



POTAWATOMI TRAVELING TIMES

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New Community Center Ground Blessing & Breaking



by Val Niehaus

May 28, 2019, was a momentous day on the Forest County Potawatomi campus located in Crandon, Wis. It was a day that saw the ground blessing and ground breaking ceremony for the new Forest County Potawatomi (FCP) Community Center. To be located on a wooded parcel at the intersection of Mish ko swen Dr. and Fire Keeper Rd. near Hwy. 8 in Crandon, the Community Center will be a hub for cultural education, recreation, athletic training, competition, wellness and social events.

FCP Council Member Brooks Boyd

PRSRT STD US POSTAGE PAID PERMIT NO. 317 OND DU LAC, WI opened with remarks of welcome and thanks for all in attendance on this day of history for the FCP tribe. He said, "Today is a very significant day and I want to welcome everyone. When it comes to these types of capital projects, it requires us to dig into and open our Mother Earth so there are certain protocols we have to follow. We called upon our elder, Billy Daniels Jr., to provide the appropriate prayers."

Boyd then handed the microphone over to Daniels, who gave the blessing for this construction to begin on Mother Earth. He spoke of what a beautiful day it was for us all and for the blessing. Daniels then went on speaking in his Native language asking for permission to dig into Mother Earth, to watch over all the construction workers who will be building this complex and a prayer request to keep an eye out over all the community members who will enjoy this building once the project has been completed and the building is finished.

Boyd then followed saying, "I want to express what an honor this has been to be a part of this project. We wanted to focus on offering something that focused on the entire community. We wanted this available for our babies, the tiny tots, our middle-aged adults all the way up to our elders and this project and facility will offer that."

The ground breaking then proceeded following these good words from both Daniels and Boyd. All of the FCP Executive Council were present for the actual breaking of ground: Chairman

Ned Daniels Jr., Vice Chairwoman
Brenda Shopodock, Treasurer Joe Daniels
Sr., Secretary James A. Crawford, Council Member Brooks Boyd and Council
Member Nick Shepard. Also present
during the ground breaking were President of Greenfire Management Services,
LLC, Kip Ritchie, and President Scott
Ramlow from architectural firm Uihlein/
Wilson-Ramlow/Stein. There was also
a handful of youth in attendance who
were most excited to see this community
center being built and who will be among
those who will be able to utilize and
enjoy it to the fullest.

Vice Chairwoman Shopodock came to the podium next saying, "Thanks to the Creator for this beautiful day and for bringing us together in the celebration in the ground breaking of our new community building. Some people have thought in the past that it's a recreation center, but it's not. It's a 'community' building for all of us — our young ones, our teens, our adults, our elders. I would like to thank Mr. Billy Daniels for that beautiful prayer. We as Bodwéwadmi, when we do something like this with the land and Mother Earth, we always ask permission first."

Council Member Nick Shepard progressed with saying, "Bosho everyone. I am going to talk from my heart here and want to say Migwetth to Grampa Bill and to Fire Nation singers. Hopefully one day this building can be our community school. We can teach our children our traditional values, their language and stuff that is being lost right now. If we

can bring that back to this community, I think we will really prosper in the future. Money isn't everything – those old traditional values and language are what sets us apart. Migwetth!"

Proceeding after Shepard, Treasurer Joe Daniels Sr. had some words to say about this great day. He said, "I would like to express it is a great privilege and honor to be a part of this process in our day and era as a Nation as we stand here in representation as good stewards as Forest County as a whole. We have demonstrated as a Nation that we are always looking forward for the future, thinking about our young children and making a way to mold a society that we are as Indigenous people of this tribe. This building will provide a lot of services from the youngest to the oldest in molding who we are as Forest County Potawatomi. It's a \$60 million project and will be offering a lot of construction jobs in the county. This is a state-of-the-art facility and will be offering a lot of amenities that even the public schools could possibly use during the off season as well. Thank you to our construction company Greenfire and for your kind attention."

Ritchie spoke next saying, "We started the planning for this about two years ago. This will be a 120,000 sq. foot building that we will be working on here, and we have worked closely with the architect and the FCP project management team on this as well. It's been an absolute thrill."

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Deadline for the July 1, 2019 issue of the *Traveling Times* is Wednesday, June 19, 2019.

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!





POTAWATOMI TRAVELING TIMES

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Community Center

... continued from pg. 1

Ritchie then introduced some of the team members from Greenfire that will be working on this project for the next couple of years.

Ramlow was next to speak to the crowd. "I want to say thank you to Executive Council, all the departments, community members and Greenfire who have given us guidance along the way these last few years. This is an ambitious building. We are going to promote wellness, athletics, education and support the whole family. We are just beginning, and we look forward to the next few years and having an opening ceremony!"

Chairman Daniels then took over to say a few words. "I want to thank Creator/God for this beautiful day and thanks to my Uncle Bill. It's great having him alongside of me to say this prayer for us. I want to thank my Executive Council and Fire Nation. I have been praying every day for our children to have life and to come out of their basements to get athletic, play basketball, run track and be active. I want to thank these children because they were involved in the planning on this center. They told me what they would like to see in their building so I want to thank them! There has been an epidemic going through this whole U.S. and I wanted to do something to change my community and my people and the

way we are living and this facility encompasses all of that. This will be a facility for ALL people from the time you are born to the time you pass - you will have a place inside this facility. It's going to be the biggest thing ever in Forest County! Estimates are up to \$60 million, and I am happy that Forest County is our partner and they are seeing we are trying to enhance Forest County. I thank everyone from the departments to the community members that have helped with this project! We do things ALL around the world, literally around the world, and this Council thinks it's time to bring some of that home so we are bringing it home!"

Fire Nation sang the closing song with the veterans retiring the colors. Once the ceremony was finished, everyone moved down to the FCP recreation building for a feast prepared by Jacob Wojick, Gte Ga Nes staff cook.

As the Chairman said, "This is a one-of-a-kind building in Forest County." And what a building it will be – not only for the activities it offers, but for anyone who is feeling maybe a bit lonely, bored, frustrated with their day or who just feels like doing something with friends. It will be a place of friendship and family, and many cannot wait for that spring day in 2021 to arrive for the grand opening of this magnificent landmark!











Wgemas Grand Opening

by Val Niehaus

May 22, 2019, was a big day for the Forest County Potawatomi (FCP) community, along with the City of Milwaukee, as it was the grand opening of the Wgemas (Little Chief) Building located on Wgema Campus in Milwaukee, the former Concordia College site.

