



Indigenous Seed Keeping and Corn Soup!

by Val Niehaus

The weekend of Jan. 28-29, 2022, was an exciting one to be out at the Bodwéw-adami Ktëgan (Potawatomi Farm).

Farm Technician Owen Shepard wanted to host an Indigenous Seed Keeping event to talk about the importance of seed keeping for the Potawatomi tribe and the benefits this will bring in the years to come. As part of this activity, Shepard also asked enrolled tribal member Richard “Breezy” Brzezinski to join in on the event to show the participants the art of making traditional corn soup.

On Friday, the day started with Brzezinski explaining the different steps in making the corn soup. Those who were present went into the kitchen to watch the first step of hulling the corn with hardwood ash in boiling water, also known as “nixtamalization”. While this was happening, the pork hocks were also cooking in a pot next to the corn. As he offered a few tips and tricks, Brzezinski also told stories of explaining how it is that when he makes this, it is never for a small crowd.

As the process continued, the group watching paid close attention to each step and helped where it was needed along the way. It takes about three hours for the corn to be boiled, and it needs to be stirred every few minutes so things don't stick to the bottom. It really was a hands-on activity, and a number of participants took part.

While this was happening, Shepard showed the participants indigenous seeds that he has at the farm. These included Potawatomi beans along with Potawatomi watermelon and some blue corn seeds he had grown for this past harvest. He and Brzezinski appreciate the importance of their tribe being fully-sustainable, and once Shepard gets his hands on the Potawatomi white corn seeds (in the process already), that sustainability should become reality within the coming years. Brzezinski mentioned throughout the day how the Oneida Nation has been recognized as a fully-sustainable tribe, and he has a passionate interest in making certain that the FCP tribe is able to attain the same recognition in time.

After those three hours of boiling had passed, everyone then moved back into the kitchen to watch and learn the next step in the process, which was the cleaning of the corn. Traditionally, black ash baskets are used in washing the corn, but for this people took turns rinsing and rubbing off the hulls in a colander, which

was what was on hand and served the purpose well. It should be noted here that if you do this at home, it is crucial that you do NOT drain the water of the hardwood ash down your pipes or you will be installing new pipes in your home. It has to be dumped outdoors.

Following the process of rinsing the corn, individuals then started cutting up the pork hocks into small pieces. It was mentioned that instead of pork hocks, you can also use spareribs, ham - whatever flavor you may like. Brzezinski then drained out the broth that resulted from cooking the pork as that then becomes the stock base for the soup. As he did this, he made a point of talking about food safety temperatures so that bacteria wouldn't form while the broth was cooling down for next day eating. He takes the broth and dumps ice into it, so it cools quickly and gets out of that danger zone, with it then also being obvious that you then don't need to add more water later as a result of the ice melting.

It should be noted that the soup was all made on Friday with plans for it to be eaten on Saturday, which was the reason for this important step of cooling. The day was almost over by the time that was all completed with there being just a few more steps to be taken on Saturday to finish the soup.

On Saturday, participants from the day before were back to finally enjoy the soup. In the morning, Shepard had boiled some of the Potawatomi beans to add to the soup and made some delicious sides to have along with the corn soup. There was wild rice with berries, cornbread made with local honey, butternut squash tossed with maple syrup, sage, and rosemary. Someone also brought in their homemade Russian pickles to share with the group.

It really was a great day to converse with one another about personal gardens and ask questions about certain foods or seeds. It was just a pleasant time all around with everyone enjoying each other's company after learning how to make this one-of-a-kind and very unique traditional and very tasty soup.

Huge thanks goes out to Breezy for showing and teaching everyone the processes necessary to make this delicious corn soup. Thanks to Owen for getting this event together and showing everyone that with just one little seed you can feed hundreds. It really is a marvelous and giving entity!



The farm has a beautiful kitchen! Here, the group listens to the teachings.



(left) Corn boils in the hardwood ash.
(right) After three hours or more, time to rinse!



The delicious, one-of-a-kind taste: corn soup!

Moccasin Making

by Val Niehaus

Moccasin making classes have been hot and happening at the Forest County Potawatomi Community Center (FCP-CC) the past few weeks, and will be continuing into the middle of February. Adult size moccasin making will start Feb. 8 and run until Feb. 22-23, and will be held every Tuesday and Wednesday during those weeks.

Cultural Programming Coordinator Richard Gougé thought a moccasin making class would be a great way to bring community members together and help provide resources to those who may not know the ways of making moccasins. A baby moccasin class started in mid-January with great attendance during each class, and the numbers of participants has remained exciting. The attendance has been a very positive thing to see!

