



## Nation's Leading Native American Photographer Visits FCP Campus



Just some of the participants from the night along with Matika Wilbur (very back displaying peace signs).

Courageous, motivated, activist, loving, passionate, comical, intellectual, educator and, most of all, the best infectious laugh you will ever hear. These are just a few descriptive words that sum up Matika Wilbur, a 33-year-old photographer. Five years ago she sold all her belongings, including her beloved Pottery Barn

couch, to hit the open road in search of opportunities to portray Native American culture as it is in this day and age. It has been her goal to represent modern Indigenous people in the lives they live today, as they are part of the American culture in every way. Though the stereotypical head-dressed chiefs that most internet search engines still pull up under “Native American” searches represent a proud heritage, Native Americans in today’s world are a fully integrated part of American society in dress, education, and professional accomplishments and live lives as “normal” as other Americans — a fact that Wilbur seeks to document and share with the world through her work.

Wilbur is a member of the Swinomish and Tulalip tribes from the state of Washington, the Canoe people. She became a teacher on her reservation after completing her advanced education. While serving in this capacity, she noticed the lack of material portraying what Native Americans are doing in the contemporary world. This sparked the idea for the project that she has been working on ever since and that is called Project 562. She says, “The time of sharing, building cultural bridges, abolishing racism, and honoring the legacy that this country is built upon is among us. Project 562 is that platform.”

Project 562 consists of Wilbur taking her camera across America to document through images and oral histories the people of the 562 federally-recognized tribes in the United States. This number has, of course, now increased from when she started her journey in 2012. She says, “It’s been a whirlwind of a journey and I’ve met so many cool Indians, just everywhere! I started in Washington and worked my way into Oregon, California, Arizona...there are 110 tribes in California and I met like 60 of them though not them all. I went down into New Orleans and did a whole story about the slave trade in Indian Country. In the Caribbean, I went to Puerto Rico and down to Trinidad. Then I came back up to Florida and I went to the Everglades. I flew up to Alaska and went whale hunting and kind of just zigzagged back and forth trying to find friends. It’s just been an amazing whirlwind!” Not only has Wilbur visited these federally-recognized tribes, but she has visited state-recognized ones as well. She realized in time that calling this Project 562 was a bit shortsighted on her end considering the vast abundance of Indigenous people on this land called Turtle Island. She believes that “if” this journey is ever finished, she will have visited around 900 tribal communities.

Wilbur was in this area speaking at the

Wisconsin Indian Education Association (WIEA) Conference in Keshena, Wis. and then drove here to speak with the Forest County Potawatomi tribal community the night of April 20, 2018. In her presentation, she touched on stories of heartache, stories of hope, and stories of triumph and encouragement. She spoke about the elders she has met along her path and shared their wisdom and their learning from past mistakes. She told stories of the hardships that young people these days now have to deal with and choices they have to make that people couldn’t imagine. She told stories of how her very own spirit has been awakened to make her people strong again and to succeed in anything they do.

She has fought and participated in environmental rights efforts to protect Mother Earth (specifically sharing powerful and moving stories of her time at Standing Rock reservation). She has marched with Indigenous women to protect women’s rights. She has befriended people of different sexual orientation and identity. She has spoken for people who didn’t have the voice to speak for themselves at times. While doing all of this, she has captured their souls and stories on film to share with others across this nation.

*continued on pg. 3...*

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**Happy May Birthday to These Elders!**

- |                        |                          |
|------------------------|--------------------------|
| 5-1 Marilyn Alloway    | 5-19 Nellie Kezick       |
| 5-4 Betty Jo Keeble    | 5-19 Leland White Sr.    |
| 5-6 James Alloway      | 5-21 Donald Cornell      |
| 5-7 Joseph Brown Sr.   | 5-22 Henry Ritchie II    |
| 5-9 Donna Weso         | 5-25 James Thunder Sr.   |
| 5-9 Julius Daniels Jr. | 5-27 Valerie Nah Bah Kah |
| 5-11 Cynthia Tyler     | 5-28 Marie Polar         |
| 5-12 Arlene Alloway    | 5-29 Gordon Waube        |
| 5-13 Theresa Johnson   | 5-31 Wallace Ritchie     |

**FCP CARING PLACE  
May 2018 Activities Calendar**

Activity room is open daily for activities at the Caring Place.  
Exercise is every Monday, Wednesday and Friday at 10 a.m.

