



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Démen gises June 2017

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Language apprentices return home.

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Photos of spring cultural experiences.

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Have you registered for the graduation banquet?

Families gather to celebrate survival, culture, and wellness



By Micky Magnuson Martin, Tribal Council member

Every year Tribal Council participates in at least one multi-day retreat focusing on long-term goal setting and strategic planning. At every retreat, discussion naturally occurs relating to our shared history, trauma all our families experienced, and the effects historical traumas have on Pokagon citizens today. To address historical trauma, Tribal Council made a commitment to host regular events that allow the Pokagon community to learn, discuss, explore, and heal together.

This spring, Celebrating Our Survival, held at Southwest Michigan College, allowed the Pokagon community the opportunity to talk about historical trauma and encourage

wellness activities. Celebrating Our Survival was organized as a family gathering and mini-conference with keynote addresses and Potawatomi guest presenters scheduled throughout the day. History, language, and culture took center stage as one hundred Pokagon citizens participated in a variety of fun learning opportunities. The fact that our ancestors were able to survive violent extermination and assimilation efforts is proof that the Pokagon community is made up of strong resilient people. Another family gathering is currently in the works scheduled for October 2017. Tribal Council looks forward to seeing more Pokagon citizens this fall.

Tribal ID card update

Despite earlier communications about the new Pokagon tribal ID card being delivered earlier this spring, the cards will be delayed. Team members need to ensure new fuel station equipment is functioning correctly and perform additional back end testing. Stay tuned for more information about the upcoming ID card delivery.

South Bend Cubs hotline gives up-to-date Pokagon ticket info

Pokagon citizens can call (269) 462-4262 for current ticket availability and any other information about upcoming South Bend Cubs tickets at Four Winds Field.

Citizens can receive up to five vouchers, which are each good for two people. Tribal

I.D.s must be presented when picking up the tickets; a family member can pick up tickets with the citizen's written permission and a copy of his or her tribal I.D.



Baby Celebration recognizes 30 children

Pokagon citizens and staff came with their families to celebrate new children in our community. We dedicated 30 babies born in the past year—the most out of all four years of this celebration.



Master/Apprentice program coming to Language Program

Language apprentices Carla Collins and Kyle Malott returned this spring, becoming Language specialists, and the Language Program is ready to identify their next apprentices.

Carla and Kyle studied Potawatomi in Wisconsin with Native fluent Potawatomi speakers these past four years, and now they will each take on an apprentice of their own to teach what they've learned, for three years.

“We have the opportunity to see significant language retention,” said Rhonda Purcell, Language Program coordinator.

The masters and apprentices will work out of Dowagiac, but they will all regularly travel to Wisconsin for refreshers. Rhonda explained the masters and apprentices will not be tied to their desks; they will be out in the community, experiencing different situations and developing curriculum based on these new conversation types.

Language Program staff are planning trips to such tribes as the Cherokee, Menominee, and Ojibwe, who already have successful master/apprentice programs, as they develop their own.

The language specialists are constantly adding words to our own Potawatomi language database with pronunciation markers and audio recordings for each. They will have opportunity to teach a weekly class, but their focus will be on teaching the new apprentices. Carla and Kyle will also act as resources to current language instructors as they develop curriculum for their classes.

Say “bohzo” to our apprentices when you see them in the community, and be watching for the language apprentice job postings on the Pokagon Band website.



Listen to episode 10 of the Pokagon podcast *Yajmownen* and hear language apprentice Carla Collins discuss her experiences, available at www.pokagonband-nsn.gov/our-culture/yajmownen.

Healthy Lifestyles 2017 | Your Health, Your Choice



Make better food choices, mind your cues

Do visions of frappuccinos dance in your head when you see the Starbucks logo? Does the familiar jingle in a fast food ad make your mouth water for fries? Don't blame your lack of willpower. As food companies and restaurant chains know, sensory cues can encourage us to eat "automatically," based on habit and the expectation of reward, rather than on a food's nutritional value or on our physical hunger. But a recent preliminary study suggests that interrupting existing cues and creating your own may help you shift your habits. These strategies can help:

Tweak your environment. If you tend to be lured by the ice cream shop on your way home from work, for instance, go a different route for a couple of weeks and see if that helps you break the habit. At home, change your cues by clearing your pantry, counters, fridge, and freezer of junky foods and putting nourishing foods in prominent places. Out with the chips and candy... in with the celery and carrots, hummus, and fresh fruit.

Pay attention to your internal cues. Let your stomach, not your salivary glands, guide when you eat. Before grabbing a cookie on the conference table at work, tune in to your body's cues. If you don't feel physically hungry, skip it.

Don't get "hangry." We're more vulnerable to external food cues when we're hungry, and keeping your blood sugar balanced can help you make good choices. To that end, plan your meals and snacks and make sure each contains a balance of protein, whole grains, and nourishing fat. Check in with your body regularly to avoid getting too hungry, and keep a stash of nuts and dried fruit on hand for emergencies.

Try a recipe for fruit salsa and cinnamon chips on page 15.



Creating motivation when depressed

An episode of depression can be physically and emotionally draining. It may be tough to even get out of bed. The instinct can be to wait for energy to return. People who are depressed often fall into the trap of waiting it out, that if you give in to the urge to stay in bed for a few days, that you'll be re-energized.

It's not usually as simple as this. Depression breeds depression if it's not confronted. Catering to our depressive urges actually reinforces them.

While it's important to give depressive symptoms attention and understand what's underlying the depressive episode, the concept of mind over matter can help create motivation when depressed. These steps can help us move on with our lives while we continue to work on the underlying issues.

Opposite Action urges getting up and going out, knowing it is a healthier behavior. It's "just do the opposite of your unhealthy urge" technique. Behaviors can create positive changes in your emotions.

