Time for all Prairie Band people to unite in support of nation's Shabbona project

Selected by Tribal Council

On Thursday, August 24, in Shawnee, Illinois, the Prairie Band Potawatomi Nation's (PBPN) Tribal Council hosted a "Town Hall Meeting" at the Indian Oaks Country Club with Shawbona community residents and other citizens of Delavan County. The room was filled to capacity with more than 200 people in attendance for this historic gathering.

The purpose of the Town Hall Meeting was to discuss matters about the Shawbona lands being purchased that has been reported in the news media and to share with the local community some of the Nation's plans for the 123-acre parcel of land that the Tribe had purchased from the Ward family back in May.

Representing the PBPN from the Tribal Council were Tribal Chair Tracy Starchfield, Vice Chair Ray Kickchaar, Secretary Jim Potter, Treasurer Ryan Dyer, and Council Members Jackie Mitchell and Warren (Junior) Waterhouse, Jr. Other Prairie Band government in attendance were the Gaming Commission and PBPN staff including Chief of Police Dan Gaals, Community Fire Chief Dave Price, Gaming Commissioners Gary Mitchell and Jota Rightley, and Casino Transition staff Peggie Houston and Dan Krenzel. Also on hand were Shoshone Susan Dean and Walker attorneys Jessica Hopps and Elliott Mithoff, who are led by M. Frances Ayre. They provide the Nation with legal counsel on the Shawbona project.

Earlier that day, the Tribal Council hosted a more intimate gathering at the Tribe's Shawbona headquarters on Tomahawk Trail for the residents of the Indiana Oak Country Club neighborhood, the area that is closest to the Tribe's Shawbona land. A buffet lunch was served to more than 20 neighboring families. Following lunch, Tribal Chair Tracy Starchfield answered questions from those in attendance. The discussion turned lively at times, with a few people expressing concerns about the Tribe's plans to build a lake home on the property, but overall, the gathering was a great success for the Tribe as a people united and shared food and stories - it was important to let the community know - especially those who live closest to the Shawbona, and whose lands are more affected by our development plans - so knew that the Tribe will be a good neighbor to all people including Chief of Police Dan Gaals.

That evening, Gary Mitchell opened the Town Hall Meeting with a PBPN-hosted meeting. Early in the proceedings, there was a巾国citizen from the back of the meeting room, as a non-native member of the Shawbona community. The questioner asked about the Tribal Council's impact on the Shawbona.

He told the assembled audience that the "Indian

were all dead; and that the Indian languages did not exist any-
more. Fortunately, there were no}"-acumen of this nation in any-thing, but it was to be expected that it would have been disre- upon the Shawbona people to be abandoned that unfortun-ately, it is still very well alive and well in our country. "I believe the people of Shawbona were as horrified as we were to hear such broad language and sentiment expressed in this day and age," said Starchfield. "They were relieved to go a long way back, I think people were truly astonished that this sort of thing hap-pened right in their own backyard."

The Town Hall Meeting proceeded without incident after the single statement, with many people coming forward with questions and concerns concerning the Tribe's plans for the property. Following the meeting, which lasted from 6:30 p.m. until 8 p.m., many Shawbona residents approached the podium and took time to personally congratulate the Tribal Council and the Prairie Band people. "I was touched by the many genuine expressions of happiness from many Shawbona citizens about the "something" of our Tribe," said Starchfield.

The Shawbona land acquisition project has not been without its obstacles on both sides, both in the Shawbona community and also in the Prairie Band community. "I think the community has been a great asset to the Shawbona project. While not everyone has to agree that this is the best course for our community to be taken with respect to the project, interference on a grand scale from a few has certainly caused those on the outside to question our Nation's aims as a people and our support of one another and the concerns for our future well being," noted Starchfield. "It has also caused countless hours of frustration for our Tribal Council, not to mention the added expenses that the Council has had to incur settling matters within our own ranks some day without us to do it.

Tribal members must be strong and united now in support of the claim for the 1829 Treaty Reservation in Illinois, said Ayre. "Any discussions will be made in court of the Congress against the Nation.

They were asked by the Tribal Council what they would do to support the Shawbona project. "I think the Shawbona people cannot afford to let this historic opportunity pass us by," said Starchfield. "This is why we must unite now for the future of our people."

By Suzanne Hick

The new Prairie Band Potawatomi Health Center opened for business on September 20 and is located near the intersections of 159 Rd. and 0 Rd. on the reservations.