**SPECIAL EVENTS (RSVP REQUIRED):**

- 5/10: Casino Day (Bowler)
- 5/18: Rouman Cinema
- 5/20: BINGO Carter Casino at 10
- 5/22: Shopping
- 5/29: Birthday BINGO 12:30 at Elderly building

**Reminder to Tribal Membership**

**QUARTERLY GENERAL COUNCIL MEETING**

**Date: May 12, 2018**

**Time: 1 p.m.**

**Location: Executive Building Auditorium**

**Meal Served at Noon**

*Deadline for the May 15, 2018 issue  
is Wednesday, May 2, 2018.*



**POTAWATOMI TRAVELING TIMES**

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*Elder Menus*

MAY 2018

Monday, 4/30  
Tuna Casserole, V8® Juice,  
Bread & Butter, Pineapple

Tuesday, 5/1  
Pork Tenderloin w/Gravy,  
Stuffing, Broccoli,  
Carrots, Applesauce

Wednesday, 5/2  
Cold Turkey & Swiss  
on Whole Wheat (w/Lettuce &  
Tomato), Cold Pork & Beans,  
Strawberries

Thursday, 5/3  
Beer Battered Fish,  
Coleslaw, Roasted Potato,  
Rye Bread, Beets, Peaches,  
Strawberry Ice Cream

Friday, 5/4  
Chicken Wild Rice Soup,  
Fry Bread, Grapes

Monday, 5/7  
Baked Chicken, Mashed Potatoes,  
Green Beans, Dinner Roll,  
Cantaloupe

Tuesday, 5/8  
No Lunch – Driver Training Day

Wednesday, 5/9  
Baked Breaded Pork Chop,  
California Blend Vegetables,  
Rice Pilaf, Jello® w/Fruit

Thursday, 5/10  
Mandarin Salad (w/Lettuce,  
Walnuts, Cranberries,  
Parmesan Cheese, Egg,  
Cucumber, Tomato, Mandarin  
Oranges), Deviled Egg,  
Blueberries

Friday, 5/11  
Swiss Potato Bacon Soup,  
Bread & Butter, Peanut Butter  
Crackers, Apple

Monday, 5/14  
Crab Pasta Salad, Cherry  
Tomatoes, Cucumbers,  
Crackers, Orange

Tuesday, 5/15  
Stuffed Green Peppers,  
Cottage Cheese, Corn,  
Bread & Butter, Banana

Wednesday, 5/16  
Chicken Salad on Croissant,  
Black Bean Side Dish, Cranberry  
Walnut Cookie, Cranberry Juice,  
Jello® w/Fruit

Thursday, 5/17  
Boiled Dinner, Cranberry Cookie

Friday, 5/18  
No Lunch - Holiday

Monday, 5/21  
Hot Ham & Cheese Casserole,  
Cauliflower, Asparagus, Biscuit,  
Tropical Fruit

Tuesday, 5/22  
Lasagna, Side Salad (w/Lettuce,  
Tomato, Cucumber), French Style  
Green Beans, Garlic Bread, Pears

Wednesday, 5/23  
Pork Roast & Kraut, Parsley  
Potatoes, Peas & Carrots, Dinner  
Roll, Apricots

Thursday, 5/24  
Hot Turkey Sandwich on Whole  
Wheat, Pasta Salad (w/Tomato,  
Cucumber, Peppers, Onions),  
Cranberry Sauce, Fresh Berries

Friday, 5/25  
Tomato Rice Soup, Cheese  
Sandwich, Watermelon

Monday, 5/28  
No Lunch - Holiday

Tuesday, 5/29  
Swedish Meatballs, Mashed  
Potatoes, Corn, Asparagus, Dinner  
Roll, Jello® w/Mandarin Oranges

Wednesday, 5/30  
Chef Salad (w/Lettuce, Turkey,  
Ham, Egg, Tomato, Cheese,  
Cucumber, Onion),  
Breadstick, Peaches

Thursday, 5/31  
BBQ Chicken Wings, Carrots,  
Baked Beans, Potato Salad, Kiwi

Friday, 6/1  
Beef Barley Soup, Bread & Butter,  
Pineapple Fluff

\*Menus subject to change.

**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!**

## My Point of View

submitted by FCP Tribal Member Jeffrey Keeble Jr.

Bozho,

First of all, I don't know why FCP Information Technology (IT) Chief Information Officer of Forest County Potawatomi Chris Luter keeps putting me in these hectic positions. [LOL] Today, I am writing to you about a tribal member's point of view of what IT has done for my tribe and myself.

For this to make any sense, I'm going to have to take you way back to the stone-age. Just kidding; I'm only 30 but it was a long time ago.

Our reservation is unique. Rather than one contiguous reservation, FCP is divided into three different communities over a 30-mile radius: Stone Lake, Blackwell and Carter. This makes it really difficult to get any sort of plan-of-attack to reach these communities with technology at a decent price tag.

Just like everyone else, we had dial-up Internet in the beginning - and for those who know about dial-up, I can still hear the stupid sound it made while connecting. We live in the Northwoods, far away from urban society, so dial-up was the fastest slow Internet that was provided to us. After three to five years of dial-up, we upgraded! We finally were able to get DSL, best thing since commod cheese, but again, with living in the Northwoods, DSL was the fastest Internet available.

With technology growing at an incredible rate and the tribe trying to keep up with it, we looked for ways to

get better Internet service. Early on, a vendor provided us with a wireless broadband solution to reach to all the homes. However, we live in the Northwoods - there are trees everywhere which made it difficult to get a decent connection. This wireless broadband system was free to all tribal members on the reservation. Now, I'm not complaining about free stuff, but I had to call that vendor more times than I would have liked to have for them come out and fix my internet connection. We lived with that flawed system for a few more years. We also during this time, as a tribe, decided our best path forward was to have our own internal IT department.