FCP took over this property back in 1990, and along with Greenfire Management Services, LLC, they have been renovating the buildings and the surrounding grounds since. One structure at a time, the campus is being returned to its classic beauty as each of the architecturally-unique buildings is updated, renovated, and restored to its original style. The facility dedicated on this day is noted to be the fourth building on the campus that FCP has restored - with the next being the Tthigwe Building, a structure that once included the gymnasium for the Concordia College.

The Wgemas building is about 10,000 square feet and within its walls it will house the Indian Council of the Elderly, United Indians of Milwaukee, and Lisa Kaye Catering, LLC. There is also commercial space for rent to whomever might be interested in filling those spaces in the future.

The blessing/smudging of the building took place in the early morning before the ceremony by FCP elder Phil Shopodock. At 10 a.m., the grand opening ceremonies began with opening remarks by Greenfire Management Services, LLC, President Kip Ritchie. He then proceeded with acknowledgments of dignitaries, introduction of the drum, Fire Nation, along with the dancers and veterans procession.

Fire Nation drum along with FCP Veterans Post I began with grand entry and the posting of colors followed by the Flag Song. There were a number of dancers who accompanied them and made the beginning of the ceremony even more special. These included: United Indians of Milwaukee, Inc. Board President Ronnie Preston, United Indians of Milwaukee Emma Carufel, FCP tribal member Starla Thompson, Oneida Nation FCP Foundation Scholarship Coordinator James "L.J." Flores, FCP jingle dancer Nem Ki Kwe, FCP tribal member Joseph Alloway and FCP tribal member Krystal Gougé. In addition to these dancers, the Indian Community School of Milwaukee also brought over a handful of young dancers for the day's festivities.

Next on the agenda was FCP elder Jim Thunder who gave the invocation for the grand opening. As always, he held everyone's attention with his fluent speaking in Potawatomi.

After the prayer, FCP Chairman Ned Daniels Jr. came to the podium and spoke to all present during this special day. Following a welcome and thanks to everyone for showing up for this momentous occasion, Daniels moved on to thank a very special man in the audience. This gentleman has been with the tribe for a long time, and has, in turn, become a great friend to not only Daniels but the tribe itself. And with that introduction, he welcomed Martin Schreiber, former governor of Wisconsin to the grand opening.

Daniels then proceeded to share his thoughts about the significance of the day and of the city. "We have had a long history here in Milwaukee – it's always been a home base for us and a vital part of survival for the Potawatomi people for hundreds and hundreds of years. With that being said, Milwaukee was a place of trading, bartering and we became friends with many people here throughout those hundreds of years and we continue to be

friends to this day." He went on to say, "You know, I remember this campus a long time ago, before we started renovating them. Needless to say, we had some issues in starting this, but looking at it now, we got through those. And now these buildings have become a vital part of Milwaukee - and that, in itself, is part of who the Potawatomi people are here in Milwaukee. Myself and my whole Council wants to make sure that Milwaukee knows that the Potawatomi's are here so we try and be the best partners we can be. We try and do things for the other Nations that live in Milwaukee. We do things for the schools here in Milwaukee. We try to help out the best we can and that is going to continue!"

Milwaukee Mayor Tom Barrett was then introduced by Daniels and was next to address the audience. He said, "For the people here (Milwaukee) I want them to know not only do we acknowledge the Potawatomi here in Milwaukee, but we respect and love working with them. We feel blessed here in the city of Milwaukee to have a strong relationship with the Potawatomi. I am a firm believer in partnerships. I am a firm believer in a two-way street, and everything that has been accomplished here is because there is a level of mutual respect and trust and true desire to accomplish things. This area is a perfect example of that. If we are not changing, we are dying, and this plot of land here is an example of that. The Potawatomi people are right there on the front lines fighting back with us here. This is a great day in the city of Milwaukee for reaffirming your presence and our shared values. Thank you!"

Following the good words from the mayor, the next to speak was FCP Attorney General Jeff Crawford. He gave a quick history lesson of the Potawatomi people, and a great overview of the Wgema Campus and its historical timeline compared to that of the Potawatomi people during those same years that the campus was being built.

Crawford touched on topics such as 1925 ethnobotany of the Forest Potawatomi Indians and he spoke of Mr. Ritchie, a fluent conversationalist of the Potawatomi; Charley Musko (Tecumseh) was mentioned; and, of course, Chief Simon Kahquados was highlighted. Crawford talked about the initial visions of the Concordia Campus and the Bingo Control Ordinance of 1988. He then gave an overview of what the Potawatomi people are like today, relaying that tribal membership is more than 1,600; there was a 100 percent high school graduation rate in 2018; they are the largest employer in Forest County and surrounding areas, as well as one of the largest employers in Milwaukee with approximately 4,000 employees in the Crandon, Carter and Milwaukee areas. Crawford's slide show and history lesson nicely showed the growth of the Potawatomi people as a whole, and it seems there is no stopping them.

Closing remarks were then offered by Ritchie during which time he gave many thanks to all involved in the restoration of this building, as well as to the people in attendance on this very special day of the grand opening. Many FCP tribal members were in attendance, as well as a special group that made its way to the opening: FCP elders who were pleased to participate.

Seeing this building restored to its original state is quite an impressive sight as is also true of the other buildings that FCPC has fully restored. The natural woodwork and intricate details in construction and decor are something that must be seen in person to fully appreciate. In this day and age, it truly is a wonder to see such historical buildings refurbished as opposed to just being torn down. The building showcased on this day is a perfect addition to the Milwaukee area that the Potawatomi people care so much about.



FCP Executive Council (l-r): Treasurer Joe Daniels Sr., Secretary James A. Crawford, Chairman Ned Daniels Jr., Council Members Nickolas G. Shepard Sr., and Brooks Boyd (not pictured: Vice Chairwoman Brenda Shopodock)





(l-r) Cultural Preservation Division Administrative Assistant III Skye Alloway, FCP elders Jim Thunder and Mike Alloway



FCP Recognized with Award

submitted by FCP Health Division

Overcoming challenges is nothing new to the Forest County Potawatomi (FCP) community. The most recent problem the tribe is tackling is the devastating opioid epidemic that has taken the lives of too many.

In May 2018, a small group of individuals took a "Walk for Recovery" and ended up starting a movement in the community. That walk led to a sacred fire on the reservation, which burned for 54 days. From conversations between tribal members, Executive Council members and law enforcement officers around this fire, a plan of attack against this faceless killer was formed. Part of this strategic plan included opening a transitional living house, offering medication-assisted treatment options to those in recovery, and collaborating with Wellness Court. Less than a year later, not only have many of these plans been implemented, but the FCP community has been nationally-recognized for its efforts fighting the opioid epidemic.

