



POTAWATOMI TIMES

Gsenyaniyêk êzhewébêk — Forest County Potawatomi Happenings



Volume 29, Issue 15 • FEBRUARY 1, 2024 • mko gizes • Bear Moon • FREE

Tribal Public Health Quality Forum



Joined by Red Star International Founder Aleena Kawe



Eugene Shawano Sr. sharing his story through prayer



Gray Horse Strategies President Nancy Young

by Amber Haseman

According to FCP Community Health, Tribal Public Health Quality Forums have been organized and facilitated by tribal organizations for the past decade. The purpose of the Forum has been to ensure that tribal health departments follow the evidence-based practice and share their findings and solutions to current health issues. The networking that is established during the Forum is a key part of the success and ability for some tribes to be accredited by the Public Health Accreditation Board (PHAB). In addition, it helps with quality assurance and improvement initiatives tailored for each individual tribe. Non-accredited tribes have always been encouraged to participate in the event to help them achieve their higher level of patient care and services provided.

Public health providers gathered at the Potawatomi Community Center Jan. 10-11, 2024, for the Forum. Gray Horse Strategies President, main facilitator and key resource for the

event, Nancy Young, welcomed the group. Young has provided practical solutions not only to the Forest County Potawatomi Community, but also public, non-profit and tribal organizations. She offers practical solutions to achieving their mission, providing essential public health services and responding to the healthcare needs within the community.

Eugene Shawano Sr. led with a prayer alongside his children Linda and Eugene. He shared a story of his parents and how they developed tuberculosis at a young age and passed on. Eugene became an orphan at a young age and was raised by his grandparents who taught him the Potawatomi language. He closed with encouraging everyone to continue praying so earth keeps getting stronger.

Young joined again for group introductions. Those who attended the Forum work for the Oneida, Menominee, Ho Chunk, Lac du Flambeau and Potawatomi nations.

Red Star International Founder, President and CEO Aleena Kawe joined via video chat from New Zealand. Kawe has over 25 years' experience working with communities to help transform ideas into actions. She is a leader and advocate in Indigenous health. Her presentation touched base on indigenizing tribal public health practice. She states that this can be done by a process of deconstructing and reconstructing how we practice public health.

Red Star International is an Indigenous-led non-profit organization based in Tucson, Ariz., and co-located in New Zealand. The organization was created in 2007 to advance Indigenous self-determination for the well-being of humanity and the environment. It works to strengthen tribal public

health authority and capacity to protect and promote community wellness. Her closing slide featured a reflection of looking back to our ancestral knowledge and allowing it to guide us moving forward.

Young finished the evening with a reintroduction to Foundational Public Health areas and capabilities. She covered examples from each area, allowed the group to share their challenges and success by area, and provided open discussion from the group.

During the morning of Jan. 11, 2024, everyone gathered for a tour of the Community Center. After the tour, they joined in the classroom for a day of information, resources, and knowledge. FCP Division Health Administrator Tom Boelter stopped in to talk about the Community Center, how it is associated with the health and future of the community, and how the clinic has been growing more culturally.

Boelter shares, "This building is the medicine of the future for our community." He continues to state how he envisions the center to be an Indigenous training center. An opportunity to come together, but as tribes to work together. It is an opportunity to maximize the potential for the children and to establish first-hand relationships with each tribal member of all ages. He continues to share how the clinic has dove into an approach that is holistic – mentally, physically, spiritually and emotionally over the last four years.

Following Boelter's introduction, Young discussed and assessed the capacity of the Tribal Health Department using Red Star International's Tribal Public Health Capacity Assessment workbook. The workbook is used as a tool for Tribal and Territorial Health Departments (THD) to

self-assess their public health capacity utilizing PHAB standards and measures.

After a short break, staff Attorney Morgan Jones Axtell joined via video chat along with colleague Julie Ralston Aoki. Axtell is based out of Tulsa, Okla., and couldn't attend the forum whereas Julie is based in St. Paul, Minn., at the Public Health Law Center and was able to safely make the trip. Aoki shared a presentation with the group explaining the services Public Health Law Center provides such as legal and technical assistance which is a helpful tool for tribal communities and health departments, role of law and policy for public health, and for those undergoing the PHAB accreditation and reaccreditation process.

