



# POTAWATOMI TRAVELING TIMES

Volume 23, Issue 5 • WATĒ BGYA GISES • LEAVES TURNING COLOR MONTH • September 1, 2017

## Summer Fisheree a Success



(back row l-r) Ryon Alloway, Isaiah Alloway, Keanu Yazzie, Israel Alloway, George VanZile, Frank Shepard, Joe Shepard, John Alloway  
(front row l-r) Brayden Madl, Waylon Montgomery, Renn Marvin, Hunter VanZile, Wylder Shepard, Jordy Shepard and Ryana Alloway

### submitted by Jenni Mabrier, Environmental Education Coordinator

On Saturday, Aug. 5, 2017, the annual summer fisheree was held at Bug and Devil's Lakes. Most of the fishermen

and women started the morning on Bug Lake, leaving Joe Brown Sr. free to troll for bass on Devil's Lake. By lunchtime, more boats had joined him.

The fish were hungry and biting

pretty steadily all day. Jordy and Wylder Shepard even caught the same bluegill at the same time! This led to a lot of shuffling on the leader board for the bass, sunfish, trout, and perch categories. Near

the end of the day, Isaiah Alloway reeled in the only crappie. Renn Marvin won grand prize with his 20 1/2" northern pike.

Migweth to everyone who came out for a great day of fishing!

PRSKT STD  
US POSTAGE  
PAID  
PERMIT NO. 317  
FOND DU LAC, WI

### Adults

#### Bass

1. Joe Shepard, 13 3/4", 1 lb 3.7 oz
2. Joe Shepard, 13 1/8", 15.8 oz
3. John Alloway, 12 1/8", 10.1 oz

#### Black Crappie

1. Isaiah Alloway, 10 3/4", 11.8 oz

#### Sunfish

1. Ryon Alloway, 9 1/8", 8.3 oz
2. Israel Alloway, 9", 8.8 oz
3. George VanZile, 9", 8.3 oz

#### Northern Pike

1. Joe Shepard, 19 1/2", 1 lb 14 oz
2. Joe Shepard, 16 5/8", 1 lb 4 oz

#### Trout

1. Frank Shepard Sr., 13 1/4", 10.2 oz
2. Jason Spaude, 12 3/4", 9.3 oz
3. Frank Shepard Sr., 12 3/4", 8.5 oz

#### Yellow Perch

1. Frank Shepard Sr., 8 3/8", 4.2 oz
2. Frank Shepard Sr., 8 3/8", 3.7 oz
3. Israel Alloway, 8 1/4", 3.8 oz

### Youth

#### Bass

1. Naganwedek Daniels, 15 1/2", 1 lb 14.1 oz
2. Keanu Yazzie, 14 1/2", 1 lb 8 oz
3. Waylon Montgomery, 14 1/4", 1 lb 5.8 oz

#### Sunfish

1. Wylder Shepard, 9 1/2", 14.4 oz
2. Hunter VanZile, 9 1/8", 8.3 oz
3. Hunter VanZile, 7 3/4", 4.6 oz

#### Northern Pike

1. Renn Marvin, 20 1/2", 2 lb
2. Renn Marvin, 16 3/4", 1 lb 2 oz

#### Trout

1. Hunter VanZile, 13 1/8", 10.2 oz
2. Hunter VanZile, 12 1/2", 9.3 oz
3. Ryana Alloway, 12", 9.8 oz

#### Yellow Perch

1. Wylder Shepard, 8 3/4", 4.6 oz
2. Brayden Madl, 8 1/8", 3.7 oz
3. Jordy Shepard, 7 1/4", 2.4 oz



**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.



## Wgema Campus Redevelopment Updates

### Parking Structure:

As part of the next phase of the Wgema Campus five-year redevelopment plan, a parking structure is being constructed to accommodate new tenants as the campus continues to expand. The structure will be a surface level lot with one level of underground parking, including a total of 118 stalls. It is expected to be complete in early 2018.



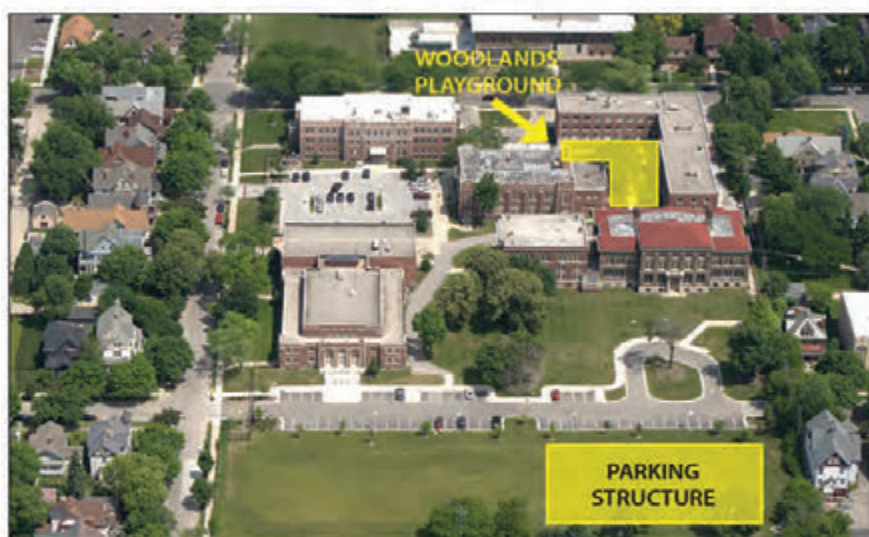
Pictured above: Progress of parking structure as of August 16, 2017.

### Woodlands' Playground Updates:

The Woodlands' East Charter School located on Wgema Campus is undergoing updates and improvements to its playground area. The construction team is focused on inspiring children to deeply engage with nature by including natural play areas such as a tree cookie patio area, a hillside play area, and a stump and log balance course. The updates are scheduled to be complete before the 2017/2018 school year.



Pictured above: Progress of playground renovation as of August 16, 2017.



Pictured above: Aerial photo of Wgema Campus.

