



## Traveling Times Hosts Reception for Budding Artists



(front row l-r) Kaitlyn McGeshick, Jaiden Deschinny, Cassidy Frank, Taylor Marvin  
(back row l-r) Jennifer Shopodock, Juanita Alloway, Reddmen Lemieux, Alexis Houle, Mikey Daniels, BishBeneshikwe Daniels, Gage Tallier  
photos by Val Niehaus

### by Winda Collins

Seven years ago, Potawatomi Traveling Times (*PTT*) came up with the idea of celebrating American Indian Heritage Month by asking area tribal youth K-12 to express what their heritage meant to them by way of creating

art. Over those seven years, 154 projects have been submitted ranging from poems and short stories to bead work and baskets to pottery and paintings and everything in between.

In the beginning, submitted artwork was part of a display that traveled between what was then Indian Springs Lodge, FCP Museum, FCP Executive Building, and FCP Health & Wellness Center. It soon became apparent that a traveling display would require a lot of time and effort due to the complexity and size of some of the projects. After several years at the old tribal hall, it was decided that each year the display would be set up at the Executive Building and would remain there beginning the first week of December through the first week of January. And in an effort to fully honor and recognize the talent and efforts of participating youth, a reception at the old tribal hall was added four years ago.

For the first time this year, the reception was held at the FCP Executive Building auditorium on Wednes-

day, Jan. 6, 2016. Always looking for a way to “up our game”, *PTT* added a few surprises: Also on display were 12 framed collages showcasing the artwork of the first six years; the certificates handed out to youth came in reclaimed barn wood frames; each youth was presented with a beaded necklace, and a youth drum, the Young Warriors assisted by Fire Nation, was on-hand to help add yet another dimension to the event.

It should be noted that this event is the culmination of months of planning and organization by *PTT* staff, teachers, and school administration, not to mention the work of the students. Many thanks to those who had a hand in spreading the word in the community, and to those who encourage budding artists every day.

*PTT* is pleased that students from four school districts were represented this year: Crandon, Elcho, Laona and Wabeno, with a total of 26 submitted projects. The mediums included metal, pencil, acrylic paints, bead work, and

pottery. Below is a list of the participating artists along with a bit of information about them and their art:

**Isaiah Alloway, 13**

Forest County Potawatomi Crandon MS, 8th Grade  
My Beaded Project (green w/ orange-yellow diamonds)

**Juanita Alloway, 12**

Forest County Potawatomi/Ho-Chunk Crandon MS, 7th Grade  
Beaded Bracelet (clear w/colored diamonds)

**Mikiya Alloway, 16**

Forest County Potawatomi Crandon HS, Junior  
Wiigwam (sticks, wood paper, glue and water)

**Ryon Alloway, 16**

Forest County Potawatomi Crandon HS, Sophomore  
Spirit Man (ceramic)

*continued on pg. 2...*

PSRT STD  
US POSTAGE  
PAID  
WAUPACA, WI  
PERMIT NO 47

## Reception

...continued from pg. 1

**Janiece Brown, 15**  
Forest County Potawatomi  
Crandon HS, Freshman  
Bracelet of Luck (green and black beaded bracelet)

**BishBeneshikwe Daniels, 16**  
Forest County Potawatomi  
Crandon HS, Sophomore  
Beaded Bracelet (leather w/eagle feathers)

**Mikey Daniels, 17**  
Forest County Potawatomi  
Crandon HS, Junior  
Native American Church Tipi

**Jaiden Deschinny, 12**  
Forest County Potawatomi  
Laona MS, 7th Grade  
Party Otter (black paper with white conte acrylic paint)

**Cassidy Frank, 12**  
Forest County Potawatomi  
Laona MS, 7th Grade  
Who Am I? (clay figure/girl)

**Gabrielle Fuentes, 14**  
Apache  
Wabeno HS, Freshman  
Panda Print (linoleum printmaking)

**Trenten Garrow, 13**  
Ojibwa  
Crandon MS, 7th Grade  
Beaded Bracelet (black, red, white)

**Alexis Houle, 15**  
Forest County Potawatomi  
Elcho HS, Sophomore  
Eagle Painting

**Reddmen Lemieux, 16**  
Forest County Potawatomi/Chippewa  
Spirit Warrior (sketch paper warrior drawing)

**Anjelina Lyons, 13**  
Sokaogon Chippewa, Forest County Potawatomi  
Crandon MS, 8th Grade  
Beaded Bracelet (beads, thread, loom)

**Kaitlyn McGeshick, 14**  
Forest County Potawatomi/  
Sokaogon Chippewa  
Crandon HS, Freshman  
Beaded Bracelet (blue and black)

**Zatrina McGeshick, 16**  
Sokaogon Chippewa  
Laona HS, Junior  
My Family Shield (medicine wheel with painted birch bark and paw print)

**Suzy Martinez, 14**  
Sokaogon Chippewa  
Crandon MS, 8th Grade  
Beaded Bracelet (green & black)

**Taylor Marvin, 12**  
Sokaogon Chippewa  
Natural Dream Catcher (mixed media)

**Cylee Quade, 12**  
Sokaogon Chippewa/Ojibwa

Crandon MS, 7th Grade  
Beaded Bracelet

**Breed Shepard Jr., 14**  
Forest County Potawatomi  
Crandon MS, 8th Grade  
Beaded Bracelet (black w/colored arrows)

**Jennifer Shopodock, 14**  
Forest County Potawatomi  
Wabeno HS, Freshman  
Freedom to be Me (charcoal pencil drawing with tree)

**Kelly Wawasmokwē Spaude, 16**  
Forest County Potawatomi  
Wabeno HS, Junior  
Self-Portrait, charcoal pencil

**Gage Tallier, 18**  
Forest County Potawatomi  
Metal Dream Catcher (welding metal, plasma cutter)

**EmmaLee VanZile, 16**  
Sokaogon Chippewa  
Crandon HS, Junior  
Long House (birch bark, leather, turkey feathers, red willow)

**Samantha Vogel, 17**  
Forest County Potawatomi  
Wabeno HS, Senior  
Kehinde Willey - Miranda (self portrait acrylic paint)

**Tyler Wamego-Lasky, 18**  
Prairie Band Potawatomi Nation  
Wabeno HS, Senior  
Painting of Solisair (cartoon drawing/painting)

Thank you to these young artists for their hard work and participation. *PTT* hopes that their vision, imagination and quest for positive self-expression will continue for a lifetime!

Impressed by the Young Warriors, *PTT* wishes to welcome and thank a new generation of drummers: Benny Peters (12), Galen Gutierrez (11), Bondesē Frank (11), Hunter Tuckwab (11), Frankie Shepard (11), Cameron Sefcik (10), Brady Shepard (10), and the youngest, Levi Shepard (5). Stick with it fellas...you did an awesome job!

Thank you to Fire Nation: Donald Keeble, Jordan Keeble, and Nick Shepard (who work closely with the youth), Richard Gougé, Pwagen Frank, and Edward Alloway.

Many thanks to FCP tribal member, Sam Alloway, for offering the prayer.

*PTT* considers this reception our most successful yet with an attendance of around 75 that included students, parents, family members, school administrators and teachers. A debriefing by staff the next morning revealed areas where we can improve, and we're already looking forward to what this year will bring!



Pictured here are collages of the first six years of submitted art projects. The Young Warriors, assisted by Fire Nation,, are shown below. photos by Val Niehaus

The first American Indian Day was celebrated in May 1916 in New York. Red Fox James, a Blackfeet Indian, rode horseback from state to state, getting endorsements from 24 state governments to have a day to honor American Indians. In 1990, President George H.W. Bush signed a joint congressional resolution designating November 1990 as National American Indian Heritage Month. Similar proclamations have been issued every year since 1994. Source: [www.census.gov/newsroom/facts-for-features/2015/cb15-ff22.html](http://www.census.gov/newsroom/facts-for-features/2015/cb15-ff22.html)





# Elder Menus

## FEBRUARY 2016



**Monday, Feb. 1**

Chicken Wings, Boiled Parsley Potatoes, Peaches, Blueberry Muffin

**Tuesday, Feb. 2**

BBQ on Bun, Potato Salad, Baked Beans, Creamy Cucumber Salad, Cranberry Walnut Cookie

**Wednesday, Feb. 3**

Scalloped Potatoes & Ham, Corn, Beets, Corn Bread, V-8® Juice, Orange

**Thursday, Feb. 4**

Fish Nuggets, Baked Potato, Coleslaw, Cauliflower, Dinner Roll, Ice Cream

**Friday, Feb. 5**

Chili, Fry Bread, Banana, Pudding, Grape Juice

**Monday, Feb. 8**

Egg Salad Sandwich, Baked Chips, Carrot & Celery Sticks w/Dip, Banana

**Tuesday, Feb. 9**

Cheeseburger Stuffed Shells, Broccoli, Jello® w/Fruit, Bread

**Wednesday, Feb. 10**

Chicken & Biscuit Casserole, Green Beans, Fruit Cocktail

**Thursday, Feb. 11**

Hot Tuna Casserole, Sweet Potato, Breadstick, Grapes, Ice Cream

**Friday, Feb. 12**

Hominy Beef Soup, Biscuit, Peaches

**Monday, Feb. 15**

No Lunch - Holiday

**Tuesday, Feb. 16**

Chef Salad, Dinner Roll, Cottage Cheese, String Cheese, Pears

**Wednesday, Feb. 17**

Indian Taco, Refried Beans, Mixed Berries

**Thursday, Feb. 18**

Creamy Potato & Ham Soup, Peanut Butter Sandwich, Banana Yogurt

**Friday, Feb. 19**

Lasagna, Side Salad, Garlic Bread, Fruit Pizza, V-8® Juice

**Monday, Feb. 22**

Ham & Swiss on Rye, Cottage Cheese, Tomato & Cucumber Slices, Peanut Butter Cookie, Apple

**Tuesday, Feb. 23**

Baked Chicken, Mashed Potatoes, Gravy, California Blend Vegetables, Dinner Roll, Orange

**Wednesday, Feb. 24**

Beef Tips over Noodles, Cottage Cheese, Cherry Tomato, Asparagus, Chocolate Cake w/Peanut Butter Frosting

**Thursday, Feb. 25**

BBQ Pork Sandwich, Baked Potato, Broccoli, Apricots, Cottage Cheese, Nutrigrain® Bar

**Friday, Feb. 26**

Beef Stew, Biscuits, Mandarin Oranges

\*Menus subject to change.

**ATTENTION • TRIBAL • ELDERS •**

There is a vacancy on the Elders Advisory Board/Elders Nutrition Advisory Board. The Elders Board meets the first Monday of every month; the Nutrition Board meets quarterly on the first Monday of the month. If interested, please call Penny at (715) 478-4892 for an application and brief description of the duties.

