



# POKÉGNEK YAJDANAWA

## THE POKAGONS TELL IT

Mko Gises February 2014

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Bent Tree Market and fuel station now open.

## Pokagon Tribal Court Embarks on Child Welfare Improvement Initiative

By Jennifer Klemm-Dougherty

In 2013, the Pokagons received a Tribal Court Improvement Project (TCIP) grant to provide the tribe with resources to improve child welfare services. Already, the Tribal Court has moved forward in the process by forming an assessment team that conducted interviews with individuals involved in the child welfare system.

"We put out bids to assemble an assessment team to take a look at our whole court system," said Stephen Rambeaux, court administrator. "We wanted some Native Americans on this panel, and we have selected the National Center of State Courts to do the assessment." The team is comprised of Alicia Davis, Gina Jackson, Sheldon Spotted Elk, and Lorie Sicafuse. Both Jackson and Spotted Elk are Native American.

"When native people are employed in the capacity where we visit other native communities, we want to learn about their tribal cultures and communities," said Judge Michael Petoskey. "We hosted a community feast to welcome our visitors and provide context to them about the Pokagons."

Providing context to the assessment team is essential. "We don't want them to peer through the keyhole and do a keyhole analysis," explained Petoskey. "We want to give them a thorough understanding of the tribe, and help them identify opportunities for growth."

The celebration dinner was held at the Community Center, and members of the tribal community were invited to attend. "We gave the team the opportunity to meet some of our citizens, introduced them to our history, and took them on a tour of the facilities," said Rambeaux. "They are used to

assessing state courts, and this is quite different." In an effort to give them exposure to the Pokagon culture, Clarence White did a pipe ceremony and they had women drummers as well as male youth drummers.

Members of the assessment team were in town for several days, and they conducted many interviews with members of the Department of Social Services, state court, and others who are involved in child welfare issues.

"I am very optimistic about this initiative," said Petoskey. "Child protection cases are so important to the courts and to the community. Our relationship will be ongoing and collaborative, and we will work as partners as time goes on. They can be a resource to us in terms of measuring outcomes, and help us to determine which of the various models available will work best for us."

The assessment team will continue to gather information and prepare their findings. They will provide feedback and look for opportunities to improve and enhance programs and services. The work will be ongoing, and the court will continue to communicate their findings to tribal citizens.

This three-year grant is from the Children's Bureau, which is part of the Administration for Children and Families Division of the U.S. Department of Health and Human Services. These funds are highly competitive, and the Pokagon Band was one of only seven tribes to receive inaugural round funding. Receiving this award shows the Pokagon Band's potential in serving as a model for other tribes looking to do similar work.

## Dowagiac History Museum Expands Potawatomi Exhibit

Formerly located on the Dowagiac campus of Southwestern Michigan College, the Dowagiac Area History Museum moved in May to the former Behnke Paint and Flooring building at 201 E. Division St. downtown. The move provided an opportunity to enhance the Potawatomi section of the museum's collection.

"I've always felt that it's better for the Potawatomi tell their own story," said Steve Arseneau, the museum director. "I'm happy they are working with us to tell that story."

Thanks to help from artist and drummer Jason S. Wesaw, and Michael Zimmerman Jr. and Marcus Winchester, former and current tribal historic preservation officers respectively, the exhibit has authentic and accessible Potawatomi features. Visitors are encouraged to play drums, or rattles, and to touch sinew and other natural items the Potawatomi use regularly.

The most striking feature is a wigwam Zimmerman created with elm bark. According to Arseneau, the 8-by-10-by-7-foot shelter would be large enough to accommodate a family of four. Potawatomis lived in wigwams for centuries. "There's a common misconception that all Indians lived in tepees," Arseneau said. Beadwork, photographs and other art round out the rest of the exhibit.



The college still helps with finances, but the city of Dowagiac now owns the museum. The more prominent location has helped attendance; roughly 4,000 people visited the facility at its new site in 2013. The two-level museum contains items from the area's industrial past and details about local people who made history, and is preparing to open an exhibit showcasing the Miss Dowagiac pageant in late January. Visitors are welcome to check it out from 10 a.m. to 5 p.m. Tuesday through Friday, and 10 a.m. to 2 p.m. Saturdays. Admission is free.

## Chi Ishobak Earns Milestone Status

The U.S. Department of the Treasury's Community Development Financial Institutions Fund (CDFI Fund) has officially certified Chi Ishobak as a Community Development Financial Institution (CDFI). Chi Ishobak has met all operational and programmatic requirements set forth by the CDFI Fund. CDFI certification is a designation conferred by the CDFI Fund and is a requirement for accessing financial and technical award assistance from the CDFI Fund through the CDFI Program, Native American CDFI Assistance Program, and certain benefits under the Bank Enterprise Award Program to support an organization's established community development financing programs.

"This has been our primary goal since opening our doors to Pokagon citizens," stated Sean Winters, Chi Ishobak's Executive Director. "This authenticates our efforts for citizens and assures us that we are meeting national industry standards for those efforts."

A certified Community Development Financial Institution (CDFI) is a specialized financial institution that works in market niches that are underserved by traditional financial institutions. CDFIs provide a unique range of financial products and services in economically distressed target markets, such as mortgage financing for low-income and first-time homebuyers and not-for-profit developers, flexible underwriting and risk capital for needed community facilities, and technical assistance, commercial loans and investments to small start-up or expanding businesses in low-income areas. CDFIs include regulated institutions such as community development banks and credit unions, and non-regulated institutions such as loan and venture capital funds.

To learn more about the CDFI Fund's Certification Program, or the CDFI Fund's other programs, please visit [www.cdfifund.gov](http://www.cdfifund.gov).

## Syrup Making: How Sweet it is

By Jennifer Klemm-Dougherty

Tapping time is almost here, and the Department of Language and Culture is excited to get outside and make maple syrup.

"We don't know exactly when we will be able to start, because that depends on the trees," said Andy Jackson, cultural specialist. "Last year, we had a mild winter, and we were able to get started in February. However, it is more common to begin tapping in March."

"To make syrup, we utilize two methods," explained Jackson. "The traditional, copper pot method gives a smoky flavor and richer syrup. We also use a more modern, evaporator method, and that yields a lighter, caramel color. Our elders can definitely tell the difference."

It takes a whole crew to make syrup, so the Pokagon DNR office helps with supplies and staffing. "We clean up the woods around our site, and cut trees down to make the fire," said Jackson. "Cutting the trees also allows more light to come through to the grounds and helps the old plants to come back the next year." The crew stays busy morning, noon and night. "We are cooking syrup all of the time."

When the sap comes out of the tree, it is put in the pot and boiled down right in the woods. From there, it goes to the kitchen where they continue the process of boiling it until it reaches the desired consistency. Finally, the finished product is bottled.

The group will make enough to ensure that the elders and DNR have a sufficient stock. Some elders use the syrup as a diuretic to help with diabetes. The elders and members of the DNR department also give the syrup away as a gift at various events that they attend throughout the year.

They hope to get more Pokagons out into the woods to experience syrup making firsthand. "This is the third year we have made syrup," said Jackson. "If you come out and help, you will leave with some syrup." All ages are welcome, and she encourages those with a story to tell to come and sit by the fire and share their experiences with others.

