



POTAWATOMI TRAVELING TIMES

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An Introduction to the Community Center Part 2



fitness room photos by Val Niehaus



The above two photos at left are pictures of the fitness room, which contains the latest in fitness equipment. The picture on the right is of Fitness & Wellness Manager Desree Marten. A group photo of the Fitness and Wellness staff was unavailable at time of print, but PTT hopes to include one in the next issue.

by Val Niehaus

Potawatomi Traveling Times (PTT) is working on a series that will introduce the different departments of the new Forest County Potawatomi (FCP) Community Center. Each part of the series will feature a department, its purpose, and its staff.

Part 2 of this series introduces the Fitness & Wellness department under the guidance of **Fitness & Wellness Manager Desree Marten**. This article will focus on an introduction of staff with a wider focus of the department to come in future issues. For more information on classes or personal training, visit community.fcpotawatomi.com.

Marten graduated from UW-Milwaukee with a Bachelor of Science in Kinesiology (Human Movement Studies) and Business. She moved to Minnesota to pursue a career in corporate fitness for the last 6 years before being hired here at FCP.

Marten had this to say: "My husband and I have two kiddos, and during COVID took the chance to leave our careers and move closer to our family in Antigo. I was fortunate enough to find this beautiful facility and community that gave me the opportunity to continue my passion in fitness. I've always had a pull towards health and wellness from a young age as I was a multi-sport athlete in high school, and I am competitive in nature. Overall, I wanted to be able to share that passion with other people and help them find the best versions of themselves, either through physical, mental or emotional health. Fitness was always my outlet."

Marten told *PTT* of the ongoing programs that are happening now:

- One-on-one, buddy, and small group training
- Class options for group exercise: Yoga, Zumba, Bootcamps, Senior Fit, Cardio Kickboxing and more
- Offering frequent health incentive programming such as an Annual Indoor Triathlon in the month of February

She sums up by saying there are programs for all ages at the Community Center such as Mommy and Me classes up to senior programming.

Marten includes, "The sky's the limit here and we want everyone and anyone to feel welcome and have the opportunity to move their body and enjoy the journey!"

As many people know, joining into a fitness routine can be a bit difficult and also to stick with, so *PTT* asked Marten: What do you do to keep people motivated and on track? She said, "We build relationships, and those participants begin to trust us, and they start see results, they start to feel good, they start to feel a part of something. Fitness is so much more to me than the physical activity."

In closing, when asked about the future, this is what Marten finished with: "Our future is bright in the fitness center as we have amazing staff to help people in their fitness journey. We foresee more programming for our youth and senior participants in the next year, and more FCP collaborations!"

Fitness Center Staff:

Assistant Fitness & Wellness Manager Travis Thelen (FCP enrolled), National Academy of Sports Medicine (NASM) CPT, AED/CPR Certified. NAIG Cross Country Coach.

In his words: This is one way I can impact my community in a positive way. I want to help instill health and fitness

through exercise, functional movement, and get our community moving again. I want to help our young athletes become stronger, to help them compete at a higher level. Give our adults and our seniors the ability to move and lift properly.

I really enjoy watching the people with the determination to keep going no matter the consequences or outcome. I love meeting new people from across the Midwest. I love hearing how impressed people are with our facility; how much potential we can give the community. I enjoy seeing our youth have a good time on the rock-climbing wall.

I think the biggest challenge is getting my education. I've always struggled with education, but I never let it stop me from doing what I love!

In the future, I see our team having phenomenal camps for all ages and all levels of athletes. I see a big health wave going through our community in the future. I see big-time athletes helping our younger generation gain the tools to become a high-quality athlete.

One of my favorite quotes: "We have to do the things we don't want to do in order to do the things we want to." (Les Browne). Midgett.

Fitness Specialist, Westside Barbell Personal Trainer Ryon Alloway (FCP enrolled), Crandon High School graduate, Attending FVTC for leadership development, Westside Barbell Athletic Coaching and Personal Training Certification.

In his words: I felt like I needed to be a part of the Community Center because training helped me pull through all of the negative times. Furthermore, I want to use my skill to help my people grow and become the strongest version of them-

selves. I enjoy watching people grow and become stronger!

In the future, I see building elite-level athletes and putting the Forest County Potawatomi Community Center on the map!

Fitness Specialist, International Sports Science Assoc. (ISSA) Personal Trainer, Professional Boxer Mark Daniels Jr. (FCP Enrolled), Schooling (ISSA) for strength and conditioning, Weight Management Specialist and Nutritionist.

In his words: My reason for wanting this job is to be able to help others achieve their goals, and to teach people a healthy way of living through exercise and proper nutrition. I want to help train athletes to become champions.

