# POTAWATOMI TIMES

Gsenyaniyêk ėzhëwébêk — *Forest County Potawatomi Happenings*

Volume 30, Issue 18 • March 15, 2025 • zisbakwtoké gizes • Maple Sugar Moon • FREE


# 3rd Annual Round Dance



The first dance of the evening

**by Amber Haseman**

On a cool, breezy Friday evening, visitors and tribal members from across Turtle Island gathered at the Potawatomi Hotel & Casino in Carter, Wis., on Feb. 28, 2025, for the 3rd Annual Round Dance. They began to arrive around 5 p.m. to warm up with a delicious meal before the festivities began. In the meantime, vendors set up their booths featuring displays of regalia, handcrafted beaded jewelry, ribbon skirts, blankets, and more. After the feast, everyone entered the Willow room for the night's events.

Open registration welcomed participants to register for the youth and adult hand-drum contests. Approximately 10 participants from all nations registered for the competition. Youth of all ages were the first to share their incredible talent with the judges. The adult contest followed afterward. There were two ties for first and second place in the adult competition. The two groups battling for second place were Red Deer Table vs. NC Style and High Crossing vs. Fatty Liver for first place. After their performance, the adult drum winners were announced. In fifth place was Ho-Chunk Station, in fourth place was High Crossing, in third place was Fatty Liver, in second place was Red Deer Table, and in first place was NC Styles. Congratulations to all those who participated.

Following the hand-drum contest, the pipe ceremony began. All the drummers first gathered their drums to the center of the room to be smudged. Then, they joined Joe Syrette for the pipe ceremony. MC Keveon Kingbird shared how Syrette brings life to people through the ceremony, and those who joined give a portion of their lives each time they use the pipe. Witnessing this sacred ritual, which is not done often in public, was incredible.

After the pipe ceremony, everyone came together for the round dance. Kingbird explained the dance to visitors, sharing how it's a spiritual ceremony and dance that connects the community strongly and powerfully. Stickmen Ian Wabanascum and Pwagen Frank performed the starting song. The Potawatomi Nation, employees, families, and band members were invited to dance for the first song in honor of hosting the event.

Throughout the night, contests were held for best dressed, best ribbon shirt, and best ribbon skirt. Specials featured a Sweetheart dance, men's and women's sidestep, and acknowledgment of all singers and backups. The round dance shared moments of laughter and smiles, capturing memories and friendships amongst all nations. It was a beautiful evening of gathering together, honoring and celebrating shared traditions and culture.

*Photos continued on pg. 6...*

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Eau Claire, WI



Youth hand-drum contestant



One of the groups for the adult hand-drum contest

# FCP Up & Coming

**by Amber Haseman**

**N8V Dance Fitness:** Join Michelle Reed at the Potawatomi Community Center for a Native American dance-style exercise class. This fitness-focused class features powwow music and dance moves for a great workout. The classes are held on select Mondays from 5:30-6:15 p.m. and are open to ages 10 and up. Please stop by the Community Center front desk or register online at potawatomicc.recdesk.com. Upcoming classes are scheduled for March 17, 24, 31, and April 7.

**Coffee Talk:** FCP Tribal Elders are invited to join the fun at Coffee Talk. The last date for March is the 18 from 12-2 p.m. at the Potawatomi Community Center. Enjoy an afternoon socializing, playing games, and lunch with community members. For more information, please contact Jenna Paradies at (715) 478-4982 or Sara Garrow at (715) 478-4992.

**Community Sobriety Feasts:** Join the FCP Health and Wellness Center Behavioral Health team for food, fellowship, and featured recovery speakers on select Wednesdays at 6 p.m. in the Lower Level of the FCP Cultural Center. The upcoming dates for this are March 19 and April 16. Stay tuned for future dates.

**Adult Life Skills Class:** Join FCP Economic Support for their 6-week Adult Life Skills Class on March 20 at 11 a.m. at the Potawatomi Community Center. The lessons will focus on goal setting, effective communication, managing stress, decision-making, managing time and money, and building relationships. The class size is limited to 15, is free, and is open to everyone. Please register today by contacting Mary Thornton at (715) 889-2051 or Laura Godin at (715) 889-1695.

**Winter's End Powwow:** Everyone is welcome to the annual Winter's End Powwow at the Potawatomi Community Center, March 22-23. The grand entries for Saturday are at 1 p.m. and 7 p.m., and Sundays' is at noon. The feast will be at 5 p.m. on Saturday, and a travel meal on Sunday. There will be committee specials, a head female special, and an outgoing royalty special.

**Bowling & Lunch:** Attention FCP Elders. Join FCP Elder Services at Northstar Lanes in Antigo, Wis., on March 30 at noon. All elders who attend can win (2) $25 gift cards. If you're interested in attending, contact Jenna Paradies at (715) 478-4982 or Sara Garrow at (715) 478-4992.

**Powwow Club:** FCP tribal members, descendants, and their families are welcome to the Powwow Club on Tuesday nights from 4:30 to 6 p.m. at the Potawatomi Community Center. Women are encouraged to join. There will be singing, dancing, drumming, and fun. The FCP Cultural Preservation Division hosts the club. For more information, please contact Lawrence Mann at (715) 889-9816.

POTAWATOMI TIMES
5442 Everybody's Road • PO Box 340 • Crandon, WI 54520
(715) 478-7437 • times@fcp-nsn.gov • www.fcpotawatomi.com

**Deadline for the April 1, 2025, issue of the PT is Wednesday, March 19, 2025.**

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# In Celebration of International Women's Day/Month - Ahshoni Daniels



Daniels at the summit in Chicago

**by Val Niehaus**

March is highlighted as Women's History Month with International Women's Day being noted on March 8.