For more information about Wgema Campus, visit our website:

[potawatombdc.com/wgema-campus](http://potawatombdc.com/wgema-campus)



GREENFIRE

## Greenfire Chief Financial Officer Named CFO of the Year



Greenfire Management Services' Chief Executive Officer Brian Kraus was named CFO of the Year, in the medium-sized company category, by the *Milwaukee Business Journal*. Kraus was present during the inception of Greenfire and co-authored the original business plan in 2009, which helped the Potawatomi Business Development Corporation launch Greenfire one year later. Kraus' steadfast leadership has played a critical role in the company's success throughout the years.

## Happy September Birthday to These Elders!

- |                         |                        |
|-------------------------|------------------------|
| 9-1 Robert Daniels Sr.  | 9-11 Edward Schick     |
| 9-2 Marie Gilligan      | 9-11 Michael Gibbons   |
| 9-2 Jean Guinn          | 9-13 August Tribbett   |
| 9-2 Tyrone Victor       | 9-14 Cindy Miller      |
| 9-3 Tina Oelrich        | 9-14 Gerald Schingeck  |
| 9-5 Philip Shopodock    | 9-19 Wade DeVerney     |
| 9-5 Charles Vigue       | 9-24 Douglas MacKenzie |
| 9-8 John Alloway        | 9-24 Donna Gale        |
| 9-10 Sidney Daniels Sr. | 9-26 Robert Petonquot  |

## FCP CARING PLACE September 2017 Activities Calendar

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):

- 9/8 - 11: Indian Summer Fest  
(Leaving Stone Lake C-Store at 10 a.m., Carter C-Store at 10:30 a.m.)  
9/12: Shopping  
9/19: Casino Day – Flambeau (Leaving at 8 a.m.)  
9/24: Bingo Carter Casino (10 a.m.)  
9/26: Birthday Bingo (at Caring Place, 12:30 p.m.)  
9/27: Brewers Game  
9/29: Rouman Cinema



**Deadline for the September 15, 2017 issue  
is Wednesday, September 6, 2017.**



## POTAWATOMI TRAVELING TIMES

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CHAD FRANK

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## Elder Menus SEPTEMBER 2017

- |  |   |
|--|---|
| <u>Friday, 9/1</u><br>Bean & Ham Soup, Corn Bread<br>Muffins, Ice Cream, Apricots  | <u>Monday, 9/18</u><br>Chicken Breast over Alfredo<br>Noodles, Baked Beans, Cherry<br>Tomatoes, Banana                  |
| <u>Monday, 9/4</u><br>HOLIDAY – NO LUNCH   | <u>Tuesday, 9/19</u><br>Meatloaf, Baked Potato,<br>Country Blend Veggies,<br>Breadstick, Mixed Berries                  |
| <u>Tuesday, 9/5</u><br>Polish Sausage & Sauerkraut,<br>Mashed Potatoes, California Blend<br>Veggies, Peach                 | <u>Wednesday, 9/20</u><br>Tuna Casserole, Peas & Carrots,<br>Chocolate Poke Cake, Cantaloupe                            |
| <u>Wednesday, 9/6</u><br>Beef Tips over Noodles, Glazed<br>Carrots, Dinner Roll, Cranberry<br>Juice, Chocolate Chip Cookie | <u>Thursday, 9/21</u><br>Baked Ham, Mashed Sweet<br>Potatoes, Brussels Sprouts,<br>Cranberry Sauce                      |
| <u>Thursday, 9/7</u><br>Lemon Pepper Fish, Coleslaw,<br>Baked Beans, Rye Bread, Orange                                     | <u>Friday, 9/22</u><br>Cream of Broccoli Soup, Turkey<br>Sandwich, Cucumber Slices, Orange<br>Jello® w/Mandarin Oranges |
| <u>Friday, 9/8</u><br>Chicken Noodle Soup, Crackers,<br>Peanut Butter Sandwich, Spinach<br>Salad, Apple                    | <u>Monday, 9/25</u><br>Meatball Sub w/ Cheese, Onions &<br>Peppers, Parsley Potatoes, Cherry<br>Tomatoes, Pineapple     |
| <u>Monday, 9/11</u><br>Tuna Pasta Salad, Crackers,<br>Cherry Tomatoes, Cucumbers,<br>Cheese Stick, Grapes                  | <u>Tuesday, 9/26</u><br>Pork Chop Suey, Rice, Egg Roll,<br>Fortune Cookie, Tropical Fruit                               |
| <u>Tuesday, 9/12</u><br>Pork Roast, Mashed Potatoes,<br>Gravy, Asparagus, Cottage<br>Cheese, Applesauce Cake               | <u>Wednesday, 9/27</u><br>Sub Sandwich w/Turkey, Ham,<br>Lettuce, Tomato & Cheese, Baked<br>Beans, Baked Chips, Grapes  |
| <u>Wednesday, 9/13</u><br>Stuffed Shells, Garlic Bread,<br>Tossed Spinach Salad, Green<br>Beans, Yogurt, Pears             | <u>Thursday, 9/28</u><br>Baked Cod, Coleslaw, Potato<br>Medley, Rye Bread, Banana Pudding                               |
| <u>Thursday, 9/14</u><br>Creamed Chicken over Biscuits<br>w/Carrots & Peas, Watermelon,<br>Cranberry Sauce                 | <u>Friday, 9/29</u><br>Potato Soup, Garlic Bread,<br>Fruit Cocktail   |
| <u>Friday, 9/15</u><br>Beef Barley Soup, Dinner Roll,<br>Kiwi, Nutri-Grain® Bar  |   |

\*Menus subject to change.

## GRAPHIC DESIGN SERVICES

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CUSTOMIZE!



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QUOTE!

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POTAWATOMI  
TRAVELING TIMES



# Newly-Elected FCP Vice Chairman Sworn In

by Val Niehaus

The new FCP Vice Chairman, Chad Frank, was sworn in on August 14, 2017, by Judge Chris Daniels. The swearing in took place in front of family, friends and council members in the FCP Courtroom.

Frank said, "I'm am very thankful with all the support I received and I look forward to the future as Vice Chairman for the FCP community."

