



# POKÉGNEK YAJDANAWA

## THE POKAGONS TELL IT

Gtegan gises May 2017

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Learning quill art.

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Android users: the language app is available.

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Help design a turtle toy.

### Healthy Lifestyles Campaign releases first quarter results



### Healthy Lifestyles team “We Be Killin’ It” living up to their name

*Jennifer Ryan from WBK Engineering, LLC shares team update*

Our Healthy Lifestyles Team continues to work diligently to meet our personal and team goals here in St. Charles, Illinois! Our team showed up for measurement day on March 20 and enjoyed Dean’s presentation during a “healthy lunch and learn” that followed. We truly appreciate Dean accommodating us by making this trip quarterly!

That lunch and another brown-bag get together on April 5 have given us an opportunity to offer ongoing support for each other. We are learning from each other daily and sharing great information regarding healthy recipes and balanced diet tips, group exercise opportunities in the area, and our personal success stories. A team newsletter is issued the first week of each month with updates on successes, challenges

and upcoming events, as well as informative pieces about healthy lifestyle topics.

Our first quarter challenge winners, Joy Ideran and Nathan Parris, showed their commitment to the team and to their individual goals and were awarded gift certificates to a local Italian deli which offers a variety of fresh and healthy lunches.

As we move into the second quarter, “We Be Killin’ It” will ramp up our efforts to keep participants engaged. We held a team lunch on April 5 and had a mind/body expert scheduled for a “lunch and learn” on April 28. Laurie from yoga studio Take Me to My Happy Place will be working with our team, giving us tools for relaxation and stretching within the business setting. We have completed our April “30 day Abs & Squats Challenge.”

### Pokagon Police honored with lifesaving, commendation awards



The Community Center was full April 17 with tribal police officers and their families to celebrate the accomplishments of the department in the first quarter of 2017. Fourteen officers received a total of 20 awards, including seven lifesaving

awards, three awards for recovering a stolen vehicle, and 10 awards for the officers who assisted in arresting a suspected pedophile. The lifesavers used Narcan to stop drug overdoses and CPR and AED defibrillators to resuscitate people. Jefferson Ballew IV thanked the officers with an honor song on drum.

#### Life Saving Awards

**Eric Jordan** Narcan save  
**Earl Holbrook** Narcan save  
**James Ivy** Narcan save  
**Earl Holbrook** CPR and AED  
**Richard Newcomer** CPR

**Abigail Shanahan** CPR

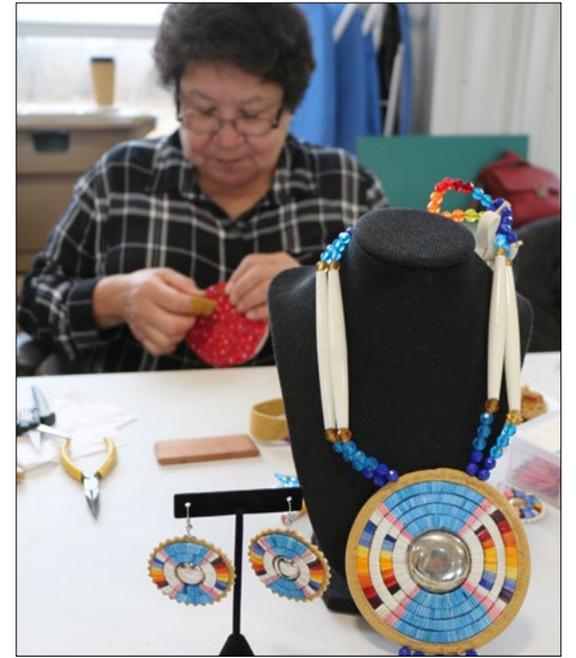
**Jamie Sumners** CPR

#### Commendation Awards

**Richard Newcomer, Abigail Shanahan and Justin Pangle** recovery of stolen vehicle

**Kristen Lamphere, Sgt. James Wilkins, Dt./Lt. Michael Slancik, Dt. Justin Weber, James Ivy, Sgt. Richard Hiscock, Justin Pangle, Kevin Slater, Eric Jordan, Kevin Modlin** CSC (criminal sexual conduct) investigation

## Quill artistry revived in tribe



Traditional art forms are visible in our regalia at pow wows, like beading and applique. Pottery, paintings, and baskets are spread across government buildings and citizen homes. An art form that's been generally missing, though, is wrap quill art, colorful creations crafted from porcupine quills. This spring, 13 citizens trained to change that.

Dana Warrington of the Prairie Band and Mnominee tribes stayed with us for a 10-day workshop this January, then two two-day follow-ups in February and March. Dana began crafting with quills because he wanted to incorporate quill pieces into his dance regalia, an art form he says predates beadwork.

Our Pokagon artists began with plain quills, which we imported from Montana due to Michigan's depleted porcupine population. Every porcupine has around 1700 quills that sell for \$10 per ounce. Our ancestors wrapped quills around rawhide, but Dana used plastic for the workshop because it's easier to use, cheaper, and more accessible.

Artists strive to get two wraps out of each quill, which means the quills need to have at least 1 ½ inches of white space. Dana says that at the beginning of the workshop, citizens used measuring tape to sort through quills, but by the end, they could sort them with just a glance.

Once sorted, the usable quills are dyed and rinsed. Dana knows how to dye quills with just berries, but that process takes a week. Citizens used manufactured dyes as well as a Kool-Aid and vinegar mixture for a neon look that doesn't fade in the sun.

Citizens designed medallions and earrings and other creations then got to work, honing their skills and completing their projects, all for display at the closing Quill Art Open House. This was Dana's first time leading a workshop, and he was beaming with satisfaction at the open house.

"This group has exceeded my expectations," he said.

The group consisted of newbies to established Native artists. Women from the Rapp family welcomed learning a new art form, breaking from their basket-making for a bit.

Margaret Rapp says basket making is faster, but its prep is longer. Her sister Judy Augusta says she enjoyed working with the quills. She's tried to work with them in the past, but she never made anything as large as the jewelry now displayed on her table.

Christine Morseau, another black ash basket maker, took the class because she needed something to replace basket weaving. Black ash trees are in decline, a trend our Department of Natural Resources has been fervently working to reverse.

Danni Rapp said quill work was more tedious than she expected, but that doesn't keep her from loving this new art form.

"I prefer this over bead work," Danni admitted.

Sterling BigBear was another workshop participant who already practices Native art forms like beading, drum and regalia making, and black ash bracelet weaving.

"This was something that I always wanted to do," Sterling said. "I like that different style of it."

Sterling's wife, Madalene BigBear, says she and everyone else in the class threw themselves into it, noting the dedication of the students and the instructor.

"It's hard," Madalene admitted. "It's a commitment, and it's completely worth it. It's an investment in the future generations. Hopefully it becomes something that's common."

Jodi Warren and daughter Emily also came together to learn a new Native art form. Jodi finds it to be therapeutic. Emily goes back and forth between the two crafts, often incorporating beading into her final quill pieces.

