



POTAWATOMI TRAVELING TIMES

Volume 24, Issue 13 • ktthe mko gizes Big Bear Moon • January 1, 2019

Annual Community Christmas Party

by Val Niehaus

The annual Forest County Potawatomi (FCP) Community Christmas party took place on Dec. 14, 2018, at Potawatomi Carter Casino Hotel (PCCH) and was packed with wall-to-wall community members and children. This is always a highly-anticipated event as was evident by the hundreds of people who attended.

The FCP Recreation department always goes all out for this event, investing a lot of time and effort to make it a very special evening. The night started with a family meal of chicken and beef tips prepared and served by PCCH staff. Then the children congregate in the main room to await the arrival of Santa himself. While they wait, drawings are started for family door prizes that are presented throughout the evening and include top-notch gifts such as televisions and generous gift cards. The gifts for the children are likewise carefully selected for age and gender and include some incredibly nice things that the kids truly appreciate.

When Santa arrives, the community children are treated to personal visits with him and Mrs. Claus in a huge sleigh. In addition to the kids sharing their Christmas wishes, parents get a great photo opportunity to preserve the excitement of the visit for years to come.

To keep the children occupied while others waited for their Santa visit, there was a coloring contest in the banquet hall with prizes to be won for the best.

In addition, frosted Christmas cookies appeared halfway through the evening to top off the evening's meal with a sweet treat.

Many thanks go out to Sonny Shepard, Brian Tupper and the rest of FCP Recreation staff for planning and supervising this event. They seemed to think of everything to make the evening run well. It is always extremely busy with hundreds of excited children and their families, but it always seems to run smoothly and is certainly enjoyed by everyone. Treasurer Joe Daniels wanted to make clear, "I, along with FCP Council, want to thank Sonny for his 23 years of dedication to this party along with his work at the Recreation department."

Big thanks go out to Santa and Mrs. Claus as well! Most of the children were happy to see them. But as is always the case, some of the little ones seemed pretty intimidated by a big-bearded man in a red suit wanting to hold them! The gifts he brought made every child smile... it was a great time watching them tear into their gifts and play with them the rest of the night. After receiving their gifts, all the youth received a bag full of old-fashioned candy.

This event is looked forward to all year by both young and old. It truly is a great community gathering enjoyed by families and friends alike. All who make it possible are to be applauded for their efforts as it is truly a highlight of everyone's holiday season!

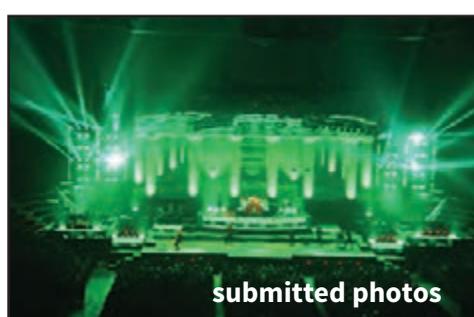
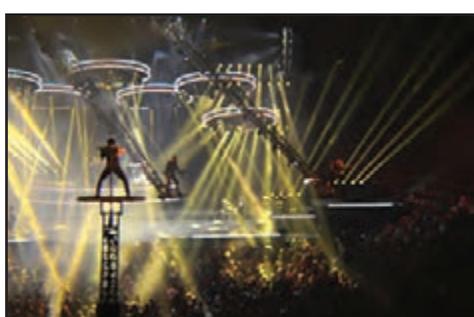
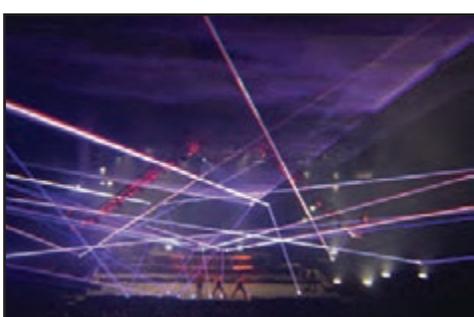
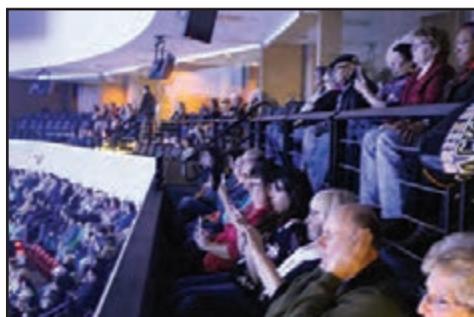


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Happy January Birthday to These Elders!

- | | |
|--------------------------|---------------------------------|
| 1-5 Virginia Jacobson | 1-17 Gerald Jacobson Sr. |
| 1-10 Steven Crawford Sr. | 1-20 Hazel George |
| 1-12 Jane Griffin | 1-23 Veronica Frank |
| 1-15 Michael Alloway | 1-29 Lorraine Alloway-Dickenson |
| 1-15 Kayci Orcutt | 1-29 Gary Crawford Sr. |
| 1-16 Rose Barber | |

Elders Attend Trans-Siberian Orchestra Concert in Milwaukee



submitted photos

Elder Menus
JANUARY 2019

- | | |
|---|--|
| <p><u>Wednesday, 1/2</u>
Sloppy Joes, Baked Beans, Broccoli & Cauliflower w/Dip, Strawberry Jello® w/Bananas</p> <p><u>Thursday, 1/3</u>
Baked Chicken, Macaroni & Cheese, Green Beans, Apple, Cranberry Juice</p> <p><u>Friday, 1/4</u>
Creamy Potato, Ham & Corn Chowder, Dinner Roll, Mandarin Oranges</p> <p><u>Monday, 1/7</u>
Turkey Hot Dog, Tomato Noodles, Cold Pea & Cheese Salad, Apricots</p> <p><u>Tuesday, 1/8</u>
Shepard Pie, Corn Dinner Roll, Celery & Carrots w/Dip, Cantaloupe</p> <p><u>Wednesday, 1/9</u>
BBQ Pulled Pork Sandwich, Rice Pilaf, Cottage Cheese, V-8® Juice, Cherry & Pineapple Fluff</p> <p><u>Thursday, 1/10</u>
Baked Lemon Pepper Cod, Roasted Potatoes, Vinegar & Oil Coleslaw, Baked Beans, Peaches, Rye Bread</p> <p><u>Friday, 1/11</u>
Split Pea & Bacon Soup, Cheese Sandwich, Apple Pie</p> <p><u>Monday, 1/14</u>
Chicken Broccoli Alfredo, Garlic Bread, Cranberry Walnut Cookie, Fruit Juice</p> <p><u>Tuesday, 1/15</u>
Hot Pork, Mashed Potatoes & Gravy, Asparagus, Bread & Butter, Strawberries</p> <p><u>Wednesday, 1/16</u>
Brat on a Bun, Sweet Potatoes, Cauliflower, Bean Dip w/Crackers, Pears</p> | <p><u>Thursday, 1/17</u>
Hamburger Gravy w/Mushrooms over Rice, Green Beans, Dinner Roll, Lemon Cream Cheese Torte, Fruit Cocktail</p> <p><u>Friday, 1/18</u>
Chicken Needle Soup, Crackers, Tropical Fruit, Nutrigrain® Bar</p> <p><u>Monday, 1/21</u>
Holiday - No Meal</p> <p><u>Tuesday, 1/22</u>
Tenderloin Tips over Egg Noodles, Country Blend Vegetables, Dinner Roll, Pepper Strips w/Dip, Banana</p> <p><u>Wednesday, 1/23</u>
Swedish Meatballs, Mashed Potatoes, Spinach, Cranberry Sauce, Blueberry Torte</p> <p><u>Thursday, 1/24</u>
Battered Baked Fish, Cole Slaw, Rye Bread, Calico Beans, Jello® w/Fruit, Orange</p> <p><u>Friday, 1/25</u>
Creamy Tomato Bisque, Cheese Sandwich, Peach Yogurt, Pears</p> <p><u>Monday, 1/28</u>
Polish Sausage & Sauerkraut, Mashed Potatoes, California Blend Vegetables, Apple</p> <p><u>Tuesday, 1/29</u>
Chop Suey, Egg Roll, Fortune Cookie, Apricots</p> <p><u>Wednesday, 1/30</u>
Chicken Salad on Croissant, Cranberry Sauce, Strawberry Banana V-8®, Green Grapes</p> <p><u>Thursday, 1/31</u>
Pizza Casserole, French Style Green Beans, Garlic Bread, Fruit Juice</p> <p>*Menus subject to change.</p> |
|---|--|



FCP CARING PLACE
January 2019 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):**
- 1/8: Casino Day (Flambeau)
 - 1/15: Shopping
 - 1/16: Diabetic Lunch In
 - 1/25: Rouman Cinema
 - 1/27: BINGO (Carter) at 10 a.m.
 - 1/29: Birthday BINGO at 12:30 p.m.

