



# POTAWATOMI TRAVELING TIMES

Volume 21, Issue 22 • NMĒ BNĒ GISES • SUCKER FISH MONTH • May 15, 2016

## The Power of Partnerships



photo by Peter Murphy

by Val Niehaus

The Forest County Potawatomi are well-known for lending a hand when needed, whether it is assistance with the local community or donations that go outside the community. A major way they show their support for area interests is by way of partnerships.

One major area of partnership is in the sport of off-road racing, which here, in Forest County, is extremely popular and a huge contributor to the economy. Not only does the Crandon International Off-Road

Raceway Association (CIORA) bring in racers from all over the world for their various events, but these events also bring in thousands of fans who contribute to the economy through their support of local businesses during the race season. There are two main races that draw racers and fans to the community during the summer: The Forest County Potawatomi Brush Run, which will be held June 25-26, and the premier race of the sport, the World Championship Off-Road Races® held on Labor Day weekend, Sept. 2-4. Both events take place at the Crandon International Off-Road Raceway just west of the community.

*Potawatomi Traveling Times (PTT)* spoke with Cliff Flannery, president of CIORA for the past 42 years, to discuss the significance of the tribe's partnership in the history of off-road racing.

In 1992 when the races were starting to be advertised on public television, partnerships started to come pouring in. As early as 1993, the FCP started sponsoring what was then called the "Governor's Cup" Race. Since that time, they have been a major contributor to and have offered support for the races. Later, the Potawatomi Carter Casino Hotel

(formerly known as Northern Lights Casino) was one of the major partnering names for the races with one of the major events of the weekend, the "FCP Chairman's Cup", being supported by the tribe. At the finish of that race, the tribal chairman would be in attendance to present the cup to the winning racer. As time passed, the name was further changed. It is now referred to as the "Forest County Potawatomi Community Cup".

The amount of money awarded through their partnerships for these races became even larger and brought in more and more drivers from around the country. As the amount of monetary prizes increased, more drivers were attracted to the Crandon races, and the fields expanded even further. At times, the raceway was giving \$130,000 in prize money over the weekend. Flannery mentioned, "We started having people come in from 18 to 19 different states. Racing back in Crandon in '92-'95 was really huge, and it brought in tons of people." Today, in addition to the racing purses, Flannery says they are giving anywhere from \$70,000-\$80,000 back to the community through the 14 different organizations that come in and help them put on these races. Over \$2 million totals the

economic benefit to the community through these races.

Not only does CIORA give back to these organizations to help the community, but they also contribute directly to different benefits and activities around the surrounding area. They have helped the two cancer runs held in the area in the last couple of years; the Crandon School uses the track grounds for their cross country sport; they have a trap range for both kids and adults which is also used by the school for their trap team; and they also give scholarships to graduating high school students. These are just a few examples of their commitment to community needs. The success and help from FCP has also helped enable CIORA to build a larger campground and make improvements in that area to make patrons feel more at home. Flannery says, "The Potawatomi's help has allowed us to be way more successful in all areas — not only right here, but also outside the community."

With the help of FCP, CIORA has been able to grow the races into a huge and very successful pair of events. This, in turn, has helped the local community through both donations to local organizations as well as significant

*continued on pg. 5...*

PRSKT STD  
US POSTAGE  
PAID  
WAUPACA, WI  
PERMIT NO 47



**OUR MISSION:** Potawatomi Business Development Corporation (PBDC) will generate wealth and improve the quality of life for the Forest County Potawatomi (FCP) Community by making strategic investments, acquisitions and prudent asset management and community development decisions. Resources generated by PBDC and its holdings will help diversify the tribal economy that supports FCP’s tribal government and help improve the lives of FCP tribal members. Through trust, support, integrity, and mutual respect, PBDC is committed to building an economic engine that will support FCP for generations to come.



**DATA HOLDINGS**

## N.E. Startup - Milwaukee Initiative



Data Holdings data center and Stack41 cloud services provider have teamed up to provide an exclusive opportunity for free business technology services to local startup companies. Business startups allied with an accredited startup development organization or university will be eligible to receive essential data services free of charge. The initiative will provide application and web hosting, file storage and data backup for free up to a certain usage level. It is expected that once these startup companies have met their max capacity of free usage, they will be successful enough to pay for their own services at the data center.

Data Holdings hosted its first of several events promoting the N.E. Startup initiative on Thursday, April 21. Startup companies were invited to Data Holdings for a luncheon, tour, and discussion of the opportunities and services available with this initiative. The event was a big success and brought in three sign-ups that day, with lots of followed-up interest from others. The companies who have signed up for this service include a market research software company, a facial recognition software company, and a social service app provider. A second event will take place this summer.

University and high school institutions can participate in helping to run the program as a method of training their students in real-world, hands-on business service provisioning on the platform or as a startup.



Michael Hostad, co-founder of The Commons and executive director of Innovation in Milwaukee (MiKE), speaks to the group of startup business owners about the unique opportunities offered.



Startup company owners gather in an empty data suite to discuss the N.E. Startup initiative.



## Redhawk Awarded New Contract and Continues to Grow its Team

Redhawk Network Security was awarded a Master Services Contract with the State of Oregon’s Enterprise Cybersecurity team. This contract vehicle will allow for streamlined contracting and access to more than 120 state agencies. To that end, Redhawk will be among three bidders for an upcoming cybersecurity remediation project with the State Pension System, in which the company is looking to provide cyber awareness training for more than 100 agencies this summer. Redhawk leadership will also be presenting at the State’s Cybersecurity Council, chaired by the State Chief Information Officer in June.

Redhawk is also continuing to attract high level talent. James Holland recently joined the Redhawk team as Senior Sales Manager and will be focused on enterprise sales in the West Coast market, with an emphasis on services. Holland, who comes from a major competitor of Redhawk, has been successfully selling IT Security for over eight years and will be based in Seattle, Wash.

# Gifting of Maple Syrup to Elders

by Val Niehaus

FCP Language & Culture department took the Wabeno High School language students around to elders homes on May 4, 2016, to hand out this year's production of maple syrup.

Brian Franz, FCP Language & Culture Teacher/Apprentice, wanted to emphasize, "This is tradition that has

been going on for years. It passes down from generation to generation and that is important to hang on to."

The students had a great time handing out this year's batch, and it was all worth it to see the elders smiling faces.



Monique Tuckwab (r) passing the gift of syrup onto her grandma, Debbie Tuckwab.



Giving syrup to Caring Place and for elders on the meal route.



Pete Pemma receiving syrup from Kordell VanZile.

*Deadline for the June 1, 2016 issue is  
Wednesday, May 18, 2016.*



## POTAWATOMI TRAVELING TIMES

8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520

phone: (715) 478-7437 • fax: (715) 478-7438

email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

### FCP EXECUTIVE COUNCIL

**Chairman:**  
HAROLD "GUS" FRANK

**Vice Chairman:**  
VACANT

**Secretary:**  
LORNA SHAWANO

**Treasurer:**  
RICHARD GOUGÉ III

**Council Members:**  
BROOKS BOYD  
HEATHER VANZILE



Member of the  
Native American  
Journalists Association

### PTT STAFF

**Managing Editor:**  
WINDA COLLINS

**Office Manager:**  
MICHELLE SPAUDE

**Reporter/Photographer:**  
VAL NIEHAUS

**Graphic Artists:**  
KRYSTAL STATEZNY  
RACHEL ZABOROWSKI

Potawatomi Traveling Times (PTT) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the PTT are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the PTT staff or the FCP Nation. PTT encourages the submission of Letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The PTT reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the PTT and will not assume any responsibility for unsolicited material nor will the PTT guarantee publication upon submission. PTT will not guarantee publication of materials submitted past deadlines posted in the PTT. No part of this publication may be reproduced without the written consent of the Editor.

## Message From FCP Veterans Post 1

FCP Veterans Post 1 would like to take this opportunity to remind everyone on this Memorial Day to thank all our veterans for their service and to honor our fallen men and women for their sacrifices that have kept our country free.

## Solid Waste Facility

### Hours of Operation:

Monday - Friday 6 a.m. to 7 p.m.

Saturday - Sunday 7 a.m. to 7 p.m.

### Routes:

Carter/Blackwell: Monday & Thursday

Stone Lake: Tuesday & Friday

Special Pick-Up Requests: Wednesday

Please call (715) 478-7222 to schedule special pick-up requests.  
If you reach our voice mail, please leave a message with your name, phone number, address and items that you need picked up.  
We will call back to schedule a time for the pick-up. Thank you!

## “Missing Threads” Film Shown to FCP Community

by Val Niehaus

A viewing for the FCP community of the film *Missing Threads: The Story of the Wisconsin Indian Child Welfare Act* was held at the FCP Auditorium on April 28, 2016. *PTT* did a previous article that gives an in-depth discussion about this film in the January 1, 2016 issue. It can be found on the FCP website at [www.fcipotawatomi.com/news/missing-threads-film](http://www.fcipotawatomi.com/news/missing-threads-film).