Because the trees determine tapping time, it is not possible to set a specific date for starting. However, Language and Culture is planning a pancake breakfast to kick off syrup season on February 15. "We will have part of a maple tree cut off with the tapper and a bucket at the breakfast," said Jackson. "This will allow



people to see the process and then show them the finished product."

Pokagon citizens interested in attending the pancake breakfast or participating in making syrup are encouraged to contact the Department at (269) 462-4325 or e-mail [Nicole.Holloway@PokagonBand-nsn.gov](mailto:Nicole.Holloway@PokagonBand-nsn.gov).

## Pokégnek Yajdanawa

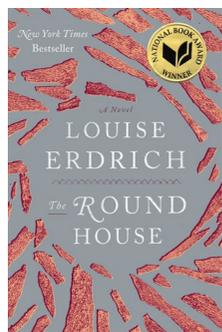
*Pokégnek Yajdanawa* is the monthly voice of Pokégnek Bodéwadmik, the Pokagon Band of the Potawatomi. Citizens are encouraged to submit original letters, stories, pictures, poetry and announcements for publication in *Pokégnek Yajdanawa*. Submissions are subject to the established guidelines.

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

*Pokégnek Yajdanawa*  
Box 180  
Dowagiac, MI 49047  
[Pokagon.Newsletter@PokagonBand-nsn.gov](mailto:Pokagon.Newsletter@PokagonBand-nsn.gov)

## One Story (Ngot Yajmowen) Community Reading Project Underway

By Kristie Bussler, Department of Education



Sharing stories is an important tradition for people from all types of backgrounds. It is one way we teach, pass on our culture, and grow closer to one another. Sometimes we convey the stories orally, and sometimes we write them down, but either way the essential element is that the stories are shared. It is with these thoughts in mind that several groups from the Dowagiac community created a reading project called One Story (Ngot Yajmowen in the Potawatomi language).

For One Story's first year, the book that everyone in the community is encouraged to read is *The Round House* by Louise Erdrich, winner of the 2012 National Book Award for fiction. Erdrich is a member of the Turtle Mountain Band of Chippewa Indians. The novel tells the story of a family and community nearly undone by violence on a reservation in North Dakota, but also offers a portrait of a community sustained by its traditions, values, faith, and stories. Throughout 2014 several book clubs will meet to discuss the novel, and a variety of events/activities based loosely on themes from the novel are planned. We invite everyone to participate.

Information and event listings will be available at [www.onestoryread.com](http://www.onestoryread.com), in the *Pokégnek Yajdanawa*, and on the Pokagon Band website, as well as being advertised by our One Story partners: Dogwood Fine Arts Festival Committee, Dowagiac Area History Museum, Dowagiac District Library, and Southwestern Michigan College. If you have questions, please contact the Department of Education at (269) 462-4222 and ask for Kristie.



## Pokagon Health Services Breaks Ground on new Clinic

The staff of the Pokagon Health Services, members of the Health Board, and construction workers ceremonially broke ground on the construction of the new health facility at Rodgers Lake in late October, and work has continued steadily since. The crews continue to work through the extreme cold, and the project remains on schedule to open in October 2014.

"We have successfully bid the majority of the second phase of the project, and we are on budget at this point," said Scott Winchester, 7GenAE executive director. "We have the foundation in for the health clinic and steel is being erected." Some tribal citizens have worked on the foundation and site work. Check out [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov) for in-progress photos!



## Pokagon Health Services Announces Extended Hours

The Pokagon Health Clinic will offer extended hours once a week each Thursday evening starting January 9, 2014. Should extended hours become a big hit, staff will look at adding extended hours on more days of the week.

Thursday night extended hours will go until 7:00 p.m., but transportation won't be offered. Please call (269) 782-4141 for appointments during extended hours, or if you have any questions.

## Commercial Loans Meet a Variety of Needs, Including Artists'



photo of artist Gerald Wesaw by Shane Rodimel

Chi Ishobak's Commercial Loan Program was designed to assist Pokagon entrepreneurs. Assistance comes in the form of capital, small-business development, and business plan preparation. When thinking of the small-business environment, it is common to exclude tribal artisans from that category. But Pokagon artisans constitute a significant percentage of Chi Ishobak's commercial target market.

It can be a daunting task for artisans to seek commercial assistance. Business plans, financial projections, market research and SWOT analysis are terms that can overwhelm any entrepreneur. Tribal artisans are usually not looking for store-fronts, large equipment, or working capital. They are usually seeking inventory and supplies needed to meet product demand for pow wows and art markets.

Chi Ishobak understands this difference and aims to simplify the commercial process for Pokagon artisans. Chi Ishobak can help tribal artists develop a business narrative and a basic project budget that is consistent with an individual loan request. "Commercial requests are not always large amounts," Sean Winters adds, "Pokagon artisans may only require between \$500 and \$1,500 to purchase supplies for their products."

Chi Ishobak is looking to empower our tribal entrepreneurs and help them explore new opportunities. If you would like more information regarding Chi Ishobak's Commercial Loan Program, or Chi Ishobak's other programs, please inquire at:

Chi Ishobak, Inc.  
415 E. Prairie Ronde St.  
Dowagiac, MI 49047  
(269) 783-4157  
sean.winters@chiishobak.org  
www.chiishobak.org



SMC **Read 100 Class** Spring Semester Gail Shirey

SMC **Special Topics in History Class** Native American History Spring Semester Dr. Jeff Dennis

SMC and POKAGON BAND **Potawatomi Living Arts** Hosted by Southwestern Michigan College

**Dream Catchers Craft Class**

January 29 | 1:00–2:00 pm

SMC Student Activity Center with Jefferson Ballew

Join a Pokagon Band artist in making a dream catcher.

**Cultural Awareness: Pow Wow History and Etiquette Presentation**

January 29 | 2:30–3:30 pm

Dale A. Lyons Building SMC

Jefferson Ballew from Pokagon Band will explain history, significance and etiquette of pow wows and their regalia, song, dance and storytelling.

DOWAGIAC AREA HISTORY MUSEUM **Potawatomi Cultural Teachings and Traditional Medicines**

February 8 | Time TBD with Andy Jackson

DOGWOOD FINE ARTS GALLERY **Exhibit Potawatomi Art Exhibit and Sale Open House**

Thursday, April 24

5 p.m. – 7 p.m. | Huntington Bank Building, 207 Commercial Street, Dowagiac

Life is Art exhibit opening and artists reception, featuring the works of Potawatomi artists. Pottery, clothing, baskets and other objects have evolved out of functional and ceremonial necessity over generations. Experience materials provided by Mother Earth interwoven with contemporary materials expressed in a uniquely native way. Exhibit continues through May 22.

POKAGON BAND **Sugar Bush**

Date and time to be determined by the weather

POKAGON BAND **Discussion of Native Jurisdiction and Other Legal Issues**

May 8 | 5:30–7:00 pm

Pokagon Band Community Center with Annette Nickle

The presentation will provide an overview of the complex topic of criminal jurisdiction within Indian country, as discussed in the book *The Round House*.

