

Pokégnek Yajdanawa

THE POKAGONS TELL IT Démen gises June 2018



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Bring the kids to the Junior Golf Clinic.

Language specialists teach new apprentices

Former language apprentices Carla Collins and Kyle Malott transitioned to their roles of language specialists just a few months ago when they welcomed two new language apprentices to continue the cycle of learning and teaching.

Citizens Dejonay Morseau and Kendall Race were two of a handful of applicants for the language apprentice positions. They now work with Carla and Kyle, building their Potawatomi language base.

Dejonay and Kendall were not regular students in any ongoing Potawatomi classes, but a solid language base was not a requirement for these positions because they needed to keep the applicant pool open to those in the right stage of life to take on a new commitment like this. Language Program leaders were looking for people who were dedicated to learning Potawatomi and sharing it with the community. Kyle says Dejonay and Kendall displayed this passion, as well as a knack for picking up the language.

Monday and Wednesday afternoons, Dejonay and Kendall hunker down in the Language & Culture multipurpose room, soaking in as many verbs, cultural knowledge, and more verbs as they can. After 4–5 hours of that, they head to classes and learn more.

“Sometimes it’s overwhelming, but sometimes things just click for them,” Kyle said.

When the information seems to be overwhelming, Kyle says they switch up their teaching session, throwing in a language learning game for a little diversity. Right now, they are working on verbs and commands and formulating them into sentences.

Please turn to page 2

New buildings open for government operations



A new warehouse and multi-use building are open for operations now. The two new facilities provide storage and shipping and receiving space and are located near the Housing office and the storage units on Dailey Road across from Pokégnek Édawat Dowagiac.

Members on the facilities and purchasing and inventory teams will work from offices in these buildings. Mail and other deliveries will arrive at the multi-use building first to be logged and then will be taken to recipients in other tribal locations. With this additional space, the tribe no longer must pay for rental space for storage at the National Copper building, and inventory and shipping and receiving will be much more efficient.

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U.S. POSTAGE
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Permit No. 2

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

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi



Language specialists teach new apprentices, *continued from page 1*



The Language Program created an assessment with help from Ron Corn (Menominee) that the apprentices take every three months. This measures the progress of their audio, visual, speaking, and written understanding of the language.

"It's quite heavy," Kyle said about teaching the language. "It's a big responsibility to try to pass on this stuff."

The timeline for Dejonay and Kendall's positions is open to change if necessary, but Kyle says they will likely remain apprentices for three years, then take on their



own apprentices. Carla and Kyle might also take on two new apprentices and continue the cycle.

"We're just trying to build speakers and teachers," Kyle said.

Hear from Dejonay and Kendall in next month's newsletter.

Voluntary Per Capita Savings Plan on the ballot in July election

The Pokagon 2018 general election will include a Revenue Allocation Plan amendment for citizen consideration. The amendment will create a Pokagon Per Capita Savings Plan, which allows Pokagon citizens to voluntarily contribute part or all their monthly per capita payments into an investment plan.

The plan will allow citizens to deposit their per capita payment into an investment account that will grow tax deferred. No taxes are paid on these savings until an amount is withdrawn from the account. The funds can be used for buying a home, starting a business, higher education, retirement, any purpose the citizen wishes.

Citizens choose the amounts of their voluntary contributions into the savings plan, from as little as 10 percent of their per capita payment up to 100 percent. Contributions to the savings plan can be stopped annually, or changed annually. If a citizen experiences an emergency like a loss of a job, an illness, or an accident, withdrawals from the savings plan are allowed. But advanced withdrawals are only permitted in cases of emergency.

The chart shows possible returns on the savings investment.

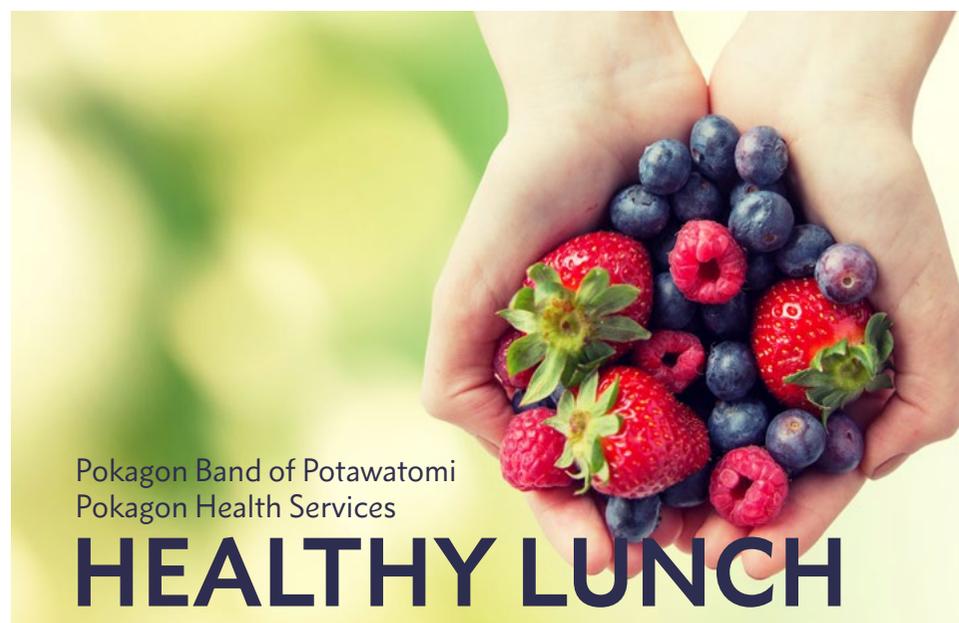
Annual Contribution: \$7,200 / year

Annual Return: 5% (not guaranteed)

Contributions until: Age 65



| Age | Amount saved | Amount estimated at age 65 | Estimated annual income for 20 years |
|-----|--------------|----------------------------|--------------------------------------|
| 25 | \$288,000 | \$913,246 | \$67,000 |
| 35 | \$216,000 | \$502,278 | \$37,000 |
| 45 | \$144,000 | \$249,979 | \$18,000 |
| 55 | \$72,000 | \$95,089 | \$7,000 |



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marci Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, June 20 as she discusses topics around nutrition.

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

58650 Sink Road
Dowagiac, MI 49047

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

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A better way to live, part two

This is a continuation of Thomas's story, part of the Pokagon Clean Body, Clean Spirit opiate awareness campaign. If you didn't read part one, look back in the May newsletter or on our website.

Thomas came home to Michigan after being released from the psych ward and tried to be normal.

"I (would) go to parties with friends, and I black out and I ruin them, and everyone's upset with me. Then all of the sudden, I'm finding myself becoming physically dependent on these drugs again," Thomas remembers. "It's like, 'I just can't do it.'"

