



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Minké gizes August 2017

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Interested in working at Four Winds South Bend?

Pokagons honor our graduates at banquet



Megan Rick began her higher education journey in 2011.

“I thought a higher degree would give me higher opportunities,” she said. “Knowledge is power.”

It wasn't always a straight line; first she majored in nursing. Then, after an internship with the Pokagon Band Housing Department that turned into a full time job as a housing specialist, she changed her major to business. She and her husband also expanded their family; they now have five children.

But between juggling a busy home life and a full time job and her studies, Rick achieved her associate degree in business administration last spring and a tribal leadership certificate from Southwestern Michigan College last summer. She and 27 other Pokagon graduates celebrated their accomplishments at this year's Honoring our Graduates banquet in June.

More than seventy attendees gathered at the Silver Creek Event Center at Four Winds New Buffalo to recognize the high school, vocational school and college graduates. After a welcome song from Jefferson Ballew IV, Clarence White offered an invocation and Treasurer Eugene Magnuson

gave opening remarks. Martin Reinhardt, Sault Ste. Marie Tribe member and professor of Native American studies at Northern Michigan University, spoke to the crowd about how lifelong education has always been a valued part of our people's ways.

Each high school graduate and vocational school and associates degree earner was called up to receive a basket, a gift certificate, and a journal. Those graduating with a bachelor degree got a Pokagon custom sunset blanket; graduates with master and doctorate degrees received a Pokagon custom copper blanket.

“I thought it was great to recognize positive things like that,” said Rick. “I knew a lot of the people because I run the student rental assistance program. So that made me proud seeing a lot of my students achieve their goals.”

She plans to continue her studies and work on her bachelor degree and eventually a master.

“I'm happy that the Education Department is there to back me up,” she said. “They helped me through that process; if it wasn't for that I probably wouldn't have finished.”

Language and Culture archive is looking to preserve Pokagon family photos



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 the new Culture Center, in a Four Winds Casino, or other places.

If you are interested, please contact Jason S Wesaw at the Department of Language and Culture at (269) 462-4316. Appointments can be made with Jason to have the photos digitized on site at L&C.

Pokagon youth enjoy, conquer Mudder challenges



By Dean Orvis, Wellness Coordinator

The Pokagon Band Minor Mudder offered more than 90 youth the opportunity to enjoy the great outdoors while completing a 1.1 mile obstacle course through the woods, water and of course mud. These youth enthusiastically raced through twelve obstacles including a belly crawl through mud, trudging through water, climbing over bales of straw, scaling walls, scurrying through tunnels, and skidding down a 100 foot slip and slide. The event was designed for youth between the ages of 4 -14 years of age and focused on teamwork, encouragement, and having fun.

The event capped a fun-filled day of activities associated with A Healthy Step with Education. The course swallowed some shoes and offered a challenge for all. Participants were heard saying, "This was super fun. I hope it is all mud and puddles next year!", "I can't wait until next year, I hope there is even more mud!" and "What a fun challenge!"

The Eau Claire Fire Department brought a fire truck to the event to rinse the youth after they crossed the finish line. We are looking forward to providing this opportunity again next year and hope for even more participation as we continue to motivate our youth to be active and adventurous.

The Minor Mudder was sponsored by the Wellness Center in collaboration with Pokagon Health Services. Special thanks to the DNR for their tireless efforts preparing the trail, the Facilities Department for keeping it beautiful and constructing the obstacles, Social Services for loaning employees to assist at the event, the Tribal Police for their assistance during the event and loaning their tactical wall as an obstacle, and all of the other individuals working together to make this a memorable event for our youth. The Minor Mudder course will also be offered to all campers participating in the 2017 Kë Gbëshmen Culture Camp. A video of the event will be available soon on our website.

Pokégnek Yajdanawa

Pokégnek Yajdanawa is the monthly voice of Pokégnek Bodéwadmik, the Pokagon Band of the Potawatomi. Citizens are encouraged to submit original letters, stories, pictures, poetry and announcements for publication in *Pokégnek Yajdanawa*. Submissions are subject to the established guidelines.

The deadline for submissions for the newsletter is always the 14th of each month. Please send items for publication to:

Pokégnek Yajdanawa

Box 180

Dowagiac, MI 49047

Pokagon.Newsletter@PokagonBand-nsn.gov

Healthy Lifestyles 2017 | Your Health, Your Choice



Blueberries may help you stay sharp

Berry season is coming, and you may want to stock your freezer. Your taste buds will be the immediate beneficiaries of the sweet, plump fruits, but not the only ones. Research has shown that the anthocyanins and other beneficial compounds in berries have antioxidant, anti-inflammatory effects in the body, helping to prevent chronic illness as part of a plant-based diet.

A new study suggests blueberries may help to keep your brain nimble as you age. A group of older adults who drank one ounce of concentrated blueberry juice, the equivalent of about eight ounces of whole blueberries, every day for 12 weeks experienced improvements in working memory, cognitive function, and blood flow to the brain. Don't rely on blueberries (or any single food) to stay sharp, but by all means, incorporate them and other berries into a nutritious diet that includes a wide variety of colorful vegetables and fruit, fiber-rich legumes and whole grains, and nourishing fats, including omega-3s from certain fish — the original brain food. If your friends start calling you Einstein, you can say, “thank you berry much!”



Is weight loss hopeless?

Recent articles from *The New York Times* and *Vox* have been painting a grim picture of exercise and weight loss, but they don't tell the full story.

The New York Times looked at former contestants on “The Biggest Loser” and concluded that almost all of them regained the weight they'd lost on the show. The article reasons that after drastic weight loss, your resting metabolism decreases (so you burn fewer calories) and hunger and cravings increase thanks to plummeting levels of leptin, the hormone that controls hunger. The second article from *Vox* claims that exercise does not work for weight loss.

This gloomy outlook leaves us with the conclusion that your visits to the Wellness Center have been for naught. However, there are countless people among our own Healthy Lifestyles Campaign participants who have lost weight and kept it off through diet and exercise. Instead of exercising for the purpose of burning calories, you should exercise to build muscle in the form of resistance training. You might gain some fat initially, but you'll also accumulate muscle mass, thereby raising your metabolism.

If you continue regular strength training (while also eating smart), you can actually create a metabolic momentum in which dieting becomes easier and your body slowly increases the amount of calories it uses. It will take time, but if you want to make lasting change you have to be patient. By building muscle mass, you're building an asset that will create a lifestyle change.

Workout of the month: Pushups. Perform 25 push-ups a day, four days a week this month. Maintain good form by keeping your eyes forward, back and hips parallel to the floor, and lowering yourself so that your arms are bent at a 90 degree angle. Slowly raise yourself so that your arms are straight following each repetition. Modify by performing the exercise on your knees rather than on your toes.



HLC Blueberries Recipe: Chicken Berry Salad

Ingredients

1 (0.75 ounce) packet honey mustard salad dressing mix	1 cup sliced fresh strawberries
¼ cup cider vinegar	½ cup fresh blueberries
½ cup vegetable oil	½ cup fresh raspberries
2 tablespoons orange juice	8 ounces sugar snap peas
1 pound skinless, boneless chicken breast halves	½ cup toasted pecans
8 cups mixed salad greens	



Diabetes and Stress

Whether your diabetes diagnosis is new or longstanding, living with this challenge can trigger a flood of emotions: grief, anxiety, frustration, disappointment, or stress. These emotions are natural responses and may make it harder to take care of yourself—to eat right, exercise, and rest—which in turn can affect blood sugar control. In addition, you might find yourself trying to reduce stress with unhealthy behaviors, which can contribute to diabetes complications.

