



Ancestral Women: The Performance Project



The 12 women making up the 12 Native Nations of Wisconsin for the event

by Val Niehaus

On Nov. 7, 2019, the Forest County Potawatomi (FCP) Executive Building auditorium was the site of a very special performance called Ancestral Women in Wisconsin: The Performance Art Project. Both afternoon and evening presentations were offered, and with November being Native American Heritage Month, the timing of this performance couldn't have been more appropriate.

This presentation is inspired by the stunning fiber art pieces of Mary Burns. She is an award-winning weaver/artist from Mercer, Wis., and her works and the Ancestral Women Exhibit is currently on tour around the United States. This collection of tapestries won best of show

in Wisconsin's Festival of the Arts in both 2008 and 2012.

Several years ago, *Potawatomi Traveling Times (PTT)* had the opportunity to see these weavings in person and was able to sit down and talk with Burns about the inspiration behind these fantastic, intricate pieces of art that highlight Native women. One piece in particular was especially unique to the FCP as it was Mary "Waseyan" Waubiness, mother of FCP tribal elder Arlene Alloway. This article appeared in the Dec. 1, 2016, issue of *PTT* if anyone is interested in reading it to learn more about this incredible artist and her work.

The Ancestral Women performance honors Wisconsin women elders from each of the 12 Native American tribes - 11 of which are federally-recognized. The twelfth one - the Brothertown Nation - is still fighting for federal status. Present on the stage were 12 women - one from each of these tribes - and all are honored to talk about the individual woman from their own tribe that has been admired by having her likeness woven into one of these works of art. For some, it was their grandmother or great-grandmother they were talking about, though one woman's own mother was the subject of one of these beautiful tapestries. She felt especially fortunate to have such a close connection and to be able to share with the audience.

They shared special memories, funny stories, and accomplishments of these women, and then discussed their contributions to their tribes - in particular, the lessons they taught people. As would be expected, the presentations were a bit emotional at times as the connections between the presenters and the artistic subjects were obviously very distinctive. It

was apparent to everyone in the audience the degree to which these elder women impacted the presenters and affected how they live today. It was truly a very moving performance all around and impacted those in the audience.

One particularly special moment for the FCP community here was when FCP tribal member Donna VanZile was honored to be able to talk about her grandmother, Mary "Waseyan" Waubiness - the previously mentioned subject of one of the tapestries. VanZile discussed all of the knowledge that she had learned from her grandmother and her teachings of culture, life and love. It was very touching and powerful to hear VanZile talk about a woman who meant so much to her and her family, and whose teachings had such an influence on their ways of life. It was all the more powerful knowing that this woman was a member of this tribe and lived on these lands.

Other women who participated were: Sokaogon Chippewa of Mole Lake: Vickie Ackley, Lac du Flambeau Band of Lake Superior Chippewa: Mildred "Tinker" Schuman, Menominee of Wisconsin: Marla Mahkimetas, Oneida of Wisconsin: Tekelahuntya Claudia Skenandore, Brothertown Indian Nation: Jessica Ryan, Stockbridge-Munsee Band of Mohicans: Lai Lonnie Kosowski, Lac Courte Oreilles Band of Lake Superior Chippewa: Nicole Larsen, Bad River Band of Lake Superior Chippewa: Cecilia LaBarge, Red Cliff Band of Lake Superior Chippewa: Katherine Morrisseau, St. Croix Chippewa of Wisconsin: Sarah Hindsley, and Ho-Chunk Nation: Barbara Blackdeer-McKenzie.

There was also a brief performance by Bobby Bullet and Pam Nesbitt with a short song involving audience members

and the women from the performance.

FCP Vice Chairwoman Brenda Shopodock stood in applause to these women when they took the stage at the end of the presentation. She said, "I am very grateful...I was able to meet you all. It was amazing to hear about these women who paved the way for so many, and I was honored to be able to smudge with you before the performance. All around it was a great presentation!"

FCP Council Member Nick Shepard also stood in recognition of these women who came here for this day. He said, "Ktthe Migweth to you all in telling these stories to us. I myself am very honored to hear them and grateful for this time... listening to you all."

Cultural Preservation Division Executive Assistant Skye Alloway had this to say in thanks to these women taking the time to bring this performance here to the FCP community: "Ktthe Migweth to all of those who have contributed to this beautiful, educational and healing performance art project. It was truly an honor for our community to host the Ancestral Women!" Also, "Ktthe Migweth to Michelle Gobert, Crandon school board president, for joining us in the celebration and honoring of Ancestral Women."

Ktthe Migweth to Fire Nation for singing and sending everyone off with good feelings at the end, and to Judge Eugene "Fugie" White-Fish for the prayer to start off the performance.

Following the performances, there were light refreshments during the day and a buffet-style dinner that evening. Ktthe Migweth to Guadalupe Cisneros and Debbie Tuckwab for the delicious food.

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Elder Menus - DECEMBER 2019

<p><u>Monday, 12/2</u> Chicken & Wild Rice Casserole, California Blend Vegetables, Garlic Bread, Strawberries</p> <p><u>Tuesday, 12/3</u> Wet Burrito, Corn & Black Bean Veggies, Kiwi</p> <p><u>Wednesday, 12/4</u> Large Shell Italian Pasta Bake, Broccoli & dip, Breadstick, Banana</p> <p><u>Thursday, 12/5</u> Fish Nuggets, Baked Sweet Potato, Peas & Cheese Salad, Grape Juice</p> <p><u>Friday, 12/6</u> Turkey & Swiss w/Lettuce & Tomato on Whole Wheat, Vinegar & Oil Coleslaw, Pineapple Lime Fluff</p> <p><u>Monday, 12/9</u> Baked Ham, Mashed Potatoes & Gravy, Oriental Green Beans w/ Mushrooms, Mandarin Oranges</p> <p><u>Tuesday, 12/10</u> Chicken Salad on Croissant, Side Salad, Cold Pork & Beans, V-8® Juice, Fresh Berries</p> <p><u>Wednesday, 12/11</u> Beef & Cheddar on Bun, Corn, Brussels Sprouts, Apple Pie</p> <p><u>Thursday, 12/12</u> Polish Sausage & Sauerkraut, Roasted Baby Red Potatoes, Grapes</p> <p><u>Friday, 12/13</u> Chili, Fry Bread, Cauliflower & Dip, Fruit Juice</p> <p><u>Monday, 12/16</u> Sloppy Joe, Pasta Vegetable Salad w/Peppers, Tomato & Cucumbers, Cherry Fluff</p> <p><u>Tuesday, 12/17</u> Baked Breaded Pork Chop, Country Blend Vegetables, Parsnips, Dinner Roll, Applesauce</p>	<p><u>Wednesday, 12/18</u> Meatball Sub, Cucumber Salad, Cottage Cheese, Cranberry Walnut Cookie, Strawberry Shortcake</p> <p><u>Thursday, 12/19</u> Brat on Bun, Potato Salad, Asparagus, Calico Beans, Pears</p> <p><u>Friday, 12/20</u> Turkey Bacon Cranberry Wrap, Broccoli & Cauliflower Salad, Jello® w/Fruit</p> <p><u>Monday, 12/23</u> Creamy Chicken & Veggies over Biscuit w/Peas & Carrots, Apricots</p> <p><u>Tuesday, 12/24</u> Christmas Eve - No Meal</p> <p><u>Wednesday, 12/25</u> Christmas Day - No meal</p> <p><u>Thursday, 12/26</u> Salisbury Steak, Mashed Potatoes, Carrots, Spinach, Dinner Roll, Apple</p> <p><u>Friday, 12/27</u> Boiled Dinner, Crackers, Nutri-Grain® Bar, Peaches</p> <p><u>Monday, 12/30</u> Chicken Broccoli Alfredo, Corn, Breadstick, Fruit Cocktail</p> <p><u>Tuesday, 12/31</u> New Year's Eve - No Meal</p> <p><u>Wednesday, 1/1</u> New Year's Day - No Meal</p> <p><u>Thursday, 1/2</u> Fish Burger w/Cheese, Baked Beans, Sweet Potato Puffs, Coleslaw, Tropical Fruit</p> <p><u>Friday, 1/3</u> Pizza Casserole, Garlic Bread, Green Beans, Fruit Juice, Orange</p>
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Menus are subject to change

Happy December Birthday to These Elders!

12-1 Alan Sparks	12-13 Lorrie Bur
12-1 Keith Gerdeen	12-14 Douglas Crawford
12-5 Richard Brzezinski	12-15 Michael White
12-7 Craig Ritchie	12-20 Mabel Schingeck
12-11 Rebekah Mielke	12-26 Wendy Genett
12-11 Marjorie Adamczyk	12-29 Thomas Boelter
12-11 Lamar Sparks	12-30 Louie Spaude



ATTENTION: Just a brief follow up on the article as it appeared in the Nov. 1 issue of PTT regarding FCP Juniors Boxing Club & Fitness Center. PTT inadvertently failed to include a HUGE THANKS to FCP Executive Council present and past for all they have done over the years for the boxing club. Of course, it would not have been possible for this to go on for so long without the backing of the tribe. Many apologies for any inconvenience this may have caused!

