



## 4th Annual Repatriation Conference

by Val Niehaus

The 4th Annual Repatriation Conference was held in Milwaukee at Potawatomi Hotel & Casino (PHC) Nov. 13-15, 2018. This conference is organized by the Association on American Indian Affairs (AAIA) and has had quite an impressive turnout each year since its inception with approximately 50 tribes represented!

AAIA's website states: *Without culture, we cannot exist as sovereign peoples. The vision of the AAIA is to advocate for a world where diverse Native American cultures and values are lived, protected and respected. AAIA has been a leader in protecting Native American Cultural Heritage through its Repatriation, International Repatriation and Protection of Sacred Sites initiatives, as well as ensuring that culture is passed on through its Youth initiatives.*

*The 4th Annual Repatriation Conference, "Advocating for our Ancestors", will utilize the expertise of indigenous practitioners and leaders from Indian Country and around the world, as well as federal government officials and foreign institutions, to consult and strategize on how to advocate for the return of Ancestors and cultural items from the United States and internationally, held by public and private hands or located on public or private lands. This has been a successful and growing conference every year!*

This well-attended conference offered a jam-packed agenda with educational ideas as well as other information beneficial for all of the participants' home tribes to utilize.

Opening day of the conference had strong Forest County Potawatomi (FCP) representation, since they were the host. FCP Veterans Post 1 carried in the flag and staffs to welcome all. They were accompanied by Fire Nation who always bring everyone to their feet with their beats and singing and who provide a very powerful presence when this ceremony takes place.

FCP Chairman Ned Daniels Jr. gave a welcome speech along with offering a bit of personal connection with everyone there. He spoke about the opioid epidemic and the connection between past ancestors and culture being what will help overcome this epidemic. He also said to those in attendance, "Potawatomi have called Milwaukee home for hundreds of years. For generations, our ancestors lived on and hunted the lands where you are sitting now. This is part of our historic homelands, and we are proud to be maintaining a presence here today. We encourage you to take full advantage of this opportunity to learn from the experts, elders, leaders and officials who have gathered here this week. By taking action today, we will preserve our heritage and ensure that the culture of our past remains with our people of tomorrow."

Following each day's presentations there was a special cultural event that took place, and the first night was FCP's turn to host at the Wgetthta (Warrior) Building. Those present from Executive Council included Ned Daniels Jr., Brenda Shopodock, Joe Daniels Sr., and Nick Shepard Sr.

FCP Assistant Tribal Historic Preservation Officer Allison Daniels was the ring leader in coordinating things on FCP's end and she did a great job. She made sure Council knew what was happening, and she was a main player in FCP's cultural night. She said, "The con-

ference was awesome! I'm always willing to put in the work to pave the way to bringing our ancestors back home where they belong."

Council Member Shepard gave an oral history lesson. He detailed dates and events through Potawatomi history dating all the way back to 1,000 years ago with the movement toward the Great Lakes to the here and now. It was a great history lesson. Shepard showed how proud he was of his people and all they overcame to get where they are now.

Shepard, along with Fire Nation, shared teachings of different dance styles seen at local powwows. Not only did the men on the drum participate in this, but Nem Ki Kwe Daniels offered a demonstration of the jingle dress dance. Joseph Alloway showed the traditional Woodland dance (with that being the original dance for many here on this reservation); Reddmen Lemieux showed his passion dancing men's traditional dance. All dancers and the drum did a fantastic job showcasing a bit of Potawatomi history and culture.

To finish up, Chairman Daniels offered a closing that seemed to sum up this year's conference as a whole. He said, "As you go back to your homes and reservation, keep in mind the lessons you've learned here and the people you've met. Although each tribe exists as its own nation, we gain great strength by communicating with each other to share our experiences and expertise."

Being able to come together as one nation of people is a great opportunity to share information that can then be taken back to local tribes by others to be utilized to its fullest! Next year's conference will be held at Fort McDowell Yavapai Nation, We-Ko-Pa Resort, Ariz., with dates yet to be determined.



photo by Allison Daniels

**FCP veterans bring in staff and flags to kick off the conference.**

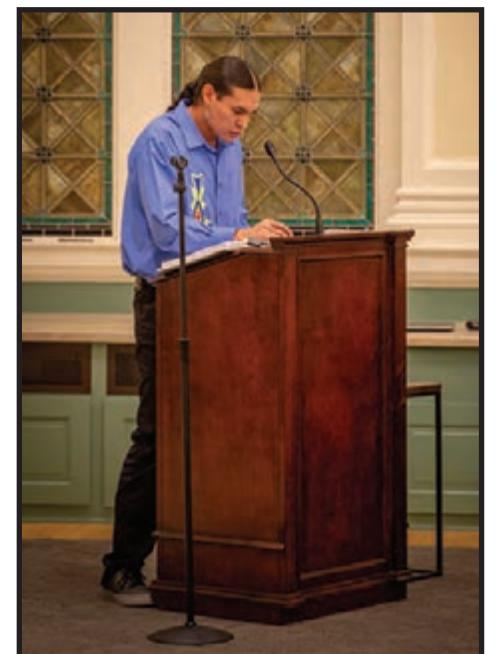


photo by Allison Daniels

**(l-r) AAIA President Frank Ettawageshik and Chairman Daniels received blankets in appreciation for this year's conference.**



**Fire Nation drum during cultural night at the Wgetthta Building.**



**Council Member Shepard gives an oral history of Potawatomi people.**

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# November General Council Meeting

by Val Niehaus

General Council meeting was held Nov. 10, 2018, at the Forest County Potawatomi (FCP) Executive Building with an outstanding number of tribal members attending. To meet quorum, there must be a total of 170 signed in for the meeting; there were 297 on this day which was great to see.

FCP Chairman Ned Daniels Jr. opened with a welcome to everyone in attendance and stated that he was extremely pleased to see so many members at this meeting. He said, "Hello relatives. It's great to see you all here so we can take care of business. And it should be noted this is the first time in many, many years that we have met all four quarterlies plus taken care of the budget meeting. That is a great thing to see!"

The gathering started with FCP Post 1 veterans bringing in the flags and staffs with Fire Nation accompanying them with the honor song. It was a good feeling to be in this room with wall-to-wall people while everyone stood to honor their heritage. It was obvious that there were many good feelings throughout the room.

Next on the agenda was the introduction of this year's royalty. Daniels said, "There have been many members asking who our royalty is this year. We figured we better honor them and introduce

them to everyone because they play an important role in our community."

With that said, royalty for Meno Keno Ma Gē Wen was introduced: Symone Pemma, Sr. Princess and Niya Frank, Jr. Princess. And for FCP Winter's End: Lucas Decorah, Brave and Royal Pemma, Jr. Princess. Each were presented with a gift and big hug from council members and, of course, applause from the members for representing FCP to the fullest.

Once this was finished, Phil Shopodock gave an invocation to all. From there the meeting was called into session. It lasted into the evening with many things being addressed and taken care of.

