



# POTAWATOMI TRAVELING TIMES

Volume 29, Issue 1 • July 1, 2023  
abtë nib gizes • Half Summer Moon



## Laona EMS Ground Breaking

by Amber Haseman

Laona Rescue has been around for 49 years. January will mark their 50 years. In 2016, it was decided that a second station was needed for the additional service area that was being picked up. A combined service area was then formed. Volunteers would continue staffing the station in Laona and employees would staff the south station located in Wabeno. The south station is manned 24/7, 365 day a year.

Laona Rescue service area currently covers the townships of: Blackwell, Caswell, Ross, Freedom, Laona, Wabeno, the Forest County Potawatomi reservation areas located in Blackwell and Carter, including the Casino & Hotel, the U.S. Forest Service Job Corps Campus in Blackwell, a nursing home, apartment complexes, and two K-12 school districts located in Laona and Wabeno. The service area covers a total of 405 square miles.

After seven years, the south location will no longer be available to the Laona Rescue to utilize. They've had the opportunity to extend their stay, but a plan needed to be in place in case they are evicted. The Laona Rescue Board Members reached out to the townships to let them know about the situation with the possibility of not being able to continue the service if they couldn't find a place to go. Phone calls were made, and letters were written. One of those phone calls were to the Forest County Potawatomi Executive Council.

FCP Executive Council invited the board to meet with them. They listened to their situation and realized the squad was in trouble. The council jumped into

action and came up with a temporary location for the ambulance to be parked and hotel rooms for the workers to sleep should it become necessary. The council decided that the best route for the squad would be to obtain a feasibility study for the ambulance service. The squad did not have the funds to pay for this study as they never considered it a necessity.

Council agreed to contract and pay for the feasibility study for the squad. This would provide details about the service, the sustainability of it, a good location based off the population, and call volume. With a plan in place and the assistance of grant funding including a Healthcare Infrastructure Grant, the building project would be fully-funded, and construction could begin.

Community members, Forest County Sheriff's Department, past, present and future EMS volunteers and employees, as well as state representatives gathered for the groundbreaking of the new Laona EMS building on June 20 at 3 p.m. Construction for the building has begun south of highway 32 in Laona. The ceremony began with a warm welcome and introductions from Laona Rescue Vice President, Scott Reeves who introduced Laona Rescue Unit Board President, Annie Krawze, the heart and soul of this project.

Krawze shares her stories and appreciation to all those involved with the project as well as the state representatives who are making it possible. "This grant funding is so important to the communities, like the one we live in. Representative Mursau, thank you for the breadcrumbs and the trail to follow. Governor Evers, the Healthcare

Infrastructure Grant brought this from a dream on a piece of scratch paper to reality. Senator Baldwin, this building contains the design and functionality that will carry this service forward into the next generation. Without all of you and the grant funding, 911 service would've been interrupted and Laona Rescue would not be on the picture board that's in back of me. Again, my sincere thank you. I have dedicated my life to this dream, and I can't thank you enough for believing in the dream, the way that I do."

Concluding her speech, Krawze introduces one of the founding members of the Laona Rescue Ward Leach. Leach and other members attended class in Crandon to become EMT's. After some fundraising, they raised \$35,000, purchased their first rescue squad and began their mission.

Greenfire Management Services Director of Northern Operations Michael Murphy joined the stand. He introduced a few of the workers on his team including the senior project manager, site superintendent as well as their design partner and architect. Murphy shares a story about their second meeting with the Laona Rescue Committee stating that they knew exactly what they wanted. He found it to be really interesting that in the four years he has done this, in just two hours, they had a floor plan. This generally takes clients months because they know what they want, just not the size they want it. He explains how they were down to which way the doors would swing and the color of the carpet. The amount of effort the committee has thought through the

design process shows how much they've been thinking about this throughout the years.

Murphy states that their team has gotten off to a great start. The weather has been great as well as the construction that has been completed so far. During construction, there will be over 300 tradesmen that will be involved with the project, many including local participation, which is great for the community.

Following Murphy's speech, Northwestern Wisconsin Regional Representative Anna Ringstad of U.S. Senator Tammy Baldwin's Office spoke on behalf of Baldwin. "I am proud to have partnered with you to bring federal funding to Laona to improve your EMS infrastructure. I hope that this new facility further supports your mission to keep your community safe, and thank you for all the important work that you do." Wisconsin Department of Administration Secretary Kathy Blumenfeld spoke on behalf of Governor Evers stating, "This project was one of only two dozen highly-impactful healthcare infrastructures that were awarded."

