Prevention Week 2023 & 6th Annual Recovery Walk

by Val Niehaus

National Prevention Week was May 7-13, 2023, and for the past six years the week is sponsored by Forest County Potawatomi (FCP), Sokaogon Chippewa Community (SCC), Community Coalition of Forest County, Forest County Sheriff's Department, Forest County Fire Department, and the Forest County Health Department.

The week started off with Prevention Week Kick-Off Golf Outing on May 7, 2023, at Nicolet Gold Course. The number of teams that turned out was great and all-around fun was had by all!

Monday was Family Fun Night at the Argonne Pavilion. The weather couldn't have been more perfect for a game of kickball with the local EMS responders, sheriff's department, and families in attendance. The Argonne Fire Department made the BBQ's along with all the fixings. To end the night, there was a bag-toss tournament. Both young and old participated in this event.

Tuesday was Game Night/Resource & Information Fair at the Potawatomi Community Center. There was a cribbage tournament along with a volleyball tournament that had a cash payout.

Wednesday was the Sobriety Feast at the Powwow Grounds in Carter. If you want to read more details about this event you can see *PTT*'s newest writer/photographer, Amber Haseman's, article on page 3 of this issue.

Thursday night was a night of fun and dancing for the Theme Dance at

the Wabeno Fire House. The theme for this year was to dress up at your favorite Disney or Pixar character. There was everything from King Triton and Ursula the Sea Witch to Mary Poppins along with many other fun characters that danced the night away. Not only was dancing involved, there were raffles and food to be had.

Friday was the BIG event — the 6th Annual Recovery Walk. It is hard to believe this walk started five years ago with a group of people who were sick and tired of seeing their families and friends die from this demon called addiction. People gathered in Stone Lake this year to start the walk ending at the Mole Lake Recreation Center where the wellness fire was burning, ready to greet them for their prayers and healing. This walk is between 11 to 12 miles long, and people of all ages — babies to elders — walked this long road for the purpose of raising awareness and giving strength to those still struggling today with addiction. The Crandon Fire Department and Forest County Sheriff's Department participated to guide the walkers on the highway in their patrol cars, and to show their support and make it clear that they are there to help anyone who is fighting this battle. This walk really is a powerful event. It's impressive to see so many people from this small, but close-knit, community and county come together to draw attention to such an important issue.



Lew Boyd is ready to get this show on the road!



Chairman Crawford spoke words of encouragement.



The group right before taking off for their journey to Mole Lake.



Buzz Anwash made sure all attendees were smudged for a safe walk this day.



Sam Alloway speaking about the beginning of this movement/walk to the present day.



A welcoming sign when getting onto the Mole Lake Reservation. It takes a community to fight and stick together.



PTT Hires New Writer/ Photographer



My name is Amber Haseman. I am 27-years-old and was born and raised in the small town of Armstrong Creek, Wis., where I currently reside. I graduated from Goodman-Armstrong Creek in 2013 and continued my education at Bay College of Iron Mountain, Mich. I graduated in May of 2016 with an Associates in Business and a Small Entrepreneurial Business Certificate.

Over the years, I developed a passion for photography and writing. I have photographed a variety of subjects

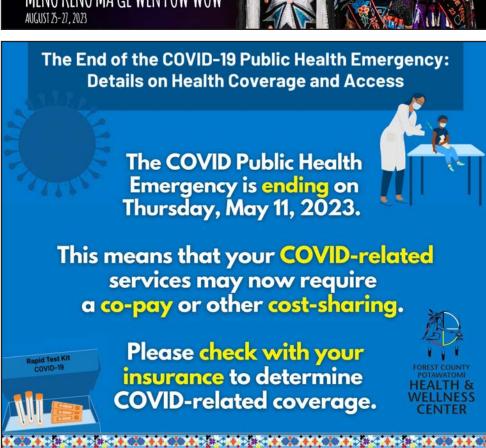
including portraits, weddings, nature, wildlife, landscapes and more. While I enjoy all aspects of photography, landscapes, wildlife and sunsets are by far my favorite.

In 2018, I began writing for *The Forest Republican* covering weekly news for the Goodman-Armstrong Creek area as well as occasional local events and stories. Throughout the years, I have also submitted my photographs to the Forest County Chamber of Commerce for their annual Visitors Guide.

While my passion is photography and writing, I have taken on many roles the past few years. I recently reached my five years of employment with the Potawatomi Carter Casino & Hotel. I began my journey as a Cage/Vault Cashier, promoted to Cage/Vault Supervisor, and eventually transferring to the IT department as a Help Desk Technician.

