



# POKÉGNEK YAJDANAWA

## THE POKAGONS TELL IT

Nmébné gises March 2017

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## Kick the Habit

### Smoking cessation with Circuit Healing

Forty million Americans smoke tobacco. More than half a million deaths every year are associated with smoking. One quarter of Native Americans smoke cigarettes. Out of the 10 top leading causes of deaths in native communities, six are linked to smoking.

Traditional and commercial tobacco differ in the way that they are planted, grown, harvested prepared and used. There are more than 7,000 chemicals in commercial tobacco; hundreds are harmful and 70 can cause cancer.

Smokers can and do quit smoking. There are more former smokers today than current smokers. Quitting smoking greatly reduces the risk of developing smoking related diseases.

Seven out of 10 smokers say they want to quit smoking. Health benefits to quitting smoking include:

- Decreased risk of lung cancer
- Decreased risk of heart disease, stroke, and peripheral vascular disease
- Decreases heart disease within one to two years of quitting
- Decreases respiratory symptoms: coughing, shortness of breath, wheezing
- Decreases lung diseases such as COPD

Pokagon Health Services offers a comprehensive smoking cessation initiative for those who want to kick the habit. Behavioral Health's Circuit Healing Program consists of three holistic therapies: auricular acupuncture,

talk therapy, and touch therapy.

This program requires a 12-week commitment and Pokagon citizens can take advantage of it every Monday and Thursday.

Thursday programming involves a 90-minute time slot in which the participant moves through the three different therapies. On Monday, an additional 35 minute session of auricular acupuncture is provided to help the participant sustain reduced levels of cravings for tobacco and lower stress levels. Regular attendance is required in order for the treatments to be effective.

#### **Auricular Acupuncture**

Circuit Healing participants complete a twice weekly five-point ear acupuncture protocol with a PHS auricular acupuncture specialist certified by the National Acupuncture Detoxification Association. Auricular acupuncture was developed by the ancient Chinese and was also used by Northern Plains tribes using porcupine quills. It consists of stimulating designated points related to internal body functions on the skin by inserting needles at these points. Auricular acupuncture balances the energy that has become blocked, too weak, or stagnant. Physically, auricular

acupuncture relaxes and reduces stress, decreases pain, increased energy and immunity, and normalizes sleep. Mentally and emotionally it helps you feel clear, alert, and calm. Individuals treated with ear acupuncture often report an improved sense of well-being, a feeling of being more relaxed. This treatment has been shown in dozens of studies and a variety of clinical settings to be beneficial in reducing cravings and symptoms of cigarette withdrawal. Ear dot magnets/beads are also available to use in place of needles.

#### **Talk Therapy**

Participants in Circuit Healing attend weekly talk therapy with a licensed professional counselor. Through motivational discussion, the participant and counselor work together with respect and sense of equality. The style of talk therapy is calm, and focuses on drawing out the motivation to change from the individual, rather than forcing the individual to make positive change. Additional educational aides may be used if requested.

#### **Touch Therapy**

PHS provides Circuit Healing patients with weekly touch therapy with a licensed massage therapist. Therapy can also include Native American traditional healing practices

## New tribal ID cards on their way

The Pokagon Band is redesigning the tribal ID card and will be issuing the redesigned tribal ID cards to all Pokagon citizens. Among the benefits of the redesigned tribal ID cards, Pokagon Band citizens will now be able to pay at the pump for those five retail gas stations that sell discounted fuel to Pokagon Band citizens.

All Pokagon Band citizens can expect to receive a redesigned tribal ID card around April 1 via US mail. A letter was sent to the address the Pokagon Band has on file for you. We want to make sure that you receive your redesigned tribal ID card. If you did receive this letter, please update your current address, either online at [www.pokagonband-nsn.gov/citizens/enrollment](http://www.pokagonband-nsn.gov/citizens/enrollment) or with the Enrollment Office at (888) 782-1001 by March 10 or your new tribal ID card will be sent to the wrong address.

This also is a good opportunity to update a photo, a name change or any other information (please supply copies of any applicable marriage license, divorce decree, or other supporting legal documentation). It's not necessary to come to the Enrollment Office for a photo, or make a special trip to go get a new picture taken; it's a suggestion that if you want to, now is a good time. If not, your reissued card will be automatically sent to the address the tribe has on file for you with the picture on file. Rest assured that no one has to go out of their way or incur a notary expense for this card to be reissued.

If you would like to change features listed above, included in this letter is the photo / signature form. Please complete this form, attach an updated photo for your redesigned tribal ID card, sign this form in the presence of a notary public, and mail or e-mail it to the Enrollment Office at the address provided on the form. Although the photo/ signature form was sent to citizens under 16, it's not necessary for citizens under 16 to have a photo on their ID cards. Please disregard that form for youth of that age range.

You'll no longer be able to access fuel or tobacco discounts without the redesigned tribal ID card. The redesigned tribal ID card is not the Enhanced Tribal ID card (ETC) that allows citizens to cross some borders without a passport. Even if you already have an ETC, you will still need, and the Pokagon Band will still issue and mail to you, a redesigned tribal ID card. Citizens under the age of 16 will receive a redesigned card, but their card won't feature the magnetic strip used for fuel discounts.

Please refer to [www.PokagonBand-nsn.gov/enrollment](http://www.PokagonBand-nsn.gov/enrollment) for more information on the redesigned tribal ID cards. For more information on the new fuel discounts, refer to [www.pokagonband-nsn.gov/government/departments/finance/michigan-tax-agreement-benefits](http://www.pokagonband-nsn.gov/government/departments/finance/michigan-tax-agreement-benefits).

## Be kind to Mother Earth

Join the Pokagon Band Department of Natural Resources to promote environmental responsibility and properly dispose of household hazardous waste.

The DNR will be accepting the following items year-round.

From Your Home	From Your Garage	From Your Garden	From Your Workshop	Miscellaneous Items
Aerosols	2-Cycle Gas Mixes	Algaecides	Adhesives & Cements	Disposable Propane Cylinders (less than 20# tanks)
Ammonia	Antifreeze	Ant & Roach Powder	Alcohols	Dry Cleaning Solvent
Batteries All Types	Brake Fluid	Bug Sprays	Artist's Paints	Hobby Chemistry Sets
Carpet Cleaners	Car Wax	Fertilizers	Creosote	Hot Tub Chemicals
CFL & LED Bulbs	Degreasers	Fly Strips	Cutting Oil	Lighter Fluid
Chlorine Bleach	Diesel Fuel	Fungicides	Mineral Spirits	Mercury
Drain Cleaners	Engine Cleaners	Garden Dusts & Sprays	Model Paints	Photographic Chemicals
Dyes	Fiberglass Epoxy	Insecticides	Muriatic Acid	Swimming Pool Chlorine
Floor Care & Floor Wax Products	Gas/Diesel Additives	Rat & Rodent Poison	Naphtha	Thermostats
Furniture Polish	Gasoline	Round UP	Oil Based Paints	Thermometers
Insect Sprays	Kerosene	Weed Killers	Paint Brush Cleaners	White Gas
Lamp Oils	Metal Polishes	Misc. Chemicals	Polyurethane Coatings	
Moth Balls & Flakes	Radiator Flushes		Rust Remover	
Oven Cleaners	Rubbing Compounds		Strippers	
Scouring Powders	Starting Fluid		Sulfuric Acid	
Smoke Detectors	Transmission Fluid		Thinners	
Spot & Stain Removers			Varnishes	
Spray Dust Cleaners			Wood Preservatives	
Upholstery Cleaners			Wood Stain	
Hearing Aids				
Eye Glasses				

**DNR does NOT accept:** Latex paint, major appliances, used motor oil, propane tanks 20# or larger, air conditioners, fire extinguishers, dehumidifiers, ammunition, fireworks or bio-hazards.

## Academic advising available to graduating seniors

Are you overwhelmed with the process of applying to college or applying for higher education scholarship? Are you ready to explore workforce opportunities and need a little guidance? The Department of Education is now offering academic advising for any graduating 2017 senior.

If you have questions about vocational or higher education scholarship opportunities please visit Education Department online at: [www.pokagonband-nsn.gov/](http://www.pokagonband-nsn.gov/)

or if you would like to schedule an appointment to meet with the Higher Education Resource Specialist, contact Polly Mitchell at [polly.mitchell@pokagonband-nsn.gov](mailto:polly.mitchell@pokagonband-nsn.gov) or (269) 462-4294. Do not forget to ask about applying for your graduation cords! We look forward to hearing from you.

# Healthy Lifestyles 2017 | Your Health, Your Choice



## Eat right tips

**Eat breakfast.** Start your morning with lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, cheese, salsa and a whole wheat tortilla or a parfait with yogurt, fruit and whole grain cereal.

**Make half your plate fruits and vegetables.** Fruits and veggies add vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

**Watch portion sizes.** Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.

**Fix healthy snacks.** Choose from two or more of grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

**Get to know food labels.** Reading the nutrition facts panel can help you shop and eat or drink smarter.

**Consult an RDN.** Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

**Get cooking.** Preparing foods at home is healthier and cost-effective. The collection of “How Do I...” videos at [www.eatright.org/howdoi](http://www.eatright.org/howdoi) will help.

**Dine out without ditching your goals.** Ask questions and choose foods carefully. Compare nutrition information, and look for healthier options that are grilled, baked, broiled or steamed.

**Plan to eat as a family.** Set a regular mealtime. Turn off the tv, phones and devices to encourage mealtime talk. Involve kids to reinforce healthy choices.

**Drink more water.** Quench your thirst by drinking water instead of sugary drinks.

**Cut back on added sugars.** Foods and drinks with added sugars can contribute empty calories and little or no nutrition.



## Exercise for stress and anxiety

The physical benefits of exercise — improving physical condition and fighting disease — have long been established, and physicians always encourage staying physically active.

Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. Or, if your body feels better, so does your mind. Exercise and other physical activity produce endorphins — chemicals in the brain that act as natural painkillers — and also improve the ability to sleep, which in turn reduces stress.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. About five minutes of aerobic exercise can begin to stimulate anti-anxiety effects.

**Relationship of exercise to anxiety disorders.** Stress and anxiety are a normal part of life, but anxiety disorders, which affect 40 million adults, are the most common psychiatric illnesses in the U.S. The benefits of exercise may well extend beyond stress relief to improving anxiety and related disorders.

Psychologists studying how exercise relieves anxiety and depression suggest that a 10-minute walk may be just as good as a 45-minute workout. Science has also provided some evidence that physically active people have lower rates of anxiety and depression than sedentary people.

**Exercise as Part of Therapy.** According to some studies, regular exercise works as well as medication for some people to reduce symptoms of anxiety and depression, and the effects can be long lasting. One vigorous exercise session can help alleviate symptoms for hours, and a regular schedule may significantly reduce them over time.



## Navigating weight loss

**Be realistic about your expectations.** Weight loss takes time. You're going to see dramatic change and then it's going to plateau for a while.

**Look at the big picture.** You can't just adopt a new diet and change nothing else in your life. Be mindful of your sleep, exercise, and stress. When you ignore one, it can sabotage the others.

**Forget quick fixes.** When you want to lose weight, you need to morph your new dietary changes into lifelong habits. This mental shift will help you spot and avoid quick fixes (juice cleanses) that are not sustainable in the long term.

**Master just one habit.** Don't overwhelm yourself. Just start with one: whether it's drinking a gallon of water every day, cutting out the afternoon bag of chips, or eliminating creamer from your morning coffee.

**Don't focus on the numbers.** Hitting your first weight loss target is great—but don't get too caught up in the numbers. Try to create a few unmeasurable goals as well.

**Crowd out the junk.** Before you take “bad” foods away, try adding the things that your diet's lacking. For most people that means eating more vegetables and drinking more water. The more “good” foods you consume, will also improve your digestion, immune system, and overall mood.

**Reduce your white flour intake.** Replacing refined grains with fiber- and protein-rich whole grains gives you the most fiber and nutrients.

**Size up your food.** Eating reasonable portions is critical for weight loss. Implementing—proper portion sizes will help you reach your weight loss goals.

**Persistence is the key.** No one experiences substantial weight loss without a few setbacks. It is imperative that you don't let those little slip-ups derail your progress. When you do have a bad day, it helps to calm down, and recognize this is part of the learning process. Just forgive and move forward.



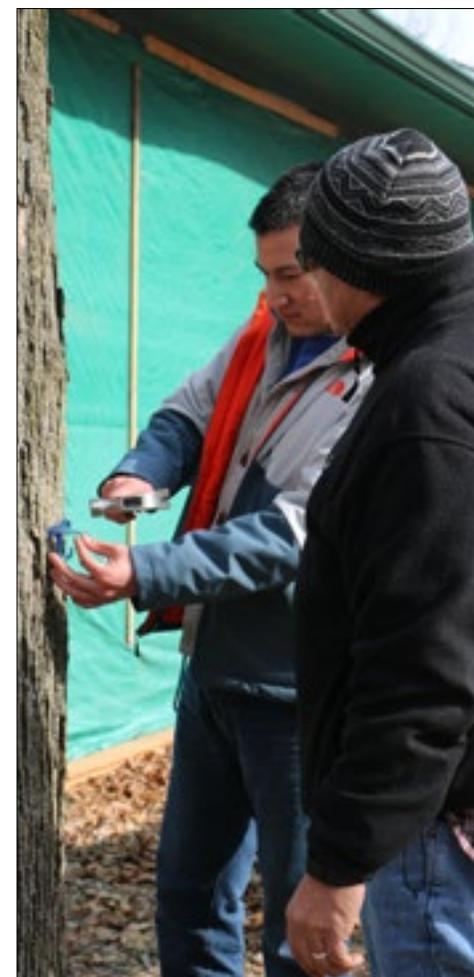
## 8 effects of sleep deprivation on health

Many people find that there are not enough waking hours to accomplish all we need to do. Work, long commutes, e-mail, family responsibilities and household chores can eat up much of our waking time. But sleep deprivation can have effects on both your mental and physical health.

