



POTAWATOMI TRAVELING TIMES

Volume 24, Issue 16 • mko gizes Bear Moon • February 15, 2019

First General Council Meeting of 2019





(above left) FCP Royalty (l-r): Winter's End Brave Bambi Shepard, Winter's End Jr. Princess Royal Pemma, Meno Keno Ma Ge Wen Jr. Princess Niya Frank and Meno Keno Ma Ge Wen Sr. Princess Symone Pemma. (above right) Fire Nation singers with tribal members attending meeting.

by Val Niehaus

To kick off the new year, the quarterly General Council Meeting was on Feb. 9, 2019, with a meal at noon and the meeting at 1 p.m. This was the first meeting to be hosted at a new location – the Forest County Potawatomi (FCP) Recreation building – to accommodate for the number of FCP tribal members who have been attending the past meetings and making quorum for each. The total number of members present at this meeting was 207, reaching quorum.

Tribal members started rolling in around the noon hour to enjoy a lunch prepared by Dewing's Catering that was praised by many in how delicious it all was.

The new setup for the meeting was very comfortable with many chairs avail-

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able, tables in the back reserved for elders, and six new, very large TV monitors spread throughout the space. The changes were made to ensure that everyone could see and hear what FCP Executive Council was talking about and follow along perfectly without struggling.

After lunch, the color guard began the event with the posting of staffs and colors with Fire Nation singers accompanying them. Afterwards, FCP elder Marilynn Alloway said a blessing for the day, the meeting that was about to commence, and mentioned a few tribal members who are in need of prayers for healing.

Once this was done, FCP Tribal Chairman Ned Daniels Jr. wanted to pay respects to all the FCP royalty who represent the tribe at the many powwows throughout the year. He said, "It's an honor to have these young people representing our people. With that said, if there is anything you need for your travels – food, gas, anything – please come to us [Council] and we will help you out."

FCP royalty this year is as follows: Winter's End Brave Bambi Shepard, Winter's End Junior Princess Royal Pemma, Meno Keno Ma Gē Wen Junior Princess Niya Frank, and Meno Keno Ma Gē Wen Senior Princess Symone Pemma.

After Daniels introduced the four



youth, they each received an honorarium from council and the brave got to hand out long-stem roses to all women at the meeting as a token for upcoming Valentine's Day. Many of the ladies had huge smiles, and Shepard received many handshakes and hugs while doing this.

With the new location, along with a

few extra special touches, this meeting went well overall. It should be noted that with any future meetings, tribal members MUST bring their tribal ID no matter what. Please make sure IDs are always in your hand when coming to General Council Meetings.



Indigenous Peoples March in Washington, D.C.



On Jan. 18, I traveled to Washington, D.C., to participate in the inaugural Indigenous Peoples March. From the moment I learned of the march, I was researching ways to fund and plan the trip. It was not a question of if, only how! As creator of the FCP's Leadership Development Program, protecting tribal sovereignty and self-determination are my motivation and why I love what I do!

The march started at 8 a.m. at the Office of Interior Affairs. A prayer was offered for participants, spectators, and the causes. The march route led us to and around the Reflection Pool and ended on the steps of the Lincoln Memorial - the same place where Martin Luther King blessed us with his "I Have a Dream" speech. Indigenous leaders from around the world stood on those same steps and spoke of topics affecting Native people today: Murdered and Missing Indigenous Women (MMIW), pipelines, treaty rights, Native Lives Matter, and the Indian Child Welfare Act (ICWA), just to name a few. The day was one of highs and lows. Lows when I listened to cries

of relatives of MMIW, the destruction of our natural world, and policies aimed at the removal of our children from their homes. Highs in that as less than two percent of the population, we had come together for our rights in this historical space and time. Although the day was emotional, it was inspirational to stand in our nation's capital and proclaim, "WE ARE STILL HERE!"