Set an Alarm not just for getting out of bed, but to signal a meal time, a time to do laundry, or run an errand. The alarm draws your attention to where you want to become more active in change.

Make Your Bed Getting out of bed can be tough with depression. Visualize leaving all of your troubles behind you in the bed. Then, get up and make your bed, leaving the troubles there. It signals to your brain that there isn't an option to get back in the bed.

Wash Up Add routine steps after you make your bed. Try washing your face and brushing your teeth to help wake you up, training your brain to understand that you're getting ready for something.

Get Dressed. Getting dressed decreases the urge to lounge, because again you're reinforcing in your brain that you're prepping for something.

Go Outside The goal is going outside, not the particular place you go once you're outside. It can be anything or nothing at all, but the goal is to spend at least ten minutes outside before going back in.

Choose One Exercise Moving is a good way to start feeling better: walking, jumping rope, swimming. Whatever you

choose, make it a point to do it every day when you go outside. If it's an indoor exercise, do it before you go outside.

Make a List of Activities Include activities that you enjoy at home and out with people. List things that include others, that give you time to yourself, a mix of work-related activities, and hobbies, and self-care.

Schedule Activities Plan two weeks ahead of time and write the activities into your calendar with specific days and times. Spread them out as much as possible and stick to the schedule.

Daily Necessity Schedule Choose the times you're going to do each activity every day: time to get dressed, brush your teeth, cooking, eating, showering, turning off the TV. This helps you function on a daily basis.

See Family and Friends Being around others improves mood. Schedule dates and times with friends and family, outside of the house. Remove yourself from the environment of depression.

Psychotherapy The desire to stay in bed is a symptom of depression. Psychotherapy is a step in managing depression to prevent further episodes, reduce severity, and be rid of depression. The internal issues that are causing the depression need to be addressed. Otherwise, the depression may return.

You have the power to increase your motivation and to break out of depression. Reclaim your life!



Exercise and your memory

Physical fitness and mental fitness go together. People who exercise regularly tend to stay mentally sharp into their 70s, 80s, and beyond. Although the ideal dose of exercise isn't known, the exercise should be moderate to vigorous with a goal of three days per week. Examples of moderate exercise include brisk walking, stationary bicycling, water aerobics, and competitive table tennis. Vigorous activities include jogging, high-impact aerobics, square dancing, and cardio drumming.

Exercise helps memory by reducing the risk of developing several potentially memory-robbing conditions like high blood pressure, diabetes, and stroke. Exercise is good for the lungs, and people who have good lung function send more oxygen to their brains. There is evidence that exercise also builds new connections between brain cells and improves the communication between them. Finally, exercise has been linked to increased production of neurotrophins, substances that nourish brain cells and help protect them against damage from stroke and other injuries.

Here are some ways to build physical activity into your daily routine:

- Walk instead of driving, when possible.
- Set aside time each day for dedicated exercise. For extra motivation, find an accountability partner, such as your spouse or a friend, to join you.
- Designate a certain time of day to physical activity.
- Plant a garden and tend it.
- Take an exercise class, use the Wellness Center, or find a gym.
- Swim regularly.
- Participate in a sport that requires modest physical exertion, such as tennis.

The Wellness Center can help you develop a plan for a long, healthy lifestyle. Please visit one of our wellness experts to continue your journey toward improved health at any age.



Eat right, sleep tight

Try not to go to bed hungry, but avoid heavy meals before bedtime. An over-full belly can keep you up. Some foods can help you fall asleep. Milk contains tryptophan, which is a sleep-promoting substance. Other foods that may help promote sleep include tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, bok choy, peaches, walnuts, apricots, oats, asparagus, potatoes, buckwheat, and bananas.

Researchers have found that people who sleep less than seven hours per night are more likely to be overweight or obese. It is thought that a lack of sleep impacts the balance of hormones in the body that affect appetite. If you want to maintain or lose weight, don't forget that getting adequate sleep on a regular basis is a huge part of the equation.

Citizens learn regalia, Serger sewing, sugaring, loom beading, and cedar art this spring

Language & Culture hosted classes throughout this past spring for citizens to learn traditional arts and practices. These teachings complimented each other so citizens could build off their new skills to complete larger projects.

Facilitators noticed when presenters came to teach a new aspect of regalia making in Regalia 101, they often couldn't move past the sewing instructions because participants were still learning how to use the Serger sewing machines. To address this, Language & Culture offered two Serger Sewing classes in April, lead by Christine Daugherty. Participants completed bags.

Another new class the department offered was loom beading with Linda Yazel, an artist with pieces in museums across the country. Six community members learned the traditional art form and started their own projects.

This spring, citizens like Autumn Martin also made sugar from harvested sap and celebrated the sugar season at the Nē Mnokmēk (gifts of spring) Celebration + end of Sugar Season Feast. This celebration drew in sugar leads and volunteers and adopt-a-highway and afterschool program participants, as well as other community members. This was the second year Language & Culture and our Department of Natural Resources collaborated on this joint event.

Language & Culture staff collaborated with the Bay Mill tribe to harvest cedar wood this April for future projects. Bay Mill Chairman Levi Carrick Sr. and family members came to harvest with Pokagon citizens Tom Wood, Patty Jo Kublick, James Murray, and Brody Race.



Christine Daugherty teaching participants how to sew on a Serger machine.



Adela Galvan-Guerrero, Amanda Galvan, Rhonda Wesaw-Keene, Constance William-Taylor and Kayla Gillan with instructor Christine Daugherty and their completed bags.



Cathy Grant, Cathy Ford, Melissa Rodriguez and Marie Manley sewing their bags during class.



