



POTAWATOMI TIMES

Gsenyaniyêk êzhewébêk — Forest County Potawatomi Happenings



Volume 29, Issue 19 • April 1, 2024 • nmébné gizes • Sucker Fish Moon • FREE

5th Annual Youth Gathering



The Saturday afternoon crowd

by Val Niehaus

The 5th Annual Tribal Youth Gathering was held on March 7-10, 2024, at the Potawatomi Community Center (PCC) in Crandon, Wis.

This youth gathering was revitalized in 2023 after a 15-year hiatus in which the tribe was fully-aware the event needed to continue.

A major change this year was that this gathering was open to all tribal youth of any tribal nation. Another big change was the break-out sessions and speakers were housed at PCC instead of at the Potawatomi Casino Hotel Carter (PCHC), and PCHC was used for sleeping arrangements only. Youth who stayed the night at PCHC had to be in grades 6-12, but you could still attend the gathering at PCC if you were younger than 12 years old, as long as an adult accompanied you throughout the day. The top attendance of youth in one day was 140, a great number to see!

March 7 was the chaperon check-in and registration for the youth. The chaperons during this weekend were the hidden heroes. Everyone made sure the youth were being respectful to one another, assisted those who needed help and to stay on task, and tried to limit the amount of mischief at the hotel. The

community and tribe thank the chaperons for all the help and wisdom they offered during this busy weekend.

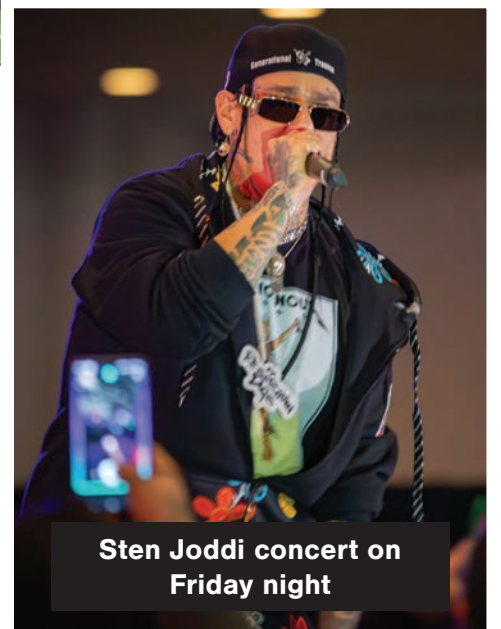
March 8 kicked-off the Gathering with the sacred fire's morning lighting and Fire Teachings held by Community Prevention Coordinator Jorge Cisneros. Following this was breakfast along with an "energizer" break, which consisted of quick, fun fitness routines led by PCC Assistant Fitness Manager Travis Thelen. This helped get the youth's bodies and brains awake and ready for the day. Each morning would begin this way to keep a steady routine flowing for the youth. There were also breakout sessions each day from which the youth could choose — these ranged from cultural teachings to speakers discussing certain subjects.

Sessions included: language introductions, cookie baking, snow snake woodworking, appliqué painting, Lacrosse stick making, healthy relationships classes, vaping and smoking prevention, maple sugar tapping demo, beading basics, drug and alcohol prevention, hand-drum making, loom beading, animal tracks/pelts, open swim, art and crafts with child minding, dream catchers, tobacco pouches, rap sessions, healthy relationship

teachings, archery, and more. These sessions were available at different times throughout the day, and could change last-minute to accommodate what the youth seemed to have more interest in pursuing.

The highlight of Friday night was having actor, award-winning hip-hop artist, tattoo artist, and motivational speaker Sten Joddi, a member of the Mvskoke Nation of Oklahoma, grace the tribe with his presence for the weekend and put on one incredible musical performance for the youth.

Joddi got his recognition mainly from his prolific career as an Indigenous rapper in Indian Country. He was casted in the Hulu TV series *Reservation Dogs*, which really made him blow up, especially after his hit-song in that show called "Greasy Frybread". From there, people have taken notice of his singing, artistry in both rapping/tattooing and his life story of inspiration. Joddi shared his incredible story with everyone before he and his family put on the concert that many of the youth and families will never forget. He and his daughters really took in the culture and teachings of the FCP tribe, and we will always be thankful for that. He left with many gifts and new friends



Sten Joddi concert on Friday night

for life and is always welcome back anytime.

March 9 began the same as the day before, along with the break-out sessions that the youth could participate in.

The greatest highlight of this day was having Chef Pyet DeSpain, season one first-place winner of Gordon Ramsey's cooking show "Next Level Chef", visit and give a demonstration on traditional Indigenous foods. She had samples of so many different foods that are important to Indigenous tribes throughout the U.S. Some of the foods *continued on pg. 3...*

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Youth and community cooks snap a photo with Chef Pyet



Miss Potawatomi attended on Saturday

Youth Highlight - Camiria Sardin



by Amber Haseman

Camiria Ivory Sardin, daughter of Phill and Amanda (Daniels) Sardin has been recognized for her success and achievements throughout her college career. Sardin graduated from Jerome I. Case High School in Racine, Wis., in 2022. She played two seasons of varsity basketball and helped the team advance to the third round of the WIAA postseasons while also being a team captain at the junior varsity level.

Sardin transferred to College of Lake County from Alverno College where she played 24 games, averaging 9.0 rebounds and 9.2 points per game. She was voted most valuable player by her team and coaches. She also was selected as the NACC Student-Athlete of the Week during the week of Jan. 1, 2023, being the second Alverno



student athlete to accomplish this since 2016.

Sardin recently reached another great accomplishment at College of Lake County as one of three on her team to finish in the Top 100 in the country statistically in a total of 24 categories.

Her grandmother would like to honor and congratulate her granddaughter on her achievements that the tribe supported her in and provided the opportunity she has to attend college and play in the NCAA. "Camiria Ivory, we are all so very proud of you. Keep walking through the doors of opportunity. Your gift will continue to make room for you and also continue to bring you before great people — love Grandma Jo ♥".

FCP Up & Coming

by Amber Haseman

National Walking Day Event: Join Potawatomi Community Center (PCC) Fitness and Wellness staff as well as FCP Occupational Wellness on National Walking Day to partake in a one-mile walk to earn a t-shirt and promote physical activity. No cost or registration necessary. Open to all PCC members, FCP Tribal Members and Descendants, and FCP Government Employees. Join April 3, 2024, from 11 a.m. – 6 p.m. For more information, contact Desiree Marten at (715) 478-6512 or desiree.marten@fcp-nsn.gov.

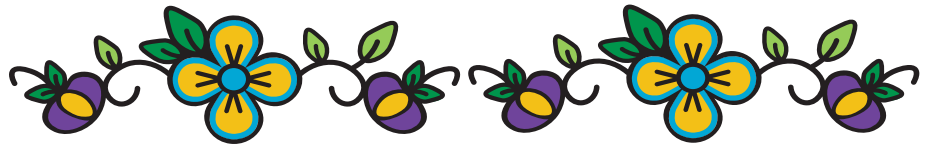
Cyber Safety Class: Learn the four steps to keeping yourself cyber safe. A training will be held at the We Care Center in Carter April 4, 2024. The training is open to the public. Have any questions? Contact Molly Thornton at (715) 478-4968 or molly.thornton@fcp-nsn.gov.