Council was very appreciative for all members who took the time out of their busy schedules to attend this meeting and to get things moving in the right direction for its people.



Chairman Daniels welcomed and thanked everyone for their presence.

# FCP Donates to Laona School

by Val Niehaus

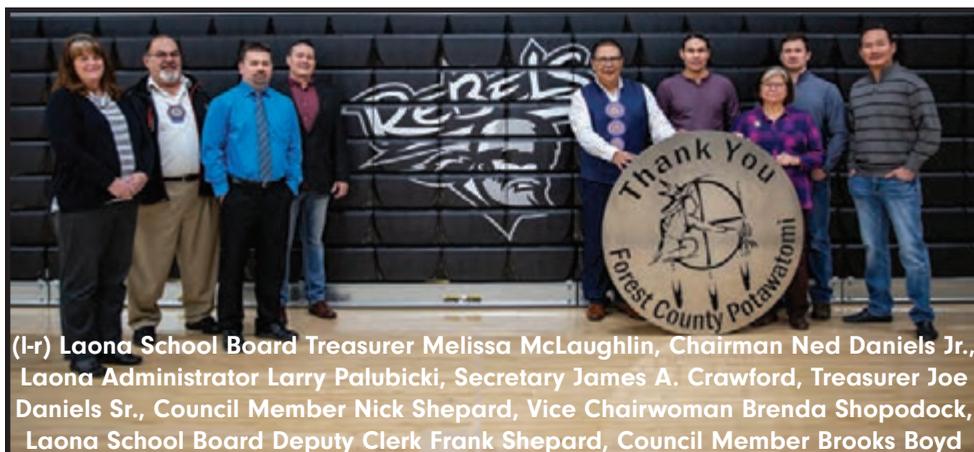
Forest County Potawatomi (FCP) was pleased to give a donation to the Laona School District for the installation of new state-of-the-art bleachers in its gymnasium. The bleachers retract and extend with ease and are emblazoned with the Rebel name and emblem and are a great addition to the school.

Laona High School District Administrator Larry Palubicki said, "The Laona School District would like to thank the Forest County Potawatomi for their generous donation towards our bleacher project. The support they have given to our district has helped to make improvements both educationally and to our facility as a whole. We appreciate the continued support!"

To show its appreciation for this generous gift, the school contacted Craig

Deer at Nicolet College who is in charge of the welding program there. They asked him to make a "Thank You" metal fabricated sign that will hang on the wall in the gymnasium acknowledging this donation to the district. All of the FCP Council were very appreciative of this gesture when they were shown the sign, and they felt it would be a great addition to the gymnasium along with the bleachers. Remarks from Council included, "Wow! This is amazing in here!"

FCP is very generous with all of the school districts in the area and are always happy to lend a hand. They donate \$90,000 a year to each school, and they love seeing the upgrades made to local districts that enable the students to have a better education and all-around school experience.



(l-r) Laona School Board Treasurer Melissa McLaughlin, Chairman Ned Daniels Jr., Laona Administrator Larry Palubicki, Secretary James A. Crawford, Treasurer Joe Daniels Sr., Council Member Nick Shepard, Vice Chairwoman Brenda Shopodock, Laona School Board Deputy Clerk Frank Shepard, Council Member Brooks Boyd



Start of the agenda with FCP veterans, FCP royalty, and Fire Nation singing.



FCP Royalty was recognized at the meeting to FCP members. (l-r) Symone Pemma, Royal Pemma, Niya Frank, Lucas Decorah

## OPIOID EPIDEMIC CAMPAIGN

WEDNESDAY, DECEMBER 5

**2018**

NOON - 1

**FCP EXECUTIVE BUILDING  
AUDITORIUM**

5416 Everybody's Road, Grandon, WI

*Open to the Public*

*Kick-Off*

**PRESENTERS:**

Sheriff John Dennee < Forest County's plan to combat the epidemic

FCP Executive Council < Tribe's plan to combat the epidemic

Julie Beeney < FCP Health Division's plan to combat the epidemic

Micah Nickey < New programs at FCP Health Division

George Ermert & Bill Eisner < Ad Campaign- Unveiling of print ads and showing of television commercial

Report Opioid Abuse

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### Happy December Birthday to These Elders!

- |                         |                        |
|-------------------------|------------------------|
| 12-1 Alan Sparks        | 12-11 Lamar Sparks     |
| 12-1 Keith Gerdeen      | 12-14 Douglas Crawford |
| 12-5 Richard Brzezinski | 12-15 Michael White    |
| 12-7 Craig Ritchie      | 12-20 Mabel Schingeck  |
| 12-11 Rebekah Mielke    | 12-26 Wendy Genett     |
| 12-11 Marjorie Adamczyk | 12-30 Louie Spaude     |

### FCP CARING PLACE December 2018 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):**

- 12/4: Casino Day (Mole Lake)
- 12/5: Christmas Concert (Milwaukee)
- 12/12: Diabetic Luncheon at noon (HWC)
- 12/14: Rouman Cinema and Lights of the Northwoods
- 12/18: Birthday Bingo at 12:30 p.m. (Caring Place)

### YOU'RE INVITED TO

We Care Community Center Congregate Meal Site

- Who:** FCP Tribal Elders & Community Members 60 & older  
**What:** Congregate Meal  
**Where:** We Care Community Center, Hwy. 32, Wabeno  
**Time:** Tuesdays 11 a.m. – 1 p.m.  
**RSVP:** Penny at (715) 478-4892 by 10 a.m. on Mondays

### 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!**

### POTAWATOMI TRAVELING TIMES

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 phone: (715) 478-7437 • fax: (715) 478-7438  
 email: times@fcpotawatomi-nsn.gov • website: www.fcpotawatomi.com

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- Vice Chairwoman:**  
BRENDA SHOPODOCK
- Secretary:**  
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- Treasurer:**  
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### Elder Menus DECEMBER 2018

