### 4th Annual Youth Gathering



#### by Val Niehaus

After about a 15-year hiatus, FCP community members decided to host the 4th Annual Youth Gathering at Potawatomi Carter Casino & Hotel (PCCH) during the weekend of March 9-12, 2023. This weekend of teachings and togetherness was open to FCP youth ages 12-17 years old along with their chaperons and elders to help guide them.

A mission statement for the gathering reads: Our lives have become complicated with modern technology, fast transportation, and artificial materials. We are unbalanced with nature and forget the simplicity in life. Today we can gain our balance in life back through our Language, Traditional Teachings, Ceremonies and Elders. We need to understand the negative impact that hate, violence, jealousy, oppression, drugs, and alcohol can have in our daily lives.

The event is centered around the youth and those elders who are willing to teach and be a part of this great experience.

The weekend started Thursday with a worker's orientation, registration of youth, dinner and rules and expectations that were expected of each one of the youth. Head firekeeper was Jorge Cisneros Sr., along with his sons: Jeffrey, Michael, Jorge Jr., and Antonio Cisneros, who were all part of keeping the fire going throughout the weekend.

Thanks to Dylan Prescott for being MC throughout the weekend and to Fire Nation being there to drum for the duration of the weekend.

Friday started with the lighting of the Sacred Fire with the Cisneros' men and a Water Ceremony along with teachings, led by FCP Tribal Elder Brenda Shopodock. Breakfast then followed. The organizers of the event would like to thank all the PCCH kitchen staff that made sure everyone was fed throughout the whole weekend. After breakfast, there was a prayer and a welcome to all the participants.

Guest speakers throughout the weekend were an important part of the teachings, including FCP Chairman James A. Crawford. The first day, he welcomed the students and expressed how grateful he was for them being there to partake for the weekend. Another guest speaker was Ira Frank who spoke about his past addictions and how he traveled the Red Road to becoming the sober man he is today. Other speakers included Phil Shopodock, Tom Boelter, Hartford Shegonee, and Eugene Shawano Sr.

FCP Post I Veterans for the weekend included Brenda Shopodock, Louis Spaude, Mike Konaha, Greg Miller, Nate Gilpin and Eugene Shawano Sr.

Cultural workshops included: Ribbon Skirt making by Lateachia Pemma; Language by Donald Keeble; Outdoor Games (Snow Snake & Atlatl) with Lawrence Mann and Jessica Jacobson; Tobacco Pouch making by Ahshoni Daniels; Hand Drum making by Nick Shepard, Buzz Anwash, Richard Gougé, and Travis Thelen; and Lacrosse Stick making by Sapatis Menomin and Jacob Struble. That is just a few things the youth and chaperons were able to attend during the days. You can see how much there was for the youth to do and participate in. Not a device in sight and it was so fulfilling to see that in this day and age.

There is no greater thanks then to all of the chaperons! This really couldn't of been done without them. They included: Oopie Shepard (head chaperone), Travis Thelen, Helena Melchert, Robin Spencer, Mary Shepard, Richelle Mex-

ico, Marcus & Holly Daniels, Crystal Wayman, Jacob Struble, Buzz Anwash, Jordan Keeble, Angela Moisent, Victoria Daniels, Owen and Tes Shepard, Olivia Nunway, Regina Boychief, Evelyn Brown, Zander Decorah and Shelby Thelen Howell. If any were missed many apologies. Chi Migwétth to you all in taking your time out for the youth during this weekend it was appreciated!

On the second day, some new things were added into the mix including traditional games, a healing Snake Dance, along with a Round Dance organized by Richard Gougé. There was still the cultural teachings and workshops included into this day as well.

The last day, the youth received certificates and gifts for their time during the weekend. The chaperons and helpers also received these gifts of thanks. This was quite the occasion to put on, and after not having it for so long, the excitement and hard work was shown. FCP Elders Brenda Shopodock and Oopie Shepard were a working force behind this year's gathering as they both were highly involved in the past gatherings. Shopodock mentioned on the last day, "Oopie's mother, my Auntie, Elaine, was the head chaperon at the first gathering, and I, myself, learned a lot from her on how to run the gatherings in a good way."

The youth then spoke one last time to share their thoughts or emotions on what this weekend meant to them. Even though majority passed the microphone on, a good handful of them spoke. Public speaking alone can always be terrifying, so it was great to see some of them come out of their shell.