Marie Manley, Christine Morseau, Melissa Rodriguez, Erin Topash-Burggraf, Cathy Ford, Madalene BigBear, Prettyrock BigBear, Kathy Grant, Lindsey Williams and Megan Rick with instructor Christine Daugherty and their completed bags.



Ann Morsaw-Banghart and daughter Olivia Banghart beading in class together.



Linda Yazel instructs Beth Edelberg during loom beading class.



Abigail Hodge shows off her loom beading project.

Pokégnek Yajdanawa

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

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

Pokégnek Yajdanawa

Box 180

Dowagiac, MI 49047

Pokagon.Newsletter@PokagonBand-nsn.gov



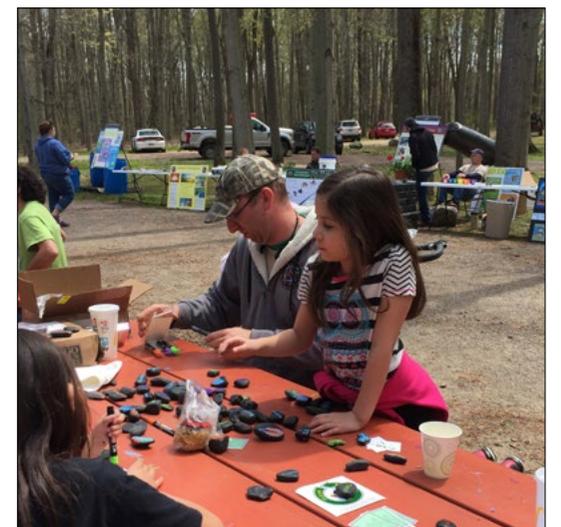
Autumn Martin making sugar.



Jill Byrket cooking sugar.



(from left to right) Levi Carrick Sr., Dennis Carrick, James Murray, Patty Jo Kublick, Brody Race, Justin Carrick, and Tom Wood harvesting cedar.



Citizens working on Arbor Day crafts and learning about plants at the Nē Mnokmēk (gifts of spring) Celebration + end of Sugar Season Feast.

Elder (and grandkids!) invite you to fitness drumming



Boozhoo. My name is Lilly Wilson and I am an elder spouse of a Pokagon citizen. I have been participating in the elders fitness drumming class with my 83 and 86 year-old in-laws, Ralph and Opal, for almost two years. We participate in our drumming class three times a week.

Recently my daughter and three grandchildren visited from Illinois, and I invited them to visit the Wellness Center

and join me in my drumming class. Everyone was excited to see what it was all about, especially my grandson, who is taking drumming classes for his school band. Once we got to the Wellness Center my daughter Angie and oldest granddaughter Emily decided to try out the equipment while the younger two, Ashton and Nick, came with me to the drumming class. They joined in the drumming with us elders like pros.

The elders enjoyed their enthusiasm. The kids picked up on the movements quickly and realized the class is not for wimps. They got a workout too. The kids commented on the great music we drum to and the variety. They knew it was a Taylor Swift song which was a surprise to me! I just knew it has a great beat to drum to. At the end of our 45 minutes the kids wanted to do it again! They had way more energy than I did. We had a great workout and great time together doing something fun and healthy at the same time. Come join us and be healthy too!

The elders meet in the Multi-Purpose Room for exercise classes at the Pokagon Wellness Center on Monday, Wednesday and Fridays from 11:00-11:45 a.m. each week. Mondays and Fridays is cardio drumming classes, Wednesdays is chair aerobics. Chair aerobics involves strength training, flexibility, balance exercises, and a cardio workout.

Facilities Department reaches beneficial agreement with Bill's Appliances, Inc. of Niles

When an appliance from an Édawat home breaks down, our Facilities Department staff take the appliance to a scrap yard and receive a few dollars back. Cliff Peoples, Facilities maintenance supervisor, saw this as a waste, so he pushed through an agreement to benefit our citizens and create less waste.

The Facilities Department will now take all unwanted appliances to Bill's Appliances, Inc., 1420 S. 11th St. Niles, Mich., where citizens will be able to receive a 50 percent discount off any used appliance in the store. Citizens may also receive 15 percent off any new appliances. Simply present your tribal id card to take advantage of either of these discounts.

FOUR WINDS SOUTH BEND TRIBAL JOB FAIR

Looking for a rewarding job in an exciting atmosphere?

Come to the Four Winds South Bend Job Fair hosted by the Tribal Development Team. You can meet various department representatives and learn about new positions.

Apply online at fourwindscasino.com prior to attending the job fair to expedite the process.

For additional questions, please contact Chris Olvitt, 269-26-5249, colvitt@fourwindscasino.com.

Tuesday, June 27, 2017
11am – 4pm Eastern

Four Winds Field
501 W South Street
South Bend, IN 46601

FOUR WINDS
 CASINO · SOUTH BEND

866-4WINDS1 | www.fourwindscasino.com
 Computers are available for onsite job applications.



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Diabetes Program

Education

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

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



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

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



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

Prevention

Government composting initiative in motion

Our Department of Natural Resources (DNR) is placing compost pails inside every building on our Dowagiac campus to collect acceptable food waste, creating fertile soils for agricultural initiatives and lessening our waste output.



Eighteen percent of methane emissions in the U.S. come from landfills, particularly from organic compounds like fruit and vegetables. DNR staff will weigh the pails to measure the difference we're making in methane emissions.



The soil resulting from our compost will be used in agricultural projects on campus, such as the community garden between the Administration Building and the Health Center.

Register for Honoring the Graduates Banquet

Saturday, June 24 | 5:00–9:00 p.m.

