

# Pokégnek Yajdanawa

bné ona gizes [smoked turkey moon] November 2019



## Page 3

Potawatomi language app soon to be released.

## Page 4

Join the Community Jibakwé.

## Page 6-7

Community brings awareness to Domestic Violence.



## PHS earns awards

Pokagon Health Services earned the 2019 Bemidji Area Director's Award and a Michigan Breastfeeding Friendly Workplace GOLD Award.

The Directors Award is given to an IHS facility that provides high-level care and continuously improves the quality of health care to the Pokagon community. The Breastfeeding Friendly Workplace GOLD Award is for workplaces that adopt breastfeeding-supportive policies and provide time and space for breastfeeding employees in compliance with the Break Time for Nursing Mothers law.

"We are extremely proud of our health care team and facility," said Matthew Wesaw, Tribal Council Chair. "Our integrated, patient-centered, medical home model of care is unparalleled in this Indian Health Services region."

Pokagon Health Services has created a system where an integrated care team meets every other week to discuss solutions in PHS's medical home. Between the family practice clinic, dental, pharmacy, behavioral health, community outreach and the wellness center, a patient can know that specialists are coordinating care and providing a holistic plan for a patient's health. If a patient at the clinic needs behavioral health or nutrition counseling, the specialists are there under one roof to meet with the patient.

*Please turn to page 5*

## Proposed constitution amendments up for vote in November special election

Four proposals to amend the **Pokagon Constitution** will be on the ballot in a special election on November 16. **Proposal 1** would amend the Constitution to allow leases or other encumbrances of tribal land for up to 75 years without prior approval in a referendum. The Constitution currently allows a lease of up to 25 years without prior approval in a referendum.

This 25-year limitation in the Constitution prevents Band citizens who are buying a house on tribal land from obtaining a mortgage longer than 25 years. A 25-year mortgage results in a higher monthly payment than a standard 30-year mortgage. For example, a 25-year mortgage of \$130,000 at 4.5% has a monthly payment of \$722.58. A 30-year mortgage of that same amount at that same interest rate has a monthly payment of \$658.69.

The existing language in the Constitution also limits the Band's ability to attract third party capital for the commercial development on tribal land, because any lease the Band may grant to a possible non-citizen commercial developer may not exceed a term of 25 years. Without third party capital to pay for commercial development, the Band must pay for any commercial development on tribal land. If Proposal 1 were adopted, it would permit a lease or a mortgage of a lease with a non-citizen for a term of up to 75 years, without prior approval in a referendum.

*Please turn to page 5*

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POKAGON BAND OF POTAWATOMI



## Proposed RAP amendment up for vote in November special election

One proposal to amend the Pokagon Band's **Gaming Revenue Allocation Plan (RAP)** will be on the ballot in a special election on November 16. Voters can read the Tribal Council resolutions detailing the full amendments by searching "elections" on the Pokagon website.

The RAP amendments would change the RAP in primarily two ways. First, the amendments would protect our most vulnerable citizens—those who are "legally incompetent" or who have a qualifying disability or special need—by having his or her per capita payment placed into an irrevocable trust. Currently citizens in this situation have been denied certain benefits because their per capita payments deem them ineligible for federal or state support.

"Our special needs individuals, our members who have payees, and our Elders who have others taking care of their finances need our help in making sure the government does not take away their services due to trust funds and bank accounts that according to them have too much money," said Andy Jackson, a Tribal Council member at large. "These folks need us to vote to protect their dollars. Our children have to be taken care of when we are no longer here to care for them, to have enough to pay for housing for their lifetime. This vote will not impact anyone's per capita, it will only help those less fortunate."

Second, the RAP amendments would allow vested adults in the Minors Trust to rollover their Minors Trust balances into the Per Capita Savings Plan. This allows citizens to continue to invest their per capita payments, protect wealth, and defer taxes.

"As a parent, I'll tell my kids to take their trust and immediately invest it like you don't even know it's there," said Pokagon Matt Clay, parent of four citizens. "It's a great advantage for our kids."

To vote, you must be a Pokagon citizen over the age of 18 and registered to vote. To find out more about each proposal or get an absentee ballot, please search "elections" on the Pokagon Band website or call the Election Office at (269) 782-9457.

## Per Capita Savings Plan enrollment is now open Deadline to enroll for 2020 is November 30, 2019



Pokagon citizens can create and preserve wealth with the Per Capita Savings Plan. Enrollment is now open for citizens who want to save and invest per capita payments on a tax-deferred basis. If you enroll in the plan during this open enrollment, deferral into the plan will begin with the first per capita payment in January 2020.

The plan is completely voluntary; you do not have to participate. Because this plan is optional, you must affirmatively make an election in writing to participate. This plan provides citizens with a voluntary option to defer all or just a portion of your monthly per capita payments until a future date. The money that is deferred is not taxed now; the taxes owed are deferred until the money is received. You will also be able to choose the length of the deferral and when you receive the money that you elect to defer.

Your election to defer your per capita only applies for one year. However, you may choose to automatically renew your enrollment so that your election to defer will remain in effect for subsequent years until modified.

Additional information can be found at [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov) and searching for "savings plan."

## Supervised weight loss clinic seeing successes

Native Americans are more likely to be overweight and develop diabetes than other ethnic groups. After reviewing Pokagon Health Services data, health practitioner Shanta Clark recognized that seventy percent of adult PHS patients were overweight. Many of them suffered from chronic conditions as a result of being overweight.

Clark and other health care providers know from research that if an overweight person loses five to ten percent of his or her body weight and keeps the weight off, noteworthy health benefits follow. Many chronic conditions associated with obesity, like high blood pressure, diabetes, high cholesterol, depression and joint pain, can be reduced. Clark urged PHS leadership to open a supervised weight loss clinic to address this need and help patients improve their health.

By the end of the clinic's first month in February this year, 36 patients had their first visit to the weight management program. Overall, 68 patients have enrolled in the program and have come to at least one visit in 2019.

"Shanta Clark spearheaded this clinic," said Matt Clay, director of Pokagon Health Services. "She saw a need and she's done a phenomenal job to make it come to fruition. She was the catalyst behind it."

