## IT'S A GOOD DAY TODA

Ancestral Momen:

#### THE PERFORMANCE PROJECT

Inside -Highlights

Native American Children's Books 3D Mammography Exam FCP Junior's Boxing Club

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#### Bosho (Hello)

Each year we tell stories about our lives, share the history of our tribe, and look to the past to help chart a bold path into the future. By reflecting on our experiences and focusing on our bright future, our tribal community can make sure we all succeed. Each page of this guide highlights how we are able to accomplish that goal. Inside you will discover some of the different ways our community is working towards ensuring that each and every one of us thrives.

Published twice a year, *mno Gizhget ngom* offers a unique perspective on the mission, values, and goals of the Forest County Potawatomi Community. Whether you're just passing through our corner of the state or you're a lifelong member of our community, we hope this guide is an exciting and helpful way to learn more about the Forest County Potawatomi.

Migwetth (Thank you),



Ned Daniels Jr. Forest County Potawatomi Chairman





FOREST COUNTY POTAWATOMI Keeper of the Fire

## OUR MISSION

5416 Executive Building

Teaching respect, values and human responsibility within our culture and beyond to create a more diversified community.



FCP EXECUTIVE COUNCIL (L to R) FCP Council Member Brooks Boyd, FCP Secretary James A. Crawford, FCP Chairman Ned Daniels Jr., FCP Council Member Nick Shepard, FCP Vice Chairwoman Brenda Shopodock, FCP Treasurer Joseph Daniels Sr.



#### **PUBLICATION TEAM**

**Potawatomi Traveling Times (PTT)** Krystal Statezny - Graphic Designer Val Niehaus - Reporter/Photographer Winda Collins - *PTT* Managing Editor

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DESIGN & LAYOUT Potawatomi Traveling Times

COVER PHOTO Potawatomi Traveling Times

#### DISTRIBUTION LOCATIONS

Locations and downloadable issues are available on our website: www.FCPotawatomi.com

#### www.FCPotawatomi.com (715) 478-7437

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facebook.com/ Forest County Potawatomi Community

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## January – June 2020

#### FOREST COUNTY POTAWATOMI

#### **PREVENTION WEEK EVENTS**

• May 15 – 3rd Annual Walk for Recovery – Start in Mole Lake and end in Stone Lake (Drumming and Prayer at both locations)

 May 16 — Community Prevention Parade, downtown Crandon, Noon — Education and family activities to follow

Check www.FCPotawatomi.com and Facebook for details as they become available

#### FCP BRUSH RUN RACES — FEATURING THE 27TH ANNUAL FCP COMMUNITY CUP RACE

June 20-21 — Crandon International Off-Road Raceway, 10104 Highway 8, Crandon, WI 54520 Ph: (715) 478-2222 • www.crandonoffroad.com

**POST 1 MEETINGS:** Held the **first Monday of each month**, 5 p.m., at FCP Family Resource Center, 8000 Potawatomi Trail, Crandon. Membership is open to all veterans and spouses of Potawatomi tribal members.

#### Looking Ahead...

**4TH ANNUAL FOREST COUNTY FESTIVAL** July 3-5 — Crandon International Off-Road Raceway, 10104 Highway 8, Crandon, WI 54520 www.FCPotawatomi.com • www.crandonoffroad.com

#### POTAWATOMI CARTER CASINO HOTEL (PCCH) 618 State Hwy 32, Wabeno, WI 54566

#### **DOWNLOAD OUR FREE MOBILE APP!**

Our mobile app is your all-access directory to everything at Potawatomi Carter Casino Hotel. With the app, you will receive your monthly direct mail offers, get exclusive bonus offers, have access to your account information anytime, stay up-to-date on current events and specials, plus so much more.

The app is available in the Apple<sup>®</sup> App Store<sup>™</sup> or Google Play<sup>™</sup> Store; just search for Potawatomi Carter Casino Hotel. For app assistance, please visit www.cartercasino.com or stop by the Carter Club booth.

#### WEEKDAY PROMOTIONS

Different weekday promotions are offered each month. These are fun & interactive promotions that award Carter Club members the opportunity to win cash & prizes. Monthly updates and details regarding events, promotions, and specials can be found by logging onto our website at www. cartercasino.com.

#### **CELEBRATE YOUR BIRTHDAY WITH US!**

One time during the month of your birthday you can receive \$10 in Potawatomi play; just stop by the Carter Club booth. Each month, qualified guests receive an invitation to celebrate their birthday with us. A special dinner and a birthday gift will be handed out. After the birthday party is over, try your luck in one of our Pop and Play Slot Tournaments. Win cash and play prizes all while you're having a great time celebrating at PCCH.

