



Free Naloxone Training Held

by Val Niehaus

A free Naloxone training was held at the FCP Executive building on Sept. 19 (for employees) and 20 (for community), 2017. This was organized through the Forest County Community Wellness Court and the AIDS Resource Center of Wisconsin (ARCW).

Carley Zartner, CHES, Prevention Specialist, gave a detailed and informative presentation and training on what Naloxone (generic for Narcan) is and how it can save a life - possibly the life of someone you love or know.

Opioid addiction has become a national crisis, and there are efforts on different levels to address this escalating problem. In a recent article from CNBC it says, "The opioid epidemic is pushing down the life expectancy in the U.S., new research says. Once a leader in longevity, the U.S. has dropped behind most other high-income countries due in large part to accidental deaths from prescription and illicit opioids that are sweeping the country." Also in the Sept. 2017 issue of *National Geographic* in the article *The Science of Addiction*, it says, "In the United States an epidemic of opioid addiction continues to get worse. The Centers of Disease Control and Prevention reported a record 33,091 overdose deaths in 2015 from opioids, including prescription painkillers and heroin - 16 percent more than the previous record set just the year before. It is concluded that 21 million Americans have a drug or alcohol addiction, making the disorder more common than cancer."

Addiction itself is not selective in who it chooses to affect. It does not discrimi-

nate and it does not matter what gender, age or race you are, or what your financial, marital, family, or social status happens to be. Though there are risk factors that increase the potential for addiction in certain individuals, it is an "equal opportunity" disease. Addiction is not a moral failing. It is characterized not so much by physical dependence on something or withdrawal symptoms when the individual is deprived of their vice. Rather, it is the drive to compulsively repeat an activity despite knowing it is causing you harm that defines the problem. This certainly applies to drug use but also can apply to things such as gambling, which can also be an addiction.

Naloxone is a medication that can be lifesaving in the setting of drug addiction. It is used to block the effects of opioids and can reverse the life-threatening situation of an opioid drug overdose. This drug is not effective with any other class of drugs, and it is not something that has any place in treating overuse of alcohol, cocaine, or any other type of drug. Commonly abused opioids include heroin as well as prescription pain pills like morphine, codeine, oxycodone, methadone and hydrocodone or vicodin.

An overdose from an opioid can cause severe respiratory depression because of its effect on the brain. The result of this is a decrease in the drive to breathe, and eventually the person stops breathing altogether. In a drug user, some other symptoms that will be noted with an overdose are confusion, delirium or acting drunk, mood swings, nausea or vomiting, pinpoint pupils, as well as obvious breathing difficulty with bluish skin around the lips or under fingernails and then eventual total termination of breathing. Untreated, death is the result. Naloxone is a drug that has the unique effect of attaching to the same receptors in the brain that receive the heroin or other opioid. By doing so, it blocks the opioid effects for up to 30-90 minutes. This can then reverse the respiratory depression effect of the opioid: the person starts breathing again and death is avoided. It must be remembered that the effects of the Naloxone will wear off in the person's system within 30-90 minutes and the effects of the opioid will come back. This means you **do not** want to leave this person alone after giving this to them because **the overdose can come back**. That is why it is important to dial 911 so that trained medical personnel are present to handle further care and treatment.

If someone you know is overdosing from heroin/opioid, this is what you have to do in order to start his/her breathing again and to save their life:

1. Stimulate the person. You can do this by rubbing your knuckles over his/

her top lip and push down towards his/her teeth, or rub knuckles across his/her sternum. If there is no response or breathing, go to next step.

2. Call 911. Many don't want to do this because of fear of police or negative experiences, but someone else who is trained in this must come in and take over so that the person doesn't end up dying.

3. Get the person into the recovery position. This means on the floor and lay him/her on their side. This way fluids don't drain into the person's throat causing them to choke. Once you do this, use your finger to clear his/her airway.

4. Start rescue breathing. This is most crucial. You have to make sure you are breathing for this person so he/she doesn't end up severely brain damaged. Do this immediately! You give two quick breaths every five seconds until the chest rises and one breath every seven seconds to follow. Continue this until you're ready for the next step.

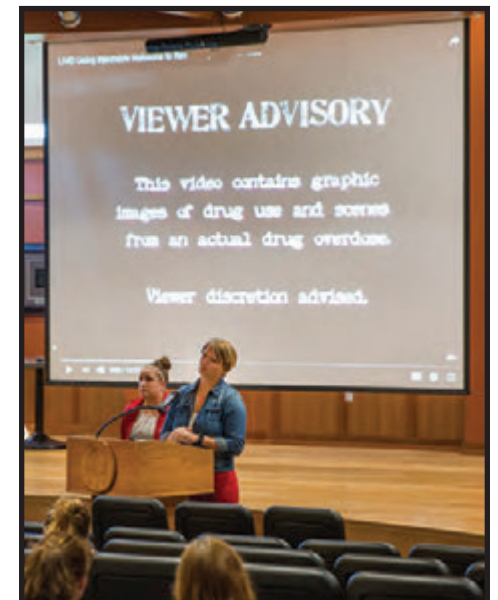
5. Muscular Injection. While you are still doing the rescue breathing, start getting the shot of Naloxone ready. Fill the syringe with 1cc of the Naloxone and inject it into the butt, thigh or upper arm. You can do this through clothing as well so you don't have to worry about having bare skin. Once the drug is injected, wait and evaluate the situation. It can take two - three minutes to work. If the person does not wake up and take a deep breath, you can then administer another dose of the Naloxone.

After receiving the Naloxone, the person can be very confused, disoriented, and irrational because he/she has no idea what happened. Talk with him/her calmly; tell him/her they just overdosed and were given a shot to keep them alive. He/she may actually start having withdrawal symptoms so don't be alarmed if he/she starts getting nauseous, vomiting or have extreme mood swings and are being combative.

There are many questions and concerns that surround this lifesaving drug. Some questions that can be answered now are: Naloxone (Narcan) does **not** make you high. You can **not** overdose on it. It can **not** hurt you as it is meant to save you. You can **not** develop a tolerance to it so it can be used however many times needed.

People also think that this drug is a bad idea to have around because they believe the addict will just keep using more of the opioid because they have this lifesaving drug around. This really isn't the case. A drug abuser is always seeking the "high". Naloxone or Narcan takes that high away and actually makes the addict develop withdrawal symptoms. No addict wants that.

Naloxone is a lifesaving drug. Addiction



(above) Valerie Loduha, wellness court coordinator, explaining what this event will entail.

