



POTAWATOMI TRAVELING TIMES

Volume 24, Issue 5 • wzawbegya gizes Leaves Turning Yellow Moon • September 1, 2018

25th Annual Meno Keno Ma Ge Wēn Powwow



Jam-packed Saturday evening at powwow grounds!
photo by Jeffrey Keeble Jr.

by Val Niehaus

What a PERFECT weekend for this year's 25th annual Meno Keno Ma Gē Wen Powwow which was held on August 25-26, 2018, at the Ka Kew Se Gathering Grounds (Carter Powwow Arboretum).

This powwow was phenomenal to say the least, and the same was heard from everyone including the drums, dancers (506 registered) and spectators. The grounds were jam-packed by noon

on Saturday with grand entry beginning at 1 p.m., and the same was the case on Sunday. The Forest County Potawatomi (FCP) Veterans Post I carried in the staffs and flags along with: head veteran Paul Cloud, head male dancer Joe Bigmountain and head female dancer Connie Danforth. Following them were royalty and then the normal lineup of men's traditional, men's grass, men's fancy, women's traditional, women's jingle, women's fancy and teens and tiny tots.

Emcee for the weekend was Dylan Prescott and, as always, he kept the crowd informed about the lineup and specials for the day. In addition, he kept the spectators informed about particular aspects of a powwow and the rationale behind certain cultural ways. And as he always does, he kept those jokes and the Native sense of humor rolling for everyone to enjoy and to keep the mood light.

Arena director this year was Jonathan Johnson. In this role, he played an important part in making sure the powwow ran smoothly in the dance circle. It was Johnson's job to make sure dancers knew what was happening next. In addition, he kept the circle clean from debris and made sure those little ones stayed out of the circle when needed during dance specials. It really is an important, intense job that is vital to assuring a powwow runs smoothly, with few breaks between dances - a demanding position that Johnson handled well.

Specials this year were impressive as well! The biggest one was the Pemma Grass Special that the family held in honor of their mother Bertha "Bertie" Pemma with this being her favorite dance style. This one was near and dear to many; the dancers who competed felt that their dancing was a heartfelt and fitting tribute to a unique woman. It was memorable for the dancers and for observers as well.

Other specials included a head male and female special and a Darrell Frank teen male traditional special. The powwow committee specials were: woodland, women's traditional and a Junior boys and girls special. Everyone danced hard during these - it was amazing to see the energy and heart put into each special that was held during the weekend. There were also Executive Council specials including a seven to 10-man drum contest and moccasin game contest held during break on Saturday afternoon.

Both 2017-18 Meno Keno Ma Gē Wen past princesses did their part in showing thanks to those who supported them and expressing how honored they were to represent the FCP tribe. Junior princess Allisia Cisneros-Tuckwab had a trophy dance giveaway; Waleli Frank had outgoing senior princess specials which consisted of men's woodland vs. women's old-style scrub dance along with a three-man hand-drum contest. These were some amazing specials to witness!

This year's winning princesses for the 2018-19 Meno Keno Ma Gē Wen powwow were: Junior Princess Niya Frank and Senior Princess Symone Pemma! Congratulations to both young ladies... we all know you will represent FCP proudly!

As always, the drums are the heartbeat of the powwow and they are key to allowing the dancers to show their skills! Without the drums, powwows would not exist. This year's host drum was Black Bear; co-host drum was the local boys of Fire Nation. Invited drums included Smokeytown Singers, Tomahawk Circle, Wolf River and Lake Delton. Other drums that joined in during the weekend were Red Willow, Summer Cloud, Chief Hill, Bear Ridge, Sharpened Stone, War Thunder, Bear Heart, Little Thunder, Little Priest and Bad Fish Creek. Drum turnout was incredible! Every song and beat was on-point and kept those dancers going!

Vendors this year were great to see! Food vendors always seemed to have lines of people waiting for their Indian tacos, fry bread, corn soup, wild rice casserole, fry dogs, fry burgers and the list goes on and on. Some food vendors were already running out of food on Saturday!

continued on pg. 15...

PRSKT STD
US POSTAGE
PAID
PERMIT NO. 317
FOND DU LAC, WI



Program Spotlight: INDIAN COUNCIL OF THE ELDERLY

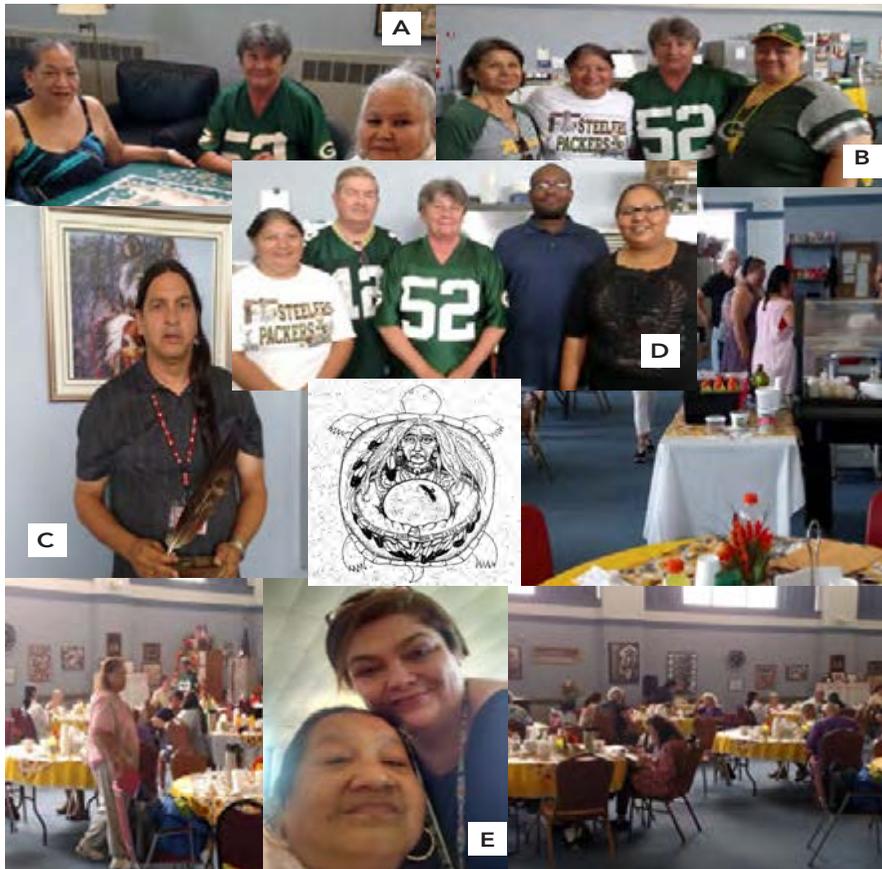
by Tarah Thompson

Indian Council of the Elderly is a mainstay on the Wgema Campus. Currently, they reside in Tthigwe (pool/gym building) but will be receiving a new home upon renovation of the Refectory (or Wgemas as it will be called) in the spring. ICE is a meal and socialization program where American Indians age 45 and up and all other seniors 60 and up come, eat and mingle with their peers. Every Monday, Thursday and Friday lunch is served except for the first Friday of the month, in which the members are served dinner at 5 p.m. The cost of the meal is \$3 for the elderly and \$7 for any guests.

Often, the regulars will come in around 9 a.m. for coffee and pastries. The socialization lasts throughout the day. In addition to chatting with each other, they do jigsaw puzzles that become artwork on the walls, play cards, play guitar and sing. Maria and Rick Jenkins and I treated the crowd to our rendition of Randy Travis', "Forever and Ever, Amen". On Thursdays, they have Dan Preston from Ignace come and smudge the gathering space, bless individuals and offer a prayer song for the meal. Dan is Apache. The day I visited, they were having a Green Bay Packer Party as it was the first pre-season game. Everyone was invited to wear their green and gold to match the napkins, plates, cups and Jell-O on the tables.

Members have the option to be picked or simply come on their own. "Somedays, I pick-up up to nine people," said Tim Lipp, the program's van driver. Maria Contreras, member of the Ho-Chunk Tribe, who has come faithfully for the last year says, "I enjoy getting out of the house!" Gwen Williams, the programs head cook, is eagerly awaiting their new building so that the food will be "fresher and tastier!" Currently, they cook offsite and then transport the meal to the Campus.

I really enjoyed my time with the people at ICE. It is a positive program that really impacts their lives and I look forward to visiting again.



A. L-R: Yvonne Delarosa, Jone Stromberg, Carol Summers

B. L-R: Sharon Skenandore, Elta Eagle, Jone Stromberg, Pat Hammer

C. Dan Preston

D. ICE Staff, L-R: Elta Eagle (Asst. Cook), Thomas "Tim" Lipp Jr. (Van Driver), Jone Stromberg (ICE Director), Michael Cooper Jr. (Dishwasher), Gwen Williams (Head Cook)

E. Maria Contreras and Tarah Thompson

Community Highlights: GREENFIRE & REDHAWK GIVE BACK

In June, Greenfire had kicked off its back-to-school drive with a Cookout Fundraiser on Wgema Campus for First Nations Studies and hosted the collection drive during the month of July.

With the donations collected from the cookout, beanbag-toss raffle, Mequon Nature Preserve's donations and the Wgema Campus collection drive, they were able to fully fill 28 backpacks as well as four boxes of supplies and a donation to use towards any other supplies needed for the students of First Nations Studies!

Without the generosity and drive to make an impact in the lives of others, we would not have been able to deliver these supplies to this incredible program.

On behalf of Greenfire Management Services, thank you for joining us in giving back to our community!!!



Dear All,

On behalf of our First Nations Studies children, families, and staff, I humbly thank you for your generosity in making the start of the school year easier for struggling families. I could not believe the outpour of help from everyone there on the day of the cookout fundraiser. Kip and Brian's grilling, Rebecca and Stephanie's organized setup was awesome, and John's salesmanship with the beanbag-toss was a testament to your leadership. Your ongoing collection of school supplies will be acknowledged when we disperse the supplies and bags. An additional thank you to Mequon Nature Preserve for assisting in collecting supplies this year.

