



# POTAWATOMI TIMES

Gsenyaniyêk êzhewébêk — Forest County Potawatomi Happenings



Volume 29, Issue 16 • FEBRUARY 15, 2024 • mko gizes • Bear Moon • FREE

## Bison Workshop with Mary Moose



After the harvesting



Moose beginning to skin the bison

submitted by FCP Tribal Member Helena Murphy

*A bison workshop was held at the FCP community Jan. 19–28, 2024. The processing of this bison started at the Bodwewadmi Ktëgan (Potawatomi Farm), where the bison was harvested. Once harvested, the meat was prepared and stored for future use, and the bison's hide was then prepared for its tanning processing. Parts of the tanning process happened at the Potawatomi Community Center later in the week. What you read will next is an encounter by FCP Tribal Member Helena Murphy, who attended the workshop, and tells the story of the harvesting and the process of tanning.*

Jan. 19, 2024, was the first day of the bison workshop. Mary Moose (Ojibwe tribe, also known as the Chippewa or Saulteaux and born in remote regions of Ontario, Canada) started the day by telling a little about the history of harvesting an animal and how she was taught. Mary shared that when harvesting a bison, she would pray, asking for its life and why she would be taking this life and set-

ting food out for it. The bison would choose itself to sacrifice and separate itself from the rest. They would then take what was needed and find different ways to use the whole buffalo in a good way.

Although we are unsure how this buffalo was chosen, we are still grateful for the opportunity and lessons we learned from this experience. After her stories, we began to close our eyes and pray for the bison. We then began to make our way to the fields. The buffalo that had sacrificed his life was about two years old. I strongly believe that animals know what is about to happen. There were beautiful eagles soaring through the sky that evening. Shortly later, it began to quiet down, and everyone covered their ears, preparing themselves for the bang of the gun, boom! The bison fell, shaking on the cold ground and hitting the metal walls. The crowd rushed to see the bison; the men began to tie him up to a crane to hang upside down to drain him. Moments later, the crowd gathered for a group photo of the buffalo, and we headed back to the workshop. Once we got there, the hard part began.

Mary began cleaning his privates

because once an animal dies, it loosens up, and all feces begin to come out. She then began cutting and taking the fur from him. Starting from the middle of the stomach and down, then back up, it was a few hours separating it. After removing most of the hide, Mary and a few helpers helped remove his ligaments. After those were removed, they were set on the side, and they continued to flip him around, removing the remaining hide and other pieces. That concluded day one.

The next few days, we scraped a lot of membrane off the hide. Once all the membrane was removed, we salted the hide to dry all the moisture out of it. Afterward, we removed the meat from the bones, cut off the fat, and separated everything into different bins to make different things, like tenderloin, roast, hamburger, and sirloin. If you know how to sew, you can remove the fur from the ankle of the buffalo. You can make a small bag or pouch with it. After a lot of cutting and separating, we started grinding the meat into hamburgers, formed an assembly line, and started packaging and sealing the meat. The youth really got hands-on with this project. They got to roll the hamburger in little “snowballs” and

measure each ball into 4 lbs. It then got passed down to where it was smooshed into a plastic baggy, sealed with a vacuum seal, dated, and placed into a box in the refrigerator.

The workshop was then moved to the Potawatomi Community Center, where Mary had the hide stretched. They made holes into the edges of the hide, threaded the rope through it, and tied it up onto a wooden frame. They had to use a metal scraper to remove more of the membrane, once that is done. You add deer brains on the hide to help soften it, cover it up with plastic, allow it to sit overnight, and then scrape again. Then, you start stretching the hide by using wooden sticks. This helps with breaking up the fibers in the hide. This can be done up to six to seven times before it is softer. Once you're done with that, you build a small wigwam, put your hide over the top, and cover it with a tarp. Once inside the wigwam, you put a pot filled with ashes and bark that is lit, and this helps with the tanning process. Once these steps are finished the hide is softened, washed, and combed thoroughly to look the best it can.

*photos continued on pg. 2...*

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Bison at the Potawatomi Farm



# Ken George Jr. Hired as New Compliance & Process Improvement Director



Welcome Friends! My name is Ken George, Jr, and I am excited to be part of the team and collaborate on current processes to enhance the services to our community. I am a Combat Veteran who served honorably in the U.S. Marine Corps. My spirit name is Wabenengos (first light in the morning), and I am Beaver clan; I grew up in Stone Lake, and my parents are Ken and Marilyn George, Sr. I have previously worked for the tribe as a Gaming Commission for 14 years and more recently as a Safety Coordinator for the Oneida Nation. I look forward to introducing myself and meeting everyone.

