



# POTAWATOMI TRAVELING TIMES

Volume 22, Issue 22 • NMĒ BNĒ GISES • SUCKER FISH MONTH • May 15, 2017

## An Unforgettable “Honor Flight”



FCP veterans who embarked on the Never Forgotten Honor Flight (l-r): Mike Konaha (Army, Vietnam Era), Louie Spaude (Air Force, Vietnam Era), Ken George Sr. (Marines, Vietnam Era), Ernie Wensaut (Army, Vietnam Era) photo by Joel Brod

by Val Niehaus

A long overdue WELCOME HOME happened for four FCP Vietnam veterans on April 24, 2017. This welcome home, along with the trip of a lifetime for these men, was all thanks to what is called the Never Forgotten Honor Flight. The honorable FCP veterans who were called forth after applying for this flight two

years ago were: Ken George Sr., Mike Konaha, Louie Spaude and Ernie Wensaut.

Never Forgotten Honor Flight is a non-profit organization created solely to honor America's veterans for all their sacrifices by transporting these heroes to Washington, D.C., to visit and reflect at their memorials. Top priority is given to the senior veterans - World War II survivors, along with those veterans who may be terminally ill. (Source: [www.honorflight.org](http://www.honorflight.org))

PTT was fortunate enough to be able to talk with all four vets about their experience on this day. And what a day it was!

It all started on the evening of April 23, 2017, at Highland Community Church in Wausau, Wis. The veterans enjoyed a pre-flight dinner which served to prepare them for their journey by offering an opportunity to get to know one another before taking the flight to Washington, D.C., the following day. There was a great deal of excitement during dinner that night because 84 veterans from all over Wisconsin and a few from Michigan would be embarking on the trip of a lifetime early the next morning.

Veterans from each branch of service were represented in this group with the majority having served during the Vietnam era. But there were also quite a few who had been in the Korean War and eight from WWII—amazing!

The next morning came bright and early as Honor Flight number 27 took off at 6:30 a.m. from Mosinee. All four FCP veterans were amazed at the welcome they received when they landed. One of the most significant moments was seeing the presence of a police escort that preceded them on their various stops throughout their day in D.C.

Spaude commented, “It was amazing how important you felt while being escorted through the city by the volunteer police escort. We were able to go through red lights and break all the rules of the road.”

Wensaut also said, “We felt like kings! Everyone treated us so well; it was incredible!”

Next on the agenda was the arrival at the World War II Memorial. Many were amazed with this monument honoring the “Greatest Generation” referring to the men and women who served in WWII. As mentioned previously, there were eight WWII veterans on this flight, so for them to see this monument was remarkable!

After visiting the WWII memorial, the group was able to proceed on a bus tour through the city including the Capitol, Navy Memorial, White House and other well-known monuments located throughout the D.C. area. It was while on this tour that they really felt like kings as their buses navigated the streets of

this busy city with ease thanks to their police escort. They also had a nice lunch provided during the ride and all of the veterans commented, “We were very well taken care of!”

After the tour, they arrived at the Korean, Vietnam, and Lincoln Memorials. Many wandered with their guardians at this point; some took time by themselves to honor and remember those who fought in these wars.

Many of the vets on the flight were Korean War veterans, and they had their own special time at the Korean memorial. Since all four of the FCP veterans served during the Vietnam era, the most emotional time for them was at The Wall—the Vietnam War Memorial. This was the first time visiting this monument for some, while one had been there before. All took away something different from seeing this Wall and the names listed upon it.

George said, “I had many names pop out at me at once. I had so many friends over there who lost their lives and when I touched their name on that Wall, it was warm—I knew they were there. I put my sema down for them all and said a prayer. It was a very emotional time for me to be there.”

*continued on pgs. 8 and 9...*

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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.



GREENFIRE

## Greenfire Breaks Ground on Latest Project: The Historic Garfield School Redevelopment



Greenfire recently broke ground on its latest project, the Historic Garfield School Redevelopment located in Milwaukee's Bronzeville District on North 4th Street and Garfield Avenue. This project consists of the historic renovation to the vacant Garfield School building which will include 30 new apartment units, and construction of a new building next to the existing building which will include 41 apartment units, commercial space, and the new home for America's Black Holocaust Museum.

This project is being led by Maures Development LLC and J. Jeffers & Co. Greenfire is providing construction management services.

Stay up-to-date on Greenfire's latest news and project updates by signing up for its monthly newsletter on the homepage of its website at [greenfire.com](http://greenfire.com).



## Advancia Corporation Awarded FAA Workplace Medical Emergency Response Program Support Contract

Advancia Corporation received award notice for the Federal Aviation Administration (FAA) Workplace Medical Emergency Response (WMER) Program Support contract, in support of Environmental and Occupational Safety and Health Group. This competitive award is to provide medical consulting, first aid (FA), cardiopulmonary resuscitation (CPR), Automated External Defibrillator (AED) Program support including the FAA Public Access Defibrillation (PAD) Program, and Bloodborne Pathogen (BBP) Program support. The period of performance will last for five years, beginning May 1, 2017.

The WMER Program is a nationwide program to help ensure that in the event of a medical emergency, a lay person can provide medical response for FAA employees before EMS arrives. The program supplies program management medical oversight to ensure a proper response.

The WMER Program currently includes approximately 1,400 AEDs at about 30 facilities as part of a Nationwide PAD Program, whose internal structure consists of FAA Headquarter program management and local facility points-of-contacts. The program was developed as a collaborative effort between labor and management, at the request of the then acting administrator. The WMER Program currently supplies AED preventive maintenance and replacement parts to the 300 facilities that have AEDs. Contingent upon funding, the FAA may expand this network to about 660 additional facilities.

In addition to equipment, the FAA WMER program also supplies FA, CPR, AED and BBP training to about 5,000 employees a year. Further, the program utilizes databases to track training and equipment inventory and to assist with equipment checks.



## North Central Minority Supplier Development Council's Wisconsin Business Opportunity Fair

Greenfire Management Services recently attended the North Central Minority Supplier Diversity Council's Wisconsin Business Opportunity Fair in Milwaukee, Wis. The two-day event is designed to invigorate the numerous partnership potential among certified Minority Business Enterprises, corporate members and government agencies throughout Wisconsin and our region.



Pictured above: (l-r) Greenfire President Kip Ritchie, Lt. Gov. Rebecca Kleefisch, Greenfire Project Engineer Nadine Weincek



**Phillip W. La Barge Jr.**  
**“MKOMIS - Little Ice”**



Phillip W. La Barge Jr. (MKOMIS “Little Ice”), 47, of Milwaukee, passed away Saturday, April 29, 2017. Phillip was born Aug. 16, 1969, in Chicago, Ill., the son of Phillip La Barge and Karita Shegonee. He was a Packer fan, devoted dog lover, a very kind and generous person, was addicted to coffee, and always was a sharp-dressed man.

Surviving Phillip are his parents, sisters: Tina La Barge of Milwaukee, Teresa (Benjamin Doyle) La Barge of Warsaw, Ill., and Trilisa La Barge of Milwaukee. Services were held May 2, 2017, at the Potawatomi Cultural Center, Crandon, Wis. Burial was at the Potawatomi Tribal Cemetery, Blackwell, Wis. Weber-Hill Funeral Home assisted the family with the arrangements.

**Stephan Daniels**  
**“Ka Ke Ya Ske - Everlasting Light”**



Stephan Daniels, “Ka Ke Ya Ske - Everlasting Light”, 64, of Crandon, Wis., lost his battle with cancer on May 4, 2017, at his residence. Stephan was born Sept. 28, 1952, in Keshena, Wis., the son of Ned and Josephine (Johnson) Daniels. United in marriage to Addie D. Robinette. Surviving Stephan are wife: Addie; daughters: Stephanie Daniels Barea, Neb.; Charlene Daniels, Crandon; Charlotte Daniels, Crandon; sisters: Lola Haskins, Ashland, Michelle Daniels, Stone Lake; brothers: Robert Daniels, Ned Daniels, Joseph Daniels, and Matthew Daniels, all of Stone Lake; 12 grandchildren and four great-grandchildren. Stephan is preceded in death by his parents Ned and Josephine Daniels, and a brother, Herbert Ned Daniels.

Visitation was held May 7 and services May 8, 2017, both at the Potawatomi Cultural Center. Burial was also on Monday, May 8, 2017. Online condolences for the family may be directed to [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).

