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Prairie Band Potawatomi News

October 2006 EDITION

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A Report to the People of the Prairie Band Potawatomi Nation

Hundreds attend grand opening of the new Health Center

By Suzanne Heck

Members of the Indian Health Board and the Health Center staff went all out for the grand opening of the Prairie Band Potawatomi Nation Health Center that was held on October 18.

Hundreds of people attended the standing-room only event that included many Prairie Band Potawatomi tribal members, state of Kansas dignitaries, and Indian Health Service (IHS) representatives from Oklahoma and Kansas. To top it off, Topeka television stations ran coverage of the event that was aired on their newscasts that evening and the next day.

Activities began with the posting of colors by the We-Ta-Se American Legion Post 410 Color Guard and singing/drumming by the Ge mon en wek Singers, a youth group of Potawatomi-affiliated members from Topeka.

An invocation by Gaming Commission Chair Gary Mitchell was followed by opening remarks by Prairie Band Potawatomi Nation Tribal Chair Tracy Stanhoff. "There is no place like the Prairie Band Potawatomi Nation reservation; and I want to thank and publicly recognize the Indian Health Center staff and members of the Indian Health Board who helped to make the

new center a reality," said Stanhoff.

John Daugherty, Jr., Area Director of IHS from Oklahoma City, also was invited to give a short presentation to the audience. He said that he was glad to see tribes, like the Prairie Band Potawatomi Nation, putting their own money into the Indian health care system, because the Area IHS that he directs presently serves over 306,000 American Indians. He further stated that many more health care centers like the Prairie Band Potawatomi Health Center are needed to meet the needs of Indian peo-



After Daugherty spoke, he joined with Prairie Band Potawatomi Nation Tribal Council, the Indian 'Health Board, and members of the Gaming Commission in a ribbon-cutting ceremony that officially marked the opening of the Center. To conclude the day, tours of the new facility were conducted and refreshments were served. Tours were led by staff from the social services department and the

health center who were on hand to



Cutting the ribbon at the grand opening of the new Health Center were members of Tribal Council, the Indian Health Board, Gaming Commission and guest speaker John Daugherty, fourth from left.

Photo by Mary Young

vided by the Prairie Band Potawatomi Nation.

The Social Services Department was the first group to move in to the new facility in September which was followed by staff from the Health Center who were originally housed in Holton, Kan. The new Health Center opened on September 20.

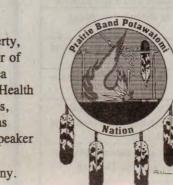
John Holtz is director of the Health Center and Larry Pickman is the director of Social Services.



The Ge mon en wek Singers, left, provided the singing/drumming for the grand opening ceremony.

Photo by Mary Young

John Daugherty, Director of the Area Indian Health Services, left, was guest speaker at the ceremony.



answer questions. Members of the Indian Health Board include Helen Sumner, Vestina Nonken, Laveda Wahweotten, Lily Hall, Jackie Mitchell, James Wabaunsee, and Tracy Stanhoff

> The Prairie Band Potawatomi Health Center comprises 36,300 square feet, which includes three wings (medical health center, Social Services Department, and a community education conference area) and took approximately a year to build. The construction cost of the Health Center was approximately \$6 million. All of the funding was pro-



Tribal Chair

Interchange at 150th Road and U.S. Highway 75 Overpass to Casino now open



Indian Health Board, greeted visitors at the grand opening.

Upcoming dates to remember

Election Day: Don't forget to vote!
PBPN government offices closed (Veterans Day)
Veterans Memorial Service and Pow-Wow
PBPN government offices closed (Thanksgiving)
John Echohawk (Cobell Case), 9 a.m (place to be announced)



Laughter is the best medicine



Thamar Morris is seen here enjoying a good laugh with Joe Darling at the Potawatomi Fire Department open house held on October 13. Joe told the News that he is a tribal member and has recently moved to the reservation after residing in Tulsa.

Photo by Suzanne Heck



attends National Congress of **American Indian Annual Meeting**

Tribal Chair Tracy Stanhoff attended the National Congress of the American Indian's (NCAI) 63rd Annual Meeting in Sacramento, Calif. October 1-

"The theme of the meeting 'Building Self Sufficient Nations: Connecting Community & Culture', was selected to highlight the ever increasing need for improved public safety and health and human services in tribal communities while preserving the cultures that define who we are," said NCAI President Joe A. Garcia.

Tribal leaders participated in discussions on true tribal sovereignty as it relates to issues such as Homeland Security, Trust Reform/Settlement, Native Vote 2006, Indian Health Care and a score of other issues facing Indian Nations today.

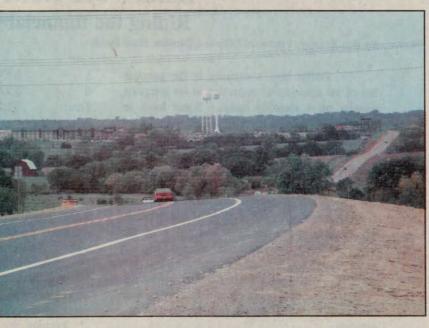
The conference agenda included a list of speakers such as Secretary of the Interior Dirk Kempthorne and a trade show with over 100 exhibitors also scheduled to take place.

The NCAI is headquartered in Washington D.C. It was founded in 1944 and considers itself the major tribal government organization that monitors federal policies and issues that affect Indian people.

For more information go to ncai.org.

PBPN appears before 10th Circuit Court of Appeals on fuel tax case

The PBPN was back in the 10th Circuit Court of Appeals in Denver on Sept. 28. The Tribe is asking the court to remand (send back) the Wagnon v. Prairie Band Potawatomi Nation, 04-631 case to the federal District Court to determine whether the State's fuel tax discriminates against the PBPN.

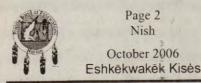


The overpass bridge on 150th Road across U.S. Highway 75 opened to traffic on September 29. The photograph above was taken from the bridge on opening day facing west and shows cars heading toward Harrah's Prairie Band Casino. According to an article in the Holton Recorder (Oct. 2) Kansas Department of Transportation (KDOT) officials said the interchange was opened on schedule and that three of the four exit ramps are now also open to traffic. KDOT also predicted November 17 as the finish date for the entire interchange project except for some landscaping and striping of the roads which is planned for spring.

Have you moved recently?

Let the Enrollment Department know if your address has changed by writing to: 16281 Q Rd. Mayetta, KS 66509 **Questions?** Call Arlene Lingo at (785) 966-3934 or toll free (877) 715-6789

The News would also like to point out that we do not keep a mailing address list in our office. Address labels are computer-generated each month for the News for bulk-mailing purposes and tribal membership is verified electronically through the Enrollment Department/per capita list. To keep costs down, only one paper is sent per household.



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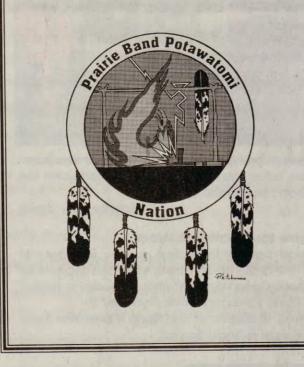
Government

Prairie Band Potawatomi News

Shabbona Project **Chronology of Events**

Part 2

Shabbona Chronology Timeline from Tribal Council



Look for "Message to the Nation from Tribal Chair Tracy Stanhoff"in the next issue of the News

August 2006	Tribe attorney teams of Hobss, Strauss, Dean & Walker – led by Fran Ayer of Washington D.C. and independent attorney Jordan Gallagher of Sycamore, Illnois assist Tribe with the on-going negotiations with local	
Sentember 2006	officials Negotiations continue with County continue – very close to agreement	
September 2006 September 2006	JJR our environmental engineer has prepared renderings of site	
September 2006	Tribal Chair Tracy Stanhoff & Treasurer Ryan Dyer meet in Washington	
September 2000	DC with Congressman Hastert's staff; Congresswoman Pelosi's staff; and our Kansas delegation regarding Shab-eh-nay Reservation	
September 2006	Nation enters agreement with Nova for Bingo machines	
Next steps	Finalize agreements with County, Fire & Sheriff	
	Continue Dialog with Hastert's office & Congress	
	Have PBPN EPA continue with land zoning	
	Government Center modular building is ready for installation	
	Bingo Hall modular building will be ready for installation late Oct/Nov	
	Shabbona Project	
	Chronology of Events	
	Part 3	
No. Colorado		
Part and and and		
and the second second		
September 2006	Department of Interior Solicitor Olsen writes letter to Speaker of the House Dennis Hastert upholding the 2001 Solicitor Leshy letter proclaiming three main points regarding Shab-eh-nay reservation	
	1) the reservation set aside in Article III of the Treaty of Prairie du Chien signed July 29, 1829 still exists	
	 the Dept of Interior holds a trust responsibility for this reservation to the Prairie Band of Potawatomi Nation the Dept of Interior encourages settlement/negotiation in the matter 	
	and will provide full cooperation	
	and will provide full cooperation This letter however, was used inappropriately by local Illinois politicians who "stretched and twised the meaning" of the letter to their own agenda	
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October 2006 October 2006 October 2006 October 2006	and will provide full cooperation This letter however, was used inappropriately by local Illinois politicians who "stretched and twised the meaning" of the letter to their own agenda NCAI Annual conference in Sacramento, CA – Informal "greeting" with incoming Dept of Interior Deputy Secretary Solicitor Carl Artman Article appears in DeKalb Chronicle regarding "litigation and negotiations" DeKalb County Commission holds Executive Session to discuss "pending litigation" Tribe continues to publicly take "high road" on negotiations, even in light of misleading news article in DeKalb Chronicle Vice Chair Rey Kitchkumme travels to Illinois doing "grass roots" advocacy on behalf of the Tribe with local politicians Tribal Council finalizes next draft of Intergovernmental agreements and	

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To contact the PBPN

Bank's eye view: Dollar Cost Averaging: Riding the financial waves without getting seasick

By Rex Frazier, Financial Officer-Denison State Bank

Dollar cost averaging is the purchasing of set amounts of securities at set intervals, usually on a monthly basis. Some have referred to it as fixed investing. Everyone knows that the oldest maxim of investing is "Buy low, sell high." However, the execution of that maxim requires us to accurately predict what markets are about to do. That is a very difficult and stressful thing to do. Dollar cost averaging helps with the swings of the markets. The beauty of dollar cost averaging is that when the stock or mutual fund slumps, you buy more shares, and when it's pricier, you buy less. This provides a psychological safety net. A temporary decline in price can now be perceived as a purchasing opportunity instead of a setback.