Most people experience stress as an emotional or physical strain. It can result in worry, anxiety, and tension, and may be more difficult to manage when people learn that they have diabetes.

Symptoms of stress like nervousness, rapid heartbeat and breathing and stomach problems can make it more difficult to control your diabetes. It may throw off your daily routine and can result in wear and tear on your body. Hormones from stress increase your blood pressure, raise your heart rate, and can cause blood sugar to rise. High blood sugar can make you feel down or tired. Low blood sugar may result in your feeling upset or nervous.

There are many things you can do to reduce stress:

- Take your medications as directed and eat healthy meals.
- Use relaxation techniques such as deep breathing
- Get some exercise. You can reduce stress through activities such as dancing, walking, or biking. Do something that you enjoy.
- Share what you are going through with friends and family. If you talk about your problems, you can help to relieve your stress and perhaps solve those problems.
- Remember to keep your sense of humor. Laughing helps to reduce stress.
- Join a support group. You can meet people with problems similar to yours and make new friends.
- Seek out professional help in order to talk about what's troubling you.

Talk to your diabetes educator or doctor for more ideas.



Sleep helps the body repair

Sleep is a time that allows us to relax, but it's also a time during which the body is hard at work repairing damage caused by stress, ultraviolet rays, and other harmful exposure. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage. The bottom line is that there are many benefits from sleep, so try to get those needed hours of rest for a healthier and happier life.

Be careful about napping. Napping can only make matters worse if you usually have problems falling asleep. If you do nap, keep it short. A brief 15–20-minute snooze about eight hours after you get up in the morning can actually be rejuvenating.

Directions

1. In a medium bowl, prepare the dressing according to package directions, using vinegar and oil, and substituting orange juice for the water; set aside.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Grill the chicken 6 to 8 minutes on each side, or until juices run clear. Remove from heat, cool, and slice into strips.
4. In a large bowl, toss together the chicken, salad greens, strawberries, blueberries, raspberries, peas, and pecans. Pour in the prepared dressing, and toss to coat.

Annual Native Justice gathering welcomes citizens to participate

The Pokagon community's efforts to revive traditional justice and peace circle practices continue with the third annual gathering August 9-11. Citizens are encouraged to attend.

It's the hope of this initiative that more community issues be resolved through circles, and this gathering, in partnership with the Native American Rights Fund, presents an opportunity for Pokagon people to exercise peace circle skills.

"We will conduct a mock circle built on a scenario that would happen here in the tribe, something that would happen in the village, a neighborhood dispute," said Stacey Gettig, Native Justice Initiative support staff and assistant Tribal Court administrator/clerk of the courts.

Participants will also take part in active listening exercises and coaching on discussion and questioning techniques: limiting accusatory statements, rephrasing a question to avoid putting someone on the defensive, redirecting the conversation if tempers are flaring, or hearing everything—not just what you want to hear—without interrupting.

"It's not what you say, it's how you say it," said Gettig. "Often when someone responds, they will only think about the last thing they heard, so how do we redirect [the conversation] in a positive way?"

Two presenters will help facilitate the gathering. Ernie St. Germaine is a veteran circle keeper and tribal judge. Majel DeMarsh, Pokagon elder and a leader of the native justice movement, experienced St. Germaine's presentation on uses of traditional justice and peacemaking practices in his community at the Midwest Peacemaking Conference. He has since helped support our community on this peacemaking journey.

"In our traditional way of life we strive to achieve balance, to live the mno bmadzewin, a spiritual way of conducting yourself, so peace making is important because it's part of our way of seeking that balance," said DeMarsh. "When the family or the community is out of balance, talking circles are the indigenous way of taking care of business or mending ways in the family."

JoAnne Cook has visited our community twice before. She will share how to get people to come to the circle, helping the community better understand the positive aspects of the circle. Cook helped to start peacemaking in her own community at the Grand Traverse Bay Band of Ottawa and Chippewa Indians and trained participants for a peacemaking program in the Michigan state court in Washtenaw County.

Organizers hope this gathering attracts more attendees than in the past, and that more Pokagons will take what they learn and apply it in their daily lives.

"Circles can be used with their children, with their families at the dinner table, in their work life," said Gettig. "It's about just talking and it's about listening. It's not just about 'me having a problem with you,' it could be used for asking for help."

"People are asking for more of these services," said Court administrator Steve Rambeau. "There's no limit to what we can do: teachings, mentoring, deescalating conflicts, community reentry after rehab, those in need of a support system, so many different uses."

To initiate a peacemaking circle, you can contact Stacey Gettig at the Tribal Court (269) 783-0505, or access peacemaking forms at www.pokagonband-nsn.gov/government/tribal-court/native-justice.



Register for the event at www.pokagonband-nsn.gov/form/peacemaking-and-use-circles-community-purposes-annual-gathering-registration

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Department of Language & Culture

LITTLE MS + MR POKAGON NAGANZET [THE ONE WHO LEADS]

Pokagon youth are invited to run for the title of Little Ms and Mr Pokagon Naganzet, where they will act as a representative for the Pokagon Band of Potawatomi Indians.

Male and female candidates must be the ages of 7-12. Candidates should be able to demonstrate confidence, knowledge of our language, culture, and history. Dance exhibitions will take place at the Kee-Boon-Mein-Kaa Pow this Labor Day weekend.

Candidates must be enrolled citizens of the Pokagon Band of Potawatomi. (Please bring tribal ID).

For more information, please contact Rebecca Williams at (269) 782-8998 or rebecca.williams@pokagonband-nsn.gov.



Pokagon Band of Potawatomi | Department of Education

STEM Day Camp

(Science, Technology, Engineering, and Mathematics)

MONDAY AUGUST 7 – FRIDAY AUGUST 11
10:00 AM – 3:00 PM (Friday ends at 1:00 pm.) COMMUNITY CENTER

The Michigan K-12 Department of Defense STEM Program is coming to the Pokagon Band. Native students ages 10-14 years old are invited to join a week long STEM day camp.

Online registration starts **June 30**
www.pokagonband-nsn.gov/form/stem-camp-2017-registration

Transportation may be available.

Title VI sponsored.

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

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Cleaning Services staff uplift campus



(from left to right) Valerie Jarosz 1 year, 4 months; Patty Trakas 1 year; Nikki Witwer 1 year; Christina Gousetis 6 years

Our government properties span for miles in Michigan and Indiana, and our buildings occupy 200,000 square feet of that land. Every inch is cared for and maintained by the Facilities Department, but the daily cleaning is performed by the nine men and women you see above.

The four women pictured at left maintain the Health Center on our Rodgers Lake Campus. They are all biohazard and sharps trained, as well as HIPPA compliant. In fact, all on the cleaning staff completed this specialized training to be prepared and ready to fulfill their duties wherever needed. The cleaning products staff uses are all completely safe, even if consumed.

Staff has also undergone carpet and floors training. With this, they are able to strip and wax floors twice each year. They just redid the Community Center floors for the first time, a dramatic upgrade.



(from left to right) Preston Carpenter 1 year, Adeline Dixon 6 years, 3 months; Josh Wesaw 6 months; Marjorie Young 6 years and Russ Garza 3 years

The cleaning services team was at the decision-making table for the South Bend Police Substation, where they gave their expert opinions on the types of floors that could be kept up best, the toilet paper dispensers, and the layout of the janitorial closets.

“I’m amazed by such an amazing staff,” said Patty Jo Kublick, cleaning services team lead. “Perception of a building says a lot about the tribe, and they maintain that perception every single day.”

