



# POTAWATOMI TRAVELING TIMES

Volume 28, Issue 9 • giwsé gizes Hunting Moon • November 1, 2022

## Elder's Coffee Talk



FCP Tribal Elders Norman Tribbett and Donnie Cornell enjoy food prepared by FCP Community Health Nutritionist Karly Harrison.



Protection, UW-Madison, and healthTIDE. All elders from any Native American tribe are eligible to receive the food box. There are a total of 75 boxes distributed at Bodwéwadmí Ktëgan on select Thursdays (see distribution dates below) from 12 - 3 p.m., on a first-come, first-serve basis. The food is different for each distribution, but FCP Bodwéwadmí Ktëgan usually provides the lettuce. Participants receive a newsletter in the box that tells them where all the food is sourced from. An example of food that was included for the Oct. 13 distribution was: beef ring bologna, sliced ham, aquaponic lettuce, carrots, apples, winter squash, green cabbage, mushrooms, and corn mush flour.

sions. It's held every Monday, Tuesday and Wednesday starting at 9 a.m. at the Potawatomi Community Center, 5471 thayék éthë dnëkmëgzëk myéw (The Place Where Everyone Plays Road), Crandon. Coffee Talk also occurs every Monday and Thursday starting at 10 a.m. at We Care, 612 Hwy. 32, Wabeno. Harrison will be creating new recipes on the following dates and locations for Coffee Talk:

- November 2022
  - 21 - We Care
  - 22 - Community Center
- December 2022
  - 6 - Community Center
  - 8 - We Care
  - 19 - We Care
  - 20 - Community Center

Contact FCP Elderly Activities Coordinator Jason Townsend at 715-478-4992 with any questions regarding Coffee Talk.

### by Krystal Statezny

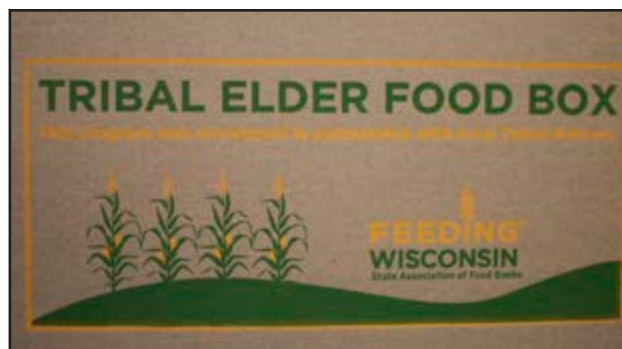
Great food and company were had at the weekly Elder's Coffee Talk session held on Oct. 19, 2022, at the Potawatomi Community Center. FCP Community Health Nutritionist Karly Harrison prepared maple-roasted vegetables and ham served over corn mush for the FCP elders to sample. "I try to expose elders to new recipes each time we meet," Harrison comments. "They usually like what I create for them," she adds.

All of the ingredients for this recipe came from the tribal elder weekly food box. The nutritious food is supplied through a partnership between Bad River Band of Lake Superior Chippe-

wa, Forest County Potawatomi, Ho-Chunk Nation, Lac Courte Oreilles, Band of Lake Superior Chippewa, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Indian Tribe of Wisconsin, Oneida Nation, Red Cliff Band of Lake Superior Chippewa, Stockbridge-Munsee Community Band of Mohican Indians, Feeding Wisconsin, Intertribal Agriculture Council, Wisconsin Food Hub Cooperative, Department of Ag, Trade and Consumer

The food box schedule for the remainder of the year for any tribal elder is: Nov. 17, Dec. 1, and Dec. 15, 2022.

Coffee Talk encourages FCP tribal elders to participate in its weekly ses-



Tribal Elder Food Box available to any tribal elder.



The recipe of the day: maple-roasted vegetables and ham over corn mush.

## Wisconsin Native Vote Mural Unveiling

### by Clarissa Friday, PTT Milwaukee Correspondent

On Friday, Oct. 21, 2022, Wisconsin Native Vote, a program of Wisconsin Conservation Voices, hosted a mural unveiling at the Gerald L. Ignace Indian Health Center located in Milwaukee, Wis. The event brought Native people and supporters from across the state together to celebrate Indigenous peoples' traditions which included prayers, drummers, and dancers. Speakers created an engaging communal space for attendees to celebrate and honor our ancestors, stress the importance of healing in the community, and made plans to vote for the seventh generation.

The mural painted by artist, Christo-

pher Sweet (Ho-chunk/Ojibwe), featured a jingle dress dancer, which signifies the need for healing, and seven individuals holding hands in the air to show unity, diversity, achievement, and the seven generations. It can be viewed on the outside of the facility.

Chairman of the Gerald L. Ignace Indian Health Center Board of Directors Steve Ninham (Oneida), had this to say, "The many people who built the Gerald L. Ignace Indian Health care center understood the need for healing. Our communities need healing and love. That is why we are here today. Together we can vote for our health, vote for fair access to healthcare, vote for healing, and vote for the seven generations."



## Kenneth A. VanZile

Ken was a father, grandfather, friend, cousin. Ken was a tireless and lifelong defender of the land, the water, his tribe, all tribes, all people, in fact. It can be said that those were his “hobbies” throughout his years with us. Ken was U.S. Army Veteran, who served our country proudly and with honor.

Ken faithfully imparted our history, sometimes in the form of stories. He was a humble man who sought to think of others first. He took great pride in protecting what we have for future generations, for defending the earth we stand upon.

Ken served our country and his tribe with dignity, honor, and humility. His love and compassion was demonstrated by his service to others. It’s been said that warriors are defined by protecting those, and what they love. I believe this to be true. Ken was a warrior through and through.

A loved friend, former son-in-law offered these thoughts: Why think separately of this life than the next, when one is born from the last? Time is always too short for those who need it, but for those who love, it lasts forever. “Thank you, Ron.

