



## State of the Tribes 2022



**FCP Executive Council (l-r) Council Member Brooks Boyd, Chairman Ned Daniels Jr., Treasurer Manny Johnson, Secretary James A. Crawford.**

submitted by Clarissa Friday

On Feb. 2, 2022, President of Stockbridge-Munsee Band of Mohican Indians Shannon Holsey delivered the 18th Annual State of the Tribes address to members of the Wisconsin State Assembly.

Holsey stated her speech by acknowledging the challenges faced from Covid-19. She continued by saying, "Some challenges are harder than others...I feel it is important to change our

collective approach. I will no longer accept the things I cannot change; I will change the thing I cannot accept."

Holsey brought up several issues she had concerns about. First, the hardships faced by veterans in the healthcare field and how supporting Senate Bill 688 and Assembly Bill 720 can be a tool to ensure Wisconsinites have access to care in rural and tribal communities.

Another issue brought up was the



**Stockbridge-Munsee Band of Mohican Indians President Shannon Holsey presenting her speech.**

hazards of Line 5 Pipeline and how both the plan and environmental review of the pipeline did not account for the threats it could cause to both the surrounding communities and the reach of the Great Lakes ecosystem.

Lastly, Holsey spoke of an initiative to develop a curriculum that would incorporate an accurate representation of Native American history. She stated that the continued and persistent mistreatment of

Native people though use of oppressive words and imagery are nothing short of lateral violence and that words and images do matter.

Holsey also mentioned the importance of language, the opioid crises, mental health, supportive housing, NATOW as an economic resource and broadband access for all.

In closing she said, "When tribes succeed, the state of Wisconsin succeeds!"

## FCP Learns the Game of Lacrosse



**Team camaraderie!**

by Val Niehaus

A lesson in lacrosse was played at the Forest County Potawatomi (FCP) Community Center on the weekend of Feb. 25-27, 2022.

This was open to ALL federally-recognized tribes and to non-tribal members who may have wanted to learn the rules of this long-time sport.

Mark Webster Denning graced the players with his skills and taught the participants the fundamentals and traditional meanings of this sport. Not only



**Back row (l-r) Joseph Skenandore, Angelina LaMere, Mark Webster Denning, Harlan LaMere, Richard Gougé.**

**Front row (l-r) Eli Walker, Kate Walker, Cadin LaMere and Brock Gougé.**

were the rules taught but pieces of Native American culture were talked about as well.

Cultural Coordinator Richard Gougé said, "Lacrosse has a creation story, many of them and they are all true. When you play, you play for the person or family that needs healing. Giving a part of yourself for them, makes the game seem more effortless than it really is. It's fun! When you're having fun, it never feels like it's something you have to do. Traditional games are a way of life for us aboriginal

people. It really felt good to see the young boys smiling and playing."

Gougé also told *Potawatomi Traveling Times (PTT)*, "A Ho-Chunk family came over — the Walker family. Angelina LaMere and her sons came and played along with her boyfriend, Joseph. Scott Daniels dusted off his dad's shoes and played a game. The Community Center staff that was present even got in on the game. I want to thank the staff for making Mark feel at home while enjoying our facility. I brought my son, Brock, and we



submitted photos by Richard Gougé

**Brock enjoying the game!**

played as well. You could really feel that meaning behind doing this for someone else. The more tired you became the more fun you had!"

Migwéth to Mark Denning for taking the time out of his busy life to help bring Lacrosse to FCP! It really was a blessing to have this traditional game handed down to the next generations. Hopefully Denning will be able to visit again to keep his teachings alive.

# Congratulations!

by Val Niehaus



**Collins receiving a Pendleton blanket from Executive Council and staff.**

*Potawatomi Traveling Times (PTT)* would like to wish its long-time Managing Editor Winda Collins a HUGE congratulations on the final mark she left at *PTT*... her retirement!

Collins contributed to the tribe for 25 years with her final day being Feb. 24, 2022.

Her service began with Indian Springs Lodge where she worked about 10 and a half years.

From there, she got her foot in the

door at *PTT* and never looked back! She was a voice for the tribe in public relations and marketing. She put her heart, soul, and sometimes tears, into her work, and many in the community will never forget her for doing so.

Congratulations again, Winda — you certainly left your mark. We wish you nothing but happiness in your next chapter.

Chi Migwéthh for everything!

