



POTAWATOMI TIMES

Gsenyaniyêk êzhewébêk — Forest County Potawatomi Happenings



Volume 31, Issue 19 • APRIL 1, 2026 • nmébné gizes • Sucker Fish Moon • FREE

Winter's End Powwow 2026



Adult and Youth Head Dancers



(l-r) Winter's End Royalty: Brave Milio Alloway, Junior Princess Jayla Frank, Senior Princess Nemkikwe Daniels



Royalty

by Val Niehaus

After a major snowstorm the weekend before left many people snowed in for several days, spirits were high as communities came together on March 21–22, 2026, for the FCP Winter's End Powwow at the Potawatomi Community Center. The drums were strong and the dancers vibrant as everyone gathered to celebrate the end of winter.

Grand entry began on Saturday at 1 p.m. and 7 p.m., and on Sunday at 12 p.m. The host drum this year was Southern Cree, with co-host drum Smokeytown. Invited drums included Bad River Singers, Fire Nation, Tha' Milwaukee Bucks, Skud Nation, and walk-in drums Fire Nation Juniors, Iron Gate, Sugar Bush, and Bear Heart. Apologies to any drums that may have been missed.

MCs for the weekend were Artley Skenandore and Ronald Goodeagle Jr.; Arena Director was Mike De-main; Head Dancers were Johnathan Johnson and Nita Alloway, with Youth Head Dancers Vincent Rentria and Gemma Frank.

Committee specials included: Red Dress Jingle Special 18+, Men's Grass vs. Men's Chicken, Teens Woodland Boys & Girls, and a Hat & Boot Special.

Other highlights this weekend included: Head Male Dancer Jonathan Johnson sponsoring an 18+ Men's Grass Special; Nita Alloway sponsoring an 18+ Sidestep Special; and a particularly meaningful event, an All Golden Age Special led by Youth Head Dancers Rentria and Frank. This finale highlighted the elders' importance to the youth and featured a remembrance of Cindy Miller, a highly-respected FCP elder who loved her family, culture, and community.

The FCP Winter's End Royalty contest was held on Friday night. During the evening, contestants went through an interview process and a dance competition to determine who would best represent the community for the coming year. This year's winners were Brave Milio Alloway, Junior Princess Jayla Frank and Senior Princess Nemkikwe Daniels. Congratulations to all three, and we look forward to what you will bring in the year ahead.

As with any powwow, the food stands and arts and crafts booths complemented the experience. At the food stands, you could get your frybread

and lemonade fix, along with soups or traditional foods you might be seeking. This year, the vendors set up in the turf area, and many specialty vendors brought their own distinctive flair to their stands.

A huge thank you goes to Busy Bee Catering for cooking for the large group Saturday evening. You ladies never disappoint, and we are thankful to have a local business that we know we can depend on.

The powwow leaves us with good feelings that last long after the

drumbeat fades. It fills people with energy and good feelings as families and friends come together to share laughter, stories, and quiet moments of connection. Everyone enjoys the grace and power of the dancers, lost in the drum's heartbeat. In every corner — from the circle of dancers to the sidelines — there's a shared, easy harmony — a welcoming, hopeful vibe that reminds us how strong we are when we come together to celebrate culture, community, and joy.

photos continued on pg. 3 & 4...



FCP Post 1 Veterans



New Royalty in their first dance around the circle

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

OBITUARY

Melissa Anne Blair Nov. 14, 1998 – March 22, 2026

Melissa Anne Blair (Ogiemi-gook - "Leader Woman"), of Watersmeet, Mich., passed away at home on March 22, 2026. She was 27 years old.

Blair was born on Nov. 14, 1998, in Rhinelander, to James Blair and the late Christina DeVerney. She worked in retail as a sales associate and cashier, where her outgoing personality and friendly nature were well known.

Blair enjoyed shopping, doing hair and makeup, and spending time with friends. She loved to party and was truly the life of the party, bringing laughter and energy wherever she went.

Melissa is survived by her father, James Blair; her sisters, Cheyanne Blair and Emma Blair; her brother, James Blair; her fiancé, Roman Rivera; aunt Melissa Rogala; uncles, Brian Aimsback, Brandon Aimsback; nieces, Maddie Isham, Mariana Aimsback, Christina Rivera; and nephew, Brayden Isham, as well



as numerous extended family members and friends.

She was preceded in death by her mother, Christina DeVerney; her brother, Anthony Isham Jr.; her aunt, Renee Diver; and her grandparents, Robert and Wanda Pete.

Native American services were held on Thursday, March 26, 2026, beginning. Burial followed the services at the Forest County Potawatomi Tribal Cemetery in Blackwell.

FCP Up & Coming

by Amber Haseman

Coffee Talk: FCP Tribal Elders are invited to join FCP Elder Services for Coffee Talk on April 7, 2026 and April 21, 2026, at the Turtle House from 12-2 p.m. A meal will be provided. Enjoy lunch, coffee, and good company. For more information, contact Jenna Paradies at (715) 478-4892 or Taylor Saari at (715) 478-4341.

Elders BINGOCIZE: Elders are invited to participate in BINGOCIZE, a combination of exercise and BINGO. It's a fun way to get moving and socialize. Sessions last approximately 45-60 minutes. A meal will be provided. Join all the fun on April 8 and 22, May 6 and 20, and June 10 and 24, at the Turtle House from 12-2 p.m.

Mushroom Growing Workshop: Are you interested in growing your own edible mushrooms? Join the FCP Education Division for an afternoon of fun-gi. They will drill holes in logs and fill them with mushroom spawn. Recipes and information will be provided. Join April 9, 2026, at 1 p.m. at the FCP Education building at 209 E. Elm St. in Crandon. FCP tribal members, descendants, and their families are welcome to join. To RSVP or for more information, contact Noah Shea at noah.shea@fcp-nsn.gov.

Group Swim Lessons: Spring session Group Swim Lessons registration closes April 9, 2026, at 2 p.m. Register today at Potawatomi Community Center front desk or online at potawatomicc.recdesk.com. Prices are available for Potawatomi Community Center members and non-members. There are lessons for Water Baby Swim, Toddler Parent and Child, Little Bobbers and Little Splashers, Swim Basics at Aqua Advance, and Adult Swim Lessons. For more information, contact Aquatic Manager Makenzee Marvin at makenzee.marvin@fcp-nsn.gov or (715) 889-5265.

Elders Day Trips: Elders Day Trips are back. Spots are limited, so be sure to sign up today. Join April 13, 2026, for a Pizza Party starting at 12 p.m. at the Turtle House. Enjoy a movie at Rouman Cinema in Rhinelander on April 28, 2026. Depart from fireside MARKET in Stone Lake at 3 p.m. Be sure to contact Jenna Paradies at (715) 478-4892 or Taylor Saari at (715) 478-4341 to sign up.