PTT sends its congratulations to Frank!



Forest County Potawatomi Community  
P.O. Box 340 • Crandon, Wisconsin 54520

## ELECTION BOARD

### CERTIFICATION OF ELECTION RESULTS:

Executive Council Election, August 12, 2017:

#### VICE CHAIRMAN:

Chad Frank	<u>92</u> votes
John Alloway	<u>87</u> votes
Dean Pauliot, Sr.	<u>14</u> votes

This 12<sup>th</sup> day of August, 2017 Attest:

Jessica Jacobson  
Ballot Clerk,

James M. VanZile  
Ballot Clerk,

Nabelekinger  
Ballot Clerk,

Jova Shawano  
Ballot Judge,



In 2008, FCPC went to a **4 day** work week for most of its staff.

In 2016 commuting ONE less day per week cut out approximately **83,912.4** commuting miles per year

That's enough to drive from Washington, D.C., to San Francisco, Calif., and back almost **150 TIMES**

The 4-day work week prevented commuter vehicle emissions equal to burning **34,070** gallons of oil

If employees commuted a 5th day each week, you would have to plant **9,048** tree seedlings to take that carbon out of the air

**34,070** gallons of oil

**9,048** tree seedlings to take that carbon out of the air

= 1,000 gallons

= 1,000 seedlings

Source: EPA Greenhouse Gas Equivalencies Calculator

## Forest County Needs Child Care Providers!

We are offering a

# CHILD CARE CERTIFICATION CLASS

with FREE Registration!

**September:**  
19, 20, 21, 26, 27 and 28, 2017

8 a.m. – 4:30 p.m.

**Forest County Potawatomi Cultural Center, Library & Museum** Lower Conference Room  
8130 Mish ko swen Dr., Crandon, WI 54520

Must attend all days. Materials, text and lunch included. Pre-register required by 9/24/17. To register, please call Billie @ (715) 478-7358 or Una @ (715) 478-4964.

Technical assistance may be available from the Forest County, Forest County Potawatomi, Sokaogan Child Care Agencies and Northwest Connections.



**BENEFITS OF BECOMING A CHILD CARE PROVIDER ARE:**

- Work from home
- Tax deductions available for a portion of your home
- Flow of income
- Food program available to help with cost
- Joy of caring for children
- Payment reimbursement/MyWICildCare (if eligible)

# A Story of Hope

by Val Niehaus

There are people in this world who go through hard times either physically and/or emotionally. They can choose to either stay in the resulting funk or choose to pick themselves up and say, "I'm not going to allow myself to feel this way any longer." Robin Spencer is one of those who has chosen to pick herself up out of that funk and say, "I will no longer continue to feel like this for my own sake and, most importantly, for my children and husband." She was very willing to open up to *PTT* and talk about her life before becoming a new business owner here in the area and perhaps her story will help others see that not everyone's life is all bunnies and rainbows. Things happen, life happens, and stuff is thrown at you that you would never even suspect, and you have to choose how to deal with it. This is her story.

Spencer was a stay-at-home mom for the majority of her life, taking care of her daughter, Helena, her husband, and handling the daily household chores and responsibilities. In 2011, she fell into a deep depression after losing her baby girl, Annabelle. This is a heartbreaking scenario for any parent to even imagine, much less experience. The road after this heartbreak tested Spencer in many ways as she fell deeper into her depression. She told *PTT*, "Things even got worse after my son, Rowdy, was born a few years ago. I became extremely depressed and secluded—even more so than before. I know that I was showing extreme signs of

postpartum depression and on top of my daughter's death, things just became really scary for me. I was at a point of seeing no way out." Spencer then realized that she could not keep living this way. She said, "I was never leaving my house. My son would be home with me all day, kept in the house and not going out adventuring and seeing things or experiencing life as a child should. I was basically smothering him. I knew I couldn't keep doing this to him, and for my older daughter to see this was not healthy either. You need to show your children what is out in this world and what they can do and accomplish."

Spencer then told *PTT* that with help from

her husband and daughter, who she says were her biggest cheerleaders, she started working her way out of the house she had felt barricaded in. She started working with Emy, Owner of Emy's Salon and Gifts & Flowers from the Heart, in Wabeno, Wis. She recalled, "I started working on flower arrangements here and just helping Emy out where needed. We then had people starting to come in and ask if manicures/pedicures were done here. Then Emy jokingly said, "Maybe you should start doing nails, Robin." Of course, after that, this thought played over in my mind and then it finally clicked and I said, "I should!"

Spencer decided to enroll in Nail Technology at the State College of Beauty in September of 2016. And with hard work, determination, battling Wisconsin winters and driving every single day back and forth, she ended up with her degree

Jan. 3, 2017. The day after receiving her degree she immediately went to Appleton to purchase ALL the supplies she needed to start her trade. She said, "I knew that if I didn't jump on this right now, I would have gotten pulled back into my depression, and that is something I did not want to go back to. I decided I either dive in head first, or not at all." This opened a new door for her and her business, Northern Nails, which is now housed in the same building as Emy's Salon.

Spencer rents a space from Emy and does anything and everything associated with manicures/pedicures. Spencer did not stop her education after getting her nail technology degree. She persisted in finding out what else she could do with this. As Spencer says, "This degree has taught me the basics of nail technology. Number one is sanitation and, in addition, I learned the common practices of being in this profession. Not only did I learn what I needed to know to open my own business, I did my own research into learning more and stumbled across the North American School of Podology."

Here, Spencer learned how to take care of and maintain people's feet when they have medical conditions such as diabetes. As Spencer said, "It really is crucial to take care of your feet, especially if you have a health condition. I ended up getting my certificate in advanced foot care from this school, and I am one of only two in the state of Wisconsin who is certified in this field. I love continuing my education in all aspects of this area and, of course, I am addicted to learning."