Goals are set by the patient with the assistance of the clinician and are not necessarily always weight-based; some want to lose a certain amount of body fat or inches. Clinicians collect aggregate data on weight, body mass index, abdominal circumference, percent of weight lost, and percent body fat lost. For individual patients, body measurements are taken to see how many inches they lose in different parts of the body.

"Given the notoriously high attrition rate and lack of successful weight loss in many of these programs, I'm very impressed with what has happened so far," said Gerald Morris MD, PHS medical director. "Shanta has dedicated several hours of her personal time to make sure this program was the right fit for our patients and clinic. She sincerely cares about the health of both our patients and greater tribal community."

For the 40 patients who made it to three months in the program the average weight loss per person was just over 4 percent. For the 26 patients who have made it to six months into the program, the average weight loss per person was 7.5 percent.

Joel Genereaux is a patient in the weight management clinic, and since January 2 he's lost 140 pounds and 34 total inches.

"Shanta helped with showing me what to eat, how much to eat," he said. "I started off meeting with her once a week and now I see her once every two months for weigh ins and measurements. I go to the gym every day, which I've never said that before. I started off walking at 2.5 miles per hour for 20 minutes and that almost killed me. Now I'm up to walking for an hour at 4 miles per hour."

Like other weight loss clinic patients, Genereaux has met with PHS's Wellness Center staff and dietician to talk about nutrition and exercising. He reports he's sleeping a lot better, has more energy, and is no longer taking high blood pressure medication.

"I think it is a great idea," said Genereaux, who would recommend the clinic to other Pokagons. "Shanta's great, very knowledgeable. I thank her for helping me add more years to my life for myself and my family."

## Elders invited to technical training classes



Elders, have you ever wanted to learn more about technology but never had the opportunity to learn? The Department of Education would like to give you (and your spouse) that chance. Come learn about subjects like using browsers, searching the web, passwords, cybersecurity, phone security, and operating Windows. The classes will be held at the Department of Education's Training Room at 3:00 p.m. on these dates:

November 7 - **Cyber Security Awareness**

November 21 - **Cell Phone Security**

December 5 - **Windows 10: Start Menu and Desktop**

December 19 - TBD

Please contact Donald Summers at (269) 462-4237 with questions.



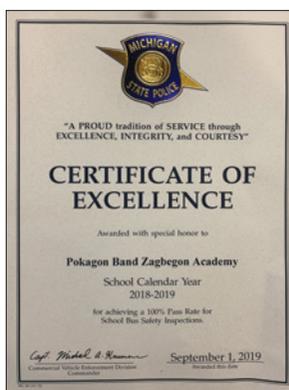


## Four Winds employees donate \$20,000 for suicide prevention

Four Winds employees made a \$20,000 donation to the Berrien County Suicide Prevention Coalition. The check was presented to the organization October 10.

Throughout the month of September, which is National Suicide Prevention Month, Four Winds Casinos held events to raise money and awareness for the Berrien County Suicide Prevention Coalition. This included selling bracelets at the Hard Rock Café inside Four Winds New Buffalo, and a dunk tank in which Four Winds employees attempted to dunk 20 members of the Four Winds executive team. The Four Winds Food Truck and several Four Winds employees also supported the third annual Run for Hope & Recovery on September 7 in Benton Harbor, Mich.

“Suicide is the tenth leading cause of death in the U.S. and it takes the lives of nearly 40,000 Americans every year,” said Frank Freedman, Chief Operating Officer of Four Winds Casinos. “We are proud that so many Four Winds employees worked together to raise money for such an important cause.”



## Zagbëgon earns recognition

Pokagon Band Zagbëgon: An Early Learning & Development Academy received this Certificate of Excellence for achieving a 100% Pass Rate for School Bus Safety Inspections for the 2018-2019 school year in the mail from the Michigan State Police.

## Bozho Pokagon Tribal Members only,



In an attempt to revitalize ancient Anishnabek spirituality in our community I am polling the members of our tribe to see if there will be enough of an interest for this to be successful as a new venture for me. As a founding member of the Pokagon Potawatomi Ogitchedaw I believe the success of this organization speaks for itself and refer to it as one of my many credentials for beginning this process.

I believe many of the problems that our community has is a result of its loss of identity as Anishnabek and that the assimilated life that we were forced into has had a devastating impact on who we are as Anishnabek people. So, I welcome all members of the Pokagon Nation to respond to my call for a poll of individuals interested in this new attempt at recovery of who we are. I will only be accepting emails of interest to Kchinodin2@Yahoo.com from members only at this time. If you know of a member who does not use the computer, you may respond for him or her. I will need your name, phone number, and e-mail address in the request for interest.

Very truly yours,

Roger Williams (Kookoosh mine Kchinodin)

Member Pokagon Nation

## PHS shaking up Health Lifestyles Campaign



We're now in the last quarter of 2019, so be sure to finish the year strong and focused on your health goals. The last 2019 measurement dates will be December 2-13, so visit the Wellness Center then to check in on your progress.

In 2020, PHS is shaking things up; if you haven't joined the movement, you'll want to now. All participants who register and measure by January 17 will get an HLC gift representing each of the four pillars: physical, nutrition, emotional, and rest. And then participants will be entered into a drawing for a fun winter activity package: a ski, snowmobile, ice fishing, or sleigh ride weekend or tickets to an NBA game. Three 2020 HLC participants will win their choice of these prize options. These winners and the two 2019 HLC Grand Prize winners will be announced via webcast Monday, January 20 at 7 p.m. Tune in to see who the lucky winners are by visiting [www.PokagonBand-nsn.gov](http://www.PokagonBand-nsn.gov)

Then mark your calendars for the main 2020 HLC participant event: Saturday, July 25, 2020. This will be our 3rd Annual Quadrathon, and so much more. We want to have a big mid-year summer soiree to keep the excitement alive all year and incentivize HLC participation through the whole year.