The new 3,630 square foot building will house staff from the Prairie Band Primary Health Center, that was located in Wolin, Kan., and staff from the PBPN Social Services Department, Drug & Alcohol Department, and the Community Health Representative programs whose offices were all located in various buildings on the reservations.

In addition, the center is being expanded to include dental, optometry, and radiology services. A pharmacy drop-in window and an emergency services call box will also be added as part of the center. The building has a reminder every area and is divided into three wings including medical, social serv-

ices and community education. It also includes an energy-efficient geothermal heating and cooling system.

Construction began in June, 2005 and the design team involved in the project besides the PBPN Construction Department were James Harrington (PBPN tribal member) Health Care Design Associates, Schmidtwell Design Group, Inc., Schwartz Contract Interiors, Inc., Barsemt & West Engineers, Laliner, Scottsman and Associates, and Ritter Construction Inc.

An open house dedication event is being planned for October 18. For more details see inside this issue.

By Suzanne Hick

The 7th Annual Native Nations Law Symposium was held at the S&I for the 6th-7th District Court Event Center on August 29, 2006.

The Hon. Morris Butler (PBPN), 6th District Judge, was one of the featured speakers and spoke on special ethical considerations in Indian law.

Also present at the symposium were PBPN members Carol Stepples and Barry Rice who are social workers for the Six and Seven Nation of Mississippi. They discussed Indian child welfare issues as seen from the tribal perspective communication, con-


 South Dakota's south and east boundaries are divided into three major areas.

- The Prairie Band Tribal Council helped sponsor and attended the day-long conference, Ta-Dee Post 410 Custer Guard posted colors during the opening ceremonies.

Approximately 65 people attended the conference.

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Bank's eye view: Mutual Funds
The assorted miniatures of the financial world

One of the most popular chocolate slices in offices around the country is the allocated Miniature Chocolate. This delightful and luscious confectionery delight comes in many forms, from small individual squares to large blocks. Mutual funds are a similar slice in the financial world. They allow diversification with simplicity and minimal investment.

Let me explain:
You want to buy some stock in the oil company Royal Dutch Shell, the automobile company Ford, and the pharmaceutical company Roche Holding. These stocks would be a mix of large companies from around the world. However, to purchase just one share of each of the four companies stock would cost over $100. That is if you could buy a single share. A mutual fund works by grouping investors together with an investment objective. You can contribute as little as $500/month. The mutual fund will have a fund manager to manage your investments. Together, investors can purchase stocks with much fewer shares than they could on their own. When you invest in a mutual fund, you buy shares of the mutual fund and become a shareholder of the fund. The biggest advantage to mutual fund is diversification.

Diversification is the key to spreading your money across many different types of investments. This allows you to purchase stocks from different industries. Even if one stock goes down, the other may rise. Diversification reduces your risk because you are no longer dependent on just one stock. For example, you can diversify by purchasing bonds, international stocks, and so on. It would take many years for you to buy securities in these investments, but more mutual funds contain investments in some or all of these areas.

When you purchase a share of an open-end mutual fund, you purchase that share at the net asset value. This is the value of the fund's net assets (i.e., the value of its holdings) divided by the number of shares outstanding. The NAV is determined daily, after the close of the market, by dividing the market value of the fund's holdings by the number of shares outstanding.

Let's say you want to buy $100 of the largest mutual fund, the Vanguard Growth and Income Fund. If the fund's share price is $10, you would need $10,000 to buy 1,000 shares. However, if the fund's share price is $5,000, you would need $500 to buy 1,000 shares. The advantage to mutual funds is that you can buy and sell shares at any time.

One more advantage is that mutual funds are run by professional fund managers, who have expertise in the financial world. These managers are well-versed in the stock market and can make informed decisions on the behalf of their clients.

Contact to the PBPN
Tribal Government:
6261 Q Road
Mayetta, KS
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, art, and real photos from our readers. This publication reserves the right to reject or edit all or portions of letters. We request your submission of the 15th of each month. Submit items in an email (as an attachment) or drop it off at the Indian Head post office by the News office with your information.

Anonymous letters will NOT be printed or copied. Letters 250 words or more will be edited.

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 or type on back of photo to ensure accuracy. Please include a stamp and self-addressed envelope with the photo.
We-Ta-Se Color Guard to perform in final Lewis & Clark Bicentennial Commission ceremonies

By Suzanne Hock

Eight million dollars in federal grant money is available to federally recognized tribal governments to assist them with transit programs. Tribes are eligible to apply for the federal funds this year that will increase to 10 million in 2007, 12 million by 2008, and 15 million in 2009.