Four Winds Casino Resort Silver Creek Event Center | New Buffalo, MI

The Department of Education will be honoring all of our past and present graduates and celebrating 2017 high school, vocational, and associate degree graduates at the Honoring the Graduates Banquet. Citizens who have earned a Bachelors and above receive a custom designed graduation blanket. A different colored blanket is given for a Bachelors and another colored scheme for Masters and higher. So, if you have graduated with a Bachelors and a Masters, you will be receiving two blankets. However, only one blanket per degree level will be given.

Visit the 2017 Honoring the Graduates Banquet registration form on the Pokagon website at www.pokagonband-nsn.gov/form/honoring-our-graduates-banquet-2017-registration and register by June 9.

 To register, please visit www.pokagonband-nsn.gov/form/honoring-our-graduates-banquet-2017-registration.

June is Men's Health Month

The average life expectancy of a Pokagon citizen is just over 60 years. That's too short! Men are the protectors of our community. They are our strength. Listed below are some of the most common health enemies to Pokagon men. Some affect your body, some your mind, and some your spirit. We need our sons, brothers, cousins, fathers, uncles, and grandfathers to live long healthy lives.

Body

Heart Attack A leading cause of sudden death in men 35 and older. Symptoms include sharp crushing pain or feeling of tightness in your chest, arms or upper back.

Stroke From the onset of symptoms, there is only a three to four hour window to get treatment to restore blood supply to the affected part of the brain. Symptoms include facial drooping, weakness in arms or legs, loss of balance, difficulty speaking, severe head ache, confusion, difficulty with vision. Common causes of both heart attack and stroke: a family history of heart disease, smoking, high cholesterol, overweight, lack of exercise, stress, and high blood pressure.

Accidental death and injuries are the number one cause of death in Native American men under the age of 44. The most common causes are car accidents, poisoning, violence, drowning, and falls. Alcohol use was a major factor in accidental death and injuries. Use safety belts, avoid high risk behaviors. Slow down, lock up firearms, and avoid excessive use of street drugs or alcohol.

Diabetes can lead to blindness, heart problems, intense nerve pain, heart and circulatory problems, kidney failure, amputations, and sexual problems. Native Americans have the highest rates of diabetes in the nation.

Mind

Mental health issues like depression, rage, anxiety, panic attacks, drug and alcohol abuse, post-traumatic stress syndrome, historical trauma, are like physical illnesses: they can be treated, and many times the symptoms can be eliminated. Symptoms include changes in mood, energy level, or appetite; difficulty sleeping, concentrating, feeling restless, or on edge, sadness or hopelessness, engaging in



high-risk activities, headaches, digestive issues, or pain suicidal thoughts, increased use alcohol or drugs. Contact your local health provider or Pokagon Behavioral Health at (269) 782-2476 or the Crisis Intervention Center (800) 310-5454 if you live in Michigan's Cass, Van Buren, or Berrien Counties for help.

Suicide is an uncomfortable subject to address, but it is a leading cause of death in Native American males between the ages of 10–34. Symptoms include sadness, unexpected rage, hopelessness, sleep problems, changes in personality and/or appearance, dangerous or self-harmful behavior, recent trauma or life crisis, threatening suicide making preparations, purchasing a firearm. Common Causes can be depression,

trauma, grief, physical or sexual abuse, bullying, stress, medical problems, hormone imbalance, financial, school or relationship problems, or even knowing someone that has committed suicide. If you or a family member is showing signs of suicide please call the National Suicide Prevention Lifeline at (800) 273-8255 or go to the nearest emergency room.

Spirit

Historical trauma is a term that describes the trauma our ancestors experienced and how their feelings of helplessness, depression, anxiety and rage often passed through the generations, and is still affecting some of our people today. Many of our people feel like they don't belong, they have lost their identity or don't know how to fit in. Keith Smith, our traditional healer, suggests a good place to start is to discovering your spirit name. Contacting a family elder, a Pokagon elder, or Keith Smith at (269) 462-4331 will help you start your journey. If you are uncertain on how to approach an elder for advice, or just want to learn more about our culture, contact our Language and Culture Department at (269) 462-6500 for helpful information.

Whether it's your body, your soul, or your spirit, help is available. Pick up the phone, make an appointment, and make the rest of your life the best of your life!

Rodgers and Gage Lakes closed during camp

During Kē Gbēshmen | Let's Camp, Tribal Council is limiting access to the Pokagon Band's Rodgers Lake property and Gage Street property to help ensure the safety of campers and staff. All portions of the

Rodgers Lake property will be closed from 7:00 a.m. on July 13 until 9:00 p.m. on July 31. All portions of the Gage Street property will be closed from 7:00 a.m. until 10:00 p.m. on July 16, 18, 24, 28, and 30.

Access to the closed portions of Rodgers Lake and Gage Street shall be limited to Pokagon Band staff, volunteers and participants in the camp.

What's that invasive species? Black Swallow-wort (*Cynanchum louiseae*)



Black Swallow-wort or dog-strangling vine (*Cynanchum louiseae*) is an herbaceous vine, native to Europe, which can grow to seven feet in length. The vine grows rapidly, covers other vegetation and out-competes native vegetation. The plant attracts monarch butterflies, but is toxic to the caterpillar, and if a monarch lays its eggs on or near the plant the young caterpillars may eat the plant and die. Black Swallow-wort roots are toxic to mammals (including livestock) and may, at times, be found baled in hay.

The plant has small dark purple flowers that are shaped like stars and dark green leaves that grow opposite to one another. The plant has seed pods similar to milkweed pods with the seeds being brown, flat, and carried on the wind by white fluffy hairs. Black Swallow-wort can be found in disturbed areas including roadsides, old fields, pastures, gardens, and possibly along fens. If you see Black Swallow-wort please take pictures and report the plant's location to the Department of Natural Resources.



