



# POTAWATOMI TRAVELING TIMES

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## Swine, Dine & Dash Event Takes Place at New Farm

by Val Niehaus

What a beautiful fall day it was on Sept. 30, 2017, when the Swine, Dine & Dash event was held on the grounds of the new Forest County Potawatomi (FCP) farm. The farm has been developed on the property initially used for the Red Deer Ranch on County H in Blackwell. Over the past year, the FCP Natural Resources department has been working hard to redevelop these grounds into what is now called the Bodwéwadmí kragen (Potawatomi Farm).

The turnout for this event was huge! There were far more attendees than the Natural Resources department and FCP Health & Wellness Center's Community Health department ever anticipated, and this was great to see! It was a family-oriented event enjoyed by all ages. With the weather being perfect for outdoor activities, participants could enjoy hayrides, face painting, pumpkin patch along with painting your own pumpkin, a corn sandbox, sack races and many other games and activities. You could even get up close and personal with the animals if you cared to; considering the number who took the walk out into the fields to visit the chickens, pigs, and cows, this was clearly a popular part.

The day started with a "fun run" which was open to whomever wanted to participate. Those who didn't were able to mingle and visit while awaiting the noon meal provided by Dewing's Catering. A highlight of the feast was a pig roast and all the fixings with meat provided by the

farm. Richard Gougé said the prayer before everyone was able to dig in. It truly was a delightful day with a broad variety of things to do for all ages, and it was obviously enjoyed by all. This was a perfect way to introduce the new enterprise to the community.

The mission of the farm is: "To provide a natural, sustainable source of vegetables, fruits, greens, fish and animal proteins to the tribal community."

Products raised on the farm will be processed for distribution in the community through three different phases:

**Phase 1:** Provide food for the elderly programs, day care, preschool and community events.

**Phase 2:** Provide food to all tribal elders.

**Phase 3:** Provide food to all tribal members.

At the moment, the farm is equipped with three high tunnels that maintain the growth of different vegetables including corn, potatoes, rutabagas, cucumbers, zucchini, tomatoes, and bell peppers among others. There are also pigs, cattle, and turkeys for meat production and free-range chickens which are for both egg production and meat intake. In addition, a large apple orchard is being established; hopefully it will soon provide bushels of the fruit for everyone's consumption. Berry patches have been started and hopefully will expand quickly to provide fresh berries to be used in various preserves.

The high tunnels offer a huge greenhouse type of environment, and crops will be maintained in these up to the month of November. Once they are harvested, things will be cleaned up in preparation for the next growing season. With the help of the farm staff which includes: Dave Cronauer, farm manager; Joe Shepard, assistant farm manager; and Bill Belland, farm technician; it will then be time for farm workers to research foods, evaluate how things went this year, and make adjustments for the next growing season.

The staff will then use this information to help come up with a proposal for next year's crops. The farm staff will work with tribal departments to figure out just what foods they need or want. They will also decide what kinds of animals they will need to get and raise. By March, it will be time to start planting in the high tunnels again.

*continued on pg. 4...*



Face painting was a hit with all ages.



Checking out the chickens was a favorite!



This was a family-fun event for all ages!



The fresh homemade apple cider was a crowd pleaser!

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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.



## Potawatomi TPS Joint Venture Awarded U.S. Army Contract



The 1-NET JV, LLC, a partnership between 1Prospect Technologies and Networking & Engineering Technologies (NET), was awarded the Ft. Detrick, Maryland Network Enterprise Center (NEC) Information Technology Support Services contract. This contract provides command, control, communication, and computer information technology Enterprise Management Services to the U.S. Army Signal Network Enterprise Center (NEC) – Fort Detrick located in Frederick, Md.

The NEC supports major Army commands such as MEDCOM and its subordinates commands, U.S. Army Medical Department, Office of the Surgeon General, U.S. Army Medical Research and Material Command and its subordinate commands, U.S. Army Medical Research Institute of Infectious Diseases, Congressionally Directed Medical Research Program, U.S. Army 302nd Military Intelligence Battalion, U.S. Army Garrison – Ft. Detrick, Defense Health Agency, Defense Travel Management Office, Department of Homeland Security, and Naval Medical Research Center..

1-NET JV personnel will support NEC mission requirements, supporting both networks: Non-Secure Internet Protocol Router Network and Secure Internet Protocol Router Network. The period of performance is a base year plus two option years.



**GREENFIRE**

## Congratulations to Eric Rank on his One-Year Anniversary with Greenfire



## Rev-up MKE Final Live Pitch Event

Potawatomi Business Development Corporation recently teamed up with Near West Side Partners, Harley Davidson, Marquette University, MillerCoors, Aurora Healthcare and Water Stone Bank, among others, for the second-annual ‘Shark Tank-style’ business competition in Milwaukee called Rev-Up MKE. The competition aims to help entrepreneurs expand or start a business on the Near West Side.

Six finalists made their live pitches to a panel of judges and the public during an event that took place at The Rave on Wednesday, Sept. 20. The judges for the evening were: Kurt O’Bryan, CEO at Potawatomi Business Development Corporation; Paul Jones, vice president of strategy and sustainability and chief legal officer at Harley-Davidson; Doug Gordon, CEO of WaterStone Bank; Ebony Ssali, owner of Ssali Media Group; and Ray Seaver, founder and CEO of Zizzl.

Grand prize winner, Lisa Kaye Catering LLC, took home \$10,000, over \$25,000 in-kind services, and advertising and recognition from Near West Side.

Owner Lisa McKay founded the catering company in 2007, and it has grown to cater to events of all types and sizes, including weddings and corporate events. McKay is known for its smoked-beef brisket and cheesy potatoes but also makes a variety of ethnic foods to match themes, she said. McKay has plans of opening a kitchen in the Near West Side, potentially in the Historic Concordia neighborhood.

The runner-up was lifetime Cold Spring Park resident Annalies Tilly-Grantz, owner of Hands in Harmony Piano Studio. Tilly-Grantz received a \$4,000 prize.

Tilly-Grantz, who currently teaches 75 students but has a 32-student waitlist, was seeking funds to develop a storefront and music hub in a warehouse space on the Near West Side, where she could install multiple soundproofed practice rooms, augment her lessons with retail space for accessory and music book sales, and provide ample parking for families.



Pictured above: Grand prize winner, Lisa McKay with Lisa Kaye Catering.

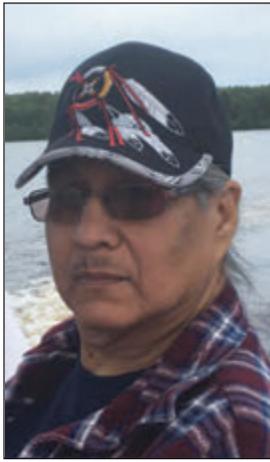
**Raymond J. Russell**

Raymond J. Russell, 53, of Crandon, Wis., passed away Sept. 21, 2017, at Aspirus Wausau Hospital. Ray was born Nov. 5, 1963, in Traverse City, Mich., the son of Jake and Clara (Sims) Russel. He was united in marriage to Bernice Thunder on Sept. 8, 2000, in Green Bay, Wis. Ray served in the U.S. Army.

Surviving Raymond are: his wife, Bernice; daughters: Cerise Russell, Green Bay; Tawnee (Ryan) Robinson, Green Bay; Amber Stein, Traverse City; son: Raymond "RJ" Stein, Traverse City; grandchildren: Demetri, Austin Daniels, Maryjane Soman-Daniels, Payton Soman-Daniels, Justin Daniels; sister: Becky, East Jordan, Mich.; brothers: Mark Russell, East Jordan, and Dave (Billie Jo) Russell. He was preceded in death by his mother, Clara, and sister, Pam Wilson.

Visitation took place Sept. 24, 2017; services were held Sept. 25, with Billy Daniels Jr. officiating at the Potawatomi Cultural Center, Crandon.

Weber-Hill Funeral Home assisted the family with the arrangements. Online condolences may be directed to [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).