**What position were you hired for?**  
Compliance and Process Improvement Director

**Have you worked in a position like this before?**  
I have worked in compliance, regulations, and tribal governance for most of my career, and my father Ken George Sr., was an integral teacher and mentor to my values. I was taught our history and the importance of sustaining tribal assets and resources for not only today but for future generations. I will continue to share the teachings with others he so graciously shared with me for those who are interested in learning.

**What are you looking forward to in working with your tribal community?**  
Sustainability and continuous improvement of the services to our community.



**What is your reason for working in this specific position?**  
I campaigned for the position of Chairperson in the recent tribal elections, and I believe it is my responsibility to serve and give back to the community if I am able. I am able!

**What do your future plans entail within this position?**  
To ensure we have a detailed FCP Community compliance plan that promotes accountability, sets expectations, and provides cost analysis of the services provided to the community.



**POTAWATOMI TIMES**  
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Deadline for the March 1, 2024, issue of the PT is Wednesday, Feb. 21, 2024.



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Vice Chairwoman: HEATHER VANZILE  
Secretary: AIYANA VANZILE  
Treasurer: IMMANUEL "MANNY" JOHNSON II  
Council Members: BROOKS BOYD, DESTINEE ALLOWAY

**POTAWATOMI TIMES STAFF**  
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Sarah Gougé scraping the hide



Salting the hide for drying



Processing meat into hamburger



Nick Shepard tying the hide to wooden frame for stretching



# GLITC Provides Updates on Recovery Center and State of the Tribes Address

submitted by Schreiber GR Group

The Great Lakes Intertribal Council (GLITC) held their annual meeting at the Lake of the Torches in Lac du Flambeau on Jan. 11, 2024.

Chairman James Crawford, along with Treasurer Manny Johnson, Secretary Aiyana VanZile, and Council Members Brooks Boyd and Destinee Alloway, attended on behalf of the Potawatomi.

GLITC is a consortium of federally-recognized Indian tribes in Wisconsin and the Upper Peninsula of Michigan. GLITC acts as a mechanism for tribes to work through the challenges of governance and services for their communities.

One of GLITC’s main priorities over the last several years has been the

development of an Adolescent Recovery and Wellness Center (ARWC). The ARWC is a 36-bed residential facility centrally located in Wisconsin to best serve all member tribes and urban Indians. It will provide culturally-relevant services and responsive residential substance abuse treatment for Native American youth, ages 13-17, who are suffering from Substance Use Disorder and any co-occurring mental health conditions. Priority will be given to Native American youth, but the facility would be available to non-Native adolescents as well.

After 20 years of planning and work, GLITC was proud to report that the ARWC is finally becoming a reality. A site in the Town of Cassian

(Oneida County) has been purchased and architectural plans for the site have been developed. GLITC members received an update from FCPC’s own Greenfire Management Services – who have been hired to be the construction managers of the project – to learn more about the details of the project.

Before any construction can begin, the project still needs to receive zoning approval from Oneida County. Unfortunately, that is taking longer than expected. Oneida County is expected to again take up the zoning of the project again in March.

GLITC also selected a speaker for the 2024 State of the Tribes Address at the State Capitol in Madison.

Started in 2005, the State of the Tribes Address is a way for Wisconsin tribes to discuss and highlight important issues with members of Wisconsin state government.

Forest County Potawatomi Chairman James Crawford was selected to give the 2024 State of the Tribes address. This is only the second time FCP Potawatomi has given the address since its inception (former Chairman Ned Daniels gave the speech in 2020).

The 2024 State of the Tribes Address will take place on Thursday, Feb. 22 at 10 a.m. in the State Capitol in Madison.



## FCP Executive Council Tours IUOE Local 139

submitted by CBG Director Joseph Davis

*Operating Engineers Local 139 represents over 10,000 heavy equipment operators in the construction industry throughout the State of Wisconsin. An integral part of Local 139’s commitment to providing highly-skilled operators is a comprehensive training program widely recognized as one of the best in the industry. Operating Engineers is a recognized leader in organized labor’s efforts to improve the standards of living of workers and their families. (cited from www.iuoe139.org )*

Construction Business Group (CBG) and Disadvantage Business Enterprise (DBE) Development Director Joseph Davis, Sr., in partnership with Wisconsin Department of Transportation’s State Tribal Affairs Program Manager Christy Jackson, hosted the Tribal Nations Tour at the International Union of Operating Engineers Local 139 Training Center in Coloma, Wis, on Jan. 18, 2024.

