



# POKÉGNEK YAJDANAWA

## THE POKAGONS TELL IT

Gtegan gises May 2018

### Inside This Month

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Searching for a better way to live.

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Pokagon veterans want to hear from you.

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First Pokagon pow wow of the year is this month.

### Sugar Bush season ends with syrup, paddles, and sugar



During this year's sugar season, more than 120 volunteers stopped in, and together they collected more than 2000 gallons of sap. Staff and volunteers cooked this sap into about 20 gallons of bottled syrup and a few pounds of maple sugar and candy which, can be purchased at the Language and Culture offices now.

The paddle making workshop spanned two days during the sugar season. Nick Dillingham instructed families and individuals in crafting these paddles from maple woods, using traditional Potawatomi designs. Only hand carving tools were used to create the paddles. The purpose of these paddles is to use them during sugar season to stir the boiling sap.

Language & Culture staff and community volunteers created maple sugar from the finished sap. Participants boiled the sap until it started to foam and turned golden brown. Once it reached that point, they poured it into a wooden bowl and stirred it until it became firm, then chopped it with the wooden spoon to break it up (granulate it). Once it was cooled and broken down, they sifted it through a loosely woven basket to sift the smallest pieces out and keep the large pieces for candy.

#### Sugar Bush Stats

- Trees were tapped February 14, 2018
- Taps were pulled March 23 (season lasted 37 days)
- 120 + volunteers
- 65 trees tapped
- 2000 + gallons of sap collected
- about 20 gallons of syrup yielded
- about 3 pounds of sugar yielded

#### Distribution Plan

Language & Culture has three cases of 4-ounce bottles of syrup (72 bottles) created specifically to gift to the elders. Those bottles will be distributed at the May elders business luncheon. If there are any leftover after the business meeting, they will be taken to Elders Hall and distributed to any Pokagon elders who did not receive one at the meeting.

The remaining bottles of syrup and sugar are available for sale to Pokagon citizens and government team members for gifting and personal use.

96 12-ounce bottles available for \$15 each

48 8-ounce bottles available for \$10 each

20 2-cup bags of sugar available for \$8 a piece

3-tablespoon sample bags are available for \$3 each

Maple sugar has a very long shelf life if it is kept sealed and in a cool storage area. Syrup has a shelf life of one year before it should be used. Any syrup that remains unsold once we get closer to the end of the year can be easily turned into candy and sugar so that it will not go to waste.

## A better way to live

Thomas Klemm entered the Administration Building on our Dowagiac campus as he had many times recently. He was interviewing citizens for his Eastern Michigan University research project. He's a junior there, studying social work. The very profession that saved him from his addiction just three years ago.

Thomas started using drugs and alcohol when he was 14. He tried what he could get his hands on, which wasn't much, until he hit 16. His access grew, and so did his need for substances.

"Right off the bat, I reacted differently to alcohol specifically at first," Thomas said. "Then my drug use went down a pathway faster than most of my other friends. I probably went from drinking every weekend and doing I guess what you would call lighter drugs to hard drugs, to pills, to heroin in a year."

Thomas was 16 when he first started intravenously using heroin, and now at 23, Thomas says he barely recognizes that kid.

### That kid

Pretty immediately, Thomas's parents knew something was wrong. His dad took him to a recovery meeting through the tribe's health services. Thomas appreciated the men there who reached out to him, but he wasn't ready to let go.

"I wasn't anywhere near getting better," he said. "I do that and it's great and all, but I can't stop getting high—I can't. The whole time I really wanted to be normal. I really didn't want to be this burnout drug addict already."

"I'm 16. My parents don't even know the extent of my use. They had no idea I was using drugs intravenously or anything like that, but they saw there was something completely not OK going on."

With little progress evident from the recovery meetings, Thomas's parents sent him to the Keystone Treatment Center in South Dakota. There, Thomas felt free to be Native. He smudged; he sweat in a Lakota lodge, but his mind was still not set on getting clean.

Thomas says the other young people there made up a rough crowd. Many of them were coming from abusive homes, the foster care system, and Thomas—though he realized how privileged he was in many ways—was just as angry. He wanted out. After he got into two fights, Keystone kicked him out.

"Moments of clarity would happen, and they would vanish pretty quickly," Thomas said. "I had decided I didn't want to be a drug addict. I didn't decide I wanted to get sober. I was hoping for door number three."

He didn't find that magical door number three, and instead got locked up behind one. Disorderly conduct, a hit and run, and a DUI each earned him jail time in South Dakota and back at home in Michigan.

When Thomas returned home from Keystone, he swapped out intravenous drug use for benzodiazepines, a type of psychoactive drug, and continued heavily drinking. He tried moving in with friends in Kalamazoo, but he wasn't stable enough and couldn't hold a job. At 19, he was feeling fried.



"I started experiencing withdrawal symptoms for the first time from benzos and alcohol use, the combo," Thomas remembers. "When that happened, I called my mom, and that was the first time I said to anyone 'I have a drug problem' and meant it."

Thomas's parents gave him another shot at Keystone.

"I don't know if I wasn't detoxed properly, I don't know if I was a little fried, I don't know if I had lost my mind a little bit, but about 19 days in, I just had panic attacks all the time. I felt like I couldn't breathe. I really was a nutcase a little bit."

Thomas was sent to a psych hospital.

He felt like life was over, like his future of jail time and psych ward visits was set.

"My friends are in college having the time of their life, and I'm lying in bed in a psych ward with fluorescent lights on and being observed every hour," Thomas said.

"This was never supposed to happen."

Thomas decided there had to be a better way to live.

*Read part two of his story in next month's newsletter to discover his new way of living.*

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



Pokagon Band of Potawatomi  
Pokagon Health Services

# HEALTHY LUNCH

Join Marci Herbert, Pokagon Band dietician,  
for a healthy lunch Wednesday, June 16 as she  
discusses topics around nutrition.

