

POTAWATOMI TRAVELING TIMES

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These Canoes Carry Culture



by Val Niehaus

"These Canoes Carry Culture" workshop started back on Jan. 25, 2019, and has been continuing since on specific weekends that are allotted for it.

This is a 25-day birch bark canoe-(wiigwaasi jiimaan) making workshop that is led by well-respected birch bark canoe maker Wayne "Mino-Giizhig" Valliere, a member and community leader of the Lac du Flambeau Ojibwe tribe. Valliere not only shares and teaches his skills in building these canoes, but he also touches on all cultural aspects of Anishnaabe life, stories and teachings from elders and people he has meet in this journey. In addition to being a master in canoe building, he is also skilled in basket making, drum making, making hunting/ fishing tools, lodges, cradleboards, snow snakes, beading, pipe making, toboggans and anything else you can possibly think

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of that come from Anishnaabe culture. He is an extremely knowledgeable man as is evident when he speaks his Native language, and he is more than willing to help those who wish to learn more about who they are and where they come from.

Feb. 15, 2019, was a particularly special day for Valliere. He had the opportunity to share a few oral history stories and a bit about the process of making a canoe to the Gte Ga Nēs preschool children along with a handful of teens from Wabeno School.

Valliere told them the story of how the canoe came to be and explained that all the pieces for the canoe come straight out of the woods located here in our back yard. There are four things needed for canoe making: Wiigwas (birch bark), giizhik (white cedar), waatabiig (spruce roots) and bigiw (pine pitch). He spoke of the wiigwas (birch bark) and shared how Native people in this area use it for so many things - both historically and today - such as canoes, wigwams and baskets. He also explained how it can be used for light/fire.

Valliere also told them stories of spearing on the ice and fishing from that hole with a decoy fish made from giizhik. He brought a fish decoy to show the young



people; he also brought a hunting tool that was used a long, long time ago called an apaginaatig "atlatl or spear thrower". The oldest known atlatl in North America is approximately 8,000 years old, which gives you an idea just how long ago this hunting tool and technique has been around. As he proceeded, he said, "I brought along another hunting tool that was used about 3,000 years ago, and this is a bow and arrow. Using this, you can shoot the animal closer to you and be more consistent. So we could shoot squirrels, rabbits, turkey and grouse."

Valliere moved on to talk about the greatest gift ever given to the Anishnaabe people and that was ishkode (fire). He explained how ishkode helps us cook our food and keep us warm. He then told the story of how fire came to the Anishnaabe people and how it was a spirit to them and how to respect and honor it. He even showed the children how to make fire without a match or a lighter. He brought along with him a fire-making kit, which consisted of a board, stick, and piece of string. These items are used to light an ember which then can be used to start a fire

To finish the day, Valliere took the children outside to show them how to



use the atlatl and the snow snake in the parking lot. The older students were then able to go back outside and have a little competition with each other, throwing the snow snakes along the ground to see whose went the furthest.

The group then continued the day with each taking their part in helping build the canoe. As Valliere said, "Back when our ancestors built these canoes, each part of the family had their own handprint on them and that is what you are doing here today - placing your handprint in making this wiigwaasi jiimaan."

It was a fascinating and well-received program; the students at every level clearly were very engaged in Valliere's presentation. He shared that he was very surprised at how well the little children paid attention to him during this tiny class. He said, "That was amazing how well they sat and behaved. I have done this a lot with little ones and usually you have about 10 minutes before they start getting restless. These ones sat longer than that and paid attention...must have good teachers here." It was a nice comment to hear about the young people. It was even nicer to know that they were so interested in such a significant cultural topic.



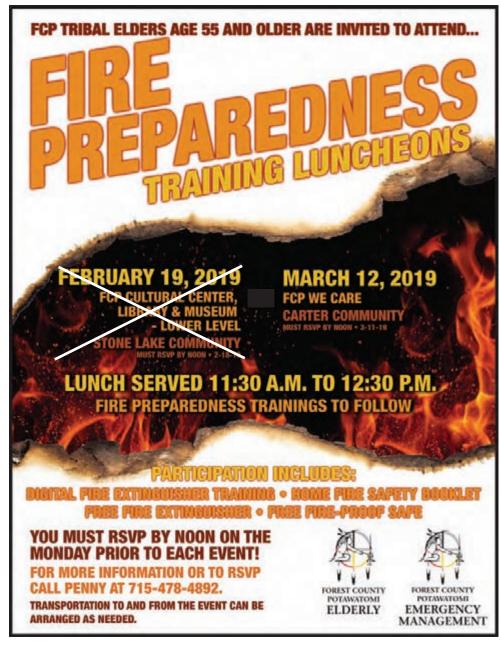
Valliere demonstrates how to throw the atlatl.



Symone Pemma tries out the snow snake.



Valliere talks to students about the "snow snake".





Deadline for the March 15, 2019 issue of the Traveling Times is Wednesday, March 5, 2019.

