



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Bnaki gizes October 2017

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Domestic Violence Awareness Month offering engaging, learning opportunities

This month, the Domestic Violence Awareness Program is again offering our community the opportunity to learn about domestic violence and support and uplift those who have or are still experiencing it.

The three film screenings happening throughout the month will engage viewers on a deeper level on topics like living on a reservation, being male in American society, and women in prison.

Harvest Day, the Survivor Speak Out and Vigil, and the Love Should Not Hurt 5K Run/Walk and 1 Mile Walk are times to learn and show support for our men and women.

The two women's social gatherings are restricted to women only to offer a safe and encouraging environment to our community women, while building relationships and a support system.

We hope to see you at these events and that you end the month of October more aware and more empowered.

For a full listing of October's events, please turn to page 6.



Water Walk celebrates its 10th anniversary



Women, men, children, and veterans walked from Gage Lake to Rodgers Lake for the tenth year to bless and honor our Pokagon waters. This year, women took the lead of the beginning ceremonies, which included a peace pipe

ceremony. Tribal Council provided funds to hand out copper water bottles to all those in attendance to commemorate the walk's tenth anniversary.

Concert tickets for Community Events

Starting October 1, 2017

Any unclaimed concert tickets not picked up by 5 PM on ticket pick-up day will be redistributed the following day from 8 a.m. to 5 p.m. or until all tickets are claimed on a first come, first served basis. Must show Tribal I.D. card when obtaining tickets. One set of tickets per citizen.

You may call the concert hotline (269) 462-4232 after 5 p.m. on the first ticket pick up day to find out how many unclaimed concert tickets are available.

Rebecca Price honored at Celebrating Michiana Women Leaders event



Tribal Council member at large Rebecca Price was one of 12 honorees at the 2017 Celebrating Michiana Women Leaders event. Held each year on Women's Equality Day, August 26, the event is part of the Michiana Women Leaders Project, which collects and documents women leaders' contributions through their oral histories.

Price was nominated by Cristal Brisco, an attorney who has worked with the city of South Bend and St. Mary's College, for her devotion to providing and improving community-based health services for her tribe. Through her nursing work with diabetes prevention, domestic violence awareness, and education, Price has embraced her bear clan medicinal and protective heritage.

Pokagon Opiate Awareness | Clean Body, Clean Spirit



You'll soon be hearing more about the Pokagon Band opiate awareness project Clean Body, Clean Spirit. The tribe, thanks to grants from several federal agencies, is developing a targeted response to the opiate crisis. The program aims to reduce opiate overdose related deaths through prevention, treatment, and recovery activities. This effort targets prescription opiates and illicit drugs, such as heroin.

The project will use multiple media platforms to prevent the misuse or abuse of opiates, prevent or reduce unintentional deaths and non-fatal hospital events associated with opiate poisonings, enhance education and training, and engage the Pokagon community with the growing dangers of opiate abuse. Stay tuned to tribal media for additional informational materials, resources, events, and personal recovery stories. If you would like to share how you've witnessed opiates affect your life or the lives of those around you, you may call the Communications department at (269) 462-4228 or email digitalcommunications@pokagonband-nsn.gov.

If you or someone close to you is struggling with opiate addiction, there is help. Call Pokagon Health Services at (269) 783-2476.

Pokagon Band of Potawatomi
Department of Natural Resources

RICING CAMP

October 14 + October 28

Creekside at DNR building
32142 Edwards St, Dowagiac, MI 49047

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11:00 am – 5:00 pm

Please join the Language and Culture Department along with the DNR for a gathering of rice processing.

We will be parching, dancing, winnowing and sorting like our ancestors did. Please bring a dish to pass if you would like and your love, smiles and fun.

If you have any questions, please contact the Department of Natural Resources at (269) 782-9602.

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

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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

Healthy Lifestyles 2017 | Your Health, Your Choice



What's the deal with meatless meals?

Eating a plant-based meal every now and then can help you lower your cholesterol and reduce your risk for cardiovascular disease. Mixing in some meatless meals won't require you to give up your carnivorous ways. You can eat lean meat, just less of it!

“Most of the cholesterol-raising saturated fats that Americans eat come from meat and full-fat dairy products such as whole milk cheese,” said Alice Lichtenstein, D.Sc., a professor of nutrition. “If you decrease your daily intake of animal fat, you're going to decrease your intake of saturated fat.”

Taking meat off the menu won't make it boring; there are more options than you think. Craving a burger? Try a savory grilled portabella mushroom burger. Going meatless is as simple as moving vegetables and fruits from a side dish to a starring role. You should also seek out high-fiber whole grains, beans and legumes, unsalted nuts, and lower fat and fat-free dairy foods. These tend to be high in fiber, vitamins, minerals and other important phytonutrients.

Try eating one meatless meal a week. Sticking with it can quickly make you start feeling lighter and your wallet fatter: People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources.

You don't have to go cold turkey on meat to adopt a heart-healthy eating style. Are you a fan of chicken or fish? Skinless poultry and fish containing omega-3 fatty acids are good protein choices and easy to prepare in healthy ways. When you do eat meat, choose the leanest cut available, reduce your portion size to no more than six ounces cooked, remove all visible fat, and cook in a healthy way to avoid excess saturated fats. And remember, a meatless meal doesn't automatically translate to less saturated fat.

“You can drop meat, but if you substitute quiche for steak, you're not going to get any advantage in terms of heart health,” Dr. Lichtenstein cautioned. Make sure you're making healthy swaps.

More tips for going meatless:

- Stock the refrigerator and pantry with plant-based alternatives like veggies, beans, nuts, whole grains and tofu.
- Find recipes for meatless meals The American Heart Association offers hundreds of healthy, delicious plant-based entrees in our cookbooks and online recipe center.
- Go veggie at work If you have access to an office kitchen, keep a few convenient meatless foods you like, such as veggie burgers, on hand for a quick, meatless lunch.



Reaping the mental health benefits of exercise is easier than you think

Wondering just how active you need to be to get a mental health boost? It's probably not as much as you think. You don't need to devote hours out of your busy day, train at the gym, sweat buckets, or run mile after monotonous mile. You can reap all the physical and mental health benefits of exercise with 30 minutes of moderate exercise five times a week. Two 15 minute or even three 10 minute exercise sessions can also work just as well.