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

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

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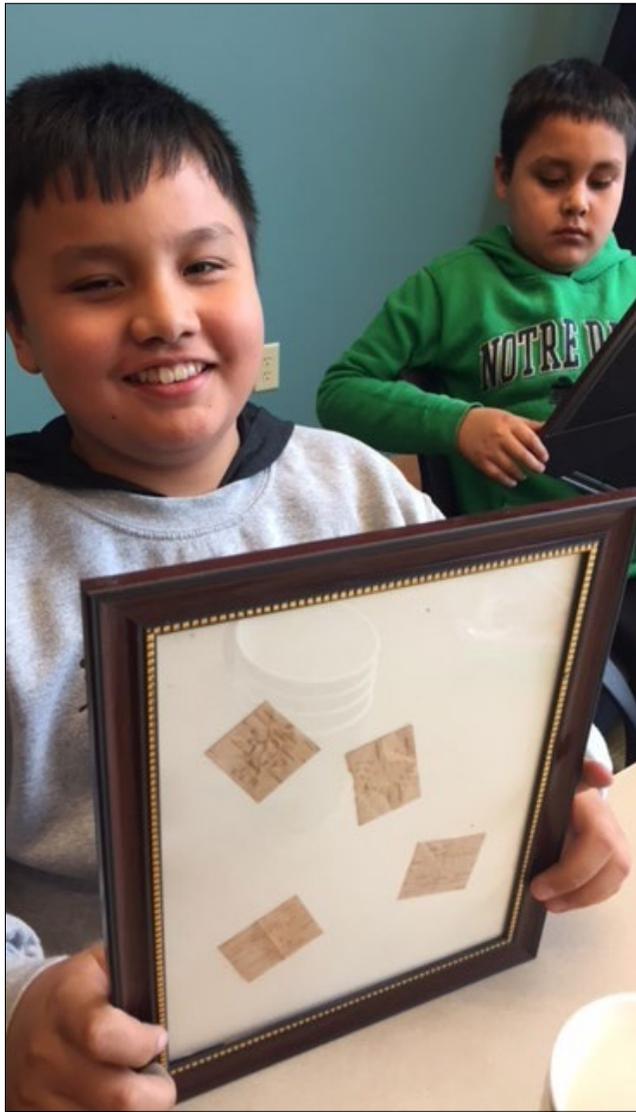


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## Birch Bark Biting Workshop

Participants in the birch bark biting work shop learned the old art of biting art into thin layers of birch from a well-known artist of the Match-E-Be-Nash-She-Wish (Gun Lake) Band of Pottawatomi Indians, Kelly Church.

Birch bark bitings can be used in storytelling, as patterns for quillwork and beadwork, as well as finished pieces of art.



## Changes in the Enrollment and Elections Office

The Pokagon office that manages tribal enrollment records will be restructured. Three positions have been posted on the Band's careers webpage: an election/enrollment supervisor and election/enrollment clerks.

The supervisor position will ensure that rules, regulations and policies pertinent to tribal enrollment and elections are carried out effectively, lead enrollment/election employees, and report accurate data. This team member will work closely with IT staff to resolve technical issues with enrollment and election software and maintain reliable data in

enrollment and election application systems. The supervisor will collaborate with the Election Board and Enrollment Committee and drive strategic tribal initiatives.

The clerks will be responsible for the day-to-day operations of enrollment and elections, assisting citizens with their enrollment and election questions and needs. These team members will serve as a front-line leader in the office, preparing enrollment reports and election support according to tribal policies.

Please visit [www.pokagonband-nsn.gov/business-community/career-opportunities](http://www.pokagonband-nsn.gov/business-community/career-opportunities) for full job descriptions and to apply.

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

## Pokagon Band to begin an early childhood learning program

After a strong 17-year Head Start relationship between Michigan Inter-Tribal Council and the Pokagon Band, Tribal Council has decided the Pokagon government is ready to establish its own early childhood development center for the 2018–19 school year beginning September 4, 2018.

This transition, effective May 17, will bring with it several positive changes. First and most importantly, this change strengthens the tribe's sovereignty and allows Pokagon people to create our own learning standards and curriculum for the youngest among us. Because the Pokagon Band will be fully funding this still-to-be-named center, we will not be subject to the guidelines and requirements that come with federally-funded programs like Head Start. Our team will have the freedom to develop a curriculum based on Potawatomi culture and language and incorporate appropriate experiences like outdoor education and indigenous ways of learning. The center can accept children from any family without income restrictions.

Research shows that children who had such early childhood education experiences succeed at higher rates than children who don't have similar exposure to literacy and culture-based education. We will maintain many of the beneficial features of the Head Start model: our program will be a place for 3, 4 and 5-year olds to learn, have fun, and prepare for kindergarten. The center will keep small class sizes and low teacher-student ratio.

The Pokagon Department of Education will be working with the Curriculum Committee, the Department of Language & Culture, and other tribal departments to develop the program. Under the leadership of Tribal Council, this team will hire and train teachers, create learning objectives and a curriculum, and plan for daily lessons and a long-range calendar.

There is much to do before the program starts in the fall, but this ambitious step is another in our tribe's realization of self-determination and sovereignty. If you are interested in enrolling your child in this program, or have any questions, please contact the Department of Education at (269) 462-4220.

POKÉGNEK BODÉWADMİK | POKAGON BAND OF POTAWATOMI  
EARLY CHILDHOOD EDUCATION

Débénwéthék  
Parent Group

# Penothé Nimédiwen

SATURDAY, MAY 19  
5:00 PM  
RODGERS LAKE PAVILION



Join us for a night to remember. Dress your best and come enjoy the decorations, dancing, and dessert. The whole family is invited!

Please RSVP on our website to be entered in the raffle.

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

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Pokégnek Bodéwadmik Pokagon Band of Potawatomi  
Department of Language & Culture



## Bird Cleaning + Feather Care Workshop

JUNE 2–3 + JUNE 9–10 10:00 AM – 2:00 PM  
Language & Culture Multi Purpose Room 59291 Indian Lake Road, Dowagiac, MI

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

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

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

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

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## Josie Shaer-Spichtig is Elder of the Month



Josephine Marie Shaer-Spichtig celebrated her 91 birthday on March 9, 2018, with lots of cards, flowers, and chocolate cake from her loved ones. Born in 1927 in Dowagiac, Mich., many know her as Josie, or as the lady who is "still cute with not one wrinkle on (her) face," as she likes to say.