Fast forward to this past fall. I had the pleasure of attending my first TribalNet Conference held in Phoenix, Ariz. With no background in IT, this was Luter's idea of luring me in to work for his team. At the time, I was working for our tribal newspaper, *Potawatomi Traveling Times*, and running for a tribal government position to be on Council. Eager, nervous, and scared, I made my way (or flew my way) to Phoenix.

When I arrived at the conference, I am way under-dressed, sweaty, and on top of that, my hair looks like I just hopped out of bed! What was interesting was that I saw more Native Americans at the conference than any other ethnicity. It made my heart feel really good to see so many of us there attending this awesome event.

What came out of this experience

was knowledge and curiosity as well as the awareness of what our tribal IT was doing - not for our government but for our people. We had staff speaking about data storage and analytics, healthcare IT, and even our own Rich Mahlerwein, who is a Certified Architect for Splunk, talking about government-focused data.

There is a significant project that IT is working on called *Fiber to the Home*, which the IT team won an award for at this conference. *Fiber to the Home* is just what it is: fiber directly to the residential homes of tribal members on the reservation which can provide Internet as well as cable TV and phone. What makes it so unique is that practically no other tribal reservation in the United States is using this type of technology for this purpose. It is providing communication to the FCP reservation and is bringing high speed Internet in this technological world we live in. This project is just one of many, and it shows what IT is doing to progress and lead our tribe into a very stable technological future.

Curiosity is what killed the cat, but not this cat. I wanted to learn more and be more involved in what IT is doing for the tribe. Not to go off track of my article, but I am now a proud member of the IT Department, so yes, I took the job after the conference was over. I found out about the FILM Program which was started from the *Fiber to the Home* project in hopes to provide information to every tribal member home and also allow tribal youth to be involved in hopes of honing their skills and creativity.

The FILM Program is creating jobs not only for me but for tribal members who are creative and are eager to learn different aspects of photography, videography, screen writing, acting and even a producer role. We made many videos from highlight videos of powwows, spoofs called "The Council" and it even generated a podcast called "SCOOP" where I interview tribal and non-tribal youth and adults on their success and how they got there. Hopefully, the youth will take it over!

The future of this program looks brighter than ever; we have 20 plus youth signed up for the workshops which began early April. We plan to have our own talk show, news station, a traveling studio, archive our language and culture, and hopefully, one day have our own Media Department for the tribe.

IT has opened the door for many possibilities not only for myself but for everyone. Before all this, I thought IT was just strictly computers and fixing them. What I know now is that its involved in healthcare, language and culture, FILM, and even working hand-in-hand with our tribal council. The possibilities are endless, and I can't wait for what the future is going to bring to our tribe.

In more cases than any, I was always taught to leave with a very deep quote: "This award for my team is a point of pride because it allows us to showcase the difference we are making within our roles, and showcase how we as an IT department are working to make a difference within the tribe we serve." ~ Chris Luter

## Photographer

...continued from pg. 1

She has succeeded in portraying what real Indigenous people are in today's world and, by so doing, has taught people that Indians in this day and age don't ride in on their war pony or live in teepees. They are real people who contribute to humanity and the world and who care for each other and want to protect the future for their children as well as teach others about their culture.

Wilbur thought this journey of hers was going to take a total of three years. Now that she is well into the fifth year, when asked what she is going to do next she said, "Keep going." After the presentation at the Forest County Potawatomi reservation, she is getting her "Big Girl" (what she calls the RV that she travels in throughout the United States) which is currently being fixed after the wear and tear of her travels. Then she is moving on to the next chapter of her story. While in this area she also did a few photo

shoots both at the Menominee Indian and Sokaogon Chippewa reservations and is planning on coming back towards Wisconsin to do more once "Big Girl" is revitalized.

Contributions and donations are highly respected and appreciated as they help support Wilbur's efforts to continue her journey through this land portraying the real stories of Indigenous people. One can find more of her story and see pieces of her work at [matikawilbur.com](http://matikawilbur.com).

Wilbur is truly an inspiration, and it was a privilege to listen to her share her knowledge and all she has learned about her people over these last five years. She will continue to record, learn and teach until the day that she feels she has succeeded in making others understand what being Indigenous is truly about, both in the past and the present, and the vital role her people play in today's society and the world.



Wilbur welcomed us with the showing of raising her hands to us.



Wilbur poses with "Big Girl" beside her.

