



# POTAWATOMI TIMES

Gsenyaniyêk êzhewébêk — Forest County Potawatomi Happenings



Volume 30, Issue 9 • NOVEMBER 1, 2024 • giwsé gizes • Hunting Moon • FREE

## fireside MARKET Breaks Ground on First Southeastern Wisconsin Location



Leaders of the project gathered for a ceremonial groundbreaking

submitted by Wendy Artman, Artman Communications

On Oct. 15, 2024, owners and developers of fireside MARKET gathered with Village of Slinger and officials to celebrate the groundbreaking of fireside MARKET, the first development of the 130-acre Merchant Village in Slinger, Wis. As a food forward, modern market prioritizing meeting the needs of the community, fireside MARKET will become a gateway to the community, providing made-to-order, high-quality food and frictionless, technology-driven offerings.

Slinger is the first fireside MARKET in southeastern Wisconsin. Additional communities across the Milwaukee metropolitan region are

being considered for future fireside MARKET locations.

“We’re very excited to hit this milestone and look forward to opening Slinger’s fireside MARKET in the summer of 2025,” said Executive Vice President of fireside MARKET David Llovera. “As the inaugural business launching at Merchant Village, we’ll be an integral feature of this development, and of the Slinger community. We are confident this fireside MARKET will become a preferred gathering place for families, seniors and area travelers.”

The fireside MARKET concept is unique to the midwest and is at the cutting edge of design, product and service trends. The MARKETs will focus on fresh, made-to-order food

with the convenience of drive through, curbside pickup, and pre-order options. Outstanding restrooms will serve the needs of all guests, and a hearth and home experience will offer a community feel to enjoy purchased meals. Locations will also use an environmental strategy to innovate, such as offering EV chargers, green space, recycling, and local sourcing. The Slinger store will also offer diesel fuel to provide an unmet need on the I-41 corridor.

The Slinger fireside MARKET is developed by Sagewind Development, and construction will be managed by Greenfire Management Services. Along with fireside MARKET, all three organizations are subsidiary companies of Potawatomi Ventures,

which is owned and operated by the Forest County Potawatomi Community.

Nelson Worldwide and Paragon were the design team supporting fireside MARKET in the creation of its prototype. The 9,700 square foot facility will occupy 5.1 acres of Merchant Village.

“The Village of Slinger is thrilled to become home of the region’s first fireside MARKET,” said Village President of Slinger Scott Stortz. “We look forward to how it brings life to the new Merchant Village development, and to showcasing this new modern market concept to southeastern Wisconsin.”

To learn more about fireside MARKETs, visit [firesidemarket.com](http://firesidemarket.com).

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Fire Nation and staff bearer JR Holmes, Forest County Potawatomi elder and FCP Post I veteran, open the event



Slinger Village President Scott Stortz, welcome the Forest County Potawatomi Community into the Slinger Community



FOREST COUNTY POTAWATOMI TRIBAL COURT

IN THE MATTER OF  
CHANGE OF NAME OF: NOTICE OF HEARING

Jordan Clyde Nunway Case No.: 24-NC-0082  
DOB: 06/11/2002

FILED  
SEP 23 2024  
Forest County Potawatomi  
Tribal Court

NOTICE IS HEREBY GIVEN that the above-captioned matter shall be heard in the Forest County Potawatomi Tribal Court on the matter of the application of **Jordan Clyde Nunway** for permission to change his name and legal designation to **Jordan Clyde Alloway** and for the consideration and determination of any further relevant matters.

PLEASE TAKE NOTE:

**WHEN:** 2:30 pm on November 18, 2024  
**WHERE:** Tribal Courtroom  
2<sup>nd</sup> Floor, FCP Executive Building  
5416 Everybody's Road, Crandon, Wisconsin

DATED THIS 24<sup>th</sup> DAY OF September 2024

*Angela M. Moe*

By the Court  
Associate Judge Angela Moe  
FCP Tribal Court

# FCP Up & Coming

by Amber Haseman

**Community Center Trainings & Clubs:** Please sign up for all trainings and clubs by visiting the Community Center front desk or online at [potawatomi.cc.recdesk.com](http://potawatomi.cc.recdesk.com).

**Advanced Multilateral Development:** The second session of the Advanced Multilateral Development training begins November 2 and runs through December 28. This weekly advanced training program focuses on sports performance and development for multi-sport athletes. Skills covered include proper sprinting form, injury prevention, and more. Join Saturdays from 10 a.m. to 12 p.m. The fee is \$15/session for Community Center members and \$30 for non-members. Open to youth ages 12+. Must meet physical requirements to attend. Contact Youth Sports Coach Eric Dixon at (715) 478-6523 or [eric.dixon@fcp-nsn.gov](mailto:eric.dixon@fcp-nsn.gov) for more information.

**Speed Training:** Learn the fundamentals of sprinting and running. The second session runs from November 4 through December 30 on Mondays from 4 to 5 p.m. The training is open to youth grades 5th through 12th. It costs \$15 for members and \$30 for non-members. For more information, contact Youth Sports Coach Eric Dixon at the contact information above.

**Youth Art Club:** Starting November 4, join Recreation Specialist Mya in the Fab Lab for arts and crafts Monday through Thursday from 3:30-5 p.m. There will be a variety of artistic outlets for youth to unwind after a busy day at school. The club is open to youth ages seven and up. The fee is free with membership. Non-members must purchase a 1-day pass at the front desk.

**Youth Basketball:** Fine-tune your skills on the court Mondays and Tuesdays from 4-5:30 p.m. Open to youth grades 3rd-5th. Admission

is \$15 for members and \$30 for non-members. There will not be class on 11/25 and 11/26.

**Long Distance Swim Challenge:** Join the Long Distance Swim Club. The challenge began Oct. 1, 2024, and ends Mar. 31, 2025. There is a 25-mile swim club, a 50-mile swim club, and a 100-mile swim club. It is open to all ages 15 and up.