DID YOU KNOW

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.



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

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Annual General Council Meeting - November

by Val Niehaus

The annual General Council Meeting was held on Nov. 9, 2019, at the Forest County Potawatomi (FCP) Recreation Center.

A meal was served at noon by Dewing's Catering and consisted of ham, potatoes, veggies, soup and fry bread. Many thanks to the family for preparing this meal for the members who attended.

Before the meeting began, a few gentlemen from Potawatomi Business Development Corporation (PBDC) spoke to those in attendance. These included PBDC Board Chairman Immanuel (Manny) Johnson, Chief Executive Officer Randy Mueller and Chief Financial Officer Paul Hoesly. They presented an update to the tribal membership about how PBDC has been doing this past year and what the future looks like. They indicated that everything looks well and is currently running smoothly!

Next, Skye Alloway, tribal liaison for U.S. Census Bureau / WI Conservation Voters, FCP, introduced Marilyn Miller, tribal partnership specialist, U.S. Cen-

sus Bureau and Dee Sweet, first nation organizer, WI Conservation Voters. These ladies provided information intending to foster engagement of the Forest County Potawatomi in the Census 2020 count. WI Native voter engagement and Wisconsin Conservation Voters to ensure accurate representation in all matters on a county, state and federal level regarding policy, infrastructure, political seats and finance allocation.

Once these ladies were done speaking, Chairman Daniels introduced Dr. Bob Sookochoff, MD, family physician, chief medical officer from FCP Health & Wellness Center (HWC). Dr. Sookochoff spoke briefly on an opioid overview from HWC and materials that have been put together by the clinic. One of the charts presented showed a significant drop in the numbers of prescriptions for drugs that could be abused being written by doctors and other providers. That is definitely a very positive thing to hear about the local clinic.

And finally, before the meeting was



called into session, Chairman Daniels asked FCP Veterans Post 1 to carry in the staff and flags, with this being followed by tribal member Alan Sparks saying a prayer that he offered in Bodwéwadmí. The meeting was then called into session for the day, and everyone was happy to once again see that the attendance made quorum.

PTT heard after the meeting ended that the closing drum was then a mixture of Yellow Cloud and Fire Nation together to send everyone home safely.

**top l-r: Paul Hoesly, Randy Mueller and Manny Johnson
right: Alan Sparks is introduced before the prayer.**



FCP Post 1 Veterans Day Dinner

A dinner to honor FCP community veterans was held on Monday, Nov. 11, 2019, at Potawatomi Carter Casino Hotel. The event was open to veterans and their immediate family. After FCP

elder and veteran Louie Spaude offered a prayer, those in attendance enjoyed a delicious dinner.

Many thanks to those who have served our country!



photo by Helena Phillips, PTT Photography Intern

Veterans present at the dinner included (l-r) Mike Konaha, Brenda Shopodock, Nathaniel Gilpin, JR Holmes, Louie Spaude, Judy Phillips and Clarence Daniels.

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!



Forest County Potawatomi Recognized

At a recent Wabeno Area Players (WAP) Fine Arts Series Concert, the Forest County Potawatomi (FCP) and the Potawatomi Carter Casino Hotel (PCCH) were recognized for their support of the new fine arts series initiative and supporting the arts in our area.

“Without the support of these two entities, we would not have been able to offer the wide range of performances and visiting artists to our schools and community,” stated WAP President and Artistic Director Joshua Jameson.

“This past year we had music professionals work with our students during the day and perform for the community in evening concerts at the Nancy Volk Auditorium.”

WAP will be releasing its 2020 season soon and is just starting its 2020 pledge drive. For more information about supporting the players and its initiatives, please call (715) 889-1606, email wabenoareaplayers@gmail.com or visit www.wabenoareaplayers.org.



(l-r): WAP Treasurer Robert Brown, PCCH General Manager Stacey White, WAP Vice-President Carol Bartlein



FCP Tribal Member and Student Attends AISES Conference

submitted by Lisa Milligan

Bozho, my name is Lisa Milligan. I am currently a student at Nicolet College in the business and management program. Earlier this month, I was given the opportunity to represent my college as well as my tribe at the American Indian Science & Engineering Society (AISES) Conference held in Milwaukee, Wis., Oct. 10-13, 2019. I wanted to share my experience and my thoughts on this epic event.

There were 2,300 attendees of students, educators and professionals. There were 250 exhibitors and 40 sessions, all in three incredible days. AISES gave the top ten reasons to attend the national conference at www.aises.org:

- Top Native STEM Talent (Science, Technology, Engineering, Mathematics)
- Indigenous Culture and Elder Wisdom
- Help Prepare the Next Generation of STEM Leadership
- Exhibitors are Participants too!
- A Great Peer-to-Peer Event
- Networking and Community Building
- Personal and Professional Discovery
- Employment Opportunities and Resumé Building
- Resources and Trends in STEM Education
- Welcoming, Supportive and Inspirational Atmosphere

I felt this strong emotion of empowerment being under one roof with so many talented people. I swelled with pride seeing all my Native peoples in one place, supporting and encouraging each other. I am thankful for my advisor, Amy Vickers, and the Nicolet College Student Association for making this a reality.

The kind faces made me feel welcome, but also I could see that we were all eager to learn what AISES had to offer. Top corporations like Boeing and NASA were part of this event; our very own Forest County Potawatomi Community was a sponsor. This experience has made me see that our world needs more natives in STEM fields, and with the support of AISES, it is possible.

I want to reflect on a session I sat in on while attending this conference. It was called Ojibwa Language Aid, presented by Jennifer Ruel. She and others from UW-Milwaukee and the Indian Community School are working on an Alexa app that would help students practice pronouncing the words and hearing what the words sound like to improve their learning of the Ojibwa language. This app will help students learn the language at a faster pace and to learn the language more thoroughly. She had

the app downloaded on her phone and passed it around the room so we could try it. Jennifer is preserving an original language using technology and her education. At the end of the session, a representative from Amazon, the founders of Alexa, wanted to learn more about the program she was writing. Our world has been headed toward a technology-driven society. I believe we should use our knowledge to preserve and protect our language, culture and traditional ways.

I also attended a session hosted by the American Indigenous Business Leaders (AIBL): Business and Leadership. Their mission is to increase the representation of American Indians and

Alaska Natives in business and entrepreneurial ventures through education and leadership development opportunities. AIBL says, "Strength through numbers. More can be accomplished by working in a group motivated by a common interest than by working individually." Both of these were a few of the sessions that resonated within me. To learn more about this group, go to their website at www.aibl.org.

I was told by my late father, Louis E. Shepard (Big-Z), when I was in high school, "Go get your education and bring it back to your family, people and community to make each one better." I wish I would have gone to college sooner, but like they say, it's never too late to chase your dreams, to learn and achieve. I want high school students to think beyond the reservation or small town, to think BIG! I would like to inspire our younger generations to seek higher education in STEM fields, or any form of higher education, because our people need you and our world needs YOU to make it better for us all.

Chi Migweth for taking the time to read my article.

"Tell me and I'll forget. Show me, and I may not remember. Involve me, and I'll understand..."
-Indigenous Tribe Unknown

Alaska Natives and Leadership. Their mission is to increase the representation of American Indians and



AISES Conference Recap

submitted by Brittany LaMere, K-12 Education Director

This month, the American Indian Science and Engineering Society (AISES) held its annual national conference at the Wisconsin Center in Milwaukee. The theme for this year's conference was Indigenizing the Future of STEM (Science, Technology, Engineering, and Mathematics). Wednesday, Oct. 9, 2019, was the pre-conference for pre-college students, college students, and educators. The pre-conference was sponsored by the Boeing Company, which hosted a variety of STEM hands-on activities for all. One activity was hosted by NASA where students had a mission to get their "luggage" from earth to the moon and land safely. Our student, Juanita Alloway, was determined to get her luggage landed safely to the moon and achieved her goal!

On Thursday, Oct. 10, the conference kicked off with the opening ceremony to encompass a panel discussion on "Building a Stronger Workforce: The Value of Diversity, Equity, and Inclusion," with panelists from W. K. Kellogg Foundation, Intel, U.S. Department of Energy, Boeing, and the Office of the Director of National Intelligence. Juanita went on a college visit with a group of other Native

students from the Cheyenne River Sioux Tribe to Carthage College during the afternoon session.

The best part of the conference experience for myself - and possibly our other Education staff in attendance - was to see our future generation fully engage and become inspired at the College and Career Fair. Not only did the AISES college and career fair open our eyes to the different STEM opportunities and partnerships available for Native students and the Forest County Potawatomi Community, but also for Juanita. She described her experience at AISES as, "I liked the diversity of people attending.

Going out to meet new people and opportunities helped me realize I'm not the only one who wants

to SUCCEED."

The Executive Council in collaboration with Education has worked towards developing a strategic partnership with American Indian Science and Engineering Society (AISES). This partnership will be used to create ideas and configure ways to stimulate our youth interests in Indigenous Science, Technology, Engineering, and Math (STEM).

