



## Cultural Diorama Created as Educational Tool



by Autry Johnson

As a kid, I was always interested in making dioramas,” says tribal community member Candace Skenandore.

Skenandore was offered the opportunity to engage with the Summer Day Camp youth for a wonderful educational opportunity. Throughout the course of six weeks, other tribal youth and Skenandore constructed a very accurate diorama of the Neshnabek aboriginals way of living before the “discovery” of the Potawatomi people by French European settlers in the 15th century.

Through many weeks of preparation, Skenandore did much studying through the local museum. “I read mainly two books that had a lot of information,” she stated. She also asked tribal elder Jim Thunder and tribal member Sam Alloway about many of the original ways of how the Potawatomi lived when they were still “undiscovered”.

Throughout her preparation before constructing this diorama, Skenandore found out some interesting facts. “I’ve found out a lot by the history. In the summertime they (the Potawatomi) migrated near water for better crops, fishing, etc.,” says Skenandore.

While looking at the diorama, Skenandore pointed out the seasonal changes she formulated into her project, showing the changes of three seasons: fall, winter and spring. “In the winter, they moved into the wildlife area (woods) in order for better hunting for themselves and the community.”

Wanting to make the construction fun for the Summer Day Camp youth, Skenandore utilized many materials that she was able to gather from outside in order to create a more natural look with the kids. She wanted the opportunity to be fun and educational at the same time. “I wanted them to have fun doing stuff in the summer for their program,” Skenandore said. The kids were able to gain a more educated view into how their ancestors lived while also receiving a deeper understanding and connection to their heritage and culture.

After a long time of construction, the diorama is displayed at the Potawatomi Library & Museum. Skenandore thanks the Summer Day Camp staff for the opportunity and the students for making the project enjoyable for all.



**#1 Shown with the in-progress diorama are (back row l-r): Edward Alloway III, Candace Skenandore, Kiana Marvin, Omar Bailey Jr., Hailey Wilber, Harmony Shockto, Jordan Keeble and (front row l-r): Janice Meshigaud, Bluesky Meshigaud, Lynn Meshigaud, Livionne Frank, Laney Peters and Antonio Cisneros.**

**#2 Youth working on the diorama.**

**#3 Candace Skenandore standing behind the finished project.**

photos by Rebecca Jennings

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**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.



## National Night Out - Milwaukee's Near West Side



As one of the anchor institutions of Near West Side Partners, PBDC provided support and volunteers at the annual community-building event, National Night Out on August 2. This nationwide event is intended to promote police-community partnership and neighborhood camaraderie to make our neighborhoods safer, better places to live. The event was free to all community members and provided free food and refreshments, live entertainment, family-friendly games and activities, and community resources. Hundreds of families attended, helping to make it a huge success!



**GREENFIRE**

## New Project Announcement: North Avenue Apartments

Greenfire Management Services recently signed a contract for the North Avenue apartment complex, scheduled to break ground in early 2017.

This \$13 million development will restore the vacant, former Blommer Ice Cream Co. factory at North 15th Street and West North Avenue into housing, and construct a second building next to it with a total of 64 apartment homes.

Apartments are expected to open to tenants in early 2018.

**Sign up for Greenfire's monthly e-newsletter on the homepage of our website: [greenfire.com](http://greenfire.com)**



Architectural rendering of the North Avenue apartments.



## Happy September Birthday to These Elders!

9-1 Robert Daniels Sr.	9-11 Edward Schick
9-2 Marie Gilligan	9-11 Michael Gibbons
9-2 Jean Guinn	9-13 August Tribbett
9-2 Tyrone Victor	9-14 Cindy Miller
9-3 Tina Oelrich	9-14 Gerald Schingeck
9-5 Philip Shopodock	9-24 Douglas MacKenzie
9-5 Charles Vigue	9-26 Robert Petonquot
9-8 John Alloway	9-28 Stephen Daniels
9-10 Sidney S. Daniels Sr.	

### FCP CARING PLACE

#### September 2016 Activities Calendar

EVENTS IN THE ACTIVITIES ROOM: Activity room is open daily for activities at the Caring Place. Exercise is every Monday, Wednesday and Friday at 10 a.m.

#### SPECIAL EVENTS (RSVP REQUIRED):

9/2: Brush Run Parade

9/6: Shopping

9/9-12: Indian Summer Fest

9/18: Bingo at Carter Casino (leaving @ 10 a.m.)

9/21: Casino Day at Bowler (leaving @ 9 a.m.)

9/27: Birthday Bingo at Caring Place, 12:30 p.m.

9/30: Rouman Cinema (leave time depends on movies playing)

## Message From FCP Veterans Post 1

We consider it an honor and a privilege to be of service to the Potawatomi community. Membership in FCP Veterans Post 1 is open to all veterans and spouses of Potawatomi tribal members. Meetings take place on the first Monday of each month at 5 p.m. at the old tribal hall located at 8000 Potawatomi Trail in Crandon. Please join us!



## POTAWATOMI TRAVELING TIMES

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

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## Elder Menus

SEPTEMBER 2016



#### Thursday, 9/1

Pork Chops, Stuffing,  
California Blend Vegetables,  
Applesauce, Dinner Roll

#### Friday, 9/2

Bean Soup w/Ham & Carrots,  
Cornbread, Fruit Cocktail

#### Monday, 9/5

NO LUNCH - HOLIDAY

#### Tuesday, 9/6

BBQ Pork on a Bun,  
Baked Beans, Baked Potato,  
Creamy Cucumber Salad,  
Cranberry Walnut Cookie

#### Wednesday, 9/7

Indian Tacos w/Lettuce, Tomato,  
Onion, Black Olives & Cheese,  
Refried Beans, Chocolate Cake  
w/Peanut Butter Frosting

#### Thursday, 9/8

Open Faced Turkey Sandwich,  
Mashed Potatoes, Gravy,  
Brussels Sprouts, Pineapple

#### Friday, 9/9

Boiled Dinner w/Ham &  
Vegetables, Dinner Roll,  
Cranberry Juice

#### Monday, 9/12

Baked Chicken, Mashed  
Potatoes, Gravy, Broccoli, Apple

#### Tuesday, 9/13

Cabbage Casserole, Green  
Beans, Chocolate Chip Cookie

#### Wednesday, 9/14

Beef Stew, Biscuits, Mixed  
Fresh Fruit, Cottage Cheese

#### Thursday, 9/15

Cream of Chicken Wild  
Rice Soup, Fry Bread,  
Banana Pudding

#### Friday, 9/16

Baked Fish, Cole Slaw, Sweet  
Potato Puffs, Orange

#### Monday, 9/19

Chicken Broccoli Alfredo,  
Peas & Carrots, Breadstick,  
Apricots

#### Tuesday, 9/20

Meatloaf, Baked Potato,  
Asparagus, Wheat Dinner Roll,  
Mixed Grapes

#### Wednesday, 9/21

Scalloped Potatoes & Ham,  
Spinach, Cauliflower, Peaches

#### Thursday, 9/22

Pizza Casserole, Garlic  
Breadstick, Tossed Salad,  
Corn, Pears

#### Friday, 9/23

Hamburger Vegetable Soup,  
Cheese Sandwich, Pistachio  
Pudding, Pineapple Fluff

#### Monday, 9/26

Chicken Wings, Parsley  
Potatoes, California Blend  
Vegetables, Mandarin Oranges

#### Tuesday, 9/27

Stuffed Green Peppers,  
Cranberry Sauce, Broccoli,  
Strawberry Banana Yogurt

#### Wednesday, 9/28

Beef Tips over Noodles, Carrots,  
Peanut Butter Cookie

#### Thursday, 9/29

Tex-Mex Ziti, Corn,  
Breadstick, Jello® Cake

#### Friday, 9/30

Chicken Noodle Soup,  
Crackers, Peanut Butter  
Sandwich, Pears

\*Menus subject to change.

