



POTAWATOMI TRAVELING TIMES

Volume 24, Issue 7 • bnakwi gizes Leaves Falling Moon • October 1, 2018

Wete Yathmownen, Real Stories: Potawatomi Oral History

by Val Niehaus

September 12, 2018, was a very special day for the Forest County Potawatomi (FCP) tribe as a community: It was the day two highly-respected FCP elders from the community launched their new book. Titled “Wete Yathmownen, Real Stories: Potawatomi Oral History” was written and compiled by Jim Thunder Sr. (Bemwetek) and Mary Jane Thunder (Wabmigo). This day was also the launching and celebration for the book being made available to the public.

This book is the result of three days of verbal recordings that happened at the FCP Cultural Center, Library & Museum between the Thunders and coordinator of this project Aiyana VanZile (Wasa abeno kwe). The verbal history of which they spoke is a compilation of stories handed down from their parents and other elders, as well as personal stories of growing up. Helping to translate each story was Lindsay Marean (Zhawnokwe) with her final transcript then being reviewed by Jim and Mary Jane before final proofing.

Gloria Gutierrez (Niganash) then worked diligently this past summer (2018) to get this book ready for publishing as quickly as possible so that people of this tribe could have these stories readily available to them. Ahren Polar (Nawathewen) lent his talented hand in providing illustrations for the book, and the final product showcased his amazing abilities in the arts.

During the presentation, Jim Thunder read the Potawatomi language parts of the book while FCP Linguist Robert Lewis (Citizen Band Potawatomi), read the English translation. Everyone in the crowd followed along carefully and even repeated to themselves some of the Potawatomi words that Thunder spoke. It was a great learning opportunity for many to hear an FCP elder speak in his native tongue.

The introduction of the book includes the quote, “It is our hope that knowing more of our history will give us the wisdom and resilience that our ancestors showed in surviving the difficulties that confronted us after our forced attempted removal from our Great Lakes homelands at the hand of the United States government.”

The book is laid out with alternating stories between Jim and Mary Jane. The stories primarily include tales told by their parents about the times when the Potawatomi people were on the run from the U.S. government. Among other things, the book speaks about how they survived by planting gardens here, what they used for medicines and their collecting sap and the making of maple sugar. It talks about Potawatomis of Hannahville and mentions Potawatomis that lived at Sturgeon Bay along with Potawatomi Island, now known as Washington Island. Mary Jane makes references to how the Neshnabé people would use the fog to run and to stay hidden when on the run. It speaks about the great powers that the Creator blessed elders with that served to help them along their journey and how those powers were unquestionably a real thing that helped so many. Jim mentions, “To us as Neshnabé people those powers are very real that the Creator blessed us with.”

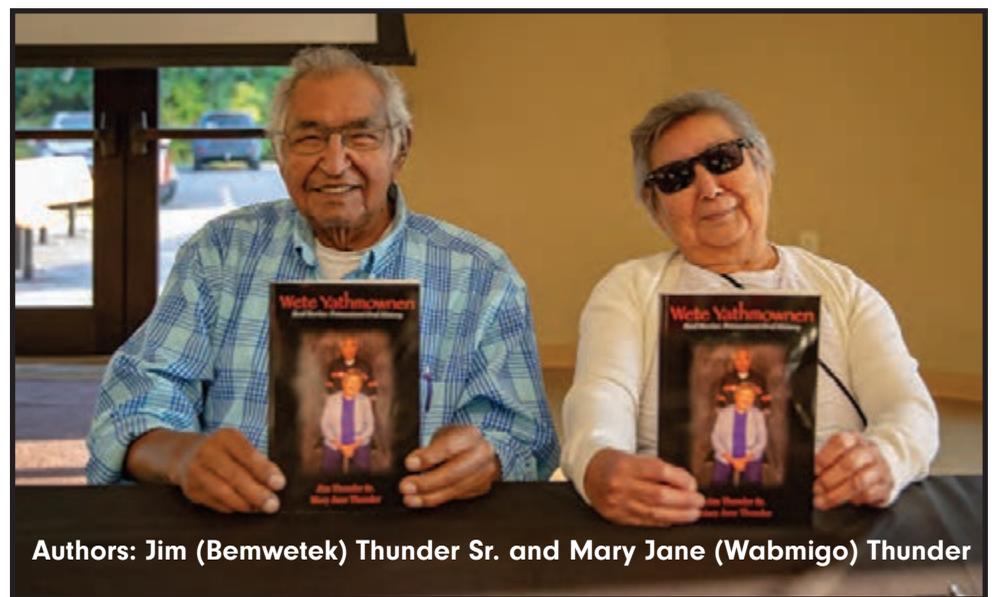
The book shares stories of when the missionaries (aka Catholics) would come and tell them that their ceremonies were wrong and that they should not be following them. Jim relays at one point in reference to the stories about the missionaries, “When we were at our home, the missionaries used to come. We ran away from them, we ran into the woods. We lived in the middle of the woods. Sometimes we ran out through the windows when we saw them coming. Our parents didn’t holler at us when we did that. So that’s what they used to do.”

The overall experience of being at this book launching was pretty phenomenal

to say the least. To listen to these fluent speakers of Potawatomi and to hear the words roll off the tongue was a cultural and educational experience all rolled into one. This book represents a great addition to the written history of the tribe and will be a treasure for generations to come. Stories from elders are the teachings that

so many Indigenous people hold close to their hearts. What better way to preserve these than to have a book made for their keeping?

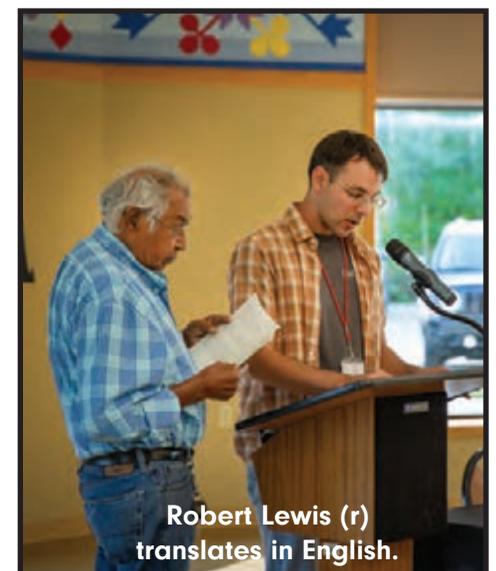
The book is on sale at the FCP Cultural Center, Library & Museum and proceeds will go back into the museum for future use.



Authors: Jim (Bemwetek) Thunder Sr. and Mary Jane (Wabmigo) Thunder



Thunder reading in Potawatomi



Robert Lewis (r) translates in English.



The crowd getting their books signed by the Thunders - a great keepsake!

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Woodland Sky Performs for FCP Employees

by Val Niehaus

To help celebrate and educate the Forest County Potawatomi (FCP) community employees on Native American Day, FCP Executive Council invited Woodland Sky Native American Dance Group to perform on Sept. 19, 2018, at the FCP Executive Building auditorium.

Woodland Sky is very well-known for using dance as a way of teaching those who may not be familiar with Native American heritage about their culture, their stories, and the reasons behind different dances. They focus on teachings of the jingle dress, hoop dance, and deer dance among others. Their efforts leave the audience better informed about the significance behind every part of the Native American dances as performed at powwows throughout the year. The audience learns such things as the fact that regalia should never be called a “costume”

as it is a representation of who they are as Indigenous people. There is no better way to learn about the culture than to physically see such a performance, feel the beat of the drum, and experience the beauty and meaning of the dances.

Fire Nation Singers performed alongside the dance group giving them excellent rhythms to dance to and keeping even the crowd moving to the beat at times. As the announcer and grass dancer of the dance group, Ronnie Preston, said, “We would not be here if it wasn’t for this drum. It is the heartbeat and soul for us being able to dance these dances.”

There were two 90-minute performances, and the crowd was more than happy to learn a bit more about the reasons behind this part of the Native American culture. When asked about attendance numbers, it was shared that

around 300 employees were able to attend this well-received treat courtesy of FCP Executive Council. It was a wonderful way for everyone to obtain a better understanding of Indigenous people and to help break down stereotypes.

In between these two shows, FCP Executive Council invited employees to a meal catered by Dewing’s and prepared with local meats and produce brought in from the Bodwéwadmí Ktëgan. There was tremendous positive feedback about how great this meal was from everyone who had the opportunity to enjoy the efforts of both the cooks and those who produced the food on the farm.

FCP Chairman Ned Daniels Jr. extended a word of welcome to all in attendance and shared how much he enjoyed the performance. FCP Treasurer Joe Daniels offered a word of prayer before

the meal and for all who were present.

It was a day that was pleasing to the eyes, the ears, and the appetite, and served to make everyone more aware of the significance of Native American Day and all it represents.

The entire experience really was a great educational tool for those employees who may not be able to make it to the local powwows and for those who may have had certain questions about a certain dance they have seen, or even what specific regalia mean to Native American people.

Chi Migweth goes out to Woodland Sky Dance Company for making the trip to help educate the community, and to the cooks who prepared the food that was enjoyed by so many.



Woodland Sky with Fire Nation Singers submitted photo



Eagle Dance. (l-r) Lauren Reed, Shane Mitchell (co-founder of Woodland Sky) and Michelle Reed (co-founder Woodland Sky)



Darlaina Boyd and Ira Frank represent for the FCP tribe dancing with Woodland Sky.



