



POTAWATOMI TIMES

Gsenyaniyêk êzhewébêk — Forest County Potawatomi Happenings



Volume 31, Issue 20 • APRIL 15, 2026 • nmébné gizes • Sucker Fish Moon • FREE

McCorkle Awarded 40 Under 40



Alex McCorkle surrounded by her FCP supporters

by Amber Haseman, photos by Clarissa Friday Photography, LLC - Native Clarity

According to The National Center for American Indian Enterprise Development, the recipients for the 2026 Class of Native American 40 Under 40 were proudly announced earlier this year. Honorees display leadership, initiative, dedication, and have made great contributions to their professions and communities.

This year's recipients were recognized at the Reservation Economic Summit (RES) on March 23-26, 2026, at Caesar's Palace Hotel & Casino in Las Vegas, Nev. The Forest County Potawatomi (FCP) community is proud to announce Alex McCorkle, representing FCP as this year's Class of Native American 40 Under 40 recipient.

McCorkle has served various roles within the FCP community. She shares that while not all her roles were formal leadership positions, they have

played an essential part in her current role as tribal Secretary. She was elected to this position in November 2024, as her first elected leadership role. Previously, she served as a Tribal Relations Coordinator for Potawatomi Ventures (PV), focusing on strengthening communication with tribal membership. She's worked as an assistant for both the Chairman and the Vice Chairman, gaining valuable insight into tribal leadership.

She shares that she found out about her selection in an amusing way. She received a congratulatory text from another nominee, Jonas Hill, whom she didn't know was one at the time. It caught her completely off guard. Hill urged her to check her email when discovering both their nominations. The experience left her feeling honored and grateful. She shares that it was certainly unexpected. The support she received was incredible. Although she knew the competition was tough, she was unsure how many candidates had been submitted overall.

After learning the news, she found out that letters of support had been submitted in her honor. She is thankful for those nominations. Leading up to RES 40 Under 40 Ceremony, the evening before brought a team dinner full of prayer, inspiration, appreciation, and words of wisdom. Potawatomi Ventures Chief Executive Officer Kip Ritchie opened with a prayer and shared a thoughtful message of appreciation, which then turned into a congratulatory message for her recognition. FCP Vice Chairman Ken George spoke, in which she shared her appreciation for his words and

reminded us that the work we do can have an impact on others, sometimes without even realizing it. During this time, she was also gifted a beautiful medallion as encouragement for continued leadership and success.

During the ceremony, she shared that the recipients were all called to line up. During this moment, it felt like time slowed as each name was announced alphabetically by last name. When her name was finally called, she shared that the moment was electric. The support and cheers from the crowd were some of the loudest in the room. As she looked out, she saw a "fathead" with her face on it, sharing the experience of being funny and unforgettable. A group photo of the 40 Under 40 recipients was taken, followed by a larger group portrait of the FCP members in attendance. She shares, "Our tribe showed up in a big way, and I was proud to be a part of it."

McCorkle would like to thank everyone for their recognition and support. She shares, "This experience has made me reflect on how far I have come. Having my husband and my parents there made it even more meaningful." This experience serves as a reminder to stay grounded in what she believes in, continue learning, and represent the tribe in a positive way. She continues, "I also understand that people may have different perspectives, and I respect that; my commitment



McCorkle holding her award with pride

is to keep listening, showing up, and doing the work for our community. This work is not always easy; being in a public role often means being under a microscope, and the decisions we make as council can be difficult, but we work hard every day to do what we believe is right. I hope we can keep our conversations respectful and constructive.

Lastly, a huge thank you to my staff who carry a significant amount of responsibility behind the scenes to keep things moving. Their professionalism and commitment make a real difference every day."

Congratulations, Alex, on this incredible honor! We are proud of you!

photos continued on pg 2...

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

FCP Up & Coming

by Amber Haseaman

Elders BINGOCIZE: FCP tribal elders are welcome 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 for those who attend. Join all the fun on April 22, May 6 and 20, and June 10 and 24 at the Turtle House from 12-2 p.m.

Grandmother Earth Day: Join FCP Land & Natural Resources (LNR) to celebrate Grandmother Earth Day on April 22, 2026. The event will be held at the Potawatomi Community Center from 12-6 p.m. Everyone is welcome. 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, 2026, at 5 p.m. for an evening of entertainment by Wade Fernandez, who is a multi-award-winning international touring artist, educator, and composer from the Menominee reservation. For more information, contact Brittanie Hill at (715) 478-4146 or brittanie.hill@fcp-nsn.gov.

Elders Day Trips: Join FCP Elder Services for Elders Day Trips. Enjoy a movie at Rouman Cinema in Rhinelander on April 28, 2026. Depart from fireside MARKET in Stone Lake at 3 p.m. Enjoy a morning Casino Trip to Lake of the Torches on May 13, 2026. Depart

from fireside MARKET in Stone Lake at 9 a.m. Lastly, join for an afternoon of BINGO on June 14, 2026, at the North Star Casino in Bowler, Wis. Depart from the fireside MARKET in Stone Lake at 10 a.m. Doors open at 12 p.m., early birds at 1:30 p.m., and regular session at 2 p.m. Includes a standard BINGO package with machine and lunch.

Clothesline Project: Everyone is welcome to join FCP Community Advocacy for the annual Clothesline Project. Guests are invited to share messages of resilience, healing, and hope for individuals impacted by sexual assault. Bring a pair of jeans, share your message, take them home, or display them on the community clothesline at FCP Family Services. Join Tuesdays in April from 3:30-6 p.m. at the PCC classroom. April 29 is Denim Day. Wear denim to stand up against the stigmas around sexual assault. Contact communityadvocacy@fcp-nsn.gov or (715) 478-4433 with any questions.