I very much enjoyed the past five years at the casino, but an opportunity came up with Potawatomi Traveling Times that I couldn't pass up. I accepted a position with the Communications Division as a writer/photographer. I am excited and fortunate to have this opportunity and look forward to this new chapter of my life.







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 June 1, 2023, issue of the PTT is Wednesday, May 25, 2023.



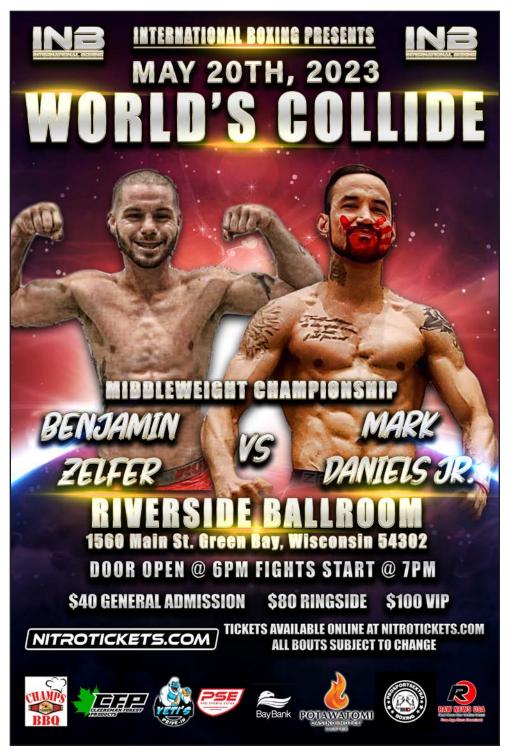
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Sobriety Feast



by Amber Haseman

The sixth annual Sobriety Feast was held May 10, 2023, at the Powwow Grounds in Carter, Wis.

Spokesperson for Prevention Week Kim Soldier and Prevention & Recovery Program Director Angela Jacobson assisted attendees with sign-in. Everyone who attended received a ticket for a chance to win a prize which were drawn later in the evening.

Mole Lake Community Health employees assisted with serving and preparing the meal.

Amanda Daniels began the feast with a prayer. Mylo Smith, comedian of Las Vegas, Calif., entertained the crowd with his comedy and announcements. He currently has 17 years in sobriety

and continues to share his wellness stories and experiences throughout Indian

He introduced a colleague, Robert Johnston, who he often runs into at other events in the entertainment and casino industries. Robert is a hypnotist and has been working in the field for 20 years. He, too, has an act for comedy as he shared with the crowd while gathering a group of volunteers for his hypnotist act.

Coming together as a community, members shared their own personal stories and support to others. It was an evening of healing, laughter and wellness.









National Indian Health Board (NIHB) National Tribal **Health Conference**



submitted by Community Health Manager/Public Health Officer Jacee **Shepard**

Community Health Nurse and Accreditation Coordinator Jodie Harris and Community Health Manager/Public Health Officer Jacee Shepard had

the opportunity to attend the National Indian Health Board (NIHB) National Tribal Health Conference in Anchorage, Alaska, this past week (May 1-5).

The NIHB National Tribal Health Conference is the premiere gathering for American Indian and Alaska Native health policy and public health. It showcases the interconnectedness of policy, advocacy, and Indian health best practices. The theme of this year's conference was "Culture Heals. Culture Knows. Culture Leads."

Harris was selected to present on Tribal Public Health Accreditation along with Oneida Nation and Ho-Chunk Nation. Forest County Potawatomi Community Health Department is one of three tribes in Wisconsin, and one of only six Tribes in the entire Nation that have achieved National Public Health Accreditation. FCP Community Health has been accredited since March of 2019, and

has maintained its accreditation and learned valuable lessons in performance and quality improvement of public health practice. The lessons and practices implemented as a result of achieving and maintaining accreditation have led to increased accountability, transparency, as well as improved quality and performance for the department.

The presentation was titled Cultivating the Next 7 Generations of Public Health through Accreditation. Three Native American tribes from Wisconsin (Forest County Potawatomi, Ho-Chunk, and Oneida) have all accomplished Public Health Accreditation. These three tribes shared stories of their accreditation journey and how they worked together. Participants had the opportunity to develop a plan including partnership building, resource identification, and creative, real-life examples of implementation.

The Presenters were: Jodie Harris,

BSN, RN, community health nurse/accreditation coordinator, Forest County Potawatomi; Michelle Tipple, BSN, RN, community/public heath officer, Oneida Nation - Comprehensive Health Division; Pamela Thunder, RS, environmental health program manager, Ho-Chunk Nation Department of Health.