**Frybread Showdown:** The Frybread Showdown is November 9 at the Potawatomi Community Center and is open to FCP tribal members and descendants. Bring in 10 pieces of your fried bread and submit them from 10-11 a.m. sharp for the judges to sample. 1st, 2nd, and 3rd place winners will be awarded. Department booths will be displayed from 11 a.m. – 3 p.m. Be sure to visit each booth to complete your punch cards to receive a \$25 gift card and a chance to enter a Packer's ticket drawing. Must be present to win. The drawing will be held after the meeting. General Council Meeting lunch features chili and frybread from 12-1 p.m. The meeting will begin at 1 p.m. For more information, please contact Stacey White at [stacey.white@fcp-nsn.gov](mailto:stacey.white@fcp-nsn.gov) or (715) 889-6730.

**Holiday Craft Fair:** Save the date! The 3rd Annual Holiday Craft Fair will be held on November 23 from 9 a.m. to 5 p.m. at the Potawatomi Community Center. There will be local vendors and crafters, baked goods, jewelry, home décor, holiday gifts, and more. There will be a general admission of non-perishable food items or a donation to local food pantries. If you're interested in being a vendor, please email Tammy Retzlaff at [tammya.retzlaff@fcp-nsn.gov](mailto:tammya.retzlaff@fcp-nsn.gov) or Stephany Daniels at [Stephany.daniels@fcp-nsn.gov](mailto:Stephany.daniels@fcp-nsn.gov). The vendor fee is \$25 for a 12x12 space or \$30 for a 12x12 table with power.

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**POTAWATOMI TIMES**  
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**Deadline for the November 15, 2024, issue of the PT is Wednesday, October 30, 2024.**

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Vice Chairwoman: HEATHER VANZILE  
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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.

**REMINDER TO TRIBAL MEMBERSHIP**

**ANNUAL GENERAL COUNCIL MEETING**

Saturday  
**NOV 9, 2024**

1:00 PM

Lunch Served at **Noon**  
FCP Department Booths Available for Tribal Members: 11 am - 3 pm

**POTAWATOMI COMMUNITY CENTER**  
5471 thayék éthë dnëkmëgzëk myéw  
Crandon, WI 54520  
(The Place Where Everyone Plays Road)

**MEETING STIPEND - YOU ARE REQUIRED TO BRING YOUR TRIBAL ID**



# Well Women's Event

by Amber Haseman

October is Breast Cancer Awareness Month. According to FCP Community Health and American Indian Cancer Foundation, breast cancer is more common among natives living in Alaska, the Northern Plains, including Wisconsin, and the Southern Plains than in other parts of the country. It is the second most common cause of death from cancer among American Indian/Alaska Native women. Breast cancer is gradually increasing each year. Statistics show one in eight women will be diagnosed with cancer at some time in their life.

To raise awareness within the community, FCP Community Health (Health Division) hosted a Well Women's Event at the Potawatomi Community Center on Oct. 11, 2024, from 11 a.m. – 1 p.m. Upon arrival, visitors were welcomed to sign in and

register to win one of four gift baskets featuring self-care and cozy fall items for those perfect fall days. Everyone also received a yoga mat and bag to collect their items and information while visiting each booth.

Community health shared information about women and diabetes, offered blood sugar and blood pressure checks, and provided healthy recipes and fun facts about apple nutrition. The Potawatomi Community Center displayed flyers for upcoming classes, fitness center orientations, posture clinics, and personal training services.

The Health & Wellness Center displayed the four gift baskets. They shared their Breast Cancer Awareness board, which included screening recommendations such as getting screened regularly, controlling your weight and staying active, knowing your family history of breast cancer,

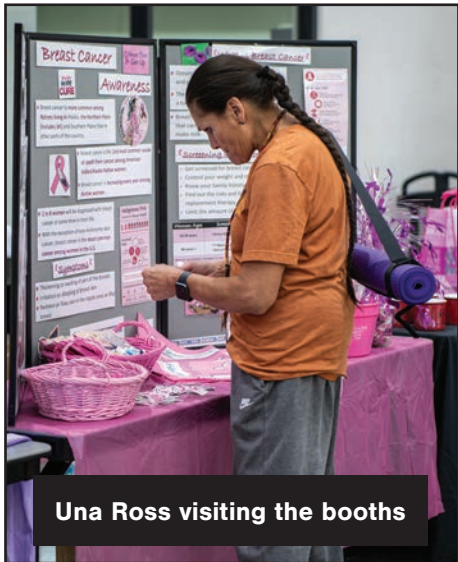
finding out the risks and benefits of hormone replacement therapy, and limiting the amount of alcohol you drink. The booth also featured various awareness items, including stickers, buttons, pens, informational packets, and brochures about their state-of-the-art equipment and machines.

Sub sandwiches were provided for lunch. At approximately 11:45 a.m., interested participants joined University of Psychology graduate Nicolette Metropulos for a sound therapy session. Metropulos began the session with stretches, placing essential oils on participants' wrists, and meditation, inhaling through the nose and exhaling through the mouth. During the session, Metropulos went around the room to everyone, using sound tools and techniques for a unique and relaxing experience.

After the hour-long session, those

who participated shared what nice, relaxing experience it was. Metropulos mentioned that she teaches a Pilates class on Tuesdays from 8 – 9 a.m., a Strength and Stretch Class Infused with Sound on Tuesdays from 10 – 11 a.m., and an even more relaxing class of Restorative Sound Bath from 5:30 – 6:30 p.m. on Thursdays at the Potawatomi Community Center. Be sure to join Metropulos each week for a restorative journey that will leave you feeling refreshed, balanced, and at peace.