It was a great weekend of culture, teachings, friendships, emotions and all around feeling a sense of belonging somewhere in this crazy world we live in. It brought the youth back to who they really are and what they can do to help cope though this life they live. It really was a memorable weekend for all involved and something that will never be forgotten.

more photos on pg. 4 and 5...



Jorge Sr. and Jorge Jr. with a young youth at the fire.



Making hand drums.







The FCP Library is having a winter reading bingo for adults and kids from Dec. 2022 - April 2023. 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.





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

Deadline for the April 1, 2023, issue of the PTT is Wednesday, March 22, 2023.



#### **FCP EXECUTIVE COUNCIL**

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## **Breastfeeding Training A Success!**

by Val Niehaus in collaboration with Holly Daniels, FCP Community Member and Doula

An educational and well-attended free training happened the week of March 6-10, 2023, at the We Care facility in Carter — an Indigenous Lactation Counselor training. The event was hosted by the FCP Community Health department and the Great Lakes Inter-Tribal Council, Inc.

There were two well-known instructors. The first was Camie Jae Goldhammer, MSW, LICSW, IBCLC (International Board-Certified Lactation Consultant) (Sisseton-Wahpeton) is a clinical social worker and lactation consultant specializing in maternal mood disorders and the effects of complex and intergenerational trauma on attachment, bonding, and the parenting practices of Native families. The second person was Kimberly Moore-Salas (born for Naakaii Diné [Mexican People] and from Tsi'naajinii [Black Streak People] clans) who has over eight years of experience in peer-counseling, clinical and educational lactation. Moore-Salas co-teaches the CHAMPS Indigenous Breastfeeding Counselor training course geared towards American Indian/Alaska Native tribal communities throughout

Holly Daniels an FCP Community Member and Doula first met Goldhammer at the Native American Nutrition Conference in the fall of 2019 where she gave a presentation on the Indigenous Lactation Counselor training, that she and Moore-Salas put on. These two instructors are two of roughly 20 Native

American IBCLCs in the U.S. and Canada. While Daniels attended this conference, Goldhammer spoke about how breastfeeding is food sovereignty, as it is the first sacred food, designed perfectly for our own babies and their needs. It was at that moment that a seed was planted, and Daniels was inspired to find a way to bring this opportunity to her community. When things could finally move forward after COVID, Daniels reached out to various departments in the tribe and the employees from Community Health teamed up with her in June 2021 to make it happen. Community Health Manager Jacee Shepard was the initial contact, and she connected Daniels with Community Health RN Hope Gilligan who pulled all the strings behind the scenes. Daniels was excited to see so many positive ways this training manifested into everyone who participated and plans to use this experience to help support pregnant and postpartum moms in the community moving forward.

There were about 16 participants included during this week-long event. One of those participants was Marcus Daniels who was one of the 500-plus participants to complete the Indigenous Lactation Counselor training across Turtle Island. Daniels is the fifth male to become certified. He said, "I'm going to be honest, being the only male at a breastfeeding training was pretty intimidating. Only because of the fact that it's out-of-the-norm for men to learn about these kinds of things. But with an open mind, I immediately felt welcomed and appreciated as another learner amongst

the women and I loved that. I don't see myself as special for solely being there because we, as men, should be there without question for our women and for our children."

Three main objectives that were referred to during these teachings and guidance were:

- 1. Feed baby on queue as early as they ask for it.
- 2. Feed baby 8-12 times in a 24hour period.

Then the "rules" were as listed:

- 1. Feed the baby.
- Protect mom's supply.
- 3. Keep baby in love with the breast.

Topics that were discussed over the week included the list below along with detailed information under each of these topics.

- Historical trauma and how it has impacted breastfeeding in Native communities
- The history of the lactation profession in the U.S.
- How milk is made in the body
- How milk gets from breast/chest to the baby
- Proper latch and techniques
- Hunger cues
- Growth charts in infants and toddlers
- Assessing for tongue and lip ties and how they can impact latch/ supply
- Milk transfer and supply
- Formula feeding/mixed feeding (mix of breastmilk and formula)
- Pumping

- Tools for breastfeeding, pumping, and supplementing
- Maternal mental health/perinatal mood disorders
- Infant biology and development
- Breast/nipple concerns and injuries
- How to support the breastfeeding parent AND the non-breastfeeding parent
- Substances and medication in breastmilk
- Counseling Native families
- Traditional birthing practices

The participants received certification upon completion. At the end of the training, the trainees have the clinical skills to serve lactating families in their community and help families provide their babies with their first sacred food - breastmilk!

