



POTAWATOMI TRAVELING TIMES

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Two Election Winners Sworn In; One Position Still Unfilled

by Winda Collins

The election results are in: Al Milham (incumbent) defeated Clarence Daniels and Kenneth George Jr. for the position of Vice Chairman. Joseph Daniels defeated Richard Gougé (incumbent) and Lori Cleereman for the position of Treasurer. The big surprise is that the candidates for Secretary, Lorna Shawano (incumbent) and James A. Crawford, ended in a tie. A runoff election will be held on Saturday, Nov. 26. Congratulations to the winners and good luck to the candidates for Secretary.

ELECTION BOARD CERTIFICATION OF ELECTION RESULTS: Executive Council Election, November 5, 2016: VICE CHAIRMAN: HIO votes Al W. Milham lon votes Clarence Daniels Kenneth George, Jr. TRIBAL SECRETARY: 102 votes Lorna Shawano (62) votes James A. Crawford TREASURER: Richard Gouge III Lori Cleerman Joseph Daniels Sr. This 5 day of November 2016, Attest: romane 111 Conzili Ballot Clerk,

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WAUPACA, WI
ERMIT NO 47

Don't forget to vote
in the runoff
election for
Executive Council
Secretary:
Saturday, Nov. 26
Executive Building
Auditorium
8 a.m. - 7 p.m.



(above) Al Milham (r) is sworn in as Vice Chairman. (below) Joe Daniels Sr. (right) is sworn in as Treasurer. photos by Rachel Zaborowski





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.





NWSP Fall 2016 CEO Symposium

Potawatomi Business Development Corporation's CEO Tom Devine recently participated in the Fall 2016 Near West Side Partners CEO Symposium, hosted by fellow anchor institution MillerCoors. PBDC was presented with a 2016 Leader of the Year award by the Wisconsin Leadership Institute, along with the other four anchor institutions for their commitment to their work with Near West Side Partners.



Pictured above: Jack Christ, Ph.D., Wisconsin Leadership Institute; Terry Shelton, Wisconsin Leadership Institute; Tom Devine, PBDC

Greenfire Recognized Among Top 100 Native-Owned Businesses



GREENFIRE

Greenfire Management Services has been named a winner of the Tribal Business Journal 100 awards in the category of Fastest Growing Tribal Companies. To be eligible for this award, companies are ranked by 2015 gross revenue over 2014 gross revenue. Companies must be 51 percent owned by a recognized Tribe and be at least three years old.

Greenfire President and Forest County Potawatomi Community tribal member, Kip Ritchie, states, "Greenfire is honored to be included in the inaugural Tribal Business Journal Honor Roll recognizing the top Native-owned businesses in Indian Country."

The 25 winners, including Greenfire Management Services, will be honored in a special section of the December 2016 issue of TBJ, the only Tribally-owned printed monthly publication distributed to every Native American tribal leadership council member, decision-maker and all Business Development Corporations.

"There are many excellent Native-owned firms in Indian Country. Greenfire is thrilled to be a part of this prestigious group," Ritchie added. "We appreciate the support from our ownership - the Forest County Potawatomi Community - and look forward to growing our company for many years," concludes Ritchie.

Greenfire was also recently recognized in the past few months for other accolades including a #3 rank in the Milwaukee Business Journal's Largest Milwaukee-area based minority-owned businesses, #3 rank in the Milwaukee Business Journal's Fastest Growing Firms issue and #16 on their list of Top 25 Area Construction Firms; listed among the 2015 Top Projects by the Daily Reporter and listed in the Top 10 Minority-owned firms in Wisconsin.



Redhawk Promotes From Within to Complete Final Phase of Acquisition

BEND, ORE: Potawatomi Business Development Corporation (PBDC), the economic diversification arm of the Forest County Potawatomi, announced October 1 that local cybersecurity firm, Redhawk Network Security, would promote Vice President of Finance and Administration and long-time Redhawk employee, Kerri Fry, to the role of General Manager and Chief Administration Officer.

The move is the culmination of an acquisition that began in November 2013. With the fulfillment of agreements made at that time, Redhawk co-founders, John Pelley and David Lindemann, have handed over the day-to-day operations to the new executive management team. "It's been an honor to work alongside John and Dave for the past 15 years," praised Fry. "They set the standard for our high level of customer service, and we look forward to continuing to serve our current and future clients in the same way. Our ability to promote from within is due in large part to their foresight and Redhawk's commitment to staff development and training." Emi Baxter, Director of Service Delivery, and James Holland, Director of Sales, round out the executive team, while Tyler Hardison, Senior Solutions Architect, and Kelly Bowen, New Business Development Manager, were also promoted to new positions.

"We at PBDC are excited about the direction Redhawk's new leadership team will take the company," stated PBDC CEO, Tom Devine. "I'm confident that Redhawk will continue to grow and be a top performer in our portfolio of companies, contributing to the successful diversification of the Forest County Potawatomi Community's economy.

Formerly Vice President of Finance and Administration, Kerri Fry has become General Manager and Chief Administrative Officer. In her new role, Fry will lead growth and business development initiatives, and continue to build on Redhawk's legacy of customer service, security integration, and training.

Based in Seattle, James Holland moves from Senior Sales Manager to Director of Sales and Marketing, leveraging over 16 years in solution sales for information technology and information security organizations. The move allows Redhawk to more fully align security objectives with the business goals of its clients.

As Director of Service Delivery, Emi Baxter is responsible for managing day-to-day service delivery, technical development and project management of the Redhawk Operations Team. She brings four years of Information Technology and Project Management experience to the company with a strong technical background, including CCNA and CMNA certifications.

Tyler Hardison is now Senior Solutions Architect, bringing to his role 12 years in the finance industry, along with a wealth of technical experience in database design and administration, data mining and big data solutions. Hardison's management experience is a key asset for working directly with clients to develop and design solutions best suited to their distinct environments. He has experience in Splunk, Nagios, Imperva, Palo Alto Networks, and many other software and hardware platforms, and holds a CISSP (Certified Information Systems Security Professional) certification from (ISC)2.