**FOREST COUNTY POTAWATOMI CULTURAL CENTER, LIBRARY & MUSEUM**

*New in the library this month!*

<p><b>Hunting by Stars</b> Book 2 of The Marrow Thieves' Saga by Cherie Dimaline</p> <p><b>Indigenous Originated: Walking in Two Worlds</b> by Mid-Centimeter Oceanographic Institute</p> <p><b>Living in Indigenous Sovereignty</b> by Elizabeth Carlson-Manathara</p> <p><b>On the Trapline</b> by David A. Robertson</p> <p><b>Peacemaker</b> by Joseph Bruchac</p>	<p><b>The First Blade of Sweetgrass</b> by Suzanne Greenlaw</p> <p><b>The Eagle Feather</b> by Kevin Locke</p> <p><b>The Great Bear</b> Book 2 of The Misewa Saga by David A. Robertson</p> <p><b>Tilly: A Story of Hope and Resilience</b> by Monique Gray Smith</p> <p><b>Unreconciled</b> by Jesse Wentz</p>
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## WINTER READING BINGO

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

**FOREST COUNTY POTAWATOMI CULTURAL CENTER, LIBRARY & MUSEUM**

## Dianna Marie Cooper "Bon-Ye-Snok"

Dianna Marie Cooper "Bon-Ye-Snok", "Snow Spirit", 29, of Crandon, Wis., passed away Feb. 24, 2022, at her home. Dianna was born Nov. 29, 1992, in Green Bay, Wis., the daughter of Martin Cooper and Cheryl Edwards.

Surviving are her sisters: Alicia Thunder, Wabeno; Grace Lakehouse, Wabeno; brothers: Warren Cooper, Iron River, Mich.; Martin Cooper, Iron River, Mich.; Dylan Seymour, Chicago, Ill.; Christopher Seymour, Green Bay, Wis.; Eli Edwards, Milwaukee, Wis.; and Tyrone Lakehouse.

She was preceded in death by her mother, Cheryl Edwards.

Visitation was held Feb. 27. Services were held Feb. 28, 2022, both at the Potawatomi Cultural Center with Joe Daniels officiating. Burial followed at the Potawatomi Tribal Cemetery in Stone Lake.

Weber-Hill Funeral Home assisted the family with arrangements. Online condolences for the family may be directed to [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).

## Jumpstart Your Heart: Family Fun Night

by Val Niehaus



**FCP youth jump roping during the event.**

On Feb. 23, 2022, Forest County Potawatomi (FCP) Community Health department held a Jumpstart your Heart: Family Fun Night at the Potawatomi Community Center.

It was a night focused on keeping your heart healthy. Some activities that centered around that idea were jump

roping to get your heart pumping, eating heart-healthy foods such as nutrient-rich smoothies, and blood-pressure screenings.

There were door prizes and giveaways that participants enjoyed along with socializing with one another.



**Deadline for the April 1, 2022, issue of the PTT is Wednesday, March 23, 2022.**

## POTAWATOMI TRAVELING TIMES

100 N. Prospect Avenue • PO Box 340 • 8, WI 54520  
phone: (715) 478-7437 • fax: (715) 478-7438  
email: [times@fcp-nsn.gov](mailto:times@fcp-nsn.gov) • website: [www.fcpotawatomi.com](http://www.fcpotawatomi.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

Reporter/Photographer: VAL NIEHAUS  
Graphic Artists: KRYSTAL STATEZNY & CHAD SKUBAL

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**FOREST COUNTY POTAWATOMI GAMING COMMISSION**

## 2022 SPRING INTERNSHIP PROGRAM

In the program, you will have the opportunity to meet gaming commissioners and staff, become familiar with the many duties of the Gaming Commission, observe each of its departments, and become familiar with how the Gaming Commission regulates casino operations on-site. You will visit the various venues within the Milwaukee and Carter properties and experience the excitement that the tribe's casinos have to offer. This is an excellent way to enhance your gaming and regulation knowledge. There will also be discussions, an individual project, departmental exploring and so much more. This program is designed to fit a variety of learning styles. If this program interests you, apply today!

- Must be an enrolled Forest County Potawatomi Community member, 18 years or older, have high school diploma or recognized equivalent.
- Weekly stipend provided.