ATTENTION ELDERS
Let's Do Lunch!

FCP Tribal Elders age 55 and older, and all other elders 60 and older, are invited to join us in the FCP Cultural Center, Library & Museum - Lower Level every Tuesday in February.

Lunch will be served 11:30 A.M. to 12:30 P.M.

You **must** RSVP by noon Mondays in order to attend!

Transportation to and from the event can be arranged as needed.




FOREST COUNTY POTAWATOMI ELDERLY | FOR MORE INFORMATION OR TO RSVP, CALL PENNY AT 715-478-4892

Joint Meeting with Forest County and FCP

by Val Niehaus

The Forest County Intergovernmental Relations Committee (IRC) and the Forest County Potawatomi Community (FCPC) Executive Council met for the second time at the Forest County Courthouse on Dec. 11, 2018. The purpose of the meeting was to continue discussion of working together on certain areas and different subject matters that pertain to Forest County. The goal of these meetings is to put things out on the table for discussion to see if the two organizations can work together in initiating, fixing, or just maintaining certain matters that affect the county as a whole. These two parties are very happy to be doing this for the betterment of everyone.

Areas of discussion included possible cooperation and collaboration of county and tribal departments on projects like digital property corner and control point reestablishment. Both parties agreed to work on this together by having their established teams with expertise in this area address the matter and see if a joint solution can come about that addresses the current concerns.

Issue number two involved concerns with storm water quality in the Laona and Wabeno areas. Things discussed with respect to this issue included maintenance of storm water basins, erosion issues and aged storm sewers. Applying for grants was also a topic of discussion and related to this subject, it was also brought forward that FCP is already taking steps to fix a culvert on the Oconto River and County C to improve the trout habitat.

More discussion was had in an effort to determine how best to proceed with strategic planning in prioritizing what really needs to be done, and how to proceed from there to execute a solution for issues that need to be addressed. There was agreement by both parties on this matter.

A short discussion was then held about a matter concerning the Aging and Disabilities Resource Center (ADRC). There was a simple request to have a member from FCP sitting on the ADRC board to be a voice for FCP members. This was something the Council quickly agreed upon and it will be achieved soon.

Next on the agenda was a discussion about existing agreements between Forest County and FCPC, such as the one with the Sheriff's department. This led to a conversation about the new officers who will be hired as detective/sergeants for the drug epidemic affecting the county. Both sides understand the importance of this issue and are fully committed to working together to address this matter. All agreed this is the county's number one initiative and are committed to working together to fight this battle.

A few other subjects were briefly discussed. Both groups decided that this is something they want to keep doing in the months ahead. The next meeting will take place at the FCP Executive Building. These meetings open up a great line of communication between FCP and Forest County that is going to allow them to address areas of mutual concern for the betterment of the entire population of the county. It is in everyone's best interest to help one another out in any area of concern that affects the inhabitants of Forest County. In the end, Forest County is an entity that has many tribal and non-tribal people living together in a greater community, and what affects one group can certainly affect all. Working together allows for prioritizing problems, optimizing resources, and thereby more efficiently focusing on issues of concern to everyone.

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FOREST COUNTY POTAWATOMI EDUCATION/CULTURE



Lois Crowe

Open:
 January 1, 2019

Deadline:
 February 28, 2019

Open to Forest County Potawatomi direct descendants and legally-married spouses

FOR APPLICATIONS OR MORE INFORMATION, PLEASE CONTACT: SKYE ALLOWAY
 EDUCATION OUTREACH COORDINATOR
 715-478-4705



(l-r) Council Member Brooks Boyd, Council Member Nick Shepard, Vice Chairwoman Brenda Shopodock, FC Board Chairman Tom Tallier, FC Committee Member Cindy Gretzinger, Treasurer Joe Daniels Sr., FC Committee Member Karl Tauer

Community Member Shares His Story of Addiction and Hope

by Val Niehaus

On Nov. 20, 2018, Forest County Potawatomi (FCP) AODA held its Sobriety Feast. This is always a good night for the many who are recovering from addiction as well as for those who have a friend or family member affected by this disease. Each feast is special in its own way, but this one was particularly pertinent to many in attendance as they looked forward to hearing a local community member, Jorge Cisneros Sr., share his personal story of addiction.

AODA's Transitional Treatment manager Jacob Struble introduced Cisneros and said, "I can't begin to say enough words about Jorge. He has really changed his life around, and he is a great example to many here in this community. And he's really a great friend to have."

Cisneros then took the podium for the next hour to talk to everyone present about his story from the start of his addiction, to the scariest moments in his life, to the wakeup call he experienced and then through the healing that brought him to where he is today. He has proven to be a great community member who serves as someone others can reach out to as they fight this demon day in and day out.

In starting the discussion of his journey, he shared his experience as a child when he trusted a family member who in turn broke that trust and moved on to sexually assault him. Cisneros saw drinking, partying, fighting, and domestic violence at a young age, and this lifestyle only further contributed to Cisneros' doubt in himself and who he truly was.

He said, "I never knew where I fit in, you know? I didn't do well in school because I had learning disabilities and I never felt like I belonged anywhere." As a result, he started drinking at a young age which he thought was something he could control. He said, "You know I thought that's what we were supposed to do. I thought all the drinking and fighting was just what we did because that's what I saw." He did relay that he did have good times growing up, but the bad thoughts were always what were in his head. "I turned into a whole different person when I drank. I was just always so angry and that's what people saw. I had people try and help me, but I just kept going. Getting in with gangs, running to Milwaukee back and forth, and stealing cars and robbing people. I just didn't care."

Cisneros moved on to the most painful memories he had growing up. That was the loss of his sister Lisa, nephew Antonio, and younger brother Michael. "I used to go in a dark, dark, dark place around this time of year. I would lose myself to drinking and drugs and that's how I dealt with it. Used it all for an excuse." A couple years after the loss of his sister and nephew, he lost his brother

Michael. This was the toughest loss Cisneros could imagine. He recalls, "That was the toughest because I was supposed

to be watching him that night and, I got in an argument with him. He left and went drinking. He was 15 years old and they got in an accident and they brought him back

to the house. I remember going outside and running to him and started doing CPR on him, and all I could taste was Bacardi...it felt like forever that I was doing that. A cop came and told me he was gone but I wouldn't stop - I just kept going. That really messed me up for a long time. I would have night terrors and see him in my dreams. It was so real that I would wake up from that dream and still taste that Bacardi from doing CPR on him, that's how real it felt. So, years after that I just started spiraling out of control - six drunk drivings, raising hell - just in a really bad place. That's where all that drinking really got bad for me."

His brother passed in 2001 and in 2000 Cisneros had his son which helped him cope at times with some of the horror he was living within his head. He explained, "I was a single father of three boys, and they were my world. I got them up for school. They always had food to eat, clothes, they were clean and whatever they wanted...they had. I would take them to school, and I would be home all day with nothing to do. So I would start letting those past feelings come over in my mind again, and I would start opening beers and start drinking during the day while they were gone at school." Of course, when you think that you have things under control, they really are not, and most likely are falling apart at a faster pace than you think. Cisneros mentioned over and over again how he thought he was hiding things from the boys. But in actuality, they knew and saw everything that he was doing. Children are not dumb, and they do see and watch everything their parents do because that is the number one person in their life.

