



# POTAWATOMI TRAVELING TIMES

Volume 25, Issue 17 • zisbakwtoké gizes Maple Sugar Moon • March 1, 2020

## State of the Tribes Address 2020

by Val Niehaus

February 18, 2020, marked an historic day for the Forest County Potawatomi (FCP) tribe and community. On this day, FCP Chairman Ned Daniels Jr. was the keynote speaker chosen to deliver the 16th Annual State of the Tribes Address to the Wisconsin Assembly at the State Capitol in Madison.

The events of the day commenced with a march of the 11 tribes of Wisconsin being represented by veterans and tribal members from the west entrance around the capitol periphery to the east entrance. FCP Post I Veterans included Clarence Daniels, Louie Spaude, Brenda Shopodock (FCP Vice Chair Woman), Jayson Jackson, JR Holmes, Bruce Shepard, Judy Murphy, Don Gilligan and Richard Brzezinski. Councilmember Nick Shepard Sr. brought the drum for members to sing with while marching around the Capital perimeter. Also represented from FCP Council on this day was Treasurer Joe Daniels, Secretary James A. Crawford and Council Member Brooks Boyd. FCP Attorney General Jeff Crawford and FCP Associate Judges Christian Daniels and Angela Moe were also in attendance. Once finished with the march, attendees then gathered in the assembly chambers to hear the keynote presentation.

Not only was Chairman Daniels representing the FCP community as the main speaker at this important event but in addition, two young FCP tribal member students from Wabeno High School

and made their presence known by introducing themselves and saying an invocation in their Bodwéwadmí language. Symone Pemma and Bondesē Frank both did an exceptional job of speaking before the crowd of legislators...a memory they will never forget.

Chairman Daniels opened his dialogue with an acknowledgment to his Creator and then lightened the mood and drew some smiles by also acknowledging his wife to make certain he was insured a good ride home. He then acknowledged and welcomed all who were members of the various governing bodies and who were present in the room with these including: Governor Evers, Lt. Governor Barnes, Speaker Voss, Majority Leader Fitzgerald, President Roth, members of the Senate, members of the State Assembly, Constitutional Officers, Cabinet Secretaries, Justices of the Wisconsin Supreme Court, fellow tribal leaders, esteemed elders, veterans, and other honored guests. He then introduced each leader of the 10 other tribal nations in the state to the applause of those in attendance.

Following his opening acknowledgments, Chairman Daniels then went on to speak of one very special man that the FCP tribe sadly lost at the end of the past year – Chief Judge Eugene “Fugie” White-Fish. The Chairman explained that he was the first judge elected when the Potawatomi established its court system and, as most know, he dedicated his career to ensuring a strong relationship between the state and tribes. As Chairman Daniels said, “It is because of his efforts there is better coordination between the state and tribal courts. We are in a better place because of Fugie, and I know he is looking down on us smiling right now.” Needless to say, if you were sitting in this large meeting room and you were associated with FCP in any way, it was hard to keep a dry eye at this moment as all remembered the influence of this highly-respected tribal judge.

Daniels then proceeded to give some background history about Potawatomi lands and shared that they initially included a large area in the southeast corner of the state where the names of many communities actually reflect the Potawatomi influence.

*continued on pg. 5...*



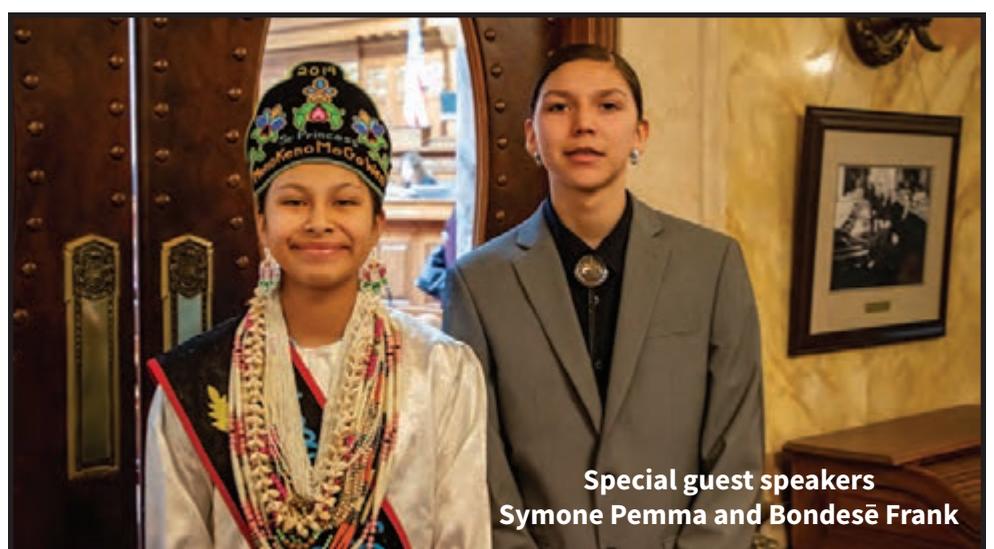
FCP Post I Veterans



Drumming and singing before the main event



FCP Chairman Ned Daniels Jr. giving his address



Special guest speakers  
Symone Pemma and Bondesē Frank

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### Happy March Birthday to These Elders!

- |                          |                         |
|--------------------------|-------------------------|
| 3-4 Kevin Allis          | 3-17 Margaret Konaha    |
| 3-4 Daniel Shepard       | 3-18 Gloria Deverney    |
| 3-5 Corlis Daniels       | 3-19 Ruth Vigue         |
| 3-5 John Gibbons         | 3-19 Al Milham          |
| 3-7 Lola Haskins         | 3-20 Victoria Milligan  |
| 3-8 Melody Holloway      | 3-21 Luane Samplaski    |
| 3-12 Karen Blakslee      | 3-22 Joshua Runningbear |
| 3-12 Leona Greetan (Van) | 3-23 Jerome Petonquot   |
| 3-13 Lisa Petonquot      | 3-25 Walter Johnson Jr. |
| 3-14 Suzanne Kozlowski   | 3-27 Cassie Cornell     |
| 3-15 Earl Long           | 3-31 Martina Falke      |



### Elder Menus - MARCH 2020

- |   |   |
|---|---|
| <u>Monday, 3/2</u><br>Baked Chicken, Broccoli & Cauliflower, Celery & Carrot Sticks, Orange                             | <u>Tuesday, 3/17</u><br>Stuffed Green Pepper, Country Blend Vegetables, Cottage Cheese, Strawberries          |
| <u>Tuesday, 3/3</u><br>Hot Beef Sandwich, Squash, Asparagus, Pears  | <u>Wednesday, 3/18</u><br>Pork & Kraut, Parsley Potatoes, Cream Corn, Spinach Salad, Banana                   |
| <u>Wednesday, 3/4</u><br>Baked Breaded Pork Chop, Roasted Potato Medley, Corn, Cranberry Sauce, Jello® w/Fruit          | <u>Thursday, 3/19</u><br>BLT Wrap, Pork & Beans, Cold Pasta Salad, Red Grapes                                 |
| <u>Thursday, 3/5</u><br>Chef Salad, Apple Pie   | <u>Friday, 3/20</u><br>Hamburger Gravy, Mashed Potatoes, Carrots, Bread & Butter, Peaches                     |
| <u>Friday, 3/6</u><br>Chili, Fry Bread, Mandarin Fluff  | <u>Monday, 3/23</u><br>Italian Chicken over Alfredo Noodles, Broccoli, Beets, Breadstick, Grape Juice         |
| <u>Monday, 3/9</u><br>Tuna Salad on Croissant w/Lettuce, Tomato & Cheese, Pepper Strips w/Dip, Cranberry Juice, Kiwi    | <u>Tuesday, 3/24</u><br>Pork & Kraut, Mashed Potatoes, Green Beans, Cucumber & Tomato Salad, Tropical Fruit   |
| <u>Tuesday, 3/10</u><br>Swedish Meatballs over Rice, Carrots, Brussels Sprouts, Roll & Butter, Banana                   | <u>Wednesday, 3/25</u><br>Lasagna, Spring Mix Salad, Garlic Bread, Mixed Berries                              |
| <u>Wednesday, 3/11</u><br>Brat on Bun, Potato Salad, Calico Beans, Cherry-Pineapple Fluff                               | <u>Thursday, 3/26</u><br>Corned Beef & Cabbage, Baby Red Potatoes, Carrots, Rye Bread, Green Grapes           |
| <u>Thursday, 3/12</u><br>Taco Salad w/Lettuce, Tomato, Cheese & Onions, Orange  | <u>Friday, 3/27</u><br>Chicken Kiev, Garlic Parmesan Noodles, Brussels Sprouts, Dinner Roll, Nutri-Grain® Bar |
| <u>Friday, 3/13</u><br>Turkey Noodle Casserole, Crackers, Apple   | <u>Friday, 3/27</u><br>Chicken Kiev, Garlic Parmesan Noodles, Brussels Sprouts, Dinner Roll, Nutri-Grain® Bar |
| <u>Monday, 3/16</u><br>Chicken Breast Sandwich w/Lettuce, Tomato & Cheese, Roasted Ranch Potatoes, Ice Cream, Fruit Cup | Menus are subject to change.  |



Open to FCP Tribal Elders & Their Guest

# Elders BINGO

Playing 10 games of BINGO every other Thursday at 1:30 PM in the Recreation Building on these dates:

- |                        |          |
|------------------------|----------|
| <del>February 13</del> | April 9  |
| <del>February 27</del> | April 23 |
| March 12               | May 7    |
| March 26               | May 21   |

**DOOR PRIZES!**

FOREST COUNTY POTAWATOMI RECREATION  
5442 Everybody's Road  
Crandon, Wisconsin

To arrange transportation or for more information, please call FCP Recreation at 715-478-7420. Snacks & refreshments provided.