The ceremony concluded with the ceremonial groundbreaking and photographs of the Laona EMS Board Members, state representatives and Greenfire Management Services with their shovels and a Greenfire hard hat, breaking ground of the new Laona EMS building.



Scott Reeves with Annie Krawze



Laona Rescue Board Members breaking ground with representatives



Greenfire Management Services  
Director Michael Murphy

# Energy Secretary Jennifer Granholm Meets with Potawatomi to Discuss Clean Energy



submitted by Department of Energy

U.S. Department of Energy Secretary Jennifer Granholm made a trip to Wisconsin recently to highlight the Biden Administration's efforts to develop cleaner forms of energy and cut carbon dioxide emissions.

This included a visit to the Potawatomi's Wgema Campus in Milwaukee where Secretary Granholm had the opportunity see how the tribe has been working to reduce its own carbon footprint through energy-efficiency projects and the use of renewable energy. Secretary Granholm was able to learn more about the tribe's use of solar on the campus and their efforts to incorporate energy efficiency in the renovations of the historic buildings on the campus.

"The efforts we have made to reduce our carbon footprint help not only the Potawatomi, but the entire community. Everyone benefits from reduced energy use," said Forest County Potawatomi Vice Chairwoman Heather VanZile.

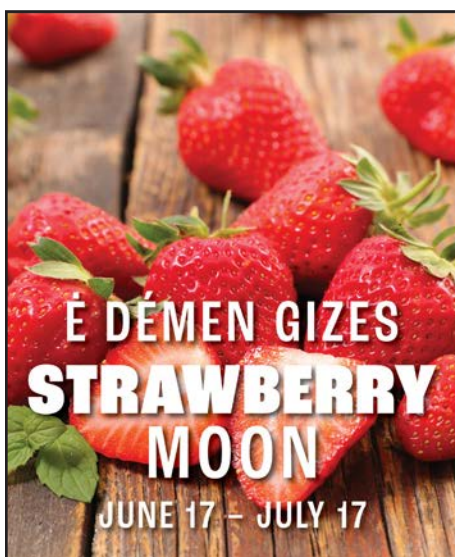
Secretary Granholm told news reporters that she's trying to help President Biden get to his goal of 100 percent clean electricity by 2035 and net zero carbon pollution by 2050.

"The tribal governments across the

nation are huge allies for us in making that happen. They're sovereign governments. They can also take advantage of some of the incentives that have been passed in the Invest in America agenda. It's very exciting to see they are very focused on energy efficiency – we saw the solar panels - and on generating clean energy. Both sides there are incentives for, to continue their mission," said Granholm.

"We hope that these types of projects can be examples for other tribal nations and our surrounding community. Our mission is to show that these projects are both beneficial and possible," added Vice Chairwoman VanZile.

Secretary Granholm also had the chance to meet with HIR Wellness Institute (HIR) and the Daughters of Tradition (DOT) while at the Wgema Campus. HIR / DOT is a women and survivor-led nonprofit that offers free mental health counseling, wellness, and advocacy services to victims of violence especially those who have experienced sexual assault, domestic violence, intimate partner violence, sex-trafficking, Missing and Murdered Indigenous Women/relatives and those who struggle with suicide and complex grief.



- Typically found in somewhat disturbed areas like trails, roadsides, hillsides, etc.
- Found in full-sun to partly-shady areas
- Part of the Rose (Rosaceae) family
- Leaves remain green throughout winter
- Berries are food for small mammals and birds

#### Additional Resources:

Wild Strawberry Fact Sheet - Signs of the Seasons: A New England Phenology Program - University of Maine Cooperative Extension (umaine.edu)



FOREST COUNTY POTAWATOMI  
GAMING COMMISSION

## 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 30, 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](mailto:Miranda.Villa@fcp-nsn.gov)  
[www.paysbig.com/gaming-commission](http://www.paysbig.com/gaming-commission)

**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 15, 2023, issue of the PTT is Wednesday, July 5, 2023.**



POTAWATOMI  
TRAVELING TIMES

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

#### FCP EXECUTIVE COUNCIL

Chairman: JAMES A. CRAWFORD

Vice Chairwoman: HEATHER VANZILE

Secretary: AIYANA VANZILE

Treasurer: IMMANUEL "MANNY" JOHNSON II

Council Members: BROOKS BOYD, DESTINEE ALLOWAY

#### PTT STAFF

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Graphic Designers: KRYSTAL STATEZNY & CHAD SKUBAL

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# Color Me Crazy 5K

by Val Niehaus

The Potawatomi Community Center and Health & Wellness Center held a first annual Color Me Crazy 5K and 1-mile walk on June 17, 2023.

