



POTAWATOMI TRAVELING TIMES

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Graduation Ceremony 2020 & 2021

by Val Niehaus

To honor this year's high school graduates as well as those from last year (2020), the Forest County Potawatomi (FCP) Education department had a graduation ceremony which was held at the Carter Powwow Grounds on June 17, 2021.

The event started with Council Member Brooks Boyd welcoming everyone to the event. Following his introduction, Fire Nation opened with the flag song during which FCP Veterans Post I brought in the staffs and flags. This was then followed with the veterans honor song.

Boyd then continued by offering a few good words and congratulations to the students who had completed their high school studies and achieved graduation. Boyd said, "Our kids are going to be coming home here in the next years after getting their education, and they will play a big role in the future of our tribal government." Boyd closed with recognizing FCP Executive Council: Chairman Ned Daniels Jr., Vice Chairwoman Brenda Shopodock, Secretary James Crawford, Treasurer Manny Johnson and Council Member Nick Shepard.

FCP elder Louie Spaude then came forward to offer a few words of prayer. After the prayer, he spoke about how education is so important and its value in our lives. He recalled the years when he was young and had to help his father read documents because his father was unable to do so. In discussing this personal part of his childhood, Spaude emphasized how important it is to help nurture those who need the help. He told those listening that as a child, he didn't think anything of it as he was just reading and was able to help his father.

Next to the podium was Treasurer Johnson to give his speech to the students and families. He shared some very wise words to all and was upbeat and positive in his comments. He spoke of the pandemic and how these students accomplished a lot despite the effects of COVID on the schools. They had difficult adjustments to make such as online learning, a lack of face-to-face interaction with their teachers, and cancellation of many school activities that were important to their daily lives. "One thing you need to remember is that some of the most difficult things in life that happen to you will teach you about yourself and who you want to be." He stressed that while students think about their futures as in 'what do we want to do with our lives?' he focused more on, "who do

we want to be?" Some of his tips were: be kind, be compassionate, and finally, always be thoughtful. He closed with, "Remember the values you were taught in being Potawatomi and you will always be someone!"

Following the presentations by the speakers, everyone was able to share a prepared lunch which was preceded by a blessing offered by Chairman Daniels. Following that, everyone dug into the food and enjoyed the company of those who attended.

After the meal, the event moved right on to K-12 Education Director Brittany LaMere who introduced local FCP graduates Valedictorian Juanita Alloway and Co-Valedictorian Penelope Peters. Starting with the 2020 graduates and then proceeding to the 2021 graduates, she then presented each student with their gift of a Pendleton blanket – always a welcome and appreciated gift to honor them for their accomplishment.

Following the presentations, the event moved on to the honor song for the graduates, followed by the retreating of the staffs and flags. Last, but certainly not least, the traveling song was presented for those leaving the event.

Congratulations again to all the students for their accomplishments during what was an unprecedented chaotic and challenging time for everyone – especially students in our schools.

2020 Graduates:

Aaleyah Alloway, Isaiah Alloway, Grace Alloway, Skylar Anwash, Joseph Brown III, Kalista Brown, Dalilha Bulmer, Jorge Cisneros Jr., Jennifer Daniels, Savannah Ensley, Marcus Kegel, Fred Shawano, Breed Shepard Jr., Eli Soman, Evelyn Soman, Madison Soman, Dawson VanZile

2021 Graduates:

Juanita Alloway, Selena Alloway, Serena Alloway, Michael Cisneros, Isabella Daniels, Josephine Daniels, Naganwdek Daniels, Petwonkwet Daniels, Cassidy Frank, Stylz Holmes, Mya Johnson, Robert Kitchell, Khia Marvin, Penelope Peters, Daniel Shepard, Saidee Soman, Malakhi VanZile



2020 Graduates: (l-r) Dalilha Bulmer and Grace Alloway



2021 Graduates (l-r): Juanita Alloway, Selena Alloway, Serena Alloway, Stylz Holmes, Penelope Peters



FCP Veterans Post I



Fire Nation



FCP Treasurer Manny Johnson

Forest County Potawatomi Leaders X

by Val Niehaus

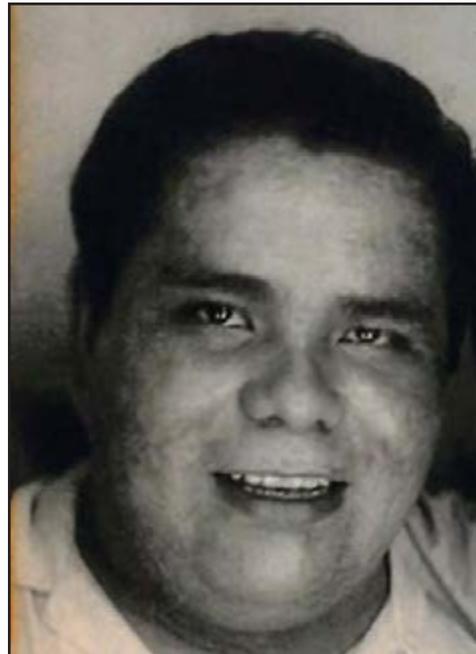
Arthur Crawford was born July 9, 1929, and was raised by William and Marion (Beaver) Crawford in Wabeno.

