



POKÉGNEK YAJDANAWA

THE POKAGONS TELL IT

Wzawbogya gizes September 2017

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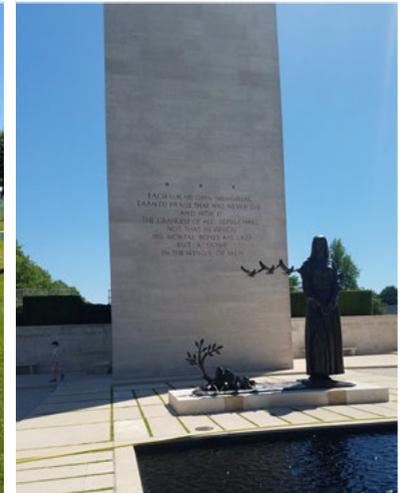
Pokagon student visits native veteran graves in the Netherlands

Kateri Banghart didn't know she was going to the Netherlands until moments before the deadline for the study abroad program offered through her university, Grand Valley State in Michigan. Even after arriving, she couldn't have guessed she would soon be visiting nine graves of Native American veterans who died while fighting in World War II.

Kateri left Michigan for the Netherlands seeking a challenge. She took English as a Second Language (ESL) courses, Critical Issues in Children's Literature, and interned as a teacher in schools there. Before this, she never ventured far past Indiana or Michigan.

Kateri learned of the World War II Netherlands American Cemetery and Memorial and decided to visit one weekend. She asked if there were any Native American veterans buried here, and was surprised to learn of nine soldiers lying there. She called her grandpa Art Morsaw to ask how to honor these men and returned Memorial Day weekend to lay tobacco and red roses.

"This shows me that no matter where I go, I'm going to have that connection back home to my native culture," Kateri said.



This cemetery and memorial home 8,300 American veterans who fought with Canada to liberate the Dutch from Germany. The Netherlands were so grateful to the United States that they created this 65 acre space to honor the American soldiers. The people have not forgotten these men, still. Each soldier has an assigned family that lays flowers every Liberation Day (May 5), flowers that Kateri saw on her visit.

Names of the Native American soldiers buried there: PFC John Buck, PFC Ignacio Trujillo, SGT. Cortland G. Campbell, PVT. Charles J. LaFrance, PFC Clarence S. Beeson, SSGT Walter J. Anderson, PVT Jacob T. Herman Jr., PFC Zack T. Morris and TEC Vincent Moore

Two new language classes emerge after Language Immersion Week



The Language Program welcomed 50 citizens from local tribes to a week of language learning, speaking, and total immersion this July. Shown in the photos above, participants spoke in Potawatomi together around their tables and told stories in Potawatomi using visual prompts for the entire group.

You can now learn our language in two new classes, taught by our language specialists, Carla Collins and Kyle

Malott. Znëget 1 is a beginner-level language class, which started August 21 and will run for 8 weeks. Znëget 2 is intermediate-level and began August 23, which will run continuously.

These classes are an answer to demand from language students and to offer a higher-level class to those wanting to advance their skills. Check our website calendar for details on both.

Pokagon Health Services earns AAAHC accreditation



No sooner had the new Pokagon health facility opened in late 2014 than the PHS team began their next challenge: measuring the quality of its services and performance against nationally-recognized standards. They embarked on earning accreditation from the Accreditation Association for Ambulatory Health Care, or AAAHC.

The AAAHC assists ambulatory (meaning patients don't stay overnight) health care organizations in improving the quality of patient care. It sets standards, measures performance, and provides consultation and education. As PHS Director Matt Clay explains, "the driving force behind pursuing this accreditation was our desire to consciously improve what we are doing here, so we can take better care of those we serve".

Quality Specialist Val Turner, Clinic Manager Latrice Brooks, Dental Manager Mary Margaret Pierce-Lambert, and Clay attended several AAAHC seminars; from those and the 26 chapter binder full of standards to meet, they knew what they had to work on.

"The manual not only list standards that we would have to achieve but it also gave us a list of written requirements i.e. policies and procedures that were needed as well" said Brooks. "Val divided the chapters by department and assigned them to our management team"

PHS had to meet standards in each one of 15 areas and get a green light from AAAHC before moving on to the next. These included a mission and vision, an organizational chart, assigning ownership, legal documentation, and two quality improvement plans. Their two quality improvement plans were evaluating the no show rate and colorectal cancer screenings. Staff also participated in a mock survey with AAAHC in early 2017.

"I liked the teamwork," said Turner. "Everyone was good about getting their work done, the two surveyors were very impressed with the things we offer to citizens and patients, especially being in a rural area and no cost."

In addition to PHS submitting plans for how it is or will meet accreditation standards, two AAAHC surveyors were on site July 19-20, talking to staff and observing operations.

"It was stressful, but I am glad we went through it," said Brooks. "The initial survey for any certification is stressful, and the AAAHC only told us what is required to achieve certification, but they didn't give us a roadmap on how to get there."

On August 4 AAAHC notified PHS they had earned three accreditations—dental, medical, and comprehensive one for the facility. They were also granted status as a Patient Centered Medical Home, which is not just a place, but a model of primary care that delivers the core functions of primary health care: comprehensive, patient-centered, coordinated care, accessible services, and quality and safety.