Kelly Bowen has been promoted to Business Development Manager because of her knack for customer service and satisfaction. She is actively involved in the technology community in the Austin, Texas area and is helping Redhawk to penetrate markets outside of the Pacific Northwest.

Autumn Rose Ertel

Autumn Rose Ertel, 24, Green Bay, died unexpectedly on Tuesday, Oct. 18, 2016. She was born Sept. 28, 1992. Autumn was a free spirit who loved animals, camping, and four wheeling. She very much loved her son, T.J., and was happiest when spending time with family.

She is survived by sisters and brother: Beth Brandenburg, Kelly Mittag (special friend, Josh), Shannon (Jason) Abrams, Brit-



tany Mittag (special friend, Kevin), Brooke Mittag, (special friend, Aaron) Ashley Mittag (special friend, CJ), Zach Bain and grandmother: Jeanet Mittag; aunts and uncles: Tony (Sue) Petonquot, Jerome Petonquot, Jean Petonquot, Alan Petonquot, Paul Petonquot, Robert Petonquot, Annie Petonquot, Tina (Wayne) Bain, Jessica (Mittag) Mundt (special friend, Dave), and Tom Christnovich; special cousins: Bridget Gerilkovski (special friend, John), Migdalia Simpson (Dee); lifelong friend: Rachel Denny; nieces and nephew: Jacob, Kyra, Ava, Raeauna, Gabby, Sophia, Mckenna. She was proceeded in death by: uncle Brian, niece Maliyah, and Baby D.

Visitation and a service was held at Ryan Funeral Home, De Pere, Wis., on Oct. 24, 2016, with Pastor John Nehs officiating. Visitation continued on Oct. 25 at the Potawatomi Cultural Center, Crandon, Wis. Online condolences may be sent to the family at www.ryanfh.com.

Bonnie M. Williams

Bonnie M. Williams, age 55, of Crandon, Wis., passed away Oct. 31, 2016, at the AGI Health Care Center, Crandon, under the care of Aspirus LeRoyer Hospice.

Visitation was held Nov. 2, 2016, at the Potawatomi Cultural Center, Crandon. Native American services were held Nov. 3, Billy Daniels Jr. conducting services. Interment was at the Potawatomi Tribal Cemetery, Stone Lake. Online condolences may be left for the family at www.weberhillfuneralhome/com.



POTAWATOMI TRAVELING TIMES

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FCP EXECUTIVE COUNCIL

Chairman: HAROLD "GUS" FRANK

Vice Chairman: AL MILHAM

Secretary: TO BE DETERMINED

Treasurer: JOSEPH DANIELS SR.

Council Members: BROOKS BOYD HEATHER VANZILE



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Office Manager: MICHELLE SPAUDE

Reporter/Photographer: VAL NIEHAUS

Graphic Artists: KRYSTAL STATEZNY RACHEL ZABOROWSKI

Apprentice: AUTRY JOHNSON

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Robert Ritchie

Robert H. Ritchie, age 84 of Shawano, formerly of Green Bay, passed away peacefully at his home with his family by his side, on Tuesday, Oct. 25, 2016.

Bob was born on Aug. 21, 1932, in Crandon, Wis., the son of the late Harry and Lottie (Doberwalski) Ritchie. He graduated from Crandon High School in 1950. Following high school, Bob entered the United States Army. Bob served in Korea from 1951 until 1954, attaining the rank of Sergeant. He was with the Armor Division. Upon returning from service, Bob was united in marriage to the former Darlene "Dolly" Dobratz on Dec. 11, 1954, at the Zion Lutheran Church in Zachow. Following their marriage, the couple lived in Milwaukee, then moved to Green Bay in 1959. Following Bob's retirement in 1995, the couple moved to Shawano.

Bob was employed as a machinist at Paper Converting for over 31 years, a position in which he took great pride. Bob enjoyed staying busy. He was an avid grouse hunter, a self-taught woodworker, and a trout fisherman. He was a traditional deer hunter enjoying his annual trips to deer camp, and spending time there with his family. Bob was also an accomplished guitar player. He loved to spend time with his family and had a wonderful relationship with all of his grandchildren. Bob was a member of the Shawano American Legion Post #117 and the Shawano VFW Post #2723. He also served on the Forest County Potawatomi Veterans Post and the Land Use Committee.

Survivors include his loving wife and soul mate of 62 years: Dolly of Shawano; his daughter: Karen (Susan Wescott) Ritchie of Crivitz, Wis.; his sons: Dr. Kirk (Winona) Ritchie, DDS of Rhinelander, Wis., and Kip (Nancy) Ritchie of Pewaukee, Wis.; ten grandchildren: Michael Wosnig, Paul (Megan) Wosnig, Ryan Wosnig, Zak (Jacqie) Shutte, Krystal Shutte, Kayla (Max) Kayser, Olivia and Evan Ritchie, and Robert and Daniel Ritchie; six great-grandchildren: Keifer, Kiera, Kason, Kien, Kensie, and Brecklyn; his sister: Sharon (Gilbert) Allis of Ft. Myers, Fla.; and his sisterin-law: Katie Kanack of Cedarburg, Wis. Bob was preceded in death by his daughter: Vicki, in 1997; his sister: Betty Ritchie; and his in-laws: Paul and Emma Dobratz.

Funeral services for Robert H. Ritchie were held Oct. 28, 2016, at Mickelson Funeral Service of Shawano. Pastor Roy Rinehard officiated. Military honors were conducted by the Forest County Potawatomi Veterans; interment took place at the Zion Lutheran Cemetery in Zachow.

In lieu of flowers and plants, the family requests memorials for the Shawano County Library or the Keshena Animal Rescue.