POTAWATOMI TRAVELING TIMES

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Elder Menus **MARCH 2019**

Monday, 3/4

Chicken Breast Sandwich w/Lettuce. Tomato & Cheese, Roasted Ranch Potatoes, Ice Cream, Fruit Cup

Tuesday, 3/5

Stuffed Green Pepper, Country Blend Vegetables, Cottage Cheese, Strawberries

Wednesday, 3/6 Pork & Kraut, Parsley Potatoes, Cream Corn, Spinach Salad, Banana

Thursday, 3/7 BLT Wrap, Pork & Beans, Cold Pasta Salad, Red Grapes

Friday, 3/8 Hamburger Vegetable Soup, Bread & Butter, Peaches

Monday, 3/11 Italian Chicken over Alfredo Noodles, Broccoli, Beets, Breadstick, Grape Juice

Tuesday, 3/12 Beef Stew, Biscuit, Cucumber & Tomato Salad, Tropical Fruit

Wednesday, 3/13 Lasagna, Spring Mix Salad, Garlic Bread, Mixed Berries

Thursday, 3/14 Corned Beef & Cabbage, Baby Red Potatoes, Carrots, Rye Bread, Green Grapes

Friday, 3/15 Split Pea & Ham Soup, Dinner Roll, Nutri-grain® Bar Monday, 3/18

Baked Chicken, Broccoli, Cauliflower, Celery & Carrot Sticks, Orange

Tuesday, 3/19 Hot Beef Sandwich, Squash, Asparagus, Pears

Wednesday, 3/20 Baked Breaded Pork Chop, Roasted Potato Medley, Corn, Cranberry Sauce, Jello® w/Fruit

> Thursday, 3/21 Chef Salad, Apple Pie

Friday, 3/22 Chili, Fry Bread, Mandarin Fluff

Monday, 3/25 Tuna Salad on Croissant w/Lettuce, Tomato & Cheese, Pepper Strips w/ Dip, Cranberry Juice, Kiwi

Tuesday, 3/26 Swedish Meatballs over Rice, Carrots, Brussels Sprouts, Roll & Butter, Banana

Wednesday, 3/27 Brat on a Bun, Potato Salad, Calico Beans, Cherry-Pineapple Fluff

Thursday, 3/28 Taco Salad w/Lettuce, Tomato, Cheese & Onions, Orange

> Friday, 3/29 Turkey Noodle Soup, Crackers, Apple

> > *Menus subject to change.

FCP CARING PLACE **March 2019 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):**

3/5: Casino Day • 3/9: Bucks Game • 3/12: Shopping 3/26: Birthday Bingo at 12:30 p.m. • 3/28: Bucks Game 3/29: Rouman Cinema • 3/31: Bingo Carter Casino at 10 a.m.

Happy March Birthday to These Elders!

- 3-1 Karita Shegonee 3-4 Kevin Allis
- 3-4 Daniel Shepard
- Corlis Daniels
- John Gibbons
- Lola Haskins 3-7
- 3-8 Melody Holloway
- 3-12 Karen Blakslee 3-12 Leona Greetan (Van)
- 3-14 Suzanne Kozlowski
- 3-15 Earl Long

- 3-17 Margaret Konaha
 - 3-18 Gloria Deverney
 - 3-19 Ruth Vigue
 - 3-19 Al Milham
 - 3-20 Victoria Milligan
 - 3-21 Luane Samplaski
 - 3-22 Joshua Runningbear
 - 3-25 Walter Johnson Jr. 3-27 Cassie Cornell

 - 3-28 Marie A. Polar
 - 3-31 Martina Falke

Elders Rock Out in Milwaukee

submitted by FCP Elderly Department

A small contingent of FCP elders traveled to Potawatomi Hotel Casino in Milwaukee on Feb. 16, 2019, to see

Journey in concert. By all indications, this super cool group had a blast. Rock on, boomers, rock on!



(l-r) Richard and Norma Brzezinski, Julie Hanson, Susie Thornton, Peggy and Mike Konaha



(l-r) Dennis and Wendy Gennett, Paul and Suzanne Kowlowski, Shirley and Jayson Jackson



(l-r) Keary Blacyki , Bernice Russell, Lorna Shawano, Michelle Shawano, Eugene Shawano Jr., Angela Moe



(l-r) David and Melody Holloway, Marcie Cornell, Dianna Baldera



(l-r) Rachelle Mexico, Mary Shepard



Arlen Wamego Sr.

Arlen Wamego Sr., 65, of Laona, Wis., passed away Feb. 12, 2019, at Aspirus Wausau Hospital, Wausau, Wis. Arlen was born Nov. 3, 1953, in Pawnee, Okla., the son of Floyd Wamego and Mildred Whitefish-Engels. He was united in marriage to Edna Kortbein on Oct. 11, 1997, at Sunny Side Church in Carter, Wis.

Surviving Arlen is his wife of 21 years: Edna; step-father: Peter Engels Sr.; sisters: Susan Wakeman,

Waupan, Wis.; Pamela (Lawrence) Daniels, Wabeno, Wis.; Florence St. Clair, Wabeno, Wis.; Debra (Douglas) Danielson, Wabeno, Wis.; Sylvia (Harold) Moss, Mayetta, Kan.; Denise Huettl, Wabeno, Wis.; Tina (Tom) Leonard, Wabeno, Wis.; brothers: Dean (Eunice) Whitefish, Stone Lake (Crandon, Wis); David Engels, Wabeno, Wis.; Peter Engels, Wabeno, Wis.; step-sons: Charles (Kris) Larson, Wabeno, Wis.; Korey Larson (special friend Kara), Green Bay, Wis.; and many grandchildren, great-grandchildren, nieces and nephews.

Arlen was preceded in death by his parents, sons: Eric; Arlen Jr. and Arlen Benjamin Wamego; sister: Annette Whitefish; brother: Orville Whitefish.

Visitation and services were held Feb. 16 at Sunny Side Church in Carter with Pastor Don Dewing officiating.

Weber-Hill Funeral Home assisted the family with the arrangements.



Matthew G. Daniels, 44, of Crandon, Wis., passed away Feb. 22, 2019, at his home surrounded by his family. Matthew was born Jan. 10, 1975, in Rhinelander, Wis., the son of Ned Sr. and Josephine (Johnson) Daniels. He loved to fish.

Surviving Matthew are his sisters: Lola (Dennis) Haskins, Michelle Daniels; brothers: Robert Daniels Sr., Ned Jr. (Kim) Daniels, Joseph (April) Daniels, all of Crandon.



