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POTAWATOMI TRAVELING TIMES

Volume 27, Issue 19 • nmébné gizes Sucker Fish Moon • April 1, 2022

# Winter's End Powwow 2022




FCP Winter's End Royalty: (L-R) Senior Princess Lovey VanZile, Junior Princess Bree Conn and Brave Brody White

**by Val Niehaus**

After a two-year hiatus because of the pandemic, the annual Forest County Potawatomi (FCP) Winter's End Powwow was back in full swing March 19 & 20, 2022, at the new state-of-the-art FCP Community Center. What a weekend of dancing and singing it was!

Grand entry started on Saturday at 1 p.m. and again at 7 p.m. FCP Post 1 Veterans carried in the flags and staffs while all royalty was dancing behind them. Host drum for the weekend was NDN Hill, Co-host was Crossroads, local co-host Fire Nation. Invited drums were Southern Boyz, Red Willow, P-Town Boys, Little Priest, Young Creek and Young Nation.

MC was Donald Speidel with co-mc being Keveon Kingbird. Lil Man Quintero kept the dance circle in order and clear being the arena director.

Head make dancer was Desmond Madera and head female Beedoskah Stonefish.

Committee specials were Men's Fancy vs. Women's Fancy and Men's Grass vs. Men's Chicken.

Some other specials included Brevin Boyd Jr.'s First Time Dance, Brody White's outgoing Brave special along with Penelope Peter's outgoing Sr. Princess special.

There was a total of 218 registered dancers on Saturday night which was a bit lower than years past, but it was great to see after a two-year hiatus.

Many thanks to head cook Richard Oshkeshequoam and his team for making sure everyone had a full tummy both Saturday evening, Sunday morning and for a traveling meal Sunday afternoon. Your hard work didn't go unnoticed.

The weekend itself was once filled again with smiles, dancing, feasting, singing, joking and hugging. After two years of not being able to do ANY of that, it sure made everyone's hearts and souls happy again!












## April Elder Menus

Monday, 3/28
Tuna Casserole, V8®, Garlic Bread, Pineapple

Tuesday, 3/29
Pork Tenderloin, Stuffing, Mashed Potatoes, Pork Gravy, Corn, Grapes

Wednesday, 3/30
Fish Fillet, Roasted Sweet Potatoes, Cole Slaw, Rye Bread, Peaches

Thursday, 3/31
Cold Turkey & Swiss on Cranberry Bread, Cauliflower & Broccoli Cold Salad, Strawberries

Friday, 4/1
Chicken & Wild Rice Soup, Fry Bread, Apricots

Monday, 4/4
BBQ Pork Sandwiches on a Whole-Wheat Bun, Spudsters, Baked Beans, Apple

Tuesday, 4/5
Garlic Butter Steak Bites with Sautéed Mushrooms & Onions, Seasoned Potatoes, Asparagus, Strawberry Cake

Wednesday, 4/6
Tater-Tot Casserole, Oranges

Thursday, 4/7
Chicken Cold Salad, Whole-Grain Crackers, Mandarin Oranges

Friday, 4/8
Shrimp & Sausage Jambalaya, Cheese Stick, Butter Biscuit, Applesauce

Monday, 4/11
Hawaiian Ham & Cheese Sandwich, Caribbean Black Bean Salad, Baked Chips, Pineapple

Tuesday, 4/12
Meatloaf, Au Gratin Potato, Brussels Sprouts, Bread Stick, Watermelon

Wednesday, 4/13
Sweet & Sour Meatballs Over White Rice, Green Beans, Orange

Thursday, 4/14
Easter Meal
Baked Ham, Stuffing w/ Wild Rice, Gravy, Glazed Carrots, Whole Wheat Dinner Roll, Apple Pie

Friday, 4/15
Cold Turkey Ranch Wrap with Cheese & Spinach, Cold Pasta Salad, Nutri-Grain Bar®

Monday, 4/18
Holiday - No Meal Route

Tuesday, 4/19
Baked Chicken Breast, Oven-Roasted Sweet Potatoes, Cheese Broccoli, Jell-O®

Wednesday, 4/20
Homemade Pizza Casserole, Cheesy Garlic Bread, Cottage Cheese, Pears

Thursday, 4/21
Turkey Hot Dogs on a Multi-Grain Bun, Potato Salad, Baked Beans, Pretzels, Honey dew

Friday, 4/22
Tuna Salad on Croissant, Cold Pasta Salad, Cheese Stick, Blueberry Pie

Monday, 4/25
Salmon Fillets w/ Glaze, Au-Gratin Potatoes, Peas, Whipped Pudding Cups

Tuesday, 4/26
Hamburger on a Whole-Grain Bun, Cauliflower & Broccoli Cold Salad, Cherry Tomatoes, Peaches

Wednesday, 4/27
Baked Ham, Wild Rice, Carrots, Whole-Wheat Dinner Roll, Fresh Fruit

Thursday, 4/28
Country-Fried Steak, Mashed Potato, Country Gravy, Corn, Chocolate Cake

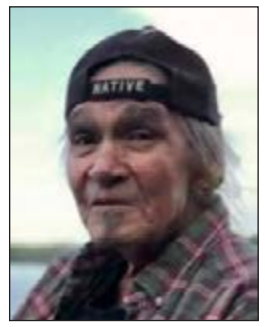
Friday, 4/29
Chili, Corn Bread with Honey Butter, Whole-Grain Crackers, Mandarin Oranges

MENUS SUBJECT TO CHANGE

**If you or someone you know feels unsafe, please consider using one of these resources. They're free, available 24/7, and confidential!**

- Forest County Potawatomi Community Advocacy (715) 478-7201
- Tri-County on DV and SA 1 (800) 236-1222
- National Domestic Violence Hotline 1 (800) 799-7233

## Howard Blaine Sharlow Jr.



Howard Blaine Sharlow Jr., "Nin AA' Gi Gzziki", "Hand to the Sky", 76 of Couderay, Wis., passed away Monday, March 21, 2022, at his home. Howard was born November 19, 1945, the son of Howard and Jessica Sharlow.

Surviving are his daughters, Victoria Daniels, Milwaukee; Angela Daniels, Milwaukee; sons, Ben Rentria, Milwaukee; Howard Daniels, Stone Lake; sister, Barbara Fowler, Milwaukee; brother, Duke Sharlow, Milwaukee; and many grandchildren.

Visitation was held March 23, 2022, at the Potawatomi Cultural Center, Crandon. Native American services were held on Thursday, March 24, 2022, at the Potawatomi Cultural Center.

Online condolences for the family may be directed to www.weberhillfuneralhome.com

## Thomas V. Smith



Thomas V. Smith, ba-ga-maa-ham (Tomahawk), was born in Milwaukee, Wis., on September 3, 1954, and passed away surrounded by his loved ones on March 18, 2022, in Mole Lake, Wis.