• • ATTENTION TRIBAL ELDERS • •

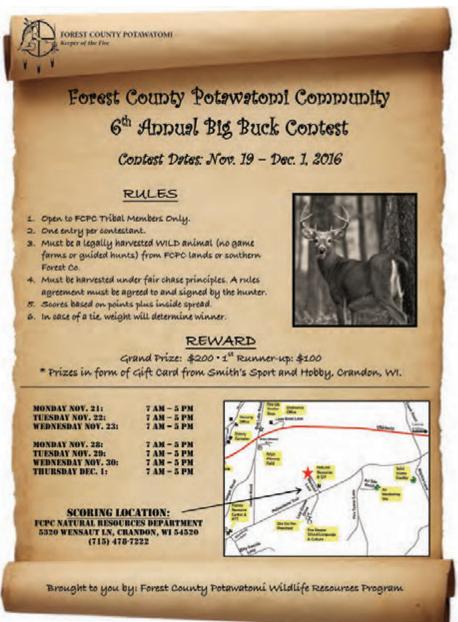
The 85.215 Transportation Grant application for 2017 will be available for your review and approval on Monday, Nov. 28, 2016, at the Caring Place, 5456 Kak Yot Lane, Crandon, from 1 – 3 p.m.

Notice to Tribal Members Advisory Board Vacancies

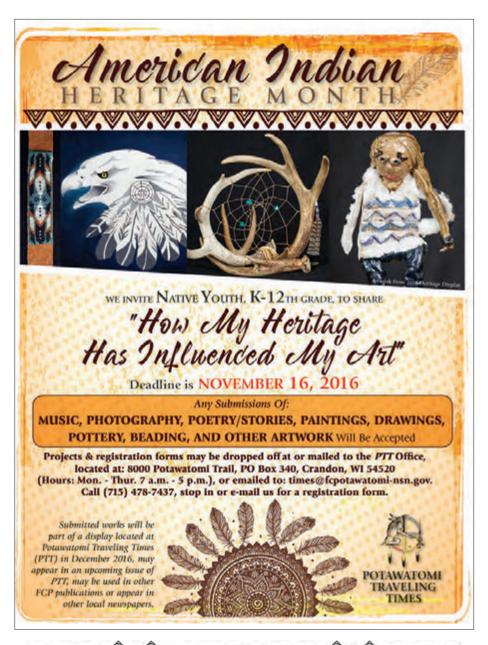
There's one vacancy for Secretary and one for Board Member on the Elders / Nutrition Advisory Boards.

If interested, please contact Penny at (715) 478-4892 for more information.

Deadline for the Dec. 1, 2016 issue is Wednesday, Nov. 16, 2016.









FCP Education Receives Award

submitted by Jason Bertrand, Higher Education Coordinator

On Oct. 6, Thomas Boelter, division director for Forest County Potawatomi (FCP) Language and Culture, was presented with the Program of the Year award from the Wisconsin College Personnel Association. The award was earned for the Career Exploration Event held this past June at Potawatomi Hotel & Casino (PHC) in Milwaukee.

The Wisconsin College Personnel Association recognizes one entity each year that hosts an outstanding event, which demonstrates innovation, best practices, and current research in the education field. Jason Bertrand, higher education coordinator, accepted the award on behalf of Tom Boelter and the FCP Education Department.

The award-winning Career Exploration Event attracted 35 FCP tribal members that are either current students or recent graduates from an institute of higher education. These tribal members had the opportunity to attend this three-day event, free of charge, with the goal of introducing them to the various Potawatomiowned businesses and leaders of each organization.

PHC, in partnership with the Potawatomi Business Development Corporation (PBDC), hosted this inaugural event. Activities included a facility tour, roundtable discussions with all business leaders, a presentation by FCP Attorney General Jeff Crawford, a leadership activity with PBDC CEO Thomas Devine, opportunities

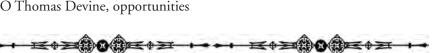
to practice job interviewing skills, a resumé review session, and a professional networking event.

Program objectives included exposing the students to the depth and scope of FCP business enterprises, connecting students to potential future employers, providing them with tools and contacts for career development and building relationships with other students, staff, and business leaders.

In the short time since the event took place, three recent graduates secured positions in Milwaukee with Potawatomi-owned businesses. Three students accepted internships with PHC in Milwaukee; another student attended the "Emerging Leaders Summit" in Washington, D.C. Skye Williams-Alloway was so inspired by her experience at the Career Exploration Event that she relocated her family to the Milwaukee area in order to intern at PHC and to further her education.

Due to the impact of this event, we look to host an event yearly or bi-yearly for our higher education students and graduates. It is the belief of many who participated that the event will be duplicated by various tribes because of the meaningful connections made through the various activities offered.

The Education Team would like to give special thanks to Starla Thompson, Chrissy Shegonee, and Scharlene Reed for their leadership and attention to detail to pull this large event together.



State Senator Pays Visit to FCP Community



On Oct. 25, 2016, Wisconsin State Senator Tom Tiffany stopped by the FCP campus to discuss issues with members of FCP Executive Council. (standing I-r) Lorna Shawano, Richard Gougé, Heather VanZile, Brooks Boyd (seated I-r) Harold "Gus" Frank, Tom Tiffany, Al Milham



Shown above are (I-r) Steve Genett, Jeff Crawford, Nathan Crawford and Tom Boelter.

Participants practicing their interviewing skills are shown below.



Dispose Your Medications Properly with Yellow Jugs Old Drugs Program

submitted by Melanie Tatge, FCP Community Health

Do you have unused prescription or over-the-counter medications in your home? Have you ever wondered how

to properly dispose of these medications? These can be properly disposed via two local programs within our community. The Yellow Jug Old Drugs program provided by the Forest County Potawatomi (FCP)

Health & Wellness Center pharmacy, in collaboration with Great Lakes Clean Water Organization, is offered at no cost. The Yellow Jug Old Drugs program aims to collect and properly dispose of unwanted/unused drugs in a safe and approved manner to help keep our water clean.