Mother Earth Day: Join FCP Land & Natural Resources (LNR) to celebrate Mother Earth Day on April 22, 2026. This year's event will be held at the Potawatomi Commu-

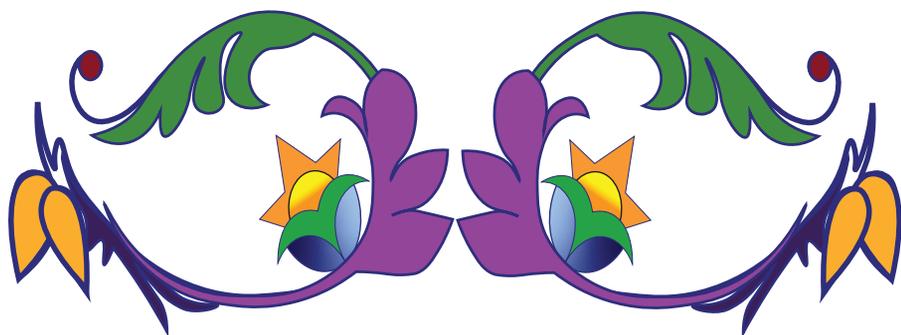
nity Center from 12-6 p.m. Everyone is welcome to join. There will be grab-and-go snacks, opportunities to learn ways to protect natural resources, make-and-take crafts, and a variety of activities. Join the team to help spread environmental awareness for a healthier Mother Earth. Contact Tyler Lorenz at tyler.lorenz@fcp-nsn.gov or (715) 478-4507.

Wade Fernandez: Everyone's welcome to join at the FCP Auditorium on April 23 at 5 p.m. for an evening of entertainment by Wade Fernandez, a multi-award-winning international touring artist, educator, and composer from the Menominee Reservation. His music, messages, and teachings are grounded in his roots and his love for the land, animals, and people. For more information, contact Brittanie Hill at (715) 478-4146 or brittanie.hill@fcp-nsn.gov.

Gathering of Nations Trip: The Pow Wow Club is heading to Gathering of Nations in Albuquerque, N.M., from April 23-27, 2026. Limited spots are available to Pow Wow Club members 12 and older. Students must be in good standing at school, have good attendance, and require permission from their parents and the school to attend. For more information, contact Lawrence Mann at (715) 889-9816.

Potawatomi Gathering Update: Registration is now open. Visit <https://registration.socio.events/e/fcpgathering2026> to register today. The agenda and app are being finalized, but the Webex Events app can be downloaded. Search for "The Potawatomi Gathering 2026." The Gathering Committee has selected craft and food vendors and workshop presenters. The committee will provide the next steps and contact both approved and non-approved vendors. If you have questions or concerns, text (715) 227-5980 or email 2026gatheringinfo@fcp-nsn.gov.

Outdoor Group Walks: PCC members, FCP government employees, FCP tribal members, and descendants are welcome to join for Outdoor Group Walks on Wednesdays from 12:15 to 1 p.m. starting June 3, 2026, to Aug. 26, 2026. Once registered, participants can meet for walks at the PCC main entrance. Join all summer long and walk 100 miles to score awesome gear and Wellness 360 points. Weather permitting, the indoor walking track will be utilized. For more information, contact Fitness and Wellness Manager Desiree Marten at (715) 478-6512.



 **POTAWATOMI TIMES**
5442 Everybody's Road • PO Box 340 • Crandon, WI 54520
(715) 478-7437 • times@fcp-nsn.gov • www.fcpotawatomi.com

Deadline for the April 15, 2026, issue of the PT is Wednesday, April 1, 2026.

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Writers/Photographers: VAL NIEHAUS & AMBER HASEMAN

Potawatomi Times (PT) is a twice-monthly publication of the Forest County Potawatomi Community. Editorials and articles appearing in the PT are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the PT staff or the FCP Community. PT encourages the submission of "Letters to the Editor". All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The PT reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the PT and will not assume any responsibility for unsolicited material nor will the PT guarantee publication upon submission. PT will not guarantee publication of materials submitted past deadlines posted in the PT. No part of this publication may be reproduced without the written consent of the Editor.

...continued from pg. 1 **Winter's End**



Cameron Phillips



Dennis Shepard Jr.



Bambi Shepard



Mkowen Doud



Nimkii Kwe (Natiyah) LaBarge



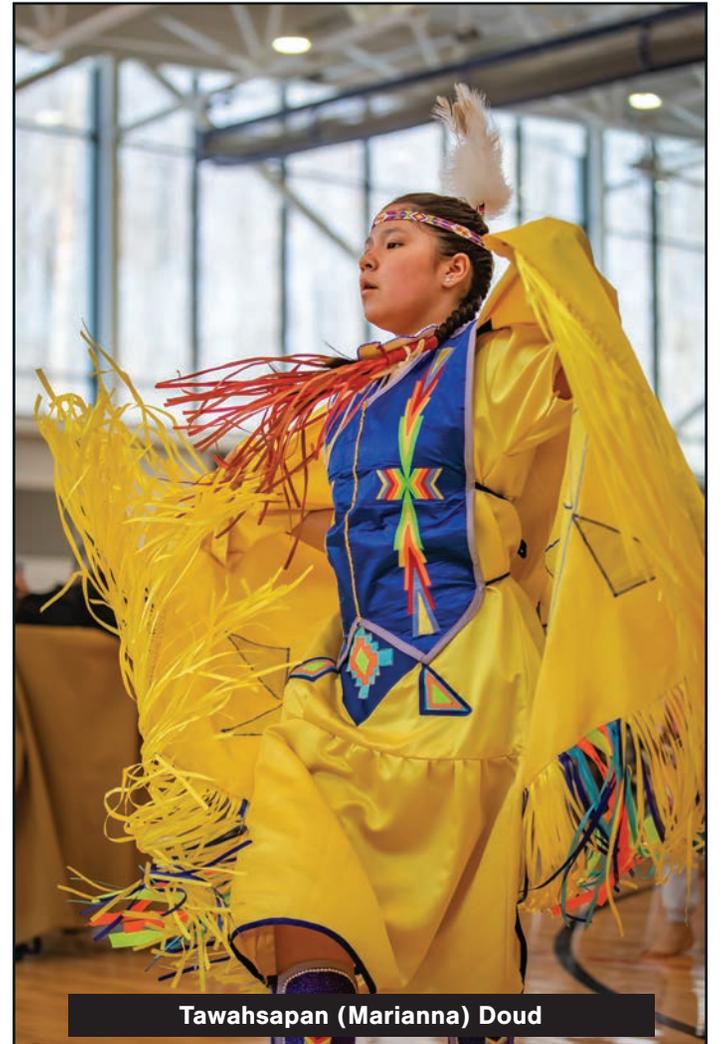
Fire Nation



Brevin Boyd Sr.