POKÉGNEK BODEWADMIK LANGUAGE & CULTURE

Please join our community for a fall ghost supper

# Community Tibakwé

Saturday Nov. 1 | 6 p.m. | Language and Culture Building

Jiibye Dbikat Wiikdewin is a time for the spirit world and the world of man. The spirits depart for the spirit world away from the cold of one more winter. Wandering spirits, long lost, were called to feast with an ancient song. They appeared slowly, hesitantly as some were injured in their lives and were shy about their appearance. Many were not given the proper ceremony in death. These spirits remain forever on the earth's face. Those spirits that return to the spirit world will return on the arrival of the first thunders and the

song of many frogs in early spring along. Many only migrates to their warmer summer camps to subsist on the fish that spawn all summer. Fresh meat from the four-leggeds is a welcome variation in diet. To take the life of a nursing mother of any four-legged is forbidden to us by Creator. Stories of familiar old Nishnabe humor tell from many years ago that this annual migration soon came known as the journey to the happy hunting grounds, or mino downjge kaa"

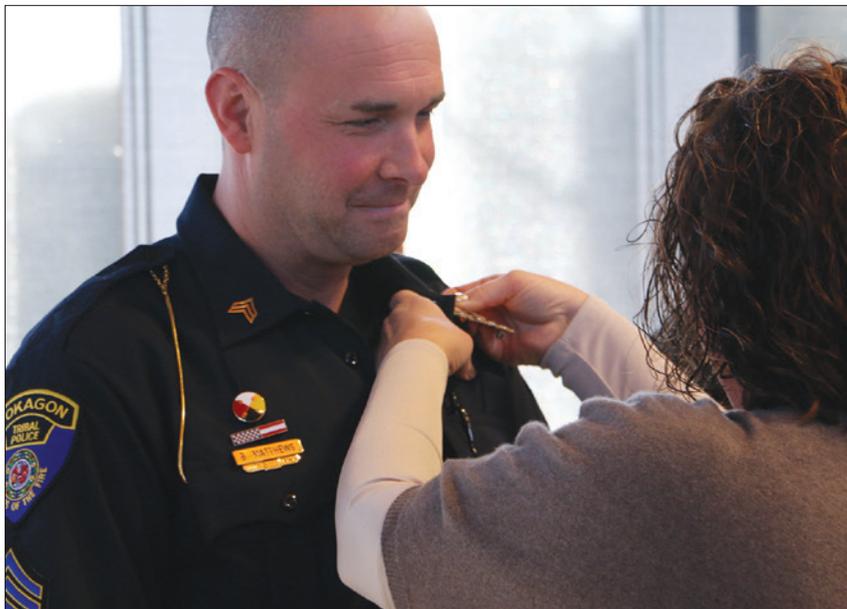
-Stewart King

Main Dish, beverages and dessert will be provided.  
\*\*Please bring a dish to pass in honor of loved ones who have passed along with feast bags.  
For more information please contact  
Language and Culture at 269-462-4296

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## Tribal Police celebrate promoted officers

The Pokagon Band Tribal Police recognized the promotion of two officers. They promoted Sergeant Matthew Walls, stationed in South Bend, to Detective Sergeant, and they promoted Brian Matthews from road patrol to night shift sergeant.



## Proposed amendments up for vote in November special election, *continued from page one*

**Proposal 2** would change all references of Band member to Band citizen throughout the Constitution.

**Proposal 3** would correct an error in the Constitution delete “(f)(i)” and inserting “(f)(ii)” in its place.

**Proposal 4** would fix a typo by deleting a stray bracket in Article XIII, Subsection 5(a).

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## PHS earns awards, *continued from page one*

One criterion of the award involves innovative efforts to solve problems and address issues. Because the patient population of Native Americans is especially vulnerable to diabetes and obesity, the Pokagon Health Services team implemented a supervised weight loss clinic. The clinic offers a variety of medical providers—from doctors to nutritionists to behavioral health counselors to wellness coaches—who meet regularly with the patient to create a plan and support the patient’s progress. So instead of simply treating the joint pain or high blood pressure associated with obesity, the weight loss clinic helps modify behavior and solve the root cause of those conditions.

“We keep moving forward and improving care for our patients,” said Matt Clay, PHS director. “Because we have such an excellent team, we see patients who drive from hundreds of miles away past other tribal health clinics.”

The PHS team received the Michigan Breastfeeding Friendly Workplace GOLD Award October 18 in Dowagiac. The team will accept the Area Director’s Award on October 24 in Bemidji, Minnesota.



## Do you have old family photos that you would like digitized?

The Department of Language and Culture is looking for old photos of Pokagon families to add to the Pokagon Language, History, and Culture Archives. Select photos may be placed for display in local museums, tribal government buildings, or other places as well as uploaded online at Wiwkwébt̄hēgen ([www.pokagon.libraries.wsu.edu](http://www.pokagon.libraries.wsu.edu)). If you are interested, please contact Blaire Topash-Caldwell at the Department of Language and Culture at (269) 782-4882. Appointments can be made with Blaire to have the photos digitized on site at L&C as well as have your digitizations copied to a CD for your personal use.



## Domestic Violence Awareness Month involves citizens and staff

The Domestic Violence Program hosted another series of events and contests this Domestic Violence Awareness Month to educate and inspire the community and government staff.

