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P.O. Box 116
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Prairie Band Potawatomi News

September 2004 EDITION

A Report to the People of the Prairie Band Potawatomi Nation

Flame Lighting Ceremony commemorates grand opening of Harrah's Casino

As a tribute to the grand opening of its \$55 million hotel and casino expansion, Harrah's Prairie Band Casino held a special flame-lighting ceremony in the Convention Event Center on August 27.

The Tribal Council joined executives from Harrah's in this first event of the grand opening celebration that began with an opening procession of the We-Ta-Se American Legion Post 410 Color Guard, Native American Singers and Dancers, and the Little Soldier Singers. Following the procession Gary E. Mitchell gave the invocation and spoke about the cultural history of the Prairie Band people. He also thanked Harrah's for going along with the tribe in seeing that the culture of the Nation was

respected and preserved in the new designs and themes of the expansion.

Following Mitchell were brief speeches given by Harrah's dignitaries Patrick Browne, Carlos Tolosa and Tim Wilmott along with

Topeka Mayor, James McClinton and Tribal Chair, Zach Pahmahmie.

In Wilmott's speech he said that as a thank you to the Prairie Band people, Harrah's was donating \$25,000 to the Boys and Girls Club library fund and unveiling at that time a sculpture called "Buffalo Heart" by Kansas artist Barry Coffin in another part of the Casino.

Next, a ceremonial flame lighting was held by PBPB representatives who came forth to light the eternal flame. They included: Tribal Elder, Jane Puckee; War Veteran, Milton LaClair; PBPB Princess, Sydney Jessepe; and Tribal Chairman, Zach Pahmahmie.

The ceremony concluded with the retiring of the flags by We-Ta-Se and an hors d'oeuvre reception that followed.

Pictured to the right is Gary Mitchell, tribal historian, who gave the invocation and spoke at the Flame-Lighting Ceremony about the cultural history of the tribe. The photo, left, shows a member of Harrah's Casino kitchen crew serving some sumptuous foods offered to folks after the ceremony.



Prairie Village Gift Shop opens

submitted by: Cindy LeClere, manager and Helen Sumner, PBPB Economic Development

The Prairie Band Potawatomi Nation's Prairie Village Gift Shop located next to the Prairie Band Casino Three Fires Steakhouse officially opened on August 16, 2004. The new name of Prairie Village Gift Shop was in keeping with the Nation's own official naming.

Cindy LeClere manages the Prairie Village Gift Shop. She is a PBPB member and has

managed the PBPB gift shop for over ten years. Gina Wahweotten was recently named the gift shop's assistant manager. Other gift shop Nation member employees are Anna Padilla, Thomas Hernandez, Brenda McClure, Michelle Simon and Richard Brewer.

The Prairie Village Gift Shop management announces to the Nation's membership that there is a 10 percent discount on only full-priced items. In order to receive the discount, Nation members will need to show their membership

cards. The discounted price of ten percent does not include any purchases on tobacco products, over the counter medicines and sundry items. Also, the Nation membership's ten percent discount will not be honored with a second discount. The Prairie Village Gift Shop management wants to emphasize that this is a business that is operated for profit.

The Prairie Village Gift Shop employees worked many hours in preparation for the initial opening. They consulted with other gift shop con-

sultants concerning the appropriate inventory items and how to display them. The beautifully decorated gift shop carries various gift items, a casual line of clothing and an assortment of candles, Pendleton brand articles and tobacco items.

The Prairie Village Gift Shop is open from 8:30 am to 12 midnight seven days a week.

The gift shop employees have appreciated your business in the past.

Here's some per capita information

-A message from Ryan Dyer in the Treasurer's Office

I would first like to thank all of you who supported me in the recent election. I would also like to assure the membership that I am committed to the office that I currently hold. I will strive to continue to improve the integrity of the office of the Treasurer and provide for the long-term well being of every Tribal Member. My first month has been an exciting time of change within the Tribal Council. I have been working hard to learn the duties and responsibilities of a Tribal Councilman, update our financials and streamline our procedures.

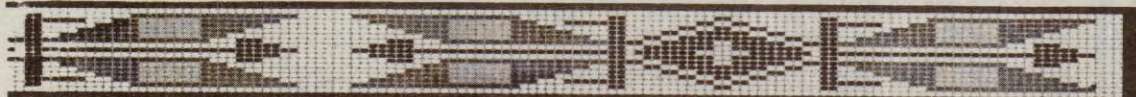
The new per-capita ordinances have been approved. Effective immediately the per-capita payments will be issued based on 30% of our gaming distribution. The payments will also be issued quarterly on September 15, December 15, March 15, and June 15 of each year.

An error in the previous per-capita calcula-

tion prevented the full payment in the past from being distributed. The Tribal Council authorized the full distribution of the withheld amount to be added in one lump sum to the next payment. As such, the September distribution will be unusually large. The payment schedule should be back to normal by the December distribution.

Please remember that your distribution amount may vary based on the gaming revenues from our Casino. It is impossible to determine the amount of future per-capita distributions. You can be assured that distributions will be based on 30% of the actual win amount.

Please feel free to contact me regarding any questions or concerns that you may have, as I am always in your service. I look forward to continuing the great start that we have begun and the future that we are working to build.



In keeping with the theme of Elvis as a "cool cat", sunglasses were passed out at The Flying Elvi, one of the grand opening events held at Harrah's Casino on September 9. Pictured above each sporting their complimentary "shades" is front row center Yvette Washington. Left to right clockwise from Yvette's left is Verna Simon, Colleen Thomas, Janelle Archilta, Liana McGreer, Leslie Marshno, and Robin Shield. The Flying Elvi were a 10-man parachuting act who each dressed as Elvis and gave a music performance after they jumped. The Casino had a series of grand opening events from September 9 -12.



Small business grants now available

An opportunity for tribal members who are interested in starting a small business or needing help with one is now available through funding that was made possible by a small business grant that the Nation secured last year.

Diane Robb, PBPB's grant writer, submitted the paper work for the grant in 2003 and the tribe was approved for the \$800,000 award. The grant comes out of the federal Housing Urban Development (HUD)/Indian Community Development

Block Grant Program and can be applied for annually.

Tribal members must adhere to certain requirements in order to qualify for the grant program and compliance standards will vary according to individual need and what state they reside in. More information about the small business grant process is listed on page 6 of this issue.

For more information call Dawn LeClere through the Economic Development Department at 785-966-4047.

Boys and Girls Club receives library donations

submitted by T.J. Kitchkommie

The Boys and Girls Club of the Prairie Band Potawatomi Nation has received several donations of used books in the month of August 2004.

The Kickapoo Nation School, under the direction of Toby Melster, principal, and Bonnie Wabski, PBPB tribal member and school secretary, were very instrumental in helping acquire this donation. Along with the many fiction paperbacks, the library received a set of "Time Life" reference books that will help the children when doing reports and research.

Another gift was made from the library of Haskell Indian Nations University who donated many fiction novels.

The third donation of used books came from Jordan Perdasofpy, a 13-year-old girl from Bartlesville, OK from the

Comanche tribe. She is a member of Operation Eagle Title V11 Indian Education Program. Jordan was crowned princess of their club in April 2004. One of her personal goals is to encourage young students to do more reading. She has achieved this by reading aloud each week to Pre-K and Kindergarten classes throughout the Bartlesville area. As of August, she had also collected 1,523 books and has handed out 930 of them so far this summer.

The Boys and Girls Club is grateful to each establishment and the individuals who have made generous donations to the library. Community members and children are encouraged to use this new facility at the Club.



Jordan Perdasofpy a member of Operation Eagle Title V11 Indian Education Program, has made a book donation to the PBPB Boys and Girls Club and will also attend the American Indian Day Pow-wow at Prairie Peoples Park on September 25.