They had over 60 participants in their session and received a lot of positive feedback. After their presentation, participants had several follow-up questions and asked for contact information to be able to connect with them after the conference.

Harris and Shepard are extremely grateful to have had this opportunity to share and learn with American Indian and Alaskan Native Communities across the country.

MMIWG Walk & Event

by Val Niehaus in collaboration with Community Advocate Amanda Leonard

FCP Community Advocacy held a Missing & Murdered Indigenous Women & Girls (MMIWG) Walk on May 5, 2023, which is the National Day of Awareness that draws attention to this grassroots movement that brings to light how Indigenous women are murdered at extremely high rates compared to any other ethnic group.

The walk started at the Potawatomi Community Center with a good number of people in attendance. Potawatomi Language Apprentice/Fire Keeper Jeffrey Cisneros said a prayer for those who were walking that day to keep them safe and to keep the memory of those women who were being honored today on this walk. The route circled down to Everybody's Road to Kwe Da Kik Lane and back onto Hwy. 8 to the Potawatomi Community Center.

When the walk was done, everyone gathered by the sacred fire and had a bit of remembrance for those who they were walking for on this day. Fire Nation was there to drum and afterward, everyone went into the commons area to have lunch — prepared by Tina Leonard and helpers. FCP Vice Chairwoman Heather VanZile, Council Member Destinee Alloway, and many other women spoke their words of

heartbreak, honor, and sacrifice for the many women and girls that have gone missing or murdered for no justice to be had for them. It was a time of awareness and healing for those who are still here on this Earth to keep their close friends and family remembered. Community Advocate Amanda Leonard then closed the event by introducing herself and what she does for FCP in Community Advocacy and expressed good thoughts and gratitude to the community for the successful healing event.

After all was said and done, Richard Gougé sketched on one of the Community Center walls an abstract portrait of an Indigenous woman. This was then painted by participants in red, brown, and black. Partakers then dipped their hands in red paint to place around the portrait of the woman. Alloway was able to use her handprint on the woman's face a highly symbolic image of the MMIWG movement.

Thanks to FCP Tribal Security for controlling traffic on the tribal roads, to the Forest County Sheriff's Department who controlled Hwy. 8, and FCP Language & Culture Department for providing the water stations. FCP Community Health was there to provide first aid if needed and to Fab Lab Supervisor Jacob Struble led the painting of the mural.









- There are 22 species of sucker in Wisconsin.
- · White suckers are critical to food chains as they are food for many other predating fish.
- · The Blue Sucker is threatened in Wisconsin.
- · Big Suckers spawning run occurs around May 1st.
- Proper culvert size and placement is critical for suckers to return to spawning grounds.
- · WI Hook & Line State Record for White Sucker is 23.1", but FCP LRN has sampled a 25.2" sucker in King Lake.

Additional Resources:

 dnr.wi.gov/topic/EndangeredResources/Animals - unionsportsmen.org/spring-sucker-fishing-tips

Effective Monday, May 1, 2023 the FCP Health Division will be returning to pre-pandemic respiratory guidelines.

Patients and staff will no longer be required to wear a mask in Health Division buildings,

including the Health and Wellness Center, Caring Place, and Transitional Living.

Masks are recommended for anyone who has symptoms consistent with COVID-19 or other infectious respiratory illnesses.











Name/ Native American Name: RAMONA D/ NEM KI KWE "THUNDER WOMAN"

Parents: Amellia McGeshick and Brooks Boyd Sr. School graduating from: School District of Crandon Degree or certificate: High School Diploma

Extracurricular activities/honors/awards: During middle school, I enjoyed and played for the soccer team. I've gotten a student of the year award in chemistry, and I got onto honor roll my second semester of my junior year.

Future plans: I will be continuing my education at UW-Milwaukee, and will be majoring in criminal justice and criminology.

Words of advice for youth: Time does heal. Focus

on yourself and your grades during high school - those four years matter. It's okay to feel your feelings and you are the only person who can make yourself happy. You have to learn to love yourself before you are able to love

Who would you like to thank: My mother, my father, my therapist and most importantly, the friends that stayed and the friends that went.

Additional comments: Life is unfair, so please enjoy every moment. The gods envy us because we're mortal. Any moment may be our last, and that's what makes everything so beautiful. Sometimes special people come into our lives, stay for a bit and then they have to go.



Parents: Patricia Beauprey and Gamabne White

School graduating from: School District of Crandon

Degree or certificate: High **School Diploma**

Extracurricular activities/ honors/awards: I was a part of the volleyball team my freshman and sophomore years. I started working at the Potawatomi Community Center for my junior and senior years. I also achieved good grades while also attending cultural activities.