#### CORRECTIONS:

- In the Aug. 1, 2016 issue, the heading for the page featuring photos of FCP elders trip to the parade and U.P. Rodeo erroneously stated that the event was in Iron Mountain when it was actually in Iron River. PTT apologizes for this error!
- In the Aug. 15, 2016 issue, there were two errors in the cover article, "Thunder Presents at Annual Potawatomi Language Conference". In the first part of the story that Jim Thunder was telling, it was erroneously stated that Ed Tahwa was his brother-in-law instead of his uncle. Later in the story, it was erroneously stated that Louis Thunder was Tawha's son instead of his brother-in-law. These corrections were given to PTT but the editor failed to make them before going to print. PTT apologizes for any inconvenience or embarrassment this may have caused!

*Deadline for the Sept. 15, 2016 issue is Wednesday, Aug. 31, 2016.*



## Shayne James Mason Frank Sr. "Bemashke Keno - Soaring Eagle"

Shayne James Mason Frank Sr. ("Bemashke Keno - Soaring Eagle"), age 44 of Wabeno, Wis., passed away on Aug. 8, 2016, at Aspirus Langlade Hospital in Antigo, Wis., as a result of an auto accident. He was born in Chicago, Ill., to Harvey Frank Sr. and Jacqueline Two Crow on July 15, 1972.



In his youth, Shayne spent his time between the big city of Chicago and the quiet northwoods of Wisconsin. He eventually settled in Wabeno. Shayne was a blackjack dealer. He enjoyed both watching and playing basketball, Jeopardy, movies, listening to rap music, and especially loved shoe shopping. That's why he was called "Shu-Shayne".

Shayne is survived by his mother: Jacqueline Two Crow of Wabeno; father: Harvey Frank Sr. of Carter, Wis.; daughters: Lois and Rae Jean Frank, both of Wabeno; a son: Shayne Jr. of Traverse City, Mich.; and one granddaughter: Sienna Faye. He is further survived by sisters: Angela Hannie of Wabeno and Cheskaye Martin of Blackwell, Wis.; and brothers: Ira, Harvey Jr. and Shaune, all of Wabeno. He is further survived by numerous aunts, uncles and cousins. He was preceded in death by Faye Marie Nelson, his grandparents and uncles.

Funeral services for Shayne were held on Aug. 11, 2016, at the Potawatomi Cultural Center. Pete Pemma led services. Burial was in the Blackwell Tribal Cemetery. Weber-Hill Funeral Home assisted the family with arrangements. Online condolences may be left for the family at [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).

## What is a Wellness Court?

submitted by Valerie Loduha, FCP Tribal Court Wellness Court Coordinator

### What is a Wellness Court?

Wellness Court is a specifically designed court docket to treat addicted individuals in order to give them the tools they need to help change their lives. Each eligible participant in the program is drug and/or alcohol dependent and has been charged with a drug-related offense. These offenses can range from possession of a controlled substance to an offense such as theft which was directly related to their addiction.

The participants will undergo random weekly drug/alcohol testing and will be ordered to follow all the rules of their probation, including AODA treatment and intensive supervision. Participants will appear in front of the Wellness Court judges, which will be Forest County Potawatomi (FCP) tribal judges as well as Forest County Circuit Court Judge Leon Stenz, on a weekly basis.

Other individuals that participate in the court proceedings are the Forest County District Attorney, Wisconsin Public Defender, AODA treatment providers, Wisconsin probation and parole officer, Forest County Sheriff's Department and the Wellness Court coordinator. The various team members contribute information to the rest of the team regarding progress and often make recommendations of sanctions/incentives.

The Wellness Court program is a minimum of 12 months and could last as long as 24 months. The program is divided into five progressive phases in which sobriety and the participants' progress, along with their treatment plan, are the deciding factors. Drug testing, supervision and court appearances decrease as participants progress in the phases of the program. In addition to substance abuse treatment, every participant will be working with their probation agent and the Wellness Court coordinator who will help them seek out other needed services. These services might be mental health assessments/treatment, family counseling, parenting classes, housing assistance, help with obtaining medical and dental care, etc.

The Wellness Court coordinator will also be able to help tribal community members get reconnected with their spiritual roots by connecting them with elders and other tribal outreach programs that can help them in their journey. In order for each participant to graduate from the program, he/she must demonstrate verifiable sobriety for a substantial period of time and must satisfy all treatment goals and supervision requirements.

**How did the Wellness court start in Forest County?**

In early 2014, the FCP Tribal Court, in conjunction with Forest County Circuit Court, worked with the FCP Grants Department to apply for a Bureau of Justice Affairs (BJA) grant to implement a Wellness (aka Drug) Court in Forest County. All parties, including FCP Grants, FCP Tribal Court, and Forest County Circuit Court, did a large amount of research and put together a plan to apply for the grant. On Sept. 22, 2014, the FCP tribe was awarded the grant to implement a Wellness Court.

At the current time, there are groups of professionals from both tribal agencies and Forest County agencies who are working together to create all the ground-level policies and procedures to make this program as successful and beneficial to the community as possible. The tentative plan is for the Drug/Wellness Court to be accepting participants in early 2017.

How many drug courts are out there and what are the benefits of having a drug court in our community? At this time, there are currently 59 Drug Courts in the state of Wisconsin and six of those are Tribal Healing to Wellness Courts. This is an increase of 29 drug courts in the past five years in the state of Wisconsin and an increase of four tribal Wellness Courts in that time period as well.

Wellness Courts are the new solution in the criminal justice system. By treating and educating offenders, there is a reduction in time and money spent on these individuals in the jail/prison system. This also keeps families together and parents in the home, which, in turn, reduces the cost of foster care placements and the trauma for children in being removed from the home and family. There is also a significant reduction in crime and fewer re-arrests for Wellness Court participants. Due to less crime and re-arrests, there is a cost savings to the community with less taxpayer funds needed to house the offenders in jails/prisons.

In conclusion, on behalf of the FCP Tribal Court and Forest County Circuit Court, we would like to express how excited we all are for this program going forth. This will help the safety and wellness in the community as well as the county as a whole. Going forth, the team will be getting in contact with a number of agencies and individuals that will be beneficial in making this program a success. If you have any questions or would like more information regarding this project, please get in contact with the FCP Wellness Court Coordinator, Valerie Loduha, at (715) 478-7405.

(715) 478-7470 | [www.FCPotawatomi.com](http://www.FCPotawatomi.com)

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CLOSED Fridays and on federal holidays.