Special Election

Prairie Band Potawatomi News

2004 Notice of Special Election for Tribal Council

Prairie Band Potawatomi Nation

Members of the Prairie Band Potawatomi Nation are hereby notified that an election will be held on October 8, 2004 for the purpose of electing one (1) member of the Tribal Council which is (1) Council Person. The term of office for this position will fill the duration of term (July 2006). This election shall be conducted in accordance with the Constitution and Election Ordinance of the Prairie Band Potawatomi Nation. Automated Election Services of Rio Rancho, New Mexico will assist the Election Board with this Election.

Ballot Distribution

Ballots will be mailed to all registered voters no later than September 15, 2004. All ballot distribution packages will contain a preaddressed return envelope for mailing ballots back to the Election Board.

All ballots must be received in the Election Board Post Office Box in Mayetta, Kansas no later than 9:00 a.m. on the date of the election, October 8, 2004.

Tribal Council Election Calendar

October 8, 2004 - 9:30 a.m.
Election Day-ballots tabulated and results reported

October 14, 2004 - 4:00 p.m.
Last day to file protest of the election

Election Results

Ballots will be tabulated in an open meeting for Tribal Members conducted by the Election Board beginning at 9:00 a.m. on Election day at the old stone community building. Tabulation of ballots will continue until all ballots have been tabulated and the results of that tabulation have been recorded.

The Election Board shall issue the preliminary election results immediately after the conclusion of the tabulation. Protests of the election results may be filed up until October 14, 2004, 4:00 p.m.

Certified election results will be posted at the appropriate Tribal offices, as well as, being released to all appropriate media at the conclusion of the election.



Special Election Tribal Council Candidates (vote for one (1))



Dale Delg

My name is Dale Delg. My Indian name is Zhee-gon-o, and I am running for the position of Council Person in the October 2004 election. My family's ancestry is diverse from Prairie Band Potawatomi, Sac-n-Fox to Pueblo and we share the same values of hard work, honesty, integrity, self-worth and pride in doing a job well done. I am proud of all my relatives who have been an inspiration to me in their leadership of our people and to think that their DNA runs through me. I can think of Minnie Evans, sister to my Misho Arthur Wishkeno, who was a strong advocate for Indian rights and was part of organizing our tribe, and one of our first women leaders.

My platform is simple; to serve the general membership with good sound decisions based on the needs of our people and developing profitable businesses to pay for benefits and services other than from all gaming revenues. Create more interest in our government operations through open communications and inviting members to sit in on Tribal Council meetings to learn first hand how our business is conducted. If elected, one of my first priorities is to develop interest in a comprehensive health care plan for tribal members throughout the United States. Fiscal responsibility, cost savings measures, and profitability must be our corner stone to prosperity.

I have been honorably discharged from the U.S. Air Force as staff sergeant, and a veteran of the Viet Nam conflict. I have three son's, Tony, Tracy, Jason, and two grandson's

Christian and Michael Delg. My grandparents were Arthur & Sarah (Wapp) Wishkeno and Dennis & Mary (Cadgue) Delgadillo. After college I spent thirteen years in Los Angeles as a teamsters union business agent dealing with labor and management contract negotiations as a team member for the trucking industry, labor dispute resolutions and grievance panel member. Ten years experience as Real Estate business owner and operator promoting leasing and sales in commercial and residential properties. Business owner of upholstery company with three employees. Sallie Mae Corporation student loan collection manager in Lawrence, Kansas, for six years, then Human Resource Director for the Prairie Band Potawatomi Nation starting 1997, authored personnel policies, moral program, employee benefits, establishing grievance committee and guidelines, advocating for Indian preference in employment opportunities. I left the tribe in December 2001 with a 75% Indian workforce. Finally, Director of Tribal Employment Rights office for the Kickapoo Tribe in Kansas, an Indian Preference enforcement officer. Responsible for developing and writing TERO Ordinance and all policies and regulations for a new Indian Preference enforcement program. My proven leadership experience will be an asset as your next elected Tribal Council person.

Dedication to fairness and equality for all is what I advocate on the General Council floor in meetings on issues that affect all Potawatomis and not just a few. We have full support of the COPP's group (Conservative Organized Potawatomi Party), a Kansas chartered non-profit political organization open to all Prairie Band Potawatomi Nation members. From open discussions and prioritizing our issues at open meetings we strategize and organize a plan of action, this group has been successful in developing motions for the IHS compact and PBPB Health Clinic to be built on our reservation, passed a 6% per capita increase with quarterly payments to our membership, rescinded Tribal Council resolution restoring employee due process in appeals and grievances procedures, and supporting an Indian Preference enforcement tribal law initiative (TERO) that gives our Indian people an edge on employment, contracting and sub contracting opportunities for our Nation.

I am asking for your support and your vote of confidence in the October 8, 2004 Tribal Council Special Election. I will do my very best to support and serve you.

Igwien



Peggy (Nioce) Houston

Daughter of Patricia Kahbeah Nioce and the late Edgar L. Nioce. My grandfather, Joseph Nioce, named me Kum ma kwe (Commaquah). I am a life long resident of Kansas with my husband, and two children, one in high school and one in college.

My professional experience includes 7 years of casino management experience at Harrah's Prairie Band Casino; 7 years in a Governor Finney appointed position as an Independent Living Coordinator for the state of Kansas Social Rehabilitation Services, and 7 years as a mental health technician at the Menninger Foundation. I presently serve as: President of the American Indian Chamber of Commerce of Kansas; member of the National American Indian Chamber of Commerce; Foundation Director for the Kansas Society of Human Resource Management; member of the Highland Adult Education Board, and the Prairie Band Potawatomi Pow Wow Celebration Committee.

I graduated from Emporia State University in 1981 and am presently pursuing a Master's of Science degree in Management at Friends University, Wichita, Kan.

As a member of a growing successful Nation, I have a wealth of knowledge and experience to bring to the table as the Nation makes critical decisions about Economic Development. I have a commitment to building and supporting Native owned businesses, and more importantly, the education, health and welfare of our people.

Open communication with **Tribal Members** is the key to success in:

- Utilizing Native American business resources to our people
- Providing continuous improvement in resources to our people, and
- promoting collaboration with our businesses, regulators, and service providers.

Together we will **protect our sovereignty and preserve our culture**. I would be proud to represent you in the position of Prairie Band Potawatomi Tribal Council member.

Election Board

Please phone or write the Election Board Office if you have recently moved.

Voncile Mitchell.....(785) 966-3911
Julia Barber..... (785) 966-3910
Ruta Mendez.....(785) 966-3912
Fax Number.....(785) 966-3913
Toll free.....(877) 715-6789



Election Board
address:
PO Box 128
Mayetta, KS
66509

The Election Board has recently moved to office suites located nearest the lobby on the west side in the Government Center.



Joe Jessepe "Zow-nim-ki"

"Just An Average Joe" STRONG POTAWATOMI LINEAGE

Father: Leroy Jessepe & Mother: Constance Magnauck
Grandfather: Pek-che-bi M'Jissippi- Grandmother: "Suzie" Zow-nim-ki
Grandfather: Grant Magnauck - Grandmother: Madeline Tomey

COMES FROM A LONG LINE OF
WARRIORS WHO
FOUGHT FOR OUR FREEDOM TO
WORSHIP, LIVE AND DIE AS NISH-NA-BEK

- United States Army Veteran - Purple Heart Recipient: Viet Nam Conflict
- President, Delia Chapter - Native American Church
- Charter Member of the Prairie Band Potawatomi Land Committee
- 10 Years Sobriety

"I want to thank those of you who voted for me in the Tribal Council Election. Now, I'm running for the special election seat on the Tribal Council and asking for your continued support. I make no promises, but will try to be fair & respectful of every issue put before me"

AS YOUR TRIBAL COUNCILMAN:

- I will continue to fight for our right to live as free citizens
- I will uphold the Potawatomi Constitution and the Tribal Law and Order Codes
- I will do everything I can to protect the tribal assets that are held in common by all of us
- I will provide reports of my activities at every General Council Meeting
- I will assist in monitoring gaming activities

and work closely with the Gaming Commissioners to help protect our gaming interests

- I will stand up for the due process and civil rights of all our people
- I will listen fairly and with an open mind to any & all issues put before me

The physical and legal rights of our people should be fully protected by the Constitution, the Law & Order Codes and from the Tribal Police who should protect- not harass our tribal citizens. I believe no elder should go unheard, or without their most basic needs being met. I believe in protecting and conserving our natural resources: water, air, minerals, timber and wildlife and keeping Grandmother Earth free from hazardous materials. The responsibility of protecting each other's children is with each of us. Igwien.