Forest County Potawatomi Community
P.O. Box 340 • Crandon, Wisconsin 54520

NOTICE TO TRIBAL MEMBERSHIP

NOMINATION MEETING

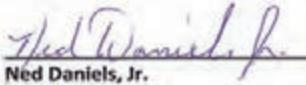
October 1, 2018
7:00PM

Tribal Executive Building Auditorium

AGENDA

1. Call to Order
2. Nominations for Vice-Chair, Secretary, & Treasurer
3. Appointment of Election Board
 - a. Judge
 - b. Ballot Clerks
4. Adjournment

Posted: September 17, 2018



Ned Daniels, Jr.
Tribal Chairman
Forest County Potawatomi



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services

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POTAWATOMI
TRAVELING
TIMES

PO Box 340
Crandon, WI 54520
(715) 478-7437
times@FCPotawatomi-nsn.gov
www.FCPotawatomi.com

Happy October Birthday to These Elders!

- | | |
|----------------------------|-------------------------------|
| 10-1 Peter Johnson | 10-21 Tina McGeshick |
| 10-2 Sylvia Pemma | 10-23 Carey Tribbett |
| 10-6 Ruth Fox | 10-24 Anthony Shepard |
| 10-8 Walker Thunder Jr. | 10-25 Kristine Beamis-Venegas |
| 10-10 Jayson Jackson | 10-25 Alan Petonquot |
| 10-11 Paul Tribbett | 10-27 Hartford Shegonee |
| 10-12 Sue Strugalla | 10-27 Diane Peters |
| 10-16 Williamette Brickzin | 10-27 Michael Goodrich |
| 10-16 Pamela Mejia | 10-28 Ray Williams Sr. |
| 10-16 Leonard Long | 10-28 Yvonne Pete |
| 10-18 Harvey Frank Sr. | 10-29 Brenda Deanda |
| 10-21 Agnes Menomin | 10-31 Wesley Tribbett |

FCP CARING PLACE October 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):

- 10/9: Casino Day (Watersmeet) leaving at 8:30 a.m.
- 10/16: Shopping
- 10/19-22: Hunting Moon Powwow, Milwaukee
- 10/26: Rouman Cinema
- 10/28: Bingo Carter Casino at 10 a.m.
- 10/30: Birthday Bingo, 12:30 p.m. (Caring Place Dining Room)

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!

**Deadline for the October 15, 2018 issue
is Wednesday, October 3, 2018.**



POTAWATOMI TRAVELING TIMES
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phone: (715) 478-7437 • fax: (715) 478-7438
email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

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| <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.

Elder Menus OCTOBER 2018

- | | |
|--|---|
| <p><u>Monday, 10/1</u> Chicken Salad on Croissant, Cucumbers, Cheese Stick, Nutri-Grain® Bar, V-8® juice, Peaches</p> <p><u>Tuesday, 10/2</u> Scalloped Potatoes & Ham, Corn, Beets, Bread & Butter, Fruit Cup</p> <p><u>Wednesday, 10/3</u> Baked Chicken, Stuffing, Gravy, Squash, Cranberry Juice, Strawberry Rhubarb Pie</p> <p><u>Thursday, 10/4</u> Baked Haddock, Baked Potato, Pork & Beans, Jello® w/Fruit</p> <p><u>Friday, 10/5</u> Split Pea Soup w/Bacon & Ham, Crackers, Mixed Melons</p> <p><u>Monday, 10/8</u> Cheeseburger w/Lettuce & Tomato, Macaroni Salad, Applesauce</p> <p><u>Tuesday, 10/9</u> Chicken Kiev, Cheese Ravioli w/ Alfredo Sauce, Peas, Dinner Roll, Jello®, Mandarin Oranges</p> <p><u>Wednesday, 10/10</u> Beef Pot Roast, Potatoes, Carrots, Corn, Bread & Butter, Blueberry Pie</p> <p><u>Thursday, 10/11</u> Baked Pork Chop, Mushroom Gravy over Rice, Asparagus, Orange Juice</p> <p><u>Friday, 10/12</u> Chili, Cheese Sandwich, Yogurt, Cherry Fruit Fluff</p> <p><u>Monday, 10/15</u> Italian Pasta Bake, Green Beans, Garlic Bread, Cottage Cheese, Peaches</p> <p><u>Tuesday, 10/16</u> BBQ Chicken, Baked Potato, Corn, Cranberry Sauce, Banana</p> | <p><u>Wednesday, 10/17</u> Turkey Hot Dog, Baked Beans, Country Blend Veggies, Mixed Berries, Ice Cream</p> <p><u>Thursday, 10/18</u> Pizza Burger, Baked Sun Chips®, Cucumber-Tomato Salad, Pears</p> <p><u>Friday, 10/19</u> Chicken & Wild Rice Soup, Fry Bread, Broccoli, Apple</p> <p><u>Monday, 10/22</u> Swedish Meatballs over Egg Noodles, Glazed Carrots, Brussels Sprouts, Fruit Cocktail</p> <p><u>Tuesday, 10/23</u> Pasta & Ham Salad, Cheese & Crackers, Grapes</p> <p><u>Wednesday, 10/24</u> Beef Stir Fry over Rice, Egg Roll, Fortune Cookie, Chocolate Pudding, Fruit Juice</p> <p><u>Thursday, 10/25</u> BBQ Pulled-Pork Sandwich, Baked Beans, Roasted Baby Red Potatoes, Asparagus, Apple</p> <p><u>Friday, 10/26</u> Vegetable Beef Soup, Cheese Sandwich, Strawberries, Yogurt</p> <p><u>Monday, 10/29</u> Chicken Breast Sandwich w/Lettuce & Tomato, Green Beans, Broccoli & Cauliflower w/Dip, Pineapple</p> <p><u>Tuesday, 10/30</u> Lasagna, Corn, Garlic Bread, Orange</p> <p><u>Wednesday, 10/31</u> Reuben Sandwich, Calico Beans, Cucumber Salad, Blueberry Torte</p> |
|--|---|

*Menus subject to change.

Attention Tribal and Community Members

The Forest County Potawatomi Elderly Department will be conducting a public hearing for presentation of and comment on the 2019-2021 Forest County Potawatomi Tribal Aging Unit Draft Plan. You may review the plan at We Care Community Center in Carter on Tuesday October 16, from 11 a.m. to 1 p.m., with the public hearing to follow at 1:15 p.m. You may review the plan at the Caring Place in Crandon on Wednesday, October 17, from 2 to 4 p.m., with the hearing to follow at 4:15 p.m. Please come review the plan and express your concerns, comments or ideas with us. Input received by members of the public at these hearings will be considered in the development of the final draft of this plan. The final draft will be presented for approval at the Caring Place (5456 Kak Yot Lane, Crandon) on Thursday, October 18, at 11:30 a.m. For more information, contact FCP Elder Services Coordinator Penny Christianson at (715) 478-4892.

October Luncheon

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

RSVP APPRECIATED
Cathy Chirba 715-478-4347
Anna Christman 715-478-4383
Lisa Miller 715-478-4330

cmh.FCPotawatomi.com
Check out the registration form at: www.FCPotawatomi.com

diabetes program

WEDNESDAY, OCTOBER 24, 2018
12-1:30 P.M.
FCP Health & Wellness Center

Dental Health & Mental Health

Lunch, Education & Prize Drawings

Open to FCP Tribal Members with Diabetes and their Guest

Spaghetti with Spaghetti Squash "Noodles"
Mediterranean Salad | Bread Sticks
Pomegranate

FOREST COUNTY POTAWATOMI COMMUNITY ADVOCACY

invites you to the second showing of

DODGING BULLETS

STORIES FROM SURVIVORS OF HISTORICAL TRAUMA

TUESDAY
OCTOBER 16
2018

DINNER AT 4 PM
MOVIE & DISCUSSION TO FOLLOW

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

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

PLEASE RSVP BY OCTOBER 11TH BY CALLING AMANDA AT 715-478-4433 FOR AN ACCURATE MEAL COUNT. LIMITED TRANSPORTATION FOR ELDERLY IS ALSO AVAILABLE. CONTACT AMANDA: 715-478-4433

FOR MORE INFO, CONTACT:
Jasmine Anderson 715-478-4433
jasmine.anderson@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.

FOREST COUNTY POTAWATOMI TRIBAL COURT

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

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FOREST COUNTY POTAWATOMI CULTURAL CENTER, LIBRARY & MUSEUM

8130 Mish ko swen Dr., Crandon, WI 54520
Hours: Monday-Thursday, 7 a.m. - 5 p.m.

IMPORTANT: WE ARE NO LONGER ACCEPTING CHECKS AS A FORM OF PAYMENT. CASH, DEBIT OR CREDIT CARDS ONLY.

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Rejuvenating Tribal Communities

submitted by Abbey Lukowski, Family Services Division Administrator

The 2nd Annual Rejuvenating Tribal Communities Conference was held at Potawatomi Hotel & Casino in Milwaukee on Sept. 11-12, 2018. The purpose of this conference was to bring tribal communities together for training, resources and opportunities to assist in healing and to alleviate any distress and/or concerns from the drug epidemic/opioid crisis.

As Jeffrey Coady indicated in his presentation, The Way Ahead in Addressing the Opioid Crisis, there are 2.1 million Americans with Opioid Use Disorder (OUD). Only 20 percent with OUD received specialty addiction treatment, and only 37 percent of those received Medication Assisted Treatment (MAT). There were over 63,632 drug overdose deaths in 2016 of which 42,249 (or 66 percent) were from opioids. And there were 827 deaths in Wisconsin related to opioids in 2016.

As indicated by Coady, his statement says it all: "Partnership, collaboration, and information sharing are key ingredients for a coordinated and comprehensive public health response to the opioid epidemic."