**APPLICATION DEADLINE:** March 14, 2022  
**INTERNSHIP DATES:** March 28 - May 13, 2022

**PLEASE CONTACT:** Miranda Villa, Executive Assistant  
 to get an application at: 414-335-0687 | [Miranda.Villa@fcp-nsn.gov](mailto:Miranda.Villa@fcp-nsn.gov)  
[www.paysbig.com/gaming-commission](http://www.paysbig.com/gaming-commission)

**NATIVE AMERICAN ENTREPRENEURIAL EMPOWERMENT WORKSHOPS**

## Aspiring Entrepreneur or Small Business Owner?

*Attend a Free Small Business Development Workshop in Crandon, Wisconsin!*

Training by RedWind in Partnership with Forest County Potawatomi Community and the Wisconsin Indian Business Alliance (WIBA).

- 2-Day Native American Entrepreneurial Empowerment Workshop
- Monday, March 28<sup>th</sup> & Tuesday, March 29<sup>th</sup> (9am-4pm)
- At the Community Center 5471 thayék ethé dnékmégzék myéw (The place where everyone plays Road) Crandon, WI 54520
- Class materials & refreshments provided
- Check out the Workshop at: <https://www.nativesmallbusiness.org/>



Workshop Topics	
Day One	Day Two
<ul style="list-style-type: none"> <li>• Entrepreneurial Skills &amp; Knowledge</li> <li>• Business Planning (My Story— Business Model and Value Proposition)</li> <li>• Marketing (Who are my customers? and How to reach your customers?)</li> </ul>	<ul style="list-style-type: none"> <li>• Market Research</li> <li>• Record Keeping</li> <li>• General Business Issues Overview</li> <li>• Cash Planning &amp; Tools for Financial Management</li> </ul>

Seating is Limited - Please Register Early. Contact: **Michelle Berdan, 715-478-4944, [Michelle.Berdan@fcp-nsn.gov](mailto:Michelle.Berdan@fcp-nsn.gov)**  
 Or Register Online at: [https://www.nativesmallbusiness.org/2022\\_forest\\_county\\_empowerment](https://www.nativesmallbusiness.org/2022_forest_county_empowerment)

Native American Entrepreneurial Empowerment Workshops are provided to native communities across the country through support from the United States Small Business Administration (SBA) Office of Native American Affairs (ONAA). ONAA contracted with RedWind to provide workshops through contract number: SBAHQ-17-F-0050.

# 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

 **FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER**

a participating member of  **ASPIRUS NETWORK**

8201 Mish ko swen Drive  
 Crandon, WI  
 Mon - Fri, 7 am - 5 pm  
[Health.FCPotawatomi.com](http://Health.FCPotawatomi.com)

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**PASTURE-RAISED:**  
**BEEF | BISON | CHICKEN | PORK**  
 ANIMALS RAISED WITHOUT ADDED HORMONES OR ANTIBIOTICS



**Bodwéwadmí Ktëgan**

3389 Cty Hwy H  
 Laona, WI 54541

**CALL OUR STORE FOR PRICING: 715.478.4545**

## FCP Community Facebook Live Session Recap - March 2, 2022

### FCP Chairman Ned Daniels Jr.

Good morning, Forest County Potawatomi.

It's great to be with all of you today. I am Ned Daniels, Jr. – Chairman of the Forest County Potawatomi.

We've started a new month, which means new things are on the horizon. Soon we will start to see the plants emerge from the ground and the animals rise from their winter sleep. This really is an exciting and beautiful time in nature.

Given the excitement we will soon be seeing around us, I'd like to start today by sharing some incredibly good news with all of you.

Some of you may have already seen or read this in the news, but you may not fully understand why this is important for our tribe.

I am happy to share that the Forest County Potawatomi Community and the State of Wisconsin have reached an agreement to amend our tribe's Gaming Compact. This is important because this amendment will help provide continued certainty and economic well-being to our tribe for generations to come.

First, this compact amendment will allow the tribe to offer sports betting at our gaming facilities. Offering this new amenity will allow us to continue to expand our gaming opportunities and bring new guests to our facilities. Potawatomi Hotel & Casino in Milwaukee currently plans on offering sports betting by the end of 2022.

Secondly, this amendment also extends the duration of our existing compact which is set to end in January of 2031. This new amendment will extend the duration of the compact by another 30 years to 2061. It also includes a 30-year renewal option, allowing the agreement to be extended to 2091. That means we have added another 60 years onto our compact.

