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POTAWATOMI TRAVELING TIMES

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Walk for Recovery 2019



by Winda Collins

The second annual Walk for Recovery took place Friday, May 17, 2019. This year, the walk began at the Stone Lake C-Store in Crandon, Wis., and headed west on Highways 8 and 55 to Mole Lake. The Forest County Potawatomi (FCPC) and Sokaogon Chippewa communities once again led the way in raising awareness of the addiction crisis that exists in our county, state and across the nation.

One could not have asked for a more beautiful day to take the 10+ mile trek: sunny and cool. None of the approximately 50+ participants could be heard

complaining. New this year were the police escort and on-hand emergency personnel. According to Forest County Sheriff John Dennee, "This has been a learning process. We need to make sure people are safe." One participant later joked, "This is one time I'm glad the police are following us!"

WJFW's Newswatch 12 was on-site to film and speak with those most in-the-know about the event and its purpose. Those speaking included Sokaogon Chippewa tribal member Kimberlee McGeshick. When asked if any of the four being interviewed had been affected by addiction, she replied, "All of us." She spoke about the importance of joining forces to fight the dangers and devastation of addiction, and went on to give a shout out regarding the parade taking place the very next day in downtown Crandon as part of National Prevention Week.

FCPC tribal member Shelby Cleerman said that the walk was not only for the two tribes, but for the whole commu-

nity because all are affected by addiction. When asked if there had been any good things happen since last year's walk, she stated, "A lot of people have come forward for help - it's had a ripple effect of healing in the community. People feel more comfortable talking about their problems."

FCPC tribal community member Jorge Cisneros Sr. said, "We're all coming together as a community... to heal our community. This addiction doesn't see race, it doesn't see color... rich, poor, it affects everybody."

Before the walk got underway, FCP elder Virginia Jacobson offered a prayer, asking the Creator for strength for those fighting addiction, those with loved ones who are fighting, those committed to helping in the fight, and for those walking to raise awareness. After the prayer, Fire Nation sang a travel song and then it was time to go!

Led by a Forest County Sheriff's Department escort, the group merged onto Highway 8 around 9 a.m., backing

up traffic quickly. With a couple of pit stops along the way, participants arrived at the Dinesen House in Mole Lake a bit before 1 p.m. A fire was lit, and according to McGeshick, the hope is that it will remain so for at least two weeks.

Fire Nation made the trek and provided drumming for the walk's closing. Sokaogon Chippewa tribal member Robert VanZile made a short welcoming speech and spoke a prayer in his language. FCP tribal member Sam Alloway took a few moments to share part of his sobriety journey - a moving testament to the power of the human spirit to heal and overcome. The event ended with a well-attended cookout.

Migweth to FCPC Executive Council for its support, to those who helped in planning, law enforcement and emergency personnel for much-needed assistance, and for those who participated - especially the youth.

Stop the dealing - start the healing!

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WJFW was on-hand to film. Seen here are (l-r) Reporter Stephen Goin, Kimberlee McGeshick, Shelby Cleerman, Jorge Cisneros Sr.



Happy June Birthday to These Elders!

- 6-1 Denise Mulder

6-2 Gises Thunder

6-4 Mary Ritchie

6-11 John Waube

6-12 Viola Sakiestewa

6-13 Richard Boelter Jr.

6-15 Linda Spaude

6-18 Clifford Vigue

6-23 Margaret Shepard
- 6-23 Michael Patterson

6-23 Ruth Weso

6-23 Sarah Krahn

6-24 Carol Coyle

6-24 Jesse Jacobson Jr.

6-29 Georgina Rank

6-29 Bruce Shepard I

6-30 Elizabeth Daniels

Elder Menus - JUNE 2019

<u>Monday, 6/3</u> Hot Beef Sandwich, Mashed Potatoes, Gravy, Corn, Honeydew Melon, Fruit Juice	<u>Monday, 6/17</u> Sloppy Joe, Garden Rotini Salad, Orange Fluff
<u>Tuesday, 6/4</u> Chop Suey over Rice, Egg Roll, Side Salad, Fortune Cookie, Pears	<u>Tuesday, 6/18</u> Chicken Fajita Wrap, Cottage Cheese, Baked Chips & Bean Dip, Apple
<u>Wednesday, 6/5</u> Wet Burrito, Tortilla Chips, Salsa, Strawberry Cheesecake, Fruit Cup	<u>Wednesday, 6/19</u> Turkey-Bacon Club Salad, Jello® Cake, Banana
<u>Thursday, 6/6</u> Crispy Chicken Sandwich w/Lettuce Tomato & Cheese, Cucumber Salad, Jello® w/Fruit	<u>Thursday, 6/20</u> Fish Sandwich, Baked Potato, Peas & Carrots, Cucumber Salad, Tropical Fruit
<u>Friday, 6/7</u> Beef Barley Soup, Crackers, Fruit Fluff	<u>Friday, 6/21</u> Wisconsin Brat & Cheddar Soup, Crackers, Chocolate Ice Cream, Peach
<u>Monday, 6/10</u> Egg Salad Sandwich, Tomato Bisque Soup, Broccoli-Cauliflower Salad, Watermelon	<u>Monday, 6/24</u> Cobb Salad, Garlic Bread, Cantaloupe
<u>Tuesday, 6/11</u> Ham & Cheese Pasta Salad, Crackers, Nutri-Grain® Bar, V-8® Fruit Juice	<u>Tuesday, 6/25</u> Hot Pork, Mashed Potatoes & Gravy, Peas & Carrots, Dinner Roll, Cranberry Sauce, Strawberries
<u>Wednesday, 6/12</u> Roasted Pork, Parsley Potatoes, Asparagus, Pork & Beans, Fresh Berries	<u>Wednesday, 6/26</u> Taco Wrap, Veggies with Hummus, Apple Slices w/Caramel
<u>Thursday, 6/13</u> Tenderloin Tips over Egg Noodles, French Style Green Beans, Carrots, Grapes	<u>Thursday, 6/27</u> Meatball Sub, Corn, Side Salad, Cherry Fluff
<u>Friday, 6/14</u> Chili, Peanut Butter Sandwich, Blueberry Muffin, Yogurt	<u>Friday, 6/28</u> Cream of Asparagus Soup, Cheese Sandwich, Deviled Eggs, Pineapple
*Menus subject to change.	



Message From FCP Veterans Post 1

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!

Deadline for the June 15, 2019 issue of the Traveling Times is Wednesday, June 5, 2019.

POTAWATOMI TRAVELING TIMES

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CORRECTION:
In the May 15, 2019 issue of PTT, the headings for elder birthdays and menus were not changed to reflect the month of May. Many apologies for any confusion or inconvenience this may have caused. Also, many thanks to the long distance reader who brought the error to our attention!

National Prevention Week Parade

by Val Niehaus

In honor of National Prevention Week, which fell the week of May 12-18, 2019, the Community Coalition of Forest County (CCFC) hosted a Prevention Walk/Parade through downtown Crandon on May 18, 2019.

The parade started at noon with many participants there to help bring awareness to the problems that are facing the Forest County community as a whole in dealing with drugs and alcohol. Not only was CCFC present, but representatives from both tribal communities – the Forest County Potawatomi Community (FCPC) and Sokaogon Chippewa – also had a big part in the planning, commitment to, and participation in the event.

Forest County Public Health Nurse Holli Denton and Recovery Coach Mary Thornton were the masterminds behind this event, and the incredible passion they had for it was obvious just by watching them. Denton was a bit anxious about the turnout because of the weather forecast, but that didn't stop the community

of these participants were advocating for the theme of "healthy people = healthy communities".

Once the parade route had been completed, everyone made their way to the Crandon Community Building to have a cookout, play kids' games, and to learn more about drug/alcohol use and the consequences that can result to the body and brain. Throughout the building were stands which provided information along with various prizes and treats as community members visited each stand and gathered handouts from the different presenters. The common theme among all of the booths was one of advocating for good health and sobriety by encouraging people to stay away from drugs/alcohol and to make healthy choices so as to enjoy a long and happy life.

Denton and Thornton both offered words of thanks to all who helped in setting this event up, and expressed their delight in the great turnout. Denton said, "I am so very proud of our community for

the drugs and alcohol. If you stay away from drugs/alcohol and keep your mind/body clean you can achieve anything in life. It was great seeing all the commu-

doing the kids' games, The Wabeno pep band, Laona School, Crandon School, the Forest County Little League Association and all the teams that participated;



McGruff the Crime Dog leads the way.



FCPC Chairman Ned Daniels Jr. poses with McGruff the Crime Dog.

from coming. Despite it being a bit chilly with a few light sprinkles, there was still a great turnout for this first-time event!