With this conference, it is our passion to be on the road to awareness, understanding and healing for our tribal communities. We cannot fight it alone! Awareness, compassion and resources are the tools necessary to overcome the drug epidemic. The tribal communities came together to bring this to light.

The committee would like to thank the following individuals and groups for assisting in the planning of the conference:

- Forest County Potawatomi Executive Council for all the support, their attendance at the conference, and for allowing us to bring this forward.
- Forest County Potawatomi Veteran's Post 1 for posting and retiring the color guard, and for their service.
- Fire Nation Drum group and dancers for the opening song and dance presentation.
- Chance Rush for facilitating, his humor, and for moving the conference along.
- Potawatomi Hotel & Casino banquet staff with a special thank you to Kim Maddox and Florisa Yamat for assisting in setting everything up.
- All the presenters and panel members for bringing the topics to light and sharing their stories.
- BIA-Midwest Region for the financial support that brought us this training opportunity.
- Cassandra Adams and Kristy McRae for doing massages.
- Forest County Potawatomi Family Services staff that helped with registration.
- Forest County Potawatomi Health and Wellness Center staff that were involved in the conference.
- Last, but not least, the committee that planned and organized the event.



(top photo) Photo taken during the 2nd Annual Rejuvenating Tribal Communities Conference.

(middle photo l-r) FCP Council Member Nickolas Shepard and Joseph Alloway

(bottom photo) Richard Gougé



October is BREAST CANCER AWARENESS MONTH

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- 1 in 1,000 men will be diagnosed with breast cancer in their lifetime. (Yes, men can get breast cancer, too!)
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

EARLY DETECTION IS KEY!

CONTACT THE FCP HEALTH & WELLNESS CENTER AT (715) 478-4339 TO SCHEDULE AN EXAM OR MAMMOGRAM.



**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

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**ASPIRUS
NETWORK**



Honoring Health,
Healing, and Tradition



Family Services Division

submitted by Abbey Lukowski, Family Service Division Administrator

Boosho! Forest County Potawatomi (FCP) Family Services Division (FSD) offers many supportive services to tribal members and community members. FSD staff give service in a number of capacities; some of those services are



Michelle Johnson currently serves in the position of the Inter-Jurisdictional Specialist for FCP FSD's Child Support Department; she has served the community for 11 years. She is responsible for all in-coming requests for child support enforcement by other IV-D agencies pertaining to all FCP entities, employees and tribal members involved with having child support orders in other counties and states. This includes obtaining all necessary documents for Tribal Court registration, file maintenance, preparation and filing of motions, preparing income withholding orders, providing proper notice to all parties involved, and constant communication with other state and county agencies.

In her spare time, she enjoys spending time with her family, which includes her three grandsons that keep her busy.

Michelle likes serving the FCP Community by making sure our tribal members and employees, who have a child support order in other counties and states, can continue to meet their child support obligations with minimal interruptions.

more visible than others. However, one component is for certain: whether we're busily assisting a client during a confidential appointment or hosting a community event, we are here to support and serve you. Over the course of the last year, some of our team members have changed their service role or perhaps their essential role to the division has not been formally introduced to you. Over the course of the next six months, please allow us the opportunity to individually introduce to you and highlight employees of your FSD team.

The division sincerely appreciates the



Lisa Scheuerman currently serves in the position of Administrative Assistant/Intake Worker for FCP FSD's Indian Child Welfare (ICW) department; she has served the community for nine months. She is responsible for greeting visitors in person and on the phone, maintaining and updating files and data, as well as providing administrative support to the ICW department.

In her spare time, she enjoys spending time with her children, listening to music and being outdoors.

Lisa finds it rewarding to serve the FCP community by offering friendly customer care and service for community members.

opportunity to serve you – whether we're celebrating history and culture, planning future projects or assisting with a crisis situation, staff are available Monday through Thursday, 7 a.m. – 5 p.m. For additional information, please reach out to our main line at (715) 478-4433. For emergency situations, staff are available 24 hours a day, 7 days a week, 365 days a year. For these outside of the normal business week services, emergency child-related needs may be addressed by calling (715) 889-1446. For all other emergency client needs, please contact our Community Advocacy line at (715) 478-7201. As a gentle reminder, if you



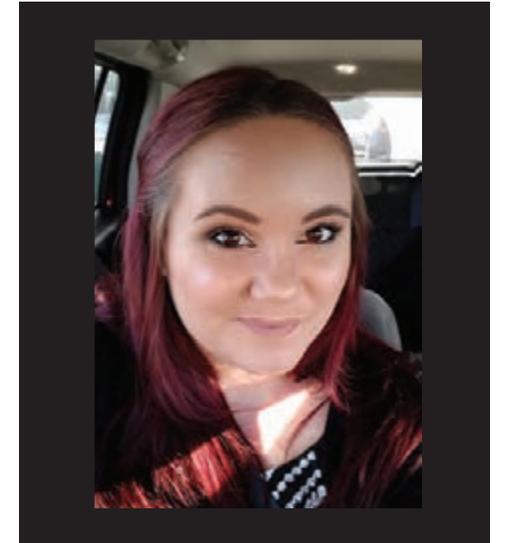
Jennifer VanZile is the Financial Specialist for FCP FSD's Tribal Child Support department. She has served the community for over 14 years, having started her career in the Legal department, continuing on to Tribal Court and then to Child Support. She is responsible for recording all payments, distributions, and disbursements of child support payments. She also assists in compiling financial data as required under federal regulation or tribal policy for end-of-the-year reporting for the Tribal IV-D agency.

In her spare time, she enjoys spending time with her husband, George, and being a mom to their five children.

Jennifer finds gratification in serving the FCP community by offering clients access to their child support financial information in the form of income verifications, estimated payment schedules, and annual account statements upon request.

receive the voice mail, please leave a clear and detailed message with the best phone number to return your call.

Without further delay, we're excited to introduce to you this issue's highlighted FSD team members and look forward to introducing you to additional FSD team members in the next issue. Migwetth!



Frankie Derfus-Bath currently serves in the position of Daycare Teacher (pre-school and school-aged children) for the FCP FSD's Rising Sun Daycare department. She has served the community for a little over three years. She is responsible for writing engaging lesson plans that cater to the different age groups in her care, keeping a clean, safe, and inviting classroom environment that will stimulate the children's brains for learning and playtime, makes sure the preschoolers get to Gte Ga Nēs safely and on time, keeps her certifications and continuing education up-to-date (including first aid, CPR, AED training, along with education that pertains to the children in her care and will help her provide the best care she can).

In her spare time, she enjoys beading, going to the movies, and spending quality time with her husband and their two sons.

Frankie takes satisfaction in serving the FCP community by being there to care for the children of those tribal members that are working or going to school, and including as much Potawatomi language/culture as she can into the care she provides.



In recent years, the rate of prescription painkiller overdoses has increased by 238% among Wisconsinites ages 10-24.

#HopeActLiveWI

Naloxone is available at more than 170 pharmacies across the state. Help prevent overdose deaths.

#HopeActLiveWI

Aging in Place or Senior Living Community?

submitted by Valeree Lecey, ADRC of Ozaukee County

Where do you want to live after you're retired: in your own home or in a senior living community? Although the answer might seem obvious, that question is one that everybody should ask themselves, their spouse, and their parents long before retirement occurs. As a caregiver, the answer to this question for your loved one will depend on several factors, and every family will have to figure out for themselves what is best.

Although most people would prefer to age in the familiarity and comfort of their home, millions of older Americans now occupy "inappropriate residential environments" according to a study at the University of Florida. The home may not accommodate the now-needed wheelchair or walker. Safety features like grab bars, railings and adequate lighting for older eyes may not be present. When a loved one is living alone, age-related challenges like reduced vision, reduced mobility, dementia, or chronic illness requiring special care can also jeopardize safety. An-

other consideration is the neighborhood. Has the once-friendly neighborhood changed over the years? Does your loved one still know the neighbors? Are stores still convenient for shopping?

If your loved one decides to age in place, they will need to consider what it will take to allow them to safely live in their home for many years. For example, will there be someone to call in an emergency or if they need help with daily activities and simple tasks around the home? Will they become isolated and lonely if they can no longer drive? Can they purchase and prepare food for nutritious meals? Can they manage potential medical procedures like injections, medications, or wound care? Have the costs of in-home assistance and updates to the home been researched?

If moving to a senior living community is being considered, think about what is being gained and what they may be leaving behind. Is there enough space to bring those items you can't live

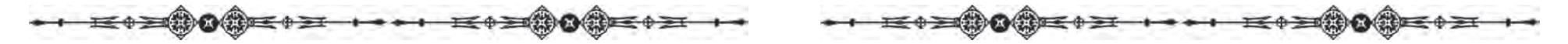
without? Are there acquaintances who already live there, or are they leaving a neighborhood of friends for a building full of strangers? Will they miss the yard, patio or special room in the house, and is there something there that will be a viable alternative? Are there opportunities for social involvement, communal dining, and access to health care? Will the move relieve stress for you, the caregiver? Is the cost of the senior living community within the budget?

While most of us might think we would never leave home, it's worth weighing the pros and cons. There are pluses and minuses to both aging in place and moving to a senior living community. As the aging population increases, living options are increasing, too. There are more community resources that allow a person to live longer in their own home, and many senior communities are more accommodating and nurturing than they were in the past.

The best option for your loved one

will depend on the health, social and emotional needs they have, and determining which arrangement will allow them to maintain a safe, well-rounded life. Talking to your loved one's doctor, considering the resources they currently have at home, learning additional services available in the community such as home-delivered meals and transportation options, comparing costs of different living options and knowing what your loved one can afford, will help you make the decision to age in place or relocate to a senior living community. The decision likely won't be an easy one, but the most important thing is to make sure you consider your options carefully and make the best choice you can.