Let's look at an example that's fairly exaggerated, but illustrates how it works:

Amount	Price	Shares	
\$300	\$5	60	
\$300	\$10	30	
\$300	\$6	50	
\$300	\$12	25	
	\$300 \$300 \$300	\$300 \$5 \$300 \$10 \$300 \$6	\$300 \$5 60 \$300 \$10 30 \$300 \$6 50

5	\$300	\$12	25
6	\$300	\$5	60
Total:	\$1,800		255
Ave. Pric	e:		\$7.05

What is important to notice here is that the average price per share over these six months was \$8.00 but the average price you paid was \$7.05. This is because you buy more shares when it is lower and fewer shares when it is more expensive.

There are three important factors in successfully dollar cost averaging:

- 1. You have to decide exactly the amount of money you want to invest. Make certain that you are financially capable of keeping the amount consistent. Failure to do so may make your dollar cost averaging plan ineffective.
- 2. You should select an investment that you would want to hold on to for the long term - preferably five to ten years, or even longer.
- 3. Invest your money at regular time intervals - it can be weekly, monthly, quarterly

or a schedule that works best for you - in an equity that you have picked out. If available, try to set up an automatic withdrawal plan so that the process becomes automated.

If you have a lump sum to invest from an inheritance, bonus, or other source, I do not recommend that you dollar cost average a lump sum. Dollar cost averaging out performs lump sum investing only in a declining market. With lump sums, the faster you get the money in the market to work for you, the better your returns should be. However, many of us don't get lump sums. We can use dollar cost averaging to invest from our regular income.

Dollar cost averaging doesn't guarantee a profit. However, with a sensible and long-term investment approach, dollar cost averaging can smooth out the market's ups and downs and may help reduce risk of loss.

As always, I look forward to answering any questions readers may have about this or any other subject. I can be reached at rfrazier@denisonstatebank.com or 1-800-633-2423.

Tribal Government:

Write to: 16281 Q Road Mayetta, KS 66509 Toll free: 1-877-715-6789 Or call (785) 966-4000

Prairie Band Potawatomi News

An Award Winning Newspaper

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. Letters which are libelous will NOT be published.

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 and self-addressed envelope with the photo.

A take to be to be

Introducing a new column:



Real estate and living in the world today

By Christina Barth

Hello to all. This editorial is to introduce myself and the upcoming articles. My name is Christina Barth; I'm a tribal member of PBPN. My profession is a real estate agent and loan officer working for '1 Source Real Estate and Financing' located in Topeka, Kansas. I'm starting a real estate column in the tribal newspaper, in hopes of educating individuals about the importance of investing in mortgage properties. Investment properties include buying a home for your family to live in, buying properties to use as rental homes to pull in extra monthly income, or buying investment properties at a low cost that need to be refurbished, fixing them up and putting them back on the market to sell at a much higher price to excel profits from.

As a real estate agent and living in the world today, I understand the importance of investing your money. Many people throw away money every month due to rental fees. Instead of throwing away your hard earned money, invest into something you'll gain from. By purchasing mortgage properties, your money is going somewhere that you can benefit from now and also into the future. With time and work mortgage properties appreciate. By keeping up with the normal everyday maintenance of owning a home such as cleaning the gutters and taking care of your home inside and out, you will maintain its value and life. By making improvements and updates to a property, you will improve its appreciation, equity, and overall value.

Please read my future articles on real estate news. Future articles will include information on:

- . First time home buyers
- Buying investment properties
- Steps needed to purchase a home
- Refinancing your home
- How to touch up your home for a faster sell
- Tips on renovation
- What to look for when buying a home or investment property
- Identity theft and prevention, and so much more!

Feel free to send your questions and comments. I will address real estate and mortgage questions in future articles located in the tribal newspaper. Thank You!

Send letters to: PBP News, P. O. Box 116 Mayetta, KS 66509 or email your questions to: cbarth@TopekaAreaHomes.com

Government

Prairie Band Potawatomi News

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Around the Rez

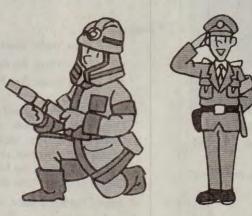


Members of the Potawatomi Fire/EMS Department standing in front of the tribe's two ambulances. From left to right are Brian Bailey, Tim Flanary, Curtis Bigge, Melvin Lewis and Mike Barbosa.

Fire Department News

A new E450 Ford ambulance was recently acquired by the Potawatomi Fire Dept.(see photo left) that includes state-ofthe-art safety features and modern electronic equipment.

The PBPN now has two triballyowned ambulances available for service. The new ambulance replaced a leased Government Services Administration (GSA) ambulance that was sent back.





Kevin C. Hickey (far right), Dekalb County (Ill.) Deputy Sheriff, came through the area September 26 for a visit on his way back home from a conference he attended in Kansas City. Seen above with Hickey are local law enforcement officers who posed for a photograph at the Jackson County Sheriff's Department. From left to right are Charles Connell, Jackson County Sheriff, Sam Grant, Tribal Chief of Police, and Jim Gilchrist, Director of the Department of Corrections for Jackson County.

Photos of grand opening of new Health Center



Preparing for the event

LEFT: Greeters, Delores Porter and Thamar Morris pose for the camera. Tribal elders were asked to greet and direct guests on the day of the grand opening; CENTER: Brenda Catron, Helen Sumner, and Dave Cornelius go over plans for the opening ceremony. Brenda and Helen were on the grand opening planning committee and Dave was one of the singers/drummers for the event; RIGHT: Rick Rector, Maintenance Department, holds balloons while helping to decorate for the opening;

> Photos by Mary Young and Suzanne Heck





For more pictures of the new Health Center see page 8 inside this issue of the News



During the ceremony



" al a sta

FAR LEFT: Laveda Wahweotten, helps with the guest book; SECOND FROM LEFT: A shot of the ceremony as it was beginning; THIRD FROM LEFT (TOP): Gary Mitchell giving the invocation; THIRD FROM LEFT (BOTTOM): Kansas dignitary Matt All; FAR RIGHT: In the photo third from left is Director of the Health Center, John Holtz, and next to him is tribal member Arlene Wahwassuck. Next to Arlene is Dr. Richard Pruiksma, a physician at the Health Center. The other people in the photograph are unidentified.







The tours that followed

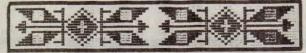






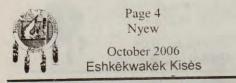


FAR LEFT: Jackie Mitchell, Tribal Council member, takes a group on a tour of the medical services wing; SECOND FROM LEFT (TOP): Dr. Randy Germain, who has been hired as the Health Center's dentist, shows off the new equipment that he will be use; SECOND FROM LEFT (BOTTOM): Attendees enjoying the refreshments that were served in the conference room in the new facility; FAR RIGHT (TOP): Chris Eteeyen, left, and Morris Taylor, who has his back to the camera, from the Vocational Rehabilitation program, visiting with tribal members Verna Rodriguez and Donica Nanez, from Chicago, in the new Social Services Department. FAR RIGHT (BOTTOM): Juanita Jessepe (sitting in photo) and Mary Young. Juanita was a greeter that day and Mary took photographs of the event in her role as coeditor of the *News*.









Department & Program News

Prairie Band Potawatomi News

4th Annual Boys & Girls Club Golf Tournament raises over \$30,000



Former Harlem Globetrotter Gator Rivers gave a ball-handling demonstration with the help of tribal member and tournament organizer, Paula Hopkins at the golf fundraiser on October 6.

Photo by Suzanne Heck

By Suzanne Heck

Considered one of the greatest basketball handlers in the world, Gator Rivers, a former Harlem Globetrotter, was on hand to help raise funds at the Boys & Girls Club golf tournament held October 6 at Shawnee Country Club in Topeka.

Rivers, along with several other participants, also played in the tournament that day that raised over \$30,000 for the club.

Twenty-seven teams of four competed for trophies and awards and other fundraising events like a putting contest and closest to the pin (see winners at right).

After tournament play, Rivers was well worth the effort," Rivers said that made up the day

after giving his demonstration. Rivers is most well known for

being a primier dribbler with the Harlem Globetrotters from 1973-1986. He has also been a successful high school basketball coach and collegiate player in Missouri where he presently resides.

Since that time he has established a youth foundation called the Gatorball Academy where he teaches basketball skills and visits with schools and youth organizations like the PBPN Boys & Girls Club.

Rivers said his involvement with the PBPN was through Coleen Green, Director of the Boys & Girls Club whom he said he had worked with and known before.