A meeting to discuss the funding opportunity was held on September 18 at the PBPN Police Department with tribal representatives from the PBPN, Iowa, and Sauk Nation of Missouri and staff from the Federal Transportation Administration (FTA) and Kansas Department of Transportation (KDOT).

The purpose of the meeting was to explain how to apply for the funds that are available through a grant application process beginning in October and to set the tribes know that the agencies are available to help.

According to Diane Robb, PBPN grant writer, the PBPN presently monitors a $62,000 531 general transportation grant that is managed by KDOT which helps the PBPN public transportation bus. The tribe does not have other transportation services including medical, We-Ta-Se warriors, motor vehicle department, the senior citizen and an employer consent was but these are strictly funded by the tribe.

"The new federal funding opportunity is exciting for the Prairie Band," Diane said, "We are definitely applying for the funds to help support our transit services."

During the meeting tribal representatives discussed the possibility of combining efforts between the tribes regarding their transit needs since they are so close in proximity to each other in Kansas and also pursuing on grant applications as a possible means of avoiding competition with each other.

Seven tribal representatives from Kansas attended the meeting including Nickie Martinez, Roger Lewis and Diane Robb from the PBPN.

Three staff from the FTA Region VII's Kansas City office attended the meeting as well from KDOT's office in Topeka were also at the meeting. The FTA provides grant assistance to develop and operate new transit systems and improve, maintain, and operate existing systems.

KDOT manages two major federal grants including the 5311 general public transportation grant and a 5310 special service grant.

Above, the We-Ta-Se Color Guard posed after performing in Atchison, Kan., on September 17 during the Legacy and Legacy Festival. From left to right are Francis Stephens, Steve Ortiz, Ralph Leedy, B.J. Daniel, Esmery Hale, and Jim Daniel. In 2004 the color guard performed during several Kansas Lewis & Clark Bicentennial Commission events with the most notable being the signature event that was held in Kansas City, Lawrence, and Atchison on July 4. This year they were invited to the Atchison event and will also participate in the final official signature event to be held in St. Louis that will conclude the two-year Bicentennial Lewis and Clark commemoration of the 1804-1806 expedition.

Photo by Suzanne Hock

Re-enactors York, Sacaouga, and Captain William Clark (left) were a part of the festivities held in Atchison Sept. 16-17. Little Soldier Singers provided the drum and are photographed at the event on page 4.

All Veterans Memorial
BNSF Railway Plaza Corridor of Flags Dedication Sept. 30, 11 a.m.
Great Overland Trail Shrine Topeka, Kansas

Potawatomi Fire Department/EMS News

Tribal Emergency Response Committee News

The plaque, left, shows Homeland Security representatives and members of the Tribal Emergency Response Committee (TERC) who met recently to go over the results of a mock full-scale disaster drill that was held on the reservation in July. From left to right are: Bill Brunaker, Bob Stember, Greg Gauthier, Brenda Paholime and Fire Chief David Price. Brunaker and Gauthier also have Homeland Security.

The Potawatomi Fire Dept. now has computer technology available in the event of a disaster.

Come to the Potawatomi Fire Dept.
Open House Saturday, October 14 10 a.m. to 2 p.m.
• lunch
• children's activities
• demonstrations
• door prizes

Fire Prevention Week, October 8-14

Road & Bridge News

Land for transitional homes being cleared

The Road & Bridge crews have been busy preparing the ground for five new transitional homes that the Housing Authority is planning to build on 158 Road.

Buffalo outlook tower

The pieces, above and to the right: the construction worker being lifted by the crane, shows the beginning of a new buffalo lookout tower that is being built near the old buffalo just off of 150 Rd. Northern Construction put in the pilings this summer and the foundation for the tower is scheduled to be completed by Road & Bridge. The new tower will allow people to see the buffalo herd and view the beautiful Kansas Presbyterian reservation landscape from afar.

Veterans helping veterans with a little help from Road & Bridge

We-Ta-Se veterans offered to help out tribal member Vincent Lindsley, who is presently disabled in bed, by adding Road & Bridge to help them remove the debris and ruble that was left in an earlier fire in Lindsley's home that is located on the reservation. Road & Bridge came in and removed the debris, clearing the land so that a new home can be placed where the former one was located.
American Indian Day Pow-wow

It was a cool and beautiful day at Prairie People Park as Indian families gathered to celebrate American Indian Day, September 23. There were special contests, arts and crafts vendors, and food concessions by the Royal Valley Native American Club. Sponsors for the pow-wow were the PBPN, Boys & Girls Club, and Harrah’s Casino.