Thank you for all that you do for our community and Milwaukee!

~Richanda

Richanda E. Kaquatosh RN,
BSN, MSEL
Coordinator
First Nations Studies

Redhawk Network Security was proud to take part in NW Cyber Camp 2018, a week-long summer camp where high school students learned how to defend computer systems and networks from cyberattacks, breaches, and malware. Both Toni Overton and Tyler Hardison were instructors at this event.



According to Overton's research, cybersecurity is one of today's hottest careers because there is such a critical need for cybersecurity professionals due to ongoing data breaches and other cyberattacks around the world. In every industry, companies are trying to protect information while cyberattacks and data breaches are on the rise. Barely a day goes by that we don't hear about a hack, ransomware, or a phishing scam. Yet, there is a critical shortage in talent with nearly 3,000 unfilled cybersecurity job openings in Oregon and more than 301,000 unfilled cybersecurity job openings across the United States. According to TechRepublic, the cybersecurity field is expected to more than quadruple, reaching 1.8 million jobs by 2022. Another upside: companies are willing to pay well for cybersecurity skills, with salaries growing nearly as fast as data breaches.



Elder Menus
SEPTEMBER 2018

Monday, 9/3
Holiday
No Lunch

Tuesday, 9/4

Polish Sausage & Sauerkraut,
Mashed Potatoes, California Blend
Vegetables, Apple

Wednesday, 9/5

Beef Tips over Noodles,
Glazed Carrots, Dinner Roll,
Grape Juice, Chocolate
Chip Cookie

Thursday, 9/6

Lemon Pepper Cod, Coleslaw,
Baked Beans, Rye Bread, Orange

Friday, 9/7

Chicken Noodle Soup, Crackers,
Peanut Butter Sandwich,
Spinach Salad, Pear

Monday, 9/10

Tuna Pasta Salad, Crackers,
Cherry Tomatoes, Cucumbers,
Cheese Stick, Grapes

Tuesday, 9/11

Pork Roast, Mashed Potatoes,
Asparagus, Cottage Cheese,
Applesauce Cake

Wednesday, 9/12

Italian Pasta Bake, Garlic Bread,
Tossed Salad, Green Beans,
Yogurt, Peaches

Thursday, 9/13

Creamed Chicken over Biscuits,
Cranberry Sauce, Watermelon

Friday, 9/14

Beef Barley Soup, Dinner Roll,
Kiwi, Nutri-Grain® Bar

Monday, 9/17

Grilled Chicken Breast & Alfredo
Noodles, Broccoli, Cherry Tomatoes,
Cantaloupe

Tuesday, 9/18

Meatloaf, Baked Potato, Country
Blend Vegetables, Breadstick,
Mixed Berries

Wednesday, 9/19

Tuna Casserole, Peas & Carrots,
Chocolate Poke Cake, Banana

Thursday, 9/20

Baked Ham, Mashed Potatoes,
Brussels Sprouts, Cranberry Sauce,
Jello® w/Fruit

Friday, 9/21

Cream of Broccoli Soup,
Roast Beef Sandwich, Mandarin
Oranges, Cucumber Slices

Monday, 9/24

Meatball Sub Sandwich w/Cheese,
Side Salad, Parsley Potatoes,
Pineapple

Tuesday, 9/25

Pork Chop Suey over Rice,
Egg Roll, Fortune Cookie,
Tropical Fruit

Wednesday, 9/26

Turkey Sandwich w/Lettuce,
Tomato & Cheese, Baked Chips,
Cucumber Salad, Grapes

Thursday, 9/27

Baked Cod, Coleslaw, Macaroni &
Cheese, Rye Bread, Calico Beans,
Banana Pudding, Fruit Cocktail

Friday, 9/28

Ham, Potato & Corn Chowder,
Garlic Bread, Apple

*Menus subject to change.



FCP CARING PLACE
September 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):

- 9/4: Casino Day (Bowler) leaving at 9 a.m.
- 9/7-10: Indian Summer Fest Milwaukee Bus Trip
- 9/11: Shopping at 10 a.m.
- 9/12: Diabetic Luncheon, noon – 1 p.m.
- 9/21: Rouman Cinema
- 9/25: Birthday Bingo, 12:30 p.m. at Caring Place
- 9/28: Brewer Game at 7:10 p.m.
- 9/30: Bingo, Carter Casino at 10 a.m.

Happy September Birthday to These Elders!

- | | |
|----------------------------|------------------------|
| 9-1 Robert Daniels Sr. | 9-11 Edward Schick |
| 9-2 Marie Gilligan | 9-11 Michael Gibbons |
| 9-2 Jean Guinn | 9-13 August Tribbett |
| 9-2 Tyrone Victor | 9-14 Cindy Miller |
| 9-3 Tina Oelrich | 9-14 Gerald Schingeck |
| 9-5 Philip Shopodock | 9-19 Wade DeVerney |
| 9-5 Charles Vigue | 9-24 Douglas MacKenzie |
| 9-8 John Alloway | 9-24 Donna Gale |
| 9-10 Sidney S. Daniels Sr. | 9-26 Robert Petonquot |



Message From FCP Veterans Post 1

WE HAVE MOVED! Meetings take place on the first Monday of the month at 5 p.m. in the lower level conference room at the FCP Museum.

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. Please join us!

Executive Council Meets with Milwaukee Mayor

submitted by George Ermert, schreiberGRgroup

Members of FCP's Executive Council recently had the opportunity to have lunch with Milwaukee Mayor Tom Barrett. Mayor Barrett has had a long relationship with the tribe, but for some members of the Executive Council, this was their first opportunity to meet him and discuss issues important to the Potawatomi.

Barrett has served as Milwaukee Mayor since 2004. During that time, he has worked with Potawatomi on a number of major projects including: the expansion

of Potawatomi Bingo Casino to add additional gaming space and a hotel (now called Potawatomi Hotel & Casino) and the development of the Wgema Campus on Milwaukee's near-west side.

During their meeting, Mayor Barrett thanked Potawatomi for their ongoing investments in Milwaukee and the continued generosity they show in their historic homelands. According to Barrett, Milwaukee would not be where it is today without the Potawatomi and the city is better because of their involvement.



Pictured (l-r) are: Treasurer Joseph Daniels, Council Member Nickolas Shepard, Council Member Brooks Boyd, Milwaukee Mayor Tom Barrett, Vice Chairwoman Brenda Shopodock, Chairman Ned Daniels Jr., Secretary James Crawford.

Richard Issac Alloway
“Wawyégises - Round/Full Moon”



Richard Issac Alloway, “Wawyégises - Round/Full Moon”, began his spirit journey on Tuesday morning, August 14, 2018, at St. Clare’s Hospital in Weston, Wis. Richard “Rick” was born June 1, 1960, at Ovitz Hospital in Laona, Wis., to John A. Alloway Sr. and Arlene E. (George) Alloway.

He is survived by his mother: Arlene; brothers: Kenneth L. George Sr., John A. Alloway Jr., James Alloway, Michael L. Alloway Sr. and Samuel Alloway; sister: Donna M. (Alloway) VanZile; brother-in-law: George G. VanZile Sr.

Special sisters include: Valerie Nahbakhah, Kerry Ann Fox, Terri Lynn Fox, Rose Miller, Harwood, Maryland, and Lisa Komanikan, Neopit, Wis.

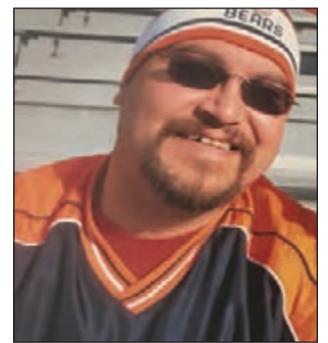
He is preceded in death by his father, John A. Alloway Sr., and two brothers, Arlyn J. Alloway and Timothy A. Alloway.

Rick enjoyed spending time with his family, friends, relatives and traveling. He was kind, gentle, caring, and as a professional, committed himself to assisting in any way possible.

Visitation was held August 16 followed by a Native American feast and funeral service officiated by Pastor Don Dewing on August 17. Both took place at Lake Lucerne Gospel Chapel, Crandon. Interment at the Potawatomi Tribal Cemetery, Crandon. Pallbearers included Edward Alloway Jr., William J. Alloway, William L. Alloway, Joseph Brown Jr., Jason Brown and Gregory Kitchell.

Online condolences may be directed to the family at www.weberhillfuneralhome.com.

William J. Frank
“Tego” “Rip Tide”



William J. Frank, “Tego” “Rip Tide”, age 46, of Wabeno, Wis., passed away Saturday, August 18, 2018, at St. Mary’s Hospital, Rhinelander, Wis. William was born September 28, 1971, in Chicago, Ill., the son of Kevin Nowak and Mabel Schingeck.

He was united in marriage to Heather Milligan on September 23, 1994, in Blackwell, Wis., and together they had three children: Harley, Brandi and Delphine.

Surviving William are his father: Kevin Nowak; mother: Mabel (step-father Gerald Schingeck); daughters: Brandi Frank (Lakewood), Delphine Frank (Wabeno); grandchildren: Keira Godin, Rosabella Shepard; sisters: Ramona Starr (Wabeno); Cheryl Frank (Denver), Krystal Gougé-Wayman (Milwaukee); brothers: Philip Starr Jr. (Wabeno), Ivan Milham (Wabeno), Richard Gougé (Wabeno).

He was preceded in death by his daughter, Harley Frank; sister, Sky Frank; grandmother, Delphine Frank; grandfathers, Arnold Nadjwon and Harry Frank.

Visitation was held August 21; services were held August 22. Both took place the FCP Recreational Center (Crandon) with Jim Thunder officiating.

Weber-Hill Funeral Home assisted the family with the arrangements. Online condolences for the family may be directed to www.weberhillfuneralhome.com.



Deadline for the September 15, 2018 issue is Wednesday, September 5, 2018.



Anthony “Tony” J. Isham Jr.
“zoongidé éwinini”
“Strong Hearted Man”



Anthony “Tony” J. Isham Jr., “zoongidé éwinini” “Strong hearted man”, age 26 of Minnesota, passed away Tuesday, August 21, 2018, at his residence. Tony was born December 18, 1991, in Duluth, Minn., the son of Anthony Isham Sr. and Christina DeVerney.