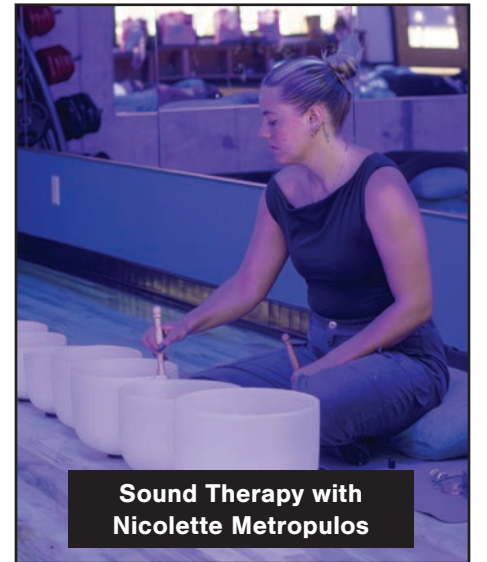
The event concluded after drawing names for the gift baskets. It was the perfect opportunity for women to come together, empower other women, spread awareness within the community, gather information, unwind, relax, and find peace in their day.



Una Ross visiting the booths



Mickey Cleereman doing blood pressure & blood sugar checks on guests



Sound Therapy with Nicolette Metropulos

# Gte Ga Nēs Field Trip to Crandon Fire Department

submitted by Early Childhood Program Director Deb Tetting

Gte Ga Nēs Preschool visited the Crandon Fire Department on Oct. 15, 2024, in recognition of Fire Safety Week.

They watched a fire safety video, explored two firetrucks and a rescue squad, talked to firefighters, and watched them put on their fire-fight-

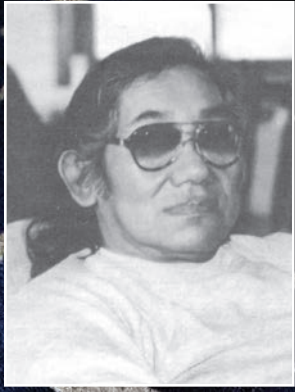
ing gear, which included their masks and air tanks. The children were told not to be afraid and to call a fireman in an emergency.

This was a great hands-on learning experience for the children in case there is ever an emergency in their own home.





**IN HONOR OF VETERANS DAY, THE COMMUNICATIONS DIVISION THANKS ALL UNITED STATES VETERANS. THE FOLLOWING LIST INCLUDES THOSE IN THE FCP COMMUNITY WHO SERVED.**



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



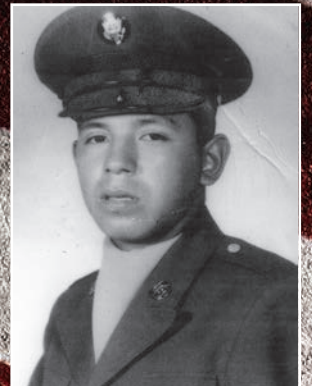
**John C. Alloway  
U.S. Army 1958**



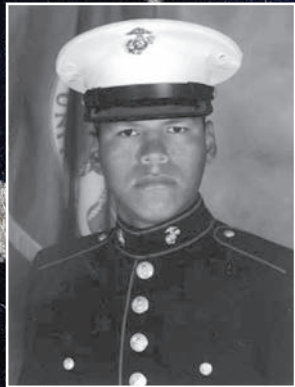
**William Alloway  
U.S. Army**



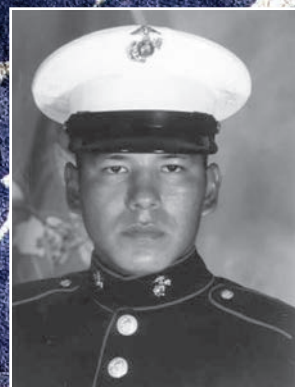
**John Anwash  
U.S. Army 1980-85**



**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**



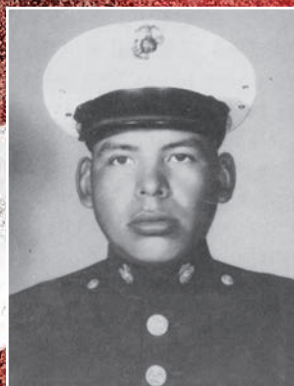
**Gary Crawford  
U.S. Army 1971-74**



**Howard Crawford**



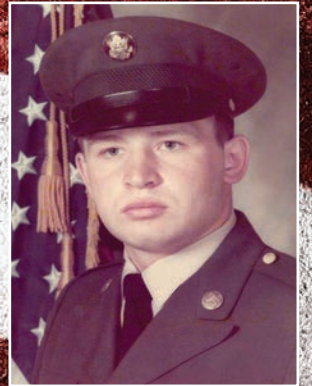
**Billy Daniels Jr.  
U.S. Marines 1953**



**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**



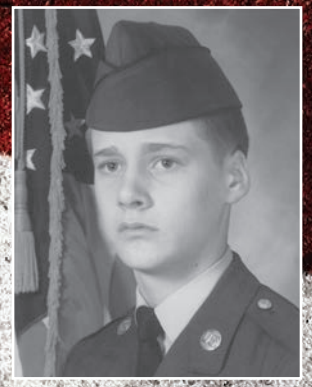
**Warren D. Genett  
U.S. Air Force 1977-81**