He served in the Army from July 30, 1946, to Feb. 21, 1947, and again from May 7, 1951, to April 23, 1954.

In 1959, he married Marcella Tuckwab.

Arthur Crawford was very active in tribal government and community service. He was first elected tribal secretary on Jan. 5, 1963. He was then elected tribal chairman on Nov. 5, 1965. As chairman, he worked on economic development, bringing electricity to the Devil's Lake area, and the tribe's first HUD homes. At an executive council meeting in September 1968, he resigned his position as tribal chairman to take the job of community worker for the "Inter-Tribal Council in the Lake Lucerne area" (according to his obituary in *The Forest Republican*, July 2, 1970).

A record of that meeting indicates that Harvey Tucker, who was vice chairman at that time, would take over Arthur Crawford's duties until the next election for tribal chairman came up. Tucker would



become tribal chairman in November 1969.

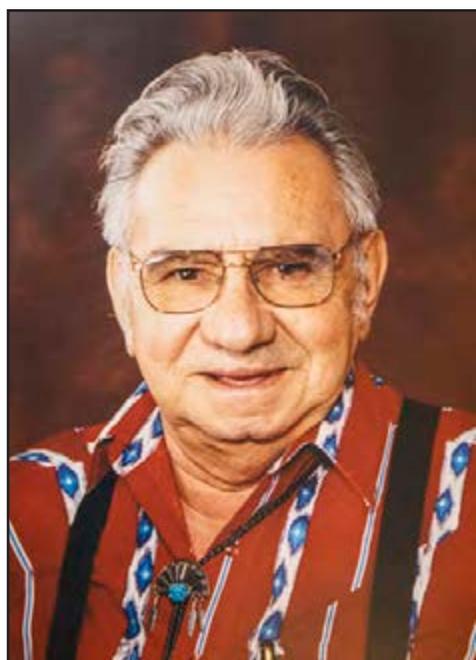
Arthur and Marcella Crawford eventually moved to Crandon, where Arthur died on June 28, 1970, at the age of 40. He was survived by his wife, two daughters and several siblings. Arthur and Marcella are buried in the Indian Cemetery on Billy Daniels Lane.

Harvey "Buck" Tucker was born June 21, 1927, to Harvey and Myrtle (DeHart) Tucker. The family lived in Carter.

Harvey joined the Navy at age 17 and served from August 1944 to June 1946, and then served again from October 1947 to October 1951. He received an honorable discharge. Issues of *The Forest Republican* from those years reveal that he served aboard the destroyer USS G.K. Mackenzie during his time in the military.

In December 1949, Harvey married Marrette Smith in Wabeno and they had six children. He bought a bar in Carter and later turned the operation of it over to his father so he could take a job clearing right-of-ways for power lines. He worked as a logger and managed the Lakewood branch of the Antigo Beverage Company for several years before starting his own logging business. According to his obituary, he also worked for the government as a loan closer and rural development coordinator. He worked at Blackwell Job Corps, mainly in auto maintenance.

Harvey Tucker became tribal chair-



man in 1968. Ned Daniels Sr. succeeded him as chairman in 1973.

After his time as chairman, Harvey Tucker remained involved in tribal affairs, chairing the FCP utilities and elderly committees.

He passed away March 14, 2001, at the age of 73. According to his obituary in the April 1, 2001 edition of the *PTT*, he was survived by six children.

JULY ELDER MENUS

Menus subject to change

Thursday, 7/1

Cold Ham, Turkey & Cheese Sandwich (w/Lettuce & Mayo on Wheat), Cold Noodle Salad, Baked Chips, Cookie

Friday, 7/2

Homemade Chicken Noodle Soup, Cheese Biscuit, Honeydew Melon, Crackers

Monday, 7/5

No Route - 4th of July Holiday

Tuesday, 7/6

Pork Tenderloin, Wild Rice, Peas & Carrots, Pickled Beets, Dinner Roll, Pears

Wednesday, 7/7

Baked Breaded Fish, Coleslaw, Baked Beans, Rye Bread, Jello®

Thursday, 7/8

Chef Salad w/Lettuce, Cucumber, Cherry Tomato, Boiled Egg, Ham, Onion & Cheese, Breadstick, Cheese & Crackers, Watermelon