If you know Josie, you know that her spirit, generosity, and sense of humor never quit. Her hobbies include dancing, entertaining company, working crossword puzzles, and telling stories. She is a loving mother, grandmother, and friend. Josie is our Elder of the Month and so much more!

**Veterans and service members: ogitchedaw want to hear from you**



Efforts are underway to create a comprehensive and current database of Pokagon veterans and current service members. The Ogitchedaw Board wants to involve more veterans in membership events like movie nights, potlucks, and other activities year-round, not just during the tribe’s pow wows. And the veterans want to correspond with currently-serving members of the military to send care packages and offer support when they return home.

If you are a Pokagon veteran, or the family member of a Pokagon veteran—either living or deceased—please contact Ann Morsaw-Banghart, the veterans service administrator. She is compiling the details for the database.

“I’m looking for family members to call, especially if their family member is not on the veterans honor wall in the Community Center,” said Ann. “If you aren’t getting e-mails from me, or even if you think we have your info, I still want to hear from you.”

Please contact Ann at [Ann.Morsaw-Banghart@PokagonBand-nsn.gov](mailto:Ann.Morsaw-Banghart@PokagonBand-nsn.gov) and send her your name, address, phone number, and tribal ID number; from there Ann will contact you to get more info to fill out your file. You can call her at (269) 462-4450 or fill out a form on the Pokagon website: [www.pokagonband-nsn.gov/form/ogitchedaw-database-registration](http://www.pokagonband-nsn.gov/form/ogitchedaw-database-registration).

Members serving in active duty, reserves, national guard, or ROTC are also asked to e-mail Ann the servicemember’s name, military address, home of record address, the name of the family member registering that service member and that person’s phone, tribal ID, and whether the service member has children at home.

 [www.pokagonband-nsn.gov/form/ogitchedaw-database-registration](http://www.pokagonband-nsn.gov/form/ogitchedaw-database-registration)

**Spring has sprung, and so have potholes**

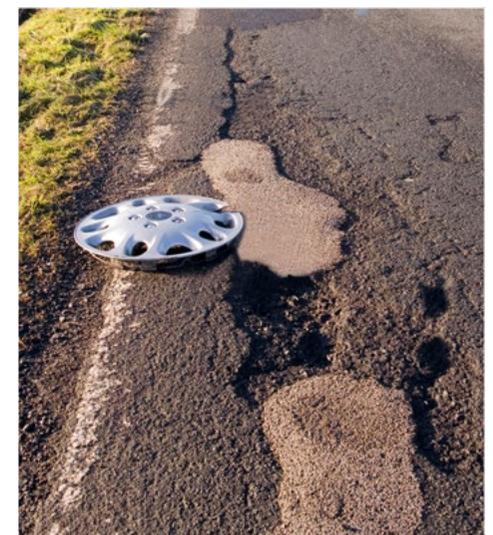
Hints of green show in the brown beds of grass, flowers peek out of the winter dirt, the temperature begins to rise, and the roads fill with the potholes left behind by winter. Spring brings with it plans and projects, but those plans never include hitting that pothole on your way home from work.

Perhaps you are finding your vehicle just is not running in tiptop condition or a major repair cost more than what you anticipated. Chi Ishobak may be able to help with a consumer loan for your vehicle repair.



You may think because you have no credit history or because your credit score is not ideal, this disqualifies you from our lending programs. Chi Ishobak’s mission is to serve communities and individuals that mainstream finance sees as too risky or not credit worthy. We believe in, and provide, opportunity for all.

Chi Ishobak will be happy to speak with you about your needs and help secure all the necessary documentation to evaluate your request. Call us at (269) 783-4157 to get started on the help you may need with unexpected expenses.



Sean Winters  
Executive Director

Eric Stovern  
Financial Services Manager

Tricia Rader  
Client Services Coordinator

## Hunting, fishing, gathering license applications extended

Do you have a Band DNR license that expired March 31, 2018? Given the technological issues that affected tribal servers, Tribal Council approved an extension for these Band licenses until August 31, 2018, if you sign the one-page license agreement which is required to be signed each year. If you still have your 2017 license and would like to extend it, please come in to the DNR office to renew your license agreement.

The DNR can still issue new licenses if you no longer have your 2017 license or if you did not get one last year; however, it will be in paper format. We are issuing

Spring turkey tags via the paper format for those interested in the Spring 2018 male turkey season.

Once the system is up and running again, DNR staff will call citizens to renew their licenses with the updated tags and more convenient waterproof, compact licenses. Thank you for your patience, and good luck in your hunting, fishing and gathering!

## Pokagon Department of Education honoring all past and present graduates

June 23 | 5:00–9:00 p.m.

Silver Creek Event Center

Four Winds Casino Resort New Buffalo, MI

Pokagon graduates (Bachelors degrees and above) will receive a custom-designed graduation blanket, and 2018 high school, vocational, and associate degree graduates will be celebrated at this year's Honoring the Graduates banquet.

Please keep a look out for the banquet registration information and form on social media and the Pokagon Band website. To be a part of this occasion a completed registration form must be submitted by June 8, 2018.

Pokégnek Bodéwadmik  
Pokagon Band of Potawatomi  
Department of Education | Early Childhood Education  
+ Dowagiac District Library

# Neshnabé Mbokén

A children's book club

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

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

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

For more information, please contact  
Erin Byrket-Burggraf at [topash240512@gmail.com](mailto:topash240512@gmail.com) or  
Autumn Laraway at [Autumn.Laraway@PokagonBand-nsn.gov](mailto:Autumn.Laraway@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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Débénwéthék  
Parent Group

Pokégnek Bodéwadmik  
POKAGON BAND OF POTAWATOMI

Department of Natural Resources

## Family Fishing Day



Saturday **June 2** 8:00 a.m. – 1:00 p.m.  
Check-in begins at 8:00 a.m. | Fishing 8:30 a.m.–12:00 p.m.  
**Rodgers Lake, Dowagiac, MI**

**Prizes • Fun Family Event • Food**

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

**Grand Prize: Charter Fishing Trip for 4 on Lake Michigan**

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

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## What's that invasive species? Common Butterbur (*Petasites hybridus*)



Common butterbur (*Petasites hybridus*), also known as butterfly dock or pestilence wort, is an invasive species native to Europe, Russia and Asia. Common butterbur was first reported in Michigan in 1976 in moist soil conditions in a few counties. Common butterbur is currently found in almost a dozen states in the U.S., most of them in the Midwest and Northeast.