For help with decisions like these and other caregiving resources, contact FCP Community Advocates at (715) 478-4433.



WARD OFF *Energy Waste*

This Halloween, keep ghosts and goblins at bay -- while saving energy and money -- with these home energy efficiency tricks.

- Stop unwanted spirits (and chilly drafts) from entering your house by sealing air leaks around windows, doors and air ducts.** (Illustration: Ghosts near a window)
- Install low-flow faucets to prevent leaks and save water -- who knows when you'll have to protect yourself from a wicked witch?** (Illustration: Witch hat with 'I'M MELTING!' text)
- No garlic needed! Ward off vampires with energy-efficient light bulbs.** (Illustration: Light bulb and vampire)
- When not in use, close your chimney flue to stop cold air (and witches) from flying into your house.** (Illustration: Chimney flue)
- Banish goblins and other creatures lurking in the shadows with solar outdoor lighting.** (Illustration: Solar light)

ENERGY.GOV

Museum Garden Update

submitted by Kenzie Carlson, Business Process Analyst

The Museum garden is getting attention! Assistant Tribal Historic Preservation Officer Ali Daniels is spearheading an effort to connect the community to agriculture in a way that preserves the culture of the Potawatomi as a farming and gardening people. Over the coming years, Daniels will connect elders, youth and other community partners so they can exchange stories and histories as well as engage in healthy habits.

Daniels gained experience gardening over the past year while working on a Three-Sisters project at Bodwewadmi Ktegan, the tribe's farm in Blackwell. For the project, Daniels grew corn, beans and squash with a few FCP families. It was her first time gardening. Now she's hooked and wants to share her love of gardening with more people.

Moving to the Museum garden is a logical next step. Over this past summer, SYE in the agriculture program researched projects that people might be interested in that would connect them to the community's history and engage them in healthy habits. Community members asked to learn how to garden and make meals with fresh fruits and vegetables. Museum Director Nate Gilpin is working with Daniels to connect the resources needed to prepare the garden for next year.

The Museum garden sat dormant for several years, which has led to a healthy crop of non-fruit or vegetable plants. Land & Natural Resources employees have been brought into the project to

oversee a controlled burn. The controlled burn will allow the nutrients from the plants that are currently growing in the Museum garden to get incorporated into the soil. These plants will help provide energy to the fruits and vegetables that will be planted in the future.

There is a significant slope within the fenced-in area of the Museum garden. In previous years, fruit and vegetable seeds in the garden were washed away because the land was not level. LNR employees surveyed the garden this year. Before the garden is planted with fruits and vegetables, it will have to be terraced.

Next summer, Daniels will work with elders, SYE, employees from multiple departments, and other interested community members to terrace the garden. They will use rocks left over from a separate project to build small walls that will hold the soil from eroding during a rainstorm.

There is so much to learn as the garden develops and community members become engaged in cultural activities. If youth are interested in starting the gardening conversation now, there is an opportunity to write an essay and attend a conference in Las Vegas. Check out the website www.indianaglink.com/youthevents/ for more details about the October 18 deadline. Community members can also call or email Ali Daniels for more information about agriculture preservation projects at (715) 478-4704 or Allison.Daniels@fcpotawatomi-nsn.gov.



Assistant Tribal Historic Preservation Officer Ali Daniels stands in the garden behind the FCP Museum.



Reward
GRAND PRIZE: \$200
1ST RUNNER-UP: \$100

Prizes in form of gift card from Smith's Sport and Hobby, Crandon



DEER MUST BE BROUGHT FOR SCORING TO
 FCP Natural Resources | 5320 Wensaut Lane, Crandon
 Monday - Thursday **7 a.m. to 5 p.m.**
 during the months of **October & November**

8th Annual
BIG BUCK CONTEST

OCTOBER 1ST THRU
NOVEMBER 29,
2018



Rules

- Open to FCPC tribal members only.
- One entry per contestant.
- Must be a legally harvested WILD animal (no game farms or guided hunts) from FCPC lands or Forest County.
- Must be harvested under fair chase principles. A rules agreement must be agreed to and signed by the hunter.
- Scores based on points greater than/equal to 1 inch plus spread.
- In case of a tie, weight will determine winner.



Artwork by Lillie Daniels

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, Oct. 17, 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
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 HEALTH &
 WELLNESS CENTER
 COMMUNITY HEALTH
cmh.fcpotawatomi.com



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 WELLNESS CENTER
 AODA

For additional information on the topic of grief and grieving, contact the FCP Behavioral Health Department at (715) 478-4332. For topics related to AODA and sobriety, please contact FCP AODA Services at (715) 478-4370.

Fun Fall Physical Activities

submitted by FCP Community Health

There are a lot of great ways to stay active on these cool, crisp, and leaf-changing days. It might be tempting to sit on the couch with a bowl of popcorn, but go enjoy the great outdoors!

Take a Hike

It is a great time to get outside and take a hike. During fall, the temperature starts to become cooler than in the summer. So, why not take advantage and go explore some new scenery. The trees are changing color, the days are becoming cooler, and the smell of fall is in the air. Plan a nature walk or just walk around in town. It doesn't take many blocks to get your heart rate up!

Rake It In

Is your yard full of leaves and nee-

dles? Did you know that raking is a great activity for your arms and back? Talk about an upper body workout! Plus, you will see your results of your hard work in your yard. If you think you are too old to jump in a pile of leaves, guess again? Have your children or grandchildren help you rake the lawn and reward them with the task of jumping in the pile of leaves. Make it fun for the whole family and get the lawn raked in no time!

Touchdown!

Packers or Bears fans, it's football season! Whether you are a fan or not, you can have some fun outside with family or friends by throwing a football around. It is a cardio workout, improves your balance and hand-eye coordination, and gets



your body moving. You can play a serious football game or flag-football. Whatever style game you choose to play is better than not playing. Have fun and get the kids involved, too! Don't have a football? Make a football workout from your high school days: push-ups, squats, sprints, or go run some bleachers!

Visit a Pumpkin Patch or Apple Orchard

Go visit a pumpkin patch or apple orchard to get your steps in for the day; don't forget to wear your activity tracker! Not only is this a great activity, but you will create some fun memories! A visit to the pumpkin patch or apple orchard is a fun idea for the whole family, a date, or a get-together with friends. Sometimes,

when you visit these places, they will have a challenging corn maze to get even more steps in. Once you get home, use your pickings to create a healthy treat.

Save the Date: Swine, Dine, & Dash

Come out to the farm on Saturday, October 13, 2018, to participate in a fun run. Registration begins at 9:30 a.m. and the race starts at 10:30 a.m. This event is open to FCP tribal members and their families. All the meat will be provided by the farm and there will be fun fall activities in the afternoon for the kids. Please come join us at this event! For more information, please contact Land & Natural Resources at (715) 478-7222 or Community Health at (715) 478-4355.



Gdenwémagnenanêk Trip



submitted photos

by Val Niehaus

A mentor group from Forest County Potawatomi (FCP) AODA department called, Gdenwémagnenanêk (meaning "all our relatives") is designated to show the community youth that they can have a fun and exciting time without the use of drugs or alcohol - substances that do not enhance an experience but rather inhibit true enjoyment and involvement in life activities. This is an essential lesson for young people to learn, and they are having a great time doing it.

This was the group that held the rafting trip a couple weeks back, and they have now planned and completed another fun adventure for the youth. On August 30, 2018, they visited Comando Paintball Sports in Little Suamico, Wis. Jorge Cisneros, prevention coach, and Ira Frank, prevention activities coordinator, were the leaders of this trip, and they both really enjoyed their time with the youth. They both serve as great



role models for these young people to look up to and to be guided by as they go through the challenges of being kids becoming adults.

Frank said, "It was my first time and I didn't realize how much of a great time I have missed out on! The kids all had a blast and I know the other adults involved had a great time also. We will for sure be doing this again. As of now we are looking into a zip line course and a few other things. Life is good, hugs not drugs and smile a lot!"

Cisneros and Frank both said there are other trips in the works with the zip lining Frank mentioned being a possible reality in the near future. There is also a Mini Carnival being put on by this department on September 29, 2018, across from the Stone Lake C-Store. It will run from 10 a.m. - 3 p.m. and is open to FCP community members and families and promises to be a day of fun for everyone!

Although Apple Cider Vinegar is not a "miracle" or a "cure-all," it does have some important health benefits, especially for improving insulin sensitivity, lowering blood glucose after a meal, blood pressure control, improving gut health, and symptoms of acid reflux.

Most people can safely consume reasonable amounts of Apple Cider Vinegar by following these general guidelines:

- MORE IS NOT BETTER.** Too much vinegar can be harmful. Especially for people with gastroparesis (not recommended), or people on certain medication (insulin or insulin-stimulating medications, and potassium lowering medications). Check with your doctor before increasing your intake of any type of vinegar.
- LIMIT YOUR INTAKE.** Start with a smaller amount (1 tsp diluted in 8 oz fluid) and gradually work up to a maximum of 2 tablespoons (30 ml) per day, depending on your personal tolerance.
- PROTECT YOUR TEETH.** Dilute in water and drink it through a straw. Rinse mouth with water after taking it. To prevent further enamel damage, wait at least 30 minutes before brushing your teeth.
- BE AWARE OF ALLERGIES.** Allergies to Apple Cider Vinegar are rare, but stop taking it immediately if you experience an allergic reaction.