Above: Taisia Bebeara (l) and Taimia Jenkins (r) were all smiles before the pow-wow.

Left tribal member Bernard Lewis before Grand Entry.

Above: Andy Mitchell (front) and Franklin Jones represent We-Ta-Te.

Above: Rose Jenkins before entering the junior girls traditional category.

Right: Nathan Hale (l) and Chad Hall (r). Chad was youth director for the pow-wow.

Left: A Rain Showers, Ponoka basketball clinic was held before the pow-wow with new Royal Valley High School basketball coach Harryn Harndt, back row right, who is also a tribal member.

Above: Chief stands in front of the camera.

Left: Chief stands in front of the camera.

Photos by Stuart Rock

Golfing News from Steve McDonald

Tribal member and PGA Golf Professional Steve McDonald won the First Nations Golf Association (PNGA) Open Golf Championship on September 8 and 9. The Open Championship drew a big field of 56 native golf professionals from all over North America. Players from Florida, California, Washington, Arizona, South Dakota, Minnesota, Oklahoma, Oregon, New York and Canada competed for the title. The tournament was played on the beautiful Black Bear Golf Course, which is owned and operated by the Fond du Lac Chippewa Tribe in Cass Lake, Minnesota. Steve set the course record by shooting a score of 5-under par-67 and won the 36 hole championship tournament by four strokes.

In other golf news Justice Halverson, Alex McDonald, Emily McDonald and Steve McDonald won the Midwest PGA Pro-Junior Golf Championship at Liberty Hills Golf Course in Liberty, Missouri. The Powhatan team won the championship by a play-off over a team from Topeka Country Club when Alex McDonald made a 6-foot birdie put on the first play-off hole. Emily took low junior honors shooting a 74 and Steve won the low professional title scoring a round of 2-under par 70.

Justice and Alex also competed in the Junior Club Championship at Lake Shawnee where Justice was 1st and Alex was 2nd in their respective age categories.
Summer youth work program ends
Second session youth express their thoughts about work

Submitted by Kristin Aldens, Summer Youth Program Coordinator

The second session of the Summer Youth Program that began on July 3 and will end on August 17. Students work in various departments on the campus.

The program runs from 8 a.m. to 3:45 p.m. Monday through Friday.

The program includes a variety of activities, including arts and crafts, sports, and cultural education.

The students are provided with meals and transportation.

The program is open to all students in the community.

The program is funded by the City of Anaheim and the Anaheim Chamber of Commerce.

The program is sponsored by the Anaheim Chamber of Commerce.

The program is designed to help students develop leadership skills and prepare for future careers.

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Family Health Center Move

First Nations Painting put last-minute finishing touches on the Potawatomi Health Center before the move.

Looking up at the rounded area in the entry area.

Architectural drawings on the counter.

Maintenance Dept. began moving offices in on September 8

The Social Services Department and Community Health Representative offices were the first to move into the Prairie Band Potawatomi Health Center, 11400 158 Road, Mayetta, KS 66509:

Here's a list of new phone numbers where they can be reached.

**Social Services Program**

- Phone numbers at Health Center
  - Alex Gourreau: 8333
  - Becky Bone: 8318
  - Child Welfare: 8327
  - Copy Room: 8319
  - Counseling Room: 8337
  - Crisis Team: 8354
  - Diane Morgan: 8260
  - Grant Office: 8329
  - Janice Owenby: 8324
  - JoAnna Mitchell: 8316
  - Kathy Slatter: 8323
  - Kelly Miller: 8321
  - Larry Pickman: 8320
  - Morris Taylor: 8332
  - Myra Machile: 8328
  - Randy Cowley: 8322
  - Robert货物: 8351
  - Trained Room: 8335
  - Trudy Cash: 8325

**Drug & Alcohol Program**

- Phone: (785) 966-8330
  - Elaine Barr: 8355
  - Shirene Seymour: 8352
  - Denise Salsa: 8351

**Family Health Representatives**

- Phone: (785) 966-8360
  - Robyn Edwards: 8361
  - Mary Krapp: 8362
  - Susan McEwen: 8363
  - Brenda Neuhauken: 8365
  - Lydida Seymour: 8364

Left, Larry Pickman, Director of Social Services; unpacking boxes at the new Center. The department moved from a room on Q 4th.