*Potawatomi Times* wanted to highlight a tribal member to honor this day and month. We choose Ahshoni Daniels after she was personally invited to speak for her tribe at the Chicago Wilderness Alliance Native Led Climate Summit in Chicago, Ill., on Jan. 25, 2025.

The vision for the Summit includes formulating a Collaborative Climate Action Plan centered in Native perspectives, as well as Indigenous foods and interactive workshops.

At this Summit, Daniels demonstrated the rendering of bear grease medicine. She began her talk about the introduction of the mko (bear) and Indigenous peoples as the first harvesters. She then introduced the history of the mko (bear) and what he meant to the community. She spoke about mko o dodém (bear clan), the benefits of mko bmëdé (bear grease), and the ktthé mko gizes (big bear moon).

She discussed the different seasons of spring, summer, leaves falling and winter. She explained what happens in each of these seasons to prepare and live throughout the coming year for her people. Some examples are how the mko starts to wake up, spearing and maple sugar in the spring months. She then spoke of gardening, wild ricing, medicinal harvesting in the summer months, to hunting season and camps in the autumn, and finally in the winter, storytelling, snow snake games and winter spearing just to name a few.

Daniels finished her presentation with speaking about the next 7 Generations and the importance of land restoration, tribal farms, food sovereignty, a fish hatchery, self-sustainability and climate change mitigation and renewable energy.

Daniels is Otter Clan. She resides on the Stone Lake, Wis., reservation; she is a woman harvester, hunter and woman pipe carrier. She successfully runs her own business called Odaymen. As she stated in her presentation, "I have strong desire to understand Neshnabé ways so our grandchildren can use them."

The FCP community is fortunate to have Daniels' knowledge from the lessons she was taught by her elders, to pass onto the next generations.


Daniels working on her demonstration

# Bustle Workshop Held at FCP

**by Val Niehaus**

A Traditional Bustle Workshop was held the weekend of Feb. 22-23, 2025, at the FCP Cultural Center, Library & Museum with instructor Orlando "Odie" Ike leading the workshop.

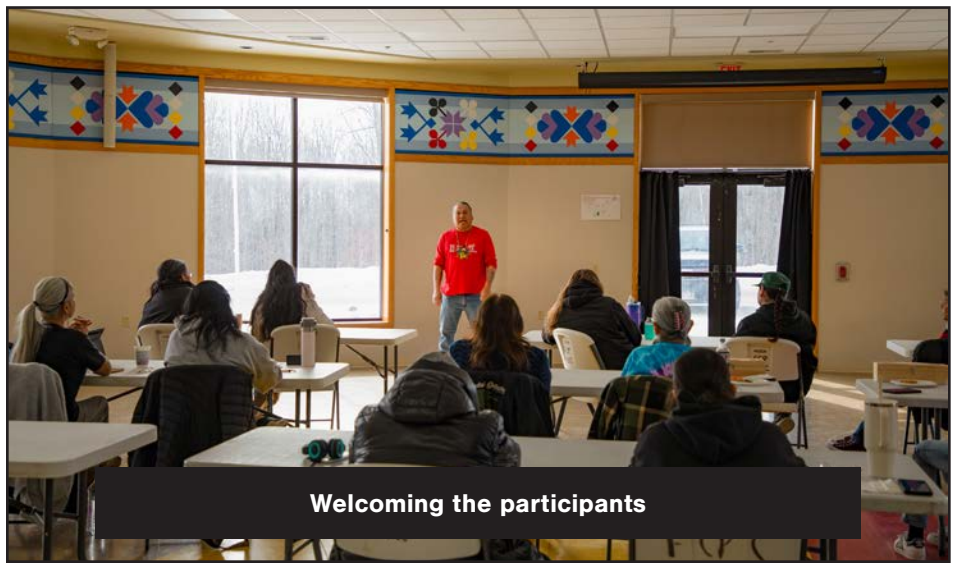
Ike is originally from Macy, Neb., from the Umonhon Nation and has been making bustles since the age of six. As he relays, "This is men's work, and we teach our sons, nephews and grandsons. This class I had was nothing but women with one younger male, so I told them I'm willing to teach if you're willing to learn. They now know a great deal of how to make a bustle and I hope they all can teach their sons, nephews and grandsons. The Creator sent me these women for a reason — the Creator hand-picked them for me. In the first class there was only two men, Paul and Reddmen — they also did an awesome job. I'm so proud of each and every new bustle maker."

Making a Native American bustle from scratch involves creating an intricate piece that traditionally serves as part of ceremonial or dance attire. The bustle typically consists of feathers, beads, yarn and fabric and is worn on the back of a male dancer.