Enrolled tribal member Richard “Breezy” Brzezinski was the instructor who was asked to help with and teach these classes. Those in attendance

couldn't be more appreciative of his time and patience during these classes. The participants are learning a great deal and smiling and enjoying every step of the way!

Gougé said to *PTT*, “I would like to thank Richard “Breezy” Brzezinski for taking time out of his life to share his gift to us. You need thick skin to be a teacher nowadays, because someone is so quick to say, that's not right. Ever since Breezy got hired, he's inspired me to pick up a needle, string up some beads and use my time to create. It has shown me that you enter another form of meditation. Oopie Shepard has been a tremendous help to all of us there, too, and I would like to give her a “igwiyen”!”

PTT took a photo of a pair of moccasins that Gougé had of his own, and this is what he had to say about them: “The moccasins you took a picture of, I made those from a YouTube video from the late Neil Opendike. My good friend Cole



Miss Peggy concentrates.



The pair Richard made from the YouTube video as mentioned in the article. See Baby Yoda?

Redhorse Jacobson shot me some encouraging words and help, and of course, nneyem, Gisokwe (my mother Velma Frank).”

Overall, the classes have been a great addition to the community offerings, and the space alone at the FCP Community Center has been a blessing. If you are interested in joining in with any of the classes, they are held on Tuesdays and

Wednesdays from 5-8 p.m. You can always call the Center to double check and make sure the class is happening. Call (715) 478-6500 or visit <https://community.fcipotawatomi.com/> and look under adult programs.





JOIN OUR TEAM

WE'RE HIRING

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






Promised photo of Community Center fitness crew that was unavailable for the Feb. 1 issue of *PTT* (l-r): Assistant Fitness & Wellness Manager Travis Thelen, Fitness Specialist Mark Daniels Jr., Fitness Specialist Ryon Alloway, Fitness & Wellness Manager Desiree Marten. photo by Val Niehaus

Deadline for the March 1, 2022 issue of the *PTT* is Wednesday, Feb. 16, 2022.

POTAWATOMI TRAVELING TIMES

100 N. Prospect Avenue • PO Box 340 • 8, WI 54520
phone: (715) 478-7437 • fax: (715) 478-7438
email: times@fcipotawatomi-nsn.gov • website: www.fcipotawatomi.com

FCP EXECUTIVE COUNCIL

Chairman: NED DANIELS JR.
Vice Chairwoman: BRENDA SHOPODOCK
Secretary: JAMES A. CRAWFORD
Treasurer: IMMANUEL JOHNSON II
Council Members: BROOKS BOYD, DESTINEE ALLOWAY

PTT STAFF

Managing Editor: WINDA COLLINS
Reporter/Photographer: VAL NIEHAUS
Graphic Artists: KRYSTAL STATEZNY & CHAD SKUBAL

Potawatomi Traveling Times (PTT) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the *PTT* are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the *PTT* staff or the FCP Nation. *PTT* encourages the submission of Letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The *PTT* reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the *PTT* and will not assume any responsibility for unsolicited material nor will the *PTT* guarantee publication upon submission. *PTT* will not guarantee publication of materials submitted past deadlines posted in the *PTT*. No part of this publication may be reproduced without the written consent of the Editor.



FCP Community Facebook Live Session Recap - February 2, 2022

Chairman Ned Daniels Jr.

On behalf of the Executive Council, I want to thank you all for tuning in today. I am Chairman Ned Daniels Jr., and I'm very happy to be talking to all of you today.

Winter continues here in the Northwoods, and we are now in the month of February. Despite the cold and the snow, I hope that all of you are getting out and enjoying all the great things this season has to offer. There is plenty of ice fishing, skiing, and shoe shoeing that you and your family can enjoy in our area. If you have questions on how to do any of this, make sure you reach out to our staff at the Natural Resources Department and they will be able to help you.

We have a few announcements and some great events coming up, so before I turn things over to our staff, here is what is coming up for you.

Potawatomi Carter Casino Hotel is conducting a job fair today, Feb. 2, from 1 to 7 p.m., in the Eagle Lounge. Human Resources staff will be available to answer questions regarding career opportunities, competitive wages, excellent benefits, and to conduct on-site interviews. You may view current open positions at cartercasino.com/careers.

The Health & Wellness Center is also seeking to fill several career openings, and some offer a sign-on bonus. Visit FCP.jobs to apply or to see a complete list of opportunities.

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 commence 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!