Not only has Spencer been climbing the ladder in this specialty, but with her perseverance and dedication she has been a great role model for her daughter, Helena, who is going to cosmetology school. She says, "You know, I didn't just want to teach her that things are just handed to you in life. I wanted to show her that YOU have to get out there and do things yourself. If you want to do something in life, get motivated and start searching. I am very proud of her taking this step in her life and pursuing something instead of just waking up and staying inside the house all day like I once did. I know that not only did I pull myself out of this depression for me, but I did it for my children as well. I did it to help show

them that there is so much in life you can pursue - you just have to do it for YOU!"

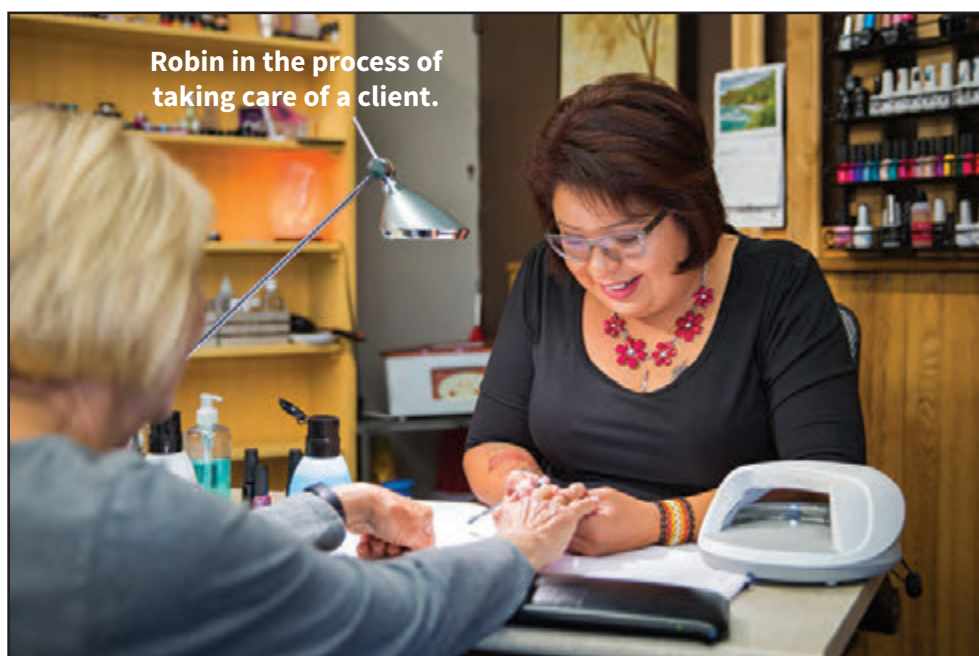
Spencer's story is one of heartbreak at times, but it also goes to show that someone can be at his/her absolute lowest in life and still pull him/herself up, and realize that you are only given one life so do the best you can with it. Don't expect things to be handed to you. Expect that you have to

work towards what you really want and know that others may be looking to you as an example so always show your best abilities.

If you would like to contact Spencer at Northern Nails for a manicure/pedicure, she is available on weekdays by appointment only at (715) 889-3583.

*PTT* thanks Spencer for taking the time to share her story, and we wish her the best!

Northern Nails	
Basic Manicure 15	Basic Pedicure 25
Classic Manicure 20	Classic Pedicure 35
Spa Manicure 28	Spa Pedicure 45
Shellac/gel Manicure 34	
Full Set Hard Gel 55	Men's
Hard Gel Overlay 42	Manicure 15
Hard Gel Fill 38	Spa Manicure 22
Gel Polish Add On 12	Basic Pedicure 25
Acrylic Removal 36	Pedicure 30
Repair 6-8	Spa Pedicure 40
Paraffin add on 8	Sugaring
Nail Art TBD	Arms (wrist to elbow) 25
Polish (not gel) Change 15	Legs (knee to ankle) 37
Teen Manicure 20	Foot (including toes) 12
12 and Under 15	Fingers and Toes 1 per



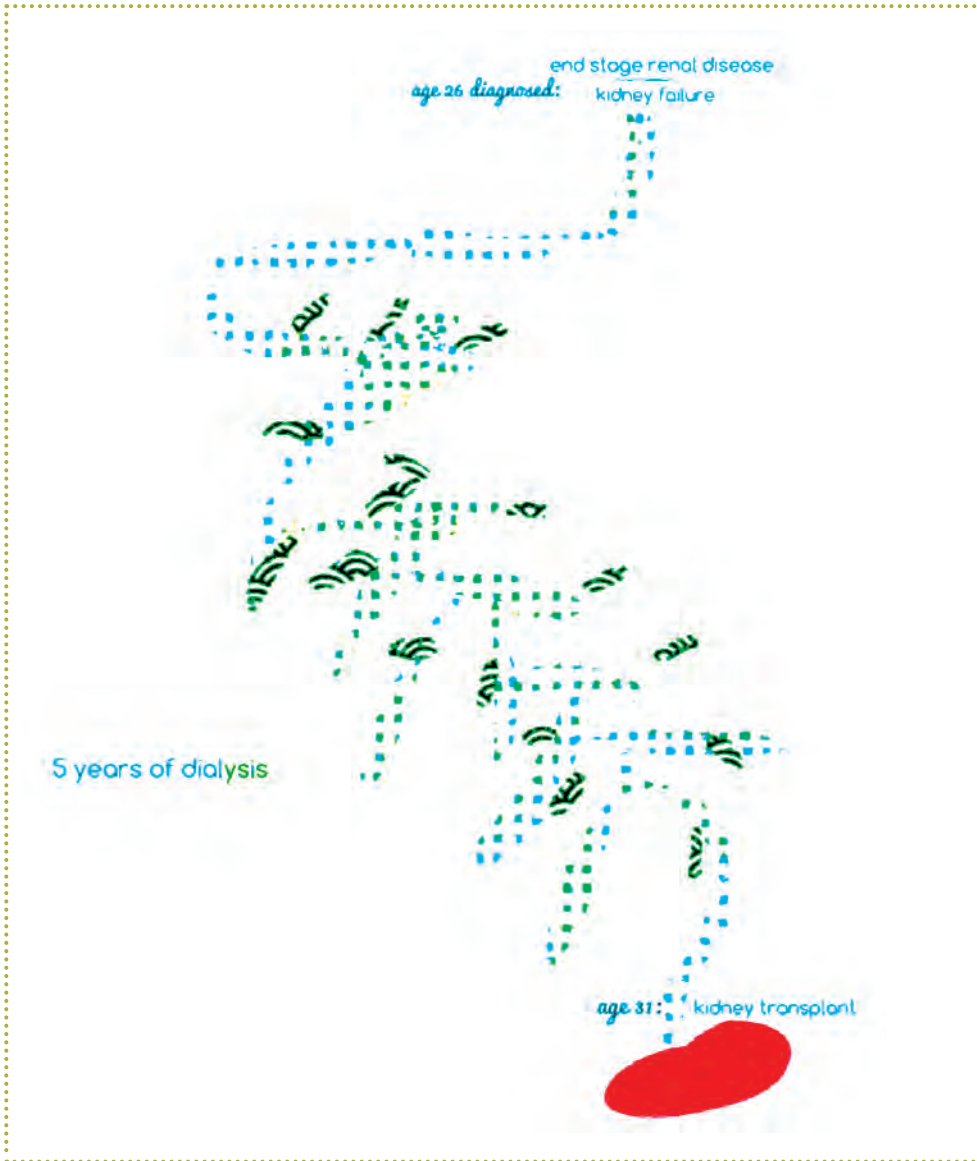
Robin in the process of taking care of a client.