The following statement was taken from the American Indian and Alaska Native National Behavioral Health Conference website, where it was an-

nounced that FCP was the winner of the National Indian Health Board's 2019 Hope & Healing Behavioral Health award in the Tribal Category: "Forest County Potawatomi youth and families brought their voices to the FCP Executive Council about the suffering and need for action due to the opioid epidemic. Out of this compassionate and courageous action, the "Not One More" campaign was born. The FCP community has come together with the Forest County Sheriff's Department to create a layered media and awareness campaign (billboards, website with resources, videos) with an impactful, conceptually-strong program that benefits FCP members and non-members alike. The campaign is powerfully impacting all who are suffering and educating all who need to understand this suffering. It is a bright ray of hope and a true testament to the resilience of the Forest County Potawatomi community. They are truly Keepers of the Fire in every sense."

"The Hope & Healing Behavioral Health Award was created to honor individuals, tribes, organizations, and programs that have enriched and improved American Indian and Alaska Native behavioral health. The National Indian Health Board (NIHB) recognizes that behavioral health is important to Native health and wellness and that tribes have led the way in creating and implementing behavioral health programming and services that align not only with contemporary needs, but with cultural beliefs as well. This award highlights the work and vision of an individual, organization, Tribe or program that has worked to improve behavioral health status, implement new programming, address long-standing health disparities, and/or increase the visibility of behavioral-health concerns."

The FCP's Health Division's AODA Prevention Activities Coordinator Ira Frank traveled to Albuquerque, N.M., to accept the award on May 17, 2019, at the American Indian and Alaska Native National Behavioral Health Conference. While there, Frank was able to take part in several listening sessions. He was taken aback "...hearing other (tribes) talk about 'I wish' or 'we need to do this'. We are already doing these things that they are hoping for. We have all the necessary resources to help our people. It made me feel really good. We've got so much going on for our community right now." Although he was nervous to speak in front of so many distinguished behavioral health experts and Native American



(l-r) Victoria Kitcheyan (Winnebago Tribe of Nebraska Tribal Council Member, NIHB Chairperson and Great Plains Area Representative) presents the award to FCP AODA Prevention Activities Coordinator Ira Frank.

dignitaries, Frank said, "It was a very humbling experience. (I) couldn't have asked for it to be any better than it was."

From the beginning, making a difference in the lives of our tribal members and community has been the goal of battling the opioid epidemic. Frank said, "It's about the people - togetherness of all departments within the tribal government stating, 'We care. We don't want another person dying.'" For the tribe to be recognized for its efforts and to be able to inspire others has been icing on the cake.

TLDP Holds Open House

submitted by Starla Thompson, Leadership Development Manager

On May 2, 2019, a new fire was lit at the Wgema Campus in Milwaukee to celebrate the arrival of the Tribal Leadership Development Program (TLDP). The open house hosted program participants and partners, employees, Forest County Potawatomi (FCP) community members, Milwaukee Indian Community members, and dignitaries. FCP's Fire Nation and Veterans Post I were in attendance to honor the event and new home of the TLDP.

The Wgechda (Warrior) building, formerly the Concordia College library, is rich in history and one that goes back over 78 years. The new space supports a versatile training/conference room with video conferencing capabilities, five participant work stations, and a common area for discussions and collaborating. We commend Potawatomi Business Development Corporation (PBDC) for its vision and commitment to work with FCP Education to transform this historical space into a beautiful, functional home. Special thanks go to Executive Council for its support in this transition and expansion, allowing us to effectuate positive change in the lives of community members living in and around southeast Wisconsin and Illinois.

The TLDP was created by FCP tribal member and current Leadership Development Manager Starla Thompson. It was launched at the Potawatomi Hotel

& Casino in June 2017 to ensure the tribe could count on strong leaders from our own community and membership, strengthening our determination and sovereignty. The program reached a milestone when TLDP transitioned to the FCP government side under Education in August 2018, which allowed participants the opportunity to work with any FCP business or government entity. TLDP is continuously growing and expanding and has been outshining expectations, thanks to the dedicated trainees and interns, the hard work and enthusiasm of the program partners, and the support from their leaders, and FCP Education.

In the program, the trainees and interns take personal responsibility and a vested interest in the continuity of the business, which is positive for the tribe as well as our employees and the community. The interns spend their rotations in large operational segments of the business for on-the-job training across the organization and different FCP entities, and most continue for additional learning in focused areas aligned with their academic studies. Trainees, on the other hand, rotate through five tracks of the program, which includes exposure to all areas of the business, development of soft skills, and leadership training.

The future is very bright as we look to expand services beyond TLDP offered at the new site. If you would like to learn more about programming and support, please contact Starla Thompson at (414) 837-3709 or Sharell Hill at (414) 837-3708. We would love to learn more about you and how we might co-create a tailored plan to meet your academic or career goals.



(right) Open house present space dedicated to TLDP



(above) Concordia College Library 1950

(left) Signage for the newly-renovated building





Wisnëwéwen

by Winda Collins

The annual Wisnewéwen (feast/ banquet) hosted by Forest County Potawatomi (FCP) Education was held Monday evening, May 20, 2019. The purpose of the event is to recognize and honor FCP students at pivotal points in their educational journeys. These points include high attendance, high honors and graduation.

Held in the Willow Room of Potawatomi Carter Casino Hotel and with every seat taken, emcee for the evening was FCP Council Member Brooks Boyd. He warmly welcomed the crowd and kept the evening rolling along quite smoothly.

The event began with posting of the colors by FCP Veterans Post I. This entailed veterans leading all the honored students around the room as Fire Nation played an opening song. FCP elder Jim Thunder said the prayer in his language before dinner.

After dinner, Boyd again took the mic and introduced the rest of Executive Council who were all in attendance: Chairman Ned Daniels Jr., Vice Chairwoman Brenda Shopodock, Secretary James A. Crawford, Treasurer Joseph Daniels Sr., and Council Member Nickolas G. Shepard Sr.

Next at the mic was Chairman Daniels. He spoke of his father, Ned Daniels Sr., and what it was like for his generation when there were no schools - when one learned from family: parents, grandparents, aunts and uncles. He also spoke of the changes as his father was growing up and how he was then encouraged to go to school to become educated. The Chairman's father was the first Forest County Potawatomi to graduate high school. He went on to say, "Education is very important to this Council. We hold events and a few people show up. We host an education banquet and all the tables are full!" He congratulated all the students and said, "Go get an education. Learn and come back - bring your skills back here and work for the people!"