(below) An informational handout that was given to all attendees.



is a disease and can be successfully treated. The immediate treatment of a life-threatening overdose with Naloxone can save that life immediately. It also gives that individual the opportunity to seek treatment and enter recovery and survive this deadly affliction. Addicts are often good people with a bad problem. They are often our friends and/or family. It is important to remember that and for us to be grateful this medication has become available to the public for use in these overdose crisis situations. The life it saves may be someone we know and love.

Valerie Loduha, wellness court coordinator, expressed the importance of taking part in this training. She hopes to coordinate another session in the near future and wants the community to know they can request another one whenever they would like. You may contact her with questions or concern at (715) 478-7405.

Again, this is important information for all to know because it can save a life!

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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.



GREENFIRE

River House Apartments Grand Opening Celebration

Greenfire Management Services recently took part in the River House Grand Opening celebration. Greenfire provided the construction management services for this unique apartment development located along the Milwaukee River.

River House offers endless amenities including a cybercafe and library, gaming area, mini amphitheater, bocce ball court, multiple outdoor kitchen and grilling locations, two rooftop lounges, a resort-style pool, and much more!

“We’re honored to be the construction management team leading this magnificent development,” said Kip Ritchie, President of Greenfire. “Thank you to Atlantic Realty Partners and our team who managed the project — Paul Hackbarth, Nadine Wiencek and Jeff Stanisch.”



Pictured above: Atlantic Realty Partners COO Andrew Aaronson, Greenfire Vice President of Preconstruction Jeb Meier, and Greenfire’s CFO Brian Kraus.



Pictured above: Atlantic Realty Partners CEO Richard Aaronson, Milwaukee Mayor Tom Barrett, and Atlantic Realty Partners COO Andrew Aaronson.



Redhawk President Attends Oregon Senate Bill-Signing



Redhawk Network Security President Kerri Fry, alongside Oregon State Governor Kate Brown, at the signing of Oregon’s Senate Bill 90. Redhawk is an advocate for cybersecurity awareness and a proud supporter of this bill, which transfers information technology security functions of certain state agencies in executive branch to the state chief information officer.



Potawatomi TPS Joint Venture Awarded U.S. Army Contract



Potawatomi TPS JV, LLC, a Joint Venture between 1Prospect Technologies and Tipping Point Solutions (TPS), was awarded the U.S. Army Intelligence Center of Excellence (ICoE) Teaching Learning & Technology Division Learning Innovation Branch Virtual Training & Multimedia Development Contract. Potawatomi TPS JV, LLC, will support the analysis and design of face-to-face training at ICoE, as well as the development, implementation, evaluation, maintenance, and production of needed Interactive Multimedia Instruction and gaming products.

The Learning Innovation Branch is leading the U.S. Army’s efforts to shift learning from the old instructor-centric paradigm to a new learner-centric paradigm by incorporating new and emerging technologies into U.S. Army ICoE’s existing learning paradigm. The Learning Innovation Branch provides instructional design and institutional, operational training, and self-development opportunities for soldiers; it also creates needed Interactive Multimedia Instructional products and technology-based training materials.

The period of performance for this contract is two years.

Happy October Birthday to These Elders!

- | | |
|----------------------------|-------------------------------|
| 10-1 Peter Johnson | 10-23 Carey Tribbett |
| 10-2 Sylvia Pemma | 10-24 Anthony Shepard |
| 10-6 Ruth Fox | 10-25 Kristine Beamis-Venegas |
| 10-8 Walker Thunder Jr. | 10-25 Alan Petonquot |
| 10-10 Jayson Jackson | 10-27 Peter Pemma Jr. |
| 10-11 Paul Tribbett | 10-27 Hartford Shegonee |
| 10-12 Sue Strugalla | 10-27 Diane Peters |
| 10-16 Williamette Brickzin | 10-27 Michael Goodrich |
| 10-16 Pamela Mejia | 10-28 Ray Williams Sr. |
| 10-16 Leonard Long | 10-28 Yvonne Pete |
| 10-18 Harvey Frank Sr. | 10-29 Brenda Deanda |
| 10-21 Agnes Menomin | 10-31 Wesley Tribbett |



FCP CARING PLACE October 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):

- 10/3: Shopping
- 10/10: Casino Day
- 10/19-23: Hunting Moon Pow Wow
- 10/27: Rouman Cinema
- 10/29: BINGO at Carter Casino
- 10/31: Trick or Treating with Preschool at 10:30 a.m.
- 10/31: Birthday Bingo at 12:30 p.m.



*Deadline for the October 15, 2017 issue
is Wednesday, October 4, 2017.*



POTAWATOMI TRAVELING TIMES

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email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

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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.

Elder Menus OCTOBER 2017

Monday, 10/2

Egg Salad Sandwich,
Cucumber Salad, Cheese Stick,
Nutri-Grain® Bar, V-8®, Peaches

Tuesday, 10/3

Scalloped Potatoes & Ham,
Beets, Bread, Apple

Wednesday, 10/4

Baked Turkey, Stuffing, Gravy,
Squash, Cranberry Juice,
Strawberry Rhubarb Pie

Thursday, 10/5

Baked Haddock w/Tartar Sauce &
Lemon Wedge, Baked Potato, Pork
& Beans, Cole Slaw, Jello® w/Fruit

Friday, 10/6

Pea Soup w/Bacon & Carrots,
Crackers, Mixed Melons

Monday, 10/9

Cheeseburger, Sweet Potato Puffs,
Coleslaw, Pickle, Applesauce

Tuesday, 10/10

Baked Chicken, Mashed Potatoes,
Gravy, Zucchini, Dinner Roll,
Jello® w/Fruit

Wednesday, 10/11

Chef Salad w/Ham, Turkey, Cheese,
Egg, Tomato, Cucumber, Onion &
Peppers, Breadstick, Watermelon

Thursday, 10/12

Glazed Baked Salmon over a bed
of Rice, Asparagus w/Hollandaise
Sauce, Brownie, Orange Juice

Friday, 10/13

Tomato Rice Soup,
Cheese Sandwich, Yogurt,
Fresh Blueberries

Monday, 10/16

Tuna Sandwich w/Onion, Tomato
Slice, Baked Beans, Cottage
Cheese, Peaches

*Menus subject to change.