"It shows that you have the gold standard of quality care," said Turner. "When patients come through the door they know they are in their medical or dental home. We're unique because we have behavioral health, pharmacy, and dental in one setting to take care of all of your needs and coordinate care. Not many health facilities have that distinction."

AAAHC requires reaccreditation, every three years, but a team could come back for a spot check unexpectedly to ensure compliance.

"At least now we know what to expect," said Brooks.

While AAAHC accreditation provides unbiased, external verification that PHS is meeting or exceeding nationally-identified benchmarks, Clay also explained that it serves as a symbolic recognition of the effort, dedication, and compassion that PHS employees put into their daily work to ensure the best for each and every patient.

"Health care improvement is a continuous process, one that none of us can do alone," he said. "Having the opportunity to share ideas and best practices with other experts and organizations such as AAAHC advances the ability of PHS to optimize patient care."

PHS works hard at integrating the care it delivers, using the collective skills, knowledge gained, and experiences of its team members to provide comprehensive and holistic care to their patients.

"Patients put a lot of trust in us when they walk through our doors," said Gerald Morris, MD, PHS medical director. "That is not something we take for granted. We want our patients to know that we genuinely care for them and their families, and our team will continuously strive for improvement to ensure they get high-quality care."

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



Avoid metabolic syndrome with good nutrition

About 40 percent of adults over 40 are thought to have metabolic syndrome, a cluster of three or more of the following risk factors: high triglycerides, a waistline circumference of more than 35 inches for women and 40 for men (regardless of body-mass index), low HDL cholesterol, high blood sugar, and high blood pressure. The good news is that while metabolic syndrome may be hard to recognize, the prescription for counteracting it is loud and clear.

1. Eat real food. Vegetables, legumes, fish, fruit, olive oil, intact grains, nuts, herbs and spices are the foods that nourish us and support metabolic and overall health. Highly processed foods, refined flour and sugar, and manufactured oils never have and never will.
2. Both cardiovascular and resistance exercise can help prevent and reverse metabolic syndrome. Make exercise a game, make it a goal, make it a date, whatever it takes. Getting 150 minutes of moderately intense activity a week is ideal, but don't fall into the all-or-nothing trap. If you can't make your Zumba class or don't have time for your 30-minute walk, take a few brisk loops around the block or do a few minutes of jumping jacks and push-ups. Something is always better than nothing.
3. Lose weight if you need to. If you're overweight, losing as little as five percent of your body weight can lower your heart disease risk by 20 percent.
4. Relax. For a lot of people, stress reduction should be step number one for the simple reason that it makes other beneficial habits much more likely. When you're in a state of chronic stress, it's easy to let healthy habits fall by the wayside. Chronic stress can also increase inflammation, which can fuel metabolic syndrome. A regular practice of meditation, yoga, tai chi is a fantastic way to work stress relief into your routine. When in doubt, just breathe: spending five minutes doing slow, deep breathing can trigger the body's relaxation response.



Snap, Crack, Pop

Are you one of the millions of Americans suffering from joint pain? This aching can range from an annoyance to excruciating pain and often dictates how we move through the day. Joint pain has a way of robbing us of life's pleasures—you may avoid that walk with the dog, gardening, playing your favorite sport, or enjoying our njansék. However, we have an effective prescription for most of your joint pain. Regular movement.

It has been proven that regular movement can help relieve joint pain, whether in your ankle, knee, hip, shoulder, elbow, or wrist. There is no excuse for agonizing through the basics movements of your day; the right exercise program can help alleviate the pain of getting into the car, carrying laundry or groceries, and other sharp reminders of your current limitations.

When exercise is performed properly it can become a long-lasting way to subdue your joint and arthritis pains. Although it might seem exercise would aggravate your aching joints, this is simply not the case. Exercise can actually help to relieve joint pain in multiple ways:

- It increases the strength and flexibility of the muscles and connective tissue surrounding the joints.
- Exercise relieves stiffness, which itself can be painful. The body is made to move. When not exercised, the tendons, muscles, and ligaments quickly shorten and tense up.
- It boosts production of synovial fluid, the lubricant inside the joints. Synovial fluid is essential to bring oxygen and nutrients into joints, keeping them "well-oiled."
- It increases production of natural compounds in the body that help with pain management.
- It helps you keep your weight under control. This helps relieve pressure in weight-bearing joints, such as your hips, knees, and ankles.

Exercise also enhances the production of natural chemicals in the brain that help boost your mood. You'll not only feel better, you will become happier. Your Health. Your Choice.



Understanding anxiety disorders

Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before taking a test, or making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The feelings can interfere with daily activities such as job performance, school work, and relationships. There are several different types of anxiety disorders. Examples include generalized anxiety disorder, panic disorder, and social anxiety disorder.

Generalized Anxiety Disorder People with generalized anxiety disorder display excessive anxiety or worry for months and face several anxiety-related symptoms.