What I enjoy the most about my job is learning the kinesiology, bio mechanics and nutritional aspects of fitness. Being an athlete myself means that I have to constantly be ready for competition, and that can be very challenging and uncomfortable with an unhealthy diet the older we get. Having the proper knowledge in these fields will allow me to train for longevity comfortably.

Some of the challenges that I face are training specificity and learning that not everybody trains and functions the same way. Being in this field and working with different individuals is going to broaden my expertise.

I see myself being a very successful and well-known trainer/nutritionist in the fitness department, and I hope to give back to the community the knowledge I pick up in my studies. I also hope to one day train top athletes in any sport and help them achieve success.

James Harold Brown III “Warupiga” “Good at what he does”



James Harold Brown III, “Warupiga” “Good at what he does”, 61 of Crandon, passed away Jan. 15, 2022, at UW Madison Hospital. James was born Nov. 6, 1960, in Keshena, Wis., the son of James L. and Ester (Nesaukee) Brown.

Surviving are his daughters: Anitra Pemma, Lateachia Pemma; son: Isaiah Alloway; grandchildren: Symone Pemma, Zyon Pemma, Royal Pemma, Sundown Pemma, Athena Begay, Caia Begay, Serephina Phillips; step-sisters: Bernadette Konaha, Mary Konaha; step-brothers: Mike (Peggy) Konaha, Johnny Konaha, Clifton Konaha.

He was preceded in death by his parents.

Visitation was held Jan. 17; services officiated by Joe Daniels held Jan. 18 at the Potawatomi Cultural Center. Burial followed at the Potawatomi Tribal Cemetery, Stone Lake.

Online condolences for the family may be directed to www.weberhillfuneral-home.com.

Alvin Clifford Weso Sr. “Kika’u,ga” “He is Resin”



Alvin Clifford Weso Sr. “Kika’u,ga” “He is Resin”, 89, of Crandon, passed away Jan. 21, 2022, at the Caring Place, Crandon. Alvin was born March 27, 1932, in Flaux, Wis., the son of Ellis Weso and Gertrude White.

Alvin lived in Wausau, Schofield, and Weston then settled in Crandon. He was united in marriage on Nov. 1, 1997, to Ruth Menomin in Crandon.

Alvin was the head of the NAC cross fire place, road man, prayer leader and the elder of the NAC ways. He also was the treasurer of the Potawatomi VFW post.

Surviving are his wife: Ruth Weso; daughters: Pamela (Jose) Weso-Mijia, Wausau; Donna Weso, Crandon; sons: Alvin Weso Jr., Crandon; Clarence Daniels, Crandon; step-daughters: Francine VanZile, Mole Lake; Angus Brown, Crandon; 16 grandchildren and many great-grandchildren, nieces and nephews.

He was preceded in death by his parents; daughters: Lisa Weso, Neva Weso; son: Mike Weso; sisters: Mary Ann Shegonde; Caroline Yezzie; Herriot Funmaker; brother: Johnny Soman; half-sister: Marleen Notinokey; half-brother: Kenny Weso Sr.

Visitation held Jan. 23; Native American Service officiated by Gabe Falcon held Jan. 24; both at the Potawatomi Cultural Center, Crandon. Burial at Pine Grove Cemetery, Wausau.

Online condolences for the family may be directed to www.weberhillfuneral-home.com.

February Elder Menus

Monday, 1/31
Creamy Beef & Shells, Baby Carrots, Dinner Roll, Fruit Cup

Tuesday, 2/1
Baked Chicken, Ranch Mashed Potatoes, Corn, Orange

Wednesday, 2/2
Breaded Pork Patty, Roasted Potatoes, Carrots, Apple Sauce

Thursday, 2/3
Chef Salad, Pretzels, Apple Pie

Friday, 2/4
Chili, Cornbread, Pistachio Pudding

Monday, 2/7
Chicken Salad on Croissant, Chips, Cranberry Sauce, Kiwi

Tuesday, 2/8
Swedish Meatballs over Rice, Brussels Sprouts, Dinner Roll, Banana Pudding