This film touches on the personal lives and childhoods of Chief Judge Eugene White-Fish (Forest County Potawatomi) and Loa Porter (Ho-Chunk) and discusses their experiences with the foster care system. It is extremely moving and powerful in its message.

The event opened up with Eric Swanson, ICW case manager/supervisor, giving a brief introduction of ICW. Associate Judge Chris Daniels then said a prayer followed by Judge White-Fish commenting about the film with his thoughts about it, and what it has to offer.

One of the primary reasons for showing this film to communities in Indian Country is the fact that the tribal court system is running out of options to place Native children in this and other tribal communities. Judge White-Fish explains, “The biggest reason we, as judges, are having a hard time with placing these children is because of the rise of opiate addictions. We are placing our children outside the community and that is something we do not want to do, but we need to protect our children, as they are the future of our tribe. We as a community need to step up to make sure these children are still kept in our community.”



Judge White-Fish talking with guests who came to watch the film.

The film lasted about an hour. Afterwards, there was discussion about it mainly from tribal members in attendance. This film was extremely well done, and many were happy that it was available to show to the public. Once the film discussion was complete, many of those in attendance were able to enjoy the cooking of Justine White-Fish. She prepared Indian tacos and also served a dessert worth raving over.

Not only did this film touch those who viewed it at this event, but it also affected many film critics who've had the opportunity to watch it. The film won the Golden Reel for Documentary Short from the Media Communications Assoc.-International; 2016 Best Short Documentary from the Albuquerque Film and Music Experience; and it was a finalist for the Social Justice in Media Award from the National Council on Crime and Delinquency. Here is a link to more information about the film and its showings - <http://missingthreadswicwa.blogspot.com/>. It is also available on YouTube to watch at your convenience.

This film is a touching and thought-provoking documentary and should be shown throughout Indian Country as a staple in understanding the Wisconsin ICW Act. It shows the hardships that many Native people had to go through as children and details their and others' subsequent fight to make sure the children of their tribes are taken care of in a way that both serves the best interests of the children and their families while assuring that their cultural connections are maintained.

## Preserving Foods

by Autry Johnson

For many centuries before the invention of the modern day refrigerator, generations of people have preserved food in certain ways that would guarantee it wouldn't be spoiled when one wished to consume it. In the past, families around the area had their own garden, cultivating crops in order to feed their families throughout all seasons.

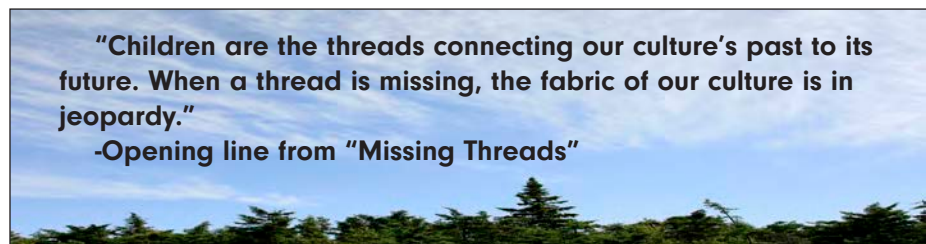
When many families started to become more accustomed to the new world, a cellar that was usually located underneath houses would be designed to be cooler than the outside. Families would use this room for the purpose of keeping their food stored in order to eat it later during winter. Much of the food preserved would usually be game that was hunted earlier and treated by salting, smoking, or even canning boiled meat. This boiling process was also applied to the many locally grown, cultivated vegetables and then canned after. Some popular vegetables that were grown locally were corn, peas, green beans, squash, cucumbers, onions, tomatoes, and especially potatoes.

Theresa Johnson, a local elder, grew up around the time this process was declining in popularity due to the modernization of houses with electricity and refrigerators. However, her father, William Billy Johnson, would still cling to some customs even after their house was modernized. “My father would hunt rabbits. With the game that he had hunted, he would skin the rabbit upstairs and would usually cook the meat the day that he would hunt it. If it were other game, he would try to preserve it by salting or smoking it,” Ms. Johnson said during a family interview.

Fresh fruits that grew naturally in the region were also preserved any way that they could be. Ms. Johnson along with her sisters, would go out into the woods and pick different variations of fruit such as raspberries, wild strawberries, etc. Besides eating a lot of them before returning back home, they would try making them into jam, canning them for bread or other foods that could be paired with jam. They also would plant rhubarb and other berries alongside the house or in the yard to be consumed later.

Walter Johnson, an older yet highly respected elder, grew up among the same customs. However, his age of wisdom shows that while he was younger, he would preserve food a lot more with older customs for which his mother and father taught him. His mother liked to use the sun in order to dry squash that would be eaten later throughout the winter. “She would first break the squash into smaller pieces - if they were smaller they would dry a lot quicker. After this, she would let the sun dry it. When you would eat it later it would taste almost as sweet as if it were fresh and not dry,” Walter said.

When he was younger, he would know that in order to still preserve planted food that was in the terrain, you'd have to place it under layers of leaves or hay in order to protect it from frost in the winter months. When the time came that his family would run low on food, he would go back to this area of plants, remove the snow and leaves or hay, and bring the still fresh food to the house for consumption.



“Children are the threads connecting our culture's past to its future. When a thread is missing, the fabric of our culture is in jeopardy.”

-Opening line from “Missing Threads”

**NORTH AMERICAN LOCAL**

**FREE SMART PHONE**

1000 MINUTES OF TALK OR TEXTS PER MONTH

WiFi Enabled

Applications Can Be Picked Up & Submitted At FCP Executive Bldg. 5416 Everybody's Rd. For Further Information Please Call 715-478-1025

**NORTH AMERICAN LOCAL**

## Partnerships

...continued from pg. 1

economic boosts to local businesses in Crandon and the surrounding areas. The economy in this area is also positively affected, considering the huge numbers of spectators who attend the races. Race fans who come to Crandon need places to stay and eat while they are here. As a result, it is estimated that the money they bring in turns over seven times before it leaves the county. Flannery mentioned that the racing organization also gives back to the tribe at various times so they benefit from one another. The raceway loans the tribe specific items to use during their powwows, students' graduation parties, and the tribe has used the grounds at times for large events.

Flannery also stated that without FCP's help, they wouldn't be where they are today. He says, "In 2007-08, they bought the TV rights for the World Series, it was called then, and by buying these TV rights, the races became a larger success with a broader audience." Having these television rights continues to expand the interest in the races, so that decision clearly was a wise one.

Other special events hosted during the race season by the FCP besides the FCP Community Cup race include the huge "Friday Night of Thunder" Race during the World Championships.

Flannery described it by saying, "That Friday night racing is huge! That will be especially true this coming fall because there is a bit of a surprise that spectators will enjoy."

Flannery sees the raceway and FCP being together indefinitely and looks forward to whatever else the future will bring through their collaboration. Flannery closes with, "Between the raceway and Potawatomi, nobody brings more into the community than this partnership does by far. There is no other event in Wisconsin like this, and their partnership with us has helped make these races the largest event in the Northwoods just as they are the largest employer in Forest County. Their help has brought much success."

In addition to talking with CIO-RA, PTT was able to get a perspective from a racer who FCP has supported for years. Johnny Greaves has been in the sport of racing since the age of 12 when he started racing motocross as an amateur. At the age of 19, he started racing motocross professionally. He then raced as a pro in motocross for five years before switching to short-course off-road. Greaves is currently a professional off-road racer and team owner. He races the PRO 4 in the TORC series and has been doing this for 20+ years. Greaves has earned 11 PRO class championships and has a 100+ wins.

FCP has been partnering with Greaves for approximately 18 years, and Greaves is extremely grateful for the support the tribe has given him. He said, "The tribe was one of my first major sponsors, and with their support, I was able to take my off-road racing to a professional level. I feel a lot of our success has come from the long-term support from our loyal partners. I'm not sure we would have been able to advance our team and equipment the way we have or achieved the success and goals we have without these supporters. It continues to be an amazing journey in the sport of off-road racing, and we are very fortunate to have such a long-lasting and loyal partnership with the Forest County Potawatomi!"

Another off road racer with partnership ties to the FCP Community is Cam Reimers.

FCP's support has unquestionably been invaluable in continuing to make Forest County the hot spot for the coming racing season. This sport seems to grow bigger each year and has put



(above) Kyle Calmes' stock car

Crandon on the map as a major off-road race site in the country.

It should also be mentioned that FCP has a partnership with the ARCA Midwest Series for stock car races. There's one race in Kaukauna, Wis. in August that is totally dedicated to the FCP Community. Additional partnerships within the series include Johnnie Sauter, Ross Kenseth and Kyle Calmes.

FCP also partners with LPGA golfer Caroline Powers.

Over the years, the Potawatomi have been generous in their partnerships and donations to causes as well as other local activities and organizations. In addition, the tribe is always watchful for new opportunities to support that offer future economic potential that will help the local community and surrounding area thrive and prosper.