Above, Denise Salsa gives the thumbs up to her new Alcohol and Drug clinic office at the health center.

Left, Kathy Slatter and Myra Machile (right), from Social Services, smile at the camera at the new center.

Above, Susie, Michelle and Myra Machile (left) from Social Services, packing up at their old office to be moved to the new office.

Above, Susie, Michelle and Myra Machile (left) from Social Services, packing up at their old office to be moved to the new office.

Right, Social Services Administration Assistant, D. B. N. Guerreiro, putting up boxes before the move.

**Family & Domestic Violence Program**

- Phone: (785) 966-8344
  - Rose Bone: 8340
  - New: 8341
  - New: 8342

Independent Living Specialist

- Phone: (785) 966-8364
  - Jeannie Combs: 8344

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Above, Susie, Michelle and Myra Machile (left) from Social Services, packing up at their old office to be moved to the new office.
Clinic moves from the IHS location, clinic moves...


The construction was nearing completion but the move continued by Tuesday, Sept. 19, the medical section was open for business at the new clinic.

In the June 2005 issue, front page headlines covered the groundbreaking ceremony held for the Prairie Band Potawatomi Family Health Center. On Sept. 19, 2006 the move began to the new location.

Bill Read, lab, sets up and cleans out the lab work area in preparation for the move.

Maintenance Dept. crew members are Toby Ritchie, on the truck, Bobbie Lange, hard hat, and Terry Fox, right, who can be seen loading the moving truck. (3PH photo shows just a few of the many people who helped.

New Health Center opened on schedule and ready to serve the Nation

Larry Brooks, Business Office Manager, covered the patient registration desk on opening day, Sept. 19.

The nurses station is where some of the action took place on opening day (l-r): Annette Youngbird, Laura Thackery, Lacey Schepers, and Dr. Steve Stevenson.

Dr. Richard Puklowski took a few moments from filling out a patient's chart to pose for a photo.

Photos by Mary Young

Committee members at the two-day diabetes conference scheduled for Oct. 27 and 28 at the FPB Center Convention Center met to finalize the plans. The meeting in the new conference room was a "first."

Vice-Chair Roy Kitchihkumie met with visitors Paty and Stanley Arnold and gave them a tour of the new facility. The Arnolds were traveling through and are from Shabbona, Il.

A couple of visitors stopped to pose for a photo with Victor Kitchihkumie and Bernardine Kitchihkumie. They were impressed with the new clinic.
Working Together for Balance: two day conference in northeast Kansas for American Indians/Alaska Natives with diabetes and their families

A Cooperative Effort of Haskell Health Center Iowa Tribe of Kansas and Nebraska Kawcinau Indian Health Care Prairie Band Potawatomi Nation Sac and Fox Tribe of Missouri

REGISTRATION FORM
Please fill out and return no later than Oct. 23

Working Together for Balance

Name ____________________________
Daytime phone ____________________
Email ____________________________
Street ____________________________
City ______________________________
State __________
Mail one registration form per person

T-shirts (Circle one size)
MED __ LG __ XL __ XXL __

Workshops
Please mark one workshop for each: Friday, October 27, 2006
Time 9:30-10:30 PM
Track B _______________________
Track C _______________________
Track D _______________________

Saturday, October 28, 2006
Time 10:15-11:30 AM
Track A _______________________
Track B _______________________
Track C _______________________
Track D _______________________

Time 2:45-3:45 PM
Track A _______________________
Track B _______________________
Track C _______________________
Track D _______________________

Leave a copy and mail to:
Sebe Massquit, RN
Prairie Band Potawatomi Health Center
P.O. Box 240
11600 158th Road
Meriden, KS 66509-0049

Registration Fee: None (Limited space available)

We gratefully acknowledge support of this conference from The Association of American Indian Affairs.

Health
Prairie Band Potawatomi News
September 26, 2006

Selected facts about diseases affecting elderly Americans:

- Heart disease
- Cancer
- Stroke
- Diabetes
- Alzheimer’s disease
- Arthritis
- Epilepsy
- Asthma

Facts about high blood pressure and heart disease in older Americans:

High blood pressure can be defined as systolic blood pressure (the top number in the standard reading) greater than 140 mmHg and a diastolic reading (the bottom number) greater than 90 mmHg. People who have had recent hospitalizations with high blood pressure or heart disease are twice as likely to develop a second heart attack. Therefore, it is important to maintain a healthy lifestyle and make lifestyle changes.

