Elder’s 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 Chippewa, 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 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 Bodwéwadmi Ketégan 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 Bodwéwadmi Ketégan 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.

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 sessions. It’s held every Monday, Tuesday and Wednesday starting at 9 a.m. at the Potawatomi Community Center, 5471 thayék ethê dnekwêgêk 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.

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-
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 their 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) and I gave a power point while Ken gave Brian Gaul (CEO of BHP) 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 work 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
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, mashed sweet potatoes, cole slaw, tropical fruit

Friday, 12/2
Turkey & Swiss on cranberry wild rice bread, potato salad, pineapple

MENUS SUBJECT TO CHANGE

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
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 reminder 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
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. Migwetth!
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 ėthë dnêkmëgzêk 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.

SPONSORED BY
HOSTED BY
FORBES COUNTY POTTAWATOMI COMMUNITY HEALTH
Contact Michelle Cleereman @ 715-478-4355/Michelle.Cleereman@fcp-nsn.gov with questions.

Diabetes
RESOURCE FAIR
NOV 30, 2022
230-5 PM
POTAWATOMI COMMUNITY CENTER
5471 thayék ėthë dnêkmëgzêk 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

Education provided by FCP Health & Wellness Center, including:
Community Health, Medical, Pharmacy, Behavioral Health, Rehabilitation, Nutrition, Optical, & More!
Open to the Public.

Information about diabetes, including:
• Risks.
• Signs & Symptoms.
• How to manage.
• Importance of regular health checks.
• Management tools available.

Attendees Receive an Entry into Grand Prize Drawing

SPONSORED BY
HOSTED BY
HEALTHY LIVING FOR YOUR BRAIN & BODY
FOR YOUR BRAIN & BODY
Contact Michelle Cleereman @ 715-478-4355/Michelle.Cleereman@fcp-nsn.gov with questions.
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  

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 Penma  
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
Open Enrollment for the Non-Tribal Dependent Health Plan

You have from November 1st, 2022 until December 15th, 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@fc-psn.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.
## November Schedule

### 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.

### Land Classes

- **TRIBAL ELDERS ONLY**
- **Zumba® Kids Jr.**
- **Aqua Zumba®**
- **Zumba® Toning**

### Group Exercise Schedule

**October 31 - December 10, 2022**

**Fall Session 2**

<table>
<thead>
<tr>
<th>SUNDAYS</th>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
<th>SATURDAYS</th>
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**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 Fitness On Demand!
- **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

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 (MMWR).

As a survivor and women-led matrilineal 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™ CAMPRe™ team onsite to immediate 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

Ways You Can Participate

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.

City Wide Red Sands Pouring
Help raise awareness & visibility around the systemic impact of MMWR by participating in the Red Sands Project.

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

Above photos are from previous CAM™ events.
<table>
<thead>
<tr>
<th>Sunday</th>
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<td><strong>Food Drive</strong></td>
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<td><strong>Crazy About Camo</strong></td>
<td><strong>BINGO's INTRAMURAL DRAWINGS</strong></td>
<td><strong>BIG BUCKS</strong></td>
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**Reminder**

CLOSED UNTIL 4 PM THANKSGIVING DAY

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**WINNING IN STYLE**

TWO WINNERS EACH HOUR 6 – 10 PM
WIN A DESIGNER PURSE FILLED WITH UP TO $1,000 CASH
FRIDAY, NOV. 18 & SATURDAY, NOV. 19

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**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.

---

**NEW YEAR'S DAY**

WITH YOUR SHARE OF $14K CASH!
FREE GIFTS • FREE DRINKS
CASH DRAWINGS • LIVE ENTERTAINMENT
KEEP THE CELEBRATION GOING ALL NIGHT WITH 3X POINTS FROM 12:30 AM – 10 AM!

---

**SATURDAY, DECEMBER 31**

RESERVE YOUR SEAT TODAY, BEFORE THEY'RE SOLD OUT!
TO MAKE YOUR RESERVATION CALL (715) 473-6732

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**FRIDAY, NOV. 11**

DREAMS OF CASH!
DRAWINGS: 6 – 10 PM
WIN YOUR SHARE OF $7,000 CASH!

---

**SUNDAY, NOVEMBER 19**

MARATHON BINGO
SESSIONS AT 2 PM, 4 PM AND 6 PM
GAMES PAY $100 – $500
MACHINE SPECIALS COME WITH FREE PAPER

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For complete details, visit Guest Services.