"I'm glad I agreed to AISES."
-Juanita Alloway



(above) l-r: PHC employee Paul Cromell, FCP tribal member Juanita Alloway (also below right), and PHC Sales Manager Kim Maddox

(left l-r): Nicolet College Student Association Advisor Amy Vickers and Lisa Milligan



December is Safe Toys and Gifts Awareness Month

submitted by Community Health

According to Safe Kids Worldwide, more than 180,000 children are treated in the ER for a toy-related injury each year. Winter holidays are right around the corner and Prevent Blindness America is encouraging the public to consider the safety and age range of toys they are gifting this year. When shopping for safe toys, choose those that are appropriate for a child's age and individual ability. When



purchasing gifts, please check for an ATSM label which indicates the item has met the American Society for Testing and Materials standards.

For more tips on shopping for safe toys and gifts, check out Prevent Blindness America's Safe Toy Checklist at www.preventblindness.org/safe-toy-checklist.

Protect Family and Friends This Holiday Season: Get a Flu Shot

submitted by FCP Community Health

Health officials encourage you to add a flu vaccine to your holiday checklist to help protect your guests this Thanksgiving. "Many of those close to us need extra protection from the flu, especially our elderly family members and friends, babies, and those with special health conditions," said Jeanne Ayers, State Health Officer. "Getting your flu vaccine is a very effective and thoughtful way to protect yourself and your guests."

In Wisconsin, there have already been six deaths in September due to flu-related complications. Last year, such complications resulted in 3,500 people being hospitalized and over 600 admitted to the intensive care unit. Nationally, some 17 million workdays are missed due to flu.

"Because it takes two weeks for the vaccine to take effect, getting one now will ensure protection by the time family and friends gather for the Thanksgiving holiday, and that protection will continue throughout the holiday season and beyond," Ayers stated.

Flu vaccine is plentiful among health care providers and pharmacies. The flu shot is safe and effective for people age six months and older. FluMist is now available for non-pregnant people two

through 49 years of age. You can get your flu shot or FluMist at the Health & Wellness Center. Call medical scheduling at (715) 478-4339 or Community Health at (715) 478-4355 to schedule your shot.

These steps can also help you protect yourself, family members, and friends:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

- Cover your cough or sneeze with your upper sleeve, and try to avoid

touching your face with your hand. If you use a tissue, throw it away after one use.

- Use your own drinking cups and straws.
- Avoid being exposed to people who are sick.
- Eat nutritious meals, get plenty of rest, and do not smoke.
- Frequently clean commonly-touched surfaces (e.g., doorknobs, refrigerator handle, telephone, faucets). If you're sick, stay home, rest, drink plenty of liquids, and avoid using alcohol and tobacco.
- If you are sick, see a health care provider if your symptoms persist.

Source: Wisconsin Department of Health Services www.dhs.wisconsin.gov/influenza/prevention.htm



Coordinated Services Team Initiative - A Team Approach

submitted by Eric Swanson, CST Program Coordinator

The Coordinated Services Team (CST) Initiative is a family-focused, goal-driven and culturally-based opportunity that is offered through the Forest County Potawatomi (FCP) Community Indian Child Welfare Department. The main focus of the CST Program is to bring a child and their family's natural and formal supports together to help meet the needs of the child and family. The main goal or mission of the program is to provide a platform to the child and their family with a purpose of setting and achieving goals in a culturally-sensitive, community-based and coordinated manner.

To be eligible for the CST Program, the child must be involved in two or more systems of care. Systems of care include but are not limited to: Mental Health, Special Education, Juvenile Justice, AODA, and/or Child Protective Services. The CST Program then forms a team of participants who are able and willing to organize and achieve a plan that meets the child's unique needs. The participants can come from the family, community, school, Health & Wellness Center, etc.

Once it is determined that the child is eligible for the CST initiative, a team is formulated from individuals the child decides to have on their team. The team is a combination of people who are already involved in the child's life and those who may be a tribal member and/or elder from the community. This team's sole purpose is to act in the best interest of the child. Team members could include parents/guardians, influential individuals in the child's life, case worker, school personnel, clergy, etc.

Once this team is assembled, what will be discussed is a plan of care and a crisis plan so that everyone is on the same page. Lastly, the team will meet on a monthly basis to focus on strengths and needs of the child, upcoming activities that are of interest to the child and family, strength-based activities and discussion.

To inquire about the CST Program, please contact Eric Swanson, CST program coordinator, at (715) 478-4812 or Eric.Swanson@fcpotawatomi-nsn.gov

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(GIFT SHOP)



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Deadline to sign up for snowplowing
services is December 12, 2019.
Please call (715) 478-7270.



HWC Announces Exciting New Health Care Option

submitted by FCP Health Division

At the Forest County Potawatomi (FCP) Health & Wellness Center (HWC) Imaging Department, we are proud to offer the Selenia® Dimensions® 3D Mammography™ exam with the SmartCurve™ Breast Stabilization System. This new exam provides better and earlier breast-cancer detection and is more comfortable for our patients.

Mammograms are a woman's best defense in detecting breast cancer earlier, but the fear of pain can cause some women to delay scheduling their annual mammogram.

The FCP HWC Imaging Department is now able to provide our patients:

- More accurate exam versus conventional 2D mammography alone by detecting 20-65 percent more invasive breast cancers.
- A greater piece of mind by reducing the chance of unnecessary callbacks by up to 40 percent compared to conventional 2D mammography alone.
- Greater accuracy exam than conventional 2D mammography for women with a variety of breast density, as nearly 50 percent of women between the ages of 40 and 74 have dense breast tissue. This is the only mammogram that is FDA approved as superior for women with dense breasts.
- Improved comfort by using the SmartCurve™ system. The SmartCurve™

system offers curved compression paddles, which mirror the shape of a woman's breast. This reduces pinching and provides more uniform compressions over the entire breast, for added comfort. The SmartCurve™ system has shown an increase in comfort for 93 percent of patients who had previously reported moderate to severe discomfort during an exam using the conventional 2D mammography paddles.

Women will see very little change in positioning between the conventional 2D mammogram and the 3D mammogram™. In addition, the new exam takes about the same amount of time to complete, about 3.7 seconds of scan time per position. The real difference is in the information provided to the radiologist (doctor that interprets your mammogram results). While the standard 2D mammogram exam only provides four basic images, a 3D™ exam offers multiple images (much like looking through pages of a book).

The FCP HWC is committed to the fight against breast cancer. If you would like to schedule a Selenia® Dimensions® 3D Mammography™ exam, or if you have questions about this important breast health procedure, please contact the FCP HWC at (715) 478-4300. Take pride in your preventative breast-health decisions!

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Please provide pet's: Name, Phone # and Address

Bring your health to a new elevation by attending...

FCP Tribal WELLVATION KICK-OFF

Wellvation's ManageWell is a web-based planning and tracking tool with resources for well-being and goal setting that is easy to use.

IMPROVE QUALITY OF LIFE THROUGH:
Health promotion and disease prevention • Increased connection with resources and culture

You must ENROLL to be eligible for benefits!
Those already enrolled are welcome to attend and complete their yearly biometric screening.

ENROLLMENT DATES:
December 12 • January 16 • January 23
FCP Health & Wellness Center - Lower Conference Room
TIME: 8 am - 12 pm (all dates)

BE ENTERED TO WIN PRIZES, LIKE A FITBIT!

RECEIVE INCENTIVES FOR:

- Completing Biometrics & Health Assessment
- Participating in events, education and being in motion

Biometric Screenings !! COME FASTING !!

PLEASE NOTE: Biometric Screenings include a fasting lab. Avoid eating 8 hours before arriving at event. A light breakfast will be provided after screening.

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH
cmh.FCpotawatomi.com

For information please contact Community Health at 715-478-4355 Monday through Friday • 7AM to 5PM

Are You a Caregiver?

Do you regularly help someone who:

- is over 60?
- has a disability (physical or mental)?
- has chronic or progressive health problems?
- has trouble taking care of him or herself at home?

Do you do any of the following:

- take meals to ensure nutritious food is available?
- help with cleaning or laundry?
- assist with weekly grocery shopping?
- arrange medical appointments and provide transportation?
- feel the need to check up on the person to be sure they are okay?
- receive frequent phone calls with requests for help?

For information on local resources (such as Wisconsin's Family Caregiver Support Programs, Greater Wisconsin Agency on Aging Resources Inc.), support groups, caregiving tips and other related items, please contact Penny Christianson, FCP Elder Services Coordinator, at (715) 478-4892.

National Influenza Vaccination Week

December 1-7 is this year's National Influenza Vaccination Week (NIVW).

The purpose of NIVW is to highlight the importance of receiving the flu vaccine. By getting vaccinated, you protect yourself and loved ones from illness throughout the holiday season. Although the holiday season is steadily approaching, it is never too late to get the flu vaccine! If you haven't been vaccinated, please contact Community Health at (715) 478-4355 or the Medical Department at (715) 478-4339 to make an appointment. #FightFlu

Please join the mission to keep little fingers & heads warm this winter.

The Mitten Tree

Open to Tribal Community Members

Monday, November 25th thru Friday, January 31st.