Tuesday, 10/17

BBQ Ribs, Baked Potato, Wax &
Green Beans Mix,
Cranberry Sauce, Banana

Wednesday, 10/18

Soft Shell Tacos w/Meat, Lettuce,
Tomato, Onion, Cheese, Black
Olives, Salad & Sour Cream,
Strawberry Cream Cheese Bar,
Orange Juice

Thursday, 10/19

Cold Beef, Cheese & Tomato on
Rye, Baked Sun Chips®, Cucumber
& Tomato Salad, Mixed Berries

Friday, 10/20

Creamy Chicken Wild Rice Soup,
Fry Bread, Broccoli, Pears

Monday, 10/23

Swedish Meatballs over Egg
Noodles, Glazed Carrots, Fruit
Cocktail, Jello® Cake

Tuesday, 10/24

Pasta Ham Salad, Crackers,
Mozzarella Stick, Grape Salad

Wednesday, 10/25

Lemon Pepper Fish, Mashed Sweet
Potatoes, Asparagus, Rye Dinner
Roll, Mandarin Oranges

Thursday, 10/26

Beef Stir Fry, Rice, Mixed Veggies,
Egg Roll, Fortune Cookie,
Pudding, Mandarin Oranges

Friday, 10/27

Vegetable Beef Soup,
Cheese Sandwich, Fresh
Strawberries, Yogurt

Monday, 10/30

Lasagna, Garlic Bread,
Veggie Blend, Pineapple

Tuesday, 10/31

Reuben Sandwich,
Calico Beans, Cucumber Salad,
Apple Dumplings

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!

Elders have a Great Time at Indian Summer Fest



photos:
 above: Margaret Konaha
 top center: Walter Shepard, Jason Townsend
 top right: Alison Tuckwab
 bottom left l-r: Hazel George, April Daniels, Val Nah Bah Kah, Carole White
 bottom right: Marie Gilligan and daughter, Angie Moe
 photos submitted by Norman Tribbett

Dedicated FCP Youth in 2017 Football Season



FCP students on the Crandon Cardinals football team (l-r): Daniel Shepard, Freshman; Malakhi VanZile, Freshman; Ryon Alloway, Senior; Dawson VanZile, Junior; Isaiah Alloway, Junior; Breed Shepard, Junior.



photos by Val Niehaus
 Geronimo Shepard serves as water/ball boy for the Cardinals.



Bambi Shepard representing the Laona/Wabeno Rebels team.

GRANDPARENTS AND GRANDCHILDREN
WELLNESS THROUGH CRAFTS

Tuesday, October 24, 2017
 4-6 P.M. | Lower Level of the Museum

--- OPEN TO THE FCP COMMUNITY ---

Dinner, Crafts, Education and Gift Raffle!

FOR MORE INFO, CONTACT:
 Melanie Tatge, FCP Community Health Department Health Educator, at (715) 478-4382.

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH cmh.FCPotawatomi.com
 FOREST COUNTY POTAWATOMI CARING PLACE

Potawatomi Offers Help on Foster Care System

submitted by George Ermert, Martin Schreiber & Associates

The Forest County Potawatomi (FCP) Community was recently asked to testify before the Speaker's Task Force on Foster Care. The Task Force is a bipartisan committee dedicated to learning the detailed and complicated issues affecting foster care in Wisconsin and creating legislation best-suited to quell those complicated issues. The Task Force was created by Wisconsin Assembly Speaker Robin Vos to find ways to better serve our most vulnerable citizens who, at no fault of their own, are put in challenging circumstances.

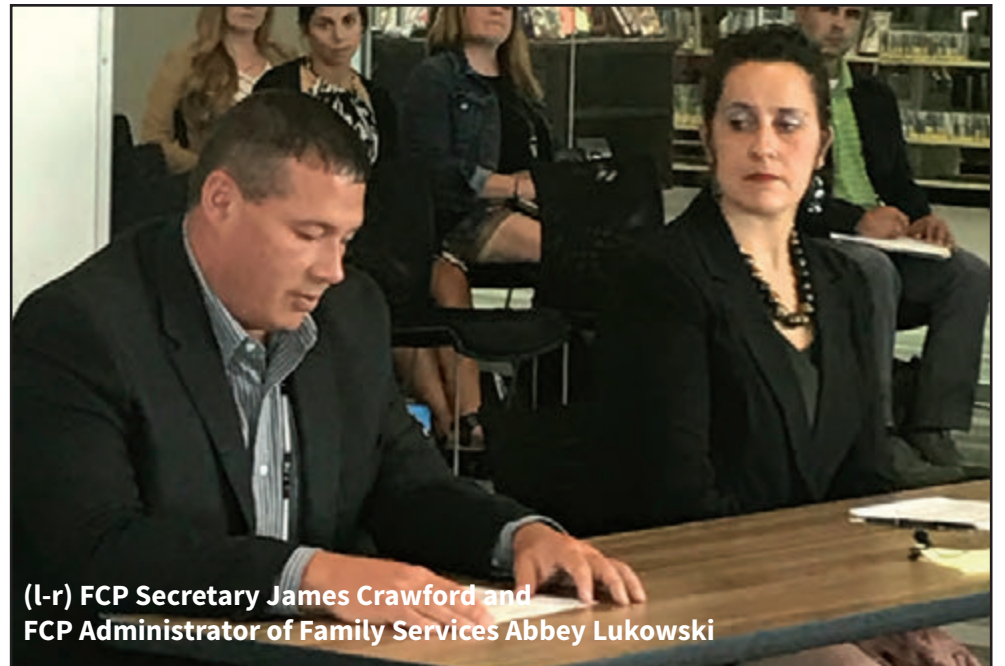
FCP Secretary James Crawford is a proud foster parent. He testified on behalf of the tribe and his many foster children. Crawford said that providing a stable home environment to a child in need is one of the most important things we can do to ensure that children can be successful later in life. Crawford has been a foster parent for over a decade. He said that being a foster parent is one of the most rewarding and important things he has ever done. He is proud to be able to help improve the lives of these children. "These kids are in a bad situation through no fault of their own. We owe it to them to make sure that they can have the best upbringing possible," said Crawford.

FCP's Administrator of Family Services Abbey Lukowski also testified before the Task Force. Similar to Secretary Crawford, Lukowski outlined her

experience with foster care and concerns with the current practices. "The process to become a licensed foster home is cumbersome," Lukowski said, "I have heard of families not going through the process simply because they were intimidated by the paperwork and background check process."

Lukowski and Crawford pointed out similar troubles with foster care in Wisconsin. They were concerned with the lack of skilled foster parents and the troubles in retaining foster parents. Crawford suggested that families considering fostering should be given a better understanding of the undertaking in fostering a child, both from an educational standpoint and an emotional one. Lukowski echoed these points and added that in-house education and applications could aid many rural prospective foster parents facing long commutes to apply or take a class.