- |  |  |
|--|--|
| <u>Monday, 12/3</u><br>Pork Roast w/Gravy over Rice, Spinach, Carrots, Dinner Roll, Applesauce                                   | <u>Monday, 12/17</u><br>Egg Salad Sandwich, Tomato Noodle Soup, Celery & Carrots w/ Spinach Dip, Jello® w/Fruit              |
| <u>Tuesday, 12/4</u><br>Meatloaf, Mashed Potatoes, Green Beans, Side Salad, Bread & Butter, Fruit Juice                          | <u>Tuesday, 12/18</u><br>Pepper Steak over Rice, Brussels Sprouts, Dinner Roll, Grapes                                       |
| <u>Wednesday, 12/5</u><br>Italian Meatball Mostaccioli, Corn, Cottage Cheese, Garlic Bread, Mixed Berry Pie                      | <u>Wednesday, 12/19</u><br>BBQ Chicken Wings, Tomato Noodles, Baked Beans, Peas & Cheese Salad, Blueberry Parfait            |
| <u>Thursday, 12/6</u><br>Fish Sandwich w/Lettuce & Tomato, Coleslaw, Roasted Red Potatoes, Baked Beans, Peaches                  | <u>Thursday, 12/20</u><br>Prime Rib, Baked Potato, Asparagus, Side Salad, Garlic Bread, Pistachio Torte                      |
| <u>Friday, 12/7</u><br>Chicken Dumpling Soup, Crackers, Orange   | <u>Friday, 12/21</u><br>Corn & Bacon Chowder, Cheese Sandwich, Kiwi  |
| <u>Monday, 12/10</u><br>Hamburger Gravy, Mashed Potatoes, Country Blend Vegetables, Creamy Cucumbers, Apricots                   | <u>Monday, 12/24</u><br>Christmas Eve - No Meal  |
| <u>Tuesday, 12/11</u><br>Tuna Casserole w/Peas, Broccoli w/ dip, Bread & Butter, Strawberries                                    | <u>Tuesday, 12/25</u><br>Christmas Day - No Meal   |
| <u>Wednesday, 12/12</u><br>Beef Pot Roast w/Gravy over Orzo Noodles, Carrots, Dinner Roll, Cheese Stick, Pears                   | <u>Wednesday, 12/26</u><br>Turkey Hot Dog w/Sauerkraut, Cucumber Tomato Salad, Mandarin Oranges                              |
| <u>Thursday, 12/13</u><br>BBQ Chicken Breast Sandwich, Rice Pilaf, Beets, Bean Dip w/Tortilla Chips, Blueberry-Pomegranate Juice | <u>Thursday, 12/27</u><br>Honey BBQ Shrimp over Rice, Side Salad, California Blend Vegetables, Cheese & Crackers, Apple Cake |
| <u>Friday, 12/14</u><br>Hamburger Vegetable Soup, Crackers, Yogurt   | <u>Friday, 12/28</u><br>Beef Stew, Biscuits, Pineapple Fluff   |

\*Menus subject to change.

## TRIBAL MEMBERS

### Open Enrollment for Non-Tribal Dependent Health Plan

**Now is the time to enroll your non-member spouse and dependents over the age of 19 into the Non-Tribal Dependents Health Plan. You have from now until December 31, 2018!**

**Please call the Forest County Potawatomi Insurance Department at (715) 478-7448 for details or an application.**



**Deadline for the December 15, 2018 issue of the Traveling Times is Wednesday, December 5, 2018.**

# Tribal Member makes it to State Level Swimming Competition

by Val Niehaus

Makenna Winnicki is an FCP tribal member and a sophomore at Rhinelander High School who just made her way to the state level in swimming with competitions held Nov. 9-10, 2018, in Madison, Wis. Winnicki is the daughter of Marna and Ken Winnicki and the granddaughter of James and Jeryl Perenich.

To qualify for state, 1st place from each of the four sections automatically go, then top times down to 16 total places. State podium places out to 6th place for winning. In 2017, Winnicki had qualified for state competition in the 500-freestyle finishing 9th with a time of 5:21.00. She also swam the fly on the 200-yard medley relay (50 yards of backstroke, breaststroke, butterfly and freestyle) with the team finishing 14th.

This year, Winnicki participated in the 100-yard butterfly. She finished 1st in the Great Northern Conference (GNC) and was 3rd at sectionals. She was seeded 13 and went into state competition with

a time of 1:00.54 as a personal best. She ended with finishing 16th D2 state 1:00.99. She also took part in the 500-yard freestyle after swimming only three times during regular season where she finished 2nd at the GNC meet and 4th at sectionals. Seeded 8 going into state with a time of 5:20.83, she finished 7th at state with a time of 5:18.84 which was a personal best for her.

Winnicki told *PTT* about her thoughts after as she said with a chuckle, "It was really an organized chaotic time. Lots of running between home and school to practice but overall it was an exciting experience!" When asked about her feelings for the next year she was clearly confident in saying, "It will be really exciting for our whole team to strive for greatness!"

To say the least, with being only a sophomore and already participating in state competition as well as the Indigenous Games, this young lady is going to



Photos of Winnicki during state competition  
photo credit Jeremy Mayo/Northwoods River News

be fun to watch in the upcoming next few years. An Olympian in the making? It would be pretty impressive and it is always fun to dream. There is one thing

that Winnicki seems to not give up on, and that's following those dreams. Congratulations Makenna!

## Sleep is Deep Root

by Veronica Mann-Pemma

Sleep is deep root, a path the spirit walks to connect one's perceived world and one's seen world with the eternal rhythm of earth, and the eternal rhythm of the moving flowing river we call blood. The virtual reality of dream state is a symphony of our unconscious running free: anger, fear, trust, acceptance, terror, affection, rejection, love. The unequivocal essence of what a human truly experiences in their soul is expressed in this very convincing drama we call sleep.

As I've grown older, I've begun to feel a whisper of insight about dreams I've had years ago. Dreams that were so vivid that my spirit reads them to me like campfire stories when I am still and hanging out with this thing society calls "time". I curl up in the campfire of my heart and hear this story told to me again, and in this season of my life, I see a language and I hear no words. I am understanding in my origin tongue.

I now see dreams as telecommunications with home. Turtle island ancestors, pre 1492, speaking truth to the unconscious thermal energy of my seen world (post-apocalyptic turtle island 2018).

Ancestral language is one in motion, a dance with the rhythm of the sun. This is very different than the left brain data storage language that is English. Words with little origin of their own. Anglo/Latin roots attempt to clarify this language, but where origin culture is suppressed, origin language is tangled and misunderstood.

As a result, the relation to one's humanity, one's community, one's home

(grandmother Earth) and one's spirit become confused. Is this why it takes so long to understand these 'campfire stories' called dreams?

Reimagining the attitude and practices of the daily interconnection that our ancestors lived with is as important as speaking and utilizing ancestral languages. Both are patterns that humans weave to the benefit or detriment of all our relations, all creation.

Walking the sacred path of our dreams is walking into a land where our ancestors speak the language of old using the realities of the new. It can take a long time to understand these things.

There are five different types of insomnia described in medical journals, but essentially, all sleep issues are interconnected with our psychological, emotional, physical and environmental. It is no wonder that sleep becomes frantic, overwhelming, and maybe even frightening for some. The ailment of insomnia is a great assault to our well being and this assault deserves gentle compassion and patient guidance.

Colonialists describe bad sleep as a source for a plethora of ailments. Unfortunately, they also describe a plethora of ailments as the source for troubled sleep. Fortunately, indigenous statistics run on a massive timeline, and predate the statistics of the United States' 500-year timeline. So where they say we are plagued with deformity and disease, we know it is their lifestyle and language that is the deformity and disease, not the fault of our blood, which is powerful and good.

Great rest is a salve to the soul - a salve



to be applied daily in ceremony with gratitude and with discernment. Those of you that sleep like a rock, I graciously ask that in your gratitude, you might pray for those of us who are wrestling instead of dancing with our inner bear. If your baby rests soundly, pray and make offerings for our babies without such rest. Share the rest, with the rest.

