

Pokégnek Yajdanawa

mskwëmnëké gizes [raspberry picking moon] June 2019



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Ready for the Family Fishing Day?



Summit focuses on food sovereignty and traditions

Several hundred people gathered on Pokagon land in April for the 5th Annual Great Lakes Intertribal Food Summit. Held in partnership with the Intertribal Agricultural Council, the travelling summit brings together native farmers, ranchers, gardeners, chefs, businesses, policymakers, and tribal leaders to share and learn together.

The day before the Summit began, participants harvested and butchered a bison and an elk, the meat from which was served in traditional dishes throughout the weekend. Chefs worked round the clock to cook such dishes as Indian corn cakes, wild boar chorizo, and various salads, all made from ingredients that thrived on this continent before European colonialization.

Summit attendees participated in such workshops as how to make botogens (traditional corn mortars), weave black ash baskets, hammer jewelry out of copper, carve birch bark baskets, create cooking paddles, and how to tap birch trees or forage for wild edibles. As she began to lead a foraging walk on the first day, Linda Black Elk reminded the group that reviving such cultural activities sometimes involves more than learning new practices.

“We must change our language,” she said. “We didn’t ‘lose’ or ‘forget’ these traditions. They were taken from us, beaten out of us.”

On another foraging walk, Potawatomi botanist Robin Wall Kimmerer showed those who joined how to harvest ramps, trout lilies, and spring beauties.

Please turn to page 10

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Pokégnek Bodéwadmik • Pokagon Band of Potawatomi!
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Dowagiac, Michigan 49047

Pokégnek Bodéwadmik
POKAGON BAND OF POTAWATOMI



Nearing five-year anniversary, PHS moves forward on projects, growth

In 2014 the Pokagon Band opened its new Pokagon Health Services facility on tribal land. As its five-year mark approaches and the construction on the building's expansion and renovation nears completion, let's check in on some of PHS's projects and growth.

PHS regularly assesses and responds to patient needs with additional services. So in January it opened a supervised weight loss clinic, part of the HLC campaign to help citizens lead healthier lifestyles. Thus far, fifty patients have signed up for personalized weight loss care with a medical provider. One participant said, "They are caring and professional. It's resulted in me losing nearly 40 pounds. The provider takes the time to talk with me and develop a strategy that works for me specifically. Looking forward to losing the next 40!"

Additionally, PHS now offers chiropractic care and massage therapy four days a week.

"Thanks to great support from Tribal Council, we can develop and execute a long-term vision for better health care for Pokagon citizens," said Matt Clay, PHS director.

Leaders are looking at opening a retail pharmacy. PHS billed over \$4 million in pharmaceuticals in 2018, which is up four hundred percent in the past four years. A retail pharmacy will help offset costs, improve efficiencies, generate more revenue, and expand such services as mail order pharmacy for all citizens.

As announced at the Annual Meeting, PHS is working on expanding the Indian Health Services delivery area to the three Michigan counties of Kalamazoo, Kent, and Ottawa. This will allow us to serve more than 500 additional Pokagon citizens with direct care at PHS and referral services through Purchased and Referred Care (PRC). This proposal, which is a lengthy process and must be approved by IHS, would only apply to IHS services.

The 32,000 square foot expansion and renovation of the PHS facility will add more Behavioral Health space, eight more chairs in Dental, a café, and the Pokagon Family Activity Center, which will host programming for Pokagons of all ages. Construction should be complete in late summer. The café will tentatively be open and staffed from 7 a.m. to 3 p.m. with healthy grab-and-go options for the whole family.



PHS, partnering with regional colleges, now allows students to work in the Clinic as part of their training rotations. Western Michigan University's School of Medicine, Grand Valley State's nursing and dietician programs, and Indiana University's nurse practitioner programs send students to PHS, and this keeps our providers up to date on medical trends and training.

For 2020 and beyond, PHS is exploring enhanced home care services and palliative care to continue to expand services for elders.



PHS WELLNESS CENTER

SKYDIVE INTO HEALTH

May 1 – August 31



SOAR THROUGH YOUR SUMMER WORKOUTS AND EARN A CHANCE TO SKY DIVE!

If you work out for at least 30 minutes for a total of 80 days between May 1 and August 31 at the PHS Wellness Center, you'll be rewarded with your choice of either an indoor or outdoor skydiving experience.

Contact a wellness associate for more details.
Participants must sign a waiver prior to participation.

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INFORMATION TECHNOLOGY & EDUCATION



ONE ON ONE

Kindle Sessions for Pokagon Elders

As technology changes, it can be daunting to keep up to date, and it can be challenging to get the help you need in a classroom atmosphere.

The Pokagon Band IT Department can provide support with the Kindle Fire you received from the Education Department. IT team members will help via one-on-one troubleshooting and training over the phone or in a scheduled session with one of our professionals.

Call Pokagon Band Information Technology today at (269) 462-4269 to talk with our team.

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GED program helps Pokagon students earn diplomas



Hailee Ettinger became the most recent GED graduate, earning two college-ready scores and two passing scores on the GED exam in April.

“I decided to go through the GED program because when I was attending public high school, I was struggling a lot,” said Ettinger. “I had social anxiety, I felt uncomfortable, and never really could focus. I also never had the time to do homework or any support from home.”

She began working with the Pokagon Department of Education on GED studies and testing, and on the first try she passed all four tests.

“My plans are to go to college for cosmetology, or beauty school and hopefully start my own little salon/spa,” said Ettinger.

If you're interested in earning your GED, which will help with union membership, more training opportunities, higher income potential, or military service, contact Francis Kasper, continuing education associate, at (269) 462-4234.

Honoring the Graduates celebrates successes

The Pokagon Department of Education acknowledges recent graduates at a banquet in June to celebrate one of the most valuable and treasured moments in life. The banquet will be held on Sunday, June 24 from 1-5 p.m. at the Silver Creek Event Center at Four Winds New Buffalo to acknowledge all recent graduates including all the following levels of education: GED, high school, college and university.

Please search the Pokagon website (www.pokagon.com) for the “Graduate Submission Form” and complete the form by June 142.

Student eligibility requirements:

- Pokagon Band citizen
- Graduated with a GED, high school diploma, Associates, Bachelors, Masters or Doctorate degree
- Completed application
- Copy of diploma/degree

Printed photos may be sent to the Pokagon Education Department at 58620 Sink Road, Dowagiac, MI 49047. We will return them after use. Digital photos may be emailed to donald.sumners@pokagonband-nsn.gov. We would still like to honor graduates who cannot attend, but remember graduates must attend the banquet to receive a graduation blanket.

NOTICE FROM ELECTION BOARD APPROVAL OF REQUEST TO CONDUCT AN ELECTION REGARDING AMENDMENTS TO THE CONSTITUTION

The Tribal Council submitted to the Election Board, a proposal to amend the Constitution and to conduct an election on the proposal.