Apple Cider Cranberry Drink:
1 cup before or with each meal

INGREDIENTS

- 6 oz Water
- 1/2 - 1 tsp Apple Cider Vinegar
- 2 tsp Lemon Juice
- 2 oz 100% Cranberry, Pomegranate, Cherry or other 100% juice
- if you need a little sweetness, add some Stevia

| | ONE 8 OZ. SERVING | 1/2 GALLON | 1 GALLON |
|--|-------------------|------------|----------|
| Apple Cider Vinegar | 1 tsp | 2.5 lbs | 1/3 cup |
| Lemon Juice | 2 tsp | 1/3 cup | 2/3 cup |
| 100% Cranberry Juice (or Pom, or Cherry, etc.) | 2 oz | 2 cups | 4 cups |
| Water | 6 oz | 6 cups | 12 cups |

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH
cch@FCPotawatomi.com

For more information on Apple Cider Vinegar and other nutrition topics, please contact Lisa Miller, RDN, CD or Kate Richlen, CH Nutritionist, at 715-478-4355.



INTERNSHIP PROGRAM 2019 WINTER

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, an 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: Nov. 9, 2018**

❖ **Internship dates: Jan. 7 - Feb. 15, 2019**

Please contact **Tina Baker**, Development Specialist, to get an application at: (414) 847-7718 tinabaker@paysbig.com www.fcpgc.com



FOREST COUNTY POTAWATOMI GAMING COMMISSION

TRIBAL ENTERPRISE WORKSHOPS

www.tribenterprise.org

WORKSHOPS ARE PROVIDED BY THE UNITED STATES SMALL BUSINESS ADMINISTRATION (SBA) OFFICE OF NATIVE AMERICAN AFFAIRS (ONAA), WASHINGTON DC



Want to Start and Grow Your Tribal Enterprise?

Attend a 3-Day Tribal Enterprise Workshop in Lac du Flambeau, Wisconsin!

The Wisconsin Indian Business Alliance (WIBA) is hosting this no-cost workshop delivered by RedWind for Tribal Leadership, Tribal Council Members, and leadership in Tribally-owned corporations, enterprises and businesses.

"The best sessions of this kind that I have ever attended."
Tribal Economic Development Director

- FREE 3-Day Tribal Enterprise Workshop
- Monday, October 22nd to Wednesday October 24th (9:00 am to 4:00 pm)
- Lake of the Torches Resort Casino (510 Old Abe Road, Lac du Flambeau, WI 54538)
- Class materials, lunch and refreshments provided
- Check out the Workshop at: <http://www.tribenterprise.org/>
- Limited Space – RSVP now. Also, please reserve a room with the hotel early to insure your accommodations (800-258-6724).

For more information or to register, contact Kim Swisher, WIBA Coordinator, 715-437-0465, coordinator@wibanative.org, or Kyle Smith, RedWind, 713-522-2472, ksmith@redwindgroup.com.

Or Register Online: <https://www.tribenterprise.org/wisconsin2018>

Tribal Enterprise Workshops are provided to Native communities across the country through support from the United States Small Business Administration (SBA) Office of Native American Affairs (ONAA). ONAA contracted with RedWind to provide workshops through contract number: 58AHQ-17-F-0149.





WIBA is a Key Strategic Partner of WSDC

Purchase a Small Bag of Popcorn
Get a Small Bag of Popcorn
Free



with this coupon
Exp. 10/15/18

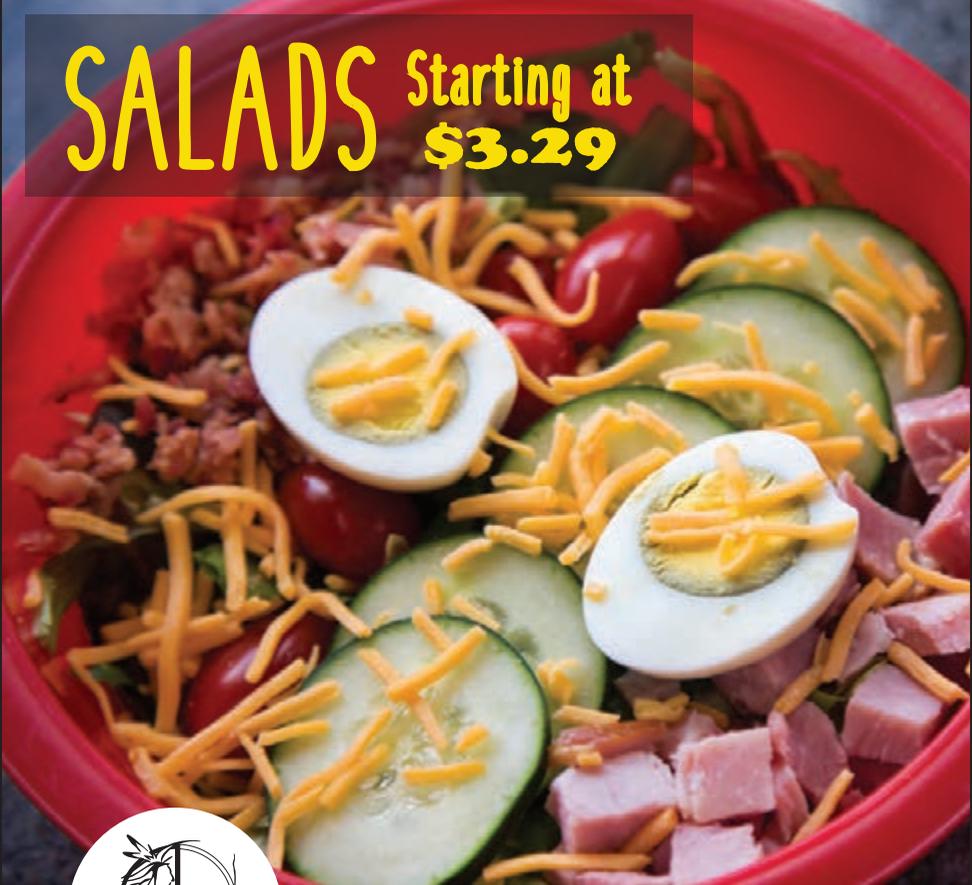


FOREST COUNTY POTAWATOMI
CARTER C-STORE
SMOKE SHOP/DELI
Hwy. 32, Carter Across from the Casino/Hotel
(715) 473-5100
Open 24 Hours / 7 Days a Week



PTT100118

SALADS Starting at **\$3.29**




3 Miles East of Crandon
5326 Fire Keeper Rd.
Crandon, WI
(715) 478-4199
Open Daily
5 a.m. to Midnight

POTAWATOMI
STONE LAKE C-STORE
SMOKE SHOP/
DELI



PTT100118

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.

OCTOBER EVENT CALENDAR

CHOICES Program

- Youth 9 - 12: Mondays (1, 8, 15, 22, 29)
- Youth 13 - 17: Tuesdays (2, 9, 16, 23, 30)
- Youth 6 - 8: Wednesdays (3, 10, 17, 24, 31)

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 (1, 8, 15, 22, 29) from 1 - 3 p.m.
- FRC Girls Group (ages 10-17): Tuesdays (2, 9, 16, 23, 30) 3:30 - 5 p.m.
- Team Building w/CHOICES (age 6-8): Wednesdays (3, 10, 17, 24, 31) 3:30 - 5 p.m.
- Positive Indian Parenting Class (PIP): Thursdays (4, 11, 18, 25), 10 a.m. - noon.
- Community Women's Talking Circle: TBA
- Open registration Fatherhood is Sacred & Motherhood is Sacred parenting class: 12-week curriculum; two-hour duration, one-on-one sessions.
- Open registration Nurturing Fathers parenting class: 13-week curriculum; two-hour duration, one-on-one sessions.

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

Community Health

- 10/2 - Infant Nutrition (HWC) 8 a.m. - 4 p.m.
- 10/4 - Infant Nutrition/WIC (Carter We-Care) 1 - 4 p.m.
- 10/9 - WIC (HWC) 8 a.m. - 4 p.m.
- 10/13 - Swine, Dine & Dash Event (Bodwewadmi Ktegan) 9:30 a.m. - 3 p.m.
- 10/17 - Healing Journey Event (FCP Museum) 6 p.m.
- 10/18 - Blood Drive (FCP Museum) 10 a.m. - 4:30 p.m.
- 10/24 - Diabetes Luncheon (HWC) Noon - 1:30 p.m.
- 10/24 - Breast Cancer Awareness Event (HWC) 4 - 6 p.m.

Title VI Indian Education Program

Part-Time Position Opening:

Math Tutor Facilitator, School District of Wabeno Area

•••••

For more information, go to the School District of Wabeno Area website: [Employment Opportunities](http://EmploymentOpportunities)

Tiffany White is a tribal member and her daughter, Asalia White, is a young musician. One of her songs, "Be a Butterfly", is entered in the Native American Music Awards. Please cast your vote before October 12, 2018. Asalia has been working with local artists/songwriters Bobby Bullet and Pam Nesbitt, This, I understand, works somewhat like "The Voice". Asalia has performed at Indian Summer (Milwaukee, Wis.), Buchanan Park (Alvin, Wis.), Windsor Center (Iron River, Mich.), and for the youth at Watersmeet, Mich. A new CD will be coming in October 2018. The producer of this Black Scotty Records (Juneau, Wis.)

You may LISTEN to the song at <https://nativeamericanmusicawards.com/track/1535066/asalia-white-be-a-butterfly-asalia-white>.

You may VOTE by visiting <https://nativeamericanmusicawards.com/track/1535066/asalia-white-be-a-butterfly-asalia-white>. Go to number 33 under Best Indie Artist.

submitted by Carole White



Neighborhood Highlights: HUD AWARDS \$1.3M GRANT TO MU & NWSP

Expanding on its commitment to help local communities redevelop severely-distressed assisted housing and to revitalize neighborhoods, the U.S. Department of Housing and Urban Development (HUD) awarded nearly \$5 million to six communities across the nation, including \$1,300,000 awarded to Marquette University (MU) and Near West Side Partners (NWSP) to revitalize HUD-assisted College Court and the Near West Side community in Milwaukee, Wisconsin.