SMC **Library Book Talks for Spring Semester** with Katharine Landstrom

POKAGON BAND Memorial Day Pow Wow 2014

DOWAGIAC AREA HISTORY MUSEUM **Michigan State University Native Quilting** TBD

DOWAGIAC AREA HISTORY MUSEUM **Native American Series** with Steve Arseneau

DOGWOOD FINE ARTS COMMITTEE **Culinary Anthropologists from Red Mesa** TBD

POKAGON BAND **Kee-Boon-Mein-Kaa Pow Wow** Labor Day Weekend 2014

## 2014 Oshke-Kno-Kewéwen Traditional Pow Wow Planned for May 24 & 25



Preparation has begun for the 2014 Oshke-Kno-Kewéwen Traditional Pow Wow, to be held the Saturday and Sunday of Memorial Day Weekend, May 24 & 25, 2014 at the Rodgers Lake pow wow grounds. The Pow Wow is named in recognition of the Pokagon Band community eagle staff carried by the Pokagon Band veterans, and the Pow Wow includes activities to honor all the veterans of the Pokagon Band community, as well as traditional dancing, singing, and crafts.

### Members & Volunteers needed for Oshke-Kno-Kewéwen Committee

Initial planning has started, but the Committee is open for new members and volunteers for the ongoing planning and organizing for the event. The Committee intends to designate its official Members and Alternates at its February 10, 2014 meeting. If you are interested in becoming an official Committee member, or just want to volunteer and participate, feel free to attend this meeting. For more information, contact Kevin Daugherty at (269) 591-1230.

The Committee meets the second Monday of every month, with a potluck at 5:30 p.m. and start of business at 6:00 p.m. Meetings are at the Administration Building, unless otherwise posted.

### Oshke-Kno-Kewéwen logo design contest, two age categories

The Oshke-Kno-Kewéwen Pow Wow Committee seeks submissions for the 2014 logo to be used for t-shirt designs, the flyer, and the program for the upcoming Pow Wow. Again this year, the Committee has two age categories for this contest:

- Pokagon Band youth 12 years of age and younger (hand-drawn preferred)
- Pokagon Band members and spouses of any age

The artists who create the winning designs for the Pow Wow will each be awarded a sweatshirt and a \$25.00 gift card from the Committee. While the Committee wants to support the community's artists, the Committee reserves the right to accept or deny any or all of the designs submitted, and all decisions of the Committee are final.

Please send images to Kevin Daugherty by March 31 by any of the following means:

- Deliver in person at the Administration Building at 58620 Sink Rd, Dowagiac, MI 49047
- By mail or delivery service to the same address
- By e-mail at [Kevin.Daugherty@pokagonband-nsn.gov](mailto:Kevin.Daugherty@pokagonband-nsn.gov).

The Committee looks forward to many great designs!

## New Employees Join Government Staff

### Mandy Wessell, ROSS Citizen Services Coordinator



I have been working with the Pokagon Band since September 2013. My position is funded through a federal grant from the Department of Housing and Urban Development. The focus of my position is to link tribal citizens with services and programs available to them, including but not limited to financial counseling, rental and homeownership assistance, heating and other utility assistance, employment counseling, health services, behavioral health and substance abuse services, education mentoring and support, and social services. I am a proud member of the Pokagon Band and it is my pleasure to assist my fellow tribal citizens in living the best life possible.

### Sam Morseau, Director of Education



Bozhoo. I feel honored to have this opportunity to introduce myself. I am the son of Stan and Linda Morseau and the grandson of Wilbur Morseau and Nora Mae Wesaw and a proud citizen of the Pokagon Band. I recently moved back home to better serve our tribal nation. I was born in Chelsea, MI and lived in Washington State the last 14 years to continue my education and work as the

Native American program coordinator in the Kent School District. We created and implemented several innovative programs to strengthen the circle and became a respected program at all levels of Native American education. Thanks to this success I was elected and served four years as chairman of the Western Washington Native American Education Consortium (WWNAEC) while also serving on several other state level committees.

My educational background consists of graduating from Northwest Indian College with in Native American studies, The Evergreen State College with a B.A. in Native American education, and I am currently in my second year of completing a master's degree in tribal governance.

I am looking forward to developing positive relationships with each and every one of you, so please feel free to stop by and introduce yourself. I can also be reached at (269) 782-0887, or by e-mail at [sam.morseau@pokagonband-nsn.gov](mailto:sam.morseau@pokagonband-nsn.gov)

Weaved within the moral fabric of Native American culture lies the belief that you always give back the knowledge that elders have bestowed upon you; serving as the Director of Education is a perfect opportunity to continue that teaching. Wewene.



## FINANCIAL WELLNESS WORKSHOP

**Saturday, April 5, 2014**

**10:00 a.m. – 2:00 p.m.**

**Pokagon Community Center  
27043 Potawatomi Trail, Dowagiac**

Chi Ishobak and the Pokagon Band Department of Housing have collaborated to introduce a new financial education program for Pokagon Band citizens. More than just information, this program is designed to identify financial behaviors and the cultural relevance associated with them. This workshop will cover five key areas that address the basic aspects of personal financial management and provide participants with the tools and processes to take control of their financial health. These areas include: savings, communication, budgeting, debt, and purchase behaviors.

**Lunch provided | No registration fee | Please pre-register**

For more information, please contact Chi Ishobak, Sean Winters  
(269) 783-4157 | [sean.winters@chiishobak.org](mailto:sean.winters@chiishobak.org)

## Own a Business? Be Sure it's Listed in the Business Directory

In 2012, the Pokagon Band Department of Housing and Chi Ishobak collaborated on the Citizen Business Directory. This was designed to advertise Pokagon-owned businesses throughout the community. Many changes have occurred in the past couple of years, and the directory needs updating.

Regardless of industry or market, if you would like your Pokagon-owned business to be listed in the Citizen Business Directory, please submit the following information:

- Business name
- Pokagon owner's name
- Business address
- Business phone number
- Business e-mail
- Business Website
- Business description

Please send all information to:

Chi Ishobak, Inc.  
415 E. Prairie Ronde St.  
Dowagiac, MI 49047  
(269) 783-4157  
sean.winters@chiishobak.org  
www.chiishobak.org

## Learn More About PHS's Hotline

The Pokagon Health Services Hotline is available at (800) 775-1008 or [www.reportlineweb.com/PokagonBand](http://www.reportlineweb.com/PokagonBand) 24 hours a day, 7 days a week. Below is a Q&A that might clarify the Hotline's purpose.

### Q. What is the Health Services Hotline?

The Hotline is an anonymous reporting tool that provides patients and staff the opportunity to report potential misconduct in the workplace.

### Q. May I report using either the Internet or the telephone?

Yes, by giving you choices, the Hotline ensures that members of our community can file a report anonymously and in the manner most comfortable or convenient to them.

### Q. Why do we need a reporting tool like the Hotline?

Reporting hotlines have proven to be an effective tool in reducing losses and helping to protect institutional financial strength.

### Q. Does Tribal Council really want me to report?

Yes. In fact, we need you to report. You know what is going on in your department both good and bad. You may have initial knowledge of an activity that may be cause for concern. Your reporting can minimize the negative impact related to potential misconduct.

### Q. Does the Hotline replace reporting situations to the manager or other offices? What type of situations should I report on the Hotline?

The Hotline does not replace any of our standard reporting tools, but there are several good reasons why you should consider using the Hotline as well. First, the Hotline ensures that your report gets to the appropriate people. More importantly, reports can be filed anonymously and all report information is secure and held in the strictest confidence.

