

Pokégnek Yajdanawa

ktthe mko gises [big bear moon] December 2018



Page 3

Learn more about the Supervised Weight Loss Clinic

Page 6

Help Zagbëgon kids with winter gear

Back page

Come to the Holly Fair



Ki Gish Pkëbthegëmen “We have finished picking things”

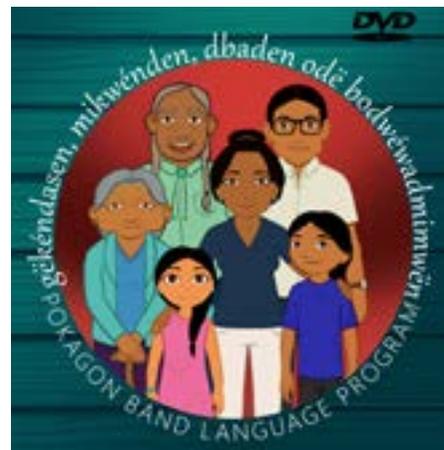


The first ever Ki Gish Pkëbthegëmen filled the Community Center this October with traditional arts, cooking, and citizens of all ages. Our Language & Culture and Education Departments hosted this event in collaboration with the Food Sovereignty Committee to celebrate the end of harvest season.

Workshops divided up the day that engaged community members in traditional arts and food preparation. Employee Polly Mitchel and citizen Christine Morseau

Please turn to page 2

Potawatomi language DVDs available



The Language Program, with grant funding from The Cultural Resource Fund, teamed up with Four Directions Productions to create the first set of two Potawatomi language animations on DVD. The concept was developed with the intent to create language learning materials that combines entertainment and technology and introduces relevant Potawatomi language at a basic level.

The sets are available one per household, and delivery is available for those unable to pick up at our Language & Culture Department located at 59291 Indian Lake Road, Dowagiac MI 49047.

If you are interested in a DVD set, please contact the Pokagon Language Program at (269) 462-4255.

PRSR STD
U.S. POSTAGE
PAID
Mifflord, IN
Permit No. 2

Pokégnek Bodéwadmik • Pokagon Band of Potawatomi!
Box 180 • 32487 Moewe
Dowagiac, MI 49047

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi



The roof is leaking!



With the holidays upon us, we plan annual gatherings including family, food, and fun. What we may not plan for are the day-to-day incidents that can come about without any warning. An emergency home repair, busted water heater, or a broken garage door can add heartbreak and headache during the holiday season. When that happens, know that Chi Ishobak may be able to help.



Our consumer loans are available for emergency repairs that may come up any time of the year. We can help you determine the right loan for you. From a leaky roof to an unexpected vehicle repair, we are here to support you on your financial journey.

We are always here to help. We offer many workshops and classes on financial wellness and can help with individual counseling as well. Chi Ishobak is only a phone call away. Call us at (269) 783-4157 to get started on the help you may need with unexpected expenses.

Ki Gish Pkëbthegëmen “We have finished picking things”, *continued from page one*

led a corn husk doll making workshop, attended mostly by our young women. George Martin taught corn processing, while Punkin Shananaquet demonstrated rice processing. Kevin Finney instructed botagen making, Jason S. Wesaw led the clay pottery workshop, and Dave Shananaquet guided participants through the art of etched birch bark box making.

Community members were able to participate in one or several of the workshops throughout the course of the day. Punkin Shananaquet spoke about the botagen and how we use it. She invited guests to come up and use them to grind the corn that had been processed earlier that day with George Martin.

We also held a cooking demonstration for interested youth with Chef Brian Yazzie or Yazzie the Chef. Chef Yazzie and his assistants prepared an indigenous meal for dinner to conclude the event. More than 65 people attended, including guests from the Pokagon Band of Potawatomi Indians, Nottawaseppi Huron Band of Potawatomi, Gun Lake Tribe and several more. Southern Straight Singers provided us with a welcome song to kick off the event and several other songs throughout the day. Migwëth to everyone who participated in any way.



Pokégnek Yajdanawa

Pokégnek Yajdanawa is the monthly voice of Pokégnek Bodëwadmik, 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

Supervised Weight Loss Clinic opening at PHS in 2019

Pokagon Health Services will begin offering a new service in the new year: a Supervised Weight Loss Clinic. Signups start January 2.

According to PHS physician assistant Shanta Clark, the origins of the idea for such a clinic began when she and medical director Gerald Morris MD reviewed data from PHS's first Healthy Lifestyles Campaign.

"Looking at our community demographics, we found that the overweight/obese rate is 70 percent," she said. "This clinic is one way to address this need."

According to the Centers for Disease Control, nearly 40 percent of Americans are obese, which is defined as having a body mass index (BMI) of 30 or above. Moreover, many chronic diseases are associated with obesity: high blood pressure, diabetes, depression, and joint pain to name a few. In fact, weight has proved to be a more serious risk factor for cancer than smoking is.

"We tend to treat these rather than the underlying condition of excess weight," said Clark.

In a supervised weight loss clinic, a variety of medical providers—from doctors to nutritionists to behavioral health counselors to wellness coaches—meet regularly with the patient to create a plan and support the patient's progress. So instead of simply treating the joint pain or high blood pressure that is associated with obesity, the weight loss clinic helps modify behavior and solve the root cause of those conditions. To qualify, participants must have a BMI over 27 with an underlying condition related to weight, or a BMI of 30 without a condition.