Participants could pre-register or register upon arrival with the race starting at 11 a.m. Everyone received a white t-shirt that didn't stay white for long once they walk/run through the first of the color stations. In total, there were four color stations where the walkers/runners were blasted with colors of purple, pink, blue, and yellow. Thankfully, there were also water stations along

the way to hydrate since the temperature was in the mid-'80s.

The whole walk/run took about an hour to complete, and at the end there was a group color throw. Afterwards, families participated in outdoor games and activities.

Many thanks go out to the Community Center and the Health & Wellness employees who set up this fun event while dealing with the high temperature for the day.

Keep an eye out for a second annual next year!



Mother (Kerry Fox) and daughter (Anike Sulaimon) partake on the run/walk together.



Everyone is nice and clean to start.



This little one enjoyed the color on her!



Jayden Tuckwab getting a face full of color!

# Bronson Koenig Basketball Camp



by Val Niehaus

The Forest County Potawatomi (FCP) community had a special guest visit on June 20 and 21, 2023, at the Potawatomi Community Center—Bronson Koenig, who was a former Wisconsin Badger basketball player.

Koenig is a member of the Ho-Chunk Nation and visited the area to practice with youth in a two-day camp. There were two age groups: 7-12 and 13-18-year olds. Even though attendance was lower this year than last year's, Koenig still tried to make the best of his time here.

Both days lasted about two hours

for each group session. Koenig did ball-handling lessons, agility drills, and dribbling sprints and showed the participants proper shooting techniques so they could start mastering their shots. He also threw in some fun games like dribble knockout and shooting competitions.

Koenig is hoping to make a trip back next year and to have more participants able to take part in his two-day camp. It is a great experience to listen and learn from a Ho-Chunk Nation member not only about the game of basketball but the game of life, too! Keep your eyes and ears open to when he will make his next visit.

# Welcome Coach Dixon!



submitted by FCP Community Center

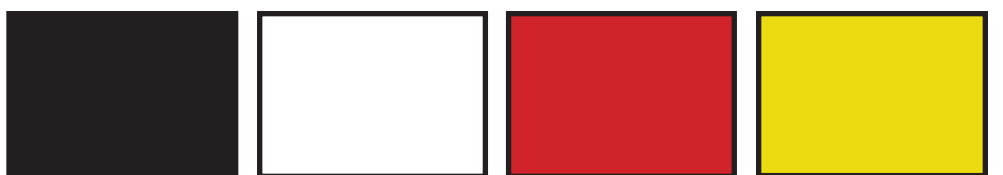
Coach Dixon has coached athletics, speed, agility, and strength training for over 45 years in various sporting events!

He's coached many, nationally-ranked youth athletes, and world / American masters record holders. He's certified to coach elite youth and adult athletes for national/international/

Olympic level competition via USA Track & Field (USATF) and the World Athletics/International Association of Athletics Federation. In addition, he's a spokesperson for the USA Track & Fields Win with Integrity Program (drugs free) and Director / Instructor for USA Track & Fields Coaches Education Programs Level 1 Schools. He's also an instructor for Nike's Northwest Track & Field Coaches Clinics.

"I'm looking to develop a sports program to get our athletes up to the elite level of sports competition. I know we have the DNA to reach the higher level of college athletics. I'm also looking to build a sports education program to get everyone (coaches, parents, & athletes) on the same page with sports performance and development (youth through adults).

"In the future, I would like to have a sports-training complex that we can use to fully develop our athletes in the Indian Nation in addition to having internal competing in all sports within the Indian Nation."



# Indigenous Food Preparation with Dr. Reinhardt

by Amber Haseman

Tribal members and staff joined Dr. Martin Reinhardt for two demonstrations of Indigenous Food Preparation and Tasting on June 22, 2023, at the Potawatomi Community Center. The first demonstration began at 1 p.m., and the second one followed at 3 p.m. In his first demonstration, he shared the process of nixtamalizing manoomin (wild rice) flour and using that to make mini tortillas.

Reinhardt began the demonstration with uncooked manoomin, hardwood ash and boiling water. After boiling the rice for 35-40 minutes, it begins to curl, and the stem starts to show. This indicates that the rice is ready to be taken off heat and it's time to be cooled. Once cool, volunteers rinsed the manoomin and prepared the rice to be dried in the dehydrator.

Guests had the opportunity of grinding the cooked manoomin with a Botagen or coffee bean grinder to create the flour. Next up, creating the tortillas! In a large mixing bowl, manoomin flour, sea salt and hot water were added. While mixing the flour, gradually add water until you're able to make a moist dough ball without any cracks. Cover with a towel and let sit for 15 minutes. Using a tortilla press, flatten the dough

ball to create the tortilla. Fry it in a frying pan with sunflower oil until both sides are brown. Remove from pan and serve.