The Hotline is designed to accept reports for the following type of concerns.

1. Financial matters relating to accounting or internal control issues, fraud, theft or other financial issues.
2. Regulatory matters relating to confidentiality issues, falsification of reports or other issues.
3. Information technology matters relating to the inappropriate use of technology or misuse of technology resources.
4. Misconduct of staff relating to citizens.
5. Any situation in which you were uncomfortable with at the clinic.

## Sewing Class Offered in February and March

Beginner sewing classes will be offered for women in the community. There will be three sessions taught by Christine Daugherty. The first class will cover sewing machine basics, making a basic bag, and taking measurements for a long skirt. During the second class the participants will make a long skirt. During the third class participants will learn how to make ribbon applique for their skirt or a dance shawl.

These classes will take place on February 23, March 9, and March 23 from 1 p.m. - 5 p.m. at the Community Center. You must be able to attend all three sessions to take this course.

You must sign up to participate, as spaces very limited. If you want to attend please call Casey Kasper at (269) 462-4324.

### Q. Is the Hotline an appropriate reporting tool for something as personal and important as sexual harassment?

If you are uncomfortable contacting the Director, of Health Services, sexual harassment reports can be taken over the Hotline.

### Q. What shouldn't I report using the Hotline?

The Hotline is not a "911" service for emergency issues or actions.

### Q. Can I file a report from home and still remain anonymous?

A report from home, a neighbor's computer, or any internet portal will remain secure and anonymous. An internet portal never identifies a visitor by screen name so that anonymity is totally maintained. Plus, the Hotline is contractually committed not to pursue a reporter's identity.

### Q. I am concerned that the information I provide the Hotline will ultimately reveal my identity. How can you assure me that will not happen?

The Hotline system is designed to protect your personal identity. However, you as a reporting party need to ensure that the body of the report does not reveal your identity by accident, for example, "From my cube next to Jan Smith, I saw ..." or "In my 33 years..."

### Q. I am not sure what I have observed or heard is a violation of policy, or misconduct, but it just does not look right to me. What should I do?

File a report. The Hotline can help you prepare and file your report so it can be properly understood. We'd rather you reported a situation that turned out to be harmless than let possible misconduct go unchecked because you weren't sure.

### Q. Where do these reports go? Who can access them?

Reports are entered directly on a secure server operated by an independent company. The reports are available only to specific individuals within the department who are charged with evaluating the type of violation and location of the incident. Each of these report recipients has had training in keeping these reports in the utmost confidence. The Hotline system and staff are trained and committed to ensure that no report is ever shared with implicated parties, their peers, or subordinates.

## Kendall Race Earns Academic Award

The Pokagon Band Department of Education would like to commend one of our K-12 Program Students, Kendall Race. Kendall is a student at Dowagiac Union High School in Dowagiac, Michigan and is the son of Madalene Big Bear. Kendall was nominated by his teacher, Mr. Keith Klann, and received a Student Academic Excellence Award for Algebra from Principal Pieter Hoekstra. We are extremely proud of Kendall's hard work and want to share his accomplishment with the Pokagon Band for all to celebrate. Keep up the good work, Kendall!



## Student-Athlete? Send us Your Sports Photos

As Team Pokagon trains for the Michigan Indian Family Olympics in July at Central Michigan University (see flyer, below), it seemed fitting to recognize those Pokagon students already in training for other athletic activities. Send us photos of you playing sports along with information about your team, your position, your age, school or organization/club and grade level to Pokagon.newsletter@pokagonband-nsn.gov and we'll publish a special section celebrating these healthy, active youth ahead of the upcoming Olympics.

## New Year, New Enrichment Program Funding

2014 Enrichment Program funding is now available. The Enrichment Programs is open to 5th-12th grade students and available all year. If you are in the 12th grade, it must be used before you graduate. The program provides up to \$500 for opportunities for Pokagon youth anywhere in the United States to participate in

an academic or extra-curricular program. Students must complete separate Pokagon Band Enrichment program application for each event they participate in. Please visit [www.pokagonband-nsn.gov/departments/education/k-12-programs/enrichment-programs](http://www.pokagonband-nsn.gov/departments/education/k-12-programs/enrichment-programs) to apply.

## Exciting Casino Career Opportunity



Dealer training classes will be offered for employment at

### Four Winds New Buffalo

Classes will be held in Human Resource Building

Classes Start March 3, 2014.

Dealer training class details:

- Games taught- Blackjack, 3 Card Poker and Mississippi Stud
- Three convenient class times will be held daily: 8:00am-12:00pm, 1:00pm-5:00pm and 6:00pm-10:00pm.
- Mandatory class attendance required- 4 days per week, Monday-Thursday
- Class length- 4 hours per day
- Classes held for 12 weeks
- Math assessment required prior to admittance
- Must be able to pass a pre and post drug screen and obtain a level 2 gaming license
- Classes are **FREE** to qualified applicants (Similar classes in this area cost upwards of \$800.)
- This is an **unpaid** training
- Must be at least 18 years old to be employed by Four Winds Casino Resort
- Ability to pass an audition is no guarantee of offer of dealer position

Contact Jeanne Sambrookes at (269) 926-5408



Pokégnek Bodéwadmik  
POKAGON BAND OF POTAWATOMI

## Train Together for the Family Olympics

**What:** Michigan Indian Family Olympics, something for all ages. All Michigan Tribes participate

**When:** leading up to Summer 2014



Participate in three of the training events offered and receive a gift incentive. Involvement in one school sport can substitute for one of the three trainings.

These events are open to Native Americans and their families, and Pokagon Band staff and their families.

### Training Schedule:

#### January 2014

- ★ January 4 | Community Center | 3:00p.m.-5:00p.m.
- January 25 | Hartford High School | 5:00p.m.-7:00p.m.
- January 26 | Camp Beech Point 3212 125th Ave Allegan MI | 5:00p.m.-7:00p.m.

#### ★ March 2014

- March 7 | Community Center | 5:30p.m.-7:30p.m.
- March 26 | Hopkins High School | 5:00p.m.-7:00p.m.
- March 29 | Hartford High School | 5:00p.m.-7:00p.m.

#### ★ April 2014

- April 12 | Hartford High School | 6:00p.m.-8:00p.m.

#### ★ May 2014

- May 8 | Community Center | 5:30p.m.-7:30p.m.