Jeff Winchester was always interested in learning quill work, watching his dad practice the art form growing up.

"When I heard there was an opportunity to learn this, I was really happy," he said. "It's something you can always put your own touch in. I took the class to learn it and pass this on."

Dana says the class smudged before every class, creating a peaceful environment and giving credit where it was due.

"We didn't do it on our own," he said. "It's a living culture. It's a living art."

Language & Culture hopes Dana will return in the fall for another set of classes for more Pokagon citizens.



## HLC Good Carbs Recipe: Quinoa and Black Beans

### Ingredients

1 teaspoon vegetable oil	¼ teaspoon cayenne pepper
1 onion, chopped	salt and ground black pepper to taste
3 cloves garlic, chopped	1 cup frozen corn kernels
¾ cup quinoa	2 (15 ounce) cans black beans, rinsed and drained
1½ cups vegetable broth	½ cup chopped fresh cilantro
1 teaspoon ground cumin	

### Directions

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about five minutes; mix in the black beans and cilantro.

# Healthy Lifestyles 2017 | Your Health, Your Choice



## Know what good carbs are

Carbohydrates have gotten a bad rap over the past decade. With the popularity of low-carb diets, you'd think that carbs were the sole culprit behind weight gain and other health problems. But in fact, carbohydrates are an important part of a balanced diet. Carbs are one of the big three macronutrients your body needs to function (the other two are protein and fat), and they provide the body with the energy it needs to run efficiently. Erasing them from your diet can actually have an adverse effect on your energy level and mood.

Not all carbohydrates are created equal, though. Some carbs, like white bread, baked goods, and white rice, are unhealthy if eaten in large quantities. Consuming lots of these types of carbs not only results in weight gain, but it can increase your risk for diabetes, heart disease and other conditions, because processed carbohydrates are absorbed rapidly and usually cause you to eat more. So what's the good news? Whole grains can actually improve your health and boost weight-loss efforts by helping you lose more belly fat. A recent study showed that following a low-calorie diet high in whole grains caused more abdominal fat loss than the same diet with processed carbs. And since fat in your middle is the worst fat out there, contributing to diabetes, heart disease and other problems, extra help in getting rid of it is a good thing.

Learning how to choose the good carbs over the bad can help you maintain a healthy weight, boost your mood and give you more energy. Score one for the carb-addicted!



## Exercise or diet? Choose both.

"I'm working out three times per week and haven't lost a pound!" This statement is often muttered as frustrated exercisers leave the gym or step off the scales. Have all those sweaty minutes in the gym been for naught? No. But if weight loss is the primary goal, focus on both fitness and food choices.

Reams of research supports the benefits of regular exercise. Physical activity reduces blood sugar, risk of heart attack, blood pressure, heart rate, diabetes, risk of stroke, depression, bone fractures, and the progression of atherosclerosis. Exercise increases our muscle mass and definition, mental sharpness, life-expectancy, and sense of well-being. Yet, those hours at the gym can only burn so many calories.

Our food choices may be more important than the amount we exercise. Both are important for staying fit and in good health, but the key is consuming the right calories. Rather than reducing total calories to an unhealthy number, focus on what you eat, and not just counting calories.

Numerous studies reveal we can eat a plentiful amount of food and still lose weight. We just need to choose foods that give us the most filling per calorie like fresh fruits, fresh vegetables, water-rich whole grains like hot cereals and brown rice, starchy vegetables like potatoes, corn, and yams, legumes like black beans and pinto beans, dairy, and lean animal foods like seafood, bison, and white poultry. These foods help us feel full and decrease the amount of harmful calories we are consuming.

Continue repetitions at the gym and logging miles on the weekend, just focus a little more on how you are refueling your temple. Scientists followed more than 10,000 Americans who have lost weight and kept it off for years. Just 1% kept the pounds off with exercise alone, 10% did it with diet alone, and 89% maintained a healthy weight using both exercise and diet.

**Exercise of the month: Front Plank** On your hands and knees, tighten your abdominal muscles and lower your upper body so that your forearms are on the floor and your shoulders are over your elbows; extend both legs with your feet flexed and toes touching the floor so that you balance your body in a line like a plank; hold for 30 seconds while breathing comfortably. Keep your neck and spine in a neutral alignment. Modifications: try holding the plank with your forearms and knees in contact with the floor; if you are more experienced, try holding the plank for one or two minutes.



## Be aware of emotional abuse

Unlike physical abuse, abusers and victims may not even know it's happening. It can be more harmful than physical abuse because it can undermine what we think about ourselves. It can allow something untrue to define us. Emotional abuse can happen between parent and child, husband and wife, among relatives and between friends. The abuser projects his or her words, attitudes or actions onto an unsuspecting victim.

Ask these questions to see if you are abusing or being abused:

- Does anyone make fun of you or put you down in front of others?
- When you complain do they say that "it was just a joke" and that you are too sensitive?
- Do they tell you that your opinion or feelings are wrong?
- Do they correct or chastise you because your behavior is inappropriate?
- Do they control your spending?
- Do they treat you as though you are inferior to them?
- Do they make you feel as though they are always right?
- Do they belittle your accomplishments, your aspirations, your plans or even who you are?
- Do they give disapproving, dismissive, contemptuous, or condescending looks, comments, and behavior?
- Do they accuse you of something contrived in their own minds when you know it isn't true?
- Are they extremely sensitive when it comes to others making fun of them or making any kind of comment that seems to show a lack of respect?
- Do they have trouble apologizing?
- Do they make excuses for their behavior or tend to blame others or circumstances for their mistakes?
- Do they call you names or label you?
- Do they blame you for their problems or unhappiness?
- Do they pout, withdrawal or withhold attention or affection?
- Do they use neglect or abandonment as punishment?
- Do they play the victim to deflect blame onto you instead of taking responsibility for their actions and attitudes?
- Do they not show empathy or ask questions to gather information?
- Does anyone treat you not as a separate person but instead as an extension of themselves?
- Do they not protect your personal boundaries and share information that you have not approved?
- Do they disrespect your requests and do what they think is best for you?
- Do they require continual contact and haven't developed a healthy support network among their own peers?



## More benefits of good sleep

Keep your bedroom quiet, dark, and comfortable. For many people, even the slightest noise or light, like the purring of a cat or the light from your laptop or TV, can disturb sleep. Use earplugs, window blinds or curtains, and an electric blanket or air conditioner everything possible to create an ideal sleep environment. Don't use the overhead light if you need to get up at night; use a small night-light instead. A red night light is an even better option, as it does not radiate the blue light that stimulates wakefulness. Ideal room temperatures for sleeping are between 68 and 72 degrees Fahrenheit. Temperatures above 75 or below about 54 can disrupt sleep.

## Potawatomi Language App now available for Android devices



The Potawatomi Language App, previously only offered for Apple and Kindle devices, can now be downloaded onto Android devices! So pull out your phones or tablets and search “Bodwéwadmimwen” to download it for free. You can also find links to the app and a video tutorial on our website.