Crawford also found that the reunification process can be stressful for foster parents, especially if you don't know all the individuals involved with the birth family. Because of this uncertainty, Crawford would like to see assessments of all individuals in the homes of a foster child. Recalling his first foster child, "When it came time for reunification, he was frightened. So were my wife and I. We had grown to love and care for him for nearly three years; we were his mom and dad. He was not ready to be approached



(l-r) FCP Secretary James Crawford and FCP Administrator of Family Services Abbey Lukowski

by the many new faces of his biological mother's home, nor were we ready to place him in that environment." Crawford said, "I held our foster child as he cried. I told him it was going to be okay and that his mom and I would always be there for him. However, I did not honestly know if it was going to be okay for him because we didn't know who would be in the home. If I had the reassurance that the agencies were strictly assessing all individuals in the home our foster child was returning to, I may have felt more confident in my statement."

The FCP Community is grateful for its many foster families. The tribe

is extremely fortunate to have so many families that are willing to ensure that tribal youth receive stable homes in the community. This pride in family is shown with the FCP Community's advocacy and involvement with the Wisconsin State government and the Speaker's Task Force. As Lukowski put it, "Families are a cornerstone of tribal communities, which is why this issue is so important to the Forest County Potawatomi."

If you are interested in becoming a foster family or would like more information, please contact FCP Family Services at (715) 478-4433.

Join us as individuals share stories of how substance abuse has impacted their lives and how they deal with the grief of losing a loved one.

6 p.m. FCP MUSEUM LOWER LEVEL

OPEN TO THE FCP COMMUNITY FEEL FREE TO BRING A DISH

Contact: Jeff Keeble: (715) 478-4427, or Melanie Tatge: (715) 478-4382, with questions

Jingle dresses are representative of healing.

For additional information on the topic of grief, contact the Forest County Potawatomi Behavioral Health Department at (715) 478-4332 or the Forest County Potawatomi AODA Department at (715) 478-4370.

Notice of Judicial Election

submitted by FCP Tribal Court

The current position of Forest County Potawatomi Tribal Court Associate Judge is up for election. The Associate Judge's current term ends on Dec. 18, 2017.

The elected candidate will serve as an Associate Judge of the Forest County Potawatomi Tribal Court. The position will be salaried (up to 40 hours per week) at a salary to be determined by the Executive Council.

Those interested in running for election should attend the caucus/nomination meeting at 7 p.m. on Monday, Nov. 13, 2017.

SCHEDULE:

Monday, Nov. 13, 2017: Nomination meeting
7 p.m. at the Auditorium

Saturday, Dec. 2, 2017: Primary election (if more than two candidates)
At the Auditorium

Saturday, Dec. 16, 2017: General election
At the Auditorium

Sunday, Dec. 17, 2017: Associate Judge sworn in
10 a.m. in FCP Courtroom

Tribal law requires that the judge be at least 25 years of age at the time of his or her election.

Tribal law states that no person may serve as a tribal judge while serving as a member of the Executive Council or as the prosecutor, defender, clerk of court or tribal law enforcement officer.

The Associate Tribal Judge will be elected to a term of six years.

Upon taking office, the Associate Judge will be provided with extensive training which includes out-of-state travel.

Two Kettle Moraine Seniors are National Merit Semifinalists

courtesy www.nationalmerit.org/.

WALES, Wis. - The Kettle Moraine School District is pleased to announce that two students from the Class of 2018 have been named National Merit® semifinalists. Congratulations to Mara Bajic and **John Crawford**, both students at Kettle Moraine High School. They are among 16,000 nationwide semifinalists announced in the 63rd annual National Merit Scholarship program.

In addition to academic achievements, Bajic and Crawford demonstrate citizenship and personal development in several school and community activities.

Bajic has been involved in cross country, track and field, student senate, Mock Trial, Habitat for Humanity, the Milwaukee Youth Symphony Orchestra, National

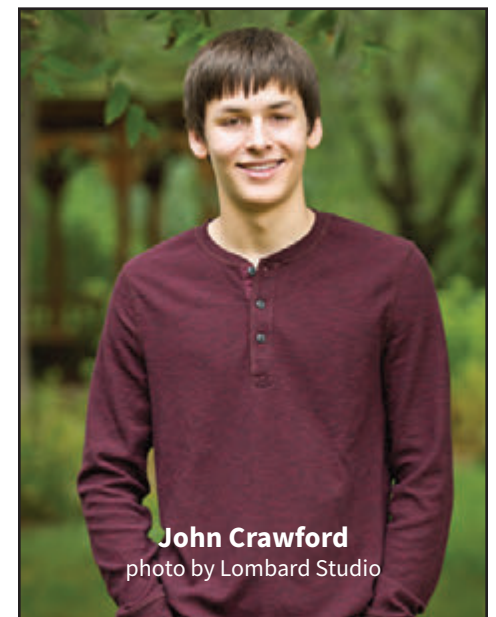
and Spanish Honor Societies and her church youth group. She has received several prestigious honors for musical achievements in piano and violin.

Crawford has participated in wrestling, track and field and the National and Spanish Honor Societies. He holds team gold and individual silver medals in wrestling from the North American Indigenous Games. Crawford has been honored by the Brewers Community Foundation with the Student Achiever Award for the last three years and has been an intern with the Forest County Potawatomi Foundation.

Approximately 1.6 million high school juniors from more than 22,000 U.S. high schools entered the 2018 National Merit

Scholarship Program by taking the 2016 Preliminary SAT/National Merit Scholarship Qualifying Test, which served as an initial screen of program entrants. The nationwide pool of semifinalists, representing less than one percent of high school seniors, includes the highest scoring entrants in each state.

These academically-talented high school seniors have an opportunity to continue in the competition for 7,500 National Merit Scholarships worth more than \$32 million that will be offered next spring. To be considered for an award, semifinalists must fulfill several requirements to advance to the finalist level of the competition.



John Crawford
photo by Lombard Studio

The Tables are Turned on Advisory Board

by Val Niehaus

The FCP FILM advisory board had a special day on Sept. 13, 2017, when it was able to showcase its program on WJFW NBC 12 in Rhinelander, Wis. The show on which they appeared was “Up North @ 4”, a live, on-the-air short program which promotes local businesses and events happening within the northwoods area.

Needless to say, it can be more than a little stressful and anxiety-provoking to anticipate doing live television: no editing is done to the segment at all! What happens, happens, and there is no fixing it or doing it over. Despite this, it was a perfect way to publicize the FILM program for the FCP community.