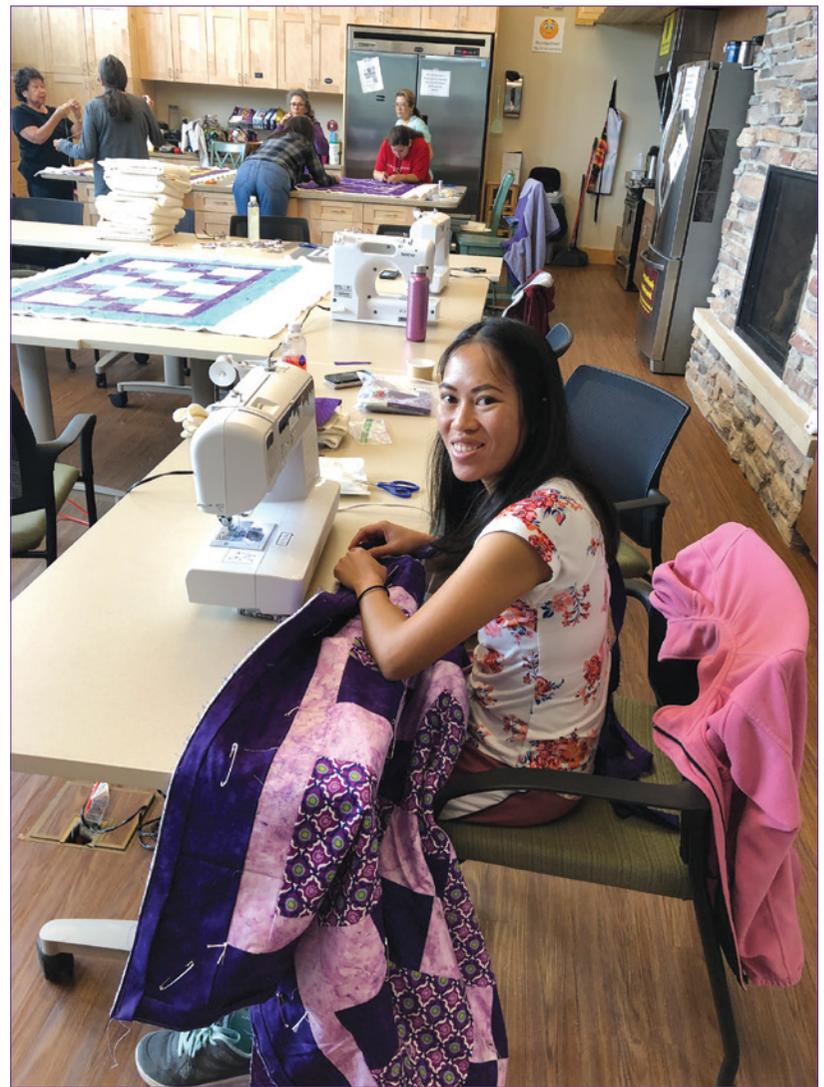
The program hung posters featuring domestic violence survivors and supporters across the Dowagiac campuses, giving names and faces to the serious issue of domestic violence.

Community members created beaded ribbon skirt pins, featuring purple and red beads to raise awareness for domestic violence and missing and murdered Indigenous women. Others also created quilts and purple, red, teal (for sexual assault), and blue (for child abuse) shawls at separate events.

At a new event for our community called “Building Strong Role Models for Boys & Men,” Aldo Seoane from Wica Agli, an organization that works with Native men and boys to end violence against women, came to lead a discussion in how we can develop strong role models among our men and boys and help end violence in our community.



# Love Should Not Hurt



Gégo wëyé bgednakén ewi mtheshë'gwëyen

# bné ona gizes [smoked turk

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
Mkedékéwen (to fast) 27	Mkedékéwen (to fast) 28 Open Language Class Day Language Class Elders Health & Wellness Auricular Acupuncture Language Level 1 + 2, Znëget 2 & Kids Language Classes	Mkedékéwen (to fast) 29 Afterschool Program Wellbriety Big Kids Language Class Dowagiac Language Class	Elders Health & Wellness Znëget 1 Language Class
Men's Sweat Lodge 3	Open Language Class 4 Day Language Class Elders Health & Wellness Auricular Acupuncture Language Level 1 + 2, Znëget 2 & Kids Language Classes	Afterschool Program 5 Wellbriety Big Kids Language Class Dowagiac Language Class	Elders Health & Wellness Neshnabé Mbokén Znëget 1 Language Class 2020 Budget Citizen I
Thayék ginan gdë mdagwémen (We are all having fun) 10	Tribal Government offices closed in observation of Veterans Day 11	Afterschool Program 12 Wellbriety Big Kids Language Class Dowagiac Language Class	Elders Health & Wellness Znëget 1 Language Class
Regalia Class 17	Open Language Class 18 Day Language Class Elders Health & Wellness Language Level 1 + 2, Znëget 2 & Kids Language Classes	Afterschool Program 19 Wellbriety Dëbénwéthëk Parent Group meeting Big Kids Language Class Dowagiac Language Class	Elders Health & Wellness Healthy Lunch Znëget 1 Language Class
24	Open Language Class 25 Day Language Class Elders Health & Wellness Language Level 1 + 2, Znëget 2 & Kids Language Classes	Autumn Harvest Pow Wow 26 Afterschool Program Wellbriety Big Kids Language Class Dowagiac Language Class	Elders Health & Wellness Znëget 1 Language Class

Please check the website for the latest updates on any ca

# key moon] November 2019

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
30 Business Class	31 Potawatomi 201 South Bend Language Class	1 Elders Health & Wellness Light the Way 5K Walk/Run	2 Community Jibakwé
6 Business Class Input Meeting	7 PALS (Play and Learn Social) Elders Technical Training Potawatomi 201 South Bend Language Class	8 Elders Health & Wellness	9 Tribal Council Meeting Dégégaskéwen (Hand Drum Making Workshop)
13 Business Class	14 Potawatomi 201 South Bend Language Class	15 Elders Health & Wellness	16
20 Business Class	21 PALS (Play and Learn Social) Elders Technical Training Potawatomi 201 South Bend Language Class	22 Elders Health & Wellness	23
27 Business Class	28 Tribal Government offices closed in observation of the Thanksgiving holiday	29 Tribal Government offices closed in observation of the Thanksgiving holiday	30

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

## 9 ways to increase your credit score



**CHI ISHOBAK**

Improving your credit score is a perfect way to measure personal financial growth. Here are nine ways to make it happen.

### 1. Pay bills on time

The key factor in credit scoring is your track record for paying your bills on time. Late payments have a negative effect on your credit score, but it won't be penalized forever. The best thing you can do is to start paying all your bills on or before the due dates. You won't raise your credit score overnight but paying on time is the most important thing you can do to improve your credit score.

