

GATHERING PLACE BY THE WATER

WEEK 1

AN ACTIVITY BOOK WITH MILWAUKEE AT HEART, MIND AND EXPERIENCE



TERRITORY ACKNOWLEDGEMENT

Most of the land on which we live, play, grow and explore was once territory inhabited by the Indigenous peoples of the Americas. Some of the land was sold to the United States government through treaties but much of it was stolen through genocide, ethnic cleansing and forced removal.

We would like to recognize the Indigenous peoples that were here before us, and continue to exist as the past, present and future caregivers of this land. We honor the Bad River Band of Lake Superior Chippewa, Ho-Chunk Nation, Lac Courte Oreilles Band of Lake Superior Chippewa, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Tribe of Wisconsin, Oneida Tribe of Indians of Wisconsin, Forest County Potawatomi, Red Cliff Band of Lake Superior Chippewa, St. Croix Chippewa, Sokaogon Chippewa, Stockbridge-Munsee and others that have graced this land.

Indigenous people are not people of the past—we are still here. Despite centuries of abuse and colonization, the territory in which we coexist is and always will be Indigenous land.

Regardless of the active backdrop of oppression and colonialism, we continue to offer our gifts and talents for the greater good. We are worth celebrating.

We invite you to reflect, learn, support, and authentically engage with us—the Indigenous communities that nourish the land you call home.

A suggestion: walk around your block

I've been spending too much time with screens, on social media and in my own anxiety. My brain and body work better in motion. Even though emotional/psychological inertia tug me towards stillness, getting up and out is critical.

So, I'm going to take ten minutes for a walk around my block and think you should too.

Some suggestions:

- Leave your phone, work, deadlines, etc. at home
- Bring a family member that also needs a break
- Breathe in the air and feel the breeze
- Notice the sky and pay attention to birds
- Listen for sounds of community happening
- Say hello to the trees and the plants growing in your neighbors' yards
- Pay attention to the homes and their personalities
- Wave to any neighbors you pass
- Walk through the alley, if you have one
- Promise yourself to remember how this feels and do it again

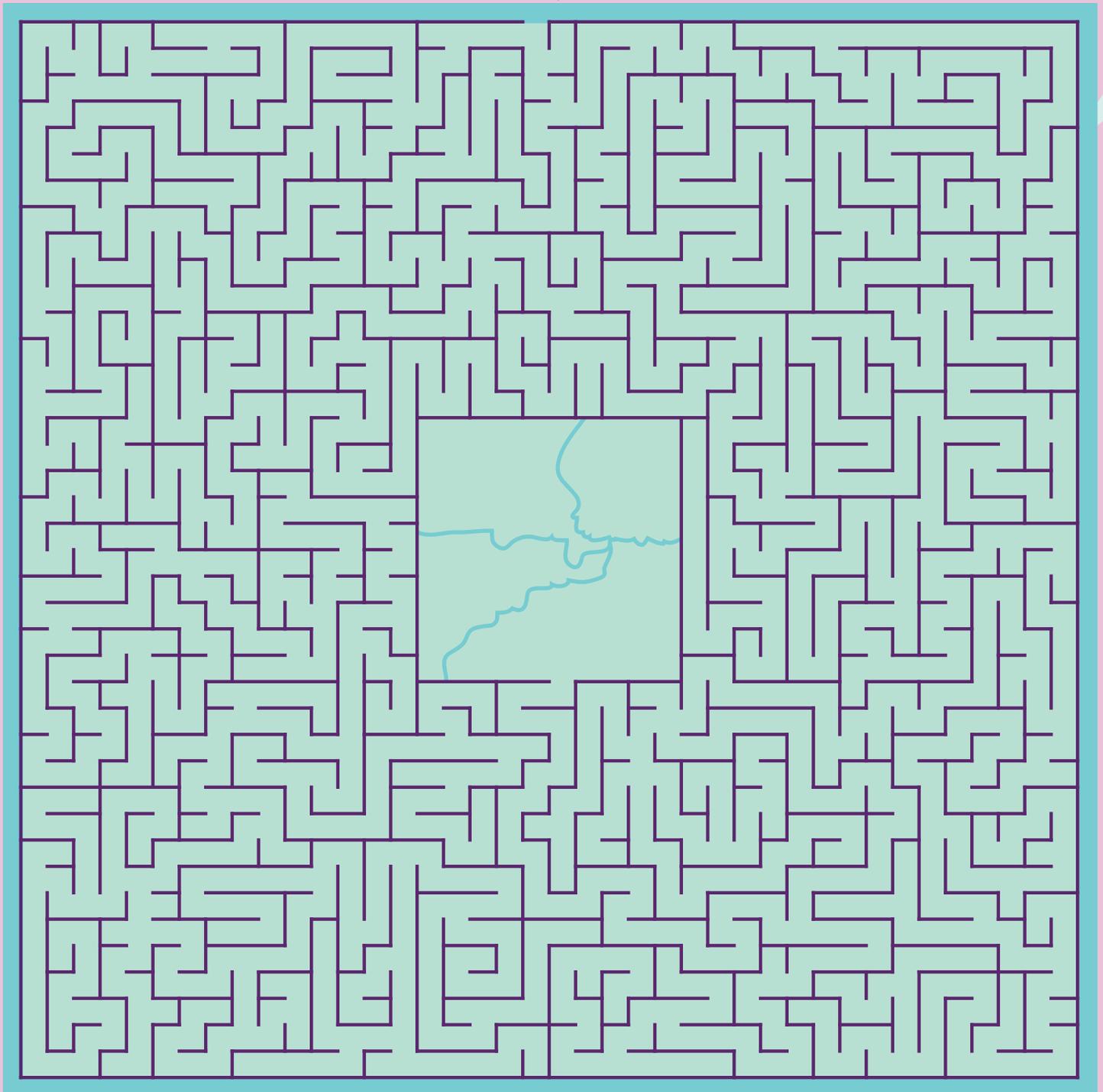
BY: ADAM CARR
(he, him)