Pokagon Band of Potawatomi Department of Language & Culture

Native Nations Youth Council

Pokagon Citizens ages 12–24!

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

We meet the second Saturday of each month | raffles at every meeting | team building | develop future tribal leaders | provide a voice for Pokagon youth | community service projects | pomote and develop Potawatomi culture, language and identity.

For more information, please contact Rebecca Williams to join or for more information at (269) 462-4296 or rebecca.williams@pokagonband-nsn.gov or Polly Mitchell at (269) 462-4294 or polly.mitchell@pokagonband-nsn.gov.

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What's that edible plant? Pheasant Back Mushroom (*Polyporus squamosus*)



Pheasant Back Mushroom or Dryad's Saddle (*Polyporus squamosus*) is a mushroom that can be found in the spring especially after rain. The Pheasant Back Mushroom tends to grow in multiples on dead and dying wood. If you find this fungus, keep track of where you find it, as it will grow back in the same spot each year until all of the wood resources are used.

The mushroom starts out small, but can grow to larger than a dinner plate. Pheasant Back Mushrooms are brown and have darker brown scales which look somewhat like feathers. This feature is where the mushroom's name came from. This mushroom smells similar to a watermelon rind and the flesh does not bruise if pinched. The Latin name *Polyporus* refers to the fact that the mushroom has no gills, but instead has many small pores on its underside.

Pheasant Back Mushrooms are best to eat when they are small and tender. Older specimens can be pulverized with a blender and added to soups or the outer, tenderer edges can be used. Typically these mushrooms are sautéed or pan fried. This mushroom cooks fast, so do not overcook or it becomes tough. Pheasant Back Mushrooms can also be dehydrated and used as a dry edible or rehydrated in soups. If you are out looking for spring mushrooms, keep your eye out for the Pheasant Back.

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

6TH ANNUAL

A Healthy Step with Education

Saturday **July 15** 10:00 AM

Pokagon Health Services event ends at 3:00 PM



The Department of Education and Pokagon Health Services invite you to the sixth annual A Healthy Step with Education. This day will be filled with health education, screenings, PreK–12 program registration and activities. This event is for the whole family, birth to elder. It is open to all tribal citizens, employees and their families.

Please come and join in the fun.

Questions? Contact Melody Pillow at (269) 462-4441 or Susan Doyle at (269) 782-0887.

Children must be accompanied by an adult.



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

Families experience fishing day fun



Citizens gathered for another Family Fishing Day this May. **Michael Garza** won the Grand Prize with a 22.25" largemouth bass.

In the largemouth bass category:

-  Jang Saldivar 10"
-  Kenneth Warren 9.5"

In the bluegill category:

-  Emily Warren 9.5"
-  Mike Warren 8.25"
-  Matt Bussler 7.25"



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, June 21 as she discusses topics around nutrition.

All healthy lunch presentations are 12:00 pm to 1:00 pm in the kitchen of the Commodities Building
58650 Sink Road
Dowagiac, MI 49047

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

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Démen gise

Ne'me gizhek SUNDAY	Ngot gizhek MONDAY	Nizh gizhek TUESDAY	Apta gizhek WEDNESDAY
<p>Men's Sweat Lodge</p> <p>4</p>	<p>5</p> <p>Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>6</p> <p>PALS (Play and Learn Social) Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Circuit Training L&C Men and Boys Department</p>
<p>11</p>	<p>12</p> <p>Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>13</p> <p>Lean Lunch Kë shobyé'amen o sen Workshop L&C Kids Language Class: Dowagiac Tone Up! L&C Adult Language Class: Dowagiac</p>	<p>Elders Health and Wellness Circuit Training</p>
<p>18</p>	<p>19</p> <p>Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>20</p> <p>Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Débénwéthék Parent L&C Men and Boys Department</p>
<p>25</p>	<p>26</p> <p>Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>27</p> <p>Lean Lunch Tone Up! L&C Adult Language Class: Dowagiac L&C Kids Language Class: Dowagiac</p>	<p>Circuit Training Elders Health and Wellness Circuit Training</p>

June 2017

WEDNESDAY	Nyew gizhek THURSDAY	Nyano gizhek FRIDAY	Odanke gizhek SATURDAY
	<p>1</p> <p>Lean Lunch L&C Potawatomi 201 L&C Adult Language Class: South Bend</p>	<p>2</p> <p>Circuit Training Elders Health and Wellness Circuit Training</p>	<p>3</p>
<p>7</p> <p>Illness Drumming</p>	<p>8</p> <p>Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201</p>	<p>9</p> <p>Circuit Training Elders Health and Wellness Circuit Training</p>	<p>10</p> <p>Tribal Council Meeting Saturday Family Fitness</p>
<p>14</p> <p>Illness</p>	<p>15</p> <p>PALS (Play and Learn Social) Lean Lunch L&C Potawatomi 201 L&C Adult Language Class: South Bend</p>	<p>16</p> <p>Circuit Training Elders Health and Wellness Circuit Training</p>	<p>17</p>
<p>21</p> <p>Illness Group Drumming</p>	<p>22</p> <p>Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201</p>	<p>23</p> <p>Circuit Training Elders Health and Wellness Circuit Training</p>	<p>24</p> <p>Débéwéthêk Parent Group Saturday Family Fitness Débéwéthêk Parent Group Family Picnic Honoring our Graduates Banquet 2017</p>
<p>28</p> <p>Illness</p>	<p>29</p> <p>Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201 Michigan Indian Family Olympics Training</p>	<p>30</p> <p>Circuit Training Elders Health and Wellness Circuit Training</p>	<p>July 1</p>

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

Kee-Boon-Mein-Kaa 2017 t-shirt design contest

The Kee-Boon-Mein-Kaa Contest Pow Wow Committee is seeking submissions for the 2017 t-shirt designs. All submissions from any Native artist enrolled in a federally-recognized tribe will be accepted. The artist that creates the winning design for the pow wow T-shirts will be awarded \$500.