Migwétth to Camie and Kim for taking time away from their busy schedule to spend here at the FCP community. A big thanks to the FCP Community Health ladies who helped organize and prepare the foods for the whole week. It helped nourish those in attendance, especially the mothers who brought their babies there to learn more helpful tips on breastfeeding their little ones. Thanks to Holly Daniels for working diligently on getting these two phenomenal instructors to the FCP community to help give their knowledge on such an important subject. In closing, Holly Daniels told PTT, "Bringing this training to the FCP community has been years in the making, and experiencing it come to fruition has been so beautiful, healing, and surreal!"





...continued from pg. 1

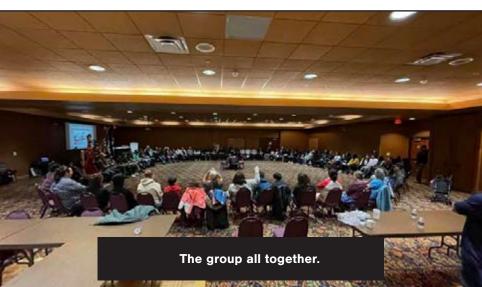
## Youth Gathering 2023 photos by Jorge Cisneros Sr.









































#### 2ND QUARTER HONOR ROLL STUDENTS Middle and High School **CRANDON** WABENO ALIVIYAH ALLOWAY-JEFFERSON ASIA TOMLIN AUSTIN DANIELS Breana Kitchell Bryanna Gilligan Everleigh Shepard Jeremiah Alloway Joshua Shepard AVIYANAH ALLOWAY ABEY VANZILE CHANNEL SHELLY DESMOND SOMAN DION DANIELS Keira Godin Korbin VanZile Michael Milligan DRAKE KIRCHER EDWARD ALLOWAY Nolan Milham Royal Pemma ELIZABELLA SHEPARD ELYSSA BAILEY HAILEY BROWN Ryker Schingeck Theodore Gust

INDIA VANCLEVE JAYCEE WESO JAZMINE WESO
JOSE FERNANDEZ-SOMAN

KEIRA DEHART LEILANI POUPART MAKENNA ROBINSON MONTRELL SHELLY TAKOTA DANIELS

LAONA Brady Shepard Hunter VanZile Levi Shepard

Zoey Weso

Lovey VanZile Precious VanZile Wynter Montgomery

# VOTE

for the 7th generation

## APRIL 4

The Wisconsin Supreme Court election is on the ballot.



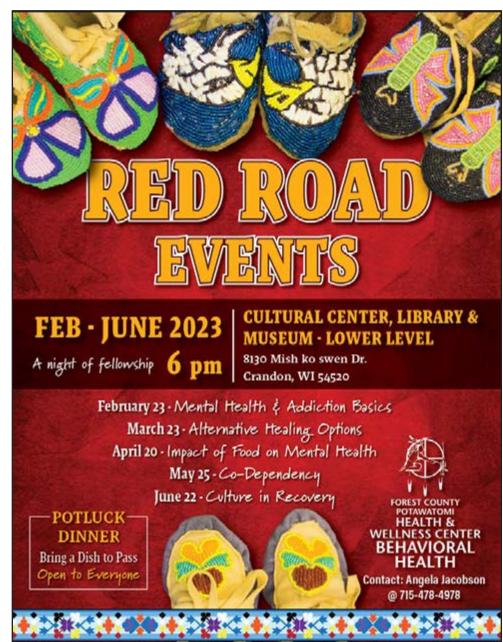
conservationvoices.org/vote











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For more information please contact Aquatics Manager Kimberly Wales: 715-478-6513 • Kimberly.Wales@FCP-nsn.gov