The tour opened with remarks

from IUOE General Vice President & President/Business Manager IUOE Local 139 Terry McGowan, Local 139 Vice President/Training Director Daniel Sperberg, Chief of Staff & Financial Secretary at IUOE Local 139 Steve Buffalo, Executive Director Construction Business Group® Robb Kahl. The Tribal leadership in attendance included Oneida Nation Chairman Tehassi Hill, Ho-Chunk Nation President Jon Greendeer, FCP Community Executive Council members Brooks Boyd Sr., Manny Johnson II, and Aiyana VanZile; Ho-Chunk Nation Legislator Rodney Rave, and Natasha Chevalier of Menominee Indian Tribe of Wisconsin.

Many thanks for WisDOT’s Deputy Administrator-Regions Todd Matheson, for his opening remarks, Wisconsin District Director U.S. Small Business Administration Eric Ness, who came to experience the Training School and network with

construction small businesses that shared their need to have access to affordable capital to grow. Thank you to the hardworking staff at the IUOE Local 139 Training School like Kip Gutke and Genie Metoyer, and Mindy Mulryan of the Construction Business Group for their planning and logistics coordination.

CBG’s partnership with WisDOT has facilitated growth and collaborated with tribally-owned Disadvantage Business Enterprises contractors that were in attendance such as Amy & Cale Hacker of White Buffalo Trucking, George VanZile of VanZile Contractors, Matthew Putnam of Putnam Construction, Matt Kunstman of OES (Oneida Engineering Solutions), Jeremiah Danforth of Danforth Enterprises, Zoar Fulwilder and Leon White jr of MAVID CONSTRUCTION SERVICES, LLC, Malakhi VanZile of Flamingo Power Washing and non-tribal contractors such

as Prentice Stith of PAS Trucking, Brandon Moyer of Our Two Fathers Trucking & Logistics, LLC, Jeremiah McVey of McVey’s Trucking, OSIE TATUM III of Signature Transport, and Antoine Jackson of JYC, LLC.

In closing, Davis said, “Many thanks to the FCP Executive Council members Brooks Boyd Sr., Manny Johnson, and Aiyana VanZile. I recently hosted their visit to the IUOE International Training and Education Center after a previous cancellation due to a wildfire. Although Chairman Crawford could not make it due to a scheduling conflict, Council Members Brooks, Johnson, and VanZile’s attendance will hopefully start the potential collaboration, which could lead to business opportunities that could grow a true partnership through the training of their tribal members. We finally got it done, George VanZile Jr., together!”



CBG Director Joseph Davis, Sr.



Secretary VanZile and Councilmember Boyd



Treasurer Johnson testing out a simulator



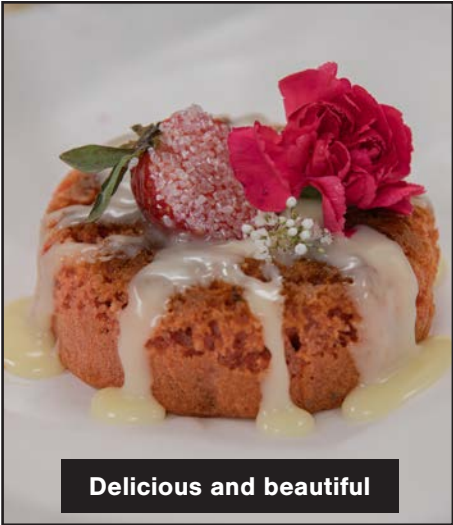
# Baking Class with Jennifer Sue's Cupcakery



Jennifer adding a little sparkle



The class with their finished product



Delicious and beautiful

by Amber Haseman

Jennifer Crawford of Jennifer Sue's Cupcakery, LLC, visited the Potawatomi Community Center Teaching Kitchen for a lesson on baking and decorating strawberry Bundt cakes with white chocolate ganache. The class was held Jan. 24, 2024, from 9-11 a.m. Twelve spots were available and open to Community Center members free-of-charge. There was a total of eight students who participated.