Reinhardt's second demonstration featured Bison Liver Pâté. He began by soaking the liver in black cherry juice the night before. This is used to cut down the gamey flavor. Volunteers assisted him with slicing the liver into large thin pieces. Sunflower oil, leek bulbs, sea salt, sweet fer and sunchoke powder were added into the frying pan and cooked for three minutes at medium heat.

The liver slices were added to the pan and cooked until brown on the outside with a little pink on the inside. An additional quarter cup of black cherry juice was added, and the liver was cooked until the pink was gone. Once finished, everything from the frying pan was added into a food processor and purée until the liver was a spreadable consistency.

While there were times of trial and error, everything turned out great. The tortilla shells were flavorful, and the bison liver was tender, hearty and tasty! An overall great experience and opportunity for tribal members and staff to get a taste of preparing indigenous food.



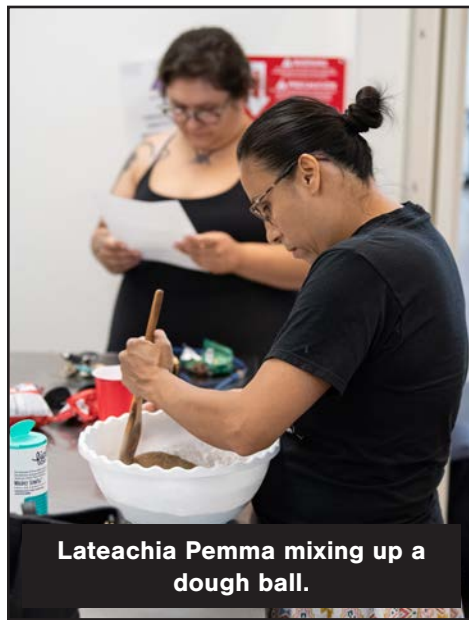
Preparing the rice to dry and liver to cook!



Dr. Reinhardt cooking up the spices!



Dr. Reinhardt boiling the Manoomin and ashes.



Lateachia Pemma mixing up a dough ball.



Mike Alloway slicing up the liver.




Almost ready to purée!

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

# Fire-Extinguisher Training

by Amber Haseman

A total of 19 students attended the fire-extinguisher training hosted June 22, 2023, by the FCP Emergency Management team inside their building. Trainings were held at 11 a.m., 2:15 and 3 p.m. Emergency Management Program Director Bobbie Irocky performed the training with assistance of Lindsey Retzlaff who ensured the students were all checked in. They each had an opportunity to participate in the training using the digital device. Each of the students proceeded using the acronym they learned during training. This acronym is PASS, standing for Pull, Aim, Squeeze and Sweep.

They began by pulling the pin, aiming at the base of the fire, squeezing the lever and sweeping the fire extinguisher from side-to-side. Students were timed on how quickly and accurately they could put the fire out. Once completed, they received a goodie bag and a certificate of completion. The Emergency

Management team also gave students extinguishers to bring home if they felt they needed one.

Security Director Jordan Keeble continued to take each group to the security building after their training and gave them a tour of the facility along with a lesson on the duties of working in security. Keeble, along with 1st Shift Security Supervisor Jesse Dennison, explained a few of the tasks they do, including making dog tags, tribal ID's and employee badges, ensuring the safety of the community, assisting with emergency calls and more. They also shared the surveillance office along with the many cameras around campus. The students seemed most interested in this part of the tour!

All in all, it was a great opportunity for the students to learn about the safety and security of their lives and hopefully be better prepared for any emergencies in the future.



Emergency Management Program Director Bobbie Irocky welcoming the students.



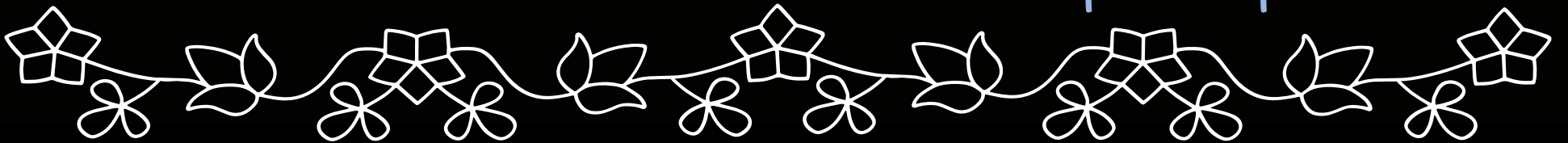
Training in process!