**Notice of Nomination Results  
on October 2, 2017**

**Nominations for Chairman**

Lawrence Mann nominates **Ned Daniels Jr.** (Accepts)  
Ruth Pemma nominates **Harold G. Frank** (Accepts)  
Jim Thunder nominates **Michael Alloway Sr.** (Accepts)  
Jessica Jacobson nominates **Al W. Milham** (Declines)

**Nominations for Council Member**

Philip Shopodock nominates **Nickolas Shepard Sr.** (Accepts)  
Lori Cleereman nominates **Nathaniel Gilpin** (Accepts)  
Ira Frank Sr. nominates **Brooks Boyd** (Accepts)  
Donald Keeble nominates **Jeffrey Keeble Jr.** (Accepts)  
Lorna Shawano nominates **Heather VanZile** (Accepts)  
Harold G. Frank nominates **Al W. Milham** (Accepts)

James A. Crawford, Tribal Secretary  
Forest County Potawatomi Community

**Elections will take place on November 4, 2017  
Executive Building 8 a.m. to 7 p.m.**



**Notice of Judicial Election**

submitted by FCP Tribal Court

The current position of Forest County Potawatomi Tribal Court Associate Judge is up for election. The Associate Judge's current term ends on Dec. 18, 2017.

The elected candidate will serve as an Associate Judge of the Forest County Potawatomi Tribal Court. The position will be salaried (up to 40 hours per week) at a salary to be determined by the Executive Council.

Those interested in running for election should attend the caucus/nomination meeting at 7 p.m. on Monday, Nov. 13, 2017.

Tribal law requires that the judge be at least 25 years of age at the time of his or her election.

Tribal law states that no person may serve as a tribal judge while serving as a member of the Executive Council or as the prosecutor, defender, clerk of court or tribal law enforcement officer.

The Associate Tribal Judge will be elected to a term of six years.

Upon taking office, the Associate Judge will be provided with extensive training which includes out-of-state travel.

**SCHEDULE:**

**Monday, Nov. 13, 2017:** Nomination meeting  
7 p.m. at the Auditorium

**Saturday, Dec. 2, 2017:** Primary election (if more than two candidates)  
At the Auditorium

**Saturday, Dec. 16, 2017:** General election  
At the Auditorium

**Sunday, Dec. 17, 2017:** Associate Judge sworn in  
10 a.m. in FCP Courtroom



*Deadline for the November 1, 2017 issue  
is Wednesday, October 18, 2017.*

**POTAWATOMI TRAVELING TIMES**  
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<p><b>FCP EXECUTIVE COUNCIL</b></p> <p><b>Chairman:</b> <b>HAROLD "GUS" FRANK</b></p> <p><b>Vice Chairman:</b> <b>CHAD FRANK</b></p> <p><b>Secretary:</b> <b>JAMES A. CRAWFORD</b></p> <p><b>Treasurer:</b> <b>JOSEPH DANIELS SR.</b></p> <p><b>Council Members:</b> <b>BROOKS BOYD</b> <b>HEATHER VANZILE</b></p>	  Member of the Native American Journalists Association	<p><b>PTT STAFF</b></p> <p><b>Managing Editor:</b> <b>WINDA COLLINS</b></p> <p><b>Administrative Assistant:</b> <b>MICHELLE SPAUDE</b></p> <p><b>Reporter/Photographer:</b> <b>VAL NIEHAUS</b></p> <p><b>Graphic Artists:</b> <b>KRYSTAL STATEZNY</b> <b>RACHEL WOOD</b></p> <p><b>Creative/Cultural Associate:</b> <b>JEFFREY KEEBLE</b></p> <p><b>Milwaukee Freelance Correspondent:</b> <b>VERONICA MANN-ERGESON</b></p>
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**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 at 8000 Potawatomi Trail in Crandon.**

**Please join us!**



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

# Farm Event

...story continued from pg. 1

Future plans include raising fish as well as bison, and plans are also being made for construction of three more high tunnels which allow plants to be grown from March through November. This will significantly extend the northern Wisconsin growing season. Other anticipated additions to the facility's grounds in the future include an aquaponics building (to raise fish with plans to use their waste to fertilize veggies), a corn maze and pumpkin patch (for community events) and

in the more distant future, a commercial kitchen.

Community members are more than welcome to stop out and visit the farm anytime they would like and, of course, any helping hand they wish to offer would be greatly appreciated. Jennifer Mabrier, environmental education coordinator, said, "Once we have berries to pick, it would be great to have community help since there is such a short time period when these berries are ripe. We will also need help with canning and preserv-

ing the produce we collect from the farm. Any community members who want to come out and participate are more than welcome." It should be mentioned that there is at least one staff member always present on the farm between the hours of 9 a.m. and 3:30 p.m., seven days a week, so certainly stop on out if you have any interest or questions about what's happening at the facility.

As a final comment about this weekend's event, Frank Shepard Jr., Natural Resources director, would like to thank everyone who made it out to the farm to join the activities. He was happy to see such a great turnout! Thanks also go out

to Jeff Keeble, Ali Daniels and Celeste Schuppler for their cultural guidance, and to all of the staff who worked so hard to make this first annual event happen and become the great success it clearly turned out to be.

FCP Natural Resources wants the farm to be part of the community, to be a place where family and friends gather to laugh and talk and eat good, healthy, clean food. There are already plans in the works to have another community event in the spring, and this fall event will be an annual gathering that will include even more activities in the years to come.





by Veronica Ergeson-Mann

Victoria Daniels will be celebrating the one-year anniversary of her kidney transplant in November. Her life couldn't bear a less striking resemblance to the times of dialysis, kidney failure and chronic fatigue. She has been interning with PHC, hitting the pow-wow trails with her daughter most weekends, advocating for blood and organ donation, and self-educating as a newly-energized health enthusiast.

I was very excited to sit with her one last time to wrap up her post-transplant story, but I was also saddened that it was our last meeting! As I dive into the interview that took place between us on a gorgeous fall day in mid-September, a story that she told me is echoing in my head. This story is where I will start the dialogue:

**Victoria:** My family and I were driving back to Wisconsin after a vacation in Florida. For some reason, when we got to Tennessee, the GPS messed us up and must have switched our navigation to the scenic route. We started winding up the moun-



**“My daughter was emulating my negative attitude and habits, and that was the moment that I had to stop and re-evaluate. If, God forbid, my daughter was going through something like dialysis, how would I want her to handle the situation? That was the shift for me. No matter how terrible dialysis was or how unfair everything seemed, I needed to be an example to her on how to handle the toughest times in life.”**

tains in Chattanooga and the sun had just set, so it was getting very dark and a little eerie. We were deep in the woods on an isolated part of the land, so we were all getting a little spooked out on them back roads. Maybe it was our nerves, but it felt like we were driving through a never-ending valley. We were winding through these twisty roads, when just after the sharpest turn, we saw a house with its lights on in the distance. It was like we all started breathing again! Once we knew that we weren't alone out there, we felt okay like, alright, we will make it through eventually. Sure enough, it wasn't too long after that the scenic route merged back onto the highway and the road was straight again... we were on the fast track home.

I was really present in that moment, and it's such a vivid memory because it was such a parallel example of my life. I was traveling through these never-ending winding valleys, but I needed to remain calm and



**“If my younger self was reading this I would probably be like whatever, I'm young and wild and free, but the reality is that I didn't know what was going to make me the best mother and a happy person. I would probably think; 'eh, she's older she has to think about that stuff', but all of this happened to me in my mid-20s, so it is possible to change when you're young. Don't wait for something tragic to force the changes in your life, make them now.”**



**“Our mental health and our children's well-being is reason enough to take change seriously. Do one healthy option at a time until it becomes a habit that is programmed in your brain. Don't overload your brain with a lot of change because it'll go back to old habits out of comfort. Make one simple change at a time that can become habitual.”**

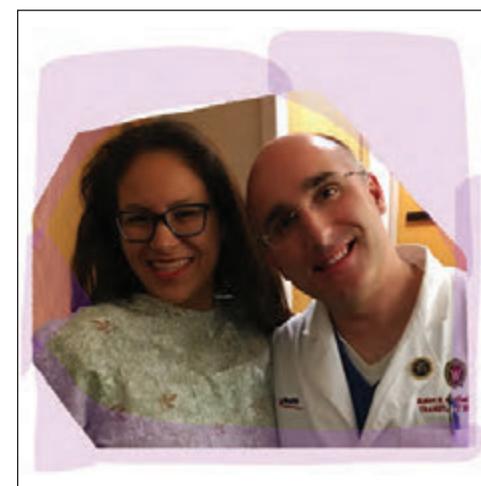
keep going because eventually every valley ends and you make it to the other side of the mountain.