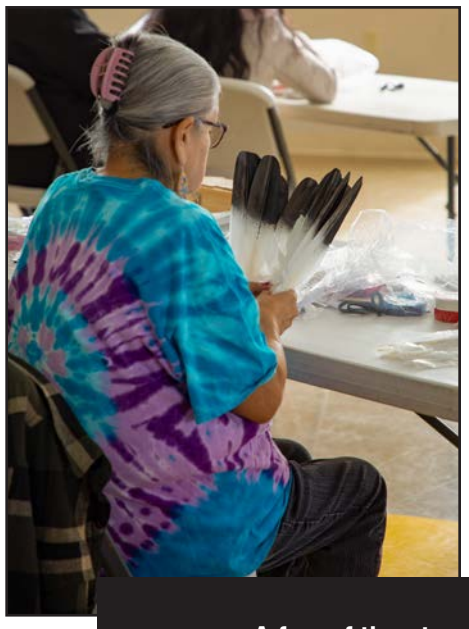
The steps involved in making a bustle are important to follow so you know your end piece will hold together properly while dancing and will look remarkable. Some of the steps included: laying out feathers from left to right, picking them from largest to smallest, cutting the feathers to equal length, and wrapping plumes on the larger feathers (optional). From there, feathers are wrapped onto the provided wooden dowels with whatever color of yarn chosen. Feathers are then strung together and tied onto the base board. It may seem like this is a quick process, but it is very time consuming and complex. Ike relays that for himself to make a bustle from start to finish, it takes him a good eight hours to complete and he's been doing this since childhood. Hence the reason this workshop takes two days to complete because there is a lot of wrapping of yarn and string and many repetitive steps to every single feather. Once the feathers are tied onto the base board, the rest of the bustle can be decorated with fabric, a beaded medallion or adding horsehair to the tips of the feathers; it really is up to the maker to design their bustle the way they choose.

This workshop succeeded expectations. The number of seats were full. Everyone was helping one another with good feelings and with a lot of laughter. There was an amazing breakfast and lunch prepared by Loraine Bailey who went above and beyond to make sure people were full and had snacks available during the workshop.

Migwétth to Ike for taking his time to visit the FCP community and to teach FCP community members the detailed steps to making their very own bustle. It was a great day and as Ike said throughout the entire workshop, "Now this is the fun part," and it sure was!



Welcoming the participants





A few of the steps in making a bustle





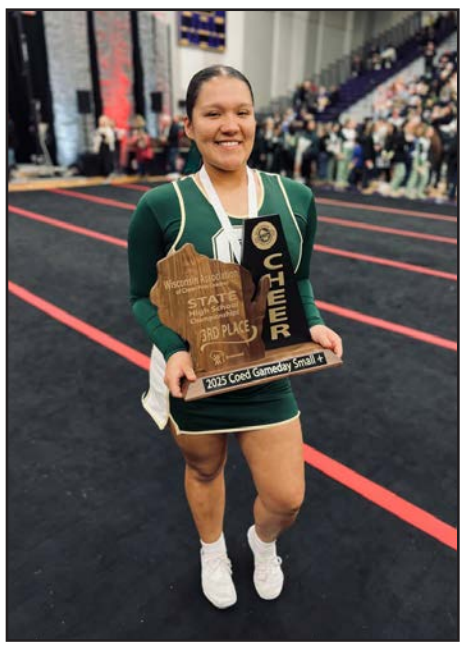


Ike and Clara Keeble showing off her bustle...beautiful

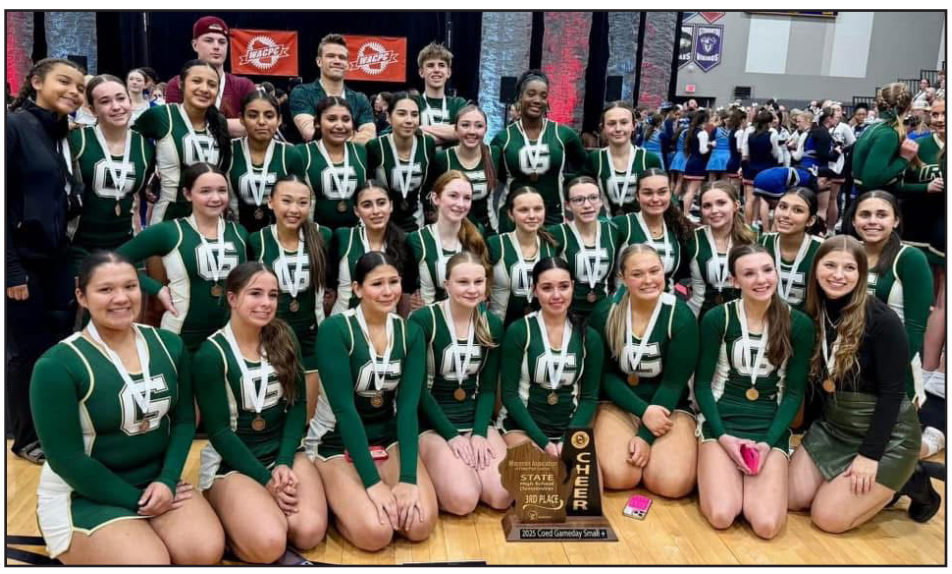


This was a hard working class

# Congratulations, Daniels




On Feb. 22-23, 2025, Diane Daniels and the Greenfield varsity cheer team placed third in their division at the Wisconsin State Cheer Championship in Deforest, Wis. This is Daniel's fourth and final year of varsity cheer. She plans to try-out for college cheer after she graduates high school. Her dedication to cheerleading has given her many great opportunities. Congratulations, Diane, on your state championship and hard work and dedication!




# Keeble's Competition






***photos by Jeffrey Keeble***

On Feb. 14, 2025, Leon competed in his first gymnastic meet at the Milwaukee Motorcycle Classic in Milwaukee, Wis.

He competed in the Level 3 Boys All Around competition. He had two third place and two sixth place finishes — missing the top five overall by just 0.7 points.