Personally, I attended the march to bring awareness to the MMIW dilemma that is plaguing our communities as well as violations of the ICWA. Both issues have deeply impacted my life. My mother was stolen and illegally adopted as a baby. Her tie was completely severed from her people and family in Forest County, and she was raised without the love of her relatives or culture. It took the perseverance of my mother and prayers of our relatives to finally bring her back home. As a foster parent for the tribe, I know the Indian Child Welfare Act and keeping our children with our relatives is not only paramount to their identity but often to their safety and long-term well-being. As Native women, we experience violence six times the rate of any other female population. I have not escaped these statistics and have experienced violence and sustained abuse in the past from those I trusted. These experiences for myself and my family were life-changing but helped to shape me into the woman I am today and still becoming for my children,

family, and community. Lastly and most significant to me, I am the mother of four boys and I want them to see and know our people are strong and resilient, to be proud of who they are, and know we will always have the fire within us to keep going forward!

Migwetth, Starla Thompson



I'm writing this because I feel it relevant to share the three reasons why I felt the need to drive to D.C. for the Indigenous Peoples March.

My primary reason is I could sense by attending I would be symbolically completing the circle that's been temporarily broken. What I mean by that is my mother/uncles were extracted at a young age from Forest County to live in separate foster homes across the states. Myself (raised in Washington state) always felt a need to return to my people, which I did last year. Coming back completes the circle, and marching with other indigenous people was symbolic that my family's spirit was there.

My second reason for attending was that I wanted to support the voice of protecting indigenous lands and rights.

My third reason is I wanted to support the voice of being aware of the thousands of indigenous women who have gone missing in Canada and the United States.

In closing, I feel it pertinent that many of the attendees shared similar reasons for being there. However, just as I told two reporter/photographers who approached me, many of us in attendance that are Native American have strong personal reasons for making the journey to D.C.

Brando Henneman, Foundation Trainee: Tribal Leadership Development Program

Deadline for the March 1, 2019 issue of the Traveling Times is Wednesday, February 20, 2019.

POTAWATOMI TRAVELING TIMES

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FCP Youth Takes First Place

The Northern Lakes Conference wrestling meet was held Feb. 1, at Elcho High School. The Crandon wrestlers who brought home a first-place finish in conference were Hutson K. (106#), Jacob H. (126#), Bradley S. (138#) and Breed S. (170#). Congratulations to all the wrestlers!

Information and photo courtesy www.facebook.com/CrandonSchools/

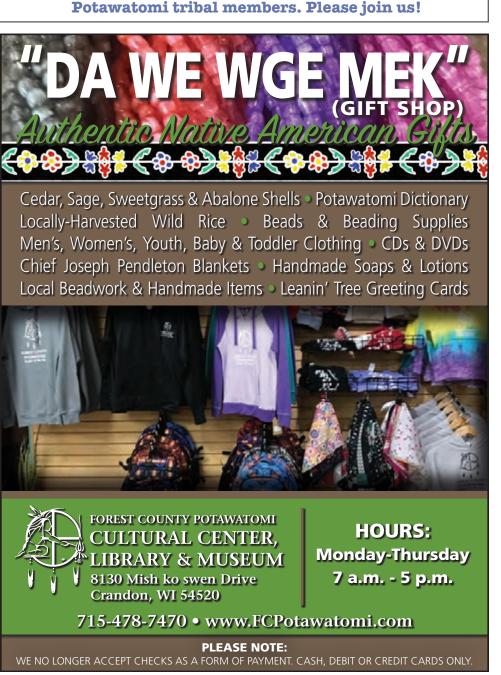


Breed Shepard is pictured at the far right.

