



POTAWATOMI TRAVELING TIMES

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The Most Wonderful Time of the Year



by Val Niehaus

On Dec. 19, 2020, the Forest County Potawatomi (FCP) Recreation Department in collaboration with FCP Education, CHOICES, and Community Advocacy devised a new way for the tribal children to see Santa this year and receive a gift from him. The annual Christmas party is a much anticipated and greatly appreciated event, but with the current issues regarding close contacts that have resulted from the pandemic, things had to be different. These groups did a great job of improvising something fun for the kids and their families.

A 'Christmas Drive-Thru' was held at the Gte Ga Nes Preschool garage and the smoothness with which it worked was perfect! It was easy to drive right into the garage, get out and see Santa if you wanted to, or you could also just stay in your car if that was preferable. You then received a gift card for any youth in your family age 0-17 to be used on a gift of their choice. In addition, you were able to get a turkey dinner for those who may need one for the Christmas holiday.

In these challenging times, the greatest treat for the young children is to be able to see Santa... and Santa did not let them down. As mentioned, you could get out and take a photo if you wanted or just see him from the car. He also handed you a bag of the good ol' Christmas candy that all kids remember so well – even into adulthood. It was a generous bag that included popcorn balls, chocolate-covered caramels and the hard candy with Christmas décor on it. But getting that special photo meant the most to children and adults alike!

It should be noted as well that with the pandemic, FCP was asking that only FCP children from the tribal community



of Forest County come to the drive-thru celebration to keep the potential spread of COVID to a minimum. That being said, Recreation will be mailing out the gift cards to FCP-enrolled children who live out of the Forest County area. Sit tight and check your mail. If you have any questions regarding this, you may call Brian Tupper at (715) 478-7420.

In all, this event couldn't have been more perfect for the times as a means to be able to offer some Christmas cheer and happy memories. It has been a challenging time for kids and to make Christmas still about Santa, candy and picture taking certainly made their holidays a bit more normal in these very abnormal times. It was an easy in and out and with the busy atmosphere of the season, it was a great option to have. Thanks to ALL the employees who worked so hard to help spread some Christmas joy.



photo by Jeffrey Keeble

by Val Niehaus

PTT is pleased to share a follow-up concerning Forest County Potawatomi (FCP) tribal member youth Zoey Weso and her fundraising results for the Christmas toy drive project.

Zoey herself raised \$14,962, which included the \$1,000 donated from Pam and Jamey Flannery, Flannery Contracting & Trucking, and Crandon International Raceway. As was stated in the earlier article, Jamey Flannery had offered to match the amount of cash raised, and as a result, the grand total for her toy drive came to an incredible \$29,942! Considering the humble beginnings of this young lady's project, this is simply amazing.

When talking with Zoey's mother, Mary, she relayed that the grand finale of Zoey's toy project was on Dec. 17, 2020, when the toys were distributed

at the racetrack. Nominated families were scheduled for one time slot and the remainder of Forest County families in need were invited after.

The funds were spent primarily on toys, though a few winter items like warm clothes and jackets were also purchased. Mary said they made four shopping trips to buy items and then transported their purchases back home. Needless to say, they were busy bees. Mary relayed to PTT, "It's crazy! She raised this in almost two months. Think of what she could raise if she started earlier." I guess Zoey has some high hopes as well as she wants to continue this as a yearly fundraising event.

Great job as always Zoey! We certainly look forward to seeing what's to come in the future!



FCP Community Facebook Live Session Recap - Dec. 16, 2020

Chairman Ned Daniels Jr.

Good morning! Thank you all for tuning in today. I am Ned Daniels Jr., Chairman of the Forest County Potawatomi Community.

I'm feeling really good today. The Packers have claimed the NFC North and are looking good as we get closer to the playoffs. And yesterday, the tribe received its first shipment of the COVID vaccine. While this is only the first shipment, today we are able to begin to vaccinate our front-line health care workers and our most vulnerable tribal members. This is REALLY good news.

Our Health Division staff will continue to provide updates when we receive additional shipments of the vaccine and when they will be made available to more tribal members and employees. In the meantime, please continue to do your part by avoiding large gatherings, wearing your mask and washing your hands regularly. We just have to go a little bit further... help is on the way.

We've begun a new season as winter is now here. There are still plenty of things for you and the family to do outside safely. It won't be long before you can break out the snowshoes and cross-country skis. With the colder temperatures, I'm sure that some of you are itching to get out and do some ice fishing. Please make sure you check the ice conditions before you go out on the ice. It's recommended that you stay off the ice until there are at least four inches.

Just a few additional updates for you this morning:

As a reminder, tribal IDs are available on Tuesdays by appointment only. Please call (715) 889-4985 Monday - Thursday, 7 a.m. - 5 p.m. to set up an appointment with Enrollment staff. Please leave a message with your name, a working phone number, and a detailed message if unable to speak with someone. Also, if you have questions regarding applications for membership or if you have any other concerns, please contact Enrollment staff at (715) 889-4985 or by email at ENROLLMENT@FCPotawatomi-nsn.gov.

From FCP Education to 7th grade students: Come join other students around the state and learn from Native American college students at UW-Madison what it's like to be part of a college classroom. The event is a virtual, no-cost career development and pre-college planning program. Contact Brittany LaMere at (715) 478-7355 if you are interested.

Residents of the Caring Place can now video chat with loved ones on a large-screen TV via Facebook messenger. Just go to FCP Caring Place and request to be a friend. When accepted, you can call the Caring Place nurse's station any day of the week between 9 a.m. and 6 p.m. at (715) 478-4716 to set up a time.