- Restlessness or feeling wound-up or on edge
- Being easily fatigued
- Difficulty concentrating or having their minds go blank
- Irritability
- Muscle tension
- Difficulty controlling the worry
- Sleep problems (difficulty falling or staying asleep or restless, unsatisfying sleep)

Panic Disorder People with panic disorder have recurrent unexpected panic attacks, which are sudden periods of intense fear that may include palpitations, pounding heart, or accelerated heart rate; sweating; trembling or shaking; sensations of shortness of breath, smothering, or choking; and feeling of impending doom.

- Sudden and repeated attacks of intense fear
- Feelings of being out of control during a panic attack
- Intense worries about when the next attack will happen
- Fear or avoidance of places where panic attacks have occurred in the past

Social Anxiety Disorder People with social anxiety disorder (sometimes called "social phobia") have a marked fear of social or performance situations in which they expect to feel embarrassed, judged, rejected, or fearful of offending others.

- Feeling highly anxious about being with other people and having a hard time talking to them
- Feeling self-conscious in front of other people and worried about feeling humiliated, embarrassed, or rejected, or fearful of offending others
- Being afraid that other people will judge them
- Worrying for days or weeks before an event where other people will be
- Staying away from places where there are other people
- Having a hard time making and keeping friends
- Blushing, sweating, or trembling around other people
- Feeling nauseous or sick to your stomach when other people are around

Evaluation for an anxiety disorder often begins with a visit to a primary care provider. Some physical health conditions, such as an overactive thyroid or low blood sugar, as well as taking certain medications, can imitate or worsen an anxiety disorder. A thorough mental health evaluation is also helpful, because anxiety disorders often co-exist with other related conditions, such as depression or obsessive-compulsive disorder. Anxiety disorders are generally treated with psychotherapy, medication, or both.



Save the bed for sleep

Avoid watching TV, eating, and discussing emotional issues in bed. The bed should be used for sleep and intimacy only. If not, you can end up associating the bed with distracting activities that could make it difficult for you to fall asleep.

Pokagon kids experiment at STEM Camp



About 20 Pokagon middle school students spent a week with instructors from the US Department of Defense, learning about science, technology, engineering, and

math (STEM). They even visited Notre Dame's campus and experimented in one of their labs.



HLC Recipe: Summerly Squash

Ingredients

| | |
|-------------------------------------|--|
| 2 tablespoons vegetable oil | 2 small zucchini, cut into ½ inch slices |
| 1 small onion, sliced | 2 small yellow summer squash, cut into ½-inch slices |
| 2 medium tomatoes, coarsely chopped | 1 bay leaf |
| 1 teaspoon salt | ½ teaspoon |
| ¼ teaspoon pepper | |

Directions

1. Heat the oil in a large skillet over medium heat. Cook and stir the onion about 5 minutes, until tender. Mix in the tomatoes, and season with salt and pepper. Continue to cook and stir about 5 minutes. Mix in the zucchini, yellow squash, bay leaf, and basil. Cover, reduce heat to low, and simmer 20 minutes, stirring occasionally. Remove bay leaf before serving.

Kick the habit: Smoking cessation with Circuit Healing

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

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

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

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

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

Pokagon Health Services offers a comprehensive smoking cessation initiative for those who want to kick the habit. Behavioral Health's Circuit Healing Program consists of three holistic therapies: auricular acupuncture, talk therapy, and touch therapy. This program requires a 12 week commitment and Pokagon citizens can take advantage of it every Monday and Thursday.

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

Auricular Acupuncture

Circuit Healing participants complete a twice weekly five-point ear acupuncture protocol with a PHS auricular acupuncture specialist certified by the National

Acupuncture Detoxification Association. Auricular acupuncture was developed by the ancient Chinese and was also used by Northern Plains tribes using porcupine quills. It consists of stimulating designated points related to internal body functions on the skin by inserting needles at these points. Auricular acupuncture balances the energy that has become blocked, too weak, or stagnant. Physically, auricular acupuncture relaxes and reduces stress, decreases pain, increased energy and immunity, and normalizes sleep. Mentally and emotionally it helps you feel clear, alert, and calm. Individuals treated with ear acupuncture often report an improved sense of well-being, a feeling of being more relaxed. This treatment has been shown in dozens of studies and a variety of clinical settings to be beneficial in reducing cravings and symptoms of cigarette withdrawal. Ear dot magnets/beads are also available to use in place of needles.

Talk Therapy

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

Touch Therapy

PHS provides Circuit Healing patients with weekly touch therapy with a licensed massage therapist. Therapy can also include Native American traditional healing practices like smudging, aromatherapy, drumming and/ or music, or deep breathing. Touch therapy is used as treatment for the pain of withdrawal, focusing on specific therapeutic points. Touch therapy has been found to increase immune response. Cravings to smoke can be so strong that to not give in requires so much energy and strength that giving in seems easier. Touch therapy has been shown to reduce cravings and substitutes a positive way to feel better and take care of oneself. It is a way to move lifestyle away from self-destruction and toward self-care.

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



Pokagon Band of Potawatomi
Department of Natural Resources

RICING CAMP





October 14 + October 28
Creekside at DNR building
32142 Edwards St, Dowagiac, MI 49047

} 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 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.