Wednesday, 2/9
Brat on Bun, Potato Salad, Calico Beans, Dessert Bar

Thursday, 2/10
Chicken Bacon Ranch Casserole, Green Beans, Biscuit, Fig Newton

Friday, 2/11
Turkey Noodle Soup, Hummus & Crackers, Apple

Monday, 2/14
Chicken Patty on Bun, French Fries, Cold Salad, Mandarin Oranges

Tuesday, 2/15
Hot Beef Sandwich, Calico Beans, Coleslaw, Puppy Chow

Wednesday, 2/16
Pork & Kraut, Parsley Potatoes, Cream Corn, Banana

Thursday, 2/17
Chicken Tenders, Macaroni & Cheese, Broccoli, Cookie

Friday, 2/18
Hamburger Vegetable Soup, Bread & Butter, Peaches

Monday, 2/21
No meal route - Holiday

Tuesday, 2/22
Beef & Broccoli over Rice, Cucumber & Tomato Salad, Tropical Fruit

Wednesday, 2/23
Lasagna, Spring Mix Salad, Garlic Bread, Mixed Berries

Thursday, 2/24
Orange Chicken over Rice, Egg Rolls, Fortune Cookie, Pears

Friday, 2/25
Split Pea & Ham Soup, Cornbread, Nutri-Grain® Bar

Monday, 2/28
Smoked Sausage, Fried Potatoes, Asparagus, Cupcake

Tuesday, 3/1
Chicken Chimichanga, Mexican Rice, Fiesta Corn, Salsa & Sour Cream, Dessert Bar

Deadline for the Feb. 15, 2022 issue of the PTT is Wednesday, Feb. 2, 2022.

POTAWATOMI TRAVELING TIMES

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FCP EXECUTIVE COUNCIL

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Due to the increased demand of COVID at-home test kits and the availability of supply, the FCP Pharmacy will only be able to provide two (2) at-home test kits per person, per month. Updates will be communicated when more supply is available. In the meantime, options are available through the below links to request four (4) free at-home tests:

<https://www.covidtests.gov/>

<https://special.usps.com/testkits>

Reminder to Tribal Membership

QUARTERLY GENERAL COUNCIL MEETING

Saturday
February 12
2022

1:00 P.M.

Lunch Served | Noon
Color Guard Posting of Flags
Fire Nation Drum | Noon - 1:00 P.M.


Forest County
POTAWATOMI
Keeper of the Fire

Potawatomi Community Center
5471 thayék éthë dnékmögék myéw
(5471 The Place Where Everyone Plays Road)
Crandon, WI 54520

\$200 CASH
MEETING STIPEND

You are required to bring your Tribal ID

WE'RE HIRING

JOIN OUR TEAM

Sign-On Bonus Eligible

- Behavioral Health Counselor MSW or LPC *
- BH Dual Diagnosis Counselor *
- Laboratory Technician / Phlebotomist*
- Medical Laboratory Technician *
- Optical Technician*

Other Open Positions

- Assistant Cook
- Central Scheduling/ Registration Clerk
- Clinical Registered Nurse RN
- COVID Vaccine Coordinator
- Dentist
- Dental Assistant
- Eligibility Specialist
- Family Nurse Practitioner
- LPN/Caring Place

- Pediatrician
- Peer Support Specialist
- Personal Care Worker
- Pharmacy Clerk
- Physician Assistant
- Physician - Family Practice
- Recovery Coach
- Registered Nurse


FOREST COUNTY POTAWATOMI
HEALTH &
WELLNESS CENTER

Visit **FCP.jobs**
TO APPLY AND SEE OTHER OPENINGS
Honoring Health, Healing, and Tradition


a participating member of

Coffee Talk
at Carter WeCare
MONDAYS & THURSDAYS



Coffee & Conversation
10am - Noon
Coffee and Snacks provided

PLEASE NOTE: Coffee Talk will not be held on 4/4/22 and 5/23/22.


FOREST COUNTY POTAWATOMI
HEALTH DIVISION

Open to FCP Tribal Elders & their guest.
Call Jason Townsend at 715-478-4992 for more information.

Coffee Talk
at Potawatomi Community Center
MONDAYS • TUESDAYS • WEDNESDAYS



Coffee & Conversation 9am
Coffee and Light Breakfast provided

Activities 10am

- Bingo - First Monday each month
- Senior Fit - Tuesday • Aquatics - Wednesdays

Lunch 11am-2pm
Available in the cafeteria (provided at no cost)


FOREST COUNTY POTAWATOMI
HEALTH DIVISION

You can earn
FCP Tribal Wellvation Points
for daily activities!

Call Jason Townsend at 715-478-4992
for more information.

Medicare Part B Reimbursement

A note from FCP Insurance Department:
FCP Tribal Members who are enrolled in Medicare Part B are eligible to receive a reimbursement for any Medicare Part B premiums deducted from your Social Security Payments. To receive your reimbursement, please submit a copy of your Social Security 1099 tax form to the Insurance Department:

- Mail to: FCP Insurance, PO Box 370 Crandon, WI 54520
 - Fax to: (715) 478-4799
 - Email to: FCPIInsurance@fcp-nsn.gov

If you have any questions, please call the Tribal Member-dedicated phone number: (715) 478-4455.