(715) 478-7470 | www.FCPotawatomi.com

# "DA WE WGE MEK"

(GIFT SHOP)

**YOUR DESTINATION FOR AUTHENTIC NATIVE AMERICAN GIFTS**

Men's & Women's T-shirts • Unisex Adult Hooded Sweatshirts  
 Youth: T-shirts & Hooded Sweatshirts • Beading Supplies • Sister Sky Products  
 Homemade Soaps from "Sacred Feather Traders" • Pendleton Items  
 Local Beadwork and Crafts • Leaning Tree Greeting Cards  
 Pow Wow Calendars • Keeper of the Fire Logo Decals  
 Potawatomi Dictionary • Documentaries • DVDs and CDs

**IMPORTANT: WE ARE NO LONGER ACCEPTING CHECKS AS A FORM OF PAYMENT. CASH, DEBIT OR CREDIT CARDS ONLY.**

Open Mon. thru Thurs. 17 a.m. to 5 p.m.  
 CLOSED Fridays and on federal holidays.

**FOREST COUNTY POTAWATOMI CULTURAL CENTER, LIBRARY & MUSEUM**  
 8130 Mish ko swen Dr., Crandon, WI 54520



# Child Care

## DEVELOPMENT FUND

Public Hearings:  
**WEDNESDAY JUNE 8**  
 Snacks & Beverages Served

**1**  
 FAMILY SERVICES BUILDING  
 CONFERENCE ROOM  
 {CRANDON, WIS.} 12 P.M.

**2**  
 POTAWATOMI CARTER CASINO HOTEL  
 {CARTER, WIS.} 5 P.M.

**FOREST COUNTY POTAWATOMI CHILD CARE**  
 5415 Everybody's Road  
 P.O. Box 340  
 Crandon, Wis. 54520  
 (715) 478-7358  
 www.FCPotawatomi.com

# HWC Rehab Holds Open House to Highlight Expansion

by Val Niehaus

On April 28, 2016, the FCP Health & Wellness Center Rehabilitation Department held its open house for tribal members to show off the new facility that has been in the works for the past winter.

FCP tribal elder Eugene Shawano Sr. gave the opening prayer for the event and offered a few words of wisdom along with thanks to the department for doing what they do every day. He said, "I am grateful this department is here for us tribal members to help us increase our life span as Potawatomi people. I do this for my children and grandchildren so I can see them and be here for them still. This facility is really something to appreciate and to take advantage of."

Chris Skaggs, interim health division director, offered his gratitude that this facility was able to become a

reality. He said, "I am very thankful for this expansion and as you can see, it's big and beautiful and it will service the entire community for years to come." Skaggs then went on to explain the various services that are going to be offered with this expansion and had the staff introduce themselves and give a bit of background into what they offer. Rehab services offered through this facility include: physical therapy, occupational therapy, speech therapy, and massage therapy. This facility also houses the employee health care department.

Winners of door prizes were: Trisha Thorbahn and Kim Maney (30 minute massage certificate); Sue Kitchmaster and Jeryl Perenich (cold packs); Lisa Zant, Maggie Calhoun, Lois Frank and Gloria Deverney (fruit basket).



Introductions of rehab staff.



Peggy Konaha and Jeryl Perenich trying out the facilities equipment.



Chris Skaggs speaking to the guests.

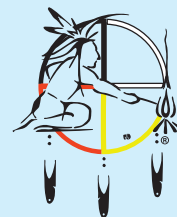


Honoring Health, Healing, and Tradition

## Forest County Potawatomi Health and Wellness Center Rehab Services has expanded!

Our nearly 12,000 sq. ft. expansion for Rehab Services is complete and ready for our patients. Rehab Services is now conveniently located on the first floor with easy access for all. The new space offers state-of-the-art equipment and new opportunities for expanded treatment. Our physical therapists, occupational therapist, massage therapist and speech therapist are looking forward to providing you with the excellent care you've come to expect from the Health and Wellness Center.

Please call us at (715) 478-4344 to schedule an appointment.



FOREST COUNTY POTAWATOMI  
**HEALTH & WELLNESS CENTER**  
8201 Mish ko swen Drive, Crandon, WI  
Rehab Services: (715) 478-4344  
www.FCPotawatomi.com

Accredited by the  
ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

a participating member of  
**ASPIRUS™  
NETWORK**

FOREST COUNTY POTAWATOMI  
HEALTH & WELLNESS CENTER  
COMMUNITY HEALTH

May

# Luncheon

## DIABETES PROGRAM

WEDNESDAY, MAY 25, 12-1:30 P.M.

HWC LOWER LARGE CONFERENCE ROOM  
Open to FCP Tribal Members with diabetes and their guest

LUNCH, EDUCATION & DRAWING FOR PRIZES

**RSVP Appreciated:**

*Cathy Chitko*  
(715) 478-4367

*Anne Chrisman*  
(715) 478-4383

*Lisa Miller*  
(715) 478-4320

[cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)

Check out the [Registration form](#) at [cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)

MAY

## Vision Health Month

Topics:  
HEALTHY VISION MONTH  
GUEST SPEAKER: DR. PIERRE  
DIABETES SELF-MANAGEMENT EDUCATION



## Fruit/Vegetable of the Month: Rhubarb

submitted by HWC Community Health

What a fun, easy plant to grow. A rhubarb plant will produce an edible harvest by the second year after planting, faithfully re-appearing each spring for 10-15 years. To pick your rhubarb, gently grab the stalk at the base while gently pulling and twisting it to one side until the stalk breaks off from the plant. Don't harvest all the stalks at once - leave some. The plant will continue to grow new stalks and may be harvested multiple times during the season. Remove the leaves from the stalk right after you pull the stalk off of the plant. Do not eat the leaf! It can make you very sick.

Once your rhubarb is mature (3-5 years), you can give new life to the plant by splitting the roots: dig them up, divide and re-plant them. You will be rewarded for your work by an increased crop. To prepare: Trim the ends and wash in cold running water, gently scrubbing the surface using fingers. Cut into stalks up to one-inch pieces using a paring knife.

There are many reasons why people

eat rhubarb. It's flavor is amazing especially when paired with a sweet fruit. It has incredible nutritional value. Rhubarb is full of vitamins and minerals including vitamin C, vitamin K, B complex vitamins, calcium, potassium, manganese, magnesium and other nutrients that keep our bodies healthy: our heart, bones, brain, and digestive system. Rhubarb is a rich source of antioxidants that can promote heart health and reduce cancer risk, and it contains polyphenolic flavonoids like beta-carotene, lutein, and zeaxanthin. Rhubarb is high in fiber and low in calories - one cup contains only 21 calories! NOTE: You may need to avoid eating rhubarb if you have a pre-existing kidney condition or certain gastrointestinal conditions, as it can make them worse.

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

### Strawberry Rhubarb Apple Crisp

#### Filling Ingredients:

- 4 c. rhubarb, chopped or sliced
- 1 c. fresh, organic strawberries
- 1 large apple
- 3/4 c. organic apple juice concentrate
- 1 tsp. cinnamon
- 1 Tbs. tapioca starch (cornstarch will work too)

#### Topping Ingredients:

- 1/2 c. quick-cook oats
- 1/2 c. walnuts (or any nuts you would like to use)
- 1/2 c. quinoa, uncooked
- 3 dates, seeds removed
- 1 tsp. olive oil

#### Directions:

Preheat oven to 350° F. Place all the filling ingredients in a sauce pan and bring to a boil. Immediately reduce heat to a simmer. Continue to simmer for approximately one hour. The starch should be completely dissolved and you should have a somewhat thick (almost like stew), stringy substance when done. Stir frequently.

While the rhubarb cooks, place all the topping ingredients into a food processor and blend until well combined. It should stick together just slightly, but you should still be able to "sprinkle" it.

Pour the rhubarb into a 9 x 13 baking pan. Sprinkle with the topping so the entire thing is evenly covered. Place in oven and bake for 30 minutes or until golden. Check frequently after the first 20 minutes to ensure nothing gets burned.

Allow to cool completely, then place the entire dish in the freezer for about two hours to chill - not freeze - so you can cut it or serve warm and scoop out with a spoon. It will be very soft. Makes 15 servings.

Courtesy: [www.thegraciouspantry.com/clean-eating-strawberry-rhubarb-apple-crisp-for-the-no-sugar-challenge/](http://www.thegraciouspantry.com/clean-eating-strawberry-rhubarb-apple-crisp-for-the-no-sugar-challenge/)

## May is Mental Health Awareness Month

submitted by Dianna Koch, HWC Behavioral Health Nurse & Case Manager

What words come to mind when you hear the term "mental illness"? Maybe "crazy", "psycho", "insane", "mad", maybe even "dangerous"? Now think how silly it would be to hear similar uses of a physical disease like diabetes... "You're so diabetic!"

Just like diabetes is the result of your pancreas not producing enough insulin, mental illnesses are the result of your brain having a chemical imbalance. Insulin affects the level of sugar in our blood whereas brain chemicals (neurotransmitters) affect our moods, thoughts, behaviors and emotions.

Mental illnesses are more common than one may think. One in four adults and one in five youth between

13 and 18 experience a mental illness in a given year. Even young children experience mental illnesses. The median age of anxiety disorder is 11 years old!

There are many different causes for mental illnesses, which can include: genetics, brain injuries, infections, diet, substance abuse, traumatic experiences, stress, and much more.