Ken enjoyed ricing, spending time with his grandchildren, daily long drives, telling stories, visiting and laughing with friends, family; teaching, being taught by others, playing baseball (as a younger man), and was a voracious reader.

Ken taught his children to always put first those in need, think of those not thought of, to help those less fortunate, to remember those not here. To show and feel compassion, as it is a virtue, perhaps the most necessary of all.

Ken’s children wish to offer love and gratitude to Pastor Gary Spurgeon, Roger Maki, Frankie Olds, Ray McGeshick III, Caleb McGeshick, his nephews Jeremy & Casey VanZile for being there for Ken, helping until his last days with us. You are the best of men, both thoughtful and considerate. For our Dad, you embodied hope and faith. More than friends, nephews. Brothers.

Ken’s children wish to thank all those who offered their prayers, thoughts, memories, condolences, cooked the delicious food. Those who helped with the services, as well as those who couldn’t attend. Miigwech.

Surviving are: Aaron VanZile (his only son); daughters: Melissa VanZile (oldest daughter), Marisa (youngest daughter); grandchildren: Mona Jane, Creighton, Aidono, Rayanne; brothers and sisters: George (Donna) VanZile, Jim (Donna) VanZile, Matthew VanZile, Warren VanZile, Tina (Sylvester) VanZile, Henry (Judy) VanZile, Connie VanZile, Sally McGeshick. Preceding Ken were his parents Henry and Jane VanZile; sisters: Joanne, Peggy Lou, Magie; brother: Timothy. Also, his much-loved multitude of nephews and nieces, beloved friends, cousins, near and far.

You are in our hearts & we will all see him again. Thank you, Dad.  
M VanZile



## Tribute to Ken A. VanZile

submitted by VanZile family

*Letter from Glen Reynolds, former Sokaogon Chippewa Community attorney*

I am sorry I wasn’t able to attend the funeral services for Ken VanZile today. But I want to share my condolences and sense of loss by sending this photograph as a tribute to his courage and leadership along with countless others in the Mole Lake Community to stop the Crandon Mine.

Ken VanZile and Robert VanZile made a long arduous trip to Johannesburg to have a direct discussion with the largest and most powerful mining company in the world and the owner of Nicolet Minerals (a.k.a. the Crandon Mining Company).

This is an historic photo of Robert and Ken after our meeting with BHP Billiton officials in Johannesburg 20 years ago. Robert performed a pipe ceremony (the CEO had to withdraw the no smoking ban in the Boardroom) Roman, and I gave a power point while Robert spoke, and Ken gave Brian Gilbertson (CEO of BHP) some wild rice. He is holding Patti Loew’s book on Wisconsin Natives that I gave him after Robert’s presentation when he told the BHP executives that there would be a never-ending battle to stop the proposed Crandon Mine.

At the end of our meeting, Mr. Gilbertson told us that they were going to meet with their counterparts in Houston to discuss the Crandon project. Two weeks later, they closed the Crandon office. One year later, Mole Lake bought The Nicolet Minerals Company with an 8-million dollar IOU to BHP Billiton. Two years after that, BHP essentially forgave the debt and returned the funds

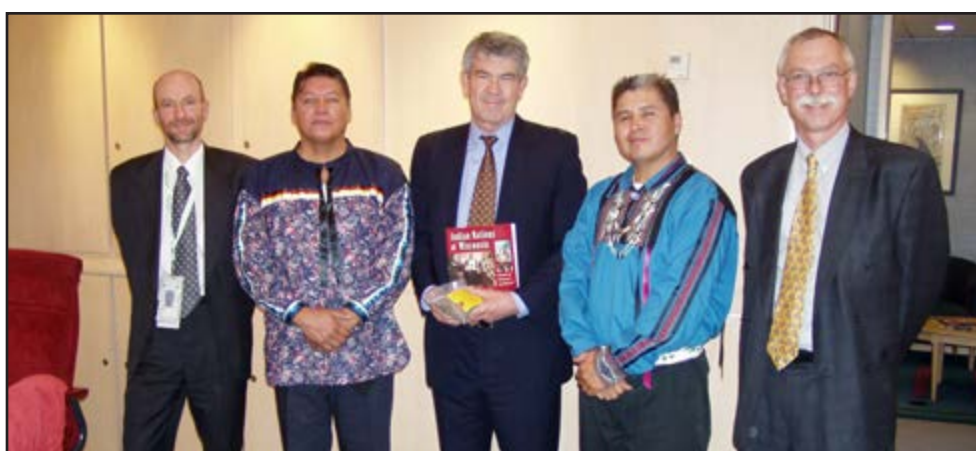
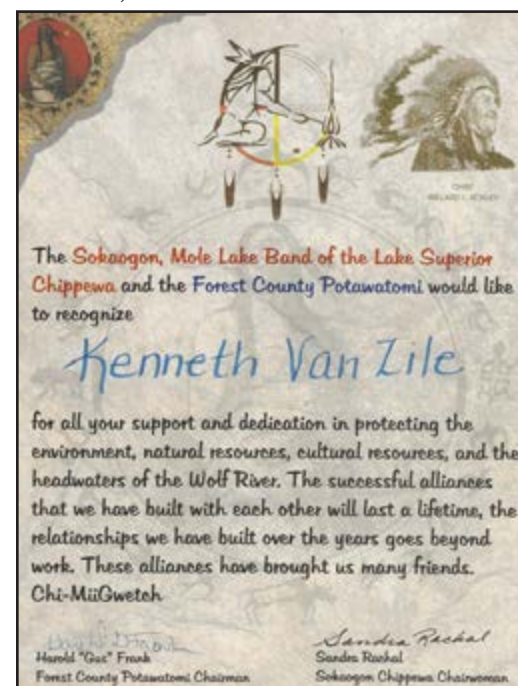
to Mole Lake in a trust fund.