The remaining day featured discussion of capacity and costing assessment tool from the Public Health National Center for Innovations and recent workforce development survey. There was a variety of break-out discussion groups, an open discussion of potential web-based platforms for Wisconsin THD's to enhance tribal public health capacity, shared communications and sample policies.

Concluding the forum, tribal public health representatives developed knowledge for tools and assessments to utilize within their departments. They participated in discussions, shared ideas, strengths and weaknesses within their department, what they can do to improve, and what they can do to further better their public healthcare services. It was an opportunity to develop a better understanding on how their departments can grow and improve their services within the community, gathering resources that will help guide them for the best practical solution for the public good.

FIRST CLASS MAIL
U.S. Postage Paid
Permit No. 203
Eau Claire, WI

GLITC Adolescent Recovery & Wellness Center-Bid

submitted by Greenfire Management Services

PROJECT DESCRIPTION

The Adolescent Recovery & Wellness Center project includes the new construction of a one-story, 36-resident bed recovery center servicing adolescent youth, with approximate total of 30,868-gsf with resident rooms, amenity spaces, commercial kitchen and staff spaces. The building licensing designation falls under DCF 52 & DHS 75. This is a slab on grade wood framed structure located at N Pine Square Road, Cassian, Wis.

BID DATE: Feb. 12, 2024, at 2 p.m.

PROJECT CONTACT: Contact construction manager if interested

Company: Greenfire Management Services

Contact: Josh Johnson
Email: Joshua.johnson@greenfire.com

Phone: (414) 290-9434

BIDDING TRADES: Seeking bids for the following trades:

- Concrete Foundations & Flatwork
- Masonry

- Rough carpentry framing
- Finish carpentry
- Architectural woodwork (supply)
- Dampproofing & waterproofing
- Thermal insulation
- Exterior siding
- Roofing (metal roofing)
- Doors, frames & hardware
- Overhead doors
- Aluminum storefront entries
- Residential windows (supply)
- Drywall
- Acoustical ceilings
- Flooring
- Painting
- Specialties & accessories
- Fireplaces
- Foodservice equipment
- Window treatments
- Fire suppression
- Plumbing
- Hvac
- Electrical
- Asphalt paving
- Site concrete
- Fences & gates
- Landscaping

Farm to Table Canning Class: Pickled Eggs



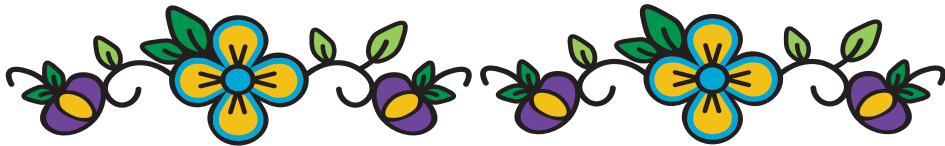
by Amber Haseman

January’s Farm to Table Canning Class featured Pickled Hard-Boiled Eggs. On Jan. 16, 2024, four attendees joined the Bodwéwadmí Ktëgan (Potawatomi Farm) at 5:30 p.m. to learn how to pickle hard-boiled eggs. The class was taught by Food Preservation and Production Specialist Wenona Siggelkow. Sustainable Food Services Manager Nicole Filiatreault was also in attendance.

Siggelkow began preparing the jars for canning. She taught the group how to visually inspect each jar and lid ensuring they are in pristine condition. They started the sterilization process placing the jars and utensils into the pressure cooker. While waiting for that, they set out all the ingredients having them readily available. The ingredients were measured out and added for the brine. One participant stirred the brine until the mixture is dissolved completely.

Once ready, the jars were taken out of sterilization and the pickling ingredients were added. The class began adding a small amount of pickling spice, one bay leaf and garlic to the bottom of the jar. They added about 10 boiled eggs each and poured the brine covering the eggs. Two participants made their batch with beets and a beet juice brine. After filling the jars, the tops were wiped clean and sealed to perfection.

Thanks to Siggelkow, each student had their own labels to add to their jars featuring the farm logo, ingredients and the date they were canned. In attending the class, groups learn a variety of tips and tricks for optimal pickling and freshness. Whether you’re a beginner or a regular, the Farm to Table classes are a great opportunity to learn something new, gain knowledge and get hands-on experience of food preservation.






POTAWATOMI TIMES

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

Deadline for the Feb. 15, 2024, issue of the PT is Wednesday, Jan. 31, 2024.