Thomas got sober for a week, but ended his streak one night, and woke up drunk the next morning. By this time he'd been through treatment centers four or five times, and he imagined his destined future was as a homeless guy talking to himself. But he pushed aside his assumption that no one else would want to help him just enough to make one phone call.

"I called my dad, and I ended up being able to go to this treatment center out on the east side of Michigan."

Thomas used his per capita funds to pay for a half way house while he was out there. This time was different for Thomas, and he could feel it.

"One of the biggest differences this time was my mental health stuff wasn't as bad," Thomas said. "I wasn't as fried or whacked out. I was able to really become a part of the recovering community."

That connection to the recovery community made his sobriety stick. He admits he was not perfect his first year out, but the men in his community kept picking up their phones when he called and lifting him when he was at a low point.

During that first year of sobriety, Thomas started at community college, and that helped him think critically and clearly again. He got a job at a pizza place, and chose his major: social work. The very profession that saved him.

Thomas put his knowledge into practice at Dawn Farm, an addiction treatment center with locations in Southeast Michigan. He works there now as a recovery support specialist, helping residents with real-world transitions and getting connected with recovery support systems in their communities.

"Everything I'm doing now—I made this decision about a year ago—is all going to be put back here with the Pokagon Band," Thomas said. "All these tools that I'm learning are for this family. That's motivated me in school and motivated me to really learn everything I can while I'm at a place like Dawn Farm."

Thomas finished community college and is a junior at Eastern Michigan University. He's completing a research project, looking ahead to masters and PhD programs, and thriving in ways he thought weren't possible anymore.

"I'm figuring things out as they go. I'm surprised I'm here, talking, doing any of this," Thomas said. "Whatever I was trying to accomplish with drugs and alcohol wasn't getting done. It wasn't working. It didn't fix anything. I'm at this point pretty grateful for everything I've been through. I'm grateful to be a recovering person."

Thomas says he takes everything more seriously now. School because he thought he was too fried to ever go back; work because he's helping lift people from the addictions he thought would consume him for the rest of his life.



"I've met so many people, IV drug users, methamphetamine addicts, homeless alcoholics," Thomas said, "the worst of cases go on to live flourishing lives and do really incredible things, and not just get better but flourish in life. It's so possible with that support."

Thomas's dad, Richard Klemm, pictured with Thomas, above left, is part of that support system. He exudes pride for his son, introducing him to anyone he sees on our Dowagiac campus.

"I am most proud of Thomas's decision to seek treatment and recovery several years ago," Richard said. "The courage it took for him to take that step is truly amazing. His journey to a sober life included meeting many people along the way. As his father, I am most thankful for the services offered by our tribe, along with tribal citizens who reached out to him."

Thomas has been sober for three-and-a-half years now. He also stopped abusing tobacco a few months ago, and thanks to his lifestyle changes, he is also no longer diabetic.

"Yeah, I'd lost friends. I'd lost the trust of everyone around me and all that, but really until I could admit that this just wasn't going to work that's when I was able to do something about it," Thomas said. "It was something that people had been telling me for a very long time, but when I was able to really accept that, I was able to go forward that this doesn't work. I had a lot of evidence by 20 to know that."

If you are struggling with addiction, call Behavioral Health at (269) 783-2476. They can get your recovery started today.

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

Pokagon Ogitchedaw at Chicago Blackhawks



Ken Rader, right, carried the Pokagon Veteran Eagle Staff onto the ice during the national anthem at the Chicago Blackhawks game February 17. Fellow member of the Pokagon veterans group McKinley Greer, left, accompanied Rader to the game.



Pokégnek Bodéwadmik Pokagon Band of Potawatomi
Department of Language & Culture



Bird Cleaning + Feather Care Workshop

JUNE 2-3 + JUNE 9-10 10:00 AM – 2:00 PM

Language & Culture Multi Purpose Room 59291 Indian Lake Road, Dowagiac, MI

Please join the Department of Language & Culture to learn how to take apart a bird, clean the feathers, and how to maintain them physically and traditionally.

If you are a Pokagon citizen and you attend both weekends of the workshop in their entirety, you are eligible to receive part of the bird that you have cleaned. We only have eight (8) hawks available, but invite up to eight citizens and non-citizens who can provide their own bird to participate in the workshop.

RSVP required. Contact Nicole Holloway at Nicole.Holloway@PokagonBand-nsn.gov or call the Language & Culture office at (269) 462-4325 to reserve your spot or for more information.

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

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Department of Education | Early Childhood Education
+ Dowagiac District Library

Neshnabé Mbokén

A children's book club

FIRST WEDNESDAY EVERY MONTH
4:00–5:00 P.M. | DOWAGIAC DISTRICT LIBRARY

Neshnabé mbokén [nesh-na-bém-bo-kén] is a children's book club, which will focus on Native American books and authors. This program is open to the public (all ages).

Neshnabé mbokén means native books in Potawatomi and includes books about natives, books written by natives, or books having to do with native context.

For more information, please contact
Erin Byrket-Burggraf at topash240512@gmail.com or
Autumn Laraway at Autumn.Laraway@PokagonBand-nsn.gov.

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Débenwéthék
Parent Group

Council approves updated PHS Appointment Conservation Policy

Tribal Council recently established a new no-show policy for patients of Pokagon Health Services. Called the Appointment Conservation Policy, its goal is to maximize patient care by reducing wasted appointments. It will go in to effect August 6, 2018.

A no-show is when a patient either does not arrive or arrives ten minutes late to the appointment, or when the patient cancels the appointment later than 3:00 p.m. the previous business day.

Wasted appointments have a significant negative impact on PHS's practice and the healthcare provided to patients. When a patient wastes a scheduled appointment, it:

- Potentially jeopardizes the health of the patient
- Affects other patients who could need the scheduled appointment
- Wastes critical resources
- Is not one of the guiding principles of the Seven Grandfather Teachings

Pokagon Health Services asks for patients' help to avoid wasting appointments. Arrive on time for the scheduled appointment. If you know you cannot make an appointment, please cancel a scheduled appointment by 3:00 p.m. the previous business day. PHS will call the patient two business days before the scheduled appointment to confirm the visit. In addition, the patient may receive texts or emails.

Alternative Scheduling

Patients who waste three or more appointments within a rolling 12-month period will be required to use alternative scheduling. A patient on alternative scheduling may schedule the same day or the prior business day for an acute or chronic care appointment if there is availability.

A patient can be removed from alternative scheduling when a patient attends three consecutive appointments that aren't wasted or 12 months has passed since being placed on the alternative schedule. When a patient appeals the determination to be put on an alternative schedule (by submitting documentation to excuse wasted appointments to the PHS director), a patient may be removed from alternative scheduling with that authorization.