## MANGEL POPULATION OF THE POPUL

**THURSDAYS FRIDAYS SUNDAYS MONDAYS TUESDAYS** WEDNESDAYS **SATURDAYS** Lap Swim 10am-1pm **Lap Swim** 5:30am-3pm Lap Swim 5:30am-3pm (LL) Lap Swim 5am-3pm **Lap Swim** 10am-3pm **Lap Swim** 11am-3pm Lap Swim Yard 8am-3pm Pool 4pm-7pm (LL) 4pm-7pm (LL) 4pm-7pm (LL) 4pm-8pm 4pm-8pm 2pm-5pm Aqua Jog **Aqua Jogging** 10:15am-11am Swim Lessons 10:15am-11am 4pm-6:30pm 4pm-6:30pm **Adult Swim** Swim Lessons 4pm-6:15pm 4pm-7pm Swim Lessons Deep Water Aerobics 5:30-6:15pm 4pm-5:30pm Family Swim 10am-1pm Open Swim 5:30am-9am **Open Swim Open Swim Open Swim Open Swim Open Swim** Activity 5:30am-9am 8am-9am 10am-3pm 11am-3pm 5:30am-9am 11am-2pm-5pm Pool & 10am-1pm 11am-3pm 11am-1pm 4pm-8pm 4pm-8pm 1pm 1:30pm-3pm 1:30pm-3pm 6:15pm-7pm 1:20pm-3pm **Hot Tub** 6:30pm-7pm 6:30pm-7pm 5:30pm-7pm Shallow Water Aerobics **ELDERS ONLY** Shallow Water Aerobics **Shallow Water Spring Session 1** Shallow Water Aerobics **Aerobics** 9:15am-10am 9:15am-10am 9:15am-10am **Swim Lessons** 9:15am-10am **Swim Lessons** 4pm-6:15pm **Aqua HIIT** Aqua ZUMBA® 1pm-1:30pm 10:15am-11am Member registration opens March 27th 4pm-6:30pm 10:15am-11am Swim Lessons Non-Member registration opens April 3rd qua ZUMBA® Swim Lessons 1pm-1:20pm 4pm-6:30pm 1pm-1:30pm 5:30pm-6:15pm 4pm-5:30pm **Slide & Features Slide & Features Slide & Features** Slide & 10am-1pm **CLOSED CLOSED CLOSED CLOSED** 4pm-8pm 11am-3pm **Features** 2pm-5pm 4pm-8pm

To register for classes visit our front desk or online at: community.fcpotawatomi.com. All classes subject to change.



AQUATIC CENTER
GROUP EXERCISE ROOM
COMBATIVE ROOM
TURF FIELDHOUSE

**SATURDAYS** 

**NO CLASSES** 

#### Land Classes

SUNDAYS MONDAYS TUESDAYS

Loosen Up
11:10am-11:40am

Senior Fit
9am-9:45am
5:45am-6:15am

9am-9:45am
20 On The Turf
11am-11:20am
Youth

Youth Boxing Club 5:30pm-6:30pm S:45am-6:15am
Cycling, Core
& Curves
9:15am-10:15am

20 On The Turf

Powwow Dance 4pm-5pm Dance2Fit 5:30pm-6:30pm

11am-11:20am

#### WEDNESDAYS

Bootcamp 5:45am-6:15am Full-Body Fitness 10:15am-11am 20 On The Turf

ZUMBA® Toning 5:30pm-6:30pm

#### **THURSDAYS**

Mobility & Core 9am-9:45am ZUMBA® Fitness

10:15am-11:15am

20 On The Turf

11am-11:20am

Cardio Kickboxing

5:30pm-6:15pm Power Vinyasa 5:30pm-6:30pm

#### FRIDAYS

Tabata 8:30am-9am Restorative Yoga 9:15am-10:15am

Parent & Me: Zumbini® 10:30am-11:15am (3/3 & 3/17 Only)

#### **Yoga** I5am

#### Aquatic Classes

SUNDAYS MONDAYS TUESDAYS WEDNESDAYS THURSDAYS FRIDAYS SATURDAYS

NO CLASSES

Shallow Water Shallow Water Shallow Water Shallow Water Aerobics Aerobics Aerobics Aerobics

Aqua ZUMBA® 5:30pm-6:15pm Aerobics 9:15am-10am Aqua Jogging 10:15am-11am Deep Water Aerobics 5:30pm-6:15pm Shallow Water Aerobics 9:15am-10am Aqua ZUMBA® 10:15am-11am Shallow Water
Aerobics
9:15am-10am
Aqua HIIT
10:15am-11am
Aqua Jogging

10:15am-11am

CROUP FIFTPLAN

Unlimited Classes Members = \$20 Members

Separates

Non-Members

\$10 par dass

Abigail Messing at 715-478-6528, or email her at: Abigail.Messing@FCP-nsn.gov. All classes and prices subject to change. Specialty Classes require separate fees.