Promotions and dates are subject to change. Management reserves all rights. Must be a Carter Club cardholder to participate. Carter Club cards are available at the Carter Club booth free of charge. You must show a government-issued, photo ID to obtain a card.

#### POTAWATOMI HOTEL & CASINO 1721 West Canal Street, Milwaukee, WI 53233

For a listing of daily promotions, dining and drink specials, entertainment and more, visit paysbig.com or the Potawatomi MKE mobile app. It's all happening at the Midwest's #1 Entertainment Destination, Potawatomi Hotel & Casino. Open 24/7, the Milwaukee casino features over 2,500 slot machines in the hottest themes, 89 table games, bingo, poker and off-track betting — just steps from seven restaurants, a 500-seat theater, over 70,000 square feet of banquet space and a 500-room on-site luxury hotel with spa. Plan your visit today to experience the best in gaming and entertainment—all under one roof.

**PROMOTIONS** Potawatomi Hotel & Casino's Fire Keeper's Club® is your key to promotions, exclusive offers and much more. Just play with your Club card every time you visit to rack up points & perks. Not a member? Join for free! New members can score up to \$1,000 in free play the day they enroll, just by playing a "New Member" kiosk game! Then, every Tuesday, Club members age 55+ can get extra slot play and receive half-off at The Buffet during Senior Day. And once a month it's FKC Appreciation Day with over \$27,000 in cash prizes up for grabs.

#### **OPPORTUNITIES**

#### **FOSTER CARE RECRUITMENT - TAKE A CHILD UNDER**

**YOUR WING:** Children are our most valuable resource and our future. Protecting our children is our priority, and preserving our families is our tradition. Stop in at the FCP Indian Child Welfare Department, located in the Family Services Building, 5415 Everybody's Road, Crandon, WI 54520 or call (715) 478-4812 for more information about becoming a tribally-licensed family placement or foster home. We look forward to working with you to help make a difference in the community.

## 4TH ANNUAL

Photo by Potawatomi Traveling Times

#### SPONSORED BY



The 4th Annual Forest County Festival, slated July 3-5, 2020, will be held at Crandon International Off-Road Raceway. Admission and carnival rides are FREE, although there will be a nominal fee for parking which will benefit the Crandon Fire Department. A wide range of food and souvenirs will be available at the fairgoer's expense. All three days will be jam-packed with fun things to do: truck pulls and school bus races, kids' games, exhibits, non-stop carnival rides, musical entertainment, plus fireworks courtesy Crandon Fire Department at the track on Saturday night. Visit www. fcpotawatomi.com or crandonoffroad. com for more information on the festival.

This event has something for everyone, so you don't want to miss the 4th Annual Forest County Festival – an event unlike any other!







## FCP Tribal Member-Owned Businesses

**DAVID VANZILE LOGGING** Crandon, WI 54520 • (715) 478-4249

#### **FCP JUNIOR'S BOXING CLUB & FITNESS CENTER**

**100 N. Prospect Avenue** Crandon, WI 54520 (Use Madison Street Entrance) (715) 889-0710 / (715) 889-0282 Mon. - Fri., 9 a.m. - 6 p.m.

#### **INDIAN COUNTRY EDUCATIONAL SUPPLIES**

Lee White 5513 Wej bges nok Court Crandon, WI 54520 • (715) 892-6302

#### **JENNIFER SUE'S CUPCAKERY, LLC**

**100 N. Prospect Avenue** Crandon, WI 54520 • (715) 784-1011 Email:

JenniferSuesCupcakery@gmail.com **Find me on Facebook** 

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#### **OLSON DIRTWORKS**

Tommy Olson, Owner 8059 Schmidt Lane, Argonne, WI 54511 (715) 889-4445 • Find us on Facebook Logging, Bulldozer, Skidsteer, Lot clearing Road/track building, Snow removal

#### **ROBERTA ALLOWAY'S INDIGENOUS ART** (715) 478-0194

Email: penashi@yahoo.com Native American-themed/contemporary beaded artwork and purses. Follow on Facebook: Roberta Alloway.

#### **ROLLING THUNDERS SOAPS**

#### Loreen Alloway, Owner (715) 784-0193

Hand-crafted goat's milk soap - Scents: Sweet Grass, Sage, Cedar, Mother Earth, Lemongrass Sage, Blackberry Sage Tea and other scents available (e.g. fruit, flower and some bakery scents); custom gift baskets available in all scents with beauty items including lotion, body butter, body spray, room sprays, & body Polish Scrub. These make great gifts for all occasions!