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





Welcome to These  
New Employees

**Dezirae Kegley, Caring Place- Elderly**

Assistant Cook  
Hire date: 5/31

**John Syke, HWC**

Physical Therapist  
Hire date: 5/31

**Tracy Enders, HWC**

Rehab Aide  
Hire date: 5/31

**Melissa Denton, Caring Place- Elderly**

CNA  
Hire date: 6/6

**Melissa Weber, HWC**

Medical Receptionist/Scheduler  
Hire date: 6/6

**Vicki Elam, Stone Lake C-Store**

C-Store Clerk  
Hire date: 6/13

**Jillian McGeshick, Stone Lake C-Store**

C-Store Clerk  
Hire date: 6/13

**Evangeline Smith, Stone Lake C-Store**

C-Store Clerk  
Hire date: 6/14

**Staci Aschinger, HWC**

Medical Receptionist/Scheduler  
Hire date: 6/20

**Stacy Shampo, Utilities Dept.**

Utility Operator  
Hire date: 6/20

**Buzz Anwash, Housing Dept.**

Service Specialist I  
Hire date: 6/27

**Sedona Geiter, Recreation Dept.**

Activities Assistant  
Hire date: 6/27

**Evan Shepard, Forestry Dept.**

Community Forest Coordinator  
Hire date: 7/5

**Scott Harris, Utility Dept.**

Senior Utility Operator  
Hire date: 7/11

**Paula Jean Luebke, HWC**

Pharmacy Tech  
Hire date: 7/11

**Stephanie Rosio, HWC**

Housekeeping  
Hire date: 7/11

**Mark Wood, HWC Maintenance**

Maintenance Mechanic  
Hire date: 8/1

**Micah Nickey, HWC AODA**

AODA Director  
Hire date: 8/1

**Transfers/Title Changes/Name Changes**

Jennifer Thornton to Jennifer Spencer  
Utility Department

**Denise Smith-Labine, HWC AODA**

AODA Administrative Assistant  
Hire date: 6/6

**Sally Kalkofen, Grants Dept.**

Grant Writer  
Hire date: 7/18

**Vickie Elam, Stone Lake C-Store**

Part Time to Full Time  
Hire date: 7/18

Prevent Those Falls!

submitted by Leah Littleton, CHR, FCP Community Health

It is inevitable that at some point in your lifetime you will experience a fall. It is important that you take the necessary precautions in order to prevent and reduce the severity of a fall. By incorporating the following precautions into your life, you can greatly reduce the number of falls endured throughout your lifespan.

- Make an appointment with your doctor. External medical factors like medications or pre-existing health conditions could influence your chances of falling. Some medications may have side effects like drowsiness that can put you at a predisposition for falling. Pre-existing conditions like joint pain or numbness can also put you at an inclination of falling. Dr. Pierre, optometrist with the Health & Wellness Center, advises individuals ages 60 and over to have routine eye exams yearly. Ensuring your eye prescription is accurate can aid in reducing your chances of falling.

- Stay active. Light physical activity can help reduce your risk of falling by improving strength, balance, coordination and flexibility.

- Wear proper footwear. What shoes you wear can play a huge role in reducing the chances of falling. It is imperative that you stay clear of shoes like high heels, floppy slippers, and shoes with slick soles in order to reduce falls. Wearing properly fitted non-skid shoes will aid in preventing unnecessary falls from happening.

- Remove clutter and other hazards from your home. Ensure no loose boxes, electrical cords, or clothes cover your floor. If loose rugs are present within your home, secure those rugs by using tacks or tape. Remove coffee tables or other small furniture away from high traffic areas in order to prevent unnecessary falls.

- Keep your home well lit. Individuals commonly fall for the blatant reason of just not being able to see. Position additional lights near your bed to aid in any middle-of-the-night needs that may arise. By placing additional lights in the home, you are providing an environment that is easier to navigate any hazards present.

- Install assistive devices in your home. Installing hand rails and non-slip tread throughout the home will provide a safer environment for the resident. The highest rate of falls occur in the bathroom. One way to prevent this is to install grab bars for the shower and/or tub and a raised toilet with armrests.

For more information on preventing falls in your home, contact Leah Littleton, CHR, at (715) 478-4381, or visit our CH website at cmh.fcpotawatomi.com.

Work Cited

"Fall Prevention: Simple Tips to Prevent Falls." Mayo Clinic. Mayo Foundation for Medical Education and Research, 04 February 2014. Web. 28 July 2016.



Gte Ga Nēs Preschool  
2016-2017 School Year Begins Soon!

First day of preschool is Sept. 6, 2016.

Pick up your application at Gte Ga Nēs on Lois Crowe Dr., or the Education Division building at 209 E. Elm St. in Crandon.

Preschool day will be 8:30 a.m. – 1 p.m., Monday through Friday (previously 9 a.m. start)

Students must be three years of age as of Sept. 1, 2016.

Give your child(ren) a running start to his/her education in a hands-on, state-of-the-art learning environment. We have an amazing, fun-filled year planned!

FOREST COUNTY POTAWATOMI TRIBAL COURT

IN THE MATTER OF  
CHANGE OF NAME OF:

NOTICE OF HEARING

GRIAG MICHAEL COOPER  
DOB: 02/15/1973

Case No.: 16-NC-0118

NOTICE IS HEREBY GIVEN that the above-captioned matter shall be heard in the Forest County Potawatomi Tribal Court on the matter of the application of **Griag Michael Cooper** for permission to change his name and legal designation to **Craig Michael Cooper** and for the consideration and determination of any further relevant matters. PLEASE TAKE NOTE:

WHEN: 2:30pm on September 7<sup>th</sup>, 2016  
WHERE: Tribal Courtroom  
2<sup>nd</sup> Floor, FCP Executive Building  
5416 Everybody's Road, Crandon, Wisconsin

DATED THIS 5<sup>th</sup> DAY OF August, 2016

BY THE COURT  
Associate Judge Jeryl L. Perenich  
FCP Tribal Court



# Trails and Traditional Foods

## • FCP COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP) •

**Obesity Prevention Vision:** Forest County Potawatomi Tribal Members will make healthy lifestyle choices related to nutrition, physical activity and weight management. Obesity is defined as having a BMI greater than 30. Body Mass Index (BMI) is a screening tool used to estimate a person's overall body fat. Overweight and obesity are major risk factors for chronic conditions including heart disease, stroke, type 2 diabetes and certain types of cancer, which happen to be the leading causes of preventable death in the United States. Exercise 150 minutes per week for adults, 60 minutes per day for youth. Eat adequate amounts of fruits and vegetables. Move toward or achieve a healthy BMI.

For more info on nutrition, physical activity or weight management, please contact Lisa Miller, RDN, CD, or Stephanie Mattson, LPN, CD, at (715) 478-4355, or visit [cmh.fcpotawatomi.com](http://cmh.fcpotawatomi.com).