He went on further and talked about the time when he started his battle with opioids and discussed the chaos this then led to in his life. "I got in a car accident and I was prescribed Percocet and that was a WHOLE new ball game. One pill just took everything away. The pain, the aches, and I loved it! I was doing okay for a couple years, and then I really started

abusing them. I met this girl and it just went from there. She was from the city and she didn't think I was on these pills.

But she found out one day and well - we both started doing that together. I was picked up eventually for another drunk driving and also was cut off of my pain pills.

But that didn't matter because this girl knew the hookups. So, from there I was turned on to heroin and crack. Crack I never really did it, because that's what my boys' mom was doing when she left and never came back. I ended up missing my last court date for this drunk driving and things just spiraled out of control from there. I started selling things from my house - my boys' belongings as well. I would pawn things then try to get them back, but never really did. I apologized to my kids for all of this now, but it still doesn't make it right. I used to steal from my family and I just felt like a scumbag then, just to feed that addiction. You really do some messed-up things to the people you love. It takes control of everything in your life, and you don't really know that unless you have lived it or watched someone close to you live it." After missing his last court date for his drunk driving, Cisneros then ran to Milwaukee with this girl. He then went on to talk about this as the darkest time in his life - a time he can barely remember because of being so influenced by the drugs and madness of his life.

"Drugs were so easy to get in the city and that was the darkest summer I ever lived, if it was even summer? I can't even remember? I left my kids on the rez and I was on the run. This is how messed up things were. Me and this girl moved in with this girl's ex who she had a baby with and who was also a drug dealer. We lived there and I don't think I ever left that house except to get water and a new pipe down at the corner store. We would start running out of dope, and there was a lot of drug traffic running in and out of that building...that whole building was nothing but drugs. We would start running out, and I would send my girl to this dealer to turn a "trick" just to get us more drugs. That's how bad things got. I just wanted that dope, and I knew what she was doing and I never tried to stop her. We never spoke of it...we both just wanted that dope. This went on for some time. We then eventually ended up not having a place to live, and I moved to Ap-

leton with a cousin. I tried to quit cold turkey. I tried using methadone off the street to help me along, and it was going good for a little while but you can spot a drug dealer anywhere. I went to McDonalds one day to get a sandwich and poof... back on it just like that. I was trying to hide it from my cousin for a long time, but she figured it out and told me I had to go. Still being on the run, me and this girl ended up moving into this nice farmhouse where we could try to sober up. I even took my son with me. We moved in and nobody knew me so I was safe and then once we got there, everyone in that house did heroin. I would lie to my mom about running out of money, and she would send some cash. We were down there for months. My son was always asking me if I was okay because I would end up getting dope sick at times, and he would worry about me. We then ended up running out of money and that meant back to Stone Lake."

Cisneros then relayed the truth of what his drug addiction led to back at home. He spoke of getting back home and everything in the house that he once kept so neat and where he had all the comforts a home should have was gone. He said, "Everything in my house was gone... 11-12 years of living there... photos were gone from on the walls, everything down to the canned goods and toilet paper were gone. I was really sick really bad. I just prayed for the first time in a long time."

While talking about this part of his life, Cisneros had to back up to something that he remembered that was also pertinent to the time and place and fit in here. He explained about a time when he and his other brother headed down to Milwaukee just to take a ride and get away. They went to a house for drugs and the next thing he knew, "These guys came in, pistols all up on us, gun to the back of my head, stripped us buck naked and I didn't know what was happening at all. Apparently, someone owed someone money that I knew nothing about so my other brother was pleading for them to not kill me. It was all just a blur...all I could do was stand there naked. A guy came back and kept saying, "Don't mess with my money, don't mess with my money," and all of a sudden I had a gun shot that went through my butt cheek out the front of my leg. I just grabbed my belt, tied it off and me being in trouble with the law, I didn't want to go to the hospital. After that, we came back home and just to get my brother off my back, I went to Antigo hospital and made up some story about someone accidentally shooting me. I then left and later got a call from the hospital which I hung up on. I knew that they knew something wasn't right."

continued on page 12...



FCP Tribal Wellvation Program New Year, New You: Need Some Help?

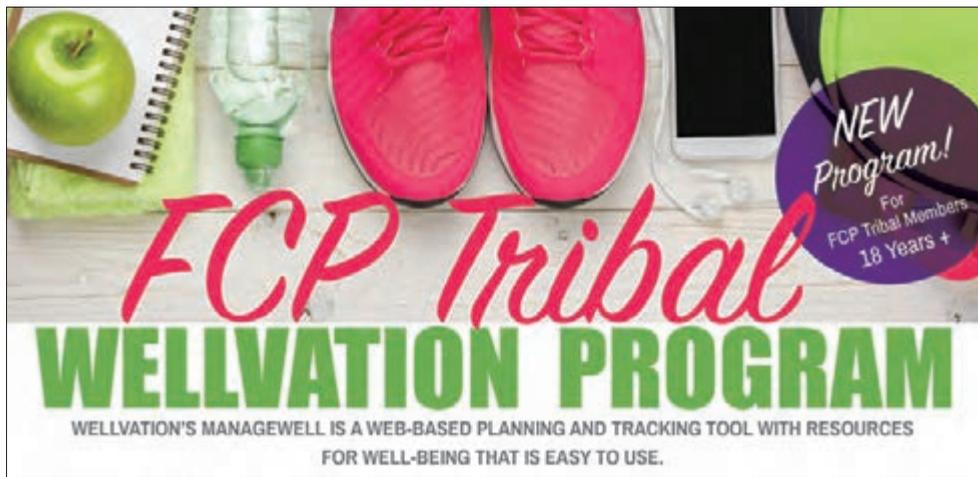
submitted by Community Health

The New Year is upon us and 2019 is here to stay for the next 365 days. New Year's resolutions are the perfect chance to make new, healthier lifestyle changes. Well, now's your chance to make a list of changes you would like to master in 2019.

If you are looking to get on track with your health, look no further. The Community Health Department has a program for YOU! FCP Tribal Wellvation Program is a web-based planning and tracking tool for health and fitness.

The program has resources to improve your quality of life. This easy-to-use program offers health promotion/disease prevention, increased connection with resources and community health events/programs, and so much more! Does this sound like a program for YOU? Stop by Community Health Department to sign up! This program is available to FCP-enrolled tribal members 18 years and older.

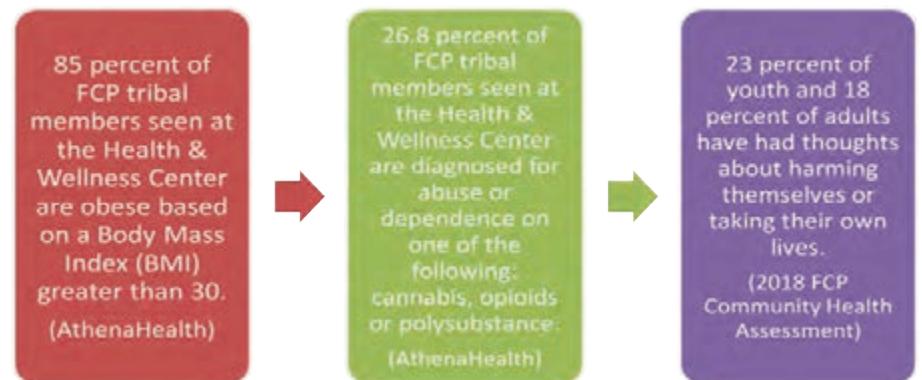
Call to find out more information about this program at (715) 478-4355.



Interested in Learning About the Health of the FCP Tribe?

FCP Community Health (CH) department wants to improve the health of its community. In order to be effective in what it does, CH understands that it must be aware of the health challenges the community is facing, what barriers are causing unhealthy behaviors and, most importantly, what it can do to promote and encourage healthy lifestyles and overall well-being.