At a meeting held on May 1, 2019, the Election Board met to review the proposal and the request to conduct an election on the proposal. The Election Board approved the request and will conduct an election on the proposal, which shall occur with the General Election on July 13, 2019.

A copy of the proposal (and its attachments) are available on the secured portion of the Pokagon Band's Election page of the website. A copy is also available at the Community Center, the Administration Building, the Election Office, and Elders Hall. A copy of this notice will go out to voters with the upcoming Candidate Statements.

Routine auto maintenance saves money and repair costs



CHI ISHOBAK

Maintenance is regular service that helps prolong the life of your vehicle, while auto repair is when a part or fluid is not performing and needs to be fixed.

Here are tips to avoid expensive auto repairs:

1. Follow the maintenance schedule as outlined in your owner's manual. The best way to avoid costly repairs is to take preventative steps that will keep your car in the best condition possible.
2. If there is a problem with your vehicle, get it checked out. If it requires repair, handle it immediately to avoid bigger problems.
3. Change fluids, filters, and spark plugs as the car's manufacturer recommends.
4. Upgrade your motor oil to a high-performance synthetic oil, which can help prevent certain problems and can also improve your car's performance.
5. Properly inflate your tires. This is especially important because tires with too little air, or too much, can result in excessive wear and may cause a blowout.
6. If you notice unusual noises on your car, check with your owner's manual for information. Quite often, some noises are perfectly normal and there is no need for concern. The point is to be aware and proactive.

Your owner's manual will let you know whether a scheduled visit to the car repair shop is necessary. If you do have to take your car in for repairs, be sure that you are dealing with a reputable company. These steps will help to keep your car running smoothly and may also keep some extra bucks in your wallet. The price of gasoline is only going up, so a few extra dollars here and there go along way!

Chi Ishobak exists to help you manage your financial resources in today's world. From business consulting and small business loans to consumer loans and financial wellness coaching and workshops, we stand ready to assist.

Contact Chi Ishobak today: (269) 783-4157 | www.chiishobak.org

POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE

Come join us for dinner and
SHISHIBÉ

POTAWATOMI LANGUAGE BINGO

**A BBQ dinner will be served at 6 p.m.,
and Shishibé bingo begins at 7 p.m.**

In honor of Mother's and Father's Days,
all parents who register ahead of time
will receive a gift. Register on our website
by searching “Shishibé.”

Friday, June 7

6 P.M. - 9 P.M.

COMMUNITY CENTER

27403 Potawatomi Trail, Dowagiac MI 49047

Please contact carla.collins@pokagonband-nsn.gov
with any questions.

Baby celebration welcomes newest citizens

Parents and family joined in the Community Center this spring to celebrate the children who joined our community this past year. Each child received a special blanket. The Departments of Natural Resources, Education, and Pokagon Health Services hosted this event.

Please join us in welcoming the newest additions to our community:

Joseph V. Avance IV	Adam Michael Knight
Judah Brown	Yadriel Lindsey
Ava Danielle Cornelius	Kyleigh Luna Faye Lozano
Jackson DeVries	Peyton Michael Macheta
Nolan Gregory Dodson	Nanaquiba Malott
Evelyn Ruth Dylewski	Daniel Marunycz
Marjorie Danielle Dylewski	Starlyte Morseau
Weston Edwards	Riley Joy Orvis
Henry Glynn	WakajaPiwiga Reid
Mila Jovanovich	Analís Rivera
Lily Kirk	Eleanor Rushing



Note from the Tribal Council Secretary

Just a note to let you know some of the topics I have been working on since the tribal election.

One of my focuses has been our children. The children are the future leaders of the tribe. We all want them to be informed to be able to move things forward. Safety for our children is at the top of my list.

With all the talk and news releases on human trafficking I thought this was a good place to start. I met with Director of Language & Culture and with our Youth Coordinator to see with my help if we could hold an event to bring in children and parents to discuss human trafficking, what it is, and to educate our youth and families. I also spoke with Chief Lux to run this by him. When Tribal Council met with the Attorney General's office earlier this year I was able to make some contacts with some agencies and we were able to bring in Trisha Kovac from one of the agencies in Michigan along with our Lieutenant Ben Graves to talk with the youth. Our Youth Council agreed to host this event.

On April 20 the event took place with approximately 25 youth participants (ages 8-14) and approximately 10 adults. The youth asked some very good questions and seemed to be engaged and interested in the information they



were given. With pow wow season fast approaching it was important to get any information we could to the youth and parents at this time. It was stressed to the youth to look out for each other. Stay in groups and if you feel you may be in danger or feel uncomfortable around someone, reach out to a familiar adult, Tribal Police, or one of our veterans or elders. We are all around to do what we can to keep each one of you safe.

In April I attended the National Indian Child Welfare Association (NICWA) Conference. The classes offered were amazing. While on travel I met with our Family Welfare Commission who were also attending the conference. I wanted to present them with a couple of ideas to consider regarding our foster families. The month of May is Support of our Foster Parents Month. Plans are taking place to put an event together in the future.

From August to today my days seem to run together. There is so much to work on. Tribal Council continues to attend a language class once a week before the Tribal Council Special Session meeting. Everyone seems to be putting their best foot forward to keep things moving forward.

Spring has finally arrived. Get outside and enjoy.

Sincerely,

Kelly Curran

June is Men's Health Awareness Month

This month is a time to raise awareness about men's health and encourage the males in our lives to live healthier. Statistics show women are living, on average, five years longer than men. Women are one hundred percent more likely to visit their health care provider annually for a checkup. Irregular or no visits with their provider are impacting men and their health. Encourage men to take control of their health and teach young boys healthy habits.

Some of today's most common diseases are preventable through early detection with routine screenings. Read on to learn about diseases that are prevalent among the male population and common ways providers screen for them.

Heart Disease

Heart disease is the number one cause of death among men. Risk factors for heart disease include obesity, physical inactivity, poor diet, smoking, excessive alcohol intake, high cholesterol, high blood pressure and diabetes. Unfortunately, half of the men who die suddenly due to heart disease, had no previous symptoms. Early detection and intervention are key. Screening may include blood pressure, cholesterol panel, body weight and body mass index, waist circumference, and blood glucose.

Cancer

The prostate gland is part of the male reproductive system and aides in semen production. Aside from skin cancer, prostate cancer is the most common cancer among men and the second leading cause of cancer related death. Risk factors for prostate cancer include advancing age, African-American race and family history. Prostate-specific antigen or PSA is a protein produced by the prostate. The PSA level can be assessed by a blood test and is used to screen for prostate cancer, sometimes in addition to a digital rectal exam. There are risks and benefits with this test, so it is important to discuss this with your provider to help determine if this screening is appropriate for you.

