

Pokagon Band Tribal Police Sign Initiative, Collaborate to Meet Crime Safety Needs of Seniors

The Tribal Police Department of the Pokagon Band officially joined forces with other Van Buren county law enforcement professionals, seniors and community groups recently to help reduce crime against seniors and reduce the unwarranted fear of crime that seniors often experience. Police Chief Rachel Sadowski and Community Resource Officers (CRO) Abraham Hohnke and Jaime Sumners were among the signatories of a Triad agreement created to keep Van Buren county elderly safe.

“Crimes targeting older adults are different in that victims are sought out because of perceived vulnerabilities,” said Pokagon Chief of Police Sadowski. “We must understand this dynamic to curb these activities, and to assist the victims.

Also, Elders traditionally hold a respected role in tribal communities, so anything we can do to further assist them is key culturally.”

Working together, Triad volunteers develop and implement crime prevention and education programs for older adults. Triad is a national organization that was founded twenty years ago when three groups: the American Association of Retired Persons (AARP), the International Association of Chiefs of Police and the National Sheriffs’ Association agreed that the crime prevention needs of older Americans could be best met by their cooperative effort. The document signed will be sent to the national Triad offices, formalizing the creation of the Van Buren county partnership.



Community Resource Officer Abraham Hohnke looks on as CRO Jaime Sumners and Chief of Police Rachel Sadowski sign the Triad agreement.

Questions About New Health Care Services? Find Answers Here

As mentioned in the last three issues of *Pokégnek Yajdanawa*, the Department of Health Services is in the midst of a 120-day process of becoming compliant with Indian Health Services policies regarding the use of funds from Contract Health Services. Starting February 1, 2011 the health department will offer all eligible Pokagon Band citizens health care via a managed care system. There are lots of questions about the changes. Here are some answers.

Q: Why must all patients needing routine, direct, primary care health services first go to the Pokagon Band Health Clinic?

A: According to CHS rules, routine health services will not be

paid through CHS when a tribal facility capable of providing these services is within 90 minutes one-way surface transportation time from the patient’s place of residence.

Q: Why must I wait seven days to have my prescription refilled?

A: Currently the Pokagon Band pharmacy is staffed by one licensed clinical pharmacist and one pharmacy technician. They are responsible for medicine reconciliation. In other words, they must check a patient’s medical history and records and to ensure that medications will not harm the patient. Each new patient’s medication will be checked with all current and future medications, to assure that the medication does not create unwanted side effects. This

requires time and diligence and is vitally important to patient safety.

Q: If the Pokagon Band Clinic cannot take care of my health care needs, will I be sent to another health care provider?

A: Yes, if the Pokagon Band medical provider sees the patient and determines his or her needs are best met by using an outside contract facility.

Q: Can the Contract Health Services Program establish a cap on certain procedures (e.g., dental procedures, eyeglasses, etc.)?

A: No. If a health service is within medical priorities, CHS must pay for the full amount of the service.

Q: If the Pokagon Band is guaranteed health care from our treaties for as long the water flows and the grass grows, why are Indians required to apply for alternate resources (i.e., Medicare, Medicaid or private insurance)?

A: While some treaties mention health care, the Indian Health Service is not an entitlement program, and therefore funding for CHS is not guaranteed by the Federal government. Alternate resources CHS funds to be conserved, thereby providing health care for more Indian beneficiaries.

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 guidelines printed on page 15 of this issue.

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

Pokégnek Yajdanawa
Box 180
Dowagiac, MI 49047

newsletter@PokagonBand-nsn.gov

Elders Hall Luncheon and Inaugural Pokégnek Édawat Halloween Parties Fun for All

A couple of hundred tribal citizens participated in the Department of Housing's inaugural Halloween Bash the afternoon of Sunday, October 31. The event was held in the common area at Kekyllak Odanek, the Elders Village in Dowagiac. Both children and adults delighted in the opportunity to dress up in costumes and play such old fashioned games as tug of war, gunny sack races and corn hole toss.

DJ Roger Rader kept the energy high with fun Halloween music. A short-lived impromptu dance marathon also was included. Costume contests were held for ages. **Marge Brunell** (a witch), **Judy Augusta** (a skeleton), **Margaret Rapp** (a ghost) and **Kathy Grant** competed in the Elders category. The prize of a black and orange George Martin-beaded key chain went to **Margaret Rapp** as the winner of her category.

Other winners included **Devon Helmke** (son of **Rhonda Purcell** and **David Helmke**) as Chicken Little (see right) and **Beth Edelberg** as Marge Simpson. The event ended with trick or treating from 6 till 7 p.m. at Elders' homes. Special thanks go to the entire Housing and Maintenance staff, especially the families of Housing Occupancy Specialists Kim Cushway-Zepeda and Wendy Lipscomb-Hatcher,



Chicken Little, aka **Devon Helmke**, above, enjoys his treat. **Pat Klemm**, above right, masqueraded as a witch for the Elders Hall Halloween Luncheon October 21. Little trick-or-treaters and their parents take a hay ride around the Pokagon Village, right.

without whose help the event wouldn't have been possible. Judging from the amount of fun everyone had, the event could become an annual one.



Pokagon Band Library Book Review

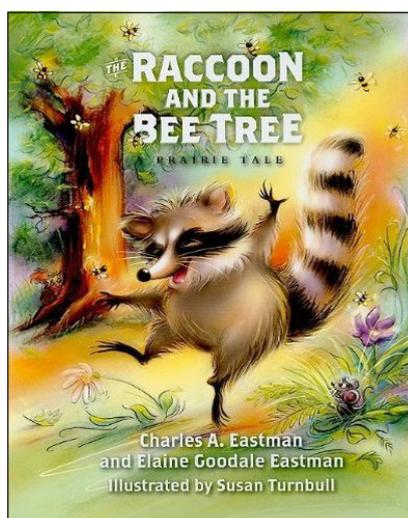
Review by **Susan Doyle**,
Education Associate

The Raccoon and the Bee Tree: A Prairie Tale

By Charles and Elaine Goodale Eastman

A curious raccoon awakes from bed and starts out on a hunt for some food. Curiosity and temptations lead this little raccoon into some trouble that he was not expecting.

This book is a traditional American Indian tale that takes place on the prairie woodlands of eastern South Dakota or western Minnesota. It uses an animal which represents a human to teach a valuable lesson. It is a Mom's Choice Award winner for



honoring excellence. Check out this and other Native American books in the Pokagon Band library.

GED Graduates Move Onward and Upward

By **Traci Henslee**, Employment
and Training Specialist

I would like to congratulate the individuals in the Workforce Investment Act (WIA) program who graduated in June 2010. **Douglas Barger** and **Tanya Calamari** graduated from Pathfinders, the Dowagiac Union High School Adult Education program. Douglas plans to begin Southwestern Michigan College's business program in fall 2010. Tanya plans to attend Southwestern Michigan College in fall 2010, as well.