**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!**

**Welcome to These New Employees**

**Allan Murray, Security**  
 Security Guard 2nd Shift  
 Hire date: 3/23/17

Transfer/Job Title Change  
**Lori Cleereman, Property Mgmt.**  
 Warehouse Supervisor  
 Hire date: 3/20/17

**David Cronauer, LNR**  
 Farm Manager  
 Hire date: 4/3/17

**Jill Wilson, HWC**  
 Behavioral Health/RN  
 Hire date: 4/17/17

**James Lane, HWC**  
 Public Health Emergency  
 Preparedness Coordinator  
 Hire: 4/18/17

**Melody Wilson, HWC**  
 Credentialing Coordinator  
 Hire date: 4/17/17

*Deadline for the June 1, 2017 issue  
 is Wednesday, May 17, 2017.*

**POTAWATOMI TRAVELING TIMES**

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**Mish ko swen**

**SATURDAY  
 JUNE 17, 2017**

**Registration: 9:30 a.m.**  
**Event Start: 10:30 a.m.**  
**Start at: FCP Rec Center/  
 EVENT is on trails and  
 sidewalks in Stone Lake**

**OPEN TO:** FCP Tribal members, FCP employees and their families

For questions, please contact  
 Community Health at  
**715.478.4355**

To guarantee a t-shirt, please  
**register by JUNE 7, 2017**  
 by phone or online at  
**[cmh.fcpotawatomi.com](http://cmh.fcpotawatomi.com)**

**EDUCATION TOPICS:** 5210 | Dairy Month | Diabetes | Breastfeeding | Men's Health | ACDA | Bullying | HIV/STI



# Fighting the Heroin and Opioid Epidemic in Forest County and Wisconsin

submitted by Heather VanZile, FCP Executive Council Member

When I was first appointed to the Governor's Task Force on Opioid Abuse last fall, I vowed to be an impassioned advocate for Indian Country and an effective reformer for the state of Wisconsin. I am excited to share with you the recent activity of the Task Force and the tangible results we are achieving through the legislative process.

In Wisconsin, heroin and opioid abuse accounts for over three quarters of all drug-related deaths. The number of drug overdose deaths exceeds those caused by vehicle crashes, suicide, breast cancer, colon cancer, firearms, influenza, or HIV. This has been a growing trend that has exploded in recent years. Over the last decade, opioid overdose deaths and drugged driving deaths have both tripled.

These are the problems we set out to solve when Gov. Walker created the Task Force on Opioid Abuse this past October. We are a diverse group of policymakers, elected officials, medical professionals, law enforcement officers, and community members using our collective experiences to evaluate this issue and propose solutions. As the only Task Force member representing Wisconsin's Native population, my own experiences have proven valuable in addressing the needs of Indian country. These figures also hit close to home: Forest and Menominee counties have, by far, the highest per capita rate of Naloxone use, a common medication to reverse heroin/opioid overdose. According to the Wisconsin Department of Health Services, the state average in 2015 was 66.8 Naloxone administrations per 100,000 people. However, Forest County had an average of 216.8 administrations per 100,000 people and Menominee County topped the list with a staggering 530.3 administrations.

Much work had already been done on the issue of opioid addiction and overdose by the time the Task Force convened for the first time. The Wisconsin legislature had already passed numerous bills as part of the Heroin and Opioid Prevention and Education (HOPE) Agenda. Much of this previous work can be organized into three general categories: controlling distribution, encouraging community assistance, and enabling treatment. HOPE has tightened the bottleneck of opioid distribution by requiring proper identification when picking up

prescription medication, setting up drug disposal programs, requiring physicians to consult patient records before prescribing opioids, and changing reporting requirements for pharmacists.

Eighty-five percent of all drug overdose deaths are witnessed by others, so engaging communities and allowing people to render assistance will help ensure that an overdose does not inherently result in death. To that end, Wisconsin's Good Samaritan law, which allows people to render emergency care without fear of retribution, was expanded to include any person who administers opioid antagonist drugs, such as Naloxone. In addition, regional pilot programs have been introduced to combat addiction in underserved areas, and access to county-administered treatment alternative and diversion programs was expanded.

Despite these previous efforts, the Task Force sees additional opportunities to dig deeper in addressing heroin and opioid abuse on a more comprehensive basis. In our 2016 Report to Gov. Walker, we cite the leading causes of the surge in opioid abuse. These include, among others, rising use and misuse of opioid pain relievers, falling price and improved distribution of heroin, and shifts in the demographics of heroin users. A particular focus centers on prevention and recovery among youth who represent a particularly concerning demographic in the opioid addiction crisis.

To that end, we have recommended that school personnel be authorized to administer opioid antagonists like Naloxone to a student if he or she overdoses while on school premises. We support the establishment of charter schools to provide addiction recovery treatment to high school-age youths while they continue receiving their education without falling behind their peers.

In the realm of law enforcement, police officers often pull over drivers who appear to be driving drunk but register zero on a Breathalyzer. These drivers are often driving drugged, not drunk, so we advise police officers to pursue certification in identifying signs of prescription drug use. Training law enforcement to recognize telltale signs of drugged driving, just as they do for drunk driving, is a key step in keeping heroin and opioid addicts off the roads.

Some of our suggestions are already being implemented by the legislature. The special legislative session called by Gov. Walker to address the opioid issue has so far passed nine bills through the Assembly implementing various Task Force recommendations. The goals are similar to previous efforts: restrict distribution, empower communities, and expand treatment access.

These nine bills represent tangible results of our task force recommendations and, if passed by the Senate, may be signed into law by Gov. Walker.

The bills recently passed by the Assembly address:

## Alternatives to Incarceration

Counties would get additional funding for grants to treat people with drug or alcohol offenses instead of sending them to jail.

## Codeine

Prescriptions would be required in all cases to get codeine, opium and similar drugs.

## School for Recovering Addicts

A new charter school serving up to 15 high school students struggling with addiction would be established.

## Addiction Specialists

New state grants would be given to hospitals to hire more addiction specialists.

## Treatment Centers

New regional opioid treatment programs would be established in under-served areas of the state.

## Addiction Consultation

A new program would provide doctors with expert guidance on treating addiction.

## Enforcement

The state Department of Justice would get additional funding to hire special agents to investigate drug trafficking.

The measures being pursued by the Governor's Task Force on Opioid Abuse stand to benefit northern Wisconsin and Indian Country alike by helping prevent addiction and overdose before they happen and providing easily accessible care and treatment when they do. I look forward to making a positive impact on our community as I continue in this role and am excited to share our successes with you in the near future.

## THE HEALING JOURNEY:

Wednesday  
May 24, 2017

HOW TO HANDLE  
DEALING WITH GRIEF  
AND THE IMPACT OF  
SUBSTANCE ABUSE ON  
THOSE YOU LOVE

Join us as individuals share stories of how substance abuse has impacted their lives and how they deal with the grief of losing a loved one.



Jingle dresses are representative of healing.

**6 - 9 p.m.**  
**FCP MUSEUM  
LOWER LEVEL**

OPEN TO THE FCP COMMUNITY  
PLEASE BRING A DISH TO PASS

Contact: Jeff Keeble:  
(715) 478-4427, or Melanie Tatge:  
(715) 478-4382, with questions



FOREST COUNTY  
POTAWATOMI  
EDUCATION/  
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cmh.FCPotawatomi.com

For additional information on how to deal with grief, contact the Forest County Potawatomi Behavioral Health Department at (715) 478-4322 or the Forest County Potawatomi AODA Department at (715) 478-4370.

## CORRECTION

In the May 1, 2017 issue of the Traveling Times, the short article, **Elders Presented with Syrup**, erroneously stated that gifting syrup was in conjunction with FCP Language & Culture. It was actually in conjunction with FCP Education. PTT apologizes for the error.



# Winter's End Junior Princess 2017 Attends Gathering of Nations Powwow

by Val Niehaus

Forest County Potawatomi Winter's End Junior Princess, Nem Ki Kwe Daniels, had the trip of a lifetime with her mother, Victoria Daniels, to the Gathering of Nations (GON) that was held April 27-29 in Albuquerque, N.M.

Nem Ki Kwe definitely had the experience of her life thus far by getting to meet princesses from all the different tribes around the United States and Canada. Along the way, she made new friends and as her mother told *PTT*, "It was a blessing for her to be able to experience this."

Her mother relays, "It was definitely a great experience and opportunity for her. I was on dialysis for five years and could never have made this trip with her during that time. I recently received a

kidney transplant and taking this journey had been our dream during those five years. I had told her when I received a new kidney that this would be the first trip we would plan to take, and she just happened to win Winter's End Junior Princess right before the GON. With everything falling in place this year, we packed up and left. It was extra special to be royalty there, and we truly feel blessed to have been able to go. We made it a girl's trip and loved every moment. It was meant to be."