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REMINDER TO TRIBAL MEMBERSHIP

QUARTERLY GENERAL COUNCIL MEETING

Saturday
Feb 10, 2024

1:00 PM


Lunch Served at **Noon**



**FOREST COUNTY
POTAWATOMI**
Keeper of the Fire

POTAWATOMI COMMUNITY CENTER
5471 thayék éthē dnēkmēgzēk myéw
Crandon, WI 54520
(The Place Where Everyone Plays Road)

MEETING STIPEND - YOU ARE REQUIRED TO BRING YOUR TRIBAL ID



Rivals on the Court: Crandon and Laona



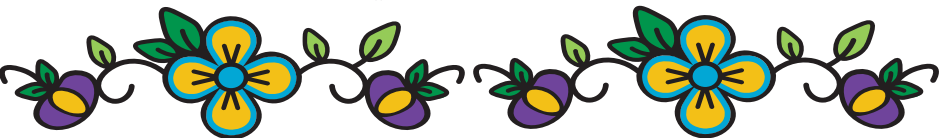
(left) Alyssa Bailey and (right) Lovey VanZile

by Val Niehaus

The Laona/Wabeno Rebels girls basketball hosted the Crandon Cardinals on Jan. 18, 2024, at the Laona High School. With this being a rival match between the two teams, the Rebels beat the Cardinals, who were the leaders this far in the Northern Lakes Conference, scoring 44-42.

Lovey and Precious VanZile play

for the Rebels team, each playing on JV and Varsity. Unfortunately, Precious was out due to an injury, but Lovey played during the JV team, scoring seven points. Elyssa Bailey played for the Cardinals and scored five points in this game. The Crandon Cardinals JV team beat the Rebels 41-25.



Congratulations to Glinski on 150th Win



Glinski with his 150th banner and award given at tournament submitted photos

by Val Niehaus

Elias Glinski deserves some recognition for this huge win at the Wausau East Lumberjack Invitational held on Jan. 20, 2024. Glinski, a senior at Crandon High School, came over a D1 opponent from DC Everest by a tech fall score of 16-0 and obtained his 150th win of his wrestling career.

Glinski was recognized at this tournament with an award for being “2024 Outstanding Wrestler”. At the end of the weekend, Glinski walked away with 152 wins for his career thus far. We here at FCP couldn’t be prouder of him and this accomplishment! Keep it up!

Congratulations to Shepard on 100th Win

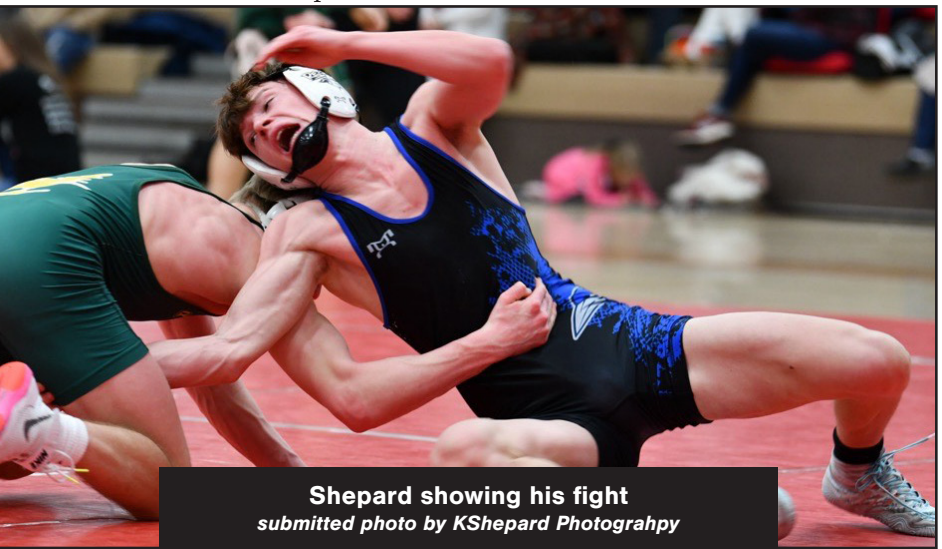


Shepard with his support system-family and friends

by Val Niehaus

A big shoutout to Brady Shepard for reaching his 100th varsity win at the Wausau East Lumberjack Invitational held on Jan. 20, 2024. Shepard got his win by beating Tyler Modjewski, a junior from DC Everest, with a 20-13 record. This was Shepard’s first

match of the day after a bye, and he went three and one for the day and took 3rd place. We at FCP are proud to see our youth excel at a sport they love. Congratulations!