*Deadline Feb. 15, 2016 issue: Wednesday, Feb. 3, 2016.*



## POTAWATOMI TRAVELING TIMES

8000 Potawatomi Trail • PO Box 340 • Crandon, WI 54520  
 phone: (715) 478-7437 • fax: (715) 478-7438  
 email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

**FCP EXECUTIVE COUNCIL**

**Chairman:**  
HAROLD "GUS" FRANK

**Vice Chairman:**  
HARTFORD SHEGONEE

**Secretary:**  
LORNA SHAWANO

**Treasurer:**  
RICHARD GOUGÉ III

**Council Members:**  
BROOKS BOYD  
HEATHER VANZILE



Member of the  
Native American  
Journalists Association

**PTT STAFF**

**Managing Editor:**  
WINDA COLLINS

**Office Manager:**  
MICHELLE SPAUDE

**Reporter/Photographer:**  
VAL NIEHAUS

**Graphic Artists:**  
KRYSTAL STATEZNY  
RACHEL ZABOROWSKI

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.

## FCP CARING PLACE

### February 2016 Activities Calendar

**EVENTS IN THE ACTIVITIES ROOM:**

Activity room is open daily for activities at the Caring Place. Exercise is every Monday, Wednesday and Friday at 10 a.m.

**SPECIAL EVENTS (RSVP REQUIRED):**

- Feb. 4: Preschool - crafts with elders (noon - 1 p.m.)
  - Feb. 10: Shopping (leaving @ 9:30 a.m.)
  - Feb. 14: Outing with Caring Place elders
  - Feb. 16: Casino Day (leaving @ 9:30 a.m.)
  - Feb. 23: BINGO/Birthday Party (starts @ 1 p.m.)
  - Feb. 24: Admirals Game (Milwaukee - must sign up ahead of time)
  - Feb. 26: Rouman Cinema (leaving @ 9:30 a.m.)
- For information or to sign up for an outing, please call Jason at (715) 478-4992 or Jenna at (715) 478-4987.

# Welcome to These New Employees

**Ryan Wilson, Security**  
Security Guard  
Hire date: 11/30/15

**Amanda Andre, C-Store**  
Carter C-Store Clerk  
Hire date: 12/07/15

**Wensey Phillips, Security**  
Security Supervisor  
Hire date: 12/14/15

**Jessica Dollar, Caring  
Place/Elderly Department**  
Certified Nursing Assistant  
Hire date: 12/28/15

**Velma Waukechon, Historic  
Preservation Office-Museum**  
Cultural Resources Assistant  
Hire date: 1/04/16

**Rose Alloway, C-Store**  
Stone Lake C-Store Clerk  
Hire date: 1/04/16

**Christine Hurd, C-Store**  
Stone Lake C-Store Clerk  
Hire date: 1/04/16

**Job Title Change  
Debra Schrader**  
**Carter C-Store Asst. Mgr.**  
Hire date: 12/21/16

## Eleanor Marie Shawano Man Yan “Marian”

Eleanor Marie Shawano, “Ma Shawano”, age 74, of Crandon, passed away January 5, 2016, at the Aspirus Wausau Hospital. Eleanor was born at the Hayward Indian Hospital on March 24, 1941, the daughter of Theodore and Mary Jane (Alloway) Shockto. Her Potawatomi name is Man Yan “Marian”. Her husband would call her “Woman of Action”.

On June 14, 1960, Eleanor married Eugene Shawano Sr.

Through life, Eleanor worked many places as a cook and also provided child care for her grandchildren. Eleanor enjoyed sewing ribbon shirts and ribbon dresses for the Head Start graduates, quilting and playing bingo.

She most especially enjoyed the time she spent with her family and was the most loving mother, grandmother and great-grandmother. She will be sadly missed.

She is survived by her husband, Eugene H. Shawano Sr., Crandon, daughters: Lorna Shawano, Crandon; Linda (Ron) Skallerud Jr., Crandon; Lena Shawano (fiancé Alan), Crandon; sons: Eugene Shawano Jr., (Michelle), Crandon; Fred Shawano Sr., Crandon; sisters: Ruth (Alvin) Weso, Crandon; Marie Gilligan, Laona; Betty Poler, Crandon; brother-in-law: Pete Pemma Sr., Crandon.

Further survived by 15 grandchildren and 11 great-grandchildren.

She is preceded in death by grandson, Zachary Shawano; sister, Bertha; brother, Leroy; and parents, Theodore and Mary Jane Shockto.

Visitation was held Jan. 7; funeral service was held Jan. 8, both at the Lake Lucerne Gospel Chapel in Crandon with Pastor Don Dewing officiating. Interment at the Potawatomi Tribal Cemetery, Stone Lake. Online condolences may be sent to the family at [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).



## Kenneth “Yoze” Thunder Wza-wthi-gwe “Yellow Thunder”

Kenneth “Yoze” Thunder, age 51 of Crandon, Wis., passed away Jan. 23, 2016, at the Aspirus Wausau Hospital, Wausau, Wis., surrounded by his family. Ken was born March 8, 1964, in Shawano, Wis., the son of James Thunder and Alberta Shawano.

He graduated from Flandreau Indian School in South Dakota and continued his education at Nicolet Area Tech School to operate heavy equipment. He enjoyed NASCAR, Green Bay Packers, golf, hunting and rides in the woods.

Kenneth is survived by his mother, Alberta Hatmaker, Neopit, Wis.; father, James (Virginia) Thunder, Pickerel, Wis.; fiancé, Leann Lamotte; five children: Misty (Joe) Thunder; Kendra Thunder; Darron (Marylynn) Thunder, Sylandria and Albe Thunder, Crandon, Wis.; seven grandsons, numerous nieces, nephew, aunts, uncles and cousins; sisters: Kathy (Steve) Waupekenay, Neopit, Wis.; Patricia (John) Cook, Shawano, Wis.; Michelle Cleveland, Green Bay, Wis.; Alyce (Billy) Daniels, Crandon, Wis.; Leigh (Pat) Thunder, Rio Rancho, N.M.; Jessica (Daniel) Thunder, Rhinelander, Wis.; Josephine (significant other, Singh), Melani Weso; three brothers: Kendal (Mitchell) Cleveland; Kenny (Mary Sue) Weso; Scott Poler, Mole Lake.

He was preceded in death by his grandparents, Harry and Lavina, Shawano, Wis.; Frank and Jenny Thunder; brother: James Duke Thunder; sister: Joni Thunder; uncles: Hoover, Ben, George, Tom and Jerry.

Visitation was held Jan. 25; services on Jan. 26, 2016, at the FCP Culture Center in Crandon with Billy Daniels officiating. Online condolences may be directed to the family at [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).



## FCP Youth End Racing Season in First Place

by Val Niehaus

Two Forest County Potawatomi youth, Bryce Conn (9) and Chance Mann (15), were honored on the night of Jan. 9, 2016, at the Fox Hills Resort in Mishicot, Wis. Conn and Mann both took first place in their classes for the Wisconsin Cross Country (WIXC) and Motocross Racing. Conn raced in the 65cc and Mann in the 85cc.

WIXC and Motocross Racing has an annual awards night to recognize all the racers within this circuit. The WIXC is run by Rick Anschutz who strongly believes in all these racers and the potential they have to do their best. He stressed, “Being the course owner, I take this job very seriously in the area of safety. We had a bad scare this past year and if that would have ended up with a worse outcome than it did, I probably wouldn’t be doing this anymore. My number one concern is the safety of these racers.”

After Anschutz spoke, he then proceeded to announce the awards to the 90+ racers. The first category presented was the youth. This is when Conn and Mann were both announced as being awarded first place in their respective classes. Both of the young men said, “We love doing this. We enjoy the energy we get from it and, of course, it is fun and enjoyable

to do.” With large smiles from both as they held their first place trophies, the two boys were obviously very happy and proud.

After these awards were presented, Mann had to hang back with the second place winner in his division so that Dominic Petit, lead trail sweeper for WIXC, could tell a quick story about the two racers. He said, “I have never been on a track where there was such competition between two young men. These two had their run-ins and some sticky situations, but in the end they both came away being better people because of the sportsmanship they showed to one another. I wish there was an award for great sportsmanship because these two men deserve it!” Of course with that being said, both got a huge applause from the crowd.

The night of honoring all the racers who participated in this year’s events went well. The racing season runs from about May until October, so not only are the racers going non-stop, the families are also running constantly. Being at this award banquet, it was apparent that the support of family is extremely important to these racers. It was also obvious that the participants in this sport are actually like one big family.



(l-r) Gerald W. Mann Sr., Rosalind Kendrick, Chance Mann, Tammy Mann, Bryce Conn, Keith Conn and Stacey Conn.



Bryce Conn



Chance Mann

# From Our Readers

**\*Editor's note: The following article, written and submitted by Rachel Zarnow (daughter of FCP tribal member Leslie Dempsey and granddaughter of FCP elder Russ Butzer) is a perfect fit for "News From the Nations".**

Beads, feathers, animal skins. I'm not describing Potawatomi regalia, but that of Swaziland. I lived in the small African Kingdom for over two years as a Peace Corps volunteer. I was stationed at a primary school with 200 students in a rural area. In this case, rural meant I was living 10 miles from the nearest paved road. It was a far cry from the life I knew in Wisconsin. My mother is Leslie Dempsey and my grandfather is Russ Butzer.

Over the time I lived and worked in Swaziland, I opened a school library, led a school art club, worked with orphans and vulnerable children, and gave assistance to the teachers at the school. My husband, Oliver, was also a volunteer and he taught computer skills and gardening techniques to students and community members. During school hours, we were at work at improving the educational system there, but every other hour of the day, the Swazis were at work on us – teaching us about the Swazi way of life.

I received many lessons about Swazi culture. One of my first was through attending a wedding in my community. Everyone in the community turned out to the homestead for the festivities. When I arrived, I looked at the chickens meandering around the concrete block buildings and the round traditional hut with a grass roof. Everyone was crowded around to see different groups of men, women, and children performing traditional dances in their cultural clothing. Although I was stunned at this unusual scene, I was the one out of place. One woman walked up to me, pulled out her cell phone, and took a photo of me before walking away -- proof, I guess, of the exotic creature that showed up that day in rural Africa.

What one wore depended on age, gender, and social rank, but the basics involved loin skins for men and cloths for women. These outfits were not confined to special occasions. Although western clothing was very popular, I often saw people in traditional clothing on the bus, at the shopping centers in the capital, and even at a preschool graduation party at our school. In

one of Oliver's computer classes for adults, one man came in his traditional clothing on the last day of class to mark the occasion.

Dance is an important component of any celebration. Whistling helps keep time and rhythm and everyone sings. Sibakah is a special type of dance involving high kicks. When a group of especially good dancers perform, it is custom to leave money or fruit at their feet in recognition. In the event a girl has her eye on a cute boy dancing, she might run up to wipe the sweat off of his face, per tradition.