Chef Pyet: Everyone is welcome to join the Chef Pyet community event and book signing for her new cookbook, "Rooted in Fire." Chef Pyet DeSpain is an award-winning writer/cookbook author and a proud member of the Prairie Band Potawatomi Nation with deep roots in her Mexican heritage. Her work reflects the balance of both her cultures. Join May 1, 2026, at 5 p.m. for this event focused on food sovereignty, cultural knowledge, and collective learning.

...continued from pg 1

McCorkle Awarded 40 Under 40



McCorkle with her fellow Executive Council members



McCorkle with other award recipients



McCorkle with all her "fatheads" made by FCP attendees



Another group photo supporting McCorkle



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



FCP EXECUTIVE COUNCIL

Chairman: BROOKS BOYD SR.

Vice Chairman: KEN GEORGE JR.

Secretary: ALEXANDRIA MCCORKLE

Treasurer: JOSEPH DANIELS SR.

Council Members: DESTINEE ALLOWAY, HERB DANIELS JR.

POTAWATOMI TIMES STAFF

Interim Managing Editor: KRYSTAL STATEZNY

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.

FCP Community Easter Party

by Amber Haseman

Following an April ice storm, For-est County Potawatomi (FCP) tribal members, descendants, and their fam-ilies safely gathered at the Potawatomi Community Center for the annual Easter Party.

A warm feast welcomed the community around noon, featuring a delicious ham meal with all the fixings - and of course, dessert. Families regis-tered themselves and their children for bike raffles across all age groups: 2-3, 4-6, 7-9, 10-13, 14-17, and 18+.

While waiting for the Easter

Bunny's arrival, children enjoyed Eas-ter-themed games in the Turf Field-house, including potato sack races and egg races. Participants earned tickets for a variety of fun prizes featuring crystal-growing kits, sidewalk chalk, Play-Doh, bubble wands, balls, fris-ees, plush duckies, and more.

The Easter Bunny finally arrived just in time for photos, and fami-lies eagerly lined up to capture the special moment. Games continued while awaiting a crowd favorite: the egg smash game. Children of all ages

were excited to participate, despite the possibility of a messy surprise. Parents, members of the Executive Council, and Community Center employ-ees joined in on the fun, though the Community Center employees weren't as lucky.

After cleaning up from the egg-smash game, families eagerly head-ed outside for the Easter egg hunt. Despite snowy, slushy conditions, the children didn't seem to mind. The bright white snow made the eggs even easier to spot. Smiles and excitement

filled the air each time another egg was found.

After gathering the eggs, every-one went their separate ways, no one leaving empty-handed. Whether they carried home a full belly, a warm heart, a fun prize, or a basket of goodies, what mattered most were the lasting memories and shared moments. It was a wonderful start to the holiday week-end for the Potawatomi community.



Who's going to win the egg race game?



Potato sack race in action



Some of the winners for the bike raffles



Youth participating in the egg smash game



Ira Frank got egged



On the hunt for Easter eggs



Past FCP Chairman Chats - Phil Shopodock



by Amber Haseaman

Serving as tribal chairman, each elected individual endures trials and tribulations, making each experience unique and personal. Through spirituality, good support systems, family, and the community, they push through. Each carries the legacy of the past, the present, and the future. They are the voice of the Forest County Potawatomi (FCP) community, and their stories are essential for guiding future generations.

In honor of Chief's Day, celebrated Feb. 16, 2026, the FCP Communications team worked with former Chairmen who served the community, capturing their stories, accomplishments, and experiences while in this role. They shared memories of historical and monumental changes during their time in office, as well as events they witnessed or were part of.

The team welcomed Phillip James Shopodock to the studio on Jan. 27, 2026, to discuss his time as FCP Tribal Chairman during the years 1995-2000 and 2007-2009. His journey began while he served on the Gaming Commission for about one year. He shares that it was a great

learning experience as he didn't know much about gaming at the time. It was something he genuinely enjoyed. During this time, some individuals approached him about running for chairman. Not knowing what it entailed, he was honored and humbled just to be asked. He accepted, even though he didn't think he'd win.

Shopodock was sworn in as tribal chairman on Nov. 6, 1995. The first thing he recalls having to face was the \$17 million deficit that was passed in the budget just prior to taking office. At the time, he had great support from his council members, recalling Louis Spaude, Arlene Alloway, Ned Daniels Jr., Lorna Shawano, and Brenda. He shares how patient they were with him as he didn't know very much at the time.

During his interview, he shares how the tribe came from a place without running water or electricity, and houses were substandard. There were many trailer homes that constantly needed repairs. That's when they started housing. He shares that he still remembers when people would come in with a housing number, and when their number came up, they would get a piece of property or a site, then decide what kind of house they wanted or whether they wanted to buy a house. He shares, "The look on their faces was just amazing. They were first-time homeowners – to see them walk into their new house and the look on their faces." He expresses how it was the coolest thing he did.

Reflecting on the growth of technology during that time, he shares how things went from no computers to everyone having computers. Technology was developing quickly, and that rapid growth was stressful for everyone, but something they had to go through to get to where we are today. He shares how he finds it to be so over the rainbow, from where

things started, and now being all the way over here.

He continues sharing his belief that lives have gotten better across housing, healthcare, and education. The driving force was guided by past treaties, with a common concern over housing, education, and healthcare. Those who were here before had the same concerns we have today. He shares that after reading the treaties, it was important to keep going in that direction, as that is what will matter 100 years from now, rather than what will matter tomorrow.