As is customary with any compact amendment, the Bureau of Indian Affairs will have 45 days to review this and make a final determination – which will be at the beginning of April.

The Executive Council is excited about this agreement and the new opportunities and certainty it will bring to our tribe. This amendment will allow us to continue to make strong investments that benefit our people while also helping our future generations.

When I first took office, I knew that the expiration of our gaming compact was not far off so I wanted to make certain we could begin work to get an extension done as soon as possible.

I am extremely grateful to Governor Evers and his administration for working with us in a government-to-government manner to get this done. I would also like to especially thank our Attorney General Jeff Crawford, his legal team, and our PR team for their diligent work to make this

compact amendment happen.

This is a remarkable thing for Potawatomi, and something that your children, grandchildren, and great-grandchildren will be happy that we did.

Last week, myself and several members of the Executive Council traveled to Madison to attend the annual State of the Tribes address. Each year, a leader from one of Wisconsin's tribes gives an address before the members of the state legislature and executive branch about the pressing issues before Indian Country. This year Stockbridge-Munsee President Shannon Holsey gave the speech.

In addition to attending the speech, we were also able to take some time to visit with several members of the legislature and thank them for their support of the Potawatomi.

There are a few events we'd also like to mention to you today:

- Bodwéwadami Krégan (FCP Farm) is hosting a Dehydrated Corn & Using a Botagen class. This will be held on March 18, 2022, from 11 a.m. - 1 p.m. at the Potawatomi Community Center in the upper classroom.

Richard Brzezinski will demonstrate how to prepare dehydrated white corn and Owen Shepard will demonstrate how to use a botagen (traditional food mill). There will be discussion on the importance of Indigenous Seed Keeping.

This event is open to the public and a virtual option is also available. For more information, please contact Owen Shepard at 715 478-4545. You must register by March 15, 2022, for the virtual session.

- On Thursday, February 17, several Forest County Potawatomi Elders took a trip to watch our World Champion Milwaukee Bucks play against the Philadelphia 76ers at the Fiserv Forum in Milwaukee. It was a great game, but unfortunately the Bucks were edged out 120 - 123.

Even though the Bucks lost, our elders had an exciting time. In addition to seeing a great game, they also got to see the NBA Championship trophy up close and one of the 2021 Championship rings that each member of the team receives. Thanks to Potawatomi Hotel & Casino CEO Dominic Ortiz for helping arrange this special day for our elders.

- The Language & Culture Department is holding an open house at the Potawatomi Community Center on Tuesday, March 15, from 4 - 7 p.m. Stop by for some family-friendly games, dinner, and a language packet. There will be chili and frybread at 5:30 p.m. and chances to win prizes. This is open to FCP tribal members and their families.

- Finally, I would like to take some time to recognize some of our tribal youth who have excelled academically over the last semester.

School isn't easy. And it hasn't been

any easier with being in-person / not in-person and the host of other changes students have had to deal with. That's why I'm so proud of these tribal youth who have continued to excel at their academics this year.

Congratulations! Please continue to keep up your studies and your successes. We are immensely proud of all of you.

### HWC Optical Director, Optometrist, Dr. Bill Pierre

Greetings from HWC Optical. For those of you that have been in the department recently, you have noticed some changes. For those that have not, you will notice that appointments are now scheduled from the central registration area in the main lobby instead of in the department. In an effort to reduce exposure, the number of people in the department is controlled by requiring an appointment to come in, whether for an exam, glasses order, dispensing or adjustment. Any frames that are handled by a patient are placed in an ultraviolet sanitation cabinet before returning to the display board.

You will still see Doreen and Heather, two technicians that bring you not only their years of experience here, but also time in other practices as well. Kerry Griebenow, the part-time optometrist that has helped us out for the last four years, after selling his practice, has finally retired. His presence added greatly to the smooth operation of the department. We have fond memories of his time with us. Fortunately for the community, tribe, clinic and optical staff, his departure coincided with the arrival of Dr. Amanda Lallensack. Dr. Amanda joined us after completing her residency with Indian Health Service in Albuquerque and her optometry schooling in Phoenix. She and her husband are from Wisconsin and happy to be back around family. Dr. Lallensack is smart, adaptable and very importantly, a good fit for the department. She will continue to provide care in the same style that the community has come to expect from us. Now, I would like you to meet Dr. Amanda Lallensack.