Diabetes

Diabetes affects more than thirty million Americans. To break it down by gender; 15.5 million men and 13.4 million women have diabetes. It is estimated 7 million are considered pre-diabetic and do not know it. American Indian and Alaskan natives are 2.2 times more likely to develop diabetes compared to their non-native counterpart. Unfortunately, there are rarely any symptoms until the disease has progressed, which is why screening is so important. Screening for diabetes is a simple blood test.

Mental Health

Depression in men is severely undiagnosed, contributing to the fact that men are four times as likely to commit suicide as women. Males make up nearly 75 percent of the suicide population in the United States, with one man committing suicide every twenty minutes. There are questionnaires your provider may use to screen for depression. Because men are less likely to discuss their feelings or seek help, their symptoms may also differ from that of women. If you are feeling depressed or think you may be suffering from depression, it is important to schedule an appointment with your health care provider to discuss what treatment options may be appropriate for you.

What you can do

Prevention is key, and it starts with seeing your doctor. If it has been more than 12 months since your last visit, now is a great time to schedule your annual exam. Also, exercise more. The benefits of physical activity on health outcomes are extensive. Improve your eating. It's important to provide your body with the nutrients it needs to be healthy. Studies show diets that are rich in fruits, vegetables, whole grains, lean meats and fish have a lower incidence of chronic diseases such as high blood pressure, high cholesterol and diabetes. Finally, if you smoke, stop.

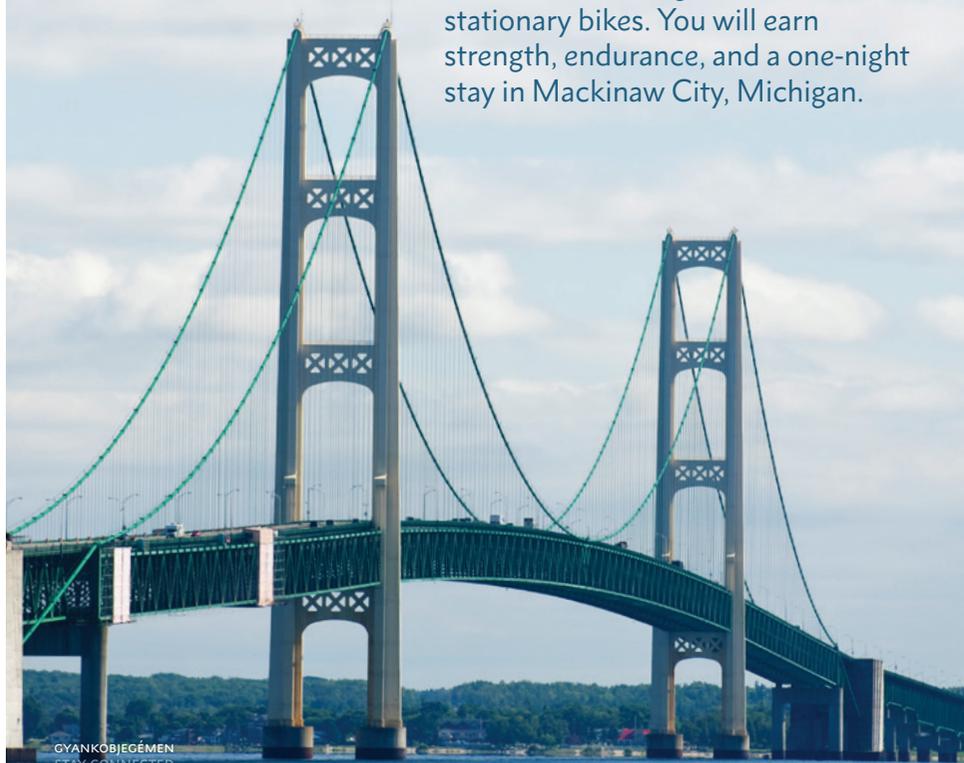
Make the change today and encourage the males in your life to do the same. You can change statistics and allow males of all ages to live happier and healthier.

POKÉGNEK BODÉWADMIK PHS WELLNESS CENTER

Bike to the Mighty Mac

JUNE 1 to AUGUST 31

Bike 325 miles (the distance between Dowagiac and Mackinaw City) in three months using Wellness Center stationary bikes. You will earn strength, endurance, and a one-night stay in Mackinaw City, Michigan.



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Hotel stay must be booked by December 13
and used no later than March 31, 2020.



POKAGON HEALTH SERVICES

Babysitting Course



Students between the ages of 11 and 14 are invited to learn about child care and development, fire safety, and safety in the home, and to earn CPR and first aid certifications.

Limited to 15 students.
Class will not be held if fewer than five students register.

June 17-20 | 9 a.m.-2 p.m.
PHS Multi-Purpose Room

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What's that Invasive Species? Carolina Fanwort (*Cabomba caroliniana*)



Carolina fanwort (*Cabomba caroliniana*) is an invasive aquatic plant that is native to South America and was introduced to North America through the aquarium trade. Carolina fanwort has been detected in most of the eastern United States. Carolina fanwort grows in three to 10 feet of water in rich organic mud.



This fanwort can create a massive dense growth including floating mats that can reduce water flow and crowd out native plants.

Carolina fanwort has two leaf types, underwater and floating. The underwater leaves are fan-like and make the plant appear to be "fluffy" under the water. The floating leaves can be thin diamond or spade-leaf shaped. Flowers are white to light pink or purple and

have six petals. Flowers bloom from May to September.

Fanwort easily breaks and can be transported to new waterbodies; therefore, it is essential to follow proper plant removal and boat wash procedures to prevent further spread. Control methods for this plant include mechanical removal, water draw-down, and chemical application, so removing it when there are fewer plants is the best option. Always remember to clean your boats to keep tribal waters clean and free of invasive species. If you believe you have identified Carolina fanwort on tribal properties, please take pictures and report the location to the Pokagon Band Department of Natural Resources at (269)782-9602.

What's that Edible/Medicinal Species? Serviceberry/Juneberry (*Amelanchier spp.*)



Multiple serviceberry or juneberry (*Amelanchier spp.*) species are found in Michigan and across the U.S. with each producing an edible fruit. Serviceberry grows as a small shrub to a medium tree, depending upon the species and location. This wild edible can also be planted in your yard to provide year-round enjoyment. The flowers of the serviceberry are white with five petals. The leaves of most species of



serviceberry are finely serrated and alternately arranged, hanging folded when the flowers are in bloom.

Serviceberry is popular in landscaping because the leaves turn various shades of red and orange during the fall, making it a picturesque planting. The fruit of the serviceberry hangs from stems and looks a bit like blueberries. The fruit is not fully ripe until they begin to turn from red to a dark purplish blue. The fruit

should be picked as soon as it ripens because they are also a favorite of many bird species.