Also, be aware that the Insurance Building will be open the day of the General Council Meeting on Feb. 12, from 10 a.m. to 3:30 p.m. for your convenience. Please check your mail as you will be receiving a letter with a business card in the envelope.

I have a message for you from Treasurer Manny Johnson regarding the Dollars & Sense class: Unfortunately, we are currently experiencing the highest number of cases of COVID that we've had in months, which is taking its toll on our employees and community.

On the recommendation of our Health & Wellness Division, we have made the decision to postpone our entire class one month. The new start date will be Feb. 22, 2022, at 5:30 p.m.

This will be an issue for some and inconvenient for others, but the health and wellbeing of everyone involved is of the utmost importance, and your understanding is greatly appreciated.

The updated class schedule is:

- Location: Community Center
- Feb. 22, March 1, 8, 15, 22 & 29
- All classes are from 5:30 - 7:30 p.m., with sandwiches provided at 5:15 p.m.
- Childcare will be provided for class participants if needed.

The Treasurer will be in touch as it gets

closer to Feb. 22 with the class incentives. He promises to all of you that it will be worth the wait. Thank you for your understanding and patience.

This week, we're highlighting one of our students who is a stellar example of academic excellence. Dion Daniels, a junior at Crandon High School, was recently inducted into the National Honor Society. The National Honor Society is a prestigious academic group that selects students based on their scholarship, leadership, character and service to others.

Dion also is a member of the Crandon High School Global Scholars program, a program designed to improve global learning in an effort to prepare students to be workforce, world- and life-ready with global competence. He recently joined other Global Scholars on a trip to Appleton to expand their knowledge by viewing a Latina artist's exhibit and visiting the World Market sampling food and drinks from around the world.

We are so proud of our students for demonstrating these qualities and providing a great example for their younger peers. Congratulations, Dion!

Ira Frank, Community Outreach Coordinator

My name is Ira Frank, and I am the community outreach coordinator for the Health & Wellness Center, and I have some info I'd like to share with you.

During COVID-19 we have experienced a 25 percent decrease in the number of tribal members and their families coming in for their annual preventative and children's well-child exams in medical. While COVID-19 is a disease, we need to continue to take all precautions to fight and your long-term health and wellbeing remains one of our top priorities. The Health & Wellness Center is taking all precautions to prevent the spread of COVID-19, but we are fully reopened to our tribal members and their families.

Schedule your annual preventative or your children's well-child exams, and after the exam the medical staff will provide you with an incentive package. Tribal members and their spouses and children covered under P-cares insurance are eligible to receive the following:

- Newborn to 18 months: Nest points for well-child exams and immunizations
- 2 to 4-years old: Eagle cinch bag, puddle jumper life jacket, and nest points for well-child exams and immunizations
- 5 to 17-years old: Sports cinch bag and swim goggles
- 18 years and older: Duffle bag and exercise bands. Plus, a tribal member exclusive of a \$50 Visa gift card through Tribal Wellvation.

Call (715) 478-4339 to set up an appointment with your primary care provider or establish with a new one! We have two nurse practitioners: Jackie Sailo and Jennifer Waloway.

The advantage to having a nurse practitioner as your primary care provider is their unique emphasis on the health and well-being of the whole person. With a focus on health promotion, disease preven-

tion and health education and counseling, the provider can help guide their patients in making smarter health and lifestyle choices.

Also, if you have any more questions regarding this, you may call myself at (715) 889-0315 or Brianna Davies at (715) 889-9113.

Thank you; I love you's. Stay healthy, stay safe and have a great day.

Bobbie Irocky, Emergency Management Program Manager

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

Today, let's talk about frostbite.

Our area experiences extreme cold, so the majority of the time we are at risk for developing frostbite when we spend time outdoors. It's important you know the signs if you or someone you know develops frostbite:

- Redness or pain in any skin area may be the first sign of frostbite.
- Other signs of frostbite include numbness, white or gray skin, and firm or waxy skin.
- The body parts most affected by frostbite are the nose, ears, toes, cheeks, chin, and fingers.
- If you or someone you know has frostbite, go to a warm room. Soak in warm water or use body heat • to warm. Don't massage or put a heating pad on frostbitten skin.

So now that you know the signs, please make sure to always dress in the proper winter apparel to avoid any health issues.

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.

Sarah Thomaschefskey, Education and Community Division Administrator

Gte Ga Nes Graduation date is Thursday, May 26, at the Community Center. The ceremony will begin at 11 a.m. in the field house with lunch to follow. Gte Ga Nes staff will be getting more information out to the families soon.