## • TRAILS •

*NGOT, NISH, NSWÉ DĒBĒGEN NWI NOSÉ WI MNOYÉYAN: One, two, three miles on foot with a purpose, going somewhere, makes you feel good.*

The two trails listed here are places you can explore on foot. They have been seeded with white clover to provide a food source for various species of wildlife. The trails are mowed once a year by the Forestry department with financial assistance from the Department of Natural Resources, which makes it an excellent trail for hikers, hunters, skiers and mountain bikers. No motorized vehicles allowed!

### OTTER SPRINGS TRAIL:

Located about 3 miles east of Crandon on Highway 8 and then north on Otter Creek Road is the trail head for the Otter Springs Ski Trail. The trail is located on a large area of hardwood forest with a scenic view of Otter Springs and Bug Lake. The trail is 8 miles in total length. The beginners' trail is about .75 miles long located near the graveled parking area. The intermediate trails are hilly and more challenging. The second trail is 1.25 miles in length, and the third trail is 3 miles in length with hills and curves.

### HEMLOCK LAKE TRAIL:

South of Crandon about 6 miles on County Highway W then west on Hemlock Lake Road is the Hemlock Lake Ski Trail. The trail is located within 160 acres of forested land, mostly hardwood. The trail is 2 miles in total length with rolling and advanced terrain. A graveled parking area is available but no other services are provided. The first loop is 1.25 miles in length. It is the advanced trail and has more aggressive, hilly terrain. The second loop is more of a beginner/intermediate trail. The terrain here is more gentle and rolling.

*Excerpts taken from <http://forestcountypublichealth.org/wp-content/uploads/2013/04/FC-WalkingBiking-Trails.pdf>*

## • TRADITIONAL FOOD •

Imagine eating the same foods that Native Americans in the Great Lakes region ate before settlers arrived. You may be interested in a challenge to eat 25-100 percent of your daily intake based on a traditional native diet. That is what the Native American Studies department did at Northern Michigan University. They not only looked at the physical health impact that following a traditional diet could have to reduce diabetes, obesity and heart disease, but also looked at how this unique diet impacts people's lifestyle and relationships with family and friends.

Traditional foods would exclude beef, goat, chicken, pork, milk, butter, cream, wheat flour (no fry bread), rye, and barley. No processed foods (chips, soda, hot dogs, etc.); nothing sweet except for local honey or pure maple syrup.

Staples include wild rice, corn and corn products, sunflower seeds, berries, beans, and maple products along with turkey, venison and indigenous fish. Breakfast could be a bowl of pumpkin seed gruel - ground pumpkin seeds that have been boiled and strained, with blueberries and maple sugar. Lunch may be venison and squash that had slow-cooked all day in spices. Dinner - a mix of wild rice with ground turkey, and some raspberries and sweet potatoes.

<http://michiganradio.org/post/year-eating-indigenous-diet#stream/0>; <http://weekofeatingindigneousfoods.blogspot.com/>

If it seems too great of a challenge to have 100 percent or even 25 percent of your diet be traditional, start with two foods that you can include regularly into your diet. An additional challenge would be to eliminate anything sweet from your diet unless it was sweetened with local honey or pure maple syrup.

### WILD RICE:

One of the important foods to many of the people in the western Great Lakes area was, and still is, wild rice. Wild rice is nutritious and provided a significant portion of the calories traditionally consumed by the tribes in the area. Wild rice is high in protein, the amino acid lysine, and dietary fiber. It is low in fat and does not contain gluten.

Northern wild rice is an annual plant native to the Great Lakes region. Wild rice grows in the shallow water of lakes and slow-flowing streams. The rice was harvested by poling canoes through the tall rice stalks. The stalks were then pulled over the gunwales of the canoe and the ripe grain knocked into the bottom of the canoes with a short stick. The rice was then cleaned, sun dried, and cooked. The rice would be dried by spreading it evenly on sheets of birch bark, then threshed to remove the close-fitting hull. They would walk on the grain or churn it with a paddle. Then it was tossed into the air to let the wind blow the chaff away. If there was no wind, the rice would be spread out on a mat or blanket and fanned. Some of the prepared rice would be cached for later use by storing it in sewn animal skins or in covered birch bark boxes (makakon). Prepared rice would keep for a long time.

To make sure the rice grew back every year, a portion of the rice kernels were packed in mud and then tossed back into the water.

### MAPLE SUGAR:

Another important food for the Indian nations in the Great Lakes area was, and still is, maple sugar. This was more than something good to eat: the maple sugar symbolized good relations between people and harmony between the people and the natural and supernatural worlds. In many areas, the maple sap would become available before the fish in the spring so the people would begin to gather at the sugar bush groves before moving on to their fishing areas. The entire village would tap the trees, boil the sap down, and separate it into syrup, sugar, and cakes. The maple sap was collected in birch bark containers, which were made by folding the ends of a rectangular piece of bark and tying it with willow. A gash would be cut in the tree and a cedar chip driven in under the gash. The basket would be placed on the ground under the chip to catch the sap as it dripped. In a good season, a family would prepare 400-500 pounds of sugar.

The maple sugar was used in preparing fruits, wild rice, vegetables, and fish. In the summer, a cool drink was made by dissolving the maple sugar in water.

Excerpts taken from [http://islandgathering.org/islandgathering/Foods\\_and\\_Cooking.html](http://islandgathering.org/islandgathering/Foods_and_Cooking.html)



# Children Plant Garden

submitted by Mary Fatla, Rising Sun

Rising Sun and Gte Ga Nēs are participating in a Gardens to Children grant to learn about food growing and harvesting. We received both indoor and outdoor gardening materials. Rising Sun Daycare children planted a garden behind the preschool/daycare

building. Better late planting than never! The children planted a variety of seeds and plants, most of which will be able to be harvested before the cold: tomatoes, peppers, celery, onions, potatoes, spaghetti and summer squash, peas, carrots, peppermint and basil.



(above l-r) Kierra DeHart, Makena Robinson, Rikki Frank, Brittany VanZile and Molly VanZile. (below) Environmental Education Coordinator Jennifer Marbrier and Rikki Frank.



(above) Trisha Stefoni (r) helps Brittany VanZile with planting. (below) Kierra DeHart and Makena Robinson prepare to dig!



## Ka Kēw Sē Receives Face Lift

by Winda Collins

The original flooring in the pow-wow grounds arbor was recently replaced with green turf purchased and installed by SYNlawn. According to their website at [www.synlawn.com](http://www.synlawn.com), this new turf is Green Building and LEED® certified:

*SYNLawn® is green on top, in the middle and even underneath. Beyond the color, SYNLawn® goes a long way towards better environmental sustainability which makes it truly "green." We take*

*measurable steps in providing products that have an extended lifespan, reduce your carbon footprint, conserve water, and use renewable and recycled materials in manufacturing.*

The website also states that SYNlawn backs its product's durability with 9 – 15-year warranties.