Bree Conn



Tawahsapan (Marianna) Doud



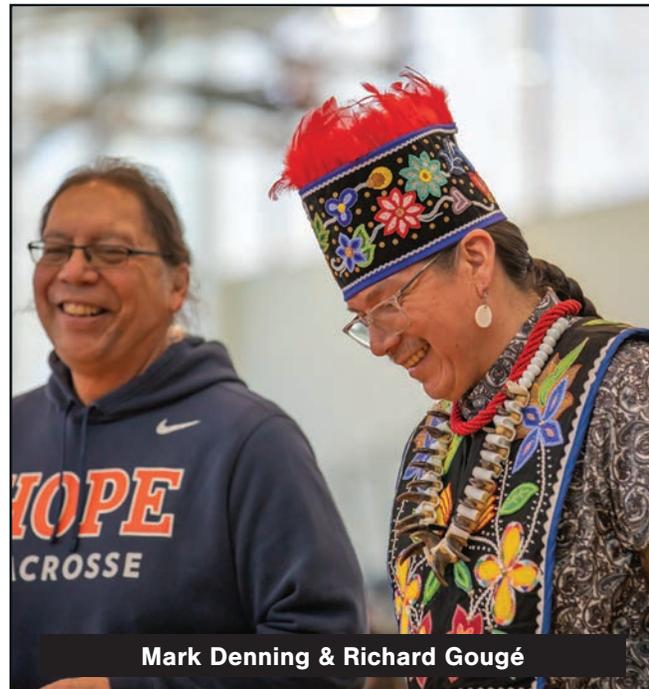
Nita Alloway



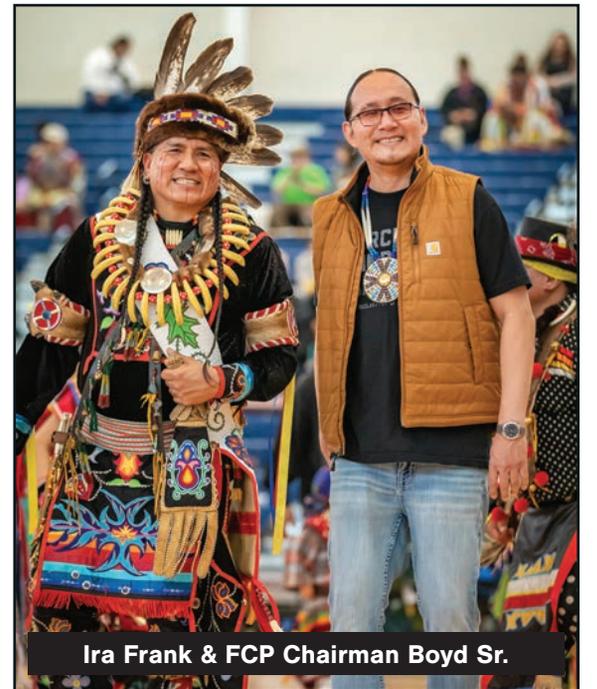
All Golden Age Special



Bill & Cassie Alloway



Mark Denning & Richard Gougé



Ira Frank & FCP Chairman Boyd Sr.



Louie Spaude, Jayson Jackson, Ronald Lemieux



Loretta Raye Wynos' first powwow



Welcome to the World!

Potawatomi Times welcomes submissions for newborn or newly-adopted children of the FCP tribal community. Please email your photo to email address provided, along with the following info:

- Name
- Birthday
- Weight/Height
- Parent, grandparent, sibling names
- City of residence for each



**POTAWATOMI
TIMES**

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times@fcp-nsn.gov
www.fcpotawatomi.com



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POTAWATOMI TIMES**

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We are seeking ads for our personal section from FCP Tribal Members including birthday, anniversary, or any congratulatory wishes, and can contain photos or just text. Personal ads will be free of charge*, and can be emailed to the contact info above by the deadline date. Deadlines can be found on our website, and on page 2 of this issue.

**Requests for selling items will still be considered "ads" and will be charged classified/display ad rates.*

Marie Gilligan Gifted Border Design



Lead Facility Worker Jason Potrykus presenting Marie with her gift

traditional designs. The team reached out to ask if they could incorporate her work into the border design.

Gilligan's designs originated with her mother, Susan, and she often uses them in beadwork, especially on moccasins. The Facilities team reviewed several design templates of different colors, selected a few patterns, and combined them into a single design. Gilligan chose traditional colors for the artwork.

After the design was finalized, the Facilities team spent about two weeks installing the border throughout the lobby area and along the hallways of the Old Tribal Hall.

The finished design now adds color, culture, and tradition to the building.

In honor of Gilligan's design and artistry, the Facilities team set aside a section of the border, framed it, and presented it to her during the afternoon of March 12, 2026. Surrounded by her children and grandson, Gilligan accepted the gift with pride. As she unwrapped the framed piece, the smile

by Amber Haseman

Approximately three years ago, during renovations to the interior of the Old Tribal Hall, the Forest County Potawatomi (FCP) Facilities team envisioned incorporating a decorative border throughout the building to elevate the space. Their goal was to include a design created by an FCP Tribal Elder.

As they considered possible artists, they remembered that FCP Tribal Elder Marie Gilligan had many



Jason Potrykus with Marie and her grandson and Public Works Division Administrator James Moe

on her face lit up the room.

Gilligan shares how proud she was that the facilities team chose her designs for display throughout the building. When they first asked her, she said it made her think of her mother and the pride she carries in continuing her designs. She added that her mother would be proud to see a traditional Potawatomi design displayed within the community.

Her daughters explained that the pattern is a family design that resembles a plant. Gilligan expressed her appreciation for the Facilities team, sharing that the opportunity would not have been possible without their work and dedication. She shared that

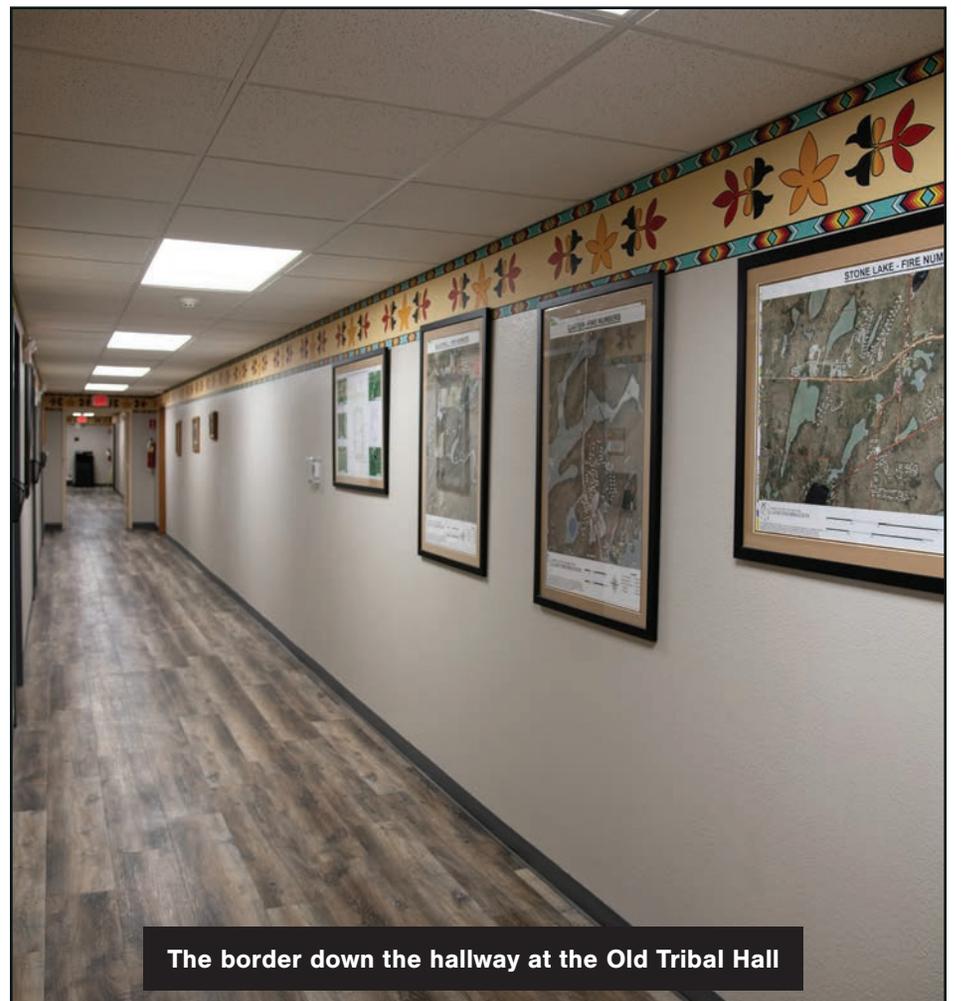
each time she visits the building, she will remember the moment the team asked her and think of her son's co-workers who helped bring it to life.