In addition to Denton and Thornton, Jorge Cisneros Sr. and Shelby Cleereman representing FCPC and Kimberlee McGeshick representing Sokaogon Chippewa, also played a big part in getting their tribal communities together to participate and help out where needed. The Forest County Sheriff's Department and Drug Task Force team also lent a hand when it was necessary. Overall, the community effort in Forest County was definitely felt throughout the entire day.

Other communities contributed to the effort with the Wabeno School District band students playing down main street as everyone walked along. The Laona Red Hots, Laona Tigers and the Laona Leadership teams marched down main street as well. In addition, FCP AODA department participated as did the Mole Lake Casino, Crandon Water Ski Shows, the Forest County ATV Association, Forest County Health Department and Strong Soo Bahk Do. These were just a few of groups who contributed to the parade with floats and parade marchers. All

coming together on this important issue and working together to make it happen. We could not have done it without everyone working together. I am overwrought with emotion because our vision came true. I have hope for the future of our kids that live here because we do have a truly caring community that is willing to do what it takes to keep our community moving in a positive direction."

Law enforcement members were present throughout the event and included Sheriff John Dennee, Detective/Sergeant Tom Robinson, Sergeant Darrell Wilson and Sergeant Tony Crum. All did their part to answer questions and give feedback about what is being done here in Forest County to help raise awareness of this issue and combat the problem.

FCPC Chairman Ned Daniels Jr. was there to represent the FCPC and to share a few words about what this event means to him and the tribal community. He said, "Today was very inspirational for me. We have to keep the focus on the generation that is up and coming. I talked with some of the youth here and told them that in order to keep your mind/body clean you have to stay away from

nities out there today - Wabeno, Laona, Mole Lake, Rat River and all my Stone Lake relatives. It's great seeing our communities in Forest County come together as one. I want to say to you today, this opioid has no discrimination. This drug doesn't care what color your skin is, age, male or female, or religion - it just doesn't care, and we as a community need to come together in the same way to battle this. I know we can do it all together and just whip it! Thanks for listening!"

In closure, Denton wanted to give a round of thanks to all who participated in this event and helped make it possible. "Forest County Potawatomi Community for all their generous donations of all the advertising, the food and all their support; the Sokaogon Chippewa Community, Mole Lake Casino, and Health Department for their generous donations of food and water and all their support and the beautiful parade floats; Chairman Daniels for his eloquent speech; John Dennee for his kind words and the Sheriff's Department and the City Police for

the Forest County Department on Aging, the Forest County Humane Society, the Forest County Department of Veterans; Ron Strong's Soo Bahk Do group; Marshfield Clinic's recovery coaches; the Human Service Center; Rat River Trail Group; Otter Creek Trail Riding Group; the Forest County ATV Association; Crandon Ski Club; Crandon EMS; Laona EMS, Crandon Fire Department, the Forest County Health Department; the Crandon Area Chamber of Commerce, and most of all, Kimberlee McGeshick, Shelby Cleereman, Jorge Cisneros Sr., and Mary Thornton who were all on our planning team and put many, many hours of thought and heart into this event. A huge thank you to all the community members who braved the weather and supported us. It meant a lot that you supported this event."

This event was incredible for the first time around! Community members from all over the county came together for one purpose: to show they aren't going to stand by watching loved ones become



What's a parade without treats?

all their help; Integrity Realtors, Associated Bank, Northwoods Insurance, Tricia's Treasures, Flowers from the Heart, Lotter Mobile station, Palubicki's Eats N Treats, Susie Thornton - all for their generous donations; Ashley Dewing for volunteering to do face-painting; Nikki Lipski for

addicted to drugs or die from this battle. As they say...it takes a lot of education to help battle something so fierce and this is what this event showed us all, along with the love from and for the communities we all live in.

Quarterly General Council Meeting with Pancake Breakfast

by Val Niehaus

The quarterly General Council meeting was held May 11, 2019, at the Forest County Potawatomi (FCP) Recreation Center immediately following the serving of the community's annual Pancake Breakfast.

People began strolling in about 11:30 a.m. for the pancake breakfast, which was scheduled to be served at noon. FCP Chairman Ned Daniels gave a prayer before the meal and wished for everyone to have a beautiful day. Indeed, it was a gorgeous day in the Northwoods, and it seems as though spring has finally arrived!

The breakfast was open to FCP tribal members and the community with Dewing's Catering cooking the meal. Brian Franz and Jeffery Cisneros, from Education/Culture, were the hard workers behind this year's harvest of maple

syrup for the community. Chi Migwetth to them for putting in the long hours, days/nights, and for their dedication to making the 27 gallons of syrup this year for the children, adults and elders of the community!

People began to dig in to the food while Administrator of Education and Community Center Thomas Boelter gave a quick introduction of FCP Education staff. These are individuals who are available for ALL tribal members regardless of where they live and who are able to assist in any educational needs or questions anyone may have. As Boelter introduced his staff, a few gave a quick summary on what their position entails to further inform those in attendance of the services available through this department. Staff included were: Assistant Division

Director of Education/Culture Sarah Thomaschefskey, Education Outreach Coordinator Skye Alloway, Occupational Leadership Director Brittany LaMere, Occupational Leadership Coordinator Courtney Crum, Higher Education Academic Advisor Mary Mattson, and Early Childhood Director Trisha Stefonek.

After the meal and the education staff introductions were completed, it was time for grand entry with Fire Nation accompanying/singing with FCP Veterans Post I carrying in the staff and flags. Louie Spaude, FCP elder, gave the prayer before the meeting was called into session. Following that, the business of the day began. The meeting did reach quorum with 292 tribal members accounted for.

Another nice touch that complimented the activities of the day was the pres-

ence of the Bodwéwadmī Ktēgan staff. They were set up in the parking lot of Property Management before the breakfast and throughout the meeting selling as well as offering taste tests of meat and products from the farm. Members could place orders and then either pick them up or arrange for personal delivery of their purchases. It is always great to see the farm being utilized by the community.

As a really special touch in view of the meeting being held the day before Mother's Day, Executive Council also gave a rose to each of the mothers in the audience as acknowledgment of the importance and respect for all of the special mothers out there.



Executive Council stands for the song.



Fire Nation sings for grand entry.



Winter's End Brave Brody White



Tom Boelter (far right) introduces Education staff (l-r): Skye Alloway, Mary Mattson, Courtney Crum, Brittany LaMere, Trisha Stefonek, Sarah Thomaschefskey.



It's time to eat!



Invisible Wounds: The Effects of Historical Trauma on American Indian and Alaskan Natives

by Fawn Hawpetoss, FCP Tribal Member and Edgewood College Student

According to the National Congress of American Indians, the total American Indian and Alaskan Natives (AI/AN) population - both full blood and mixed blood - is 5.2 million or 1.7 percent of the U.S. population (U.S. Census, 2010). Of these 5.2 million people, there are many different tribal backgrounds, each with their own unique culture. The author is a female member of Forest County Potawatomi, a federally-recognized tribe from Crandon, Wis. The author hopes to gain better insight into the issues facing AI/AN people and better understand the methods used to treat them. Prior to contact and colonization, AI/AN enjoyed a vastly-different life, full of rich culture and autonomy. All of that changed after contact; by some estimates the AI/AN population was reduced by 95 percent (Barkan, 2003). It is well-established by now that this sort of genocide has a tremendous effect on the collective psyches of a people. By examining the main issues relating to historical trauma (HT), it can be seen how HT relates to the mental health of Indigenous People of the Americas.

It is not precisely understood how and why trauma has such a debilitating effect on some people, while others seem to be much more resilient. Over the years, the research regarding trauma has tended to focus primarily on PTSD found in veterans. Recently, there has been an increased interest in intergenerational trauma and its effects. It is widely recognized in AI/AN communities that intergenerational or HT is a very real effect of colonization (Pember, 2016).

This trauma has been the result of a loss of “our” land, languages, shared cultural knowledge, clean environment, and identity as sovereign Nations. Religious persecution and forced assimilation during the Boarding School era took a further toll on multiple generations (Brave Bird, 1991). AI/AN communities experienced extremely high levels of physical and sexual abuse at the hands of the church, which have contributed to a variety of mental health issues in multiple generations (Pember, 2016). Those wounds still affect many people to this day; therefore, it is essential for AI/AN healing that research on HT continues. There is a strong need for mental health providers who are aware of the historical and cultural issues surrounding HT.

The term ‘historical trauma’ was first used by social worker and mental health expert Maria Yellow Horse Brave Heart in the 1980s. Brave Heart has written extensively on issues related to the psychological and emotional trauma of colonization, relocation, assimilation,

and the boarding school experience on the Lakota. Brave Heart defines HT as “cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma” (2003).