### HWC Optometrist Dr. Amanda Lallensack

Hello! As Dr. Pierre has already stated, I am Dr. Amanda Lallensack, and I am very happy to be here.

To schedule your eye exam, please call 715 478-4339. You will have the choice to schedule with either Dr. Pierre or myself. He is taking more time off now but is not going away for several years yet. Coincidentally his first day seeing patients was 21 years ago on March 2, 2001!

As he slows down, I will be preparing to be here the next many years!

With everything going on over the last few years, it is easy to forget to make time for routine eye care appointments. Remember to make time for these appointments, especially if you have diabetes or a family history of eye problems.

With more work-from-home and technology available these days, everyone is logging more screen time which can take a toll on your eyes. Besides keeping your eyes healthy, we want to make sure you are also seeing comfortably and efficiently during your daily lives.

During the last several months, I've had the chance to work with many of you. I look forward to meeting even more of you.

### Family Services Division Administrator Abbey Dall

Bosho, Forest County Potawatomi Community!

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

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

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

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

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

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

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

### Emergency Management Program Manager Bobbie Irocky

Hello FCP Community -

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

Today I want you to ask yourself how old are your smoke alarms. Age matters when it comes to your smoke alarms. If your alarm is more than 10 years old, it is time for a replacement.

Properly installed and maintained smoke alarms play a vital role in saving lives and reducing fire-related injuries.

- Three out of five home fire deaths result from fires in properties without working smoke alarms.
  - More than one-third (that's 38 percent) of home fire deaths result from fires in which no smoke alarms are present.
  - The risk of dying in a home fire is cut in half in homes with working smoke alarms.
- If you haven't done so already, I ask that you plan ahead.
- Protect yourself and your loved ones in case of a fire.
- Install smoke alarms on every level of your home.
  - Set up smoke alarms inside and outside of all sleeping areas.
  - If an individual is deaf or hard of hearing, use a smoke alarm with a bed shaker or strobe light.
  - Test your smoke alarms at least once a month.
  - Replace the entire smoke alarm every 10 years.
  - Ensure all members of your household know the sound or alert of the alarm.

If your home is in need of new smoke alarms I ask that you to reach out to us at Emergency Management and we will assist in making sure your home is prepared and up-to-date.

Now as always, if 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!  
**Higher Education Academic Advisor Mary Doane**

Last week, Forest County middle and high school students were able to partic-

ipate in the Crandon Career Fair. There were over 70 school and career partners in attendance, providing the students with a broad spectrum of opportunities to learn about. FCP Education staff was in attendance to share information about opportunities within the FCP Community and help encourage students to stop by new booths! Some of the careers our students said they are interested in is law enforcement, media and film, and AODA counseling.

Higher Education is currently building a database for internships outside of the tribe. If you are a college student looking for internship opportunities, please reach out to me. If you have an internship opportunity you would like me to add to the database, call me at 478-4153.

Higher Education has started the planning for Summer Youth Employment 2022. This year we are looking to hire a coordinator to work with the Summer Youth Workers. The position will be posted online in the upcoming months.

Human Resources created an Early Talent Rotation Program for tribal members who have recently graduated with their bachelor's degree or will be graduating with their bachelors this spring. If you would like more information on the Early Talent Rotation Program, please call Human Resources at 715 478-7208.

Barb Roberts also asked me to share: "In an ongoing effort to provide our services to FCP tribally-enrolled students, the Education Division will be contacting all off-reservation families and asking for information about their school-age children. This information will be used to keep off-reservation families better informed of the services the Education Division offers and help the Education staff in tracking students and their academic progress." If you or someone you know have questions, please contact Barb at 715 478-4316.

**Gte Na Nēs updates:**

If your child is in 4K at Gte Ga Nēs Preschool, please bring in a baby picture of them for our graduation slideshow. You can also email a digital copy to [debra.tetting@fcp-nsn.gov](mailto:debra.tetting@fcp-nsn.gov). All photos will be returned to you.

FOREST COUNTY POTAWATOMI  
**LANGUAGE & CULTURE**

**OPEN HOUSE**

4-7 PM  
 OPEN TO  
 FCP Tribal Members  
 & their families

Tuesday  
**March 15**  
 2022

HELD AT  
 Potawatomi  
 Community Center  
 Fab Lab & Commons Area  
 5471 thoyék ethé dnékmégzék myéw  
 5471 The Place Where Everyone Plays Road  
 Crandon, WI 54520

STOP BY FOR SOME FAMILY-FRIENDLY GAMES, DINNER, AND LANGUAGE PACKET

Chili & Frybread  
 5:30 PM

COMPLETE THE LANGUAGE & CULTURE SURVEY FOR AN ENTRY TO WIN A PRIZE BASKET!