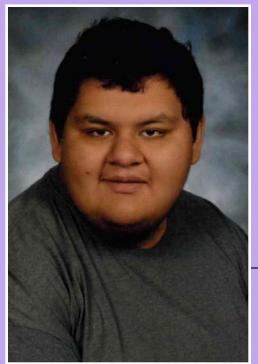
Future plans: My plan is to attend a technical college, then

transferring to finish my bachelor's (to become the next Brian Tupper).

Words of advice for youth: Chase your dreams and go after what you believe in.

Who would you like to thank: I would like to thank my mom for being the person I can always go to, my inspiration, my life, and my motivation to keep going even when times are tough. My grandparents for always picking me up when I'm down. My aunts for always being there when I need advice or help with school or anything else.





Name: AUSTIN NED DANIELS Parents/Guardians: Ned Daniels Jr. and Kim Daniel

School graduating from: School District of Crandon

Degree or certificate: High School Diploma

Extracurricular activities/honors/ awards: To continue my education.

Future plans: To be happy and comfortable.

Who would you like to thank: Mrs. Sweo, Carson Ackley, Amanda Swanson and Kris & Jim Jezeski



Name: DION DANIELS

Parents: Charlotte Daniels & Leonard Johnson **School graduating from:** Crandon School District Degree or certificate: High School Diploma

Extracurricular Activities/Honors/Awards: President of the Anishinaabe Leadership Club, Global Scholars, Spanish Honor Society, National Honor Society, Psi Alpha Honor Society

Future plans: Go to college and become a politician.

Words of advice for youth: When you get the chance to leave your comfort zone, take it.

Who would you like to thank: My family, my teachers, my friends and my relatives.

Additional comments: I'm a proud and former alumni at Badger Boys State.





<u>Name/Native American Name:</u> MASON DANIELS/ OGAMA GESHIK

<u>Parents:</u> Ned Daniels and Brooke Big John

School graduating from: School District of Crandon

<u>Degree or certificate:</u> High School Diploma

<u>Future plans:</u> Get into real estate to fix and flip properties.

Words of advice for youth: Fortify your mind – one of the only things that you can control in this world is your state of mind.



Name/Native American
Name: PATRICK DANIELS/
NABAGISHEK

<u>Parents:</u> Patrick Daniels Sr. School graduating from: School District of Crandon

<u>Degree or certificate:</u> High School Diploma

Extracurricular activities/honors/awards: Honor roll in middle school, great big brother, amazing son, and all around awesome person

<u>Future plans:</u> College — undecided on which college at the moment.

Words of advice for youth: Don't give up. You only truly fail if you do not try again.

Who would you like to thank: My father, brothers, and closest friends.

Additional comments: Only when you truly accomplish something with your own strength, you can truly enjoy the success of your own achievements.



Name/Native American Name:

JAMES DAVIDS JR./BE-MA-SEK

<u>Parents:</u> Sheenah White-Frank and James Davids Sr. School Graduating from: Crandon High School <u>Degree or Certificate:</u> High School Diploma

Extracurricular Activities: I enjoy playing soccer, swimming, ice fishing, maple sugaring, hunting, grass dancing, drumming and traveling.

<u>Future Plans:</u> I plan to major in economics and minor in business, at UWGB in the fall. After college, I hope to become an Investment Manager

Words of Advice for youth: Be a leader, not a follower.

Who would you like to thank: First, I would like to thank my mother for being my number one cheerleader, supporting my dreams and always encouraging me to try harder. Secondly, I would like to thank my Grandma Honey for always being a great listener, making me laugh and giving the best hugs.



Name: BONDESE FRANK

Parents: Una Ross and Dean Frank

School graduating from: School District of Wabeno

Degree or certificate: High School Diploma

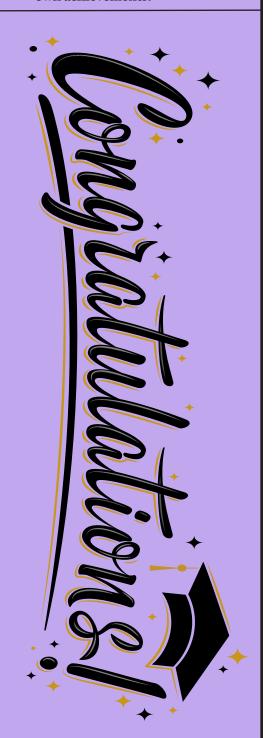
Extracurricular activities/honors/awards: Most Creative in Art 2022, held Brave title for Forest County Potawatomi Winter's End Powwow, basketball, 2019 chosen as a representative for my tribe – spoke at State of Tribes in Madison, WI.