After School Tutoring at the Community Center will be open to grades 3 - 12 Monday - Thursday. If you're interested in your child joining and have not signed up already, please register them online at community.fcpotawatomi.com under the Youth After School Program section. If your child needs 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 shortly, so please be checking your mail for that arriving soon!

There are lots of new programs and activities at the Community Center. Please stop by the front desk or go to community.fcpotawatomi.com. A few highlighted events are the 100-mile swim challenge, swim lessons, indoor triathlon, group exercise classes such as Zumba and Yoga,

golf simulator, batting cages, after school programming, adult basketball and volleyball, just to name a few. Again, if you are interested in any of these events or would like to learn more, please go to community.fcpotawatomi.com, call the front desk at (715) 889-6500, or just stop in.

Jacee Shepard, Community Health Director

Good afternoon, FCP Community.

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 continues to offer Pfizer and Moderna COVID vaccine, boosters and flu vaccines. Please call (715) 478-4450 to schedule an appointment. Community Health also has at-home COVID tests available for tribal members and their families. Call us at (715) 478-4355 with any questions.

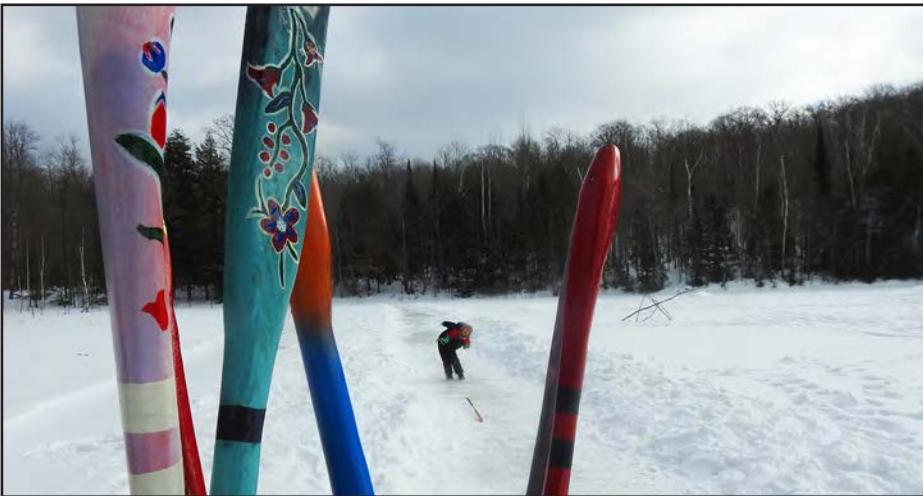
February is American Heart Month, a time when all people can focus on their cardiovascular health! There are many risk factors for heart attacks, some of which cannot be controlled, such as age and family history. Risk factors that can be controlled are tobacco use, high blood pressure, physical inactivity, obesity or being overweight diabetes, stress, alcohol use and unhealthy diet.

Following these guidelines can help prevent heart attacks:

- Choose heart-smart foods. Select ones that are high in fiber and low in saturated fats, cholesterol, sodium (salt), and added sugars.
- Know your numbers. Monitor your blood pressure, cholesterol, and blood glucose levels, and have tests and screenings on time.
- Get moving! Spend at least 30 minutes five days a week being active. Brisk walking is an easy way to get started.
- Maintain a healthy weight. Talk to your health care provider about what weight is best for you.
- Say "NO" to tobacco. If you use it in any form, quit now. Avoid secondhand smoke as well.

Community Health will be hosting a Jumpstart Your Heart Family Fun Night at the Community Center on Wednesday, Feb. 23, from 4 - 7 p.m. This will feature jump rope challenges and activities for all ages, teaching kitchen with heart-healthy food demonstrations, and blood pressure screenings. There will be giveaways and grand prize drawings. Food and drinks will also be provided. This is open to all Community Center members. Please contact Mickey with any questions at (715) 478-4355.

Thank you to everyone who came out and braved the cold for our Winter 2022 Fisheree! Also, thank you to all the staff that helped and put this event on for the community. We had roughly 50 participants, many of which won prizes and were able to stay warm by the fire and learn how to play snow snakes. We will continue these in the future with the next one being in the summer. Stay tuned!



OPTICAL DEPARTMENT

is open to the public and accepting new patients!

 Honoring Health, Healing, and Tradition



Schedule a visit with

Dr. Amanda Lallensack, OD, by calling (715) 478-4339. Appointments are available Tuesday - Friday.