Baking Class: Join Jennifer Crawford for another baking class April 10, 2024. Bake your very own personal sized carrot cakes. The class is open to FCP Tribal Elders

only. Sign up today! You can contact Jenna Paradies at (715) 478-4892 or jenna.paradies@fcp-nsn.gov.

Dollars & Sense Course: This course will be held on Tuesdays from 5-7 p.m. on the following dates: April 2, 9, 16, 23, 30 and May 7, 2024. Located at PCC, the course is free to FCP tribal members, spouses, significant others, and descendants ages 15 and up. Food and childcare will be available for class participants. Register now at <https://forms.office.com/r/0ij55E4UBQ>. Questions? Contact Manny Johnson II at (715) 889-0636 or manny.johnson@fcp-nsn.gov.

Mother Earth Day: LNR is hosting an event for Mother Earth Day on April 17, 2024, from 1-5 p.m. at the Bodwewadmi Ktëgan. The event is open to FCP tribal members, families, and descendants. Activities will include decorating pots and planting native plants, creating your own bird feeders and milk jug green houses, farm tours, and a chance to win door prizes.



POTAWATOMI TIMES
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Deadline for the April 15, 2024, issue of the PT is Wednesday, April 3, 2024.

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FCP SENIOR Spotlight

Class of 2023
KYLA BEAUPREY MNEDOKWE
GRANDON HIGH SCHOOL

Class of 2023
PATRICK DANIELS JR NABAGISHEK
GRANDON HIGH SCHOOL

WE WANT TO HONOR ALL FCP HIGH SCHOOL SENIORS by including them in the May 1 & 15, 2024, issues of Potawatomi Times Newspaper.

NEWSPAPER DEADLINE: APRIL 15
BANNER DEADLINE: May 1

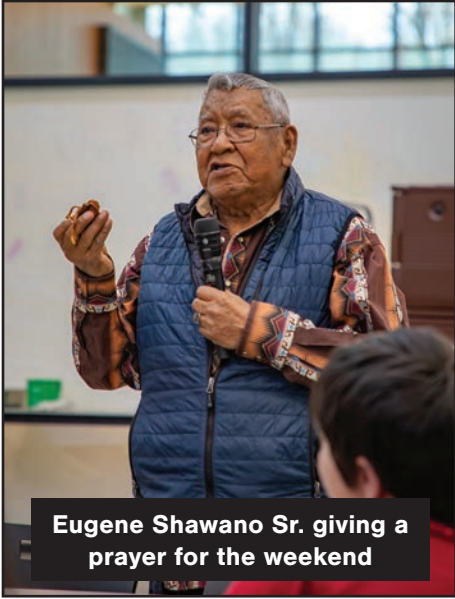


A banner featuring the Senior will be located at the Potawatomi Community Center (banners above from 2023). Please scan the QR Code for questionnaire & to upload a photo, or contact us at 715-478-7437 / times@fcp-nsn.gov for a paper form.

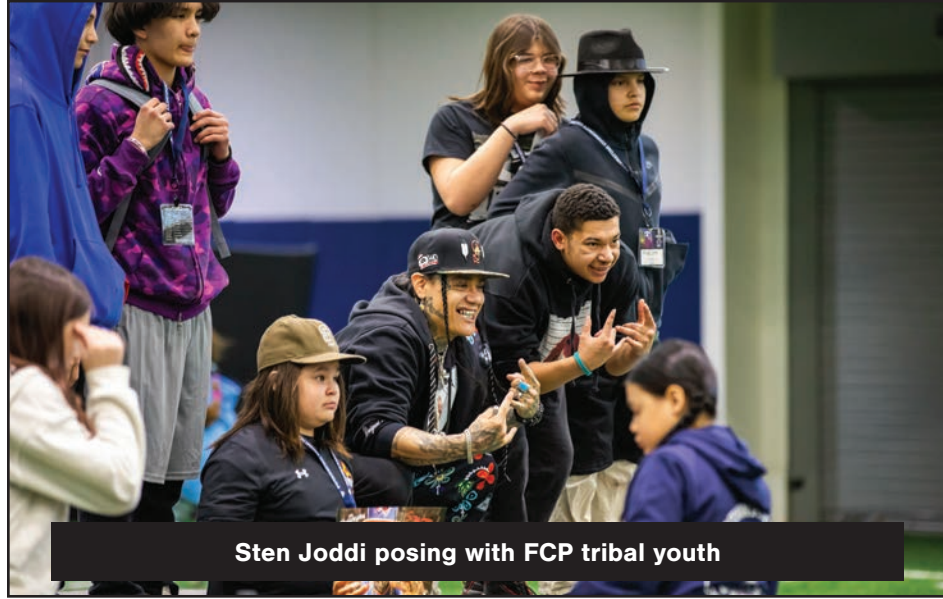
<https://education.fcpotawatomi.com/ninja-forms/17tq65/>

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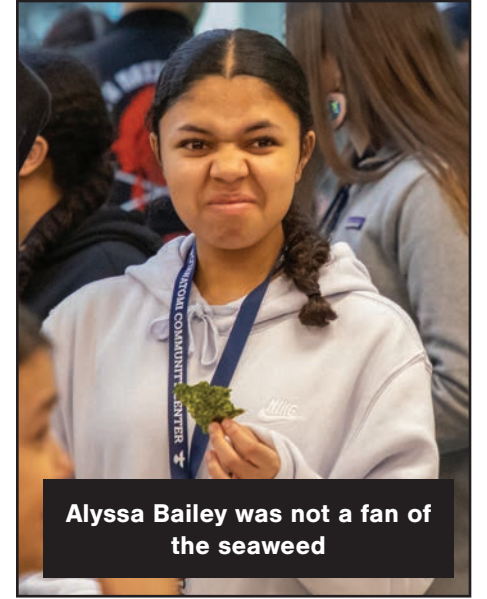
Youth Gathering *...continued from pg. 1*



Eugene Shawano Sr. giving a prayer for the weekend



Sten Joddi posing with FCP tribal youth



Alyssa Bailey was not a fan of the seaweed

included seaweed, smoked salmon, manoomin (wild rice), passion fruit, cactus, and sunchokes, to name a few. While each of the youth taste-tested a sample of these foods, Chef Pyet explained the origin of where the food came from, why it was so important to that specific tribe, and how it helps sustain these tribes to this day.

Participant's expressions showed right away whether or not they loved or disliked what they tasted.

At the end of her presentation, Chef Pyet then had a short clip that everyone could watch of her being announced

the winner of "Next Level Chef". This inspired attendees to learn about traditional foods and how to cook with them. You can do big things in life if you have the passion and drive.