The tournament was organized gave a basketball demonstration with by a committee of Boys & Girls Club some members of the Boys & Girls Club volunteers who also manned, along with staff to raise more funds for the club. some of the Boys & Girls Club staff, the "If I made two dollars to help the kids it display tables, lunch, and other events

Place Team: Lester Randell, Cory Wabski, Ray Wahwasuck, Emily McDonald Place Team: Mike Turner, Jim Agle, Todd Hann, Amy Duffer Place Team: Rick Kendall, Bud Carney, Lee Williams, Pam Smith Place Team: Stephen McKee, Stephen Ortiz, John Tuckwin, Amy Campbell Place Team: Francis Shopteese, Mike Kenny, Dave Hurrellbrink, Leida Tuckwin Place Team: Gary Stella, John Welch, Rick Skinner, Barb Alcantar Place Team: Todd Procopio, Pat Cabela, Chago Hale, Shayla Hale Place Team: Ed Schober, Tony Janssen, Dave Mathewson, Eva Bursen Place Team: Rex Fraizer, Jim Chamberlin, Jim Birkbeck, Jessica Huyett Longest Drive Men: Todd Burnett A special thanks to all Longest Drive Women: Julie Jones Closest to Pin Men: Mark Doan the sponsors and Closest to Pin Women in 2 Shots: Leida Tuckwin individuals who Closest to Center Line Men: Tom Tuckwin contributed to the Boys Closest to Center Line Women: Osh LeClere and Girls Club Special Putting Contest: B J Darnall this year

November 2006 Pool Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
charge for additional life COMMUNITY SWIM- over FREE. All adults must have an o	r the first hour and \$20 for e guard. (required for parties 19 to 44yrs-\$2; 5 to 18yrs-\$1 approved background check exception of community swit	of 25+) ; 4 and under and 45 and on file to swim during	1 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	2 Elders swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	3 Childcare 10 to 12 Open lap 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	4 Community swim 3:30 pm to 6:30 pm
5 Pool Parties 12 pm to 3 pm Community swim 3.30 pm to 6:30 pm	6 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	7 Elders swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	8 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	9 Elders swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	10 CLUB CLOSED	11 Community swim 3:30 pm to 6:30 pm
12 Pool Parties 12 pm to 3 pm Community swim 3:30 pm to 6:30 pm	13 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	14 Elders swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	15 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	16 Elders swim 12 to 2 JR youth 5 to 5:50 JR youth 6 to 7:30	17 Childcare 10 to 12 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	18 Community swim 3:30 pm to 6:30 pm
19 Pool Parties 12 pm to 3 pm Community swim 3:30 pm to 6:30 pm	20 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	21 Elder swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	22 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	23 CLUB CLOSED	24 CLUB CLOSED	25 CLUB CLOSED
26 Pool parties 12 pm to 3 pm Community swim 3:30 pm to 6:30 pm	27 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	28 Elders swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	29 Open lap swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	30 Elders swim 12 to 2 JR youth 5 to 5:50 SR youth 6 to 7:30	without parental supervision	will not be allowed in the po n. THANK YOU. 3 & GIRLS CLUB PRAIRIE BAND ATOMI NATION

Boys and Girls Club Happenings

Boys and Girls Club News

After-School Program

The Boys & Girls Club of the Prairie Band Potawatomi Nation develops and offers programs that help young people, ages 5-21, grow up to realize their full potential as productive, responsible, and caring citizens. The Club develops and conducts programs that are fun, engaging, stimulating, exciting, and helps participants acquire the capacities needed to succeed in life. The programs below are offered from September through May.

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

The After-School program provides activities for Boys & Girls Club members in these five core areas:

New Teen Club Program Hours Expanded

Calling all Teens!!! The Boys & Girls Club of the Prairie Band Potawatomi Nation is expanding Teen Club hours to include services on the weekends!

Teen Club Hours: Sunday: 2 - 8 p.m.

Monday - Thursday: 6 - 8 p.m. Friday: 6 - 10 p.m. Saturday: 4 -10 p.m.

Boys & Girls Club builds character and leaders!

• Character and Leadership Development

Empowers youth to support and influence their Club. Areas of emphasis include: Keystone Club, Youth of the Year, leadership training for junior staff, community service projects, youth councils, etc.

• Education and Career Development

Enables youth to become proficient in basic educational disciplines: POWER HOUR, homework help, tutoring, The Ultimate Journey, Career Explorers Club, Goals for Growth, newsletter club, puzzles, educational games, motivational reading programs, typing skills, Internet exploration, NETSMARTZ, utilizing computer technology to improve the quality of life, etc.

•Healthy Life Skills

Develops young people's capacity to engage in positive behaviors: Areas of emphasis include: SMART Moves, Street SMART, SMART Girls, youth entrepreneurial programs, health and prevention programs, independent living classes, etc.

• The Arts

Enables youth to develop their creativity and cultural awareness: Areas of emphasis include: drawing, dancing, sewing, folk festivals/powwows, origami, painting, photography, puppetry, sculpture, storytelling, woodworking, etc.

•Recreation and Fitness

Develops fitness, positive use of leisure time. Areas of emphasis include: team sports, fitness testing, aerobics, relay races, athletic leagues and tournaments and game room activities.



Pam-Saht Winsea (left), who is on the Boys & Girls Club staff, and PGA professional Steve McDonald (right), helped raise funds at the tournament.

Karate Lessons

Beginning October 16 the Boys & Girls Club is offering karate lessons for interested individuals provided by Mid-America Karate. A weekly lesson will be held Monday evenings from 4:30 - 6 p.m. For more information or to sign up, please contact Raphael Wahwassuck at (785) 966-3031.

Dancers & Singers Practice

The Dancers & Singers group holds practice on Thursdays in the After School Program at 5 p.m. at the Boys & Girls Club. If you haven't joined, now is your chance to sign-up! Contact the Club today at (785) 966-3031.

Thanksgiving Dinner to be prepared and served by the BGC membership

The Boys & Girls Club will prepare and serve a Family Day Thanksgiving dinner at lunch time on Wednesday, November 22 at the Club.

The Boys & Girls Club Activities Calendar



Department & Program News

Prairie Band Potawatomi News

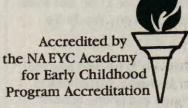


October 2006 Eshkekwakek Kises



Early Childhood Education Center News







Parents and children enjoyed cookies and punch at an after-work reception on October 12 at Ben-no-tteh Wigwam to celebrate the childcare center's accreditation in the National Association for the Education of Young Children (NAEYC). Above, left to right, is Natalie McClane, who organized the reception, along with Nathan DeCoteau, Ann DeCoteau, Kyle Miller and Kyle Miller, Jr.

The NAEYC is the most widely recognized accreditation system of child care centers and programs. It utilizes internal self-study processes as well as external professional reviews. For more information go to www.naeyc.org/accreditation.

Red Ribbon Week Activities October 23-27, 2006

Monday	Decorate department in red	
Tuesday	Community wall built at child care center	
Wednesday	Everyone wear red day	
Thursday	Turn clothes inside out for "Don't let Drugs Turn You"	1
Friday	Drug Free Goody Bag Day at Royal Valley Middle School- Safety Pup to visit	4

About Red Ribbon Week

The PBP Early Childhood Education Center is in its fourth year of celebrating the Red Ribbon cam- way for the public to take a stand against illegal paign. Red Ribbon Week is a statewide initiative drug use and alcohol and tobacco and to show where red ribbons symbolize a unity against the support for a drug-free youth.

illegal use of drugs. Wearing red ribbons is a

Bosho from Bołewatmi Teshemwen

By Sydney VanZile, Language Director

The Department was notified in late September that we were awarded the funding for the second year of the Administration for Native Americans (ANA) Language Grant. This will allow for our immersion classes to continue. We welcome those of you who want to acquire your language to come and join us for classes.

There are pamphlets in the Department and also located at the Government Center front desk that will give a longer schedule. Please feel free to come by and pick one up or call and we will mail you a yearly schedule.

This will be the last installment of the Second Language Acquisition Theory. This month the Affective Filter Hypothesis will be touched upon. This is part of why some people have difficulty acquiring language.

In order for someone to acquire language, the language must reach the part of the brain that processes the language. Noam Chomsky, a linguist, calls this part of the brain the language acquisition device (LAD). The more the LAD is filled up with language, the more a person acquires.

But what happens if the LAD is not filling up?

Reasons for this can be many depending on each individual person. When something blocks the LAD from filling up, Krashen refers to this as an Affective Filter. This Filter blocks the comprehensible input that may be trying to get in. This Filter can also affect a person in other areas of learning such as academic subjects or day to day activities.

If a person has had a bad experience relating to language learning then the Filter goes up and blocks the language coming in. Perhaps you are bored or thinking of other things and are not listening attentively, then your Filter is up. Maybe you have a thought process that you will never learn the language, so your Filter is blocking any input. Students need to be relaxed and enjoying the instruction so that the Filter does not block the comprehensible input that may be occurring. If the student is engaged in and enjoying an activity such as a hands-on activity or singing then chances are good the Filter will be down and acquisition will take place even if the language input is on the difficult side.

We hope you will stop by and view some of our classes so you can see how acquisition takes place.



PBPN members place and play in the Senior Olympics

Ben-no-tteh

Wigwam will host a Harvest Party

the evening

of October 25

PBPN senior citizens joined the ranks with other senior athletes who participated in the 23rd annual Kansas Senior Olympics held in Topeka on September 21-24. Archery, badminton, basketball, bowling, cycling, track and field, golf, horseshoes, racquetball, road race, shuffleboard, softball, swimming, table tennis, and volleyball were some of the sports that the senior citizens engaged in at Topeka's Parks and Recreation sponsored events.

Team volleyball and softball, basketball, horseshoes, and bowling were the chosen sports by the PBPN senior citizens.

50+ Category

Volleyball: 3rd place (bronze medal) Mary LeClere

Team volleyball: 4th place Hedy Noland Martha Miller Emery Hale **Clifton Walders**

Team softball: 1st place (gold medal) Mary LeClere Donita Mattwaoshshe

Team softball: 3rd place (bronze medal) Hedy Noland Martha Miller **Emery Hale** Clifton Walders

Horseshoes: 1st place (gold medal) Hedy Noland

Basketball: 1st place (gold medal) Hedy Noland

Bowling: 1st place (gold medal) **Emery Hale**

Bowling: 3rd place (bronze medal) Clifton Walders

Those who placed in the 2006 Kansas Senior Olympics have an opportunity to qualify for the National games.



All-around team player, Hedy Noland, above, participated in the Kansas Senior Olympics event held in Topeka. Hedy won gold in several events and bronze in one event.





Top-notch bowler, Emery Hale, brought home the "gold" for his age category when he scored 560. He said he plans to attend the Grand National Senior Olympics to be held in Louisville, Kentucky in 2007.

Photos by Mary Young



Mary LeClere, above, participated in the Kansas Senior Olympics in Topeka and came home with a gold and bronze medal. Mary was invited to participate in the Huntsman World Senior Olympics games at St. George, Utah, on October 12-14. She played on the women's Kansas Kids softball team at St. George.

written on the back of the Senior Olympic tee shirt:

"You don't stop playing because you grow old. You grow old because you stop playing."