Also, congratulations to **Cassandra Rowe**. Cassandra graduated from Bay Pines Center

in Escanaba, Michigan. She is the daughter of **Earl and Nora Rowe** and the granddaughter of **Stanley and Linda Morseau**. She was on the honor roll for three semesters and showed improvement in at least one core subject area. She plans to attend Kalamazoo Valley Community College this fall to pursue an associates degree in social work.

If your name is not listed and you would like to share your graduation story, please contact the Pokagon Band Department of Education, Employment and Training Specialist, **Traci Henslee** at 269-462-4220 or 269-782-0887 to provide details.

Tips, Walking the Path Can Help Avoid the Holiday Bulge

It's incredible to think that the year is coming to an end and the holidays are here. Along with those thoughts of shopping, going to festive gatherings, wrapping gifts, and meals on the run, many of us will have the nagging thought of gained pounds. By following these tips, perhaps you will make it through the season with fewer pounds gained, and maybe a little happier and healthier.

1. Psyche yourself up: don't allow for expansion. Wear your snugest clothes that don't allow your waist to expand. Leave the sweat pants in the closet.
2. Keep your back to the food. This may seem obvious, but don't stand and watch the buffet table at parties or even stand close to it. Scan the table for three or four things you will

enjoy and save the highest calorie food for the last. You may have less chance of overeating. Go for the protein foods as they are more filling, higher in iron, and richer in lycopene.

3. Pace yourself. Eat slowly by taking smaller bites, chewing and swallowing thoroughly, drinking water between bites, or even putting the fork down. Wolfing down food usually equals an additional seventy calories for one meal. This can add up to about a pound of weight gain in just 45 days.
4. Write it down. According to statistics, the more food records a person kept, the more weight lost. E-mail yourself what you ate at work during the day, or use [www. MyPyramid.gov](http://www.MyPyramid.gov) food tracker to help you keep a food diary.

5. Get moving. Yes, it's true, calories in and calories out. Think exercising in minutes. Ten minutes is better than nothing and three ten-minute sessions a day equals a 30-minute workout.

6. Liquid calories count. These can really sneak up on a person. Eggnog, coffee drinks with whipped cream, hot toddies, spiced rum can all have as many calories as a personal sized pan pizza! In addition, many of them are just calories without any nutritional value in them at all.

7. What's a good plan to beat the Holiday eight to ten pound weight gain? FIBER! Think about eating five to 11 fruit and vegetable servings a day before you let yourself indulge in high, empty calorie holiday treats.

8. Walk the Path, the virtual walk around Lake Ontario continues until next April, 2011. If you are searching for an incentive or a motivator to help you with the winter couch potato blues or the busting-out-all-over feeling after the holidays, this is the program for you.

Contact Susan Gundersen, the dietitian at the Department of Health Services, 888-440-1234 for more information to get you started on a healthy approach to increased physical activity and wellness. If it works out for you, you may not have anything to lose that second week of January. Good health is the best gift we can give ourselves. Happy Holidays!

Pokagon Band Offering Apprenticeship Opportunities

By John Hieronymus, Talent Acquisition Manager

The idea of human capital is a fairly simple one: the more time and effort one invests at the earliest point in his or her learning journey, the greater return that investment will generate over time. This assumes that the area of interest and study is also an area with some market demand. How does this concept apply to citizens at this time of development for the Pokagon Band?

As I write this, dirt is flying at the Hartford construction site as excavating staff hurries to prepare the soil for concrete slab pouring. We have over fifty applicants who have indicated an interest in our Carpenter's Apprenticeship program. Yet only a third has completed the required TABES test. Those still interested should to contact **Jim Bentham at Michigan Works (800-533-5800, Ext. 1313)** to make an appointment to take the TABES Tests. Tests are given Wednesdays and Fridays at 1:00 p.m. This is a tremendous opportunity to train and employ a great number of Tribal Citizens to support construction projects.

Preparing for these opportunities means being willing to invest in your own human capital. This can

mean taking the TABES tests, having reliable transportation to classes and work, and committing to complete your GED within a year of starting the program.

Pokagon Band citizens are driving bull dozers and framing the Community Center, and this is only the beginning. To get involved with the work that needs to be done, fill out the Apprentice Candidate paperwork, take the TABES Tests, get your GED's finished, and make transportation arrangements. Then you will be ready when classes and jobs open up.

Every great journey starts with the first step. Human capital is developed with a combination of education and applied learning. Soon the Band's apprenticeship documents will be ready for the Department of Labor to certify. We will start to interview candidates who have completed their TABES Tests. Within the next six weeks, we will be putting people onto job sites for a two-week Pre-Apprentice Work Evaluation in partnership with Majority Builders.

Human capital: will you be ready to make an investment in yourself? If you have any questions, please feel free to call me. My office phone is 269-462-4268, cell phone 269-240-8798.

AA/NA Meetings

Tuesday nights 6 p.m. to 7:30 p.m. Friday nights 7 p.m. to 8:30 p.m.

Health Services building II
Use the side door for entry.

Pow-Wow Committee Announces Annual Design Contest

The KeeBoonMeinKaa Pow Wow committee is once again hosting a graphic design contest in honor of the 2011 Labor Day weekend pow wow held at Rodgers Lake. The winning design will be used on the t-shirts, event flyer and program cover. The artist who creates the winning design will be awarded \$250 from the pow-wow committee! Please send PDF images to Micky at Michaelina.magnuson@pokagonband-nsn.gov by Wednesday, December 15, 2010. The committee looks forward to many great designs!

Crowd Help Dedicate New Building Projects October 6

The Pokagon Band celebrated the Tribe's growth and development October 6 by dedicating two recent projects. That morning there was a dedication and ceremonial smudging of the new administration building at Rodgers Lake, and then the tribe hosted a site blessing for the site of the new community center on Dailey Road. Citizens, staff, local officials and the media enjoyed the ceremonies and a traditional feast at the Tribal Lodge pavilion.

The community center, currently under construction, will be an 8,500 square-foot building providing tribal citizens with a central place to gather for meetings, social events and special occasions. The environmentally-friendly facility will feature a large meeting room, office space, a large conference room divisible into two smaller spaces, a lounge area, kitchen and wall cases to hold cultural items. Outside there will be a large patio with a fire pit, and nearly 100 parking spaces.

At the event, Kevin Fitzgibbons, an administrator for the U.S. Department of Housing and Urban Development, which funded \$2 million of the community center project, commented that the Pokagon Band is unique in its vision for sustainable development.

"There is not a tribe that has made the progress you hve," he said. "These great things would never happen if it weren't for two things: tribal leadership and vision."