Like with diabetes, prevention and early intervention is key. Some things to do to prevent mental illnesses or catch them early would be de-stress your life, avoid using substances as these physically effect your brain and neurotransmitters, and take care of your basic needs by eating right, exer-

cising and getting enough sleep.

When your mood, thoughts, behaviors, or emotions begin affecting important areas of your life including your job, home, daily activities, relationships, and how you feel about yourself, it may be a good time to see a health care provider for it. Some specific mental illnesses include: low mood or mood swings, negative thoughts, extreme worry, seeing or hearing things that others don't. Some symptoms affect your physical health including general physical pain, stomach issues, headache, shakiness, and sleep and appetite changes so it is important to talk about all that you are experiencing.

Treatment for mental illnesses focus

on the areas that are affected and include detailed assessments and evaluations, talk therapy, and/or medication management.

Too many people go untreated for their mental illness; in fact, half of youth and more than half of adults with a mental illness go untreated. It is time to stop ignoring these health problems!

For more information on understanding mental illnesses or for an appointment with a mental health care provider, call FCP HWC Behavioral Health Department at (715) 478-4332. We'd be happy to help!

References: National Alliance on Mental Illness

### Did you know that your physical health is connected to your mental and emotional health?

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens your heart and lungs, but also releases endorphins, powerful chemicals that energize you and lift your mood. The activities you engage in, and the daily choices you make affect the way you feel physically and emotionally.

- **Get enough rest.** Most people need seven to eight hours of sleep each night in order to function optimally.
- **Learn about good nutrition and practice it.** The more you learn about what you eat and how it affects your energy and mood, the better you can feel.
- **Exercise to relieve stress and lift your mood.** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk. Aim for 30 minutes or more per day.
- **Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day.
- **Limit alcohol and avoid cigarettes and other drugs.** Stimulants may unnaturally make you feel good in the short term, but have long-term negative consequences for mood and emotional health.

Source: [www.helpguide.org](http://www.helpguide.org)

## National Public Health Week

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

You may not realize, but public health impacts many of the functions of our daily lives. From the implementation of car safety seats to safe drinking water, public health has made significant strides in ensuring healthier lives in our community and communities across the nation. Every year in April as a country we honor the efforts of the public health field by celebrating National Public Health Week (NPHW), which took place April 4 - 10, 2016.

This year's theme was "Healthiest Nation 2030". To foster a healthy environment for ourselves and future generations, the American Public Health Association provided the following achievable benchmarks for

communities to ensure that creating the healthiest nation by 2030 becomes a reality. As stated on the National Public Health Week website (nphw.org), those benchmarks are:

- *Build a nation of safe, healthy communities:* Health is all encompassing and this includes the safety and health of the communities we live in. While designing our homes, playgrounds and facilities, we need to remember to ask ourselves is this creating a healthy environment.

- *Help all young people graduate from high school:* Research has shown that access and completion of quality education is a contributing factor to good health, better jobs, incomes and neighborhoods.

- *The relationship between increased economic mobility and better health:*

It's time to fix our country's growing income inequality and the unhealthy stresses it puts on adults and children.

- *Social justice and health:* Everyone has the right to good health. We must remove barriers so everyone has the equal opportunity to improve their lives and their health.

- *Give everyone a choice of healthy food:* Our food system should provide affordable food with nutritious ingredients.

- *Prepare for the health effects of climate change:* Our health is connected to our environments. What happens upstream to our environments at work, school and home affects our health downstream.

- *Provide quality health care for everyone:* Access to quality health care is crucial to maintaining good health.

Access to services should be achievable by all to promote healthier lives.

- *Strengthen the public health infrastructure:* Strong and consistent funding levels are necessary for the public health system to respond to both everyday health threats and unexpected health emergencies.

Living in Forest County, we have access to many of these benchmarks. However, there is always room for growth. It is the goal of the FCP Health and Wellness Center Community Health Department to contribute to creating healthier lives for our clients and communities for many generations to come.

References: American Public Health Association. (2016). National Public Health Week: Healthiest Nation 2030. Retrieved from [www.nphw.org/](http://www.nphw.org/).

## Student Spotlight

submitted by Mary Mattson, FCP Education Counselor/Mentor

### VOLLEYBALL & BASKETBALL

On April 12, Crandon hosted the Laona-Wabeno Rebels for both junior high volleyball and basketball games. Volleyball was played in the back gym while simultaneously boys' basketball was going on in the front gym with 7th grade playing first followed by 8th grade.

Starting with the 7th grade game, Cardinal volleyball players Albe Thunder and Evelyn Soman rotated through all six positions on the court. On the other side of the net, Rebel Volleyball player Cassidy Frank (Laona) had a front row position and Raelee Anderson (Wabeno) played in the back row. While I was watching, Anderson served two aces. The Rebels won all three games against Crandon: 25 to 14, 25 to 10, and 25 to 22, getting them the 'W'.

Waleli Frank (Wabeno) was a starting front row hitter for the Rebel 8th grade. Frank played well at the net. Going between both games, I watched Frank have two great hits. The 8th grade team defeated Crandon as well: 25 to 22, 25 to 14, and 25 to 13, giving the Rebels the overall win.

In the main gym, 7th graders Naganwedek Daniels, Petewonkwet

Daniels and Malakhi VanZile played for the Cardinals. During the portion of the game that I watched, Naganwedek, a guard, played good defense and Malakhi had a steal. VanZile also had a total of 10 points. The Cardinals put up a good fight but ended up losing to the Rebels. Dawson VanZile, also



Dawson VanZile goes for the lay up.

on the Cardinal roster, is a starter for the 8th grade boys' basketball team. VanZile is a post and had a great game scoring 24 points! The Cardinals won that game with a score of 50 to 19 over the Rebels.

The games are fun to watch (and free) and are generally on Tuesday and Thursday nights at 5 p.m. This season's schedule is online on each school's website. Check the schedule and go support the teams. Great job to all the players and good luck to you on the rest of your season!

### BRIGHTER FUTURES

This year was the 20th annual Brighter Futures Conference that educates the area's juniors. On April 13, juniors came together from Crandon, Goodman, Laona and Wabeno. The keynote speaker was Mike McGowen who has been speaking at the conference for years due to his popularity among the students and workers.

McGowen is always memorable for the new students.

"He's funny," Kyle Harris of Wabeno commented.

"His stories keep your attention," Madalynn Morris added.

McGowen talked to the students about a number of things including being a leader, a team player, correcting mistakes and creating ideas. He gets students engaged and is a part of why the conference is such a success. Another reason the conference is a hit is due to the breakout sessions offered to the students. This year, there were two: The first was "It's Complicated: Life is Rarely a Straight Line" by UW-Madison Extension educator Micah Nickey. Nickey began his presentation speaking in Sicangu Lakota, which caught students' attention. In English, he took time to talk about the importance of appreciating oneself and who you are. He spoke about having values and how to get over fear. The second was Health-Tobacco Education by FCP duo Community Health Nurse Sara Cleereman and Community Health Representative Yvonne Robles. The health breakout session spoke about how smoking cigarettes – electronic and paper - and chewing tobacco is not healthy for the smoker or anyone around them, the repercussions, and conclusions of using and or abusing these products.

The students were active in this session and were asking questions. Cleereman also brought in great visuals. She had a full table with a healthy pig lung and an unhealthy blackened pig lung with tumors to show the difference between a non-smoker and a frequent smoker's lung, a jar of thick green mucus that a smoker would cough up in a week, a bottle filled with what the baby would be taking in its body by being with a parent who smoked, a jar of tar that was a year's worth of smoking that would be in the smoker's lungs, and a spinning wheel of true or false tobacco statements. Cleereman chose to present these items for the juniors so that they could be up close and personal to what the tobacco companies don't want their customers to see.



"It's relevant to talk about because of how many people smoking and smoking-related diseases kills," said Autry Johnson, a junior from Crandon. "I learned things that I didn't know prior to the session, such as the higher education that you have the less likely you are to smoke."

continued on pg. 9...



#18 - Waleli Frank



Brighter Futures active session.





# Student Spotlight

...continued from pg. 8

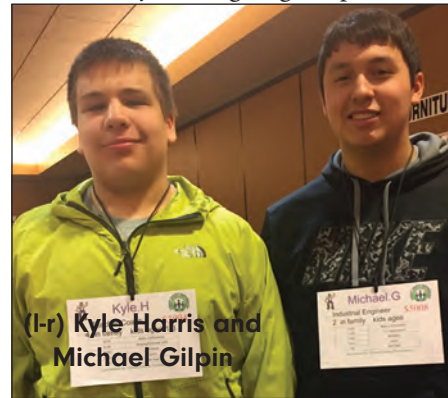
Many of the students enjoyed "Get Real!" a financial simulation that was set up with the students choosing their career, a spouse if they so choose, and the number of children they want, if any. Then students have to budget for that month off of their monthly salary based on the occupation they chose. Different members of the community volunteer their time to represent different stations and their costs to simulate real life expenses such as housing, transportation, insurance, utilities and more. Samantha Vogel, a Wabeno senior who helped with this year's conference, still remembers "Get Real!" from last year. "I didn't think I would have to get a second job, and I did. It put things into perspective. How much everything cost really surprised me. I thought about my future kids - would they be able to make it if I made this money?" A current Wabeno junior, Michael Gilpin, said "Get Real!" was his favorite part of the conference. "It just shows you how much you are going to spend in

real life. Transportation and housing costs surprised me. I would have been fine with me and my wife's combined salaries, but I had to get a part-time job if I wanted to have extra money." Gilpin wasn't the only student to get a part-time job. This year, the students had the highest number of part-time jobs ever given out for the simulation. Students learn about many different things in the small amount of time that they are at the conference. Year after year, Brighter Futures continues to make an impression on the students even after they leave. Vogel admitted, "It prepares you because it's going to happen to you sooner or later." And when it does, the students will be more prepared, and their futures will be that much brighter.