**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



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



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



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



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



**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



**Ryan Siggelkow**  
U.S. Air Force 2010-18



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



**Alan Sparks**  
U.S. Army National Guard



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

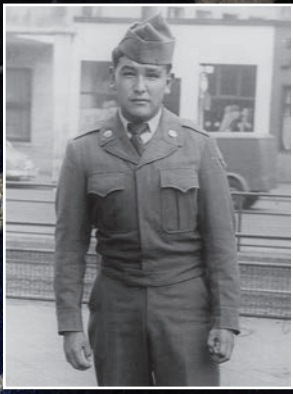


**Ed Tawah**  
U.S. Army



**Charlie Thunder**  
U.S. Army





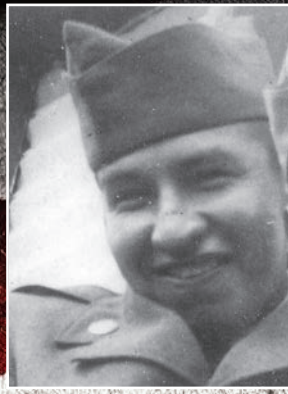
**George Thunder**  
U.S. Army



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



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



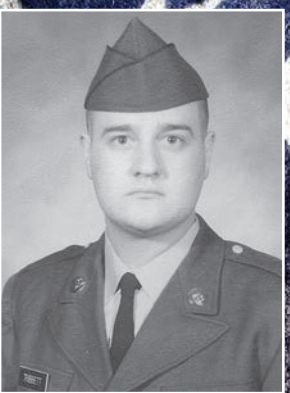
**Louie Thunder**  
U.S. Army



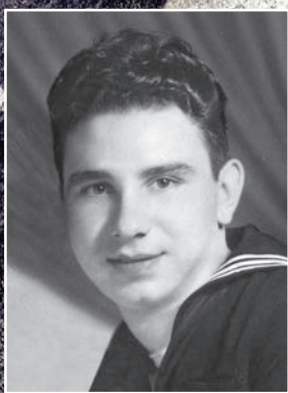
**Nelson Thunder**  
U.S. Army



**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**



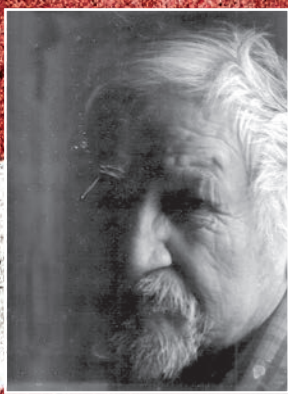
**Harry Waubiness**



**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



# Diversifying Economic Development: A Crucial Strategy for Tribes Facing Declining Casino Revenues

submitted by Kevin Allis (FCP Tribal Member, Grandson of Harry Ritchie), President of Thunderbird Strategic LLC, Former CEO of the National Congress of American Indians

For decades, tribal gaming operations have been a cornerstone of economic development for many Indian tribes, providing essential revenue streams that have funded healthcare, education, infrastructure, and social services. The success of casino operations has allowed tribes to achieve financial independence, create jobs, and reduce dependence on federal funding. However, as the landscape of gaming shifts and competition intensifies, the long-term sustainability of relying solely on casino revenue is increasingly at risk.

Over the next 10 to 15 years, several factors are likely to lead to declining revenues from tribal casinos, including increased competition from neighboring states and other tribes, the expansion of online gaming platforms, and changing consumer preferences for entertainment. To secure a prosperous future for tribal nations, economic diversification is no longer an option but a necessity. For us, the Forest County Potawatomi Community (FCPC), our tribe had the vision almost two decades ago to begin building a strong platform for long-term growth by forming the Potawatomi Business Development Corporation. Today, now called Potawatomi Ventures, there exists a solid and sustainable growth that in the coming years, can backfill declining casino revenues. This growth in business outside of the gaming industry will be much needed to sustain the financial health and welfare of our tribe.

## The Challenges Ahead for Tribal Gaming

**1. Increased Competition:** As more states legalize commercial casinos and sports betting, as well as any expansion of gaming by neighboring tribes, competition in the gaming sector has become fierce. Tribes that previously held regional monopolies are now facing significant competition from non-tribal gaming operations, other tribal gaming operations, including those in neighboring states.

**2. Rise of Online and Mobile Gaming:** The rapid growth of online gambling and mobile betting platforms presents both an opportunity and a significant, if not lethal, threat to traditional brick-and-mortar casinos. While some tribes are exploring partnerships with online gaming operators, the shift toward digital gaming will certainly reduce foot traffic to physical casinos, affecting revenues. Since Indian gaming is location based, meaning all bets must be made on trust lands, the growth of

virtual gaming could significantly harm the current Indian gaming industry. Without a legislative fix to the Indian Gaming Regulatory Act (IGRA), which would allow gaming off trust lands, all tribes, including the FCPC, will see significant declines in gaming revenue. Any congressional effort to amend IGRA will require an enormous amount of work by tribes in Washington D.C., but the only certain “positive” outcomes will come from tribal economic diversification.

**3. Evolving Consumer Preferences:** Younger generations, particularly millennials and Gen Z, are showing different preferences when it comes to entertainment and gambling. Traditional slot machines and card games may not appeal to them as much as newer, skill-based games, e-sports betting, and other emerging trends.

## The Importance of Diversification

Given these challenges, tribes must take proactive steps to diversify their economic development portfolios. Diversification can protect tribal nations from revenue volatility and provide long-term economic stability. The failure of a tribe to recognize the need to diversify, and not totally rely on Indian gaming revenues, almost certainly in the coming years will deliver significant declines in revenue that fuel government services, and the financial benefits and programs enjoyed by tribal members. Below are key reasons why economic diversification is vital:

**1. Mitigating Risk:** Relying on a single revenue source, such as gaming, exposes tribes to significant financial risk. By diversifying into other industries, tribes can create multiple streams of income that buffer against downturns in any one sector, including gaming. Now this won't happen overnight, and will take years to develop, but if a tribe's leadership and its members allow for the profits of existing economic development revenue streams to be reinvested into businesses that exist in promising and developing industries, the dollars earned by these business efforts will far exceed existing gaming revenues. But it takes discipline and patience, and tribal communities must resist the need to demand for business profits to be distributed to tribal governments and its members too early, thus significantly stunting the growth these revenue streams must experience if they are to one day fully replace declining gaming profits.

**2. Creating Sustainable Job Opportunities:** Casino operations typically provide numerous jobs for tribal members and surrounding communities. However, as revenues decline, so too does employment opportunities.