- Maintain a healthy weight
- Stay physically active
- Eat a healthy diet
- Limit alcohol consumption
- Stop smoking
- Manage stress

Washburn University (WU) School of Nursing Mobile Health Clinic: Bringing health to you

WU Nursing students visited the Firekeepers Eldercare Center on Thursday, Sept. 14 from 10:00 a.m. until 2:00 p.m. The student nurses provided blood pressure and diabetes screenings.

One of the childminders taught her blood pressure reading. Animas James, left, emulated Sarah Marcus, Washburn University nursing student taking her blood pressure.

After watching her teacher give her blood pressure reading, Animas Jones, left, also got into the act as she let nursing student Sarah Bierweiler take her blood pressure. Sha-Jakim was seen beaming with joy as she posed for the photo.
Recipe Corner

By Mary Young

Boho. Welcome to Recipe Corner! Be sure to check your produce department, fall veggies are still around. Remember, if you have any favorite recipes, please send them to Recipe Corner at P.O. Box 116, Monterey, KS 66069. Recipe Corner is searching for healthy, delicious recipes for upcoming contest in October. We would like to be able to publish your recipes in Recipe Corner. Get creative!

Fried Okra
Submitted by Alfreda Young, courtesy of Milwaukee Public Library

1 lb. okra, preferably 1/2-in. long
2 eggs
1 t. milk
1 t. salt
1 c. crumbled crackers
Salt and freshly ground pepper

Wash and dry okra, remove stems. Beat eggs, milk, salt, and crackers in a sausenote. Dip okra into egg mixture, then crumbs, coating thoroughly. Fry in the hot oil until crisp, lightly browned and just tender. Drain on paper towels. Serve sprinkled with salt and pepper.

Oriental Eggplant Salad
Submitted by Martha R. Segal, courtesy of Milwaukee Public Library

1 lb. eggplant
2 t. oil
1 t. minced garlic
1 t. dry white wine vinegar
2 t. sugar
1 t. salted scallions
1 t. minced jalapeno
2 t. minced cilantro
2 t. minced mint
1 tsp. rice vinegar
1 tsp. grated ginger
1 t. sugar

Cut eggplant into 1/2 in. cubes. Salt for 30 minutes, pat dry.

Prepare the dressing by combining all the ingredients except the eggplant and scallions. Toss the eggplant with the dressing and allow to marinate for 2 hours. Serve as a side salad, garnished with the scallions and cilantro.

Indian Child Welfare Welfare Training Institute

October 23-25, 2006
Portland, Oregon

To register, please contact: Isla Wade
National Indian Child Welfare Association
1505 SW Macadam Avenue
Suite 300
Portland, OR 97239
(503) 222-4044, ext. 144
E-mail: isa@nicwa.org
www.nicwa.org/services

$50 early bird discount call for details

Workshops (choose one):

- ICWA, advanced
- ICWA

This workshop is designed for high-level leaders, managers, and program directors from both tribal and non-tribal agencies.

- Meth in tribal child welfare

This workshop introduces the worker to the basic concepts and strategies related to preventing services in the home, assisting alcoholic and/or meth abusing families, and creating a grassroots campaign to combat this insidious problem.

- Reconciliation in child welfare

This is a working session devoted to examining how the principles of reconciliation mentioned in child welfare can be applied to improving outcomes for tribal children in the United States and Canada.

Recipe Corner

Sauce in oil until lightly browned and tender. Place in colander to remove excess oil.

Mash together garlic, ginger, 1 1/2 t. salt, black pepper, and remaining ingredients and toss with eggplant. Marinate for two hours before serving.

Outrageous Rhubarb Coffee Cake
Submitted by Alfreda Young, courtesy of Milwaukee Public Library

1 c. butter
1 1/2 c. milk
1 t. salt
3 c. chopped rhubarb
1/2 c. sugar
2 t. baking soda
2 t. baking powder
1/2 t. salt
1 c. brown sugar
1 1/2 t. chopped nuts

Topping:
1 1/2 c. brown sugar
1 1/2 c. light cream
1 t. vanilla

Heat oven to 350 degrees. Grease a 9 x 13 in. pan. Mix buttermilk, butter, egg, vanilla; stir in flour. In separate bowl, mix dry ingredients. Stir wet ingredients into dry until just combined. Pour half of batter into pan; sprinkle with brown sugar and nuts. Bake 45-55 minutes.