The green versus the previous black certainly gives the arbor a beautiful color boost. Here's hoping that dancers like the feel of the new turf as well.



photo by Chris Makoutz, SYNlawn Distributor

### Turkey with Citrus-Fig Sauce

**INGREDIENTS:**  
(Step 1:)  
• 1 pound cooked turkey breast slices

(Step 2:)  
• 1 Tbsp. extra virgin olive oil  
• 1 cup thinly sliced red onion  
• 1 cup figs, stemmed and halved or quartered  
• 1/3 cup water  
• 1/2 tsp. finely grated lime zest

(Step 3:)  
• 1 cup orange sections (2 large oranges)  
• 2-3 Tbsp. finely chopped crystallized ginger  
• 2 Tbsp. fresh parsley, chopped  
• 1 Tbsp. fresh lime juice  
• 2 tsp. honey or maple syrup  
• Up to 1 Tbsp. extra virgin olive oil

**DIRECTIONS:**  
1. Place cooked turkey slices on a warm serving platter.  
2. Heat olive oil in skillet over medium heat. Add sliced onion and stir about 1 minute to soften. Add the figs, 1/3 cup water, and lime zest, cooking and stirring 2 to 3 minutes or until the liquid evaporates.  
3. Remove from heat; stir in the orange sections, ginger, parsley, lime juice, and honey. Optional: Adjust the consistency with a tablespoon of extra virgin olive oil.  
4. Serve over turkey.

Recipe adapted from <http://foodfacts.mercola.com/figs.html>

**FRUIT/VEGETABLE OF THE MONTH**

# FIGS

**NUTRITION INFORMATION**  
Naturally low in fat and Sodium  
Naturally high in Fiber  
Rich in Carbohydrate (2 figs = 1 carb choice)  
Magnesium, Manganese, Calcium,  
Copper, Vitamin K, Vitamin B6, Potassium  
Phytonutrients, Anti-Oxidants

**FIG FACTS:** Figs are a mildly sweet treat that is considered a fruit, but it is actually an inverted flower. Figs ripen - and partially dry - on the tree. If the fig is grown in a more humid climate, it is dried after harvesting.

**WHERE TO FIND:** You can find dried figs in most grocery stores. Figs grow well in dry sunny places. While Turkey is the leading producer, the United States (mostly in California) has also been growing figs since the 1880s.

**WAYS TO EAT:** Figs can be eaten like any other dried fruit - straight from your finger to your mouth. Because they are naturally sweet and have a chewy texture, you can slice or dice them and add them to a wrap or sandwich. You can chop figs and put them in a salad or include them in your main dish (see recipe on this page). You may be familiar with the fig cookie, which you can make from scratch. Recipe can be found at (<http://chefinyou.com/2012/08/06/fig-newtons-cookies/>). Because dried fruit is very versatile and lasts a long time on the shelf, it is a great snack to pack when on the go or traveling.

For more information on FIGS and other nutrition topics, please contact Lisa Miller, RDN, CD, or Stephanie Mattson, LPN, CD, at (715) 478-4355. [cmh.FCPotawatomi.com](mailto:cmh.FCPotawatomi.com)

## Let's Make Jam

Sept. 7th  
10 a.m. – 12 p.m.

Recreation center kitchen.  
Open to all tribal and community families  
and special invite to all elders in the community.

**REGISTRATION:**  
715.478.4355  
[cmh.fcpotawatomi.com](http://cmh.fcpotawatomi.com)

For more information please contact:  
Dennie Shepard  
715.478.7378  
Donna Cornell  
715.478.7373  
Lisa Miller  
715.478.4320





# Advice on How to Stop Your Child from Being Bullied and from Being a Bully

submitted by Melanie Tatge, FCP Community Health

According to StopBullying.gov, 1 in 4 students in the United States are bullied at school. Bullying will often affect a child's academic performance in school and can even lead to suicide. With bullying causing such a traumatic impact on a child's life, it is imperative that you are aware of some solutions to remedy the bullying of those you love and care for. We all have a responsibility in ensuring bullying is handled appropriately.

By taking the following proactive steps, you can help solve the issue of bullying with their child:

- Open communication with your child. It is okay to ask a child directly if they are being bullied. Embarrassment or fear that a bully will retaliate often inhibits children from speaking about bullying that may be taking place. Look for signs of bullying which include: fear in attending school, missing belongings, lack of friends, torn clothing, and/or an increased fearfulness.

- Communicate with school to make sure your child is safe. Discuss the punishments that are put in place for the bully and ensure that they are effective. Create a dialogue between yourself and the bully's parents about the bullying taking place.

- Get your child involved in social groups. Help develop your child's social skills by getting them involved in extracurricular activities. Having a positive social support system for your child can aid in preventing them from becoming a victim of bullying.

- Advocate for a stronger anti-bullying campaign at your child's school. Discuss at school association meetings or Parent Teacher Association (PTA) meetings the importance of having a zero tolerance stance on bullying within schools.

Guardians often find themselves dealing with the fact that their child is the victim of bullying, but what if your child is the bully? Take action and incorporate the following advice into both your child's and your life in order to stop your child from continuing his or her bullying behavior.

- Discuss the behavior of your child. Talk with your child's teachers and school administrators to understand what bullying behavior is taking place. Be wary that a bully will try to play down his or her wrongdoings in an effort to escape trouble.

- Take a zero tolerance stance. Make it clear to your child that you will not tolerate this kind of behavior. Inform your child on the negative effects bullying has on its victims. Do not accept excuses or rationales for this kind of inappropriate behavior.

- Use non-violent punishments. Utilize non-violent punishments when reprimanding your child. Aggressive or over-the-top punishments produce a mentality in your child that "might is right."

- Create a non-violent environment. Ensure your child is not receiving violent stimulation from television shows, videos games, and movies. These forms of entertainment can invoke aggressive behavior in youth. Also make sure your child is not seeing verbal or physical violence take place between family members. Verbal or physical violence between family members will provide an inappropriate model to a child on how to interact with others.

It is important that we instill healthy social habits within children to ensure bullying does not become common place within our schools. By taking note of ways to intervene if your child is being bullied or if your child is the bully, we can create a welcoming social environment within our school system.

For more information on the effects of bullying, please visit our website at [cmh.fcpotawatomi-nsn.gov](http://cmh.fcpotawatomi-nsn.gov) or contact the Community Health Department at (715) 478-4355.

#### Work Cited

Fritz, Gregory K., ed. "Parents' Guide to Bullying." *The Brown University Child and Adolescent Behavior Letter*. 29.4 (2013): 1-2. Print.

**WE WALK FOR THE SACRED WATER WHERE OUR WILD RICE GROWS**

**SEPTEMBER 21, 2016**

ROUTE CAN BE FOUND HERE: <https://www.google.com/maps/d/viewer?mid=z-GCuwY88xQ.kUruoAITRIN4>

**THE MENOMINEE PEOPLE RESEED WILD RICE AT THE MOUTH OF THE MENOMINEE RIVER THIS PAST FALL. TWO WEEKS LATER, THE BACK FORTY MINE APPLIED FOR A MINING PERMIT UPSTREAM FROM THIS SACRED PLACE. WE OPPOSE THIS MINE, BECAUSE IT THREATENS OUR WATER, SOIL, ANIMALS, BIRDS, FISH AND ALL LIVING THINGS IN AND AROUND THIS WATER, INCLUDING OUR NEW WILD RICE BEDS. WE ENCOURAGE ALL PEOPLE WHO OPPOSE THIS MINE TO JOIN US IN A PRAYERFUL, PEACEFUL WATER WALK TO RAISE AWARENESS AND STAND UP FOR THIS WATER.**

**MENOMINEE RIVER WATER WALK SEPTEMBER 21, 2016**

Walk will continue to the place of the proposed mine site in Stephenson, MI. The "Remembering our Ancestors" gathering will take place the next day also at the proposed mine site.