The class began with basic steps of preheating the oven to 325° and spraying each of the disposable Bundt cake baking molds with a nonstick cooking

spray. They mixed and combined the ingredients to create the batter. Each student poured batter into two molds and set them onto a cookie sheet which was then placed into the oven.

While the cakes were baking, the class made up the white chocolate ganache topping which consisted of heating heavy whipping cream, chopping up a white chocolate baking bar into small chunks, adding it to the hot cream, letting it sit for five minutes and stirring it until smooth.

The class began preparing the garnish for their cakes. They grabbed one strawberry, cut it in half keeping the

greenery attached, blot it onto a paper towel to remove any excess juice from the surface and gently pressed it into the sugar crystals.

While waiting for the cakes to finish baking, the class told stories and memories with one another. Lots of laughs and smiles were shared. Crawford even shared with the group how she grew up with two baking grandmothers and that's where her love for baking came from. She started baking at a very young age and continues to share her passion and baking skills with the community.

Once the cakes were fully baked,

they were placed into the freezer to cool. After cooling, each student began decorating their cakes drizzling the creamy ganache over top, carefully placing their garnish of flower buds, carnations, baby's-breath and sugar crystal strawberries onto their cake creating a beautifully decorated delicacy.

Before the end of class, everyone tried their Bundt cakes and brought the second one home or shared with someone else. The class was an enjoyable experience for all. Many expressed how delicious, awesome, quick, simple and easy the cakes were to make.

## Brevin Boyd's Debut

by Amber Haseman

Brevin Boyd Sr., son of Council Member Brooks Boyd, made his debut in the new Marvel series: *Echo*. The series is now streaming on Disney+ and Hulu. The origin of the series revisits Maya Lopez, who's ruthless behavior in New York City catches up to her in her hometown. She is forced to face her past, reconnect with her Native American roots, and embrace the meaning of family and community.

Boyd was featured in Season 1, Episode 5: Maya. During this episode, Boyd joins for the Choctaw Powwow scene doing what he does best: dancing. While he was on screen for a few short moments, he captured the eyes and hearts of many. Community members shared comments on how amazing of a dancer he is, his infectious positive spirit, and how he continues to be a joy to watch.

Boyd has been dancing for 11 years

from the age of 13. His favorite thing about it is the opportunity to represent the FCP Community, sharing his dance style with other communities and tribes, and sharing it with his children. The type of dance he specializes in is Men's Traditional and is featured in the Woodland category.

In the time leading up to his debut, Boyd received an email through a company that was working with Marvel. He had no idea how big the company was but took a chance on the opportunity. He applied by explaining his dance category and the company accepted him. When Boyd first found out the show was with Marvel, he knew he couldn't do anything to jeopardize this opportunity. As a big spiderman fan growing up, it was important for him to give his A-game so he could be a part of it.

The company first reached out to

him in early spring of 2023. Casting began in the summer of July 2023. Boyd traveled to Atlanta, Ga., to begin his journey. During his time on set, he adapted to a late-night schedule running on Gatorade and coffee. The scene of the powwow was filmed at night, leaving him to work from 12-6 a.m. They did approximately 30 takes of this scene. Boyd states that it was a very tiring, but fun experience. He made connections with other tribes and had the opportunity of meeting lead actress, Alaqua Cox, who plays the role Maya Lopez. Cox is from Keshena, Wis., and is of the Menominee tribe.

From the start, Boyd's father has been his biggest supporter in achieving his goals. He has also had support from his sisters Darlaina and Ramona Boyd as well as his children, Brevin Jr., and Kiyan Boyd. He does not cur-

rently have any other upcoming rolls. His main focus for the time being is upcoming powwows. If the opportunity did ever arise, he would take it as it was a great experience. He didn't think it would take off like it did. He is very proud of himself and proud to represent the tribe.

Brevin closed with sharing the importance of dancing and continuing to dance for the people, the community and yourself. Things will come if you keep dancing, singing, and doing what you love to do. He shared his love for everyone, the community he lives in and those who support him in his endeavors. Congratulations to Boyd on all of his accomplishments and making his community proud. He'll forever be a Marvel superhero.