#### THUNDER ROLLS RECOVERY

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C-STORE/SMOKE SHOP/DELI

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



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#### **POTAWATOMI CARTER C-STORE/SMOKE SHOP**

Hwy. 32, Carter (Across from casino/hotel) / (715) 473-5100 / Open 24 hours, 7 days a week

#### THE PERFORMANCE PROJECT

#### The 12 women making up the 12 Native Nations of Wisconsin for the event

icestra

by Val Niehaus, Potawatomi Traveling Times

In November 2019 (Native American Heritage Month), the Forest County Potawatomi (FCP) Executive Building auditorium was the site of a very special performance called Ancestral Women in Wisconsin: The Performance Art Project.

This presentation is inspired by the stunning fiber art pieces of Mary Burns. She is an award-winning weaver/ artist from Mercer, Wis., and her works and the Ancestral Women Exhibit is currently on tour around the United States. This collection of tapestries won best of show in Wisconsin's Festival of the Arts in both 2008 and 2012.

Several years ago, Potawatomi Traveling Times (PTT) had the opportunity to see these weavings in person and was able to sit down and talk with Burns about the inspiration behind these fantastic, intricate pieces of art that highlight Native women. One piece in particular was especially unique to the FCP as it was Mary "Waseyan" Waubiness, mother of FCP tribal elder Arlene Alloway. This article appeared in the Dec. 1, 2016, issue of *PTT*.

The Ancestral Women performance honors women elders from each of the 12 Wisconsin Native American tribes - 11 of which are federally-recognized. The twelfth one – the Brothertown Nation – is still fighting for federal status. Present on the stage were 12 women – one from each of these tribes – and all are honored to talk about the individual woman from their own tribe that has been admired by having her likeness woven into one of these works of art. For some, it was their grandmother or great-grandmother they were talking about, though one woman's own mother was the subject of one of these beautiful tapestries. She felt especially fortunate to have such a close connection and to be able to share with the audience.

They shared special memories, funny stories, and accomplishments of these women, and then discussed their contributions to their tribes – in particular, the lessons they taught people. As would be expected, the presentations were a bit emotional at times as the connections between the presenters and the artistic subjects were obviously very distinctive. It was apparent to everyone in the audience the degree to which these elder women impacted the presenters and affected how they live today. It was truly a very moving performance all around and impacted those in the audience.

One particularly special moment was when FCP tribal member Donna VanZile was honored to be able to talk about her grandmother, Mary "Waseyan" Waubiness - the previously mentioned subject of one of the tapestries. VanZile discussed all of the knowledge that she had learned from her grandmother and her teachings of culture, life and love. It was very touching and powerful to hear VanZile talk about a woman who meant so much



to her and her family, and whose teachings had such an influence on their ways of life. It was all the more powerful knowing that this woman was a member of the FCP tribe and lived on these lands.

Other women who participated were: Sokaogon Chippewa of Mole Lake: Vickie Ackley, Lac du Flambeau Band of Lake Superior Chippewa: Mildred "Tinker" Schuman, Menominee of Wisconsin: Marla Mahkimetas, Oneida of Wisconsin: Tekelahuntya Claudia Skenandore, Brothertown Indian Nation: Jessica Ryan, Stockbridge-Munsee Band of Mohicans: Lai Lonnie Kosowski, Lac Courte Oreilles Band of Lake Superior Chippewa: Nicole Larsen, Bad Riv-



Donna VanZile presents information about her grandmother, Mary "Waseyan" Waubiness

> er Band of Lake Superior Chippewa: Cecilia LaBarge, Red Cliff Band of Lake Superior Chippewa: Katherine Morrisseau, St. Croix Chippewa of Wisconsin: Sarah Hindsley, and Ho-Chunk Nation: Barbara Blackdeer-McKenzie.

There was also a brief performance by Bobby Bullet and Pam Nesbitt with a short song involving audience members and the women from the performance.

FCP Vice Chairwoman Brenda Shopodock stood in applause and said, "I am very grateful...I was able to meet you all. It was amazing to hear about these women who paved the way for so many, and I was honored to be able to smudge with you before the performance. All around it was a great presentation!"