He is preceded in death by his parents, brothers: Herbert Daniels Sr. and Steven Daniels.

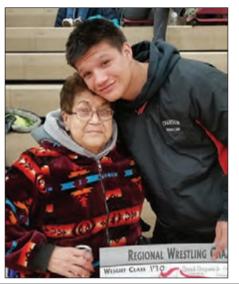
Visitation was held Feb. 24; committal service on Feb. 25, 2019, at the Potawatomi Cultural Center (Crandon) with spiritual leader Corwin Roth officiating. Burial followed at Potawatomi Tribal Cemetery.

Weber-Hill Funeral Home assisted the family with the arrangements.

FCP Tribal Member Breed Shepard Competes at Regional Wrestling Championships in Crandon on Feb. 9.

submitted photos









NEW ORDINANCE APPROVED

On Feb. 9, 2019, General Council approved the Family Law Ordinance. This ordinance **replaces** the Tribal Child Support Ordinance approved in 2000.

What does this ordinance do? The purpose of the ordinance is to protect the general health and wellness of tribal members and their families. It creates updated regulations for marriage, divorce, child custody, child support, and paternity for the tribal community.

Where can I find it? The new ordinance will be found soon on the FCP website under Government (www.fcpotawatomi.com/government/tribal-court/code-of-laws). You may also contact the Ordinance Department by phone at (715) 478-4820 or by email at shanna.ahlfs@fcpotawatomi-nsn.gov. Office hours are Monday - Thursday, 7 a.m. – 5 p.m.

Have there been any other ordinances approved recently? The most recent ordinances include:

- Realty Ordinance: 8/11/2018 (replaces 1938's Tribal Lands Ordinance)
- Animal Control: 5/12/2018

Please contact the Ordinance Department with any questions.

Message From FCP Veterans Post 1

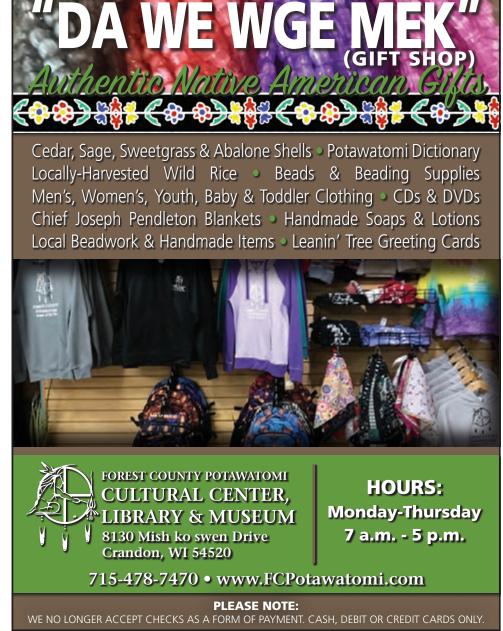
WE HAVE MOVED BACK TO THE OLD TRIBAL HALL!

Meetings take place on the first Monday of the month at 5 p.m. We consider it an honor and a privilege to be of service to the Potawatomi community. Membership in

FCP Veterans Post 1 is open to all veterans and spouses of

Potawatomi tribal members. Please join us!



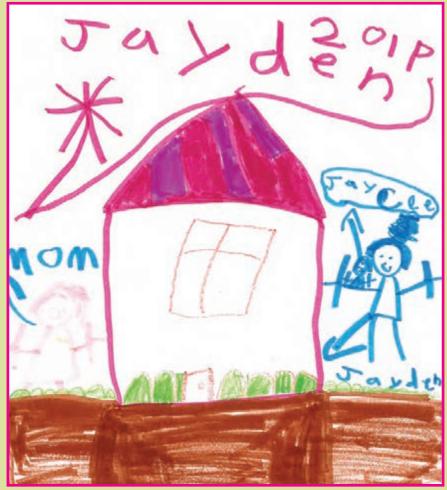


Student Expressions

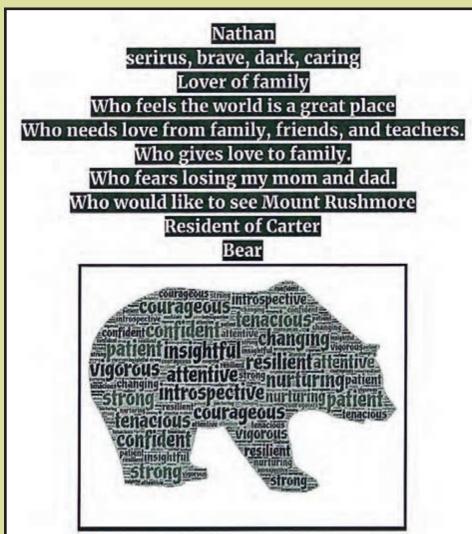
submitted by Rebecca Jennings, FCP Education

The FCP Education department recently requested submissions of student expressions for a special book. Although we did not have enough entries for a book, we do want to share the work of the students who took the time to sub-

mit their artwork. Thank you to Ryllan Samplaski, Jayden Tuckwab, Nathan Shepard Jr., and Freddy Shawano, and thank you to the parents for sharing their child's creativity.



by Jayden Tuckwab



The Drive by Freddy Shawano

Knowledge! It makes the dream for continuing knowledge eligible. Knowledge is infinite after all, and the dream for continuing adventure is ever most fun! It makes you more wanted, and you'll most likely know how to fix whatever problems someone is faced with! Knowledge makes you sort of the dictionary to EVERYONE'S problems to life.

