.

(Courtesy of the Holton Recorder 8-3-05)



Maintenance Department candid

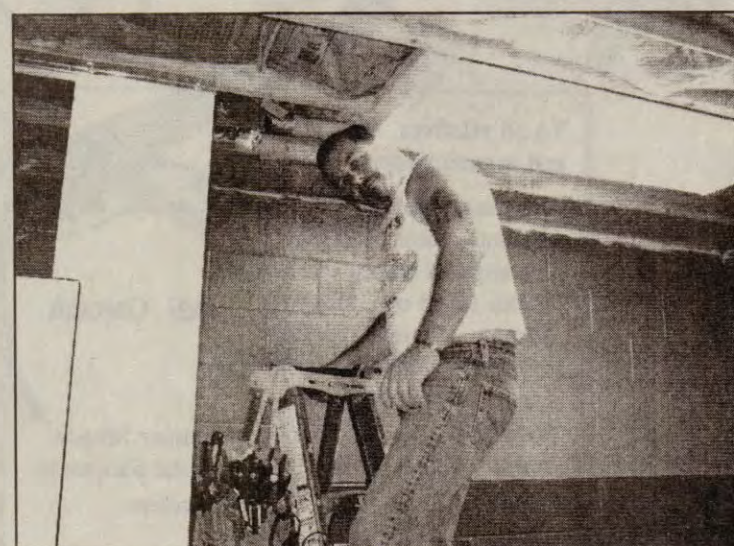
Lightening strikes light pole in the parking lot at the Government Center



Power was off for two days at the Government Center due to a lightening strike over the weekend. Vern Wabaunsee, Maintenance Director, and Jim Shane, Construction Manager, point out where the lightening struck. The lightening hit the junction box located in the Government Grants office and traveled through the building putting a hole in a ceiling tile. Below, Rick Rector, is seen holding the ceiling tile.



Terry Fox, right, and Ronnie Dinger, below, are both seen working on the electrical system in a Road and Bridge project.



Perk Whitetail, right, is seen moving office equipment from the We-Ta-Se building.



In the left photo, Don Don LeClere is seen getting ready to mow the Boys and Girls Club's front lawn.

BJ Jones, right, is seen opening a stubborn window for the CHR office.



Photos by
Suzanne Heck
and
Mary Young

The photo to the right, shows Dona Kluber running from the PBP News at Nation Station. In both photos, Aaron Hale, is seen installing lights.



Above is Deb Shobney seen out in the field obtaining a quote for a security system at one of the Nation's enterprises.