Today, the beautiful border welcomes visitors and employees as they walk through the Old Tribal Hall. It's more than just a decorative piece; it serves as a reminder of the artistry and traditions carried forward for generations, honoring ancestors, cherishing the traditional artwork, and upholding the culture within the community.

For Gilligan, this stands as a lasting tribute not only to her own work but also to the legacy of her mother's designs, and the generations who will continue to carry them forward.



Marie with her children and grandson



The border down the hallway at the Old Tribal Hall



Clothesline Project

Join FCP Community Advocacy in this empowering event to use jeans as a canvas to share messages of resilience, healing, and hope for individuals and communities impacted by sexual assault.

Bring your own jeans - Take them with you or display them on our community clothesline at FCP Family Services.

Tuesdays in April
3:30-6pm

April 29th is Denim Day
Wear denim to stand up against the stigmas around Sexual Assault

Potawatomi Community Center Classroom
5471 Thayék Éthë Dnëkmëgzëk Myëw
Crandon, Wisconsin

Snacks & Refreshments provided.
OPEN TO EVERYONE

Let us put our minds together and see what kind of life we can build for our children. - Chief Sitting Bear

FOREST COUNTY POTAWATOMI COMMUNITY ADVOCACY
Questions? Contact us at
CommunityAdvocacy@fcp-nsn.gov
or 715-478-4433

Swearing-In



Richard Brzezinski sworn into the Elder Board



Nate Gilpin sworn into the Investment Committee

FAMILY MOVIE NIGHT

WEDNESDAY, APRIL 22, 2026
6:00 - 8:00PM

POTAWATOMI COMMUNITY CENTER
5471 Thayék Éthë Dnëkmëgzëk Myëw
Crandon, Wisconsin

Wear BLUE to support families

April is Family Strengthening Month!

This event is an opportunity to raise awareness of the many ways families can build safe, nurturing environments.

There will be snacks and prizes!

Movie will be **In Your Dreams**

FOREST COUNTY POTAWATOMI ECONOMIC SUPPORT
FOREST COUNTY POTAWATOMI FAMILY SERVICES DIVISION

OPEN TO EVERYONE

For more info or to sign up contact Mary Thornton:
Mary.Thornton@FCP-nsn.gov • 715-478-4503

Gokmeskinan Grandmother Earth Day

mbëgosëndamen ëwi-mnobmadzet o gokmeskinan

We Are Hopeful That Grandmother Earth Will Live Well

FOREST COUNTY POTAWATOMI LAND & NATURAL RESOURCES DIVISION

2026 April 22 12-6pm

Potawatomi Community Center

5471 Thayék Éthë Dnëkmëgzëk Myëw
Crandon, WI 54520

Contact: Tyler Lorenz
Tyler.lorenz@fcp-nsn.gov
715-478-4507

Grab & Go Snacks
Discover Ways to Protect Our Natural Resources
Create Your Own Make & Take Crafts
Various Activities
Join Us In Spreading Environmental Awareness for a Healthier Mother Earth

OPEN TO ALL

YOUTH SPORTS Honors



Laona - Rebels

All Conference:
 Lovey VanZile (Girls Basketball - 1st Team All Conference)
 Ryker Schingeck (Wrestling - NLC Male Wrestler of the Year)

Crandon - Cardinals

Academic All Conference Honors:
 Deegan Kircher (Boys Basketball - 1st Team All Conference)
 Leilani Poupart (Wrestling)
 Nevaeh Alloway (Wrestling)
 Elyssa Bailey (Girls Basketball)

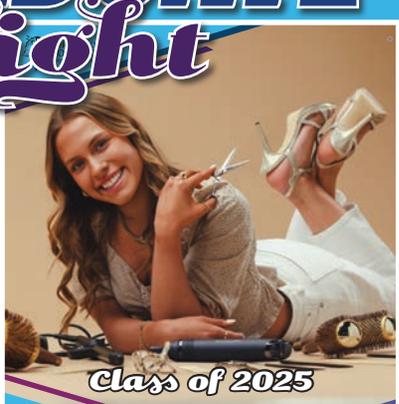
Wrestling - State Qualifiers

- Zander Weso (1st)
- Pesh Kno Alloway (3rd)
- Saj Alloway (3rd)
- Olivia Shepard (3rd)
- Karsen McCorkle (3rd)
- Jasmine Pamonicutt (2nd)
- Zakiyah Weso (1st)
- Michael Renkas III (3rd)
- Ninde Alloway (1st)
- Ross Poupart (4th)

FCP GRADUATE Spotlight



Class of 2025
JOE SAHPENAIS
 CRANDON HIGH SCHOOL



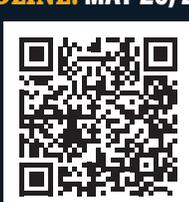
Class of 2025
ABEY VANZILE
 WOB NIN KOS
 NICOLET COLLEGE

WE WANT TO HONOR ALL FCP HIGH SCHOOL & COLLEGE GRADUATES by including them in the **June 1 & 15, 2026**, issues of *Potawatomi Times Newspaper*.

A banner featuring the Senior will be located at the Potawatomi Community Center

Please scan the QR Code for questionnaire & to upload a photo, or contact us at 715-478-7461 / times@fcp-nsn.gov for a paper form.

NEWSPAPER & BANNER DEADLINE: MAY 20, 2026



Contact us with questions about uploading photos.

FOREST COUNTY POTAWATOMI COMMUNICATIONS DIVISION

Calling all Honorees!

Graduation Banquet

SATURDAY JUNE 6, 2026

Is your child graduating this year?
 (High School, HSED, GED & College)

Is your child on Honor Roll?
 (3.0+ GPA all 4 Quarters)

Make sure they're honored!

To be included contact FCP Education no later than May 22, 2026.

GRADUATES: If you or a loved one graduated recently or will graduate before June 6, 2026, please call 715-478-7355!



FOREST COUNTY POTAWATOMI EDUCATION DIVISION

209 E. Elm Street
 Crandon, WI 54520
Education@FCP-nsn.gov
 715-478-7355

WADE FERNANDEZ



APRIL 22 @ 9AM
 LAONA SCHOOL DISTRICT

APRIL 22 @ 12:30PM
 WABENO SCHOOL DISTRICT

APRIL 23 @ 8:30AM & 10:00AM
 CRANDON SCHOOL DISTRICT

APRIL 23 @ 5:00PM
 FCP AUDITORIUM
 5416 EVERYBODY'S RD, CRANDON, WI 54520

QUESTIONS?
 Contact Brittnie Hill
 715-478-4146
brittnie.hill@fcp-nsn.gov

SCHOOL DISTRICT CONCERTS ARE FOR THE SCHOOL DISTRICTS ONLY. FCP AUDITORIUM CONCERT IS OPEN TO THE PUBLIC.

FOREST COUNTY POTAWATOMI EDUCATION DIVISION

Greenfire - Supporting Milwaukee Police Department Trainings on the Wgema Campus



The Forest County Potawatomi community continues to strengthen its partnership with the Milwaukee Police Department (MPD) by providing access to the former Woodlands School building on the Wgema Campus as a dedicated training site. This collaboration supports a wide range of specialized MPD units, including SWAT, Bomb Squad, Drone Training, Active Shooter Response, Explosive Door Breaching, and K9 Training.