Everyone in my new community was happy to share about Swazi traditions, but as a Peace Corps volunteer for the U.S. government, my role was not only to provide training and education to Swazis, but to share about U.S. culture. It soon became clear that what came to mind was based on action movies and absurd rumors. One of the most outlandish that I heard was that America sent people like me to Africa to study their secrets and way of living -- particularly how they achieve old age. This was, I was told, because America was preparing to move the entire country to Mars and wanted to collect as much information as they could before leaving. Stories like that made me laugh and not everyone in Swaziland believed that tale, but it still stood that America was commonly thought of as a glossy, futuristic country. I soon came to understand that something was missing in their understanding of America.

I was surprised when I was first asked why America didn't have any traditions. The teachers at the school I taught at had no idea about Native culture or history. I explained about the Potawatomi tribe, but everyone seemed to think I was making things up. They thought of America as the land of computers and television; they didn't know about our history. I asked my mother to send me some photos to share. She sent me photographs of dancers at Indian Summer which I brought with me one lunch break to show the teachers.

*continued on pg. 14...*



Shown above is a Quabe wedding party.



Swazi women dancing in the sibakah style which involves high kicks.



A man wears traditional attire on the last day of class.

## From Our Readers

...continued from pg. 13

When I took them out, it was the usual Swazi exclamations, “Hai-bo, sisi!”

The teachers couldn't believe the photographs. It didn't line up with their perspective of America at all, but after everyone calmed down they told me they loved the colors and especially the feathers.

I told them how America is a country with people from all over the world, but first it was a nation with many different tribes. I was able to show them that Swaziland and America had more in common than they thought, and we helped each other understand the world a little bit better.

Coming full circle, one of the last things I did in Swaziland before

traveling home was attend another wedding. This time I was not there as an onlooker, but as a member of the community. The Quabe (to pronounce, the Q signifies a click with the tongue) family was hosting a wedding and my husband and I attended. Oliver was dressed in the Swazi traditional wear and even participated in the dances. This time I knew the men's clothing was called emajobo and I could recognize the status that different animal skins signified.

Now, back in Wisconsin, I often think about my time in Swaziland, including how there is a group of elementary school teachers in a rural community without Netflix or smart phones, who know a little bit more about real life in America.



(l-r) Rachel Zarnow and Leslie Dempsey

## PERSONALS

Feb. 12  
Happy 15th  
Birthday  
Patricia!  
With much love,  
Grandpa, Nana,  
Gizhgo, Keanu  
& Misty



## Governor Highlights Broadband Expansion Grant Program in State of the State Address

submitted by Laurel Patrick, GOV Press

MADISON, Wis. (Jan. 19, 2016) – In his State of the State address, Gov. Scott Walker highlighted the importance of investing in broadband services throughout the state. In the 2015-17 biennial budget funding for the Broadband Expansion Grant Program, which provides opportunities for improving the quality of education and encourages business growth, tripled from \$500,000 to \$1.5 million.

“Education and technology are at the forefront of the equation to make our students more competitive in the workforce,” Governor Walker said. “We need to ensure that our students and businesses are equipped to compete in this global economy, which is why we have invested \$1.5 million in Broadband Expansion Grant Programs in our last budget.”

Since being created, nearly \$2.5 million in grants have been awarded to communities and qualifying Wisconsin broadband companies. Grants provide reimbursement for equipment and construction expenses incurred to extend or improve broadband telecommunications services in under served regions of the state. These grants, along with matching funds from the awardees, help provide broadband services that make it easier for employers to find the workers they need to fill jobs and provide infinite resources to teachers, students, business leaders, and residents.

The most recent Broadband Expansion Grant recipients were announced last month totaling \$1.5 million and included projects that will expand service to southwest Barron County where there currently is no broadband service. Another project will install wireless equipment on existing telecommunications towers in Iron County that will give 2,293 households and 30 businesses access to broadband services.

In 2014, a \$138,467 grant

was awarded to help connect 30 schools and St. Joseph's hospital in Chippewa County to wireless access. Another project funded by a \$13,874 award with a 50 percent match went to expand broadband service to 800 locations in northern Vilas County.

### Broadband Expansion Projects Highlights:

The grant program has placed a priority on partnering with private investment to advance broadband projects. The **Forest County Potawatomi Community** combined their own funds, together with grants from the state and also from the Federal Communications Commission, to provide broadband service to several hundred homes within the tribal area and in adjacent villages in Forest County.

The grant program has placed a priority on projects with potential for growth. The state partnered with a provider in Vilas County to build a broadband backbone facility between Rhinelander and Eagle River. With that facility in place, the provider (ChoiceTel, LLC) has installed an improved broadband communications service at the municipal offices in Eagle River. Later this year, a local commercial wireless provider will install upgraded mobile service along that route on Highway 17.

The grant program has placed a priority on reaching areas that have been under served in the past. One grant went to a TDS Telecom company, Central State Telephone. With the grant, TDS upgraded telephone facilities in the Cranmoor area west of Wisconsin Rapids. Until just last year, the Cranmoor telephone service was a limited “switcher” line that lacked not only broadband service, but also many of the telephone innovations of the last two decades. TDS can now offer an up-to-date communications package to its customers in Cranmoor.

# Indigenous Filmmakers Set to Premiere Films at the Sundance Film Festival

courtesy Sundance Institute Press Release

Sundance Institute (Jan. 12, 2016) - Sundance Institute's commitment to supporting Native artists is woven throughout the organization's history, as the Native American and Indigenous Program has built and sustained an Indigenous film circle throughout the 22 years of its formal existence within the Institute. Through sustained and continuous support of filmmakers with grants, Labs, mentorships and the platform of the Sundance Film Festival, great strides have been made in nurturing an Indigenous-created body of cinema.

In the spirit of supporting Indigenous filmmakers, we're highlighting the titles of the Indigenous-made films that will be premiering at the 2016 Sundance Film Festival later this month. These films competed against a pool of 12,793 submissions, to be selected among the 122 feature films and 72 short films playing at the Festival.

## Feature Films

- *Hunt for the Wilderpeople* (New Zealand), Director: Taika Waititi (Te Whanau A Apanui)

A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush.

- *The Land* (U.S.A.), Producer: Blake Pickens (Chickasaw Nation)

The brotherhood of four friends is tested when they try to escape the shackles of Cleveland by becoming drug dealers for a summer.

- *Tallulah* (U.S.A.), Producer: Heather Rae (Cherokee)

The story of a rootless young woman, who takes a toddler from her wealthy, negligent mother and passes the baby off as her own in an effort to protect her. This decision connects and transforms the lives of three very different women.

## Short Films

- *Jaaji Approx.* (U.S.A.), Director: Sky Hopinka (Ho-Chunk/Pechanaga)

Against landscapes that the artist and his father traversed, audio of the father in the Ho-Chunk language is transcribed using the International Phonetic Alphabet, which tapers off, narrowing the distance between recorder and recordings, new and traditional, memory and song.

- *The Grandfather Drum* (Can-

ada), Director: Michelle Derosier (Anishinaabe)

As the balance of the world turns upside down for the Anishinabek people, the elder Naamowin builds a healing drum to save his grandson and his people.

- *Mobilize* (Canada), Director: Caroline Monnet (Algonquin)

Guided expertly by those who live on the land and are driven by the pulse of the natural world, this story takes us on an exhilarating journey from the far north to the urban south.

In addition to these filmmakers and films making up the Native Forum at the Sundance Film Festival, the program will also be hosting 11 Native Fellows as a part of the year-round, ongoing support of individual artists. Participating in different tracks while at the Festival, the filmmakers are being supported on their individual projects and in their film-making careers. The filmmakers will participate in the following Sundance Institute Fellowships: the Native Filmmakers Lab Fellowship, the Time Warner Native Producers Initiative, and the Full Circle Initiative.

## Native Filmmakers Lab Fellows

These two Fellows participated in the Native Filmmakers Lab with their projects last July and will continue their year-long Fellowship at the Festival with screenings, guided film discussions, and networking events.

- Razelle Benally (Diné/Oglala Lakota), *I Am Thy Weapon*

A young artistic Navajo woman relives memories of her deceased sister, that in turn help her heal and battle against the modern-day adversities of reservation life.

- Randi LeClair (Pawnee), *The Other Side of the Bridge*

After two high school football stars are found dead, decade's long racial tensions sizzle in a small town diner.

## Time Warner Fellows

These fellows will be supported on their projects while at the Festival and participate in screenings,

networking events, and individually tailored meetings with industry leaders.

- Lyle Mitchell Corbine Jr. (Bad River Band of the Lake Superior Tribe), Producer Fellow, *Wild Indian*

A successful financial analyst and recently-released convicted felon are reunited 25 years after a hunting accident which has warped their lives beyond repair.

- Holly Nordlum (Inupiaq), Producer Fellow, *Tupik*

An Inupiaq Artist and a Greenlandic tattooist confront religious authority and social conformity and together are reviving the lost tradition of Inuit tattooing.

## Full Circle Fellows

These fellows will receive an immersive experience in the world of Independent film and attend screenings, participate in guided film discussions, and connect with leaders of the Indigenous film community.

- Megan Babbitt (Diné) is from Flagstaff, Ariz., and currently a student at Northern Arizona University (NAU) as a Creative Film and Media Major with an emphasis in Media Production. She founded the Ninjacorn Films Workshop, an annual week-long summer workshop focusing on film production. She has participated in NAU's Native American Broadcast workshop, NAU's campus-based broadcast channel UTV62 and Paper Rocket Productions.

- Taylor Bennett-Begaye (Diné) is a graphic designer from the Navajo Nation in New Mexico. She completed her Associate of Arts in Digital Arts and General Studies at Mesa Community College in Mesa, Ariz. She is finishing her final year at Fort Lewis College in Durango, Colo., where she will receive a BA in Graphic Design and a minor in Sociocultural Anthropology. She is a designer for the Survival of the First Voices Festival and works with Native youth.

- Devin Weekley-Dean (Saginaw Chippewa) is from Mount Pleasant, Mich. In high school, he developed

a passion for film through a TV and radio course. With the encouragement of his teachers, he formed a video production team with a group of friends that has since gone on to win a state competition for video production by Business Professionals of America.

- Shaandiin Tome (Diné) resides in Albuquerque, N.M. She recently graduated cum laude from the University of New Mexico with a BFA in Film and Digital Media Production. Her work in film-making has included small roles in major motion pictures and to key positions with documentaries in Montana, Washington, Arizona, and South Dakota.

## Merata Mita Fellowship

At the 2016 Sundance Film Festival, Sundance Institute will announce its newly established annual Fellowship named in honor of the late Mori filmmaker Merata Mita, New Zealand's first Indigenous female filmmaker. In addition to being a global advocate for Indigenous voices, Merata was a trusted Creative Advisor and Artistic Director at the Native Lab, and a dear friend to the Institute. We are launching this Fellowship with the support of several international partners who, to date, include the Embassy of Australia, New Zealand filmmaker Taika Waititi, Indigenous Media Initiatives, and Pacific Islanders in Communications.