FCP Council Member Nick Shepard also stood in recognition and said, "Ktthe Migwetth to you all in telling these stories to us. I myself am very honored to hear them and grateful for this time...listening to you all." Cultural Preservation Division Executive Assistant Skye Alloway commented, "Ktthe Migwetth to all of those who have contributed to this beautiful, educational and healing performance art project. It was truly an honor for our community to host the Ancestral Women!" Also, "Ktthe Migwetth to Michelle Gobert, Crandon school board president, for joining us in the celebration and honoring of Ancestral Women."

Ktthe Migwetth to Fire Nation for singing and sending everyone off with good feelings at the end, to Judge Eugene "Fugie" White-Fish for the prayer to start off the performance and to Guadalupe Cisneros and Debbie Tuckwab for the delicious food.



## TREES RECEIVE Potawatomi

by Winda Collins, Potawatomi Traveling Times in collaboration with Michelle Berdan, FCP Planning

On Monday, Oct. 28, *PTT* had the pleasure of getting out of the warm office and into the chilly outdoors for a bit at the request of FCP tribal elder Hazel George. The reason for the request was simple, but the whole idea leading up to that request could have a positive and culturally-significant impact.

Back on June 27 of this year, Hazel approached the FCP Planning department with an idea that would increase awareness of the language and culture in the community. Her hope was to create dual language signs to identify the different tree species along Potawatomi Trail. The idea is that when children travel to and from Gte Ga Nēs, they will see the signs and the language and learn from them. Hazel not only wanted the children to see the language, she wanted the parents, siblings, community members, employees and visitors to learn from the signs as well.

The created signs are as follows:

- big tooth aspen: za di
- ironwood: mya nos
- white ash: kap sêk
- hemlock: ga ga gwesh
- yellow birch: win sa têk
- bitternut (hickory): mte gwa bak
- basswood: wi gbë mesh
- sugar maple: she na mesh
- elm: enip
- dead elm tree: enip
- black ash: wis gak
- quaking aspen: za di
- white birch: wi gwa sa têk
- tamarack: man be mesh

The project involved com-

Names

mittee mem-

bers, staff, and various departments:

• Tribal Elder: Jim Thunder

• Language and Culture: Robert Van-Zile and Donald Keeble

• Land Use Committee: Herbert Daniels Jr., Melissa Gorham, Jessica Jacobson, Shaunnebne Daniels, Frank Shepard Jr.

• Forestry: Forestry Manager Kevin Makuck, Forester Richard Congdon, Fire-Fuels/Community Forest Manager Jimmy Gumm, Corvin Emery

Planning: Planner Michelle Berdan

• Tribal Historic Preservation Office: Michael LaRonge

The following recalls the timeline of the dual language-sign process:

• Staff from the Tribal Historic Preservation Office, Forestry, GIS and Planning walked along Potawatomi Trail with tribal elder Hazel George to identify, mark and locate the different tree species and locations for the signage.

• Natural Resources and Tribal Historic Preservation Office were contacted to ensure there were no environmental or cultural concerns with the installation of the signs.

• Met with the Land Use Committee to request and obtain approval for the placement of the signs along Potawatomi Trail.

• Requested approval from Executive Council.

• Requested assistance from Jim Thunder, Donald Keeble and the Lan-



guage & Culture Department in order to collect the Potawatomi names.

• Went out to GPS the locations, mark the trees, and measure the distance from the right-of way.

• Contacted Digger's Hotline to put in a planning locate to identify the location of existing utilities.

• Reviewed appropriate size of the lettering based upon the speed, distance and time of travel.

• Hazel made the final selection for the signage background and font colors.

• Ordered and received the signs, brackets, and posts from Rent-a-Flash.

• Placed a Digger's Hotline request to locate utilities.

• Scheduled the installation of the signs.

• Cleaned up brush and branches and installed the signs.

That last bullet point was the reason for *PTT's* excursion to the chilly outdoors: to document the momentous occasion of an idea brought to life when people work together. But this foray out into the cold was worth it! Hazel was so pleased with the process and the final result. Her enthusiasm was contagious and she was truly enjoying the morning: laughing, poking fun, and telling stories – not to mention helping clean brush from the spots where the signs would be posted.

Many thanks to all who had a hand in making a difference in the community!

## Native American CHILDREN'S BOOKS for Purchase

by Val Niehaus, Potawatomi Traveling Times

Forest County Potawatomi Tribal Member Lee White has just finished his latest children's books titled Gno-Wes: Little Eagle, Shagok: Where He Got His Stripes and Wabozo. White resides on the Forest County Potawatomi Reservation and attended college at Mt. Scenario, Concordia University-Mequon and UW-Milwaukee where he majored in psychology and education.