Tribal officers complete Honor Guard training



Earlier this year three Tribal Police officers completed their Honor Guard training, which teaches them proper ceremony for an officer funeral. This includes movement from the church to the hearse, then from the hearse to the gravesite, and finally a song and rifle party, concluding with folding and offering of the flag.

“They never get easier,” said Tribal Police Officer James Ivy, one of the officers who participated. He previously served in the United States Marine Corps and was part of their Honor Guard.

Officers Richard Newcomer and Jacob Stark also completed Honor Guard Training this year. The photos you see featured are from their graduation. Graduation included a complete mock funeral. Graduates carried an empty casket, performed the ceremonial shots and song, and even presented an American flag to a mock family member.

“The mock ceremony felt real,” Ivy said. “It was about as real as it could get for training.”

The song performed at an honors funeral is played on a trumpet or bugle. The rifle party is what’s often confused with a 21-gun salute. Ivy explains that only presidents and prime ministers receive them. A rifle party is a 3-volley salute (ready, aim, fire) by participating service members—usually between three and seven—in which they fire blanks.

Each graduate received a certificate of completion and can now participate in a full honors funeral for a service member

“It’s just a good way for us to honor our brothers and sisters,” Ivy said. “I’m glad we’re doing it. I’m proud to be part of it.”

Interns complete service learning project together



Eight Pokagon college students shadowed government employees this summer. They learned about how the government as a whole as well as the different departments run, gained real job experience, and served within the community between June 5–July 28.

Interns Cheyenne Binder, Mariah Green and Isabella Miller are studying linguistics, general studies, and criminal justice, respectively, at Southwestern Michigan College. They worked with Language & Culture, Housing, and Education this summer.

Nizhoni Church and Adam Pike-Inman worked at Pokagon Health Services (PHS) in the Clinic and the Wellness Center. Church is studying pre-nursing at Adams State University while Pike-Inman is studying health science at Oakland University.

Blaire Topash-Caldwell is a graduate student at the University of New Mexico, where she is studying anthropology. She worked with our Department of Natural Resources (DNR).

Finally, Alexander Morton was the first intern to work at the Gaming Commission. He's studying business at Holy Cross College. Samantha Wilson interned at our Social Services Department, aligning with her social work major at Western Michigan University.

In July, the government interns completed a service-learning project with DNR. Students learned the ricing process and processed harvested rice from last season to make way for this year's harvest, happening in the fall.

Interns sorted, cooked, danced, and winnowed the rice in the traditional way. Cultural specialist Brian Dayson opened the day with a hand drum song and teachings on wild rice.

"While it was a lot of hard work, it was such an honor to be working with a traditional food and resource that is, at present, endangered," wrote Blaire Topash-Caldwell in a reflective journal entry. She interned with DNR. "It was cool to be able to transplant wild rice at Rodgers Lake a couple weeks prior to this workshop and then get to experience a totally different part of the ricing process."



Cassie Alley, pictured with Chairman John P. Warren, was recently reappointed as Gaming Commissioner for another term of office.

What's that invasive species? Chinese Yam (*Dioscorea oppositifolia*)



The Chinese yam (*Dioscorea oppositifolia*), also known as the cinnamon vine, is a deciduous climbing perennial vine native to Asia. The Chinese yam has spread to multiple southeastern states since being introduced, but has been recently identified in Michigan. Chinese yam vines can grow up to 16 feet high, reproduces quickly and threatens native plant diversity. The vine prefers sunny habitats near roadsides, fence rows, ditches and stream banks, but it is adaptable and can grow in deep shade as well. The leaves of the Chinese yam are heart-shaped and pointed with near parallel venation. The vines of the Chinese yam spiral counter-clockwise as they climb. The flowers of the yam are small, white or greenish-yellow spikes that smell like cinnamon and produce air tubers which resemble very small potatoes. Native vines are differentiated from the Chinese yam because they lack aerial tubers. Native yams have clockwise spiral climbing growth. Any occurrence of Chinese yam should be reported to remove this invasive species before it becomes established. If you see the Chinese yam vine, please take pictures and report the plant's location to the Pokagon Band Department of Natural Resources.

What's that edible plant? Eastern Prickly-Pear Cactus (*Opuntia humifusa*)



The Eastern prickly-pear cactus (*Opuntia humifusa*) is one of two native cacti that grows wild in Michigan, the other being the fragile prickly-pear cactus (*Opuntia fragilis*) which is state endangered. The Eastern prickly-pear cactus grows in sunny habitats on well-drained soils. They grow low to the ground with flat fleshy pads covered in small clusters of spines. The prickly pear cactus flowers in June and July with delicate yellow flowers. After flowering, a small reddish oblong fruit appears that is edible. The fruit can be eaten raw after removing the skin. The flesh of the fruit can be made into a jelly as well. The cactus pads can also be eaten raw or cooked, but the large and small spines must be removed first. When harvesting cacti, wear gloves and bring a sharp knife, a bag or basket for gathering, and tongs. The pads need to be de-spined (large and small) prior to beginning food preparation. Trim the "eyes" off the pads to help remove any remaining spines and trim the outside edges with a vegetable peeler. Also trim any dry or fibrous areas and rinse thoroughly. To cook the fleshy pads, steam for just a few minutes. The steamed cactus can be added to omelets or diced fresh and added to salads. The cactus pads contain potassium, magnesium, iron, calcium, and vitamins B and C. As with any new plant, be sure to have a positive identification before consumption and utilize it in small quantities at first to make sure there are no allergic reactions. Be careful during harvesting and enjoy Michigan's only harvestable and edible cactus, the Eastern prickly-pear.

Casino interns gain valuable work experience



By Laura Sharkey, Director of Tribal Planing and Development, Four Winds Casino Resort

The casino hired six college interns this summer who were able to complete projects and gain new knowledge and skills in their areas of study.

Sarah Harp is a second year intern and attends Chattahoochee Technical College, majoring in Computer Information Systems and Security. Sarah worked in the IT Department, along with intern Alexander Damm. Alex is a first year intern and attends Oakland University, majoring in Psychology. These two worked closely with the help desk and installed monitors, new phone lines, and countless other things pertaining to IT.

Ashley Damm is a first year intern and attends Oakland University, where she is studying Political Science. Ashley worked with the Human Resources and Training Departments. Ashley was able to look over SOP's and give feedback on needed changes. Ashley has also been able to work in training and lead some classes.

Garrett Stark is a first year intern who is attending Western University and majoring in Marketing. Garrett worked with the Marketing Department and has been able to work with casino hosts, as well as our Contact Center. He is finished his internship working with promotions and learning the ins and outs of guest relations.

Shaun Tuten is a fifth year intern and is attending IUSB. He is studying General Business, and he worked in the Facilities Department. Shaun was able to work closely with our maintenance workers and learn about work orders, deadlines, repairs, drywall, painting, and everything else you might expect to learn in a Maintenance Department.

Lastly, Adam Weaver is a second year intern and is attending Bethel College, where he majors in engineering. Adam worked with Project Management and learned a great deal, especially with the new casino build. Adam was able to create and present a power point, which he states was his best experience.

DNR wants to hear your experiences with plants and climate change

The natural world around us is showing the effects of a warming planet; over the past several decades, the Great Lakes region specifically has seen warmer air and water temperatures, shorter winters, and longer summer seasons.

Tribal lifeways are interwoven with the lands, waters, plants, and wildlife of this region. Many plants are used for traditional foods and medicines and are important to cultural heritage. Tribal citizens have important traditional and community knowledge on local and regional lands, seasons, and cycles, including recent changes in climate and forests.