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Débénwéthék
Parent Group

DNR wants to hear your experiences with plants and climate change

The natural world around us is showing the effects of a warming planet; over the past several decades, the Great Lakes region specifically has seen warmer air and water temperatures, shorter winters, and longer summer seasons.

Tribal lifeways are interwoven with the lands, waters, plants, and wildlife of this region. Many plants are used for traditional foods and medicines and are important to cultural heritage. Tribal citizens have important traditional and community knowledge on local and regional lands, seasons, and cycles, including recent changes in climate and forests.

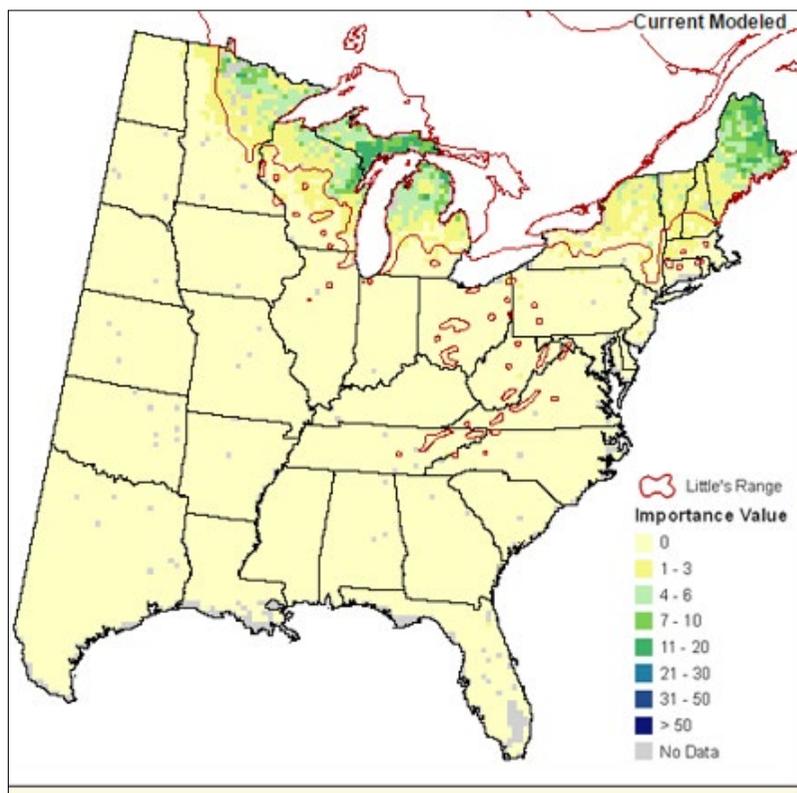
The Pokagon Department of Natural Resources wants to hear from citizens about their experiences with plants and climate change. Have you noticed medicinal or other plants increasing or reducing in abundance? What about fruiting or blooming plants that have changed over time—maybe they're producing fewer blooms or fruit, or producing them earlier in the season?

Help DNR better understand changes in Pokagon plants and communities and develop ways to protect these plants and communities, so that future generations can continue to enjoy them.

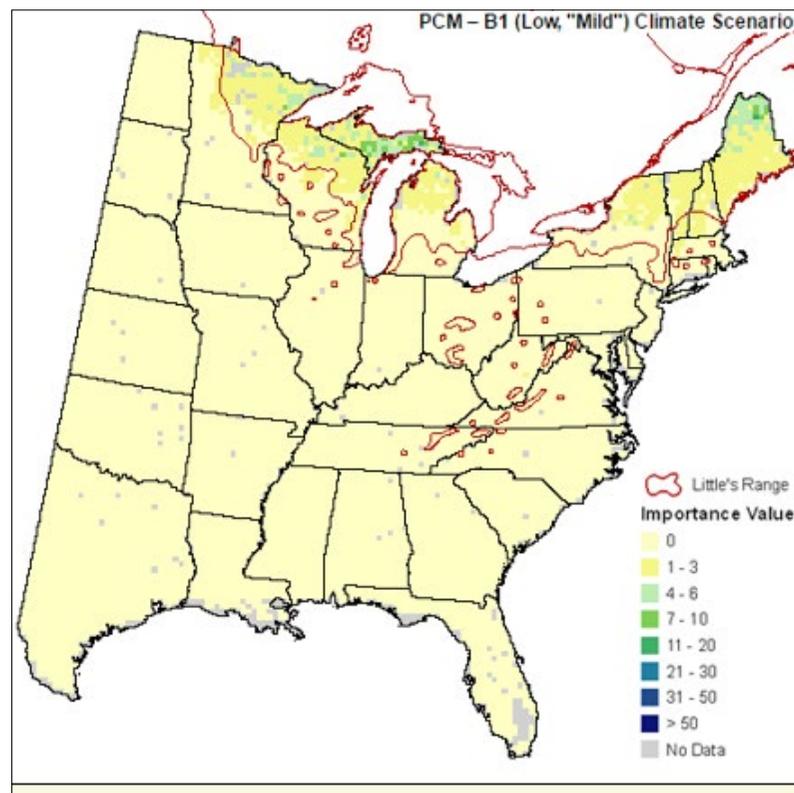
Take action for our cultural and environmental interests and share your knowledge and experience. Contact us at dnr@pokagonband-nsn.gov or (269) 782-9602.