Upper right, cultural associate Andy Jackson helps Clarence White prepare for the smudging of the new administration building. Right, Val Janowski of the Housing Department presents Kevin Fitzgibbons with a beaded talking stick. Lower right, members of the Tribal Council listen as Chairman Wesaw welcomes attendees to the event at the construction site. Above, Chinodin Atkinson drumming during the luncheon feast.



Meet the Elder of the Month | Lynne Feaster



My name is Lynne Feaster and I live in Comstock Park, Michigan. My mother, Mary Church, was a full blood Potawatomi and my father, Leonard Church, was half Ottawa and half English. I was raised in a Christian home and have been blessed with three daughters and three wonderful sons-in-law. I have two granddaughters and five grandsons, and one great-grandson who is ten months old.

I was able to retire from the Grand Rapids Home for Veterans at the age of 55 after 37 years of service. I really am enjoying retirement. I have travelled this summer and enjoyed watching my grandkids at their various sports. I have a few projects in the making: a hooked rug with the Pokagon Band seal and two shawls. I work out at Curves and walk my dog Diamond and enjoy reading.

I recently made my mom's famous fry bread to take to my grandson Luke's English class after he gave a book report on a novel by Sherman Alexie called *The Absolutely True Diary of a Part-Time Indian*. I know how to make corn soup, which my mom was also famous for.

I live two and a half hours from Dowagiac, but my sister Betty McBride and I try to make it to the Elders monthly business luncheon. Besides bus problems, my sister and I enjoyed the trip to Pigeon Forge and the Dixie Stampede. I'm trying to help my brother Conrad and sister Jennie bring educational and fun tribal activities to outside the ten county area. In October we had about fifteen youth come together to play lacrosse, basketball and Indian bingo. I'm proud to be a Pokagon Band member!

Sleep Disorders More Common in Natives

Obstructive sleep apnea (OSA) is a condition that develops when a person's airway becomes blocked during sleep, causing breathing difficulties. Sleep apnea is a growing problem, and sleep disorder symptoms more common among American Indians. According to 2009 statistics, twenty percent of the general adult population have mild OSA, while eight percent have moderate OSA. When one is obese, the percentage goes up to sixty percent. The statistics are worse for those with type 2 diabetes: up to eighty percent of type 2 diabetic patients experience mild OSA, while nearly forty percent have moderate OSA.

You are at higher risk for sleep apnea if you have one or more of the following conditions:

- Obesity
- Increasing age
- Male gender
- Anatomic abnormalities of upper airway
- Family history
- Alcohol or sedative use
- Smoking
- Diabetes

Signs and symptoms of sleep apnea include loud, chronic snoring, and gasping and choking during the

night. It's a good idea to ask your bed partner if he or she has witnessed any episodes. Excessive daytime sleepiness can also be a symptom. Some of the consequences that come from sleep apnea include increased motor vehicle crashes or work-related accidents, poor job performance, depression, family discord, and decreased quality of life.

If you have any of these signs and symptoms you are encouraged to lose weight, avoid alcohol and sedatives, avoid sleep deprivation, avoid supine sleeping, and stop smoking. You should also contact your doctor for a health assessment and evaluation to see if a referral to a sleep clinic is recommended. There are two types of sleep studies: one done in a clinic setting, and one done at home. If you opt for the at-home sleep study, you may still have to attend a sleep clinic if the test comes back positive.

You can make an appointment with one of our health care providers, nurse practitioner Shirley Grassflower or Dr. Sherburn today. We also have two registered nurses on staff at the clinic that can help with sleep apnea education. If you have questions or cannot make it into the clinic, one of our Community Health Nurses or Community Health Representatives can perform a home visit to evaluate you.

Department of Language and Culture

Jake Pine

**Date: Wednesday-Friday,
December 15-18, 2010**
Time: 9:00-12:00p.m., 1:00-5:00p.m.
Location: Teaching Cabin

Barb Pieltier

**Date: Wednesday-Friday,
December 15-17, 2010**
Time: 12:00-5:00 p.m.
Location: Teaching Cabin

Native Healing

Women's Sweat with Barb

Date: Thursday,
December 16, 2010
Time: 6:00 p.m.
Location: Teaching Cabin

Co-ed Sweat with Jake

Date: Saturday
December 18, 2010
Time: 8:00 a.m.
Location: Teaching Cabin

Jake Pine and Barb Pieltier will be in our community for Native healing and medicine teachings. Please call Andy Jackson to schedule an appointment.

- Individual appointments Wednesday-Friday (please bring tobacco).

Contact : Andy Jackson
Office: 269-462-4261
Cell: 269-783-6198



December 2010
Department of Language and Culture

32142 Edwards Street, Dowagiac, MI 49047
(269) 462-4296 • Teresa.Magnuson@PokagonBand-nsn.gov



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Fathers of Tradition Meeting/Family Night*; Language Table	3	4
5	6 Elder's Language Class	7 Red Road Circle of Recovery AA/NA*	8	9 Fathers of Tradition Meeting/Family Night*; Language Table	10 Red Road Circle of Recovery AA/NA*	11
12	13 Elder's Language Class	14 Red Road Circle of Recovery AA/NA*	15 Lunch-and-Learn with Jake Pine (Staff Only); Native Healing; Women's Hand Drumming	16 Fathers of Tradition Meeting/Family Night*; Language Table; Native Healing; Women's Sweat Lodge	17 Native Healing; Red Road Circle of Recovery AA/NA*	18 Co-ed Sweat Lodge; Seasonal Teachings; Winter Ceremonies
19	20 Elder's Language Class; Traditions and Repatriations Meeting	21 Red Road Circle of Recovery AA/NA*	22	23 Fathers of Tradition Meeting & Family Night*; Language Table	24 Offices Closed	25
26	27 Offices Closed	28 Red Road Circle of Recovery AA/NA*	29 Storytelling & Traditional Snow Snake Games with John Pigeon	30 Fathers of Tradition Meeting/Family Night*; Language Table	31 Offices Closed Winter Concert	



WOMEN'S DRUM PRACTICE/TEACHINGS

Barb Pieltier will be joining us for women's hand drum practice and teachings. Please join us for an evening of singing and laughter.

Date: Wednesday, December 15, 2010

Time: 6:00-9:00 p.m.

Location: Teaching Cabin

Department of Language and Culture

Contact:
Andy Jackson
Office: 269-462-4261
Cell: 269-783-6198

Ladies please wear your skirts to respect our mother earth.

All ladies and girls welcome!
Please bring a dish to pass.

The Office of Indian Energy and Economic Development, Office of Workforce Development in partnership with the United Association of Plumbers, Pipefitters and Sprinklerfitters is seeking applicants for the upcoming training. They are now accepting applications for the next Native American Direct Entry Plumbing and Pipe Fitter program to be held November 29, 2010 through April 1, 2011 in Mokena, Illinois at the UA Local 597. Applications are available by contacting Tom Tousey, Special Projects Job Counselor at 715-799-5137 or Sue Blodgett at 715-799-4470.