He was united in marriage to Tawnie Demaray on October 6, 2015, in Watersmeet, Mich.

Surviving are his daughters: Maddie Isham, Brookston, Minn.; Wynter Isham, Marquette, Mich.; sons: Brayden Isham, Brookston, Minn.; Zayden Isham, Tipler, Wis.; Zavier Isham, Tipler, Wis.; sisters: Cheyanne Blair, Kaukauna, Wis.; Melissa Blair, Houston, Tex.; special friend: Leah Blair; step-father: James Blair; and his extended family: the Crawfords.

Honorary pallbearers: Tristan Hazen, Patrick Hazen III, John McGeshick III, Vinny Kashich, Richard Williams, Troy Stumblingbeor, Ryan Wamego. Firekeepers: Ty Nagel, Roman Rivera, Randal, Brian Aimsback, Brandon Aimsback, Nat Jones.

He was preceded in death by his mother: Christina; sisters: Allison Isham, Shana Rae Isham; grandmother: Wanda Pete DeVerney.

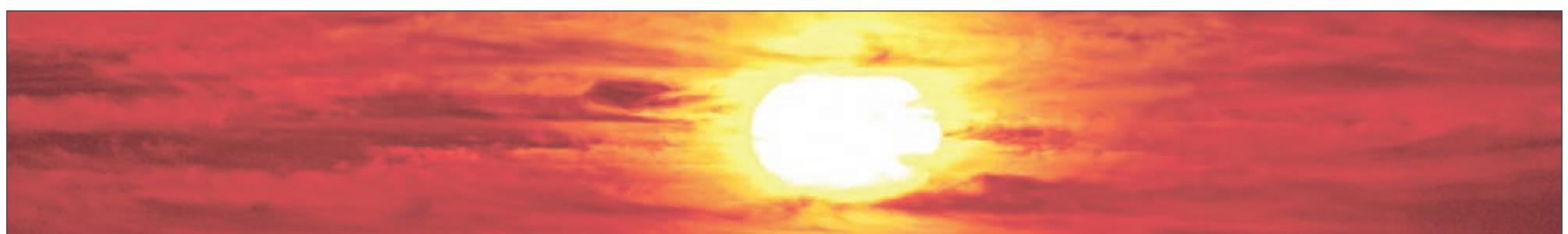
Visitation was held August 23; services were held August 24, 2018. Both took place at the Potawatomi Recreational Center, Crandon, with Hartford Shegonee officiating.

Weber-Hill Funeral Home assisted the family with arrangements. Online condolences for the family may be directed to www.weberhillfuneralhome.com.

POTAWATOMI TRAVELING TIMES
 8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520
 phone: (715) 478-7437 • fax: (715) 478-7438
 email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

<p>FCP EXECUTIVE COUNCIL</p> <p>Chairman: NED DANIELS JR.</p> <p>Vice Chairwoman: BRENDA SHOPODOCK</p> <p>Secretary: JAMES A. CRAWFORD</p> <p>Treasurer: JOSEPH DANIELS SR.</p> <p>Council Members: BROOKS BOYD NICKOLAS G. SHEPARD SR.</p>	<p>Member of the Native American Journalists Association</p>	<p>PTT STAFF</p> <p>Managing Editor: WINDA COLLINS</p> <p>Administrative Assistant: MICHELLE SPAUDE</p> <p>Reporter/Photographer: VAL NIEHAUS</p> <p>Graphic Artist: KRYSTAL STATEZNY CHAD SKUBAL</p> <p>Milwaukee Freelance Correspondent: VERONICA MANN-PEMMA</p>
---	--	---

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.



Back to School Checklist

submitted by FCP Community Health

School is right around the corner and the to-do list is getting bigger: shopping for clothes, gathering school supplies, getting haircuts, and worries about school picture day. But, have you thought of what you have done for your child's health as they head back to school? Don't worry, we have you covered. The following is a checklist that will help prepare your student for a great school year!

Sports Physicals - Make your child's sport physical appointment before they start fall sports. This should ensure more appointment options.

Shots - Make sure your child's immunizations are up-to-date. Make an appointment with their primary care provider to double check. [HWC general information: (715) 478-4300]

Emergency Contacts - Talk to your child about who they should call if they are home alone, get hurt, or their sports' practice gets canceled. Put a list of emergency contacts in their phone, iPod, and/or on the kitchen refrigerator.

Medication - Talk to the school nurse

about your child's medication plan. Make sure to get written consent from the legal guardian or doctor.

Proper-Fitting Backpack - Make sure your child has a proper-fitting backpack to avoid back, neck or shoulder pain. Backpacks with padded backs and straps help ease the pain.

Eye Appointment - If your child is experiencing vision changes or difficulty in seeing, a yearly exam may help with this problem. [HWC Optical: (715) 478-4345]

Bullying Talk - Before sending your child back to school, have the bullying talk with them as bullying is a huge concern. Teach them how to tell a trusted adult [teacher or parent], what bullying can look like, and to be kind to bullied kids.

Healthy Lunch Box & Snacks - Pack berries, apples, peppers, and carrots into your child's lunch box. Use whole grain bread to sneak more fiber into their diet. [Fun tip: Cut out snacks with cookie cutters to make it fun!]

Fall HIKE

SATURDAY, SEPT. 15, 2018

POTAWATOMI STATE PARK
STURGEON BAY, WI

SCHEDULE

- 8 AM: LOAD BUS at FCP Health & Wellness Center
- 8:15 AM: Depart
- 10:45 AM: Arrive at the Park
HIKE, HIKE, Lunch, HIKE
- 5:15 PM: Dinner to-go -
Travel Back to Crandon
- 8 PM: Return to FCP HWC

REGISTRATION

- Open to FCP Tribal Members, Their Family and Guests
- Youth **MUST** be Accompanied by at Least One Responsible ADULT
- SPACE is LIMITED to first 30 people
- Registration Deadline: SEPT. 1, 2018
- ONLINE: cmh.fcpotawatomi.com
- PHONE: 715.478.4355
- IN PERSON: FCP CH Office

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER
COMMUNITY HEALTH
cmh.FCPotawatomi.com

You're Invited!

The School District of Crandon invites families and community members to come help welcome our students back for the start of the 2018-19 school year on Tuesday, Sept. 4. Buses begin to arrive at 7:30 and the school-wide kick-off starts at 8:15 in the high school gym. Please come greet students and stay for the kick-off event. We look forward to seeing you there.

Stay Safe from Heat-Related Illness

submitted by Bobbie Irocky, Emergency Management

Extreme heat often results in the highest annual number of deaths among all weather-related disasters. Be prepared to beat the heat during beach days, barbecues, concerts, and other outdoor activities. Before your next summer event, review the warning signs of heat-related illness on the Ready.gov/heat page. Also be prepared to help yourself and others by knowing the signs of and how to respond to heat-related illness.

Signs of heat exhaustion:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

What you should do:

- Go to an air-conditioned place and lie down.

- Loosen or remove clothing.
- Take a cool bath.
- Take sips of cool sports drinks with salt and sugar.

• Get medical help if symptoms get worse or last more than an hour.

Signs of heatstroke:

- Extremely high body temperature (above 103°F)
- Red, hot, and dry skin with no sweat
- Rapid, strong pulse
- Dizziness
- Confusion
- Unconsciousness

What you should do:

- Call 911 or get the person to a hospital immediately.
- Cool down with whatever methods are available until medical help arrives.

Find more information on extreme heat preparedness at www.ready.gov/heat.

OLD ME **NEW ME**

NATIONAL RECOVERY MONTH

- An estimated 10 people die per hour worldwide due to alcohol abuse.
- Additionally, just in the United States 6 people die per hour to drug overdose.
- Only 11% of people suffering from addiction seek treatment. This means roughly 20 million people suffering from addiction go untreated.

DON'T BECOME A STATISTIC — CALL THE FCP'S HWC AODA DEPARTMENT AT (715) 478-4370 FOR HELP.

AODA treatment consists of more than helping people become sober. It's about helping people discover and incorporate their sense of purpose, culture, and spirituality into their day-to-day experience.

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER
8201 Mish ko swen Drive, Crandon, WI
www.FCPotawatomi.com
Mon. - Fri. | 7 a.m. - 6 p.m.
Open to the Public

Honoring Health, Healing, and Tradition

ASPIRUS NETWORK

If it's Summer, it must be Day Camp

submitted by **Rebecca Jennings, FCP Education**
 photos by Summer Day Camp Staff

Summer Day Camp (SDC) has concluded another successful year. This was our fifth summer with FCPC youth 7-12 years old. Seven different departments offered activities to the children within the six-week time span: Community Health, Education, Emergency Management, Family Services, Language, Natural Resources and Recreation. Over the course of the program, 71 different children attended with daily attendance ranging from 25 to 58.

This year, we began our day with various physical activities done through rotational stations. It kept the students moving and engaged as they joined with their group members in exercises for the mind and body. They then headed out to participate in departmental activities including frog catching, boxing, drawing, Farkle and math games, scavenger hunts, reading games, learning about the environment and water conservation, making ice cream, sun safety, bullying prevention, visiting the longhouse at Gte Ga Nēs, using GPS, and looking for "fossils" to name a few.

Afternoons included outdoor dodgeball, kickball, and Capture the Flag on

Tuesdays. On Wednesdays, we worked on our Potawatomi language skills through games and activities including exciting rounds of "mayos, mayos, nēmosh" and "gigo, gigo, mko". We also had our annual fire extinguisher training and visited with the firemen of Laona through the coordinating efforts of FCP Emergency Management.

Our field trips included a visit to Camp 5 in Laona, a cookout and swimming at Lake Metonga, and Rouman Cinema to see *Incredibles 2*. We went to Eagle River to visit Trees for Tomorrow where campers used GPS to solve riddles and learn about invertebrates in the lake.