Each year Sundance Institute will identify a Native or Indigenous filmmaker from a global pool of nominees to award a small cash grant and provide a year-long continuum of support with activities including a trip to the Sundance Film Festival, access to strategic and creative services offered by Sundance Institute artist programs, and mentorship opportunities.

## Additional Fellows

These fellows have been supported through other grants or past fellowships through the Native American and Indigenous Program.

- Jesse Short Bull (Oglala Lakota), Native Program Development Fellowship

- Blake Pickens (Chickasaw Nation), 2016 Time Warner Fellowship

- Tiana Lapointe (Sicangu Lakota), 2016 Knight Foundation Fellowship



# 2016 Bug Lake Fisheree

submitted by Matthew Steinbach, Water Resources Program Manager

The FCPC Natural Resources Department hosted the annual Bug Lake Winter Fisheree on Jan. 9, 2016. Due to an unseasonably warm start to winter, the ice conditions for the event were less than desirable. Due to relatively thin ice and numerous reports of recreational vehicles dropping through the ice recently on area lakes, the fisheree was limited to foot travel only. Although there was some concern that this may impact event attendance, the department staff was pleasantly surprised to see many anglers already on the lake when they showed up to set-up for the event in the morning. The fishing appeared to have been early, as most anglers caught and registered their fish during the first two hours of the event. There also appeared to be another short fish feeding window after lunch that brought several anglers to the registration station. The attendance and registered fish numbers were consistent with previous years, which made the event a huge success, especially given the poor ice conditions.

Ryon Alloway took home 1st prize in the adult northern pike category with a 29 3/4" fish. This was the largest of many northern pike caught and earned Ryon the grand prize for largest fish caught. However, at one point during the event, the registration staff was questioning whether Ryon's fish would be big enough, as they observed Benny Peters proudly hoisting a large pike on his shoulder as he traveled across the lake towards the measuring board. By the time Benny got to the registration table, we could see that fish wasn't going to be quite long enough but it was only a couple inches short of the largest fish at 27 3/8", which earned him 1st place in the youth pike category. Benny also reeled in the third larg-

est pike in the youth division with Hunter VanZile placing 2nd. Jamie Tuckwab and Israel Alloway rounded out the adult pike category.

In the adult trout category, Israel Alloway earned 1st and 3rd place, while Joe Shepard took home the 2nd place prize. In the youth trout category, Benny Peters and Hunter VanZile once again dominated the division, as Benny earned 1st place, and tying Hunter for 2nd. Benny and Hunter had very successful days, as together, they actually earned every single prize distributed in the youth division.

Ryon Alloway was once again able to fend off Jason Spaude to earn the "Top Perch Angler" award for the event, as Ryon caught the three largest perch to sweep the adult category. As was the case with perch and pumpkinseed, no largemouth bass were registered in the youth division. However, Jason Spaude (1st) and George VanZile (2nd) were able to each entice a bass to bite, which earned them prizes in the adult division. Louie Spaude and Helena Melchert received 1st and 2nd place respectively in the adult pumpkinseed category.

Cash prizes were awarded to adult recipients; gift cards to Smith Sport & Hobby were awarded to youth. First place winners received \$50, second place winners \$30, and third place winners \$20 in each category. Ryon Alloway received a \$500 gift card to Smith Sport & Hobby for earning the grand prize with the 29 3/4" northern pike.

Natural Resources thanks everyone who assisted with the event and to all of the anglers that helped make the event so successful. The 2016 Devil's Lake Winter Fisheree has been scheduled for Feb. 27, 2016. We hope to see everyone there!

## Fisheree Results

### Adult Division

#### Northern Pike

- |    |                |         |             |
|----|----------------|---------|-------------|
| 1. | Ryon Alloway   | 29 3/4" | 6 lb. 4 oz. |
| 2. | Jamie Tuckwab  | 17 1/4" | 12.6 oz.    |
| 3. | Israel Alloway | 16 1/4" | 12.5 oz.    |

#### Largemouth Bass

- |    |                |         |          |
|----|----------------|---------|----------|
| 1. | Jason Spaude   | 12 3/8" | 12.6 oz. |
| 2. | George VanZile | 11 5/8" | 12.1 oz. |

#### Brook Trout

- |    |                |         |          |
|----|----------------|---------|----------|
| 1. | Israel Alloway | 12 7/8" | 8.7 oz.  |
| 2. | Joe Shepard    | 12 5/8" | 10.4 oz. |
| 3. | Israel Alloway | 12 1/2" | 9.0 oz.  |

#### Yellow Perch

- |    |              |         |          |
|----|--------------|---------|----------|
| 1. | Ryon Alloway | 11 1/8" | 10.5 oz. |
| 2. | Ryon Alloway | 10 1/4" | 8.1 oz.  |
| 3. | Ryon Alloway | 10"     | 6.3 oz.  |

#### Pumpkinseed

- |    |                 |        |         |
|----|-----------------|--------|---------|
| 1. | Louie Spaude    | 7 1/2" | 3.3 oz. |
| 2. | Helena Melchert | 5 1/2" | 1.4 oz. |

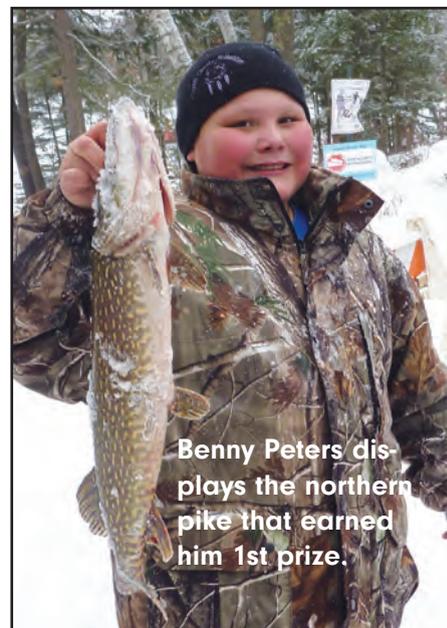
### Youth Division

#### Northern Pike

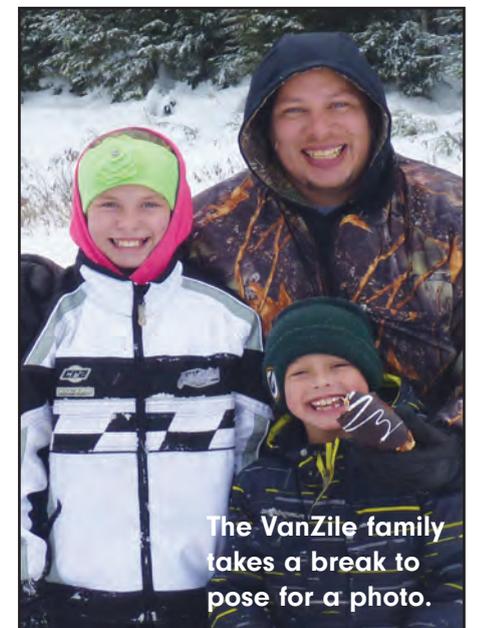
- |    |                |         |              |
|----|----------------|---------|--------------|
| 1. | Benny Peters   | 27 3/8" | 4 lb. 12 oz. |
| 2. | Hunter VanZile | 15 3/4" | 10.2 oz.     |
| 3. | Benny Peters   | 14 3/4" | 8.0 oz.      |

#### Brook Trout

- |    |                |         |         |
|----|----------------|---------|---------|
| 1. | Benny Peters   | 12 1/4" | 6.9 oz. |
| 2. | Benny Peters   | 11 7/8" | 7.4 oz. |
| 2. | Hunter VanZile | 11 7/8" | 7.4 oz. |



Benny Peters displays the northern pike that earned him 1st prize.



The VanZile family takes a break to pose for a photo.



(l-r) Helena Melchert and Louie Spaude pose for the award photo.



Ryon Alloway displays the grand prize winning pike.



(l-r) Everleigh, Jordy and Wilder Shepard pose for a picture with their Grandma Lorrie.



**OUR MISSION:** Potawatomi Business Development Corporation (PBDC) will generate wealth and improve the quality of life for the Forest County Potawatomi (FCP) Community by making strategic investments, acquisitions and prudent asset management and community development decisions. Resources generated by PBDC and its holdings will help diversify the tribal economy that supports FCP's tribal government and help improve the lives of FCP tribal members. Through trust, support, integrity, and mutual respect, PBDC is committed to building an economic engine that will support FCP for generations to come.



## Redhawk Experiencing New Phase of Growth

Redhawk Network Security is entering an exciting new phase of growth. The Bend, Ore.,-based company has attracted senior cybersecurity talent from Seattle and the Bay Area. These new hires bring extensive industry and technical experience to Redhawk, critical to the company's growth and commitment to service delivery excellence.

Christine Lane, Senior Network Engineer, recently joined the Redhawk team in Bend, Ore., from Seattle, Wash. Lane has over 20 years of experience with consulting in client-server technologies, application integration and consulting to senior level management on technologies and several other industries throughout the nation. She has received numerous awards and commendations, and is regularly invited to speak at technology conferences.

Tyler Hardison, Information Security Analyst, joined the Redhawk team from Silicon Valley, Calif. Hardison is a dynamic leader with a passion for financial institutions and their security. He has a proven track record for finding solutions to impossible obstacles. Utilizing his extensive experience in security and compliance within the financial industry, his goal is to create highly functional and secure environments. He enjoys mentoring and challenging his team members to become agile, creative thinkers who aspire to excellence.

In addition to this new employee growth, Redhawk is also growing its partnerships and is now collaborating with EiQ Networks. EiQ Networks is a pioneer in hybrid SaaS (Software as a Service) security and continuous security intelligence solutions. "EiQ offers industry-leading security monitoring and vulnerability scanning while Redhawk provides strong auditing and incident response support," said David Lindemann, Redhawk's Vice President of Technology and Products. "The partnership between our organizations will provide customers with best-of-breed security monitoring, audit, and response solutions."



## Wgema Campus Renovation Update



Installation of new water and sewer lines



Removal of connector between Albrecht Hall and Rickner Library



Concrete slab removal in garden level of Albrecht Hall



## Soldiers Train for Electronic Battles

Fort Sill, Okla. - As part of an ongoing contract Potawatomi Training holds with the Army Fires Center of Excellence, US soldiers are being trained in electronic warfare techniques. The Fort Sill, Okla., Army base is home to the Army Electronic Warfare School, where soldiers are trained to disrupt enemy's communications systems by using electromagnetic signals rather than conventional attacks including bombs and bullets.