So what are these negative effects of not getting enough sleep?

1. **Lower stress threshold.** When you're tired, routine activities can feel like overwhelming tasks.
2. **Impaired memory.** Deep sleep fosters the formation of connections between cells, and REM sleep aids in memory formation.
3. **Trouble concentrating.** When you're dragging yourself through the day, it's hard to stay alert and focused. Sleep-deprived people have trouble focusing on tasks and overestimate their performance.
4. **Decreased optimism and sociability.** Whether it's the effort we have to put into staying awake, sleep deprivation makes us less hopeful or friendly.
5. **Impaired creativity and innovation.** A growing body of research suggests that sleep deprivation may have a particular effect on cognitive processes that rely on our experience of emotions.
6. **Increased resting blood pressure.** Several studies have found that sleep deprivation leads to increased blood pressure.
7. **Increased food consumption and appetite.** Research indicates that acute sleep loss enhances pleasure response processing in the brain underlying the drive to consume food.
8. **Increased risk of cardiac morbidity.** A number of factors can lead to an increased risk of heart attacks, and sleep deprivation is one of them.

## Sugar bush tapping ceremony kicks off season



## Elders Language Class is now called Day Language Class

The language class held at Elders Hall is not only open to elders; it is actually open to anyone. The title came from the class's location, Elders Hall. This has been confusing for some, so we have changed the class's name to Day Language Class.

John Winchester teaches the Day Language Class at Elders Hall. The class typically practices everyday language in addition to prayer language for those looking to incorporate Potawatomi language into their prayers.

The Day Language Class is open to all citizens and their family and friends and is held on Mondays from 10:00 a.m. to 12:00 p.m. Participants who wish to stay after

class and eat with our elders during lunch are asked to let the staff at Elders Hall know beforehand. If you are under the age of 55, the Elders Program charges \$2.00 for lunch.

Language, elders, and food—how good does that sound for a Monday?

If you have additional questions about the services offered by the Pokagon Language Program, please contact Language Coordinator Rhonda Purcell at [rhonda.purcell@pokagonband-nsn.gov](mailto:rhonda.purcell@pokagonband-nsn.gov) or (269) 462-4255.

### Youth Lock In brings kids together

More than 70 youth packed into the Western Michigan University recreation center in February. The bus wasn't enough to transfer kids from Dowagiac to Kalamazoo, so staff had to use an additional van. Native youth from Pokagon as well as other Michigan tribes participated, but some also brought non-Native friends along, which was a new opportunity this year. Some youth said they wouldn't have attended if they would not have been allowed to bring a friend, so Youth Services Coordinator Daniel Stohrer said they would offer that option again next year.

Guest speakers Chance Rush and Marcus Guinn came all the way from Oklahoma to talk with the youth about spirituality, being positive role models, making good choices, underage drinking, and the effects of substance abuse on yourself and those around you. Rock climbing, basketball, volleyball, dodge ball, and other sports were open throughout the night.



## Pokagon Elders Council seeking logo design

The Elders Council is holding a contest to create a logo for Pokagon Elders. The contest is open to all Pokagon artists. Designs may be whatever you feel represents the Elders of the Pokagon Band, but submissions must be an original work. With your submission please include your name, address, and phone number. Only one submission per person will be accepted. The official rules are:

The Elders Council reserves the right, at its sole discretion, to cancel, terminate, modify or suspend these rules or the contest.

### 1. CONTEST DESCRIPTION:

This is a skill-based contest. The object of this contest is to create an original logo for the Elders Council. The winning design will be used by the Elders Council for various purposes, including screen printing on clothing. The winner of the contest will receive \$500 cash.

### 2. STARTING AND ENDING DATES:

This contest starts on April 1, 2017 and ends on May 1, 2017 at 5:00 p.m. ("Entry Period"). Designs received outside of the entry period will be disqualified.

### 3. ELIGIBILITY TO ENTER:

The contest is open only to Pokagon Band citizens. Members of the Elders Council are not eligible to enter or win the contest.

### 4. ENTRY REQUIREMENTS:

Every design must meet all of the following:

- a. Be a drawing or graphic design;
- b. Include "Pokagon Band of Potawatomi Indians" and "Elders Council";
- c. Incorporate traditional or cultural imagery; and
- d. Be an original work and not infringe on any intellectual property rights of any other person or entity.

### 5. USE OF ENTRY:

By submitting a design, each person (or parent or legal guardian of a minor who submits a design):

- a. Represents, warrants and covenants that the design is an original work and does not infringe on the intellectual property rights of any other person or entity;
- b. Grants, assigns and transfers to the Pokagon Band all rights, title and interests in and to the design of any nature whatsoever and acknowledges that the Pokagon Band may utilize the design without any restrictions, conditions or limitations;
- c. Agrees to be bound by these rules;
- d. Understands that he or she will not receive any compensation or credit for any use of the design, other than what is described in these rules;
- e. Agrees that any design submitted in violation of these rules will be disqualified;
- f. Agrees to indemnify and hold the Pokagon Band and its officials, employees, representatives and volunteers harmless from any and against all claims, expenses, losses, damages and liabilities of any nature whatsoever, which arise in connection with the contest or any infringement claims arising in connection with the design;

g. Agrees that all decisions of the Pokagon Band in connection with the contest shall be final and binding;

h. Agrees that these rules shall be construed and governed by the laws of the Pokagon Band;

i. Consents to the personal jurisdiction of the Pokagon Band Tribal Court for any action arising in connection with the contest or these Rules and waives all objections to said venue;

j. Agrees that nothing contained in these rules shall be construed to waive the sovereign immunity of the Pokagon Band; and

k. If selected as the winner, agrees to sign any document required by these rules or which is necessary or convenient for the Pokagon Band to exercise any rights, title and interests which are granted, assigned or transferred above.

### 6. HOW TO SUBMIT AN ENTRY:

a. All designs must be delivered to the Elders Council at Elders Hall by US mail, private courier or hand delivery at the following address:

Pokagon Band Elders Council  
PO Box 180  
53237 Townhall Road  
Dowagiac, Michigan 49047

b. Each person must include his or her name, address, and telephone number with the submission.

c. Only one design per eligible person will be accepted and incomplete, illegible, or multiple designs submitted by the same person will be disqualified.

### 7. SELECTION OF WINNER:

The Elders Council will review all eligible designs and select one winner. The decision of the Elders Council is final and binding.

### 8. PRIZE AND NOTICE:

The winning entry will receive \$500 cash. The Elders Council will contact the winner. If the Elders Council is unable to contact the winner, then it may award the prize to another alternately selected winner. In order to receive the prize, the winner must sign and return within ten days of receipt, a Declaration and Release Form prepared by the Pokagon Band that confirms compliance with the rules, accepts the prize and releases and indemnifies the Pokagon Band from any liability and claims in connection with the contest. If the winner fails or refuses to sign and return the Declaration and Release, the Pokagon Band may award the prize to an alternately selected winner.



Pokagon Band of Potawatomi  
Pokagon Health Services

# HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, March 15 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](mailto:marcy.herbert@pokagonband-nsn.gov).

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## Ribbon Skirt workshop

Quill artist Dana Warrington spent ten 10-hour days with a large class that produced 13 quill artists in our community. Quillers learned the art of wrapping, dyeing and making molds for their art. Quillers learned the beginning steps of how to make earrings and medallions. They finessed their skills one follow-up workshop

with Dana in Feb., and they'll meet again in March. An open house is scheduled for Monday, March 20 for the community to come and view the art that the students will have created over the past three months.



## Family movie night brings families together

While older siblings attended the Lock In at Western Michigan University, the Dëbénwéthêk Parent Group hosted a Family Movie Night at the Community Center. Pokagon families brought pillows and blankets to enjoy *The Secret Life of Pets* in their pajamas. There was popcorn and board games, as well. Twenty-nine parents and children attended. To view upcoming events, check the Early Childhood Education webpage.



## Moss bag creations enforce cradleboard teachings



Ten citizens who crafted their own cradleboards last September gathered again to make moss bags. Dorene Day, a midwife from Minnesota who primarily works with Native women, instructed the class. She works with many Nishnabe communities to explain cradleboards and their significance. Five of the citizens have completed their moss bags.

## 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 *Pokegnek 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

## Chi Ishobak, Inc. provides financing for citizen commercial truck driver

Chi Ishobak is pleased to announce a financing partnership with tribal entrepreneur, Richard Sturgeon. Richard has been in the trucking industry for over six years. Recently, owning his own semi-tractor and trailer and being in business for himself became his goal. "I wanted to be in control of my own schedule to make the most efficient and effective use of my time," Richard said about owning his own business. "Having my own truck and trailer will give me that opportunity."

Financing for any start-up businesses is challenging to secure. Richard was researching tribal programs for entrepreneurs when he came across Chi Ishobak's website. Richard contacted Chi Ishobak and began the commercial application process. After developing a customized plan of action for Richard's business, Chi Ishobak was able to customize a loan package for this new business endeavor.

"Richard has worked extremely hard to put himself into a position to own his own business," Eric Stovern, financial services manager for Chi Ishobak said. "We (Chi Ishobak) are excited to provide Richard the opportunity to control his professional future." Richard has a personal goal of building his credit in order to purchase a home for his family. Chi Ishobak will be able to assist with this goal as well by reporting loan activity to all three credit bureaus.

"I was surprised by Chi Ishobak's willingness to work with me and my business, because all other traditional lenders wouldn't give me the time of day," Richard said. "Working with Chi Ishobak has been a great experience."

Richard is on the growing list of minority-owned businesses that Chi Ishobak has had the privilege to provide financing for. Chi Ishobak's Commercial Loan Program is designed to assist small-business start-up or expansion.



Chi Ishobak is a Certified Native Community Development Financial Institution (CDFI) and Michigan 501(c) (3) non-profit organization. It is the mission of Chi Ishobak to provide access to affordable capital for tribal citizens for the purposes of business loans and individual financial development through collaborative and education-oriented lending services while practicing responsible lending to ensure loan capital for future generations of tribal citizens. Chi Ishobak currently provides commercial and consumer loan products for enrolled citizens of the Pokagon Band of Potawatomi Indians and Little River Band of Ottawa Indians.

"Chi Ishobak would love to create this type of relationship with other Michigan tribes," added Winters. "We are all family and the greater number of tribal citizens we can help will accelerate the benefit across Indian Country."

Additional information can be found through Chi Ishobak's website at [www.chiishobak.org](http://www.chiishobak.org) or by contacting Chi Ishobak offices at (269) 783-4157.

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POKAGON HEALTH SERVICES

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# Diabetes Program

Education

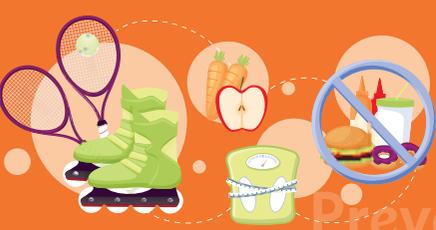
Join PHS for a five week educational Diabetes Program open to tribal citizens and employees to improve their diabetes. Each class is 1.5–2 hours (time will include education, food journaling, exercise and healthy snack). A team of health professionals including a dietitian, physician assistant, pharmacist 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



Pokagon Band of Potawatomi + One Story

## Gwikwé 'amen

A Sense of Place

SATURDAY MARCH 18 11:00 AM  
Pokagon Band Community Center 27043 Potawatomi Trail

One Story is teaming up with the Pokagon Band Early Childhood Education Program and Department of Natural Resources to connect you with your natural environment through these activities:

- 🕒 A Sense of Place art exhibit + craft station
- 🕒 Hands-on pelts, prints + scat
- 🕒 "Planting Wishes" paper-making
- 🕒 Indigenous foods of Dowagiac
- 🕒 Sense of Place latitude/longitude bracelets
- 🕒 Weather & the local environment

Event ends at 2:00 pm. Open to the public and all ages are welcome.

For a description of the full meaning behind Gwikwé'amen, please see [www.pokagonband-nsn.gov/government/departments/early-childhood-education](http://www.pokagonband-nsn.gov/government/departments/early-childhood-education).

[onestoryread.com](http://onestoryread.com)

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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## High school opportunities around the Great Lakes

GLITC Native American Research Center for Health (NARCH) Program is involved with several events coming up in 2017. Please mark your calendars now and feel free to share the info with any of your friends, coworkers and/or students who may be interested as well. More detailed information can be found on [www.glitc.org](http://www.glitc.org). Go to Programs > Education > Native American Research Center for Health > Student Options. You can also contact Natalia at [ngraf@glitc.org](mailto:ngraf@glitc.org) or (715) 588-1018. Look for us at “Great Lakes NARCH” on Facebook.