Future plans: Go to school and live a healthy lifestyle.

Words of advice for youth: Be curious, be smart about making choices and, most importantly, get your high school diploma.

Who would you like to thank: My mom and all the ones who have helped me during my school years.







Name: CIERRA FRANK

Parents: Pam Winkler & Chad Frank School graduating from: Crandon High School Degree or certificate: High School Diploma

Extracurricular Activities/Honors/Awards: Student of the Year 2021, Honor Roll 9th Grade & 10th Grade, NLC ART Show

Future plans: I plan on going into Cosmetology at Aveda Institute in Tallahassee, Florida.

Words of advice for youth: My words of advice for the youth are to take advantage of the opportunities that are given to you and further your education.

Who would you like to thank: Firstly, I would like to give a thank you to my sister, Cassidy Frank. She has been a huge inspiration to me to never stop believing in myself. My sister has set an amazing

example to my siblings and I. I would also like to thank my mother, Pam Winkler. She is always there when I need her. I would also like to thank my father Chad Frank for pushing me to further my education. Lastly, I would like to thank two big impacts in my High School career, Ms. Nicole Hansen and Mrs. Tressa Votis. Thank you, Ms. Hansen for always brightening up my day with your bubbly, positive attitude. Lastly, thank you Mrs. Votis for always listening to what I have to say. Both of these amazing individuals made their room feel like a safe space, which I am very grateful for.





Name: TED GUST

Parents: Renee and Ted Gust **School graduating from:** School District of Wabeno

Degree or certificate: High School Diploma

Extracurricular activities/honors/awards: Baseball, drama, choir

Future plans: Become a high school history teacher.

Words of advice for youth: Stay dedicated to your schooling as much as possible.

Who would you like to thank: Family, friends, girlfriend, teachers, but most of all my parents.

Additional comments: School at first was hard, but after a little listening to my teachers and not horsing around so much, I got through it.



Name/Native American Name: JENNA JACOBSON/ WGEMAKWE

Parents: Clara Ann Schingeck **School graduating from:** Nicolet Technical College Degree or certificate: Tribal **Business Management Certificate**

Extracurricular Activities/Honors/Awards: Art Department & UTLA Award. I placed 3rd in the Nicolet College Student Art Show.

Future plans: That still is being determined. I do plan on possibly joining digital marketing field.

Words of advice for youth: You owe it to yourself to keep on learning. It may seem difficult, you may even get emotional, but that's when you know your doing something from the heart!

Who would you like to thank: My sister Clara Jacobson! She

was definitely my cheerleader, along with James M. Hagenkord, without him keeping the house tamed and my fur babies at bay, I could study and get my homework in. I don't know what I would have done without him. My class instructor Marilyn Miller she pushed me and helped set a path on what I want in life! MOST IMPORTANTLY MYSELF! I have over come the odds I think. I have always thought before this opportunity I couldn't go back to school since I graduated back in 2015! What am I thinking? But sure enough I DID IT!

Additional comments: This was one experience I'll never forget! Thank you Nicolet College!



Parents: Clara A. Schingeck School graduating from: Nicolet Technical College

Degree or certificate: Certificate Extracurricular Activities/Honors/Awards: I did a ceramics class during the Spring Term; however, I did not get an award for my pieces.

Future plans: I plan on getting a full business degree alongside my cousins once they get their certificate of Tribal Business Management, but I've also plan on taking more art classes to build more of my hobby.

Words of advice for youth: Try it out. You'll never know if you'd like it or if it's in your ability until you've tried it out. Don't give up on yourself. You have supporters that's cheering you on.

Who would you like to thank: I would personally like to thank my sister Jenna for pursuing me into taking the whole course and for helping me throughout my toughest times. Thank you to my cousins Jenny and Jozi for motivating me and keeping me in check.

Additional comments: It's okay that you fell off from your feet but remember to get back up and try it again. You got this and I believe in you.







Name/Native American Name: JACOB JOHNSON/NYËW GABO

<u>Parents:</u> Virgina Johnson/Sara Johnson

School graduating from: Crandon High School

Degree or certificate:

Certificate

Future plans: Travel

Words of advice for youth: Be thankful for what you have.

Who would you like to thank: Sara and Mr. Yaeger





Name/Native American Name:
Parents: CURTIS MALLORY
IV/BONIYASHE

<u>Parents:</u> Jessica Jackson <u>School graduating from:</u> School District of Crandon

<u>Degree or certificate:</u> High School Diploma

Extracurricular activities/honors/awards: Honor roll, Anishinaabe Leadership Club, basketball in freshman and sophomore year.