**VTRON:** Oh, that is a powerful analogy. Now that you are “on the other side”, do you think that it has made you a different person?

**Victoria:** Yes, completely. The first two years of dialysis broke me. I was depressed and the toxicity from the kidney failure was showing. My daughter was emulating my negative attitude and habits, and that was the moment that I had to stop and re-evaluate. If, God forbid, my daughter was going through something like dialysis, how would I want her to handle the situation? That was the shift for me. No matter how terrible dialysis was or how unfair everything seemed, I needed to be an example to her on how to handle the toughest times in life. I started looking up empowering resources online, and from then on things started shifting for me. I've been introduced to so many new things that I would not have been open to if things had not shifted: farmer's markets, trying eggplant, watching documentaries, going vegan, meeting positive people who like to work on themselves... I probably would have never met you. A lot would be different.

**VTRON:** I researched post kidney transplant facts and I was overwhelmed by how careful and risky the process of acclimating to a new kidney is. Did the post-op risks scare you?

**Victoria:** It's weird to say, but I had no fears. After the operation, the doctors said I was a miracle patient because my post-op vitals were so strong. I was able to leave the hospital after three days, which is pretty unheard of. Like I said in the previous article, I knew that my cousin was looking out for me from the unseen world. There were signs that this kidney was meant for



**“On my journey I have found that suffering is the truest test of life. How I react to it makes me a warrior, not just a survivor.”**

me since the moment the phone rang, so I chose not to doubt them. Even now, I have that mindset, because people usually have to have another transplant somewhere along the road, but 40 years from now, I want to be a record-holding recipient, still rockin' this kidney.

**VTRON:** I love that mindset! Even if your kidney is a perfect match, a person's physical health is not just “hunky-dory” after a transplant. Post-op life requires discipline and a regimented way of being. Was that disappointing news?

**Victoria:** I definitely would have felt defeated and negative about post-op life before my mentality shifted with the dialysis experience, but now I genuinely believe that this needed to happen for me and for my family. It's been an opportunity to break the cycle of unhealthy living and a gift of good health that I can also pass down to my daughter. We all need discipline and self-control, so post-op guidelines just push me to have an even stronger drive for that lifestyle.

**VTRON:** Discipline and self-control, how do you think those two words might be perceived in our community?

**Victoria:** Probably with resistance. All we know is what is around us. When I saw everyone around me just drinking to get messed up, I thought that was what drinking was for. Now, I'm in situations where people have cocktails at an event and I am looking around like “oh, this is a social thing to open up conversations, and loosen nerves.”

**VTRON:** Do you think that under the reality of people only knowing what is around them, that we all long for “something better”?

**Victoria:** I don't think we know what's good for us. If my younger self was reading this, I would probably be like ‘whatever, I'm young and wild and free’, but the reality is that I didn't know what was going to make me the best mother and a happy person. I would probably think; ‘eh, she's older; she has to think about that stuff’, but all of this happened to me in my mid-20s, so it is possible to change when you're young.

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Don't wait for something tragic to force the changes in your life; make them now.

**VTRON:** This is why I find your story so powerful for our community... It's a testimony to how health matters now - in the youth of life. This is not an "adult/elder" issue; this is a full-circle issue.

**Victoria:** Yes, exactly. The other day I was at the movies watching a group of young girls make their movie-snack choices, and I wanted to say like, "It might not reveal now, but what goes inside your body will surface eventually."

**VTRON:** In Native America there are very real statistics that really demand that the community face this reality as a need to decolonize, not just "be healthy". How has that reality shaped your thought process?

**Victoria:** I realized that a lot of natives don't know the statistics, which is surprising because it has been so rampant in our communities. I can't tell if people need more information to jolt them into taking greater precaution or if they just don't care. I mean, everyone cares about themselves, but if we know what is good for us and we still don't make the changes, then what is the real solution?

**VTRON:** That resonates with that deeper theme: 'how sick is sick enough', which applies to addiction or any chronic pain. At what point should someone take their symptoms serious enough to see it as a wake-up call?

**Victoria:** When I was on dialysis and that fluid was building up, it affected my mind in such negative ways. Imagine how much processed food is affecting the mentality of some of our tribal members' minds. We look at Standing Rock and see all of these tribes fighting for clean water, but look at what some of us are giving our children: soda and Hawaiian Punch. Our mental health and our children's well-being is reason enough to take change seriously. Do one healthy option at a time until it

becomes a habit that is programmed in your brain. Don't overload your brain with a lot of changes because it'll go back to old habits out of comfort. Make one simple change at a time that can become habitual.

**VTRON:** I can testify to that! "Food is medicine" has been my mantra for mental health. When I feel anxious or off, I review if I have had an increase in sugar or processed carbs... if I don't have enough protein, that can throw my entire energy level off, too.

**Victoria:** You know, I notice when I am in a good mood and take my time to make a meal for my family and I got all of those good thoughts going, the food comes out great and everybody loves it. Not a lot of people cook their own meal with their hands and make tea and put those thoughts into what they consume, and that's important. Now that I have the energy to make these meals, I see the difference.

**VTRON:** Alrighty, I don't know if this question is allowed, but all of this (the blood pressure, the kidney failure, the dialysis, the transplant) never would have happened to you, do you feel like you would be missing something?

**Victoria:** Kind of, yeah. That is REALLY hard to admit and even think about, but this changed everything for me. As a teenager, I wanted to be like my auntie working for the tribe and making a difference in my community. But after I turned 18, I got onto a path that didn't look anything like that. I wasn't taking advantage of opportunities in front of me or doing anything for my community. I was at my heaviest weight, and I was eating all of the crap food that I was raised on. Despite what led me here, I am in a place where I can say that I am on a good road. I'm taking full advantage of my opportunities, and I am getting closer to doing something to give back to my community. I listen to the science channel, study why meat is bad for our bodies. I wouldn't be disciplined like I am now.

It helped me dig deeper into things that would benefit me health-wise, and spiritually, too. Big drum has been really important to me, and I don't know if I would have gotten as into it. So when I think about that question, it reminds me of this quote that I wrote about suffering on Facebook. It feels like something harsh to say, but... "On my journey I have found that suffering is the truest test of life. How I react to it makes me a warrior, not just a survivor."

**VTRON:** Ah, I love that. I'm not Catholic but Mother Teresa believed that our Western world was a far worse poverty than any poverty she had ever served. I think suffering breaks us, but it can also free us from that internal poverty. Our ancestors fought to resist the modern ways because they knew that they were not good ways: consumption, greed, money, power. That structure limits our ability to live in the balance that we are meant to live in: with creation, with each other, with ourselves, with our bodies.

**Victoria:** Exactly! All I gotta say is back before the Europeans came, Native Americans were the baddest people in the game... physically, mentally, spiritually, emotionally. They were so in tune with Mother Earth and the Creator that they didn't need "pharmacies and hospitals" to help them live. Go back to that... go back to eating right, off the land. Resist the commercials because they are all there for money.

**VTRON:** Yes! Most people don't know that television was created to sell products. Everything is placed in a precise way to tell you where to spend your money, and on a deeper level, to control your life by making you a predictable statistic in society. As Natives, we are a sovereign force of nature and we need to remind ourselves that the scripted way of life isn't for us. We are the leaders that exemplify a good way to live, not our televisions.

**Victoria:** Exactly what you said! [chuckles]

**VTRON:** Good tangent! So, in this finale, what do you want other tribal members to take away from your story?

**Victoria:** Sometimes it takes what WE THINK OF as a tragedy to bring the best out in our lives, so when you go through something, challenge yourself to really go through it. Be thankful even if it doesn't seem right to be thankful for what you are going through. Medicate your mind with positive thoughts. You never know who you are inspiring when you are fighting through something. I had no idea that I inspired my family, but they have conquered their own challenges as a result of watching me go through this.

If you get an opportunity, be willing to open that door out of curiosity. If you get a chance to break free, just go for it. Forget who you are leaving behind at that moment and do what is best for you. It sounds really harsh and it's not going to be easy, but it is a necessary part of growth. All I had was negative thoughts when I started my journey, but we have a choice. We can choose those good things and good roads that will open us up. Sometimes when we don't, life will take us through what we perceive as a tragedy in order to get us back on that good path. I truly believe if you accept what comes your way and rise above it, you're going to come out on top.