The fruit can be eaten raw, tasting a bit like blueberries, or they can be made into jellies, pies, syrup, juice, ice cream, puddings or muffins, or dried for later use. The leaves of the serviceberry and the flowers can also be used to create a tea. The fruits are high in potassium and vitamin C, but also contain vitamin A and minerals such as iron, magnesium, folate, phosphorus, and calcium. As with any new edible or medicinal, ensure that you have a positive identification before use and utilize the plant in small quantities at first to make sure there are no allergic reactions.

PHS WELLNESS

QUADRATHON

SUNDAY, JULY 28 8:30 AM – RODGERS LAKE CAMPGROUNDS

SWIM
750 Meter
Open Swim

BIKE
20K
Bike Ride

KAYAK
2000 Meter
Kayak

RUN
5K
Trail Run



OPEN TO EVERYONE, BUT LIMITED TO THE FIRST 100 TEAMS

Individual and Team competitions Compete as an individual or on a team of 2,3, or 4 people

Each division will have three separate categories Beginner, Competitor, and Elders (55+). All Elders team members must be 55+ years of age

Prize money given to 1st – 3rd place in Competitor divisions (individual and team) Prize money amounts based on participation

Register by July 7 to receive a t-shirt and a swag bag of goodies, treats, and motivation. Late registration available from 7:00 a.m. – 8:00 a.m. morning of event.

Events may be cancelled due to inclement weather. Please refer to the Pokagon Band website for weather related updates.

Register by searching **Quadrathon 2019** at www.pokagonband-nsn.gov or at www.RunSignUp.com

POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE

Kë Pkëbthegémen

LET'S PICK THINGS



A wild food harvesting activity

Join the Department of Language & Culture for nature walks learning about foods and medicines growing around us. We will demonstrate how to harvest, clean, store, and cook in-season plants.

We will provide the basic tools needed to harvest. Please dress for the outdoors. A light lunch will be provided before the activity. Our traditions tell us not to harvest in the rain, so cancellations due to weather are possible.

June 2 • June 30 • July 28 • August 25

12 P.M. - 5 P.M.

Language & Culture Multi-purpose room
59291 Indian Lake Road

Please contact **Nicole Holloway** at (269) 783-3513 (desk), (269) 783-6131 (cell) or Nicole.Holloway@pokagonband-nsn.gov for more information or to check for cancellations.

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Heard about Department of Education's Educational Excellence Program?

All Pokagon Band students who completed Kindergarten-12th grade in 2018-2019's school year qualify to earn funds to use this 2019-2020 school year. All funds earned must be used as supplemental funds for Education's other programs (Enrichment, Tutoring, and Special Request).

Those who are ages 13-17 have the option to transfer the money earned to Chi Ishobak's Youth Transportation IDA, which saves up for a car. Seniors will receive a check since they are no longer eligible for Enrichment, Tutoring, or Chi Ishobak. All homeschool students will need to do a service learning project to receive the full allotted amount.

Questions? Contact Susan Doyle at (269) 462-4229 or e-mail at susan.doyle@pokagonband-nsn.gov. The funding scale is on the Pokagon Band website. Funding amounts are \$50-\$800 for K-5 and \$100-\$1200 for 6-12 graders. Additional money (\$50) is awarded for SAT and ACT test scores (limited one per test type).

The deadline to submit The Educational Excellence Pre-Application and 2018-2019 grades/attendance is October 1, 2019.

Department of Education K-12 Programs deadlines are approaching

The last chance to get in your requests for the 2018-2019 school year is quickly approaching! Go to the Education section of the website for full details at www.pokagonband-nsn.gov/edu.

Educational Release \$150 stipend per child per school year (August 1-July 31) for school supply reimbursement. Students must be age 4 by September 1 and in preschool to be eligible for the stipend. An Educational Release must be on file for the current year to participate in Department of Education programs and services.

Educational Releases for the 2019-2020 school year will be available August 1. Please allow two to three weeks for payment due to the high volume of Educational Releases received during this time.

The **Enrichment Program** helps pay for/reimburse for extra-curricular activities for students in grades K-12 up to \$500 per school year (August 1-July 31).

Examples of what the Enrichment Program can be used for: drivers training, dance, sports, martial arts, and camps. Please see the Enrichment Program Application for further examples and program requirements.

The **Special Request Program** helps pay for/reimburse for academic related needs, up to \$500 per school year (August 1-July 31). Examples of what the Special Request Program can be used for:

- ECE/Head Start - academic testing, occupational/physical therapy, speech and language
- K-12 - academic workshops or conferences, pre-college summer classes and summer school, graduation regalia (basic cap, gown, and tassel only)
- Continuing Education - college application, entrance, and exam fees, mandatory parking fees
- Nation Building - conference registration fees

Each Special Request is subject to review. Please see the Special Request Program Application for further examples and program requirements.

The Educational Excellence Initiative Program (EEI) allows students in grades K-12 to earn additional funds toward the Enrichment, Special Request, Tutoring, and Chi Ishobak's Youth IDA based on their grades and attendance record, from the previous school year. Funds to be used are subject to the requirements of the original program requesting, and those funds are to be exhausted prior to using EEI. The deadline to receive EEI funds for the 2018-2019 grades and attendance is October 1.

The last day to submit Educational Releases, Enrichment, Special Request, and Educational Excellence Initiative requests for the 2018-2019 school year is July 31, 2019. Missing documentation for requests already submitted must also be received by this time. No requests for the 2018-2019 school year will be accepted after this date.

Learn about ins and outs of home buying



Want a place to call your own? Want to earn equity rather than watch money disappear every month on rent? Tired of dealing with landlords and apartment neighbors? Then we have the event for you.

Join us at the Pokagon Department of Housing's 2nd Annual Home Buyer Event at the Pokagon Community Center on Wednesday, June 19 from 4:00 - 6:30 p.m. At the event you will be able to ask questions of the industry professionals and learn how to begin the process of finding your forever home.

Kindly RSVP to Kim Cushway at (269) 462-4253 by June 10.



DRUM CLASSES

Department of Language and Culture
59291 Indian Lake Road, Dowagiac, MI 49047

6:00 pm-8:00 pm

Please join John T. Warren at our Mens and Boys Drum Class, open to all tribal citizens, spouses and other tribal affiliations. Drum class welcomes all. This year adults meet on one Wednesday of each month and youth meet on one Thursday of each month. There are many teachings that come with this class from a great teacher.

Any youth under 13 attending the class must be accompanied by an adult. Those drivers participating in every two drum classes are eligible for a \$25 gas card. Dinner is provided.

