



POTAWATOMI TRAVELING TIMES

Volume 28, Issue 24 • June 15, 2023
è démen gizes • Strawberry Moon



Hannahville Indian Community Visits FCP Community

by Val Niehaus

The Forest County Potawatomi Community welcomed the Hannahville Indian Community Tribal Council and guests on May 1, 2023, to tour their campus, community, and Bodwéwadmí Ktëgan (Potawatomi Farm).

The Hannahville Tribal Council and their guests arrived that morning to start their tour at the Potawatomi Community Center (PCC). Division Administrator of PCC Matt Steingraber gave the guests a tour throughout the whole facility and answered all questions they had. The majority of them were amazed by the size and activities the community center had to offer. One member even said to another, "This is astonishing!!"

The next stop on the list was a visit and tour of the Cultural Center, Library & Museum. Museum Director Donald Keeble welcomed the group with open arms and explained to them how the exhibit itself was just renovated. He explained how it took some time to do since Covid interrupted the process but that the Museum Manager Sam Smith, put everything she had into seeing it done and accomplished. The Hannahville guests spent a good thirty to forty minutes roaming the exhibit and looking through the library's books. They couldn't get enough!

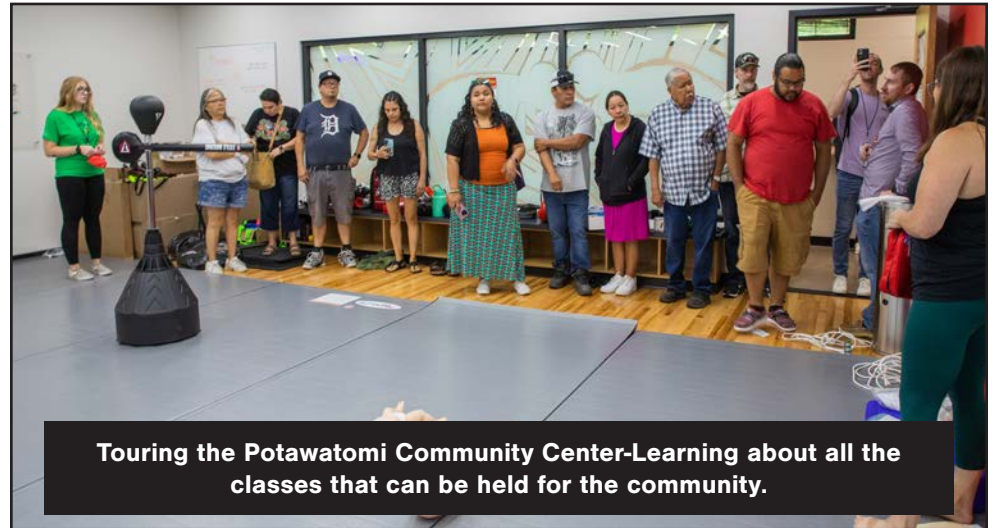
From the museum, they moved to the Healing Center/Transitional Home which is located on the FCP reservation. They learned about the tribe's AODA programs and how tribal members are helped in the process of their recovery after a treatment center. Healing Center Program Manager Shelia Jacobson gave the group a tour of the facility and answered all the questions

they had about the process and program the tribe runs here. Jacobson did an amazing job at giving this tour and was extremely knowledgeable and helpful to some who had private questions about helping their members live the best they can after treatment.

Once the tour of the Healing Center was finished the group then hopped on the FCP Transit Bus and took off to the Bodwéwadmí Ktëgan (Potawatomi Farm). Once arriving at the farm, the Hannahville Council was greeted with smiles and a lunch provided by Food Preservation and Production Specialist Wenona Siggelkow. FCP Executive Council meet their guests at the farm with a lunch made up of grilled kabobs, fresh aquaponic garden salad with maple syrup vinaigrette, a wild rice blend, a pickled relish tray, and a cake for dessert. Before everyone dug into the food tobacco was given to Hannahville Chairman Kenneth Meshigaud to say a prayer.

Once lunch was finished, a tour was given around the farm and the aquaponics center. The Hannahville visitors were again astonished by the facility and the production of food that came from the farm. There was even a bit of a gift exchange that took place where one of the Hannahville members gifted the farm along with the Healing Center some tobacco seeds to grow and flourish. In turn, FCP divisions/departments also gifted items to the Hannahville tribe to carry on to their homes.

It was a great day of friendship, socializing, learning, absorbing, and communication between these two Potawatomi tribal communities to come together and learn from one another to help their people flourish.



Touring the Potawatomi Community Center-Learning about all the classes that can be held for the community.



Touring the Potawatomi Community Center-"Astonishing" was one of the words used while seeing the field house.



Touring the Cultural Center, Library & Museum



FCP Executive Council with Hannahville Council and guests.

HAVE LUNCH WITH US!

FOREST COUNTY POTAWATOMI
Keeper of the Fire

LUNCH WITH COUNCIL
MAWTHESHNĒWEN
A GATHERING/MEETING

2023
FRIDAY
JUNE
30 | **1 PM**

POTAWATOMI HOTEL & CASINO
HARMONY ROOM (3RD FLOOR OF HOTEL)
1721 W. CANAL STREET
MILWAUKEE, WISCONSIN

OPEN TO FCP TRIBAL MEMBERS ONLY

LUNCH PROVIDED!