If you live inside the ten county service area and are low-income or unemployed, you may also contact the Pokagon Band Department of Education Workforce Investment Act program, Employment and Training Specialist, Traci Henslee at 269-462-4220 or 269-782-0887.

Tribal Students Taking Advantage of Enrichment Labs

By Susan Doyle, Education Associate and Penny Brant, Education Coordinator

We will reach our ninth Dowagiac K–5 grade Enrichment Lab by the end of November. More than ten students join us on average every week. We start off enrichment lab at the library in the Department of Education allowing each child to return and check out books. Just about every child takes advantage of this opportunity. Then off we go to the Head Start building for a small snack and to break off into different classrooms. We have been making small changes from previous years to reach the children who have requested tutoring. Currently we are tutoring students one-on-one at the Enrichment Lab in a separate class room while in the main room we have some staff helping students with homework. If the students don't have homework, like many of the first graders, then their activities are aimed toward improving reading, writing, and/or math skills. Our goal for this year is to help all the students with homework and also work with those without homework in mastering the skills they need for their grade level.

The Hartford Labs have been put on hold for the time being. The Hartford schools are sponsoring a wonderful program called Young Rembrandts which coincides with the time of our Lab. While the labs are not currently running, they are not out of our thoughts. We will return!

The Dowagiac 6–12 grade Enrichment Labs are being shifted to a new opportunity for the Native Nations Youth Council. The Dowagiac area group met three times over the last two months with the Native American Student Association of Notre Dame. We travel from the Department of Education, leaving at 4:30 p.m. and arrive back at the property around 8:30 p.m. Activities have included discussions with the ND students, a tour of the science buildings, dinners, and time to relax with the ND students. Our next event will be at 9 a.m. on Saturday, December 4 at the Department of Education. Please contact us at 269-782-0887 or 888-330-1234 if you are in the 7–12 grades and would like to be a part of this activity.



Men's Health Fair Offers Screenings, Information

What draws people to a health fair? Twenty-seven Pokagon Band men gave different answers to this question after their participation in this year's Men's Health Fair October 7 at the Pokagon Band Department of Health Services.

Many stated the need to receive screenings that checked the status of hearing, vision, blood pressure, weight, and being able to discuss concerns with a health provider. Follow-up plans included making manageable changes in their health by increasing physical fitness, walking more, healthy eating, closely monitoring blood pressure and weight. Others appreciated the reinforcement that they were already doing many of the right things.

Mike Zimmerman, Jr, opened the event in the language with a blessing reflecting the Potawatomi wisdom and spirit of nature and well being.

This year Darr & Associates conducted hearing screenings, and Smoke Family Vision Center performed vision screenings. Doctor Sherburn and Shirley Grassflower, the nurse practitioner, provided exams, PSA blood tests, flu shots, foot exams, body composition

analysis, and height, weight, and blood pressure assessments. Lakeland Health Care offered take home colon/stool test kits. In addition, attendees enjoyed participating in such wellness techniques as massage, hand care, a free hair cut, a meal including venison stew, and a goodie bag with educational and fun items. Plus anyone interested could obtain his hunting/fishing license right there in the health clinic!

We want to thank Four Winds Casino and the Niles-Buchanan YMCA for prize donations for our raffle. Herb Getz was our grand prize winner taking home the Four Winds Casino gift certificate. Tom Topash won the men's and women's wrist watch furnished by Four Winds Casino. Ollie Shaer got the Niles YMCA 10 Visit Card. John Carney won the beautiful Native Hand Drum made by Gerald Wesaw. Thank you to all the men who attended this year's event. The Department of Health Services hopes to see you at the Men's Health and Wellness Fair in 2011!

The Pokagon Band Behavioral Health and Health Services will present enrollment workshops on Michigan and Indiana services, and Medicaid and Medicare

Monday, December 6, December 13 and 20

1 - 2:30 p.m.

5:30 - 7 p.m.

At the Pokagon Health Services building 2
(enter through the north side door)

Presented by Angie Oliva, BSW, MA,
and Cara Logan, MSW

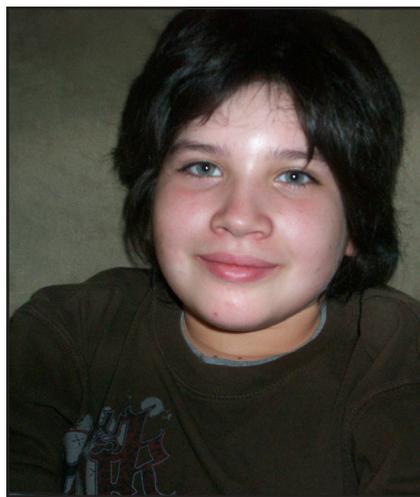
Pictured above, prize winners Albert Genereaux, Tom Topash, Ken Rader, Mike Zimmerman, and in front: Herb Getz and Victor Newsome.

December Students of the Month

by Susan Doyle and Sue Johnson, Education Associates



Karli Malott is a tenth grader attending Brandywine High School, in Niles, Michigan. Karli does beading with her Grandmother occasionally, and is proud to be a Native American because, "I get to learn about the culture and traditions, as well as how we can stick together and make the way better for upcoming children, teens and adults. I like to learn the ways that our ancestors taught us." Karli's favorite food is steak and potatoes. Her favorite toy is her cell phone, her favorite game is Candyland, and her favorite sport is soccer. Karli has a brother Kyle, her mother is Barb Vincent, and grandmother is Ann Zimmerman.



Eric Lewis is a seventh grade student at Watervliet Middle School, Watervliet, Michigan. Eric is proud to be Native American because, "after many cultures have died out, we have still kept our beliefs strong." He loves pizza and grapes. Eric's favorite game is any Xbox 360 game or computer game. He wants to be a game designer when he grows up. He has one sister, Kayla. His mom is Tonya Payne, his father is Dean Lewis, and his step-father is Jerome Payne.



Dawson Welch is a second grader at St. Mary's School, Buchanan, Michigan. He has attended pow wows in the past, and loves the treasures his great-aunt makes, as well as items that belonged to his great-great grandfather. His favorite food is pizza. He loves swimming, his DS, and soccer. When he grows up he wants to go to Sea World and wear shorts year round. His pride in being Native American comes from "being at the casino and reading about our history." He has two brothers, Zachary and Nash. His parents are Dave and Annette Welsh.



Andrue Dayson is a kindergartener at Galien Elementary School in Galien, Michigan. He is proud to be Native and shares his traditions with friends and family. He enjoys spending his free time at pow wows and ceremonies, and teaching his brothers Marcus Wares and Colin Dayson. Andrue is a Grassdancer, as well as a drummer. His favorite food is pumpkin pie. His favorite activities are hockey and wrestling. When he grows up he wants to be a Marine like his Papa and a firefighter like his Dad. His parents are Jennifer Boissoneau and Brian Dayson. His grandparents are Joe and Susan Dayson, and Gail and Junior White.