Clark began training to manage a weight loss clinic in February 2018 with the Obesity Medical Association, an organization that uses science-based medicine and individualized treatment to improve health outcomes for patients. In September she and Dr. Morris attended a week-long intensive training on how to set up a clinic.

PHS will work with a medical nutrition company to provide meals to patients in the program: protein shakes, soups, bars, and full meals tailored to each person's

needs, finances and their lifestyles. Some patients will have a medication regimen in their plan.

"The meals are designed to be used under the supervision of a provider, because your needs will change as the weight is lost, so you have to be monitored," said Clark. "The medication is highly individualized, based on needs and health risks."

Clark stresses that this isn't about bariatric surgery or quick fixes. Interested patients should understand that the time commitment to the program is significant, and that there are costs for the meals and medications.

Weight Loss Clinic patients will work with healthcare providers to tailor a plan to meet each patient's needs. Each will collaborate with a lifestyle coach from PHS's Wellness Center to help set goals, check in regularly, and structure a relationship with regular meetings and supervised modifications. The plan will not only include meals and medication, but appropriate exercise, nutrition, and behavioral health counseling.

"Studies show that obesity is a chronic condition, meaning it is not just a 'lose it and forget it' problem. It's a long term, ongoing relationship. It's a different mindset," said Clark. "The program design is more intense at the beginning, during the first six months, but even after you lose the weight, we will want to monitor and provide support to help you maintain the weight loss."

"Losing ten percent of body weight is a good expectation," said Clark. "It may not get you to your ideal weight, but it is reducing risk of cancer and joint pain and improving quality of life. I'm really excited about this program."

Beginning January 2, please call Pokagon Health Services at (269) 782-4141 or stop in to receive an application. The clinic program starts in February and will initially be limited to 50 participants.



Pokagon Health Services



Breastfeeding & Breast Cancer Awareness Shawl Workshop | Regalia Workshop

Language & Culture Workshop 59291 Indian Lake Road, Dowagiac, MI 49047

Join us in creating your own shawl to bring awareness to the importance of breastfeeding and breast cancer awareness. These shawls will be danced at Pokagon Band's pow wows. We will make our shawls as part of Language & Culture's ongoing regalia making workshops beginning in January and continuing through May.

Join us from noon to 5:00 pm:

January 13	February 3	March 10	April 7	May 5
January 27	February 24	March 24	April 28	May 19

Shawl and appliqué materials will be provided.

For more information, contact Nicole Holloway at (269) 783-3513 office or email Nicole.Holloway@PokagonBand-nsn.gov. For additional questions, please contact Elizabeth Leffler at (269) 462-4406.



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

GYANKOBJEGÉMEN
STAY CONNECTED
f t i
POKAGON.COM

Pokagon Band of Potawatomi
Department of Language & Culture

Native Nations Youth Council
Holiday Food Drive

October 15–December 20, 2018

Pokagon Band Native Nations Youth Council is asking for nonperishable food donations to help local food pantries.

Please drop off donations in boxes located at Pokagon Administration building and PHS Wellness Center.

For more information, please email
Youth.Council@PokagonBand-nsn.gov

GYANKOBJEGÉMEN
STAY CONNECTED
f t i
POKAGON.COM

Pokagons collaborate with Field Museum on native exhibit

When Pokagon history professor John Low Ph.D., heard that The Field Museum in Chicago would embark on a project to revamp its dated Native North America Exhibit Hall, he brought that to the attention of the tribe's Traditions and Repatriation Committee and the Department of Language & Culture. Committee members Christine and Gary Morseau and Jason S. Wesaw, as well as Marcus Winchester, director, and Blaire Topash-Caldwell, archivist, from the Department, went to view the museum's collection. They met with Debra Yepa-Pappan, a Pueblo artist and community engagement coordinator for the Native American exhibit renovation project at the museum, who asked for Pokagon participation in the project. Topash-Caldwell is now serving on the committee reviewing the museum's renovation.

Recently, Winchester spoke at a ceremony dedicating and installing an acknowledgment of the original inhabitants of the land the museum occupies. The new plaque sits in a garden full of native plants and states: "The Field Museum resides on the traditional homelands of the Three Fires Confederacy: Ojibwe, Odawa, and Potawatomi. The area was also a site of trade, travel and healing for more than a dozen other native tribes."

It is a "much, much needed renovation," Field president and CEO Richard Lariviere said in the Chicago Tribune's article about the ceremony and project. "This project intends to correct the way the museum tells the Native American history by doing so through the lens and voices of Native Americans."

"It means a lot for such an influential museum in the United States to put themselves out there and acknowledge indigenous people as traditional land owners," Winchester said after the ceremony that included a hand drum singer and a jingle dress dancer.

"I met people from other museums there," he said. "I would most definitely like to see other museums follow their lead."

The museum's current exhibit will remain open throughout the three-year overhaul, with fall of 2021 as the targeted completion date.



Pokagon Band of Potawatomi Pokagon Health Services
+ Department of Natural Resources

Wild "Game" Night

FRIDAY, MARCH 1, 2019 * 6:00—8:00 PM * COMMUNITY CENTER

Pokagon Health Services and the Department of Natural Resources invite all tribal and/or employee fathers, father figures, and their families to join them for a wild game night. A variety of games will be available to play with your family. Dinner will be served.