## FORENSICS

Some words to associate with forensics are intelligent, non-conformist, honest and brave, all of which forensic students exemplify. On April 15 - 16, UW-Madison hosted the annual State Speech Festival for the Wisconsin High School Forensic Association (WHSFA), whose motto is "Not to defeat each other, but to pace one another on the road to excellence."

But it's a long road to get there. Students put many hours into forensics starting as early as November. First, students have to choose if they would like to work alone or in a team. They then pick from among the different categories to be judged upon at sub-district (regionals). Some of the categories are play acting, group interpretation, solo acting, prose, poetry,



Darlaina Boyd & Autry Johnson

demonstration, four-minute speech, moments in history, public address, and radio speaking. Students have to put enough practice and memorization into their selection and have it nearly perfect in order to advance. If they do well enough to earn 19+ points, they advance to district. If they receive 21+ points, they get to go on to the dream destination: state.

Of Crandon's 18 students that advanced to state, two of them were Darlaina Boyd and Autry Johnson.

Boyd chose to read poetry. She memorized "Have I Lost It?" by Gregory Snyder and "Alone" by Edgar Allan Poe. In the poetry category, Boyd had eight minutes to say both pieces and try to get as close to her time as she could without going over. Boyd was also being judged on her tone and her movement throughout this period.

The rule is, once Boyd introduced herself she could not move her feet forward for the remainder of her time presenting except during the transition into the next poem. This is no easy task! Boyd did so well for her first year - in one of the hardest category's - that she received a bronze medal, which is 21-22/25 of total points!

Autry Johnson has been participating in forensics since he was in 6th grade. Johnson also performed at state choosing the solo act: "Not Your Every Day Valedictorian." The piece is filled with ship metaphors about how one can try to steer their future against a rushing current that is steering everyone, because every last one of us is in the same boat (which represents life), and all are in the dark as to how much time they each have left on it.

"You have to use everything that you are to make it work," Johnson disclosed about performing. Johnson must have done this because he, too, received a bronze medal at state. With over 4,600 competitors, it is quite the feat for all 18 members to receive medals of bronze, silver or gold. These students exemplify what WHSFA has on the front page of their website: "Identify your strengths, yet diverge from the norm. Dare to be different." Great job everyone, you earned it!



To all FCP Tribal and Community High School, GED, HSED Technical and College Graduates for the year 2015-2016, this message is for you!

Please contact the *Traveling Times* office to obtain a questionnaire to be put in our special graduate section of the newspaper. Deadline for the June 1 issue is Tuesday, May 17, 2016; deadline for the June 15 issue is Wednesday, June 1, 2016.

You may obtain a questionnaire by stopping at our office Monday - Thursday, 7 a.m. to 5 p.m., at 8000 Potawatomi Trail, Crandon, call us at (715) 478-7437, or email us at times@fcpotawatomi-nsn.gov. We hope to hear from all graduates so we may congratulate them in the June issues of the *Traveling Times*!



NICOLET COLLEGE FOUNDATION

April 15, 2016

Mr. Norman Tribbett  
P.O. Box 145  
Crandon, WI 54520

Dear Mr. Tribbett,

I am pleased to let you know the Nicolet College Foundation has selected Sarah DeCota as the recipient of the Verol Mae Ritchie Endowed Scholarship.

Sarah lives in Minocqua and is the mother of three children. She is a member of the Lac du Flambeau Band of Lake Superior Chippewa and wrote in her application, "I am proud to say that I am a very good example for other members of my tribe, my community and most importantly my children of what hard work and determination can accomplish."

Sarah explained that she has wanted to be a nurse since she was six years old and shared a little about why, saying, "I had an extended hospital stay due to a severe kidney infection and the nurses who cared for me were fantastic. I don't remember ever wanting to pursue any other degree. I found that I had ability for caring for someone with an illness during my adolescent years. I moved in with my paternal grandmother when I was twelve years old so that we could 'take care of each other.'"

One of Sarah's instructors rated her work habits and attitude as very good.

Thank you for making the dream of a college education possible for Nicolet College students like Sarah. On behalf of the Nicolet College Foundation Board and everyone at Nicolet College, please accept my gratitude for your support. I hope you agree that Sarah is an excellent choice to be the recipient of the Verol Mae Ritchie Endowed Scholarship.

Sincerely,  
  
 Heather Schallock  
 Executive Director

*Norman, thank you for believing in Nicolet students!*

5364 College Drive, PO Box 518, Rhinelander, WI 54501  
 715.365.4518 or 800.544.3039 ext. 4518  
[nicoletcollege.edu](http://nicoletcollege.edu)

# Department Spotlight: FCP Child Care

by Val Niehaus

The FCP Child Care department is a group of people who are there to assist parents who are Forest County Potawatomi Tribal Members with their child care needs.

PTT was able to talk with Billie Jo Leach, child care program manager, about this program and the qualifications required to use the program as well as the services they offer to members of the tribe.

The child care program receives funds for three child care situations. The first funding source is the Wisconsin Shares Child Care, which is intended for use by low-income families (native and non-native) residing in Forest County. The second type is for Native Americans, again residing in Forest County, but at a higher income level. And finally, the third is tribal, which is for tribal members only residing in Forest County. Each type of funding is only available for the needs of parents who are working or who are enrolled in an educational program. There is a co-payment for each funding program, which is the responsibility of the parents who pay this to the provider. Most commonly people who are working and/or attending school or classes and who need child care to enable them to do so successfully utilize these services. Leach comments, "Our goal is to provide this service to help to alleviate the barrier of child care while people are trying to better themselves through employment and/or education."

Una Ross, administrative assistant/child care certifier, provides training and support to qualified individuals who are interested in becoming a state-certified child care provider. This certification allows an individual to do child care for someone either in that caregiver's home or in the child's home. This certification requires a background check and completion of a 56-hour certification class. The training is accompanied by a home visit prior to certification and unannounced home visits every 6-12 months thereafter. Doing so ensures that the home where care is given meets all state-safety and quality-care requirements and also assists providers as they work with the caregiver to be certain that the home is safe and the quality of their child care is the best it can be. Leach comments, "Una has great communication with our providers and contin-

ually goes above and beyond what is required to assist them in their needs."

It should also be noted that everything related to parent and family information is kept strictly confidential and used only to determine the eligibility for assistance.

However, according to the State of Wisconsin, any background checks done by the providers and any citations that may have been received on home visits is public information. If a parent is considering one of the certified providers to care for his/her children, they have the right to know any information that the department may have.

"One huge accomplishment in this program is the new Rising Sun building, but even more significant than that is the quality and dedication of the staff that provide the care there." Leach says, "Mary Fatla does an amazing job of holding things together and wearing many hats as needed. Connie Stamper drives bus when needed, cooks great meals for the children, and assists in the classrooms every spare minute that she has. Bobbie Walker, Donna Stefanski, Malonie Pitts, and Martha Armstrong and Frankie Bath are amazing with the children. They work together as a team and provide the children with such great care. I couldn't be happier with the staff at the Rising Sun and I'm happy to share that!"

It should be mentioned that Rising Sun daycare is available to tribal or closely-affiliated children only, as the priority is to assist the tribal members first.

If you have any questions or concerns, the child care program is available by phone (715) 478-7358, email, or in person Monday – Thursday from 7 a.m. until 5 p.m.

Leach ends with, "My hopes are to continue to provide the community children with the best care possible. Una Ross and myself work hard to train and educate individuals on the necessary requirements that must be met and continue to be met as their certification continues. Child care can be very rewarding and very exhausting at the same time. We try and provide trainings and materials to providers that would help them start and continue providing great care."

# First Strides Walk Held

submitted by Wabeno and McCaslin Lion's Clubs

It was a nice sunny morning as we were preparing for the first Strides Walk sponsored by the Lion's Clubs and part of the Juvenile Diabetes Research Foundation (JDRF). We had Wabeno Elementary 4th-, 5th- and 6th-graders walk one mile, or eight laps, around their play field on Friday, April 29.

We were in company of Spencer Faulkes and his family. Spencer is a spokesperson for diabetes and talked to the students on a level they could understand. Spencer is in sports and has type 1 diabetes. He made a good impression on the classes to the point of a survey being answered by each one. We also had the honor of "Louie the Lion" walking with the students.