Shopodock developed health issues, leading to his resignation on July 31, 2000. He shares that he took a few years off, and the first thing he did was go camping for a month. His venture brought him back down to earth, making him more relaxed and grounded again. He shares, "There's a lot of stress in that position." After taking time off, he began thinking about life and learning more about it.

When returning as Chairman in November 2007, Shopodock faced the global financial crisis, also known as the Great Recession. He shares that when it first happened, the stock market crashed. Community members called frequently, worried about their children's money that had been set aside. While a lot of it did go away, they knew it was only temporary and didn't panic. They weathered the storms, rode it out, and the losses gradually came back. It took years to recover, but they did over time.

While being Chairman, Shopodock shares that he didn't make decisions on his own. It was the council behind him, supporting some decisions but not others. Regardless, they always worked it out and moved forward. There's always agreement to disagreement in everything. After serving almost four terms, he learned early on that the chairman carries the tying

vote. He states, "You wouldn't think that would happen as often as it does, but it does happen frequently."

While in office, his process of thinking was to respect those who came before him, consider those who are coming next, and honor those who are here today. He emphasizes the importance of respecting those who came before him because, without them, the tribe wouldn't be where it is today. He also shares the importance of remembering the treaties and what was fought for – education, health, and housing. Those are the issues that keep coming up.

Throughout his time as chairman, he learned that you must put your family first. He shares, "If you try to do all of this on your own, you're going to burn out, really quick." He had his family's support and could go home at night knowing there were people who loved him and would take care of him no matter what he was going through. There are a lot of things he carried that he couldn't discuss with anyone. Being Chairman carries certain restrictions that you couldn't talk about. To brighten things, his sister would send him cards with words of encouragement while he was struggling, making all the difference.

He also shared that his spirituality is his rock. When things turn, it's important to be standing on something, or you'll go down with everything else. Having those experiences in the past and the support of many elders who are no longer here today helped push him through the difficult times.

In conclusion, Shopodock shares an important message for all to carry throughout their journey. "Our job wasn't to make the world perfect, just make it better. Nobody can make it perfect. Only the creator can make it perfect – but just make it better. Keep going in that direction and keep fighting in that direction."

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

715-478-7437
times@fcp-nsn.gov
www.fcpotawatomi.com



FOREST COUNTY POTAWATOMI
POTAWATOMI TIMES

715-478-7437 • times@fcp-nsn.gov
www.fcpotawatomi.com

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.

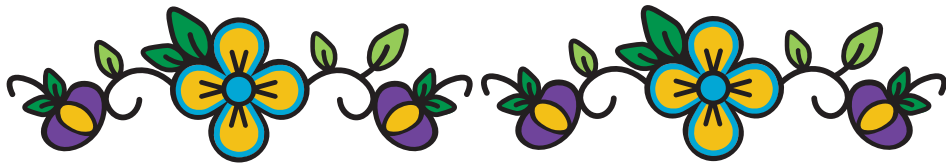
*Requests for selling items will still be considered "ads" and will be charged classified/display ad rates.

YOUTH STATE WRESTLING RESULTS

Congratulations to Everyone



NINDE ALLOWAY – 1ST PLACE
JASMINE PAMONICUTT – 4TH PLACE
ZANDER WESO – 4TH PLACE
KARSYN MCCORKLE – 5TH PLACE
ZAKIYAH WESO (1ST) - 6TH PLACE



FCP GRADUATE Spotlight



Class of 2025
JOE SAHPENAIS
GRANDON 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

GTE GA NĒS




PRESCHOOL Graduation
(2026)

Save the Date
THURSDAY, MAY 21
FCP COMMUNITY CENTER
11:00 A.M. — GRAND ENTRY IN FIELD HOUSE

10:30 a.m. — Graduating 4K Students Arrive
Pick Up Cap & Gown Under Staircase in Commons Area

12:00 p.m. — Lunch in the Commons Area



Calling all Honorees!