How this program works:

• Bring your unused/unwanted/ex-

pired prescription or over-the-counter drugs to the FCP Health & Wellness Center pharmacy. Prescriptions, over-

> the-counter drugs, pills, ointments, liquids and creams are accepted.

• The pharmacy will dispose the medications properly.

The Forest County Sheriff's Department also offers a 24/7 white

Prescription Drug Drop Box located in the Sheriff's office lobby. This program is also cost-free and properly disposes unused/unwanted/expired prescriptions or over-the-counter medications. Liquids, creams, syringes, lotions, chemotherapy drugs, aerosols and inhalers, needles, and mercury thermometers are not allowed.



FCP Executive Council Member to Serve on Governor's Task Force on Opioid Abuse

submitted by George Ermert, Martin Schreiber & Associates

In response to the growing number of overdose deaths in Wisconsin, Gov. Scott Walker has announced the members of the new Task Force on Opioid Abuse created under Executive Order #214. Representing Wisconsin's tribal nations on the Task Force is Forest County Potawatomi (FCP) Executive Council Member Heather VanZile. The Task Force is comprised of elected officials, state agency designees, law enforcement, and healthcare and addiction professionals. VanZile will work with Task Force members to review and analyze the current opioid crisis in Wisconsin, examine past actions taken by the state to combat it, evaluate measures taken by other states, and recommend potential action items to the governor.

FCP Chairman Harold "Gus" Frank praised VanZile and her nomination to the Task Force. "Opioid abuse is a nightmare for tribal communities across the country. Heather's personal and professional experiences will bring an important perspective to this task force that will help our communities struggling with this epidemic. The Forest County Potawatomi is honored to be a part of this group."

VanZile said she is ready to serve and help those affected by addiction. "I've seen first-hand what opioid abuse can do to families and communities. Unfortunately, it's only getting worse," said VanZile. "I appreciate Governor Walker's leadership to address this important issue and am honored to be appointed to this task force."

In 2014, more Wisconsin residents died from drug overdoses than from motor vehicle crashes, and the number of drug overdose deaths in the state

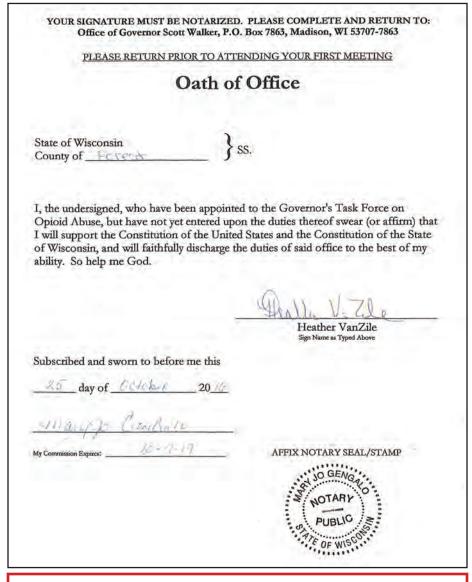
doubled from 2004 to 2014. Prescription opioid pain relievers contributed to 47 percent of the 843 drug overdose deaths in 2014, while heroin contributed to 32 percent. According to the Wisconsin Department of Health Services, Forest County has one of the highest rates of Naloxone (or NarcanTM) administration by emergency personnel in the entire state. Naloxone is administered for the emergency treatment of an overdose caused by an opioid.

"I appreciate the commitment task- force members are making to help Wisconsin end this public health crisis. Each member of the task force brings a unique perspective and will work together to help Wisconsin solve this serious issue," Gov. Walker said in a statement.

The Task Force held its first meeting on Friday, Oct. 28, in Green Bay and will meet monthly in different locations across Wisconsin.



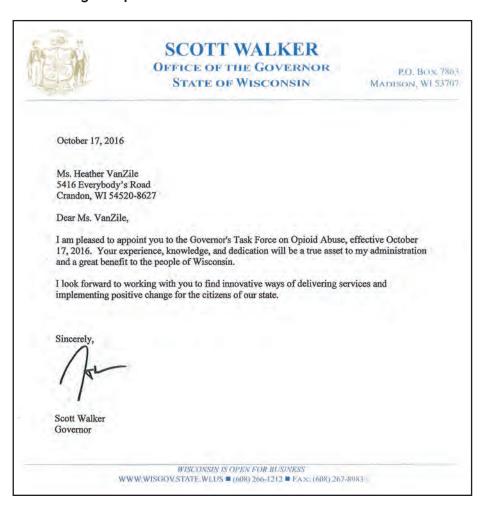
FCP Council Member Heather VanZile signs the Oath of Office after being appointed to the Governor's Task Force on Opioid Abuse. Bearing witness to this is Mary Jo Gengalo, notary public and employee of the FCP Legal Department.





ATTENTION! 4-WAY STOP

There is now a four-way stop at the intersection of Mish ko swen Drive and Everybody's Road. Please be careful when approaching the intersection. If there are any questions or concerns, please contact our Roads Manager, Todd Mulvey, at (715) 478-7392.



Community Red Ribbon Walk

by Krystal Statezny

A large crowd gathered in the rain and cold at the Crandon courthouse square to participate in the first-ever Red Ribbon Walk on Oct. 26, 2016. The event, held during National Red Ribbon Week (Oct. 23-31), was sponsored by the Crandon Teen Leadership Council to promote the importance of being drug-free. The idea for the walk came from a teen leadership conference last spring. Participants started at the courthouse and walked on the newly-paved walking/biking trail to the Crandon School. Facts about drugs and alcohol were posted on signs along their journey, such as "School + Drugs = Low Grades" and "Being active in school and the community is a great way to stay drug free".