### Indigenous Health and Wellness Days

**April 20–21, 2017**

**Held in Madison, WI**

Geared to students in 6th–12th grade from Wisconsin, Michigan, and Minnesota Purpose: The event serves to both welcome and attract American Indian students into health sciences professions. American Indian students are invited to the UW-Madison and Madison College campuses to learn about science and health professions through hands-on activities, tours, and cultural activities. They will be introduced to American Indian professionals in the health sciences and can interact with UW-Madison American Indian students who have successfully navigated pre-college and college programs. Cost: FREE

### American Indian Science Scholars Week

**July 23–August 2, 2017**

**Held in Milwaukee, WI**

Geared to high school students (freshman year completed), have a GPA of 2.5 or higher, and live in Wisconsin, Michigan, or Minnesota

Purpose: This is a 10-day on campus experience giving American Indian students an introduction to college life, which involves interactive scientific and cultural experiences. A wide array of science topics is explored; some past ones have included forensics/DNA evidence, field station work, management of water resources, microbiology, and hematology. Exploration takes place through tours, hand-on activities, and interactive visits at various Milwaukee area colleges and universities. Cost: FREE

### College Summer Internship

**Summer 2017**

Geared to Native American college students from Wisconsin, Michigan, and Minnesota entering their sophomore, junior, or senior year. The internship is a time of academic mentoring and summer research experiences during the undergraduate years. Students approved for this program will work with identified research mentors in PAID research internships at selected universities and colleges. Students will have the opportunity to work closely with mentors on research projects that are directly addressing health issues in American Indian communities.

Students must complete an application process. More details on the website [www.glitc.org](http://www.glitc.org)

## Skirts class result in five completed ribbon skirts

Madalene BigBear led this class of 15 in creating ribbon skirts. Five women have completed their skirts thus far.



## Kid Friendly Smoothie Recipes

Smoothies are a terrific way to sneak a few vegetables into your child’s diet! ANY fruit smoothie recipe can be made “green” (into a fruit and vegetable smoothie.) Try adding a little spinach or other green, leafy vegetable to your favorite fruit smoothie recipe.

### Tropical Sensation

- 1 cup ripe pineapple
- 1 cup papaya
- 1 mango
- 1 cup coconut milk
- 3 ice cubes

### Raspberry Blitz

- 1–½ cup frozen raspberries
- ½ cup yogurt
- 1 cup milk
- 3 ice cubes

### Peach Smoothie

- 1 cup sliced fresh or thawed peaches
- ½ cup V8 Splash® Smoothies
- 1 small banana, sliced
- 1 cup plain yogurt
- 1 cup skim milk
- 1 tbsp. honey

### Kiwi-Banana Smoothie

- 1 kiwi fruit, peeled and sliced
- ½ ripe banana, peeled
- ¼ cup plain low-fat yogurt
- 1 ½ ice cubes
- 1 large strawberry

### After Workout Replenisher

- 1½ cup V8 Splash® Smoothies
- Strawberry Banana
- 1 small banana, sliced
- 1½ cup frozen peach slices
- ¼ cup plain low-fat yogurt

### Blueberry Yogurt Smoothie

- 1 cup low-fat vanilla yogurt
- ½ cup frozen blueberries
- 1 banana
- ¼ cup water

Adding plain instant oatmeal or flax meal (ground flaxseed) will add protein and fiber to their meal.

### Green Slime Smoothie

- 1 banana, cut in chunks
- ½ apple, cored and chopped or sliced
- 1 cup green grapes
- 1 cup low-fat vanilla yogurt
- 1–2 cups fresh spinach leaves

### Sneaky Little Cauliflower

- 1 cup frozen cauliflower
- 3–4 frozen strawberries
- 1 small container of strawberry banana yogurt
- 1 cup milk
- 1 tspn honey

### Peanut Butter Banana Smoothie

- 2T peanut butter
- 1 cup skim milk
- 1 banana
- 1 tspn honey
- Mango Madness
- 2 mangos
- ½ cup Greek yogurt
- 1 cup milk
- 3 ice cubes



## What's that invasive species? Feral Cats (*Felis catus*)



Feral cats (*Felis catus*) are becoming more common in the outside environment and can have very detrimental effects on native wildlife. Currently, there are 60 to 100 million feral cats in the United States. Feral cats can be any breed, color, or size. Feral cats and, in general, any cats allowed outdoors, are responsible for injuring and causing the death of an estimated 2.4 billion birds per year. Cats have contributed to the extinction of 33 species of birds. Birds are not the only target for feral cats, mammals, amphibians, reptiles and insects are also prey for these outside cats. Even if cats are fed, they still continue to hunt and prey upon other wildlife.

Feral cats can cause homeowners issues by spraying and using flowerbeds as litterboxes. Feral cats are also known to carry diseases that can be passed on to humans and domestic animals, most notably rabies, feline distemper, feline leukemia, and toxoplasmosis. Outside cats are also at higher risk of being injured or hit while roaming. Outdoor cats will congregate around food sources that are placed outside. Most feral cats are not fixed and can breed year-round, producing up to 24 new kittens per year. Even if feral cats in an area are fixed, other non-fixed cats will always move into an area if there is food available. This is why it is not a good idea to place any food source outside.

Please help keep native wildlife safe, do not let your house cat outside or feed any cats outdoors. If you think you see a feral cat on tribal properties please contact the Pokagon Band Department of Natural Resources (269) 782-9602.

## What's that edible plant? Oyster Mushroom (*Pleurotus ostreatus*)

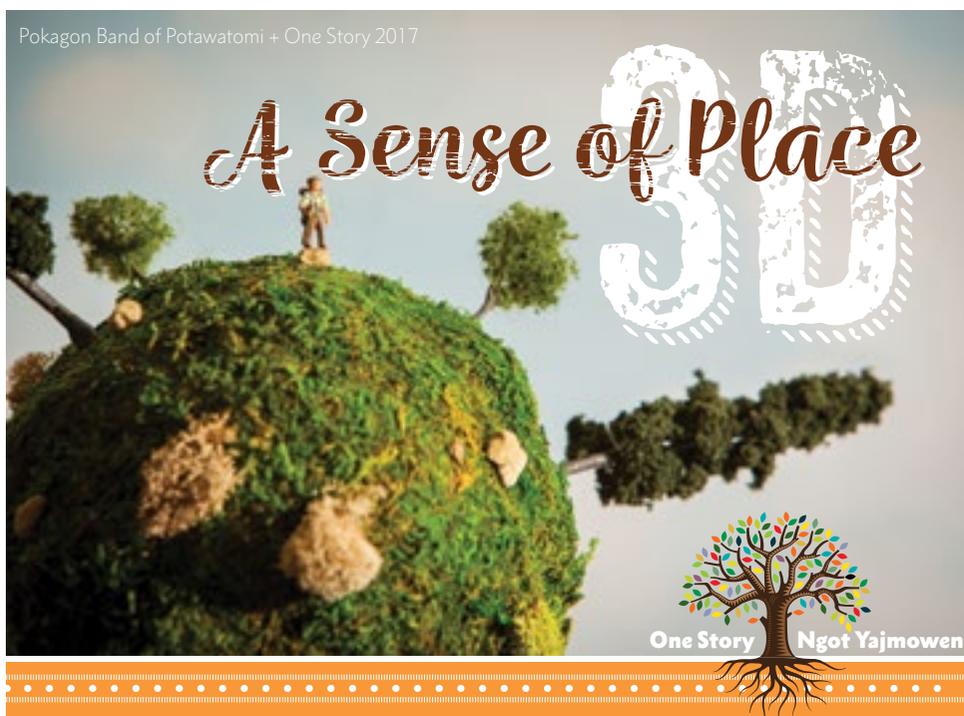


As the season begins to change to spring and the weather begins to warm, keep an eye out for periods of rain to start the growth of the oyster mushroom (*Pleurotus ostreatus*). Oyster mushrooms prefer cooler weather and can be found after rains in the spring and fall. These mushrooms grow in clusters and have an almost absent stem.

The oyster mushroom is also a fungus that can be readily cultivated in a home setting on straw bales, coffee grounds, or wood mulch. The mushroom's wild growth type is to grow on the side of trees or to emerge from stumps or fallen trees. Oyster mushrooms are referred to as a shelf mushroom because they look like small shelves when they grow on the side of trees. The cap color can range from white to gray or tan to dark brown. The gills on the underside run down the stem in a parallel, branching fashion.

This mushroom is typically cooked in soups, stir fry recipes, or sautéed in butter. Always be sure that you can identify your mushroom with 100% accuracy to make sure you are picking and planning to eat the right mushroom. If in doubt, do not eat it or consult with an expert. As with any new edible, you should always try a small amount to make sure you are not allergic before consuming larger quantities.

Pokagon Band of Potawatomi + One Story 2017



In celebration of **A Sense of Place**, One Story 2017 invites you to create a 3D piece of art using materials grown or found in the area you call home. Please include your name, the title of your work, and the local materials used.

The art will be displayed at the **One Story Gwikwé 'amen** on Saturday, March 18 at the Pokagon Band Community Center from 11:00 am–2:00 pm. (This event is open to the public. All ages are welcome to come see the art, experience the activities and crafts, and enjoy a complimentary lunch.)

If you are interested in sharing your art with One Story, please contact Kristie Bussler at [Kristie.Bussler@PokagonBand-nsn.gov](mailto:Kristie.Bussler@PokagonBand-nsn.gov) or call (269) 462-4222. Artwork will be returned to the artists, if requested.

[onestoryread.com](http://onestoryread.com)

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

## Elders Technology Training

**February 16**

**Safe Internet Browsing Practices.** This session will go over how to safely use the internet with a better chance of avoiding viruses, spyware, and malware. [Community Center]

**March 16**

**TBD [Community Center]**

**All sessions at 3:00 – 4:30 pm**



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



## Summer internships available at Four Winds Casino

Four Winds Tribal Development Program is pleased to offer a paid internship program for Pokagon citizens and spouses who are currently enrolled in college or are college bound. The eight week program is for students with future goals of permanent employment at Four Winds Casino or as a means to build valuable work experience.



Our internship program will provide on-the-job training and practical experience in the casino industry, preparing you for employment positions in the casino or other business fields. As a participant, you will also gain knowledge of tribal gaming while developing career specific skills and participating in professional development activities. Tribal gaming is an industry that is growing nationally, and the professional skills you will learn at Four Winds Casino will help you for a lifetime in any career path you may seek.

This is a paid internship; you will earn an hourly wage, clothing stipend, housing stipend, and mileage. With an official request, your participation in the program may qualify for college credit. Employment is subject to the completion of a satisfactory background check, pre-employment drug screen, and licensure by the Pokagon Gaming Commission.

If you or someone you know is eligible to participate in the internship program and would like more information, please have them contact the Four Winds Casino Tribal Development Program, Lynne Foerster at (269) 926-5306 or lfoerster@fourwindscasino.com.

## Pancake Breakfast brings returning and new volunteers

Fifty-one citizens came to the Annual Pancake Breakfast for fellowship, Pokagon syrup, and information about the upcoming sugar bush season. See details on our website about sugar bush workshops and volunteer opportunities.



## Kick the Habit: Smoking cessation with Circuit Healing

*Continued from page 1*

like smudging, aromatherapy, drumming and/ or music, or deep breathing. Touch therapy is used as treatment for the pain of withdrawal, focusing on specific therapeutic points. Touch therapy has been found to increase immune response. Cravings to smoke can be so strong that to not give in requires so much energy and strength that giving in seems easier. Touch therapy has been shown to reduce cravings and substitutes a positive way to feel better and take care of oneself. It is a way to move lifestyle away from self-destruction and toward self-care.

If you are ready to kick the habit, please call PHS at (269) 462-4459 for more information.

Pokagon Band of Potawatomi  
Project LAUNCH + Department of Education Early Childhood Education + Pokagon Health Services

# Baby Celebration



Saturday, May 6 10:30 AM  
Pokagon Band Community Center

Join Project LAUNCH, Early Childhood Education and Pokagon Health Services to honor the newest members of our tribe at our annual Baby Celebration. Families that have had new babies born January 2016-April 2017 are asked to RSVP by May 1. Babies will receive recognition and various gifts followed by a community feast in their honor. Event ends at 1:30 pm. RSVP at pokagonband-nsn.gov or contact Autumn Laraway at (269) 462-4327.



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

GYANKOJEGÉMEN  
STAY CONNECTED  
f t i  
POKAGON.COM

## Notice of Open Positions | Pokagon Band Salary Commission

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest and résumés from Pokagon Band citizens to fill two vacancies on the Pokagon Band Salary Commission (“Commission”). The Commission is an independent board required by the Pokagon Band Constitution and created by the adoption of the Salary Commission Code (“Code”). The Commission is a five- person Commission and responsible for preparing recommendations to the Tribal Council regarding the compensation levels to be paid to the Tribal Council, Pokagon Band Judges, and such other elected or appointed positions as may be designated by the Tribal Council.

**TIME COMMITMENT.** The time commitment required to prepare for and attend Commission meetings and perform the business of the Commission will vary as the Commission meeting dates and times vary depending upon the needs of the Commission, which meets more often as the Commission prepares and presents their recommendations to the Tribal Council; however, the Commission meetings are typically held at the Pokagon Band’s Community Center in Dowagiac, Michigan. Apart from time spent at Commission meetings, Commission members may spend additional hours per month engaged in other Commission activities. The Code is available on the Pokagon Band’s website at [www.pokagonband-nsn.gov/government/codes-and-ordinances](http://www.pokagonband-nsn.gov/government/codes-and-ordinances).

**COMPENSATION.** Commissioners are compensated in the amount of \$150 for attending each Commission meeting. In addition, Commission members are entitled to reimbursement for mileage when using personal vehicles to attend meetings and for other Commission business in accordance with the Pokagon Band’s Travel Policy.