Elders Council Business Meeting Minutes November 4, 2010

MEETING CALLED TO ORDER: 11:12, Ken Rader

INVOCATION: Clarence White.

ROLL CALL: Margaret Rapp, in at 11:35, Ken Radar, P, Clarence White, P, Audrey Huston, P. Also in attendance, Yvonne (Petey) Boehm.

AGENDA: Yvonne (Petey) Boehm: LIHEP applications are here. Still need volunteers for Elder of the Month. Contact Petey if you would be willing to become Elder of the Month. Phone 1-800-859-2712.

ADDITIONS TO THE AGENDA: Maxine would like a Tribal Council representative to report back to Elders Council of what went on at Tribal Council.

Tom would like to have Mark from Social Services attend a special meeting concerning lunches when the cook is off. Tom would also like a person to have a room by himself at the MIEA conferences. We are only allotted so many rooms; this would pose a problem as it would cut the number of people who could attend.

MINUTES: The October minutes were read, Clarence moved to accept the minutes with corrections, Ken supported, (4) yes, approved.

TREASURERS REPORT: No report.

NEW BUSINESS: There were too many questions concerning prescriptions and health care to go into detail. Arthur Culpepper will be at our December 2 business meeting to answer any questions you may have. A suggestion was put forth by one of older Elders to invite Tribal

Council to this meeting. She felt they should hear firsthand the problems that are being encountered.

Jeanne Mollett would like to have Juan come and play his flute at the social luncheon.

Jackie Trux would like a one day trip to Chicago in November to see the Christmas lights.

OLD BUSINESS: Due to the hotel policy about cancellations, we felt that we had to put a sign up sheet for the rooms early. There are still plenty of rooms.

COMMUNICATIONS: None.

ANNOUNCEMENTS: Language classes are held every Monday at Elders Hall, 11:00 am – 12:00pm.

Active Living classes are held every Friday morning at Elders Hall.

Basket making will start November 10, 2010, 1:00 to 3:00 p.m.

Bake sale November 18, 2010

NOVEMBER BIRTHDAYS:

Jackie Trux, Susan Laursen, Evelyn Miller, Fred Klemm, Margaret Rapp, Stanley Morseau, Gar DeMarsh, Faye Magnuson.

NOVEMBER ANNIVERSARIES:

Clarence & Jenny White, Ken & Essye Kirvan.

ADJOURNMENT: Ken moved to adjourn, Clarence supported, (4) yes, adjourned at 1:40 pm.

During the Holidays and Year Round: Designate a Driver

December is National Drunk and Drugged Driving Prevention Month. According to the Centers for Disease Control and Prevention, every day 36 people in the United States are killed and over 700 are injured in motor vehicle crashes that involve an alcohol-impaired driver. The National Highway Traffic Safety Administration estimates that about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives. In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third of all traffic-related deaths in the United States. In one year, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. This accounts for less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

Parents, please do not let your children drive if you think they may be drinking or using drugs. Please plan ahead during the holiday season and all year around. Take the extra time to make arrangements to have a designated driver if you are going to be drinking. Being arrested or involved in an accident while driving

impaired not only threatens you and others' physical safety, but affects other aspects of your life. Even if no one is injured, your life may change in many ways. Once law enforcement is involved in your life, your whole wellbeing can be altered. In Michigan your license can be taken away, which can disrupt your ability to care for your family and to get to your job. You may have a record that will follow you through your life. If someone is injured or killed, you must also address the implications of how it will impact your life.

The Pokagon Band Behavioral Health program invites you to address any concerns or issues before the above happens to you. Our program is focused on prevention; we have many ways that we can assist you before something happens. Take control of your own life and protect your family and friends life by being active in preventive measures. It only takes one or two drinks or drugs to affect the outcome of a holiday event. Reach out to the ones who care about you in the approaching holiday season. You may call Behavioral Health at 269-782-4141 extension 325, for more information.

South Bend Area Office Schedule

Mondays: Housing staff will be available to provide information on housing programs.

1st Tuesday of the month: Health Services social worker
2nd Tuesday of the month: Contract Health Services processor
3rd Tuesday of the month: Community Health Nurse
4th Tuesday of the month: Community Health Representative
Each Tuesday: Behavioral Health Counselor

CHR, CHS, foot care, diabetes management and prevention by appointment.

Wednesdays: Education staff will be available to assist with scholarship and Workforce Investment Act applications.

Fridays: Social Services staff will be available to provide information and referral on welfare programs. Applications for the daycare program will be available.

Christmas Basket Distribution Planned



The 2010 Pokagon Band Christmas Basket Distribution will begin Thursday, December 16 and run through Sunday, December 19 at the Commodity Building, 58620 Sink Road, Dowagiac. Fourteen hundred (1,400) baskets will be distributed on a first come, first served basis.

Families with one to four household members receive one basket. Families with between five and eight members receive two baskets. Families more than nine receive three baskets.

You may pick up no more than four baskets for other citizens with a written and signed permission slip. Call 269-782-3372 or 1-888-281-1111 with questions. Christmas Baskets are funded thanks to the Tribal Council.

Hours of distribution:

December 16, 9 a.m. to 6 p.m.
December 17, 9 a.m. to 5 p.m.*
December 18, 9 a.m. to 1p.m.*
December 19, 9 a.m. to 1p.m.*

*After December 16, dates and time are dependent on basket availability.



Native Foster Parents Needed

Our traditions tell us the most sacred beings among our Anishnabe people are our children and our Elders. Our children have just come from being with the Creator in the Spirit World, and our Elders are facing the West on their way to the Spirit World to be with the Creator again.

As a Tribal nation, we recognize our responsibility "to provide for the welfare, care and protection of the children," through our Child Protection Code. "The care and custody of the Pokagon Band children are vital to the continued existence and integrity of the Band, as such the welfare of its children is of paramount importance to the Band" says our Family Welfare Commission Ordinance.

There are no words in the Potawatomi language for the term "foster parents." Native people have had to adapt, and the use of this term is now a necessity. Sometimes within our family framework there is turmoil and our children suffer. Some of our children need care and protection. Do you have in your spirit and your home a place for a child who needs a temporary family? Have you ever thought about being a foster parent?

We realize you will have many questions about foster parenting and we urge you to contact our Social Services Department at (269) 782-8998 and ask for Mark Pompey, Director, or Kathleen McKee, our Indian Child Welfare Worker.

Children Step Up as Culture-bearers

Whether summoning the courage to dance or apprenticing to harvest an endangered tree for basketry, Native children play an important role in preserving ancestral ways

By Kara Briggs, American Indian News Service

Kelly Church, a weaver of black ash baskets, is working against time to teach the children of her tribe, the Grand Traverse Band of Ottawa, about the imperiled tree.