Friday, 7/9

Tomato Soup, Tuna & Cheese Sandwich, Strawberries

Monday, 7/12

Chicken Breast, Roasted Sweet Potatoes, Chickpeas, Cantaloupe

Tuesday, 7/13

Chicken Salad w/Grapes on Croissant, Cranberry Sauce, Banana

Wednesday, 7/14

Lasagna, Side Salad, Corn, Breadstick, Nutri-Grain® Bar

Thursday, 7/15

Shredded Beef & Cheese on Bun, Sweet Potato Fries, Side Salad, Applesauce

Friday, 7/16

Egg Salad Sandwich on White, Cucumbers & Tomatoes w/Dill Dip, Pears

Monday, 7/19

BBQ Boneless Wings, Baked Beans, Coleslaw, Orange

Tuesday, 7/20

Shrimp & Sausage Boil, Roasted Red Potato, Corn on the Cob, Kiwi

Wednesday, 7/21

Salmon Fillet, Roasted Potato, Buttered Squash, Grapes

Thursday, 7/22

Corned Beef, Potatoes, Cabbage & Carrots, Cheese Sandwich, Tropical Fruit

Friday, 7/23

Turkey & Swiss on Whole Wheat, w/Lettuce, Tomato & Cheese, Broccoli Slaw, Apple

Monday, 7/26

Chop Suey over White Rice, Egg Rolls, Fortune Cookie, Apricot

Tuesday, 7/27

Beef Stroganoff over Noodles, Brussels Sprouts w/Bacon, Bread & Butter, Yogurt

Wednesday, 7/28

Cobb Salad (Lettuce, Avocado, Boiled Egg, Tomato, Cheese, Bacon, Chicken, Carrot), Breadstick, Strawberries

Thursday, 7/29

Meat Loaf, Mashed Potatoes, Mixed Veggies, Dinner Roll, Mandarin Oranges

Friday, 7/30

Wild Rice & Ham Soup w/Lentils, V-8® Juice, Nutri-Grain® Bar

CONGRATULATIONS!

Omar Bailey, a freshman at Crandon High School, broke the school record in the 100m dash taking 1st at a recent meet in Three Lakes. An unconfirmed rumor has it that the previous record was held for 30 years or more. He also took 3rd overall in the 400m, 3rd in the 200m, and 6th in the long jump. A photo and/or further details were not available at time of print. Omar's proud parents are Calli Victor and Omar Bailey Sr.

FCP Community Facebook Live Session Recap - June 9, 2021

Chairman Ned Daniels Jr.

Good morning, Forest County Potawatomi. I am Chairman Ned Daniels Jr.

I have to say, I have been in a great mood lately. The weather over the last few days has been fantastic and my wife and I have been able to see our garden begin to sprout life. I am interacting with more people, and actually SEEING their faces. It is so good to see people smile again. And more events are coming back, and people are going out and having fun. It is great to see so many people happy right now.

But the biggest reason I have been so happy lately is because I have taken some time to reflect on ALL the great things we have been doing as a tribe. You often wonder if the things we are doing make a difference. Well, I can tell you unequivocally that, yes, we are making a difference. What we are doing is working, and the results speak for themselves. Let me give you just a small sample of the things that we have been able to accomplish.

On the education front, we continue to see our children grow and develop. Our Education Director, Brittany LaMere, will be up here a little later to talk about our 2021 class of graduates, but I can tell you that I continue to be impressed with our tribal youth. These young men and women have a passion and fire to learn - and it shows. I am happy to say that in 2021 we had 110 active students in higher education. This is the highest number of tribal members we have ever had in higher education and represents more than a 20 percent increase over the last two years.

I can also tell you that we are winning our fight against the opioid epidemic that had plagued our community. Over the last three years, we have successfully reduced opioid-related deaths and non-fatal overdoses. And we are making sure that those who are suffering from addiction can get the help and treatment they need. The Medication Assisted Treatment (MAT) program was developed, and we now serve about 70 clients per year. And it works: Four former MAT clients are now employed in the Behavioral Health Department.

And we are continuing to ensure that our culture remains constant in the lives of our tribal members. The Language and Culture staff are holding regular Potawatomi language classes, including classes for youth and fluent speakers. Jim and Mary Thunder's book, Potawatomi Oral History, is now included in the curriculum at both Rising Sun and Gte Ga Nēs. And the Potawatomi language now appears on signage across the reservation.

This is just a taste of the good things we have been able to do. If I were to tell you all our successes, I would honestly be up here for hours. It is that impressive.

What we are doing is working. So,

I say migweth to all of you: Our tribal members, our employees, and our friends and neighbors in the community. We would not see any success without your continued dedication and commitment to our efforts. From the bottom of my heart – THANK YOU.

Before I end, we do have a few announcements for some great events and opportunities coming up:

Education and Community Division is hosting a Lifeguard Training June 21-23 at the YMCA of the Northwoods in Rhinelander. Training is open to everyone but there are requirements that must be met. Cost is \$90 – if you are a tribal member, please let Nicole the aquatics manager know when signing up so the fee can be adjusted. Please contact Nicole at (715) 478-6513 for a list of requirements, or with your questions and concerns.

Reminder that the 4th Annual Forest County Festival is a go for July 2-4 at Crandon International Off-Road Raceway. There is a parking fee but no admission for free carnival rides. There'll be a concert by Diamond Rio and fireworks. Please visit crandonoffroad.com for ticket prices, times, and a full schedule of events.