CALL 715.478.4813 WITH QUESTIONS

Summer Day Camp Registration Bash

by Amber Haseman

The Summer Day Camp Bash was in full swing on June 8, 2023. With the help of the Potawatomi Community Center staff, they were encouraging the community youth to register for this year's Summer Day Camp. This is the first kick off bash they have had. Youth ages 7-13 were welcomed with a little fun in the sun, tons of games and fun prizes for all to win! Some of the games included bean bag toss, pie in the face, dunk tank, high striker (strongman game), skee ball and more. There was also a blow-up course and inflatable bumper balls in the gym of the Potawatomi Community Center.

The children enjoyed delicious

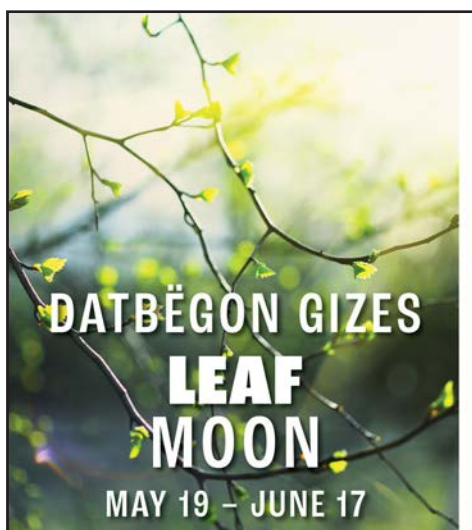
popcorn with extra butter and sweet cotton candy! There was also hot dogs and other food available. Parents smiled and cheered on their children as they dunked the staff in the water tank, rang the bell at the top of the high striker, and managed to throw a little whip cream at the volunteers' face. At 4 p.m. there were approximately 40 children registered for Summer Day Camp, with the hopes of getting more by closing time at 6 p.m. It was a great opportunity and a beautiful day for the children to have a little fun and encourage parents to register their children with this year's Summer Day Camp!



Who doesn't love a pie in the face!



Skee ball is always a hit!



- Buds of leaves of each species of tree look different, just like leaves do, and we can use buds to identify trees
- Leaf purpose is largely to make food for the tree within its chlorophyll
- Leaf shape can tell us what kind of environment the tree lives in and what it needs to live
- Tamarack trees are deciduous conifers meaning they lose needles in fall and grow them back in spring
- Anatomy of a tree | US Forest Service (usda.gov)



Laona/Wabeno Lady Rebels Sectional Game

by Amber Haseman

Laona/Wabeno Rebels Girls Softball season ended May 30 during their Varsity WIAA Sectional game against the Newman Catholic High School of Wausau, Wis. The game started at 4:30 at the Laona High School. The final score was 13 – 6 in the seventh inning. Despite their loss, the lady rebels made a comeback and scored a few more points before ending the game.

Two tribal members participated on this year's team including Zoey Weso and Lovey VanZile. Vanzile had a few hits and catches during the sectional game. Unfortunately, Weso didn't have a chance to play, but remained on her teams' side cheering for them from the dug outs.

Weso just finished up ninth grade at Laona High School and will be moving onto Sophomore year in the fall. Weso started playing softball one year ago. Her position is right field. Weso says that her favorite thing about softball is the friends she's made.

Vanzile also attends Laona High School and just finished up ninth grade, going onto sophomore year during the 2024 school year. She has been playing softball since second grade. Vanzile's

positions are third, left field and sometimes first. Her favorite thing about softball is hitting.

While the team may have lost their sectional game, the lady rebels gave it their all! They had a great season this year. The team had a total of nine wins in the regular season and one loss. Way to go Lady Rebels and better luck next season!



Lovey VanZile in action!

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 July 1, 2023, issue of the PTT is Wednesday, June 21, 2023.

 **POTAWATOMI TRAVELING TIMES** 

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Eighth Annual Wisnëwëwen Feast/Banquet

by Amber Haseaman

The eighth annual Wisnëwëwen Feast/Banquet was May 31, 2023, at the Forest County Potawatomi Community Center. Students, graduates, family and community members gathered to honor this year's recipients for bronze, silver and gold medals as well as the high school graduates receiving their Pendleton blankets.

The ceremony began with the Veteran's Grand Entry to the opening song. This year's high school and college graduates followed behind. Dylan Prescott entertained the crowd with his humor and stories, and introduced the first speaker of the evening, Chairman James Crawford.

Crawford welcomed the audience to this year's banquet and spoke personally to the graduate's sharing wisdom and encouragement as they stood beside the stage. Crawford explained how he is currently in that sweet spot of his life. With hard work and dedication, it has gotten him to where he is today. He congratulated each of this year's graduates for their achievements and success sealing it with a handshake, a hug and even a fist pump!

Ned Daniels Jr. concluded with a prayer before dinner was served. The menu consisted of sliced ham, dinner rolls, macaroni and cheese, green beans, watermelon and desserts. Once everyone finished eating, Prescott introduced Education Division Director Sara Thomaschefskey to the stage. She took a moment to thank everyone for coming,

including parents, graduates, students, family, friends, and the community. Thomaschefskey also thanked the departments who assisted with making this event happen, including the education division, maintenance, and the communications division.