2019

ADULTS	Wed, Jan 9	Wed, Feb 20	Wed, Mar 13	Wed, Apr 10	Wed, May 8	Wed, June 12
YOUTH	Thurs, Jan 10	Thurs, Feb 21	Thurs, Mar 14	Thurs, Apr 11	Thurs, May 9	Thurs, June 13

Events may be cancelled due to inclement weather.
Please refer to the Pokagon Band website for weather related updates.



For more information, please call the Language & Culture office at (269) 462-4325 or Nicole Holloway at (269) 783-3513 desk / (269) 783-6131 cell.

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Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
Kë Pkëbthegëmen (Let's pick things) 2	3 Zagbëgon Commencement Open Language Class Day Language Class Elders Health & Wellness Auricular Acupuncture Znëget 1 + 3, Kids Language & Wënpënet Language Classes	4 Big Kids Language Class Family Fitness Class Dowagiak Language Class	Elders Health & Wellness Neshnabë Mbokën Znëget 2 Language Classes
9	10 Open Language Class Day Language Class Elders Health & Wellness Auricular Acupuncture Znëget 1 + 3, Kids Language & Wënpënet Language Classes	11 Big Kids Language Class Family Fitness Class Dowagiak Language Class	Elders Health & Wellness Znëget 2 Language Classes Drum Class
16	17 Babysitting Class Open Language Class Day Language Class Elders Health & Wellness Auricular Acupuncture Znëget 1 + 3, Kids Language & Wënpënet Language Classes	18 Babysitting Class Big Kids Language Class Family Fitness Class Dowagiak Language Class	Babysitting Class Elders Health & Wellness Second Annual Homecoming Znëget 2 Language Classes
Honoring our Graduates Banquet 23	24 Kë Gbëshmen Open Language Class Day Language Class Elders Health & Wellness Auricular Acupuncture Znëget 1 + 3, Kids Language & Wënpënet Language Classes	25 Kë Gbëshmen Big Kids Language Class Family Fitness Class Dowagiak Language Class	Kë Gbëshmen Elders Health & Wellness Znëget 2 Language Classes
Kë Pkëbthegëmen (Let's pick things) 30			

Please check the website for the latest updates on any ca

berry picking moon] June 2019

WEDNESDAY	Nyéw gizhëk	THURSDAY	Nyano gizhëk	FRIDAY	Odankè gizhëk	SATURDAY
						1 Tribal Council Meeting at Elders Hall
5 Business Class	6 PALS (Play and Learn Social) Potawatomi 201 South Bend Language Class Indigenous Film Screening	7 Elders Health & Wellness Shishibé	8 Meet Your Candidates Family Fishing Day			
12 Business Class	13 Potawatomi 201 South Bend Language Class Drum Class	14 Elders Health & Wellness	15			
19 Business Buyer Event Class	20 Babysitting Class PALS (Play and Learn Social) Débénwéthëk Parent Group meeting Potawatomi 201 South Bend Language Class	21 Babysitting Class Elders Health & Wellness	22			
26 Business Class	27 Kë Gbéshmen South Bend Language Class Potawatomi 201	28 Kë Gbéshmen Elders Health and Wellness	29 Kë Gbéshmen			

Cancellations due to inclement weather. Visit www.PokagonBand-nsn.gov/calendar or call (800) 517-0777 for more details on these events.

Summit focuses on food sovereignty and traditions, *continued from page one*

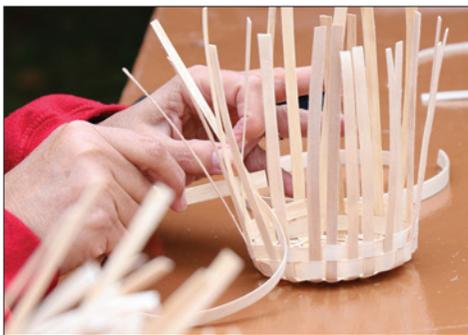
“Knowledge isn’t uncoupled from responsibility in the native model,” she said. “In the western model knowledge exists for knowledge’s sake. We believe we’re not learning about the plants but learning from them.”

The group considered how climate change is impacting the plants on their walk. For example, the rising temperatures change the habitat range of maple trees. May apples grow under maple trees and depend on the maple tree refuse. As the tree’s habitat moves, so will the may apples.

“Plants are like families together, and relatives to us,” said Wall Kimmerer. “They grow together, there are elders, young ones, teenagers and so on.”

Amidst the workshops, vendors sold such foods as pure maple syrup, maple sugar, and maple vinegar, as well as bison jerky and various teas. Artists sold birch bark baskets, wooden spoons, jewelry, and clothing.

Four Winds Casino sent their master butcher and several chefs to help with butchering and cooking during the event and provided such support as a refrigerated truck and other supplies.



Land Use Board initiates Pokagon Lands Classification Project

As required by the Pokagon Band Constitution, the Pokagon Lands Classification Project has developed recommended classifications for the more than 6,500 acres of tribal land for Tribal Council consideration during 2019.

These classifications, which include commercial, non-commercial, and land preserves, will establish the starting point for land use planning in the best interest of the Band and for future generations. They will also inform the development of the constitutionally-required Land Plan intended to guide future growth and to establish goals and priorities for the use of tribal land and resources.

A *Draft Report for Citizen Review* has been developed and is available for review and comment from June 1 to July 15, 2019.

The draft report may be viewed here by searching “Pokagon Lands” on www.PokagonBand-nsn.gov

For further information on the Lands Classification Project please contact Tribal Planner Robert Torzynski at (269) 462-0688.

Happy Birthday and Happy Anniversary to all elders who are celebrating in June!

Elders June Calendar

The Elders June meeting will be the second Thursday of June due to the Boarding School trip. The next Elders Business Meeting will be June 13 at the Community Center starting at 11:00 a.m.

June 12 Elders Council 1:30 p.m. at Elders Hall, open to all elders

June 13 Elders Business meeting 11:00 a.m. , at the Community Center

June 26 Elders Council 1:30 p.m. at Elders Hall, open to all Elders



Properties closed during youth culture camp

The Pokagon Band's Department of Language and Culture is sponsoring Kë Gbëshmen, and activities associated with the camp will occur at the Pokagon Band's Rodgers Lake Property and Gage Street Property. To help ensure the safety of participants, the Department seeks to limit access to Pokagon Band's Rodgers Lake Property and Gage Street Property during the camp.