Black ash trees across a vast swath of the continent—from Wisconsin to New York and as far south as Tennessee and north as Ontario—could be effectively extinct in as little as a decade because of an infestation by the emerald ash borer, a voracious imported Asian beetle. In her home state of Michigan, Church said, a decade is optimistic.

“I apprenticed two kids who were able to harvest a tree with me, and pound it—that’s one of the most important parts of what we did,” she said. “More importantly, we need these kids to plant the black ash seeds decades from now, when the emerald ash borer is expected to be extinct.”

American Indian children across North America take on grown-up responsibilities for cultural preservation. Every Indian nation has its own way of sharing its ancient indigenous knowledge with its younger generation. But now, the speed of that transfer of knowledge has increased under pressure from insect infestation and climate changes altering the natural environment.

At the Smithsonian’s National Museum of the American Indian, the renovation of a classroom-like gallery space into an interactive children’s exhibition, opening in May 2011, will show the 40,000 schoolchildren who visit each year the leadership roles that children from many tribes play in carrying on cultural knowledge. In August, Church, whose family has woven black ash baskets for countless generations, participated in a panel discussion about her efforts via teleconference with the museum.

With a grant from the National Museum of the American Indian, Church, 42, held a weaving workshop in Kewadin, Mich., attended by 14 children. From that group, she asked for volunteers to become her apprentices and learn how to harvest the tree. Two children stepped forward, a boy and a girl. Historically, men harvested the tree

and prepared it for the women to weave. Now most weavers do every part of the process. Still, Church tried to divide the knowledge along male and female roles, if only to help the youngsters share the responsibility for remembering.



Pokagon youth prepare an ash tree for basket making at summer camp.

She videotaped the practices because, as she said, “I don’t expect everything to be fresh in their minds 30 years from now.”

Now two more children, a pair of siblings, have volunteered to be Church’s next apprentices.

Near the Pacific Ocean, the feather dance of the Siletz Tribe at the summer solstice draws dozens of young people, from 3 years old to their 20s. For the tribe, which 33 years ago won its restoration after termination, bringing the dance back to the public center of its nation has been a long journey, said Alfred “Bud” Lane III, Siletz Tribal Council vice chairman.

“The Indian agents burned all our dance houses so the people put on the ceremonies in their own houses,” Lane said. “The dance has never ended; it has gone into certain families over the years. The ceremonial house we built in 1996 is the first one at Siletz in 126 years.”

and shellfish for meals. Even if wild, traditional foods aren’t as plentiful as they once were, the people are dancing.

“My kids were real little when they started dancing,” Lane said. “Now they are adults who dance, and my son sings with me.”

Patsy Whitefoot, National Indian Education Association president, said American Indian children have valuable opportunities for intergenerational learning because they live in close-knit families, often with parents and grandparents in the same home. Children, even those who struggle in school, can excel in cultural environments.

“Children soak up information,” said Whitefoot, who is Yakama and lives in Washington state. “Often we have elders teaching, and the children feel safe.”

Recently, Whitefoot’s family took their children into the mountains to gather the first huckleberries. On the way, they reminded the children of the cultural protocols, such as not tasting even one of the berries they were gathering to be used in ceremony. On a break for lunch, the children sat together eating and talking, the older ones coaching the younger.

On that same trip her granddaughter began imitating the call of crows, making Whitefoot think about how her ancestors are remembered as children who did distinctive things, who learned to fish and hunt, and who were known to be able to act heroically in a crisis.

Children from Indian nations have always been the ones who would carry on the culture, Church agreed; in some ways, it’s just more urgent now.

“When we have a meeting of any kind, you will always see our little ones running around. They are always welcome,” Church said. “That is one difference with our culture and other cultures; in our culture, the children are part of everything we do, because pretty soon, they will be doing it as well.”

The American Indian News Service is produced for the National Museum of the American Indian by journalist Kara Briggs (Yakama/Snohomish).

Wearing regalia he made himself, Lane, 53, walked into the 2010 summer solstice dance holding the hand of a three-year-old. He told the child, “Stand here,” then took his place as one of the singers. For the next hour as Siletz children took their turns dancing, the youngest boy stood, keeping time with his foot on the cedar plank floor, and singing.

Lane and his wife, Cheryl, prayed for years to see the new generation of Siletz practicing their culture, with their traditions in the center of their lives, and they have seen it happen in this generation. Young adults discuss the meaning of words in the Siletz language, and join in gathering roots

Dear Tribal Citizens:

November 8, 2010

The Pokagon Band of Potawatomi Indians, in accordance with Article X, Section 7, and Articles XII, Section 11 of the Pokagon Band Constitution, has enacted a *Salary Commission Code*, and established an independent *Salary Commission* composed of five Pokagon Band Citizens. The *Salary Commission* is an independent Pokagon governmental body which is constitutionally required to make compensation recommendations for specific elected and appointed positions within the Pokagon Band Tribal Government. The *Salary Commission Code* is the legislative document which provides the standards, procedures, and rules by which the Commission conducts its business and makes compensation recommendations to the Pokagon Tribal Council.

The Salary Commission was initially established by Pokagon statute in 2007, and was fully seated in 2009. During this past year, the Salary Commission performed research, gathered data, sought citizen input, and established the first set of comprehensive compensation recommendations for all official governmental positions in the Tribal Council and the Tribal Judiciary.

On June 12, 2010, the Salary Commission presented these compensation recommendations to the Tribal Council at a regularly scheduled Saturday meeting:

RECOMMENDATIONS FOR THE POKAGON BAND TRIBAL JUDICIARY:

- **For the Chief Judge of the Pokagon Band Tribal Court:** Increase compensation from a base rate of \$170.00 per hour to a base rate of \$198.90 per hour.
- **For the Associate Judge of the Pokagon Band Tribal Court:** Increase compensation from a base rate of \$160.00 per hour to a base rate of \$187.20 per hour.
- **For All Pokagon Band Court of Appeals Justices:** Increase compensation from a base rate of \$160.00 per hour to a base rate of \$187.20 per hour.

All of the judicial compensation rates were recommended to be paid at 100% of the base rate for performance of judicial services, and 50% of the base rate when performing administrative duties or attending conferences on behalf of the Pokagon Band Tribal Court or Pokagon Band Court of Appeals.

**TRIBAL COUNCIL ACTION ON
THE SALARY COMMISSION'S RECOMMENDATIONS
FOR THE POKAGON BAND TRIBAL JUDICIARY**

The Tribal Council did not act on the Salary Commission's compensation recommendations for the Tribal Judiciary at the June 12, 2010 meeting. However, the Tribal Council subsequently revisited these recommendations at a regularly scheduled Tribal Council meeting held on October 4, 2010, at which time the Salary Commission's recommendations for Judicial compensation were approved as shown above. In accordance with the Pokagon Band Constitution and the Salary Commission Code, the increase in Judicial Compensation will become effective after the July 2011 general elections have been held.