This plant prefers to grow in shaded areas with moist soils, including river banks, wetland edges, forested floodplains and roadside ditches. Common butterbur can grow to six feet high with leaves that are hairy on the underside growing one to two feet across. The leaves grow singly on rigid stems which have a similar appearance to rhubarb or burdock. The flowers range from white to pink or purple and emerge from a reddish-brown spike. The spike is seen early in the spring, before the leaves grow.

The leaves of this invasive species quickly shade out native vegetation and create a monoculture in the forest understory. Unfortunately, this invasive species grows prolifically from the root system, so if removed by hand, follow-up may be necessary because the plant can grow from remnants of roots left behind. If you think you see common butterbur, please either collect a specimen and bring it in to the Department of Natural Resources or take pictures and report the plant's location to the DNR for further investigation.



## What's that edible plant? Shaggy Mane (*Coprinus comatus*)



The shaggy mane mushroom (*Coprinus comatus*), also known as lawyer's wig or inky cap, can be found in the summer and fall throughout North America. This mushroom is fleeting, in a day or two of rising from the ground it will decompose into a black inky remnant. Shaggy manes are given their name from the scaly appearance of shag or fur on the outside of the mushroom cap.

Shaggy manes may grow alone, in clusters, lines, or rings. This mushroom can grow to six inches tall. The best time to pick this mushroom is shortly after the mushroom is first identified. These mushrooms tend to grow back year after year, so if you find them remember to check back next year. Shaggy manes are found in habitats like lawns, pastures, gardens, and sometimes wood chip piles.

When you pick a shaggy mane, the mushroom should have pure white flesh throughout. If the bottom edges have begun to blacken or turn upwards, then the mushroom is past its prime and should not be eaten. Shaggy manes have a light taste and take on the flavor of the food items they are cooked with. They can be fried in egg and flour, sautéed in butter as a side dish, and used in soups or omelets. As with many mushrooms, it is recommended that alcohol is not consumed during the same meal. As with any new edible, be sure to have a positive identification before eating and use the edible in small quantities at first to make sure there are no allergic reactions.



## 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.



Department of Education  
EARLY CHILDHOOD EDUCATION

# Débénwéthêk Parent Group



In Potawatomi, Débénwéthêk means the ones who take care of others. The goal of Débénwéthêk Parent Group is to develop opportunities for Pokagon families to spend quality time with one another and create meaningful experiences together.

Débénwéthêk Parent Group is composed of parents and caregivers of children under 8 years of age and meets every third Wednesday of the month.

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

2018

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

5:30–7:30 pm | Head Start

Events may be canceled 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 2018 —

June 15–17

Friday 5:00 pm – 9:00 pm

Saturday 9:00 am – 5:00 pm

Sunday 9:00 am – 2:00 pm (Range Day)

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

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

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

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

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

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



DEPARTMENT OF EDUCATION

## Elders Health + Wellness

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

### Chair aerobics

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

### Cardio drumming

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



POKAGON BAND OF POTAWATOMI  
FOOD SOVEREIGNTY COMMITTEE

## Indigenous Food Introductions with IAC Mobile Farmers Market



TUESDAY MAY 22 5:30–8:00 PM  
Pokagon Band Community Center 27043 Potawatomi Trail

Join us to learn more about indigenous food and their uses. The Intertribal Agriculture Council (IAC) Mobile Farmers Market will have a wide variety of native foods on display and available for purchase.

This event includes a social tasting of heirloom and indigenous foods that starts at 6:00 pm and a presentation on food sovereignty by Dan Cornelius.

Native vendor space available during the event, if interested.

If you have questions, please call Food Sovereignty Chairman, Gary Morseau, at (574) 315-0140.



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



## Pokagon team member earns medals in arm wrestling

Most of us know Daun Bieda as behavioral health counselor and supervisor at Pokagon Health Services. But few know she's also a champion arm wrestler. She recently won four bronze medals at the U.S. Arm Wrestling Federation National Championship in April.

Bieda seems to come by it naturally. She remembers her mom, a mechanic in a steel mill, competing informally in arm wrestling for prize money in restaurants near their home.

"Mom would always beat me," she recalls. "Until I was 18, when I finally beat her."

A life-long competitive athlete who played basketball and softball in college, Bieda has injuries that prevent her from participating in contact sports these days, though she still works out with weights and keeps strong. So when the opportunity to compete in an arm wrestling contest in January came her way, she was intrigued.



Bieda went up against other "pullers" with 15 years' experience, but won first place in the left hand and second place in the right hand categories and earned the right to go to the National Championship. At the National Championship she placed third in both right and left hand in the open division (based on weight) and third in both right and left hand in her age division. Competitors who place in the top three qualify to go to the World Championship in Turkey. But Bieda will sit this one out.

"I'm not ready," she said. "Maybe in a year or two I'll have the technique down."

For now, she's working out regularly with Dean Orvis in the PHS Wellness Center and with a local trainer who is a former World Champion.

"I'll continue to get better, because third is not good enough for me."

## Coming soon: PHS drug drop off / BBQ

Pokagon Health Services will be hosting a community picnic lunch combined with a drug drop off event this summer—stay tuned for the date and time. This will be an opportunity to bring in unused prescription medication for safe disposal

rather than flushing drugs into the waterways or risking unused pills getting into the hands of someone they're not intended for. Check tribal media for upcoming details!