Clips of Brevin from the series





# Crandon takes Northern Lakes Conference Title



Back (l-r): Ben Dewing, Elias Glinski, Ty Dennee, Neveah Alloway, Aiden Mueller, Desmond Soman, Nolan Bradley, Brayden Madl, Cruz Palubicki, Reece Mayer, Brexden Kane, Conner Lawrence, Coach Paul Cleereman, Coach Isaiah Doane

Front (l-r): Jessilee Dewing, Samara Alloway, Adonis Johnson, Tyler Lawrence, Mason Dewing, Eddie Alloway, Zach Cochrane, Riley Johnson, Reid Votis

submitted by Crandon Wrestling Team

For the fourth year in a row, the Crandon wrestling team finds itself on top of the NLC. The conference tournament was held in Florence on Feb. 2, 2024. In the first dual of the night, Crandon overtook a very small Elcho team by a score of 78-0, with several forfeits and two pins by Conner Lawrence and Aiden Mueller. Next, the Cardinals defeated Florence by a score of 72-6 with exciting wins by Sopho-

more Tyler Lawrence and Freshman Reece Mayer. In Crandon's last dual of the night, they faced off against the Laona/Wabeno/Three Lakes Rebel Jays and were victorious by a score of 57-18. Winning matches for the Cardinals were Mason Dewing, Brayden Madl, Elias Glinski, Nolan Bradley, Reece Mayer, Cruz Palubicki, Tyler Lawrence and Conner Lawrence.

# Congratulations Zyon Branch-Pemma

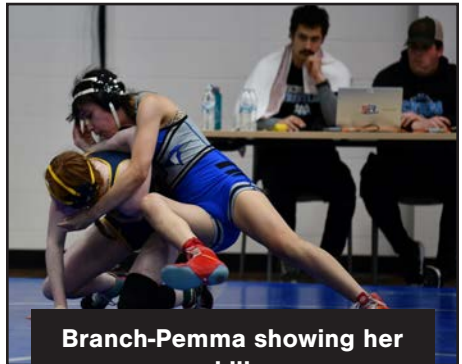


Branch-Pemma with her coaches Colin Schubert (left) and Seth Senter at the invitational

submitted photo from Cherie Pemma

submitted Val Niehaus

A big shoutout to Zyon Branch-Pemma for claiming 1st place at the Wisconsin Dells Girls Invitational in the 126 lbs. weight class, pinning all five opponents over the weekend!



Branch-Pemma showing her skills

photos by KShepard Photography



FARM TO TABLE

CANNING CLASS

FEBRUARY 2024

5:30PM

BODWÉWADMI KTĒGAN

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CLASS LED BY: WENONA SIGGELKOW

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Bodwéwadmi Ktēgan

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LCSW, MSW, SAC-IT

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A portrait of Esme Rawat, a woman with long dark hair, wearing a white top.

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FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

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PBDC Announces Newest Additions to PBDC Board of Directors

PBDC Installs EV Charger at DATA Holdings



**submitted by PBDC**

PBDC is thrilled to announce the newest additions to the PBDC Board of Directors: Crystal Deschinny and M'ko Daniels.

Daniels is an enrolled FCP tribal member. Daniels served as a Finance Intern with PBDC and for the FCP Gaming Commission for several years. Daniels grew up on the reservation in Stone Lake, Wis., which allowed him to learn the ways of his people and the history of his tribe. He has a passion for striving to do what can benefit the tribe while ensuring that their businesses are there to provide for them now and for future generations. Daniels holds a bachelor's degree from the University of Nevada–Las Vegas in business administration and management and a master's degree in legal studies, specializing in Indigenous Peoples Law from the University of Oklahoma.

Crystal Deschinny is an enrolled FCP tribal member. She has had a 30+ year career in finance, investment portfolio management, policy, accounting, and economic development



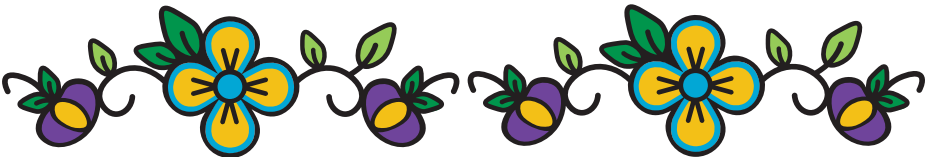
within the public, private, and tribal government sectors. She is currently the Tribal Treasurer at Ho-Chunk Nation. Deschinny has served on the FCP Investment Committee and Tax Commission and worked for FCP as the Finance and Investment Manager and Compliance and Process Improvement Director. Deschinny has a bachelor's degree in finance from San Diego State University, a master's degree in Native American studies, an MBA from the University of Arizona, and a graduate from the Advanced Management Program at Harvard Business School.