2007 National Senior Olympics Louisville, Kentucky June 22-July 7, 2007 For more information, contact: Topeka Senior Olympics: (785) 368-3798

Photos unavailable for **PBP** medalists Donita Mattwaoshshe and **Clifton Walders**



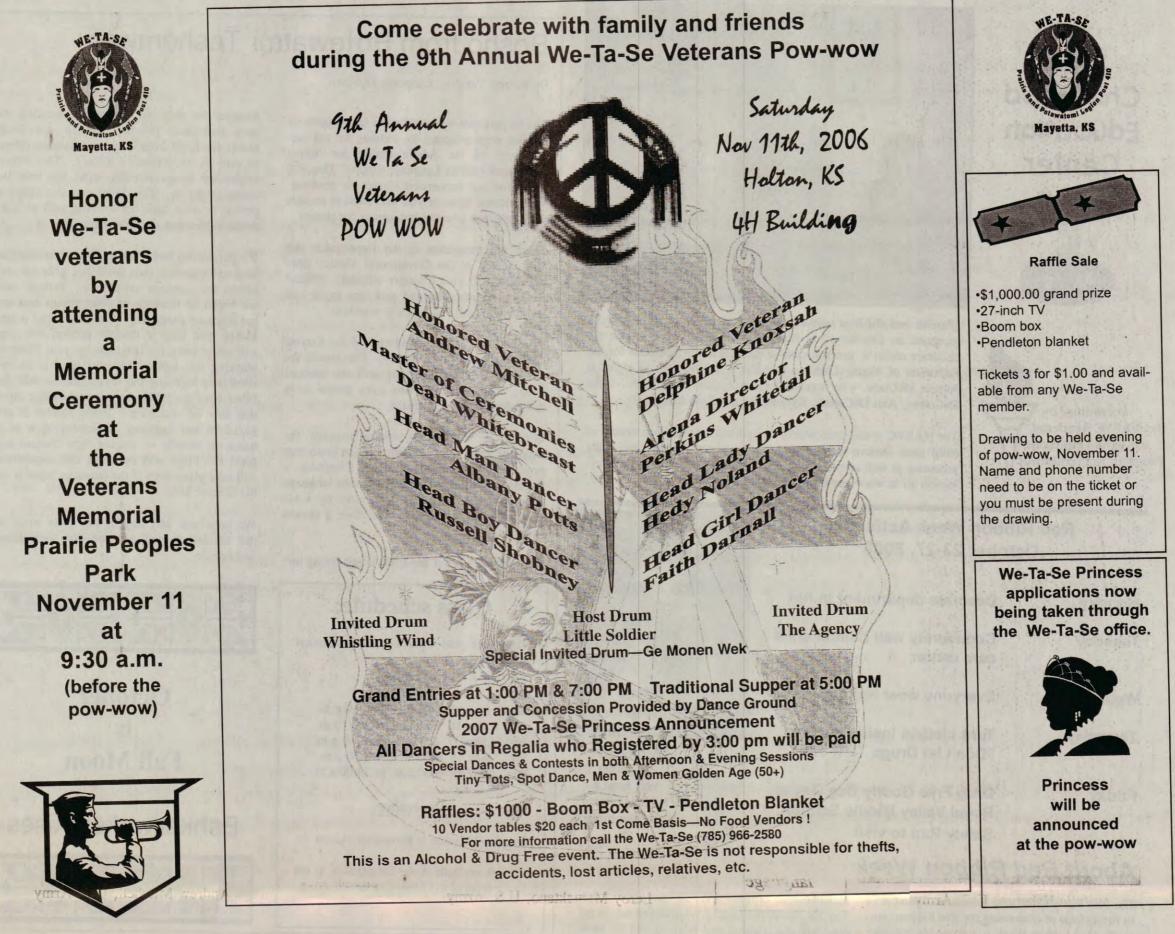


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Veteran's Special

Prairie Band Potawatomi News



Leroy Mzhickteno nominated for WW II award



The photo (above left) is of Francis Shopteese and (above right) of the We-Ta-Se Color Guard shortly after posting colors at the dedication of a statue at the Lewis and Clark Bicentennial Commission Final Signature event held in St. Louis on September 23. In the group photo are (left to right) Jim Darnall, Emery Hale, B.J. Darnall, Ralph Lundin and Francis Shopteese. The Color Guard also participated the following weekend at the dedication of the All Veterans Memorial BNSF (Burlington Northern Santa Fe) Railway Plaza on September 30 in Topeka.

Photos by Arlene Lingo

A little We-Ta-Se American Legion Post 410 History

One of the first Native American American Legion posts in the United States, the We-Ta-Se Post 410 marks its seventeenth year this year. The post presently has 81 tribal members who are all veterans of the armed services and 44 life members. The group performs at approximately 50 events a year including parades, powwows, and at Native

American funerals. Other notable performances have been before the Kansas Lewis & Clark Bicentennial Commission signature events, Kansas City Chiefs and Kansas City Royals games. In addition, they were the primary Color Guard during a memorial service in 2003 for Lori Piestewa, the first Native American woman killed in combat.

We-Ta-Se American Legion Post 410 15434 K Rd Mayetta, Kansas 66509 Main office: (785) 966-2580 Fax: (785) 966-9853

Staff:

Francis Shopteese

Senior liaison officer.....work cell (785) 845-2584 email: franciss@pbpnation.org

Jim Darnall

Liaison officer.....work cell: (785) 845-2646 email: Jimd@pbpnation.org

Submitted by 35th Infantry **Division** Association

Leroy Mzhicketeno has been nominated for an award of the Order of Saint Maurice Medallion by the National Infantry Association. Leroy participated with valor and distinction as a member of Company E 137th Regiment, 35th Infantry Division during World War II in the European Theater of Operations. He was awarded the Combat Infantry Badge and numerous other awards for his service as a combat soldier with the 35th Division.

The Order of Saint Maurice Medallion is awarded to individuals who have represented the Infantry Community of the United States Army with honor, valor, and by their actions promoted the high ideals of Infantry as a core branch of the Army. Leroy meets the high standards and expectations and as such, has been nominated through the Santa Fe Chapter of the National Infantry



2004 News photo of PBP Veterans Memorial

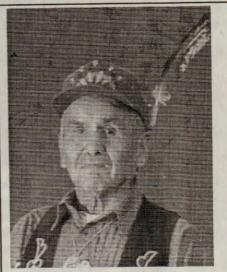


photo courtesy of Jones, Huyett



Leroy Mzhickteno at Pioneer Days in Mayetta, Kan. Photo by Mary Young

Association.

According to a report from Major General (Ret) Jack Strukel, Leroy will be presented the award in special ceremonies to be announced after approval of his nomination.

Veterans names to be added to the Memorial Wall

John Lewis	Korea
William Duke Flynn	US Army
Gary Eugene Nelson	US Army
John Francis Cooper	Desert Storm
Steven Joseph Cook	Desert Storm

Happy 91st Birthday **Maynard Potts** on October 27

From:

family, relatives, and members of the drum religion

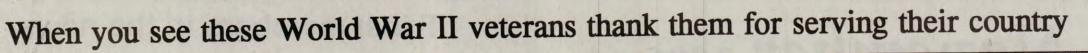
Maynard Potts was one of 250 Indians from the four Indian reservations in Kansas sent to fight in the Pacific and the European theaters.