Nem Ki Kwe got to meet many people there who she and her mother have always admired. One of these was head woman dancer Tonya Moore, from Canton, Okla., who shared with Nem Ki Kwe her words of wisdom: "Wherev-

er life takes you and no matter how old you get, keep on dancing." Daniels said, "She encourages everyone to be good to one another in and out of the arena. If someone attacks you, pray for them as hurt[ing] people hurt people. One small act of kindness can brighten anyone's day and fellowship is good medicine."

Nem Ki Kwe was also able to meet Tonia Jo Hall who is a motivational speaker, comedian, jingle dress dancer and a woman who lives a drug- and alcohol-free life. She also had the opportunity to meet Miss Indian World.

Nem Ki Kwe says, "I feel very honored to represent the Forest County Potawatomi tribe at GON powwow and very blessed to be able to go with my mom. My mom was great support all

along the way! To kids my age, I want them to know to never give up and dance every day you can, - regalia or not - get in the arena. To the elderly and handicapped, I am dancing for you!"

Overall it sounded as though this trip was a wonderful mother and daughter bonding journey, and it presented the opportunity to learn many of the lessons that this life can bring. No matter how bad things sometimes may seem, there is always a bright future if you have the chance to pursue what you are passionate about and are open to hearing other's words of wisdom about life and what it is really about.



Mother and daughter on the open road together



Receiving words of wisdom from Head Woman Dancer Tonya Moore.



Motivational speaker Tonia Jo Hall with Nem Ki Kwe



Ready to dance!



With Miss Indian World photos submitted by Victoria Daniels



## Herbs and Edible Flowers

submitted by Katherine Richlen, FCP Community Health Nutritionist

Melanie Tatge, FCP public health educator, and Katherine Richlen, FCP community health nutritionist, teamed up with Jennifer Mabrier, environmental education coordinator, Celeste Schuppler, education monitoring technician, McKenzie Payne, UW-Extension coordinator, and Keeana Armstrong, Wabeno After-School Program (WASP) director, to assist in the planting, education, and taste-testing of herbs and edible flowers. The children in the WASP were able to taste lemon balm mint-infused water, lavender-blueberry smoothies, homemade herb-encrusted pizza, garden vegetables with creamy dill dip, and lemon-pansy and viola cookies. See recipes below right.

### Nutritional Information and Properties of Pansy

An herb that grows in the wild all over North America with several strains and varieties in a wide range of colors, the pansy plant has been revered for its beauty and medicinal properties since ancient times. Countless numbers of herbal remedies use pansies as an important ingredient. They are used to treat a wide array of health problems and diseases. Herbal medicine uses pansies in various forms such as pansy tea, pansy nectar, pansy infusions, and pansy tincture. Pansy infusion is made by adding two teaspoons of the herb to a cup of water that is then kept aside to infuse. Similarly, pansy tea is made by pouring a cup of hot water over two teaspoons of the herb. The tea is filtered before drinking. It is recommended that you drink pansy tea half an hour before a meal for the best results.

The pansy plant is high in mineral salts mucilage and carotenoids. There are traces of vitamin C, tannin, and essential oils present in the herb as well. Pansy also contains violine, salicylic acid, and cyclotides (that are used in the pharmaceutical and agricultural industries). Pansies are used to treat a number of health problems due to the anti-microbial properties of the phenolic glycosides in the pansy plant along with the antioxidant properties of the flavonoids present.

### Health Benefits and Therapeutic Uses

- Ointments and skin creams made with pansy have anti-bacterial and anti-fungal properties. Pansy is used to treat skin ailments such as psoriasis, acne, eczema, itching, impetigo, and cradle cap. Drinking pansy tea or using it as a poultice on the skin is effective as well.

- Ancient cultures used pansies to treat and soften tumors in the body that could result in cancers of the lungs, stomach and the breast.

- Pansy can strengthen contractions of the uterus and induce labor.

- The antitussive properties of the pansy plant lend it to being used to treat respiratory conditions such as asthma, whooping cough, and bronchitis. It also

soothes inflammations and irritations in the mucus membranes of the throat and loosens and eliminates phlegm. The best way to treat such ailments is by gargling with pansy tea or a pansy infusion. You could also drink the tea made with dried pansy flowers and leaves steeped in hot water. Add honey or lemon juice to taste.

- The salicylates in pansy act as an anti-inflammatory as well. This makes pansy an effective treatment for rheumatism and arthritis.

- Pansy can be used to reduce bruising and broken capillaries as the rutin present in the plant helps stabilize blood vessel walls.

- Bladder infections such as cystitis are cured with the pansy herb.

- Regular consumption of pansy can reduce blood pressure and prevent heart failure.

- The wild pansy flower has been used since ancient times in the treatment of epilepsy.

- Shampoos made with extract of pansy can nourish and condition the scalp keeping it healthy and improving hair quality.

### Nutritional Information and Properties of Herbs

**Basil:** Used for reducing stress, anxiety and depression. It promotes health and wellbeing and protects the body and mind in a very positive way. It is also known to enhance cerebral circulation and improve memory.

**Strawberry Mint** (a type of **spear-mint**): Spearmint is commonly used for its cooling effect, relaxation effects by alleviating stress and invigorating the mind and the body. Its extract is often found as a major ingredient in a wide assortment of candies, while its essential oils are a common constituent of everything from chewing gums, toothpastes, mouthwashes, and even soaps and shampoos.

**Sage:** Considered a sacred plant, it has played a significant role in western ceremonies. For a number of Native American tribes, sage is a purifying herb, commonly employed as a smudge or incense prior to, during, and after ceremonial rituals. A decoction of sage leaves has been employed as a remedy for 'everything': fevers, flu, coughs, colds, and even indigestion.

**Dill:** Commonly grown as a garden variety plant, although it's most common reasons for cultivation is to supply the large demand for seeds and leaves. Chewing dill weed or fresh dill seed was employed by many ancient cultures to treat halitosis (chronic bad breath), and to help relieve the symptoms of sore throats and general inflammation of the mouth area due to cold sores or some other virulent infection, suggesting an antimicrobial property.

**Lavender:** Primarily used for its

aroma, making lavender the least well-known for its culinary uses. The many active compounds found in lavender have been shown scientifically to aid in the alleviation of stress, as well as to work in strengthening the immune-system.

**Lemon Balm:** An ancient herb which originally grew throughout much of the western and eastern parts of the world.

Lemon balm was used to evoke fertility, progress, fortune, or growth. Modern applications employ lemon balm as a healing, restorative smudge or draught after break-ups and other painful experiences, to ease the transition of painful emotions and to facilitate in the welcoming of more constructive, positive ones.

Source: Original article, [www.herbs-info.com/lemon-balm.html](http://www.herbs-info.com/lemon-balm.html)

### Planting Activity

After tasting the herbs and flowers, the children were brought outside to guide them through a planting activity. Using recycled containers as planters, they were shown how to layer the bottom of each container with clay pellets to allow the roots of the plant to breathe and to inhibit rotting that occurs when roots

are soaking in wet soil for long periods of time. Then they filled their containers with potting soil and planted the edible plants of their choice. After returning indoors, the children decorated their recycled containers

using various art

supplies. Recipes of each herbal culinary component were provided in case the youth wanted to use them as well.



photo submitted by Katherine Richlen

### Lavender Blueberry Smoothie (Mix in a blender until smooth.)

2 cups vanilla yogurt • 1 cup frozen blueberries  
1 cup your choice milk, water or juice • ½ tsp. dried lavender flowers  
\* Add a banana (optional)

### Lemon Mint Infused Water

12 cups (3 qts.) water  
2 – 3 lemons thinly sliced (preferably organic)  
10 – 15 mint leaves (preferably organic)

Rinse lemons well before slicing; add them and mint to 1-gallon pitcher. Cover with water; refrigerate at least 4 hours or overnight.

### Creamy Dill Dip (Blend all ingredients until smooth.)

1 cup Greek yogurt • 1 cup sour cream • ¼ minced dill weed  
1 Tbs. fresh minced parsley • 1 Tbs. apple cider vinegar  
1 tsp. garlic salt • Freshly ground pepper to taste

### Bobby Flay Pizza Dough

3 ½ - 4 cups flour • 1 tsp. sugar • 1 envelope dry yeast  
2 tsps. kosher salt • 1 ½ cups water (110 degrees F) • 2 Tbs. olive oil plus 2 teaspoons

Place warm water, sugar and salt in a mixing bowl. Stir until dissolved, then add yeast and stir gently. Allow yeast to grow for about 10 minutes. Then add flour and 2 Tbs. oil and stir until a soft ball of dough forms. Place 2 tsps. of oil over the dough, cover the bowl and place in a warm area for 30 – 60 minutes allowing the dough to rise. (Yields two 14-inch pizza crusts.) Chopped herbs such as basil, thyme, rosemary, sage or oregano can be added when mixing or brushed on using with olive oil or melted butter.