How to Enter

1. Entries must be submitted by email to James.Ivy@pokagonband-nsn.gov. The entries may be submitted in vector or PDF format, 6" x 6", no more than 4 colors, 300 dpi and text layers, if included, must be separate from artwork. However, a vector file with layers in EPS format is preferred.
2. The email must include the name, contact information and email address of the entrant.
3. The deadline for entries is June 28, 2017.
4. We will attempt to acknowledge all entries within one week of receipt; however, we cannot be responsible for entries or responses lost in e-mail.
5. There is no fee to enter the contest.

Judging and Selection of Winner

1. The winning design will be selected by the Kee-Boon-Mein-Kaa Pow Wow committee. Their decision will be final.
2. The Kee-Boon-Mein-Kaa Pow Wow committee reserves the right not to select a winner if, in its sole discretion, no suitable entries are received.

Intellectual Property

1. All submitted work must be original and not based on any pre-existing design.
2. All entries will become the sole property of the Kee-Boon-Mein-Kaa Pow Wow and it may reproduce, distribute, publish, display, edit, modify, create derivative works and otherwise use the material for any purpose in any form and on any media.

Any questions or for more information, please contact James Ivy at James.Ivy@pokagonband-nsn.gov.



Pokégnek Bodéwadmik
Pokagon Band of Potawatomi | Tribal Court

Kë shobyé'amen o sen Let's Paint the Rock Workshop

Second Tuesday of the month :: 1:00 p.m.
Elders Hall

Please join members of the community in building relationships while exploring the benefits of peace circles and the grandfather teachings in these monthly workshops. Each workshop will feature a short video, an opportunity to paint a rock with a grandfather teaching and the opportunity to gather in a talking circle to share teachings and related stories that may have been passed down to us.

2017 Workshops

January 10 wédasewën bravery	March 14 dëbwëwën honesty	May 9 mishkozewën strength
February 14 dëbandëwën love or sagedwën compassion	April 11 gdemagëndëmowën humility	June 13 bwakawsewën wisdom

If you have any questions, please contact Stacey Gettig, Native Justice Initiative Support Staff Person at (269) 783-0505.

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

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BAND OF THE POTAWATOMI
A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

Save The Date

STRENGTHENING FAMILIES THROUGH TRADITION CONFERENCE

BODÉWADMI CONSORTIUM
(NHBP, GUN LAKE, POKAGON)

*WORKSHOPS AND TEACHINGS FOR YOUNG
CHILDREN AND THEIR FAMILIES WILL BE AVAILABLE

Saturday, August 12
9 a.m. to 6 p.m.






Pine Creek Indian Reservation
1485 Mno-Bmadzewen Way
Fulton, MI 49052



DRUM CLASSES

Department of Language and Culture
59291 Indian Lake Road, Dowagiac, MI 49047

6:00 pm–8:00 pm

Please join John T. Warren at our Drum Class, this is open to all tribal citizens, spouses and other tribal affiliations. Drum class is open to all ages and is held the first and third Wednesday of every month. There are many teachings that come with this class from a great teacher.

2017

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

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



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



Pokagon Band of Potawatomi | Department of Language & Culture



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

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

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



Guidelines for Pokégnek Yajdanawa Submissions

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

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

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

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

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

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
EARLY CHILDHOOD EDUCATION



FAMILY MOVIE NIGHT

Let the adventure begin...

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

RSVP online to be entered to win a raffle.

Friday, August 4 8:00 pm
Community Center



Migizi / (Kno) Yabwen Eagle Dreamer

by Bruce Molnar "Migizi Nini"

When I dream, I seek to envision a soaring Eagle.

A most regal and majestic raptor.

When observed in flight at a perfect angle from Mother Earth- the sight of the Eagle projects a snowy-white, diamond-like brilliance which emanates from its head and tail plumes.

Soaring and ascending, before spiraling in the sky- just as if it were dancing in a ceremonial ritual.

Every day the Eagle soars to great heights in Father Sky- over vast distances at astounding speeds.

Climbing, turning, searching, and sailing along naturally, Eagles appreciate their strength and freedom.

Gliding and descending all the while searching the terrain for prey to dive upon and snatch up, as well as evading potential hazards as the Eagle journeys safely back to its aerie.

Eagles cannot only choose to fly in the calm and bright blue skies of the day.

Eagles must fly to survive, soaring to hunt prey successfully to provide for the young eagles and itself.

The Eagle takes from Mother Earth only what is needed to care for its family and to stay alive and strong, to be able to fly and soar again.

The Eagle you see is a servant and a part of the lifecycle.

The Eagle is not thwarted by adversity, but is fearless and determined in its purpose.

The beauty of what the Eagle sees and knows will never be understood by the Anishinabek or any (pe'matse'juk) living people.

But only by its Creator -the one the Bodewadmik know as Kshe'mnIto, the Great Spirit! God.

Look to the Eagle for the many lessons it can teach all of us about life's joys and struggles, and give thanks to Kshe'mnIto (Great Spirit) for the gift of the majestic and magnificent Eagle.

Ahow



Pokagon Health Services
+ Domestic Violence Awareness Team



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

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

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

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

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



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



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 from 5:30 p.m. to 7:30 p.m.

For more information, please contact Rachel Orvis at drorvis@gmail.com.

2017

January 18	April 19	July 19	October 18
February 15	May 17	August 16	November 15
March 15	June 21	September 20	December 13

5:30–7:30 pm | Head Start

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



Notice of Open Positions

The following Boards, Committees and Commissions are looking to fill open positions. Please see the Pokagon Band website for more information.