Even a little bit of activity is better than nothing. If that still seems intimidating, don't despair. Even just a few minutes of physical activity are better than none at all. If you don't have time for 15 or 30 minutes of exercise, or if your body tells you to take a break after five or 10 minutes, for example, that's okay, too. Start with five or 10 minute sessions and slowly increase your time. The more you exercise, the more energy you'll have, so eventually you'll feel ready for a little more. The key is to commit to do some moderate physical activity—however little—on most days. As exercising becomes habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to show.



Exercise at your right time for good sleep

Regular exercise can help you get a good night's sleep. The timing and intensity of exercise seems to play a key role in its effects on sleep. If you are the type of person who gets energized or becomes more alert after exercise, it may be best not to exercise in the evening. Regular exercise in the morning can even help relieve insomnia, according to a study.



What's your stance?

Summer is ending, and the days are getting shorter. Do you find yourself slipping into a slump? One easy solution: Fix your posture. Good posture improves self-confidence and exudes an aura of dignity. (Try sitting or walking with bad posture for 30 seconds; then switch to a good posture for 30 seconds. Go ahead, we'll wait... Notice the difference?)

It is also important to maintain good posture for a variety of physical reasons, such as: improved breathing, reduced risk of neck, back, and shoulder injuries, increased blood circulation, more mobility and strength, and an overall better quality of life.

Posture can worsen with age and increase the pains associated with arthritis, joint issues, and nerve complications. Everyone's ideal posture is different. A healthy posture is a combination of the correct alignment of your hips, spine, neck, and jaw, as well as healthy and active supporting muscles. Here are some pointers to maintain good posture:

- Exercise. Strengthening the supporting muscles will help align your body and encourage good form.
- Move. Holding any position will lead to muscle fatigue and muscle failure. Remind yourself to get up and move around every 20 minutes.

- Sit closer. Avoid subconsciously leaning or hunching over to see the t.v. or computer screen.
- Get your vision checked. Poor eyesight can cause you to thrust your head forward.

Exercise of the month: Wall Slides

1. Stand with your back against a wall so your tailbone, shoulder blades, and head are all pressed against the surface.
2. Place your hands on the wall at shoulder level with your elbows bent at 45 degrees and your palms facing forward.
3. Slowly extend your arms up the wall. Raise your hands comfortably above your head while keeping your tailbone, shoulder blades, and head stationary and in constant contact with the wall.
4. Slowly return to the starting position. You should take about 5–10 seconds to reach up, and another 5–10 seconds to lower your arms.
5. Repeat 8–12 times, three times each day.

Stress, anxiety relief thanks to HLC

Healthy Lifestyles Campaign goals are mostly those of weight loss, focusing on the physical and nutritional pillars of health, for which many participants have experienced great success. Citizen Michelle Barco needed change in another area of her life, and as she met her goals, her transformation trickled into other areas she did not expect.

Michelle gave birth to her second child in February. Two days later, anxiety and depression kicked in. She began experiencing panic attacks and knew this was postpartum depression—again.

“It was almost immobilizing,” she said.

She experienced this after giving birth to her first child, but she never sought help, and the depression lasted between six months to one year. This time, her husband encouraged her to seek help, and she started on anti-anxiety medication.

Michelle also reached out to the Community Outreach Program, where Melody Pillow, medical social worker, and Angelina Herman, community health nurse, set her up with the Healthy Lifestyles Campaign.

“My biggest goal was to relieve stress and anxiety,” Michelle said.

Michelle joined a zumba class and kept with, dedicating an hour every day to it. She started feeling better, even losing 28 pounds in the process. Michelle is now off her medication and continuing in her self care plan.

“It hasn’t been a perfect journey, but I’m finding a balance,” Michelle said. “I keep getting back on that wagon.”

Michelle is glad she took the medication when she needed it, but she’s found a better outlet for herself now through zumba. She says setting goals and being held accountable nonjudgmentally by the women in the Community Outreach Program kept her focused and encouraged.



Looking to the future, Michelle wants to continue caring for herself so she can be healthy and have energy for her family.

“[My goal is] to continue to put myself first,” Michelle said. “For moms, I think that’s just the hardest thing. I think you need to take time everyday to do something you love and something that’s healthy for your body.”

“I hope my story helps other women. There’s hope if you reach out and talk about it.”

Higher Education updates

New and improved changes have been made in Higher Education. The Pokagon Band Department of Education now offers higher education academic advising. Academic advising for new students can include topics such as transitioning to college for the first time, college selection, and financial planning and scholarship information. Additionally, academic advising for current students can include discussions about college resources such as tutoring, help with academic holds and appeals, local Native American Student Organizations, summer internship opportunities and current Government Pathways opportunities.

Another change that became effective August 1, 2017 is the new Higher Education Policy. To view the new policy, please visit the Pokagon Band website. The Higher Education Department is currently closing out the 2016–2017 Academic Year. All current 2017–2018 scholarship recipients need to submit their unofficial transcripts to Higher Education Resource Specialist, Polly Mitchell, in order to complete the transition to the new Academic year. The change to unofficial transcripts for grades will remain in effect when applying for the spring/winter semester. Moving forward, the Higher Education Department will continue to explore new resources and create collegiate partnership opportunities. Higher Education looks forward to hearing from each of you.

Contact information to submit your unofficial transcript:

Polly Mitchell
Higher Education Resource Specialist
Digital submission: polly.mitchell@pokagonband-nsn.gov

Mailing address:
Department of Education
58620 Sink Road
Dowagiac, MI 49047

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

Neshnabé Mbokén

A children's book club

BEGINS
WEDNESDAY SEPTEMBER 6 | 4:00–5:00 P.M.
DOWAGIAC PUBLIC 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). Beginning Wednesday, September 6 at the Dowagiac District Library, this program will run **every first Wednesday of the month from 4:00 pm to 5:00 pm.**

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

Register to attend at www.PokagonBand-nsn.gov and be entered in a raffle.

Early Childhood Education will provide punch cards for this program. Attend 2 and get a prize.

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

New and improved tribal ID cards are coming

In early November, all Pokagon citizens will receive a new card to replace their current IDs. With these new cards, citizens will have the capability to pay at the pump at three of the five retail gas stations that sell discounted fuel to Pokagon citizens. Like current IDs, these new IDs can still be used inside, particularly for the purchase of discounted tobacco, as shown in the table below:

Station	Pay at Pump	Pay inside	Tobacco
Bent Tree, Dowagiac, MI	Yes	Yes	Yes
Hartford Citgo	Yes	Yes	No#
Benton Harbor Marathon	Yes	Yes	No#
Niles	No*	Yes	No#
Sister Lakes	No*	Yes	No#

* Not available at this time due to station's pumps.