Tom worked in various places over his many years including roofing, construction, and for the Forest County Potawatomi Community before his retirement. He was enormously proud of his graduation from Nicolet College and loved spending his days hunting, fishing, and riding motorcycles. Tom loved being a grandpa and loved his cat, Slingo, as well as all his family and close friends.

Tom was preceded in death by his parents, John and Norma Smith; sister Alice Ackley; brothers: Fred Ackley, Arlyn Ackley, Gary Smith, and James Smith.

He is survived by his daughter, Valerie (Doug) Ready; three granddaughters: Claire, Anna, and Genevieve; his sister, Judy Poler (Richard); and numerous close friends and family.

Services will be held at 11 a.m. on Saturday, April 2, 2022, at Weber-Hill Funeral Home, Crandon, with Don Dewing officiating. Visitation will be held from 10 a.m. to time of service.

Online condolences for the family may be directed to www.weberhillfuneralhome.com

**Deadline for the April 15, 2022, issue of the *PTT* is Wednesday, April 6, 2022.**

POTAWATOMI TRAVELING TIMES

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# Language & Culture Open House

**by Val Niehaus**



**Language & Culture Department employees: (L-R) Language & Culture Manager Skye Alloway, Language Apprentice Ahshoni Daniels, Language & Culture Advisor Pwagen Frank, Language Apprentice/Creative Specialist Ahren Polar and Language Coordinator Regina Boychief**

Forest County Potawatomi (FCP) Language & Culture held an Open House on March 15, 2022, at the Potawatomi Community Center.

The night was filled with cultural activities and language lessons. Some of the cultural games were the Moccasin game taught by Larry Walker and Dylan Prescott, the Potawatomi Dice game played with Alyce Daniels. A Cake Walk was included as well. Family members from young to old enjoyed themselves in playing these games. Some of the children didn't want the night to end — they were enjoying themselves that much in playing a simple game with others.

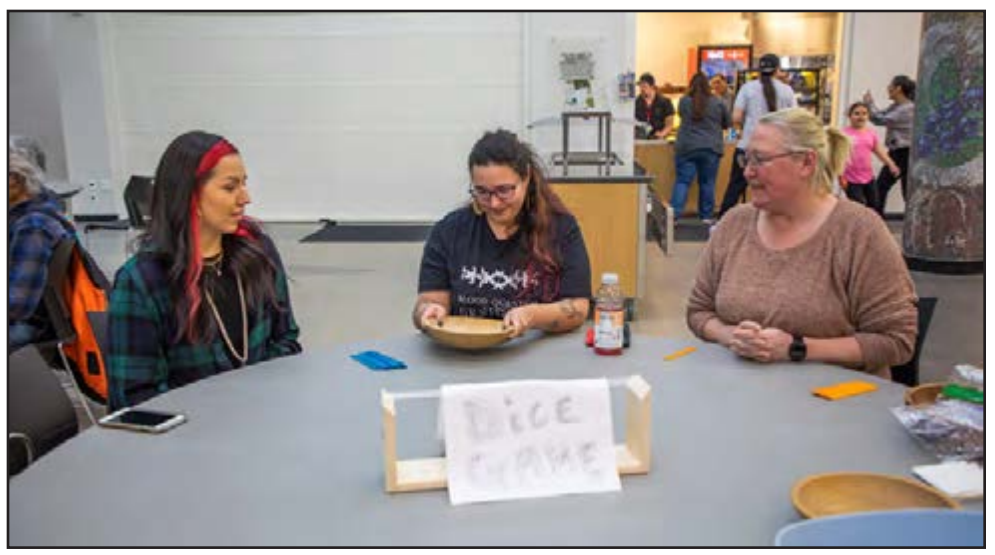
FCP Elder Jim Thunder said the invocation for the chili and fry bread that was served for the night.

There was a language packet that people could pick up as well as a t-shirt and entry into winning a prize basket.

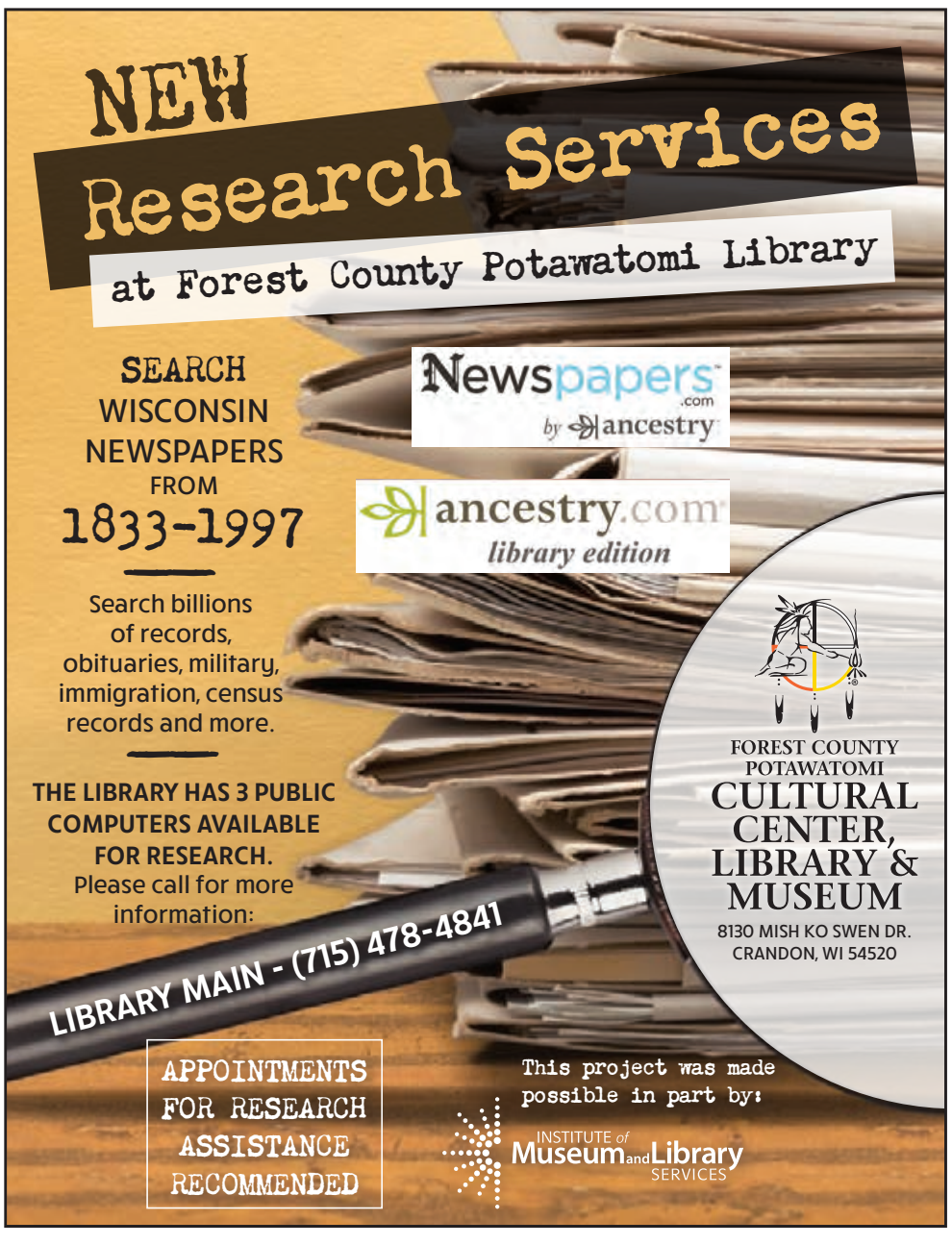
Overall, the night was a great time for gathering, learning from one another, and simply enjoying a community event.