Ne'me gizhek SUNDAY	Ngot gizhek MONDAY	Nizh gizhek TUESDAY	Apta gizhek WEDNESDAY
2	3 L&C Elders Language Class Zumba GED Evening Lab	4 GED Morning & Afternoon Labs Lean Lunch L&C Dowagiac Language Class (3) L&C Class Early Start Language (3)	GED Evening Lab Zumba L&C Hartford Lan L&C South Bend Drumming
9	10 L&C Native Healing w/ Jake Pine L&C Elders Language Class Zumba GED Evening Lab	11 GED Morning & Afternoon Labs Lean Lunch L&C Native Healing w/ Jake Pine EDU Career Development and Job Search Assistance L&C Dowagiac Language Class (4) L&C Early Start Language Class (4)	GED Evening Lab L&C Native Heali Zumba L&C Hartford Lan L&C Dowagiac Men
16	17	18 Lean Lunch L&C Dowagiac Language Class (5) L&C Early Start Language Class (5) L&C Community Service Project	Healthy Lunch Pres Zumba L&C Hartford Lan L&C Hartford Mens L&C Womens Dr
23 MSU Pow Wow and Campus tour	24 L&C Elders Language Class Zumba GED Evening Lab	25 Lean Lunch L&C Dowagiac Language Class (6) L&C Early Start Language Class (6)	Zumba L&C Hartford Lan

# February 2014

WEDNESDAY	Nyew gizhek THURSDAY	Nyano gizhek FRIDAY	Odanke gizhek SATURDAY
			1
5 Language Class (5) Mens & Boys	6 GED Morning & Afternoon Labs Lean Lunch L&C South Bend Language Class (3) Red Road to Recovery Group	7	8 Tribal Council Monthly Meeting EDU Computer Class
12 Dancing w/ Jake Pine Language Class (6) Mens & Boys Drumming	13 GED Morning & Afternoon Labs Lean Lunch L&C South Bend Language Class (4) Red Road to Recovery Group	14	15 EDU Career Development and Job Search Assistance L&C Sugar Bush Season Pancake Breakfast
19 Presentation Language Class (7) Mens & Boys Drumming Drumming	20 GED Morning & Afternoon Labs Lean Lunch L&C South Bend Language Class (5) My Health Support Group Red Road to Recovery Group	21 MSU Pow Wow and Campus tour	22 MSU Pow Wow and Campus tour
26 Language Class (8)	27 GED Morning & Afternoon Labs Lean Lunch L&C South Bend Language Class (6) Red Road to Recovery Group	28	March 1

## Counselors and Specialty Service Providers Needed for Culture Camp 2014

The Department of Language and Culture is looking for Camp Counselors and specialty service providers for the Summer Youth Culture Camp for the positions of: 1) lifeguard 2) nurse 3) caterer 4) Junior Camp Counselor and 5) Senior Camp Counselor. The lifeguard will only be needed for identified days and times of the camp, but the nurse and caterer are required to be available for the duration of the camp – which is scheduled for June 17 – 27, 2014. All camp staff is required to attend a mandatory orientation and training, date to be announced.

### Counselor Requirements:

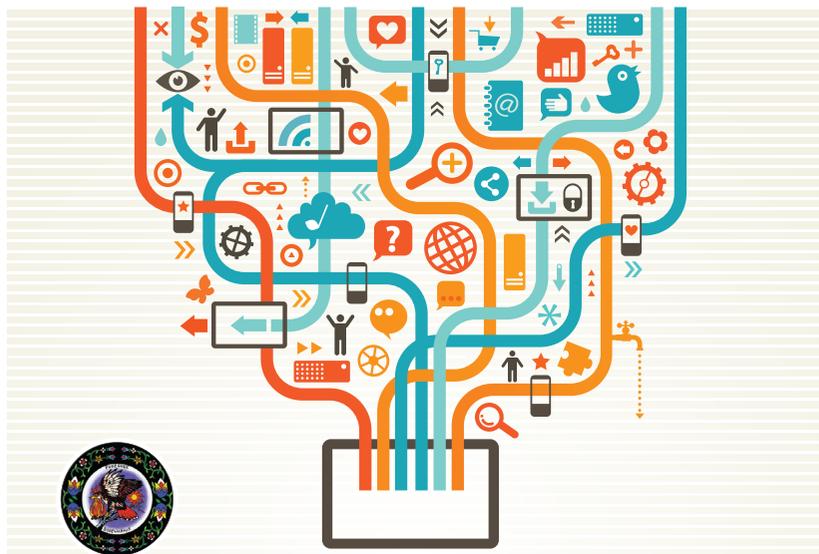
- At least 18 years of age for Junior Counselors
- Prior experience working with youth for Senior Counselors
- Culturally knowledgeable, sensitive and open minded.
- High school graduate/college preferred
- Experience working with youth, classroom management, and public speaking.
- Must be able to work as a team.
- Physically capable to participate in most camp activities
- Available from June 17 – 27, 2013
- Able to pass a criminal background check, drug screening, and fingerprinting

If you are interested in being a part of the 2014 Culture Camp team, please contact Heather Farver in the Human Resources Department at (269) 462-4267.

## Riddle

Mail in your correct answer or e-mail it to [susan.doyle@pokagonband-nsn.gov](mailto:susan.doyle@pokagonband-nsn.gov) in the Department of Education and you will be entered in a drawing to win a gift card. Another way to win is to mail or e-mail your own riddle, and the person whose riddle is selected for the next newsletter will win a gift card. Last month's riddle winner is Gregg-Marie Emerick, who answered "What is the longest word?" The answer is "smiles, because there is a mile between the two Ss" No one submitted a new riddle, so there were no winners for that gift card. Check out the new riddle.

**Mr. Blue lives in the blue house, Mr. Pink lives in the pink house, and Mr. Brown lives in the brown house. Who lives in the white house?**



Pokagon Band of Potawatomi  
Department of Education

## Computer Classes

Saturday, February 8, 2014 10:00 am – 2:00 pm	Saturday, April 12, 2014 10:00 am – 2:00 pm	Saturday, June 14, 2014 10:00 am – 2:00 pm
Microsoft Word	Microsoft Excel	MS PowerPoint/Publisher

Adult Pokagon citizens are invited to join instructor Chad Dee in the Education Computer Learning Lab.

Please pre-register by 5:00 p.m. Wednesday (February 5 for MS Word, April 9 for MS Excel and June 11 for MS PowerPoint/Publisher classes) by calling (888) 330-1234 or (269) 462-4220 to receive a gas card and arrange any needed child care for ages 2-14.

This project is made possible by a grant from



## Cultural And Activity Presenters Wanted

The Domestic Violence Program is looking for cultural and activity presenters to run monthly presentations. You do not have to be a domestic violence survivor to get involved, however we do ask that you focus your presentation on healthy relationships, respect, and the importance of women in the community. All presenters will be paid for up to two hours of work, in addition to mileage and supply reimbursement.

If you have any additional questions or are interested in getting involved please contact Casey Kasper, victim services manager/case worker at (269) 462-4324 or via e-mail at [casey.kasper@pokagonband-nsn.gov](mailto:casey.kasper@pokagonband-nsn.gov).

# Department of Education

**Pokagon Band's GED Assistance Program provides financial resources for Pokagons 18 and over to complete a GED:**

- Payment for the GED exams
- Financial assistance for transportation costs, tutoring, childcare, and other support.
- \$500 stipend for passing all the GED exams (to be eligible, your high school class must have already graduated)
- GED Labs using Odysseyware, an internet-based curriculum study program tailored to fit your learning needs. Participants with other internet access can use the Odysseyware program on your own, too.

GED Labs—no appointment necessary  
Mondays and Wednesdays 5:30—8 p.m.  
Tuesdays and Thursdays 10 a.m.—12 p.m. and 1—3 p.m.

Reach your education goals

A national GED 21st Century Initiative begins January 2, 2014. GED tests will change to a computer-based program to better prepare adults for post-secondary education, training, and careers. If you have already taken some of your tests, you only have until December 31, 2013 to finish all five, or start the process over again. For information and the application, visit: [www.pokagonband-nsn.gov/departments/education/employment-and-training-services/ged-assistance](http://www.pokagonband-nsn.gov/departments/education/employment-and-training-services/ged-assistance).