**Pokégnek Bodéwadmik** Pokagon Band of Potawatomi  
Pokagon Health Services

# Red Road to Wellbriety

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

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

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

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

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

# Shishibé

Potawatomi Language Bingo

**FRIDAY JUNE 8 6:00 PM**  
L&C BUILDING 59291 INDIAN LAKE ROAD | DOWAGIAC MI

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

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

Please contact [Carla.Collins@PokagonBand-nsn.gov](mailto:Carla.Collins@PokagonBand-nsn.gov) with any questions regarding this event.

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

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

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# Gtegan gize

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
		1 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training Lacrosse Practice Neshnabé Mbokén L&C Znëget 2 Intermediate L&C Men and Boys Division
L&C Regalia Workshop 6	7 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes	8 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training Lacrosse Practice L&C Znëget 2 Intermediate
13	14 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes	15 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training Healthy Lunch Lacrosse Practice L&C Znëget 2 Intermediate Débénwéthêk Parent L&C Men and Boys Division MIFO Training Day
L&C Regalia Workshop 20	21 Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes	22 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate Indigenous Food Introduction
Veterans Memorial 150 Honor Relay Oshke-Kno-Kewéwen Traditional Pow Wow 27	28 Veterans Memorial 150 Honor Relay Circuit Training Open L&C Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba L&C Znëget 1 + 3, Nithansëk & Penothésëk Language Classes	29 Lean Lunch Afterschool Program Penothiyëk Language Class Tone Up! L&C Dowagiac Language Class	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate

# Events May 2018

WEDNESDAY	Nyéw gízhék THURSDAY	Nyano gízhék FRIDAY	Odankè gízhék SATURDAY
<p>2</p> <p>Illness</p> <p>Intermediate Language Class</p> <p>Drumming</p>	<p>3</p> <p>PALS (Play and Learn Social)</p> <p>Lean Lunch</p> <p>Men's Sweat</p> <p>L&amp;C South Bend Language Class</p> <p>L&amp;C Potawatomi 201</p>	<p>4</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Red Road to Wellbriety</p>	<p>5</p>
<p>9</p> <p>Illness</p> <p>Intermediate Language Class</p>	<p>10</p> <p>Lean Lunch</p> <p>L&amp;C South Bend Language Class</p> <p>L&amp;C Potawatomi 201</p>	<p>11</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Red Road to Wellbriety</p>	<p>12</p> <p>Spring Into Your Local Library</p> <p>Tribal Council Meeting</p>
<p>16</p> <p>Illness</p> <p>Intermediate Language Group</p> <p>Drumming</p>	<p>17</p> <p>PALS (Play and Learn Social)</p> <p>Lean Lunch</p> <p>L&amp;C South Bend Language Class</p> <p>L&amp;C Potawatomi 201</p> <p>MIFO Training Day</p>	<p>18</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Red Road to Wellbriety</p>	<p>19</p> <p>Penothé Nimédiwen</p>
<p>23</p> <p>Illness</p> <p>Intermediate Language Productions</p>	<p>24</p> <p>Lean Lunch</p> <p>L&amp;C South Bend Language Class</p> <p>L&amp;C Potawatomi 201</p>	<p>25</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Red Road to Wellbriety</p>	<p>26</p> <p>Oshke-Kno-Kewéwen Traditional Pow Wow</p> <p>Veterans Memorial 150 Honor Relay</p>
<p>30</p> <p>Illness</p> <p>Intermediate Language</p>	<p>31</p> <p>Lean Lunch</p> <p>L&amp;C South Bend Language Class</p> <p>L&amp;C Potawatomi 201</p>	<p>June 1</p> <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Red Road to Wellbriety</p>	<p>June 2</p> <p>Family Fishing Day</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.

## Pesticide report available

The Pokagon Department of Natural Resources has a form available to citizens wanting to report pesticide concerns. The DNR wants to ensure that incidents are captured to protect water quality and the organic certification in process on tribal agricultural land.

Details need to be submitted before the contaminants are no longer detectable, so please send the form soon after you've observed something. Complaints received more than 30 days post incident will be kept on file, but no action will be taken. So

if you saw a plane that might have accidentally dusted tribal lands or if you want to alert tribal government to possible concerns, please visit: [www.pokagonband-nsn.gov/government/departments/natural-resources/environmental-quality](http://www.pokagonband-nsn.gov/government/departments/natural-resources/environmental-quality) to find and complete the form.



Please visit: [www.pokagonband-nsn.gov/government/departments/natural-resources/environmental-quality](http://www.pokagonband-nsn.gov/government/departments/natural-resources/environmental-quality)

## College visit trip planned

Pokagon students interested in checking out two Michigan colleges should consider contacting the Department of Education and being a part of this upcoming college visit.

**June 5 at 4 p.m.** Meet at Pokagon Band Administration Building, bus ride to Mt. Pleasant, Michigan.

**June 6** Participate in Honoring, Healing, and Remembering Ceremony and visit campus of Saginaw Chippewa Tribal College.

**June 7** Visit campus of Central Michigan University and tour Ziiibiwing Cultural Center, return on bus Dowagiac.

The bus has 16 seats; visit registration will be first come, first served. For information, contact Francis Kasper, college and career readiness associate, (269) 462-4234 or [francis.kasper@pokagonband-nsn.gov](mailto:francis.kasper@pokagonband-nsn.gov).

POKAGON BAND OF POTAWATOMI  
EARLY CHILDHOOD EDUCATION + DOWAGIAC DISTRICT LIBRARY

# Spring into Your Local Library

**SATURDAY MAY 12 10:00 AM**  
Dowagiac District Library 211 Commercial Street

**Scavenger Hunt!** Kids of all ages, choose one of your favorite adults in your life (grandparent, parent, teacher, etc.) and ask them to team up with you for a scavenger hunt that will take you on an adventure all through downtown Dowagiac. Items collected will lead to a prize at the end for everyone participating. Snacks provided. Dress for the weather.

Pre-registration is highly suggested since participation is limited. RSVP online at [www.pokagonband-nsn.gov/calendar/event/spring-your-local-library-2](http://www.pokagonband-nsn.gov/calendar/event/spring-your-local-library-2) between April 1 and May 1. Everyone who pre-registers will be entered in a raffle.