NWSP and Marquette University will work with the other Near West Side anchor institutions - Advocate Aurora Health, Harley-Davidson, MillerCoors, Potawatomi Business Development Corporation - along with other key partners, including Business Improvement District # 10, City of Milwaukee, Housing Authority of the City of Milwaukee, USC, Marquette University Center for Peacemaking, Marquette Democracy Lab, Milwaukee Police Department, Milwaukee Public Schools, and Wisconsin Regional Training Partnership/BIG STEP.

The Marquette University and the Near West Side Partners award is one of only three grantees that received an additional \$950,000 for "Action Activities" within their award. This additional funding may be used to build momentum and attract additional investment. Eligible uses include recycling vacant property into community gardens, pocket parks, or farmers markets; beautification, place-making and community arts projects; homeowner and business facade improvement programs; neighborhood broadband or wi-fi; fresh-food initiatives; and gap financing for economic development projects.

Through the Choice Neighborhoods Planning Grant, Marquette University and NWSP will develop a comprehensive Transformation Plan that encompasses past plans with an eye towards improving housing opportunities for residents. Partners will create a roadmap to revitalize the distressed, 248-unit College Court housing development and increase investment in the surrounding neighborhood in the Near West Side. Marquette and NWSP will work with residents and stakeholders to develop consensus on desired outcomes and create a shared, comprehensive vision for the neighborhood.

"The City of Milwaukee is thankful to the U.S. Department of Housing and Urban Development for this investment in the future of Milwaukee's Near West Side," said Mayor Tom Barrett. "The Near West Side Partners are a great example of neighbors joining together to improve the quality of life in their community. The Choice Neighborhood Planning Grant will build upon years of collaborative work between the City of Milwaukee, Near West Side Partners, the Housing Authority of the City of Milwaukee, and other partners. This award comes at a pivotal time to help this neighborhood of neighborhoods continue building momentum and attracting additional investment for revitalization."



Above: Members of Marquette University and NWSP along with Mayor Tom Barrett **Top Right:** Mayor Tom Barrett **Bottom Right:** Members of NWSP

"On behalf of the other Near West Side anchor institutions - Aurora Health Care, HarleyDavidson, MillerCoors and Potawatomi Business Development Corporation - Marquette University is grateful to HUD for making this very significant investment in an iconic Milwaukee neighborhood", indicated Dr. Michael Lovell, President of Marquette University. The power of our partnership is profound, and this grant award affirms the great momentum in the Near West Side."

Keith Stanley, Executive Director of Near West Side Partners, Inc. said, "Thank you to the Department of Housing and Urban Development for recognizing our commitment to Milwaukee's Near West Side. We're excited that this planning grant will enable us to improve housing opportunities for our residents. The award is a testament to the commitment of our Near West Side Partners' anchor institutions over the past three-plus years as we aim to be a national model for community engagement. It will allow us to leverage the tremendous growth that is occurring elsewhere in the City of Milwaukee and the State of Wisconsin."



HUD's Choice Neighborhoods program promotes a comprehensive approach to transforming neighborhoods struggling to address the interconnected challenges of distressed housing, inadequate schools, poor health, high crime, and historic disinvestment. Choice Neighborhoods is focused on three core goals: housing, people & neighborhood.



SAGE Business Awards: REDHAWK NOMINATED



Redhawk was nominated as a finalist for Small Business of the Year with Bend, Ore. Chamber of Commerce. L-R: Ben Gallo, David Frisbee, Shanelle Allen, Tyler and Angela Hardison, Mark and Carrie Christiansen

State, Counties, Tribes Commit to Transformation of Behavioral Health System for Children

submitted by Wisconsin's Children's System of Care

At a meeting in Wisconsin Dells on Sept. 18, 2018, more than 400 behavioral health professionals furthered their commitment to Wisconsin's Children's System of Care, a Department of Health Services (DHS) initiative to enhance the public behavioral health system's care and treatment services for children.

Wisconsin's Children's System of Care is not a service or a program. It is a way of addressing barriers to well-being

known as wraparound. Wraparound is a planning process that brings people together from different parts of the child's life. This team creates a plan built around the child's strengths and needs that includes ways to assure the child can experience success in their home, school, and community.

Until recently, in most counties and tribes, children accessed the public behavioral health system through either

Coordinated Services Teams Initiatives or the Comprehensive Community Services program. Wisconsin's Children's System of Care blends these supports to provide a seamless network of services united by the values and principles of wraparound.

At today's meeting, representatives from Adams, Dodge, Sauk, and Sawyer counties shared how they have taken steps to integrate their Coordinated Services Teams Initiatives and Compre-

hensive Community Services program to meet the goals of Wisconsin's Children's System of Care. Staff in the DHS Division of Care and Treatment Services is providing guidance to many more counties and tribes in various stages of this integration effort.

#HopeActLiveWI: Program Guides Opioid Overdose Survivors to Health and Healing

submitted by Wisconsin Voices for Recovery

A program that helps opioid overdose survivors avoid another overdose and encourages them to stay engaged in treatment has expanded to cover 22 hospital emergency departments through a grant from the Wisconsin Department of Health Services (DHS). ED2Recovery is managed by Wisconsin Voices for Recovery.

"ED2Recovery helps opioid overdose survivors understand that addiction is a health condition that can be treated," says DHS Director of Opioid Initiatives Paul Krupski. "The hours after an opioid overdose present an opportunity to intervene with the individual to help them realize the promise of recovery. This program is one part of a comprehensive effort to reduce the number of opioid overdoses in Wisconsin and provide care and support to individuals, families, and communities impacted by the state's opioid crisis."

ED2Recovery connects people taken to an emergency department for an opioid overdose with program staff living in recovery from opioid addiction trained to offer support. Program staff are known as peer specialists or recovery coaches. Hospital staff contact ED2Recovery staff when they have a candidate for the program. ED2Recovery staff introduce the opioid overdose survivor to resources designed to help the person find a path to wellness prior to their release from the hospital. Staff regularly check on the person after they leave the hospital to support them reaching their goals.

"The life experience of the peer specialist or recovery coach helps them build bridges and inspire hope among opioid overdose survivors," says Wisconsin Voic-

es for Recovery Program Coordinator Jessica Geschke. "The focus is on success in making choices that support physical and emotional well-being, including completing treatment, having a stable and safe place to live, conducting meaningful daily activities in the community, and building relationships that provide friendship and love. Success is measured by whether the connections offered through the program are improving the participant's quality of life. There may be setbacks. That's part of the recovery journey. The number one goal of the program is changing lives for the better."

Wisconsin Voices for Recovery contracts with 12 organizations to provide ED2Recovery services. The program employs 130 staff.

Since October 2017, 217 people have agreed to participate in ED2Recovery. Staff have spent nearly 1,400 hours working with these participants. Staff also have made 1,700 contacts - in-person meetings, phone calls, text messages, and social media messages - with potential participants to remind them that someone is willing to help them be successful in their recovery journey.

ED2Recovery is one of several projects supported by Wisconsin's State Targeted Response to the Opioid Crisis Grant Program, a two-year DHS initiative that started last year funded by the federal Substance Abuse and Mental Health Services Administration. DHS is expected to receive a new federal grant this fall that will provide ongoing support for ED2Recovery.

How to Spot the Red Flags of Abuse

submitted by Mallory Black (Diné), StrongHearts Native Helpline

Exploring a new relationship is an exciting time where it might seem like every moment you are learning something new about your partner's culture, family and beliefs.

While you and your partner might be having fun getting to know each other, it's important to watch for certain behaviors when dating someone new. In the beginning of a relationship, it's not always easy to tell if your partner might become abusive.

It can also be hard to spot the early warning signs of abuse because every relationship is different. The one thing most abusive relationships have in common is that the abusive partner will do anything to gain power and control over their partner.

Here are some early "red flags" to look for - but know that these behaviors can appear in a relationship at any time.

- Does your partner:
- Move too fast into the relationship or pressure you to commit?
 - Shower you with compliments or seem "too good to be true"?
 - Constantly ask where you are all the time or frequently call or text you throughout the day?
 - Follow you around or show up at your home, school or work without telling you in advance?
 - Pressure you to have sex before you're ready?
 - Act extremely jealous or possessive of you?
 - Make jokes about your culture or put you down for being Native?
 - Lose their temper with you or yell at you in private but stay calm around others?
 - Insist that you "make more time for them" by spending less time with your family or friends?

- Encourage you to quit school or work, or to stop participating in activities and hobbies?

- Insist on driving you everywhere or check your car mileage when you return?

- Blame their former partners for abuse in previous relationships (for example, "My ex was crazy" or "It wasn't that bad")?

Someone who acts in these ways may try to blame their partner for their own abusive behavior. No matter the reason a person chooses to abuse, it is never their partner's fault.

What You Can Do

If you experience one or more of these "red flags", please call the StrongHearts Native Helpline at 1-844-7NATIVE (1-844-762-8483), Monday through Friday from 9 a.m. to 5:30 p.m. CST. Knowledgeable advocates can connect with you one-on-one and help you figure out your options. Advocates are trained with an understanding of intimate partner violence, including spiritual or cultural abuse. Our advocates can provide support and validation, safety planning and access to resources in your community. For more information, visit www.strongheartshelpline.org.