Another special guest appeared this day, Miss Potawatomi Pannoquah Wahwassuck from Prairie Band Potawatomi Nation from Mayetta, Kan. She spoke to the youth about her running for Miss Potawatomi and her busy life at home. She is 15-years-old, a talented basketball player, a great student, a role model for her younger generation, and an overall great young lady to be repre-

senting the Potawatomi Confederacy throughout the U.S. The tribe thanks her and her family for making the drive to talk with the youth and hang out for the weekend.

March 10 was the last day of the youth gathering. This day was relaxed, with everyone worn out from the days before, and it was filled with some emotions as the guests visiting had to hit the road. The sacred fire was lit, breakfast was served, and completion certificates were given to the youth.

This year's gathering held many great memories and fun! Putting on

anything this large takes a lot of help from so many, along with time and patience. Chi Migwétth to: the Elders who offered guidance, those who took care of the youth at any time of the day, the organizers, the cooks, the teachers who showed that the culture is still alive and well, the chaperons who stayed with the youth at the hotel, the visitors that came from near and far. Most of all, Chi Migwétth to the youth who participated in learning more about who they are, where they come from and to be proud of that each and every day they live. We look forward to seeing you all in 2025!



Gte Ga Nēs Field Trip



by Amber Haseman

Gte Ga Nēs Preschool and teachers visited the Potawatomi Community Center for an hour of fun and activities. There was a variety of activities planned for their visit March 14, 2024.

Upon arrival, the children and teachers gathered in the turf room and were welcomed by the Community Center team. Coach Dixon started with fun warm-up exercises. There were lots of stretching, butt wiggles, much laughter, and smiles on all their faces.

Shannon Howerton divided the students into two groups for two dif-

ferent activities. One group joined for the classic parachute. The other group gathered by the obstacle area for a game of tag and steal. Each team had to avoid the players and steal the ball from the opposite side without getting tagged. They also played a game called Sharks and Minnows and had a chance to throw balls at their teachers!

It was certainly a fun and exciting day for Gte Ga Nēs Preschool. What a great way to burn some energy, stay active, have fun and just be kids. Although it was just an hour, there was plenty of giggles, much laughter, and smiles from ear-to-ear.



Winter's End Powwow



2024-2025 Royalty: (L-R) Jr Princess: Tawahsapan (Marianna) Doud, Brave: NiganGechda Pemma, and Sr Princess: Royal Pemma



Head Veteran Clarence Daniels (R) leading the Grand Entry

by Amber Haseman

It was a beautiful spring day for the FCP Community as they hosted their annual Winter's End Powwow. Upon arriving to Crandon, a pair of eagles were soaring together high up in the sky. It was a sure sign of a great weekend ahead.

Hundreds gathered at the Potawatomi Community Center (PCC) for two days of cultural traditions, singing, dancing, good company, and delicious food. The event was held March 23-24, 2024. At 1 p.m. on Saturday afternoon, the community gathered in the gym for the grand entry. Nick Shepard welcomed the audience to this year's event. Host Drum The Boyz began with their song for the grand entry. Head veteran Clarence Daniels led the FCP veteran's, last year's royalty, head male dancer Albert King Jr., head female dancer Waskwane Stonefish, and this year's powwow participants around the gym as spectators respectfully stood in honor.

This year's MC John Teller Jr. introduced Co-Host Drum Lakota Red Leaf for their performance of the

flag song. After the song, each veteran was recognized and honored for their service as they walked the floor with their flags. Meanwhile, all veterans were welcomed to the floor for invited drum, Showtime's performance of the Veteran song.

Co-MC Keveon Kingbird recognized last year's royalty for their introductions including their native names, English names, and a little bit about themselves if they wished to share. MC Teller Jr. wrapped things up for Ho-Chunk Station's performance to welcome all dancers to the floor and begin this year's powwow.

The other drums that were invited included: Hay Creek, Tomahawk Circle, and Fire Nation. There were several giveaways and prizes available throughout the event. This year's dancer honorarium featured Head Female Specials with junior girls ages 6-12, a Committee Special featuring Sweetheart Special Freestyle for adults, and Four-Person Team Special featuring teens 13-17.

Just before everyone gathered for the feast, this year's 2024 Win-

ter's End Royalty winners were announced. The winners for the 2024-2025 Winter's End Powwow are: Jr. Princess Tawahsapan (Marianna) Doud with 166 points, Brave NiganGechda Pemma with 161 points, and Sr. Princess Royal Pemma with 177 points. A big congratulations to this year's royalty winners.

Aside from the festivities in the gym, there were many vendors including food vendors that were set up in the cafeteria throughout the event. Their stands featured Indian tacos, pulled-pork, nacho varieties, bubble tea, lemonade and much more. In the turf field-house, cultural vendors displayed a large variety of items including medallions, regalia, beaded jewelry, hair accessories and keychains, ribbon skirts, blankets, apparel, and more.

As we enter the beginning of a new season, it is important to come together and celebrate the transition. It was a beautiful gathering of the community, opening to surrounding tribes and residents, welcoming everyone to come together as one and celebrate winter's end, honoring those who dance and can no longer dance, and welcoming a new beginning to the spring season.