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Pokagon Bode'wadmik Ogitchedaw Board
- Traditions/Repatriations Committee
- Election Board
- Food Sovereignty Committee
- Pokagon Promise
- Health Care Advisory Board
- Land Use Board



HLC Recipe: Annie's Fruit Salsa and Cinnamon Chips

Ingredients

2 kiwis, peeled and diced	3 tablespoons fruit preserves, any flavor
2 Golden Delicious apples - peeled, cored and diced	10 (10 inch) flour tortillas
8 ounces raspberries	butter flavored cooking spray
1 pound strawberries	2 tablespoons cinnamon sugar
2 tablespoons white sugar	
1 tablespoon brown sugar	

Directions

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes. Preheat oven to 350 degrees F (175 degrees C).
2. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
3. Bake in the preheated oven 8–10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Pokégnek Bode'wadmik | Pokagon Band of Potawatomi
Department of Education

Title VI Public Hearing Notice

Wednesday, June 7
5:00 pm
Department of Education

Come and learn about the Indian Education Formula Grant program.

The Federal Government will continue to work with local educational agencies, Indian tribes and organizations, postsecondary institutions, and other entities toward the goal of ensuring that programs that serve Indian children are of the highest quality and provide for not only the basic elementary and secondary educational needs, but also the unique educational and culturally related academic needs of these children.

If your native child attends a public or charter school in the ten county service area, they can be a part of the Title VI grant. This public hearing will inform parents and the community what the Department of Education has planned for the 2017–2018 Title VI funds awarded to the Pokagon Band of Potawatomi.

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

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Department of Education
EARLY CHILDHOOD EDUCATION

Débénwéthék Parent Group

FAMILY PICNIC

SATURDAY JUNE 24

11:00 AM - 2:00 PM
RODGERS LAKE DOWAGIAC MI

POKAGON FAMILIES ARE INVITED TO ENJOY FACE-PAINTING, 3-LEGGED RACES, A BOUNCE HOUSE, A MAGICIAN AND MORE!

RSVP AT POKAGONBAND-NSN.GOV/FORM/FAMILY-PICNIC-REGISTRATION STARTING MAY 1

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

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Elders Lunch Menu | Démen gises June

monday

June

5 **language**

Buffalo Meatballs in Gravy over Mashed Potatoes
Asparagus
Garden Salad
Roll
Fruit

12 **language**

Turkey Brats
Sauerkraut
French Style Green Beans
Veggie and Relish Tray
Fruit

19 **language**

Buffalo Meatloaf
Mashed Potatoes and Gravy
Brussels Sprouts
Spinach Salad
Whole Grain Roll
Applesauce and Cottage Cheese

26 **language**

Breakfast Bar

tuesday



Photo by Sina cc flickr

6

Pork Chop
Baked Potato
Brussels Sprouts
Waldorf Salad
Whole Grain Roll

13

BBQ Chicken
Baked Sweet Potato Fries
Broccoli
Coleslaw
Roll

20

Beef Roast
Baked Potato
Carrots
Garden Salad
Apple Pie
Whole Grain Roll

27

Marinated Chicken
Mashed Sweet Potatoes
Tri-Blend Vegetables
Cottage Cheese
Fruit Salad
Whole Grain Roll

wednesday

7

Salmon Patty
Macaroni Salad
Veggie Tray
Roll
Fruit Cup

14

Ham
Rice Pilaf
Squash
Garden Salad
Roll

21

Chefs Choice

28

Pork Loin
Seasoned Quinoa
Butternut Squash
Fresh Fruit
Whole Grain Roll

thursday

1 **business meeting**

Chicken (Family Fare)
Potato Salad
Baked Beans
Fruit Salad
Birthday Cake

8

Buffalo Pot Pie W/ Biscuits
Garden Salad
Fresh Fruit
Dessert

15 **social lunch**

Buffalo Tips in Noodles
and Gravy
Green Beans
Broccoli Slaw
Fruit
Whole Grain Roll

22

Vegetable Soup
Chicken Salad Sandwich
Relish and Veggie Tray
Fresh Fruit

29

Goulash
Broccoli
Garden Salad
Garlic Bread
Fruit

friday

2

Salad Bar Day

9

Chili Cheese Dogs
Veggie and Relish Tray
Broccoli and Cauliflower
Salad
Jell-O w/Fruit

16

Italian Rustic Cod
Baked Potato
Tri-blend Vegetables
Cottage Cheese and
Fruit Roll

23

Taco Bar

30

Pork Roast
Red Potatoes
Carrots
Tomato Salad
Fruit

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

Per Capita News

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

Name	Christmas 2016	Monthly Per Cap
Scott Brewer, Jr	x	
Cristian Cobb	x	
Kailyn A. Currey	x	
Zachary D. Currey	x	
Mason Currey	x	
Bobby M. Haynes, Jr	x	
Anna Locklear	x	
Dominic Williams	x	
James Johnson	x	
John M. Williams	x	x
Austin L. Northrup	x	
Peter J. Ramirez	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: beth.edelberg@pokagonband-nsn.gov

The document must be received by June 14 in order to make it on the July 2017 check run. Anything received after June 14 will be processed on the check run for August 2017. If you have any questions please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777.

Elders Stipend increments

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

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

Per Capita Important Dates

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

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

Per Capita Direct Deposit & Tax Withholding Forms

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

Direct Deposit Form Submission:

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

PNC Paycard

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

Federal Tax Withholding

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

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

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

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

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.