Our arrangement with the state of Michigan is to only sell discounted tobacco at The Bent Tree.

The redesigned tribal ID card is not the Enhanced Tribal ID card (ETC) that allows citizens to cross some borders without a passport. Even if you already have an ETC, you will still need, and the Pokagon Band will still issue and mail to you, a redesigned tribal ID card. Once you start using the new ID card, your old one will

be deactivated and no longer work at our partner gas stations. Citizens under the age of 16 will receive a redesigned card, but their card won't feature the magnetic strip used for fuel discounts.

The benefits of the Band's fuel and tobacco program haven't changed. Citizens keep buying up to 300 gallons of fuel per month and up to five cartons of cigarettes per month. Each citizen buying will be able to make their purchase at a discounted rate, which you will now be able to track on Pokagon Points.

Pokagon Points will be linked to your redesigned tribal ID, and will track your fuel gallon purchases, tobacco purchases, and discounts earned on an annual basis. You will be able to check the status of discounts you received at www.patronpoints.com. Click on "Members" and then click on "login." There, you will be asked to put in your account number and last name. Once logged in, you should be able to see transactions. Stay tuned for a possible phone app.

The redesigned ID cards will be dropped in the mail only to adult citizens with a photo ID and signature on file on November 1. Please watch your mailbox, and if you do not receive your card by the 15th of November, please contact the Enrollment Office at (269) 782-1763.

October is Breast Cancer Awareness Month

Breast Cancer affects both men and women. In the United States, one in eight women will be diagnosed with breast cancer in their lifetime. It is the most commonly diagnosed cancer in women and is the second leading cause of cancer death among women. It is estimated that each year, more than 40,000 women will die from breast cancer. In men, it is estimated that approximately 2,600 will be diagnosed with breast cancer and 440 will die each year.

The great news is there are over 2.8 million breast cancer survivors in the United States today and there has been a gradual decline in the female breast cancer incidence rates among women aged 50 and older. Death rates have been declining since about 1990, in part due to better screening and early detection. Increased awareness and continually improving treatment options along with the decline in prescriptive hormone replacement therapy after menopause have also been cited as contributing factors to this decline.

Know the risk factors. Even if you do not have the risk factors, you are still at risk. If you have one, or several, risk factors you may never get breast cancer.

Environmental and lifestyle risk factors that can be changed:

- Lack of physical activity: sedentary lifestyle increases risk
- Poor diet: diets high in saturated fats and lacking fruits and vegetables
- Being overweight or obese: risk increases even higher if you have already gone through menopause



- Alcohol consumption: the more you consume, the greater the risk
 - Radiation to the chest: increased risk if done before the age of 30
 - Combined hormone replacement therapy
- Genetic risk factors that cannot be changed:
- Gender: women are at greater risk than men
 - Age: two out of three women with invasive cancer are diagnosed after age 55
 - Family history and genetic factors: family history of breast or ovarian cancer
 - Personal health history: having breast cancer in

one breast increases the risk of having it in the other breast. Also, if abnormal breast cells have been detected before.

- Menstrual and reproductive history: menstruation before age 12 and menopause after 55, having first child at an older age or never having given birth
- Certain genome changes: mutation in certain genes
- Dense breast tissue can make lumps harder to detect.

Early detection is key. Monthly self breast examinations and mammograms as recommended by your physician. Talk to your PHS health care provider about your risks and what you can do to reduce your risks.



Refreshing Spaghetti Squash and Cucumber Salad

Ingredients

1 spaghetti squash, halved and seeded	¼ cup lemon juice
8 ounces cherry tomatoes, halved	1 tablespoon lemon zest
6 ounces pitted kalamata olives, halved	¼ cup olive oil, or more if needed
2 English cucumbers – peeled, seeded, and sliced	1 tablespoon garlic salt
1 small red onion, sliced thin	ground black pepper to taste
1 clove garlic, minced	

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Place the squash halves into a large baking dish with the cut-sides facing down.
2. Bake in the preheated oven until you can easily cut into the skin side with a knife, about 30 minutes; remove from oven and set aside to cool.
3. Toss the cooled spaghetti squash, the tomatoes, olives, cucumbers, red onion, and garlic together in a large bowl until evenly mixed.
4. Stir the lemon juice and lemon zest together in a small bowl; slowly pour the olive oil into the lemon juice mixture while whisking vigorously. Season with garlic salt and pepper; drizzle over the spaghetti squash mixture and toss to coat. Refrigerate at least 2 hours before serving.

Childhood obesity a serious health issue

When a child is well above the normal or healthy weight for his or her age and height, he or she is considered obese. The causes of excess weight gain in young people are similar to those in adults, including factors such as a person's behavior and genetics. A recent study found these startling statistics about childhood obesity:



- 49 percent of American Indian school children are overweight or obese, almost double the rate of white school children.
- Obese children are more likely to suffer from serious, lifelong illnesses like Type 2 diabetes, cardiovascular disease, and asthma than their normal weight peers, making the obesity epidemic a major concern.
- Obesity is a common symptom that stems from food insecurity, which affects one in four American Indians. And in turn, food insecurity stems from poverty.
- With the increase in obesity rates, the number of American Indian teens with diabetes has dramatically increased as well. Between 1994–2004, diabetes cases rose 68 percent among American Indian youth ages 15–19.

What can you do to prevent and control this serious health issue? There are many ways to help maintain a healthy weight in children and adulthood, including being active and eating a balanced diet:

- Raise an active child. Make active play fun for the whole family. Focus on fun, not performance. Set limits on TV and computer times. Be active yourself; active parents tend to have active children.
- As children grow, they may be ready for new activities: Age 2: run, walk, gallop, jump and swim. Age 3: hop, climb, ride a bike, throw, bounce, and kickball. Age 4: skip, swim, obstacle courses.
- Active play ideas. Indoor play: Act out a story, dance, walk inside a mall, card games, follow the leader, duck-duck-goose. Outdoor play: Family walks, play catch, take a hike, kickball, bike riding.