Sarah Gougé



Phil and Brenda Shopdock



Ira Frank with his daughter Jayla Frank



Brevin Boyd Sr. dancing his heart out on the floor



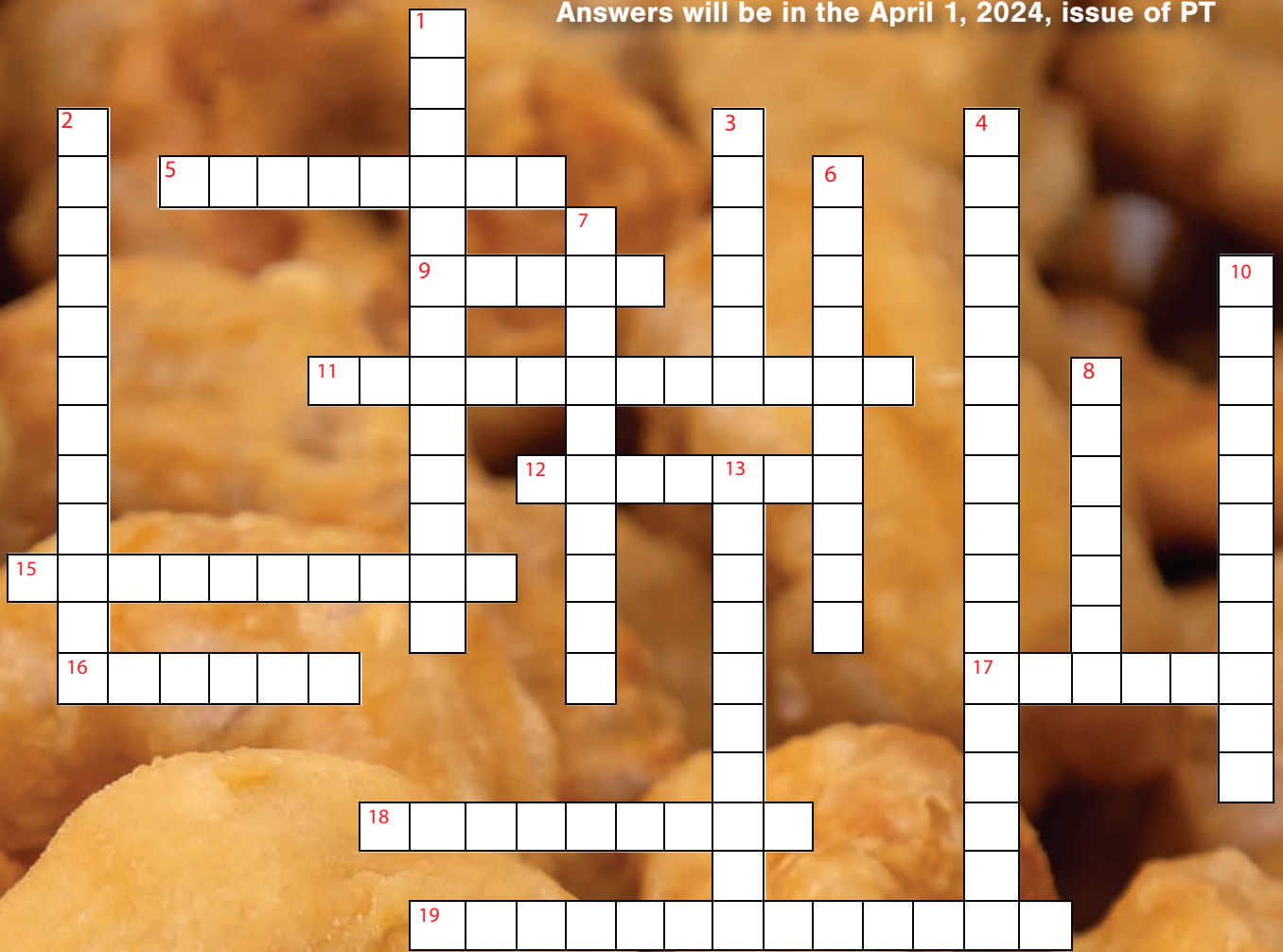
Fire Nation

Powwow Food

Answers will be in the April 1, 2024, issue of PT

ACROSS

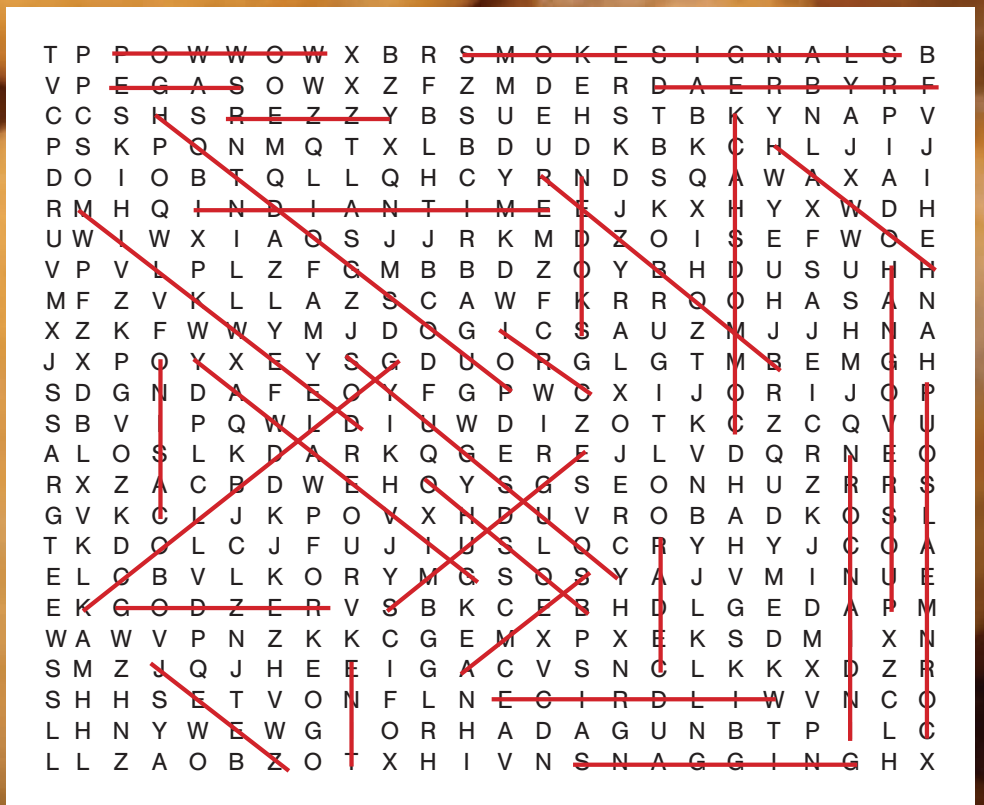
- 5. Made from homemade dough, some tribes cook on the stove in a pan of oil.
- 9. This is a soup that goes with fry bread. Tomato sauce, noodles, meat, tomatoes, beans, noodles, sometimes celery.
- 11. This yellow vegetable is delicious and can be eaten alone with melted butter and salt. Sometimes they're on a stick.
- 12. There are multiple types, small and grow on a little bush or small tree. They're sweet, juicy, and can be eaten alone or used for medicine, dessert and with other foods.
- 15. This has white and yellow kernels, and is boiled with pork hocks or beef in a pot with cornmeal.
- 16. It's green, has dill and is cucumber's cool cousin.
- 17. A warm drink with caffeine sets out in the sun to brew.
- 18. A dough is harvested from a grain that is fully mature and dry. It's baked color of yellow and is delicious with honey and butter.
- 19. Bison put between two pieces of bread.



DOWN

- 1. Boiled on the stove for a long time with meat and other vegetables; they're small, round kernels, and flavor is opposite of sour.
- 2. Boiled and made with noodles, tomatoes sauce and hamburger. Known for eating the next day after a party.
- 3. Black liquid and usually drank in the morning for its caffeine.
- 4. This grain is harvested in a lake and cooked in a large pan in the oven, aka hot dish.
- 6. This is a frankfurter added to tomato sauce and noodles. Can be cooked with water and added to anything to flavor.
- 7. This is a frankfurter wrapped in dough and fried.
- 8. Another name for deer meat.
- 10. Meat, tomato sauce, lettuce, cheese with corn chips in a small bag to-go.
- 13. A piece of frybread loaded with beef, lettuce, tomatoes, cheese.

Answers from March 15, 2024, issue



Sexual Assault Awareness Month

submitted by FCP Family Services

Stigmas, Stereotypes and Reporting FCP Sexual Assault Advocacy

Teal is the recognized advocacy color for Sexual Assault and to raise awareness, FCP Community Advocacy asks you to join us in “Teal Tuesday’s”. Every Tuesday in April, wear teal in solidarity with survivors.