As the Education Division Director Thomas Boelter was unable to attend, Boyd introduced Education Assistant Division Director Sarah Thomaschefsky. She thanked Executive Council for its support, the veterans, Fire Nation, and administrative staff from the Crandon, Laona and Wabeno School Districts. She then thanked the families of the honorees for their roles in getting students to their respective education levels. To them all she said, "Thanks for putting in the work!"

Thomaschefsky then introduced Education staff:

Division Director: Tom Boelter Assistant Division Director: Sarah Thomaschefsky

Administrative Assistant: Barb Roberts Higher Education Director: Mary Mattson

K-12 Director: Brittany LaMere K-12 Tutors: Sandi Schuhart, Kari Ponton, Sharla Kitchmaster

Advanced Tutor: Erik Carlson Mentors: Brian Franz, KeeAnna Arm-

Advanced Teachers: Mary Neilitz, Kathy McNulty-Tucker, Jim VanZile Truancy Prevention Specialist: Becky

Youth Services Liaison: Myra VanZile Behavioral Specialist: Rebecca Jennings Pre-School Staff

Director: Trisha Stefonek

Teachers: Beth Wandsnider, Terri Harris, Abbey Albrecht, Kerry Kerner, Melonie Pitts, Mary Phalen, Katie Collins, Sasha Shepard, Marla Walsh, Eileen Gobert, Jean Mertens

Cook: Jacob Wojcik

Other: Mike Konaha, Peggy Konaha,

At this time, the students were recognized in each of the following categories:

Outstanding Achievements:

Micasslyn Crawford - 2nd Team All-Conference Basketball, Crandon Nicholas Moe - 2nd Team All-Confer-

ence Football, DC Everest Breed Shepard - All-Conference Wrestling, Crandon

Makenna Winnicki - All State Swimming (550 Freestyle, 100 Fly), Rhinelander

Bronze Medal Recipients (Preschool High Attendance Students and Families)

Dorian Bird, Tayah Bird, Zayden Daniels, Kendrick Gomez, Emma Gougé, Alexander Hancock, Kaleb Kircher, Karsyn McCorkle, Raymonda Poupart, Amellia Richie-Nunway, Evan Sato, Olivia Shepard, Wylder Shepard, Cameron Tuckwab, Jay White

Silver Medal Recipients (K-12 High

Honors Students)

Ryana Alloway, Cheyanne Blasing, Antonio Cisneros, Micasslyn Crawford, Cierra Frank, Nathaniel Gilpin III, Bluesky Meshigaud, Patricia Powless, Brady Shepard, Breed Shepard, Geronimo Shepard, Jennifer Shopodock, India VanCleve, Abey VanZile

High School Graduates

Theron Ahtone, Richard Alloway, Darlaina Boyd, Connor Brunette, Kiaz Calderon, Jeffrey Cisneros, Micasslyn Crawford, Dominick Daniels, Maskwankot Daniels, Raelynn Daniels, Mariah Jacobson, Chance Mann, Kiana Marvin, Lisa Milligan, Sage Milligan, Nicholas Moe, Patricia Powless, Todd Samplaski, Jennifer Shopodock *Not on the banquet program: Helena Murphy, Kevin Reed

Gold Medal Recipients (Higher Education Graduates)

Clayton Alloway, Tristan Alloway, Maria Crawford, Alexis Harris, Lisa Milligan, Michael Moe, Susan Shopodock, Michael Wells

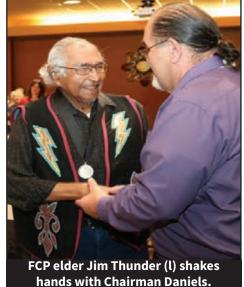
Platinum Medal Recipient

Jim Thunder was honored for his years of dedication in teaching the Potawatomi language.

The event concluded with Fire Nation singing an honor song and a traveling

It should be noted that all 21 high school seniors graduated this year! This was a true reason to celebrate - not only for their success, but also for the community that helped make it happen. Congratulations to you all! To the students, may your futures be bright, and may your quest for knowledge never end!













Wisnëwéwen continued



High school graduates (sitting l-r): Kiana Marvin, Darlaina Boyd, Lisa Milligan, Jennifer Shopodock, Patricia Powless (standing l-r): Kiaz Calderon, Connor Brunette, Jeffrey Cisneros, Maskwankot Daniels, Dominick Daniels, Raelynn Daniels, Richard Alloway, Micasslyn Crawford, Onkot Frank, Mariah Jacobson, Todd Samplaski, Chance Mann. Not pictured are: Theron Ahtone, Elijah Meshigaud, Sage Milligan, Nicholas Moe, Helena Murphy and Kevin Reed.



FCP veterans (l-r): JR Holmes, Clarence Daniels, Ardin Mielke, Louie Spaude, Greg Miller, Ray Williams, Brenda Shopodock

2019 Graduate Spotlight



Name: Maria Crawford (FCP)
Parents: Mary Beth Crawford, Jeff
Crawford, Oconomowoc, Wis.

School graduating from: Champlain College, Burlington, Vermont

Biggest challenges during school: Time management

Words of advice to younger students: Don't procrastinate! Do an hour of work from each class every day.

Plans after graduation: Pursue art career.

Other comments: Thanks to my friends, family and teachers for their support. Also, a special thanks to the Education Department.

College of Menominee Nation Dean's List • 2019 Fall Semester

Highest Honors (GPA 4.0)

Deidre Caldwell, Delores Castellanos, Dakota Corono, Taylor DePerry, Zachery Marconie, Jordynne Waupekenay

High Honors (GPA 3.75-3.99)

Kayla Diamond, Yancy Jeff, Jamie Komanekin, Jasmine Neosh, Marissa Vele <u>Honors (GPA 3.50-3.74)</u>

Angelina Hindsley, Lisa Kohel, Chantelle Kuchta, Jennifer Kuhn, Christa Lyons, Keshia Melotte, Monica Pamaska, Adam Schulz



Gold medalists (l-r):
Michael Moe and Alexis Harris.
Not pictured: Clayton Alloway, Tristan
Alloway, Maria Crawford, Susan
Shopodock, Michael Wells



Outstanding Achievement honorees (l-r): Micasslyn Crawford, Makenna Winniski. Not pictured are: Nicholas Moe, Breed Shepard



Verol Mae Ritchie Scholarship

A word of thanks from Elizabeth Reed, 2019-20 scholarship recipient: I am writing to convey my deepest appreciation and gratitude that I have been selected to be the recipient for the Verol Mae Ritchie Scholarship.