Graduation -NEW DATE- FRIDAY JUNE 5, 2026 Banquet

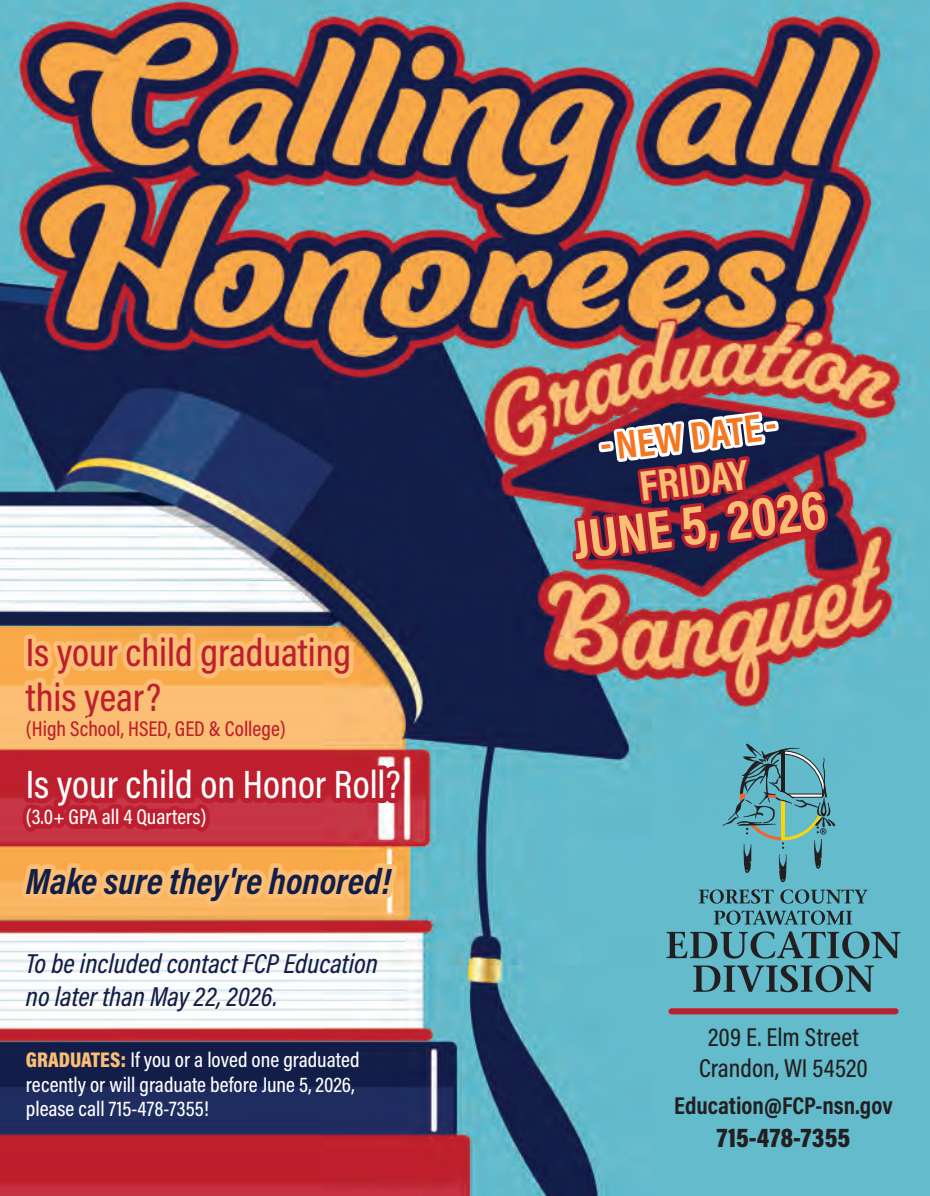
Is your child graduating this year?
 (High School, HSED, GED & College)

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 5, 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

Potawatomi Ventures at RES 2026

Potawatomi Ventures (PV) recently concluded a highly-productive and engaging experience at RES 2026. The event provided valuable opportunities to connect with peers, identify potential business partnerships, and learn from tribes and organizations actively engaged in economic development throughout Indian Country. We were honored to be joined by members of our Board of Directors and the Forest County Potawatomi Executive Council, whose participation strengthened our engagement in these important discussions.

In addition, PV was proud to host the Potawatomi Economic Summit, which convened our sister Potawatomi bands along with their tribal leaders, business representatives, and partners. The Summit fostered meaningful dialogue, collaboration, and the exchange of ideas. The strong participation and energy throughout the event highlighted the impact of Potawatomi-led economic development and reinforced the value of coming together to build relationships and advance shared goals.



Data Holdings Welcomes Hoernke



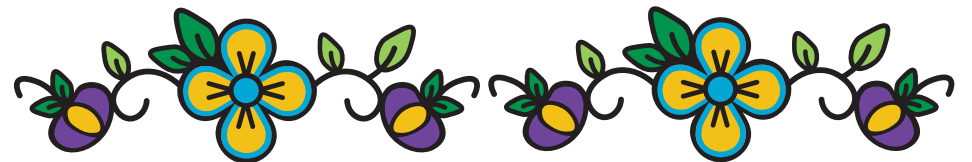
field and facilities management, with experience in both government and non-profit organizations.

Previously, he has served in various roles within the City of Milwaukee, including Environmental Engineering Technician II, Public Works Inspector focusing on green infrastructure, Senior Water Treatment Plant Operator, and Environmental Home Health Inspector II. He also held the position of Maintenance Director at St. Ann Center for Intergenerational Care. Hoernke is passionate about environmental sustainability and strives to incorporate these principles into all aspects of life as well as his career.

Data Holdings is pleased to welcome Trevor Hoernke to the organization, where he joins as a Data Center Facilities Technician.

Hoernke holds a degree in Environmental Science from St. Cloud State University and has built a dynamic career in the environmental

In addition to his professional commitments, Hoernke is the head rugby coach at the Milwaukee School of Engineering. As an avid athlete, he also played lacrosse and hockey. In his free time, Hoernke enjoys fishing, spending time in nature, and cherishing moments with family and friends.





SPRING SPECIALS

2 FOR \$3.50
12 OZ. BUBBLR'



Stone Lake • Carter

MARKET MARKET

Potawatomi Ventures and TFA Launch Education Series for FCP Tribal Members

Potawatomi Ventures (PV) is proud to launch a new education series in partnership with Tribal Financial Advisors (TFA), designed to deepen understanding of tribal economic development, portfolio company strategy, and long-term value creation.

The Tribal Business & Economic Development Education Series brings together PV leadership, board members, FCP tribal members, and TFA to explore how tribal enterprises are built, governed, and sustained over time. Through a combination of historical context, real-world examples, and forward-looking discussion, the series is intended to strengthen shared knowledge and support thoughtful decision-making rooted in the tribe's values and long-term vision.

The series official kick-off with an in-person session at the PV office on April 2, provides an opportunity to set

the foundation for the weeks ahead and bring participants together at the start of the program.

- Throughout the series, participants will engage in sessions that cover:
- The history and evolution of FCP economic development
- An overview of the PV portfolio and operating model
- Key principles of tribal capitalism and long-term investment strategy
- The role of governance, leadership, and culture in sustaining success

This education series reflects PV ongoing commitment to investing in people, sharing knowledge, and building understanding across generations — ensuring today's decisions continue to support opportunity and prosperity well into the future.

fireside MARKET and Potawatomi Ventures Welcomes Tatreau



fireside MARKET and Potawatomi Ventures (PV) are pleased to welcome Josh Tatreau to the organization, where he joins the team as a Business Intelligence & Analytics (BI&A) Manager.