Shepard showing his fight submitted photo by KShepard Photography

ACCEPTING NEW PATIENTS

Esme Rawat

LCSW, MSW, SAC-IT

BEHAVIORAL HEALTH THERAPIST

HONORING HEALTH, HEALING, AND TRADITION

Does seasonal depression or other troubles make you feel down? Schedule an appointment with Behavioral Health Therapist Esme Rawat today!

SCHEDULE YOUR APPOINTMENT WITH Esme Rawat by calling (715) 478-4339. Appointments are available Tuesday - Friday 7 am - 5 pm

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

8201 Mish ko swen Dr. Crandon, WI health.fcpotawatomi.com

a participating member of ASPIRUS NETWORK OPEN TO THE PUBLIC



February is National Teen Dating Violence Awareness



by Fast Facts: Preventing Teen Dating Violence |Violence Prevention|Injury Center|CDC

Teen Dating Violence Awareness Month - love is respect1111

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends, and communities as well. Together, we can raise the nation’s awareness about teen dating violence and promote safe, healthy relationships.

According to the National Domestic Violence Hotline, one in three U.S. teens experience physical, sexual, or emotional abuse from someone they’re in a relationship with. Teens and young adults often think that behaviors like teasing and name-calling are a “normal” part of a relationship. However, these behaviors can become abusive and develop into serious forms of violence. Many teens do not report unhealthy behaviors because they are afraid to tell family and friends.

According to the CDC, female students experienced higher rates of physical and sexual dating violence than male students. Students who identified as lesbian, gay, bisexual, transgender, or queer (LGBTQ), or those who were unsure of their gender identity experienced higher rates of physical and sexual dating violence compared to students who identified as heterosexual. Unhealthy, abusive, or violent relationships can have short and long term negative effects, including severe consequences, on a developing teen.

Youth who are victims of teen dating violence are more likely to:

- Experience depression and anxiety symptoms.
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol.

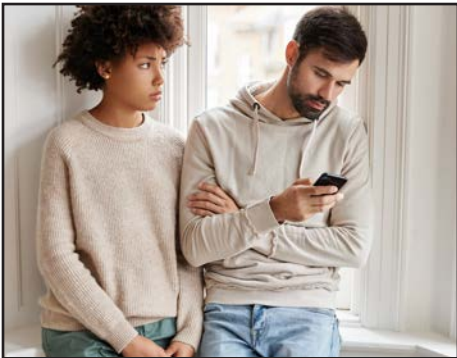
- Exhibit antisocial behaviors, like lying, theft, bullying, or hitting.
- Think about suicide.

Violence in an adolescent relationship sets the stage for future relationship problems, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. For example, youth who are victims of dating violence in high school are at higher risk for victimization during college.

Supporting healthy, nonviolent relationships could reduce TDV and prevent its harmful, long-lasting effects on individuals, their families, and their communities. During the pre-teen and teen years, it is critical for youth to begin learning skills to create and maintain healthy relationships, including managing feelings and communicating in a healthy way.

- Teach safe and healthy relationship skills.
- Engage influential adults and peers.
- Disrupt the developmental pathways towards partner violence.
- Create protective environments.
- Strengthen economic support for families.
- Support survivors to increase safety and lessen harm.

Contact Forest County Potawatomi Community Advocacy at Family Services for more information: (715) 478-4433 or CommunityAdvocacy@fcp-nsn.gov



The Different Types of Solar



submitted by MAED, Outreach & Engagement Manager, Land & Natural Resources

Solar electric installations come in many different shapes and sizes, and all have their own benefits and drawbacks. Starting with the basics, solar installations come in two common forms: roof mount and ground mount. Roof-mounted solar arrays are great as they use the available space on a building’s roof to provide useful energy and can help extend the life of a roof. The major downfall with roof-mounted solar is that you are often very limited in space, orientation, and angle. The building dictates these factors and can’t easily be changed, which means that not every building roof is right for solar. Ground-mounted solar arrays give you the ability to select your location, orientation, and tilt. This allows ground-mounted solar arrays to generate more energy with the same sized array as a roof-mounted solar array. Ground-mounted arrays also provide the ability to scale up the size – ground-mounted arrays can be as small as one kilowatt or as large as a few megawatts.