This moment was the beginning of the end.

After our meeting, Roman and I suggested that we rent a car and go to a game reserve to see some lions and elephants. But both Ken and Robert changed their tickets to go home two days early because it was ricing season. Ken was also a little worried that the South African lions might like the taste of a North American Ojibwe! When they both got home both Robert and Ken felt like the richest people on the Planet after seeing the misery of the mining world in Johannesburg.

Please extend my sympathies and condolences to Ken’s family and the Community. He was an Eco Warrior and a hero to his community and The Nation. I Was proud to have known him and worked with him.

Best, Glenn



**Deadline for the November 15, 2022, issue of the PTT is Wednesday, Nov. 2, 2022.**

### POTAWATOMI TRAVELING TIMES

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phone: (715) 478-7437 • fax: (715) 478-7438  
email: times@fcp-nsn.gov • website: www.fcpotawatomi.com

#### FCP EXECUTIVE COUNCIL

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Treasurer: IMMANUEL JOHNSON II

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Reporter/Photographer: VAL NIEHAUS

Graphic Designers: KRISTAL STATEZNY & CHAD SKUBAL

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### November Elder Menus

Monday, 10/31

Chicken veggie stir fry over rice, pineapple, veggie wonton, fresh grapes

Tuesday, 11/1

Garden sloppy joes, sweet potato French fries, potato salad, spinach side salad, string cheese, dessert bar

Wednesday, 11/2

Fish tacos, Spanish rice, refried beans, cole slaw, Fig Newton®

Thursday, 11/3

Roasted pork, ranch-fried potatoes, green pepper sticks & dip, mixed berries

Friday, 11/4

Sweet potato & pumpkin soup, turkey & cheese sandwich, apple sauce

Monday, 11/7

Shredded beef & cheese on bun, mashed-potato bites, broccoli slaw, fresh peppers w/ dip, orange

Tuesday, 11/8

Polish sausage & sauerkraut, roasted baby red potatoes, brussels sprouts, apple

Wednesday, 11/9

Lasagna roll ups in alfredo sauce, broccoli, cherry tomatoes, breadstick, peaches

Thursday, 11/10

Beef burrito, corn, black beans, strawberries

Friday, 11/11

Cheesy broccoli soup, side salad, ham sandwich, apple pie

Monday, 11/14

Salisbury steak, mashed potatoes, spinach, roll, apple sauce

Tuesday, 11/15

Baked pork chop, au gratin potatoes, country veggie blend, bread, pears

Wednesday, 11/16

Meatball sandwich, cucumber salad, cottage cheese, strawberries

Thursday, 11/17

Fish, mashed sweet potatoes, pasta salad, mandarin oranges

Friday, 11/18

Chicken bacon wrap, cowboy caviar, Jello® w/fruit

Monday, 11/21

Creamy chicken over biscuit, peas & carrots, apricots

Tuesday, 11/22

Sloppy joes, pasta veggie salad, cucumbers, cherry fluff

Wednesday, 11/23

Turkey & gravy over mashed potatoes, stuffing, cream green beans & mushrooms, cranberry sauce, dinner roll, pumpkin pie

*2nd meal sent on 11/23*

Vegetable & beef skillet, garlic bread stick, cookie.

11/24 and 11/25

NO ROUTE - HOLIDAY

Monday, 11/28

Hot dog on bun, cauliflower & broccoli salad, baked beans, fruit cup

Tuesday, 11/29

Chicken & wild rice casserole, California bland veggies, garlic bread, peaches

Wednesday, 11/30

Boiled dinner, Nutri-Grain® bar

Thursday, 12/1

Fish burger, sweet potato French fries, cole slaw, tropical fruit

Friday, 12/2

Turkey & Swiss on cranberry wild rice bread, potato salad, pineapple

MENUS SUBJECT TO CHANGE



POTAWATOMI  
BUSINESS DEVELOPMENT CORP



### Potawatomi Business Development Corporation invites you to the FCP Community Center for our Annual Community Engagement Event

Thursday  
November 10, 2022  
10a-7p

Friday  
November 11, 2022  
10a-6p

Saturday  
November 12, 2022  
10:30a-1p

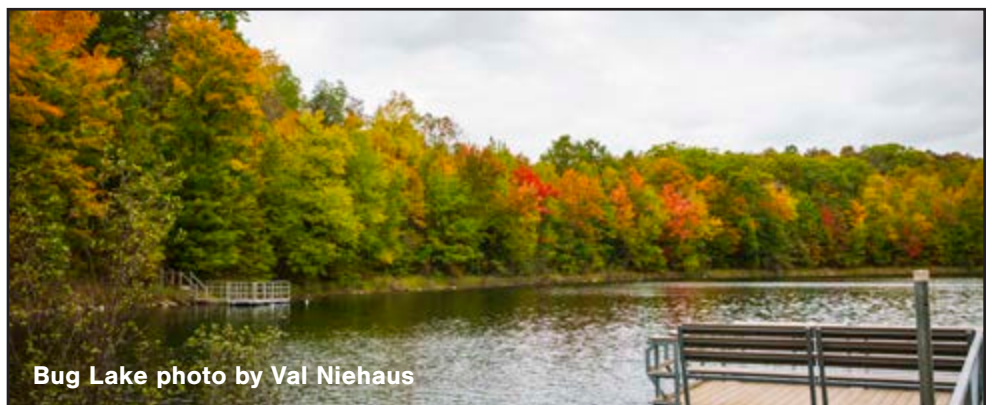
Stop by the PBDC booth during our Annual Community Engagement Event to meet members of our team and to learn more about the organization. We look forward to seeing you there!