**ELIGIBILITY.** To serve as a Salary Commissioner, a Pokagon Band citizen must:

- (a) Be at least twenty-five (25) years of age;
- (b) Not be incarcerated for any criminal conviction;
- (c) Not have been convicted within the last ten (10) years of a crime subject to imprisonment for a term of one (1) year or longer, excepting those crimes determined by the Election Board to relate to the furtherance of the Band’s tribal sovereignty rights; and
- (d) Not be a member of the Tribal Council, the Tribal Judiciary, the Election Board, an Officer of the Elders Council, or any Personnel Committee the Tribal Council may establish, or an employee of the Band.

**APPOINTMENT PROCESS.** Any Pokagon Band citizen interested in being appointed to the Commission must complete an “Authorization to Conduct Criminal Background Check” Form and pass a limited background check performed by the Pokagon Band Police Department to ensure that the citizen meets the qualifications to serve on Commission. A copy of the Form can be obtained by contacting Jessica Swisher, Administrative Assistant to the Tribal Council by telephone at (888) 376-9988 or email at [Jessica.Swisher@PokagonBand-nsn.gov](mailto:Jessica.Swisher@PokagonBand-nsn.gov).

All persons who wish to be considered for appointment to the Commission must be present at the meeting at which the Tribal Council will review the letters of interest and resumes; provided, that the Tribal Council may, for good cause, waive this requirement. Any person who believes that good cause exists to not attend such meeting should contact Jessica Swisher, the Administrative Assistant to the Tribal Council, who will share this information with the Tribal Council. Please note that the Tribal Council has not yet established the meeting date at which it will consider appointments to the Commission.

**TERM.** Salary Commissioners are initially elected by the citizens to three year terms of office. No citizens sought either of the two Commission seats that were to be filled by the July 2016 General Election. Therefore, there will be two Commission seats vacant as of the Regular (Saturday) Tribal Council Meeting in August 2016. The two vacant seats will be filled by Tribal Council appointment and will have approximately three years remaining on their term.

**ETHICS REQUIREMENT.** As Public Officials, Salary Commissioners are subject to the Pokagon Band Code of Ethics, which includes certain limitations in § 8.15 on appointments and employment applicable to Public Officials. A copy of the Code of Ethics may be obtained by contacting Jessica Swisher, Administrative Assistant to the Tribal Council at (888) 376-9988 or by visiting the Pokagon Band’s website at [www.pokagonband-nsn.gov/government/codes-and-ordinances](http://www.pokagonband-nsn.gov/government/codes-and-ordinances).

**HOW TO APPLY.** Citizens who meet the qualifications, and are willing to be considered for appointment to the Commission, must submit to the Pokagon Band, all of the following: (a) a letter of interest, (b) a current résumé, and (c) a completed “Authorization to Conduct Criminal Background Check” Form, by one of the following three methods:

Mail: Pokagon Band of Potawatomi Indians  
Attn: Kelly Curran, Executive Secretary to the Tribal Council  
P.O. Box 180  
Dowagiac, Michigan 49047

Fax: (269) 782-9625

Email: [Kelly.Curran@pokagonband-nsn.gov](mailto:Kelly.Curran@pokagonband-nsn.gov)

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

**DEADLINE.** This posting shall be open until all positions are filled.

**QUESTIONS.** All questions concerning the Commission, the Salary Commission Code, or this Notice may be directed to the Chairperson of the Commission, Jim Tabaszewski, at [jtab55@hotmail.com](mailto:jtab55@hotmail.com).

## Michigan Indian Elders Association Student Incentive Program and Scholarship Program



The Michigan Indian Elders Association (M.I.E.A) every year offers two awards to our Pokagon students. In 2017, the Elders Council will match each student’s awards they receive from the Michigan Indian Elders Association.

The Incentive Program is grades 1–12, for perfect attendance award and grades 4–12 for straight A’s award (A, A–, A+). A parent must complete the application for the student, which will have the qualifications in more detail. An update application for 2017 will be at the Department of Education (located in the Administration building at 58620 Sink Rd, Dowagiac, MI) or you can get the application on the Michigan Indian Elders Association web site. It must be received or postmarked no later than March 15, 2017.

Applications received/postmarked after March 15 will not be accepted. Award winners will be announced in April at the M.I.E.A Conference.

In the Scholarship Program, you must complete the application and all the questions/requests that apply to you and supply all requested supporting documentation. The application must be received or postmarked no later than June 15. Applications are available at the Pokagon Education Department 58620 Sink Rd, Dowagiac or on the Michigan Indian Elder Association web site. Award winners will be announced at July’s M.I.E.A Conference. We encourage our Pokagon college students to apply.

 [michiganindianelders.org/students.php](http://michiganindianelders.org/students.php)

## Notice of Open Positions | Kee-Boon-Mein-Kaa Pow Wow Committee

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest and résumés from Pokagon Band Citizens for (1) One Officer positions and (1) Alternate Positions that are open on the Pokagon Band Kee-Boon-Mein-Kaa Pow Wow Committee (the "Committee"). The Committee is responsible for planning and conducting the Kee-Boon-Mein-Kaa Pow Wow held each year at the Rodgers Lake campus (Dowagiac, Michigan) on the Saturday and Sunday directly before Labor Day.

**TIME COMMITMENT.** The time commitment required to prepare for and attend Committee meetings and perform the business of the Committee will vary. The Committee meets approximately once each month. The closer it gets to the Pow Wow dates, however, the Committee typically meets more than once a month. Further, this is a working Committee, so members are expected to be available for assigned duties Friday night through Sunday evening of the Pow Wow. Committee Members are expected to attend all Committee meetings, which are typically held at the Band's Administrative Center located at 58620 Sink Road, Dowagiac, Michigan.

**COMPENSATION.** Committee Members are independent contractors and compensated for service to the Committee at rates established by the Tribal Council. Currently, Committee Members are compensated in the amount of \$75 per Committee meeting. In addition, Committee members are entitled to reimbursement for mileage when using their personal vehicle to attend meetings and for other Committee business in accordance with the Band's Travel Policy.

**ELIGIBILITY.** All persons who wish to serve as a Member of the Kee-Boon-Mein-Kaa Pow Wow Committee must: (a) be a Pokagon Band Citizen; (b) actively participate in planning discussions; (c) be physically present and able to help out with assignments Pow Wow weekend; (d) be able to endure Pow Wow conditions (long days, rain, heat, humidity, etc.); (e) be able to maintain a sense of humor and propriety when the day gets long; and (f) enjoy working with the public.

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

**HOW TO APPLY.** Please submit letters of interest along with a current résumé to:

Mail: Kelly Curran, Tribal Council Executive Secretary  
P.O. Box 180  
Dowagiac, Michigan 49047

Fax: (269) 782-9625  
Attn: Kelly Curran, Executive Secretary to the Tribal Council

Email: [kelly.curran@pokagonband-nsn.gov](mailto:kelly.curran@pokagonband-nsn.gov)

**APPOINTMENT PROCESS.** Committee Members are appointed by the Tribal Council. All persons who wish to be considered for appointment to the Committee must be present at the meeting at which the Tribal Council will review the letters of interest and résumés; provided, however, that the Tribal Council may for good cause waive this requirement. Any person who believes that good cause exists to not attend such meeting should contact the Executive Secretary to the Tribal Council, who will share the information with the Tribal Council. Please note that the Tribal Council has not yet established the meeting date at which it will consider appointments to the Committee.

**TERM.** There is no limit to the number of terms a member can serve on the Committee.

**DEADLINE.** This posting shall remain open until filled.

**QUESTIONS.** All questions concerning the Committee or this notice maybe directed to Marcus Winchester at [Marcus.Winchester@pokagonband-nsn.gov](mailto:Marcus.Winchester@pokagonband-nsn.gov).

## Notice of Open Positions | Oshke-Kno-Kewéwen Pow Wow Committee

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest and résumés from Pokagon Band Citizens for two (2) Alternate position on the Pokagon Band Oshke-Kno-Kewéwen Pow Wow Committee (the "Committee"). The Committee is responsible for planning and conducting the Oshke-Kno-Kewéwen Pow Wow held each year at the Rodgers Lake campus (Dowagiac, Michigan) on the Saturday and Sunday directly before Memorial Day.

**TIME COMMITMENT.** The time commitment required to prepare for and attend Committee meetings and perform the business of the Committee will vary. The Committee meets approximately once each month. The closer it gets to the Pow Wow dates, however, the Committee typically meets more than once a month. Further, this is a working Committee, so members are expected to be available for assigned duties Thursday through Sunday evening of the Pow Wow. Saturday and Sunday are 12-hour day commitment. Committee Members are expected to attend all Committee meetings, which are typically held at the Band's Administrative Center located at 58620 Sink Road, Dowagiac, Michigan on the third Tuesday of the month.

**COMPENSATION.** Committee Members are independent contractors and compensated for service to the Committee at rates established by the Tribal Council. Currently, Committee Members are compensated in the amount of \$75 per Committee meeting. In addition, Committee members are entitled to reimbursement for mileage when using their personal vehicle to attend meetings and for other Committee business in accordance with the Band's Travel Policy.

**ELIGIBILITY.** All persons who wish to serve as a Member of the Oshke-Kno-Kewéwen Pow Wow Committee must: (a) be a Pokagon Band Citizen; (b) actively participate in planning discussions; (c) be physically present and able to help out with assignments Pow Wow weekend; (d) be able to endure Pow Wow conditions (long days, rain, heat, humidity, etc.); (e) be able to maintain a sense of humor and propriety when the day gets long; and (f) enjoy working with the public.

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

**HOW TO APPLY.** Please submit letters of interest along with a current résumé to:

Mail: Kelly Curran, Tribal Council Executive Secretary  
P.O. Box 180  
Dowagiac, Michigan 49047

Fax: (269) 782-9625  
Attn: Kelly Curran, Executive Secretary to the Tribal Council

Email: [kelly.curran@pokagonband-nsn.gov](mailto:kelly.curran@pokagonband-nsn.gov)

**APPOINTMENT PROCESS.** Committee Members are appointed by the Tribal Council. All persons who wish to be considered for appointment to the Committee must be present at the meeting at which the Tribal Council will review the letters of interest and résumés; provided, however, that the Tribal Council may for good cause waive this requirement. Any person who believes that good cause exists to not attend such meeting should contact the Executive Secretary to the Tribal Council, who will share the information with the Tribal Council. Please note that the Tribal Council has not yet established the meeting date at which it will consider appointments to the Committee.

**TERM.** There is no limit to the number of terms a member can serve on the Committee.

**DEADLINE.** This posting shall remain open until filled.

**QUESTIONS.** All questions concerning the Committee or this notice maybe directed to MarAll questions concerning the Committee or this notice maybe directed to Andy Jackson at [Andy.Jackson@pokagonband-nsn.gov](mailto:Andy.Jackson@pokagonband-nsn.gov)

# Nmėbnė gises

Ne'me gizhek SUNDAY	Ngot gizhek MONDAY	Nizh gizhek TUESDAY	Apta gizhek WEDNESDAY
			Circuit Training Elders Health and Wellness Circuit Training L&C Men and Boys D
L&C Regalia 101 Mens Sweat Lodge	5 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	6 PALS (Play and Learn Social) Lean Lunch L&C After School Program Red Road to Recovery Group Tone Up! L&C Dowagiac Kids Language Class L&C Dowagiac Adult Language Class	7 Circuit Training Elders Health and Wellness Circuit Training
12	13 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	14 Lean Lunch Kė shobyė'amen o sen Workshop L&C After School Program Red Road to Recovery Group L&C Dowagiac Kids Language Class Tone Up! L&C Dowagiac Adult Language Class	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Dėbėnwėthėk Parent L&C Men and Boys D
L&C Regalia 101	19 Circuit Training L&C Quill Art Open House L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	20 Lean Lunch L&C After School Program Red Road to Recovery Group L&C Dowagiac Kids Language Class Tone Up! L&C Dowagiac Adult Language Class	21 Circuit Training Elders Health and Wellness Circuit Training
26	27 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba	28 Lean Lunch L&C After School Program Red Road to Recovery Group L&C Dowagiac Kids Language Class Tone Up! L&C Dowagiac Adult Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Men and Boys D

# March 2017

WEDNESDAY	Nyew gizhek THURSDAY	Nyano gizhek FRIDAY	Odanke gizhek SATURDAY
1 Illness Drumming Class	2 Lean Lunch PHS Diabetes Program L&C Potawatomi 201 L&C South Bend Language Class	3 Circuit Training Elders Health and Wellness Circuit Training Red Road to Recovery Group	4 Gwi zisbakwtokemen   Sugaring Workshop
8 Illness	9 Lean Lunch PHS Breastfeeding Class PHS Diabetes Program One Story   Shishibé: History of Gaming and Importance of Language L&C South Bend Language Class L&C Potawatomi 201	10 Circuit Training Elders Health and Wellness Circuit Training Red Road to Recovery Group	11 Tribal Council Meeting Gwi zisbakwtokemen   Sugaring Workshop
15 Illness Group Drumming Class	16 PALS (Play and Learn Social) Lean Lunch EDU Elders Technology Training Class L&C Potawatomi 201 L&C South Bend Language Class	17 Circuit Training Elders Health and Wellness Circuit Training Red Road to Recovery Group	18 Gwikwé'amen Sense of Place Gwi zisbakwtokemen   Sugaring Workshop
22 Illness	23 Lean Lunch L&C Potawatomi 201 L&C South Bend Language Class	24 Circuit Training Elders Health and Wellness Circuit Training Red Road to Recovery Group	25 Gwi zisbakwtokemen   Sugaring Workshop Annual Meeting
29 Illness Drumming Class	30 Lean Lunch L&C Potawatomi 201 L&C South Bend Language Class	31 Circuit Training Elders Health and Wellness Circuit Training Red Road to Recovery Group	april 1 Parent Group Kalamazoo Valley Museum Trip

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

## Notice of Open Positions | Pokagon Bode'wadmik Ogitchedaw Board

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest from the Pokagon Band Citizens to fill a vacancy on the Pokagon Band Pokagon Bode'Wadmik Ogitchedaw Board. One (1) Board Member position is vacant. The Pokagon Bode'Wadmik Ogitchedaw Board is responsible for Promoting and celebrating Ogitchedaw, Honor the past Ogitchedaw and preserve honor for the future Ogitchedaw, Consult with the Tribal Council regarding policies, programs, and concerns regarding the Ogitchedaw.