Family Services Division Administrator Abbey Dall

There are only two last bequests we can hope to give our children. One is roots; the other wings. As we celebrate graduations and a successful school year, every day families and foster parents step up to support children in need of care. This last year was exceptionally difficult with the impact of the novel COVID-19 virus. Providing care for children and youth in need of care comes with a bittersweet reward. The goal is always to find stability in immediate reunification with the child's parent. This means that while there is success, family placements and foster parents share their love and then send a piece of their heart home with the child. It is with great report to acknowledge that FCP ICW assisted families in the reunification of 38 children and youth. In a trying year filled with uncertainty, this effort could not have been accomplished without the immediate support of FCP's licensed family placements and foster homes, FCP Tribal Court, health and education providers, and most importantly, the Forest County Potawatomi Community. While families struggled with uncertainties, other families realized health and stability within their families to allow for reunification. Your continued dedication and devotion to your children is incredibly valued and appreciated.

ICW continues to recruit family placements and foster homes that are physically- and mentally-capable of supporting high levels of care. If this is you, please call us. If you know someone who can help, please suggest they give

us a call. New and renewal foster care license applications are beginning annual processing.

Are you feeling out of sorts? Just need someone to talk to? Please remember, help is available 24/7. The pandemic has been hard causing anxiety, social disconnect, mental and emotional concerns. Sometimes it's hard to talk about these things with those you love most. If you are feeling suicidal, please call the Hopeline: 1-800-273-8255. You may also text Hopeline to 741741 to reach a crisis counselor.

Rising Sun Day Care celebrates just under 70 days COVID-free. The center is open and there is plenty of space for your children. Please contact us to get your applications in and talk about the process.

We have plenty of opportunity to get you back to work. Please get in contact with Kathy Tupper at (715) 478-4433 to get your Tribal Employment Skills applications in. Tribal Employment Skills offers a training stipend to assist you while you learn.

Ready to work? Family Services Division has some great job openings. Contact Human Resources to apply and to discuss if you might be a good fit. They can be reached at (715) 478-7200.

For non-emergency service requests, our business hours are 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. Out number is (715) 478-4433.

Assistance is available for qualifying applicants for food, medical, and childcare expenses. You may online 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.

Wishing you a great start to summer!
Family Services (715) 478-4433
Indian Child Welfare (715) 889-1446
Com. Advocacy (715) 478-7201
Child Support (715) 478-7260

Brittany LaMere, K-12 Education Director

Good morning!
This school year has been unlike any other for all of us. As the K-12 Education Director, I would first like to congratulate all students and parents for making it through this year!

Congratulations to the 2021 Gte Ga Nēs graduates. (A video clip was shared.)

The major highlight of this year are the 2021 high school graduates. This special class missed out on many major high school events over the past year – almost a whole semester of their junior year: spring sports, junior prom, gathering with friends and family, and other school milestone events. However, I am proud to announce they finished on top

through it all.

The 2021 FCP high school graduates include: Juanita Alloway, Selena Alloway, Serena Alloway, Michael Cisneros, Josephine Daniels, Isabella Daniels, Naganwedek Daniels, Petewonkwet Daniels, Jaiden Deschinny, Cassidy Frank, Marc Gulbranson, Stylz Holmes, Ophelia Johnson, Mya Johnson, Khia Marvin, Penelope Peters, Echo Prescott, Reyna Prescott, Franklin Richey Jr., Bambi Shepard, Daniel Shepard, Saidee Soman, Malakhi VanZile and Makenna Winnicki.

Congratulations, graduates. You did it, and we are all so proud of you!

If there are any graduated students we missed, please reach out to the Education Department by phone at (715) 478-7355. We would love to acknowledge you and your accomplishment.

In other updates, the 2020-21 school year ended last week; therefore, school is out for the summer! The K-12 Education Department will be working with students attending summer school at Crandon, Laona and Wabeno schools.

Peggy Konaha will be driving bus again this year for Crandon summer school. Please give her a call for pick-up at (715) 478-7359 with your name, number and address.

Summer school at Crandon School District will start on June 14 through July 1, from 8 a.m. – 12 p.m., Monday – Thursday. Wabeno summer school will start on June 9 through July 2, from 8 a.m. – 1:30 p.m., Monday – Friday. Laona High summer school will start on June 7 through June 30. Breakfast and lunch will be provided.

Summer Youth Employees had their job placement interviews yesterday. As a reminder, work starts on Monday, June 14, unless otherwise noted by your supervisor. All youth employees, please report to the Rec for orientation at 9 a.m. Paperwork will be completed that day! If you have any questions, call Mary Mattson at (715) 478-4153.

Preschool will be offering a five-week summer school program for children entering kindergarten this fall. Classes will be held on Tuesday, Wednesday and Thursday of each week from 9 a.m. to 1 p.m. starting June 15 and ending July 22. Breakfast and lunch will be provided. There will be no classes the week of July 4. The program goal is to work on each student's individual needs to prepare them for kindergarten and beyond starting in the fall. A bus will be picking up and dropping off children at the Carter C-Store, Wabeno Krist gas station, and Laona School. Crandon students will be needing to provide their own transportation. Please call the preschool at (715) 478-7359 to sign up. Just a reminder – classes start next Tuesday!

continued on pg. 4...