Members present this day were: David Herkert, FILM coordinator – level 3 technician; Marcus Daniels, Holly Spaude and Jeffrey Keeble. All are very knowledgeable about what this project entails and each brings a certain expertise to the table.

Erin Beu, anchor/reporter, was the interviewer and asked questions of the panel: Herkert, Daniels and Keeble. (Spaude and PTT were behind the scenes cheering those three on.) Questions were directed at getting to know what the FILM program is all about and what has been done to date. The “Mad Dog & Merrill” episode they were involved in this past summer was discussed, as well as some of Keeble’s work and Daniels’ future plans. Daniels and Keeble both did a superb job of explaining their involvement and were



very clear about the opportunities this venture offers the youth of the tribe.

Herkert said, “This opportunity was perfect for the FILM program as a chance to promote their successes, and for the tribe to build that relationship with our local TV station. They will likely become a mentor to the kids in the program through workshops, internships, and employment opportunities.”

Herkert also wanted to call attention to the FILM festival scheduled for Sept. 28, 2017, at the FCP Executive Building auditorium in Crandon. Herkert advised that all were welcome to witness the talent this group has to share with the community.

(above) Dealing with nerves before going on air. Some are very comfortable on the other side of the camera - others not so much!

(right) Advisory board members immediately following the live segment and discussing how it went. (l-r) Jeffrey Keeble, David Herkert, Holly Spaude and Marcus Daniels.





Outside the Hospital Window

There's a true blue Nylon rippling from a Pole wavering as if wind equates pride.

Wisco 1848

AND in the bed beside my view

A NESHNABEK MAN HYPBERNATING FROM A PAST THAT DATES FURTHER BACK THAN THAT

flag.

Artwork & Poetry by:
Veronica Mann-Perma

New No Call/No Show Policy

Our mission at the Forest County Potawatomi Health & Wellness Center is “to promote quality healthcare in a professional and traditional way for Native Americans, their families, and the surrounding community in a trusting, respectful, and confidential manner, for the wellness and future of the community.” To achieve this mission, we need your help. Last year over 5,000 appointments were “no call/no show”.

What is no call/no show and why is it important?

An appointment is considered no call/no show when a patient who has a scheduled appointment does not call to cancel 24 hours before the appointment or does not show up at all. This includes appointments in all departments. It is important that the Forest County Health & Wellness Center receive such a call and notification. Office visits allow your healthcare provider to talk about your illnesses and what you can do to stay healthy. When you miss an appointment, you also miss out on the opportunity to improve your health. In addition, a no call/no show takes the appointment away from another patient who may need it.

What are we doing?

Effective November 1, 2017, the Forest County Potawatomi Health & Wellness Center will be implementing its No Call/No Show Policy. In general, this policy provides the following:

- Patients who do not show up for or call to cancel their appointment will get a “Notice of Missed Appointment” letter.
- Patients who do not show up for or call to cancel their appointment three or more times in a 12-month period may be put on scheduling restrictions. These patients will not be able to make appointments in advance for six months. If a patient is placed on scheduling restrictions, they will be able to call/come into the office to request a same-day appointment but there is no guarantee they will be seen.
- Patients who have been placed on scheduling restriction three or more times may be terminated as a patient.

Care for emergency situations is always available. We hope this notice helps you understand the importance of keeping your appointments and/or providing adequate notice when you need to cancel. Your health is important to us and we look forward to seeing you at your next scheduled appointment.



Fruit and Veggie
OF THE MONTH
Apples

CINNAMON BAKED APPLES

Ingredients:
4 whole organic apples of your choice
4 tablespoons coconut oil
1 tablespoon cinnamon
1 tablespoon cardamom

Directions:
Preheat oven to 350 degrees F.
1. Cut the cores out of the apples leaving the bottoms intact. 2. In a bowl, mix the coconut oil, salt, cinnamon and cardamom together well. 3. Fill each hole in the apple with 1 tablespoon of the mix. 4. Place in baking dish, uncovered, in the oven or wrap in foil and put over indirect heat over a fire. Bake approx. 50-60 minutes until soft and tender.

Optional:
Top with roasted pecans and serve with a scoop of sea salt caramel greek yogurt.

Recipe source: adapted from <https://dighomegardentips.com/recipe/cinnamon-baked-apples/>

FUN FACTS:
Of the 8,000 varieties of apples grown across the world, about 100 of those are grown in commercial quantity in the US – the top 10 varieties comprise over 90% of the crop. Wisconsin’s apple history began in 1800 and today, 7,400 acres in 45 counties around Wisconsin produce 56 million pounds of apples.

Information provided by the Wisconsin Apple Growers Association, the Wisconsin Department of Agriculture, Trade & Consumer Protection and the University of Wisconsin-Extension.

NUTRITION:

Apples are mainly made up of carbs and water. They also contain fiber, which moderates blood sugar levels and promotes colon health. Apples are not particularly rich in vitamins and minerals; however, they contain good amounts of both vitamin C and potassium. Apples are a good source of several antioxidants, including quercetin, catechin, and chlorogenic acid. These plant compounds are responsible for many of the health benefits of apples.

<http://www.healthline.com/nutrition/foods/apples#section7>

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH
cmh.FCPotawatomi.com

For more information on apples and other nutrition topics, please contact Lisa Miller, RDN, CD or Kate Richlen, CH Nutritionist, at (715) 478-4355.

Join us at noon on Thursday, October 12, 2017

GREAT LAKES GREAT APPLE CRUNCH



Celebrate by crunching into locally and regionally-grown apples. Pick up an apple at the Forest County Potawatomi Health & Wellness Center lobby on **Thursday, October 12, 2017**. Everyone is welcome to crunch!

Last year, 1,201,346 students, children, teachers, and good food supporters across the region crunched. Let's join forces and meet the **ONE MILLION CRUNCH** goal again this year! Visit the Apple Crunch Facebook page to get updates and see photos from last year's Crunch.



Searching for Bats on Tribal Land

submitted by Olivia Stanga, Senior Natural Resources Technician

Wisconsin has eight species of bats, most of which are found on Potawatomi land. Bats are a vital part of many ecosystems, including being beneficial to humans! Millions of dollars are saved each year because bats eat agricultural pests. This means farmers don't have to use costly pesticides, which, in turn, saves us money, too. The bats in our neighborhood eat up to 1,000 insects per hour, controlling the populations of moths, beetles, and especially disease-carrying mosquitoes.

At the FCP Natural Resources Department, we want to help bats as much as we can.

To do that, we need to learn about their needs:

- What do they look for in a home tree?
- Where do they like to raise their young?
- Where do they go to eat?