Our final day was spent at the Stone Lake ballfield with two bounce houses and numerous activities for an active field day. We wrapped up with ice cream, a time to say thank you to all involved, and the bestowing of participation certificates.

The Education Department staff appreciates all of those who participated - campers and employees - who made the time full of fun and learning. Thank you also to the families for allowing your children to take part. Enjoy the remainder of your summer!



(left) Making home-made ice cream... YUMMY!

(right) Learning about the environment and water conservation



(below) Youth pose with Laona Fire Department



Community Health and Summer Day Camp

submitted by **Kammesha Thomas, Community Health Intern**

Summer Day Camp (SDC) came to an end in late July. Each day involved department rotations: one of these featured the Community Health (CH) department. Youth taking part would come to CH on a Tuesday or Wednesday for a one-hour session. During their time with CH staff, they would participate in educational activities, learn about certain health topics, and have a healthy snack. Health topics and activities included: bullying and self-esteem, summer safety, kitchen safety, physical activities, herb planting, and getting back into nature.

Different teaching techniques were used to keep the kids focused and engaged: PowerPoint presentations, scenarios, short videos, games, and different combinations of these were all utilized.

For example, Family Feud was utilized for kitchen safety; bingo for summer safety; a quick true-or-false game about physical activity, followed by free-time at the park, which led to kickball where the youth demonstrated good sportsmanship and got their heart rates pumping!

Even though CH leaders did not see the SDC youth every day, friendships and bonds were formed between the two. And if the youth only remembered the healthy, tasty snack they had and the friendships or bonds they made with their peers over the summer, what more could CH ask for?

Check out some of the fun activities that were captured by the CH staff and see you next summer!



(top left) Herb Daniels and Cassidy Frank

(top right) Bella Vargas

(bottom left) Dheontro Durham

(bottom right l-r) Niya Frank and

Cheyenne Blasing

photos by CHD staff



Celebrating Differences of Culture Together

submitted by Abbey Lukowski, Family Service Division Administrator

Booshoo! Ann-yeong-haseyo! With a quick visit to the Forest County Potawatomi (FCP) community, came about 35 friends from ages five to 85 from South Korea to celebrate differences and similarities within our individual cultures by means of a true cultural exchange.

FCP's Family Service Division, in collaboration with the Education & Culture Division and supported by the community and Executive Council, were whisked into a number of wonderful visits and observational opportunities to learn about FCP's history, land usage, community and people.

As shared by Korean cultural exchange leadership Paul Kim, their people - much like Anishinaabe people - had experienced similarities within loss of their homeland: loss of land, loss of language, and more importantly, loss of culture. The purpose of the cultural exchange was to share in authentic, traditional foods, music, dance, games and company.

Indian Child Welfare Coordinated Services Team Coordinator Eric Swanson

and Athletic Director Brian Tupper greeted tired but smiling travelers late in the evening on Monday, August 6, 2018. The late night didn't keep them from rising early, eager to experience the collective opportunities and projects that FCP has to offer. Snapping many photos and asking many questions, they enjoyed a tour of the farm and powwow grounds. Returning for lunch, they then shared their Korean crafting ideas with new friends along with their famous Korean pancakes for an afternoon snack. This was followed by playing Korean games.

Later in the evening, FCP Chairman Ned Daniels Jr., Vice Chairwoman Brenda Shopodock, Secretary James Crawford, Treasurer Joseph Daniels, and Council Member Brooks Boyd shared their appreciation with cultural exchange leadership James Kim and Paul Kim. It was mentioned a number of times how appreciative the group was to have been received and hosted by FCP with such hospitality. The welcome was so great that they truly believed to have identified new brothers and sisters. With open hands, Executive

Council gave traditional Potawatomi gifts to the Korean leadership and were then greeted with traditional gifts of gratitude from South Korea.

They enjoyed a short presentation from FCP IT who shared its experiences of working with youth while giving them a voice of its culture through film and media. Jeffery Keeble, Marcus Daniels and Antonio Daniels, under the guidance of IT Film Project Coordinator David Herkert, shared two of their videos prior to the group heading back to the Rec Center for dinner and evening activities.

Wednesday would bring another full schedule to include a day spent with summer youth employees. Together they toured the Potawatomi Museum, learned Tae Kwon Do, and then celebrated the most anticipated evening of cultural exchange. It was this evening that youth, families, and communities came together to share both traditional Potawatomi entrées and traditional South Korean dishes followed by music, dancing, and conversation.

Fire Nation Drummers led by Council

Member Nick Shepard, was a highlight. Una Ross and Brevin Boyd shared traditional dances with all, with the oldest (85 years young) of the South Korean group delightfully joining in. As in a true cultural exchange, the group shared traditional South Korean dances as well.

Though it was tough to part ways, Thursday brought a tour of the sugar camp and a farewell picnic at Lake Metonga. The group that has been traveling and offering cultural exchange opportunities for more than 20 years said that they had never been a part of an exchange where they were welcomed as community members. They can't wait to visit next year!

FCP Family Services and Education & Culture Divisions extends their utmost gratitude to all those community members, departments, and divisions that assisted in making our first cultural exchange the success that it was. Gomab-seubnida! Migweth!

photos submitted by FCP Education and Family Services Division



FCP Awarded Drug Endangered Children Program Status

submitted by Abbey Lukowski, Family Service Division Administrator

On August 7, 2018, the Forest County Potawatomi (FCP) were recognized by the Wisconsin Alliance for Drug Endangered Children for its commitment and service to children in need. While receiving a plaque for establishing the Drug Endangered Children (DEC) Program Status, staff were acknowledged for their collaborative efforts with the Forest County Sheriff's Department and Sokaogon Chippewa Community.

Receiving the award on behalf of FCP included Family Service Division Administrator Abbey Lukowski, ICW Social Worker Maline Enders, and ICW Preservation Worker Nicole Anderson.

The efforts put forward to obtain the program status included establishing partnerships with all three of the organizations previously mentioned by means of memorandums of understanding, establishment of joint protocols for addressing children in need of care who have been subjected to drug-induced environments, and developing multi-agency approaches for the development of strategies and response teams to protect children who may be in dangerous drug-related environments. Though recognized at the state level, FCP joins many other programs nationwide working toward protecting, preventing, and addressing the needs of children who have been impacted by dangerous drugs.

In April 2017, Attorney General Jeff Sessions spoke in Green Bay, Wis., at the National DEC Conference. He stated, "Through prevention, enforcement and treatment, we can make this country safer for every child. It's going to require all of us working together, and it's going to take a lot of hard work. That is the work all of you are here to do, and it has never been more important or more urgent."



After having heard this statement, Enders and others took it to heart. Over the next year, they diligently collaborated with Forest County and Sokaogon Chippewa Community working toward making a difference by establishing the DEC Program for FCP. It's a small step toward making a difference when drugs have impacted the lives of our tribal children.

FCP Family Services Division wishes to extend its utmost gratitude to all those community members, departments, partnerships and divisions that collaborated and assisted with establishing this status. This includes support from leadership to ensure commitment and service to our children is not only recognized but made a priority to keep them safe when drugs should impact the situation.

To learn more about the Drug Endangered Children Program, please contact FCP Family Services Division at (715) 478-4433. Migweth!



Receiving the award on behalf of the Forest County Potawatomi included (front row women l-r): Family Service Division Administrator Abbey Lukowski, ICW Preservation Worker Nicole Anderson and ICW Social Worker Maline Enders.

Swine, Dine & Dash

Saturday, Oct. 13, 2018

**Bodewadmi Ktegan
County H, Blackwell**

FEAST, FUN RUN, & FAMILY ACTIVITIES
Open to FCP tribal members and their families

Save the Date

! UNDER ! ! CONSTRUCTION !

The FCP Gift Shop & Library will be

CLOSED

starting August 6 for new flooring/construction. The Museum Gallery will be open and staff will still be available for questions and assistance. Please call (715) 478-7478 with questions. The estimated re-open date is Tuesday, Sept. 4, 2018.

Tribal Court 101

Informational meetings to help FCP tribal members and interested parties understand how to use the court to their full advantage

Each Session: 12:30 - 2 p.m.

A LIGHT LUNCH WILL BE SERVED DURING EACH SESSION

~~August 21, 2018~~
~~Executive Building Auditorium~~
~~SESSION 1 — General Overview~~
An overview of the establishment, structure and main functions of FCP tribal court, judges and court staff.

September 18, 2018
Potawatomi Carter Casino and Hotel
SESSION 2 — Guardianship 101
Topics include who may file, what the duties of the guardian are and the difference between a guardianship and a conservatorship, and the difference between guardian of the estate and guardian of the person.

October 2, 2018
Executive Building Auditorium
SESSION 3 — Family Actions 101
This session will cover all family matters including divorce, child custody and placement, child support, enforcement, maintenance and post-judgment.

October 23, 2018
Executive Building Auditorium
SESSION 4 — CHIPS
An overview of the child protective services process from start to finish.

FOREST COUNTY POTAWATOMI
TRIBAL COURT

Contact: Tina Bushong @ 7255 to sign up

September is National Childhood Obesity Month

submitted by FCP Community Health

National Childhood Obesity Awareness Month is a chance for everyone to get to learn about this serious public health problem. According to the Centers for Disease Control and Prevention (CDC), one in five children in the United States are obese. Childhood obesity puts children at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.



added salt to help preserve the vegetables and avoid buying canned fruit in heavy syrup.

Get kids in the kitchen:

Have your child help out in the kitchen. Get your kids involved with the planning and cooking of healthy meals.

Consume less sugar:

Drink water instead of soda, sugary drinks, lemonades, or energy drinks. These drinks have caffeine and lots of added sugars; infuse water with fruits (oranges, lemons, or limes) to add some natural sweetness!

Go community-wide:

Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students.

Taking small steps as a family can help your child stay at a healthy weight. Let's all work together to make sure kids grow up strong and healthy!

For more information, check out these online resources:

- www.cdc.gov/features/childhoodobesity/index.html
- www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Childhood-Obesity-Awareness-Month.aspx
- <https://stateofobesity.org/childhood-obesity-trends/>

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Forest County Potawatomi Health & Wellness Center encourages your family to make healthy changes together.