Let's be honest life's full of problems, you could solve what hard happenings that are brought upon you or your loved ones! Everyone's in this life is trying to become infinitely happy, until their demise. You could show them to be more grateful for what they have! Life's never going to be happy, or fun forever! Things end, happenings end, people end, everything ends! That's what we all have to face in our lives! It's hard to face, but that's reality! Be the one to bring everyone's joy, until yours, and their final end!

You never know when something, or someone will end! In a second someone might just end, I might end tomorrow, or in two years. I don't know, no one knows unless they're going to end someone's life time short by killing! Which is not the way to solve anything, there's the bad in yin and yang whoever doesn't want to end someone they're the bad in Yin and Yang pro life, and there are many that are anti-life, those who are anti-life, end lives who don't have knowledge they thus only care about themselves! Like everyone is less than themselves! You know to sum it all up, it's REALLY HARD to withhold my knowledge, especially in climbing the ranks of my knowledge! Holding, and remembering all my knowledge is quite tricky! Because I've learned to remember something, I HAVE to either compare one of my favors with the said memory.

I go with those sayings well, anything pretty much! Sort of being a poster child, because another way I remember is repetition constantly studying like re-reading! At a constant rate over and over again, and once I can read the question itself and read off the question. I know I got it in the bag then! I before my ATV accident, could remember a certain day in detail in math class before the ending of this school years summer! Yeah, I was dumbfounded by that too! But it's whatever now!

In present day, I was pretty intelligent already, so this really didn't stop me, I've became to notice also things are gone, now I cannot fix em what's done is done! But I've also lost my grip in my grip in my right hand! I've lost my complete, an total control of right arm, well not my fingers barely! I can only use only my left hand to grip! Yeah doesn't that suck! Those disabilities all are more than likely PERMANENT injuries, and are mostly from my fractured left shoulder! Partial part of it is somehow control of my mind! So please do not "forget" to wear your helmet. If that isn't enough evidence for you to wear a helmet whenever on an ATV vehicle, THE STUPID LOOKING THINGS COULD, ACTUALLY SAVE YOU IN THE END! I'm over here striving for knowledge, from having a brain, and physical injuries, but I'm grateful for each and every second I'm here! Even though you know you'd end up living most likely better, still something else like this or worst might happen TO YOU! So learn from the mistakes of others, you could learn from ME! Learn from others downfalls, or other stupid mistakes!



by Ryllan Samplaski

by Nathan Shepard

National Nutrition Month® 2019

submitted by Community Health

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices

and developing sound eating and physical activity habits.

During National Nutrition Month®, help the Academy

achieve its vision of a world where all people thrive through the transformative power of food and nutrition utilizing these heath tips for 2019:

- Eat breakfast.
- Make half your plate fruits and vegetables.
 - Watch portion sizes.
 - Be active.
 - Get to know food labels.
 - Fix healthy snacks.
- Talk to a registered dietitian nutri-
 - Follow food safety guidelines.
 - Drink more water.
 - Get cooking.
 - Dine out without ditching goals.
 - Enact family mealtime.
 - Banish brown bag boredom.

- Reduce added sugars.
- Eat seafood twice a week.
- Explore new foods and flavors.
- Experiment with plant-based meals.
- Make an effort to reduce food waste.

• Slow down at mealtime. (source: www.eatright.org/food/resources/

national-nutrition-month/national-nutrition-month) Join us to help celebrate National Nutrition Month:

• Visit the

display in the lobby of the Health and Wellness Center during the month of March.

- Attend the National Nutrition Month® /American Diabetes Association® Alert Day® Event on Wednesday, March 27, from 4 - 5:30 p.m. Event is open to FCP tribal members and their
- Attend Elder Nutrition Birthday Bingo on Tuesday, March 26, beginning after lunch, approximately 12:30. Event open to FCP elder tribal members.
- At home or on the road, with your friends and family or on your own, try one or all of the previously-mentioned

Happy National Nutrition Month®

FCP Library Inspires Little Learners

submitted by FCP Cultural Center, Library & Museum

FCP Librarian Lois Frank and Museum Assistant Director Samantha Smith visited the little ones at Gte Ga Nes to introduce to them their new Full STEAM Ahead Program of Code-a-pillars. The FCP Library received the Native American Basic Services Grant from the Institute of Museum & Library Services to implement the FCPC Full STEAM Ahead Library Program.

These Code-a-pillars inspire little learners to be big thinkers, problem solvers, and to use critical thinking and creativity by encouraging preschoolers to arrange and rearrange the easy-to-connect segments in endless combinations, sending Code-a-pillar on his path. Codea-pillar is one of the new Think & Learn

toys from Fisher-Price that goes beyond ABCs and 123s to help children learn how to think independently and engage in hands-on learning.

Every time kids change and rearrange his segments, Code-a-pillar takes a different path - with cool sounds and lights wherever he goes! Includes one sound segment, three straights, two right turns and two left turns to send the learning fun in endless directions! Kids can even configure the segments to make Code-apillar reach targets they set up throughout the room.

The kids at Gte Ga Nes showed an exciting amount of enjoyment while getting hands-on with these cool and fun Code-a-pillars!



Beige Tahwa-Thompson, Lois Frank



(l-r) Genevieve Daniels, Ellie VanZile, **Lois Frank**



(l-r) Terri Harris, Lamilian LaRock, Nattalia Daniels, **Rosabella Shepard**



(l-r) Jamison Alloway, Beige Tahwa-Thompson, Lois Frank, Ellie VanZile, Rikki **Frank**





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Open to the Public





New FILM Workshops Coming!

Each Monday and Wednesday through most of March, the first workshop starts March 4, from 3:30 - 5:30 p.m., at the FILM Studio at the FCP Education Building located on Elm Street in Crandon.