The Pokagon Department of Natural Resources wants to hear from citizens about their experiences with plants and climate change. Have you noticed medicinal or other plants increasing or reducing in abundance? What about fruiting

or blooming plants that have changed over time—maybe they're producing fewer blooms or fruit, or producing them earlier in the season?

Help DNR better understand changes in Pokagon plants and communities and develop ways to protect these plants and communities, so that future generations can continue to enjoy them.

Take action for our cultural and environmental interests and share your knowledge and experience. Contact us at dnr@pokagonband-nsn.gov or (269) 782-9602.



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, August 16 as she discusses topics around nutrition.

All healthy lunch presentations are 12:00 pm to 1:00 pm in the kitchen of the Commodities Building

58650 Sink Road
Dowagiac, MI 49047

For more information and to RSVP, contact Marcy Herbert at (269) 782-2472 or marcy.herbert@pokagonband-nsn.gov.

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DEPARTMENT OF EDUCATION

Nation Building | Early Childhood Education

Wilfred Buck: The Star Guy

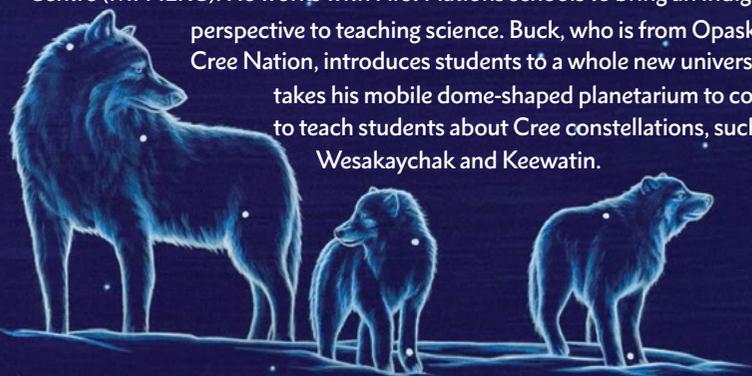
Friday, September 29
9:00 am – 3:00 pm
Community Center

+ featured at Harvest Day
Saturday, September 30
10:00 am – 1:00 pm
Dowagiac Middle School

Move over Bill Nye the Science Guy, and make way for Wilfred Buck, Manitoba's very own Star Guy.

Buck is a science facilitator at the Manitoba First Nations Education Resource Centre (MFNERC). He works with First Nations schools to bring an Indigenous

perspective to teaching science. Buck, who is from Opaskwayak Cree Nation, introduces students to a whole new universe. He takes his mobile dome-shaped planetarium to communities to teach students about Cree constellations, such as Wesakaychak and Keewatin.



Ahtimah Atchakosuk (Dog Stars)

This constellation encompasses the stars of the little dipper and tells the legend of how True Dogs (wolf, coyote, and fox) gave humans the domesticated dog.

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



Pokagon Band of Potawatomi
Department of Natural Resources

RICING CAMP



October 14 + October 28

Creekside at DNR building
32142 Edwards St, Dowagiac, MI 49047

11:00 am – 5:00 pm

Please join the Language and Culture Department along with the DNR for a gathering of rice processing.

We will be parching, dancing, winnowing and sorting like our ancestors did. Please bring a dish to pass if you would like and your love, smiles and fun.

If you have any questions, please contact the Department of Natural Resources at (269) 782-9602.

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August is Suicide Awareness Month

Suicide is death caused by self-directed behavior with an intent to die as a result of that behavior. According to the CDC in 2015, suicide was the eighth leading cause of death among American Indians/Alaska Natives across all ages. Among American Indians/Alaska Natives aged 10–34 years, suicide is the second leading cause of death. Due to these statistics, it is important to know what risk factor to look out for and what steps to take if you or someone you know is having suicidal thoughts.

Risk factors for suicide include:

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempts
- History of mental health disorders
- History alcohol and substance abuse
- Feelings of hopelessness
- Impulsive or aggressive behavior
- Local epidemics of suicide
- Isolation, a feeling of being cut off from other people

- Barriers to accessing mental health treatment
- Loss
- Physical illness
- Easy access to lethal methods
- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or to suicidal thoughts



Let's bring awareness to suicide and suicide prevention. If you or anyone you know is struggling with the thoughts of suicide, contact the National Suicide Prevention Lifeline at (800) 273-TALK. Also, Pokagon Health Services has many resources available by calling (269) 782-4141.

Enter the DV Awareness Month t-shirt design contest



October is only two months away, and the domestic violence program is gearing up to make sure this year's events are better than ever! This year we are holding a design contest for community members to design the purple t-shirts given away throughout the month. The winner of the contest will receive a \$50 gift card. A short summary of the rules are listed below. All entries must be received by Friday, August 25 at 5 p.m. to Casey Kasper in Social Services. The winner will be notified prior to the Kee-Boon-Mein-Kaa Pow Wow on Labor Day weekend.

Summary Requirements

- The contest is open to Pokagon citizens, spouses, custodial parents, and employees only.
- The shirt must be purple with white screen printing.
- The design needs to be positive and incorporate images that bring to mind empowerment, community well-being, and strength.
- No graphic violence or images.

If you have any questions or for a copy of the official rules, please contact Casey Kasper of the Band's Department of Social Services at (269) 462-4324 or casey.kasper@pokagonband-nsn.gov.



Pokagon Band of Potawatomi
Department of Education | Early Childhood Education
Débénwéthék Parent Group

Visit Potawatomi Zoo

Saturday, September 23 | 11:00 am
Potawatomi Zoo | 500 S Greenlawn Ave | South Bend 46615

With over 400 animals on 23 acres, Débénwéthék Parent Group invites you to come enjoy a day at the Potawatomi Zoo. Everyone will meet at the zoo. Gift cards for food will be available and admission is free to those pre-registered online by September 15.



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



Minké gizes

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
		1 PALS (Play and Learn Social) Lean Lunch L&C Kids Language Class: Dowagiac Tone Up! L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training L&C Men and Boys Day
Men's Sweat Lodge 6	7 Circuit Training Day Language Class STEM Day Camp L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	8 STEM Day Camp Lean Lunch L&C Kids Language Class: Dowagiac Tone Up! L&C Adult Language Class: Dowagiac	Peacemaking and Use for Community Purposes Circuit Training STEM Day Camp Elders Health and Wellness Circuit Training L&C Men and Boys Day
STEM Day Camp 13	14 Circuit Training Day Language Class STEM Day Camp L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	15 STEM Day Camp Lean Lunch L&C Kids Language Class: Dowagiac Tone Up! L&C Adult Language Class: Dowagiac	L&C Traditional Travel Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Débénwéthëk Parent L&C Men and Boys Day
	20 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	21 Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	22 Circuit Training Elders Health and Wellness Circuit Training
	27 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	28 Lean Lunch Tone Up! L&C Adult Language Class: Dowagiac L&C Kids Language Class: Dowagiac	29 Circuit Training Elders Health and Wellness Circuit Training