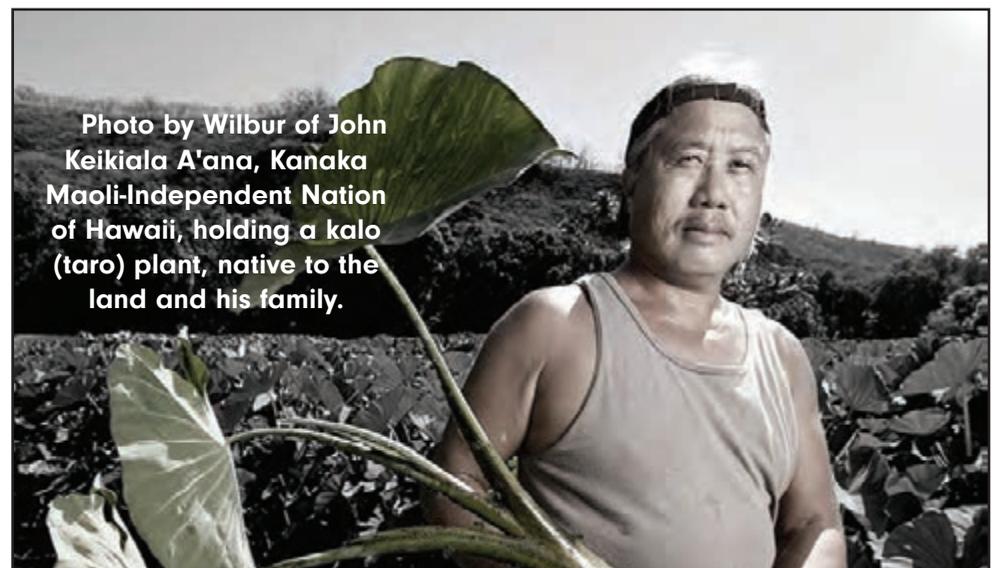


Photo by Wilbur of John Keikiala A'ana, Kanaka Maoli-Independent Nation of Hawaii, holding a kalo (taro) plant, native to the land and his family.

# Helpful Hints, Friendly Reminders

from FCP Housing Department

## SPRING IS HERE!

Reminder: Please make sure your SUMP PUMPS are plugged in and working. Watch for water entering into your basement throughout spring/summer. Keep rain gutters clear of debris and the gutters extending away from your house as pictured at right.



Help keep the neighborhood and your yard looking clean by picking up any garbage laying around and for the rest of the summer season.

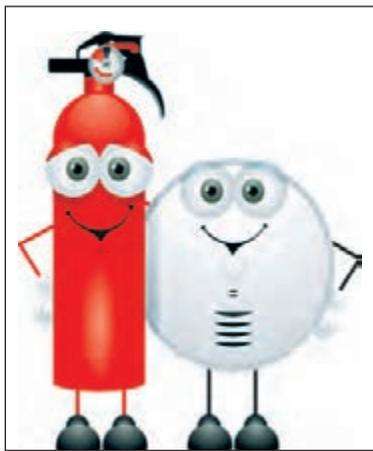


## Smoke/Carbon Detectors & Fire Extinguishers

If you have smoke and/or carbon monoxide detectors, please change the batteries at this time. Then 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.

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



## Furnace Maintenance Reminder!

Please check your furnace filters and change them out every six months for the best air quality and overall efficiency of the furnace. A clean furnace is a happy furnace!



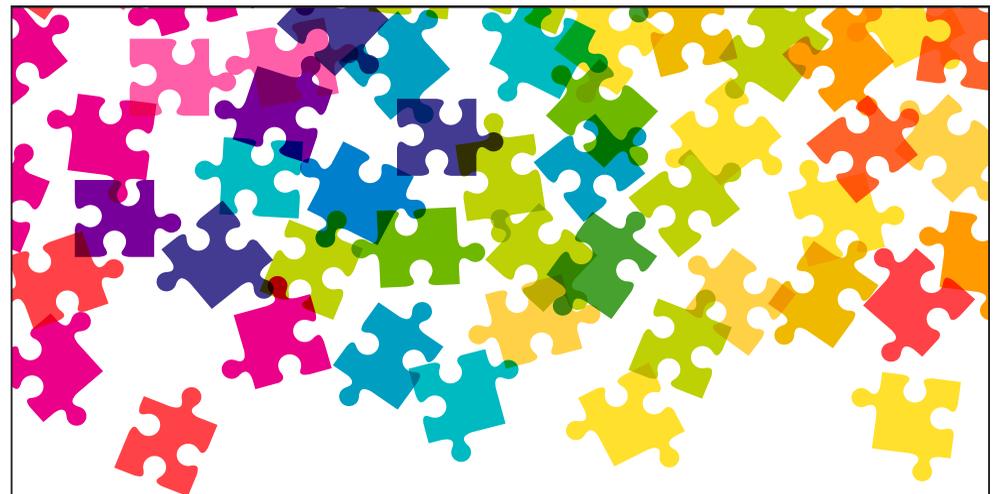
## Watch for the Neighborhood Dumpsters

Please gather unwanted items and throw them out. Contact Solid Waste at (715) 478-7330 with any questions you might have.

## Lawn Care Notice

Effective summer 2018, 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 those who will provide lawn service at a cost. For further information, contact Housing at (715) 478-7403.



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7 Days a Week



PTT050118



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Available for qualifying products which may vary by location. Offer valid with Fuel Rewards® card for a limited time, while supplies last. Fuel Rewards® card savings earned expire on the last day of the month following the month in which they were earned. Other restrictions may apply. See brochure inside for details.