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 Council on DV and SA 1 (800) 236-1222
- National Domestic Violence Hotline 1 (800) 799-7233

Moccasin Making Classes

Learn how to make woodland-style Baby or Adult Moccasins!

POTAWATOMI COMMUNITY CENTER
Classroom 1 or Commons Area
(depending on availability)

Baby Moccasin Class • January 18 & 19, 2022 • 5 – 8 pm
Adult Moccasin Class • February 8 & 9, 2022 • 5 – 8 pm

OPEN TO FCP TRIBAL MEMBERS, DESCENDANTS, & THEIR FAMILIES 18+

FCP Community Facebook Live Session Recap - January 19, 2022

FCP Chairman Ned Daniels Jr.

Good afternoon, Forest County Potawatomi.

Thank you all for tuning in. My name is Chairman Ned Daniels Jr., and I'm very happy to be here with all of you today.

First off, as you're watching this, you have noticed that we now broadcasting this update at a new time. We will now be broadcasting this update at noon. We want to make sure that everyone – tribal members, employees, and our friends in the community – has an opportunity to watch this and stay up-to-date with everything happening with Potawatomi. By moving this to the lunch hour, it will be easier for people to watch this live as they eat their lunch and take a break from work.

Secondly, we have changed the title of this broadcast. While this address started because of the COVID pandemic and a need to keep our community updated on what was happening, it has grown to something much bigger. We heard loud and clear that you appreciate these regular updates and learning what was going on with the tribe. So, this update will now be called the "Chairman's Bi-Monthly Update." This is an important forum for us to keep all of you updated on what's happening with our tribe. If you have any feedback, comments, or things you would like us to share on this broadcast, please send us a message on Facebook or reach out to Winda at the Traveling Times.

I do have a couple of event updates to share today.

Because of the increase in COVID cases, the Mental Health Red Road event scheduled for January 19 will now be held virtually the same day at 6 p.m., Central Time for both the US and Canada. Please visit FCP's Facebook page for complete details, or contact Angela Jacobson at (715) 478-4493 for assistance.

The 2022 Bug Lake Fisheree is scheduled for Saturday, Jan. 22, from 9 a.m. to 3 p.m. Categories include: bass, trout, perch, pumpkinseed and northern pike. Prizes will be awarded to the top three placements in each category for adults and kids. New this year are snowshoe hikes at 11 a.m. and 1 p.m., and you can learn to play the traditional snow snake game. Food and drinks will be provided, and the event is open to all FCP tribal members and their families.

Due to the rise in COVID cases, the Dollars & Sense Financial Literacy event will be pushed back two weeks. Classes will begin on January 25, continue February 1, 8, 15 and 22, and will end with the last class March 1.

Reminder that the next quarterly General Council Meeting is coming up on Saturday, Feb. 12, at the Community Center. Lunch is served at noon followed by the Color Guard posting of flags and Fire Nation Drum. Meeting to com-

mence at 1 p.m. There is a \$200 meeting stipend, and you are required to bring your tribal ID. We hope to see you there!

And finally, I wanted to share some heartwarming news with all of you.

Over the Christmas holidays, FCP Behavioral Health decided to participate in the White Bison's Tree of Hope Project. The Tree of Hope is a Christmas tree decorated by community members displaying their number of sober years. Community members were invited to decorate an ornament with the number of years that they had sober. No time frame was refused, so even if someone only had 24 hours, it could be added. The tree was intended to show the community that sobriety can be celebrated and to display the strength of the sober community. Whether someone has chosen a life of sobriety from the start or has overcome addiction, the tree of hope would take the numbers.

This year, White Bison offered a challenge. The community with the highest number of sober years would win a free training. On Dec. 29, FCP Behavioral Health turned in its totals. I'm happy and proud to say that our community won with a final total of 1,467 years and 6 months. Our community truly has a reason to celebrate this significant accomplishment, and I'm extremely proud of everyone who participated in this worthwhile event.

Emily Crum, Native Resilience Social Worker

Bosho, Forest County Potawatomi Community.

I'm Emily Crum, Native Resilience Social Worker for FCP Community Advocacy. Abbey's offsite, so I'm here to share some updates from Family Services Division for you.

The New Year brings a great time for New Year's resolutions, new beginnings, and updates. 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 to discuss.