Kindly **RSVP by Friday, February 22** to Ingrid Gschwind at (269) 783-2478 or Ingrid.Gschwind@PokagonBand-nsn.gov. Please indicate the number of people who will be attending and the number of father figures in your group (father, grandfather, etc.).

PHS Fatherhood Initiative



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



Join us for our 3rd annual kickoff event. Enjoy multiple family-friendly activities from each of the four pillars of success. There will be raffles, food, and the drawing of the 2018 HLC Grand Prize winners (must be present to win). Healthy Lifestyles 2019 is designed to continue to inspire and empower our people to healthier lifestyles.

Kick-off | January 13 | 4:00 pm
YMCA of Southwest Michigan

3665 Hollywood Road, St. Joseph, MI

RSVP online at our website by searching **Healthy 2019** or by calling PHS at (269) 782-4141.

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

GYANKOBJEGÉMEN
STAY CONNECTED
f t i
POKAGON.COM

Prepare your pets for winter weather

Provided by the Van Buren County Sheriff's Office of Domestic Preparedness

Severe winter storms can have an impact not only on people but on animal health. Pets are at risk during severe winter weather due to wind chill factors, hypothermia and frostbite. Make plans for your pets in the event you will need to evacuate.

Before a winter storm, create an emergency supply kit for your pet that includes:

- Leash and collar
- Transport carrier
- Food and water (5–7 day supply)
- Medications
- Vaccination history and rabies certificate
- Waste disposal supplies
- Blanket
- Favorite toy
- Your veterinarian's contact information
- Special supplies for pets such as birds, pocket pets or reptiles (e.g., heat lamps)
- Ensure pets are current on all vaccinations
- Develop an evacuation plan for your pets
- For public health reasons, many evacuation shelters will not be able to accept pets, so identify pet-friendly locations in case you need to evacuate (petswelcome.com is a good source). Check with boarding facilities, pet-friendly hotels, veterinary clinics or relatives or family friends outside the impacted area.



- Identification, like a collar with a tag and microchip
- Photo of the pet to keep with the medical records
- Include any proof of ownership materials, such as registration, proof of purchase, adoption records and microchip information

During a winter storm

- Bring your pets inside immediately
- Avoid leaving pets behind
- If there is no other alternative, leave them loose inside your home with food and plenty of water
- Never leave your pet chained outside or enclosed in a way they cannot escape danger

After a winter storm

- Be aware that a pet's behavior may change before, during and even after a disaster
- Familiar scents and landmarks may be altered, and your pet may become confused and lost
- In the first few days after the disaster, leash your pets when they go outside
- Always maintain close contact
- Reintroduce food in small servings, gradually working up to full portions, especially if animals have been without food for a prolonged period of time

Winter-related illnesses

Animals that have prolonged exposure to low temperatures, wind or moisture can catch a cold-related illness. If any of these conditions are suspected, seek veterinary care immediately for your pet(s).

- Antifreeze: Ingesting anti-freeze can be fatal for a dog or cat. If you spill anti-freeze, clean it up immediately.
- Frostbite: Signs are white, waxy or pale appearance to extremities (toes, nose, ears, tail); skin is cold and numb with loss of feeling; sloughing or shedding of skin.
- Hypothermia: Signs are extreme shivering, slow shallow breathing, gums may be pale or blue, pet is unresponsive.

For more information, contact your pet's veterinarian.

Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marci Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, December 19 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 Marci Herbert at (269) 782-2472 or Marci.Herbert@pokagonband-nsn.gov.

GYANKOJEGÉMEN
STAY CONNECTED



POKAGON.COM

Wellness now offering one-on-one pool training



Join Tia Parker for one-on-one personal training in the pool. You will use water weights, a kickboard and body weight working against the current all modified to your personal needs.

Call the Wellness Center at (269) 462-4290 to set up your appointment.

Inaatese film screened on Pokagon land

The inaugural Indigenous Film Screening was held this October at the Community Center. Filmmakers Adam and Zack Khalil (Sault Ste. Marie Tribe of Chippewa Indians) debuted their film, *Inaatese*, followed by a meal and a Q&A session with the audience.

This inaugural screening begins our quarterly Indigenous film screenings. Approximately 25 people attended. You can learn more about the Khalil brothers' film on their website: www.inaatese.com/

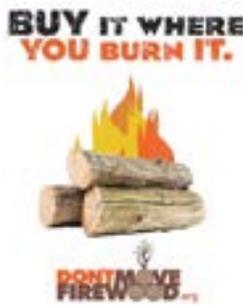
Are you interested in filmmaking? The Sundance Institute is offering a unique opportunity. They have a program for aspiring young Native filmmakers from New Mexico and Michigan only. You can find more information about this program on their website.: www.sundance.org/blogs/program-spotlight/native-filmmaker-new-mexico-michigan-apply-full-circle-fellowship

Another initiative discussed at the event was the program for Indigenous Futures at Concordia. You check that out on their website: abtec.org/iif/



Photo provided by Gary Morseau Sr.