Map caption: One map shows the current state of white cedar trees in the Great Lakes and New England regions; the other shows the lower abundance and range of these trees with mild climate changes.

Current white cedar distribution



Potential white cedar climate change distribution



free
LEGAL AID

For Pokagon Band Citizens

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

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.

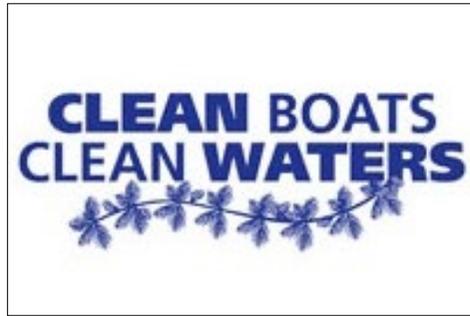
For questions about Indiana law, contact

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.

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.

What's that invasive species? Rusty Crayfish (*Orconectes rusticus*)



The rusty crayfish (*Orconectes rusticus*) is an invertebrate that resembles a small lobster up to six inches in length with claws. The rusty crayfish is a non-native crayfish that naturally inhabits the Ohio River basin including parts of Kentucky, Ohio, and Indiana. This crayfish has been introduced into other areas of the U.S. as fishing bait and being released in non-native waters. Rusty crayfish are aggressive, outcompeting native crayfish. These crayfish also consume two to three times as much food as native crayfish species.

Adult rusty crayfish can be identified by the dark rusty spot that is on each side of their carapace (back). The rusty crayfish also has dark bands at the tip of each claw. If you can learn to identify the rusty crayfish, they can be eaten, to help remove them from local waters. 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 water body. If you see the rusty crayfish in Pokagon waters, please take pictures and report the location to the Pokagon Band Department of Natural Resources.

What's that edible plant? Giant Puffball Mushroom (*Calvatia gigantea*)



The giant puffball mushroom (*Calvatia gigantea*) is a native mushroom that grows in temperate regions throughout the world. This mushroom is typically found in meadows, fields, and deciduous forests in late summer and early fall. The giant puffball can grow to 2-3 feet in diameter and is bright white with no gills or pores. Giant puffballs can be eaten before they are mature. An immature giant puffball is firm and brilliant white on the interior when sliced open. If there is any other color on the interior, such as yellow, orange, or green, it means that the mushroom has already started to produce spores and is no longer edible. The giant puffball mushroom is amazing at producing spores, releasing trillions upon maturity.

The flavor of the giant puffball is said to be mild. Giant puffballs are thinly sliced lengthwise, dipped in egg and flour, and fried. However, they can also be stuffed or diced and used in recipes such as omelets and soups. Historically, the puffball was ground and powdered or sliced thin and used as a wound dressing during battles because it acts as a styptic to stop bleeding. As with any new edible, be sure to positively identify before consumption and use it in small quantities at first to make sure there are no allergic reactions. The next time you are in the woods and come across a giant puffball, you may want to add it to your wild edibles menu.



DEPARTMENT OF EDUCATION
Nation Building | Early Childhood Education

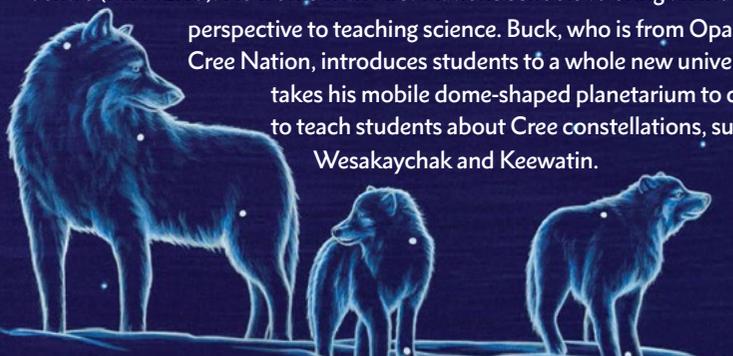
Wilfred Buck: The Star Guy

Friday, September 29
9:00 am – 3:00 pm
Community Center

+ featured at Harvest Day
Saturday, September 30
10:00 am – 1:00 pm
Dowagiac Middle School

Move over Bill Nye the Science Guy, and make way for Wilfred Buck, Manitoba's very own Star Guy.

Buck is a science facilitator at the Manitoba First Nations Education Resource Centre (MFNERC). He works with First Nations schools to bring an Indigenous perspective to teaching science. Buck, who is from Opaskwayak Cree Nation, introduces students to a whole new universe. He takes his mobile dome-shaped planetarium to communities to teach students about Cree constellations, such as Wesakaychak and Keewatin.



Ahtimah Atchakosuk (Dog Stars)
This constellation encompasses the stars of the little dipper and tells the legend of how True Dogs (wolf, coyote, and fox) gave humans the domesticated dog.