Community Advocacy also invites you to “Empowering Survivors, Ending the Stigma” on April 18. Waking Women’s Healing Institute, which is an Indigenous, survivor-led group, will guide us through a workshop to heal, connect and empower survivors and those affected by sexual violence. Please join us for this event, which is open to the public, at FCP’s Cultural Center, Library & Museum’s lower level starting with lunch at 11:30 a.m. and the workshop to follow.

Survivors face several stigmas when coping with the trauma of sexual assault. The biggest and most common stigma lies in responsibility. Common responses suggest that the assault perpetrated on the victim is the victim’s fault; “Why didn’t you fight?”, “Did you say no?”, or “What were you

wearing?” Victim blaming is one of the main factors as to why many victims do not report due to feelings of shame, guilt, and accountability.

A few dangerous misconceptions about Sexual Assault are:

- The victim “asked for it” by the way they dressed or acted.
- The victim’s partner cannot sexually assault them.
- The victim deserved it because they were under the influence.
- The person reporting is looking for attention.
- Only a woman or child can be sexually assaulted.
- It’s easy to spot a rapist.

Sexual Assault in Tribal Communities

According to the U.S. Justice Department, one in three Native American women who live off or on Native American reservations report being raped during their lifetime. By comparison, nationally about one in six women report being raped in their lifetime. Native Americans are roughly 2.5 times more likely to experience sexual assault compared to all other races. On average, Native Americans ages 12 and older experience 5,900

sexual assaults per year. Sexual assault victims may often suffer from mental illnesses, economic instability, and physical illnesses.

- One in three Native American women report being raped during their lifetime at a rate 2.5 higher than other groups.
- White men commit a large percentage of the sexual assault crimes against Native Americans.
- Sexual assault has serious physical, emotional, and economic effects.
- Jurisdictional issues, lack of resources, gender, race, and child abuse all play a part in the issue.

Native American women who have been sexually assaulted on a reservation are often unable to access necessary resources because of a myriad of issues, such as child abuse, colonization, and complex jurisdictional issues. With efforts to prevent and eliminate sexual assault, there must be support for those who are affected by sexual violence. Supporting victims is done through advocacy and an understanding of the laws and barriers that prevent Native women from reporting and seeking help. There are a few types of advocacy services offered to victims

of sexual violence: medical, legal, and personal advocacy.

For more information on services or events, please contact FCP Community Advocacy at: (715)478-4433 or CommunityAdvocacy@fcp-nsn.gov, Community Advocacy 24/7 Crisis Hotline: (715)478-7201.

Resources:

US Indig <https://www.theguardian.com/world/2022/may/17/sexual-violence-against-native-indigenous-women>
<https://ballardbrief.byu.edu/issue-briefs/sexual-assault-on-native-american-reservations-in-the-us>

National Center for Injury Prevention and Control, Division of Violence Prevention, The National Intimate Partner and Sexual Violence Survey: 2010 Summary Results (November 2011), https://www.cdc.gov/ViolencePrevention/pdf/NISVS_Report2010-a.pdf
“Tribal Affairs,” The United States Department of Justice, Office on Violence Against Women, January 5, 2018, <https://www.justice.gov/ovw/tribal-affairs>.

<https://resiliencemi.org/stereotypes/>

Zaagi’idiwin Indigenous Doula Training

by FCP Community Relations Specialist Marcus Daniels

FCP invited Zaagi’idiwin to host their Full Spectrum Indigenous Doula Training at the We Care Center in Carter from Feb. 27, 2024, through March 1, 2024. The trainers who shared their knowledge and teachings for the week were Anishinaabe/Diné Indigenous Midwife Melissa Sveinson, and Manager of Indigenous Relations and Anishinaabe public speaker Cecil Sveinson, from Winnipeg, Can. There, a handful of mothers, soon-to-be mothers, aunts, grandmas, and myself all participated in our community’s first Indigenous doula training.

Birth work has always been foundational in our Native communities. However, it is surprisingly severely lacking in abundance and accessibility, not only within FCPC, but in the surrounding areas as well. Though these birth teachings were once the

norm, they have not been practiced for several generations due to the effects of colonization.

Bringing the Zaagi’idiwin Full Spectrum Doula Training to our community was pivotal. It feels like we are bringing back something that has been sleeping for quite some time. This training equipped the doulas with tools in trauma informed care, harm reduction, Moon-Time teachings, caring for the caregiver, pregnancy, labor and birth, newborn and postpartum care, breastfeeding, grief and loss, traditional teaching tools, and rites of passage.

FCP Grandma, elder, and now, doula, Carole Daniels shared her experience: “The doula training I attended was definitely eye-opening and informative. Back when I gave birth, I never knew we had choices, and certain things I just did what the doctor said. My hopes in becoming a Native

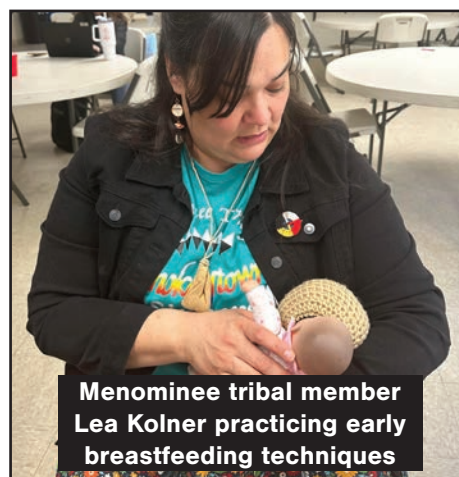
American doula is to help our mothers be informed and support them and their family through their journey.”

Throughout the training, the role of community was a strong focus. With birth today, we are missing that essential community support and care. Supporting the birthing parents throughout their pregnancy, birth, and postpartum can look many different ways. For instance, it could include group circles and support groups for both parents, but refraining from sharing unsolicited “bad” birth experiences with pregnant mothers as a way of “relating/bonding”. Other support that could be offered is respecting the birthing mother’s sacred and spiritual time during her pregnancy and birth, and helping the parents on a regular basis postpartum by cooking them a meal, helping clean their home, or caring for older children so they can focus all their attention on healing and

bonding with baby.

The group of now-certified Full Spectrum Indigenous Doulas are planning to begin collaboration with FCP’s Community Health Department to identify ways to use this information to better serve the families in our community. We will update the community with upcoming potential programming, events, and groups as they roll out.