Ideally, we'd sit down with some bats and ask them these questions directly. Unfortunately, we couldn't find a translator who speaks bat, so we had to figure out a different way to get this information.

This summer, we began a three-year project, funded by the U.S. Fish & Wildlife Service, to learn more about the bats on tribal lands. Our bat research project can tell us many important habits of bats, such as bat behavior, feeding strategies, roosting ecology, and how abundant each species is, especially federally-threatened bats.

In order to study bats, we start by setting up a device called an acoustic detector. An acoustic detector is like a trail camera, except instead of taking photos it records sounds. Since humans cannot hear bats' echolocation calls, these devices can distinguish them for us. This helps us find places that are popular with bats.

Once we know where bats are flying, we will set up a huge mist net. A mist net is a very fine, almost invisible net that is stretched between tall poles. Bats fly into our nets and get caught. We take them

out, collect some information, and let them go unharmed. We start out by first identifying the species and check each bat's age, gender, weight, and assess the overall health of the animal. If this bat is a threatened species, we will attach a tiny radio to its back and spend the next several days following its signal. What we are looking for is the bat's home.

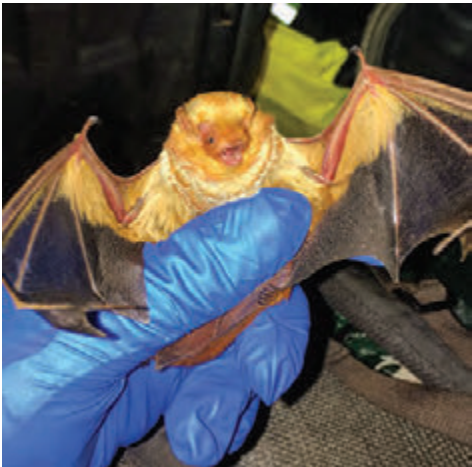
Female bats form groups called maternity colonies. This is a structure or tree where female bats have their babies, nurse, wean, and teach them to fly. If we can track a bat to her maternity colony, we can then determine which trees to leave alone

during a timber cut.

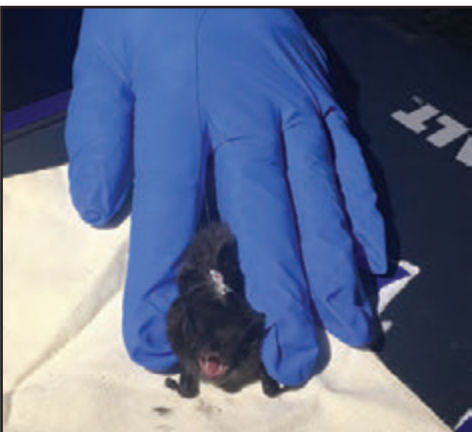
There is one species of bat found in Wisconsin that is federally-threatened, and the remaining species are protected by law. Bats are heavily protected because their numbers are declining at an alarming rate. There are many factors that affect bats' survival, such as loss of habitat and cave destruction. However, white-nose syndrome is the most devastating factor of all. White-nose syndrome is a disease that bats get while they hibernate in caves over the winter. A white fungus grows on their face, wings and body, and causes extreme irritation and itchiness to the

bats that are trying to hibernate. These bats will wake out of hibernation too often and too early because they've used up all their fat storage. Bats end up starving and dying because there are no insects for them to eat when they wake up. Insects start emerging in March, but by then it is too late. Already, almost seven million bats have died from this disease.

Bats need your help! You can help them by putting up a bat house, leaving dead trees alone (if it is safe to do so), and leaving hibernating bats be. If you see a bat in or near your home when it is cold outside, call the Natural Resources department at (715) 478-7222 and someone from our bat crew will help you.



An Eastern red bat caught this summer



Attaching a radio transmitter to a little brown bat

Deer Hide
Donations Needed!
FOR TRADITIONAL TANNING
CLASSES
Questions? Call Dennie Shepard
(715) 478-7378

**FOREST COUNTY
POTAWATOMI**

Hunting Tags

- Limit of 2 tags per person per day
- Must be at least 10 years old
- Must present FCPC tribal ID
- Must pick up your own tags in person
- Bobcat & otter: A federal CITES tag is also required by most taxidermists and tanneries, or if you plan to trade/sell the pelt. CITES tags can only be obtained in person at the U.S. Division of Management Authority office in Falls Church, VA

Tags can be picked up at the Natural Resources Building,
5320 Wensaut Lane, Crandon, Monday - Thursday, 7 a.m. - 5 p.m.

FOREST COUNTY POTAWATOMI
NATURAL RESOURCES

SAVE THE DATE!

MUSEUM LOWER LEVEL
(HOSTED BY FCPC NATURAL RESOURCES DEPARTMENT)
Open to tribal members only



WEDNESDAY
OCTOBER 18, 2017
10 A.M. - 12 P.M.

DISCUSS
TRIBAL HUNTING
REGULATIONS



Blended Family Event



**Thursday
October 26
2017**

12 - 3 p.m.
Family Resource
Center
(Old Tribal Hall)

Join the FCP Family Service Department and FCP Community Health Department in discussion on blended families, other experiences on being a blended family and how families have eased the transition of becoming a blended family.

Open to the FCP Community

Potluck Event: Feel free to bring a dish

- ★ For additional information,
- ★ please contact Melanie Tatge, FCP Community Health Department Health Educator, at [715] 478-4382.
- ★



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH
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FOREST COUNTY POTAWATOMI
FAMILY SERVICES DIVISION

October 2017 Calendar of Events

Community Health

- 10/3 - Infant Nutrition (HWC) 8 a.m. - 4 p.m.
- 10/5 - Infant Nutrition/WIC (Carter We Care) 1 - 4 p.m.
- 10/10 - WIC (HWC) 8 a.m. - 4 p.m.
- 10/18 - Diabetes Luncheon (HWC) noon - 1:30 p.m.
- 10/18 - Healing Journey (FCP Museum Lower Level) 6 p.m.
- 10/19 - Hepatitis C Testing (HWC) noon - 4 p.m.
- 10/24 - Wellness Through Crafts (FCP Museum Lower Level) 4 - 6 p.m.
- 10/25 - Breast Cancer Awareness (HWC Lower Large Conf. Room) 4 - 6 p.m.
- 10/26 - Blended Family (Family Resource Center) noon - 3 p.m.