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(715) 478-4199

Open 7 days a week: 5 a.m. to midnight



PTT050118

## Town Hall Meeting Held

submitted by FCP Community Health

On Friday, April 13, 2018, approximately 30 people attended a Substance Abuse Town Hall Meeting at the FCP Museum. Hosted by the Empowered Communities for a Healthier Nation Workgroup, the group is comprised of FCP tribal members and employees. The goal of the event was to gain input on the issues with substance abuse in our community and to openly discuss what actions could or should be taken to address those issues.

FCP elder Jim Thunder got the gathering underway with an opening prayer. He went on to share his concerns with how opioids are plaguing the tribe, and stated that something needs to be done.

Di Koch from FCP Behavioral Health provided details of an upcoming Mental Health First Aid training taking place June 4-5, 2018. If interested in attending,

please contact FCP Behavioral Health for more details at (715) 478-4332.

Micah Nickey, FCP AODA and Behavioral Health director, shared the approach the AODA Department takes to substance abuse. He then introduced AODA, Behavioral Health, and Transitional Housing staff to those in attendance.

Throughout the event, the need for a stronger cultural presence in programs and services provided and the need for a collaboration effort between the FCP community and staff was emphasized. Thank you to the Fire Keepers for lighting and tending the fire throughout the discussion.

Due to the weather, the scheduled meeting for the Carter area the next day was canceled. The discussion will continue once the event is rescheduled.

## Foster Care Awareness

submitted by Amber Little, FCP ICW

May is Foster Care Awareness Month. With that said, the Forest County Potawatomi (FCP) Indian Child Welfare (ICW) Department is in great need of foster homes and family placements for children in need of care. As it is always in the best interest to place FCP children, when necessary, in family/tribal members homes on/or near the Potawatomi Reservation, ICW workers seek the community's assistance. Currently, ICW is seeking additional Potawatomi families to become tribally-licensed foster homes. In order to be a tribal placement, families must be able to pass a drug screen, pass a background check, and complete necessary application processes. Application processes include a home study/visit, paperwork, and most importantly, a Potawatomi family's desire and compassion to take children in need of care into their home.

The ICW Department continues to show a steady increase in out-of-home placements. Currently, the steady increase is outgrowing the current available number of licensed homes in the community. Deanna Collins, ICW caseworker, says, "It's important to understand that often times children are placed out of home at no fault of their own. Sometimes, families are dealing with some struggles such as consistent drug use, mental health concerns, and lack of attention to important things like school attendance and health. Our job is to keep the children in our community, with their family and tribe. ICW wants to do everything in their power to keep FCP children with family, or if not with a family member, at least a tribal member that can keep the child connected to the FCP culture."

FCP ICW envisions a future of happiness, health and stability for all FCP children. They use both traditional and innovative practices to provide for a safe, nurturing and culturally-connected childhood to FCP children. They provide legally-directed and culturally-appropriate protective services to FCP children. The department continues to appreciate the support they receive from the community for the purpose of keeping our future generations healthy, while assisting the current generations within becoming healthy. To do so, the department recommends keeping children as close to their reservation and family as possible. "As a licensed foster home and/or family placement, you'll be making a difference. It's not always easy, as children placed out-of-home have often experienced some traumatic events, but as a foster home, you're able to see the positive changes that come from consistent love and compassion. Our licensed foster homes and family placements are so very much appreciated," states Family Service Division Administrator Abbey Lukowski.

Children placed out-of-home often need a family member willing to provide them long-term stability while their parents work to become healthy. If you're interested in making a commitment to our future generations by means of becoming a tribally-licensed foster home and/or family placement, please reach out to FCP ICW at (715) 478-4812 or visit FCP ICW at 5415 Everybody's Road, Crandon, Wis., 54520.



## Grants Awarded for Expansion of Treatment of Opioid Use Disorder

submitted by Wisconsin Department of Health Services

(April 12, 2018) - The Wisconsin Department of Health Services (DHS) has awarded four \$250,000 grants to one county, one tribe, and two nonprofit organizations to support the expansion of medication-assisted treatment for opioid use disorder.

"These grants continue our efforts to connect people in need of help with effective treatment options," says DHS Director of Opioid Initiatives Paul Krupski. "Together, with our community partners, we are helping people reclaim their lives."

The grant recipients include Milwaukee County, **Forest County Potawatomi Community**, Southwestern Wisconsin Community Action Program, and Telurian.

All four agencies will provide or contract for medication-assisted treatment, which uses Food and Drug Administration-approved medications, including buprenorphine products, methadone,

and naltrexone, along with therapy and support to address issues related to addiction. Research shows medication-assisted treatment is the most effective way to treat opioid use disorder.

Gov. Scott Walker issued Executive Order #229 in January 2017, directing DHS to apply to the Substance Abuse and Mental Health Services Administration (SAMHSA) for the grant funds. That followed his issuing of Executive Order #214, creating the Task Force on Opioid Abuse. The one-year grants are part of Wisconsin's share of the State Targeted Response to the Opioid Crisis grant and managed by the DHS Division of Care Treatment Services.

This announcement is part of the second and final day of the DHS Opioid Forum in Milwaukee, an event in which service providers and community leaders are learning strategies to end Wisconsin's opioid crisis.