Terrell E. (Terry) Moore

I am Terrell E. Moore (Terry), son of Frank G. Moore and Eleanor (Spitto) Moore. My parents are deceased.

I am currently seeking the position of Tribal Council member. We were raised on the Potawatomi Reservation and I remember the difficult times we faced during the 40's and 50's. After graduation from high school, I enlisted in the U.S. Army where I served tours in Korea, Japan, Okinawa, Germany, and France. I entered the mental health profession in 1979 as an addictions counselor in the substance abuse field. I have considerable experience in administration of various programs and also have management and supervisory skills. I was employed as program director of various programs in Topeka and Wichita in Kansas and for three years in the state of Oklahoma, where I worked with Native American adolescents including families in a therapeutic setting. I also worked

with the Four-Tribes in northeast Kansas from 1996-1999 and retired after twenty years.

While in Wichita, I was elected chairman of the Board of Trustees at the Mid-America All-Indian Center. I gained considerable experience working with different tribes and learning their different tribal customs and traditions.

I have always loved challenges and would enjoy working with the other Tribal Council members of our Prairie Band Potawatomi Nation and on the many challenges facing our governing body as we move forward to establish good relationships as a sovereign nation. Three things come to mind: taking pride in helping our Elders, and learning the wisdom and knowledge that they possess; all our veterans need our support as we honor them for serving our country during difficult times. I am also a lifetime member of We-Ta-Se American Legion,

Post 410; and, last, helping our children and being good parents and continuing support for education and other activities they are involved in. Our children are our future.

I realize I have a lot to learn to be an effective Council member and will do everything possible to learn as quickly as possible. I would appreciate your support and vote in this upcoming election.

I can be reached at my home at 785 - 266-4045, or on my cell at 785-633-1899.

Thank you and may God bless all of you.



Jim Potter

My family and I would like to take this opportunity to thank all the members who supported me in this last election. The election was a very close race with less than a 10% margin by my successor. That being said, I would also thank those who didn't support me as well. The election is one of the instruments by which you, the individual member, have to set the course for our Nation and participate in our democratic structure of government. This is one principle I have always upheld and will continue to do so as an elected official or otherwise. Our Nation's Constitution identifies these rights that we as a people have in ARTICLE IX - POPULAR PARTICIPATION IN GOVERNMENT. When I first entered into the position as the treasurer for our great Nation, now over eight years ago, I took an oath of office to uphold the Constitution of the Prairie Band Potawatomi Nation. Even though I spoke the words and held up my right hand to take that oath, I considered our Constitution, in its present form or whatever form it may take in the future, through amendment by the membership, to be the law by which myself and we as a Nation and as a people are to be governed by and live our lives in accordance with. There is but one other vow that I take more seriously. That is my marriage vow to my wife Patricia. I knew and know those that remain with us who drafted and adopted this Constitution. At one point in my career I had the wonderful opportunity to work side by side with other individuals who labored to draft amendments to the Constitution and send those amendments through the approval process, amendments that were necessary to continue governing our people and the people to come, in

the most fair and uniform manner as our vision into the future could foresee. At times in the past when faced with a very difficult decision that would affect the welfare and future of our people I would look, initially, to two places for answers. First to our Creator for guidance and secondly to our Constitution for the wisdom and foresight from those who had come before us. Should you support me in our upcoming Special Election and I be elected into this Council Member position, I would continue this same practice in providing governance for our Nation and people.

In the past regular election I gave you data by which to judge who would be the best candidate. I'll not take your valuable time nor bore you with the same information. For those who would be interested in this information you can find it on my Web Site: www.jimpottercampaignpage.com or contact me and I will send it to you directly and answer any questions you may have. I would like to explain to you why I have an interest in pursuing this currently vacant position on the Council. As some of you already know, I'm a lifelong resident of or around the Reservation and the Mayetta, Kansas area. I was born and raised here. This is my home and I don't plan on leaving it at any time in the future. My commitment is to all our people, the tasks that need to be executed to fulfill that commitment has to occur from here, at the Prairie Band Potawatomi Nation. That being said, I will always be a watchman for our peoples best interest whether in an elected position or not, although I feel the best situation to be that watchman, is as an elected official.

Much concern and attention has recently been placed on our future Economic Development endeavors and yes, we should continue to pursue these endeavors with the proper and careful due diligence they deserve in the best interest of our people. I have heard from many directions as our Nation being described as a "Multi-Million Dollar Corporation." I beg to differ. We are not a corporation. We are a nation of people with the same rights and privileges as any other nation. If anything, we are a nation with multi-million dollar business operations and holdings. Corporations have one objective, to make money for their owner or owners with no regard for tradition, cultural values and beliefs. Due diligence is a business practice that is used to determine whether a business venture is in the best business interest of the company. We, as a nation of people, need to keep in mind that as part of this "weighing in process", whether the venture is also in the best interest of our future generations maintaining their traditional, cultur-

al values and beliefs. I would seek to keep these very important national treasures in place for those generations, as our Elders did before us, and still provide a secure economic future for our people.

In the eight years I served, I did so with pride and an attitude of humbleness and honor of being a representative of our great Nation. My motivation was neither self-serving nor for personal gain or another stone in building my resume. The effort and work I put forth was in the interest of all the membership whenever possible at every juncture. My upbringing was not just the responsibility of one or two people, rather, a community of people, as has always been the way of our people, which in our way instills morals and ethics in an individual. During this eight year term I didn't and couldn't allow even the impression be left that I was taking advantage of my position. I would invite anyone to come see the house I rent and the car I drive as proof of this fact. Nor could I allow my ego to become inflated which would foster grandiose actions and behavior.

If elected I would continue these personal characteristics and principles in the leadership of our Nation in the most fair and uniform manner possible and would be honored and unselfishly willing to do so.

I respectfully request your support and vote in this next special election and pray the Creator will take care and guide you and your families.

I can be reached at 785-966-0168 or jpotter@pbpnation.org.



Ann Simon-Garcia

I would first like to say a big "E-gweeyin" to all those who supported me in the July 21, 2004 election. Your overwhelming support has prompted my decision to run again in the October 8, 2004 Special Election for Tribal Council Member.

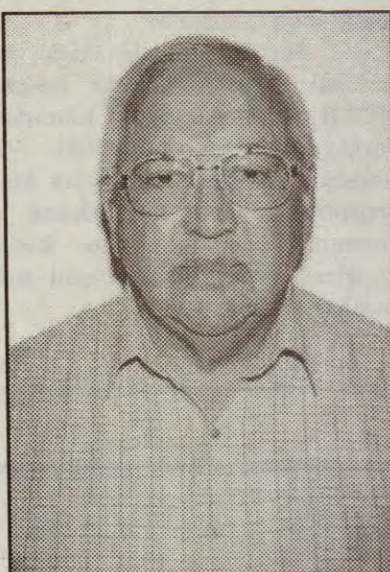
My name is Ann Simon-Garcia. I am the daughter of Mary Simon-Frost and the granddaughter of Lenora Wabski-Simon and Willie Simon. My husband Chris and I live on the reservation with our four children, Ella, Ashli, Anthony, and Nathan. I have served on the Prairie Band Potawatomi Nation's Pow-Wow Committee for three years and I am a regular volunteer for our Boys and Girls Club.

As an active community member and employee, I see first hand some changes that our Nation needs to make to be able to move forward.

•Economic Development---With the land that the Nation owns along Highway 75, there are several possibilities for commercial development. Some of the ideas that I have are an industrial park, a strip mall with some needed shops, or even a grocery store with a much needed pharmacy. Let's look at keeping our money and jobs here within the Nation's community, instead of taking it to Topeka, Lawrence, or Kansas City.