August 2017

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
<p>2</p> <p>Illness</p> <p>Drumming</p>	<p>3</p> <p>Lean Lunch</p> <p>Diabetes Program</p> <p>L&C Potawatomi 201</p> <p>L&C Adult Language Class: South Bend</p>	<p>4</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Family Movie Night</p>	<p>5</p>
<p>9</p> <p>of Circles for Annual Gathering</p> <p>Illness</p> <p>Drumming</p>	<p>10</p> <p>Peacemaking and Use of Circles for Community Purposes Annual Gathering</p> <p>Circuit Training</p> <p>STEM Day Camp</p> <p>Lean Lunch</p> <p>Diabetes Program</p> <p>L&C Adult Language Class: South Bend</p> <p>L&C Potawatomi 201</p>	<p>11</p> <p>Peacemaking and Use of Circles for Community Purposes Annual Gathering</p> <p>Circuit Training</p> <p>STEM Day Camp</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p>	<p>12</p> <p>Strengthening Families through Tradition Conference</p> <p>Tribal Council Meeting</p> <p>STEM Day Camp</p> <p>Débénwéthêk Saturday Family Fitness</p>
<p>16</p> <p>ls Canoe Trip</p> <p>Illness</p> <p>Group Drumming</p>	<p>17</p> <p>L&C Traditional Travels Canoe Trip</p> <p>PALS (Play and Learn Social)</p> <p>Lean Lunch</p> <p>Awareness Shawl Workshop</p> <p>L&C Potawatomi 201</p> <p>L&C Adult Language Class: South Bend</p>	<p>18</p> <p>L&C Traditional Travels Canoe Trip</p> <p>Circuit Training</p> <p>Blood Drive</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p>	<p>19</p> <p>Débénwéthêk Touch-A-Truck</p>
<p>23</p> <p>Illness</p>	<p>24</p> <p>Lean Lunch</p> <p>L&C Adult Language Class: South Bend</p> <p>L&C Potawatomi 201</p>	<p>25</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Breastfeeding Class</p> <p>Circuit Training</p>	<p>26</p> <p>Débénwéthêk Saturday Family Fitness</p>
<p>30</p> <p>Illness</p>	<p>31</p> <p>Lean Lunch</p> <p>L&C Adult Language Class: South Bend</p> <p>L&C Potawatomi 201</p>	<p>september 1</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p>	<p>september 2</p>

Please check the website for the latest updates on any cancellations due to inclement weather. Visit www.PokagonBand-nsn.gov/calendar or call (800) 517-0777 for more details on these events.



DEPARTMENT OF EDUCATION

Elders Health + Wellness

Monday, Wednesday + Friday
11:00 – 11:45 am
PHS Wellness Center

Chair aerobics

Whether seated, supported by a chair or standing free, participants engage in strength training, flexibility, and balance exercises while benefiting from a cardio workout.

Cardio drumming

Express yourself, release stress and aggression, and sweat and sing along. Anybody can do it, there is no right or wrong way to do cardio drumming. Standing or sitting cardio drumming is for everyone. All classes are to accommodate to our Pokagon Elders

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POKAGON HEALTH SERVICES

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Diabetes Program

Education

Join PHS for a five week educational Diabetes Program open to tribal citizens and employees to improve their diabetes. Each class is 1.5–2 hours (time will include education, food journaling, exercise and healthy snack). A team of health professionals including a dietitian, physician assistant, pharmacist and social worker will provide information and support. A different topic will be discussed each week including:

- Week 1 **What is Diabetes?**
- Week 2 **Healthy Eating**
- Week 3 **Home blood sugar monitoring/
Balancing your blood sugar**
- Week 4 **Staying Healthy with Diabetes/
Foot and Dental Care**
- Week 5 **Mind, Spirit, and Emotion
Behavioral Health/Making Healthy Changes**



Classes are from 3:00–5:00pm
PHS Multi-purpose room

January 12	February 2	April 3	May 4	July 20	August 3	October 12	November 2
January 19	February 9	April 20	May 11	July 27	August 10	October 19	November 9
January 26		April 27				October 26	

Please contact Marcy Herbert, RD at (269) 783-2472 for more information or to sign up for a session.

Prevention

JOIN THE POKAGON BAND OF POTAWATOMI
TO RAISE DIABETES AWARENESS IN OUR COMMUNITY ON

FRIDAY, NOVEMBER 3
SOUTHWESTERN MICHIGAN COLLEGE
58900 CHERRY GROVE RD [DAILEY RD ENTRANCE] DOWAGIAC, MI 49047

LIGHT THE WAY 5K

6:30 PM
EVENT CHECK-IN, PACKET PICK UP, FACE PAINTING BEGIN

7:15 PM
WALK/RUN BEGINS

A FAMILY-FRIENDLY, NON-COMPETITIVE RUN/WALK 5K
THIS WILL BE A NIGHT RUN WITH A PORTION OF THE COURSE FEATURING EMERGENCY VEHICLES WITH FLASHING LIGHTS AND THE OTHER HALF OF THE RUN LIT BY HUNDREDS OF GLOW STICKS.

REGISTER HERE
WWW.POKAGONBAND-NSN.GOV/FORM/LIGHT-WAY-NIGHT-RUN-5K-REGISTRATION
SPONSORED BY THE POKAGON BAND OF POTAWATOMI, THE CONGRESSIONALLY ESTABLISHED SPECIAL DIABETES PROGRAM FOR INDIANS, NATIONAL INDIAN HEALTH SERVICES, AND SOUTHWESTERN MICHIGAN COLLEGE.

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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HUNTER SAFETY CERTIFICATION

RETURN TO THE WOODS 2017

September 8–10
Friday 5:00 pm – 9:00 pm
Saturday 9:00 am – 5:00 pm
Sunday 9:00 am – 2:00 pm (Range Day)

The sessions meet at the Teaching Cabin at Rodgers Lake campground.

The Pokagon Band Department of Natural Resources and Tribal Police would like to invite all Pokagon Band citizens interested in obtaining hunter safety certification to the 'Return to the Woods' campaign. Please join us to take the initial steps necessary to obtain a Pokagon Tribal or Michigan hunting license. Participants will undergo all of the accreditation requirements necessary to obtain their hunter safety certification card as well as their bow hunter safety certification card. The completion of the class will increase your ability to obtain a tribal or state hunting license.

Meals provided to participants include snacks on Friday, lunch on Saturday, and snacks on Sunday. Participants should bring weather appropriate clothing.

There is a cap on the class of 15 individuals and children under 10 require an accompanying parent or guardian. All participants must be able to pass a written or oral test as well as a range exam. There are two options for participation: 1) Individuals can take the three day course without cost, or 2) individuals may complete the online version of the hunter safety course (available online hunteredcourse.com/state/online-hunter-safety-course-michigan/ for a fee that is reimbursable for the first 5 individuals) and join us on the last day for the field exam.

Pre-registration is required and can be completed online at:
www.pokagonband-nsn.gov/form/hunter-safety-course-registration-2017
or by calling the Department of Natural Resources at (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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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 Drum Class, this is open to all tribal citizens, spouses and other tribal affiliations. Drum class is open to all ages and is held the first and third Wednesday of every month. There are many teachings that come with this class from a great teacher.

2017

April 5	May 3	June 7	July 5	August 2	September 6
April 19	May 17	June 21	July 19	August 16	September 20

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



For more information, please call the Language & Culture office at (269) 462-4325 or Patty Jo Kublick at (269) 462-4303 desk / (269) 462-5376 cell.



Pokagon Band of Potawatomi | Department of Language & Culture



This fall the Department of Language and Culture's Youth Cultural Program invites young boys who are transitioning to young men during their shkenwé and their family for a rite of passage Mkedékéwen | fasting ceremony.

If you or your child is interested in participating, please contact Rebecca Williams at rebecca.williams@pokagonband-nsn.gov or at (269) 462-4296.

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



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.



Pokagon Health Services
+ Domestic Violence Awareness Team



Domestic Violence, Breastfeeding & Breast Cancer Awareness Shawl Workshop and Presentation

August 17 | 3:00 – 6:00 pm
Pokagon Health Services
Multi purpose Room

Join us in creating your own shawl to bring awareness to the importance of breastfeeding, domestic violence, and breast cancer awareness. These shawls will be danced at Pokagon Band's pow wows. We will have staff on-site from Inter-Tribal Council of Michigan to talk about these topics, as well as historical trauma.