**Deadline for the March 15, 2020 issue of the Traveling Times is Wednesday, March 4, 2020.**

## POTAWATOMI TRAVELING TIMES

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## Potawatomi Nation Economic Development Summit Explores Path to a Shared Venture

Information found at [www.pbpindiantribe.com](http://www.pbpindiantribe.com); reprinted with permission

Envoys from the various bands of the greater Potawatomi Nation gathered together at the Potawatomi Nation Economic Development Summit II on January 28 and 29, 2020, to explore the framework for possible shared economic ventures. The summit provided two presentations on completed economic projects as prime examples and included lengthy discussion focused on the post-colonial geopolitics of each band, along with next steps.

Gun Lake Investments CEO Kurtis Trevan and Waséyabek Development Company Compliance and Office Manager Jessi Goldner presented on their significant joint venture: the \$17.5M purchase of the historic McKay Tower located in downtown Grand Rapids, Mich., which was acquired in January 2020. The acquisition represents a rare co-investment by the non-gaming economic development entities of two Potawatomi tribes, the Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians (Gun Lake Tribe) and the Nottawaseppi (Huron Band of Potawatomi Indians), respectively.

Citizen Potawatomi Nation Legislator Jon Boursaw also delivered a presentation, detailing the economic achievements of the CPN. Its achievements include operating the largest Native American-owned bank in the United States, establishing a free-trade zone, developing a six-field sporting complex, in addition to their casino, covered arena, grocery stores, golf course, and several other business and government operations.

The discussion that took place during the summit was reminiscent of the great chiefs of old. Many wise words and stories were shared from tribe to tribe as attendees worked congruously to determine what the framework for ongoing opportunities might look like.

Alongside the bold initiative to strengthen the collective Potawatomi Nation, a range of challenges will also need to be navigated, including local, state, and international jurisdictional issues and each individual band's community readiness. As Theresa McInnes, Councilor for Wasauksing First Nation, stated, "You must include your community in your canoe."

This was the second summit in a series, this one hosted by the Prairie Band Potawatomi Nation at the Prairie Band Potawatomi Casino and Resort in Mayetta, Kan. The first summit, hosted by the Forest County Potawatomi, took place in Milwaukee, Wis., in October 2019. The individual bands have determined to meet quarterly. The next two summits are slated for April 2020, hosted by the Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians (Gun Lake Tribe), and July 2020 during the 2020 Annual Potawatomi Gathering hosted by the Hannahville Indian Community.

While not a new idea, as the nine recognized bands of the greater Potawatomi Nation have discussed ways to exercise their sovereign strength together for well over 20 years, this time around it appears many of the bands are positioned to bring a shared venture to fruition.



back row l-r: Brian McInnes (Wasauksing), Geewadin Elliot (Chippewas of Nawash), Zachary McCue (The Waabgaag Group), John Alloway (FCP), Raphael Wahwassuck (PBPN), Joseph Rupnick (PBPN), Jason Henry (Kettle & Stony Point), Jordan Comer (GLI), Immanuel Johnson II (FCP), Steve Tooshkenig (Walpole), James Crawford (FCP), Dan Miskokomon (Walpole), Jason Smalley (CPN), William Evans (PBPN), John "Rocky" Barrett (CPN), Wade Pahmahmie (PBPN), Jon Boursaw (CPN), Brian Pierson (FCP Atty.) front row l-r: Theresa McInnes (Wasauksing), Camilla Chouteau (PBPN), Dawn LeClere (PBPN), Noreena Mishigaud-Dwyer (Hannahville), Martha Pedoniquotte (Chippewas of Nawash), Alicia Falcon (GLI), Mae Joslin (PBPN), Jessi Goldner (WDC) and Solomon King (Chippewas of Nawash). Not pictured: Brooks Boyd (FCP), Skye Alloway (FCP), Jacob Wamego (PB LLC) and Zach Pahmahmie (PBPN).

## Milwaukee Mayor Tom Barrett Delivers 2020 State of the City Address

submitted by George Ermert, Public Affairs Consultant, Schreiber GR Group

Milwaukee Mayor Tom Barrett gave his annual State of the City Address on Feb. 10 at Potawatomi Hotel and Casino (PHC). PHC CEO / General Manager Rodney Ferguson gave welcoming remarks to the crowd of nearly 900 attendees, and Potawatomi Chairman Ned Daniels Jr. introduced Mayor Barrett.

In his remarks, Chairman Daniels noted the strong partnership that exists between the Potawatomi and the City of Milwaukee, and how that partnership has led to many positive things for Milwaukee:

"Milwaukee is our Tribe's home. Our culture and heritage are woven into the roots of this city. And that connection continues to this day. Today, the Potawatomi are fortunate to have formed many strong partnerships to help bring positive change to Milwaukee. And one of the relationships we are particularly thankful for is our partnership with the City of Milwaukee and Mayor Barrett. The City of Milwaukee and Potawatomi have a shared vision for the future of this great city, and we are proud to work with Mayor Barrett to achieve these common goals."

In his State of the City Address Mayor Barrett outlined the progress made by the city in the last year, such as the bid for the Democratic National Convention, moving towards a healthier economy and a safer city. Barrett also recognized the immense accomplishments of the Forest County Potawatomi Community and its contribution to the city's progress. He stated, "The Forest County Potawatomi

and the Potawatomi Hotel & Casino have made a spectacular investment here. As the Potawatomi built this hotel, they partnered with diverse vendors setting goals to be inclusive. They achieved their goals. They set a standard that Milwaukee businesses can and should meet.

"Potawatomi is a fantastic community partner. At the launch of the streetcar, The HOP, they stepped forward to be our presenting sponsor with a \$10 million commitment. And, as we made our pitch for the Democratic Convention, they were alongside us every step of the way.

"Potawatomi has touched so many small community groups and not-for-profits through its Heart of Canal Street campaign and the tribe's foundation, which have shared more than \$80 million in our community.

"Beyond all this, it's their employment story that is so remarkable because the economic benefits spread throughout Milwaukee's neighborhoods.

"The people who work here embody the diversity of our city. Of the nearly 2,700 team members, 65 percent are people of color and 53 percent are female. Nearly two-thirds reside in the City of Milwaukee. Now that's an impressive commitment!

"Thank you, Chairman Ned Daniels Jr. and General Manager Rodney Ferguson. Good things are happening in our city, and our positive momentum is going to continue."



(l-r) FCP Chairman Ned Daniels Jr., Milwaukee Mayor Tom Barrett, PHC CEO / General Manager Rodney Ferguson, FCP Treasurer Joseph Daniels Sr.



# February General Council Meeting Held

by Val Niehaus

The annual General Council meeting was held on Feb. 8, 2020, at the Forest County Potawatomi (FCP) Recreation Center.

A meal was served at noon that was prepared by Clarissa Johnson and helpers. It included beef tips, corn, fry bread, soup, fruit and cake. Everyone present had nice, full bellies before the meeting began.

Prior to starting the meeting, Chairman Ned Daniels Jr. introduced Director of Capital Projects Jerry Schallock to the members. Schallock gave a short presentation on the developments taking place in the community. He shared updates on the new Community Center, the new Carter C-Store, the expansion on the Caring Place and the extended area being built on to Rising Sun Daycare.

Following this presentation and once all had completed their lunch and quorum was made, Fire Nation sang a welcome song as FCP Post I veterans posted the colors. Chairman Daniels then

got up to speak and informed everyone in attendance that he had been chosen to present the 2020 State of the Tribes Address to the Wisconsin Assembly at the State Capitol in Madison. There were cheers from the crowd as he then went on to introduce two youth who will be accompanying him on the trip. He said, "The reason I am having these two come with me is they will be my special guests, and give a greeting and a bit of information about themselves in their Potawatomi language. It will show people how important our language is to us and that it is still here!"

The two youth doing this are Bondesē Frank and Symone Pemma, both of whom will be excellent representatives of the FCP tribe and their people. What a wonderful memory it will be for these two students to be a part of FCP history. Once the students were done speaking, Chairman Daniels asked tribal member Allen Sparks to say a prayer and then the meeting was called into session.



(above) Fire Nation plays a welcome song as the colors are posted.

(below) Bondesē Frank and Symone Pemma speak before General Council.