Security Director Jordan Keeble sharing stories with the students.



Home of the Woodland World Championship

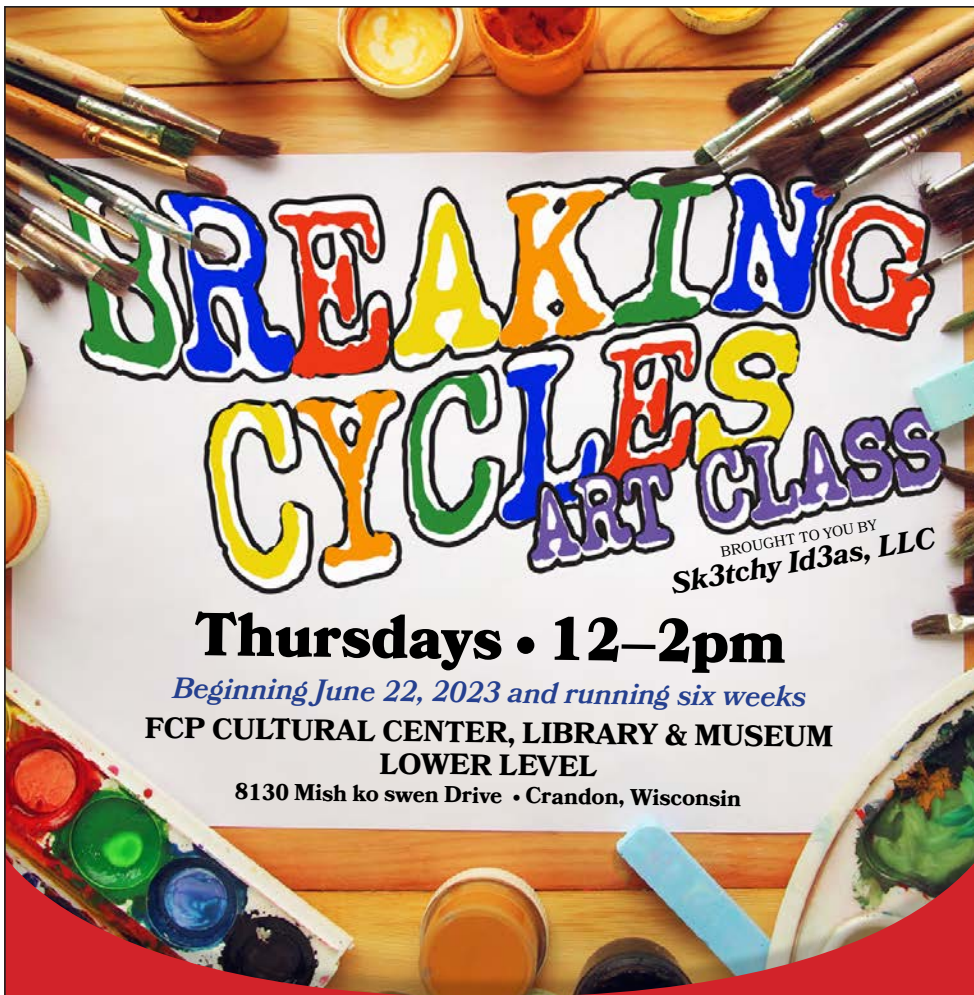


MENOKENO

MAJEWENPOWOW



KA KĒW SĒ GATHERING GROUNDS / 3912 FERRY RANCH LN, WABENO, WI 54566



# BREAKING CYCLES ART CLASS

BROUGHT TO YOU BY  
**Sk3tchy Id3as, LLC**


**Thursdays • 12–2pm**  
Beginning June 22, 2023 and running six weeks

**FCP CULTURAL CENTER, LIBRARY & MUSEUM  
LOWER LEVEL**  
8130 Mish ko swen Drive • Crandon, Wisconsin

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**OPEN TO:**  
FCP Tribal Members, Descendants, & Their Families  
FCP Employees & Their Families  
**Only 15 spots available!**  
Registration is First Come, First Served!

To register contact Prevention & Recovery Program  
Director Angela Jacobson at 715-478-4978



FOREST COUNTY POTAWATOMI  
HEALTH & WELLNESS CENTER  
BEHAVIORAL HEALTH



# Cultural & Spiritual Flora & Fauna ART CONTEST

Plants Animals

Help us decorate the newly-renovated Tribal Hall! This competition is an opportunity for enrolled FCP artists to showcase their interpretation of the competition's theme through the medium of their choice. The top three winning works of art from the two different age groups will be awarded prizes!