Following his advanced education, White went on to start an internship at the Indian Community School (ICS) in Franklin, Wis. He then went on to teach at ICS for the next 8 years. After his life took a bit of a turn, he returned to the FCP reservation in Crandon, Wis., where he spent another 8 years in a teaching position as well as other community education programs for the tribe.

After being back in the area, he attended conferences to further his education in which he noticed that there were hardly any Native American children's books written by actual Native American authors. This sparked his personal passion to write such books himself. In addition to the three stories just finished, White also had a book called Mko Lost His Tail which was a story retold by White years back. All are unique and very well done.

The illustrations along with the story lines of these three new books are amazing! The pictures alone tell the story and any child would be happy to look at these books just for the illustrations. As they learn to read, the text of the stories follows the illustrations nicely. White said these books are here to teach lessons to children...lessons in respect as well as lessons about the importance of being humble and grateful for what they have. They are great stories for young pupils to read and to learn and thereby carry on these teachings. It should also be mentioned the

Potawatomi language is used in certain areas throughout these books, too.

You can purchase these books at the FCP Cultural Center, Library & Museum, and at Tricia's Treasures and the Pioneer Express in Crandon, Wis. They are \$10 each or three for \$25. They are a great collection for anyone to have in their library at home and it makes them extra special to know that they are written by a local tribal member.

HEALTH & WELLNESS

# **3D MARMOGRAPHY** O NO A VALUES A VALUES

by Julie Burt RT(R)(M)(BS), ARRT FWSRT, Imaging Director/Radiologic Technologist

At the Forest County Potawatomi Health & Wellness Center (FCPHWC) Imaging Department, we are proud to offer the Selenia<sup>®</sup> Dimensions<sup>®</sup> 3D Mammography<sup>®</sup> exam with the SmartCurve<sup>®</sup> Breast Stabilization System. This new exam provides better and earlier breast cancer detection, and is more comfortable for our patients.

Mammograms are a woman's best defense in detecting breast cancer earlier, but the fear of pain can cause some women to delay scheduling their annual mammogram.

The FCPHWC Imaging Department is now able to provide our patients:

- More accurate exam versus conventional 2D mammography alone by detecting 20-65 percent more invasive breast cancers.
- A greater piece of mind by reducing the chance of unnecessary callbacks by up to 40 percent compared to conventional 2D mammography alone.



• Greater accuracy exam than conventional 2D mammography for women with a variety of breast density, as nearly 50 percent of women between the ages of 40 and 74 have dense breast tissue. This is the only mammogram that is FDA approved as superior for women with dense breasts.

Improved comfort by using the SmartCurve<sup>™</sup> system. The Smart-Curve<sup>™</sup> system offers curved compression paddles, which mirror the shape of a woman's breast. This reduces pinching and provides more uniform compressions over the entire breast, for added comfort. The SmartCurve<sup>™</sup> system has shown an increase in comfort for 93 percent of patients who had previously reported moderate to severe discomfort during an exam using the conventional 2D mammography paddles.

Women will see very little change in positioning between the conventional 2D mammogram and the 3D mammogram<sup>T</sup>. In addition, the new exam takes

about the same amount of time to complete, about 3.7 seconds of scan time per position. The real difference is in the information provided to the radiologist (doctor that interprets your mammogram results). While the standard 2D mammogram exam only provides four basic images, a 3D<sup>TH</sup> exam offers multiple images (much like looking through pages of a book.)

The FCPHWC is committed to the fight against breast cancer. If you would like to schedule a Selenia<sup>®</sup> Dimensions<sup>®</sup> 3D Mammography<sup>®</sup> exam or if you have questions about this important breast health procedure, please contact the FCPHWC at (715) 478-4300. Take pride in your preventative breast health decisions!

## National Prevention Week EVENTS

 Friday, May 15: 3rd Annual Walk for Recovery
 Walk will start in Mole Lake and end in Stone

Walk will start in Mole Lake and end in Stone Lake (Drumming and Prayer at both locations)

- Saturday, May 16: Community Prevention Parade - Downtown Crandon, Noon
   Education and Family Activities to follow
   Sponsored by the Forest County Coalition, Sokoagon
   Mole Lake Chippewa and Forest County Potawatomi
- Check www.FCPotawatomi.com and Facebook for details as they become available

## PREVENTION HAPPENS HERE

#### The Purpose of National Prevention Week

Three primary goals of National Prevention Week are to:

- Involve communities in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs
- Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health
- Promote and disseminate quality substance use prevention and mental health promotion resources and publications

**Mental Health** 

(715) 478-4332

**Optometry** (715) 478-4345

**Pediatrics** 

**Podiatry** 

(715) 478-4339 Pharmacy

(715) 478-4347

(715) 478-4339

**Rehabilitation** 

(715) 478-4344

Weekend Walk-In (715) 478-4300

8201 Mish ko swen Dr. Crandon, WI 54520

www.FCPotawatomi.com

General: (715) 478-4300

#### SERVICES

GENERAL CLINIC HOURS: M - F, 7 a.m. - 6 p.m. Please contact department for specific hours of operation.