Optical services include:

- Routine eye exams for all ages
- Referrals and follow-up care
- Urgent/emergent care
- Diabetic eye exams
- Large variety of eyeglasses and contact lenses
- Brand-name eyeglasses



a participating member of
ASPIRUS NETWORK

8201 Mish ko swen Drive
Crandon, WI
Mon - Fri, 7 am - 5 pm
Health.FCPotawatomi.com

Turn Your ENGINE OFF!

WHEN IDLING MORE THAN 10 SECONDS OUT OF TRAFFIC

How Idling Affects:

THE ENVIRONMENT

- Climate change is real – ice caps **ARE** melting, weather events are more intense, polar bears are drowning, tropical reefs are dying.
- Green house gases, like carbon dioxide, result from burning fossil fuels such as gasoline.
- We **MUST** do **EVERYTHING** possible **NOW** to slow warming – turning off your engine is one **BIG** step.
- CO2 emissions from vehicles account for 1/3 of green house gases that cause global warming.
- 1 gallon of gasoline produces nearly 2 pounds (1.94) of carbon dioxide and other green house gases!

YOUR SAVINGS

- Idling gets 0 miles per gallon.
- Idling wastes more fuel than restarting the engine.
- Idling is not an effective way to warm up your engine, even in cold weather.
- Unnecessary idling wastes fuel, costs you money and pollutes the air.
- Frequent restarting has little impact on engine components, like the battery and the starter motor.
- More than 30 seconds of idling uses more fuel than restarting the engine.

WHAT YOU CAN DO

- Turn off your engine when running into the grocery store, post office or conducting other errands. Such errands almost always take longer than 10 seconds.
- Try parking your car and going into restaurants, banks, etc., instead of idling in drive-up lanes.
- By avoiding long idles, you will prevent pollution and help slow global warming.
- Combine trips and errands.
- Leave your car at home and carpool, walk or ride a bike.

VISIT THESE WEBSITES

for Additional Information

- www.epa.gov/climate-change
- wicci.wisc.edu/wisconsin-climate-change-impacts-adaptation
- www3.epa.gov/carbon-footprint-calculator/
- www.nrdc.org/stories/global-warming-101



**FOREST COUNTY POTAWATOMI
LAND & NATURAL
RESOURCES DIVISION**

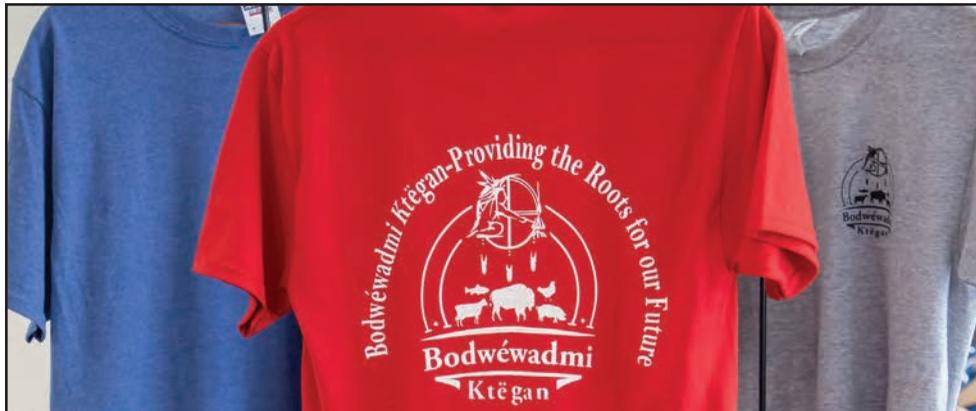
Medicare Part B Reimbursement

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: FCPInsurance@fcp-nsn.gov

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





Bodwéwadmí Ktëgan

3389 Cty Hwy H
Laona, WI 54541

NOW AVAILABLE
BODWÉWADMI KTËGAN
MERCHANDISE

T-SHIRTS | SWEATSHIRTS
YETI'S | CRIBBAGE BOARDS
CUTTING BOARDS | GLASSES

ALSO AVAILABLE:
NATIVE AMERICAN ART & GIFTS
BISON PRODUCTS

CALL OUR STORE FOR PRICING: 715.478.4545

Sledding

& CHILI COOK-OFF

COME SLEDDING AND SHOW OFF YOUR CHILI-COOKING SKILLS

Saturday
FEB 26
2022

WABENO FOOTBALL FIELD HILL
BRING YOUR OWN SLED
11 AM - 4 PM
CHILI COMPETITION: 4-6 PM
Participants To Pick The Winner!



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
BEHAVIORAL HEALTH
Questions? Contact: 715-478-4300

OPEN TO EVERYONE

OPEN TO YOUTH ATHLETES AGES 14+

1ST ANNUAL Spring Training Camps

Potawatomi Community Center
is hosting Spring Training Camps
exclusively for local high school athletes.