Outside Provider Scheduling

PHS providers may refer patients to an outside provider. Every patient is responsible for understanding and following the policies for missed or late appointments for any providers outside of PHS. PHS is not responsible for appealing on behalf of a patient at an outside provider's office or for any late fees incurred. If a patient is barred from a provider's office for any reason involving missed or late appointments, it will be at the discretion of the PHS provider to issue a new referral to another provider of the same specialty. For PRC-eligible patients, the subsequent referral will need to be authorized by the Medical Care Review Committee.

Patients will receive the PHS Appointment Conservation (No Show Policy) form at registration and will be required to acknowledge the understanding by signing and dating. The PHS registration staff will witness the form and it will be scanned into the patient's electronic medical record. A copy of the full policy is available at www.pokagonband-nsn.gov/government/departments/health-services/clinic.

Ready to Buy a Car?

Chi Ishobak offers consumer loans for vehicle purchases. We also practice responsible lending. With this being at the heart of what we strive to do, whether you apply for a loan with us or choose to get a loan from another lending establishment, we want to help ensure that you get the best deal on the vehicle you purchase.

Before the search for your next vehicle begins, there are a few things to consider. You should know the price range of a vehicle that you can comfortably and responsibly purchase. Once you are on a car lot, you may feel pressured by the salesperson to look at vehicles above this price range. Prepare yourself and stay within your buying means.

Research the vehicle you are interested in purchasing. Be vigilant and compare the sale price to the retail value of the vehicle. We recommend using the National Auto Dealers Association at www.NADA.com because it is a respected source and is user friendly. If a vehicle is marked above the "clean retail" price listed on the website, do not be afraid to negotiate a fair price or prepare yourself to walk away from what could potentially be a bad deal for you.

Your next step in the car buying process to consider is the interest rate of a loan. If your credit score allows room for you to finance from your bank or credit union, you will get interest rates ranging from 3.9% to 5.9%. If you need assistance due to little or damaged credit, you may consider financing through the dealer or a lender who specializes in higher risk loans, ranging from 12% to 24%. Try to avoid paying high rates that will cost you unnecessary spending over time.



The term of the loan you negotiate is an important factor to consider. A trick that salespeople use to lower monthly payments for customers is to extend the term of a loan. The term is the length of time you are obligated to make payments on the loan. Lengthening the term will certainly make a loan look as though a customer is getting a good deal by lowering your monthly payments, but this masks the fact that your payments and interest rate will cost you more over the life of the loan. When car shopping, consider the life of a vehicle. New car loans have terms up to seven years or 84 months, whereas used car loans have terms up five years or 60 months. If the term of the loan is longer than the life of the vehicle, you may want to reconsider your purchase.

Other costs that come along with your purchase include the tax, title, and insurance of a vehicle. You should include the cost associated to cover these additional expenses when considering whether you are prepared to purchase a vehicle. Consider the cost of coverage for state minimum liability or comprehensive and collision coverage insurance. You should be considering the definite cost difference between the two, so ask whether one insurance coverage is required over the other when making your vehicle purchase. Contact your insurance agent to price coverage once you have a vehicle in mind.

Chi Ishobak is a potential source for vehicle financing. Our goal is to help you avoid predatory lending practices that can financially harm you and your credit. We can answer your questions and honestly discuss whether we are your best route for financing. Call us at (269) 783-4157. Chi Ishobak is here to help with your financial needs.

Karl Bruce Hewitt is Elder of the Month

My wife Ruth Ann Hewitt and I reside in South Haven, Michigan. My mother was Jacqueline Louise Otto Hewitt. We share a similar day, August 25, which was her birthday and is our anniversary (we were married in 1973).

My maternal grandmother was Veronica (Vera) Roney Bushaw. Veronica's father was Peter Bushaw and her mother was Clara Weidenweber Bushaw Cushway. Clara's father was John Cushway and her mother was Angeline Mix. Angeline Mix's father was John Mix, my great, great, great-grandfather).

Through my Potawatomi Indian tuition waiver, I could attend Grand Rapids Community College for design technician training. Prior to this, I was a meat cutter for 21 years at Harding's Friendly Market, Bangor Michigan. I retired in April 2017 and am now able to attend more elders functions. I enjoy the elders trips.

My hobbies include going to classic car shows, antique John Deere shows, classic casino concerts and rummage/estate sales.

Protect Mother Earth, never flush medications

All pharmacy patients are encouraged to bring back their unused medications for safe disposal and enjoy lunch at the same time.

Drug disposal & luncheon

Tuesday, July 24 | 11 a.m. – 1 p.m.

Pokagon Health Services

Native Americans who bring medications for disposal will be entered into a drawing for one of five \$25 gift cards.

If you can't attend this event, please deposit any unused and acceptable medications in the Red Med Box in the rotunda of Pokagon Health Services for safe medication disposal. Medications on the not accepted list can be given to the PHS Pharmacy for appropriate disposal.

Acceptable

Expired and unused medications
Over the counter medications
Antibiotics, steroids
Cold and flu medications
Vitamins and herbal supplements
Medication samples
Pet medications
Medicated ointment, lotions, drops
Unopened Epi-pens
Liquid medications

Not Acceptable

Needles, lancets, syringes
Thermometers
IV bags
Bloody or infectious waste
Hydrogen peroxide, rubbing alcohol
Business waters

Empty containers
Personal care products
Used Epi-pens
Aerosol cans
Electronic devices, diabetes testers
Inhalers



Pokégnek Bodéwadmik Pokagon Band of Potawatomi

Department of Language & Culture

Archaeological Discoveries at Fort St. Joseph

Wednesday June 6, 2018 6:00 p.m. – 9:00 p.m.

Language & Culture Activity Room :: 59291 Indian Lake Road, Dowagiac, MI

Fort St. Joseph in Niles, MI was at the heart of principal trade routes in the 1600 and 1700s. The cultural crossroads surrounding the Fort included the Potawatomi, Miami, British, French, and Spanish. The Fort played an influential role in trade, missionary work, and euro-relations that deeply impacted the allied Potawatomi villages in the St. Joseph River Valley. Join us for an evening of discussion with Dr. Michael Nassaney (Western Michigan University), who has been conducting research at the site over the last twenty years. A community feast will begin at 6 pm and will be followed by a discussion from 7 – 9 pm.

Cartography by Ellen R. White from *Imprints: The Pokagon Band of Potawatomi Indians and the City of Chicago* by John Low.

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

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Department of Natural Resources

Family Fishing Day



Saturday June 2 8:00 a.m. – 1:00 p.m.

Check-in begins at 8:00 a.m. | Fishing 8:30 a.m. – 12:00 p.m.

Rodgers Lake, Dowagiac, MI

Prizes • Fun Family Event • Food

- Pre-registration is preferred. Individuals who need boats, canoes, or fishing accessories need to register before the event at www.pokagonband-nsn.gov/form/family-fishing-day-registration-2018.
- You must wear a life jacket! No exceptions.
- Limited number of boats and canoes (reserve one by pre-registering).
- You may use your own boat but the gas tank must be removed. Please note, the launch is rustic. Limit to 14-foot boats.
- Fishing poles and bait available. Participants must have a valid tribal fishing license in order to participate.
- Lunch is provided.
- Prizes!