Future plans: Retiring at the age of 21.

Words of advice for youth: Stay in school.

Who would you like to thank: I'd like to thank my mom, siblings, friends and families.



Name/ Native American Name: NATHAN SHEPARD JR./ PIYESE

Parents: Nathan Shepard Sr. and Hannah VanZile School graduating from: School District of Wabeno Degree or certificate: High School Diploma

<u>Extracurricular activities/honors/awards</u>: I received an academic award and letter for the 20-21 school year and have been on the honor roll numerous times.

<u>Future plans:</u> For now, I plan to relax and enjoy my time with my family. I really would love to travel as well in the near future.

Words of advice for youth: Try your best and work hard – you will not regret it.

Who would you like to thank: I would like to thank my mother and father for always being there and my grandma Patsy for being the best grandma a kid could ask for!





Name: ARAENA SOMAN
Parents: Chief Soman and Lisa
Weso

School graduating from: School District of Wabeno

Degree or certificate: High School Diploma

Extracurricular activities/ honors/awards: Honor roll, choir, FCCLA

Future plans: Travel the world. Words of advice for youth: Do not give up – keep going.

Who would you like to thank: My sister Florence Gomez and my brother Richard Gomez.





Name/Native American
Name: RON SHEPARD II/
SHAUNEGISHECK

Parents: Azhogisheck and Cassandra

School graduating from: Menasha High School

Degree or certificate: HSED
Extracurricular Activities/
Honors/Awards: Finished school
early.

Future plans: Going to college to become a pilot. Living life to the fullest.

Words of advice for youth: Keep your head high and that chest out. Having a plan for your future comes with many benefits.

Who would you like to thank: My Grandma, Dad, Mom and my family for pushing me to be the man I am today.

Additional comments: Don't stop the grind. Having something to do every day comes with happiness and makes your days worth while.

NO PHOTO PROVIDED

Name: GRACE THUNDER Parents: Angela & Kevin Jacob-

School graduating from: Crandon

Degree or certificate: HSED Future plans: Undecided





Name/Native American Name: MARIYA TUCKWAB/MKO ME

Parents: Guadalupe Cisneros & Jamie Tuckwab

School graduating from: Nicolet **Technical College**

Degree or certificate: Correctional Specialist Diploma 2021 and Native American Tribal Management certificate 2023.

Future plans: Finish my associate degree in business management and Substance Abuse Disorder Counsel-

Words of advice for youth: We all have stories, regardless of your trials and tribulations — you are still ahead of everyone who isn't trying.

Who would you like to thank: Nicolet Advisory Board, my children and support group.



Name/Native American Name: BEY VANZILE/ WABANO

Parents: George and Jennifer VanZile School graduating from: School District of

Degree or certificate: High School Diploma Extracurricular activities/honors/awards: I participated in volleyball all four years of high school. I maintained a 3.8 GPA throughout high school. I am a Global Scholars member, a member of the National Honor Society, National Spanish Honor Society, and PSI Alpha Honor Society.

Future plans: In the fall of 2023, I will be attending UW Eau Claire majoring in pre-dental with the hope of becoming a dental hygienist.

Words of advice for youth: Be kind to yourself and others.

Who would you like to thank: I would like to thank my parents, my siblings, close relatives, friends, my tribe, the community, and God.



Name/Native American Name: TEHYA VANZILE, SHA-YA-SNOK

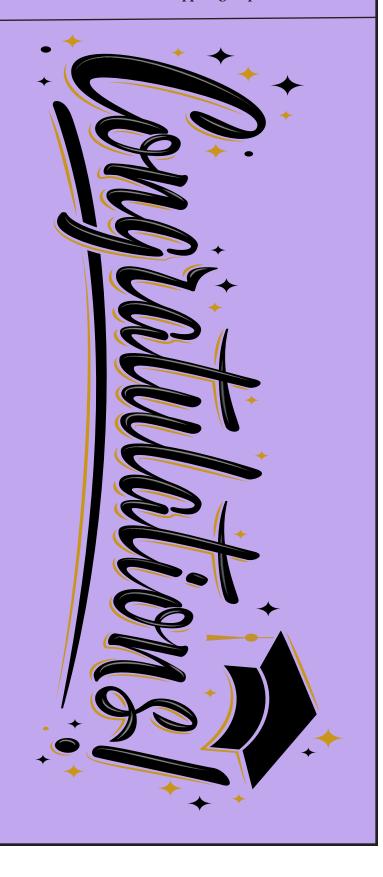
Parents: Leah Littleton and David VanZile School graduating from: School District of

Degree or certificate: High School Diploma Extracurricular activities/honors/awards: During my high school years, I have participated in volleyball, basketball and softball. I've made honor roll in 9th, 10th and 11th grade.