•Fairness and Equality---We have to start being fair and equal to all of our Tribal members and employees. We have policies and procedures that Tribal Council passed, and we should as a whole follow them. Don't do for one member or employee that you wouldn't do for another.

If elected I promise to always be honest, fair and keep an open mind and an open door. As a whole we can guide this Nation to the greatness it deserves. I appreciate your support in electing me as your Tribal Council Member.



Tom Tuckwin

My name is Tom Tuckwin and I am interested in filling the position of Tribal Council Member for the Prairie Band Potawatomi Tribe. My parents were both Potawatomi from here. They were Louis "Wag" Tuckwin and Elizabeth Blandin Tuckwin. I am a member of the Thunder clan and my Indian name is Mnumquat. I have also been a We-ta-se member for over twelve years.

I studied Business Management for two and one-half years at Wichita University before joining the US Navy during the Viet Nam Era. I was in communications for four years in the Navy which led me to study electronics at the University of Puerto Rico. I also had my own upholstery busi-

ness for nearly four years in Puerto Rico while studying there.

Leida and I were married in 1969 and we now have three daughters and six grandsons. We reside in Hoyt where our daughters, Leslie, Lisa and Karen graduated from Royal Valley High School.

I have over twenty years of management experience, mostly in the private retail industry where I managed personnel, payroll, inventory and budget for our local office.

I was elected Tribal Chairman in the early 1970's and I served, along with the other Council Members, and without pay, with the main purpose

of getting housing started on the reservation. I was also elected Vice-Chairman of the Tribal Construction Company in the 1980's, with the main purposes of road improvement and building lagoons for Tribal housing.

Economic development; more educational opportunities; health improvements, from our new clinic to preventive exercise programs; social and cultural improvements; and housing development are all areas that I would like to help improve.

Thank you for any and all support you can give. Please vote regardless of who you support.

Special Election

Prairie Band Potawatomi News

Special Election Tribal Candidates (vote for one (1)) (continued)



George Wahquahboshkuk

My name is George Wahquahboshkuk. I am 55 years old and recently married Joyce on July 31, 2004. I have 7 children, with one in high school. Joyce has 4 children. Together we have a total of 11 children and 15 grandchildren and one great granddaughter, with two grandchildren and one great grandchild on the way.

I lived most of my life on our reservation.

I attended: Pawnee Indian School in Pawnee, Oklahoma; Winnebago Catholic Indian Mission School in Winnebago, Nebraska; Witchewah School House on the PBP Reservation; Chilocco Indian School in Oklahoma; Riverside Indian School in Anadarko, Oklahoma; and spent two years as a legal assistant/paralegal at Washburn University, Topeka.

I joined the Marines November 14, 1966, served actively in the United States Marine Corps for 4 years, served 13 months in Vietnam where I was decorated and honorably discharged. My decorations are listed below:

- National Defense Ribbon
- Vietnam Service Ribbon W/4 Bronze Stars
- Vietnam Campaign Ribbon W/1960-Combat

Action Ribbon

- Presidential Unit Citation W/1 Bronze Star
- Republic of Vietnam Meritorious Unit Citation
- Gallantry Cross Medal Color with Palm
- Civil Actions Medal, First Class Color W/Palm Sharpshooter Medal
- Honorably discharged on October 26, 1972

I served 12 years on the Tribal Council. One year as Council person and 11 years as Chairman from 1979 to 1993. I was recalled in November of 1993...not for any criminal acts or any wrong doings, but, for unjust causes. The vote was very marginal but as I have always maintained, once the people were legally meeting as the General Council then I would abide by the vote. Which is why I didn't leave kicking and screaming. I enjoyed serving the people and being a part of moving the Tribe forward in a positive force. Maintaining our sovereignty and dignity as a Nation, to better protect our people and see to their common welfare.

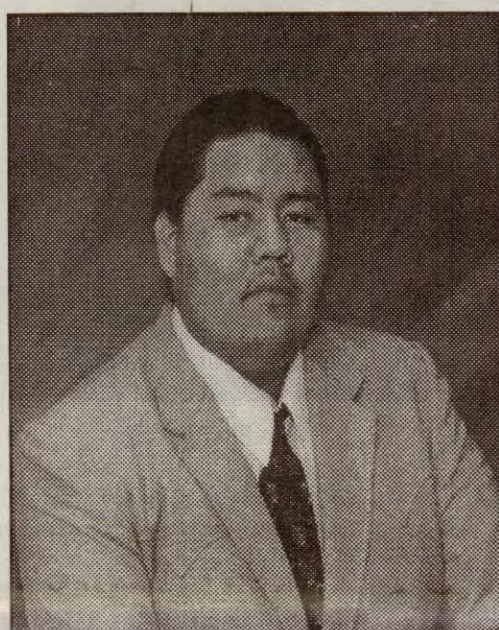
My loyalty is to our people...it is you that I stand for when in office. I would honor and welcome that chance to serve the people again.

To be 100% responsive to the people, in an effort to keep the pulse of the nation in check.

Other notables:

- Served 9 years as Potawatomi Child Welfare Court Judge
- 8 years as Vice President on the Haskell Board of Regents
- Represented the Tribe with testimony and negotiations with the Kansas State Legislature:
 - Tribal/State Gaming Compact
 - Unmarked Burial Legislation (leading to the closing the Salina Burial Pit)
 - Tribal Court System Law and Order Codes and Ordinances

Due to the limitation of 500 words or less, many things have not been mentioned here, but rest assured I acted with the people in my heart and mind. I can be reached by phone: 785-966-2682 or by email: howlyn@inland.net.



Trilby John Wahwasuck

My name is Trilby Wahwasuck. I am 24 years old. My parents are Badger and Karen Wahwasuck. My grandparents were Trilby Hix and Lucille Wahwasuck. I am a great-grandson to Kno-we of Skunk Hill, Wis.

I am running for the position of Tribal Council member because I sincerely believe I can make a valuable contribution to the present-day affairs of the Nation and help pave the way for a better future.

Many people only speak of the future of our Nation, and I believe that any building of a better and stronger Nation of the future must first begin with the basic foundation of the Nation now. There are many needs and concerns of the people now that have to be addressed to insure growth for the future. You cannot build a house from the attic down to the basement...we cannot build for the future and ignore the present time. We have problems now and many needs of the people.

I am not running to be your leader. I am too young to be a leader of so many respected elders. I am running for Council to be your elected "representative". To represent you, the Tribal Member and your concerns for the future, as well as the needs of present-day problems.

These words have been passed down to me from my grandfather, Trilby Hix Wahwasuck. "If you are ever put on Council, you are there as a tool for the people, you are a servant to the people." He also said, "do not put yourself up on a pedestal because it is a long fall to reality."

We are supposed to have a representative form of government and I want to give that back to the people. There is a lot of power that has been given to Tribal Council by our Constitution. That power should not be to rule the people but to govern the affairs of the Nation after consulting the "people" who are the Nation.

I graduated from Pyramid Lake High School in Nixon, Nev. I was a delegate to U.N.I.T.Y. and studied tribal law. After returning to Kansas I attended Haskell University studying for a degree in business, and I still attend part time. I have also taken Introduction to Casino Management and Advanced Casino Management. While employed at Harrah's, I participated and completed Management Training ACE I and ACE II.

I have been drug and alcohol free for the last 24 years. I am very proud to be Potawatomi and will do my very best to prove my love for my people by doing hard and responsible work for you. I will provide accountability to the people. The people I will be working for as your representative. My phone number is 785-364-4420.

Council Members, I believe, have to work with the people every day...not just at General Council meetings. Thank you.



Mary Young

As a Tribal Council person for the two-year term, I will be able to give back and contribute to the Nation as a result of my various experiences and education. My strength is from working in the newspaper department where I have knowledge of most of the managerial and departmental activities within the Prairie Band Potawatomi Nation. Having lived off the reservation for most of my life, and having lived here since 1999, I understand the points of view of both on and off reservation tribal members. I feel qualified because I have prior experience working with the Casino, the Alcohol and Drug Program and now as the co-editor of the newspaper. In doing so, I have experienced every phase of the Nation's government and business enterprises.