RECOMMENDATIONS FOR THE POKAGON BAND TRIBAL COUNCIL:

- **For the Tribal Council Chair:** Increase compensation from \$35,000 per year to \$73,715.20 per year.
- **For the Tribal Council Vice-Chair:** Increase compensation from \$60.00 per meeting (stipend) to \$44,209 per year (salary).
- **For the Tribal Council Treasurer:** Increase compensation from \$60.00 per meeting (stipend) to \$51,068 per year (salary).
- **For the Tribal Council Secretary:** Increase compensation from \$60.00 per meeting (stipend) to \$47,917 per year (salary).
- **For all Tribal Council Members-at-Large:** Increase compensation from \$60.00 per meeting (stipend) to \$24,627 per year (salary).

**TRIBAL COUNCIL ACTION ON
THE SALARY COMMISSION'S RECOMMENDATIONS
FOR THE POKAGON BAND TRIBAL COUNCIL**

The Tribal Council did not act on the Salary Commission's compensation recommendations for the Tribal Council at the June 12, 2010 meeting. However, the Tribal Council subsequently revisited these recommendations at a regularly scheduled Tribal Council meeting held on October 4, 2010, at which time the Salary Commission's recommendations for Tribal Council compensation were declined. In accordance with the Pokagon Band Constitution and the Salary Commission Code, no change in current Tribal Council compensation may occur until after the Salary Commission presents another set of compensation recommendations to the Tribal Council.

At this time, the Salary Commission has fulfilled its initial responsibilities under the Pokagon Band Constitution and the Salary Commission Code. However, the Salary Commission has an ongoing obligation to maintain current lists of Pokagon Band official positions, and to review compensation levels on a periodic basis. Therefore, the Salary Commission will continue to meet in order to fulfill these and other responsibilities under the Salary Commission Code.



James H. Topash, Jr.
Chairman – Pokagon Band Salary Commission
Pokagon Band of Potawatomi Indians
PO Box 180, 58620 Sink Rd
Dowagiac, MI 49047

Low Income Home Energy Assistance Program Beginning Find Help For Winter Heating Bills



The Social Services Department began accepting applications for the Low Income Energy Assistance Program, or

LIHEAP, on November 1. This program is designed to provide a one time heating assistance payment to help with the high energy costs during the winter months for citizens living within the ten county service area: LaPorte, St. Joseph, Elkhart, Starke, Marshall and Kosciusko Counties in Indiana; and Cass, Berrien, Allegan, and Van Buren Counties in Michigan.

To apply, come into the Social Services Department at 58620 Sink Road, Dowagiac or call 269-782-8998 or 1-800-517-0777. Or you may fax information to 269-782-4295. Information may also be found on the Pokagon website.

Applicants must provide proof

of all household income for the last thirty days, including per capita and/or award letters from social security, RSDI, Elder's stipend, the Veterans Administration, etc. and/or child support received or paid, or a completed zero income form if those above do not apply. Please also bring your provider's utility bill and your tribal identification card.

Income Guidelines

Household Size	Income Limit
1	\$23,832
2	\$31,165
3	\$38,498
4	\$45,831
5	\$53,164
6	\$60,497

For family units of more than 6 members, add \$7,333 for each additional member.

Scrapbooking Day

January 22, 2011
10am-2pm.
58620 Sink Rd., Dowagiac, MI
Administration Building-Department of Education

Bring in your pictures and turn them into works of art to be cherished forever!

Some materials will be available.

Lunch will be provided.

RSVP to Connie at 269-782-0887 or toll-free 888-330-1234. Special drawing to be held for those who RSVP before January 20th.

Sponsored by K-12 Programs of the

Pokagon Band Department of Education



Chairman Wesaw, above, participated in a panel discussion about Native Americans and the media at Grand Valley State University. Held during Native American Heritage Month, journalists, a media watch dog organization and a tribal communicator also added to the discussion. The event followed a talk given by Native filmmaker Beverly Singer (Santa Clara Pueblo), the author of *Wiping the War Paint of the Lens: Native American Film and Video*, about the media and its portrayal of American Indians.

Tobacco Sales

Cigarettes are sold at the Tribal Administration offices. We sell Basic, Marlboro, and Newport brands and a limited selection of Benson & Hedges, Camels, Doral, Kools, Merit, Misty, Pall Mall, Sonoma, USA Gold, and Winston. Sales are handled by the receptionist Monday-Friday 8 a.m.-5 p.m. You must be 18-years-old or older and present your tribal I.D. at the time of purchase. Maximum of five cartons per month per tribal citizen. Credit cards accepted.



Tribal Council Directory

Chairman

Matthew Wesaw
517-719-5579 or 574-591-9806
Matthew.Wesaw@pokagonband-nsn.gov

Treasurer

Troland Clay
269-591-5205
Troland.Clay@pokagonband-nsn.gov

Vice-chairman

Butch Starrett
269-591-2901
Butch.Starrett@pokagonband-nsn.gov

Secretary

Faye Wesaw
269-782-1864
Faye.Wesaw@pokagonband-nsn.gov

At Large Members

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

Michaelina Magnuson
269-591-5616
Michaelina.Magnuson@pokagonband-nsn.gov

Lynn Davidson, Elders Representative
269-240-8092
Lynn.Davidson@pokagonband-nsn.gov

John Warren
269-214-2610
John.Warren@pokagonband-nsn.gov

Kelly Curran, Executive Secretary
269-591-0604
Kelly.Curran@pokagonband-nsn.gov
Council Lodge Phone: 1-888-376-9988

Tom Topash
269-470-3745
Tom.Topash@pokagonband-nsn.gov

Alice Overly
269-240-8041
Alice.Overly@pokagonband-nsn.gov

Marie Manley
269-214-2609
Marie.Manley@pokagonband-nsn.gov

Tribal Council December Calendar of Events

- 2 Tribal Council meeting, noon, Lodge
- 6 Tribal Council Meeting, noon, Lodge
- 7 Gaming Authority, noon, Four Winds
- 11 Tribal Council Meeting, 10 a.m., Lodge
- 13 Tribal Council Meeting, noon, Lodge
- 14 Gaming Authority, noon, Four Winds
- 15 Tribal Council meeting, 9 a.m., Lodge
- 15 Legislative Session, 6 p.m., Lodge
- 20 Tribal Council Meeting, noon, Lodge
- 21 Gaming Authority, noon, Four Winds

Please check the website, www.pokagonband-nsn.gov or call 1-888-782-2426 before attending to confirm that a meeting has not been cancelled.