### Pansy Cookies

Make your favorite dough (sugar, lemon, shortbread, etc.). Bake until 5 minutes remain. Remove from oven and allow to cool. Clip pansy flowers (or viola flowers) off stem. Brush cookie with egg white and place flower on top. Place back in oven for 3 -5 minutes being careful not to burn. Enjoy!



# Pancake Breakfast 2017

by Val Niehaus

The annual pancake breakfast was held on April 29, 2017, at the FCP Recreation building in celebration of this year's harvest of maple syrup. As usual, this was a time-consuming process of preparing trees, collecting sap, and processing it into syrup. This year a total of 19 gallons of syrup was produced. The breakfast is an opportunity to share the fruits of everyone's labor with the community and it is always appreciated.

Attendance was on par with the last few years though there seemed to be a significant number of participants from town who took the opportunity to take part in this community feast.

Billy Daniels Jr. opened the gathering with a prayer and then those in attendance dug into the delicious food. Dewing's catering was in charge of the food preparation and they provided an incredible meal that included eggs, bacon, sausage, potatoes, pancakes, oatmeal, and, of course, it was all topped off with the golden syrup produced this year. It is a spring tradition that is savored by all in attendance.

Sincere thanks go out to Billy Daniels Jr. for offering the prayer and to Dewing's for preparing a tasty and substantial breakfast for all.



(left) Ned and little Ned getting ready to dig in!



(right) All the girls were ready for some good food!



## CHILD CARE CERTIFICATION CLASS

Are you interested in becoming a certified child care provider? Dates for this class are May 24, 25, June 5, 6, 7 and June 12, 13, 2017. (Must attend all seven days.)

Cost for Forest County residents is \$60; for all other county residents it's \$80. Materials, text and lunch are included.

Preregistration and pre-payment are required by May 22, 2017. To register, call Billie at (715) 478-7358 or Una at (715) 478-4964.



## School District of Crandon Summer Food Service Program

Stressing the importance of offering nutritious meals to children during the summer months, the School District of Crandon announces the sponsorship of the Summer Food Service Program (SFSP).

The SFSP, which is funded by the U.S. Department of Agriculture (USDA) and administered by the Wisconsin Department of Public Instruction, provides nutritious meals to children during the summer, when free and reduced-price school meals are typically unavailable. Free meals will be made available to children 18 years of age and under. Persons over 18 years of age who are determined by a state or local public educational agency to be mentally or physically disabled and who also participate in a public or private non-profit school program during the regular school year may receive free meals as well.

Crandon Elementary School cafeteria will be serving the free meals this summer at the School District of Crandon location, 9750 US Highway 8 W, Crandon, WI. Breakfast and lunch will be served from June 12 - July 24, Monday - Friday, excluding weekends. Breakfast is served from 7:30 - 8:30 a.m., and lunch is served from 10:45 a.m. to noon. Meals are provided to eligible children regardless of race, color, national origin, age, gender or disability, and there will be no discrimination in the course of meal service.

"This program fills a void created when school lunches are not available," said Dr. Kryder. "Helping parents meet the nutritional needs of their children is the strength of this program."

The USDA prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a civil rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found on-line at [www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C., 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

**COME JOIN US**

*Fruit and Veggie* Taste Test Day

Celebrate without Sweets  
**Watermelon**

**Wednesday, May 17, 2017**  
1 - 3 p.m.

**Health and Wellness Center Main Lobby**  
Receive Recipes, Nutritional Information and ENTER to WIN PRIZES

**VITAMIN A**  
Promotes healthy skin and eyes.

**VITAMIN B6**  
For immune function & brain development in pregnancy & infancy.

**VITAMIN C**  
An antioxidant that can boost immunity.

**LYCOPENE**  
An antioxidant that may aid in sun protection.

**92% WATER**  
Supports hydration.

8201 Mish ko swen Drive, Crandon, WI  
(715) 478-4355 • [cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)

Open to all FCP Community and General Public





## Honor Flight

...continued from pg. 1

Wensaut also had a very difficult and touching time while visiting this monument. He said, "This was my first time ever seeing this. Exactly 50 years ago I came home from there and now to see this—it was very emotional and tough to see. I'm very happy I went but I will never go back again. Too many memories and flashbacks came out of my head, and I actually fell to my knees while seeing the names of my friends on that Wall. All my friends who were so young and only in their late teens and early twenties, they didn't even get to live their lives. I left them my gift of sema. I came home pretty distraught but with my Native ways and prayer, I am trying to move on again. I will never forget those friends."

Konaha said, "I saw names of friends on there and all I could think about was them and those who didn't return home - the ones that are still there. There are a lot of memories that come back to you after seeing something like this."

Obviously, as one can tell from their comments, this was the most memorable and heart-wrenching memorial for these FCP veterans to visit. They all shared that the weather that day was rainy and dreary. Perhaps that was appropriate to the emotions this memorial brought forth in them.

Following this powerful visit, they were able to visit the FDR Memorial next. They then proceeded on to the U.S. Marine Corp War Memorial (Iwo Jima Memorial). Spaude said, "I thought this monument was pretty interesting. I especially thought it was cool that when you drove around it you could watch the flag rise." He then spoke of Ira Hayes and his part of this memorial.

The last part of a very full day was spent visiting Arlington National Cemetery. Konaha remarked, "Seeing this really gave me a lump in my throat. That was a sight to see for sure."

All veterans were then able to witness

the changing of the guard at the Tomb of the Unknown Soldier. This was also a stand out part of the trip for many. If you have never been to this particular monument, there are no words that can describe it. You just have to see it yourself to appreciate the emotions associated with it. It is probably the most highly-respected and prestigious monument located in D.C. as it represents those who did not return from war. It is both humbling and powerful as it memorializes the individual as well as the masses who gave their lives in battle for our country.

Following this final stop, the veterans then made the bus trip back to the airport to prepare for their departure back home. Once on the plane with their memories and the many emotions, there was one last thing that the Honor Flight did for the veterans: mail call. Letters from family, friends, and complete strangers thanking them for their service to our country were distributed to all of the veterans. This brought many smiles, tears and powerful feelings to all the vets.

George commented, "This was something we never got on the return home the last time. This was so touching and emotional to see all these letters from the people we loved and who loved us. We even got letters from kids in school who drew us pictures and thanked us for everything we did."

All four FCP veterans commented about mail call and how important it was to them to receive such a surprise on their way home. It really felt good to be recognized for what they did for us all.

The FCP veterans of Vietnam fought in a war at an age when most are just graduating high school and moving on to college. They didn't know what they were going into at all, and came back home to people who were abusive and very unwelcoming to them. The FCP veterans shared stories about their welcome home when they first returned from the war. Many had to try and dodge into a nearby restroom to change out of their fatigues

so that they wouldn't be spit at or called baby killers. Many came home to disrespect from fellow Americans, and many were physically abused by people here in their home country. That is why this Honor Flight meant so much to them all. They received long overdue respect for their sacrifices for their country. They were treated like kings on their trip to view memorials constructed to recognize their contributions, and they received a real welcome home this time - something they will never forget.

George, Konaha, Spaude and Wensaut came back to Wisconsin with a homecoming - not only to remember for a lifetime - but to one that was long overdue. One they should have received on their original return from war.

As they arrived back at the airport, not one of them expected the surprise that awaited them as they walked off the plane into the terminal. Hundreds of people were there to welcome them home with signs, flags, balloons, waves, smiles, tears and sincere excitement and gratitude for their service to their country. It was one of the most emotional things these vets have ever experienced.

Wensaut says he was overwhelmed with seeing his family there when they arrived home. He said, "The surprise back was amazing! I was shaking hands with little kids and receiving all these smiles and thanks and then to see all my family there was just incredible! It was so many emotions!"

Spaude said, "Wow! I was just about the last one coming off the plane so I was really in shock getting off and into the airport. It was so great to see everyone who was there welcoming us home!"

Konaha relayed, "Coming home, wow! It was shocking to see all these people here for us. It sure wasn't like that the first time, but this was just amazing! I would love to help and volunteer to do this for other veterans on these flights in the future."