FREE T-SHIRTS while supplies last!

QUESTIONS? CONTACT:  
 FCP Language & Culture @ 715-478-4166

**Coffee Talk**  
 at Carter WeCare  
 MONDAYS & THURSDAYS

Coffee & Conversation  
 10am - Noon  
 Coffee and Snacks provided

Open to FCP Tribal Elders & their guest.

FOREST COUNTY POTAWATOMI HEALTH DIVISION  
 Call Jason Townsend at 715-478-4992 for more information.

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

**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)

Open to FCP Tribal Elders & their guest.

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.



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

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

**PLEASE NOTE**

All classes are subject to change

# Aquatic Center

## MARCH SCHEDULE

**ATTENTION**

No Swim Lessons  
March 28 - April 2

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Yard Pool	<b>Lap Swim</b> 10am-1pm 2pm-5pm	<b>Lap Swim</b> 5:30am-9am 10am-3pm 4pm-7pm	<b>Lap Swim</b> 10am-3pm 4pm-7pm (LL) <b>Swim Lessons</b> 4pm-5:25pm <b>Deep Water Aerobics</b> 5:30pm-6:15pm	<b>Lap Swim</b> 5:30am-9am 10am-3pm 4pm-7pm	<b>Lap Swim</b> 10am-3pm 4pm-7pm	<b>Lap Swim</b> 5:30am-9am 10am-3pm 4pm-8pm	<b>Lap Swim</b> 11am-3pm 4pm-8pm
Activity Pool & Hot Tub	<b>Family Swim</b> 10am-1pm 2pm-5pm	<b>Open Swim</b> 5:30am-9am 11am-3pm 4pm-7pm <b>Shallow Water Aerobics</b> 10:15am-11am <b>After School Swim</b> 4pm-5pm	<b>Shallow Water Aerobics</b> 10:15am-11am <b>Open Swim</b> 11am-3pm <b>Swim Lessons</b> 4pm-5:25pm <b>Open Swim</b> 6:20pm-7pm	<b>Open Swim</b> 5:30am-9am 11:45am-3pm 5:30pm-7pm <b>Elders Only Shallow Water Aerobics</b> 10:15am-11am <b>Swim Lessons</b> 4:15pm-5:15pm	<b>Shallow Water Aerobics</b> 10:15am-11am <b>Open Swim</b> 11am-3pm <b>Swim Lessons</b> 4pm-5:25pm <b>Open Swim</b> 5:30pm-7pm	<b>Open Swim</b> 5:30am-9am 11am-3pm 4pm-8pm <b>Aqua Lite Aerobics</b> 10:15am-11am <b>After School Swim</b> 4pm-5pm <b>Youth Swim</b> 5:30pm-8pm	<b>Family Swim</b> 11am-3pm 4pm-8pm
Slide & Features	<b>Slide &amp; Features</b> 10am-1pm 2pm-5pm	<b>Only Features</b> 5pm-7pm	<b>CLOSED</b>	<b>Only Features</b> 5pm-7pm	<b>CLOSED</b>	<b>Slide &amp; Features</b> 5:30pm-8pm	<b>Slide &amp; Features</b> 11am-3pm 4pm-8pm

**REGISTER FOR CLASSES**

You can register at our front desk, or visit us online at [community.fcpotawatomi.com](http://community.fcpotawatomi.com)

**PLEASE NOTE**



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

## Spring 2022

# Group Exercise Schedule

February 28 - April 16, 2022

*Class Location Key*

AQUATIC CENTER
GROUP EXERCISE ROOM
COMBATIVE ROOM
TURF FIELDHOUSE

### Land Classes

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

### Water Classes

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



#### Group Fit Plan

Unlimited classes per month!  
Members Only = \$20

#### Drop-in Fees

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

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

All classes and prices subject to change.



Please welcome...

Leah Bell, Group Exercise Coordinator

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



5471 thayék éthë dnêkmëgzék myéw  
(The Place Where Everyone Plays Road)  
Crandon, WI 54520 | 715-478-6500  
[community.fcpotawatomi.com](http://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.