# Flag Dedication Held

by Val Niehaus

A United States flag dedication was held at the Crandon High School gymnasium on Feb. 7, 2020, with the Board of Education and Administration accepting the new flag. Presenting the new flag was American Legion Post 94 along with its comrades from Forest County Potawatomi (FCP) and Sokaogon Chippewa who had also been invited to participate. Also present were Crandon Girl Scout Troop 7088, Crandon Cub Scout Pack 649 and Crandon Boy Scout Troop 649. Josh Jaeger, MS/HS principal read from a writing saying, "Crandon's Scouting organizations have historically played a significant role in the development of civic pride in our community and continue to participate in solemn flag ceremonies at their monthly meetings."

After that brief statement, the American Legion, FCP, Sokaogon Chippewa and all the youth from the three scout groups gathered in the middle of the gymnasium floor to show respect to the flag and to observe the proper technique of folding it to be presented to the school. The old flag will be properly decommissioned with the assistance of American Legion Post 94.

Once presented to the school, everyone on the floor, along with those in the stands, joined together as one in the singing of the National Anthem. It was a powerful and fitting reminder to all in attendance that we are all one nation that stands strong together and shows respect towards the symbol of our country.



(above) Both local girl and boy scout groups were shown the proper way to fold a United States flag.

(below) Toward the end of the dedication, all those in attendance sang the national anthem.



State of the Tribes...

...continued from pg. 1

He then went on to speak about tribal sovereignty saying, "While sovereignty is not expressed through treaties, court decisions, Congressional acts and other documents, tribes have been governing how their own people live, act and rule for countless generations. This inherent sovereignty is what we will work to preserve, protect and enhance for our future generations." This statement was received with general applause throughout the chamber.

Daniels then spoke of the major topic that hit home with many tribal nations as well as people throughout the country and that is the nationwide epidemic of opioid abuse that is sweeping the nation. He went on to say, "We are all well aware of this problem as it has impacted every corner of our state. It has no regard for age, race, gender or income. It has likely impacted many of you sitting here today. Unfortunately, I also know first-hand the pain and suffering this epidemic is causing families. And consequently, my wife and I are now raising some of our grandchildren." He acknowledged that his personal story is not unique and that it is the same story that is being seen in many Native communities across Wisconsin. The opioid problem is killing people, devastating families, and tearing apart the communities at large.

With reference to this issue, Daniels continued saying, "That is why we are thankful Representative John Nygren and others who have been tenacious in their work supporting and advancing the HOPE Agenda. This series of legislative efforts has provided new tools for combating addiction for those who need it most. Several new HOPE Agenda bills have been making their way through the legislative process this session, and we look forward to seeing how they will continue to help address and combat addiction in our communities." He went on to express appreciation to the legislature for recognizing the need for flexibility in approaches to dealing with this problem, including respect for cultural beliefs. He further discussed some efforts the FCP community has been making to work with other key stakeholders to share information and discuss ways to curb the current trends contributing to the opioid problem.

Continuing to discuss some of the other efforts the tribe has made to help young people make better decisions, he then spoke of some of the positive things that the FCP tribe has accomplished with respect to education. He shared with those in attendance that about 10 years ago, the high school graduation rate among tribal students was around 60 percent and today there are more than 90 percent of tribal youth graduating high school. This impressive improvement received a standing ovation from everyone.

After encouraging continued investment by the government in innovative strategies for needed enforcement and treatment in Native communities, Daniels then addressed the important issue involving Native women and girls that are being exploited, trafficked and subjected to violence at high rates. He said, "This is a serious issue and something we cannot afford to turn our eyes from. The harm caused by these devastating acts leave lasting impressions on not only the victims, but also their families and their communities. We need to address the threat and problems posed by human trafficking." He noted that the severity of the problem is obvious even on a national level and is being looked at on a federal level. Daniels expressed gratitude to several individuals for their work with respect to this important issue.

In addition to addressing these important areas of concern, Daniels continued on a positive note by touching on the accomplishments of the various successful businesses that the tribe has developed for people across the state. In addition to the casinos, he pointed out that the tribe owns and operates a number of successful businesses including construction management and engineering companies, cybersecurity firms, industry-leading forest companies, telecommunications companies, data centers, financial institutions and agricultural businesses. He shared that thousands are employed and millions of dollars are brought to different parts of the state by these tribal businesses.

With accomplishments also comes struggles and Daniels went on to say, "The supply and affordability of housing has become a challenge for tribes to attract and expand our businesses. We are pleased that the Legislature and Governor are working to address this issue and hope to see those efforts continue. While it can be hard to get people to move to and provide services in rural Wisconsin, connecting them can help. Broadband is one of the tools driving development and one of the most effective ways to build opportunity. Internet access can drive innovation and growth in Wisconsin's rural areas." This again was a well-received statement by those listening to his speech.

And as he ended his presentation, he touched on a subject that is of great importance to the beliefs of Native people across all Wisconsin tribes and that is the value and respect of Mother Earth...to respect all living things and to preserve clean air, water and soil for the generations to come. He relayed, "Thank you, Gov. Evers, for establishing the Task Force on Climate Change. We look forward to working with Lt. Gov. Barnes, Senator Mark Miller and Representatives Mike Kuglitsch and Greta Nuebauer and all the members of the Task Force to help find meaningful strategies to help mitigate the effects of climate change." He also commended the governor for declar-

ing 2019 the Year of Clean Drinking Water, noting this is important to everyone and is not a partisan issue. He made clear the importance of this matter stating, "There might not be anything more important than ensuring the sustainability of our most precious and valuable natural resources for future generations."

He pulled all together as he ended his presentation on a positive note and a note of partnership stating, "As we begin this new decade, let us look to the future with hope, optimism and a steadfast determination to continue the pursuit of progress. The good news is that you are not alone in your efforts to shape the future. You have partners in Wisconsin's Tribes." In closing, Chairman said, "It has been an honor addressing this body. I am

appreciative to have had the opportunity to give my perspective on the struggles, fears, opportunities and triumphs experienced by Wisconsin Tribal Nations. The actions we take today will ensure future generations have the tools they need to thrive in tomorrow's society."

Many left the assembly room after Chairman's Daniels speech with a smile and good feelings. The overall crowd response that could be heard amongst those who had been in attendance was how positive the address was. Many relayed they didn't recall many of these speeches having been as positive and encouraging to hear. Congratulations again to Chairman Daniels for having been chosen to present this year's State of the Tribes Address.

# FCP Warriors Boxing Club Promotional Video

submitted by Marcus Daniels

Throughout my schooling at Northwest Wisconsin Technical College (NWTC) in the video production program, I've had to create several projects. My most recent project deals with photo fusion, the use of photography and videography combined, to create a promotional product. The topic for this project that I chose was the FCP Warriors Boxing Club, now renamed as Junior's Boxing and Fitness Center.

I chose this topic because boxing has been extremely important to my family throughout most of my life. My dad, Mark Daniels, Sr., started the FCP Warriors Boxing Club in the early 2000s, and I've trained and boxed since then. I wanted to showcase my family's gym and some of the people who have been there since the beginning. One of my long-time friends, William Alloway, and my brother, Antonio Daniels, give their brief

history and experiences while attending the boxing club throughout the video.

Recently, my dad has passed the gym onto my brother, Mark Daniels, Jr., hence the new name: Junior's Boxing and Fitness Center.

This specific project tested both my video and photo-capturing skills, and I had the help of my cousin, Isabella Picha, to take some stills for me while I filmed some scenes. Since my passion is videog-

raphy, the photography aspect was more challenging for me. Shown here are a few still shots and frames from the video.

Boxing is a great sport for many reasons. It teaches strength, discipline, balance, and more pertaining to physical and mental capabilities. I encourage anyone in the community who is interested or even curious to give it a try. It is a welcoming, encouraging environment to take steps toward a healthy lifestyle.



Antonio Daniels sparring with Mark Daniels Jr.



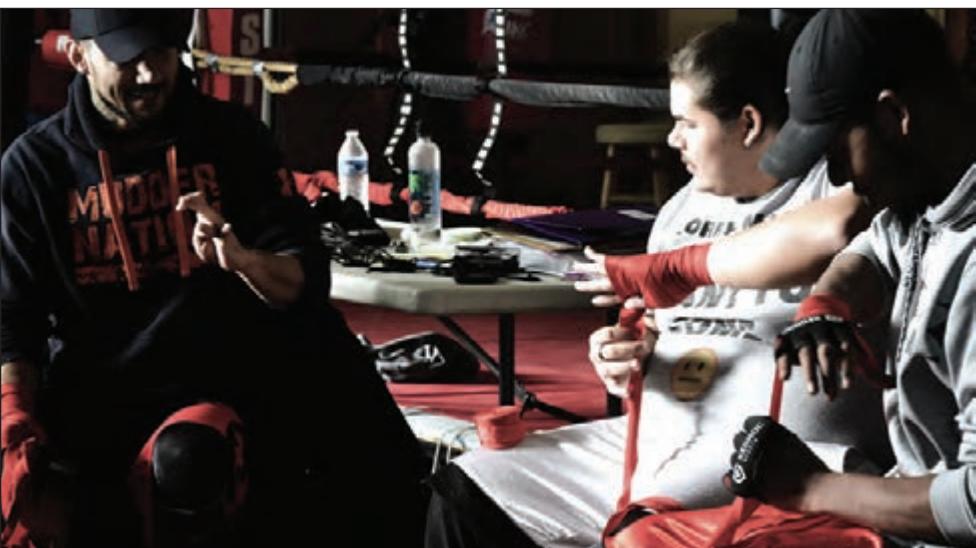
Antonio Daniels



Bryson Daniels



Mark Daniels Jr. doing rope training



Mark Daniels Jr. wrapping hands with Jack Daniels and William Alloway



Mark Daniels Sr. doing punch mitts with Marley Daniels  
more photos on pg. 7



## FCP Warriors Boxing Club continued



William Alloway and Antonio Daniels doing bag work



William Alloway sparring with Mark Daniels Jr.