**TIME COMMITMENT.** The Pokagon Bode'wadmik Ogitchedaw Board meets the first Thursday of every month at 2:00 PM, at The Pokagon Community Center in Dowagiac MI. Including meeting preparation, other Pokagon Band Pokagon Bode'Wadmik Ogitchedaw Board business, and time spent at meetings, members will spend approximately 8-10 hours per month to fulfill their responsibilities. The responsibilities of the Pokagon Bode'wadmik Ogitchedaw include:

A. Represent the Organization, preside at all meetings of the Board, call meetings of the Board, in accordance with this Code and any Applicable Pokagon Band law, submit at each meeting such recommendations and information as he or she considers proper concerning the affairs and policies of the organization, and perform all other duties as may be directed by the Board.

**COMPENSATION.** The Pokagon Bode'wadmik Ogitchedaw Board Members are compensated as independent contractors in the amount of \$150.00 per month. In addition, The Pokagon Bode'wadmik Ogitchedaw Board members are entitled to reimbursement for mileage when using personal vehicles to attend meetings and for other Pokagon Bode'wadmik Ogitchedaw Board business. In accordance with the Pokagon Band's Travel Policy.

**ELIGIBILITY.** To serve on the Pokagon Bode'wadmik Ogitchedaw Board a Band member must be an organizational member Pokagon Band Pokagon Bode'Wadmik Ogitchedaw Board.

**APPOINTMENT PROCESS.** The Pokagon Bode'wadmik Ogitchedaw Board members are appointed to office by the Tribal Council. There currently is one midterm vacant seat on the Pokagon Bode'wadmik Ogitchedaw Board that will be filled by Tribal Council appointment for a 1 year term of office. All persons who wish to be considered for appointment

must be present at the meeting at which the Tribal Council will review the letters of interest and résumés, provided that the Tribal Council may for good cause waive this requirement. Any person who believes that good cause exists to not attend such meeting should contact the Tribal Council Executive Secretary who will share the information with the Tribal Council.

**TERM.** Salary Commissioners are initially elected by the citizens to three year terms of office. No citizens sought either of the two Commission seats that were to be filled by the July 2016 General Election. Therefore, there will be two Commission seats vacant as of the Regular (Saturday) Tribal Council Meeting in August 2016. The two vacant seats will be filled by Tribal Council appointment and will have approximately three years remaining on their term.

**ETHICS REQUIREMENT.** As a public Official Pokagon Bode'wadmik Ogitchedaw Board members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or by visiting the Band's website, [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov).

**HOW TO APPLY.** Citizens who meet the qualifications, and are willing to be considered for appointment to the Commission, must submit to the Pokagon Band, all of the following: (a) a letter of interest, (b) a current résumé, and (c) a completed "Authorization to Conduct Criminal Background Check" Form, by one of the following three methods:

Mail: Pokagon Band of Potawatomi Indians  
Attn: Kelly Curran, Executive Secretary to the Tribal Council  
P.O. Box 180  
Dowagiac, Michigan 49047

Fax: (269) 782-9625

Email: [Kelly.Curran@pokagonband-nsn.gov](mailto:Kelly.Curran@pokagonband-nsn.gov)

**DEADLINE.** This position shall be open until March 3, 2017.

**QUESTIONS.** Questions concerning the Pokagon Bode'wadmik Ogitchedaw Board or this notice may be directed to Anthony Foerster, Wkema, at (269) 783-6653 or [Anthony.Foerster@pokagonband-nsn.gov](mailto:Anthony.Foerster@pokagonband-nsn.gov).

## Notice of Open Alternate Positions | Food Sovereignty Committee

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest from Pokagon Band Citizens to fill vacancies on the newly created Food Sovereignty Committee. Five committee positions including Chair, Vice-Chair, Treasurer, Secretary, Member-At-Large, and two Alternate positions are currently vacant. The Food Sovereignty Committee is responsible for restoring traditional food teachings and increasing the availability of traditional food for Band citizens. The Food Sovereignty Committee is expected to meet once a month on dates, times and locations yet to be determined. Including meeting preparation, other committee business and time spent at meetings, members will spend approximately 6 hours per month to fulfill their responsibilities.

**COMPENSATION.** Food Sovereignty Committee members may be compensated as independent contractors at rates established by the Tribal Council. In addition, Food Sovereignty Committee members are entitled to reimbursement for mileage when using personal vehicles to attend meetings and for other Food Sovereignty Committee business.

**ELIGIBILITY.** To serve as a member of the Food Sovereignty Committee, a person must:

- Be a Pokagon Band citizen, spouse, or band employee
- Be at least 18 years of age
- Possess a passion for traditional ecological knowledge

**APPOINTMENT PROCESS.** Food Sovereignty Committee members are appointed to office by the Tribal Council. There are currently five seats on the Committee and two alternate positions that will be filled by Tribal Council.

**ETHICS REQUIREMENTS.** As a Public Official, Food Sovereignty Committee members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or by visiting the Band's website, [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov).

**HOW TO APPLY.** Pokagon Band citizens who wish to be considered for appointment to the Board, either as a Board Member or Alternate Member, must submit a letter of interest (identifying whether you are seeking a Board Member or Alternate Member position) along with a current résumé, by one of the following three methods:

Mail: Kelly Curran, Tribal Council Executive Secretary  
P.O. Box 180  
Dowagiac, Michigan

Fax: (269) 782-9625

Attn: Kelly Curran, Tribal Council Executive Secretary

Email: [Kelly.Curran@Pokagonband-nsn.gov](mailto:Kelly.Curran@Pokagonband-nsn.gov)

**DEADLINE.** This posting will remain open until filled.

**QUESTIONS.** Questions concerning the Food Sovereignty Committee or this Notice may be directed to Michaelina Martin at [micky.martin@pokagonband-nsn.gov](mailto:micky.martin@pokagonband-nsn.gov) or Mark Parrish at [mark.parrish@pokagonband-nsn.gov](mailto:mark.parrish@pokagonband-nsn.gov).

## Notice of Open Positions | Traditions/Repatriations Committee

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest and résumés from Pokagon Band Citizens for one (1) Officer Position and one (1) Alternate Position on the Pokagon Band Traditions/Repatriation Committee (the "Committee"). The Committee has the responsibility of advising the Band on cultural issues, and for reviewing and acting on repatriation issues on behalf of the Tribe. The Committee works closely with the Department of Language and Culture, and serves as the advisory body to the Pokagon Band Historic Preservation Office (THPO).

**TIME COMMITMENT.** The Committee meets approximately once each month to address general cultural issues and once per month to address issues with the THPO. The time commitment required to prepare for and attend Committee meetings and perform the business of the Committee will vary. The Committee may also meet at additional times as needed to fulfill Committee duties. Committee Members are expected to attend all Committee meetings, which are typically held at the Band's Administration Building located at 58620 Sink Road, Dowagiac, Michigan.

**COMPENSATION.** Alternate members may be compensated as independent contractors for service to the Committee at rates established by the Tribal Council, only if seated at a Committee meeting in the absence of a Committee member. Currently, Committee members are compensated in the amount of \$75 per Committee meeting. In addition, Alternate members are entitled to reimbursement for mileage when using their personal vehicle to attend meetings and for other Committee business in accordance with the Band's Travel Policy.

**ELIGIBILITY.** All persons who wish to serve as an Alternate member of the Traditions/Repatriation Committee must be a Band citizen and have an interest in and respect for the traditions, culture, history, and language of the Pokagon Band and the Potawatomi Nation. Familiarity with the cultural teachings and practices of the Potawatomi is appreciated. Prospective members must be flexible in meeting times and locations, and be able to handle several projects at once.

**APPOINTMENT PROCESS.** Committee Members are appointed by the Tribal Council. All persons who wish to be considered for appointment to the Committee must be present at the meeting at which the Tribal Council will review the letters of interest and résumés; provided, however, that the Tribal Council may for good cause waive this requirement. Any person who believes that good cause exists to not attend such meeting should contact the Executive Secretary to the Tribal Council, who will share the information with the Tribal Council. Please note that the Tribal Council has not yet established the meeting date at which it will consider appointments to the Committee.

**TERM.** There is no limit to the number of terms a member can serve on the Committee.

**ETHICS REQUIREMENTS.** As a Public Official, members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or by visiting the Band's website, [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov).

**HOW TO APPLY.** Please submit letters of interest along with a current résumé to:

Mail: Kelly Curran, Executive Secretary to Tribal Council  
P.O. Box 180  
Dowagiac, Michigan

Fax: (269) 782-9625

Attn: Kelly Curran, Executive Secretary to Tribal Council

Email: [Kelly.Curran@Pokagonband-nsn.gov](mailto:Kelly.Curran@Pokagonband-nsn.gov)

**DEADLINE.** This posting shall remain open until filled.

**QUESTIONS.** All questions concerning the Committee or this notice maybe directed to Kevin Daugherty at [kevin.daugherty@pokagonband-nsn.gov](mailto:kevin.daugherty@pokagonband-nsn.gov).

## Notice of Open Alternate Position | Pokagon Promise

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letter of interest from Pokagon Band Citizens to fill two (2) Committee seats and one (1) Alternate seat on the Pokagon Promise Committee. The Pokagon Promise Committee is responsible for assuring that Traditional Native American philosophy be a part of all Departments of the Pokagon Band. A main goal is to assure a level playing field between community institutions and the Band. The Pokagon Promise Committee meets the third Monday of the month at 5:30 p.m. at the Administration Building. Including meeting preparation, other Pokagon Promise Committee business, and time spent at meetings, members will spend approximately 2 hours per month to fulfill their responsibilities. The responsibilities of the positions being filled include:

- (a) Three positions are open on this committee. Members must have sufficient background to be able to contribute to development of programs and services within the tribe. As important is the melding of Native services with those in the broader community.
- (b) The position is an Alternate position to fill in when a quorum cannot be established.

**COMPENSATION.** Pokagon Promise Committee members are compensated as independent contractors in the amount of \$75.00 per meeting unless the individual holds Chairperson position (\$112.50 or Secretary position \$93.75). In addition, Pokagon Promise Committee members are entitled to reimbursement for mileage when using personal vehicles to attend meetings and for other Pokagon Promise Committee business.

**ELIGIBILITY.** To serve as a member of the Pokagon Promise Committee, a Band member must be a tribal citizen in good standing.

**APPOINTMENT PROCESS.** Pokagon Promise Committee members are appointed to office by the Tribal Council. There are currently three seats on the Pokagon Promise Committee.

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

**HOW TO APPLY.** Please submit letters of interest along with a current resume to:

Mail: Kelly Curran, Tribal Council Executive Secretary  
P.O. Box 180  
Dowagiac, Michigan

Questions concerning the Pokagon Promise Committee or this Notice may be directed to Kelly Curran at (888) 376-9988 or by e-mail at [Kelly.Curran@pokagonband-nsn.gov](mailto:Kelly.Curran@pokagonband-nsn.gov).

**DEADLINE.** This posting will remain open until filled.

**ETHICS REQUIREMENTS.** Pokagon Promise Committee members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or by visiting the Band's website.

## Notice of Open Alternate Positions | Food Sovereignty Committee

**POSITION DESCRIPTION.** The Pokagon Band Tribal Council is seeking letters of interest from Pokagon Band Citizens to fill vacancies on the newly created Food Sovereignty Committee. Five committee positions including Chair, Vice-Chair, Treasurer, Secretary, Member-At-Large, and two Alternate positions are currently vacant. The Food Sovereignty Committee is responsible for restoring traditional food teachings and increasing the availability of traditional food for Band citizens. The Food Sovereignty Committee is expected to meet once a month on dates, times and locations yet to be determined. Including meeting preparation, other committee business and time spent at meetings, members will spend approximately 6 hours per month to fulfill their responsibilities.

**COMPENSATION.** Food Sovereignty Committee members may be compensated as independent contractors at rates established by the Tribal Council. In addition, Food Sovereignty Committee members are entitled to reimbursement for mileage when using personal vehicles to attend meetings and for other Food Sovereignty Committee business.

**ELIGIBILITY.** To serve as a member of the Food Sovereignty Committee, a person must:

- Be a Pokagon Band citizen, spouse, or band employee
- Be at least 18 years of age
- Possess a passion for traditional ecological knowledge

**APPOINTMENT PROCESS.** Food Sovereignty Committee members are appointed to office by the Tribal Council. There are currently five seats on the Committee and two alternate positions that will be filled by Tribal Council.

**ETHICS REQUIREMENTS.** As a Public Official, Food Sovereignty Committee members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or by visiting the Band's website, [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov).