Chair of the FCP Education Committee Crystal Deschinny, a recent graduate from Harvard, was welcomed to the stage to give her speech. With words of encouragement she stated, "We have to believe that we belong there." With perseverance, a dream and belief in ourselves, we can do anything we set our minds to.

The education division proceeded with announcing this year's recipients for bronze, silver and gold medals. Bronze medals were given to preschool students. Silver medals were given to students who were on the honor roll. Pendleton blankets were given to this year's high school graduates. Higher Education Director, Mary Doane announced this year's college graduates with a gold medal. Each of the groups posed for photographs after their names had been called.

K-12 Education Director Sheenah Frank announced this year's Platinum Award winner, Mary Gloria Daniels. A slideshow presentation was displayed sharing photographs and memories of Mary. During the presentation, Frank continued with her speech sharing that Mary lived with intention and love. "With her red lipstick on, she said what

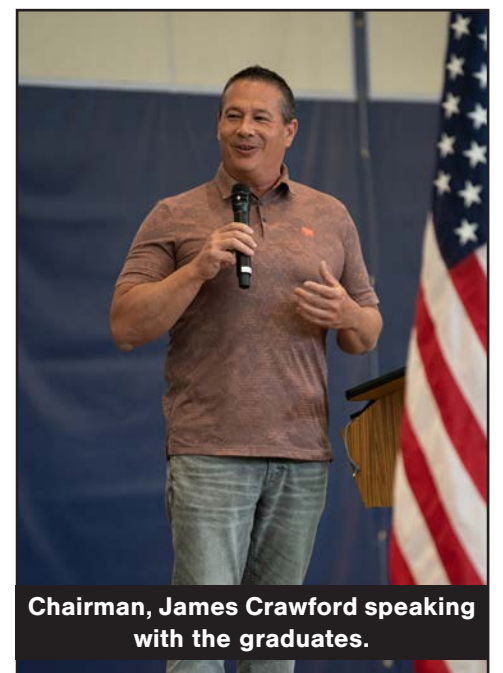
she meant and meant what she said."

The award was presented to grandson, Mark Daniels Sr. He took the stage to share memories of his grandmother and reasons she deserved this award. The audience shared a moment reflecting on the past, the memories, the photographs and the time they shared with Mary.

Aside from the many students who couldn't attend the ceremony, there was a great turn out! Family, friends and community members gathered to share their support with the students. Each student shared a moment of gratitude, accomplishment and success. It's great to see the community come together to support the students and all the accomplishments they have made. Congratulations to this year's recipients and all the graduates of 2023!



Veteran's Grand Entry



Chairman, James Crawford speaking with the graduates.



Platinum Award Winner Mary Gloria Daniels



Preschool with their bronze medals.



Honor roll students with their silver medals.



High school graduates proudly wearing their Pendleton blankets.



College graduates with their gold medals.

Veteran's Powwow

by FCP Assistant Communications Director Stacey White

The Forest County Potawatomi Community hosted its annual Veteran's Powwow on June 10-12, 2023, at the Carter Powwow grounds. If you haven't visited the Carter powwow grounds, it's a special place to take in the beauty of an architectural pavilion statement piece in the Northwoods. The center of the arena has a beautiful opening to let natural light shine in and glimmer on the dancer's regalia. The architecture wasn't the only breathtaking point of this special event. The Veterans showed up from all areas of the state and surrounding states. They brought loyalty, duty, respect, selfless service, honor, integrity, personal courage, and commitment into the space while enjoying a weekend of dancing with friends, family, and fellow warriors.

This event that honored our Veterans was open to the public. Grand entry started the powwow out at 1 p.m. on Saturday. Host drum Lake Delton and co-host drum Tomahawk Circle were in session to show the arena a good time. Invited drums included Blackbear Crossing and Crickette Hill. Artley Skenandore graciously leads the powwow by emceeing the weekend events along with Brian "Waub" Rainey as arena director.

Head Veteran: Clarence Daniels
Head Male Dancer: Darrel Delabreau
Head Female Dancer: Patricia Delabreau

Louie Spaude said, "We honored our heroes past, present, and future."

There were great compliments from everyone. People relaxed and had no worries about being back to a traditional powwow. Everyone enjoyed the food, and lunch bag to go. The weather was perfect for this weekend as well. Many put their Sema down so that the rain would go around the event.

Veteran Contest Winners:

- 1st Place: Melissa Doud Jackson / Brian Jackson
- 2nd Place: Vincent Ventura / Angelo Normand
- 3rd Place: Angie Hindsley/ Paul Barber
- 4th Place: Kylee O'Reilly / Larry Decora
- 5th Place: Bill Wildcat

Woodland Contest:

- 1st Place: Gracson Jackson
- 2nd Place: Frances Delabreau
- 3rd Place: Tracey Pecore
- 4th Place: Gracelyn Collins
- 5th Place: Rosella Walker

The Powwow Committee is working on the Meno Keno Ga Wen Powwow: The World Woodland Championship that will be held on August 25-27, 2023, at the same Carter Powwow Grounds.



submitted photos by Justin Piontek and Narciso Tovar

Dercks Retires After 24 Years

by Val Niehaus



The FCP Community would like to give a big congratulations to Karen Dercks on her retirement from the tribe after working as an Insurance Accountant Specialist for the past 24 years!