I am a married, mother-of-three, non-traditional student in the nursing program. I began the journey of pursuing my nursing degree when my youngest daughter, who is now 20, was two years old. Life happened and my journey was taken in many different directions. I was pulled from what I wanted to do to what I needed to do, which includes raising two of my 13 grandchildren. Now that my grandchildren are getting older and in school, I have been able to again begin building on where I left off in my education. I strive to set the best example I can, for both my children and grandchildren, and although I am an "older" student, I stress to them and others that one is never too old to pursue their dreams and goals.

I am a 4.0 GPA student and have obtained honors on the dean's list. Although I am my own biggest critic, I continue to do my best at everything I set out to do. I really enjoy helping others and hope to continue to broaden the assistance I can provide to others as I continue with my education. My ultimate goal is to obtain my BSN and work toward my master's degree. My educational experience here at Nicolet College will provide me with the stepping stone needed to continue on with my career plan. I would ultimately like to compassionately serve those needing hospice care.

By being awarded the Verol Mae Ritchie Scholarship, my financial burden has been reduced, therefore allowing me to focus on continuing to excel in my education rather than worrying about how I will pay for my education. This scholarship has also given me a great sense of pride in knowing that, regardless of age, there is always value and worth in helping to provide education.

Thank you again for your generosity in providing this scholarship. I hope that one day I am able to "pay it forward" as you have done for me.

Elizabeth Reed



PRE-REGISTRATION REQUIRED

LIGHT LUNCH PROVIDED

FCP Tribal Wellvation,

for T-shirt Size by JUNE 7, 2019.

REGISTER online at cmh.fcpotawatomi.com,

OR CALL Community Health @ 715.478.4355.

TO BE ENTERED INTO DRAWING FOR PRIZES!

FIRST 75 PARTICIPANTS TO REGISTER AND ATTEND

WILL RECEIVE A T-SHIRT AND WILL HAVE A CHANCE

June 27 - National HIV Testing Day

submitted by FCP Community Health

In honor of National HIV Testing Day, June 27, Forest County Potawatomi (FCP) Community Health department encourages everyone to get tested. HIV (human immunodeficiency virus) is the

virus that causes AIDS. The only way to know if you have HIV is to get tested. Many people with HIV don't have any symptoms. In the United States, one in seven people living with HIV don't know

they have it. Even if you don't feel sick, getting early treatment for HIV is important. Early treatment can help you live a longer, healthier life. Treatment can also make it less likely that you'll pass HIV on to other people.

On this day, we unite with partners, health departments, and other organizations to raise awareness about the importance of HIV testing and early diagnosis of HIV. Help encourage HIV testing on National HIV Testing Day and every day to ensure people get tested for HIV, know their status, and get linked to care and treatment services.

Am I at risk for HIV?

HIV is spread through some of the body's fluids, like blood, semen (cum), vaginal fluids, and breast milk. HIV is passed from one person to another by:

• Having sex (vaginal, anal, or oral) without a condom or dental dam with a person who has HIV

- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
 - Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Did you know that FCP Community Health Department has a Brown Bag **Program?** Please stop at any of the Community Health

Department offices (lower level) and ask for a brown bag. This bag is filled with condoms and sexual health education. Condoms prevent unplanned pregnancies, HIV/AIDS and other sexually-transmitted infections.

Here are some facts from Indian Health Services (2018) about HIV:

- CDC estimates over one million people have HIV in the United States
- American Indians and Alaska Natives (AI/AN) are ranked third in the nation for the rate of new infections of HIV when compared with all other races and ethnicities
- HIV is mainly affecting the younger AI/AN population
- Every nine-and-a half minutes someone in the United States is infected with HIV
- There is no cure or vaccine for HIV/ **AIDS**



WEAR

PURPLE FOR

ALZHEIMER'S

AWARENESS



"There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women." - Dr. David Gremillion Men's Health Network

9:30 a.m.

START TIME:

OPEN TO:

Rec Center

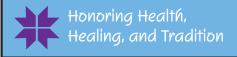
10:30 a.m.

FCP Tribal Members

and Their Families

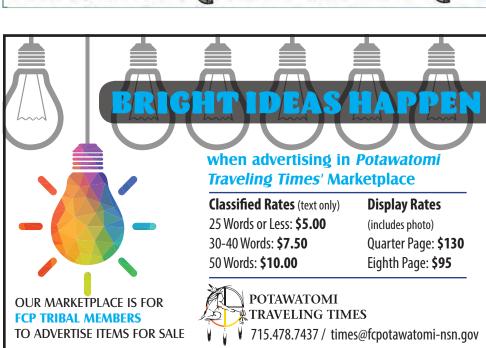
ALL AGES WELCOME

The importance of yearly check-ups cannot be stressed enough! Please call the FCP Health & Wellness Center to schedule your appointment today: (715) 478-4339.





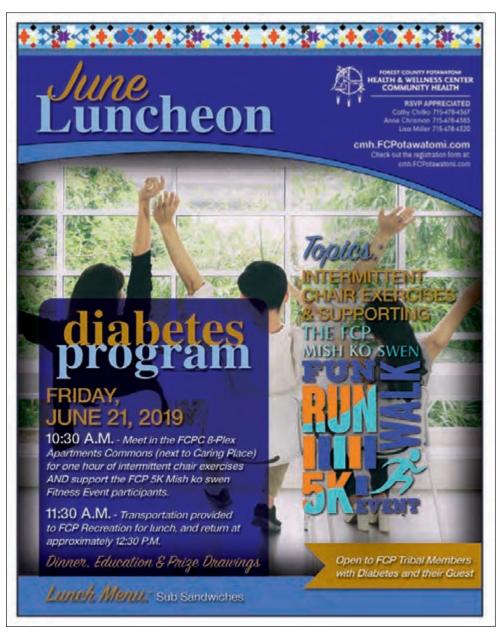












Annual Water Quality Report

submitted by FCPC Water & Sewer

Is my water safe?

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies.

Do I need to take special precautions? Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at-risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Source water assessment and its availability: Your tribe, in conjunction with USEPA, conducted a source water assessment that consists of identifying the area(s) around the wells, which needs to be protected from contamination, identifying potential sources of contamination, and determining the susceptibility of the well contamination. The source water assessment is included. Because the drinking water comes from underground wells, we need, as a tribal community to make sure that our drinking water is safe now and in the future. If you have any questions or if you would like a complete copy of the assessment, please contact Ben Koski, FCPC Environmental Sciences Manager, at (715) 478-4436.