Get active outside:

Walk around the neighborhood, go on a bike ride, or play basketball at the park. Make sure your child gets at least 60 minutes of physical activity every day.

Limit screen time:

Keep screen time (time spent on the computer, phone, watching TV, or playing video games) to two hours or less a day.

Make healthy meals:

Buy and serve more vegetables, fruits, and whole-grain foods. Buy frozen vegetables rather than canned vegetables/fruits. Canned vegetables tend to have

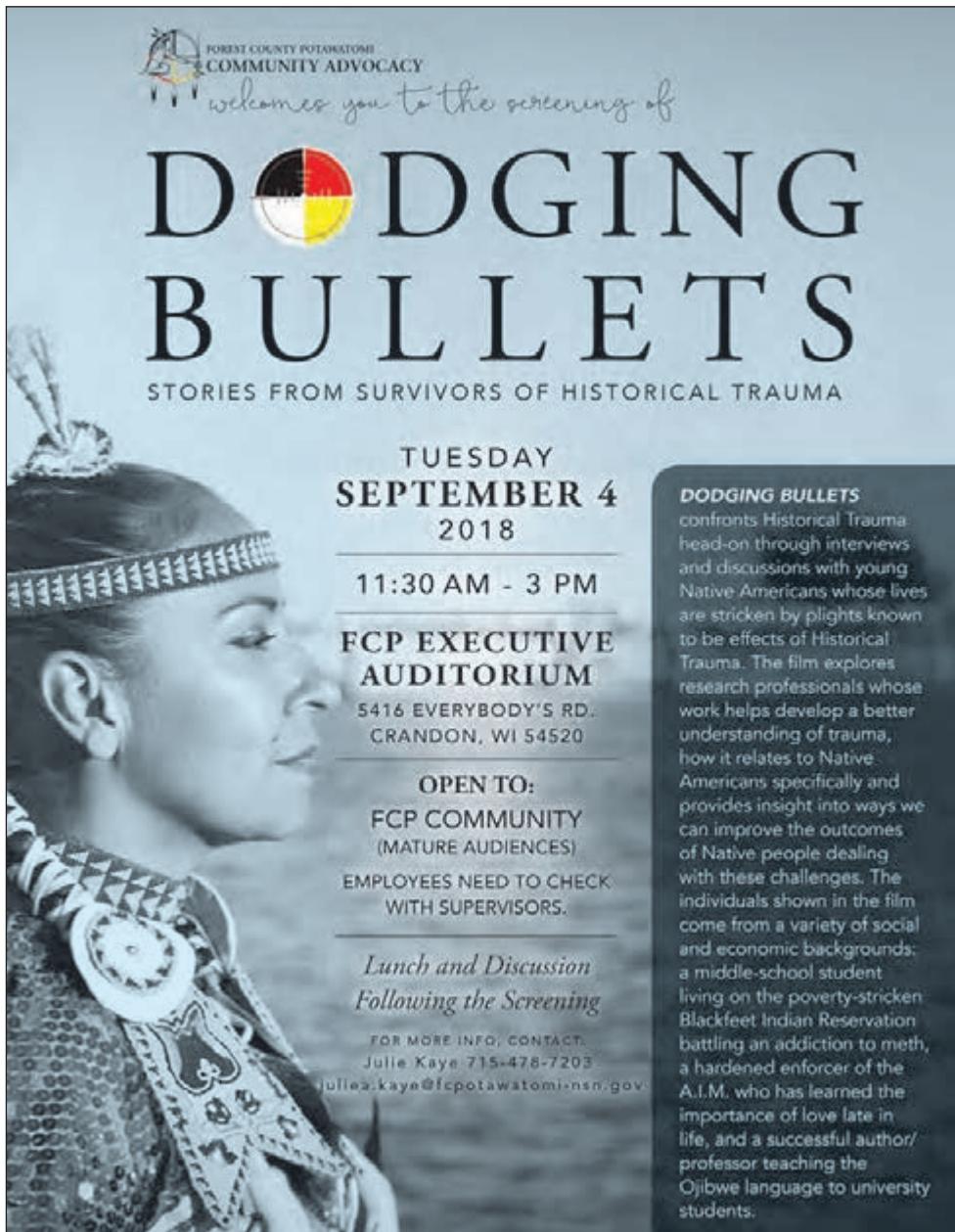
Public Notice

Forest County Potawatomi Community

The Water Utility will be flushing fire hydrants in Stone Lake, Blackwell and Carter September 3-14, 2018. You may experience discoloration in your water, so be sure and check the water clarity before using. If you have any questions, please give us a call at



(715) 478-7398. Thank you. Bruce Johnson, Utility Mgr.



FOREST COUNTY POTAWATOMI
COMMUNITY ADVOCACY
welcomes you to the screening of

DODGING BULLETS

STORIES FROM SURVIVORS OF HISTORICAL TRAUMA

**TUESDAY
SEPTEMBER 4
2018**

11:30 AM - 3 PM

**FCP EXECUTIVE
AUDITORIUM**
5416 EVERYBODY'S RD.
CRANDON, WI 54520

OPEN TO:
FCP COMMUNITY
(MATURE AUDIENCES)
EMPLOYEES NEED TO CHECK
WITH SUPERVISORS.

*Lunch and Discussion
Following the Screening*

FOR MORE INFO, CONTACT:
Julie Kaye 715-478-7203
julie.kaye@fcpotawatomi-nsn.gov

DODGING BULLETS
confronts Historical Trauma head-on through interviews and discussions with young Native Americans whose lives are stricken by plights known to be effects of Historical Trauma. The film explores research professionals whose work helps develop a better understanding of trauma, how it relates to Native Americans specifically and provides insight into ways we can improve the outcomes of Native people dealing with these challenges. The individuals shown in the film come from a variety of social and economic backgrounds: a middle-school student living on the poverty-stricken Blackfeet Indian Reservation battling an addiction to meth, a hardened enforcer of the A.I.M. who has learned the importance of love late in life, and a successful author/professor teaching the Ojibwe language to university students.

A Trip Down the Wolf River

by Val Niehaus

Forest County Potawatomi AODA department organized a special trip for the youth of the community to participate in on Aug. 16, 2018.

This trip was focused on being able to do something fun, exciting, recreational and physical without having the need for substance abuse. It offered an opportunity to show the youth they can enjoy themselves without alcohol or drugs. The trip was an adventure to Shotgun Eddie's in White Lake, Wis. If anyone is not familiar with this name, it is a white-water rafting venture that is pretty popular in these summer months on the Wolf River.

A total of 50+ people, youth and adults, with ages ranging from 5 and up, took this opportunity to enjoy a good time with friends while laughing and fighting the rapids in their rafts. It should be noted that all of the proper parental signatures were obtained since this can also be a bit of a dangerous sport. For many, it was their first time white-water rafting. A few of the youth who were try-

ing the sport for the first time forgot to take their shoes off in the beginning and ended up soaked! When all was said and done, it seemed that everyone had a great time with each other and also learned a great lesson- you can have a great and fun time without the use of anything to alter your state-of-mind or inhibit your well-being! It was a strong message for these youth to experience.

Many thanks go out to the AODA workers who organized this adventure and kept the youth safe on this trip: Jorge Cisneros Sr., Jordan Keeble, Ira Frank, Jacob Struble, Shelby Cleereman, William Martin, Samantha VanZile-Cottrell, and Erik Carlson (FCP Education). Also thanks to the parents and grandparents that tagged along as chaperones to help on this day of excitement!

The department is going to keep focusing on group activities like this one for the community youth and their families and friends so keep your eyes and ears open!




The HEALING JOURNEY:

Artwork by Brevin Boyd

Join us as individuals share stories of how substance abuse has impacted their lives, how they cope with the grief of losing a loved one, and how they stay on the path of sobriety.

Wednesday, Sept. 19, 2018 | 6 p.m.
FCP MUSEUM — LOWER LEVEL
OPEN TO THE FCP COMMUNITY, ELDERS, FAMILIES AND YOUTH AGES 9+
POTLUCK: FEEL FREE TO BRING A DISH

Contact: FCP Community Health: (715) 478-4355, or FCP AODA Services: (715) 478-4370, with questions

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH
cmh.fcpotawatomi.com

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER AODA

For additional information on the topic of grief and grieving, contact the FCP Behavioral Health Department at (715) 478-4339. For topics related to AODA and sobriety, please contact FCP AODA Services at (715) 478-4370.

Women’s Transitional Treatment Open House

by Val Niehaus

August 20, 2018, was a special day for the Forest County Potawatomi (FCP) AODA department as it marked the day when they could finally open the doors of the Women’s Transitional Treatment House, BaKaKwsen i Shkwadém (The Door is Open). This is a long-awaited event and marks a major achievement in their goal of continually improving treatment outcomes for addicted tribal members.

This facility is a community-based housing option meant to help women transition from a full, facilitated treatment center back into the real world by offering an environment that lets them resume living in their community while still having the support they need at a very vulnerable time in their recovery. They cannot change the world around them, but they need to learn how to handle the challenges they will face. Having a supportive living situation to return to each day as they embark on a different road in their lives is essential to a successful and lasting recovery.

This facility is for FCP female tribal members age 18 and older. Individuals may volunteer themselves to participate in the program, or they can be referred from the treatment center where they were initially treated.

Eight newly-hired employees will be on-site 24/7 to assist in the needs and care of the women living there. They are all qualified and licensed and have worked in the area of recovery for quite some time; these women will be getting the best of care.

AODA Director Micah Nickey said, “Many thanks to all here today and who helped in the process of getting this house to where it needed to be. As of today, this house is open for women to come in and to utilize. We wanted to see this become a reality and here it is. We can only HOPE that people can one day walk a good road, the Red Road, and find happiness from seeking our services and, in return, having their state of health improve and their quality of life as well. I just really want to thank everyone on my staff and all who have made this dream happen for

this community!”

The newly-renovated house is located where the AODA department once was: 5519 Wej mo gek Court. It is equipped with rooms with half baths in them and can accommodate up to six residents. There are also two full baths located on the same floor as the main rooms. Within the building there is a fully-functional kitchen, living room space, healing room and group session room. There will be the regular routines, group activities and responsibilities for the women as they begin their journey into a normal life again.