## Weso Receives Promotion to Black Belt

submitted by Strong Fitness Center

Zach Weso of Crandon was recently promoted to the rank of Cho Dan (1st Degree Black Belt) at Strong Fitness Center. Weso has trained in the art of Soo Bahk Do for the past five years. The test evaluates the student in all aspects of the art starting with basic motions and forms moving on to sparring sequences, self-defense wrist grabs, and free sparring. There is also an oral portion of the test, which evaluates the understanding of the history, tradition, and philosophy of Soo Bahk Do. The test culminates with the challenge of board breaking.

Soo Bahk Do is a traditional Korean

martial art based on techniques that are centuries old. Zach is the first person in Wisconsin to achieve the rank of Cho Dan in the Soo Bahk Do style of martial arts. “Zach has shown great determination and skill in preparation for his Dan test. This is a major milestone for Zach in his training and a milestone for the studio,” said Instructor Ron Strong.

*Strong Soo Bahk Do Academy is located in the Strong Fitness Center in Crandon. New students are being accepted, age 5 to adult. For more information, call or text (906) 250-0191, or go to facebook.com/strongsbdo.*



(left photo) Zach is shown here performing a kick move.



(right photo) Zach Weso poses with instructor Ron Strong and his newly-earned black belt certificate.

## Bethany Baldwin Voted First Women’s Basketball Conference MVP in 27 Years

submitted, written, and reprinted with permission by Tim McKinney, Triton College Sports Information Specialist & Assistant Women’s Basketball Coach

(Feb. 17, 2020) – It was quite evident early on that Triton College women’s basketball head coach Marques Hatch landed an impact player when Bethany Baldwin [FCP tribal member] made her decision last summer to transfer to Triton. The program during Hatch’s three-year tenure has earned a good reputation in helping give many young ladies a fresh start.

Baldwin has clearly taken advantage of her new beginning. While wearing a Trojans’ uniform Baldwin has had one of the best all-around seasons in Triton’s history to lead the team to an overall 21-7 record. The 5-foot-8 sophomore from Watersmeet, Mich., on Feb. 16 was voted North Central Community College Conference (N4C) Player of the Year by the conference coaches.

Baldwin is the first N4C Player of the Year representing the Triton women’s basketball team since Jenny Kubasiak won the honor during the 1992-93 season. Kubasiak still remains the all-time leading scorer in team history with 1,033 points.

If you add Baldwin’s total points scored between her time at Hibbing Community College (Minn.) and Triton, she would have broken the Triton scoring record. With two regular season games to go, Baldwin has amassed 1,054 total points in her junior college career.

In addition to scoring, Baldwin is among the leaders in both the Region IV and the nation in rebounds (8.6 RPG), assists (101), steals (76), field goal percentage (52.4) and three-point field goal percentage (38.7).

“I’ve definitely have had my ups and downs in life and this makes everything worth it,” Baldwin said. “I can’t stop thinking of everything I have done to



photo courtesy Triton College Athletics

get where I am now. I’m so humbled and still shocked that I was voted conference Player of the Year. Also, thank you to my family for being there through our toughest of times and always helping me push through when I didn’t feel good enough.”

“I’m extremely proud of Bethany for this accomplishment,” Hatch said. “The first time I saw her play, I knew she was a special talent. Her drive and her work ethic has propelled her and her teammates to a 20-plus win season. Whichever school she decides to continue her basketball and academic career at, it is getting a great player but an even better person.”

The Trojans will be a top-four seed in the playoffs and open the Region IV Division II tournament at home on Tuesday, Feb. 25. Time and opponent are still to be determined.

Follow Triton Athletics on Twitter @TritonTrojans1 or on Instagram @Triton\_College\_Athletics

# Wellness Court Graduate

by Val Niehaus

The Forest County Potawatomi (FCP) Wellness Court celebrated a momentous event on Feb. 13, 2020: The graduation of its first participant who made her way through FCP Wellness Court – proving to herself that with the right support and resources living a sober life is the best decision she has made.

This graduate's name is Jessica Bildeau who said, "I want to say thank you once again to everyone. I enjoyed being in drug court and everyone kept saying it would be hard...but I thought it was easy." She said this with a chuckle. She went on to say, "You know if you want it, you do the job to get it. Things got easier as I went along because it became my lifestyle and I enjoyed it. It helped me turn around a lot of things in my life. You know, I needed this help and if I would of went away to prison, I don't think I would have gotten this help."

Bildeau started Wellness Court in August 2018 and had to complete many phases ahead of her – not only in court but in her life to maintain sobriety.

Wellness Court Coordinator Valerie Loduha provided information to *Potawatomi Traveling Times* on what is expected from a person in this program. The Wellness Court program consists of four phases. Starting in phase one, there are a lot of requirements which include but are not limited to: daily call-ins for UA testing, random UA testing at least four times per week, two times weekly individual AODA counseling sessions, two - three AODA group sessions, at least two self-help groups per week, obtain a sponsor for support, weekly PO contacts, weekly contacts/visit with Wellness Court Coordinator, weekly court appearance, and wear electronic alcohol bracelet. In phases two through four, those requirements decrease as they progress in the program.

Accountability is very important within the Wellness Court program and that is why weekly Wellness Court hearings in front of a judge are very important. Mental health counseling is very important in the program as well.

Other components of Wellness Court

are: Community service, education and/or job skills, obtaining a driver's license if applicable, stable housing, etc.

It is an extensive program but looks out for the best interest of the individual in maintaining this new lifestyle.

This was quite the celebration for Bildeau with a packed courtroom of family, friends, AODA personnel and the entire FCP Executive Council present to congratulate her on such a big step in the right direction.

Forest County Circuit Court Judge Leon Stenz along with FCP Associate Judge Christopher Daniels were present to give Bildeau her completion certificate. She was also presented with gifts of a blanket, sober journal, a pen with the serenity prayer on it, a shell with sage and cedar, and a backpack in which to carry all these special belongings, which she was very humbled and grateful to receive.

After receiving the gifts, Chairman Daniels, Council Members Nick Shepard and Brooks Boyd sang an honor song for Bildeau. Many in attendance joined in singing for her as well.

When asked what the plans were for her future, Loduha said, "Prior to graduation, Jessica, along with the team, created an aftercare plan for which includes a number of supports and services that are still available for her."

The Wellness Court Team consists of: Forest County Potawatomi Judges Christian Daniels and Angela Moe, Forest County Circuit Court Judge Leon Stenz, Forest County District Attorney Charles Simono, Public Defender Chad Lynch, Wellness Court Coordinator Valerie Loduha, FCP Behavioral Health Nurse Di Koch, FCP Wellness Court AODA/MH Counselor Katie Kennedy, Department of Corrections Supervisor Jennifer May, and members of the Forest County Drug Task Force: Tom Robinson, DJ Wilson, Mike Short and Tony Crum.

The future of Wellness Court looks promising and strong. It will continue to enroll addicted individuals that want the help into the program and do its best to help them become productive members of the Forest County community.



(l-r) Forest County Circuit Court Judge Leon Stenz, program graduate Jessica Bildeau, FCP Judge Chris Daniels

**January 15<sup>TH</sup>**  
**February 19<sup>TH</sup>**  
**March 18<sup>TH</sup>**  
**@ 5:30 PM**

**FCP CULTURAL CENTER,  
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 AND YOUTH AGES 9+**

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 BRING A DISH TO PASS**

**CONTACT:  
 JEFF KEEBLE • 715-889-1951  
 ANGELA JACOBSON • 715-889-9373  
 FOR MORE INFORMATION**

For additional information on the topics of grief and grieving, AODA, and sobriety, contact FCP Behavioral Health at 715-478-4332.

**Join us as individuals share stories of how substance abuse has impacted their lives, how they cope with the grief of losing a loved one, and how they stay on the path of sobriety.**

Artwork by Genevieve McGeshick

I signed up for the Patient Portal because:

**UNTIL HE'S DOWN, I CAN'T CATCH UP.**

**With our online portal, you can manage your health anytime, anywhere.**

- Request prescription refills
- Communicate privately with your provider
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- See your test results and health history
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Call **(715) 478-4300** for help signing up and take control of your health.

**Honoring Health,  
 Healing, and Tradition**

**FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER**

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

a participating member of  
**ASPIRUS NETWORK**

# Eat Right, Bite By Bite

submitted by Community Health

National Nutrition Month® is an annual campaign by the Academy of Nutrition and Dietetics. This March, make informed choices about food and practice healthy eating and physical activity habits. This year, the Academy of Nutrition and Dietetics has chosen to focus on the small steps you can take to improve your health through nutrition with their campaign: Eat Right, Bite by Bite!