"We're excited to have Crystal and M'Ko as our newest Directors on the PBDC Board," said Tom Boelter, PBDC Board Chairman. "As passionate FCP tribal members, they both bring unique skills and expertise that will help support the future success and growth of the company. We look forward to their contributions and working with them to support and guide PBDC."



**submitted by PBDC**

PBDC's Electric Vehicle (EV) team installed a DC fast charger at the Data Holdings building as a new amenity for prospective and current customers. The EV team partnered with Ingeteam Electric Mobility to bring this charger, the first of its kind in North America, to Data Holdings. This project is an opportunity for PBDC to participate in the EV ecosystem as the company looks to enter the dynamic EV marketplace as a solution provider to the EV charging industry.





FOREST COUNTY  
POTAWATOMI  
LOANS

**FCP Loans has moved!**

For loan inquiries visit us at:  
**FCP Public Works Building**  
8000 Potawatomi Trail  
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(formerly known as Old Tribal Hall)



.....*Summer*  
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**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
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 Lunch with Executive Council 12 pm Carter Language 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  Elder Roundtable Discussion with PBDC Leadership 5 pm – 7 pm	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 Jaeger Auditorium; 6 pm	13  Pow Wow Club 4:30 pm – 5:30 pm Youth Winter Olympics 4 pm	14 Valentine's Day Language 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 Language 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 Night 5 pm – 7 pm 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  Winter Fisheree 9 am – 3 pm Bug Lake & Devil's Lake 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 Sobriety Feast 6 pm Doula Training WeCare Center Crandon Career Fair Crandon High School 9 am Language 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 Èthë Dnèkmëgzèk Myéw  
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Crandon, Wisconsin

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](mailto:Kimberly.Shawano@FCP-nsn.gov)

All classes subject to change.

	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



# WINTER SESSION

## Group Exercise Schedule

*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	Full-Body Fitness 9am-9:45am	Circuits 5:45am-6:30am	HIIT 5:45am-6:15am	Bodyweight Blast 6:00am-6:30am	NO CLASSES
	Lunch Crunch 12pm-12:20pm	Bodyweight Blast 5:30pm-6pm	Spin 9am-9:45am	Mobility & Core 9am-9:30am	ZUMBA® Fitness 10:15am-11am	
	Elemental Kickboxing 5:30pm-6:15pm		ZUMBA® Toning 5:30pm-6:30pm			
	Spin 5:30pm-6:15pm					



**SHARE THE LOVE FOR FITNESS!**  
Bring a friend to class for **FREE**  
January 2<sup>nd</sup> – 6<sup>th</sup>  
& February 12<sup>th</sup> – 17<sup>th</sup>

## **Aquatic Classes**

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
NO CLASSES	<b>Shallow Water Aerobics</b> 9:15am-10am <b>Aqua ZUMBA®</b> 5:30pm-6:15pm	<b>Shallow Water Aerobics</b> 9:15am-10am <b>Aqua Jogging</b> 10:15am-11am <b>Deep Water Aerobics</b> 5:30pm-6:15pm <i>(Begins 11/28)</i>	<b>ELDERS ONLY Shallow Water Aerobics</b> 9:15-10am <b>Aqua HIIT</b> 10:15am-11am	<b>Shallow Water Aerobics</b> 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](mailto:Desiree.Marten@FCP-nsn.gov)***  
All classes and prices subject to change. Specialty Classes require separate fees.