Robin's pedicure station - comfortable and private

# Part Two: A New Kidney

by Veronica Mann-Ergeson



In the August 1 issue there was an elaborate telling of Victoria Daniels' experience going through dialysis. She wanted to tell her story for anyone else struggling or going through a similar process. This is a clip of her story when the time came for an actual kidney transplant. The visuals represent a little timeline of her journey up to that point.

It should be noted as a correc-



tion that her daughter's name is Nem Ki Kwe, and she was about 4/5 years old when Victoria began her dialysis journey, not Victoria, as there was a typo in the previous article :).

*Victoria had been in dialysis for five years. She'd weathered the ups and downs and transitions of the entire gruesome process. She had lists and plans for her future. She just needed one more thing: a new kidney.*

**Victoria:** There are currently 121,678 people waiting for life-saving organ transplants in the United States. Of these (and as of 1/11/16), 100,791 await kidney transplants. And there's not one kidney that matches all, so the system is very strict with how and when they give kidneys as they become available. The day I received the call for my kidney, I was in the kitchen washing the dishes. I was feeling pretty emotional because it was the one-year anniversary of my cousin's passing, a cousin who I was very close to. I try not to let my daughter see me upset so I took a moment to be by myself in my room, and I could feel it right then... things were going to be okay. Forty-five minutes after that, my phone rang - a kidney was available.

The entire process after that is

a little bit of a blur because things have to move really fast for the transplant. My sister and I were in the car driving to Madison where the procedure was happening, and the car in front of us has a bumper sticker that said, "Welcome to the good life." We were freaking out and laughing and crying joyous tears.

When I got there it turned out the kidney wasn't a 100 percent match, so I had to choose if I wanted to take that one or wait for a perfect match... I'm so happy my mom was there. She looked at me and said, "You're taking it." That's the first time I ever *really* listened to my mom, and it was the best decision.

When I was all prepped for the surgeries, the doctors expected me to be nervous but I wasn't scared at all. I was like, I have been through eight surgeries already. PUT IT IN - I'm ready to take over the world!

Obviously, things went well with the transplant.

Stay Tuned for Part Three: Post Op Life

*A Land I Call Home and Its In...Habits...*  
**Ants**

I SAW A TINY ISLAND  
THE BIGGEST IN ALL THE WORLD  
ITS OZONE LINED  
IN GOLD BUT ITS SECRETS NEVER  
TOLD  
YET IT REMAINED SOLD  
TO THE MANY TROLLS

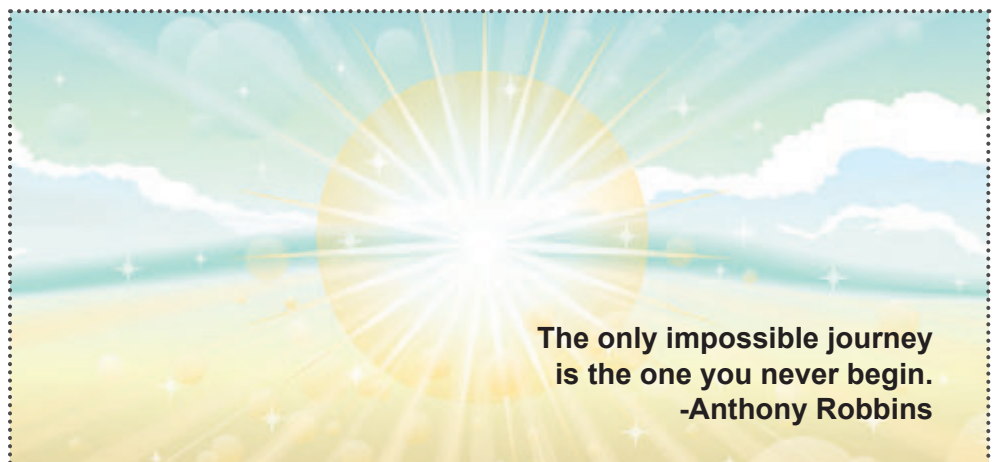
SUCH  
DELICATE HUNGRY BABIES  
FAMISHED FOR LOVE & NUTRIENTS  
RACING AROUND TOWN  
IN..... CONVENIENCE  
LABYRINTHINE.  
NEGATING  
SURVIVAL SKILLS, GORGEOUS  
COMMUNAL  
ENDOWMENTS

DOES THE FRUIT OF THE  
GENERATIONS OF  
LUST  
OUTNUMBER  
US.