Are you feeling out of sorts? Just need someone to talk to? Please remember help is available 24/7. The pandemic was and has been hard, causing anxiety, social disconnect, mental and emotional concerns, and sometimes it's hard to talk about these things with those you love most. If you are feeling suicidal, please call the Hopeline at 1-800-273-8255. You may also text hopeline to 741741 to reach a crisis counselor.

Child Support staff would like to remind you to communicate any new addresses or phone numbers you may have to ensure you receive your year-end statements.

Rising Sun Day Care is open! We have plenty of space for your children. Special reminder, if you're kids are sick, please

keep them home until they are well. But also, be sure to call us so we know we shouldn't expect them. Please contact Child Care Director Laura Spink at (715) 478-4106 to get your applications in and talk about the process.

Parenting classes are well underway and being held independently in person or via WebEx. 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 Katie at (715) 478-4433.

Ever find yourself in need of some extra parenting support? It can be tricky raising kids. 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.

CHOICES is up and running at the Community Center and helping your students with their homework and school-related needs. These activities not only build positive community relationships, but they focus on holistic prevention. Topics vary from standard homework help, AODA prevention, bullying, positive youth role modeling, etc. If you'd like more information, give Family Services a call. Staff have collaborated with the Community Center to ensure these activities are conveniently located at the new center.

We have plenty of opportunity to get you back to work. Please get in contact with Kathy Tupper at (715) 478-4433 to get in your Tribal Employment Skills applications. Tribal Employment Skills offers a training stipend to assist you while you learn.

Assistance is available for qualifying applicants for food, medical, and child-care expenses. You may apply at <https://access.wisconsin.gov>. For those of you receiving this resource, it's always a good idea to check in and review your case. Please consider giving Alyson a call at (715) 478-4433 to schedule your appointment.

For non-emergency service requests, our business hours are 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. Family Services can be reached at (715) 478-4433.

Ba Ma Me Na!

Bobbie Irocky, Emergency Management Program Director

Hello, FCP Community.

The Incident Command System is at Level 1 of a virtual Full-Scale Activation. COVID cases with in the FCP Community and Forest County are being actively monitored.

Today, I would like to go over how to prepare for winter emergencies.

For starters, you should always be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration, and water stored in clean containers.

- Ensure that your cell phone is fully charged.

- Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, weather radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways.

- Protect your family from carbon monoxide (CO).

Keep grills, camp stoves, and generators out of the house, basement and garage. Locate generators at least 20 feet from the house. Leave your home immediately if the carbon monoxide detector sounds, and call 911.

Here are some precautions when you plan to travel:

- When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the National Weather Service has issued advisories.

- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.

Follow these safety rules if you become stranded in your vehicle:

- Make your vehicle visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood (if it is not snowing), and turn on the inside overhead lights (when your engine is running).

- Move anything you need from the trunk into the passenger area. Stay with your vehicle unless safety is no more than 100 yards away.

- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.

- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.

- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air.

- Make sure that snow is not blocking the exhaust pipe; this will reduce the risk of carbon monoxide poisoning.

No one can stop the onset of winter; however, if you follow these suggestions, you will be ready for it when it comes.

As always, if at any time you have an emergency, please reach out to Emergency Management at (715) 478-4428 and we will either assist or put you into contact with the proper department that fits your needs.

Thank you all and please stay safe!
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FCP Community Facebook Live Session Recap - January 19, 2022 continued

...continued from pg. 4

Debra Tetting, Gte Ga Nes Director
Good morning.

As you may have heard, Gte Ga Nes Preschool was shut down to students last week due to two positive COVID cases. The school has since been thoroughly sanitized and we welcomed students back yesterday. I would like to ask parents to keep your children home if they are sick or displaying any COVID symptoms. If they are, you should have them tested. Our goal is to provide a safe and healthy learning environment to our students and staff.

It may seem early to you, but we are in full swing in planning our 2022 preschool graduation. It will be held at the Community Center this year, with the ceremony in the field house and a lunch to follow in the commons area. We are very excited about this and expect it to be a huge success. We are asking parents of graduates to send a baby picture of your child to the school for our slideshow presentation. The picture will be returned to you. Also, be sure you are checking their backpacks daily for notes from the teacher, updates, and projects they have completed.

If you are using the Community Center and have young ones from 6 weeks to 6 years of age, be sure to use the Child-Minding Area. You can drop your child or children off for up to two hours while you use the facility. You must stay in the building while they are there. Child-Minding is open Monday and Wednesday, 12 p.m. – 8 p.m., Tuesday, Thursday and Friday, 8 a.m. – 8 p.m., and Saturday from 10 a.m. – 2 p.m. They are closed on Sunday. You can find a list of these hours on the community. fcspotawatomi.com website.