### 2. Check your credit report

Your credit scores are based on the information in your credit report, so make sure it's correct. The first step is to get a free credit report and credit score and scrutinize all the entries. Subscribing to a credit monitoring service will alert you to changes in your score and report.

### 3. Dispute errors on your credit report

If you spot incorrect information in your credit report, check the dispute procedure on the credit bureau's website to find out how to fix your credit score. Repairing incorrect information can be a lengthy process. Be cautious of suspicious companies that promise to show you how to fix bad credit or how to raise your credit score quickly for a price.

### 4. Clean up old collections

If you want to know how to boost your credit score, or even how to improve your credit score in 30 days, contact collection agencies to arrange to pay off your collection accounts. Negotiate with the collection agencies to get the derogatory information removed from your credit report once the debt is repaid.

### 5. Ask your credit card company to raise your credit limit

One factor that determines your credit score is your utilization. Utilization measures how much of your available credit you're using. The lower this percentage, the higher the score. You can get a higher credit limit by simply calling your credit card company and asking for a limit raise. Just do not to let a higher limit lead to higher spending.

### 6. Pay down your credit bills

Aim to keep your balance of each of your revolving credit accounts below 30 percent of their respective credit limits. Paying down a high-balance credit card can lower your utilization by further opening that gap between your available credit and the amount you owe. Along with contributing to a higher score, paying down card debt also reduces the amount of interest you're paying.

### 7. Don't apply for new credit cards

Many applications for new credit generate an inquiry on your credit report. Inquiries are how potential lenders know you've been applying for loans or credit, and that attempt to get a credit card can stay on your report for up to two years. Only 10 percent of your FICO score is based on recent inquiries, and the score only considers inquiries from the past 12 months. But multiple inquiries for credit cards can indicate a high-risk borrower. Car and mortgage loans are less problematic because credit scoring models treat multiple inquiries made within a short period of time as a single inquiry.

### 8. Keep existing accounts open

The length of your credit history makes up 15 percent of your credit score. Several factors impact history length, including the age of your oldest account. Older accounts can improve your credit score by increasing the average age of your accounts. If you have old, unused credit cards with no balance, it's best to leave them open as it can positively contribute to both the length of your credit history and your credit utilization rate. Closing an account increases your credit utilization by narrowing the gap between your total available credit and the amount you owe. Whereas lower utilization helps boost your credit score, high utilization hurts it.

### 9. Understand your credit scores

It's a myth that you have only one credit score. There are several scoring models, the most common of which is FICO, and each model can have many different versions. FICO, for example, has separate versions developed specifically for auto lenders, credit card issuers and mortgage lenders. Each of the credit bureaus — Experian, Equifax and TransUnion — has its own versions of FICO. You can get the educational scores for free or purchase the scores lenders use for a fee.

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 by ready to assist. Call Chi Ishobak today!



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## Elders: Save the date for upcoming trip



**Thursday, December 12**

We'll be taking a bus from the Community Center to visit the South Bend History Museum, Studebaker Museum, Oliver Mansion, and finish with lunch at Tippecanoe Place. Sign up with Beth Warner at the Community Center anytime, or call her at (269) 782-4890.

More details to follow.

## Guidelines for Pokégnek Yajdanawa Submissions

Enrolled citizens of the Pokagon Band are encouraged to submit original letters, stories, pictures, poetry, and announcements for publication in *Pokégnek Yajdanawa*. Submissions shall be the views and product of the submitting member. Submissions written by or to a third-party, such as the governor or a congressman, and copied to *Pokégnek Yajdanawa* are not original.

Anonymous or "name withheld" submissions will not be published. Members shall include their tribal enrollment number, full name, and mailing address with all newsletter submissions. Tribal enrollment number and mailing address will be used for verification purposes and will not be published, unless member specifically requests to have it published.

Newsletter staff will contact members should any reason arise that may delay or prevent posting of newsletter submissions. To ensure timely communication with members regarding their newsletter submissions, members may choose to provide additional contact information such as a phone number or e-mail address. Phone numbers, e-mail addresses, and other provided contact information will not be published, unless member specifically requests to have it published.

Not all submissions are guaranteed publication upon submission. Newsletter staff reserves the right to refuse submissions based on the following criteria;

1. False, misleading, or defamatory;
2. Discriminatory, sexist, racist, demeaning, insulting, or otherwise offensive to another;
3. Threatening, harassing, intimidating, or otherwise may tend to produce fear;
4. Profane, obscene, pornographic, indecent, or patently offensive to the average user;
5. Disruptive to the office, undermining of the Band's or a supervisor's authority, or impairing of working relationships; and
6. Absolutely no political campaigning is allowed.

## What's that Invasive Species? Japanese Chaff Flower (*Achyranthes japonica*)



Japanese Chaff Flower (*Achyranthes japonica*) is an invasive plant that is native to eastern and south-eastern Asia. This invasive is currently a problem from Georgia to Ohio and, although Japanese chaff flower hasn't been detected in Michigan, it has been identified in southern Indiana and has the ability to become widely established throughout a significant portion of the United States. Like other invasive species, Japanese chaff flower outcompetes native vegetation and can form large monocultural dense stands.

Japanese chaff flower is a perennial plant that can grow three to six feet high and prefers partial sun and moist areas, including floodplains. Japanese chaff flower spreads by seed through rivers and streams, wildlife, and hitchhiking on fabrics and hair. Flowers of this invasive species are green in color and spiky, having no petals. Leaves are opposite on the stem and have smooth edges with pointed tips. Japanese chaff flower may be confused with white vervain or lopseed, as well as some pigweeds, however, vervain and lopseed have leaves with toothed edges and pigweeds have alternate leaf arrangement.

If you believe you have identified Japanese chaff flower, please take as many pictures as possible, contact the Pokagon Band Department of Natural Resources, and report where the Japanese chaff flower was located.

## Living with Wildlife: Ticks



There are many species of ticks across the United States, some of which may be found in your yard. There are five species of ticks that are more common than others. The most common tick typically found is the American dog tick (pictured here). The other four species include the black-legged tick, lone star tick, woodchuck tick, and brown dog tick.