FCP Family Services Lobby
5415 Everybody's Road
Crandon, Wisconsin

Brought to you by

FOREST COUNTY POTAWATOMI ECONOMIC SUPPORT

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

For more information, please contact Martha Johnson at 715-478-4433, or via email: Martha.Johnson@FCPotawatomi-nsn.gov

Monetary donations accepted. Please make a check payable to "FCP Economic Support" and give to front desk staff.

Thank you for your generosity during this winter season!

December Dinner

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

RSVP APPRECIATED
Cathy Chitko 715-478-4367
Anne Christian 715-478-4385
Lisa Miller 715-478-4320

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

diabetes program

WEDNESDAY, DEC. 18, 2019
4:00 – 5:30 pm

FCP HEALTH & WELLNESS CENTER LOWER CONFERENCE ROOM

Dinner, Education & Prize Drawings

Educational Games

Open to FCP Tribal Members with Diabetes and their Guest

Maple Syrup Salmon | Beef Tips over Noodles Salad | Grilled Zucchini | Sparkling Juice Festive Desserts

Fruit & Veggie of the Month

Pears

DECEMBER

NUTRITIONAL SNAPSHOT

One medium-sized pear is low in calories but packed full of vitamins, minerals, fiber, and water. Nutrient-dense foods like pears usually keep you feeling full faster and longer.

One raw, medium pear (178g) ...

- contains 12% of your daily value of vitamin C
- contains 22% of your daily value of fiber
- contains 10% of your daily value of vitamin K
- provides 100 kcal of energy
- is fat free

Reach for a pear as your next healthy snack!

NO-SUGAR-ADDED PEAR SAUCE

Source: guestwishescooking.com/pear-sauce/

INGREDIENTS

- 6 ripe pears (peeled, chopped into 1 inch pieces)
- 2 tbsp. water
- 1 tbsp. lemon juice
- 1/2 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. vanilla extract

DIRECTIONS:

Combine all ingredients in a saucepan and stir. Bring to a boil, then reduce heat to a simmer for 20-25 minutes. Set aside and let cool. Once cooled, mash with potato masher or whisk. If available, puree with immersion blender or food processor. Pour off excess liquid if necessary. Refrigerate until ready to serve.



For more information on pears and other nutrition topics, please contact Lisa Miller, RDN, CD, or Katherine Richlen, RDN, CD, at 715-478-4355.



Get ACTIVE WITH US!

Staying active in the winter is hard! The FCP Health & Wellness Center can help. The indoor walking track in our Rehab Department is open to the public during the following times:

Mon. – Thur. } 6 - 7 a.m., 12 - 1 p.m., and 5 - 6 p.m.
Fri. } 12 p.m. - 1 p.m.
Sat. } 8 a.m. - 2 p.m.

On evenings and Saturday, please register at Medical Reception before entering the track. If you have any questions, call (715) 478-4300.



FIRST NATION
FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI
www.FCPotawatomi.com
 Mon. - Fri. | 7 a.m. - 6 p.m.
 Open to the Public
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FCP.Jobs



FOREST COUNTY POTAWATOMI
Keeper of the Fire

4TH ANNUAL
Grandparents & Grandchildren HOLIDAY EVENT



WEDNESDAY, DEC. 4, 2019
4-6 P.M.

FCP RECREATION BUILDING
 5442 EVERYBODY'S RD.
 CRANDON, WISCONSIN

*Crafts & Cookie Decorating,
 Children's Book Reading,
 Holiday Photo Station,
 Prizes & Raffles!
 Dinner will be served.*




FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH
cmh.fcpotawatomi.com
 Questions? Please call 715-478-4355



FOREST COUNTY POTAWATOMI ELDERLY

In partnership with:
 FCP Gte Ga Nes Preschool
 FCP Rising Sun Daycare
 FCP Recreation
 FCP Family Services Division

OPEN TO FCP TRIBAL MEMBERS & THEIR FAMILIES

FCP Tribal Elders age 55 and older are invited to attend...

Emergency Preparedness TRAINING

11:00 AM Dec. 4th, 2019 Caring Place 5456 Kak Yot Lane Crandon, Wisconsin	11:00 AM Dec. 5th, 2019 We Care 612 Highway 32 Wabeno, Wisconsin
----------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------

Participation includes:
**Winter-Driving Kit,
 Emergency-Preparedness Guide,
 Disaster-Preparedness DVD,
 and a Lunch will be served**

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

You must RSVP with Penny at 715-478-4892 no later than 12PM on Monday, December 2, 2019.



FOREST COUNTY POTAWATOMI EMERGENCY MANAGEMENT



FOREST COUNTY POTAWATOMI ELDERLY

NOTICES / CALENDAR

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.

Crisis Counselor - If you are having any current or ongoing thoughts about taking your life, support and help are available. Call this local crisis line to speak to a trained professional over the phone at 1-888-299-1188. Or text CONNECT to 741741 to text a trained crisis counselor.

Smoking Cessation Incentive Program

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

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

SPARKS Weight Mgmt. Program

By appointment. S - Support; P - Program; A - Get Active, Stay Active; R - Reap the Rewards: feel better, be healthier; K - Know the basics of good nutrition; S - Stay focused on being healthy. Please call Lisa Miller, RD, CD, at (715) 478-4320.

Diabetes Education Program

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

CULTURE

Language Classes

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



SERVICES OFFERED

FCP Economic Support

Tribal Employment Skill Program- available to adult tribal members living in Forest County or in surrounding counties. Tribal Members can be on a work experience in various departments for up to 6 months. This allows the tribal members to test drive different areas of the tribe to find a good fit. Economic Support Staff work closely with the FCP Tribal Education Department.

Work-Related Services

Driver's License Services (Department of Motor Vehicles-DMV)

- Provides the direct connection between DMV and individual for driver's license status
- Provides connection with Human Service Center for Assessment
- Assists with any other device or information needed to complete the driver's license reinstatement

Employment Counseling

- Assists with cover letters and resume to prepare for interviews
- Provides tips for interview skills and resume development
- Mock interviews
- Job seeking and application completion tips
- Tips for professional attire and workplace professionalism

Personal Development Services

- Financial classes and/or financial planning
- GED/HSED and/or college preparation classes and referrals
- Soft skills development training
- Communication and time management

Work Experiences

- Vocational training classes
 - Community service work
 - Job placements within the tribe including casino
 - Placement options outside the tribe
- Supportive Services** (based on available funding)
- Basic Education class fees
 - Driver's License reinstatement fees, driving tests and/or other costs
 - Transportation costs to attend work-related sessions or workshops

Employment Retention Services

• Supportive services provided to individuals that obtain employment within 6 months of employment.

The Work Experience Programs has a 54% success rate where individuals were hired on into tribal positions. This was accomplished by the hard work of the tribal member, department's availability of a position, and approval/support of department supervisors and division administrators.

Badgercare - a state/federally-funded program that provides health coverage for individuals living on the reservation, 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.

FSET - Foodshare Employment & Training Program - individuals that are eligible for Foodshare could be voluntary or mandatory for this work program.

Temporary Assistance for Needy Families (TANF) - this work program is funded through the Administration for Children and Families with an income limit of 150% of federal poverty level for individuals living on the reservation and/or individuals living in Forest County that have FCP tribal children. The program has Child Only funds for grandparents and other legal placement through the FCP ICW Department.

General Assistance (GA) - this work program is funded through the Bureau of Indian Affairs. The program offers a cash monthly payment and is available for the federally-recognized tribal members living on the reservation.

Native Employment Works (NEW) Program - this work program is funded through the Administration for Children and Families for tribal affiliated individuals living on the reservation or within the service area. The placement opportunity is for three months at 24-35 hours per week and we have limited slots available based on funding.

Community Service - can play a prominent role in the FCP community. While working with the Tribal Court, Wellness Court, Education and Family Services, the program can provide a way for tribal and community members to give back. The coordinator also works with tribal youth to help them develop a personal stake in their own community and raise awareness of community issues. It will teach individuals responsibility, respect, trust and to have a pride in their community.

Computer Resource - located at the Family Service Building is a computer that individuals can utilize to complete their resume, type correspondence, work on the self-paced Microsoft Computer Training Program or apply online for health care coverage programs. The Economic Support staff is available to provide services for resume building, computer training programs, and for any other economic support program information.

Family Resource Center - is located at the Historical Tribal Hall on 8000 Potawatomi Trail. The following classes are available: Parenting, Healthy Relationship, Moral Reconciliation Therapy (MRT), Play Shoppe and other valuable resources. For more information call (715) 478-4837.

The Economic Support Department's mission is:

- To provide more successful work opportunities/training for tribal members
- To continue in providing support and advocacy for individuals on economic support programs
- To support and assist in the transition from work experience to full-time employment for tribal members within tribal entities
- To provide community services and parenting resources to the tribal community

If you would like more information on any program or service, please stop in at the Family Services Building or call the main line at (715) 478-4433. The Economic Support staff looks forward to seeing you!



DECEMBER EVENT CALENDAR

CHOICES Program

- Youth 9 - 11: Mondays (2, 9, 16, 23)
 - Youth 12 - 17: Tuesdays (3, 10, 17)
 - Youth 6 - 8: Wednesdays (4, 11, 18)
- Youth will be picked up from school starting at 3:30 p.m. and dropped off at home afterwards. Call (715) 478-4839 for more information.