You can improve your health through these four simple steps:

**1. Eat a variety of nutritious foods every day.**

- When making your plate or planning meals for the week, try to include a healthy food from every food group: fruits, vegetables, protein, grains, and dairy.
- Eat the rainbow by incorporating a fruit or vegetable of every color into your diet every day.
- Aim to try a new fruit or vegetable every week!

**2. Plan your meals each week.**

- Choose a few healthy recipes to make throughout the week and create a grocery list to bring with you to the store.
- Search for easy-to-make healthy lunch recipes to bring to school or work.
- Choose healthy snacks in between meals. Choose foods from two or more of the food groups when making a snack. For example, snack on apple slices and a serving of peanut butter.

**3. Learn skills to create tasty meals.**

- Pay attention to your portions. Use half of your plate for fruits and vegetables and the other half for grains and proteins!

- Practice food safety at home by washing hands before, during, and after preparing food.
- Reduce food waste and save money by being mindful of foods you have on hand before shopping. Try to only buy what you will use or freeze within a few days.



**4. Consult a Registered Dietitian Nutritionist (RDN).**

- RDNs are experts on food and nutrition and can provide education and advice that help people live healthy lives.
  - An RDN can help you by providing nutrition advice that meets your personal needs – whether you want to lower your health risks, lose weight, or manage a chronic disease.
- FCP Community Health is celebrat-

ing National Nutrition Month by offering activities that promote healthy living through nutrition. You and your family can celebrate National Nutrition Month and Eat Right, Bite By Bite by participating in the activities below.

- Kid's Coloring Contest – FCP affiliated children ages 0-12 can complete one Eat Right, Bite By Bite coloring page and enter to win a prize. Coloring pages can be found in FCP Community Health, and the Health & Wellness Center lobby. The contest opens March 1, with entries due by March 31.
- FCP Tribal Wellvation National Nutrition Month® Trivia – Tribal Wellvation participants will have the chance to earn points through nutrition trivia in ManageWell. Those who complete the trivia will also be entered to win a prize.
- Sample Healthy Recipes at FCP Community Health Taste Test -- Try tasty dishes made from fruits and vegetables of the month: carrots, grapes, and cabbage. Sign in at the event to be entered to win fun prizes. The taste test will be held in the Health & Wellness Center lobby March 26, from 1-3 p.m.

# March is Colorectal Cancer Awareness Month

submitted by Community Health

Did you know that about 140,000 Americans get colorectal cancer every year (CDC, 2016)? March is colorectal cancer awareness month. Learn more about colorectal cancer and how to lower your risk.

**What is colorectal cancer?**

Colorectal cancer is cancer that affects the colon or rectum. You may have heard it called colon cancer for short. Sometimes growths, called polyps, develop in the colon or rectum. As time goes on, these polyps can turn into cancer. Polyps do not always have symptoms, so you could have polyps and not know it. The good news is screening tests can help find polyps so they can be removed before they turn into cancer. Screening tests can also find colorectal cancer at an early stage, making it easier to treat.

**Who gets colorectal cancer?**

Colon cancer can happen to men and women. People of all racial and ethnic groups can get colon cancer. The risk of getting colon cancer goes up with age. More than 90 percent of colon cancers

happen to people who are 50 years old or older (CDC, 2019).

**What are the symptoms?**

Colon cancer does not always show symptoms. Some symptoms to look for include:

- Blood in or on your stool
- Stomach pain, aches, or cramps that don't go away
- Unexplained weight loss

These could be caused by something that is not cancer. See your doctor if you have these symptoms.

**What screening tests are available?**

There are a few screening tests that can be used to find polyps or colon

cancer like stool tests and colonoscopies. Each test has its pros and cons. Talk to your doctor to learn the pros and cons of each test and choose a screening test that is right for you.

**When should I get screened?**

Adults age 50-75 should be screened for colon cancer. Those with a higher risk of getting colon cancer should ask their doctor when they should begin screening and how often they should be tested. People who have a higher risk of getting colon cancer are those who have a family history of colorectal cancer or those with inflammatory bowel disease.

**What can I do to lower my risk of colon cancer?**

- If you are 50 to 75 years old, get screened regularly.
  - Stay physically active.
  - Avoid drinking alcohol and using tobacco.
  - Keep a healthy weight.
- To learn more about colon cancer, visit [cdc.gov/cancer/colorectal/](http://cdc.gov/cancer/colorectal/).

Sources:  
*Colorectal Awareness Feature. Centers for Disease Control and Prevention. www.cdc.gov/cancer/dcpcl/resources/features/colorectalawareness/index.htm. Published March 5, 2019. Accessed January 22, 2020.*  
*USCS Data Visualizations - CDC. Centers for Disease Control and Prevention. https://gis.cdc.gov/Cancer/USCS/DataViz.html. Published 2016. Accessed January 22, 2020.*



**!! Calling All Caregivers !!**  
 (Husbands, Wives, Grandparents, Parents, Children, Family Members)

Yes, even you may be a caregiver.

- Are you providing care to an elder 55 or older?
- Are you a grandparent 55 or older that is caring for grandchildren?
- Are you an elder 55 or older caring for an adult disabled child?

The Elderly Department can provide information, training and supportive services!  
 Call Penny Christianson, Elder Services Coordinator at (715) 478-4892.

**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!

**FRUIT & VEGGIE OF THE MONTH**  
**MARCH**

# Cabbage

Cabbage is a vegetable that can be eaten raw or cooked. There are many types of cabbage that offer various health benefits.

Explore other varieties like Napa & Brussels sprouts!

### NUTRITIONAL SNAPSHOT

Vitamin A is a key nutrient that supports healthy teeth, skeletal tissue, mucus membranes, skin, and eyes. Just one cup of raw, shredded red cabbage supplies 19% of your daily value of Vitamin A.

Vitamin C promotes new tissue growth, repairs scrapes, cuts, and other wounds, and helps keep bones, cartilage, and teeth healthy and strong. Just one cup of raw, shredded green cabbage provides 47% of your daily value of Vitamin C.

Antioxidants such as anthocyanin, found in red cabbage, are health-boosting nutrients that can fight cancer and improve your memory.

### RED CABBAGE WITH DRIED CHERRIES

*Adapted from: cookinglight.com*

This sweet and sour cabbage turns a bright, purple color when cooked and pairs perfectly with pot roast or pork loin. Dried cherries add a touch of tartness to this dish.

#### INGREDIENTS

- 1/4 cup unsweetened dried cherries (or cranberries)
- 1/4 cup olive oil
- 1/2 cup diced celery
- 1/2 cup diced yellow onion
- 2 small garlic cloves
- 1 fresh sprig of rosemary
- 8 cups of red cabbage, shredded (about 1 head)
- 1/2 teaspoon salt
- 1 tablespoon sugar (or 1 1/4 packets of Stevia, a sugar substitute)
- 1 tablespoon red wine vinegar

#### DIRECTIONS:

Step 1: Place cherries (or cranberries) in a small bowl; cover with boiling water. Let stand 10 minutes. Drain.

Step 2: Heat oil in a medium saucepan over medium. Add celery and onion; sauté 3 to 5 minutes or until translucent. Add garlic and rosemary; cook 1 minute, stirring constantly (do not let garlic brown). Add cabbage and salt; cook 5 minutes or until wilted, stirring occasionally. Stir in cherries, sugar and vinegar. Remove pan from heat; discard rosemary sprig. Let cool and serve.

Time: 20 Minutes Serves 6 (serving size = 1/4 cup)

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

For more information on cabbage and other nutrition topics, please contact Molly Bieber, CHES or Katherine Richlen, RDN, CD, at 715-478-4355.

## FILM Program Update



“Focus on our tribal youth to make sure they are receiving a good education... We know that equipping our children with a strong knowledge base will help them to make a better decision in the future.” – Chairman Ned Daniels Jr., 2020 address to Wisconsin State Congress.

For 2020, the FILM program (Fostering Independence, Leadership and Mentoring) will be hosting several events that will introduce FCP youth and young adults to various fields in media and expose them to future opportunities and career paths. Areas of theatre, radio communications, fine arts and music will be explored. In addition, film and video production will also be part of the 2020 FILM program. Workshops will be more focused and catered to individual interests. There will be planned tours and visits to outside media events and businesses.

### Schedule:

April will begin the workshops on film and video productions (exact times and locations will be posted in the next *Traveling Times* issue). The goal of these workshops will be for youth to learn basic video production and create small personal videos. These workshops will develop the larger skills for the summer group productions, such as producers, directors, videographers, scriptwriters and editors.

The summer production planning and preparation will begin in May with Midwest Grill'n and a pilot FCP news show. Actual scripting, filming and editing will begin in June and end in September. All productions will be under the guidance of FILM mentors and the Tribal Media department.

For more information on the workshops/productions or to submit a production idea, please contact FCP Executive Producer David Herkert at david.herkert@fcpotawatomi-nsn.gov or (715) 478-4963.