Tatreau has more than 15 years of experience in business analytics, financial analysis, and enterprise reporting, with a strong history of helping organizations turn complex data into clear, actionable insights. Most recently,

Tatreau spent several years at Kohl's Department Stores, where he led analytics and reporting teams supporting large-scale sales, operations, and strategic initiatives across the enterprise.

Throughout his career, Tatreau has been recognized for his ability to bridge strategy and execution — combining analytical rigor with a deep understanding of business needs. He has extensive experience in advanced analytics, forecasting, ERP and systems implementations, and business intelligence, and is especially passionate about building scalable reporting solutions that empower teams to make informed decisions. Just as importantly, Tatreau is known as a thoughtful leader who prioritizes team development, collaboration, and long-term capability building.

Tatreau holds a Bachelor of Science in Business Administration (Honors) from Metropolitan State University, along with professional certifications in business analysis and analytics. His blend of strategic thinking, analytical expertise, and people-first leadership will be an asset as fireside MARKET and PV continue to grow and evolve.

SPRING SPECIALS



**BUY 2
SAVE \$1**

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



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



Stone Lake • Carter

What is Happening in Carter?



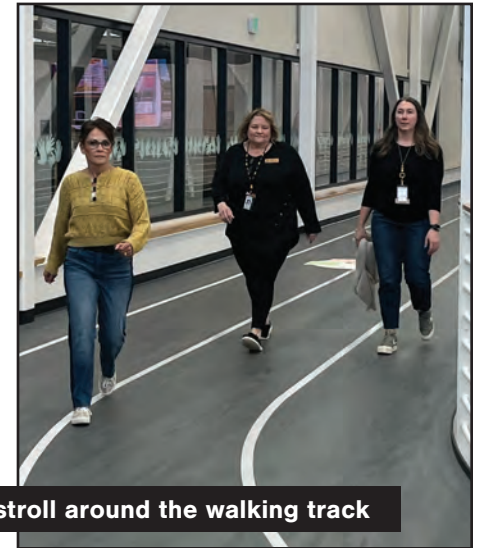
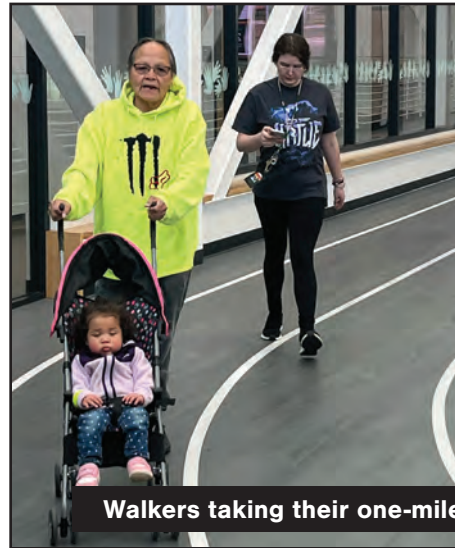
submitted by FCP Capital Projects Planner Michelle Berdan

If you have driven past the Potawatomi Casino Hotel Carter (PCHC) recently, you may have noticed some activity and asked, "What is happening in Carter?" The FCP Land & Natural Resource Division Forestry Department is hard at work. The forestry crew is working to selectively cut trees for the development of a campground that will support the Powwow Grounds, PCHC, as well as the 2026 Potawatomi Gathering.

The campground is located east of the Casino behind the current RV stations. This first phase of the project will include the development of approximately 46 campsites that will be nestled into the landscape. The gravel roadway and camping pads are scheduled for completion by the end of June, 2026.

If you have any questions, please contact Michelle Berdan, Capital Projects Division at (715) 889-0186.

National Walking Day



Walkers taking their one-mile stroll around the walking track

by Krystal Statezny

National Walking Day was held on April 1, 2026, at the Potawatomi Community Center (PCC) sponsored by PCC Fitness & Wellness Staff and FCP Occupational Wellness. PCC members, FCP tribal members and descendants, and FCP employees took part in walking one mile to earn a t-shirt and promote physical activity. Scrumptious snacks included protein balls, cheese and sausage, veggies and hummus, and fruit to fuel participants after their walk.

Factual floor walking graphics included:

- 1 in 4 adults in the U.S. are sedentary for more than 8 hours each day
 - Swapping 30 minutes of sitting with walking each day leads to reduced stress
 - Consistent walking can reduce your risk of heart disease
 - Moderate daily walking helps you fall asleep faster and stay asleep longer
- Walkers could enter to win a Cold-Pod Ice Bath, and FCP employees were eligible to win a pair of shoes.