Diversifying into sectors such as renewable energy, agriculture, tourism, or manufacturing can provide stable and high-quality jobs for tribal members, even as gaming revenues decrease.

**3. Leveraging Natural and Cultural Resources:** Tribes often possess valuable natural resources, such as land, water rights, and cultural heritage, which can be harnessed for sustainable industries. For example, some tribes have successfully entered the renewable energy sector, investing in wind, solar, and biomass projects that generate both income and environmental benefits. Others are exploring agribusiness or eco-tourism ventures that capitalize on the tribe's unique connection to their land and heritage.

**4. Strengthening Sovereignty and Self-Sufficiency:** Economic diversification empowers tribes to take control of their financial futures and reduce dependence on external factors, including federal funding or the whims of the gaming market. By developing a diverse array of businesses, tribes can further strengthen their sovereignty, ensuring that they have the resources to meet the needs of their people on their own terms.

**5. Adapting to Market Trends:** Tribes that invest in non-gaming sectors can be better positioned to adapt to shifting economic trends. Whether it's investing in technology, education, healthcare, or green industries, tribes that stay ahead of market changes can continue to thrive, even as other industries experience downturns.

## Pathways to Diversification

**1. Investing in Infrastructure and Technology:** Developing the infrastructure necessary to support diverse industries is a critical first step. This might include investing in broadband to support tech startups or tourism development, upgrading transportation networks to support manufacturing and distribution, or developing water infrastructure for agriculture and energy projects.

**2. Strategic Partnerships:** Tribes should seek partnerships with private companies, other tribal nations, and state or federal governments to share knowledge and resources. Collaborative ventures in sectors such as healthcare, education, and green energy can unlock new opportunities for economic growth and job creation.

**3. Participating in the Federal Contracting Sector:** Diversifying into federal contracting through the SBA 8(a) program offers Indian tribes a significant opportunity to enhance their economic development portfolio by tapping into a steady and lucrative revenue stream. The 8(a) program

provides tribes with preferential access to federal contracts, which can lead to long-term stability and growth, particularly as gaming revenues face uncertainty. By leveraging the unique benefits of the 8(a) program, such as set-asides and sole-source contracts, tribes can enter various industries — ranging from construction and IT to logistics and professional services — while building business capacity and creating jobs for tribal members. This diversification not only reduces reliance on a single source of income but also strengthens tribal sovereignty by fostering self-sufficiency and economic resilience.

**4. Education and Workforce Development:** To support new industries, tribes will need to invest in education and workforce training for their members. This ensures that tribal citizens are prepared for the jobs of the future and have the skills needed to lead in emerging fields.

**5. Sustainable Tourism:** Some tribes are leveraging their natural beauty and cultural heritage to create tourism opportunities beyond gaming. By offering eco-tourism, cultural tours, and outdoor recreation experiences, tribes can attract visitors seeking unique, authentic experiences that celebrate indigenous culture and preserve natural resources.

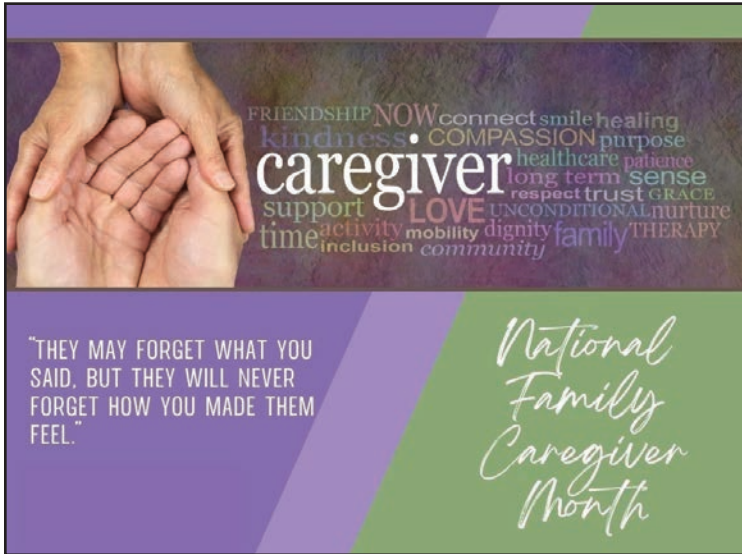
## Conclusion

As gaming revenues face an uncertain future, Indian tribes must embrace the need for economic diversification. By taking proactive steps to diversify their development portfolios, tribes can mitigate financial risks, create sustainable jobs, and strengthen their sovereignty. As the economic landscape continues to evolve, tribes that seize new opportunities in sectors like renewable energy, technology, federal contracting, and tourism will be well-positioned to thrive for generations to come. The failure to recognize and support such efforts could have long term devastating impacts on a tribal community, and whatever gains have been realized in the past couple of decades, largely on the gift of Indian gaming, could all be lost in less than one generation. These are the cold hard facts on how an ever changing world and environment around Indian Country could negatively impact a tribe that lacks the needed preparation and vision required to stay healthy for generations to come.

Economic self-sufficiency is a cornerstone of sovereignty, and by investing in diverse industries, tribes can ensure that they continue to provide for their people and protect their way of life, even as gaming revenues decline.



# November is National Family Caregivers Month



submitted by FCP Community

## Advocacy

November is National Family Caregivers (NFC) month. President Clinton first acknowledged and signed into Proclamation the first NFC Month in 1997, and each president since has done the same by issuing an annual proclamation recognizing and honoring family caregivers each November.

NFC month serves as a beacon of appreciation and acknowledgment for those who handle the challenging role of caregiving. It's not merely about the immediate care provided but also the physical, emotional, and sometimes financial support to family members in need.

NFC month extends beyond appreciation. It's a platform for raising awareness about the critical role that caregivers play in health-care, social interaction, and daily living. It brings forth discussions on the challenges being a caregiver poses, such as burnout, financial strain, social isolation, and the need for adequate services, support, and respite care.