His team, the Airforce Gymnastics Academy Level 3 boys, proudly took second place. Keeble would like to thank everyone for coming down to watch him and cheer him on as he started his gymnastics competition journey.




# Schingeck Competes at WIAA State Wrestling



**by Val Niehaus,** ***photos by Potawatomi Community Center Media/Event Coordinator Leah Palubicki***

FCP tribal member Ryker Schingeck has been showing his skill and determination this year in his wrestling season. He has already accomplished many goals but one last one was making it to the WIAA State Wrestling Tournament on Feb. 27-28-Mar. 1, 2025, in Madison, Wis.

Schingeck took second at sectionals to qualify for the state tournament. At state he lost, won, lost, going 1-2. Interesting enough, he ended up beating his opponent that beat him in sectionals at the state level competition.

Schingeck has said throughout this year, "I am determined and ready to go, I am not scared of anything, I am ready to get business done and over with."

With his goal this season to qualify at the state competition, Schingeck has proved to himself that he can accomplish anything he strives for. "It feels awesome that I have people behind me that can trust me."

Schingeck ended his freshman season with a record of 47-8; an amazing achievement solely on his own grit. FCP congratulates Schingeck on the amazing season. We can't wait to see more of what you have to offer in your future.





# Diva Dance Showcase

*photos by Potawatomi Community Center Media/Event Coordinator Leah Palubicki*
















# 3rd Annual Round Dance *...continued from pg. 1*



Everyone enjoying the hand-drum performances



Performing in front of the judges









All nations coming together as one for the Round Dance - sharing smiles, culture, traditions and memories to last a lifetime



# Coffee Talk

*photos submitted by Elder Services Administrative Assistant Sara Garrow*



Another day, another Coffee Talk. This fun group joined Elder Services on February 28 at the Potawatomi Community Center to enjoy lunch and a fun game of Yahtzee and Uno. The next Coffee Talk will be held at the Community Center on March 18 from 12-2 p.m. For more information, contact Jenna Paradies at (715) 478-4982 or Sara Garrow at (715) 478-4992.






# MARCH 2025 ELDER MEAL ROUTE



**MONDAY, MARCH 3**
Spaghetti & meatballs, corn, garlic bread, fresh fruit option

**TUESDAY, MARCH 4**
Breakfast burrito w/ spinach & sausage, fresh fruit

**WEDNESDAY, MARCH 5**
Beer-battered fish sandwich, potato wedges, side salad, fresh fruit, dessert

**THURSDAY, MARCH 6**
Cheeseburger mac, cornbread, veggie & dip cup, fresh fruit

**FRIDAY, MARCH 7**
Egg salad sandwiches with lettuce, chips & pickles, yogurt parfait

**MONDAY, MARCH 10**
Turkey bacon ranch wrap, pickles, crackers, fruit cup

**TUESDAY, MARCH 11**
Walking taco, lettuce, tomatoes, rice & beans, fresh fruit

**WEDNESDAY, MARCH 12**
Turkey bacon ranch wrap, pickles, crackers, fruit cup

**THURSDAY, MARCH 13**
Chili & cornbread, yogurt parfait

**FRIDAY, MARCH 14**
Frozen soup, three bean salad, fresh fruit

**MONDAY, MARCH 17**
BLT, pasta salad, pears

**TUESDAY, MARCH 18**
Chicken wings, potato salad, fresh fruit

**WEDNESDAY, MARCH 19**
Pulled chicken BBQ sliders, parsley potatoes, side salad, fruit, dessert

**THURSDAY, MARCH 20**
Sausage tortellini soup w/ spinach & kale, bologna sandwich, fresh fruit

**FRIDAY, MARCH 21**
Cobb salad, whole grain dinner roll, yogurt parfait

**MONDAY, MARCH 24**
Cold cut subs, side salad, pickle, fresh fruit

**TUESDAY, MARCH 25**
Roasted chicken w/gravy & stuffing, mixed veggies, fresh fruit

**WEDNESDAY, MARCH 26**
Open-faced roast beef over mashed potatoes, green beans, fruit, carrot cake

**THURSDAY, MARCH 27**
Cheeseburger sliders, baked beans, veggie dip, fresh fruit

**FRIDAY, MARCH 28**
Chicken salad on croissant, hummus & chips, fresh fruit

**MONDAY, MARCH 31**
Meatloaf sandwich, baked potato, mixed veggies, fresh fruit

**DISCLAIMER:** If the FCP campus is closed due to inclement weather, please plan accordingly as there will be no meal route delivery those days.



# National Nutrition Month

**submitted by HWC Community Health Dietitian Sarah Hoffman**

March is National Nutrition Month®. This year, the Academy of Nutrition and Dietetics is highlighting the theme "food connects us", emphasizing the importance of healthy eating and making informed food choices. Food has the ability to connect us with friends, family, culture and our health. The first step to better nutrition is to understand the impact of your food choices on health outcomes. This article will take a closer look at why it is so important to maintain a well-balanced diet for overall wellbeing.

A balanced diet, for most people, means eating three meals throughout the day and being mindful of the amount of food you are putting on your plate at mealtimes. Try using a nine-inch dinner plate to serve your meals onto. It also means including foods from all five food groups: vegetables, grains, protein, fruit and dairy.

The first food group, vegetables, includes whole vegetables, canned vegetables with no added salt, frozen vegetables and 100 percent vegetable juice. Vegetables are low in fat and calories, while offering a wide range of vital nutrients that contribute to overall health and well-being. When putting together a meal, fill half your plate with non-starchy vegetables.