Grand Prize: Charter Fishing Trip for 4 on Lake Michigan

For more information, contact DNR at DNR@PokagonBand-nsn.gov or call DNR at (269) 782-9602.

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

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What's that invasive species? Parrot Feather (*Myriophyllum aquaticum*)



Parrot feather (*Myriophyllum aquaticum*) is an invasive species native to the Amazon River basin in South America. This aquatic plant has been moved through trade via outdoor pond enthusiasts. This plant escaped ponds and has been able to colonize U.S. waterbodies. Unfortunately, this plant has recently been identified in Michigan from several small locations. This invasive species can now be found in close to 30 states ranging across the entire continental U.S.

Parrot feather can be found in wet, aquatic locations and has an emergent and submersed leaf form. The emergent leaf is stiff, whorled, and has 20 or more small divisions within a leaf, giving the leaves a feather-like appearance. Underwater leaves are whorled and more filamentous than emergent leaves. Emergent leaves are grey-green to green while submersed leaves can be an orangish-green.

Parrot feather can outcompete native vegetation and create a monoculture within the water. Additionally, this plant can cause water to slow and create additional flooding. The plant produces small white flowers along the main stem of the plant. This plant can be controlled through mechanical methods or chemical means if the patch becomes too large. To help prevent the spread of aquatic invasive species, please be sure to drain and clean your boat and equipment between different bodies of water. If you think you see parrot feather, please either collect a specimen and bring it in to the Department of Natural Resources or take pictures and report the plant's location to the Department of Natural Resources for further investigation.

What's that edible plant? Meadow Garlic (*Allium canadense*)



Meadow garlic (*Allium canadense*), also known as wild garlic or Canadian garlic, is native to eastern North America. Meadow garlic is one of the first greens to grow in the spring and you may find it in your own yard. This plant can be found in open prairies, woods, and wet meadows where there is plenty of sun.

The leaves of the plant are grouped, originating from an underground bulb. The leaves are narrow and grass-like with a central stem. When in bloom, the flowers range from white to pink in color. After the flowers mature, bulblets occur and produce seed. The plant has a strong onion-like odor.

The greens of the plant can be chopped and used like chives or green onions. If bulbs are harvested, they can be used as a replacement for garlic in recipes. Crushed bulbs can be applied to insect stings and tea from the bulbs may be used to help control coughs. As with any new edible, be sure to have a positive identification before consumption and utilize the edible in small quantities at first to make sure there are no allergic reactions.

DADDY daughter
PRO-AM

MONDAY | 06.04.18
4:00 PM | Shotgun Start
9-Hole Pro-Am | \$100 per couple
Blackthorn Golf Club
6100 Nimitz Pkwy, South Bend, IN 46628

Each team will play with a Symetra Tour Professional in a fun, 9-hole scramble. Participants will receive a hot dog snack and ice cream social along with fun participation awards.

Benefiting:
BEACON CHILDREN'S HOSPITAL

Register today!

FOURWINDSINVITATIONAL.COM

Ladies GOLF 101 CLINIC

WEDNESDAY | 06.06.18
5 pm - 7 pm | \$40 per person
Blackthorn Golf Club
6100 Nimitz Pkwy, South Bend, IN 46628

Includes Golf Clinic with Symetra Tour Professionals, Cocktails & Hors d'oeuvres. If needed, clubs are available.

Benefiting:
BEACON CHILDREN'S HOSPITAL

Register today!

In case of inclement weather, this event will be held at The Blarney Hole by Blackthorn at 322 Toscana Blvd, Granger, IN 46530.

FOURWINDSINVITATIONAL.COM

Partnership for Family Wellness brings health professionals to Pokagon land

In April dozens of health care workers dedicated to native families from around the Great Lakes gathered at Four Winds New Buffalo for their annual conference. Sponsored by the Bemidji Area Indian Health Services, the Great Lakes Area Tribal Health Board, and several federal health agencies, the three-day meeting covered topics from food sovereignty to opiate abuse to advocating for more Congressional funding.

Daun Bieda, Behavioral Health supervisor for PHS, served on a panel about medication-assisted recovery for opioids along with an FBI agent, pharmaceutical representative, and an addiction treatment director.

“We discussed drug trends and legalities, medications like Vivitrol and Suboxone, and statistics of opiate use and addiction among Native Americans,” said Bieda, who is managing an opiate awareness grant that funds the Pokagon Band’s Clean Body, Clean Spirit campaign.

“The audience sat in a circle to share stories of addiction and suggestions for future difficult situations. Everyone seemed intrigued to gain knowledge on how to implement medication assisted treatment in their own programs.”

PHS Wellness Center coordinator Dean Orvis presented a breakout session about youth fitness and wellness.

“I discussed best practices, both within our programming and nationally, and how we teach youth to set goals and remain accountable,” he said. “Attendees seemed eager to learn how we maintain success with our wellness programs. I believe everyone learned something useful, including the presenter.”



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

Chair aerobics

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

Cardio drumming

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

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HUNTER SAFETY CERTIFICATION

— RETURN TO THE WOODS 2018 —

June 15–17

Friday 5:00 pm – 9:00 pm

Saturday 9:00 am – 5:00 pm

Sunday 9:00 am – 2:00 pm (Range Day)

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

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

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

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

Pre-registration is required and can be completed online at:
www.pokagonband-nsn.gov/form/hunter-safety-course-registration-2018
or by calling the Department of Natural Resources at (269) 782-9602.

Events may be cancelled due to inclement weather.

Please refer to the Pokagon Band website or Facebook page for weather related updates.

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Department of Language & Culture

Archives Open House

Wednesday July 11 6:00 p.m. – 9:00 p.m.

Language & Culture Activity Room 59291 Indian Lake Road, Dowagiac, MI

Join the Department of Language & Culture for the archives open house. We plan to share a meal with the community and bring important cultural and historical artifacts out of the archives for the public to view. In recognition of summertime, warmer weather, and enjoying the outdoors, this quarter's open house theme is: Honoring Neshnabe Aki (Neshnabe Earth/homeland). We will be discussing traditional Potawatomi conceptions of land, relationships to the environment, place-names, and contemporary environmental issues. Dinner will be from 6:00–7:00 pm and objects will be on view from 7:00–9:00 pm.



Artwork by Jason Adair

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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Pokagon Band of Potawatomi
Department of Language & Culture | Department of Education Early Childhood Education Program | Department of Social Services

Join the Departments of Language & Culture and Social Services + the Early Childhood Education Program for

Shishibé

Potawatomi Language Bingo

FRIDAY JUNE 8 6:00 PM

L&C BUILDING 59291 INDIAN LAKE ROAD | DOWAGIAC MI

Come join us for this fun gathering. The catered dinner is served at 6:00 pm and Shishibé Bingo begins at 7:00 pm. The evening ends at 9:00 pm.