<b>PRIZES AGES 13–17</b>	<b>PRIZES AGES 18+</b>
1 <sup>ST</sup> = Video Game Bundle	1 <sup>ST</sup> = \$1500
2 <sup>ND</sup> = Music Bundle	2 <sup>ND</sup> = \$1000
3 <sup>RD</sup> = Drawing Tablet Bundle	3 <sup>RD</sup> = \$800

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**OPEN TO:**  
Enrolled FCP Tribal Members Ages 13+  
Entrants must complete an Entry Form and sign Terms & Conditions Agreement, and Liability Form.

**DEADLINE:**  
5:00pm, August 31, 2023

**SUBMIT ARTWORK TO:**  
TRIBAL HALL  
8000 Potawatomi Trail  
Crandon, WI 54520  
**Artwork must be original!**



FOREST COUNTY POTAWATOMI  
PUBLIC WORKS  
DIVISION

**QUESTIONS?**  
Contact Kami Geske at 715-478-4925 or  
Kami.Geske@FCP-nsn.gov

**OPEN TO EVERYONE**

# Days of Summer

**July 17-20, 2023**

Enjoy the **Days of Summer** at Potawatomi Community Center! Participate in fun summer-themed workouts, games, and activities all week long. Thursday, join us on the beach for a workout of your choice followed by Mocktail Happy Hour & Luau.

**Monday 7AM-6PM @ Community Center**  
Hula Hoop Contest • Flamingo Croquet  
Flamingo Ring Toss • Tiki Tangle  
Goconut Bowling • Games & Activities

**Tuesday 7-5PM @ Community Center**  
Woodshop Activity

**Wednesday All Day @ Community Center**  
Hawaiian Shirt Contest *Win Prizes!*

**PRE-REGISTRATION REQUIRED!**

**Thursday**  
5:30PM @ Silver Lake Beach  
E. Silver Lake Rd. • Laona, Wisconsin

5:30-6pm Activity of your choice:  
• Bootcamp on the Beach  
• Volleyball  
• Water Fitness Class

6pm Mocktail Happy Hour & Luau  
(Food & drink provided).  
\$10 = Members • \$15 = Non-Members  
FREE! = FCP Tribal Members & Descendants

Pre-Registration Required  
To register visit the Front Desk or scan this QR Code!





**POTAWATOMI  
COMMUNITY CENTER**  
5471 thayék éthé dnèkmègzék myéw  
(The Place Where Everyone Plays Road)  
Crandon, Wisconsin

For more information stop by the front desk or call 715-478-6500

# POOL HOURS

**STARTING  
June 26<sup>th</sup>  
2023**



**Pool will remain open all day with NO 1-HOUR CLOSURES!**

**SLIDE & FEATURES**  
Available Monday – Thursday upon request during Open Swim hours

<b>SUNDAYS</b> 10am – 5pm Slide & Features 12pm – 4pm
<b>MONDAYS</b> 5:30am – 8pm
<b>TUESDAYS</b> 5:30am – 8pm
<b>WEDNESDAYS</b> 5:30am – 8pm
<b>THURSDAYS</b> 5:30am – 8pm
<b>FRIDAYS</b> 5:30am – 8pm Slide & Features 4pm – 8pm
<b>SATURDAYS</b> 11am – 8pm Slide & Features 12pm – 5pm



**POTAWATOMI  
COMMUNITY CENTER**  
AQUATIC CENTER  
5471 thayék éthé dnèkmègzék myéw  
Crandon, Wisconsin  
715-478-6513

Visit us online at  
community.fcspotawatomi.com



## 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












3389 Cty Hwy H  
Laona, WI 54541  
715.478.4545  
farm.fcpotawatomi.com

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



NOW THROUGH  
JULY 31, 2023!


FCP Land Information is inviting FCP Tribal Members to design a north-arrow to be used on their maps. Winning arrows will have cultural elements that are significant to the FCP Community. Put your indigenous spin on the arrow design!

Prizes for 1st, 2nd, & 3rd!

OPEN TO FCP TRIBAL MEMBERS ONLY

Contest may be opened up to FCP Descendants if there are less than five FCP Tribal Member entries. If there are less than five entries the contest will be extended two weeks.


Submit your artwork online, or drop it off in-person at  
**FCP Land & Natural Resources**  
5320 Wensaut Lane • Crandon, Wisconsin  
Art submitted may be selected for FCP LNR maps and/or other promotional materials.



For rules visit  
[lnr.fcpotawatomi.com/north-arrow-contest/](http://lnr.fcpotawatomi.com/north-arrow-contest/)

Questions?