The K-12 Education Department would like to congratulate students for making it through the first semester and share a few updates for the start of the next. After School Tutoring at the Community Center will be open to grades 3 - 12, Monday - Thursday. If you're interested in joining the After School Tutoring Program and have not signed up already, please register online at community. fcspotawatomi.com under the Youth After School Program section. If you need transportation to the Community Center from school, please complete the Community Center transit bus permission slip available at the Community Center. We will be sending out updated program information as well as some parent education information shortly, so please check your mail for that arriving soon!

Now for an update for the Aquatics department.:

Group Swim Lessons start Jan. 17 and run through Feb. 25. We are offering parent and child classes for ages 6 months to 3 years; preschool classes for children ages 3 to 5 years, and school age classes for children ages 6 and older.

We added an additional day for shallow water exercise: Mondays at 11:15 a.m., and an aqua lite water exercise class: Fridays at 10:15 a.m.

Registration is open for group swim lessons and water exercise online, or by calling the Community Center at (715) 478-6500.

Jacee Shepard, Community Health Manager

Good morning.

Forest County's COVID Community Transmission level continues to be high per CDC. All 72 counties in Wisconsin continue to experience a high level of community transmission. We continue to encourage everyone to take steps to keep themselves and their families safe: washing your hands, staying home when you are sick, wearing a mask in public indoor spaces, avoiding crowds and poorly-ventilated spaces, and getting the COVID vaccine if you haven't already.

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

January is Cervical Cancer Awareness Month. Cervical cancer is a disease in which cancer cells are found in the tissues of the cervix, the lower part of the uterus. Cervical cancer is caused by several types of human papilloma virus (HPV). HPV is common, but some strains are harder for women's bodies to fight off, which can cause those normal cells to turn into cancer. If the cancer goes untreated, it can spread more deeply into the cervix and other nearby areas. Approximately 12,000 women are diagnosed with cervical cancer in the US each year and about 4,000 women die each year in the US from cervical cancer. Native American women have higher rates of cervical cancer than non-Hispanic white women, and are more likely to be diagnosed in the later stages when the chance for treatment and cure are lower.

Early cervical cancer usually has no signs or symptoms. Some steps you can take to prevent cervical cancer include: getting regular pap tests, getting vaccinated against HPV, practicing safe sex, having fewer sexual partners, and avoiding smoking. Please call Community Health at (715) 478-4355 if you have any questions.

Thank you and have a great day!

NOW AVAILABLE

FRESH LETTUCE

GREEN ROMAINE | RED ROMAINE
GREEN BUTTER | RED BUTTER
GREEN OAKLEAF | REX BIB



Bodwéwadmi
Ktègan
3389 Cty Hwy H
Laona, WI 54541

CALL OUR STORE FOR PRICING: 715.478.4545



Kitchen

Salads, Wraps, Soups, & More

Lunch Monday-Friday • 11am-3pm
Soup & Salad Bar Monday-Thursday • 11am-3pm
Concessions Monday-Friday • 3pm-6pm

<p>This & That</p> <ul style="list-style-type: none"> Soup & Salad Bar \$11.00 One trip through with a cup of soup. Deli Sandwich & Soup \$6.00 Choice of sandwich and a cup of soup. Garden Salad & Soup \$6.50 Greens, cucumber, tomato, red onion, and croutons with choice of dressing and a cup of soup. Wrap & Soup \$8.00 Choice of wrap and a cup of soup. 	<p>A la Carte</p> <ul style="list-style-type: none"> Soup d'Jour \$3.50 Homemade soup of the day. Salad Bar \$8.00 One trip through. Deli Sandwiches \$3.00 Fresh-made sandwich served on a deli roll, hoagie, or white bread. Wraps \$5.00 Fresh-made deli-style wrap. Garden Salad \$3.50 Fresh greens, cucumbers, tomatoes, red onions, and croutons with choice of dressing. Fresh Fruit Price Varies Chips \$1.00 Dessert Cup \$0.50 Gogurt \$0.50 Cookies \$1.00 String Cheese \$0.50
Concessions (available after 3pm)	
Hot Dog \$2.00 Jumbo beef frank served on a bun. Nachos w/ Cheese \$3.00 Tortilla chips served with warm nacho cheese. Popcorn \$1.00 Buttery fresh-made popcorn.	
Drinks	
Bottled Water \$1.00 Milk & Juice \$2.00 Soda & Powerade \$2.00	

Visit us for Specials!
Featured Wraps.
& Daily Soups!

5471 thayék éthë dnékmézék myéw
(5471 The Place Where Everyone Plays Road)
Crandon, WI 54520

ATTENTION!
Spring Swim Lessons
start February 28th!
See Swim Lesson flyer for details.