For more information please contact Group Exercise Coordinator

9:15am-10am



#### GMS Project Spotlight: FOREST COUNTY

#### POTAWATOMI MUSEUM



The Forest County Potawatomi (FCP) Museum is a full interior renovation of the museum located on the Forest County Potawatomi Reservation. The project consists of a new floorplan to create a more efficient path and exhibits that display the artifacts in a more interactive and up-close way for patrons.

The project commenced in January

2021 with full demolition of the existing museum. Remediation efforts and removal of the electrical and HVAC systems also expanded into adjacent parts of the building including the cultural center and library.

An upgraded electrical system now runs throughout the building that feeds into a new transformer. The unit is backed up by a new generator to ensure peace of mind and power to the entire building in case of power outages or other similar crises.



A new HVAC system also

runs throughout the building which includes new air handling units, ducts, a chiller, and a climate control system. The climate control system is fitted and programmed to meet Smithsonian Institute Design Standards, which is a set of codes that standardize the approach to designing and equipping museums and similar facilities to the highest professional standards.



The FCP engaged Bluewater Studio to design the new layout of the museum. Bluewater is a full-service design firm that specializes in creating exhibits and environments for cultural institutions. Greenfire's collaborative efforts with the firm began with filling in select window and exhibit openings to create a white-box space.

New construction includes metal stud exhibits which are strategically placed throughout the open floorplan to generate a natural flow of direction. The exhibits display Potawatomi regalia, historical artifacts, tribal photos, and a timeline and future path of the Tribe.

There are several large circular displays that provide a natural breaking point which invite patrons to walk into the exhibit and view artifacts in a surrounding environment. New standalone exhibits and glass displays percolate the

museum floor to aide in patron flow. The scope also includes new track lighting which create dramatic and key light effect for viewing the displays and artifacts. A new epoxy floor provides the final touch that ties in the Tribal colors which represent the circle of life. The project finished in March 2021.



"We have so many tribal members today who are succeeding today that we wanted to recognize everybody," said Museum Director Donald Keeble. Vice Chairwoman Heather Vanzile expressed her thoughts about the renovation, "We believe in the importance of sharing our culture with different communities and



being able to relate and develop good relationships."

Greenfire Management Services is proud to take an active role in the renovation of the FCP cultural museum. We would like to recognize the hard



work and dedication of our project team John Chinault, senior project manager, Scott Earley, superintendent, and Mark McCloskey, superintendent. We would like to thank our owner, the Forest County Potawatomi, for selecting Greenfire as their construction manager.

#### Notable BIPOC Executives: PEPI

#### RANDOLPH, CLASS OF 2023

BizTimes, Feb. 22, 2023

Category: Notable Black, Indigenous, People of Color (BIPOC) Executives

**Years in current industry: 13** 

**Degree/university:** BA History and Journalism/University of Wisconsin-Madison, Juris Doctorate/University of Wisconsin-Madison, Law School



As the former chief executive of Milwaukee-based Potawatomi Business Development Corp., Pepi Randolph saw an opportunity for the Potawatomi tribe to diversify and grow. From that vision, Greenfire Management Services was created.

The construction management firm is 100% owned by the Forest County Potawatomi. Randolph serves as vice president of business development.

Colleagues say Randolph's ability to connect with people and form genuine relationships directly results in noteworthy projects and clients.

"Pepi is an asset to the firm through his connections and relationships. His desire to learn about tribal history and share it with our community sets him apart from his peers," says Jeb Meier, president of Greenfire. "We are fortunate to have someone of his caliber on the team."

"Pepi has been a mentor and leader to me as I learn and grow in business development. We each bring something different to the team," said Michael Moe, business development coordinator. "He has an innate ability to walk into a room and come out with a new connection through his willingness to help others."

## \$4,800 IN MILWAUKEE BASKETBALL PRIZES!





**MONDAYS** 

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**-&-**

WEDNESDAYS

**MARCH 22 & 29** 

10 AM

- TO -

9 PM EACH

DAY

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