One Story Ngot Yajmowen

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

Pokégnek Bodéwadmik | Pokagon Band of Potawatomi  
Pokagon Health Services

PHS invites you to  
**babysitting basics**

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

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

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

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

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

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

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

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### Protect organic agriculture; stick to the trails on tribal lands

The Department of Natural Resources is asking citizens to please drive only on designated trails and not to drive onto tribal agricultural fields. In 2015 Tribal Council resolved to turn 1,115 acres of tribal property in Michigan into organic agriculture land. This process takes three years, and includes limiting or restricting any equipment, pesticides or chemicals that touch these fields. All vehicles, fluids, or fertilizers used on these lands must be organic and in compliance with organic standards.

Anyone driving on the fields puts this process at risk. Anytime you're driving off the trail and onto a field that is transitioning to organic, there is the possibility that you're contaminating it. Your vehicle could leak fluids onto the field, or weeds could be attached to a truck's tires or body and those weeds would be introduced into an organic-only habitat. Weeds are more difficult to control in an organic

field. Organic farmers often have equipment that rarely leaves their organic fields to avoid tracking contaminants back onto the field, or they regularly wash their equipment to keep it contaminant-free.

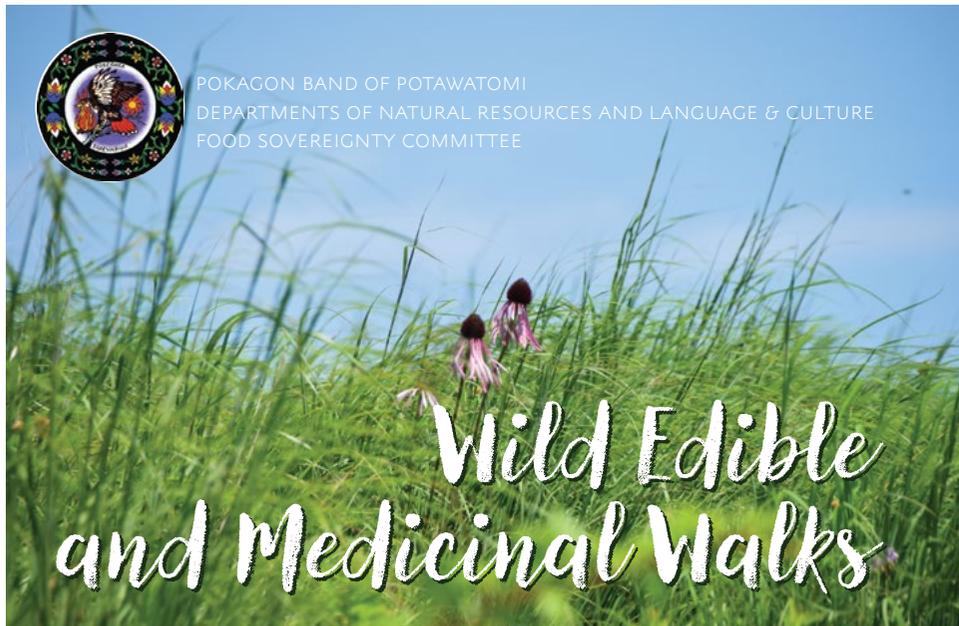
The Department of Natural Resources has planted native grasses and pollinators near these fields as well. Driving off the trails could damage and potentially destroy efforts like these to support pollinator populations, like butterflies and bees.

The DNR has enhanced the two-track trails with gravel in some areas so citizens can more easily access tribal properties. Please keep to two-track trails rather than driving off trails and onto the fields or into native plantings. If you see a two-track trail that needs attention, please contact the DNR at (269) 782-9602.

### Notice of Open Positions

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

- Ethics Board
- Pokagon Rights Board
- Election Board
- Oshke Kno Kewéwen Pow Wow Committee
- Pokagon Promise
- Tribal Arts Review Committee



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

## Wild Edible and Medicinal Walks

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

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

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

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



Pokagon Band of Potawatomi | Department of Language & Culture

## Mkedékéwen to fast

### A RITE OF PASSAGE

This spring the Department of Language and Culture invites Tribal Members and their families to participate in Mkedékéwen for a rite of passage.

If you or your child is interested in participating, please contact Rebecca Williams at [Rebecca.Williams@PokagonBand-nsn.gov](mailto:Rebecca.Williams@PokagonBand-nsn.gov) or at (269) 462-4325.

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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## Summer Safety

For many people summer means fun in the sun. Kids are out of school, adults are on vacations and it is time for outdoor activities like swimming, biking, barbecues, and much more. Outdoor summer activities are great for children and for families. Getting outside in the summers is a great time to get in some exercise as a family. Gardening to provide fresh veggies and food throughout the summer is another great opportunity. This provides good nutritious foods to help fuel our bodies. Being outside getting exercise and being in the fresh air can aid in getting better sleep. Finally being out in the sun can increase our vitamin D and it has been shown that people are in better mental health during the warmer sunnier parts of the year. Below are some safety precautions to think about when getting out this summer.

### Water Safety

Drowning is usually silent as children can't yell or scream if they are under water. Don't be distracted with other things such as smart phones while supervising your children in and around water. Children can drown in a small amount of water in a matter of seconds. If you own a swimming pool use layers of protection so that children can't get into your pool without proper supervision. Children should never be left alone while in or near a pool/lake or other water source. Use swimmies and life jackets if your child is not trained at swimming. Keep in mind that these do not prevent drowning.

### Playgrounds

Be sure that your child's playground is safe. Packed dirt, asphalt, and concrete are too hard of surfaces for children if they fall. Use at least 9 inches of wood chips or mulch to help cushion a child's fall. This does not stop all injuries but may help to prevent some. Check the playground to be sure there are not bee's nests or other insect nests that may cause harm to your child. If your child is allergic to bee's be sure that you have an epi pen on hand that is not out dated.