Domestic Violence Awareness Month offering engaging, learning opportunities *continued from page 1*

October is Domestic Violence Awareness Month and the Domestic Violence Program has plenty of events going on throughout the month to help educate and raise awareness of this very serious issue. Unless stated below, these events are open to anyone. Some topics may not be appropriate for everyone, so use your best

judgment when bringing the kids. New this year, event attendees will be put into a raffle to win a black ash basket. The more events you attend, the more chances you have for winning.

September 30 Harvest Day | Dowagiac Middle School, 10 AM–1 PM

Join Education and Social Services for a day of fall themed family fun! Registration is available on the website. Contact Autumn Laraway at (269) 462-4327 for more information.

October 6 Mohawk Girls film screening | Community Center, 6 PM

A coming of age film, directed by Tracey Deer (Mohawk), detailing the lives of three Mohawk girls growing up on the Kahnawake Reserve. This event is open to everyone, though some of the themes may not be appropriate for everyone. Light refreshments will be provided.

October 8–14 is Domestic Violence Awareness Week

October 9 Women's Social Gathering: Potluck and Recipe Swap | Community Center, 6 PM

Nothing brings people together like food. Bring your favorite dish to pass and a copy of the recipe and join us for an evening of fun, food, and conversation. This event is for women and children only.

October 10 Survivor Speak Out and Vigil | Department of Social Services Memorial Garden, 6 PM

Domestic violence survivors and supportive family members and friends are welcome to share their stories of survival. This event is open to everyone.

October 13 The Mask You Live In film screening | Community Center, 6 PM

The Mask You Live In discusses what it means to be male in American society. This event is open to everyone. Dinner will be provided.

October 14 Love Should Not Hurt 5K Run/Walk and 1 Mile Walk | Pavilion, 10 AM

Lace up your running shoes and come out to run or walk our scenic, 3.1 mile course through the Rodgers Lake property. A healthy picnic lunch at the pavilion will follow. Packet pickup begins at 9 AM. Please be on the property by 9:45 AM to make sure all participants are safe. Registration is available online. Please note the registration deadline is Friday, September 29, 2017. You may still register until the day of the race and on site, however you will not be guaranteed a t-shirt.

October 16 Women's Social Gathering: Beading Class with Christina Rapp | Community Center, 5 PM

Join us for an evening of socializing and beading. Christina Rapp will be teaching peyote stitching. All beading skill levels are welcome. This event is for women and older children only. Please bring a dish to pass.

October 19 Sin by Silence Film Screening | Community Center, 6 PM

Overwhelmingly, women in prison have experienced some sort of violence in the past. This film looks at the first inmate initiated and led support group for women in the correctional system, Convicted Women Against Abuse (CWAA). For the past two decades, the CWAA have been strong advocates for battered women, both inside and outside the correctional system. This event is open to everyone, though it may not be appropriate for everyone. Use your best judgment when bringing children. Light refreshments will be provided.

What's that invasive species? Red Swamp Crayfish (*Procambarus clarkii*)



The red swamp crayfish (*Procambarus clarkii*) is an invertebrate that resembles a small lobster, up to five inches long with claws. The red swamp crayfish is a non-native crayfish that naturally inhabits the Mississippi river drainage and the Gulf coast. Unfortunately, due to their wide use in the food industry, the red swamp crayfish has been introduced to almost every continent on Earth. They are also used as live fishing bait and through the aquarium trade.

These crayfish have a tendency to dig deep burrows along shorelines causing undermining and erosion. The red swamp crayfish is illegal to buy, sell, or possess in Michigan. This crayfish has been identified in several bodies of water in Michigan. The red swamp crayfish is aggressive and outcompetes native crayfish for food and habitat. Adult red swamp crayfish can be identified by their dark red color and bright red raised spots. They can be differentiated from the native white river crayfish by a thin gray stripe on the underside of the tail.

Please help keep invasive species out of Pokagon waters and use local bait that is properly disposed of if not fully used. Additionally, always clean your boat when exiting an area to make sure you do not carry invasive species to another waterbody. If you see the red swamp crayfish in Pokagon waters, please take pictures and report the location to the Pokagon Band Department of Natural Resources.

What's that edible plant? Nannyberry (*Viburnum lentago*)



The nannyberry (*Viburnum lentago*) is a native shrub that can be found in much of the Eastern U.S. Nannyberry is also known as sweet raisin or sweet viburnum due to the fruit that the shrub produces which are edible and sweet. Nannyberry can reach as tall as 36 feet, but 15 to 25 feet tall is typical.

Nannyberry can be grown in various habitats from sun to shade, but shady habitats may result in the leaves being covered in mildew. This shrub will root from cuttings and may also root where branches make contact with the soil. Nannyberry fruit is sought after by many species of wildlife from mammals to birds. Nannyberry is found as a multi-stemmed shrub, but can be pruned and maintained more like a tree. Leaves are opposite, ellipsoid shaped and have finely toothed margins.

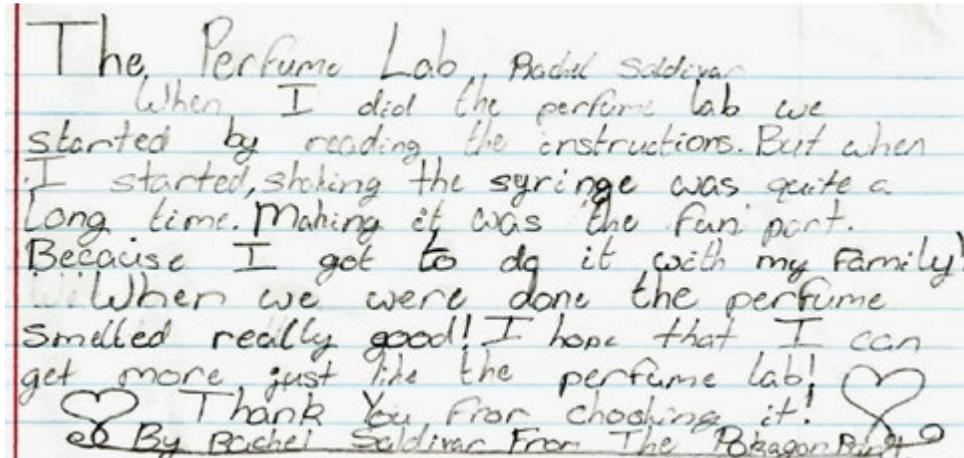
Nannyberry flowers in May and June, then produces fruit that hangs in clusters from late July into the fall. The fruits are ripe as they begin to wrinkle, and you may find ripe and unripe fruits in the same cluster. The purplish blue fruits show in stark contrast to the bright fall foliage when ripe. The fruits can be eaten raw, de-seeded and dried, or used in puddings, jams, jellies, and fruit spreads. The roots and bark have been used in medicinal teas and extracts as a diuretic and to aid in muscle relaxation and respiratory issues. As with any new edible, be sure to have a positive identification before consumption and take in small quantities at first to make sure there are no allergic reactions. As you are walking through the fall forest, be on the lookout for bright foliage and clusters of sweet, edible fruits.