REGISTRATION

NOW OPEN FOR THE

**BODEWADMI
GATHERING
2026**

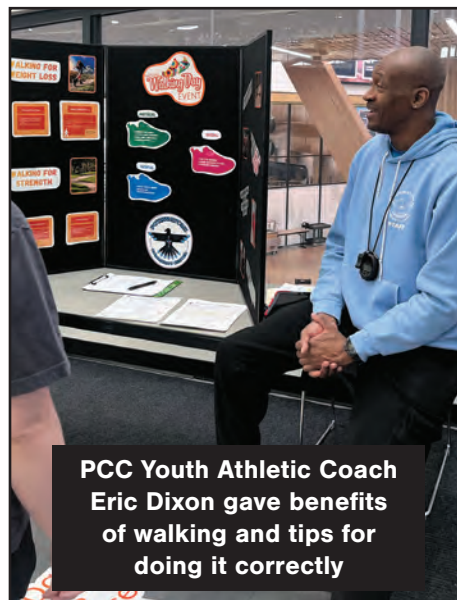
SCAN TO REGISTER

<https://registration.socio.events/e/fcpgathering2026>

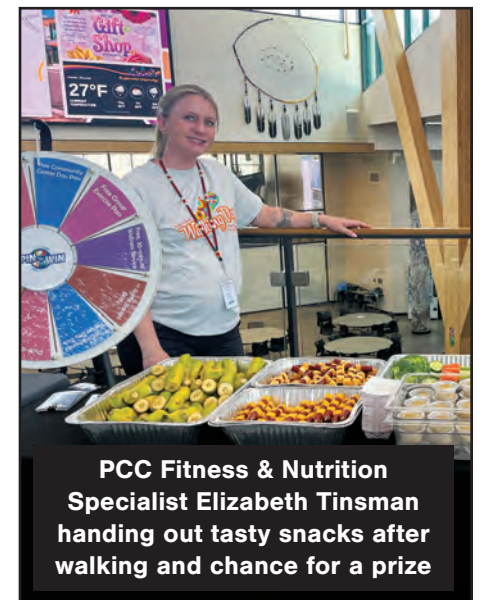
Visit the registration page to select your tickets and secure your spot for this special gathering. Remember, each person attending will need their own ticket for each event.

Register today, and we look forward to seeing you soon!

OPEN TO
Enrolled Potawatomi Tribal Members,
Potawatomi Descendants, and
Their Immediate Family Members



PCC Youth Athletic Coach Eric Dixon gave benefits of walking and tips for doing it correctly



PCC Fitness & Nutrition Specialist Elizabeth Tinsman handing out tasty snacks after walking and chance for a prize

ATTENTION ALL WORKSHOP PRESENTERS

— Indigenous Presenters ONLY! —

Want to share your knowledge and inspire others? We'd love for you to lead a workshop at the 2026 Potawatomi Gathering!

Just scan the QR code and send in your application — it's quick and easy.

New Therapy Program Strengthens Bonds

By HWC Ashley Seiler, APNP

FCP Health & Wellness Center Behavioral Health (HWCBH) is proud to announce the launch of Parent Child Interaction Therapy (PCIT), an evidence-based treatment now available to families seeking support with challenging behaviors, emotional regulation, and strengthening parent child relationships.

PCIT is a nationally recognized, research supported program designed for young children — typically ages 2 to 7 — who are experiencing behavioral or emotional difficulties. What makes PCIT unique is its hands-on, coaching-centered approach: parents and caregivers learn proven skills in real time while interacting with their child, guided by a trained practitioner.

“PCIT empowers caregivers with tools that work,” said HWCBH Ashley Seiler, NP, one of the clinicians offering the service. “Instead of traditional talk therapy, PCIT focuses on building a positive, nurturing relationship and strengthening the parent’s ability to respond effectively in moments of stress or challenging behavior.”

During sessions, caregivers receive supportive coaching while they play with their child. This allows the practi-

tioner to provide immediate guidance during real-life interactions. Over time, families see improvements in cooperation, emotional regulation and communication.

PCIT is particularly helpful for children who struggle with:

- Frequent tantrums
- Aggression or defiance
- Difficulty following directions
- Anxiety or trouble with transitions
- Relationship strain with caregivers

Families typically notice meaningful improvements within just a few weeks, and the skills learned often continue to benefit children long after therapy ends.

“We’re excited to bring this service to our community because every child deserves the chance to thrive emotionally, socially, and academically,” said HWC Bonnie Samuelson, MD. “PCIT equips parents with lifelong tools and strengthens connections that build healthier futures.”

Ashley Seiler, NP is now accepting referrals for PCIT. Parents, caregivers, and community partners who want to learn more or schedule an appointment can call (715) 478-4332.

April Veggie of the Month: Strawberries

submitted by HWC Community Health Dietitian Sarah Hoffman

Nutrition Fun Facts

- A good strawberry is shiny, firm and bright red in color. The top should appear fresh and green.
- Strawberries are in season during the spring and summer months. They are available to buy frozen, year-round.
- Strawberries can be prepared in a variety of ways. They can be added to smoothies, oatmeal or yogurt parfaits, included in salads or even used to make infused water.
- Strawberries contain about 200 tiny seeds on the outside of the fruit. There are over 600 different varieties

of strawberries.

- Strawberries contain many nutrients, including potassium and magnesium. They are also a source of natural sugar and can be used to sweeten recipes.

- In 1 cup of fresh strawberries, there are about 53 calories, 13 grams of carbohydrates and 3.5 grams of fiber.

For more information on nutrition topics, please contact Health & Wellness Center Community Health Dietitian Sarah Hoffman at (715) 478-4355.

Recipe: Strawberry Spinach Salad



Salad:

- 4 cups baby spinach
- 2 cups fresh strawberries
- 4 ounces feta cheese
- 1/2 cup toasted pecans
- 1/4 red onion, thinly sliced
- Optional: grilled chicken breast

Dressing:

- 1/4 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 1 Tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon Italian seasoning
- Salt and pepper

Directions:

1. Make the dressing: In a medium sized bowl, whisk together balsamic vinegar, olive oil, lemon juice, Dijon mustard, Italian seasoning, salt and pepper.

2. Assemble the salad: In a large bowl, add spinach, strawberries, and onions. Add about half the dressing and toss to coat. Top with pecans and feta cheese. Portion and serve!

Recipe Source: <https://www.thisfarmgirlcooks.com/strawberry-spinach-salad-with-feta/>

PCIT

Parent-Child Interaction Therapy

Does your child...

- Bite, hit, or kick?
- Struggle with big emotions?
- Get into trouble at school or daycare?
- Have difficulty following directions?