For more information, visit our website at [www.potawatomibdc.com](http://www.potawatomibdc.com)



FOREST COUNTY  
POTAWATOMI  
Keeper of the Fire

FCP Community Center • The Place Where Everyone Comes To Play Rd • Crandon, WI 54520



Bug Lake photo by Val Niehaus

### Reminder to Tribal Membership

### ELECTIONS

### VICE-CHAIRMAN, SECRETARY, TREASURER

November  
**5**  
2022

**8am to 7pm**

Executive Building  
**Auditorium**



5416 Everybody's Road, Crandon, WI 54520

**If you or someone you know feels unsafe, please consider using one of these resources. They're free, available 24/7, and confidential!**

- Forest County Potawatomi Community Advocacy (715) 478-7201
- Tri-County on DV and SA 1 (800) 236-1222
- National Domestic Violence Hotline 1 (800) 799-7233

# Vote for the Waters on November 8

submitted by Stacey White, Wisconsin Native Vote Regional Organizer for FCP

The Wolf River and connected lakes are important waterways to the people of Forest County Potawatomi and other nearby tribes. The water sustains wildlife, it provides a place for us to exercise our right to fish, it allows the wild rice to grow and, most of all, it gives us life.

For decades in the late 1990s and early 2000s, those waters were under threat. The mining industry tried to build the Crandon Mine that would pollute the waters and threaten natural species, including the wild rice.

The industrial pollution this mine would create would have directly impacted tribal communities like ours who depend on this water. The Mole Lake Band of the Lake Superior Chippewa worked together with the Forest County Potawatomi Tribe and many other environmentalists to resist these efforts. On Oct. 28, 2003, they succeeded in shutting down the mine.

Furthermore, the Mole Lake Sokaogon tribe won the right to set its own standards for air and water quality – a significant moment that acknowledged the tribe as a sovereign nation.

This is an important story for our people to revisit – not simply as a re-

minder of our history, but to remember our elders and ancestors who fought for our right to clean water.

Like our ancestors who advocated for Native people to have citizenship and the freedom to vote, the people who stopped the Crandon Mine were fighting for a healthy future for their people.

This story is far from something in the past. There are continued attacks on our land and water like those coming from Enbridge’s oil pipeline and attacks on our democracy by those who wish to silence our voices. But we can protect our future generations and honor our ancestors who came before us when we vote on November 8.

We have come together before in resistance to the Crandon Mine and we can come together and make an impact when we vote.

When we use our voices to vote on election day, vote early by mail, or vote early in-person, we are speaking for the seventh generation.

So be the next generation of water protectors, and vote on or before November 8.

For voting information, visit [www.conservationvoices.org/vote](http://www.conservationvoices.org/vote)

IN HONOR OF NATIVE AMERICAN HERITAGE MONTH



**WOODLAND SKY**  
NATIVE AMERICAN DANCE COMPANY

**SATURDAY, NOVEMBER 12**  
PERFORMANCE AT 6 PM | WILLOW ROOM  
POTAWATOMI CARTER CASINO HOTEL

**OPEN TO THE PUBLIC**

POTAWATOMI 30  
CASINO • HOTEL

MANAGEMENT RESERVES THE RIGHT TO CANCEL OR ALTER ANY EVENT OR PROMOTION AT ANY TIME. HWY. 32, WABENO, WI. TOLL FREE 1.800.487.9522 • CARTERCASINO.COM



**VOTE**  
for the 7th generation

**NOVEMBER 8**



[conservationvoices.org/vote](http://conservationvoices.org/vote)



*Re-Elect*



**MANNY JOHNSON II**  
**FCP TREASURER**

**Strong Leader | Accountable**  
**Trustworthy & Truthful**  
**Dedicated & Hardworking | Humble**  
*Working together to unify our Nation*

I respectfully ask for your support on  
**November 5, 2022.**  
Your vote is greatly appreciated. Migweth!

**ELECTION POLLS OPEN 8 AM - 7 PM**

*Authorized & paid for by Manny Johnson*



**HEALTHY LIVING**  
*FOR YOUR BRAIN & BODY*

JOIN US ON

**NOV**

**10**

**2022**

**12-1 PM**

**POTAWATOMI COMMUNITY CENTER**

5471 thayék éthè dnèkmégzék myéw  
(The Place Where Everyone Plays Road)  
Crandon, WI

**FREE - OPEN TO EVERYONE**

**20 SPACES AVAILABLE**

Please Call Community Health @  
715-478-4355 to Reserve Your Space

*"Is there anything I can do to reduce my risk of developing dementia? How much do lifestyle choices matter?"*

For centuries, we've known that the health of the brain and the body are connected. Join us to learn about healthy aging and how healthy habits:

- Help maintain or even potentially improve our health.
- Possibly delay the onset of cognitive decline.
- Can be impacted by healthy lifestyle, including:
  - ◊ Cognitive activity.
  - ◊ Physical health and exercise.
  - ◊ Diet and nutrition.
  - ◊ Social engagement.

*Designed for a general audience (those living with dementia, caregivers, community members, neighbors or friends) or groups interested in healthy aging.*

HOSTED BY

SPONSORED BY

FOREST COUNTY POTAWATOMI  
HEALTH & WELLNESS CENTER  
COMMUNITY HEALTH

Contact Micheala Cleereman @  
715-478-4355 / Micheala.Cleereman@fcp-nsn.gov  
with questions.



Diabetes  
**RESOURCE FAIR**

**NOV 30, 2022**

2:30-5 PM

POTAWATOMI COMMUNITY CENTER

5471 thayék éthè dnèkmégzék myéw  
(5471 The Place Where Everyone Plays Road)  
Crandon, WI 54520

Education provided by FCP Health & Wellness Center, including:

Community Health, Medical, Pharmacy, Behavioral Health,  
Rehabilitation, Nutrition, Optical, & More!