Community Fun Run/Walk

by Val Niehaus

Forest County Potawatomi (FCP) Community Health and the Bodwéwadamí Ktëgan were finally able to hold this year's annual Spring Family Fun Run & Walk on June 19, 2021, at the Bodwéwadamí Ktëgan in Blackwell, Wis.

Registration started at 9 a.m. with the run/walk starting at 10 a.m. Greg Tallier as always did a fantastic job in being the emcee for the event and kept the music upbeat and motivating.

Community Health had tables set up with information regarding mental health and steps one can take to be mentally and physically healthy. They also had great raffle baskets to give away to those who registered.

Finishing out the race in the top three places were: Camilla Frank (1st) who came in by a stroller being pushed by her Father Ira Frank (2nd) and (3rd) was Gemma Frank. The rest of the participants came strolling in shortly after. This family sure has some dedicated runners!

Once everyone was finished, Community Health had Subway sandwiches for all to re-nourish their bodies after all that exercise.

Many thanks to the departments that put this event together as it's always a fun one to attend and it's enjoyable to see community members again out having fun!



And they're off!!



Ira and Camilla coming in hot for first place!!



Smiles all around...even at the very end!

Facebook Live Session Recap

...continued from pg. 3

The Recreation Department will be having summer programming starting on June 14 through July 15, Monday – Thursday from noon to 3 p.m. at the Rec Center and 1:30 – 3:30 p.m. at We Care. Activities are open to 6 – 13-year-old youth. Contact Josiah at (715) 478-6514 or Richard at (715) 889-1514.

The food program will be available June 14 to August 12, Monday through Thursday. Pick-up times and locations are:

- Laona Town Hall 11:15 a.m.
- Blackwell Farm 11:45 a.m.
- Carter We Care 12:15 p.m.
- Stone Lake Rec Center 11:30 a.m. – 12:30 p.m.

Please contact Olivia Nunway at (715) 478-7425 to sign up.

The Education and Community Center departments want to congratulate Omar Bailey on his huge accomplishment last night, taking first place in the 100m dash and breaking the Crandon School record! As his last home track meet, he also took third overall in the 400m dash, third in the 200m dash, and sixth overall in the long jump. Congratulations, Omar. We are all so proud of you!

Thank you for your time and attention.

Micheala Cleereman, RN, Diabetes Coordinator

Hello everyone. My name is Micheala Cleereman. I am the diabetes program coordinator in Community Health (CH). I wanted to share some exciting updates from our department. The Pfizer Vaccine is available for persons age 12 and older.

If you live within the service area, contact CH with assistance in getting the vaccine. We may be able to come to you or your child! CH and Bodwéwadamí Ktëgan (Potawatomi Farm) are hosting a Spring Family Fun Run/Walk at the Farm in Blackwell on June 19, 2021. This event is open to tribal members, their families and FCP employees. Registration is at 9 a.m.; Run/Walk starts at 10 a.m. Join us for door prizes, health education, a light lunch and lots of fun! Pre-register at cmh.fcspotawatomi.com/events to guarantee a T-shirt.

Tribal Wellvation Program is back! Download Managewell and log on, sync your tracker, schedule an exam and labs with your primary care provider, and participate in health promotion activity events, and earn points towards rewards! Call CH if you need assistance.

Mark your calendars for future CH events:

- July 15 - Safety Event at the Powwow grounds in Carter
- July 28 - Rabies vaccine clinics in Carter, Blackwell and Stone Lake

Are you an FCP tribal member with a child under 5? The FCP Maternal Child Health (MCH) program is excited to announce the restart of programs available to any FCP tribal member (mom, dad, or baby need to be enrolled).

A new and improved 'Nest' program is now available. It looks a little different than before, but we miss all of our MCH families and would love to talk to you soon about our changes. Give Hope, Yvonne or Jodie a call in CH at (715) 478-4355 or email us at MCH@fcspotawatomi-nsn.gov to learn more!

Deadline for the July 15, 2021 issue of the Traveling Times is Wednesday, June 30, 2021.

POTAWATOMI TRAVELING TIMES

100 N. Prospect Avenue • PO Box 340 • 8, WI 54520
 phone: (715) 478-7437 • fax: (715) 478-7438
 email: times@fcspotawatomi-nsn.gov • website: www.fcspotawatomi.com

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Men's Group

HONESTY
LOVE
COURAGE
TRUTH
WISDOM
HUMILITY
RESPECT

OPEN TO ALL MEN
Beginning
June 10, 2021

THURSDAYS:
Recovery House
7870 Kakyot Lane
Crandon, WI
5-6 pm

CONTACT:
Jeff Keeble Sr.
715-889-1951

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
BEHAVIORAL HEALTH

HONESTY « LOVE « COURAGE « TRUTH « WISDOM « HUMILITY « RESPECT

Young Men's Group

Beginning **June 8, 2021**
Tuesdays:
We Care, Carter / 3-4 pm
Wednesdays:
Rec Center, Stone Lake / 3-4 pm

OPEN TO ALL MALES AGES 10 - 14

Activities centered around healthy lifestyle choices, while teaching respect for yourself & others.
Due to COVID restrictions, transportation will not be provided.