If these challenges feel familiar, you are not alone! PCIT is a warm, hands-on approach that helps caregivers build confidence while helping children feel secure, understood, and connected.

What is PCIT?

A supportive, evidence-based approach helping families strengthen relationships and support positive behaviors. Together, we focus on improving communication, increasing positive behaviors, and reducing challenging ones. Sessions include real-time coaching so caregivers can practice skills in the moment.

What to Expect

- Weekly in-person sessions for 12–16 weeks (some families benefit from longer treatment).
- Caregiver participation and practice between sessions.
- A supportive, family-centered environment.

Services provided by:
Ashley Seiler, APNP, PMHNP-BC
Psychiatric Nurse Practitioner

OPEN TO ALL CHILDREN AGES 2-7 & THEIR CAREGIVERS

**FOREST COUNTY
POTAWATOMI
HEALTH &
WELLNESS CENTER
BEHAVIORAL
HEALTH**

8201 Mish ko swen Drive
Crandon, Wisconsin
715-478-4332

POTAWATOMI COMMUNITY CENTER

SCAN THE CODE

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

Community Events APRIL 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Recurring Weekly Events			1 Day Pass Pricing Update Effective - \$10	2	3 FCP Community Easter Party Community Center 12pm - 3pm	4
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 4pm - After School Language Program (Wabeno)			National Walking Day Event 11am - 2pm			
 HAPPY Easter	6 Easter Observed CAMPUS CLOSED	7 Community Blood Drive 10am - 4pm COFFEE TALK Turtle House - 12pm - 2pm Clothesline Project PCC Classroom 3:30pm - 6pm	8 Elder Bingocize Turtle House 12pm - 2pm	9	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 Elder Pizza Party Turtle House 12pm	14 Clothesline Project PCC Classroom 3:30pm - 6pm	15 Understanding the Connection Between DV, SA, & Trafficking in Indian Country Turf Fieldhouse - 10:30am Autism Awareness Event - 3pm - 6pm COMMUNITY SOBRIETY FEAST Museum Lower Level - 6pm	16 Pancake Breakfast Museum Lower Level 12pm Mushroom Growing Workshop Education Building - 1pm	17 HAPPY ARBOR DAY	18 Prom Night Elder's Prom Carter Casino 5pm - 10:30pm
19	20	21 COFFEE TALK Turtle House 12pm - 2pm Clothesline Project PCC Classroom 3:30pm - 6pm	22 EARTH DAY Mother Earth Day 12pm - 5pm Family Movie Night 6pm - 8pm Elder Bingocize Turtle House 12pm - 2pm	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
Powwow Club Gathering of Nations Trip			Powwow Club Gathering of Nations Trip			
26	27	28 Elder Trips Rouman Cinema 3pm 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	





Elders Day Trips

FOREST COUNTY POTAWATOMI ELDER SERVICES
 To sign up or for more info call
 Jenna Paradies @ 715-478-4892
 or Taylor Saari @ 715-478-4341

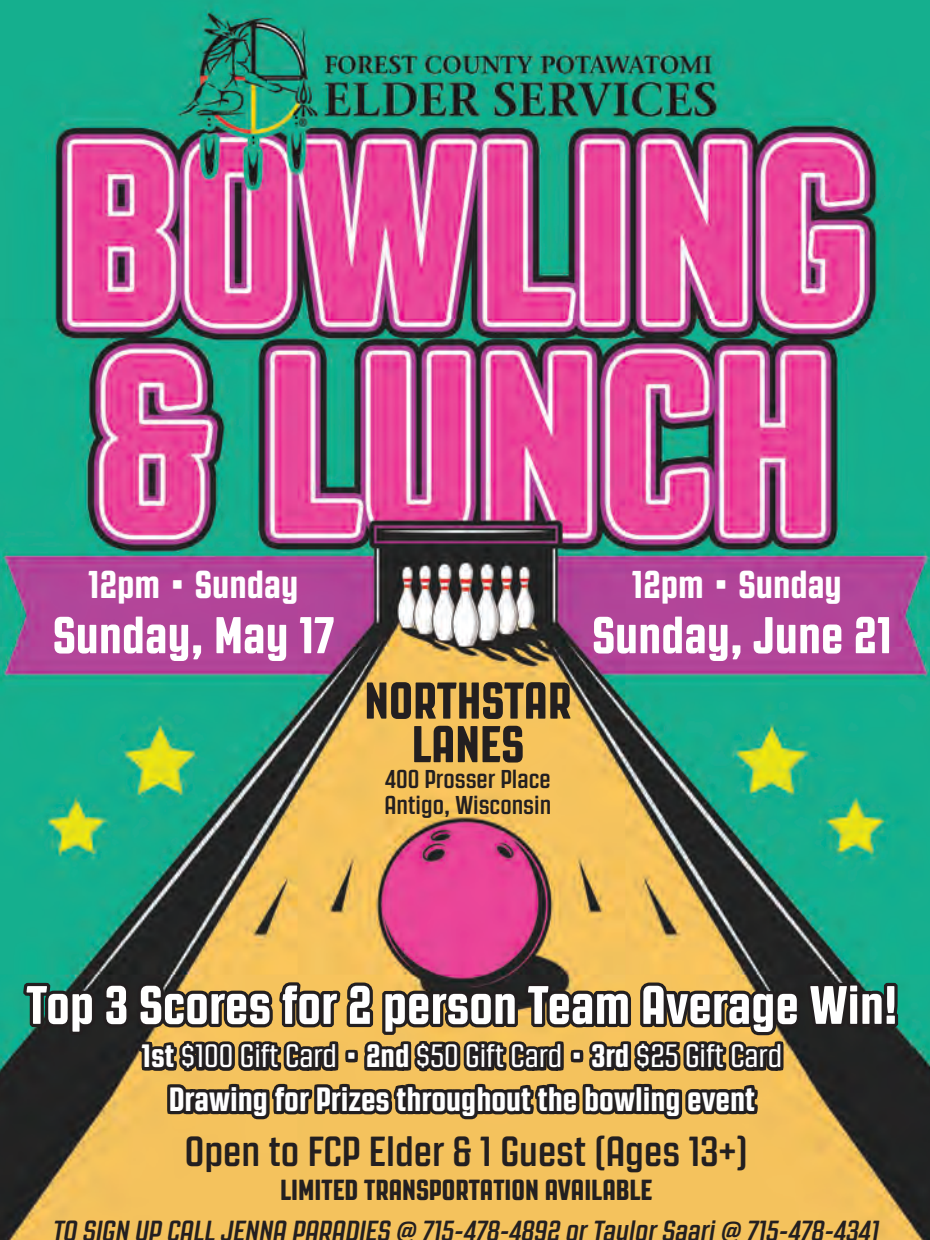
YOU ARE NOT SIGNED UP UNLESS YOU HAVE A CONFIRMATION NUMBER!
 FCP Elder must be present for their guest to attend!