## HIR Wellness: DAUGHTER'S OF TRADITION GROUP PODCAST & UPCOMING TRIP TO WASHINGTON, D.C.

Since 2017, HIR Wellness Institute's Daughters of Tradition (DOT) group has been building sisterhood to buffer the impact and exposure to relational, school-based, and historical violence. The DOT group is a violence prevention, intervention, and social-justice program. This Indigenous and intergenerational group of girls ages 3-17 focuses on leadership, community wellbeing, mental health, sisterhood, and intergenerational healing.



The DOT Sisters learn healing practices, self-advocacy, stewardship, and social justice skills to bring into their homes and communities. Over the past three years, a social justice focus has been incorporated into their program activities to raise awareness on the issue of Missing and Murdered Indigenous Women and Relatives (MMIW/R), indigenous environmental rights issues, and others. Our girls have participated in SWAN Day (Support Women Artists Now) the past three years, and they have participated in HIR Wellness Institute's annual Red Sands & CAM (Community Activated Medicine) Event to raise awareness on MMIW/R.



As the next phase of their leadership development, the DOT mentors and ambassadors set their sights and goals to meet with national leaders, visionaries, and community organizers in Washington D.C in August 2022! The girls are currently working hard to raise the funds needed for the trip.

In preparation for speaking with the leaders in Washington D.C., the DOT mentors and ambassadors have co-created a podcast that was curated by Lea S. Denny (CEO and Founder) they are calling "N8V-T" (pronounced Native Tea) Social Justice Podcast Series with indigenous women leaders. This virtual platform raises awareness to the issues that most concern them. This is a separate program from our DOT weekly program and is peer-led with the guidance of our staff to support and coordinate. The girls want to elevate their voices and share their ideas about the change they feel is needed to heal our communities from both social and environmental injustices. This is a call to action

for change and includes teachings of the "Light of the Eighth and final Fire", an eternal Fire of peace, love, brotherhood & sisterhood. The girls interview women who are cultural leaders, politicians, business leaders, community organizers, and artists who have shown leadership, perseverance, and resilience over the obstacles they have experienced. These leaders have the opportunity to hear about the concerns of indigenous girls and together build pathways for empowering young female voices and advocacy. The girls decide on the topic of each session and come up with talking points. The focus on this Podcast series is transformation, empowerment, and leadership of young girls and women voices. Guests from the first season included Dr. Bonnie Duran (Opelousas/Coushatta descendent), Dr. Jeneile Luebke (Bad River Band of Lake Superior Chippewa Indians), Mrs. Cheryl Stevens (Oneida), Elder Val Kempen (Ho-Chunk), and Katrina Brook-Flores (Indigenous Xicanx). These sessions are currently undergoing final edits and will be available on YouTube and Spotify soon!



## Project Spotlight: THE LOCKLYN AT OLYMPIA FIELDS

The Locklyn Apartments is a multi-building apartment community that resides within the new Olympia Fields site in Oconomowoc, WI.



In an on-going effort to revitalize the once vivacious stretch along Summit Avenue, Wangard Partners is redeveloping the former Olympia Resort and big-box retail center to include residential living, retail, hospitality, and office uses. The land also holds strong cultural and ancestral ties to the Potawatomi heritage. Derived from the Scottish term 'loch', The Locklyn is the first of multiple phases which make up the Olympia Fields development.

From the layout of the site, which traces the edge of an existing pond to the design aesthetic of the buildings, The Locklyn reflects the natural landscape and freshwater environment characteristic of the surrounding Lake Country area. It includes construction of seven Class-A apartment buildings, a clubhouse, and in-ground pool. This phase also includes construction of a retaining wall along the northern edge of the pond to level the site and allow for building construction closer to the body of water.

In preparation for phase one construction, the City of Oconomowoc razed the former Olympia Resort and two existing roads last Summer. The City then contracted construction of Kari Court – a cul de sac which The Locklyn centers around. A groundbreaking in October marked the start of construction with mass site grading completed in November. Before the winter frost set in, the team was able to pour and set slab-on-grade foundations for five of the seven buildings.