Visit the FILM page on the FCP website (www.fcpotawatomi.com/government/film/) to fill out an interest form with contact info and request for transportation if needed.

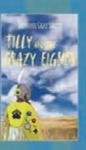






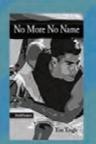
READING ACROSS AMERICA WEEK 2019











Stop in at the FCP Library to get your library card today!

A new title could be perfect to cozy up to during these snowy days!

Interested in something specific? For suggestions or questions, please contact the librarian.

Lois Frank, Assistant Librarian (715) 478-4841 FCP Cultural Center, Library & Museum Monday – Thursday 7 a.m. to 5 p.m.

Read Across America is an initiative on reading created by the National Education Association that began in 1997. One part of the project is National Read Across America Day, an observance in the United States held on the school day closest to March 2, the birthday of Dr. Seuss.



Fantastic February Fisherees!

submitted by FCP Natural Resources Department

Both the Bug and Devil's Lake Winter Fisherees took place in February this year.

Bug Lake was filled with trucks, snowmobiles and ATVs. We were finally given some nice weather after the below-zero temperatures. It was an awesome turnout! I've never seen so many people, and so many kids! The lake was already full when we arrived there at 9 a.m., and people were waiting to register their fish. The kids had little kitty cat races going on out there; everyone was walking around visiting and enjoying themselves. It was great to see everyone having fun fishing and enjoying the beautiful weather. Celeste Schuppler made some awesome chili, and Betty Jo Keeble fried up some amazing fry bread for all to enjoy for lunch. It was a great day, with great weather, and great people! (No photos available.)

The Bug Lake grand prize winner was Annabelle C.

BUG LAKE RESULTS

Adult

Northern

- 1 Annabelle C.
- 2 Annabelle C.
- 3 Ryon Alloway

<u>Perch</u>

- 1 Jason Spaude
- 2 Louie Spaude

<u>Bass</u>

- 1 Dawson VanZile Bluegill/Sunfish
- 1 Jason Spaude
- 2 Holly Daniels

Youth

<u>Northern</u>

Arthur K.

<u>Bass</u>

Jordy Shepard

Hunter VanZile

Hunter VanZile Bluegill/Sunfish

Jav Reed

At Devil's Lake on Saturday, Feb. 23, the morning's unexpectedly heavy snowfall got things off to a slow start. But people braved the weather and the fish started biting. Hunter VanZile shut out the youth category with his three crappies. Malakhi VanZile landed the day's grand prize fish, an 11-and-a-half-inch black crappie. The event ended up with a group of over 30 people who enjoyed the fishing, food and company. Migwetth to everyone for coming out!

DEVIL'S LAKE

Adult

Bluegill

- 1 Kevin Jacobson
- 2 John Alloway
- 3 Kevin Jacobson

Crappie

- 1 Malakhi VanZile
- 2 Jason Spaude
- 3 Ryon Alloway

Youth

<u>Crappie</u>

- 1 Hunter VanZile
- 2 Hunter VanZile
- 3 Hunter VanZile





(above left) Hunter VanZile was a big winner! (above right) Malakhi VanZile won the prize for biggest fish. (below) It was a pretty slushy day.







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Interior and Environment Funding Bill Signed into Law

submitted by Tom Udall Press Office

WASHINGTON, D.C. (Feb. 21, 2019) – U.S. Senator Tom Udall, lead Democrat on the Appropriations Subcommittee on Interior, Environment and Related Agencies, announced that the funding bill his subcommittee authored, the Fiscal Year 2019 Interior, Environment, and Related Agencies Appropriations bill, was signed into law as part of the government funding package which passed Congress last week. The bill provides critical funding for New Mexico's public lands, infrastructure, environmental protection and stewardship, and programs for Indian Country.

In committee, Udall successfully fought to keep the bill clean of any new anti-environmental provisions, and the bill represents the first Senate bill of its kind in years to exclude such poison pill policy riders. Udall's bill rejects the Trump administration's proposed cuts to the EPA, Bureau of Indian Affairs and Indian Health Service – which would have had devastating consequences for New Mexico and Indian Country. The bill also rejects cuts to important land management agencies in New Mexico, including the Forest Service, Bureau of Land Management, the National Park Service and the Fish and Wildlife Service. Udall fought to fund many priorities that are critical to New Mexico's economy and way of life: the bill provides \$435 million for the Land and Water Conservation Fund; a significant increase for wildfire suppression, which will bridge the gap before Udall's long-term wildfire fix takes effect next year; it fully funds the Payment in Lieu of Taxes (PILT) program important to New Mexico counties; and it includes strong resources for Indian Country health care and education, for arts and humanities programs, and for our public lands and national parks.

"The priorities funded in our subcommittee's bill will have far-reaching and lasting benefits for New Mexico's economy and our way of life," Udall said. "These investments will touch every community and corner of our state. In particular, I'm proud to have secured strong support for our public lands, our outdoor economy, rural infrastructure, clean air and water, and programs to benefit Indian Country. This bipartisan bill is a win for our state and for the entire country, with resources to conserve our public lands and cultural institutions, to safeguard our environment for future generations, and to fulfill our trust and treaty responsibilities to Native communities."

New Mexico highlights of the bill include:

Land and Water Conservation

Fund (LWCF) – The bill provides \$435 million for federal land acquisition and conservation grants provided through the LWCF. LWCF is deeply important to New Mexico, allowing for the protection of places like Valle de Oro, Brazos Cliffs and Rio Grande del Norte. LWCF is critical for improving recreational access to our federal lands, protecting iconic landscapes, delivering grants to states and local governments to create and protect urban parks and open spaces, and providing farmers and ranchers with easements to allow them to continue to steward their private lands in the face of development pressures. The president's budget proposed a negative total for LWCF, in the amount of -\$12.9 million, due to rescissions of \$46 million from previously appropriated funding.