> -Gary E. Mitchell, Potawatomi Home-Town Heroes

Veteran's Special

Prairie Band Potawatomi News

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Milton LaClair, U.S. Army



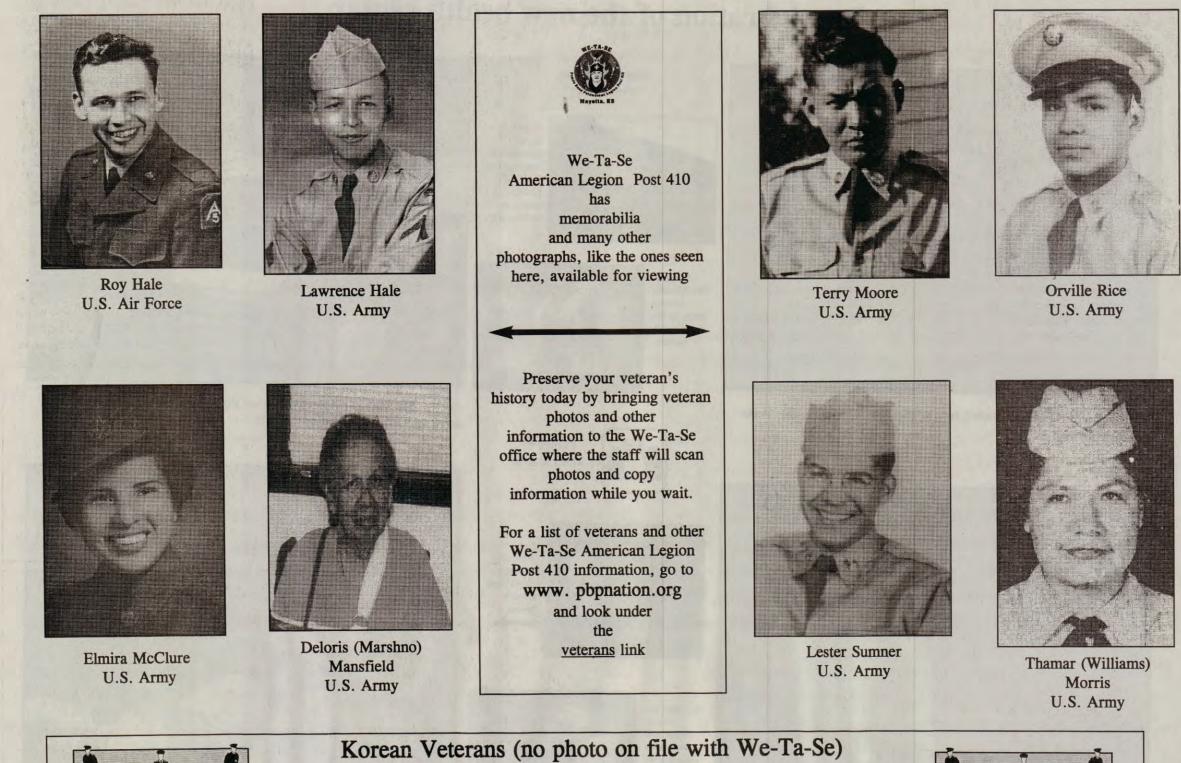
Julia Kabance, U.S. Army



Andrew Mitchell, U.S. Army

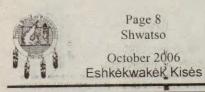
Leroy Mzhickteno, U.S. Army

When you see these Korean War veterans thank them for serving their country



•John Seymore, U.S. Army •Roy Ogden, U.S. Army





Health/Community

Prairie Band Potawatomi News

November 2006

Potawatomi Fire Keepers Elder Center		Wednesday	Thursday	Friday
		Chicken Stir- Fry Pork Fried Rice Cucumber Soup	Meatloaf Mashed Potato & Gravy Green Beans	Tuna Noodle Casserole Peas & Carrots Tossed Salad / Toast
Monday	Tuesday	Roll / Garden Salad	Roll / Fruit Salad	Citrus Orange & Grapefruit
Ham & Beans Brown Rice Corn Bread Romaine Caesar Salad	, Chicken Tenders Fettuccini Alfredo Broccoli Carrot Salad Roll / Oranges	Philly Cheese steak Salad w/ Ranch Baked Potato Chips Banana & Yogurt	The Elder Centers Annual Thanksgiving Day Dinner and Potluck	Closed Veterans Day
Beef Stroganoff Buttered Egg Noodles Garden Tomato Salad Garlic Toast	Pork Chop Casserole Hash browns & Gravy Mixed Vegetable Roll / Fruit Medley	Beef Burrito Combo Beans & Rice Tomato Lettuce Salad Chips & Salsa	¹⁶ Oven Fried Chicken Macaroni & Cheese Steamed Carrots Pea Salad / Roll	Tuna Sandwich Tomato Soup & Crackers Tossed Chefs Salad Whipped Fruit Cocktail
[∞] Chicken Fried Steak Mashed Potato Steamed Zucchini Roll / Apple	n Ham & Cheese Croissants Broccoli Soup & Cracker Macaroni Salad Baked Chips	Beef Stew Buttered Egg Noodles Spinach Pasta Salad Biscuit	v Closed Thanksgiving	For
Sloppy Joe Sandwich Green Bean / Chips Potato Salad Mandarin Orange	Fried Pork Chop Grilled Red Potato Corn Succotash Roll / Fruit Salad	" Chicken Parmesan Brown Rice Broccoli Casserole Roll / Garden Salad	⁵⁰ Chipped Beef on Toast Mashed Potato Mixed Vegetable Sweet Potato Fruit Salad	

Lunch Hours 11:30-12:30

Adult \$3.50 Menu Subject To Change Child \$2.50

Four Tribes' Child Protection Team (FTCPT) Continues Education Efforts by Carol A. Shopteese, LMSW, MBA – FTCPT Facilitator

Some of the Four Tribes' Child Protection Team members were asked to present at the Native Nations Law Symposium on August 25, 2006. The topic was: "ICWA from the Tribe's Perspective." The purpose of the Symposium is to "foster an environment of understanding and promote tolerance among all nations and peoples through education." Betty J. Rice, LBSW, and Carol A. Shopteese, LMSW, MBA, were the presenters and were well received by the audience, which was comprised of Tribal Members, court personnel, attorney and Judges working in Northeast Kansas.

Additionally, Ms. Rice and Ms. Shopteese presented to the Family Service & Guidance Center in Topeka, KS, on September 6, 2006. The topic was: Working with Native Americans and Better Understanding their Culture." Thomas S. Battlett, Psy.D., wrote in his letter, "This was an extremely valuable presentation and was rated as one of the best presentations that our staff and trainees had heard to date. Your presentation served to educate us on many levels and provided us with both an experiential as well as intellectual learning experience." Dr. Bartlett advised that interns from Florida, the University of Washburn and the University of Kansas were in the audience for this training.

The FTCPT team of Ms. Rice and Ms. Shopteese provided training to KU Social Work Students in collaboration with the University of Kansas - School of Social Work to the KU Native Scholars Program and the Multicultural Scholars Program. The topic is entitled, "Tribal Social Workers: Strengths and Challenges of Being Native and Providing Services to Native People."

The work of the FTCPT is to promote and support good working relationships as well as to educate professionals and lay people about working with Native American families. Efforts such as this will help provide better services to our Nation's children whether they are in Tribal or State custody.

Tribal members in the news

Shannon Tuckwin selected for Future Leadership Conference

Submitted by Jerry Tuckwin

Lt. Shannon B. Tuckwin, a Prairie Band Potawatomi Nation member, was selected to attend the "Colonel CJ Reddy Course", October 12-14 in Arlington, Va. Tuckwin, a commissioned officer since February 16, 2006, is a registered nurse at the Haskell Health Center in Lawrence, Kan.

The purpose of the conference was to prepare and foster company grade Nurse Corps Officers from all three of the Armed Services and the Public Health Service for future leadership positions within the military/federal health care system. Through exposure to senior leaders, to include the Chief Nursing Executives from all three Armed Services and the Public Health Service, and issues relevant to the military/federal health care system, participants gained an increased understanding of those relevant skills and knowledge needed to be successful leaders.

The Colonel Charles J. Reddy Leadership Conference is sponsored by the Army Nurse Corps in honor of Colonel (Retired) Charles J. "C.J. Reddy. During his long and successful career as an Ar.ny Nurse Corps officer, Colonel Reddy was a stellar example of one who believed in leading by example. He remains a role model to many officers.

Lt. Tuckwin is the daughter of Jerry and Terry Tuckwin of Lawrence, Kan.

Jolynn (Shopteese) Reeves to work with Indian Council in Minnesota

Submitted by John Shopteese

John Shopteese reported to the *News* that his daughter Jolynn (She-Boso-Quah) (Shopteese) Reeves recently received a new position with the State Indian Affairs Council in Minneapolis.

Robert Jackson and Charles Wakole home from Iraq

Submitted by Jim Darnall and Tim Ramirez

Tribal members Robert Jackson and Charles Wakole returned home to Kansas on October 18 after serving in the armed forces in Iraq. The men flew into Forbes Air Force base that morning and were scheduled to celebrate their homecoming at a special ceremony with their deployment group that afternoon at Washburn University.



Qualified candidates/voters MUST be a parent./legal guardian of an eligible J.O.M. student in the PBP serving district.

Districts served: USD 335 USD 336

USD 337 USD 321 Seeking interested person for Indian Education Committee

Meeting Date: November 13, 2006, 5:45 p.m. Place: Algonquin Room, Harrah's Prairie Band Casino 12305 150th Rd, Mayetta, KS 66509

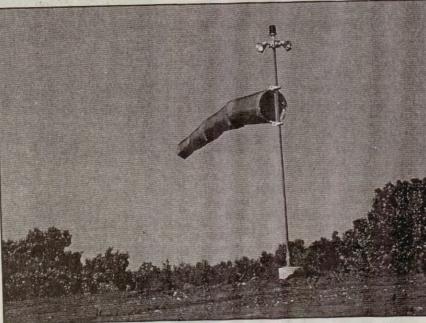
A new member will be appointed to the Indian Education Committee in an open meeting for a term of 1 year by a majority vote of parents and of eligible Indian students, in attendance. Nominations shall be taken from the floor by an eligible voter. Votes will be cast in secret ballot and tallied visible so that everyone in attendance will know results.

Responsibilites include attending monthly meetings and assisting in planning and implementing program and special events of the committee.

In celebration of the new health center



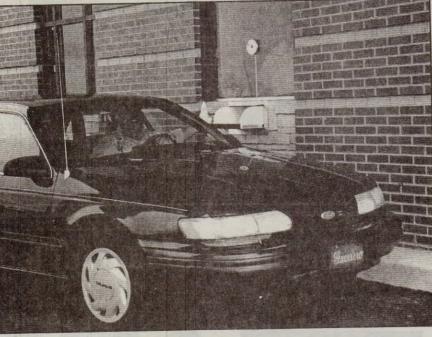
Above: Leatrice Noriega smiled for the camera on opening day at the new health center.



Above: The wind sock signals that the helipad and health center are now operational for airlift. In addition, the power lines will be lowered or installed underground for safety purposes. A lightening protection system will also be installed.

More photos on "moving day" At left: Nancy Davidson is seen leaving the "old" health center on moving day.





Above: Pharmacist Mike Carpenter dispenses meds at the pharmacy drive-up window to a tribal member.





Above: Micki Martinez participated in the blood drive held on October 6 at the new health center. The Community Blood Center of Topeka and the PBPN Community Health Representatives sponsored the drive.

Health/Community

Prairie Band Potawatomi News



October 2006 Eshkēkwakēk Kisės



October is National Breast Cancer Awareness Month

Submitted by Mina Neuburger Community Health Nurse Prairie Band Potawatomi Health Center

FACTS:

Next to skin cancer, breast cancer is the most common form of cancer diagnosed in women in the U.S., and it is the second leading cause of cancer death in women. According to the American Cancer Society, in 2006 about 212,920 women in the U.S. will be found to have invasive breast cancer and about 40,970 will die from the disease. The earlier breast cancer is detected, the better the treatment outcome. Regular screening mammograms can help women detect breast cancer early.

Although screening mammograms and clinical breast exams are services covered by Medicare, the data indicates that these services are being underutilized. There are eligible women with Medicare who have never taken advantage of these preventive benefits and others who do not get screening mammograms and/or clinical breast exams at regular intervals.

Medicare Coverage:

The good news is that mammography rates for women age 50 and older are increasing and breast cancer deaths are in decline. The U.S. Preventive Services Task Force (USPSTF) recommends screening mammography, with or without clinical breast examination, every 1-2 years for women aged 40 and older.

Medicare provides coverage of an annual screening mammogram for all female beneficiaries. Medicare also provides coverage of clinical breast exams, (The clinical breast exam is a Medicare-covered service which is included as part of the pelvic screening exam) every 12 or 24 months depending on risk level for the disease.

For more information about NBCAM, please visit:

http://www.nbcam.org/

Reminder

Medicare enrollment: **Enrollment for Medicare starts on November** 15, 2006. Open enrollment ends December 31 and coverage begins on January 1, 2007.

For general Medicare information, ordering Medicare booklets, and information about health plans, contact 1-800-MEDICARE 24 hours a day, 7 days a week for assistance. English and Spanish-speaking customer service representatives at this number can answer questions about the Original Medicare Plan and provide up-todate information regarding the health plans available in your area.