**Dylan Prescott and Larry Walker enjoy teaching the Moccasin game to many of the tribal youth present.**



**Lois Frank, Jessica Thunder and Alyce Daniels enjoy a round of dice.**




# Forest County Potawatomi Community to Expand Farm Food Production

**submitted by Bodwéwadmi Ktëgan**

The Forest County Potawatomi Community recently received a $20,000 grant from the First Nations Development Institute of Longmont, Colo. This award will support the efforts of Bodwéwadmi Ktëgan's Value-Added Production Project.

FCP's farm — Bodwéwadmi Ktëgan — is taking the next step in food production by offering value-added products to its line of already existing products which include pasture-raised meats, vegetables, aquaponic lettuce, and honey. The goal is to turn fresh fruits and vegetables into products such as jellies, jams, salsas, and pickled products. These then become shelf-stable and will be able to be enjoyed by the tribal programs and community members. The process also decreases waste of perishable products.

The grant will be paying for needed kitchen supplies and utensils. These include things such as pressure canners, juicers, food processors, as well as kettles and other small wares. The goal of the grant is to increase local food production and facilitate local consumer access to locally-produced foods.

Bodwéwadmi Ktëgan is a diverse, sustainable farm located in Laona, Wis. It is owned and operated by the Forest County Potawatomi Community. The farm consists of approximately 350 acres of farmland used for growing vegetables, beef, poultry, pork, and buffalo. The farm is chemical-free, meaning they do not spray any fertilizers, pesticides, or fungicides. They have a commercial composting facility to provide the nutrients needed for growing crops. The farm also has bees for honey production, an orchard, a berry patch, six hoop houses, an aquaponic facility, a commercial maple sugar operations and a storefront to purchase their products.

Bodwéwadmi Ktëgan is located at 3389 County Highway H, Laona, WI 54541. For more information call (715) 478-4545 or visit farm.fcpotawatomi.com.

# Dehydrated Corn & Using a Botagen

**by Val Niehaus**

A cultural workshop was held on March 18, 2022, at the Potawatomi Community Center. The workshop instructor was Farm Technician Owen Shepard who demonstrated the use of a botagen (traditional food mill) and the product that resulted from this useful tool. There was also discussion on the importance of Indigenous Seed Keeping.

A botagen is made from yellow birch also known as swamp birch. On one end of the chunk of wood is a bowl-shaped depression that is carved out as a place to put dried corn or any substance that needs to be crushed or ground into a fine powder. (See photos below.)

To demonstrate its use, Shepard heated the corn over a small bed of coals from the fire in a cast iron skillet. This helps make the corn more brittle when crushing it, making the process goes much faster. The corn is toasted to a golden color where it almost starts to pop into popcorn. It's then removed from the heat and placed it in the botagen to begin hammering it into powder with a large mallet. After crushing it over and over, the fine powder is strained out to use for cooking. The powder can be used as flour, breading, or made into corn mush which is what the group ended up eating after the demonstration. Not only was there corn mush with maple syrup and berries, there was also corn hull soup to eat made by FCP tribal member Richard "Breezy" Brzezinski.

Learning the traditional ways of preparing food is beneficial to the community. Not only does it allow us to understand how past ancestors once prepared foods, it assures that such methods are never forgotten and traditions are maintained for future generations.





**(L) The corn over the fire. (R) Shepard demonstrating how to use the botagen. (Bottom) The finished product of the crushed corn.**



# Rebel Girls Basketball Team Excels On & Off the Court

**submitted by Laona Middle/High School Principal Jason Bertrand**




The Laona/Wabeno Rebel basketball team ended their season in the sectional finals, losing to the private school in Wisconsin Rapids, Assumption. The girls worked through regionals with a first-round bye, a home win over Oneida Nation, a home win vs. Gillett, and their third win of the season vs. Three Lakes. The girls shared the Northern Lakes Conference Champion title with Three Lakes and Crandon this year, their first conference championship since 2006. This was the first regional championship since the Kelly's and Logroller's combined to become the Rebels many years ago.

On the court, numerous awards were earned this year. The following girls were selected for all-conference awards: Elizabeth Krawze Unanimous 1st-Team, Grace Krawze - 2nd Team, Kaylyn LaRock - Honorable Mention, and Rylee Yaeger - Honorable Mention. Elizabeth Krawze was also selected Division 5 all-state honorable mention. Coach Andrew Harrison also earned Northern Lakes Conference Coach of the Year accolades.

These eleven young ladies from Laona High School continued to excel off the court. Five of the girls are taking multiple college courses through Nicolet College. Two young ladies work various day, night, and weekend shifts as Certified Nursing Assistants at NuRoc Health and Rehab Center in Blackwell.

Academically, five of the 11 girls earned a 4.0 GPA during the season, with the average GPA for all 11 student-athletes being a 3.81. The following students earned academic all-conference during the basketball season: Josie Lempel, Mal Krawze, Grace Krawze, Lavara Gilpin, Kaylyn LaRock, Elizabeth Krawze, Rylee Yaegar. To receive this award, students must have lettered in the sport at least twice, and the student-athlete must maintain a 3.5 GPA throughout the season.

What a ride it was for these 2021-2022 Rebels! What was done on the court was historical and magical to watch, but the level of mentoring and role modeling these young ladies are setting for our youth in the community is priceless. Thank you, ladies, for allowing our communities to enjoy the ride with you!

WINTER READING BINGO

The FCP Library is having a winter reading bingo for adults and kids from March - May 2022. The winner will be drawn at the end of every month for a **$25 Amazon Gift Card!** Patrons can stop in at the FCP Library to get their bingo slips.

FOREST COUNTY POTAWATOMI
CULTURAL CENTER, LIBRARY & MUSEUM

# FCP Community Facebook Live Session Recap - March 16, 2022

**FCP Chairman Ned Daniels Jr.**

Good morning, Forest County Potawatomi.

I hope that all of you are happy and healthy. And for those of you who are getting ready to head out on a spring vacation – I hope you're going someplace warm!