Dercks started her journey back in 1999 when she and Angela Moe were the only two employees who were first to be hired by the Potawatomi Insurance Department. Dercks said, "It was me and Angie Moe and we didn't know

what to expect. People would bring in shopping bags full of paperwork/bills and we just did our best." It should be noted that Dercks, even though working for this department since it very first began, has not moved into any different positions—she has always been the Insurance Accountant. From this, she has gained and made close bonds and trust with tribal members who still to this day contact her for any help they may need.

When asked what she is going to look forward to now her answer was, "Not to set an alarm!". But in all honesty, she is looking forward to spending time with her eight grandchildren and with the rest of her family. She mentioned she will be doing nothing for the first week of retirement, but she does have some family vacations planned later in the year.

Dercks has been here since the first start of the department, she has put her time and hard work. We wish her the best in her endeavors and all that will come in her future blessings! Congratulations, Karen, and enjoy!

NOTICE

VINTON CONSTRUCTION WILL BE WORKING ON POTAWATOMI TRAIL INFRASTRUCTURE STARTING MONDAY, JUNE 12TH. THIS CONSTRUCTION WILL INCLUDE THE INSTALLATION OF UTILITIES, NEW ROADWAY, AND A STORM WATER RETENTION POND. THE PROJECT WILL BE COMPLETE IN NOVEMBER 2023.

PLEASE SLOW DOWN AND USE CAUTION WHEN DRIVING THROUGH ANY CONSTRUCTION SITE.



Questions? Contact Jerry Schallock, Director Capital Projects @ 715-478-4404 or Michelle Berdan, Planner, Capital Projects @ 715-478-4944

Federal Government Activities Focused on Strengthening FCPC Tribal Sovereignty

submitted by President & Owner at Thunderbird Strategic LLC Kevin Allis

During the month of May 2023, much activity was done with the Health and Wellness and Public Works division to align Forest County Potawatomi Community (FCPC) interests with Washington DC activities. With respect to Health & Wellness, bringing in more funds to the FCPC health clinic, resulting from patients utilizing pharmacy services, is extremely important. Currently, pharmacy visits do not count as “encounters” which would receive state and federal funding per encounter/visit. The receipt for the reimbursement funds for such activities would be extremely valuable in the ability of the clinic to provide even more valuable services to the FCP community. In addition, a matter involving eligibility for assisted living and skilled nursing care for FCPC Elders is also of interest to the Tribe.

With respect to the clinic, the goal is for the State of Wisconsin to match the current Michigan and Minnesota State Plan language by counting pharmacy visits as “encounters” for Indian Health Services “All Inclusive Rate” (AIR) reimbursement. The Centers for Medicare & Medicaid Services at the United States Department of Health and Human Services manages state plans, and approves all amendments requested by states. Minnesota and Michigan have state plans that include pharmacy visits for AIR reimbursements. The idea is to assemble proposed language for Wisconsin to consider submitting to CMS as an amendment to the state plan.

Regarding the issue with assistant living and skilled nursing care coverage for FCPC tribal members, this likely will be something that needs to be addressed in Washington DC.... either legislatively or administrability. Currently, tribal per capita programs derived from gaming dollars negatively impacts eligibility for important health related programs relevant to FCPC Elders. The hope is that there can be a shift in policy designed to waive per capita income derived from gaming dollars when determining eligibility for these important programs. It’s unfair to require FCPC Elders, in need of assisted care services to divest all their

assets, and make themselves “poor,” in order to receive such healthcare assistance. This likely will be a heavy push, that will require much work, but worth the effort to achieve the goal of having FCPC Elders eligible for these critically important services.

Regarding FCPC Public Works, much work has been done to get more funding for infrastructure. Currently, the Forest County Potawatomi Community is seeking a FY2023 Safe Streets and Roads for All (SS4A) grant funding for its Pathway to Wellness: Safely Connecting Communities Project. The project will include the analysis and pre-engineering activities associated with constructing a walking and biking path that would span from Carter, Wisconsin to Crandon Wisconsin. Additionally, the project will include a study designed to determine the feasibility of an ATV/UTV trail along US Highway 8 East from Crandon, WI, to Laona, WI. Since no connection currently exists, this development would eliminate ATV traffic from many roads, thereby significantly improving motor safety concerns for the area.

Finally, and of great interest to the FCPC, is Farm Bill funding opportunities. One of the center pieces to the 118th Congress, will be the reauthorization of the Farm Bill. The massive bill, which is reauthorized every five (5) years, is filled with potential funding opportunities important to the FCPC. Line items of interest, the FCPC would like to see pass with significance include funding and participation in agriculture with states, United States Department of Agriculture (USDA) tribal self-governance office, utilization of traditional foods for Food Box programs, Federally Recognized Tribes Extension Program (FRTEP), and expanding 638 funding to Natural Resources Conservation Service (NRSC) programs

Regarding Tribal Parity, the goal is to have tribes listed in the Farm Bill, under each relevant program and funding source, wherever state, city or municipality authority is recognized. This will help ensure that tribes, tribal producers and communities can fully access USDA programs. Additionally,

by amending the definition of “Priority Resource Concerns” to include tribes, Indian Country’s natural resource needs will more adequately apply to NRCS funding, such as environmental disaster mitigation and climate smart investments for conservation improvements to infrastructure. Finally, the goal is to also recognize and incorporate tribal departments of food and agriculture into the administration implementation of USDA programs and ongoing government-to-government relationships.