Family Resource Center

- Healthy Relationships Class: Mondays (2, 9, 16, 23) 1 - 3 p.m.
 - Moral Reconciliation Therapy Class: Tuesdays (3, 10, 17), 10 a.m. - noon
 - Positive Indian Parenting Class (PIP): Thursdays (5, 12, 19, 26), 10:30 a.m. - noon
 - 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.
 - Stay tuned for updates on Play Shoppe!
- Child care available; please RSVP if needed. Call (715) 478-4837 with questions about any programs.

Community Health

- 12/3 - Infant Nutrition, 8 a.m. - 4 p.m., HWC
- 12/4 - Grandparents & Grandchildren Holiday Event, 4 - 6 p.m., Rec Center
- 12/5 - Infant Nutrition, 8 a.m. - 4 p.m., Carter We Care
- 12/5 - Tribal Wellvation Check-In, 8 a.m. - 4 p.m., Carter We Care
- 12/10 - WIC, 8 a.m. - 4 p.m., HWC
- 12/12 - FCP Tribal Wellvation Kick-Off Event, 8 a.m. - 12 p.m., HWC
- 12/18 - Diabetes Luncheon, 4 p.m. - 5:30 p.m., HWC
- 12/18 - Healing Journey, 6 p.m., Museum Lower Level



2020 BUG LAKE FISHEREE
SATURDAY JANUARY 11TH
9AM to 3PM

\$250 GRAND PRIZE
CATEGORIES INCLUDE:
 BASS • TROUT • PERCH
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FREE RAFFLES
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 FISHING GEAR AVAILABLE TO USE DURING THE EVENT*

REMINDER: THERE IS A LIMIT OF 3 LINES PER PERSON
 * WHILE SUPPLIES LAST

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 NATURAL RESOURCES
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Open to all Tribal Members and their Families

No Compensation for Klamath Project Irrigators Due to Senior Tribal Rights

submitted by Native American Rights Fund

Washington, D.C. (Nov. 15, 2019) – On Nov. 14, 2019, the United States Court of Appeals for the Federal Circuit affirmed the Court of Federal Claims decision in *Baley v. United States*, denying compensation to Klamath Project irrigators for a claimed 2001 taking of their water rights by the United States government. The decision hinged on recognition of the senior tribal water rights of the Klamath Tribes and other downriver Klamath Basin tribes. This is a tremendous victory for the Klamath Tribes, which NARF represented as amicus curiae in the case, as well as for the other Klamath Basin tribes, the United States, and environmental groups.

In this long-running case, Klamath Project irrigators sought nearly \$30 million in compensation from the United States government for the Bureau of Reclamation's curtailment of Project water deliveries during a severe drought in 2001. The water restrictions were made to meet Endangered Species Act requirements and fulfill tribal trust responsibilities. Among other things, the irrigators claimed that tribal water rights were not relevant to Reclamation's water management decisions. In late 2017, the U.S. Court of Claims confirmed that the Klamath Tribes and downriver Klamath Basin tribes have senior water rights over other water interests in the Klamath Basin. Thus, the Project irrigators, as junior water rights users under the western water law system of "first in time, first in right," were not entitled to receive any Project water in 2001. Learn more about the case on the NARF website.

In appealing the case, the irrigators disputed whether the tribal water rights included all of the water Reclamation withheld from delivery in 2001. The irrigators also argued that the Klamath Tribes do not have water rights in Upper Klamath Lake, which is outside of and forms part of the boundary of the Klamath Tribes' former reservation. With this week's ruling, the U.S. Court of Appeals declared, once again, that the Klamath Tribes' water rights are the most senior in the region, with a priority date

of time immemorial, and that the senior tribal water rights entitle the tribes, at the least, to the amount of water withheld by Reclamation to meet Endangered Species Act requirements. The court also affirmed that the Klamath Tribes' water rights include waters in Upper Klamath Lake that secure the Tribes' treaty fishing rights.

Klamath Tribes Chairman Don Gentry stated, "We are pleased that the court affirmed the lower court decision and once again recognized the seniority of the Klamath Tribes' water rights. Most importantly, this decision again recognizes the significance of our treaty rights, which include protecting and sustaining the endangered C'wam and Koptu and our other treaty resources in Klamath Lake."

NARF Staff Attorney Sue Noe was not surprised by the court's ruling, "The courts continue to rule in favor of the Klamath Tribes' water rights because it is the only interpretation that makes sense. The Tribes have lived in the Klamath Basin for millennia. In an 1864 treaty they relinquished millions of acres of their homeland to the United States in exchange for guarantees, including protections for the tribal right to harvest fish in their streams and lakes. There is no expiration date on those treaty promises, and they cement the Tribes' top water rights in the region."

About Native American Rights Fund (NARF)

Since 1970, the Native American Rights Fund (NARF) has provided legal assistance to Indian tribes, organizations, and individuals nationwide who might otherwise have gone without adequate representation. NARF has successfully asserted and defended the most important rights of Indians and tribes, in hundreds of major cases, and has achieved significant results in such critical areas as tribal sovereignty, treaty rights, natural resource protection, and Indian education. NARF is a non-profit 501c(3) organization that focuses on applying existing laws and treaties to guarantee that national and state governments live up to their legal obligations.

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Gov. Evers Announces \$250,000 in Grants to Organizations Helping Wisconsin Veterans and Families

submitted by Wisconsin Department of Veterans Affairs

MADISON — Gov. Tony Evers and Wisconsin Department of Veterans Affairs (WDVA) Secretary Mary Kolar announced \$250,000 in grants to 13 registered 501(c)(3) nonprofit organizations that provide financial assistance or other services to Wisconsin veterans and their families.

“Our veterans’ community in Wisconsin is at its best when organizations work together to provide care and assistance to those who served and their families,” Gov. Evers said. “We are taking yet another important step toward achieving our collective mission of better serving our nation’s heroes and their families by awarding grants to these organizations.”

Since starting in 2015, the WDVA’s nonprofit grant program has awarded more than \$1 million in funding to organizations that have a goal of ensuring veterans and their families are properly cared for in Wisconsin. In October, Gov. Evers and the WDVA announced more than \$400,000 in grants to organizations providing entrepreneurship training to veterans.

“Our grant programming in Wisconsin had provided millions of dollars to groups and organizations serving those who bravely wore the uniform and their families,” Secretary Kolar said. “By supporting these 13 organizations through the WDVA’s nonprofit grant program, we are further honoring our commitment to service and maintaining Wisconsin’s status as a national leader in offerings to veterans and their families.”

The WDVA is proud partners with more than 1,000 community and nonprofit organizations across the state, forming a network that has resulted in

thousands of in-need veterans receiving vital assistance and resources.

This year’s nonprofit grant recipients are:

- Easter Seals Wisconsin Inc., Madison, is awarded \$5,000 to help fund and support a veteran and their family by sending them to a camp. The organization helps people in Wisconsin with disabilities get back to a normal life, or start one.

- Fox Valley Veterans Council, Inc., Appleton, is awarded \$25,000 to sustain and expand programming for veterans and their families. The organization provides temporary financial assistance to veterans in the Fox Valley area to cover basic needs.

- Guitars for Vets, Kenosha, is awarded \$5,000 to continue providing programming to veterans facing physical and/or emotional challenges therapy through guitar lessons. The organization gifts veteran students who graduate from the program a guitar and additional tools to improve their skills and their well-being.

- Heroes for Healthcare, Milwaukee, is awarded \$25,000 to provide free-of-cost services to veterans seeking employment in the healthcare industry throughout Wisconsin. The organization offers assistance to veterans in getting required credentials, certification, and licensing regardless of previous medical experience in the military.

- HorseSense, Inc., La Crosse, is awarded \$25,000 to fund the cost of horse-riding lessons while also helping with job training, equipment, and supplies expenses. The organization seeks to enrich the lives of veterans struggling

with mental health challenges through equine therapy.

- La Crosse Area Veteran Mentor Program, La Crosse, is awarded \$25,000 to support the organization in improving its training programming while also partially relieving the financial hardship of veterans. The organization seeks to provide support and service to veterans and their families living in the La Crosse area.

- Mental Health of America of Wisconsin, Milwaukee, is awarded \$25,000 to provide stipends to veteran-serving partners while also creating training modules, covering travel expenses and helping with the hosting and maintenance of digital training. The organization’s mission is to improve the well-being of veterans in all areas of Wisconsin through increased education, engagement and more.

- Paralyzed Veterans of America, Milwaukee, is awarded \$15,884 to help with costs incurred as a result of the organization’s participation in the National Wheelchair Games in Portland, Oregon in July 2020.

- Southwestern Wisconsin Community Action Program, Inc., Dodgeville, is awarded \$7,000 to provide funding to homeless or at-risk of becoming homeless veterans in the area to be used in the case of emergencies. The organization seeks to eliminate the causes and conditions of poverty by assisting low-income individuals and families, as well as the homeless population.