The Nation's foundation is in place but we must continue to develop to become self-suf-

ficient as a Nation and as individuals: New enterprises and the utilization of the many talents of our Nation's members will help us become stronger. To continue on this path, I see a need for 1) greater infrastructure planning on the reservation, 2) an economic development management plan, and 3) a cultural preservation center for the generations to come.

We need to expand our horizons, and strategic planning is necessary to move forward. Plans for both infrastructure and economic development require a 5-year and 10-year plan because we need checkpoints to make sure we are following the right path. My platform would be to define the term infrastructure as it applies to the Nation. We are in a unique situation unlike the surrounding area because we are a sovereign nation but we need to get the infrastructure in place. One key element of this infrastructure is improving communication within Tribal Council as well as between Tribal Council and the General Council so that all tribal members are fully informed about the affairs of the tribe.

A 5-year and 10-year plan is necessary for the infrastructure; this 5- and 10-year plan should be integrated with the 5-year economic development plan. We need to develop a 5-year economic plan as a vision to where the Nation is going and take the steps needed to get there. For our Nation to grow economically, we also need to diversify beyond present enterprises. I believe economic planning is more than developing government job opportunities. Our monies are spent off the reservation; we need to keep the monies on the reservation to become the business entity that we are and have become. To realize this, we need to remember this economic statement: the dollar needs to hit the community seven times to feel the results.

Our Nation is in the limelight; a sound economic development plan would further our visionary goals and be a model for other nations.

In the same respect, now is the time to plan for cultural preservation. Cultural preservation is important to our people on and off the reservation, especially for those who have not had the opportunity to remain on the reservation during their lifetime. A cultural resource center would also be an opportunity to share with others through technology; the owner of an item would be able to lend the item for documentation and would then be able to take the item home. This will preserve vital information for the future generations. A cultural resource center would serve as a place where tribal members could get a sense of identity through the research and materials available.

Our Nation is growing and we need to develop a sound entity, both in Tribal Council and our programs. In doing so, we can become a stronger Nation.

Background

My parents are both Prairie Band; my mother was born and raised in Mayetta, Kansas and my father in Arpin, Wisconsin (Skunk Hill). In growing up, we journeyed to attend General Council Meetings held at the Rock building and visited our many relatives on the reservation. I have been living in Jackson County since 1999.

My education includes a Bachelors of Art (BA) in Mass Communication/Journalism sequence and a minor in Philosophy and a Master of Library and Information Science (MLIS), public library sequence. After completing the required courses, I am currently a certified drug and alcohol counselor from Washburn University.

Currently I am a co-editor for the Prairie Band Potawatomi News. In this role I have become well versed with the Tribal Council, the Jackson County Commissioners and the State

Tribal Relations Committee. For newsgathering purposes I have attended pertinent meetings and workshops/conferences, and various tribal functions. Our tribal departments/programs and community members also share their information with the News; this also calls for unbiased, ethical and responsible reporting. I have developed various columns for the PBP News because I believe in dissemination of information and hearing all points of view.

My past experience includes working in a public, academic and special library settings as an administrative director and as a public services librarian. In the administrative position, I was responsible for the effective operation of the library and worked with budgets, grants, and in a supervisory capacity; I also developed and implemented library job descriptions. As a librarian, I have worked in public and technical service areas. I also served on various committees. My major accomplishment was to reorganize a native library and prepare the materials for automation. I successfully wrote a library grant to obtain materials and develop a collection. I served as a co-chair for the American Indian Library Association (AILA) at a major American Library Association (ALA) annual conference.

Currently I am a member of the Native American Journalist Association (NAJA), the Kansas Association of Addiction Professionals (KAAP), the PBP group of the NE Kansas Methamphetamine Prevention Coalition, and the Red Ribbon Committee.

Former memberships include the National Congress of the American Indian (NCAI), ALA, AILA, Art Libraries Society of North America (ARLIS/NA), New Mexico Library Association, the Santa Fe Librarian's Consortium, and the Means and Ways Committee for the Santa Barbara Urban American Indian Health Board and We-Ta-Se Auxiliary Unit 410.

Good luck to all the candidates



Navigating the Mental Health Care System

Richard Pruiksmas, MD
PBPHWC, PO Box 190, 100 W. 6th St.
Holton, KS 66436
785-364-2176

Helping each other in rough times is an important part of who we are as humans. Asking for help when we need it can sometimes be hard, especially if we see ourselves as independent and self-sufficient. Taking that first step to ask for help can be even harder when we are unsure of who is the best person to help us, or we keep getting passed from one helper to another in this day of specialized helpers.

I would like to review the ways people who work in mental health services provide help for those who are having emotional, mental and relationship problems.

Many people can get their needs for "someone to talk with" through other members in their community such as friends and family. The benefits of asking for help from family and friends are that they are usually very available, the help is usually free and sometimes they already know the struggle you are going through. The disadvantages include the fact that they may use what they learn from you in a way that is not helpful to you, they may lack empathy for your situation or they may make comments that make you feel more confused or hurt. Nevertheless, being asked for help usually brings out the best in people and starting with family and friends as a source of help is usually the first choice for most people.

When your needs for help seem beyond the ability of your nearby community, we encourage you to look to mental health professionals. There are a number of people who regularly

provide for the mental health needs of people.

Some of the services in the larger community that you may want to consider that are usually free and relatively close can be obtained from pastors (many of whom have specific training in counseling) and tribal healers. Social Workers help with a wide number of needs that individuals and families have including physical needs, relationship problems including family violence and personal mental health issues. Many times the help of a Social Worker is provided by an agency for free for those in need. When people need regular counseling sessions, they are usually given an appointment with a counselor, psychologists or Licensed Mental Health Social Workers.

Psychiatrists are medical doctors who specialized in the use of prescription medicines for those mental health conditions that are not responsive to counseling. Psychiatrists rarely get involved with counseling with patients so they are not the specialist to see for discussions to "work through" your problems. However, when there is a question about dosages of medicines or changes in the type of medicine for mental health problems they are usually the ones to see.



Many common mental health problems that require medicine can be handled safely and efficiently by your personal health care provider. If necessary, your provider will consult with or refer you to a psychiatrist for unusual medical therapy.

If you don't know where to start in this list of mental health professionals, please visit with your health care provider or just stop by someplace like Kanza Mental Health in Holton. We will be glad to direct you to the right person if we can't provide the help you need ourselves. If your situation is escalating rapidly, or the clinic is closed, then a visit to the Emergency Room may be in order. Mental Health Professionals provide services on an emergency basis 24 hours a day.



Eye care and diabetes:

Courtesy of the National Eye Health Education Program, National Eye Institute

Diabetes Facts:

- According to the National Institute of Diabetes and digestive and Kidney Diseases (NIDDK), about 15% of American Indians and Alaska Natives who receive health care from the Indian Health Service have been diagnosed with Type 2 or Adult Onset Diabetes.
- American Indians and Alaska Natives are 2.6 times as likely to have diagnosed diabetes as other populations of a similar age. In some communities it's as high as 21% to 50% in individuals aged 30 to 64.
- Type 2 diabetes is becoming more frequent in Indian youth.
- Genetics contributes to the high rates of diabetes among American Indians and Alaska Natives.
- Lifestyle is also a contributing factor. Obesity, diet and physical inactivity are other risk factors.
- Complications from diabetes include heart disease, stroke, hypertension, kidney disease, periodontal disease, infections, lower extremity amputations and diabetic retinopathy.

Diabetic Retinopathy

Diabetic retinopathy occurs when blood vessels in the eye become thin as a result of high blood sugar levels causing bleeding in the eye. Untreated, the result is a loss of vision.