Heat topping ingredients in saucepan. When cake is done, poke holes over surface with skewer. Drizzle caramel sauce over cake.

Belle's Cake
Submitted by Doreen Robbins

1 1/2 t. oil
1 t. minced garlic
1 t. dry white wine vinegar
2 t. sugar
1 t. salted scallions
1 tsp. rice vinegar
1 tsp. grated ginger
1 t. salt

Cook with sugar, mix and stir for about 10 minutes, pat and bake as directed on box. When cake is baked, punch holes in the top with a fork in several places for water cake. Place one cup of Eagle Brand condensed milk over water. When cake is completely cooled, spread Cool Whip over the top and sprinkled with coconut. Refrigerate.

How can I keep from getting E. coli infection?

You can help prevent this infection by handling and cooked meat in a safe way. For your protection, follow these rules:
- Wash your hands carefully with soap before you start cooking.
- Cook ground beef until you see no pink anywhere.
- Don't use small bits of raw ground beef while you're cooking.
- Don't put cooked hamburgers on a plate that had raw hamburgers on it before.
- Cook all hamburgers to at least 155°F. A meat thermometer can help you use your judgment.
- Defrost meats in the refrigerator or the microwave. Don't let meat sit on the counter to defrost.
- Keep raw meat and poultry separate from other foods. Use hot water and soap to wash cutting boards and dishes if raw meat and poultry have touched them.
- Don't drink raw milk.
- Keep foods refrigerated or frozen.
- Keep hot hot and cold food cold.
- Refrigerate leftovers right away or throw them away.
- People with diabetes should wash their hands carefully and often, using hot water and soap, and wash for at least 30 sec.
- People who work in day care centers and homes for the elderly should wash their hands often, too.
- In restaurants, always order hamburgers that are cooked well done so no pink shows.

Ingredients:

- 2 cups of flour
- 1 cup of sugar
- 1/2 cup of butter
- 2 eggs
- 1 t. baking soda
- 1 t. baking powder
- 1/2 t. salt
- 1/2 c. brown sugar
- 1 1/2 t. chopped nuts

Topping:
- 1 1/2 c. brown sugar
- 1 1/2 c. light cream
- 1 t. vanilla

Heat oven to 350 degrees. Grease a 9 x 13 in. pan. Mix buttermilk, butter, egg, vanilla; stir in flour. In separate bowl, mix dry ingredients. Stir wet ingredients into dry until just combined. Pour half of batter into pan; sprinkle with brown sugar and nuts. Bake 45-55 minutes.

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**Community Notices**

**Notice from Housing:**
Manufactured Home available for lease/purchase program.

Call Housing Dept. (785) 966-2796 or text: (866) 966-2796
Fax: (785) 966-2846

**PIPP Social Services**

**Tribal烦躁**
helping Tribal (fees)

**Congratulations**

Tsiniwa Whitecree
3rd place in the 2 mile
at the Topka West Cross
Country Meet.

**Invitational**
We are proud of you:
Love, Rose, Roman, Matthew, and Anna.
Linda & Chris

**Kaskell Alumni**
Association of Oklahoma invites you to the Haskell Alumni Reunion October 27-28, 2006

**Biltmore Hotel**
Oklahoma City, OK
Call Leon Tahoka, (918) 616-3737

Harrah's Prairie Band Casino Continues Their Spotlight Series
With Another Country Weekend in October

Selected by: Harrah's Prairie Band Casino

Mayetta, KS (September 21, 2006) - With the success of the most recent Spotlight Series at Harrah's Prairie Band Casino, the decision has been made to continue the music and the excitement going! Another country weekend has been planned for the Great Lakes Ballroom and will feature performances by country music favorites Blackhawk and Mark Wills.

The powerhouse vocal band, Blackhawk, will kick off the weekend with two shows on Friday, October 13th. Their hit song "Every Once In A While" and "I'm Not Sorry Enough To Say No" and "Grandson Says It All" will be performed in two shows on Friday, October 13th at 7pm and 10pm.

On Sunday, October 14th, another country headliner, Mark Wills will hit the stage for two shows on Saturday and Sunday. Mark will entertain the audience with his most recent hit. "12 Something," one of his latest releases, "And The Crowd Goes Wild," and other fan favorites.