- USO Wisconsin, Inc., Milwaukee, is awarded \$25,000 to support the organization’s expansion of programs throughout the state of Wisconsin. The organization is a charter center that serves current military members and their fam-

ilies, as well as veterans and their families through various resources and forms of support.

- UW Superior Foundation, Inc., Superior, is awarded \$25,000 to support the foundation’s programming for student veterans at its Veteran Non-Traditional Student Center. The organization seeks to secure, invest, and manage financial resources that support opportunities for University of Wisconsin-Superior students and its facilities.

- War Memorial Center, Milwaukee, is awarded \$25,000 to continue its mission of honoring both living- and fallen-military veterans by hosting events and programs throughout the year. The organization honors fallen-military members by housing monuments or statues and also keeping a roll call of the fallen.

- Workforce Resource, Inc., Menomonie, is awarded \$17,116 to implement workshops for veterans to improve job readiness. The organization serves the training and employment needs of at-risk youth, low-income and unemployed individuals in Wisconsin.

For additional information, contact: WDVA Office of Public Affairs, Carla Vigue, Director, at (608) 266-0517, Carla.Vigue@dva.wisconsin.gov.

About the Wisconsin Department of Veterans Affairs

The Wisconsin Department of Veterans Affairs works on behalf of Wisconsin’s veterans community — veterans, their families and their survivors — in recognition of their service and sacrifice to our state and nation. For more information, visit www.WisVets.com.

Statement on Planned Return of Acoma Shield to Pueblo of Acoma

submitted by Tom Udall Press Office

WASHINGTON, D.C. (Nov. 18, 2019) – U.S. Senator Tom Udall (D-N.M.) released the following statement on the planned return of the Acoma Shield from Paris to the Pueblo of Acoma. Udall chaired a Senate Committee on Indian Affairs hearing on the illegal trade of tribal cultural items in Albuquerque in October 2016, and Udall’s Protection of the Right of Tribes to stop the Export of Cultural and Traditional (PROTECT) Patrimony

Resolution passed Congress in December 2016. The resolution condemns the theft, illegal possession or sale, transfer, and export of Tribal cultural items and calls for several measures to be implemented to help identify and stop the illegal trafficking of Tribal cultural patrimony and secure repatriation of exported items to their rightful Native American owners. Udall is also a cosponsor of S. 2165, the Safeguard Tribal Objects of Patrimony (STOP) Act of 2019, sponsored by U.S.

Senator Martin Heinrich (D-N.M.), which would make it illegal to export items of cultural patrimony overseas to circumvent U.S. laws.

“The return of the Acoma shield is long overdue, but this is very welcome news nonetheless. I commend the Pueblo of Acoma for its dogged determination to secure the return of their sacred patrimony, and I have been proud to partner with Tribal leaders and government officials to help stop the sale of the Acoma shield

and return it to its rightful owners. Items like the Acoma Shield are not pieces of art to be auctioned off to the highest bidder by parties who have no ties to their sacred significance. They are spiritual objects, deeply important for Tribal identity. I will continue working to pass legislation to put a stop to the theft, trafficking, and sale of Tribal cultural patrimony and sacred objects like the Acoma Shield.”

Native American Center for Health Professions Receives \$1M Grant

submitted by University of Wisconsin News

MADISON, Wis. Nov. 19, 2019) – A UW School of Medicine and Public Health center will once again be the recipient of a competitive national grant to recruit American Indian and Alaska Native students into the field of medicine.

The Native American Center for Health Professions (NACHP) was recently awarded a nearly \$1 million, five-year grant from the Indian Health Service of the U.S. Department of Health and Human Services. The Indians into Medicine (INMED) grant provides support to help bring American Indian and Alaska Native students into health professions.

The grant is of vital importance to continue the School of Medicine and Public Health's mission of increasing opportunities for American Indian students, according to Dr. Bret Benally Thompson, clinical assistant professor of medicine and the grant's principal investigator.

"What we are doing at NACHP has permeated our way of life for time immemorial. We are sharing with our young people the values and skills needed to care for the health of our communities," he said. "NACHP does this by providing an academic and cultural community that supports each student's individual and

tribal identity. We are giving Native students, no matter their age or background, permission to dream and succeed and then providing the support and resources they need to achieve those dreams."

The grant's objectives are to provide health career exposure to pre-college and college students, increase the number of qualified applicants for medical and health professional programs, augment culturally-responsive programming through community-based learning opportunities to support a sense of belonging and student retention, and expand American Indian-specific health-focused training to promote service to American Indian and Alaska Native people and communities.

This is the second time the highly-competitive grant – which is allocated in limited numbers – was awarded to NACHP. The first grant was received in 2014. This newly-allocated funding cycle will expire in 2024.

The grant will allow the center to continue its core mission, according to Danielle Yancey, NACHP director.

In the new grant, NACHP will continue to partner with five Wisconsin tribal communities including the Ho-Chunk Nation, Lac du Flambeau Band of Lake

Superior Chippewa, Menominee Indian Tribe of Wisconsin, Oneida Nation and the Stockbridge-Munsee Band of Mohican, as well as continue youth outreach services statewide.

NACHP will also collaborate with UW programs such as the Pre-College Enrichment Opportunity Program for Learning Excellence (PEOPLE), the Information Technology Academy (ITA), Lac du Flambeau and Oneida tribal programs, the Area Health Education Center (AHEC) programs, Center for Pre-Health Advising (CPHA) and the Rural and Urban Scholars in Community Health (RUSCH) program. In addition, NACHP will also continue working in partnership with the Great Lakes Inter-Tribal Council Native American Research Center for Health.

Through these collaborations, NACHP will connect students to the resources and opportunities each of these programs provide to support their college and health professional program readiness.

The center works to enhance recruitment of American Indian students to UW health professions schools and programs, improve their educational experience and establish and enhance student

health education opportunities. It also focuses on recruitment, retention and development of American Indian faculty and the growth of health academic programs (with regard to both research and education) within tribal communities.

Since the program's inception in 2012, there has been a more than 300 percent increase in the number of American Indian and Alaska Native students pursuing health professional programs at UW–Madison, with a 240 percent increase in the application rates of medical degree students. Additionally, the UW School of Medicine and Public Health is ranked in the top 10 of U.S. medical degree-granting institutions for graduating American Indian and Alaska Native students, according to the Association of American Medical Colleges.

"Although we have made strides in recruiting and supporting students into the health professions, there is still much work to do. Having the INMED program at UW will allow us to continue on this mission to improve the health and well-being of our people and communities," Yancey said.

Legislation Introduced to Address Health Care Provider Shortages in Indian Country

submitted by Tom Udall Press Office

WASHINGTON, D.C. (Nov. 15, 2019) –U.S. Senators Tom Udall (D-N.M.), vice chairman of the Senate Committee on Indian Affairs, and Lisa Murkowski (R-Alaska) introduced the Indian Health Service Health Professions Tax Fairness Act to help address health care provider shortages at the Indian Health Service (IHS).

The legislation would exempt IHS' scholarship and loan repayment programs, two key employee recruitment and retention tools, from federal income tax requirements, allowing the service to better leverage its existing funding.

"Medical provider shortages pose a serious risk to the health and safety of families in Indian Country. As vice chairman of the Senate Committee on Indian Affairs, I am proud to work with Senator Murkowski to introduce legislation that will make sure that the resources Congress provides to tackle this shortage can stretch further. And, by freeing up more funding for scholarship and loan repayment programs, this bill will support more Native youth studying to work in the health care field," said Udall. "I will always fight to ensure that Indi-

an Country gets the resources it needs for the health and wellness of all Native communities."

"I have been working hard to move legislation that will help ensure greater access to comprehensive and affordable healthcare, in Alaska and across the nation. But the vacancy rates for doctors, nurses, and other medical workers in Alaska is a real challenge," said Murkowski. "Through Indian Health Services initiatives such as the Health Professions Scholarship Program and the Loan Repayment Program, we've seen a great number of Native students who have been able to receive the support they need to pursue good career – but there's still a great need to be met. I'm proud to support this bill alongside Senator Udall that will help open the door for more Alaska Native students to fill those positions and provide the best possible care for their communities."

Recent estimates indicate IHS has over 1500 health care provider vacancies. However, IHS must currently use 25 percent of its scholarship and loan repayment funding to pay taxes on the recruitment programs. If passed, the

savings made possible by this bill would allow IHS to award nearly 200 additional loan repayment benefits and scholarships each year.

Congress made similar scholarship and loan repayment programs offered by the National Health Service Corps and the U.S. Army permanently tax exempt in 2012.

This legislation is supported by the National Congress of American Indians (NCAI), the National Indian Health Board (NIHB), and the National Council of Urban Indian Health (NCUIH).

"Currently, Indian Health Service health professionals do not receive the same tax treatment as other public sector health professionals for scholarships and loan repayment programs," said NCAI Chief Executive Officer (and FCP tribal member) Kevin J. Allis. "This disparity in tax treatment makes it harder for IHS and tribal nations to recruit and retain quality health care professionals across Indian Country. The Indian Health Service Health Professions Tax Fairness Act is a positive step that will help improve the quality of care offered to American Indians and Alaska Natives by helping

to bring more doctors, nurses, and other health professionals to tribal communities."