CH has been working hard this last year collaborating with partners and the community to gather health data. Data was compiled from the 2017 FCP Community Health Assessment, the Health & Wellness Center (HWC) electronic health record system, as well as data from other tribal programs. CH is pleased to announce the release of the 2018 FCP Community Health Assessment, which was approved by FCP Health Division Administration December 2018. This report looks at a number of factors that influence health and provides insight into the strengths of the tribe as well as areas that need more attention. This is a huge accomplishment for our department and the community as it provides insight into the major health needs of the community. Some major findings include:



Note: These statistics do not represent the entire FCP tribal population. The HWC Electronic Health Record data includes tribal members who utilize the HWC.

With guidance from tribal members via focus groups and responses given in the 2018 FCP Community Health Assessment, CH selected three health priorities to focus on for the next five years: Alcohol and Other Drugs, Injury and Violence, and Obesity Prevention.

Although CH is proud of these accomplishments, it understands that the Community Health Assessment is only a stepping stone. In order to be successful in its efforts, CH needs the community's engagement and involvement. CH encourages you to join a workgroup that will be established to focus on each of these health priorities and would love your input. The workgroup will review the Community Health Assessment data and identify best practice programs and strategies for improving each health priority. These programs and strategies will be outlined in the 2019-2024 FCP Community Health Improvement Plan. To develop this plan, CH appreciates your thoughts and feedback. You are the voice of the community; please share your ideas and what you think will make the FCP tribe healthier. We look forward to working with you to improve the community.

Interested in picking up copies of the FCP Community Health Assessment or being part of a Community Health Improvement Workgroup? Stop by the Community Health department or contact us at (715) 478-4355. Electronic copies of the FCP Community Health Assessment can also be found at <https://cmh.potawatomi.com/publications-reports/>.

Deadline for the January 15, 2019 issue of the Traveling Times is Wednesday, January 2, 2019.

POTAWATOMI TRAVELING TIMES

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SLIPS & FALLS

Slips, trips and falls outside are the second most common cause of accidental deaths in the U.S. each year.

Try these preventative measures:

- Wear shoes with non-slip soles
- Leave your hands and arms free for better balance
- Head up, phone down
- Use designated paths and crosswalks

Should you have an accident, call (715) 478-4300. We offer a variety of services to help you from: Family Medicine, Weekend Walk-In, Imaging, and Rehabilitation Services.

Honoring Health, Healing, and Tradition



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI

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Mon. - Fri. | 7 a.m. - 6 p.m.

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Stages of Behavior Change



Have you ever made and broken a goal or New Year's resolution? If so, you can relate to how difficult changing behavior can be. Making a lasting change involves awareness, understanding, and knowledge. If you are hoping to improve your lifestyle habits, here are some tips to getting started.

Change often happens through gradual progression of small steps toward a larger goal. To succeed, it helps to understand three important elements in changing a behavior:

- **Readiness to change:** This is related to rating on a scale how important you think it is to change and how confident you are about making the change.
- **Barriers to change:** Identify what may be preventing you from making a change.
- **Expect relapse:** What might trigger a return to a former behavior?

The stages of change are:

1. **Pre-contemplation:** In this stage, you may be unaware that your actions or behavior is a problem or produces negative consequences. You may underestimate the benefits and elevate the cons of changing a behavior.
2. **Contemplation:** In this stage, you intend to start the healthy behavior within the next 6 months. You see that your current behavior may be a problem, and consideration of the pros and cons is more equal.
3. **Preparation:** In this stage, you want to take action to make a change within the next 30 days. You start to set s.m.a.r.t. goals toward the behavior change, and you believe changing your behavior can lead to a healthier, better life.
4. **Action:** In this stage, you have changed your behavior within the last 6 months and intend to keep moving forward with that behavior change. You are actively practicing new healthy behaviors.
5. **Maintenance:** In this stage, you have sustained the behavior change for more than 6 months and intend to maintain the behavior change going forward. You work to prevent relapse to earlier stages.

FCP COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

OBESITY PREVENTION VISION: Forest County Potawatomi Tribal Members will make healthy lifestyle choices related to nutrition, physical activity and weight management.

Obesity is defined as having a Body Mass Index (BMI) greater than 30. BMI is a screening tool used to estimate a person's overall body fat. Overweight and obesity are

major factors for chronic conditions including heart disease, stroke, type 2 diabetes and certain types of cancer, which happen to be the leading causes of preventable deaths in the U.S.

- Exercise 150 minutes per week for adults; 60 minutes a day for youth.
- Eat adequate amounts of fruits and vegetables.
- Move toward or achieve a healthy BMI.



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

For more information on stages of change, assessing readiness to change, and goal setting, please contact Lisa Miller, RDN, CD or Katherine Bichlen, CH Nutritionist at (715) 478-4355. cmh.fcpotawatomi.com

January Luncheon

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH
RSVP APPRECIATED
Cofly Chitso (715) 478-4567
Anne Chremos (715) 478-4585
Lisa Miller (715) 478-4320
cmh.FCPotawatomi.com
Check out the registration form at cmh.FCPotawatomi.com

diabetes program

WEDNESDAY, JANUARY 16, 2019
12-1:30 P.M.
FCP 8-Plex Apartment Commons (Next to the Caring Place)

Goals, Moving and Healing with Diabetes

GUEST SPEAKER:
Elizabeth Reynolds, Elderly/Community Health Case Manager

Open to FCP Tribal Members with Diabetes and their Guest
Lunch, Education & Prize Drawings

Chili | Corn Bread | Salad | Strawberry Shortcake

KICKOFF 2019 WITH

WOMEN'S WORKOUT

OPEN TO FCP Tribal Women

SESSION I
BEGINNING
Jan. 15 - Feb. 21 2019

SESSION II
BEGINNING
Feb. 26 - April 4 2019

Classes will run Tuesdays and Thursdays from 5:30 - 6:30 p.m.
FCP Rec Center

INSTRUCTOR:
Mishel Ison - RYT, CTA, Y12SR, 2nd Dan Black Belt

Workouts will range from strength training, kickboxing, Tabata, to yoga classes and are modifiable to accommodate all levels.

Tribal Wellness participants can earn 1 point for attending 50% of classes for each session!

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

To register or for more information, contact Leah Littleton, CHR, at 715.478.4381 or leah.littleton@fcpotawatomi-nsn.gov
You may also register online at cmh.fcpotawatomi.com and click on **Women's Workout Registration**

Say No to Raw Dough!

submitted by Community Health

There are many special occasions through the year that are perfect to spend time with loved ones while preparing delicious baked foods in the kitchen. Follow these safety tips to help you and your loved ones stay healthy when handling raw dough. Happy Holidays!

When you make homemade cookie dough, cake mixes, or even bread, you may be tempted to taste a bite before it is fully cooked. Stay away from eating or tasting unbaked products that are intended to be cooked, such as dough or batter, as they can make you sick. Children can get sick from handling or eating raw dough used for crafts or play clay, too.

Raw Dough can Contain Bacteria that Causes Disease

Flour is typically a raw agricultural product. This means it hasn't been treated to kill germs like Escherichia coli (E. coli). Harmful germs can contaminate grain while it's still in the field or at other steps as flour is produced. The bacteria are killed when food made with flour is cooked. This is why you should never taste or eat raw dough or batter - whether made from recalled flour or any other flour. In 2016, an outbreak of E. coli infections linked to raw flour made 63 people sick. Flour products have long shelf lives and could be in people's homes for a long time. If you have any recalled flour products in your home, throw them away.