Future plans: I plan to attend Madison Area Technical College for early childhood counseling.

Words of advice for youth: Stop trying to steal the pen. The Creator is still writing your story.

Who would you like to thank: I would like to thank both parents for always pushing me and especially my sister.











AQUATIC CENTER

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



	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Yard Pool	Lap Swim 10am-1pm 2pm-5pm	Lap Swim 5:30am-3pm 4pm-7pm (LL)	Lap Swim 5:30am-3pm (LL) 4pm-7pm (LL)	Lap Swim 5am-3pm 4pm-7pm (LL)	Lap Swim 8am-3pm 4pm-7pm	Lap Swim 10am-3pm 4pm-8pm	Lap Swim 11am-3pm 4pm-8pm
		Swim Lessons 4pm-6:30pm	Aqua Jogging 10:15am-10:45am				
			Swim Lessons 4pm-7pm				
Activity Pool & Hot Tub	Family Swim 10am-1pm 2pm-5pm	Open Swim 5:30am-9am 10am-3pm 6:30pm-7pm	Open Swim 5:30am-9am 10am-3pm Shallow Water	Open Swim 5:30am-10am 11am- 3pm 4pm-7pm	Open Swim 8am-3pm 4pm-7pm	Open Swim 10am-3pm 4pm-8pm	Open Swim 11am-3pm 4pm-8pm
		Shallow Water Aerobics 9:15am-10am	Aerobics 9:15am-10am Swim Lessons 4pm-7pm	Aqua ZUMBA® 10:15am-11am	HENHOWN A		Session 1 ASSONSID
		Swim Lessons 4pm-6:30pm Aqua ZUMBA® 5:30pm-6:15pm	4 рш-7 рш	N Hot '	Tay 10 & 24 Tub will close for nance at 3pm for the ainder of the day	Member Registrate	June 4th on opens May 21st
Slide & Features	Slide & Features 10am-1pm 2pm-5pm	CLOSED	CLOSED	CLOSED	CLOSED	Slide & Features 4pm-8pm	Slide & Features 11am-3pm 4pm-8pm

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



April 16 - June 3, 2023

Class Location K AQUATIC CENTER **GROUP EXERCISE ROOM COMBATIVE ROOM** TURF FIELDHOUSE

Land Classes

SUNDAYS MONDAYS **TUESDAYS** WEDNESDAYS **THURSDAYS FRIDAYS SATURDAYS Bootcamp** Loosen Up **Senior Fit Bootcamp Mobility & Core** Tabata

11:10am-12:10pm

ATTENTION

NO CLASSES

Monday, May 29th

9am-9:45am 20 On The Turf 11am-11:20am Youth **Boxing Club**

5:30pm-6:30pm Spin 5:30pm-6:15pm

9:15am-10am

Aqua

ZUMBA®

5:45am-6:15am Cycling, Core & Curves 9:15am-10:15am 20 On The Turf 11am-11:20am Dance2Fit

5:30pm-6:30pm

9:15am-10am

Aqua Jogging

10:15am-11am

5:45am-6:15am **Full-Body Fitness** 8:30am-9:15am 20 On The Turf 11am-11:20am **ZUMBA®** Toning 5:30pm-6:30pm

9am-9:45am 20 On The Turf 11am-11:20am **Power Vinyasa** 5:30pm-6:30pm

8:30am-9am **Restorative Yoga** 9:15am-10:15am **ZUMBA® Fitness** 10:30am-11:30am

NO CLASSES

Aquatic Classes

SUNDAYS MONDAYS TUESDAYS WEDNESDAYS **THURSDAYS FRIDAYS SATURDAYS** Aqua ZUMBA® **NO CLASSES Shallow Water Shallow Water NO CLASSES NO CLASSES NO CLASSES Aerobics Aerobics** 10:15am-11am



Group Fift Plan

₩FilinessPromoffons

Unlimited Classes Members = \$20

Members \$3 per dass Non-Members \$10 per class

For more information please contact Group Exercise Coordinator 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.