Tribal Office Directory

Tribal Council
58620 Sink Rd.
269-782-6323 /
Toll Free 888-376-9988
FAX 269-782-9625

Enrollment
58620 Sink Rd.
269-782-1763 /
FAX 269-782-1964

Elders Program
53237 Townhall Rd.
269-782-0765 /
Toll Free 800-859-2717
FAX 269-782-1696

Commodities
269-782-3372 /
Toll Free 888-281-1111
FAX 269-782-7814

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

Head Start
58620 Sink Rd.
269-783-0026/
866)-250-6573
FA 269-782-9795

Social Services
58620 Sink Rd.
269-782-8998 /
Toll Free 800-517-0777
FAX 269-782-4295

South Bend Area Office
310 W. McKinley Ave. Ste. 300
Mishawaka, IN 46545
574-255-2368 /
Toll Free 800-737-9223
FAX 574-255-2974

Health Services /
Behavioral Health
57392 M 51 South
269-782-4141 /
Toll Free 888-440-1234
FAX 269-782-8797

Housing
58620 Sink Rd.
269-783-0443 /
FAX 269-783-0452

Natural Resources
32142 Edwards St.
269-782-9602 Phone
269-783-0452 Fax

Tribal Court
58620 Sink Rd.
269-783-0505 /
FAX 269-783-0519

Education and Training
58620 Sink Rd.
269-782-0887/
FAX 269-782-0985

Tribal Police
58155 M-51 South
269-782-2232 /
Toll Free 866-399-0161
FAX 269-782-7988

Finance
58620 Sink Rd.
269-782-8998 /
Toll Free 888-517-0777
FAX 269-782-1028

Election
58620 Sink Rd.
269-782-9475 /
Toll Free 888-782-9475

Human Resources /
Compliance
58620 Sink Rd.
269-782-8998

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.

Per Capita News

The following list of citizens have yet to verify their address with the Pokagon Band Enrollment office for Per Capita payment distribution and 2009 Christmas checks. If you or someone you know is on this list, please contact the Pokagon Band enrollment office to verify the address.

- 3282 Daniel Sanderson
- 0083 John Dylan Watson
- 0406 Michael Lynn Hewitt
- 0433 Elizabeth Alexandra Gray
- 0434 Thomas Charles Abercrombie
- 0857 Peter John Ramirez
- 1445 Michael David Bush
- 1446 Bobby Marcus Haynes
- 1506 Michaela Lynne Canard
- 2795 Edward F Cushway
- 2805 Isabel Marie Campos

The following list of citizens have not contacted the enrollment office to verify their valid addresses to receive their 2009 Christmas checks.

- BRANDIE SHENEE ANTISDEL
- MICHAEL ALLEN BARR
- FELICIA CHRISTINE BIXLER
- IAN THOMAS CURREY
- PAUL ISAAC GIBSON
- ELIZABETH ALEXANDRA GRAY

December Elders Lunch Menu

PLEASE CALL THE DAY BEFORE if you are not a regular attendee for meals
MEALS SUBJECT TO CHANGE 269-782-0765 or 800-859-2717 Meal Service Begins @ 12:00 Noon

Monday	Tuesday	Wednesday	Thursday	Friday
Note: Milk, tea, coffee, water, Crystal Light beverages served with every meal. Also, lettuce, tomato, and onion served with sandwiches/ burgers.		1 Brats and Sauerkraut Baked Potato Tomato Salad Strawberry Glazed Angel Food Cake Roll	2 <u>Business</u> Chicken Pot Pie W/ Mixed Veggies Cottage Cheese Sliced Tomatoes Fruit Salad Cake / Roll	Sloppy Joes on Bun Baked Sweet Potato Fries Broccoli and Cauliflower Salad Peaches
6 <u>Language</u> Potato W/ Bacon Soup Egg Salad Sandwich Coleslaw Watermelon	7 Sea Bass Rice Pilaf Veggie Kabobs Strawberry Cheesecake Cup Roll	8 Swedish Meatballs Mashed Potatoes W/ Gravy Asparagus Garden Salad Blueberries / Roll	9 Low Sodium Ham with Scalloped Potatoes Green Beans Tossed Salad Jell-O Poke Cake / Roll	10 Stuffed Peppers W or Without Rice Broccoli and Cauliflower Tomatoes and Cottage Cheese Cherry Crisp / Roll
13 <u>Language</u> Turkey Manhattan W/ Mashed Potatoes, Bread, and Gravy Asparagus Fruit Salad Red Slaw	14 Buffalo and Bean Enchiladas Brown Rice Spinach Salad Banana Pudding W/ Vanilla Wafers	15 Homemade Chicken Noodle Soup Grilled Ham and Cheese Sandwich Cucumber Salad Fruit Cup	16 <u>Social</u> Prime Rib Baked Potato Carrots Garden Salad / Beets Tiramisu Cake Roll	17 Red Snapper Fillet (Fish) Baked Sweet Potato Brussels Sprouts Tomato Salad Blueberry Pie Roll
20 <u>Language</u> Buffalo Chili Broccoli Slaw Fresh Fruit Cornbread	21 Tuna Salad Pita W/ Lettuce and Tomato Baked Potato Wedges Veggie and Relish Tray Fruit Salad	22 Swiss Steak Mashed Potatoes W/ Gravy Garden Salad Steamed Broccoli and Cauliflower Peaches / Roll	23 Bean Soup Low Sodium Turkey Sandwich Veggie and Relish Tray Melon Slices	24 Closed Christmas
27 Closed Christmas	28 Salisbury Steak Mashed Potatoes Corn on the Cob Tomato Salad Fruit / Roll	29 Chicken, Broccoli, Rice, & Cheese Casserole Cucumber Salad Strawberries Combread	30 Pork Chop Baked Potato Mixed Vegetables Applesauce Cottage Cheese Roll	31 Closed New Years

Happy birthday December 4 to Karen
Simington, my wonderful daughter,
whom I'm very proud of!
Love you,
Mom

Happy birthday Sue Andrews,
December 9
My very caring and loving sister. Have
a great day!
Love your sister,
Martha McConnell

Happy anniversary to an outstanding
couple. 41 years December 13! I'm so
very proud of you both.
Love your sister,
Martha McConnell

Happy late 24th birthday November
17, Taylor Falk.
I love you,
Mom



Happy birthday, Brendon Paul Gibson
December 6
Love you always,
Mom and Dad
Grandmom and Grandpa Gibson

In memory of Jerry Lee Ashby
May 7, 1961– November 26, 2009
One year ago our family was changed
forever.

Every day holds a thought of you.
Always loving you, every day missing
you, forever with us in our hearts,
your loving family,
Cheryl, Aleasha and Ed
Jeremy Jessica, Ganis, Sierra, Serenity
and Evan



Happy birthday Sierra!
Love, Daddy and Bubby

Pokégnek Bodéwadmik • Pokagon Band of Potawatomi
Administrative Office
58620 Sink Road
Dowagiac, MI 49047