CONTACT:
Jeff Keeble Sr.
715-889-1951

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
BEHAVIORAL HEALTH

HONESTY « LOVE « COURAGE « TRUTH « WISDOM « HUMILITY « RESPECT

Young Women's Group

Beginning **June 8, 2021**
Tuesdays:
We Care, Carter / 3-4 pm
Wednesdays:
Rec Center, Stone Lake / 3-4 pm

OPEN TO ALL FEMALES AGES 10 - 14

Activities centered around healthy lifestyle choices, while teaching respect for yourself & others.
Due to COVID restrictions, transportation will not be provided.

CONTACT:
Brittney LaMere
715-478-7355

FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
BEHAVIORAL HEALTH

If you or someone you know feels unsafe, please consider using one of these resources. They're free, available 24/7, and confidential!

- FCP Community Advocacy (715) 478-7201
- Tri-County Council on DV & Sexual Assault 1 (800) 236-1222
- National Domestic Violence Hotline 1 (800) 799-7233

"WATER CELEBRATION"
Friday, July 16, 2021 • Stephenson Island, Wis.

12 pm: Event Opening (Bring your lawn chairs)
1:30 pm: Special Guest Speaker: Dr. Al Gedicks
1:50 pm: Western Mining Action Network (WMAN) Speech
2:10 pm: Menominee Nation Speech
2:30 pm: BLESSING OF THE WATERS CEREMONY
3:30 pm: "River's Edge Trio" Performance & Raffle Drawing
Custom-Built Guitars appraised at \$4,500
4 pm: Bridge Walk w/ Signs to the demonstration site
6 pm: Return to Stephenson Island to adjourn with thanks!

Sponsored by: Coalition to SAVE the Menominee River, Inc.
Website: www.jointherivercoalition.org
Email: jointherivercoalition@gmail.com

Are You a Caregiver?

What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking and meals. But caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.

Are you a son, daughter, neighbor, relative or friend who:

- Arranges medical appointments and provides transportation, too?
- Prepares meals to ensure nutritious food is available?
- Helps pay bills and/or balance the checkbook?

- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?
- Feels the need to regularly "check-up" on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, book-keeping, bill paying, etc.)
- Needs to accompany your spouse to places he/she used to go alone?
- Is assisting with daily living tasks like dressing, grooming and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?
- Feels unable to leave your spouse home alone?

If you answered yes to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don't downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The "little" things that you do are crucial to the independence of your loved one.

Please reach out to Community Advocacy for concerns of elder abuse or exploitation at (715) 478-7201.

Article provided by: Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

• • • Suicide Prevention • • •

Being at home so much during the COVID-19 pandemic has been a struggle for many, especially for those with depression and anxiety. Here is a list of valuable resources that you can use for yourself or someone close to you that you may be concerned about. You don't have to be suicidal to call. Even if you are feeling distressed, out of control or depressed you can call and talk to someone. The help is available 24/7 and is confidential.

National Suicide Prevention Lifeline
1-800-273-8255

Lifeline Crisis Chat Program
1-888-628-9454

Local crisis centers that provide 24/7 free and confidential support. You do not need to be suicidal when you call the Lifeline. You can call whenever you are experiencing emotional distress.

Crisis Text Line

Text HELLO to 741741. This is a free and confidential health hotline open 24 hours a day. After texting HELLO to the hotline, you will receive an automated text asking about your crisis. Your response helps them find the best counselor for you, and they connect you to them within minutes. This is good resource whenever you are distressed, out of control or feeling lonely and depressed.

COME See us!

Our Optical Department is open and accepting new patients.

Please call **(715) 478-4339** to schedule an appointment* with one of our Optometrists or to view our large selection of eyewear.

* Due to Covid-19 restrictions, you must have an Optical appointment to enter the department.

Honoring Health, Healing, and Tradition



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
Open to the Public

8201 Mish ko swen Dr., Crandon, WI
www.FCPotawatomi.com
Mon. - Fri. | 7 a.m. - 5 p.m.
BY APPOINTMENT ONLY

DON'T LET Pain or a Disability SLOW YOU DOWN!

Our Complementary Medicine Department is open and accepting new patients for Physical Therapy, Speech Therapy, and Chiropractic care.

Please call **(715) 478-4339** to schedule an appointment* with one of our one of our board-certified specialists.

* A physician's referral and insurance prior authorization is not needed for FCP Tribal Members or FCP Government Employees.

Honoring Health, Healing, and Tradition



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
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8201 Mish ko swen Dr., Crandon, WI
www.FCPotawatomi.com
HOURS STARTING JUNE 4, 2021:
Mon. - Fri. | 7 a.m. - 5 p.m.