IN SOCIETY  
BUT NOT OF SOCIETY  
ACT ACCORDINGLY

SWING LOW  
SWEET VINES OF THE GOLD OZONE

Artwork by: Mia Aohki @miaohki  
Poetry by: Veronica Mann-Pemma



The only impossible journey is the one you never begin.  
-Anthony Robbins

# Photos from a Busy Summer: NAIG 2017

photos by Jeffrey Keeble & Val Niehaus



# Busy Summer: Potawatomi Gathering 2017 photos by Val Niehaus





# National Preparedness Month

submitted by Bobbie Irocky, FCP Emergency Management

September is National Preparedness Month (NPM) and focuses on planning with an overarching theme, "Disasters Don't Plan Ahead. You Can."

We should all take action to prepare. We are all able to help our family, friends, and neighbors in our community by preparing ahead, training how to respond during an emergency, and knowing what to do when disaster strikes — where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, business, school, and place of worship.

- Each week has an individual focus:
- Week 1 is *Make a Plan for Yourself, Family, and Friends.*
  - Week 2 is *Plan to Help Your Neighbor and Community.*
  - Week 3 is *Practice and Build Out Your Plans.*
  - Week 4 is *Get Involved! Be a Part of Something Larger.*

Want to be a part of it all? Use the hashtags #NatlPrep and #PlanAhead on social media next month to show off what you do to recognize the month! Get ideas for how you could get involved at [ready.gov/september](http://ready.gov/september).

# FCP Community Treated to one Slam Dunk of a Show

submitted by Sarah Thomaschfsky, FCP Education



On Saturday, Aug. 12, the Rim Rockers and Bucks dancers from the Milwaukee Bucks organization visited Stone Lake. Before the main show, the Rim Rockers played basketball with the kids. They then put out their trampolines and put on an amazing and fun show. The crowd really got into the dunks and had a great time. After the show, the Rim Rockers and dancers gave away shirts and basketballs to the crowd. They said they had a great time and are looking forward to coming back!

## Swine, Dine & Dash

Saturday, Sept. 30, 2017

FCPC Farm (old Red Deer Ranch)

County H, Blackwell

**9:30 a.m. —**  
Fun Run Registration Opens

**10:30 a.m. —** Fun Run Begins

**10 a.m. — 2 p.m.**  
Activities:

- Farm Tours
- Hay Rides
- Pumpkin Patch
- Sack Races
- Face Painting
- Animal Encounters
- And More!

**12 p.m. — Prayer & Feast**

- Pig Roast
- Burgers & Brats
- Grilled Veggies

### Vote

During the Event  
TO HELP DECIDE THE  
FARM'S NEW NAME

Open to FCP Tribal Members  
and Their Families

ALL MEAT PROVIDED BY THE FARM

Catering provided by Dewing Catering



FOREST COUNTY  
POTAWATOMI  
NATURAL  
RESOURCES



FOREST COUNTY  
POTAWATOMI  
HEALTH &  
WELLNESS CENTER  
COMMUNITY HEALTH  
[cmh.FCPotawatomi.com](http://cmh.FCPotawatomi.com)





HUNTING  
MOON  
POW WOV  
2017

The Hunting Moon Powwow committee is looking for food vendors for the October 20-22, 2017 event. For more information, visit [www.huntingmoon-powwow.com/contact](http://www.huntingmoon-powwow.com/contact) or call (414) 847-7320.

## Honoring Health, Healing, and Tradition

**National Recovery Month**, celebrated in the month of September, and now in its 28th year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors service providers who make recovery possible through prevention and treatment.

Recovery Month promotes the message that recovery in all its forms is possible and also encourages everyone to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

If you have any further questions please call the FCP AODA Department at (715) 478-4370.

Open to the Public



SERVICES OFFERED

<p><b>AODA</b> (715) 478-4370</p> <p><b>Behavioral Health</b> (715) 478-4332</p> <p><b>Community Health</b> (715) 478-4355</p> <p><b>Dental</b> (715) 478-4313</p> <p><b>Imaging</b> (715) 478-4339</p> <p><b>Lab</b> (715) 478-4339</p>	<p><b>Medical</b> (715) 478-4339</p> <p><b>Optometry</b> (715) 478-4345</p> <p><b>Pediatrics</b> (715) 478-4339</p> <p><b>Pharmacy</b> (715) 478-4347</p> <p><b>Rehabilitation</b> (715) 478-4344</p> <p><b>Weekend Walk-In</b> (715) 478-4300</p>
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FOREST COUNTY  
POTAWATOMI  
HEALTH &  
WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI  
General: (715) 478-4300  
[www.FCPotawatomi.com](http://www.FCPotawatomi.com)

a participating member of



ASPIRUS  
NETWORK



# NOTICES

## CULTURE

### Language Classes

Offered every Tuesday & Wednesday, 10 a.m. - 12 p.m., for FCPC and members at the 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.

## HEALTH

### Wellbriety -

12-step meeting, Mondays at 6:30 p.m., FCP Museum lower level. Walking in a good way...a sober way. ALL ARE WELCOME! If you have any questions, call FCP AODA at (715) 478-4370 or Isaiah Phillips at (715) 889-4945.

### 7 Directions Men's Group -

Open to all Mondays, 1 p.m., at HWC AODA upper level. Tired of hurting the ones you love? Learn how to respect yourself. Join our group which include topics related to everyday life. Call (715) 478-4370 with questions.

### Principles of Recovery -

A guide to living well on the road to recovery. Tuesdays, 11 a.m. to noon at HWC AODA. Call (715) 478-4370 with questions.

### NA Meetings "The Good Life" -

Tuesdays, AODA Building, 5519 Wejmo gek Court, 7 p.m. For info or questions, contact Ira F. at (715) 889-0527.

### Kwe Kenomagewen -

Women's support, Wednesdays, 2 p.m. HWC AODA. Call (715) 478-4370 with questions.

### Hour of Power -

Big Book, NA Book or Wellbriety Book, Thursdays, 2 - 3 p.m. HWC AODA. Call (715) 478-4370 with questions.