Mallory Black is the Communications Manager for the StrongHearts Native Helpline, a confidential and anonymous helpline for Native Americans affected by domestic violence. If you or a loved one is in an abusive relationship, support is available at 1-844-7NATIVE (1-844-762-8483), open Monday through Friday from 9 a.m. to 5:30 p.m. CST. Advocates offer peer-to-peer support and referrals to culturally-appropriate resources for domestic violence. After hours calls may choose to connect with the National Domestic Violence Hotline, and all calls remain anonymous and confidential.



Water Ceremony Shuts Down Construction On Mississippi River

submitted by Honor the Earth

BEMIDJI—Early Tuesday morning, Sept. 18, a group of indigenous water protectors from the Ginew Collective raised a tipi and blocked a bridge south of Bemidji, halting work at a construction site for the recently-permitted line 3 pipeline. Ginew (Golden Eagle) is a grassroots, frontlines effort led by indigenous women to protect Anishinaabe territory from the destruction of Enbridge's Line 3 tar sands project.

While the tipi blockade prevented bulldozers and street-paving machines from laying down new asphalt over the Mississippi, a local Anishinaabe woman held a water ceremony on the bank of the river offering medicine, prayers and songs. The action took place just miles from 3000-year-old Dakota village sites near Lake LaSalle where Clearwater county road 230 crosses the headwaters of the Mississippi River.

One member of Ginew declared, "We're here today protecting our water, our burial sites and standing in solidarity with our brothers and sisters down south who are fighting the Bayou Bridge Pipeline. The Mississippi River begins here in the headwaters, where we are standing right now, and it ends in the Gulf of Mexico, in the bayous, where folks have been fighting against Energy Transfer Partners (ETP) for months, putting their bodies on the line for clean water and safer communities. We're fighting Enbridge here, a different company that is also invested in ETP. Enbridge wants to cross over 200 waterways and drill under the Mississippi River multiple times to construct Line 3. Enbridge wants to put this new poisonous black snake where the river begins and turn this area into an industrial corridor. They want to poison

our seed of hope for clean water and turn us into another alley of cancer."

Many of the work trucks bore out-of-state plates. One indigenous woman pointed to the out-of-state plates and explained, "Extractive industry impacts indigenous peoples first and worst – the men come into our communities to build these destructive projects and we, women, face increased risks of violence, harassment, and potentially life-threatening assaults while our native communities are jurisdictionally-limited in the right to prosecute offenders."

Another water protector put it simply. "We will make it clear that indigenous territories are not sacrifice zones, and the tar sands machine must stop. Line 3 is Enbridge's single largest project in the company's history, and with the cancellation of Energy East and uncertain financial back-

ing of Kinder Morgan and Keystone XL, this has become a fight that could cripple the industry while changing the narrative of indigenous peoples within mainstream society. Standing Rock planted seeds across Turtle Island and the world, we Anishinaabe in what is now known as Minnesota are prepared to fight and to stand side-by-side with indigenous and non-indigenous peoples alike in our work."

Ginew (Golden Eagle) is a grassroots, frontlines effort led by indigenous women to protect Anishinaabe territory from the destruction of Enbridge's Line 3 tar sands project. Photos and live updates available here: <https://www.facebook.com/ginewcollective/>

Wallace Family Foundation Pledges \$38,000 to Rise Together

submitted by Jesse Heffernan, Program Coordinator

APPLETON, Wis. (Sept. 14, 2018) - The Wallace Family Foundation joined Rise Together at their recent five-year anniversary celebration with a formal announcement of their partnership; representing the support that the Wallace Family Foundation has provided to Rise Together, a 501c3 non-profit, since the summer of 2018.

"We have been moved by their stories. In their own way, each of them has seen and known what it's like to live through many dark nights of the soul. It'd be easy to imagine wanting to shrink back from those experiences, but instead they chose the hard thing, the courageous thing, to share their truth freely with others, mostly young people," said Dave Wallace, member of the foundation's board

of trustees, "I'd call them warriors of the heart and their mission noble and necessary. If all of us dig deep enough, and are willing to share our stories authentically, there's hardly any individual or any extended family who remain untouched by the forces that Rise Together and Discovery Corps address; the Wallace family is no exception."

To date, the Wallace Family Foundation has helped to fund the initial development of Rise Together's new youth life navigation program called Discovery Corps. This program is the result of years of student surveys, community feedback, and recognition of the potential to train youth as "advocacy leaders, peer coaches, and educators" in their schools and communities.

"We believe that this program is the answer to much of what is causing discourse and disconnection in our youth today," said Jesse Heffernan, Program Coordinator of Rise Together. "This program will work with students who identify as having had experience with bullying, mental illness, drugs and alcohol or that have been impacted by a family member or friend who are struggling. Once trained, youth will meet with the designated school faculty for ongoing support and guidance."

Additionally, Rise Together will be launching Discovery Corps on Sept. 18, 2018, at Appleton West High School, with the support of The Wallace Family. Follow Rise Together on Facebook for upcoming details on events.

About Rise Together

Rise Together, a 501c3 non-profit, exists to ignite a youth-led movement that is helping to save lives by encouraging students to stand up and speak out on the issues they care most about: breaking the silence around suicide, bullying, mental illness, drugs, and alcohol. Rise Together aims to educate, engage, and empower youth primarily through storytelling. Their solution is to provide communities with high-quality educational programs, workshops, and training that help build strong advocates and leaders. To learn more about Rise Together, visit www.weallrisetogether.org.

Heroin and Methamphetamine Seized on Indian Reservation

submitted by Interior_Press@ios.doi.gov

WASHINGTON, D.C. (Sept. 12, 2018) – U.S. Secretary of the Interior Ryan Zinke applauded the efforts of a Bureau of Indian Affairs (BIA) Office of Justice Services (OJS) K-9 Police Officer who recently took more than 17 pounds of deadly drugs off the streets. The BIA officer was monitoring vehicle traffic on Interstate 25 on the San Felipe Pueblo Indian Reservation when he conducted a traffic stop resulting in the arrest of an individual, and the seizure of approximately 15.9 pounds of methamphetamine and 1.25 pounds of heroin.

A field test of the substances was conducted and returned positive results for the presence of methamphetamine from

one of the 15 packages and heroin from one of the packages. One package did test positive for heroin and had an approximate weight of 1.25 pounds (567.67 grams). On Thursday, Aug. 30, 2018, a Criminal Complaint was filed in the District of New Mexico and the suspect was held for further court proceedings.

"Our Bureau of Indian Affairs law enforcement officers are the front line in America's ongoing fight against opioids," said Secretary Zinke. "I applaud their fine efforts today and every day. Opioids have had a disproportionately negative effect on American Indian and Alaska Native communities, and as Secretary of the Interior, I understand how imperative our

efforts are on this urgent issue. The DOI Opioid Task Force is doing a great job. I thank President Trump for his great leadership in helping us find creative ways to solve this crisis, and I look forward to a day when opioids no longer claim the lives of so many of our citizens."

"Thank you, Secretary Zinke and the hard working BIA-OJS officers on the ground, for helping to keep Indian Country safe," said Assistant Secretary-Indian Affairs Tara Sweeney. "The President's Initiative is directly impacting the families within our tribal communities."

The Department of the Interior is committed to making available resources

required to fight drug abuse, and earlier this year Secretary Zinke established the Department of the Interior's drug fighting Joint Task Force to help achieve President Donald Trump's mission to end the opioid epidemic and make America safe. So far, the task force has made 155 arrests and confiscated approximately 1,155 pounds of illegal drugs. Secretary Zinke has continually worked with tribes to carry out President Trump's directive to stop the drug and opioid crisis, conducting dozens of tribal visits to see the affected communities, while listening and learning about how to fight the crisis on the ground.

Tribes and Lawmakers Meet to Resolve Issues

submitted by Senator Kathleen Vinehout

“Can you fix Syria?” a woman asked me. “No,” I said as I shook my head. “Syria is a bit above my pay-grade. My international work [as State Senator] is limited to work with our Native Tribes.”

Native Tribes are sovereign nations.

Tribes have their own government including legislatures and courts. Many federal laws and treaties govern Wisconsin Tribes. But so do our state laws.

The delicate intersection between Wisconsin Tribes and the State of Wisconsin is the purview of the Special Committee on State-Tribal Relations.

Recently the State Tribal Relations Committee convened in the Capitol. This committee is one of the most unique in all of the Legislature. It consists of leaders of all of Wisconsin’s eleven tribal nations and a bipartisan group of lawmakers from both chambers.

The Tribal Leaders are so much a part of the committee that the Chair in our recent meeting referred to long-time Menominee Tribal Chair and current Tribal Legislator, Mr. Gary Besaw, as “Representative” Besaw.

“I’ve lived here long enough to be part of the Legislature,” smiled Mr. Besaw. The

Chair of our committee apologized for an easily-made mistake.

Tribal leaders work directly with lawmakers and Legislative Council attorneys to craft laws that affect the tribe. Like lawmakers, they propose legislation, review bill drafts and ask for research from our attorneys.

The meeting began with an overview of past legislative successes. Last year, lawmakers passed a new law to allow tribal identification cards to be used for various purposes when state law requires an ID card. Most importantly, the cards can be used for proof of residence for voting.

Frequently lawmakers pass laws that may benefit Tribal Nations but forget to include the proper language in the law. One such oversight was remedied by allowing Tribal Nations to seek state grants for alternatives to prison. Many of our local courts started alternatives to prison programs for those suffering from addiction and/or mental illness. These treatment courts are effective at helping folks stay clean and avoid prison.

Another successful law passed in 2017 was Act 352. This law stiffens penalties for

individuals who threaten or cause bodily harm to tribal judges, prosecutors and police officers – just as their non-native counterparts in our local courts.