According to *The Oklahoman*, about 500 students graduate from this 13-week program each year. During the program, soldiers are taught a variety of electronic warfare techniques from jamming enemy communications to defeating radio-controlled roadside bombs. Soldiers also learn how to defend against hybrid threats, including conventional warfare.

Source: *The Oklahoman*

## PBDC Annual Meeting



On December 17, PBDC Board of Directors met with Executive Council for its Annual Meeting. Pictured above: Kevin Allis, PBDC Board Chairman, and Chairman Gus Frank

# FCPC Acquires Stake in Commerce State Bank of West Bend, Wis.

submitted by George Ermert, Martin Schreiber & Associates, Inc.

CRANDON, Wis. (Jan. 11, 2016) - The Forest County Potawatomi Community (FCPC) has acquired a stake in Commerce State Bank of West Bend, Wis.

The investment from the tribe came as part of a successful capital raise campaign by Commerce State Bank. The initiative raised \$11 million from multiple investors of common equity to support its growth and potential acquisitions by fortifying its capital position.

"This investment from the Potawatomi will allow us to continue executing our strategy to better serve communities and businesses in Wisconsin," said Commerce State Bank CEO, Chairman and co-founder Joe Fazio. "We are very excited to work with a trusted partner like the Forest County Potawatomi."

The Potawatomi will be a minority shareholder in Commerce State Bank, holding less than a 10 percent stake in the business. The investment is being done directly by the tribe and not through any of its subsidiary businesses.

"As we've experienced first-hand, gaming revenues can be volatile so it's important that the tribe find new ways to diversify our businesses. The Potawatomi will continue to look for sound investments that will benefit both the communities where we operate and the tribe," said Forest County Potawatomi Chairman Harold "Gus" Frank.

The investment in Commerce State Bank is the latest way that the Potawatomi are expanding its economic development opportunities outside of gaming.

In 2002, the tribe established the Potawatomi Business Development Corporation (PBDC) as the economic development and income diversification business of the FCPC. Today, PBDC is a growing company with expertise and success in a variety of industries including hospitality, real estate development, technology and federal contracting.

This includes Greenfire Management Services, LLC, a construction management and owner's representative firm headquartered in Milwaukee. Founded in 2010, the company's project portfolio already includes multiple large-scale commercial and residential developments; including the \$150 million, 381-room Potawatomi Hotel and the \$20 million Echelon at Innovation Campus development in Wauwatosa.

Another venture is Redhawk Network

Security, an information security solutions specialist based in Bend, Ore. One hundred percent tribal-owned by PBDC, Redhawk specializes in network security management for the financial, healthcare, government, utilities and Indian gaming industries throughout the United States. Redhawk Network Security was recently recognized by Cybersecurity Ventures as one of the 500 Hottest Security Companies in the world.

PBDC's subsidiaries also include the Data Holdings data center in Milwaukee. Opened in 2013, this data center is the only Tier III enhanced facility in Wisconsin and the only sovereign data center in the United States.

The tribe was also a founding member of the Forest County Economic Development Partnership (FCEDP), a public/private partnership which aims to increase economic development by supporting small businesses, facilitating community projects, and attracting new industries to Forest County (Wisconsin) all while maintaining the area's natural resources, heritage, and cultural traditions.

#### About Commerce State Bank

Opened in August 2005, Commerce State Bank is a full-service, state-chartered bank headquartered in West Bend, with additional full-service offices in Cedarburg, Elm Grove, Sheboygan and a Loan Production Office in Saukville. Today the bank has total assets of more than \$400 million, making it the 53rd largest bank in the State of Wisconsin. It has preferred lender status with the Small Business Administration (SBA). Commerce State Bank is dedicated to being helpful to the community through its Random Acts of Commerce program.

#### About the Forest County Potawatomi Community

The Forest County Potawatomi Community is a federally-recognized Native American tribe headquartered in Crandon, Wis., with a membership of approximately 1,400. The Tribe employs roughly 3,500 people in Wisconsin through its government and business operations, which include a Health & Wellness Center in Crandon, hotel casinos in Milwaukee and Carter, Wis., and subsidiary companies owned by the Potawatomi Business Development Corporation - the economic development and income diversification business of the FCPC. For more information on the FCPC, visit [www.fcpcotawatomi.com](http://www.fcpcotawatomi.com)

## 2016 Devil's Lake Winter Fisheree

Date: February 27, 2016

Time: 9:00 am - 3:00 pm

Where: Devil's Lake

Adult Division (Age 15 & Older)

1st, 2nd & 3rd Place will receive cash prizes

Youth Division (Age 14 & Under)

1st, 2nd & 3rd Place will receive gift certificates

\*Grand Prize will be awarded to the largest fish caught (Prizes will be awarded according to length, in the event of a tie, weight will serve as the tiebreaker)



#### Categories:

- (1) Bass
- (2) Crappie
- (3) Bluegill
- (4) Perch



The fisheree is open to all Tribal Members and their families. Lunch and beverages will be provided.

Please Register by Monday, February 22, 2016

To Register Call the Natural Resources Department at 478-7222

IMPORTANT: We are no longer accepting checks as a form of payment. Cash, Debit or Credit Cards only.

## "DA WE WGE MEK" (GIFT SHOP)

Your Destination for Authentic Native American Gifts



### New Stock of Potawatomi Merchandise!

- Men's & Women's T-shirts
- Unisex Adult Hooded Sweatshirts
- Youth: T-shirts & Hooded Sweatshirts
- Infant/Toddler: T-Shirts & Hooded Sweatshirts (Limited sizes, colors and quantities)
- Four color Keeper of the Fire logo decals back in stock! (Available in five different sizes)

#### NEW DVDs MOVIE

- Winter in the Blood
- The Cherokee Word for Water
- Rymes for Young Ghouls

#### NEW CDs POWWOW

- Southern Boyz: Pops
- The Bearhead Sisters: A Woman's Journey
- A Beautiful Night: Tanner Albers Memorial Round Dance

#### TRADITIONAL

- Whitehawk & Crow: The Morning Star
- Louie Gonnie: Spirit of the Swirling One

#### FLUTE

- Tony Duncan: Earth Warrior



FOREST COUNTY POTAWATOMI  
CULTURAL CENTER,  
LIBRARY & MUSEUM

8130 Mish ko swen Dr.  
Crandon

(715) 478-7470

Open Mon. thru Thurs. 7 a.m. to 5 p.m.

CLOSED Fridays.

CLOSED on federal holidays.

If we don't have something you're looking for, let us know. WE WILL do our best to find it!



# Germy Gloves and Scarves, Oh My!

submitted by FCP Community Health

Winter is here, and with that comes colder weather. And during the cold weather season, it's common to see many runny noses, coughs, sore throats, and respiratory infections such as the flu.

Be honest: Have you ever used your scarf or gloves to wipe your nose or cover a sneeze/cough when a tissue wasn't available? Oh, my! And then with your runny nose-contaminated glove, you touch a steering wheel, doorknob, public transit railing, or seat — all the time spreading the germs to others.

Then, with your contaminated scarf that you used to cover a cough or a sneeze, you offer it to your child because she is colder than you are or hang it up in the office next to co-workers belongings. This is called cross contamination. Oh, my!

And do you take your gloves off with your teeth? If you do, the germs from your gloves are going right into your mouth. Oh, my!

Think about this — if you don't wash your hands when appropriate, like after using the bathroom, then put your gloves on, the INSIDE of the glove is now contaminated. Oh, my!

You wash your hands, right?

Also remember to wash your gloves and scarves on a regular basis, preferably once per week or when soiled.

It stands to reason that gloves and scarves are just as germy as other fabrics that haven't been cleaned — maybe more

so because they are less likely to be cleaned on a routine basis. Leather and suede gloves would most likely need to be dry cleaned, and knit gloves would probably not fare too well in the washing machine. But think about how germy they are after people cough, sneeze, and wipe their noses with their gloves and scarves!

Most germs will survive for two or three days on inanimate objects — some longer. They don't have to look soiled or smell bad to be loaded with germs either!

Here are some steps to stay healthy this winter:

- Clean your hands often. It's the most important way to prevent the spread of infections.
- Carry tissues and hand sanitizer with you at all times.
- Keep your hands away from your face. When you touch your eyes, nose, or mouth, germs can get into your body and make you sick.
- Take your gloves off when using or touching objects that other people use or touch. This includes the ATM, shopping carts, and crosswalk buttons. Wash your hands (or use hand sanitizer) immediately after use. It's easier to clean your hands than the gloves.
- When taking your gloves off, carefully loosen them at the fingertips, and pull them off with your opposite hand. Don't use your teeth or mouth.
- Don't stuff your dirty or wet gloves

and scarves in your pocket. They need to dry thoroughly to kill the germs.

- Wash your gloves and scarves often — preferably once per week or when soiled.
- Get a flu shot every year.
- Avoid people who are sick with a respiratory or stomach virus. Stay home from work or school if you are sick.
- Cough or sneeze into your elbow, not into your gloves or scarf.

Source: <http://apic.org/for-consumers/monthly-alerts-for-consumers>

Additional resources:

Stop the flu: Wash your dirty winter gloves—Today.com (NBC) <http://www.today.com/health/stop-flu-wash-your-gross-winter-gloves-people-2D80452546>

Clean your hands often—APIC <http://consumers.site.apic.org/infection-prevention-basics/wash-your-hands-often/>

Staying healthy when you're out and about—APIC <http://consumers.site.apic.org/infection-prevention-in/everywhere-else/>

Clean hands stop germs—APIC <http://consumers.site.apic.org/get-social-with-apic/clean-hands-stop-germs/>

United Against the Flu—American Hospital Association <http://www.advancinghealthinamerica.org/flu/>

For more information on how you can prevent the spread of germs, contact the Community Health Department at (715) 478-4355 or visit our webpage at [cmh.fcpotawatomi.com](http://cmh.fcpotawatomi.com)



## Grapefruit

### Fruit-of-the-Month

**The Health Benefits of GRAPEFRUIT**  
Refreshing and delicious grapefruits are rich in phytonutrients like lycopene, vitamin A, and dietary insoluble fiber pectin. Vitamin A and lycopene have antioxidant properties and are essential for vision. Vitamin A is required for maintaining healthy mucous membranes and skin. Dietary fiber helps to protect the colon mucous membrane by decreasing the transit time of substances. Pectin also can reduce blood cholesterol by decreasing the re-absorption of it in the colon.

Grapefruit is an excellent source of vitamin C. Vitamin C is a powerful natural anti-oxidant and helps the body develop resistance against infectious agents and scavenge harmful free radicals. It is required for the maintenance of healthy connective tissue and aids in wound healing. Vitamin C also facilitates the absorption of dietary iron in the intestine.

**Selection and Storage**  
Grapefruit season begins from September until December but, can be purchased all year long. Select grapefruit that have a sweet aroma and avoid the soft, wrinkled and spotted ones. At home, keep the fruit at room temperature for a few days. For extended storage, keep the grapefruit in a refrigerator where they keep well for up to 3 weeks.