### Sporting Activities

Sporting activities are fun but can also cause injuries. Never allow your child to climb on the nets or hang in the netting. Have functional and age appropriate equipment for your children to use while participating a sporting event. This

can include softer balls, helmets, and protective gear. To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Kids under 6-years-old should not use full-size trampolines. Hide and seek should include some safety talk before playing. Educate your children that they should not crawl into any chests or refrigerators.

### Sun Safety

Protection from the sun is another big concern during the summer months. No matter what our skin color, we're all potentially susceptible to sunburn. Although we all need to take precautions to protect our skin, people who need to be especially careful in the sun are those who have

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who's had skin cancer

If you take medicines, ask your health care professional about extra sun-care precautions, because some medications may increase sensitivity to the sun.

When you are out in the sun be sure to wear protective clothing and hats. Reduce your time in the sun during the hottest parts of the day which is usually between the hours of 10 a.m.–4 p.m. Use sunscreen that at least has an SPF of 15 and using a sunblock that is water resistant may help. Just remember that water resistant is not waterproof. With sunscreen the higher the SPF the more protection from the sun. Sun screen should be applied 15 min. before going out into the sun and should be reapplied every 2 hours. Pay special attention to babies and ask your provider before applying sunscreen to a child under 6 months of age. If your child is over 6 month apply sunscreen every time your child goes outside.

Sunglasses will help to shield your eyes from harmful sun rays. Look to be sure your glasses protect against 99–100 percent of UV rays this ensures that your eyes are protected from both types of the sun's harmful rays. Wearing hats and other protective clothing will also help to shield your eyes from the sun.



## 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 Men's and Boys Drum Class, open to all tribal citizens, spouses and other tribal affiliations. Drum class welcomes all ages and is held the first and third Wednesday of every month. There are many teachings that come with this class from a great teacher.

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

### 2018

January 3	February 7	March 7	April 4	May 2	June 6
January 17	February 21	March 21	April 18	May 16	June 20

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



For more information, please call the Language & Culture office at (269) 462-4325 or Nicole Holloway at (269) 783-3513 desk / (269) 783-6131 cell.

POKÉGNĒK BODÉWADMĪK | POKAGON BAND OF POTAWATOMI  
DÉBÉNWÉTHĒK PARENT GROUP



## FAMILY MOVIE NIGHT

Want to wear your pajamas and snuggle up with the kids for a Family Movie Night at the community center? Bring pillows and blankets to enjoy *The Lego Batman Movie* and munch on popcorn! For anyone not watching the movie, there will also be fun board games!

Friday, May 11 7:00 pm  
Community Center



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## Kee-Boon-Mein-Kaa Pow Wow Committee Migwetth

The Kee-Boon-Mein-Kaa Pow Wow Committee sincerely appreciates the work and dedication you all contributed to make this a greater event for our community. We regret if we have inadvertently forgotten anyone's name.

Marcus Winchester Trish Williams James Ivy Jackie Trux John T. Warren Cindy Gonzalez Stanley Morseau

VIPS	Indian Lake Fire Department	David Drlich	Rebecca Williams
Clarence White	Mike Shrader	Polly Mitchell	Molly Kolecki
John P. Warren	Monet Shrader	Rhonda Rose	Moly Hunt
Robert Moody Jr	Renato Castele	Wasaone Shingwauk	Felicia Wesaw
John Pigeon & Family	Sabrina Baird	Minisno Shingwauk	Lee Saldivar
Stan and Linda Morseau	Greg Preston	Jeff Ballew Sr	Danni Rapp
Greg and Renda Ballew	Ben Weber	Jesse Ballew	Janiah Webster
Jason M. Wesaw	Doug Shaffer	Judy Baldwin	Kevin Daugherty
Becky Richards	Jesse Preston	Tom Starks	Kelly Patrick
Scott Brewer	Bryan Huggins	Brenda Reagan	Beth Salman
George Martin & Family	Pride Care Ambulance	Theresa Barnes-Watkins	Matthew Bussler
Pokagon Health Services	Kyle Robertson	Kelly Ridenour	Paige Risser
Matt Clay	T.J. Derick	Santiago Wills	Michele Winchester-Greer
Bodewadmik Ogitchedaw	Pokagon Band Department of	Christina Rapp	Deborah Williams
Pokagon Band Youth Council	Facilities	Branden Rapp	Melody Dixon
Notre Dame Center for Social	Harry Wesaw	Dale Keene	Katy Morseau-Rader
Concerns	Cliff Peoples	Emily Warren	Kateri Dayson
Pokagon Band Tribal Police	Bob Dill	Lisa Swieczkowski	Jennifer Rentfrow
Chief William Lux	Tim Wallin	Will Robertson	Beth Warner
Deputy chief Michael Bradley	Patty Jo Kublick	Robert Kronwitter	Cheri Hartline
Lt Rich Killips	Tom Wood	Faith Kronwitter	Judy Winchester
Lt. Doug Callahan	John T. Warren	Marie Willis	Jessica Swisher
Sgt Adam Schaaf	Rick Roach	Penny Wesaw	Sarah Gideon
Sgt Trent DeGroff	Greg Williams	Brian Wesaw	Kelly Curran
Sgt James Wilkins	Russel Wheeler	Dan Brant	Karen Councilmen
Sgt Rich Hiscock	Tim Wheeler	Julian Daisy	Dave Councilmen
Sgt Ben Graves	Jerry Inman	Steve Collins	Elaine Starret
Sgt Ron Douglas	Matt Orvis	Alan Morseau	Kim Wheatley
Officer Richard Newcomer	Mike Wilson	Mike Freuland	Chris Rice
Officer Joseph Mastalanski	Cecil Wilson	Laronzo Saldivar	Ryan Rice
Officer Jamie Sumners	Russ Garza	Garla Getz	Chick Topash
Officer Kristen Lamphere	Adaline Dixon	Martha Morseau	Rob Hewitt
Officer Sean Bruursema	Margorie Young	Colin Wesaw	Francis Casper
Officer Joseph Cole	Preston Carpenter	Felicia Wesaw	Rechelle Herman
Officer Karen Klug	Patty Trackis	Roger King	Fred Clarke
Officer Eric Shaer	Christina Barger-Gouestis	Kelly Mattos	Kyla Carneiro
Officer Jonathon Horton	Josh Wesaw	Fred A.H Jr Hemstreet	Kristie Bussler
Officer Brody Weidner	Ride Port-a-Johns	Jessica L. Howell	Anita Givens
Officer Matthew Johnson	Ron & Crew	Michelle Wojtas	Lori Sharkey
Officer Kevin Slater	Burns Rent All Crew	Ruth W. Saldivar	Casey Kasper
Officer Jason Flick		Lisa Downing	Beth Warner
Officer Kevin Modlin		Tegan Marsh	Cheri Hartline
Officer Jacob Stark		Sarah Hyatt	Michelle Thompson
Officer David Loza		Nicole Holloway	
Officer Jordan Miller		Daniel Stohrer	
		Rhonda Purcell	