George expressed, "This coming home

was nothing like the first time around. We actually had a decent welcome home this time unlike the first, where we were called baby killers. This was probably the most emotional part of the whole trip for me. My mom was there along with my family and there were just so many people there that I couldn't believe it. It brought tears to my eyes."

A final note to be mentioned is the sincere gratitude these FCP veterans expressed towards the Honor Flight organization. Each could not say enough about how well-run this trip was and how detailed-oriented it was. They could not believe how the people of the Honor Flight, along with the guardians assigned to them, took such great care of them and looked out for their every need.

George said, "They really took care of us! It really felt good!"

Konaha said, "I really had a great time on this trip. The people who coordinated this did an amazing job!"

Spaude relayed, "The people who did this really put in a lot of thought and organization. It really was a great trip!"

Wensaut closed with, "I really enjoyed the welcome home. This was for sure a trip of a lifetime and the people who put this together did a fantastic job!"

The Never Forgotten Honor Flight is an amazing group of people who want to honor and show to the veterans of this county the gratitude and honor they feel is due to them for what they did for all of us. It is a fantastic and well-organized flight and has become very popular over the years. If interested, a veteran has to get on a waiting list for about two years before getting called to actually take the flight. Visit [honorflight.org](http://honorflight.org) for details on how to apply. If you want to be a guardian and volunteer your time to watch over a veteran for the day as they enjoy this trip, you can visit the website and find details for that as well.

It is a small but powerful thing to do for these men and women who made such huge sacrifices for our country.



**Ken George  
with wife Marilyn**



**Mike Konaha  
with wife Peggy**



**Louie Spaude  
with wife Diane**



**Ernie Wensaut with family (l-r):  
niece Kerry, daughter Kim, sister Val**



## Honor Flight Photos



"The Wall" that brought so much emotion to the veterans



Ernie Wensaut pointing to a fellow soldier he knew. He said once he saw his name, numerous others popped out at him.



World War II Memorial



Tomb of the Unknown Soldier at Arlington National Cemetery



A nice candid shot of the veterans during one of the flights



Just an example of what "mail call" looked like

**THANK YOU,**  
**VETERANS**



# Traditional Tobacco Use Decreases Native American Teen Smoking Rates

submitted by Sara Cleereman, RN, BSN

Commercial tobacco is damaging Native American communities. Studies have proven that the younger a person starts to smoke cigarettes or chew tobacco, the more likely they are to continue smoking or chewing throughout adulthood. Unfortunately, the negative effects of cigarettes and chewing tobacco occur at a higher rate in the Native American community. Four of the five leading causes of death among Native Americans in Wisconsin are directly related to smoking. Although high cigarette smoking rates have been documented among all racial/ethnic groups, Native American teens have consistently been reported to have the highest percentage of cigarette smokers in the nation.

According to the Wisconsin Native Youth Tobacco Survey, 43 percent of Native American middle school-aged students have tried smoking cigarettes or chewing tobacco. Another study done on a number of Wisconsin reservations revealed much higher rates of tobacco abuse (smoking cigarettes or chewing tobacco) among Native American youth, with 63 percent of Native American youth smoking cigarettes or chewing tobacco, while only 15 percent of middle school-age students of all other races have tried smoking cigarettes or chewing tobacco. Not only are Native American youth smoking cigarettes at a much higher rate than other races, Native Americans are also more exposed to secondhand smoke.

Combining the fact that smoking cigarettes is most common among Native Americans in comparison to all other ethnicities and that the use of tobacco begins at a younger age, Native Americans have the highest rates of cancer in the state. Increased rates of cancer are mainly due to a much higher lung cancer rate among

Native Americans. Tobacco use is the single greatest cause of avoidable death and overall life expectancy is much lower for smokers. On average, smokers die 11 to 18 years sooner than non-smokers do.

## Restoring Tradition and Reducing Harm

The results from the Wisconsin Native Youth Tobacco Survey show that the use of traditional tobacco (versus cigarettes) for ceremonial or spiritual purposes is linked to lower rates of commercial tobacco use. There is a special relationship between traditional tobacco and Native American spiritual ceremonial activities and beliefs. Tobacco is sacred and plays an important role in Native American communities as traditional tobacco is viewed as a symbol for peace and healing of the mind, body and spirit.

Since studies suggest that Native American youth are less likely to use commercial tobacco (cigarettes and chewing tobacco) when traditional tobacco is used for ceremonial purposes or other personal practices, it is important to consider the positive impact traditional tobacco has on Native American youth. To help lower the rate of commercial tobacco use among Native American youth, Native American communities need to preserve the important cultural value of tobacco and make sure that their youth are learning about traditional tobacco so that future generations turn away from smoking cigarettes and chewing tobacco.

### Sources

*Brokenleg, I., & James, E. (2013). Walking Toward the Sacred: Our Great Lakes Tobacco Story. Eagle River: Hahn Printing, INC.*

*Centers for Disease Control. (2017, March 1). Retrieved April 17, 2017, from CDC: [www.cdc.gov/tobacco/disparities/american-indians/index.htm](http://www.cdc.gov/tobacco/disparities/american-indians/index.htm)*



## FREE HEPATITIS C TESTING

**WHEN**  
**Friday, May 19, 2017**  
**from 12 - 4 p.m.**

**WHERE**  
**FCP Health & Wellness**  
 Community Health Exam Room

**HOW TO SCHEDULE AN APPOINTMENT:**  
**Call Ben:**  
**(715) 355-6867**  
**ext. 3703**

**WHAT IS HEPATITIS C?**  
 It is a virus that harms your liver and can cause an individual to need a liver transplant.


**IS THERE A CURE FOR HEPATITIS C?**  
 Yes! There is treatment available and it is 90% effective! Treatment can be costly, but there are payment assistance plans available.

**HOW LONG WILL THE TEST TAKE?**  
 About 30 minutes. 10 minutes for paperwork and 20 minutes to run the test. The test is a finger poke and you will get results at the end of the appointment.

### SHOULD YOU GET TESTED?

Get tested if you:

- Were born between 1945-1965
- Are a Veteran
- Have participated in recreational injection or non-injection drug use and have shared equipment involved in that process
- Had intercourse with a person with a history of recreational injection drug use
- Had intercourse with a person who is Hepatitis C positive
- Were diagnosed with an STD
- Have traded intercourse for money, drugs, shelter, etc.
- Have gotten a tattoo or piercing while using non-sterile equipment
- Been in a situation where someone else's blood may have entered your body




FOREST COUNTY POTAWATOMI  
 HEALTH & WELLNESS CENTER  
 COMMUNITY HEALTH  
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# GRAPHIC

## Design

### SERVICES

ADS BANNERS BILLBOARDS BOOKLETS  
 BROCHURES BUSINESS CARDS CALENDARS CARDS  
 CERTIFICATES ENVELOPES FLYERS FORMS  
 INVITATIONS LABELS LETTERHEAD LOGOS  
 MENUS NEWSLETTERS POSTCARDS POSTERS



POTAWATOMI  
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 TIMES

8000 Potawatomi Trail » PO Box 340  
 Crandon, WI 54520 » (715) 478-7437  
[times@FCPotawatomi-nsn.gov](mailto:times@FCPotawatomi-nsn.gov)  
[www.FCPotawatomi.com](http://www.FCPotawatomi.com)

## Honoring Health, Healing, and Tradition

**May is National Asthma and Allergy Awareness Month**

The FCP Health & Wellness Center reminds individuals to see their provider if they are experiencing repeated episodes of wheezing, breathlessness, chest tightness and nighttime or early morning coughing as these can all be signs of asthma. Individuals who suffer from allergies often experience more symptoms during the spring, including itchy eyes and skin, sneezing, nasal congestion, wheezing, and rash. If your allergy symptoms become unmanageable, talk to your primary care provider to determine possible treatment options.

**Appointments can be made by calling (715) 478-4300.**  
**Hours: Mon. - Fri., 7 a.m. - 5 p.m.**  
**Open to the Public**



### SERVICES OFFERED

<b>AODA</b> (715) 478-4370	<b>Medical</b> (715) 478-4339
<b>Behavioral Health</b> (715) 478-4332	<b>Optometry</b> (715) 478-4345
<b>Community Health</b> (715) 478-4355	<b>Pediatrics</b> (715) 478-4339
<b>Dental</b> (715) 478-4313	<b>Pharmacy</b> (715) 478-4347
<b>Imaging</b> (715) 478-4339	<b>Rehabilitation</b> (715) 478-4344
<b>Lab</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](http://www.FCPotawatomi.com)

a participating member of



ASPIRUS  
 NETWORK





# FCP Community Emergency Management Mission

submitted by Bobbie Irocky, FCPC Emergency Management Program

**Mission:**

Developing a system of plans to protect the lives and property of the Forest County Potawatomi Community (FCPC), employees, visitors, and emergency personnel by ensuring mitigation of, preparation for, response to, and recovery from the effects of natural, man-made, and biological disasters, consistent with the resources provided.