A maze

The Indigenous people that lived in Wisconsin, pre colonization, used the confluence of the Milwaukee, Menomonee and Kinnickinnic rivers and Jones Island at the shore of Lake Michigan as a landmark when giving directions--if you saw these, you had arrived to Minoakking or Mahn-a-waukee! (what we now call Milwaukee)

Find your way to the confluence of these three rivers!

START HERE



A gift to color in



BY: CELESTE CONTRERAS (she, her) (they, them) @celestazuchitl.arte

A word search: OUR STREETS

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

BURLEIGH

CAPITOL

CHAVEZ

FOND DU LAC

FOREST HOME

GREENFIELD

KEEFE

MARTIN LUTHER KING

MINERAL

MITCHELL

VEL PHILLIPS

NORTH

TEUTONIA

NATIONAL

VLIET

A recipe

Throughout the ups and downs of my adult years, I've had the most fiercely loyal friend by my side. Maggie and I spent weekends in college driving back and forth across the state of Michigan to visit each other at our respective universities, lived just blocks away from each other for two years teaching in the Dominican Republic, and moved to Milwaukee together in 2013. Through breakups, bouts of serious depression (the kind where all I could do was cry uncontrollably), and more than a couple serious rock bottoms related to substance abuse and addiction, Maggie would sit my ass under a pile of blankets on the couch, roll up her shirtsleeves, and make me chicken and dumplings. It's happened enough times that if I requested chicken and dumplings, it signaled to her that I was at the edge of a cliff; if she just started cooking up a batch, it was her signaling to me that I'd lost touch with reality and was about to get reeled back in.

When the Covid-19 crisis hit Milwaukee in mid-March and everything flipped upside down, it was just a few days before I bellied up to my stove at home making a batch for my partner and I. The beauty of this "recipe" - if you can even call it that - is that you can make it with any variety of the ingredients listed below. Got the other herbs, but can't find rosemary? It'll still taste great. No chicken? Use a different dead bird. Vegetarian? Skip the poultry and chicken stock altogether and double up on mushrooms with a veggie stock. All you really need is a little bit of time, which it seems most of us have these days. Use this as a meditation, a prayer, a conversation with yourself and your loved ones. Or just use it as something good to eat that allows you to put your phone down for a damn second.