# Elder Menu

FEB. 18

Breakfast: Malt-O-Meal,  
boiled egg

Lunch: Beef stroganoff

Dinner: Flat bread pizza

FEB. 19

Breakfast: Egg, sausage and  
cheese sandwich

Lunch: BBQ chicken

Dinner: Cedar braized bison

FEB. 20

Breakfast: Fried eggs,  
hash browns

Lunch: Cabbage roll casserole

Dinner: Grilled chicken pita w/  
pepper & onions

FEB. 21

Breakfast: Boiled eggs, corned  
beef hash

Lunch: Hot beef sandwich

Dinner: Pork chop

FEB. 22

Breakfast: Mexican omelet

Lunch: Baked salmon

Dinner: Cheesy potato & bacon  
soup

FEB. 23

Breakfast: Cold cereal

Lunch: Chicken Parmesan

Dinner: Cabbage soup

FEB. 24

Breakfast: Scrambled eggs,  
bacon

Lunch: Turkey burger sloppy  
joe

Dinner: Chicken in gravy over  
rice

FEB. 25

Breakfast: Scrambled eggs,  
bacon

Lunch: Philly cheese steak  
sloppy joes

Dinner: Beef veggie soup w/  
barley

FEB. 26

Breakfast: Blueberry pancakes,  
sausage

Lunch: Creamy beef and shells

Dinner: Sweet & sour  
meatballs

FEB. 27

Breakfast: French toast, bacon

Lunch: Baked chicken

Dinner: Pizza burgers

FEB. 28

Breakfast: Fried eggs, ham  
steak

Lunch: Pork chop

Dinner: Sunflower crusted  
trout

FEB. 29

Breakfast: Cheese & ham  
omelet

Lunch: Chilli

Dinner: Chef salad

MARCH 1

Breakfast: Boiled eggs, sausage

Lunch: Sheperd's pie

Dinner: Beef and tofu noodle  
bowl

MARCH 2

Breakfast: Ham, potato, egg  
skillet

Lunch: Tuna casserole

Dinner: Buffalo burger



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

2024  
COMMUNITY  
SOBRIETY  
FEASTS

FOOD • FUN • FELLOWSHIP • FEATURED RECOVERY SPEAKER

SELECT  
WEDNESDAYS  
@ 6 PM

Watch monthly flyers  
for updates

JAN 17 • FEB 28  
MAR 20 • APR 17  
MAY 15 • JUN 19  
JULY 17 • AUG 21  
SEP 18 • OCT 16  
NOV 20 • DEC 18

CULTURAL CENTER,  
LIBRARY & MUSEUM  
LOWER LEVEL

8130 MISH KO SWEN DR  
CRANDON, WISCONSIN

POTLUCK DINNER  
BRING A DISH TO PASS

ALL ARE WELCOME

FOREST COUNTY POTAWATOMI  
HEALTH & WELLNESS CENTER  
BEHAVIORAL HEALTH

FOR INFO CONTACT  
CONSUELA ALLOWAY 414-248-4522



# NOW ON SALE



FOREST COUNTY POTAWATOMI  
LAND & NATURAL  
RESOURCES DIVISION

## 2024

# PHOTO CONTEST CALENDAR

ONLY  
\$15

*All proceeds go to a charitable fund to purchase fruit trees for parks within the FCP Community!*

### AVAILABLE AT THESE LOCATIONS

FCP Museum  
Gift Shop  
8130 Mish ko swen Drive  
Crandon, Wisconsin

Potawatomi Community Center  
Kitchen  
5471 Thayék Êthë Dnëkmëgzêk Myéw  
Crandon, Wisconsin

Bodwëwadmi  
Ktëgan  
3389 Highway H  
Laona, Wisconsin



NIGHTLY  
ENTERTAINMENT

CULTURAL  
ACTIVITIES

TRADITIONAL  
FOOD DEMO

ARTS &  
CRAFTS

INVITED  
SPEAKERS

PHOTO  
BOOTH

BREAKOUT  
SESSIONS



# TRIBAL YOUTH GATHERING

## 2024

### March 7-10



### OPEN TO GRADES 6-12\*

\*Ages 12 & younger must be accompanied by a parent or guardian. Registration must be completed at check-in. Attendees need to bring their own snow gear and swimming attire.

#### Day Registration

OPEN TO ALL WISCONSIN TRIBAL AFFILIATED

Registration open up to and throughout the conference!