What's that invasive species? Emerald Ash Borer (*Agrilus planipennis*)



The emerald ash borer (*Agrilus planipennis*) is an invasive species that is native to eastern Asia. This emerald ash borer (EAB) first arrived in the United States in the state of Michigan in 2002 via cargo imported from Asia. Since 2002 the emerald ash borer has continued to spread across the United States and Canada, with 37 states and five Canadian provinces confirming their presence. The emerald ash borer has been able to spread more rapidly across the U.S. due to people moving infested firewood and other tree products. Hundreds of millions of ash trees have died due to the emerald ash borer's voracious appetite.

The EAB is about one-third of an inch in length and bright metallic green in color. The female emerald ash borer lays eggs on the ash tree where the larvae feed underneath the bark, creating galleries in the phloem of the tree, slowly cutting off the tree's nutrients. The tree will lose its canopy within two years of infestation and typically dies within three to four years. When the beetle exits the tree it creates a small "D" shaped hole.

Pokagon Band DNR has been working to save ash trees on tribal properties via treatment methods and wasps that prey on EAB. To help prevent the spread of EAB and other invasive species, do not move firewood; buy it where you burn it, or purchase kiln dried and certified firewood bundles. Firewood is not dead when it is cut, 23 percent of cut firewood has been found to have living beetles in it and another 41 percent shows evidence that beetles were there, therefore, moving firewood can spread invasive species. Pokagon Band has a firewood policy that supports the prevention of invasive species spread, allowing for only certified or locally collected firewood to be utilized on tribal properties.

Kids winter gear needed



Zagbëgon Early Learning and Development Academy is currently welcoming any donations of child-sized winter gear. Our kids wear anything from 3T to size 5. We need extra snow pants, gloves/mittens, hats, boots and coats. Anything and everything is gratefully accepted. Migwëthh!



What's that edible plant? Coral Tooth Fungus (*Hericium coralloides*)



The Coral Tooth Fungus (*Hericium coralloides*) or comb tooth fungus is typically found growing during the late summer and fall on dead and downed hardwoods throughout Michigan. Coral tooth fungus is related to the lion's mane mushroom featured in last month's newsletter, in the same genus. Coral tooth fungus is a mushroom belonging to the tooth fungus group that has a branching structure and quite short (less than ½ inch) spines along the branches. The mushroom gets its name from the branching structure looking similar to that of coral.

This fungus is best collected when fresh, being white in color and delicate. As the mushroom ages it will begin to be tougher and take on a yellowed look. Coral tooth fungus can be found after rain in the late summer and fall mainly on dead and downed hardwood trees. While foraging for them, their striking white color contrast in the forest makes them easier to see from longer distances. When harvested, the coral tooth fungus should be cut at the base and cleaned.

Coral tooth fungus has similar health benefits as other *Hericium* mushrooms, including reducing depression and anxiety, improving memory, focus and concentration, increasing energy, and supporting gut health and circulation. Similar to other *Hericium* species, the fungus is quite versatile and can be used in many recipes from sautéing to sauces. As with any new edible, ensure that you have a positive identification before consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Pokagon Health Services

**DONATE
Blood**

You have **FIVE** opportunities to be a hero this year.

Thursday, January 10

March 28 May 30 July 25 October 24

Pokagon Health Services
Multi Purpose Room
10:00 a.m. – 4:00 p.m.

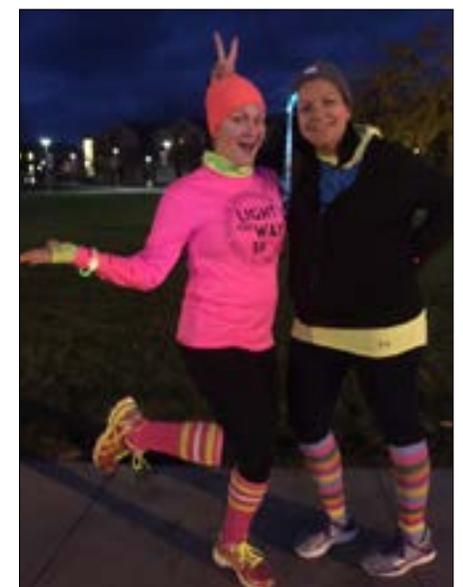
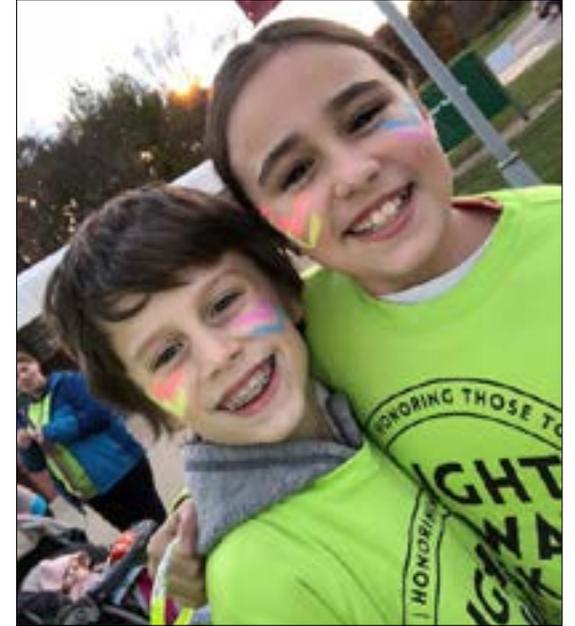
Sign up at MIBlood.org or contact Elizabeth Leffler at elizabeth.leffler@pokagonband-nsn.gov or (269) 462-4406.