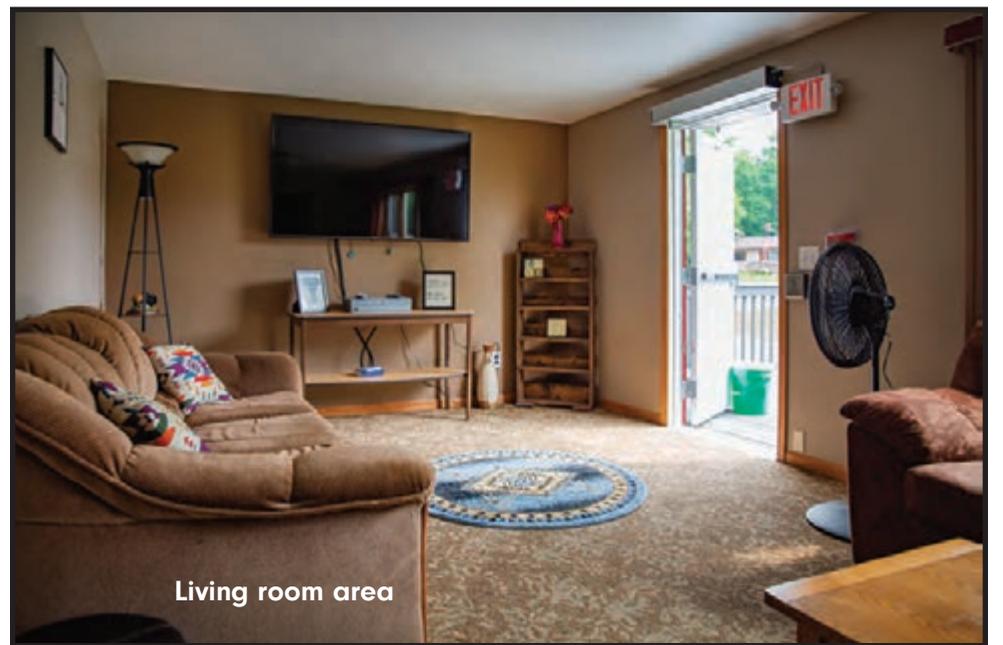
During the open house, there were people taking tours of the household and offering praise about how nice it was to have here in the community. Many people had questions which the AODA department staff answered promptly and efficiently. As clearly demonstrated by their learned responses, they have their ducks in a row and are ready for all of the needs and challenges involved in operating such a facility.

Before the meal, Nickey said a prayer in his native language and offered some

good words for the people who will be using this facility. Jordan Keeble then did an impressive job of singing an honor song a cappella as other singers were busy attending to obligations elsewhere in the community. Following the initial presentations, everyone in attendance then thoroughly enjoyed the food that was prepared by the AODA staff - especially those dessert bars!

Having a facility of this kind and caliber in the area is a step in a very positive direction for the women and families who are on that road of recovery and healing. It offers a place of both physical and emotional safety at a most vulnerable time. Treatment teaches them the tools they need to live a sober life. A transitional facility will allow them to learn how to use those tools. It’s also a place to meet people who have or have had the same struggles. That mutual understanding and support is invaluable in helping them move on to a life where they will eventually be happy, healthy and sober.

If you would like more information, call FCP AODA at (715) 478-4370.



Living room area



Double bedroom



Single bedroom



NOTICES

CULTURE

Language Classes

With summer vacation over, please call (715) 478-4173 with questions regarding times/locations of language classes.

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.

***NEW* Living Life! AA Big Book Group** - Thursdays, 6 - 7 p.m., Northwoods Veterans Center, 104 S. Lake Avenue, Crandon. Contact Terri B. with questions at (715) 622-0502.



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.

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.

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

Economic Support Programs

Tribal Employment Skill Program - available to adult tribal members who can be placed on a paid work experience opportunity in various tribal departments for up to six months. This allows tribal members to test drive different areas to find a good fit. The staff can assist with:

- Direct connection between DMV to obtain, reinstate and/or determine what is needed to obtain the driver's license
- Work-related expenses
- Resumé development/ resumé critiquing
- Mock interviews (practice before a job interview) and tips.
- Job-seeking skills/soft skills
- Employment guidance/advocacy
- Fidelity bonding available

We currently have a 53 percent success rate for successful work experience to employment.

Work Study Program - for students that are in their senior year. Students can be on a work experience but must have good standings in all their school classes. We work with the FCP Education Department to set this up.

Badgercare - a state/federally-funded program that provides health coverage for individuals living on the reservation or within Forest County, tribal children and affiliated-tribal members.

Foodshare - a state/federally-funded program that provides an EBT food card to eligible individuals living on the reservation or individuals that have tribal children living in Forest County. The program has eligibility requirements that also considers shelter/housing expenses.

Foodshare Employment & Training Program (FSET) - individuals that are eligible for Foodshare would be eligible for this program which can assist with gas voucher, job training costs and other expenses relative to the goals

SERVICES OFFERED

that are set for securing employment.

Temporary Assistance for Needy Families (TANF) - this work program is funded through the Administration for Children and Families with an income limit of 125 percent of federal poverty level for individuals living on the reservation or individuals living in Forest County that have FCP tribal children. Individuals get a cash payment each month providing that they completed their work activities each month.

General Assistance (GA) - this work program is funded through the Bureau of Indian Affairs and is available for federally-recognized tribal members living on the reservation. Eligible individuals will get a cash payment each month providing that they are complying with the work plan developed with their case worker.

Native Employment Works (NEW) Program - this work program is funded through the Administration for Children and Families for individuals living on the reservation or within the service area. The paid work placement opportunity is for three months at 24-35 hour per week and we have limited slots available based on funding.

Resource Rooms - located at the old tribal hall and at the Family Services Building. Each area has computers that individuals can utilize to complete their resumé, type correspondence, work on the self-paced Microsoft Computer Training Program, apply for jobs, or apply online for healthcare coverage programs.

The FCP Economic Support staff is available to provide services for resumé building, computer training programs, and for any other economic support program information. If you want more information on any of these programs, please stop by the Family Services Building or call (715) 478-4433.

SEPTEMBER EVENT CALENDAR

CHOICES Program

- Youth 9 - 12: Mondays (3, 10, 17, 24)
- Youth 13 - 17: Tuesdays (4, 11, 18, 25)
- Youth 6 - 8: Wednesdays (5, 12, 19, 26)

Youth will be picked up from school and dropped off at home after 5 p.m. Call (715) 478-4839 for more info.

Family Resource Center

- Healthy Relationships Class: Mondays (3, 10, 17, 24) from 1 - 3 p.m.
- FRC Girls Group (ages 10-17): Tuesdays (4, 11, 18, 25) 3:30 - 5 p.m.
- Team Building w/CHOICES (age 6-8): Wednesdays (5, 12, 19, 26) 3:30 - 5 p.m.
- Positive Indian Parenting Class (PIP): Thursdays (6, 13, 20, 27), 10 a.m. - noon.
- Community Women's Talking Circle: TBA
- NEW Fatherhood is Sacred & Motherhood is Sacred Parenting Class: TBA
- Open registration Nurturing Fathers parenting class: 13-week curriculum; two-hour, one-on-one sessions.

Child care available for all classes; please RSVP if child care is needed. Call (715) 478-4837 with questions about any programs.

Community Health

- 9/4 - Infant Nutrition (HWC) 8 a.m. - 4 p.m.
- 9/6 - Infant Nutrition/WIC (Carter We Care) 1 - 4 p.m.
- 9/11 - WIC (HWC) 8 a.m. - 4 p.m.
- 9/12 -Diabetes Luncheon (8-Plex) noon - 1:30 p.m.
- 9/15 - Fall Hike (Potawatomi State Park, Sturgeon Bay) 8 a.m. - 8 p.m.
- 9/19 - Healing Journey (FCP Museum) 6 p.m.
- 9/20 - Hepatitis C Testing (HWC) noon - 4 p.m.
- 9/20 - Fruit/Veggie Taste Test Day (HWC Lobby), 1-3 p.m.
- 9/25 - WIC Make-Up Day (HWC) 8 a.m. - 4 p.m.

DIVISION OF VOCATIONAL REHABILITATION

WHEN

**September 18, 2018
1 - 4 p.m.**

WHERE

**Family Services Building
5415 Everybody's Rd.**

FOR MORE INFO CALL NATALIA

AT (715) 365-2607

OR EMAIL AT

NATALIA.GRAF@DWD.WISCONSIN.GOV

DO YOU HAVE A DISABILITY AND ARE YOU LOOKING FOR WORK?

A DVR representative will also be available Oct. 2, Nov. 6, Dec. 4.

WALK-INS WELCOME

DVR SERVICES ARE FREE

**WILL YOU WORK HARD TO REACH YOUR JOB GOAL?
If you will, then DVR is for you!**

SELECTING A HEATING SYSTEM

Before replacing your heating system, consider the following:

FUEL

The heating fuels available depend on where you live in the U.S. For example, in the Northwest heating oil is more popular because there is limited access to natural gas.

CLIMATE

The typical heating system you buy will depend on where you live. In warmer climates, you might only need space heaters, while in colder climates, you might consider a central heating system.

EFFICIENCY

The higher a heating system's efficiency is, the higher the purchase cost but the lower the operating costs. Look for ENERGY STAR products, which exceed the minimum standards for efficiency and quality.

SIZE

Proper sizing is as important as efficiency. If your heating system is too big for your home, it will cost more to operate. Work with a professional contractor to find and install the best heating system for your home.

HEATING SYSTEM MAINTENANCE

Periodic maintenance can extend the life of your heating system and minimize efficiency loss.

CLEAN FILTERS MONTHLY and replace them regularly.

Check air ducts and heating pipes to make sure they are **PROPERLY SEALED**.

REMOVE DIRT, SOOT OR CORROSION FROM THE SYSTEM, and clean the heat exchanger to maintain heating levels.

Make sure air vents, baseboard heaters and radiators aren't obstructed.