FOREST COUNTY POTAWATOMI  
HEALTH DIVISION

# OPEN HOUSE

**Saturday, May 19, 2018**  
**10 a.m. - 2 p.m.**  
**FCP Health & Wellness Center**  
**8201 Mish ko swen Dr., Crandon, WI 54520**

*Come see what services the FCP Health Division has to offer!*

**FREE GIFTS  
AND FREE  
RAFFLES  
GALORE**

**10 a.m.** Opening Ceremony with Drumming and Prayer

**10 a.m. - 4 p.m.** M\*A\*S\*H Blood Drive at the Museum

**11 a.m. - 1 p.m.** Free Food

**2 p.m.** Drawings for raffles held. *Need not be present to win.*

*Face painting for the kids and much, much more!*

Bring a **non-perishable food** or **personal care donation** and be entered in a drawing for a

**\$50 C-STORE  
GIFT CERTIFICATE**



# May is Skin Cancer Detection and Prevention Month

submitted by Jordyn Fink, FCP Community Health

When we think of the month of May, we think about how the summer months are fast approaching, snow is almost gone in northern Wisconsin, and summer activities begin. For many of us, summer activities cause us to spend more time outside in the sun.

That's why the month of May is Skin Cancer Detection and Prevention Month. Before the summer months begin, we want to help you protect your skin and learn how to detect early signs of skin cancer.

Did you know our skin is the largest and fastest growing organ in our body? By spending more time outdoors and not protecting our skin, we increase our risk of getting skin cancer. Roughly, one American dies from melanoma, a type of skin cancer, every hour. Skin cancer is the most common type of cancer in the United States, and it is more common in men than women. It

can easily be prevented and more knowledge needs to take place in our community. And roughly, one in five people will develop skin cancer over his/her lifetime. With early detection of skin cancer, most types can be cured and, if not, treated.



As a community, we need to work together to better determine the signs of skin cancer and how to better protect ourselves. The Prevent Cancer Foundation suggests referring to the letters ABCDE. Each letter stands for something: asymmetry (mole does not match other side), border (uneven),

color (not the same shade of color within the mole), diameter (greater than 6mm), and evolving (size, shape, or color). These variables can help you determine if a mole might be cancerous or not. With any changes of these ABCDE variables on your skin, seek a medical provider if you have any questions or concerns.

Medical providers who study the skin are called dermatologists. (Derma is the Greek word for skin; ology means study of.) These medical providers work with all types of skin problems: moles, tumors, acne, rashes, and skin cancer.

Over the last 30 years, more people have had skin cancer than all the other cancers combined. By using one skin protecting agent, it reduces the risk of skin cancer by 50 percent. Teach skin-care habits at a young age to prevent skin cancer later in life. Young children love to play outdoors and their skin is very sensitive to the sunlight. So, protect your children and make sure they know why you are using sunscreen.



According to one source, it is estimated that 9,320 will be linked to melanoma in 2018 (5,990 will be men; 3,330 will be women.) The next time you step outside, make sure you do at least one of the following skin-protecting agents as skin cancer can be easily prevented:

- Encourage family/friends to wear broad-spectrum sunscreen with SPF 15 or higher. Make sure to reapply after sweating or swimming and repeat every two hours.

- If you have sensitive skin, wear protective clothing such as hats, UV-blocking clothes and sunglasses.
- Limit your direct sunlight between the hours of 10 a.m. and 4 p.m., and seek shade when needed.

- Avoid tanning and UV tanning beds!
- During the summer months, check over your skin using ABCDE, record any changes, and talk to a medical provider if you suspect any unusual changes. Take care of your skin today to prevent skin cancer in the future!

- Find free skin screenings in the state of Wisconsin at [www.aad.org/scs/search/default.aspx](http://www.aad.org/scs/search/default.aspx).

For more information on skin cancer detection and prevention tips, please contact Jordyn Fink, FCP public health educator/accreditation coordinator at (715) 478-4341.

Sources: [www.aad.org/medialstats/conditions/skin-cancer](http://www.aad.org/medialstats/conditions/skin-cancer); [www.aad.org/medialstats/conditions/skin-cancer](http://www.aad.org/medialstats/conditions/skin-cancer); [www.skincancer.org/skin-cancer-information/skin-cancer-facts](http://www.skincancer.org/skin-cancer-information/skin-cancer-facts); [www.aad.org/medialstats/conditions/skin-cancer](http://www.aad.org/medialstats/conditions/skin-cancer); <https://preventcancer.org/programs/save-your-skin/>

## What's Your COAL CRAVING?

How much coal is needed to generate a year's worth of electricity for:



**9 lbs**

Assumes 2 hours active charging and 6 hours charged but still plugged in per day.



**56 lbs**

Assumes 24 hours in awake mode per day.



**252 lbs**

Assumes 5 hours active gaming and 19 hours idle per day.



**289 lbs**

Assumes 24 hours in awake mode per day.



**129 lbs**

Assumes 10 hours active use and 14 hours in sleep mode per day.