Participants could view the different displays that the leadership council had about the effects of drugs and alcohol. The Forest County Sheriff's Department was on-hand to answer questions, along with its own information on drug awareness. Time-lapse videos displayed the appearance of drug offenders from his/her first arrest to subsequent arrests, which showed the damage that can occur from using.

Before the main presenter, students showed short films on drug abuse, along with the reading of a brief poem. Mike McGowan, a nationally-known trainer, consultant and motivational speaker, spoke of the importance of coming together as a community to stand against drug abuse. He stated the fact that families are more separated than in previous years, because children want that separation — many don't do activities together to encourage good behavior. He continues that



parents need to be good role models. "Kids need moms to be moms, dads to be dads, aunts/uncles to be aunts/ uncles, not their peer." When parents allow their child to go drinking at parties, they are putting him/her in situations that are uncomfortable and don't have the skills to deal with. "In this situation, parents are presenting the opportunity for someone to hurt themselves," McGowan said.

McGowan stated that parents and mentors should give children the skills to be successful. He suggests the use of social media and calling/texting to keep other parents informed of what their children are doing. Encouraging teens to get involved in activities is a good way to deter drug/alcohol use. "We want to keep kids from missing missed opportunities. Kids are good at things they practice. Give them a knowledge-base so they have something to build on." McGowan also



(above) The FCP Family Resources CHOICES program youth group participated in the event. (below) The weather didn't stop the walkers as they traveled through downtown Crandon on their way to the Crandon school.



stated that the number one reason that kids don't do drugs is that they don't want to disappoint their parents. Therefore, parents should frequently communicate their ideals and values when it comes to these issues.

Visit Mike McGowan's Facebook

page or the Red Ribbon Campaign's website, http://redribbon.org, for more information on how to stop youth drug and alcohol abuse.

Breast Cancer Awareness Event Held

submitted by FCP Community Health

On Oct. 25, 2016, FCP Community Health held its annual Breast Cancer Awareness event at the FCP Health & Wellness Center.

This year's luminary walk was not held outside as has been done in the past. Instead, people were able to see the newly-built indoor track that the rehabilitation center uses. Many of the ladies commented, "Wow! I haven't been in here yet. This is pretty nice!"

If participants walked a few laps they received a wooden, hand-carved walking stick, which many thought was a great complimentary gift. Lisa Miller, FCP dietitian, also had pink beads that could be added onto the walking sticks indicating the number of laps walked.

Another new idea for this year's event was the release of balloons in honor of a cancer survivor. Participants

could write their names or an inspiring message on the balloon; it was then released into the sky to promote Breast Cancer Awareness. Many had great fun with this also.

Last but not least, Dewing's Catering provided healthy meal options for dinner including grilled chicken-breast sandwiches and veggie burgers.

There were lots of educational materials and videos available for participants as a reminder of why this event takes place. And with a fantastic turnout, this year many walked away learning something new or reminiscing about those who lost the battle with this horrible disease. Overall, it was a well-planned, carefully thought-out event by the Community Health staff. Can't wait to see what's in store for next year's event!









Fruit/Vegetable of the **Month: Green Beans**

submitted by Lisa Miller, FCP Community Health Dietitian



GREEN BEAN FACTS: Green

beans, commonly referred to as string beans or snap beans, are a great fatfree, low-calorie snacking option or easy side dish when pairing with any meal. Be aware that canned beans (unless noted otherwise) contain added sodium. Fresh and frozen are a great option; if you or your family are more familiar with the texture of a canned bean, fresh or frozen varieties can be cooked a little longer for a softer bean - without the added sodium.

Beans grow readily in our northern Wisconsin region. It may be especially enjoyable when grown in gardens as part of the Three Sisters Gardening Technique. The Three Sisters Gardening Technique is based on the American Indian story of the Three Sisters which incorporates corn, squash and green beans.

THE THREE SISTERS STORY:

Three plants grown in the same soil, in the same sunlight, sharing the same air. Corn pushes skyward, carrying her sister, the entwined bean plant, with her as she grows. In turn, beans nourish the soil and strengthens the corn. The third sister, squash, uses her broad leaves and spiny vines to protect them all. When we live together as well as these three sisters, in harmony and enduring peace with our neighbors, with the animals, and with the earth, the world will be a better place. In the short time we have on earth, we dedicate ourselves to this ideal.

-Author Unknown

WAYS TO EAT: These beans are a family favorite around the world and can be prepared in the following ways: steamed, boiled, stir-fried, baked or in casseroles.

NUTRITION INFORMATION:

Good source of vitamin C and vitamin K. Also contains potassium, folate, manganese, and small amounts of many other important nutrients.

Because of their dynamic nutritional background, beans provide cardiovascular and anti-inflammatory benefits.

Are You Ready for Winter?

submitted by FCP Emergency Management

- The number one thing to do is make sure you have an emergency kit in your car. It could save your life. An emergency winter kit should include at a minimum: Blankets/sleeping bag, extra hat/gloves, flashlight with extra batteries, first-aid kit, shovel, booster cables, windshield scraper, water and non-perishable food (raisins, candy bars, energy/protein bars), sand/kitty litter and cellphone adapter.
- Check Carbon Monoxide Detectors - make sure they are working.
- Have your furnace inspected
- Never run a gasoline or propane heater or grill (gas or charcoal) in-

side your home or in an unventilated

- Never run your car in an enclosed
- Generators should be run a safe distance from the home - never in the home/garage or outside a door or window.
- If you experience any of the following symptoms: headache, dizziness, shortness of breath, chest pain, or your detector alarm goes off, go outside immediately and call 911 from another location.
- For additional information, contact ReadyWisconsin.WI.gov.