Ground up construction for each building is roughly nine weeks to complete, with turnover for every subsequent building approximately six weeks after. Currently on site, Building 1 is water tight and is the first of the seven buildings in the construction sequence. Rough MEP (Mechanical, Electrical, Plumbing) installation is complete with drywall installation ongoing. Painting and casework are scheduled to follow with expected turnover beginning of April. Building 4 is nearing completion of framing and roofing followed by rough MEP installation. Turnover is expected mid-May. Building 7 is next in the sequence with framing set to begin mid-March. Construction for Building 5 is schedule to begin mid-April with Building 6 starting end of May. Foundations for Buildings 2 and 3 are primed to pour once weather conditions allow. The clubhouse sits at the south end of the site along the pond in between Buildings 1 and 4. It includes the in-ground pool, a workout room, and several event/meeting spaces. Construction occurs simultaneous to the progress of the apartment buildings. Turnover for the last building is slated for February 2023.

Similar to Tivoli Green, Olympia Fields is a great illustration of Wangard's shared vision to build for the community by redeveloping large parcels of land to supply quality housing and commercial opportunity. And as the Construction Manager with ties to the land, we are humbled by the chance to honor our past by building a legacy for future generations and ensure a quality development. The Greenfire project team includes Mike Smith, Sr. Project Manager, Eric Anderson, Superintendent, and Rob Norris, Project Engineer. Kahler Slater is the architect and raSmith is the civil engineer.



WIN YOUR SHARE OF **\$8,190** CASH & PRIZES!

**COVERED IN CASH!**

**EVERY WEDNESDAY & THURSDAY IN MARCH**

**WIN \$100 + A HOODIE**

One winner every hour from **12 PM - 6 PM**

Earn points for a free hoodie!

**MY Lucky hoodie**

**FRIDAY & SATURDAY**

**MARCH 18 & 19**

Just earn **350 SAME DAY POINTS** and visit Guest Services from 11 am - 8 pm to get your **FREE HOODIE!**

**BINGO**

**BUY-IN BONUS**

Buy-In for \$75 - \$124<sup>99</sup> and receive **\$10 POTAWATOMI PLAY**

Buy-In for \$125+ and receive **\$15 POTAWATOMI PLAY**

**BONUS VALID ONCE EACH WEEK**

Week 3: March 16 - 20  
Week 4: March 23 - 30

**WEDNESDAY, MARCH 23**

VISIT GUEST SERVICES FOR A **FESTIVE TREAT** FROM 12 PM - 6 PM

**finally**

**\$500 FRIDAY**

**FRIDAY, MARCH 25**

TEN GAMES PAYING \$500  
FIVE GAMES PAYING \$250 | SPECIALS PAYING \$150 | BUY IN FOR \$35

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

Visit Guest Services to receive a

**Anniversary GIFT**

**TUESDAYS IN MARCH**

**11 am - 8 pm**

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

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

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# 2022 WINTER'S END awwaw

**MARCH 19 & 20**

**POTAWATOMI COMMUNITY CENTER**

5471 thayék éthë dnêkmëgzêk myéw  
(The Place Where Everyone Plays Road) | Crandon, WI

**MARCH 18**

**ROYALTY CONTEST / 5 PM**

**GRAND ENTRY**

**SATURDAY 1 & 7 PM / SUNDAY 12 PM**

**HOST DRUM**

NDN HILL

**CO-HOST DRUM**

CROSSROADS

**LOCAL CO-HOST DRUM**

FIRE NATION

**INVITED DRUMS**

SOUTHERN BOYZ

RED WILLOW

P-TOWN BOYS

**MC**

DONALD SPEIDEL

**CO-MC**

KEVEON KINGBIRD

**ARENA DIRECTOR**

LIL MAN QUINTERO

**HEAD MALE DANCER**

DESMOND MADERA

**HEAD FEMALE DANCER**

BEEDOSKAH STONEFISH

**FCP VETERANS POST 1**

**FEAST**

**SATURDAY 5 PM**

**BREAKFAST**

**SUNDAY 9 AM**

**COMMITTEE SPECIALS**

MEN'S FANCY VS WOMEN'S FANCY  
\$500 / \$400 / \$300 / \$200

MEN'S GRASS VS MEN'S CHICKEN  
\$500 / \$400 / \$300 / \$200

**HOTELS**

Potawatomi Carter Casino Hotel

715.473.2021

Crandon Inn & Suites

715.478.4000

Mole Lake Casino Hotel

715.478.5290

**VENDORS CONTACT**

715.478.4548



FOREST COUNTY  
**POTAWATOMI**  
Keeper of the Fire