All shows will be held in the Great Lakes Ballroom at Harrah's Prairie Band Casino which is located just 15 minutes north of Topeka off Highway 75. Both acts, Blackhawk and Mark Wills, will perform two shows with the early show beginning at 7pm and the late show beginning at 10pm. Doors will open one hour before in advance for general admission ticket holders. Tickets are available for all shows and can be purchased for just $20 at the Buffalo Grill at Harrah's Prairie Band Casino or online at www.tickets.com.

Harrah's Prairie Band Casino is located just 15 minutes north of Topeka off Highway 75 and offers Las Vegas style gaming and excitement in the Heartland. The casino has over 1,100 slots, including penny and nickel machines and a large selection of table games such as Blackjack, Craps and Roulette as well as daily poker tournaments. The 12,000 sq. ft. Convention Center and meeting spaces are equipped with full catering and banquet service. Dining options include special themed night dinner buffets in the Fresh Market Square Buffet, delicious steak selections in the Fireside Steakhouse and the Buffalo Grill which is open 24 hours a day and features traditional grill items such as hamburgers and fries as well as specialty items like ghosts sandwiches and buffalo burgers. For more information about Harrah's Prairie Band Casino, visit www.harrhslot.com.

**Maysie Pioneer Day**
14th Annual Celebration
Kickoff supper and dance
Friday, October 6
6:00 p.m. - 9:00 p.m.
Dance in "Highway 73" band
Both events to be held at the Maysie Catholic Church Hall

Celebration Day
Saturday, October 7
9:00 a.m. to 7:00 p.m. - 14th Annual Celebration on Main Street

2006 Senior Queen
Sarah Petersen, tribal member

Sponsored by Maysie Pioneer Day Committee

2nd Annual Senior Softball Tournament
October 7, 2006
Poo: $5.00

All proceeds go to the First Wind Elder Center

For Information contact Thelma or Curtis (785) 966-0055

We regret that no Elder Center menu was submitted to the News this month.

For Information contact (785) 966-0055

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**Tiwenmo eginijjagen** (Happy day you were born)

**Happy Birthday!**

Wishing you a Happy Birthday on October 1
Maxine Thomas
Love ya,
Brenda, Branden & Joey

**Happy Birthday!**
October 3
Kevin Thomas
Love ya, Brenda, Branden & Joey

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**Happy 7th Birthday to my niece, Joey Lu格尔**

I love you with all my heart, sent love, mom & Brandon

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**Happy Birthday to my auntie (Amber Tecumseh)**

From: Mikel Kitchkinmee & family

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**Happy Birthday, Rosemary Carter**
On Sept. 7
From, mom and brothers

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**Welcome**

Monte Nevaeh Harris

Born: June 1, 2006
Sharnmont Vill, Topka, Kan.
Weight: 7 lbs 7 oz.
Length: 20 1/2 in.

Parents: Arissa Jaseappa & Michael Harris, Kansas City, KS
Grandparents: Carol Jaseappa-Nanette Randall Nanette S.
Great Grandparents: Mary Jo Magnussen Jaseappa

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**Jackson family thank you message**

On behalf of Yelinda Nello and the Jackson family we would like to thank the basketball team that helped Yelinda's cancer treatment. Yelinda especially liked the girls that gave her and she cherishes it. This group of girls are learning more than just good sportsmanship. They are learning how to be very thoughtful and kind young women. Once again thank you for your generosity and prayers.

Congratulations to a great team who was runner up in the Native American indigenous Games (NAGS) for women's 20 and up basketball.
Opinions and Letters to the Editor

The Surprise Mirror Theory

Submitted by Laura Ahey

Did you ever do the little double take when you saw yourself in that unspersed mirror, or reflected in a pool of water? You've probably done it several times by a mirror that I knew was not exactly square, but you didn't think much about it. You might even have found it a bit amusing. But think about it now.

After you reach a certain age, your mind begins to play tricks on you. You see a familiar face in the mirror and immediately, your mind goes about touching up the face, shading the eye, squinting at the nose, or standing back a bit to get a better image. And Abracadabra! There you go. See you on your morning routine, blissfully unreflective. You never think about the unspersed mirror, and, unfortunately, your mind does not at all notice. You are quite sufficient to let the stuff (the subconscious mind, the eyes, the brain, the effect of the unspersed mirror) do its thing. But suddenly, there are you, seeing what else you see too late, and thinking that the double-take that we all do when we happen upon a whole new, unfamiliar image of us as if we might look to other people.

The mind is a mysterious thing. It knows no bounds, and goes about its business without our knowledge or control. It is like a strange and unexplored world, and we are its inhabitants, living our lives and seeing our world as it truly is.