Contact Administrative Assistant Brandi Frank:  
715-478-7222 • [BrandiR.Frank@FCP-nsn.gov](mailto:BrandiR.Frank@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







QUESTIONS? CONTACT:

Sheila Chitko: 715-478-7393 | [sheila.chitko@fcp-nsn.gov](mailto:sheila.chitko@fcp-nsn.gov)  
Jolynn Richter: 715-478-4808 | [jolynn.richter@fcp-nsn.gov](mailto: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](http://community.fcpotawatomi.com)

YOUTH PRICING

COACHES PRICING

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

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



POTAWATOMI COMMUNITY CENTER

5471 thayék éthé dnëkmëgzék myéw  
(The Place Where Everyone Plays Road)  
Crandon, Wisconsin

For more information contact Trisha Thorbahn  
715-478-6527 • [Trisha.Thorbahn@FCP-nsn.gov](mailto:Trisha.Thorbahn@FCP-nsn.gov)

**AQUATIC CENTER**

5471 thayék ethè dnèkmëgzèk myéw  
(The Place Where Everyone Plays Road)  
Crandon, Wisconsin



**POTAWATOMI  
COMMUNITY CENTER**

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

# ◀ JULY AQUATIC SCHEDULE ▶

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<b>Yard Pool</b>	Lap Swim 10am-5pm	Lap Swim 5:30am-8pm	Lap Swim 5:30am-8pm  Aqua Jogging 10:15am-10:45am (LL)	Lap Swim 5:30am-8pm	Lap Swim 5:30am-8pm	Lap Swim 5:30am-8pm	Lap Swim 12pm-8pm
<b>Activity Pool &amp; Hot Tub</b>	Family Swim 10am-5pm	Open Swim 5:30am-9am 10am-12:30pm 2:30pm-5:30pm 6:15pm-8pm  Shallow Water Aerobics 9:15am-10am  Camp Swim 12:30pm-2:30pm  Aqua ZUMBA® 5:30pm-6:15pm 7/10 & 7/17 only	Open Swim 5:30am-9am 10am-12:30pm 2:30pm - 8pm  Shallow Water Aerobics 9:15am-10am  Camp Swim 12:30pm-2:30pm	Open Swim 5:30am-9am 11am-12:30pm 2:30pm-8pm  Shallow Water Aerobics 9:15am-10am  Aqua HIIT 10:15am-11am 7/5 & 7/12 only  Camp Swim 12:30pm-2:30pm	Open Swim 5:30am-12:30pm 2:30pm-8pm  Camp Swim 12:30pm-2:30pm	Open Swim 5:30am-8pm	Family Swim 12pm-8pm
<b>Slide &amp; Features</b>	Slide & Features 12pm-4pm	Available upon request during Open Swim hours Monday thru Thursday				Slide & Features 4pm-7pm	Slide & Features 12pm-5pm

**ATTENTION!**  
June 6th & 20th  
Hot Tub will be closed  
for maintenance

**ATTENTION!**  
NO AQUATIC  
EXERCISE CLASSES  
July 3rd & 4th

To register for classes visit our front desk or online at: [community.fcpotawatomi.com](http://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><b>GROUP FIT PLAN</b></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><b>DROP-IN FEES</b></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](mailto:Abigail.Messing@FCP-nsn.gov). All classes and prices subject to change. Specialty Classes require separate fees.



## Meet FCP Tribal Member & PBDC Marketing Intern: **CLARISSA FRIDAY**

My name is Clarissa Friday, and I am a student attending Milwaukee Area Technical College. I am scheduled to graduate with my associate degree in photography in 2024 and plan to continue my education with a focus on business. My passion in photography is portraits in general but have focused on the motherhood journey which starts with the maternity experience and grows with all the stages that follow.



PBDC Marketing Intern Clarissa Friday

As a tribal member I am so grateful for the ability to continually learn not only in a school setting but through all the opportunities in the business sectors of the tribe.

In the past 10 years I have been able to learn and grow through internships with the gaming commission, the casino and now the Potawatomi Business Development Corporation (PBDC).

At PBDC I am interning with the newly established marketing department. Some of the projects they are working on deal with branding which I have only recently begun to learn about. I am very excited to see how much happens in the short span of time I am on board. One of my personal goals for the internship is to learn about how marketing is utilized in a corporate setting and if photography plays a part in that space.

I never really know what to expect going into a new semester or new internship and I think that can be both scary and exciting. What I enjoy most about each of these experiences is meeting new people and learning more about who they are and how that plays a part in that business.

At the end of my internship with PBDC, I hope to share my experience through my medium of photography and share some of stories of the amazing people I have met along the way.