To register online, go to http://my.medicare.gov

Welcome to Medicare's free, secure online service for accessing your Medicare information. As a registered user of MyMedicare.gov, you will have access to personalized information regarding your Medicare benefits and services. You may use MyMedicare.gov to:

- View claim status (excluding Part D claims),
- Order a duplicate Medicare Summary Notice (MSN) or replacement Medicare card, View eligibility, entitlement and preventive
- services information,
- View enrollment information including prescription drug plans,
- View or modify your drug list and pharmacy information,
- View address of record with Medicare and Part B deductible status, and
- Access online forms, publications and messages sent to you by CMS.

Contact PBPN Social Services and Managed Care for Medicare assistance:

Kathy Slimmer: 966-8323

Jeannie Combs: 966-8344 (Three Rivers Independent Living)

> Nancy Davidson: 966-8200 **Managed** Care



We are nearing the close of the fall season. In this issue, we will feature a few pumpkin and apple recipes.

Pumpkin Waffles

Courtesy of 1st Traveler's Choice Internet Cookbook. (www.virtualcities.com) A specialty recipe of The Kennebec Inn, Bed and Breakfast Inn, Bath, Maine.

1/2 c. all-purpose flour 1/2 c. whole wheat flour 1-1/2 tsp. baking powder 1/4 tsp. baking soda 1/4 tsp. salt 1/4 tsp. cinnamon 1/4 tsp. nutmeg 2 eggs, room temperature 2 tbsp. light brown sugar 1 c. buttermilk, room temperature 4 tbsp. butter, melted 1/2 c. canned pumpkin 1/4 c. finely chopped apple, peeled and cored 1/3 c. ground toasted walnuts

In a large bowl, sift together the flours, baking powder, baking soda, salt, cinnamon, and nutmeg; set aside. In a separate large bowl, beat together the eggs and brown sugar. Add the buttermilk, butter, and pumpkin; beat well. Add the liquid mixture to the flour mixture and stir until just blended. Fold in the apples and nuts.

Ladle the batter into a hot, well-oiled waffle iron) or non-oiled no-stick waffle pan) and cook until done. Serve with butter and a choice of warmed syrups such as maple, blueberry, and raspberry.

> **Old-Fashioned Pumpkin Nut Loaf** Courtesy of Mawood's Kitchen

2 c. all-purpose flour 2 tsp. baking powder 1/2 tsp. baking soda 1-1/2 tsp. pumpkin pie spice 1 tsp. salt 2 eggs, slightly beaten 1-1/4 c. solid packed pumpkin 1 c. sugar 1/2 c. evaporated milk (not sweetened condensed) 2 tbsp. oil 1/2 c. chopped nuts

Combine flour, baking powder, baking soda, pumpkin pie spice and salt in medium bowl.

Beat eggs, pumpkin, sugar, evaporated milk and oil in a larger mixer bowl until blended. Add flour mixture and nuts; mix just until moistened. Pour into a greased 9 x 5 inch loaf pan.

Bake in a 350 degree oven for about an hour or until wooden toothpick in center comes out clean. Cool in pan for 10 minutes; remove to wire rack to cool completely.

> **Double Apple Corn Bread** Courtesy of the Wisconsin Apple Growers Association

2 eggs 1 c. milk 1/4 c. butter, melted 3/4 c. sugar 1 tsp. salt 2 c. all-purpose flour 1 c. corn meal 2 baking apples

Applesauce topping: 3 apples, peeled and chopped 1/2 c. water 1 tsp. cinnamon 1 c. honey

Heat oven to 400 degrees. Grease pie pan. In a bowl, combine first seven ingredients until well mixed. Peel and thinly slice the apples. Arrange one sliced apple in bottom of pie pan, covering the entire bottom of pan using a circular pattern with the apple. Pour corn bread mixture on top of apples. Arrange the second sliced apple on top of the corn bread mixture, covering the entire mixture using a circular pattern with the apple. Bake 30-35 minutes until a toothpick inserted comes out clean. Serve bread with applesauce topping.

Applesauce topping: In a sauce pan, heat apples, water, and cinnamon over medium heat until apples are very tender and soft. Add honey and heat through. Serve with corn bread.

Support groups in the community area

SUNDAY Mayetta AA meeting-8:00 p.m., St. Xavier Al-Anon luncheon meeting-noon, P.A.R.R., Catholic Church basement

THURSDAY

save the date,

MONDAY

P.A.R.R. In-house AA meeting-7:00 p.m., 18301 Highway 75, south door, Mayetta

Holton NA meeting-8:00 p.m., Evangel United Methodist, 227 Pennsylvania, west door

WEDNESDAY

We-Ta-Se AA meeting-7:00 p.m., 15241 K Road, Mayetta

Al-Anon meeting-7:00 p.m., First Christian Church, 5th & Wisconsin, upper level, Holton

18301 Highway 75, south door, Mayetta

Holton AA meeting-7:00 p.m., First Christian Church basement, 5th & Wisconsin

FRIDAY

NA luncheon meeting-noon, 15421 K. Road, We-Ta-Se meeting room, Mayetta

Holton NA meeting-8:00 p.m., Evangel United Methodist, 227 Pennsylvania, west door

SATURDAY

Holton AA meeting-9:00 a.m., First Christian Church basement, 5th & Wisconsin

Research reveals impact of prenatal meth exposure

Permission to reprint article from Kansas Methamphetamine Prevention Project Record June 2006

Pregnant women who use methamphetamine are 3.5 times more likely than other mothers to have underweight babies, new research finds.

The Brown Medical School-led study of 1,618 women from four medical centers in different parts of the United States is the first large-scale investigation of the prenatal effects of methamphetamine use.

Eighty-four of the 1,534 babies born to the women participating in the study were exposed to methamphetamine during pregnancy.

Newborns exposed to the drug during pregnancy aren't at risk of being born prematurely, but they are much more likely to be smaller than normal. This is because methamphetamine appears to restrict the flow of nutrient-rich blood into the placenta, which increases the likelihood that a newborn will be "small for gestational age," the researchers said.

Growth-restricted babies born to women who used methamphetamine during pregnancy weighed less than five pounds. The long-term effects of this growth restriction include greater risk for type 2 diabetes and metabolic syndrome, a group of heart attack risk factors such as obesity and high blood pressure.

Children who are born underweight also tend to have learning difficulties and behavior problems, such as short attention span and hyperactivity, the researchers said. They plan to track the infants in the study to assess the long-term effects of methamphetamine use during pregnancy.

The National Institute on Drug Abuse and the National Center for Research Resources funded the work.

The findings were published in the September issue of Pediatrics. Article reprinted from www.healthfinder.gov.

Dr. Barry Lester, a research on the study, is a keynote speaker at the Governor's Conference for the Prevention of Child Abuse and Neglect to be held at the Hyatt Regency in Wichita on November 7-9, 2006.

Dr. Lester's session, "Substance Use During Pregnancy: Time for Policy to Catchup with Research," will be held at 8:30 a.m. on Thursday, November 9. For more information or to register, visit http://www.kcsl.org/ training conference.html.



Third Annual AMERICAN INDIAN SYMPOSIUM:

Continuing Our Journey

November 8, 2006, Wednesday

8:00 am - 5:00 pm **Pierson Auditorium – University Center** University of Missouri-Kansas City Kansas City, Missouri

Keynote Presenters:

Suzan Shown Harjo (Cheyenne & Hodulgee Muscogee)—poet, writer, lecturer, eurator, and policy advocate, who helped Native Peoples recover more than one million acres of land and numerous sacred placed, and helped develop bey Federal Indian law since 1975

Mary Daniel (Cheyenne/Oneida)—attorney-at-law with Kntak Rock LLP in Kansas City, Missouri, expert on Indian Law and the Indian Child Welfare Act

SYMPOSIUM TOPICS

- Health: cancer, diabetes, heart disease Substance Abuse Treatment . **Generational Grief**
- Education Substance Abuse Prevention Indian Law . Women's Health
- Employment Housing
- **Broken Treaties** • Child Welfare Cultural Respec

Purpose: An American Indian Symposium providing an opportunity for public health and state and local officials to learn about delivering health and social services to the urban American Indian Community in culturally appropriate and respectful ways. Success stories and best practices will be shared with the goal of developing strategies for providing better service and increased

AUDIENCE:	For more information Contact the Kansas City American Indian Council at:	PENDING: • Missouri Substance
Health, mental health, and social service providers	 (816) 471-4898 or (800) 546-4898 <u>alcvicky@kc.rr.com</u> 	Certification Board hours NAADAC contact hours
State and local officials and policymakers		University of Missouri- Kansas City continuing education units (C.E.U.s) Nursing C.E.U.s
American Indians		• Hursing C.E.U.S

Registration Deadline: October 27, 2005

Participant Information

Name	and the second second	States in an and the state
Name of Agency/E	mployer (if applicable)	Contraction of the second
Address		
City	State	Zipcode
Phone	E-mail	

C.E.U.s and Contact Hours

I want C.E.U.s and/or contact hours and will bring the \$25.00 payment to the Symposium (otherwise, free).

Payment (for C.E.U.s and contact hours only)

- · Cash, checks or money orders for C.E.U.s and contact hours will be accepted at the Symposium only.
- Make payable to the American Indian Council.
- · Do not send payment with this registration form.

Special Dietary Needs

I would like a vegetarian lunch.

Mail or fax this form to: American Indian Council

310 Armour Road North Kansas City, MO 64116 Fax: 816.471.8543

Community

Prairie Band Potawatomi News

Santa Claus (an old Indian legend): continues

Written by Loyal Shegonee Permission granted to reprint in the PBP News

Now before the time of Santeh' Claws, Indian children never had much and they certainly never received much, no matter what day it happened to be ... yet the wish for better times, especially a child's wish for love and acceptance are simple yet powerful wishes...and these dreams and wishes will often ease the pain and hurt so many children know when they're growing up...the tribal elders always scolded, "Good things only come to those who are worthy and deserving." But the desires of the children, their wants and wishes, to be happy, loved and protected are very powerful wishes and will often rise above and take importance over the wisdom of the elders...yet it seems so very sad that quite often, these simple wishes are the only beautiful things some children have while growing up...look around you, especially today ... from that early point in Indian history up to this present point in Indian history ... moccasins to cover their feet ... gloves to protect their hands...a coat to shelter their bodies...food to ease that constant pain in their stomachs, and if they're lucky, perhaps a blanket to snuggle under while they drift off and visit that special little world of an Indian child's dreams...these basic needs should not have to materialize and come true, only in their dreams...shouldn't these things be theirs just for being who they are, our children? Being a child shouldn't have to hurt ...