There were stations set up for the following: registration sponsored by the Wabeno Lion's; Strides Walk

backpacks sponsored by the McCaslin Lion's; snack bags sponsored by the McCaslin Lioness; water and Gatorade® sponsored by the Wabeno Elementary Home & School; and apples, oranges and bananas sponsored by Mike's Supermarket and Lakewood SUPERVALU. Certificates, bracelets, Strides Walk pins, and little bears were presented to each student.

It was great fun, everyone got a workout, and the students want to do it again next year!

Thanks to all that helped and especially to our students, speaker, Louie the Lion, and our sponsors. YEA, WE DID IT!

The Diabetes Awareness Focus Group of the Wisconsin Lion's Foundation, represented by McCaslin Lioness' Sandy Panacek and Linda Vandenlangenberg, put on this event.

**DUSTIN MCGESHICK MEMORIAL**  
2nd Annual

**★ CO-ED SOFTBALL ★  
TOURNAMENT**

**\$150 entry fee**  
**10 Team Limit**  
(First Come, First Serve)

1st Prize — \$700  
2nd Prize — \$500  
3rd Prize — \$300

**July 23-24, 2016**  
Arlyn Alloway Ballfield  
Stone Lake

Entry Contact  
Monica Michaels: (715) 889-4040 or (715) 478-4924  
Jackie Crawford: (715) 889-4241 or (715) 478-7204

## Welcome to These New Employees

**Penny McGeshick, SL C-Store**

Food Service Helper  
Hire date: 4/19/16

**Penny Pownell, IT**

Support Specialist I  
Hire date: 4/25/16

**Abbey Albrecht, Gte Ga Nēs**  
Preschool Floater/Substitute Teacher  
Hire date: 4/25/16

**Brian Olson, IT**

Support Specialist I  
Hire date: 4/25/16

**Margaret Borzick, Carter C-Store**

C-Store Clerk  
Hire date: 5/02/16

**Jay Jameson, Carter C-Store**

Maintenance Technician  
Hire date: 5/02/16



# Ferguson Named Chief Operating Officer at PHC

submitted by Ryan Amundson, PHC External Communications Manager

MILWAUKEE (April 27, 2016) – Potawatomi Hotel & Casino has named Rodney Ferguson as Chief Operating Officer. As COO, Ferguson will oversee all day-to-day operations of the property.

From 2013 to 2015, Ferguson served as Potawatomi Hotel & Casino's Chief Financial Officer, where he helped lead the planning and opening of the property's 381-room hotel.

"We're so pleased to welcome Rodney back into leadership at Potawatomi Hotel & Casino," said Harold "Gus" Frank, Chairman of the Forest County Potawatomi Executive Council. "Rodney not only brings a wealth of experience in tribal gaming to the position,

but has an intimate knowledge of the operations here in Milwaukee, which will serve the property very well."

Ferguson has more than 30 years of experience in a variety of leadership positions both in and out of the gaming industry.

Prior to his most recent stint with Potawatomi Hotel & Casino, Ferguson served as CEO of Spirit Mountain Casino in Grand Ronde, Ore. Prior to that, he served as General Manager at the Isleta Casino & Resort in Albuquerque, N.M. In addition, Ferguson is a certified public accountant with a bachelor of science in accounting from Virginia State University.

Outside of the office, Ferguson

enjoys spending time with his family, especially his two grandchildren. He prides himself as an outdoors man as he takes part in RV camping and fishing. A sports enthusiast, he also enjoys basketball, football, golf and boxing.

*About Potawatomi Hotel & Casino*  
Set in the heart of Milwaukee, Potawatomi Hotel & Casino is Wisconsin's premier entertainment destination, offering guests the best in gaming, dining and entertainment. The property features a luxurious 381-room hotel, the intimate 500-seat Northern Lights Theater and more than 60,000 square feet of event space. To discover more, visit [www.paysbig.com](http://www.paysbig.com).



## PERSONALS

*May 30*  
**Happy 8th**  
*Desmond Soman*

*May 31*  
**Happy 2nd**  
*Tayah Bird*

**Happy Birthday to the May Terrors**  
**Love yas!**  
**From: Berserkers**

**May 29**  
**Happy 1st**  
**Balen Tommy**  
**Tahwa-Thompson**  
**&**  
**Beige Emmie**  
**Tahwa-Thompson**

# PICNIC PICKINS

**KRISPY KRUNCHY<sup>®</sup> CHICKEN** << Crandon location only

<p><b>CHICKEN &amp; BISCUIT</b> : 2 PC, 3 PC &amp; 4 PC (White and/or Dark) <i>Family Chicken Combo Meals</i></p>	<p><b>CHICKEN</b> : 8 PC, 12 PC, 16 PC &amp; 25 PC (White and/or Dark) <i>Variety of sides available</i></p>
---	--

**GIFT CERTIFICATES AVAILABLE**

- Blended Diesel
- Ethanol-Free Premium Gas
- 24-Hour Pay-at-the-Pump Fuel
- In-House Deli Food
- Self-Serve Smoke Shop
- Low & Discount Cigarette Prices
- Coupons Welcome
- Groceries • ATM
- Ice • Ample Parking

**POTAWATOMI STONE LAKE C-STORE/SMOKE SHOP/DELI**  
Located 3 Miles East of Crandon off of Hwy. 8 • 5326 Fire Keeper Rd., Crandon, WI • (715) 478-4199 • Open 7 days a week: 6 a.m. - 10 p.m.

## POTAWATOMI CARTER C-STORE/SMOKE SHOP

Hwy. 32, Carter (Across from casino/hotel)  
**(715) 473-5100**  
Open 24 hours/7 days a week

**GIFT CERTIFICATES AVAILABLE**

- Ethanol-Free Premium Gas • Blended Diesel
- 24-Hour Pay-at-the-Pump Fuel
- In-House Deli Food
- Coupons Welcome
- Self-Serve Smoke Shop
- Low & Discount Cigarette Prices
- Groceries • ATM • Ice
- Ample Parking

# TASTES LIKE Summer

# NOTICES

## CULTURE

**Neshnabemwen** - The Potawatomi language has endured through the passage of time. At one time, it is said that we all spoke the same language. Later on, we started speaking different languages and forming tribes based on who was able to understand each other. The Bodewadmi, Ojibwe and Odawa were all one tribe and spoke the same language. As the differences in the language grew, they each formed a separate entity. However, they maintained a close bond and formed the "Council of the Three Fires" to deal with any issues that might affect them. The Three Fires signified the alliance between the three, while their individual fires proclaimed their own identity. Language classes offered every Tuesday & Wednesday, 10 a.m. - 12 p.m., for FCPC and members at the FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Culture Class every Thursday, 3:30 - 4:30 p.m. Transportation for youth provided.

## PROGRAMS

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

To learn more about the program or to schedule an appointment, contact Sara Cleereman, R.N., at (715) 478-4889.

**SPARKS Weight Management Program** - By appointment. S - Support; P - Program; A - Get Active, Stay Active; R - Reap the Rewards: feel better, be healthier; K - Know the basics of good nutrition; S - Stay focused on being healthy. Please call Lisa Miller, RD, CD, at (715) 478-4320.

**Diabetes Education** - By appointment. Including blood glucose monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting. Please call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

**Recreation Department** - Get Fit & Stay Active - fitness equipment available at Rec Center Monday through Friday, 7 a.m. - 8 p.m. Open to FCP tribal members, their immediate families and FCP employees. Hours subject to change based on scheduled activities. For information on Rec Center activities, call (715) 478-7420.

## HEALTH

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

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

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

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

## EDUCATION

**Crandon Indian Education Committee** - Monthly meetings held the first Wednesday of each month, 5 p.m., at HWC. Contact these committee members with questions or concerns:

Margaret Konaha - Chairperson (715) 478-7347 (work)  
Hazel George - Member (715) 478-5612 (home)  
Shari Alloway - Member  
Number not available at time of print.  
Myra VanZile - Youth Education Services Liaison

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



**"OUR FIRST TEACHER  
IS OUR OWN HEART."  
-CHEYENNE**

## SERVICES OFFERED

### Employment Skills Program

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

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

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

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

*continued in next column...*

## SERVICES OFFERED

• Turbo Typing - interactive, fun practice available to increase your hand/eye coordination and typing speed.

• Quick Skills - hands-on, self-paced to learn and enhance your computer skills of Microsoft programs such as Word, PowerPoint, Excel and Access.

• WinWay Résumé Deluxe - it's easy to develop a résumé with more than 14,000 ready-to-use templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the auditor will evaluate your résumé.

• WisCareers Website - career exploration guide and opportunities on computer programs. Complete a variety of assessments based on interests, work values, career skills and workplace skills; help coordinate your work values into an exciting career; check out a variety of technical schools and colleges; use a guided program to set up your portfolio.

The FCP Economic Support staff is also available to assist with any of these computer programs. For additional assistance, please contact us at (715) 478-7206, 7292, or 7295.