POTAWATOMI COMMUNITY CENTER

Aquatic Center

FEBRUARY SCHEDULE

PLEASE NOTE
All classes are
subject to change

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Yard Pool	Lap Swim 10am-1pm 2pm-5pm	Lap Swim 5:30am-9am 10am-3pm 4pm-7pm	Lap Swim 10am-3pm 4pm-7pm (LL) Swim Lessons 4pm-5:25pm Deep Water Aerobics 5:30pm-6:15pm	Lap Swim 5:30am-9am 10am-3pm 4pm-7pm	Lap Swim 10am-3pm 4pm-7pm	Lap Swim 5:30am-9am 10am-3pm 4pm-8pm	Lap Swim 11am-3pm 4pm-8pm
Activity Pool & Hot Tub	Family Swim 10am-1pm 2pm-5pm	Open Swim 5:30am-9am 10am-3pm 4pm-7pm Swim Lessons 10am-11:05am Shallow Water Aerobics 11:15am-12pm	Shallow Water Aerobics 10:15am-11am Open Swim 11am-3pm Swim Lessons 4pm-5:25pm Open Swim 6:20pm-7pm	Open Swim 5:30am-9am 10am-3pm 4pm-7pm Tribal Elders ONLY Shallow Water Aerobics 10:15am-11am Swim Lessons 4pm-5:25pm Swim Lessons 11:05am-12:10pm	Shallow Water Aerobics 10:15am-11am Open Swim 11am-3pm Swim Lessons 4pm-5:25pm Open Swim 5:30pm-7pm	Open Swim 5:30am-9am 10am-3pm 4pm-8pm Aqua Lite Aerobics 10:15am-11am Youth Swim 5:30pm-8pm	Family Swim 11am-3pm 4pm-8pm
Slide & Features	Slide & Features 10am-1pm 2pm-5pm	Only Features 5pm-7pm	CLOSED	Only Features 5pm-7pm	CLOSED	Slide & Features 5:30pm-8pm	Slide & Features 11am-3pm 4pm-8pm

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.

February 2022 Group Exercise Schedule

Class Location Key

AQUATIC CENTER
GROUP EXERCISE ROOM
COMBATIVE ROOM
TURF FIELDHOUSE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Building Hours Monday thru Friday • 5:30am-9pm Saturday • 7am-9pm Sunday • 10am-6pm	Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm	1 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm	2 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm	3 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm	4 Zumba 9am-9:45am Circuits 11:15am-12pm
Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm	7 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm	8 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm	9 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm	10 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm	11 Zumba 9am-9:45am Circuits 11:15am-12pm
Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm	14 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm	15 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm	16 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm	17 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm	18 Zumba 9am-9:45am Circuits 11:15am-12pm
Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm	21 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm	22 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm	23 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm	24 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm	25 Zumba 9am-9:45am Circuits 11:15am-12pm
Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm	28 INTRODUCTORY OFFER Group Fit Plan Unlimited classes per month! 25% OFF in February Members = \$20 \$15	Drop in Fees Members \$3/class Non-Members \$5/class + 1-Day Pass	Your opinion matters! Please take a moment to provide feedback on your Group Exercise experience. Your feedback will help improve future programming. Please visit www.surveymonkey.com/r/PYKNNCJ or scan this QR Code.		

INTRODUCTORY OFFER

Group Fit Plan
Unlimited classes per month!
25% OFF in February
Members = \$20 \$15

If you have any questions please call 715-478-6512.

All classes and prices subject to change.





5471 thayék éthë dnêkmëgzék 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

Visit Our Website

for info on:
‣ MEMBERSHIPS
‣ DAY PASSES
‣ SCHEDULES

Fitness

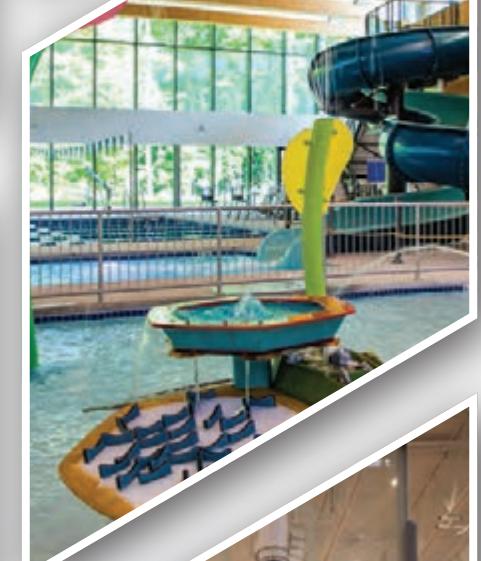
- Walking/Running Track
- Cardio & Strengthening Machines
- Free Weights
- Group Exercise Studio
- Combative Room
- Personal Training Services