Ticks have biting mouthparts that they attach to the host to feed on blood. Ticks grow like most other wildlife, they will molt several times while growing from a larva to an adult. Ticks have six legs as larvae and mainly feed on small mammals including mice and chipmunks. As they grow, they grow two additional legs for a total of eight and these nymphs typically feed on small mammals including rabbits, raccoons, and opossums. Adult ticks are typically found on larger mammals, such as white-tailed deer. Adult ticks are also those that typically find their way onto pets and humans. Once a tick is done feeding it falls off the host to molt or, in the case of an adult female, lay eggs. In some tick species adult females may lay as many as 8,000 eggs on the ground.

Ticks are vectors of multiple diseases like Lyme Disease, which affects 300,000 people each year. Some diseases that are transmitted by ticks in the Great Lakes Region include Lyme disease, Rocky Mountain spotted fever, tularemia, Powassan virus, ehrlichiosis, babesiosis, STARI, and anaplasmosis.

Managing the vegetation in and around your home as well as practicing tick safety will help you avoid having a tick bite. The best way to reduce the number of ticks in or near your yard is to maintain mowed vegetation in areas where pets and humans commonly play or participate in daily activities. Further, keep wood piles away from the home and plant deer resistant plants to avoid bringing deer close to your home. Ticks tend to live in tall grass and wooded areas and are most active from spring through early fall.

If you are planning to be out in these types of environments, it is best to wear light clothing, so you can see a tick if it is crawling on you, tuck your pants into your socks, and wear boots. Use insecticides such as permethrin on clothing or an outdoor tick spray. If tick spray is used, applying it at least below the knees helps to keep ticks off. The number one thing that you should do if you are outside in a potential tick environment is to complete a tick check, especially at the end of the day. A tick check includes checking for ticks anywhere on the body. Ticks can take multiple hours to attach, so you may find unattached crawling ticks or attached ticks when you perform a tick check. You can help protect your pets from ticks by treating them regularly with some form of tick prevention medication. By having an environment that is not attractive to ticks and taking precautions when outdoors, you and your pets are less likely to encounter ticks and have any issues that result from their bites.

## What's that Edible/Medicinal Species? American Hog Peanut (*Amphicarpaea bracteata*)



American Hog Peanut (*Amphicarpaea bracteata*) is an annual vining plant that can fix nitrogen and gets its name from the underground fruits it produces, also referred to as peanuts. These fruits are often

dug up and eaten by feral pigs. American hog peanut is typically found in moist woods, meadows and prairies. The plant grows from seed and produces a branched stem that coils around nearby vegetation allowing American hog peanut to grow vertically. American hog peanut has a leaf that consists of three leaflets stemming out from the vine.

An interesting fact about this plant is that it produces two types of flowers and two types of fruits. The upper flowers of the plant can range in color from white to purple and occur in clusters during late summer and early fall. These flowers produce pea-like pods that contain three or four seeds each. The lower flowers occur at or below the ground, have no petals, and do not open, so they self-fertilize to create a fleshy underground pod containing a seed/fruit. The upper fruits can be used like beans, the underground fruits have a tough outer coating that should be removed prior to eating, and the roots can be used as well. The underground fruit is sweet and can be eaten raw or cooked. As with any new edible or medicinal, ensure that you have a positive identification before using in small quantities at first to make sure there are no adverse reactions.

POKÉGNEK BODÉWADMİK LANGUAGE & CULTURE

## Native Nations Youth Council

Do you want to be more involved with your tribe?  
Have you considered joining the Youth Council?

We meet at 10 a.m. the second Saturday each month  
in the Community Center.

**Pokagon Citizens ages 12–24!**

Develop future tribal leaders

Promote and develop Potawatomi culture, language and identity

Raffles at every meeting

Team building

Provide a voice for Pokagon youth

Community service projects

For more information or to join, please  
contact Rebecca Williams at (269) 462-4296  
or [Rebecca.Williams@PokagonBand-nsn.gov](mailto:Rebecca.Williams@PokagonBand-nsn.gov)  
or Polly Mitchell at (269) 462-4294 or Polly.  
[Mitchell@PokagonBand-nsn.gov](mailto:Mitchell@PokagonBand-nsn.gov).

monday

tuesday

wednesday

thursday

friday

# november



1

Swedish Meatballs  
Au Gratin Potatoes  
French Style Green Beans  
Tomato Salad  
Whole Grain Roll

4 language

Chicken, Broccoli,  
& Cauliflower Bake  
Asparagus  
Coleslaw  
Whole Grain Roll

5

BBQ Pulled Pork  
Baked Beans  
Veggie & Pickle Tray  
Apple Sauce  
Cottage Cheese

6

Buffalo Stroganoff  
Brussels Sprouts  
Garden Salad  
Fruit Cocktail  
Whole Grain Roll

7 business meeting

Baked or Fried Chicken  
Mashed Potatoes & Gravy  
Green Beans  
Garden Salad  
Fruit Salad  
Whole Grain Roll/ Cake

8

Pizza Day

11 Veteran's Day

**Closed**

12

Elder's Talking Circle  
10 a.m. - 2 p.m.

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

13

Italian Beef Sandwich  
with Au Jus  
Seasoned Red Potatoes  
Sautéed Peppers  
Garden Salad  
Cottage Cheese

14

Salmon Patties  
Asparagus  
Mac N' Cheese  
Tomato Salad  
Whole Grain Roll

15

Chicken Pot Pie Pasta  
Biscuits  
Mixed Vegetables  
Garden Salad  
Mandarin Oranges

18 language

Chicken Noodle Soup  
Egg Salad Sandwich  
Veggie & Pickle Tray  
Apple Sauce  
Cottage Cheese

19

Bison Sweet Potato Hash  
Wild Rice  
Broccoli Slaw  
Fruit Salad  
Whole Grain Roll

20

Tortilla Crusted Tilapia  
Rice Pilaf  
Mixed Vegetables  
Garden Salad  
Whole Grain Roll

21 Thanksgiving Social

Turkey or Ham  
Mashed Potatoes & Gravy  
Stuffing  
Green Bean Casserole  
Pumpkin Pie  
Whole Grain Roll

22

Salad Bar

25 language

Baked Chicken  
Mashed Potatoes & Gravy  
Broccoli  
Garden Salad  
Whole Grain Roll

26

Spaghetti & Meatballs  
Brussels Sprouts  
Garlic Bread  
Garden Salad  
Fruit Cocktail

27

Breakfast Bar

28 Thanksgiving Break

**Closed**

29 Thanksgiving Break

**Closed**

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 are held at the Community Center and service begins at 12:00 Noon. Note: milk, tea, coffee, water, and Crystal Light beverages served with every meal. Also, lettuce, tomato, pickles, and onions served with sandwiches. Bread/rolls and butter are also included.