FOREST COUNTY POTAWATOMI  
Keeper of the Fire

# BICYCLE & PEDESTRIAN PLAN

PATHWAY TO WELLNESS

Help plan walking and bicycling in the FCP Community!

The FCPC Land & Natural Resources Division is creating a community-wide bicycle and pedestrian plan. Please fill out the following survey before **March 8, 2020**, to give your input!

Take the Online Survey

Scan It

Survey Link

<https://members.fcpotawatomi.com/bike-survey/>

Additional plan information is available at: <https://www.ncwrpc.org/forest/fcpc-bike-ped/index.html>

Contact FCP Planner Michelle Berdan with questions at (715) 478-4944.

# “DA WE WGE MEK” (GIFT SHOP)

## Authentic Native American Gifts

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

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**NEW HOURS!**  
Monday-Thursday  
7AM to 6PM

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

# 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 Cleereman, R.N., at (715) 478-4889 or David Kaufman, RPH, TTS, Pharmacist, at (715) 478-4347.



**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.



## 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!



## MARCH CALENDAR

### Community Health

- 3/3: Infant Nutrition (HWC), 8 a.m. - 4 p.m.
- 3/5: Infant Nutrition (We Care), 8 a.m. - 4 p.m.
- 3/5: Tribal Wellvation Check-In (We Care), 8 a.m. - 4 p.m.
- 3/10: WIC (HWC), 8 a.m. - 4 p.m.
- 3/11: Diabetes Luncheon (HWC), 12 p.m. - 1:30 p.m.
- 3/18: Healing Journey (Museum), 6 p.m.
- 3/24: WIC (HWC), 8 a.m. - 4 p.m.
- 3/26: Taste Test (HWC Lobby), 1 - 3 p.m.

### Informational Days/Weeks/Month

- 3/2: World Teen Mental Wellness Day
- 3/3: National I Want You to be Happy Day
- 3/8: International Women's Day
- 3/8: Daylight Savings Time (Forward)
- 3/10: National Women & Girls HIV/AIDS Awareness Day
- 3/10: National Registered Dietician/Nutritionist Day
- 3/17: St. Patrick's Day
- 3/19: National Certified Nurses Day
- 3/20: National Native HIV/AIDS Awareness Day
- 3/20: Spring Begins
- 3/24: National American Diabetes Awareness Alert Day
- Week of 3/8-14: International Women's Week
- Week of 3/9-13: Brain Awareness Week
- National Nutrition Month
- National Brain Injury Awareness Month

### CHOICES Program

- Youth 9 - 11: Mondays (2, 9, 16, 23, 30)
  - Youth 12 - 17: Tuesdays (3, 10, 17, 24, 31)
  - Youth 6 - 8: Wednesdays (4, 11, 18, 25)
- 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, 30) 1 - 3 p.m.
  - Moral Reconciliation Therapy Class: Tuesdays (3, 10, 17, 24, 31), 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!
  - Circle of Sisters: Date and time TBD
- Child care available; please RSVP if needed. Call (715) 478-4837 with questions about any programs.

## Secretary of State Agrees to Settle Voter ID Lawsuits by Entering into Consent Decree with North Dakota Tribes

submitted by Native American Rights Fund

Bismarck, N.D. (Feb. 13, 2020) - In the wake of the district court's denial of the State's motion to dismiss, the Secretary of State has agreed to settle two federal voting rights lawsuits brought by two Native American Tribes and several individual voters over North Dakota's voter ID law.

The law requires voters to present identification listing their residential street address – a substantial hurdle for many Native Americans living on reservations, because the state has failed to assign residential street addresses to homes on tribal reservations.

In January 2016, eight Native Americans, represented by the Native American Rights Fund (NARF), Tom Dickson, and Rich de Bodo filed suit to block the North Dakota voter ID law, which disenfranchised Native American voters and violated both state and federal constitutions as well as the Voting Rights Act.

On Oct. 30, 2018, NARF, Campaign Legal Center (CLC), Robins Kaplan LLP, and Cohen Milstein Sellers and Toll PLLC filed a separate lawsuit on behalf of the Spirit Lake Tribe and six individual plaintiffs to ensure that eligible Native American voters residing on reservations in North Dakota would be able to cast a ballot in the 2018 midterm elections and in all future elections. The Standing Rock Sioux Tribe, with approximately 5,868 residents of voting-age that could be affected by the law, joined the Spirit Lake case in early 2019.

"This fight has been ongoing for over four years, and we are delighted to come

to an agreement that protects native voters," said Matthew Campbell, Staff Attorney for the Native American Rights Fund. "It has always been our goal to ensure that every native person in North Dakota has an equal opportunity to vote, and we have achieved that today. We thank the Spirit Lake Nation, Standing Rock Sioux Tribe, and the individual native voters that stood up for the right to vote."

"We are pleased with the result of the settlement. It was a breakthrough for the state to recognize its responsibility to ensure that Native Americans have access to the identification needed to exercise their voting rights," said Paul Smith, vice president at CLC. "In order to have a successful 2020 election, the state must follow through with a robust voter and poll worker education campaign to ensure that proper protocols are followed so people aren't rejected because of the state's failed addressing system."

### Backstory

Facing a trial date in the Spirit Lake case in May of this year, the Secretary of State announced an emergency rule-making last week in an attempt to address some of the issues raised by the lawsuit. At an in-person mediation at the North Dakota capitol on Feb. 6, 2020, with representatives from the Spirit Lake Nation and attorneys from CLC and NARF, the Secretary agreed to take additional steps to ensure that eligible Native American voters are not disenfranchised due to the restrictive voter ID law.

Because of the state's broken address-

ing system, many Native Americans living on reservations do not have or do not know their residential addresses, and are therefore unable to comply with the North Dakota voter ID law. During the 2018 election, the Spirit Lake Nation and the Standing Rock Sioux tribe expended substantial resources to ensure that their tribal members would have the identification necessary to vote, including by shouldering the burden of identifying and providing residential street addresses for their members.

The unique burdens faced by Native Americans in North Dakota – including a severe housing shortage – mean that tribal members are much more likely to have moved in the intervening time, or to be homeless or precariously housed. As a result, determining members' residential addresses – and providing them with the documentation necessary to vote – is an ongoing effort that requires substantial resources.

### Details of the agreement

In addition to the previously announced rule-making, which requires the state to recognize tribal IDs and supplemental documentation issued to tribal members, the Secretary has agreed to enter into a binding consent decree, enforced by a federal court order, which will ensure that Native American voters who do not have or do not know their residential street address are able to vote.

The Secretary of State also agreed to work with the Department of Transportation to develop and implement a program

with tribal governments to distribute free non-driver photo IDs on every reservation statewide within 30 days of future statewide elections.

In the 2020 election, Native American voters will have the opportunity to mark their residence on a map, a process that is commonly used by voters in other states. The burden will then shift to the state to verify the residential street addresses for these voters, to provide that information to the voter and the tribe, and to ensure those voters' ballots are counted.

The court-ordered consent decree will include details about what the state must do to educate the public and train poll workers on the new procedures, as well as measures designed to enable the tribes to ensure the state is complying with its obligations under the agreement.

### 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.*

## Attempt to Legislate Peaceful Protest in South Dakota Unnecessary

submitted by Indigenous Environmental Network

Pierre, S.D. (Feb. 10, 2020) – Gov. Kristi Noem's second attempt at a "riot boosting" law is an unnecessary effort to legislate peaceful protest in South Dakota.

The ACLU of South Dakota opposes House Bill 1117, legislation that repeals and revises certain provisions regarding riot, establishes the crime of incitement to riot and revises provisions regarding civil liability for riot and riot boosting. The bill is scheduled for a hearing in the House State Affairs Committee.

It's irrefutable that this bill, like the 2019 "Riot Boosting Act" it replaces, was sparked by a desire to suppress protests around the Keystone XL pipeline. But the right to join with fellow citizens in protest or peaceful assembly is critical to a functioning democracy and at the core of the First Amendment. The South Dakota Legislature does not need to pass laws that would intimidate peaceful protesters and chip away at their constitutional rights.

"While proponents of this bill say they're concerned only about riots, the context is clear: this legislation is a direct reaction to some of the most effective protests in modern-American history, including the work done by water protectors challenging the construction of the Dakota Access Pipeline at Standing Rock," said Candi Brings Plenty, indigenous justice organizer for the ACLU of South Dakota. "This bill and the narrative surrounding it only creates a state of fear that pits activists and organizers who are exercising their First Amendment rights against government officials and law enforcement."

Additionally, House Bill 1117 raises a fundamental question: How will the State of South Dakota ensure that the rights of the people planning to peacefully protest the Keystone XL Pipeline are protected?

That question is of particular importance to the South Dakota tribes and indigenous peoples and organizations that

plan to protest the construction of the Keystone XL Pipeline.

"Indigenous voices have long protected Mother Earth's biodiversity and we will not be intimidated into silence," said Dallas Goldtooth, an organizer with the Indigenous Environmental Network. "We refuse to live in fear for demanding climate justice and protecting our sovereignty as Native nations and its peoples. We will remain vigilant against further government attempts to outlaw our right to peacefully assemble."