**FOR MORE INFORMATION, PLEASE VISIT US ONLINE AT: [www.motherearthwaterwalk.com](http://www.motherearthwaterwalk.com) or contact: Guy Reiter 715-853-2776**

**VISIT US ON FACEBOOK**

Donations of gas cards, food and lodging for the walkers are appreciated. Please contact Oralann Caldwell at 715-799-4722 or 715-881-1586 to make a donation. WE DO THIS FOR THE WATER!

## Summer Day Camp Raffle Winner!

submitted by Melanie Tatge, FCP Community Health

The Forest County Potawatomi (FCP) Community Health (CH) department teamed up with Education and other departments for the six week Summer Day Camp. During camp, CH department staff and Forest County Police Chief, Dan Packard Jr., taught the importance of bike safety and using helmets. Campers were provided a fitted helmet and promised to be safe while riding their bikes.

As an incentive, a bike was raffled off during the last week of Summer Day Camp. Raffle tickets were awarded to campers for their attendance and participation in CH Summer Day Camp activities. One winner was selected at random. The CH department is pleased to announce that Louis Olivas won - way to go, Louis!

The FCP CH department collaborates with the Forest County Sheriff's Department and FCP Tribal Security



to promote bike safety. These partners are giving out tickets to redeem at the FCP C-Stores for ice cream to tribal youth who are seen wearing their bicycle helmets on tribal lands.

For more information on bike safety and to have your child fitted for a bicycle helmet, contact the FCP Community Health Department at (715) 478-4355.





### Community Health at Forest County Fair

**Date:** Sept. 8- 11, 2016

**Location:** Forest County Fair Grounds

The Forest County Potawatomi Community Health Department will be at the Forest County Fair that is coming up in September. Agriculture is a focus of the fair. Community Health will be providing information on companion planting of the Three Sisters crops (corn, beans, and squash) and healthy recipes that contain traditional foods. There will also be a coloring contest, so please stop by our booth for more details.



#### Companion Planting

Companion planting is an agricultural technique that has been utilized by many Native American tribes for several years. It is a genius technique that includes planting of corn, beans and squash together. The three crops complement each other's growth and are often referred to as the "Three Sisters". It is believed that the wellbeing of each crop is protected by the Three Sisters Spirits. The sisters are not to be separated. They are to be planted together, eaten together and celebrated together.

This technique works because the corn grows tall and provides support for the twining beans to grow upward toward the sunshine. The large leaves on the squash protect and maintain moisture in the soil. The leaves also prevent weed growth, reducing the competition for nutrients so all of the plants can thrive. The bean roots bring nitrogen to the soil, which then satisfies the high nitrogen needs of the corn. The three grow together, and are also prepared together.

When prepared together, the vegetables can provide a healthy, balanced meal. Corn is a good source of vitamin C, calcium, iron and potassium, as well as carbohydrates for energy. Beans provide calcium, iron, sodium, potassium and protein. Squash is low in fat and high in dietary fiber. Eating the three together can provide several essential nutrients, benefiting your overall health.



FOREST COUNTY POTAWATOMI  
HEALTH & WELLNESS CENTER  
COMMUNITY HEALTH

## Potawatomi Hotel & Casino Kicks Off Annual Heart of Canal Street Program

### Announces 2016 Media Partners and 10 of 31 Benefiting Charities

submitted by Renee Kirnberger, PHC Public Affairs Manager

• **Boys & Girls Clubs of Greater Milwaukee** - presented by Lamar Outdoor

• **Food Pantry of Waukesha County** - presented by WITI FOX 6

• **Jewish Family Services** - presented by Milwaukee Radio Alliance

• **Kathy's House** - presented by iHeart Media

• **Milwaukee Public Museum** - presented by OnMilwaukee.com

• **Northcott Neighborhood House** - presented by Milwaukee Radio Group

• **PEARLS for Teen Girls Inc.** - presented by Entercom Radio

• **SHARP Literacy** - presented by Milwaukee Journal Sentinel



• **The Parenting Network** - presented by Clear Channel Outdoor

• **Wisconsin Humane Society** - presented by CBS 58/Weigel Broadcasting

*Annually, Heart of Canal Street raises more than \$1 million for 31 charities that provide programming and services directly to children. The program is inspired by tribal beliefs to nurture future generations to lead healthy, productive lives. Since 1994 Potawatomi Hotel & Casino has donated nearly \$16 million to charities throughout southeastern Wisconsin. Through our nonprofit partners, children have been fed, protected, entertained, mentored, received health services and been inspired.*

### Honoring Health, Healing, and Tradition

**National Recovery Month**, celebrated in the month of September, and now in its 27th year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible.

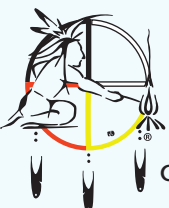
Recovery Month promotes the message that recovery in all its forms is possible, and also encourages everyone to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

If you have any further questions please call the FCP AODA Department at (715) 478-4370.

Open to the Public

#### SERVICES OFFERED

<b>AODA</b> (715) 478-4370	<b>Optometry</b> (715) 478-4345
<b>Behavioral Health</b> (715) 478-4332	<b>Pediatrics</b> (715) 478-4339
<b>Community Health</b> (715) 478-4355	<b>Pharmacy</b> (715) 478-4347
<b>Dental</b> (715) 478-4313	<b>Radiology</b> (715) 478-4339
<b>Lab</b> (715) 478-4339	<b>Rehabilitation</b> (715) 478-4344
<b>Medical</b> (715) 478-4339	<b>Weekend Walk-In</b> (715) 478-4300



FOREST COUNTY POTAWATOMI  
**HEALTH & WELLNESS CENTER**  
8201 Mish ko swen Drive, Crandon, WI  
General: (715) 478-4300 • www.FCPotawatomi.com

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ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

a participating member of  
**ASPIRUS NETWORK**



### 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

**NEW HOURS**  
5 a.m. to midnight

### When You Buy Two Frito Lay® \$1.49 Bags

\*Offer available for qualifying products which may vary by location. Offer valid with Fuel Rewards Network™ Card for a limited time, while supplies last. Fuel Rewards® savings earned through the Shell® Fuel Rewards® program expire on the last day of the month following the month in which they were earned. Other restrictions may apply. See brochure inside for details. The Shell® Fuel Rewards® program is part of the Fuel Rewards Network™ which is administered by Excentus Corporation.





# What's Going on in Carter?

submitted by Frank Shepard, PCCH General Manager

Grabbin' the Cash, Saturday, Sept. 24 - Carter Club members started earning entries on Aug. 1 for their chance to take home their share of \$50,000! Just earn 250 same-day base points on your card for 10 entries or redeem 250 points for 10 entries. Drawings take place between 4 and 10 p.m. Two winners will be drawn each hour to win \$500. At 11 p.m., 10 names will be called to go up on stage to win an undisclosed amount. At midnight, there will be two final winners of \$1,000 each.