Thank you all for tuning in today. As always, it's good to be here with all of you.

We have a few great events coming up that I hope you and your families will attend.

FCP Winter's End Powwow is back in full swing after having the last two years off due to the pandemic. The powwow committee and community members are VERY excited to see this powwow happening again!

The powwow was held Saturday, March 19 and Sunday, March 20, at the Potawatomi Community Center.

The Royalty contest was held on Friday, March 18.

Committee Specials were Men's Fancy vs. Women's Fancy and Men's Grass vs. Men's Chicken.

The Cultural Department is hosting a "Winter Stories at the Museum" series each Thursday evening. Different community members will share winter stories each week. The events will take place every Thursday from 5-6 p.m. in the lower level of the museum.

This is open to all FCP community members, and ALL ages are welcome. Snacks will be provided.

And finally, I wanted to give a special recognition to some of our local school children – and specifically one of our own tribal youth - who recently did some good work to raise some money for a good cause.

Students at Wabeno Elementary School decided that they wanted bring awareness to the health issues in our community and raise some money so we can help people live healthier lifestyles.

So, for the second year in a row they took part in the American Heart Association's Kids Heart Challenge (a.k.a Jump Rope for Heart fundraiser). They set a goal of raising $10,000 and ended up raising more than $11,700 with 120 students participating in the event! Great job!

I would also like to recognize Wabeno elementary student and FCP tribal youth, Frankie Daniels, for raising the most money in the whole school. Frankie raised more than $1,800 on her own for this very important cause. Great job, Frankie!

It warms my heart to see our next generation doing good things like this for our community.

Thank you, Frankie, and all your fellow classmates, for doing these good works. We are extremely proud of all of you.

**Community Health Manager/Public Health Officer Jacee Shepard, BSN, RN**

Good afternoon FCP Community,

The CDC has released new COVID Community Levels to help communities and individuals make decisions about prevention strategies and behaviors that more accurately reflect the goals of this new approach. These levels are determined by three new metrics – new COVID cases in the past seven days, percentage of current hospital beds occupied by COVID patients, and new COVID hospital admissions in the past seven days.

The Health & Wellness continues to offer Pfizer and Moderna COVID vaccine, boosters, and flu vaccines. Please call 715-478-4450 to schedule an appointment.

If you or your family are experiencing symptoms of Covid 19, please call the Health & Wellness Center to speak to a nurse @ 715-478-4318 to see if COVID testing or an appointment would be necessary. Community Health also has at-home COVID tests available for tribal members and their families. Call us at 715-478-4355 with any questions.

March is National Nutrition Month- an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Here are a few health tips to follow:

• Eat Breakfast - Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

• Make half your plate fruits and vegetables - Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

• Watch your portion sizes - Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

• Fix Healthy Snacks - Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana

• Drink More Water - Quench your thirst with water instead of drinks with added sugars.

• Get to know Food Labels - Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs

• Enact Family Mealtime - Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

• Explore new foods and flavors - Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.

Give us a call in Community Health if you have any questions 715-478-4355.

**Elder Care Administrator Kristine Zelechowski**

We are pleased to announce the official return of Penny Christianson from retirement. She is back in the Elder Department, serving as the Elder Benefits Coordinator. She has already started making phone calls to all Elders and plans to start making visits once the weather gets a little nicer. She will be overseeing the meals program, along with answering any questions about the Elder's benefits program and ensuring the Elder's benefits are paid out accordingly among many other job duties. You can reach her at 715-478-4892 Monday through Thursday, 7 a.m. through 5 p.m.

We will be reaching out to Elders who live in or close to Stone Lake to complete a survey that will give us valuable information about how to best serve Elders in the coming years. Thank you in advance for taking the time to talk with us and sharing your knowledge and opinions.

A small Caring Place remodel is currently taking place. We will have three additional resident rooms, and we will have a small spa, which will offer a bariatric shower, a whirlpool bathtub, along with a heated towel rack for a true spa-like experience for the residents.

Elder Activities have started to slowly resume, as COVID rates slowly continue to taper off. Last month's Buck's trip was a huge success, and we are looking forward to this month's Buck's trip, as well as the casino trips in the coming months. Don't forget about the Coffee Talks that Jason hosts at We Care and at the Community Center as well. Lunch is offered at the Community Center, and also at the Community Center, we have Bingo once per month on the first Monday. We hope you decide to join us.

In May, to celebrate Elder's Month, we are planning a very special event for Elders and their caregivers. The theme is "Age My Way" and we will have vendors of all kinds there to help you with information and to set up services to help you stay healthy and hopefully stay in your home throughout your Elder years. We will have free play for everyone who attends the event, and for completing a simple challenge, you will be entered to win one of many bigger prizes. We're looking forward to seeing you there.

**Higher Education Director Mary Doane**

Not only did Frankie do so well with the American Heart Association's Kids Heart Challenge, but many other students at Wabeno Elementary School participated in the challenge raising $11,786.78! Way to go Wabeno Elementary students! You rock!

The Education Department is excited to have been awarded a grant from the Department of Education in collaboration with Gte Ga Nes Preschool, K-12 Education and Language & Culture. This grant has allowed us to dedicate staff to our little ones to bridge the gap between Preschool and the "big schools". The staff will work closely with our Gte Ga Nēs students preparing them for the transition into the local public schools.

Spring Break is quickly approaching. If your child would like some extra help over the break, please call the Education Department at 715-478-7355 to schedule individual tutoring. The tutoring will also be available at the Community Center during the school breaks.

Education Division has been contacting all off-reservation families and asking for information about their school age children. This information will be used to keep off-reservation families better informed of the services the Education Division offers, to help the Education staff in tracking students and their academic progress, and for planning the Education Banquet." If you or someone you know haven't received the form, please contact Barb at 715-478-4316. Her email is Barbj.Roberts@fcp-nsn.gov.

**Native Resilience Social Worker Emily Crum**

Bosho! Forest County Potawatomi Community!

I'm Emily Crum, the Native Resilience Social Worker. I'm here to share some updates for the Family Service Division.

We'd like to remind you that it's that time of the year again when utility companies such Wisconsin Public Service expect your bills to be satisfactory or you may risk disconnection. It's incredibly important to address this issue before you are disconnected. Please reach Economic Support at 715-478-4433 for assistance in setting up budgets, etc. If you should be disconnected, you may be without power for short period of time and be expected to satisfy your outstanding balance in full prior to reconnection.

Tribal Employment Skills and NEW programming assist in developing career related relationships, improving job skills, and exposing these individuals to employment success.

*...continued on pg. 6*

*...continued from pg. 5*

Are you interested in employment with Forest County Potawatomi, but need to brush up on your job skills? Give Kathy Tupper a call at 715-478-4433 to schedule an appointment to discuss and explore available positions. Are you already, ready for work? Call HR at 715-478-7200 to explore our current open positions.