Tribal Council closes all portions of the Pokagon Band's Rodgers Lake Property at which the camp will occur as follows:

- 7:00 a.m. on June 23, 2019 - 9:00 p.m. on June 29, 2019
- 7:00 a.m. on July 10, 2019 - 9:00 p.m. on July 12, 2019
- 7:00 a.m. on July 15, 2019 - 9:00 p.m. on July 19, 2019
- 7:00 a.m. on July 22, 2019 - 9:00 p.m. on July 25, 2019

Tribal Council closes all portions of the Pokagon Band's Gage Street Property at which the camp will occur as follows:

- 7:00 a.m. on June 26, 2019 - 9:00 p.m. on June 28, 2019
- 7:00 a.m. - 9:00 p.m. on July 12, 2019
- 7:00 a.m. on July 16, 2019 - 9:00 p.m. on July 18, 2019
- 7:00 a.m. - 9:00 p.m. on July 24, 2019

Access to the closed portions of the Pokagon Band's Rodgers Lake Property and Gage Street Property shall be limited to Pokagon Band staff, volunteers, and participants in the camp, and the Department shall post notices at appropriate locations informing the public and Pokagon Band citizens of the closures.

Don't disturb young wildlife



Animals use all sorts of tactics to survive and thrive in the wild. Mama deer will hide their young while they gather supplies, making the fawn appear abandoned when it is just waiting for her to return. Remember, leave young in the wild this spring and summer so they can stay with their families.

Join the elders for upcoming activities

Potawatomi Spring Dance, hosted by Gun Lake

Where: Luella Collins Community Center in Shelbyville, Mich.

When: Tuesday, June 18 from 5-7 p.m.

How: Bus leaves from Community Center at 3:30 p.m.

Sign up at Elders hall beginning June 3 or at Elders Business meeting on June 13.

Lake Michigan Charter Fishing Trip, salmon/trout

Where: Seahawk Fishing Charters 1000 Riverview Dr., Benton Harbor, Mich.

When: Tuesday, July 10 from 6 a.m.-1 p.m. (will be postponed 1 week if inclement weather forecasted)

How: Bus leaves from Community Center at 4:30 a.m. Bring your own seasick pills & fishing license (or purchase a 1-day license there), 6 per boat, restroom onboard, \$50 deposit due by June 17.

Sign up at Elders hall beginning June 3 or at Elders Business meeting on June 13.

MIEA Conference hosted by Saginaw Chippewa

Where: Mt Pleasant, Mich.

When: Tuesday July 23-25

How: Bus leaves from Community Center at noon on July 23

Sign up for alternate list at Elders Hall or call Julie Dye at (269) 462-1004) by July 9. The \$25 per person deposit due by July 2.

Elders Lunch Menu | mskwëmnëké gizes | raspberry picking moon

monday

3

language

Italian Rustic Cod
Mashed Sweet Potatoes
Asparagus
Coleslaw
Peaches
Whole Grain Roll

tuesday

4

Brats
Sauerkraut
Baked Beans
Veggie & Pickle Tray
Pineapple

wednesday

5

Salad Bar

thursday

6

Buffalo Tacos
All the Toppings
Red Beans & Rice
Pico de Gallo
Fruit Salad
Cake

friday

7

Pizza Day

10 language

Buffalo Vegetable
& Barley Soup
Egg Salad Sandwich
Veggie & Pickle Tray
Whole Grain Roll

11

Pork Chops
Baked Potatoes
Brussels Sprouts
Garden Salad
Mandarin Oranges
Whole Grain Roll

12 Elders Council

Tuna Casserole
French Style Green Beans
Tomato Salad
Fruit Cocktail & Cottage
Cheese
Whole Grain Roll

13 Business meeting

Chili Cheese Dogs
Baked Chips
Baked Beans
Veggie & Pickle Tray

14

Chicken Broccoli Alfredo
Mixed Vegetables
Bruschetta
Garden Salad
Peaches

17 language

BBQ Chicken
Sweet Potato Fries
Broccoli
Garden Salad
Apple Sauce
Whole Grain Roll

18

Buffalo Tips in Gravy
with Vegetables
Corn on the Cob
Coleslaw
Fruit Cocktail
Whole Grain Roll

19

Ham & Bean Soup
Turkey Sandwich
Veggie & Pickle Tray
Dessert

20 social

Buffalo Burgers
Tator Tots
Veggie & Pickle Tray
Fruit Salad
Snacks

21

Tortilla Crusted Tilapia
Rice Pilaf
Peas
Cucumber Salad
Sliced Pears
Whole Grain Roll

24 language

Broccoli & Cheddar Soup
Ham or Turkey Sandwich
Veggie & Pickle Tray
Dessert

25

Buffalo Sloppy Joe's
Baked Chips
Baked Beans
Veggie & Pickle Tray
Dessert

26 Elders Council

Buffalo Lasagna
Mixed Vegetables
Garlic Bread
Garden Salad
Fruit Salad

27

Swedish Meatballs
Mashed Potatoes & Gravy
French Style Green Beans
Garden Salad
Sliced Pears
Whole Grain Roll

28

Breakfast Bar

june



PLEASE CALL THE DAY BEFORE if you are not a regular attendee for meals. (269) 782-0765 or (800) 859-2717. Meals subject to change. Meal service begins at 12:00 Noon. Note: milk, tea, coffee, water, and Crystal Light beverages served with every meal. Also, lettuce, tomato, and onion served with sandwiches and burgers. Business meetings are held at the Community Center. Business and social luncheons are potlucks. Please bring a dish to pass.

Per Capita News

The Enrollment Office needs the following individuals to update their addresses so that these payments can be mailed. If there is an X in the column(s) by your name, you have either a Christmas check and/or per capita payments due to you. Please contact the Enrollment Office at (269) 782-1763 or the Finance Department at (269) 462-4209.

Name	Christmas 2018	Monthly Per Cap
Anthony L. Hamstra-Cherry		x
Bobby M. Haynes		x
Carlin M. Elrod	x	x
Charlyn A. Feathers		x
Crystal D. Antisdell		x
Jeffery S. Morseau		x
Jordan N. Ramirez		x
Robert E. Antisdell		
Scott A. Brewer Jr		
Shari L. Carroll		
Thomas R. Hernandez		

You can update your address on the PokagonBand-nsn.gov website under Citizens > Enrollment or phone (269) 782-1763 for an address form by mail.

Per Capita Important Dates

Deadline to receive Changes/updates/additions	Checks mailed out on	Check date Direct deposits in accounts
Friday, June 14	Thursday, June 27	Friday, June 28
Monday, July 15	Tuesday, July 30	Wednesday, July 31
Thursday, August 15	Thursday, August 29	Friday, August 30
Friday, September 13	Thursday, September 26	Friday, September 27
Tuesday, October 15	Wednesday, October 30	Thursday, October 31
Thursday, November 14	Tuesday, November 26	Wednesday, November 27
Friday, December 13	Monday, December 30	Tuesday, December 31

* Please note the November deadline for changes is November 8. This is due to time limitations on all the events that occur at this time of the year.

PHS & EDUCATION
8TH ANNUAL
A HEALTHY STEP WITH EDUCATION

Saturday, August 17
10 a.m. - 1p.m. at Pokagon Health Services

The Department of Education and Pokagon Health Services invite you to A Healthy Step with Education. This day will be filled with health education, screenings, PreK-12 program registration, and activities. This event is for the whole family, birth to elder. It is open to all tribal citizens, employees, and their families.