RES2023: PBDC & SUBSIDIARIES TAKE PART

For the fourth consecutive year, PBDC and its subsidiaries attended the National Center for American Indian Enterprise Development (NCAIED) 2023 Reservation Economic Summit (RES) held at Caesars Palace in Las Vegas, NV this past April. The mission for NCAIED is to provide economic opportunity for Indian Country and its entrepreneurs. RES is one of



the primary ways in which NCAIED lives up to the mission – where all services and expertise are brought together for one week to build bridges of economic power with other tribal enterprises and corporate partners. The Summit offers breakout sessions, panel discussions on relevant Indian Country subjects, and a two daylong trade show. The theme for this year was Empowering For Generations.



Potawatomi Business Development Corporation (PBDC) was among over 200 exhibitors at the trade show. Together with Greenfire, Data Holdings, PBDC Federal Group, Fireside, Sagewind, and our Electric Vehicles Business Unit, our booth was able to connect with a record number of attendees

this year and showcase the PBDC tree of offerings. We were fortunate to have representatives from each of the organizations to discuss how we support tribal enterprises through a variety of services. To best present all of our services, PBDC crafted a custom-built, 400 SF booth, delivering

an exceptional impact on the trade show floor.

We had four newcomers to RES this year from the PBDC family. Chelsie Bath, Dan Montague, Ryan Brooks, and David Lloveras. When asked their thoughts, he is what they had to say about it. "The experience was great, I believe it was beneficial to see our board of directors and council members in person. Being able to communicate and meet them brought me a whole new perspective in a sense of leadership," said Bath. Montague said, "I really enjoyed the

in a sense of leadership," said Bath.

Montague said, "I really enjoyed the opportunity to proudly represent PBDC in a large public forum. PBDC was regarded as a high performer and household name." "Potawatomi should be proud of their processes at PES."



presence at RES. I have a significantly better understanding of how the diversification aspect of tribal businesses works now. It was good visibility for our data center business.

I was able to acquire a few sales leads while out there, said Brooks. Lloveras said, "Being able to introduce and represent Fireside for our board of directors and Executive Council members



to the rest of the tribes/attendees at RES for the first time publicly, was priceless!"



Through a combination of strategic trade show sponsorships, meetings and a strong presence on the trade show floor, RES 2023 was an effective way to further the PBDC brand across the nation and Indian Country. Thank you

to all who took part in the planning and execution of this year's

summit to make it the success

that it was.











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715-478-6500

community.fcpotawatomi.com

Aquatic Center

- Kiddie Pool
- Basketball Hoops
- Water Slide
- ▶ Hot Tub
- Lap Pool with Diving Blocks

Recreation

- **▶** Golf Simulator
- Basketball/Pickleball/ Badminton Courts/ Volleyball
- Turf Fieldhouse: Indoor Soccer/ Batting Cages
- Sports Equipment to Use
- Game Room

> Fitness & Wellness

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

> Child Care

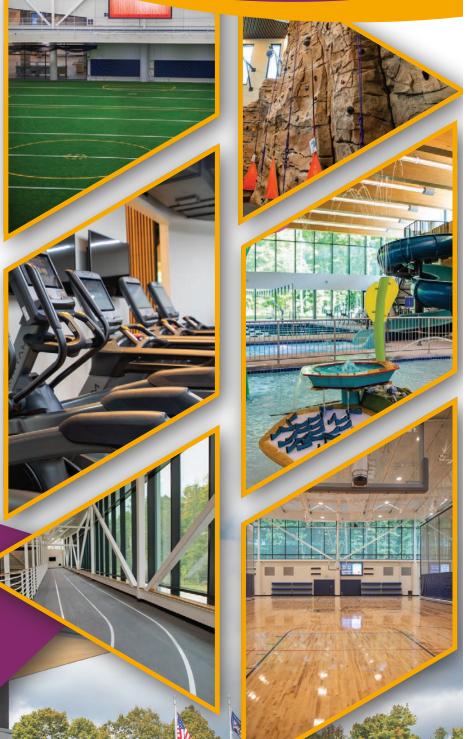
On-Site Child Drop-Off

Concessions

Soup & Salad Bar

Visit Our Website

for info on:
MEMBERSHIPS
DAY PASSES
SCHEDULES



Hours of Operation

MONDAY thru FRIDAY • 5:30am-9pm

SATURDAY • 7am-9pm

SUNDAY • 10am-6pm

Looking to host an event? Give us a call at 715-478-6500

— Friday, June 30, 2023 -

CHARITY OUTING

18 Holes with cart • Awards • Raffles • Prizes Lunch • Dinner Voucher • Drink Tickets

> All proceeds will be donated to local diabetes programs.

Register your team today!









FRIDAY, MAY 26

TEN GAMES PAYING \$500

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

REGULAR GAMES IN MAY

If there are at least 40 bingo players, all regular game payouts will be doubled!



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