Community Advocacy would like to invite you to consider reviewing your advanced directives and other important paperwork. Community Advocacy can help get you in the right direction if you should require assistance. Call 715-478-7201 to schedule a meeting with one of the staff to discuss.

Are you feeling out of sorts? Just need someone to talk to? Please remember help is available 24/7. If you are feeling suicidal, please call the Hopeline: 1-800-273-8255. You may also text HOPELINE to 741741 to reach a crisis counselor.

Rising Sun Day Care is open! We have plenty of space for your children. Special reminder, if your kids are sick, please keep them home until they are well. Be sure to call us so we know we shouldn't expect them. Please contact Laura Spink, Child Care Director at 715-478-4106 to get your applications in and talk about the process.

Parenting classes are being held in multiple platforms. These classes support court ordered parenting class requirements but are also helpful if you just feel the need to brush up. If you're interested in the classes, please call Katy at 715-478-4433.

Ever find yourself in need of some extra parenting support? On Thursdays, mothers' and fathers' support groups are taking place at the Community Center. Come spend some time with other parents to discuss issues, tips, and share ideas. Just show up, registration is not required.

Assistance is available for qualifying applicants for food, medical, and child-care expenses. We'd like to invite you to apply at access.wisconsin.gov. For those of you receiving this resource, it's a good idea to check in and review your case. Please give Alyson a call at 715-478-4433 to schedule your appointment.

For non-emergency service requests, our business hours remain to be Monday-Thursday, 7 a.m.-5 p.m. If you should call outside of these hours, please leave a message with your full name and a WORKING phone number so that we may return your call. Call Family Services at 715-478-4433.



**Greenfire Management Services** is growing and looking to expand both its Milwaukee and Wausau teams! Full details for all positions listed below can be found at https://greenfire.com/careers.

Potential candidates for its **Northern Operations (Wausau)** positions may send resumés to rebecca.sadler@greenfire.com.

1. Project Development Manager (preconstruction role)
2. Project Engineer - Projects will be in the Wausau/Fox Valley Area
3. Superintendent - Projects will be in the Wausau/Fox Valley Area

Potential candidates for its **Milwaukee Operations (Milwaukee)** positions may send resumés to rebecca.sadler@greenfire.com.

1. Project Manager/or Sr. Project Manager - Projects will be in the Milwaukee Area
2. Project Development Manager (preconstruction role)
3. Project Engineer - Grinnell, Iowa
4. Project Engineer - Dubuque, Iowa
5. Project Engineer - Burlington, Iowa
6. Project Manager - Grinnell, Iowa
7. Project Manager - Dubuque, Iowa
8. Superintendent - Burlington, Iowa

# Winter's End Powwow 2022















Spring 2 SWIM LESSONS starting April 25th
Member Registration opens April 11th
Non-Member Registration opens April 18th

# Aquatic Center APRIL SCHEDULE

**PLEASE NOTE**
All classes are subject to change

| | SUNDAYS | MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | SATURDAYS |
|---|---|---|---|---|---|---|---|
| **Yard Pool** | **Lap Swim**<br>10am-1pm<br>2pm-5pm | **Lap Swim**<br>5:30am-9am<br>10am-3pm<br>4pm-7pm | **Lap Swim**<br>10am-3pm<br>4pm-7pm **(LL)**<br>**Swim Lessons**<br>4pm-5:25pm<br>**Deep Water Aerobics**<br>5:30pm-6:15pm | **Lap Swim**<br>5:30am-9am<br>10am-3pm<br>4pm-7pm | **Lap Swim**<br>10am-3pm<br>4pm-7pm **(LL)**<br>**Swim Lessons**<br>4pm-5:25pm | **Lap Swim**<br>5:30am-9am<br>10am-3pm<br>4pm-8pm | **Lap Swim**<br>11am-3pm<br>4pm-8pm |
| **Activity Pool & Hot Tub** | **Family Swim**<br>10am-1pm<br>2pm-5pm | **Open Swim**<br>5:30am-9am<br>12pm-3pm<br>4pm-5:15pm<br>6:30pm-7pm<br>**Shallow Water Aerobics**<br>10:15am-11am<br>**Swim Lessons**<br>11am-12pm<br>**After School Swim**<br>4pm-5pm<br>**Water Zumba**<br>5:30pm-6:15pm | **Shallow Water Aerobics**<br>10:15am-11am<br>**Open Swim**<br>11am-3pm<br>**Swim Lessons**<br>4pm-5:25pm<br>**Open Swim**<br>6:20pm-7pm | **Open Swim**<br>5:30am-9am<br>12:30pm-3pm<br>5:30pm-7pm<br>**Elders Only**<br>**Shallow Water Aerobics**<br>10:15am-11am<br>**Swim Lessons**<br>11am-12:30pm<br>4:15pm-5:15pm | **Shallow Water Aerobics**<br>10:15am-11am<br>**Open Swim**<br>11am-3pm<br>**Swim Lessons**<br>4pm-5:25pm<br>**Open Swim**<br>5:30pm-7pm | **Open Swim**<br>5:30am-9am<br>11am-3pm<br>4pm-8pm<br>**After School Swim**<br>4pm-5pm<br>**Youth Swim**<br>5:30pm-8pm | **Family Swim**<br>11am-3pm<br>4pm-8pm |
| **Slide & Features** | **Slide & Features**<br>10am-1pm<br>2pm-5pm | **Only Features**<br>5:30pm-7pm | **CLOSED** | **Only Features**<br>5:30pm-7pm | **CLOSED** | **Slide & Features**<br>5:30pm-8pm | **Slide & Features**<br>11am-3pm<br>4pm-8pm |

NEW CLASS! starts April 18th

**REGISTER FOR CLASSES**
You can register at our front desk, or visit us online at **community.fcpotawatomi.com**

**PLEASE NOTE**
You MUST register for all classes. Visit our front desk or scan this QR Code.

Spring 2022

# Group Exercise Schedule

February 28 - April 16, 2022

**Class Location Key**
- AQUATIC CENTER
- GROUP EXERCISE ROOM
- COMBATIVE ROOM
- TURF FIELDHOUSE

## Land Classes

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | SATURDAYS |
|---|---|---|---|---|---|
| **Senior Fit**<br>9am-9:30am<br>**NEW!**<br>**Unlimited Power**<br>10am-10:45am<br>**HIIT**<br>5:30pm-6pm | **NEW!**<br>**Step Aerobics**<br>9:30am-10:15am<br>**Vinyasa Flow**<br>5:30pm-6:30pm | **Sunrise Bootcamp**<br>5:45am-6:30am<br>**Full-Body Fitness**<br>9am-9:45am<br>**Zumba**<br>5:30pm-6:30pm | **Mobility & Abs**<br>8:30am-9:15am<br>**Yoga Sculpt**<br>5:30pm-6:30pm | **Cardio Kickboxing**<br>8:45am-9:30pm<br>**Restorative Yoga**<br>9am-10am | **Zumba**<br>9am-10am |

## Water Classes

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | SATURDAYS |
|---|---|---|---|---|---|
| **NEW TIME!**<br>**Shallow Water Aerobics**<br>10:15am-11am | **Shallow Water Aerobics**<br>10:15am-11am<br>**Deep Water Aerobics**<br>5:30pm-6:15pm | **ELDERS ONLY**<br>**Shallow Water Aerobics**<br>10:15am-11am | **Shallow Water Aerobics**<br>10:15am-11am | **Aqua Lite**<br>10:15am-11am | Scan this QR Code to view online |

## Group Fit Plan

*Unlimited classes per month!*
***Members Only = $20***

## Drop in Fees

**Members**
$3/class
**Non-Members**
$5/class + 1-Day Pass

***For more information please contact Group Exercise Coordinator Leah Bell at 715-478-1576 or email her at: Leah.Bell@FCP-nsn.gov.***

All classes and prices subject to change.