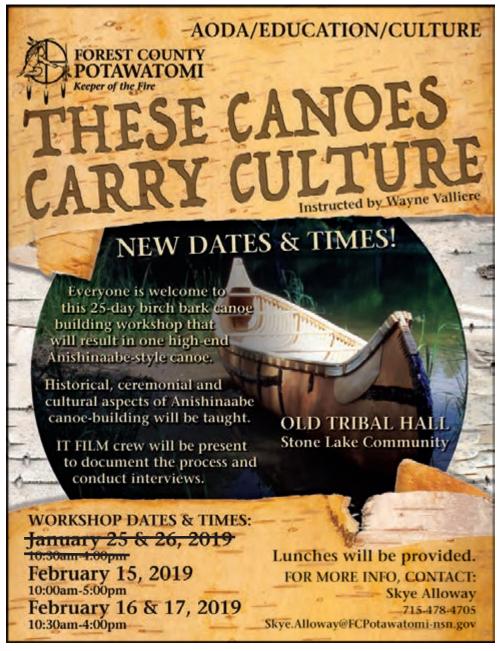
Message From FCP Veterans Post 1

WE HAVE MOVED BACK TO THE OLD TRIBAL HALL!

Meetings take place on the first Monday of the month at 5 p.m. 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!







February is American Heart Month

FEBRUARY IS

submitted by FCP Community Health

Did you know that heart disease is the leading cause of death for both men and women? Every year, one in four deaths are caused by heart disease. Within Forest

County, the number one cause of death in 2017 was heart disease (Forest County Health Department Annual Report 2017).

To prevent heart disease and increase awareness of its effects, FCP Community Health (CH) is proudly participating in American

Heart Month. You can make healthy changes to lower your risk of developing heart disease by trying these heart-healthy shopping tips/tricks:

<u>Fats and oils</u>: Choose foods with unsaturated fats like seafood, nuts, seeds, avocados and oils. Cut back on saturated fat and look for products with no trans fats.

Get more fiber: Eat vegetables, fruits, and whole grains to add fiber to your diet. Buy vegetables and fruits that are fresh, frozen or canned.

<u>Eat less saturated fats</u>: Cut back on fatty meats, high-fat dairy, cakes, cookies and butter. This includes pizza, burgers, and foods with a creamy sauce or gravy.

<u>Dairy</u>: Look for fat-free or low-fat options.

Breads, cereals and other grains: For products with more than one ingredient, make sure whole wheat or another whole grain is listed as the first ingredient. Look

for products that say 100 percent whole grain.

Cut down on sodium (salt): Read the nutrition facts label and choose foods that are lower in sodium. Look for the low-sodium or "no salt added" types of canned soups, vegetables, pack-

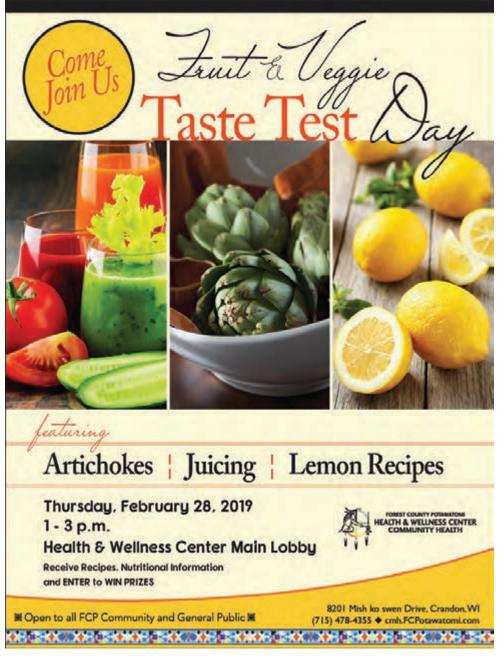
aged meals, snack foods and lunch meats.

Heart Healthy Event: CH and Land & Natural Resources (LNR) are teaming up on Saturday, Feb. 23, 2019, to host the Devil's Lake Fisheree. Get outside and get your heart pumping with some snowshoeing or enjoy a friendly fishing competition. The event starts at 9 a.m. with door prizes being announced around 3 p.m. Breakfast and lunch are provided. We hope to see you there! Please call CH at (715) 478-4355 or LNR at (715) 478-7222 for more information on the event.