monday

tuesday

wednesday

thursday

friday

# may

1

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

2

Pork Roast  
Red Potatoes  
Carrots  
Tomato Salad  
Fruit  
Whole Grain Roll

3

Buffalo Burgers/ Hot dogs  
Baked Beans  
Potato Salad  
Veggie & Pickle Tray  
Birthday Cake

4

Pizza Day

7 **language**

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

8

Bean Soup  
Low Sodium Turkey Sandwich  
Veggie & Pickle Tray  
Yogurt Cup

9

Spaghetti & Meatballs  
Asparagus  
Garden Salad  
Garlic Bread  
Dessert

10

Sea Bass  
Mashed Sweet Potatoes  
Veggie Tray  
Blueberries  
Whole Grain Roll

11

Chicken Quesadillas  
Assorted Toppings  
Pico De Gallo  
Red Beans & Rice  
Watermelon

14 **language**

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

15

Ham in Au Gratin Potatoes  
Mixed Vegetables  
Tomato Salad  
Fruit  
Whole Grain Roll

16

Baked Chicken  
Rice Pilaf  
Carrots  
Cucumber Salad  
Whole Grain Roll

17

**social**  
Lasagna  
Asparagus  
Garden Salad  
Cottage Cheese  
Garlic Bread

18

Boiled Dinner w/ Sausage,  
Corn, Onions, Cabbage,  
Potatoes & Beans  
Garden Salad  
Cornbread

21 **language**

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

22

Cornish Hen  
Stuffing w/ Gravy  
Green Beans  
Pineapple  
Whole Grain Roll

23

Salmon  
Spanish Rice  
Black Beans  
Garden Salad  
Whole Grain Roll

24

Turkey Pot Pie w/ Biscuits  
Spinach  
Garden Salad  
Fruit

25

BBQ Pulled Pork  
Baked Chips  
Veggie & Pickle Tray  
Peanut Butter Cookie  
Fruit

28 **closed | memorial day**

Beer Battered Haddock  
Baked Potato  
Broccoli Slaw  
Whole Grain Roll

29

Buffalo Sloppy Joes  
Baked Chips  
Baked Beans  
Veggie & Pickle Tray  
Fruit Salad

30

Tomato Soup  
Grilled Cheese Sandwich  
Veggie & Pickle Tray  
Fruit

31

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

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

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

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

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

All the forms are available on the Pokagon Band website [www.pokagonband-nsn.gov](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: [Enrollment@PokagonBand-nsn.gov](mailto:Enrollment@PokagonBand-nsn.gov)

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

## Elders Stipend increments

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

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

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

## Per Capita Important Dates

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

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

## Per Capita Direct Deposit & Tax Withholding Forms

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

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

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

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

## Tribal Council May Calendar of Events

- 1 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 7 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 8 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 12 Tribal Council Meeting, Community Center, 10 a.m.
- 14 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 15 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 21 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 22 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 28 Government offices closed in observation of Memorial Day
- 29 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.

## Tribal Council June Calendar of Events

- 4 Tribal Council Special Session Meeting, Administration, 6 p.m.
- 5 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Meeting, Community Center, 10 a.m.
- 11 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 12 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 18 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 19 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 25 Government offices closed in observation of Memorial Day
- 26 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Pokégnek Bodéwadmik Pokagon Band of Potawatomi

7<sup>TH</sup> ANNUAL

# A Healthy Step with Education

Saturday **July 28** 9:00 AM

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



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

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

Please come and join in the fun.

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



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POKAGON.COM

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

## 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) 783-9379  
Eugene.Magnuson@pokagonband-nsn.gov

### Secretary

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

### Member at large

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

### Member at large

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

### Member at large

W. Alex Wesaw  
(269) 462-1170  
Alex.Wesaw@pokagonband-nsn.gov

### Member at large

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

### Member at large

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

### Member at large

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

### Elders Representative

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

### Executive Secretary

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

## Elders Council Directory

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

### Chair

Maxine Margiotta  
(269) 783-6102

### Vice Chair

Julie Dye  
(269) 462-1004

### Secretary

Judy Augusta  
(269) 783-6304

### Treasurer

Clarence White  
(269) 876-1118

### Member at Large

Cathy Ford  
(269) 783-9380

# Gtegan gizes May Citizen Announcements

POKÉGNEK BODÉWADMİK | POKAGON BAND OF POTAWATOMI  
DEPARTMENT OF LANGUAGE & CULTURE | DEPARTMENT OF EDUCATION  
TITLE VI SPONSORED

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

Love Mom, Dad, Sis & The Graves Family

Pokégnek Bodéwadmik  
Pokagon Band of Potawatomi  
Department of Language & Culture

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

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

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

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

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



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

## Kë Gbéshmen Camp

Think Neshnabé Be Neshnabé

Ages 13–18 Monday June 25–Saturday June 30

Ages 5–8 (Day Camp) Thursday July 5–Saturday July 7

Ages 8–12 Tuesday July 10–Saturday July 14

Ages 9–13 (Day Camp) Tuesday July 17–Thursday July 19

Look for staff job postings on March 1. Camper registration begins May 4.



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

GYANKOJEGEMEN  
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# Oshke Kno Kewéwen Pow Wow

SATURDAY MAY 26  
+ SUNDAY MAY 27

Volunteer for the 2018 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.