Family Resource Center

- Healthy Relationships: Mondays (2, 9, 16, 23, 30), 10 a.m. - 12 p.m.
 - Play Shoppe: Tuesdays (3, 10, 17, 24, 31), 11 a.m. - 12 p.m.
 - FRC Girls 10-17: Wednesdays (4, 11, 18, 25), 3:30 - 5 p.m.
 - Circle of Sisters: Thursday, (5, 12, 19, 26), 1 - 3 p.m.
 - Community Women's Talking Circle: TBA
 - PIP: Thursdays (5, 12, 19, 26), 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 (2, 9, 16, 23, 30), 3:30 - 5 p.m.
 - Youth 13 - 17: Tuesdays (3, 10, 17, 24, 31), 3:30 - 5 p.m.
 - Youth 7 - 9: Wednesdays (4, 11, 18, 25), 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.

We are proud to welcome

GRANT PACKARD

DC, DACRB

CHIROPRACTOR

to our healthcare family



 Honoring Health, Healing, and Tradition

Don't let pain stop you from enjoying your life! We can help.

- Back & Neck Pain
- Spinal Conditions
- Headaches/Migraines
- And More

Call today to schedule an appointment with Grant.

(715) 478-4344

Mon. - Thur. | 7 a.m. - 5 p.m.

Open to the Public



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

8201 Mish ko swen Drive, Crandon, WI

www.FCPotawatomi.com

a participating member of



ASPIRUS NETWORK

OCTOBER TRANSIT SCHEDULE						2017
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 FIXED ROUTE	3 FIXED ROUTE	4 FIXED ROUTE	5 SHOPPING ANTIGO	6 CARTER CASINO TRIP	7
8	9 FIXED ROUTE	10 FIXED ROUTE	11 FIXED ROUTE	12 SHOPPING RHINELANDER	13 CARTER CASINO TRIP	14
15	16 FIXED ROUTE	17 FIXED ROUTE	18 FIXED ROUTE	19 SHOPPING ANTIGO	20 MOLE LAKE CASINO TRIP	21
22	23 FIXED ROUTE	24 FIXED ROUTE	25 FIXED ROUTE	26 SHOPPING RHINELANDER	27 CARING PLACE MOVIE TRIP	28
29	30 FIXED ROUTE	31 FIXED ROUTE				

FCP TRANSIT PROGRAM - INTERESTED IN RIDING TO ANY OF THE SCHEDULED SPECIAL EVENTS (THURS & FRI)? CALL THE TRANSIT DISPATCHER FOR PICK UP TIMES AND TO SIGN UP @ 715-478-4779

PERSONALS



God bless you,
Lois Jean Frank!

Your friend,
Karita Shegonee

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.

PROGRAMS

Smoking Cessation Incentive Program -

Open to FCP tribal members and individuals eligible for Alternative Care Program. Services include: appointments with nurses and CHR's 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 Cleere-man, 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, Power-Point, 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.

Mix and Match!

Buy Any 2* of the following products!



**Toffifay Stick 1.16 oz.,
Mamba Tropics 2.65 oz., or
Werther's Soft Stick 1.69 oz.**

Available for qualifying products which may vary by location. Offer valid with Fuel Rewards® card for a limited time, while supplies last. Fuel Rewards® card savings earned expire on the last day of the month following the month in which they were earned. Other restrictions may apply. See brochure inside for details.



Limit 20 gallons, per purchase, per vehicle at participating Shell stations.



POTAWATOMI CARTER C-STORE/SMOKE SHOP

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



PTT100117



**When You Buy One
Frito Lay Any 2-5 oz. Variety**

Available for qualifying products which may vary by location. Offer valid with Fuel Rewards® card for a limited time, while supplies last. Fuel Rewards® card savings earned expire on the last day of the month following the month in which they were earned. Other restrictions may apply. See brochure inside for details.



Limit 20 gallons, per purchase, per vehicle at participating Shell stations.



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



PTT100117

Potawatomi Carter Casino Donates Supplies to Local Schools

submitted by Jeff Mayer, PCCH Marketing Coordinator

CARTER, Wis. (Sept. 15, 2017) - Potawatomi Carter Casino Hotel (PCCH), the premier gaming destination in northern Wisconsin, was extended an invitation from Nicolet Plastics to participate in a 'School Supply Challenge'. This event, held in August of this year, collected over 2,880 items for schools in the area between the two companies.

From August 1 - 25, PCCH team

members donated over 1,460 classroom items including backpacks, notebooks, scissors, markers and tissues. The supplies collected from PCCH were distributed to the schools in Crandon, Laona and Wabeno. Nicolet Plastics employees amassed over 1,410 items and were distributed to the schools in Suring, White Lake and Wabeno. PCCH was honored to be able to contribute to a great cause,

but they wanted to do more.

In addition to the items donated by their team members, PCCH also reached out to their vendors to collect even more supplies for the upcoming school year. The donation efforts increased with additional tissues, hand sanitizer, plates and napkins generously provided.

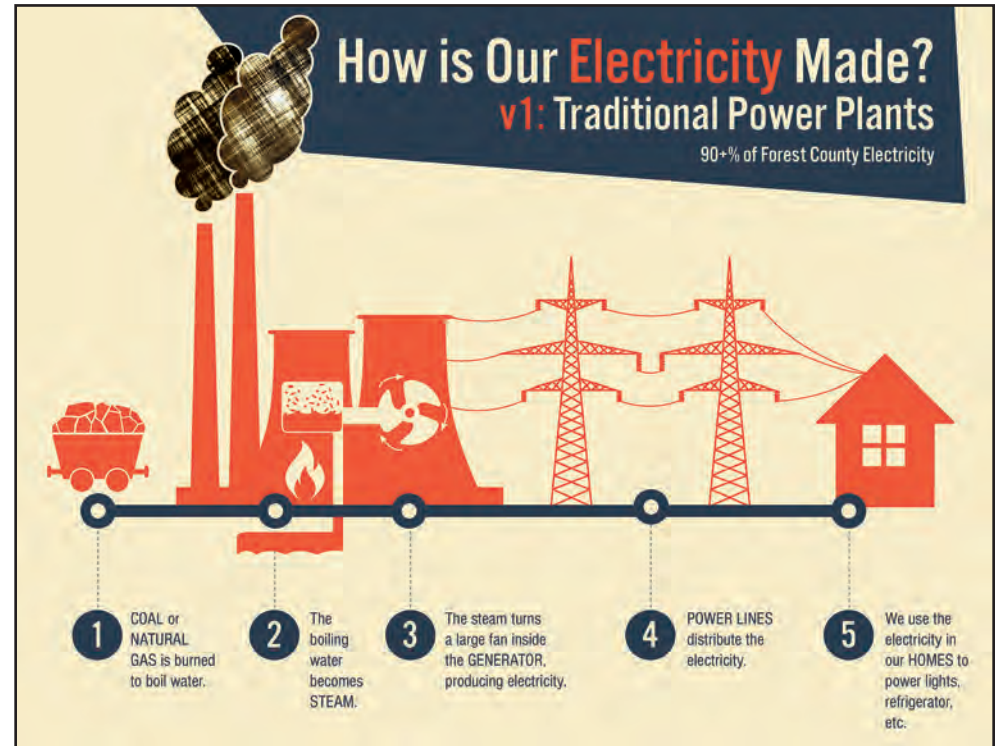
PCCH General Manager Frank Shepard expressed his gratitude for another

opportunity to contribute to the local community. "I am appreciative to Nicolet Plastics for extending the challenge. Anytime we can give back to our community, especially our schools, is a great day!"