**Preparation and Serving**  
Wash grapefruits under cool water before eating. They can be eaten like oranges, peeled or cut into sections. The sections are a great addition to a green or fruit salad. Grapefruit juice is refreshing and can be enjoyed anytime of the day.

**Safety Note**  
Grapefruit can interfere with some medications. Check with your Healthcare Provider or Pharmacist to see if any medications that you are taking may be affected by grapefruit.  
Source: [www.nutrition-and-you.com](http://www.nutrition-and-you.com)

**GRAPEFRUIT IS A NATURAL HYBRIDIZATION OF A POMELO AND AN ORANGE. IT IS JUICY, ACIDIC AND VARYING IN COLOR FROM WHITE, PINK OR RED. SOME VARIETIES CAN BE SEEDLESS.**

Questions? Contact Lisa Miller or Stephanie Mattson in Community Health at (715) 478-4355 or check out our website at [cmh.FCPotawatomi-nsn.com](http://cmh.FCPotawatomi-nsn.com) for more information.

## Honoring Health, Healing, and Tradition

**February is National Children's Dental Health Month**

The theme this year is "Defeat Monster Mouth". Have you ever noticed "dragon breath" on your child? The good news is there are ways to help you and your child "Defeat Monster Mouth":

- Brush two times a day for two minutes each time.
- Floss once a day.
- Visit your dental hygienist and dentist at least twice a year.
- Eat healthy foods and snacks.
- Use fluoride supplements.

**Appointments can be made by calling (715) 478-4313. Hours: Monday - Friday, 7:30 a.m. - 5:30 p.m.**

<b>SERVICES OFFERED</b>	
<b>AODA</b> (715) 478-4370	<b>Optometry</b> (715) 478-4345
<b>Behavioral Health</b> (715) 478-4332	<b>Pediatrics</b> (715) 478-4339
<b>Community Health</b> (715) 478-4355	<b>Pharmacy</b> (715) 478-4347
<b>Dental</b> (715) 478-4313	<b>Radiology</b> (715) 478-4339
<b>Lab</b> (715) 478-4339	<b>Rehabilitation</b> (715) 478-4344
<b>Medical</b> (715) 478-4339	<b>Weekend Walk-In</b> (715) 478-4300

**FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER**  
8201 Mish ko swen Drive, Crandon, WI  
General: (715) 478-4300 • [www.FCPotawatomi.com](http://www.FCPotawatomi.com)

Accredited by the ACCREDITATION ASSOCIATION for AMBULATORY HEALTH CARE, INC. a participating member of **ASPIRUS NETWORK**

## Alzheimer's Association February Education Programs Family Programs Open to All at no Charge

submitted by Kathy Davies, Program and Advocacy Director

RHINELANDER, Wis. (Jan. 13, 2016) – The Alzheimer's Association announces several education programs for those who have questions about Alzheimer's disease or related dementias. There is no charge to attend. These workshops are open to families and caregivers and presented by Alzheimer's Association staff and trained representatives. Registration is not required. These programs are made possible in part by funds raised through the Walk to End Alzheimer's®. February offerings include:

### Dementia Conversations

This program offers tips on how to have honest and caring conversations with family members about doctor visits, driving and legal & financial planning.

Thursday, Feb. 18, 12:30 – 2 p.m., Vilas County Commission on Aging Bldg., 521 E. Wall Street, Eagle River

### Healthy Living for Your Brain & Body: Tips from the Latest Research

Participants learn about diet, exercise, cognitive activity, social engagement and how to create a plan for healthy aging.

Thursday, Feb. 4, 1 – 2:30 p.m., Tomahawk Senior Center, 113 S Tomahawk Avenue, Tomahawk

### Know the 10 Signs: Early Detection Matters

The warning signs of Alzheimer's

disease are often dismissed as side effects of normal aging. This training shares the 10 warning signs of Alzheimer's disease, separating myth from reality and addressing commonly held fears.

Tuesday, Feb. 16, 1 – 2:30 p.m., Oneida Senior Center, 100 Keenan Street, Rhinelander

### The Basics: Memory Loss, Dementia and Alzheimer's Disease

This program explores the difference between normal age-related memory changes and more serious memory problems that may require medical attention.

Tuesday, Feb. 1 – 2:30 p.m., Crandon Public Library, 110 W. Polk Street, Crandon

Thursday, Feb. 11, 10 – 11:30 a.m., Lac du Flambeau Wellness Center, 129 Old Abe Road, Lac du Flambeau

*The Alzheimer's Association is a national non-profit organization whose mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information about Alzheimer's disease and local services, visit [www.alz.org/gwwi](http://www.alz.org/gwwi) or call the Alzheimer's Association 24/7 Helpline at 800-272-3900.*

## Could Nar-Anon Help You?

The FCP AODA program is asking for input from the community regarding the possibility of offering Nar-Anon meetings. According to [www.nar-anon.org/faq](http://www.nar-anon.org/faq), the following are frequently asked questions about Nar-Anon:

**What is Nar-Anon?** The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve-Step Program, we offer our help by sharing our experience, strength, and hope. Our program of recovery is adapted from NA and uses our Twelve Steps, Twelve Traditions, and Twelve Concepts.

**What is a Nar-Anon Family Group?** The Nar-Anon Family Group is for those who know the feeling of desperation due to the addiction problem of someone close to them. Members share their experiences, strength, and hope at weekly meetings.

**What if there is no Nar-Anon Group in my area?** If there's no Nar-Anon Family Group in your community, you may start one. Visit [www.nar-anon.org](http://www.nar-anon.org) for more information on how you can do so.

**How Do I Join Nar-Anon?** Joining is easy - just attend a meeting. There are no dues or fees. The only requirement for membership is that there be a problem of addiction in a relative or friend. We're never affiliated with any other organization or outside entity.

**What Does it Cost?** Nar-Anon has no dues or fees. Each group is self-supporting and collects donations that are used for local expenses.

**Is Professional Help Available?** Nar-Anon is a non-professional fellowship whose members share their experience, strength, and hope to solve their common problems. Nar-Anon is not a replacement for, nor provides, professional treatment. We do cooperate with NA and other recovery programs, but don't affiliate with or recommend them specifically.

If you would like to be involved, please contact Debra Neddo, FCP AODA, at (715) 478-4933.

## Parents, Teens Often Changing in Opposite Ways

submitted by UW-Extension Office

Most people know the teen years are a turbulent time for adolescents, but many might be surprised to know that mid-life parents are also undergoing significant changes.

Jenette Gunville, University of Wisconsin-Extension Family Living, says that parents and their teenage children are often changing in opposite ways that may sometimes be the source of stress or conflict.

### Physical changes

As teens begin moving into their peak years of physical ability, sexuality and attractiveness, middle-aged parents may begin noticing the opposite trends themselves.

For example, parents may worry about their child's newfound physical maturity and its consequences. They may be uncomfortable when their teen wears revealing clothing or worry about their child's romantic relationships.

"Just as their child is reaching their physical peak, parents are on a downward slope, noticing the first signs of aging and for the first time experiencing feelings of being physically vulnerable," says Gunville.

### Emotional changes

As teens seek to build their own unique identities, they want to spend more time with their friends and less with their parents. People outside the family, such as teachers, coaches and rock stars, begin to take on greater importance as possible models for how to live in the world.

Teens want to spend less time with their family, while many parents want to be together more, because they realize that this may be the last chance to have quality time with their children.

As their social and emotional worlds expand, teens also look for more freedom, responsibility and control in their lives. And while today's teens have increasingly greater freedom, they have fewer household responsibilities than past generations. This can sometimes be irritating to parents who are often struggling to balance substantial work and family responsibilities and have little personal time to call their own.

"Because teens are striving for greater independence, parents typically lose some of their influence and authority," says Gunville. "This can lead parents to feel as if they're losing

control and are less important due to their waning influence."

A parent's sense of identity may also be affected. "Though they were once the center of their child's life, and childrearing was a critical part of who they were and what they did, as teens begin moving farther from the nest, parents may begin to realize that this once important role is no longer as central as it once was. Like their teen, they are beginning to move into a new stage of life," Gunville explains.

On a positive note, the growing independence of their teens means that parents can have more time for themselves and opportunities to explore new pursuits, Gunville says. In addition, mid-life identity changes that some parents experience can be a catalyst for personal growth and pursuing new career opportunities.

### What can parents do?

Focus on adjusting your relationship with your teen. It's important for parents to get to know their teen as a maturing individual and to focus on what they have in common. "Parents often seek to expose their young children to their own interests. During the adolescent years, parents need to increasingly learn and follow their teens' interests," says Gunville.

Develop some new interests. As kids get older, parents have more time and sometimes more disposable income to explore new interests, friendships and relationships that are not centered on their children. Focusing more on themselves will help to ease the transition as teens become more independent and eventually leave home.

In spite of different perspectives, interests and goals between teens and their parents, it's important to remember that parents continue to play a central role in their youth's development, Gunville says.

"Our relationships are often a reflection of our own place in life. Parents who are aware of how their own development might influence the way they relate to their teens, are more likely to view their changing role in a positive light. Equally important, parents who see these changes as opportunities for their own personal growth are more likely to have fulfilling and satisfying lives as they continue on their own journey."



# What's Going On in Carter?

submitted by Frank Shepard, PCCH General Manager

The month of February is packed with so many promotions and slot tournaments we couldn't fit it all in this article. Make sure you stop by the Carter Club booth to see what's going on!

Tuesday, Feb. 2, 'Ground Hogs Day'. The big question of the day is 'Will we see six more weeks of winter or is spring just around the corner?' The Ground Hogs are going to make their appearance at Carter today bringing prizes with them! Just earn 100 same-day base points or redeem 200 points for 10 entries. Ten winners will be chosen from 11 a.m. – 8 p.m. with one winner each hour.

Mark your calendar for Saturday, Feb. 13, and show up at Carter Casino for some fun! Our promotion is 'It's on Us for a Year'. Carter Club members started earning entries on Jan. 1, 2016, for our big drawing on Feb. 13, 2016. Total cash to be given away is \$50,000! Just earn 250 same-day base points or redeem 250 points for 10 entries. Drawings will be held at 11 p.m. for the larger prizes. Forty-nine winners will be selected to win one of the many cash prizes; selection of prizes at 11 p.m. will be random. Prizes will be as follows:

- \$3,000 Gas for a year
- \$3,500 Entertainment for a year
- \$4,000 Electric for a year
- \$4,500 Game on us for a year
- \$5,000 Car payments for a year
- \$8,000 Groceries for a year
- \$15,000 House payments for a year

Leading up to the 11 p.m. drawing, there will be cash drawings from 4 to 10 p.m. Forty winners will win a \$100 cash prize. At midnight there will be two additional winners selected for \$1,500 cash each.