Perhaps what happened to old Santeh' Claws so very long ago, lit the spark of hope in the hearts of the human beings, knowing that perhaps hard times can miraculously change for the better ...

And knowing that good things can come from above during the darkest and most terrible of times ... and maybe this belief, coupled with the knowledge that 2,000 winters ago, another poor baby called Jesus, was born on a simple bed of hay, near that distant, eastern village called Bethlehem ... and that someday, that tiny frail baby, and only he, would carry the heaviest of burdens for all the human beings...for all the generations of humanity... and because of what took place on that very special night, His light, that beautiful, solitary, sparkling star passing through the quiet night sky, may someday also lead us...hopefully, those two very special events which took place so very long ago, can change all the ugly things of this world and make them beautiful...and maybe, that beautiful light of Jesus, can push back the darkness we all know is so very, very near, if we all just accept and we all just believe...that is the real message of the Christmas season.

Now over the tribal generations, over the millennia, over all that the human beings could ever hope to be remembered for, this legend has come down through the ages for all human beings, everywhere...it has grown into a strong winter tradition ... every winter season, the human beings, especially the children, scanned the heavens in hopes of catching sight of a jolly fat person flying towards them, dressed in red and riding in a sled pulled by a team of magnificent elk...coming to shower them with gifts, candy, toys or some other piece of hoped for good fortune...or just perhaps that very special personal gift of hope ... while waiting, the human beings exchanged gifts and presents with their friends and with their families...they also began to realize just how very important their children were...that their children were their future...so they showered them with love and every other kind of important, meaningful gift and present...the

human beings accepted all this, they remembered all this and they kept all these traditions in their hearts...but most of all, and the most important of all these traditions, every winter season, they renewed and recharged themselves with hope and love ...

The powerful Bear Clan wanted old Santeh' Claws back ...

they demanded that all rumors concerning his unproven thievery stopped and any possible judicial litigation pending against him dropped immediately... they offered to pay all legal costs if the case were to ever come to trial...they contracted on retainer, the prestigious law firm of Dewey, Munch, Candy and Lovette, S.C.

This was the most noted, notorious, ruthless team of trial lawyers practicing at that particular time in Indian history...they desperately wanted his good name cleared and the real culprits brought to justice...they strongly pushed for an out of court settlement and a speedy resolution to this case ... when settled, they demanded that his name was to be spoken of with only love and the greatest of respect ... the huge Bear Clan further stated that old Santeh' Bear Claws was always cherished in their hearts, despite all the ugly rumors and nasty gossip forever circling about his cute little head...showing support for that rascal Santeh' Claws was a very risky, unpopular stand to be taking at that time...now, everyone wanted to be a "bear claws"...several months after, just like today, with hero worship and the imitating of cult figures, hundreds of newborn infants were named, Santeh' ... but it was suspected that that was only for some personal gain or perhaps some other sense of warped neighborly recognition, that happened all the time back then...the Bear Clan elite even managed, with a great deal of effort and perhaps by poking themselves in the eyes, to shed a few tears for everyone to see ...

Thus, as the centuries passed and the tribal generations came and went, the legend grew larger and more magical...gradually, it changed into something sacred and rather spiritual, in a very special sort of way ... and because of so much telling and retelling, some of the facts were changed to suit the story teller as well as the listener...some facts were dropped and some additions were made, depending of course on who was relating the story...but the legend has basically remained the same ... and that is exactly how the events of that one magical evening so long ago have grown into this

legendary Indian tale...the legend gradually spread from Italy, to Spain, to England and on to Germany...thus over time, the legend blanketed and was observed into the holiday traditions of all the Nations of the, "old country"...and they inadvertently spread the legend to Russia, to China, to Japan, to

Indonesia and all the island nations of the Pacific...the legend eventually made its way back to all the Central and South American countries...the legend however, never took hold on the dark continent of Africa...there were even several unsubstantiated reports from the early 20th century explorers to the frigid Antarctic, that emperor penguins were observed, dressed in their best spiffy black and white outfits, happily shuffling to and fro, honking Christmas melodies...there were also reports of Australian aborigines trying the Santa Claus tradition, in the middle 1920's, but that plan was quickly abandoned... it seems eight giant, red, bouncy kangaroos were used in place of the reindeer and according to the large local newspaper, The Sydney Gazette, "a very bruised, shaken, black and blue "Santa" spent several months picking up and retrieving several thousand presents and packages which had been scattered throughout the vast outback" ... however, despite such minor mishaps and setbacks, the tradition seems to have finally taken a firm hold, and it's reported that those particular presents and packages are currently in the process of finally being delivered ... it was also further reported that, "once the bullets were removed from the kangaroo carcasses, the meat was donated to several shelters in and around the greater Sydney metropolitan area to help feed the ever growing number of homeless individuals. The efforts of "Santa Claus", (and the local police), in this particular instance, has brought such pleasant, surprisingly good cheer, that a committee was formed to study the feasibility of making Christmas an Australian national holiday." But like I said, these reports were unsubstantiated ...

Now this very old Indian legend was told to me by my very old Indian friend on that dirty, dusty road in "uptown" Chicago ...

He swore to its authenticity, he swore that the legend was true and that the legend was passed down from father to son in his tribe for as long as he could remember...he said his father told him the legend when he was a mere child around Christmas time...with a tear, and vet, with a very faint twinkle in his eye, the old Indian concluded his story...I sat quietly thinking for quite some time after that ... eventually the old Indian coughed to clear his throat and the reverie was broken...I believe he was just anxious to be on his way ... after a hearty handshake and a vigorous pat on the back, the old Indian, my old new friend was finally able to continue on his path...I thanked him and wished him good health and happiness on his journey and sadly watched him as he disappeared out of sight ...

Now this is how the Santa Claus legend really came about...it has grown large over the years, perhaps a little too large...but even more sadly perhaps, a whole lot too commercialized...many parts of this legend have been changed...many parts of this legend have been forgotten...but I can't complain, because the very best and the most important parts of this legend are still here...and being an Indian, I inherently carry the best parts of this legend with me in my heart no matter where my path may lead me...I must always remember however, to not let his legend slip away or get lost or buried under the trash that has become the modern deteriorating Christmas season... however, the story today still holds a bit of the magic, the beauty, the wonder and the giddy high expectations of the original legend, and for this, I'm happy ...

[Santa Claus (an old Indian Legend) Look for the conclusion in the next issue]



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Prairie Band Potawatomi Childcare

Public Hearing

December 1, 2006 @ 1:00 p.m.

Please attend to voice your ideas or concerns.

Plan Process:

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- 1. Coordinate the provision of services with Federal, State and local child care and early childhood development programs.
- 2. Consult with appropriate representatives of local governments.
- 3. Hold at least one public hearing to provide an opportunity for the public to comment on the provision of childcare services.
- 4. Incorporate any changes to the program as a result of the in-



Reminder November is diabetes month...



Dental **Pre-Admission** Workshop

Arizona School of Dentistry and Oral Health December 1-2, 2006 Mesa, Arizona

The purpose of the workshop is to provide a framework for undergraduate and graduate students in the application process to dental school. The workshop consists of presentations conducted by Native American dentists, university faculty, Native American dental students, and other health care professionals. It addresses common issues encountered by students in the application process. The workshop will assist students on how to select a dental school, develop a personal statement, DAT preparation, how to prepare for the interview with the professional school admissions committee, and a "mock interview" will be conducted.

A completed application needs to include the following:

AAIP Student Primary Data Sheet Scholarship application, recent college and/or university transcripts, one letter of recommendation from a professor or academic advisor, copy of your Certificate of Degree of Indian Blood or tribal identification card, recent photograph for identification and publication purposes, one page personal statement: why you are seeking a professional career in the health professions. What influenced you and the experience(s) you have had to support this decision? Your career goals and where you plan to work.

If you have any questions or need additional information, please call Alan Galindo, MHR at (405) 946-7072 or email agalindo@aaip.org. The pre-admission workshop application may also be downloaded from the AAIP homepage at www.aaip.org under upcoming dental pre-admission workshop.

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Upcoming conferences and training opportunities