March 7 –
April 1, 2022

Registration includes
sports physical (if needed)

For more information please call
Desiree Marten at 715-478-6512, or email
her at Desiree.Marten@FCP-nsn.gov

MONDAYS & THURSDAYS
Batting Cages, Golf Simulator,
Speed & Agility Drills,
and Water Endurance!





To sign up please visit our front desk or:
community.fcpotawatomi.com

5471 thayék ethë dnëkmëgzëk myëw
(The Place Where Everyone Plays Road)
Crandon, WI 54520



Kitchen

Salads, Wraps, Soups, & More

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

«This & That»

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.

«A la Carte»

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.

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

«Drinks»

Bottled Water \$1.00

Milk & Juice \$2.00

Soda & Powerade \$2.00

5471 thayék ethë dnëkmëgzëk myëw
(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

PLEASE NOTE
 All classes are
 subject to change

FEBRUARY SCHEDULE

| | 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 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 11am-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 |
|---|--|---|---|--|--|
| <i>Building Hours</i> Monday thru Friday • 5:30am-9pm Saturday • 7am-9pm Sunday • 10am-6pm | 1 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm | 2 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm | 3 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm | 4 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm | 5 Zumba 9am-9:45am Circuits 11:15am-12pm |
| 7 Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm | 8 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm | 9 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm | 10 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm | 11 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm | 12 Zumba 9am-9:45am Circuits 11:15am-12pm |
| 14 Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm | 15 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm | 16 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm | 17 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm | 18 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm | 19 Zumba 9am-9:45am Circuits 11:15am-12pm |
| 21 Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm | 22 Shallow Water Aerobics 10:15am-11am Vinyasa Flow 5:30pm-6:15pm Deep Water Aerobics 5:30pm-6:15pm | 23 Sunrise Bootcamp 5:45am-6:30am Full-Body Fitness 9am-9:45am Zumba 5:30pm-6:15pm | 24 Shallow Water Aerobics 10:15am-11am Yoga Sculpt 5:30pm-6:15pm Cardio Kickboxing 5:30pm-6:15pm | 25 Restorative Yoga 9am-9:45am Aqua Lite 10:15am-11am Total Body Toning 5:30pm-6:15pm | 26 Zumba 9am-9:45am Circuits 11:15am-12pm |
| 28 Senior Fit 9am-9:30am Shallow Water Aerobics 11:15am-12pm HIIT 5:30pm-6pm | | | | | |

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

If you have any questions please call 715-478-6512.
 All classes and prices subject to change.

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.





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

➤ Fitness

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

➤ Child Care

- ▶ On-Site Child Drop-Off

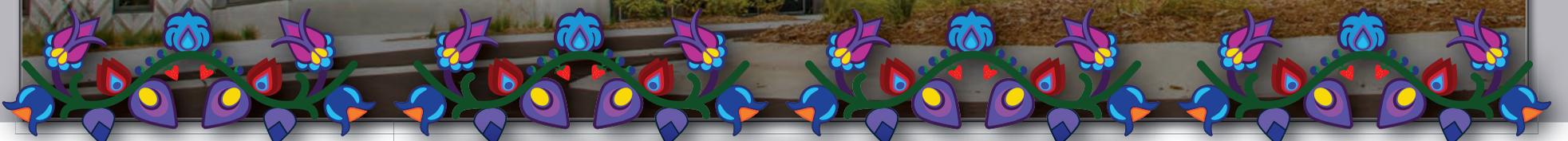
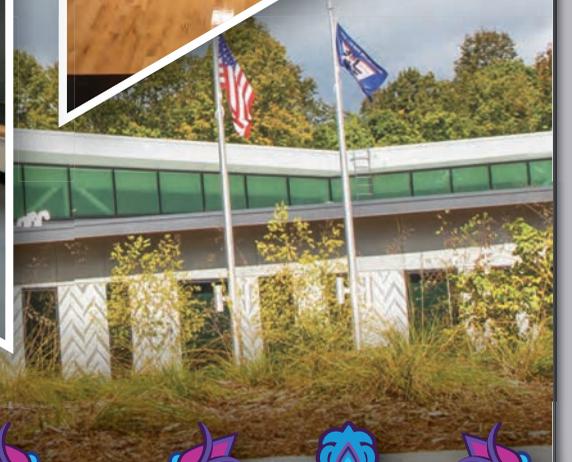
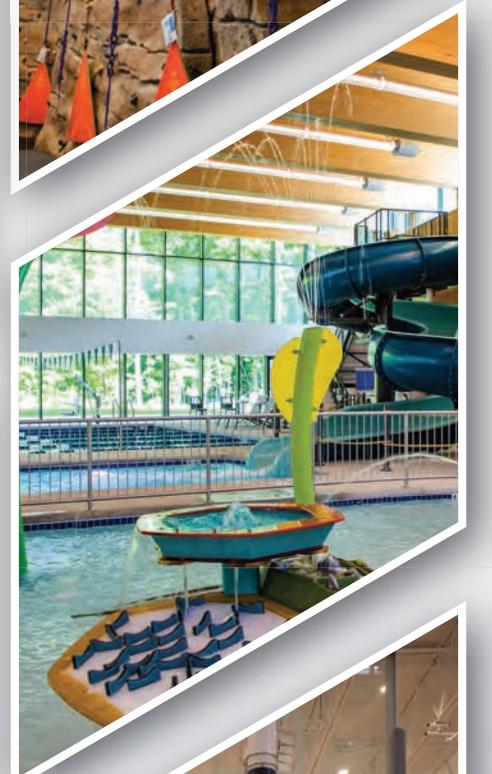
➤ Concessions