HT has been linked to a variety of adverse emotional outcomes including unresolved grief, complicated/prolonged grief, PTSD, and depression, all of which are often comorbid with substance abuse (Brave Heart, 2011). When viewed in this light, we can see how HT has directly contributed to many of the social ills that plague Native communities. Culturally-competent mental health professionals are needed in order to address the needs specific to AI/AN people. Moreover, if practitioners are culturally-informed and armed with tools to combat HT, people afflicted with trauma may feel more comfortable in seeking help. It can be frightening to explain what one is experiencing to a mental health practitioner from another culture when missing a close frame of reference. Having someone who is culturally-aware and knowledgeable of the unique issues AI/ANs face would be greatly beneficial to the community in term of combatting HT.

For AI/AN of the Americas, a good portion of the historical interactions with European Americans have been traumatic. In North America, the introduction of disease and alcohol, the outlawing of Native religions, the forced removal from ancestral lands, Manifest Destiny, and the kidnapping of children by Catholic-run boarding schools have been some of the main tools used to inflict trauma upon Native people (Brown, 1970). These methods of inflicting trauma had long-reaching impacts which are still affecting many in AI/AN communities today. It is hard to explain knowing that everything that is seen is the direct result of all that has been lost. It takes a colossal amount of energy to process that sort of cognitive dissonance. These stressors have proved too much for some AI/AN to cope with, and many have fallen victim to substance abuse, homelessness, sexual trafficking, homicide, and mental illness. These are all issues which must be addressed in order to provide comprehensive care for AI/AN community members.

There is a distrust that exists among AI/AN for evidence-based treatments (EBT) and Western Psychology in general. This distrust stems from a history of genocide and abuse at the hands of official institutions. Therefore, it is particularly important for AI/AN practitioners to identify ways of helping AI/AN people to address their trauma. Brave Heart

has accomplished that by developing a culturally-relevant assessment of trauma and Unresolved Grief (UG), called the Historical Trauma and Unresolved Grief Intervention (HTUG) (Brave Heart, 2011). HTUG was delivered as a four-day, psychoeducational experience in the Black Hills that consisted of four major components: confronting the history, education about trauma and grief, cathartic release of emotional pain, and transcending the trauma (Brave Hears et al., 2016). As a result of Brave Heart’s valuable and groundbreaking work, the historical suffering of AI/ANs has gained validation in modern academia. Brave Heart had also paved the way for future generations of AI/AN women who wish to help heal the psyches of The People. The term “The People” is a term that is used by many tribes to describe themselves.

Michelle M. Sotero, an instructor in health care administration and policy at the University of Nevada, explains how historical trauma can occur in three phases. In the first phase, the dominant culture uses colonization to inflict mass trauma upon a population in the forms of slavery, war, or genocide (Pember, 2016). In the second phase, as a response to the trauma, physical and psychological responses occur in the population. In the final phase, the responses to trauma are passed on to the next generation who experience similar symptoms (Pember 2016). Pember explains how the “science of epigenetics proposes that we pass along more than DNA in our genes; it suggests that our genes can carry memories of trauma experienced by our ancestors and can influence how we react to trauma and stress” (2016). These implications are huge because it means that our genes can be altered by environmental events, without the introduction of new gene sequences. These revelations also have the potential to have unintended negative connotations as they could be perceived by some as indicating genetic inferiority or as having “faint echoes of eugenics” (Pember, 2016). It is important to not perceive AI/AN as genetically-inferior to other people based on the HT that they may have.

Perhaps part of the difficulty AI/ANs face in dealing with their HT is the fact that their oppression continues to this day. It may seem to some an official, public apology by the United States government to tribes could help to heal some of the UG that AI/AN deal with. In fact, President Obama signed an official Native American policy resolution on Dec. 19, 2009. Unfortunately, the resolution was watered down, did not include any acceptance of responsibility on the part of

the government, and even included a disclaimer stating, “Nothing in it authorized or support any claims against the United States, and the resolution does not settle any claims” (Indian Law Resource Center, 2010). Many in Indian Country were unaware that this resolution even existed, since it was conveniently added as part of the Defense Appropriation Spending Bill. Certainly, ignoring the damaging effects the American holocaust had on AI/ANs cannot have positive benefits for the collective psyche of the people.

Another issue that may contribute to the continued traumatization of AI/AN people is the fact that they are the only race of people (in America) to deal with the issue of blood quantum requirements. For a tribal individual to be considered “real” in the eyes of the U.S. government, they are required to be issued a Bureau of Indian Affairs (BIA) enrollment number. The BIA website states correctly that, “Each tribe establishes their own requirements for enrollment in the tribe” (2019). Tribes are forced to instill enrollment criteria, such as having a certain percentage of blood from that tribe and being the direct descendant of an enrolled tribal member. These criteria are necessary to protect the tribe against fraud by non-AI/AN who would try to capitalize off tribal benefits. The fact remains that blood quantum was imposed upon AI/AN and a system set up which required tribes to rely on it to protect themselves from fraud. More research is needed regarding some of these unique issues facing AI/AN communities.

For AI/AN women, colonization was particularly traumatic in that it stripped them of their power as matriarchs and forced them to adhere to forced patriarchal subjugation. According to Brave Heart, the trauma experienced in the boarding school system undermined the traditional roles and power of AI/AN women and contributed to the learned behavior of physical and sexual abuse of AI/AN women and children in many Native communities (Brave Heart et al., 2016). In this way, as a direct result of contact and colonization, AI/AN women were indoctrinated into the European practice of patriarchy. AI/AN women have never recovered from being robbed of their power. Misogynistic and racist depictions of AI/AN women continue to be prevalent to this day. One need look no further than Monona, Wis., to find “Squaw” Bay and “Squaw” Circle. The term “squaw” is a racial slur with overt sexual connotations.

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Invisible Wounds

...continued from pg. 5

The fact that the name remains in this “Me Too” era is indicative of how there is a double standard when it comes to the rights of AI/ANs in this country. Perhaps then, if “women lead the way in this healing behavioral health intervention research, we are restoring the role of AI/AN women as the culture carriers and caretakers for our families and extended kinship networks” (Brave Heart, 2016). This is a sentiment which seems to be echoed across the nation at universities as AI/AN enrollment rises.

Despite the numerous issues facing AI/AN communities, they continue to be resilient in their desire to combat the forces working against them. This is one of the reasons why there has been a recent resurgence in AI/ANs embracing higher education - out of a desire to change the current paradigms. If AI/ANs can attain enough positions of power, perhaps we can start to influence policy change. The author has noticed an increase in female AI/AN pursuing advanced degrees in the fields of psychology and social work in hopes of offering some help to The People. This is particularly important as it relates to the sociopsychological concept of in-groups and out-groups. It is well-established that people relate more positively to people who are similar than

to people who are different than them. Then it should hold true that people would respond better in treatment for psychological difficulties if they were being treated by people like them. Perhaps AI/AN clients would be more likely to be open about their trauma if they felt that the treatment provider they were speaking to was receptive to what they were saying, or at the very least, understood their sentiments.

In their 2014 article entitled, “Psychological Trauma Among American Indian Families: A Two-Generation Story”, authors Laurelle L. Myhra and Elizabeth Wieling discuss some methods that could be beneficial in helping AI/AN with their HT. These methods include examining and addressing the role substance abuse has played in their lives, addressing substance abuse issues early in life (AI/AN typically have an early onset of substance abuse), reinforcing positive aspects of self and culture as a way of combating the effects of poverty and environmental stressors, building cultural connections (including tribe-specific identifications), and promoting learning of cultural practices by beloved elders (Myhra and Wieling, 2014). As outlined, it would be beneficial to AI/AN struggling with historical trauma to have their way of life acknowledged while receiving

treatment. Expecting those suffering from HT to seek treatment in foreign settings from foreign people where they may not be comfortable is not the ideal setting for healing. More research is needed to identify the most effective methods for treating HT.

An example of such research is a phenomenological study that was done by Grayshield et al., titled, “Understanding and Healing Historical Trauma: The Perspectives of Native American Elders”, in which the authors interviewed elders regarding their experiences with historical trauma (2015). Elders are greatly revered in AI/AN cultures as the keepers of wisdom and are given tremendous respect. That cultural component is what makes collaboration with elders essential in order to ensure that research is culturally-appropriate. In this study, Grayshield et al., focused on three main questions: the first question examined the effects that HT had on self, family, and community; the second question asks about the current effects that HT is having on AI/AN communities; and finally, the authors asked the elders what they would recommend counselors and therapists do in order to address issues of historical trauma for AI/AN people (Grayshield et al., 2015). This is an important step in developing culturally-aware and relevant methods for working with AI/AN regarding HT. By acknowledging that elders

are experts on the topic of HT, since they have dealt with it their entire lives, the researchers are showing their respect for AI/AN culture.