### Do You Feel Like No One Understands You?

You're not alone! Let your voice be heard! Let someone share your pain! If you are thinking of committing suicide or know someone who is, please get help! Crisis Line: (888) 299-1188 (Serving Forest, Vilas & Oneida counties: 24 hours a day/7 days a week); Kids in Need: (800) 622-9120; The Get-2-Gether Peer Support Drop-In Center: (715) 369-3871; Run-Away Hotline: (800) 621-4000; (800) 273-TALK; TTY: (800) 799-4TTY or visit [suicidehotlines.com](http://suicidehotlines.com).

## 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 Cleerman, R.N., at (715) 478-4889.

### SPARKS Weight Mgmt. Program -

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

## PROGRAMS

### Diabetes Education Program -

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

## 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:

- 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.

## September 2017 Calendar of Events

### Community Health

- 9/5 - Infant Nutrition (HWC) 8 a.m. - 4 p.m.
- 9/7 - Infant Nutrition/WIC (Carter We-Care Facility) 1 - 4 p.m.
- 9/12 - WIC (HWC) 8 a.m. - 4 p.m.
- 9/11 - Food for Life Cooking Class (FCP Museum lower level) 3:30 - 5 p.m.
- 9/12 - The Healing Journey Walk (Devil's Lake) 1 - 3 p.m.
- 9/16 - Fall Hike (Ice Age Trail/Rib Mountain) Call (715) 478-4355 for info.
- 9/20 - Diabetes Luncheon (HWC) noon - 1:30 p.m.
- 9/21 - Free Hepatitis C Testing (HWC-CH Exam Room) noon - 4 p.m.
- 9/25 - Food For Life Cooking Class (FCP Museum, lower level) 3:30 - 5 p.m.
- 9/28 - Fruit & Veggie Taste Test Day (HWC Lobby) 1 p.m. - 3 p.m.

### Family Resource Center

- Healthy Relationships: Mondays (4, 11, 18, 25), 10 a.m. - 12 p.m.
  - Play Shoppe: Tuesdays (5, 12, 19, 26), 11 a.m. - 12 p.m.
  - FRC Girls 10-17: Wednesdays (6, 13, 20, 27), 3:30 - 5 p.m.
  - Circle of Sisters: Thursday, (7, 14, 21, 28), 1 - 3 p.m.
  - Community Women's Talking Circle: TBA
  - PIP: Thursdays (7, 14, 21, 28), 10 a.m. - noon.
- Open registration for Nurturing Fathers parenting class: 13-week curriculum; two-hour, 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 (4, 11, 18, 25), 3:30 - 5 p.m.
  - Youth 13 - 17: Tuesdays (5, 12, 19, 26), 3:30 - 5 p.m.
  - Youth 7 - 9: Wednesdays (6, 13, 20, 27), 3:30 - 5 p.m.
- Youth picked up from Crandon School at 3 p.m., and delivered home between 5 and 6 p.m. Call (715) 478-4839 for more info.

### Recreation Department

- Open Gym: Rec Center, Monday - Friday, 7 a.m. - 6 p.m.
- Carter We Care: Monday - Friday, 7 a.m. - 6 p.m.
- Language classes offered at Carter We Care, Monday - Thursday, 9 a.m. - noon.



## The Mighty Migrants!

*Fall is coming!* Soon everywhere we look nature will be preparing for winter. Have you ever wondered where monarch butterflies go during winter? These winged creatures, weighing half as much as a dollar bill, don't wait it out under the snow like many of our other insects. Instead, monarchs fly up to 3,000 miles to their wintering destination. Where is that, you ask? Come to this event and find out!

Come dressed for the weather and to walk over uneven ground. We will be catching and releasing monarchs as we learn more about their habits, needs, and life cycle.

For more information contact:  
Natural Resources at (715) 478-7222



Wednesday, Sept. 6

@ 6 p.m.  
Huettl Fields near Trump Lake (from the intersection of Trump Lake Rd. and Rummel Rd., follow the signs east on Rummel Rd. to the parking area)

Open to the Forest County Potawatomi Community

September 2017						
FCP TRANSIT BUS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 PRIVATE CASINO EVENT
3 PRIVATE CASINO EVENT	4 NO ROUTE - CLOSED HOLIDAY	5 FIXED ROUTE	6 FIXED ROUTE	7 FIXED ROUTE	8	9
10 FIXED ROUTE	11 FIXED ROUTE	12 FIXED ROUTE	13 FIXED ROUTE	14	15 CARTER CASINO TRIP	16 FALL HIKE EVENT
17 FIXED ROUTE	18 FIXED ROUTE	19 FIXED ROUTE	20	21 RHINELANDER SHOPPING TRIP	22 CARTER CASINO TRIP	23
24 FIXED ROUTE	25 FIXED ROUTE	26 FIXED ROUTE	27	28 MOLE LAKE CASINO TRIP	29 FCP FARM EVENT	30

\*TRANSIT BUS PROGRAM - INTERESTED IN RIDING TO ANY OF THE SCHEDULED SPECIAL EVENTS THURSDAY, FRIDAY OR WEEKENDS? CALL DISPATCH @ 715-478-4779 FOR PICK UP TIMES AND TO SIGN UP. SIGN UP DEADLINE IS WEDNESDAY OF THAT WEEK BY 4:00PM

**Message From FCP Veterans Post 1**

We consider it an honor and a privilege to be of service to the Potawatomi community. Membership in FCP Veterans Post 1 is open to all veterans and spouses of Potawatomi tribal members. Meetings take place on the first Monday of each month at 5 p.m. at the old tribal hall at 8000 Potawatomi Trail in Crandon. Please join us!