## 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
Bobby M. Haynes		X
Carlin M. Elrod		X
Jeffery S. Morseau	X	X
Scott A. Brewer Jr		X
Virgle O. Edwards		X
Thomas Mix		X
Patricia Topash		X
Cory Ridenour		X

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
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.

## NOTICE

OF:

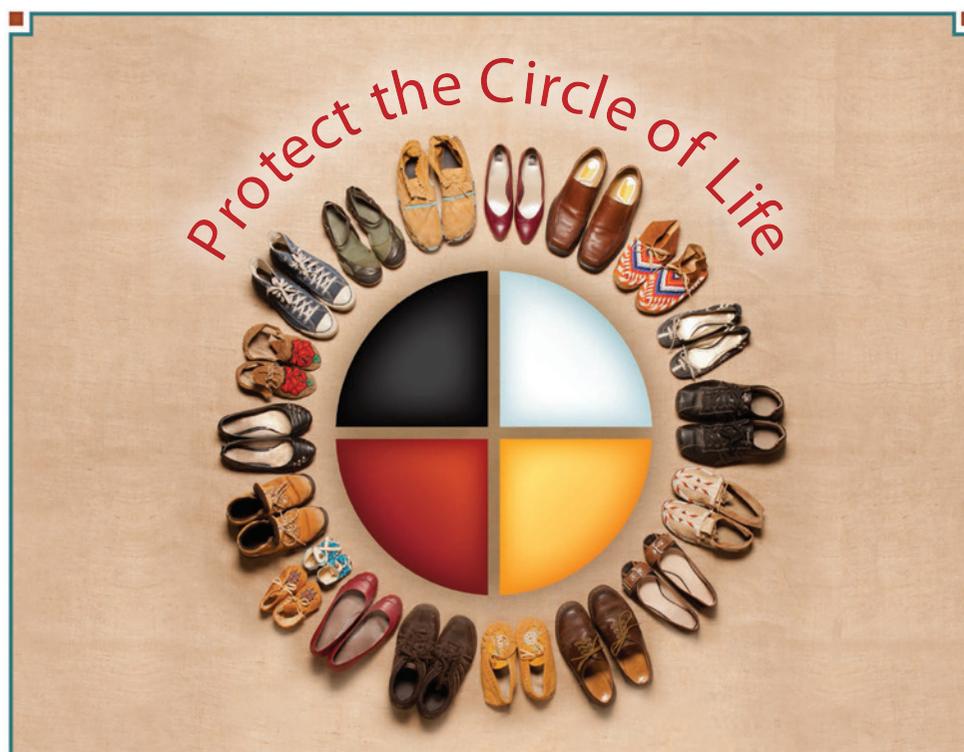
(1) DEADLINE TO FILE OBJECTION(S);

AND

(2) ENTRY OF ORDER BY THIS COURT TO STAY DISTRIBUTIONS OF PER CAPITA PAYMENTS

To: Michael Lorimer Starrett  
Respondent's Name

- Notice is hereby given that a *Petition/Affidavit to Withhold Per Capita Payments for Delinquent Child Support* was filed with the Tribal Court on September 17, 2019.
- Tribal law **mandates** that all, or an appropriate portion of per capita payments due to an enrolled member of the Pokagon Band who is eligible for the per capita distributions, shall be directed so as to satisfy **delinquent** court-ordered child support. See Pokagon Band of Potawatomi Indians *Gaming Revenue Allocation Plan*.
- Obligations for child support are presumed to be valid unless shown otherwise. See 28 USC § 1738B, *Full Faith and Credit for Child Support Orders Act*.
- An *Order to Stay Distributions of Per Capita Payments* has been entered by the Court against your payments and may not be lifted until further order of this Court. The *Order to Stay Distributions of Per Capita Payments* has been served on the Revenue Allocation Plan Administrator who is responsible for distributions of per capita payments.
- An *Order to Withhold and Redirect Per Capita Payments for Delinquent Child Support* shall be entered by this Court within fourteen (14) days of the date of publication of this *Notice* unless you file an objection to the:
  - RECOGNITION of the foreign court order based on the grounds listed in Paragraph 6; or
  - ENFORCEMENT of the foreign court order based on the grounds listed in Paragraph 7.
- You may file (a) written objection(s) to the **recognition** of the foreign court orders with the Court. Objections must be filed within the fourteen (14) day objection period and **MUST** demonstrate that the:
  - foreign court lacked personal or subject matter jurisdiction; or
  - foreign order was obtained by fraud, duress or coercion.
- Unless you file an objection to the **enforcement** of the foreign court orders, an *Order to Withhold and Redirect Per Capita Payments for Delinquent Child Support* will apply **ALL** of your per capita payments to satisfy the **delinquent** court-ordered child support in each case until such time as the **delinquent** child support obligations are satisfied, or until further order of this Court. Objections must be filed within the fourteen (14) day objection period and **MUST** demonstrate that:
  - you do not owe a **DELINQUENT** child support obligation; or
  - redirection of all of your per capita payments would create an **EXTRAORDINARY UNDUÉ HARDSHIP** to your health or general welfare.
- If you file a written objection based on any of the grounds listed above, a hearing will be scheduled. At the hearing, you will be required to establish grounds why the *Order to Withhold and Redirect Per Capita Payments for Delinquent Child Support* should not be granted by this Court.