Discovery Kit contest winners announced

Myriah Williams has won the \$25 gift card for filling out the Discovery Kit survey.

Samual Dycus and Rachel Saldivar have won Kindles for their photo/writing submissions.

Congratulations to everyone!



Pokagon Band of Potawatomi Department of Language & Culture

Native Nations Youth Council

Pokagon Citizens ages 12–24!

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

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

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

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Kee-Boon-Mein-Kaa Pow Wow

The community gathered for the 32nd celebration of the end of the huckleberry harvest.



Educational Excellence Initiative update

October 1 is the last day to submit grades/attendance to earn more money toward other educational programs like Enrichment or Special Request or to get money transferred to Chi Ishobak for the Youth Transportation IDA.

If you have submitted documents for the program, please call Susan Doyle at (269) 462-4229 to ensure all the paperwork needed was received and/or to see how much was earned to use for this year. These funds are available until July 31, 2018. Seniors will receive a check.

Title VI update

All Native students attending a public school in the Ten County Service Area need to have a Title VI ED 506 Indian Student Eligibility Certification Form on file for their current school district. This is needed by the end of the 2017 year so the Department of Education can reapply for the grant.

7Gen takes advantage of tribal ownership for opportunities, growth

This is the first in a series of spotlights on businesses owned and operated by Mno-Bmadsen, the Pokagon Band's non-gaming economic development organization.

7Gen AE, the architectural engineering firm owned by the Pokagon Band, has had a good couple of years. The startup, opened in 2012, tripled its revenue in 2016, earning \$3.2 million. Where there were five employees in 2014, today there are 15.

“And we will potentially need more staff as future contracts get rolling,” said Jeremy Berg, 7Gen’s managing director and president.

The firm has several major projects in the pipeline. The team is designing an addition and renovation to the Veterans Affairs hospital in Ann Arbor. This was 7Gen’s first VA project. Thanks to that, they won a five year contract for work on all the VA hospitals in Michigan. Keeping with the health facility work—7Gen designed the Pokagon Health Services building—they developed two health clinics for Mille Lacs Band of Ojibwe in Minnesota. They also won a five year, \$10 million job with the Army Corps of Engineers for Department of Defense medical facilities and a five year contract with the Bureau of Indian Affairs.

“We leveraged the work we did with Pokagon,” said Berg. “That let us go after that project hard and win it.”

Berg acknowledges that 7Gen is a young company, but given its tribal ownership they built their portfolio more quickly than a normal start up firm would.

“The work we do for Pokagon is so critical; it helps us short circuit the amount of time and dues we have to pay to get out and work for these agencies. It really catapulted our business, no doubt,” he said.

7Gen has an 8A certification with the Small Business Administration, which gives businesses owned by traditionally marginalized entrepreneurs—like a tribe—a leg up in government contracting.

“This is a factor in winning federal government business, and our tribal ownership helps us when working with other tribes,” said Berg.

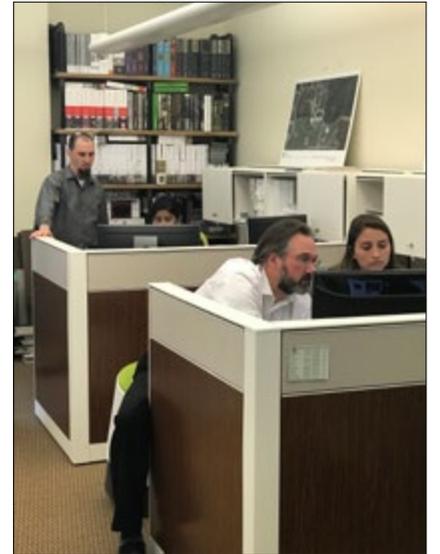
Perhaps the most meaningful upcoming project for the team is a regional health clinic for Indian Health Services in Rapid City, South Dakota. The site is a former boarding school and tuberculosis hospital for Native Americans called the Sioux Sanatorium. The project entails demolishing the building, built in 1898, and developing a 200,000 square feet, technologically advanced facility.

“We’ve been hired do part one of a two part process,” said Berg. “We’ve been tracking this project for 18 months, and interviewed and won the project.

“The sense of pride in the work we do with tribes, when a new facility opens up, is awesome and humbling. Part of our interview strategy [for this] was to talk about this project as an opportunity to heal the community. I’ve learned a lot about native journeys; it’s been eye opening for me personally. Work with that higher purpose is one of the great things about working here. We get to be part of that; it’s something special.”

One of the current openings at 7Gen is for a federal project manager to assist with the government opportunities. And any Pokagon student who has an interest in architecture looking for exposure to the field is welcome to learn with 7Gen through Mno-Bmadsen’s tribal pathways program.

“We are well positioned to continue to grow over the next few years,” said Berg.



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

Join Marcy Herbert, Pokagon Band dietician, for a healthy lunch Wednesday, October 18 as she discusses topics around nutrition.

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

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

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PHS earns three-year CARF accreditation

The Commission on Accreditation of Rehabilitation Facilities (CARF) granted Pokagon Health Services (PHS) a three-year accreditation this August. CARF currently accredits more than 48,000 health care providers who “commit to quality improvement, focus on the unique needs of each person the provider serves, and monitor the results of services,” according to CARF’s website.

“I would like to thank everyone for all of their hard work and preparation for the CARF survey,” said Matt Clay, director of Health Services. “I would especially like to give a shout out to Daun and the Behavioral Health team for all of their hard work in pulling everything together.”

PHS Contracts with VA

Pokagon Health Services (PHS) has contracted with the Veterans Administration (VA) to provide services to eligible veterans in the place of the VA. Many of our veterans are already using Pokagon Health Services for their Medical, Dental, Behavioral Health, and Pharmacy services, but with our new collaboration with the VA, PHS can now bill those services back to the VA, and veterans do not need to remain established with their local VA clinic to be eligible for VA services.