If you're looking for unique gifts items this holiday season, be sure to check out

the great selection of spices, wild rice, Native medicines and so much more at Bodwewadmi Ktëgan (the Farm) located at 3389 Co. Hwy. H in Laona. Questions? Call (715) 478-4545.

At our last update, we told you about FCP tribal youth Zoey Weso's quest to provide Christmas toys to area youth. As of Monday, Dec. 14, between funds raised by Zoey and matching funds pledged by Jamey Flannery, Flannery Contracting & Trucking, and Crandon International Raceway, the total stands at \$29,942! According to Zoey's mom Mary Sue, toys will be distributed at the racetrack on Thursday, Dec. 17, to nominated families between 4 and 5:15 p.m., and to everyone else from 5:30 to 7:30 p.m. Toys and clothes were also donated to social services and the Laona school.

Thank you, Zoey, for putting so much time and energy into helping others in our community. Your commitment to kindness and compassion is a shining example of the good within our community. Thank you.

Before I turn it over, I want to wish all of you a very merry Christmas. I know 2020 has been a tough year, but it's almost over and there are positive things on the horizon to make 2021 much better.

Migwetch.

Family Services Division Administrator Abbey Dall

Bosho, Forest County Potawatomi Community.

Santa's coming to town this Saturday from 11 a.m. - 4 p.m. He'll greet us at a holiday drive thru at Rising Sun Daycare/Gte Ga Nes bus station. Please join us in welcoming him COVID-style!

We are in desperate need of a few foster homes for some larger sibling groups. Please contact ICW to become a licensed placement and to obtain more information.

Here's a quick Child Care update: We're getting really close to reopening! Parents, please get those application materials in as soon as possible! Give Una a call with questions. Reminder that this also includes information about how we plan to keep your kidlets safe in response to COVID.

We know you're headed back to work and school and we are doing our best to ensure appropriate child care accommodations. We remain in great need of in-home child care providers. If you're interested in becoming a certified child care provider, please contact Kathy Tupper at (715) 478-4433.

Wisconsin Judicare will not be providing their normal onsite reservation services due to the COVID-19 pandemic. At this time, if you need assistance with writing wills or other legal needs, you can apply online at www.judicare.org or call their office and request to apply over the phone at (715) 842-1681.

Community Advocacy provides assis-

tance with Health Care Powers of Attorney or Financial Powers of Attorney while maintaining social distancing and safety precautions. These are really important to complete for you and your family. Please call (715) 478-7201 to schedule an appointment.

The colder season is here. We know you may feel a bit more stuck at home. We ARE available and will respond to emergencies and safety concerns accordingly. If you're feeling suicidal, please call for help: 1-800-SUICIDE or 1-800-273-TALK.

For non-emergency service requests, our business hours remain Monday - Thursday, 7 a.m. - 5 p.m. If you should call outside of these hours, please leave a message with your full name and a working phone number so that we may return your call. Family Services may be reached at (715) 478-4433.

Assistance is available to qualifying applicants for food, medical, and child care expenses. We invite you to apply at <https://access.wisconsin.gov>. We know that filling out large applications can be overwhelming. Please call us at (715) 478-4433 to schedule an appointment to receive some assistance. The kiosks are ready and available to serve you.

Wishing you a safe weekend. Ba Ma Me Na!

Family Services (715) 478-4433
Indian Child Welfare (715) 889-1446
Com. Advocacy (715) 478-7201
Child Support (715) 478-7260

Emergency Management Program Manager Bobbie Irocky

Hello, FCP Community.

The Incident Command System is at a Level 1 of a virtual Full-Scale Activation.

The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

Celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread. Your household is anyone who currently lives and shares common spaces in your housing unit (such as your house or apartment). This can include family members, as well as roommates or people who are unrelated to you. People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households. In-person gatherings that bring together family members or friends from different households, including college students returning home, pose varying levels of risk.

Several factors can contribute to the

risk of getting and spreading COVID-19 at small in-person gatherings. In combination, these factors will create various amounts of risk:

- Community levels of COVID-19 - High or increasing levels of COVID-19 cases in the gathering location, as well as in the areas where attendees are coming from, increase the risk of infection and spread among attendees.

- Exposure during travel - Airports, bus stations, train stations, public transport, gas stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces.

- Location of the gathering - Indoor gatherings, especially those with poor ventilation, pose more risk than outdoor gatherings.

- Duration of the gathering - Gatherings that last longer pose more risk than shorter gatherings. Being within 6 feet of someone who has COVID-19 for 15 minutes or more greatly increases the risk of becoming sick and requires quarantine.

- Number and crowding of people at the gathering - Gatherings with more people pose more risk than gatherings with fewer people.

- Behaviors of attendees prior to the gathering - Individuals who did not consistently adhere to social distancing (staying at least 6 feet apart), mask wearing, hand washing, and other prevention behaviors pose more risk than those who consistently practiced these safety measures.

With that being said, the following people should not attend in-person holiday gatherings:

- People with or exposed to COVID-19

Do not host or participate in any in-person gatherings if you or anyone in your household:

- Has been diagnosed with COVID-19
- Has symptoms of COVID-19
- Is waiting for COVID-19 test results
- May have been exposed to someone with COVID-19 in the last 14 days and/or is at increased risk of severe illness from COVID-19

If at any time during this holiday season you start to experience COVID-19 symptoms, make sure you contact your healthcare provider right away to see if you need to get tested.

I urge everyone to please use extra precaution this holiday season in staying as safe as possible.