Shawl, appliqué materials, and dinner will be provided. Please RSVP by August 16.

For more information, contact Elizabeth Leffler at (269) 462-4406 office or (269) 591-1642 cell.



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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Pokégnek Bodéwadmik
Pokagon Band of Potawatomi

Department of Language & Culture

Young Ladies Traditional Retreat

Experience Potawatomi culture with an emphasis on women-specific teachings

Language and Culture invites any middle or high school age young lady to a Traditional Retreat at Rodgers Lake, where they will get the chance to participate in fun activities centered around Potawatomi culture. Teachings involving women's experiences, language, traditional foods, and roles in Potawatomi society will excite and educate all that attend. Other activities include nature walks, plant and medicine identification, crafts and more. Sign up today!

This event, with **only 14 spots available**, is open to young women between the ages of 13 – 18. Participants will be required to follow all safety guidelines, rules, and regulations.

RSVP by contacting rebecca.williams@pokagonband-nsn.gov or calling Rebecca Williams at (269) 783-9265.

August 14–16, 2017

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



DEPARTMENT OF EDUCATION

Elders Technology Training

Join the Department of Education for every third Thursday of the month (after the Elders Social) to explore and learn technology.

May 18
June 15

July 20
August 17

September 21
October 19

All sessions at 2:00 – 3:30 pm
@ Elders Hall

[53237 Townhall Rd. Dowagiac, MI]



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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EARLY CHILDHOOD EDUCATION



FAMILY MOVIE NIGHT

Let the adventure begin...

Bring the entire family to experience *Moana*, a Disney film featuring a strong-willed daughter who sets sail in the hope of saving her people in Ancient Polynesia.

RSVP online to be entered to win a raffle.

Friday, August 4 8:00 pm
Community Center



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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.

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Pokagon Bode'wadmik Ogitchedaw Board
- Election Board
- Food Sovereignty Committee
- Pokagon Promise
- Health Care Advisory Board
- Land Use Board
- Pokagon Rights Board
- Mno Bmadsen Board
- Ethics Board
- Curriculum Committee
- Oshke Kno Kewéwen Pow Wow Committee

**INVENTORY
LIQUIDATION SALE**

Great items. Great prices.
office furnishings, household, collectibles,
glassware and other misc. goods

Sale inside, rain or shine.

August 28–29 | Tribal families + Staff
August 30–September 1 | Open to the Public
Open 8:00 am–4:00 pm daily

SALE

**West gate of the National Copper Bldg on Louise Avenue
Pokagon Band of Potawatomi | 415 Prairie Ronde St. Dowagiac, MI**

**FOUR WINDS SOUTH BEND
JOB FAIR**

Looking for a rewarding job in an exciting atmosphere?

Join us to complete the pre-screening process and meet representatives for career opportunities at all locations including the South Bend property opening early 2018.

**Saturday, August 5, 2017
11am – 4pm**

**Four Winds Field
501 W South St
South Bend, IN 46601**

Please log onto the career website at
www.fourwindscasino.com/general/employment.php
to apply prior to attending the job fair to expedite the process.



FOUR WINDS
CASINO RESORT
HARTFORD | DOWAGIAC
NEW BUFFALO | SOUTH BEND

I-866-4WINDSI (494-6371) • fourwindscasino.com

4181-7.07.17
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Elders Lunch Menu | Minké gizes August

monday



7 **language**

Buffalo Tips in Gravy over Noodles
Asparagus
Garden Salad
Whole Grain Roll
Fruit

tuesday

1 **gathering**

Salisbury Steak
Mashed Potatoes
Mixed Vegetables
Garden Salad
Berries
Whole Grain Roll

8

Pork Chop
Mashed Potatoes and Gravy
Spinach Salad
Cottage Cheese and Fruit
Whole Grain Roll

wednesday

2 **gathering**

Chicken Broccoli Alfredo
Red Potatoes
Carrots
Bruschetta
Garden Salad

9

Breakfast Bar

thursday

3 **gathering**

Coulash
French Style Green Beans
Garden Salad
Fruit Salad
Garlic Bread

10

BBQ Chicken
Baked Potato
Butternut Squash
Garden Salad
Whole Grain Roll
Fruit

friday

4 **gathering**

Salmon
Rice Pilaf
Broccoli
Fruit
Roll

11

Tuna, Pea, Egg, and Shell Noodle
Cold Plate
Wheat Crackers
Veggie Tray
Jell-O W/ Fruit

14 **language**

Ham
Scalloped Potatoes
Spinach
Tomato Salad
Roll

15

Cod
Sweet Potatoes
Asparagus
Fruit
Whole Grain Roll

16

Chicken Wrap
Black Beans W/ Rice
Veggie and Relish Tray
Jell-O W/ Fruit

17 **business meeting**

Swedish Meatballs + Noodles
Green Beans and Carrots
Fruit Salad
Cottage Cheese
Birthday Cake
Roll

18

Salad Bar

21 **language**

Sausage, Sauerkraut, and Mashed Potatoes W/ Gravy
Cucumber Salad
Pumpkin Pie
Cornbread

22

Marinated Chicken
Veggie Kabobs
Brown Rice
Garden Salad

23

Buffalo Pot Pie Topped With Biscuits
Garden Salad
Cottage Cheese and Pineapple
Blueberry Pie

24

Italian Turkey Stuffed Peppers
Au Gratin Potatoes
Garden Salad
Fruit
Whole Grain Roll

25

Potato Soup
Fish Square Sandwich
Relish and Veggie Tray
Jell-O W/ Fruit

28 **language**

Beer Battered Haddock
Baked Potato
Broccoli Slaw
Whole Grain Roll

29

BBQ Pork on a Whole Grain Bun
Baked Chips
Baked Beans
Relish and Veggie Tray
Dessert

30

Baked Chicken
Baked Potato
Brussels Sprouts
Coleslaw
Roll

31

Taco Bar

august

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 Beth Edelberg in the Enrollment Office at (269) 782-1763 or Kim Boswell in the Finance Department at (269) 462-4209.

Name	Christmas 2016	Monthly Per Cap
Scott Brewer, Jr	x	
Cristian Cobb	x	
Kailyn A. Currey	x	
Mason Currey	x	
Bobby M. Haynes, Jr	x	
Anna Locklear	x	
Dominic Williams	x	
James Johnson	x	
Austin L. Northrup	x	
Peter J. Ramirez	x	
John Watson	x	
John Williams		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.

Attention 18 to 20 Year Olds | Per Capita Information

Attention all high school seniors who are graduating from high school or individuals who may be completing their G.E.D. If you are at least 18 years old and have achieved either of these you are now eligible to receive your monthly per capita payments. The following documents are needed to begin processing your per capita payments:

- A copy of your Diploma directed to the Enrollment office.
- Make sure your mailing address is up to date with the Enrollment office.
- Fill out a form for Direct Deposit and send to finance department per capita. You may choose to have your payments either direct deposited in your banking institution or a PNC pay card.

All the forms are available on the Pokagon Band website www.pokagonband-nsn.gov. You may mail, fax or email your documents. The address to mail to is:

Pokagon Band of Potawatomi
 Attn: Enrollment Office
 P.O. Box 180
 Dowagiac, MI 49047
 FAX: (269) 782-1964
 Email: beth.edelberg@pokagonband-nsn.gov

The document must be received by August 15 in order to make it on the September 2017 check run. Anything received after August 15 will be processed on the check run for October 2017. If you have any questions please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777.