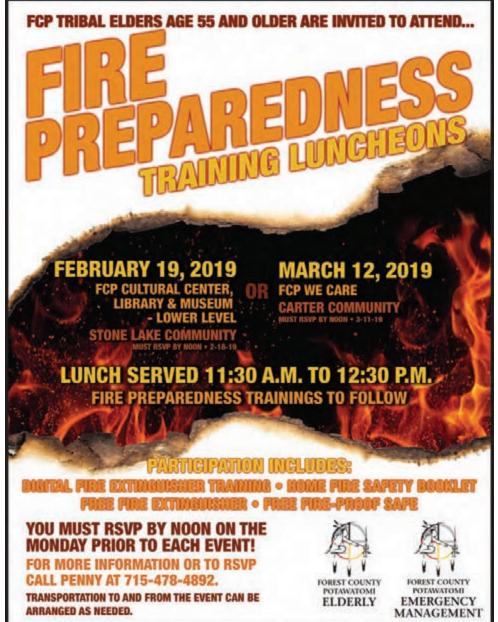
For more information on heart disease, visit www.heart.org or www.cdc. gov/heartdisease/about.htm.



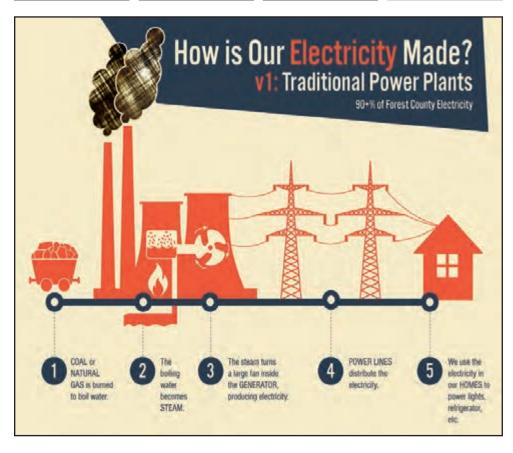














FEBRUARY EVENT CALENDAR

CHOICES Program

- Youth 9 11: Mondays (25)
- Youth 12 17: Tuesdays (19, 26)
- Youth 6 8: Wednesdays (20, 27)

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

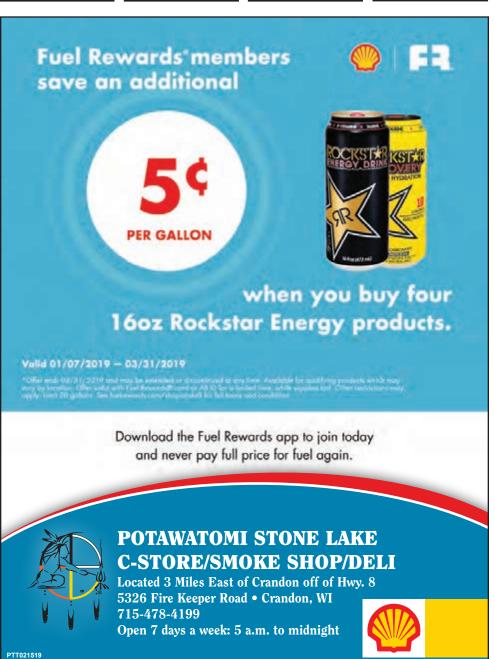
Family Resource Center

- Healthy Relationships Class: Mondays (25) from 1 3 p.m.
- FRC Girls Group (ages 10-17): Tuesdays (19, 26) 3: 30 5 p.m.
- Team Building w/CHOICES (age 6-8): Wednesdays (20, 27) 3:30 5 p.m.
- Positive Indian Parenting Class (PIP): Thursdays (21, 28), 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

2/23 - Devil's Lake Winter Fisheree/Snowshoeing Event 9 a.m. - 3 p.m. 2/28 - Fruit & Vegetable Taste Test Day (HWC Lobby): 1 - 3 p.m. Women's Exercise (Rec Center): Tuesdays & Thursdays, 5:30 - 6:30 p.m. Session 1: through 2/21; Session 2: 2/26 - 4/4





Invites members of the Forest County Potawatomi Tribe to the

Grand Opening of our new Wausau location.

 $\begin{array}{c|c} & & & \\ & \swarrow \\ \text{MARCH 2019} & 7^{\text{TH}} & 4:00-7:00 \\ \end{array}$

WAUSAU GRAND OPENING!