And, as always, if you have an emergency need, please reach out to Emergency Management at (715) 478-4428 and we will either assist or put you into contact with the proper department that fits your needs.

Thank you all and please stay safe!

continued on pg. 3...

Facebook Live Session Recap - Dec. 16, 2020

Jennifer Waloway, HWC Nurse Practitioner

Hello, everyone. My name is Jennifer Waloway. I am a nurse practitioner at FCP Health & Wellness Center. I am here today to talk with you about the COVID-19 vaccine.

As you may already know, the first federally-approved corona virus vaccine arrived at 145 locations across all 50 states on Monday. This followed the Food and Drug Administration's (FDA) emergency use authorization issued on Friday night for the first COVID-19 vaccine and The Centers for Disease Control and Prevention (CDC) recommendation for the use of the first COVID-19 vaccine in those 16 years and older on Saturday. I am here today to help inform you of the efficacy and safety of this vaccine and encourage your consideration of the vaccination.

At this time, there are two vaccines available; both the Pfizer and Moderna vaccines have been FDA approved. There is no real difference between the two vaccines; efficacy results are similar. Both the vaccines use mRNA technology, which is different from previous vaccines that protect against infectious diseases. To trigger an immune response, many previous vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies. COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece of what is called the "spike protein."

While this is the first vaccine of its kind, the technology has been developed over the past few decades. The cost of development of mRNA technology for other uses would have been prohibitive. It is only the extent of the COVID-19 pandemic that has justified the cost of this technology and led governments to help fund its development.

How the vaccine works:

mRNA, which stands for messenger RNA, is a type of genetic sequence. Both the Pfizer and the Moderna vaccine use this technology. Again, this is the first time this technology is being used in humans outside of a clinical trial, so it may sound a bit scary, but understanding how the vaccine works may help reassure you of its safety.

Here is what happens: The mRNA is a genetic code. This genetic code carries the instructions inside your body, telling cells to make whatever protein you want – in this case, making the spike protein that the virus uses to enter our cells. Once the instructions are delivered, our cells will start making the spike protein and this will trigger our immune system to

respond by making antibodies because it recognizes that this spike protein is foreign and does not belong in our body.

The vaccine does not alter your body's DNA, as has been misrepresented in some social media. It does not affect DNA. Because of the way that mRNA are designed and the way cells are designed to work with mRNA in general, the message doesn't stay in the body forever and the message does not get integrated into your human DNA. While the immune response is, hopefully, long-lasting, the initial effects of what are being expressed by this mRNA in your body is very short-lived. The vaccine is only signaling to the cells for a very short period of time, to "please help me build an immune response in my body against this virus".

Both the Pfizer and the Moderna vaccines require two doses 21 to 28 days apart, depending on what vaccine you are given. The first dose sort of primes the immune system to produce antibodies to the virus. The second dose re-exposes the immune system to boost that immunity, so the body mounts what we hope is a lasting immune response. After two doses, the vaccine is 95 percent effective in preventing infection of the corona virus.

What are the side effects and long-term outcomes of the vaccine?

The actual corona virus vaccine injection will feel like a flu shot, which is basically a little pinch in the side of the arm. The side effects have been temporary: Headache, low-grade fever, muscle aches, and soreness at the site of injection. These effects have been short-lived. They indicate your body's immune system is functioning. When you make an immune response, you may occasionally have symptoms associated with that immune response, such as the low-grade fever, headache, fatigue, and muscle aches. And that's okay – that means your immune response is working for you. You should feel good about that and have no difficulty coming back for the second shot, knowing that you are now in a better position to fight off this awful virus what has caused more than 299,000 deaths in the United States and 1.62 million deaths worldwide, as well as causing long-term health consequences. The real virus has caused devastating and deadly effects including blood clots and failure of the respiratory and kidney systems.

We now know from the preliminary data released, that the Pfizer and Moderna vaccines are about 95 percent effective. And neither have led to any major safety concerns in the first two months after participants got their second shot. We also know you cannot get infected from this vaccine because they don't actually contain the virus; they just contain the genetic code for the spiked protein. And even though they use mRNA technology, which is a genetic vaccine, they are not

actually altering our DNA or creating a genetic mutation.

Overall, of those who were vaccinated, only 10-15 percent had noticeable side effects. These side effects usually lasted 24-36 hours, and completely resolved. Most people will have much less noticeable side effects, that frankly, in comparison to a 95 percent protection against an infection that can be deadly or significantly debilitating, I believe is an appropriate balance.

Do not buy into those trying to politicize this vaccine process. Trust the science and do your research. Don't listen to everything you hear on social media. Get your news from reliable, trusted resources. Any vaccine that is approved by the FDA is only approved if it is safe and effective. Our lives are being changed by this virus. One person is dying every minute. And people are dying alone.

Distribution of the COVID-19 vaccine:

The United States is still setting new records for corona virus cases and deaths. More than 85 percent of hospitals nationwide had more COVID-19 patients than they did a month ago, and the numbers are going up. Overall, about 1 in 5 hospitalized patients were confirmed to have COVID-19 last week; that is nearly double than a month earlier.

The COVID-19 vaccination distribution timeline was created on the following principles:

- Protecting our most vulnerable populations.
 - Maintaining the health care system capacity.
 - Addressing inequities in health care access and COVID-19 burden.
- There are three phases of distribution:
- Phase 1a: Healthcare workers and persons in long-term care facilities.
 - Phase 1b: Essential workers. Examples include police, firefighters, correction officers, transportation.
 - Phase 1c: Adults with high-risk medical conditions and those 65 and older.