Any veteran who is a member of a federally recognized tribe may contact PHS to establish care. Also, PHS Healthcare Navigator Carlos Aguayo is trained to assist veterans in enrolling for VA services if they have never done so before. Please call PHS at (269) 782-4141 to set up an appointment.

Bnakwi gizes

Nëm'e gizhëk SUNDAY	Ngot gizhëk MONDAY	Nizh gizhëk TUESDAY	Aptë gizhëk WEDNESDAY
1	2 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Basic Language Classes	3 PALS (Play and Learn Social) Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training Débénwéthëk Nesnab L&C Znëget 2 Intermediate L&C Men and Boys Department
8	9 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Basic Language Classes	10 Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac Survivor Speak Out and Vigil	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate
15	16 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Women's Social Gathering: Beading Class with Christina Rapp Zumba Znëget 1 + 3 Basic Language Classes	17 Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiacc	Circuit Training Elders Health and Wellness Healthy Lunch Circuit Training Débénwéthëk Parent L&C Znëget 2 Intermediate L&C Men and Boys Department
22	23 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Basic Language Classes	24 Lean Lunch Tone Up! L&C Kids Language Class: Dowagiac L&C Adult Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate L&C Men and Boys Department
29 Annual Halloween Party and Community Mini Pow wow	30 Circuit Training Day Language Class L&C Department Language Class Elders Health and Wellness Circuit Training Beginners Yoga Auricular Acupuncture Zumba Znëget 1 + 3 Basic Language Classes	31 Lean Lunch Tone Up! L&C Adult Language Class: Dowagiac L&C Kids Language Class: Dowagiac	Circuit Training Elders Health and Wellness Circuit Training L&C Znëget 2 Intermediate

October 2017

WEDNESDAY	Nyéw gízhëk THURSDAY	Nyano gízhëk FRIDAY	Odankè gízhëk SATURDAY
4 Wellness Dobé Mbokén Intermediate Language Class Drumming	5 Lean Lunch Men's Sweat Lodge L&C Adult Language Class: South Bend L&C Potawatomi 201	6 Circuit Training Elders Health and Wellness Circuit Training Mowhawk Girls Film Screening	7
11 Wellness Intermediate Language Class	12 Lean Lunch Diabetes Program L&C Adult Language Class: South Bend L&C Potawatomi 201	13 Circuit Training Elders Health and Wellness Circuit Training <i>The Mask You Live In</i> Film Screening	14 Tribal Council Meeting Débenwéthêk Saturday Family Fitness 5th Annual Love Should Not Hurt Family 5k Run/Walk
18 Wellness Group Intermediate Language Drumming	19 PALS (Play and Learn Social) Lean Lunch Diabetes Program L&C Potawatomi 201 L&C Adult Language Class: South Bend <i>Sin by Silence</i> Film Screening	20 Circuit Training Elders Health and Wellness Circuit Training	21
25 Wellness Intermediate Language Drumming	26 Blood Drive Lean Lunch Diabetes Program L&C Potawatomi 201 L&C Adult Language Class: South Bend	27 Circuit Training Elders Health and Wellness Circuit Training Purple Ribbon Shirt Workshop	28 Débenwéthêk Saturday Family Fitness
nov 1 Wellness Intermediate Language	nov 2 Lean Lunch Men's Sweat Lodge L&C Adult Language Class: South Bend L&C Potawatomi 201	nov 3 Circuit Training Elders Health and Wellness Circuit Training	nov 4

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



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

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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:

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



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

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

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

Prevention



Pokagon Band of Potawatomi
Pokagon Health Services | Community Outreach



This season, honor those touched by diabetes

November 2017
8:00 am–5:00 pm
Pokagon Health Services

November is Diabetes Awareness Month. Stop by Pokagon Health Services during November and make a snowflake ornament to help bring awareness to this disease. Ornaments will be displayed on a tree throughout November and December at PHS.

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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FOUR WINDS SOUTH BEND JOB FAIR

Looking for a rewarding job in an exciting atmosphere?

Join us to complete the pre-screening process and meet representatives for career opportunities at all locations including the South Bend property opening early 2018.

Tuesday, October 3, 2017
2pm – 7pm

Century Center
120 Dr. Martin Luther King Jr. Dr.
South Bend, IN 46601

Please log onto the career website at www.fourwindscasino.com/general/employment.php to apply prior to attending the job fair to expedite the process.



FOUR WINDS

CASINO RESORT
HARTFORD | DOWAGIAC
NEW BUFFALO | SOUTH BEND

1-866-4WINDS | (494-6371) • fourwindscasino.com



DRUM CLASSES

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

6:00 pm–8:00 pm

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

2017

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

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



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



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

Quilters needed to make baby celebration quilts

In preparation for 2018's Baby Celebration, the community is invited to help make 50 blankets for our newest members. Quilters chosen to participate will be compensated. Quilts should be completed by April 1.

If you are interested in sewing with us, please contact Angelina Herman at (269) 783-2485 or angelina.herman@pokagonband-nsn.gov 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.



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.

Per capita and Elders Stipend payments are taxable income under current IRS regulation

Per capita and Elders Stipend distributions are subject to a mandatory withholding when an annual threshold of income is reached based on your year-to-date collective gross payments. To avoid liability, the tribe will increase your tax withholding percentage if you reach the threshold, and you are not having the minimum amount withheld according to the IRS withholding tables (see IRS *Publication 15-A* page 96).

Year-to-date collective payments Annual Threshold Amounts	IRS Mandatory Withholding Tax Percentage
\$ 0.00 to \$10,400	0%
\$14,401 to \$19,725	10%
\$19,726 to \$48,350	15%
\$48,351 to \$102,300	20%
\$102,301 and above	28%

If you have Elders Stipend along with Per Capita, the percentage applies to your total gross income.

If you receive Elders Stipend plus Per Capita, then you will reach the annual threshold. To avoid under payment of taxes, you may elect to increase your percentage to cover taxes before you hit the annual threshold. Below is an IRS guide; referencing monthly amounts and percentages to withhold. Find your monthly income and that is the percentage the IRS recommends to be taken out for Elders Stipend and Per Capita each month. Taxes do not apply to SAP recipients.