PHS Wellness is hosting a Minor Mudder immediately following A Healthy Step

Please come and join in the fun.
Questions? Contact Elizabeth Leffler at (269) 462-4406 or Susan Doyle at (269) 782-0887.

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POKAGON HEALTH SERVICES WELLNESS CENTER

FAMILY FITNESS CLASS

WHO
Families with children (any age)

WHAT
60 minutes of activity

WHEN
Tuesdays from 6:00 p.m. - 7:00 p.m. beginning March 5

HOW
Structured exercise classes for both parents and their children

WHERE
Parents will be in the Wellness Center and Youth in the Multipurpose room

GYANKOJEGÉMEN STAY CONNECTED
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Tribal Council June Calendar of Events

- 1 Tribal Council Meeting, Elders Hall , 10 a.m.
Tribal Council's monthly Saturday meeting for June has been changed. It will be held to June 1 at Elders Hall at 10 a.m., not June 8 at the Community Center.
- 3 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 4 Tribal Council Special Session, Administration, 10 a.m.
- 10 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 11 Tribal Council Special Session, Administration, 10 a.m.
- 17 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 24 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 25 Tribal Council Special Session, Community Center, 6 p.m.

Tribal Council July Calendar of Events

- 1 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 2 Tribal Council Special Session, Administration, 10 a.m.
- 8 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 9 Tribal Council Special Session, Administration, 10 a.m.
- 15 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 16 Tribal Council Special Session, Administration, 10 a.m.
- 22 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 23 Tribal Council Special Session, Community Center, 6 p.m.
- 29 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 30 Tribal Council Special Session, Administration, 10 a.m.

Please check the website, www.pokagonband-nsn.gov, or call (888) 782-2426 before attending to confirm that a meeting has not been cancelled.



HEAP DEADLINES
August 1
December 1
May 1

Know the Higher Education Assistance Program deadlines!

HEAP deadlines will be strictly enforced for the 2019-2020 academic year.
To receive Higher Education assistance:

FALL 2019 applications must be submitted by **August 1**
WINTER or SPRING applications must be submitted by **December 1**
SUMMER applications must be submitted by **May 1**

A full application packet is required for each semester. Call (269) 782-0887 for more information. **Migwëthh!**



PHS WELLNESS

Mental Toughness Basketball Camp

Join professional and collegiate athletes from across the United States and Europe for an experience emphasizing mental toughness and using the disciplines of the game to improve yourself.

Every participant will receive a highlight video, healthy, organic snacks, and a t-shirt

\$120 per child
scholarships available for Pokagon Band youth

Limited to 25 youth

Parents are welcome and encouraged to attend.

Boys and Girls
entering 4 - 12 Grade
August 13 - 14 from 8:00 a.m. - noon
Pokagon Band Family Activity Center

Register
Call Dean at (269) 462-4290 or email
Dean.Orvis@PokagonBand-nsn.gov

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Department of Education
EARLY CHILDHOOD EDUCATION

Débénwéthêk Parent Group



In Potawatomi, Débénwéthêk means the ones who take care of others. The goal of Débénwéthêk Parent Group is to develop opportunities for Pokagon families to spend quality time with one another and create meaningful experiences together.

Débénwéthêk Parent Group is composed of parents and caregivers of children under 8 years of age and meets every third Thursday of the month.

Childcare is provided.

2019

January 17	April 18	July 18	October 17
February 21	May 16	August 15	November 21
March 21	June 20	September 19	December 19

5:30-7:30 pm | Zagbëgon: An Early Learning & Development Academy

Events may be canceled due to inclement weather.
Please refer to the Pokagon Band website for weather related updates.

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Tribal Office Directory

Administration

58620 Sink Road
(269) 782-8998
Toll Free (888) 281-1111

Commodities

(269) 782-3372
Toll Free (888) 281-1111
Fax (269) 782-7814

Communications

58620 Sink Road
(269) 782-8998

Compliance

58620 Sink Road
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

58620 Sink Road
(269) 782-0887
Toll Free (888) 330-1234
Fax (269) 782-0985

Elders Program

53237 Townhall Road
(269) 782-0765
Toll Free (800) 859-2717
Fax (269) 782-1696

Elections

58620 Sink Road
(269) 782-9475
Toll Free (888) 782-9475

Enrollment

58620 Sink Road
(269) 782-1763
Fax (269) 782-1964

Facilities

57824 East Pokagon Trail
(269) 783-0443
Fax (269) 783-0452

Finance

58620 Sink Road
(269) 782-8998
Toll Free (800) 517-0777
Fax (269) 782-1028

Housing & Community Development

57824 East Pokagon Trail
(269) 783-0443
Fax (269) 783-0452

Human Resources

58620 Sink Road
(269) 782-8998
Fax (269) 782-4253

Information Technology

58620 Sink Road
(269) 782-8998
Toll Free (800) 517-0777
Fax (269) 782-6882

Language & Culture

59291 Indian Lake Road
(269) 462-4325

Mno-Bmadsen

415 East Prairie Ronde Street
(269) 783-4111

Natural Resources

32142 Edwards Street
(269) 782-9602
Fax (269) 783-0452

Pokagon Health Services

58620 Sink Road
(269) 782-4141
Toll Free (888) 440-1234

Social Services

58620 Sink Road
(269) 782-8998
Toll Free (800) 517-0777
Fax (269) 782-4295

South Bend Area Office

3733 Locust Street
South Bend, Indiana 46614
(574) 282-2638
Toll Free (800) 737-9223
Fax (574) 282-2974
(269) 782-8998

Tribal Council

58620 Sink Road
(269) 782-6323
Toll Free (888) 376-9988
Fax (269) 782-9625

Tribal Court

58620 Sink Road
(269) 783-0505
Fax (269) 783-0519

Tribal Police

58155 M-51 South
(269) 782-2232
Toll Free (866) 399-0161
Fax (269) 782-7988

Zagbëgon

58620 Sink Road
(269) 783-2469
Fax (269) 782-8680

Tribal Council Directory

(888) 376-9988

Chairman

Matthew Wesaw
(269) 462-5379
Matthew.Wesaw@pokagonband-nsn.gov

Interim Vice-chairman

Steve Winchester
(269) 591-0119
Steve.Winchester@PokagonBand-nsn.gov

Interim Treasurer

W. Alex Wesaw
(269) 462-1170
Alex.Wesaw@pokagonband-nsn.gov

Secretary

Kelly Curran
(269) 591-0604
Kelly.Curran@pokagonband-nsn.gov

Member at Large

Becky Price
(269) 783-6212
Becky.Price@pokagonband-nsn.gov

Member at Large

Andy Jackson
(269) 783-9340
Andy.Jackson@pokagonband-nsn.gov

Member at Large

Gary Morseau
(269) 259-1554
Gary.Morseau@pokagonband-nsn.gov

Member at Large

Deborah Williams
(269) 462-1427
Deborah.Williams@pokagonband-nsn.gov

Member at Large

Vacant
Vacant

Elders Representative

Colin Wesaw
(269) 259-1555
Colin.Wesaw@pokagonband-nsn.gov

Executive Secretary

Melissa Rodriguez
Office (269) 462-4203
Cell (269) 591-9521
Melissa.Rodriguez@pokagonband-nsn.gov