Follow safe food-handling practices when you are baking and cooking with flour and other raw ingredients:

- Do not taste or eat any raw dough or batter, whether for cookies, tortillas, pizza, biscuits, pancakes or crafts made with raw flour, such as homemade play dough or holiday ornaments.
- Do not let children play with or eat raw dough, including dough for crafts.
- Bake or cook raw dough and batter, such as cookie dough and cake mix, before eating.
- Follow the recipe or package directions for cooking or baking at the proper temperature and for the specified time.
- Do not make milkshakes with products that contain raw flour, such as cake mix.
- Do not use raw, homemade cookie dough in ice cream.
- Keep raw foods such as flour or eggs, separate from ready-to-eat foods. Because flour is a powder, it can spread easily.
- Follow label directions to refrigerate products containing raw dough or eggs until they are cooked.
- Clean up thoroughly after handling flour, eggs or raw dough: Wash your hands with running water and soap. Do the same for any surfaces that they have touched: bowls, utensils, countertops, etc., with warm, soapy water.

Source: CDC and Prevention, 2018

Air Pollution a Leading Cause of Cancer

submitted by Jenni Mabrier, FCP Land & Natural Resources

The average adult breathes in about 2,500 gallons of air each day, and the amount of pollution present in that air can be a cause of cancer. According to the International Agency for research on Cancer (IARC), approximately 250,000 people worldwide die each year from cancer caused by air pollution. Depending on the level of the pollution, it can be similar to breathing in secondhand tobacco smoke.

One of the major components of air pollution is called PM2.5 (particulate matter of 2.5 microns or smaller). Essentially, this is dust that is so small you cannot see it. It enters your body through your lungs and ends up in your bloodstream. According to a statement by IARC, it would now be classified among its Group 1 Human Carcinogens. Some other Group 1 Human Carcinogens are asbestos, plutonium, silica dust and tobacco smoke.

The reason PM2.5 has taken so long to become recognized as a cancer-causing pollutant is the lag time between exposure and the onset of cancer. It could take 30 to 40 years of exposure at lower levels

to verify it as the reason for the cancer. One misconception is that only lung cancer would result from air pollution, but once PM2.5 is in your blood stream, any body part could be affected by it.

For the most part, PM2.5 is generated by the burning of fossil fuels like coal, diesel, or gasoline. It can also come from industrial emissions, residential heating and cooking. Various studies from around the world have concluded that there is a higher cancer rate in urban areas as opposed to rural areas from air pollution. Higher PM2.5 levels in the city from automobile exhaust appear to be the cause of this.



A plant smokestack near the Milwaukee casino submitted photo

Home Energy Audit

submitted by FCP Energy Program

You may ask, what is a home energy audit? A home energy audit is the first step to improving your home's energy efficiency by pinpointing areas where you could be losing energy and money!

The Forest County Potawatomi Community (FCPC) was awarded funding from the Department of Energy in order to conduct home energy audits. This project will allow the tribe to gather energy usage data and conduct these audits for tribal homes located on reservation land.

Herb and Ali Daniels signed up to participate in a free audit and had been eagerly anticipating the day when FCPC Housing staff and energy specialist would come and identify how they could save money on their utility bills and lower their energy usage.

So what does an audit really consist of? The home energy auditor and energy specialist started outside by counting and measuring windows and mapping the exterior footprint of the home.



Inside the home, the housing staff worked on installing socket sealers and energy-efficient LED light bulbs. The socket sealers were installed behind outlets and switch plates located on the exterior walls of the home. In many homes, outlets can cause small drafts which can add up to heat loss and lower energy efficiency.

All homes need a minimum amount of air exchange per hour to maintain the indoor air quality. Too much or too little air ventilation can lead to heat loss or moisture problems. A blower door test is used to measure how air is flowing within your home or where air may be escaping.

Tom Kessel, FCPC home auditor, explained, "Where there is cold, heat always follows." As Kessel walked through the home, he showed Ali how the hand-held thermal imaging camera displayed dark colors where cool air was seeping into the home, and light yellow/red colors in areas of the home where heat is collected. Light fixtures, outlets, exhaust fans, windows, doors and corners of the home can commonly have heat loss around them if not properly insulated.



It is important that homes have proper ventilation to keep moisture out; therefore, a home isn't efficient if it is completely air tight. "Exhaust fans aren't just for getting smells out! They are meant to get the moisture out of the home," Kessel stated while getting ready to test the bathroom exhaust vent. It is important to create

air flow and eliminate moisture that can be created during daily showers. Excessive moisture can lead to mold and potentially damage the structure of your home.

During the audit, the crew also checked appliances and exterior flues such as the dryer vent. If a dryer vent is plugged, it can cause a fire and can also cause moisture to build up in your home.

After the audit, the home energy auditor and energy specialist will analyze energy bills and review their findings to create a report for each home they audit. The report will outline ways to reduce the home's energy usage and lower utility bills.

Sign up for a home energy audit by contacting Housing at (715) 478-4155 or 4944.



Year In Review 2018



Year In Review 2018





FOREST COUNTY POTAWATOMI
HEALTH DIVISION
has

CNA

Openings

FULL & PART TIME, VARIOUS SHIFTS
SKILLED NURSING, ASSISTED CARE AND ACTIVITIES

Benefits Include:

- Generous Paid Time Off
- Health Insurance with Dental, Vision, Prescription Drug Plan, Life Insurance, Flexible Spending Accounts
- 401K
- Uniform Allowance

Visit www.fcpotawatomi.com/careers/government-employment-opportunities/ to apply, or contact Michelle Dewing, HR Business Partner at (715) 478-7338

MITTEN TREE

Open to Tribal Community Members
Join in the mission to keep little fingers & heads warm this winter.
Monday, November 26th thru January 2019

FCP Economic Support has set up the Mitten Tree in the Family Services Building lobby. This tree will be decorated with donated hats and mittens for children. You can drop off donations at the front desk or call 715-478-4433.

If you would like to make a monetary donation, please make a check payable to "FCP Economic Support" and give to front desk staff.

Brought to you by

FCP Family Services
5415 Everybody's Road
Crandon, WI

For more information:
Martha Johnson
715-478-4433
Martha.Johnson@FCPotawatomi-nsn.gov



FOREST COUNTY POTAWATOMI ECONOMIC SUPPORT

Thank you for your generosity during this winter season!

FOREST COUNTY POTAWATOMI has partnered with Packerland Broadband to bring you

HIGH-QUALITY TV, INTERNET, AND PHONE SERVICES!

Sign up today and get your **FIRST 60 DAYS FREE!**

SERVICE INSTALLATIONS BEGAN NOVEMBER 2018
Automatic per-cap deduction will occur after the 60-day trial period

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- Free Wi-Fi
- Text Alerts
- Comprehensive Online Security
- Tech Support

Expanded Cable 100 Mbps Internet with Wi-Fi and Home Phone*
\$161/mo
*Home phone service available after 60-day free trial

Expanded Cable and 100 Mbps Internet with Wi-Fi
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100 Mbps Internet with Wi-Fi
\$81/mo

TO ORDER SERVICES CALL 800-236-8434
OR ORDER ONLINE AT PLBB.net



PACKERLAND BROADBAND **FOREST COUNTY POTAWATOMI**
Keeper of the Fire



2019 BUG LAKE FISHEREE

SATURDAY, JAN. 26
9 A.M. – 3 P.M.

Open to all Tribal Members and their families.

FOOD & DRINKS PROVIDED
FREE RAFFLES

CATEGORIES:
BASS, TROUT, PERCH,
PUMPKINSEED, NORTHERN PIKE

\$250 GRAND PRIZE

FIRST-TIMERS WELCOME
FISHING GEAR AVAILABLE*
TO USE DURING THE EVENT

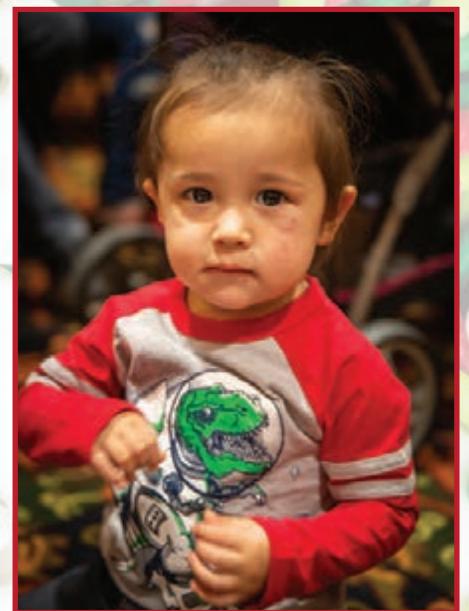
REMINDER: THERE IS A LIMIT OF 3 LINES PER PERSON

*WHILE SUPPLIES LAST

Sponsored by
FOREST COUNTY POTAWATOMI NATURAL RESOURCES
715-478-7222



Christmas Party Continued



Second Painting Class a Success

submitted by FCP Recreation

The Recreation department held its second acrylic painting class on Dec. 7 at the Rec Center. Taught by Debbie Eichorn, the class was well-attended and all had a good time. PTT is told that Recreation plans to have more of these events in the future so stay tuned!