ENERGY.GOV

Summer Fisheree a Success

submitted by Celeste Schuppler, Land & Natural Resources

August 18 marked the date of the FCP Natural Resources Summer Fisheree, which was held at both Bug Lake and Devil's Lake. The attendance was lower than expected, but it allowed for more of the delicious food [prepared from meat and produce provided by Bodwewadmi Ktegan] to go around. The weather didn't start out looking the greatest, but it turned into a beautiful day to be out on the lake - or in my case - to be on shore. We were also able to spend one last day

with a valued LTE (limited term employee), Jon Ingle. Best wishes and hope we get to see you again!

For this fisheree, we were able to give all those who attended a voucher for bacon courtesy of Bodwewadmi Ktegan. The largest fish caught was brought up to the Bug Lake location weighing in at 14 pounds, 5 ounces, measuring 36.5 inches. Winners from all categories are listed below.

ADULT

Northern Pike

1. Joe Shepard
2. Ryon Alloway
3. Ryon Alloway

Yellow Perch Adult

1. Joe Shepard
2. Joe Shepard
3. Joe Shepard

Largemouth Bass

1. Ryon Alloway
2. Don Werle
3. James Werle

Bluegill/Sunfish

1. Trinity Shepard
2. Joe Shepard
3. Joe Shepard

Crappie

1. Ryon Alloway
2. Isaiah Alloway

YOUTH

Northern Pike

1. Jordy Shepard
2. N/A
3. N/A

Yellow Perch Youth

1. Hunter VanZile
2. Jordy Shepard
3. Hunter VanZile

Largemouth Bass Youth

1. Jordy Shepard
2. Wylder Shepard
3. Wylder Shepard

Bluegill/Sunfish Youth

1. Kaleb Kircher
2. Jordy Shepard
3. Wylder Shepard

Crappie Youth

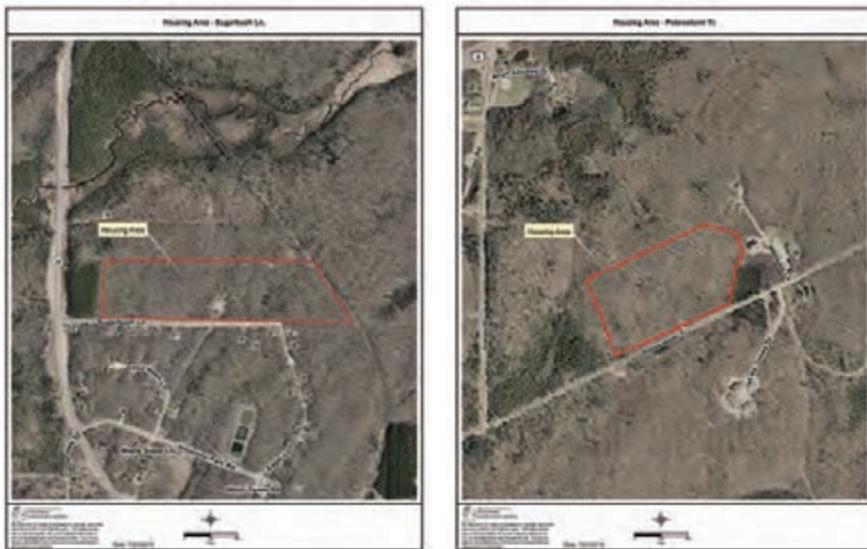
1. N/A
2. N/A
3. N/A

Attention FCP Tribal Members

Public Comment on Proposed Housing Areas

The FCP Land Use Committee is seeking public comment on two proposed areas for new housing development.

The areas are located along Sugarbush Lane in Carter and Potawatomi Trail in Stone Lake.



If you approve of these areas or have comments, notes can be placed in the comment box.

Comments can also be placed by contacting Land Use Committee members:

Missy Gorham, Jessica Jacobson, and Herb Daniels, Jr. or by email at Michelle.Berdan@fcpotawatomi-nsn.gov, or by phone at 715-478-4944.

Comments are needed before 5pm on September 11, 2018.



Two very good fishermen (l-r): Joe Shepard (and crew) and Ryon Alloway.



Home Energy Audits Begin!

submitted by Michelle Berdan, LNR Planner

Trained energy auditors Tom Kessel (pictured below at right) from the FCPC Housing Department and Krushna Patil (pictured below at left), the tribe's energy specialist, have started to conduct inspections of tribal homes that have signed up to participate in the home energy audits. Kessel and Patil will be out in the community conducting audits of six homes per week. They are looking for drafts, leaks and other ways that homes may be losing energy.

A home energy audit:

- Identifies ways to make your home more efficient
- Lowers your energy usage

- Reduces your utility bills

The tribe was awarded funding from the Department of Energy in order to conduct the First Steps project. This project will allow the tribe to gather energy usage data and conduct home energy audits for tribal homes located on reservation land.

Please contact Krushna Patil, (715) 478-4155 or Michelle Berdan, (715) 478-4944 for more information on how to sign up for a FREE home energy audit. Sign up today and receive a gift bag containing energy saving items AND receive up to \$375 toward implementation of the audit findings.



Food Stand Donates Proceeds to Wellness Court

by Val Niehaus

Justine White-Fish of "Justine's Fry Bread" did a generous gesture to the Forest County Community Wellness Court on August 8, 2018.

She set up her food stand at the Stone Lake C-Store to raise money for the local Wellness Court

and ended up bringing in approximately \$600 which she donated. She made everything from Indian tacos, fry dogs, chili, soup, burgers and even dessert.

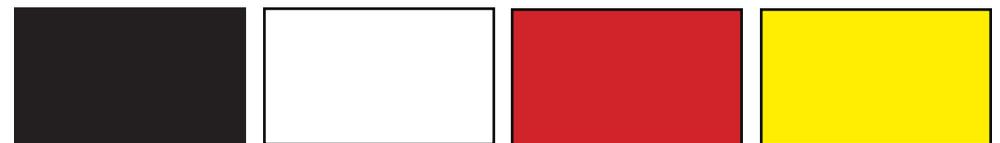
The main reason behind this was to give the participants who are moving forward in the Wellness Court an incentive to keep moving forward by awarding them with movie tickets, gas cards, and

gift certificates to local businesses. The grant for this program does not cover these expenses so it's always a nice gesture to be awarded for a job well done.

Many people from the community came and went throughout the day... and many

apologies for the delay in start time as White-Fish was testing out a new mini fryer. She is very appreciative for everyone's patience and contributions.

It was the perfect day to get some good food to fill your belly along with helping out a good cause in the community.



POPCORN
\$1 / BAG

WE'RE HIRING
PLEASE APPLY WITHIN

FOREST COUNTY POTAWATOMI CARTER C-STORE SMOKE SHOP/DELI
Hwy. 32, Carter
Across from the Casino/Hotel
(715) 473-5100
Open 24 Hours / 7 Days a Week

PTT090118

Fuel Rewards[®] members save an additional

5¢
PER GALLON

when you buy two 32oz Powerade products.

Valid 07/01/2018 - 09/30/2018

*Offer ends 09/30/2018 and may be extended or discontinued at any time. Available for qualifying products which may vary by location. Offer valid with Fuel Rewards card or QR code in limited time, while supplies last. Other restrictions may apply. Limit 20 gallons. See fuelrewards.com/shop-outlet for full terms and conditions.

Download the Fuel Rewards app to join today and never pay full price for fuel again.

FOREST COUNTY 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 Daily: 5 a.m. - Midnight

PTT090118

...continued from pg. 1

Just goes to show how good that home cooking of a traditional powwow meal is to many who attend, one of the many highlights of the event. Art/craft vendors were outstanding as well with a few new stands making it on scene this year. There was plenty to eat and to buy if you weren't concentrated on watching the dancers during a short period of time.

It was an impressive and energetic powwow and was enjoyed and appreciated by a sizable turnout! The committee did a great job in planning the event and in keeping things rolling and in order so everything went smoothly. A BIG thanks is extended to them all! Thanks also to maintenance workers who helped with the whole weekend. None of this could have been done without your help! Thanks go out to the cooks who prepared meals for everyone, and sincere thanks to all who helped clean, organize and participated in any way to make sure everyone had a great time! Judging from feedback shared, everyone had an awesome weekend jammin', laughing and sharing that good feeling of life. It truly was a weekend that exemplified what powwows are all about!

Winners of specials during time of print are as follows:

COMMITTEE MEN'S WOODLAND SPECIAL:

- 1st - Shane Mitchell
- 2nd - Ahsiness Larson
- 3rd - Ningozis White
- 4th - Bernard Lemieux
- 5th - Travis Thelen

EXECUTIVE COUNCIL'S SINGING CONTEST:

- 1st - Smokeytown
- 2nd - Red Willow
- 3rd - Tomahawk Circle
- 4th - Bear Ridge

PEMMA GRASS SPECIAL:

Adults

- 1st - Austin Summer
- 2nd - CJ Lasley
- 3rd - Sidrick Hindsley
- 4th - Keith Reed
- 5th - Dakota Whitewater

Junior Boys

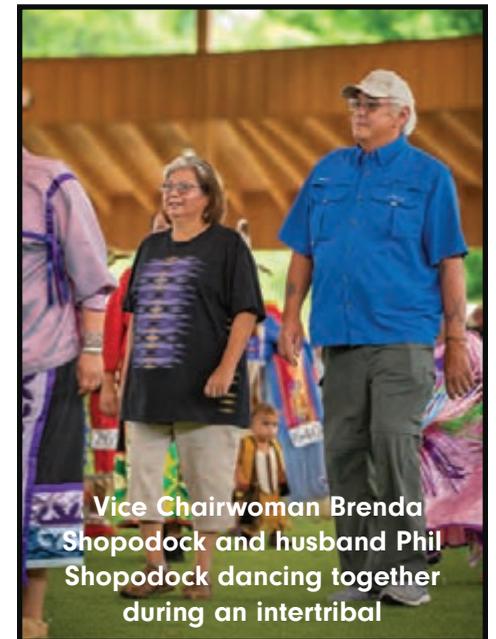
- 1st - Roman Rasmussen
- 2nd - Damien Funmaker
- 3rd - Little Bird Benton
- 4th - Red Bear Benton
- 5th - Ambrose Day Ledoux