Lastly, but not least, take care of your body from the inside out! Kidneys filter everything we breathe, eat, drink... it's taking it all in. Your body needs the best so that it can do its job. This is for men and women - health is from the inside out. Clear skin, shiny thick hair, it starts from the inside of your body, but so does your strength, your endurance and your mindset.

**VTRON:** I know you are a passionate advocate for organ and blood donation. Do you have any thoughts you'd like to share on that?

**Victoria:** Do It!



**"All I gotta say is back before the Europeans came, Native Americans were the baddest people in the game.. physically, mentally, spiritually, emotionally. They were so in tune with Mother Earth and the Creator that they didn't need "pharmacies and hospitals" to help them live. Go back to that... go back to eating right, off the land."**



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# First Annual FILM Festival Held

by Winda Collins in collaboration with Dave Herkert

On Thursday, Sept. 28, 2017, the first annual Forest County Potawatomi (FCP) Film Festival was held at the FCP Executive Building in Crandon, Wis. The reason for the event was to showcase the work created by those involved in the FILM (Fostering Independence, Leadership and Mentoring) program since its inception a year ago.

Dave Herkert, FILM coordinator, welcomed the group of approximately 35 to the event, reminding them to take advantage of the free popcorn and candy before the showings began.

First up was the Mad Dog & Merrill Midwest Grill'n episode filmed at the powwow grounds in Carter. The episode featured quite a few community members including the drum and dancers. This was the first real production experience for the FILM crew, and despite the nerves, it was a great episode. Herkert expressed his thanks to all who had a part in its success. (credits: The Three Sisters - Midwest Grill'n with Mad Dog and Merrill [nationally televised]; Producer Rod Kolash Lasbro Productions; Line Producer Holly Spaude; Director Marcus Daniels, [Crew: FILM Program youth].)

Herkert then began to give an overview of the FILM program: "The program's design is to educate tribal and community youth in film and video productions, giving them independence and inspiring leadership as well as generating a group of future mentors to complete the cycle of fostering the next generation in expressing their creativity, skills and giving a voice to the youth in the community."

Herkert is no stranger to the world of film production, having been heavily involved since his days in college. When he first came to work for the tribe, he had the opportunity to voice his ideas to FCP leadership. From that point, according to Herkert, "The vision became a PowerPoint; the PowerPoint became a grant idea submission; and the grant submission became several planning meetings." Under the leadership of Cara Kulhanek and the Grants Department, the creation of a plan and vision for the program began taking shape. The final grant request was submitted to Association of Native Americans (ANA) for possible funding. According to Herkert, "The ANA loved this idea so much that they not only funded this, but turned the pressure up by including the program idea into their annual report to Congress - before we even started working on this."

Upon being awarded this grant, the ANA agreed to detailed goals to meet during our yearly program run:

- To recruit 10 tribal youth for the FILM workshops. There were 19 involved in workshops this year.
- To hold 10 workshops. There were 14.

Some of the workshops were presented by talented people that work for the FCP community: Ryan Reynolds, Matt Moore, Val Niehaus, Jeffery Keeble, Luke Schulta, and Micah Nickey. Each brought to the table a talent they could share and introduce new and exciting skills in the industry, from editing, photography, sound recording and writing, to project creation and drone videography.

- To produce one documentary or group project. FILM produced a documentary and seven other films, as well as landing a national TV show.

- To design and build a TV production studio for youth to gain experience producing shows in taped or live broadcast format. The studio, located in the Education building, is in its final stages.

The FILM Advisory Board, consisting of Chris Luter, Sarah Thomaschefskey, Jeffery Keeble, Sarah Adler, Marcus Daniels, Holly Spaude, and Jennifer Daniels, created The Flame, an award to bestow upon those people and/or departments who lent support in any number of ways:

- Jennifer Daniels and Josephine Daniels who designed and created the actual logo for the FILM program.

- The grants team: Cara Kulhanek, Colette Nelson, Mary Simono (Grants), Jill Spieckerman (HR Compliance), JoAnne Roy (Accounting), Chris Luter, Sarah Adler (IT).

- Education Department: Tom Boelter, Sarah Thomaschefskey, Rebecca Jennings, Myra VanZile.

- *Traveling Times*: Winda Collins, Val Niehaus, Shelley Spaude, Rachel Zaborowski, Jeffrey Keeble, Krystal Statezny.

- Tribal Leadership: Without the support of the Executive Council, great programs such as this would not grow and produce such great results.

- Family Services: Abbey Lukowski and her team.

- Megan Gerber and her detailed record keeping.

- Mike Baker for sharing his sound studio.

- The entire IT team for all the support they have shown.

Herkert wanted to acknowledge the real stars of the program – the youth: Bisher Daniels, Mercedes Houle, Mariah Jacobson, Jennifer Daniels, Josephine Daniels, Janiece Brown. These students are part of the 19 that attended the workshops this past spring and summer. We had great times during the workshops: Filming scene exercises, sound studio field trip, Channel 12 tour, and Up North @ 4 talk show.

And then, the rest of the films were shown in the order that follows:

- Spirit of FILM (Commercial) BEST of the Workshops, Produced by Shania Pamonicutt
- TEAM Wisconsin (Highlight of FC

Potawatomi), Produced by Jeffrey Keeble

- RIVALS (Mockumentary), Produced by Marcus Daniels, Mark Daniels Jr., Antonio Daniels, Shot by Marcus Daniels, Mark Daniels Jr.

- 2017 Meno keno ma ge wen Powwow (Music Video), Produced by Jeffrey Keeble

- Bisher's SHOT (Documentary), Produced by David Herkert, Bisher Daniels, Shot by Marcus Daniels, Holly Spaude

- Indian Summer Festival Powwow 2017 (Highlight Video), Produced by Jeffrey Keeble

- POWER KNOWLEDGE, Story 11 (Narrative), Produced by Marcus Daniels, Antonio Daniels, Shot by Marcus Daniels, Antonio Daniels, Cole Mihalko

- NO JUICE (Stickbot Stop Action Animation), Produced by Marcus Daniels, Videography by Marcus Daniels

- "CLEAN" (Horror Film Promo), Produced by David Herkert, Marcus Daniels, Shot by Marcus Daniels, Antonio Daniels, Holly Spaude

If you missed this one, you won't want to miss the next one. Congratulations to all involved for an extremely successful first year. *PTT* wishes FILM a fantastic and fruitful second year!



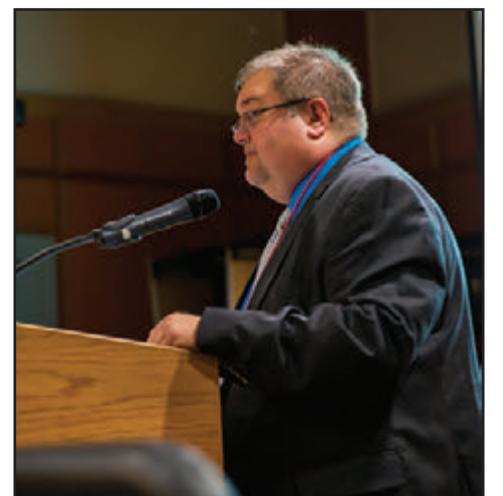
Logo by Jennifer Daniels and Josephine Daniels



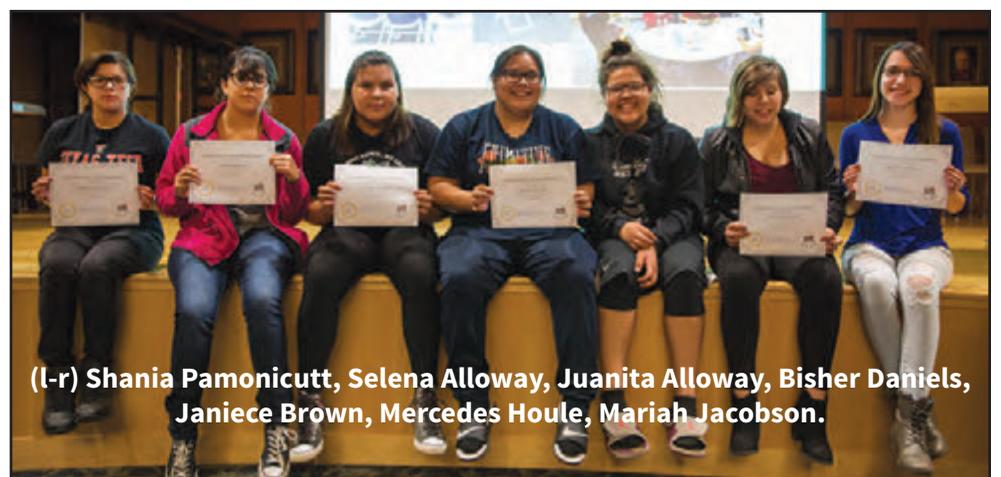
Marcus Daniels speaks about one of his films.