Registration is available online, and in honor of Mother's and Father's Days, all parents who register ahead of time will receive a gift.

Please contact Carla.Collins@PokagonBand-nsn.gov with any questions regarding this event.

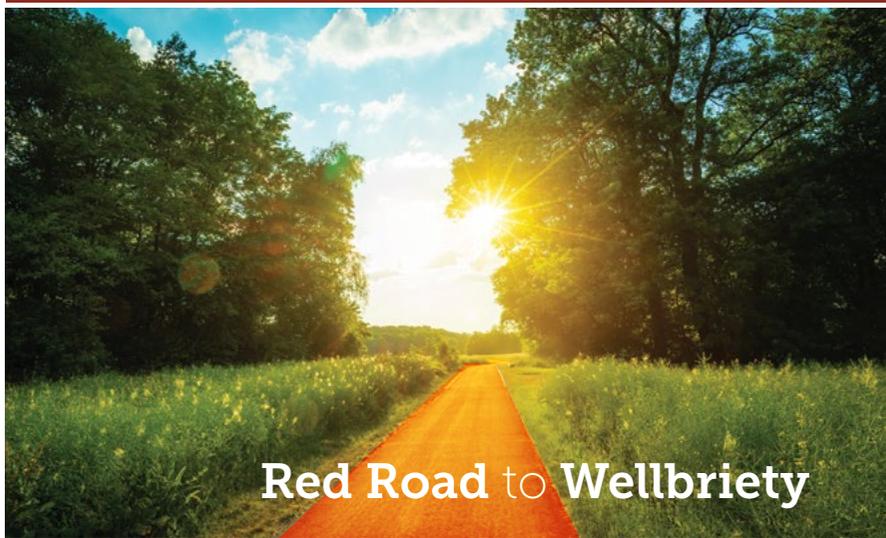
Background image is George Winter sketch of Potawatomi traditional gaming gathering.

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

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Pokégnek Bodéwadmik Pokagon Band of Potawatomi
Pokagon Health Services



Red Road to Wellbriety

EVERY FRIDAY 5:30 PM – 6:00 PM
PHS Multi Purpose Room

PHS is holding Red Road to Wellbriety meetings every Friday evening beginning Friday, May 4. Transportation is not provided.

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

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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.

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

2018

| | | | |
|-------------|---------|--------------|-------------|
| February 21 | May 16 | August 15 | November 14 |
| March 21 | June 20 | September 12 | December 12 |
| April 18 | July 18 | October 17 | |

5:30–7:30 pm | Head Start

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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Démen gize

| Nëm'e gizhëk SUNDAY | Ngot gizhëk MONDAY | Nizh gizhëk TUESDAY | Aptë gizhëk WEDNESDAY |
|---|---|---|--|
| | | | |
| L&C Bird Cleaning + Feather Care Workshop 3 | 4 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes | 5 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class DNR Wild Edible and Medicinal Walks | Circuit Training Elders Health and Wellness Circuit Training Lacrosse Practice Neshnabé Mbokén L&C Znëget 2 Intermediate L&C Men and Boys Division L&C Archaeological Digs Fort St. Joseph |
| Junior Golf Clinic L&C Bird Cleaning + Feather Care Workshop 10 | 11 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes | 12 Basket of Tribal Wisdom: Weaving Tradition and Justice Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class | Circuit Training Basket of Tribal Wisdom: Weaving Tradition and Justice Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate |
| Four Winds Invitational | | | |
| DNR Hunter Safety Course 17 | 18 Circuit Training PHS Babysitting Class Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes | 19 PHS Babysitting Class Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class DNR Wild Edible and Medicinal Walks | Circuit Training PHS Babysitting Class Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate Healthy Lunch Débénwéthëk Parent Involvement L&C Men and Boys Division |
| PHS Babysitting Class 24 | 25 Veterans Memorial 150 Honor Relay Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes | 26 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class | Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate |

June 2018

| WEDNESDAY | Nyéw gízhëk THURSDAY | Nyano gízhëk FRIDAY | Odankè gízhëk SATURDAY |
|--|--|---|--|
| | | 1 Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety | 2 DNR Family Fishing Day |
| 6 Wellness Intermediate Language Class Drumming Discoveries at | 7 PALS (Play and Learn Social) Lean Lunch Men's Sweat L&C South Bend Language Class L&C Potawatomi 201 | 8 Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety L&C Shishibé | 9 Tribal Council Meeting L&C Bird Cleaning + Feather Care Workshop DNR Garlic Mustard Pull |
| Four Winds Invitational + Events | | | |
| 13 Drumming: Weaving Wellness Intermediate Language | 14 Lean Lunch L&C South Bend Language Class L&C Potawatomi 201 | 15 Circuit Training Elders Health and Wellness Circuit Training DNR Hunter Safety Course PHS Red Road to Wellbriety L&C Pidro Night | 16 DNR Hunter Safety Course |
| 20 Wellness Intermediate Language Group Drumming | 21 PHS Babysitting Class PALS (Play and Learn Social) Lean Lunch L&C South Bend Language Class L&C Potawatomi 201 | 22 Circuit Training PHS Babysitting Class Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety | 23 Family Fun Fest Honoring Our Graduates Banquet |
| 27 Wellness Intermediate Language | 28 Lean Lunch L&C South Bend Language Class L&C Potawatomi 201 | 29 Circuit Training Elders Health and Wellness Circuit Training PHS Red Road to Wellbriety | 30 |

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.



Pokégnek Bodéwadmik Pokagon Band of Potawatomi



Department of Natural Resources

GARLIC MUSTARD PULL

SATURDAY JUNE 9 9:00 AM
RODGERS LAKE PAVILION DOWAGIAC MI

Join DNR to help us pull and eliminate this invasive species from tribal lands. Snacks and water will be provided. We will meet at the Rodgers Lake pavilion and then head into the woods.

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

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Pokégnek Bodéwadmik | Pokagon Band of Potawatomi
Pokagon Health Services

PHS invites you to babysitting basics

June 18 - 21 | 9:00 am - 2:00 pm
June 22 | 9:00 am - 12:00 pm
PHS Multi Purpose Room

Are you a Pokagon citizen between the ages 11 to 14 who is interested in earning spending money by babysitting?

You'll hear about child care and development from nurses and cultural specialists, learn fire safety from fire fighters, safety from Tribal Police Officers and earn a CPR certification.

Kindly **RSVP** by **June 10**.

The class has a maximum of 15 students, and class will not be held if fewer than five students register.

RSVP to Angelina Herman at (269) 783-2485 office or contact her for more information.



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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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.