— Open to the Public —

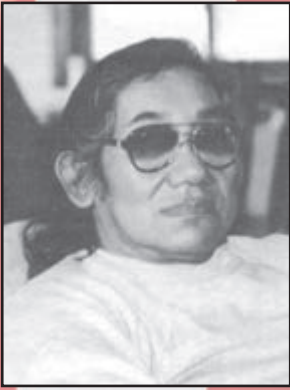
Flu & COVID Vaccines/Boosters Available	Blood Sugar & Blood Pressure Screenings	Attendees Receive an Entry into Grand Prize Drawing
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CONTACT Micheala Cleereman or  
Tesia Shepard in Community Health  
with questions: 715.478.4355



In honor of Veterans Day, the *Potawatomi Traveling Times* thanks all United States veterans. The following list includes those in the FCP Community who served.



**George Alloway**  
U.S. Army 1962-65



**William Alloway**  
U.S. Army



**John Anwash**  
U.S. Army 1980-85



**Fredrick Biddell**  
U.S. Army



**Joel Biddell**  
U.S. Marines



**Jordan Biddell**  
U.S. Marines



**Otis Biddell**  
U.S. Army



**Jesse Cook**  
U.S. Army



**Gary Crawford**  
U.S. Army 1971-74



**Howard Crawford**



**Billy Daniels Jr.**  
U.S. Marines 1953



**Frank Daniels**  
U.S. Marines 1964-70



**Harold "Gus" Frank**  
U.S. Army 1962-65



**Darrell G. Genett**  
U.S. Army 1976-98



**Steven J. Genett**  
U.S. Navy 1987-93



**Warren D. Genett**  
U.S. Air Force 1977-81



**Ken George Sr.**  
U.S. Marines 1965-72



**Ken George Jr.**  
U.S. Marines 1988-92



**John Gibbons**  
U.S. Army National Guard/  
U.S. Air Force 1978-80



**Donald Gilligan**  
U.S. Army



**JR Holmes**  
U.S. Army 1967-69



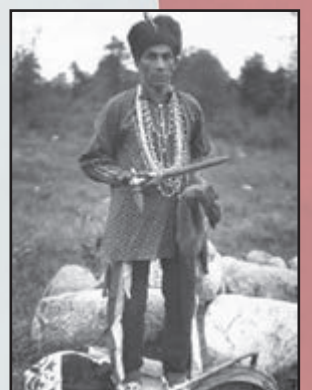
**Jayson Jackson**  
U.S. Army



**John Jackson**  
U.S. Army



**Jerry Jacobson**  
U.S. Army



**Charlie Jim**  
U.S. Army



**Max Kezick**  
U.S. Army 1944-46



**Mike Konaha**  
U.S. Army 1973-77



**Johnny Mann**  
U.S. Army 1962-65



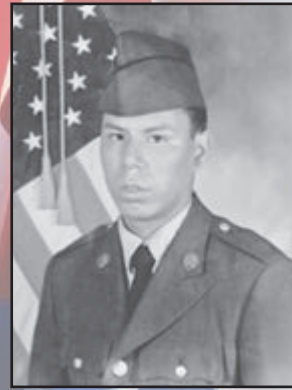
**Archie Nesaukee**  
U.S. Army 1967-70



**Rebekah Mielke**  
U.S. Navy 1962-68



**Henry Pemma**  
U.S. Army Air Corps 1939-60



**James Patterson**  
U.S. Army 1979-82/83-86



**Judy Phillips**  
U.S. Navy 1989-92



**Ruth Ritchie**  
U.S. Army



**Eugene Shawano Jr.**  
U.S. National Guard 1986-93



**Hartford Shegonee**  
U.S. Air Force



**Julia (Nashanany) Reeves**  
U.S. Army 1942-45/51-52



**Fred E. Ritchie**  
U.S. Navy 1924-28



**Anthony Shepard**  
U.S. Army 1980-83



**Bruce Shepard**  
U.S. Army 1980-83



**Frank A. Shepard Sr.**  
U.S. Army 1952-54



**Louis A. Shepard Sr.**  
U.S. 20th Army Air Force 1944-46



**Louis E. Shepard**  
U.S. Army 1966-69



**Brenda Shopodock**  
U.S. Army



**Daniel "DJ" Smith**  
U.S. Navy 1973-76



**Alan Sparks**  
Colorado Army National  
Guard, U.S. Army 1986 - 1994



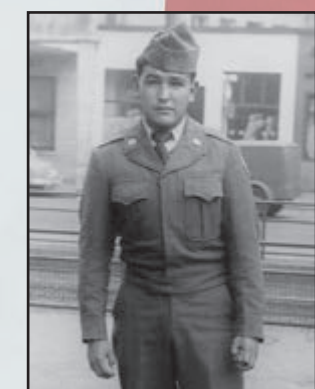
**Louie Spaude**  
U.S. Air Force 1963-68