- There are rarely any symptoms before severe damage has occurred.
- Treatment is best if started early.
- Diabetic retinopathy is detected through a comprehensive dilated eye exam. American Indians and Alaska Natives with diabetes should have this exam once a year.
- A dilated eye exam involves putting drops in each eye which opens the pupils so the doctor can see the back of the eye. Vision may be blurry until the drops wear off in a few hours.
- Eye care should be part of a good diabetes management plan.

If you have diabetes, get a dilated eye exam and keep your health on TRACK:

- Take your medications.
- Reach and maintain a healthy weight.
- Add physical activity to your daily routine.
- Control your blood sugar, blood pressure, and cholesterol.
- Kick the smoking habit.

To learn more about diabetic retinopathy and what you can do to protect your vision, visit the NEI's Website at www.nei.nih.gov/diabetes/ or call 877-569-8474 for a free brochure.

Important facts regarding diabetes:

American Indians and Alaska Natives have the highest prevalence of diabetes in the United States, in some groups exceeding 50 per cent of adults.

Diabetic eye disease is the leading cause of new blindness in the United States for people age 20 to 74.

People with diabetes have a 25 times greater likelihood of becoming blind than do those without diabetes.

EXERT YOUR RIGHT TO VOTE—Special Election—BALLOTS IN BY 9 AM 10/8/04

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.

Cancer Support Group - For people with cancer and their families; caregivers are encouraged to attend. 5:30 to 6:30 p.m. Monday at Pozez Education Center, 1505 S.W. 8th. Free. Information: 354-5225.

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

Food Addicts Anonymous - For people who feel addicted to certain foods, such as sweets, and who want to abstain from eating them; uses a 12-step program, 3 p.m. each Sunday at Pozez Education Center, 1505 S.W. 8th, in Centennial Room D. Information: Michele at 233-1604. Internet: www.foodaddictsanonymous.org.

Weigh Down Workshop—Experience God's deliverance from dieting and overweightness. Free orientation at 12:30 pm Thursday, White Lakes Plaza Apartments clubhouse, 3730 SW Plaza Drive. Call Elizabeth, 266-7318,

Mayetta Area

Open AA Meeting at Judy's Café, 104 E. Main Street, Mayetta, KS on Tuesday's at 6 pm.

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

Alanon/Alateen Unheard Voices, TBA, at the We Ta Se Building, 15434 K Road

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

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

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

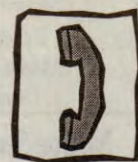
Kickapoo AA meeting— at the Kickapoo Senior Citizen Building at Tuesday at 7:00 p.m.

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
or (785) 966-4000

Alcohol & Drug
866 966-2411

Boys & Girls Club
866 727-6242
(866 PBP-NBGC)

****NEW****

Health & Wellness Clinic
866 694 6728

Pharmacy
866 243-6525

Managed Care (CHS)
800 441-6021

Housing
866 966-2756

Social Services
888 966-2932

Tribal Court
866 966-2242

Transit Program
(785) 966-2995 or 966-3024 or
877 727-6743
(877-PBP-NRIDE)

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 articles 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 National Tribal Government:

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

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Mayetta, KS 66509-0116

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15434 K Road
Mayetta, KS
(located in the SW

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Bošho from the Boṭewatmi Teshēmwen Department

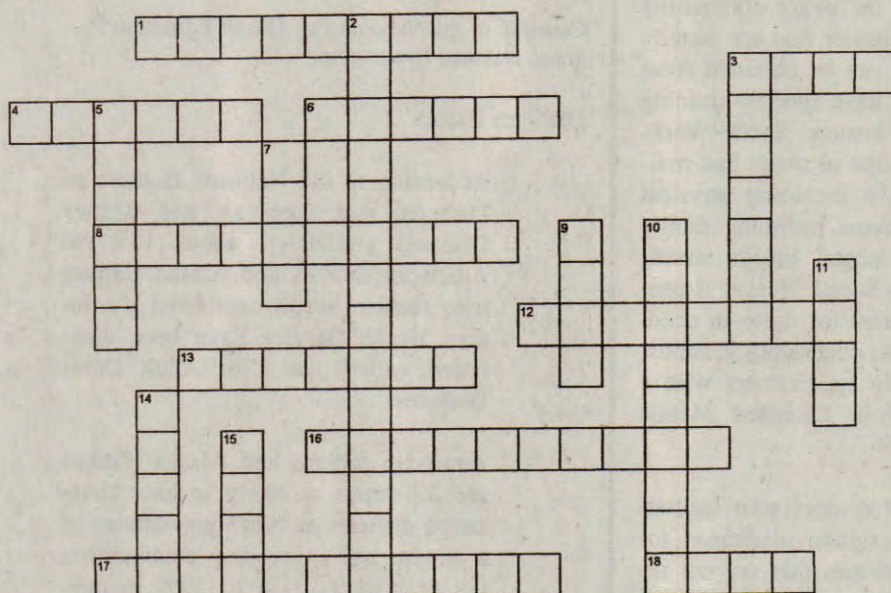
Submitted by Sydney Van Zile

This month, you can have fun filling out the crossword puzzle. Most of the words are in the July's issue of the paper. In using our spelling system, I will inform you that there are two places that the spelling system does not agree using the letters t and e. By not agreeing, I mean that the same letter does belong in the space but that in one word it is a marked letter and the other it is not marked.

For the first person who brings in the correct completed puzzle, we will have a prize for you. For those of you who live at a distance, you can fax the answer in. Our fax number is 785-966-2383. For any question, please contact me at (785) 966-2138. The answers will be in the next issue of the paper. Have fun!

Shewe Kisès Elk Moon
September

Shewe Kisès Puzzle



ACROSS

- 1 six
- 3 nine
- 4 potatoes
- 6 ten
- 8 Ripening Moon (August)
- 12 watermelon
- 13 blackberries
- 16 squash
- 17 carrots
- 18 three

DOWN

- 2 Mid-Summer Moon (July)
- 3 eight
- 5 five
- 7 four
- 9 two
- 10 cucumbers
- 11 seven
- 14 Indian corn bread
- 15 one

September "2004"

Potawatomi Elder Center

Monday	Tuesday	Wednesday	Thursday	Friday
Closed For Labor Day	Ham & Beans White Rice Peas & Carrots Corn Bread	Parmesan Chicken Brown Rice Broccoli Normandy Dinner Roll	Sloppy Joes Baked Fries Cole Slaw Sliced Oranges	Chicken Rice Cass Louisiana G Beans Tossed Salad Biscuit
Spaghetti & Meatball Green Beans Tossed Salad Garlic Bread	Chicken Pitas Broccoli Soup Macaroni Salad Crackers	Chicken Fajitas Spanish Rice Refried Beans Tomato Salad	Roast Beef Potato & Gravy Carrots Dinner Roll	Salmon Patties Macaroni & Cheese Broccoli Sliced Bread
Breakfast Sausage, Bacon Eggs, Hashbrowns Biscuits & Gravy	Swedish Meatballs Over Noodles Zucchini Casserole Dinner Roll	Beef Stew Buttered Noodles Tossed Salad Biscuit	Baked Chicken Grilled Red Potato Mixed Vegetables Dinner Roll	Beef & Barley Soup Beef Sandwich Fruit Salad Crackers
Goulash Brussels Sprouts Tossed Salad Garlic Bread	Roast of Pork Potatoes & Gravy Carrots Dinner Roll	Pork Chops Potato & Gravy Succotash Dinner Roll	Beef & Hominy BBQ Beef Sandwich Chef's Salad Fried Bread	Closed For American Indian Day
		Chicken Cacciatore Baked Potato Mixed Vegetable Dinner Roll	Meatloaf Potato & Gravy Greenbeans Dinner Roll	

Lunch Hours
11:30-12:30

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

Menu Subject
to Change

Prairie Band
Potawatomi
Boys & Girls Club
2nd Annual
Golf Tournament
Fund-Raiser
Shawnee Country Club
Topeka, KS
Friday, October 1, 2004

Registration: 9 a.m.
Shotgun Start: 10a.m.