One common choice for medium-sized solar arrays is called a fixed tilt array. These arrays are mounted on the ground, typically facing due south, and offer the benefits of lower construction and maintenance costs, but don’t produce as much energy as a tracking array. Fixed tilt arrays are what you will see outside of the Stone

Lake C-Store or behind the Carter Casino and many other places around the community. Tracking arrays that follow the sun where it rises in the east and the sunsets in the west produce more energy than fixed-tilt arrays. Getting as much energy as economically feasible per acre of land is important. In some cases where open land is scarce, you cannot get enough energy density to overcome that land’s value for other uses, such as agriculture.

Agrivoltaics is the idea of utilizing land for both solar and agriculture. This can be implemented in a few different ways. Solar greenhouses offer the same benefits as a traditional greenhouse with the additional benefit of producing energy. There is a newer player in the field of agrivoltaics called solar fencing. These fences consist of modules mounted vertically and will typically be placed running north to south. This allows the fence to generate the most power in the morning and evening. This style of solar has been made even more efficient by the improvements made in the bifacial solar market. These bifacial modules can collect energy from both the front and the back. These solar fences provide the trifecta of benefits: they retain land use for agricultural practices, they allow you to generate a significant amount of energy at peak times, and on top of that, they work just like a fence keeping cattle in or pests out.





FOREST COUNTY
POTAWATOMI
Keeper of the Fire

Community Events
FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Parent Support Group 1 pm (Open to all) Indoor Triathlon Swim Clinic 5:15 pm	2	3 Winter Fisheree 9 am – 3 pm Bug Lake & Devil's Lake
4	5	6 Pow Wow Club 4:30 pm – 5:30 pm Crandon Hosting Boys Basketball Games 5:45 pm JV 7:15 pm Varsity Youth Winter Olympics 4 pm	7 Lanuage Class 10 am – 12 pm Wabeno School Board Meeting Wabeno High School Library 6 pm	8 Parent Support Group 1 pm (Open to all) Indoor Triathlon Strength Training for Triathletes 5:15 pm Breakfast for the Elders 9 am – 11 am	9	10 General Council Meeting 1 pm
11	12 Tribal Members & Employee Training Career Success & FCP Values Class 3 pm Executive Building Auditorium Crandon School Board Meeting Jaegar Auditorium; 6 pm	13 Pow Wow Club 4:30 pm – 5:30 pm Youth Winter Olympics 4 pm	14 Valentine's Day Lunch with Executive Council 12 pm Carter Lanuage Class 10 am – 12 pm Laona School K-12 P/T Conf. 3:30 pm – 7:30 pm Laona School Board Meeting Laona Elementary Board RM; 5:30 pm	15 Parent Support Group 1 pm (Open to all) Traditional Healer 7 am – 5 pm Diabetes Luncheon 12 pm – 1:30 pm Wabeno School Conferences 3:30 pm – 7:30 pm	16 Traditional Healer 7 am – 5 pm Laona School K-12 P/T Conf. 8 am – 11:30 am Wabeno School No School Conferences 8 am – 12 pm	17 Basketball Tournament 9 am
18 Volleyball Tournament 9 am	19 Laona School Staff Development No School Holiday Campus Closed wgema gizhêk (Chief's Day) Presidents Day Community Center Open	20 Pow Wow Club 4:30 pm – 5:30 pm Live Educational Raptor Show 10 am: Open to FCP Elders & Gte Ga Nés Preschool Canning Class 5:30 pm Youth Winter Olympics 4 pm	21 LFPA Food Distribution Lanuage Class 10 am – 12 pm Sobriety Feast 6 pm FCP Power of Resiliency 4:30 pm – 7 pm	22 Parent Support Group 1 pm (Open to all) Family Day 5 pm – 7 am Breakfast for the Elders 9 am – 11 am	23 Round Dance 5 pm Feast until Midnight Crandon Professional Development No School Virtual Learning Day • 4K/Early Childhood Screening (9-3 pm)	24 Indoor Triathlon Event 8 am
25	26	27 Pow Wow Club 4:30 pm – 5:30 pm Doula Training WeCare Center Youth Winter Olympics 4 pm	28 Doula Training WeCare Center Crandon Career Fair Crandon High School 9 am Lanuage Class 10 am – 12 pm	29 Parent Support Group 1 pm (Open to all) Doula Training WeCare Center	February 21, 2024 LFPA Food Distribution 9 am – 10 am Community Center 10:30 am – 11:30 am CStore (Carter) 12 pm – 1 pm The Farm (Blackwell)	