Why are there contaminants in my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA) Safe Drinking Water Hotline (800-426-4791). The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity: microbial contaminants, such as

viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems; and radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

How can I get involved?

Become involved by contacting Utility Manager Bruce M. Johnson at (715) 478-7398 or Housing Division Administrator Donna M. VanZile at (715) 478-7402.

Description of water treatment process: Your water is treated by disinfection. Disinfection involves the addition of chlorine or other disinfectant to kill dangerous bacteria and microorganisms that may be in the water. Disinfection is considered to be one of the major public health advances of the 20th century.

Water Conservation Tips

Did you know that the average U.S. household uses approximately 400 gallons of water per day or 100 gallons per person per day? There are many low- to no-cost ways to conserve water. Small changes make a big difference. Try one and soon it will become second nature.

- Take short showers. A five-minute shower uses four to five gallons of water compared to up to 50 gallons for a bath.
- Shutting off water while brushing your teeth, washing your hair and shaving can save up to 500 gallons a month.
- Use a water-efficient shower head. They're inexpensive, easy to install, and can save you up to 750 gallons a month.
- Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
 - Water plants only when necessary.
- Fix leaky toilets and faucets. Faucet washers are inexpensive and take only a few minutes to replace. To check your toilet for a leak, place a few drops of food coloring in the tank and wait. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it or replacing it with a new, more efficient model can save up to

1,000 gallons a month.

- Adjust sprinklers so only your lawn is watered. Apply water only as fast as the soil can absorb it and during the cooler parts of the day to reduce evaporation.
- Teach your kids about water conservation to ensure a future generation that uses water wisely. Make it a family effort to reduce next month's water bill!

Visit www.epa.gov/watersense for more information.

Source Water Protection Tips

Protection of drinking water is everyone's responsibility. You can help protect your community's drinking water source in several ways:

- Eliminate excess use of lawn and garden fertilizers and pesticides - they contain hazardous chemicals that can reach your drinking water source.
 - Pick up after your pets.
- If you have your own septic system, properly maintain your system to reduce leaching to water sources or consider connecting to a public water system.
- Dispose of chemicals properly; take used motor oil to a recycling center.
- Volunteer in your community. Find a watershed or wellhead protection organization in your community and volunteer to help. If there are no active groups, consider starting one. Use EPA's Adopt Your Watershed to locate groups in your community, or visit the Watershed Information Network's How to Start a Watershed Team.
- Organize a storm drain stenciling project with your local government or water supplier. Stencil a message next to the street drain reminding people "Dump No Waste Drains to River" or "Protect Your Water." Produce and distribute a flyer for households to remind residents that storm drains dump directly into your local water body.

Additional Information for Lead If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. FCPC Blackwell is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure, is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/lead.

Additional Information for Arsenic

While your drinking water meets EPA's standard for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health

effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

Water Quality Data Tables (for Blackwell, Carter, Stone Lake)

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally-occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally-occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we have provided the definitions below the table.

Blackwell FCPC CCR 2018

Where does my water come from?

Your drinking water is supplied by two wells on the south west side of the Bodwéwadmi Ktëgan (Potawatomi Farm) in Blackwell. Your drinking water originates beneath the surface of the earth, known as groundwater. Groundwater is naturally-filtered as it travels through the layers of soil and rocks.

*see corresponding table on page 11 Carter FCPC CCR 2018

Where does my water come from? Your drinking water is supplied by two wells located on Eagle Lane in Carter, Wis. Your tribal water originates as water beneath the surface of the earth, known as groundwater. Groundwater is naturally-filtered as it travels through layers of soil and rock.

*see corresponding table on pages 11, 12 Stone Lake FCPC CCR 2018

Where does my water come from? Your drinking water is supplied by four wells - two that are located on the north end of Bug Lake road and two that are located at 7960 Wase Gishek Dr. in Crandon, Wis. Your tribal water originates as water beneath the surface of the earth, known as groundwater. Ground water is naturally-filtered as it travels through layers of soil and rocks.

*see corresponding table on page 12

BLACKWELL

	MCV C	200.27		Detect Rang		nge				
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL		In Your Water	Low	High	Sample	Violation	Typical Source	
Inorganic Contamina	120000000000000000000000000000000000000	3,045,045		11 4154	10011			1	- ypromison is	
Nitrate [measured as Nitrogen] (ppm)	10	10	.56	NA	NA	2017	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits		
Microbiological Conta	minants									
E. coli (RTCR) - in the distribution system	0	samples are coliform pos and either is E - positive or s fails to take r samples follo E. coli posi routine samp system fail: analyze to coliform pos	Routine and repeat samples are total coliform positive and either is E. coli positive or system fails to take repeat samples following E. coli positive routine sample or system fails to analyze total coliform positive repeat sample for E.		NA	NA	2018	No	Human and animal fecal waste	
Volatile Organic Cont	aminants							7		
Benzene (ppb)	0	5	5		NA	NA	2018	No	Discharge from factories; Leaching from gas storage tanks and landfills	
Carbon Tetrachloride (ppb)	0	5	0	NA	NA	2018	No	Discharge from chemical plants and other industrial activities		
Chlorobenzene (monochlorobenzene) (ppb)	100	100		0	NA	NA	2018	No	Discharge from chemical and agricultural chemical factories	
Dichloromethane (ppb)	0	5		0	NA	NA	2018	No	Discharge from pharmaceutical and chemical factories	
Ethylbenzene (ppb)	700	700		0	NA	NA	2018	No	Discharge from petroleum refineries	
				Detect	Ra	Range				
	MCLG or	MCL, TT, or		In Your			Sample			
Contaminants	MRDLG	MRDI.		Water	Low	High	Date	Violation	Typical Source	
Styrene (ppb)	100	100		0	NA	NA	2018	No	Discharge from rubber and plastic factories; Leaching from landfills	
Toluene (ppm)	1	1		0	NA	NA	2018	No	Discharge from petroleum factories	
Xylenes (ppm)	10	10		0	NA	NA	2018	No	Discharge from petroleum factories; Discharge from chemical factories	
Contaminants	-	Your GAL Water	Sampl Date	e Exce	mples eding	Exc	ceds	Турі	cal Source	
Copper - action level at consumer taps (ppm)		1.3 1.3 2018		0		No		Corrosion of household plumbing systems; Erosion of natural deposits		
Inorganic Contamina	nts									
Lead - action level at consumer taps (ppb)	Corrosion of household					tems; Erosion of				

it Descriptions									
Term	Definition								
ppm	ppm: parts per million, or milligrams per liter (mg/L)								
ppb	ppb: parts per billion, or micrograms per liter (μg/L)								
NA	NA: not applicable								
ND	ND: Not detected								
NR	NR: Monitoring not required, but recommended.								
ositive samples	positive samples/yr: The number of positive samples taken that year								

ortant Dr	inking Water Definitions
Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water belo which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