**Ed Tawah**  
U.S. Army



**Charlie Thunder**  
U.S. Army



**George Thunder**  
U.S. Army



**James "Duke" Thunder**  
U.S. Army



**Jim Thunder**  
U.S. Army 1955-58



**Louie Thunder**  
U.S. Army



**Nelson Thunder**  
U.S. Army



**Tom Thunder**  
U.S. Army



**Norman Tribbett**  
U.S. Army 1960-70



**Harvey "Buck" Tucker**  
U.S. Navy 1944-51



**Calvin Tuckwab**  
U.S. Army



**Stuart Tuckwab**  
U.S. Army 1955-58



**Verol (Ritchie) Tyler**  
U.S. Army Cadette 1943-45



**Gordon Waube**  
U.S. Army



**George Waubenom**  
U.S. Army



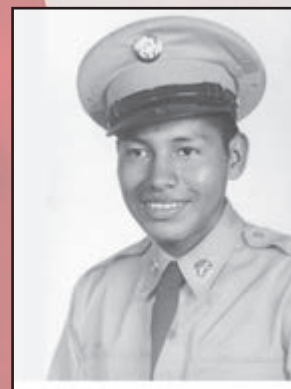
**Edward Waubiness**



**Harry Waubiness**



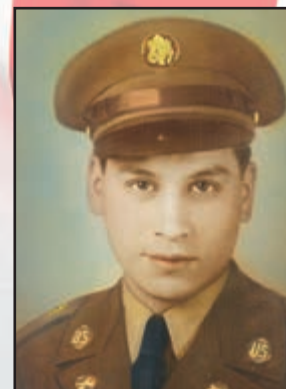
**Ernest Wensaut**  
U.S. Army 1966-68



**Alvin Weso Sr.**  
U.S. Army 1950-51



**Joe Wewasson**



**Raymond Wewasson**  
U.S. Army



**Harvey White III**



**Johnny Williams**  
U.S. Army



**Ray Williams**  
U.S. Navy 1965-68

**Thank you  
for your  
service!**





Tribal Members



### Open Enrollment for the Non-Tribal Dependent Health Plan

You have from November 1<sup>st</sup>, 2022 until December 15<sup>th</sup>, 2022 to enroll your Non-Tribal Member spouse and/or dependents up to the age of 26.

Please contact the Forest County Potawatomi Insurance Department at 715-478-7448 or email us at [FCPIDeligibility@fcp-nsn.gov](mailto:FCPIDeligibility@fcp-nsn.gov) for details or to get an application.

\*\*A note from the Forest County Potawatomi Insurance Department\*\*  
The Non-Tribal Dependent Health Plan has recognition as Minimum Essential coverage (MEC) from the Department of Health & Human Services.



## GET READY FOR GAME DAY!

BRATS | BURGERS  
SNACK STICKS  
JERKEY | NUTS  
DIP MIXES | SPICES  
RUBS | & MORE!



Bodwéwadmí  
Ktëgan

3389 Cty Hwy H  
Laona, WI 54541  
715.478.4545

M-F / 9 AM - 3 PM  
S / 8 AM - 3 PM

# ACCEPTING NEW PATIENTS






**Open to Residents of Forest County & Surrounding Counties**

**IMAGING** X-ray | Ultrasound | Mammograms

**LAB** General & Specialty Lab Testing | Accepting Orders from Outside Providers

**OPTICAL** Routine Eye Exams (all ages) | Referrals & Follow-Up Care | Diabetic Eye Exams | Wide Selection of Glasses & Contacts  
*Providers:* Dr. Bill Pierre, OD, Dr. Amanda Lellensack, OD

**REHABILITATION**  
Physical Therapy | *Providers:* Dr. Andrew Kelly, DPT, Dr. Angela Wales, DPT, Lisa Zant, PTA  
Chiropractic | *Provider:* Dr. Grant Packard, DC / Orthopedic Consultations | *Provider:* Dr. Kenneth Schaufelberger, MD

**Open to Residents of Forest County\***

**BEHAVIORAL HEALTH\***  
Medication management | Assessments | Psychiatric Evaluations | *Providers:* Ashley Seiler, NP, Jodi Space, NP, Dr. Steven Kaplan, Psychologist  
Individual & Family Counseling | *Providers:* Amy Booher, Dan Dashner, Tanya Doyle  
Substance Abuse Counseling | *Provider:* Michelle Huml

**MEDICAL\*** Acute Care | Chronic Care | Preventative Care | Pediatrics  
*Providers:* Dr. Bonnie Samuelson, MD, Jackie Sallo, NP, Jennifer Waloway, NP, Shelly Buch, NP  
Podiatry | *Provider:* Dr. David Larsen, DPM

Call (715) 478-4339  
to schedule an appointment.

\*Forest County Potawatomi tribal members, employees, and their immediate family members may establish regardless of residency.

Please call your insurance company to verify in-network status.



FOREST COUNTY  
POTAWATOMI  
HEALTH &  
WELLNESS  
CENTER

a participating member of  
**ASPIRUS  
NETWORK**

8201 Mish ko swen Dr. | Crandon, WI  
Mon - Fri, 7 am - 5 pm  
[Health.FCPotawatomi.com](http://Health.FCPotawatomi.com)



Honoring Health,  
Healing, and Tradition



5471 thayék éthë dnëkmëgzék myéw  
(The Place Where Everyone Plays Road)  
Crandon, WI 54520 | 715-478-6500  
[community.fcpotawatomi.com](http://community.fcpotawatomi.com)

*Hours:*  
M - F  
5:30 am - 9 pm  
Sat  
7 am - 9 pm  
Sun  
10 am - 6 pm

**Pool**

- ▶ Kiddie Pool
- ▶ Basketball Hoops
- ▶ Water Slide • Hot Tub
- ▶ Lap Pool with Diving Blocks

**Recreation**

- ▶ Rock Climbing Wall
- ▶ Golf Simulator
- ▶ Basketball/Pickleball/Volleyball/Badminton Courts
- ▶ Turf Field House: Indoor Soccer/Battling Cages
- ▶ Sports Equipment to Use
- ▶ Game Room

**Fitness**

- ▶ Walking/Running Track
- ▶ Cardio & Strengthening Machines
- ▶ Free Weights
- ▶ Group Exercise Studio
- ▶ Combative Room
- ▶ Personal Training Services

**Child Care**

- ▶ On-Site Child Drop-Off

**Concessions**

- ▶ Soup and Salad Bar



Visit Our Website

for info on:

- ▶ MEMBERSHIPS
- ▶ DAY PASSES
- ▶ SCHEDULES



LOOKING TO HOST AN EVENT? CALL 715-478-6500.