GENERAL INFORMATION

COMMUNITY CENTER

POWWOW GROUNDS

BODWÉWADMI KTĒGAN

HEALTH & WELLNESS

MUSEUM

LOCAL SCHOOLS

**WINTER
SESSION 2
GROUP
SWIM
LESSONS**

Feb. 26
thru **Apr. 4**
2024

**Registration
OPENS
1/29/24**

**Registration
CLOSES
2/25/24**



AQUATIC CENTER

5471 Thayék Êthë Dnêkmëgzêk Myéw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Yard Pool	Lap Swim & Adult Swim 10am-1pm 2pm-5pm	Lap Swim & Adult Swim 7am-3pm 4pm-7pm	Lap Swim & Adult Swim 7am-3pm 4pm-7pm (LL) Aqua Jogging 10:15am-10:45pm (LL)	Lap Swim & Adult Swim 7am-3pm 4pm-7pm (LL)	Lap Swim & Adult Swim 8am-3pm 4pm-7pm	Lap Swim & Adult Swim 10am-3pm 4pm-7pm	Lap Swim & Adult Swim 11am-2pm 3pm-6pm
Activity Pool & Hot Tub	Family Swim 10am-1pm 2pm-5pm	Open Swim 7am-9am 10am-1pm 1:30pm-3pm 6:15pm-7:00pm Shallow Water Aerobics 9:15am-10am Swim Lessons 1pm-1:30pm 4pm-5:35pm Aqua ZUMBA® 5:30pm-6:15pm	Open Swim 7am-9am 10am-1pm 1:40pm-3pm 6:15pm-7pm Shallow Water Aerobics 9:15am-10am Swim Lessons 1pm-1:40pm 4pm-5:30pm Deep Water Aerobics 5:30pm-6:15pm	Open Swim 7am-9am 11am-3pm 5:15pm-7pm Shallow Water Aerobics 9:15am-10am Aqua HIIT 10:15am-11am Swim Lessons 4pm-5:35pm	Open Swim 8am-9am 10am-3pm 4pm-7pm	Open Swim 10am-3pm 4pm-7pm	Open Swim 11am-2pm 3pm-6pm
Slide & Features	Slide & Features 10am-1pm 2pm-4pm	CLOSED	CLOSED	CLOSED	CLOSED	Slide & Features 4pm-7pm	Slide & Features 11am-2pm 3pm-6pm

To register for classes visit our front desk or online at: **PotawatomiCC.recdesk.com**

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

All classes subject to change.

January 2 - February 24, 2024

PLEASE NOTE



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

Class Location Key

AQUATIC CENTER
GROUP EXERCISE ROOM
COMBATIVE ROOM
TURF FIELDHOUSE

Land Classes

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
NO CLASSES	Senior Fit 9am-9:45am Lunch Crunch 12pm-12:20pm Elemental Kickboxing 5:30pm-6:15pm Spin 5:30pm-6:15pm	Full-Body Fitness 9am-9:45am Bodyweight Blast 5:30pm-6pm	Circuits 5:45am-6:30am Spin 9am-9:45am ZUMBA® Toning 5:30pm-6:30pm	HIIT 5:45am-6:15am Mobility & Core 9am-9:30am	Bodyweight Blast 6:00am-6:30am ZUMBA® Fitness 10:15am-11am	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 Deep Water Aerobics 5:30pm-6:15pm (Begins 11/28)	ELDERS ONLY Shallow Water Aerobics 9:15-10am Aqua HIIT 10:15am-11am	Shallow Water Aerobics 9:15am-10am	NO CLASSES	NO CLASSES

◀ Fitness Promotions ▶

**NEW YEAR PRICING
FOR JANUARY 2024!**

**24% OFF
FIT PASSES**

Members = \$26
Non-members = \$38

DROP-IN FEES

Members
\$3 per class

Non-Members
\$10 per class

***For more information please contact Fitness & Wellness Manager
Desiree Marten at 715-478-6512, or email her at: Desiree.Marten@FCP-nsn.gov***
All classes and prices subject to change. Specialty Classes require separate fees.