To carry out this mission, the FCPC's department of Emergency Management's goal is to develop citizen/community awareness and self-sufficiency for the first 72 hours after a major incident, develop responder capabilities, have procedures in place to respond to an emergency or disaster, and create an atmosphere of inter-agency cooperation in emergency and disaster operations.

In further carrying out the mission,

the purpose of the FCPC Comprehensive Emergency Management Plan is to provide FCPC, local government, associated agencies and volunteer organizations guidance for the following:

- Mitigation, preparedness, response and recovery policies and procedures
- Disaster and emergency responsibilities for FCPC departments and other organizations covered under the scope of this plan.
- Emergency Management training and public education activities
- Carry out emergency management activities within the FCPC, local communities and the tribes of Wisconsin as requested through mutual aid.

If you have any questions, please feel free to contact FCPC Emergency Management at (715) 478-7209.

## Spring Clean-Up!

Beginning: Monday, May 15  
Ending: Monday, May 29

- Dumpsters will be located at:
- Old playground (Blackwell)
  - Logging/forestry building (Carter)
  - Solid Waste (Stone Lake)

- Items to be placed alongside of dumpsters:
- Tires
  - Lawn mowers or weed eaters
  - Electronic devices including: radios, DVD players, computers & computer monitors, satellite receivers
  - Old appliances including: microwaves, TVs, air conditioners, refrigerators, ovens, washers or dryers, electronic waste
  - Automotive parts including: car batteries
  - Used oil or paint
  - Any kind of metals

- Items allowed IN clean-up dumpsters:
- Old household items such as furniture, toys, carpet, mattresses, clothing, etc.

- Items not allowed:
- No yard waste
  - No animal carcasses
  - No fluorescent light bulbs
  - No medical waste

If you need help transporting your items, please contact the Solid Waste staff at (715) 478-7330, or LNR administrative assistant at (715) 478-7222.



**Free Foot and Nail Care Clinic**

OPEN TO FCP TRIBAL MEMBERS

**Thursday, May 25, 2017**  
9 a.m. – 2 p.m. | We Care, Carter

**Thursday, Aug. 17, 2017**  
9 a.m. – 2 p.m. | Health & Wellness Community Health

**Thursday, Nov. 16, 2017**  
9 a.m. – 2 p.m. | We Care, Carter

**No Appointment Needed**

*First-Come First-Serve Basis*

Foot and nail care services are provided in a relaxing environment by registered nurses certified in foot and nail care and wound treatment.

**Services Available**

- Medical Pedicure
- Nail Cutting
- Cracked Heels
- Ingrown Toe Nails
- Thick Nail Debridement
- Podiatry Referral
- Foot Assessment
- Calluses And Corns

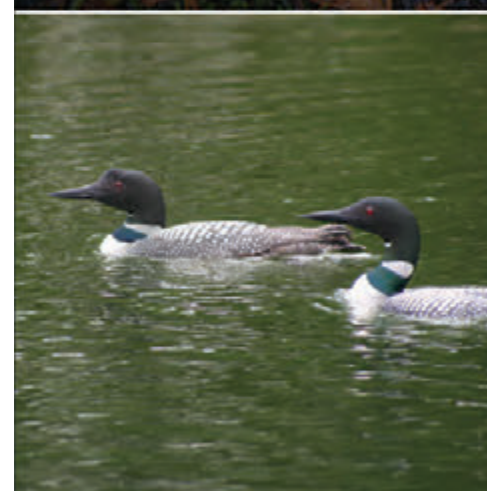
FOR MORE INFORMATION OR QUESTIONS, PLEASE CONTACT ANNE CHRISMAN, RN: (715) 478-4383. OR SARA CLEEMAN, RN: (715) 478-4889. CMH.FCPCOTAWATOMI.COM



**NME BNE GISES IS MAY**

- 1** Listen for the distinct “conk-a-lee” song of the male red-winged blackbird.
- 2** Taste marsh marigold, a.k.a. cowslips, prepared like cooked spinach.

*Caltha palustris “marsh marigold”*



mangoyêk wzhetonawan  
ni wdethi-sanmëwan  
Loons are nesting.

gédëgënyêk ndadzëwêk  
Fawns are born  
Photo by Heather Stricker



# 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 -

12-step meeting, Mondays at 6:30 p.m., FCP Museum lower level. Walking in a good way...a sober way. ALL ARE WELCOME! If you have any questions, call FCP AODA at (715) 478-4370 or Isaiah Phillips at (715) 889-4945.

### 7 Directions Men's Group -

Open to all Mondays, 1 p.m., at HWC AODA upper level. Tired of hurting the ones you love? Learn how to respect yourself. Join our group which include topics related to everyday life. Call (715) 478-4370 with questions.

### Principles of Recovery -

A guide to living well on the road to recovery. Tuesdays, 11 a.m. to noon at HWC AODA. Call (715) 478-4370 with questions.

### NA Meetings "The Good Life" -

Tuesdays, AODA Building, 5519 Wejmo gek Court, 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

### Kwe Kenomagewen -

Women's support, Wednesdays, 2 p.m. HWC AODA. Call (715) 478-4370 with questions.

### Hour of Power -

Big Book, NA Book or Wellbriety Book, Thursdays, 2 - 3 p.m. HWC AODA. Call (715) 478-4370 with questions.

### 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).

## 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 Cleere-man, R.N., at (715) 478-4889.

### SPARKS Weight Mgmt. 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.

## PROGRAMS

### Diabetes Education Program -

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.

## 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:

- Turbo Typing - interactive, fun practice available to increase your hand/eye coordination and typing speed.
- Quick Skills - hands-on, self-paced to learn and enhance your computer skills of Microsoft programs such as Word, PowerPoint, Excel and Access.
- WinWay Résumé Deluxe - it's easy to develop a résumé with more than 14,000 ready-to-use templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the auditor will evaluate your résumé.
- WisCareers Website - career exploration guide and opportunities on computer programs. Complete a variety of assessments based on interests, work values, career skills and workplace skills; help coordinate your work values into an exciting career; check out a variety of technical schools and colleges; use a guided program to set up your portfolio.

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

## May 2017 Calendar of Events

### Community Health

- 5/19 - Free Hep C Testing: (HWC) noon - 4 p.m. See ad on pg. 10.
- 5/24 - The Healing Journey Event: (Museum) 6 p.m. - 9 p.m.

### Family Resource Center

- Healthy Relationships: Mondays (15, 22), 10 a.m. - noon.
  - Play Shoppe: Tuesdays (16, 23, 30)
  - FRC Girls 10-17: Wednesdays (17, 24, 31), 3:30 - 5 p.m.
  - Community Women's Talking Circle: Thursday, (25), 1 p.m.
  - PIP: Thursdays (25), 10 a.m. - noon.
  - Life Skills Class: Wednesdays (17, 24, 31)
  - 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 (15, 22), 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays (16, 23, 30), 3:30 - 5 p.m.
  - Youth 7 - 9: Wednesdays (17, 24, 31), 3:30 - 5 p.m.
- Youth picked up from Crandon School at 3 p.m., delivered home between 5 and 6 p.m. Call (715) 478-4839 for more info.

### Recreation Department

- After-School Program: We Care, Mondays (15, 22), 3:30 - 5:30 p.m.
- Open Gym: Wabeno Elementary, Wednesdays (17, 24), 3:30 - 5 p.m.
- After-School Program: Rec Center, Wednesdays (17, 24), 3:30 - 5 p.m.
- Open Gym: Rec Center, Monday - Friday, 7 a.m. - 8 p.m.
- Carter We Care: Monday - Friday, 7 a.m. - 8 p.m.
- Crandon School off Friday, 5/26, movies at noon.

*Stone Lake Rec & Carter We Care closed Thursday, 5/18 & Monday, 5/29*





Attention  
TRIBAL DOG OWNERS

**FREE Rabies Clinic**

**Wednesday,  
June 14, 2017**

Back-up date is  
June 21, 2017

**Carter**  
We Care Building  
10 a.m. - 12 p.m.

**Stone Lake**  
Land & Natural  
Resources Building  
2 - 4 p.m.

Rabies vaccine for dogs 4 months and older and "5-way" shot will be given to dogs 8 weeks and older.