**HOW TO APPLY.** Pokagon Band citizens who wish to be considered for appointment to the Board, either as a Board Member or Alternate Member, must submit a letter of interest (identifying whether you are seeking a Board Member or Alternate Member position) along with a current résumé, by one of the following three methods:

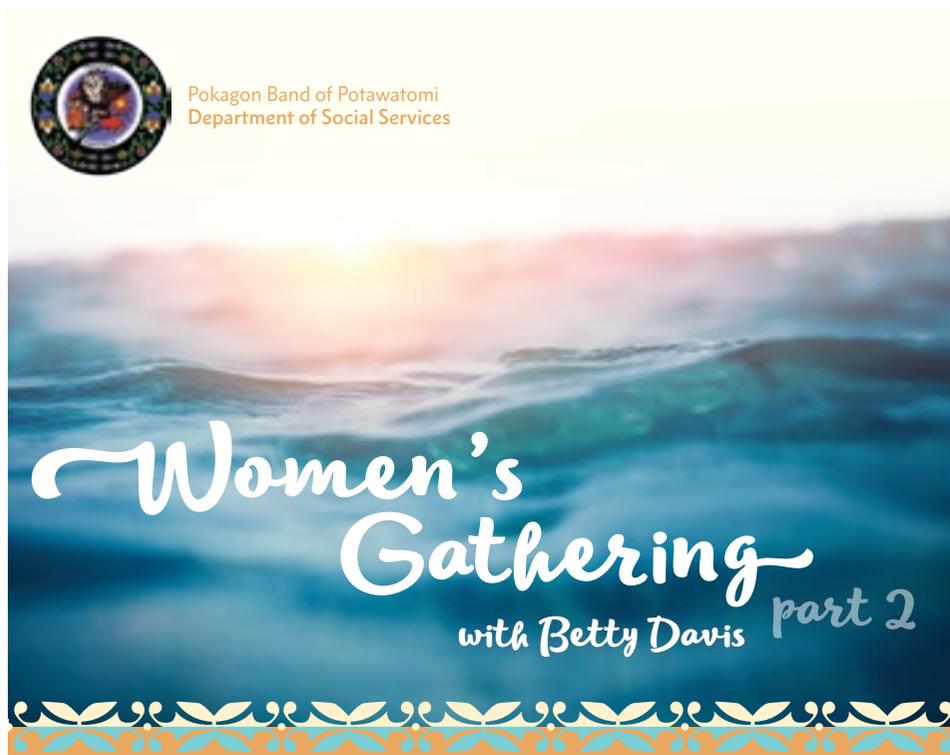
Mail: Kelly Curran, Tribal Council Executive Secretary  
P.O. Box 180  
Dowagiac, Michigan

Fax: (269) 782-9625  
Attn: Kelly Curran, Tribal Council Executive Secretary

Email: [Kelly.Curran@Pokagonband-nsn.gov](mailto:Kelly.Curran@Pokagonband-nsn.gov)

**DEADLINE.** This posting will remain open until filled.

**QUESTIONS.** Questions concerning the Food Sovereignty Committee or this Notice may be directed to Michaelina Martin at [micky.martin@pokagonband-nsn.gov](mailto:micky.martin@pokagonband-nsn.gov) or Mark Parrish at [mark.parrish@pokagonband-nsn.gov](mailto:mark.parrish@pokagonband-nsn.gov).



Pokagon Band of Potawatomi  
Department of Social Services

# Women's Gathering

with Betty Davis part 2

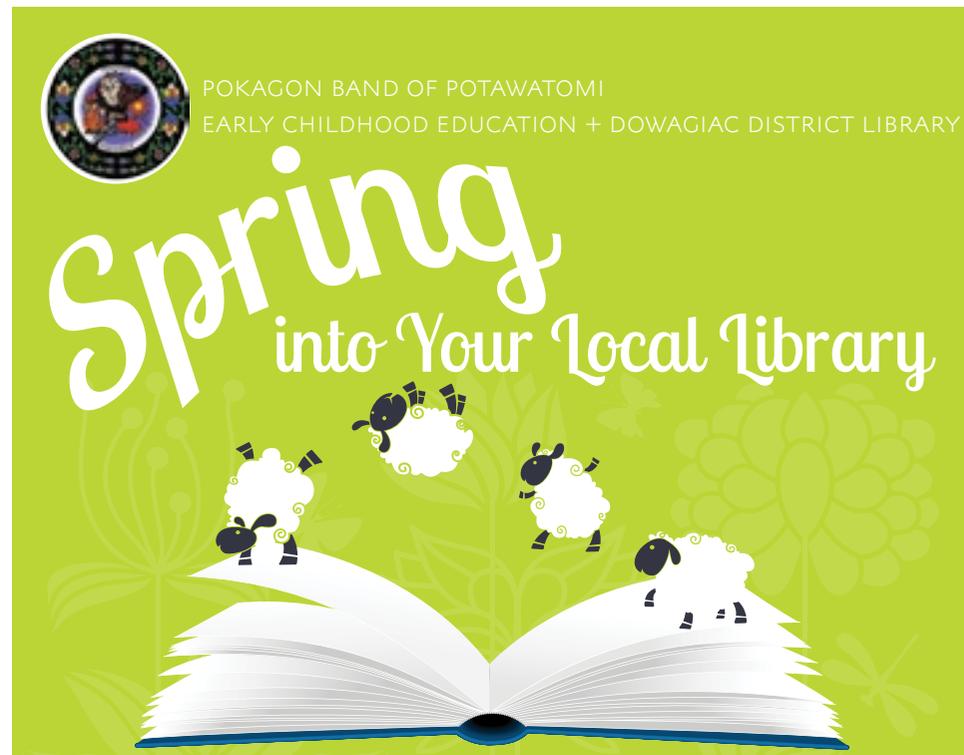
**Sunday, April 23**  
**9:00 a.m. – 4:00 p.m.**  
**Community Center**  
27043 Potawatomi Trail :: Dowagiac, MI 49047

The Department of Social Services is hosting a **Women's Gathering**, facilitated with Betty Davis. This event is the **second** in the **series of gatherings** throughout the year. This gathering is meant to empower women and encourage fellowship among women in the community. Tribal citizens, spouses, parents, and employees are welcome to attend, however this event is for women only. Breakfast and lunch will be provided.

If you are interested in attending, contact Casey Kasper at (269) 462-4324 or [casey.kasper@pokagonband-nsn.gov](mailto:casey.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.

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POKAGON BAND OF POTAWATOMI  
EARLY CHILDHOOD EDUCATION + DOWAGIAC DISTRICT LIBRARY

# Spring

## into Your Local Library

**SATURDAY MAY 13 10:00 AM**  
Dowagiac District Library 211 Commercial Street

**Traditional Lifeways Workshop** Jefferson Ballew, traditionalist from the Pokagon Band, will use items gathered from the earth to create a Sacred Fire. He will explain the tools and natural materials used to create the fire and the relationships we have to those items.

Deep Nature Connection with Justin Lake. Through stories and outdoor activities we will learn routines that awaken our senses and help us restore our connections with the natural world. We will be exploring what it means to feel a deep sense of place.

**Parents must be present with their children.** This is an outdoor event near a main street in downtown Dowagiac. Bring your own chair or blanket due to limited seating. In case of inclement weather, an alternate indoor venue will be available.

One Story Ngot Yajmowen

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



One Story is a grassroots, community-based program designed to build awareness of contemporary issues. One Story partners currently include the Pokagon Band of Potawatomi, Dowagiac Area History Museum, Dowagiac District Library, Dogwood Fine Arts Festival, Dowagiac Union Schools, and Southwestern Michigan College.

As we leave the woods, so beautifully described by Simon Pokagon, we find ourselves in the industrial era, seeking a new identity. People, places, and stories are interconnected. The 2017 One Story book selection celebrates this by giving readers a glimpse at the growth of a small railroad town in Southwest Michigan between the 1860s and the 1940s. The book is titled *Images of America: Dowagiac*. The authors, Steve Arseneau and Ann Thompson, uses photographs from the local history museum to tell the story. Complimentary copies of *Dowagiac* are available from all One Story partners.

In addition to *Dowagiac*, One Story will explore *A Sense of Place* through the eyes of Webb Miller using his book, *I Found No Peace*. Complimentary copies of Webb Miller's book will be available beginning January 2017.

[onestoryread.com](http://onestoryread.com)

**DOWAGIAC AREA HISTORY MUSEUM Photographs of Dowagiac**  
**Saturday, February 18 | 1:00 pm | Dowagiac Area History Museum**

The Dowagiac Area History Museum has a collection of over 6,000 photographs documenting local history. Steve Arseneau, director of the Dowagiac Area History Museum and co-author of the book *Images of America: Dowagiac*, will present a program highlighting Dowagiac's history from 1860 to World War II through photographs, including the oldest known photos of the city.

**SMC Shishibé: History of Gaming and Importance of Language**

**Thursday, March 9 | 2:30 pm | Southwestern Michigan College Theatre in the Dale A. Lyons Building**  
 Prior to European arrival, gaming was a social and communal event that helped in sharing the wealth of the nation. Jefferson Ballew, Potawatomi traditionalist, will share the history of Native American gaming. Rhonda Purcell, Potawatomi language specialist, will then host shishibé, a BINGO-type game using Potawatomi language. Come to SMC for an afternoon of learning and fun!

**POKAGON BAND Gwikwé'amen**

**Saturday, March 18 | 11:00 am | Pokagon Band Community Center**

One Story is teaming up with the Pokagon Band Early Childhood Education Program and Department of Natural Resources along with area schools to explore sense of place with local youth.

**DOWAGIAC AREA HISTORY MUSEUM World Wide Webb Miller**

**Wednesday, April 5 | 6:30 pm | Dowagiac Area History Museum**

Dowagiac resident and Webb Miller enthusiast Jim Bussler will present information about Miller's early days growing up in Dowagiac, his experiences as a reporter traveling the world, and his book, *I Found No Peace*. Make sure to take a look at the museum's Webb Miller exhibit before or after the presentation.

This program is part of the Spring Lecture Series. It is free to museum members and \$5 for non-members.

**SACRED HEART OF MARY CATHOLIC CHURCH I Found No Peace by Webb Miller Book Talk**

**Wednesday, April 19 | 6:30 pm | Sacred Heart of Mary Catholic Church**

An internationally famous foreign correspondent who grew up near Dowagiac, Webb Miller traveled the world reporting on global events and was present for many unique happenings of the early 20th century. He brought information to readers that would have otherwise been unavailable. The SHM Book Discussion Group will focus on a selection of his stories and the effect of that reporting throughout the world, as well as comparing modern media coverage of similar stories. Everyone is welcome!

**DOWAGIAC DISTRICT LIBRARY Spring In to Your Local Library Traditional Lifeways Workshop**

**Saturday, May 13 | 10:00 am | Dowagiac District Library**

Jefferson Ballew, traditionalist from the Pokagon Band, will use items gathered from the earth to create a Sacred Fire. He will explain the tools and natural materials used to create the fire and the relationships we have to those items.

Deep Nature Connection with Justin Lake. Through stories and outdoor activities we will learn routines that awaken our senses and help us restore our connections with the natural world. We will be exploring what it means to feel a deep sense of place.

**ONE STORY PARTNERS Epilogue Feast**

**Thursday, May 25 | 6:00 pm | Pokagon Band Community Center**

One Story 2017 closes with a traditional Native American feast and an inspiring presentation by botanist and author Robin Wall Kimmerer. She will share knowledge on the culturally important plants of the region that provide us with gifts of medicines, wild foods, materials, and wisdom. Together we will discuss how a connection to local plants contributes to identity, well-being, and a sense of place. Robin is a member of the Citizen Potawatomi Nation.

Throughout 2017, we will continue gathering stories. Storytellers may use many formats including: written stories, photo essays, and audio recordings. More information is available on the One Story website or from any of the following One Story partners:

Pokagon Band of Potawatomi

Kristie Bussler (269) 462-4222 or [Kristie.Bussler@Pokagonband-nsn.gov](mailto:Kristie.Bussler@Pokagonband-nsn.gov)

Dowagiac Area History Museum

Steve Arseneau (269) 783-2560 or [sarseneau@dowagiac.org](mailto:sarseneau@dowagiac.org)

Dowagiac District Library

Matt Weston (269) 782-3826 or [mweston@dowagiacdl.org](mailto:mweston@dowagiacdl.org)

Southwestern Michigan College

Scott Topping (269) 782-1249 or [stopping@swmich.edu](mailto:stopping@swmich.edu)

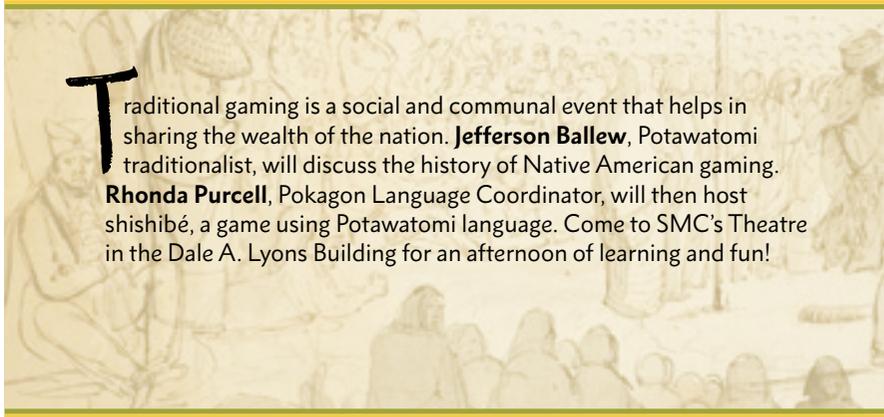


# Shishibé

## History of Traditional Gaming and Importance of Language



**T**raditional gaming is a social and communal event that helps in sharing the wealth of the nation. **Jefferson Ballew**, Potawatomi traditionalist, will discuss the history of Native American gaming. **Rhonda Purcell**, Pokagon Language Coordinator, will then host shishibé, a game using Potawatomi language. Come to SMC's Theatre in the Dale A. Lyons Building for an afternoon of learning and fun!