Welcome to These New Employees

John Bass, HWC

Pharmacist

Hire Date: 10/17/16

Julie Beeney, HWC

Clinical Services Administrator

Hire Date: 10/17/16

Deiandra Labarge, Stone Lake C-Store

C-Store Clerk Hire date: 10/24/16 Krushna Patil, Land & Natural Resources

Energy Specialist Hire date: 10/24/16

Transfer/Title Change Frank Shepard Jr.

Natural Resources Director Hire Date: 10/18/16

INGREDIENTS:

- 1 lb. fresh green beans (washed, ends trimmed)
- 1 quart water
- 2 tsp. olive oil
- ½ cup sliced almonds
- 2 3 cloves minced garlic
- ½ juiced lemon or 1 tbsp. lemon juice

Salt and pepper to taste

DIRECTIONS:

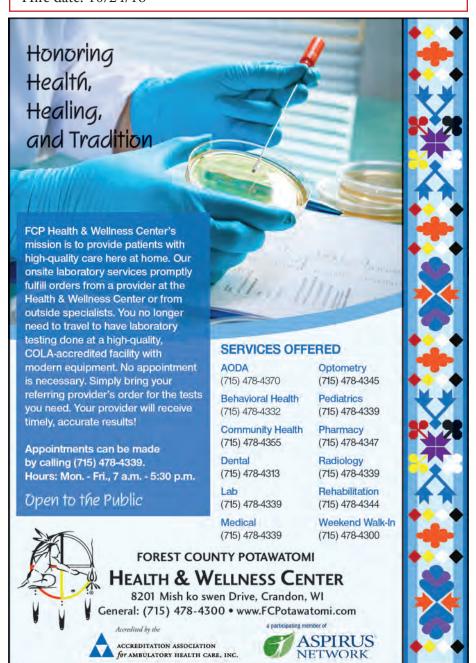
- Place the water in a large pot over high heat. When it comes to a boil add the green beans.
- Cook for 5 7 minutes and remove them from the pan to a strainer.
- Heat olive oil in a medium skillet over medium heat. Add the sliced almonds. Cook gently 1 - 2 minutes stirring frequently until the almonds begin to brown. If they seem to be browning too quickly, reduce heat.
- Add the green beans; salt and pepper to taste. Cook, tossing frequently for an additional 2 - 3 minutes.
- Turn off heat. Squeeze 1/2 a lemon over the top; serve and enilo'à.

Recipe adapted from www.drgourmet.com/recipes/extras/greenbeansalmondine.shtml#.V-vkkNLrv9J and www.beyondthechickencoop.com/green-bean-almondine/

What is a healthy lifestyle?

Getting regular exercise and adequate sleep, and balancing the demands of work and school with relaxation help to provide a balanced, healthy lifestyle. More emphasis on one area while neglecting another causes stress, poor health and the inability to cope with the demands of daily life.

source: www.didax.com/newsletter/pdfs/healthy_2-5255.pdf



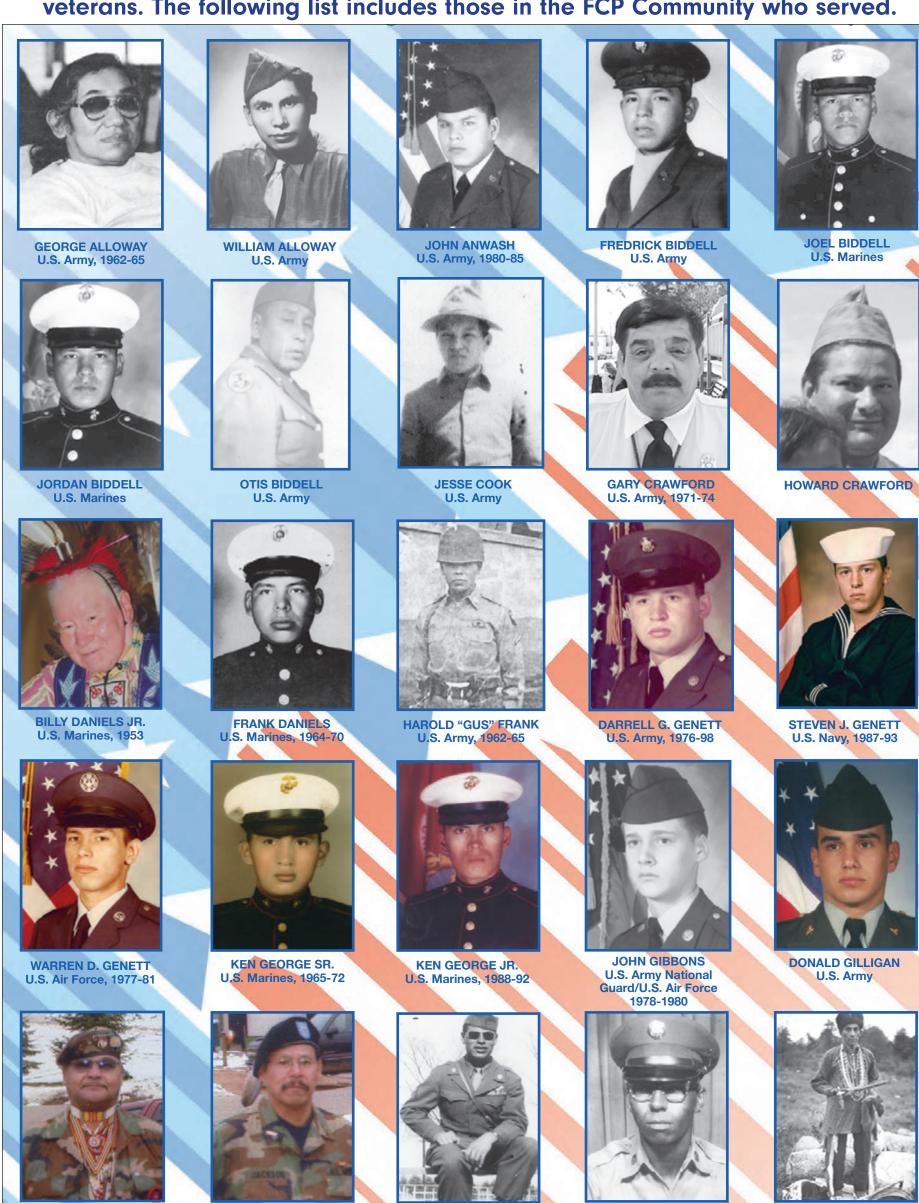
JR HOLMES

U.S. Army, 1967-69

JAYSON JACKSON

U.S. Army

In honor of Veterans Day, the Potawatomi Traveling Times thanks all United States veterans. The following list includes those in the FCP Community who served.