Please visit [www.pokagonband-nsn.gov/government/departments/language-and-culture/language-program](http://www.pokagonband-nsn.gov/government/departments/language-and-culture/language-program)

## Reconstructed footbridge extends trails through Rodgers Lake campus

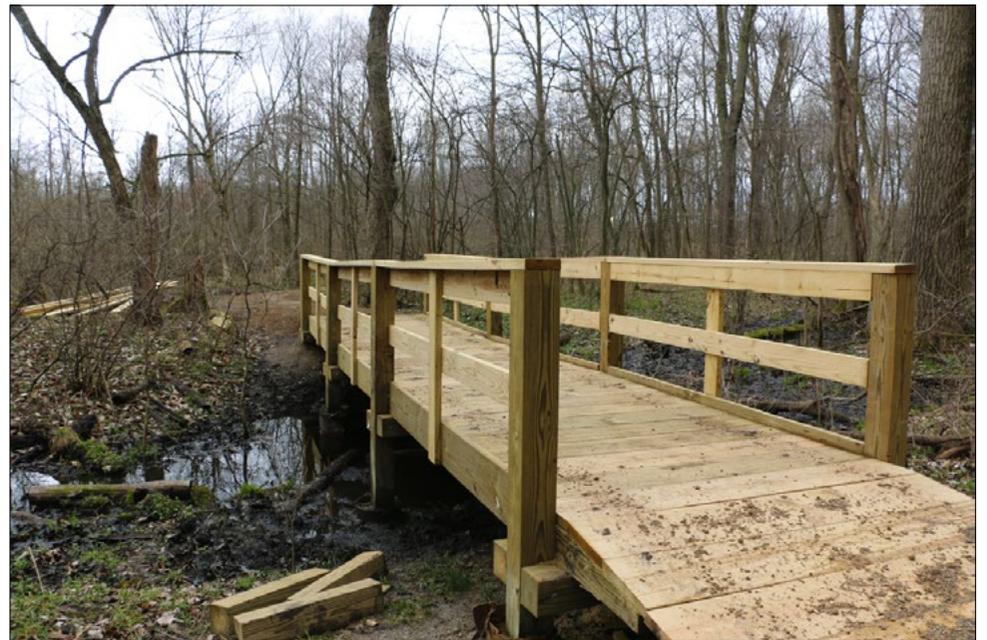


The expansive woods surrounding and throughout the Rodgers Lake property have long included fragmented dirt trails, but our Department of Natural Resources (DNR) is working to connect and improve them.

Three-quarters of the three-to-four miles of trail behind the pow wow circle are now covered with rocks to make them easier to traverse.

“Our goal is to improve the trails so they’re friendly to walkers of different mobilities,” said Vic Bogosian, natural resources manager.

Part of this project has been to replace the footbridges suspended across the winding rivers in the woods that have been in place since before the tribe purchased this land. DNR teamed with staff from the Housing & Community Development and Facilities Departments to design and build the first new footbridge. This bridge sits behind the pow wow circle, a little ways past the cedar tree circle.



The wood needs to cure for one year, then DNR will weather seal it and add a texture to the base to give walkers more traction. Before this reconstruction, the bridge looked similar to the photo (above left) of a bridge that still exists on the other side of the campgrounds, which DNR encourages citizens to not use until replaced. Because this bridge is longer, DNR plans to use an outside vendor to replace it.

After improving and connecting the rest of the trails, DNR hopes to add cultural stops like you might see in a state park, and our Wellness Center hopes to add workout stops along the way.

## Pokégnek Yajdanawa

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

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

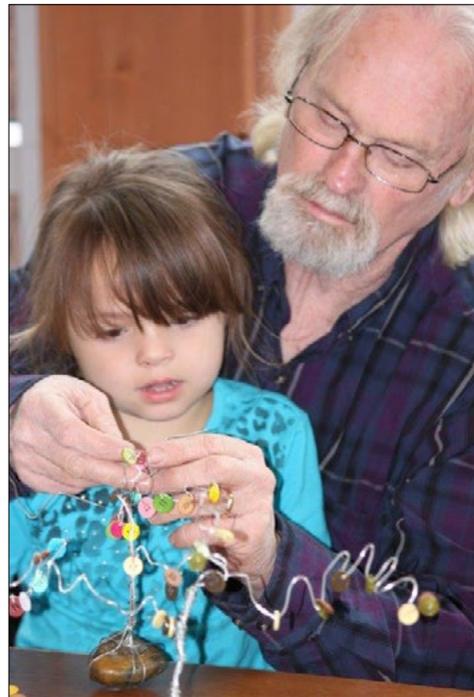
*Pokégnek Yajdanawa*

Box 180

Dowagiac, MI 49047

[Pokagon.Newsletter@PokagonBand-nsn.gov](mailto:Pokagon.Newsletter@PokagonBand-nsn.gov)

## Community experiences “sense of place” at Gwikwé‘amen/One Story event



One Story and the Early Childhood Education Program joined forces again this March for the month’s Gwikwé‘amen event, inviting children, parents and community members to ponder and experience what “sense of place” means to them.

“I’m trying all the time to include more people in One Story, so if we can include our activities in the Gwikwé‘amen activities, to me that was a way to bring kids and One Story together,” said Kristie Bussler, educational resource specialist and Pokagon Band liaison to One Story.

The Saturday played like an open house: families moving from station to station, shaping trees from wires and buttons, bracelets from braids and wood. Participants learned from our Department of Natural Resources (DNR) about the wildlife of Dowagiac with pelts, casted prints, and plastic representations of scat.

Artwork from students at Sam Adams Elementary, Southwestern Michigan College, and other community members was on display. Each piece—about 30, in total—the artists created on the theme of “sense of place,” this year’s One Story theme. Many pieces consisted of natural materials from Dowagiac like trees, leaves, bark and moss.

“It wasn’t just a child-focused event, but it was for all ages of the family unit,” said Autumn Laraway, educational associate.

The bracelet-making station included teachings about braiding from Jefferson Ballew IV. Crafters were asked what place means the most to them to plug the address into a computer to determine its latitude and longitude. Jefferson wood burned the coordinates onto each bracelet so that spot can travel with the wearer wherever they go. All the coordinates from the event will be added to a map to display at the closing One Story event, according to Autumn.

“We brought two groups together—the tribal community and the surrounding community,” Jefferson said.

The DNR also offered samples of sumac tea and honey harvested from hives on our tribal land. Attendees could take a sheet of milkweed paper from DNR to write a wish on, then plant in their “sense of place.” Each piece contains seeds so wild plants will grow wherever one is planted.

The artwork on display included antlers crafted from branches, a clock made from a single tree and moss, a phoenix formed with branches and leaves, and a fish designed from bark and leaves, each a representation of a place with meaning for the artists.

“It doesn’t have to be Dowagiac, Michigan,” Kristie said. “It’s the place that matters to you, shapes you.”

Last year, as One Story participants pondered significance, so much came back to significant places in their lives, which in part led to the choosing of this year’s theme. Participants also enjoyed the local focus of last year, according to Kristie, so they kept that focus this year, featuring the book *Images of America: Dowagiac* by local authors Steve Arseneau and Ann Thompson.