As we head into the great beneath, the season of the unseen, may we mature

in our manner of seeing, and mature in our manner of hearing. May our food be nourishing to the deep root; may our ways heal the path we take home... may we dance with the sun and connect our unseen to our seen and heal seven generations back, and seven generations forward.

May our rest be as sacred as the attitude of our living language.

All my relations.

# FCP Youth Take on NB3FIT Week

submitted by FCP Recreation Department

FCP youth participated in NB3FIT Week Nov. 5-8. This is an event coordinated by the NB3 Foundation, a champion of Native children's health. NB3 was founded in 2005 by four-time PGA winner Notah Begay III (Dine/Pueblos of San Felipe and Isleta) - the only full-blooded Native American to play on the tour.

According to NB3's website (www.nb3foundation.org), "We view all children as sacred blessings who hold great potential for all communities. We are dedicated to the active choices we can make so our children live happy, healthy, fulfilling lives."

The NB3FIT challenge is for Native youth to participate in 60 minutes of activity for one week per year. With the collaborative effort from the FCP Com-

munity, Community Health, Land & Natural Resources, Education, CHOICES and Recreation, the students were picked up after school in the three surrounding communities. They were given a half-hour of educational teaching about healthy and positive living, 60 minutes of physical activity, and a healthy snack. Those that participated in the week-long event were rewarded with a movie trip to Rhinelander.

In the future, the collaborative team will be looking to start its own fitness challenge on a quarterly basis or four times a year beginning in January 2019. It will still revolve around 60 minutes of physical activity and healthy lifestyle teachings. This provides an opportunity to make the event bigger and better and not just a seasonal event.



# Veterans Day Dinner

by Val Niehaus



Louie Spaude gives a word of prayer before the meal.

To honor the local Forest County Potawatomi (FCP) veterans, Executive Council sponsored a dinner for them and their families on Veterans Day, Nov. 11, 2018, at Potawatomi Carter Casino Hotel (PCCH). The event took place in a banquet room and was catered by PCCH banquet staff.

Honoring local veterans is a priority to the tribe to thank them for everything they have done in service and to show a bit of appreciation for the sacrifices they have made. Brenda Shopodock, U.S.

Army veteran and FCP Vice Chairwoman, said, "It was a great day to honor our local veterans, and we always have a great time when we all can get together as one big family." Louie Spaude, U.S. Air Force veteran and FCP elder, gave a word of meaningful prayer before the meal commenced.

Chi Migweth, veterans and their families, for allowing us to live with the freedoms we have today. We can never repay you for what you have done!

**FRUIT & VEGGIE OF THE MONTH**  
*Cranberries*

**CRANBERRIES** are beautiful! The rich color adds so much to the eye appeal of your meal; the flavor and nutrition of these berries make them a wonderful treat to be enjoyed. **CRANBERRIES** are a traditional food for Native Americans, who used cranberries not only for food and medicine but also to make dyes for clothing and blankets. **CRANBERRIES** are nutritious - high in antioxidants, manganese, vitamin C, fiber, and a good source of several other vitamins and minerals. One half a cup of cranberries contains only 25 calories. There are also many other possible health benefits of consuming cranberries including lowered risk of urinary tract infections, prevention of certain types of cancer, improved immune function, decreased blood pressure and more. **CRANBERRIES** add incredible flavor to both sweet and savory foods. Many cranberry products such as cranberry juice, cranberry sauce, and dried cranberries usually have a lot of sugar - so be aware. Controlling ingredients so that you have less sugar is a great reason to cook from scratch. Try the below recipe for cranberry sauce and serve with your favorite wild rice dish, pork roast or turkey, oatmeal, green salad, yogurt, baked apples, etc. Enjoy!

**LOW SUGAR**  
**ORANGE CRANBERRY SAUCE**

**INGREDIENTS**

- 2 - 12 ounce bags fresh cranberries
- 1 cup water
- 1/2 cup orange juice
- Zest of 1 orange
- 1 cup unsweetened applesauce
- 2 teaspoons liquid stevia orange flavor preferred but not necessary

**INSTRUCTIONS**

1. Combine cranberries, water, orange juice, zest and applesauce to a sauce pan.
2. Boil over medium heat for about 15 minutes; stir frequently.
3. Remove from heat and add stevia.
4. Cool slightly then taste and adjust sweetener.
5. Refrigerate 3 hours or overnight.
6. Keeps for up to 3 weeks in the refrigerator.

Modified from: <https://www.sageflour.com/recipes/low-sugar-cranberry-orange-jelly-sauce/>

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

*Fruit & Veggie*  
**Taste Test Day**

**Come Join Us**

Apple Cider Vinegar Beverages  
Pork Roast *with* Cranberry Sauce  
Pumpkin Recipe

Thursday | December 13, 2018  
1 - 3 p.m.  
Health & Wellness Center Main Lobby

RECEIVE RECIPES, NUTRITIONAL INFORMATION AND ENTER TO WIN PRIZES

Open to all FCP Community and General Public

8201 Mish ko swen Drive, Crandon, WI (715) 478-4355 • cmh.FCpotawatomi.com

# Healthy Hands for the Holidays

submitted by Community Health

National Handwashing Awareness Week is committed to helping individuals remain healthy - one hand wash at a time. Handwashing is one of the most important basic hygiene prevention methods to keep YOU healthy! Let's look at some hands-on tips in honor of National Handwashing Awareness Week, which takes place each year during the first week of December (Dec. 2-8, 2018).

**• All Hands on Deck**

Experts recommend washing your hands with soap and clean water for at least 20 seconds! It is recommended that you sing *Happy Birthday* twice to allow enough time to remove and rinse away germs. Be sure to get lots of soap all over your hands, and make sure to also clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.

**• Wash Your Hands**

The Centers for Disease Control (CDC) calls hand washing a do-it-yourself vaccine and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.

**• Four Handy Principles**

Follow these guidelines (endorsed by the American Medical Association and the American Academy of Family Practitioners), to reduce contagious diseases:

1. Wash your hands when they are dirty and before eating.
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Above all, do not put your fingers into your eyes, nose or mouth.

Can You Handle These Facts?

**• Handwashing Equals Happiness**

According to the CDC, handwashing can prevent one in three diarrhea-related illnesses and one in five infections, including the flu. Clean hands prevent sickness!

**• The Dirty Secret of Public Restrooms**

The CDC also reports that only 31 percent of men and 65 percent of women wash their hands after using a public restroom. Wash your hands after using the restroom!

**• Sneezes are Mini Hurricanes**

A typical human sneeze exits the body at about 200 miles per hour and emits around 40,000 droplets into the air. Sneeze into your elbow or arm and wash your hands after you blow your nose!

(source: <https://nationaltoday.com/national-handwashing-awareness-week/>)

Contact Community Health at (715) 478-4355 with any questions regarding this matter.