The AARP conducted a caregiver study, and the findings are as follows:

1. Today's caregivers provide intense and complex care, including performing medical/nursing tasks and managing multiple health conditions that are often accompanied by pain.

- Seven out of 10 family caregivers who perform medical/nursing tasks face the practical and emotional strain of managing pain.

2. Today's caregivers are diverse, and so are their experiences.

- Multicultural family caregivers are

more likely to experience strain and worry about making mistakes, regardless of income.

3. Caregivers who are socially isolated or have no choice about caregiving are more at risk for experiencing difficulties with complex care.

- Social isolation compounds difficulties with complex care across generations and cultural groups.

4. Caregivers performing more medical/nursing tasks experience both positive and negative impacts.

- The more medical/nursing tasks they perform, the more caregivers feel they are keeping their family out of a nursing home.

- About half of caregivers who perform medical/nursing tasks worry about making mistakes. The more complex the task, the greater the worry.

Our caregivers deserve to be seen as valuable members of the health-care team. They should be included in decision-making, given opportunities to voice their concerns, and provided with appropriate instructions.

They should not be taken for granted because we understand and appreciate that care is not provided only for the month of November but all the other months as well.

Some tips for family caregivers to avoid burnout:

1. Seek support from other caregivers. You are not alone!

2. Take care of yourself so that you can be strong enough to take care of your loved one.

3. Accept offers of help and suggest specific things people can do to help you.

4. Learn how to communicate effectively with doctors.

5. Be open to new technologies that can help you care for your loved one.

6. Watch out for signs of depression, and don't delay getting professional help when you need it.

7. Caregiving is hard work, so take respite breaks often.

8. Organize medical information so it's up-to-date and easy to find.

9. Make sure legal documents are in order.

10. Give yourself credit for doing the best you can in one of the toughest jobs there is.

Thank you, family caregivers, for all that you do; we see you and appreciate you.

## Sources

1. "Home Alone Revisited: Family Caregivers Providing Complex Care." AARP, April 2019. AARP.org

2. "National Family Caregivers Month." Caregiver Action Network. CaregiverAction.org

## ELDER MENU

### NOVEMBER 4

**Breakfast:** Cereal, banana split yogurt parfait

**Lunch:** Pork chops, ranch mashed potato, cowboy caviar

**Dinner:** Stuffed pepper soup, cheesy biscuit, fresh fruit

### NOVEMBER 5

**Breakfast:** Oatmeal, sausage links, raisin toast, fruit

**Lunch:** Scalloped potatoes & ham, beets, mandarin oranges

**Dinner:** Steak tenderloin, twice baked potato, sautéed mushrooms and onions, green beans, fruit

### NOVEMBER 6

**Breakfast:** Eggs Benedict w/ ham & fried egg on English muffin w/ hollandaise sauce

**Lunch:** Roasted chicken

**Dinner:** Chicken noodle soup & grilled cheese

### NOVEMBER 7

**Breakfast:** Pancakes w/ mixed berries, sausage patty

**Lunch:** Spaghetti and meatballs

**Dinner:** Cold turkey sandwich on cranberry wild rice bread

### NOVEMBER 8

**Breakfast:** Scrambled eggs w/ cheese, sausage links, toast, fruit

**Lunch:** Beef tips in gravy over mashed potato, Brussels sprouts

**Dinner:** Buffalo burger

### NOVEMBER 9

**Breakfast:** Boiled eggs, ham steak, fresh fruit

**Lunch:** Wet burrito w/ shredded beef, refried beans & toppings

**Dinner:** Cheesy broccoli soup, ham sandwich, crackers, fruit

### NOVEMBER 10

**Breakfast:** Malt O Meal, sausage links, sugar free muffin, fruit

**Lunch:** Pork tenderloin, stuffing, pork gravy, carrots, grapes

**Dinner:** Three sister soup, roast beef sandwich, fresh fruit

### NOVEMBER 11

**Breakfast:** Scrambled eggs w/ sausage & cheese, fresh fruit

**Lunch:** Cream beef and veggie over biscuits, apple slices

**Dinner:** Chicken fried rice w/ carrots and peas, eggs & onions, egg roll, sweet and sour sauce

### NOVEMBER 12

**Breakfast:** Scrambled eggs w/ sausage & cheese, fresh fruit

**Lunch:** Baked salmon, roasted potatoes, asparagus, fresh fruit

**Dinner:** Indian tacos w/ toppings

### NOVEMBER 13

**Breakfast:** Boiled eggs, biscuits & sausage gravy, fresh fruit

**Lunch:** Chicken breast, stuffing, chicken gravy, squash, apricots

**Dinner:** Meatloaf, mashed potatoes, green beans

### NOVEMBER 14

**Breakfast:** Fried eggs, hash browns, ham steak, fresh fruit

**Lunch:** Beer-battered fish, baked beans, pineapple lime fluff

**Dinner:** Loaded veggie soup, ham sandwich, fruit cocktail

### NOVEMBER 15

**Breakfast:** Cheese omelet, sausage patty, fresh fruit

**Lunch:** Orange chicken over rice, broccoli, sweet & sour sauce

**Dinner:** Egg salad sandwich on croissant, cowboy caviar, fruit

### NOVEMBER 16

**Breakfast:** Hot grits, sausage patty, apple sauce

**Lunch:** Swedish meatballs over noodles, green beans

**Dinner:** KFC bowl w/ fried chicken, mashed potatoes & gravy

### NOVEMBER 17

**Breakfast:** Ham & cheese omelet, toast, fruit

**Lunch:** BBQ ribs, au gratin potatoes, green beans, fruit

**Dinner:** Cold cut sub sandwich, cold pea & cheese salad, Jell-O

### NOVEMBER 18

**Breakfast:** Cream of rice, sausage links, hash brown patty

**Lunch:** Beef stew, apricots

**Dinner:** Grilled chicken pepper roll ups, roasted sweet potatoes

### NOVEMBER 19

**Breakfast:** Fried eggs, bacon

**Lunch:** Boneless chicken wings, cheesy rice, veggies

**Dinner:** Soft shelled tacos w/ the works, Spanish rice, sour cream, salsa, fruit



# Potawatomi Ventures Field Trip to FCPC

Last month, Potawatomi Ventures (PV) went up north on a field trip to the Forest County Potawatomi Community (FCPC). Seventeen workers of PV started their trip with a tour of Bodwéwadmí Ktëgan (Potawatomi Farm), where they learned about aquaponics and got a tractor tour to see the remainder of the farm.