“Every year our theme grows out from the book selection,” Kristie said.

View the rest of this year’s One Story events on the One Story website [www.onestoryread.com](http://www.onestoryread.com), as well as how you can share your “sense of place” through written or voiced stories and art projects.



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Pokagon Band of Potawatomi  
Pokagon Health Services

# HEALTHY LUNCH

**Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, May 17 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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## \$92 million in additional economic investments in 2016

### Approximately \$339 million in economic investments over the past four years

The Pokagon Band made over \$91,779,700 in additional economic investments to the region in 2016. These investments do not include annual payments made directly to the State of Michigan as mandated by the Band's compact, job creation, and other ancillary benefits resulting from its government, Four Winds Casinos, and other ventures. The Pokagon Band has made approximately \$339 million in additional investments to the economies of Michigan and Indiana over the last five years.

"These investments not only support area businesses through vendor payments, but also assist non-profit organizations, local governments, libraries, school districts, colleges, arts organizations, and students through direct donations from the Pokagon Fund and our three local revenue sharing boards," said Chairman Warren.

In 2016, Pokagon Band paid \$38 million in payroll to Indiana residents, and \$1.2 million in payroll taxes to Indiana; it paid nearly \$53 million in payroll to Michigan residents and nearly \$2 million in payroll taxes to the state of Michigan.

The tribe spent more than \$78 million with 2,337 vendors in Michigan and Indiana, of which \$53.7 million was spent with 1,782 vendors in Michigan and \$24.3 million was spent with 555 vendors in Indiana. Additionally, the Pokagon Band provided \$1.6 million to the Pokagon Fund, which is supported by electronic gaming revenue from the Pokagon Band's Four Winds New Buffalo. Through revenue generated from its casino locations, the Pokagon Band also made contributions of \$4.6 million to the New Buffalo Local Revenue Sharing Board, \$854,731 to the Hartford Local Revenue Sharing Board, and \$669,023 to the Dowagiac Area Local Revenue Sharing Board.

The Pokagon Band has made donations of \$349,000 to Memorial Children's Hospital over the past five years through its sponsorship of the Four Winds Invitational. This includes a donation of \$82,000 to Memorial Children's Hospital in 2016 to help fund a portable ultrasound for the hospital's MedFlight helicopter and goggles allowing children to watch a movie or TV show during an MRI. Through its Four Winds Casinos, the Pokagon Band also donated \$73,950 in gift cards and just over \$200,000 in event support to various charitable causes, and continued its support of the South Bend Cubs with the naming rights agreement with Four Winds Field. Four Winds Casinos also donated 3,500 meals or baskets of food to local organizations in Northern Indiana and Southwest Michigan for those in need.

Mno-Bmadsen, the non-gaming investment enterprise of the Pokagon Band, also invested \$2.5 million in 2016. Since forming in 2007, it has invested \$16.8 million in acquisitions and the development of its subsidiaries. Last year, Mno-Bmadsen, acquired a controlling stake in WBK Engineering, LLC, an Illinois based civil engineering firm with offices in Illinois and Michigan. The Mno-Bmadsen Family of Companies employs 300 people and spent \$25.3 million on area subcontract vendors.

**Pokégnek Bodéwadmik**  
POKAGON BAND OF POTAWATOMI

Department of Natural Resources

## Year Round Hazardous Waste Collection

LIST OF ACCEPTABLE HOUSEHOLD HAZARDOUS WASTE

FROM YOUR HOME	FROM YOUR GARAGE	FROM YOUR GARDEN	FROM YOUR WORKSHOP	MISC 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			Thinners	
Spot & Stain Removers			Varnishes	
Spray Dust Cleaners			Wood Preservatives	
Upholstery Cleaners			Wood Stain	
Used Eye Glasses				
Hearing Aids				

**ITEMS NOT ACCEPTED**

Major Appliances	Propane Tanks (20# or larger)	Fire Extinguishers	Ammunition	Bio-Hazards
Used Motor Oil	Air Conditioners	Dehumidifiers	Fireworks	

Latex paint: Latex paint is NOT hazardous and may be disposed of with your ordinary refuse. Open can, let paint dry and throw out with regular trash.

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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.

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## Wellness Center indoor triathlon attracts more than 30 competitors



The indoor triathlon was completed during the month of March at the Pokagon Band Wellness Center. Participants completed a 10-minute swim, a 30-minute bike ride, and a 20-minute run/jog/walk within 70 minutes. We had more than 30 participants representing nine age categories ranging

from 18–61+. The male and female winners of each age bracket received a medal and a Nike gift card. The overall winners received a trophy and Nike gift card. Here are the winners of each age category as well as the overall winners:

**FEMALE 51–60**

**1st place** Janel Groth  
**2nd place** Felicia Wesaw

**FEMALE 41–50**

**1st place** Daun Bieda  
**2nd place** Marcy Herbert  
**3rd place** Jennifer Edelberg

**FEMALE 31–40**

**1st place** Rachel Orvis  
**2nd place** Abby Paul  
**3rd place** Tia Parker

**FEMALE 18–30**

**1st place** DeJonay Morseau  
**2nd place** Jillian Wilson

**FEMALE OVERALL WINNERS**

**1st place** Rachel Orvis  
**2nd place** Abby Paul  
**3rd place** Tia Parker

**MALE 61+**

**1st place** Steve May  
**2nd place** Cliff Peoples

**MALE 51–60**

**1st place** John Koehler

**MALE 41–50**

**1st place** Patrick Loughlin

**MALE 31–40**

**1st place** Dean Orvis  
**2nd place** Daniel Stohrer

**MALE 18–30**

**1st place** Scott Gephart  
**2nd place** Mike Wilson  
**3rd place** J.T. Laraway

**MALE OVERALL WINNERS**

**1st place** N/A  
**2nd place** Scott Gephart  
**3rd place** Daniel Stohrer

## March blood drive results in more success

Twenty-one citizens, employees, and community members trekked over to the Health Center to donate blood to Michigan Blood, Inc. on Friday, March 17. Of those 21 people, 18 were able to donate, including six first-time donors (at least with Michigan Blood). Join the community for another life-saving blood drive on Friday, May 19.

**DONATE Blood**

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

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**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.

POKÉGNEK BODÉWADMIK | POKAGON BAND OF POTAWATOMI  
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:

**Care**

- 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	

**Prevention**

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

### What's that invasive species? Snow-on-the-mountain (*Ageopodium podagraria*)



Snow-on-the-mountain (*Ageopodium podagraria*), also known as goutweed, ground elder or bishop's weed, is a ground cover plant that can be readily purchased at greenhouses, nurseries, and online. Snow-on-the-mountain is a perennial plant in the carrot family that is native to Europe and Asia. It was introduced to North America as an ornamental and was well established by 1863. This ground cover plant puts out runners and can quickly cover large areas. Unfortunately, goutweed is hard to kill and can spread to natural areas where it outcompetes native vegetation and produces a dense, single species ground cover. The runners on this plant break easily during hand removal, making it so the plant is readily able to grow back. Goutweed has a leaf that is divided into three leaflets and can be solid green in color or variegated with creamy white edges. Because the plant is aggressive it can grow in multiple habitat types as well as in sun or shade environments. If you see snow-on-the-mountain please take pictures and report the plant's location to the Department of Natural Resources.