**Or contact Traci Henslee or Diana Smith**

[Traci.Henslee@PokagonBand-nsn.gov](mailto:Traci.Henslee@PokagonBand-nsn.gov)  
[Diana.Smith@PokagonBand-nsn.gov](mailto:Diana.Smith@PokagonBand-nsn.gov)  
(269) 782-0887 | (888) 330-1234  
Fax: (269) 782-0985

Pokégnek Bodéwadmik  
POKAGON BAND OF POTAWATOMI

## Happy 2014! Welcome to the New National GED Changes

All GED tests will now be computer-based, updated to fit national core requirements and with changes to the question format. If you would like to pursue a GED or have any questions, please contact our office at (888) 330-1234 and ask for Traci or Diana.

## Tribally-owned Bent Tree Market Open For Business

By Jennifer Dougherty, Marketing Coordinator, 7GenAE

The Bent Tree Market, located south of the Dowagiac casino, opened for business on December 20. The building was designed by Seven Generations Architecture and Engineering (7GenAE), and is owned by Mno-Bmadsen.

“In addition to providing job opportunities, Bent Tree offers a convenient location for tribal citizens to utilize their discount on fuel and tobacco products,” said Scott Winchester, executive director at 7GenAE. “Tobacco sales are now handled at the store which has alleviated traffic at the Administration Building.”

“Business has been good so far,” said Jennifer Deuel, general manager at Bent Tree Market. “Many tribal citizens have already come out to visit us, and the feedback has been very positive. I have heard several people say that it is the most beautiful convenience store they have ever seen.”

Its central location makes Bent Tree Market a convenient place for citizens and tribal staff such as tribal police and maintenance to fill up their vehicles. Customers can also grab a bite to eat, as the store sells pizza, sandwiches, cookies and other food items made by the casino’s chef.

Another 7GenAE project, the Pokagon Health and Wellness Center, is currently under construction, see page 3. The building exterior and interior bids were received and contractors have been selected. 7GenAE will provide the names of the selected contractors in the March issue of *Pokégnek Yajdanawa*.



## Need College Financial Aid Help?

If you want to apply for most college financial aid, including the Pokagon Higher Education Scholarship, you must file the Free Application for Federal Student Aid (FAFSA).

You can file the FAFSA for the upcoming school year after January 1, though you can apply for your PIN# anytime. You must apply every year you are in school. There is no cost to apply for the FAFSA.

For more information, contact your high school’s guidance office, your college financial aid office, or Joseph Avance, higher education specialist, at the Pokagon Band Department of Education (888) 330-1234.

Or check out College Goal Sunday [www.collegegoalsundayusa.org](http://www.collegegoalsundayusa.org) to get FAFSA information specific to your state.

Pokagon students who file the FAFSA for the fall 2014 semester by February 28, 2014 will be eligible for a Pokagon Band Higher Education sweatshirt! Please provide printed verification of the date you completed your FAFSA online to get your sweatshirt.



[www.fafsa.ed.gov](http://www.fafsa.ed.gov)



[www.collegegoalsundayusa.org](http://www.collegegoalsundayusa.org)



Pokagon Band of Potawatomi  
Department of Education

## Career Workshop

Saturday, January 11  
10:00 am – 2:00pm

Saturday, March 8  
10:00 am – 2:00pm

Saturday, May 10  
10:00 am – 2:00pm

Online Job Search, Resume Submittal & Using Social Networking

Dealing with Barriers to Employment

Interview Skills

Adult Pokagon citizens are invited to join instructor Lanre Ajayi in the Education Training Room. We will provide adult tribal citizens with child care, gas cards to cover transportation to and from workshop, and a \$30 gift card to the movies. Treat yourself after doing something good for your future!

As space and child care assistance is limited, please pre-register by 5:00 p.m. on the Wednesday prior (Jan 8, Mar 5 and May 7) at (888) 330-1234 or (269) 462-4220.

This project is made possible by a grant from  INSTITUTE of Museum and Library SERVICES

## Notice of Open Positions | Health Board

The Pokagon Band is seeking letters of interest from Pokagon Band citizens interested in serving on the Pokagon Band Health Board. The Tribal Council will fill multiple seats on the Health Board for members whose term has expired.

**POSITION DESCRIPTION** As provided in Section 2 of the Health Board Ordinance, the Health Board is organized for the purpose of:

- A. Assisting the Pokagon Band Health Services Department in the preparation of a comprehensive health plan for the community. The Health Board works jointly with the Director of Health Services to assess the health needs of the Pokagon Band community and to prioritize services to assure that those needs are being met;
- B. Assisting with the development and review of fair, ethical and proper policies for the delivery of health services to eligible clients;
- C. Deciding which medical procedures will be covered by limited funding and establishing medical and dental priorities within those procedures;
- D. Implementing when necessary, a Contract Health Committee under Indian Health Services guidelines to oversee the quality and quantity of care delivered through Community Health Service funds;
- E. Serving as an appeals board for health services delivery issues in accordance with the requirements of the Health Board Ordinance; and
- F. Providing such other information or engaging in such further health services related activities as Tribal Council may direct.

**ADDITIONAL DUTIES OF THE MEMBERS OF THE HEALTH BOARD** Each Health Board Member shall:

- A. Be responsible for being informed in Pokagon Band Health Services and Indian Health Services policies and procedures as they relate to duties called for under this Ordinance;
- B. Make a good-faith effort to attend all Health Board meetings; and
- C. Maintain the strictest of confidentiality standards in carrying out the duties established by this Ordinance. Each Board Member must sign and abide by a statement acknowledging the standards of confidentiality required for serving as a Board Member, as outlined in Section 4 of the Health Board Ordinance. Board Members shall sign such a statement upon appointment and renew such statement whenever reappointed.

**TIME COMMITMENT.** The time commitment required to prepare for and attend Board meetings, conduct elections, and perform the business of the Election Board will vary. Election Board members typically are busier during the time that leads up to and during the General Election and Elders Election. Additionally, there may be Referendums, Special Elections, Petitions, and Recalls that will require Election Board action. General Elections occur on the second Saturday of July and Elders Council Elections occur on the second Saturday of November. The dates of the Election Board meetings vary, but typically occur after 5:00 PM. On average, a Board member can anticipate a time commitment of approximately 10 to 25 hours per month, with the busiest time being the months of May, June, July, September, October, and November.

**TIME COMMITMENT** The time commitment required to prepare for and attend Board meetings and perform the business of the Health Board will vary. The dates and times of Health Board meetings vary, but they typically occur every second and fourth Monday of each month, at 5:00 p.m., at the Band's Administration Building. On average, a Board member can anticipate a time commitment of approximately four – six hours per month.

**COMPENSATION** Members of the Health Board are compensated as independent contractors in the amount of \$150 per meeting (the Health Board member may receive additional compensation if he or she is the Chairperson or an Officer of the Health Board). In addition, Health Board members shall be entitled to reimbursement for actual and reasonable expenses incurred in the discharge of their duties in accordance with Section 17 of the Health Board Ordinance.