GMS: PROMOTES JEB MEIER TO PRESIDENT

MILWAUKEE BUSINESS JOURNAL MAY 13, 2021

Greenfire Management Services is pleased to announce the promotion of Jeb Meier as president. Meier most recently served as Greenfire's chief operating officer and has played a key role in the company's leadership team since joining Greenfire in 2012. As COO, he worked closely with the team to determine the company's strategic planning, visioning, operations and business development. He also served as Greenfire's VP of pre-construction and was actively involved in nearly all of the company's projects to date, including redevelopment of the Wgema Campus. A LEED accredited professional, a registered professional engineer, and a certified professional estimator, Meier also serves on the Near West Side Commercial Corridor Working Team, Waukesha County's Business Alliance Construction Executive Council, and the Wauwatosa Village Business Improvement District. He is a graduate of the University of Wisconsin-Madison.



WCPD: SUMMER TRAVEL SAFETY



Wgema Campus Police Department wants your summer travel to be safe. To deter potential burglars, you want to make sure your home looks lived in even while you are away. Statistics show that burglaries tend to rise in the summer months, which is peak vacation time for most of us, and thieves know the best time to strike is when your home is vacant.

Steps you can take to tighten security before you hit the road

- *Tell a trusted neighbor your travel plans. Ask them to help keep an eye on your property and alert you of any suspicious activity.
- *Lock all your windows and doors. Do not forget about doors leading to the garage or second-story windows.
- *Have mail and newspaper delivery stopped. A stack of mail and newspapers or garbage cans left at the curb are signs that nobody's home. You can temporarily stop delivery by contacting your newspaper carrier and the United States Post Office. In addition, recruit a neighbor to bring in the garbage bins.
- *For extended trips, hire someone to help you keep up on yard work. An overgrown lawn or is a dead giveaway that no one's at home.
- *Make sure any yard tools are put away. A ladder, rakes, and even patio furniture can all be used as tools to gain entry to your home.
- *As tough as it may be don't post your travel plans on social media—if a burglar spots your post, it can turn your home into a target.

While on vacation

- *Tell friends and family at home your itinerary. It's a good idea to tell family and friends about your plans. Always let someone know when you're expected to be back and what route you're planning to take.
- *Go contactless. Whenever possible, choose contactless options to check into your room, get meals delivered, or purchase tickets if you're going to any events or venues.
- *Keep cash and credit cards in separate places. Never carry your credit cards, cash, and passport at the same time. You'll want to keep some cash in your wallet, and then stash the rest in a pocket or money pouch. If you have a safe in your hotel room, leave the majority of your cash there and only bring what you'll need for the day.
- *Make a copies of your passport. Leave one copy at home with a trusted friend or family member and take another copy with you. When you go out sightseeing, take the copy with you and leave the original in a hotel safe until you are ready to travel again.
- *Do a security sweep of your hotel room. Always keep your hotel door locked and never answer it for someone you don't know. If you can, try to get a room near the front desk or the elevator.

Project Spotlight: CRESCENT APARTMENTS - WAUWATOSA, WI

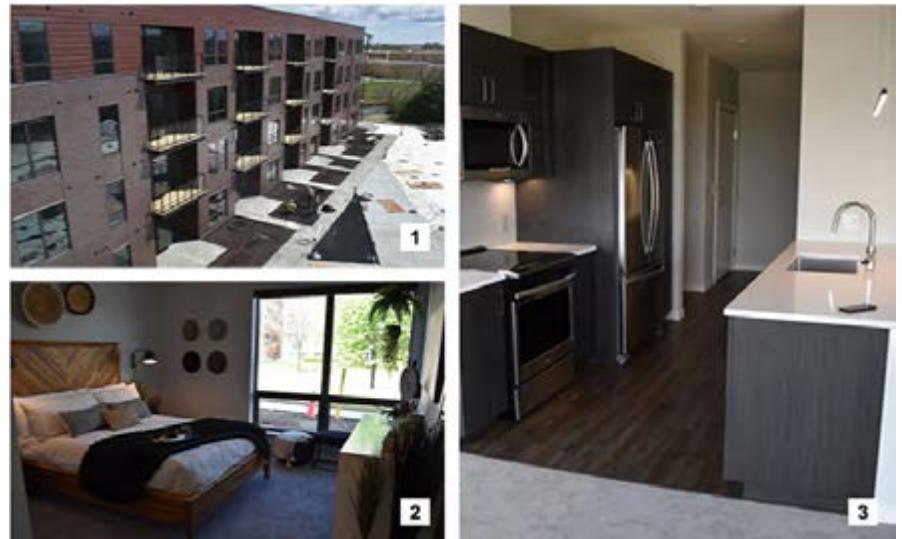


Photo: (1) View from fifth floor balcony looking East. (2) Benchmark unit bedroom. (3) Benchmark unit kitchen area.

Crescent Apartments is complete and fully turned over to the owner. The 136,000 SF mixed-use multifamily development occupies the last parcel of land in the Milwaukee County Research Park and is in response to the growing population and substantial workforce at the neighboring medical and research complex.

The development includes 102 units, ranging from studios to two bedrooms, with a private resident courtyard and below ground parking. Crescent Apartments also features the renovation of a 105-year-old powerhouse (M10 Building) into an amenity building that includes a workout facility, leasing office, and a second location of Ally's Powerhouse Café. The team restored the M10 Building to its historic significance showcasing exposed brick, open trusses, and large arch top windows and is an additional space for residents, nearby hotel guests, and the 22,000 employees within the Research Park.