### What's that edible plant? Common Purslane (*Portulaca oleracea*)



Common purslane (*Portulaca oleracea*) can be found in multiple habitats and many times is found growing in gardens alongside planted fruits and vegetables. Purslane is also known as pursley or verdolaga. Because purslane is a succulent, the leaves and stems are thick and fleshy feeling. The stems of the plant are typically a reddish color while the leaves are green and may have a hint of red around the edges. Purslane flowers can vary in color from yellow to red. Purslane leaves can be used as salad greens and are a good source of antioxidants and vitamins including vitamins A, C, and some B-complex. Purslane also contains minerals such as iron, calcium, magnesium, and potassium. Other uses for purslane include sautéing, steaming, stir frying, juicing, and adding to soups. The only other plant that purslane may be confused with are spurges, which are poisonous. The way to tell the two apart is based on appearance. Spurges, when broken, ooze a white sap and have hairy, somewhat woody, stems. Additionally, spurge leaves are small, thin, and paired. Be sure to positively identify your edibles before consuming them. The next time you come across a succulent purslane, whether it has popped up in your garden or is growing through the cracks in a sidewalk, think twice before pulling it because you can snip off some leaves and have a fresh, healthy snack.

### Chi Ishobak, Inc. Provides Financing to Great Lakes Flooring Specialists Inc.

Chi Ishobak is pleased to announce a financing partnership with Great Lakes Flooring Specialists, Inc. GLFS is a native-owned commercial flooring company located in Kalamazoo, Mich. Jordan Roberts, Justin Roberts, Meagan Irmen, and Julie Roberts are majority owners and enrolled citizens of the Sault Ste. Marie Tribe of Chippewa Indians.

Many financial institutions are reluctant to work with a young start-up business like GLFS, but this is what Chi Ishobak is designed for. Chi Ishobak worked with GLFS to develop their business plan, financial projections, and growth strategy to ultimately secure financing that will allow them to secure additional larger contracts. Eric Stovern, Chi Ishobak financial services manager explained, "We want to ensure every tribal entrepreneur has the necessary resources to be successful."

Wayne Roberts founded GLFS in 2015 and brings over 35 years of commercial flooring experience to the company. Jordan, Justin, Meagan, and Julie all have experience in the commercial flooring industry as well. "As a new family-owned business, I am so thankful for Chi Ishobak for appreciating our family and native values." Meagan Irmen said. "Instilling their trust in us and giving us the opportunity to grow and be successful." A family-owned business makes sense within this market and with this level of expertise and reputation.

"Chi Ishobak really saved us." Wayne Roberts added. "We couldn't accomplish this without their help." GLFS is on the growing list of minority-owned businesses for which Chi Ishobak provided financing. Chi Ishobak's Commercial Loan

Program is designed to assist small-business start-up or expansion. "From the start, Chi Ishobak welcomed us as family rather than clients." Julie Roberts added. "Making such a daunting process simple and easy, we couldn't be more excited for our partnership with Chi Ishobak."

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. It is the goal of Chi Ishobak to work with every tribe within the State of Michigan.

"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.

## Four Winds South Bend construction moving along Pokagon workers serve their tribe

The South Bend projects—tribal housing, a police substation, and a Four Winds Casino are progressing well, thanks in part to favorable winter weather. Recently, Chairman Warren and Council members Roger Rader and Becky Price shared lunch with workers on the casino job and thanked them for all their efforts. They gave the workers—some of whom come from Indianapolis to work on the project—some insight into Pokagon history in the area, and talked about the future potential of the facility.

This is Pat Goodrich's fourth Four Winds project. He's also worked on the Community Center and other tribal renovations.

"I'm proud to work on tribal project, because it's ours, and I like doing this work," he said at the luncheon. "It's nice to come back and see it when you're done and say, 'I built this.'"

Goodrich is a carpenter with Wilhelm Construction Company. His son Darrin Goodrich and daughter-in-law Marisela are also working on this project. His other son will graduate soon from Buchanan High School, and he hopes to bring him to the project as an apprentice.



"It's nice to work with all the other tribal members, and it's fun to build relationships with them. You run into people you haven't seen in a while. It's like you're a family."



For daily photos of the South Bend project progress, visit [app.oxblue.com/open/fourwinds/southbend](http://app.oxblue.com/open/fourwinds/southbend)

## Submit your original artwork for custom plush turtle

The Pokagon Band Departments of Natural Resources, Language & Culture, and Education are soliciting original artwork from Pokagon Band citizens and non-citizen spouses to inspire a custom-designed plush turtle toy. Plush toys will be included in the 2018 Discovery Kits and as part of the Potawatomi Gathering kits.

Guidelines:

- Artwork should use the midland painted turtle as inspiration (see images below)



- Artwork should be pseudo-realistic (i.e., can be cartoonish or animated, but should also be recognizable as a painted turtle)
- Artwork should incorporate 13 moons in design
- Artists may make multiple submissions
- Art should be on paper or in digital format of no less than 8.5" x 11", and no greater than 11" x 17". Larger digital images can be reduced in size, but smaller images may not be able to be enlarged and retain optimal resolution.
- Scanned images should be a minimum of 300 DPI.
- Artwork will be accepted until close of business (5:00 p.m. EST) on June 2, 2017
- Artwork will be judged by a panel and the winning submission will be announced on June 9, 2017
- Physical artwork will be returned to artists at the end of the contest. With the artist's permission, the Pokagon Band may wish to retain a digital copy for display in government offices.
- Plush toys will be approximately 6–9" in size, with the winning artist's name included on a tag

Artwork should be delivered to the Pokagon Band DNR office at 32142 Edwards St., Dowagiac, MI 49047, or by email at [DNR@pokagonband-nsn.gov](mailto:DNR@pokagonband-nsn.gov). Artists should include contact information (Name, mailing address, email address, and phone number) for notification of results.

## Pokagon tribal elections review

Two Pokagon Band Tribal Elections are held every year, the General Election at Community Center and the Elders Council Election at Elders Hall. Important dates to remember for 2017:

### General Election

- June 24, 2017 Meet the Candidates Event Forum at the Community Center
- July 8, 2017 General Election Day at the Community Center

### Elders Council Election

- October 21, 2017 Meet the Candidates Event Forum at the Community Center
- November 4, 2017 Elders Council Election at Elders Hall

Tribal Elections are different than State or Federal Elections; you need to fill out a separate Voter Registration form or print from website and mail in once you reach the age of 18 or older to participate. This form is good for life unless you have a name change; at that time a new form will need to be filled out and turned in to the Election Board or you will be removed from the Voter Registry.