# Safety Reminders & Tips

submitted by FCP Housing Department

**• Fire/CO2 detector - Please check your batteries once a month. Detectors are needed on all floors. Also check to see that your detector is not over eight years old; you will find the year of the device on the back of it. If it is, call the Housing department or Emergency Management.**

**• Fire extinguishers - You need at least one extinguisher on each floor, listed as Class A, B, or C. Follow the instructions on operating and maintenance.**

**• Remember! PASS when using Fire Extinguishers: Pull > Aim > Squeeze > Sweep**

**• Keep an eye on your LP tank level. Letting it run out of LP gas will mean having it re-lit and it may cost extra money.**

**• Furnace filters - Check your furnace filter two times a year. A good way to remember is when the time changes in the SPRING and FALL. Doing so helps the efficiency of your furnace and keeps the dust down in your residence that may cause allergies or colds.**

**• Mailbox - Please make sure your mailbox area is clear of snow to ensure proper delivery for the U.S. Postal Service.**

**• FCP rental insurance policy - We encourage you to purchase contents insurance in case of an emergency that may occur to your rental unit. Your belongings in your home are NOT COVERED by the tribe's rental insurance policy.**

Please call Housing for more information at (715) 478-7403.



**WINTER SAFETY TIPS**

- Keep babies warm with sleepers and sleep sacks — NOT blankets — when sleeping.
- Cover extremities when going out in the cold.
- Watch for hypothermia. If a person's temperature drops below 95 degrees, seek medical attention.
- Heat your home carefully. Do not use space heaters near furniture, bedding or curtains.
- Pack an emergency kit in your car.
- Tread carefully on ice. Take slow, steady steps on icy pavement.



**FOREST COUNTY  
POTAWATOMI  
HEALTH &  
WELLNESS CENTER**

8201 Mish ko swen Drive, Crandon, WI  
[www.FCPotawatomi.com](http://www.FCPotawatomi.com)

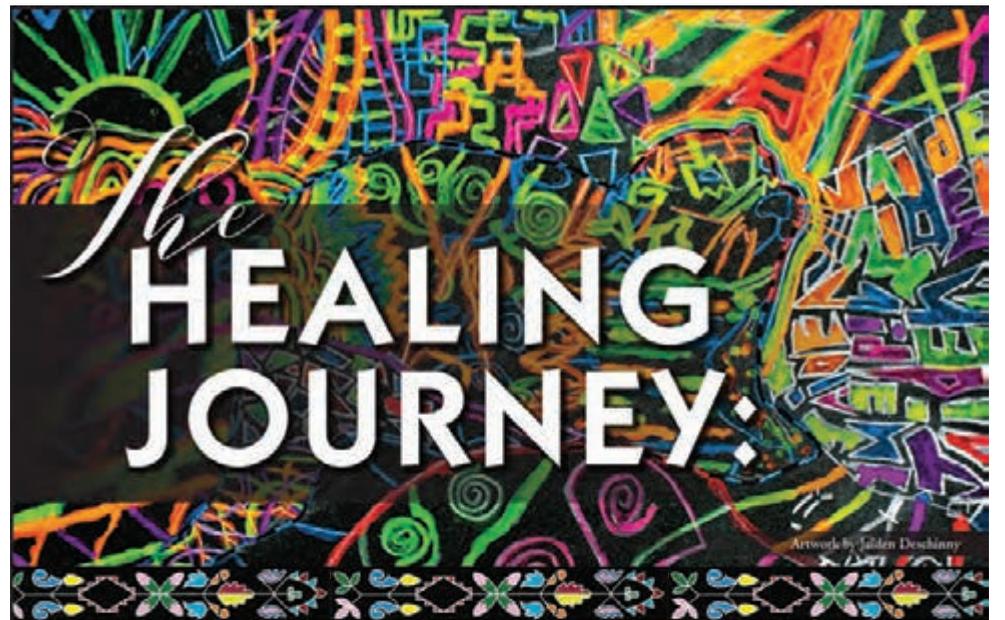
Mon. - Fri. | 7 a.m. - 6 p.m.

(715) 478-4300

Open to the Public

a participating member of  
**ASPIRUS  
NETWORK**

**Honoring Health,  
Healing, and Tradition**



Join us as individuals share stories of how substance abuse has impacted their lives, how they cope with the grief of losing a loved one, and how they stay on the path of sobriety.

**Wednesday, Dec. 19, 2018 | 6 p.m.**

**FCP MUSEUM — LOWER LEVEL**

OPEN TO THE FCP COMMUNITY, ELDERS, FAMILIES AND YOUTH AGES 9+

**POTLUCK: FEEL FREE TO BRING A DISH**

**CONTACT:** FCP Community Health: 715-478-4355, or FCP AODA Services: 715-478-4370, with questions



For additional information on the topic of grief and grieving, contact the FCP Mental Health Department at 715-478-4339. For topics related to AODA and sobriety, please contact FCP AODA Services at 715-478-4370.



# Family Services Division

submitted by Abbey Lukowski, Family Service Division Administrator

Bosho! Family Services Division (FSD) offers many supportive services to tribal members and community members. FSD staff give service in a number of capacities; some of those services are more visible than others. However, one component is for certain: whether we're busily assisting a client during a confidential appointment or hosting a community event, we are here to support and serve you.

The division appreciates the opportunity to serve you. We are available Monday - Thursday, 7 a.m. to 5 p.m. For

additional information, please reach out to our main line at (715) 478-4433. For emergency situations, staff are available 24 hours a day, 7 days a week, 365 days a year. For those outside of the normal business week services, emergency child-related needs may be addressed by calling (715) 889-1446. For all other emergency client needs, please contact our Community Advocacy line at (715) 478-7201. As a gentle reminder, if you receive the voicemail, please leave a clear and detailed message with the best phone number to return your call. Migweth!



**Eric Swanson** currently serves in the position of CST Program Coordinator for FCP's FSD Indian Child Welfare Department where he has served for two and one half years. He is responsible for serving youth and families within the FCP Community. CST brings together the child and family's natural and formal supports in order to meet the needs of the family, and to accomplish goals for the family by utilizing case management, case plans, safety plans and wellness plans.

In his spare time, Eric enjoys spending quality time with his son and other family, coaching high school football, and golfing with friends and family. Eric enjoys serving the FCP Community by offering services and honoring the unique needs of tribal children and families by providing them a voice and ownership in achieving their goals.



**Connie Pemrich** currently serves in the position of Case Specialist for FCP's FSD Tribal Child Support Agency, where she has served the community for nearly seven years. Her responsibilities include paternity establishment, as well as establishing, enforcing, reviewing and modifying child support orders. In addition, Connie works closely with Tribal Court, ICW and outside tribal and county child support agencies.

In her spare time, Connie enjoys spending time with her family, catching up with friends old and new, and celebrating all of life's simple pleasures. Connie is honored to serve the FCP Community by providing quality and respectful child support services to tribal members and their families.



**Maline Enders** currently serves in the position of ICW Social Worker for FCP's FSD Indian Child Welfare Department. She has served the community for over seven years. Maline provides case management to children with whom Tribal Court has deemed children in need of care, provides intake and makes referrals of abuse and neglect.