Maggie's Chicken + Dumplings

Serves 4-6 people, more or less depending on level of panic and depression

For the Stew:

- 1 grocery store rotisserie chicken, or 1 raw whole chicken to roast yourself at home
- 1 medium onion
- 3-4 large carrots
- 4-5 stalks celery
- 16oz mushrooms (one of the bigger looking packs at the store)
- 3-4 sprigs fresh rosemary
- 3-4 sprigs fresh sage
- 3-4 sprigs fresh thyme
- 3-4 Tbsp cooking oil
- 4 Tbsp butter
- 2-3 Tbsp flour
- 8 cups water
- Splash of white wine (not necessary, but it really makes a difference)
- Salt

- Pepper
- A splash of cream (¼ cup - ½ cup)

For the Dumplings:

- 1 ⅓ cup flour
- 2 tsp baking powder
- ¾ tsp salt
- ⅔ whole milk, cream, or half and half
- 1 Tbsp melted butter

Before you start this recipe, please note - do NOT throw any of the scraps of your chopping and cooking away until we say so! You will use all onion skins, veggie ends, herb stems, and chicken bodies (if you are making this with meat) to make the stock you'll use for your stew...

If you are using raw chicken, rinse the bird off with cold water, pat dry with a kitchen towel or paper towel, and sprinkle the skin all over with salt and pepper. Throw the chicken on a sheet tray or in a roasting pan and cook in a 350 degree oven for 1 hour or so. Everyone's oven is different, but if the chicken ends up slightly undercooked, don't panic! You can always throw any undercooked pieces in your stock to simmer and cook through. When the chicken is cooked and slightly cooled, or if you bought a cooked chicken from the store, it's time to pick it apart.

Grab a large pot and keep it by your side to start collecting supplies for your stock. Anything you take off the bird that is not chicken meat goes into the pot - skin, bones, weird bits you can't identify, all of it. Put all of the meat from the chicken off to the side for further along in the recipe. Next, start chopping your veggies. I love to cut mine super small to practice my skills, but you're free to chop as you like - the only requirement is that you cut your onions, carrots, mushrooms, and celery all roughly the same size so they cook evenly. Any scraps from chopping veggies go into the stock pot - even the stuff that seems inedible, like the papery skins from the onions and the butts of the celery. Next, remove the leaves from your fresh herbs and chop them until fine, putting the stems and any extra sprigs in your stockpot. Put the stockpot on the stove over medium heat, add a big pinch of salt (use three fingers and your thumb), and sautee veggies, skin, and bones until fragrant and the veggies start to lightly brown. Add 8 cups of water to the pot, turn up to high heat until boiling, and then reduce to low and simmer for at least one hour.

Put a large, heavy-bottomed pot on the stove over medium heat, and add the cooking oil when the pot is hot. Add all your veggies and herbs and another three-finger pinch of salt, stir, and cook for 15-20 minutes, stirring occasionally, until the onions are translucent and the mushrooms are getting tough and dry. The veggies will start stick to the bottom of the pot; this is when you will pour a hefty splash of white wine to the pot and use the liquid from the wine to help scrape the bits of stuck food off the bottom of the pan. When the wine is cooked off, turn the pot to low heat, melt in the butter, and then sprinkle the flour over all the veggies. Cook the flour for 2-3 minutes, stirring frequently and scraping the bottom so none of it sticks and burns. Finally, strain the chicken stock from your other pot and add to the pot full of veggies. Add the cooked chicken, stir, and simmer the stew for 20 minutes or so, stirring and scraping the bottom every 5 minutes.

While your stew is simmering, make your dumpling dough. Whisk together flour, baking powder and salt in a bowl. In another bowl, combine milk and butter. Add the dairy mixture to the flour mixture with a spoon, being careful to only mix everything enough for the ingredients to come together - don't overmix the dough or it will be tough and a real bummer when it's dumpling time! When the stew has thickened and you've tasted to make sure it has enough salt and pepper, it's done and ready for dumplings! Drop the dumpling dough on the top of the stew by the spoonful, cover the pot, and simmer for 15-20 minutes when the dumplings are no longer doughy inside. Add a splash of cream to the pot, stir, and serve.

BY: CAITLIN CULLEN, THE TANDEM RESTAURANT
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STAY SAFE! WE APPRECIATE YOU ALL!



THANK YOU TO OUR COLLABORATORS:

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