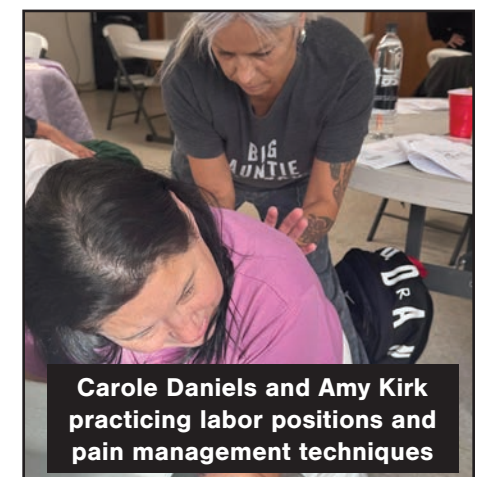
Migweth to the Community Health and Museum staff on their collaboration on bringing this training to FCP, to Melissa and Cecil for traveling from Canada to share their teachings, and to all of the doulas who participated! A special migweth as well to Mikiya Alloway’s Wild Plume catering for providing meals of traditional foods for the whole week of the training.



Menominee tribal member Lea Kolner practicing early breastfeeding techniques



Group of Doulas after completing their training



Carole Daniels and Amy Kirk practicing labor positions and pain management techniques

Farm Fresh Fodder



submitted by FCP Farm Sales & Marketing Coordinator Lindy Carroll

Farmers have always been known for their ability to adapt to overcome adversity. Just when one problem is solved, it seems as if another is waiting around the corner. Add in the goal of reaching total self-sustainability, and the challenges can seem daunting at times. Financial security, health, and supply and demand have always been major concerns for a farmer. But above all the biggest obstacle anyone associated with agriculture has to contend with is Mother Nature.

The National Centers for Environmental Information's 2022 State of the Climate report indicates "that the last eight years (2015–22) were the eighth warmest on record." Also stated in the report is that the "global drought area has been increasing since mid-2019, and it reached a new historical peak in October 2022." These global changes are having a major impact on the animals at Bodwéwadmí Ktëgan (Potawatomi Farm).

Traditionally, the bison and cattle at the Bodwéwadmí Ktëgan have been set on a rotational grazing schedule. This means that when the grass in a pasture is eaten down to three inches from the ground, the animals are moved to another section of pasture, allowing the first pasture to regrow. With the number of bison and cattle the farm averages, the animals are moved daily in the summer. The

Potawatomi Farm is fortunate to have enough pastureland to allow for a monthly cycle through each section of pasture, which allows the grass to grow back up to at least six inches before the animals are allowed to graze there again. However, the past few summers' heat and lack of precipitation have been making this plan harder to maintain.

Summertime is also when hay is cut and stored for feed during the cooler months. On a great year, a field can be cut as many as three times. Sadly, the last few summers have only produced enough hay for one and a half harvests for the farm. When there is not enough grass growing in the pastures in the fall, the animals are fed hay. This leads to the depletion of an already limited supply of hay.

Bodwéwadmí Ktëgan is not the only area farm facing this problem. Any business that is fortunate to have a surplus of hay for sale, is charging top dollar due to demand.

Is there a solution to this increasing problem?

Around the world farmers have been facing a similar challenge for decades. The answer that has proven to be the most successful, originating in the Outback of Australia, is to grow fodder indoors for the animals.

Basically, this means taking grain seeds, sprouting them, then feeding the fresh greens to the grazing animals.

Introducing the Bodwéwadmí Ktëgan Fodder Unit

Thanks to grant funding from the American Rescue Plan Act of 2021 (ARPA), the Bodwéwadmí Ktëgan received a movable fodder trailer in October 2023. The customized unit contains a sprinkler system, shelving racks that hold 240 seed trays, and grow lights.

How it works

Six days a week the Bodwéwadmí Ktëgan technicians seed 40 trays with a mixture of barley and pea seeds. The trays are plastic and do not require any soil or growing materials. Over the next five days, the seeds sprout to form a mat on the tray. The mat is then "slipped" off and fed directly to the grazing animals. 100 percent of the materials is consumed by the animals. Staff then sanitizes the tray and reseeds it.

Some additional comparisons between the fodder unit and hay are:

- Smaller space is needed for growing fresh greens versus fields for hay.
- Little to no additional storage needed for fodder and seeds versus barn storage for hay.

- Less water is needed to grow fodder than hay.

- Growing conditions stay constant in the fodder unit versus depending on Mother Nature's mercy to grow and harvest hay.

- The vitamin and mineral content in fresh greens are higher than that in dry hay.

- And the biggest benefit of fodder versus hay is that the animals just plain out like it better.

While fodder is a powerful addition to the diet of the bison and cows, it is not currently being fed as their sole source of food at Bodwéwadmí Ktëgan. Hay is still fed, along with the fresh greens, to accommodate the quantity of food the animals require daily.

Bodwéwadmí Ktëgan will resume weekly walking farm tours for the summer and fall, starting on May 29. These tours will be held every Wed. at 1 p.m. prompt. They are free and open to the public. Please come out to see the fodder unit and all the other wonderful things the farm has to offer.

Maple Syrup



by Amber Haseman

It's a busy time of year for the Bodwéwadmí Ktëgan (Potawatomi Farm). They've finished up their canning classes in preparation for their future Farm to Table classes. They've received 200 baby chicks which will be added to the coup this spring. They've also been busy planting fodder to harvest and feed to the buffalo and cattle to provide them an alternative besides hay.

In the meantime, Assistant Farm Manager Joe Shepard and his team have been busy wrapping up the maple syrup (sap) season. The season began earlier this year. The team began collecting around the week of Feb. 25, 2024. This was also the first time they cooked. They collected an approximate 340 gallons of sap.

For those who are unaware of their process: they have a total of 1,100

taps which are connected to a tubing system. The sap runs from the trees down the lines to the sap shack. Once the tank in the shack is full, they use a tractor with a transport tank to collect the sap and bring it over and pump it into their indoor storage.

The sap is run through the Reverse Osmosis (RO) to concentrate the sap and remove the water before boiling. The concentrate then comes through the feed tank and runs into the cooker. Depending on the day, the sap is cooked between 215°F to 218°F as it changes daily. Once the sap is cooked and boiled into maple syrup, it is fed through the filter press which filters out all the impurities. After this is finished, the syrup is transferred into the bottling machine to be bottled. The bottles are placed into boxes and are brought into the store to be labeled.



Potawatomi Ventures Debuts at Reservation Economic Summit 2024



submitted by Potawatomi Ventures

Each year, tribes and their economic development teams, Native-owned businesses, organizations that do work in Indian Country, state and federal government agencies gather in Las Vegas for the Reservation Economic Summit. This is the largest non-gaming conference in Indian Country and important event for Potawatomi Ventures. The goal of the summit is to network, identify business opportunities, and learn from each other.

Potawatomi Ventures hosted an event to launch the new brand to summit participants. The FCP Executive Council and Potawatomi Ventures Board of Directors helped celebrate

this historic day and announce the news. The new name, logo and brand were received very well by other tribes and partners, and we were able to use the news to help tell our story as we embark on the next chapter of our growth.