In her spare time, Maline enjoys spending time with family, volunteering, reading, and participating in community theater productions with the Wabeno Area Players. She enjoys serving the FCP Community and is truly inspired by the children and families she is able to work with every day.



**Connie Stamper** currently serves in the position of cook/bus driver/assistant teacher for FCP's FSD Rising Sun Daycare. She has served the community for over 12 years. Connie is responsible for planning, cooking, and serving meals for the daycare, as well as transporting children to and from school and daycare.

In her spare time, Connie enjoys watching and doing different activities with her grandchildren and camping. She enjoys serving the FCP Community by offering meals to our parents as needed.



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

### AUTHENTIC NATIVE AMERICAN GIFTS

Men's, Women's, Youth and Unisex Clothing

Beading Supplies • Pendleton Items • Potawatomi Dictionary

Local Beadwork and other Handmade Items • Documentaries

Leaning Tree Greeting Cards • DVDs and CDs



FOREST COUNTY POTAWATOMI  
CULTURAL CENTER,  
LIBRARY & MUSEUM

8130 Mish ko swen Dr., Crandon, WI 54520

Hours: Monday-Thursday, 7 a.m. - 5 p.m.

**IMPORTANT: WE ARE NO LONGER ACCEPTING CHECKS AS A FORM OF PAYMENT. CASH, DEBIT OR CREDIT CARDS ONLY.**

(715) 478-7470 | [www.FCPotawatomi.com](http://www.FCPotawatomi.com)



### Welcome to the World, Baby!

Leah Rosio and Jacob Marvin are proud to welcome a son, William Joseph Marvin. Born on Nov. 11, 2018, he weighed in at 9 lbs, 4.5 oz., and was 20 1/2 in. long. William has an older brother, Leroy.

Grandparents are Jane and the late Billy Joe Marvin from Argonne, Alan Larock from Keshena, and the late Georgianne Shockto.



## Thanksgiving Event Held at Rising Sun Daycare

submitted by Rising Sun Daycare

Rising Sun Daycare held a dinner for the parents, grandparents and families with a family-style sit-down dinner. Thanks to all who were able to attend! Rising Sun Daycare is truly thankful for

the support we get from the parents on a daily basis. This was one way we could show how grateful we are to be able to serve them and their children.



## Use Safety with Wild Game

submitted by Community Health (press release courtesy DHS.gov)

As Wisconsin's gun deer season is winding down, the Wisconsin Department of Health Services (DHS) wants to remind hunters, their families, and anyone who serves or eats wild game or birds to make sure the meat is handled properly and cooked thoroughly before it is eaten.

Wild game meat, including venison, bear meat, and wild fowl, may contain a variety of bacteria and parasites that can cause illness in humans if the meat is not properly cooked. Even healthy-looking animals can carry germs that can make you sick.

Over the past two years, there have been outbreaks of trichinellosis (trichinosis) and toxoplasmosis in Wisconsin residents who ate undercooked meat from bear and deer infected with the parasites that can cause these diseases including Salmonella, E. coli infections, and other illnesses. While some illnesses caused by eating wild game may result in

mild diarrhea that goes away on its own, others can be more serious. More severe symptoms may include bloody diarrhea, fever, chills, swelling of the face or lymph nodes, and damage to the heart,

lungs, and other organs. People who become sick in the days or weeks after eating wild game should contact their healthcare provider and let them know they have recently eaten wild game.

Follow these recommendations for safely

enjoying wild game meat and fowl:

- Do not eat wild game or fowl that appeared ill before being killed.
- Hunters who harvest deer in areas of the state where Chronic Wasting Disease (CWD) is known to exist are encouraged to have their deer tested. If testing is being conducted, do not eat or give away venison until test results are known.
- Wear rubber/disposable latex gloves while processing and handling wild game.
- Carefully remove the intestines to avoid contaminating yourself and the meat with intestinal germs.
- Wash hands with soap and water after processing game or handling raw meat.
- Thoroughly clean knives, equipment and surfaces (including tables and cutting boards) that have come into contact with raw meat.
- Do not eat, drink, or smoke while handling or cleaning wild fowl or game.
- Cook all wild game (venison, bear) to a minimum internal temperature of 160°F using a meat thermometer. Color is not a reliable indicator of doneness.
- Cook all wild fowl (duck, goose) to a minimum internal temperature of 165°F using a meat thermometer. Color is not a reliable indicator of doneness.
- Do not rely on freezing, smoking, or curing game meat to make it safe as steps may not kill all bacteria and parasites.



# CWD

(Chronic Wasting Disease)

	✓ TRUE	✗ FALSE	? NOT SURE
<b>CWD has been found in deer in Wisconsin.</b>	Locally in Oneida, Lincoln, Marathon, & Oconto counties, including next to FCPC's Shawano County land. Thirty-one Wisconsin counties in all as of 2018.		
<b>People can catch CWD by eating meat from an infected deer.</b>			No one has been diagnosed with CWD. Because CWD is related to mad cow disease, however, health officials recommend not eating meat from deer that appear sick.
<b>People can catch CWD when brain-tanning.</b>			There aren't any known cases of this. Just in case, though, you should always wear gloves, goggles, and other protection when brain-tanning.

Want to know for sure whether or not a harvested deer has CWD?

**GET IT TESTED!**

Natural Resources staff are available Monday-Thursday between 7 am and 5 pm to collect samples from deer to be tested. To have your deer tested, bring it (or the head and a hand-width length of neck) to the Natural Resources Building, 5320 Wensaut Lane in Crandon as soon as possible after harvest. If you can't bring it in the same day, it can be refrigerated at 35-45°F for up to 5 days. Questions? Please call the Natural Resources office at 715-478-7222.



**TRANSPORTATION SERVICES PROVIDED FOR:**

- Tribal Elders
- Tribal Youth
- Tribal Members
- Specific Program Participants
- General Public
- Elders 60+ (Title III)

**TRANSPORTATION SERVICES PROVIDED BY:**

- Transit Program
- Elderly Department
- Community Health
- AODA
- Family Services
- Recreation Department
- Education
- Gte Ga Nēs Preschool

**AODA** provides transportation services for anyone that is participating in a treatment program that is directly related to their treatment plan.

- Who?**
- Program Participants
  - Any Age
- When?**
- Case Specific
- Contact Number**
- 715-478-4370

**COMMUNITY HEALTH** provides transportation services for tribal members of any age for medical appointments.

- Who?**
- Tribal Members
  - Any Age (All minors must be accompanied by a parent or guardian)
- When?**
- Monday through Friday
- Contact Number**
- 715-478-4355

**EDUCATION** program provides transportation after school for coordinated activities, special education events, trips, summer day camp and college visits.

- Who?**
- Tribal Youth
  - Ages 7-17
- When?**
- After School
  - Scheduled Events
- Contact Number**
- 715-478-4316

**ELDERLY DEPARTMENT** provides transportation services for the elderly and/or disabled to medical appointments and scheduled monthly activities and events.