The Woodlands School is currently vacant with plans to demolish the

building in the future. This partnership helps serve the community by leveraging an empty building for MPD's training exercises.

Last week, members of our Facilities Department, Joe Tesch, Jacob Menore, and Dominic Rauch, had the opportunity to observe the Bomb Squad in action, gaining first-hand insight into the preparation involved in MPD's work. The Wgema Campus will continue to serve as a training location for MPD through late 2026.

Greenfire - Urology Associates Clinic Delivered



Greenfire has completed construction of the new Urology Associates clinic at Mayfair Medical Commons in Wauwatosa, Wis. The 5,900 sq. ft. medical office buildout occupies a second-floor suite within the active, multi-tenant building developed / owned by Irgens. Delivered on a five-month schedule, the project expands Urology Associates' outpatient footprint while reinforcing Greenfire's ability to execute complex healthcare tenant improvements in occupied environments.

Designed by Eppstein Uhen Architects (EUA), the clinic was planned to support efficient clinical workflows, patient privacy, and long-term operational flexibility. The completed space includes a reception and waiting area, shared offices, clinical workspaces, exam rooms, a lab, break room, and clinical storage. Construction encompassed interior demolition, framing, in-wall and overhead MEPFP systems, inspections, finishes, casework, flooring, glazing, and final approval sequenced to meet healthcare standards and regulatory requirements.

Early construction management involvement was critical. Greenfire aligned scope, budget, and permitting

during pre-construction, accounting for state and city healthcare reviews — particularly an extended plumbing review that directly influenced the five-month schedule. The team advanced trade partner engagement and long-lead procurement to maintain momentum through phased approvals.

Working within an occupied building required detailed planning and hands-on coordination. Under slab plumbing — located in the first-floor ceiling — presented a significant challenge. Greenfire and its trade partners, including Cornerstone One (Plumbing), JM Brennan (Fire Suppression and HVAC), and Circle Electric, dedicated extensive weekend hours to rework and redesign the drain, waste, and vent systems. The ultimate solution involved pumping waste up through cabinet pumps installed beneath sinks,

avoiding major disruption to the floor below while maintaining performance and code compliance.

Logistics, access routes, and noise controls were carefully managed to protect patients, staff, and neighboring tenants throughout construction. The project was completed on time and under budget, with a satisfied

client and continued partnership with Irgens.

With occupancy achieved, Urology Associates now operates within a purpose-built clinical environment at Mayfair Medical Commons — demonstrating Greenfire's repeatable, solutions-driven approach to healthcare construction in active facilities.

SPRING SPECIALS
Stone Lake • Carter



3 FOR \$18
COKE, DIET COKE, AND
SPRITE 12 PACKS




MARKET

Greenfire - 10 Years Of Giving Back To Milwaukee Community Crossroads

Giving back is at the heart of what we do at Greenfire — and this year’s Milwaukee Community Crossroads (MCC) Full-Size Hygiene Drive and meal preparation was another tremendous success.

Thanks to the generosity of our team members, Greenfire and Potawatomi Ventures (PV) donated more than 350 full-size hygiene items to support local seniors. Contributions included shampoo and conditioner, body wash, sponges, deodorant, toothpaste and toothbrushes, paper prod-

ucts, disinfecting wipes, hand warmers, laundry detergent, lip balm, lotion, and more. These everyday essentials will make a meaningful impact for individuals in our community who rely on the MCC Senior Program.

In addition to the hygiene drive, several Greenfire team members spent the day at MCC meal prepping, serving lunch, and connecting with seniors. Greenfire also proudly contributed \$2,320 to the Senior Meal Program — sponsoring more than a full day of meals for all 60 participants.

Of that total, \$1,750 directly funded the day’s meals, with additional monetary donations stretched even further through thoughtful shopping efforts. A special thank you to Brittany Terry for coordinating monetary donations for the PV team, and to Terry and Cheryl Bousquet for maximizing those contributions.

This year marks our 10-year anniversary partnering with MCC to support the Senior Meal Program. What began as a single outreach effort has grown into a meaningful annual

tradition — one that brings our team together while strengthening connections within the community we serve.

From collecting supplies to serving meals and sharing conversations, the day was both rewarding and impactful. We are grateful for a decade of partnership with MCC and look forward to many more years of supporting their incredible work. Together, we are making a difference.



SPRING SPECIALS



**BUY 2
SAVE \$1**

**MIX & MATCH
ANY SANDWICH
OR HOT DOG**



**2 FOR \$5
28 OZ. GATORADE**



Stone Lake • Carter

Wellness Starts on Your Plate



FCP Community Health giving healthy "My Plate" recommendations



Participants could spin the wheel to try a new healthy food

by Krystal Statezny

Wellness Starts on Your Plate was an event sponsored by FCP Community Health on March 19, 2026, to celebrate National Nutrition Month and was open to everyone. The goal was to bring awareness to how nutrition can fuel your body and empower your health.

Community Health explained how food is connected to your mood and energy levels:

- Healthy fats like omega-3s support brain structure and mood regulation
- Balanced meals help stabilize blood sugar, which can reduce irritability and fatigue
- Even mild dehydration can affect mood and concentration
- Skipping meals can lead to low energy, poor focus and mood changes

They also suggested building a mood-boosting plate by incorporating phytonutrients, which are natural

compounds found in all plant foods and offer many health benefits like supporting cardiovascular health and better brain function. Different colors of plant foods offer different benefits of phytonutrients. For example, red plants are potentially associated with reducing inflammation, orange plants could reduce certain types of cancers, yellow plants may reduce the risk of asthma.¹

Community Health suggested reading food labels a healthy habit. They gave an example of how to read one by checking serving sizes, calories associated with serving sizes, and limiting the amount of saturated fat, sodium and added sugars.

Participants had the opportunity to try new foods, or ones they already enjoy, by spinning a wheel with different food items. One person was excited to try chia seeds in yogurt for the first time, and was pleasantly surprised.

Other FCP departments participated with interactive nutritional activities. FCP Occupational Wellness explained the difference between naturally-occurring sugars and added sugars. We should pay attention to added sugars because we consume more sugar than we realize in things such as sugary beverages, desserts, sweet snacks and candy. Consuming added sugars contributes to additional calories and reduced nutrients.

Penothés Project — the newly-formed FCP Autism Support Team — gave tips for picky eaters with autism such as:

- Setting a schedule for meals and snacks
- Minimizing distractions
- Continuing offering new foods
- Keeping a food diary
- Staying calm and positive

The team also gave some delicious recipes to try, along with a "Try a New

Food" chart.

FCP Dental explained how a healthy smile equals being healthy overall by choosing healthy foods to eat.

FCP Caring Place gave out Snack-able Boxes and healthy snack ideas to include in them, such as: raisins, crackers, broccoli, carrots, berries, grapes, cheese cubes, jerky, and nuts.

To take care of your overall wellness, a representative from the new Waseya Wellness Lounge was present to promote its services.

If FCP tribal members have questions about nutrition and how it affects his/her health, please contact FCP Community Health at (715) 478-4355 / Health.FCPotawatomi.com.

¹ *The Institute for Functional Medicine*

Understanding the Connection between DOMESTIC VIOLENCE, SEXUAL ASSAULT, & TRAFFICKING IN INDIAN COUNTRY

Wednesday
APRIL 15, 2026
10:30AM

POTAWATOMI COMMUNITY CENTER - TURF FIELD
5471 THE PLACE WHERE EVERYONE PLAYS RD / CRANDON, WI 54520

Open to Everybody

PCC KITCHEN VOUCHER PROVIDED TO THE FIRST 30 PARTICIPANTS FOR LUNCH FOLLOWING THE EVENT.