**APPOINTMENT PROCESS AND TERM LENGTH** Appointments to the Health Board are made by the Tribal Council. Health Board members serve a two-year term of office.

**ELIGIBILITY TO SERVE ON THE HEALTH BOARD** In order to be eligible for appointment to the Health Board, one must:

- A. Be a Pokagon Band Citizen;
- B. Not have an immediate family member currently serving on the Health Board; and
- C. Not be an employee of the Band's Department of Health Services.

**HOW TO APPLY** If you are interested in being considered for appointment to the Health Board, you must provide a written statement of interest along with a current resume with your name, address, and telephone number to:

Pokagon Band of Potawatomi Indians  
Attn: Kelly Curran  
P.O. Box 180  
Dowagiac, Michigan 49047

Questions concerning the Health Board may be directed to Matt Clay, Chairman of the Health Board, at (269) 462-4250, or [matt.clay@pokagonband-nsn.gov](mailto:matt.clay@pokagonband-nsn.gov). The Health Board Ordinance is available at the following internet address: <http://www.pokagonband-nsn.gov/government/codes-and-ordinances>.

Please note that if you have previously sought appointment to the Health Board pursuant to any previous posting announcing a vacancy, and you are still interested in seeking appointment to the Health Board, you must reapply as provided in this notice.

**ETHICS REQUIREMENTS** As Public Officials, Members of the Health Board are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained from the Band's website at <http://www.pokagonband-nsn.gov/government/codes-and-ordinances>.

The posting shall be open until filled.

## Updated Contact Information Needed for Efficient Communications

To maintain effective communications, it is critical that citizens keep their addresses—and those of their children—updated. Many addresses currently in our system are out of date or undeliverable. If you move, please let the enrollment office know as soon as possible, and have your and your dependent's address updated. If your bank account is closed, we mail a live check to you in the next Per Capita check run. If your address is undeliverable, you will not receive this check until you have updated your address.

Contact enrollment coordinator Beth Edelberg at (888)782-1001 to change your address.

## Per Capita News

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

Enrollment #	Name	Christmas					Monthly Per Cap
		2009	2010	2011	2012	2013	
83	John Dylan Watson	x	x	x	x	x	
202	Jeffrey Morseau					x	x
406	Michael Lynn Hewitt	x	x	x	x	x	x
857	Peter John Ramirez	x	x	x	x	x	
1446	Bobby Marcus Haynes	x	x	x	x	x	
1598	Siloman Askin Temple					x	
1986	Cristian M Cobb			x	x	x	x
2242	Kaleb Lee					x	
2429	Larry Pierce Jr.					x	
2595	James Hamstra				x	x	
2723	Sean Carmody						x
4227	Scott Brewer Jr		x	x	x	x	x
4442	Mason Tyler Currey					x	

Please note - you must have a deliverable address on file.

## 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 checks. All you have to do is send a copy to the Enrollment office. You may either mail or fax this. The address to mail to is:

Pokagon Band of Potawatomi  
Attn: Enrollment Office  
P O Box 180  
Dowagiac, MI 49047  
OR fax to: (269) 782-1964

The document must be received by March 14 in order to make it on the April 2014 check run. Anything received after March 14 will be processed on the check run for June. 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.

## Per Capita Important Dates

Deadline to receive Changes/updates/additions Received by Finance Department	Checks mailed out on	Check date Direct deposits in accounts
Friday, December 6, 2013	Thursday, December 19, 2013	Friday, December 20, 2013
Wednesday, January 15, 2014	Thursday, January 30, 2014	Friday, January 31, 2014
Friday, February 14, 2014	Thursday, February 27, 2014	Friday, February 28, 2014
Friday, March 14, 2014	Thursday, March 27, 2014	Friday, March 28, 2014
Tuesday, April 15, 2014	Tuesday, April 29, 2014	Wednesday, April 30, 2014
Thursday, May 15, 2014	Thursday, May 29, 2014	Friday, May 30, 2014
Friday, June 13, 2014	Thursday, June 26, 2014	Friday, June 27, 2014
Tuesday, July 15, 2014	Wednesday, July 30, 2014	Thursday, July 31, 2014
Friday, August 15, 2014	Thursday, August 28, 2014	Friday, August 29, 2014
Monday, September 15, 2014	Monday, September 29, 2014	Tuesday, September 30, 2014
Wednesday, October 15, 2014	Thursday, October 30, 2014	Friday, October 31, 2014
<b>Monday, November 3, 2014*</b>	<b>Tuesday, November 25, 2014</b>	<b>Wed, November 26, 2014</b>

\* Please note that in December the deadline to receive changes is December 6 and November the deadline to receive changes is November 3, 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

For those tribal citizens receiving per capita checks in the mail and who do not have direct deposit, enclosed with your check you will find a direct deposit and a tax withholding form. These will be included with your check every month until we achieve 100% direct deposits.

The tribe is currently having mandatory direct deposit for per capita checks. In the case of individuals not being able to set up a bank account, the tribe is offering a cash card on which the per capita checks will be loaded onto every month. We are making efforts to give everyone a chance to set up a bank account of your choice and on your own.

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.

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. The per capita phone line and my extension both have lengthy messages listing various per capita information. Please leave a message and I will return your call as soon as possible. Both of the above stated forms are available online at [www.Pokagonband-nsn.gov](http://www.Pokagonband-nsn.gov)

Once you turn in a direct deposit form and as long as I receive it by the 15th of the month, the information will be entered into the system and the first month is always a test run to the bank, so the check will still be mailed to you. The following month, as long as I do not receive any errors from the bank, will be direct deposit. As earlier stated, you will continue to receive the two forms in with your checks every month. If you have completed a form, no need to fill out another one.

Tribal Council **February** Calendar of Events

- 3 Tribal Council Special Session, Administration, 10 a.m.
- 4 Gaming Authority Closed, Four Winds New Buffalo, 10 a.m.
- 8 Tribal Council, Community Center 10 a.m.
- 10 Tribal Council Special Session, Administration, 10 a.m.
- 11 Gaming Authority Closed, Four Winds New Buffalo, 10 a.m.
- 12 Legislative Session, Community Center 6 p.m.
- 17 Tribal Council Special Session, Administration, 10 a.m.
- 18 Gaming Authority Closed, Four Winds Hartford, 10 a.m.
- 24 Tribal Council Special Session, Administration, 10 a.m.
- 25 Gaming Authority Closed, Four Winds New Buffalo, 10 a.m.

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

Tribal Council **March** Calendar of Events

- 3 Tribal Council Special Session, Administration, 10 a.m.
- 4 Gaming Authority Closed, Four Winds New Buffalo, 10 a.m.
- 8 Tribal Council, Community Center 10 a.m.
- 10 Tribal Council Special Session, Administration, 10 a.m.
- 11 Gaming Authority Closed, Four Winds New Buffalo, 10 a.m.
- 17 Tribal Council Special Session, Administration, 10 a.m.
- 18 Gaming Authority Closed, Four Winds Hartford, 10 a.m.
- 24 Tribal Council Special Session, Administration, 10 a.m.
- 25 Gaming Authority Closed, Four Winds New Buffalo, 10 a.m.
- 29 Annual Membership meeting, Location to be determined, 10 a.m.
- 31 Tribal Council Special Session, Administration, 10 a.m.