The next food group, grains, includes foods such as bread, pasta, rice, and much more. Try to make at least half of your grains 100 percent whole grain products, and limit refined grain products. Grains contain many important nutrients, one being carbohydrates, which give the body energy. Grains should take up about a quarter of your plate at every meal.

Protein foods include meat, poultry, seafood, eggs, beans, and nuts. It is important to get a variety of lean protein sources in the diet. Protein helps build muscle, bone, skin and blood and gives the body a variety of vitamins and minerals. Fill about a quarter of your dinner plate with a lean protein source.

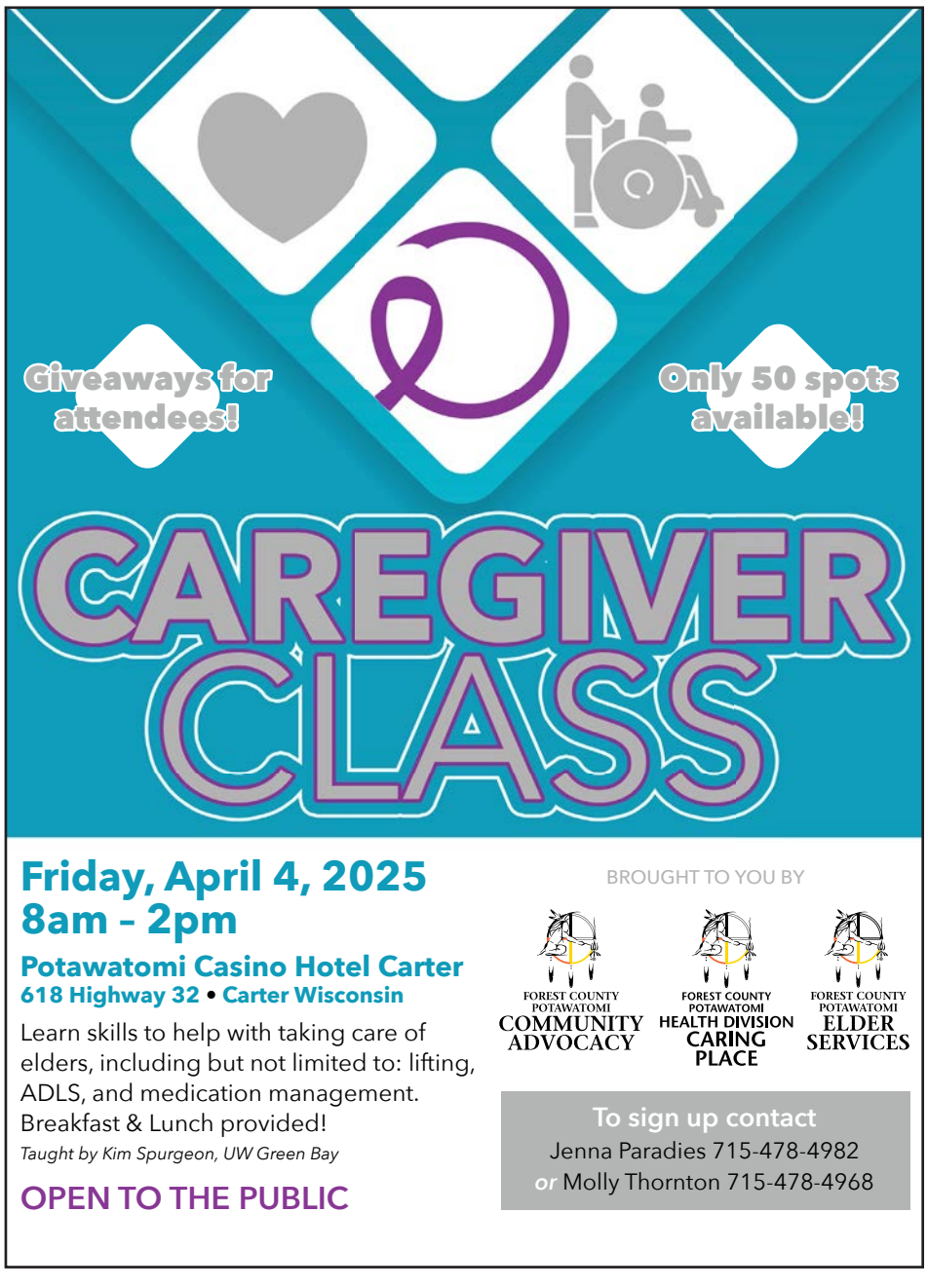
Fruit consists of whole fruits, fruit canned in 100 percent fruit juice, frozen fruit, unsweetened dried fruit, and 100 percent fruit juice. Fruit is typically lower in calories and high in many essential vitamins and minerals. The high fiber and potassium content of fruits might help protect against heart diseases. Have a serving of fruit for a mid-day snack, or as a sweet treat if you are still hungry after your meal.

The final food group, dairy, consists of milk, yogurt, cheese and select milk substitutes. Dairy helps maintain strong bones and contains important nutrients like calcium, potassium, and vitamin D. Have a glass of milk to drink with your meal or try low-fat yogurt as a filling snack option.

Food plays a large role in an individual's health, but it is also important to consider how food connects us with others and with culture. Sharing a meal with family or friends is a great way to deepen relationships and share your own culture. By sharing aspects of traditional diets that emphasize whole foods, we can better nourish our bodies and teach others to do the same. What are some practical ways you can connect through food, with culture, friends, family or health this month?