Monday, April 13
Pizza Party @12pm
 Turtle House
 5450 Kak Vot Lane • Crandon, Wisc.

Tuesday, April 28
MOVIES
 Rouman Cinema
 Rhinelander, Wisc.
 Depart Fireside Market SL @3pm
 Open to FCP Elder & One Guest 18+
LIMITED SPOTS AVAILABLE

Wednesday, May 13
Casino Trip
 Lake of the Torches Casino
 510 Old Abe Road • Lac Du Flambeau, Wisc.
 Depart Fireside Market SL @ 9am
 Open to FCP Elder & One Guest 18+
LIMITED SPOTS AVAILABLE

Sunday, June 14
BINGO
 North Star Casino
 Bowler, Wisc.
 Depart Fireside Market SL @10AM
 Doors Open @12PM
 Early Birds @1:30PM
 Regular Session @2PM
 Open to FCP Elder & One Guest 18+
LIMITED SPOTS AVAILABLE
 Includes a Standard BINGO Package w/machine & lunch.



FOREST COUNTY POTAWATOMI ELDER SERVICES

BOWLING & LUNCH

12pm • Sunday
Sunday, May 17

12pm • Sunday
Sunday, June 21

NORTHSTAR LANES
 400 Prosser Place
 Antigo, Wisconsin

Top 3 Scores for 2 person Team Average Win!
 1st \$100 Gift Card • 2nd \$50 Gift Card • 3rd \$25 Gift Card
 Drawing for Prizes throughout the bowling event
 Open to FCP Elder & 1 Guest (Ages 13+)
LIMITED TRANSPORTATION AVAILABLE
 TO SIGN UP CALL JENNA PARADIES @ 715-478-4892 or Taylor Saari @ 715-478-4341

ELDER ROUTE MEAL MENU APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
			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	<p>The Daily Menu is subject to change without prior notice due, to inclement weather conditions, facility closures and other circumstances beyond our control.</p> <p>Thank you for your understanding and cooperation.</p> <p>- FCP Sustainable Food Services Department</p>
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			

WIN YOUR SHARE OF \$24,800 CASH

RAINING CASH

FRIDAYS IN APRIL

\$200-\$1,250 CASH DRAWINGS
DRAWINGS: 4-8 P.M.

SPRING into SUMMER

SATURDAY, JUNE 27
DRAWINGS 6-9 P.M. | ONE WINNER EACH HOUR

WIN YOUR SHARE OF \$20,000 CASH

All of your April, May, and June entries roll over as entries into the Spring into Summer Cash Drawings

2026 POTAWATOMI CARTER

ALL-IN **SUMMER SERIES**

RAD DAD
SUNDAY, JUNE 21
FENDERS & FLANNELS
SATURDAY, SEPT. 19

NEW DUELING PIANOS
AN INTERACTIVE MUSICAL EXPERIENCE
SATURDAY, JULY 11

BRITISH ROCK WEEKEND
AUGUST 13-16, 2026

<p>THURSDAY, AUGUST 13 CRAZY TRAIN AMERICA'S OZZY TRIBUTE</p> <p>SATURDAY, AUGUST 15 MICK ADAMS AND THE STONES THE ROLLING STONES TRIBUTE</p>	<p>FRIDAY, AUGUST 14 PYROMANIA THE DEF LEPPARD EXPERIENCE</p> <p>SUNDAY, AUGUST 16 THE KINGS OF QUEEN THE NATION'S TOP QUEEN TRIBUTE</p>
---	--

CINCO DE MAYO
Buffet

TUESDAY, MAY 5 **\$21** **\$10**
11 A.M.-7 P.M. PER PERSON KIDS 12 & UNDER

Buffet Features: Assorted Tacos, Taquitos, Steak Fajitas, Enchiladas, Tortilla Soup, Spanish Rice, Refried Beans, Chips & Salsa, Various Toppings, Fruit, Tres Leches Cake and more.

THE SPRINGS
RESTAURANT & LOUNGE

Mother's Day
BRUNCH BUFFET

SUNDAY, MAY 10 **\$40** **\$10**
10 A.M.-3 P.M. PER PERSON KIDS 12 & UNDER

Buffet Features: Scrambled Eggs, Breakfast Potatoes, Sausage, Bacon, Waffles, Fried Chicken, Ham, Prime Rib, Crab Legs, Mashed Potatoes, Vegetable, Rolls & Butter, Assorted Desserts and more.

THE SPRINGS
RESTAURANT & LOUNGE