When dealing with the issue of mental health in AI/AN, it is important to examine the issue of HT in order to gain a better understanding of how to treat them. It has been well-documented that HT has very real effects for members of AI/AN Nations. Academia and the mental health community have just recently begun to recognize and understand the complicated effects HT have on AI/AN communities. While it is encouraging that research is beginning to be done on this issue, there certainly is much more that needs to be done in order to meet the psychological needs of AI/AN people. As a member of a federally-recognized tribe, the author, in writing this paper, was forced to examine her own HT. One component that the author suggests is the need to instill positive self-concepts and a sense of tribal pride back into AI/AN as a way of combatting all the shame and negativity which comes along with HT. The key to overcoming one's enemy is to know them. In this way, it is a very powerful lesson for some to learn about HT. It seems clear to this author that there is much research that needs to be done on HT in order to assist the next generation of AI/AN healers.

**Sources available upon request*

Forest County Potawatomi Community Center Groundblessing

TUESDAY
MAY 2019 | 28TH | 11 AM



Greenfire invites members of the Forest County Potawatomi Tribe to the Groundblessing of the new Community Center.



FOREST COUNTY POTAWATOMI
Keeper of the Fire



GREENFIRE
— BUILDERS OF THE FUTURE —

devil's lake & BUG LAKE

Summer Fisheries

SATURDAY, JUNE 8 2019
8 A.M. — 3 P.M.



FOREST COUNTY POTAWATOMI NATURAL RESOURCES

Categories: Bass | Trout | Perch | Crappie | Sunfish | Northern Pike

FIRST-TIMERS WELCOME

FREE RAFFLES

\$250 GRAND PRIZE

FISHING GEAR AVAILABLE*

TO USE DURING THE EVENT

**While supplies last*

Lunch & beverages will be provided

Open to FCP tribal members and their immediate family

Vegetable of the Month: Cauliflower

submitted by FCPC Community Health

June is Alzheimer’s and Brain Awareness Month. Studies have shown that people who get plenty of choline (425-550mg a day for adults) in their diets may perform better on memory tests, and may be less likely to show brain changes related to dementia. Since egg yolk is one of the best sources of choline (147mg choline per one egg), we have highlighted it in the recipe for the month.

Cauliflower contains 58mg choline per one cup serving and is a cruciferous vegetable. It’s important for detox and liver health, rich in phytonutrients, very high in vitamin C, rich in vitamin K, folate, vitamin B6, and many other nutrients. You can eat cauliflower raw, cooked, riced, mashed, made into crust or “bread”, or added to other dishes such as the following recipe.

We hope you include cauliflower and choline in your diet regularly for better health. Migwetch!

For more information on cauliflower or other nutritional topics, contact Lisa Miller, RDN, or Katherine Richlen, CH Nutritionist, at (715) 478-4355.

- Cauliflower Quiche
- Ingredients:
- 1 head cauliflower cut in large florets
 - 1/3 cup chopped fresh mushrooms
 - 3 chopped green onions
 - 5-6 large eggs

- 2 Tbs oil
 - 2 Tbs all-purpose flour
 - 3/4 cup soy milk or other milk
 - 1/2 cup grated Parmesan or other cheese (optional)
 - 1 tsp ground turmeric
 - salt and black pepper to taste
 - 1 teaspoon curry powder, or to taste
- Directions:
- Preheat oven to 350 degrees F
 - Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, mushrooms and onion. Cover and steam until tender, 4 to 5 minutes. Cool to room temperature.
 - Separate egg yolks and egg whites into two separate bowls. Beat egg whites in a bowl using an electric mixer until medium peaks form.
 - Heat oil in a saucepan over low heat and stir in flour until paste. Warm milk and add to paste slowly. Cook and stir until white sauce is thickened, about 5 minutes. Cool slightly.
 - Stir white sauce, Parmesan cheese, cauliflower mixture, egg yolks, turmeric, salt, pepper, and curry powder together in a bowl; gently fold in egg whites using a spatula or wide knife. Pour egg mixture into a glass baking dish. Sprinkle paprika over egg mixture.
 - Bake in the preheated oven until golden brown and set in the middle, 30-35 minutes.
- Nutrition Facts: per serving: 214 calories; 14.8 g fat; 10.5 g carbohydrates; 11.5 g protein; 186 mg cholesterol; 235 mg sodium. Sources: www.reuters.com/article/us-choline-memory/choline-rich-diet-tied-to-sharper-memory-id, <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/> www.allrecipes.com/recipe/237809/cauliflower-quiche/

Come Join Us

Fruit & Veggie Taste Test Day



featuring
Green Beans | Raspberries | Cauliflower

Thursday, June 13, 2019 • 1-3PM

Located in the Parking Lot across from Stone Lake C-Store (FCPC Utilities if raining)

Receive Recipes, Nutritional Information and ENTER to WIN PRIZES



Open to all FCP Community and General Public

8201 Mish ko swen Drive • Crandon, Wisconsin 715-478-4355 • cmh.FCPotawatomi.com

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

MISH KO SWEN

FUN RUN WALK 5K EVENT

FRIDAY, JUNE 21, 2019

5K FOR ALL! A race for EVERYONE: families, children, runners or walkers!

EARN 1 POINT IN THE PHYSICAL ACTIVITY ACCOUNT IN MANAGEWELL FOR ATTENDING THIS EVENT!

Start and End at the FCP Rec Center

REGISTRATION: 9:30 a.m.

Rec Center

START TIME: 10:30 a.m.

OPEN TO: FCP Tribal Members and Their Families - ALL AGES WELCOME

PRE-REGISTRATION REQUIRED for T-shirt Size by JUNE 7, 2019.


LIGHT LUNCH PROVIDED

REGISTER online at cmh.fcpotawatomi.com, FCP Tribal Wellvaton,

OR CALL Community Health @ 715.478.4355.

FIRST 75 PARTICIPANTS TO REGISTER AND ATTEND WILL RECEIVE A T-SHIRT AND WILL HAVE A CHANCE TO BE ENTERED INTO DRAWING FOR PRIZES!

WEAR PURPLE FOR ALZHEIMER'S AWARENESS MONTH



We are proud to welcome

ASHLEY SEILER

APNP, FNP-BC


NURSE PRACTITIONER

to our healthcare family

At the Forest County Potawatomi Health & Wellness Center, we are committed to bringing quality healthcare services to you. We are pleased to announce that Ashley Seiler, NP, has joined our Medical team. Ashley has special interests in Mental Health as well as Occupational Medicine.

Please call (715) 478-4339 to schedule an appointment with Ashley.


Honoring Health, Healing, and Tradition



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

a participating member of

ASPIRUS NETWORK

Youth Enjoy Pancakes and Syrup!

by Val Niehaus

On May 8, 2019, Brian Franz and Jeffery Cisneros from Education/Culture, made a trip to Rising Sun Daycare and Gte Ga Nēs Preschool to share with the children the maple syrup from this year's harvest. The children were a part of the process in making the syrup because at each step, Franz and Cisneros invited the teachers and students to Sugar Camp to see the tress being tapped, watch the sap boil, and observe the sap being cooked into the golden-colored syrup. Franz thought that since they were part of this production, it would be a nice treat for the teachers and students to enjoy a breakfast with the final product they saw being made. Both daycare and preschool staff cooks made a fabulous breakfast separately that the children and any interested parents could partake in. There was everything: pancakes, bacon, sausage, oatmeal, juice and, of course, the maple syrup to be gobbled up by all.

Franz said, "You children were just as much a part of this as Jeffery and I were. It's important to teach you all this

tradition so that one day you can carry it on for the future. I was taught this many, many years ago by Billy Daniels Jr., and I am, in turn, now teaching Jeffery the process so he can be the next in line. I should say that this year's harvest is 99 percent of Jeffery's work with myself just guiding him if a question came up. He has really caught on to this quickly, and he has a great passion for it."

Watching everyone dig into their plates during this time gave a strong sense of family, community and sharing, as all enjoyed something that their ancestors had done for hundreds of years before them. It's great to see this cultural heritage being instilled into the children of this community and for the parents as well, to know that their child is learning this rich history so it can be carried on for generations to come.

Chi Migweth to the teachers/staff of Rising Sun and Gte Ga Nēs, and also to Franz and Cisneros in making sure the community had enough syrup to go around - 27 gallons to be exact!



Bike Safely and Enjoy Your Ride

submitted by FCPC Community

Riding your bike is a great way to sneak in some exercise with family, children or friends. There are so many great reasons to ride your bike; it offers fun, exploring new parts of your community, exercise, and it's good for the environment.