Entry deadline: Sept. 24
\$60 per person
(goodie bag, lunch,
green fees, cart)

For more details call
785-966-4017

American Indian Day Powwow at Prairie People's Park on

September 24, 2004

150th and M Road, Mayetta, KS
US 75 Hwy to 150 Rd., West on 150 5 mi. to M
Rd., 1/4 mi. north on M Rd.

For more info or vendors: contact
Micki or Rebekah at (785) 966-3024

Dinner meal served
for everyone
Drug and alcohol free event

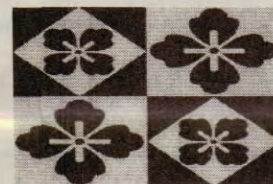
3rd annual PBPB Holiday Craft Fair 2004

Nov. 19 & 20, 2004

Harrah's Casino
Prairie Band Convention Center

- Special gifts
- Crafts
- Food
- Entertainment

For vendor information call
Janelle at 785 845-7919
Or email all inquiries to
Jnlmurk@hotmail.com



Small Business Grant is Being Offered to Nation Members

The Prairie Band Potawatomi Nation Economic Development Department is announcing the availability of the small business grant. The small business grant is available through the federal Housing Urban Development /Indian Community Development Block Grant Program. The small business grant will be available for all of the Nation's members on or near the reservation and for those living out of state.

The purpose of the small business grant is to provide financial assistance to Nation members that are at various levels of establishing a small business such as the following:

- For those that are starting a small business and have limited education and education background
- Individuals who are starting a new small business written at the upper high school level and for individuals having some business education and experience
- For those person that are already in small business and may have annual sales of approximately \$100,000 or more and are looking to grow the business to the next level.

The federal HUD and PBPB Nation small business grant applicants' requirements are as follows:

1. Comply with each of the applicant state's low and median federal income guidelines.
2. Complete the application process by the prescribed timelines.
3. Design a small business and marketing plan by a specified timeline.

It is at the time of successful completion of all of the above that the small business grant will be awarded:

Ms. Cindy Orcutt will teach the small business education classes and will follow up by doing job counseling. Ms. Orcutt is Native American and has a bachelor's and master's degree in education. She has taught for 30 years in the Kansas City, Missouri school system. Ms. Orcutt is a small business owner and is successfully operating a flower and gift shop in the North Kansas City, Missouri area.

Ms. Dawn LeClere, PBPB member, is the small business grant administrative assistant. Ms. LeClere has attended Haskell Indian Nations University and has several years of successful administrative experience.

Small business grant applications will be accepted from September 15, 2004 through October 6, 2004. Any one wanting to make application for the small business grant may contact Ms. Dawn LeClere at the PBPB government Center, 16281 Q Road, Mayetta, KS 66509 or call 785-966-40347. Fax number is: 785-966-3915. Email: dleclere@pbpnation.org.

Small Business Grant Notice of Interest

Name _____

Address _____

Telephone _____

Email _____

Only low to median income families are eligible to make application for this grant. Please know that each state's federal low to median income guidelines vary. List all of the family members and their ages:

Due to each applicant having to comply with the low to median income guidelines, all income information will be verified.

State the small 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 12 weeks of small business education courses and submit household income information. These forms will be sent to you in the near future.

Signature _____

Date _____

Cut this form out and send it to:

Ms. Dawn LeClere
PBPB Government Center
16281 Q Road, Mayetta, KS 66509
or call 785-966-4047, fax: 785-966-3915
Email: dleclere@pbpnation.org

Recipe Corner celebrates harvest time

By Mary Young

It's apple harvest time and Suzanne Heck, co-editor, went out in the field and took photos of the PBP tribal orchard. Greg Wold was on site checking out the black raspberries, grape vines and apples. Greg and the EPA crew keep a close watch on the orchard; the fruit is tasty and abundant and most importantly, it is not infested with insects. The apples in the orchard are called Jonagold, a cross between Jonathan and Golden Delicious. The apple is a gold/red in color and has the tart sweetness of the Jonathan and the juicy crispiness in texture of the Golden Delicious.

As the saying goes, "tasting is believing" and to be sure, the pie in the photo below was very delicious. The apples were picked from the tribal orchard with plans to bake a pie and obtain a photo to show the readers. To help out in this endeavor, Leslie (Sumner) Paine baked the pie. Also, try Greg and Connie's recipe for a "really easy, really good apple pie."

Next month we will include more apple recipes as well as squash and eggplant.

Apples can be prepared many ways: freezing, canning, baking, fried, dried and eating fresh. Poems, songs and other activities occur with the apple also; such as an apple for the teacher. If you, as the reader, have other apple recipes, please send them to PBP News, P O Box 116, Mayetta, KS 66509.

Freezing apples without sugar

Courtesy of urbanext.uiuc.edu

Use: for cooking and pie making. Vitamin C or ascorbic acid prevents the apple from turning brown.

Wash, peel and core apples. To prevent darkening, dissolve ½ teaspoon (1500 mg) ascorbic acid powder or equivalent of finely crushed vitamin C tablets in 3 tablespoons water. Sprinkle over apples. Place apple slices in zip-closure freezer bags, label, date and freeze. Treated apples can also be frozen first on a tray leaving space between each piece. Pack into containers as soon as slices are frozen (approximately 2-4 hours). Freeze for up to one year at 0°F or below.

Drying apples (electric dehydrator)

Courtesy of fruitfromwashington.com

Select firm textured apples for drying. To prepare the fruit, wash and slice into ¼ to ½ inch slices. Pre-treat with a lemon juice/water solution (1 cup of lemon juice to 1 quart of water) or an ascorbic acid (vitamin C) solution to prevent browning. Place slices onto drying rack. Dry fruit at 135°F. When fruit is pliable and there is no sign of moisture it can be stored in airtight bags or jars. After proper drying, apples will keep in a cool, dry place from six months to a year.

*Editor's note: See November 23, 2003 issue, drying squash. Drying apples is very similar.



Black raspberries and grape vines.

Photos by
Suzanne
Heck



Jonagold apples



Greg Wold



Black raspberries near the ripening stage.



It's apple season— celebrate with an apple dish!



Greg and Connie's really easy, really good apple pie

Submitted by Greg and Connie Wold

Step 1: Tell Greg if he wants an apple pie he should start peeling apples (about 8 large per pie)

Step 2: Make crust (2 crust pie) – mix in bowl – not a plastic bowl— with a fork. Does not double well, if you need two pies, make crusts separately.

2-2/3 c. all purpose flour
1-1/2 tsp. flour
¾ c. canola oil
4 to 5 tbs. cold water
½ tsp. vinegar

Step 2-1/2: Stop and preheat oven to 375°

Step 2 con't:

Mix all ingredients with a fork. Don't leave out the vinegar; it's what makes the crust flaky. Divide the crust into two parts for the top and bottom crusts of the pie.

Roll out the crust: place crust on one piece of wax paper. Cover with another piece of wax paper – roll out. No flour needed to keep it from sticking. Helps crust also to be flaky. Best of all, it's very simple to get into pie pan. After it's rolled out, peel off top wax paper, flip it into pie pan and pull off other sheet. Prick bottom crust with fork for "air holes".

Hold off with second part of crust (top crust).

Step 3: In a small bowl mix:
1 c. gran. sugar
1-1/2 tsp. nutmeg
1-1/2 tsp. cinnamon

In a large bowl:
1-1/2 tsp. lemon juice
Greg's apples, peeled and sliced

Mix lemon juice and apples – lemon juice adds to tartness. Toss with the spices mixed in small bowl. Put all of above into pie crust which should already be in pan.

Step 4: Roll out top crust / place on wax paper as in Step 2. Place on top of pie. Use fork to "flake" edges and prick to make air holes.

Step 5: Cover edges with aluminum foil to keep the edges from browning too quickly.

Bake for about 45 minutes. Remove all foil... bake until crust is the color you like, about another 15 minutes for most ovens.

Remove from oven. Tell Greg to stay out of pie 'till it cools. Stay in kitchen until it cools unless Greg is outside and can't get into kitchen. Enjoy!

[Editor's note: you can substitute name.]