GVANKOBIJÉJÉMEN
STAY CONNECTED
POKAGON.COM

Light the Way 5K illuminates diabetes awareness

Glowsticks lined either side of a 1.55 mile path through and around the Southwestern Michigan College Dowagiac campus. One hundred and sixty citizens, staff, and community members of all ages ran and walked the path, many circling it twice to complete a full 3.1 miles, a 5K.

Migwèth to all the community members who came out and helped bring awareness to diabetes and to all who shared their photos with us. See you next year for Light the Way and many other 5K races.



ktthe mko gizes [big bea

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
2	3 Circuit Training Day Language Class Open Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3, Nithansëk & Penothésëk Language Classes Wénpenet Language Class	4 Lean Lunch Tone Up! Penothiyëk Language Class Dowagiak Language Class	Circuit Training Elders Health and Wellness Circuit Training Neshnabé Mbokén Znëget 2 Intermediate Men and Boys Drumming
9	10 Circuit Training Day Language Class Open Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3, Nithansëk & Penothésëk Language Classes Wénpenet Language Class	11 Lean Lunch Tone Up! Penothiyëk Language Class Dowagiak Language Class	Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate
Christmas World citizen show 16	17 Circuit Training Day Language Class Open Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3, Nithansëk & Penothésëk Language Classes Wénpenet Language Class	18 Lean Lunch Tone Up! Penothiyëk Language Class Dowagiak Language Class	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Znëget 2 Intermediate Débénwéthëk Parent Men and Boys Drumming
23	24 Tribal Government offices closed for Christmas Eve	25 Tribal Government offices closed for Christmas Day	Circuit Training Elders Health and Wellness Circuit Training Znëget 2 Intermediate
30	31 Tribal Government offices closed for New Year's Eve		

Full Moon] December 2018

WEDNESDAY	Nyéw gízhëk	THURSDAY	Nyano gízhëk	FRIDAY	Odankè gízhëk	SATURDAY
						1
Illness Language Class ning	5 PALS (Play and Learn Social) Lean Lunch South Bend Language Class Potawatomi 201 Men's Sweat	6	Circuit Training Elders Health and Wellness Circuit Training	7	Tribal Council Meeting Gwikwé'amen Holly Fair & Art Extravaganza	8
Illness e Language	12 Lean Lunch South Bend Language Class Potawatomi 201	13	Circuit Training Tribal Government offices close at 11 am for Staff Holiday Party	14	Pokagon Wawyégawen (Round Dance)	15
Illness e Language Group ning	19 PALS (Play and Learn Social) Lean Lunch South Bend Language Class Potawatomi 201	20	Circuit Training Elders Health and Wellness Circuit Training	21	Tribal Youth Formal Dance	22
Illness Language Class	26 Lean Lunch South Bend Language Class Potawatomi 201	27	Circuit Training Elders Health and Wellness Circuit Training	28		29

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.

Autumn Harvest Pow Wow celebrates its sixth year



Pokagon Health Services earns Michigan Breastfeeding-Friendly Workplace Gold Award

Nurses in the Community Outreach Program at Pokagon Health Services (PHS) applied to the Michigan Breastfeeding Network for a Breastfeeding-Friendly Workplace Award, and they earned the top tier of recognition, the gold award.

“We know the vast benefits to both mother and child that are associated with breastfeeding initiation and duration, and for that reason it has always been a priority for the mothers we work with to feel comfortable coming back to work and knowing that PHS will be supportive in continuing their breastfeeding journey,” said Community Health Outreach Supervisor Liz Leffler.

According to Michigan Breastfeeding Network’s website, “This award celebrates Michigan employers that go above and beyond the law’s requirements to support working families.” The award is presented once a year to deserving workplaces.



To qualify, organizations must provide flexible breaks for breastfeeding and pumping as well as a private, secure area to do so, in accordance with the Break Time for Nursing Mothers law.

The first step PHS took toward creating a breastfeeding-friendly workplace was to offer mothers time to pump throughout the day without making them feel burdensome, and the next was to set aside space in the new Health Center for a lactation room.

The level awarded is determined by the number of strategies an organization employs to make breastfeeding and pumping at work possible. These strategies are categorized as policy and education,

facilities, scheduling, and resources. They range from “verbal information provided to all employees about breastfeeding support” to providing a “refrigerator or personal cooler for milk storage.” These are just two of the many conveniences PHS offers that qualified them for a Michigan Breastfeeding-Friendly Workplace Gold Award.

Dianna Chandler is Elder of the Month



Boozhoo! I was born in Watervliet on September 20, 1951 and was raised on our family farm five miles south of town in Bainbridge Township. Living on the farm was a blessing, working alongside my dad, Richard Hiler, who is also a tribal elder, and my family, learning that hard work wouldn't hurt me.

In fact, it gave me an appreciation of hard work. I recall going to school each year after spring break with calamine lotion all over my face and arms because we pulled brush (took limbs that were trimmed out from under the apple trees) while we were off from school. This farming life also blessed me with a respect for the abundance God given to sustain

us on this beautiful planet. I taught my sons these same values of hard work and appreciation for God's gifts to us.