- Who?**
- Tribal Members 55+ and/or disabled
  - Elders 60+ (Title III Participants)
- When?**
- Monday through Friday
  - Scheduled Activities/Events
- Contact Number**
- 715-478-4715

**FAMILY SERVICES** provides transportation for FCPC-enrolled and affiliated program participants through the Indian Child Welfare (ICW), Community Advocacy, Rising Sun Daycare and CHOICES programs. Transportation may be for medical appointments, daycare, after school programs, summer trips, or other various needs.

- Who?**
- Tribal Youth
  - Ages 7-17
  - Program Participants
- When?**
- Scheduled Appointments/Events
- Contact Number**
- 715-478-4433

**GTE GA NĒS PRESCHOOL** provides transportation for tribal youth who attend the preschool. The preschool also provides transportation for school field trips and outings.

- Who?**
- Tribal Youth (ages 3-5)
  - Enrolled in Preschool
- When?**
- September through May
  - Monday through Friday
- Contact Number**
- 715-478-7359

**RECREATION** program provides transportation services for tribal youth wanting to attend Recreation programs and events.

- Who?**
- Tribal Youth
  - Ages 8+
- When?**
- Scheduled Rec. Programs/Events
- Contact Number**
- 715-478-7420

**TRANSIT PROGRAM** offers transportation that is open to the general public and is handicap-accessible on a scheduled route. The program also offers transportation to scheduled events.

- Who?**
- Open to the Public
  - Any Age
- When?**
- Monday through Thursday
  - Scheduled Events
- Contact Number**
- 715-478-4779



FOREST COUNTY POTAWATOMI has partnered with PACKERLAND BROADBAND to bring you **HIGH-QUALITY TV, INTERNET, AND PHONE SERVICES!**

Sign up today and get your **FIRST 60 DAYS FREE!**  
 SERVICE INSTALLATIONS BEGAN NOV. 12, 2018  
 Automatic per-cap deduction will occur after the 60-day trial period

**ALL SERVICE PACKAGES INCLUDE:**

- Free Installation
- Free Wi-Fi
- Text Alerts
- Comprehensive Online Security
- Tech Support

**Expanded Cable 100 Mbps Internet with Wi-Fi and Home Phone\* \$161/mo**  
\*Home phone service available after 60-day free trial

**Expanded Cable and 100 Mbps Internet with Wi-Fi \$141/mo**

**100 Mbps Internet with Wi-Fi \$81/mo**

TO ORDER SERVICES CALL 800-236-8434  
 OR ORDER ONLINE AT [PLBB.net](http://PLBB.net)

**December Luncheon**

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

RSVP APPRECIATED  
 Colby Chitto 715-478-4567  
 Anna Christop 715-478-4583  
 Leo Miller 715-478-4320

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

**diabetes program**

WEDNESDAY, DECEMBER 12, 2018  
 12-1:30 P.M.  
 FCP Health & Wellness Center

**Educational Games**

*Lunch, Education & Prize Drawings*

Open to FCP Tribal Members with Diabetes and their Guest

Maple Syrup Salmon | Beef Tips over Noodles  
 Salad | Grilled Zucchini | Sparkling Juice  
 Festive Desserts



## November is: **NATIVE AMERICAN HERITAGE MONTH**

By Milwaukee Aids. Pérez, Hamilton, Coggs, Stamper, Borkowski, Witkowski, Lewis, Rainey, Johnson, Murphy at City Hall:

Resolution recognizing Nov. 20, 2018, as "Indian Council for the Elders Day".



## Migweth: ICE PREPARES MEAL FOR GIVING THANKS

The Indian Council of the Elderly hosted a meal to share companionship, food and gifts. It was also a time to thank all of those who, throughout the year, have supported, valued, respected, and assisted in making a difference in the lives of those they serve - the elders.



**ICE Staff**  
 Jone Stromberg (ICE Director)  
 Gwen Williams (Head Cook)  
 Elta Eagle (Asst. Cook)  
 Thomas "Tim" Lipp Jr. (Van Driver)  
 Michael Cooper Jr. (Dishwasher)

## NOTICES

### SERVICES OFFERED

#### Economic Support Programs

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:

- Direct connection between DMV to obtain, reinstate and/or determine what is needed to obtain the driver's license
- Work-related expenses
- Resumé development/ resumé critiquing
- Mock interviews (practice before a job interview) and tips.
- Job-seeking skills/soft skills
- Employment guidance/advocacy
- Fidelity bonding available

We currently have a 53 percent success rate for successful work experience to employment.

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.

Badgercare - 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.

Foodshare - 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

### SERVICES OFFERED

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.

The FCP Economic Support staff is available to provide services for resumé building, computer training programs, and for any other economic support program information. If you want more information on any of these programs, please stop by the Family Services Building or call (715) 478-4433.

## DECEMBER EVENT CALENDAR

### CHOICES Program

- Youth 9 - 12: Mondays (3, 10, 17)
- Youth 13 - 17: Tuesdays (4, 11, 18)
- Youth 6 - 8: Wednesdays (5, 12, 19, 26)

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 (3, 10, 17) from 1 - 3 p.m.
- FRC Girls Group (ages 10-17): Tuesdays (4, 11, 18) 3:30 - 5 p.m.
- Team Building w/CHOICES (age 6-8): Wednesdays (5, 12, 19, 26) 3:30 - 5 p.m.
- Positive Indian Parenting Class (PIP): Thursdays (6, 13, 20, 27), 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

- 12/4 - Infant Nutrition (HWC): 8 a.m. - 4 p.m.
- 12/6 - Infant Nutrition/WIC (Carter We Care): 1 p.m. - 4 p.m.
- 12/12 - WIC (HWC): 8 a.m. - 4 p.m.
- 12/12 - Diabetes Luncheon (HWC): Noon - 1:30 p.m.
- 12/13 - Fruit & Veggie Taste Test Day (HWC): 1 - 3 p.m.
- 12/19 - Healing Journey Event (FCP Museum): 6 p.m.

**WE WILL BE CLOSING ON 12/24 AT 3:00 P.M.  
AND WILL REOPEN ON 12/26 AT 7:00 A.M.**



**PRESENT THIS  
AD AND RECEIVE  
\$1.00 OFF  
PUZZLES COUPON**

Exp. 12/15/18



**FOREST COUNTY POTAWATOMI  
CARTER C-STORE  
SMOKE SHOP/DELI**

Hwy. 32, Carter (across from casino/hotel)  
715-473-5100

**Open 24 Hours  
7 Days a Week**



PTT120118

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2-5oz Doritos products.**

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\*Offer ends 01/06/2019 and may be extended or discontinued at any time. Available for qualifying products which may vary by location. Offer valid with Fuel Rewards® card or App for a limited time, while supplies last. Other restrictions may apply. Limit 20 gallons. See FuelRewards.com/apporshell for full terms and conditions.

Download the Fuel Rewards app to join today  
and never pay full price for fuel again.