Elder Menu

FEB. 4
Breakfast: Malt-O-Meal, sausage links
Lunch: Pork tenderloin
Dinner: Three Sisters soup

FEB. 5
Breakfast: Pancakes, bacon
Lunch: Cream beef & veggies over biscuits
Dinner: Chicken fried rice

FEB. 6
Breakfast: Scrambled egg w/ sausage
Lunch: Baked salmon
Dinner: Indian Tacos

FEB. 7
Breakfast: Boiled eggs, ham steak
Lunch: Chick breast, stuffing
Dinner: Meatloaf

FEB. 8
Breakfast: Fried egg, ham steak
Lunch: Beer battered fish
Dinner: Loaded veggie soup

FEB. 9
Breakfast: Cheese omelet
Lunch: Orange chicken
Dinner: Egg salad sandwich

FEB. 10
Breakfast: Hot grits, sausage patty
Lunch: Swedish meatballs over noodles
Dinner: KFC bowl

FEB. 11
Breakfast: Ham & cheese omelet
Lunch: BBQ ribs
Dinner: Cold cut sub sandwich

FEB. 12
Breakfast: Cream of rice, sausage
Lunch: Beef stew
Dinner: Grilled chicken pepper roll-ups

FEB. 13
Breakfast: Fried eggs, bacon
Lunch: Boneless chicken wings
Dinner: Soft shelled tacos

FEB. 14
Breakfast burrito
Lunch: Salisbury steak
Dinner: Chicken breast

FEB. 15
Breakfast: Oatmeal
Lunch: Lasagna rolls
Dinner: BLT

FEB. 16
Breakfast: Waffles, bacon
Lunch: Chicken breast asparagus roll-ups
Dinner: Fish fillets

FEB. 17
Breakfast: Scrambled eggs, ham steak
Lunch: Pheasant and turkey sausage
Dinner: Open face shredded beef sandwich



FOREST COUNTY POTAWATOMI
ELDER SERVICES

BOWLING & LUNCH

12pm • Sunday
February 11th

12pm • Saturday
March 16th

NORTHSTAR LANES
400 Prosser Place
Antigo, Wisconsin

Top 3 Scores of 2 Games Wins!
1st \$100 Gift Card • 2nd \$50 Gift Card • 3rd \$25 Gift Card
First Person to Bowl a Turkey WINS a \$100 Gift Card!
ALL Elders who attend get a chance to win (2) \$25 Gas Cards

Open to FCP Elder & 1 Guest (Ages 13+)
LIMITED TRANSPORTATION AVAILABLE
TO SIGN UP CALL JENNA PARADIES @ 715-478-4892