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Pokagon Band of Potawatomi
Department of Education | Early Childhood Education
Débenwéthék Parent Group

Visit Potawatomi Zoo

👉 date has changed!

Saturday, September 16 | 11:00 am
Potawatomi Zoo | 500 S Greenlawn Ave | South Bend 46615

With over 400 animals on 23 acres, Débenwéthék Parent Group invites you to come enjoy a day at the Potawatomi Zoo. Everyone will meet at the zoo. Gift cards for food will be available and admission is free to those pre-registered online by September 15.



Débenwéthék
Parent Group

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

Pokagons represent at Michigan Indian Family Olympics



Twenty-two families, more than 40 olympians, traveled to in Mount Pleasant to run, jump, and enjoy each other's company at this year's Indian Family Olympics. Pokagon athletes earned 19 gold, 19 silver and 24 bronze medals at the July event.

Plans for training for next year's event will be announced in early 2018—stay tuned.



Pokagon Band of Potawatomi
Pokagon Health Services

HEALTHY LUNCH

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

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

58650 Sink Road
Dowagiac, MI 49047

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

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Pokagon artists: check out this Smithsonian opportunity

Plans are underway to honor native servicemen and women with a permanent memorial on the National Mall in Washington DC, where nearly 24 million people visit annually. Planned for the grounds of the Smithsonian Institution's National Museum of the American Indian, the memorial will be a symbol of the country's respect for Native American's sacrifice and patriotism.

Support and collaboration from native communities is crucial. The call for entries to the design competition for the National Native American Veterans Memorial opens November 11, 2017. Check nmai.si.edu/nnavm/ for more information on this open, juried, international competition. The finalists selected for the next phase of the competition will be announced January 25, 2018.



For more information, visit nmai.si.edu/nnavm/

Coming soon: updates on Mno-Bmadsen and its family of companies

Over the next few months we'll be bringing you articles on each of the companies owned by Mno-Bmadsen, the tribe's non-gaming economic development arm. First up in October's *Pokégnek Yajdanawa* is WBK, an environmental and planning firm located outside Chicago. So stay tuned to learn more about activities on the horizon for Pokagon Band's tribally owned businesses, and how citizens can pursue employment and career pathways with these businesses.

Pokagon women empowered by awareness shawls

Eight citizens and employees gathered this August to work on their domestic violence, breast cancer, and breastfeeding awareness shawls that they'll dance at the Kee-Boon-Mein-Kaa Pow Wow.

Citizen Bridgette Martin pinned her red and purple cloth together as she shared what her shawl meant to her and her journey.

"I survived domestic violence," she said. "I am trying to put up a good fight and get it out there that it's okay to leave."



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 | pomote 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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Your Health, Your Choice



Finish Strong!

Pokagon Health Services Quarterly Measurement Dates

2017's Healthy Lifestyles Campaign is more than half way over. Are you still committed? Are you on track to meet your goals? Rededicate yourself; finish the year strong.

Quarter 3 measurement dates are September 4–14.

Everyone who shows up for measurements will be registered for a chance to win one of two Boyne Mountain getaway packages for two, an AppleWatch or a FitBit Blaze, or one of two apparel packages (shorts, pants, a t-shirt, sweatshirt, and shoes). Every person who weighs in will get both a compartmental food container and a running waist pack.

Healthy Lifestyles 2017 is designed to inspire and empower our people to healthier lifestyles.

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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Wzawbogya gize

| Nëm'e gizehëk SUNDAY | Ngot gizehëk MONDAY | Nizh gizehëk TUESDAY | Aptë gizehëk WEDNESDAY |
|---|---|---|---|
| | | | |
| <p>Kee-Boon-Mein-Kaa Pow Wow</p> <p>3</p> | <p>Government Offices closed in observation of Labor Day</p> <p>4</p> | <p>PALS (Play and Learn Social)</p> <p>Lean Lunch</p> <p>L&C Kids Language Class: Dowagiac</p> <p>Tone Up!</p> <p>L&C Adult Language Class: Dowagiac</p> <p>5</p> | <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>L&C Znëget 2 Intermediate</p> <p>L&C Men and Boys D</p> |
| <p>Hunter Safety Course</p> <p>10</p> | <p>Circuit Training</p> <p>Day Language Class</p> <p>L&C Department Language Class</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Beginners Yoga</p> <p>Auricular Acupuncture</p> <p>Zumba</p> <p>Znëget 1 Basic Language Class</p> <p>11</p> | <p>Lean Lunch</p> <p>L&C Kids Language Class: Dowagiac</p> <p>Tone Up!</p> <p>L&C Adult Language Class: Dowagiac</p> <p>12</p> | <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>L&C Znëget 2 Intermediate</p> |
| <p>17</p> | <p>Circuit Training</p> <p>Day Language Class</p> <p>L&C Department Language Class</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Beginners Yoga</p> <p>Auricular Acupuncture</p> <p>Zumba</p> <p>Znëget 1 Basic Language Class</p> <p>18</p> | <p>Lean Lunch</p> <p>Tone Up!</p> <p>L&C Kids Language Class: Dowagiac</p> <p>L&C Adult Language Class: Dowagiac</p> <p>19</p> | <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Healthy Lunch</p> <p>Circuit Training</p> <p>Débénwéthëk Parent</p> <p>L&C Znëget 2 Intermediate</p> <p>L&C Men and Boys D</p> |
| <p>24</p> | <p>Circuit Training</p> <p>Day Language Class</p> <p>L&C Department Language Class</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>Beginners Yoga</p> <p>Auricular Acupuncture</p> <p>Zumba</p> <p>Znëget 1 Basic Language Class</p> <p>25</p> | <p>Lean Lunch</p> <p>Tone Up!</p> <p>L&C Adult Language Class: Dowagiac</p> <p>L&C Kids Language Class: Dowagiac</p> <p>26</p> | <p>Circuit Training</p> <p>Elders Health and Wellness</p> <p>Circuit Training</p> <p>L&C Znëget 2 Intermediate</p> |