Monthly Payment Amount	Tax Percentage
\$ 0.00 to \$ 867	0%
\$ 868 to \$1644	10%
\$1645 to \$4029	15%

Pokagon Band employees do not give tax advice as they are not qualified tax professionals. Tribal members are encouraged to consult professional tax advisors for tax planning and concerns. You may want to refer your tax professional to *Publication 15-A* for specifics on tribal taxes.



Do you need advice or assistance with a legal issue?

The Pokagon Band has arranged for Michigan Indian Legal Services (MILS) and Indiana Legal Services (ILS) to provide free legal services to Pokagon citizens (and in some cases, spouses of Pokagon citizens) regarding certain types of legal issues:

- Guardianships and Conservatorships
- Power of Attorney (Medical and/or Financial)
- Simple Wills
- Real Estate Matters
- Landlord Tenant Matters
- General civil matter legal advice
- Expungements (misdemeanor and low-level felony) in Indiana only
- Specialized Driving Permits in Indiana only

Except for criminal matters in Pokagon Tribal Court, there are no asset or income restrictions for Pokagon Band citizens receiving this free legal service. Not all legal services provided include representation in court, in some instances the available legal services are limited to document review, document preparation, and/or providing legal advice.

Is it time to refinance your auto loan?

Auto loans, along with your home mortgage, are among the most popular loans in today's market. We need our cars for our family, to get to work, to get to the grocery store, etc. In May, the Federal Reserve Bank of New York reported that a record 107 million Americans have auto loan debt. That's about 43 percent of the entire adult population in the United States.

If you are currently paying high interest rates, owe more than your car is worth, or your payments are putting you in a financial bind, we may be able to provide an affordable alternative.

Chi Ishobak's mission is to provide all tribal citizens the tools and opportunities needed for meaningful lives and self-sufficiency. By working with you to re-finance your auto loan, you have the potential to 1) lower your payments 2) reduce the length of your loan, or 3) both.

Chi Ishobak has refinanced auto loans for 10 citizens, saving them a total of \$26,500 and shortening their loans by over 27 months.

One of our citizens, Chelsea W, re-financed the family car to help pay off the loan faster. "Re-financing my car through Chi Ishobak was amazing," she said. "Chi Ishobak answered all of my questions and gave me financial advice when needed. In the end, we saved \$4,000 and were able to pay off the loan a full 12 months earlier than our original loan. By re-financing, my fiancé and I were able to purchase a needed second vehicle much sooner than we originally planned.

Call us to start taking the next steps to financial independence at (269) 783-4157.

Sean Winters Eric Stovern Tricia Rader
Executive Director Financial Services Manager Client Services Coordinator

For questions about Michigan or Pokagon Band law, contact

Michigan Indian Legal Services
(800) 968-6877

An MILS attorney will be at the Pokagon Community Center at least one day a week. Please call for an appointment.

For questions about Indiana law, contact

Indiana Legal Services
401 East Colfax, Suite 116
South Bend, Indiana
(574) 234-8121 | (800) 288-8121

Please call for an appointment Monday through Friday 9:00 am – 3:00 pm.

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.

- Pokagon Band Salary Commission
- Kee-Boon-Mein-Kaa Pow Wow Committee
- Election Board
- Pokagon Promise
- Health Care Advisory Board
- Pokagon Rights Board
- Mno Bmadsen Board
- Ethics Board
- Curriculum Committee
- Oshke Kno Kewéwen Pow Wow Committee



Department of Education
EARLY CHILDHOOD EDUCATION

Débénwéthêk Parent Group



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

Débénwéthêk Parent Group is composed of parents and caregivers of children under 8 years of age and meets every third Wednesday of the month from 5:30 p.m. to 7:30 p.m.

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

2017

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

5:30–7:30 pm | Head Start

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



DEPARTMENT OF EDUCATION

Elders Technology Training

Join the Department of Education for every third Thursday of the month (after the Elders Social) to explore and learn technology.

May 18	July 20	September 21
June 15	August 17	October 19

All sessions at 2:00 – 3:30 pm
@ Elders Hall

[53237 Townhall Rd. Dowagiac, MI]



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



Elders Lunch Menu | Wzawboyga gizes September

monday

2 **language**

Sea Bass
Spanish Rice
French Style Green Beans
Garden Salad
Blueberry Crisp
Roll

9

language

Buffalo Tips in Gravy over
Noodles
Corn on The Cob
Garden Salad
Whole Grain Roll
Fruit

16

language

Ham
Scalloped Potatoes
Spinach
Tomato Salad
Roll

tuesday

3

Pork Roast
Red Potatoes
Carrots
Tomato Salad
Dutch Apple Pie
Whole Grain Roll

10

Marinated Chicken
Mashed Sweet Potatoes
Spinach
Cucumber Salad
Whole Grain Roll

17

Breakfast

wednesday

4

Baked Chicken
Mashed Potatoes and Gravy
Corn
Coleslaw
Fruit
Whole Grain Roll

11

Salmon
Seasoned Rice
Asparagus
Garden Salad
Whole Grain Roll

18

Buffalo Sloppy Joes
Baked Beans
Baked Chips
Veggie and Relish Tray

thursday

5

business meeting

Buffalo Tacos
All the Toppings
Red Beans and Rice
Fruit Salad
Birthday Cake

12

Pork Chop
Mashed Potatoes and Gravy
Spinach Salad
Cottage Cheese and Fruit
Whole Grain Roll

19 **halloween party**

Chicken Broccoli Alfredo
Red Potatoes
Garden Salad
Bruschetta
Snacks

friday

6

Lumberjack Vegetable Soup
W/ Rice
Egg Salad Sandwich
Relish and Veggie Tray
Dessert

13

Tuna, Pea, Egg, and Shell
Noodle
Cold Plate
Wheat Crackers
Veggie Tray
Jell-O W/ Fruit

20

Salad Bar

monday

23

language

Boiled Dinner W/ Sausage,
Onions, Potatoes, Beans,
Corn, and Cabbage
Cornbread
Pumpkin Pie