Elders Stipend increments

Elders Stipends increase each five years by \$250 starting at age 65. All elders over 65 receiving the stipend will notice an increase in their amount every five years until the amount caps at \$1,750 for those aged 85 and above. Here are the increments:

Age	Monthly Elders Stipend Amount	Age	Monthly Elders Stipend Amount
55 – 64	\$500	75 – 79	\$1,250
65 – 69	\$750	80 – 84	\$1,500
70 – 74	\$1,000	85 and older	\$1,750

Don't forget the Elders Stipend is taxable income; federal tax withholding forms are available online at www.PokagonBand-nsn.gov.

Per Capita Important Dates

Deadline to receive Changes/updates/additions	Checks mailed out on	Check date Direct deposits in accounts
Friday, January 13, 2017	Monday, January 30, 2017	Tuesday, January 31, 2017
Monday, February 15, 2017	Monday, February 27, 2017	Tuesday, February 28, 2017
Monday, March 15, 2017	Thursday, March 30, 2017	Friday, March 31, 2017
Friday, April 14, 2017	Thursday, April 27, 2017	Friday, April 28, 2017
Friday, May 15, 2017	Tuesday, May 30, 2017	Wednesday, May 31, 2017
Wednesday, June 15, 2017	Thursday, June 29, 2017	Friday, June 30, 2017
Friday, July 14, 2017	Thursday, July 27, 2017	Friday, July 28, 2017
Monday, August 15, 2017	Wednesday, August 30, 2017	Thursday, August 31, 2017
Thursday, September 15, 2017	Thursday, September 28, 2017	Friday, September 29, 2017
Friday, October 13, 2017	Monday, October 30, 2017	Tuesday, October 31, 2017
Wed, November 1, 2017*	Tuesday, November 21, 2017	Wed, November 22, 2017
Friday, December 15, 2017	Thursday, December 28, 2017	Friday, December 29, 2017

* Please note, in 2017, the November deadline for changes is November 1. This is due to time limitations on all the events that occur at this time of the year.

Per Capita Direct Deposit & Tax Withholding Forms

The tribe has mandatory direct deposit for per capita checks. This is information pertains to citizen not receiving payments by direct deposit or a PNC pay card or making changes to their existing direct deposit information.

Direct Deposit Form Submission:

- If your form is received before the deadline date for per capita changes, the information will be entered into the system. If your test-run is error-free, then you will have direct deposit the same month.
- If you submit your direct deposit form after the deadline date; the following month, your check will be direct deposited into you bank as long as the test-run is error-free.

PNC Paycard

- In the case of individuals not being able to set up a bank account, may elect to have a PNC pay card on which the per capita checks will be loaded onto every month.

Federal Tax Withholding

As always, the tax withholding form is not mandatory although highly suggested as per capita payments are subject to federal and state taxes. The tribe only withholds federal taxes with a completed form, state taxes are the responsibility of the citizen.

All three of the above stated forms are available online at www.Pokagonband-nsn.gov.

If you have any questions, please call (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777. Please leave a message and your call will be returned as soon as possible.

Elders receiving Supplemental Assistance Benefits will also receive this increase; they'll get the additional \$250, but their supplemental assistance will not decrease. Supplemental Assistance Benefits are not taxable.

Elders are eligible to opt in or out of the stipend program during the month they turn 55 years old. Contact the Social Services Department at (269) 782-8998 for help understanding how this increase could impact your particular situation.

To register for Elders Stipend, request a form by calling (269) 782-0765. Return the completed for to the Enrollment Office, 58620 Sink Road, Dowagiac, MI 49047 or Fax: (269) 782-1964. Forms are available online at www.Pokagonband-nsn.gov

Tribal Council August Calendar of Events

- 1 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 7 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 8 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 12 Tribal Council Meeting, Community Center, 10 a.m.
- 14 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 15 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 21 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 22 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 28 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 29 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Can't get to Elders Council business meetings? Participate via webcast

Business meetings are held the first Thursday of every month at the Community Center in Dowagiac. For your convenience the meetings are now broadcast on the internet to listen in on what is going on with the Elders. If you are able to take advantage of this—please do!—Elders business meetings are called to order at 11:00 a.m. Visit the Pokagon website to access the webcasting: www.pokagonband-nsn.gov/citizens/web-casting. Any questions, please call Stanley Morseau, Elders Chairman, (269) 783-6828.

Don't forget our social lunches held every third Thursday of the month. On these days we may have holiday parties, special events, or games. Every weekday a hot lunch is served at the Elders Hall. You are welcome to come to meet new elders you may not know or visit your friends.

Tribal Council September Calendar of Events

- 4 Tribal Government offices closed in observation of Memorial Day
- 5 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Meeting, Community Center, 10 a.m.
- 11 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 12 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 18 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 19 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 25 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 26 Gaming Authority Closed Session, Four Winds New Buffalo, 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.



Pokégnek Bodéwadmik • Pokagon Band of Potawatomi

Domestic Violence Awareness Month Activities

October is Domestic Violence Awareness Month and the Domestic Violence Program has plenty of events going on throughout the month to help educate and raise awareness of this very serious issue. Unless stated below, these events are open to anyone. Some topics may not be appropriate for everyone, so use your best judgment when bringing the kids. New this year, event attendees will be put into a raffle to win a black ash basket. The more events you attend, the more chances you have for winning.

September 30 Harvest Day | Dowagiac Middle School, 10 AM–1 PM

Join Education and Social Services for a day of fall themed family fun! Registration is available on the website. Contact Autumn Laraway at (269) 462-4327 for more information.

October 6 *Mohawk Girls* film screening | Community Center, 6 PM

A coming of age film, directed by Tracey Deer (Mohawk), detailing the lives of three Mohawk girls growing up on the Kahnawake Reserve. This event is open to everyone, though some of the themes may not be appropriate for everyone. Light refreshments will be provided.

October 8–14 is Domestic Violence Awareness Week

October 9 Women's Social Gathering: Potluck and Recipe Swap | Community Center, 6 PM

Nothing brings people together like food. Bring your favorite dish to pass and a copy of the recipe and join us for an evening of fun, food, and conversation. This event is for women and children only.

October 10 Survivor Speak Out and Vigil | Department of Social Services Memorial Garden, 6 PM

Domestic violence survivors and supportive family members and friends are welcome to share their stories of survival. This event is open to everyone.

October 13 *The Mask You Live In* film screening | Community Center, 6 PM

The Mask You Live In discusses what it means to be male in American society. This event is open to everyone. Dinner will be provided.

October 14 Love Should Not Hurt 5K Run/Walk and 1 Mile Walk | Pavilion, 10 AM

Lace up your running shoes and come out to run or walk our scenic, 3.1 mile course through the Rodgers Lake property. A healthy picnic lunch at the pavilion will follow. Packet pickup begins at 9 AM. Please be on the property by 9:45 AM to make sure all participants are safe. Registration is available online. Please note the registration deadline is Friday, September 29, 2017. You may still register until the day of the race and on site, however you will not be guaranteed a t-shirt.

October 16 Women's Social Gathering: Beading Class with Christina Rapp | Community Center, 5 PM

Join us for an evening of socializing and beading. Christina Rapp will be teaching peyote stitching. All beading skill levels are welcome. This event is for women and older children only. Please bring a dish to pass.

October 19 *Sin by Silence* Film Screening | Community Center, 6 PM

Overwhelmingly, women in prison have experienced some sort of violence in the past. This film looks at the first inmate initiated and led support group for women in the correctional system, Convicted Women Against Abuse (CWAA). For the past two decades, the CWAA have been strong advocates for battered women, both inside and outside the correctional system. This event is open to everyone, though it may not be appropriate for everyone. Use your best judgment when bringing children. Light refreshments will be provided.