The Lord blessed me with three amazing sons and Ed, my husband of nearly 20 years. For 18 years I literally was "chief cook and bottle washer" at M-140 bar, that later became Dewey's Bar. Even then, I still worked on the farm. Before retiring I worked several years at Keepin'You in Stitches where I did screen printing and embroidering. Today, I enjoy devoting my time to my church, learning the Bible, praising and thanking God for who He is; and spending time with my family — my dad, my sons and my grandkids, and my extended tribal family. I enjoy our elders meetings, trips and participating in the MIEA conferences.

The Lord has blessed our tribe with so much for us to be thankful for. Personally, I feel blessed as a tribal citizen and am truly grateful not simply for what our tribe does for me, but for our culture and heritage and the sacrifices of prior generations that gave me and each of you an opportunity for a better quality of life today. Have a blessed Christmas!

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
POKAGON HEALTH SERVICES

GYANKOJBEGÉMEN
STAY CONNECTED
f t i
POKAGON.COM

Diabetes Program

Education

Join PHS for diabetes education open to tribal citizens and their families. Each class is 2 hours and there will be a different topic each month. See the times and topics below and please RSVP if you are interested in attending these classes. You can attend one or all of the classes. Classes may be canceled due to lack of participation.

PHS Multi-purpose Room
58620 Sink Road, Dowagiac MI



July 10	9 am – 11 am	Diabetes Basics Taught by PHS nursing staff
August 14	9 am – 11 am	Medications and complications Taught by a PHS pharmacist
September 11	9 am – 11 am	Nutrition Taught by PHS Registered Dietician
October 9	2 pm – 4 pm	Diabetes Basics Taught by PHS nursing staff
November 13	2 pm – 4 pm	Medications and complications Taught by a PHS pharmacist
December 11	2 pm – 4 pm	Nutrition Taught by PHS Registered Dietician

Please contact Elizabeth Leffler, RN at (269) 462-4406 for more information or to sign up for a session.

Prevention

Department of Education
EARLY CHILDHOOD EDUCATION

Débénwéthêk Parent Group

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

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

2018–2019

December 12	April 17	August 21	November 13
Thurs., Jan. 17	May 15	September 18	December 18
February 20	June 19	October 16	
March 20	July 17		

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

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

GYANKOJBEGÉMEN
STAY CONNECTED
f t i
POKAGON.COM

monday

3 language

Swedish Meatballs in Gravy over Mashed Potatoes
Spinach Garden Salad Roll

10 language

Chicken and Broccoli Alfredo
Bruschetta
Brussels Sprouts
Garden Salad
Dessert

17 language

Buffalo Burgers and Grillers on a Bun
Baked Beans
Veggie Tray
Pickle Tray
All the Toppings

24 closed | christmas eve



31 closed | new year's eve



tuesday

4

Pork Steak
Baked Potato
French Style Green Beans
Garden Salad
Apple Pie
Whole Grain Roll

11

Beef Roast in Gravy with Mashed Potatoes
Carrots
Garden Salad
Cottage Cheese & Peaches
Whole Grain Roll

18

Baked Chicken
Mashed Potatoes and Gravy
Corn
Tomato Salad
Whole Grain Roll

25 closed | christmas day

wednesday

5

Chicken Tenders
Potato Salad
Beans
Veggie and Pickle Tray

12

Salmon Patties
Rice Pilaf
Green Beans
Coleslaw
Whole Grain Roll

19

Lasagna
Broccoli Slaw
Garden Salad
Garlic Bread
Cottage Cheese and Fruit

26

Boiled Dinner
Garden Salad
Cornbread
Dessert

thursday

6

Sliced Roast Beef in Au Jus
Italian Pasta Salad
Peas
Garden Salad

13

Sliced Ham
Mashed Sweet Potatoes
Asparagus
Jell-O W/ Fruit
Whole Grain Roll

20

Pizza Day

27

Chef's Choice

friday

7

Ham in Scalloped Potatoes
Carrots
Cucumber Salad
Whole Grain Roll

14 closed | staff holiday party



21 elders christmas party

Prime Rib/Fried or Baked Chicken
Baked Potato or Sweet Potato
Stuffing with Gravy
Green Bean Casserole & Corn
Garden Salad
Rolls and Cake

28

Salad Bar

december

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

Per Capita News

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

Name	Christmas 2017	Monthly Per Cap
Scott Brewer, Jr	x	x
Angela Case	x	
Cristian Cobb	x	x
Mason Currey	x	x
Ian Deloach	x	
Brett Gibson	x	x
Bobby M. Haynes, Jr	x	
Jeffery Morseau	x	x
Austin L. Northrup	x	x
Peter J. Ramirez	x	
Skylar Topash		x
John Watson	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: Enrollment@PokagonBand-nsn.gov

The document must be received by November 8 in order to make it on the December 2018 check run. Anything received after November 8 will be processed on the check run for January 2019. 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 12, 2018	Monday, January 30, 2018	Wednesday, January 31, 2018
Thursday, February 15, 2018	Monday, February 27, 2018	Wednesday, February 28, 2018
Thursday, March 15, 2018	Thursday, March 28, 2018	Thursday, March 29, 2018
Friday, April 13, 2018	Thursday, April 26, 2018	Friday, April 27, 2018
Tuesday, May 15, 2018	Tuesday, May 28, 2018	Wednesday, May 30, 2018
Friday, June 15, 2018	Thursday, June 29, 2018	Friday, June 29, 2018
Friday, July 13, 2018	Monday, July 30, 2018	Tuesday, July 31, 2018
Wednesday, August 15, 2018	Thursday, August 30, 2018	Tuesday, August 31, 2018
Friday, September 14, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
Monday, October 15, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018
Thursday, November 8, 2018*	Tuesday, November 20, 2018	Wed, November 21, 2018
Friday, December 14, 2018	Thursday, December 27, 2018	Friday, December 28, 2018