***Please welcome...***

***Leah Bell, Group Exercise Coordinator***

*"I'm excited to take on new classes and challenges as Group Exercise Coordinator. I look forward to meeting our members and inspiring everyone to reach new limits and have fun! Reach out to me with questions or ideas about Group Exercise, or just to get to know me."*

# POTAWATOMI COMMUNITY CENTER

5471 thayék ėthë dnêkmëgzêk myéw
*(The Place Where Everyone Plays Road)*
Crandon, WI 54520 | 715-478-6500
community.fcpotawatomi.com

*Hours:*
M - F
5:30 am - 9 pm
Sat
7 am - 9 pm
Sun
10 am - 6 pm

## Pool
- Kiddie Pool
- Basketball Hoops
- Water Slide
- Hot Tub
- Lap Pool with Diving Blocks

## Recreation
- Rock Climbing Wall
- Golf Simulator
- Basketball/Pickleball/ Volleyball/ Badminton Courts
- Turf Field House: Indoor Soccer/ Batting Cages
- Sports Equipment to Use
- Game Room

## Fitness
- Walking/Running Track
- Cardio & Strengthening Machines
- Free Weights
- Group Exercise Studio
- Combative Room
- Personal Training Services

## Child Care
- On-Site Child Drop-Off

## Concessions
- Soup and Salad Bar











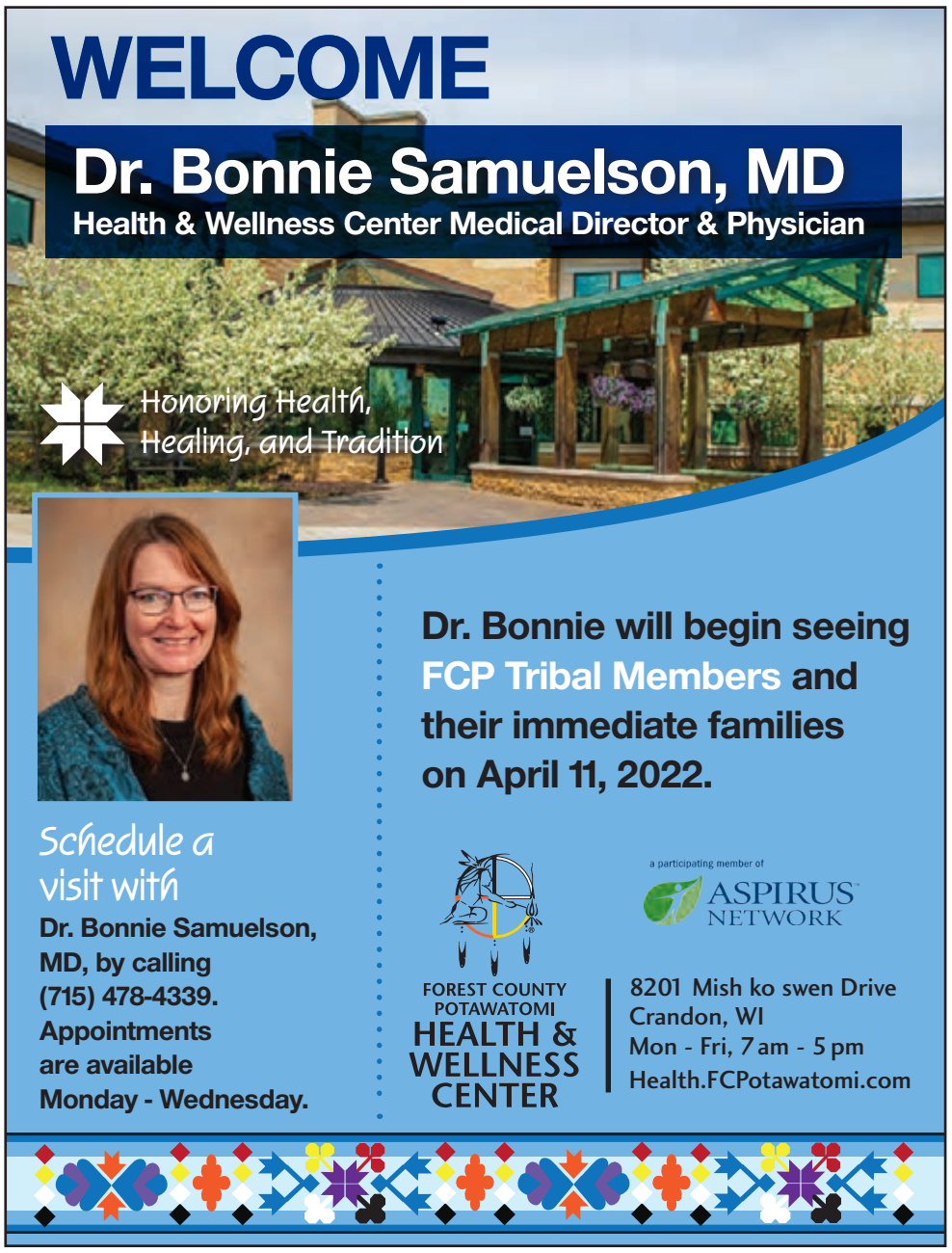


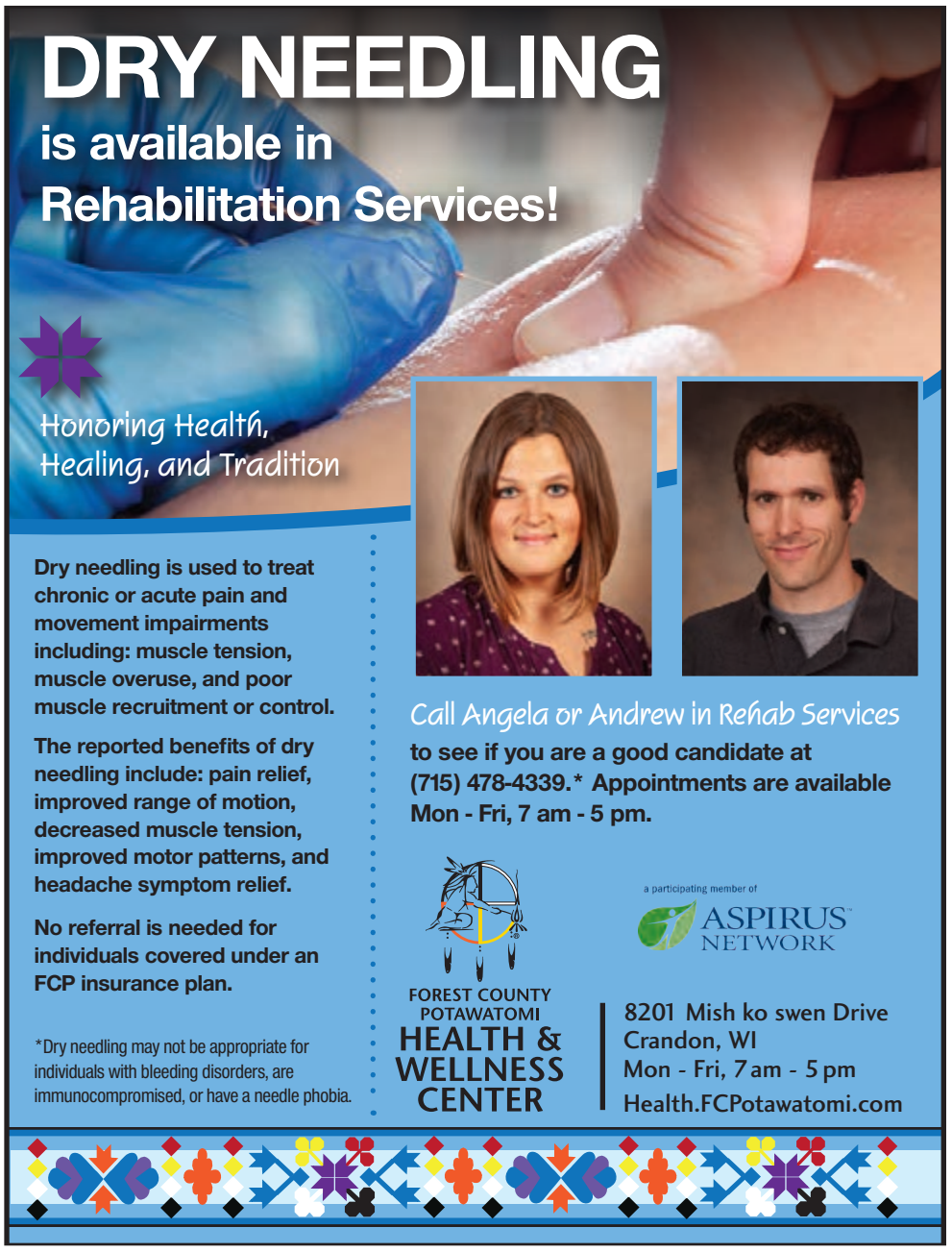
*Visit Our Website*
for info on:
- MEMBERSHIPS
- DAY PASSES
- SCHEDULES

**LOOKING TO HOST AN EVENT? CALL 715-478-6500.**


Bodwéwadmi
Ktëgan
3389 Cty Hwy H
Laona, WI 54541
NOW AVAILABLE