FCPC Community Health department wants your children and families to ride their bikes as much as possible. If you have kids, teach them to bike safely from the start.

According to Safe Kids Worldwide, a properly-fitted bike helmet can reduce the risk of head injuries by 45 per-



cent, yet less than half of children 14 and under usually wear a bike helmet. Make sure your helmet is certified by the U.S. Consumer Product Safety Commission (CPSC). Look for a sticker on the inside that says "CPSC". This means it's tested for safety. A helmet only protects you if you wear it the right way. Every time you put your helmet on, make sure that:

- The helmet is flat on the top of your head
- The edge rests just above your eyebrows, so the helmet covers your forehead
- The helmet fits snugly all around your head
- The strap is buckled snugly under your chin (about 1-2 fingers can fit between the strap and chin)
- Wear a properly-fitted helmet. It's the best way to prevent head injuries and death.

- Replace your bike helmet if you crash. Even if your helmet doesn't look cracked or damaged, the material inside the helmet may be crushed after an impact. This means that the helmet can't protect your brain and head from another crash.

- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.

Follow the rules of the road:

- Use hand signals to show others what you plan to do next.
- Be predictable by making sure you ride in a straight line and don't swerve between cars.
- Look both ways before entering the street.
- Stop at all stop signs and intersections.
- Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.

Courtesy Healthfinder.gov

Did YOU know? FCPC Community Health provides free bike helmet fittings to FCP-enrolled tribal families to ensure helmets fit properly to provide protection. Helmets, helmet fittings, and education are available at the FCPC Community Health upon request. Please contact Jordyn Fink, Public Health Educator, for more information at (715) 478-4341.



Cedar, Sage, Sweetgrass & Abalone Shells • Potawatomi Dictionary
Locally-Harvested Wild Rice • Beads & Beading Supplies
Men's, Women's, Youth, Baby & Toddler Clothing • CDs & DVDs
Chief Joseph Pendleton Blankets • Handmade Soaps & Lotions
Local Beadwork & Handmade Items • Leanin' Tree Greeting Cards



FOREST COUNTY POTAWATOMI
**CULTURAL CENTER,
LIBRARY & MUSEUM**
8130 Mish ko swen Drive
Crandon, WI 54520
715-478-7470
www.FCPotawatomi.com

HOURS:
Monday-Thursday
7 a.m. - 5 p.m.

PLEASE NOTE:
We accept Cash, Debit or
Credit Cards Only.

Gte Ga Nēs Graduating Class of 2019

by Val Niehaus



The annual Gte Ga Nēs Graduation Ceremony was held on May 15, 2019, at the Forest County Potawatomi (FCP) Recreation Center. As is usually the case, it was jam-packed with families, relatives and friends who were there to honor the next generation of students as they prepared to enter the world. This year, there were a total of 25 students graduating.

The ceremony started off with grand entry with FCP Post I veterans carrying in the staff and flags with Fire Nation accompanying them. The students and their parents also walked out onto the floor hand-in-hand with each other during this time. After grand entry was finished, Fire Nation sang the flag song followed by Louie Spaude saying a prayer for the people. Following the prayer, the veterans honor song and welcome song were then sung. Dancers present were Jeff Keeble Sr., Meno Keno Ma Gē Wen Sr. Princess Symone Pemma and Winter's End Sr. Princess Penelope Peters.

Following these opening presentations, the two speakers who were invited to say some encouraging words to the graduates included Skye Alloway, FCP education outreach coordinator, and Brittany LaMere, FCP occupational leadership director. Both are part of the FCP Education department, and they offered their congratulations to the students. They then explained to the children the importance of taking what they learned from preschool and moving forward to kindergarten with those lessons in mind. Then they emphasized how they must never stop dreaming of what they can be one day and the obligation to keep learning for a future that is yet to come.

Gte Ga Nēs Director Trisha Stefonek then gave acknowledgments and thanks to those who helped throughout the school year, along with those who helped in putting together the ceremony itself. This included all the staff at Gte Ga Nēs as well as staff from departments associated with FCP such as Language and Science & Nature. A big thanks went out to the Konahas who are always there to help - whether it be the bus route, kitchen or just some extra love for the children.

Something new this year: a sincere thank you to the teachers of Gte Ga Nēs. Each was acknowledged for the years of

dedication they have given to the pre-school, and each was gifted a bouquet of flowers. All were quite surprised by the gesture and clearly grateful for the acknowledgment.

After that heartfelt thanks, it was time to show the slide show of the students. This moment is always a tear-jerker for the parents and families as it shows a photo of the student as a baby and then photos up to present day with the children being at preschool learning. As many parents know, this time just goes way too fast and viewing this photo collage brought that home to all in attendance.

Next was the handing out of the diplomas to the students. It is always a treat to see these little ones walk across the stage to have their tassel turned and to see them finishing this first important milestone in their education. As always, there were huge cheers throughout the crowd as each of the students received their certificates.

To close the ceremony, Fire Nation sang the honor song for the students and the veterans soon after retired the flags and staff.

The final touch to this day of celebration was a feast that had been prepared by Peggy Konaha and Jacob Wojcik consisting of ham, potatoes, wild rice casserole and all of the fixings that go along with such a meal. Chi Migwetth to the ones who prepared the food.

The day and its activities went as planned, and it was great to see all the little ones accomplishing this first step in their life as they prepare to advance to kindergarten as the next step in their educational journey. As many community members say, they represent the next generation of leaders for the tribe, and there certainly is considerable truth behind that statement.

Graduates (by room):

Mko Room: Danica Robinson, JLee Marvin, Kendrick Gomez, Louis Shepard, Naomee Daniels-Bellomy, Nathan LaBarge, Nevaeh Soman, Shaylee Jordan, Zayden Daniels

Mo é We Room: Braelynn Wojcik, Brayden Conn, Dorian Bird, Emma Gouge, Lizbeth Magee, Ross Poupart, Wylder Shepard

Gno Room: Cameron Tuckwab, Danni Morford, Ellee VanZile, Genevieve Daniels, Harper Madl, Jackson Frank, Rikki Frank, Liam Mouw, Tayah Bird
PTT congratulates the class of 2019!



Fire Nation sings for grand entry.



FCP Royalty: Penelope and Symone

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH

RSVP APPRECIATED
Colby Chiko 715-478-4567
Anne Christon 715-478-4585
Lisa Miller 715-478-4520

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

June Luncheon

diabetes program

FRIDAY, JUNE 21, 2019

10:30 A.M. - Meet in the FCPC B-Plex Apartments Commons (next to Caring Place) for one hour of intermittent chair exercises AND support the FCP 5K Mish ko swen Fitness Event participants.

11:30 A.M. - Transportation provided to FCP Recreation for lunch, and return at approximately 12:30 P.M.

Dinner, Education & Prize Drawings

Lunch Menu: Sub Sandwiches

Topics:

INTERMITTENT CHAIR EXERCISES & SUPPORTING THE FCP MISH KO SWEN FUN RUN WALK 5K EVENT

Open to FCP Tribal Members with Diabetes and their Guest

TIMBER SALE ADVERTISEMENT
BUREAU OF INDIAN AFFAIRS
FOREST COUNTY POTAWATOMI RESERVATION
NORTH OTTER 2 TIMBER SALE

Sealed bids will be received by the Superintendent, Great Lakes Agency, 916 Lake Shore Drive West, Ashland, Wisconsin 54806 until **1:00pm June 18, 2019** for timber located on the following tract: part of N1/2, Section 14, Township 34 North, Range 16 East, Fourth Principal Meridian, Forest County, Wisconsin. The sale area is approximately 37 acres and should be examined by prospective bidders. Estimated volumes are not guaranteed and minimum bid rates are as follows:

Species & Product	Volume	Minimum Rate
Mixed Hardwood Cordwood	196.1 Cords	\$34.00/Cord
Basswood Cordwood	51.8 Cords	\$ 8.00/Cord
Aspen Cordwood	765.9 Cords	\$32.00/Cord
Balsam-fir Cordwood	22.2 Cords	\$15.00/Cord
Total Cords	1036 Cords	
Sugar Maple Sawlog	0.66 MBF	\$314.00/MBF
Basswood Sawlog	4.58 MBF	\$159.00/MBF
Black Cherry Sawlog	4.40 MBF	\$242.00/MBF
Aspen Sawlog	12.32 MBF	\$ 62.00/MBF
Total Sawlog	21.96 MBF	
Total Estimated Value: \$34,687.70		

Each bid must be accompanied by a **\$3,500 Bid Deposit** in the form of a postal money order, bank draft, cashier's check, or certified check (a Letter of Credit cannot be used for the Bid Deposit or subsequent Advance Payment). The above must be drawn on a solvent bank and made payable to the "Bureau of Indian Affairs". The Bid Deposit will be returned to the unsuccessful bidders after the bid opening and retained as payment of the Advance Payment for the successful bidder. Failure to execute the contract within 30 days of bid acceptance will result in forfeiture of the Bid Deposit. To execute the contract, the successful bidder must submit 2 signed copies of the timber sale contract, an acceptable Performance Bond, and a completed Form W-9. The timber sale contract length is approximately two years and is set up to run until June 15th, 2021, but all designated timber must be cut and paid for by March 15th, 2021.