AODA (715) 478-4332

**Community Health** (715) 478-4355

**Dental** (715) 478-4313

Family Practice (715) 478-4339

Imaging (715) 478-4339

Laboratory (715) 478-4339



FOREST COUNTY

POTAWATOMI HEALTH & WELLNESS CENTER Open to the Public

ASPIRUS NETWORK



#### Honoring Health, Healing and Tradition



## FCP JUNIOR'S BOXING CLUB & Fitness Center

Mark Daniels Sr. and son Mark Daniels Jr., aka Junior

#### by Val Niehaus, Potawatomi Traveling Times

After having started a boxing club in the basement of his own home in the year 2000, Mark Daniels Sr. has made the decision to "hand over the gloves" to his son, Mark Daniels Jr., aka Junior. It is his hope that by doing so, he will be passing on the legacy that has been developed over the years through his family and their love of the sport of boxing and physical fitness in general. The boxing club had really started to take off in 2002, and as with many new programs, it has had its ups and downs since then. Despite facing challenges over the years, Junior wants this club to become a permanent fixture in the community and is intent on working to make that happen.

The club's new name is FCP Junior's Boxing & Fitness Center and it will be located at the old high school in Crandon, which is now known as the NRC. The formal address is 100 N. Prospect Ave., but it should be noted that the club's facilities will be using the entrance on Madison Avenue across the street from Cardinal Park -NOT the main entrance to the building itself.

This will not only be a boxing club for ages 11 and up, but it will be a fitness center for anyone in the community who wants to come work out during these winter months - that time of the year that keeps us indoors more and contributes to storing up those extra pounds. This site will be open to the public and not just to tribal membership. So, if you are a young, middle-aged, or an "older" individual looking for a place to come walk on a treadmill or lift some weights, this is your place to go. Monthly membership is \$20 for non-tribal and \$30 if they're training to compete.

The gym will be open Monday through Friday, 9 a.m. to 6 p.m., with Saturday having some optional openings planned for the future. Junior says he will be the one present at the gym most of the time, but if he has to run an errand or has an appointment, he will leave a note with his cell phone number for attendees to be able to reach him anytime if necessary.

Mondays, Wednesdays and Fridays will be dedicated to training in boxing and as previously stated, this is a program for ages II and up. Those interested in pursuing this activity can come in and train under the eye and talents of Junior who is quite experienced and skilled in the sport.

Tuesdays and Thursdays will be geared more towards strengthening and conditioning/ circuit course/lifting activities - these also being an important part of the boxing sport. General strengthening as well as attention to cardio conditioning are both important in developing the well-rounded boxer. As Junior and his father have both said, if any youth are really interested in pursuing this sport, their experience and abilities will enable them to help interested young people do things the right way under the eye of an experienced trainer. Both Daniels Jr. and Sr. are known in the boxing circuit and will be able to help interested students get involved in competitions.

Junior also said, "I want to have a progress report as well for the youth and parents to see. If you are succeeding each week you will be rewarded, and if you are not taking the training seriously, other consequences will happen. You have to show an interest in this sport or in staying physically active while being here. It is not a place to come to be goofing off. There is a lot of equipment here that you could injure yourself on if you are not paying attention." With that also being said, anyone who decides to come and use the facilities will have to sign a waiver to do so, which is a standard practice in such a facility.

Junior did emphasize that if you are not interested in the

sport of boxing, that is perfectly okay. You can come in and use their extensive and well-maintained equipment which is all located in the same area as the boxing ring. Among other things, they have treadmills, stationary bikes, rowing machines, kettle bells, Olympic weights and box jumps available for those interested in physical fitness.

Juniors wife, Lindsay, is also looking forward to starting her own class in circuit course training. If there are potential clients who are female and would feel more comfortable with a female trainer, this is your opportunity to see what she has to offer. And of course, Junior's father, Mark Sr. will still be in and out of the gym, though he will be doing things a little more low key as he passes on the gloves.