With respect to the establishment of a USDA Office of Self-Governance, the priority addresses the real lack of any substantial use of 638 contracting for USDA tribal programs. Currently 638 authority has been applied to only two (2) USDA programs via a pilot projects. Establishing an Office of Self-Governance at USDA would provide the expertise needed to negotiate 638 agreements across all of USDA, in a centralized place, and avoid the complication of shifting such administrative services to the BIA. Self-governance allows the Tribe to dictate how federal funds are spent, thus not having to deal with USDA and BIA determining how funding can be used.

Establishing a demonstration project allowing tribes to procure local and traditional foods for the Senior Food Box program would be similar to what happened to the FDIPR pilot in the 2018 Farm Bill. Indian Country should be encouraging Congress to establish a 638-demonstration project to allow tribes to procure both local and traditional foods for the elders they serve. Food Box programs are important to the FCPC.

The Federally Recognized Tribes Extension Program has never been fully funded. This has resulted in only 32 tribes across the country with FRTEP agents that are delivering critically important technical assistance to native producers. In the 1990 Farm Bill, the FRTEP was authorized for \$10 million, yet only appropriated at \$1 million. Today the funding has only grown to \$3 million. The goal is to plus up the fund-

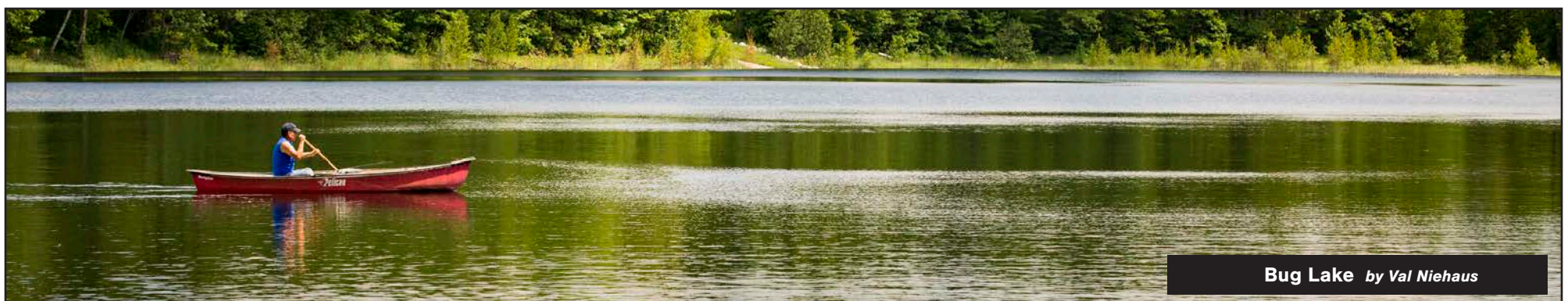


ing to \$30 million, which would allow at least 100 more tribes have access to the program.

Regarding access to capital, authorizing Native-serving CFDIs to administer Farm Services Agency (FSA) and RD programs directly, would allow them to structure loan programs to better suit producers in Indian Country.

Supporting the Next Generation policy priorities is designed to acquire more dollars for Tribal Colleges and Universities FRTEP funding. This program is slightly differentiated from that FRTEP mentioned earlier. The earlier program is accessing funding to develop a FRTEP relationship between tribes and land-grant universities (1862 & 1890 Land Grant Universities), and this funding would allow more dollars for relationships between TCUs and tribes. Additionally, authorize TCUs to be eligible for all NIFA funding, which currently does not exist. Also, there is an ask is develop a stronger program that offers set-asides in the Beginning Farmer and Rancher Development Program, for those programs supporting native youth and tribal agriculture... thereby developing a better pathway for native students to see themselves in agricultural careers. Similarly, set-asides in AFRI and NIFA portfolios would be able to support student researchers engaging in research on Indigenous agriculture practices.

Finally, the desire to expand 638 to NRSC programs would eliminate the inefficient management of the program by USDA and BIA. Providing such authority to tribes better utilizes such conservation programs in a way that best meets tribal needs.



Bug Lake by Val Niehaus



2023 SUMMER 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: June 16, 2023
INTERNSHIP DATES: July 10 - August 25, 2023

PLEASE CONTACT: Miranda Villa, Executive Assistant
to get an application at: 414-837-3786 | Miranda.Villa@fcp-nsn.gov
www.paysbig.com/gaming-commission

FARM to Table

COOKING CLASS

OPEN TO EVERYONE

JUNE 27, 2023
5:30 PM

Join Community Health Nutritionist Karly Harrison at the farm where you'll harvest fresh produce and learn how to prepare it into a nutritious meal!