- ▶ Soup and Salad Bar

Visit our website

for info on:

- ▶ MEMBERSHIPS
- ▶ DAY PASSES
- ▶ SCHEDULES

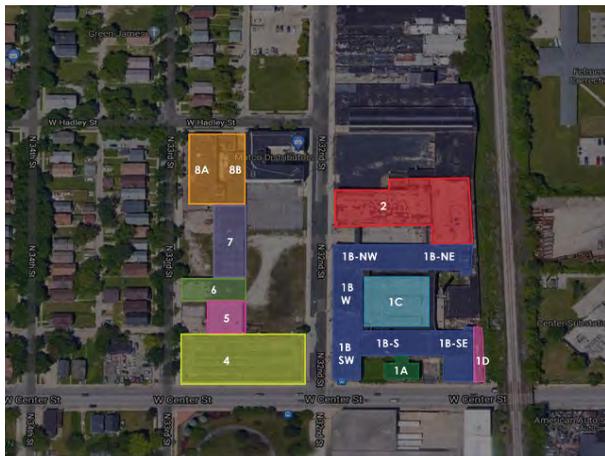


LOOKING TO HOST AN EVENT? CALL 715-478-6500.

Project Spotlight : COMMUNITY WITHIN THE CORRIDOR

Located on Milwaukee's north side, Community Within the Corridor is a mixed-use redevelopment that sprawls across seven acres totaling 406,000 SF.

The site consists of seventeen industrial and manufacturing buildings sitting on two blocks at the intersection of 32nd Street and Center Street. Uncovered foundation plans date back to early 1920's with previous tenants including Harley-Davidson, small hardware stores and furniture stores, and light to large-scale manufacturing businesses, with the latest occupant being Briggs & Stratton.



Community Within the Corridor is an historic renovation adapting the former industrial complex into a mixed-use residential community. The project offers 197 affordable housing units and includes amenities like a commercial laundromat, small grocery store, daycare, after-school programming, small business incubator, and a multimedia production studio for audio / visual / storyteller creators. It also features a 70,000 SF recreation center that includes a basketball court and multiple children's activity and play areas. The goal of the redevelopment is to foster personal development, community growth, and inspire investment in the surrounding area.

The project is currently the largest privately-owned affordable housing development in the State of Wisconsin and relies on a number of funding sources including TIF, State, and Federal tax credits. The project must also garner approvals and permits from various governing agencies like the National Parks Service (NPS) which has jurisdiction over buildings that earn historic tax credits. It is truly a multi-partner development which requires the team to facilitate detailed and consistent communication with the entire project team.



Managing renovations of former historic buildings is never an easy task, especially on a project of this magnitude paired with its long-standing industrial past. Unforeseen conditions arise as the project progresses requiring continuous innovation and strategy to adapt. Project challenges include identifying and correcting structural issues with subsequent reinforcement, roof restoration, removing and installing new mechanical, electric, plumbing, and fire protection (MEPFPs), elevators, and windows in existing spaces, refurbishing and tuckpointing brick façade, and repurposing and refurbishing historic elements. Most notable of these elements are two masonry chimney stacks that stand approximately 120' tall at the West Block and 160' tall at the East Block. Structural stability of the stacks diminished over years of decay, neglect, and exposure to harsh conditions which significantly compromised safety for the site and future residents. However, they could not be completely demolished as they fell under protection of historic preservation standards. Working with the NPS, the team arrived at a solution that allowed for partial demolition and foundation reinforcement. Now, the stacks stand at 15' and 30' tall respectively, maintaining its historic character while paying tribute to the site's industrial past.