PLEASE HAVE YOUR DOG RESTRAINED ON A LEASH, OR REMAIN IN YOUR CAR AND YOU WILL BE HELPED.

Call Becky Meinert @ (715) 478-4366 with questions or Community Health @ (715) 478-4355.



FOREST COUNTY POTAWATOMI  
HEALTH & WELLNESS CENTER  
COMMUNITY HEALTH  
[cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)



**UPCOMING TRAINING AT**



**Internal Audit and Gaming Machines Math & Analysis**  
June 28-30, 2017



**Plumbing & Pipe Fitting**  
Aug 16-17, 2017



**Service Culture Certificate**  
September 19-20, 2017



**John Maxwell - Simulcast**  
October 6, 2017



**Benchmarking Casino Performance; Casino Accounting and Compliance; implementing AICPA Guide**  
October 17-19, 2017



**PARTNERS IN EDUCATION**



will be offering the following training classes at Potawatomi Carter Casino Hotel:

VBA Training  
May 16, 2017

Cisco Certified Entry Level Technician (CCENT)  
June 12-16 2017

Cisco Identity Services Engine (SISE)  
June 19-23, 2017

ITIL Foundation with Exam  
June 27-29, 2017

Windows Server Administration Fundamentals (MTA – Server Admin)  
July 5-7, 2018

Project Management Professional (PMP)  
July 10-14, 2017

20461 SQL Server 2012 Querying (MCSA)  
July 24-28, 2017

VMware Install Configure 6.0  
July 31- Aug 4, 2017

20462 SQL Server 2012 Administration (MCSA)  
August 7-11, 2017

20463 SQL Server 2012 Implementing a Data Warehouse (MCSA)  
August 21-25, 2017



Purchase a brat or hot dog, receive \$0.50 OFF off a fountain soda.

Exp. 06/01/17



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

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



PTT051517



HAPPY MEMORIAL DAY



**REUBENS**  
**\$5.99**



**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: 5 a.m. to midnight



PTT051517



## PERSONALS



Happy Birthday to our brothers!

Wishing you guys the best!

We love you very much and are proud of you two. Excited to see where life takes you next!

Love always, your big sisters,  
Victoria and Angela.

## THANK YOU

to everyone who helped with my son's heading home!

Love, Karita, Tina, Teresa and Trill



Calling all 2017 FCP Community graduates! Let the world know of your accomplishments in the *Potawatomi Traveling Times*.

Contact *PTT* at [times@fcpotawatomi-nsn.gov](mailto:times@fcpotawatomi-nsn.gov) or (715) 478-7437.

June 1 deadline: May 17 • June 15 deadline: May 31

# Trump Executive Order Threatening National Monuments Condemned

submitted by Tom Udall Press Office

WASHINGTON, D.C. (April 26, 2017) — U.S. Senator Tom Udall led a group of 31 Democratic senators in condemning President Trump's executive order which threatens national monuments by directing the Department of Interior to review, and possibly modify or rescind, prior monument designations. The senators noted that national monuments enjoy widespread public support and serve as economic drivers across the United States. Given the depth and significance of support in the communities, the senators demanded that any process for evaluating existing monument protections be 'open, transparent and public,' and called on the Trump administration to ensure that full and meaningful consultation is conducted with federally-recognized Indian tribes.

"We are writing you to express our deep concern with your Executive Order directing the Department of the Interior to review prior national monument designations and propose changes to modify or rescind these protected lands," the senators wrote to President Trump. "Sixteen presidents from both parties have used the authority under the Antiquities Act to protect iconic landscapes across the United States and preserve the natural, cultural, historical, and scientific values for the benefit of all Americans and future generations. During your campaign and during Secretary Zinke's confirmation hearing, you promised to emulate President Teddy Roosevelt and his vision for conserving public lands. We urge you to honor your promises and not alter the protections that previous presidents have put in place to safeguard these national monuments."

As the senators wrote, national monuments and America's protected public lands help fuel an \$887 billion outdoor recreation industry, which sustains 7.6 million jobs and creates \$65.3 billion in federal tax revenue and \$59.2 billion in

local and state tax revenue. In addition, the senators said, all recently designated national monuments were the result of exhaustive public and Tribal consultation, and polls show large majorities of Westerners support maintaining existing protections.

The senators continued, "We request that any process for evaluating, modifying or removing the protections for areas designated under the Antiquities Act should be conducted through an open, transparent and public process in which all Americans can participate and provide their information and insight. In particular, it is important that government to government relationships with federally recognized Indian tribes be maintained through meaningful consultation."

In addition to Udall, the letter was signed by U.S. Senators Tammy Baldwin (D-Wis.), Michael Bennet (D-Colo.), Richard Blumenthal (D-Conn.), Cory Booker (D-N.J.), Sherrod Brown (D-Ohio), Maria Cantwell (D-Wash.), Ben Cardin (D-Md.), Tom Carper (D-Del.), Robert Casey (D-Pa.), Christopher Coons (D-Del.), Catherine Cortez Masto (D-Nev.), Tammy Duckworth (D-Ill.), Richard Durbin (D-Ill.), Dianne Feinstein (D-Calif.), Al Franken (D-Minn.), Kirsten Gillibrand (D-N.Y.), Kamala Harris (D-Calif.), Martin Heinrich (D-N.M.), Mazie Hirono (D-Hawaii), Tim Kaine (D-Va.), Angus King (I-Maine), Amy Klobuchar (D-Minn.), Patrick Leahy (D-Vt.), Jeff Merkley (D-Ore.), Patty Murray (D-Wash.), Brian Schatz (D-Hawaii), Jeanne Shaheen (D-N.H.), Chris Van Hollen (D-Md.), Mark Warner (D-Va.), and Ron Wyden (D-Ore.).

Earlier this month, Udall and a group of western Democratic senators wrote to President Trump urging him to live up to his repeated promises on the campaign

trail to protect public lands and uphold the existing protections of the 157 national monuments.

The full text of the letter:

Dear Mr. President,

We are writing you to express our deep concern with your Executive Order directing the Department of the Interior to review prior national monument designations and propose changes to modify or retract protection of these lands. Sixteen presidents from both parties have used the authority under the Antiquities Act to protect iconic landscapes across the United States and preserve the natural, cultural, historical, and scientific values for the benefit of all Americans and future generations. During your campaign and during Secretary Zinke's confirmation hearing, your administration promised to emulate President Teddy Roosevelt and his vision for conserving public lands. We urge you to honor your promises and not alter the protections that previous presidents have put in place to safeguard these national monuments.

These monuments are built upon the support of local communities and are economic drivers across the United States. Just yesterday, the Outdoor Industry Association (OIA) issued the latest economic numbers detailing how the outdoor industry is helping drive our economy. It found that the industry contributes \$887 billion in consumer spending, produces 7.6 million jobs, and creates \$65.3 billion in federal tax revenue and \$59.2 billion in local and state tax revenue. All of these figures have increased since OIA's last study in 2012 and are critical indicators of the value of America's protected public lands. In 2016, National Parks alone saw a record 331 million visits, contributing almost \$35 billion to the U.S. economy. In addition, regions surrounding national monuments have seen continued growth or improvement in employment, personal income and increased per-capita income, and rural counties in the

West with more than 30 percent protected public lands saw jobs increase by 345 percent compared to regions without protected lands. Weakening protections, modifying, or rescinding national monuments could damage the economy of local communities.

In addition, despite claims to the contrary, all the national monuments designated during the past eight years were designated after public meetings were held and input was gathered from local communities, and each of these monuments had broad local support. The people who enjoy these lands have actively participated in the public process leading to their designation. Outdoor recreationists, local organizations, scientists, and tribes with ancestral ties to these lands all worked with prior administrations to ensure these lands are protected at the scale necessary to preserve its special values. The public has shown strong support for national monuments. A Colorado college poll in 2017 reports 80 percent of western voters supported keeping protections for existing national monuments. Recently, OIA announced it would pull its trade show out of Salt Lake City because of efforts to rescind the Bears Ears National Monument. Americans care deeply about national monuments and their voices should be considered if you proceed with any potential changes to the monument designations.

Thus, we request that any process evaluating national monuments designated under the Antiquities Act should be conducted through an open, transparent and public process in which all Americans can participate and provide their information and insight. In particular, it is important that government to government relationships with federally-recognized Indian tribes be maintained through meaningful consultation.

Thank you for your consideration.