"NIHB views this as a necessary and compassionate step towards addressing the desperate need for AI/AN health care providers in Indian Country," said Stacy Bohlen, NIHB Executive Director. "The Indian Health Service has provider vacancy rates as high as 33 percent in some areas. Under the current system, incentives to recruit and retain providers become penalties because IHS loan repayment funds can be taxed by as much as 20 percent. Senator Udall's bill provides much-needed tax relief for these providers."

"Student loans are a debilitating issue in this country and serious challenges exist in finding quality health care providers to serve American Indian and Alaska Native peoples," said Francys Crevier, NCUIH Executive Director. "This bill will help by making the IHS repayment and scholarship programs tax exempt and assist in recruiting and retaining more doctors, nursing and health care professionals to fill critical vacancies in Indian Country."

VAWA Reauthorization Bill to Address Epidemic of MMIW

submitted by Tom Udall Press Office

WASHINGTON, D.C. (Nov. 13, 2019) – U.S. Senator Tom Udall (D-N.M.), vice chair of the Senate Committee on Indian Affairs joined U.S. Senator Dianne Feinstein (D-Calif.) and Senate Democrats in introducing the Violence Against Women Reauthorization Act of 2019 (VAWA). The bill, which is similar to the bipartisan VAWA reauthorization package passed by the House of Representatives in April, includes key tribal provisions that protect Native women, make tribal communities safer, and build on the landmark tribal jurisdiction provisions of the 2013 reauthorization.

“It is appalling that Senate Republican leadership is still refusing to reauthorize VAWA – a proven program that protects women and families in New Mexico and across the country. While this bill sits in the majority leader’s legislative graveyard, the crisis of Missing and Murdered Indigenous Women is devastating Native families in New Mexico and across the country. It’s past time we take bipartisan action to end the cycle of violence. By reauthorizing the Violence Against Women Act and strengthening provisions to protect Native women, families, and communities, countless lives will be saved and families devastated by violence will receive the protection and justice they deserve,” said Udall.

“While VAWA has been an overall success, the alarming rates of violence against Native women too often go unaddressed because of jurisdictional gaps. In 2013, I was proud to lead the charge to make sure that Native women were better included in the Violence Against Women Act. That was a big step in the right direction. But there are still gaps in federal law that allow violent offenders in Indian Country to slip through the cracks of the justice system,” Udall continued. “I am proud to champion the tribal provisions included in the House-passed VAWA reauthorization and in our bill introduced. This issue is too important for Indian Country – Congress cannot delay any longer. I applaud Senator Feinstein’s dedication to getting this reauthorization done, and I urge Majority Leader McConnell and Republican leadership to join our efforts to address the epidemic of Missing and Murdered Indigenous Women and reauthorize VAWA.”

The tribal provisions included in the Senate VAWA Reauthorization bill are based on Udall’s bipartisan legislation, the Native Youth and Tribal Officer Protection Act (NYTOPA), as well as the Justice for Native Survivors of Sexual Violence Act, led by Udall and Senators Tina Smith (D-Minn.) and Lisa Murkowski (R-Alaska).

The Tribal Title of the VAWA reau-

thorization would:

- Restore tribal jurisdiction over crimes of child violence, sexual violence, sex trafficking, stalking, obstruction of justice, and assault of Tribal justice personnel committed by non-Indians offenders
- Maintain tribal jurisdiction over crimes of dating violence, domestic violence, and violations of Tribal civil protection orders first put in place by VAWA 2013
- Ensure all tribes, including those in Alaska and Maine, are able to utilize these jurisdictional tools
- Codify the Department of Justice’s (DOJ) Tribal Access Program (TAP), which provides Tribes with access to federal criminal information databases to ensure crime data can be shared between tribal, state, local, and federal law enforcement agencies
- Require the Government Accountability Office and DOJ to produce a series of reports on Missing and Murdered Indian Women.

Udall, Smith and Murkowski developed NYTOPA and the Justice for Native Survivors of Sexual Violence Act in response to feedback from tribes and Native women’s advocates that violent offenders continued to use legal loopholes to avoid prosecution in Tribal communities.

As vice chairman of the Senate Committee on Indian Affairs, Udall has helped lead efforts in Congress to combat violence against Native women by convening oversight hearings and listening sessions to learn from Tribes on how to implement and improve VAWA to better serve Indian Country’s needs. Udall was also a leader in the 2013 effort to amend VAWA to restore tribal jurisdiction over domestic violence crimes committed on reservations, which was instrumental to ensuring that Native women have the same protection from domestic abuse as all other women in the United States. Earlier in his career, he worked to prevent and prosecute domestic violence when he served as New Mexico’s attorney general, convening the first statewide round table on domestic violence.

Udall cosponsored a resolution designating May 5 as a National Day of Awareness for Missing and Murdered Native Women and Girls – and led a group of five Senate Democrats to call for the Senate to take up the VAWA reauthorization.

Available data from the Department of Justice indicates there are more than 5,000 cases of missing American Indian and Alaska Native women and that 55 percent of Native women have experienced domestic violence.

Udall, Gallego Introduce Tribal Wildlife Corridors Act of 2019

submitted by Tom Udall Press Office

WASHINGTON, D.C. (NOV. 19, 2019) – U.S. Senator Tom Udall (D-N.M.), vice chairman of the Senate Committee on Indian Affairs, and U.S. Representative Ruben Gallego (D-Ariz.), chairman of the House Subcommittee on Indigenous Peoples, introduced the Tribal Wildlife Corridors Act of 2019 to support the use of wildlife corridors on tribal lands.

The legislation is supported by U.S. Representatives Ben Ray Lujan (D-N.M.) and Deb Haaland (D-N.M.).

A United Nations report released earlier this year found that one million plant and animal species are facing extinction – and that habitat destruction caused by human activity is a key threat. By connecting similar pieces of land into stretches of habitat to allow migration, wildlife corridors can reverse the process of habitat loss and fragmentation, protecting migration routes and safeguarding species from the devastating impacts of a changing climate and habitat loss due to development.

“Our planet currently faces a mass extinction crisis,” Udall said. “Wildlife corridors, as effective tools for restoring native species populations, are the first

step in addressing this crisis. This legislation, developed in consultation with tribes, is designed to honor the federal trust responsibility to Indian tribes by supporting tribes’ work to coordinate wildlife management strategies with their federal partners across jurisdictional boundaries.”

“Indigenous communities have long led by example when it comes to responsible and effective stewardship of our land and wildlife. It is past time to ensure that tribes have the resources they need to protect wildlife migration and habitats on tribal land. That is why I am proud to join Senator Udall in introducing the Tribal Wildlife Corridors Act of 2019 to reaffirm this key aspect of tribal sovereignty and improve federal support and coordination for the creation and maintenance of wildlife corridors in Indian Country,” said Gallego.

“With the increasing impacts from the climate crisis on our ecosystems, wildlife corridors and migrating wildlife face unique challenges that threaten their existence. It’s critical that we address these challenges and support the efforts of tribal communities to effectively manage wildlife and protect migration corridors.

I’m proud to work with my colleagues and tribal leaders to move this vital legislation forward and deliver results,” said Assistant Speaker Lujan.

“The movement of wildlife contributes to the resilience of our air, land and water, but right now we’re facing growing problems protecting their natural migration patterns. By supporting tribes’ capabilities to protect wildlife and their migration corridors, which is part of our traditional way of life, we recognize their important role in wildlife management and also preserve vital wildlife habitats,” said Haaland, co-chair of the Congressional Native American Caucus.

The legislation is similar to Udall and U.S. Representative Don Beyer’s (D-Va.) Wildlife Corridors Conservation Act of 2019.

Specifically, the Tribal Wildlife Corridors Act of 2019 empowers Tribes to enhance native habitat connectivity on tribal lands by:

- Requiring the U.S. Forest Service to consider opportunities to link Tribal Wildlife Corridors to U.S. Forest Service-managed lands;
- Requiring the U.S. Department of the Interior (DOI) to conduct meaning-

ful consultation with tribes administering a recognized Tribal Wildlife Corridor;

- Requiring DOI to provide technical assistance to tribes to establish, manage, or expand a Tribal Wildlife Corridor;
- Prioritizing U.S. Department of Agriculture conservation projects that would enhance native species movement through the expansion of a Tribal Wildlife Corridor;
- Establishing a grant program to encourage native species movement; and
- Ensuring the authorized activities in the bill do not impact the use of private property or tribal lands.

The bill implements recommendations from resolutions passed by the Native American Fish & Wildlife Society and the Western Governors’ Association, which call for increased support of tribal efforts to identify and protect key wildlife migration corridors.

U.S. Senators Cory Booker (D-N.J.), Kamala Harris (D-Calif.), Richard Blumenthal (D-Conn.), Bernie Sanders (D-Vt.), Jon Tester (D-Mont.), Tina Smith (D-Minn.), and Elizabeth Warren (D-Mass.) joined the bill as original cosponsors.