The purpose of Tribal Elections is to vote on seats for the Tribal Council, Elders Council or Salary Commission. Along with these seats, voters will sometimes be asked to vote on possible Constitutional changes or other changes such as the Gaming Revenue Allocation Plan. If this is the case please be an informed voter and read the additional information sent in your election packet. Within our Constitution it is required that a certain amount of voters must cast a vote for any changes to be made. Even if a majority vote yes for a change it will not pass unless the percentage is met with the amount of voters participating in the election.

Remember even if you are not able to make it out for Election Day you can request an Absentee Ballot for either election beforehand. The Elders Council election is only for tribal members age 55 and older to vote or run in. If you have a questions or concerns in regards to your tribal elections, please feel free to call the Election Board at (269) 782-9475.

# Gtegan gise

Ne'me gizhek SUNDAY	Ngot gizhek MONDAY	Nizh gizhek TUESDAY	Apta gizhek WEDNESDAY
	<p>1</p> <p>Circuit Training Day Language Class L&amp;C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>2</p> <p>PALS (Play and Learn Social) Lean Lunch Red Road to Recovery Group Tone Up! L&amp;C Dowagiac Adult Language Class</p>	<p>Circuit Training Elders Health &amp; Wellr Circuit Training L&amp;C Men and Boys D</p>
<p>7</p> <p>L&amp;C Regalia 101 Honoring Our Mothers Brunch Mens Sweat Lodge L&amp;C Women's Jingle Dance and Men's Fancy Dance L&amp;C Loom Beading Class L&amp;C Applique 101 with Technology</p>	<p>8</p> <p>Circuit Training Day Language Class L&amp;C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>9</p> <p>Lean Lunch Kë shobyé'amen o sen Workshop Red Road to Recovery Group Tone Up! L&amp;C Dowagiac Kids Language Class L&amp;C Dowagiac Adult Language Class</p>	<p>Circuit Training Elders Health &amp; Wellr Circuit Training</p>
<p>14</p>	<p>15</p> <p>Circuit Training Day Language Class L&amp;C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>16</p> <p>Lean Lunch Red Road to Recovery Group L&amp;C Dowagiac Kids Language Class Tone Up! L&amp;C Dowagiac Adult Language Class</p>	<p>Circuit Training Elders Health &amp; Wellr Healthy Lunch Circuit Training Débénwéthêk Parent L&amp;C Men and Boys D</p>
<p>21</p> <p>L&amp;C Regalia 101</p>	<p>22</p> <p>Circuit Training L&amp;C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba</p>	<p>23</p> <p>Lean Lunch Red Road to Recovery Group L&amp;C Dowagiac Kids Language Class Tone Up! L&amp;C Dowagiac Adult Language Class</p>	<p>Circuit Training Elders Health &amp; Wellr Circuit Training</p>
<p>28</p> <p>Oshke-Kno-Kewéwen Pow Wow</p>	<p>29</p> <p>Tribal Government Offices closed in observation of Memorial Day</p>	<p>30</p> <p>Lean Lunch Red Road to Recovery Group L&amp;C Dowagiac Kids Language Class Tone Up! L&amp;C Dowagiac Adult Language Class</p>	<p>Circuit Training Elders Health &amp; Wellr Circuit Training</p>

# Events May 2017

WEDNESDAY	Nyew gizhek THURSDAY	Nyano gizhek FRIDAY	Odanke gizhek SATURDAY
<p>3</p> <p>Business</p> <p>Drumming</p>	<p>4</p> <p>Lean Lunch</p> <p>PHS Diabetes Program</p> <p>L&amp;C Potawatomi 201</p> <p>L&amp;C South Bend Language Class</p>	<p>5</p> <p>Circuit Training</p> <p>Elders Health &amp; Wellness</p> <p>Circuit Training</p> <p>Red Road to Recovery Group</p>	<p>6</p> <p>DNR Family Fishing Day</p> <p>Baby Celebration</p>
<p>10</p> <p>Business</p>	<p>11</p> <p>Lean Lunch</p> <p>PHS Diabetes Program</p> <p>L&amp;C Potawatomi 201</p> <p>L&amp;C South Bend Language Class</p>	<p>12</p> <p>Circuit Training</p> <p>Elders Health &amp; Wellness</p> <p>Circuit Training</p> <p>Red Road to Recovery Group</p>	<p>13</p> <p>EDU Spring Into Your Local Library</p> <p>Tribal Council Meeting</p>
<p>17</p> <p>Business</p> <p>Group Drumming</p>	<p>18</p> <p>PALS (Play and Learn Social)</p> <p>Lean Lunch</p> <p>EDU Elders Technology Class</p> <p>L&amp;C Potawatomi 201</p> <p>L&amp;C South Bend Language Class</p>	<p>19</p> <p>Circuit Training</p> <p>PHS Blood Drive</p> <p>Elders Health &amp; Wellness</p> <p>Circuit Training</p> <p>L&amp;C Blanket Shawls Workshop</p> <p>Red Road to Recovery Group</p>	<p>20</p>
<p>24</p> <p>Business</p>	<p>25</p> <p>Lean Lunch</p> <p>L&amp;C Potawatomi 201</p> <p>Michigan Indian Family Olympics Training</p> <p>L&amp;C South Bend Language Class</p>	<p>26</p> <p>Circuit Training</p> <p>Elders Health &amp; Wellness</p> <p>Circuit Training</p> <p>Red Road to Recovery Group</p>	<p>27</p> <p>Oshke-Kno-Kewéwen Pow Wow</p> <p>Lacrosse Tournament</p>
<p>31</p> <p>Business</p>	<p>June 1</p> <p>Lean Lunch</p> <p>L&amp;C Potawatomi 201</p> <p>L&amp;C South Bend Language Class</p>	<p>June 2</p> <p>Circuit Training</p> <p>Elders Health &amp; Wellness</p> <p>Circuit Training</p> <p>Red Road to Recovery Group</p>	<p>June 3</p>

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.

### American chestnut trees planted at North Liberty property



Between 1904 and 1930, four billion American chestnut trees died in the U.S. Billion with a B. The cause? A blight brought from Asia. Today, after painstaking efforts to prevent the blight and cross breed trees to resist it, American chestnuts are slowly making a comeback. And the Pokagon Band is playing a part in that restoration.

Working with the American Chestnut Foundation, DNR recently planted 10 trees on the North Liberty land. The trees are 15/16 American chestnut and 1/16 Chinese chestnut, which makes them disease resistant. Chestnut trees are fast growing and like well drained soil and to spread out, so open spaces like those in North Liberty are optimal.

Pokégnek Bodéwadmik  
Pokagon Band of Potawatomi | Department of Language & Culture

## Blanket Shawl with Christine Daugherty Madalene Big Bear

**Friday, May 19** + **Saturday, May 20**  
**5:00 – 9:00 pm** + **10:00 am – 2:00 pm**

Language & Culture Activities Room :: 59291 Indian Lake Road :: Dowagiac MI 49821

Please join **Christine Daugherty** and **Madalene Big Bear** learning to sew and design your blanket. Space is limited, only **20 spots per class** are available and this is an **RSVP class only**. Some material is available. For a creation of your own, you can purchase your own material. This class has special requirements in order to attend. You **must** attend the regalia class **and** sewing and sewing classes in order to hold your spot.