BUG & DEVIL'S LAKE

Open to FCP Tribal Members, Families & Descendants

2024 Winter Fisheree

Saturday, February 3 | 9 am - 3 pm

\$500 GRAND PRIZE

LUNCH PROVIDED 11 am - 1pm

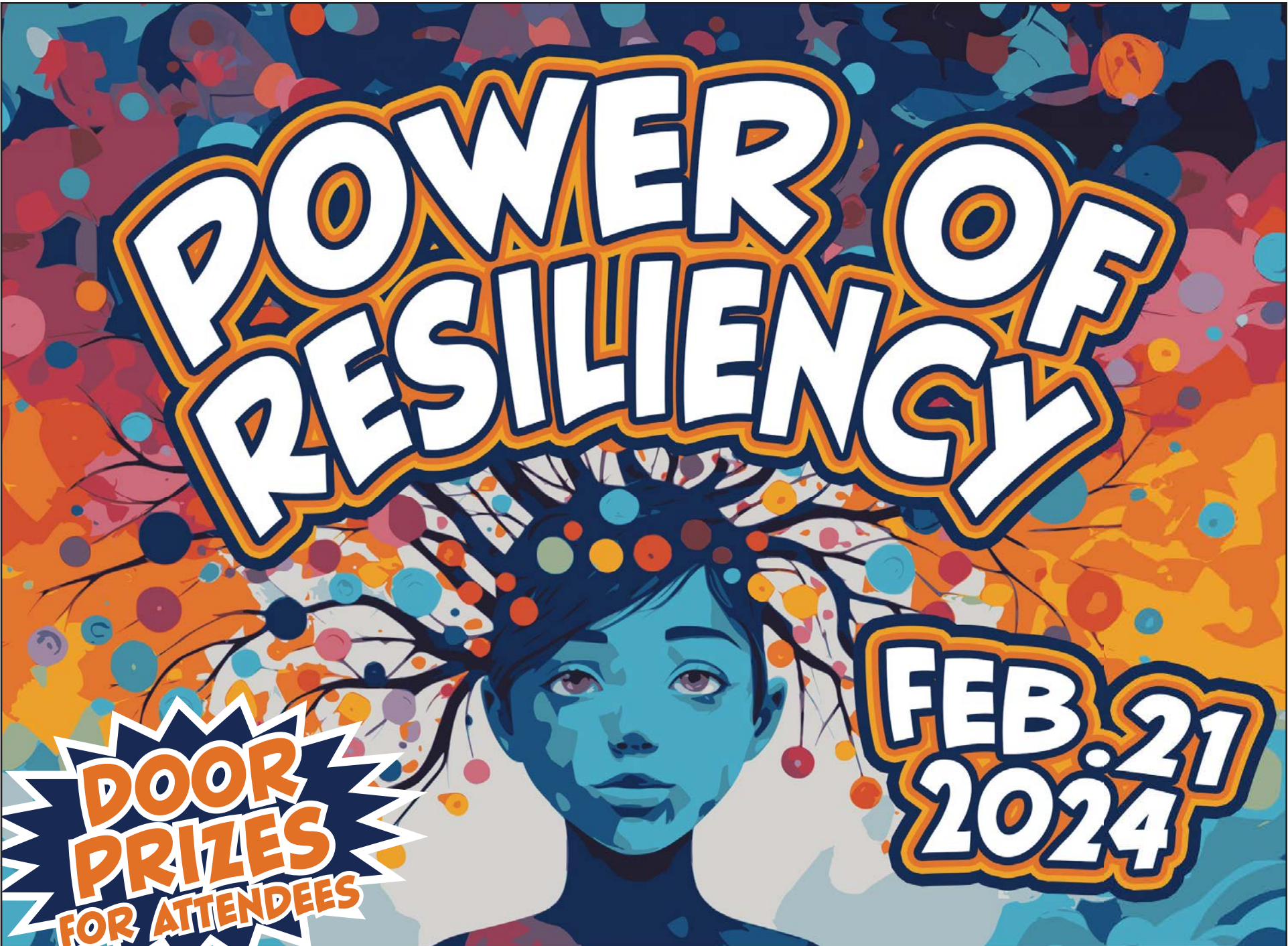
PRIZES AWARDED TO KIDS AND ADULTS FOR 1ST - 3RD PLACE FOR THE LARGEST FISH IN THESE CATEGORIES:

PERCH • BASS
PANFISH (BLUEGILL/PUMPKINSEED)
NORTHERN PIKE
CRAPPIE • TROUT

FOREST COUNTY POTAWATOMI LAND & NATURAL RESOURCES DIVISION

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER COMMUNITY HEALTH

Questions? CONTACT KAYLA DRESCHER @ 715-478-4507/ KAYLA.DRESCHER@FCP-NSN.GOV



KEY NOTE SPEAKER



Coach Eric Dixon
Youth Sports Performance Coach
Coach Dixon will discuss his road to Resiliency from child abuse, neglect, suicide attempts, and severe trauma to becoming the successful coach he is today.

GUEST SPEAKERS



Jorge Cisneros Sr.
FCP Community Prevention Coordinator
Jorge will share his story of how he became incarcerated, and then transitioned back into the FCP Community. And how he is giving back by sharing his message that Culture is Prevention.



Donald Keeble
FCP Museum Director
Donald will share how he went from being a very troubled youth, to where he is today. He will also share the historic Resiliency of the Native American Tribal Communities.



Kimberly McGeshick
Native American Tourism of Wisc. Executive Director
Making the choice to live her life in recovery was one of the hardest struggles and obstacles Kimberly had to deal with. Being Resilient has helped her grow from incarceration to graduation, and more.



POTAWATOMI
COMMUNITY CENTER

TURF FIELDHOUSE

5471 Thayék Èthë Dnèkmëgzêk Myéw
Crandon, Wisconsin

Box Lunch served @ 4:30pm
Event begins @ 5pm

OPEN TO EVERYONE
AGES 13+ ARE ENCOURAGED TO ATTEND!



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FOREST COUNTY POTAWATOMI
ECONOMIC SUPPORT

Contact Katheryn Tupper with questions
715-478-4896 • Katheryn.Tupper@FCP-nsn.gov