**WE WILL CLOSE  
ON 12/24 AT 3 P.M.  
AND REOPEN ON  
12/26 AT 7 A.M.**



**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



PTT120118

# December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
<b>Holiday Hours</b> CLOSED: DECEMBER 24 & DECEMBER 25 Re-open Wednesday, December 26 at 9 am!	<b>GREEN &amp; GOLD GAME DAY SPECIALS</b> CATCH ALL THE ACTION ON OUR 165" BIG SCREEN! THE FLAMES RESTAURANT	<b>THE LAST THURSDAY OF EACH MONTH!</b> <b>ONE \$200 WINNER!</b> HOURLY 12 PM - 7 PM! TWO FREE CASH DRAWING ENTRIES FOR \$0* EARN VOUCHERS FOR LUNCH & DINNER	<b>1</b> Bear Creek Band 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Chef's Choice	<b>2</b> <b>GREEN &amp; GOLD SPECIALS</b> \$10/5 Packs Breakfast Buffet 7 am - 11 am Wing Day	<b>3</b> <b>POPS PLAY</b> Ric Stream 10:30 am - 2:30 pm Soup in a Bread Bowl	<b>4</b> <b>Elf-Stravaganza</b> Sub Sandwich	<b>5</b> \$10/5 Packs Chimichanga	<b>6</b> <b>SENIOR DAY</b> \$10/5 Packs Lunch Buffet Baked Chicken Dinner	<b>7</b> Branded 8 pm - Midnight Finally \$500 Friday Seafood Buffet Fish Fry	<b>8</b> <b>UGLY HOLIDAY SWEATER CONTEST</b> CJ Riders 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Chef's Choice
<b>9</b> <b>GREEN &amp; GOLD SPECIALS</b> \$10/5 Packs Breakfast Buffet 7 am - 11 am Wing Day	<b>10</b> <b>POPS PLAY</b> Lovin' Country 10:30 am - 2:30 pm Soup in a Bread Bowl	<b>11</b> <b>Elf-Stravaganza</b> Sub Sandwich	<b>12</b> \$10/5 Packs Chimichanga	<b>13</b> <b>SENIOR DAY</b> \$10/5 Packs Lunch Buffet Baked Chicken Dinner	<b>14</b> <b>POPS PLAY</b> Ric Stream 3:30 pm - 7:30 pm \$10/5 Packs Seafood Buffet Fish Fry	<b>15</b> Kitty Corona 7 pm - 11 pm \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Chef's Choice				
<b>16</b> <b>GREEN &amp; GOLD SPECIALS</b> \$10/5 Packs Breakfast Buffet 7 am - 11 am Wing Day	<b>17</b> Soup in a Bread Bowl	<b>18</b> <b>Elf-Stravaganza</b> Sub Sandwich	<b>19</b> \$10/5 Packs Chimichanga	<b>20</b> <b>SENIOR DAY</b> \$10/5 Packs Lunch Buffet Baked Chicken Dinner	<b>21</b> Holiday Cash Finally \$500 Friday Seafood Buffet Fish Fry	<b>22</b> Holiday Cash // \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Chef's Choice				
<b>23</b> Holiday Cash // \$10/5 Packs Breakfast Buffet 7 am - 11 am Wing Day	<b>24</b> - Closed -	<b>25</b> - Closed -	<b>26</b> Open at 9 am <b>BONUS BUCKS</b> \$10/5 Packs Chimichanga	<b>27</b> <b>SENIOR DAY</b> \$10/5 Packs Lunch Buffet Baked Chicken Dinner	<b>28</b> DJ Doc Gary (Bingo Hall) 10 pm - Midnight Black Light Bingo (Ugly Sweater) \$10/5 Packs Seafood Buffet Fish Fry	<b>29</b> \$10/5 Packs Breakfast Buffet 7 am - 11 am Prime Rib Buffet Chef's Choice				
<b>30</b> Pink Houses 7 pm - 11 pm \$10/5 Packs // \$500 Drawing Breakfast Buffet 7 am - 11 am Wing Day	<b>31</b> NEW YEAR'S EVE CELEBRATION Lovin' Country / The Drovers NYE Bingo Bash Soup in a Bread Bowl	<b>Happy Holidays</b>								

■ BINGO PROMOTIONS 
 ■ CASINO PROMOTIONS 
 ■ LIVE ENTERTAINMENT 
 ■ THE FLAMES™ RESTAURANT 
 ■ THE SPRINGS™ RESTAURANT 
 Want to receive bonus offers and special event reminders? **DOWNLOAD OUR FREE MOBILE APP TODAY!**

Casino Events

## NEW YEAR'S EVE CELEBRATION

MONDAY, DECEMBER 31

LIVE MUSIC: LOVIN' COUNTRY - 11 AM - 2 PM // THE DROVERS - 9 PM - 1 AM

COMPLIMENTARY HORS D'OEUVRES, CHAMPAGNE, FAVORS & A FREE GIFT!  
(WHILE SUPPLIES LAST)

<b>NOON CELEBRATION</b> <i>Over \$5,000 in cash prizes!</i> 11 am: Two \$250 winners Noon: One \$2,019 winner 1 pm - 5 pm: Two \$250 winners hourly	<b>EVENING CELEBRATION</b> <i>Over \$10,000 in cash prizes!</i> 9 pm: Four \$500 winners 10 pm: Four \$1,000 winners 11 pm: One \$2,018 winner 1 am: One \$2,019 winner
---	--

## UGLY HOLIDAY SWEATER CONTEST

SATURDAY, DECEMBER 8

Cash Prizes For Each Category: Original & Modified  
**ALL PARTICIPANTS GET \$5 POTAWATOMI PLAY!**

## Elf-Stravaganza

SELECT TUESDAYS IN DECEMBER  
**WIN UP TO \$500!**

## NEW YEAR'S EVE

THE SPRINGS RESTAURANT & LOUNGE *Buffet*

FEATURING HAND CARVED PRIME RIB!  
 STARTING AT 4 PM — \$18<sup>95</sup>

Bingo Events

RESERVE YOUR SEAT NOW

## New Year's Eve Bingo Bash

\$50 ADMISSION, \$25 EXTRA PACKS & FREE DINNER WITH ENTRY PACK PURCHASE!

Last game paying \$5,000 in 50 or less - consolation \$1,199

*Reserve your seat in the Bingo Hall or call 715.473.6732 before they're gone!*

## BINGO'S Holiday Cash

DECEMBER 21, 22 & 23

START EARNING ENTRIES DECEMBER 1

December 21: Three winners of \$50 - December 22: Two winners of \$100  
 December 23: One winner \$250

## BLACK LIGHT BINGO

FRIDAY, DECEMBER 28  
 UGLY SWEATER THEME

POTAWATOMI CARTER CASINO HOTEL

## THE CARTER CLUB HOTEL PACKAGE

\$110 PACKAGE INCLUDES:  
 One night stay for two in a standard room & Two \$40 Potawatomi Play Certificates.



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