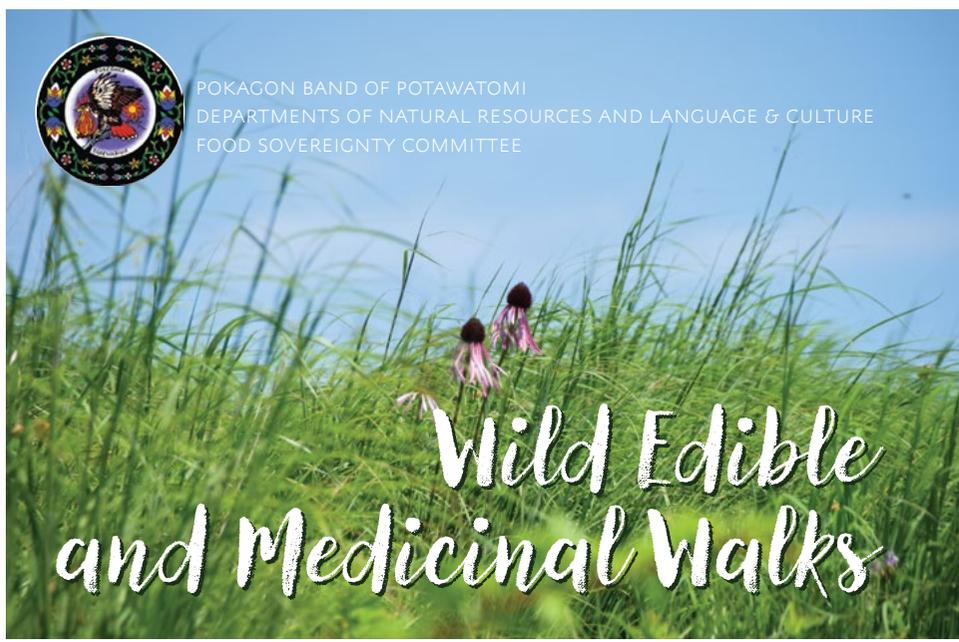
Not all submissions are guaranteed publication upon submission. Newsletter staff reserves the right to refuse submissions based on the following criteria;

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.

Notice of Open Positions

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

- Ethics Board
- Pokagon Rights Board
- Election Board
- Oshke Kno Kewéwen Pow Wow Committee
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Pokagon Promise
- Tribal Arts Review Committee
- Ogitchedaw Veterans Board
- Mno-Bmadsen Board
- Salary Commission
- Curriculum Committee



POKAGON BAND OF POTAWATOMI
DEPARTMENTS OF NATURAL RESOURCES AND LANGUAGE & CULTURE
FOOD SOVEREIGNTY COMMITTEE

Wild Edible and Medicinal Walks

ALTERNATING TUESDAYS 5:30 PM
BEGINNING **MAY 22** MEET AT DNR | 32142 EDWARDS ST

Do you want to learn about wild edibles or medicinal plants? Come join us as we walk through the fields and forests on tribal properties identifying wild edible and medicinal plants. We will discuss what plants are edible, how to identify them, where to find them, and some of their potential uses.

Gathering baskets and hand tools will be available for use during our excursions. Walks begin May 22 and then every other Tuesday. We'll have snacks provided and start walking at 5:30 pm. Depending on what plants are available and where we travel on tribal properties walks could last until 8:30 pm or later.

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Please refer to the Pokagon Band website for weather-related updates.

YOU'RE INVITED

2018 FOUR WINDS INVITATIONAL SYMETRA TOUR

THE MAIN EVENT

FRIDAY 06.08.18
SATURDAY 06.09.18
SUNDAY 06.10.18



**144 TOP WOMEN GOLFERS
OPEN TO THE PUBLIC
BLACKTHORN GOLF CLUB**

3575 Moreau Ct. South Bend, IN 46628

FOURWINDSINVITATIONAL.COM



Men's health focus should include heart and cancer awareness

Heart disease is the leading cause of death in Native American men. Four out of five heart disease deaths are caused by stroke or heart attack. Risk factors include high cholesterol, obesity, tobacco use, high blood sugar and high blood pressure. Your doctor can easily screen you during a wellness check for these factors.

Cancer is the second leading cause of death in Native American men. The cancers most prevalent and dangerous to men's health are prostate, lung, colorectal.



COLORECTAL CANCER Screenings are recommended for all adults over age 50 and should be done every five years. This can be done via a sigmoidoscopy and colonoscopy. Symptoms of colorectal cancer include diarrhea or constipation lasting over a month, abdominal pain, blood in your stool, fatigue and weight loss.

LUNG CANCER Screenings should be done for anyone over age 55 who currently smokes or has been a smoker in the past 15 years. Although symptoms don't usually show up until the later stages of lung cancer, these symptoms include chest pain, shortness of breath, a cough that won't go away or coughing up blood, hoarseness, bone pain, and weight loss.

PROSTATE CANCER There is a screening test for prostate cancer as well. Ask your doctor if this is a test recommended for you. Prostate cancer symptoms include trouble urinating, discomfort in the pelvic region, erectile dysfunction, and blood in the semen.

Diabetes is number four on the list (after accidental injuries). The American Diabetes Association recommends anyone older than 45 years old be screened every three years. Symptoms of diabetes include excessive thirst, increased urination, weight loss, slow healing sores or infections, blurry vision, and tingling hands or feet.

Also recommended is a screening for abdominal aortic aneurysm for all men over 65 who had been a smoker. Although this is not one of the leading causes of death, abdominal aortic aneurysm is extremely fatal and can go undetected without proper screening.

Four pillars can help increase wellness

Sleep: Getting less than seven hours of sleep increases your risk for heart disease and diabetes and can also contribute to obesity and high blood pressure. Lack of sleep and poor sleep, including untreated sleep apnea, has also been linked specifically to prostate and colorectal cancer.

Stress: High stress levels can affect your behaviors which can increase your risk of heart disease. These behaviors include heavy drinking, smoking, and physical inactivity. Physical or mental stress has also shown to increase blood glucose levels.

Exercise: Thirty minutes of daily exercise will help protect against heart attack and strokes and can lower your risk for diabetes. Exercise is also associated with a lower risk of 13 different types of cancers.

Nutrition: Five servings of fruits and veggies daily will help prevent heart attack and strokes and lowers your risk for diabetes.

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI
POKAGON HEALTH SERVICES

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Diabetes Program

Education

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



PHS Multi-purpose Room
58620 Sink Road, Dowagiac MI

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

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

Prevention



DRUM CLASSES

Department of Language and Culture | 6:00 pm-8:00 pm
59291 Indian Lake Road, Dowagiac, MI 49047

Please join John T. Warren at our Men's and Boys Drum Class, open to all tribal citizens, spouses and other tribal affiliations. Drum class welcomes 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.

Any youth under 13 attending the class must be accompanied by an adult. Those drivers attending both drum classes in a month are eligible for a \$25 gas card. Dinner is provided.