Jeffrey Keeble introduces one of his films.



Dave Herkert is emcee for the evening.



(l-r) Shania Pamonicutt, Selena Alloway, Juanita Alloway, Bisher Daniels, Janiece Brown, Mercedes Houle, Mariah Jacobson.

# October is Domestic Violence Awareness Month

submitted by Celine T. Kegley, FCP Community Advocacy

So far this year in Wisconsin, 51 lives have been lost to domestic violence. That's one person killed every five days.

Of those 51 deaths, 10 were age 18 or younger.

Of those 10, seven were age two or younger; three of them were only two or three months old. One of the two-month olds was from Rhinelander.

Four of the adults were from Wausau.

Five wives were killed by their husband, who then killed himself.

One daughter killed her father, and then killed herself.

One father killed his daughter, and then killed himself.

One son killed his mother, and then killed himself and a son killed by his mother.

Of those 51 deaths, 28 were females, 23 were males.

Also of those 51 deaths, 39 victims were killed by males and 12 were killed by females.

Domestic violence is about power and control. It's a choice. The abuser chooses to use violence to maintain power and

control over the victim either by physical, sexual, verbal and/or emotional abuse.

Some of the ways an abuser controls their victims are as follows:

- Using intimidation: Frightens you with looks, actions, and gestures, smashes things, destroys your property, abuses pets and/or displays weapons.

- Uses economic abuse: Prevents you from getting or keeping a job, gives you an allowance or makes you ask for money, takes your money, and/or doesn't allow you to know about or have access to family income.

- Uses coercion and threats: Threatens to harm you, leave you, commit suicide, or report you to welfare and/or makes you drop charges or do illegal things.

- Uses male privilege: Acts like the master and treats you like a servant, makes all the big decisions and/or dictates and enforces men's and women's roles.

- Uses the children: Makes you feel guilty about the children, relays messages through them, uses visitation to harass you, and/or threatens to take the children by charging you with neglect and abuse.

- Uses emotional abuse: Calls you names privately or in public, puts you down and makes you feel bad about yourself, tries to make you think you're crazy, and/or tries to make you feel guilty.

- Uses isolation: Controls what you do, who you see and talk to, what you read, where you go, and/or limits your outside involvement and uses jealousy as justification.

- Uses denial and blame: Makes light of the abuse and doesn't take your concern seriously, denies abuse occurred, and/or shifts responsibility for the abuse by blaming you.

There are many reasons why someone chooses to stay with an abusive partner which include the following:

- Fear of what the abuser will do if she leaves: Will inflict more abuse, carry out threats to kill her and/or himself, destroy her belongings, harm children or pets and/or have victim arrested.

- Isolation and lack of resources: She may not have any money for rent, no income, no safe place to go, no transportation and/or she may not be physically

able to leave.

- Lack of support: She may feel there are no friends or family to turn to, is ashamed or embarrassed to turn to friends or family for help, is afraid of being alone and without a partner and/or fears that no one will believe her.

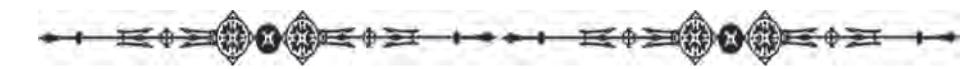
- Feelings and beliefs: She may feel responsible for the abusive partner's feelings, expectations; may feel she loves the abuser, may have religious or social beliefs that divorce is wrong, that children should have both parents, that women must obey and support men, and/or blames herself for the problems.

If you or someone you know is in an abusive relationship, help is available:

- **FCP Community Advocate Program: (715) 478-7201 (24-hour hotline)**

- **Domestic Violence Shelters: (800) 236-1222 (Tri-County Council Shelter in Rhinelander) or (800) 236-7660 (Lac du Flambeau Shelter)**

- **National Domestic Violence Hotline: (800) 799-7233**



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**ASPIRUS  
NETWORK**



## I Will Not Judge

Until I've walked a mile in her moccasins/shoes I will not judge her:

- I do not know what it feels like to walk away from home with nothing but the clothes on my back .
- I do not know what it feels like to give up my home and sometimes even my children.
- I do not know what it feels like to lose my friends, because they blame everything on me.
- I do not know what it feels like to live in fear every moment of every day.
- I do not know what it feels like to not be able to make decisions about who I have for friends.
- I do not know what it feels like to not be able to choose what I want to wear and if I want to wear makeup, how I'll wear my hair, if I will have long hair or short hair.
- I do not know what it feels like to never be able to decide where or if I'll go on vacation.
- I do not know what it feels like to earn money and never be able to spend it on what I want to spend it on.
- I do not know what it feels like to be treated like a slave and expected to clean, cook, and if I don't feel like it or it's not done

satisfactorily, to be hit, slapped, called names or humiliated in front of my children.

I do not know what it feels like to not be able to decide if I'll have children and how many I'll have.

I do not know what it feels like to be physically ill every day and unable to tell anyone.

I do not know what it feels like to be dragged by my hair, beaten until I don't recognize myself in the mirror.

I do not know what it feels like to be told: If you leave, I'll find you and kill you.

Because I do not know these things; I will:

- Support my sister(s) when I see them struggle.
  - I will lend a hand, when possible.
  - I will not laugh at sexist jokes.
  - I will teach my children and grandchildren the ways to be respectful of each other and be non-violent in all they do.
  - I will not support movies, music and ads that depict violence against women.
  - I will volunteer at a shelter or domestic violence program.
- I WILL WALK SIDE BY SIDE WITH MY SISTERS TO END VIOLENCE AGAINST WOMEN.  
(author unknown)



## Friends of Education Recognized

submitted by Tom McCarthy, DPI Communications Director

MADISON, Wis. (Sept. 8, 2017) - Two individuals and three organizations that are working to improve education and the lives of young people in Wisconsin schools and communities will receive 2017 Friends of Education awards during the State of Education address Sept. 21 in Madison.

“The willingness of those who volunteer to mentor our youth, develop their cultural roots, and give them solid foundations for becoming civic-minded adults means so much to our kids and the future of Wisconsin,” said State Superintendent Tony Evers in congratulating the 2017 Friends of Education. “These organizations and individuals make outstanding contributions to support children and young adults in our state.”

Evers presented his Friends of Education awards to:

Established in 1994, **100 Black Men of Madison Inc.**, strives to make a positive difference in the lives of area youth, especially African American males, through mentoring, education, and health and wellness programs. The organization sponsors the Annual African American History Challenge Bowl, which engages students in learning history, and hosts the annual Back-to-School Celebration. In the past 22 years, 100 Black Men of Madison has provided more than 32,000 backpacks filled with school

supplies to area youth. Through mentoring relationships, members help young people see how they can be a success in life. Receiving the award on behalf of the organization will be founding member Enis Ragland, President Floyd Rose, and Vice President Chris Cauty.