JOHN JACKSON

U.S. Army

JERRY JACOBSON

U.S. Army

CHARLIE JIM

U.S. Army



MAX KEZICK U.S. Army, 1944-46



MIKE KONAHA U.S. Army, 1973-77



JOHNNY MANN U.S. Army, 1962-65



ARCHIE NESAUKEE U.S. Army, 1967-70



REBEKAH MIELKE U.S. Navy, 1962-68



HENRY PEMMA U.S. Army Air Corps 1939-60



JAMES PATTERSON U.S. Army, 1979-82/1983-86



JUDY PHILLIPS U.S. Navy, 1989-92



RUTH RITCHIE U.S. Army



EUGENE SHAWANO JR. U.S. National Guard 1986-93



HARTFORD SHEGONEE U.S. Air force



JULIA (NASHANANY) REEVES U.S. Army, 1942-45/1951-52



FRED E. RITCHIE U.S. Navy, 1924-28



ANTHONY SHEPARD U.S. Army, 1980-83



BRUCE SHEPARD U.S. Army, 1980-83



FRANK A. SHEPARD, SR. U.S. Army, 1952-54



LOUIS A. SHEPARD SR. U.S. 20th Army Air Force 1944-46



LOUIS E. SHEPARD U.S. Army, 1966-69



BRENDA SHOPODOCK U.S. Army



DANIEL "DJ" SMITH U.S. Navy, 1973-76



ALAN SPARKS U.S. Army Army National Guard



LOUIE SPAUDE U.S. Air Force, 1963-68



ED TAWAH U.S. Army



CHARLIE THUNDER U.S. Army



GEORGE THUNDER U.S. Army



JAMES "DUKE" THUNDER U.S. Army



JIM THUNDER U.S. Army, 1955-58



LOUIE THUNDER U.S. Army



NELSON THUNDER U.S. Army



TOM THUNDER U.S. Army



NORMAN TRIBBETT U.S. Army, 1960-70



HARVEY "BUCK" TUCKER U.S. Navy, 1944-51



CALVIN TUCKWAB U.S. Army



STUART TUCKWAB U.S. Army, 1955-58



VEROL (RITCHIE) TYLER U.S. Army Cadette, 1943-45



GORDON WAUBE U.S. Army



GEORGE WAUBENOM U.S. Army



EDWARD WAUBINESS



HARRY WAUBINESS



ERNEST WENSAUT U.S. Army, 1966-68



ALVIN WESO SR. U.S. Army, 1950-51



JOE WEWASSON



RAYMOND WEWASSON U.S. Army



HARVEY WHITE III



JOHNNY WILLIAMS U.S. Army



RAY WILLIAMS U.S. Navy, 1965-68

MANY THANKS
TO ALL
WHO SERVED!



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)

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, 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

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-

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 enti-
- 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

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.

- 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, Power-Point, 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.





November 2016 Calendar of Events

Community Health

- 11/16 NB3 Fit Day: Kickball at Rec Center w/youth, 3:45 5 p.m.
- 11/17 Diabetes Luncheon: HWC, noon 1:30 p.m.
- 11/23 Flu Shot Clinic: Community Feast @ Rec Center, 11 a.m. 2 p.m.

Family Resource Center

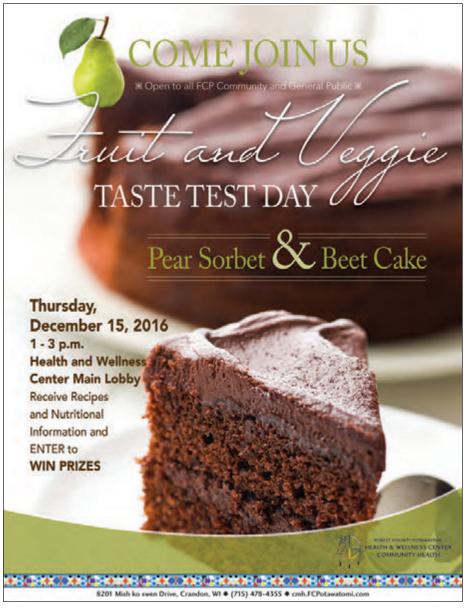
- Healthy Relationships: Mondays, Nov. 14, 21, 28, 10 a.m. to noon.
- FRC/CHOICES: Mondays, Nov. 14, 21, 28, 3:30 5 p.m.
- Play Shoppe: Contact FRC for dates and times.
- Circle of Sisters: Wednesdays, Nov. 16, 23, 30, 1 3 p.m.
- FRC Girls 10-17: Wednesdays, Nov. 16, 23, 30, 3:30 5 p.m.
- Community Talking Circle: Thursday, Nov. 17, 1 p.m.
- PIP: Thursdays, Nov. 17, 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, Nov. 14, 21, 28, 3:30 5 p.m.
- Youth 13 17: Tuesdays, Nov. 15, 22, 29, 3:30 5 p.m.
- Youth 7 9: Wednesdays, Nov. 16, 23, 30, 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.





Story Hour at FCP Library a Success!

by Val Niehaus

Beginning on Oct. 19, 2016, the Crandon Public Library teamed together with the FCP Cultural Center Library & Museum to help reach the goal of "Every Child Ready to Read" program. "This program helps children in the FCP community and beyond to correlate the library as a fun place to visit and explore," says Sam Smith, tribal librarian for the FCP community.