You may be asking yourself, why then, is FCP receiving the vaccine early in distribution, during phase 1a of distribution? There are two reasons: (1) Administrators at FCP worked quickly and vigorously in the early days of the

pandemic, dedicating efforts to securing the vaccine for our community. (2) This pandemic has had a disproportionate impact on Blacks, Native Americans and Hispanics. According to the CDC, this population is four times more likely to be hospitalized by COVID-19 and suffer long-term effects of the virus.

Why this disproportion? There is a simple answer. Viruses do not have brains, but viruses are built to pick up on societal infrastructure that wasn't built on brains. Basically, these holes in our society are what viruses like COVID-19 thrive on. And one of those holes, unfortunately, are health disparities. That is basically what is being highlighted throughout this pandemic – that longstanding health disparities are still apparent and that viruses like this are going to pick up on those holes until we do something about it. We can fundamentally start to change these things by addressing those health disparities through a vaccination of our community.

US Health and Human Services states that 20 million Americans should be vaccinated by the end of December, 50 million by the end of January, and at least 100 million by the end of February. The goal is to have the general population vaccinated by Spring of 2021.

In closing, I would like to stress that the arrival of the vaccine does not mean we can let our guard down. There is so much to celebrate around this vaccine, and yet there is so much tragedy and sadness around the increasing number of people who are affected by this disease. So, until we can start getting this pandemic under control, don't stop wearing your mask and don't stop taking precautions like physical distancing. The vast majority of people will NOT be vaccinated by Christmas and New Year's, so large indoor gatherings are still considered unsafe. Just as they did for Thanksgiving, the CDC is recommending people stay home for the winter holidays. Yes, this is a holiday season unlike any other, but this vaccine – and hopefully others coming down the pipeline, is a sign of hope, so let yourself be hopeful for the first time in a long time.



JAN 1	12/16/20	JUL 1	6/16/21
JAN 15	1/6/21	JUL 15	6/30/21
FEB 1	1/20/21	AUG 1	7/21/21
FEB 15	2/3/21	AUG 15	8/4/21
MAR 1	2/17/21	SEP 1	8/18/21
MAR 15	3/3/21	SEP 15	9/1/21
APR 1	3/17/21	OCT 6	9/22/21
APR 15	3/31/21	OCT 15	10/1/21
MAY 1	4/21/21	NOV 1	10/20/21
MAY 15	5/5/21	NOV 15	11/3/21
JUN 1	5/19/21	DEC 1	11/17/21
JUN 15	6/2/21	DEC 15	12/1/21

Alan L. Petonquot

Alan L. Petonquot, 66, of Crandon, Wis., passed away Wednesday, Dec. 9, 2020, at Aspirus Langlade Hospital, Antigo. Alan was born Oct. 25, 1954, in Wabeno, the son of Elijah Petonquot and Armina "Shirley" Williams.

Surviving are his daughter: Regina (Quincy) Jones, LaVergne, Tennessee; step-daughter: Shannon (Jake) Nowak, Wausau; sons: Robert (Amy) Petonquot, Weston; Derwin Petonquot, Wausau; step-sons: Mike (Stacy) Notinokey, Wausau; Marlin (Jenny) Notinokey, Wausau; sisters: Judy Ross, Arizona; Lisa (Steve) Miltag, Green Bay; Annie Olson, Argonne; brothers: Anthony (Sue) Petonquot, Antigo; Jerry Petonquot, Crandon; Robert (Becky) Petonquot, Rhinelander; 24 grandchildren; one great-grandchild and many nieces and nephews.

He was preceded in death by his parents; sister: Jenni; brothers: Paul and Lavern.

Visitation was held Dec. 11, and services were held Dec. 12, both at the Potawatomi Cultural Center, Crandon, with Joe Daniels Sr. officiating. Burial followed at Potawatomi Tribal Cemetery, Crandon.

Weber-Hill Funeral Home assisted the family with the arrangements. Online condolences for the family may be directed to www.weberhillfuneralhome.com.

Mathew Ryan Ritchie

Mathew Ryan Ritchie, 27, of Crandon, Wis., passed away Thursday, Dec. 17, 2020, at St. Mary's Hospital, Rhinelander. Mathew was born January 3, 1993, in Rhinelander, the son of Charles C. Ritchie Jr., and Holly Jeanne (Poppett) Ritchie.



Surviving are his parents: Charles and Holly; daughter: Amelia; son: Markus and Cohen; sisters: Cheryl and Caitlin Ritchie; brothers: Charles, Tim and Curtis Ritchie.

Visitation was held Dec. 20 and services were held Dec. 21, both at Lake Lucerne Chapel, Crandon, with Don Dewing officiating. Burial followed at Potawatomi Tribal Cemetery, Crandon.

Weber-Hill Funeral Home assisted the family with the arrangements. Online condolences for the family may be directed to www.weberhillfuneralhome.com.