# Bill to Build Access to Cultural Educational Opportunities for Native Students Reintroduced

submitted by Press (Heitkamp)

WASHINGTON, D.C. (April 27, 2017) – U.S. Senators Heidi Heitkamp (D-ND), James Lankford (R-OK), and Steve Daines (R-MT) reintroduced bipartisan legislation to make sure Native American students who are eligible for federal learning resources that can help address their unique academic and cultural needs are not prevented from accessing those critical programs.

Although the Bureau of Indian Affairs' (BIA) last official count of eligible Native students took place more than two decades ago, the federal government still relies on this severely outdated data to determine federal funding needs and distribution for the Johnson-O'Malley (JOM) program – a federal cultural educational support program that works to boost academic achievement among underserved students in Native populations. By requiring the federal government to accurately count all Native students who could be served under the program, Heitkamp, Lankford, and Daines' bipartisan Johnson O'Malley Supplemental Indian Education Program Modernization Act would work to change that – helping close significant gaps in access to programs that can help Native students improve academically.

“Native students are among America's most under-served youth, and for years

the federal government has been neglecting its duty to help them access learning opportunities that can help them thrive,” said Heitkamp. “By updating decades old data the federal government uses to determine federal funding for critical cultural and educational support for Native students, Senator Lankford and I are working to prevent Native children from falling through the cracks. We need strong bipartisan solution like this bill to build access to critical learning programs Native students need to succeed, and to build opportunities that make sure no Native child is forgotten.”

“It is the tragic reality that American Indian students in some parts of the country must overcome many hardships as they seek a quality education. The JOM program provides much needed cultural and academic assistance to those students and helps open the door to a brighter tomorrow. This legislation corrects a 20-year-old problem and ensures the program operates with an accurate count of Indian students attending public schools,” said Lankford.

“We need to ensure that Native American students have the tools they need to learn,” said Daines. “We can't properly help tribal communities in a meaningful way without knowing who and how many people we are serving. Education

is the bridge to a brighter future, and I'm determined to work to improve the educational systems in tribal communities.”

“Senators Heidi Heitkamp (D-ND) and James Lankford's (R-OK) Johnson-O'Malley Supplemental Indian Education Program Modernization Act will provide long-needed and necessary updates to the JOM program which awards supplemental assistance to eligible Indian students from federally-recognized Indian tribes that attend public schools; and for educational programs designed to meet their specialized and unique educational activities, ages 3 to grade 12,” said James Whitman, an enrolled member of the Three Affiliated Tribes and former National Johnson O'Malley Association Board of Directors member representing the state of North Dakota. “The most important provision of this bill will result in the first update of the number of Indian students eligible for Johnson O'Malley services and assistance in over 20 years. Obtaining this eligible student count will drive the policy, program and funding discussions needed to make JOM more effective, meaningful and beneficial for all eligible Indian children.”

During a time when Native students graduate from high school at a rate far lower than any other racial or ethnic demographic in the country, Heitkamp,

Lankford and Daines are working to make sure that the cultural programs in public schools that have linked to boosting Native students' morale, as well as academic performance and attendance, are readily available in classrooms. Despite the stark need for such programs, the last official count in 1995 by BIA identified 271,884 Native students eligible for such resources. Since that time, the BIA has attempted to officially verify Native students eligible for the program without success, while the National Congress of American Indians has recently indicated a large gap in access to these programs – with a marked increase of more than 500,000 Native young people nationwide in 2010 that could be eligible for JOM cultural resources.

Heitkamp, Lankford, and Daines' bipartisan bill would call on the U.S. Department of the Interior to update its severely-outdated count of Native students in a timely manner by using existing public information from the U.S. Census Bureau and the National Center for Education Statistics (NCES) to show underserved students who are potentially eligible under the program. This data is crucial for making sure Native students in public schools can access the cultural and educational investments critical to their success.

# Historic Preservation Grants Announced

submitted by Department of the Interior

WASHINGTON, D.C. (April 27, 2017) — U.S. Secretary of the Interior Ryan Zinke with the National Park Service announced the awarding of \$26.9 million in historic preservation grants to every U.S. state, the District of Columbia, the U.S. territories, and partnering nations, in addition to \$5.7 million in grants to more than 160 tribes for cultural and heritage preservation projects on their tribal lands.

“Fees collected from drilling on the Outer Continental Shelf help fund important conservation tools like these grants,” Secretary Zinke said. “The Department of the Interior and the National Park Service are committed to preserving United States and tribal history and heritage. Through valuable partnerships we are able to assist communities and tribes in ensuring the diverse historic places, culture and traditions that make our country unique are protected for future generations.”

Administered by the National Park Service on behalf of the Secretary, these funds are a part of annual appropriations from the Historic Preservation Fund (HPF). Since its inception in 1977, the HPF has provided more than \$1.2 billion in historic preservation grants to states, tribes, local governments and nonprofit organizations. Funding is supported by Outer Continental Shelf oil lease revenues, not tax dollars, with intent to mitigate the loss of a non-renewable resource to benefit the preservation of other irreplaceable resources.

This year's HPF grant funds were appropriated under the Continuing Resolution Act, 2017, enacted as Public Law 114-254. All funding to the states and District of Columbia requires a 40 percent non-federal match, which leverages state, local and private dollars to do even more with the federal HPF investment. The HPF grants fund preservation programs at state historic preservation offices

and ensure support of local preservation with a required 10 percent pass through to Certified Local Governments via competitive sub-grants.

The HPF is also an essential funding stream for tribes to preserve their unique cultural and heritage resources through a broad range of activities, including identifying places of cultural significance for planning and protection purposes, public education and training, and leading tribal preservation initiatives.

Examples of the diversity of work accomplished with this annual funding include:

- Students from Keweenaw Bay Ojibwa Community College in Michigan will assist conducting oral interviews with elders on tribal traditions and everyday life in a project that also includes an outreach and education exhibit.
- A statewide study on Japanese-American settlement coordinated by the Nebraska State Historical Society.

- Wisconsin conducted underwater survey evaluations of shipwrecks in Lake Michigan, preparing site plans, and National Register of Historic Places nominations for the S.C. Baldwin and three newly-discovered vessels.

- Washington's State Department of Archaeology & Historic Preservation's consultation with the U.S. Department of Energy and Native American Tribes on culturally-sensitive Columbia River shoreline with known tribal archaeological resources, historic properties illustrative of post-contact settlement, and Manhattan Project-era resources.

- In Texas, a youth summit held in conjunction with the San Antonio Missions National Historical Park and a series of workshops on historic metal truss bridges in cooperation with the Texas Historical Commission and the Texas Department of Transportation.





# Spring is Here!

## Important Reminders from FCP Housing

### FCP HOUSING LAWN CARE NOTICE

Effective summer of 2017, the Housing Department will be providing lawn cutting services to Tribal Elders and handicap tribal members only.

This notice is to inform the FCP community that all other tribal members will be responsible for the care and upkeep of their own individual lawns.

As a reminder, please make the necessary arrangements needed for the mowing season which typically begins in the month of May each year.

Working together, we can keep our communities looking clean and green!

As a courtesy, the Housing Department will provide contact numbers of who will provide lawn service at cost.

For further information, contact Housing at (715) 478-7403.



### DUMPSTERS



**WATCH FOR THE NEIGHBORHOOD DUMPSTERS. PLEASE GATHER YOUR UNWANTED ITEMS AND THROW THEM OUT. SEE AD ON PG. 11 FOR MORE DETAILS. SOLID WASTE (715) 478-7300**

### Smoke & Carbon Monoxide Detectors

- If you have smoke/carbon monoxide detectors, please change the batteries at this time and test your detector by pushing the test button on the alarm.

- For those that do not have smoke/carbon monoxide detectors in their homes, you should have one on each floor of the house, one on the wall or ceiling next to your bedrooms, and in the kitchen area.

Please do not overlook smoke/carbon monoxide detectors...they can save your life!

Reminder: Please check your furnace filters and change them out every six months for best air quality and efficiency of the furnace.



### Fire Extinguishers

Each home should have a fire extinguisher on each floor, and everyone should know how to use one. Use PASS as a quick reminder: PULL, AIM, SQUEEZE, SWEEP.



### Housing Department Helpful Hints

- Please make sure your sump pumps are plugged in and working.
- Watch for water entering into your basement throughout spring and summer.
- Keep rain gutters clear of debris and the gutters extending away from your house as pictured below.

HELP: Keep the neighborhood and your yard looking clean by picking up any garbage that is laying around now and the rest of the summer season.



FOREST COUNTY POTAWATOMI  
**HOUSING**  
5460 Kak yot Lane, Crandon, WI 54520  
(715) 478-7270