2018

| | | | | | |
|------------|-------------|----------|----------|--------|---------|
| January 3 | February 7 | March 7 | April 4 | May 2 | June 6 |
| January 17 | February 21 | March 21 | April 18 | May 16 | June 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 Nicole Holloway at (269) 783-3513 desk / (269) 783-6131 cell.



Junior Golf Clinic

Sunday, June 10
9am – 10:30am Eastern
Blackthorn Golf Club in South Bend, Indiana.





Learn to play golf like a champion at the Four Winds® Invitational Junior Golf Clinic.

Join us on Sunday, June 10, 2018, at Blackthorn Golf Club in South Bend, Indiana for an exclusive Junior Golf Clinic. Kids will learn golf basics and improve their skills from professional women golfers.

This event is limited to the first 50 junior golfers between the ages of 6 – 15. Reserve your spot before June 7 by calling Maddie Winchester at 269-926-5366 or by email at mwinchester@fourwindscasino.com.






Grapes on the Green

THURSDAY | 06.07.18

5:00 PM - 8:00 PM

\$80 per couple

\$100 per couple

Blackthorn Golf Club
6100 Nimtz Pkwy, South Bend, IN 46628

All the fun of golf, without your clubs!
Each couple will enjoy wine and food samplings from local restaurants at every hole as they drive in a golf cart around the beautiful course during what is sure to be a very unique event!

Register now for your start time!

In case of inclement weather, this event will be held at The Blarney Hole by Blackthorn at 322 Toscana Blvd, Granger, IN 46530.

FOURWINDSINVITATIONAL.COM



5K RUN & FITNESS WALK

A challenging run, on a beautiful golf course

SUNDAY | 06.10.18

5K Run | 7:30 AM | \$25 per person
Fitness Walk | 7:35 AM | \$20 per person

Register today!
Prizes will be awarded. Early Registration guarantees a goodie bag and race t-shirt.

Blackthorn Golf Club
3575 Moreau Ct. South Bend, IN 46628
(Near the Jr Irish Soccer Fields)

Packet pick up and late registration
Saturday from 12:00 PM - 4:00 PM and
Sunday from 6:30 AM - 7:15 AM

Benefiting:


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Pokagon Band of Potawatomi
Department of Education | Pathways Program



Local 172 (South Bend) Pipefitters Union Training Facility Visit

Thursday, June 28
Meet + Pick up at Administration Building Rodgers Lake Campus

Pathways Program is inviting 15 citizens in 10th to 12th grade to learn about the opportunities for an apprenticeship in the Local 172 Pipefitters Union. Once accepted for an apprenticeship, the citizen would work full time as a helper learning the trade and attend night classes. Upon completion of the apprenticeship the citizen would become a journeyman with terrific job and salary options. After the tour, the group will have dinner at the Four Winds South Bend Buffet and attend a South Bend Cubs game.

| | |
|--|----------------------------|
| Bus to Pipefitters Union Facility | 2:30 |
| Tour Local 172 Training Facility | 3:30 pm–4:30 pm |
| Dinner at FWCR South Bend Buffet | 5:00 pm–6:00 pm |
| South Bend Cubs game at Four Winds Field | 7:05 pm–10:00 pm (approx.) |

For more information, contact Francis Kasper at (269) 462-4234 office / (774) 207-8349 cell or email Francis.Kasper@PokagonBand-nsn.gov.

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






KIDS' DAY

Fun for the family!

SUNDAY | 06.10.18

11:00 AM - 2:00 PM
FREE EVENT
Blackthorn Golf Club
3575 Moreau Ct. South Bend, IN 46628

Sponsored by:  Benefiting: 

Join us under the pavilion during the Four Winds Invitational Tournament - and bring the kids!
Enjoy free snacks with lots of fun kids activities to keep everyone active and entertained.

Participating vendors include:







FOURWINDSINVITATIONAL.COM

monday

tuesday

wednesday

thursday

friday

June



4 **language**

Buffalo Lasagna OR Veggie Lasagna
Garden Salad
Garlic Bread
Dessert

5

Pork Chop
Baked Potato
Brussels Sprouts
Cottage Cheese
Whole Grain Roll

11 **language**

Marinated Chicken
Veggie Kabobs
Spinach Salad
Fruit
Whole Grain Roll

12

Buffalo & Veggie Soup
Egg Salad Sandwich
Veggie & Pickle Tray
Fruit
Whole Grain Roll

6

Salmon Patty
Rice Pilaf
Mixed Veggies
Garden Salad
Fruit

13

Turkey Brats
Sauerkraut
Baked Beans
Veggie & Pickle Tray
Fruit

7 **business meeting**

Chicken Salad Croissant
Baked Chips
Veggie & Pickle Tray
Fruit Salad
Birthday Cake

14

Goulash
Asparagus
Garlic Bread
Garden Salad
Dessert

8

Breakfast Bar

15

Italian Rustic Cod
Rice Pilaf
Mashed Sweet Potato
Coleslaw
Whole Grain Roll

1

Chicken Pot Pie
Mashed Potatoes
Garden Salad
Fruit
Dessert

18 **language**

Chicken Broccoli Alfredo
Red Potatoes
Bruschetta
Garden Salad

19

Taco Bar

10

Salisbury Steak
Mashed Potatoes
Green Beans
Cottage Cheese & Fruit
Whole Grain Roll

20

Buffalo Tips in Gravy W/
Noodles
Mashed Potatoes
Broccoli Slaw
Whole Grain Roll

21 **social**

Burgers & Hot Dogs
Potato Salad
Baked Beans
Veggie & Pick Tray
Fruit Salad

22

Tortilla Crusted Tilapia
Spanish Rice
Brussels Sprouts
Garden Salad
Whole Grain Roll

23

Chicken Noodle Soup
Grilled Cheese Sandwich
Veggie & Pickle Tray
Fruit

24

BBQ Chicken
Sweet Potato Fries
Green Beans
Garden Salad
Fruit

25 **language**

Chili Cheese Dogs
Mac N' Cheese
Baked Chips
Veggie & Pickle Tray
Jell-O W/ Fruit

26

BBQ Chicken
Sweet Potato Fries
Green Beans
Garden Salad
Fruit

27

Salisbury Steak
Mashed Potatoes
Green Beans
Cottage Cheese & Fruit
Whole Grain Roll

28

Burgers & Hot Dogs
Potato Salad
Baked Beans
Veggie & Pick Tray
Fruit Salad

29

Sack Lunch
Zoo Trip

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

You can update your address on the PokagonBand-nsn.gov website under Citizens > Enrollment or phone (269) 782-1763 for an address form by mail.

Attention 18 to 20 Year Olds | Per Capita Information

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

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

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

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

The document must be received by June 15 in order to make it on the July 2018 check run. Anything received after June 15 will be processed on the check run for August 2018. If you have any questions please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777.