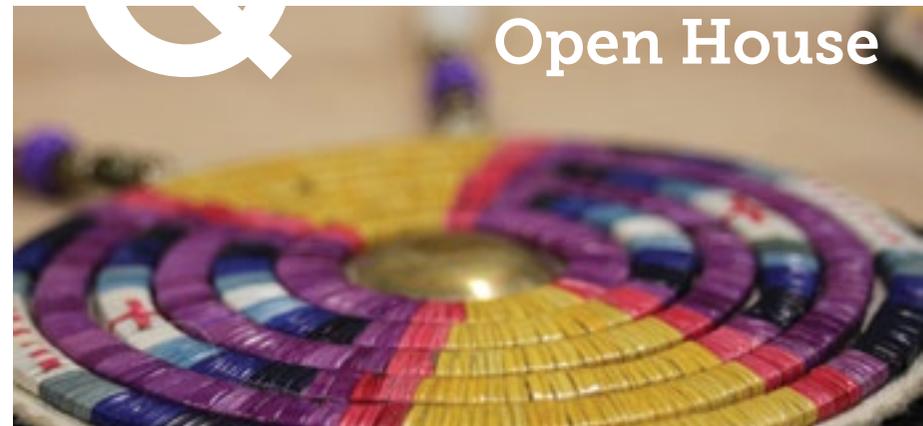
**THURSDAY MARCH 9 2:30 PM**  
 Southwestern Michigan College Dale A. Lyons Building

[onestoryread.com](http://onestoryread.com)

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

Pokégnek Bodéwadmik Pokagon Band of Potawatomi  
 Department of Language & Culture

# Quill Art Open House



**Monday March 20 1:00 p.m. – 6:00 p.m.**  
 Language & Culture Workshop, Dowagiac, MI

The Department of Language & Culture and artist **Dana Warrington** cordially invite you to an open house displaying quill art.

Pokagon Band community members who have committed the past three months to studying quill art will be present to show their work and conduct demonstrations.

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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## Notice of Open Position | Election Board

The Tribal Council is seeking letters of interest and résumés from Pokagon Band citizens who are interested in filling one (1) Alternate member positions on the Election Board. Provided below is information regarding the Election Board and how to be considered for an appointment.

**ELECTION BOARD AND ITS RESPONSIBILITIES.** The Election Board is a five person Board with two Alternates whose members are appointed by the Tribal Council. The Election Board is responsible for conducting Pokagon Band elections, maintaining a list of registered voters, and reviewing membership petitions, initiatives, and referendums. Alternate members are expected to attend all Board meetings and will be seated and vote in the absence of a Board member.

**QUALIFICATIONS.** To be eligible for appointment to the Election Board, either as a Board member or Alternate member, a Pokagon Band citizen must:

1. Be an eligible voter of the Band;
2. Be at least twenty-five (25) years of age;
3. Not be incarcerated for any criminal conviction;
4. Not be presently a member of or candidate for Tribal Council, the Tribal Judiciary, the Ethics Board, or the Salary Commission; and
5. Not have been convicted within the last ten (10) years of a crime subject to imprisonment for a term of one (1) year or longer, excepting those crimes determined by the Election Board to relate to the furtherance of the Band's tribal sovereignty rights.

**APPOINTMENT PROCESS.** Election Board members and Alternate members are appointed by the Tribal Council. All persons who wish to be considered for appointment must be present at the meeting at which the Tribal Council will review the letters of interest and résumés, provided that the Tribal Council may for good cause waive this requirement. Any person who believes that good cause exists to not attend such meeting should contact the Tribal Council Executive Secretary who will share the information with the Tribal Council. Prior to any appointment, Tribal Council will make a determination whether the interested person meets the qualifications required to serve on the Election Board. In order to make this determination, all persons seeking appointment to the Election Board must undergo a limited criminal background check to be performed by the Pokagon Band Tribal Police to ensure that the candidate meets the qualifications to serve on the Election Board. Thus, all persons interested in an appointment must complete an Authorization to Conduct Criminal Background. **You must contact Kateri Dayson or Katy Morseau, the Election Clerks, at (269) 782-9475 or (888) 782-9475 to obtain an Authorization to Conduct Criminal Background Check Form.**

**TIME COMMITMENT.** The time commitment required to prepare for and attend Election Board meetings, conduct elections, and perform the business of the Election Board will vary. The Election Board is typically more active during the time leading up to and during the General Election and Elders Election. Additionally, there may be Referendums, Special Elections, Petitions, and Recalls that will require Election Board action. General Elec-

tions occur on the second Saturday of July and Elders Council Elections occur on the second Saturday of November. The dates of the Election Board meetings vary, but typically occur after 5:00 p.m. and are held at the Pokagon Band's administrative offices at 58620 Sink Road in Dowagiac, Michigan. On average, a Board member or Alternate member can anticipate a time commitment of approximately 10 to 25 hours per month, with the busiest time being the months of May, June, July, September, October, and November.

**COMPENSATION.** Alternate members are independent contractors and are compensated for service to the Board at rates established by the Tribal Council. Board members receive a stipend for each meeting and Election attended. The amount of the stipend varies, depending on the seat held, however, Board members receive a minimum stipend of \$150 per meeting. Alternate members are compensated only if seated at a Board meeting in the absence of a Board member. Board members and alternates are entitled to reimbursement for mileage when using their personal vehicle to attend meetings and for other Board business in accordance with the Pokagon Band's Travel Policy.

**ETHICS REQUIREMENT.** As public officials, Alternate members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained from the Pokagon Band's website at [www.pokagonband-nsn.gov/government/codes-and-ordinances](http://www.pokagonband-nsn.gov/government/codes-and-ordinances).

**TERM.** The term of office for an Ethics Board member is three years.

**HOW TO APPLY.** If you are interested in serving on the Election Board, you must provide a written statement of interest along with a current résumé, and a completed Authorization to Conduct Criminal Background, by one of the following three methods:

Mail: Kelly Curran, Executive Secretary to Tribal Council  
P.O. Box 180  
Dowagiac, Michigan

Fax: (269) 782-9625  
Attn: Kelly Curran, Executive Secretary to Tribal Council

Email: [Kelly.Curran@Pokagonband-nsn.gov](mailto:Kelly.Curran@Pokagonband-nsn.gov)

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

**QUESTIONS.** If you have questions concerning the Election Board, please contact the Election Board office at (269) 782-9475 or (888) 782-9475. For additional information about the Election Board and the election process, you may also consult the Band's Election Code, which is posted on the Band's website at [www.pokagonband-nsn.gov/government/codes-and-ordinances](http://www.pokagonband-nsn.gov/government/codes-and-ordinances).

**DEADLINE.** This posting will remain open until all positions are filled.

## Notice of Open Position | Family Welfare Commission

**POSITION DESCRIPTION.** In order to protect the best interests of our children, the Pokagon Band Tribal Council formed the Family Welfare Commission by ordinance and resolution, on November 6, 2001. The Commission was designed, not only, to protect the best interests of Pokagon Band children, but also to: Promote the stability and security of Pokagon Band families; Recommend to the judicial and administrative agencies involved, a course of action for the guidance and care of Pokagon Band children which most preserves the unity of the family; Recommend actions that will best serve the cultural, spiritual, emotional, mental and physical welfare of the child; Recommend a continuum of services for Pokagon Band children and their families with emphasis whenever possible on prevention, early intervention, and community based alternatives; Recognize and acknowledge the cultural traditions of the Pokagon Band for child-rearing and family preservation. The Family Welfare Commission Ordinance is available at the following internet address: [www.pokagon.com](http://www.pokagon.com) under Tribal Codes and Ordinances.

**COMPENSATION.** Family Welfare Commissioners, appointed at-large are compensated as independent contractors in the amount of \$150, for attending each Family Welfare Commission meeting. In addition, Commission members are entitled to reimbursement for mileage when using personal vehicles to attend meetings and for other Family Welfare Commission business.

### ELIGIBILITY.

- A. A Commissioner may not also be a member of Tribal Council.
- B. An individual considered for appointment must be an enrolled Tribal member, at least 18 years of age, with knowledge and experience demonstrated through educational, occupational or volunteer activities in the following areas:
  1. childhood education;
  2. childhood development;
  3. Pokagon Band or other tribal customs and traditions pertaining to child rearing;
  4. governmental and private programs to assist children and families in need; and
  5. individual and family dysfunction, the types, causes, and treatment.
- C. Neither an employee nor the spouse of an employee of the Band or of the federal government, or a state or local government, who is involved with or possibly involved, with the delivery of services relating to child welfare matters within the scope of the Commission duties and authority may be appointed or serve as a Commissioner.
- D. Immediate family members, as defined in the Pokagon Band Child Protection Code, of any family may not serve simultaneously on the Commission.

### REQUIREMENTS FOR APPOINTMENT TO THE COMMISSION.

- A. Commissioners must sign and abide by a statement acknowledging the standards of confidentiality required for serving as a Commissioner.
- B. Commissioners must submit to and pass a background check conducted by the Tribal Police Department subject to such written guidelines or procedures as may be established by the Tribal Police Department. The background check serves the purpose of assisting the Tribal Council in determining whether a prospective Commissioner could pose any risk to the safety or welfare of a child or may otherwise be unsuitable for appointment to the Commission. The background check shall include the Commissioner's criminal history, including any arrest record and history of investigation by State Systems for suspected child abuse or neglect. A background check shall be conducted prior to the appointment or re-appointment of every Commissioner.
- C. Every Commissioner shall be of good character and reputation, shall not associate with dishonest or disreputable persons, and shall exhibit high moral standards at all times.

**APPOINTMENT PROCESS.** Appointments to the Family Welfare Commission are made by Tribal Commission. Each Commissioner shall serve a term of three (3) years.

**TERM.** There is no fixed term for Alternate members. Additionally, there is no limit to the number of terms an Alternate Member can serve on the Committee.

**ETHICS REQUIREMENTS.** As a Public Official, Alternate members are subject to the Pokagon Band Code of Ethics. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or by visiting the Band's website, [www.pokagonband-nsn.gov](http://www.pokagonband-nsn.gov).

**HOW TO APPLY.** Please submit application, which may be obtained through the Department of Social Services to:

Mark Pompey, Director of Social Services  
58620 Sink Road  
Dowagiac, Michigan 49047

Questions concerning the Family Welfare Commission, may be directed to the Director of Social Services, Mark Pompey, at (269) 462-4277 or [mark.pompey@pokagonband-nsn.gov](mailto:mark.pompey@pokagonband-nsn.gov).

**DEADLINE.** This posting shall remain open until filled.

**QUESTIONS.** As Public Officials, Family Welfare Commissioners are subject to the Pokagon Band Code of Ethics, which includes certain limitations in § 8.15 on appointments and employment applicable to Public Officials. A copy of the Code of Ethics may be obtained by contacting Kelly Curran, Tribal Council Executive Secretary at (888) 376-9988 or Edward Williams at (269) 783-0970.

## 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  
Departments of Education + Social Services

## Honoring our Mothers Brunch



Sunday **May 7** 11:00 am – 2:00 pm  
Pokagon Band Community Center

The Departments of Education and Social Services are hosting a brunch to honor the moms in our lives. Registration is open to all Pokagon Band mothers (citizen and non-citizen parent, including foster parents), as well as Native mothers from other tribes. RSVP online at [www.pokagonband-nsn.gov/form/honoring-our-mothers-brunch-registration-2017](http://www.pokagonband-nsn.gov/form/honoring-our-mothers-brunch-registration-2017).

All registrations must be received by **Friday, April 21, 2017 at 5:00 p.m.**

Space is limited, so register as early as you can! The first 25 moms to register will receive a gift.

Questions? Contact Autumn Laraway at (269) 462-4327 or [autumn.laraway@pokagonband-nsn.gov](mailto:autumn.laraway@pokagonband-nsn.gov), Casey Kasper at (269) 462-4324 or [casey.kasper@pokagonband-nsn.gov](mailto:casey.kasper@pokagonband-nsn.gov), or Christynn Black at (269) 462-4336 or [christynn.black@pokagonband-nsn.gov](mailto:christynn.black@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.



## Discover Something New!

Don't miss your chance to order a **Pokagon Discovery Kit**, available for all Pokagon youth ages birth–17 years old (by May 2017) who have an Educational Records Release on file.

visit [www.pokagonband-nsn.gov/departments/education](http://www.pokagonband-nsn.gov/departments/education) for online order form

If you live 50 miles or more from the administration campus, we will mail your Kit. All others must pick them up between **June 1–30**.

Discovery Kit pick up is at the Department of Education, Monday–Friday, 8 am–5 pm.

**Online application deadline is April 30!**  
**Kits are only available June 1–30, 2017.**

Questions? Email or call Susan Doyle at [susan.doyle@pokagonband-nsn.gov](mailto:susan.doyle@pokagonband-nsn.gov) or (269) 462-4229.



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

<b>January 10</b> wédaséwën   bravery	<b>March 14</b> débawéwën   honesty	<b>May 9</b> mishkozwën   strength
<b>February 14</b> dëbandéwën   love or sagedwën   compassion	<b>April 11</b> gdemagéndemowën   humility	<b>June 13</b> 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.