The site is broken down into two major sections: East Block and West Block. East Block is the main resident and amenity area and contains buildings 1A, 1B Southeast, 1B South, 1B Southwest, 1B West, 1B Northwest, 1B Northeast, 1C, 1D, 2A, and 2B. Due to the length of time being unoccupied, there was excessive rot throughout all B buildings that had to be discovered and removed in order to safely progress work. The block also features a converted below-grade parking structure under 2A and 2B which required construction of a new parking ramp. It also includes four freight elevators, of which three shafts were reconstructed to accommodate passenger cars. The fourth shaft will be refurbished and house unit bathrooms on each floor.



The West Block is adapted for mainly for commercial use with some residential units. The block contains buildings 4, 5, 6, 7, 8A, and 8B. It features a newly installed underground cistern for collecting and recycling greywater which then gets pumped out for lawn irrigation.

We are incredibly proud of the hard work and dedication displayed by our project team on a daily basis. Their

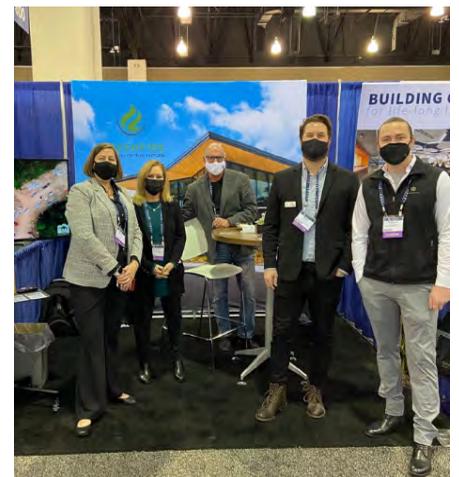
determination, team dynamics, and forethought on-site is a major contributing factor to the progression of the project, which is essential when construction a project of this magnitude. Historic renovations always present a certain measure of unknowns, yet the team remains vigilant and innovative. We would like to recognize Daniel Grams, Project Manager, Josh Bruesewitz, Project Manager, Gene Widenski, Superintendent, and Ryan Hermes, Project Engineer. The owner is Scott Crawford, Inc. and Roers Companies, and the architect is Continuum Architects + Planners.



WASB State Education Convention: GMS HOSTS BOOTH

The Wisconsin Association of School Boards (WASB) held their 101st State Education Convention at the Wisconsin Center. The two-day annual event brings together education professionals from around Wisconsin to attend industry breakout sessions and network with vendors at the tradeshow.

Greenfire hosted a booth on the tradeshow floor for the fifth consecutive year. Pepi Randolph, VP of Business Development, Mike Murphy, Director of Northern Operations, Simmi Urbanek, Director of Marketing, Maureen Carlson, Regional Business Development Manager, Kyle Widenski, Marketing Manager, and Michael Moe, Business Development Coordinator connected with visitors to extend our brand as a resource for education construction. We also hosted a reception after the first night to further connect with various school districts and design partners.



From this event, we established and maintained valuable relationships with members of district boards and administrations who play key roles in construction contracts for schools throughout the state. As we continually pursue and grow our capabilities in this sector, we are pleased with the groundwork our team accomplished at this event.

WHEEL DEAL

◀◀◀ MONDAYS ▶▶▶

Earn 250 same day points to SPIN THE PRIZE WHEEL at Guest Services between 11 AM - 7 PM.

WIN YOUR SHARE OF UP TO
\$10,000 FREE PLAY!

TOTE-ALLY TUESDAYS

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

Earn 150 same day points & visit Guest Services to receive your thermo-tote bag!

COLLECT THEM ALL!

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

Cupid's Double Spin

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

Receive one entry for every 25 points earned or redeemed on Thursdays.

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

President's Day DRAWINGS

MONDAY, FEBRUARY 21

Receive one electronic entry for every 25 points earned or redeemed.



JOIN US TO CELEBRATE **30 YEARS** IN MARCH

WHERE THE LIGHTS ARE BRIGHTEST
POTAWATOMI BINGO
NORTHERN LIGHTS CASINO
CARTER, WI

POTAWATOMI NORTHERN LIGHTS BINGO CASINO

POTAWATOMI CARTER CASINO HOTEL

POTAWATOMI CARTER CASINO • HOTEL **30 YEARS** 1992 - 2022

Management reserves the right to cancel or alter any event or promotion at any time.