Bids must be submitted on forms provided by the Bureau of Indian Affairs. Bid forms and prospectus of the sale, including bond requirements, advance stumpage requirements, maps, etc., are available from the Superintendent, Great Lakes Agency, 916 Lake Shore Drive West, Ashland, Wisconsin 54806 (telephone 715-682-4527) or the FCPC Forestry Office, 5320 Wensaut Lane, PO Box 340, Crandon, Wisconsin 54520 (telephone 715-478-4975). A sample timber sale contract can also be requested from the Superintendent, Great Lakes Agency. The right to waive technical defects and to reject any or all bids is reserved.

• FARM • FRESH • EGGS •



Farm fresh eggs from Bodwéwadmí Ktëgan are now available for purchase. A limited supply is also available at Land & Natural Resources. Sales are open to the public for \$3 per dozen. FCP tribal member price is \$2 per dozen. Call/text Cassidy Neilitz at (715) 889-2335 or Dave Cronauer at (715) 889-0017.



GRAPHIC DESIGN SERVICES



POTAWATOMI TRAVELING TIMES

100 N. Prospect Avenue • P.O. Box 340
Crandon, WI 54520
715-478-7437
times@FCPotawatomi-nsn.gov
www.FCPotawatomi.com

ADS • BANNERS
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MENUS • NEWSLETTERS
POSTCARDS • POSTERS

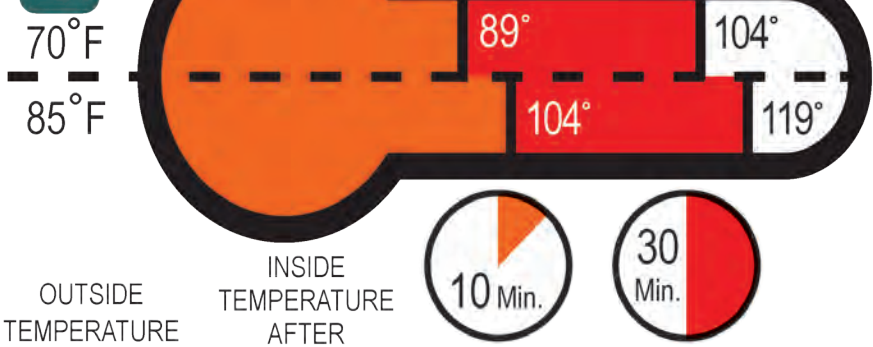
10% OFF
YOUR FIRST DESIGN FEE
WHEN YOU MENTION THIS AD



HEAT is KILLER



It only takes **10 minutes** for a car to reach temperatures that can cause heat stroke — even if you leave the windows open a few inches and park in the shade.

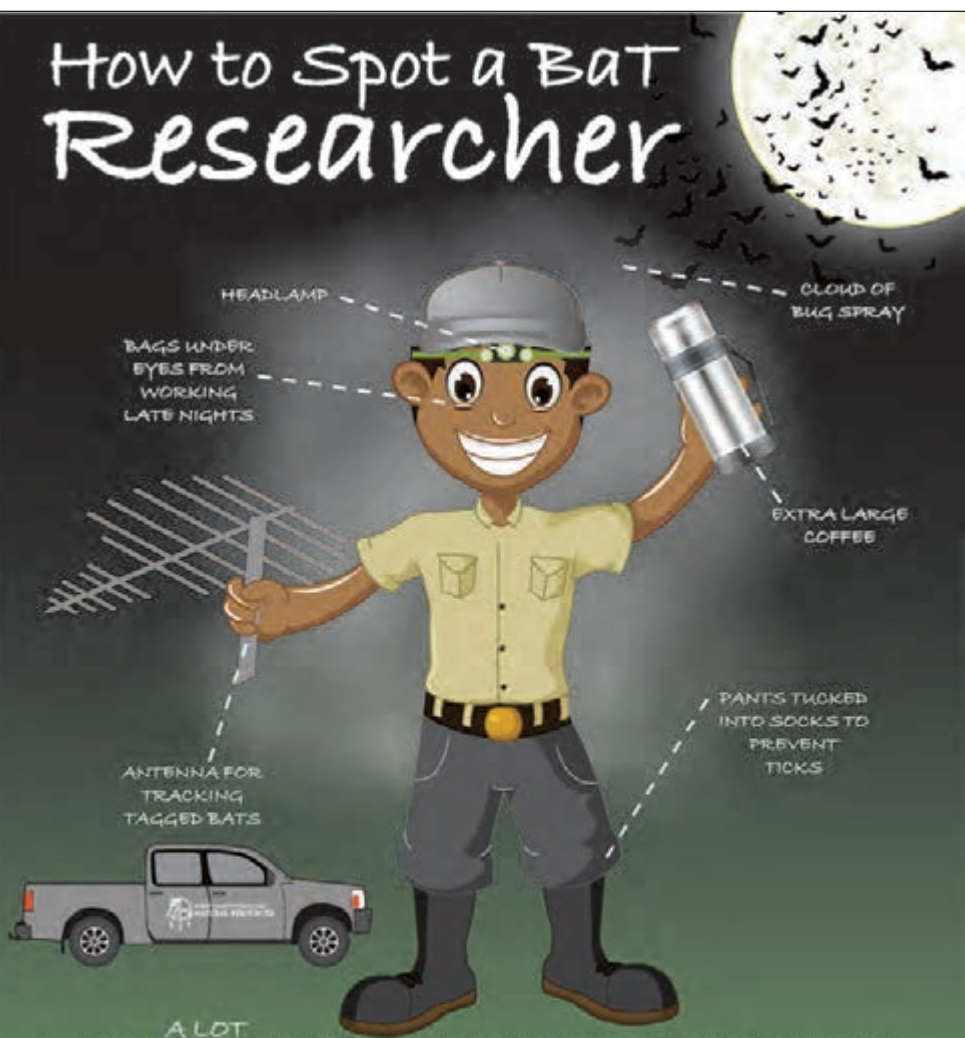


HEATSTROKE SYMPTOMS

If you see a child or pet alone in a vehicle, stay with them. Try to find the vehicle's owner and call emergency services if necessary.



How to Spot a BAT Researcher



A LOT
Although ~~they are~~ crazy for wanting to do this for a living, they are generally safe to approach and non-threatening.
Many of the FCP Natural Resources Department staff are doing night-time bat surveys this summer. To catch bats when they're most active, they may be working anytime between sunset and approximately 3am, any day of the week. They will be in vehicles with the official FCPC government logo and will be working at various sites throughout tribal lands.



If you have any questions or concerns contact the Natural Resources Department at (715) 478-7222.

Land & Natural Resources Holds Mother Earth Event

by Winda Collins

On Tuesday, May 14, FCP Land & Natural Resources held a Mother Earth event next to the Stone Lake C-Store.

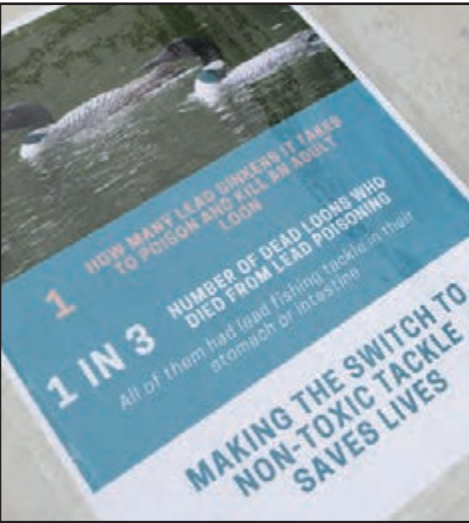
On-hand as grill master was Joe Shepard, who cooked a huge batch of meat goodies from Bodwéwadmí Ktëgan. The smell alone was heavenly!

On-hand to serve and educate were other staff members (as shown in the bottom right photo l-r): Sheila Jacobson, Jenni Mabrier, Kayla Damiano, Celeste Schuppler, Olivia Stanga, Cassidy Neilitz.

The crew had four different packs of

seeds to hand out: bee balm - bergamot, prairie sage, rose milkweed and common milkweed. They were also advocating the use of non-lead fishing sinkers because of the damage - sometimes deadly - done to area wildlife every year.