FEATURED MEAL:
FEATURING FARM-FRESH EGGS & IN-SEASON VEGETABLES

FREE TO ATTEND!
REGISTRATION REQUIRED

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HEALTH




Bodwewadmi
Ktegan

For more information or to register Contact Environmental Educator Nicole Filiatreault at 715-478-4910, or Nicole.Filiatreault@FCP-nsn.gov

3389 County Hwy. H
Laona, WI 54541

DECOLONIZE:


DR. REINHARDT'S Indigenous Knowledge & Research



Dr. Reinhardt will present his research on the Decolonizing Diet Plan, Food Sovereignty, Food Ecology, & Local Native Plant Knowledge.


Dr. Martin Reinhardt

is an Anishinaabe Ojibway citizen of the Sault Ste. Marie Tribe of Chippewa Indians from Michigan. He is a tenured professor of Native American Studies at Northern Michigan University, has his Ph.D in Educational Leadership, has both his Bachelor's and Master's degree in Sociology, and is the primary investigator for the Decolonizing Diet Project. He travels providing lectures and presentations on several topics of research such as American Indian Education, Tribal law and government, and sociology. Currently his research is focusing on revitalizing the relationships between humans and indigenous plants and animals in the Great Lakes Region.



JUNE 22, 2023 6:30-8PM
POTAWATOMI CARTER CASINO HOTEL
618 Highway 32 • Wabeno, Wisconsin

OPEN TO EVERYONE
Cost = FREE
Snacks & drinks will be provided!
Merchandise available for purchase.



FOREST COUNTY
POTAWATOMI
HEALTH
DIVISION



FOREST COUNTY
POTAWATOMI
LANGUAGE
& CULTURE

Indigenous FOOD PREPARATION

Join Dr. Martin Reinhardt for two demonstrations of indigenous food preparation and tasting!

JUNE 22, 2023

**POTAWATOMI
COMMUNITY CENTER**

TEACHING KITCHEN
5471 thayék ethê dnêkmëgzêk myéw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin



Dr. Martin Reinhardt is an Anishinaabe Ojibway citizen of the Sault Ste. Marie Tribe of Chippewa Indians from Michigan. He is a tenured professor of Native American Studies at Northern Michigan University, has his Ph.D in Educational Leadership, has both his Bachelor's and Master's degree in Sociology, and is the primary investigator for the Decolonizing Diet Project. He travels providing lectures and presentations on several topics of research such as American Indian Education, Tribal law and government, and sociology. Currently his research is focusing on revitalizing the relationships between humans and indigenous plants and animals in the Great Lakes Region.

SESSION 1 • 1-3pm
SESSION 2 • 3-5pm

OPEN TO FCP TRIBAL MEMBERS
24 Spots Available!
(12 people per session)



FOREST COUNTY
POTAWATOMI
HEALTH
DIVISION



FOREST COUNTY
POTAWATOMI
LANGUAGE
& CULTURE



GUIDED FARM WALKING TOURS

Wednesdays
Starting Promptly
at 1 pm in the
Farm Store

FREE & OPEN
TO THE PUBLIC

BOOTS/STURDY FOOTWEAR
SUGGESTED

SEE OUR:
AQUAPONICS FACILITY, SUGAR SHACK,
HIGH TUNNELS, MOBILE CHICKEN COOP,
COMPOST AREA, PIG PENS, AND BISON
& COW PASTURES









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Laona, WI 54541
715.478.4545
farm.fcpotawatomi.com



**Bodwewadmi
Ktëgan**

HOURS:
M-F 9-4, June-Dec Sat 8-4,
Closed Sunday

June 5 thru
August 27, 2023

SUMMER STRENGTH SERIES



Let us help you get results!

During Summer it can be difficult to keep a consistent fitness routine. Sign up for our 12-week challenge to receive our extensive strength training program that will help you gain muscle and drop body fat. Ladies... you will not get bulky!

***Opportunities to attend informational seminars throughout the challenge**

JUNE 15: How to Eat Healthy at Home
JULY 20: Sleep Deprivation, Weight Loss, & Recovery
AUGUST 17: Healthy Habits to Increase Energy
Lunches provided. *Must be signed-up for this challenge to participate.

Track your progress

Tracking helps you see your progress, and can keep you motivated. Workout tracking sheets are available and you will receive an Inbody 270 Analysis.



REGISTRATION OPEN TO:
Community Center Members = \$15
FCP Tribal Members & Descendants = FREE

REGISTER TODAY! Scan this QR Code.
community.fcpotawatomi.com/
CourseActivities.aspx?id=3





POTAWATOMI COMMUNITY CENTER
5471 thayëk ëthë dnëkmëgzëk myëw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin

QUESTIONS?
Contact Fitness & Wellness Manager Desiree Marten
715-478-6512 • Desiree.Marten@FCP-nsn.gov



HEALTHY HOMES 10K

- Available to FCP Tribal Members for home repairs/improvements
- Funds must be used for members primary residence
- Receive up to 10K
- Repairs must be made during the period of Jan. 1, 2022, & completed before Dec. 31, 2023
- Attestation forms for payment will be accepted until July 31, 2023

- Eligible repairs include, but not limited to:
 - Roof replacement/repair
 - Siding replacement/repair
 - Window/door replacement
- Forms are available in the FCP Finance Department, or scan in code (below) to complete the application online







FOREST COUNTY POTAWATOMI
Keeper of the Fire

QUESTIONS? CONTACT:
Sheila Chitko: 715-478-7393 | sheila.chitko@fcp-nsn.gov
Jolynn Richter: 715-478-4808 | jolynn.richter@fcp-nsn.gov



BASKETBALL CAMP

July 25-27, 2023

3 DIFFERENT GROUPS
Ages 13-18 • 3:00-4:30pm
Ages 7-12 • 4:30-6pm
Coaching Clinic • 6:00-7:00pm

This camp will challenge participant's mentally and physically while they learn ball handling, shooting, passing, and other basketball fundamentals. Expect high energy with gRow!