**Thomas W. Boelter, director of education and culture at the Forest County Potawatomi, has both lived and worked in Indian Country for over 20 years. An enrolled member of the Forest County Potawatomi, Boelter has gained wisdom over this time by working with Tradition Elders and in his social work career. Under his leadership, the education of Forest County Potawatomi students is improving. Within the last five years, the attendance rate for students has increased from 60 percent to 90 percent, the graduation rate has increased from 60 percent to 95 percent, and 80 percent of students are pursuing higher levels of education or the trades. Earlier this year, Boelter was recognized as the Wisconsin Indian Education Association Educator of the Year.**

**The Door County Civility Project** is a volunteer initiative working since 2013 to strengthen the culture of civility within homes, neighborhoods, workplaces, churches, civic organizations, and government bodies in Door County. Through multiple presentations, train-

ings, newspaper articles, and distribution of educational resources, the project has promoted “Speak Your Peace,” using the nine simple tools for practicing civility: pay attention; listen closely; be inclusive; don’t gossip; show respect; be agreeable; apologize sincerely; give constructive comments, suggestions and feedback; and accept responsibility. Beginning in 2015, Civility Project volunteers worked with Southern Door County School District staff to develop Speak Your Peace activities to promote a culture of civility within schools and prepare students for future civil engagement. The Civility Project’s work has resulted in a variety of high school student led publications on civility, such as poetry anthologies, class projects, and musical performances. Expected at the ceremony to accept the Friend of Education award for the Door County Civility Project are Steve Bousley, Shirley Senarighi, Diane Slivka, and Patti Vickman.

**Maysee Yang Herr** grew up in Wausau and was part of the Early Identification Program (EIP) while in high school. After graduate school and teaching elementary students in Indianapolis for a few years, she returned to Wausau. She is an associate professor of education at the University of Wisconsin-Stevens Point, serves as the board vice president for the Marathon County Child Development Agency as well as board secretary for the Community Foundation of North Central Wisconsin. In addition, she serves as a committee member on

the Marathon County Diversity Affairs Commission and the UWSP College of Professional Studies Diversity Taskforce. Herr is co-founder and director of the Hmong Phoojywg Enrichment Program, which is a Hmong language and culture experience for children in grades K-12. Phoojywg, which translates as friend in Hmong, just completed its fifth summer with about 200 participants. She also works on the Toward One Wausau Project, which encourages people to talk about racial and ethnic differences with the goal of building community relationships through understanding.

**Reach Out and Read Wisconsin:** An Initiative of Children’s Health Alliance of Wisconsin prepares our state’s youngest children to succeed in school by partnering with clinicians to model read-aloud time, encourage families to read together, and “prescribe” books from the library for children to develop a lifetime love of reading. The program begins at the 6-month checkup and continues through age 5, placing special emphasis on children who are growing up in poverty. Clinicians at 200-plus clinics are showing parents simple, fun, and effective ways to engage with their babies and toddlers. By the end of 2016, 152,000 books had been distributed to Wisconsin families through Reach Out and Read Wisconsin. Accepting the award during the ceremony will be Project Manager Karin Mahony.

## 2017 Fall Hike

submitted by FCP Community Health

On Saturday, Sept. 16, 2017, 20 FCP tribal members and their families joined the FCP’s Community Health department for the 8th Annual Fall Hike. This fun-packed agenda included hikes totaling six miles on the Ice Age Trail at Rib Mountain State Park and the Dells

of the Eau Claire. Participants were able to walk two segments of this trail. The Ice Age Trail is a thousand-mile trail that displays the beautiful landscape sculpted by glaciers over 12,000 years ago. It spans across the 31 counties in the state of Wisconsin and is one of 11 National Scenic

Trails in the United States. The nearest portions of this trail are in Langlade County.

In addition to hiking, participants were also able to ride a chair lift up Rib Mountain in Wausau and sample ginseng as part of the International Wisconsin Ginseng Festival. American ginseng is native to forested areas in the Midwest, Maine, the Appalachians, Ozarks and eastern Canada. This root has long been

used as medicine among Native American tribes to treat headaches, female infertility, digestive problems, fever, and earache. Marathon County exports approximately \$20 million of ginseng overseas to China each year. It was a fun-filled family day; everyone enjoyed the beautiful weather and landscape. The FCP Community Health department’s annual fall hike is held every year in the month of September; registration is required.



FCP Community members were able to experience one of the most beautiful areas the state of Wisconsin has to offer.

# International Infection Prevention Week

submitted by Melanie Tatge, MPH, CHES, FCP Community Health

Germ – the reason we religiously wash our hands, use hand sanitizer, consume antibiotics the first sign of illness, and hope that everything is properly sanitized when we have surgeries. Germs, as some lovingly refer to them as, are also known as bacteria and viruses. Bacteria can cause bacterial infections, such as Strep Throat, and a virus can cause such illnesses as the common cold or flu. To treat bacterial infections, medical professionals commonly prescribe antibiotics. However, as humans, we do everything possible to avoid becoming sick that we abuse these antibiotics by often consuming them at the first sign of illness. Yet, we are more similar to these germs we fear than you might think. In fact, did you know, the average human encounters over a billion germs every day and our bodies are comprised of more bacterial cells than human cells?

The reality is our overconsumption of antibiotics may be doing more harm than we expect. The overuse of antibiotics has

led to some bacteria becoming resistant to antibiotics. According to the Center for Disease Control and Prevention, at least two million people in the United States every year become infected with bacteria that are antibiotic resistant. This bacteria resistance contribute to 23,000 deaths each year. Why does this matter you might be asking yourself? It matters because many common infections are now becoming harder to treat as antibiotics are becoming less effective. In addition to antibiotic resistance when you seek services at a medical facility you may be vulnerable to bacterial infections. Fortunately, the Forest County Potawatomi Health and Wellness Center has an Infection Control Committee who continually monitors infection control standards and the implementation of infection control protocols.

In honor of International Infection Prevention Week (October 15 – 21, 2017), the Infection Control Committee and Forest County Community Health

Department would like to share these 10 tips of how you can help prevent infections based on recommendations made by the Association for Professionals in Infection Control and Epidemiology:

1. Clean your hands often. Make sure everyone around you does, too.
2. Ask about vaccinations so you can remain healthy.
3. Speak up for your care. Don't be afraid to ask questions about the care you receive regarding your health.
4. Ask about safe injection practices. According to the Center for Disease Control and Prevention, there have been 50 disease outbreaks that were linked to unsafe injection practices. Remember to ensure that your provider is only using one needle or syringe and using it only once.
5. Ask to have your room cleaned if you are receiving an inpatient service.
6. Ask each day if you still need a catheter.
7. Ask questions about your medi-

cations. It's important for you to know what the medication is for, how to take them and how often you should be taking them.

8. Ask if you should shower before having surgery.

9. Learn about healthcare-associated infections and how you can prevent them.

10. Recognize an Infection Preventionist. Your safety is an Infection Preventionist's priority. They ensure everyone is following the guidelines to keep you safe from infections.

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# Statewide Prescription Drug Take-Back Day

submitted by Melanie Tatge, MPH, CHES, FCP Community Health

Since 1999, the number of people dying from drug-related overdoses has doubled (IHS, 2015), reaching to approximately 50 people dying from prescription pain medication overdoses every day (IHS, 2017). The significance of these deaths weighs heavily on Americans as they consume 80 percent of the globe's opioid supply, yet only comprise 4.6 percent of the world's population (IHS, 2017). You might be finding yourself asking how can this be?

Think back to your most recent surgery or pain management medical appointment - did you have leftover pain medication? Many keep leftover prescriptions within their home. This allows access to anyone in your home the ability to use these prescriptions for non-medical purposes. In fact, research indicates that adolescents are more likely to have access to prescription medications from family members or friends compared to drug dealers (Ross-Durow, Esteban McCabe & Boyd, 2013). The easy accessibility and misuse of these substances impact all populations; however, higher rates of using prescription pain relievers for non-medical reasons is higher among American Indian/Alaska Native popula-

tion (7.8 percent vs. 4.8 percent) (IHS, 2015).

There is a way that you can help prevent access to these substances. If you have unwanted prescriptions or over-the-counter medication in your home, there is a way to properly dispose of them. On October 28, 2017, the Forest County Sheriff's Department and Forest County Health Department will be hosting a Prescription Drug Take-Back Day. The focus of this day is to provide a safe, convenient, and responsible means of disposal, while also educating the general public about the potential for abuse of these medications among people and in our water supply. Unused or expired medication should never be flushed or poured down the drain. Water facilities are not designed to remove traces of pharmaceuticals from water, and now pharmaceuticals are appearing in the rivers and lakes across the country.

The Forest County Health Department will also have a Sharps Disposal Wheel at its department for the week of October 23 through 27, 2017. If you are unable to participate in these events, medications can also be properly disposed of via two local programs within

our community. Both the Forest County Potawatomi (FCP) Pharmacy and Forest County Sheriff's Department have prescription drug drop boxes that can be used to place any unwanted medications for proper disposal.