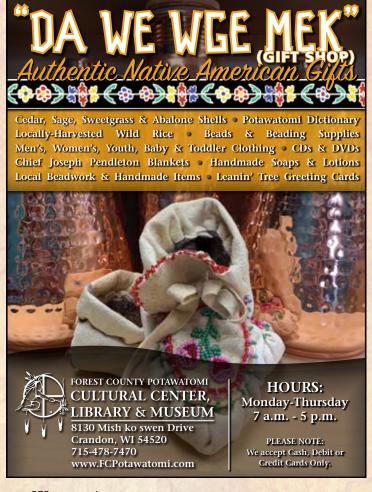
Even though there will be focused training in boxing, Junior did make the point that in time he is hopeful that he

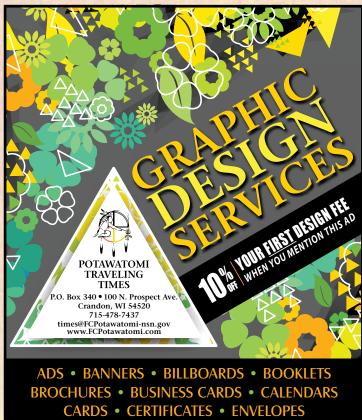


will be able to help people with their physical fitness programs and nutrition. He is extremely passionate about health and well-being and is very interested in efforts to keep our bodies running at peak performance through healthy choices with respect to exercise and nutrition. He and his wife both follow a vegan diet and they are both physically fit in many ways. They can and want to help others be the best they can be by helping them learn about and develop healthy lifestyles.

Best wishes to Junior in pursuing what he loves doing as he develops a facility that will both offer youth an opportunity to learn a great sport as well as help others improve their health. He loves the sport of boxing along with pushing his body and mind to be the best it can be and will be a great resource and role model for those interested in improving their overall health and fitness.

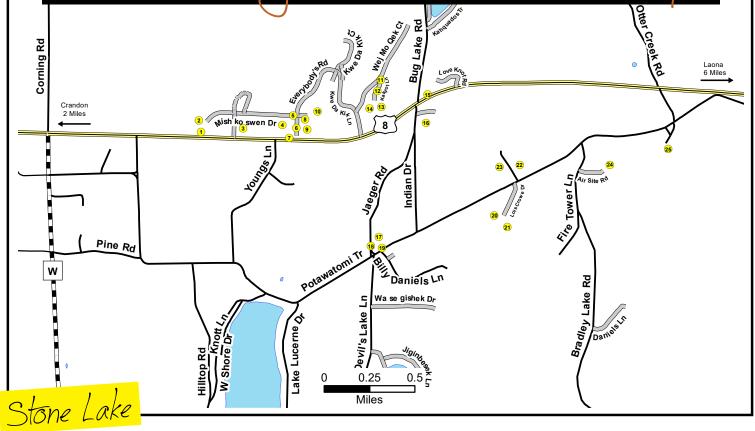
If you have any other questions or need more details about things related to this enterprise, Junior can be reached at (715) 889-0710, and his wife, Lindsey, at (715) 889-0282.





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## Forest County Potawatomi Area Maps

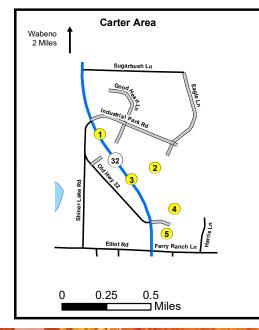


- 1. Fleet Building
- 2. Utilities
- 3. Stone Lake C-Store
- 4. Health & Wellness Center
- 5. Property Management
- 6. Insurance

- 7. Family Services
- 8. Recreation
- 9. Executive Building
- 10. FCP Cultural Center, Library & Museum
- 11. Housing
- 12. Housing Garage

- 13. Assisted Care Facility
- 14. Elderly Complex
- 15. Maintenance
- 16. Arlyn Alloway Field
- 17. Stone Lake Church
- 18. Emergency Management
- 19. Family Resource Center

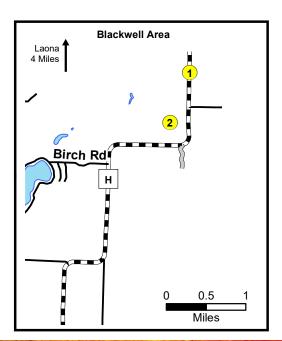
- 20. Gte Ga Nēs Preschool
- 21. Rising Sun Daycare
- 22. Natural Resources
- 23. Forestry Garage
- 24. Air Monitoring Site
- 25. Solid Waste Facility