NWSP: CEO SYMPOSIUM '19

This past week, Randy Mueller, CEO of Potawatomi Business Development Corporation, participated in a panel discussion at the Near West Side Partners 2019 CEO Symposium. Mueller, along with other area executives, took the time to discuss the work being done, the successes they've seen in the last five years, as well as what lies ahead for everybody. The dedication to the Near West Side by the five anchor institutions (Advocate Aurora Health, Marquette University, PBDC, MillerCoors and Harley-Davidson) is paramount to the neighborhood's continued evolution. The symposium was held at MillerCoors.



Spotlight: GMS COMPLETES BE SPECTACLED

Be Spectacled Optometry office build-out was a complete renovation of a 10,800 sq. ft., two-story building in the heart of Wauwatosa. The main level houses the relocation of Be Spectacled Optometry and offers more exam rooms, offices and a larger, more custom showroom. The lower and second levels will accommodate future tenant spaces.

On the main level, the team relocated the existing stairwell to open-up the showroom floor allowing for patrons to freely browse merchandise and converse with staff. Flux Designs crafted a custom-metal staircase to access the second level, along with a custom-metal tree-like installation on the showroom floor weaving throughout the ceiling. Flux also repurposed the display cases from the existing store for the new Harwood Avenue location. A new ADA-compliant lift was installed on the eastern wall giving patrons access to the lower and second levels which are currently a white-box, as the owner anticipates future tenants. The team installed all new electrical, plumbing and mechanical fixtures along with masonry infills and new openings for windows.

New custom windows framed by zinc panels and thermally-modified wood trim add a rustic appearance to highlight the storefront. The main entrance complies with ADA standards. Exterior work also includes a complete tuckpoint for the entire building, restoring the brick façade and original character.

The team worked hard to keep the project on schedule with a minimal final punch list. The Greenfire team consists of Ashley Wilson, Project Manager; Jake Basten, Project Manager; and Eric Anderson, Superintendent. Arc-Int is the architect with Flux Designs serving as a subcontractor for design work.

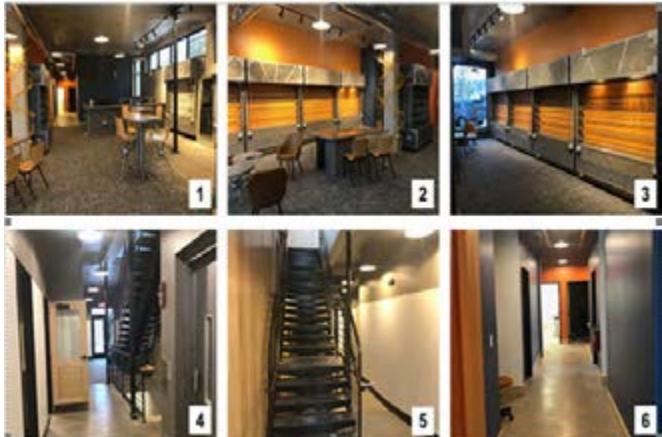


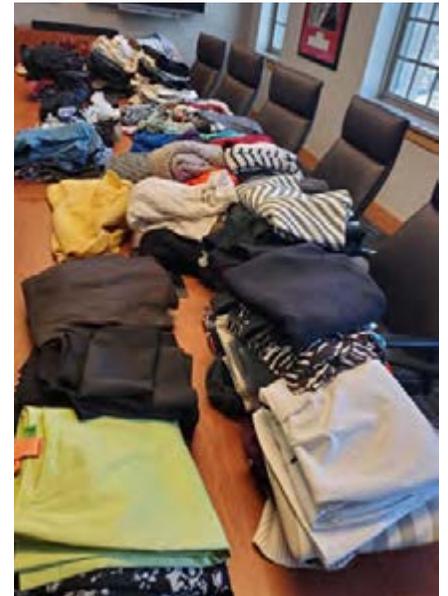
Photo: (1) View of showroom floor (2) Eyeglass display on the eastern store wall (3) Eyeglass displays were repurposed from prior location (4, 5) New stairwell constructed with access to basement and second level (6) Corridor with exam rooms with administrative office space at the end.

PBDC: DOMESTIC VIOLENCE PROFESSIONAL CLOTHING DRIVE

October is National Domestic Violence Awareness Month which first began in 1981 as a "Day of Unity" to connect battered women's advocates across the country. Domestic violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes - it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, constant use of the silent treatment, or calling someone stupid so often that they believe it.

The latter part of October, Potawatomi Business Development Corporation held a professional clothing drive. Over 200 pieces of clothing, including dresses, suits, pants, sweaters, tops, blazers, shoes, undergarments and accessories, were collected and donated to Community Advocate's Bottomless Closet, a resource for men and women who have come out of abusive relationships trying to get back on their feet. They provide the survivor with up to two outfits to attend interviews. Should the person land the job, they can come back for up to five additional outfits to expand their work wardrobe.

Unfortunately, nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. PBDC is proud to help those individuals in need, and we especially thank those that stepped up and made the drive a success.



Jake Menore, Tarah Thompson and Heide Copus of PBDC with Jeri Kavanaugh (in green) of Community Advocates and Bottomless Closet located at 728 N. James Lovell St. in Milwaukee. (414) 449-4777



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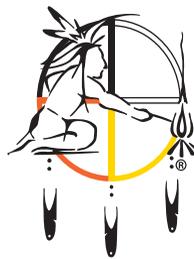
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DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 GREEN & GOLD SPECIALS \$10/5 Packs Breakfast Buffet Pot Roast	2 Cyber Monday Soup in a Bread Bowl	3 hot seats COLD CASH Liver & Onions	4 hot seats COLD CASH \$10/5 Packs Wacky Wednesday Sub Sandwich	5 SENIOR DAY \$10/5 Packs — Senior Night Lunch Buffet Baked Chicken Dinner	6 Finally \$500 Friday Seafood Buffet Fish Fry	7 Dustin Lee 7 pm – 11 pm \$10/5 Packs Breakfast Buffet Prime Rib Buffet Chef's Choice
8 GREEN & GOLD SPECIALS \$10/5 Packs Breakfast Buffet Pot Roast	9 POP'S PLAY Lovin' Country 10:30 am – 2:30 pm Soup in a Bread Bowl	10 hot seats COLD CASH Liver & Onions	11 hot seats COLD CASH \$10/5 Packs Wacky Wednesday Sub Sandwich	12 SENIOR DAY \$10/5 Packs — Senior Night Lunch Buffet Baked Chicken Dinner	13 Lucky 13 DJ Dunn 7:30 pm – 11:30 pm \$10/5 Packs — Hot Seat Night Seafood Buffet Fish Fry	14 Ugly Holiday Sweater Contest Texxas 7 pm – 11 pm \$10/5 Packs Breakfast Buffet / Prime Rib Buffet Chef's Choice
15 GREEN & GOLD SPECIALS POP'S PLAY Jim Counter 10:30 am – 2:30 pm \$10/5 Packs Breakfast Buffet Pot Roast	16 POP'S PLAY Moonlighters 10:30 am – 2:30 pm Soup in a Bread Bowl	17 hot seats COLD CASH Liver & Onions	18 hot seats COLD CASH \$10/5 Packs Wacky Wednesday Sub Sandwich	19 SENIOR DAY \$10/5 Packs — Senior Night Lunch Buffet Baked Chicken Dinner	20 Holiday Cash Finally \$500 Friday Seafood Buffet Fish Fry	21 Sammy Ray 7 pm – 11 pm \$10/5 Packs — Holiday Cash Breakfast Buffet Prime Rib Buffet Chef's Choice
22 \$10/5 Packs — Holiday Cash Breakfast Buffet Pot Roast	23 GREEN & GOLD SPECIALS Soup in a Bread Bowl	24 — CLOSED — <i>Happy Holidays</i>	25 — CLOSED — <i>Happy Holidays</i>	26 Open @ 9 am SENIOR DAY \$10/5 Packs — Senior Night Lunch Buffet Baked Chicken Dinner	27 Big Dog DJ 10 pm – Midnight (Bingo Hall) \$10/5 Packs — Hot Seat Night Black Light Bingo (Ugly Sweater) Seafood Buffet Fish Fry	28 \$10/5 Packs Breakfast Buffet / Prime Rib Buffet Chef's Choice
29 GREEN & GOLD SPECIALS \$500 Cash Drawing \$10/5 Packs Breakfast Buffet Pot Roast	30 Pink Houses 7 pm – 11 pm Soup in a Bread Bowl	31 NYE Bingo Bash Lovin' Country 11 am – 2 pm / 4 pm – 7 pm Felix & Fingers 9 pm – 1 am NYE Bingo Bash NYE Menu / NYE Buffet	NEW YEAR'S EVE CELEBRATION DAYTIME & NIGHTTIME DRAWINGS LIVE ENTERTAINMENT, CHAMPAGNE, FAVORS AND A FREE GIFT!		Play to Stay Earn a Free hotel stay Mondays — Wednesdays Just earn 750 some day base points to receive a one night hotel stay. Visit the Carter Club booth for more details.	

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Two lucky winners each hour take home \$1,300 CASH!

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START EARNING ENTRIES DECEMBER 7

December 20: Three winners of \$50
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December 22: One winner \$250

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