- Bingo players will receive 10 bonus entries for every early bird package purchased until Sept. 22.

- Table games players will earn 10 bonus entries for every hour of consecutive play at the tables until Sept. 22.

- Ten free entries to new members of Carter Club the day they open an account.

- Payouts include two \$7,500; two \$5,000; two \$3,000 and four \$2,500.

- At midnight, the final drawing will take place when two winners are pulled from the bin for a \$1,000 cash prize each.

- Tier multipliers will be held on Sept. 2, 3, 4, 5, 7, 10, 14, 17, 21 and 23.

Home Run Celebration - Carter Club members who purchase an aluminum pint Miller Lite® or Miller Genuine Draft® can receive a free entry into the Home Run Celebration drawings. There are four tickets; need not be present to win.

- Brewers vs. Cincinnati Reds. Friday, Sept. 23, 2016 @ 7:10 pm. Drawing will take place at the Carter Club booth on Sept. 7 at 6:30 p.m.

## Labor Day Tournament:

- Registration into the tournament starts at 7 a.m. or at the time the Carter Club booth opens.

- Carter Club members may fill two seats during the tournament based on availability. Each seat must be in a different round.

- There is no entry fee for playing in the tournament.

## Tournament Schedule:

- Date is Monday, Sept. 5.
- Tournament limited to 200 seats.
- The first round of preliminary tournament play will begin at 12 p.m. with a max of 40 seats.
- The second round of preliminary tournament play will begin at 1 p.m. with a max of 40 seats.
- The third round of preliminary tournament play will begin at 2 p.m. with a max of 40 seats.
- The fourth round of preliminary tournament play will begin at 3 p.m. with a max of 80 seats.
- The fifth round will consist of

the top 20 scores from the preliminary rounds at 4:15 p.m. for cash prizes.

- Each round score is a stand-alone score.

- The tournament play will end at approximately 4:45 p.m.

## Prize Structure:

- 1st Place: \$1,000; 2nd Place: \$700; 3rd Place: \$500; 4th Place: \$300; 5th Place: \$100.

Pop & Play Slot Tournaments will be played on Mondays, Sept. 12 and 26, starting at 2:45 p.m. and Friday, Sept. 9, starting at 7:30 p.m. Stop in at the Carter Club booth for further details.

## BINGO!

Come in, check us out, be prepared to have some fun! September's Electronic Special - new package deals available.

Intermission Wheel Spin is back!! Regular program: Wednesdays, Sept. 7, 14, 21 and 28; Thursdays, Sept. 1, 8, 15, 22 and 29; Sundays, Sept. 4, 11, 18 and 25. All packs are \$5. Regular games pay \$100; specials pay \$150 and progressives pay \$125.

## Fridays in September:

\$500 Fridays, Sept. 2 and 16. Early birds at 5:30 p.m. Regular games at 6 p.m. with \$35 packs. Five regular games pay \$250; 10 games pay \$500; specials pay \$150. Guests receive \$25 in Potawatomi Play with the purchase of admission pack. Limit one Potawatomi Play per session.

Two Peas in a Pod, Fridays, Sept. 9, 23 and 30. All packs are \$15; extra packs \$5. For every regular game, there will be a name drawn to receive a \$10 bingo return coupon. Regular games pay \$125; progressive pays \$150; specials pay \$175. Each given with entry pack purchase; limit one per person.

Black Light Bingo, Friday, Sept. 30. Nerd theme! Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. – midnight; free beer. \$12 packs and machine specials. Games pay \$100; one game pays a prize; last game pays \$1,000; consolation \$250. Costume contest prizes: 1st place - \$100 cash; 2nd place - \$75 Potawatomi Play; 3rd place: \$50 Potawatomi Play.

\$500 Cash Drawing, Friday, Sept. 30. One lucky winner will receive \$500 cash! Must be present and playing bingo to win. Earn entries for each admission pack purchased throughout the month. Limit one entry per person per day.

## Saturdays in September:

Odd Ball Bingo, Saturdays, Sept. 3, 10, 17 and 24. All packs \$15 and \$5 extra packs. Bingo on any odd number and receive an extra \$50. Regular games only.

Mini Bash, Saturday, Sept. 24. \$20 packs and \$10 extra packs. Regular games pay \$175; one special pays \$250; three specials pay \$350; the last game pays \$750.

September Birthdays: Come and

play bingo with a birthday in September and receive a free pack and a complimentary dauber of your choice. Not valid \$500 Friday, Bash or Black Light Bingo Session.

## Electronic Buy-In Options

**Carter Combo 1** - \$60, 30 Cards, One Jackpot Game, One Roulette, One Game of the Month, One Dbl. Daub Coverall, One Dbl. Daub Feather, One Winner Take All, One Triangle Game, 10 Odd # Coverall, 10 Bonanza

**Carter Combo 2** - \$80, 60 Cards, Two Jackpot Game, Two Roulette, Two Games of the Month, Two Dbl. Daub Coverall, Two Dbl. Daub Feather, Two Winner Take All, Two Triangle Games, 20 Odd # Coverall, 20 Bonanza

**Carter Combo 3** - \$120, 90 Cards, Three Jackpot Games, Three Roulette, Three Games of the Month, Three Dbl. Daub Coverall, Three Dbl. Daub Feather, Three Winner Take All, Three Triangle Games, 30 Odd # Coverall, 30 Bonanza

**Carter Combo 4 (Best Value)** - \$160, 130 Cards, Four Jackpot Games, Four Roulette, Four Games of the Month, Four Dbl. Daub Coverall, Four Dbl. Daub Feather, Four Winner Take All, Four Triangle Games, 40 Odd # Coverall, 40 Bonanza

*Electronic Packages Include All Games Except Earlybirds, Pick 8 and Hotballs.*



# Thirsty?

Present this ad to any cashier and receive a free medium fountain soda.



**POTAWATOMI CARTER  
C-STORE/SMOKE SHOP**

**Hwy. 32, Carter**  
(across from casino/hotel)  
**(715) 473-5100**  
**Open 24 Hours/7 Days a Week**



PTT090116





# NOTICES

## CULTURE

**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.

## 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.

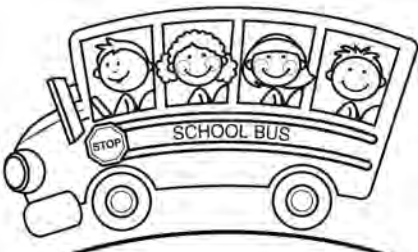
**Do You Feel Like No One Understands You?** You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Crisis Line: (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); 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](http://suicidehotlines.com).

**NA Meetings "The Good Life"** - Tuesdays, AODA Building, 5519 Wej mo gek Court, 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](mailto: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.

STOP FOR  
BUSSES...



WATCH FOR  
CHILDREN!

## PROGRAMS

**Smoking Cessation Incentive Program** - Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHRs 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.

## 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

*...continued*

- 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.