Story of Addiction and Hope

...continued from page 4

With that said, when Cisneros came back home after being shot and being sick from the lack of drugs, he and some others decided to make another trip down to Milwaukee. They went not only to get the drugs he needed, but he also wanted revenge on the guys that had shot him. He said, "I packed my birth certificate, social security card, everything. We jumped in that car. That night changed my life. A little later on we got pulled over. I didn't know that the cops were watching my house at the time. So, they pulled everyone out as I was hiding in the back seat. I was higher than hell and had a bullet proof vest on with a .45 and I just got out of the vehicle and I just said, "Let's go." I was hauled off to jail sicker than hell, and they gave me these papers the next morning as I was throwing up and was just sick as a dog.

I saw all these charges I was hit with... bail jumping, resisting arrest, narcotics, felony possession, obstructing...there was nothing I could do - I was just there. I never felt halfway normal for a long time after being so sick for so long. I then went on to prison, and that was the first time I ever did a sweat lodge. It felt good. I got to Stanley and I kept doing those lodges and praying hard. I cut my braid off and gave it to my boys when they came to visit me before heading to prison. I told them I am going to work on me and find out who I am before anything, and off to prison I went. The hardest thing was coming off that dope and being away from my boys and family. I did a lot of praying, and I met this guy named Jason, my cellmate.

Almost had two years together in that cell. Started telling each other our life stories and letting it out. He got out after I did, and I wish he would have got a hold of me when he got out. Come to find out a couple months ago he took his life and left a letter for me, trying to tell me to help his son and brother. I ended up finding his brother who was about to take his own life and found him just in time for his family to check him in. But his son - I couldn't find him, I keep looking but he's off the grid. That was a tough thing to get through."

Cisneros then went on to talk about his life in prison and about how drugs are easier to get hold of in there than on the street, and he shared how he did have his first slip up there when he first got to prison. He remembers, "I took whatever it was that they gave me in there. I just felt the guilt and the shame all hit me. It was my first time in prison. I didn't know how things worked and I was scared. After that day I made it known, no more. If anyone came to my door trying to give me drugs, I told them "no" and that I would smash their head in with this cribbage board. So, everyone just left me alone. I hung around with some older Chiefs that ran ceremonies, and I started helping out with that. I started just doing sweat, pipe and drum all the time. I got a job and just worked every day and did the same thing every day."

He then started remembering the last days of prison when he was about to be released. He realized then that he wasn't sure how people in this community would feel about him. He felt that so many people were angry with him, and he had let so

College of Menominee Nation Dean's List 2018 Fall Semester

Highest Honors (GPA 4.0)
Morgan Fregien, Angelina Hindsley

High Honors (GPA 3.75-3.99)
Jamie Komanekin, Kerri Krenzke, Jennifer Kuhn, Tasheena Peters, Michelle Powers, Aaron Pyawasay, Adam Schulz, Joslin Skenandore, Marissa Vele, Curtis Wilhelmi

Honors (GPA 3.50-3.74)
Kelly Greengrass, Dallas Hawkins, Cayman Kunschke, Raymond Mickelson, Jasmine Neosh, Kristah Warrington

TRANSPORTATION ALLIANCE FOR NEW SOLUTIONS

Potawatomi Community TrANS Program

Industry Awareness Class Includes:

- Physical Conditioning
- Hands on Projects
- Certified Flagging
- Construction Math
- Laborers Terminology
- OSHA-10
- Map Reading
- Resume Development
- Pass & take an apprenticeship & CDL temps exam

Requirements:

- 18 Years of age or older
- Valid Driver's License
- Reliable Transportation
- Minimum 6th grade reading and math
- Ability to exert 100 pounds of force occasionally
- Ability to get to work Every Day

The next class begins on
January 7th and ends on February 7th
in Executive Building, lower level classroom
5416 Everybody's Road, Crandon, WI

many down that he just wasn't sure how things would go. He actually wasn't planning on even coming back to Stone Lake after getting released. His sister picked him up on his release date and took him to the hotel to see his boys and the family members who had come to be there that day. He said that it was a day he will never forget. He then came home and thought about sitting around for a few days, but Brian Franz told him he already had a job lined up for him. He got right on his feet as a result. He also recalled Brooks Boyd never giving up on him either, and the interactions with both of these men being something he will always be thankful for.

Once he was back home, he had to make amends with people he had hurt or wronged because of his actions during the years of his severe addiction. He first and foremost apologized to his three boys for all the pain he caused them and what he had put them through when he should have been there helping them grow as children. He also offered a huge apology to his mother, who never once pushed him away. In making amends with his mother, he honored her the night of this feast with a star quilt, a blanket that holds deep meaning for the Native American people on the Red Road and, obviously, his mother was touched to receive this from her son. (See photo on page 4.)

Talk of the Wellbriety fire then came into play as it was discussed how the process of the walk from Mole Lake to Stone Lake along with the fire helped people in the area who came by and shared their stories of their struggles with addiction. There were also some who shared personal stories of their victories with addiction. It

was 54 days that the fire was lit, and it was a great time and held deep meaning for Cisneros as he participated with his community in something that was so powerful. Many others helped or stopped through to visit and support the efforts aimed at bringing attention to this crisis.

And as a final comment, Cisneros said, "Getting offered the job at AODA was a great thing. I never knew I could help people. We have every resource you need right here at home. Council backs it 100 percent, and this addiction hits home with a lot of people right here. I am proud of everyone here today that is in recovery or thinking about it. Don't ever give up. Just keep that door open. Don't enable people. Just tell them you love them and that that door is open for them. See something, say something!"

Addiction affects not only the addict but everyone around them. It is, perhaps, the toughest path that any person can walk in this lifetime, but there is always hope for those who are willing to seek the help that is needed to conquer this affliction. There are people out there who are available to help you and who love you more than you will ever understand. To regain clarity of thought is an incredible gift not only for you as an individual, but for your entire family and all of those who love you. Congratulations to Cisneros for his accomplishments as he continues on his road of recovery and nothing but the best wishes for continued sobriety. We know he will keep helping those who ask for it!

Heart of Canal Street Raises \$1,161,747 for 31 Kids' Charities

Courtesy OnMilwaukee.com (Dec. 17, 2018)

Potawatomi Hotel & Casino (PHC) announced that the 25th Annual Heart of Canal Street fundraising campaign raised \$1,161,747, which will help benefit 31 children's charities in southeastern Wisconsin.

"The 25th annual Heart of Canal Street campaign has certainly been an exciting and inspiring one for all of us at Potawatomi Hotel & Casino," said CEO and general manager Rodney Ferguson. "None of these gifts would be possible without the vision and support for Heart of Canal Street from the Forest County Potawatomi Community."

The amount of \$100,000 will be awarded to PHC's 2018 "Charity of Choice," Pathfinders Milwaukee, Inc. Pathfinders is dedicating those funds to its "New Paths" program, which provides services to youth impacted by sex trafficking.

The other 30 charities will each re-

ceive more than \$35,000 each, including Danceworks, sponsored by OnMilwaukee. That includes 10 "Signature Charities" selected by the Heart of Canal Street media partners earlier this year.