Foundations for the four-story multifamily building began in March 2020 with podium construction complete by mid-June 2020. Wall framing finished by September 2020 with the building watertight in October 2020. The team utilized a phased turnover strategy to allow for early tenant leasing on an active site beginning with floors three and four turning over May 1, 2021, and the two remaining floors turning over just five weeks later.

The building's exterior compliments that of the M10 Building featuring brick veneer and lap siding. The green roof on top of the parking deck features an outdoor grilling and seating area, and an abundance of greenspace. Exterior work also includes a surface coat for the M10 Building parking lot.

At the M10 Building, exterior work includes excavation and waterproofing for the existing foundation walls. Interior work includes demolition and abatement along with installation of all new windows retrofitted to the existing openings. The historic nature of the building required coordination with the National Park Service for approval on cleaning and tuckpointing of all interior and exterior brick walls.

The project is situated in a compact, high-profile area along Innovation Drive and Watertown Plank Road in Wauwatosa. The unique environment required strong coordination of heavy machinery and deliveries along with enforcement of strict safety policies and disruption avoidance planning to neighboring operations. The project also mandated the redevelopment of a county road requiring collaboration and coordination with Milwaukee County.

We would like to thank our friends at Mandel Group for selecting Greenfire as the construction manager. Kahler Slater is the architect and the Greenfire project team includes Paul Hackbarth, senior project manager, Mike Holl, superintendent, and Rob Norris, project engineer. We are incredibly proud of our team for their hard work, dedication, and expertise making this project a success.

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Double Bubble Sundays in July Receive one bonus point for every same day point earned!		TABLE GAMES OPEN THURSDAY – SUNDAY STARTING AT NOON		1 EARN A SCRATCH	2 Firecracker CASH	3 Firecracker CASH
4 WIN FOR A YEAR GAS	5 CLUB 50	6 NIGHT OWLS	7 NIGHT OWLS	8 EARN A SCRATCH	9 Firecracker CASH	10 Firecracker CASH
11 WIN FOR A YEAR GAS	12 CLUB 50	13 NIGHT OWLS	14 NIGHT OWLS	15 EARN A SCRATCH	16 Firecracker CASH	17 Firecracker CASH
18 WIN FOR A YEAR GAS	19 CLUB 50	20 NIGHT OWLS	21 NIGHT OWLS	22 EARN A SCRATCH	23 BINGO's INTERMISSION DRAWINGS	24 BINGO's INTERMISSION DRAWINGS
25 WIN FOR A YEAR GAS	26 CLUB 50	27 NIGHT OWLS	28 NIGHT OWLS	29 EARN A SCRATCH	30 finally \$500 FRIDAY	31 BINGO's INTERMISSION DRAWINGS

Firecracker CASH — SELECT — FRIDAYS & SATURDAYS
Drawings: 5 pm – 10 pm

Win your share of **\$36,000 CASH!**

NEW redeem your points for **DRINK TICKETS**

200 PTS. → \$3 Drink Ticket 400 PTS. → \$6 Drink Ticket
300 PTS. → \$4 Drink Ticket 600 PTS. → \$8 Drink Ticket

Visit Guest Services to turn your points into drink tickets.

THURSDAYS IN JULY
WE'RE GIVING AWAY OVER **\$39,000**
IN POTAWATOMI PLAY!

EARN A SCRATCH
EARN & REDEEM 350 SAME DAY POINTS TO RECEIVE A SCRATCH CARD & WIN!

live music — IS BACK —
ON THE CASINO STAGE
EVERY FRIDAY AND SATURDAY IN JULY!

SUNDAYS IN JULY
DRAWINGS: 1 PM – 5 PM
TWO \$100 GAS CARD WINNERS EACH HOUR!

WIN FOR A YEAR GAS

SUNDAY, JULY 25 AT 6 PM
— TWO WINNERS RECEIVE —
GAS FOR A YEAR

Summer Sizzle WIN A MILLER LITE®
UMBRELLA & COUCH.

DRAWING: 6:30 PM THURSDAY, JULY 22
Receive one entry for every \$2.50 Miller Lite purchased.
Don't forget to bring your ticket to Guest Services!

NIGHT OWLS
POINT MULTIPLIER
EVERY TUESDAY & WEDNESDAY
Receive one bonus point for each base point earned from 2 am – 7 am.

Bingo's **Independence Day Drawings** **\$10 POTAWATOMI — PLAY —**

SUNDAY, JULY 4
Receive an electronic entry with your Bingo entry pack purchase for a chance to win

bingo's **finally \$500 FRIDAY**

FRIDAY, JULY 30
TEN GAMES PAYING \$500
FIVE GAMES PAYING \$250 | SPECIALS PAYING \$150 | BUY IN FOR \$35
Receive \$25 in Potawatomi Play with entry pack.

Download our APP on any Apple® or android® mobile device!

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For complete details, visit cartercasino.com
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