OPEN TO EVERYONE

To register visit our front desk or community.fcpotawatomi.com

YOUTH PRICING

1 Day = \$25
2 Days = \$40
3 Days = \$50

COACHES PRICING

1 Day = \$10
3 Days = \$25



POTAWATOMI COMMUNITY CENTER
5471 thayëk ëthë dnëkmëgzëk myëw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin

For more information contact Trisha Thorbahn
715-478-6527 • Trisha.Thorbahn@FCP-nsn.gov

◀ JUNE AQUATIC SCHEDULE ▶

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Yard Pool	Lap Swim 12pm-4pm	Lap Swim 7am-7pm Swim Lessons 3:30pm-4:30pm (LL)	Lap Swim 7am-7pm Aqua Jogging 10:15am-10:45am (LL) Swim Lessons 3:30pm-4:30pm (LL)	Lap Swim 7am-7pm Swim Lessons 3:30pm-4:30pm (LL)	Lap Swim 8am-7pm	Lap Swim 10am-8pm	Lap Swim 11am-7pm
Activity Pool & Hot Tub	Family Swim 12pm-4pm	Open Swim 7am-9am 10am-11am 1pm-2pm 3:30pm-5:30pm 6:15pm-7pm Shallow Water Aerobics 9:15am-10am Swim Lessons 11am-1pm 2pm-3:30pm Aqua ZUMBA® 5:30pm-6:15pm	Open Swim 7am-9am 10am-11am 1pm-2pm 3:30pm-7pm Shallow Water Aerobics 9:15am-10am Swim Lessons 11am-1pm 2pm-3:30pm	Open Swim 7am-10am 1pm-2pm 3:30pm-7pm Aqua HIIT 10:15am-11am Swim Lessons 11am-1pm 2pm-3:30pm	Open Swim 8am-7pm	Open Swim 10am-8pm	Open Swim 11am-7pm
Slide & Features	Slide & Features 12pm-4pm	Available upon request during Open Swim hours Monday thru Thursday				Slide & Features 4pm-7pm	Slide & Features 12pm-5pm

ATTENTION!
June 8th & 22nd
Hot Tub will be closed
for maintenance

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



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



◀ Summer Session 1 ▶

Group Exercise Schedule

June 11 - July 22, 2023

Class Location Key

- AQUATIC CENTER
- GROUP EXERCISE ROOM
- COMBATIVE ROOM
- TURF FIELDHOUSE
- FITNESS ON DEMAND
- OUTDOORS

◀ Land Classes ▶

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Stretching 11am-11:30am	Senior Fit 9am-9:45am Abs & Core 10am-10:30am	Bootcamp 5:45am-6:15am Yoga 9-9:30am Barre-less 5:15pm-6pm	Sunrise Spin 5:45am-6:30am Full-Body Fitness 8:30am-9:15am Outdoor Walking Club 12:30pm-1pm ZUMBA® Toning 5:30pm-6:30pm	Mobility & Core 9am-9:30am HIIT 10am-10:30am Lunch Crunch 12pm-12:20pm Bar League 5:15pm-6pm Yoga 6:15pm-6:45pm	Tabata 8:30am-9am Mind & Body 9:15am-9:45am	NO CLASSES

◀ Aquatic Classes ▶

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
NO CLASSES	Shallow Water Aerobics 9:15am-10am Aqua ZUMBA® 5:30pm-6:15pm	Shallow Water Aerobics 9:15am-10am Aqua Jogging 10:15am-11am	ELDERS ONLY Shallow Water Aerobics 9:15-10am Aqua HIIT 10:15am-11am	NO CLASSES	NO CLASSES	NO CLASSES

◀ Fitness Promotions ▶

<p>GROUP FIT PLAN</p> <p>Members = \$20 Non-Members = \$40</p> <p>Includes unlimited Group Exercise Classes for 55 days, access to world-class workouts on our in-studio Fitness On Demand kiosk, and discounted pricing on Specialty Classes!</p>	<p>DROP-IN FEES</p> <p>Members \$3 per class</p> <p>Non-Members \$10 per class</p>
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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.

Project Spotlight: WE ENERGIES SERVICE CENTER



The WE Energies service center is now complete and in full operation. The project consists of the new construction of a service garage for the energy corporation in Monroe, WI to serve the needs of the surrounding rural community.

The building includes a two-bay apparatus service garage with a storage room and area, a training and conference room, offices and open workspace, and a kitchen. The building consists of a structural steel framing with a steel envelope atop a reinforced slab-on-grade foundation with cast-in-place footings and foundation walls. The administrative half of the service garage consists of steel stud framing, with all



new MEPF systems. Sitework includes the construction of service and access roads, parking lots, and material storage.