POTAWATOMI COMMUNITY CENTER

*Aquatic Center*

**NOVEMBER SCHEDULE**

**PLEASE NOTE**

All classes are subject to change

*Aquatic Classes*

**Shallow Water Aerobics**

This conditioning water class is held in the shallow water where no swimming skills are needed. The resistance of the water is meant to eliminate impact and be easy on the joints while performing activities. This class is easy to follow and provides motivating music.

**Aqua Zumba®**

This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for a pool party you shouldn't miss. Benefits include less joint impact so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**REGISTER FOR CLASSES**

You can register at our front desk, or visit us online at: [community.fcpotawatomi.com](http://community.fcpotawatomi.com)

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<b>Yard Pool</b>	<b>Lap Swim</b> 10am-1pm 2pm-5pm	<b>Lap Swim</b> 5:30am-3pm <b>Adult Swim</b> 4pm-7pm (LL)	<b>Lap Swim</b> 5:30am-3pm	<b>Lap Swim</b> 5:30am-3pm <b>Adult Swim</b> 4pm-7pm (LL)	<b>Lap Swim</b> 8am-3pm	<b>Lap Swim</b> 10am-3pm 4pm-8pm	<b>Lap Swim</b> 11am-3pm 4pm-8pm
<b>Activity Pool &amp; Hot Tub</b>	<b>Family Swim</b> 10am-1pm 2pm-5pm	<b>Open Swim</b> 5:30am-9am 10am-3pm 4pm-5:15pm 6:15pm-7:15pm <b>Shallow Water Aerobics</b> 9:15am-10am <b>Aqua Zumba®</b> 5:30pm-6:15pm	<b>Open Swim</b> 5:30am-9am 10am-3pm 4pm-7pm <b>Shallow Water Aerobics</b> 9:15am-10am	<b>Open Swim</b> 5:30am-9am 11am-3pm 4pm-7pm <b>Shallow Water Aerobics</b> 9:15am-10am <b>Aqua Zumba®</b> 10:15am-11am	<b>Open Swim</b> 8am-9am 10am-3pm 4pm-7pm <b>Shallow Water Aerobics</b> 9:15am-10am	<b>Open Swim</b> 10am-3pm 4pm-8pm	<b>Family Swim</b> 11am-3pm 4pm-8pm
<b>Slide &amp; Features</b>	<b>Slide &amp; Features</b> 10am-1pm 2pm-5pm	CLOSED	CLOSED	CLOSED	CLOSED	<b>Slide &amp; Features</b> 4pm-8pm	<b>Slide &amp; Features</b> 11am-3pm



**Fall Session 2**

**Group Exercise Schedule**

October 31 - December 10, 2022

**PLEASE NOTE**



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

*Class Location Key*

AQUATIC CENTER
GROUP EXERCISE ROOM
COMBATIVE ROOM
TURF FIELDHOUSE

**Land Classes**

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
NO CLASSES	Senior Fit 9am-9:45am <b>Boxing Club</b> 5pm-7pm <b>NEW! Powwow Dance</b> 5:30pm-6:30pm	<b>TRIBAL ELDERS ONLY</b> Senior Fit 10:15am-10:45am Zumba® Kids & Zumba® Kids Jr. 5:30pm-6pm <b>NEW! Powwow Dance</b> 5:30pm-6:30pm	Fit Camp 5:45am-6:15am Full-Body Fitness 10am-10:45am Zumba® Fitness 5:30pm-6:30pm	Mobility & Core 9am-9:45am <b>Boxing Club</b> 5pm-7pm Power Vinyasa 5:30pm-6:30pm	<b>NEW! Tabata</b> 8:30am-9:15am Restorative Yoga 9am-10am <b>NEW! Parent &amp; Me: Zumbini</b> 10:30am-11:15am	Zumba® Toning 9am-10am

**ATTENTION**

**NO CLASSES**  
November 23 through November 26

**Aquatic Classes**

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
NO CLASSES	Shallow Water Aerobics 9:15am-10am Aqua Zumba® 5:30pm-6:30pm	Shallow Water Aerobics 9:15am-10am	Shallow Water Aerobics 9:15am-10am Aqua Zumba® 10:15am-11am	Shallow Water Aerobics 9:15am-10am	NO CLASSES	NO CLASSES

**Fitness On Demand**



**LAUNCH PARTY**

**Thursday, November 17, 2022 @ 5:30pm**

Bring your kids, friends, or family for this epic dance workout in the Turf Fieldhouse using FitnessOnDemand!

**PRIZES GIVEAWAYS INCLUDE:**

Air Fryer, Gift Cards, FOD FLEX Streaming Membership, & More!

OPEN TO COMMUNITY CENTER MEMBERS = **FREE**

All classes and prices subject to change. Specialty Classes require separate fees.

## National Association of Convenience Stores: POTAWATOMI TRAVEL CENTER LEADERSHIP ATTENDS CONVENTION

The National Association of Convenience Stores (NACS) was established in 1961 and currently represents 2,100 retailers and 1,600 suppliers. NACS serves the convenience/



retail industry by providing knowledge, connections, and advocacy to ensure the competitive viability of its members' businesses. NACS research develops and disseminates metrics that provide the industry with performance benchmarks. NACS events are designed to strengthen the industry by addressing topics like leadership, legislative support, global market insight, new products, and targeted educational programs.

The 2022 NACS convention offered networking, learning & team-building opportunities for Becky Danielczak, Kevin Danielczak, and David Lloveras. They were able to engage industry leaders and best-in-class operators to harvest many valuable ideas. They explored 420,000 square feet of expo space, featuring more than 1,200 exhibitors across five categories of interest: Merchandise, Candy & Snacks, Technology, Facility Development & Store Operations, Fuel Equipment & Services, Food Equipment & Foodservice Programs. "We have future meetings set up with equipment, supply chain & process experts that will serve to enhance our future offer & profitability", says Becky Danielczak (region manager c-stores).