The ACLU of South Dakota, along with the people and organizations most directly impacted by this unnecessary legislation, would like to see a comprehensive plan that ensures civil rights will be protected and a plan that prevents the escalation of any tension between peaceful protesters and law enforcement.

"The state of South Dakota doesn't want anything to disrupt the pipeline's

construction, but our sacred lands are too important," said Nick Tilsen, president and CEO of NDN Collective. "We will continue to deploy organizers in the field and mobilize our people for climate justice and against the KXL pipeline. We will continue to fight for air, land, water and our rights. Protecting Mother Earth should not feel like an 'us' verses 'them' situation."

*Established in 1990, The Indigenous Environmental Network is an international environmental justice nonprofit that works with tribal grassroots organizations to build the capacity of Indigenous communities. IEN's activities include empowering Indigenous communities and tribal governments to develop mechanisms to protect our sacred sites, land, water, air, natural resources, the health of both our people and all living things, and to build economically-sustainable communities.*

# Offensive to Native Americans, Racist Mascots Have no Place in Sports

submitted by PRNewswire

WASHINGTON, D.C. (Feb. 12, 2020 /PRNewswire) – The National Congress of American Indians (NCAI) President Fawn Sharp delivered a State of Indian Nations speech to members of Congress, tribal leaders and citizens, and the American public. In brief, President Sharp's speech outlined the goals of tribal leaders; the successes and challenges experienced over the last year; and NCAI's vision for the advancement of Native peoples moving forward, covering a range of issues from lack of federal funding for tribal programs to concerns about voter suppression and climate change. Additionally, her speech touched upon the ways in which racist mascots degrade and offend Native American Nations and citizens.

We stand united to end the use of offensive and racist Native mascots, behaviors and caricatures in sports.

Leaders, activists and organizations from Indian Country have gathered together to once again declare that the name of the Washington football team must change. They reaffirm their commitment to this goal based on a new, in-depth and profound scientific study conducted by the University of California, Berkeley and the University of Michigan.

For too long, Native leaders have been silenced by the use of opinion polls conducted by organizations and individuals who do not understand Native communities. Moreover, these polls have refused to release methodological details and data files, which leaves open the question, who are the Native people in these studies? Despite these questionable practices, the public opinion polls have been used to legitimize the Washington football team name and cast doubt on the Native American community's efforts to change it.

This new study debunks previous "polls" and gives us the scientific, evidence-based data to apply increased pressure: we will not be silenced by unsympathetic media or anyone else. Race-based sports mascots, derision of our cultural symbols and vulgar behavior by sports fans must stop.

"The continued use of degrading mascots and the perpetuation of a single opinion poll intended to speak on behalf of Native Americans demonstrates a deep lack of respect for Native peoples and nations. Our tribe has a long history in

the fight for equity for Native people, both nationally and at home in Minnesota. Last October, we came together with other tribes and partner organizations to protest the Washington NFL football team name and mascot. We support IllumiNative and the groundbreaking scientific research that shines an important light on how many Native Americans feel. It is our hope that this will move us forward in correcting the narrative."

– Keith Anderson, Chairman, Shakopee Mdewakanton Sioux Community

"This new research is critical to understanding what actual Native peoples think about sports mascots and how we are harmed when our identities and cultures are exploited by the NFL and other profiteers. Momentum is turning in our direction, as evidenced by this study, by Maine and other states that have ended their sports slurs, by art and literature on the subject, including our new play, Reclaiming One Star, at the Denver Center for the Performing Arts. We and myriad allies have eliminated 2,000+ school mascots and one pro baseball symbol since 1970, when the University of Oklahoma was first to retire its objectionable mascot, Little Red. Over two-thirds of "Native" mascots have been consigned to history books because educators, journalists, politicians and social justice leaders listened and learned about how mascots hurt our children. The time has come for the NFL to stop mocking, start listening and end this public bigotry."

– Suzan Shown Harjo (*Cheyenne & Hodulgee Muscogee*) has been in the no-mascots movement since 1962. A writer, curator and policy advocate, she is a 2014 recipient of the Presidential Medal of Freedom, the United States' highest civilian honor.

"Almost every single poll that has been gathered by non-Natives has been deemed unreliable and recklessly gathered. From the 2004 Annenberg Poll to the 2016 Washington Post Poll, the results have been extremely detrimental in how the mascot issue has been handled by the larger society and how Native people have been treated thereafter. The new scientific study clearly shows that although our opinions may differ, Native people continue to be adversely affected by Native mascots. This finding supports the larger movement to dispel Native mascots, supported by solid academic research. Native people must protect the

health and well-being of those who are impacted by Native mascots. This is a health issue, not a sports issue."

– Amanda Blackhorse (*Diné from the Navajo Nation*) Social Worker and Indigenous Identity Advocate

"The data simply does not add up. The psychological evidence reveals that mascots are harmful to Native people and children, that they lead non-Natives to stereotype and discriminate against Natives, and, as our recent research reveals, offend Native people who engage in Native cultural practices and are highly identified with being Native. Yet, widely cited opinion polls would have Americans believe that Native people cannot see the negative psychological effects or recognize the discriminatory nature of these mascots. And, worse yet, that Natives People are not offended by being called a racial slur. This does not make sense. If you look beyond simple opinion polls, the evidence is clear: There is no acceptable reason or excuse for continuing to use Native people as mascots."

– Dr. Stephanie Fryberg (*Tulalip Tribes*), Professor of Psychology, University of Michigan

"Given the psychological literature and the strong stand that tribal leaders take, it is time to stop using Native Americans as mascots. Our study demonstrates that people who identify most with being Native American, such as tribal leaders and their constituents, are the ones most likely to be offended by the clearly denigrating and stereotypical team mascots and by the behaviors that accompany the use of Native mascots. These are also the people most likely to experience negative impacts of Native mascots. Regardless of what sports fans claim, the outcomes are clear, Native mascots harm and offend Native people, especially highly-identified Native people."

– Dr. Arianne Eason, Assistant Professor of Psychology, University of California, Berkeley

"IllumiNative was founded on research that revealed how invisibility, false narratives and toxic stereotypes fuel bias, discrimination and racism against Native Americans. The systemic erasure of Native Peoples from modern society has led to the fact that 78 percent of Americans know little to nothing about Native Americans, 72 percent rarely encounter information about Native Peoples and 66 percent of Americans don't think Native

peoples face discrimination. The limited exposure Americans have to Native peoples is rife with harmful stereotypes and representations that includes those perpetuated by Native American sports mascots, team names and racist fan traditions that are still celebrated within the NFL, MLB as well as college and K-12 sports."

– Crystal Echo Hawk (*Pawnee*), Executive Director, IllumiNative

## Call to Action:

We humbly ask the American public to stand with us in advocating for the change of the Washington football team name to help make it clear to all people, everywhere that the use of racist Native mascot names – including the Washington football team name – must end.

## Background on the Scientific Study

On Feb. 4, a new groundbreaking, peer-reviewed scientific study was released; it surveyed more than 1,000 Native Americans about their feelings towards mascots, fan behavior and the Washington Football team. The first of its kind, this study adds a significant measurable factor as it looks deeply at the complexity of identity and shows the impact of mascots to those deeply tied to their identity and community. Called Unpacking the Mascot Debate: Native American Identification Predicts Opposition to Native Mascots, the study was conducted by Dr. Stephanie Fryberg (Tulalip Tribes) from the University of Michigan and Dr. Arianne Eason of the University of California, Berkeley, along with their research team. The study builds on a body of research created by Unpacking the Mascot Debate lead researcher Dr. Stephanie Fryberg whose work in-part helped to inform the 2005 American Psychological Association Resolution recommending the retirement of American Indian Mascots.

## About IllumiNative.org

*IllumiNative is a Native-led nonprofit, launched to increase the visibility of Native peoples in American society by changing the national narrative. IllumiNative challenges negative narratives, stories, and stereotypes about Native peoples. We provide tools for Native advocates and allies including youth, community and tribal leaders, activists, and professionals across critical sectors – to develop and advocate for accurate and contemporary representations and voices of Native peoples.*



## Project Spotlight: WAUKESHA CITY HALL PROGRESSION

Waukesha City Hall is new construction of a 55,000 SF public sector building located on the current City Hall property at E. North Avenue and Delafield Street. As the third City Hall constructed on site, the new building sits 15 feet south of the existing building and in the same location as the original City Hall built turn-of-the-century. Construction is split up into quarters and progresses from east to west for building shell and exterior.

All building foundation walls are complete, as the team is currently erecting structural steel. East quarter structural steel is complete as focus shifts to the center quarter. Both quarters will house primarily city offices and functions. West and south quarters are to follow. CMU construction of the elevator shaft on the east end and the stair tower on the west end are complete. Demolition of existing council chambers will begin in March to allow for installation of electric and gas utility lines. Council chambers will temporarily be located to an offsite location.

On site, the team is continuing construction of an access road at the southwest end that runs between the existing City Hall on the north and a 30-foot decline to the south. The access road allows for mobilization of heavy machinery to complete the south grade and structural steel on the west and south quarters.