*https://www.myplate.gov/*






# Native Vote Encourages Voting in April Election

**submitted by Anne Eagan-Wauka**

On April 1, Wisconsinites will elect a new justice to the Wisconsin Supreme Court. By voting, Indigenous people will have the opportunity to shape our future and the future of the generations to come.

The Wisconsin Supreme Court holds the power to make decisions related to environmental protections, tribal sovereignty, abortion access, the Indian Child Welfare Act, and much more.

Native Americans must head to the polls to protect the work of past generations who fought to protect our families, our culture, and our future, because the Wisconsin Supreme Court may make decisions that are crucial to Indigenous people such as:

• Protecting our Native American children and families through the Wisconsin Indian Child Welfare Act (WICWA). WICWA protects the best interests of Native American children and promotes the stability and security of Wisconsin Tribes and families. WICWA ensures that Native children placed into the foster care system are placed into the custody of fit and willing Indigenous relatives. In the past, Native children were placed with white families, a practice that may have contributed to historical trauma.

• Our sovereignty, which protects the inherent authority of tribes to govern themselves and allows tribes to honor and preserve their cultures and traditional ways of life.

• Our right to clean water and the protection of our waterways that hold our wild rice beds, and ancient walleye and sturgeon spawning grounds that travel from Lake Superior and wind through the Menominee Indian Tribe of Wisconsin's pristine Wolf River.

Beyond tribal concerns, the Wisconsin Supreme Court plays a vital role in upholding checks and balances within state government, ensuring that voters' voices are heard.

Wisconsin Native Vote remains committed to protecting Indigenous rights, language, and sovereignty. We encourage you to vote on April 1 – because our future, and that of the next seven generations, depends on it.

TRIBAL BUSINESS MANAGEMENT

NICOLET COLLEGE



NICOLET COLLEGE TECHNICAL CERTIFICATE

Develops the skills of people who work or plan to work in a tribal organization or Native American business environment. Areas covered include fundamental management skills, and how a native nation's legal, political, and cultural context impact an organization's work.

Find out more about Tribal Business Management:

SUMMER CLASSES START MAY 21

1. Business Essentials
(Section #1008)
Credits: 1
Wednesdays, 8:30 am – 12:30 pm
In Person
Nicolet College,
Tamarack Center 110
May 21 – June 11 (4 weeks)

2. Fundamentals of Tribal Management
(Section #1009)
Credits: 3
Wednesdays, 8:30 am – 12:30 pm
Blended
Nicolet College,
Tamarack Center 210
June 18 – August 6 (8 weeks)

QUESTIONS?

Maggie Jensen
Admissions Representative
mrjensen@nicoletcollege.edu
715.365.4957

Marilyn Miller
Indigenous Studies & Tribal Business Management Instructor
mmiller@nicoletcollege.edu

VOTE

APRIL 1

*The WI Supreme Court is on the ballot!*

*For more info:*

The Wisconsin Supreme Court may decide critical matters including Tribal sovereignty issues, water protection, reproductive rights, and voting rights.

**conservationvoices.org/vote**



# Sagewind Development Hosts a Tour of the Greeneway Project in Kenosha






Sagewind Development hosted a successful Greeneway Project Tour, bringing together members of Forest County Potawatomi (FCP) community leadership, Potawatomi Ventures, Greenfire Management Services, LLC and Zilber Property Group to explore its development and other key sites in Kenosha, Wis. The tour focused on educating stakeholders about Sagewind's real estate development strategy, showcasing the progress at Greeneway, and fostering valuable networking opportunities between our teams.

On the tour, members of Zilber Property Group discussed LakeView Corporate Park in Pleasant Prairie, Wis. LakeView Corporate Park is owned by the FCP community. The master-planned development spans 2,400-acres, including a mix of industrial, office, and retail properties, making it an attractive destination for a variety of users, developers, and general contractors.

Greeneway is a comprehensive redevelopment project of the approximately 240-acre land site, formerly occupied by the Dairyland Greyhound Park, into a financially viable mixed-use residential and commercial center. The development will employ sustainable development practices across multiple building types, including multi-family residential, industrial, office and commercial. Greeneway is designed to maintain natural sites and enhance Kenosha's community.

Sagewind is excited about the continued collaboration and the future growth ahead!

# Greenfire Organizes Hygiene Drive for MCC





Potawatomi Ventures, Data Holdings, and Greenfire Management Services, LLC participated in a full-size hygiene drive for the Milwaukee Christian Center (MCC). The MCC services Milwaukee's south side by providing quality programs that support the community's most vulnerable members.

Together, the three teams donated shampoo, conditioner, body wash, mesh bath sponges and body wipes, hand soap, moisturizer, deodorant, toothpaste and brushes, Q-tips, paper towels, toilet paper, Kleenex, handwarmers, disinfecting wipes, laundry detergents and some winter scarves, gloves, and socks for a total of 272 items donated!

On top of the donations, members of the Greenfire team meal prepped and served lunch for seniors at the MCC, and Greenfire generously donated to the Senior Meal Program which provides one day of lunches to 60 of their guests. The Senior Program has approximately 125 seniors who rely on MCC's Meal program for not only nourishment for their bodies but for their minds as well.






Join the Sagewind and Potawatomi Ventures Leadership teams for a conversation on real estate development!
Two sessions are offered, each covering the same content.