To reserve your spot or 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.

# Epilogue Feast

**THURSDAY MAY 25 6:00 PM**  
Pokagon Band Community Center Dowagiac MI

**One Story 2017** closes with a traditional Native American feast and an inspiring presentation by botanist and author **Robin Wall Kimmerer** (Citizen Potawatomi Nation). She will share knowledge on the culturally important plants of the region who 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.

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

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# DRUM CLASSES

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

6:00 pm–8:00 pm

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

## 2017

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

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



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

Pokégnek Bodéwadmik  
Pokagon Band of Potawatomi | Department of Language & Culture

## Women's Jingle + Men's Fancy Dance Instruction



Sunday, May 7  
12:00 – 5:00 pm

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

Please join **Yebishawn Oldshield** and **Jason Whitehouse**, two well respected and well renowned dancers. Come learn the teachings, style and techniques of jingle and fancy dancing.

This is an open class and all citizens are welcome. If you want to learn more about your culture and traditions, please join these wonderful teachers as they share some beautiful history, culture and their style of dance.

For more information, 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.



## 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** 11:00am – 2:00pm  
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.



Pokagon Health Services  
+ Domestic Violence Awareness Team



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

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

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

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

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



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



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> dëbandëwën   love or sagedwën   compassion	<b>April 11</b> gdemagëndëmowën   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.



POKAGON BAND OF POTAWATOMI  
EARLY CHILDHOOD EDUCATION + DOWAGIAC DISTRICT LIBRARY

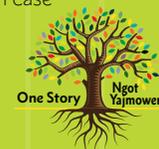
# Spring into Your Local Library



**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.



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

### Notice of Open Positions

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

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

Pokagon Band of Potawatomi

# LACROSSE TOURNAMENT

7 on 7 tournament  
 Guaranteed two games  
 Held during our traditional Pow Wow  
 Traditional meal served after the tournament for all teams registered by April 21  
 Traditional lacrosse demonstrations  
 Native language presentation  
 Overnight camping spots available on a limited basis

## SATURDAY MAY 27 9:00 AM

### RODGERS LAKE SPORTS COMPLEX DOWAGIAC

To register, or for more information, please contact Dean Orvis at (269) 462-4290 or [dean.orvis@pokagonband-nsn.gov](mailto:dean.orvis@pokagonband-nsn.gov) / Daniel Stohrer at (269) 462-4225 or [daniel.stohrer@pokagonband-nsn.gov](mailto:daniel.stohrer@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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Pokégnek Bode'wadmik 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.



GYANKOJEGEMEN STAY CONNECTED  
 POKAGON.COM

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

## monday

1 **language**

Buffalo Meatloaf  
Mashed Potatoes and Gravy  
Brussels Sprouts  
Garden Salad  
Whole Grain Roll  
Fruit

## tuesday

2

Marinated Chicken  
Rice Pilaf  
Broccoli  
Jell-O W/ Fruit  
Whole Grain Roll

## wednesday

3

Pork Roast  
Red Potatoes  
Carrots  
Tomato Salad  
Fruit  
Whole Grain Roll

## thursday

4 **business meeting**

Buffalo Burgers and Hot Dogs  
Baked Beans  
Potato Salad  
Veggie and Relish Tray  
Birthday Cake

## friday

5

Vegetable Soup  
Egg Salad Sandwich  
Relish and Veggie Tray  
Fresh Fruit

8 **language**

BBQ Pork Chop  
Spanish Rice  
Garden Salad  
Cottage Cheese and Fruit  
Whole Grain Roll

10

Boiled Dinner W/ Beans,  
sausage, cabbage, onion,  
and potatoes.  
Garden Salad  
Corn Bread  
Yogurt and Fruit Cup

11

Italian Rustic Cod  
Baked Sweet Potato  
Veggie Tray  
Whole Grain Roll

12

Chicken Fajitas with Peppers  
and Onions and Whole  
Wheat Soft Shell  
Assorted Toppings with Pico  
Salsa  
Watermelon

15 **language**

Buffalo Stuffed Peppers  
Au Gratin Potatoes  
Spinach  
Fruit Salad  
Whole Grain Roll

17

Cornish Hen  
Baked Potato  
Green Beans  
Tomato Salad

18 **social lunch**

Goulash  
Brussels Sprouts  
Garden Salad  
Garlic Bread  
Tiramisu Cupcake

19

Chicken Gumbo Soup  
Pinwheel Sandwiches  
Relish and Veggie Tray  
Dessert

22 **language**

Buffalo Stew  
Garden Salad  
Cottage Cheese and Fruit  
Whole Grain Roll

24

Pork Roast  
Red Potatoes  
Carrots  
Coleslaw  
Baked Apples

25

Grilled Chicken Breast  
Brown Rice and Vegetables  
Garden Salad  
Fruit

26

Salad Bar

29 **closed | memorial day**



31

Buffalo Sloppy Joes  
Baked Chips  
Baked Beans  
Veggie and Relish Tray  
Fruit Salad

30

Tomato Soup  
Grilled Cheese Sandwich  
Relish and Veggie Tray  
Fruit



# may

**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, pickle, and onions served with sandwiches. Bread/ Rolls and butter are also included.

## Per Capita News

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

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

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

## Attention 18 to 20 Year Olds | Per Capita Information

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

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

All the forms are available on the Pokagon Band website [www.pokagonband-nsn.gov](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 May 15 in order to make it on the June 2017 check run. Anything received after May 15 will be processed on the check run for July 2017. If you have any questions please call the direct per capita phone line at (269) 462-4209 or (269) 462-4200 or toll free (800) 517-0777.

## Elders Stipend increments

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

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

## Per Capita Important Dates

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

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

Direct Deposit Form Submission:

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

PNC Paycard

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

Federal Tax Withholding

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

All three of the above stated forms are available online at [www.Pokagonband-nsn.gov](http://www.Pokagonband-nsn.gov).

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

Don't forget the Elders Stipend is taxable income; federal tax withholding forms are available online at [www.PokagonBand-nsn.gov](http://www.PokagonBand-nsn.gov).

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

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

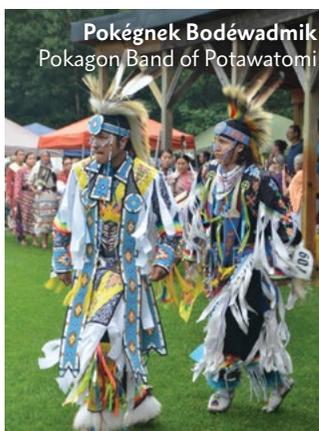
## Tribal Council May Calendar of Events

- 1 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 2 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 8 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 9 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 13 Tribal Council Meeting, Community Center, 10 a.m.
- 15 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 16 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 22 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 23 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 29 Tribal Gov't offices closed in observation of Memorial Day
- 30 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

## 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.

### January 2017

January 8  
January 22 | SKIRTS

### February 2017

February 5 | SKIRTS  
February 19 | PEYOTE STITCH\*

### March 2017

March 5 | PEYOTE STITCH\*  
March 19 | APPLIQUÉ\*

### April 2017

April 9 | APPLIQUÉ\*  
April 23 | LOOM BEADING\*

+ MENS AND WOMENS TRADITIONAL DANCE LESSONS

### May 2017

May 7 | LOOM BEADING\*  
+ MENS FANCY AND WOMENS JINGLE DANCE  
May 21 | LAST CLASS POTLUCK + FEAST

**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.



## Tribal Council June Calendar of Events

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

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.