Elders Stipend increments

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

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

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

Per Capita Important Dates

| Deadline to receive Changes/updates/additions | Checks mailed out on | Check date Direct deposits in accounts |
|---|-----------------------------------|--|
| Friday, January 12, 2018 | Monday, January 30, 2018 | Wednesday, January 31, 2018 |
| Thursday, February 15, 2018 | Monday, February 27, 2018 | Wednesday, February 28, 2018 |
| Thursday, March 15, 2018 | Thursday, March 28, 2018 | Thursday, March 29, 2018 |
| Friday, April 13, 2018 | Thursday, April 26, 2018 | Friday, April 27, 2018 |
| Tuesday, May 15, 2018 | Tuesday, May 28, 2018 | Wednesday, May 30, 2018 |
| Friday, June 15, 2018 | Thursday, June 29, 2018 | Friday, June 29, 2018 |
| Friday, July 13, 2018 | Monday, July 30, 2018 | Tuesday, July 31, 2018 |
| Wednesday, August 15, 2018 | Thursday, August 30, 2018 | Tuesday, August 31, 2018 |
| Friday, September 14, 2018 | Thursday, September 27, 2018 | Friday, September 28, 2018 |
| Monday, October 15, 2018 | Tuesday, October 30, 2018 | Wednesday, October 31, 2018 |
| Thursday, November 8, 2018* | Tuesday, November 20, 2018 | Wed, November 21, 2018 |
| Friday, December 14, 2018 | Thursday, December 27, 2018 | Friday, December 28, 2018 |

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

Per Capita Direct Deposit & Tax Withholding Forms

The tribe has mandatory direct deposit for per capita checks. This 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 we will return your call as soon as possible.

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

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

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

Tribal Council June Calendar of Events

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

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

Tribal Council July Calendar of Events

- 2 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 3 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 10 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 14 Elections
- 16 No meeting: Tribal Council hiatus
- 17 No meeting: Tribal Council hiatus
- 23 No meeting: Tribal Council hiatus
- 24 No meeting: Tribal Council hiatus
- 30 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 31 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

7TH ANNUAL

A Healthy Step with Education

Saturday **July 28** 9:00 AM

at **Pokagon Health Services** [event ends at 1:00 PM]



The Department of Education and Pokagon Health Services invite you to the seventh 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.

New this year, PHS Wellness is hosting a Quadrathon immediately following Healthy Step. Join us at the starting line at 1:30 pm.

Please come and join in the fun.

Questions? Contact Elizabeth Leffler at (269) 462-4406 or Susan Doyle at (269) 782-0887.



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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.

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

Family Fun Fest

SATURDAY **JUNE 23, 2018** 9:00 AM–3:00 PM

RODGERS LAKE SPORTS COMPLEX 58620 SINK ROAD DOWAGIAC MI



Mini Olympics Training Session

9:00 am | Rodgers Lake Sports Complex

Join us for a mini Olympics training session. This session counts towards requirements to participate on the team for Michigan Indian Family Olympics.



Pokagon Family Picnic and Social

11:00 am – 1:00 pm | Rodgers Lake Sports Complex

The Department of Education, Débénwéthék Parent Group, PHS and the Wellness Center invite families to share in a healthy picnic lunch. Please **RSVP** on PokagonBand-nsn.gov.



Minor Mudder

1:15 pm | Rodgers Lake Sports Complex

The Mini Mudder is a 1–1.5 mile obstacle course mud run designed specifically for adventure-seeking kids ages 4–12 years old. The course gives kids the chance to work as a team, get muddy, and experience the thrill of adventure. There will be 12 obstacles and every participant will receive a free t-shirt. Every finisher will also receive a custom finisher medal. A washing station will be available to rinse off the mud following the event.

Register on PokagonBand-nsn.gov.

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

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Tribal Office Directory

Administration

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

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

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

Elders Program

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

Elections

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

Enrollment

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

Facilities

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

Finance

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

Head Start

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

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

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

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

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

Natural Resources

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

Social Services

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

South Bend Area Office

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

Tribal Council

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

Tribal Court

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

Tribal Police

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

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Treasurer

Eugene Magnuson
(269) 783-9372
Eugene.Magnuson@pokagonband-nsn.gov

Secretary

Mark Parrish
(269) 783-6052
Mark.Parrish@pokagonband-nsn.gov

Member at large

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

Member at large

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

Member at large

W. Alex Wesaw
(269) 462-1170
Alex.Wesaw@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

Maxine Margiotta
(269) 783-6102

Vice Chair

Julie Dye
(269) 462-1004

Secretary

Judy Augusta
(269) 783-6304

Treasurer

Clarence White
(269) 876-1118

Member at Large

Cathy Ford
(269) 783-9380

Démen gizes June Citizen Announcements



Congratulations to **Nicole Graves**, granddaughter of Wanda Topash Campbell, on receiving her master's and becoming a Nurse Practitioner.

Love Mom, Dad, Sis & The Graves Family



So proud of our girls and their hard work preparing for their recital! Left to right: **Shakyla Wesaw, Jezlynn Guerrero, and Alexandria Wallin** performed a ballet piece together recently. Thanks to **Miss Michele & Co.** for inspiration and dedication to the art of dance. We're pleased to showcase our beautiful Pokagon youth and praise a tribal entrepreneur / professional.

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Department of Language & Culture

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

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

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

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

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



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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Pokagon Band of Potawatomi
Department of Language & Culture

Join the Department of Language and Culture for

Shishibé

Potawatomi Language Bingo

FRIDAY JULY 13 6:00 PM
L&C BUILDING 59291 INDIAN LAKE ROAD | DOWAGIAC MI

Come join us for this fun gathering. Pizza and sides start at 6:00 pm and Shishibé Bingo begins at 7:00 pm. The evening ends at 9:00 pm. Potluck is optional.

Please contact Carla.Collins@PokagonBand-nsn.gov with any questions regarding this event.

Background image is George Winter sketch of Potawatomi traditional gaming gathering.

Pokagon Band of Potawatomi + PHS Wellness

Quadrathon

July 28 1:00 pm

SWIM

750 Meter
Open Swim



BIKE

12.4 Mile
Bike Ride



KAYAK

2000 Meter
Kayak



RUN

5K Trail
Run



Compete with Pokagon citizens, employees and their families in the first Quadrathon to be held in southwestern Michigan.

Register yourself or your team (limited to 50 teams of four) by July 7 to receive a swag bag and t-shirt. Prizes awarded to the first three teams to complete the Quadrathon in three competition categories: Beginner, Competitor and Elder.

Event starts and finishes on the Rodgers Lake campus.

Registration closes on July 27 at 5:00 p.m.
A limited number of kayaks or bicycles are available for participants

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

Sign up at PokagonBand-nsn.gov/quadrathon-2018-registration