JANUARY ELDER MENUS

<p><u>Thursday, 12/31</u> No Route - New Year's Eve</p> <p><u>Friday, 1/1</u> No Route - New Year's Day</p> <p><u>Monday, 1/4</u> Chicken Sandwich w/Lettuce, Tomato & Cheese, Baked Beans, Coleslaw, Tropical Fruit</p> <p><u>Tuesday, 1/5</u> Cheesy Cauliflower & Broccoli Soup, Hot Ham Sandwich on Croissant, Apple</p> <p><u>Wednesday, 1/6</u> Orange Chicken over Rice, Eggs Rolls, Fiesta Corn, Jello® w/Fruit</p> <p><u>Thursday, 1/7</u> Pepper Steak over Noodles, Cucumber & Tomato Salad, Craisins, Cookie</p> <p><u>Friday, 1/8</u> Turkey Tetrazzini, Corn, Dinner Roll, Peaches</p> <p><u>Monday, 1/11</u> Beef Stew w/Potatoes, Carrots & Peas, Biscuit, Oranges</p> <p><u>Tuesday, 1/12</u> BBQ Baked Chicken Wings, Baked Beans, Chips, NutriGrain® Bar</p> <p><u>Wednesday, 1/13</u> Pork Roast, Parsley Potatoes, Side Salad, Dessert Bars</p> <p><u>Thursday, 1/14</u> Loaded Taco Salad w/Lettuce, Tomato, Sour Cream & Salsa, Blueberry Pie</p>	<p><u>Friday, 1/15</u> Lasagna, Breadstick, Pears</p> <p><u>Monday, 1/18</u> No Route - Martin Luther King Birthday Holiday</p> <p><u>Tuesday, 1/19</u> Fried Chicken, Stuffing, Corn, Fruit Fluff</p> <p><u>Wednesday, 1/20</u> Beef Pot Roast, Potatoes, Carrots, Dinner Roll, Mandarin Oranges</p> <p><u>Thursday, 1/21</u> BBQ Pulled Pork Sandwich, French Fries, Cold Salad, Jello®</p> <p><u>Friday, 1/22</u> Turkey & Gravy over Mashed Potatoes, California Blend Veggies, Cookie</p> <p><u>Monday, 1/25</u> Pork Patty, Au Gratin Potatoes, Green Beans, Pudding</p> <p><u>Tuesday, 1/26</u> Cheddar Wurst & Sauerkraut, Roasted Potatoes, Pineapple</p> <p><u>Wednesday, 1/27</u> Lasagna, Garlic Bread, Carrots, Banana</p> <p><u>Thursday, 1/28</u> Beef Stroganoff over Noodles, Side Salad, Asparagus, Cherry Torte</p> <p><u>Friday, 1/29</u> Bacon Lettuce & Tomato Wrap, Cottage Cheese, Mixed Berries</p> <p>Menus Subject to Change</p>
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Deadline for the January 15, 2021 issue of the Traveling Times is Wednesday, January 6, 2021.

POTAWATOMI TRAVELING TIMES

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FAMILY SERVICES DIVISION CONTACT NUMBERS

Indian Child Welfare
Main Line: (715)-478-4812
24 Hour Emergency Hotline: (715) 889-1446

Economic Support
(715) 478-7206

Community Advocacy
24 Hour Emergency Hotline: (715) 478-7201

Child Support
(715) 478-7260

Family Services
Main Line: (715) 478-4433

If you don't get an answer on one of these phone numbers, please leave a voicemail and your call will be returned shortly.

For additional information including applications and forms for each of our departments, please go to FCP's website at FCPotawatomi.com.

Potawatomi Traveling Times (PTT) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the *PTT* are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the *PTT* staff or the FCP Nation. *PTT* encourages the submission of Letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The *PTT* reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the *PTT* and will not assume any responsibility for unsolicited material nor will the *PTT* guarantee publication upon submission. *PTT* will not guarantee publication of materials submitted past deadlines posted in the *PTT*. No part of this publication may be reproduced without the written consent of the Editor.

Flu Season: 2020-21

It's not too late to get your flu shot!

Influenza (flu) is a serious, contagious respiratory illness. The best way to prevent the flu is by getting vaccinated every year. During the COVID-19 pandemic, increasing flu vaccination coverage is especially important. While all age groups over 6 months remain priorities for vaccination, additional emphasis this flu season will be on adults at higher risk from COVID-19 complications. This includes: American Indian and Alaska Native populations, adults with underlying illnesses, and those who are considered essential workers or otherwise contribute to critical industries, services, or infrastructure.

People who get the flu vaccine are not only protecting themselves, but also reducing the risk of spreading the flu to others. Vaccination against the flu is especially important for American Indians and Alaska Natives who have been found to be at high risk of developing complications from the flu. Studies have shown that people who get vaccinated will have fewer flu illnesses, doctor visits, and miss less work due to influenza. Vaccination also reduces the risk of flu-related hospitalizations.

Protect yourself, your family, and your community by getting your vaccination today. Call Forest County Potawatomi Health & Wellness Center at (715) 478-4339.

Source: IHS.gov



• Lead the Way •

MASK UP

WE CAN STOP THE SPREAD OF COVID-19 *Together*

YOUR OUTDOOR DOG NEEDS:

STRAW BEDDING
(NOT blankets)

A WEATHERPROOF SHELTER
(4 sides, a roof and a floor)

FRESH WATER
(NOT frozen)

STRAW AVAILABLE for FCP Community.] OPEN 24/7
 CONTACT: TRIBAL SECURITY ANIMAL CONTROL AT 715-478-7229] 7 DAYS A WEEK

How COLD is TOO COLD?

°F	Small Dog	Medium Dog	Large Dog
45 & Up	1	1	1
30-45	2	2	2
20-30	4	3	2
15-20	4	3	3
Below 15	4	4	4

1: Risk is unlikely

2: Potentially unsafe cold

3: Risk of dangerous cold

4: Potentially life-threatening cold

RADON KILLS January

RADON AWARENESS MONTH

Radon causes lung cancer! It is THE leading cause of lung cancer in non-smokers!