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

To hear what is being served for the elders lunches in February, please call (269) 782-0765 or (800) 859-2717. Meals subject to change. Meal service begins at 12:00 noon.

## Blood Pressure



Native American adults are **1.3** times more likely to have high blood pressure.

**120 / 80** normal blood pressure is at or below

Native American adults are almost **2x** more likely to die from diabetes-related complications.

FASTING BLOOD SUGAR SHOULD BE BELOW

**100 mg/dL**



**Blood Sugar**



## Cholesterol Levels

TOTAL CHOLESTEROL LEVEL  
↓ **200 mg/dL**

↑ HDL (GOOD! CHOLESTEROL)  
**40 mg/dL**

↓ LDL (BAD! CHOLESTEROL)  
**130 mg/dL**

Traditionally, Native Americans were very active.

## Body Mass Index (BMI)

underweight <18.5  
normal weight 18.5–24.9  
overweight 25–29.9  
obese 30 or greater



**30%** OF NATIVE AMERICAN ADULTS ARE OBESE.



take action

# Know Your Numbers

POKAGON HEALTH SERVICES

## Tribal Office Directory

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

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

Communications  
58620 Sink Rd.  
(269) 782-8998

Compliance  
58620 Sink Rd.  
(269) 782-8998

Chi Ishobak  
415 E Prairie Ronde Street  
(269) 783-4157

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

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

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

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

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

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

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

Housing & Facilities  
27043 Potawatomi Trail  
(269) 783-0443  
FAX (269) 783-0452

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

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

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

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

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

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

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

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

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

## Tribal Council Directory

(888) 376-9988

**Chairman**  
Vacant

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

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

**Secretary**  
**Faye Wesaw**  
(269) 782-1864  
Faye.Wesaw@  
pokagonband-nsn.gov

**Member at large**  
**Steve Winchester**  
(269) 591-0119  
Steve.Winchester@  
pokagonband-nsn.gov

**Member at large**  
**Thomas Wesaw**  
(269) 783-6831  
Tom.Wesaw@  
pokagonband-nsn.gov

**Elders Representative**  
Carl Wesaw  
(269) 240-8092

## Elders Council Directory

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

**Chair**  
Vacant  
(269) 462-5139

**Vice Chair**  
Maxine Margiotta  
(269) 783-6102

**Secretary**  
Audrey Huston  
(269) 591-4519

**Member at large**  
**Marie Manley-Harwood**  
(269) 214-2609  
Marie.Manley@  
pokagonband-nsn.gov

**Member at large**  
**Trudy Loeding**  
(269) 783-6292  
Trudy.Loeding@  
pokagonband-nsn.gov

**Member at large**  
**Tom Topash**  
(269) 470-3745  
Tom.Topash@  
pokagonband-nsn.gov

**Member at large**  
**Roger Rader**  
(269) 783-9039  
Roger.Rader@  
pokagonband-nsn.gov

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

**Treasurer**  
Clarence White  
(269) 876-1118

**Member at Large**  
Ruth Saldivar  
(269) 214-1279

## Senior Youth Council Directory

**Chairman**  
**Collin Church**  
Collin.Church@pokagonband-nsn.gov

**Treasurer**  
Alex Wesaw  
Alex.Wesaw@pokagonband-nsn.gov

**Secretary**  
**Cassandra Church**  
Cassandra.Church@pokagonband-nsn.gov

**Member at large**  
**Jenna Huffman**  
Jenna.Huffman@pokagonband-nsn.gov

**Member at large**  
**Skyler Daisy**  
Skyler.Daisy@pokagonband-nsn.gov

**Dean Orvis**  
**Youth Cultural Coordinator**  
(269) 462-4290

# Mko Gises February Citizen Announcements



Bryan and Caryl Anderson of Carmel, Indiana are pleased to announce the wedding of their daughter, **Madelyn Olivia Anderson**, to **Joseph Ryan Ledbetter**, son of Ron and Sherrie Ledbetter of Fishers, Indiana, in Westfield, Indiana on December 28, 2013.

The bride, a graduate of Heritage Christian School, is currently pursuing her Marketing degree at Cedarville University, Cedarville Ohio. Maddie is one of three co-captains on C.U.'s Women's Volleyball team.

The groom is also a graduate of Heritage Christian School. Ryan attended Cedarville University as well. After being drafted in the 2013 Major League Baseball draft in June, he is pitching in the minor leagues for the Texas Rangers organization. Ryan is the grandson of Elder Gorden "Gus" and Dorothy Gwilt and the late Elizabeth "Betty" Lemke Gwilt. Ryan is a member of the Pokagon Band of Potawatomi Indians.

Happy birthday mom/grandma/great-grandma **Georgie Morseau** February 7!

Love, your family

Congratulations on your beautiful new babies, **Cheryl Morseau** and **Rhonda Purcell!**

Love, your family

Happy 1st birthday **Ellie Ann Rose Pompey**

Love, your family

Happy belated birthday to **Rick Lewis** January 3.

Love your family

Happy belated birthday to cuz **Cleora (Stitch) Morseau**, January 6.

Love from the Lewis Clan

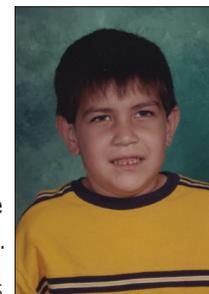
Happy birthday to **James Watson Lewis** February 9, **Don Lewis Rummage** February 3, **Bill Lewis** February 4, **Justin Lewis** February 7, **Shelby Thomas** February 8, **Hailey Elizabeth Lewis** February 14.

Love, your family



Special Happy Birthday to my valentine baby, **Hailey Elizabeth Lewis**.

Love, Uncle Bill Lewis



Happy belated birthday to **Bryce Rummage** January 15.

Love, Uncle Bill Lewis



Happy 11th birthday **Madison Ser**, February 28.



Happy 6th birthday **Liberty Ser**, February 29.



Pokégnek Bodéwadmik  
POKAGON BAND OF POTAWATOMI

## Interns Wanted

Applications are now available for the Pokagon College Summer 2014 Internship Program.

**The eight-week program runs from Monday, June 9 through Friday, August 1, 2014.**

Pokagon college students will have the opportunity to gain work experience in Pokagon tribal government offices.

Tribal citizens 18 years and older by June 9, 2014 who have completed 12 or more college credits and intend to continue college in the fall 2014 semester are eligible to apply.

Interested? For more information and to download your application visit [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov). To have an application sent to you, contact the Pokagon Department of Education at (888) 330-1234 or [connie.baber@pokagonband-nsn.gov](mailto:connie.baber@pokagonband-nsn.gov).

**Applications are due by March 10, 2014**



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## POKAGON CITIZENS SUMMER INTERNSHIP

Interested in applying for the summer internship at Four Winds?

This program is open to all Tribal Citizens that are enrolled in college.

• 8 week program (June-July 2014)

• Paid internship, with housing and clothing stipend, and mileage.

• Must be 18 years of age or above, enrolled full time into college for Fall 2014.

For more information, please contact:

Jessica Christner  
Director Tribal Placement and Development  
269.926.5336

Application deadline April 30, 2014.  
Apply online at [www.fourwindscasino.com](http://www.fourwindscasino.com).