Greenfire: ATTENDS WASB STATE EDUCATION CONVENTION

As they proactively enter new market sectors, Greenfire attended and exhibited at the Wisconsin Association of School Boards (WASB) State Education Convention at the Wisconsin Center in Milwaukee. The twoday annual event brought together education professionals from around Wisconsin to attend industry breakout sessions and network with vendors at the tradeshow.

Michael Murphy, Director of Northern Operations, and Pepi Randolph, VP of Business Development, connected with visitors to extend their brand as a resource for education construction. They established valuable relationships with members of school boards and administrations who play key roles in construction contracts for schools throughout the state. As they grow this sector of their business, they are excited about the groundwork they accomplished at this event.





PBDC: SOCIAL MEDIA MARKETING CONFERENCE



It seems like nearly every business on the planet is connecting with fans on Facebook®, Tweeting, uploading videos on YouTube® and getting LinkedIn®. Companies of all types and sizes in all sorts of industries are integrating social media into their marketing systems to achieve their goals faster and more efficiently. On January 18, Heide Copus and Tarah Thompson, both of Potawatomi Business Development Corporation, attended a conference on Social Media Marketing in downtown Milwaukee. "So often confused with the Potawatomi Hotel and Casino, I wanted to know how we could make people more aware of who we are and what we do," said Thompson. The conference was a one-day session and offered two tracks of learning. Copus and Thompson attended the following sessions: Cool tools and how to use them to grow your business, Mistakes rookies make but don't have to, The art of writing for a social audience, Managing your online reputation, and Monitoring what people are saying about you online.

NORTHERN OPERATIONS **UPDATE: ADDITIONS TO** CRESCENT, CENTRAL AND **PELICAN SCHOOLS**



The Northern Office secured a new contract with the School District of Rhinelander Board of Education. The contract includes construction of two classrooms at three elementary schools including Crescent, Central and Pelican as well as construction of a new office location and driveway at

The additional classrooms will alleviate overcrowding and allow the district to reconfigure each of the schools to house pre-kindergarten through grade five. The new classrooms and configuration are scheduled to be ready for the 2019-20 school year. The project will start in March of this year.

"The Greenfire Northern Operations Team is pleased that our work will help alleviate the overcrowding and allow the district to reconfigure each of the schools," said Mike Murphy, Director of Northern Operations. "The improvements will provide additional opportunities and meet security needs. We look forward to working with the Rhinelander community on this important project."

Cox and Associates Architect and Planners, located in Wausau, is the

Redhawk: ATTENDS CLIENT APPRECIATION PARTY



Tyler Hardison, Redhawk's CTO (pictured center), along with Amie Schulz and Ben Gallo of Redhawk, were invited to a local Bend, Ore., Financial Advisors Client Appreciation Party where Hardison presented on training people in the audience on how to use critical thinking in social engineering. Schulz (pictured far left) is Redhawk's Social Engineer. She used her phone and communication skills to see how far she could breach a company. Gallo, President of Redhawk (pictured far right), came along to support and represent.





OPEN DAILY AT 7 AM

SUNDAY — THURSDAY 7 AM – 2 PM

FRIDAY — SATURDAY 7 AM - 8:30 PM

FEATURING:

FRIDAY SEAFOOD BUFFET 4 PM - 8:30 PM

BREAKFAST BUFFET SATURDAY & SUNDAY 7 AM - 11 AM

SATURDAY PRIME RIB BUFFET 4 PM - 8:30 PM



MARCH MONEY MADNESS

SATURDAY, MARCH 28

Earn 250 same day base points or redeem 250 points for ten entries.

CASH DRAWINGS

Random Drawings: 5 pm - 10 pm

Start at \$500 & increase with each drawing!

\$3,500 at 10 pm | \$5,000 at 10:30 pm | \$10,000 at 11 pm

March 3, 10, 17 & 22

BONUS ENTRIES

Earned at Bingo & Table Games until March 21

24 WINNERS!

WIN YOUR SHARE OF \$50,000



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