- City Year Milwaukee – presented by Lamar Outdoor
- Danceworks – presented by OnMilwaukee
- Exploit No More, Inc. – presented by iHeart Media
- Hunger Task Force – presented by Clear Channel Outdoor
- Junior Achievement Wisconsin – presented by WITI-TV, FOX 6
- Lake Valley Camp – presented by WDJT-TV, CBS58
- Neighborhood House of Milwaukee – presented by Milwaukee Journal Sentinel



• REDGen – presented by Fox Sports Network

• Walker's Point Center for the Arts – presented by 88nine Radio Milwaukee

• The Women's Center – presented by Entercom Media

Plus, the following charities will receive a donation after hearing their names called during the Heart

of Canal Street's annual random drawing last month:

- Adoption Choice, Inc.
- Aurora Family Services
- Bong Naturalist Association
- Boys & Girls Club of Kenosha
- Elevate, Inc.
- FRIENDS, Inc.
- Good Friend, Inc.
- Helping Hands Healing Hooves

• IndependenceFirst
• Kenosha Human Development Services Inc.

• Kyle's Korner – The Reiman Center for Grieving Children, Teens

• Lutheran Social Services of Wisconsin and Upper Michigan

• Milwaukee Kickers Soccer Club

• Ozaukee Family Services

• Parents Place, Inc.

• Prevent Blindness Wisconsin

• Schauer Arts & Activities Center

• The Threshold, Inc.

• Wisconsin Adaptive Sports Association

• Woodland Pattern Book Center

Heart of Canal Street started in 1994. That first year 18 charities each received \$4,500 each. Twenty-five years later the number of local charities receiving funds is in the hundreds, and the amount of money raised for those charities is now more than \$19 million.



All of us at Potawatomi Stone Lake C-Store would like to wish everyone...

Happy New Year
2019

**POTAWATOMI
STONE LAKE C-STORE
SMOKE SHOP/
DELI**

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

PTT010119

**HAPPY
NEW YEAR
2019**

free
Hot Chocolate
with this coupon
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**WE'RE
HIRING
PLEASE APPLY
WITHIN**

**FOREST COUNTY POTAWATOMI
CARTER C-STORE
SMOKE SHOP/DELI**

Hwy. 32, Carter (across from casino/hotel)
715-473-5100

**Open 24 Hours
7 Days a Week**

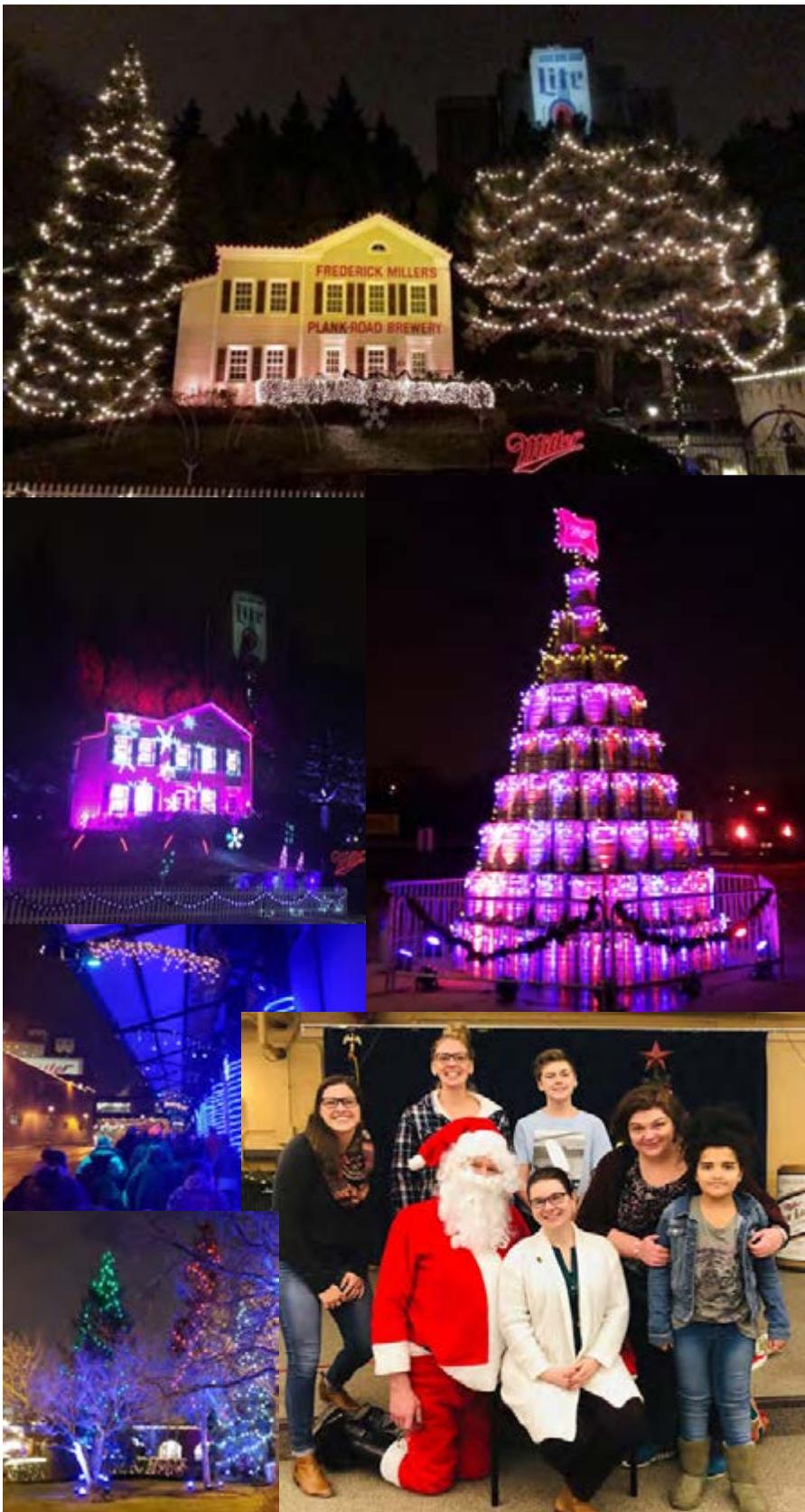
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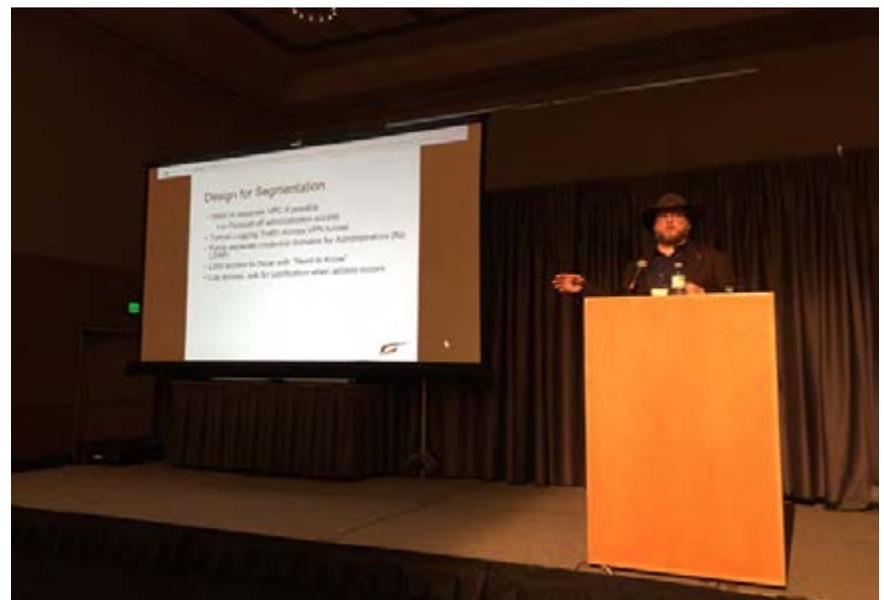
Holiday Lites: PRESENTED BY MILLERCOORS & NWSP

On Dec. 13, MillerCoors and Near West Side Partners teamed up to present a special edition of the Holiday Lites open only to Near West Side residents, employees, other stakeholders and their friends and family. Between 5 p.m. and 9 p.m., guests were treated to a quick video presentation followed by a special edition light show and tour of the historic Caves. It ended with beer samples, hot chocolate, cookies, camaraderie and Santa in the historic Stables.