- If you're a smoker, your chance of getting cancer from radon is multiplied.
- An estimated 15,000 – 22,000 people a year die from lung cancer caused by radon.
- Radon is a radioactive odorless gas that seeps into your home from the soil. ANY home can have radon, regardless of whether the neighbor's house has it, or whether you're in an area with a high occurrence of radon.

Indoor Pollutants

- stale air
- vapors
- cigarette smoke
- radon
- chemical fumes
- electromagnet
- bacteria
- germs

GET YOUR HOME TESTED NOW!!
January is when conditions are best for testing.

It's easy to test. Carefully follow the instructions on the test kit package and send the package in for results.

SHORT-TERM AND LONG-TERM TEST KITS
(recommend short-term first, then long-term if results are high) can be obtained at:

Forest County Health Department
(715) 478-3371
M-F 8:30 a.m. – 4:30 p.m.
\$8.50 per kit

- Most hardware stores

pCi/L = picocuries per liter, a unit of measure

For more information on radon:
<http://forestcountypublichealth.org/community-health/radon/>
www.dhs.wisconsin.gov/radiation/radon
<http://www.epa.gov/radon>

Mercury: Household Sources and Reducing Exposure

Information provided by Forest County Potawatomi Community Utility Department

Q: I am worried about mercury in my home. Where should I look for potential sources of mercury?

A: Many common household items can release mercury when they are improperly disposed of, broken or mishandled. Some of the most common household sources of mercury are described below.

- Thermometers- those used for fevers, candy, deep frying, ovens indoors and outdoors with silvery temperature indicators may contain mercury.
- Barometers and manometers- many barometers and vacuum gauges found in machinery contain mercury.
- Thermostats- mercury containing tilt switches have been used in thermostat for more than 40 years. Each switch contains approximately 3 grams of mercury.
- Lighting and electrical applications- fluorescent lamps and high intensity discharge lamps commonly are found in garages and home workshop areas. Spent lamps must be managed properly because they contain mercury.
- Major appliances- mercury containing thermostat probes may be found in several types of gas fired appliances that have pilot lights, including ranges, ovens, clothes dryers, water heaters, furnaces and space heater. Although non-mercury thermostat probes also are used in these appliances, treat all probes as though they contain mercury, unless you know they do not.
- Pharmaceuticals and pesticides – mercury can be found in some topical disinfectants, such as mercurochrome, tincture of merthiolate and older medications for psoriasis and eczema. Mercury also has been used as fungicide in pesticides and older paints.

Other sources of mercury in homes

- Weight/counterweight in grandfather clocks
- Jewelry with a glass ampoule containing mercury
- Elemental mercury saved from an industrial application, laboratory or prior activity
- Many button batteries, in particular from older hearing aids
- Lights in some older model children’s tennis shoes
- Old batteries of any type(pre- 1990)
- Irons with tilt safety switches
- Automotive trunk light switches, high intensity headlights, anti-lock braking systems
- Some gas flow meters
- Some latex paints manufactured before 1992 (to prevent mildew)
- Old chemistry sets and toys
- Home blood pressure gauges
- Azogue capsules, which are gel capsules filled with liquid mercury, often sold in botanicas (Latino herb and spiritual shops), used in espiritismo, Santeria and folk medicine practices

More information can be found at:

<https://cdphe.state.co.us/HM/mercury/mercinthehome.pdf>

More information on compact fluorescent lamps can be found at:

<https://dnr.wisconsin.gov/topic/Recycling/bulbs.html>

Q. Are the household products listed above dangerous?

A. Most people come in contact with mercury by eating fish and from spills of small amounts of metallic mercury, such as from a broken thermometer. Even small spills or amounts of mercury, such as that found in thermometers or fluorescent bulbs, can cause high levels of mercury vapors that are unsafe to breathe. You should respond immediately to all mercury spills.

More information can be found at:

<https://www.dhs.wisconsin.gov/mercury/index.htm>

<https://www.dhs.wisconsin.gov/mercury/health.htm>

Q. Is there anything I can do to reduce the amount of mercury in my home?

A. Whenever possible choose to buy and use products that are mercury-free. Many mercury-free alternatives are readily available.

Mercury Containing Product	Mercury-Free alternative
Latex Paint manufactured before 1992	Use latex paint manufactured after 1992
Thermometers	Replace with digital or red alcohol thermometers
Thermostats	Replace with a digital thermostat; this has the added benefit of allowing you to program your thermostat to automatically adjust the temperature at night and when you aren’t home
Batteries	Replace with alkaline batteries or batteries that are easily recycled (rechargeable nickel-cadmium, long lasting lithium)
Fluorescent lamps	Replace with lamps that are labeled as low mercury lamps; these can be recognized by their green endcaps or green printing on the bulb
Antiseptics	Mercury-free alternatives include Neosporin and mycin. Talk to your pharmacist about other alternatives

Breathing mercury vapor is very dangerous- much more dangerous than swallowing it. This is because inhaled mercury vapor is almost completely absorbed by the body. Mercury vapor is heavier than air and tends to settle to the floor. This puts children at increased risk, because they are closer to the ground and are more likely to breathe mercury vapor that has settled.

More information can be found at:

<https://www.epa.gov/mercury/mercury-your-environment-steps-you-can-take>

<https://cdphe.state.co.us/HM/mercury/mercinthehome.pdf>

Q. How do I clean up small mercury spills at home?

continued in next column...