## May 2016 Calendar of Events

### Community Health

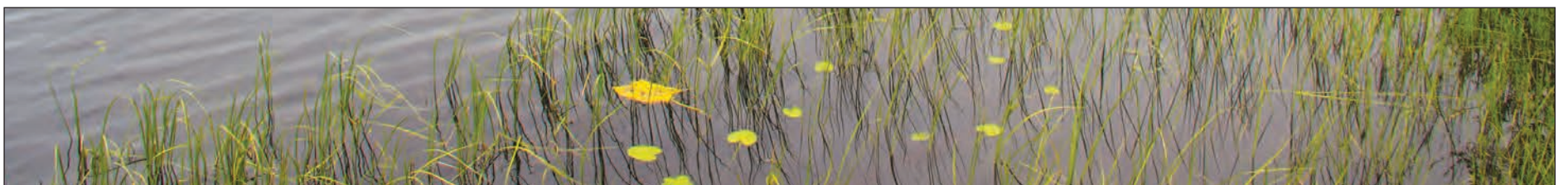
- May 24 - Watch Me Grow Toddler Program: HWC, 1 - 3 p.m.
- May 25 - Diabetes Luncheon: HWC, noon - 1:30 p.m.
- Sept. 17, 2016 - Fall Hike, Bayfield, Wis., space is limited and deadline for registration is May 21. Call (715) 478-4355 to reserve your place.

### Family Resource Center

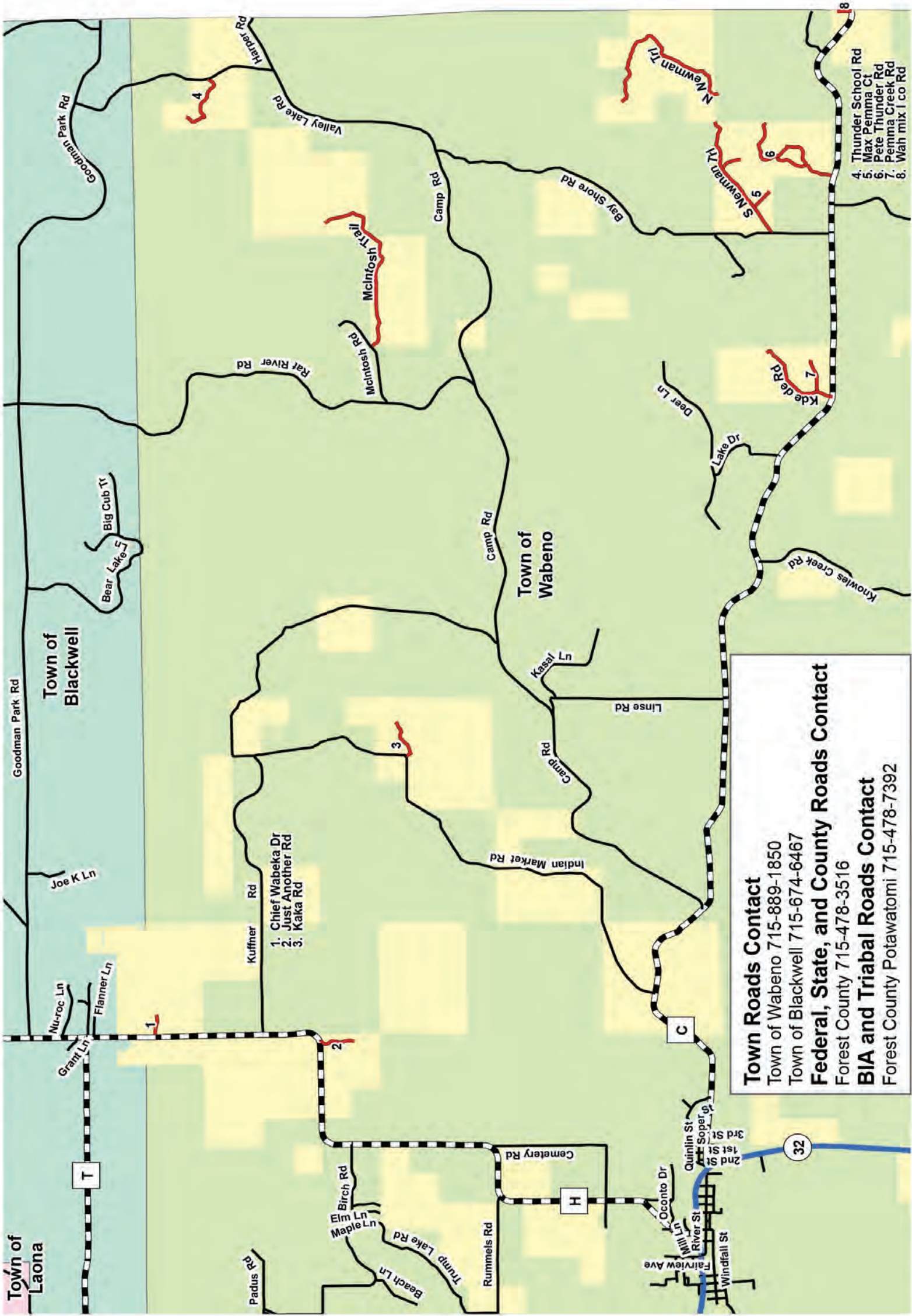
- Healthy Relationships: Mondays, May 16, 23, 30, 10 a.m. to noon.
- FRC/CHOICES: Mondays, May 16, 23, 30, 3:30 - 5 p.m.
- Play Shoppe: Tuesdays, May 17, 24, 31, 11:30 a.m. - 12:30 p.m.
- Circle of Sisters: Wednesdays, May 25, 1 - 3 p.m.
- PIP: Thursdays, May 19, 26, 10 a.m. - noon.
- Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour sessions; one-on-one sessions. Child care is available for all classes except Play Shoppe, which is a parent/child interaction activity. Please RSVP if child care is needed. Call (715) 478-4837 with questions about any programs.

### CHOICES Program

- Youth 10 - 12: Mondays, May 16, 23, 30, 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays, May 17, 24, 31, 3:30 - 5:30 p.m.
  - Youth 7 - 9: Wednesdays, May 25, 3:30 - 5:30 p.m.
- Youth will be picked up at Crandon school at 3 p.m. and will be dropped off at home between 5 and 5:30 p.m. Call (715) 478-4839 for more info.



**Non-FCP Roads Responsibility - Blackwell Area**



**Town Roads Contact**  
 Town of Wabeno 715-889-1850  
 Town of Blackwell 715-674-6467

**Federal, State, and County Roads Contact**  
 Forest County 715-478-3516

**BIA and Tribal Roads Contact**  
 Forest County Potawatomi 715-478-7392

**Legend**

- State Highway
- County Highway
- Town Road
- BIA, Tribal Road
- Tribal Lands
- Town of Blackwell
- Town of Laona
- Town of Wabeno

No warranty is made, expressed or implied, as to the accuracy of the information used. The data layers are a representation of current data to the best of our knowledge and may contain errors. It is not a legally recorded map and cannot be substituted for field-verified information.