Pokégnek Bodéwadmik  
POKAGON BAND OF POTAWATOMI

## HUNTER SAFETY CERTIFICATION RETURN TO THE WOODS 2017

**April 21–23**

**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 sixth annual '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 that will be 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 [hunteredcourse.com/state/online-hunter-safety-course-michigan/](http://hunteredcourse.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-2017](http://www.pokagonband-nsn.gov/form/hunter-safety-course-registration-2017)  
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.



## Healthy Lifestyles Campaign: Success stories so far



**Dave Drlich** “Since starting Healthy Lifestyles, I’m down 12.2 lbs. as of February 14. Most of it I’ve accomplished by changing my eating habits. In the last couple of weeks have also started to incorporate cardio workouts at the Wellness Center. For me, success thus far has been all about awareness. Using MyFitnessPal.com to log what I eat and a Fitbit to track my exercise means that I always know where I am in terms of the calories I’ve consumed versus what I’ve burned for the day. That awareness allows me to know the knowledge I need to make proper choices and size my portions properly.

“When it comes to food choices, I generally try to make meaningful use of the calories by eating something nutritious and keeping a balanced diet. But, I don’t view this as a being “on a diet” because being “on a diet” is something that has a beginning and an end; I view this as eating the way I should have been eating all along. But that said, I don’t deny myself anything. My rule is that I can eat whatever I’d like, so long as I’m willing to put in the work. If I really want a slice of cake, I simply look it up and do the math. Do I want the cake enough to put in an extra 45 minutes on the elliptical during my next gym session? Quite frankly, once I look at it that way, the answer is most often a “no” and I pass, but sometimes it’s a “yes” and I put in the work. But the fact that I get to make that choice matters.

“I hope that everyone doing well and making progress. I know that I have already met other people at the Wellness Center that have inspired me with their determination and progress! We can do it!”

**Autumn Laraway** “My story is just beginning, as I have a long road ahead.

“After moving from Florida to Michigan, I gained an excessive amount of weight. Off and on, I would try to lose weight. Exercise alone was unsuccessful. Counting calories didn’t help me. I tried Whole30 for only ten days and lost some, but of course, I gained it back immediately afterward. I began seeing a nutritionist and started maintaining.

“After the holidays, I got serious about my health and joined the Healthy Lifestyles Campaign. I offered to be our Team Lead, knowing it would help motivate me to do my best. In the first month, I successfully cut pop out of my life. I also avoid fast food 100%. I do eat at restaurants, but no more than three meals in a week (vacations don’t count).

“I was unsuccessful with a few goals, such as exercise, so I coined the next month Fail-Not February. I didn’t look forward to going to the gym, but I dedicated thirty minutes on Tuesdays, Wednesdays, and Thursdays to it. On the second week, I was introduced to Cardio Drumming. It was such a blast, I purchased equipment to continue doing it at home on the weekends. I worked out nine out of the first 13 days in February, a mix of the gym and mostly Cardio Drumming. I also asked the nutritionist how many grams of carbs, proteins, and fats I should have per meals and snacks. Then, I logged everything in the MyFitnessPal diary each day. I am seeing results! I lost 7 pounds and 1 inch in measurements. And it’s just a lifestyle change... not an expensive program or deprivation of any aspect of nutrition.”



**Terry Dixon** is the active grandparent to several Pokagon citizens. He frequently participates in elders activities and routinely takes his grandchildren to our community events. He joined the Healthy Lifestyles Campaign to help combat his diabetes, lose some weight, and get in better health so he is able to spend more time enjoying his grandchildren.

During the month of January, Terry made the decision to drink more water on a daily basis. He has also begun an exercise program that allows him to be in the Wellness Center therapy pool a minimum of three times per week. These simple decisions have caused additional, positive side effects which have helped Terry lose seventeen pounds, increase his flexibility, and reduce a number of the pains he use to get from daily activities. Terry is most excited by the fact that his A1C has dropped and his daily blood sugar is consistently under 100.

Terry is a great example of someone who has decided to make positive choices about their health. Keep up the good work Terry!

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



## Save the Date

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.



# monday

# tuesday

# wednesday

# thursday

# friday

# march

6 **language**

Buffalo, Broccoli & Mushrooms  
Stir Fry over Brown Rice  
Garden Salad  
Whole Grain Roll  
Yogurt W/ Fruit Cup

13 **language**

Buffalo Sloppy Joes  
Baked Fries  
Veggie and Relish Tray  
Blueberry Pie

20 **language**

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

27 **language**

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

7

Pork Roast  
Mashed Potatoes and Gravy  
Carrots  
Waldorf Salad  
Whole Grain Roll

14

Baked Chicken  
Mashed Potatoes and Gravy  
Corn  
Garden Salad  
Fruit  
Whole Grain Roll

21

Beef Roast  
Mashed Potatoes and Gravy  
Peas and Carrots  
Garden Salad  
Apple Pie  
Whole Grain Roll

28

Turkey A La King  
over Biscuit  
Garden Salad  
Spinach  
Fruit Salad

1

Buffalo Meatballs in Spaghetti  
Asparagus  
Garden Salad  
Garlic Bread  
Cottage Cheese and Fruit

8

BBQ Chicken  
Rice Pilaf  
Tomato Salad  
Strawberries  
Whole Grain Roll

15

Ham and Scalloped Potatoes  
Broccoli  
Garden Salad  
Ambrosia Salad  
Whole Grain Roll

22

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

29

Pork Loin  
Seasoned Quinon  
Butternut Squash  
Fresh Fruit  
Whole Grain Roll

2

**business meeting**

Swedish Meatballs  
Mashed Potatoes  
Broccoli Slaw  
Fruit Salad  
Birthday Cake

9

Marinated Pork Chops  
Baked Potato  
Baked Beans  
Veggie Tray  
Whole Grain Roll  
Fruit

16 **famous cook off contest**

Bring in your famous soup  
or chili for the  
**Famous Cook Off Contest**  
Prizes awarded  
Fun, Fun, Fun

23

Vegetable Soup  
Chicken Salad Sandwich  
Relish and Veggie Tray  
Fresh Fruit

30

Goulash  
Broccoli  
Garden Salad  
Garlic Bread  
Fruit

3

Bean Soup  
Tuna Fish Sandwich  
Relish and Veggie Tray  
Jell-O W/ Fruit

10

Salmon Patty  
Mac and Cheese  
French Style Green Beans  
Garden Salad  
Whole Grain Roll  
Dessert

17 **st patrick's day**

Corned Beef OR Fish  
Red Potatoes  
Cabbage, Onions, and Carrots  
Spinach Salad  
Rye Bread  
Lime Jell-O W/ Pears

24

Salad Bar Day

31

Sea Bass  
Baked Potato  
Asparagus  
Garden Salad  
Fruit  
Whole Grain Roll

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
James Johnson	x	
Anna Locklear	x	
Austin L. Northrup	x	
Dominic Williams	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](http://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](mailto:beth.edelberg@pokagonband-nsn.gov)

The document must be received by March 15 in order to make it on the April 2017 check run. Anything received after March 15 will be processed on the check run for May 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
55 – 59	\$500
60 – 64	\$500
65 – 69	\$750
70 – 74	\$1,000
75 – 79	\$1,250
80 – 84	\$1,500
85 and older	\$1,750

Don't forget the Elders Stipend is taxable income; federal tax withholding forms are available from the Finance Department.

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.

## 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
<b>Wed, November 1, 2017*</b>	<b>Tuesday, November 21, 2017</b>	<b>Wed, November 22, 2017</b>
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

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

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

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

If you have any questions, please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777. The per capita phone line and extension both have lengthy messages listing various per capita information. Please leave a message and your call will be returned as soon as possible. Both of the above stated forms are available online at [www.Pokagonband-nsn.gov](http://www.Pokagonband-nsn.gov)

Once you turn in a direct deposit form and as long as it is received by the 15th of the month, the information will be entered into the system and the first month is always a test run to the bank, so the check will still be mailed to you. The following month, as long as no errors are received from the bank, will be direct deposit. As earlier stated, you will continue to receive the two forms in with your checks every month. If you have completed a form, no need to fill out another one.

## Tribal Council March Calendar of Events

- 6 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 7 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 11 Tribal Council Meeting, Community Center, 10 a.m.
- 13 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 14 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 20 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 21 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 25 Annual Membership Meeting, Lake Michigan College, 10 a.m.
- 27 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 28 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

## Tribal Council April Calendar of Events

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

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

## 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](http://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.



## Regalia Class

Please join the Department of Language & Culture in their new workshop building to learn regalia teachings, dances, and sewing. The classes, held on Sundays, go for five months starting in January. Language & Culture staff will bring in many different instructors to teach. We have a limited supply of sewing machines, irons, beads, material, feathers and leather. You are welcome to bring your own sewing machine.

If you want something special, plan on supplying your own material. You don't have to RSVP, you can just come. We hope to see you there.

<b>January 2017</b>	<b>March 2017</b>	<b>May 2017</b>
January 8	March 5   PEYOTE STITCH*	May 7   LOOMING BEADING*
January 22   SKIRTS	March 19   APPLIQUÉ*	+ MENS FANCY AND WOMENS JINGLE DANCE
<b>February 2017</b>	<b>April 2017</b>	May 21   LAST CLASS POTLUCK + FEAST
February 5   SKIRTS	April 9   APPLIQUÉ*	
February 19   PEYOTE STITCH*	April 23   LOOMING BEADING*	
	+ MENS AND WOMENS TRADITIONAL DANCE LESSONS	

**All classes are 12:00 pm – 5:00 pm**

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

Classes marked with \* are limited to 10 participants. You must RSVP to attend. A waiting list is available. The dance instruction portion of the classes is open to all. If you have any questions, please contact Language & Culture at (269) 462-4325 or Patty Jo Kublick at (269) 462-4303 desk / (269) 462-5376 cell or email her at [pattyjo.kublick@pokagonband-nsn.gov](mailto:pattyjo.kublick@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.



GYANKOBJEGÉMEN  
STAY CONNECTED



POKAGON.COM

DONATE  
*Blood*



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

**Friday, March 17**

Friday, May 19

Friday, August 18

Thursday, October 26

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

Sign up at [MIBlood.org](http://MIBlood.org) or contact Elizabeth Leffler  
at [elizabeth.leffler@pokagonband-nsn.gov](mailto:elizabeth.leffler@pokagonband-nsn.gov)  
or (269) 462-4406.

## 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) 783-9297  
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

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.

# Nmėbnė gises March Citizen Announcements

Last month Jeannie Mollett and Tom Wesaw started collecting clothing to send to Darlene Arviso in New Mexico. She is called the Water Lady, delivering a tanker truck filled with water each month to 250 families in her Navajo community that do not have wells at their home. An estimated

40 percent of Navajo residents don't have access to running water. They collected warm clothing for these elders. We would like thank all that contributed to this cause:

Tom Wesaw    Jim Warren    Jeannie Mollett    Jacob Jackson    Doreen & Wyatt Irwin    Julie Dye    Darleen & Dennis Sieber    Allen Mollett  
 Bonnie Drake    Ruthie Saldivar    Andy Jackson    Autumn Mollett    Marylou Kraft    Evelyn Miller    Hardings in Hartford    Scott Brewer

POKÉGNEK BODÉWADMİK  
 DEPARTMENTS OF NATURAL RESOURCES, LANGUAGE + CULTURE AND EDUCATION

*Nė Mnokmėk (gifts of spring) Celebration  
 + end of Sugar Season Feast*

**SATURDAY APRIL 22 10 am–2 pm**  
 POKAGON BAND RODGERS LAKE PAVILION

There will be fun activities and learning opportunities for earth day and arbor day, giveaways, plus a celebratory end of sugar season feast.

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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Pokėgnek Bodėwadmik | Pokagon Band of Potawatomi  
 Pokagon Health Services

## Breastfeeding Classes

**March 9 + August 25 | 1:00 – 4:00 pm**  
 Pokagon Health Services  
 Multi purpose Room

PHS is holding two breastfeeding classes this year and they are open to anyone, including grandmothers, grandfathers, parents, etc., who would like additional information regarding breastfeeding. The class will cover the importance of breastfeeding, benefits, studies, the how to and much more.

Everyone who completes the program will receive a free Pack 'n Play. Space is limited so you must RSVP to attend.

RSVP to Elizabeth Leffler at (269) 462-4406 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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 POKAGON.COM

## 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 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**  
 February 1    March 1  
 February 15    March 15

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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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.

Pokėgnek Bodėwadmik  
 POKAGON BAND OF POTAWATOMI

Department of Natural Resources

## Family Fishing Day

**Saturday May 7 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.  
 Gage Lake, Dowagiac, MI

**Prizes • Fun Family Event • Food**

- 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-2017](http://www.pokagonband-nsn.gov/form/family-fishing-day-registration-2017).
- You must wear a life jacket! No exceptions. Limited number of personal flotation devices available for those who can't provide their own.
- 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 served
- Prizes! **Grand Prize: Charter Fishing Trip for 4 on Lake Michigan**

For more information, contact DNR at [DNR@PokagonBand-nsn.gov](mailto: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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Pokagon Band of Potawatomi Pokagon Health Services

## Wild Game Dinner

**FRIDAY, MARCH 24, 2017 \* 6:00–8:00 PM \* COMMUNITY CENTER**

Pokagon Health Services invites all tribal fathers, father figures and their families to join them for a wild game dinner. The evening includes a presentation and other fun activities, including giveaways.

Kindly RSVP by **March 10** to Ingrid Gschwind at (269) 783-2478 or [ingrid.gschwind@pokagonband-nsn.gov](mailto:ingrid.gschwind@pokagonband-nsn.gov).

PHS Fatherhood Initiative

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