A. Please follow the clean up recommendations at the below links:

<https://www.epa.gov/cfl/cleaning-broken-cfl>

<https://www.epa.gov/mercury/what-do-if-mercury-thermometer-breaks>

https://www.atsdr.cdc.gov/mercury/docs/11-229617C-508_Cleanup_Residential.pdf

<https://www.dhs.wisconsin.gov/mercury/resources.htm>

Q. How can families reduce the risk of exposure to mercury at home?

A. There are a number of things families can do to reduce the risk of exposure to mercury:

- Eat mainly types of fish and shellfish low in mercury
- Limit your consumption of types of fish that typically have higher levels of mercury
- Choose to buy and use products that are mercury-free
- Be careful handling containers and products that contain mercury

More information can be found at:

<https://www.epa.gov/mercury/mercury-your-environment-steps-you-can-take>

If more information please contact Bruce Johnson, Utility Manager for the Forest County Potawatomi Community Utility Department at 715-478-7398 or bruce.johnson@fcpotawatomi-nsn.gov



IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER
Monitoring Requirements Not Met for Forest County Potawatomi’s Carter, Stone Lake and Blackwell Communities Public Water Systems

Our water systems violated 3 drinking water standards over the past 3 years. Even though these were not emergencies, as our customers, you have a right to know what happened and what we did to correct these situations.

We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. During 2017-2019 compliance period, we did not complete all monitoring and/or testing for IOCs and Nitrates, therefore cannot be sure of the quality of our drinking water during that time.

What should I do?

There is nothing you need to do at this time.

The table below lists the contaminant(s) we did not properly test for during the last 3 years, how often we are supposed to sample for these contaminants and how many samples we are supposed to take, how many samples we took, when samples should have been taken, and the date on which follow-up samples were taken.

Contaminant	Required sampling frequency	Number of samples taken	When all samples should have been taken	When samples were or will be taken
Carter IOCs - Thallium	1 sample every three years	2	2017-2019	3-27-2018 4-16-2019
Stone Lake IOCs - Thallium	1 Sample every three years	1	2017-2019	3-13-2018
Blackwell - Nitrates	Annual	1	2018	3-3-20

What happened? What is being done?

Thallium is a drinking water contaminant monitored by the Forest County Potawatomi Utilities under a larger group of contaminants categorized as Inorganic Compounds (IOC’s). The FCP Utilities properly collected samples and sent them to the testing lab within the required monitoring period noted in the table above. The sample results provided by the testing lab to the Water and Sewer Department that were thereby submitted to the EPA contained all the contaminant results except the result for Thallium. When notified by the EPA on March 19, 2020 of the missing Thallium result, the FCP Utility contacted the testing lab to discover the lab had tested Thallium, had a result but had failed to provide it with the other IOC results. The results reported by the lab were **Non-Detect** and were sent to the EPA on March 26, 2020 bringing the water system back into monitoring compliance.

Blackwell Nitrates. The 2018 nitrate sampling schedule listed Nitrates as “To Be Determined”, therefore the sample was not collected. The sample has since been collected with a lab results of

0.25 mg/l, well below the Drinking Water Standards of 10.0 mg/l. Sample results were submitted to EPA on March 19, 2020 bringing the water system back into compliance.

For more information, please contact Bruce M. Johnson Utility Manager at 715-478-7398 or PO Box 480, Crandon, WI 54520.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by FCPC Utilities.

FCPC Carter ID#: 055295205.
FCPC Stone Lake ID#: 055295201.
FCPC Blackwell ID#: 5295207.



GMS: SEE CONSTRUCTION OF R1VER APARTMENTS AS PART OF MICHELS' \$100M PROJECT IN HARBOR DISTRICT

By Sean Ryan – Reporter, Milwaukee Business Journal

Photos by Kenny Yoo

Two apartment buildings at Michels Corp.'s \$100 million R1ver development in Milwaukee's Harbor District could soon button up for winter as crews work toward a summer 2021 completion. See the attached slideshow for a close-up look at the new apartments rising at R1ver (pronounced "River One").

Those two buildings with about 95 apartments will line South First Street between Becher Street and the Kinnickinnic River. They join a multi-tenant office building that Michels aims to have done before the end of this year.

"It'll certainly provide high-end housing for a lot of people who hopefully live, work and play in that area, which hopefully will drive more economic growth," said Jeb Meier, chief operating officer of Greenfire Management Services LLC, Milwaukee.

Greenfire is the lead contractor for the apartment buildings. It has 12 subcontractors and about 80 construction workers on site now.

There's a lot of builders active at the broader R1ver property who are coordinating closely to share the site and time materials deliveries. Construction started on R1ver in 2018, led by Gilbane Building Co. It constructed the large parking deck that now covers the entirety of the R1ver property.

The four-story, wood-framed apartment buildings started in construction in April. They rose out of that parking structure that Gilbane already constructed. That required close plan coordination between the builders. Some of the retail spaces that will comprise the "ground" floor of the apartments are incorporated into that concrete parking structure.

"It's certainly been a high-performing team with experts in each of their domains," Meier said.

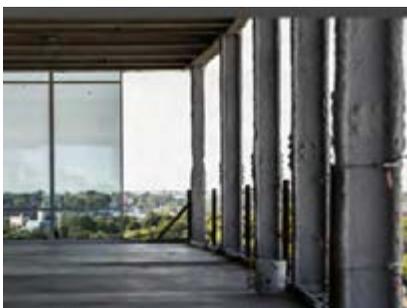
Brownsville infrastructure and utility contractor Michels Corp. developed R1ver, and will move some of its engineering and office operations into the top floors of the office building under construction there now.

Milwaukee architecture firm Rinka designed R1ver, including the apartments.