The project was a design-build effort in collaboration with Gries Architectural Group, Inc. The building tapped into city sewer, water, and natural gas and was constructed from various building materials. The building scope also includes an extensive AV/IT service package and security equipment. Due to the locality of the site, the team employed a detailed communication, safety, and procurement plan to overcome the locality.

We would like to thank WEC Energy Group and WE Energies for selecting Greenfire as their construction manager for this important project that further serves the needs of the rural community. The project team includes Curt Begotka, superintendent, and Ron Wiedeman, senior project manager.



GMS Team Spotlight: CHRIS GRULKE, PROJECT ENGINEER

SECRET TALENT: When one needs to generate additional income to afford schooling in Milwaukee, one naturally turns to bartending. I poured my first professional drink in 2018 and have been slowly climbing into the craft cocktail world ever since. Whether it's perfecting the pour for a half-and-half with Guinness and Harp, shaking a gin fizz until my arm falls off, or crafting the perfect Wisconsin Bloody Mary with just the right amount of Worcestershire sauce, I've tried them all. I've also still been known to moonlight here and there, try as many Milwaukee bars as you can to see if you can find me.



CLAIM TO FAME: Believe it or not, I was a child model. I had a family friend that worked in marketing for a well-known clothing chain and asked 7-year-old me to feature in one of her magazines. I ended up featured in a full two-page spread advertising various sports gear. If anyone was collecting Land's End catalogs in the early 2000's I would kindly ask that you not scour them looking for me, the embarrassment would be too much.

OBLIGATORY CONSTRUCTION FACTOID: Coming from a family of engineers, I originally wanted a more creative path. This led me to architecture school, where upon completion I realized that the "creative freedom" that architects stress was a little too free for me. Needing something more guided, I turned from the design process to the construction process. This eventually led me to Greenfire, where I enjoy every day more than the last.

CONTEMPLATIVE THOUGHT OF THE DAY: Don't forget to breathe. We're all so busy and have so much going on in our day-to-day lives that it can be overwhelming. Just a simple moment to stop, breathe, and reassess where you're at will help keep everything in perspective. It only takes a moment and can help you stay sane as you take on your day.

EMPLOYMENT OPPORTUNITIES

Visit the Potawatomi Business Development Corporation website to view a full listing of jobs available domestically and internationally:
potawatombdc.com/careers/



TIKI CASH THURSDAYS

JUNE 15, 22 & 29

DRAWINGS: 12 PM – 7 PM
ONE WINNER EACH HOUR

Earn 100 same day points to be eligible to participate in the random drawings.

WIN YOUR SHARE OF

\$5,500 CASH!



— FRIDAY, JUNE 30, 2023 —

CHARITY GOLF OUTING

Nicolet Country Club, Laona WI

All Proceeds are donated to local diabetes programs.

\$90 Per Person (4 Person, Scramble)

Includes 18 holes of golf with cart, golfer's gift, lunch, dinner voucher and drink tickets.

Register your team today!

Call: 715.473.6740 before June 23, 2023



JOIN OUR TEAM
JOIN OUR TEAM
JOIN OUR TEAM

CAREER FAIR

THURSDAY, JUNE 29

1 PM — 5 PM | KISHECK ROOM



POTAWATOMI
CASINO | HOTEL
CARTER

View current open positions:
CARTERCASINO.COM/CAREERS

FRIDAY NIGHT

DINNER SPECIALS | 4 PM - 9 PM

FRIDAY FISH FRY
HENNY PENNY® CHICKEN

THE SPRINGS
RESTAURANT & LOUNGE



WIN A WHITE CLAW SCOOTER!

Receive one entry for every \$3 White Claw, \$4 White Claw & Vodka or \$3 Mike's Hard Lemonade® purchased.



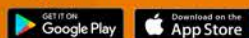
DRAWING:
JUNE 29

THE FLAMES SPORTS BAR & GRILL

Need not be present to win.
Prize is valued at \$425.



Download our free mobile APP



POTAWATOMI
CASINO | HOTEL
CARTER

Follow us on social media!



6th Annual

Sponsored by



FOREST COUNTY
POTAWATOMI
Keeper of the Fire

CRANDON INTERNATIONAL
OFF-ROAD RACEWAY
FOREST COUNTY
FESTIVAL

JUNE 30 - JULY 2, 2023



**HUGE
FIREWORK SHOW**

**FREE
ADMISSION & CARNIVAL RIDES**

\$5 PARKING
FUNDS SUPPORT
CRANDON FIRE DEPT.

CONTACT:
Tina Kulaf @
(715) 478-2222
Alex McCorkle @
(715) 478-7475

FRIDAY, JUNE 30

- 4-10 pm: FREE Carnival Rides
- Township/Cultural Day Exhibits

SATURDAY, JULY 1

- Noon: Crandon Fire Department Parade (Downtown Main Street)
- Noon - 10 pm: FREE Carnival Rides
- 3 pm: Kids Games
- 4 pm: Demolition Derby
- 7-11 pm: Live Music
- 10 pm: Crandon Fire Department Fireworks (Race Track)

SUNDAY, JULY 2

- Noon - 5 pm: FREE Carnival Rides