Payment in Lieu of Taxes (PILT) – The bill fully funds payments to counties through the PILT program, which are estimated at a total of \$500 million.

Wildfire Suppression – Provides \$2.05 billion for fire suppression at the Forest Service and Department of the Interior, an amount which covers the 10-year rolling average of actual firefighting expenditures plus an additional \$500 million for the Forest Service in case suppression costs exceed the 10-year average, as they have in recent years.

Gold King Mine Spill – Udall secured \$4 million for the EPA to continue monitoring water quality in areas affected by the Gold King Mine Spill, and included language to ensure adequate long-term water quality monitoring program be put in place for the states and tribes affected following the Gold King Mine Spill.

Indian Health Service's Alcohol and Substance Abuse Program – \$245.6 million, including \$10 million for an opioid pilot. The Alcohol and Substance Abuse Program is part of an integrated behavioral health approach to collaboratively reduce the incidence of alcoholism and other drug dependencies in American Indian and Alaska Native communities. This includes \$2 million for grants and contracts with public or private detox centers that provide alcohol or drug treatment, including Na'Nizhoozhi Center in Gallup, New Mexico.

Resources to Fight Rising Drought

- The bill provides \$1 million for Water
Resources to assess transboundary aquifers, providing new information for state
and local officials to address pressing water resource challenges in the U.S.-Mexico border region.

Indian Arts and Crafts Act Enforcement – The bill provides \$2 million in additional funding for enforcement of federal laws prohibiting the trafficking of

counterfeit Native American art in New Mexico and across the country. Udall held an Oversight Field Hearing in Santa Fe on this topic in July 2017.

Forest Health – Udall secured \$3 million for forest health institutes, including at New Mexico Highlands University, to enhance the Forest Service's capacity to execute practical science-based forest restoration treatments that will reduce the risk of severe wildfires and improve the health of dry forest and woodland ecosystems in the West.

Abandoned Mine Reclamation Fund – The bill provides \$10 million for grant funding to federally-recognized tribes for reclamation of abandoned mine lands that support economic development. These new dollars can help address high priority coal cleanup projects, as identified by the Navajo Nation.

National Endowment for the Arts and National Endowment for the Humanities – The bill provides \$155 million each for the NEA and NEH to support arts and humanities programs, an increase of \$2 million per endowment. The increase was provided after the president once again proposed abolishing these programs, which support arts and cultural programs as well as thousands of jobs in New Mexico and across the country.

Chaco Canyon – The bill includes language to express Congress' support for the delay of the oil and gas lease around Chaco Historical Park until robust tribal consultation and historic preservation studies can be completed.

Acequias and Land Grants – The agreement includes report language requested by Udall and Heinrich that urges the Secretaries of the Interior and Agriculture Departments to recognize the traditional uses of land grant communities and acequia associations in New Mexico and other states in the American Southwest during the federal land use planning process.

National Landscape Conservation

System – \$39.8 million to effectively
manage national monuments and special
management areas, including Rio Grande
del Norte and Organ Mountains Desert
Peak. This is a \$3 million increase to the
enacted level, the first since fiscal year

Overall Highlights

Tribal Programs – The bill provides \$5.804 billion for the Indian Health Service, \$267 million more than fiscal year 2018 and \$380 million more than the President's budget request. The agreement provides \$4.103 billion for health care services, an increase of \$151 million above the fiscal year 2018 level. Within

that amount, the bill fully funds staffing needs for newly-constructed health care facilities and includes \$10 million in new funds for grants to tribes to address opioid and substance abuse prevention, treatment and recovery efforts. Contract support costs are fully-funded at an estimated level of \$822 million, an increase of \$104 million above fiscal year 2018. The agreement also funds health facilities construction and maintenance at \$878.8 million.

Environmental Protection Agency (EPA) – The bill provides \$8.849 billion for the EPA, \$25 million more than fiscal year 2018 and \$2.658 billion more than the President's budget request. The bill rejects the Administration's proposals to cut research by 45 percent, grants by 48 percent, and enforcement of environmental and public health laws by 25 percent. It also rejects the request to fund large scale buyouts of 3,500 agency scientists and health experts, which would have cut roughly 17 percent of the EPA's total workforce.

The bill maintains funding for the State Revolving Funds at the fiscal year 2018 level, including \$1.164 billion for Drinking Water and \$1.694 billion for Clean Water. The Water Infrastructure Financing Innovation Act (WIFIA) loan program is increased to support lending of \$7.3 billion, \$600 million more than fiscal year 2018. The bill provides \$25 million for lead contamination testing at schools and child care centers, \$25 million for lead reduction projects in rural areas, and \$15 million for water projects in communities working to improve compliance with the Safe Drinking Water Act, which is \$15 million more than the fiscal year 2018 level for these three programs combined.

National Park Service (NPS) – The bill provides \$3.223 billion for the NPS, \$20.5 million more than the fiscal year 2018 level and \$521 million more than the President's budget request. National Heritage Areas funding is continued at the fiscal year 2018 level of \$20.3 million and the Historic Preservation Fund is funded at \$102.7 million, \$5.7 million more than fiscal year 2018. Within that amount, the bill provides \$49.7 million for State Historical Preservation Offices, \$14.5 million for Civil Rights site preservation grants, \$8 million for grants to Historically Black Colleges and Universities, \$13 million for Save America's Treasures grants, and \$5 million for historic revitalization grants. The bill also provides \$364.7 million to address construction and deferred maintenance needs at national parks, an increase of \$5 million above the fiscal year 2018 level.

NOTICES

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 Wej mo 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.