***March 20, 2025***

***Session 1***

12-2 PM, lunch will be served
FCP Community Center Classroom

***Session 2***

6-8 PM, dinner will be served
Carter Casino Hotel, Kisheck Room

To RSVP, scan the QR code, and for more information visit
www.sagewind.com/real-estate-summit

fireside MARKET

## MARCH SPECIALS

**New! Limited-time offer**



**Crispy Fish Fillet Sandwich**

*Mealtime made easy.* fireside MARKET fM3P125M

**BUBBL'R twisted elix'r**




**$1.99 each**
**2 for $3.50**

*Refreshment made easy.* fireside MARKET fM3P325M

**ALL King Size Candy**




**$3.09 each**
**2 for $5.50**

*Sweetness made easy.* fireside MARKET fM3P425M

**Stone Lake * Carter**

# Mark your calendars for



MASTER OF CEREMONIES
Chance Rush

HONORING OUR MMIP

FEATURING PRESENTATIONS BY
Mitch Factor • Josephine Webster
Kristen Welch • Emma White

# Rejuvenating Tribal Communities CONFERENCE

## May 13 - 15, 2025

**Oneida Casino Hotel**

2040 Airport Drive • Green Bay, Wisconsin

**TOPICS TO INCLUDE:**

Preventing MMIP • Mental Health • Sex Trafficking • Dealing with Loss & Grief
Traditional Birth • Self Care • Power of Resiliency • Foster Care Panel

**OPEN TO ALL TRIBAL COMMUNITIES AND THEIR EMPLOYEES**

Questions? For more info contact Katheryn Tupper
Katheryn.Tupper@FCP-nsn.gov • 715-478-4896

Open to Everyone

# Winter's End POWWOW

**POTAWATOMI COMMUNITY CENTER**
(5471 Thayek Ethe Dnekmegzek Myew, Crandon, WI 54520)

## MARCH 22-23, 2025

**GRAND ENTRY**
**SATURDAY 1 & 7PM, SUNDAY 12PM**

**Host Drum:** Snake Island, **Co Host:** Little Soldier
**Head Vet:** Clarence Daniels
**Head Male and Female Dancers:** Burton and Cindy Warrington
**MC:** Joey Awonohopay and Dylan Prescott
**AD:** Ron Goodeagle

**Committee Special**
**Luck of the Draw** (3 Sessions)
**All Teens and Junior Categories** (Boys and Girls)
**Teens:** 1st - $500, 2nd - $400, 3rd - $300, 4th - $200, 5th - $100
**Juniors:** 1st - $300, 2nd - $200, 3rd - $100

**Head Female Special**
Applique: 1 Winner and 4 Consolations

**Outgoing Royalty Special**
**Jr. Princess:** Switch Dance Contest
**Sr. Princess and Brave:**
Teen Old Style Scrub Vs Teen Woodland

**Feasts**
Saturday: 5pm
Sunday Travel Meal: 5pm

POTAWATOMI COMMUNITY CENTER
www.potawatomicc.recdesk.com
PotawatomiCommunityCenter

FOREST COUNTY POTAWATOMI
Keeper of the Fire
www.fcpotawatomi.com
fcpotawatomi

**Royalty Sign Up:** Contact Ruth at 715-889-1334

**Vendors:**
Evelynn Brown: 715-889-3487 or evelynnm.brown@fcp-nsn.gov
Lisa Milligan: 715-889-9102 or lisa.milligan@fcp-nsn.gov

**Hotels**
Potawatomi Carter Casino Hotel: 715-473-2021
Crandon Inn & Suites: 715-478-4000
Mole Lake Casino Hotel: 715-478-5772

FCP is not responsible for any lost or stolen goods. No drugs or alcohol allowed on property.

# Community Events MARCH 2025

FOREST COUNTY POTAWATOMI
*Keeper of the Fire*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
|  Winter's End Powwow March 22 & 23 | | | | | | **1** **Diva Dance Showcase** 3pm – 8pm |
| **2** | **3** | **4** **Powwow Club** 4:30pm - 5:30pm | **5** **Language Class** 10am - 12pm | **6** **Support Group** Assisting Mothers, Fathers & Caregivers in their Parenting Journey 12pm – 1pm | **7** | **8** |
| **9** **Day Light Savings Time** | **10** | **11** **Powwow Club** 4:30pm - 5:30pm | **12** **Language Class** 10am - 12pm | **13** **Support Group** Assisting Mothers, Fathers & Caregivers in their Parenting Journey 12pm – 1pm | **14** **Breakfast Club** Live Entertainment Carter Casino 7pm - 11pm | **15** **Breakfast Club** Live Entertainment Carter Casino 7pm - 11pm |
| **16** | **17** | **18** **Powwow Club** 4:30pm - 5:30pm | **19** **Nutrition Taste Test** H&W Kitchen 11:30 am – 1 pm **LFPA Food Distribution** 11 am at The Farm **Language Class** 10am - 12pm | **20** **Support Group** Assisting Mothers, Fathers & Caregivers in their Parenting Journey 12pm – 1pm | **21** | **22** **Winter's End Powwow** Community Center Grand Entry 1pm & 7pm |
| **23** **Winter's End Powwow** Community Center Grand Entry 12pm | **24** | **25** **Powwow Club** 4:30pm - 5:30pm | **26** | **27** **Traditional Healing** FCP Health & Wellness **Diabetes Luncheon** Lower Conference Room 12pm – 1:30pm **Support Group** Assisting Mothers, Fathers & Caregivers in their Parenting Journey 12pm – 1pm | **28** **Traditional Healing** We Care **Fire On High** Live Entertainment Carter Casino 7pm - 11pm | **29** **Fire On High** Live Entertainment Carter Casino 7pm - 11pm |
| **30** | **31** | | | | | |