They also took advantage of the many educational sessions that will assist in the development of our brand. NACS education sessions are designed to make the entire team better. Opportunities ranging from category best practices to fully reimagining business operations to implementing technology innovations, there were education (45+) sessions specific to every convenience role and pain point.

In the future, "we will incorporate more members of the travel center team and PBDC leadership at NACS events to deepen our institutional knowledge of the convenience store industry", says David Lloveras (VP of Travel Centers).



## HIR Wellness: 6TH ANNUAL CAM™ AND RED SANDS EVENT



### 6th Annual CAM™ & Red Sands Event

*Coming Together for Community Grieving & Healing*

Our **Community Activated Medicine™ & Red Sands** event started in 2017 with the focus to raise awareness and social justice-informed healing around the generational epidemic of **Missing & Murdered Indigenous Women and Relatives (MMIWR)**.

As a **survivor and women-led matriarchal organization** we hold space for our communities to freely gather for the sole purpose to come together for grieving, honoring, remembering, and healing as a community.

We will have Indigenous speakers, a talking circle, vigil walk with a memorial area of our sisters and relatives who have been taken too soon. There will be a fire going, songs, ceremony, and prayer. We will have our **Mental Health Without Borders™ CAMpsite™** team onsite to immediately provide grief and emotional support.

Together we grieve, honor, and heal for our ancestors, people, and our future generations.

In solidarity and community care,  
The HIR Wellness team



Learn more about our healing event at [HIRWellness.org/redsands](http://HIRWellness.org/redsands)



### Ways You Can Participate

**Nov 4** **MANA NOW Fundraiser**  
Join us for a night of sisterhood and wellness as we raise money for our HIR Wellness Institute's 2022 MANA NOW Award.

**Nov 1-12** **City Wide Red Sands Pouring**  
Help raise awareness & visibility around the systemic impact of MMIWR by participating in the Red Sands Project.

**Nov 12** **6th Annual CAM™ & Red Sands Event**  
Join us as we gather to collectively honor our losses, grieve, and heal together for MMIWR. In partnership with UWM Electa Quinney Institute



Above photos are from previous CAM™ events.

# NOV 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Food Drive</b> SUNDAY - WEDNESDAY IN NOVEMBER FROM 10 AM - 9 PM		1 <b>Food Drive</b>	2 <b>50 CLUB</b>	3 <b>CRAZY ABOUT CAMO</b>	4 <b>Bingo's Bonus Play</b>	5 <b>BIG BUCKS</b>
6 <b>BINGO's INTERMISSION DRAWINGS</b>	7 <b>Food Drive</b>	8 <b>Food Drive</b>	9 <b>50 CLUB</b>	10 <b>CRAZY ABOUT CAMO</b>	11 <b>Dreams of Cash</b>	12 <b>WOODLAND SKY</b> NATIVE AMERICAN DANCE COMPANY
13 <b>BINGO's INTERMISSION DRAWINGS</b>	14 <b>Food Drive</b>	15 <b>Food Drive</b>	16 <b>50 CLUB</b>	17 <b>CRAZY ABOUT CAMO</b>	18 <b>WINNING IN STYLE</b>	19 <b>WINNING IN STYLE</b>
20 <b>BINGO's INTERMISSION DRAWINGS</b>	21 <b>Food Drive</b>	22 <b>Food Drive</b>	23 <b>50 CLUB</b>	24 <b>HAPPY Thanksgiving</b> OPEN AT 4 PM	25 <b>Black Light BINGO</b>	26 <b>BINGO's INTERMISSION DRAWINGS</b>
27 <b>BINGO's INTERMISSION DRAWINGS</b>	28 <b>Food Drive</b>	29 <b>Food Drive</b>	30 <b>50 CLUB</b>	— REMINDER — <b>CLOSED UNTIL 4 PM</b> <b>THANKSGIVING DAY</b>		

**WINNING - IN - STYLE**

FRIDAY, NOV. 18 & SATURDAY, NOV. 19

TWO WINNERS EACH HOUR 6 - 10 PM

WIN A DESIGNER PURSE FILLED WITH UP TO **\$1,000 CASH**

10 PTS - ONE ENTRY

**Dreams of Cash**

FRIDAY, NOV. 11  
DRAWINGS: 6 - 10 PM

WIN YOUR SHARE OF **\$7,000 CASH!**

**WOODLAND SKY**  
NATIVE AMERICAN DANCE COMPANY

OPEN TO THE PUBLIC  
ALL AGES WELCOME

SATURDAY, NOVEMBER 12 | PERFORMANCE AT 6 PM

**CRAZY ABOUT CAMO**

THURSDAYS IN NOVEMBER

EARN & REDEEM 250 SAME DAY POINTS TO RECEIVE YOUR CHOICE OF A CAMO HAT OR A CAMO TRAVEL TUMBLER.

SATURDAY NOVEMBER 19

SESSIONS AT 2 PM, 4 PM AND 6 PM!

**MARATHON BINGO**

GAMES PAY \$100 - \$500

MACHINE SPECIALS COME WITH FREE PAPER

RING IN THE NEW YEAR WITH YOUR SHARE OF **\$14K CASH!**

**2023**

SATURDAY DECEMBER 31

FREE GIFTS • FREE DRINKS  
CASH DRAWINGS  
LIVE ENTERTAINMENT

KEEP THE CELEBRATION GOING ALL NIGHT WITH 3X POINTS FROM 12:30 AM - 10 AM!

**NYE Bingo Bash**

RESERVE YOUR SEAT TODAY, BEFORE THEY'RE SOLD OUT!

TO MAKE YOUR RESERVATION CALL (715) 473-6732