September 2017

| WEDNESDAY | Nyéw gízhëk THURSDAY | Nyano gízhëk FRIDAY | Odankè gízhëk SATURDAY |
|--|--|--|--|
| | | 1 Circuit Training Inventory Liquidation Sale Elders Health and Wellness Circuit Training | 2 Kee-Boon-Mein-Kaa Pow Wow |
| 6 Wellness Intermediate Language Class Drumming | 7 Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201 | 8 Circuit Training Elders Health and Wellness Circuit Training Hunter Safety Course | 9 Tribal Council Meeting Débénwéthêk Saturday Family Fitness Hunter Safety Course |
| 13 Wellness Intermediate Language | 14 Lean Lunch L&C Potawatomi 201 L&C Adult Language Class: South Bend | 15 Circuit Training Elders Health and Wellness Circuit Training | 16 Débénwéthêk Potawatomi Zoo Visit |
| 20 Wellness Group Intermediate Language Drumming | 21 Government Offices closed in observation of Sovereignty Day | 22 Circuit Training Elders Health and Wellness Circuit Training | 23 Débénwéthêk Saturday Family Fitness Sovereignty Day Celebration |
| 27 Wellness Intermediate Language | 28 Lean Lunch L&C Adult Language Class: South Bend L&C Potawatomi 201 | 29 Circuit Training EDU Wilfred Buck: The Star Guy Elders Health and Wellness Circuit Training | 30 Harvest Day |

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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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

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

FRIDAY, NOVEMBER 3
SOUTHWESTERN MICHIGAN COLLEGE
58900 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.
Please refer to the Pokagon Band website or Facebook page for weather related updates.

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HUNTER SAFETY CERTIFICATION

RETURN TO THE WOODS 2017

September 8–10
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 hunteredcourse.com/state/online-hunter-safety-course-michigan/ for a fee that is reimbursable for the first 5 individuals) and join us on the last day for the field exam.

Pre-registration is required and can be completed online at:
www.pokagonband-nsn.gov/form/hunter-safety-course-registration-2017
or by calling the Department of Natural Resources at (269) 782-9602.

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

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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 | Department of Language & Culture



This fall the Department of Language and Culture's Youth Cultural Program invites young boys who are transitioning to young men during their shkenwé and their family for a rite of passage Mkedékéwen | fasting ceremony.

If you or your child is interested in participating, please contact Rebecca Williams at rebecca.williams@pokagonband-nsn.gov or at (269) 462-4296.

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.



Pokagon Band of Potawatomi
Department of Social Services

Women's Gathering

with Betty Davis *part 3*

Friday, September 8, 2017

9:00 a.m.–4:00 p.m.

Community Center

27043 Potawatomi Trail :: Dowagiac, MI 49047

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

Breakfast and lunch will be provided.

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

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



Pokégnek Bodéwadmik
Pokagon Band of Potawatomi
Departments of Education + Social Services

HARVEST DAY

SATURDAY SEPTEMBER 30 10:00 A.M.–1:00 P.M.
DOWAGIAC MIDDLE SCHOOL

The Early Childhood Education program and the Domestic Violence program welcome citizens and staff to a day of family fun, including movies, crafts, activities, pumpkins, and more!

Don't forget to wear your costume for prizes.

Lunch is provided.

DV education and awareness will also be offered to participants at this event.

Registration opens September 1. Please register online at www.pokagonband-nsn.gov by September 25 to be entered in several raffles. Must be present to win.

For more information, contact Autumn Laraway at (269) 462-4327 or Casey Kasper at (269) 462-4324.

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



DEPARTMENT OF EDUCATION

Elders Technology Training

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

May 18
June 15

July 20
August 17

September 21
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.



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
- Pokagon Bode'wadmik Ogitchedaw Board
- Election Board
- Pokagon Promise
- Health Care Advisory Board
- Pokagon Rights Board
- Mno Bmadsen Board
- Ethics Board
- Curriculum Committee
- Oshke Kno Kewéwen Pow Wow Committee
- Enrollment Committee
- Revenue Allocation Code Review 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.



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.