How to prepare dried apples for use in apple pie:

Filling and sauces

½ pound dried apples
2 ½ - 3 c. water (or more)
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
Sugar to taste (1/2 c. for slight sweetness up to 2 c. for those who like it super sweet).

Combine dried apples with water in heavy saucepan, place over low heat. Simmer, covered, until apples have the consistency of thick preserves. Add more liquid as needed. Be careful heat is not too high. Stir periodically to prevent scorching. When thickened consistency is reached, remove from heat and stir in spices. Taste and add sugar as needed. Let cool completely. Use as filling. Left over filling will keep covered in the refrigerator for about a week. Also makes a nice sauce garnish for roasted pork and poultry.

Applesauce

Courtesy of Harlan.k12.ia.us

4 medium-sized apples, pared, cored, and sliced
1 c. water
½ c. brown sugar (packed)
¼ tsp. cinnamon
1/8 tsp. nutmeg

Heat apples and water over medium heat until boiling. Reduce heat. Simmer, stirring occasionally, 5 to 10 minutes or until tender. Stir in brown sugar, cinnamon, and nutmeg. Heat to boiling.

Quick-mix applesauce carrot cake

Courtesy of Univ. of MO Ext.

Sift together: ½ c. whole wheat flour
1-1/2 c. white flour
2/3 c. brown sugar
2 tsp. baking soda
1-1/2 tsp. cinnamon
½ tsp. nutmeg

½ tsp. salt

Stir together and add to flour mixture, stirring until well blended:

¾ c. homemade apple-sauce
¼ cup cooking oil
3 eggs, beaten slightly
3 c. coarsely grated carrots

Pour into a greased nine-inch tube pan and bake in a pre-heated oven at 350°F about one hour and ten minutes, or until a toothpick inserted into thickest part of cake comes out clean. Cool cake in pan five minutes on rack, then run knife around edge to loosen and turn onto wire rack to cool.

Sugar-free apple pie

Courtesy of homeschoolzone.com

6 c. sliced peeled tart apples (approximately 4 large)
1/3 c. apple juice concentrate
2 tbs. quick cooking tapioca
1 tsp. ground cinnamon
1 unbaked pastry shell (9 inches)
½ c. chopped walnuts (up to ¾ c. to taste)

In a large bowl, combine the first four ingredients; let stand for 15 minutes. Stir and pour into pastry shell. Sprinkle with nuts. Bake at 425° for 15 minutes. Reduce heat to 350°; bake 40-50 minutes longer or until apples are tender. Cover edges with foil during the last 15 minutes if necessary. Let the pie cool before serving.

fore serving.

Apple cider

Courtesy Allrecipes.com

6 c. apple cider
¼ c. real maple syrup
2 cinnamon sticks
6 whole cloves
6 whole allspice berries
1 orange peel, cut into strips
1 lemon peel, cut into strips

Pour the apple cider and maple syrup into a large stainless steel saucepan. Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture. Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling. Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

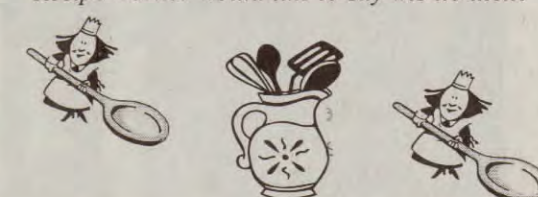
Fruity rice pudding

Courtesy of homeschoolzone.com

1-1/2 c. of cooked rice
1 c. of chopped apples
¾ c. of skim milk
½ c. of raisins (optional)
½ c. of brown sugar
2 beaten eggs
1 tsp. of vanilla

Mix all ingredients in a large bowl. Pour into a 1-1/2-qt. Casserole. Bake at 325°F for 1 hour, or until firm and golden brown.

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!





The Challenge

A fun family event called *The Challenge*, that was sponsored by the PBPB's Tribal Police and Fire Department, took place on August 21 at Prairie People's Park.

Approximately 250 people attended the festivities that included an obstacle course, a dunk tank, a slip-pin' slide, a barbeque dinner and entertainment by music group "Coyote Ugly."

There were 47 participants who took part in the Challenge Obstacle Course that was designed by the PBPB police and fire fighters. They patterned the obstacle course similar to what their crews might encounter at any given time throughout the course of their work week. Trophies were awarded to those who had the fastest times (see below right) and "Challenge" T-shirts were given to all participants.

Michael Boswell raised the most money for the dunk tank and had quite a line raising \$26. Overall \$170 was raised on the Dunk Tank and \$20 donations were accepted that will go toward Christmas gifts for tribal member children placed in foster care.

Special thanks to Rebekah Potts



Chad Edwards with the EMS/Fire Department had fun with folks at the dunk tank and slippin' slide.



The Obstacle Course



Corp. Michael Boswell of the Police Department (left) raised the most money in the dunk tank. He is seen here running in the obstacle course earlier in the day.

The center photo shows the table that was located east of the arena where participants signed up to run in the obstacle-course event. The three photos below show one of the participants donned in fire gear completing the course. Youth and adults both participated in the run as well as several of the police and fire department personnel who used it as a training exercise.



The Dunk Tank



People had fun trying to dunk their favorite officer throughout the day. At left is Police Officer Marc Koch in the tank and later in the day Chief Terry Scott (above) became the target for the dunk eventually surrendering himself at right.



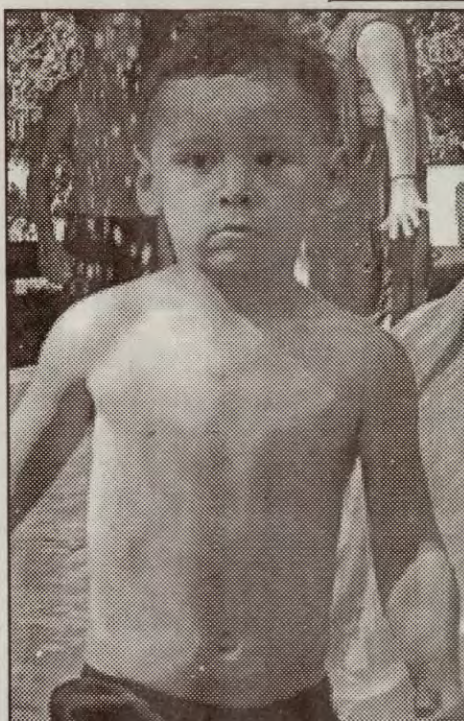
The Barbeque



Herb Nance, of the Tribal Police Department, is seen in the photo at right preparing barbequed beef for the crowd which was served later that day.



The slide & summer fun



Results of The Challenge

Obstacle Course Best Times:

Best Time Teen Male - Sock Johnson - 3:13
Best Time Teen Female - Hannah Fleming - 6:48
Best Time Adult Male - Tribal Police Officer Russell Whiteside - 4:00
Best Time Adult Male - Sergio Aguirre - 5:19
Best Time Adult Female - Potawatomi Emergency Services Firefighter/EMT ID Cheri-Micol Smith - 5:41
Best Time Adult Female (3 way tie) - Aurora Martin, Deena Desjarlait and Debra Matchie-Wakole - 6:21

Best Team Time-Departments

(top 3 scores combined)
Potawatomi Tribal Police with a combined time of 13:04
Team members: Corporal Michael Boswell, Officer Larry Rodecap, Officer John Hurla, Officer Russell Whiteside and Office Manager Rebekah Potts

Best Team Time-Family

(top 3 scores combined)
Alcantar Family with a combined time of 19:05
Team members: Archie Alcantar, Cande Alcantar, Rebekah Navarro, & Elizabeth Gabona.

Best Team Participation

(largest team)
The Lewis' Family
Team members: Aurora Martin, Deena Desjarlait, Brittany Lake, Patrick Mills, Thunder Knoxsah, Patty Lewis, Lakota Knoxsah-Duncan, Freeman Meely and Naomi Lewis.

Splash Award

(the officer/firefighter who raised the most money on the dunk tank)
Corporal Michael Boswell