## Your Flu Vaccine Protects Me My Flu Vaccine Protects You

Pokagon Health Services **FLU SHOTS** | Beginning in October

Pokagon Band Citizens/Native American established patients and household members, and employees are eligible. Please bring any insurance information.

Flu shots are available while supplies last beginning in October by **appointment** Monday through Friday 8:00 a.m.–12:00 p.m. and 1:00 p.m. – 4:00 p.m. You can also get your vaccine at your regularly scheduled appointment. Community Outreach nurses will give flu vaccines at the monthly Elders Business Meeting at the Community Center in November.

Call (269) 782-4141 to schedule yours today



Learn more at [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call 1-800-CDC-INFO

## Tribal Council November Calendar of Events

- 4 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 5 Tribal Council Special Session, Administration, 10 a.m.
- 6 2nd Session 2020 Budget Review 6 pm Community Center, 10 a.m.
- 9 Tribal Council Meeting, Community Center, 10 a.m.
- 12 Tribal Council Special Session, Administration, 10 a.m.
- 18 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 19 Tribal Council Special Session, Administration, 10 a.m.
- 25 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 26 Tribal Council Special Session, Administration, 10 a.m.

## Tribal Council December Calendar of Events

- 2 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 3 Tribal Council Special Session, Administration, 10 a.m.
- 9 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 10 Tribal Council Special Session, Administration, 10 a.m.
- 14 Tribal Council Meeting, Community Center, 10 a.m.
- 16 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 17 Tribal Council Special Session, Administration, 10 a.m.

Please check the website, [www.pokagonband-nsn.gov](http://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. **Migwèthh!**

## POKÉGNEK BODÉWADMIK LANGUAGE & CULTURE

Déwégaskéwen

HAND  
DRUM  
MAKING

Instructed by  
Gerald Wesaw & Jason S Wesaw

November 9  
12 p.m. to 4 p.m.  
L&C Building

We are inviting the men and boys of the community to make their own hand drum. All the materials and supplies will be provided. You will learn the process from Pokagon Elder, Gerald Wesaw, and his grandson Jason S Wesaw.

You will need to stay for the duration of the workshop to complete your drum: no materials will be sent home with anyone who leaves early. A light lunch will be provided.

The first 10 people to RSVP will receive a spot in the workshop, men and boys only. All minors under the age of 16 must be accompanied by an adult.

Please RSVP to Nicole Holloway at (269) 783-3513 or [nicole.holloway@pokagoband-nsn.gov](mailto:nicole.holloway@pokagoband-nsn.gov).

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## POKÉGNEK BODÉWADMIK HEALTH SERVICES + COMMUNITY OUTREACH

This season,  
honor those  
touched by  
diabetes

November 2019  
8:00 a.m.–5:00 p.m.  
Pokagon Health Services

November is Diabetes Awareness Month. Pokagon Health Services invites you to stop by during November and sign an ornament in honor of someone touched by diabetes to help bring awareness to this disease. Ornaments will be displayed on a tree throughout November and December at PHS.

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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

### Vice Chair

Andrew Bennett  
(269) 479-6224  
Andrew.Bennett@PokagonBand-nsn.gov

### Treasurer

James R. Olds  
(269) 479-6184  
James.Olds@pokagonband-nsn.gov

### Secretary

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

### Member at Large

Alex Wesaw  
(269) 462-1170  
Alex.Wesaw@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

Anita Morales  
(269) 479-6285  
Anita.Morales@pokagonband-nsn.gov

### Member at Large

Mark Parrish  
(269) 479-6283  
Mark.Parrish@pokagonband-nsn.gov

### Member at Large

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

### 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.

- Curriculum Committee
- Enrollment Committee
- Ethics Board
- Family Welfare Commission
- Ggatenmamen Gdankobthegnanek Pow Wow Committee
- Health Advisory Board
- KBMK Pow Wow Committee
- Land Use Board
- Rights Board
- Salary Commission
- Tribal Art Committee
- Youth Council



Happy Birthday to all three of you; we love you so much!! Enjoy your birthday this year. 11/20 is one of the best days in our lives.

Love,  
Mom and Dad

Ethan 16  
Emily 16  
Darrell 7



So excited to welcome Ryenn to the family and the tribe.

Love,  
Your family

POKÉGNEK BODÉWADMÍK LANGUAGE & CULTURE  
9TH ANNUAL

# AUTUMN HARVEST CELEBRATION POWWOW

**NOVEMBER 26 | COMMUNITY CENTER**  
**LUNCH 12 P.M.-1 P.M.**  
**GRAND ENTRY 1 P.M.**  
**ALL DANCERS WELCOME**

Join us for the 9th annual community celebration in honor of this time of year. We feast and dance to celebrate and be thankful for the end of the harvest season and to remind all of the importance of preparing our families and community for the long winter months ahead.

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DEPARTMENT OF LANGUAGE & CULTURE

2nd ANNUAL  
**POKAGON PIDRO CLUB TOURNAMENT**  
FRIDAY DECEMBER 6 7:00 P.M.  
Community Center

Attention Pidro players, it's time to claim the title of champion! Please join us for our second annual Pidro Club Tournament where one team will be deemed the 2019 Pidro Champions. This event is open to everyone who has participated in any Pidro events through 2019. Food will be provided.

Please contact [Carla.Collins@PokagonBand-nsn.gov](mailto:Carla.Collins@PokagonBand-nsn.gov) with any questions regarding this event.

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DEPARTMENT OF EDUCATION

# THAYEK GINAN GDE MDAGWEMEN

🎵 We Are  
+ All Having Fun

**Nov. 10 | 1-5 p.m.**  
**Community Center**

All are invited to join the fun. Three teams will compete for prizes in two competitions using the Nintendo Switch.

**Age Categories**  
**Youth Council: ages 24 and under**  
**Tribal Council: ages 25-54**  
**Elders Council: ages 55 and above**

Just Dance: 1-2:30 p.m. • Lunch Break: 2:30-3:30 p.m. • Pokagon Trivia-3:30-5 p.m.

Register at [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov) and type "Nintendo" in the search bar.

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