Join the National Indigenous Women's Resource Center in exploring the critical connections between domestic violence, sexual assault, and human trafficking in Indian Country. Participants will gain a foundational understanding of how these forms of violence overlap, as well as the unique challenges Tribal communities face in addressing these issues. The goal of this session is to raise awareness and foster informed, compassionate community dialogue around these interconnected issues.

Changing Autism Stigma Starts with Understanding

submitted by Lindsay Joerns
Training Specialist HWC

Stigma does not come from autism itself — it comes from misunderstanding. When communities challenge misconceptions, they create space for autistic individuals to be seen, heard, and fully supported. Building a culture of acceptance begins with each of us, through listening, learning, and honoring neurodiversity.

What Reducing Stigma Looks Like

Reducing autism stigma happens in everyday moments:

- Listening to autistic voices. Lived experience is the most accurate source of understanding.
- Sharing facts — not myths. Accurate information stops stigma before it spreads.
- Using respectful, inclusive language. The words we choose shape the way we view one another.
- Challenging stereotypes. In media, in conversation, and even in ourselves.
- Creating spaces where neurodiversity is celebrated, not merely tolerated.

Autism isn't a flaw — it is a different way of experiencing the world. Embracing those differences strengthens our communities, making them more compassionate and more connected.

Understanding Autism: What It Is — What It Isn't

Autism is not a mental health condition. It is a form of neurodiversity: a natural variation in how the brain processes information. While autism may occur alongside mental health conditions, it is not one itself.

Autism Is Not the Same for Everyone

Autism exists on a spectrum. Each autistic person brings unique strengths, challenges, communication styles, and sensory experiences.

Autism Does Not Need a Cure

Autism is not something to "fix."

What helps autistic individuals thrive is support, understanding, and acceptance — not attempts to change who they are.

Autism Is Present From Birth

Some people are diagnosed as children; others receive a diagnosis in adolescence or adulthood. Gaining understanding at any age is meaningful.

Not Everyone Is "On the Spectrum"

Many people have traits such as enjoying routines or being sensitive to noise. Traits alone do not equal autism, and saying "everyone is on the spectrum" can unintentionally minimize autistic experiences.

Different, not less. Acceptance builds stronger communities.

The Penothés Project: Supporting Families and Honoring Neurodiversity

The Autism Support Team at the FCP Health & Wellness Center is dedicated to empowering families impacted by autism. The Penothés Project — Penothés meaning "small child" — supports tribal families as well as anyone receiving care through the FCP Health & Wellness Center.

Whether a family is navigating a new diagnosis or continuing an established journey, the project's mission is to walk alongside them with respect, knowledge, and care.

How the Penothés Project Helps

- Services include:
- Referrals and service coordination
 - Collaboration with schools and medical teams
 - Family connections and peer support
 - Community education and advocacy for inclusive practices

The team aims to be the first call for families seeking resources or guidance. Parenting is a sacred journey, and the Penothés Project is honored to support it.

Upcoming Initiatives:

Sensory-Friendly Spaces

This year, the team will begin working with departments and programs to create sensory-friendly spaces across the FCP campus and community. A mobile sensory unit will be available for departments to use at events, offering a calming, supportive environment for children and adults who need a sensory break.

Community Training Series

The free training series "The Many Faces of Autism" will continue throughout May, June, July, and August. This online course deepens understanding of Autism Spectrum Disorder and is open to families, caregivers, educators, and community members. Departments may also request tailored sessions.

Walking the Spectrum Support Group

The Penothés Project, in collaboration with Sokaogon Chippewa Family Foundations, will launch the Walking the Spectrum Support Group for parents and caregivers of children with autism or other forms of neurodivergence. The group will provide space to share experiences and build community.

Groups will be every Wednesday, from 10:30-11:30 a.m. at the Potawatomi Community Center (PCC) and from 5-6 p.m. at Sokaogon Chippewa Family Services.

Film Event:

They Are Sacred — April 15

On April 15, a special screening of *They Are Sacred* will be held at the PCC, shown in the turf area.

The film reframes neurodiversity through an Indigenous lens, following Anders and his father, Dr. Grant Bruno of the Samson Cree Nation. Dr. Bruno, an Assistant Professor in Pediatrics, challenges deficit-based narratives and uplifts Cree traditions that honor neurodiversity as a sacred gift.

The event will also feature:

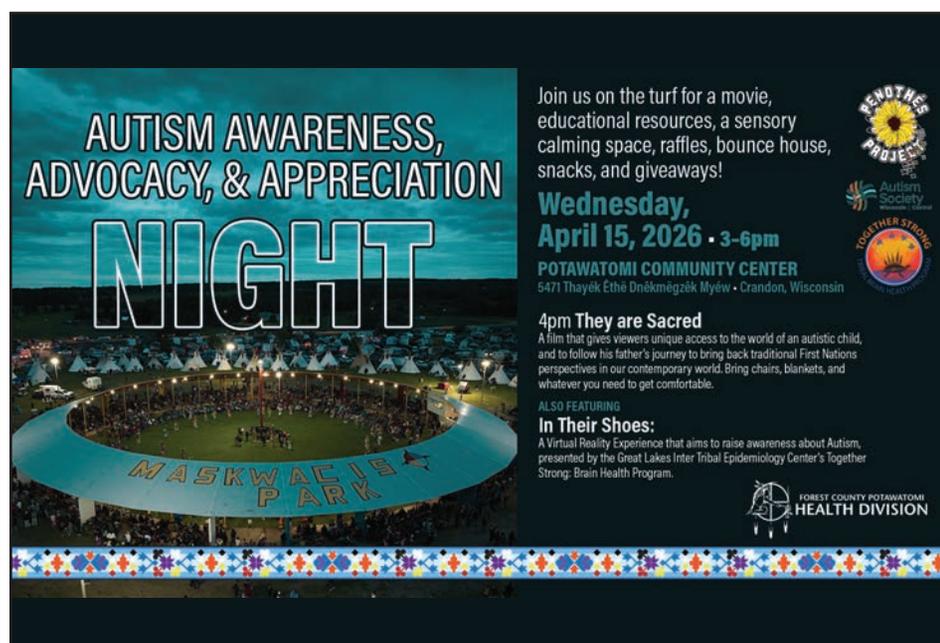
- In Their Shoes — A Virtual Reality Experience by the Great Lakes Intertribal Epidemiology Center's Together Strong: Brain Health Program
- Resource and information tables
- A sensory space
- Bounce house
- Snacks and giveaways

Connect With the Penothés Project

The team welcomes families to reach out — in person, by phone, email, or text.

They are located at the Health & Wellness Center, Room 103, near the small clinic waiting area, and available Mon. through Thurs., 7 a.m. to 5 p.m.

Phone: 715-478-4160 or 715-478-4161



AUTISM AWARENESS, ADVOCACY, & APPRECIATION NIGHT

Join us on the turf for a movie, educational resources, a sensory calming space, raffles, bounce house, snacks, and giveaways!

Wednesday, April 15, 2026 • 3-6pm

POTAWATOMI COMMUNITY CENTER
5471 Thayék Èthè Dnèkmègzèk Myéw • Crandon, Wisconsin

4pm They are Sacred
A film that gives viewers unique access to the world of an autistic child, and to follow his father's journey to bring back traditional First Nations perspectives in our contemporary world. Bring chairs, blankets, and whatever you need to get comfortable.