BLACKWELL continued

Important Drin	king Water Definitions
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRDL	MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MNR	MNR: Monitored Not Regulated
MPL	MPL: State Assigned Maximum Permissible Level

		CA	RTER					
Contaminants Disinfectants & Di	MCLG or MRDLG	MCL, TT, or MRDL	Detect In Your Water		nge High	Sample Date	Violation	Typical Source
The state of the s	2111027.7.30.40412	that addition of a disinfe	ctant is r	iecess	ary for	control	of microbia	1 contaminants)
Haloacetic Acids (HAA5) (ppb)	NA	60	.68	NA	NA	2016	No	By-product of drinking water chlorination
TTHMs [Total Trihalomethanes] (ppb)	NA	80	5.2	NA	NA	2016	No	By-product of drinking water disinfection
Inorganic Contam	inants							
Arsenic (ppb)	0	10	1	NA	NA	2016	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Barium (ppm)	2	2	.0093	NA	NA	2018	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium (ppb)	100	100	2.4	NA	NA	2018	No	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	5	NA	NA	2018	No	Discharge from plastic and fertilizer factories; Discharge from steel/metal factories
Fluoride (ppm)	4	4	.21	NA	NA	2018	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Mercury [Inorganic] (ppb)	2	2	.063	NA	NA	2018	No	Erosion of natural deposits; Discharge from refineries and
	*****	****	Detect	Ra	nge			
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	In Your Water	Low	High	Sample Date	Violation	Typical Source
								factories; Runoff from landfills; Runoff from cropland
Nitrate [measured as Nitrogen] (ppm)	10	10	.45	NA	NA	2018	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Microbiological Co	ontaminan							
E. coli (RTCR) - in the distribution system	0	Routine and repeat samples are total coliform positive and either is E. coli - positive or system fails to take repeat samples following E. coli positive routine sample or system fails to analyze total coliform positive repeat sample for E. coli.	0	NA	NA	2018	No	Human and animal fecal waste

CARTER continued on next page

CARTER continued from previous page

Radioactive Cor	rtami	nants							
Radium	icanico	antis							Ei
(combined 226/228) (pCi/L)		0	5	0	NA	.76	2018	No	Erosion of natural deposits
Uranium (ug/L)		0	30	1.51	NA	NA	2018	No	Erosion of natural deposits
Unit Description	is								
Term						nition			
ug/L			ug/L : Number of						
ppm			ppm: parts p	er millio	on, or	milligr	ams per	liter (mg/L	.)
ppb			ppb: parts p	er billio	n, or n	nicrogi	rams per	liter (μg/L)
pCi/L			pCi/L: picoc	uries per	r liter (a mea	sure of ra	dioactivit	y)
NA				NA	: not a	pplica	ble		
ND				NI): Not	detect	ed		
NR			NR: Moni	itoring n	ot requ	aired, l	out recon	nmended.	
positive samp	les	positive samples/yr. The number of positive samples taken that year							that year
Important Drin	king V	Vater I	Definitions -						
Term				D	efiniti	on			
MCLG			ximum Contaminant Lev is no known or expected						
MCL	drink	king wa	mum Contaminant Level ter. MCLs are set as clos chnology.						
TT		Treatme	ent Technique: A require ter.	d proces	s inter	nded to	reduce t	he level of	a contaminant in
AL		Action Level: The concentration of a contaminant which, if exceeded, triggers treatment cer requirements which a water system must follow.							iggers treatment or
Variances and Exemptions		iances and Exemptions: State or EPA permission not to meet an MCL or a treatment nique under certain conditions.							
MRDLG	belov	RDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant low which there is no known or expected risk to health. MRDLGs do not reflect the benefits a use of disinfectants to control microbial contaminants.							
MRDL	drink	RDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in nking water. There is convincing evidence that addition of a disinfectant is necessary for ntrol of microbial contaminants.							
MNR	MNF	R: Mon	tored Not Regulated						
MPL	MPL	L: State Assigned Maximum Permissible Level							

STONE LAKE

Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Detect In Your Water		nge High	Sample Date	Violation	Typical Source
Disinfectants & D	MC361-8-1-20-30-1-1	200200						
(There is convincin	ig evidence	that addition of a disinfe	ectant is	necess	ary 101	control	of microbia	
Haloacetic Acids (HAA5) (ppb)	NA	60	1.4	NA	NA	2016	No	By-product of drinking water chlorination
TTHMs [Total Trihalomethanes] (ppb)	NA	80	2.6	NA	NA	2016	No	By-product of drinking water disinfection
Inorganic Contam	inants							
Arsenic (ppb)	0	10	1	NA	NA	2018	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Asbestos (MFL)	7	7	0	NA	NA	2018	No	Decay of asbestos cement water mains; Erosion of natural deposits
Barium (ppm)	2	2	.0096	NA	NA	2018	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium (ppb)	100	100	2.1	NA	NA	2018	No	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	58	NA	NA	2018	No	Discharge from plastic and fertilizer factories; Discharge from steel/metal factories
Fluoride (ppm)	4	4	.051	NA	NA	2018	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate [measured as Nitrogen] (ppm)	10	10	.53	NA	NA	2018	No	Runoff from fertilizer use;

STONE LAKE continued

	Later .					Detect	Ra	nge				
Contaminants	MCL or MRDI		MCL, TT, or MRDL			In Your Water	Low	High	Sample Date	Violation	Typical Source	
												Leaching from septic tanks, sewage; Erosion of natural deposits
Microbiological C	ontami	aaat	8								-	
E. coli (RTCR) - in the distribution system	0		coli e posit to ta fo posit o: anal	ample fornative of the reallow tive of r systems yze tive	e and re les are to a positive is E. co or system epeat sa ving E. croutine s tem fail total col repeat s E. coli.	btal e and di - m fails mples coli sample s to iform ample	0	NA	NA	2018	No	Human and animal fecal waste
Contaminan	ts	MC	LG	AL.	Your Water	Sampl Date	e Exce	mples eding AL	Exc	ceeds	Тур	ical Source
Inorganic Contam	inants								ů			
Copper - action level at consumer taps (ppm)		1.	1.3 1.3 2018		2018	0		0 N		Corrosion of household plumbing systems; Erosion of natural deposits		
Inorganic Contam	inants						Ů		8			
Lead - action level at consumer taps (ppb)		()	15	15	2018		0	1	No Corrosion of household plumbing systems; Ero natural deposits		stems; Erosion of

Additional Contaminants

In an effort to insure the safest water possible the State has required us to monitor some contaminants not required by Federal regulations. Of those contaminants only the ones listed below were found in your water.