We were grateful to have members of the FCP Executive Council in attendance the entire week. Additionally, Alexis Harris, Vicechair of the Potawatomi Ventures board, was awarded “40 under 40” by the National Center for American Indian Enterprise Development (NCAIED), the organizers for the enter summit. A huge congrats to Alexis Harris for this well-deserved honor.



fireside MARKET comes to Forest County



submitted by Potawatomi Ventures

Earlier in March, rebranding efforts kicked off for the two c-stores in Carter and Stone Lake. New store signs were officially unveiled, and guests may notice new uniforms on team members. The stores are being officially rebranded as fireside MARKET with the goal delivering a

re-imagined convenience experience for guests while preparing for the first new-build stores in southeastern Wisconsin. Other exciting changes to watch for in the future are new packaging, a Guest Appreciation event in the spring, and technology upgrades later in the year to support a modern experience.



Join Potawatomi Ventures Celebration

submitted by Potawatomi Ventures

Potawatomi Ventures will host a celebration event on April 4 from 4-6 p.m. at the Potawatomi Community Center. The company invites the community to come and see the new

brand, ask questions, and meet the team. There will be food, giveaways, and raffle prizes. We look forward to celebrating this exciting new chapter together with you.

POTAWATOMI VENTURES CELEBRATION EVENT

Hosted at the FCP Community Center
 Thursday, April 4, 2024
 4pm - 6pm

Our name and logo have changed, but our mission remains the same. Come join the celebration with the **POTAWATOMI VENTURES** team for **FOOD, RAFFLE PRIZES, and GIVEAWAYS.**

FCP Community Center - 5471 thayék ethë dnëkmëgzëk myéw, Crandon
 5471 The Place Where Everyone Comes to Play Rd. Crandon, WI 54520

Elder Menu

APRIL 1
 Breakfast: Cold cereal, sausage
 Lunch: Baked chicken breast
 Dinner: Mediterranean shrimp w/ wild rice

APRIL 2
 Breakfast: Breakfast burrito
 Lunch: Pork chops
 Dinner: Chicken chimichanga

APRIL 3
 Breakfast: Oatmeal, sausage
 Lunch: Pheasant turkey sausage
 Dinner: Turkey tetrazzini

APRIL 4
 Breakfast: Fried eggs, hash browns
 Lunch: Potato soup
 Dinner: Mandarin salad

APRIL 5
 Breakfast: Cream of rice, sausage
 Lunch: Trout
 Dinner: Hot ham & cheese

APRIL 6
 Breakfast: Pancakes, ham
 Lunch: Bison pot roast
 Dinner: Grilled cheese & tomato soup

APRIL 7
 Breakfast: Mexican omelet
 Lunch: Baked fish
 Dinner: Chicken breast

APRIL 8
 Breakfast: Oatmeal, fried eggs
 Lunch: Chicken salad on croissant
 Dinner: Fried smelt w/ wild rice

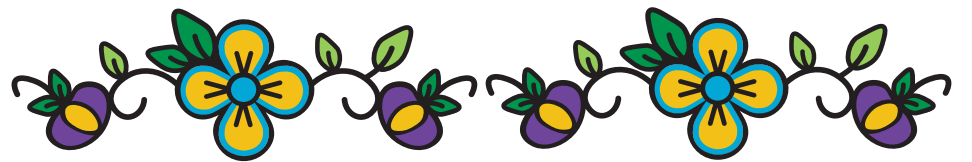
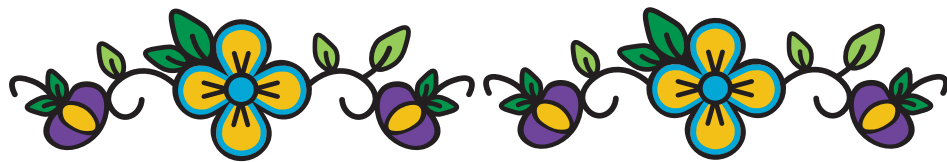
APRIL 9
 Breakfast: Egg and sausage
 Lunch: BBQ chicken wings
 Dinner: Meatloaf

APRIL 10
 Breakfast: Biscuits and gravy
 Lunch: Chicken alfredo
 Dinner: Elk tenderloin w/ wild rice

APRIL 11
 Breakfast: Crustless ham & cheese quiche
 Lunch: Beef barley soup
 Dinner: Cold ham sandwich, pasta salad

APRIL 12
 Breakfast: Fried eggs, cinnamon rolls
 Lunch: Roasted turkey
 Dinner: Mac soup, bologna sandwich

APRIL 13
 Breakfast: French toast
 Lunch: Country fried steak
 Dinner: Turkey hot, baked beans



2ND ANNUAL
3-on-3
BASKETBALL
TOURNAMENT

SATURDAY, APRIL 20, 2024
 COMMUNITY CENTER GYMNASIUM
OPEN TO EVERYONE

\$40
 per 4-Person Team
 Entry & Payment
 deadline is April 18, 2024

To register your team and pay in-person visit our front desk, or register online at PotawatomiCC.recdesk.com

4 Players per team.
 Oldest player determines your bracket.
 Minimum of 2 games.

BRACKETS: Boys 3-4 • Girls 3-4 • Boys 5-6 • Girls 5-6 • Boys 7-8 • Girls 7-8 • Boys 9-12 • Girls 9-12 • Adult Men • Adult Women

POTAWATOMI COMMUNITY CENTER
 5471 Thayék Ethë Dnëkmëgzëk Myëw
 (The Place Where Everyone Plays Road)
 Crandon, Wisconsin

For more information please contact Recreation Manager Shannon Howerton at 715-478-6514, or email her at: Shannon.Howerton@FCP-nsn.gov

MOTHER'S DAY IS MAY 12
 GIVE THE MOTHERS IN YOUR LIFE A GIFT THAT IS AS SPECIAL AS THEY ARE!

3389 Cty Hwy H
Laona, WI 54541

Bodwëwadmï
Ktëgan

715.478.454
farm.fcpotawatomi.com

HOURS: M-F: 9 am - 5 pm, SAT Seasonal, Closed Sundays Forest County Potawatomi Farm

APRIL 2024 AQUATIC SCHEDULE

	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)	Lap Swim & Adult Swim 7am-3pm 4pm-7pm	Lap Swim & Adult Swim 8am-3pm (LL) 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-3pm 4:30pm-5:30pm 6:15pm-7pm Shallow Water Aerobics 9:15am-10am Aqua ZUMBA® 5:30pm-6:15pm	Open Swim 7am-9am 10am-3pm 6:15pm-7pm Shallow Water Aerobics 9:15am-10am Aqua Jogging 10:15am-10:45am (LL) Swim Lessons 4pm-5:35pm Deep Water Aerobics 5:30pm-6:15pm (LL)	Open Swim 7am-9am 11am-3pm 4pm-7pm Shallow Water Aerobics 9:15am-10am Aqua HIIT 10:15am-11am	Open Swim 8am-9am 10am-3pm 4pm-7pm Shallow Water Aerobics 9:15am-10am Adult Swim Lessons 1pm-2pm	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

NOTICE
NO CLASSES
Monday, April 1
in observance of Easter

NOW OFFERING
ADULT
Swim Lessons
Register online at
PotawatomiCC.recdesk.com

SPRING SESSION
GROUP SWIM LESSONS
April 15
thru **May 23**
2024

Registration CLOSSES
4/14/24



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.