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

Per Capita Direct Deposit & Tax Withholding Forms

The tribe has mandatory direct deposit for per capita checks. This 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 your 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 we will return your call 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 form 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 December Calendar of Events

- 3 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 4 Gaming Authority Closed Session, Four Winds South Bend, 10 a.m.
- 10 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 11 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 15 Tribal Council Meeting, Community Center, 10 a.m.
- 17 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 18 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Tribal Council January Calendar of Events

- 1 Government offices closed for New Year's Day
- 7 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 8 Gaming Authority Closed Session, Four Winds South Bend, 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 New Buffalo, 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.

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

This Notice was mailed to the Respondent on October 30, 2018 by first class mail. It was returned by the U.S. Postal Service on November 7, 2018 with a Return to Sender label that stated "Not Deliverable as addressed, unable to forward." The Court has approved the publication of this *Notice* because there is no valid address.

POKAGON BAND OF POTAWATOMI INDIANS
TRIBAL COURT
NOTICE BY PUBLICATION

CASE NO. 18-5030-PCDCS

58620 Sink Rd., P.O. Box 355, Dowagiac, MI 49047
Phone (269) 783-0505 Fax (269) 783-0519

NOTICE OF:

(1) DEADLINE TO FILE OBJECTION(S);

AND

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

To: Richard David Huerta Jr.

Respondent's Name

1. Notice is hereby given that a *Petition/Affidavit to Withhold Per Capita Payments for Delinquent Child Support* was filed with the Tribal Court on October 26, 2018.
2. Tribal law **mandates** that all, or an appropriate portion of per capita payments due to an enrolled member of the Pokagon Band who is eligible for the per capita distributions, shall be directed so as to satisfy delinquent court-ordered child support. See Pokagon Band of Potawatomi Indians *Gaming Revenue Allocation Plan*.
3. Obligations for child support are presumed to be valid unless shown otherwise. See 28 USC § 1738B, *Full Faith and Credit for Child Support Orders Act*.
4. An *Order to Stay Distributions of Per Capita Payments* has been entered by the Court against your payments and may not be lifted until further order of this Court. The *Order to Stay Distributions of Per Capita Payments* has been served on the Revenue Allocation Plan Administrator who is responsible for distributions of per capita payments.
5. **An Order to Withhold and Redirect Per Capita Payments for Delinquent Child Support shall be entered by this Court within fourteen (14) days of the date of publication of this Notice unless you file an objection to the:**
 - a. **RECOGNITION** of the foreign court order based on the grounds listed in Paragraph 6; or
 - b. **ENFORCEMENT** of the foreign court order based on the grounds listed in Paragraph 7.
6. You may file (a) written objection(s) to the **recognition** of the foreign court orders with the Court. Objections must be filed within the fourteen (14) day objection period and **MUST** demonstrate that the:
 - a. foreign court lacked personal or subject matter jurisdiction; or
 - b. foreign order was obtained by fraud, duress or coercion.
7. Unless you file an objection to the **enforcement** of the foreign court orders, an *Order to Withhold and Redirect Per Capita Payments for Delinquent Child Support* will apply ALL of your per capita payments to satisfy the delinquent court-ordered child support in each case until such time as the **delinquent** child support obligations are satisfied, or until further order of this Court. Objections must be filed within the fourteen (14) day objection period and **MUST** demonstrate that:
 - a. you do not owe a **DELINQUENT** child support obligation; or
 - b. redirection of all of your per capita payments would create an **EXTRAORDINARY UNDUE HARDSHIP** to your health or general welfare.
8. If you file a written objection based on any of the grounds listed above, a hearing will be scheduled. At the hearing, you will be required to establish grounds why the *Order to Withhold and Redirect Per Capita Payments for Delinquent Child Support* should not be granted by this Court.

Pokagon Band of Potawatomi | Department of Language & Culture

5th annual

SUGAR SEASON KICK OFF

PANCAKE
Breakfast

To see the equipment we use for the sugaring process and have the opportunity to give your contact information if you are interested in volunteering anytime during the season. We will discuss the way the season works and the general hours of operation for sugar bush. We will explain what we need the most help with so that volunteers know what they will be doing when they come out to help. Gifts/incentives will be given to people who volunteer the most hours throughout the season at the End of Sugar Season Feast in April. Pancake breakfast with real maple syrup will be served.

January 19, 2019 | 10:00 am
Rodgers Lake Pavilion



If you have any questions please contact Language & Culture at (269) 462-4325 or Nicole Holloway at (269) 783-3513 / nicole.holloway@pokagonband-nsn.gov.