Child Care

- On-Site Child Drop-Off

Concessions

- Soup and Salad Bar



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



PBDC diversifies portfolio : ENTER POTAWATOMI RETAIL OPERATIONS

A new face, that many of you recognize, took on operating responsibility for the existing Forest County Potawatomi (FCP) community convenience stores in Stone Lake and Carter, Wisc. Potawatomi Business Development Corporation (PBDC) continued to diversify its portfolio by adding a Travel Center Division – Potawatomi Retail Operations (PRO). Led by seasoned retailer, David Lloveras, the new division offers agility and adaptability to the existing stores.

The Travel Center journey began by focusing on the transition of the two FCP convenience stores to PRO in October 2021. A plan was implemented to ensure a smooth transformation. "Like the old saying, 'Retail is detail,' we evaluated store operations, human resources, community involvement, cost savings, pricing strategies, marketing strategies as well as processes, procedures, and products to maximize growth and profitability," said Lloveras, PBDC's vice president of Travel Centers.

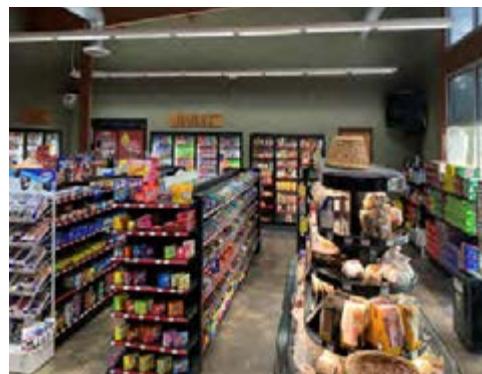
When asked how the changes will benefit the consumers, Regional Manager Rebecca Danielczak responded: "The travel centers are now being operated as a business with many expanded opportunities. I believe the changes are going to be amazing for everyone both employees and consumers."

In concert with the c-store transition plan, PRO is also creating a plan for geographic expansion that includes new Travel Center development and potential acquisition targets. To differentiate products from the competition, the goal is to create a truly unique PRO Travel Center experience. The new sites will be a blend of retail and entertainment spaces, with the goal of redefining convenience in the Midwest.

The entire PRO team is excited about the many opportunities and challenges that lie ahead. We look forward to serving the Potawatomi Tribal community and the Forest County residents for years to come. Please stop in at your convenience — whether for a cup of our new coffee, to see the new merchandise layouts, or just to say hello.



From David Lloveras (above left) in Milwaukee to Rebecca Danielczak (above right) in Forest County, the newly formed PRO team is reviewing every aspect of the Travel Center operations in Carter (below left) and Stone Lake (below right) to improve the customer experience.



Heroes on the Front Lines: PBDC GIVES BACK DURING HOLIDAY SEASON

Hospitals and their staff are in the trenches everyday trying to get a handle on the pandemic. Often short-staffed and working long hours, PBDC wanted to brighten the day of the staff at AdventHealth in Durand, Wisc. They were treated to a holiday lunch on December 23, 2020.



2022

BIG



WIN YOUR SHARE OF UP TO
\$33,000 CASH!

Wild Hearts

FEBRUARY 11 & 12

WIN UP TO **\$2,000 CASH** FROM 4-9 PM

February
4 – 5 & 18 – 19
11 AM – 8 PM

Earn 500 same day points & receive a 1.5 qt. Slow Cooker plus \$5 Free Play!

Cupid's
Double
Spin

THURSDAYS
IN FEBRUARY
DRAWINGS
12 – 6 PM
ONE WINNER
EVERY HOUR!

WIN YOUR SHARE
— OF UP TO —
**\$7,000
CASH!**

Valentine's Day
FREE GIFT

MONDAY, FEBRUARY 14
11 AM – 6 PM

TOTE-ALLY
TUESDAYS

Tuesdays
— in —
February
11 am
— to —
6 pm

Earn 150 same day points to receive a thermo-tote bag!

WIN
YOUR
SHARE
— OF —
**\$1,400
CASH!**

President's Day
DRAWINGS

MONDAY, FEBRUARY 21

win free chocolate gift!

FINALLY
\$500 FRIDAY

FRIDAY, FEBRUARY 25

TEN GAMES PAYING \$500
FIVE GAMES PAY \$250 | SPECIALS PAY \$150

Receive \$25 in Potawatomi Play with entry pack purchase.