NEW Living Life! AA Big Book Group - Thursdays, 6 - 7 p.m., Northwoods Veterans Center, 104 S. Lake Avenue, Crandon. Contact Terri B. with questions at (715) 622-0502.

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.

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 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.

<u>Diabetes Education Program</u> -

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.

CULTURE

Language Classes

Please call (715) 478-4173 with questions regarding times/locations of language classes.

SERVICES OFFERED

Tribal Employment Skill Program - available to adult tribal members who can be placed on a paid work experience opportunity in various tribal departments for up to six months. This allows tribal members to test drive different areas to find a good fit. The staff can assist with:

- Obtaining, reinstating, determining what is needed to obtain the driver's license
 - Work-related expenses
 - Résumé development/résumé critiquing
 - Mock interviews and tips
 - Job-seeking skills/soft skills
 - Employment guidance/advocacy
 - Fidelity bonding available

Work Study Program - for students that are in their senior year. Students can be on a work experience but must have good standings in all their school classes. We work with the FCP Education Department to set this up.

<u>Badgercare</u> - a state/federally-funded program that provides health coverage for individuals living on the reservation or within Forest County, tribal children and affiliated-tribal members.

<u>Foodshare</u> - a state/federally-funded program that provides an EBT food card to eligible individuals living on the reservation or individuals that have tribal children living in Forest County. The program has eligibility requirements that also considers shelter/housing expenses.

Foodshare Employment & Training Program (FSET) - individuals that are eligible for Foodshare would be eligible for this program which can assist with gas voucher, job training costs and other expenses relative to the goals that are set for securing employment.

Temporary Assistance for Needy Families (TANF) - this work program is funded through the Administration for Children and Families with an income limit of 125 percent of federal poverty level for individuals living on the reservation or individuals living in Forest County that have FCP tribal children. Individuals get a cash payment each month providing that they completed their work activities each month.

General Assistance (GA) - this work program is funded through the Bureau of Indian Affairs and is available for federally-recognized tribal members living on the reservation. Eligible individuals will get a cash payment each month providing that they are complying with the work plan developed with their case worker.

Native Employment Works (NEW) Program - this work program is funded through the Administration for Children and Families for individuals living on the reservation or within the service area. The paid work placement opportunity is for three months at 24-35 hour per week and we have limited slots available based on funding.

Resource Rooms - located at the old tribal hall and at the Family Services Building. Each area has computers that individuals can utilize to complete their resumé, type correspondence, work on the self-paced Microsoft Computer Training Program, apply for jobs, or apply online for healthcare coverage programs.

FCP Economic Support staff is available to provide services. If you want more information on any of these programs, please stop by the Family Services Building or call (715) 478-4433.

MARCH EVENT CALENDAR

CHOICES Program

- Youth 9 11: Mondays (4, 11, 18, 25)
- Youth 12 17: Tuesdays (5, 12, 19, 26)
- Youth 6 8: Wednesdays (6, 13, 20, 27)

Youth will be picked up from school and dropped off at home after 5 p.m. Call (715) 478-4839 for more info.

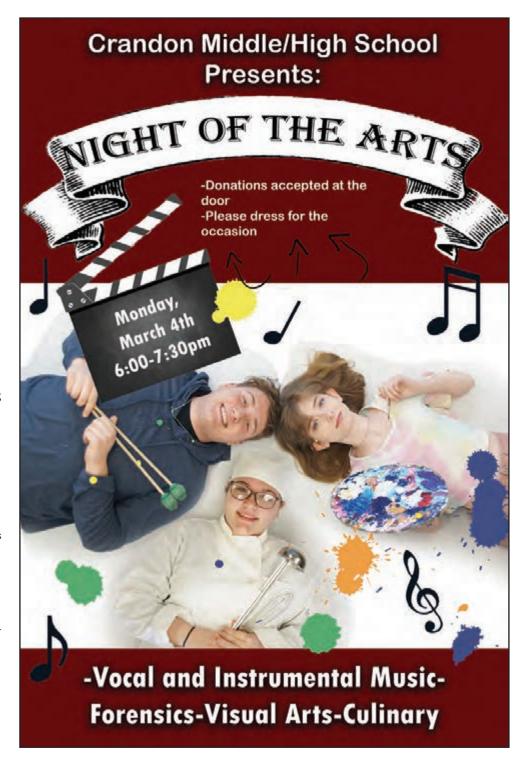
Family Resource Center

- Healthy Relationships Class: Mondays (4, 11, 18, 25) from 1 3 p.m.
- FRC Girls Group (ages 10-17): Tuesdays (5, 12, 19, 26) 3: 30 5 p.m.
- Team Building w/CHOICES (age 6-8): Wednesdays (6, 13, 20, 27) 3:30 5 p.m.
- Positive Indian Parenting Class (PIP): Thursdays (7, 14, 21, 28), 10 a.m. noon.
- Community Women's Talking Circle: TBA
- Open registration Fatherhood is Sacred & Motherhood is Sacred parenting class: 12-week curriculum; two-hour duration, one-on-one sessions.
- Open registration Nurturing Fathers parenting class: 13-week curriculum; two-hour duration, one-on-one sessions.

Child care available; please RSVP if needed. Call (715) 478-4837 with questions about any programs.

Community Health

- 3/1 Wellvation Snow Shoe Event: Rec Center, 11 a.m., 12 p.m., or 12:30 p.m.
- 3/5 Infant Nutrition: HWC, 8 a.m. 4 p.m.
- 3/7 Infant Nutrition/WIC: Carter We-Care, 1 4 p.m.
- 3/12 WIC: HWC, 8 a.m. 4 p.m.
- 3/13 Wellvation Lunch & Learn Fit Body, Fit Brain: Auditorium, 12 12:30 p.m.
- 3/26 WIC Make-Up Day: HWC, 8 a.m. 4 p.m.
- 3/27 Diabetes Alert Day/Nutrition Month: HWC Lower Conference, 4 5:30 p.m.
- Women's Workout II: Rec Center, Tuesdays/Thursdays 2/26 4/4, 5:30 6:30 p.m.