ALSO FEATURING

In Their Shoes:
A Virtual Reality Experience that aims to raise awareness about Autism, presented by the Great Lakes Inter Tribal Epidemiology Center's Together Strong: Brain Health Program.

Logos for Penothés Project, Autism Society, Together Strong, and Forest County Potawatomi Health Division are included.



Walking the Spectrum

A support group for families with autistic or special needs kids.

Every Wednesday, starting March 11, 2026

10:30-11:30am
Potawatomi Community Center Commons
5471 Thayék Èthè Dnèkmègzèk Myéw • Crandon, Wisc.

5:00-6:00pm
Sokaogon Chippewa Family Services
10808 Sokaogon Drive • Crandon, Wisc.

For information contact:
Travis Mullins (FCP Autism Support) 715-478-4161 • Travis.Mullins@fcp-nsn.gov
or
Loraine Bailey (Sokaogon Family Foundations) 715-622-0378 • Loraine.Bailey@scc-nsn.gov
or
Artie VanZile-Cisneros (Sokaogon Family Foundations) 715-622-0340 • Artie.VanZile@scc-nsn.gov

Logos for Penothés Project, Autism Society, Together Strong, Forest County Potawatomi Health & Wellness Center, and Sokaogon Family Foundations Home Visiting Program are included.

Gte Ga Nēs Goes Fishing

submitted by FCP Outreach & Engagement Manager Tyler Lorenz

On a day of much anticipation, the students of Gte Ga Nēs Pre-school were welcomed onto the ice at Bug Lake for a morning of fishing and learning. FCP Land & Natural Resources (LNR) Outreach & Engagement staff coordinated a small field trip with the school staff to give the students some hands-on learning outside of the classroom.

The students arrived at 10 a.m. and staff from LNR were greeted with excitement and smiling faces. Students eagerly awaited their chance to step out on to the ice and have the chance to catch a big ol' fish. But first, each student had to lay down séma (tobacco) as an offering before walking onto the lake.

Once on the ice, LNR staff had the opportunity to divide into small groups and give students a chance to try and catch a fish with a jig pole. Several of the students were participating in ice fishing for the first time. There were many questions alongside personal observations of the students which made for an entertaining time on the ice.

Before the student's arrival, LNR staff caught a few fish and placed them in a hold tank for students to be able to view. Gte Ga Nēs students were excited to see the rainbow trout swimming around in the tank, and they made observations about their green, black, and pink colors as well as their slimy scales.

It wasn't long after the student's arrival when a few lucky anglers were able to land a fish all on their own. The quiet winter day soon filled with screams of joy and excitement as students reeled in their fish. The amount of joy and happiness that filled the air was nothing short of heartwarming. To see young kids enjoying time together outside and engaging with the natural world around them.

Students learned about different techniques, tackle, fish species, and water clarity throughout their time on the ice. LNR staff provided ice fishing electronics and even an underwater camera for students to see what the water looks like under the surface. Even though not every student caught

a fish, it was a team effort and there was plenty of support for fellow classmates and friends.

The field trip to Bug Lake wasn't long in terms of time, but it was lasting in the number of memories made. The students returned to school and the fish were released back into the lake for our young students to maybe have the chance to catch again. Thank you to the staff at Gte Ga Nēs and LNR for making this day an enjoyable one, and a special thank you to Environmental Educators for LNR, Bailey Veal and Preston VanZile, for organizing and planning to create an amazing opportunity for our youth. Migwétth!



Vote for the Wisconsin Supreme Court on April 7

Voting in the April 7, 2026, Supreme Court race is crucial for Wisconsin's Indigenous people because we can help elect a candidate who will make decisions that protect our family, community, culture, and environment.

"This election is critical for the future of our people because the Supreme Court may decide critical matters including reproductive care, water protection, voting rights and whether our vote will count in the future," said Philomena Kebec, of the Bad River Band of Lake Superior Tribe of Chippewa Indians.

The Wisconsin Supreme Court race is also important because it provides an important check on other branches of government, helping to protect your voice in our democracy and community.

For Andrew Ynnocencio and Guy Reiter, both members of the Menominee Indian Tribe of Wisconsin, voting from your heart is a way to protect Indigenous people's way of life and future.

"Every time I go out and vote, I think of the future. Mainly my daughter, my everything," Ynnocencio said. "I also think about my grandmother, my mom, my community. Vote for your people, your rights, and the people you love."

Reiter agreed.

"We must vote from our hearts, our compassion, and our understanding," he said, adding, "There isn't anyone in this country who understands this land better than we do because of our participation here and our stories."

As native people, it's important to vote in our elections – tribal, state, and federal elections – to protect our culture, languages, and ways of life. The people elected have the power to make decisions that impact our tribal nations and daily lives. When we vote, we choose our leaders and we have a say in our future.

The next election is Tues., April 7, and we will have the opportunity to vote for a new justice to sit on the Wisconsin Supreme Court for the next 10 years. Depending on where you live, there may also be races for circuit court judges, county boards, city councils, school boards, and more.

Our votes have a long-lasting effect on our future generations. When we go to our polling places to cast our ballots, we think of those who came before us and remember that it is a way of protecting our future and our sovereignty. It's important, now more than ever, to uplift one another's voices and encourage one another to vote.

In the same way that we work to maintain traditions within our family, we encourage people to vote as one of

those traditions. In our communities, traditions survive because we practice them repeatedly. Casting your ballot is the same way. When we show up collectively, and repeatedly, our voices and communities are stronger.

Find voting information you need, such as where to vote and what to bring to the polls at www.conserva-tionvoices.org/vote. To see nonpartisan

candidate information, visit www.vote411.org hosted by the League of Women Voters of Wisconsin. You can also reach out to the team at Wisconsin Native Vote with any questions at info@conservationvoices.org.

Every single vote is important for our people. Make your voice heard and vote on Tuesday, April 7, 2026.

VOTE



**POTAWATOMI
COMMUNITY CENTER**

**SCAN
THE CODE**

to View PCC's
**EVENTS, CLASSES,
INFORMATION & MORE!**



VOTE

APRIL 7

for the Wisconsin Supreme Court



Guy Reiter, Menominee
Indian Tribe of Wisconsin



We must vote from our hearts, our compassion, and our understanding. There isn't anyone in this country who understands this land better than we do because of our participation here and our stories.