The MedSafe Waste program provided by the FCP Pharmacy is offered at no cost. How this program works:

1. Bring your unused/unwanted/expired 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 medications stay in their prescription containers or packaging. You no longer have to dump them into the Yellow Jug.
2. Place unwanted drugs in the blue MedSafe waste container located outside of the FCP Health & Wellness Center Pharmacy.
3. Pharmacy has the MedSafe receptacle unlocked during pharmacy hours Monday through Friday 7:30 a.m. – 6 p.m.

The Forest County Sheriff's Department offers a 24/7 white Prescription Drug Drop Box located in the sheriff's office lobby. This program is also pro-

vided at no cost and properly disposes of 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. With your help of properly disposing prescription medications, we can help reduce the impact these substances have on our communities.

References:

Center for Disease Control and Prevention. (2017). Prescription Opioid Overdose Data. Retrieved from [www.cdc.gov/drugoverdose/data/overdose.html](http://www.cdc.gov/drugoverdose/data/overdose.html).

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## DOSE OF REALITY

PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

A message from Wisconsin Department of Justice,  
Brad Schimel, Attorney General,  
and Wisconsin Department of Health Services



Community Coalition of Forest County  
working together to identify and address community goals



Wisconsin  
Department of Health Services

# A Heartfelt Farewell to a Longtime Employee

by Val Niehaus

How does one say farewell and wish good luck to someone who has left such an impact on this community? We want to be selfish in our ways and would love to keep someone like this woman around, but we also have to understand that life moves on and people come and go throughout it.

The woman who will be missed by many is Lorrie Shepard, RN, community health outreach director. She officially retired on Sept. 28, 2017. Shepard has served the community and been a confident capable professional and friend to all since 1987. She cares deeply for the people of the community and has been an exemplary person all around. The different positions she has held while working here in the community have been CHR, MCH/WIC CHR, Health Director, MCH Nurse, Clinic Nurse, Medical Nursing Supervisor and her final position as Community Health Outreach Director.

On Sept. 26, 2017, her co-workers along with community members held a surprise farewell and good luck party to show their appreciation for all she has done through the years and to let her know how much she will be missed. The event took place in the lower level of the Cultural Center, Library & Museum

and had many community members and employees in attendance, including Shepard's close family.

Jeff Keeble lent a hand in leading the event with Fire Nation/Young Warriors Drum group accompanying for the celebration. The community health staff were right on top of everything from passing out cake, to decorating the party in fall décor and to just helping in the whole celebration itself.

Shepard received special gifts from people along with a Pendleton blanket and a pair of handmade moccasins — something to treasure forever. A unique video was also made to give to Shepard, and it included the majority of her staff and some family members sharing special thoughts about her and expressing how much she will be missed. It also included wishes for good luck in her future of retirement and will be a wonderful keepsake for Shepard.

Shepard was clearly moved by the event and she couldn't offer enough "thanks" for all of the kind words and compassion she has received over her 30 years working as part of this community. It was a very emotional and heartwarming party for a very deserving individual who will be missed, and it will be a gathering she will never forget. Good luck to you, Lorrie, in all that you will do!



(above) Enjoying a bit of the film that was presented for Shepard as a parting gift. (below) Shepard receiving her Pendleton blanket along with an Honor Song.



## DO YOU KNOW WHAT IS IN YOUR DRINKING WATER?

Forest County Potawatomi Executive Council is interested in your opinion on water fluoridation in your drinking water. As of today's date, Stone Lake water system and Carter water system are adding fluoride to the drinking water.

Blackwell does not fluoridate. With consideration to our community, we would like to hear from you. Do you want the continued addition of fluoride or remove the fluoride? We look forward to your response and opinions.

For additional information, see the link of the pros and cons:  
[www.youtube.com/watch?v=FR5M7NNLHTc](http://www.youtube.com/watch?v=FR5M7NNLHTc)

<http://health.howstuffworks.com/wellness/oral-care/procedures/fluoride1.htm>

**To share your thoughts, contact the FCPC Utility Director or Tribal Housing Division Administrator.**

### FOREST COUNTY POTAWATOMI TRIBAL COURT

IN THE MATTER OF  
 CHANGE OF NAME OF:                      NOTICE OF HEARING

Harper Ann Madl                              Case No.: 17-NC-0166

DOB: 10/03/2013

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

**WHEN:** 11:30am on November 27<sup>th</sup>, 2017  
**WHERE:** Tribal Courtroom  
 2<sup>nd</sup> Floor, FCP Executive Building  
 5416 Everybody's Road, Crandon, Wisconsin

DATED THIS 27<sup>th</sup> DAY OF September, 2017

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

# What can Tribal Employment Skills do for You?

submitted by Christie Schmidt, FCP Economic Support

Tribal Employment Skills Program can lead to a job or provide work opportunities.

Work experiences are the best way to get to know the jobs within the tribal government, at the casino and other areas within the tribe. One of the great things about gaining work experience is that it gives you the chance to try things out to see if they suit you. Want to find out what the tribal business is actually like to work for, or what doing a certain job is like? Work experience gives you the chance to experience this – for a month, a six-month period, or a summer.

Benefits of a work experience:

- Exploration of jobs within the tribe
- Great opportunity to learn more about the workings of the tribe
- Learn new skills and training
- Earn extra spending money and be determined to support your tribe
- Get your foot in the door and it could lead you to other opportunities
- Find out what you want to do
- Mentor/advocate that assists with any barriers to employment and provides support
- Weekly stipend
- Helps you to differentiate yourself and makes you more employable, an important factor when competition for jobs is fierce
- Work experience is an important part of becoming 'workplace-ready', building useful skills that cannot be taught in the classroom as well as contacts that you otherwise would not be exposed to

• A prospective employer will always look favorably on the effort taken by those who have done work experiences, which empowers new talent and gives them an edge to push for the most sought-after positions in the field

• Work experience equips you with certain soft skills such as team working, communication skills and business awareness

- It looks great on your resumé
- You put into it what you want to get out of it - can possibly lead to full-time employment

The work experience opportunities through the Tribal Employment Skills Program have been successful. Out of the 118 tribal members that were on work experiences, 65 were hired on. That is a 55 percent success rate.

If you still are not sure, see what the following tribal members think of the program.

## **Donald Keeble**

1. *Please provide overview on where you*

*are today:* Currently, I am the Program Manager of the Language Department.

2. *How has this work program benefited your department?* Just knowing what is expected of me as an employee when it comes to responsibilities and commitments.

3. *What is the benefit for you? It's been a few years since being in the program.* I started out in the education department eventually transferring to the language department. It allowed me to see how tribal government works and the resources it provides.

4. *What would you say to another tribal member about this program?* I don't have the greatest history when I get my background checked. With anything that needs a background check, it's a hurdle for me whether it's a job, apartments, or other programs, which most of the time I get denied. This was an opportunity to get my foot in the door to work and keep me out of trouble. They help with resumé, preparation for job interviews, and advocate for you, just to name a few resources they provided. It's a free resource whereas most other people have to pay for these kind of resources.

5. *Are there any other positive comments that you could provide about this program?* Just that I'm thankful that Eugene Shawano suggested me to go to this program to find a job when I was looking for an opportunity to work for the community. From then on, the staff helped me through the whole job process.

## **Brittany LaMere**

1. *Please provide overview on where you are today.* I am currently back in Wisconsin and working on gaining more knowledge with post-secondary education. I am currently working with Ho-Chunk Nation's higher education division but hope to be back working for FCP in the near future.

2. *How has this work program benefited your department?* The Economic Support benefited the department by providing assistance to be able to hire support staff and to gain tribal members' perspective.

3. *What is the benefit for you?* The benefit for me was being able to begin working right away with my department and learning about the program.

4. *What would you say to another tribal member about this program?* The program is able to provide work experience in an area you are interested in and attempts to place you where you would be successful.

5. *Are there any other positive comments that you could provide about this program?* The same as 4 above.

6. *Any other comments or suggestions*

*for the Tribal Employment Skills Program?* Regular check-in with tribal employee and supervisor to best support both the employee and the supervisor. I think placement fit is essential.