*continued in next column...*



## September 2016 • Calendar of Events

### Community Health

- 9/1 - Infant Nutrition/WIC: Carter We Care, 1 - 4 p.m.
- 9/6 - Infant Nutrition: HWC, 8 a.m. - 4 p.m.
- 9/7 - Let's Make Jam: Rec Center Kitchen, 10 a.m. - noon
- 9/13 - WIC: HWC, 8 a.m. - 4 p.m.
- 9/15 - Taste Test Day: HWC Main Lobby, 1 - 3 p.m.
- 9/17 - Fall Hike: Bayfield
- 9/22 - Garden to Children - Farmers Market: Gte Ga Nēs Preschool/Rising Sun Daycare, 4 - 6 p.m.
- 9/24 - Mish ko swen 5K Fitness Event: Rec Center, 9:30 a.m. Registration, 10:30 a.m. Race Start
- 9/27 - Mish ko swen Watch Me Grow Toddler Program: (HWC) 1 - 3 p.m.
- 9/28 - Diabetes Luncheon: HWC, noon - 1:30 p.m.

### Family Resource Center

- Healthy Relationships: Mondays, Sept. 5, 12, 19, 26, 10 a.m. to noon.
  - FRC/CHOICES: Mondays, Sept. 5, 12, 19, 26, 3:30 - 5 p.m.
  - Play Shoppe: Tuesday, Sept. 1, 1:30 - 2:30 p.m. at Carter We Care; Tuesdays, Sept. 6, 13, 20, 11 a.m. - noon at FRC.
  - Circle of Sisters: Wednesdays, Sept. 7, 14, 21, 28, 1 - 3 p.m.
  - FRC Girls 10-17: Wednesdays, Sept. 7, 14, 21, 28, 3:30 - 5 p.m.
  - Community Talking Circle, Thursday, Sept. 15, 1 p.m.
  - PIP: Thursdays, Sept. 1, 8, 15, 22, 29, 10 a.m. - noon.
  - Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour, 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, Sept. 5, 12, 19, 26, 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays, Sept. 6, 13, 20, 27, 3:30 - 5 p.m.
  - Youth 7 - 9: Wednesdays, Sept. 7, 14, 21, 28, 3:30 - 5 p.m.
- Youth will be picked up from Crandon school at 3 p.m. and delivered home between 5 and 6 p.m. Call (715) 478-4839 for more info.





# Pow-Wow Trail

## September 2016

**Sept. 2-4**

**46th Barona\***

Ballfield behind Rec Center  
Lakeside, Calif.

(619) 443-6612 ext. 274  
lwhitecloud@barona-nsn.gov  
www.baronatribe.org

**Sept. 9-11**

**Indian Summer\***

Henry Maier Festival Park  
Milwaukee, Wis.

(414) 604-1000  
indiansummer@wi.rr.com  
www.indiansummer.org

**Sept. 17-18**

**FDR\***

FDR State Park  
Yorktown Heights, N.Y.

(718) 686-9297  
native@redhawkcouncil.org  
www.redhawkcouncil.org

**Sept. 2-4**

**63rd Cherokee National Holiday\***

Pow-Wow Grounds  
Tahlequah, Okla.

(918) 456-0671 ext. 5544  
lou-slagle@cherokee.org

**Sept. 9-11**

**27th Wyandotte\***

Pow-Wow Grounds  
Wyandotte, Okla.

(918) 678-2297 ext. 244  
sclemons@wyandotte-nation.org  
www.wyandotte-nation.org

**Sept. 17-18**

**63rd Chicago**

Busse Woods Forest Preserve  
Elk Grove, Ill.

(773) 275-5871  
www.aic-chicago.org

**Sept. 2-4**

**56th Tecumseh Lodge**

Tipton County Fair Grounds  
Tipton, Ind.

(317) 373-3986  
powwow@tecumsehllodge.org  
www.tecumsehllodge.org

**Sept. 9-11**

**Miigwetch Manomen**

Pow-Wow Grounds  
Nett Lake, Minn.

(218) 757-3261 ext. 202  
adatko@boiseforte.nsn.gov  
BoisForte.com

**Sept. 17-18**

**41st Trail of Courage Living History Festival**

Rochester, Ind.

(574) 223-4436  
www.FultonCountyHistory.org

**Sept. 2-4**

**Wii Gitchie Ni Mi Dim\***

Veterans Grounds  
Cass Lake, Minn.

(218) 308-3120 or 760-3127  
rod.northbird@nwioic.org  
llojibwe.com

**Sept. 9-11**

**17th Mendota**

1405 Sibley Memorial Hwy.  
Mendota, Minn.

(651) 452-4141  
mmdc01@comcast.net  
www.mendotadakota.com

**Sept. 23-25**

**Morongo Thunder/Lightning\***

Pow-Wow Grounds  
Banning, Calif.

(888) MORONGO  
roxanne\_shenah@morongo.com  
Morongopowwow.com

**Sept. 3**

**Totah Festival\***

Farmington Civic Center  
Farmington, N.M.

(800) 448-1240  
FarmingtonNM.org/pages/totahfesti-  
val.html

**Sept. 9-11**

**Southern Ute\***

Sky Ute Fair Grounds  
Ignacio, Colo.

(970) 563-0100 ext. 2301  
www.southern-ute.nsn.us

**Sept. 24-25**

**22nd Harvest**

Naper Settlement  
523 S. Webster Street  
Naperville, Ill.

(708) 257-4300 or  
(773) 585-1744  
msfpowwow@aol.com  
www.MidwestSoaring.org

**Sept. 3-4**

**24th Honoring Our Elders**

Oceana Cty. Fair Grounds  
Hart, Mich.

(231) 894-8361  
hartpowwow@gmail.com  
hartpow-wow.weebly.com

**Sept. 15-17**

**40th St. Joseph's Indian School**

St. Joseph's Indian School  
Football Field  
Chamberlain, S.D.

(605) 341-2235  
www.stjo.org

**Sept. 24-25**

**14th Woodland Celebration**

Buttonwood Park  
Perrysburg, Ohio

(419) 381-7042  
perrysburgpowwow@hotmail.com

**Sept. 3-4**

**Eufaula Homecoming\***

Eastside Ballpark

Eufaula, Okla.  
(918) 584-9507 or 617-7985  
jaydee.tiger@yahoo.com

**Sept. 16-18**

**32nd The Great Mohican\***

Mohican Reservation Camp  
and Fest Grounds  
Loudonville, Ohio

(800) 766-2267  
powwow@mohicanreservation.com  
www.mohicanpowwow.com

**Sept. 30 - Oct. 2**

**18th Last Chance Com.\***

Lewis & Clark County Fair  
Grounds  
Helena, Mont.

(406) 439-5631  
lccpw@hotmail.com  
www.LastChancePowWow.com

**Sept. 8-11**

**47th United Tribes Intl.\***

Lone Star Arena  
Bismarck, N.D.

(701) 255-3285 ext. 1293  
opi@uttc.edu  
unitedtribespowwow.com

**Sept. 16-18**

**Gathering of Veterans\***

7 Circles Heritage Center  
Edwards City, Ill.

(309) 382-2779  
butchmccamy@yahoo.com  
www.7circles.org

**Sept. 30 - Oct. 2**

**Northern Navajo Fair\***

Fair Grounds  
Shiprock, N.M.

(505) 793-5532  
wayne.k.king@live.com

**\*Denotes Contest Pow-Wow**