NATIVE AMERICAN
ARTS & GIFTS
AND BISON PRODUCTS
ALSO AVAILABLE:
T-SHIRTS | SWEATSHIRTS
YETI'S | CRIBBAGE BOARDS
CUTTING BOARDS | GLASSES
CALL OUR STORE FOR PRICING: 715.478.4545

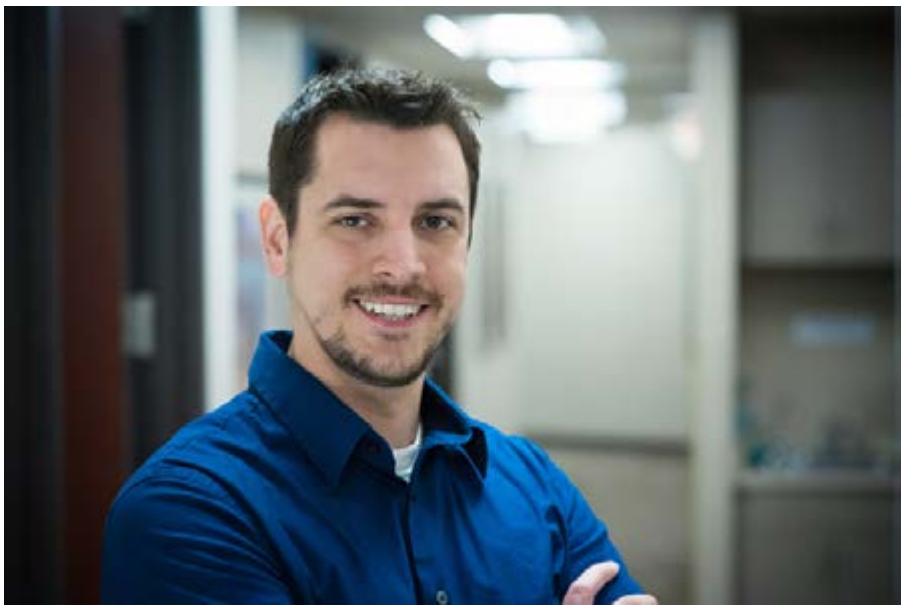

FOREST COUNTY POTAWATOMI
Keeper of the Fire
FCP TRIBAL MEMBERS:
Have you recently received your Bachelor's Degree?
FCP
EARLY TALENT
Rotation Program
has been designed for YOU!
Program will begin in early June 2022!
By joining the rotation program, you will:
Participate in a 2-year program as an employee
Experience working 4 different government employment positions, each 6 months long
Have real work to learn and accomplish
Gain a better understanding of the inner workings of the FCP Government while receiving a full benefit package and competitive pay
Go to FCP.Jobs and apply to:
EARLY TALENT ROTATION PROGRAM


WELCOME
Dr. Bonnie Samuelson, MD
Health & Wellness Center Medical Director & Physician
Honoring Health,
Healing, and Tradition
Schedule a visit with
Dr. Bonnie Samuelson, MD, by calling (715) 478-4339. Appointments are available Monday - Wednesday.
Dr. Bonnie will begin seeing FCP Tribal Members and their immediate families on April 11, 2022.
FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
a participating member of
ASPIRUS NETWORK
8201 Mish ko swen Drive
Crandon, WI
Mon - Fri, 7 am - 5 pm
Health.FCPotawatomi.com