Redhawk: 2019 ISACA SPRING **TRAINING**

Redhawk is sponsoring this year's 2019 ISACA Spring Training, happening in May. Tyler Hardison will be speaking on Social Engineering: Training Your Employees to use Critical Thinking to Defeat Social Engineering.

Phishing has become the top delivery vehicle for ransomware and other malware. That's partially due to attackers getting much better at crafting convincing messages. If your organization suffers a cyber attack, chances are it originated with an employee opening an email and clicking something they shouldn't have. This session will walk through how an organization can improve its security posture with tips for employee training and making employees your first line of defense to protect your assets and your customers' sensitive information.



(L-R) Tyler Hardison, Redhawk CTO; Raymond Neville, ISACA; and Ben Gallo, Redhawk President.

PBDC: CITY ON A HILL HYGIENE & FOOD DRIVE

Located in the heart of Milwaukee, one of America's poorest cities, where more than 67,000 children are living in poverty, City on a Hill (COAH) is bringing transformation by restoring hope, reducing poverty, strengthening families, and fostering racial reconciliation.

Every second Saturday of the month, COAH offers a Neighborhood Health Outreach program. Health screenings, physician visits, educational modules and other services are provided at no cost to an average of 300 people each month through the support of many generous individuals and organizations, and the efforts of a large and diverse team of volunteer physicians, nurses, social workers, other health care professionals, and many non-clinical volunteers. In addition to medical services, the Health Outreach provides a complement of social services to meet basic needs, such as groceries and hygiene kits. Guests also enjoy a hot meal, have opportunities to socialize, and find a place to belong.

In January, Potawatomi Business Development Corporation held a hygiene / food drive and collected 155 items and a gracious monetary donation from Greenfire Management Services to help our neighbor in the Near West Side.







L-R: Brooke Chapman, Veronica Jasper, Brian Schmid, Tarah Thompson, Heide Copus, Adrian Hernandez, Eddie Paez (holding the sign)

AMA: WISCONSIN WORKPLACE HEALTH SYMPOSIUM 2019

On Tuesday, Feb. 19, employees from both Potawatomi Business Development Corporation and Greenfire Management Services attended the annual Wisconsin Workplace Health Symposium put on by the American Heart Association. Keynote speakers this year were Dr. Jeff Thompson of Gundersen Health in LaCrosse, Wis., who spoke about Engaging Leadership in Building a Culture of Health and Mitch Martens of Cedar Sinai Health System in Los Angeles who presented The Eight Great Life Skills. In addition to the speakers, there were multiple vendor booths all promoting health in the workplace.









Girl Scout Troop 1112: COOKS WITH LISA KAYE

Soon-to-be Wgema Campus tenant and onsite caterer (once the Refectory is restored), Lisa Kaye Catering instructs the girls of Junior Girl Scout Troop 1112 on how to make Chicken Parmesan. The girls, led by Tarah Thompson of Potawatomi Business Development Corporation, first read a novel about a middle school food critic who loves to cook and then took on the challenge of learning to cook on their own. The girls were able to gain valuable skills and had a fun time learning.





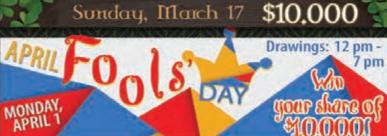






SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY lardi Gra PARTY **MAKE YOUR** 1110 PACKAGE INCLUDES: RESERVATIONS One night stay for two in a standard room CARTER CLUB TODAY! MONDAY, APRIL 1 ⁶80 in Potawatomi Play \$10/5 Packs 1.800.487.9522 HOTEL PACKAGE Finally \$500 Friday DRAWINGS: 12 PM - 7 PM or online at cartercasino.com n your share of 10,000 Fish Fry. Steak Sandwich PLAY" Tami & The Bachelor \$10/5 Packs \$10/5 Packs \$10/5 Packs \$10/5 Packs \$10/5 Packs Pot Roast Sub Sandwich Chimichanga Baked Chicken Dinne Fish Fry Steak Sandwich 12 10 13 15 16 Finally \$500 Friday \$10/5 Packs \$10/5 Packs earood Buffer Sub Sandwich Chimichanga taked Chicken Dinne Fish Fry 18 19 20 22 PLAY ' \$10/5 Packs St. Patrick's Drawing: Bingo Bash \$10/5 Packs 0:30 am - 2:30 pm \$10/5 Packs Sub Sandwich orned Beef Plate Chimichanga Baked Chicken Dinner Fish Fry Steak Sandwich 24 Start earning 3/1/11 ent 26 PLAY 25 27 28 30 0000 \$10/5 Packs SENIOR DJ Doc Gary 10 pm – Midnight (Bingo Hal 31 Entry Multiplier \$10/5 Packs // 5500 Cash Dran Black Light Bingo (50s Theme) \$10/5 Packs Sub Sandwich Chimichanga aked Chicken Dinner 📕 BINGO PROMOTIONS 📕 CASING PROMOTIONS 📕 LIVE ENTERTAINMENT 📗 THE FLAMESTARESTAURANT 📗 THE SPRINGSTAURANT









Regular Games Pay - \$125 Progressives Pay - \$125 Specials Pay - \$150 Last Game Pays \$250 \$500 in 52 or Less











SUNDAY, MARCH 31

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



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