If you have any questions about the events, please contact Casey Kasper, Victim Services Manager/ Case Worker at (269) 462-4324 or casey.kasper@pokagonband-nsn.gov. Love should not hurt. If you or someone you know is being hurt, please contact Casey Kasper. Please check the website for additional information on events throughout the month as well.

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Pokagon Band of Potawatomi
Department of Education Early Childhood Education +
Débénwéthék Parent Group



Touch-A-Truck

Touch-A-Truck is a fun, free hands-on opportunity for the whole family to explore an assortment of vehicles, including police cars, construction equipment, and many other unique vehicles from those who protect, build and serve our community! Professionals who use these vehicles will be present to answer questions and demonstrate how each vehicle works.

Event is open to the general public. Water and popsicles will be available.

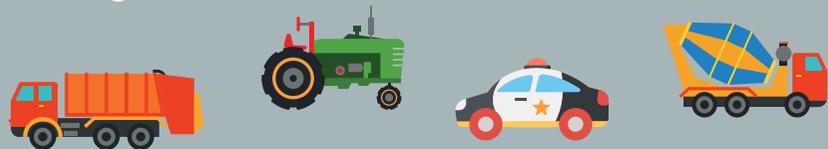


RSVP at www.pokagonband-nsn.gov/form/touch-truck-registration

Saturday, August 19

9:00 am – noon (9:00 am–10:00 am is siren free)

Rodgers Lake [58620 Sink Road, Dowagiac, MI 49047]



If you are interested in providing a vehicle for this event, please contact Autumn Laraway at (269) 462-4327 or Autumn.Laraway@PokagonBand-nsn.gov

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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Tribal Office Directory

Administration

Information Technology
58620 Sink Rd.
(269) 782-8998
Toll Free (800) 517-0777
FAX (269) 782-6882

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

58620 Sink Rd.
(269) 782-0887
Toll Free (888) 330-1234
FAX (269) 782-0985

Elders Program

53237 Townhall Rd.
(269) 782-0765
Toll Free (800) 859-2717
FAX (269) 782-1696

Elections

58620 Sink Rd.
(269) 782-9475
Toll Free (888) 782-9475

Enrollment

58620 Sink Rd.
(269) 782-1763
FAX (269) 782-1964

Facilities

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

Finance

58620 Sink Rd.
(269) 782-8998
Toll Free (800) 517-0777
FAX (269) 782-1028

Head Start

58620 Sink Rd.
(269) 783-0026/
(866) 250-6573
FAX (269) 782-9795

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

58620 Sink Rd.
(269) 782-8998
FAX (269) 782-4253

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

415 E. Prairie Ronde St.
(269) 783-4111

Natural Resources

32142 Edwards St.
(269) 782-9602
FAX (269) 783-0452

Social Services

58620 Sink Rd.
(269) 782-8998
Toll Free (800) 517-0777
FAX (269) 782-4295

South Bend Area Office

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

Tribal Council

58620 Sink Rd.
(269) 782-6323
Toll Free (888) 376-9988
FAX (269) 782-9625

Tribal Court

58620 Sink Rd.
(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

Tribal Council Directory

(888) 376-9988

Chairman

John P. Warren
(269) 214-2610
John.Warren@pokagonband-nsn.gov

Vice-chairman

Robert Moody, Jr
(269) 783-9379
Bob.Moody@pokagonband-nsn.gov

Treasurer

Eugene Magnuson
(269) 783-9297
Eugene.Magnuson@pokagonband-nsn.gov

Secretary

Mark Parrish
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Mark.Parrish@pokagonband-nsn.gov

Member at large

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

Member at large

Becky Price
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Becky.Price@pokagonband-nsn.gov

Member at large

Michaelina Martin
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Member at large

Andy Jackson
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Member at large

Roger Rader
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Member at large

Matt Wesaw
(517) 719-5579
Matthew.Wesaw@pokagonband-nsn.gov

Elders Representative

Judy Winchester
(269) 783-6240
Judy.Winchester@pokagonband-nsn.gov

Executive Secretary

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

Elders Council Directory

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

Chair

Vacant

Vice Chair

Maxine Margiotta
(269) 783-6102

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Senior Youth Council Directory

Chairman

Michael Gamache
Michael.Gamache@pokagonband-nsn.gov

Treasurer

Andy Murray
Andy.Murray@pokagonband-nsn.gov

Secretary

Mahogan Shepard
Mahogan.Shepard@pokagonband-nsn.gov

Member at large

Skyler Daisy
Skyler.Daisy@pokagonband-nsn.gov

Member at large

Robert Dick
Robert.Dick@pokagonband-nsn.gov

Rebecca Williams

Youth Culture Coordinator
(269) 462-4325

Junior and Senior Youth Council Members Wanted

Both Senior and Junior Youth Councils are open to any Pokagon youngster. Anyone can join, and eventually run for the executive board. Besides the age divisions, there are differences between the two groups. The Junior Youth Council provides a voice for native youth between the ages of 12 and 18. The Council promotes the development of future tribal leaders through educational attainment and Potawatomi language, culture, pride, and identity. The Junior Youth Council also coordinates community service projects and provides opportunities for native youth to interact for fun and friendship.

The Senior Youth Council provides a voice for Pokagon citizens between the ages of 18 and 24. The Senior Youth Council also coordinates community service projects and provides opportunities for Pokagon young adults to interact for fun and friendship. The Council mobilizes members toward positive goals, promotes the development of future tribal leaders and educates native youth about tribal government.

Minké gizes August Citizen Announcements



Look who's turning 16! it's my big brother, **Inteus**. I love you, Inteus, with all my heart. I love you anyways. You are the best big brother a sister could ask for. Enjoy your special day! We love you!

Love me, Angel of course, and bubby, Michael.

To my pride and joy, my first born, **Inteus**. I want to wish you a very SPECIAL happy birthday as you are transitioning from a cute young boy to a handsome young man. I am glad that Geshimado has blessed me with you. I am so proud to have you as my son. I am very proud of the man you are becoming. Nothing brings me more joy than you, your sister and brother. Happy 16th birthday, Inteus. I love you. XOXO



Joseph Jason Trela Born February 15, 2017 8lbs 5oz 21in long. Place of birth: Tampa, Florida to parents Pete Trela and tribal member Allison Trela. JJ is excited to be a member of the tribe!



A big shout out to a very special young man who is turning 16! Happy birthday, **Inteus**. We love you, and enjoy your special day! Happy 16th!

Love, your family



WANT TO FIND OUT IF YOU COULD MAKE IT THROUGH ONE DAY OF TRADITIONAL TRAVELING? DISCOVER THE ANSWER AUGUST 16-18, 2017

Language & Culture and the Tribal Police Conservation Department are hosting a Traditional Travels Canoe Trip in Bay View, MI August 16-18. This adventure consists of two nights spent rustic tent camping (no electricity or running water) in Bay View, MI (U.P.). During our stay the young men will receive teachings such as plant identification, survival skills and proper canoeing skills. Other activities consist of swimming and fishing.

This event, with **only 15 spots available**, is open to young men between the ages of 13-18. Participants will be required to follow all safety guidelines, rules, and regulations.

RSVP by contacting Daniel.Stohrer@PokagonBand-nsn.gov or by calling the Department of Language & Culture at (269) 462-4325. This trip fills quickly.



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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32ND ANNUAL

Kee-Boon-Mein-Kaa Pow Wow

SATURDAY SEPTEMBER 2 + SUNDAY SEPTEMBER 3