• Bingo players will receive 10 bonus entries for every early bird package or intermission package purchased between Jan. 1 and Feb. 13, 2016.

• Table games players will earn 10 bonus entries for every hour of consecutive play at the tables between Jan. 1 and Feb. 13, 2016.

• Ten free entries to new members of Carter Club the day they open an account.

• Guests will be limited to two wins between 4 and 10 p.m. One win at 11 p.m. and one win at midnight.

• Entry multipliers based on tier status will be available on the following dates: Wednesdays, Jan. 6, 13, 20, and 27, and Feb. 3, 10, and Friday, Feb. 12.

Monday, Feb. 15, is President's Day and it's all about cash! Every hour from 11 a.m. to 7 p.m., one winner will be selected. Just earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries.

Monday, Feb. 29, we will be celebrating 'It's Leap Year'! Leap Year comes once every four years and this will be a chance for Carter Club members to win cash and play prizes. Just earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries to see if you get the chance to spin our prize wheel. One winner will be selected each hour from 10 a.m. to 8 p.m. for a total of 11 winners.

Every Tuesday and Wednesday in February, Carter Club members have the chance to spin for 'Cupid's Cash'. The wheel contains over \$4,000 in prize money. Carter Club members can earn 100 same-day base points for 10 entries or redeem 200 points for 10 entries. Drawings start at 1 until 8 p.m. every day of the promotion. Winners will be selected hourly for a total of eight winners each day.

Friday, Feb. 26 and Saturday, Feb. 27, join us for 'Cash Mania'. Carter Club members will receive one free entry this weekend into the drawing. Ten additional entries can be earned for every 200 points earned or redeemed. Drawings will be held from 3 until 11 p.m. when one person will become \$5,000 richer each night of the promotion!

Other events in February:

- Mardi Gras Party on Saturday, Feb. 6
- Couples Slot Tournament, Friday, Feb. 12
- Super Bowl Sunday, Feb. 7

**BINGO!**  
Come in, check us out, be prepared to have some fun!

February's Electronic Special: Purchase Carter Combo Package 3 or 4 and receive Carter Combo 1 for only \$20 (\$60 value). Offer valid at all sessions excluding \$500 Fridays. Purchase on Thursday; valid next day only.

Every Wednesday is Odd Ball Bingo. All packs are \$15, extra packs are \$5. Bingo on any odd number and receive an extra \$50. Regular games only.

Bounce Back! Guests who play bingo on Wednesdays in February will receive \$5 towards their bingo purchase on Thursday. Valid next day only.

Bigger Better Bingo will be played on Thursday, Feb. 12 and 26. Packs are \$15, extra packs \$5. Regular games pay \$150 and specials pay \$200.

*Fridays in February*

\$500 Fridays: , Feb. 5, 19. Early birds at 5:30 p.m.; regular games at 6 p.m. Packs are \$35. Five regular games paying \$250; 10 games paying \$500; specials pay \$150. Guests receive \$25 in Potawatomi Play with the purchase of admission pack. Limit one Potawatomi Play per session.

Black Light Bingo: Friday, Feb. 26. Date Night Theme! Admissions open at 9:30 p.m.; games start at 10:30 p.m. DJ from 10 p.m. to midnight. Packs are \$12 and machine specials. Games paying \$100; one game paying a prize; last game pays \$1,000; consolation prize \$250.

*Saturdays in February*

Double Bubble: Saturday, Feb. 6, 13, 20, 27. Packs are \$15; extra packs \$5. The first ball out during regular session will be the doubler. Bingo on the doubler letter and receive double the payout. Regular games only. Regular games pay \$100 and specials pay \$150.

Birthday Session: Saturday, Feb. 6. Carter Club members with February birthdays will receive a free 6 On Paper Pack with their paid admission. Birthday cake will be served.

Mini Bash: Saturday, Feb. 13. Packs are \$20; \$10 for extra packs. Mini buffet and free beer included with paid admission. Prize drawings throughout the session.

\$500 Cash Drawing: Saturday, Feb. 28. One lucky winner will win \$500 cash. Winner drawn during regular session; must be present and playing bingo to win. Earn entries for each admission pack purchased during the month. Limit one entry per person per day.

*Sundays in February*

Wheel Spin: Feb. 7, 14, 21, 28. Packs are \$15; extra packs \$5. Regular games pay \$75 and specials pay \$150. Spin the wheel on any regular game win for the chance to win 3x the payout.

## Electronic Buy-In Options

Carter Combo 1 - \$60, 30 Cards, One Jackpot Game, One Roulette, One Game of the Month, One Dbl. Daub Coverall, One Dbl. Daub Feather, One Winner Take All, One Triangle Game, 10 Odd # Coverall, 10 Bonanza

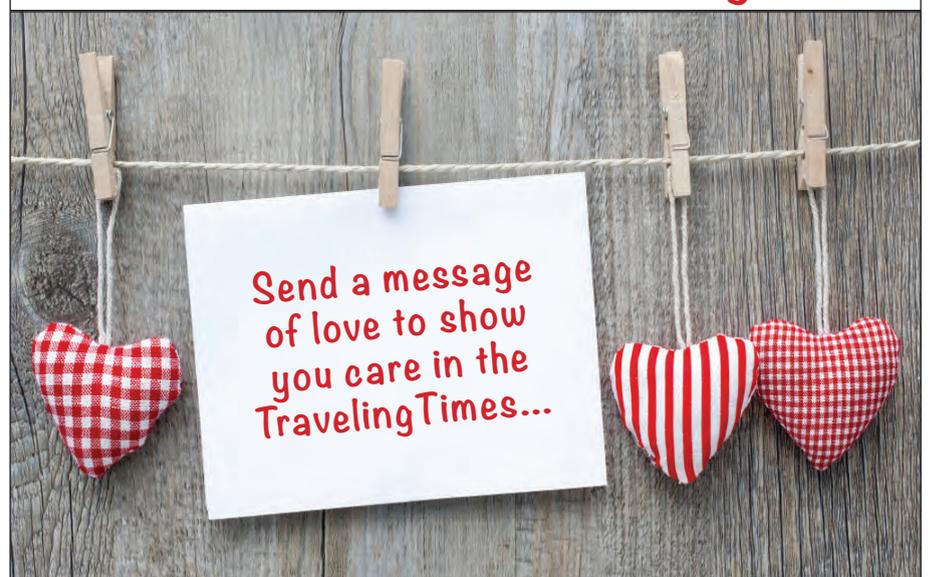
Carter Combo 2 - \$80, 60 Cards, Two Jackpot Game, Two Roulette, Two Games of the Month, Two Dbl. Daub Coverall, Two Dbl. Daub Feather, Two Winner Take All, Two Triangle Games, 20 Odd # Coverall, 20 Bonanza

Carter Combo 3 - \$120, 90 Cards, Three Jackpot Games, Three Roulette, Three Games of the Month, Three Dbl. Daub Coverall, Three Dbl. Daub Feather, Three Winner Take All, Three Triangle Games, 30 Odd # Coverall, 30 Bonanza

Carter Combo 4 (Best Value) - \$160, 130 Cards, Four Jackpot Games, Four Roulette, Four Games of the Month, Four Dbl. Daub Coverall, Four Dbl. Daub Feather, Four Winner Take All, Four Triangle Games, 40 Odd # Coverall, 40 Bonanza

Electronic Packages Include All Games Except Earlybirds, Pick 8 And Hotballs.

Don't forget that Sunday, Feb. 14 is Valentine's Day!



Deadline for Feb. 15 issue: Wednesday, Feb. 3



# The Gift of Giving: Holiday Donations Runneth Over

submitted by Veronica Ergeson, FCP Gaming Commission Dev. Specialist - HR

During 2015's holiday season, the Gaming Commission involved the commission staff in some good old-fashioned holiday spirit. Donations were collected in the Carter and Milwaukee offices for organizations specific to each location's community.

Carter staff focused its attention on the animals in need at the Forest County Humane Society. Coordinator Paula Klementz rallied the troops with flyers and info, and rally they did! When it was all said and done, the Carter employees brought in a donation that blew the Humane Society away!

Every year, the Forest County Humane Society cares for over 200 animals from the local community. Their goal is to educate the public, care for four-legged friends in need and, of course, facilitate adoptions to loving families.

The Milwaukee staff also rallied for a cause close to the tribe's heart: our veterans. A giant donations box for the V.A.

Medical Center filled slowly as employees gathered in the hallways and thoughtfully debated what the veterans' needs might be. As the drop off date approached, employees became more and more creative with their donations. One donation was a crowd favorite: an impressive and beautifully sorted grouping of five individual baskets filled with hygiene products, Sudoku, pens and socks.

By the day Secretary Thomasina Aguirre came to load the drop-off truck, the Gaming Commission's reception area was filled...my desk was barricaded in by bags and boxes of mindful donations.

Both locations did a wonderful job pouring their hearts into the communities around them. As we head into a new year with new goals and ambitions, we are reminded to be grateful not just for what we have, but for what we are able to give. This is the good stuff - working hard to protect the tribe's community and making a difference in the world around us.



(top left) A happy but homeless pup at the Forest County Humane Society. (bottom left) Donation drop off at the shelter. (top right) Two cats play with their new toys. (bottom right) Part of the donation drop off at the Milwaukee V.A. Center.

## CALLING TRIBAL MEMBERS • NEAR AND FAR •

Gaming Commission Internship to Start April 2016

Do you ever wonder what the Gaming Commission does or "who" the Gaming Commission really is? April 2016 is your time to find out!

The internship is an eight-week program and by the time you are graduated (yes, graduated), you will have a thorough knowledge about tribal gaming and tribal sovereignty to share with your local community or with Indian Country at large. The internship is a great way to build a potential career, gain leadership skills, experience mentoring and meet other tribal members.

Interns get hands-on knowledge in the various departments of the Commission, attend Commissioner meetings and get one-on-one leadership training.

The Commission's internship has been the starting point for many tribal members finding a job, a career and even a passion. Don't let anything hold you back from being part of an experience that you will not regret!

The eight weeks are held primarily at the Milwaukee location. Weekly stipends are paid based on participation. The Gaming Commission will provide lodging and travel as needed for participants.

Contact Veronica Ergeson at (414) 847-7718 or [vergeson@paysbig.com](mailto:vergeson@paysbig.com), or apply online at [fcpgc.com](http://fcpgc.com) in the resources and documents link.

# HOUSING FINANCIAL

Workshop

TUESDAY, FEB. 9, 2016  
10 A.M. - NOON  
FAMILY SERVICE CONFERENCE ROOM



FCP Tribal Members and Community Members

**ONE-ON-ONE COUNSELING**

**SESSION STARTING AT 1 P.M.**

Call Housing at (715) 478-7270 to schedule.