DRY NEEDLING
is available in
Rehabilitation Services!
Honoring Health,
Healing, and Tradition
Dry needling is used to treat chronic or acute pain and movement impairments including: muscle tension, muscle overuse, and poor muscle recruitment or control.
The reported benefits of dry needling include: pain relief, improved range of motion, decreased muscle tension, improved motor patterns, and headache symptom relief.
No referral is needed for individuals covered under an FCP insurance plan.
*Dry needling may not be appropriate for individuals with bleeding disorders, are immunocompromised, or have a needle phobia.
Call Angela or Andrew in Rehab Services to see if you are a good candidate at (715) 478-4339.* Appointments are available Mon - Fri, 7 am - 5 pm.
FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
a participating member of
ASPIRUS NETWORK
8201 Mish ko swen Drive
Crandon, WI
Mon - Fri, 7 am - 5 pm
Health.FCPotawatomi.com

POTAWATOMI
BUSINESS DEVELOPMENT CORP

# PBDC hires new Director of IT Security: MEET SETH OTT



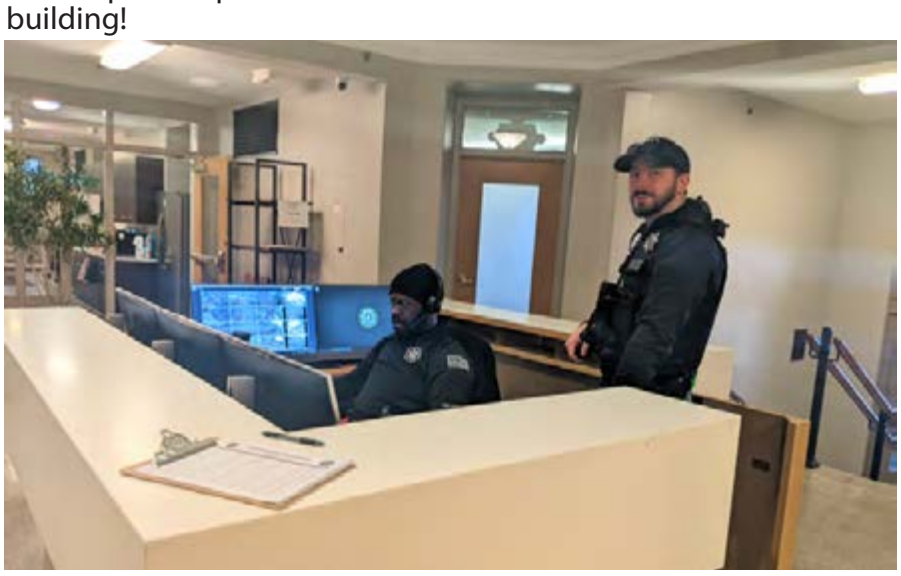
Seth Ott recently joined PBDC as IT Security Director. With nearly a decade of experience, Seth brings a diverse experience in IT security management, forensic incident response, and network security analysis.  He specializes and has practical knowledge in helping businesses with new or transitioning IT Security programs and developing them into effective teams for securing digital landscapes.

A lifelong Wisconsin resident, Seth lives in Muskego with his wife and two daughters. They are expecting their first son at the end of May. Seth has several hobbies including woodworking, video games, tinkering on his truck, and raising chickens with his family to name a few.

# Wgema Campus Police Department:

## NEW SECURITY DESK IN BGEMAGEN BUILDING

This past Wedsnesday, March 16, the new security desk went fully operational on the first floor of the Bgemagen Building. The desk is manned by dispatch officers of the Wgema Campus Police Department. They assist with visitors gaining entry to the campus and help to keep us all safe. We are excited to have them in the building!



# GMS: WOMEN IN CONSTRUCTION WEEK

Women in Construction Week takes place during the first full week in March every year. It is a time to highlight all the great initiatives and work of women within the industry. Likewise, it is a time that brings to the fore the opportunities that are available to women in construction. Women in Construction Week traces the history of women in construction, their challenges, and the ways they've been able to overcome them. The holiday is observed to appreciate the women who have taken the bold step to enter the construction industry, and also to encourage those willing to make similar commitments.

Greenfire asked some of their female employees: What is your favorite part of working in construction? Here are a few of the responses.









# APR 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| DON'T MISS OUT ON OFFERS DOWNLOAD OUR APP TODAY! Google Play App Store | | WHEEL DEAL MONDAYS WIN YOUR SHARE OF UP TO $10K FREE PLAY! | | | 1 Bingo's Troll Giveaway | 2 BINGOs INTERMISSION DRAWINGS |
| 3 BINGOs INTERMISSION DRAWINGS | 4 Club 50 | 5 TOOL KIT TUESDAYS | 6 RAINING CASH | 7 HOT SEATS | 8 spring fever FREE GIFT | 9 spring fever FREE GIFT |
| 10 BINGOs INTERMISSION DRAWINGS | 11 Club 50 | 12 TOOL KIT TUESDAYS | 13 RAINING CASH | 4 HOT SEATS | 15 GRAND Slam! | 16 GRAND Slam! |
| 17 Easter FREE GIFT | 18 Club 50 | 19 TOOL KIT TUESDAYS | 20 RAINING CASH | 21 HOT SEATS | 22 spring fever FREE GIFT | 23 spring fever FREE GIFT |
| 24 BINGOs INTERMISSION DRAWINGS | 25 Club 50 | 26 TOOL KIT TUESDAYS | 27 RAINING CASH | 28 HOT SEATS | 29 finally $500 FRIDAY | 30 BINGOs INTERMISSION DRAWINGS |

## WIN YOUR SHARE OF $10,000

## GRAND Slam!

— APRIL 15 & 16 —

CASH DRAWINGS 4 PM – 9 PM
WIN $250 – $400 EACH DAY

GRAND SLAM DRAWING
$1,500 CASH
AT 10 PM!

## TOOL KIT TUESDAYS

TUESDAYS IN APRIL
11 AM – 8 PM

Earn 100 points and to receive your Tool Kit & $5 Potawatomi Play!

## HOT SEATS

WIN YOUR SHARE OF $5,600 CASH!

THURSDAYS IN APRIL
12 PM – 6 PM

Two $100 CASH winners every hour!

## spring fever

Earn 300 points and receive a LAWN GNOME or a WIND CHIME for your yard this spring!

APRIL 8-9 & 22–23 • 11 AM – 8 PM

## RAINING CASH

WIN AN UMBRELLA + $100 CASH

WEDNESDAYS IN APRIL
One winner every hour from 12 pm – 6 pm

## WILD WEDNESDAYS

REGULAR GAMES START WITH A **WILD NUMBER***

*Wild Number = Daub out everything equal to or ending with the Wild Number!

POTAWATOMI CARTER CASINO · HOTEL

For complete details, visit Guest Services or cartercasino.com

Management reserves the right to cancel or alter any event or promotion at any time. ©2022 Forest County Potawatomi Community, Wisconsin

HWY 32, WABENO, WI | 1.800.487.9522 | CARTERCASINO.COM

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