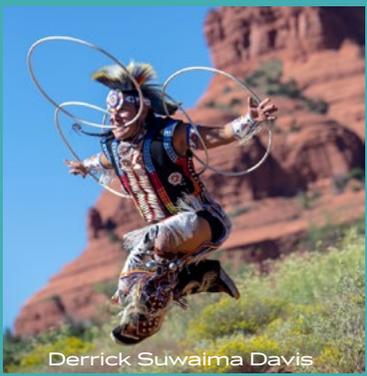
NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

# ANNUAL POW WOW

June 24 To 25, 2017

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

FREE CULTURAL EVENT! • OPEN TO THE PUBLIC!



Derrick Suwaima Davis

Featuring  
World-Reknowned Native Dancer  
Derrick Suwaima Davis

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

HEAD STAFF

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

COMPETITIONS

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

SPONSORED DANCES

TINY TOTS DANCE

Sponsored by: Waseyabek Development Company

NOTTAWASEPPI RAVE

Sponsored by: NHBP Veterans Committee

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



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI  
A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

## Tribal Office Directory

### Administration

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

### Commodities

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

### Communications

58620 Sink Rd.  
(269) 782-8998

### Compliance

58620 Sink Rd.  
(269) 782-8998

### Chi Ishobak

27043 Potawatomi Trail  
(269) 783-4157

### Education

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

### Elders Program

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

### Elections

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

### Enrollment

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

### Facilities

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

### Finance

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

### Head Start

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

### Pokagon Health Services

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

### Housing & Community Development

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

### Human Resources

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

### Language & Culture

59291 Indian Lake Rd.  
(269) 462-4325

### Mno-Bmadsen

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

### Natural Resources

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

### Social Services

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

### South Bend Area Office

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

### Tribal Council

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

### Tribal Court

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

### Tribal Police

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

## Tribal Council Directory

(888) 376-9988

### Chairman

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

### Vice-chairman

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

### Treasurer

Eugene Magnuson  
(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.

# Gtegan gises May Citizen Announcements



Isaiah Mix celebrated his 10th birthday on April 10. Congrats on taking 3rd place in the Cass County Spelling Bee. Also, Congrats on placing 2nd in State at the Elks Hoop Shoot Competition. We are very proud of you. Love mom, dad, and Adrian



SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE

## Kë Gbéshmen

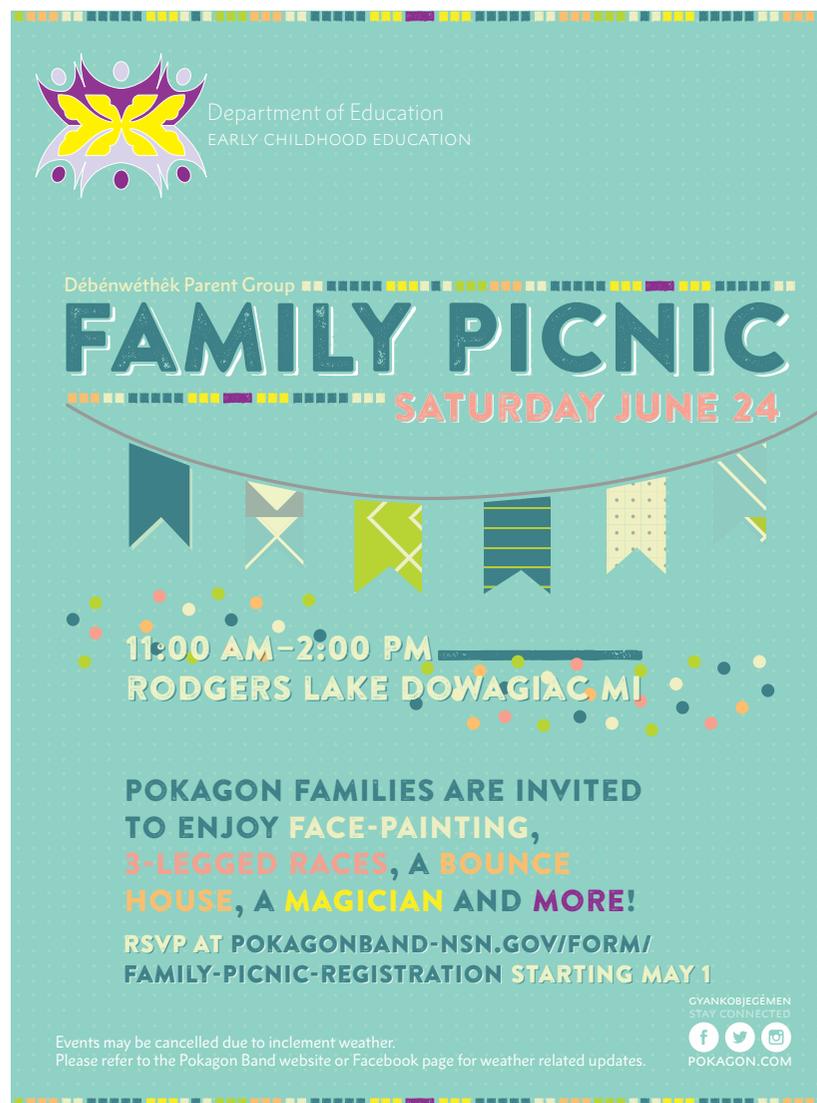
Think Neshnabé Be Neshnabé

Ages 13-18 Friday July 14-Wednesday July 19

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

Ages 8-12 Thursday July 27-Monday July 31

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



Department of Education  
EARLY CHILDHOOD EDUCATION

Débénwéthék Parent Group

# FAMILY PICNIC

SATURDAY JUNE 24

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

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

RSVP AT [POKAGONBAND-NSN.GOV/FORM/FAMILY-PICNIC-REGISTRATION](http://POKAGONBAND-NSN.GOV/FORM/FAMILY-PICNIC-REGISTRATION) STARTING MAY 1

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

GYANKOJEGÉMEN STAY CONNECTED  
POKAGON.COM



# Oshke Kno Kewéwen Pow Wow

## SATURDAY MAY 27 + SUNDAY MAY 28

Volunteer for the 2017 Oshke Kno Kewéwen Pow Wow! Contact Marchell Wesaw to sign up at [marchell.wesaw@pokagonband-nsn.gov](mailto:marchell.wesaw@pokagonband-nsn.gov) or (269) 462-4204.