Kilowatt-hours (kWh) calculated from <http://standby.lbl.gov/summary-table.html>  
 Coal burned per kWh generated calculated from WPS consumption-generation Jan-Dec 2015  
 (source: US EIA-923 <https://www.eia.gov/electricity/data/eia923/>)

# NOTICES

## CULTURE

### Language Classes

- Monday, 3:30 p.m., Laona School
  - Tuesday & Wednesday, 10 a.m. - 12 p.m., FCP Museum.
  - Tuesday & Wednesday, 3:30 p.m., Wabeno Elementary
  - Thursday, 3:30 p.m., FCP Museum. Transportation for youth provided.
- Call (715) 478-4173 with questions regarding the class listings above.

## 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.

## HEALTH

### 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 Cleeman, 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.

### 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.

## MAY EVENT CALENDAR

### Community Health

- 5/1 - Infant Nutrition (HWC) 8 a.m. - 4 p.m.
  - 5/3 - Infant Nutrition/WIC (Carter We Care) 1 - 4 p.m.
  - 5/8 - WIC (HWC) 8 a.m. - 4 p.m.
  - 5/16 - Healing Journey Event (FCP Museum, Lower Level) 6 p.m.
  - 5/17 - Free Hepatitis C Testing (HWC) noon - 4 p.m.
  - 5/19 - HWC Open House 10 a.m. - 2 p.m., M\*A\*S\*H Blood Drive 10 a.m. - 4 p.m.
  - 5/22 - WIC Follow-Up Day (HWC) 8 a.m. - 2 p.m.
  - 5/23 - Diabetes Luncheon (HWC) noon - 1:30 p.m.
  - 5/24 - Foot and Nail Care Clinic (Carter We Care) 9 a.m. - 2 p.m.
- Beginning May 1, Women's Exercise Program, Rec Center, Tuesdays & Thursdays, 5:30 - 6:30 p.m.

### Family Resource Center

- Healthy Relationships: Mondays (7, 14, 21), 1 - 1:30 p.m.
  - Play Shoppe: Tuesdays (1, 8, 15, 22, 29), 11 a.m. - 12 p.m.
  - FRC Girls 10-17: Wednesdays (2, 9, 16, 23, 30), 3:30 - 5 p.m.
  - Community Women's Talking Circle: TBA
  - PIP: Thursdays (3, 10, 17, 24, 31), 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 9 - 12: Mondays (7, 14, 21), 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays (1, 8, 15, 22, 29), 3:30 - 5 p.m.
  - Youth 6 - 8: Wednesdays (2, 9, 16, 23, 30), 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.

## CRIBBAGE TOURNAMENT

We Care Community Center  
Saturday, May 12, 2018

Starting at 10 a.m.

Single Player

18+ Men & Women

First, Second & Third Place Winners

Raffles Prizes All Day

Double Elimination - House Rules Apply

Sign up at We Care (Carter),

Rec Center (Stone Lake),

or by calling (715) 478-4421 or 7273.

•Deadline for sign up is Friday, May 4•

## 2018 SUMMER INTERNSHIP PROGRAM

In the program, you will have the opportunity to meet gaming commissioners and staff, become familiar with the many duties of the Gaming Commission, observe each of its departments, and become familiar with how the Gaming Commission regulates casino operations onsite. You will visit the various venues within the Milwaukee property and experience the excitement that the tribe's casino has to offer. This is an excellent way to enhance your knowledge. There will also be discussions, a group project, individual project, departmental exploring and so much more. This program is designed to fit a variety of learning styles. If this program interests you, apply today!

- Must be an enrolled Forest County Potawatomi Community member, 18 years or older, have high school diploma or GED.
- Weekly stipend provided.

❖ Application deadline: **May 11, 2018**

❖ Internship dates:  
**July 9 - Aug. 17, 2018**



FOREST COUNTY  
POTAWATOMI  
GAMING  
COMMISSION

Please contact  
**Tina Baker,**

Development Specialist,  
to get an application at:

**(414) 847-7718**

**tbaker@paysbig.com**

**www.fcpgc.com**

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# May 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>POP &amp; PLAY</b> FREE SLOT TOURNAMENTS! Monday, May 7, 14 & 21   Friday, May 18 Register 7 am - 2 pm, start at 2:45 pm Friday: Register 7 am - 6:30 pm, starts at 7:30 pm		<b>1</b> <b>Reeling in the Cash</b> Specialty Nacho	<b>2</b> \$10/5 Packs Soup & Sandwich	<b>3</b> <b>SENIOR DAY</b> \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner	<b>4</b> Finally \$500 Friday Fish Fry	<b>5</b> <b>CINCO de MAYO</b> 8 Flat 8 pm - Midnight \$10/5 Packs Breakfast Buffet 7 am - 11 am Chimichanga & Drink Specials Taco Plate & Drink Specials
<b>6</b> <b>SUMMER Cash Splash</b> EVERY MULTIPLE \$10/5 Packs Breakfast Buffet 7 am - 11 am Pot Roast Sandwich	<b>7</b> <b>POP &amp; PLAY</b> Lovin' Country 10:30 am - 2:30 pm Specialty Salad	<b>8</b> <b>Reeling in the Cash</b> Specialty Nacho	<b>9</b> \$10/5 Packs Soup & Sandwich	<b>10</b> <b>SENIOR DAY</b> \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner	<b>11</b> \$10/5 Packs Fish Fry	<b>12</b> \$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice
<b>13</b> <b>SUMMER Cash Splash</b> EVERY MULTIPLE <b>Mother's Day Gift</b> Mother's Day Drawings \$10/5 Packs Mother's Day Buffet 7 am - 3 pm Pot Roast Sandwich	<b>14</b> <b>POP &amp; PLAY</b> Mark Wayne 10:30 am - 2:30 pm Specialty Salad	<b>15</b> <b>Reeling in the Cash</b> Specialty Nacho	<b>16</b> \$10/5 Packs Soup & Sandwich	<b>17</b> <b>SENIOR DAY</b> \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner	<b>18</b> <b>POP &amp; PLAY</b> A-Town Unplugged Trio 3:30 pm - 7:30 pm Finally \$500 Friday Fish Fry	<b>19</b> \$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice
<b>20</b> <b>SUMMER Cash Splash</b> EVERY MULTIPLE \$10/5 Packs Breakfast Buffet 7 am - 11 am Pot Roast Sandwich	<b>21</b> <b>POP &amp; PLAY</b> Ric Stream 10:30 am - 2:30 pm Specialty Salad	<b>22</b> <b>Reeling in the Cash</b> Specialty Nacho	<b>23</b> \$10/5 Packs Soup & Sandwich	<b>24</b> <b>SENIOR DAY</b> \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner	<b>25</b> <b>SUMMER Cash Splash</b> EVERY MULTIPLE Almost Famous 8 pm - Midnight DJ Doc Gary (Bingo Hall) 10 pm - Midnight \$10/5 Packs Black Light Bingo (80s Theme) Fish Fry	<b>26</b> <b>SUMMER Cash Splash</b> Almost Famous 8 pm - Midnight Bingo Bash Breakfast Buffet 7 am - 11 am Chef's Choice
<b>27</b> <b>SUMMER Cash Splash</b> DJ Dunn 8 pm - Midnight \$10/5 Packs Breakfast Buffet 7 am - 11 am Pot Roast Sandwich	<b>28</b> <b>COOLER GIVEAWAY</b> <b>MEMORIAL DAY GIFT</b> Breakfast Buffet 7 am - 11 am Brat Plate // Specialty Salad	<b>29</b> <b>Reeling in the Cash</b> Specialty Nacho	<b>30</b> \$10/5 Packs Soup & Sandwich	<b>31</b> <b>SENIOR DAY</b> \$10/5 Packs / \$500 Cash Drawing Baked Chicken Dinner Baked Chicken Dinner	<b>MEMORIAL DAY</b> <b>MONDAY, MAY 28</b> — FREE GIFT — Available at the Carter Club booth starting at 7 am Limited quantities, while supplies last — BREAKFAST BUFFET — Available at The Springs™ from 7 am - 11 am for \$9.95	

■ BINGO PROMOTIONS 
 ■ CASINO PROMOTIONS 
 ■ LIVE ENTERTAINMENT 
 ■ THE FLAMES™ RESTAURANT 
 ■ THE SPRINGS™ RESTAURANT

Casino Events

## SUMMER Cash Splash

MAY 26 & 27

**\$50,000** in cash prizes

## Reeling in the Cash

— TUESDAYS IN MAY —

Hourly drawings: 12 pm - 7 pm

Win your share of \$3,400!

### Mother's Day Buffet

SUNDAY, MAY 13 • 7 AM - 3 PM

THE SPRINGS RESTAURANT & LOUNGE

MAKE YOUR RESERVATIONS TODAY:  
1.800.487.9522 ext. 6750

Breakfast 7 AM - 10 AM - \$9.95  
Brunch 10 AM - 3 PM - \$16.95

## CINCO de MAYO

Food and Drink Specials

SATURDAY, MAY 5

THE SPRINGS RESTAURANT & LOUNGE  
THE FLAMES RESTAURANT & GRILL

### SENIOR DAY

THURSDAYS

LUNCH & DINNER SPECIALS,  
MEAL VOUCHER &  
CASH DRAWINGS!

Bingo Events

Sunday, May 13

## BINGO'S MOTHER'S DAY

— DRAWINGS —

Five lucky winners will receive \$50 in Potawatomi Play!

## BINGO'S finally \$500 FRIDAYS

MAY 4 — & — MAY 18

## BINGO BASH

Saturday, May 26

Admission Packs: \$20  
Extra Packs: \$10  
Machine Packages Available

Admissions open at 4:30 pm!  
Early birds at 4 pm | Bash Session at 6:30 pm

## BLACK LIGHT BINGO

FRIDAY, MAY 25 | 80s THEME

### BINGO'S CASH DRAWING

THURSDAY, MAY 31

Monthly cash drawing, receive one entry with every admission pack purchased.



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