Elders Council Directory

Elders Hall (800) 859-2717 or (269) 782-0765

Chair

Judy Winchester
(269) 462-1578
Judy.Winchester@pokagonband-nsn.gov

Vice Chair

Julie Dye
(269) 462-1004
Julie.Dye@pokagonband-nsn.gov

Secretary

Judy Augusta
(269) 783-6304
Judy.Augusta@pokagonband-nsn.gov

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380
Cathy.Ford@pokagonband-nsn.gov

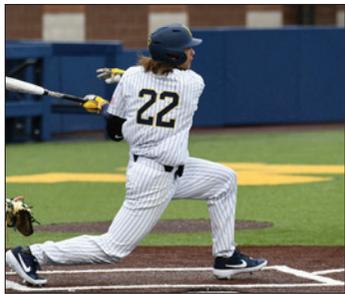
Notice of Open Positions

The following Boards, Committees and Commissions are looking to fill open positions. Please see the Pokagon Band website or the **Legislative Edition** for more information.

- Traditions/Repatriations Committee
- Food Sovereignty Committee
- Pokagon Band Land Use Board
- Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Chi Ishobak, Inc.
- Pokagon Rights Board
- Mno-Bmadsen Board of Director Position Announcement
- Ggaténmamen Gdankobthegnanêk Pow Wow Committee
- Gaming Commissioner
- Election Board
- Ethics Board
- Tribal Art Review Committee



I just want to congratulate my daughter Lesley Jordyn Cody (Williams), granddaughter of the late Julius Edward Williams, for graduating with honors with a degree in psychology and a minor in sociology and for being inducted into the International Honor Society. I want to let you know how proud I am on all your accomplishments. I love you Jordyn!! Mom Angie Williams Cody



Congratulations to Jordan Brewer, a junior right fielder and first baseman on the University of Michigan baseball team. Earlier this season he led the Wolverines in virtually every important offensive category with a .368 batting average, 32 runs, 42 hits, nine home runs, 33 runs batted in, a .684 slugging percentage and 12 stolen bases in 16 attempts. The St. Joseph (Michigan) High School graduate started his college career at Lincoln Trail Community College in Robinson, Illinois before transferring to Ann Arbor this year.



I would like to wish my daughter Jazlynn Hemsley a blessed 21st Birthday. This talented graduate of BHHS, who was president of her senior class, drum major, and radio broadcast winner, continues to positively impact her community with love, light, and laughter.

POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE

Please join the Department of Language & Culture for

INDIGENOUS FILM



Thursday, June 6 | 6-8 p.m.

Weather permitting, we'll screen the film outside the Community Center.

Join us for dinner, popcorn, s'mores and a screening of two films by Neshnabe filmmaker Shane McSauby.

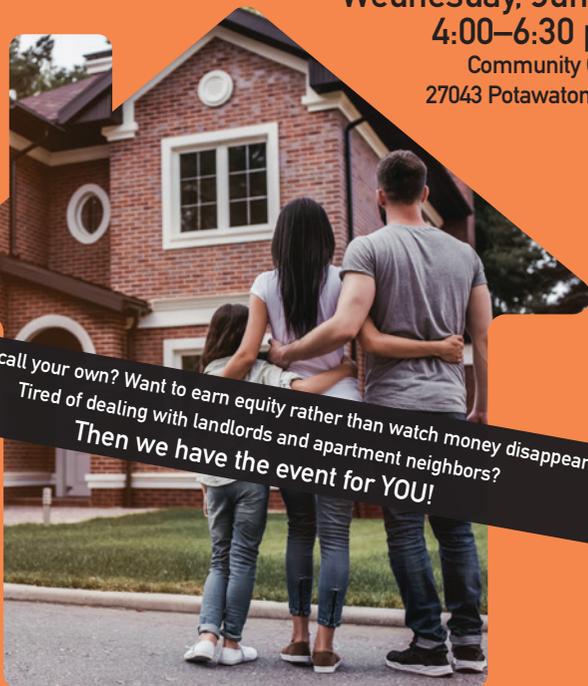
"A story about identity, beyond one's physical appearance or gender, and the aspects of one's self that are formed in one's earliest years and experiences that some reject or lose touch with. It's about people, not ideas, rooted in language. This is a lyrical and wonderfully honest film that takes small moments and imparts them with surprising resonance."
Vancouver International Film Festival review

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POKÉGNEK BODÉWADMIK DEPARTMENT OF HOUSING

SECOND ANNUAL HOME BUYER EVENT

Wednesday, June 19
4:00–6:30 p.m.
Community Center
27043 Potawatomi Trail



Want a place to call your own? Want to earn equity rather than watch money disappear on rent?
Tired of dealing with landlords and apartment neighbors?
Then we have the event for YOU!

At the event, you will be able to ask questions of industry professionals and learn how to begin the process of finding your forever home.

Kindly RSVP by June 10 to
Kim Cushway at (269) 462-4253.

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DEPARTMENT OF NATURAL RESOURCES



Prizes • Fun Family Event • Food

FAMILY FISHING DAY

AT RODGERS LAKE, DOWAGIAC, MI

SATURDAY, JUNE 8 | 8:00AM-1:00PM

CHECK-IN BEGINS AT 8:00 A.M. | FISHING 8:30 A.M.–12:00 P.M.

- Pre-registration is preferred. Individuals who need boats, canoes, or fishing accessories need to register before the event
- You must wear a life jacket! No exceptions.
- Limited number of boats and canoes. To pre-register, search "Family Fishing 2019" on pokagonband-nsn.gov.
- You may use your own boat but the gas tank must be removed. Please note, the launch is rustic. Limit to 14-foot boats.
- Fishing poles and bait available. Participants must have a valid tribal fishing license in order to participate.
- Lunch is provided.
- Prizes!

GRAND PRIZE: CHARTER FISHING TRIP FOR 4 ON LAKE MICHIGAN

For more information, contact DNR at DNR@PokagonBand-nsn.gov or (269) 782-9602.

Events may be cancelled due to inclement weather. Please refer to the Pokagon Band website or Facebook page for weather related updates.

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