With the school year now in full swing, and as the students begin to get settled in their classrooms, the items donated are already being put to good use.



(l-r) Stacey White, assistant manager, and Frank Shepard, manager, pose behind the diverse and generous donation of school supplies.



2018 WINTER INTERNSHIP PROGRAM

❖ **Application deadline:**
Nov. 10, 2017

❖ **Internship dates:**
Jan. 8 – Feb. 16, 2018

In the program, you will have the opportunity to meet gaming commissioners and staff, become familiar with the many duties of the Gaming Commission, observe each of its departments, and become familiar with how the Gaming Commission regulates casino operations onsite. You will visit the various venues within each property and experience the excitement that the tribe's casinos offer. This is an excellent way to enhance your knowledge. There will also be discussions, a group project, individual project, departmental exploring and so much more. This program is designed to fit a variety of learning styles. If this program interests you, apply today!

- Must be an enrolled Forest County Potawatomi Community member, 18 years or older, have high school diploma or GED.
- Weekly stipend, free lodging

Please contact
Tina Baker,
Development Specialist,
to get an application at:
(414) 847-7718
tbaker@paysbig.com
www.fcpgc.com

OCTOBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 START EARNING ENTRIES FOR CARTER CASH BASH! \$10/5 Packs Breakfast Buffet 7 am - 11 am	2	3	4 Do Something Nice Day \$10/5 Packs	5 LIVIN' IT 50 UP AT \$10/5 Packs	6 Sweet Surprise Finally \$500 Friday	7 Larry Lynne 8 pm - Midnight \$10/5 Packs Breakfast Buffet 7 am - 11 am
8 GREEN & GOLD GAME DAY SPECIALS CASH BASH Entry Multiplier \$10/5 Packs Breakfast Buffet 7 am - 11 am	9 POP & PLAY Lovin' Country 10:30 am - 2:30 pm	10 SCAREDY CASH DRAWINGS \$10/5 Packs	11 SCAREDY CASH DRAWINGS \$10/5 Packs	12 LIVIN' IT 50 UP AT \$10/5 Packs	13 POP & PLAY Cauldron of Cash Ric Stream 3:30 pm - 7:30 pm \$10/5 Packs	14 It's My Party A-Town Unplugged 8 pm - Midnight \$10/5 Packs Breakfast Buffet 7 am - 11 am
15 GREEN & GOLD GAME DAY SPECIALS CASH BASH Entry Multiplier \$10/5 Packs Breakfast Buffet 7 am - 11 am	16	17 SCAREDY CASH DRAWINGS \$10/5 Packs	18 SCAREDY CASH DRAWINGS \$10/5 Packs	19 LIVIN' IT 50 UP AT \$10/5 Packs	20 Cauldron of Cash Pony Men 3:30 pm - 7:30 pm Finally \$500 Friday	21 Jerry Schmitt 8 pm - Midnight \$10/5 Packs Breakfast Buffet 7 am - 11 am
22 GREEN & GOLD GAME DAY SPECIALS CASH BASH Entry Multiplier \$10/5 Packs Breakfast Buffet 7 am - 11 am	23 POP & PLAY Jim Counter 10:30 am - 2:30 pm	24 SCAREDY CASH DRAWINGS \$10/5 Packs	25 SCAREDY CASH DRAWINGS \$10/5 Packs	26 LIVIN' IT 50 UP AT \$10/5 Packs	27 Cauldron of Cash DJ Doc Gary (Bingo Hall) 10 pm - Midnight Black Light Bingo (Halloween Theme) \$10/5 Packs	28 Halloween Bash COSTUME CONTEST & SPOOKTACULAR DRAWINGS Almost Famous 8 pm - Midnight Bingo Bash Breakfast Buffet 7 am - 11 am
29 CASH BASH Entry Multiplier \$10/5 Packs \$500 Cash Drawing Breakfast Buffet 7 am - 11 am	30	31	Do Something Nice Day - October 4th Get a FREE entry into the \$1,000 Cash Drawings! Earn 100 same day base points or redeem 200 points for ten entries. \$1,000 drawing at 2 pm & 8 pm. Cookies served at 10 am, 2 pm & 7 pm.		FRIDAY - Sweet Surprise OCTOBER 6TH PICK UP YOUR FREE GIFT AT THE CARTER CLUB BOOTH STARTING AT 7 AM. Limited quantities, while supplies last.	

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

25 Years of Making Memories

Casino Events

Win your share of **\$50,000**

CASH BASH

SATURDAY, NOVEMBER 11TH

SCAREDY CASH DRAWINGS

OVER \$14,000 IN TOTAL CASH & PRIZES!

SELECT TUESDAYS & WEDNESDAYS IN OCTOBER

WIN YOUR SHARE OF **\$15,000 IN CASH PRIZES!**

Cauldron of Cash

OCTOBER 13TH, 20TH & 27TH

It's My Party

SATURDAY, OCTOBER 14TH - \$5,500 IN CASH PRIZES!

Halloween Bash

SATURDAY, OCTOBER 28TH

Spooktacular Drawings \$500 CASH DRAWINGS

Costume Contest CASH PRIZES!

Bingo Events

TEN DOLLAR PACKS

BINGO'S REGULAR SESSION

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

BINGO'S finally \$500 FRIDAYS

OCTOBER 6TH - & - OCTOBER 20TH

BLACK LIGHT BINGO

FRIDAY, OCTOBER 27TH | HALLOWEEN THEME

BINGO'S CASH DRAWING

SUNDAY, OCTOBER 29TH

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

NOW TAKING RESERVATIONS

New Year's Eve Bingo Bash

Reserve your seat at the money room located in the Bingo Hall or call 715.473.6732 while seats are still available!



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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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