AQUATIC CENTER
5471 Thayék Èthè Dnèkmègzèk Myéw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin

SPRING SESSION

Group Exercise Schedule

March 11 - June 1, 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 Bodyweight Combat 5:30pm-6:15pm Spin 5:30pm-6:15pm	Spin 5:45am-6:30am Tai Chi 9am-9:45am LIIT 5:30pm-6pm	Circuits 5:45am-6:30am Full-Body Fitness 9am-9:45am ZUMBA® Toning 5:30pm-6:30pm	HIIT 5:45am-6:15am Mobility & Core 9am-9:30am Pedal & Pump 9am-9:45am Cardio Drumming 5:30pm-6:30pm	Bodyweight Blast 6:00am-6:30am Active Tots 10am-10:30am ZUMBA® Fitness 10:15am-11am	Callisthenics 9am-9:45am

ATTENTION
NO CLASSES
March 3 - 9
April 1 & May 27

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	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

FIT PASS

Members = \$35 • Non-Members = \$50
Includes access to 20 Group Exercise Classes of your choice, as well as discounted pricing on Specialty Classes!

DROP-IN FEES

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

For more info contact Group Exercise Coordinator Dalylah Zillmer at 715-478-6528, or email her at: Dalylah.Zillmer@FCP-nsn.gov.

All classes and prices subject to change. Specialty Classes require separate fees. Classes with three or less participants for four consecutive weeks will be removed from the schedule.



**FOREST COUNTY
POTAWATOMI**
Keeper of the Fire

Community Events APRIL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Autism Awareness Month National Public Health Week April 1 – April 7	1 Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm Gte Ga Nes Preschool, Crandon, Laona & Wabeno Easter Monday No School Campus Closed Easter	2 Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	3 CDS Coaching Development Series (Coaching Education) Coaches, Parent-Coaches & Trainers 6 pm – 7:30 pm Language Class 10 am – 12 pm Wabeno School Board Meeting Wabeno High School Library 6 pm	4 Youth Sports Foundational Training (Agility, Balance, Coordination & Speed-ABC's) Age 12 - 17 4 pm – 5:30 pm Four Steps to Keep you Cyber Safe! 2 pm - 4 pm Carter WeCare Building Potawatomi Ventures Celebration Event 4 pm – 6 pm		
	7	8 Tribal Members & Employee Training (Exceptional Experience Class) 4 pm Executive Building Auditorium Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm Crandon School Board Meeting Jaegar Auditorium 6 pm	9 Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	10 CDS Coaching Development Series Lunch with Executive Council 1 pm Appleton Double Tree by Hilton Language Class 10 am – 12 pm Laona School Board Meeting Laona Elementary Board Room 5:30 pm	11 Youth Sports Foundational Training (Agility, Balance, Coordination & Speed-ABC's) Age 12 - 17 4 pm – 5:30 pm Blood Drive 10 am – 4 pm	
14	15 Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm	16 Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	17 CDS Coaching Development Series Mother Earth Day 1 pm – 5 pm LFPA Food Distribution Language Class 10 am – 12 pm Sobriety Feast 6 pm	18 Youth Sports Foundational Training (Agility, Balance, Coordination & Speed-ABC's) Age 12 - 17 4 pm – 5:30 pm Empowering Survivors, Ending the Stigma 11:30 am – 2:30 pm	19 Laona School Staff Development No School	20 3-on-3 Basketball Tournament (Entry & Payment Deadline April 18, 2024) 
21 National Infant Immunization Month April 21 – April 27	22 Tribal Members & Employee Training (Career Success & FCP Values Class) 4 pm Executive Building Auditorium Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm Mother Earth Day	23 Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	24 Diabetes Luncheon 12 pm – 1:30 pm CDS Coaching Development Series (Coaching Education) Coaches, Parent-Coaches & Trainers 6 pm – 7:30 pm Language Class 10 am – 12 pm Traditional Healer 7 am – 5 pm	25 Youth Sports Foundational Training (Agility, Balance, Coordination & Speed-ABC's) Age 12 - 17 4 pm – 5:30 pm Traditional Healer 7 am – 5 pm	26 Crandon Professional Development No School Virtual Learning Day • 4K/Early Childhood Screening (9-3 pm)	27 Mno Kmet Craft Fair 9 am – 2 pm Open to the Public Free Admission 
28	29 Youth Track Club Lenear Speed Training Age 11–17 5 pm – 6:30 pm	30 Dollars & Sense Financial Literacy 101 & 102 Classes (Classroom or Virtual) 5 pm – 7 pm Pow Wow Club 4:30 pm – 5:30 pm	Wednesday, April 17 LFPA Food Distribution 9 pm – 10 am Community Center 10:30 am – 11:30 am CStore (Carter) 12 pm – 1 pm The Farm		2024 Annual Spring Cleanup Days Beginning: Monday, April 29 Ending: Monday, May 13 LOCATIONS: Blackwell: Chief Wabeka Drive Carter: Industrial Park Road Stone Lake: FCP Solid Waste	

● GENERAL INFORMATION
 ● COMMUNITY CENTER
 ● POWWOW GROUNDS
● BODWÉWADMI KTĒGAN
 ● HEALTH & WELLNESS
 ● MUSEUM
 ● LOCAL SCHOOLS



APR 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	BOGO BREAKFAST TUE. & WED. 7 AM-11 AM BREAKFAST DAILY 7 AM-2 PM Buy One Get One FREE! <small>Equal or lesser value.</small>		FRIDAY APRIL 26	

Win your share of **\$27,000 CASH**

GRAND Slam



FRIDAYS IN APRIL One \$500-\$2,000 WINNER EACH HOUR!
DRAWINGS: 5-10 PM

SUNDAY MATINEE

reward play

SUNDAYS IN APRIL

Earn 400 same-day points to spin & win at Guest Services from 12 pm-6 pm

WIN UP TO \$100 REWARD PLAY



WEEKEND STAY & PLAY FRI.-SAT. \$150	WEEKDAY GETAWAY SUN.-THUR. \$130
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— PACKAGES INCLUDE —
One Night Hotel Accommodation
\$40 Reward Play • \$20 Food & Beverage



- NEW -

Afternoon Bingo Sessions

STARTING APRIL 3
Wednesdays, Thursdays, and Sundays

Admissions: 11:30 am
Early Birds: 1 pm
Regular Session: 1:30 pm

Bingo PUNCH CARD

DOUBLE PUNCHES THURSDAYS IN APRIL

FREE machine package deal after you get 10 punches!

GET DOUBLE ENTRIES ON WEDNESDAYS!

BINGO'S CASH DRAWING

ONE LUCKY \$500 CASH WINNER

DRAWING: APRIL 28