GENERAL INFORMATION · COMMUNITY CENTER · POWWOW GROUNDS
BODWÉWADMI KTËGAN · HEALTH & WELLNESS · MUSEUM · LOCAL SCHOOLS

03/10/2025

# Potawatomi History Related Words

**Answers will be in the next issue**

**CEREMONY**
**CHIEF**
**EXECUTIVE COUNCIL**
**GENERATIONS**
**BLOOD QUANTUM**
**ENROLLMENT**
**ANCESTORS**
**TREATIES**
**RIGHTS**
**GENOCIDE**
**RESPONSIBILITY**
**BOARDING SCHOOL**
**INDIGENOUS LAND**
**CENSUS**
**FORCE REMOVAL**
**DESCENDANT**
**STARVATION**
**POVERTY**
**CITIZENSHIP**
**INDIGENOUS PEOPLE DAY**
**TRIBAL**
**RECOGNIZED**
**FEDERAL**
**SOVEREIGNTY**
**CULTURAL**
**HISTORY**
**RESERVATION**
**EXXON MINING**
**INDIAN CHILD WELFARE**
**INDIAN EDUCATION**
**RELOCATION**
**PETITION**
**SIMON KAHQUADOS**
**SMALLPOX**
**TRAIL OF DEATH**
**THREE FIRES**

M O G S G E P S Y A K V U W H Z J P Z K O Y C I T D U S Y J O
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M A W Y L E J Z E P D L O D J Q I F G O L E J Y O H N H Z Z J
G U D N A A E Y M P B G I C X X F U G P N R X T H T O H Q S F
Y Q J S Q D R L D P I E B C L A V O M E R E C R O F I T D O W
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I L T D O E D V I R N D I G F S S L X L M U Q J G U I Y R R S
Z H B A M D Z Y H O F J G D E E P N H P M Z V H E L O R U Y L
L C I X G E F V C I L T N T N E E K R Q G E T G E R R P A E A
M B V R J R U B X R X K T V Q I C R J T D S N W Z P V Q O A N
U C Y F O A F F C G G Z Y Z G A W B H I F V D T Q W R R J X D
J Q N G M L B G O M Z H L I F U V M J T G E N O C I D E I X D

## RECIPE: BISON WITH BLACKBERRY SAUCE



SERVES: 6

NUTRITION FACTS: One serving is 720cal, 9.6g carbohydrate, 57g protein, 48.6g fat, 20.7g saturated fat, and 1.9g fiber.

**Per the Make Every Bite Count US 2020-2025 recommendation for ages 31-50 M/F, 2000 kcal diet. This has a suggested RDA of 46g protein, 130g carb, 25g fiber and 70g oil/fat daily.*

**INGREDIENTS**

- 3 – 4 pounds bison
- 1 teaspoon fresh cracked pepper
- 1 teaspoon ground nutmeg
- 6 ounces fresh or frozen blackberries
- 1/2 cup balsamic vinegar
- 1/4 cup cider vinegar
- Juice and zest of one lemon
- 2 – 4 cloves
- 1 – 2 star anise (optional)
- Thyme sprigs for garnish

**INSTRUCTIONS**

1. Preheat oven to 350°F

2. Combine pepper and nutmeg in a small bowl. Dry off bison meat with paper towel and sprinkle spice mix on top, liberally.

3. Heat an oven-proof skillet on high. Once smoking hot, place bison into skillet to sear, turning every minute or so to make sure all sides are cooked. Then place the pan in the oven for 7 – 10 minutes.

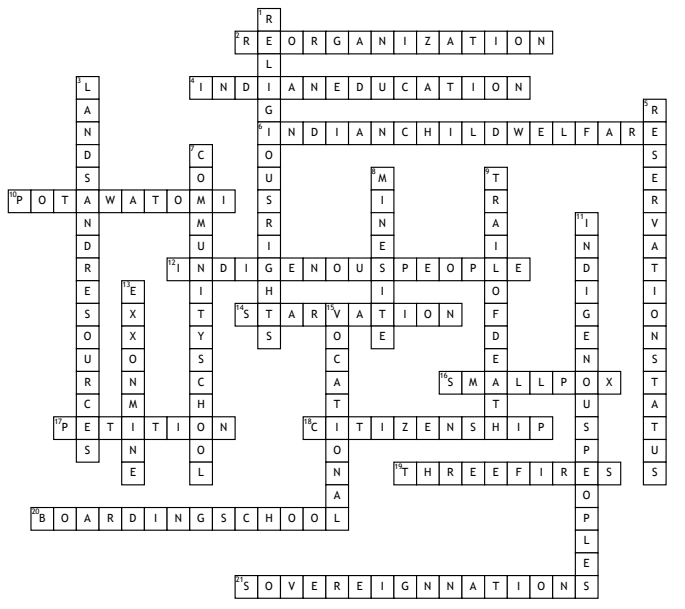
4. Remove pan from oven. Remove the bison from the pan and place into foil, allow to rest for 10 minutes before slicing into medallions.

5. To make the sauce, combine berries, vinegar, zest, juice, cloves, and anise in a pan and bring to a boil.

6. After about 5 minutes of boiling, you should be able to smash the berries on the side of a sauce-pan using a wooden spoon. Continue rapidly simmering sauce for another 5 – 10 minutes to thicken.

7. Place bison medallions on a plate, spoon over generous portions of sauce and top with sprigs of thyme.

**Answers from previous issue**















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