MTX Portland 2018: REDHAWK ON SIEM & AZURE

The MTX (Microsoft Technology Expo) took place on Dec. 11 at the Oregon Convention Center in Portland this year. A full-day community conference showcased Microsoft enterprise technologies. The event brought together technology leaders and technical teams in Portland and the Pacific Northwest to share solutions and best practices. MTX was packed beginning-to-end with high-value presentations spearheaded by local technology visionaries who use Microsoft to drive their digital transformation, innovation, and growth. Among the prestigious list of 21 speakers was Tyler Hardison, Chief Technology Officer for Redhawk Network Security, LLC. Hardison presented on SIEM (Security Information and Event Management) and Azure, a cloud-computing service created by Microsoft for building, testing, deploying, and managing applications and services through a global network of Microsoft-managed data centers.



EMPLOYMENT OPPORTUNITIES

Visit the Potawatomi Business Development Corporation website to view a full listing of jobs available domestically and internationally: potawatombdc.com/careers/



NOTICES

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.

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.

Smoking Cessation Incentive Program - Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHRs to determine a quit plan, kit filled with items that aid in the quitting process, educational materials and products, plus a reward upon completion of third smoking cessation appointment.

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

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:

- Obtaining, reinstating, determining what is needed to obtain the driver's license
- Work-related expenses
- Résumé development/résumé critiquing
- Mock interviews and tips
- Job-seeking skills/soft skills
- Employment guidance/advocacy
- Fidelity bonding available

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 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.

FCP Economic Support staff is available to provide services. If you want more information on any of these programs, please stop by the Family Services Building or call (715) 478-4433.

JANUARY EVENT CALENDAR

CHOICES Program

- Youth 9 - 11: Mondays (7, 14, 28)
 - Youth 12 - 17: Tuesdays (8, 15, 22, 29)
 - Youth 6 - 8: Wednesdays (2, 9, 16, 23, 30)
- 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 (7, 14, 28) from 1 - 3 p.m.
 - FRC Girls Group (ages 10-17): Tuesdays (8, 15, 22, 29) 3:30 - 5 p.m.
 - Team Building w/CHOICES (age 6-8): Wednesdays (2, 9, 16, 23, 30) 3:30 - 5 p.m.
 - Positive Indian Parenting Class (PIP): Thursdays (3, 10, 17, 24, 31), 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

- 1/2 - Infant Nutrition (HWC): 8 a.m. - 4 p.m.
- 1/3 - Infant Nutrition (Carter We Care): 1 - 4 p.m.
- 1/8 - WIC (HWC): 8 a.m. - 4 p.m.
- 1/10 - Blood Drive (FCP Museum Lower Level): 10 a.m. - 4 p.m.
- 1/16 - Diabetes Luncheon (FCP 8-Plex Apartments): Noon - 1:30 p.m.
- 1/22 - WIC Make-Up Day (HWC) 8 a.m. - 4 p.m.
- Game Night/Elder Storytelling (time & location TBD)



**Happy 50th Anniversary, Louie & Diane!
Dec. 7, 1968 - Dec. 7, 2018**



**Mno dbeshkan meshomes
on Dec. 30!
We love you!
From Your Family**



Still believes in Santa Claus...



*Wishing you a prosperous
and joy-filled New Year!*

CULTURE

Language Classes

Please call (715) 478-4173 with questions regarding times/locations of language classes.

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tanks for Playing Earn & redeem 1,000 same day base points & receive a \$20 Gas Voucher	Earn & redeem 2,000 same day base points & receive a \$50 Gas Voucher	1 START EARNING ENTRIES FOR IT'S ON US... Wrap Day	2 FREE PLAY WEDNESDAYS IT'S ON US FOR A YEAR - ENTRY MULTIPLIER - \$10/5 Packs Chef's Choice	3 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	4 FLURRIES OF FORTUNE Finally \$500 Friday Seafood Buffet Fish Fry	5 Ric Stream 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich
6 \$10/5 Packs Breakfast Buffet 7 am - 11 am Blue Plate Special	7 POP'S PLAY Lovin' Country 10:30 am - 2:30 pm Burger Day	8 Wrap Day	9 FREE PLAY WEDNESDAYS IT'S ON US FOR A YEAR - ENTRY MULTIPLIER - \$10/5 Packs Chef's Choice	10 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	11 FLURRIES OF FORTUNE \$10/5 Packs Seafood Buffet Fish Fry	12 \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich
13 \$10/5 Packs Breakfast Buffet 7 am - 11 am Blue Plate Special	14 POP'S PLAY Lovin' Country 10:30 am - 2:30 pm Burger Day	15 Wrap Day	16 FREE PLAY WEDNESDAYS IT'S ON US FOR A YEAR - ENTRY MULTIPLIER - \$10/5 Packs Chef's Choice	17 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	18 FLURRIES OF FORTUNE POP'S PLAY Mark Wayne 3:30 pm - 7:30 pm Finally \$500 Friday Seafood Buffet Fish Fry	19 GUEST APPRECIATION DAY Home Grown Tomatoes 7 pm - 11 pm Guest Appreciation Drawings \$10/5 Packs Breakfast Buffet / Prime Rib Buffet Steak Sandwich
20 \$10/5 Packs Breakfast Buffet 7 am - 11 am Blue Plate Special	21 Dreaming of Cash Burger Day	22 Wrap Day	23 FREE PLAY WEDNESDAYS IT'S ON US FOR A YEAR - ENTRY MULTIPLIER - \$10/5 Packs Chef's Choice	24 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	25 FLURRIES OF FORTUNE DJ Doc Gary 10 pm - Midnight (Bingo Hall) Black Light Bingo \$10/5 Packs Seafood Buffet Fish Fry	26 \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Steak Sandwich
27 \$10/5 Packs Breakfast Buffet 7 am - 11 am Blue Plate Special	28 Burger Day	29 Wrap Day	30 FREE PLAY WEDNESDAYS IT'S ON US FOR A YEAR - ENTRY MULTIPLIER - \$10/5 Packs Chef's Choice	31 SUPER SENIOR DAY \$500 Cash Drawing \$10/5 Packs Lunch Buffet Baked Chicken Dinner	Refer a Friend BRING IN A NEW GUEST OR A GUEST TO BE REACTIVATED & EARN POTAWATOMI PLAY! Reactivated: no carded play for min. 13 months. Limit of two referrals per person, per day.	

■ 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

IT'S ON US FOR A YEAR
 SATURDAY, FEBRUARY 9
 WIN YOUR SHARE OF \$50,000!

FREE PLAY WEDNESDAYS
WEDNESDAYS IN JANUARY
 EARN & REDEEM 200 SAME DAY POINTS AND RECEIVE \$10 IN POTAWATOMI PLAY!

FLURRIES OF FORTUNE
 DRAWINGS: 6 PM - 10 PM
FRIDAYS IN JANUARY
 WIN UP TO \$1,500 CASH EVERY FRIDAY!

GUEST APPRECIATION DAY
 \$5 POTAWATOMI PLAY
 COMPLIMENTARY FOOD & BEER
 MUSIC BY: HOME GROWN TOMATOES
 SATURDAY, JANUARY 19

MONDAY, JANUARY 21
 Hourly drawings: 12 pm - 8 pm,
Dreaming of Cash
 Win your share of \$7,200!

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'S FINALLY \$500 FRIDAYS
JANUARY 4 & JANUARY 18

BINGO'S GUEST APPRECIATION DAY
 SATURDAY, JANUARY 19
TEN \$10 Potawatomi Play Drawings!

BLACK LIGHT BINGO
 FRIDAY, JANUARY 25 | '70S THEME

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