An example of Clarissa's photography work at the 2022 Meno Keno Ma Ga Wen Pow Wow. FCP Veterans carrying in eagle staffs and flags for the Saturday evening grand entry.

## PBDC Hosts Open House at New Downtown Office Space

On Thursday, June 8<sup>th</sup>, PBDC hosted an open house at their new downtown Milwaukee office in the 833 E Michigan building. The PBDC team was joined by FCPC leaders and friends, partners, and members of the community to see the new space. PBDC moved into this space to accommodate the expanding team in February 2023 and is excited to establish a presence in Milwaukee's central business district as they take subsidiary companies to a new level. The company remains committed to the near west side and the Wgema Campus.



PBDC's new office space at 833 East Michigan

It was a beautiful summer evening and attendees enjoyed views of Lake Michigan from the balcony and live jazz. PBDC's Interim CEO, Kip Ritchie, shared words of excitement about the growth PBDC is experiencing and the opportunity to continue to expand the business. FCP Chair James Crawford attended and told attendees that this land on the lake is culturally and historically significant to the Forest County Potawatomi Community; he echoed Kip's excitement for the bright future at PBDC.

PBDC would like to thank all of those who attended to join the team in the new office.



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### Open House Photos:

1.L-R: Marc Young, FCP Chairman at Gaming Commission; Jason Nichols, FCP Gaming Commission Exec. Director; Oliver Shawano, Gaming Commissioner; James Crawford, FCP Chairman

2. Guests listen as Kip Ritchie, Interim CEO gives a speech

3.L-R: Brooks Boyd, Council Member; Manny Johnson, Treasurer; Destinee Alloway, Council Member; Kip Ritchie, Interim CEO; Marc Young, Chairman at Gaming Commission; Oliver Shawano, Gaming Commissioner

4. Guests mingle in PBDC's reception area

1-4 photo credit: Clarissa Friday

# 2023 JUL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 BINGO's INTERMISSION DRAWINGS	3	4 FREE GIFT	5 50 CLUB	6 Summer Fun Cooler Giveaway	7 MONEY BAGS	1 BINGO's INTERMISSION DRAWINGS
9 BINGO's INTERMISSION DRAWINGS	10	11	12 50 CLUB	13 Summer Fun Cooler Giveaway	14 MONEY BAGS	15 BINGO BLITZ
16 BINGO's INTERMISSION DRAWINGS	17	18	19 50 CLUB	20 Summer Fun Cooler Giveaway	21 MONEY BAGS	22 ROCK & ROLL Spin
23 BINGO's INTERMISSION DRAWINGS	24	25	26 50 CLUB	27 Summer Fun Cooler Giveaway	28 MONEY BAGS	29 BINGO's INTERMISSION DRAWINGS
30 BINGO's CASH DRAWING	31	Black Light BINGO FRIDAY, JULY 28		Finally \$500 FRIDAY	FRIDAY JULY 28	POTAWATOMI CASINO HOTEL CARTER



**ROCK & ROLL Spin**

**Saturday July 22**

Start earning entries July 1!

**WIN YOUR SHARE OF \$35,000**

THREE SPIN DRAWINGS 5 PM-9 PM

BIG MONEY WHEEL DRAWING: 10 PM

**WIN UP TO \$500 CASH!**



**MONEY BAGS**

**FRIDAYS IN JULY**

DRAWINGS: 6 PM - 10 PM



**777 LUCKY**

**SATURDAY, JULY 8**

DRAWINGS: 5 - 10 PM

WIN YOUR SHARE OF \$5,400

TWO \$250 - \$1,000 WINNERS EACH HOUR



**Summer Fun Cooler Giveaway**

**THURSDAYS IN JULY**

10 AM - 9 PM

Earn 350 same day points & get a free cooler bag!

**WE'RE CELEBRATING ALL THINGS 715!**

**SATURDAY JULY 15**

10 AM - 10 PM




**715**

CARTER WISC

Free T-Shirt

Live Music

Free Snacks




**LEINIE'S® GAME DAY GIVEAWAY**

WIN A SIGNED YELICH LEINIE'S JERSEY!

Earn entries when you purchase a \$2 Leinie's

DRAWING: THURSDAY, JULY 27



EIGHTEEN 67



**BINGO BLITZ**

**SATURDAY JULY 15**

ADMISSIONS OPEN AT 4:30 PM

WARM UP GAMES START AT 6 PM

THREE GAMES PAY \$25 • THREE GAMES PAY \$50

FIVE GAMES PAY \$100 • TWO GAMES PAY \$250

TEN GAMES PAY \$500 • LAST GAME PAYS \$1,000