Ice Mountain Water  
1 Liter Bottles  
2 For \$3 Exp. 07/01/17

**POTAWATOMI  
CARTER/  
STONE LAKE  
C-STORE**

Hwy. 32, Carter  
*(across from casino/hotel)*  
**(715) 473-5100**  
Open 24 Hours/  
7 Days a Week

PTT090117

**BUG  
juice  
Drink**

Two for  
\$2.00

Exp. 09/15/17

**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: 5 a.m. to midnight

PTT090117

**FOR SALE \$170,000**

Chief Wabeka Dr. | Blackwell  
**715-889-3813**

3 + 1 Bdrm | 2 Bath | Fireplace  
Carpet Throughout | 10'x12' Rear Deck  
12'x16' Covered Front Porch | Full Basement  
Mudroom W/D Hook-Ups | Central Air  
Water Softener | Propane Heat/Hot Water

# SEPTEMBER 2017

SUNDAY **CELEBRATING 25 YEARS OF MEMORIES**

MONDAY **LIVE 2 LEAD** | OCTOBER 6, 2017

TUESDAY

WEDNESDAY **LIVIN' IT UP AT 50**

THURSDAY **— THURSDAYS —**  
Guests over 50 years of age will receive a free entry into the drawing. One winner will be drawn every hour from 11 am to 7 pm for \$100 cash. For every 250 points earned, receive ten entries into the drawings. Limit of free win per person, per day.

FRIDAY

SATURDAY

POTAWATOMI CARTER CASINO HOTEL

3 <small>\$5 Packs Breakfast Buffet 7 am - 11 am</small>	4	5	6 <b>GRABBIN' THE CASH</b> ENTRY MULTIPLIER <small>\$5 Packs</small>	7 <b>LIVIN' IT 50 UP AT</b> <small>\$5 Packs</small>	8 <b>POP &amp; PLAY</b> Ric Stream 3:30 pm - 7:30 pm <small>\$5 Packs</small>	9 <i>Sweet Surprise SATURDAY</i> Paper Only Breakfast Buffet 7 am - 11 am
10 <b>GREEN &amp; GOLD GAME DAY SPECIALS</b> <small>\$5 Packs Breakfast Buffet 7 am - 11 am</small>	11 <b>POP &amp; PLAY</b> Lovin' Country 10:30 am - 2:30 pm	12	13 <b>GRABBIN' THE CASH</b> ENTRY MULTIPLIER <small>\$5 Packs</small>	14 <b>LIVIN' IT 50 UP AT</b> <small>\$5 Packs</small>	15 <b>GRABBIN' THE CASH</b> ENTRY MULTIPLIER Finally \$500 Friday	16 <b>GRABBIN' THE CASH</b> DJ Dunn 8:30 pm - 12:30 am Bingo Bash Breakfast Buffet 7 am - 11 am
17 <b>GREEN &amp; GOLD GAME DAY SPECIALS</b> <small>\$5 Packs Breakfast Buffet 7 am - 11 am</small>	18	19	20 <small>\$5 Packs</small>	21 <b>LIVIN' IT 50 UP AT</b> <small>\$5 Packs</small>	22 <b>FLASHBACK FRIDAY</b> <small>\$5 Packs</small>	23 <small>\$5 Packs Breakfast Buffet 7 am - 11 am</small>
24 <b>GREEN &amp; GOLD GAME DAY SPECIALS</b> <small>\$5 Packs Breakfast Buffet 7 am - 11 am</small>	25 <b>POP &amp; PLAY</b> The Great Big 10:30 am - 2:30 pm	26	27 <small>\$5 Packs</small>	28 <b>LIVIN' IT 50 UP AT</b> <small>\$5 Packs</small>	29 The Pony Men 3:30 pm - 7:30 pm DJ Doc Gary (Bingo Hall) 10 pm - Midnight Black Light Bingo (Nerd Theme) <small>\$5 Packs</small>	30 \$500 Cash Drawing // \$5 Packs Breakfast Buffet 7 am - 11 am

■ BINGO PROMOTIONS
 ■ CASINO PROMOTIONS
 ■ LIVE ENTERTAINMENT
 ■ THE FLAMES™ RESTAURANT
 ■ THE SPRINGS™ RESTAURANT

25 Years of Making Memories

Casino Events

Sweet Surprise

SEPTEMBER 9<sup>TH</sup> SATURDAY

PICK UP YOUR FREE GIFT AT THE CARTER CLUB BOOTH STARTING AT 7 AM.

Limited quantities, while supplies last.

GRABBIN' THE CASH

WIN YOUR SHARE OF \$50,000

SATURDAY, SEPTEMBER 16<sup>TH</sup>

FLASHBACK FRIDAY

FROM FALL 2007 — COLORAMA CASH —

FRIDAY, SEPTEMBER 22, 2017

WIN UP TO \$1,000!

GREEN & GOLD GAME DAY SPECIALS

- FOOD -	PEPPERONI PIZZA - \$8.00	SAUSAGE PIZZA - \$8.00	WINGS (MIN. OF 6) - 75¢ EACH
	BRAT WITH KRAUT - \$2.00		FRENCH FRIES - \$1.00 (WITH WINGS OR BRAT)
- DRINKS -	BUCKET OF BEER (5) - \$7.50	MILLER LITE® - \$3.00	BUD LIGHT® - \$3.00
			SINGLE RAIL BLOODY MARY - \$3.00

CATCH ALL THE ACTION ON OUR 165" BIG SCREEN!

THE FLAMES™

SPORTS BAR & GRILL

DINE IN ONLY DURING REGULAR SEASON GREEN BAY FOOTBALL GAMES

THE SPRINGS™

RESTAURANT & LOUNGE

Bingo Events

FIVE DOLLAR PACKS

BINGO'S REGULAR SESSION

Regular games Pay \$125  
Progressives Pay \$125  
Specials Pay \$150.

BINGO'S FINALLY \$500 FRIDAYS

SEPTEMBER 1<sup>ST</sup> —&— SEPTEMBER 15<sup>TH</sup>

BINGO BASH

Saturday, September 16<sup>th</sup>

Admission Packs: \$20  
Extra Packs: \$10  
Machine Packages Available

BLACK LIGHT BINGO

FRIDAY, SEPTEMBER 29<sup>TH</sup> | NERD THEME

BINGO'S CASH DRAWING

SATURDAY, SEPTEMBER 30<sup>TH</sup>

Monthly cash drawing. receive one entry with every admission pack purchased.

SCAN THIS QR CODE TO VISIT OUR WEBSITE

POTAWATOMI CARTER CASINO HOTEL

Management reserves the right to cancel or alter any event or promotion at any time.

1.800.487.9522 | WWW.CARTERCASINO.COM

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