Looking ahead, the team will continue to build the structural shell and begin phasing exterior wall steel stud framing. Building and exterior membrane to follow, wrapping up with exterior masonry and installation of windows. Once construction of the new building is complete, the team will raze the existing City Hall and build a new parking lot.

This is truly a unique, compact and urban site requiring innovative engineering solutions and a high-degree of supervision to maintain constructability, efficiency, productivity, and safety. A few highlights to note are:

- Construction occurring on an active campus requiring detailed coordination of disruption avoidance, site logistics and personnel safety
- Construction along two high-traffic streets, E. North Avenue and Delafield Street, in a compact, urban environment
- Construction of a double-bearing wall on the south hill to allow for skywalk access across E. North Avenue that will connect to an existing parking garage. Skywalk construction will require coordination with the city for road blocking and closure along E. North Avenue
- Infill of underground brewery vaults that extended into City Hall property
- Foundations of the original turn-of-the-century City Hall uncovered during excavation requiring examination of hazardous waste

The Greenfire team consists of Daniel Grams, Project Manager, and Gene Widenski, Superintendent. The owner is the City of Waukesha and the architect is BWBR.

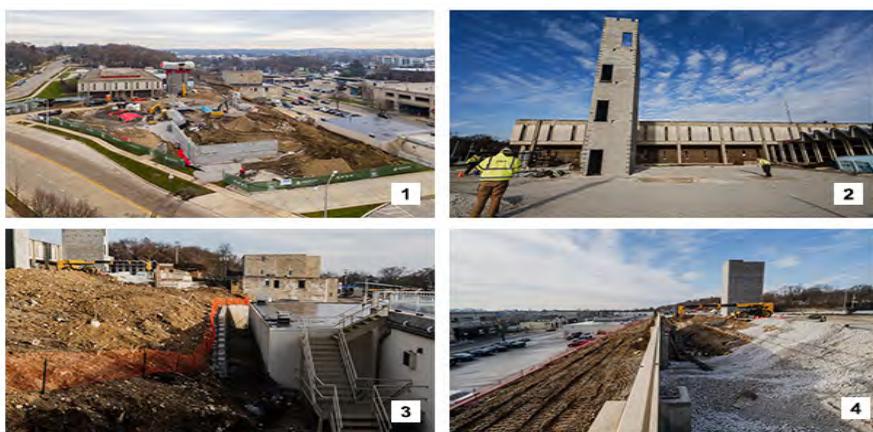


Photo: (1) Aerial looking southwest with Delafield St. to the north and E. North Ave. to the south (2) West stair tower constructed within 15 feet of the existing City Hall to the north (3) Southeast corner of the site looking west along the double-bearing wall to allow for construction of the skywalk that will run across E. North Ave. and connect to an existing parking structure (4) Southwest corner of the site looking along building foundation walls

## Summerfest Tech: DATA HOLDINGS EXECUTIVES WILL HIGHLIGHT MIDWEST'S THRIVING TECH HUB



Data Holdings, Wisconsin's premier data center, will return as a leading sponsor of this year's Summerfest Tech, the annual tech showcase put on by the World's Largest Music Festival.

"We have been a leader and an innovator in the data center industry for years, and that tradition continues as part of advancing the future of technology, especially in our hometown region," says Paul Hoesly, Data Holdings chief financial officer. "We're excited to take part in this event again, showcasing Wisconsin's reputation as a growing tech hub."

By sponsoring the event, to be held from June 23-24 on the Milwaukee Summerfest grounds, Data Holdings continues its work to support and advance Southeastern Wisconsin as an emerging tech hub.

As more and more Midwest companies embrace digitization, protecting proprietary data has become an increasing priority for all businesses, whether they are start-up ventures or major corporations, says Hoesly.

In 2019, Data Holdings guided this transformation when it completed construction on a 7,500 SF expansion at the company's headquarters on Highland Blvd., in Milwaukee.

Now in its third year, the Summerfest Tech event showcases regional tech initiatives by convening leading technologists, business leaders, and innovators. Newly-expanded programming includes topics focused on healthcare, hiring and recruitment, water technology, startups, venture capital and more. The event will, once again, host its popular pitch event and has added a hackathon with community partner, The Commons.

"Summerfest Tech partners are helping to shape our region's growing tech ecosystem. Data Holdings, a Tier III+ Data Center, is a great example of a Milwaukee-based company that elevates our community's capacity within technology," says Don Smiley, CEO and president of Milwaukee World Festival, Inc. "With their support, expertise in security, and reputation, Summerfest Tech can look to Data Holdings to help us develop relevant programming and bring new perspectives to our event in 2020."

In supporting the Summerfest Tech event, Data Holdings will join other local technology leaders in spreading the region's influence beyond Wisconsin's borders.

For more information on the Summerfest Tech event visit: <https://summerfest.com/tech>.



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# MARCH 2020

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|---|--|--|---|
| 1<br>\$10/5 Packs<br>Breakfast Buffet<br>Slider Sunday  | 2<br><b>POP &amp; PLAY</b><br>Lovin' Country<br>10:30 am - 2:30 pm<br>Soup & Sandwich | 3<br>Wrap Day   | 4<br>\$10/5 Packs<br>Wacky Wednesday<br>Specialty Appetizer   | 5<br><b>SENIOR DAY</b><br>\$10/5 Packs — Senior Night<br>Lunch Buffet<br>Baked Chicken Dinner  | 6<br>Finally \$500 Friday<br>Seafood Buffet<br>Fish Fry  | 7<br>\$10/5 Packs — 2x Entries<br>Breakfast Buffet<br>Prime Rib Buffet<br>Chef's Choice   |
| 8<br><b>ENTRY MULTIPLIER</b><br>\$10/5 Packs — 3x Entries<br>Breakfast Buffet<br>Slider Sunday  | 9<br>Soup & Sandwich  | 10<br>Wrap Day  | 11<br>\$10/5 Packs<br>Wacky Wednesday<br>Specialty Appetizer  | 12<br><b>SENIOR DAY</b><br>\$10/5 Packs — Senior Night<br>Lunch Buffet<br>Baked Chicken Dinner | 13<br>Hot Seat Night<br>Seafood Buffet<br>Fish Fry   | 14<br>Texas 8 pm - Midnight<br>\$10/5 Packs — 2x Entries<br>Breakfast Buffet / Prime Rib Buffet<br>Chef's Choice                  |
| 15<br><b>ENTRY MULTIPLIER</b><br>\$10/5 Packs — 3x Entries<br>Breakfast Buffet<br>Slider Sunday | 16<br><b>POP &amp; PLAY</b><br>Mark Wayne<br>10:30 am - 2:30 pm<br>Soup & Sandwich    | 17<br><b>FREE Lucky You GIFT!</b><br>St. Patrick's Day Feature //<br>Wrap Day | 18<br>\$10/5 Packs<br>Wacky Wednesday<br>Specialty Appetizer  | 19<br><b>SENIOR DAY</b><br>\$10/5 Packs — Senior Night<br>Lunch Buffet<br>Baked Chicken Dinner | 20<br><b>POP &amp; PLAY</b><br>The Moonlighters<br>8 pm - Midnight<br>Finally \$500 Friday<br>Seafood Buffet<br>Fish Fry   | 21<br><b>LUCKY COOKIE DAY</b><br>\$10/5 Packs — 2x Entries<br>Breakfast Buffet / Prime Rib Buffet<br>Chef's Choice                |
| 22<br><b>ENTRY MULTIPLIER</b><br>\$10/5 Packs — 3x Entries<br>Breakfast Buffet<br>Slider Sunday | 23<br>Soup & Sandwich   | 24<br>Wrap Day  | 25<br>\$10/5 Packs<br>Wacky Wednesday<br>Specialty Appetizer  | 26<br><b>SENIOR DAY</b><br>\$10/5 Packs — Senior Night<br>Lunch Buffet<br>Baked Chicken Dinner | 27<br><b>ENTRY MULTIPLIER</b><br>Big Dog DJ<br>10 pm - Midnight (Bingo Hall)<br>Black Light Bingo (Cover Theme)<br>Hot Seat Night<br>Seafood Buffet<br>Fish Fry  | 28<br><b>AMETHYST ANNIVERSARY</b><br>Next Myle 7 pm - 11 pm<br>Bingo Bash<br>Breakfast Buffet / Prime Rib Buffet<br>Chef's Choice |
| 29<br>\$500 Cash Drawing<br>\$10/5 Packs — 3x Entries<br>Breakfast Buffet<br>Slider Sunday      | 30<br>Soup & Sandwich   | 31<br>Wrap Day  | <b>St. Patrick's Day Feature</b><br>Tuesday, March 17<br>Cornd beef served with cabbage, kasha & potatoes for \$10.95<br>THE SPICES OF THE FLAMES |  | <b>POP &amp; PLAY</b><br>FREE SLOT TOURNAMENTS!<br>Mondays, March 2 & 16   Friday, March 20<br>Sunday: Register 9 am - 2 pm, start at 2:30 pm<br>Friday: Register 9 am - 6:30 pm, starts at 7:30 pm<br>Management reserves all rights. Limit two sessions per day.<br>Registration is a first come, first served basis. Three minute sessions. |   |

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