Council Member Nick Shepard showing his moves



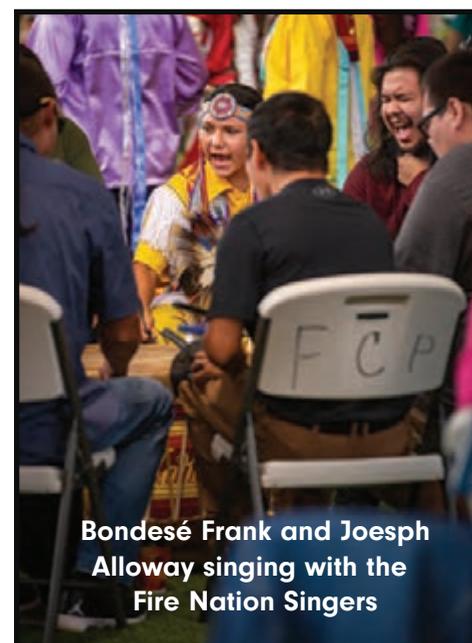
New 2018-19 Princesses:
Junior - Niya Frank
Senior - Symone Pemma



Vice Chairwoman Brenda Shopodock and husband Phil Shopodock dancing together during an intertribal



Two tiny tot fancy dancers showing their skills:
Emma Gougé (l) and Jayla Frank (r)



Bondesé Frank and Joesph Alloway singing with the Fire Nation Singers



Head female and male dancers: Connie Danforth and Joe Bigmountain



Ohkwalli Skenandore Sr.



Mother and daughter dancing together during tiny tots



Pemma Grass Special winners with Pemma family dancing an honor song

September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Refer a Friend</p> <p>BRING IN A NEW GUEST OR A GUEST TO BE REACTIVATED & EARN POTAWATOMI PLAY!</p> <p><small>Reactivated: no carded play for min. 12 months. Limit of two referrals per person, per day.</small></p>	<p>POP & PLAY</p> <p>FREE SLOT TOURNAMENTS!</p> <p>Mondays, September 10 & 24 Friday, September 28</p> <p><small>Monday: Register 7 am - 2 pm, start at 2:30 pm Friday: Register 7 am - 6:30 pm, starts at 7:30 pm</small></p> <p><small>Management reserves all rights. Limit one coupon per day. Excludes all other events. Not valid with other promotions.</small></p>	<p>BLACKJACK TOURNAMENT</p> <p>Taco Tuesday</p>	<p>Hot Reels</p> <p>\$10/5 Packs Liver, Bacon & Onions</p>	<p>GREEN & GOLD GAME DAY SPECIALS</p> <p>CATCH ALL THE ACTION ON OUR 165" BIG SCREEN!</p> <p>THE FLAMES RESTAURANT</p>	<p>THE FLAMES RESTAURANT</p> <p>Finally \$500 Friday Seafood Buffet Fish Fry</p>	<p>1</p> <p>The Cougars 8 pm - Midnight \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Dinner Double Burger</p>
<p>2</p> <p>\$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice</p>	<p>3</p> <p>Soup in a Bread Bowl</p>	<p>4</p> <p>BLACKJACK TOURNAMENT</p> <p>Taco Tuesday</p>	<p>5</p> <p>Summer SEND-OFF ENTRY MULTIPLIER</p> <p>Hot Reels</p> <p>\$10/5 Packs Liver, Bacon & Onions</p>	<p>6</p> <p>SENIOR DAY</p> <p>TBT: Odd Ball Baked Chicken Dinner Baked Chicken Dinner</p>	<p>7</p> <p>Finally \$500 Friday Seafood Buffet Fish Fry</p>	<p>8</p> <p>\$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Dinner Double Burger</p>
<p>9</p> <p>\$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice</p>	<p>10</p> <p>POP & PLAY</p> <p>Lovin' Country 10:30 am - 2:30 pm Soup in a Bread Bowl</p>	<p>11</p> <p>BLACKJACK TOURNAMENT</p> <p>Taco Tuesday</p>	<p>12</p> <p>Summer SEND-OFF ENTRY MULTIPLIER</p> <p>Hot Reels</p> <p>\$10/5 Packs Liver, Bacon & Onions</p>	<p>13</p> <p>SENIOR DAY</p> <p>TBT: Partner in Crime Baked Chicken Dinner Baked Chicken Dinner</p>	<p>14</p> <p>Summer SEND-OFF ENTRY MULTIPLIER</p> <p>\$10/5 Packs Seafood Buffet Fish Fry</p>	<p>15</p> <p>Summer SEND-OFF</p> <p>Bingo Bash DJ Dunn 8:30 pm - 12:30 am Breakfast Buffet 7 am - 11 am Prime Rib Dinner Double Burger</p>
<p>16</p> <p>\$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice</p>	<p>17</p> <p>Soup in a Bread Bowl</p>	<p>18</p> <p>BLACKJACK TOURNAMENT</p> <p>Taco Tuesday</p>	<p>19</p> <p>Hot Reels</p> <p>\$10/5 Packs Liver, Bacon & Onions</p>	<p>20</p> <p>SENIOR DAY</p> <p>TBT: Odd Ball Baked Chicken Dinner Baked Chicken Dinner</p>	<p>21</p> <p>Finally \$500 Friday Seafood Buffet Fish Fry</p>	<p>22</p> <p>Rat River Run 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Dinner Double Burger</p>
<p>23</p> <p>\$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice</p>	<p>24</p> <p>POP & PLAY</p> <p>Lovin' Country 10:30 am - 2:30 pm Soup in a Bread Bowl</p>	<p>25</p> <p>BLACKJACK TOURNAMENT</p> <p>Taco Tuesday</p>	<p>26</p> <p>Hot Reels</p> <p>\$10/5 Packs Liver, Bacon & Onions</p>	<p>27</p> <p>SUPER SENIOR DAY</p> <p>TBT: Partner in Crime Baked Chicken Dinner Baked Chicken Dinner</p>	<p>28</p> <p>POP & PLAY</p> <p>Ric Stream 3:30 pm - 7:30 pm DJ Doc Gary (Bingo Hall) 10 pm - Midnight Black Light Bingo (Nerd Theme) \$10/5 Packs Seafood Buffet Fish Fry</p>	<p>29</p> <p>Hot Reels Spin Out</p> <p>\$10/5 Packs Prime Rib Dinner Breakfast Buffet 7 am - 11 am Double Burger</p>
<p>30</p> <p>\$500 Cash Drawing Breakfast Buffet 7 am - 11 am Chef's Choice</p>	<p>30</p> <p>Lovin' Country 10:30 am - 2:30 pm Soup in a Bread Bowl</p>	<p>30</p> <p>BLACKJACK TOURNAMENT</p> <p>Taco Tuesday</p>	<p>30</p> <p>Hot Reels</p> <p>\$10/5 Packs Liver, Bacon & Onions</p>	<p>30</p> <p>TBT: Partner in Crime Baked Chicken Dinner Baked Chicken Dinner</p>	<p>30</p> <p>Ric Stream 3:30 pm - 7:30 pm DJ Doc Gary (Bingo Hall) 10 pm - Midnight Black Light Bingo (Nerd Theme) \$10/5 Packs Seafood Buffet Fish Fry</p>	<p>30</p> <p>Hot Reels Spin Out \$10/5 Packs Prime Rib Dinner Breakfast Buffet 7 am - 11 am Double Burger</p>

■ BINGO PROMOTIONS
 ■ CASINO PROMOTIONS
 ■ LIVE ENTERTAINMENT
 ■ THE FLAMES™ RESTAURANT
 ■ THE SPRINGS™ RESTAURANT
 [Want to receive bonus offers and special event reminders? DOWNLOAD OUR FREE MOBILE APP TODAY!](#)

Casino Events

Summer SEND-OFF
CATCH OUR BEAT WAY OF WINNING!

win your share of **\$40,000!**

SATURDAY, SEPTEMBER 15

TUESDAYS IN SEPTEMBER - REGISTER BY 5 PM. STARTS AT 6 PM

BLACKJACK TOURNAMENTS

WIN YOUR SHARE OF \$1,380 IN CASH AND PRIZES!

SUPER SENIOR DAY

THE LAST THURSDAY OF EACH MONTH!

EIGHT \$200 WINNERS!!!
LUNCH & DINNER SPECIALS,
MEAL VOUCHERS & CASH DRAWINGS!
DRAWINGS 12 PM - 7 PM
TWO FREE CASH DRAWING ENTRIES FOR AGES 50+

Hot Reels

QUALIFYING SLOT TOURNAMENTS
EARN & REDEEM 50 SAME DAY POINTS FOR A SEAT
REGISTER BY 11 AM • TOURNAMENTS START AT 12 PM

Wednesdays in September

First & second place session winners receive Potawatomi Play.
TOP TEN TOURNAMENT FINISHERS QUALIFY FOR THE HOT REELS - SPIN OUT, PLUS WIN CASH

QUALIFIERS JOIN US AT THE SEPTEMBER 28 WELCOME RECEPTION!
QUALIFY TO PLAY IN THE SEPTEMBER 29 Hot Reels Spin Out TO WIN YOUR SHARE OF \$22,000 CASH!

Bingo Events

THROWBACK THURSDAY BINGO

September 6 & 20: Odd Ball Bingo
September 13 & 27: Partner In Crime

WINNERS WILL RECEIVE A \$10 BINGO COUPON!

BINGO BASH

Saturday, September 15

Admission Packs: \$20
Extra Packs: \$10
Machine Packages Available
Admissions open at 4:30 pm!
Early birds at 6 pm | Bash Session at 6:30 pm

BINGO'S **finally** \$500 FRIDAYS

SEPTEMBER 7 & SEPTEMBER 21

BLACK LIGHT BINGO

FRIDAY, SEPTEMBER 28 | NERD THEME

BINGO'S **CASH** DRAWING

SUNDAY, SEPTEMBER 30

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