The next day, FCP Communications Division Administrator Stacey White provided insights into various facilities and programs. Highlights included the Executive Building, as well as the Potawatomi Community Center ssboth of which are central to community engagement and cultural activities. The tour also included stops

at the FCP Cultural Center, Library & Museum, where participants explored the history and heritage of the Potawatomi people.

PV Marketing Coordinator Alana Walkush shared her thoughts on the experience, "I'm grateful for the opportunity to tour and learn more about the FCPC. The trip was a great experience that deepened my appreciation for their culture and history."

The field trip underscored the importance of collaboration between PV and the FCPC, providing valuable insights that will enhance future initiatives. Thank you, FCPC, for showing PV around your vibrant community!



White speaking to the group

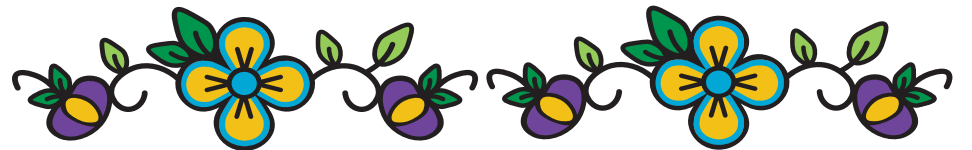
# Greenfire Wins Award at 3rd Annual Indigenous Business Conference

Greenfire was awarded the Tribal-Owned Business of the Year from the Indigenous Business Group. This award was presented by Collin Price of the Ho-Chunk Nation for all the collaboration and support Greenfire provided leading up to and now, during the construction the Village

West affordable housing project in Baraboo, Wis. The Indigenous Business Group created and hosts Indigenous Biz Con each year. In its third year, the conference brings together tribal entities, businesses and partners to learn, collaborate and grow business in Indian Country.



Accepting the award



**RE-ELECT**  
**AIYANA**  
**VANZILE**  
**FCP TRIBAL SECRETARY**




**STRONG-WILLED / PUNCTUAL / HONEST**





**FOREST COUNTY  
POTAWATOMI**  
*Keeper of the Fire*

# Community Events NOVEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
3	<b>Executive Council Swearing In</b> 9 am Tribal Court <i>Executive Council Group Photo to follow at Communications Building</i>	<b>Ribbon Skirt Making</b> 4:30 pm – 6:30 pm (Classroom)  <b>Election Day</b> US Elections Presidential Election Year	<b>Language Class</b> 10 am – 12 pm  <b>Wabeno School Board Meeting</b> Wabeno High School Library 6 pm	<b>Support Group</b> Assisting Mothers, Fathers & Caregivers in their Parenting Journey 12 pm – 1 pm (Pediatric Therapy Room)	8	<b>Frybread Showdown</b> Submit Frybread by 11 am Sharp (Community Center Classroom)  <b>General Council Meeting</b> Booth Set Up 11 am – 3 pm Meeting: 1 pm	
10	<b>Holiday Campus Closed</b> Crandon School Board Meeting Jaegar Auditorium 6 pm  <b>Veterans Day</b> 11 am (Veterans Play Tap & Salute Flag) Executive Building	<b>Finger Weaving</b> 5 pm – 8 pm (Lower Level Museum)  <b>Ribbon Skirt Making</b> 4:30 pm – 6:30 pm (Classroom)	<b>Finger Weaving</b> 5 pm – 8 pm (Lower Level Museum)  <b>Conserve to Preserve</b> 5:15 pm  <b>Language Class</b> 10 am – 12 pm  <b>Laona School Board Meeting</b> Laona Elementary Board Room 5:30 pm	<b>Support Group</b> 12 pm – 1 pm (Pediatric Therapy Room)  <b>Workplace Violence Prevention and Awareness</b> Executive Building Auditorium 9 am – 11 am or 1 pm – 3 pm	15	16	
17	18	<b>Ribbon Skirt Making</b> 4:30 pm – 6:30 pm (Classroom)  <b>GIS Day</b> 2 pm – 5 pm Commons Area	<b>LFPA Food Distribution</b>  <b>Language Class</b> 10 am – 12 pm  <b>Sobriety Feast</b> 6 pm	<b>Diabetic Luncheon</b> 12 pm – 1:30 pm  <b>Support Group</b> Assisting Mothers, Fathers & Caregivers in their Parenting Journey 12 pm – 1 pm (Pediatric Therapy Room)	22	<b>Holiday Craft Fair</b> 9 am – 5 pm Open to the Public	
24	<b>Crandon, Laona &amp; Wabeno Schools Thanksgiving Break</b> November 25 – 29	<b>Ribbon Skirt Making</b> 4:30 pm – 6:30 pm (Classroom)	<b>Thanksgiving Community Feast</b> (Noon – 3 pm)  <b>Language Class</b> 10 am – 12 pm	<b>Support Group</b> 12 pm – 1 pm (Pediatric Therapy Room)  <b>Holiday Campus Closed</b>	29	<b>Holiday Campus Closed</b>	



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





# FCP Museum Gift Shop Merchandise

Answers will be in the next issue

**ACROSS**

- 4. A garment worn on the top portion of the body with different colors, designs and silk strips.
- 7. Used to heat water for tea. These ones have an Indigenous design.
- 11. Read content about Native American people.
- 14. Comes as a package to assemble with a barrel or cylinder covered with raw hide.
- 16. Men dancers tie around their ankles to make noise while dancing at a powwow.
- 17. A piece of tough fibrous band of tissue used in native crafts to bind items together.
- 20. One of the four native medicines and aroma is opposite of sour.
- 21. Small container holds liquid to drink out of with Potawatomi design.
- 22. Wicks, wax, and have a one of the four medicine's scent.
- 23. Used for bathing and cleaning, and have a traditional scent.
- 25. Women dance with these at powwows on their hair, and has flower designs.
- 26. Native men and women wear these around their neck with their regalia, most with beads or bones.