Saturday, September 9, 2017
10am – 3pm

Four Winds Field
501 W South St
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

4181-7.07.17

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monday

tuesday

wednesday

thursday

friday

september

4 **closed | labor day**



11 **language**

Buffalo Meatballs
in Spaghetti
Brussels Sprouts
Garden Salad
Garlic Bread
Dessert

18 **language**

Buffalo Meatloaf
Mashed Potatoes and Gravy
Corn / Spinach Salad
Whole Grain Roll
Applesauce
Cottage Cheese

25 **language**

Salad Bar

5

BBQ Chicken
Mashed Potatoes and Gravy
Broccoli
Coleslaw
Roll

12

Marinated Pork Chop
Baked Potato
Tri-Blend Vegetables
Jell-O W/Fruit
Roll

19

Pizza Day

6

Salmon Patty
Macaroni Salad
Squash Cold Salad
Roll
Fruit Cup

13

Chicken Wild Rice Soup
Pinwheel Sandwiches
Relish and Veggie Tray
Fresh Fruit

20

Salmon
Brown Rice
Asparagus
Broccoli Slaw
Roll

27

Pork Loin
Red Potatoes
Butternut Squash
Fresh Fruit
Whole Grain Roll

7

Buffalo Stuffed Cabbage
Mashed Potatoes
French Style Green Beans
Garden Salad
Roll

14

Sausage OR Brats on a Bun
Italian Pasta OR Potato Salad
Relish and Veggie Tray
Yogurt and Fruit Cup

21 **closed | sovereignty day**



28

Goulash
Broccoli
Garden Salad
Garlic Bread
Fruit

8

Vegetable Soup
Egg Salad Sandwich
Relish and Veggie Tray
Berries

15

Italian Rustic Cod
Baked Potato
Mixed Vegetables
Cottage Cheese and Fruit
Roll

22

Sliced Turkey With Gravy
Mashed Potatoes
Carrots
Garden Salad
Roll

29

Taco Bar

1

Buffalo Chili
Garden Salad
Fruit Kabobs
Cottage Cheese

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 | |
| Kailyn A. Currey | x | |
| Mason Currey | x | |
| Bobby M. Haynes, Jr | x | |
| Anna Locklear | x | |
| Dominic Williams | x | |
| James Johnson | x | |
| Austin L. Northrup | x | |
| Peter J. Ramirez | x | |
| John Watson | x | |
| John Williams | | x |

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

Attention 18 to 20 Year Olds | Per Capita Information

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

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

All the forms are available on the Pokagon Band website www.pokagonband-nsn.gov. 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 September 15 in order to make it on the October 2017 check run. Anything received after September 15 will be processed on the check run for October 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 September Calendar of Events

- 4 Tribal Government offices closed in observation of Labor Day
- 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 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 26 Gaming Authority Closed Session, Four Winds New Buffalo, 10 a.m.

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

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

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.
- 23 Tribal Council Special Session Meeting, Administration, 10 a.m.
- 24 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.



Pokégnek Bodéwadmik • Pokagon Band of Potawatomi

Domestic Violence Awareness Month Activities

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.

If you have any questions about the events, please contact Casey Kasper, Victim Services Manager/ Case Worker at (269) 462-4324 or casey.kasper@pokagonband-nsn.gov. Love should not hurt. If you or someone you know is being hurt, please contact Casey Kasper. Please check the website for additional information on events throughout the month as well.

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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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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
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Becky.Price@pokagonband-nsn.gov

Member at large

W. Alex Wesaw
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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

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

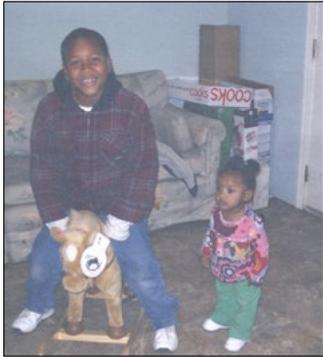
Both Senior and Junior Youth Councils are open to any Pokagon youngster. Anyone can join, and eventually run for the executive board. Besides the age divisions, there are differences between the two groups. The Junior Youth Council provides a voice for native youth between the ages of 12 and 18. The 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.

Wzawbogya gizes September Citizen Announcements



Congratulations Norell on you baby brother **Noden Tyler** born June 20, 2017. Mishomis and Nokmis love you!



Happy birthday Jax Grubb-Tucker from Kandy Grubb



The Traditional Women of the Pokagon Band Community

10th annual Sunrise Ceremony & Water Walk

Friday, September 1

Ceremony and Walk begins at our Gage Street property (64264 Gage Street, Dowagiac, MI) and ends at Rodgers Lake. This Walk is held every year before the Kee-Boon-Mein-Kaa Pow Wow to honor the waters of the Pokagon Band homelands. Everyone who wishes to support the women and their effort is welcome to join in on the walk. Women, please wear long skirts. Parking will be available at the Head Start building, where the bus will pick up participants at 6:30 a.m. Pipe ceremony begins at 7:00 a.m. followed by a light breakfast prior to the walk.



For more information, please call Andy Jackson at (269) 783-9340.

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23RD ANNUAL SOVEREIGNTY DAY CELEBRATION

SATURDAY
SEPTEMBER 23

FOUR WINDS FIELD :: SOUTH BEND, IN :: 11 AM-4 PM