GYANKOJEGEMEN
STAY CONNECTED
f t i
POKAGON.COM



Tribal Office Directory

Administration 58620 Sink Rd. (269) 782-8998 Toll Free (888) 281-1111	FAX (269) 782-4253
Commodities (269) 782-3372 Toll Free (888) 281-1111 FAX (269) 782-7814	Information Technology 58620 Sink Rd. (269) 782-8998 Toll Free (800) 517-0777 FAX (269) 782-6882
Communications 58620 Sink Rd. (269) 782-8998	Language & Culture 59291 Indian Lake Rd. (269) 462-4325
Compliance 58620 Sink Rd. (269) 782-8998	Mno-Bmadsen 415 E. Prairie Ronde St. (269) 783-4111
Chi Ishobak 27043 Potawatomi Trail (269) 783-4157	Natural Resources 32142 Edwards St. (269) 782-9602 FAX (269) 783-0452
Education 58620 Sink Rd. (269) 782-0887 Toll Free (888) 330-1234 FAX (269) 782-0985	Pokagon Health Services 58620 Sink Road (269) 782-4141 Toll Free (888) 440-1234
Elders Program 53237 Townhall Rd. (269) 782-0765 Toll Free (800) 859-2717 FAX (269) 782-1696	Social Services 58620 Sink Rd. (269) 782-8998 Toll Free (800) 517-0777 FAX (269) 782-4295
Elections 58620 Sink Rd. (269) 782-9475 Toll Free (888) 782-9475	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
Enrollment 58620 Sink Rd. (269) 782-1763 FAX (269) 782-1964	Tribal Council 58620 Sink Rd. (269) 782-6323 Toll Free (888) 376-9988 FAX (269) 782-9625
Facilities 57824 East Pokagon Trail (269) 783-0443 FAX (269) 783-0452	Tribal Court 58620 Sink Rd. (269) 783-0505/ FAX (269) 783-0519
Finance 58620 Sink Rd. (269) 782-8998 Toll Free (800) 517-0777 FAX (269) 782-1028	Tribal Police 58155 M-51 South (269) 782-2232 Toll Free (866) 399-0161 FAX (269) 782-7988
Housing & Community Development 57824 East Pokagon Trail (269) 783-0443 FAX (269) 783-0452	Zagbëgon 58620 Sink Rd. (269) 783-0026/ (866) 250-6573 FAX (269) 782-9795
Human Resources 58620 Sink Rd. (269) 782-8998	

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Acting Treasurer

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

Secretary

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Member at large

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

Member at large

Vacant

Elders Representative

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

Executive Secretary

Melissa Rodriguez
(269) 462-4203 office
(269) 591-9521 cell
Melissa.Rodriguez@pokagonband-nsn.gov

Elders Council Directory

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

Chair

Maxine Margiotta
(269) 783-6102

Vice Chair

Julie Dye
(269) 462-1004

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

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 Rights Board
- Election Board
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Mno-Bmadsen Board
- Ethics Board
- Family Welfare Commission
- Tribal Art Review Committee

ktthe mko gizes December Citizen Announcements



Just wanted to give a big birthday shout out to **Hunter Goodrich** turning 18 on December 29! Happy birthday, Hunter!



Happy 9th Birthday to our amazing son **Ari** on December 15. You are our pride and joy. We love you and wish the absolute best for you. Love Mom and Dad



Happy Birthday **Nadyah Grubb-Valcin** from your family

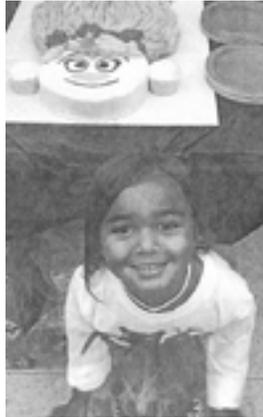


Happy Birthday **Kaiden Grubb** from Momika & Mommie

Happy Birthday **Cameron Grubb** from Big Daddy & Momika Grubb



Happy Birthday to **Aiyana Grace Birks "Summe"** from a loving family



POKAGON BAND OF POTAWATOMI
EARLY CHILDHOOD EDUCATION PROGRAM, DEPARTMENT OF
SOCIAL SERVICES + TRIBAL ART REVIEW COMMITTEE

Gwikwé'amen

Holly Fair + Art Extravaganza

SATURDAY **DECEMBER 8** 10:00 AM–3:00 PM
Dowagiac Middle School 57072 Riverside Drive

Enjoy holiday shopping from our Tribal Artists with free gift wrapping, make and take crafts, and have your picture taken with Santa!

Open to the public. Lunch is provided.

For a description of the full meaning behind Gwikwé'amen, please see www.pokagonband-nsn.gov/government/departments/education

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

CYANKOJEGEMEN
STAY CONNECTED
f t i
POKAGON.COM



Pokégnek Bodéwadmik Pokagon Band of Potawatomi
Department of Language & Culture

TRIBAL YOUTH Formal Winter Dance

DECEMBER 22

6:00 to 10:00 PM

POKAGON BAND OF POTAWATOMI
COMMUNITY CENTER

DINNER WILL BE PROVIDED

GINGERBREAD *and* COOKIE MAKING CONTEST
PRIZES *for* UGLIEST PROM DRESS *and* UGLIEST SUIT

PLEASE RSVP *by* DECEMBER 14 *to*
YOUTH.COUNCIL@POKAGONBAND-NSN.GOV

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

CYANKOJEGEMEN
STAY CONNECTED
f t i
POKAGON.COM