If you have any questions about items available at Bodwéwadmí Ktëgan, or would like more information on how you can help keep our wildlife safe, contact FCP Land & Natural Resources at (715) 478-7222.



JUNE 22, 2019 AT WE CARE HORSESHOE TOURNAMENT (DOUBLES)

Pre-registration required: 12 - 12:30 p.m.
1 p.m. tournament start time, double elimination.
Show up before 10:30 a.m. to sign up for the single person Early Bird "8 Ball" Pool Tournament. That, too, is a double elimination-style tournament, with last pocket and a race to win four.

Doubles Tournament
10 team minimum
Drinks and snacks will be served.
Prizes awarded for the top 3 spots:
1st \$200
2nd \$150
3rd \$100
Double Elimination
Don't miss out!
Save the Date
Horseshoes and Billiards

WE CARE
612 Hwy 32, Carter
To pre-register:
715-478-7420 or 4421
12 -12:30 p.m. registration
1 p.m. start time

CANDY APPLES

POP CORN

SNO-CONES

FUNNEL CAKES

PEANUTS

3RD ANNUAL

FOREST COUNTY

FESTIVAL

JULY 5-7

2019

CRANDON INTERNATIONAL OFF-ROAD RACEWAY

FREE ADMISSION & CARNIVAL RIDES

TICKETS ARE ONLY AVAILABLE AT THE FESTIVAL DURING THE FESTIVAL

Sponsored by

FOREST COUNTY POTAWATOMI Keeper of the Fire

CRANDON INTERNATIONAL RACEWAY

Become Mish ko swen!

submitted by FCPC Community Health

FCPC Health & Wellness Center (HWC) is offering classes integrating Lifestyle Medicine and the Seven Circles. Lifestyle Medicine involves the use of evidence-based lifestyle therapeutic approaches, such as a predominantly whole-food, plant-based diet, exercise, sleep, stress management, alcohol moderation and tobacco cessation, and other non-drug modalities, to prevent, treat, and, oftentimes, reverse the lifestyle-related chronic disease. (Source: ACLM)

This program is open to HWC patients with a qualifying condition. The goal of group class is to empower patients to make improvements in their health

and wellness by integrating Lifestyle Medicine using the coach approach in group settings.

Classes will take place at HWC's second floor conference room. The first four classes will be held 9 – 10:30 a.m., the first Tuesday of every other month: June 4, August 6, October 1, and December 3. Class agendas will be structured like this: welcome, coaching exercise, cooking/recipe/samples, education and smart goal-setting.

If wishing to enroll or needing more information, please contact FCPC Community Health at (715) 478-4355.



• • • Attention Graduates • • •

If you are graduating High School, Technical School, or College, let the community know about your accomplishments in the Traveling Times!

• Deadline for the June 15 issue is Wednesday, June 5, 2019 •

Graduate questionnaires may be obtained and sent back with photos using the contact information below.

**Potawatomi Traveling Times
P.O. Box 340
100 N. Prospect Avenue
Crandon, WI 54520
Email: times@fcpotawatomi-nsn.gov**



JOIN US FOR OUR
4 PERSON CO-ED
(2 MALES, 2 FEMALES)
FCP COMMUNITY MEMBERS ONLY

VOLLEYBALL TOURNAMENT

JUNE 29, 2019 - 11 AM REGISTRATION
PRE-REGISTRATION ENCOURAGED
AT WE CARE (715) 889-4421 OR (715) 889-7420

WE'LL HAVE LOTS OF SNACKS, SO BRING YOUR APPETITE! DRUG- AND ALCOHOL-FREE EVENT AND ZONE. PRIZES FOR THE TOP 3 TEAMS. 10:30AM, EARLY BIRD LAST POCKET POOL TOURNAMENT AS WELL. SHOW UP EARLY!

Caring for People Who Have Hurt Us

written by and reprinted with permission of Jane De Broux, Dane County Caregiver Program Coordinator

For many caregivers, providing care for a loved one is something they want to do. Others feel obligated to take on the role because they value family/friendship ties profoundly and see the duty as theirs. Some caregivers struggle with difficult care recipient behaviors in the present, although the relationship history had been a good one. Yet, other caregivers are “drafted” into the role and feel they have no choice but to care for an individual who has abused them.

Because our society offloads so much caregiving responsibility onto unpaid family members, difficult reversals happen more often than you might suspect. When an abused child ends up caring for their elderly parent, there is much greater caregiver burden and stress. There is also a danger that the reversal could result in abuse of the elder by the (now adult) child.

On the face of things, it seemed obvious to me that individuals caring for an abuser would be more stressed than those caring for someone who had provided them with loving care (or at least good-enough care) as a child.

However, when I did some further research, I learned there is also an important distinction in terms of which approach may provide the most relief and support to individual caregivers.

In general, caregiver support comes in one of two forms: emotion-focused coping strategies and solution-focused coping strategies. Emotion-focused coping helps you to become less emotionally reactive to caregiving stressors or it helps change the way you experience them. One example is living in the present so you can separate past behaviors from disease-related symptoms (your mom who tended to criticize in the past is not purposely trying to harass you when she repeats things due to her memory loss). Another is finding a new way to frame your caregiving. Perhaps you will focus

on your value to care for your elders rather than question the particular relationship. You may find compassion for someone who is now very frail, despite being difficult at a more robust point in their lives. However, these approaches are less effective when care is primarily driven by obligation and a feeling there is no choice.

A 2013 study published in The Gerontologist “. . . offers two important findings. First, as anticipated, caregivers who cared for their abusive/neglectful parents had more frequent depressive symptoms than caregivers with no history of abuse/neglect. Second, emotion-focused coping strategies are associated with more frequent depressive symptoms for both abused and non-abused caregivers, but the effects are somewhat stronger for abused caregivers.”

Solution-focused strategies are an alternative. They eliminate sources of stress or work with the stressors themselves. They allow for actions which can address the feeling of being trapped. These solutions may involve providing a significant break from caregiving, like respite care so the caregiver can take a weekend away from everything; or someone to stand in and provide personal cares so they don't need to participate in intimate tasks like giving showers. The National Family Caregiver Support Program (NFCSP) allows for these coping strategies in the form of grants for respite and supplemental services (like home modifications and assistive devices, which can increase the care recipient's independence). Solution-focused strategies are a hallmark of the program.

*More information on NFCSP can be found at <https://www.dhs.wisconsin.gov/aging/caregiver.htm>. For more information at a local level, please contact Penny Christianson, FCP Elderly Department, at (715) 478-4892.



ADDICTION
~ IS NOT ~
TRADITION

Report Opioid Abuse fcphelp.com

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 Behavioral Health at (715) 478-4332 or Isaiah Phillips at (715) 889-4945.

• **Kwe Kenomagewen** - Women's support, Wednesdays, 2 p.m. @ Old Tribal Hall. Call (715) 478-4332 with questions.

• **Hour of Power** - Big Book, NA Book or Wellbriety Book, Thursdays, 2 - 3 p.m. @ Old Tribal Hall. Call (715) 478-4332 with questions.

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.

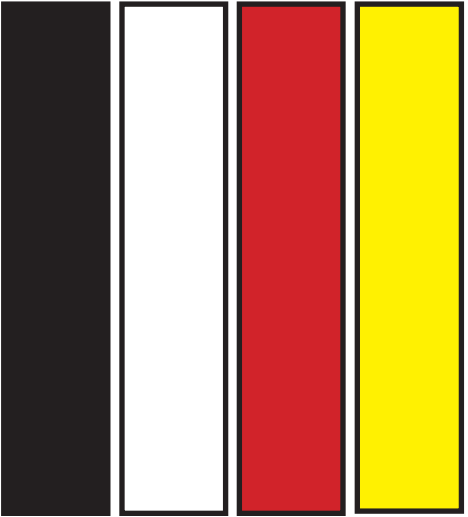
To learn more about the program or to schedule an appointment, contact Sara Cleere-man, R.N., at (715) 478-4889.

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.

CULTURE

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



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.

JUNE EVENT CALENDAR

CHOICES Program

- Youth 9 - 11: Mondays (3, 10, 17, 24)
 - Youth 12 - 17: Tuesdays (4, 11, 18, 25)
 - Youth 6 - 8: Wednesdays (5, 12, 19, 26)
- Youth will be picked up from home but times are yet TBD. Call (715) 478-4839 for more information.