Workshop Overview

- ✗ HOUSEHOLD BUDGETING
- ✗ HOME MAINTENANCE CHECKLIST

**Presenter**

**Dana M. Berger**  
Certified Consumer Credit Counselor

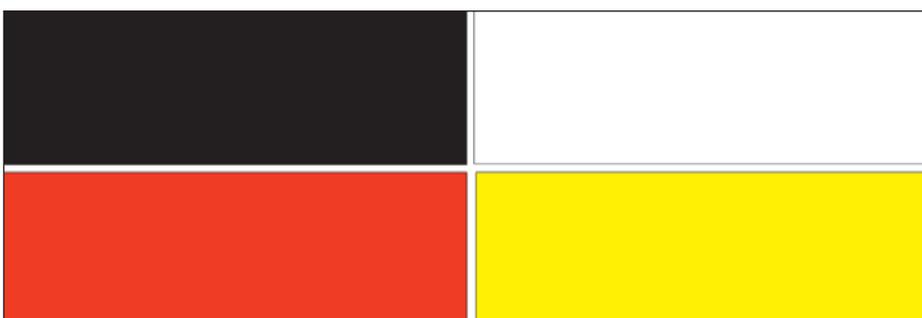
Financial Information & Service Center  
Practical Solutions for Solving Financial Problems

FISC/CCCS Northeastern WI  
805 W Fulton / Waupaca, WI 54981  
715-942-1599 / Fax: 715-942-0472  
[www.fisc-cccs.org](http://www.fisc-cccs.org)



**FOREST COUNTY  
POTAWATOMI  
HOUSING**





# NOTICES

## CULTURE

**Neshnabemwen** - The Potawatomi language has endured through the passage of time. At one time, it is said that we all spoke the same language. Later on, we started speaking different languages and forming tribes based on who was able to understand each other. The Bodewadmi, Ojibwe and Odawa were all one tribe and spoke the same language. As the differences in the language grew, they each formed a separate entity. However, they maintained a close bond and formed the "Council of the Three Fires" to deal with any issues that might affect them. The Three Fires signified the alliance between the three, while their individual fires proclaimed their own identity. Every Tuesday & Wednesday 10 a.m. - 12 p.m., for FCPC and members, FCP Cultural Center, Library and Museum. Open to all Potawatomi students, Language & Culture Class every Thursday, 3:30 - 4:30 p.m. Transportation for youth provided.



## PROGRAMS

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

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

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

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

**Recreation Department** - Get Fit & Stay Active - fitness equipment available at Rec Center Monday through Friday, 7 a.m. - 8 p.m. Open to FCP tribal members, their immediate families and FCP employees. Hours subject to change based on scheduled activities. For information on Rec Center activities, call (715) 478-7420.

## HEALTH

**Wellbriety** - AA Meetings (#7169331 Area 74) every Monday at 6 p.m. in the lower level of the FCP Cultural Center, Library & Museum. ANYONE who is in recovery and searching for a sober way of living is more than welcome to attend! If you have any questions, contact Brooks Boyd at (715) 889-3530 or Isaiah Phillips at (715) 889-4945. *See flyer on pg. 12.*

**She gish get (New Day) AA Meeting** - Fridays, 2 p.m., 5519 Wej mo gek Court, Crandon. Contact info: (715) 478-4370. Call if you need a ride.

**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](http://suicidehotlines.com).

**NA Meetings "The Good Life"** - Tuesdays, AODA Building, 5519 Wej mo gek Court (use back door entrance), 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

## EDUCATION

**Crandon Indian Education Committee** - Monthly meetings held the first Wednesday of each month, 5 p.m., at HWC. Contact these committee members with questions or concerns:

Margaret Konaha - Chairperson (715) 478-7347 (work)  
Hazel George - Member (715) 478-5612 (home)  
Shari Alloway - Member  
Number not available at time of print.  
Myra VanZile - Youth Education Services Liaison

Myra.VanZile@fcpotawatomi-nsn.gov  
**Wabeno Indian Education Committee** - Meetings held every second Tuesday of each month, 6 p.m. at Potawatomi Carter Casino Hotel.



"The battle for Indian children will be won in the classroom, not on the streets or on horses. The students of today are our warriors of tomorrow."  
-Wilma P. Mankiller, Cherokee

## SERVICES OFFERED

**Employment Skills Program**  
FCP Economic Support has an employment skills program for tribal members with resources/tools to help them overcome employment barriers. We are here to coach and encourage individuals to recognize their skills and to find occupations related to those skills and interests. This program can assist in:

- A direct connection between DMV to obtain, reinstate and/or find out what is needed in driver's license reinstatement.
- Résumé development and résumé critiquing.
- Mock interviews.
- Work experience within tribal entities.
- Job-seeking skills and employment guidance/mentoring.

**Resource Room** — we now have two locations within the Family Resource Center (Old Tribal Hall). The room has four computers that are open to the community, and there are two computers located at the Family Service Building in the upper level.

These computers are equipped with the following software to assist in improving your job skills, completing or updating your résumé, brushing up on computer and typing skills, and for completing correspondence.

*continued in next column...*

## SERVICES OFFERED

• Turbo Typing - interactive, fun practice available to increase your hand/eye coordination and typing speed.

• Quick Skills - hands-on, self-paced to learn and enhance your computer skills of Microsoft programs such as Word, PowerPoint, Excel and Access.

• WinWay Résumé Deluxe - it's easy to develop a résumé with more than 14,000 ready-to-use templates, more than 100,000 job-winning phrases and more than 350 different design themes. When complete, the auditor will evaluate your résumé.

• WisCareers Website - career exploration guide and opportunities on computer programs. Complete a variety of assessments based on interests, work values, career skills and workplace skills; help coordinate your work values into an exciting career; check out a variety of technical schools and colleges; use a guided program to set up your portfolio.

The FCP Economic Support staff is also available to assist with any of these computer programs. For additional assistance, please contact us at (715) 478-7206, 7292, or 7295.



## February 2016 Calendar of Events

### Community Health

- Feb. 2, Infant Nutrition: HWC, 8 a.m. - 4 p.m.
- Feb. 4, Infant Nutrition/WIC: We Care, 1 - 3 p.m.
- Feb. 9, WIC: HWC, 8 a.m. - 4 p.m.
- Feb. 17, Diabetes Luncheon: HWC, noon - 1:30 p.m. (see flyer pg. 12)
- Feb. 23, Mish ko swen Watch Me Grow Program: HWC, 1 - 3 p.m.
- Feb. 2 - March 3, Womens Exercise Program (Tabata): REC Center, 5:35 - 6:35 p.m.
- Feb. 25, 1st Annual FCP Community Snowshoe Event: We Care, 3:15 - 5:15 p.m.

### Family Resource Center

- Healthy Relationships: Mondays, Feb. 1, 8, 15, 22, 29, 10 a.m. to noon.
  - FRC/CHOICES: Mondays, Feb. 1, 8, 15, 22, 29, 3:30 - 5 p.m.
  - Play Shoppe: Tuesdays, Feb. 2, 9, 16, 23, 11:30 a.m. - 12:30 p.m.
  - Circle of Sisters: Wednesdays, Feb. 3, 10, 17, 24, 1 - 3 p.m.
  - PIP: Thursdays, Feb. 4, 11, 18, 25, 10 a.m. - noon.
  - Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour sessions; one-on-one sessions.
- Child care is available for all classes except Play Shoppe, which is a parent/child interaction activity. Please RSVP if child care is needed. Call (715) 478-4837 with questions about any programs.

### CHOICES Program

- Youth 10 - 12: Mondays, Feb. 1, 8, 15, 22, 29, 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays, Feb. 2, 9, 16, 23, 3:30 - 5:30 p.m.
  - Youth 7 - 9: Wednesdays, Feb. 3, 10, 17, 24, 3:30 - 5:30 p.m.
- Youth will be picked up at Crandon school at 3 p.m. and will be dropped off at home between 5 and 5:30 p.m. Call (715) 478-4839 for more info.

FOREST COUNTY  
POTAWATOMI  
HEALTH &  
WELLNESS CENTER

# February Luncheon

## DIABETES PROGRAM

**WEDNESDAY, FEB. 17, 12-1:30 P.M.**  
HWC LOWER LARGE CONFERENCE ROOM  
Open to FCP Tribal Members with diabetes and their guest

LUNCH, EDUCATION & DRAWING FOR PRIZES

RSVP Appreciated:

*Cathy Chitko*  
(715) 478-4367

*Anne Chrisman*  
(715) 478-4383

*Lisa Miller*  
(715) 478-4320

[cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)

Check out the [Registration form](#) at [cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)

**Topics:**

HEART HEALTH: RECIPES AND FLAVORS

HANDS ON IN THE KITCHEN: POMEGRANATE

SELF-MANAGEMENT EDUCATION

# Wellbriety

## AA MEETING

### 6 Mondays

### 6 P.M.

*Walking in a good way...  
A sober way.*

FCP MUSEUM  
LOWER LEVEL  
{AA# 716933}  
AREA 74

For more information contact  
**Brooks Boyd** at (715) 889-3530 or  
**Isaiah Phillips** at (715) 889-4945

## POTAWATOMI STONE LAKE C-STORE/SMOKE SHOP/DELI

Located 3 Miles East of Crandon off of Hwy. 8 • 5326 Fire Keeper Rd., Crandon, WI  
**(715) 478-4199**  
Open 7 days a week: 6 a.m. - 10 p.m.

*Chicken & Biscuit*

2 PE, 3 PE & 4 PE (White and/or Dark)

*Family Chicken Combo Meals Available*

*Chicken* 8 PE, 12 PE, 16 PE & 25 PE (White and/or Dark)

Jambalaya | Honey Butter Biscuit  
Red Beans and Rice | Boudin Bites  
Chicken Bites | Cajun Chicken Tenders  
Buffalo Wings | Crispy Chicken Sandwich  
Cajun Breaded Fish | Crispy Breaded Shrimp

**GIFT CERTIFICATES AVAILABLE**

Ethanol-Free • Premium Gas • Blended Diesel  
24-Hour Pay-at-the-Pump Fuel • In-House Deli Food  
Coupons Welcome • Self-Serve • Smoke Shop  
Low & Discount Carton Prices  
Ample Parking • Groceries • ATM • Ice

ENJOY OUR KRISPY KRUNCHY® CHICKEN

This program is at our Crandon location only.

## Love

**POTAWATOMI CARTER  
C-STORE/SMOKE SHOP**  
Hwy. 32, Carter  
(Across from casino/hotel)  
**(715) 473-5100**  
Open 24 hours/7 days a week

**Low & Discount Prices**  
On Name Brand & Generic Cartons

**Finger Foods**  
French Fries,  
Chicken Tenders & Combo Baskets To Go  
Ethanol-Free Premium Gasoline • Diesel  
Motor Oil • Ice • Soda  
Groceries • Fresh Popcorn  
Bakery • Hot Dogs • Floats  
Single/Double Cones  
Hand-Dipped • Waffle Cones