#### Overnight Registration

OPEN TO FCP TRIBAL YOUTH  
& DESCENDANTS ONLY

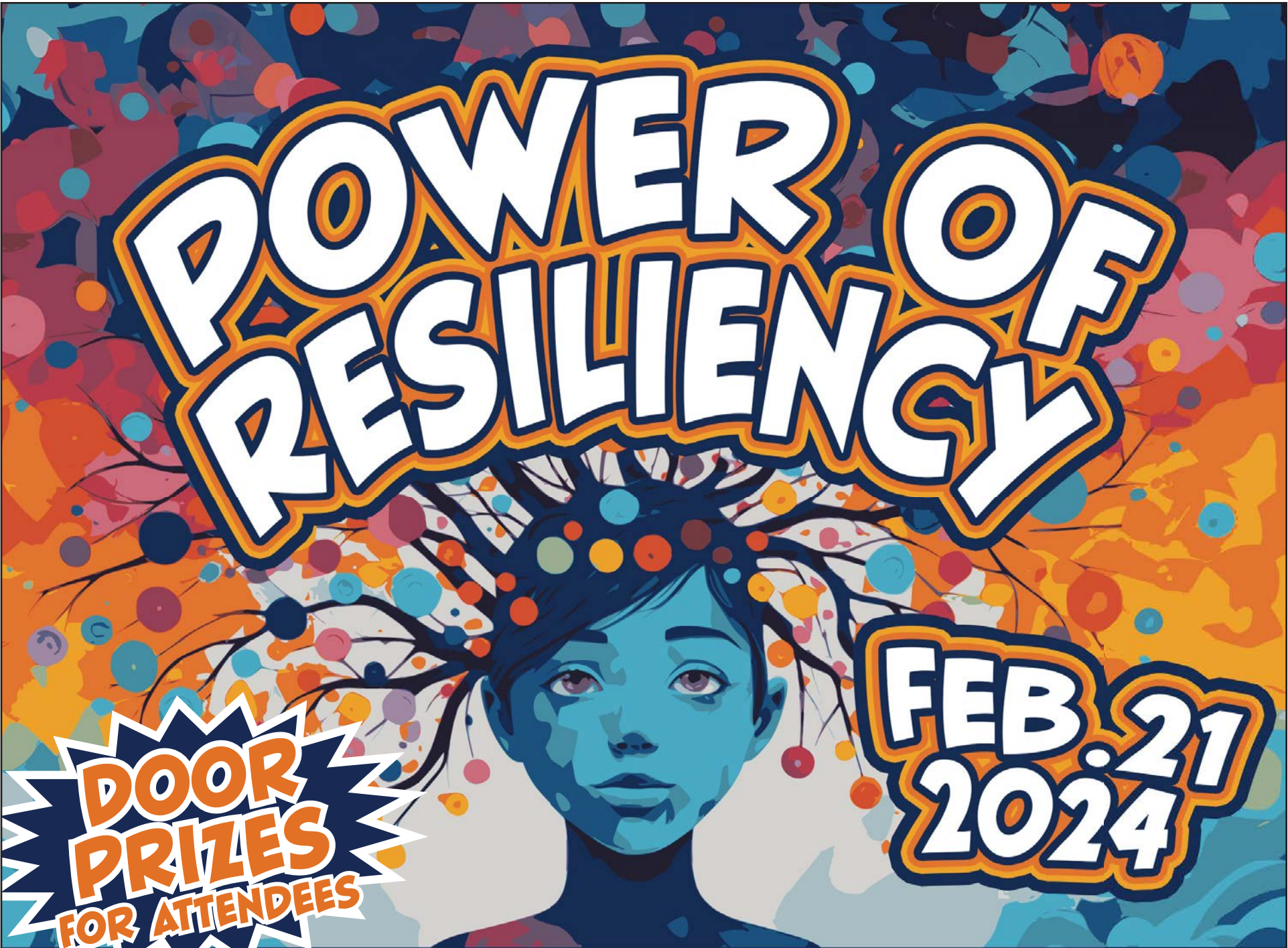
Deadline for Overnight is February 23, 2024.

Parent or Legal Guardian must come in and complete all check-ins.

**TO REGISTER FOR OVERNIGHT SCAN THE QR CODE!**







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!



SPONSORED BY

FOREST COUNTY POTAWATOMI  
ECONOMIC SUPPORT

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



START EARNING ENTRIES NOW!

BLAZING  
HEARTS



\$50K

IN TOTAL PRIZES

SATURDAY, FEBRUARY 24

CASH AND PRIZE DRAWINGS: 5-9 PM      GRAND PRIZE DRAWING: 10 PM

ICE  
COLD  
CASH

FRIDAYS IN FEBRUARY

DRAWINGS: 6 PM-10 PM

WIN UP TO \$1,500 CASH!

LEAP  
WHEEL  
LEAP

WHEEL  
DEAL

THURSDAYS IN FEB.

FEB. 1, 8, 15 & 22 & 29 | 10 AM-9 PM

EARN 300 SAME DAY  
POINTS TO SPIN THE WHEEL  
WIN UP TO \$80 REWARD PLAY!

finally  
\$500 FRIDAY



FRIDAY, FEBRUARY 23

TEN GAMES PAYING \$500  
FIVE GAMES PAYING \$250 | SPECIALS  
PAYING \$150 | BUY IN FOR \$35

Receive \$25 Reward Play with one entry pack purchase.