**DOWN**

- 1. Another name for cap with a native design.
- 2. Used after bathing to dry off and comes with a pattern on it.
- 3. One of the four native medicines used for smudging.
- 5. Children wear these for school filled with supplies that have an Indigenous design.
- 6. Ladies and men mostly wear these at powwows and attach with tiny poles or clamps.
- 8. This is a silk strip of material that come in different size and colors.
- 9. Natives used this reddish metal for health purposes.
- 10. Bees make this sweet and healthy substance.
- 12. Native use these to place sage in for smudging.
- 13. Moccasins are make from this.
- 15. People cover up with these to stay warm.
- 18. Native ladies wear these, and they have different designs of silky strips.
- 19. This is an aromatic beverage with a natural favor of tiny fruit.
- 24. Ladies carry these on their arms.



**Answers from previous issue**

X	W	P	L	L	H	Q	J	J	Z	A	R	Z	U	C	B	A	J	D	S	C	O	W	Q
E	S	I	K	L	N	E	R	S	U	U	E	N	L	E	C	X	J	P	C	O	O	Y	X
P	N	I	R	N	Q	A	Z	I	U	E	D	J	A	X	P	X	F	G	R	V	W	K	X
F	F	O	R	N	O	U	B	J	B	Q	K	R	H	W	H	Z	Q	A	I	P	N	B	R
U	A	L	Q	B	F	I	T	R	M	B	C	T	M	E	E	E	M	B	U	X	L	E	R
W	L	H	V	C	R	U	L	L	U	L	O	U	A	A	Q	O	M	R	R	D	X	A	V
X	S	E	B	S	I	E	Y	L	A	T	F	N	G	N	C	G	S	E	Z	A	W	V	E
F	X	U	G	C	L	Z	A	W	A	D	R	L	S	C	H	C	M	I	W	N	C	E	U
H	U	W	K	G	Q	L	N	S	S	D	E	E	A	H	A	S	N	L	T	C	T	R	Y
H	D	U	U	K	I	E	E	N	T	B	E	S	T	R	I	V	G	O	Y	E	O	P	A
N	R	X	C	H	C	N	O	B	U	P	I	M	F	T	O	R	H	D	G	C	M	E	W
F	G	Q	H	K	A	R	G	S	E	N	L	V	D	W	O	W	T	N	N	L	C	L	Y
H	P	M	L	M	P	I	T	S	S	C	N	A	X	E	K	R	K	A	K	U	P	T	V
S	S	A	G	A	Z	L	R	N	P	N	K	T	P	D	G	K	B	C	B	G	P	R	
C	C	A	T	D	E	F	X	B	Q	G	X	A	Y	E	Q	A	I	P	I	X	R	O	Q
E	C	X	S	J	P	R	A	T	O	N	O	S	D	U	L	D	E	Y	T	Q	O	K	J
V	T	I	Z	Q	P	F	H	A	B	N	A	B	H	O	V	H	O	B	S	I	N	E	W
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# NOV 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Thanksgiving Buffet NOVEMBER 28   11 A.M.-6 P.M. THE SPRINGS RESTAURANT & LOUNGE			Ladies NIGHT Out THURSDAY NOV. 21   8 P.M. featuring BUNS N' BOWTIES		1 Native Designs	2 BIG BUCKS
3 SPIN & WIN	4 Food Drive	5 BOSS OF THE TOSS	6 50 CLUB	7 Mens Night	8	9 BIG BUCKS
10 SPIN & WIN	11 Food Drive	12 BOSS OF THE TOSS	13 50 CLUB	14 Ladies Night	15 Native Designs	16 BIG BUCKS
17 SPIN & WIN	18 Food Drive	19 BOSS OF THE TOSS	20 50 CLUB	21 Ladies NIGHT Out featuring BUNS N' BOWTIES	22	23 BIG BUCKS
24 SPIN & WIN	25 Food Drive	26 BOSS OF THE TOSS	27 50 CLUB	28 HAPPY THANKSGIVING OPEN ALL DAY	29 Native Designs	30 HUNT FOR THE TRUCK

START EARNING ENTRIES NOVEMBER 1

## HUNT FOR THE TRUCK

WIN A BRAND NEW 2024 CHEVROLET® COLORADO Z71

OVER **\$53K** CASH & PRIZES

**SATURDAY NOV. 30**

WIN YOUR SHARE OF **\$16,000 CASH**

## BIG BUCKS

SELECT SATURDAYS IN NOVEMBER  
NOVEMBER 2, 9, 16 & 23

HOURLY DRAWINGS FROM 6-10 P.M.  
WITH **ONE \$800** WINNER EACH HOUR

## Food Drive

**SUN.-TUES. IN NOVEMBER**  
10 A.M.-9 P.M.

Bring in **FIVE** non-perishable, non-expired food items in the original, unopened packaging to receive **\$10 REWARD PLAY!**

**Thank You, Veterans**

ENJOY A FREE PULLED PORK SANDWICH OR CAESAR SALAD, \$10 REWARD PLAY AND A \$5 ROCK & BREWS T-SHIRT!

**MONDAY, NOVEMBER 11, 2024 | 10 A.M.-9 P.M.**

Present proof of military service at Guest Services to redeem offers. One offer per person.