30

language

Buffalo Burgers and Hotdogs
All the Toppings
Red Skin Potato Salad
Veggie and Relish Tray
Fruit Salad

tuesday

24

BBQ Chicken
Veggie Kabobs
Brown Rice
Garden Salad
Whole Grain Roll

31

Tortilla Crusted Tilapia
Rice Pilaf
Collard Greens
Coleslaw
Whole Grain Roll
Blueberry Pie

wednesday

25

Turkey Pot Pie Topped With
Biscuits
Garden Salad
Cottage Cheese and
Pineapple
Strawberry Pie

thursday

26

Italian Turkey Stuffed
Cabbage
Au Gratin Potatoes
Garden Salad
Fruit
Whole Grain Roll

friday

27

Potato Soup
Fish Square Sandwich
Relish and Veggie Tray
Banana Pudding W/ Vanilla
Wafers

October



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

Per Capita News

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

Name	Christmas 2016	Monthly Per Cap
Scott Brewer, Jr	x	
Cristian Cobb	x	
Mason Currey	x	
Bobby M. Haynes, Jr	x	
Austin L. Northrup	x	
Peter J. Ramirez	x	
John Watson	x	
Santana Stone	x	x

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

Attention 18 to 20 Year Olds | Per Capita Information

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

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

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

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

The document must be received by October 13 in order to make it on the November 2017 check run. Anything received after October 13 will be processed on the check run for November 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

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

Per Capita Important Dates

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

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

Per Capita Direct Deposit & Tax Withholding Forms

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

Direct Deposit Form Submission:

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

PNC Paycard

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

Federal Tax Withholding

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

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

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

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

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

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

Tribal Council October Calendar of Events

- 2 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 3 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 9 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 10 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 14 Tribal Council Meeting, Community Center, 10 a.m.
- 16 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 17 Gaming Authority Closed Session, Four Winds Hartford, 10 a.m.
- 23 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 24 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.
- 30 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 31 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

Tribal Council November Calendar of Events

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

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

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

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

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

Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Departments of Natural Resources

QUESTION AND ANSWER



The Department of Natural Resources is seeking citizen input on current and future projects. The session will begin with brief presentations from DNR staff on current projects. After the presentations, the remaining time will be for citizens to voice environmental and natural resource related concerns and for DNR staff to answer any question you may have. Topics to be covered include:

- Hunting, Fishing + Gathering
- Climate Change
- Water Quality
- Composting + Recycling
- Trails
- Prescribed Burns
- Dowagiac River Re-meander Project

Dinner will be provided.

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

WEDNESDAY NOVEMBER 1 6:00 PM–8:00 PM
COMMUNITY CENTER DOWAGIAC, MI 49047

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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JOIN THE POKAGON BAND OF POTAWATOMI
TO RAISE DIABETES AWARENESS IN OUR COMMUNITY ON

FRIDAY, NOVEMBER 3
SOUTHWESTERN MICHIGAN COLLEGE
53900 CHERRY GROVE RD [DAILEY RD ENTRANCE] DOWAGIAC, MI 49047

LIGHT THE WAY
5K

6:30 PM
EVENT CHECK-IN, PACKET PICK UP, FACE PAINTING BEGIN

7:15 PM
WALK/RUN BEGINS

A FAMILY-FRIENDLY, NON-COMPETITIVE RUN/WALK 5K
THIS WILL BE A NIGHT RUN WITH A PORTION OF THE COURSE FEATURING EMERGENCY VEHICLES WITH FLASHING LIGHTS AND THE OTHER HALF OF THE RUN LIT BY HUNDREDS OF GLOW STICKS.

REGISTER HERE
WWW.POKAGONBAND-NSN.GOV/FORM/LIGHT-WAY-NIGHT-RUN-5K-REGISTRATION
SPONSORED BY THE POKAGON BAND OF POTAWATOMI, THE CONGRESSIONALLY ESTABLISHED SPECIAL DIABETES PROGRAM FOR INDIANS, NATIONAL INDIAN HEALTH SERVICES, AND SOUTHWESTERN MICHIGAN COLLEGE.

Events may be cancelled due to inclement weather.
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Tribal Office Directory

Administration

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

Commodities

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

Communications

58620 Sink Rd.
(269) 782-8998

Compliance

58620 Sink Rd.
(269) 782-8998

Chi Ishobak

27043 Potawatomi Trail
(269) 783-4157

Education

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

Elders Program

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

Elections

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

Enrollment

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

Facilities

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

Finance

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

Head Start

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

Pokagon Health Services

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

Housing & Community Development

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

Human Resources

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

Language & Culture

59291 Indian Lake Rd.
(269) 462-4325

Mno-Bmadsen

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

Natural Resources

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

Social Services

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

South Bend Area Office

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

Tribal Council

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

Tribal Court

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

Tribal Police

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

Tribal Council Directory

(888) 376-9988

Chairman

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

Vice-chairman

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

Treasurer

Eugene Magnuson
(269) 783-9297
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

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

Vacant

Vice Chair & Acting 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.

Bnakwi gizes October Citizen Announcements

Wood Fire in Dowagiac is offering Pokagon citizens 15% off of all regular menu items with the presentation of your ID card.

Check out their weekly specials: \$3.99 spaghetti meatball dinner Wednesdays, and on Sundays try the lasagna skillet for \$5.99. They open at 4 p.m., seven days a week.

I want to wish my little sagoo a very special happy birthday.

Happy 4th birthday, **Mowgli**. We all love you to bananas!

XOXO



Happy 5th birthday **Kensington!** Love, Dad, Mom, Grandma and Grandpa



Happy birthday **Matthew** and **Ricky!** Love, Grandma and Grandpa Rider

Pokagon Band of Potawatomi
Department of Language & Culture

Quill Work Open House

October 27, 2017 | 3:00 – 6:00 pm
Language & Culture **Conference Room**

Are you interested in learning the art of quill work? Join Language and Culture staff for an open house with artist **Dana Warrington**. We will have information available for those wanting to sign up for the next workshop.

For more information or to **RSVP no later than October 10**, please contact Nicole Holloway or Rebecca Williams at the Department of Language and Culture 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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Pokagon Band of Potawatomi
Department of Language & Culture

Hosted by the Native Nations Youth Councils

Halloween Party

and Community Mini Pow Wow

Sunday, October 29

3:00–7:00 pm
community center

trick or treating
in the village

Dinner +
Halloween Costume Contest

Age categories: 0–1, 2–4, 5–8, 9–12, 13–17, 18–54, 55+

Categories include: Best Couple costume (2 people only)
Best Family Costume (2 or more immediate family members)
Best Sibling Costume (2 or more siblings)

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