- Carter
- 1. Sunnyside Community Church
- 2. Potawatomi Carter Casino Hotel
- 3. Potawatomi Carter C-Store
- 4. We Care Facility
- 5. Ka Kēw Sē Gathering Grounds



- 1. Bodwéwadmi Ktëgan (The Farm)
- 2. Blackwell Park



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7699 Lois Crowe Drive, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-4100 • Fax: (715) 478-7365

CHILD SUPPORT 5415 Everybody's Road, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-4433 • Fax: (715) 478-7331

Services Offered:

- Child Support Order Establishment
- Enforcement of Child Support Orders
- Modification of Child Support Orders
- Paternity Establishment
- Location of Parents and/or Assets

Applications are available in our office, via mail, email or fax and online at: fcpotawatomi.com/family-services/child-support.

#### **COMMUNITY ADVOCACY PROGRAM**

5415 Everybody's Road, P.O. Box 340, Crandon, WI 54520 24/7 Hotline (715) 478-7201 Ph: (715) 478-4433 • Fax: (715) 478-7294

#### **ECONOMIC SUPPORT**

5415 Everybody's Road, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-4433 • Fax: (715) 478-7294

Services Offered:

- Tribal Employment Skills Work Program
- Native Employment Work (NEW) Program
- Temporary Assistance for Needy Families (TANF)
- General Assistance
- Income Maintenance-Foodshare, Badgercare and Childcare eligibility
- Foodshare Employment and Training
- Community Service

#### FAMILY RESOURCE CENTER

8000 Potawatomi Trail, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-4837 • Fax: (715) 478-7323 Positive Indian Parenting Sessions

- Services Offered:
- Nurturing Fatherhood Program
- Visitation
- Healthy Relationships
- Play Shoppe/Music Garden
- Circle of Sisters

CHOICES Program – ATODA / At-Risk Prevention for Youth After School Youth Groups:

- 6 10 year old Wednesday
- 11 12 year old Mondays
- 13 17 year old Tuesdays

Transportation available

#### **INDIAN CHILD WELFARE**

5415 Everybody's Road, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-4433 • Fax: (715) 478-7442 Emergency On-Call: (715) 889-1446

**RISING SUN DAYCARE** Ph: (715) 478-4101 or (715) 478-4100

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ELDERLY/CARING PLACE/ASSISTED LIVING 5456 Kak Yot Lane, P.O. Box 340, Crandon, WI 54520 (715) 478-4767 • elders.FCPotawatomi.com

HEALTH & WELLNESS CENTER 8201 Mish ko swen Drive, P.O. Box 396, Crandon, WI 54520 General Info: (715) 478-4300 • health.fcpotawatomi.com

Behavioral Health Services – AODA, Mental Health Services: (715) 478-4332

Community Health: (715) 478-4355 • CMH.fcpotawatomi.com

Dental Services: (715) 478-4313

Health Records: (715) 478-4339

Imaging Services: (715) 478-4339

Laboratory Services: (715) 478-4339

**Optical Services: (715) 478-4345** 

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Rehabilitation Services — Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy, Chiropractic, and Orthopedic Services: (715) 478-4344

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FORESTRY 5320 Wensaut Lane, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-4975 • Fax: (715) 478-7225

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MAINTENANCE 7876 US Hwy. 8, P.O. Box 340, Crandon, WI 54520 Ph: (715) 478-7227 • Fax: (715) 478-7466

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<i>mno Gizhget ngom,</i> Vol. 9.2 (January - June 2020)
1) Name:
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2) Where did you get your copy of the mno Gizhget ngom (formerly FCP Visitor & Business Guide)?
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ONE ENTRY PER PERSON. Winner will be contacted by phone or mail. Photo ID required to claim prize. Must be 21 years of age or older to enter. Prize is non-transferable, not redeemable for cash. Night stays must be used within three months of issue. Reservations are required and based on availability. Not available for use on holidays or special events. Management reserves all rights. Potawatomi Carter Casino Hotel • 618 State Hwy. 32, Wabeno, WI 54566 • (715) 473-2021 Congratulations to William Stewart, winner of the July - December 2019 One Night Stay, Two Potawatomi Play Offers and Two Meal Vouchers.

Don't miss your chance to enter *mno Gizhget ngom's* next drawing (see form below). Good luck!

(L to R) Hotel Manager Yvonne Kincaid and Drawing winner William Stewart photo by PCCH

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