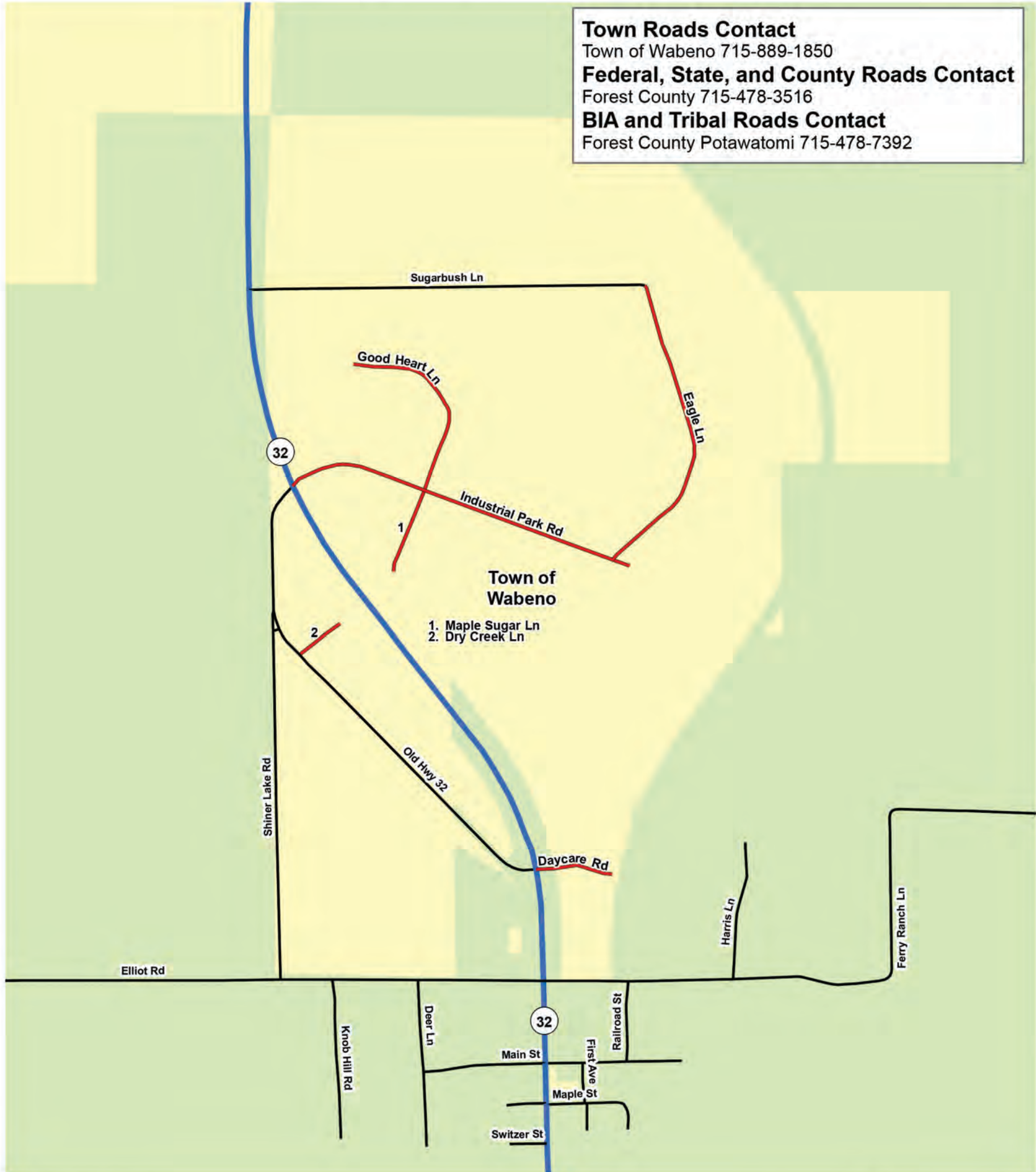
Scale: 0, 6,000, 12,000 Feet

Date: 5/10/2016

FOREST COUNTY POTAWATOMI  
 GEOGRAPHIC INFORMATION SYSTEM

### Non-FCP Roads Responsibility - Carter Area

**Town Roads Contact**  
 Town of Wabeno 715-889-1850  
**Federal, State, and County Roads Contact**  
 Forest County 715-478-3516  
**BIA and Tribal Roads Contact**  
 Forest County Potawatomi 715-478-7392



1. Maple Sugar Ln  
 2. Dry Creek Ln



No warranty is made, expressed or implied, as to the accuracy of the information used. The data layers are a representation of current data to the best of our knowledge and may contain errors. It is not a legally recorded map and cannot be substituted for field-verified information.



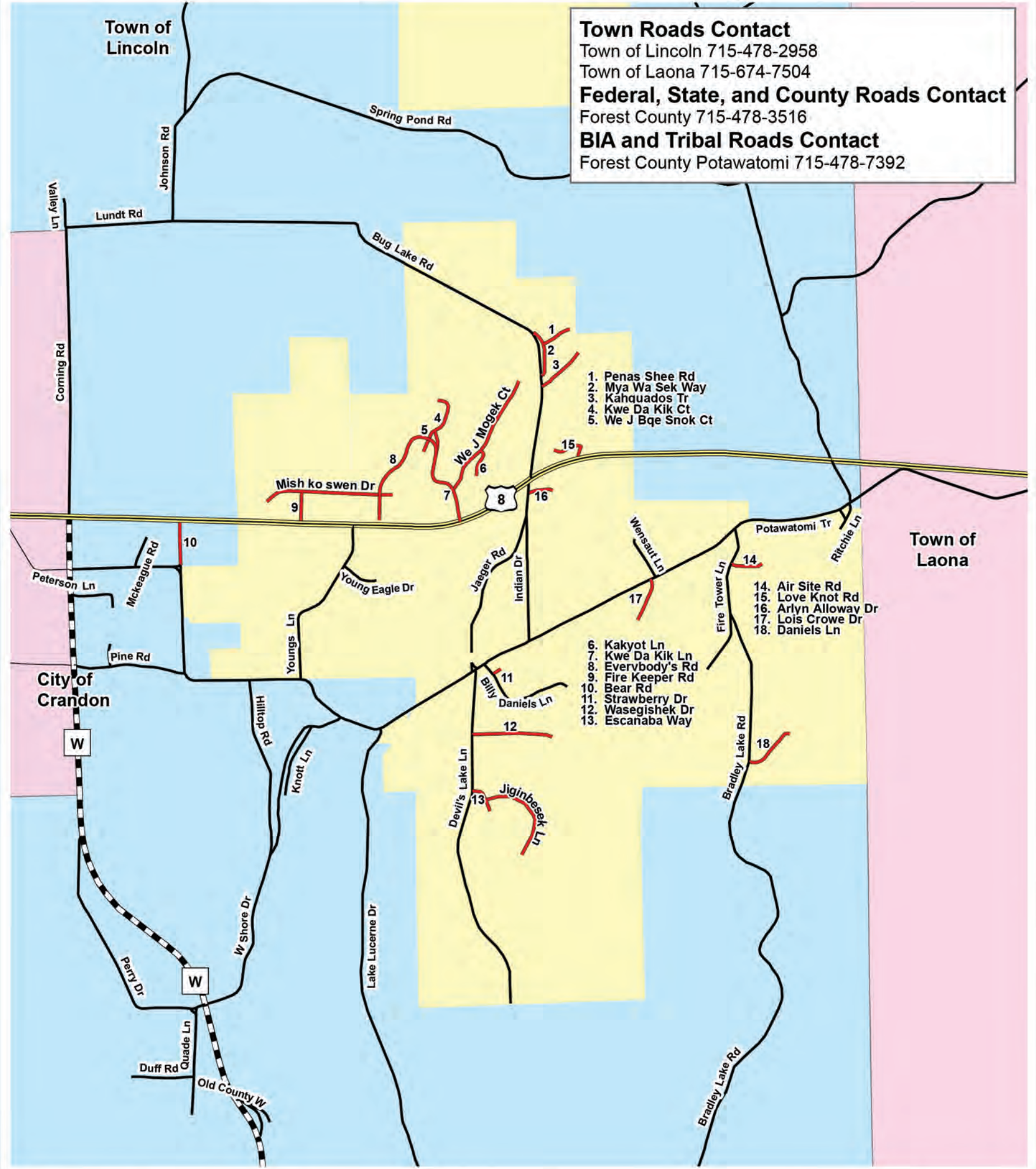
Date: 5/10/2016

**Legend**

- State Highway
- Town Road
- BIA; Tribal Road
- Tribal Lands
- Town of Wabeno



Non-FCP Roads Responsibility - Stone Lake Area



**Town Roads Contact**  
 Town of Lincoln 715-478-2958  
 Town of Laona 715-674-7504  
**Federal, State, and County Roads Contact**  
 Forest County 715-478-3516  
**BIA and Tribal Roads Contact**  
 Forest County Potawatomi 715-478-7392

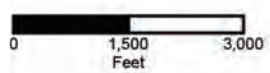
1. Penas Shee Rd
2. Mya Wa Sek Way
3. Kahquados Tr
4. Kwe Da Kik Ct
5. We J Bqe Snok Ct

14. Air Site Rd
15. Love Knot Rd
16. Arlyn Alloway Dr
17. Lois Crowe Dr
18. Daniels Ln

6. Kakyot Ln
7. Kwe Da Kik Ln
8. Everybody's Rd
9. Fire Keeper Rd
10. Bear Rd
11. Strawberry Dr
12. Wasegishek Dr
13. Escanaba Way

FOREST COUNTY POTAWATOMI  
 GEOGRAPHIC  
 INFORMATION SYSTEM

No warranty is made, expressed or implied, as to the accuracy of the information used. The data layers are a representation of current data to the best of our knowledge and may contain errors. It is not a legally recorded map and cannot be substituted for field-verified information.



Date: 5/10/2016

**Legend**

- US Highway
- County Highway
- Town Road
- City
- BIA Tribal Road
- Tribal Lands
- City of Crandon
- Town of Laona
- Town of Lincoln





# Mish ko Sween 5K Event / Family Fun Day Friday, June 10, 2016 Carter @ Arbor/Pow Wow Grounds

## 5K

**REGISTRATION:**  
9 a.m.  
**START: 10 a.m.**

- Walk/Run
- Timing System
- Music
- Snack
- Water
- T-Shirt

**REGISTER ONLINE:**  
[cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)



**LUNCH**  
11:30-  
12:30

Register for  
**Grand Prize Drawings!**  
Register for  
**Department Prizes!**

**OPEN TO**  
FCP TRIBAL MEMBERS  
& THEIR FAMILIES,  
AND FCP EMPLOYEES

SPONSORED BY FCP DEPARTMENTS:  
Community Health, Employee Health,  
Natural Resources, Family Services,  
Medical, Education, Elderly, Insurance

## Family Fun Day Activities

**FOLLOWING 5K - 2 p.m.**

- BOUNCE HOUSE \* FACE PAINTING
- HEALTHY SNACKS AND FOOD DEMO'S
- ACTIVITY AREAS AND GAMES
- TROUT POND \* LIVE BIRDS
- CONTAINER GARDEN
- ARCHERY \* CRAFTS
- EDUCATIONAL INFORMATION:
  - MEN'S HEALTH
  - NATIONAL DAIRY MONTH