Tribal judges from Oneida and Lac Courte Oreilles, a Menominee attorney and Tribal Representative Gary Besaw testified asking for an expansion of the law protecting those who work in our tribal courts.

The judges mentioned several stories about court officers threatened or killed by unhappy defendants or family members. The discussion around expanding the protection of court officers provided us “non-native” members a glimpse into how tribal courts are different from “western” courts.

“In traditional tribal courts, we often teach our own traditions,” explained one of the judges. Tribal Elders can provide testimony. There’s a “Counsel of Grandmothers” the court calls on for advice. As non-natives, we think of court as adversarial. But the tribal judges explained that court proceedings can be healing for family members.

Resolving differences between tribal law and Wisconsin law is why the com-

mittee exists. But committee work is much broader. At its heart, the committee exists to promote positive relations between our state and the 11 sovereign Tribal Nations.

An act to teach students about these relations came up as a topic before our committee. Known by its legal name, Act 31, the law set requirements for schools. Tribal leaders asked for changes in this nearly 30-year-old law. Mr. Besaw shared challenges faced by his daughter who felt isolated after a classroom discussion about ancestry and the lack of understanding of the history of Native peoples.

The committee grappled with how to create a 21st century education system so all students are welcome and prepared to live and work in our diverse state.

The issues aren’t quickly resolved, but having a space for the discussion begins the process. As a longtime member of the Committee, and currently its Vice Chair, I find this committee’s work most cordial and refreshingly bipartisan.

Legislation Introduced to Address Suicide Crisis in Native Communities Would give Tribes a Greater Voice in Planning Suicide Prevention Programs

submitted by Tom Udell Press Office

WASHINGTON, D.C. (Sept. 19, 2018) – U.S. Senators Tom Udall (D-N.M.) and Martin Heinrich (D-N.M.) introduced the bipartisan Native American Suicide Prevention Act, along with U.S. Senators Elizabeth Warren (D-Mass.) and Lisa Murkowski (R-Alaska), to address the growing suicide crisis in Indian Country by ensuring collaboration among states and Tribal organizations to design and implement statewide suicide intervention and prevention programs that work for their communities. The legislation is the Senate companion to H.R. 3473, a bipartisan bill introduced by Congressman Raúl M. Grijalva (D-Ariz.), Congressman Tom Cole (R-Okla.), and 27 other House cosponsors.

“New Mexico has lost far too many people in our Native communities to suicide – and it is past time that we confront this crisis,” said Udall, vice chairman of the Senate Committee on Indian Affairs. “This legislation is an important step in ensuring Tribal collaboration with states

to develop effective, culturally-relevant strategies to address the crisis level rates of suicide in Indian Country, particularly among Native youth. Tribal-State partnerships will help increase the effectiveness of suicide intervention and prevention programs when they take the unique needs of Indian Country into account. Together, we can strengthen our national response to suicide and connect Indian Country to the resources it needs to reduce the risk of suicide in Tribal communities.”

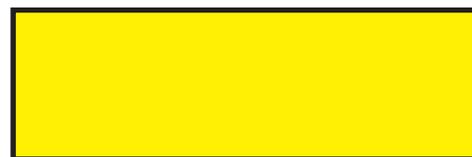
“Far too many families in Indian Country have been touched by this tragic crisis,” said Heinrich. “I hope that this legislation will help our tribes create effective and culturally-relevant suicide prevention and intervention strategies so they can save lives. We desperately need to provide better behavioral health care to our tribal and rural communities so that everyone who needs help can get it. I will keep fighting for essential resources that provide hope and care to at-risk New Mexicans.”

Rates of suicide among Native American have reached crisis levels. Indian Country is grappling with an epidemic of suicides that is claiming the lives of countless young people. In fact, suicide is the second leading cause of death for Native people ages 10-34. In New Mexico, which is home to 23 Tribes, the suicide rate among Native youth is more than twice as high as the average rate for non-Native groups. In some Tribal communities, the Native youth suicide rate is 10 times greater than the national average – an alarming rate that represents a public health emergency. Despite the devastating scope of this crisis and the clear need for Native communities’ involvement in the development of culturally-based suicide prevention initiatives, Tribes and Tribal organizations are too often left out of planning and implementing statewide programs.

The Native American Suicide Prevention Act would help address this epidemic by amending the Public Health Service Act to require states or state-designated

entities to collaborate with Tribes in an effort to curtail the alarming suicide rate in Native communities. Specifically, the bill would mandate that state governments collaborate with each federally-recognized Indian tribe, tribal organization, urban Indian organization, and Native Hawaiian health care system in the state in developing and implementing statewide suicide early intervention and prevention strategies.

Organizations that support the Native American Suicide Prevention Act include the American Foundation for Suicide Prevention, Johns Hopkins Center for American Indian Health, the Association on American Indian Affairs, the National Council of Urban Indian Health, the Alaska Native Health Board, the Alaska Native Tribal Health Consortium, Tanana Chiefs Conference, Papa Ola Lokahi, and the Association for Behavioral Health-care.



October 2018

POTAWATOMI
CARTER
CASINO - HOTEL

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|---|
| POP & PLAY FREE SLOT TOURNAMENTS! Mondays, October 8 & 22 Friday, October 12 Monday - Register 7 am - 2 pm Friday - Register 7 am - 6:45 pm | CASH KING START EARNING ENTRIES Chef's Choice | Wicked Riches Chicken Sandwich | Wicked Riches \$10/5 Packs Grilled Cheese & Soup | SENIOR DAY \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner | BATS & CATS Finally \$500 Friday Seafood Buffet Fish Fry | The Fellenz Brothers 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich |
| CASH KING ENTRY MULTIPLIER \$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice | POP & PLAY Lovin' Country 10:30 am - 2:30 pm Chef's Choice | Wicked Riches Chicken Sandwich | Wicked Riches \$10/5 Packs Grilled Cheese & Soup | SENIOR DAY \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner | BATS & CATS Ric Stream 3:30 pm - 7:30 pm \$10/5 Packs Seafood Buffet Fish Fry | It's My Party Jerry Schmitt 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich |
| CASH KING ENTRY MULTIPLIER \$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice | GREEN & GOLD GAME DAY SPECIALS Chef's Choice | Wicked Riches Chicken Sandwich | Wicked Riches \$10/5 Packs Grilled Cheese & Soup | SENIOR DAY \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner | BATS & CATS Finally \$500 Friday Seafood Buffet Fish Fry | Hijinx 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich |
| CASH KING ENTRY MULTIPLIER \$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice | POP & PLAY Double Trouble 10:30 am - 2:30 pm Chef's Choice | Wicked Riches Chicken Sandwich | Wicked Riches \$10/5 Packs Grilled Cheese & Soup | SUPER SENIOR DAY \$10/5 Packs Baked Chicken Dinner Baked Chicken Dinner | BATS & CATS DJ Doc Gary (Bingo Hall) 10 pm - Midnight Black Light Bingo (Halloween Theme) \$10/5 Packs Seafood Buffet Fish Fry | HALLOWEEN BASH Next Myle 7 pm - 11 pm Bingo Bash // Costume Contest Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich |
| CASH KING ENTRY MULTIPLIER \$10/5 Packs Breakfast Buffet 7 am - 11 am Chef's Choice | | Wicked Riches Chicken Sandwich | BONUS BUCKS \$500 Cash Drawing \$10/5 Packs Grilled Cheese & Soup | THE CARTER CLUB POTAWATOMI CARTER CASINO HOTEL HOTEL PACKAGE \$120 PACKAGE INCLUDES: One night stay for two in a standard room —plus— \$80 in Potawatomi Play & \$10 in Food Certificates MAKE YOUR RESERVATIONS TODAY! CALL: 1.800.487.9522 | | |

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CASH IS KING
— SATURDAY, NOVEMBER 10 —
WIN YOUR SHARE OF \$49,000!

Wicked Riches \$18,000 IN CASH PRIZES!
Select Tuesdays and Wednesdays in October.
WIN YOUR SHARE OF \$18,000 IN CASH PRIZES!

BATS AND CATS
WIN YOUR SHARE OF \$17,000 CASH!
— FRIDAYS IN OCTOBER —

HALLOWEEN BASH
SATURDAY, OCTOBER 27
MONSTER CASH DRAWINGS: DRAWINGS FROM 6 PM - 10 PM WIN YOUR SHARE OF \$5,000!
COSTUME CONTEST: REGISTER FROM 5 PM - 8:30 PM 1st \$500 • 2nd \$300 • 3rd \$200
FREE FOOD & BEER: ON THE CASINO FLOOR FROM 8 PM - 10 PM
SORRY, NO MASKS OR WEAPONS!

BONUS BUCKS
Earn and redeem points every day in October.
FOR A CHANCE TO WIN \$2,000 CASH OCT. 31!

Bingo Events

TEN DOLLAR PACKS
Regular Games Pay - \$125
Progressives Pay - \$125
Specials Pay - \$150
Last Game Pays \$250
\$500 in 52 or Less

BINGO BASH
Saturday, October 27
Admission Packs: \$20/ 10 packs
Special Games:
1 paying \$300, 3 paying \$400, last paying \$600
COSTUME CONTEST!
1st: \$200, 2nd: \$150, 3rd: \$50 Potawatomi Play

BINGO'S FINALLY \$500 FRIDAYS
OCT. 5 —&— OCT. 19

BLACK LIGHT BINGO
FRIDAY, OCTOBER 26 | HALLOWEEN THEME

BINGO'S CASH DRAWING
WEDNESDAY, OCTOBER 31
Monthly cash drawing, receive one entry with every admission pack purchased.



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