Contaminants	State MCL	Your Water	Violation	Explanation and Comment
			No	

Undetected Contaminants

The following contaminants were monitored for but not detected in your water.

Contaminants		TT, or	Your		Typical Source
Selenium (ppb)	50	50	ND	No.	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Xylenes (ppm)	10	10	ND	No	Discharge from petroleum factories; Discharge from chemical factories

nit Descriptions	
Term	Definition
ppm	ppm: parts per million, or milligrams per liter (mg/L)
ppb	ppb: parts per billion, or micrograms per liter (μg/L)
MFL	MFL: million fibers per liter, used to measure asbestos concentration
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required, but recommended.
positive samples	positive samples/yr: The number of positive samples taken that year

mportant Drin	king Water Definitions
Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL. Maximum Contaminant Level. The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRDL	MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MNR	MNR: Monitored Not Regulated
MPL	MPL: State Assigned Maximum Permissible Level

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.
- <u>Kwe Kenomagewen</u> 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 Cleereman, 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.

<u>Diabetes Education Program</u> -

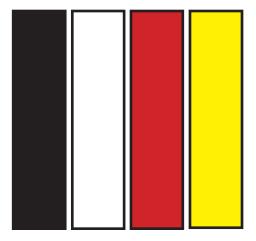
By appointment. Including blood glucose monitoring, making healthy changes, psychosocial, complications, sick day and travel, planning for pregnancy, hypoglycemia, medications, diabetes in general, insulin and goal setting. Please call Anne Chrisman, RN, at (715) 478-4383, or Cathy Chitko at (715) 478-4367.

CULTURE

<u>Language Classes</u> -

Tuesdays: 5:30 - 6:30 p.m., FCP Museum Wednesdays: 5:30 - 6:30, Carter We Care Potluck - bring a dish to pass

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.

<u>Badgercare</u> - 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.

<u>Foodshare</u> - 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 (17, 24)
- Youth 12 17: Tuesdays (18, 25)
- Youth 6 8: Wednesdays (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 (17, 24) times TBD
- FRC Girls Group (ages 10-17): Tuesdays (18, 25) times TBD
- Team Building w/CHOICES (age 6-8): Wednesdays (19, 26) times TBD
- Positive Indian Parenting Class (PIP): Thursdays (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

6/21 - 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.



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





NWSP: NEIGHBORHOOD SPRING CLEAN-UP

This past Friday, a number of companies located in Milwaukee's Near West Side neighborhood participated in a Spring Neighborhood Clean Up. Nearly 250 employess from Catholic Financial Life, Marquette University, MillerCoors, Harley-Davidson, Quorum Architects, Milwaukee Center for Independence, Penfield Children's Center, Tripoli Shrine, Greefire Management Services and Potawatomi Business Development Corporations went out with garbage bags and pickers in-hand to make our space a little cleaner. The event was all day, kicking off at Catholic Financial Life with doughnuts, coffee and some inspiring words from its President Bill O'Toole and NWSP Director Keith Stanley. It ended with a wrap-up party at MillerCoors where cold beverages were provided and an area for eveyone to celebrate their accomplishments throughout the day. The event was spearheaded by Tarah Thompson of PBDC and accomplished with the immense help of Lindsey St. Arnold Bell and Barb Scotty, both of NWSP. Supplies were furnished by Keeping Greater Milwaukee Beautiful. We were kept safe by Milwaukee Police Department District 3, along with each company's security team.



Project Highlight: WGEMAS BUILDING

Located on the Wgema Campus at 944 E. 33rd Street in Milwaukee, Wis. the Wgemas building serves as an additional resource for the Potawatomi Business Development Corporation. The three-level building houses corporate offices, future tenant spaces, a cafeteria and a commercial kitchen for the Indian Council of the Elderly food program and Lisa Kaye Catering. As part of the Wgema Campus redevelopment, which includes the addition of a two-level parking structure, the Wgemas building is the fourth building to complete refurbishment.

The Potawatomi Business Development Corporation, Owner, looked to preserve as much of the existing building as possible. Exterior refurbishment consists of a complete tuckpoint of the brick façade, a practice of saw-cutting and removing existing brick mortar and installation of new mortar to eliminate crumbling and deterioration. Exterior construction includes the installation of a new entrance stairwell and access ramp, site concrete, fresh landscaping and site lighting.

Interior work includes refurbishment of the existing plaster on the main level and stairwells, the terrazzo floor on the main floor, and the concrete floors on the garden and second levels. Interior construction includes the installation of all new mechanical, electrical and plumbing (MEP) fixtures, a new fire protection system and an elevator in the northwest corner of the building. All MEP fixtures run through the existing elevator shaft to hide duct work, piping and mechanicals. The entire building also includes installation of new custom windows and doors and commercial-grade kitchen appliances.

The second level renovation deconstructed the building down to the original structural framing and refurbished sub floor. The team cut an opening into the roof to make way for a new skylight allowing for an abundance of natural lighting. A new access point was also cut to allow for easy access to the roof and outdoor HVAC equipment. The level is currently in a white-box state allowing for future customization to accommodate future tenant needs.













Photo: L-R (1) Exterior view of front entrance along with stairwell and access ramp (2) Interior lobby of front entrance (3) Open cafeteria and common space on main level (4) Kitchen space including energyefficient commercial-grade kitchen appliance (5) Lower garden level in white-box state ready for future tenant (6) Upper level with view of new skylight. Space is prepared for future tenant build-out





Highway 32, Carter

715-473-5100

PTT061519

Across from the Casino/Hotel

Open 24 Hours / 7 Days a Week









FRIDAY, AUGUST 9, 2019 10 am Shotgun Start

Nicolet Country Club | Laona, WI
All proceeds are donated to local diabetes programs.

(FCP Health & Wellness and Forest County Health Dept.)

\$90 Per Person (4 Person, Scramble)
18 holes of golf with cart, golfer's gift,
lunch, dinner & drink tickets.

TO REGISTER: Call 1.800.487.9522 x6740 REGISTRATION DEADLINE: AUGUST 2

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