Family Resource Center

- Healthy Relationships Class: Mondays (3, 10, 17, 24) times TBD
 - FRC Girls Group (ages 10-17): Tuesdays (4, 11, 18, 25) times TBD
 - Team Building w/CHOICES (age 6-8): Wednesdays (5, 12, 19, 26) times TBD
 - Positive Indian Parenting Class (PIP): Thursdays (6, 13, 20, 27), 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

- 6/4 - Infant Nutrition (HWC): 8 a.m. - 4 p.m.
- 6/6 - Infant Nutrition/WIC (Carter We Care): 1 - 4 p.m.
- 6/11 - WIC (HWC): 8 a.m. - 4 p.m.
- 6/12 - Rabies Clinic
 - We Care Building, 10 a.m. - noon
 - Land & Natural Resources Building, 2 - 4 p.m.
- 6/13 - Car Seat Safety Event (Location TBD): 1 - 3:30 p.m.
- 6/21 - Mish ko swen 5K Fitness Event (Rec Center) 10:30 a.m.
- 6/25 - Men's Health Event (Location TBD): 10 a.m. - 2 p.m.

when advertising in Potawatomi Traveling Times' Marketplace

Classified Rates (text only)	Display Rates (includes photo)
25 Words or Less: \$5.00	Quarter Page: \$130
30-40 Words: \$7.50	Eighth Page: \$95
50 Words: \$10.00	

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POTAWATOMI TRAVELING TIMES
715.478.7437 / times@fcpotawatomi-nsn.gov



POTAWATOMI TRAVELING TIMES

Contact us at (715) 478-7437 or times@fcpotawatomi-nsn.gov for more information.

that the *Traveling Times* pays a freelance fee to FCP tribal members when they submit artwork, articles, stories, photos, etc. for inclusion in the newspaper? We're always looking for interesting items to share with our readership.



Daily Reporter: GEENFIRE SHINES - 20TH ANNUAL TOP PROJECTS EVENT

Nearly 550 leaders in the construction industry were in attendance Wednesday night at the Potawatomi Hotel & Casino in Milwaukee for The Daily Reporter's 20th annual TopProjects event. Two of Greenfire's projects were honored, The Griot Apartments and Legacy Lofts. We are proud of this recognition and humbled to be included among other notable projects. Congratulations to all the winners and to Joshua Jeffers, J. Jeffers & Co., Melissa Goins, Maures Development Group, LLC, David Block, Evergreen Real Estate Group, Sally Peltz and Legacy Redevelopment Corporation!



^Griot

Legacy Lofts v



Highlight: WGEMA CAMPUS POLICE DEPARTMENT



The Wgema Campus Police Department is proud to announce our newest team member. Officer Kyle Lautenbach will be part of both our patrol and communications divisions. We are excited to add another member to our team who is committed to serving and bettering our community!



It'll take more than a little rain to keep Sergeant Terry Pizarro off bike patrol!



Look for Chief Jeremy Moore to be out on patrol again this summer, handing out stickers, interacting with the community and keeping us safe.

Top and Middle photos by Sergeant Sean Schwartz of WCPD.

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JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Father's Day Free Gift — SUNDAY, JUNE 16 — Stop by the Carter Club Booth starting at 7 am to pick up your free gift! <i>Limited quantities, while supplies last.</i>		NATIONAL DONUT DAY — FRIDAY, JUNE 7 — Free donuts will be given out on the casino floor starting at 8 am, while supplies last! <i>One per person, quantities limited.</i>		POP & PLAY FREE SLOT TOURNAMENTS! Mondays, June 3, 10 & 24 Friday, June 14 <i>Monday: Register 7 am – 2 pm, start at 2:30 pm Friday: Register 7 am – 6:30 pm, start at 7:30 pm Management reserves all rights. Limit two sessions per day. Registration is a first come, first served basis, three minute sessions.</i>		1 \$10/5 Packs / Crazy 8s Breakfast Buffet 7 am – 11 am Prime Rib Buffet Chef's Choice
2 \$10/5 Packs Breakfast Buffet 7 am – 11 am Picnic Day	3 POP & PLAY Lovin' Country 10:30 am – 2:30 pm Grilled Cheese & Soup	4 Taco Day	5 HE SHED She Shed \$10/5 Packs Wacky Wednesday Wrap Day	6 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	7 National Donut Day Finally \$500 Friday Seafood Buffet Fish Fry	8 Tony Rocker 8 pm – Midnight \$10/5 Packs / Crazy 8s Breakfast Buffet 7 am – 11 am Prime Rib Buffet Chef's Choice
9 START EARNING ENTRIES FOR TRAILS OF CASH \$10/5 Packs Breakfast Buffet 7 am – 11 am Picnic Day	10 POP & PLAY Duo Moonlighters 10:30 am – 2:30 pm Grilled Cheese & Soup	11 TRAILS OF CASH ENTRY MULTIPLIER Taco Day	12 HE SHED She Shed \$10/5 Packs Wacky Wednesday Wrap Day	13 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	14 POP & PLAY Lovin' Country 3:30 pm – 7:30 pm \$10/5 Packs Seafood Buffet Fish Fry	15 Johnny Wad 8 pm – Midnight \$10/5 Packs / Crazy 8s Breakfast Buffet 7 am – 11 am Prime Rib Buffet Chef's Choice
16 Father's Day Free Gift \$10/5 Packs Father's Day Drawings Breakfast Buffet 7 am – 11 am Father's Day Steak Dinner	17 Grilled Cheese & Soup	18 TRAILS OF CASH ENTRY MULTIPLIER Taco Day	19 HE SHED She Shed \$10/5 Packs Wacky Wednesday Wrap Day	20 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	21 Finally \$500 Friday Seafood Buffet Fish Fry	22 Texas 8 pm – Midnight \$10/5 Packs / Crazy 8s Breakfast Buffet 7 am – 11 am Prime Rib Buffet Chef's Choice
23 \$10/5 Packs Breakfast Buffet 7 am – 11 am Picnic Day	24 POP & PLAY Kic Stream 10:30 am – 2:30 pm Grilled Cheese & Soup	25 TRAILS OF CASH ENTRY MULTIPLIER Taco Day	26 HE SHED She Shed \$10/5 Packs Wacky Wednesday Wrap Day	27 SENIOR DAY \$10/5 Packs Lunch Buffet Baked Chicken Dinner	28 DJ Doc Gary 10 pm – Midnight (Bingo Hall) Black Light Bingo (Lava Theme) \$10/5 Packs Seafood Buffet Fish Fry	29 Half Year Celebration The Drivers 8 pm – Midnight Bingo Bash Breakfast Buffet 7 am – 11 am Steak Sandwich
30 \$10/5 Packs / \$500 Cash Drawing Breakfast Buffet 7 am – 11 am Picnic Day						

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

Casino Events

TRAILS OF CASH
 JULY 4 — SPECIAL MULTIPLIER DATE
 ALL TIER LEVELS RECEIVE 5X ENTRIES!
SATURDAY, JULY 20
CASH DRAWINGS Win a cooler plus up to \$1,500 cash!
UTU DRAWINGS \$17,000 Gift Certificate for Antigo Yamaha plus \$2,500 cash!

HE SHED She Shed
WEDNESDAYS IN JUNE
EARLY BIRD ENTRY MULTIPLIER:
 Earn 2x entries 7 am – 10 am each Wednesday!
 DRAWINGS: 6 PM & 7 PM
 — TWO WINNERS EACH DAY —
WIN A \$3,000 CERTIFICATE FOR A SHED PLUS \$500 CASH FOR DECORATING!

Half Year Celebration
Saturday, June 29
 COMPLIMENTARY FOOD & BEER ON THE CASINO FLOOR: 2 PM – 4 PM • 8 PM – 10 PM
 ENTERTAINMENT: THE DRIVERS • 8 PM – 12 AM

CHARITY GOLF OUTING
 Nicolet Country Club | Laona, WI
 All proceeds are donated to local diabetes programs.
 \$90 Per Person (4 Person, Scramble)
FRIDAY, AUGUST 9, 2019
 10 am Shotgun Start

Bingo Events

WACKY WEDNESDAY
 FOR EVERY REGULAR GAME WIN, A NAME WILL BE DRAWN TO WIN \$10 BINGO RETURN PLAY
CRAZY 8s
 BINGO ON ANY NUMBER 8 AND RECEIVE \$8 BINGO RETURN PLAY!
 SELECT SATURDAYS

BINGO'S FINALLY \$500 FRIDAYS
JUNE 7 — & — JUNE 21

FATHER'S DAY DRAWINGS
SUNDAY, JUNE 16
 Ten lucky bingo players will win \$10 Potawatomi Play!

BLACK LIGHT BINGO
FRIDAY, JUNE 28 | LUAU THEME
 WIN A PATIO SET

BINGO BASH
Saturday, June 29
 Admission Packs: \$20
 Extra Packs: \$10
 Machine Packages Available
 Admissions open at 4:30 pm!
 Early birds at 6 pm | Bash Session at 8:30 pm



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