This specific program held at the FCP library is known as Story Hour. It is every Wednesday at 9 a.m. and is open to any child ages 3-5. One does not have to be tribal-affiliated to attend. Story Hour is run by Samantha Fry, story hour coordinator. *PTT* was able to attend a session, and Fry did a fantastic job in engaging the toddlers in the learning of colors, learning about every day common tasks, singing, writing/coloring and, of course, reading. The toddlers from Gte Ga Nēs attended this session and Fry had them all engaged to the fullest.

As Smith mentioned, "Our library has a unique collection of American Indian books, including fiction, young adult and children's books as well as various materials about the history of Indigenous people of the Great Lakes and all tribes of the United States and

Canada. The Crandon Public Library has graciously included us in their program to help promote our materials and get more people to utilize our resources here."

Michelle Gobert, Crandon Library director says, "The Crandon Public Library applied for the grant funding from the Human Services Network of Forest, Vilas and Oneida counties in order to increase access to early child-hood literacy programs to all of Forest County youth. The library's mission includes providing access to collections and services to all ages, and we feel it's extremely important for Forest County children to be ready to read, and therefore, ready to learn, when they enter school."

Reading is stressed at such a young age because, not only does your child love the one-on-one bonding time with you as a parent, but it also provides basic speech skills, basics on how to read a book, better communication skills, more logical thinking skills, opens them up to new experiences, enhances concentration and discipline, and increases the capacity for learning in general. Remember, the important thing is that a child reads or is read to and without the confines of a mandated time frame or schedule.

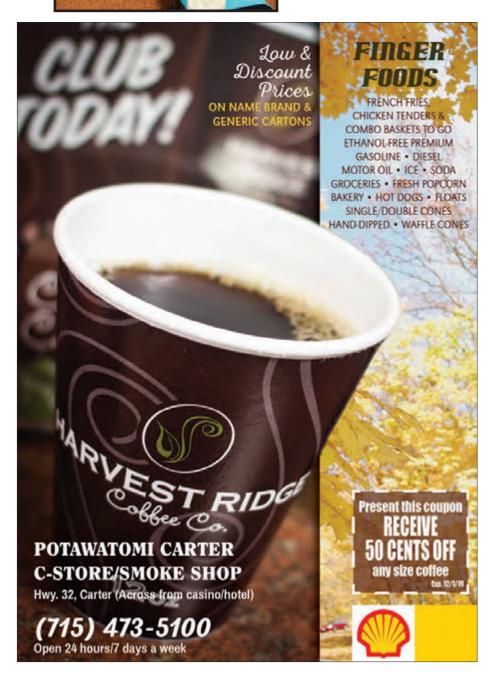


(left) Fry reading to the

children about objects that

are the color red.





What a Way to End October!

submitted by Mary Fatla, Rising Sun Daycare

Rising Sun Daycare held its annual Halloween event on Monday, Oct. 31. To start the day, Kerry Fox from FCP Family Resources set up a hayride. We loaded the children on the hay wagon and proceeded up the hill to Valerie Nahbahkah's to enjoy the Halloween decorations and get a treat. They do such a wonderful job. The children were loaded back on the wagon to proceed to the next stop, which was Fox's house where she had a very cute pumpkin patch set up for the children. They really enjoyed picking a pumpkin, and it was just perfect for the little ones. The children really enjoyed getting out of the daycare to do something a little different. We even got to go for a little walk after the hayride.

Trick or treat began at 1:30, taking the children to the tribal buildings. It was a lot of fun and it went quite well. It was nice to see so many adults from other buildings dressed up while they handed out candy and treats. There was a great turnout of parents that accompanied their children for trick or treating. Sharon Gile also volunteered to help and it was greatly appreciated.

We headed back to the daycare so the children could take their parents through the Haunted House and have a snack and refreshments before the day was over. The Haunted House was a success again this year. Gte Ga Nēs staff brought its children to the creepy, spooky house. Most of the children really liked it, although a few were a little scared to go in. Only a few didn't want to see it at all!

It is always nice to see parents show interest in their children and support the events that Rising Sun holds. THANK YOU, PARENTS!

















HAPPY HALLOWEEN 2016



Boys Ages Birth - 3: (I-r) Shadow Daniels (1st place), Sonny Daniels (3rd place), Jordan Nunway (2nd place) *



Girls Ages Birth - 3: (I-r) Tyra Tucker (1st place), Rian Smith (3rd place), Karsyn McCorkle (2nd place) *



Boys Ages 4 - 7: (I-r) Dakota Daniels (3rd place), Nigan Pemma (2nd place), Zander Weso (1st place) *



Girls Ages 4 - 7: (I-r) Royal Pemma (1st place), Shania Soman (3rd place), Alisa Williams (2nd place) *



Ages 8 - 12: Zack Weso (3rd place), Zyon Pemma (2nd place), Simone Pemma (1st place) *



Ages 13 - 17: Clara Jacobson (1st place), Sara Jacobson (2nd place), Albert Jacobson (3rd place)

^{*} Note: not all photos are lined up in the correct placement. Winnings are behind the names.

HAPPY HALLOWEEN 2016



Adults:
Tina Daniels (1st place), Mary Sue Weso (2nd place),
Nick Shepard (3rd place)



The Rec Center is always packed with FCP community members for the Halloween party!



Jamie Tuckwab thinking of becoming Minnie like his daughter Jayden.



This costume was very well thought out. Great job, Colleen Shepard!



Phoua Vang Xiong with two of her favorite little poeple.



Thinking that this adorable little man with the mustache enjoyed his first Halloween.



Gregg Tallier did a great job, as always, entertaining the crowd!



To be able to spend time with familiy and friends is one of the many reasons this party is so important for community members to attend. It's always a great time for everyone!