conservationvoices.org/vote



Community Events APRIL 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Recurring Weekly Events Mondays: 10am - NA Meeting at Recovery Resource Center 12pm to 3pm - Social Club at Museum Lower Level Tuesdays: 4pm - After School Language Program (Crandon & Laona) 4pm - After School Cooking Club at PCC 4:30pm to 5:30pm - Powwow Club at PCC Wednesdays: 10am to 12pm - Language Class at Museum Lower Level 10:30am to 11:30am - Walking the Spectrum Support Group at PCC (Starting March 18) 4pm - After School Language Program (Wabeno)			1 Day Pass Pricing Update Effective - \$10 National Walking Day Event 11am - 2pm April Fool's Day	2	3 FCP Community Easter Party Community Center 12pm - 3pm	4
	6 Easter Observed CAMPUS CLOSED	7 COFFEE TALK Turtle House 12pm - 2pm Clothesline Project PCC Classroom 3:30pm - 6pm	8	9 Mushroom Growing Workshop Education Building 1pm	10 Krazy Knights Live Entertainment Carter Casino R&B Stage 7pm - 11pm	11 Krazy Knights Live Entertainment Carter Casino R&B Stage 7pm - 11pm
12	13	14 Clothesline Project PCC Classroom 3:30pm - 6pm	15 Understanding the Connection Between Domestic Violence, Sexual Assault, and Trafficking in Indian Country Turf Fieldhouse - 10:30am Autism Awareness Event - 3pm - 6pm COMMUNITY SOBRIETY FEAST Museum Lower Level - 6pm	16		18 Elder's Prom Carter Casino 5pm
19	20	21 COFFEE TALK Turtle House 12pm - 2pm Clothesline Project PCC Classroom 3:30pm - 6pm	 22 Mother Earth Day 12pm - 5pm	23 Wade Fernandez Live Entertainment FCP Auditorium 5pm Diabetes Luncheon H&W Large Conference Room 12pm - 1:30pm	24 Bad Habitz Live Entertainment Carter Casino R&B Stage 7pm - 11pm	25 Bad Habitz Live Entertainment Carter Casino R&B Stage 7pm - 11pm
26	27	28 Clothesline Project PCC Classroom 3:30pm - 6pm	29 Nutrition Taste Test H&W Test Kitchen: 11am - 1pm PCC Teaching Kitchen 11:30am - 1pm	30 Meet Chef Pyet DeSpain For Elders & Families Caring Place 10am Family Night Lower Level 5pm - 7pm	Recurring Weekly Events Continued Thursdays: 12pm to 1pm - Support Group at PCC 4pm - After School Cooking Club at We Care 4:30pm to 5:30pm - Powwow Club at PCC Fridays: 9am - Mens Smudge Talk at Recovery Resource Center 2pm - AA Meeting at Recovery Resource Center	
Powwow Club Gathering of Nations Trip			Powwow Club Gathering of Nations Trip			



St. Patty's Celebration at Caring Place



by Val Niehaus

The FCP Caring Place facility and Gte Ga Nēs Preschool teamed up to bring some St. Patrick's Day cheer to residents at Caring Place on March 19, 2026.

Certified Activity Director Lindsay Thomaschefskey organized the event, featuring music by Chris Skinner from Mercer, Wis., who played the Chapman Stick — a unique mix of guitar and piano that filled the room with rich melodies and smiles.

Thomaschefskey also arranged a treasure hunt for the preschoolers, who eagerly searched for hidden prizes and laughed with excitement. The children were especially fascinated by the aquarium in the commons area, where the turtles quickly became their favorite.

It was a joyful afternoon filled with music, laughter, and a wonderful sense of community.



ELDER ROUTE MEAL MENU APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CHICAGO STYLE HOT DOG, POTATO WEDGES, FRUIT CUP	2 CHEF SALAD, CHICKEN NOODLE SOUP W/ CRACKERS, FRESH FRUIT, DESSERT	3 FISH SANDWICH, CRAB PASTA SALAD, FRESH FRUIT, VEGGIE WITH DILL DIP	4
5 HAPPY EASTER!	6 TRIBAL OFFICES CLOSED FOR EASTER HOLIDAY - THIS MEAL WILL BE DELIVERED THURSDAY APRIL 2nd	7 HAMBURGER GRAVY OVER MASHED POTATOES, WILD RICE & BERRIES, SALAD	8 CHICKEN WILD RICE SOUP, CRACKERS, SWEET PEPPERS, DILL DIP, FRESH FRUIT, DESSERT	9 LEMON COD, DINNER ROLL, GREEN BEANS, FRESH FRUIT	10 TUNA SANDWICH, HUMMUS & VEGGIES, FRUIT CUP	11
12	13 MEATBALL SUB, MIXED VEGGIES, FRESH FRUIT	14 TACO BAKE, HUMMUS & CRACKERS, FRUIT CUP	15 SWEET & SOUR CHICKEN OVER RICE, EGG ROLL, STIR FRY VEGGIES, FRUIT, DESSERT	16 CLAM CHOWDER, DINNER ROLL, SUGAR SNAP PEAS, DILL DIP, MIXED BERRY YOGURT PARFAIT	17 CHICKEN SALAD SANDWICHES W/ LETTUCE, VEGGIE & DILL DIP, FRUIT CUP	18
19	20 COLD CUT TRIO SANDWICH, CHIPS, PICKLES, FRUIT CUP	21 TATER TOT CASSEROLE, MIXED VEGGIES, FRESH FRUIT, PEANUT BUTTER CRACKERS	22 COUSCOUS SALAD W/ GARBANZO BEANS, FRESH FRUIT, DESSERT	23 FISH SANDWICH W/ LETTUCE & CHEESE, FRENCH FRIES, SIDE SALAD, FRESH FRUIT	24 EGG SALAD SANDWICH W/ LETTUCE, CELERY W/ CREAM CHEESE, FRESH FRUIT	25
26	27 SHEPARD'S PIE, DINNER ROLL, FRUIT CUP	28 CHICKEN WINGS, MASHED POTATOES, RADISHES, DILL DIP, FRESH FRUIT	29 WILD RICE CASSEROLE, HUMMUS W/ VEGGIES, FRESH FRUIT, DESSERT OPTION	30 SPAGHETTI & MEATBALLS, ROASTED VEGGIES, FRUIT, JELLO		

The Daily Menu is subject to change without prior notice due, to inclement weather conditions, facility closures and other circumstances beyond our control.

Thank you for your understanding and cooperation.

- FCP Sustainable Food Services Department

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Brunch BUFFET 10 A.M.–3 P.M. \$40 Per Person \$15 Kids 12 & Under THE SPRINGS RESTAURANT & LOUNGE			1 APRIL FOOLS KIOSK GAME	2	3 RAINING CASH	4
5 Easter Brunch BUFFET	6 Spin & Win	7 5X POINTS	8 CLUB 50	9	10 RAINING CASH	11
12 Spring Blooms KIOSK GAME	13 Spin & Win	14 5X POINTS	15 CLUB 50	16	17 RAINING CASH	18
19 Spring Blooms KIOSK GAME	20 Spin & Win	21 5X POINTS	22 CLUB 50	23	24 RAINING CASH	25
26 Spring Blooms KIOSK GAME	27 Spin & Win	28 5X POINTS	29 CLUB 50	30	 KRAZY KNIGHTS BAD HABITZ FRIDAY & SATURDAY FRIDAY & SATURDAY APRIL 10–11 APRIL 24–25 7 p.m.–11 p.m. 7 p.m.–11 p.m.	



WIN YOUR SHARE OF \$24,800 CASH

RAINING CASH

Two lucky winners each hour will choose a game piece at Guest Services for a chance to win up to \$1,250 in cash!

FRIDAYS IN APRIL
DRAWINGS: 4–8 P.M.



WIN UP TO \$1,000 IN REWARD PLAY

WEDNESDAY, APRIL 1

APRIL FOOLS KIOSK GAME

Easter Brunch BUFFET

\$40 Per Person
\$15 12 & Under

10 A.M.–3 P.M.

Featuring: Ham, prime rib, crab legs, chicken, potatoes & gravy, vegetables, all your breakfast favorites, soup and salad bar, assorted rolls and desserts.

THE SPRINGS RESTAURANT & LOUNGE

Spring Blooms KIOSK GAME

Sundays

Let your winnings bloom! Earn 500 same-day tier credits and try the Spring Blooms kiosk game from 9 a.m.–11:59 p.m. and win up to \$1,000 in Reward Play!