## **Celeste Schuppler**

1. *Please provide overview on where you are today.* I started full time in January 2017 as the Education and Monitoring Technician. For the education portion, I spent time sharing natural resource knowledge with various age groups from preschool through adult. For the monitoring portion, I get to assist with some of the plant surveys and animal surveys. I get a good mix of indoor and outdoor activities. There never seems to be a lack of things for me to do, which is great because the day goes by quickly.

2. *How has this work program benefited your department?* I have been able to help expand the outreach of the education that we provide by easing the preparation load. I get the supplies together or make certain items that are part of the topic that will be covered that day. I also do what I can to help others.

3. *What is the benefit for you?* The benefit is a job that I have very much enjoyed, despite not having a degree in the natural resource field. I get to learn things every day and then get to share that knowledge with the community. It's satisfying to feel like a contributing member to my tribe.

4. *What would you say to another tribal member about this program?* It's worth it and if it's not working out at the first place, there may still be a better fit. You could be out there working for some company, but does it benefit your community?

5. *Are there any other positive comments that you could provide about this program?* The ease of talking with Christie and working on finding what I might be interested in was well worth it.

We have placed individuals within IT, Housing, Natural Resources, Insurance, Accounting, *Traveling Times*, Language and Culture, Security, Health & Wellness Center, Potawatomi C-Stores, Museum, Recreation, Education, Family Resource Center, Potawatomi Carter Casino and Potawatomi Hotel & Casino in Milwaukee.

Please stop in at the Family Service Building across from the Executive Building or call Christie Schmidt at (715) 478-7206. She will do her best to place you within an area that suits you!



**Donald Keeble**



**Brittany LaMere**



**Celeste Schuppler**



# 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 Wej mo 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 CHR's to determine a quit plan, kit filled with items that aid in the quitting process, educational materials and products, plus a reward upon completion of third smoking cessation appointment.

To learn more about the program or to schedule an appointment, contact Sara Cleerman, 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.

## October 2017 Calendar of Events

### Community Health

- 10/18 - Diabetes Luncheon (HWC) noon - 1:30 p.m.
- 10/18 - Healing Journey (FCP Museum Lower Level) 6 p.m.
- 10/19 - Hepatitis C Testing (HWC) noon - 4 p.m.
- 10/24 - Wellness Through Crafts (FCP Museum Lower Level) 4 - 6 p.m.
- 10/25 - Breast Cancer Awareness (HWC Lower Large Conf. Room) 4 - 6 p.m.
- 10/26 - Blended Family (Family Resource Center) noon - 3 p.m.

### Family Resource Center

- Healthy Relationships: Mondays (16, 23, 30), 10 a.m. - 12 p.m.
  - Play Shoppe: Tuesdays (17, 24, 31), 11 a.m. - 12 p.m.
  - FRC Girls 10-17: Wednesdays (18, 25), 3:30 - 5 p.m.
  - Circle of Sisters: Thursday, (19, 26), 1 - 3 p.m.
  - Community Women's Talking Circle: TBA
  - PIP: Thursdays (19, 26), 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 (16, 23, 30), 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays (17, 24, 31), 3:30 - 5 p.m.
  - Youth 7 - 9: Wednesdays (18, 25), 3:30 - 5 p.m.
- Youth 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.

### Recreation Department

- Open Gym: Rec Center, Monday - Friday, 7 a.m. - 6 p.m.
- Carter We Care: Monday - Friday, 7 a.m. - 6 p.m.
- Language classes offered at Carter We Care, Monday - Thursday, 9 a.m. - noon.



## Free Trees!

Landscaping trees are available for Tribal Members for **FREE!** WHILE SUPPLIES LAST! Delivery and Planting available for a cost.

**TREE TYPES AVAILABLE:**  
BALSAM, WHITE PINE,  
& FLOWERING CRAB

Please call the Land & Natural Resources Division at (715) 478-7222 or (715) 478-4192 if interested.

# HAUNTED BARN

2017

FRIDAY, OCT. 27

5-10 P.M.

SATURDAY, OCT. 28

4 - 10 P.M.

SUNDAY, OCT. 29

4-9 P.M.

**NOT SO SCARY TIME**

(SUNDAY ONLY): 4 - 6 P.M.

MONDAY, OCT. 30

5-9 P.M.

TUESDAY, OCT. 31

5-9 P.M.

COUNTY HWY. H, WABENO, WI

1.25 MILES NORTH OF WABENO

TURN NORTH AT CITGO

Sponsored by Forest County Potawatomi Recreation

ADMISSION  
\$5/PERSON

OPEN TO THE  
PUBLIC

**27** 2017  
**OCTOBER**  
5:30 - 10 P.M.

FOREST COUNTY  
POTAWATOMI  
Keeper of the Fire

**HALLOWEEN PARTY**  
OPEN TO FCP COMMUNITY

**FCP RECREATION CENTER**  
5442 EVERYBODY'S RD., CRANDON | (715) 478-7420

DINNER | 5:30 - 6:30 P.M. | COSTUME CONTEST | 7:30 P.M. | DJ | 6 - 10 P.M.

Bring in your own carved pumpkin and win a prize!

**ICE CREAM**

Present this ad and receive  
**50¢ OFF**

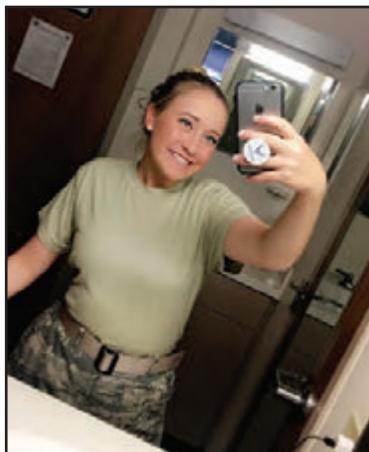
Exp. 11/01/17

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

**INDIAN TACO \$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

**PERSONALS**



**Airman Kendra Calhoun**  
Graduated September 15, 2017, from Lackland AFB, Texas  
Studying Ammunitions

I wouldn't have been able to do it without the love and support of my family. Striving to make Auntie Donnie proud.  
**Aim high.**

# NEW MOBILE APP AVAILABLE TO DOWNLOAD SOON!



Direct mail offers  
before receiving  
your mailer.

Exclusive app  
only offers.

Check your point  
balance & tier  
status anytime.

**PLUS  
SO MUCH  
MORE!**



# Halloween Bash

SATURDAY, OCTOBER 28<sup>TH</sup>

## Speektacular Drawings

\$500 CASH DRAWINGS

— 10 Winners drawn from 6 pm – 10 pm —

## Costume Contest

Register: 5 pm - 8:30 pm // Judging: 9 pm

CASH PRIZES

1<sup>ST</sup> Place \$500 / 2<sup>ND</sup> Place \$300 / 3<sup>RD</sup> Place \$200

Complimentary food & beer on the  
casino floor from 8 pm – 10 pm.

**SORRY  
NO MASKS!**

# OCTOBER IS Breast Cancer Awareness MONTH

## Breast Cancer Awareness Apparel

A variety of specially designed  
Breast Cancer Awareness apparel  
is for sale at the Carter Club Booth.

All proceeds go to support  
a local cancer program.

# GREEN & GOLD GAME DAY SPECIALS

OCTOBER 15<sup>TH</sup> & 22<sup>ND</sup>

### - FOOD -

PEPPERONI -OR- SAUSAGE  
PIZZA - \$8.00

WINGS (MIN. OF 6) - 75¢ EACH

BRAT WITH KRAUT - \$2.00

FRENCH FRIES - \$1.00  
(WITH WINGS OR BRAT)

### - DRINKS -

BUCKET OF BEER (5) - \$7.50  
MILLER LITE® -OR- BUD LIGHT®

SINGLE RAIL  
BLOODY MARY - \$3.00

**CATCH ALL THE ACTION ON  
OUR 165" BIG SCREEN!**

THE **FLAMES** SPORTS BAR & GRILL

THE **SPRINGS**  
RESTAURANT & LOUNGE

BOTH OPEN TO SERVE YOU DURING ALL GREEN BAY GAMES

Management reserves the right to cancel or alter any event or promotion at any time.

**DINE-IN ONLY DURING REGULAR SEASON GREEN BAY FOOTBALL GAMES**

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