Tribal Council June Calendar of Events

- 5 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 6 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 10 Tribal Council Meeting, Community Center, 10 a.m.
- 12 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 13 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 19 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 20 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 26 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 27 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Tribal Council July Calendar of Events

- 3 Tribal Government Offices closed for Independence Day holiday
- 4 Tribal Government Offices closed for Independence Day
- 8 Tribal Council Elections
- 24 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 25 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 31 Tribal Council Special Session Meeting, Administration, 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.

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

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

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

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
EARLY CHILDHOOD EDUCATION

Saturday Family Fitness

2nd + 4th Saturday of every month
PHS Wellness Multipurpose room
10:00am

**POW
WOW
SWEAT** Program begins on June 10, 2017.
DVD will be shown for families
interested in participating.

Débénwéthék
Parent Group

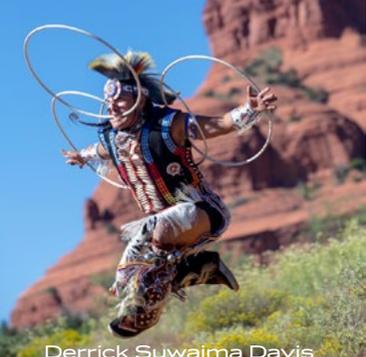


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NOTTAWASEPPI HURON BAND OF THE POTAWATOMI
ANNUAL POW WOW
June 24 to 25, 2017

PINE CREEK INDIAN RESERVATION
1485 MNO-BMADZEWEN WAY • FULTON, MI 49052

FREE CULTURAL EVENT! • OPEN TO THE PUBLIC!



Derrick Suwaima Davis

**Featuring
World-Rekowned Native Dancer
Derrick Suwaima Davis**

Derrick Suwaima Davis (Hopi/Choctaw) is the only seven time World Champion Hoop Dancer. As a full time performing artist, he has traveled the world sharing his interpretation of hoop dance. His career includes collaborations with the Heard Museum, the Alaska Native Heritage Center, Scottsdale Center for the Performing Arts, and the American Indian Dance Theatre. Suwaima is the founder and Artistic Director of the Living Traditions Dance Troupe which seeks to entertain and share the culture of Southwestern Native People.

HEAD STAFF

Host Drum: Southern Straight
Head Veteran: Clarence Syrette
MC: Dale Anderson
Arena Director: Brian Dayson
Assistant Arena Director: Drew Phillips
Head Male Dancer: Shane Mitchell
Head Female Dancer: Michelle Reed
Head Junior Male Dancer: Daniel Jacobs
Head Junior Female Dancer: Destinique Iden

COMPETITIONS
Hand Drum, Two Step, Team Dance, Potato Dance,
Spot Dance and Old Style Woodland

SPONSORED DANCES

TINY TOTS DANCE
Sponsored by: Waseyabek Development Company

NOTTAWASEPPI RAVE
Sponsored by: NHBP Veterans Committee

TWO DAYS OF NATIVE AMERICAN CULTURE, DANCING, SINGING, FOOD AND CRAFTS!

NOTTAWASEPPI HURON BAND OF THE POTAWATOMI
A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

Tribal Office Directory

Administration

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

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

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

Elders Program

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

Elections

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

Enrollment

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

Facilities

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

Finance

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

Head Start

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

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

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

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

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

Natural Resources

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

Social Services

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

South Bend Area Office

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

Tribal Council

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

Tribal Court

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

Tribal Police

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

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Treasurer

Eugene Magnuson
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Secretary

Mark Parrish
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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

Michaelina Martin
(269) 783-9260
Micky.Martin@pokagonband-nsn.gov

Member at large

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

Member at large

Roger Rader
(269) 783-9039
Roger.Rader@pokagonband-nsn.gov

Member at large

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

Elders Representative

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

Executive Secretary

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

Elders Council Directory

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

Chair

Stanley Morseau
(269) 783-6828

Vice Chair

Maxine Margiotta
(269) 783-6102

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Senior Youth Council Directory

Chairman

Michael Gamache
Michael.Gamache@pokagonband-nsn.gov

Treasurer

Andy Murray
Andy.Murray@pokagonband-nsn.gov

Secretary

Mahogan Shepard
Mahogan.Shepard@pokagonband-nsn.gov

Member at large

Skyler Daisy
Skyler.Daisy@pokagonband-nsn.gov

Member at large

Robert Dick
Robert.Dick@pokagonband-nsn.gov

Rebecca Williams

Youth Culture Coordinator
(269) 462-4325

Junior and Senior Youth Council Members Wanted

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

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

Démengises June Citizen Announcements



Erin and Douglas Burggraf Jr. are excited to announce the birth of their son **Benjamin James**. He was born on April 27 weighing 7 lbs. 12 oz. and was 20 inches long. Older siblings Claire and Louis are enjoying the new addition as well.



Happy birthday to my wife **Monica Grubb!**

Ahmad Qatil Birks was born Sunday, April 23. Welcome to the world #26, from your dad, Momika and Big Daddy.



Happy anniversary to Pokagon elders **Henry and Monica Grubb**, from your 26 children, grandchildren, and great-grandchildren.

Happy Birthday, **Leona O'Keefe Pierce Falk**. 72 years old on June 19, 2017.

Love, your family



POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
Department of Education
Department of Language & Culture



SAVE THE DATE **SAVE THE DATE** SAVE THE DATE **SAVE THE DATE**

formerly Dreamcatchers Culture Camp

Kë Gbëshmen

Think Neshnabé Be Neshnabé

Ages 13–18 Friday July 14–Wednesday July 19

Ages 5–8 (Day Camp) Saturday July 22–Monday July 24

Ages 8–12 Thursday July 27–Monday July 31

Online registration begins Friday, May 12 at 10:00 am



32ND ANNUAL

Kee-Boon-Mein-Kaa Pow Wow

SATURDAY SEPTEMBER 2 + SUNDAY SEPTEMBER 3