R1ver, \$100 million project developed in Milwaukee's Harbor District which overlooks the Kinnickinnic River

A look at the installation of the glass exterior of the building



The project will also include retail, housing and a hotel. Bird's eye rendering of R1ver with apartments on the left, office buildings middle and right and a public walkway along the Kinnickinnic River



HIR Wellness: SOCIAL JUSTICE AND ADVOCACY FOR INDIGENOUS PEOPLE

HIR Wellness Institute (HIRWI) is a nonprofit located on the Wgema Campus that is social justice-informed and offers culturally rooted free mental health, wellness and advocacy services to Indigenous and underserved communities impacted by violence. This year brought on many challenges with COVID-19. We saw an increase of domestic violence, suicidality, mental health concerns, and families reaching out to us about Missing & Murdered Indigenous Women (MMIW) throughout our state, asking for our services to help locate, raise awareness, and bring home their loved ones.

In April 2020, on Denim Day we hosted a Facebook LIVE Indigenous Women's



Jamie Kellicut, Community Engagement & Indigenous Affairs Director speaking at the first Wisconsin MMIW Task Force Meeting on December 4, 2020.

around MMIP (people). We hosted guest speakers from across our state and Nation to speak to the issues impacting MMIP. Our Daughters of Tradition mentorship group were our first Keynote speakers and spoke about the impact violence has had in their lives and how sisterhood helps to heal their hurt. Next, we hosted an Indigenous women leader's circle who spoke to their experience with violence and shared their expertise and promising pathways for justice for MMIP. Concluding our CAM event, we presented the MANA award which honors MMIP survivors, recognizing that their stories grow beyond the legacy of their trauma.

Most recently, HIR Wellness Institute was asked to join the Wisconsin MMIW Task Force where subcommittees will work on the numerous issues surrounding MMIW such as: data collection, systems & jurisdictions, community & family impact, and legislation & policy changes. Together we stand in solidarity for the silenced voices of MMIW.



Founder, CEO, and VOCA Project Director, Lea S. Denny presented at our 4th Annual Virtual CAM Event our Inaugural MANA (Maile's Achievement Nourishing Ambition Award) and honor blanket to the family of Maile Lehua Chow, Native Hawaiian, whose life was ended by violence and recognized as an MMIW.

Survivor-led panel discussion on Missing and Murdered Indigenous Women (MMIW). This conversation brought forward critical conversations around justice, awareness, reparation, solutions, and healing to the individuals impacted by these issues. Our 4th Annual CAM & Red Sands event was hosted virtually this year and is focused on raising awareness and social justice action



JAN 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Keeping Carter Safe		TABLE GAMES OPEN THURSDAY – SUNDAY — STARTING AT NOON —			1 HAPPY NEW YEAR!	2 BINGO's INTERMISSION DRAWINGS
3 BINGO's INTERMISSION DRAWINGS	4 CUB 50	5 Warm Wishes	6 Warm Wishes	7 DINNER DEAL DAYS	8 Break the Bank	9 BINGO's INTERMISSION DRAWINGS
10 BINGO's INTERMISSION DRAWINGS	11 CUB 50	12 Warm Wishes	13 Warm Wishes	14 DINNER DEAL DAYS	15 Break the Bank	16 BINGO's DEAL DAYS
17 BINGO's DEAL DAYS	18 CUB 50	19 Warm Wishes	20 Warm Wishes	21 DINNER DEAL DAYS	22 Break the Bank	23 BINGO's INTERMISSION DRAWINGS
24 BINGO's INTERMISSION DRAWINGS	25 CUB 50	26 Warm Wishes	27 Warm Wishes	28 DINNER DEAL DAYS	29 Break the Bank	30 BINGO's INTERMISSION DRAWINGS
31 BINGO's INTERMISSION DRAWINGS						

Happy New Year! NEW Hours of operation: 7 am – 2 am daily.

ARE YOU AGE 50+?
CUB 50
 WE'RE CELEBRATING OUR SENIORS EVERY MONDAY FROM 7 AM TO 7 PM
 Guests age 50+ who earn 250 same day points receive:
 \$5 POTAWATOMI PLAY —&— \$10 FOOD VOUCHER

Warm Wishes
 TUESDAYS — & — WEDNESDAYS IN JANUARY
 Earn 400 same day points & receive two cocoa mugs with wooden spoons and hot cocoa!

DINNER DEAL DAYS
 Earn 300 same day points & receive a \$10 voucher for The Flames!
 THE FLAMES THURSDAY SPECIAL: BBQ Ribs served with mashed potatoes, gravy, vegetable & dinner roll for \$9.99

Break the Bank
 Select Fridays in January
 Earn or redeem 50 points for one drawing entry.
 Cash Drawings 6 pm – 10 pm
 Win your share of over \$13,000!

THE ESCAPE PACKAGE
 NEW YEAR SPECIAL!
 One night stay for two in a standard room — PLUS — \$80 in Potawatomi Play
\$110 PACKAGE ANY DAY OF THE WEEK
 MAKE YOUR RESERVATIONS TODAY!
Subject to availability.

BINGO's INTERMISSION DRAWINGS
 FRIDAYS, SATURDAYS & SUNDAYS IN JANUARY
 FIVE LUCKY WINNERS WILL RECEIVE \$10 IN BINGO RETURN PLAY!

Bingo's DEAL DAYS
 PURCHASE ENTRY PACKS — AND — COLLECT BINGO PRIZES!
 DUCK + TROLL + CUP + TOTE
 FRIDAY JANUARY 15 SATURDAY JANUARY 16 SUNDAY JANUARY 17



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