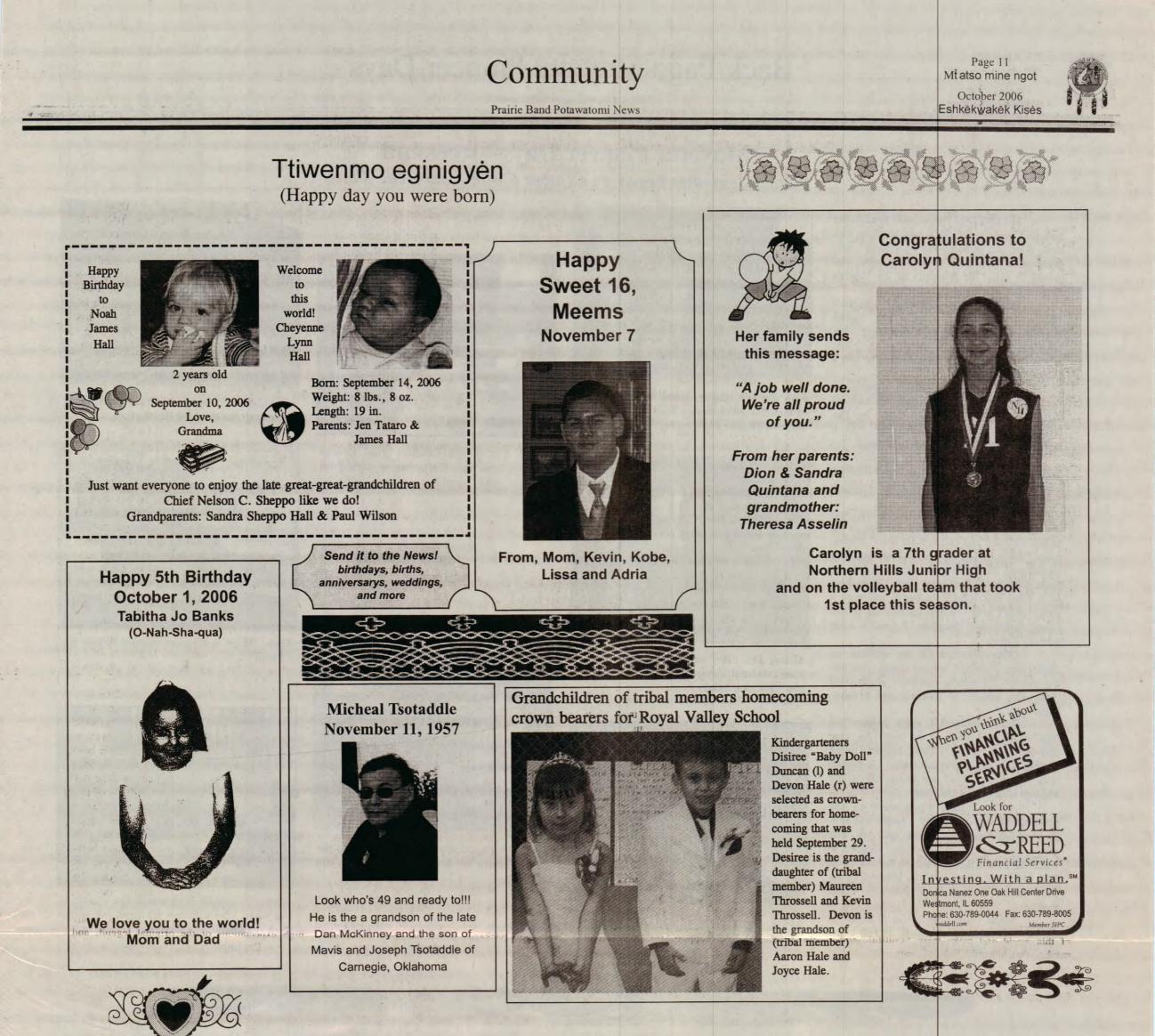
Governor's Conference for the **Prevention of Child Abuse** and Neglect November 7-9, 2006 Hyatt Regency, Wichita Visit www.kcsl.org/training conference.html for more information

> National Alliance for **Drug Endangered Children Conference** November 27-29, 2006 Nashville, Tennessee Visit www.nationaldec.org for more information

Kansas Meth Summit November 28 & 29, 2006 Hyatt Regency Hotel & **Convention Center** Wichita, Kansas

Summit Registration Information: Registration fee is \$50.00, which includes lunch and continental breakfasts. Checks should be payable to the Office of the Governor, referring to the Meth Summit in the memo. Tax ID #48-6029925. The registration form will serve as your invoice. Registration form and fee must be received by Friday, November 17, 2006 at 5:00 p.m. Hotel reservations should be made directly to the Hyatt Regency (800) 233-1234. Mention the Kansas Methamphetamine Summit to receive the conference rate; the discounted rate will be offered until Tuesday, November 7, 2006.

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Snows icon Area Churches

By Mary Young

Baptist

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

David Noland, Youth Sunday School Teacher, preaches on months with five Sunday's.

Prairie Band Baptist Outreach P. O. Box 206, Holton, KS 66436, Pastor Terry Paine, (785) 364-4259

Catholic

Our Lady of the Snows Parish 5971 - 166th Rd, Mayetta, KS

Mass: 8:30 am on 1st, 3rd, and 4th Sundays 2 pm on 2nd Sundays

For additional information go to www. pbpindiantribe.com and click on Our Lady of



God is so good. He causes the universe to go on and on despite dire forecasts and predictions of doom, from black Pastor Steve Cappleman holes, meteorites, or global warming.

Lakeview Faith Chapel God has the whole

world in His hands, and a plan that He will bring to pass.

This is not to say that there won't be things taking place. In these last days there will be wars, rumors of wars, and earthquakes as well as other events. But people who are children of God don't have to worry. The Christian has an eternal overall outlook that is the big picture, and that picture is not clouded by things that might really mess up the average person's life.

If anyone accepts Christ as their Saviour, they have peace because they know that

Methodist

Pottawatomi United Methodist On O Rd. between 142 and 150 Rd. Mayetta, KS, Rev. Howard Sudduth

Sunday: 9:45 a.m. Sunday school 10:30 a.m. Worship service

Pentecostal

Lakeview Faith Chapel 3-1/2 mi. south of Holton, KS on U.S. 75, Pastor Steve Cappleman, (785) 364-2416

Sunday: 9:30 a.m. Sunday school 10:15 a.m. Worship service 6:30 p.m. Youth group 6:30 p.m. Evening worship Wednesday: 6:30 p.m. Bible study

Potawatomi Pentecostal Church 4-1/2 mi. west on 134 Rd. from U.S. 75, Mayetta, KS

Sunday: 10:00 a.m. Sunday school 10:45 a.m. Worship service 7:00 p.m. Evening worship

their name is written down in the Book of Life, and that no matter what happens they will go to heaven and live happily ever after.

Psalm 33:18-22 says these words about those who trust God with their lives: "Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy; to deliver their soul from death, and to keep them alive in famine. Our soul waiteth for the Lord; he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name. Let the mercy, o Lord, be upon us, according as we hope in thee."

Friends, there is victory in Jesus! If you haven't already, turn to Him with all your heart. I know He is coming soon for those who are ready!

Blessings! Pastor Steve Cappleman

...more on the **American Indian Day Pow-wow Royalty**

Head girl dancer



Photo submitted by Juanita Jessepe

Sylvanna Levier, above, was the head girl dancer for the American Indian pow-wow held on September 23 at Prairie Peoples Park, an Monor not taken lightly. Sylvanna is the daughter of Jackie Jessepe and John Levier.

Sylvanna has won many pow-wow contests in the past. She also volunteers with the Trashbusters during the annual Earthday community cleanup.

Sylvanna's applique dress was designed and sewn by her aunt Imelda Jessepe.



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Head boy dancer



Photo submitted by Barbara Tims

Isaiah Potts was the head boy dancer for the American Indian Day pow-wow held on September 23 held at Prairie Peoples Park. He is Barbara Tims grandson.

Isaiah, 15-years-old, designed and sewed his traditional outfit.



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Back Page/Mayetta Pioneer Days

Prairie Band Potawatomi News

Mayetta Pioneer Days—weekend Pioneer festivities began on October 6 with a barbecue dinner

MAYETTA—The weather forecast for Jackson County called for a cool morning with clear skies and sunshine but by midday, temperatures climbed and sweatshirts were removed to enjoy the festivities of the Mayetta Pioneer Day celebration.

Pioneer Days included Mayetta's 120th year anniversary; Mayetta was founded in 1886 by Elizabeth and William Lunger. The town was named after their daughter Mary Etta minus the "r" because Kansas already had a town called Marietta.

Once again, Judy Darnell, tribal member, organized the two-day event. A kick-off barbeque supper and dance, music by The Highway 75 Band, was held on Friday, Oct. 6 at the Mayetta Catholic Church in Mayetta.

Beginning on Saturday a biscuit and gravy breakfast was served at the Methodist Church on Main Street with other activities starting at 9 a.m.

The first activity for the children was the turtle race. This event was exciting as the crowd watched and cheered for their favorite turtle. Some turtles were natural athletes, they immediately started to walk the distance to the finish line while others were slow. Then there were those that refused to budge and even a nudge didn't help! Worth mentioning is that Laury Shopteese's daughter, P-Qwas's turtle won third place.

Other activities for the children included the following: balloon stomp, mud eating contest (chocolate pudding), duck pond (under 5), snakes 'n' ladders, and a threelegged race.

Adults enjoyed a silent auction and then tested their skills at the coin toss, cow chip toss, Let's Make a Deal, jalapeno eating contest, and a grocery cart race. A dessert walk was offered to all age groups but mostly children tried out for this event.

A flea market was another all day event scheduled for that day. Adults and children stayed busy throughout the day with games and contests but everyone stopped to watch the parade that was led by the We-Ta-Se Post 410 Color Guard and was followed by the 2006 Senior Queen, Sarah Patterson, tribal member.

Music entertainment was provided by the Ed Thompson Band and B. J. Forgy and the Red River Special Machine.



Judy Darnell, above, posed in her original ribboned-frontier dress. Judy organized the Mayetta Pioneer Days event.



Above, I-r: Roy and Joetta Walrod and Vida (Walrod) Keyser celebrate Pioneer Day and Vida's birthday.



Above, Kevin Throssell and Ray Wahweotten pose for a photo.



Above, I-r: Alvina LaClair, Paul George Tuckwin, and Sara Gartenmayer started out the day with breakfast at the Methodist Church.



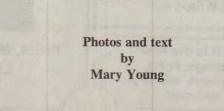
Above, Janice Ownby and Brian Jones check out a craft booth at the flea market.



Above, Mary Wabaunsee stopped to pose for a photo.

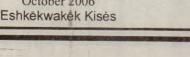


Above, Elizabeth Wabaunsee-Tye smiles as she posed with a french fry from one of the food vendors.



Above, Velma Wahwasuck-Harjo turned the

golden brown fry bread; another one is still



and let the parade begin . . .

in the pan.



Clockwise, above: 1) Led by the We-Ta-Se Post 410 Color Guard, the Mayetta Pioneer Days parade began promptly at 2 p.m. 2) One of the parade entries was a 1914 mail truck, this photo was taken prior to the parade. 3) The We-Ta-Se Ladies Auxiliary Unit 410 members threw candy to the crowd as they passed by on their float. 4) A first time parade entry, the PBP transit bus was driven by Micki Martinez, the motor vehicle director. 5) The 1928 Mayetta fire truck has Potawatomi roots; Sarah Patterson's mother, Pits-Saw Blandin sold the truck to Mayetta for \$50. (This story was told to the News by Roy Hale) 6) PBPN fire truck 651 made a showing at the parade.







< Center: Tribal member Sarah Patterson was chosen as the "2006 Senior Queen" for the Mayetta Pioneer Days celebration. Sarah was dressed in her traditional setchkin blouse and skirt and was escorted by her nephew, Roy Hale.



